THE CARTOON BOOK OF

OBSTACLE COURSE RACING



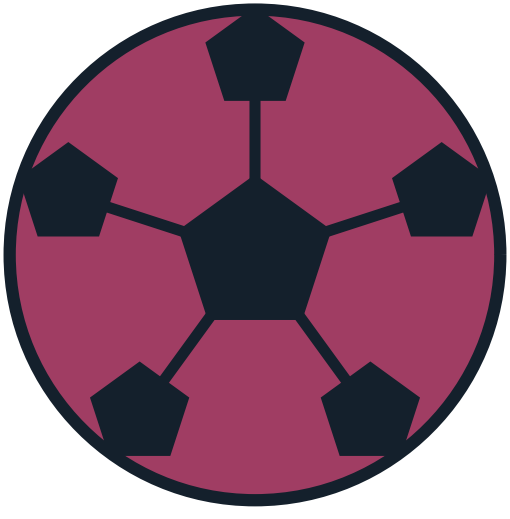
SPORT ON EARTH

Sport on Earth Books · The Athletics & endurance Family

Original illustrations · No characters were copied in the making of this book

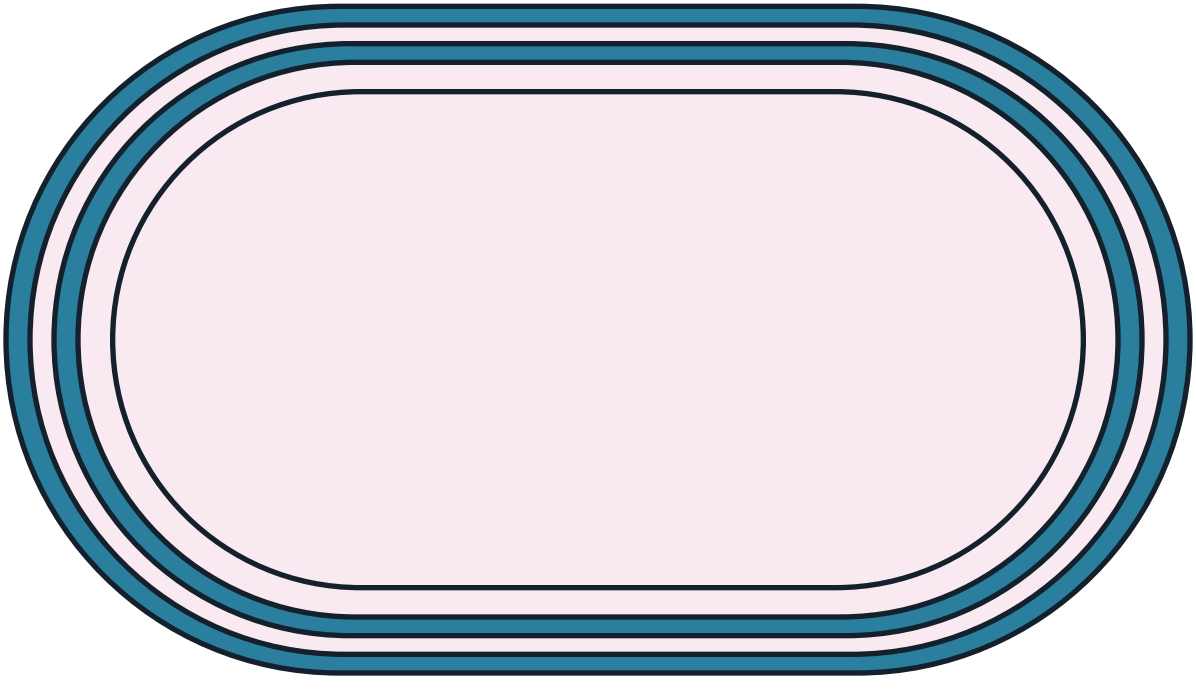
Meet Obstacle Course Racing!

Mud runs with walls, climbs and carries.



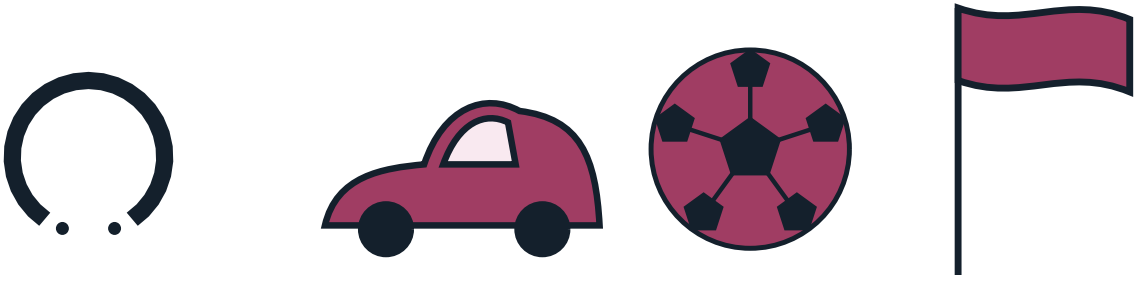
Where It Is Played

A marked course — 100 m with a standard obstacle set for OCR 100 m, or a cross-country course of the distance set in the event rules — with obstacles spaced along the running route.



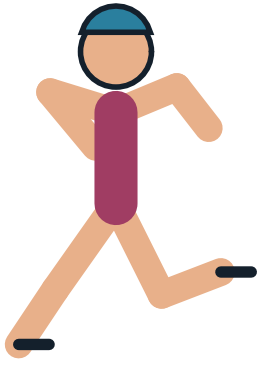
The Gear

Running shoes and sportswear suited to mud, water and climbing obstacles; no propulsion aids — obstacles are completed with the body alone under the event rules.



How It Starts

Enter an open-category local OCR, train running plus grip, climbing and crawling strength, and read the event's obstacle-completion rules before race day.



How to Play

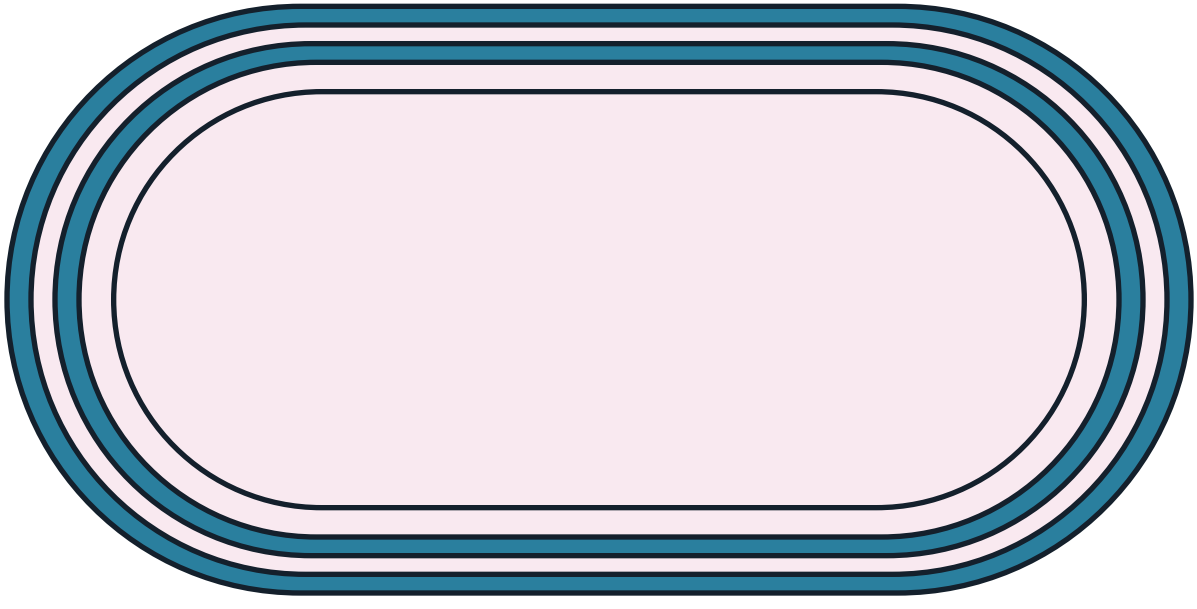
- Format: a timed obstacle course race in which athletes run a course and overcome the obstacles on it.
- Event formats include OCR 100 m (a short timed obstacle sprint) and OCR Cross Country, each with its own competition rules referencing the Master Source Document.
- The winner is the athlete with the fastest valid time in the timed format; championship placings follow the event's specific rules document.
- Athletes must know, understand and follow the Rules, available on worldobstacle.org, as a condition of competing.

More of the Game

- Athletes must follow the FISO Anti-Doping Rules, which abide by the World Anti-Doping Agency (WADA) Code.
- Rule changes are made by the Competitions Committee with FISO Executive Board approval and are advised to affiliated national federations at least 30 days before taking effect.
- Athletes must uphold the FISO Code of Ethics and Code of Conduct during competition.

The Shape of a Match

Run a set course as fast as you can, completing each obstacle in sequence; your time decides your placing.

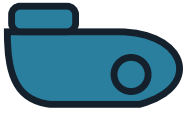


More of the Athletics & endurance Family

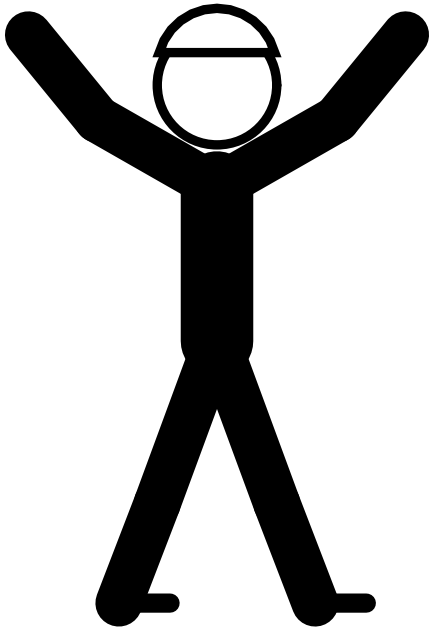
- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
- Cycling — Road, track, mountain bike, and BMX racing; road stage races reward overall time across days.
- Swimming — Four strokes (freestyle, backstroke, breaststroke, butterfly) raced over distances from 50 m to.
- Marathon and Road Running — 42.195 km road races, with the World Marathon Majors.
- Triathlon — Swim, bike and run in one race.
- Ultrarunning and Trail Racing — Races longer than a marathon on trails; UTMB is the best known.

A Note on the Rules

Obstacle course racing is being standardised by World Obstacle (FISO): obstacle-completion rules (single-attempt versus multiple-attempt formats), penalty systems (laps/burpees versus disqualification) and championship formats still converging between the major series (Spartan, Tough Mudder traditions differ). The framework is young and unsettled; no settled landmark change is carried for OCR.

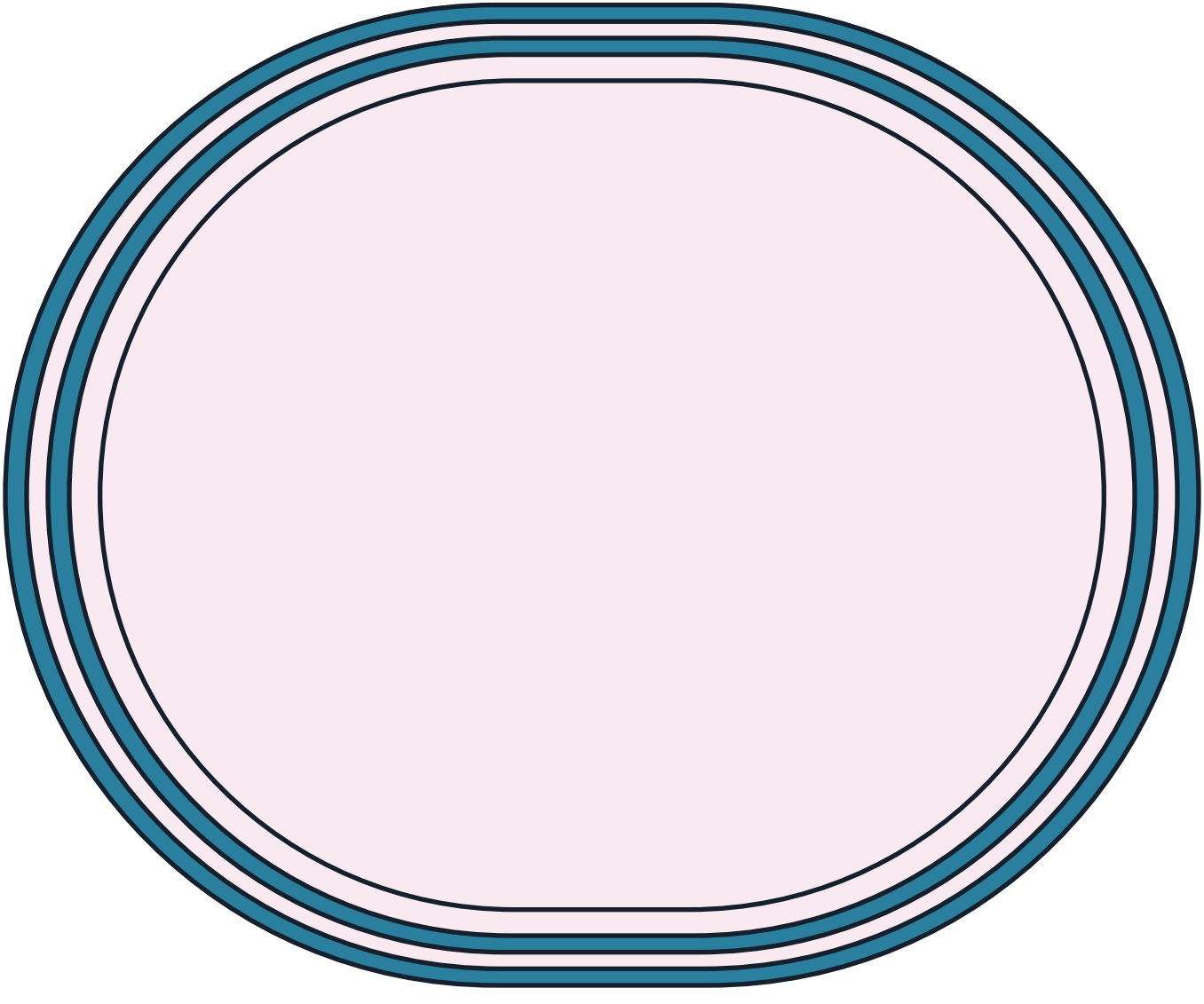


Colour the Action

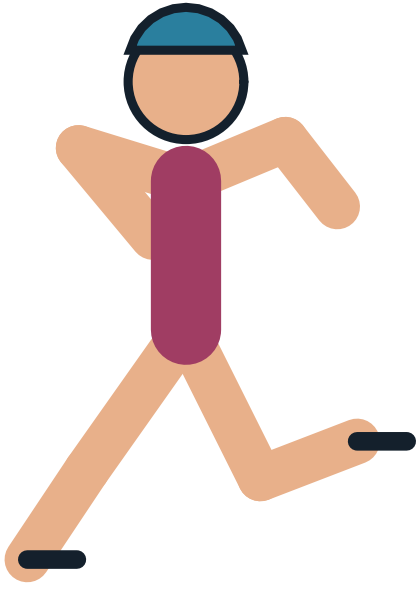


Psst — this page is a colouring page!

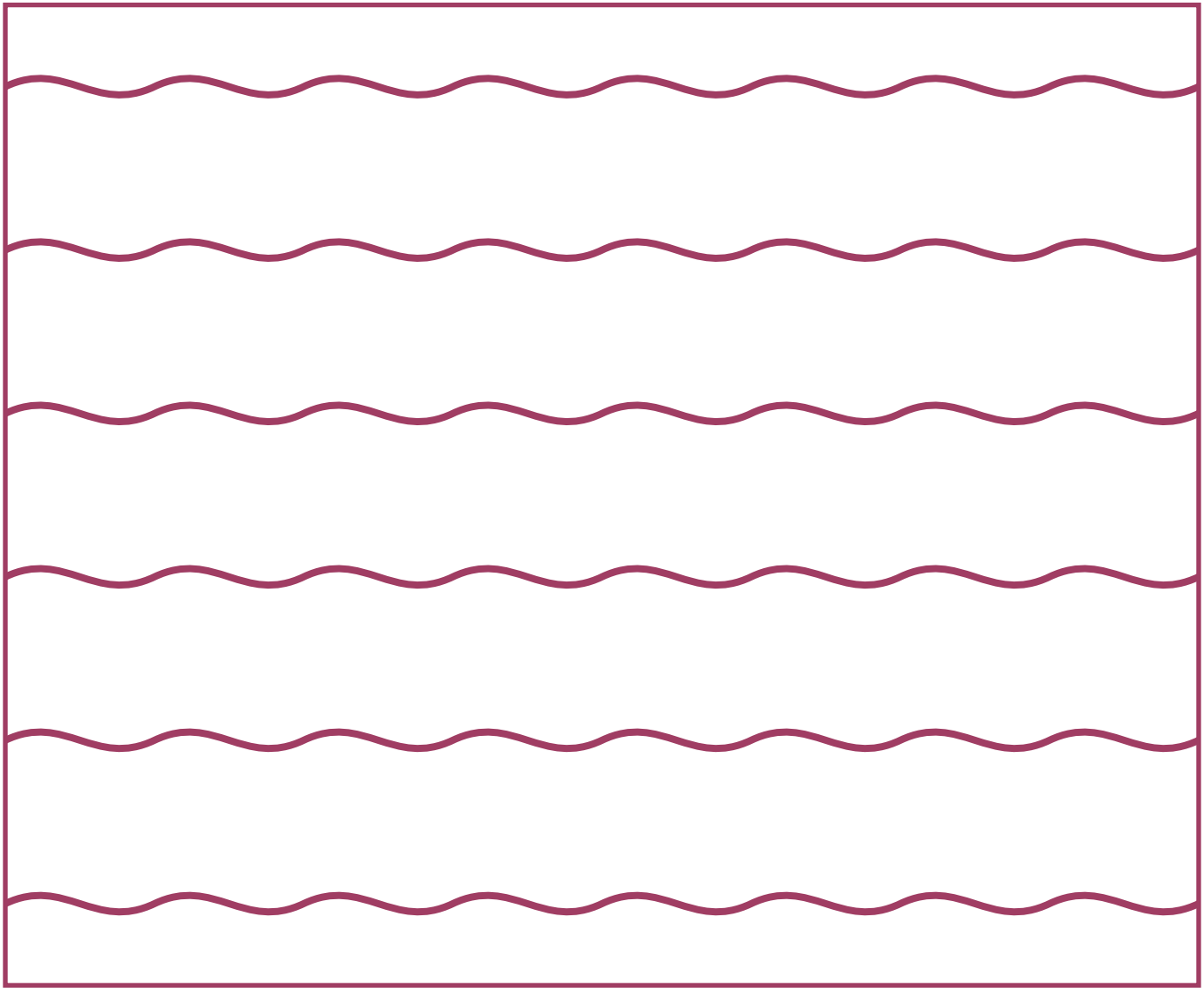
The Sport Today



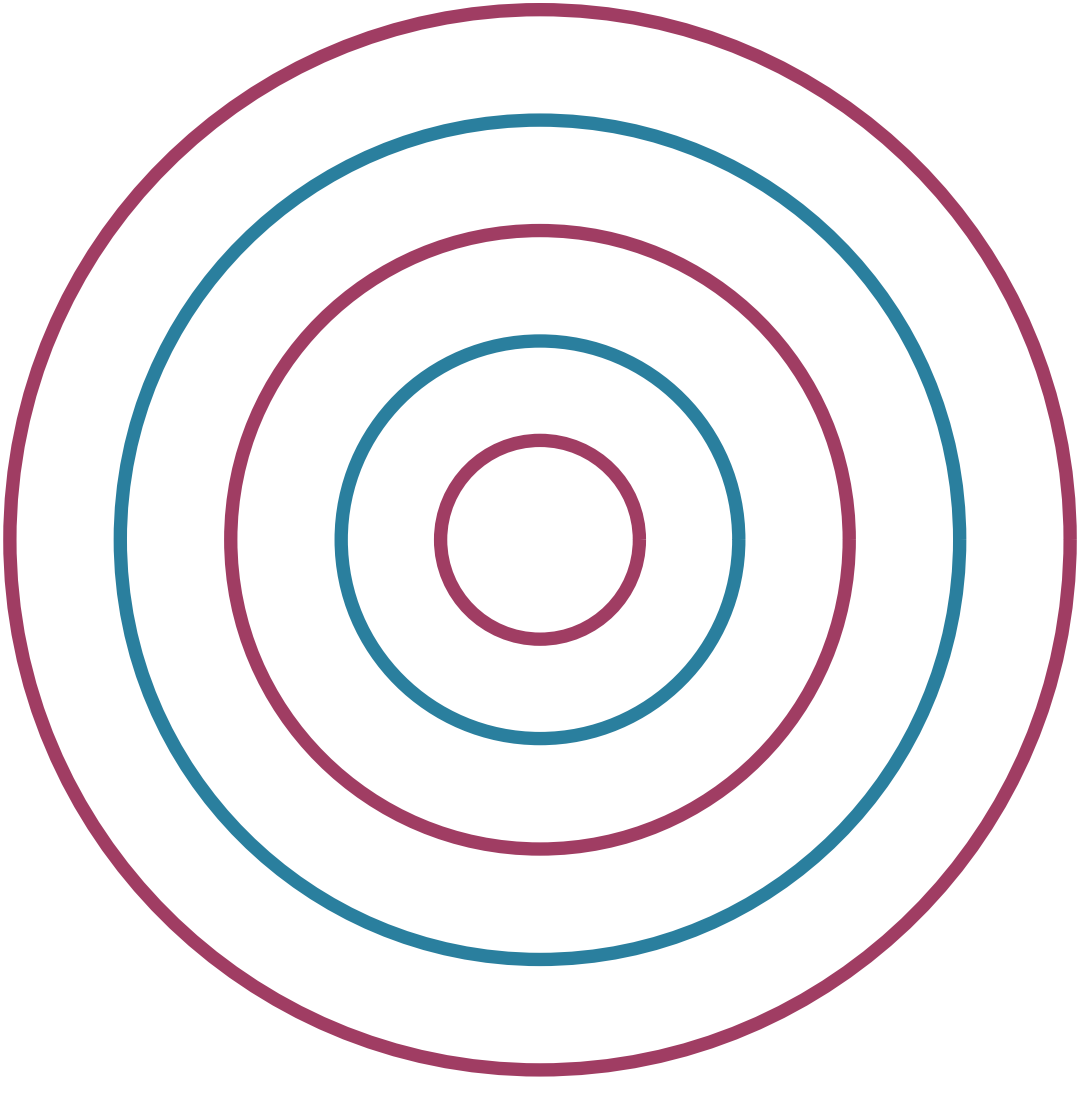
At School and College



Play It Near You



Through the Year



The Athletics & endurance Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
- Cycling — Road, track, mountain bike, and BMX racing; road stage races reward overall time across days.
- Swimming — Four strokes (freestyle, backstroke, breaststroke, butterfly) raced over distances from 50 m to.
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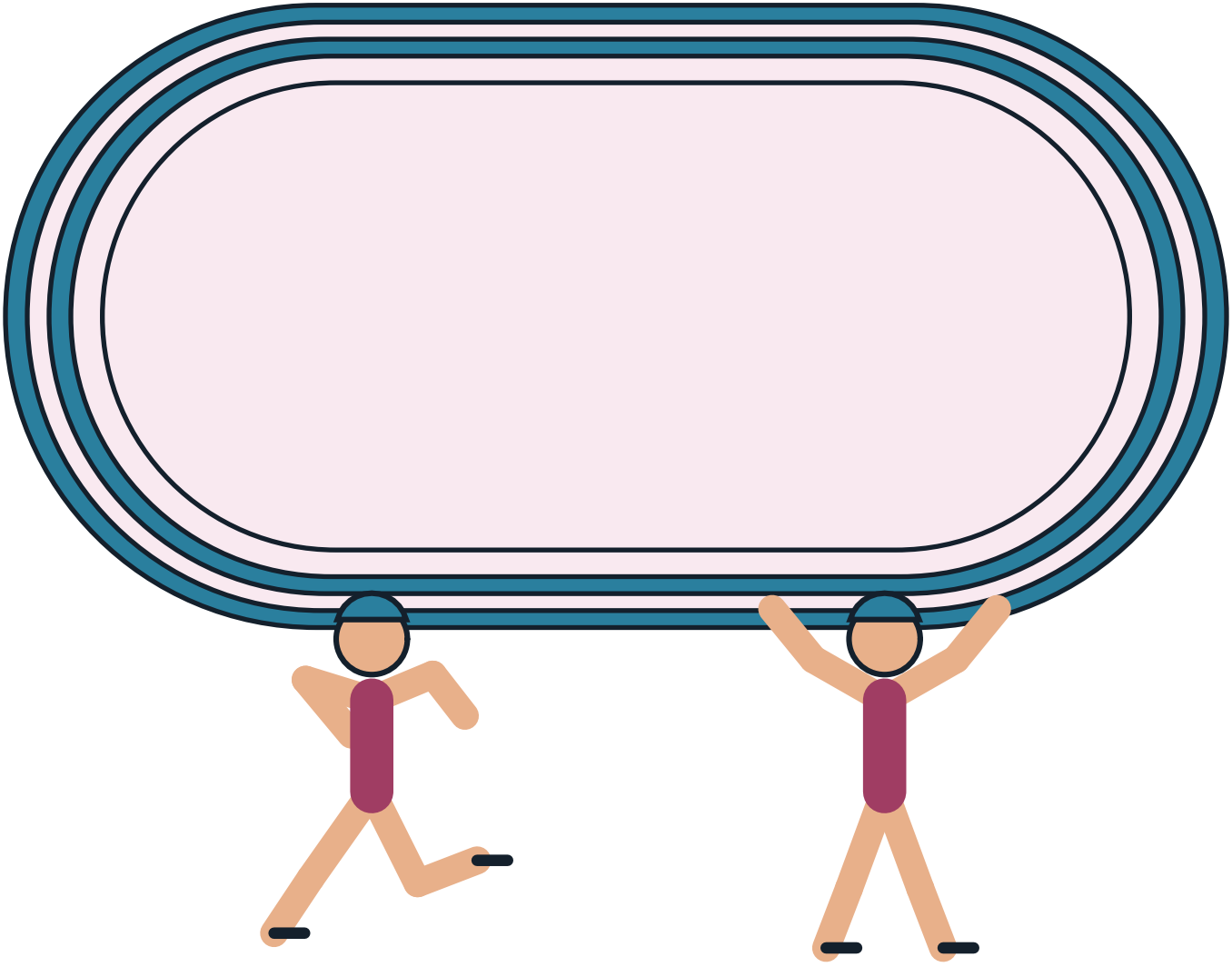
Game Day!

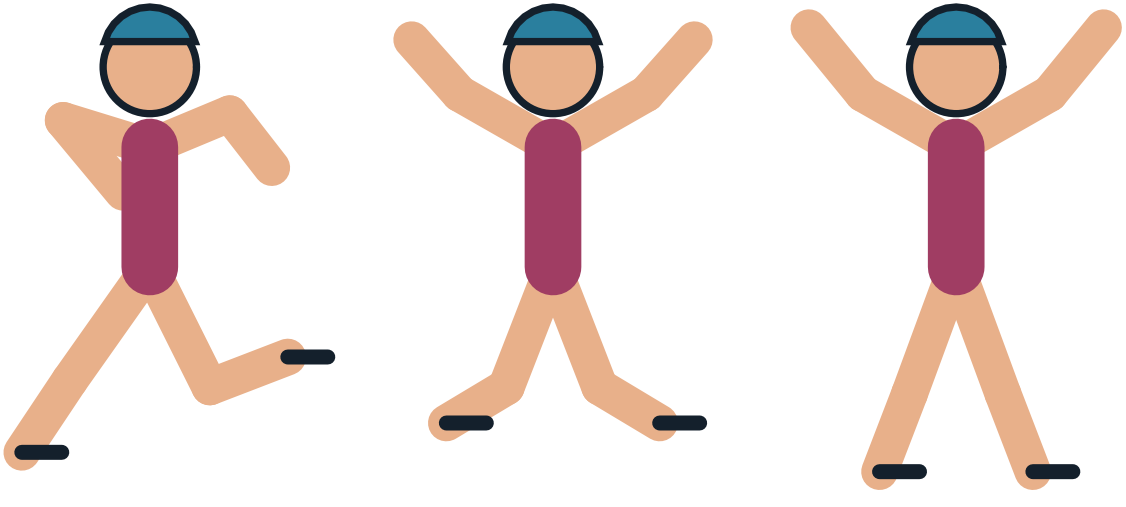


The Sport on Earth Mark

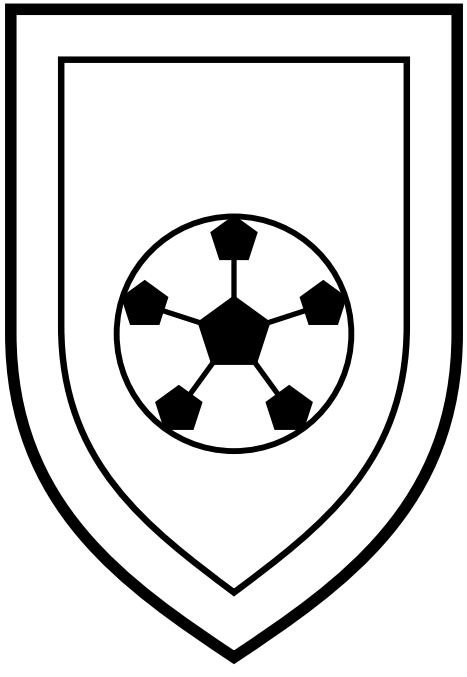
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game

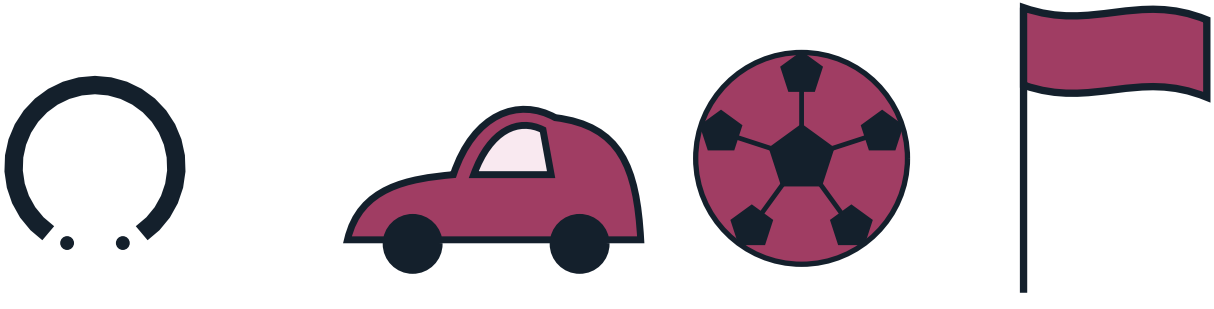


Design a Badge

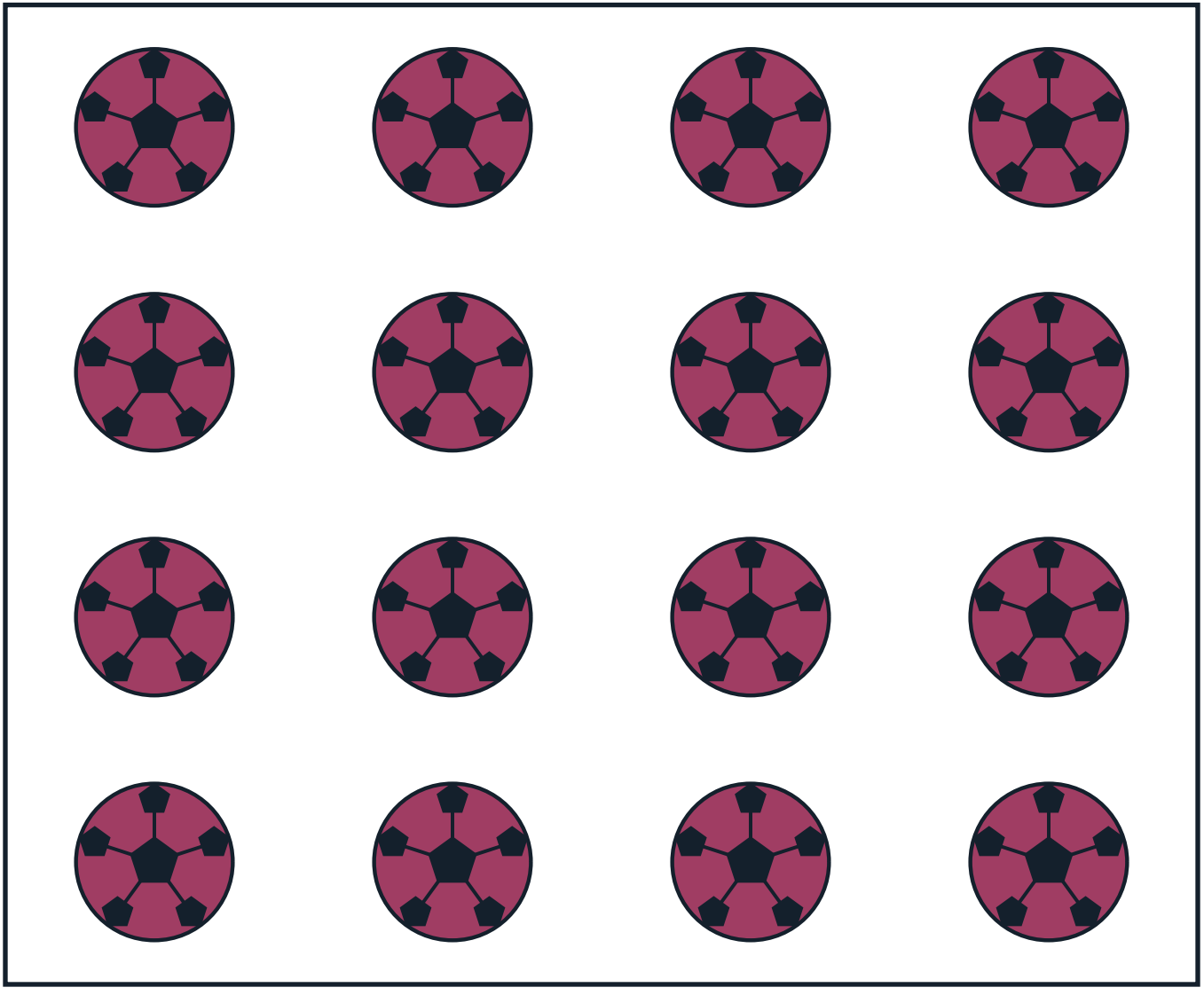


Draw and colour a badge for your own team.

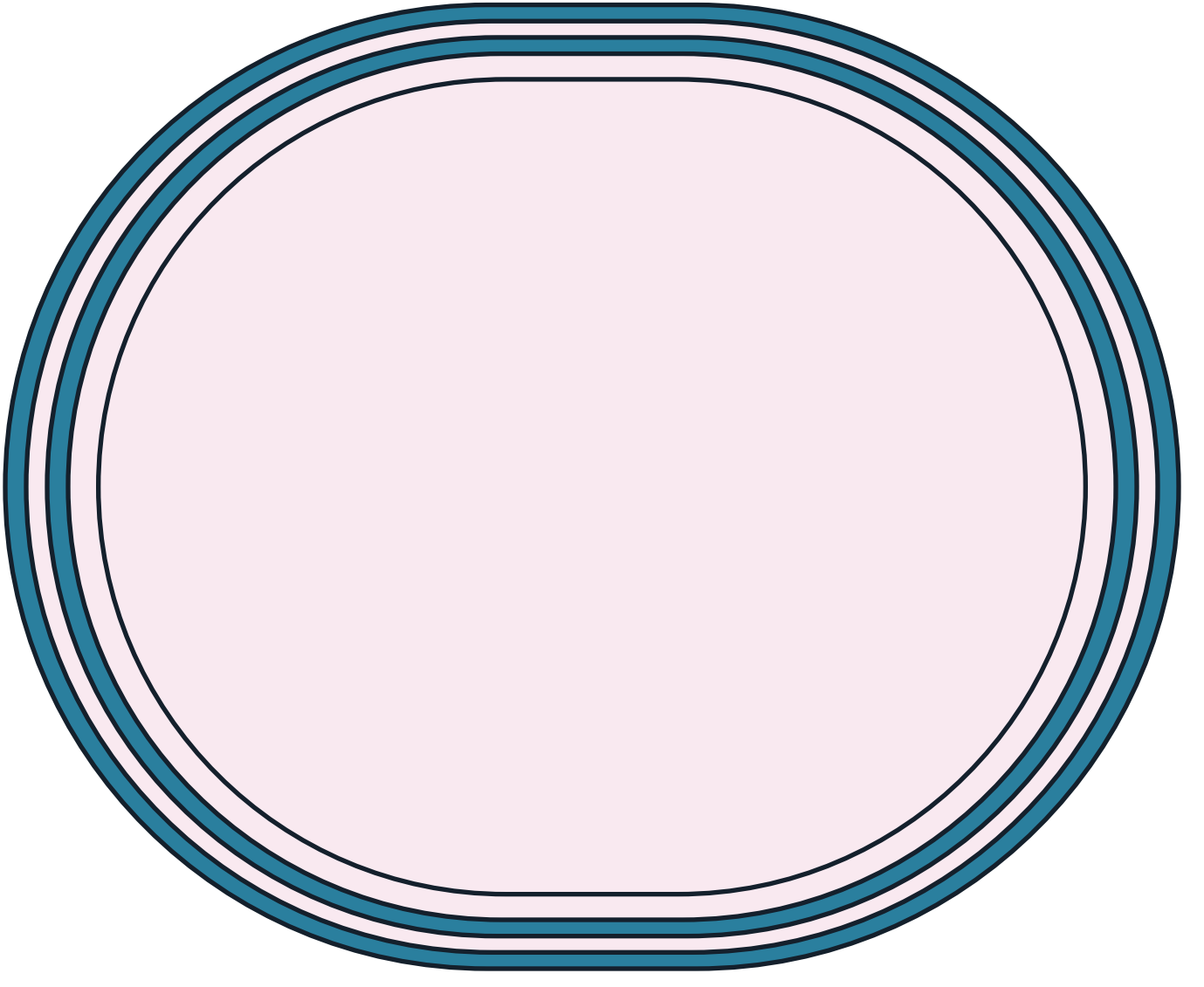
The Gear Parade



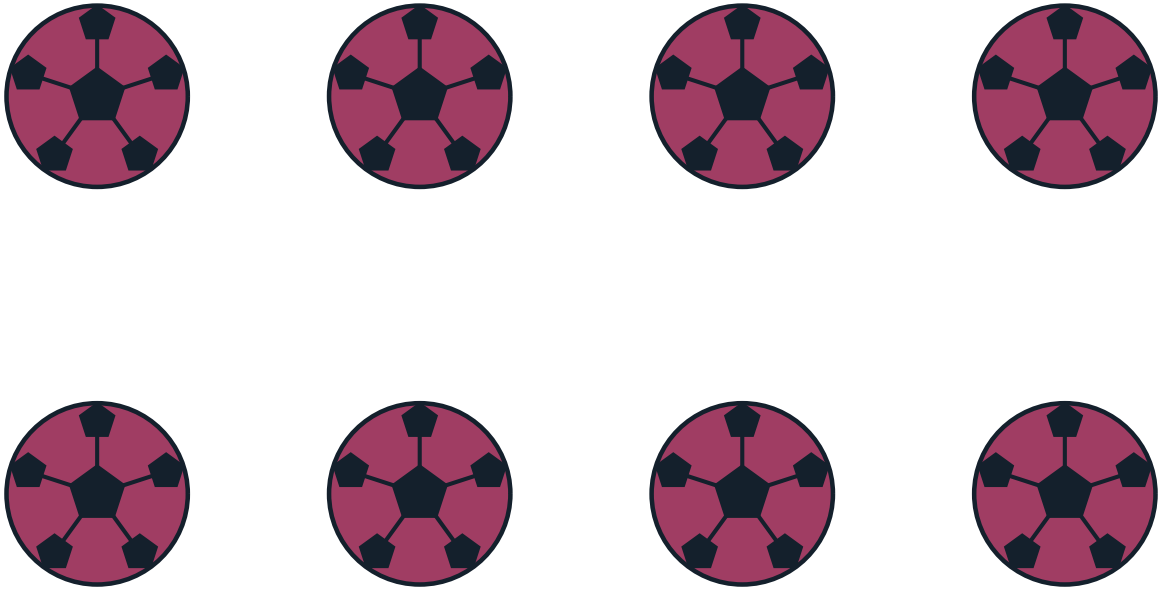
Pattern Play



The Arena From Above



Count the Balls!



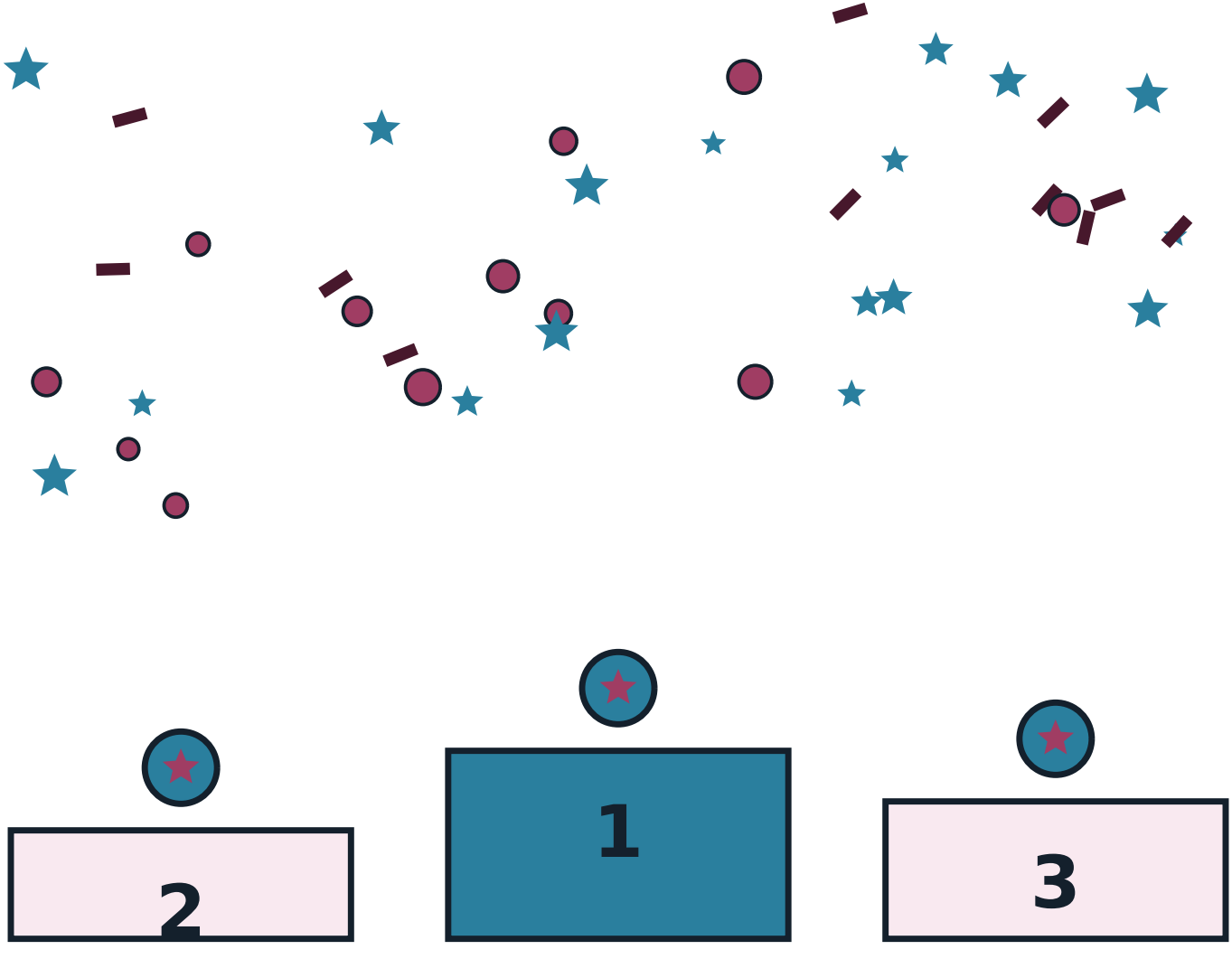
How many can you count? Write the number here: _____

My Favourite Part of Obstacle Course Racing

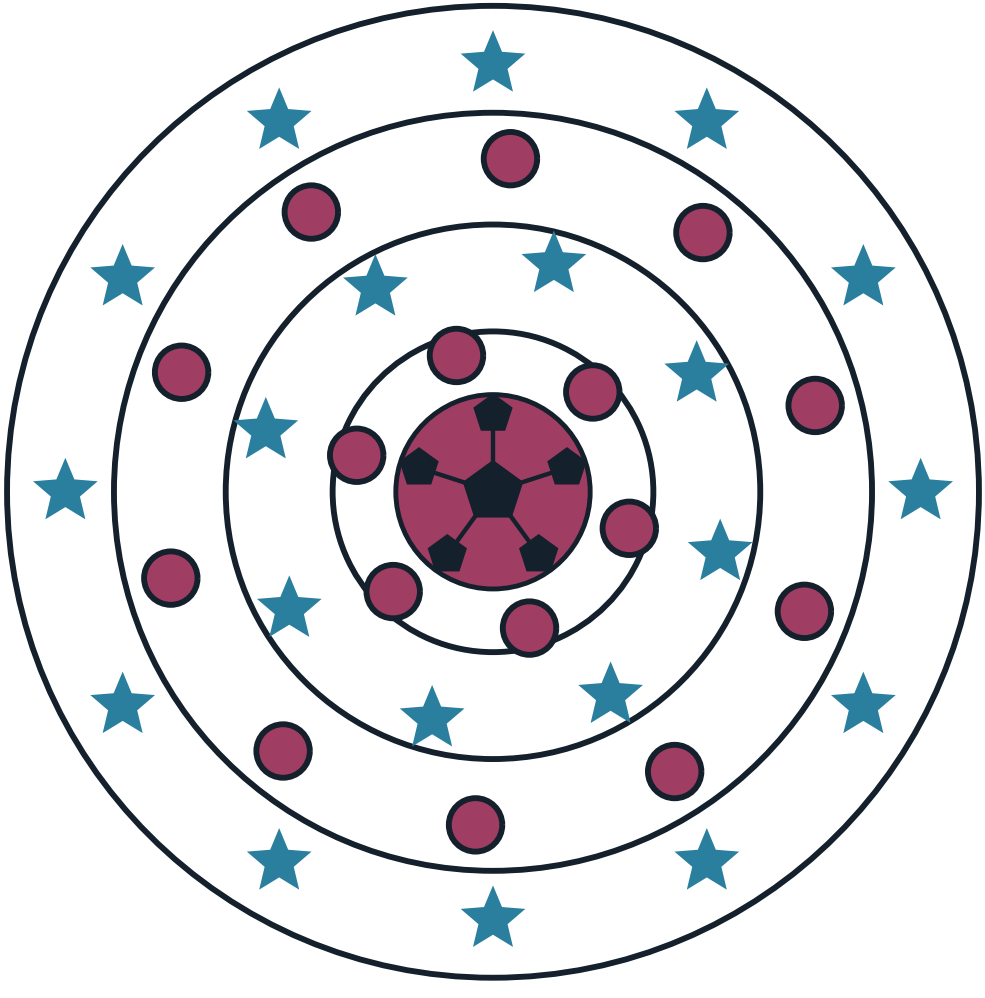
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Governing body: World Obstacle — Fédération Internationale de Sports d'Obstacles (FISO), integrating into UIPM. Laws edition the site's rules file follows: FISO Competition Rules Master Source Document v2025.09.11 (2025). Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Athletics (Track & Field)
- The Cartoon Book of Cycling
- The Cartoon Book of Swimming
- The Cartoon Book of Marathon and Road Running
- The Cartoon Book of Triathlon
- The Cartoon Book of Ultrarunning and Trail Racing
- The Athletics (Track & Field) Colouring Book
- The Cycling Colouring Book

My Notes

Obstacle Course Racing

The Cartoon Book of Obstacle Course Racing — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

