



O-SPORT BEACH HYBRID RELAY

WOF Official Rules & Judging Regulations

TIRAZIS

(**Olympic Dream**)

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WORLD O-SPORT FEDERATION (WOF)

O-SPORT HYBRID RELAY

BEACH & WINTER

A) TIRAZIS: OFFICIAL BEACH RULES AND REGULATIONS

TIRAZIS – BEACH HYBRID RELAY

Official Competition, Judging and Implementation Regulations

These Regulations have been established as the official framework of the **World O-Sport Federation (WOF)** for the organization and conduct of **TIRAZIS – Beach Hybrid Relay** competitions.

These Regulations define the general principles, competition structure, procedures, technical and safety requirements, duties and responsibilities of officials and judges, obstacle-crossing rules, team transition procedures, penalty system, weight classifications, and protocols for determining the winning team.

The **Beach Hybrid Relay** is a two-athlete team competition consisting of two complementary and sequential areas of specialization:

- **Strong Fit and strength-based performance – Lifter**
- **Obstacle performance, speed and obstacle navigation – Racer**

Within this structure, the **Lifter** is responsible for the first section of the competition, which includes strength, load carrying, balance, overcoming environmental resistance, and negotiating designated beach and shallow-water challenges.

Upon completion of the Lifter's course and the official team transition, the **Racer** undertakes the second section, focusing on speed, agility, coordination, and obstacle navigation through to the finish line.

The ultimate objective of the discipline is to determine the **best-performing team** based on combined team performance, official finishing time, correct obstacle execution, and full compliance with all technical and safety regulations.

OFFICIAL COMPETITION, JUDGING AND IMPLEMENTATION REGULATIONS

CHAPTER ONE – GENERAL PROVISIONS AND NATURE OF THE COMPETITION

Article 1 – Nature of the Competition

TIRAZIS – Beach Hybrid Relay is a team-based, combined, speed-oriented and skill-based competition conducted in a beach environment, integrating the elements of **Strong Fit, Obstacle, speed, strength, balance, and environmental adaptability to sand and water.**

Each team consists of two specialized athletes:

1. Lifter

The athlete responsible for the first section of the competition, including Strong Fit activities, strength challenges, load carrying, balance, and navigation through designated beach and shallow-water sections.

2. Racer

The athlete responsible for the second section of the competition. Following the official team transition, the Racer completes the designated Obstacle course with an emphasis on speed, agility, coordination, and obstacle navigation through to the finish line.

Article 2 – General Competition Structure

The competition consists of two principal sections:

Section One – Lifter

- Start
- Beach Run
- Low Crawl
- Wall 1.50
- Wet Sand Run
- Controlled Water Entry
- Run in Water
- Wall 2.50
- Load Carry in Water
- Water Exit
- Balance Beam
- Transition Run
- Entry into the Transition Zone

Section Two – Racer

- Start following the official transition
- Monkey Bars
- Sprint
- 3 Wheel Ring
- Wall 1.50
- Ring Rig
- Final Sprint
- Wave Wall
- Finish Line

Article 3 – Objective of the Competition

The primary objective of the competition is to determine the team that is able to:

1. Complete the designated course in the shortest possible time;
2. Successfully negotiate all obstacles in accordance with the Technical Regulations;
3. Correctly use and carry all designated equipment;
4. Complete the transition between the Lifter and Racer in accordance with the official rules;
5. Comply with all safety requirements and instructions issued by the judges and officials.

The winning team shall be the team achieving the **lowest official finishing time after the application of all applicable time penalties.**

Article 4 – Competition Environment

The competition shall be conducted in a designated beach environment and along a course approved by the Technical Committee.

The course may include:

- Dry sand
- Compacted sand
- Wet sand
- Shallow water
- Standardized Obstacle structures

The water depth in the designated aquatic section shall be controlled and shall not exceed **below-knee depth.**

Article 5 – Course Configuration

The competition course may be designed in either of the following configurations:

- **Linear Lane Configuration**
- **U-Shaped / Out-and-Back Configuration**

Each team shall remain within its designated lane or course.

Leaving the designated course or entering another team's lane shall constitute a violation in accordance with the applicable Judging Regulations.

Article 6 – Competition Time and Result

The official competition clock shall start upon the official start signal given to the **Lifter** and shall stop when the **Racer** crosses the finish line.

Final Result Formula:

Final Team Time = Recorded Time + Total Time Penalties

In the event that two or more teams record identical final times, the ranking shall be determined in accordance with the supplementary regulations established by the Technical and Judging Committee.

Article 7 – Fundamental Competition Principles

All athletes and teams shall be required to comply with the following principles:

- Compliance with all Technical Regulations;
- Compliance with judges' instructions;
- Compliance with the designated course;
- Correct execution of all obstacles;
- Compliance with transition procedures;
- Proper use of all competition equipment;
- Compliance with safety requirements;
- Sportsmanlike conduct and respect for competitors;
- Prohibition of any intentional interference with another team.

Article 8 – Safety Priority

The health and safety of athletes shall take precedence over the competitive result at all stages of the event.

The Technical Committee and Chief Judge shall have the authority to suspend the competition, modify the course, or alter the execution requirements of an obstacle where hazardous conditions are identified, including:

- Unsafe water conditions;
- Dangerous waves or water currents;
- Strong winds;
- Uncontrollable slippery surfaces;
- Equipment failure;
- Any condition presenting a risk to athletes, judges, officials, or support personnel.

Article 9 – Team Competition Principle

In the Beach Hybrid Relay, the overall team performance is based on the cooperation of two different areas of specialization:

LIFTER → Strength, Strong Fit, Load Carrying, Balance and Environmental Resistance

RACER → Speed, Agility, Obstacle Performance and Obstacle Navigation

Accordingly, the final team result shall be determined by the combined performance of both athletes. Neither athlete may independently complete or register the team's final result.

CHAPTER TWO – TECHNICAL COURSE STRUCTURE AND COMPETITION PROCEDURES

The subsequent sections of these Regulations shall specify the detailed course layout, dimensions and standards of obstacles, equipment weights, obstacle execution procedures, Transition Zone requirements, violation and penalty regulations, judges' duties and responsibilities, water-safety regulations, and the official protocol for determining the winning team.

B) TIRAZIS: OFFICIAL WINTER RULES AND REGULATIONS

TIRAZIS – WINTER HYBRID RELAY

CHAPTER THREE – GENERAL PROVISIONS

Article 10 – Competition Definition

TIRAZIS – Winter Hybrid Relay is a two-athlete team competition conducted in a winter environment and consisting of two sequential sections:

1. **Lifter**
2. **Racer**

The **Lifter** performs the Strong Fit section and the designated strength and environmental challenges. Following the official transition, the **Racer** completes the Obstacle and speed section through to the finish line.

CHAPTER FOUR – COURSE SPECIFICATIONS

Article 11 – General Specifications

- Number of athletes per team: **2**
- First athlete: **Lifter**
- Second athlete: **Racer**
- Recommended total course length: approximately **200 meters**
- Course configuration: **Linear or U-Shaped**
- Target completion time: approximately **2–3 minutes**

Article 12 – Competition Environment

The winter competition environment may include:

- Compacted snow;
- Controlled soft snow;
- Safe and controlled ice surfaces;
- Artificial winter surfaces.

The entire course shall be inspected and approved for safety prior to the commencement of the competition.

CHAPTER FIVE – LIFTER COURSE

Article 13 – Start

The Lifter shall commence the competition with a run on compacted snow.

- Recommended distance: **20–30 meters**

Article 14 – Snow Low Crawl

- Length: **8–10 meters**
- The athlete shall pass underneath the designated rope or structure;
- Bypassing the obstacle is prohibited.

Article 15 – Snow Wall

- Recommended height: **1.5 meters**
- Successful passage over the obstacle is mandatory;
- A simplified version may be authorized for designated amateur categories.

Article 16 – Snow Run

- Distance: **20–40 meters**
- The course surface shall be compacted and controlled;
- Holes, concealed obstacles, or other uncontrolled hazards are prohibited.

Article 17 – Ice Section

The Lifter shall negotiate a designated ice or controlled slippery-surface section.

- The course shall be clearly marked;
- The ice surface shall be controlled and approved for competition;
- The athlete's speed shall be appropriate to the conditions of the course.

Article 18 – Winter Load Carry

The Lifter shall carry the designated competition bag or load.

Category Recommended Weight

Men 10–15 kg

Women 5–10 kg

- Carrying distance: **20–30 meters**
- The load shall be resistant to moisture and cold conditions;
- Intentional release or abandonment of the load is prohibited.

Article 19 – Winter Balance Beam

- Length: **6–10 meters**
- Low and safe height;
- Surface with adequate traction;
- Maintaining balance is mandatory.

Where specified by the Technical Committee, the load may also be required to be carried while crossing the Balance Beam.

Article 20 – Lifter Final Run

Upon completion of the Strong Fit section, the Lifter shall run approximately **20–40 meters** and enter the designated Transition Zone.

CHAPTER SIX – TEAM TRANSITION

Article 21 – Transition Zone

The team transition shall take place exclusively within the designated Transition Zone.

The Racer shall be permitted to commence the second section only after receiving the official transition from the Lifter.

Any premature start shall be subject to the applicable penalty.

CHAPTER SEVEN – RACER COURSE

Article 22 – Snow Monkey Bars

- Length: **4–6 meters**
- The structure shall be resistant to cold and moisture;
- Complete passage through the designated obstacle is mandatory.

Article 23 – Sprint

- Distance: **10–15 meters**
- Surface: compacted snow

Article 24 – Snow 3 Wheel Ring

- Length: **4–6 meters**
- Complete passage through the designated obstacle is mandatory.

Article 25 – Snow Wall 1.50

- Height: **1.5 meters**
- Passage over the obstacle is mandatory.

Article 26 – Winter Ring Rig

- Length: **4–6 meters**
- The athlete shall pass through the designated rings;
- Bypassing the obstacle is prohibited.

Article 27 – Final Sprint

Following successful completion of the Ring Rig, the Racer shall proceed to the final sprint section.

Article 28 – Winter Wave Wall

The **Winter Wave Wall** shall constitute the final obstacle of the competition.

The Racer shall climb over the wall and, after reaching the designated point, proceed across the finish line.

CHAPTER EIGHT – WINTER ENVIRONMENT REGULATIONS

Article 29 – Special Regulations

The following requirements shall apply to the winter competition environment:

- Uncontrolled or unsafe frozen surfaces are prohibited;
- Dangerous holes, cracks, or breaks in the course are prohibited;
- Thin ice or exposed open water on the competition course is prohibited;
- In the event of a slip, the athlete shall first regain balance and then continue;
- Pushing or physically interfering with another competitor is prohibited;
- Leaving the designated course is prohibited;

- The use of unauthorized equipment is prohibited.

CHAPTER NINE – PENALTIES

Article 30 – Violations

The principal violations include:

- Bypassing an obstacle;
- Leaving the designated course;
- Premature start;
- Intentional release or abandonment of equipment;
- Incorrect execution of an obstacle;
- Interference with another competitor;
- Dangerous conduct;
- Failure to comply with a judge's instruction.

Article 31 – Time Penalties

The recommended penalty is:

5–10 seconds per violation

The exact penalty applicable to each violation shall be determined and published by the Technical Committee prior to the competition.

CHAPTER TEN – WINTER SAFETY REQUIREMENTS

Article 32 – Safety Requirements

The Organizing Committee shall be responsible for:

- Inspecting the course prior to the competition;
- Controlling hazardous ice and snow conditions;
- Inspecting all Obstacle structures;
- Providing appropriate cold-weather equipment for officials and support personnel;
- Providing first-aid and emergency support;
- Monitoring weather conditions before and during the competition.

In the event of a **blizzard, extreme cold, dangerous icing, severely reduced visibility, or any other condition that may threaten the health and safety of athletes**, the Technical Director shall have the authority to suspend, postpone, modify, or cancel the competition.

CHAPTER ELEVEN – DETERMINATION OF THE WINNER

Article 33 – Official Time

The team's official time shall be measured from the start signal given to the **Lifter** until the **Racer** crosses the finish line.

Final Result Formula:

Final Team Time = Recorded Time + Total Time Penalties

The team recording the lowest final time shall be declared the winner.

Article 34 – Philosophy of the Winter Hybrid Relay

The **Winter Hybrid Relay**, through the combination of:

LIFTER + RACER

evaluates three principal performance characteristics:

1. **Strength and explosive power;**
2. **Obstacle-navigation skills and speed;**
3. **Adaptability to winter environmental conditions.**

This structure enables **TIRAZIS** to maintain a unified technical identity across two distinct environments—**beach and winter**—while introducing different environmental challenges and competition demands in each format.