

COMPETITION GUIDELINES

2026 EDITION

These Competition Regulations and Guidelines have been developed specifically for the UIPM 2026 Obstacle World Championships. They establish the event-specific requirements for 100m Individual, 400m Individual, 3km Individual, 4x100m Mixed Relay and 3km Team competition.

Unless expressly modified by these Regulations and Guidelines, the current UIPM Competition Rules and Equipment Regulations shall apply. Event-specific provisions in this document shall prevail for the UIPM 2026 Obstacle World Championships.

After publication, amendments shall be issued as numbered Competition Notices. No material change shall be implemented only through an oral briefing, except for an immediate safety measure that is subsequently confirmed in writing.

UIPM

1. GENERAL ASPECTS

1.1. PRESENTATION OF THE EVENT

The event is a race that consists of overcoming obstacles from a start line to a finish point.

1.2. AGE GROUPS

9 - 10 years	Under 11
11 - 12 years	Under 13
13 - 14 years	Under 15
15 - 16 years	Under 17
17 - 18 years	Under 19
19 - 21 years	Junior
22 - 39 years	Senior
40 and over	Master 40+
13 and over	ELITE

1.3. COMPETITION AUTHORITIES

1.3.1. UIPM Technical Delegate

Within their overall authority, UIPM TDs are tasked in particular:

a. to inspect and approve the sites and equipment for the competition.
b. to cooperate with the LOC in the administration of the Technical Meeting and ensure the latest information concerning competition rules are available.
c. to supervise the arrangements for checking the clothing and equipment of the participants.
d. to ensure correct management of Jury of Appeal procedures.
e. to check the entries and prepare the groups together with the LOC.
f. to ensure the accuracy of the results of the competition, which shall be verified by their signature, and promptly send the results, as well as a final report, by email to the UIPM HQ and the Chairman of the TC.
g. to ensure that the LOC promptly sends these results to the UIPM HQ.

1.3.2. Jury of Appeal

The Jury of Appeal consists of three members:

a. The UIPM Technical Delegate.
b. The representative of the LOC who must hold a UIPM International Judge's license.
c. The Race Director of the relevant competition.
d. The Jury of Appeal meets to decide on appeals and protests on controversial legal issues raised during the event. In cases, unforeseen by the UIPM Rules or in exceptional circumstances, it is the duty of the Jury of Appeal to make a decision in a sporting spirit with due respect to the intention, aims and purposes of the UIPM Rules.

e. The Jury of Appeal's decision is taken by secret ballot without the presence of the person involved or their adviser. A majority vote is acceptable. If there is any doubt the Jury must decide in favor of the person liable to disqualification, disciplinary punishment or a disciplinary measure.

f. The Jury of Appeal is not restricted in the admission or evaluation of evidence. Its decisions are final.

g. A protest may be submitted by the affected athlete or one registered team representative within twenty (20) minutes after publication of the relevant Provisional Results, using the official form and accompanied by EUR 60. Official timing, official video and infringement reports may be considered. The reasoned decision shall be recorded in writing and is final. In case of a successful protest the sum is returned to the person who raised the protest, in case of unjustified protest the deposit becomes the property of the UIPM.

1.3.3. Local Organising Committee (LOC)

a. The LOC is responsible to provide all the equipment and event logistics as listed in UIPM Rules, Regulations and Guidelines in force at the time of the competition.

b. The LOC must immediately send the final results of the competition in the appropriate format as indicated by UIPM to the Technical Committee Chair and to UIPM HQ.

1.3.4. Technical Meeting/Athletes' Briefing

a. The Technical Meeting/Athletes' Briefing shall be held before the relevant sessions. Attendance is recommended but not compulsory. The published briefing and Competition Notices are binding on all athletes and teams.

b. The 100m/400m/4x100m briefing and 3km briefing may be separate. No start-list or team-composition changes shall be accepted after the published freeze time except where authorised by the Technical Delegate.

1.4. OBSTACLE AUTHORITIES

1.4.1. Race Director

a. Responsible for the overall correct conduct of the event, including the appointment of all previously mentioned officials and the coordination and management of their activities.

b. Authorized to adjudicate on any verbal complaints received from athletes' representatives relating to the event in progress.

1.4.2. Secretary

a. Maintains competition records, infringement reports, protest logs, signed results and the document-retention file.

1.4.3. Call Room Judge

a. Assembles the athletes prior to each heat.

b. Checks accessories, refusing any athlete with irregular equipment to go to the start, including unauthorized substances on their hands.

c. Ensure that each athlete is not using safety pins for attaching their start numbers.

d. Responsible for ensuring that the athletes are ready for the start prior to each heat.

1.4.4. Course Judges

a. Placed by the Obstacle Director to ensure optimal observation in close proximity.

b. For the 100m and 400m races, in the case of an athlete's first failure on an obstacle, the Course Judge shall immediately raise a yellow flag and loudly call "Fail" to ensure the competing athlete understands an infringement has occurred, which corresponds to a warning. In the case of a second failure on the same obstacle, the judge must raise a red flag and give the voice "Stop" to confirm the elimination of the athlete.

c. The procedures to be followed by the judges in the 3K race are set out in detail in Article 1.6.8.

d. The Course Judges' flags must have the dimensions of 25x25cm (±5 cm).

1.4.5. Starter

a. Has the entire control of the athletes while on their marks and is the sole judge of any potential transgression connected with the start of the race.

b. Responsible for giving the start signal to the athletes when they are due to start.

c. Responsible for applying false start penalties.

1.4.6. Timekeepers

a. Responsible for recording the times of the athletes. They must use their stopwatches or manually operated electronic timers. Whether automatic timing is used or not, there should always be at least two timekeepers.

1.4.7. Finish Wall Judge (Only for the 100m)

a. Responsible for registering the arrival order of the athletes in case of electronic timing failure, or if manual timing is used.

b. Responsible for keeping the order up on the Finish Wall, avoiding athletes' lanes crossing.

c. Takes care of opening and closing the gate up the wall and ensures that the athletes are in a condition to descend safely from the Finish Wall structure.

1.4.8. Relay Changeover Judges

a. Shall be appointed for each Changeover Zone to judge, record and report every exchange, supported by official video.

1.5. ORGANISATION AND SCHEDULE

1.5.1. General Aspects

a. Twelve (12) obstacles on a course of 100m in length will be used.

b. Twelve (12) obstacles on a course of 400m in length will be used.

c. Twenty (20) obstacles on a course of 3K in length will be used.

1.5.2. 100m Competition

a. The competition shall comprise Qualification and Direct Elimination.

b. Each athlete shall have two qualification attempts; the fastest valid time determines ranking.

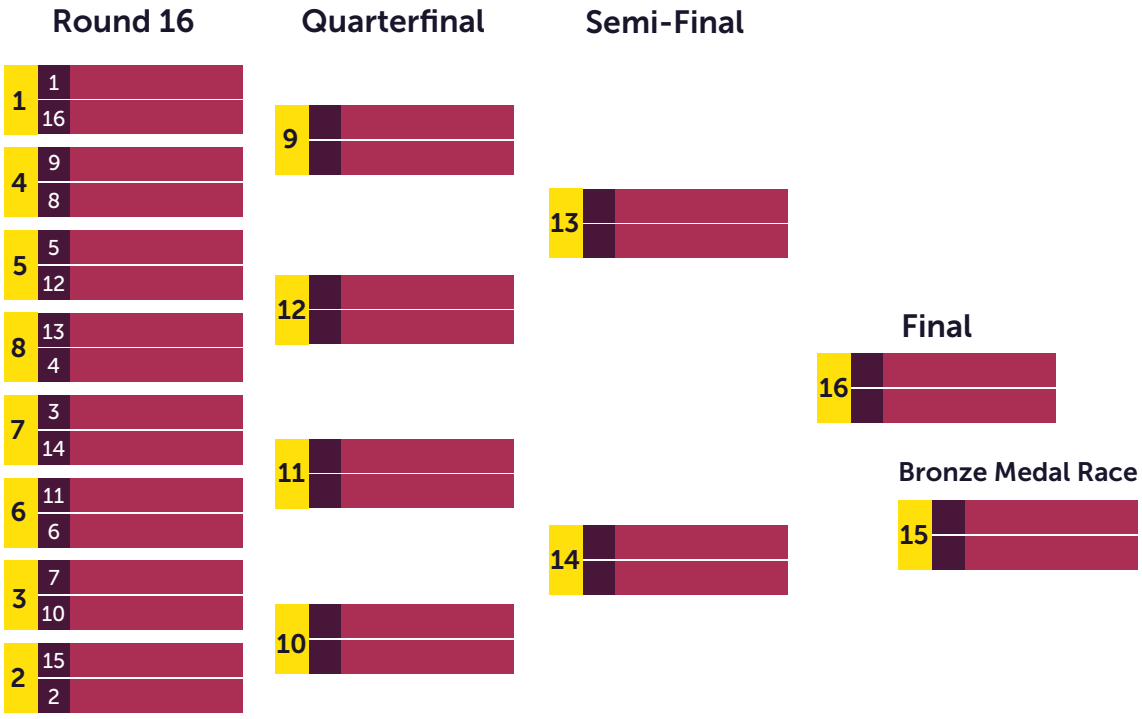
c. Elite: Round of 16, Quarter-finals, Semi-finals and Medal Races. Age Groups: Quarter-finals, Semi-finals and Medal Races.

d. Each Semi-final winner advances to the Final. The two losing Semi-finalists advance to the Bronze Medal Race.

e. The Final determines first and second. The Bronze Medal Race determines third and fourth and shall normally be held first.

f. Results are based on the validated Official Result, including penalties and status.

g. Once the elimination bracket is published, no replacement is made; the remaining athlete receives a walkover after reporting.



1.5.3. 400m Competition

a. The competition will be divided into two phases: Qualification and Direct Elimination.

b. The Direct Elimination phase will consist of Semi-Finals and Finals.

c. Qualifications: Conducted over 4 lanes, with 4 athletes per heat. No prescribed order of participation.

d. Semi-finals: Conducted over 4 lanes, with 4 athletes per heat. The 8 best qualification times will be allocated into Semi-final A and Semi-final B using the chart below:

Semi-final A	Semi-final B
1st	2nd
4th	3rd
5th	6th
8th	7th

e. Final: Composed of 4 athletes, being the two (2) best times from each Semi-final.

f. For athletes eliminated in the same round, the final placement shall be determined by the time achieved in the round in which they were eliminated.

g. In all phases, athletes are free to choose their obstacle lane and may change from one obstacle lane to another during the race.

1.5.4. 4x100m Competition

a. The event is conducted on the 400m course. Each team comprises two men and two women, each completing one nominal 100m leg.

b. There is one round of timed heats only; no Qualification, Semi-final or Final rounds. Final classification is by fastest Official Time across all heats after penalties.

c. Elite teams must represent one country/National Federation. Age Group teams may include athletes from different countries.

d. Any order of the Relay components shall be women – men – women -men.

e. Team time runs continuously from the starting sign, until the fourth athlete's torso crosses the finish line.

1.5.5. 3K Competition

a. Individual waves shall comprise a maximum of 25 athletes.

b. In the Elite Group 3K Individual, where the number of confirmed starters exceeds the maximum capacity of one wave (25 athletes), Semi-finals shall be conducted. The number of Semi-finals shall be determined by the total number of confirmed starters and the maximum capacity of 25 athletes per wave:

- Athletes shall be allocated to the Semi-finals using the final results of the OCR World Championships held in Ireland as the seeding ranking. Ranked athletes shall be distributed among the Semi-finals in serpentine order.
- Two Semi-finals shall be conducted where the confirmed starters can be accommodated in two waves of no more than 25 athletes each.
- Three Semi-finals shall be conducted where the confirmed starters require more than two waves of no more than 25 athletes each.

- The Final shall comprise 24 athletes. Where two Semi-finals are conducted, the first 12 athletes in each Semi-final shall qualify for the Final. Where three Semi-finals are conducted, the first 8 athletes in each Semi-final shall qualify for the Final.

1.5.6. 3K Team Competition

a. Each Team shall comprise three athletes, including at least one athlete of a different gender.

b. Team waves shall comprise a maximum of 15 Teams (45 athletes).

c. All three Team members shall start in the same wave from adjacent start positions.

d. The official Team time shall be measured from the start signal until the third Team member's torso crosses the finish line, with any applicable penalties added.

1.5.7. Control in the Call Room

a. Athletes not complying with Article 1.16 shall not be authorised to compete unless they change to approved equipment before the end of their presentation time in the Call Room. Disqualification will be applied if an athlete refuses to comply with this rule.

1.5.8. Warm-up

a. The LOC shall announce all warm-up arrangements at the Technical Meeting/ Athletes' Briefing.

1.6. SAFETY

a. During the warm-up, it is forbidden for an athlete to start one obstacle while another athlete is still overcoming it in the same lane.

b. In the event of thunder and lightning strikes in outdoor competitions, all activities must be immediately suspended.

c. Rain, wind, or other adverse weather conditions or in any exceptional circumstances such as a broken or failing obstacle element, the Technical Delegates may postpone the competition, exclude obstacles, reduce the number of elements of an obstacle or declare it mandatory to start obstacles with hanging elements by a specific element, and any other measure to ensure the safety of the athletes including, for example, the use of ropes with knots to climb obstacles and anti-slip elements.

1.7. THE START

a. Athletes will be introduced by the announcer and invited to take their positions near the starting platform for the 100m, and near the starting line for the 400m, 4x100m Mixed Relay and 3k events.

b. If an athlete is not present in the Call Room at the time assigned, there will be two repetitions of the call by the referee at the start at intervals of one minute. An athlete not appearing by the third call will be eliminated.

c. For the 100m, on the long whistle from the Starter, the athletes must step on the starting platform and remain there.

d. For all the distances, on the Starter's command "Take your marks" the athletes must immediately take up a starting position. When both competitors are stationary, the Starter gives the start signal by using a start pistol, horn, whistle, buzzer, beep or command.

1.8. FALSE START

a. The Starter must announce a false start as soon as possible in a manner clearly audible to both athletes and spectators, should an athlete begin the course too early. In such cases, the athlete shall continue the course without interruption.

b. An athlete starting late will not be penalised, but their time will be taken from the moment they should have started according to the starting signal.

c. A false start occurs if an athlete begins their start movements before the starting signal.

d. The applicable penalty will be imposed in the form of additional time added to their final result.

1.9. THE 100M

a. Each obstacle includes a take-off and a landing platform or start/finish line.

b. For correct obstacle completion, athletes must traverse the distance between take-off and landing platforms. Stepping off the platform to the sides after landing will not result in a penalty.

c. If an athlete slips, brushes, or glides against the crash mats or the vertical trusses without gaining any benefit, such as obtaining momentum or regaining balance, it will not be considered a failure.

d. The athletes must overcome all obstacles on their dedicated lane. They can run, walk, jump, climb, crawl, slither, scramble, lift, carry, or otherwise propel themselves across, under, over, along or through the obstacles.

e. Weighting an obstacle, for example, by applying body weight to an obstacle element, is considered to be the start of an attempt to overcome an obstacle element.

f. After an unsuccessful attempt to overcome an obstacle, the athlete may repeat it by continuing to the end of this obstacle, turning around the vertical truss of the main structure of the obstacle and returning to its beginning using the external adjacent side. For balance elements, including steps, the athlete must proceed beyond the end of the obstacle before returning to its beginning using the external adjacent side.

g. After an unsuccessful second attempt to overcome the same obstacle, the athlete will be stopped, required to immediately exit the course and will be eliminated.

h. Once an athlete starts the race, it is strictly prohibited to purposefully discard clothing or rubbish along the course shall result in a 5 second penalty.

i. Starting an obstacle and then stepping backwards on the take-off platform will lead to a failure on the obstacle.

j. Jostling, running across, or obstructing another athlete in a way that impedes their progress, or any unsportsmanlike behaviour, results in disqualification.

k. If an athlete crosses into another athlete's lane to overcome obstacles with hanging elements, they will be eliminated.

l. In the cases where an athlete's performance has been unfairly compromised in the opinion of the Course Judge, with the approval of the Technical Delegate, the athlete will have the right to perform the whole course again.

m. Failure to adhere to instructions issued by an official following an unsuccessful attempt to overcome an obstacle shall result in elimination.

n. Athletes must descend the Finish Wall using the rear ladder provided for this purpose. Descending via the front ramp will result in disqualification.

o. Athletes are allowed to run over the side mats positioned at each outer side of the truss structure when returning to restart the obstacle after a failed attempt. Running over these mats incurs no penalties.

p. Athletes are permitted to touch the trusses when returning to restart the obstacle after a failed attempt.

1.10. THE 400M

a. For correct obstacle completion, athletes must traverse the distance between the start and the finish of the obstacles.

b. If an athlete slips, brushes, or glides against the mats or the vertical trusses without gaining any benefit, such as obtaining momentum or regaining balance, it will not be considered a failure.

c. The athletes can run, walk, jump, climb, crawl, slither, scramble, lift, carry, or otherwise propel themselves across, under, over, along or through the obstacles.

d. Weighting an obstacle, for example, by applying body weight to an obstacle element, is considered to be the start of an attempt to overcome an obstacle element.

e. After an unsuccessful attempt to overcome an obstacle, the athlete may repeat it by continuing to the end of this obstacle, turning around the vertical truss of the main structure of the obstacle and returning to its beginning using the external adjacent side. For the obstacles without platforms, the athlete must proceed beyond the end of the obstacle before returning to its beginning using the external adjacent side.

f. After an unsuccessful second attempt to overcome the same obstacle, the athlete will be stopped, required to immediately exit the course and will be eliminated.

g. Once an athlete starts the race, it is strictly prohibited to purposefully discard clothing or rubbish along the course shall result in a 10 second penalty.

h. Starting an obstacle and then stepping backwards will lead to a failure on the obstacle.

i. Jostling, running across, or obstructing another athlete in a way that impedes their progress, or any unsportsmanlike behaviour, results in disqualification.

j. If an athlete crosses into another athlete's lane to overcome obstacles with hanging elements, they will be eliminated.

k. Failure to adhere to instructions issued by an official following an unsuccessful attempt to overcome an obstacle shall result in elimination.

l. In the cases where an athlete's performance has been unfairly compromised in the opinion of the Course Judge, with the approval of the Technical Delegate, the athlete will have the right to perform the whole course again.

m. Athletes are allowed to run over the side mats positioned at each outer side of the truss structure when returning to restart the obstacle after a failed attempt. Running over these mats incurs no penalties.

n. Athletes are permitted to touch the trusses when returning to restart the obstacle after a failed attempt.

o. The athletes must complete the course within a maximum of 6 minutes.

1.11. THE 4x100M

a. The course shall be divided into four consecutive legs. Each leg shall comprise three obstacles and shall be completed by one athlete.

b. Three Exchange Zones of twenty meters shall extend ten meters before and ten meters after each nominal leg boundary.

c. A visible physical touch between the incoming and outgoing athletes must occur within the Exchange Zone for the exchange to be valid.

d. The outgoing athlete may accelerate within the Exchange Zone but shall not exit it before a valid exchange has taken place.

e. Use of an undeclared athlete, an undeclared running order, or an invalid team composition shall result in the disqualification of the team.

1.12. THE 3K

a. For correct obstacle completion, athletes must traverse the distance between the start and the finish part of the obstacles.

b. On suspension obstacles, if an athlete slips, brushes, or glides against the mats or the vertical trusses without gaining any benefit, such as obtaining momentum or regaining balance, it will not be considered a failure.

c. Weighting an obstacle, for example, by applying body weight to an obstacle element, is considered to be the start of an attempt to overcome an obstacle element.

d. Obstacles on the course are divided into two categories: Mandatory and Non-Mandatory.

Mandatory Obstacles

- Athletes are allowed unlimited attempts to clear each mandatory obstacle.
- Failure to complete a mandatory obstacle does not result in elimination; however, the athlete will not be assigned an official ranking or placement in the results. In such cases, the athlete's finish time will still be recorded and published, but it will appear without a ranking position in the official standings.
- If an athlete fails to complete an obstacle, the Course Judge shall raise the red flag, announce "Number XXXX, Fail", and record the athlete's bib number. The athlete shall then proceed directly to the next obstacle.

Non-Mandatory Obstacles

- These obstacles must be successfully completed on the first attempt.
- Failure to do so obliges the athlete to serve the designated penalty in the corresponding penalty loop.

e. Jostling, running across, or obstructing another athlete in a way that impedes their progress, or any unsportsmanlike behaviour, results in disqualification.

f. Failure to adhere to instructions issued by an official shall result in elimination.

g. On suspension obstacles, only one athlete per lane at a time is allowed to attempt the obstacle.

1.13. THE 3K TEAM

a. All three team members shall compete together from start to finish and adjust their pace as necessary to maintain team cohesion.

b. All three team members shall complete each obstacle. If any member fails an obstacle, all three members shall complete the penalty loop together.

c. Team members shall enter and exit each obstacle together. No member may leave a Team Obstacle zone until all three members have completed the obstacle and/or the associated penalty. Throughout the race, team members must generally remain within approximately 15 metres of one another.

d. A Course Judge shall order 'REGROUP' when required; the team shall immediately restore the permitted distance.

e. Assistance between members of the same team is permitted at any obstacle, provided that the basic rules applicable to that obstacle are respected. For example, a teammate may support another athlete while hanging from an obstacle, provided that no support is obtained from the structure, the ground, or any similar surface. Assistance between members of different teams is prohibited.

f. If one member abandons a Mandatory Obstacle, the whole team is Not Ranked. A medical stop of one member stops the whole team.

g. The race produces one team result; the third finisher member of each team determines team's time.

1.14. THE FINISH

a. In the 100m, the finish occurs when the assigned finish device is activated with a hand, arm or forearm. The athlete shall remain on the top platform and descend only by the rear staircase or designated egress when the Finish Wall judge indicates it.

a. Activating the opposite lane's finish device results in elimination. The affected athlete's result shall be taken from manual backup timing; a materially impeded athlete may receive a Technical Delegate-authorized re-run.

a. In the 400m and 3K courses, athletes complete the course the moment they cross the finish line.

1.15. THE TIMING

a. Automatic timing and judging shall determine times and placings; systems shall be synchronised and tested before every session with two manual backups.

b. 100m is recorded to 1/1000; 400m Individual and 3km are published to 1/100.

c. Relay timing records total elapsed time and retain unrounded 1/1000 data for ties.

d. Every 3k Team member carries a transponder. Base team time is the third valid finisher's time, plus penalties.

1.16. TIE BREAK

1.16.1. 100m Tie Break

Qualification round:

a. If two athletes achieve the same best time, the athlete with the fastest time in the second attempt shall be ranked higher.

b. If one athlete has no second attempt recorded, the athlete with a valid second attempt shall be ranked higher.

c. If the tie persists:

- When both athletes either qualify for the next round or are eliminated, the position shall be decided by draw.
- When the tie directly affects qualification for the elimination round, a tie-break race shall be conducted.

Elimination Rounds

a. In case of a tie in an elimination heat, the athlete with the higher ranking from the Qualification Round shall be declared the winner of the heat.

b. This rule also applies when both athletes are eliminated in the same heat.

1.16.2. 400m Tie Break

Qualification round:

a. When both athletes either qualify for the next round or are eliminated, the position shall be decided by draw.

b. When the tie directly affects qualification for the elimination round, a tie-break race shall be conducted.

Elimination Rounds

a. In case of a tie in an elimination heat, the result shall be determined by photo finish.

1.16.3. 3K Tie Break

a. In case of a tie in an elimination heat, the result shall be determined by photo finish.

1.17. CLOTHING

a. Elite category athletes must compete wearing their national team uniform. Athletes in age group categories may compete in athletic apparel without national identification.

b. Athletes must compete with athletic shoes without spikes.

c. Gloves, wristbands, callus guards, compressive sleeves, and similar items are not permitted in the 100m and 400m.

d. The use of tape on the wrists or hands is prohibited, except for medical purposes in the 100m and 400m.

e. Watches, necklaces, rings, earrings, bracelets, piercings, loose apparel, or any other item that may catch on an obstacle are prohibited. Caps or hats are also not

permitted in the 100m and 400m.

f. Headbands, diadems, and tiaras are not permitted in the 100m and 400m.

g. Sunglasses or eyeglasses are allowed only if secured with safety straps in the 100m and 400m.

h. Chalk (magnesium) and similar substances in any form (liquid, powder, etc.) are prohibited. Athletes must ensure their hands are thoroughly clean before competition.

i. Cameras, phones, radios, tape recorders, or any type of communication system are prohibited.

1.18. INFRINGEMENTS AND PENALTIES

1.18.1. Warning

a. In 100m and 400m, athletes failing an obstacle for the first time.

1.18.2. Five (5) seconds (100m)

a. Contravening clothing/equipment guidelines.

b. Modifying dimensions of start numbers.

c. False start.

d. Deliberately discarding any clothing, equipment, or rubbish along the course.

1.18.3. Ten (10) seconds (400m)

a. Contravening clothing/equipment guidelines.

b. Modifying dimensions of start numbers.

c. False start.

d. Deliberately discarding any clothing, equipment, or rubbish along the course.

1.18.4. Penalty Loop (3K)

a. First failure of a non-mandatory obstacle.

1.18.5. Elimination

a. In 100m and 400m, second failure on the same obstacle.

b. In 100m, crossing and running into another athlete's lane to overcome obstacles with hanging elements.

c. Relay exchange completely outside the zone or without physical contact during the changeover.

d. Elite Relay composed of athletes representing different countries.

e. Use of cameras, phones, or other prohibited devices.

f. In 100 and 400m, use of gloves.

g. Use of chalk (magnesium) or any other sticky substances on the hands.

h. Failure to adhere to instructions issued by an official following an unsuccessful attempt to overcome an obstacle shall result in elimination.

1.18.6. Disqualification

a. Jostling, running across, or obstructing another athlete.
b. Refusing to comply with Equipment Guidelines.
c. Descent the Finish wall using the front-ramp in the 100m.
d. Undeclared athlete/order or invalid composition.

1.19. COURSE COMPONENTS

1.19.1. Platforms

a. In obstacle courses where platforms are used, they are designed to reduce impact load on athletes and to make the course faster and easier to judge for referees. All platforms have the same dimensions and are referred to as obstacle take-off and landing platforms, as well as the starting platform (from which athletes begin the race). Their dimensions and structural integrity are defined in the UIPM Competition Rules and Equipment Regulations.
b. Both take-off and landing platforms shall be installed at each suspension obstacle in all the events.
c. In the 100m and 400m for the U17 and the U15 age groups, an extra platform of 20cm shall be placed over the existing take-off platform. For the U13 and the U11 age groups an extra platform of 40cm shall be placed over the existing take-off platform.
d. An obstacle is considered correctly overcome when the athlete lands on the designated platform without touching the mat or placing body weight on the obstacle structure.

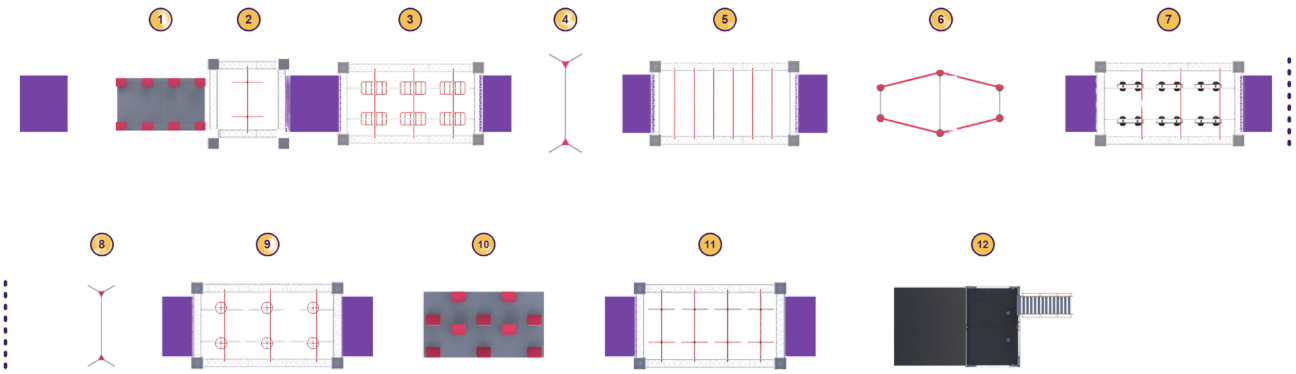
1.19.2. Safety Mattresses

a. Correct positioning of the safety mats is essential for the safety and security of participants. The mattresses should be placed in a manner that minimizes the risk of injury to athletes while they are traversing the course. Their dimensions and structural integrity are defined in the UIPM Competition Rules and Equipment Regulations.

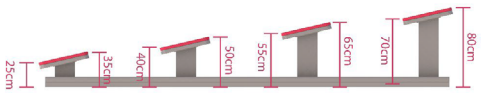
2. OBSTACLE COURSES

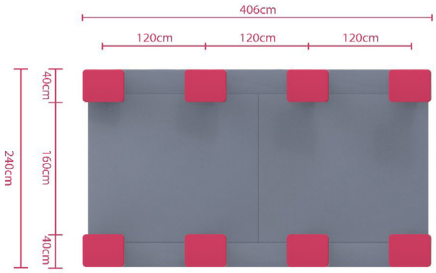
2.1. THE 100M COURSE

All obstacle dimensions and technical specifications are defined in the official UIPM Competition Rules and Equipment Regulations.

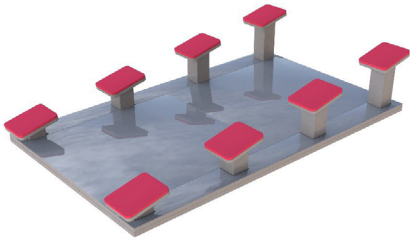


2.1.2. Obstacle #1 - Steps





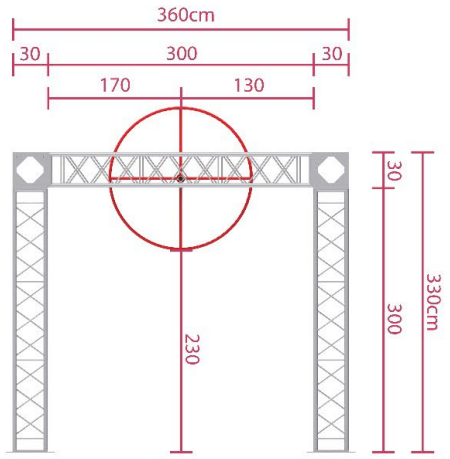


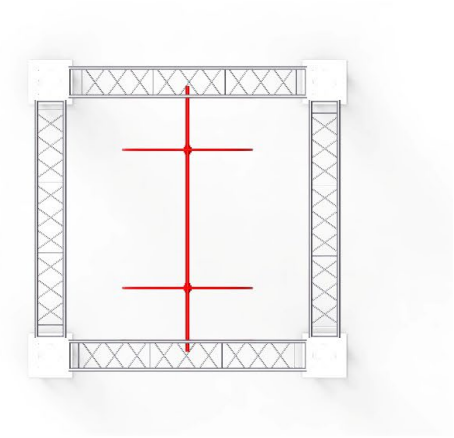


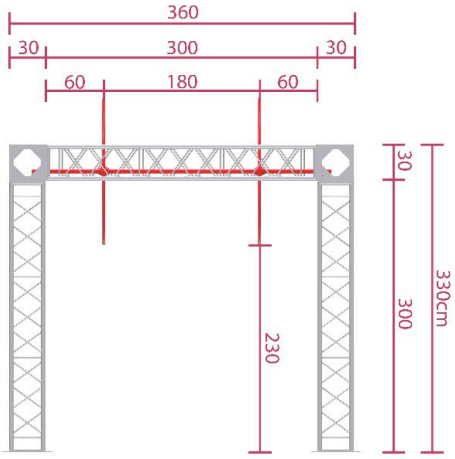
Length 406cm
Lateral elements spacing 160cm

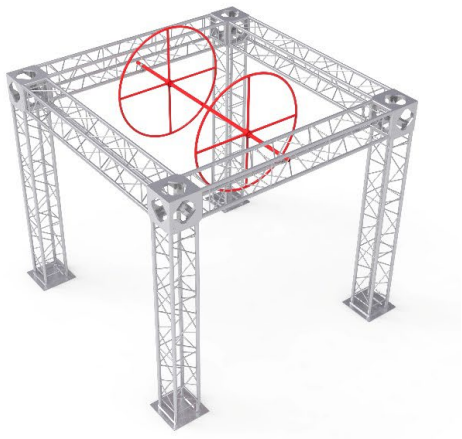
Overcome: Traverse the steps with the feet. Grasping or touching the steps with the hands is forbidden. There is no obligation to use all the steps.

2.1.3. Obstacle #2 - Big Wheel





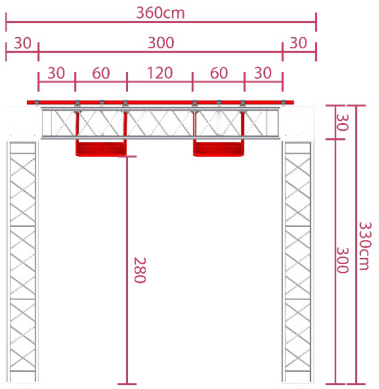


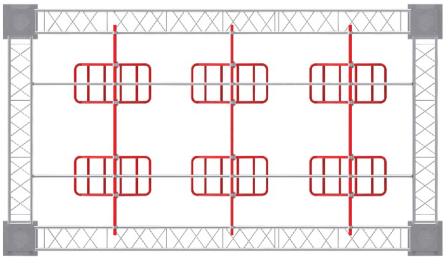


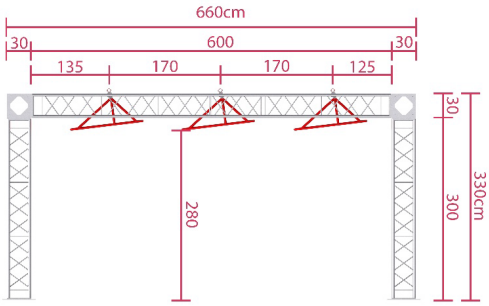
Length 300cm
Width 300cm

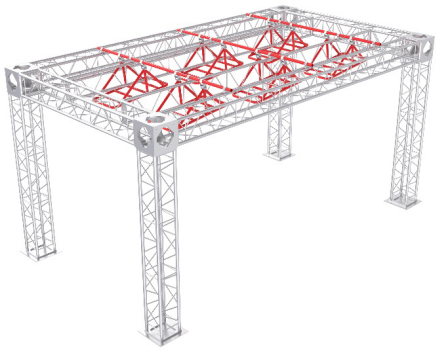
Overcome: Jump from the previous obstacle, grasping the wheel and swinging forward. Touching the ground between the platforms is forbidden.

2.1.4. Obstacle #3 - Tilting Ladders





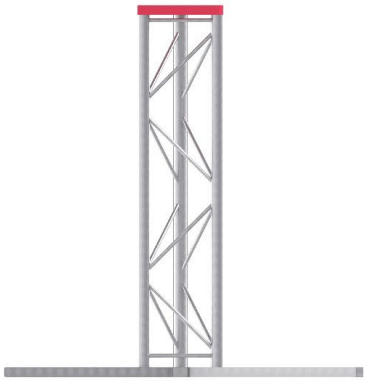


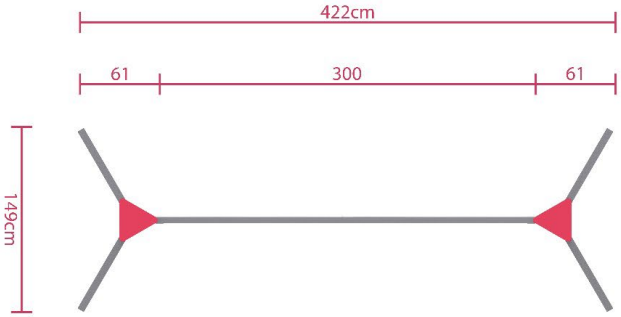


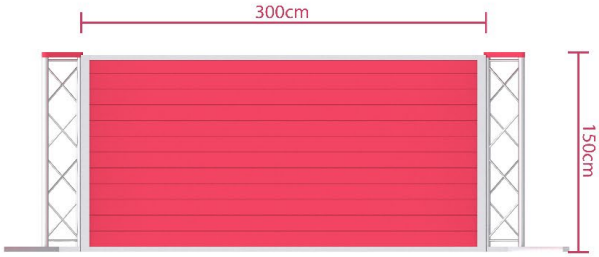
Length 600cm
Width 300cm

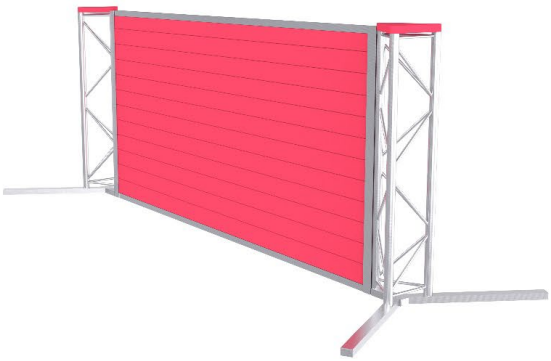
Overcome: Use only hands on the ladders to traverse the obstacle. Touching the ground between the platforms is forbidden. There is no obligation to use all of the bars in the ladders.

2.1.5. Obstacle #4 - Over Wall





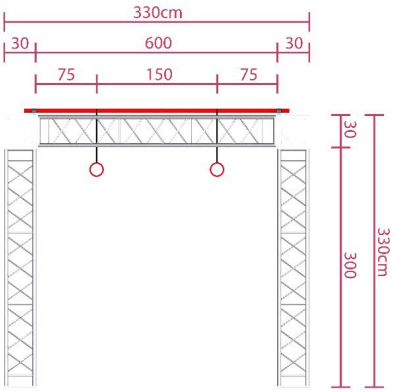


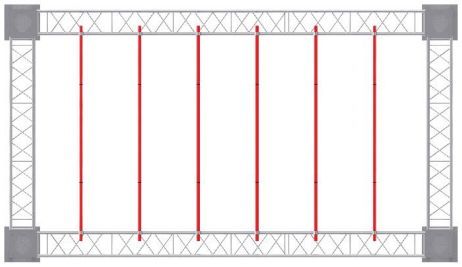


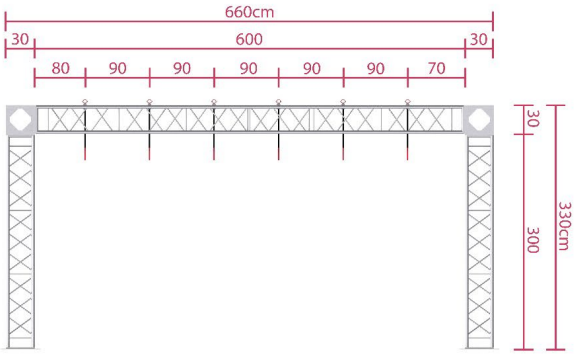
Heigth 150cm
Width 300cm

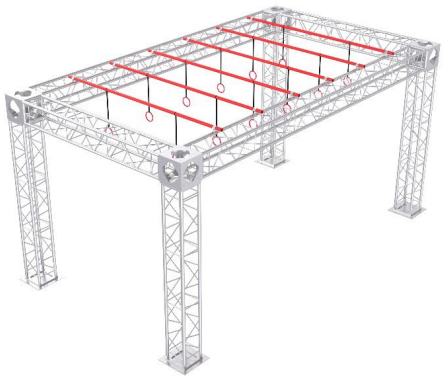
Overcome: Pass over the wall. Any part of the wall can be used or touched except for the vertical supporting frames.

2.1.6. Obstacle #5 - Rings





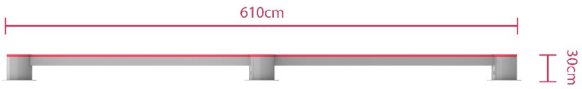


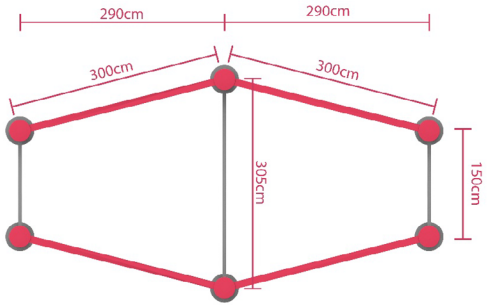


Length 600cm
Width 300cm

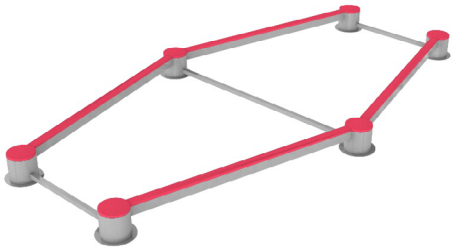
Overcome: Use only hands on the rings to traverse the obstacle. Touching the ground between the platforms is forbidden. There is no obligation to use all the rings.

2.1.7. Obstacle #6 - Balance Beam





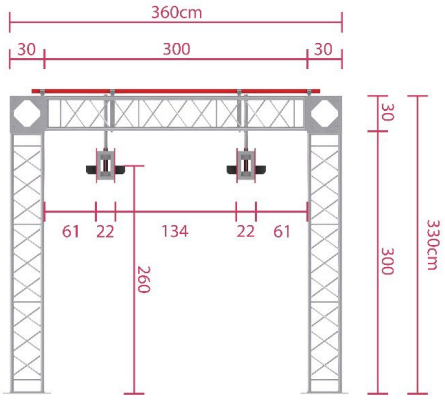


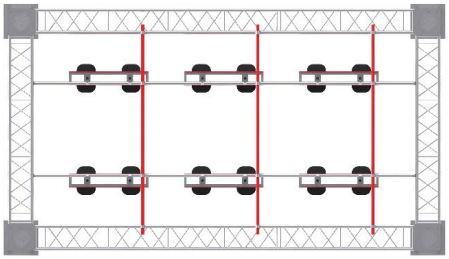


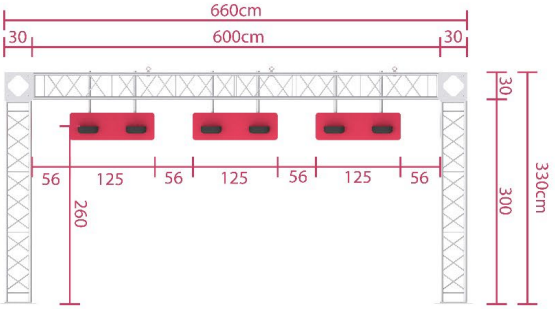
Length 610cm
Lateral elements spacing (start and finish) 150cm
Lateral elements spacing (beams junction) 305cm

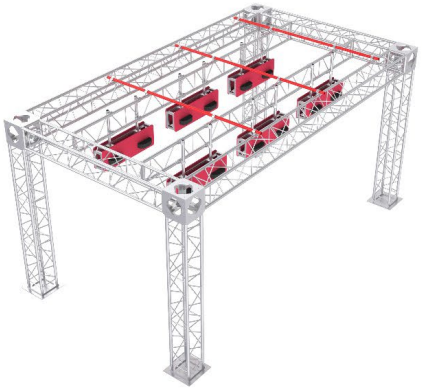
Overcome: Run the length of the obstacle using only feet on the beam. Contact with the ground between the start and finish lines is forbidden. Crawling or hugging the beam is forbidden.

2.1.8. Obstacle #7 - Climbing Holds





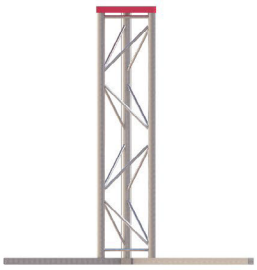


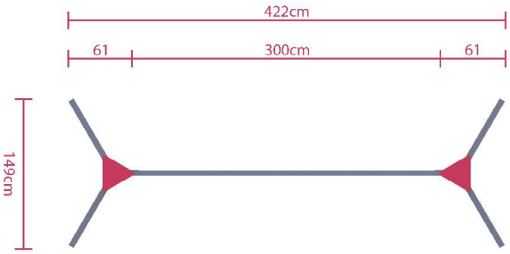


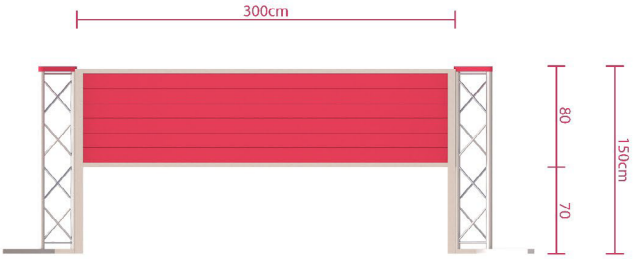
Length 600cm
Width 300cm

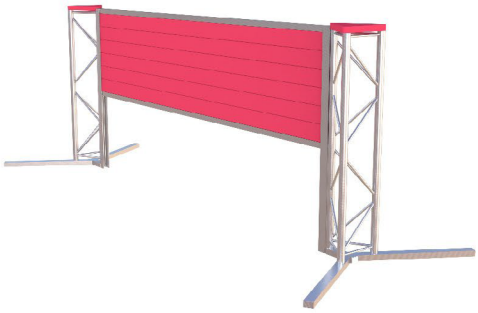
Overcome: Use only hands on the holds to traverse the obstacle. Touching the ground between the platforms is forbidden. There is no obligation to use all of the holds.

2.1.9. Obstacle #8 - Under Wall





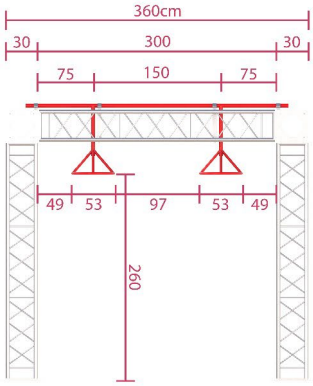


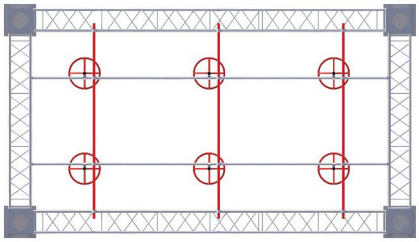


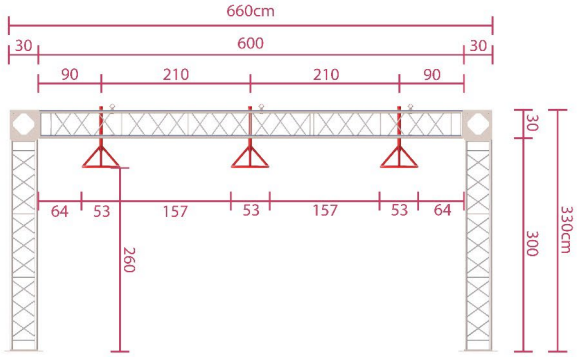
Opening Height 70cm
Width 300cm

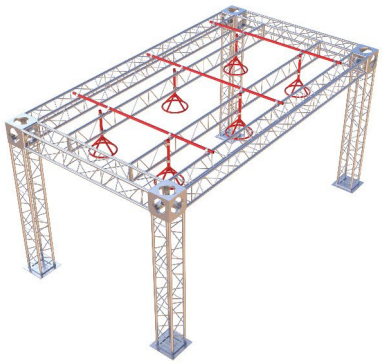
Overcome: Pass under the wall. Any part of the wall can be used or touched except for the vertical supporting frames.

2.1.10. Obstacle #9 - Flying Hoops







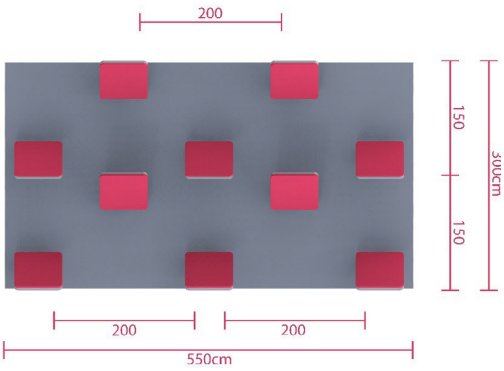


Length 600cm
Width 300cm

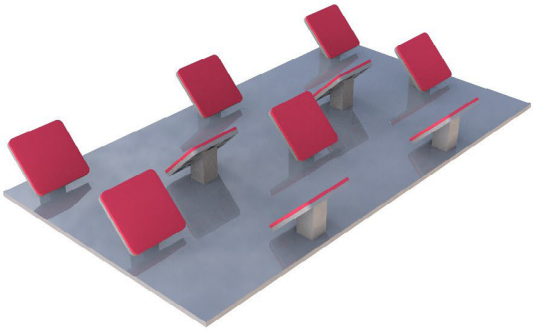
Overcome: Use only hands on the hoops to traverse the obstacle. Touching the ground between the platforms is forbidden. There is no obligation to use all of the hoops.

2.1.11. Obstacle #10 - Giant Steps





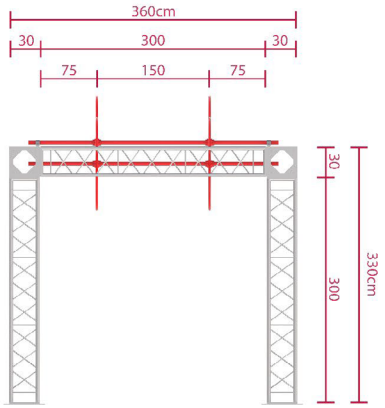


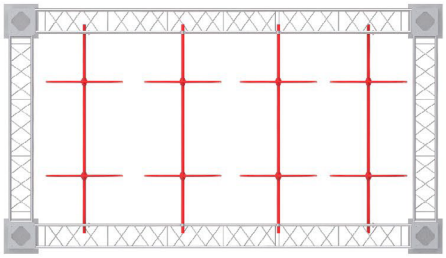


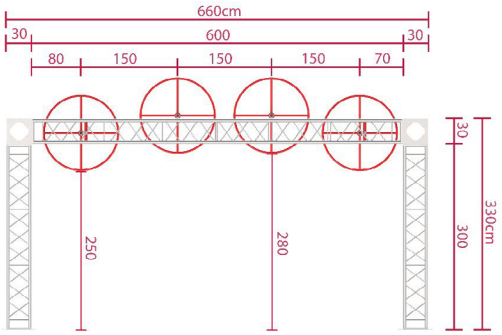
Length 550cm
Steps spacing 200cm

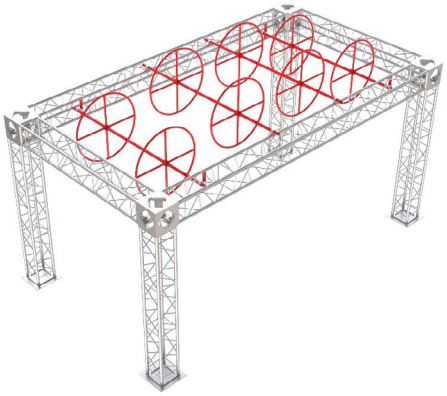
Overcome: Run the length of the obstacle using only feet on the steps. Grasping or touching the steps with the hands is forbidden. Touching the ground between the platforms is forbidden. There is no obligation to use all the steps.

2.1.12. Obstacle #11 - Wheels





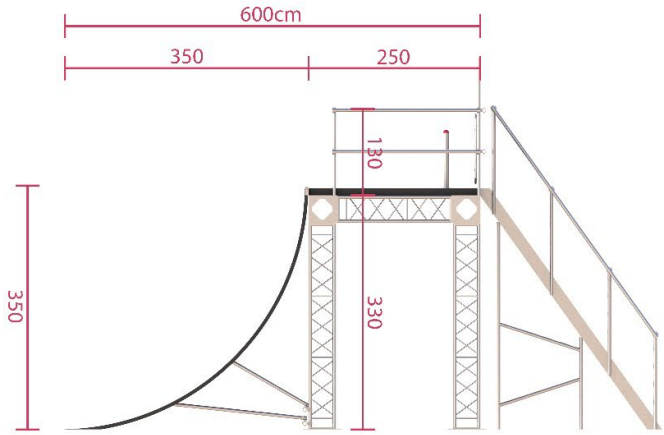


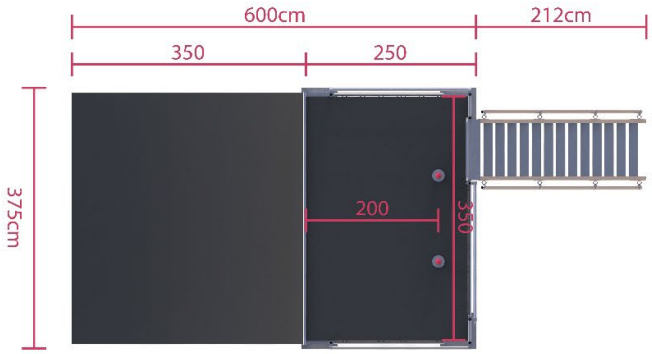


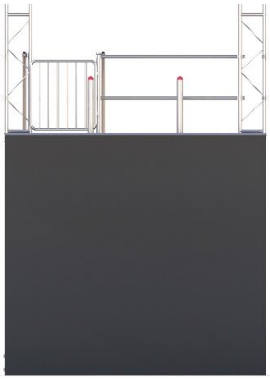
Length 600cm
Width 300cm

Overcome: Traverse between platforms using only hands on the wheels. Touching the ground between the platforms is forbidden. There is no obligation to use all the wheels.

2.1.13. Obstacle #12 - Finish Wall







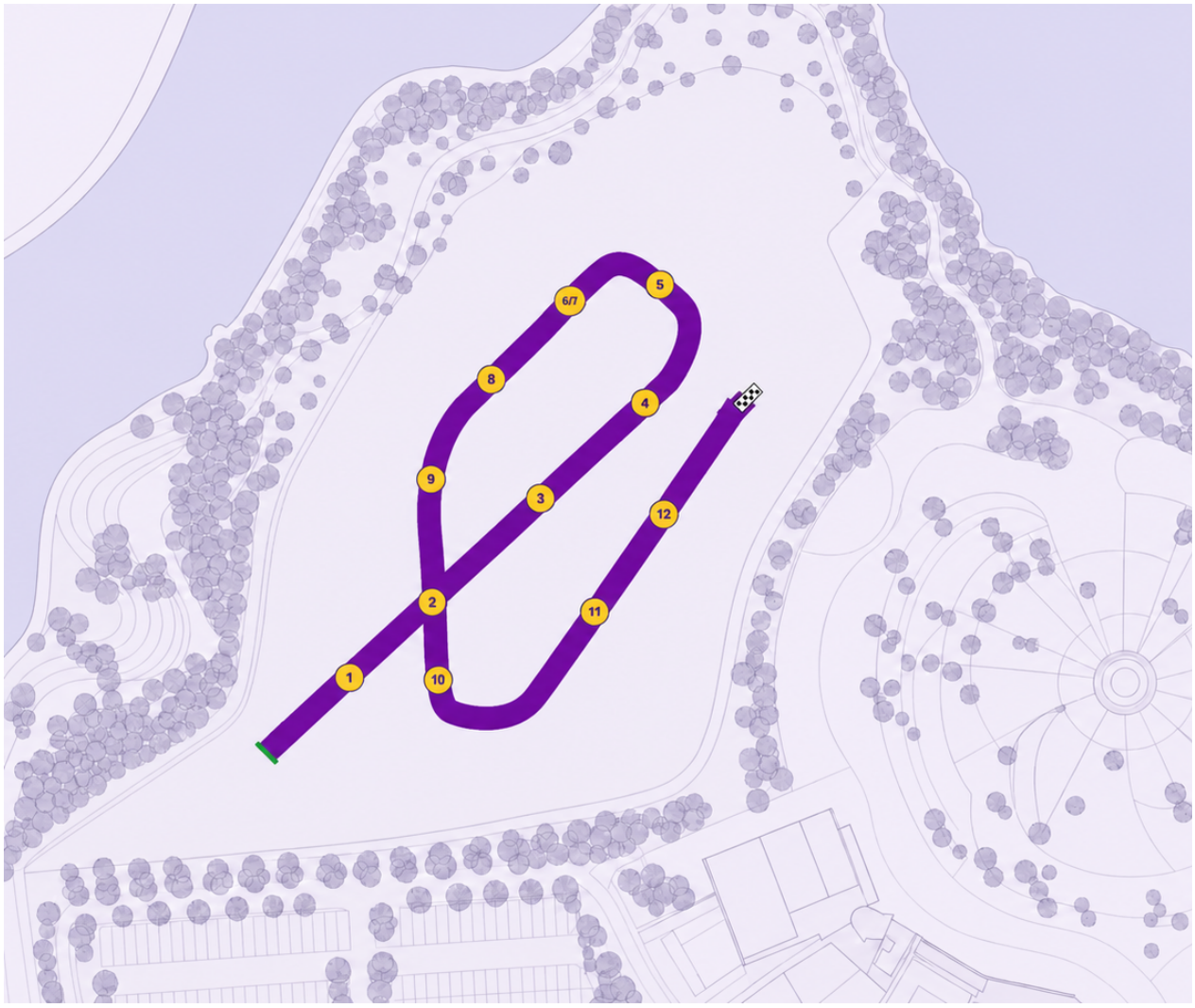


Ramp length 350cm
Top platform length 250cm
Width 375cm
Height 350cm
Ramp curve angle ..... 90°

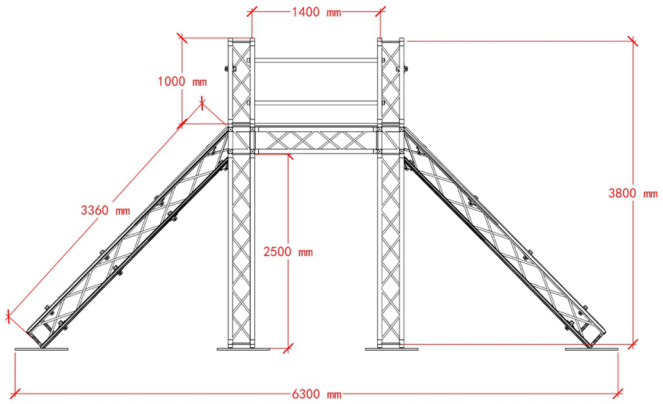
Overcome: Run up the wall to reach the top platform. Any part of the wall except the sides can be touched or held with any part of the body provided the athlete's feet remain below head height at all times.

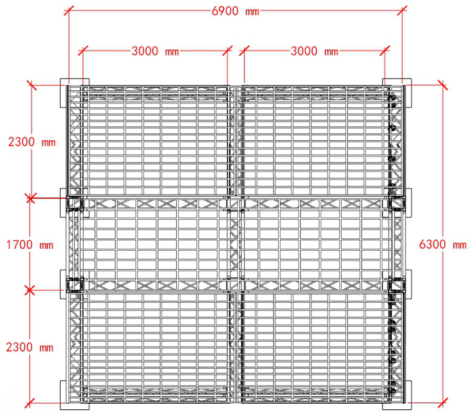
2.2. THE 400M COURSE

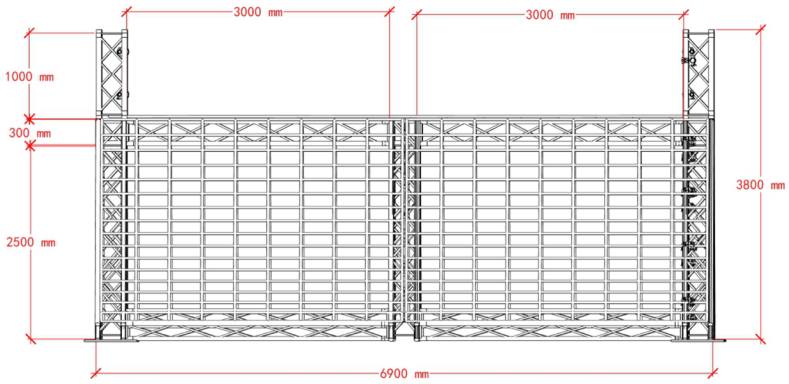
The 400m, course is as illustrated in the diagram below.

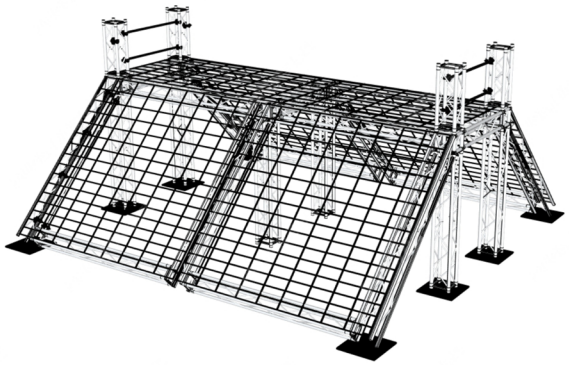


2.2.1. Obstacle #1 - Net





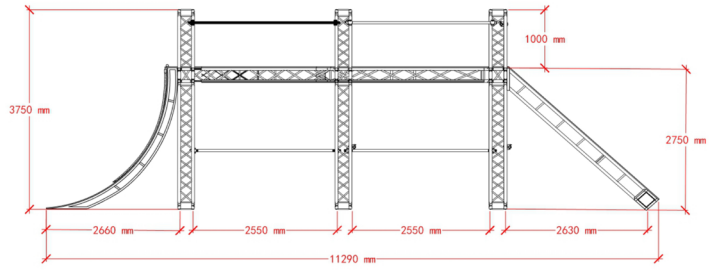


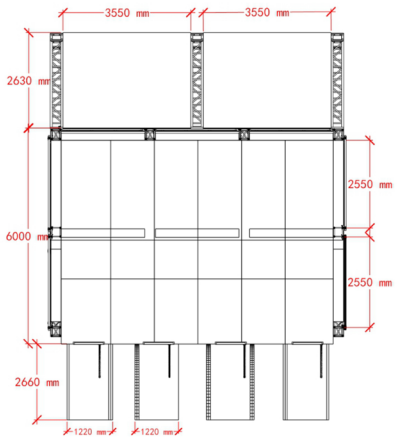


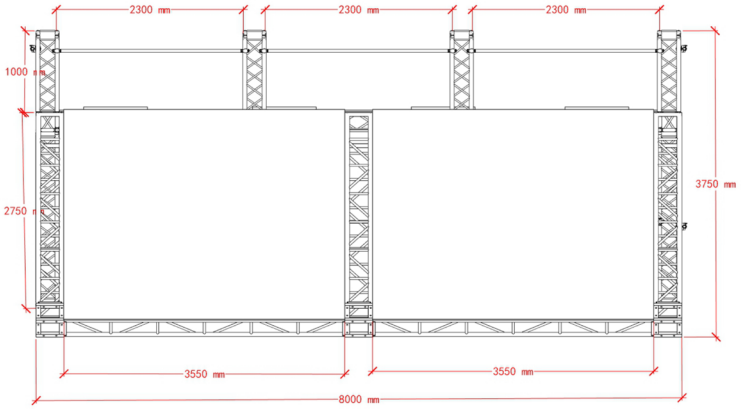
Length 630cm
Width 690cm

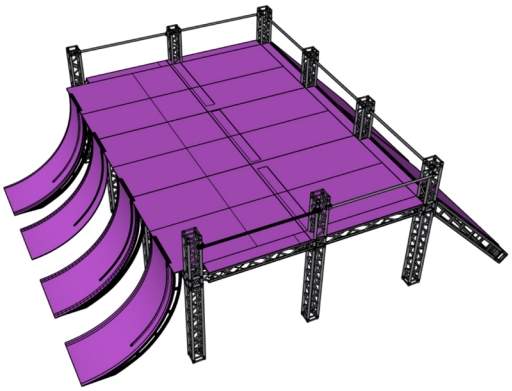
Overcome: Climb the net structure to reach the top platform and descend on the opposite side. Athletes may use both hands and feet to grasp or step on any part of the net.

2.2.2. Obstacle #2 - Warped Wall





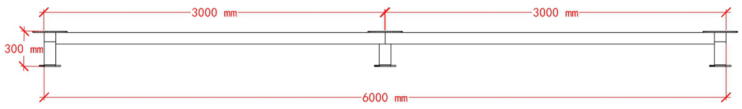


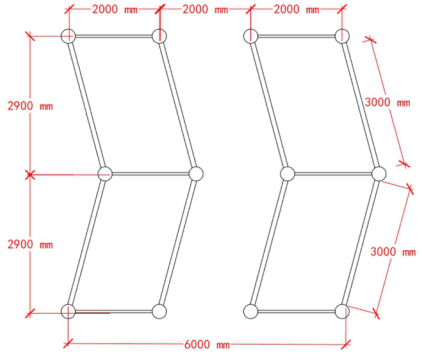


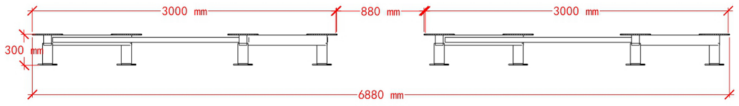
Ramp length 260cm
Top platform length 600cm
Width 800cm
Height 275cm
Ramp curve angle ..... 90°

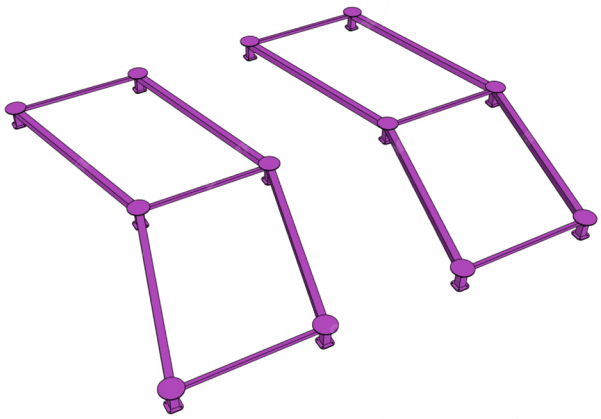
Overcome: Run up the wall to reach the top platform. Any part of the wall except the sides can be touched or held with any part of the body provided the athlete's feet remain below head height at all times. Descend on the opposite side.

2.2.3. Obstacle #3 - Balance Beam





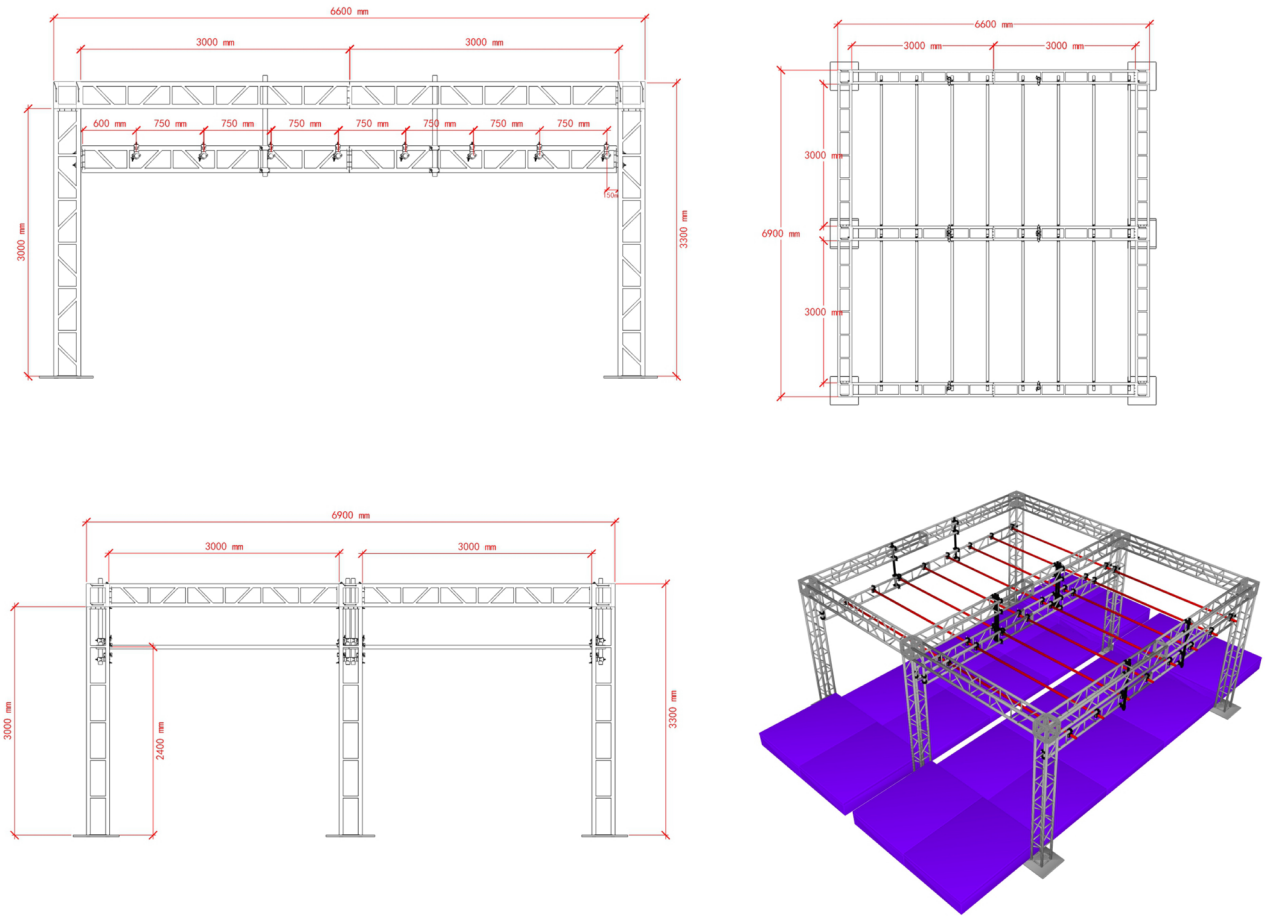




Length 610cm
Width 700cm

Overcome: Run the length of the obstacle using only feet on the beam. Contact with the ground between the start and finish lines is forbidden. Crawling or hugging the beam is forbidden.

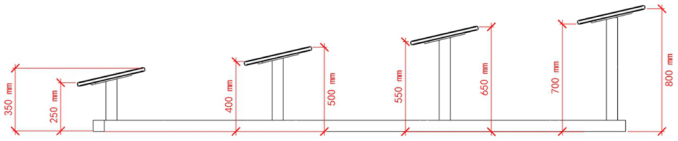
2.2.4. Obstacle #4 - Monkey Bars

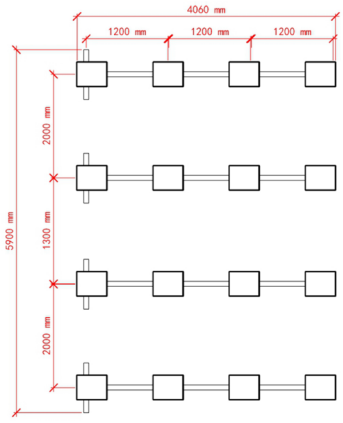


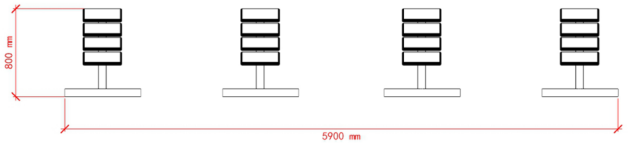
Length 600cm
Width 660cm

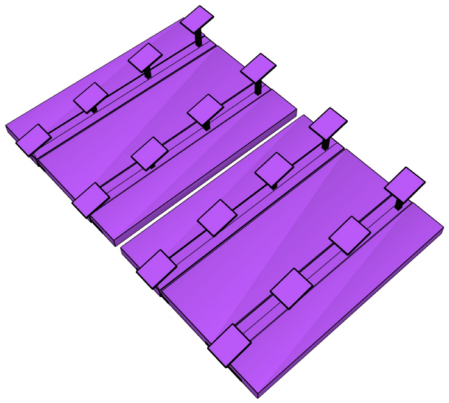
Overcome: Use only hands on the bars to traverse the obstacle. Touching the ground between the platforms is forbidden. There is no obligation to use all the bars.

2.2.5. Obstacle #5 - Steps





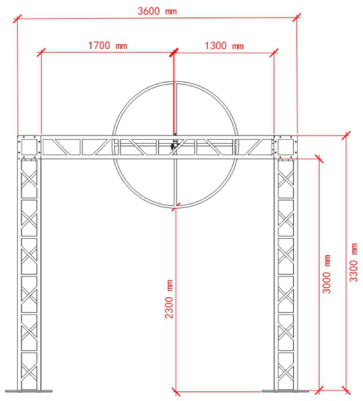


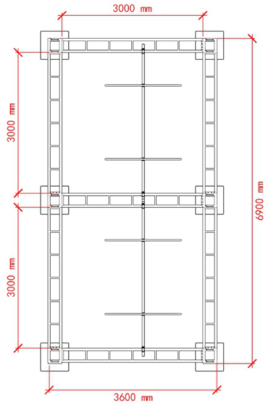


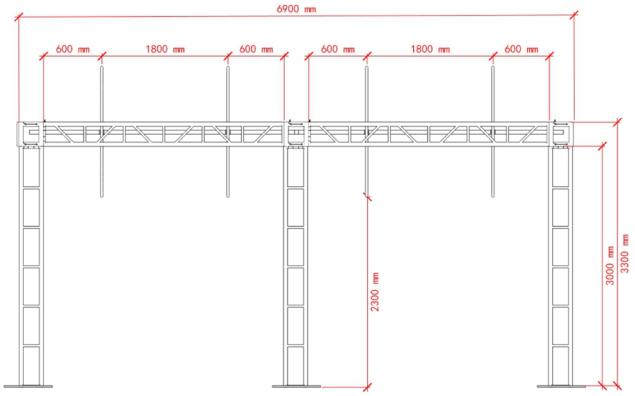
Length steps 400cm
Width 600cm

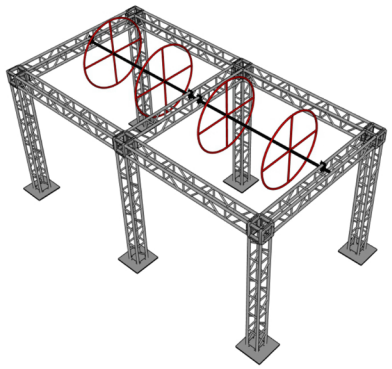
Overcome: Traverse the steps with the feet. Grasping or touching the steps with the hands is forbidden. There is no obligation to use all the steps.

2.2.6. Obstacle #6 - Big Wheel





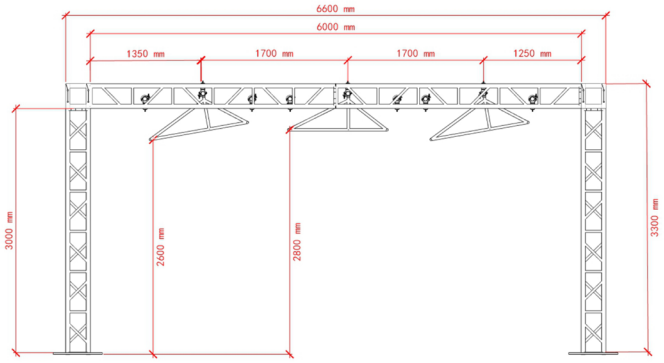


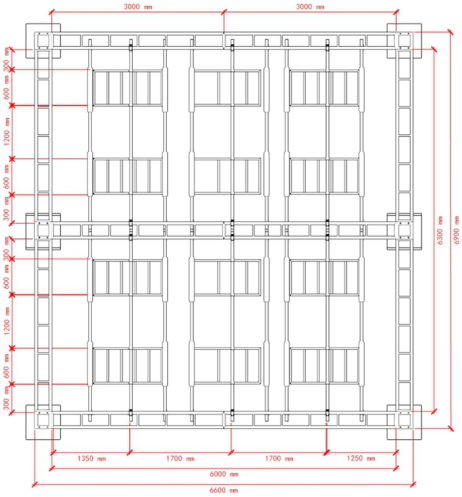


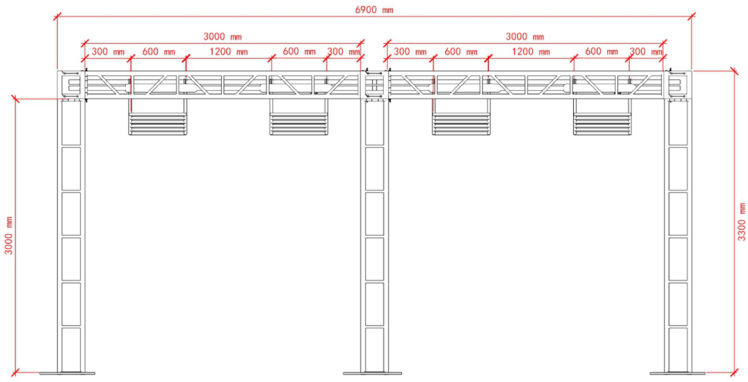
Length Big wheel 300cm
Width 600cm

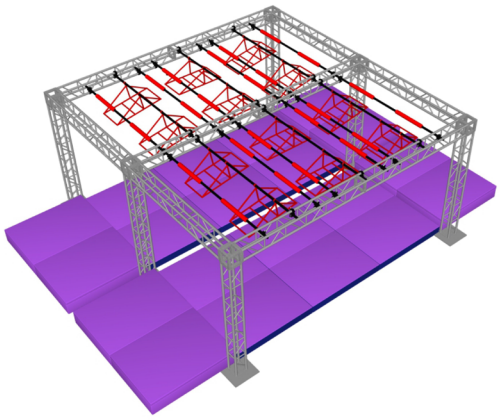
Overcome: Jump from the steps, grasping the wheel and swinging forward. Touching the ground between the platforms is forbidden.

2.2.7. Obstacle #7 - Tilting Ladders





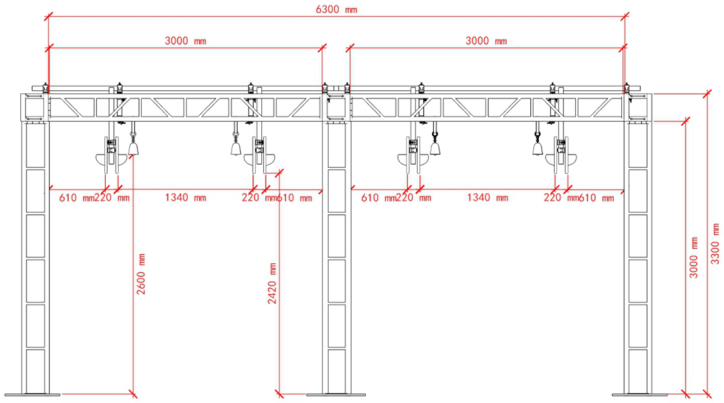


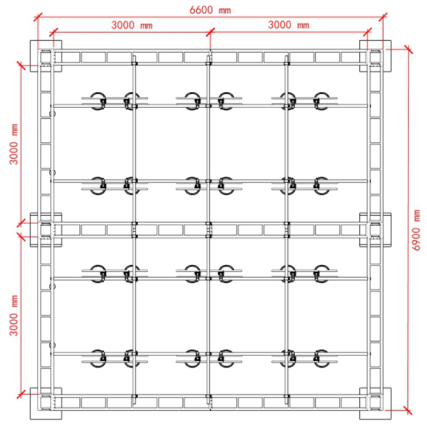


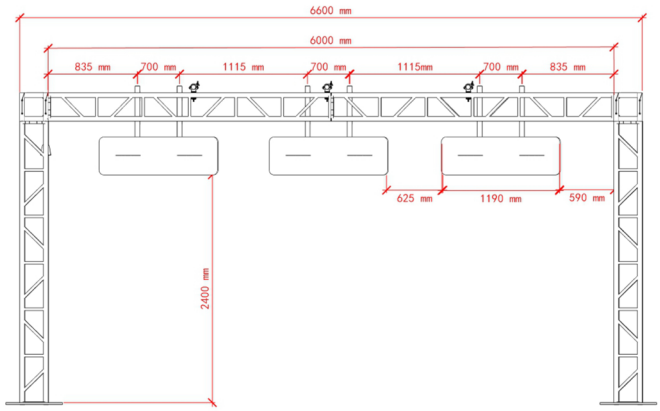
Length 600cm
Width 660cm

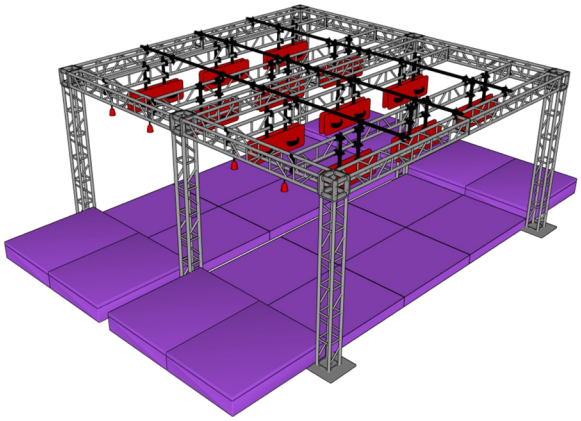
Overcome: Use only hands on the ladders to traverse the obstacle. Touching the ground between the platforms is forbidden. There is no obligation to use all of the ladders.

2.2.8. Obstacle #8 - Climbing Holds





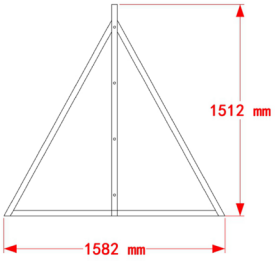


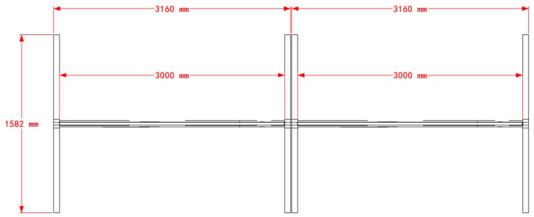


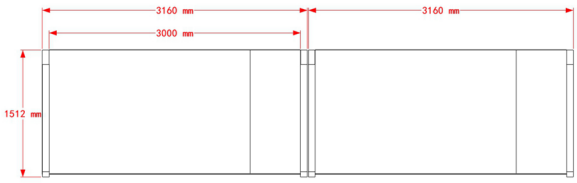
Length 600cm
Width 660cm

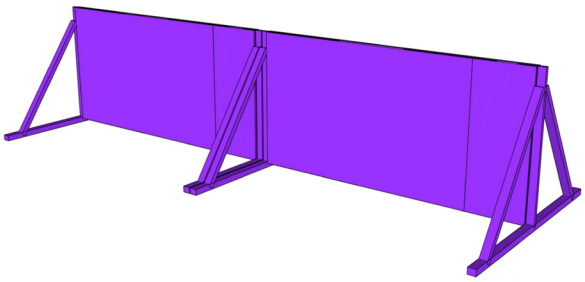
Overcome: Use only hands on the holds to traverse the obstacle. Touching the ground between the platforms is forbidden. There is no obligation to use all of the holds.

2.2.9. Obstacle #9 - Over Wall





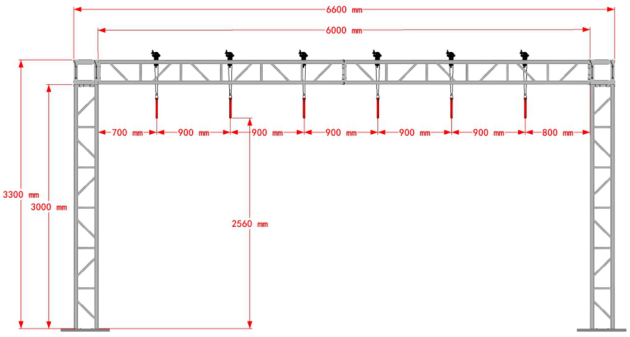


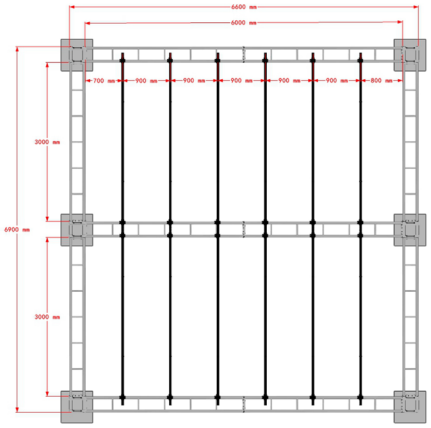


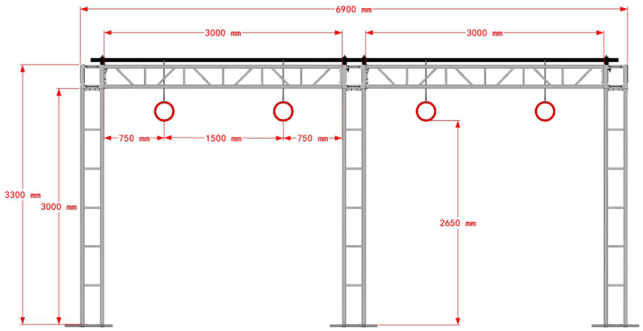
Heigth 150cm
Width 600cm

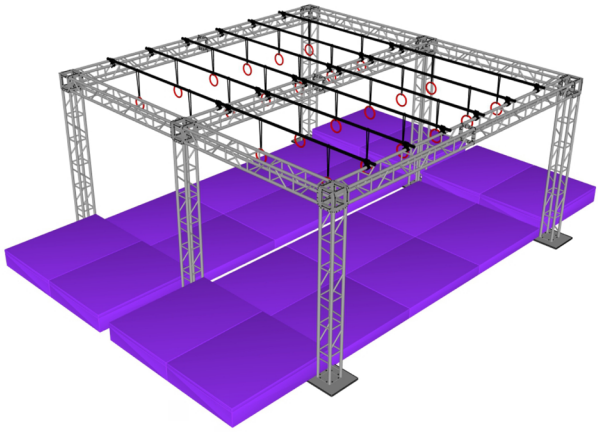
Overcome: Pass over the walls. Any part of the wall can be used or touched except for the vertical supporting frames.

2.2.10. Obstacle #10 - Rings





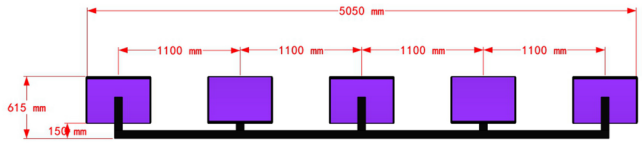


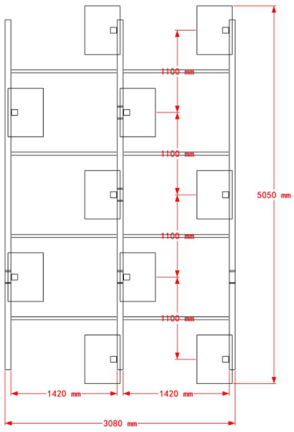


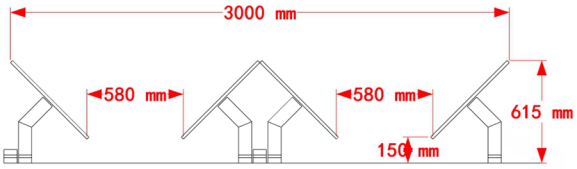
Length 600cm
Width 660cm

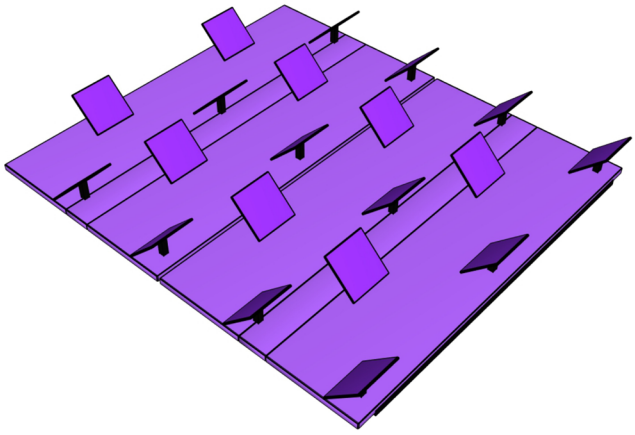
Overcome: Use only hands on the rings to traverse the obstacle. Touching the ground between the platforms is forbidden. There is no obligation to use all the rings.

2.2.11. Obstacle #11 - Giant Steps





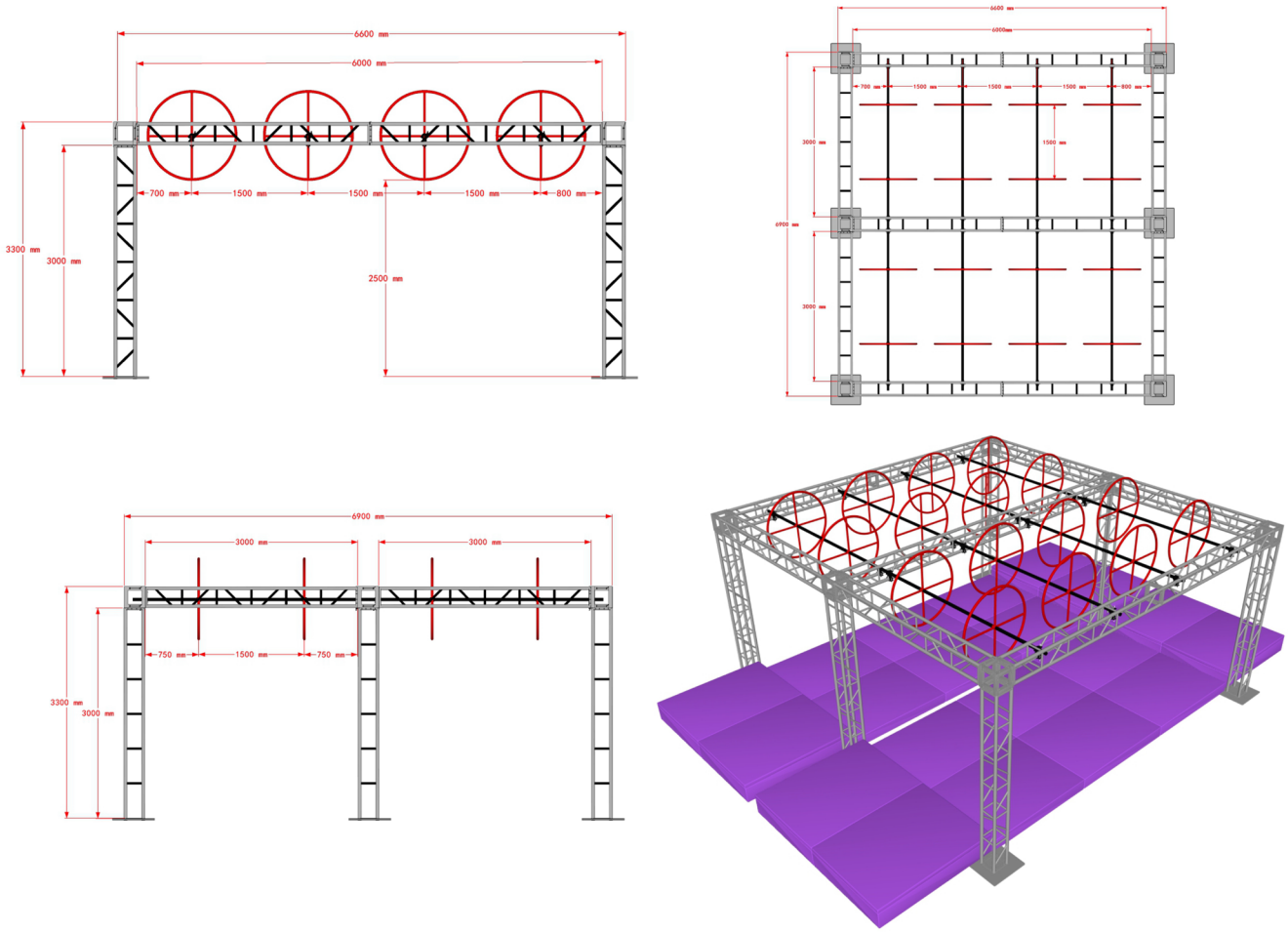




Length 600cm
Width 700cm

Overcome: Run the length of the obstacle using only feet on the steps. Grasping or touching the steps with the hands is forbidden. Touching the ground between the platforms is forbidden. There is no obligation to use all the steps.

2.2.12. Obstacle #12 - Wheels

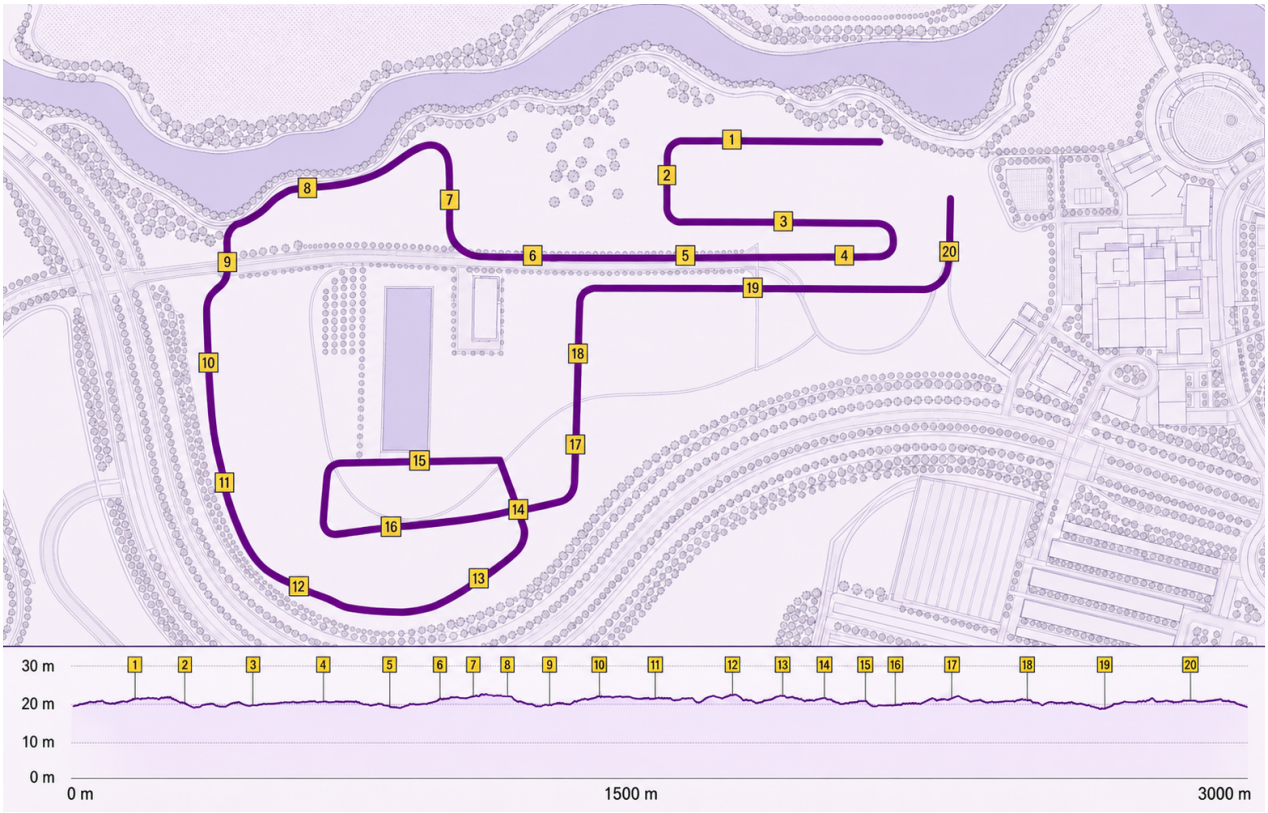


Length 600cm
Width 700cm

Overcome: Traverse between platforms using only hands on the wheels. Touching the ground between the platforms is forbidden. There is no obligation to use all the wheels.

2.3. THE 3K COURSE

The 3K course shall be located at Universal Studios Beijing and shall consist of a cross country route incorporating designated running sections and 20 obstacles.

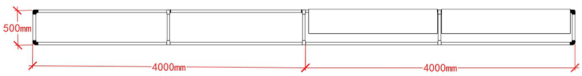


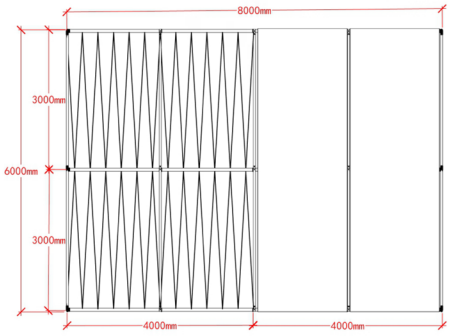
2.3.1. Obstacle Classifications and Penalties

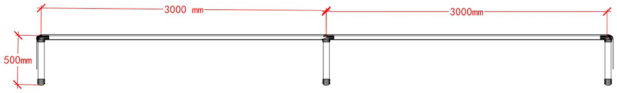
1. **MANDATORY** - The obstacle must be attempted and completed in accordance with the prescribed technique. Athletes may not bypass or intentionally avoid the obstacle.
2. **ONE TRIAL** - Only one attempt is permitted. If the athlete fails to complete the obstacle on that attempt, the applicable penalty must be served before continuing the race.
3. **PENALTY LOOP** - Applies to one trial obstacles. Following an unsuccessful attempt, the athlete must immediately complete the designated penalty loop before continuing on the competition course.
4. **ASSISTANCE IN TEAM** - During the Team Event, athletes belonging to the same team may assist one another in completing the obstacle.

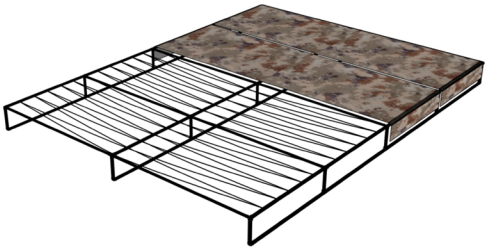
For hanging obstacles, the Technical Delegate (TD) may require the installation of an auxiliary rope, ring, or bar to facilitate entry onto the obstacle, depending on the height of its elements and the access conditions.

2.3.2. Obstacle #1 - Net Crawl







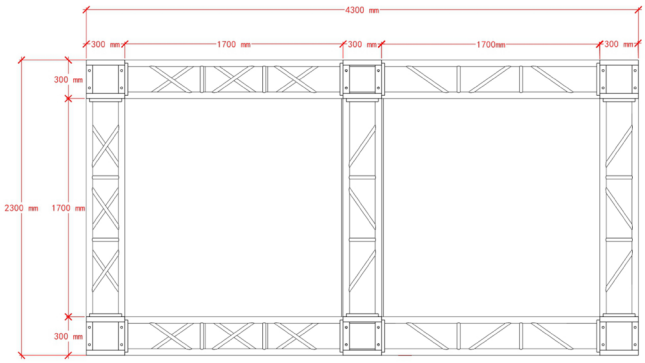


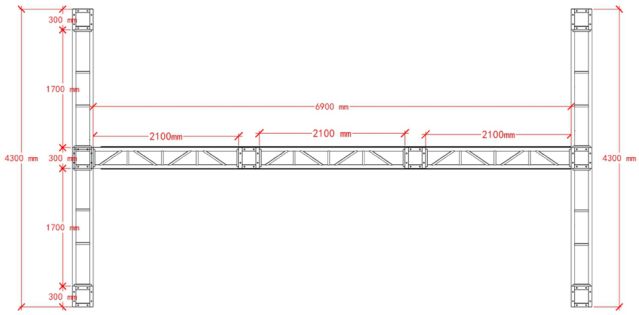
MANDATORY

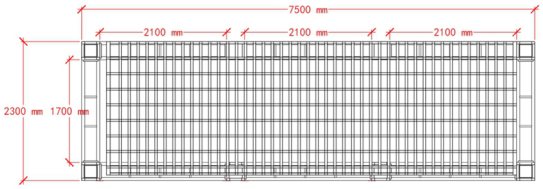
Length 800cm
Width 600cm

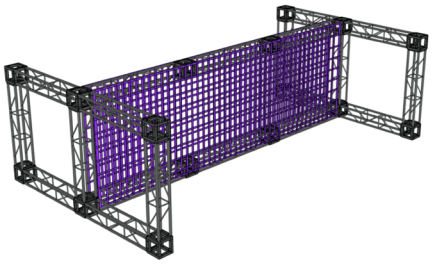
Overcome: Crawl beneath the net from the designated entry point to the designated exit point, remaining within the lateral boundaries of the obstacle. The athlete may use any part of the body to move forward and may make contact with both the ground and the net.

2.3.3. Obstacle #2 - Vertigo Net









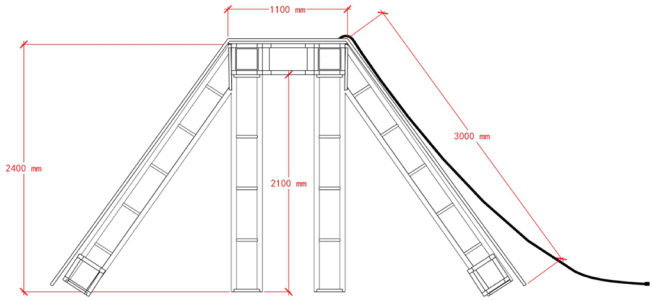
MANDATORY

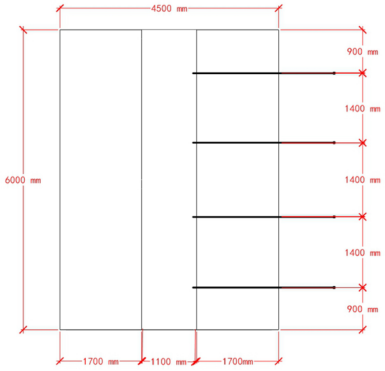
TEAM ASSIST

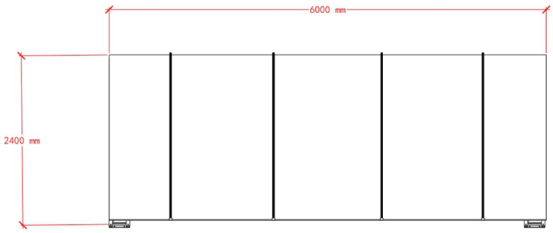
Heigth 230cm
Width 690cm

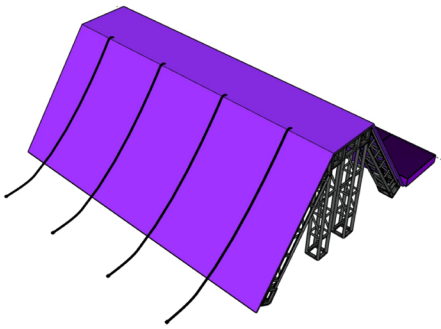
Overcome: Climb the net from the designated start side, pass over the top and descend on the opposite side using only the net.

2.3.4. Obstacle #3 - Slippery Wall









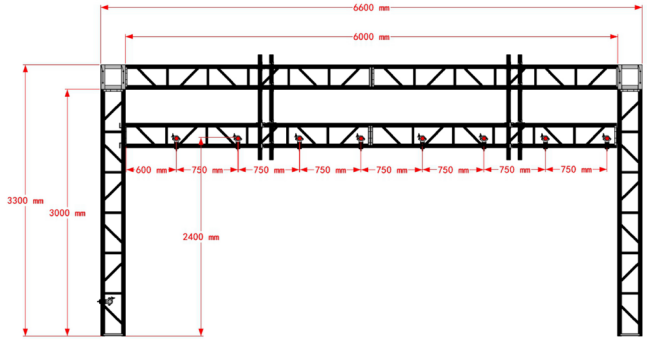
MANDATORY

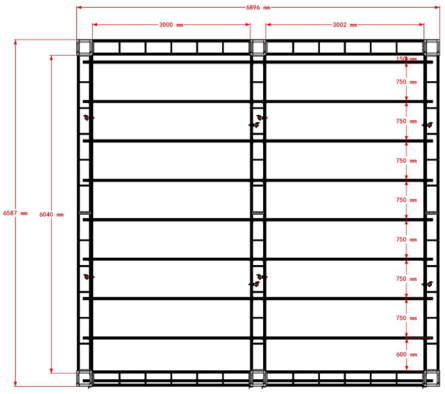
TEAM ASSIST

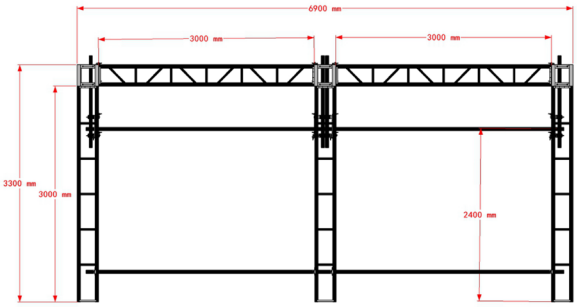
Heigth 240cm
Length 450cm
Width 600cm

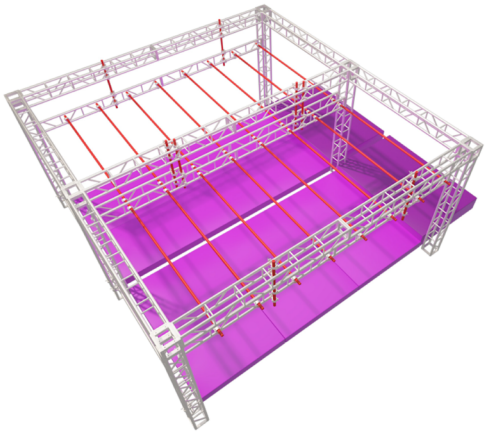
Overcome: Ascend the front face of the wall using one of the designated ropes, reach the top platform and pass over to the opposite side. The athlete must then descend using the rear ramp. The obstacle is completed when both feet touch the ground.

2.3.5. Obstacle #4 - Monkey Bars









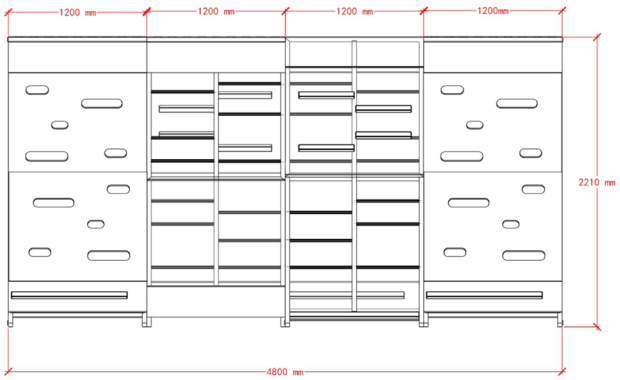
1 TRIAL

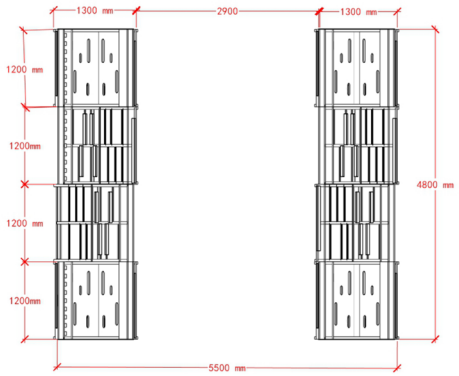
PENALTY LOOP

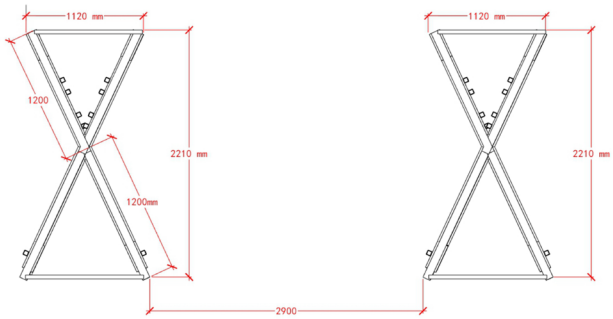
Length 600cm
Width 600cm

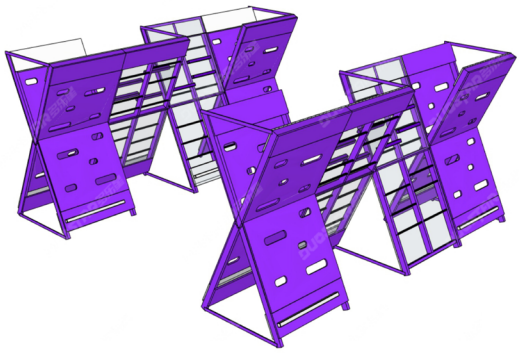
Overcome: Traverse the obstacle using only the hands on the horizontal bars. The athlete is not required to use every bar. The obstacle is completed when the athlete lands with both feet on the finish platform.

2.3.6. Obstacle #5 - Double-X









MANDATORY

Length 600cm
Width 600cm

Overcome: Traverse laterally from the first section to the final section using only the designated handholds and rungs within the same lane. The athlete is not required to use every hold or rung. The obstacle is completed when the athlete passes the final section and lands within the designated exit zone.

2.3.7. Obstacle #6 - Sandbag Carry



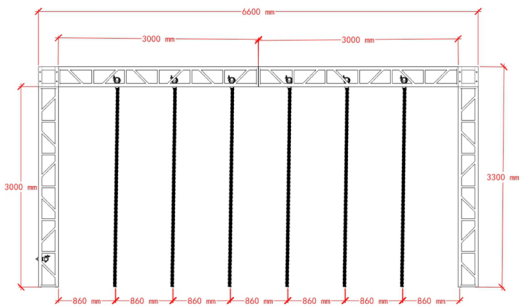
MANDATORY

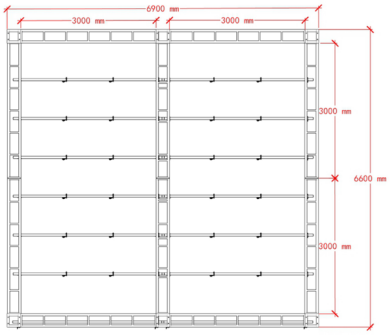
Women weigth 15Kg
Men weigth 20Kg

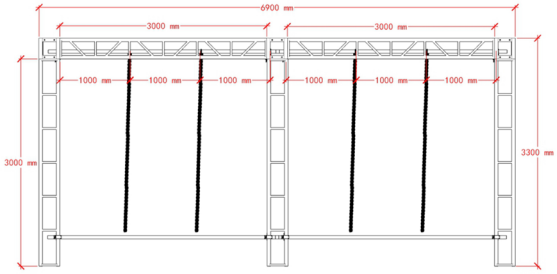
Applicable categories: The Sandbag Carry shall be completed only by athletes competing in the Junior, Senior and Masters categories. It shall not apply to Youth categories.

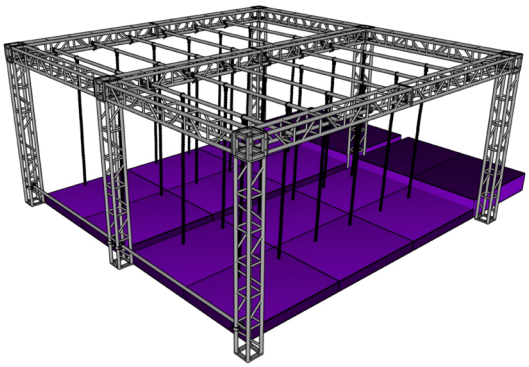
Overcome: Pick up one sandbag from the designated collection zone, carry it along the entire marked route and place it completely within the designated drop zone before continuing. Any safe carrying technique may be used. The athlete may put the sandbag down temporarily but may not make forward progress while the sandbag is in contact with the ground.

2.3.8. Obstacle #7 - Hanging Ropes









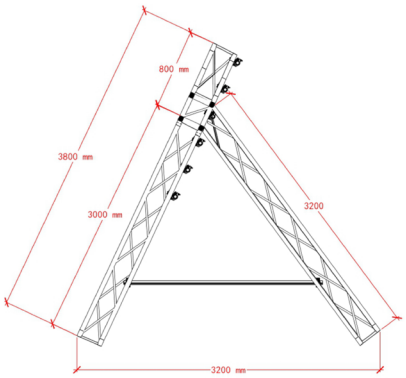
1 TRIAL

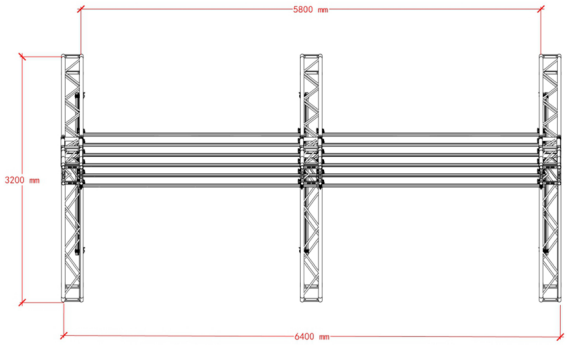
PENALTY LOOP

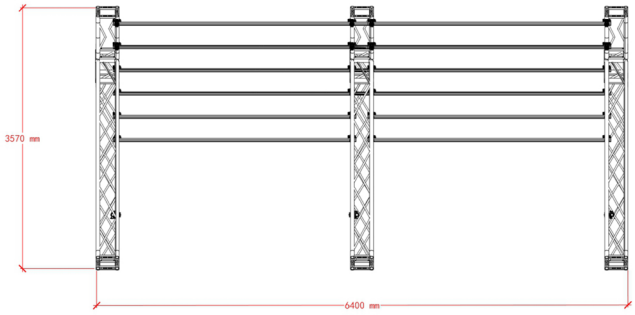
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Width 600cm

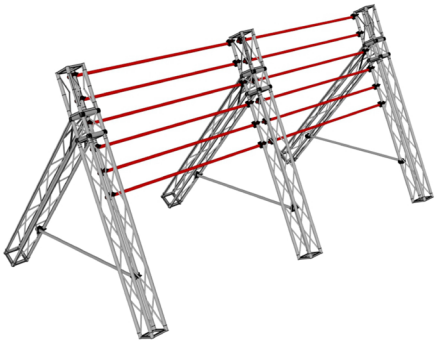
Overcome: Traverse the obstacle using only the hanging ropes within the selected lane. The athlete may use the hands, arms, legs and feet on the ropes and is not required to use every rope. The obstacle is completed when the athlete lands in the landing platform.

2.3.9. Obstacle #8 - Apex Bar Climb







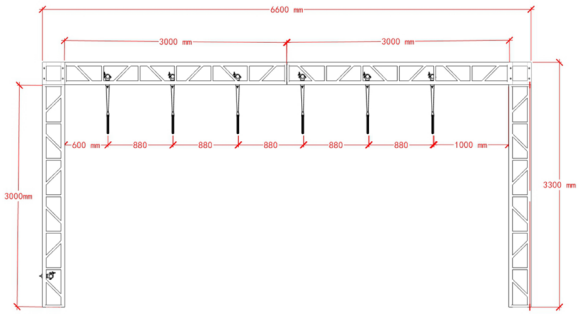


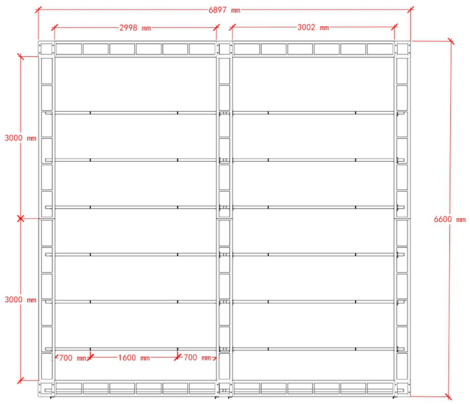
MANDATORY

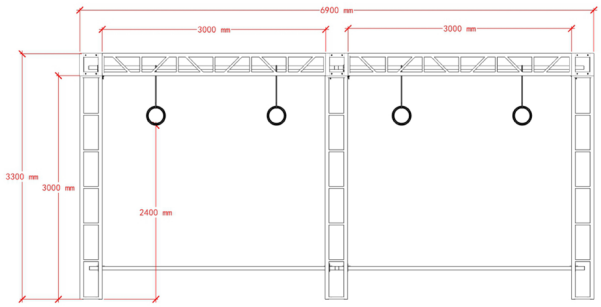
Heigth 357cm
Width 580cm

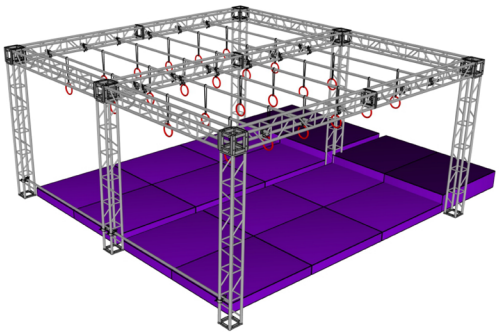
Overcome: Climb the inverted face of the obstacle using only the designated horizontal bars, pass over the top and descend the opposite face using the designated bars. The athlete may use both hands and feet and is not required to use every bar. The obstacle is completed when both feet touch the ground on the opposite side.

2.3.10. Obstacle #9 - Rings









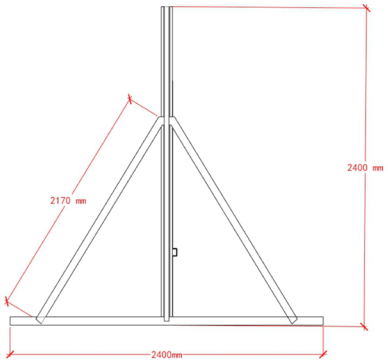
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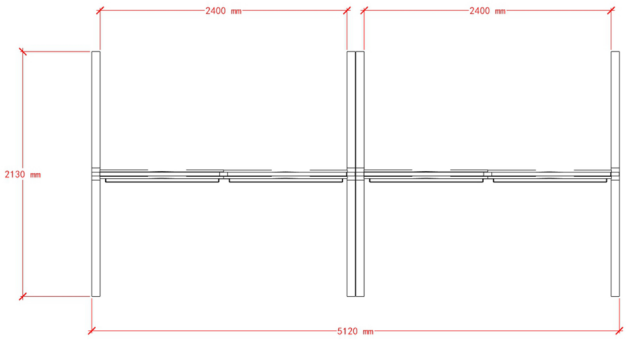
PENALTY LOOP

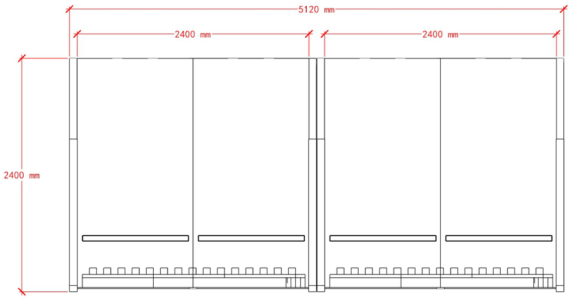
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Width 690cm

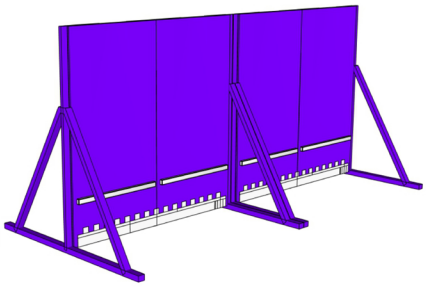
Overcome: Traverse from the start platform to the finish platform using only the hands on the rings within the selected lane. The athlete is not required to use every ring. The obstacle is completed when the athlete lands on the landing platform.

2.3.11. Obstacle #10 - Over Wall









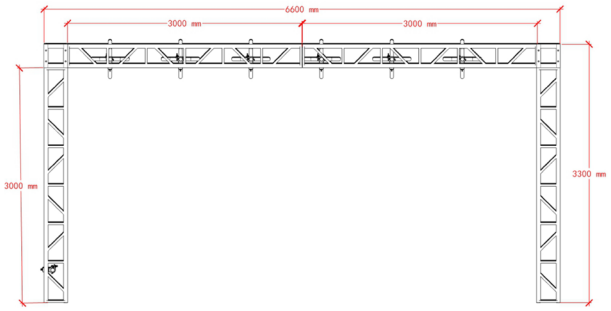
MANDATORY

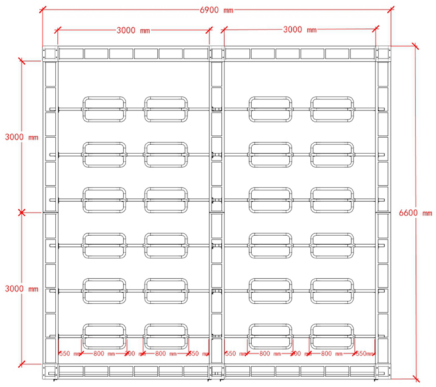
TEAM ASSIST

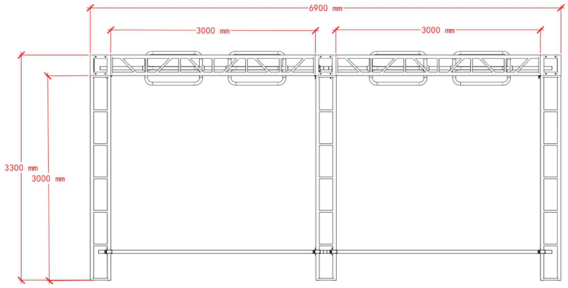
Heigth 240cm
Width 510cm

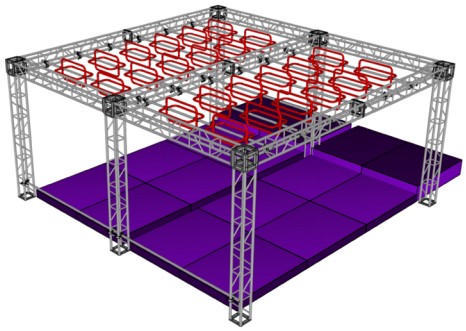
Overcome: Pass over the wall. Any part of the wall can be used or touched except for the vertical supporting frames.

2.3.12. Obstacle #11 - Mixer









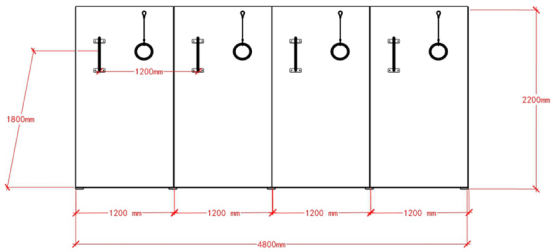
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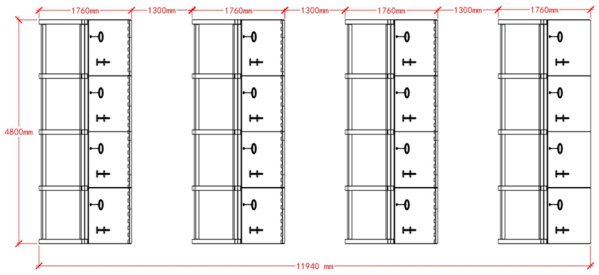
PENALTY LOOP

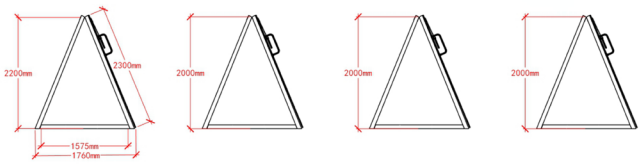
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Width 690cm

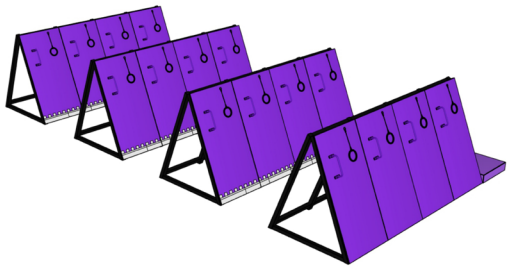
Overcome: Traverse from the start platform to the finish platform using only the hands on the mixers within the selected lane. The athlete is not required to use every mixer. The obstacle is completed when the athlete lands on the landing platform.

2.3.13. Obstacle #12 - Angled Wall Traverse







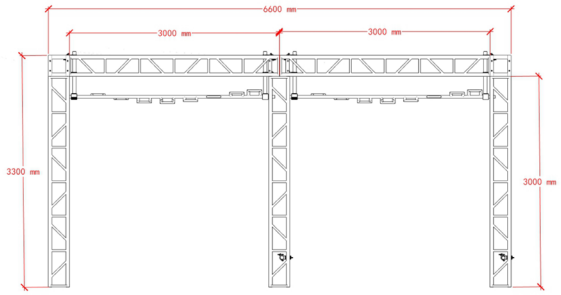


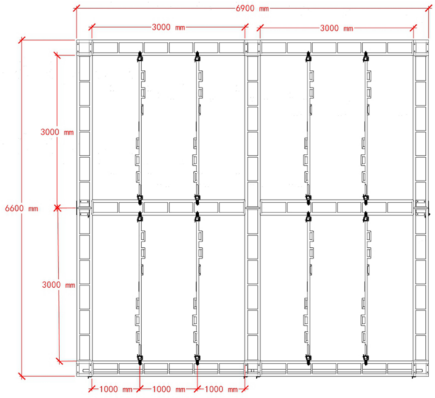
MANDATORY

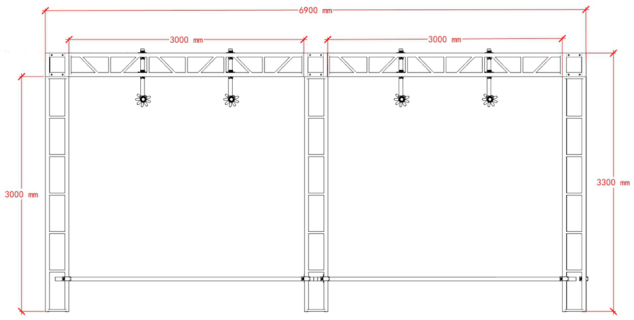
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Heigth 220cm

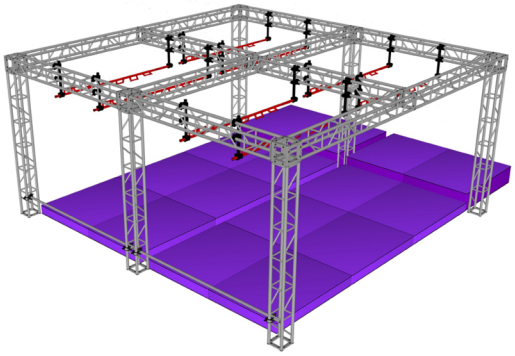
Overcome: Traverse laterally from the designated start point to the finish point using only the hands on the designated grips and suspended rings. The feet may be placed only against the wall surface. The athlete is not required to use every grip or ring. The obstacle is completed when the athlete passes the final section and lands within the designated exit zone.

2.3.14. Obstacle #13 - Spin Bar







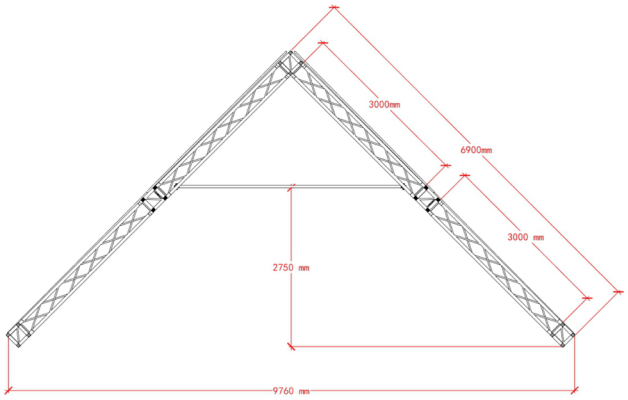


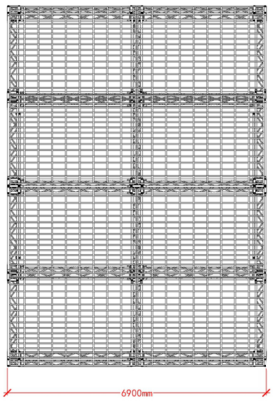
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Width 690cm

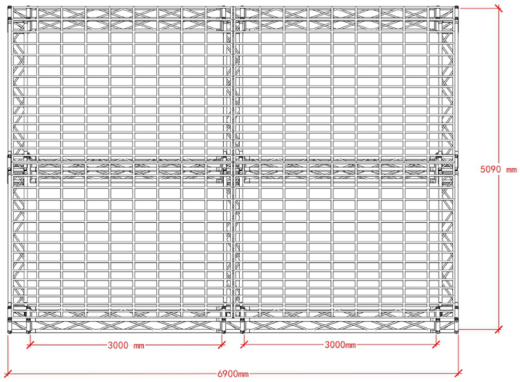
1 TRIAL
PENALTY LOOP

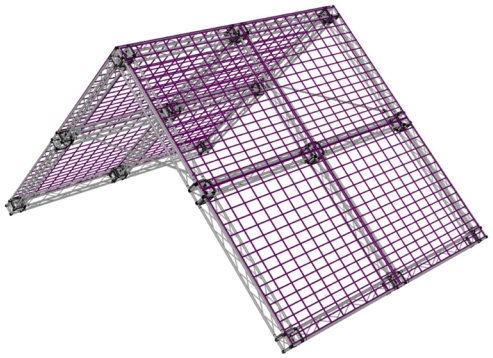
Overcome: Traverse from the designated start point to the finish point using only the hands on the grips attached to the rotating bar. The athlete is not required to use every grip. The obstacle is completed when the athlete passes the final element and lands on the landing platform.

2.3.15. Obstacle #14 - Net Piramyd







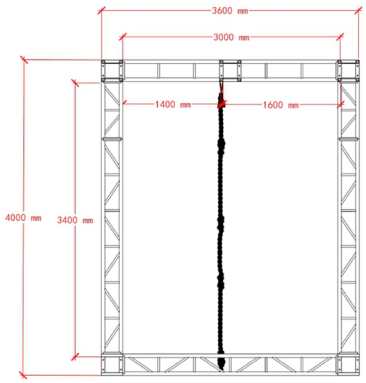


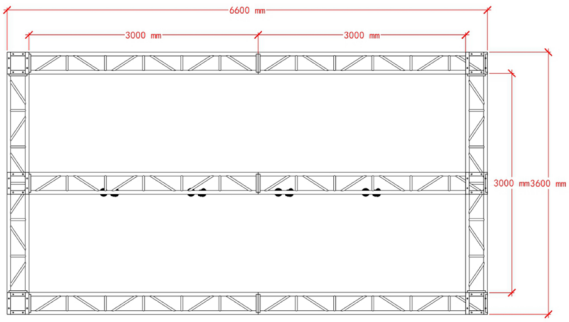
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Width 690cm
Heigth 510cm

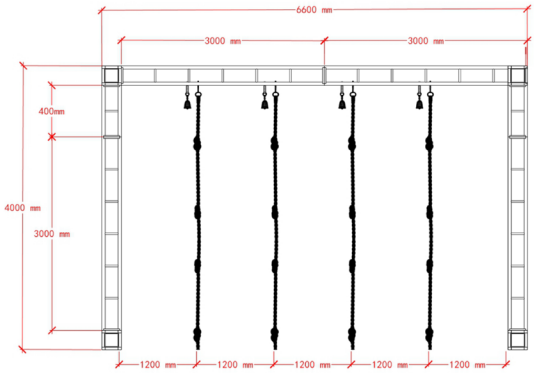
MANDATORY

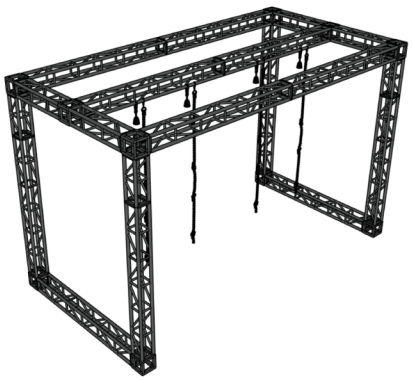
Overcome: Climb the net from the designated start side, pass completely over the top ridge and descend the net on the opposite side. The athlete may use both hands and feet.

2.3.16. Obstacle #15 - Rope Climbing









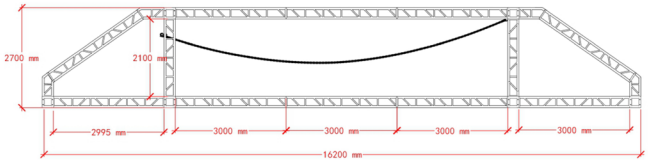
Heigth 400cm

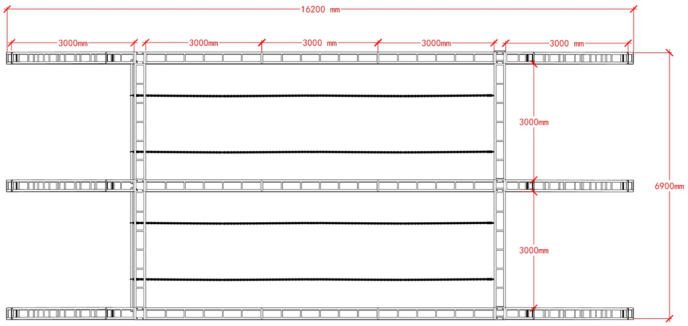
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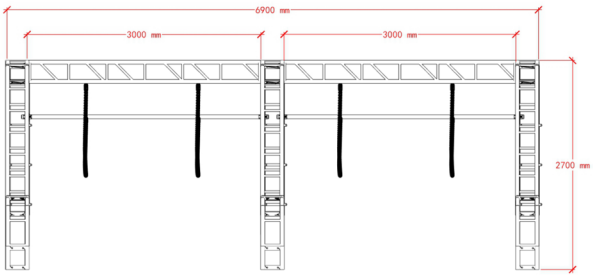
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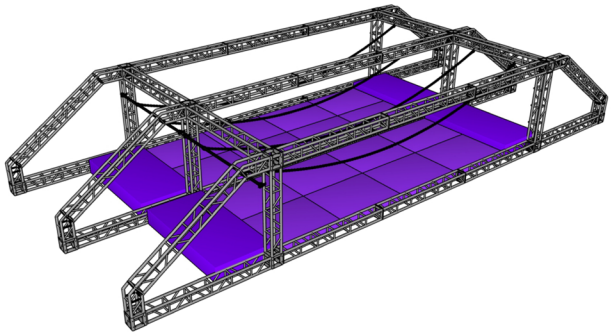
Overcome: Climb the rope and ring the bell at the top using one hand. The athlete may use both the hands and feet on the rope. After reaching the completion point, the athlete must descend under control using the same rope.

2.3.17. Obstacle #16 - Rope Hug







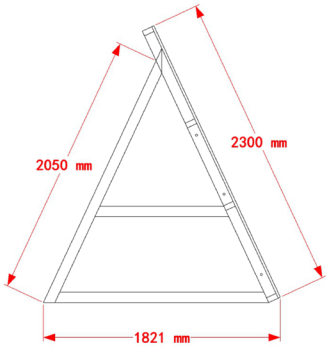


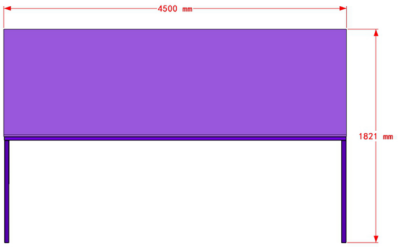
Length 900cm
Heigth 270cm

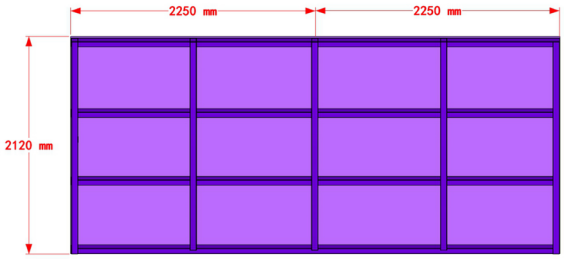
MANDATORY
TEAM ASSIST

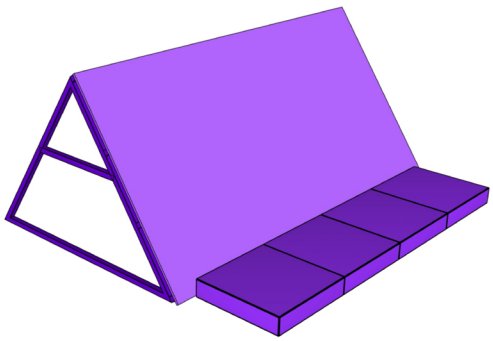
Overcome: Traverse along the designated suspended rope from the start point to the finish point without touching the ground. The athlete may use the hands, arms, legs and feet on the rope and may adopt any safe progression technique. The obstacle is completed when the athlete passes the designated finish marker.

2.3.18. Obstacle #17 - Inverted Wall







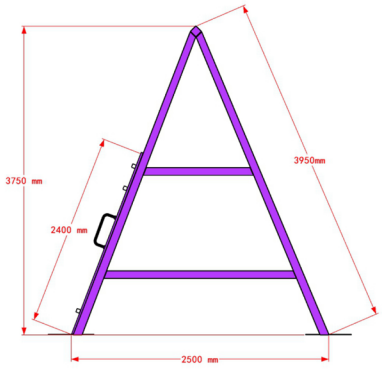


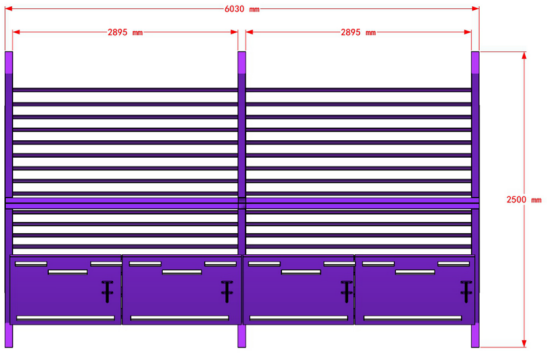
Heigth 182cm
Width 550cm

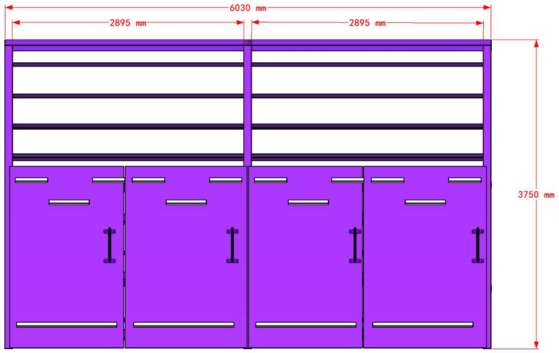
1 TRIAL
TEAM ASSIST
PENALTY LOOP

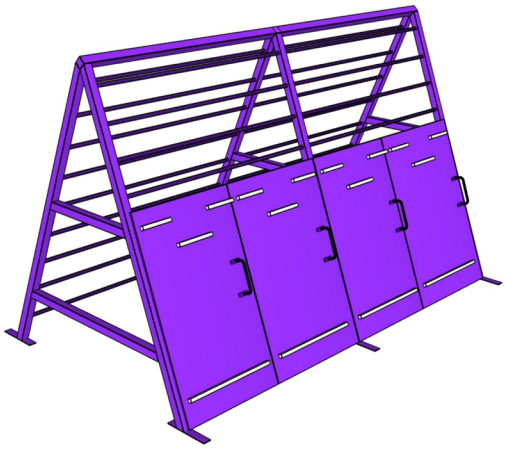
Overcome: Climb the overhanging face of the wall, pass completely over the top and descend on the opposite side. The athlete may use the wall surface, upper edge and any designated handholds or footholds.

2.3.19. Obstacle #18 - Stairway







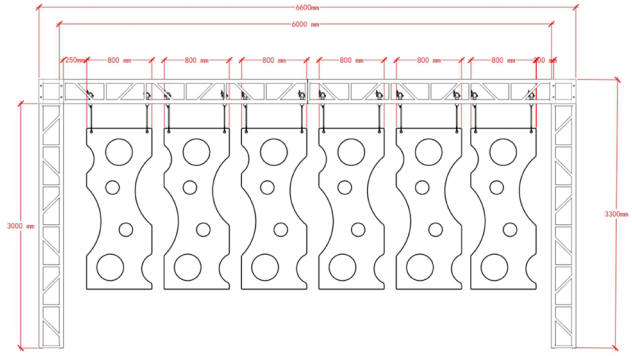


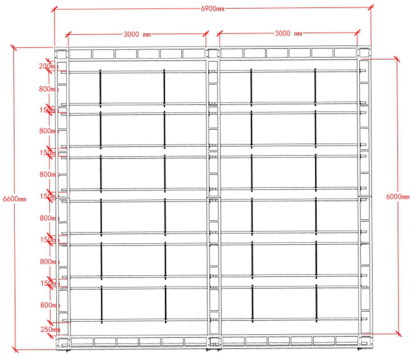
Heigth 375cm
Width 600cm

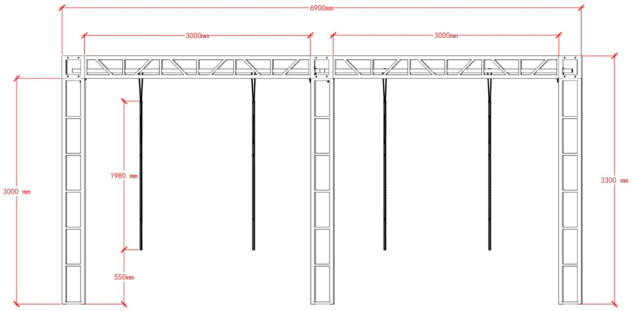
MANDATORY
TEAM ASSIST

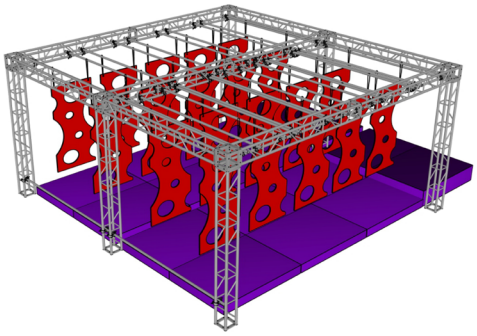
Overcome: Climb the wall using only the designated handholds and footholds, continue upward using the horizontal bars, pass completely over the top and descend the opposite side using the designated bars. The athlete is not required to use every hold or bar.

2.3.20. Obstacle #19 - Cheeses







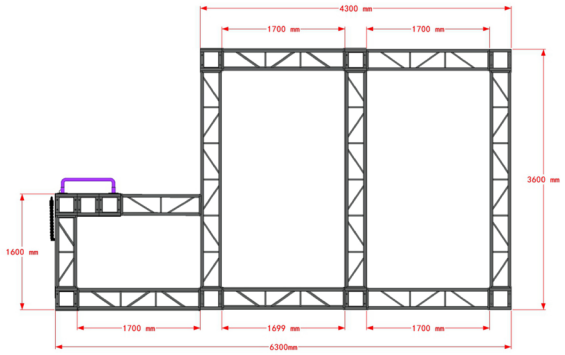


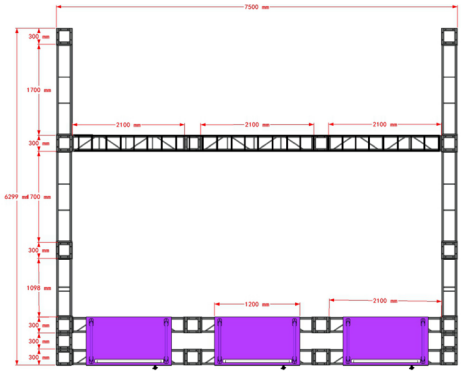
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Width 690cm

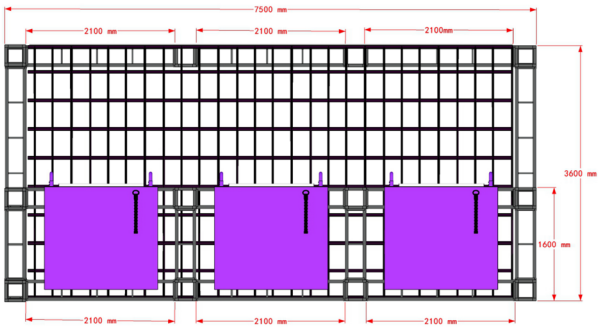
1 TRIAL
PENALTY LOOP

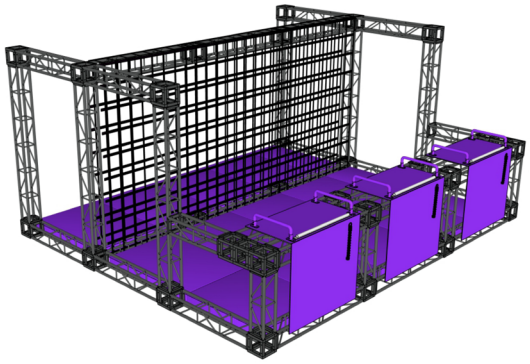
Overcome: Traverse the obstacle using the suspended panels in sequence within the selected lane. The athlete may use the hands and feet on the panel openings and designated edges and is not required to use every opening.

2.3.21. Obstacle #20 - Vertigo Net Plus









Wall Heigth 160cm
Vertigo Net Heigth 360cm
Width 750cm

MANDATORY
TEAM ASSIST

Overcome: Pass over the wall. Then, jump and climb up the obstacle, go over the top, and descend the other side using only the net, the horizontal trusses at the base and top, and any horizontal pipes. Do not use the side structures or diagonal supports.

3. SAFETY REQUIEREMENTS

3.1. STRUCTURE APPROVAL

a. All obstacles that include a structural element require written approval from a qualified professional before being used at events.

b. Upon approval of obstacle drawings, a qualified professional must document the structural element design loads for the event organiser considering the following factors, including but not limited to: anticipated environmental factors, wind, participant volume, maximum participant weight, maximum number of participants on an obstacle at one time, maximum expected forces applied by participants to the obstacle, and other safety factors.

c. If the national laws of the host country require professional certification for the assembly of the obstacle course, the LOC must submit the professional's credentials to UIPM prior to the start of the event.

d. When two trusses of dimensions differing from those specified are used to cover the length of a 600 cm hanging obstacle, professional and certified load calculations must be performed for the connection junctions and any additional supporting structures required.

3.2. BUILDING AND INSPECTION

a. Obstacles with structural elements must be built according to qualified professional approved design(s).

b. Event organisers must conduct and document a pre-event inspection and confirm the integrity of obstacles before each day of the event.

c. Any modifications to a structural obstacle that change the overall structural integrity of the obstacle relative to qualified professional approved designs must be approved and documented by a qualified professional before intended use.

d. The LOC shall document a full inspection before every training/competition opening and after severe weather, impact, repair, configuration change or suspension. Reopening requires confirmation that obstacles, timing, safety surfaces and access routes are fit for use.

e. Special attention must be given to all trusses and screw tips, which must be countersunk or be covered with plastic/rubber caps to prevent injury and reduce the risk of tripping. The caps must be placed on the external adjacent side of the course, facing outward, for maximum visibility and safety.

f. Wooden obstacles, such as balance beams, must have all edges and corners rounded to prevent injury. Sharp angles can cause splinters, cuts, scrapes or other injuries, and must be eliminated through proper rounding and smoothing of the wooden surfaces. All wooden surfaces must be treated to prevent moisture damage and decay which can weaken the obstacle.

3.3. RISK ASSESSMENT

a. Obstacles must be subject to a risk assessment created and written by a qualified risk assessor in coordination with the competition medical team before the course is open for training and/or competition. The risk assessment must identify general hazards and hazardous obstacle elements, evaluate the probability and severity of a potential injury, and develop risk mitigation plans associated with the use of obstacles by participants.

b. For any obstacle with a fall from height (hazardous obstacle element), the risk assessment must consider the following factors: assessment of height of fall, landing surface, type of participant fall, participant body orientation throughout the obstacle, participants falling on each other, appropriate fall warning signage and landing surface maintenance.

3.4. MEDICAL PROVISION

a. Medical provision is mandatory during the competition and must be conducted according to UIPM Competition Rules and Regulations and UIPM Medical Rules in order to ensure prompt and effective medical attention if necessary.

b. All medical staff must be trained on rescue protocols, specific hazards of the obstacles, locations of life-saving equipment and emergency response protocols.

c. All obstacles must be disinfected in cases where there are traces of blood to prevent the risk of disease transmission.

d. Hand sanitiser must be provided at the last call room.

3.5. ELECTRICAL SYSTEM

a. Electrical systems placed in temporary structures such as open-air competitions involve an increase in electrical risk, due to the temporary nature of the systems, the risk of fire, the presence of the public and the environmental conditions that change depending on the location installation; for this reason, their execution requires greater and careful evaluation in order to reduce the electrical risk.

b. Plugs and sockets must have an adequate degree of protection against the penetration of water.

c. The equipment, tools, panels and pipes, in addition to complying with the regulations in force, must always be kept in good condition and not be a source of risk for workers.

d. The systems and materials used must be certified as compliant with the regulations in force.

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