

Obstacles & rules / Medieval Run 2022

Obstacle #1 / The spider net

kids paladins knights OCR

- Type of obstacle : Agility - Speed
- Rule of the obstacle : Lift the net and move underneath to the exit.



Obstacle #2 / Sloping palisade

kids paladins knights OCR

- Type of obstacle : Technique - Strength
- Rule of the obstacle : A palisade placed at an angle, surmount it by the ascending slope with the strength of the arms.



Obstacle #3 / Inverted palisade

kids paladins knights OCR

- Type of obstacle : Technique - Strength
- Rule of the obstacle : A palisade placed at an angle, surmount it by emptiness with the strength of the arms.



Obstacle #4 / Crawling barbed wire

kids paladins knights OCR

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



Obstacle #5 / The Infernal Rise

paladins knights OCR

- Type of obstacle : Strength - cardio
- Rule of the obstacle : A beautiful and long climb in the woods of Bouillon.



Obstacle #6 / Weaver

paladins knights OCR

- Type of obstacle : Agility - grip
- Rule of the obstacle : The Weaver is an obstacle where logs are placed horizontally in height and spaced 50cm apart. The participant must pass over then under successively until the last log.



Specific rule Elite/Age Group : No touching the ground; prohibition to use the wooden structure to help yourself, only the horizontal logs. Passage of the 1st log from above.

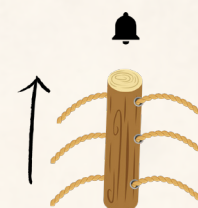
Obstacle #7 / Logs climbing

paladins knights OCR

- Type of obstacle : Strength - Power - Grip
- Rule of the obstacle : Using the ends of rope protruding from the log, the participant must climb to a height of 4m and validate the obstacle by ringing the bell.



Specific rule Elite/Age Group : Obligation to use the ends of the rope to climb; It is forbidden to jump once the obstacle has been validated, you must descend using the ends of the rope; Compulsory obstacle validation by tapping the bell with your hand.



Obstacle #8 / Accross the Semois River

paladins knights OCR

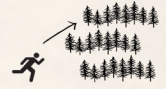
- Type of obstacle : Mental
- Rule of the obstacle : Crossing of Semois River over 50 meters with the help of ropes.



Obstacle #9 / The infernal rise, coming back

knights OCR

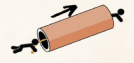
- Type of obstacle : Power - cardio
- Rule of the obstacle : A nice and very... very long climb in the woods of Bouillon.



Obstacle #10 / Pipe

knights OCR

- Type of obstacle : Strength
- Rule of the obstacle : Climb the 6m of pipe up the upward slope using the rope.



Obstacle #11 / Tyre pulling

knights OCR

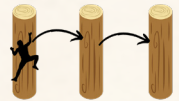
- Type of obstacle : Strength - power
- Rule of the obstacle : Bring the tyre to your feet by pulling it over 10m with the help of the rope (6m for women). Place it back by pulling it to its initial position to validate the obstacle.




Obstacle #12 / Samuraï Rig

knights OCR

- Type of obstacle : Agility – grip - strength
- Rule of the obstacle : Succession of 8 logs 250cm long, placed vertically. 60cm of space between each log. You have to go from one log to another by the strength of your arms and legs to reach 8th, without ever putting your foot on the ground.



 **Specific rule Elite/Age Group** : It is forbidden to touch the ground during the crossing of the obstacle; It is forbidden to use the top of the log for support.

Obstacle #13 / Vertical palisade

paladins knights OCR

- Type of obstacle : Technique - Strength
- Rule of the obstacle : Overcome the palisade using the arms and/or legs without using the side uprights or the chains.



Obstacle #14 / Castle stairs

paladins knights OCR

- Type of obstacle : Power - Cardio
- Rule of the obstacle : Climb the stairs of the Castle of Bouillon.




Obstacle #15 / Irish board

paladins knights OCR

- Type of obstacle : Technique - Strength
- Rule of the obstacle : The Irish board, typical obstacle of the commando course. You will have to pass over a board fixed at 200 cm in height.




 **Specific rule Elite/Age Group** : Prohibition to use the lateral reinforcements of the structure.

Obstacle #16 / Low Rig

kids paladins knights OCR

- Type of obstacle : Grip – agility - technique
- Rule of the obstacle : Move from apparatus to apparatus over a length of 6 meters, without ever touching the ground. Validation of the obstacle by tapping the bell with the hand.

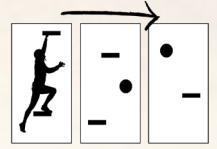


 **Specific rule Elite/Age Group** : No touching the ground; Prohibition to use the structure as a support, only use the apparatus; ban on using the straps or hanging on the carabiners; Obligatory validation of the obstacle by tapping the bell with the hand.

Obstacle #17 / Floating wall

kids paladins knights OCR

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



OCR Specific rule Elite/Age Group : No touching the ground; Prohibition to use the structure to help yourself ; Prohibition to use the upper part of the floating walls as support; Prohibition of using straps or carabiners as support; Obligation that the hands and feet use the grips of the floating walls; Validation of the obstacle by tapping the bell only with the hand.

Obstacle #18 / Accross the Semois River

kids paladins knights OCR

- **Type of obstacle** : Mental
- **Rule of the obstacle** : Crossing of Semois River over 50 meters with the help of ropes.



Obstacle #19 / Weight pull

kids paladins knights OCR

- **Type of obstacle** : Strength - power
- **Rule of the obstacle** : Using a rope, raise the load to a height of 6 meters and lower the load gently to the ground to validate the obstacle: 12 kg for women and 24 kg for men.

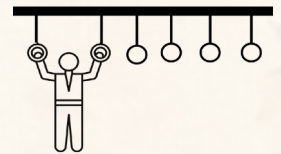


OCR Specific rule Elite/Age Group : Prohibition to drop the load; Obligation to gently lower the load to the ground to validate the obstacle; Blocking the rope with the feet is prohibited; It is forbidden to use the structure as a support.

Obstacle #20 / Monkey Ring

kids paladins knights OCR

- **Type of obstacle** : Grip – technique – Agility
- **Rule of the obstacle** : Over a length of 6 meters, go from ring to ring to hit the bell with your hand to validate the obstacle, without setting foot on the ground.

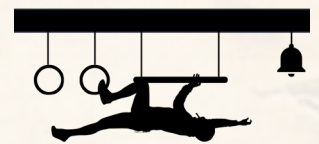


OCR Specific rule Elite/Age Group : Prohibition to pass the arm in the ring; No touching the ground; Obligatory validation of the obstacle by tapping the bell with the hand.

Obstacle #21 / Low Rig Monkey Camp

kids paladins knights OCR

- **Type of obstacle** : Grip – agility - technique
- **Rule of the obstacle** : Move from apparatus to apparatus over a length of 6 meters, without ever touching the ground. Validation of the obstacle by tapping the bell with the hand.



OCR Specific rule Elite/Age Group : No touching the ground; Prohibition to use the structure as a support, only use the apparatus; ban on using the straps or hanging on the carabiners; Obligatory validation of the obstacle by tapping the bell with the hand.

Obstacle #22 / Lancer d'anneau

kids paladins knights OCR

- **Type of obstacle** : Calm – Concentration
- **Rule of the obstacle** : Throw a ring of rope and successfully hook it onto a wooden stake. If the ring is in balance, it is not validated. The participant cannot launch several rings at the same time. He will have to go and find the thrown rings himself if he has none left.



OCR Specific rule Elite/Age Group : It is forbidden to launch several rings at the same time. It is forbidden to pick up all the rings, leave some for the following participants. 1 ring must be attached to validate the obstacle.