



2018 City Challenge Race: Elite Rules Code of Conduct

If you are registered for the elite waves participants of these waves can qualify for The OCR World Championships. Male and female athletes will run separate in the elite waves only. The first 5 male and the first 5 females overall automatically qualify. We expect athletes competing in the elite waves to abide by the following rules or be disqualified.

AWARDS: The top 3 male/female under 40 AND top 3 male/female finishers over 40 running the elite wave ONLY will qualify for awards.

Mandatory Obstacle Completion: You will receive a band inside your race packet which will be removed if you cannot complete an obstacle. You cannot opt to do jump squats instead of the obstacle and you cannot fail an obstacle. If you fail any obstacle you can try again until you complete it or forfeit your elite band. There are NO EXCEPTIONS to the rules. Any infraction will cause you to be disqualified from placing and qualifying for the OCR World Championships.

Water Jug Carries: 40lb jugs for elites (1 per athlete).

Devil's Playground: You cannot use your feet on any point during the obstacle.

Walls: You cannot use the step boards on the walls or you will be disqualified automatically.

Building Supplies: Elites must carry (2) blocks NO EXCEPTIONS! DO NOT throw or slam the blocks or you will be disqualified.

Kettle Bell Swings: You cannot grab any of the PINK bells (all the others are permissible) and complete 30 kettle bell swings (RUSSIAN STYLE) not 29 not 28 our staff will be watching. You must count your reps out loud or you will be disqualified if you do not complete 30.

Double Sand Bag Carry: Elite athletes MUST carry the 1 camouflage bag and 1 orange bag (2 bags per athlete). Do not throw the bag at the end of your run!

Heavy Jump Ropes: All elites must grab the thicker jump rope (2 inches thick) not the thinner rope and count 30 jumps. You must count your reps out loud or you will be disqualified if you do not complete 30.

THE RIG: Must be completed without touching the floor or skipping a ring or bracket and the bell must be rang at the end. If you fall off the RIG or miss any attachment you must start from the beginning until you complete it.

ROPE CLIMB: You cannot use any of the ropes with knots. Only the straight ropes can be used by ELITES. You cannot help each other at any point of the race.

STACY WILLIAMS CARRY: Does not apply to the elite's wave.

City Challengers you can represent these United States of America at the OCR World Championships in the United Kingdom this year. We expect everyone to conduct themselves with the utmost integrity! Please email yvette@citychallengerace.com if you have any questions.

The Team @CityChallengeRace