



OCR Rules & Tips



General Rules

- Athletes are responsible for knowing, understanding and following the Competition Rules.
- Athletes must accept and comply with the Terms and Conditions.

Conduct:

- Blazing Hills is a communal event on private land, and as such it is expected that entrants will conduct themselves in a manner which reflects well upon themselves and the challenge. It is expected that entrants will show respect towards all event officials, Marshals, other users of the course, and to the farmland, farm equipment, and any farm animals as well.
- Competitors must obey all instructions from Marshals and officials.
- Competitors must practice good sportsmanship at all times. Non-sportsman like conduct, attempting to thwart other competitors will result in disqualification at the discretion of race officials.
- Competitors must not attempt to gain an unfair advantage in any way.
- Participants must be drug and alcohol free whilst taking part in this event. No competitor that is currently serving a ban for an anti-doping rule violation may enter this event.

Equipment:

- Athletes must complete the event with all the clothing and gear they start the event with. No rubbish or other items may be left behind on the course.
- Participants must not receive outside assistance of any kind while on the course.
- The use of some gear is permissible. This includes gloves, grip aid, nutrition, hydration, and so on. Please check with organisers or officials if in doubt before bringing any gear onto the course.
- Shoes must be worn for the entirety of the course. Shoes with metal cleats, or other hard external objects that may cause damage to obstacles or other athletes, may not be worn.
- For safety reasons, no headphones, cell phones, radio communication devices or music devices are to be used whilst competing.
- Participants must not tamper with race bibs or timing chips or pass these on to any other competitors.



- Participants must note any medical conditions on the back of their race bib and take any necessary medication with them.

Did not start:

- If you have collected your registration pack and then due to unforeseen circumstances you are unable to start, please let organisers know by ringing or texting 027 467 8200. This is very important as all participants must be accounted for.

Did not finish:

- If you start the race and then due to unforeseen circumstances you are unable to finish, please let organisers know by ringing or texting 027 467 8200, or visit the event marquee to have it recorded that you were unable to finish. This is again very important, to keep all participants accounted for.

Disqualifications and Appeals:

- Any participant who, in the opinion of the organisers, fails to comply with the Rules or the Terms and Conditions may be disqualified from the event. Disqualification will result in the offender's name being completely removed from the event database, including from the prize draw, and may result in a refusal, by the event organisers, to accept entry to future Blazing Hills events. No refund will be granted.
- Any appeal a competitor may wish to raise regarding penalties, timing and results, disqualifications, or other issues that affect the outcome of the race, must be brought to the Registration tent within 30 minutes of the race ending. In the event of an appeal, the Race Directors will conduct a review of the infringement and penalty and will announce a decision.
- Blazing Hills reserves the right to continue penalty resolutions post-event and change race standings or race day decisions indefinitely after an event.

RACE RULES

<u>Race Type</u>	<u>Course Length</u>	<u>Obstacle attempts</u>	<u>Assistance Allowed</u>	<u>Failed Obstacle Penalty</u>	<u>Heavy Carries/hoist</u>
<u>Firestarter Youth competitive (10-15 yrs)</u>	3km	Single attempt	NO	15 burpees	Not unless Youth weight available - TBC
<u>Firestarter Open</u>	3km	Unlimited	YES	30 burpees – (encouraged)	YES 16 years and up

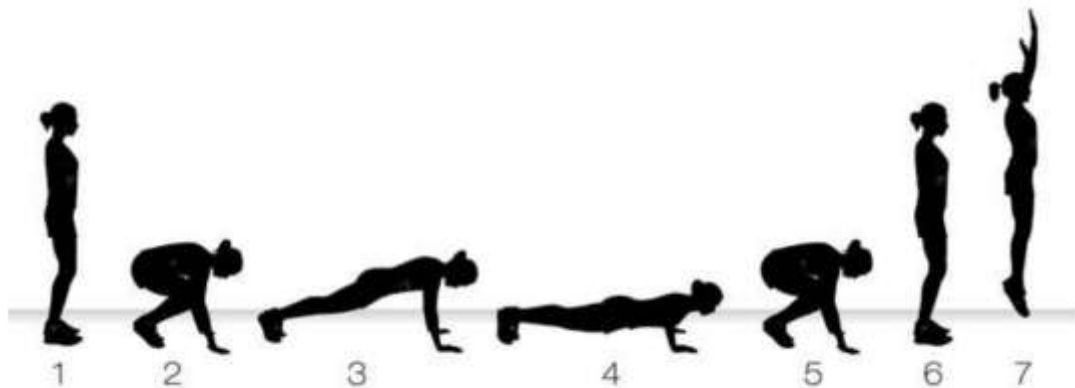


<u>Firestarter Competitive</u>	3km	Single Attempt	NO	30 burpees Compulsory	YES - 16 years and up
<u>Para Athletes Competitive all distances</u>	3km 7km 10km	Multiple Attempt	NO	15 burpees	YES – 16 years and up. Can put weight down and rest.
<u>Fireball Open</u>	7km	Unlimited	YES	30 burpees – (encouraged)	YES - 16 years and up
<u>Fireball Competitive</u>	7km	Single Attempt	NO	30 Burpees Compulsory	YES - 16 years and up
<u>Firestorm Open</u>	10km	Unlimited	YES	30 burpees – (encouraged)	YES – 16 years and up
<u>Firestorm Competitive</u>	10km	Single Attempt	NO	30 burpees Compulsory	YES – 16 years and up
<u>Flamehunters Teams</u>	7km	Unlimited	From team mates only	30 burpees, can be shared among team	Yes, individual carries. Team can assist each other to achieve.
<u>Miniflames</u>	1.5km	Unlimited	YES, each other and parents	NO penalty	NO

Penalty:

An obstacle is considered failed when either a single attempt has been made and failed Competitive grade Pass/Fail obstacle, OR an athlete opts not to reattempt the obstacle, (Multiple Attempt obstacles only.)

- Failing an obstacle will result in a penalty of 30 BURPEES. Mandatory for Competitive grade. Encouraged, but optional for Open grade.
- The burpees must be completed before a competitor can continue running the course. They should be completed off to the side of the course to make sure they do not impede other participants. Burpees must be counted out loud as they occur, to be clear to Marshals how many have been done. Any competitive grade athlete who moves on from a failed obstacle before completing the mandatory number of Burpee penalties, will be disqualified and receive a DNC result.
- The accepted burpee technique is start standing, touch chest to the ground, return to standing, vertical jump with hands above head (minimum height of hands to be above ears)



FIRESTARTER 3km, FIREBALL 7km and FIRESTORM 10km OPEN CATEGORY - NON-COMPETITIVE. (No wristband – No number on arm or leg)

- Athletes must stick to the designated course. Cutting the course is not permitted and may result in a disqualification.
- Competitive athletes have preference on obstacles and should be given an obstacle lane if racing for podium. In any other case, common courtesy applies. If a faster athlete is behind you, you must move to the left and allow them to pass on the right. Purposefully stopping someone passing may be grounds for disqualification.

Obstacle attempts:

- All obstacles must be attempted with an honest attempt to complete the obstacle.
- Obstacles may be attempted multiple times.
- Athletes to keep left on obstacles to allow faster athletes to pass on the right.
- If reattempting an obstacle, the athlete must move to the back of any queue waiting to attempt the obstacle and then keep left on the obstacle to allow faster athletes to pass on the right.

Obstacle assistance:

- Athletes can help each other and receive assistance from event personnel but no other outside assistance. (except in the case of injury or medical emergency) Verbal assistance and encouragement are fine.



Obstacle Failure

- An obstacle is considered a failure when an athlete opts not to reattempt the obstacle.
- Failing an obstacle will result in the BURPEE PENALTY being implemented BUT for the open course category, the penalty is encouraged for full course completion but NOT MANDATORY. Once the penalty is complete, the athlete can continue running the course.

FIRESTARTER 3km, FIREBALL 7km, FIRESTORM 10km, COMPETITIVE grade. (Coloured wrist band and/or marked number on arm/leg)

Course:

- Athletes must stick to the designated course. Cutting the course is not permitted and may result in a disqualification.
- Competitive athletes have preference on obstacles and should be given an obstacle lane if racing for podium. Please declare that you are “COMPETING” if coming to a crowded obstacle area to allow for space to be made for you. In any other case, common courtesy applies. If a faster athlete is behind you, you must move to the side and allow them to pass. Purposefully stopping someone passing may be grounds for disqualification.

Obstacle attempts:

- All obstacles must be attempted with an honest attempt to complete the obstacle. Not performing an honest attempt will result in the athlete being disqualified
- Suspension obstacles get one attempt, carries/hoists and other strength obstacles may have multiple attempts
- Athletes to keep left on obstacles to allow faster athletes to pass on the right.
- If reattempting an obstacle, the athlete must move to the back of any queue waiting to attempt the obstacle and then keep left on the obstacle to allow faster athletes to pass on the right.

Obstacle assistance:

- Athletes are to receive no outside assistance and CANNOT assist each other. (except in the case of injury or medical emergency).

Obstacle failure:

- An obstacle is considered failed when an athlete fails first attempt (on single attempt obstacles) OR chooses not to keep trying for multiple attempt obstacles. (Tyre flip, Bucket carry, Hoist, Tyre drag, Fence post carry, 6ft or 8ft walls, Sandbag, Tyre Push, Mission Impossible)
- Failing an obstacle will result in the BURPEE PENALTY being implemented. For athletes 16 years and over – 30 chest to floor burpees.

(For Competitive youth grade ages 10-15 years -15 chest to floor burpees.)

Once the penalty is complete, the athlete can continue running the course.

- The finish line can only be crossed by athletes who have completed all obstacles OR the necessary burpee penalties.

FLAMEHUNTERS TEAM 7km

- The team must start, travel and finish together as a group.
- The finish time for the team is when the last team member crosses the finish line.
- Competitive athletes have preference on obstacles and should be given an obstacle lane if racing for podium. In any other case, common courtesy applies. If a faster athlete or team is behind you, you must move to the side and allow them to pass. Purposefully stopping someone passing may be grounds for disqualification.

Course:

- Athletes must stick to the designated course. Cutting the course is not permitted and may result in a disqualification.

Obstacle attempts:

- All team members must tackle obstacles single-file and stay within a single “lane” on the obstacle, in order to allow room for other athletes to pass. Participants to keep left on obstacles to allow faster athletes to pass on the right.
- All obstacles must be attempted with an honest attempt to complete the obstacle.
- Obstacles may be attempted multiple times.
- If reattempting an obstacle, the athlete must move to the back of any queue waiting to attempt the obstacle and then keep left on the obstacle to allow faster athletes to pass on the right.

Obstacle assistance:

- Team members may assist each other to complete obstacles.
- Outside assistance not permitted (except in the case of injury or medical emergency).

Obstacle failure:

- An obstacle is considered failed when a participant opts not to reattempt an obstacle.
- Failing an obstacle will result in the team member needing to complete the BURPEE penalty. The team can share the penalty/penalties, or one person can choose to take the penalties for the team even if they personally completed the obstacle.
- All team members must complete each obstacle (either successfully passing or failing) before the whole team can continue past the obstacle. Continuing can only happen once any burpee penalties have been completed.

Penalty:

- Team members may assist each other with burpee penalties, including completing burpees in place of other teammates or splitting the number of burpees between team members.
- The finish line can only be crossed by teams who have completed all necessary burpee penalties.

PARA ATHLETES COMPETITIVE GRADE ALL DISTANCES

Course:

- Para athletes must stick to the designated course. Cutting the course is not permitted and may result in a disqualification.
- Competitive athletes have preference on obstacles and should be given an obstacle lane if racing for podium. Please declare that you are “COMPETITIVE” if coming to a crowded obstacle area to allow for space to be made for you. In any other case, common courtesy applies. If a faster athlete is behind you, you must move to the left and allow them to pass on the right. Purposefully stopping someone passing may be grounds for disqualification.

Obstacle attempts:

- All obstacles must be attempted with an honest attempt to complete the obstacle. Not performing an honest attempt may result in the athlete being disqualified
- Para athletes may have multiple obstacle attempts.
- Athletes to keep left on obstacles to allow faster athletes to pass on the right.
- If reattempting an obstacle, youth must move to the back of any queue waiting to attempt the obstacle and then keep left on the obstacle to allow faster athletes to pass on the right.

Obstacle assistance:

- Para Athletes may use all body parts on all obstacles as needed. They may rest for heavy hauls or carries. Heavy carries may be placed down on the ground for resting periods and may be pushed or pulled instead of carried where chosen. Sides and framing of scaffold rigs may also be used for all suspension obstacles.



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- Competitive grade Para Athletes are to receive no outside assistance and CANNOT assist each other. (except in the case of injury or medical emergency).

Obstacle failure:

- An obstacle is considered failed when an athlete no longer wants to keep attempting obstacles.
- Failing an obstacle will result in the BURPEE PENALTY being implemented - 15 chest to floor burpees

Once the penalty is complete, the athlete can continue running the course.

- The finish line can only be crossed by athletes who have completed all necessary burpee penalties.

FIRESTARTER COMPETITIVE YOUTH 3KM – AGES 10-15

Course:

- Youth must stick to the designated course. Cutting the course is not permitted and may result in a disqualification.
- Competitive athletes have preference on obstacles and should be given an obstacle lane if racing for podium. Please declare that you are “COMPETITIVE” if coming to a crowded obstacle area to allow for space to be made for you. In any other case, common courtesy applies. If a faster athlete is behind you, you must move to the left and allow them to pass on the right. Purposefully stopping someone passing may be grounds for disqualification.

Obstacle attempts:

- All obstacles must be attempted with an honest attempt to complete the obstacle. Not performing an honest attempt may result in the athlete being disqualified
- Youth participants 10-15 years of age may have multiple obstacle attempts.
- Athletes to keep left on obstacles to allow faster athletes to pass on the right.
- If reattempting an obstacle, youth must move to the back of any queue waiting to attempt the obstacle and then keep left on the obstacle to allow faster athletes to pass on the right.

Obstacle assistance:

- Athletes are to receive no outside assistance and CANNOT assist each other. (except in the case of injury or medical emergency).

Obstacle failure:

- An obstacle is considered failed when a youth no longer wants to keep attempting obstacle.



- Failing an obstacle will result in the BURPEE PENALTY being implemented - for competitive youth, 15 chest to floor burpees

Once the penalty is complete, the athlete can continue running the course.

- The finish line can only be crossed by athletes who have completed all necessary burpee penalties.

MINIFLAMERS 1.5km Kids race.

- Assistance from others including parents, helpers or other participants is allowed.
- Obstacles may be attempted multiple times.
- There is no penalty for obstacle failure.

The Miniflames will follow a segment of the adult 3km course. All obstacles are optional and may have as much assistance from adults or helpers for the kids to complete. There are no deeper swamps or heavy lifts/hoists and kids will be encouraged to bypass those obstacles for safety reasons.

Obstacle Line Up and Associated Rules

Please note, whilst Blazing Hills endeavours to deliver all obstacle and their rules accurately, these obstacles are subject to change without notice. This could look like: added obstacles, changes to obstacle design, obstacles omitted on race day, changes to how obstacle should be undertaken. Any changes will be covered at briefing on race day to keep all participants up to date.

Obstacle	Type of completion	Rules
	FIRESTARTER 3KM OCR	
#1A - Fire Swamp	Multiple attempt	Enter swamp in between the markers from front of swamp. Follow markers through swamp and out the back.
#2A – Blazing Barricade	Multiple attempt	Get over 6ft wall without using side or middle poles.
#3A Ember Trench	Multiple attempt	Enter trench between markers, go through trench and up steep hill at the end
#4A – Flamewheel Flip	Multiple attempt	Tyre must be flipped over and then back again to where it started. Must be fully released onto the ground between flips.
#5A – Hydrant Hurdle	Multiple attempt	Enter Fireswamp 3 between set markers and pass through the centre area of the swamp. No edges



Obstacle	Type of completion	Rules
		of swamp to be used. You can choose to go OVER or UNDER the buoys in the centre of the swamp.
#6A – Smouldering Steps	Multiple attempt	Navigate Smouldering Steps tyre minefield putting feet only in centre of tyres.
#7A Flames Embrace Crawl	Multiple attempt	Athletes must go under net staying low
#8A – Flame Licker	Pass/Fail	Enter obstacle at start point. Feet on low beam, hands on high beam. Traverse the beam to ring the bell at the end. May not touch the ground between start and finish bell.
#9A – Ash Bucket	Multiple Attempt	Carry bucket around the marked course. Buckets must be returned to the same spot as they were taken from. Bucket must not touch the ground but can be rested on top of athlete's foot to rest.
#10A – Flame Gauntlet	Pass/Fail	Enter the rig from the start and navigate multiple hanging elements of the rig and ring the bell to finish. Scaffold frame and ropes/attachments cannot be used. Must not touch the ground between start and finish bell.
#11A – Charred Underpass – Low rig	Pass/Fail	Enter rig from start navigating low hanging obstacle elements to ring the bell at finish. Hands and feet may be used, on any hanging elements. Scaffold frame and ropes may not be used. Must not touch the ground between start and finish bell.
# 12A - Smokescreen Swamp Crawls	Multiple attempt	Crawl under nets in swampy area under the netting, following the markers.
#13A Flame Rings	Pass/Fail	Enter obstacle at start step, use the flame ring tyres to swing through to the other side and ring the bell. Ropes and tyres, hands and feet may be used. Scaffold frame cannot be used. Must not touch the ground between start and finish bell.
#14A – Ignition Cord rope climb	Pass/Fail	Athletes must climb the rope to ring the bell at the top. Hands and/or feet can be used.
#15A – Phoenix Hoist	Multiple attempt	Athletes must hoist the weight up to the top of the pulley and lower back down. Weight must be lowered gently to ground, or another attempt will be required or the penalty of 30 burpees.
#16A – Hellfire Hurdles	Multiple attempts	Go over and under set hurdle beams.
#17A – Firefighter	Pass/Fail	Enter the obstacle at start step and navigate the roped fire poles to ring the bell at the end. Hands and/or feet are allowed on the piping and knotted ropes but the scaffold itself and attachment



Obstacle	Type of completion	Rules
		points cannot be used. Must not touch the ground between start and finish bell.
#18A – Firestone drag	Multiple attempt	Grab a tyre with the rope attached and drag it around the designated course to bring it back to start.
#19A – Floating Lava Ledge	Pass/Fail	Enter the obstacle at the start point and using hands and feet on the designated hand and foot holds, make way across the obstacle and ring the bell to finish. The scaffold structure or attachment points/ropes cannot be used. Must not touch the ground between start and finish bell.
#20A – Ahi Ringa – Monkey bars	Pass/Fail	Enter the obstacle at start point and using just the various monkey bars, navigate through to ring the bell. May not use the scaffold structure or suspension rope/chain. May not touch the ground between start and finish bell.
#21A – Fireline Traverse	Pass/Fail	Using the rope suspended over, navigate across the swamp without falling off, ring the bell to finish.
#22A – Lahar Flow	Pass/Fail	Climb the hill following the markers and then slide single file down the slide to the bottom. Competitive athletes have priority. Otherwise, first there, first slide.
#23A – Vulcans Peak	Multiple attempt	Enter at start of net and climb up and over the peak of the A frame and down climb the other side. Hands and feet can be used. The side frame cannot be used.
#24A – Hotshot	10 shot attempts for single bullseye	Select a laser gun at the station and load it on the table. Using single arm, aim for the target. Obstacle is completed after 1 bullseye (shot count will show green light) After 10 shots without bullseye, burpee penalty applies. Athletes must reload gun each time on the table before taking aim again.
FIREBALL 7KM OCR		
#1B – Mt Doom Ascent	Multiple Attempts	Climb up the side of Mount Doooms slopes. Can use the supplied ropes for support or forgo and just use the terrain.
#2B – Cindercrawl	Multiple attempts	Get down and crawl under the netting in the mud. Entering one end and exiting the other.



Obstacle	Type of completion	Rules
#3B – Flaming Monkey	Pass/Fail	Enter obstacle at start of woolshed. Using hands and feet on rope segments only, navigate your way down and up the U-shaped ropes and then on the cargo net to finish. Woolshed framing must not be used. May not touch the ground between start and finish bell.
#4B – Flamewalk Traverse	Pass/Fail	Using hands on top rope and feet on bottom rope, navigate the zig zag lines without touching the ground. Trees can be touched and used between rope segments.
#5B – Lava Log Lift	Multiple attempt	Select a fence post and carry it around designated course and then back to the start. Post must be carried without being put on the ground. Fence post to be placed down gently at the end, NOT thrown, or obstacle to be attempted again OR burpee penalty
#6B – Volcanoes Edge	Multiple attempt	Climb up and over 8ft wall. Hands and feet can be used. Side framing not to be used. Youth can use step.
#7B – Firefighters Muddy Mission	Multiple attempt	Go through the markers into the pond and through to the exit markers at the other side. Athletes must keep to the central water zone and not run on any shallow edges.
#8B – Burnbag haul	Multiple attempt	Grab a sandbag from pile, run down and uphill on other side, then across uneven farm ground to get back to start, placing sandbag back down gently, NOT thrown, or obstacle to be repeated OR burpee penalty.
#9B – Burning Bridge	Pass/Fail	Balance from start to finish of set track path. Ground may not be touched between points.
FIRESTORM 10KM OCR		
#1C – Fiery Peak	Multiple Attempt	Get yourself up the fiery peak all the way to the top.
#2C – Molten Mud	Multiple Attempt	Go under netted zone keeping low to ground
#3C – Flame Stepper	Pass/Fail	Navigate mud swamp balancing on wood between tyres. Ground may not be touched. Falling into the mud, penalty applies
#4C – Pyros Push	Multiple Attempt	Choose tyre and push tyre flat on the ground around designated course and back to start segment. Can be done on feet or knees. Tyre must remain flat.
Obstacle #5C – Hydration Hustle	Multiple Attempt	Carry 2 drench containers with water around designated course.



Obstacle	Type of completion	Rules
#6C – Hephaestus Hurdle	Multiple Attempt	Get your body up and over the pole in the air. Hands and feet are allowed but only using the upper beam. Cannot use side posts for assistance.
#7C – Ember Trench	Multiple Attempt	Go through the Ember trench from start to finish following set markers.
FIREHUNTERS TEAM RACE 7KM		
#1D TEAMS –Lava Flow - Crate Relay	Multiple Attempt	Use two crates per team. Navigate around designated course. No one can touch the ground other than on TOP of a crate or restart. Teamwork to move crates and then get the team transferred to standing on the crate together.
#2D TEAMS – Fire rescue	Multiple Attempt	Grab a pole and suspend it between two of the teammates. The third person must hang off or be on top of the pole while the other two carry them around the designated course. Positions can be swapped but everyone to be standing still to swap and not moving fire pole without a team member on it.
#3D – Lava Crust dash	Multiple Attempt	2 of the Athletes have to drag one of the team members on the lava crust carpet around the designated course. They can swap positions if team is tired, but the carpet must be stopped still when swapping spots.
#4D – Ring of fire	Multiple Attempt	Athletes together lift up big tyre on to its side and then navigate tyre through designated course. If tyre falls over, it must be picked up again to continue. Tyre to be brought back to the same position as it started in. Team must keep tyre under control.
#5D – Phoenix Pouch	Multiple Attempt	Get all 3 team mates into Phoenix Pouch (wool fadge) and then together navigate the set course, jumping in unison like a big sack race. The ground may not be touched between the start and finish or restart.

Appendix

Any terms not defined in the above rules can be found in the appendix section.

Pass/fail obstacle.



A pass/fail obstacle is either completed or not completed (passed or failed). An obstacle failure will result in the appropriate burpee penalty.

Multiple attempt obstacle

A multiple attempt obstacle does not result in a penalty straight away if failed. Competitors may make multiple attempts to complete the obstacle to obtain a pass. If after multiple attempts, the obstacle cannot be completed, the burpee penalty can apply by choice instead.

Honest attempt

Athletes must attempt all obstacles with an honest attempt. An honest attempt is defined as an athlete committing to succeeding on an obstacle, such as by applying their full body weight. Failing an obstacle after an honest attempt is acceptable and will result in the athlete performing another attempt or taking the burpee penalty. Not performing an honest attempt, such as purposefully failing an obstacle in order to move on quicker, is not acceptable and will result in the athlete being issued a warning or being disqualified.

Did Not Complete (DNC)

An athlete classified as DNC is not eligible for awards. An athlete classified as DNC can still finish the course and will receive a finish time (but they will not be ranked in the results over an athlete who is not classified as DNC)