Estonian OCR Championships 2027

02.11.2026

Guidelines 2027
Short Course – 14.08.2027, Lähte Health Trails, Tartu County. Organizer: Seiklushunt MTÜ
Standard Course – 29.05.2027, Keila. Organizer: Spordisemu MTÜ
400m – 30.05.2027, Keila. Organizer: Spordisemu MTÜ
Team Race – 29.05.2027, Keila. Organizer: Spordisemu MTÜ

Chief Judge: Rain Vosman
A separate ranking will be kept for participants competing in the Estonian Championships (EMV).
All Estonian citizens may participate in Estonian Championships ranking. The athlete is responsible for their own health and fitness required to complete the course. For minors, the responsibility lies with the parent.
The event organizer is responsible for athlete registration and collecting license fees.
Age Groups
Short Course: U16, U20, 45+, Elite
Standard Course: U20, 45+, Elite
400m: U16, U20, 45+, Elite
Separate rankings for men and women in each age group.
Teams: M, Mixed, F
A team may consist of 3 or 4 members according to the organizer's guidelines.
Team categories:

- **MM** – all members male
- **MN** – athletes from both genders
- **NN** – all members female

The organizer may add age-group team categories if there are enough participants.
Each athlete may choose to compete either in Elite or in their respective age group. Athletes younger than 16 may compete in U20 with parental responsibility and only if the organizer allows it, considering that U16 has different difficulty levels.
An athlete may participate in **only one** EMV category at a time. For example, if a 17-year-old chooses Elite, they will not be ranked in U20.
Age group classification is based on birth year. For example, an athlete is considered 15 years old if they turn 15 at any point during the current year (Jan 1–Dec 31).
Transgender athletes compete in the men's category.
Start Groups
Athletes start according to start groups determined by the organizer (based on number of participants). A start group may not exceed 20 athletes, unless the course layout ensures sufficient spread before obstacles that may cause bottlenecks. Different age groups may be placed in the same start group.
Wristbands
The competition uses a **3-wristband system**. Athletes start with 3 visible wristbands (must show them to judges upon request). For each obstacle not completed, the judge removes one wristband. Athletes aged 15 and younger have wristbands of a different color. For technically difficult obstacles, the organizer may increase the number of wristbands by up to 2, either for all athletes or only certain age groups.
If the organizer uses electronic obstacle completion tracking, physical wristbands are not required, but the principle remains the same.
If an obstacle has two options—Variant A and Variant B—where Variant A is harder and usually faster, and Variant B easier and slower, **EMV athletes must complete Variant A**. If the athlete cannot complete Variant A, one wristband is removed and they must complete Variant B. If stated in the rules, failing Variant A may also result in a time penalty (e.g., 2 minutes). No obstacle may be skipped.
At the finish, the athlete must have **at least 1 wristband** remaining.
If the athlete fails 3 obstacles (or 4, if 4 wristbands were given at the start), losing all wristbands, they will not receive a result in EMV ranking (**DNC**).
If there is a queue at an obstacle, priority is given to athletes with more remaining wristbands.
Ranking is based on fastest completion time.
Athletes must ensure their wristband count is recorded correctly at the finish.
Course
The standard course is approx. 10 km (+/- 3 km), the short course approx. 4 km (+/- 2 km). The course includes natural and artificial obstacles. The course must be completed using muscle power only, without external assistance. Athletes may attempt obstacles unlimited times. If there is a queue, priority goes to those on their first attempt and those with more wristbands.
Obstacles may have separate **women's difficulty levels**, clearly marked (e.g., lighter weight, lower wall, additional support).
Male athletes aged 15 and younger may use women's difficulty levels. Their wristbands are a different color so judges can identify them.
The time limit for completing the course is set by the organizer (e.g., 2 hours).
Obstacle Rules
Obstacle rules are defined in the **Rulebook**. The Rulebook will be published electronically on the event website at least 2 weeks before the competition. It will be available in Estonian and English. Failure to know the rules is not an acceptable excuse.
Awards
The Estonian Champion, Estonian Junior Champion, Estonian Youth Champion, Estonian Senior Champion, and the 2nd and 3rd place finishers in each age group will be awarded medals.
Other
Athletes may not have bare upper or lower body (a race bib shirt counts as upper-body covering).
Timing chip and race number must be properly attached. If the result is not recorded due to incorrect attachment, the organizer is not responsible.
Registration and participation are at the athlete's own risk (for minors, at the parent's risk).
Accommodation and travel expenses are covered by the sending organization.
Protests and Appeals

Protests and appeals may be submitted up to 30 minutes after finishing. Later protests may not be considered. All ongoing issues are resolved by the chief judge.
If a protest is upheld regarding a judge's mistake in obstacle assessment (judge marked an obstacle as completed when it was not), **2 minutes** will be added to the athlete's time.
If a protest is upheld regarding an incident outside the judge's view, the result is **DNQ** or at least a **2× time penalty** (minimum 1 minute), if the committee unanimously agrees the violation was not intentional.
If a judge's mistake caused additional time loss for the athlete, the chief judge may reduce the athlete's time accordingly.

Estonian Obstacle Course Racing Federation