



CHAMPIONSHIP RACES 2023

NATIONAL CHAMPIONSHIP RACES - CUP RACES

The following championship race categories exist in 2023:

- National Championship Races - **NC**
- Cup races - **CR**
- OCR100.

In each case, the athletes shall register to the championship races separately, in accordance with the specifications of the given race. The price of the OCR card in 2023 does NOT include the championship race entry fee. In 2023, there is no annual points collection in championship races.

National Championship Races (NC)

The NC races are ALWAYS qualifying races for the upcoming OCR European Championship or, if the Federation decides, then for the OCR World Championship. The NC races must be organized by the race organizer on the basis of the Hungarian competition rules developed on the basis of international standards (3 wristbands, 1 attempt, penalty loop).

In the national championship races, only competitors with an OCR card can participate in the Elite race.

Anyone can participate in the national championship races in Age Group or Open waves, participation is not tied to an OCR card, but the different rules contained in this document apply to Age Group OCR card holders and competitors without an Age Group OCR card.

According to the decision of the race organizer, the obstacles of certain difficulty in the national championship race - from a safety point of view - , may be skipped or may be completed with certain modifications (to make it easier) for the age categories Junior I. (Youth) and Junior II. (Youth).

At the national championship, if possible, the ELIT, Age Group and BASIC competitors start in separate waves. Depending on the number of competitors, the given race organizer may decide not to start a separate wave for Age Group and Basic competitors - in this case, the organizer will distinguish the Age Group competitors from the Basic competitors (e.g., based on wristbands, different colored start numbers, etc.).

Competitors participating in the national championship races in the Elite category will be awarded by the race organizer organizing the NC race! At the competition, the given competition organizer determines the awards itself (e.g., cup, medal, certificate, etc.)! A national championship title can be obtained at individual national championship races (NC), in the ELIT category!

There are 2 types of competitors in the Age Group category:

- (1) Competitors with an OCR card,
- (2) competitors without an OCR card who, if applicable, have off-road obstacle course experience (e.g., Spartan Age Group), are brave and want to test their skills according to a tougher set of rules.



In the NC race / age group races, the race organizer is obliged to start Age Group competitors with and without OCR cards together. The evaluation will be in the same system for the given competition, the first 3 finishers in each age group can stand on the podium, regardless of whether they have an OCR card or not.

Competitors participating in national championship races in the AGE GROUP category - according to the age group breakdown defined in this document - will be awarded by the race organizer organizing the NC race! At the competition, the given competition organizer determines the awards itself (e.g., medal, certificate, other)! In the AGE GROUP category, the competition organizer does not announce a national champion, the winners are age group (and not national) champions!

The Federation will publish the **list of those qualified** in a given competition on its website within a week after the competition! In 2023, competitors with and without an OCR card can also qualify. Foreign competitors, on the other hand, can only qualify in a Hungarian competition if they are entitled to qualify in Hungary according to the rules contained in a separate document!

However, only qualified competitors in the Elite or Age Group categories who have an OCR card can participate in the OCR EC and OCR WC! In the absence of an OCR card, the OCREC registration team will transfer the competitor to the Open category (even if he is qualified!)

The year 2023 is a transition year for the OCR card in Hungary. Competitors are reminded that due to the alignment with European regulations, starting in 2024, only competitors with an OCR card will be eligible to qualify in NC races!

The competition organizer can also create its own Age Group categories for the given competition (in any breakdown), which it evaluates and awards at its discretion - competitors with and without an OCR card (both Hungarian and foreign competitors) can be evaluated in this category.

The Basic / Open category will not be rewarded!

Cup races (CR)

According to the decision of the race organizer, the Cup Races can be organized based **on international standards** (3 wristbands, 1 attempt, penalty loop) or with **other rules**. The Federation is also entitled to classify the Cup races as qualifying races, regardless of the rules. The relevant request must be submitted to the Board of the Federation in advance.

There is no separate ELIT wave in the cup race, therefore competitors with an OCR ELIT card can also register for the Age Group race and obtain an Age Group qualification (if the race is qualifying!)

Anyone can participate in the national championship races in Age Group or Open waves, participation is not tied to an OCR card, but the different rules contained in this document apply to Age Group OCR card holders and competitors without an Age Group OCR card.

According to the decision of the race organizer, the obstacles of certain difficulty in the national championship race - from a safety point of view -, may be skipped or may be completed with certain modifications (to make it easier) for the age categories Junior I. (Youth) and Junior II. (Youth).

In cup races, if possible, Age Group and BASIC competitors start in separate waves. Depending on the number of competitors, the given race organizer may decide not to start a separate wave for Age



Group and Basic competitors - in this case, the organizer will distinguish the Age Group competitors from the Basic competitors (e.g., based on armbands, different colored start numbers, etc.).

There are 2 types of competitors in the Age Group category:

- (1) Competitors with an OCR card,
- (2) competitors without an OCR card who, if applicable, have off-road obstacle course experience (e.g., Spartan Age Group), are brave and want to test their skills according to a tougher set of rules.

In the age group waves of the Cup Race, the race organizer is obliged to start the Age Group races with and without OCR cards together. The evaluation will be in the same system for the given competition, the first 3 finishers in each age group can stand on the podium, regardless of whether they have an OCR card or not.

In a cup race, the prizes - whether it is a qualifying or non-qualifying race - are determined by the race organizer organizing the cup race (e.g. medal or certificate or other)! The competition organizer also determines whether to reward the competitors according to the age group breakdown defined in this document or according to another own breakdown! In the AGE GROUP category, the competition organizer does not announce a national champion, the winners are age group (and not national) champions!

The Federation will publish **the list of those qualified** in each competition on its website within a week after the competition! If the cup race is a qualifying race, in 2023 both competitors with and without an OCR card can qualify. Foreign competitors, on the other hand, can only qualify in a Hungarian competition if they are entitled to qualify in Hungary according to the rules contained in a separate document!

However, only qualified competitors in the Elite or Age Group categories who have an OCR card can participate in the OCR EC and OCR WC! In the absence of an OCR card, the OCREC registration team will transfer the competitor to the Open category (even if he is qualified!)

The year 2023 is a transition year for the OCR card in Hungary. Competitors are reminded that due to the alignment with European regulations, starting in 2024, only competitors with an OCR card will be eligible to qualify in NC /CR races!

The Basic / Open category will not be rewarded!

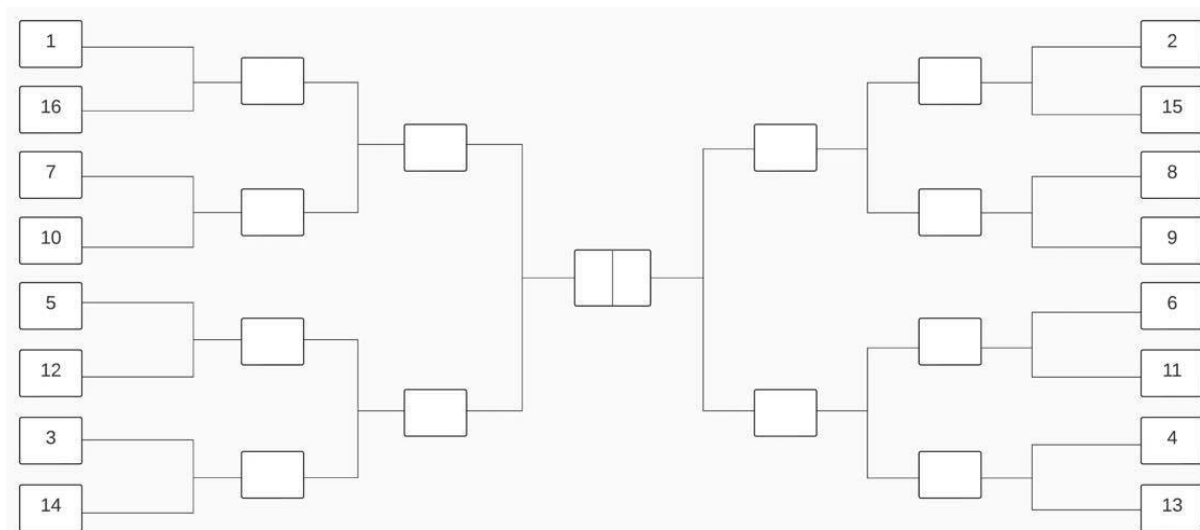
OCR100

Minimum age: 15 years.

In the 100m event, there is no difference between Elite and Age Group and Basic competitors, and all competitors (whether they have an OCR card or not) compete for the prizes. The 100-meter race is organized based on absolute ranking. In order to reach the top 16 competitors, the time result counts (each competitor has 2 attempts. The top 16 competitors compete against each other in a direct elimination system (2 competitors / race, competitor no. 1 with competitor no. 16, competitor no. 2 with competitor no. 15, etc.) The best 3 men and 3 women in the absolute category stand on the podium.



Diagram of the direct elimination races of the top 16 competitors:



Separate awards will be given to the best junior competitors (who are at least 19 years old on December 31, 2023) and the best master competitors (who are at least 40 years old on December 31, 2023). In the junior and master categories - based on the time results - the best 4 competitors compete with each other in a direct elimination system (2 competitors / race, No. 1 competitor competes with No. 2 competitor for gold, No. 3 competitor competes with No. 4 competitor for bronze). The best 3 men and 3 women stand on the podium in the junior and master categories.

There is a time limit for completing the OCR100 set by the competition organizer and approved by the Technical Committee of the Federation. Completing beyond the time limit will result in disqualification, the competitor will not be evaluated in the competition, and his result cannot be evaluated from the point of view of the competition result. After the end of the time limit, the competitor must leave the field!

The Federation is entitled to qualify OCR100 race as a qualification race. The OCR100 qualification is valid in the category of the OCR card of the given competitor (Elite or Age Group). A competitor without an OCR card can also qualify.

If the OCR100 is a qualifying race, the Federation will publish the list of **OCR100 qualifiers** on its website within a week after the race! In 2023, competitors with and without an OCR card can also qualify. Foreign competitors, on the other hand, can only qualify in a Hungarian competition if they are entitled to qualify in Hungary according to the rules contained in a separate document!

However, only qualified competitors in the Elite or Age Group age categories who have an OCR card can participate in the OCR EC and OCR WC! In the absence of an OCR card, the OCREC registration team will transfer the competitor to the Open category (even if he is qualified!)

The year 2023 is a transition year for the OCR card in Hungary. Competitors are reminded that due to the alignment with European regulations, starting in 2024, only competitors with an OCR card will be eligible to qualify in NC / CF / OCR100 races!



Mandatory use of association jersey in championship races, warning, registration closed

All Elite and Age Group competitors must start and stand on the podium in the NC and Cup races, as well as the OCR100, in the official association jersey provided by their own association! The list of association jerseys accepted by a given association is published by the given association on its website / Fb pages, etc. A competitor who does not complete the NC or Cup race or OCR100 in the specified association jersey or stands on the podium without it, will be disqualified, will not be evaluated in the given race, will not have a result, will not be awarded! (That is, you can complete the race without evaluation).

The time available for **protest**: in NC and cup races, 10 minutes verbally from the arrival of the competitor announcing the warning and half an hour in writing also from the arrival of the competitor announcing the warning.

Closing of registration: The competition organizers must close the registration for NC and cup races in the Elite and Age Group age categories 4 days before the competition. On-site entry is only open to open competitor.

Age groups

AGE GROUP age groups, female, male (in accordance with EC age groups):

Junior I. (Youth)	12-13 years old
Junior II. (Youth)	14-15 years old
Junior III. (Youth)	16-17 years old
Junior IV. (Youth)	18-19 years old
Adult	20-24 years old 25-29 years old 30-34 years old 35-39 years old
Senior	40-44 years old 45-49 years old
Veteran	50-53 years old 55-59 years old 60+ years - divided into 5-year age categories up to the age of the oldest competitor.

The age is calculated according to the year reached on December 31 of the given calendar year!

The minimum age limit for participation in the EC is 12 years for the short distance of the EC (according to the age on the race day of the EC!) The minimum age limit for participation in the EC for the standard distance of the EC is 15 years (according to the age for the EC on the race day!) For the OCR100 distance of the EC the minimum age limit for participation is 15 years (according to the age on the EC competition day!) The minimum age limit for participation in the EC team competition (relay competition) is 15 years (according to the age limit on the EC competition day!)



OCR EC - OCR WC

In 2023, the qualifying races for the current OCR European Championship (2023 or 2024), the qualification period and the qualification conditions will be published by the Federation from time to time on its website.

For the OCR World Championship to be held in 2023, all competitors who have also qualified for the OCR European Championship and are included in the qualification list published on the Federation's website will qualify.

According to the calculation method defined in a separate document, the Federation selects from the list of qualified competitors who can be included in the limited number national team at the 2023 OCREC or the OCRWC! (OCREC: OCR100, national teams, OCRWC: Elite or Age Group races, OCR100, national teams).

A competitor without an OCR card can qualify for the **OCREC** in 2023 at those championship races that are EC qualification races, but the condition for participating in the EC in the Elite or Age Group category is having an OCR card (in accordance with international regulations!) In the absence of **an OCR card, the competitor - even with acquired qualifications - can only register for the Open race!**

A competitor without an OCR card can qualify for the **OCRWC** in 2023 in those championship races that are WC qualification races, but the condition for participating in the WC in the Elite or Age Group category is having an OCR card (in accordance with international regulations!), as well as getting into the national team in accordance with the criteria defined by the Federation (the limit is a maximum of 5 people per category!). In the absence of **an OCR card, the competitor - even with acquired qualifications - can only register for the Open race! In addition, the competitor can only register for the Open race if he is not included in the limited national team according to the criteria set by the Federation!**

The registration fee of the OCR European Championship will be refunded to the competitor depending on success and results, based on podium positions, afterwards! An exception to this is the registration fee for national teams at OCREC, which is reimbursed by a sponsor for the members of the national teams, regardless of ranking.

The Federation informs the competitors in a separate document about the possibility of starting in the EC OCR100 and in the national team and the conditions for getting into the national team, as well as the possibility of starting in the Elite / Age Group / OCR100 / national team at the WC!