# Rule Book - OCR's Greatest 2024

A year-long competition that anyone can compete in. All Small/Local OCRs nationwide (USA)(Within the 50 states).

The person who completes the most Small/Local OCRs in 2024 will win hundreds of dollars worth of race entrees for 2025.

**Local/Small OCR Defined:**
A Small/Local Obstacle Course Race is defined as an organization/company/person that hosts 1 to 3 events per calendar year OR hosts Obstacle Course Races/Mud Runs in the same location, to exceed no more than 5 Obstacle Course Races in the same location, during the same calendar year.

*Note: Inflatable only races do not qualify as OCRs/Mud Runs. If an event has a mix of obstacles and inflatables, it is a qualifying event.*

*Virtual events of any kind do not count towards points for this competition*

Must be 18+ years old on Jan 1, 2024 to compete.

The competition runs from January 1, 2024 - December 31, 2024.

**Submitting Your Results For Points:**
Email info@triofitlife.com after you complete each race. Include the following information:

Subject:
OCR's Greatest

Body:
First & Last Name
Event Name & Link to the results page for the event.

**\*If the event does not have a results page, a copy of your receipt for the event may be submitted in place of the results page link the day after (starting at 12:01am) the event was scheduled to occur. You may not win the tiebreaker for 1st place overall on the year by submitting a receipt for your final race of the year. If a race does have a results page, and you send a receipt instead, you will not receive the points for that race. We are very well tuned in with Small/Local OCRs and look through 90+ events yearly, and we take integrity of competition very seriously.\***

**WHAT HAPPENS NEXT:**
We will put your name on the leaderboard at Triofitnesstraining.com and update your score with every new completed race you submit.

**Announcing The Winner:**
After the end of the year (2024) we will announce the winner on social media and email them their prizes. There will be only 1 winner. Not 1 male and 1 female, just one overall winner who takes the WHOLE prize.

All 2024 race submissions must be emailed (as directed above) no later than Jan 5, 2025 to be eligible for points for the 2024 competition.

The winner will be announced the week of January 6, 2025.

**SCORING:**
All Small/Local Obstacle Course Races are worth 10 points. 1 race is worth 10 points, 2 races are worth 20 points, etc.

**WHAT HAPPENS IN THE EVENT OF A TIE:**
In the event of a tie, the 1st person to send the email with the results from their most recently completed (their final submission for the year) Obstacle Course Race (as listed above) will be the winner.

**FAQ:**
*Can I complete more than one Small/Local OCR in the same day and have them both count?*
Yes, you may complete more than one in the same day. In order for both to count, they must have different race names and results pages. You can not complete the same event twice in a day and receive points for both times you completed that same event.

*Does it matter if I compete in the competitive wave or the open wave?*
No, scoring is done based on event completion alone.

*Does the distance of the race, or the number of obstacles, change the points?*
No, all Small/Local OCRs are worth the same points regardless of distances or the number of obstacles.

*Is there a minimum number of races I need to complete to be on the leaderboard?*
You only need to complete, and submit information for, 1 race to be on the leaderboard. That being said, it won't earn you a win, so go to more races.

*What if I completed an OCR/multiple OCRs before finding out about this competition? Can I still get points for those races?*
Yes, any Small/Local OCR completed within the 2024 calendar year is eligible for points. You can submit them at any point within the 2024 calendar year to receive points. Submissions must be completed as listed in the "How To Submit Your Results" section above.