


Barriers & rules / Medieval Run 2019

Obstacle #1 / Ramping barbed wire

- **Type of obstacle :** Agility - speed
- **Rule of the obstacle :** Crawl over a distance of 50 m under barbed wire placed at a height of 80 cm.

 **Specific rule Elite/Age Group :** Pull a bag of 30kg for men and 20kg for women.

Obstacle #2 / Tilted fence

- **Type of obstacle :** Technique - strength
- **Rule of the obstacle :** A placed fence tilted way, overcome it by the upward slope to the force of arms.

Fence height: 180 cm

Obstacle #3 / Vertical net


- **Type of obstacle :** Agility
- **Rule of the obstacle :** A large net to climb, stretched vertically between 2 trees. Height of 2.5 m.

Obstacle #4 / Mud area

- **Type of obstacle :** Fun
- **Rule of the obstacle :** Succession of holes of water and mud bumps to cross and overcome.

Obstacle #5 / Monkey bar

- **Type of obstacle :** grip - technique
- **Rule of the obstacle :** On a length of 6 meters, switch from tackle to tackle, and validate the obstacle by knocking the bell.

 **Specific rule Elite/Age Group:** it is prohibited to use the structure to help yourself ; It is prohibited to touch the ground during the crossing of the obstacle ; you can knock the bell only with the hand.


Obstacle #6 / The infernal rise

- **Type of obstacle :** Power - cardio
- **Rule of the obstacle :** a beautiful and long climb in the woods of Bouillon.

Obstacle #7 / Weaver

- **Type of obstacle :** Agility - grip
- **Rule of the obstacle :** The Weaver is an obstacle where you must cross horizontal high mounted and spaced 50 cm apart logs.

The participant must pass above, then the following log below and so on. Once the first part of the weaver accomplished, the participant continues with a hanging pig. He finishes the obstacle by a second weaver.

 **Specific rule Elite/Age Group :** it is prohibited to touch the ground or to use the wooden structure to help yourself, you can only use the horizontal logs ; you must cross the first log from above.

Obstacle #8 / Monkey hook

- **Type of obstacle** : Grip - technique
- **Rule of the obstacle** : Use 2 logs fitted with a hook to evolve from ring to ring and validate the 4 meters long obstacle by knocking the bell.

OCR Specific rule Elite/Age Group : It is prohibited to use the structure to help yourself ; obligation to use 2 logs across the obstacle ; prohibition to place fingers in the rings to help yourself ; it is prohibited to touch the ground during the crossing of the obstacle ; you must knock the bell only with your hand.

Obstacle #9 / Floating wall

- **Type of obstacle** : Grip - agility
- **Rule of the obstacle** : Succession of suspended and mobile climbing walls. You will have to evolve from wall to wall and knock the bell, using the grips on each wall. .

OCR Specific rule Elite/Age Group : It is prohibited to use the structure to help yourself ; it is prohibited to touch the ground during the crossing of the obstacle ; you must knock the bell only with your hand ; prohibited to use and hold the upper part of the floating walls ; prohibition to use the straps ; your hands and feet must use the grips on the floating walls.

Obstacle #10 / Crossing of the Semois river

- **Type of obstacle** : Mental
- **Rule of the obstacle** : Crossing the Semois river over 50 meters.

OCR Specific rule Elite/Age Group : Obligation to stay in the corridor delimited by strings. You have the choice to go across, passing over or under logs.

Obstacle #11 / Irish board

- **Type of obstacle** : Technique - strength
- **Rule of the obstacle** : Irish Board, typical obstacle of the commando course. You go through on a board fixed 200 cm high from the ground.

OCR Specific rule Elite/Age Group : Obligation to stay in the corridor delimited by strings. Prohibition to use the side reinforcements of the structure.

Obstacle #12 / Pipe

- **Type of obstacle** : Fun
- **Rule of the obstacle** : Down in a pit of mud and back up in a 6 meters long pipe with a rope.

Obstacle #13 / Aquatic ramping

- **Type of obstacle** : Quiet - cold blood
- **Rule of the obstacle** : The participant must crawl on his back using fences, this along a trench filled with water.

OCR Specific rule Elite/Age Group : Obligation to finalize the obstacle.

Obstacle #14 / Mobile and vertical Peg board

- **Type of obstacle** : Strength - technique
- **Rule of the obstacle** : Using 2 wooden cylinders, the participant must climb a square beam pierced with holes. He will use these 2 cylinders to climb from hole to hole up to 4 meters in height and knock the bell with the hand. The Peg Board is mobile.

OCR Specific rule Elite/Age Group : Obligation to use 2 wooden cylinders ; Obligation to go down by using the cylinders as well as rising ; It is prohibited to jump once the obstacle is validated ; Prohibition to place the fingers in the holes of the beam ; Obligation to put the 2 cylinders of wood back in the container ; Validation of the obstacle by knocking the bell with the hand.

Obstacle #15 / Tyre pull

- **Type of obstacle** : Strength - power
- **Rule of the obstacle** : Pull the tyre on a determined distance, by using a chain and then move it back to its original position.

OCR Specific rule Elite/Age Group : Obligation to pass the obstacle ; it is prohibited to roll or return the tyre or to pull the tyre by a means other than the chain ; You must put the tyre back at its original position to validate the obstacle.

Obstacle #16 / Wooden scale

- **Type of obstacle** : Agility
- **Rule of the obstacle** : A wooden ladder allows you to leave the castle and find the rest of the race.

Obstacle #17 / Samurai Rig

- **Type of obstacle** : Agility - grip - strength
- **Rule of the obstacle** : Succession of 8 vertical logs, 250 cm high, with 60 cm of space between each log. You must move from one to another to reach the 8th without setting a foot on the ground.

OCR Specific rule Elite/Age Group : You can not touch the ground during the crossing of the obstacle, nor using the top of the log.

Obstacle #18 / Low Rig

- **Type of obstacle** : Agility - grip - technique
- **Rule of the obstacle** : Moving from gear to gear over a length of 9 meters, this without ever touching the ground. Validation of the obstacle by knocking the bell with the hand.

OCR Specific rule Elite/Age Group : It is prohibited to touch the ground ; to use the structure ; to use straps. Validation of the obstacle by knocking the bell, only with the hand.

Obstacle #19 / Balance

- **Type of obstacle** : Agility - quiet - balance
- **Rule of the obstacle** : Balanced on feet, the participant will have to evolve on a succession of logs this without setting foot on the ground.

Obstacle #20 / Crossing of the Semois river

- Type of obstacle : Mental
- Rule of the obstacle : Crossing the Semois river over 50 meters, helped by strings.

OCR Specific rule Elite/Age Group : Obligation to stay in the corridor delimited by strings.

Obstacle #21 / Weight pull

- Type of obstacle : Strength - power
- Rule of the obstacle : With the help of a rope, you have to pull a load up to to 6 meters high and then gently down to the ground to validate the obstacle. 12kg for women and 24 kg for men.

OCR Specific rule Elite/Age Group : You must gently put the load back on the ground. Forbidden to block the rope with the feet or to use the structure as support.

Obstacle #22 / Destroyer

- Type of obstacle : Agility - grip - technique
- Rule of the obstacle : Succession of apparatus suspended on a length of 9 meters up to knowk the bell.

OCR Specific rule Elite/Age Group : Prohibited to touch the ground during the crossing of the obstacle ; Prohibited to use the structure ; Prohibition to use straps ; Validation of the obstacle by knocking the bell only with the hand.



Mobile and vertical Peg board



Samurai Rig