



# **2022**

# **Competition Rules**

The Competition Rules is the Master Source Document (MSD) for UK Obstacle Sports, found on the UKOSF website at [www.ukosf.org/rules](http://www.ukosf.org/rules). The web based document acts as the official (authorised) reference document and is maintained based on authorised amendments in accordance with recommendations by UK Obstacle Sports Federation (UKOSF) Technical Committees and accepted by the UKOSF Board. Any difficulty in the interpretation or application of Rules should be referred to UKOSF.

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# 1. Introduction

## 1.1. Scope

- 1.1.1. The following rules of competition ("Rules") are set forth and governed by UKOSF.
- 1.1.2. They apply to UK obstacle sports events and competitions ("Obstacle Sports Events(s)") that are:
  - 1.1.2.1. Licensed by UKOSF;
  - 1.1.2.2. Organised and managed by UKOSF.
- 1.1.3. These Rules are binding on all competitors participating in any Obstacle Sports Event.
- 1.1.4. All Obstacle Sports Events will have an appointed Head Official who is ultimately responsible for the execution and upholding of these Rules.

## 1.2. Purpose

- 1.2.1. These Rules explain how a race should be officiated and seek to:
  - 1.2.1.1. ensure that all Obstacle Sports Events are conducted in a fair and consistent manner and with a spirit of sportsmanship and integrity;
  - 1.2.1.2. protect the health, safety, and well-being of competitors so far as this objective can be reasonably achieved in the sport.
- 1.2.2. The sport disciplines and event formats under the jurisdiction of UKOSF are included in the Rules.

## 1.3. Para / Adaptive Athletes

- 1.3.1. We encourage Para athletes to participate in Obstacle Sports.
- 1.3.2. Contact individual Obstacle Sports Events for further guidance on how to take part.
- 1.3.3. Para Rules are documented by FISO on their website.
  - 1.3.3.1. <https://www.worldobstacle.org/para/>
- 1.3.4. UKOSF have documented sports classes in Appendix B.

## 1.4. Exceptions

- 1.4.1. Competition Rules will be applicable to all Obstacle Sports Events.

- 1.4.2. Exceptions for special circumstances at a particular event may only be granted by UKOSF with prior approval. A request for an exception to the Rules must be made in writing to UKOSF.

## **1.5. Rule Updates**

- 1.5.1. The Rules may be changed from time to time, with the approval of the UKOSF Board. Any such rule change(s) shall be advised in writing to Members at least 30 days before taking effect. Updated UKOSF Competition Rules will be posted on the UKOSF website (ukosf.org).

## **2. Definition of Key Terms**

### **2.1. Definitions**

- 2.1.1. “Athlete Aid Station” means a location on a course where an athlete can refuel.
- 2.1.2. “Athlete” means any individual who has registered to take part in an event or race either competitive or non-competitive.
- 2.1.3. “Event Format” means a distinct style of racing with its own defined rules and course requirements.
- 2.1.4. “Head Official” means the most senior person at an event to decide on interpretation of any rules. The person may also be the Race Director.
- 2.1.5. “Marshal” means a person on a course responsible for athlete safety. In some cases a Marshal may also be responsible for presiding over the implementation of Rules as well.
- 2.1.6. “Obstacle Sports” means at the most rudimentary level, any human-powered event where a significant number of impediments or challenges are placed on the course for an athlete to undertake or complete could be considered an obstacle sport event. However, there are requirements a course must meet to be classified as such, and this rulebook provides course guidelines for specific sports disciplines and event formats.
- 2.1.7. “Race Director” / “Event Director” means a person who oversees, coordinates and implements a race or event. The Race/ Event Director is the primary decision maker.

- 2.1.8. “Technical Official” means a trained UKOSF Technical Official responsible for presiding over rules during an event.
- 2.1.9. “The Rules” means this document in its entirety and any race/event specific rules provided by the race/event organiser.

## 3. Conduct of Athletes

### 3.1. Health

- 3.1.1. Obstacle Sports are strenuous. To be able to compete, Athletes should be in excellent physical condition. Their health and welfare is of paramount importance. By starting in a competition, the athletes declare they are in good health and are in appropriate physical condition to complete the race;

### 3.2. General Conduct

- 3.2.1. All Athletes are required to:
  - 3.2.1.1. practice good sportsmanship at all times;
  - 3.2.1.2. adhere to the intent of a rule when the exact wording of the rule may be interpreted in various ways;
  - 3.2.1.3. be responsible for their own safety and the safety of others;
  - 3.2.1.4. obey instructions from Technical Officials and Marshals;
  - 3.2.1.5. listen, read or watch pre-event briefings;
  - 3.2.1.6. treat other Athletes, Technical Officials, volunteers, Marshals, media, sponsors and spectators with respect, fairness, and courtesy at all times;
  - 3.2.1.7. refrain from the use of abusive, threatening, or insulting language or conduct;
  - 3.2.1.8. not dispose of litter around the course except at clearly identified places;
  - 3.2.1.9. if applicable, inform a race Technical Official or Marshal immediately after withdrawing from an Obstacle Sports Event;
  - 3.2.1.10. not intentionally impede another competitor's forward progress;
  - 3.2.1.11. comply with uniform, footwear and equipment rules.
- 3.2.2. Race tactics are part of the interaction between athletes, however athletes in competitive Obstacle Sports Events are also required to:
  - 3.2.2.1. compete without receiving assistance other than from event personnel and Technical Officials, unless allowed in the Rules;
  - 3.2.2.2. follow FISO anti-doping rules;
  - 3.2.2.3. not attempt to gain an unfair advantage in any way;
  - 3.2.2.4. not pre-place gear, nutrition, or hydration on course, unless at a designated Athlete Aid Station;
  - 3.2.2.5. Athletes must complete the event with all the clothing and gear they started with;
  - 3.2.2.6. cover the official course in its entirety. It is each competitor's responsibility to follow the course correctly;
  - 3.2.2.7. report any personal violation of these Rules to the Head Official or voluntarily withdraw from the event.

- 3.2.3. Violations of General Conduct may result in a penalty depending on the severity of the violation, as determined at the sole discretion of the Head Official.

### **3.3. Eligibility**

- 3.3.1. An Obstacle Sports Event must stipulate if UKOSF Membership is required to take part in some or all of the event. It is not mandatory, unless specified.
- 3.3.2. Athletes under national or international suspension are not allowed to compete in any Obstacle Sports Event, or in any international competition held under FISO Rules.

## **4. Athlete Communication**

### **4.1. Athlete briefings**

- 4.1.1. Each Obstacle Sports Event is required to brief Athletes at least 24 hours prior to the event on:
  - 4.1.1.1. Any safety requirements
  - 4.1.1.2. Any additional competition rules
- 4.1.2. This briefing can be in person, video-based or via written communication.

## **5. Uniform**

### **5.1. Clothing**

- 5.1.1. All Athletes must wear clothing deemed appropriate by the Race Director and/or Head Official.
- 5.1.2. Some Obstacle Sport Events may provide additional uniform guidelines that must be followed in order to compete.

### **5.2. Race Numbers**

- 5.2.1. If provided, Athletes must clearly display their race number.
- 5.2.2. In addition to traditional race numbers, body marked numbers or wrist/headbands may be provided, and should be worn as instructed in the athlete briefing.



### **5.3. Footwear**

- 5.3.1. All Athletes must wear a covering for their feet while competing on the course.
- 5.3.2. Footwear must be:
  - 5.3.2.1. closed toed - no flip flops, sandals or any footwear of any type that could catch on an obstacle;
  - 5.3.2.2. free of all external hard objects, for example spikes or traction devices, unless allowed in the Rules

### **5.4. Equipment**

- 5.4.1. Unless stated in the Rules the only equipment allowed on course is footwear, and clothing, with the following exceptions:
  - 5.4.1.1. Ninja sport events may prohibit the use of gloves;
  - 5.4.1.2. Hydration packs/vests are allowed in OCR. Items can be stored within a pack provided they are secure and do not present a danger (e.g. sharp objects);
  - 5.4.1.3. Glasses are allowed provided they are securely attached to the athlete;
  - 5.4.1.4. Essential medical equipment (e.g. glucose monitors for diabetics) may be used provided they are secured while moving;
  - 5.4.1.5. Adaptive athletes may contact the Obstacle Sport Event for additional equipment requirements.
- 5.4.2. Unless stated in the Rules, the use of chalk and other grip aids such as but not limited to resin are not allowed.
- 5.4.3. No competitor shall use any equipment that the Head Official determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other competitors.
- 5.4.4. Any Athlete in violation of this rule will be subject to disqualification.

## **6. Right of Appeal and Protest Period**

### **6.1. Appeal Process**

- 6.1.1. All Athletes have the right to appeal a decision they do not agree with.
- 6.1.2. Athletes who would like to appeal a decision against them should raise a complaint at the finish line to the Head Official.

- 6.1.3. Athletes who would like to raise a complaint against a decision against another Athlete should raise the complaint to the Head Official within 1 hour of the incident taking place or when finishing their own race.
- 6.1.4. Athletes who would like to raise a complaint or issue with regards to event results should raise the complaint within 24 hours of results being published and a notification being given to athletes.
- 6.1.5. In all cases it is at the discretion of the Head Official to accept or reject the appeal.

## 7. Sporting Disciplines Classification

### 7.1. Ninja sport

- 7.1.1. As a discipline, a ninja sport course must meet the following criteria:
- 7.1.1.1. Obstacles must flow from one to the next with minimal distance in between. Running is a logistical requirement to get to the next obstacle only.
  - 7.1.1.2. The course, which must consist of a series of physically challenging obstacles and must test multiple attributes of the athlete, including, but not limited to: balance, agility, speed, coordination and grip strength.
  - 7.1.1.3. Obstacles must have a clearly defined start and finish, and must be completed without contact with the floor (unless stipulated as a part of the obstacle completion).
  - 7.1.1.4. All obstacles must have a genuine possibility of failure.
  - 7.1.1.5. It must never be possible for someone to rank higher than someone who has completed more obstacles than them.
  - 7.1.1.6. There must exist an appropriate ninja sport event format that categorises the course further.

### 7.2. Obstacle course racing (OCR)

- 7.2.1. As a discipline, an OCR course must meet the following criteria:
- 7.2.1.1. The majority of the course must be completed by running or walking (in shorter courses this can include obstacles where the predominant way to complete them is on foot).
  - 7.2.1.2. It will include obstacles that test multiple attributes of athlete performance.
  - 7.2.1.3. A number of the obstacles must significantly inhibit the athletes ability to run or walk.
  - 7.2.1.4. The majority of obstacles must be free flowing with a single start and finish vs. repetitions based exercises.
  - 7.2.1.5. The course must be marked in such a way that no navigation skills will be required from the athletes.
  - 7.2.1.6. There must exist an appropriate OCR event format that categorises the course further.

## 8. Obstacles

### 8.1. Obstacle definition

- 8.1.1. An impediment or challenge placed on a course for an athlete to undertake.
- 8.1.2. The simple act of running is not considered an obstacle, although significant deviations in terrain or pace that impede or challenge an athlete could be.
- 8.1.3. Each obstacle will test an athlete in different ways, often challenging a range of human capabilities.
- 8.1.4. To aid classification and to support a high quality course design each obstacle should have a defined Primary Obstacle Challenge (“POC”) (i.e. the primary human capacity being tested).
- 8.1.5. An obstacle may also have additional secondary obstacle challenges.

### 8.2. Obstacle completion rules

- 8.2.1. Each Obstacle Sports Event will document rules for successful completion of each obstacle as outlined in each Event Format.
- 8.2.2. The ideal scenario is that it should be obvious how each obstacle is completed without reading a set of Rules. This avoids confusion and an athlete making an unnecessary mistake.

### 8.3. Primary Obstacle Challenges (POCs)

- 8.3.1. Obstacle Sport Events may have the following POCs:
  - 8.3.1.1. Accuracy
  - 8.3.1.2. Agility
  - 8.3.1.3. Balance
  - 8.3.1.4. Cognition
  - 8.3.1.5. Coordination
  - 8.3.1.6. Cardiovascular endurance
  - 8.3.1.7. Grip endurance
  - 8.3.1.8. Grip strength
  - 8.3.1.9. Mobility
  - 8.3.1.10. Power
  - 8.3.1.11. Psychological
  - 8.3.1.12. Speed
  - 8.3.1.13. Strength

- 8.3.2. The required balance of POCs will be specified within each Event Format.
- 8.3.3. Each POC is documented further in Appendix A.

## 9. OCR: Cross-Country (OCR XC)

### 9.1. Event Format Summary

- 9.1.1. OCR cross country (OCR XC) events are obstacle course races where athletes run and overcome obstacles. Events are mass start (many athletes on a start line) and the fastest athlete wins.
- 9.1.2. Non-competitive OCR XC races must comply with course design, distances and safety rules only to be classified as such (unless stated). All other rules should apply to Championships and international events and, wherever possible, for other competitive OCR XC events.

### 9.2. Course Design

- 9.2.1. OCR XC course is any open space with a start line, obstacles along the route and a finish line.
- 9.2.2. There should be a minimum of 10 obstacles or at least 1 obstacle per kilometre for races longer than 10K. Obstacles can be distributed as required by the Race Director.
- 9.2.3. An athlete should be required to test themselves in at least 4 of the following POCs:
  - 9.2.3.1. Agility
  - 9.2.3.2. Balance
  - 9.2.3.3. Cardiovascular Endurance
  - 9.2.3.4. Grip Strength
  - 9.2.3.5. Mobility
  - 9.2.3.6. Power
  - 9.2.3.7. Psychological
  - 9.2.3.8. Strength
- 9.2.4. Events should aim to test all eight POCs in a balanced manner.
- 9.2.5. Events may include additional POCs at their discretion.
- 9.2.6. The course must be marked in such a way that athletes receive sufficient information to complete it without deviating from it.
- 9.2.7. An obstacle list should be defined prior to each event.
- 9.2.8. If competitive, the event rulebook should specify the following for each obstacle:
  - 9.2.8.1. Obstacle name;
  - 9.2.8.2. Photo of obstacle (if available);

- 9.2.8.3. Primary obstacle challenge;
- 9.2.8.4. Secondary obstacle challenges (optional);
- 9.2.8.5. What constitutes starting the obstacle;
- 9.2.8.6. What constitutes finishing the obstacle;
- 9.2.8.7. Aspects of successful completion;
- 9.2.8.8. What constitutes failure;
- 9.2.8.9. Any associated penalties for obstacle failure.

### **9.3. Penalties**

- 9.3.1. Please refer to Penalty Formats for OCR for options for an event.
- 9.3.2. The 'Three Band' penalty format is the official OCR XC Championship penalty format.

### **9.4. Timing**

- 9.4.1. Timing chips should be used to accurately record race times.
- 9.4.2. A timing mat should be placed at the start, finish and at least one other location.

### **9.5. Start**

- 9.5.1. OCR XC races should be a mass single start for competitive waves.
- 9.5.2. If a mass start is not possible due to the volume of athletes then it should be considered if races should be broken down into smaller competitive waves (e.g. male and female or elite and age groups).

### **9.6. Finish**

- 9.6.1. A timing mat should be placed upon the finish to record an athlete's finish time.

### **9.7. Distance**

- 9.7.1. Races can be any distance above 1.5 kilometres that meets the OCR XC definition.
- 9.7.2. Any distances above 26.2 miles shall be considered an OCR XC Ultra.
- 9.7.3. Any distances between 1.5 and 4 kilometres shall be considered an OCR XC Short Course.
- 9.7.4. The OCR XC National Championship Classic distance should be between 12 and 15 kilometres.

- 9.7.5. The OCR XC National Championship Short Course distance should be between 3 and 4 kilometres.

## **9.8. Ranking**

- 9.8.1. The athlete ranked first will be the athlete who completes the course in the fastest chip time, subject to any mandatory obstacle completion requirements and time penalties.
- 9.8.2. All other athletes are then ranked sequentially. At a minimum there must additionally be male and female result ranking.
- 9.8.3. A race may decide to use gun time for the first three male and female athletes only. This must be specified in their rules, otherwise chip time will prevail.
- 9.8.4. An event may also decide to rank athletes by one or more of the categories specified in Appendix B.

## **9.9. Safety**

- 9.9.1. All events should have sufficient medical operations to deal with an emergency.
- 9.9.2. All obstacles and courses should be risk assessed. If a risk can not be controlled an obstacle should not be built/included in a race.



## 10. OCR: Time Trial (OCR TT)

### 10.1. Event Format Summary

- 10.1.1. OCR time trial (OCR TT) events are obstacle course races where athletes run and overcome obstacles. Events involve individual runs of the course from start to finish and the fastest athlete wins.
- 10.1.2. The OCR TT can be run over a single day or over a period of time allowing for retries and improved course times (subject to rules).
- 10.1.3. Non-competitive OCR TT races must comply with course design, distances and safety rules only to be classified as such (unless stated). All other rules should apply to Championships and international events and, wherever possible, for other competitive OCR TT events.

### 10.2. Course Design

- 10.2.1. OCR TT course is any open space with a start line, obstacles along the route and a finish line.
- 10.2.2. There should be a minimum of 10 obstacles or at least 10 obstacles per kilometre for races longer than 1K. Obstacles can be distributed as required by the Race Director.
- 10.2.3. The course design should take into account the opportunity for an athlete to utilise running speed between obstacles.
- 10.2.4. The course design should take into account the need for overtaking on obstacles (when applicable).
- 10.2.5. An athlete should be required to test themselves in at least 4 of the following POCs:
  - 10.2.5.1. Agility
  - 10.2.5.2. Balance
  - 10.2.5.3. Grip Endurance
  - 10.2.5.4. Grip Strength
  - 10.2.5.5. Mobility
  - 10.2.5.6. Power
  - 10.2.5.7. Strength
- 10.2.6. Events should aim to test all seven POCs in a balanced manner.
- 10.2.7. Events may include additional POCs at their discretion.

- 10.2.8. The course must be marked in such a way that athletes receive sufficient information to complete it without deviating from it.
- 10.2.9. An obstacle list should be defined prior to each event.
- 10.2.10. If competitive, the event rulebook should specify the following for each obstacle:
  - 10.2.10.1. Obstacle name;
  - 10.2.10.2. Photo of obstacle (if available);
  - 10.2.10.3. Primary obstacle challenge;
  - 10.2.10.4. Secondary obstacle challenges (optional);
  - 10.2.10.5. What constitutes starting the obstacle;
  - 10.2.10.6. What constitutes finishing the obstacle;
  - 10.2.10.7. Aspects of successful completion;
  - 10.2.10.8. What constitutes failure;
  - 10.2.10.9. Any associated penalties for obstacle failure.
- 10.2.11. Once a course is set it can not be changed, unless for safety reasons. In such a scenario the Head Official should decide how the change is taken into account with Athletes who have already completed the course.

### **10.3. Penalties**

- 10.3.1. Please refer to Penalty Formats for OCR for options for an event.
- 10.3.2. The 'Three Band' penalty format is the official OCR TT Championship penalty format.

### **10.4. Timing**

- 10.4.1. Timing chips should be used to accurately record race times.
- 10.4.2. A timing mat should be placed at the start and finish.
- 10.4.3. When timing chips are not available a stopwatch controlled by a dedicated Technical Official should be allocated to each athlete to start and stop the course time. Back-up timing (real start/finish time) is recommended in case of error.

### **10.5. Start**

- 10.5.1. OCR TT races should include multiple successive individual athlete start times with appropriate spacing to allow for limited overtaking for competitive waves.
- 10.5.2. Starts may be seeded by qualifying information or at the discretion of the Race Director to enable the smooth running of an event.

## **10.6. Finish**

- 10.6.1. A timing mat should be placed upon the finish to record an athlete's finish time.
- 10.6.2. Alternatively a dedicated Technical Official should stop the timer when the athlete crosses the finish time and immediately record the time (as well as back-up [real] time).

## **10.7. Distance**

- 10.7.1. Races can be any distance that meets the OCR TT definition.
- 10.7.2. The OCR Time Trial National Championship distance should be between 800 metres and 1.6 kilometres.

## **10.8. Ranking**

- 10.8.1. The athlete ranked first will be the athlete who completes the course in the fastest time, subject to any mandatory obstacle completion requirements and time penalties.
- 10.8.2. All other athletes are then ranked sequentially. At a minimum there must additionally be male and female result ranking.
- 10.8.3. An event may also decide to rank athletes by one or more of the categories specified in Appendix B.

## **10.9. Safety**

- 10.9.1. All events should have sufficient medical operations to deal with an emergency.
- 10.9.2. All obstacles and courses should be risk assessed. If a risk can not be controlled an obstacle should not be built/included in a race.

## 11. OCR: Head to Head (OCR H2H)

### 11.1. Event Format Summary

- 11.1.1. The OCR Head to Head (OCR H2H) follows the same course format as the OCR Time Trial (OCR TT) with the exception of the need for multiple lanes throughout a course.
- 11.1.2. OCR H2H races are organised as a league or knock-out tournaments.
- 11.1.3. The OCR H2H event format is run over an event weekend/successive days or on a single day.
- 11.1.4. Non-competitive OCR H2H races must comply with course design, distances and safety rules only to be classified as such (unless stated). All other rules should apply to Championships and international events and, wherever possible, for other competitive OCR H2H events.

### 11.2. Course Design

- 11.2.1. An OCR H2H course should follow the same design as the OCR TT course. The only exception to this is that there should be multiple lanes depending on the number of athletes that are racing head to head.

### 11.3. Penalties

- 11.3.1. Please refer to Penalty Formats for OCR for options for an event.
- 11.3.2. The 'Three Band' penalty format is the official OCR H2H Championship penalty format.

### 11.4. Timing

- 11.4.1. Timing is not required for OCR H2H.
- 11.4.2. See the OCR TT event format if a seeding time trial is run.

### 11.5. Start

- 11.5.1. OCR H2H starts are managed based on the drawing of athletes in the competition. See ranking.
- 11.5.2. See the OCR TT event format if a seeding time trial is run.

## **11.6. Finish**

- 11.6.1. Timing is not required for OCR H2H.
- 11.6.2. See the OCR TT event format if a seeding time trial is run.

## **11.7. Distance**

- 11.7.1. Races can be any distance that meets the OCR H2H definition.
- 11.7.2. The OCR Head to Head National Championship distance should be between 800 metres and 1.6 kilometres.

## **11.8. Ranking**

- 11.8.1. Two competition formats exist for OCR H2H events, as defined below. It is at the discretion of the event organisers which is applied, but it must be clearly communicated which will be in use prior to the event.
- 11.8.2. Knock-out tournament
  - 11.8.2.1. Each athlete is paired against another athlete and they compete for progression to the next round.
  - 11.8.2.2. The winner of the race progresses to the next round while the loser is either eliminated or put into a separate race to compete for a final finish position.
  - 11.8.2.3. Athletes may be seeded based on previous competition format so the highest ranked athletes don't come against each other until the final or via seeding time trial.
  - 11.8.2.4. An event may run separate knockout tournaments or a single knockout tournament for all athletes competing.
  - 11.8.2.5. The tournament can take place on the same course or there can be a different course for different rounds. This is at the discretion of event organisers and must be communicated prior to the event.
- 11.8.3. Round robin / league competition
  - 11.8.3.1. Athletes are separated into groups (outlined by the Race Director), each athlete in the group races against all other athletes in the group gaining points for winning. This results in a leaderboard identifying the ranking within each group
- 11.8.4. Combination of the two formats
  - 11.8.4.1. The format may be a combination of the two event styles where the first round is a round robin with the winners going into a knockout tournament to decide the ultimate winner.
  - 11.8.4.2. The opposite is also possible, starting with a knockout round with the winners being put into a round robin competition to decide the ultimate winner.

- 11.8.5. In the event that both athletes do not complete the course, the athlete that progressed furthest through the course will be deemed the winner.
- 11.8.6. In the unlikely event that there is a dead tie with both athletes finishing at exactly the same time, the race must be repeated (after allowing sufficient rest for both athletes) to determine a winner.
- 11.8.7. Event organisers may run different OCR H2H events based on gender or age group (See Appendix B). If there is no separate competition, effort should be taken to seed athletes into different knockout tournaments or leagues based on ability.

## **11.9. Safety**

- 11.9.1. All events should have sufficient medical operations to deal with an emergency.
- 11.9.2. All obstacles and courses should be risk assessed. If a risk can not be controlled an obstacle should not be built/included in a race.

## 12. OCR: Furthest Fastest (OCR FF)

### 12.1. Event Format Summary

- 12.2. OCR furthest fastest (OCR FF) events are multi lap OCR XC races with a set time limit. Events are mass start (many athletes on a start line) and the athlete who completes the furthest distance (number of course laps) within the time limit wins.
- 12.3. OCR FF events may be completed by an individual or a team (ranked separately), in which team members take it in turns to complete laps within the time limit.
- 12.4. Non-competitive OCR FF races must comply with course design, distances and safety rules only to be classified as such (unless stated). All other rules should apply to Championships and international events and, wherever possible, for other competitive OCR FF events.

### 12.5. Course Design

- 12.6. OCR FF course follows the same design as the OCR XC course. The only exception is that there may be a designated Athlete Aid Station, adjacent to the course near the start/finish/lap diversion, for athletes to use for refuelling/kit change.
- 12.7. OCR FF athletes are required to be self-sufficient and receive no outside assistance during the course laps but may receive assistance from Athletes and non-athletes at any Athlete Aid Station.

### 12.8. Penalties

- 12.8.1. Please refer to Penalty Formats for OCR for options for an event.

### 12.9. Timing

- 12.10. Timing chips should be used to accurately record race times and laps.
- 12.11. A timing mat should be placed at the start, finish and at least one other location.
- 12.12. A time limit must be specified for one or both of the following:
  - 12.12.1.1. When an Athlete must start their final lap by
  - 12.12.1.2. When an Athlete must complete their final lap by

### 12.13. Start

12.14. OCR FF races should be a mass single start for competitive waves.

12.15. If a mass start is not possible due to the volume of athletes then it should be considered if races should be broken down into smaller competitive waves (e.g. male and female or elite and age groups).

#### **12.16. Finish**

12.16.1. A timing mat should be placed upon the finish to record an athlete's finish/lap time and lap (distance) count.

#### **12.17. Distance**

12.17.1. Each race lap can be any distance that meets the OCR XC definition.

12.17.2. The distance covered is determined by the number of laps completed in the specified time.

12.17.3. A dedicated Technical Official may be provided to count the lap number of OCR FF athletes as they complete each lap, as back up to chip timing.

#### **12.18. Ranking**

12.18.1. The Athlete ranked first will be the athlete who completes the greatest distance i.e. number of complete laps in the fastest chip time, subject to any mandatory obstacle completion requirements and time penalties.

12.18.2. All other Athletes are then ranked sequentially, with higher lap numbers (distance) being ranked above those with lower lap numbers, despite finish time, providing all athletes completed/started within the given time limit. Athletes who complete the same distance (laps) will be ranked based on the finish time, with the faster completion time being ranked higher.

12.18.3. At a minimum there must additionally be male and female result ranking. If there are team entries these must be ranked separately to individual results.

12.18.4. A race may decide to use gun time for the first three male and female athletes only. This must be specified in their rules, otherwise chip time will prevail.

12.18.5. An event may also decide to rank athletes by one or more of the categories specified in Appendix B.



## **12.19. Safety**

- 12.19.1. All events should have sufficient medical operations to deal with an emergency.
- 12.19.2. All obstacles and courses should be risk assessed. If a risk can not be controlled an obstacle should not be built/included in a race.

## 13. Penalty Formats for OCR

### 13.1. Penalty Formats Summary

- 13.1.1. Penalty Formats for OCR are implemented at the discretion of Event Organisers.
- 13.1.2. This document seeks to outline the available options and how they should be implemented fairly.
- 13.1.3. They are optional for non-competitive races and waves.
- 13.1.4. Their full implementation is mandatory for Championship races, and, wherever possible, for other competitive OCR events.
- 13.1.5. For competitive OCR events, the minimum expectation is to have penalties that take at least twice as long as completing the obstacle that has been failed.

### 13.2. General Principles

- 13.2.1. Obstacle challenges may be mandatory, single attempt or infinite attempt. A race may comprise one, two, or all of these forms of penalties, but each obstacle penalty must be defined as such prior to the race start.
- 13.2.2. Mandatory obstacle completion means all athletes must complete the obstacle in order to achieve full course completion and be included in the initial event rankings. At the discretion of the RD, another set of rankings may be provided for athletes that do not have full course i.e. mandatory obstacle completion.
- 13.2.3. Single attempt obstacle completion means all athletes must have one genuine attempt at the obstacle. If the obstacle is not completed in full a penalty, decided by the RD in advance, using one of the formats below must be completed.
- 13.2.4. Infinite attempts at obstacle completion means that an athlete may remain at a failed obstacle and complete repeat attempts of the obstacle until successful completion, retiring from the race, taking a penalty option or being timed-out of the event.
- 13.2.5. A genuine attempt may be determined by the RD/official. The event obstacle rules will detail what constitutes the start of an obstacle attempt; once an athlete has begun they may not restart the obstacle without using an 'attempt'.

### **13.3. The Three Band System**

- 13.3.1. Each athlete will be provided with 3 wristbands bearing the same race number. The wristbands are personal, non-transferable and identify the individual athlete.
- 13.3.2. Before starting a race, it should be checked that each athlete is wearing their own wristbands.
- 13.3.3. When an obstacle is failed the athlete must have a wristband removed by the Technical Official or Marshal present.
- 13.3.4. The "lost" wristbands, up to a maximum of 2, can be recovered before the finish line through the penalty loop path which will allow the reintegration of 1 wristband at each step, up to a maximum of 2 steps.
- 13.3.5. The cut wristbands should be collected and stored as evidence of obstacle failure.
- 13.3.6. Obstacles will be deemed either a single attempt, infinite attempt or mandatory.
- 13.3.7. A wristband will be removed from an athlete if an obstacle deemed single attempt in the Rules is failed.
  - 13.3.7.1. The event obstacle rules will detail what constitutes the start of a single attempt obstacle.
- 13.3.8. A wristband will be removed from an athlete if they decided not to complete an obstacle that can be retried infinitely.
- 13.3.9. If obstacles deemed mandatory are not completed an athlete will be given a Did Not Complete (DNC) status in the official rankings. They should not complete any penalty loops and cannot win an award.
  - 13.3.9.1. The same applies to an athlete losing three wristbands. They should also be given a DNC status.
- 13.3.10. Variations
  - 13.3.10.1. OCR H2H and OCR TT courses may implement the Three Band System without bands and via the recording of obstacle failures by a Technical Official.
    - 13.3.10.1.1. The Technical Official(s) monitoring the athlete(s) will be responsible for advising them how many penalty loops they need to complete.

13.3.10.2. To encourage course completion the penalty system may be utilised, but with additional wristbands.

#### 13.3.11. The Three Band Penalty Loop

13.3.11.1. The penalty loop consists of running, swimming or a strength test at the discretion of the OCR event.

13.3.11.2. It is positioned near the finish line and indicated by appropriate signs.

13.3.11.3. The athlete who arrives near the penalty loop must show the number of wristbands in his possession to the Technical Official (or Marshal) who supervises it.

13.3.11.4. The athlete with 3 (three) or 0 (zero) wristbands will have to continue towards the finish line.

13.3.11.5. The athlete with 1 (one) or 2 (two) wristbands will have to complete a number of "laps" equal to the lost wristbands.

13.3.11.6. If the athlete does not pass or refuses the penalty loop, all the wristbands will be removed and DNC will be considered in the ranking.

13.3.11.7. The athlete is solely responsible for carrying out the penalty loop in the appropriate number of repetitions and according to the Rules.

#### 13.3.12. The finish

13.3.12.1. If an athlete arrives at the finish with one or two bands they will have to return to complete the missing penalty loops in order not to incur disqualification or DNC status.

13.3.12.2. Upon finishing a race athletes should be separated into athletes who DNC the race and those who did.

### **13.4. Physical Penalties**

13.4.1. Single or infinite attempt obstacles may be bypassed after one genuine first attempt in line with the Rules if a physical penalty is completed instead.

13.4.2. Physical penalties may be completed at the failed obstacle or at a designated location before the finish, where multiple physical penalties may be fulfilled, at the discretion of the RD and subject to official and course limitations.

- 13.4.3. Athletes should complete the physical penalty if they themselves or a Technical Official deem them to have failed the obstacle in line with the Rules, the maximum number of times.
- 13.4.4. Athletes may choose to take the physical penalty if they have had one genuine (failed) attempt, even if infinite attempts are allowed.
- 13.4.5. The physical penalties should be clearly communicated prior to the race start and may be reinforced by officials at the failed obstacle or penalty area, if possible.
- 13.4.6. If the penalties are to be undertaken at another location on the course e.g. just before the finish, then a robust indicator of the number of penalties to be completed should be devised by the RD, e.g. markers, bands, punched holes, radio. This should be made clear to all athletes and officials before the race starts. Ideally, physical penalties would be undertaken and officiated at the site of the failed obstacle.
- 13.4.7. Physical penalties should aim to challenge the body in a manner similar to the failed obstacle i.e. muscle groups.
- 13.4.8. If equipment is required, e.g. sandbag, the RD and officials should ensure the length of the penalty and volume of equipment is considered and in line with 22.1.5, and that there are suitable equipment/weights/repetition options for all categories of competition.
- 13.4.9. Examples of physical penalties include, but are not limited to:
  - 13.4.9.1. Exercise repetitions e.g. 30 burpees
  - 13.4.9.2. Additional obstacles e.g. net crawls
  - 13.4.9.3. Penalty loops e.g. running loop
  - 13.4.9.4. Carries e.g. sandbag
- 13.4.10. It is the responsibility of the athlete to understand and complete the physical penalty in full. It is the responsibility of the athlete to keep record of any repetitions and these may be recorded and validated by officials following the event and before awards.

### **13.5. Time Penalties**

- 13.5.1. Single or multiple attempt obstacles may be bypassed after one genuine first attempt if a time penalty is taken instead.
- 13.5.2. Time penalties may be completed at the obstacle or at a designated location before the finish, where multiple time penalties may be fulfilled successively, at the discretion of the RD and subject to official and course limitations.

- 13.5.3. Alternatively, time penalties accumulated may be added to chip time after finishing the course and before ranking athletes' completion (course and penalty) times.

### **13.6. Mandatory Obstacle Completion**

- 13.6.1. Athletes must complete all obstacles at an event with mandatory obstacle completion.
- 13.6.2. Each athlete will be provided with 1 wristband bearing the same race number. The wristbands are personal, non-transferable and identify the individual athlete.
- 13.6.3. A wristband will be removed from an athlete if they decide that they cannot complete an obstacle.
- 13.6.4. The cut wristbands should be collected and stored as evidence of obstacle failure.
- 13.6.5. Upon finishing a race athletes should be separated into athletes who DNC the race (i.e. failed at least one obstacle) and those who did.

## 14. Ninja Sport: Furthest Fastest

### 14.1. Event Format Summary

- 14.1.1. Furthest fastest ninja sport events are mandatory completion obstacle courses. The athlete who completes the most obstacles in the fastest time will win. Position will first be determined by obstacle completion, then time
- 14.1.2. Athletes must have no prior knowledge of the course or obstacle order (amateur or novice competitions may permit a trial run or an attempt at one obstacle before the competition run).

### 14.2. Course Design

- 14.2.1. The course must have a minimum of 6 obstacles.
- 14.2.2. There must be a minimum of one balance, one agility and one grip strength obstacle.
- 14.2.3. A time limit may be imposed at the discretion of the competition organiser.
- 14.2.4. Competitions can be single stage or multiple stages.
- 14.2.5. Where there is more than one stage, each course should be progressively more difficult than the last.
- 14.2.6. Different stages may be designed to test different attributes, i.e. speed, technical, endurance.
- 14.2.7. Progression to the next round can be determined either by course completion or by the top number of competitors (relative to participation). This is set by the course organiser.
- 14.2.8. The course organiser must give a rules walkthrough once all athletes have arrived and before the competition starts. This gives the opportunity to explain obstacle specific rules and for athletes to ask questions. Athletes will not be allowed to touch or interact with any obstacles unless specified.
- 14.2.9. During the rules walkthrough the competition organiser will explain what counts as an obstacle completion and what is out of bounds and will result in disqualification. This must be clearly defined in all cases.
- 14.2.10. Chalk can only be used at the discretion of the competition organiser. If chalk is allowed, every competitor should be given the opportunity to use it.

### **14.3. Penalties**

- 14.3.1. There are no penalties in this event format. Failure to complete an obstacle results in the end of the run.

### **14.4. Timing**

- 14.4.1. An athlete's course attempt is recorded via a stopwatch. The recorded time is from the start signal to the last completed obstacle (Or course completion). Video Recording will also be used to assist in confirming times.

### **14.5. Start**

- 14.5.1. The athlete run begins with a clear audible signal as the timer is started.
- 14.5.2. Athlete run order for the 1st round will be generated randomly. In the event of multiple rounds the run order for subsequent rounds may be determined by athlete ranking in the previous rounds, i.e. last place runs first and 1st place runs last.
- 14.5.3. All athletes run the same course, one after another once the previous competitor has finished. Time will be given to reset obstacles between runs as needed.

### **14.6. Finish**

- 14.6.1. Athletes finish when they have completed all obstacles. They may have to touch a specific item (e.g. buzzer) to confirm they have finished the course.
- 14.6.2. If an obstacle is failed or a number of obstacles that amount to a fail, the athlete's attempt is finished. They may be allowed to continue the course but this will not count towards their ranking.
- 14.6.3. At the discretion of event organisers there may be a time limit imposed on the completion of the course or certain stages of the course. If this time elapses it will result in the end of the athlete run.

### **14.7. Ranking**

- 14.7.1. The last completed obstacle and the time at which it was cleared will be used in cases where the course is not completed.
- 14.7.2. Competitors rankings will be determined by priority of highest stage completed, last obstacle passed, and time recorded. In certain events



where 2 or more athletes fail on the same obstacle, ranking may be determined by the progress made on said obstacle.

- 14.7.3. Competitions may or may not split the rankings by gender at the discretion of the competition organiser. This should be disclosed prior to the event.
- 14.7.4. An event may decide to rank athletes by age or host separate courses/competitions for different age groups. This should be disclosed prior to the event.
- 14.7.5. Any prizes are at the discretion of the competition organiser.
- 14.7.6. In competitive events where prize money is involved, videos of each competitor's run should be recorded to refer back to in case of dispute.
- 14.7.7. In the event that two athletes tie for a place, their performance in preceding rounds will be used as a tiebreaker. For example, athlete A and athlete B both complete the 3rd and final stage with the same time, however athlete A completed stage 2 with a faster time, this will result in athlete A being awarded the higher rank.

#### **14.8. Safety**

- 14.8.1. All events should have sufficient medical operations to deal with an emergency.
- 14.8.2. All obstacles and courses should be risk assessed. If a risk can not be controlled an obstacle should not be built/included in a race.
- 14.8.3. Each obstacle and course must be thoroughly tested before the competition.

## 15. Ninja Sport: Points Based

### 15.1. Event Format Summary

- 15.1.1. Points based ninja sport events allow an athlete to continue progressing through a course if an obstacle/obstacles are failed.
- 15.1.2. When an obstacle is completed, a point is awarded. If an obstacle is not completed, a point is not awarded but the competitor continues their run.
- 15.1.3. Competitors must give a true attempt at all obstacles. The definition of a true attempt must be clearly defined in the course walkthrough and judged by the Technical Officials. Skipping an obstacle is not allowed
- 15.1.4. Athlete performance is ranked on the number of completed obstacles or points gained. If multiple athletes have the same number of points, the fastest time will win

### 15.2. Course Design

- 15.2.1. The course must have a minimum of 6 obstacles.
- 15.2.2. There must be a minimum of one balance, one agility and one grip strength obstacle.
- 15.2.3. Each obstacle has a clear definition between failure and success
- 15.2.4. Competitors must have no prior knowledge of the course or obstacle order (Amateur or novice competitions may permit a trial run or an attempt at one obstacle before the competition run)
- 15.2.5. Competitions can be single round or multiple rounds
- 15.2.6. Where there is more than one stage, each course should be progressively more difficult than the last.
- 15.2.7. Different stages may be designed to test different attributes, i.e. Speed, technical, endurance.
- 15.2.8. Progression to the next round can be determined either by course completion, top number of competitors (relative to participation) or a minimum number of points. This is set by the course organiser.
- 15.2.9. The course organiser must give a rules walkthrough once all competitors have arrived and before the competition starts. This gives the opportunity to explain obstacle specific rules and for competitors to ask questions. Competitors will not be allowed to touch or interact with any obstacles unless specified.
- 15.2.10. During the rules walkthrough the competition organiser will explain what counts as an obstacle completion and what is out of bounds and will result in disqualification
- 15.2.11. Chalk can only be used at the discretion of the competition organiser. If chalk is allowed, every competitor should be given the opportunity to use it

### 15.3. Penalties

- 15.3.1. Failed obstacles result in no points given for that particular obstacle.
- 15.3.2. In some events there may be a maximum number of failed obstacles permitted. In this case, if that number is reached it will result in the end of the athlete's run and no further points will be awarded.

#### **15.4. Timing**

- 15.4.1. There must be a time limit within which each course must be completed. Once the time limit has elapsed no further points will be recorded and that will be the end of the run.
- 15.4.2. At the discretion of the event organisers, athletes may be permitted to continue / complete their course run, but no further points will be recorded following the expiration of the time limit.

#### **15.5. Start**

- 15.5.1. The athlete run begins with a clear audible signal as the timer is started.
- 15.5.2. Athlete run order for the 1st round will be generated randomly. In the event of multiple rounds the run order for subsequent rounds may be determined by athlete ranking in the previous rounds, i.e. last place runs first and 1st place runs last.
- 15.5.3. All athletes run the same course, one after another once the previous competitor has finished. Time will be given to reset obstacles between runs as needed.

#### **15.6. Finish**

- 15.6.1. The run is finished when an athlete completes the course, the allowed time elapses, or the maximum number of fails has been reached.
- 15.6.2. In events where a maximum number of fails is stipulated, the time of the last completed obstacle is recorded.

#### **15.7. Ranking**

- 15.7.1. Ranking is determined by the number of completed obstacles in each stage.
- 15.7.2. In the event that 2 or more athletes have completed the same number of obstacles, rank is separated by the fastest course time.
- 15.7.3. The last completed obstacle and the time at which it was cleared will be used in cases where the course is not completed.
- 15.7.4. Competitors rankings will be determined by priority of highest stage completed, last obstacle passed, and time recorded. in certain events

where 2 or more athletes fail on the same obstacle, ranking may be determined by the progress made on said obstacle.

- 15.7.5. Competitions may or may not split the rankings by gender at the discretion of the competition organiser. This should be disclosed prior to the event.
- 15.7.6. An event may decide to rank athletes by age or host separate courses/competitions for different age groups. This should be disclosed prior to the event.
- 15.7.7. Any prizes are at the discretion of the competition organiser.
- 15.7.8. In competitive events where prize money is involved, videos of each competitor's run should be recorded to refer back to in case of dispute.
- 15.7.9. In the event that two athletes tie for a place, their performance in preceding rounds will be used as a tiebreaker. For example, athlete A and athlete B both achieve the same score in the 3rd and final stage with the same time, however athlete A completed more obstacles in stage 2, this will result in athlete A being awarded the higher rank.

## **15.8. Safety**

- 15.8.1. All events should have sufficient medical operations in place to deal with an emergency.
- 15.8.2. All obstacles and courses should be risk assessed. If a risk can not be controlled an obstacle should not be built/included in a race.
- 15.8.3. Each obstacle and course must be thoroughly tested before the competition.

## 16. Ninja Sport: Individual

### 16.1. Event Format Summary

- 16.1.1. An individual athlete runs through a ninja course with the aim of hitting the buzzer in the fastest time.
- 16.1.2. Obstacle failure does not have to result in the end of the run. See “Penalties” section for more details
- 16.1.3. Competitors take turns to attempt the course
- 16.1.4. Some events may allow athletes to have multiple attempts at each course with the fastest time recorded used for ranking

### 16.2. Course Design

- 16.2.1. The course must have a minimum of 6 obstacles.
- 16.2.2. There must be a minimum of one balance, one agility and one grip strength obstacle.
- 16.2.3. There must be a time limit within which the course must be completed. This is set by the event organiser.
- 16.2.4. Competitions can be single stage or multiple stages
- 16.2.5. Where there is more than one stage, each course should be progressively more difficult than the last.
- 16.2.6. Progression to the next stage can be determined either by minimum time or top number of competitors (relative to participation). This is set by the event organiser.
- 16.2.7. Competitors must give a true attempt at all obstacles. This must be clearly defined in the course walk through and is judged by the Technical Officials. Bypassing an obstacle is not permitted
- 16.2.8. Athletes deemed not to have made a true attempt at an obstacle may be instructed to repeat said obstacle, imposed with a time penalty or disqualified. This is at the discretion of event organisers.
- 16.2.9. Competitors are allowed to access course information before the event
- 16.2.10. The event organiser must give a rules walkthrough once all competitors have arrived and before the competition starts. This gives the opportunity to explain obstacle specific rules and for competitors/coaches to ask questions
- 16.2.11. During the rules walkthrough the competition organiser will explain what counts as an obstacle completion and what is out of bounds and will result in obstacle failure and subsequent penalty
- 16.2.12. Chalk can only be used at the discretion of the competition organiser. If chalk is allowed, every competitor should be given the opportunity to use it

### 16.3. Penalties

- 16.3.1. Courses can apply penalties for obstacle failure in one of a number of ways, as listed below:
  - 16.3.1.1. Time penalty applied to the final time
  - 16.3.1.2. Require the failed obstacle to be attempted again, either a minimum number of times or until completed.
  - 16.3.1.3. Athletes made to wait a set time before advancing to the next obstacle.
  - 16.3.1.4. Penalty points applied which count against the athlete in tiebreak situations.
- 16.3.2. Time based penalties given for obstacle failure must always be greater than the time it would take to successfully complete the obstacle. This is determined by the event organiser based on knowledge of the obstacle and the course set.

#### **16.4. Timing**

- 16.4.1. A stopwatch will be used to track the time as the competitor advances through the course.
- 16.4.2. Time must be recorded accurate to 0.01s
- 16.4.3. Time will be stopped when the competitor hits a buzzer or completes the course
- 16.4.4. Any time penalties will be recorded and added to the time taken to complete the course. The score will be displayed as the time including penalties, with number of penalties indicated separately

#### **16.5. Start**

- 16.5.1. The time will start with either an audible signal at the end of a countdown, or when the competitor crosses a start line or touches the first obstacle. This is determined by the competition organiser.
- 16.5.2. Time may be started using a timing gate in some events where available.
- 16.5.3. Athlete run order for the 1st round will be generated randomly. In the event of multiple rounds the run order for subsequent rounds may be determined by athlete ranking in the previous rounds, i.e. last place runs first and 1st place runs last.

#### **16.6. Finish**

- 16.6.1. The athlete hitting a finishing buzzer or reaching a defined finish point (i.e. landing on a platform, crossing a line or touching a point) will mark the completion of the run.
- 16.6.2. Where available the time may be stopped automatically with the athlete hitting a buzzer / button linked to the timer.

#### **16.7. Ranking**

- 16.7.1. Competitors rankings will be determined by fastest time recorded.
- 16.7.2. In a multi stage event, a points tally across all rounds will determine final athlete ranking.
- 16.7.3. At the discretion of event organisers, points tallies may be weighted giving more value to performance in later rounds. For example, 1st place in the final round is worth more than a 1st place in round 1 or 2.
- 16.7.4. Competitions may or may not split the rankings by gender at the discretion of the competition organiser. This should be disclosed prior to the event.
- 16.7.5. An event may decide to rank athletes by age or host separate courses/competitions for different age groups. This should be disclosed prior to the event.
- 16.7.6. Any prizes are at the discretion of the competition organiser.
- 16.7.7. In competitive events where prize money is involved, videos of each competitor's run should be recorded to refer back to in case of dispute.
- 16.7.8. In the event that two athletes tie for a place and their performances cannot be separated, they will be awarded the same rank, and the next athlete to finish behind them will occupy the same rank plus two places, with the subsequent athletes ranked in order of finishing
- 16.7.9. In the case of multiple stage events, their performance in preceding rounds will be used as a tiebreaker. For example, athlete A and athlete B both achieve the same score in the 3rd and final stage with the same time, however athlete A completed more obstacles in stage 2, this will result in athlete A being awarded the higher rank.

## **16.8. Safety**

- 16.8.1. All events should have sufficient medical operations to deal with an emergency.
- 16.8.2. All obstacles and courses should be risk assessed. If a risk can not be controlled an obstacle should not be built/included in a race.
- 16.8.3. Each obstacle and course must be thoroughly tested before the competition.

## 17. Ninja Sport: Time Trial

### 17.1. Event Format Summary

- 17.1.1. An individual athlete runs through a ninja course with the aim of hitting the buzzer in the fastest time.
- 17.1.2. Obstacle failure does not have to result in the end of the run. See “Penalties” section for more details
- 17.1.3. Competitors take turns to attempt the course
- 17.1.4. Some events may allow athletes to have multiple attempts at each course with the fastest time recorded used for ranking

### 17.2. Course Design

- 17.2.1. The course must have a minimum of 6 obstacles.
- 17.2.2. There must be a minimum of one balance, one agility and one grip strength obstacle.
- 17.2.3. There must be a time limit within which the course must be completed. This is set by the event organiser.
- 17.2.4. Competitors must give a true attempt at all obstacles. This must be clearly defined in the course walk through and is judged by the Technical Officials. Bypassing an obstacle is not permitted
- 17.2.5. Athletes deemed not to have made a true attempt at an obstacle may be instructed to repeat said obstacle, imposed with a time penalty or disqualified. This is at the discretion of event organisers.
- 17.2.6. At the discretion of event organisers competitors may be permitted multiple attempts at the course or a single attempt
- 17.2.7. Competitors access to course information before the event is at the discretion of event organisers
- 17.2.8. The event organiser must give a rules walkthrough before a competitors first run. This gives the opportunity to explain obstacle specific rules and for competitors/coaches to ask questions
- 17.2.9. During the rules walkthrough the competition organiser will explain what counts as an obstacle completion and what is out of bounds and will result in obstacle failure and subsequent penalty
- 17.2.10. Chalk can only be used at the discretion of the competition organiser. If chalk is allowed, every competitor should be given the opportunity to use it

### 17.3. Penalties

- 17.3.1. Courses can apply penalties for obstacle failure in one of a number of ways, as listed below:
  - 17.3.1.1. Time penalty applied to the final time
  - 17.3.1.2. Require the failed obstacle to be attempted again, either a minimum number of times or until completed.



- 17.3.1.3. Athletes made to wait a set time before advancing to the next obstacle.
- 17.3.1.4. Penalty points applied which count against the athlete in tiebreak situations.
- 17.3.2. Time based penalties given for obstacle failure must always be greater than the time it would take to successfully complete the obstacle. This is determined by the event organiser based on knowledge of the obstacle and the course set.

#### **17.4. Timing**

- 17.4.1. A stopwatch will be used to track the time as the competitor advances through the course.
- 17.4.2. Time must be recorded accurate to 0.01s
- 17.4.3. Time will be stopped when the competitor hits a buzzer or completes the course
- 17.4.4. Any time penalties will be recorded and added to the time taken to complete the course. The score will be displayed as the time including penalties, with number of penalties indicated separately

#### **17.5. Start**

- 17.5.1. The time will start with either an audible signal at the end of a countdown, or when the competitor crosses a start line or touches the first obstacle. This is determined by the competition organiser.
- 17.5.2. Time may be started using a timing gate in some events where available.

#### **17.6. Finish**

- 17.6.1. The athlete hitting a finishing buzzer or reaching a defined finish point (i.e. landing on a platform, crossing a line or touching a point) will mark the completion of the run.
- 17.6.2. Where available the time may be stopped automatically with the athlete hitting a buzzer / button linked to the timer.

#### **17.7. Ranking**

- 17.7.1. Competitors rankings will be determined by fastest time recorded.
- 17.7.2. Where applicable, any tiebreaks will be decided based on accrued penalty points, with the lowest points total ranking higher.
- 17.7.3. Rankings will be split by age and gender as defined by UKOSF

#### **17.8. Safety**

- 17.8.1. All events should have sufficient medical operations to deal with an emergency.
- 17.8.2. All obstacles and courses should be risk assessed. If a risk can not be controlled an obstacle should not be built/included in a race.
- 17.8.3. Each obstacle and course must be thoroughly tested before the competition.

## 18. Ninja sport: Head-to-Head

### 18.1. Event Format Summary

- 18.1.1. Side by side race competition format where 2 athletes compete on an identical course at the same time with the goal of reaching the finish first.
- 18.1.2. Courses can keep the lanes separate, or have shared obstacles eg floating tiles
- 18.1.3. Courses can apply a time penalty for obstacle failure or require the failed obstacle to be attempted again. This is further explained in the “Penalties” section.
- 18.1.4. The 2 side by side courses must be identical.
- 18.1.5. Athletes compete against each other in a knockout style or round robin tournament to determine the overall winner.

### 18.2. Course Design

- 18.2.1. The course must have a minimum of 6 obstacles.
- 18.2.2. There must be a minimum of one balance, one agility and one upper body obstacle.
- 18.2.3. Where there is more than one stage, each course should be progressively more difficult than the last.
- 18.2.4. The course organiser must give a rules walkthrough once all competitors have arrived and before the competition starts. This gives the opportunity to explain obstacle specific rules and for competitors to ask questions
- 18.2.5. During the rules walkthrough the competition organiser will explain what counts as an obstacle completion and what is out of bounds and will result in obstacle failure and subsequent penalty
- 18.2.6. Chalk can only be used at the discretion of the competition organiser. If chalk is allowed, every competitor should be given the opportunity to use it
- 18.2.7. The 2 side by side courses must be identical and can be completely separate or share common obstacles that athletes need to get to first to gain an advantage.

### 18.3. Penalties

- 18.3.1. Courses may apply penalties for obstacle failure, this can be in one of a number of ways, as listed below:
  - 18.3.1.1. Require the failed obstacle to be attempted again, either a minimum number of times or until completed.
  - 18.3.1.2. The athlete must wait a set time before advancing to the next obstacle.
  - 18.3.1.3. Penalty points applied which count against the athlete for progression into subsequent rounds..

- 18.3.2. Time based penalties given for obstacle failure must always be greater than the time it would take to successfully complete the obstacle. This is determined by the event organiser based on knowledge of the obstacle and the course set.

#### **18.4. Timing**

- 18.4.1. A stopwatch will be used to record the time taken for the athletes to complete the course.
- 18.4.2. A separate timer must be used for each athlete to accurately record their individual finish time.
- 18.4.3. Time must be recorded accurate to 0.01s
- 18.4.4. Time will be stopped when the competitor hits a buzzer or completes the course.
- 18.4.5. The the time will be displayed with the number of incurred penalties indicated (where applicable)

#### **18.5. Start**

- 18.5.1. The start of the race is marked with a countdown and audible signal as the timer is started
- 18.5.2. Team run order for the 1st round will be generated randomly. In the event of multiple rounds the run order for subsequent rounds may be determined by team ranking in the previous rounds, i.e. last place runs first and 1st place runs last.

#### **18.6. Finish**

- 18.6.1. The race finishes with the athlete hitting a buzzer, reaching a marked area or crossing a line. This is defined by the event organiser.
- 18.6.2. Where available the timer can be linked to a finish buzzer to accurately record the exact finish time.
- 18.6.3. The athlete to complete the course first is the winner, the race ends when both athletes have completed the course.
- 18.6.4. Athletes can retire from the course at any time and withdraw from the race. In this case their progress is recorded as well as the time taken to get there.

#### **18.7. Ranking**

- 18.7.1. Two competition formats exist for Head to head events, as defined below. It is at the discretion of the event organisers which is applied, but it must be clearly communicated which will be in use prior to the event.
- 18.7.2. Knock out tournament

- 18.7.2.1. Each athlete is paired against another athlete and they compete for progression to the next round.
- 18.7.2.2. The winner of the race progresses to the next round while the loser is either eliminated or put into a separate pool where those that are unsuccessful compete against each other for the chance to get back into the competition
- 18.7.2.3. Athletes may be seeded based on previous competition format so the highest ranked athletes don't come against each other until the final.
- 18.7.2.4. The tournament can take place on the same course or there can be a different course for different rounds. This is at the discretion of event organizers and must be communicated prior to the event.
- 18.7.3. Round robin competition
  - 18.7.3.1. Athletes are separated into groups, each athlete in the group races against all other athletes in the group gaining points for winning. This results in a leader board identifying the ranking within each group
  - 18.7.3.2. At the discretion of the event organiser either the top athlete of each group, or a defined number of athletes in each group will progress to the next round. Again, this must be clearly communicated prior to the event.
  - 18.7.3.3. The process is repeated in subsequent rounds until there is a final group of athletes, the winner of said group will be the ultimate winner of the competition.
- 18.7.4. Combination of the two formats
  - 18.7.4.1. The format may be a combination of the two event styles where the first round is a round robin with the winners going into a knockout tournament to decide the ultimate winner.
  - 18.7.4.2. The opposite is also possible, starting with a knockout round with the winners being put into a round robin competition to decide the ultimate winner.
- 18.7.5. At the discretion of event organisers, it is possible that unsuccessful athletes may be progressed into subsequent rounds by one of the following means:
  - 18.7.5.1. Athletes with the lowest number of penalties incurred are advanced
  - 18.7.5.2. Fastest course completion times are advanced
  - 18.7.5.3. A parallel competition between unsuccessful athletes where the winner(s) are granted progression.
  - 18.7.5.4. Combination of the above
- 18.7.6. In the event that both athletes do not complete the course, the athlete that progressed furthest through the course will be deemed the winner.
- 18.7.7. Competitions must have separate rankings for gender.
- 18.7.8. An event may decide to rank athletes by age or host separate courses/competitions for different age groups.

- 18.7.9. Competitors must only compete side by side against others in their ranking category
- 18.7.10. Any prizes are at the discretion of the competition organiser.
- 18.7.11. In competitive events where prize money is involved, videos of each competitor's run should be recorded to refer back to in case of dispute.
- 18.7.12. In competitive events where prize money is involved, videos of each competitor's run should be recorded to refer back to in case of dispute.
- 18.7.13. In the unlikely event that there is a dead tie with both athletes finishing at exactly the same time, the race must be repeated (after allowing sufficient rest for both athletes) to determine a winner.

## **18.8. Safety**

- 18.8.1. All events should have sufficient medical operations to deal with an emergency.
- 18.8.2. All obstacles and courses should be risk assessed. If a risk can not be controlled an obstacle should not be built/included in a race.
- 18.8.3. Each obstacle and course must be thoroughly tested before the competition.

## 19. Ninja Sport: Relay (Leg)

### 19.1. Event Format Summary

- 19.1.1. A team event where 2 or more athletes take on a course together.
- 19.1.2. Each competitor will attempt a predetermined leg of the course
- 19.1.3. The aim is for the team to complete the course in the fastest time
- 19.1.4. The competition can reward either speed or obstacle completion. If speed alone is used to determine the winning team, a time penalty or repeated obstacle attempts is/are required
- 19.1.5. The penalty given for obstacle failure must always be greater than the time it takes to complete the obstacle
- 19.1.6. This can be a side by side race with 1 team on each track or an individual course where teams take it in turns to run the course.

### 19.2. Course Design

- 19.2.1. The course must have a minimum of 6 obstacles.
- 19.2.2. There must be a minimum of one balance, one agility and one grip strength obstacle.
- 19.2.3. Where there is more than one stage, each course should be progressively more difficult than the last.
- 19.2.4. The course organiser must give a rules walkthrough once all competitors have arrived and before the competition starts. This gives the opportunity to explain obstacle specific rules and for competitors to ask questions
- 19.2.5. During the rules walkthrough the competition organiser will explain what counts as an obstacle completion and what is out of bounds and will result in obstacle failure and subsequent penalty
- 19.2.6. Chalk can only be used at the discretion of the competition organiser. If chalk is allowed, every competitor should be given the opportunity to use it
- 19.2.7. In the case of side by side courses, the 2 courses must be identical and can be completely separate or share common obstacles that athletes need to get to first in order to gain an advantage.

### 19.3. Penalties

- 19.3.1. Courses may apply penalties for obstacle failure, this can be in one of a number of ways, as listed below:
  - 19.3.1.1. Require the failed obstacle to be attempted again, either a minimum number of times or until completed.
  - 19.3.1.2. The athlete must wait a set time before advancing to the next obstacle.
  - 19.3.1.3. Penalty points applied which count against the athlete for progression into subsequent rounds..

- 19.3.2. Time based penalties given for obstacle failure must always be greater than the time it would take to successfully complete the obstacle. This is determined by the event organiser based on knowledge of the obstacle and the course set.

#### **19.4. Timing**

- 19.4.1. A stopwatch will be used to record the time taken for the athletes to complete the course.
- 19.4.2. Time must be recorded accurate to 0.01s
- 19.4.3. Time will be stopped when the competitor hits a buzzer or completes the course.
- 19.4.4. The the time will be displayed with the number of incurred penalties indicated (where applicable)

#### **19.5. Start**

- 19.5.1. The start of the race is marked with a countdown and audible signal as the timer is started
- 19.5.2. Athlete run order for the 1st round will be generated randomly. In the event of multiple rounds the run order for subsequent rounds may be determined by athlete ranking in the previous rounds, i.e. last place runs first and 1st place runs last.

#### **19.6. Finish**

- 19.6.1. The race finishes with the athlete hitting a buzzer, reaching a marked area or crossing a line. This is defined by the event organiser.
- 19.6.2. Where available the timer can be linked to a finish buzzer to accurately record the exact finish time.
- 19.6.3. Athletes can retire from the course at any time and withdraw from the race. In this case their progress through the course is recorded as well as the time taken to get there.

#### **19.7. Ranking**

- 19.7.1. Ranking and progression can follow any of the previously defined competition formats with the whole team progressing as an individual athlete would.

#### **19.8. Safety**

- 19.8.1. All events should have sufficient medical operations to deal with an emergency.



- 19.8.2. All obstacles and courses should be risk assessed. If a risk can not be controlled an obstacle should not be built/included in a race.
- 19.8.3. Each obstacle and course must be thoroughly tested before the competition.

## 20. Ninja sport: Relay (Lap)

### 20.1. Event Format Summary

- 20.1.1. A team event where a minimum of two competitors attempt the course.
- 20.1.2. The first competitor will attempt the whole course. The next competitor starts the course as soon as the previous competitor has finished
- 20.1.3. The aim is for the entire team to complete the course in the fastest time.
- 20.1.4. The competition can reward either speed or obstacle completion. If speed alone is used to determine the winning team, a time penalty or repeated obstacle attempts is/are required.
- 20.1.5. The penalty given for obstacle failure must always be greater than the time it takes to complete the obstacle.

### 20.2. Course Design

- 20.2.1.1. The course must have a minimum of 6 obstacles.
- 20.2.1.2. There must be a minimum of one balance, one agility and one grip strength obstacle.
- 20.2.1.3. Where there is more than one stage, each course should be progressively more difficult than the last.
- 20.2.1.4. The course organiser must give a rules walkthrough once all competitors have arrived and before the competition starts. This gives the opportunity to explain obstacle specific rules and for competitors to ask questions
- 20.2.1.5. During the rules walkthrough the competition organiser will explain what counts as an obstacle completion and what is out of bounds and will result in obstacle failure and subsequent penalty
- 20.2.1.6. Chalk can only be used at the discretion of the competition organiser. If chalk is allowed, every competitor should be given the opportunity to use it
- 20.2.1.7. In the case of side by side courses, the 2 courses must be identical and can be completely separate or share common obstacles that athletes need to get to first in order to gain an advantage.

#### 20.2.2. Penalties

- 20.2.2.1. Courses may apply penalties for obstacle failure, this can be in one of a number of ways, as listed below:
  - 20.2.2.1.1. Require the failed obstacle to be attempted again, either a minimum number of times or until completed.
  - 20.2.2.1.2. The athlete must wait a set time before advancing to the next obstacle. This can be enforced at the point of

failure or between laps, once the failing athlete has completed the course the following athlete must wait the required time to pay off all of the penalties before they can begin the course..

- 20.2.2.1.3. Penalty points applied which count against the athlete for progression into subsequent rounds. (Where applicable)
- 20.2.2.2. Time based penalties given for obstacle failure must always be greater than the time it would take to successfully complete the obstacle. This is determined by the event organiser based on knowledge of the obstacle and the course set.

### **20.2.3. Timing**

- 20.2.3.1. A stopwatch will be used to record the time taken for the athletes to complete the course.
- 20.2.3.2. Time must be recorded accurate to 0.01s
- 20.2.3.3. Time will be stopped when the competitor hits a buzzer or completes the course.
- 20.2.3.4. The the time will be displayed with the number of incurred penalties indicated (where applicable)

### **20.2.4. Start**

- 20.2.4.1. The start of the race is marked with a countdown and audible signal as the timer is started
- 20.2.4.2. Athlete run order for the 1st round will be generated randomly. In the event of multiple rounds the run order for subsequent rounds may be determined by athlete ranking in the previous rounds, i.e. last place runs first and 1st place runs last.

### **20.2.5. Finish**

- 20.2.5.1. The race finishes with the athlete hitting a buzzer, reaching a marked area or crossing a line. This is defined by the event organiser.
- 20.2.5.2. Where available the timer can be linked to a finish buzzer to accurately record the exact finish time.
- 20.2.5.3. Athletes can retire from the course at any time and withdraw from the race. In this case their progress through the course is recorded as well as the time taken to get there.

### **20.2.6. Ranking**

- 20.2.6.1. Ranking and progression can follow any of the previously defined competition formats with the whole team progressing as an individual athlete would.

### **20.2.7. Safety**

- 20.2.7.1. All events should have sufficient medical operations to deal with an emergency.
- 20.2.7.2. All obstacles and courses should be risk assessed. If a risk can not be controlled an obstacle should not be built/included in a race.
- 20.2.7.3. Each obstacle and course must be thoroughly tested before the competition.

## 21. Ninja sport: Skills event

### 21.1. Event Format Summary

- 21.1.1. Skills events take a single obstacle or challenge and the competitors have to outperform each other on each. For example, perform the most repetitions of an action, complete a challenge in the quickest time, or reach the furthest distance, ascend the highest height, etc.
- 21.1.2. Skills events may be a single challenge or a series of challenges where each athlete is given a points score based on their ranking in each, the highest total score at the end of the challenges wins the event.
- 21.1.3. For series events, challenges can either be completed in a specific order with each athlete taking on one challenge one after another until the result is determined and then moving on to the next, or challenges can all be set out and the athletes given a certain timeframe to complete as many as possible in an order of their choice with scores counted at the end of the timeframe.

### 21.2. Course Design

- 21.2.1. Challenges can test any attribute of an athlete.
- 21.2.2. The challenge or obstacle must be clearly defined with a clear and consistent differentiation between failure and success with a clearly identifiable leaderboard at the conclusion of the challenge.
- 21.2.3. The event may allow multiple attempts at challenges, a limited number of attempts or a single attempt at a challenge. This is at the discretion of the event organiser
- 21.2.4. The course organiser must give a rules walkthrough once all competitors have arrived and before the competition starts. This gives the opportunity to explain obstacle specific rules and for competitors to ask questions
- 21.2.5. During the rules walkthrough the competition organiser will explain what counts as an obstacle completion and what is out of bounds and will result in obstacle failure and subsequent penalty
- 21.2.6. Chalk can only be used at the discretion of the competition organiser. If chalk is allowed, every competitor should be given the opportunity to use it

### 21.3. Penalties

- 21.3.1. Relevant penalties must be applied consistently across the whole competition to ensure a fair event.

### 21.4. Timing

- 21.4.1. Where required, time must be recorded accurate to 0.01 seconds.

- 21.4.2. Start and finish conditions must be clearly defined, i.e. start behind the line or only completed repetitions count up to the time limit.

## **21.5. Start**

- 21.5.1. For challenges with a time limit or a timed attempt there must be either a clear and audible starting signal, or a clearly defined trigger to start the timer, i.e. when an athlete crosses a line or leaves a platform.
- 21.5.2. Athlete run order for the 1st round will be generated randomly. In the case of series challenges the run order for subsequent challenges may be determined by athlete ranking in the previous challenges, i.e. last place runs first and 1st place runs last.

## **21.6. Finish**

- 21.6.1. The finish point will vary for each challenge but it must be clearly defined.
- 21.6.2. In the case of challenges with a time limit there must be a clear and audible signal when the time limit is reached.

## **21.7. Ranking**

- 21.7.1. In the case of multiple challenge events, athletes will be given scores based on their rank from the performance of each challenge. At the conclusion of the event the total scores of each athlete will be ranked, giving the leader board and the result of the competition.
- 21.7.2. For single challenge events the performance ranking from the event will be the final result.

## **21.8. Safety**

- 21.8.1. All events should have sufficient medical operations to deal with an emergency.
- 21.8.2. All obstacles and courses should be risk assessed. If a risk can not be controlled an obstacle should not be built/included in a race.
- 21.8.3. Each obstacle and course must be thoroughly tested before the competition.

## Appendix A - Primary Obstacle Challenges Definition

<b>POC</b>	<b>Description</b>
Accuracy	The ability to hit a target.
Agility	The ability to change body position rapidly and accurately without losing balance.
Balance	The ability to maintain a stable and specific orientation in relation to the immediate environment.
Cognition	Mental processes such as memory or problem solving.
Coordination	The ability to integrate the actions of different parts of the body to produce smooth, successful movements.
Cardiovascular endurance	Cardiovascular endurance is a measure of how well you can do exercises that involve your whole body at moderate to high intensity for an extended time.
Grip endurance	The ability to sustain grip strength over a sustained period of time.
Grip strength	Grip strength is a measure of muscular strength or the maximum force/tension generated by one's forearm muscles.
Mobility	The ease with which an articulation, or series of articulations, is able to move before being restricted by surrounding structures.
Power	The ability to exert a maximal force in as short a time as possible, as in accelerating, jumping and throwing implements or oneself.
Psychological	The ability to possess the mental resilience or determination to overcome an obstacle or challenge, especially one which is likely to trigger a fear response- such as a deliberate jump from height or being fully immersed in water.
Speed	The ability to move all or part of the body as quickly as possible.
Strength	The ability of a muscle to exert force and overcome resistance.

## Appendix B - Ranking Categories

### **Adult Athletes**

#### ***Large Events U20 to 50+***

- U20 (minimum age 18 on race day)
- 20-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50+

#### ***Smaller Events***

- Senior: 18-39
- Masters: 40+

### **Junior Athletes**

Note we encourage non-competitive competition at younger age groups. Course design should take into account a junior athlete's age. Please contact UKOSF for further guidance.

#### Large Events

- U6
- U8
- U10
- U12
- U14
- U16
- U18

#### Smaller Events

- Under 6
- 6-9
- 10-13
- 14-17

### **Para Adult & Junior Athletes**

Note para athletes will be split by junior (U18) and adult ranking categories in addition to the below.

#### ***Large Events***

The five sport classes are as follows:

- PO1 - Wheelchair users. Includes athletes with comparable activity limitation and



an impairment of, but not limited to: muscle power, limb deficiency, hypertonia, ataxia, athetosis that prevent the ability to run. Through classification assessment, athletes must have a score of up to 640.0 points;

- PO2 - Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement that through classification assessment have a score of up to 454.9 points. Amputee athletes may use approved prosthesis or other supportive devices.
- PO3- Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement that through classification assessment have a score from 455.0 to 494.9 points. The athlete may use approved prosthesis or other supportive devices.
- PO4 – Includes athletes with comparable activity limitation and an impairment of, but not limited to, limb deficiency, hypertonia, ataxia and or athetosis, impaired muscle power or range of movement that through classification assessment have a score from 495.0 to 557.0 points included. The athlete may use approved prosthesis or other supportive devices.
- PO5 - Total or Partial visual Impairment (IBSA/IPC defined sub-classes B1, B2, and B3): Includes athletes who are totally blind, from no light perception in either eye, to some light perception but unable to recognize the shape of a hand at any distance or in any direction (B1) and partially sighted athletes with a visual acuity of less than 6/60 vision or visual field less than 20 degrees with best corrective vision (B2-B3). One guide is mandatory throughout the race.

### ***Smaller Events***

As above with PO2-PO4 sport classes combined.

### **Determining an athletes age**

An athlete's age should be determined based on their age on the day of the competition. For events over more than one day it should be based on their age on the first day of the competition.