



Fédération Internationale de Sports d'Obstacles

NINJA COMPETITION RULES 2019

Version 2019.03.23

The Competition Rules is the Master Source Document ("MSD"), found on the World OCR website at worldocr.org. The MSD is a web based document acts as the official (authorized) reference document for all event formats and distances in Obstacle Sports and is maintained based on authorized amendments in accordance with recommendations by the TC and accepted by the FISO Executive Board.

This document, the **Ninja Competition Rules** ("the Rules"), contains specific technical aspects for Ninja Competitions and references the MSD.

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1. INTRODUCTION:

1.1. Purpose

- 1.1.1. World OCR, the Fédération Internationale de Sports d'Obstacles (FISO), is the sole governing body, responsible for Competition Rules for its related disciplines and events.
- 1.1.2. Ninja Competitions are timed obstacle course events where the competitors overcome obstacles. Events may be head-to-head or a time trial (one competitor at a time) and the fastest competitor wins.
- 1.1.3. These Rules must be read in conjunction with the MSD.

1.2. Intention

- 1.2.1. the Rules are intended to:
 - 1.2.1.1.1. Create an atmosphere of sportsmanship, equality, and fair play;
 - 1.2.1.1.2. Provide safety and protection;
 - 1.2.1.1.3. Emphasize ingenuity and skill without unduly limiting the competitor's freedom of action;
 - 1.2.1.1.4. Disqualify or penalize competitors who gain an unfair advantage;
- 1.2.2. Definitions of all terms used in the Rules are provided in the MSD. Any difficulty in the interpretation or application of Rules should be referred to the TC.

1.3. Rule Updates

The Rules may be changed from time to time by the TC at its discretion, with the approval of the FISO Executive Board. Any such rule change(s) shall be advised in writing to affiliated NFs at least 30 days before taking effect. Updated FISO Competition Rules will be posted on the FISO website (worldocr.org).

2. CONDUCT OF ATHLETES

2.1. General Conduct

- 2.1.1. Race tactics are part of the interaction between competitors however competitors are required to:
 - Practice good sportsmanship at all times;
 - Adhere to the intent of a rule when the exact wording of the rule may be interpreted in various ways;
 - Be responsible for their own safety and the safety of others;
 - Know, understand and follow the Rules, available from their NFs and on www.worldocr.org;
 - Obey instructions from race officials.
 - Treat other competitors, officials, volunteers, media, sponsors and spectators with respect and courtesy.
 - Not use abusive, derogatory or inflammatory language.

- Inform a Technical Official immediately after withdrawing from the race. In case the competitors fail to do this before the end of the event, it may result a suspension.
- Compete without receiving assistance other than from event personnel and officials.
- Refrain from ambush marketing
- Not dispose litter or equipment around the course except at clearly identified places. All items must be kept with the competitor and disposed of appropriately at the end of the race.
- Not attempt to gain unfair advantage in any way.

2.2. Drug Abuse

Ref: the MSD

2.3. Health

Ref: the MSD

2.4. Eligibility

Ref: the MSD.

2.5. Insurance

Ref: the MSD

2.6. Registration

Ref: the MSD.

2.7. Uniform

Ref: the MSD

2.8. Footwear

Ref: the MSD

2.9. Other Equipment

Ref: the MSD

2.10. Race numbers

Ref: the MSD

2.11. Assignment of race numbers

Ref: the MSD

2.12. Timing and Results

Ref: the MSD

3. PENALTIES AND RULES

3.1. The Course

- 3.1.1. The Ninja course is set of obstacles between a start line and a finish line.
- 3.1.2. The course may have one (1) or more lanes or routes.
- 3.1.3. A maximum time limit may be set for a course and must be announced prior to the start of a competition.

3.2. Obstacles

- 3.2.1. Competitions shall include no less than seven (7) and up to fifteen (15) obstacles.
- 3.2.2. Courses must include three (3) upper body, three (3) lower body and one (1) balance obstacle.
- 3.2.3. The Ninja course obstacles may include but are not limited to the following set.

- | | | |
|-------------------------|-------------------|----------------------|
| a) Quintuple Steps | l) Rope Swing | x) Spider Flip |
| b) Salmon Ladder | m) Jumping Bars | y) Door Knob Grasper |
| c) Double Salmon Ladder | n) Pipe Slider | z) Flying Bar |
| d) Lache Bars | o) Peg Board | aa) Spider Climb |
| e) Rope Climb | p) Balance Tank | bb) Grip Junction |
| f) Rolling Log | q) Cargo Net | cc) Invisible Ladder |
| g) Cliff Hanger | r) Devil Steps | dd) Pole Graspers |
| h) Unstable Bridge | s) Ring Toss | ee) Balance beam |
| i) Curve Wall | t) Jumping Spider | ff) Slack Line |
| j) Rock Wall | u) Swing ladder | gg) Silk Sliders |
| k) Floating Doors | v) Body Prop | hh) Balance steps |
| | w) Rumbling Dice | |

3.3. General Rules

- 3.3.1. Scoring is determined by:
 - 3.3.1.1. The number of obstacles completed in a run
 - 3.3.1.2. The time taken for the full run
- 3.3.2. Competitors are awarded one (1) point for each completed obstacle.
- 3.3.3. A competitor who fails to complete an obstacle will continue their run until they finish or fail the final obstacle.
- 3.3.4. Only those parts of an obstacle designed for progress through the course may be used by a competitor.
- 3.3.5. Support structures or safety materials may not be used and shall be clearly marked, for

example with a distinct colour or material. Examples include:

- a) Chains, cables or ropes supporting grips;
 - b) Material holding obstacle together;
 - c) Eye-bolts holding grips to chains; or
 - d) Any other object not considered part of an obstacle.
- 3.3.6. "Topping" is not allowed. Topping is using the surface above a grip to bypass the intended use of the grip. Some grips are exceptions to this rule, e.g. "cannonball"
- 3.3.7. Inadvertent contact with a support structure or safety materials is allowed provided there is no advantage gained by the competitor.
- 3.3.8. A competitor may attempt an obstacle only one time unless they use a "Retry".
- 3.3.9. A Retry may be used only one time for any given run.
- 3.3.10. A Retry is worth one (1) point and if not used for a run (the athlete does not fail an obstacle), the Retry point is added to the total obstacle points. Example- Course with 10 obstacles:
- a) Athlete A – Full course completion, no Retry = 11 pts
 - b) Athlete B – Fails once, Retry used, fails again, completes rest of course = 9pts
 - c) Athlete C – Fails once, Retry used successfully, completes rest = 10 pts
- 3.3.11. If an obstacle needs to be reset, the clock will not stop, and the reset time will be included in the run time.
- 3.3.12. Courses must be reset for each run.
- 3.3.13. In the event of a course malfunction or reset failure, the clock will be paused and will not count toward the competitors run time.
- 3.3.14. The competitor with highest score *and* the fastest time (if there is more than one competitor with the same score) is the winner.
- 3.3.15. There are no time or athletic penalties.
- 3.3.16. Competitors who complete the same number of obstacles and finish with the same time (measured to 1/100th [0.01] of a second) shall be awarded a tie.
- 3.3.17. Failure to comply with the Rules may result in a competitor being verbally warned, subject to disqualification, suspension, or expulsion.
- 3.3.18. The nature of the rule violation will determine the subsequent penalty.
- 3.3.19. A suspension or an expulsion will occur for very serious violations of either the Rules or FISO Anti-Doping Rules.
- 3.3.20. A competitor may be issued a verbal warning or disqualified for failing to abide by the Rules.
- 3.3.21. The Technical Officials are allowed to assess penalties, even if the infringement is not listed, if the Technical Official deems an unfair advantage has been gained, or if a dangerous situation has been created.

3.4. Specific Rules

- 3.4.1. Qualifying rules may be specified by Leagues (for example UNAA) for their series'.
- 3.4.2. Age limits may be specified by Leagues for their series'.
- 3.4.3. Competition classes may be specified by each League for their series'.
- 3.4.4. Judging, if used, may be specified by each League for their series'.
- 3.4.5. Refer to each League for rules specific to their series'.

3.5. Verbal Warning

Ref: the MSD

3.6. Time Penalties

There are no time penalties.

3.7. Disqualification

A disqualification is a penalty appropriate for severe rule violations, such as but not limited to, interference with other competitors, dangerous or unsportsmanlike conduct or failure to assist a competitor in distress.

3.8. Suspension

Ref: the MSD

3.9. Expulsion

Ref: the MSD

3.10. Right of Appeal

Athletes punished with a penalty have the right to appeal.

3.11. Protests

Ref: the MSD

3.12. Hearings and Appeals

Ref: the MSD

3.13. Reinstatement

After suspension, a competitor must apply to the FISO Executive Board for reinstatement.

4. CONDUCT

4.1. General Rules:

The competitors will:

- 4.1.1. Run, walk, crawl, slither, scramble or otherwise propel themselves across, under, over or through the surface;
- 4.1.2. Display the official race number. This may be written on the competitor's body using indelible ink (permanent marker) and must be visible at all times while on the race course,
- 4.1.3. Run with a covered torso;
- 4.1.4. Run with shoes. Bare feet are prohibited on any part of the course;
- 4.1.5. Not intentionally block another competitor. Blocking will result in disqualification.

4.2. Finish Definition:

A competitor will be judged as "finished," the moment any part of the torso crosses a vertical plane extending from the leading edge of the finish line OR they activate the finish mechanism, which may include, but is not limited to a button, switch, pressure pad, lever or similar that activates a horn, whistle, pyrotechnic, light(s), stop clock or other finish device or combination of devices.

4.3. Safety Guidelines:

The responsibility of remaining on the course rests with the competitor. Any competitor, who appears to Technical or Medical Officials as presenting a danger to themselves or others, may be removed from the competition.

4.4. Illegal Equipment:

Ref: the MSD

5. OBSTACLE CONDUCT

5.1. General Rules:

Ref: the MSD

6. PARA-OCR

Ref: the MSD