

OCR 100m Obstacle Rules

No.	Name	Instructions	Disallowed
1	Offset Steps	<ul style="list-style-type: none"> ○ Use only the steps to cross from start to the end ○ Step, hop, jump, kneel, sit, or hold steps ○ Obstacle completion is when the athlete has passed the last step ○ Every step must be used 	<ul style="list-style-type: none"> ○ Any part of body contacts the ground or support padding ○ Use of any support structure or padding for assistance ○ Crossing into the other lane ○ Missing a step
2	Monkey Bars	<ul style="list-style-type: none"> ○ Using only arms or hands to cross under the bars from start to finish ○ Bars may be skipped ○ Feet and legs must always remain below shoulder height ○ Obstacle completion is when the athlete hits the bell with their hand, arm, or other part of their upper body 	<ul style="list-style-type: none"> ○ Any part of body contacts the ground or support padding ○ Use of any support structure or padding for assistance ○ Travel over any bar ○ Feet or legs above shoulder height at any time ○ Use feet to hit the bell ○ Crossing into the other lane
3	1.5m Wall	<ul style="list-style-type: none"> ○ Cross the wall from one side to the other ○ Entire body, including both legs must go over the wall ○ Obstacle completion is when the athlete lands on the far side of the wall 	<ul style="list-style-type: none"> ○ Use of any support structure or padding for assistance ○ If body of the part passes below the top of the wall (to either side)
4	Balance Beam	<ul style="list-style-type: none"> ○ Traverse beam from start to finish ○ The start platform must be used as the first step ○ The finish platform must be used as the last step ○ Obstacle completion is when the athlete passes the finish platform 	<ul style="list-style-type: none"> ○ Any part of body contacts the ground ○ Not stepping on both platforms ○ Crossing into the other lane

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5	4-Wheel Rig	<ul style="list-style-type: none"> ○ Use only the wheels to cross from start to finish ○ Feet and legs must always remain below shoulder height ○ Obstacle completion is when the athlete hits the bell with their hand, arm, or other part of their upper body 	<ul style="list-style-type: none"> ○ Any part of body contacts the ground or support padding ○ Use of any support structure or padding for assistance ○ Use feet or legs to cross the wheels ○ Use of feet to hit the bell ○ Feet or legs above shoulder height at any time ○ Crossing into the other lane
6	2m Wall	<ul style="list-style-type: none"> ○ Climb over wall from one side to the other ○ Entire body, including both legs must go over the wall ○ Female: May use assist step/ bar ○ Obstacle completion is when the athlete lands on the other/ far side of the wall 	<ul style="list-style-type: none"> ○ Use of any support structure or padding for assistance ○ If part of a competitor's body passes below the top of the wall (to the side) ○ Crossing into the other lane ○ Male: Use assist step/ bar
7	Island Steps	<ul style="list-style-type: none"> ○ Traverse island steps from start to end ○ Must step on the first step ○ Steps may be missed/ skipped after the first step 	<ul style="list-style-type: none"> ○ Any part of body contacts the ground or support padding ○ Crossing into the other lane
8	Rings	<ul style="list-style-type: none"> ○ Using only arms or hands to cross using the rings from start to end ○ Rings may be missed/ skipped ○ Feet and legs must always remain below shoulder height ○ Obstacle completion is when the athlete hits the bell with their hand, arm, or other part of their upper body 	<ul style="list-style-type: none"> ○ Any part of body contacts the ground or support padding ○ Use feet or legs to hold the rings ○ Use of any support structure or padding for assistance ○ Use of feet to hit the bell ○ Feet or legs above shoulder height at any time ○ Crossing into the other lane
9	Low Crawl	<ul style="list-style-type: none"> ○ Traverse under the net from start to finish 	<ul style="list-style-type: none"> ○ Crossing outside the net/ structure ○ Crossing into the other lane

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10	Climbing Holds	<ul style="list-style-type: none"> Use only the holds to cross from start to finish Holds may be missed/ skipped Feet and legs must always remain below shoulder height Obstacle completion is when the athlete hits the bell with their hand, arm, or other part of their upper body 	<ul style="list-style-type: none"> Any part of body contacts the ground or support padding Use feet or legs to hold the rings Use of any support structure or padding for assistance Use of feet to hit the bell Feet or legs above shoulder height at any time Crossing into the other lane
11	Tarzan Swing	<ul style="list-style-type: none"> Swing on the rope from the start platform to the end platform Obstacle completion is when the athlete lands on the end platform 	<ul style="list-style-type: none"> Any part of body contacts the ground or support padding Use of any support structure or padding for assistance Crossing into the other lane
12	Finish Wall	<ul style="list-style-type: none"> Ascend the wall Feet and legs must always remain below shoulder height Obstacle completion is when the athlete pulls hits the button or pulls the lever 	<ul style="list-style-type: none"> Feet or legs above shoulder height at any time Use side or edge of the wall for assistance in any way

FISO OCR 100 m Course Layout

