WORLD OBSTACLE

FÉDÉRATION INTERNATIONALE DE SPORTS D'OBSTACLES

2025
Competition Rules
Master Source Document
(MSD)

Version 2025.09.11

The Competition Rules Master Source Document (MSD) acts as the official (authorized) reference document and is maintained based on authorized amendments in accordance with recommendations by the Competitions Committee and accepted by the FISO Executive Board.

Each event of World Obstacle has a specific set of rules that references this MSD and a corresponding Course Specification Manual.

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1. INTRODUCTION:

1.1. Purpose

1.1.1. The Fédération Internationale de Sports d'Obstacles (FISO) is the sole governing body, responsible for Competition Rules for Obstacle Racing (the "Rules") and its related sports. The disciplines and events under the jurisdiction of FISO are included on the World Obstacle website as updated from time to time.

1.1.2. The Fédération Internationale de Sport d'Obstacles Competitions Committee (CC) will ensure technical aspects of FISO competitions are of the highest quality.

1.1.3. The Rules specify the conduct and behaviour of athletes during FISO competitions.

1.1.4. The FISO Event Host Agreement and its related documents set safety, organizational, and logistical standards for event organizers, which may include the National Federation (NF) and their Local Organizing Committees (LOCs).

1.1.5. The FISO Officials Certification Program sets the standards for certifying FISO Technical Officials (TOs).

1.2. Intention

1.2.1. The Rules are intended to provide a flexible framework to:
- 1.2.1..1. Create an atmosphere of sportsmanship, equality, and fair play
- 1.2.1..2. Provide safety and protection
- 1.2.1..3. Emphasize ingenuity and skill without unduly limiting the athlete's freedom of action
- 1.2.1..4. Penalize athletes who gain an unfair advantage
- 1.2.1..5. Facilitate the smooth flow and enjoyment of competitions

1.2.2. Definitions of all terms used in The Rules are provided in Appendix A. Any difficulty in the interpretation or application of Rules should be referred to the CC.

1.3. Language and Communication

1.3.1. The official language of FISO Events is English.

- 1.3.1..1. NFs are responsible for providing translation services from/to English for their own athletes
- 1.3.1..2. LOCs will communicate at least in English, even if another language is used in parallel.

1.4. Modifications

1.4.1..1. The Rules will be adapted for related sports competitions, which fall within FISO's jurisdiction.

1.4.1..2. An athlete shall not be permitted an advantage not intended by a rule, or to conduct him/herself in a dangerous way. To implement this, infringements related in The Rules have a sanction attached. Officials base their judgments on whether an advantage, not intended by the Rules, has been gained.

1.4.1..3. *FISO Competition Rules will be applicable to international competitions hosted by National Federations (NFs) affiliated with FISO.*

1.5. Exceptions

1.5.1. *The Rules will be applicable to all events sanctioned by FISO and are to be implemented by the Race Director (RD) or Technical Delegate (TD) if appointed. Where the Rules conflict with the laws of the jurisdiction in which the event is to be held, The Rules will override the laws of the jurisdiction to the extent of the inconsistency.*

1.5.2. *Athletes must be notified of the implications of these laws as early as practical and no later than the start of the event.*

1.5.3. *Exceptions for special circumstances in a particular event may only be granted by FISO with prior approval. A request for an exception to The Rules must be made in writing to the CC through the NF to whom the application has been submitted or is being submitted.*

1.6. Specific Regulations

1.6.1. *A RD may approve the addition of specific regulations for a particular race, provided that:*

1.6.1..1. *Each additional specific regulation does not conflict with another FISO Competition Rule*

1.6.1..2. *Each additional specific regulation is made available in written form and is announced at the athletes' briefing; and*

1.6.1..3. *Each additional specific regulation and the reasons for its inclusion are advised to the CC one week before the day on which the event is to be conducted. The CC may invalidate the incorporation of an additional specific regulation only on the authority of the FISO Executive Board.*

1.7. Intellectual Property

1.7.1. *FISO Events are the exclusive property of FISO, which owns all rights associated including, without limitation, the rights to organize, exploit, broadcast and reproduce FISO Events. These rights include any type of digital or analogue media, whether that is photographic or video in nature, captured from within the boundaries of the field of play, regardless of ownership of the capturing device. All the personal data from the athlete entered into any FISO event and the data produced from the event, including the results are exclusive property of FISO.*

1.7.2. *Prior to competing in World Cups or FISO World Series events and related Championships, Youth, Junior, Senior, Masters, and Adaptive-athletes must adhere to the FISO Athletes' Agreement, which states that any dispute arising from the FISO Rules that cannot be settled by its appeal procedure, shall be settled finally by the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland, to the exclusion of recourse to ordinary courts. Once agreed, the FISO Athletes' Agreement is valid until the end of that competition year.*

1.8. Unauthorized Exceptions or Additions

The unauthorized exception to, or addition of a Competition Rule will prevent an event from being sanctioned and will invalidate a sanction, which has already been granted to an event. This could result in legal complications, particularly in the case of accidents during the event and in subsequent requests for approval from NFs and/or municipal authorities to use land or property under their jurisdiction.

Insurance authorities have also warned that claims made under such circumstances may be considered invalid.

1.9. Rule Updates

The Rules may be changed from time to time by the Competitions Committee at its discretion, with the approval of the FISO Executive Board. Any such rule change(s) shall be advised in writing to affiliated National Federations (NFs) prior to the applicable event before taking effect. Updated FISO Competition Rules will be posted on the FISO website (worldobstacle.org).

2. CONDUCT OF ATHLETES

2.1. General Conduct

2.1.1. Race tactics are part of the interaction between athletes however athletes are required to:

- *Always practice good sportsmanship.*
- *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 www.worldobstacle.org.*
- *Obey instructions from race officials.*
- *Treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy.*
- *Not use abusive, derogatory, or inflammatory language.*
- *Inform a TO immediately after withdrawing from the race. In case the athletes fail to do this before the end of the event, it may result a suspension.*
- *Compete without receiving assistance other than from authorized event personnel (this does not include marshals or volunteers) and officials.*
- *Refrain from ambush marketing.*
- *Not dispose of litter or equipment on or around the course except at clearly identified places. All items must be kept with the athlete and disposed of appropriately at the end of the race.*
- *Not attempt to gain unfair advantage or interpret the for personal gain any way. Interpreting the rules in a manner that gives an advantage is strictly forbidden and may result in disqualification or suspension.*

2.2. Outside assistance

2.2.1. The assistance provided by authorized event personnel or TOs is allowed but is limited to drinks, nutrition, equipment, and medical assistance, upon the approval of the Technical Delegate or Competition Referee. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks provided this does not result in an advantage or disadvantage to another athlete.

2.2.2. Pre-placement of gear, nutrition, or hydration on course is not allowed. There is no penalty for verbally interacting with medical personnel.

2.2.3. Athletes must complete the event with all the clothing and gear the athlete started the event with. Leaving items on or near the course, including litter may result in disqualification.

2.2.4. Pacing or behaviour that can be interpreted as pacing is not allowed.

2.2.5. Coaching in areas prohibited by a race director, TD, Event Director, or Executive Producer is not allowed. Such areas may include areas reserved for judges, technical officials, media or other event related personnel.

2.3. Drug Abuse

2.3.1. Athletes will follow the FISO Anti-Doping Rules

2.3.2. Athletes are responsible for familiarizing themselves with the FISO Anti-Doping Rules including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties, and appeal processes, and prohibited substances.

2.3.3. FISO Anti-Doping Rules abide by rules set by the World Anti-Doping Agency (WADA) Code.

2.4. Health

2.4.1. Obstacle Races and FISO's related sports are strenuous. To be able to compete, athletes should be in excellent physical condition. Their health and welfare are of paramount importance. By starting in a race, the athletes declare they are in good health and are in physical condition to complete the race without negative consequences.

2.4.2. The RD may establish time limits and overall finish time for each competition. These limits must be published in the pre-event material.

2.4.3. FISO encourages athletes to perform periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in competitive sport.

2.5. Eligibility

2.5.1. All athletes must be in good standing with their National Federations. To ensure this, all the entries must be validated by the NFs.

2.5.2. Athletes under suspension are not allowed to compete in any FISO event, in any competition sanctioned by FISO members, or in any competition held under the FISO Rules.

2.5.3. Eligibility for FISO World Level events may include competitive athletes in Elite and Age Group (AG), including Youth, Junior, Senior and Masters categories (Appendix B.)

Age Definitions: Age definition for Kids, Youth, Veteran, and Legends is the age of the athlete on race day. Age definition for Junior, Senior and Masters athletes is their age on December 31st in the year of competition. An athlete who is 15 years old on race day but turns 16 on or before December 31 will race in the Youth 14/15 category. An athlete who is 59 years old on race day but turns 60 on or before December 31 will race in the Veterans category. Athletes who are 15 years old on race day and turn 16 in the year of competition may be allowed to compete in the standard distance race provided they have parental and national federation consent.

2.5.4. *Athletes aged 5 to 7 years old are eligible to compete in the Kids category.*

2.5.5. *Athletes aged 8 to 15 years old are eligible to compete in the Youth category.*

2.5.6. *Athletes aged 16 to 19 years old are eligible to compete in the Junior category.*

2.5.7. *Athletes aged 20 to 39 years old are eligible to compete in the Senior category.*

2.5.8. *Athletes aged 40 to 59 years old are eligible to compete in the Masters category.*

2.5.9. *Athletes aged 60 to 69 years old are eligible to compete in the Veterans category. Athletes aged 70+ years old are eligible to compete in the Legends category.*

2.5.10. *Student athletes that have not been out of university or an equivalent institution for more than a year, and who are between the ages of 18 and 25 and meeting the requirements specified by the International University Sports Federation, Fédération Internationale du Sport Universitaire (FISU), may compete in World Obstacle University Championships.*

2.5.11. *Specific qualification criteria are published on the World Obstacle website and may be updated from time to time.*

2.5.12. *Athletes competing on a course multiple times in one day will not be permitted to stack points. Points are determined by your first performance of one course distance per day.*

2.5.13. *Age limits: athletes must be a minimum age to compete in any FISO Event, as outlined in Appendix B. Continental Confederations may add other age limits for Continental Championships.*

2.6. Insurance

2.6.1. *Each athlete competing in an FISO event must have personal insurance coverage, guaranteed by their NF. This insurance must cover:*

- *Any accident traveling to, from and occurring at the race site before, during and after any competition.*
- *Any sickness that an athlete could suffer during a trip to a competition or event.*
- *Liability caused by an athlete during the competition.*

2.6.2. *The athlete's NF guarantees the existence of this insurance by entering an athlete in an event. LOCs or NFs organizing an event may provide insurance to athletes through FISO.*

2.7. Registration

2.7.1. *Entry:*

2.7.1..1. *NFs will validate their athletes for FISO events following their NF qualification system or other FISO approved qualification system.*

2.7.1..2. *Competitive athletes and Adaptive-athletes qualify by following the eligibility rules detailed herein*

2.7.1..3. *For competition in World Cups or FISO World Series events and World Championships, athletes must acknowledge and adhere to the FISO Athletes' Agreement, which states that any dispute arising from the FISO Rules that cannot*

be settled by its appeal procedure, shall be settled finally by the Court of Arbitration for Sport (CAS) in Lausanne, Switzerland, to the exclusion of recourse to ordinary courts. Once signed, the FISO Athletes' Agreement is valid until the end of the competition year it has been signed in

2.7.1..4. NFs are responsible for validating their athletes, managers, officials, and coaches for all FISO Events

2.7.1..5. All age-group athletes must provide a government issued photo identification at race registration/packet pick-up prior to competition.

2.7.2. Pre-Race Briefings/Technical meetings:

2.7.2..1. Team Managers/Coaches' Meeting: If a managers'/coaches' meeting is scheduled, it will take place one hour before the Technical Briefing. The RD will conduct the Managers'/coaches' Meeting. The agenda will include the announcement of the technical details of the event and information for managers and coaches.

2.7.2..2. Adaptive athletes Team Managers' Meeting will take place in conjunction with the Adaptive athletes Briefing. The RD will conduct it, and the agenda will include the announcement of the Competition Jury and all technical details of the event as well as the specific information on Adaptive athletes' procedures.

2.7.2..3. Team managers and coaches may attend briefings. The following penalties apply to teams who, through its delegate, miss the briefing:

- *Not attending the briefing, without informing the RD about their absence, will be removed from the start list*
- *Entering the briefing hall after the briefing has started, but who have informed the RD about their absence, will be reallocated to the last position on the pre-start line up*
- *Team delegates (managers, coaches, officials) must register and show valid, government issued photo identification prior to entering the briefing venue*
- *For World Series and World Cup events, there is one Technical Briefing for all teams. This briefing will be held no later than one day prior to the first elite competition day. Alteration times shall be announced on the event website / page 45 days in advance.*

2.7.3. Packet Pick-Up:

2.7.3..1. All athletes or their approved delegate must pick up their race packet at the official race registration area during a designated time. Packet pick-up will be opened on at least two (2) days, starting at least one day prior to their competition. If an NF is unable to make the designated registration time, they must request a time at least 14 days in advance, in writing to the event host organization.

2.7.3..2. The race packets will contain a minimum of Event Guide, tickets for all the social functions. LOC gifts may be distributed at the same time.

2.7.3..3. All athletes or their approved delegate will pick up their race packet at registration.

2.7.3..4. The race packet will include:

- *accreditation pass*
- *athletes' guide*
- *Race numbers (if required)*
- *Timing chips if provided.*
- *Control of the athletes' uniform, which must comply with FISO Uniform Rules (Appendix C). Each uniform should be photographed. If an athlete needs to replace the uniform, this process must be done again*

- *Tickets for all social functions*
- *LOC gifts may be distributed at the same time*

2.7.3..5. The Event Guide shall contain, at a minimum:

- *Event site map*
- *Racecourse map(s)*
- *Location(s) of all services*
- *Event Schedule, including:*
  - *Mandatory opening ceremony time a location*
  - *Mandatory technical briefing time and location*
  - *Competition start times*
  - *Marshalling times (pre-start)*
  - *Award ceremony time and location*
  - *Mandatory closing ceremony time and location*
- *The Event Guide may be provided as an app or in digital form.*

2.7.4. Check-in/packet pickup:

- *AG races with more than 1,000 athletes entered will schedule the check-in the day before the race.*
- *TOs will conduct the check-in at the Athletes' Lounge, a specific check-in room / tent or other dedicated area and will include the following:*
  - *Distribution of the timing chips.*
  - *Control of the athletes' uniform, which must comply with the FISO Uniform Rules. (Appendix C). Each uniform should be photographed. If an athlete needs to replace the uniform, this process must be done again.*
  - *Distribution of the race packets to the athletes who missed the technical meeting / briefing.*

2.8. Uniform

2.8.1. All athletes competing in FISO events are required to wear their uniform conforming to the FISO Uniform Rules (see Appendix C).

2.8.2. Athletes must follow the following rules with respect to wearing uniforms

- *Athletes must wear the uniform while competing*
- *The awards / podium uniform must be worn at the award ceremony. Competition apparel is not allowed on the podium.*
- *Long sleeves and long pants are encouraged for the award ceremony.*
- *Rain/wind jackets must be the same design and colour as the uniform or must be transparent.*
- *Failure to comply with The Rules related to the uniform may result in an athlete having to wear a uniform supplied by FISO or covering any logos on the uniform not allowed by the Rules.*
- *If during the race or the award ceremony, athletes wear a uniform with logos that do not comply with the Competition Rules, he/she may be penalized, ineligible for prize money or may be disqualified.*

2.8.3. Female athletes are allowed to have the body totally covered (except the face) provided

that:

- *The uniform material is approved by the TD*
- *The uniform will not interfere with obstacles or interfere with the athlete or other athletes in any way*
- *Extra identification elements may be required to be worn over the uniform, following the TD's instructions*

2.9. Footwear

2.9.1. Athletes must wear a covering for their feet while competing on the course.

2.9.2. Footwear must be:

- *closed toed – no flip flops, sandals or any footwear of any type that could catch on an obstacle*
- *free of all external hard objects, for example spikes or traction devices*
- *free of external metal, ceramics, exotic or composite materials that could cause damage to obstacles or other athletes.*

2.10. Other Equipment

2.10.1. Equipment other than footwear, apparel, hydration / fuel packs and gloves are prohibited.

2.10.2. Hydration and fuel packs are allowed provided they do not cover race apparel or official markings. Packs must be secured in a manner that minimizes the possibility of catching on obstacles, coming loose, or interfering with other athletes.

2.10.3. Glasses are allowed provided they are securely attached to the athlete.

2.10.4. Bottles and other loose items are prohibited.

2.11. Race numbers

2.11.1. The LOC may provide body marked numbers for competitive athletes and will apply them prior to the event. Headbands may also be required at the discretion of the RD.

2.11.2. Body marked numbers are to be applied to each arm and the back of one leg, unless instructed otherwise by the FISO RD at the briefing.

2.11.3. Body markings using multiple digits will have numbers appearing one above the other, not side to side.

- *For elite events, one calf of each athlete must be marked with the category and gender of the athletes. The letters EM shall be marked on an elite male athlete and EF shall be marked on an elite female athlete.*
- *For Junior, one calf of each athlete must be marked with the letter J.*
- *For Youth, one calf of each athlete must be marked with the letter Y.*
- *For Masters, one calf of each athlete must be marked with the letter MA.*
- *For Grand Masters, one calf of each athlete must be marked with the letter GM.*
- *For Legends, one calf of each athlete must be marked with the letter L.*

- *For age group events, one calf of each athlete must be marked with the category and gender of the athletes (For example, the number M25 would appear on a male athlete in the 25 – 29 age category or F25 should appear on a female athlete in the same category)*

2.12. Timing and Results

2.12.1. The athlete who has the shortest time from the start signal to the moment when they cross the finish line will win the race (gun time protocol). Chip times races shall start chips at the start signal.

2.12.2. Additional event timing rules may be detailed in FISO event specific competition rules.

2.12.3. The official results will list the athletes according to their finish time as recorded by electronic chip timing for mass participation events. Videography shall be used as a backup at the finish line and for verification, if required.

2.12.4. If two athletes tie for a place (verified by the finish line video), 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.

2.12.5. Results will include athletes who do not finish the race (DNF), those who do not complete all required obstacles (DNC), those who do not start (DNS), those who are disqualified (DSQ), any lapped athletes (LAP, if applicable), ineligible Adaptive-athletes (NE) and not classified teams (NC) listed in this order:

- *Athlete's marked DNF or LAP (together in one group) are listed first, followed by DSQ and finally DNS*
- *If more than one athlete is marked DNF or LAP, those who completed the most laps should be listed first; if several athletes are marked DNF or LAP on the same lap, athletes should be listed according to their times at the previous timing point with the fastest first, or by ascending start number if no times were recorded up to the point at which they retired*
- *Ineligible Adaptive-athletes, marked as NE*
- *Not classified teams marked as NC.*
- *If more than one athlete is marked DNS they should be listed within the same group according to ascending start number*
- *If more than one athlete is marked DSQ they should be listed within the same group according to ascending start number*
- *If more than one Adaptive-athletes is marked NE they should be listed within the same group according to ascending start number*
- *If more than one team is marked NC they should be listed within the same group according to ascending start number*
- *For DSQ athletes, achieved results and ranking (from previous race stages) should not be displayed*

2.12.6. For relay events, the rules above are applicable and the total time per athlete will be shown.

2.12.7. Results will be official once the RD signs them. Incomplete results can be declared official at any time.

2.12.8. *The RD will use all the resources available to decide the final position of every athlete. The Referee may decide, based on the evidence, that a race is tied if there is no way of defining which athlete crossed the line first.*

2.12.9. *However, athletes who finish in a contrived tie situation, where no effort to separate their finish times has been made will be DNC or DSQ depending on circumstance.*

2.12.10. *Adaptive athletes changing sport after classification assessment before the event will be moved to new sport class. Ineligible Adaptive athletes will be removed from the start list.*

2.12.11. *Adaptive athletes changing sport class after observation during competition will be moved to new sport class. Ineligible Adaptive athletes will be displayed as NE.*

3. PENALTIES AND RULES

3.1. General Rules – Cross Country

3.1.1. *Athletes must make an honest attempt to complete all obstacles and may attempt an obstacle only one time. An honest attempt means the athlete fail the obstacle whilst putting significant effort into completing it. Specifically, an athlete must apply their full body weight to the obstacle and fail due to lack of strength or fatigue.*

3.1.2. *Athletes cannot "touch and go" or intentionally miss or fail the obstacle. Doing so may result in DNC or DSQ depending on circumstance.*

3.1.3. *An athlete failing an obstacle must complete an obstacle penalty. Failure to complete the obstacle or penalty will result in DSQ.*

3.1.4. *A penalty shall be an athletic task "penalty loop" that is commensurate in time and effort to completing a representative obstacle such as a run loop, a run loop carrying a weight, a lunge loop, another obstacle, or other athletic task that is no less in time and effort than it takes to complete a representative obstacle from start to finish.*

***NOTE**: In general, a penalty shall be placed in view of the finish line. It shall be at least 50% longer/harder than the longest/hardest obstacle in the race but less than 100% harder/longer.*

3.1.5. *Time limited obstacles such as Laser Shooting, shall not include a penalty. If an athlete times out, the time is the penalty.*

3.1.6. *Athletes shall start the race with a pre-determined number of wrist bands. If an athlete fails an obstacle a wrist band shall be cut and removed from the athlete's wrist.*

3.1.7. *If an athlete has had all three wristbands removed, they shall be ranked Did Not Complete (DNC.)*

3.1.8. *An athlete designated DNC may be awarded a finish time but cannot be place above an athlete who completes the course and has not failed three or more obstacles. Athletes with DNC cannot be ranked but a time may be shown in the results.*

***NOTE**: The final obstacle should be challenging, visually appealing for spectators and with a reasonable chance of failure for proficient athletes. This encourages athletes to have at least two*

(2) bands at the final obstacle. If they have one (1) band, they would not be allowed to complete the race if they fail the final obstacle.

3.1.9. Athletes shall receive one wrist band for each penalty loop completed.

3.1.10. All athletes arriving at the finish line with three wrist bands shall be included in the official rankings.

3.1.11. Athletes finishing with the same time to within 1/100 (0.01) seconds shall be awarded a tie.

NOTE: *The time penalty for failing an obstacle is the time taken to cut the wrist band, plus the time to do the penalty loop, plus the time to replace the wrist band.*

3.1.12. *Any athlete who is lapped on a multi-lap course must immediately leave the racecourse and will be DSQ.*

3.1.13. *Failure to comply with the competition rules may result in an athlete being verbally warned, subject to an athletic penalty, disqualified, suspended, or expelled.*

3.1.14. *The nature of the rule violation will determine the subsequent penalty.*

3.1.15. *A suspension or an expulsion will occur for very serious violations of either The Rules or FISO Anti-Doping Rules.*

3.1.16. *Reasons for Penalty: An athlete may be issued a verbal warning, punished with an athletic penalty, or disqualified for failing to abide by The Rules. Infringements and penalties are listed in Appendix K.*

3.1.17. *The TOs are allowed to assess penalties, even if the infringement is not listed, if the TO deems an unfair advantage has been gained, or if a dangerous situation has been created.*

3.2. Specific Rules – Mixed Team Assist

3.2.1. *A Mixed team shall be 2, 3 or 4 people and can be all male, all female or mixed gender with at least on male and at least one female, e.g. 2 men and 1 woman.*

3.2.2. *Mixed teams must start, travel and finish together.*

3.2.3. *Team members may assist each other on any obstacle and on the course.*

3.2.4. *Pushing, pulling, carrying, lifting, dragging or any other means of assistance is allowed provided there is no unfair advantage gained.*

3.2.5. *Additional equipment is prohibited, for example wheels, tow lines, hiking poles, etc.*

3.2.6. *Assisting team member(s) must adhere to the obstacle rules, e.g. they cannot assist from the ground if the obstacle rule prohibits touching the ground, e.g. rings, monkey bars, etc.*

3.2.7. *If any team member fails an obstacle the entire team must complete a penalty.*

3.2.8. *If any team member cannot finish the race, the entire team is ranked DNF.*

3.2.9. *The finish time for the team is the last person across the line.*

3.3. Verbal Warning

3.3.1. *The purpose of a verbal warning is to alert an athlete about a possible rule violation and to promote a "proactive" attitude on the part of officials.*

3.3.2. *A verbal warning may be given when:*

- *An athlete violates a rule unintentionally*
- *A TO believes a violation is about to occur*
- *No advantage has been gained*

3.3.3. *Giving a verbal warning*

The Official shout or will blow their whistle, the athlete will be stopped, if necessary, asked to modify their behaviour, and allowed to continue the race immediately afterwards.

3.4. Penalties

There are no time penalties and no penalties that are subjective in nature or require judgement of an official. Time adjustments may be made by the RD and/or competition jury if verifiable evidence (e.g. time stamped video) supports a fair and equitable outcome for the race.

3.5. Disqualification

3.5.1. General:

A disqualification is a penalty appropriate for severe rule violations, such as but not limited to, interference with other athletes, dangerous or unsportsmanlike conduct, displays of disgust, toward event personal, arguing with race officials/volunteers, inappropriate or disparaging posts on social media, failure to assist an athlete in distress, novel interpretation of the rules which results in an unfair advantage, or intentionally bypassing obstacles.

3.5.2. Assessment:

- *The TO will assess a disqualification by removing and cutting all competition wrist bands*
- *Results shall show the disqualification with the designation DSQ next to the athlete's name and number*

3.6. Suspension

3.6.1. General:

- *A suspension is a penalty appropriate for fraudulent or very severe rule violation, such as but not limited to repeated dangerous or unsportsmanlike conduct, disparaging FISO or related personnel in public forums such social media, pod casts, video, or news outlets.*
- *A suspended athlete shall be prohibited from competing in FISO competitions or competitions sanctioned by NFs affiliated with FISO during a suspension period.*

3.6.2. Assessment:

The RD will submit a report to the FISO Executive Board (EB) including all the details of the action, and the reasons to recommend the athlete for suspension. This report will be submitted to the FISO Secretary General within one week of the competition. The FISO Secretary General will inform the affected NFs.

3.6.3. The FISO EB may assess suspensions for periods of three (3) months to four (4) years, depending on the violation

3.6.4. Suspension due to Drug Abuse: If the suspension is for drug abuse, the athlete will not be able to compete in any other sport whose federation is recognised by FISO or IOC and vice versa.

3.6.5. Reasons for Suspension:

A list of infringements, which may result in a suspension, is described in Appendix F;

3.6.6. Disciplinary Notice:

- *When an athlete is suspended, the FISO President will notify the concerned NF, in writing, within 30 days*
- *All suspensions will be announced in the FISO newsletter and communicated to the IOC.*

3.7. Expulsion

3.7.1. General

*Athletes or individuals *(official, delegate, manager, coach, entourage member, etc.) who has been expelled will not participate in FISO competitions or competitions sanctioned by NFs affiliated with FISO for life.*

3.7.2. Reasons for Expulsion:

- *An individual will be expelled for life for repeated rule violations that incur suspension as the penalty.*
- *Conduct that damages or could damage the reputation for FISO or FISO personnel.*
- *Expulsion due to Drug Abuse: If the expulsion is for drug abuse, the athlete will not be able to compete in any other sport whose federation is recognised by FISO or IOC and vice versa.*

3.7.3. Disciplinary Notice:

- *When an individual is expelled, the FISO President will notify the concerned NF, in writing, within 30 days.*
- *Expulsions will be announced in the FISO newsletter and communicated to the IOC.*

3.8. Protests

3.8.1. Filing a Protest

- *A written protest must be accompanied by a US$150 or equivalent filing fee.*
- *The filing fee will be returned if the protest is upheld.*

*3.8.2. **Proper Subject of Protest.***

- *No person may file a protest which requires a judgment call. A "judgment call," as used in these Rules, means the resolution of a dispute involving one or more material facts which cannot be determined with certainty solely through the production of tangible physical evidence. Physical evidence may include images and video.*
- *The term "judgment call" shall include but shall not be limited to a resolution of:*
  - *allegations of blocking, obstruction, or interference; or*
  - *allegations of unsportsmanlike conduct.*

- *Any protest filed in contravention of this Section shall be summarily dismissed under Section 3.9.4.*
- *Retaliatory protests will be summarily dismissed.*
- *Bad faith protests will be summarily dismissed.*
- *Video evidence used to for minor rule violations (e.g. incidental contact with an obstacle or the ground) will be summarily dismissed.*

3.8.3. ***Protests Involving Eligibility.*** *Protests contesting the eligibility of any participant to compete or to represent an organisation in an event shall be made in writing to FISO or to the RD before the event begins. A participant may be allowed to compete under protest if FISO or the RD deems it appropriate.*

3.8.4. ***Standing to File Protest.*** *Protests may only be filed by participants who directly observed the subject of the protest, who were directly and personally involved in any incident relevant to the protest, and who possess direct, detailed, and personal knowledge of the subject of the protest.*

3.8.5. ***Summary Dismissal of Protest.*** *With respect to each protest filed, the RD shall make an initial determination as to whether the protest complies with all provisions of the Article and whether the protest is factually sufficient to support a ruling by the Protest Committee. If the protest is improper or deficient in any respect, the RD shall summarily reject and dismiss the protest and shall not be required to submit the matter to the Protest Committee. If the defect is curable in the opinion of the RD, the RD may allow the protest to be resubmitted within a reasonable time, even if the time in Section 3.9.6) has already expired.*

3.8.6. ***Notification of a Protest****. A protester must verbally notify finish line staff within five (5) minutes of crossing the finish line.*

3.8.7. ***Time for Filing Protests.*** *All protests must be filed in writing and submitted to the RD within twenty (20) minutes after the person filing the protest has crossed the finish line, and at least 60 minutes prior to the scheduled time for the awards ceremony.*

3.8.8. ***Contents of Protest.*** *All protests must be factually sufficient to support a just ruling by the Protest Committee and must contain the following:*

- *The specific Competition Rule or Rules alleged to have been violated*
- *The location and approximate time of the incident*
- *The person or persons involved in the incident*
- *A detailed statement of the specific facts, including a diagram if necessary or appropriate; and*
- *The signature of the person filing the protest, which shall constitute an affirmation that the facts stated therein are true*

Failure to comply with any aspect of this Section shall subject the protest to summary dismissal.

3.8.9. ***Notice of Protest.*** *All persons involved in or affected by a protest shall be notified thereof and shall have access to the contents of the protest.*

3.8.10. ***Protest Committee.*** *The Protest Committee shall be comprised of the RD, TD (if appointed) and at least one neutral individual appointed by the CD and/or RD. The RD shall serve as chairperson of the Protest Committee and shall have full authority to conduct the protest and maintain order. The Protest Committee will issue a final determination with respect to all*

protests timely filed and not subject to summary dismissal. The two individuals appointed cannot from the same country as the individuals involved in the protest. One individual cannot be from the same continental region as the individuals involved in the protest.

3.8.11. **Protest Hearing.** *In hearing a protest, members of the Protest Committee shall weigh the evidence and testimony impartially and shall render a decision in accordance with their best judgment. During all protests:*

- *The RD will read the protest.*
- *The person who filed the protest and all participants involved in the incident must be present, unless medically unable to attend in which case the RD shall postpone the hearing or allow a representative to participate on behalf of the injured person.*
- *All persons required to be present shall be allowed three minutes to relate their accounts of the incident, or such additional time as the RD may allow.*
- *A maximum of two witnesses for each participant involved in the protest may be allowed to speak for three minutes each; and*
- *No spectators or partial observers shall be allowed to participate in the hearing.*

3.8.12. **Protest Ruling.** *After dismissing all parties, the Protest Committee shall review the evidence and render a prompt decision. The decision will be posted immediately.*

3.8.13. **Effect of Protest Decision.** *The summary dismissal of a protest or the decision of a Protest Committee shall be final, and official race results shall reflect those determinations. Official results and the determination of any Protest Committee can be subsequently modified only by FISO pursuant to an appeal duly filed in accordance with these Rules.*

3.8.14. **Announcement of Official Results**. *Until all protests are finally determined, the official results of any event shall not be announced, and no prizes for that event shall be awarded unless any outstanding protest is officially withdrawn.*

3.8.15. **Presence of Participants.** *All race participants are required to be present and to participate in the hearing of any protest in which they were involved until dismissed. A Protest Committee may render a decision in the absence of any participant who fails to appear in a reasonable time. Except for medical reasons, all participants shall remain available for participation in any protests until such time as official race results are announced, the period for filing all protests has expired, or permission to leave the vicinity is granted by the Competition Referee.*

3.9. Right of Appeal

Athletes punished with a penalty have the right to appeal.

For an appeal to be processed no less than one hour prior to the awards ceremony, it must be lodged in writing, no more than 30 minutes after a penalty is applied and no less than two hours prior to the awards. There is no guarantee an appeal will be processed prior to the awards ceremony.

An appeal must be accompanied with a US$250 or equivalent fee that will be refunded should the appeal be upheld.

3.10. Hearings and Appeals

3.10.1. **Jury of Hearings and Appeals.**. *Except as otherwise provided in these Rules, the Executive Producer shall appoint the jury consisting of at least three (3) members uninvolved with the subject appeal to address and determine any matter requiring resolution. The Board of Hearings and Appeals shall be empowered:*

- *To impose and enforce penalties for any violation of the Competition Rules or other policies or regulations of FISO.*
- *To review any punitive action or decision taken against any person and to affirm, reverse, stay, or modify such action or decision*
- *To investigate any pertinent matter as directed by the Executive Director or the Board of Directors*
- *To determine the eligibility of any person to compete in FISO sanctioned events*
- *To determine the FISO membership status of any person and to reinstate or revoke membership rights*
- *To issue conditional orders prohibiting or requiring certain conduct or action as a condition to maintaining membership rights*
- *To interpret any Competition Rule, regulation, or policy of FISO; and*
- *To conduct hearings, gather evidence, take testimony of witnesses, and determine any appeal properly filed with FISO.*

3.10.2. **Proper Subject of Appeal.**. *Members may appeal the final decision of a Protest Committee, and punitive action affecting their membership in FISO, or any other matter involving an interpretation of the Competition Rules of which an appeal is not otherwise prohibited by these rules.*

3.10.3. **Appeals of Protests and Other Matters.** *Except for appeals from disciplinary hearings which must be made under these Rules, unless otherwise provided all appeals shall be made and processed in accordance with this Section.*

3.10.3..1. *Time and Fee for Filing Appeal. An appeal must be filed in writing with the FISO Executive Director postmarked within 30 days after the date of the decision or determination being appealed and must be accompanied by a* USD 250, or its equivalent, *filing fee. The filing fee shall be refundable only if the appeal is finally determined in the appellant's favour.*

3.10.3..2. *Contents of Appeal. The appeal shall be in the form of a petition and shall contain the following:*

- *The petitioner's name, address, and telephone number*
- *A detailed description of the factual background including the date, time, and precise location of any relevant incidents and an identification of the decision being appealed and the person or persons who rendered the decision*
- *Any relevant Rules, regulations, or policies and an application of the facts to those Rules, regulations, or policies*
- *A detailed explanation of all the grounds for the appeal*
- *All evidence that the athlete wishes to be considered and the names, addresses, and telephone numbers of any witnesses.*
- *A request to participate orally at the hearing if so desired; and*
- *A request for additional time if desired, not to exceed 14 days, within which to submit additional written materials. Requests to participate orally at hearings*

will be granted only in exceptional circumstances, and all petitioners should therefore ensure that their appeal contains all relevant information when submitted.

3.10.3..3. Determination of Appeal. The appeal shall be heard and determined by a panel of three (3) disinterested members of the Board of Hearings and Appeals who shall be selected by or under the direction of the Executive Director. If the petitioner has requested to participate orally at the hearing, the panel, with advice of counsel, shall determine whether such oral

3.10.3..4. participation will be permitted and, if permitted, the panel shall notify the appellant of the hearing time and date. If the request for oral participation is denied, the panel shall notify the appellant of such denial and shall proceed with a determination of the appeal based upon the submitted materials.

3.10.3..5. Hearing of Appeal. The Executive Director shall appoint, or the panel shall elect, a chairperson to conduct the hearing. Hearings may be conducted by an attorney at law retained or appointed by FISO for that purpose, but any such attorney shall have no vote in the panel's decision. Any hearing may be conducted by telephone conference call or otherwise at the discretion of the panel. The appellant shall have the right to be represented by counsel.

3.10.3..6. Appellate Decision. The appellate panel shall issue a written memorandum explaining and containing its decision within fourteen (14) days after the appeal has been duly filed or the hearing has been concluded, whichever is later. The appellant shall receive a copy of the decision. The decision of an appellate panel under this Section shall be final and there shall be no further right to appeal.

*3.10.4. **Disciplinary Hearings.** Except as otherwise provided in these Rules, and whenever the time and circumstances permit, a disciplinary hearing will be held to determine whether an athlete should be fined, sanctioned, censured, suspended, expelled, or otherwise rendered ineligible to compete in FISO sanctioned events. Disciplinary hearings shall be conducted in accordance with this Section.*

- *Notice. The proposed subject of the hearing (the "respondent") shall be given written notice personally delivered or sent to his last known address by certified mail, return receipt requested. The notice shall apprise the respondent of the specific charges made against him, the specific Rules, regulations, or policies alleged to have been violated, the potential penalties which may be imposed, and the date, time, and place where a hearing will be held. The hearing date shall be set for a date not less than thirty (30) days nor more than sixty (60) days after the date of the notice. The hearing panel may continue or postpone the hearing in its sole discretion for good cause shown.*
- *Answer. The respondent shall file a written answer to all the charges not later than ten (10) days prior to the date of the hearing addressed to the Executive Director and sent by certified mail, return receipt requested. Any statements submitted by the respondent or other parties in support of the answer shall be in the form of an affidavit and shall contain a certification that the affiant's statement is true and correct.*
- *Right to Counsel. The respondent shall have the right to the assistance of legal counsel in the preparation of a defence and the right to be represented by counsel at the hearing.*
- *Hearing Panel. The hearing shall be held before a panel of three (3) or five (5) disinterested members of the Board of Hearings and Appeals who shall be selected by or under the direction of the Executive Director. Any hearing may be conducted by telephone conference call or otherwise at the discretion of the panel. In no case, shall elected members of the FISO Board of Directors constitute a majority of the hearing panel. The chairperson of the hearing panel shall be elected by the panel members or appointed by the Executive Director. Hearings may be conducted by an attorney at law retained or appointed by FISO for that purpose, but any such attorney shall have no vote in the*

panel's decision.

- *Hearing Decision. The hearing panel shall issue a written memorandum explaining and containing its decision within fourteen (14) days after the conclusion of the Hearing. The respondent shall receive a copy of the decision and notice of any right to appellate review by the Board of Directors.*

3.10.5. ***Appeals to the Board of Directors.*** *Any respondent adversely affected by a disciplinary hearing convened shall have the right to appeal to the FISO Board of Directors by filing a written petition along with a non-refundable US$500 filing fee within twenty (20) days after mailing of the panel's decision. Upon timely petition to the Executive Director, and for good cause shown, the time for appeal may be extended. The Board of Directors shall appoint at least three disinterested parties to decide any appeal under this Section. Oral hearings will be granted only in exceptional circumstances at the discretion of the Board, and petitions should therefore contain all relevant information when submitted. Any hearing may be conducted by telephone conference call or otherwise. An appellate hearing, if any, shall be scheduled not less than thirty (30) days nor more than sixty (60) days after the filing of the petition.*

3.10.6. ***Emergency Hearings and Appeals.*** *If the circumstances require a speedy determination of any appeal or disciplinary matter such that compliance with these competition rules would not be feasible, an emergency hearing or appeal may be conducted by a member or members of the Board of Hearings and Appeals. Notice (which may be oral) and an opportunity to respond shall be provided to all affected participants as may be reasonable under the circumstances, but in all cases, procedures shall be designed to safeguard the due process rights of participants. The emergency hearing may be conducted at the site of any athletic competition or by telephone conference, if necessary. If an emergency appeal of a Protest Committee's decision is conducted and decided, there shall be no right to further appeal that decision. If an emergency disciplinary hearing is held in lieu of the normal procedure within fourteen (14) days after the emergency hearing, the decision shall be reduced to writing and mailed to the interested participants along with notice of a right to appeal. The period for filing an appeal shall commence on the date the written decision is mailed.*

3.10.7. ***Investigations and Inquiries.*** *The FISO Board of Directors or the Executive Director may appoint members of the Board of Hearings and Appeals to investigate, report, and issue a decision or recommendation with respect to any matter deemed relevant to FISO. All persons shall cooperate with any such investigation and shall comply with all reasonable requests and inquiries made by any such panel.*

3.10.8. ***Compliance with Final Ruling.*** *All persons shall abide by the final determination by FISO of an appeal or any other matter relating to the Competition Rules or the Obstacle Sports. In the event FISO resolves an issue in a manner that changes official race results or the order in which athletes are deemed to have finished an event, all affected athletes shall abide by such ruling and shall return or agree to return any prize monies or awards in such manner and at such time as FISO may request. Failure to comply with this Section shall be grounds for suspension from FISO.*

3.11. Reinstatement

After suspension, an athlete must apply to the FISO Executive Board for reinstatement.

4. RUNNING CONDUCT

4.1. General Rules:

The athletes will:

4.1.1. Run, walk, crawl, slither scramble, swim or otherwise propel themselves across, under, over or through the course and obstacles.

4.1.2. Wear a race uniform in compliance with the uniform rules.

4.1.3. Display the official race number (if required). This shall be written on the athlete's body using indelible ink (permanent marker) and must be always visible while on the racecourse, including:

- *Back of lower leg*
- *Upper arm / shoulder*

4.1.4. Run with a covered torso

4.1.5. Run /swim with closed footwear. Bare feet are prohibited on any part of the course unless expressly allowed.

4.1.6. Not be accompanied by team members (if an individual event), team managers or other pacemakers on the course.

4.1.7. Not run together with other athlete/s that is/are one or more laps ahead. (Applicable only to Elite, Junior, Youth athletes and Adaptive-athletes).

4.1.8. Give way if being overtaken even if this means his or her progress is impeded.

4.1.9. Athletes making a "pass" have right of way in the course.

4.1.10. Make themselves known to athletes they are passing

Explicit language shall be used, preferably by loudly stating "track", "passing" or "behind."

4.1.11. Step aside at the first opportunity afforded by the course if being passed

- *Athletes not yielding to passing athletes may be penalized*
- *Repeat offenses may result in disqualification*

4.1.12. Not intentionally block another athlete. Blocking will result in disqualification.

4.2. Finish Definition:

An athlete 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, electronic timing matt is crossed, or they activate a finish button or device.

4.3. Safety Guidelines:

The responsibility of remaining on the course rests with the athlete. Any athlete, 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:

4.4.1. Headphone(s) and headset(s), or any other electronic listening communication device.
4.4.2. Glass containers
4.4.3. Uniform not complying with the FISO Uniform Rules.

5. OBSTACLE CONDUCT

5.1. General Rules:

The athletes shall:

5.1.1. Use any means to self-propel themselves through, up, over, down or under and obstacle as proscribed by the specific race rules.

5.1.2. Move an object designed for such movement in the manner proscribed by the race organizer.

5.1.3. Not intentionally impede the progress of another athlete.

5.1.4. Not move in a manner that may cause harm to themselves or other athletes.

5.1.5. Not intentionally interfere with another athlete.

5.1.6. Not purposefully display nudity or other indecent exposure.

5.1.7. Completion of all obstacles (or penalty loops) is mandatory.

5.1.8. Maintain forward progress on all obstacles.

5.1.9. Complete a penalty loop after failure of an obstacle.

5.1.10. Follow the course route as intended. Short cuts are prohibited and may result in disqualification.

5.1.11. Re-enter the course at the place they left it if they go off course.

6. SWIMMING CONDUCT

6.1. General Rules

6.1.1. Athletes may use any stroke to propel themselves through the water. They may also tread water or float. Athletes are allowed to push off the ground.

6.1.2. Athletes must follow the prescribed swim course.

6.1.3. Athletes may stand on the bottom or rest by holding an inanimate object, such as a buoy or

stationary boat.

6.1.4. *In an emergency, an athlete should raise an arm overhead and call for assistance. If assistance is rendered the athlete may be required to retire from the competition.*

6.2. Wetsuit Use

A wetsuit may be used provided the athlete who uses it carries it through the entire course

7. LASER SHOOTING

If included as part of a competition, Laser Shooting shall either follow the rules as proscribed for Modern Pentathlon Laser-Run, Running/Shooting by Union Internationale de Pentathlon Moderne (UIPM), or specific rules for obstacle laser shooting.

If Modern Pentathlon Laser-Run rules are used, the run shall be specified by the LOC and does not need to follow the Laser-Run sequence, sections 5.1 and 5.1.1.
https://www.uipmworld.org/sites/default/files/2017_uipm_competition_rules_-_mp_laser-run_1.pdf

8. COMPETITION IN QUALIFYING ROUND FORMAT

8.1. General

A competition in Qualifying Round Format consists of several rounds with several heats and a final to determine the winner. Athletes qualify for the final based on time. The fastest 16 athletes proceed to the final.

8.2. Rounds

8.2.1. *The rounds will be called heats and final.*

8.2.2. *A competition will have two rounds. Round one is the heats and round two is the final.*

8.2.3. *The number of athletes in a race is determined by the number of lanes or the width of the course. In general, there are two (2) and up to eight (8) lanes if not mass start.*

8.2.4. *For example, races with 8 lanes, heats and final will have 16 athletes per race as a maximum. In this example, the number of heats will be determined by the total number of athletes divided by 16 plus 1 if the result is > a whole number (discard the digits after the decimal point.)*

8.2.5. *There are 16 athletes in each heat unless there the total number of athletes divided by 16 is not a whole number. In this case, two heats will have a smaller number of athletes distributed evenly between them +/- 1.*

8.2.6. *Examples*

- *17 athletes entered, then 17 / 16 = 1.06 (discard .06 and add 1) = 2 heats. One heat of 8 and one heat of 9. 16 fastest proceed to final.*
- *32 athletes: 32 / 16 = 2 (who number) = 2 heats, each with 16 athletes, 16 fastest proceed to final.*
- *345 athletes: 345 / 16 = 21.56 (discard .56 and add 1) = 21 heats. 20 heats of 16 (320 athletes), one heat of 12 and one heat of 13 (25 athletes)*

8.3. Distribution of athletes in the semi-finals

The RD will compose the heats as follows:

8.3.1. *If there are not any applicable rankings, the athletes will be distributed among the heats to have the same number of athletes per semi-final (some semi-finals can have one more athlete than others). The athletes from the same NF will be distributed among the heats following the same principle.*

8.3.2. *If a ranking is applicable, the ranked athletes will be distributed according to the chart below and the non-ranked athletes will fill the remaining spots by applying the principle of assigning a similar number of athletes from the same NF to every heat and keeping all the heats of equal size.*

8.4. Numbering

The numbers in the final will be assigned as first criteria according to finishing time in the heats (fastest has number 1, slowest has number 16). The second criteria will be the FISO points list position, and the third a random apportionment.

8.5. Results

The overall results for the event will be the results of the final round.

If the event is included in any ranking which is allocating points to more positions than finishers in the final, the remaining points will be awarded as follows:

8.5.1. *To the DNF athletes in the final, according to their times in the heats*

8.5.2. *To the DNS athletes in the final according to their times in the heats,*

8.5.3. *To the athletes who did not qualify to the final, according to their times in the heats.*

8.5.4. DSQ athletes will not earn any points.

9. Adaptive-Obstacle

9.1. General:

9.1.1. Adaptive-Obstacle, as per the FISO Constitution, is governed by the FISO Competition Rules. This section contains the rules which affect only Adaptive-Obstacle.

9.1.2. Adaptive-Obstacle Sport Classes (categories):

9.1.2..1. FISO Adaptive-Obstacle has implemented an evidence-based classification system to group impairments into sport classes according to the extent of activity limitation they cause the athlete when performing in the sport of Adaptive-Obstacle.

9.1.2..2. The recognised types of impairment by the FISO are:

Impairment Type	Examples of Health Conditions that may cause impairment
Impaired muscle power	Spinal cord injury, muscular dystrophy, brachial plexus injury, Erbs palsy, polio, spina bifida, Guillian – Barre syndrome.
Impaired passive range of movement	Ankylosis, arthrogryposis, post burns joint contractures. Does not include hypermobility of joints.
Limb deficiency	Amputation resulting from trauma or congenital limb deficiency (dysmelia).
Hypertonia	Cerebral palsy, brain injury, stroke, multiple sclerosis.
Ataxia	Cerebral palsy, brain injury, multiple sclerosis, Friedrichs ataxia, spincerebellar ataxia.
Athetosis	Cerebral palsy, stroke, brain injury.
Vision Impairment	Myopia, tunnel vision, scotoma, retinitis pigmentosa, glaucoma, macular degeneration, congenital cataract.

9.1.2..3. General description of Obstacle Sport Classes

In Adaptive-Obstacle (PO) there are four (4) different sport classes for athletes with physical impairment, numbered 1-4 and one (1) sport class for athletes with vision impairment.

Each sport class is for athletes with similar impairment types and severity, so the impact of impairment on the performance within one class is similar.

Athletes are assessed through physical and technical assessments using a point system and a weighing factor for each component of the sport (grip strength, agility, mobility, core strength, running, etc.) The total score determines the athlete's sport class.

***PO1 (Wheelchair)** Athletes compete in a racing wheelchair for the run section and are standard obstacles are modified to facilitate completion using only upper body strength. This class includes athletes with, but not limited to, impairments of muscle power, range of movement, limb deficiency such as unilateral or double leg amputation, spinal cord injuries resulting in paraplegia or tetraplegia, etc.*

***PO2-4 (Ambulant)** Athletes run with or without the use of an approved prosthesis and/or supportive devices and fall into one of three (3) different classes. These sport classes include but are not limited to Athletes with impairment of muscle power, range of movement, limb deficiency, hypertonia, ataxia, athetosis.*

***PO2** Athletes with a severe degree of activity limitation such as, but not limited to, unilateral above knee amputees, double below knee amputee, athletes with a significant combined upper and lower limb muscle power limitation or severe neurological impairment such as congenital hemiplegia, severe cerebral palsy, etc.*

***PO3** Athletes with a moderate degree of activity limitation such as a through the shoulder amputation, complete loss of range of motion in one arm, a moderate combined upper and lower limb loss of muscle power or moderate neurological impairments such as ataxia or athetosis.*

***PO4** Athletes with a mild degree of activity limitation such as a below the elbow arm amputation, below the knee amputation, partial loss of arm muscle power, lower limb deficiency or mild neurological impairments such as ataxia or athetosis.*

***PO5 (Visual Impairment)**. Athletes run and complete obstacles with a guide.*

9.1.2..4. The five sport classes are defined 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.*

9.2. Classification:

9.2.1. All Adaptive athletes competing at a FISO sanctioned competition must have an international classification to ensure they meet the minimal eligibility criteria for competition and are assigned an appropriate sport class. Adaptive athletes requiring classification will need to:

- *be available to attend an International Classification appointment with an FISO designated Classification Panel prior to the competition;*

- *provide, at time of classification, the "FISO PI Medical Diagnostics Form" or "FISO VI Medical Diagnostics Form" signed by the appropriate medical personnel, a passport sized photo and any other relevant medical documentation.*

9.2.2. Adaptive athletes competing at an FISO event, where classification is not available, will be required to submit specific medical documentation to FISO, no later than 4 weeks before competition, so that a provisional classification can be assigned to them.

9.2.3. When an athlete's sport class changes, a revision of the past results can be requested. FISO will evaluate each request on a case to case basis and decide whether the relevant race results need to be modified.

9.3. Eligible classes and Race formats

9.3.1. Adaptive athletes may start all together or grouped in waves.

9.3.2. *At the discretion of the technical delegate a competition format may be changed to meet the needs of the Adaptive athletes competing.*

9.4. Adaptive athletes' briefing:

9.4.1. *A compulsory briefing of Adaptive athletes will be held before all FISO events and will be conducted by the FISO TD. Adaptive-Obstacle coaches may also attend the briefing.*

- *Adaptive athletes not attending the briefing without informing the RD of their absence, may be removed from the start list.*
- *Adaptive athletes must notify registration official(s) of their presence upon entering the briefing room.*

9.4.2. *All guides and personal handlers must be registered at the briefing.*

9.4.3. *All Adaptive athletes will pick up their own race packet following the briefing. The race packet will include:*

- *P1: 1 race number sticker for each prosthesis/aiding devices, 1 official race number for the athlete and 2 official race numbers for the personal handlers;*
- *P2, P3 and P4; 1 race number sticker for each prosthesis/aiding devices, 1 official race number for the athlete and 1 official race number for the personal handler;*
- *P5: 1 official race number for the athlete and 1 official race number for the guide with the word "GUIDE" written on it.*

9.5. Adaptive-Obstacle Personal Handlers

9.5.1. *Securing qualified personal handlers shall be the responsibility of the Adaptive-athlete, and they should all be identified and receive credentials from the FISO TOs at the Adaptive-Obstacle Briefing.*

9.5.2. *Personal handlers are to be allotted as follows:*

- *One (1) personal handler for sport classes PO2, PO3 and PO4*
- *Up to two (2) personal handlers for sport class PO1*
- *No personal handlers for sport class PO5 (Guides may act as the personal handler for this sport class)*
- *Personal handlers are specifically allowed to assist Adaptive athletes by:*
    - *Helping with prosthetic devices or other assistive devices*
    - *Lifting Adaptive athletes when their reach is insufficient to negotiate an obstacle, for example a wall*
    - *Adjusting clothing*

- *Repairing or helping Adaptive athletes with equipment*

9.5.3. *All personal handlers shall be subject to the FISO Competition Rules in addition to further regulations deemed appropriate or necessary by the Competition Referee.*

9.5.4. *Any action taken by a personal handler, which propels the Adaptive athletes forward may result in a disqualification.*

9.5.5. *One personal handler can assist a maximum of two athletes, provided that both athletes belong to the same sport class and gender.*

9.5.6. *All personal handlers shall be located within six (6) feet of their athletes' transition spot during the race. Permission from a TO is required to move outside that zone.*

9.6. Adaptive-Obstacle Registration Process

9.6.1. *Briefing registration:*

9.6.1..1. *Adaptive athletes must sign the attendance list in order to enter the briefing room. At this stage, they must communicate to the registration officials whether they will have their own personal handler, or if they need the LOC to provide the personal handler(s)*

9.6.1..2. *Adaptive athletes must attend the briefing with their personal handler(s)*

9.6.1..3. *Immediately after the briefing, they will collect their race packet and their personal handler(s) will collect the personal handlers' official shirt, as provided by the LOC.*

9.6.2. *Adaptive athletes' lounge check in*

9.6.2..1. *Adaptive-athletes and personal handlers must check in together*

9.6.2..2. *Personal handlers need to present themselves with the official race number and the official personal handler's shirt*

9.6.2..3. *If an Adaptive athletes are present without his/her personal handler/s, he/she must wait until the personal handler/s arrive. If the Adaptive athletes wishes to register on his/her own, then the personal handler/s will not have access to the Field of Play*

9.6.2..4. *Once a personal handler has been registered, they can only be replaced in exceptional circumstances and only after approval by the TD.*

9.6.2..5. *Timing chips will be delivered during this process; Extra timing chip(s) should be delivered to P1 athletes.*

9.7. Adaptive-Obstacle P1, P2, P3 and P4 Running Conduct / Equipment

9.7.1. The only acceptable footwear on the run course (besides prosthetics) are running shoes.

9.7.2. Athletes with no amputation are not allowed the use of prosthesis.

9.7.3. Athletes must wear an official race number, which shall be visible from the front.

9.8.Adaptive-Obstacle P5 Conduct:

The following additional rules apply to all visually impaired (P5) competitors and their guides:

9.8.1. General:

9.8.1..1. Each athlete must have a guide of the same gender. Both athlete and guide must hold a FISO license.

9.8.1..2. Each athlete is allowed a maximum of one (1) guide during each race.

9.8.1..3. An athlete must respect a waiting period of twelve (12) months after his/her last elite FISO event or any event recognised by FISO before competing as a guide.

9.8.1..4. All guides must comply with minimum age requirements as per the FISO Competition Rules.

9.8.1..5. In the event of an injury or illness, and upon presentation of a medical certificate, a guide may be replaced up to 24 hours before the official start of the competition. No changes will be allowed after this deadline.

9.8.1..6. Guides are not allowed to pull or push the athletes.

9.8.1..7. Athlete and guide shall not be more than three (3) feet apart at any time during the competition.

9.8.1..8. Guides may not use any mechanical means of transport (bikes, floats, etc.) unless pre-authorized by the RD and provided it does not provide an advantage for the Adaptive athlete.

9.8.2. Running conduct:

9.8.2..1. Each athlete must be tethered during the run with his/her guide. They

may receive verbal instructions only from their guide.

9.8.2..2. *At no time may a guide lead or pace the competitor nor propel them forward by pulling or pushing. As the athlete crosses the finish line, the guide must be beside or behind the competitor but not further apart than the required three (3) feet maximum separation distance.*

9.8.2..3. *The athlete may use an elbow lead during the run. In addition, the athlete may receive verbal instruction from the Guide*

9.8.2..4. *Athletes who meet the B1 sub-class criteria will need to wear black out glasses through the run.*

9.9. Hygiene

It is mandatory for all Adaptive-Obstacle competitors, who use catheters or other urinary diversion devices, to prevent spillage by using a catheter

Appendix A – Definition of Terms

Age:	*The age of the athlete on the 31st of December of the year of the competition or on the day of competition depending on category.*
Age group Team Managers Briefing:	*Meeting with the Age group team manager and coaches in which they are informed by the RD about all the specifications of the race.*
Aid/Outside Assistance:	*Any kind of material support or personal assistance received by the athlete. Depending on its nature, it may be allowed or forbidden*
Ambush Marketing:	*Deliberately using the opportunity of live television and media photographers to expose the sponsor logos larger than the approved sizes, and/or equipment or objects not provided by LOC or FISO.*
Appeal:	*A request to the Competition Jury of an event or the FISO Executive Board for a review of the decision of a Technical Delegate/Competition Jury. (Note: This cannot include an appeal against the finding of a doping violation or against the penalty imposed for the finding of a doping violation. These appeals must be directed to the FISO Executive Board independently.)*
Appeals Jury:	*The Jury appointed by the Executive Producer*
Appellant:	*An athlete submitting an appeal.*
FISO Assistance:	*Any attempt by an unauthorized or unofficial source to help or to stabilize an athlete.*
Assistant Chief TO:	*Responsible to the Chief TO for coordinating the employment of the TOs assigned to his/her racecourse segment or area.*
Athletes:	*The competitors who register for and compete in FISO events.*
Technical Briefing:	*Meeting with the team delegates in which they are informed by the Race Director about all the specifications of the race.*
Blocking:	*The deliberate impeding or obstructing of progress of one athlete by another.*
Charge:	*The contacting of one athlete by another from the front, rear or side, and hindering that athlete's progress.*
Chief TO:	*Appointed by the Technical Delegate and is responsible for the control and co-ordination of the deployment of TOs.*
Clean Start:	*All the athletes start after the horn. The race continues.*
Competition Director:	*(CD): The director responsible for managing the overall competition including the Race Directors who are responsible for all aspects of each race / competition, and Technical Delegates.*
Competition Jury:	*An ad hoc panel ordinarily comprised of three or more members selected by the Executive Producer and including the Event Director, Competition Director,*

	Senior Technical Delegate and a third party with no formal role in FISO (representing the LOC). All jury members must be impartial and shall be excused if there is a conflict of interest.
Conflict of interest:	*A set of circumstances that creates a risk that professional judgement or actions regarding a primary interest will be unduly influenced by a secondary interest*
Course:	*A forward line of progress from start to finish, which must be clearly marked and measured to prescribed specifications.*
Course Director:	*A director who manages a competition course or part of a course, e.g. manages and maintains the safety and structures within a competition.*
Delegate:	*A person designated by their national federation to represent their organization in an official capacity.*
Disqualification:	*A penalty assigned as appropriate for the rule violation, which has been reported, or for which a protest has been upheld. As a result of this penalty, the athlete will not be given finish or split times for the event, no account will be taken of the athlete when placings are assessed for any category or for the race, and the athlete's results will appear as DSQ.*
Early start:	*When an athlete's foot crossed the vertical plane of the start line before the start signal.*
Elite:	*Elite athletes are those competing in elite races.*
Event Director:	*(ED): The director responsible for managing the overall event including coordinating with the Competition Director, Festival Director, Logistics Director, Medical Director, Media Director, Race Registration, Athlete Services, and Senior Technical Delegate.*
Executive Producer:	*(EP): The director responsible for managing the overall event including coordinating with the LOC, Event Director, television production, Media Director, marketing and national / international governing bodies.*
Expulsion:	*An athlete penalized by expulsion will not be permitted, during his or her lifetime, to take part in any FISO sanctioned event, or any event affiliated with the FISO.*
Field of Play (FOP):	*The course on which the competition portions of the FISO event will take place.*
Final:	*Last round of an event in qualifying round format. The final decides the winner and the medallist of the event.*
Finisher:	*An athlete who completes the entire racecourse within the rules and crosses the finish line, or a vertical extension of the forward edge of the finish line, with any part of the torso (i.e., as distinct from the head, neck, arms, legs, hands, or feet).*
Force Majeure:	*Action of the elements, strike, lockout or other industrial disturbance, unlawful act against public order or authority, war blockade, public riot, lightning, fire or explosion, storm, flood, blacklisting, boycott, or sanctions however incurred,*

	freight embargo, transportation delay or any other, event which is not reasonably within the control of the party affected.
Incapable Athlete:	*An athlete deemed by race medical staff as not being able to continue the event without the likelihood of causing injury to him/herself or another athlete.*
Indecent Exposure:	*The wilful uncovering of either or both buttocks, or of the pubic area or of the genital area. In addition, in the case of a female athlete, the wilful complete uncovering of one or both nipples.*
Interference:	*A deliberate block, charge, or abrupt motion, which impedes another athlete.*
International TOs (ITOs):	*The Level 3 TOs certified by the FISO.*
Fédération Internationale de Sport d'Obstacles (FISO):	*The world governing body of obstacle course racing, obstacle racing and all other related sports.*
FISO Competition Rules:	*The document that contains all the rules and regulations that governs fair and safe competitions.*
FISO Members:	*The national federations representing obstacle sports in their respective countries and who are members of FISO.*
FISO Affiliates:	*Clubs, leagues, associations, and other organisations that are not national federation members and are members of FISO.*
FISO Rules	*The FISO Event Organizers' Manual (most current edition), FISO Competition Rules, FISO Constitution and By-Laws, FISO Uniform Rules, FISO Anti-Doping Rules and WADA Code, FISO Athletes' Agreement, FISO Qualification Criteria, FISO Ranking Criteria and any other rules adopted and amended by FISO from time to time and available for consultation via the download section of the FISO's official website www.worldobstacle.org.*
Invalid Start:	*Some athletes start clearly before the horn and some others stay behind the start line. The start is not clean and is declared invalid.*
Local Organizing Committee (LOC):	*The organizing entity of an FISO event.*
National TOs (NTOs):	*The Level 1 TOs certified by the FISO.*
Penalty:	*The consequence on an athlete, who is assessed by an FISO TO to have unintentionally committed a rule infringement/violation. A penalty may take the form of a time delay, disqualification, suspension, or expulsion.*
Prosthesis	*An artificial device used to replace a missing body part, such as a limb, booth, eye, etc.*

Protest:	*A formal complaint against the conduct of another athlete or a race official, or against the conditions of the competition.*
Protest Jury:	*The Jury appointed and chaired by the CTO (Referee) plus two (2) judges. It is held responsible to determine the eligibility of a protest, to hear and to rule on all appeals against decisions handed down through the Referee, including decisions on protests.*
Race Director:	*(RD): The director of a specific race / competition within an event. One RD shall be responsible for all aspects of each competition, including coordinating with the Technical Delegate, Build Director and Volunteer Director*
Results:	*The timed finish positions of all athletes after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.*
Right of Way:	*When an athlete has established a lead position and pursues a desired course within the limits of the FISO Competition Rules.*
Round:	*Each of the stages of an event with qualifying format. One event in qualifying round format has two rounds: semi-finals and final.*
Sanction:	*A permit issued by FISO for the conduct of an event. The issue of such a permit is a declaration by the sanctioning authority that plans for the event have been thoroughly inspected and have been found to comply fully with the requirements of FISO in operating requirements to provide the greatest potential for the conduct of a safe and fair event.*
Semi-final:	*Preliminary round of an event in qualifying round format. The semi-finals determine the athletes qualified to the final.*
Sport Class:	*Adaptive-Obstacle sport class is a category defined by FISO in which athletes are categorized in reference to an activity limitation resulting from impairment.*
Sportsmanship:	*The behaviour of an athlete during competition. Sportsmanship is interpreted as fair, rational and courteous behaviour, while bad sports conduct is any behaviour judged to be unfair, unethical, or dishonest, a violent act, intentional misconduct, abusive language, intimidating behaviour, or persistent infringement of the rules.*
Stop and Go Penalty:	*A method of imposing a brief delay on an athlete who is assessed by a TO to have unintentionally infringed the rules.*
Suspension:	*An athlete awarded this penalty will not be permitted during the stated suspension period, to take part in any event sanctioned by FISO or its member associations (where determined) affiliated with FISO.* *For any suspension because of a doping violation, the athlete will not be able to compete in any IOC affiliated sport at any local, regional, state, national or international level. The suspension period may vary in length, depending on the severity of the violation. In the case of a suspension imposed by FISO, the length of the suspension will be determined by the FISO Executive Board.*

Swim Course:	*Part of the racecourse over which it has been defined in the Athletes' Briefing that the athlete is to swim within distinctive boundaries.*
Team Manager:	*The person responsible for the team of a national member federation of FISO.*
Technical Delegate:	*A TO, who can be qualified by FISO, and is responsible for ensuring all aspects of judging and officiating.. One TD may be assigned by the Competition Director to each competition. A TD is answerable to the RD(s) and CD.*
Technical Official:	*(TO): A member of a team that may include the TDs, International TOs (ITOs), Continental TOs (CTOs) and National TOs (NTOs) at an FISO event.*
Torso:	*The human body excluding the neck, the head, and the limbs.*
Obstacle:	*A sport of individual or team character and motivation, which combines running and obstacle skills in continuum.*
Valid Start with Early Starters:	*Almost all the athletes start after the start gun, but few of them did start before the gun. The start is declared valid provided no significant advantage is gained by breaking the start.*
Venue:	*All warm-up and competition areas, the air space above such areas, official hotel, broadcasters, press and media areas, sport expo area, contiguous areas, including without limitation spectators' area, VIP areas, finish area and all other areas under control of LOC.*
Violation:	*A rule infringement which results in a penalty.*
Warning:	*A verbal caution issued by a TO to an athlete during a race. The purpose of a warning is to alert the athlete of the potential for a rule violation to occur and to promote a pro-active attitude.*
Wrist Band:	*A bracelet style band, generally made of a break resistant material such as silicone, rubber, plastic, or Tyvek. Tamper proof wrist bands shall be used to validate obstacle completion. Tamper proof wrist bands cannot be flexible and must have a closure that is waterproof and identification markings that are indelible.*

Appendix B – Age Requirements and Age Group Categories

Age Definition

Age definition for Kids, Youth, Veterans, and Legends is the age of the athlete on race day. Age group category for Junior, Senior, and Masters athletes is the age you are on December 31st in the year of competition (the age you turn that year). An athlete who is 15 years old on race day but turns 16 on or before December 31 will race in the Youth 14/15 category. Subject to national laws, athletes who turn 16 in in the year of competition may compete in the Standard Distance race. Athletes who are 15 years old on race day and turn 16 in in the year of competition may be allowed to compete in the standard distance race provided they have parental and national federation consent.

Adult Elite and Age Groups

Competitive categories as follows:

- *Elite (minimum age specified for the event / distance)*
- *Kids in 1-year age groups 5 through 7*
- *Youth in 2-year age groups: 8-9, 10-11, 12-13, 14-15*
- *Junior in 2-year age groups: 16-17, 18-19*
- *Senior in 5-year age groups: 20-24, 25-29, 30-34, 35-39*
- *Masters in 5-year age groups: 40-44, 45-49, 50-54, 55-59*
- *Veterans in 2-year age groups: 60-61, 62-63, 64-65, 66-67, 68-69*
- *Legends in 1-year age groups: 70+*

Additional Competition Categories

- *Collegiate / University (must be at least 18 years old and under the age of 25)*
- *Military (active duty and retired categories)*

Appendix C – Uniform Rules

Purpose

- Provide a clean and professional image of Obstacle Sports to local and global spectators and media.
- Provide sponsors with reasonable space for exposure.
- Enable FISO members and athletes a mutually beneficial relationship with respect to branding.
- Provide ease of identification by race announcers, officials, spectators, and media.

General Requirements

- Uniforms can include shorts, tights, trousers, T-shirt, sleeveless shirts, and bra tops.
- Uniforms will be devoid of logos or images other than those described below.
- Logos will be measured on a flat surface when the athlete is not wearing the uniform.
- There is no restriction on the type of logo used in the sponsor spaces other than those representing tobacco, and products containing any substance on the WADA Prohibited List. (See Diagram 1 for location of sponsor spaces)
- There minimum clearance around all marks shall be 12 mm, including:
    - The FISO logo.
    - The family name.
    - The country code.
    - All sponsor spaces.

Uniform Colour and Design

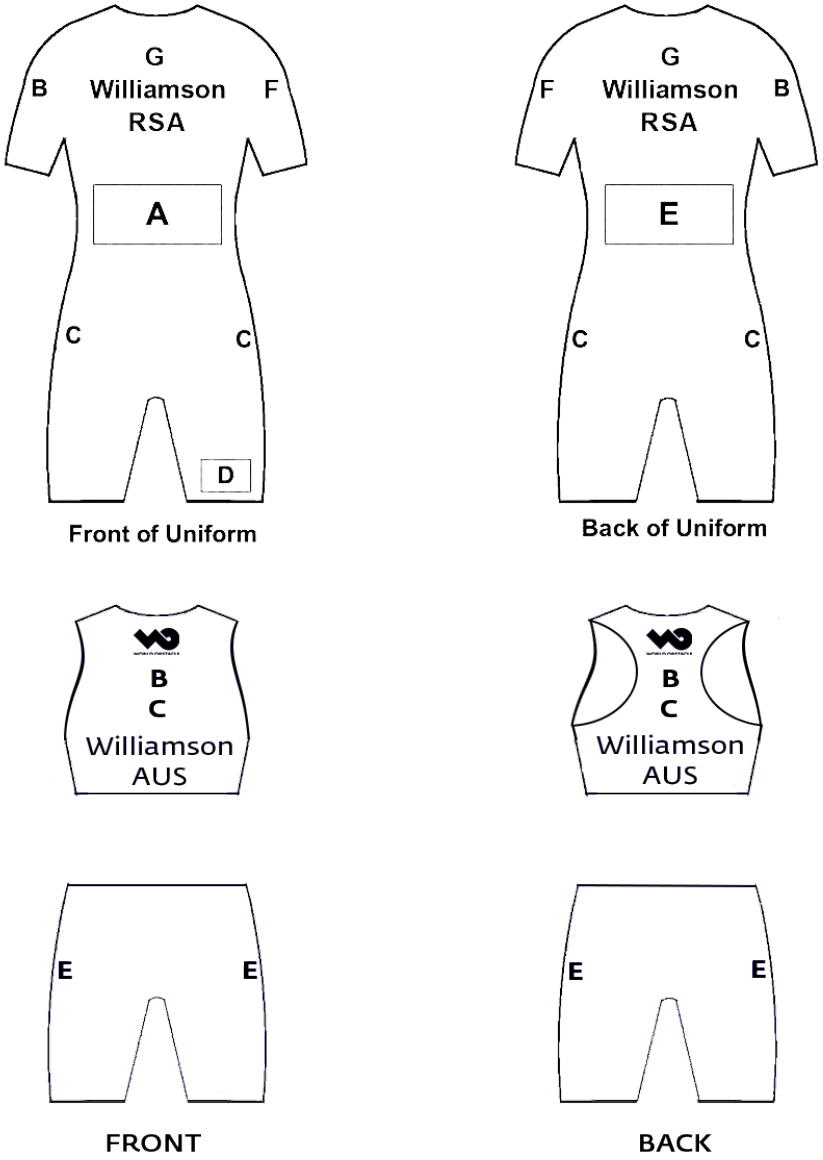
Uniforms may be of any colour, preferably a solid, for ease of identification.
The competition uniform and podium apparel must be approved by FISO in advance.
Uniform design and materials should not adversely affect race performance, safety of function.
Sleeveless vests and two-piece (top and bottom) uniforms are allowed.

Image Spaces

- Sponsor Spaces A, Front & Back.
    - Maximum height 150 mm
    - Maximum width 200 mm
    - Maximum of 4 logo in the space
- Spaces B, upper arm or centre back country flag.
    - Maximum height 80 mm
    - Maximum length 80 mm
- Spaces C: left lapel or centre back, National Federation logo.
    - The maximum width 80 mm
    - The maximum height 100 mm
- Sponsors Space D, upper arm.
    - Maximum height 80 mm
    - Maximum length 80 mm
- Sponsor Spaces E, Upper Legs.
    - Maximum height 80 mm
    - Maximum width 80 mm

Family Name and Country Code

- The three-letter IOC country code (Country) must be centred on the front and back of the uniform below the athlete's name.
- The initial of the first name may be added before the Name.
- Endemic logos are typically located on the lapel, collar, sleeve, etc.



- Endemic / manufacturer's logos (must be the same as regular retail)
  - These are logos normally included on apparel before the application of the above logos
  - Example retail apparel for Lululemon

Position

- Front
  - The athlete's name is centred below the country flag, FISO, and National Federation logos.
  - The country code is centred below athlete's name.
- Back
  - The athlete's name is centred below the country flag, FISO, and National Federation logos.
  - The country code is centred below athlete's name.
- Height
  - The athlete's name and the country code must be 50 mm in height.
- Width
  - The length for the athlete's name is a minimum of 100 mm and a maximum of 150 mm.
  - An athlete's name with few letters must still be a minimum length of 100 mm.

Lettering

- The font type must be an easy to read font such as Helvetica, Arial, Roboto, Verdana, Lato, Open Sans, or Federa.
- Letters for the Name and Country must be in upper case, unless the name is more than 9 letters, in which case lower case letters should be used following the first capital letter.
- Symbols such as - and spaces are considered as characters.
- The width for the Country must be between 50 mm and 175 mm wide.
- For Names such as "MAY" the height is 50 mm, and the width is 100 mm.
- For longer Names such as "Williamson" the height is still a minimum 50 mm, but the name should take up the full 150 mm.

M A Y	B. JONES	Williamson
CHN	SUI	AUS

- Colour If the uniform is a dark colour, the letters must be white.
- If the uniform is a light colour, the letters must be black.

FISO Logo

- Front and back, centred and above all other logos. Please refer to the FISO Brand Guidelines for logo use.

Appendix D – Race Protest Form

PROTEST FORM

Part 1: To be completed by the protester.

Protest must be filed and signed by the protester under the conditions outlined in the FISO Competition Rules and submitted to the Referee.

Event Name:	
Event Location:	
Event Date:	
Time Protest Submitted:	

Name of Protester:	
Race Number:	
Telephone:	
Address:	
City, State, Zip:	
Email:	

Name of Protestee:	
Race Number:	
Telephone:	
Address:	
City, State, Zip:	
Email:	

A protest is a formal complaint against the conduct of a fellow athlete or race official, or against conditions of the Competition. You must have substantial evidence, including witnesses, and you must be willing to take part in an interview. Any protest must be accompanied with a check or cash for US$150 or equivalent.

What type of Protest is involved? *(Check one box only.)*

- ☐ *Protest Concerning the Course*
- ☐ *Protest Concerning Obstacles*
- ☐ *Protest Against Another Athlete or official*
- ☐ *Protest Concerning Eligibility*
- ☐ *Protest Concerning Timekeeping*

Witness Details *(2 required)*

Name of witness 1: _____

Name of witness 2: _____

Rule(s) Violated: _____

Time of incident: _____

Where did the violation occur? Describe the location and include a diagram on additional paper if needed.

_____

_____

_____

Who was involved in the violation?

_____

_____

_____

How did the violation occur?

_____

_____

_____

Signature of Protester: _____ *Date:* _____

Part 2: Official Use Only

US$150 protest fee attached? *Yes* ☐ *No* ☐

Is this protest to reverse a completion jury decision? *Yes* ☐ *No* ☐

If "Yes" attach the competition jury decision and action(s) and referee's decision and actions(s)

Competition jury member names: *1.* _____

2. _____

3. _____

Competition jury action:

_____

_____

_____

Competition jury chair's name: _____

Signature: _____ *Date:* _____

Time and date protest received: _____

Time and date protest processed: _____

Amount of fee withheld / refunded: _____

Appendix E *– Race Appeal Form*

APPEAL FORM

Part 1: To be completed by the appellant:

Appeals must be filed and signed by the appellant under the conditions outlined in the FISO Competition Rules and submitted to the Technical Delegate. An appeal is a request for a review of a decision made by the Referee. This is the first level of appeal and will be heard by the Competition Jury. All appeals must be accompanied with a check or cash for US$250.

Event Name:	
Event Location:	
Event Date:	
Time Appeal Submitted:	

Name of Appellant:	
Race Number:	
Telephone:	
Address:	
City, State, Zip:	
Email:	

Reason penalty received:	
Was penalty confirmed?	*Yes* ☐ *No* ☐
Type of penalty:	

Type of Appeal: *(check one box only)*

☐ *Appeal against the referee's ruling on a violation report*

☐ *Appeal against the referee's ruling on a protest*

Description of the Appeal:

Location on the course: _____

Time of incident: _____

Describe the incident, use on additional paper if required.

_____

_____

_____

_____

Who was involved in the violation? List name and number of race official(s), athlete(s), spectator(s) and any other people involved.

_____

_____

_____

_____

How did the violation occur?

_____

_____

_____

_____

***Witness Details** (2 required)*

Name of witness 1: _____

Name of witness 2: _____

Signature of Appellant: _____ *Date:* _____

Part 2: Official Use Only

$250 appeal fee attached? *Yes* ☐ *No* ☐

Is this appeal to reverse a completion jury decision? *Yes* ☐ *No* ☐

If "Yes" attach the competition jury decision and action(s) and referee's decision and actions(s)

Competition jury member names: *1.* _____

2. _____

3. _____

Competition jury action:

_____

_____

_____

Competition jury chair's name: _____

Signature: _____ *Date:* _____

Time and date appeal received: _____

Time and date appeal processed: _____

Amount of fee withheld / refunded: _____

Appendix F – Penalties and Violations

1. *Starting before the starter's signal*
   - *Recall of the athlete to restart behind the field*

2. *Failing to follow the prescribed course*
   - *Stop and go and re-enter the race by the same point. If fails to comply, then DSQ*

3. *Using abusive language or behaviour toward any official*
   - *DSQ and report to the EB for possible suspension*

4. *Using unsportsmanlike behaviour*
   - *DSQ and report to the EB for possible suspension*

5. *Blocking, charging, obstructing, or interfering the forward progress of another athlete*
   - *Unintentionally: verbal warning*
   - *Intentionally: DSQ*

6. *Unfair contact. The fact that contact occurs between athletes does not constitute a violation. When several athletes are moving in a limited area, contact may occur. This incidental contact between athletes in equally favourable positions, is not a violation*
   - *Unintentionally: verbal warning*
   - *Intentionally: DSQ*

7. *Accepting assistance from anyone other than a TO, race official, or athlete on the same team*
   - *If it is possible to amend and return to the original situation Stop and Go*
   - *If not: DSQ*

8. *Refusing to follow the instructions of TOs or race officials*
   - *DSQ*

9. *Departing the course for reasons of safety, but failing to re-enter at the point of departure*
   - *Unintentionally: verbal warning, and correction – must renter at departure point*
   - *Failure to renter at departure point: DSQ*
   - *Intentional: DSQ*

10. *Failure to wear the unaltered race numbers if provided by the FISO, the race producer, or Local Organizing Committee, in the proper way ordered by the Technical Delegate and announced at the Athletes' Briefing;*
    - *Stop and go, when amended*
    - *If not; DSQ*

11. *To dispose of rubbish or equipment around the course outside the clearly identified places, such an aid stations or rubbish disposal points.*
    - *Stop and go, when amended*
    - *If not; DSQ*

12. *Wearing items deemed a hazard to self or others:*
    - *Stop and go, when amended*
    - *If not: DSQ*

13. *Using illegal or unauthorized equipment to provide an advantage or which will be dangerous to others*
    - *Stop and go, when amended*
    - *If not: DSQ*

14. *Failure to use mandatory equipment, if required*
    - *Unintentionally: verbal warning, and correct if possible*
    - *Intentionally: DSQ*

15. *Violating race-specific traffic regulations, if in effect*
    - *Unintentionally: verbal warning, and correct if possible*
    - *Intentionally: DSQ*

16. *Not attending the Athletes' Briefing, without notifying the RD*
    - *Athletes not attending the briefing, without informing the RD about their absence, will be removed from the start list.*

17. *Athletes entering the briefing after the briefing has started and athletes not attending the briefing but informed the RD about their absence*
    - *Reallocation in the last positions of the pre-start line up*

18. *Athletes missing 3 or more briefing in the National Championship, Continental Championship, World Cup and/or World Series in the same calendar year, no matter if the athlete informed the RD or not*
    - *DSQ from every subsequent race at which they miss the briefing.*

19. *Wearing a different uniform than the one presented in the check-in, either in competition or in the award ceremony*
    - *DSQ*

20. *Wearing a uniform which doesn't meet the Competition Rules during competition or the award ceremony*
    - *DSQ*

21. *Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information*
    - *DSQ and inform FISO EB for a possible suspension*

22. *Participating when not eligible*
    - *DSQ and inform FISO EB for a possible suspension*

23. *Repeated violations of FISO Rules*
    - *DSQ and inform FISO EB for a possible suspension*

24. *Drug abuse*
    - *Penalties will apply according to the WADA rules*

25. *For an unusual and violent act of unsportsmanlike behaviour*

- *Expulsion*

26. *Compete with a bare torso*
    - *Stop and Go when amended*
    - *If not: DSQ*

27. *Unauthorized outside assistance by an athlete*
    - *DSQ of both athletes.*

28. *Attempt to gain unfair advantage from any external person, vehicle, or object*
    - *DSQ*

29. *To change the start position once selected;*
    - *Warning and amend.*
    - *If not DSQ*

30. *To block more than one start positions*
    - *DSQ*

31. *Intentional nudity or indecent exposure*
    - *DSQ*

32. *Not stopping in the next penalty*
    - *DSQ*

33. *Compete with illegal or unauthorized equipment*
    - *Stop and Go when amended*
    - *If not: DSQ*

34. *Team relay exchange not completed*
    - *DSQ*

35. *Warming up on the course while another race is in progress*
    - *Warning and amend*
    - *If not amended: DSQ*

36. *Pre-Running the course when expressly forbidden*
    - *Warning and amend*
    - *If not amended: DSQ*

37. *Competing under suspension*
    - *DSQ and report to EB for extending suspension or*

38. *AG or Adaptive athletes accumulating two (2) penalties in any event*
    - *DSQ*

39. *Adaptive athletes who use catheters or other urinary diversion devices, have spillage during training, competition, or classification*
    - *Warning and amend*

- *If not amended: DSQ*

40. *Adaptive-athlete attending a Adaptive-Obstacle competition by using improper equipment*
    - *Before the race warning and amend*
    - *If not amended: DSQ*

41. *Adaptive athlete without a temporary, review or confirmed class status according to the regulated timelines*
    - *DSQ*

42. *Adaptive athlete compete wearing or using any prostheses or special adaptive equipment which are not officially approved*
    - *Before the race warning and amend*
    - *If not amended: DSQ*

43. *Adaptive-athlete, not competing during the Adaptive-Obstacle classification process*
    - *Warning and amend*
    - *If not amended: DSQ*

44. *Athlete who has been evaluated as unclassified during the Adaptive-Obstacle classification process*
    - *Remove from the start list*

45. *Athlete who has been non-eligible for a Adaptive-Obstacle competition*
    - *Remove from the start list*

46. *Adaptive athlete fails to attend scheduled classification session*
    - *Reasonable explanation: Give second chance*
    - *If not: DSQ*

47. *Adaptive athlete who is intentionally misrepresenting his/her skills and/or abilities.*
    - *DSQ*
    - *not allow the Adaptive-athlete to undergo any further evaluation for a minimum of two (2) years from the date upon which the Adaptive-athlete intentionally misrepresented skills and/or abilities*
    - *remove any Sport Class or Sport Class Status allocated to the Adaptive athlete from the Classification Master List*
    - *designate the Adaptive athlete as IM (Intentional Misrepresentation) in the Classification Master List*
    - *Second offense: lifetime ban from any FISO events.*

48. *Guides and personal handlers, who have not registered at the athletes' briefing*
    - *Do not have access to the FOP*

49. *Personal handler not carrying the special credentials which were given by the LOC/FISO*
    - *Warning and amend*
    - *If not amended: DSQ the Adaptive athlete that they are handling*

50. *Adaptive athlete receiving help from more personal handlers that he/she has registered*
    - *DSQ*

51. *Any action taken by the personal handler which propels the competitor forward*
    - *DSQ the Adaptive athlete that he/she is handling*

52. *Personal handlers' present in the start area from PT2, PT3, PT4 and PT5*
    - *Before the race warning and amend*
    - *If not amended: DSQ the athlete that they are handling*

53. *PT5 athletes competing with a guide who is not complying the requirements*
    - *DSQ*

54. *PT5 athletes paced, leaded or being more than 1.5 feet away from their guide, while running*
    - *First offence: Race warning and amend*
    - *Second offence: DSQ*

55. *PT5 athletes pulled or pushed by the guide*
    - *DSQ*

56. *PT5 competitor crosses the finish line, and the guide is beside or behind the competitor but further apart than the required 1.5 feet maximum separation distance*
    - *DSQ*

57. *Adaptive athlete enters the FOP with a guide dog*
    - *Before the race warning and amend*
    - *If not amended: DSQ*

Appendix G – Record Application Form

Submit this for to apply for an official Obstacle Sports World Record

To The Record Committee:

Application is hereby made for a record, in support of which, the following information is submitted:

Description of Record: ☐ *Age Category** _____ ☐ *Age Group* _____

** Proof of age must be included, e.g., birth certificate, passport, driver's license, photo ID*

*Sport*_____ *Event* _____

(circle) Men / Women Indoor / Outdoor

Competition Name _____ *Date* _____

Location _____

City _____ *State* _____ *Country* _____

Record claimed (time, distance, other relevant information)

Race Distance:	
Race Finish Time:	
Age Group / Category:	
On-line result website:	
Other:	

Name of Applicant:	
Race Number:	
Telephone:	
Address:	
City, State, Zip:	
Country:	
Email:	