

SK RUNNINGCOACH.LV OBSTACLE COURSE RUNNING COMPETITION (4TH STAGE OF THE BALTIC OBSTACLE RUNNING CHAMPIONSHIP)

REGULATIONS

1. Goal and objectives

- 1.1. To popularize the sport of obstacle running (OCR).
- 1.2. Promoting an active lifestyle among the population.
- 1.3. To prepare for the start of international obstacle running competitions.
- 1.4. To identify the best obstacle runners in amateur groups and within the framework of the Baltic Championship.

2. Time, place and distances

- 2.1. The competition will take place in Cena, Jelgava region, Cena parish, on August 10, 2025.
- 2.2. Google Maps coordinates **56.723994, 23.827991**
- 2.3. The distance length for the Sports class and Baltic Championship participants is around 6 km, the number of obstacles is around 30. The distance length for the Open class is up to 5 km, the number of obstacles is around 20.
- 2.4. In case of unforeseen circumstances or particularly bad weather conditions, the competition date or start time may be changed by announcing it in advance on the competition website and social accounts.

3. Participants and groups

- 3.1. Participants from the age of 14, regardless of gender, can participate in obstacle races (up to and including the age of 17, the presence of a parent, guardian or coach is mandatory).
- 3.2. Men's and women's categories are judged separately. Men's and women's categories are judged separately in the Sports and Open classes.

4. Registration

- 4.1. Registration of participants takes place on the website <https://www.runningcoach.lv/skerslu-skriesana/>
- 4.2. Online registration closes this year on August 7 at 12:00.

4.3. Participants who register within the Baltic Championship, in addition to the participation fee, must pay the Baltic Championship license specified in paragraph 5.2.

5. Participation fee

5.1. When registering by August 7 at 12:00, the participation fee for Sports classes is set at 35 EUR, for Open classes at 20 EUR. Registration on the day of the competition on site – for Sports classes 40 EUR, for Open classes 25 EUR.

5.2. In addition to the participation fee, participants of the Baltic Championship must independently pay the Baltic Championship license fee of 15 EUR, transferring it to the following details:

EE78770077008054028 Eesti Takistuskrossi Liit (Indicating the athlete's First Name Surname BL license 2025 in the payment order)

5.3. A discount on the participation fee is applied to residents of Jelgava region and young people up to 17 years of age (inclusive), respectively, the participation fee is set at 20 EUR for Sports classes and 15 EUR for Open classes, except for applications on the day of the competition.

5.4. If a participant has circumstances that prevent them from participating in the competition, they may request to transfer their entry fee to another participant or request a full refund of the entry fee by 12:00 on August 7. After the specified deadline, entry fee refunds and transfers will not be approved.

5.5. The participation fee covers the technical maintenance of obstacles, track marking, distance planning, referee work, facility rental, photographer's photos, recording and summarizing results, and prize fund.

6. Awards

6.1. Commemorative awards will be given to the winners of 1st-3rd places in the men's and women's (Sport and Open classes) groups.

6.2. Within the framework of the Baltic Championship, the winners of the overall ranking in the groups specified in paragraph 3.3 will be awarded.

6.3. Immediately after the awards ceremony, a draw will be held among all participants who will be able to obtain valuable gifts. Attendance at the final lottery is mandatory. One and the same participant cannot win more than one lottery prize.

7. Obstacle course

7.1. All participants start according to the competition program, which will be published no later than August 7. In order to register on time, specify the

execution of obstacles and warm up, the recommended time of arrival at the competition venue is 60 minutes before their start.

7.2. Participants will run a marked course, which will include natural and artificial obstacles of varying difficulty.

7.3. Timekeeping will be carried out using the Sportident marking system.

7.4. The winner will be the participant who shows the fastest time over the distance.

7.5. A cloakroom and shower are not provided at the competition venue.

7.6. The organizers ensure the presence of a doctor at the competition center to provide first aid. In the event of a more serious injury, the NMPD crew is called by phone 113, the nearest hospital is Jelgava City Hospital, Brīvības bulvāris 6, Jelgava.

8. Publicity and privacy

8.1. During the competition, participants may be photographed or filmed.

8.2. By registering for the competition, participants confirm that the organizers have the right to use photographs and video materials taken during the competition for public relations and advertising purposes without the consent of the people appearing in them.

8.3. By registering for the competition, participants confirm that they do not object to the publication of the list of participants and results.

9. Rules

9.1. Trying out obstacles before your start is prohibited.

9.2. The execution of obstacles will be supervised by judges.

9.3. Only one attempt will be allowed for the execution of individual obstacles, these obstacles will be marked on the course with the sign "One attempt only".

9.4. After certain obstacles, Sportident marking stations will be located, where only those participants who have completed the respective obstacle are allowed to mark. If the obstacle is not completed, then marking at the Sportident marking station is not allowed. Marking will be monitored by judges. At the finish line, for each station where there is no Sportident mark, the participant will be given a 2-minute penalty. The maximum number of penalty minutes to be included in the result in the Sport class is 6 minutes, all other participants who finish with 8 or more penalty minutes will be listed below those participants who have 6 or fewer penalty minutes in the result protocol. In the Open class, the

number of penalty minutes is not limited. It is the responsibility of each participant to mark the obstacles they have completed at the Sportident station.

9.5. It is the competitor's responsibility to start each obstacle. An obstacle is considered started when both of the competitor's feet are off the ground and they have touched at least one element.

9.6. The participant is responsible for clarifying the requirements for each obstacle with the competition judges before starting.

9.7. The participant is obliged to familiarize himself with the competition safety rules during registration, which are published on the competition website. Registration for the competition serves as confirmation that the participant has familiarized himself with the safety rules and undertakes to comply with them.

9.8. Participants are responsible for their health, regular health check-ups, and their health and life insurance. Parents (persons exercising guardianship rights) are responsible for the health care, regular health check-ups, and health and life insurance of minor participants. The organizers ensure the presence of a doctor during the competition to provide first aid.

9.9. All participants who are caught in an unfair competition and do not complete the full distance will be disqualified.

10. Changes to the competition regulations

The organizers have the right to make changes and additions to the regulations. The most significant changes, if any, will be announced on the competition website. The organizers are not responsible for the fact that the participants are not familiar with the regulations.

11. Organizer details

Sports club "runningcoach.lv"

Reg. no. 50008334071

Jelgava region, Cenu parish, Cena, "Grietas", LV-3018

AS "SEB banka"

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