

NORDIC  ELITE

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# RULEBOOK

TO PARTICIPATE AS ELITE RACER YOU ARE REQUIRED  
TO READ THROUGH THE FOLLOWING RULEBOOK



## TESTING THE COURSE IN ADVANCE/TRAINING

For safety reasons, Elite athletes are not allowed to train on the course and/or the obstacles before the event, unless they are signed up for one of our pre-training events. Athletes are welcome to inspect the course and the obstacles to plan for the execution of the race, but testing out obstacles are a no-go and reason for disqualification.

## CHECK-IN AND WAITING AREA FOR ELITE ATHLETES

07:00 - 07:45 in the check-in tent

## DIVISIONS

Athletes who want to race as Elite must apply for a spot by filling out an application form with previous achievements and results, as mentioned in our elite section of the homepage. The spots awarded for the Elite will be based on these applications two weeks before an event.

Applicants for Elite will be divided into four heats: Elite Men and Elite Women and Elite Qualifier Men and Elite Qualifier Women.

There is a maximum of 50 spots in each Elite heat.

## JUDGES AND VOLUNTEERS

Judges are specifically placed on the course by the obstacles to ensure a fair and honest completion of the race. Some obstacles have more than one judge on them due to its size or level of difficulty. If you are unsure about the rules about how to complete a specific obstacle, contact the nearest judge for guidance.

Please remember that our judges are volunteers. They are vital for us to host these races. If you have an issue with one of our judges/volunteers bring this matter to our Elite manager, instead of yelling at our volunteers. The Elite manager is paid to be yelled at.





## OBSTACLES AND ARMBANDS

Elite and Elite qualifiers will receive a wristband. This wristband is a recognition of each athlete and their completion of every obstacle on the course.

An athlete has as many attempts as desired to complete an obstacle. If the athlete cannot complete the obstacle, they have to approach the judge at that specific obstacle and have their wristband clipped. Afterward, the athlete is welcome to continue running.

An athlete will be disqualified if they continue the race without having their wristband clipped if they haven't completed the obstacle.

Elite participants are not allowed to assist each other or be helped by other participants. Elite participants are not permitted to use penalty routes set up for Open Race participants.

## DISQUALIFICATION

Our Elitemanager, in charge of the judges has the right to disqualify any athlete based on informations of violation or disregard for his briefing, the judges of a specific obstacle or the rules and regulations put in place to create a fair competition.

- Elite athletes finishing the race without the armband are disqualified and will be registered as DQ.
- Elite athletes finishing the race without the armband are disqualified from qualification to the OCRWC.

This is OCR, not a regular race. If you are part of the Elite you are expected to live up to the responsibilities this includes. Finish the race and all its obstacles or be disqualified. Timecap will vary from race to race. Timecap for a given race will be announced on raceday.



## PRIZE CEREMONY

Schedule for the prize ceremonies varies due to various circumstances. However we strive to have the prize ceremony within two hours after send off of the first Elite Heat. You will be informed of the specific details and schedule for each event in an email, along with further information about the event. We encourage all athletes to stay for the prize ceremony, as we are celebrating top athletes in European OCR.

It is mandatory for the top three Elite athletes to stay for the prize ceremony, since they will receive a money prize and/or valuable prizes as well as enjoy a glorious moment.

## OCRWC

We intend to send topathletes abroad to take part in the OCR World and European Championships. This applies for top 20 finishers with the armband in the two divsions: Elite Men and Elite Women.

