

UIPM OBSTACLE WORLD CHAMPIONSHIPS

COMPETITION REGULATIONS AND GUIDELINES

2025

These Competition Regulations and Guidelines have been developed specifically for the inaugural edition of the UIPM 2025 Obstacle World Championships (OCR). It outlines the technical and procedural regulations governing the event, with the objective of ensuring fair, safe, and consistent competition for all participants.

Any matters not expressly covered by this document shall be governed by the UIPM Competition Rules, which remain applicable and binding. The most recent version of the UIPM Competition Rules is available at <https://www.uipmworld.org/uipm-rules-and-regulations>.

These Regulations and Guidelines will be reviewed and updated as needed.

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

| | |
|---------------|-------------|
| 13 – 14 years | Under 15 |
| 15 – 16 years | Under 17 |
| 17 – 18 years | Under 19 |
| 19 – 21 years | Juniors |
| 22 – 39 years | Seniors |
| 40 and over | Masters 40+ |
| 13 and over | Elite |

1.3 COMPETITION AUTHORITIES

1.3.1 UIPM Technical Delegate

- A UIPM TD is a UIPM Level 3 Certified International Judge in all disciplines proposed by the UIPM TC and appointed by the UIPM EB.
- The UIPM TD is tasked to ensure that all UIPM competitions are run in conformity with the UIPM Rules and agreements.
- It is mandatory that a UIPM TD must not come from the host country.

1.3.2 Jury of Appeal

- The Jury of Appeal consists of three members:
 - The UIPM Technical Delegate.
 - The representative of the LOC who must hold a UIPM International Judge's license.
 - The Head Judge.
- The Jury of Appeal meets to decide on appeals and protests to decide 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.
- The Jury of Appeal's decision is taken by secret ballot without the presence of the person involved or his advisor. A majority vote is acceptable. If there is any doubt the Jury must decide in favour of the person liable to disqualification, disciplinary punishment or a disciplinary measure.
- The Jury of Appeal is not restricted in the admission or evaluation of evidence. Its decisions are final.
- All protests submitted to the Jury of Appeal must be accompanied by a deposit of 60 Euros or the equivalent sum in convertible currency and must be placed a maximum of 20 minutes after the end of the relevant event. 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. The protest form is available for download at this [link](#).

1.3.3 Local Organising Committee (LOC)

- 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.
- 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

- The Technical Meeting/Athletes' Briefing is a part of the competition and is held before the first event of the competition. All competition details will be provided at the Technical Meeting/Athletes' Briefing.
- Attendance of the coaches or representatives of all participating teams is compulsory. Each team is entitled to be represented by a maximum of two members. A team unable to be present at the TM must inform the LOC at least 24 hours in advance with the necessary data (name of the athlete, Licence ID number, composition of the team, etc.) and delegate another nation or official to represent them.

1.4 OBSTACLE AUTHORITIES

1.4.1 Obstacle Director

- i) 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.
- ii) Authorized to adjudicate on any verbal complaints received from athletes' representatives relating to the event in progress.

1.4.2 Secretary

- i) Takes care of all worksheets during the event.

1.4.3 Call Room Judge

- i) Assembles the athletes prior to each heat.
- ii) Checks accessories, refusing any athlete with irregular equipment to go to the start, including unauthorized substances on their hands.
- iii) Ensure that each athlete is not using safety pins for attaching their start numbers.
- iv) Responsible for ensuring that the athletes are ready for the start prior to each heat.

1.4.4 Course Judges

- i) Placed by the Obstacle Director to ensure optimal observation in close proximity.
- ii) 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.
- iii) The procedures to be followed by the judges in the 3K race are set out in detail in Article 1.6.8.
- iv) The Course Judges' flags must have the dimensions of 25x25cm (± 5 cm).

1.4.5 Starter

- i) 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.
- ii) Responsible for giving the start signal to the athletes when they are due to start.
- iii) Responsible for applying false start penalties.

1.4.6 Timekeepers

- i) 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*)

- i) Responsible for registering the arrival order of the athletes in case of electronic timing failure, or if manual timing is used.
- ii) Responsible for keeping the order up on the Finish Wall, avoiding athletes' lanes crossing.
- iii) 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.

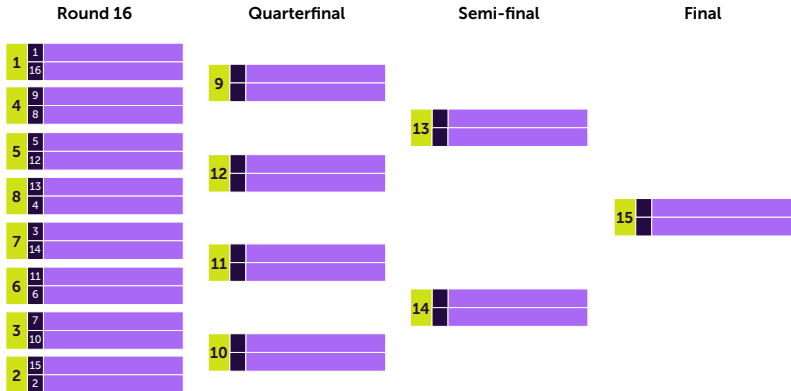
1.5 ORGANISATION AND SCHEDULE

1.5.1 General Aspects

- i) Twelve obstacles on a course of 100m in length will be used.
- ii) Twelve obstacles on a course of 400m in length will be used.
- iii) Twenty obstacles on a course of 3K in length will be used.

1.5.2 100m Start Order

- The competition will be divided into two phases: Qualification and Direct Elimination.
- Each heat shall consist of two (2) athletes.
- Each athlete is entitled to two (2) qualification attempts. The best result of these two attempts will be considered for the qualification ranking.
- Qualifications shall be conducted without a prescribed order of participation.
- Direct Elimination Phase:
 - Elite Category:** begins from the Round of 16, seeded according to qualification times (1st vs. 16th, 2nd vs. 15th, etc...)
 - Age Group Categories:** begin from the Round of 8 (Quarterfinals), seeded according to qualification times (1st vs. 8th, 2nd vs. 7th, etc...)
- For athletes eliminated in the same round, the qualification rank shall determine the final placement.
- All Direct Elimination phases (Round of 16/Quarterfinals/Semi-finals/Final, as applicable per category) shall follow a direct elimination system, according to the elimination table.
- If a qualified athlete withdraws from the Final and sufficient time remains to notify a replacement, the athlete with the best time from the corresponding Semi-final shall advance. For the other elimination phases, there shall be no replacement; the remaining athlete in the heat will be declared the winner.



1.5.3 400m Start Order

- The competition will be divided into two phases: Qualification and Direct Elimination.
- The Direct Elimination phase will consist of Semi-Finals and Finals.
- Qualifications: Conducted over 4 lanes, with 4 athletes per heat. No prescribed order of participation.
- 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 |
|-----------------|-----------------|
| 1 st | 2 nd |
| 4 th | 3 rd |
| 5 th | 6 th |
| 8 th | 7 th |

- Final: Composed of 4 athletes, being the two (2) best times from each Semi-final.
- For athletes eliminated in the same round, the qualification rank shall determine the final placement.
- If a qualified athlete withdraws from the Final and sufficient time remains to notify a replacement, the athlete with the next best time from the corresponding Semi-final shall advance.
- 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 3K Start Order

- i) The maximum number of athletes per wave shall be 50.
- ii) The official time will be measured from the start of each wave until the moment the athletes cross the finish line.
- iii) In the Team Event, each team must consist of three athletes, regardless of age group, and must include at least one athlete of a different gender.

1.5.5 Control in the Call Room

- i) Athletes not complying with Article 1.7 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.

1.5.6 Warm-up

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

1.6 CONDUCT OF THE COMPETITION

1.6.1 Safety

- i) 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.
- ii) In the event of thunder and lightning strikes in outdoor competitions, all activities must be immediately suspended.
- iii) 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.

1.6.2 The Start

- i) 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 and 3K events.
- ii) If an athlete is not present in the Call Room at the time assigned for the beginning of the event, 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.
- iii) On the long whistle from the Starter, the athletes must step on the starting platform and remain there until the start signal. 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.

1.6.3 False Start

- i) 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 prematurely. In such cases, the athlete shall continue the course without interruption. The applicable penalty will be imposed in the form of additional time added to their final result.
- ii) 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.
- iii) A false start occurs if an athlete begins their start movements before the starting signal.
- iv) An athlete is penalised by an addition of five (5) seconds to the final time in case of a false start.
- v) An athlete is disqualified in the case of a blatant attempt to start too early.

1.6.4 The 100m Course

- i) Each obstacle includes a take-off and a landing platform or start/finish line.
- ii) 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.
- iii) 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.
- iv) The athletes must overcome all obstacles on their dedicated lane according to the instructions published in these Guidelines. They can run, walk, jump, climb, crawl, slither, scramble, lift, carry, or otherwise propel themselves across, under, over, along or through the obstacles.
- v) 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.
- vi) 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.
- vii) 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.
- viii) Once an athlete starts the race, it is strictly prohibited to purposefully discard clothing or rubbish along the course shall result in a penalty.
- ix) Starting an obstacle and then stepping backwards on the take-off platform will lead to a failure on the obstacle.
- x) Jostling, running across, or obstructing another athlete in a way that impedes their progress, or any unsportsmanlike behaviour, results in disqualification.
- xi) If an athlete crosses into another athlete's lane to overcome obstacles with hanging elements, they will be eliminated.
- xii) 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.
- xiii) Failure to adhere to instructions issued by an official following an unsuccessful attempt to overcome an obstacle shall result in elimination.
- xiv) 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.
- xv) Athletes are permitted to touch the trusses when returning to restart the obstacle after a failed attempt.

1.6.5 The 400m Course

- i) For correct obstacle completion, athletes must traverse the distance between the start and the finish of the obstacles.
- ii) 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.
- iii) The athletes can run, walk, jump, climb, crawl, slither, scramble, lift, carry, or otherwise propel themselves across, under, over, along or through the obstacles.
- iv) 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.
- v) 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.
- vi) 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.
- vii) Once an athlete starts the race, it is strictly prohibited to purposefully discard clothing or rubbish along the course shall result in a penalty.
- viii) Starting an obstacle and then stepping backwards will lead to a failure on the obstacle.
- ix) Jostling, running across, or obstructing another athlete in a way that impedes their progress, or any unsportsmanlike behaviour, results in disqualification.
- x) If an athlete crosses into another athlete's lane to overcome obstacles with hanging elements, they will be eliminated.
- xi) Failure to adhere to instructions issued by an official following an unsuccessful attempt to overcome an obstacle shall result in elimination.

- xii) 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.
- xiii) 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.
- xiv) Athletes are permitted to touch the trusses when returning to restart the obstacle after a failed attempt.
- xv) The athletes must complete the course within a maximum of 7 minutes.

1.6.6 The 3K Course

- i) For correct obstacle completion, athletes must traverse the distance between the start and the finish part of the obstacles.
- ii) 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.
- iii) 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.
- iv) Obstacles on the course are divided into two categories: Mandatory and Non-Mandatory.
 - a) **Mandatory Obstacles**
 - Athletes are allowed unlimited attempts to clear each mandatory obstacle.
 - 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.
 - 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.
 - b) **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.
- v) Jostling, running across, or obstructing another athlete in a way that impedes their progress, or any unsportsmanlike behaviour, results in disqualification.
- vi) Failure to adhere to instructions issued by an official shall result in elimination.
- vii) On suspension obstacles, only one athlete per lane at a time is allowed to attempt the obstacle.
- viii) In the Team Event, the obstacles shall be the same as in the Individual Event. Athletes from the same team may assist each other only when overcoming the following obstacles 1, 2, 3, 5, 9, 11, 13, 14, 16, 18, 19 and 20; no assistance is permitted for other obstacles or between athletes from different teams.

1.6.7 The Finish

- i) In the 100m course, athletes complete the course the moment they activate the finish buzzer with any part of their hands, arms or forearms. The buzzer must be connected to a horn, scoreboard, or another finish device. The winner of the heat is the first one to push the buzzer.
- ii) In the 100m course, if an athlete pushes the buzzer of the opposite lane to their assigned lane, it will result in elimination. In such cases, manual timing will be used to record the athlete's performance on the lane that was stopped. If it is evident that the opposite lane athlete's performance was significantly affected, they will be granted the opportunity to repeat the race.
- iii) In the 400m and 3K courses, athletes complete the course the moment they cross the finish line.

1.6.8 Timing

- i) Automatic judging and timing equipment must be used to determine the winner, placings and times for each athlete. The results and time have precedence over the decisions of Timekeepers. In the case of a breakdown or mechanical failure in one or both lanes, the decisions of the Timekeepers will have priority in the affected lanes.
- ii) In the 100m course, athletes will have their performance times measured to 1/1000th of a second.
- iii) In the 400m and 3k courses, athletes will have their performance times measured to 1/100th of a second.
- iv) In the 3k Team Event, the final result will be calculated based on the sum of the three athletes' times.

1.6.9 Tie Break (100m)

- i) **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.
- ii) **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.

1.6.10 Tie Break (400m)

- i) **Qualification Round**
 - a) If two or more athletes achieve the same time:
 - 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.
- ii) **Elimination Rounds**
 - a) In case of a tie in an elimination heat, the result shall be determined by photo finish.

1.6.11 Tie Break (3k)

- i) In case of a tie, the result shall be determined by arrival order using the photo finish.

1.7 CLOTHING

- i) Athletes must compete with athletic shoes without spikes.
- ii) Gloves, wristbands, callus guards, compressive sleeves, and similar items are not permitted in the 100m and 400m.
- iii) The use of tape on the wrists or hands is prohibited, except for medical purposes in the 100m and 400m.
- iv) 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.
- v) Headbands, diadems, and tiaras are not permitted in the 100m and 400m.
- vi) Sunglasses or eyeglasses are allowed only if secured with safety straps in the 100m and 400m.
- vii) Chalk (magnesium) and similar substances in any form (liquid, powder, etc.) are prohibited. Athletes must ensure their hands are thoroughly clean before competition.
- viii) Cameras, phones, radios, tape recorders, or any type of communication system are prohibited.

1.8 INFRINGEMENTS AND PENALTIES

1.8.1 Warning

- i) In 100m and 400m, athletes failing an obstacle for the first time.

1.8.2 Five (5) seconds (100m)

- i) Contravening clothing/equipment guidelines.
- ii) Modifying dimensions of start numbers.
- iii) False start.
- iv) Deliberately discarding any clothing, equipment, or rubbish along the course.

1.8.3 Ten (10) seconds (400m)

- i) Contravening clothing/equipment guidelines.
- ii) Modifying dimensions of start numbers.
- iii) False start.
- iv) Deliberately discarding any clothing, equipment, or rubbish along the course.

1.8.4 Penalty Loop (3K)

- i) First failure of a Non-Mandatory obstacle.

1.8.5 Elimination

- i) In 100m and 400m, second failure on the same obstacle.
- ii) In 100m, crossing and running into another athlete's lane to overcome obstacles with hanging elements.
- iii) Use of cameras, phones, or other prohibited devices.
- iv) In 100 and 400m, use of gloves.
- v) Use of chalk (magnesium) or any other sticky substances on the hands.
- vi) Failure to adhere to instructions issued by an official following an unsuccessful attempt to overcome an obstacle shall result in elimination.

1.8.6 Disqualification

- i) Jostling, running across, or obstructing another athlete.
- ii) Refusing to comply with Equipment Guidelines.
- iii) A blatant attempt to start too early.

1.9 COURSE COMPONENTS

1.9.1 Platforms

- i) 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.
- ii) In the 100m and 400m, both take-off and landing platforms shall be installed at each suspension obstacle.
- iii) In the 3K, only landing platforms shall be installed.
- iv) 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.

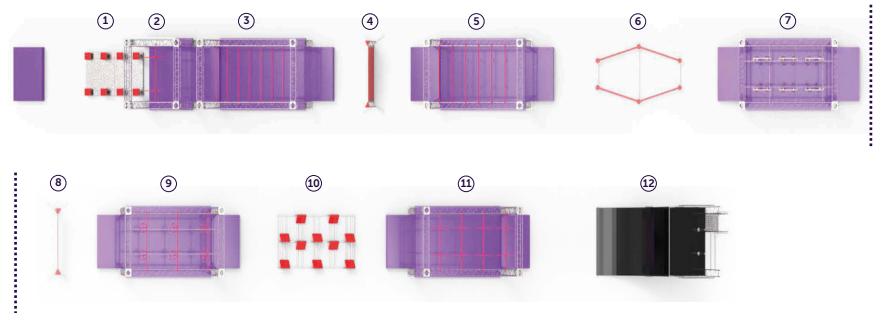
1.9.2 Safety Mattresses

- i) Correct positioning of the safety mats is essential for the safety and security of participants. The mattresses should be placed in a manner that minimises 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](#).

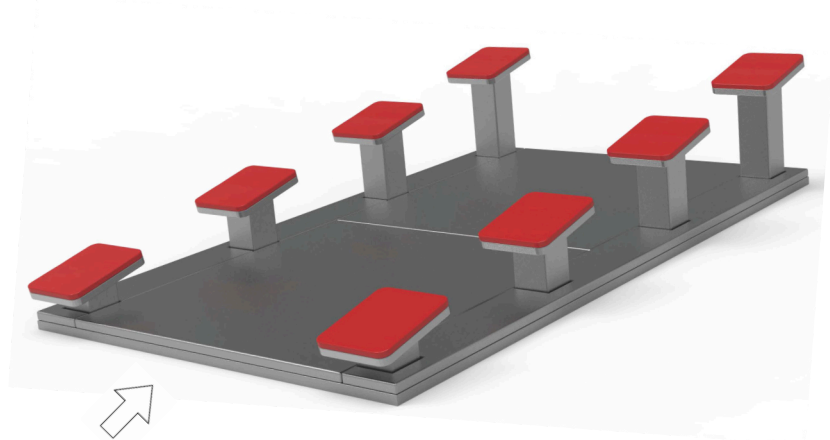
2 OBSTACLE COURSES

2.1 THE 100m COURSE

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



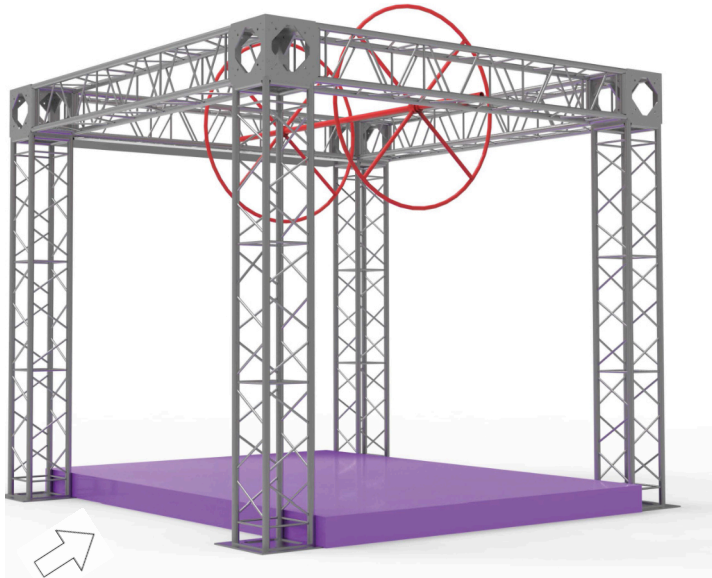
2.1.1 Obstacle #1 - Steps



- Length 400cm
- Lateral elements spacing 160cm (±10 cm)

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.

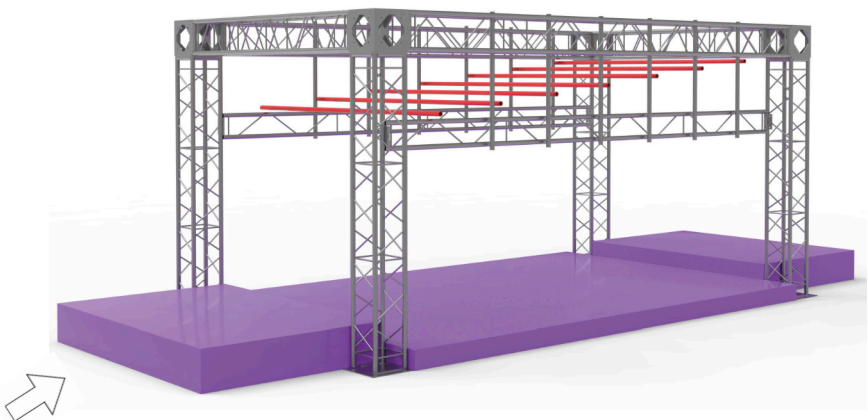
2.1.2 Obstacle #2 - Big Wheel



- Length 300cm
- Width 300cm

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

2.1.3 Obstacle #3 - Ascension Bars



- Length 600cm
- Width 300cm

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.

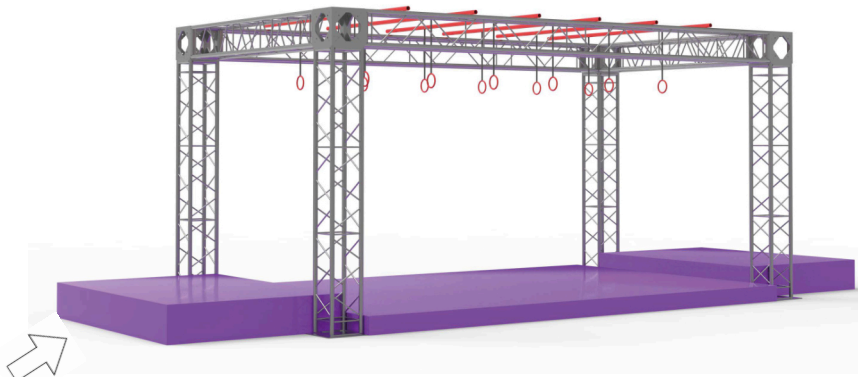
2.1.4 Obstacle #4 - Over Wall



- Height 150cm
- Width 300cm

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

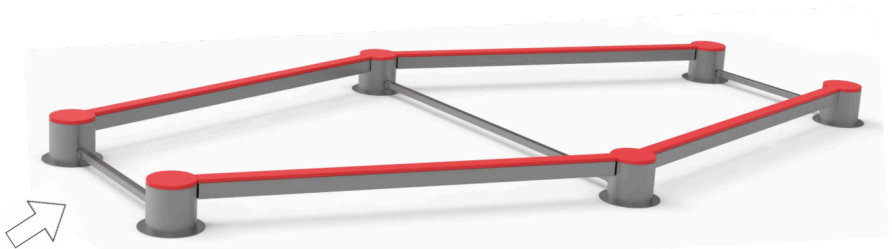
2.1.5 Obstacle #5 - Rings



- 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.

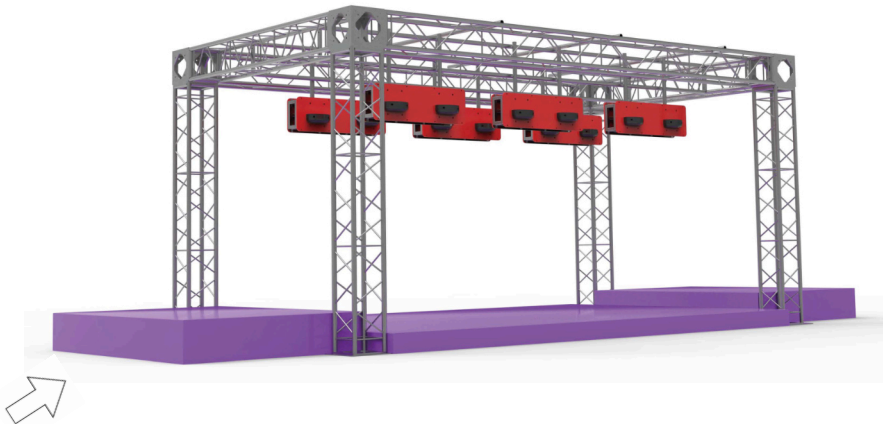
2.1.6 Obstacle #6 - Balance Beam



- Length 300cm
- Lateral elements spacing (start and finish) 150cm (± 10 cm)
- Lateral elements spacing (beams junction) 305cm (± 10 cm)

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

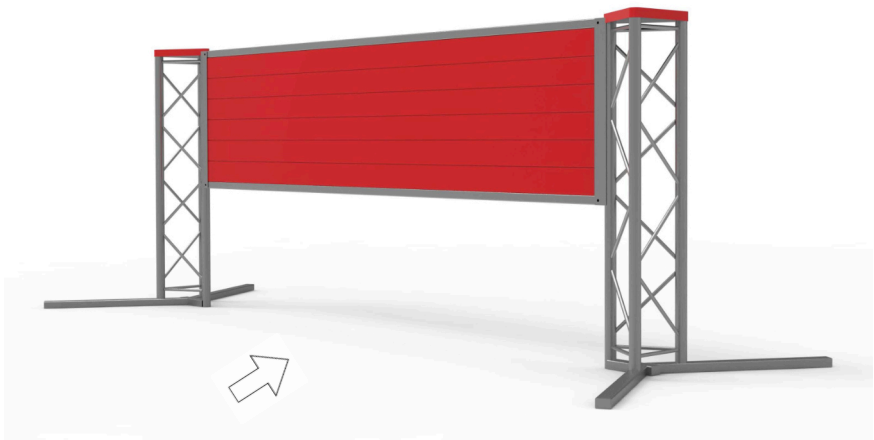
2.1.7 Obstacle #7 - Climbing Holds



- 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.

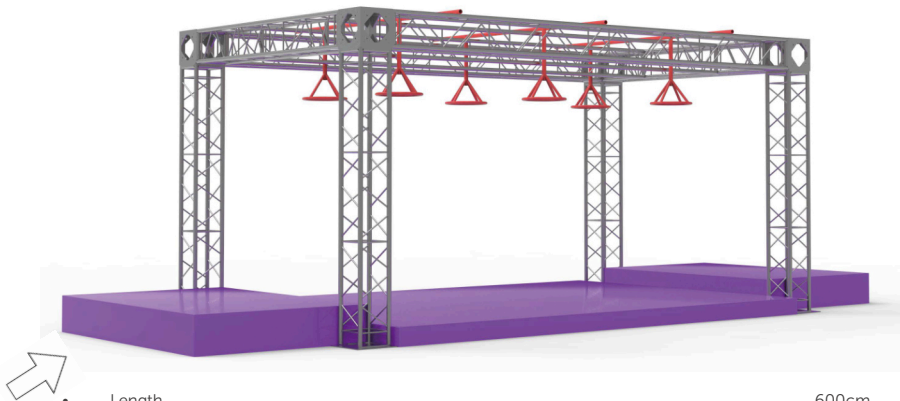
2.1.8 Obstacle #8 - Under Wall



- 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.

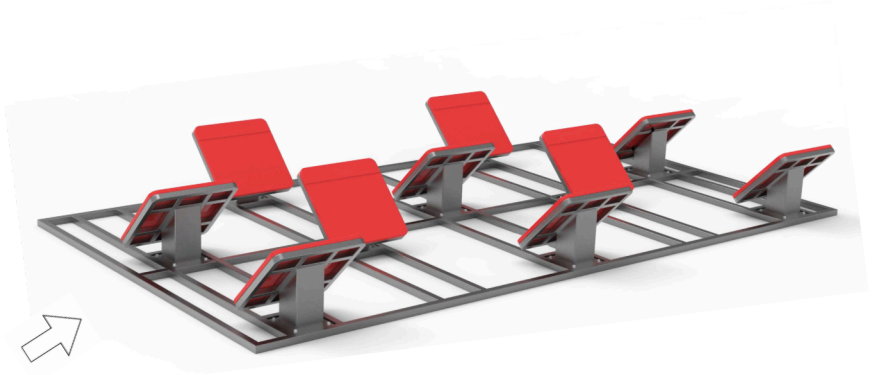
2.1.9 Obstacle #9 - Flying Hoops



- 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.

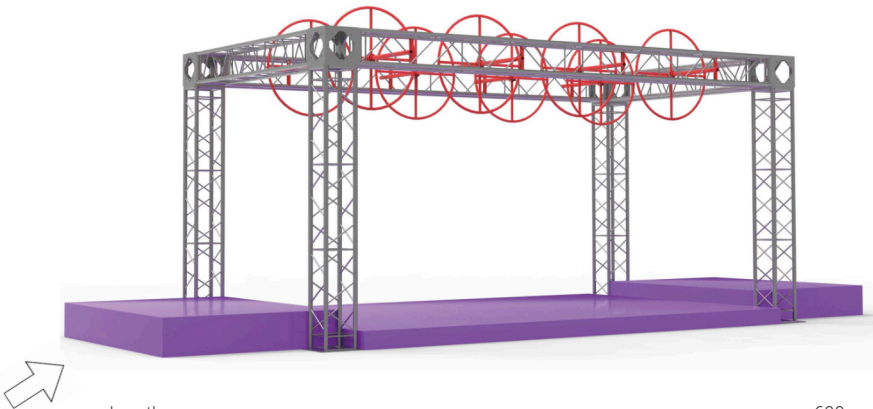
2.1.10 Obstacle #10 - Giant Steps



- Length 550cm
- Steps spacing 200cm (± 10 cm)

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.

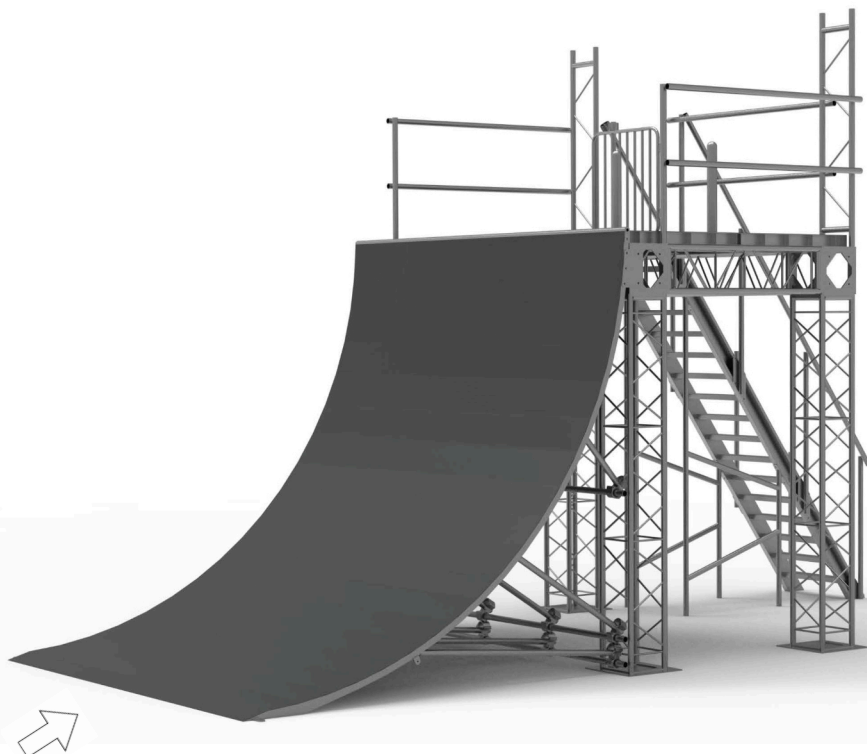
2.1.11 Obstacle #11 - Wheels



- 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.

2.1.12 Obstacle #12 - Finish Wall

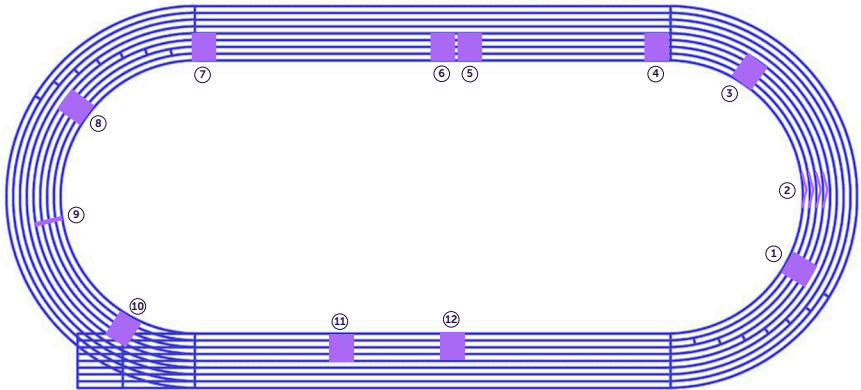


- Ramp length 350cm
- Top platform length 250cm (± 10 cm)
- Width 375cm (± 10 cm)
- Height 350cm
- Ramp curve angle 90°

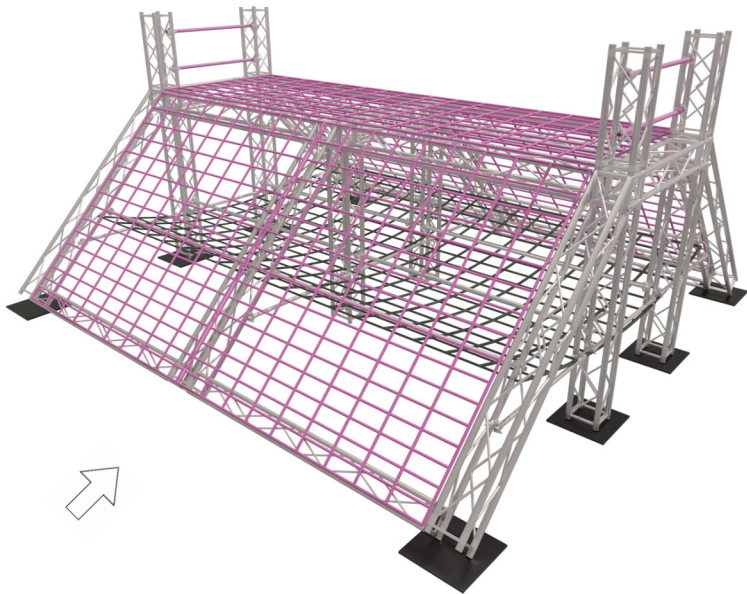
Overcome: Run up the wall to reach the top platform. Any part of the wall except the sides can be touched or held with any part of the body provided the athlete's feet remain below head height at all times.

2.2 THE 400m COURSE

The 400m event consists of one lap around the main stadium of the NOSC, as illustrated in the diagram below.



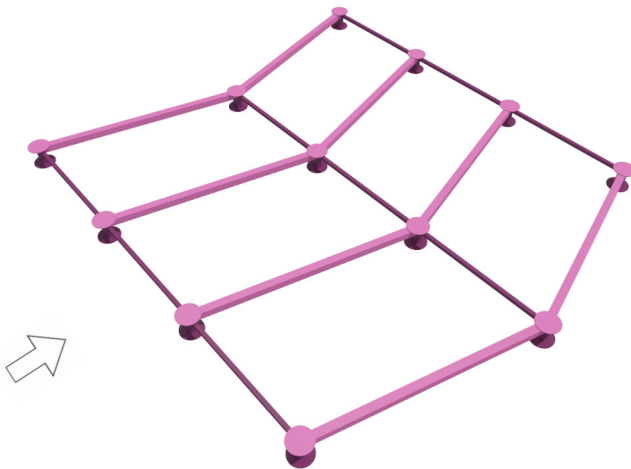
2.2.1 Obstacle #1 - Net



- Length 600cm
- Width 700cm

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.

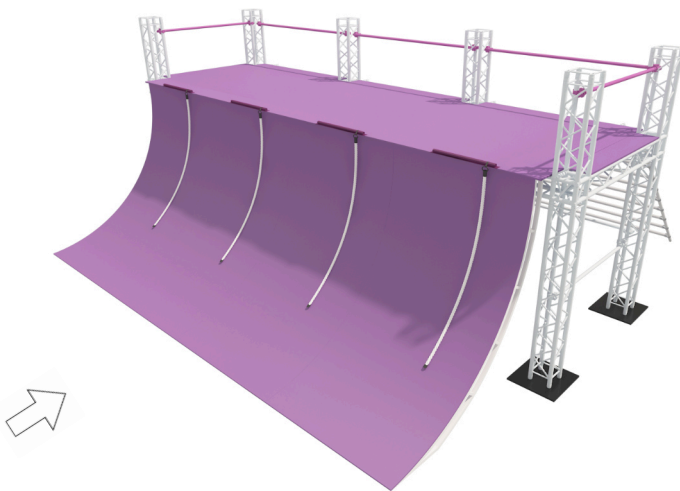
2.2.2 Obstacle #2 - Balance Beam



- Length 600cm
- Width 700cm

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

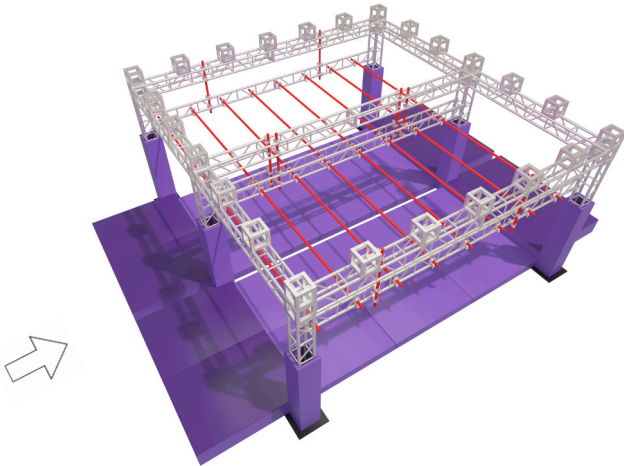
2.2.3 Obstacle #3 - Wall



- Ramp length 350cm
- Top platform length 250cm (±10 cm)
- Width 800cm
- 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. Descend on the opposite side.

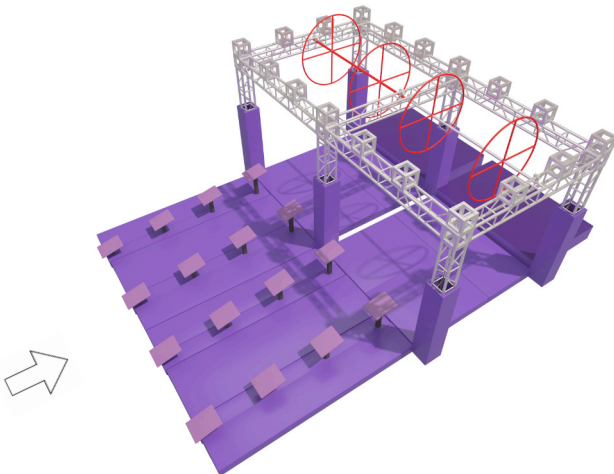
2.2.4 Obstacle #4 - Monkey Bars



- Length 600cm
- Width 630cm

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.

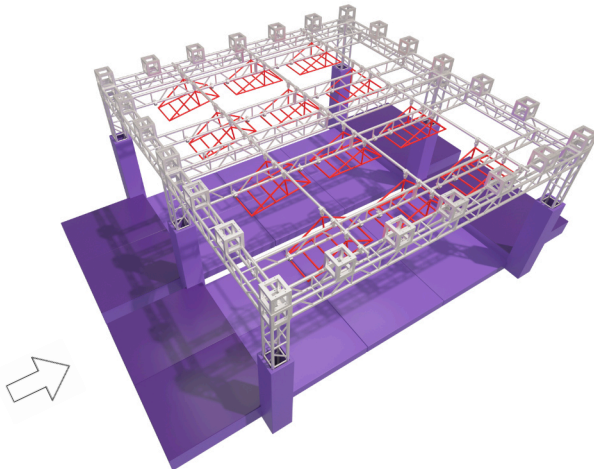
2.2.5 Obstacles #5 & #6 - Steps + Big Wheel



- Length Steps 400cm
- Length Big Wheel 300cm
- 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. Then, jump from the steps, grasping the wheel and swinging forward. Touching the ground between the platforms is forbidden.

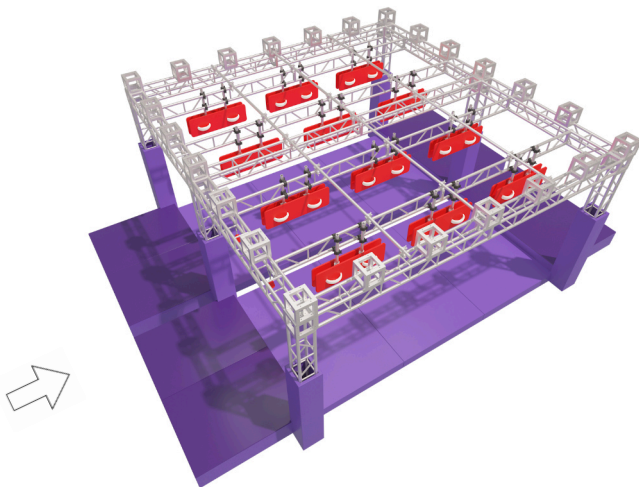
2.2.6 Obstacle #7 - Tilting Ladders



- Length 600cm
- Width 630cm

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.

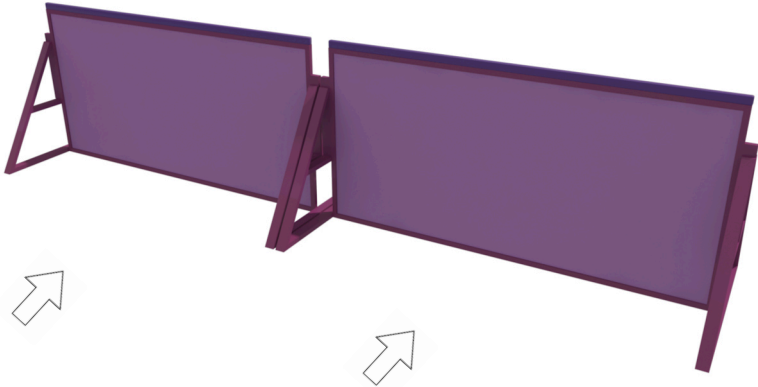
2.2.7 Obstacle #8 - Climbing Holds



- Length 600cm
- Width 630cm

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.

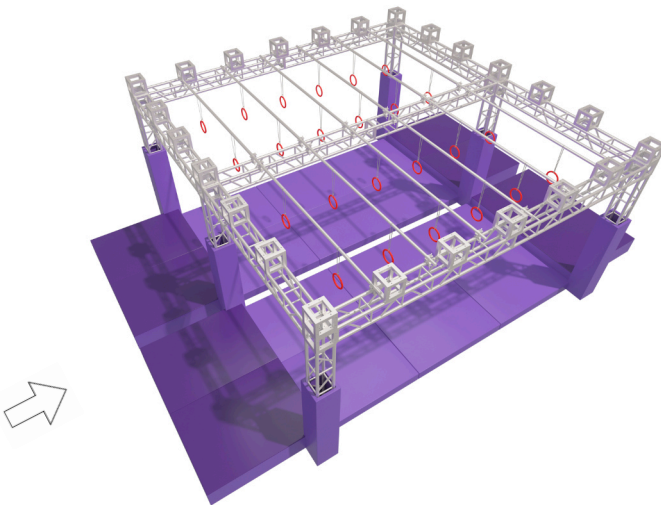
2.2.8 Obstacle #9 - Over Walls



- Height 150cm
- Width 600cm

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

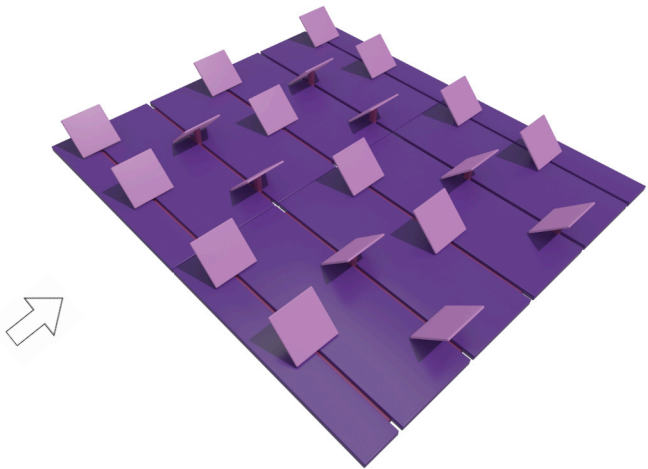
2.2.9 Obstacle #10 - Rings



- Length 600cm
- Width 630cm

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.

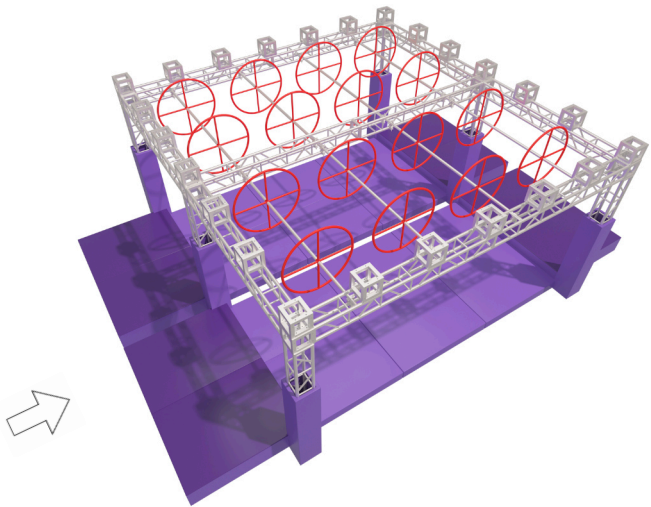
2.2.10 Obstacle #11 - Giant Steps



- 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.

2.2.11 Obstacle #12 - Wheels

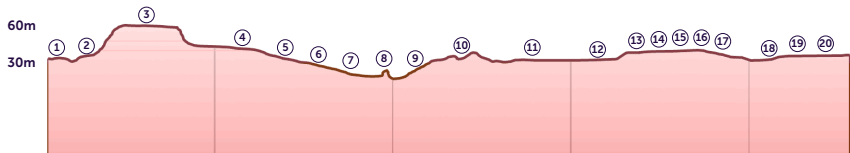
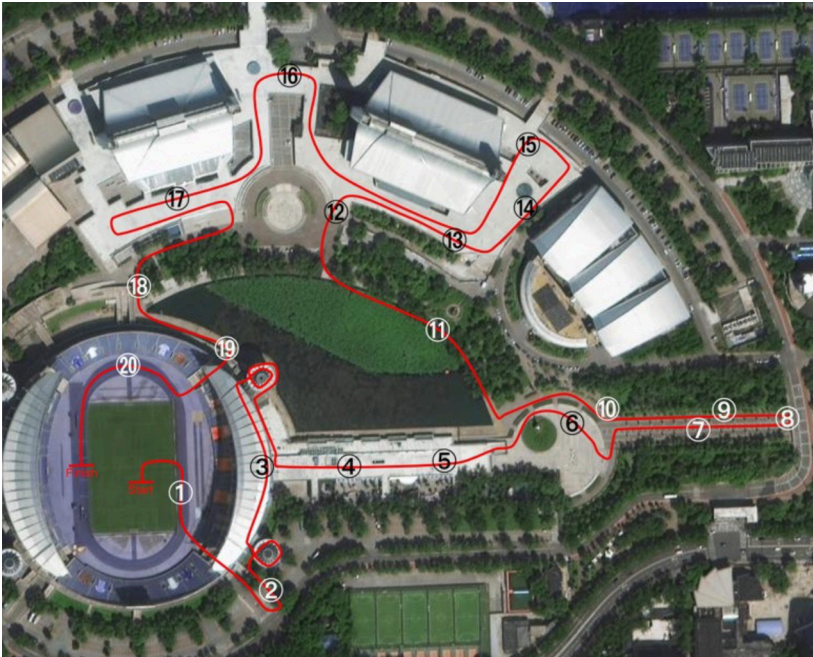


- Length 600cm
- Width 630cm

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 consist in an urban course within the NOSC Beijing.



MANDATORY

→ Mandatory Obstacle.

1 TRIAL

→ Obstacle that must be overcome on the first attempt.

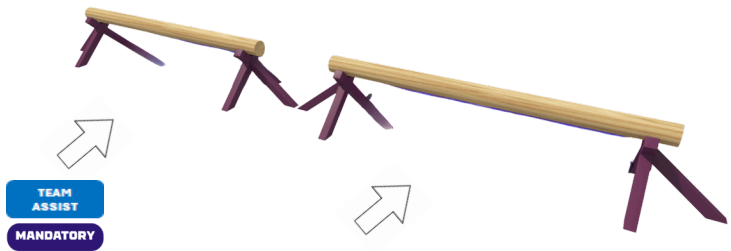
PENALTY LOOP

→ Obstacle for which a penalty loop is required if the athlete fails to overcome it on the first attempt.

TEAM ASSIST

→ Obstacle where members of the same team may assist each other in the Team Event.

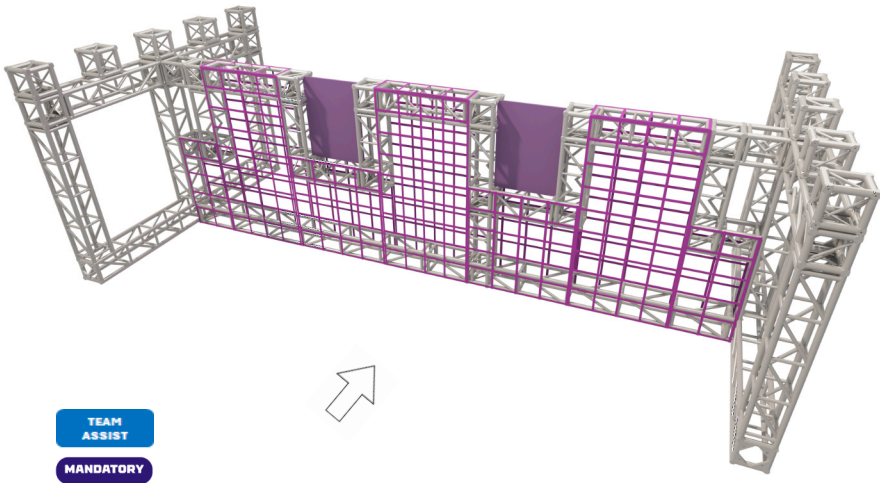
2.3.1 Obstacle #1



- Height 110cm
- Width 350cm

Overcome: Climb up and over the hurdle without using the support bracing, the sides of the hurdle, or any steps. The obstacle is successfully overcome when the athlete passes over the hurdle and lands beyond it.

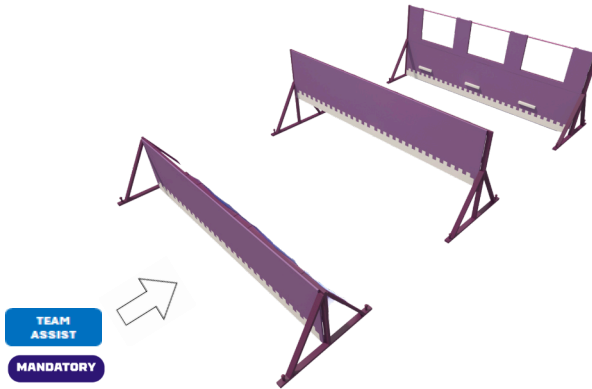
2.3.2 Obstacle #2



- Height 250cm
- Width 750cm

Overcome: 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.

2.3.3 Obstacle #3



- Height Over 150cm
- Height Opening Under 70cm
- Height Opening Through 75cm
- Width 450cm

Overcome: Pass over the over wall, under the under wall and through the opening in the through wall. Any part of the walls can be used or touched except for the vertical supporting frames.

2.3.4 Obstacle #4



MANDATORY

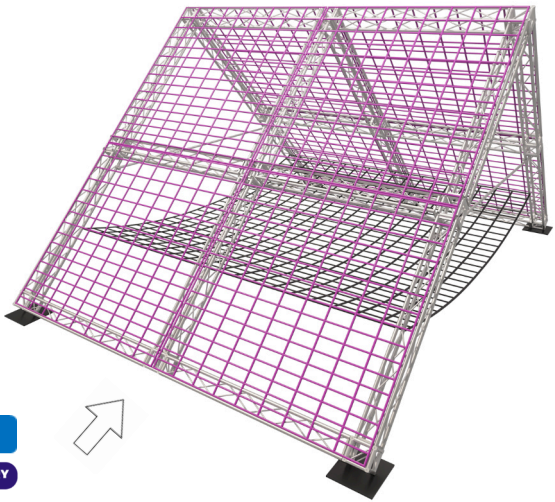
- Height 220cm
- Width 480cm

Overcome: Navigate laterally across the obstacle using only the hands on the designated holds and holes within a single lane, and finish by landing on the platform beyond the obstacle.

Failure Modes:

- i) Any part of the body touches the ground between the start and the completion of the obstacle.
- ii) The top of the obstacle is touched.
- iii) Any hold or hole on the wall is touched with the feet.

2.3.5 Obstacle #5



TEAM
ASSIST

MANDATORY

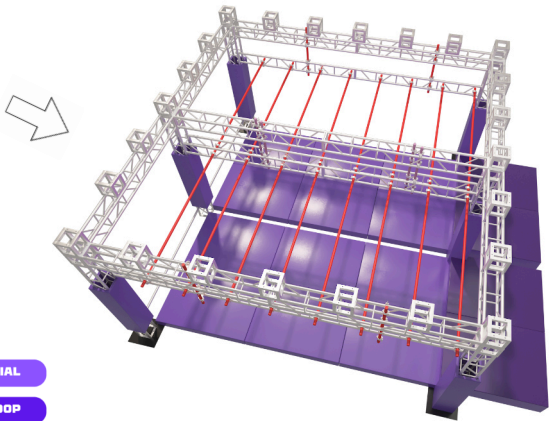
- Length 950cm
- Width 690cm
- Height 500cm

Overcome: Climb up the obstacle, go over the top, and descend the other side using only the net, the horizontal trusses at the base and peak, and any horizontal pipes for support.

Failure Modes:

- Failure to climb completely over the obstacle and descend on the opposite side.
- Using any truss other than the horizontally fixed pieces for support or to gain upward or downward momentum, including the side or central trusses of the structure.

2.3.6 Obstacle #6



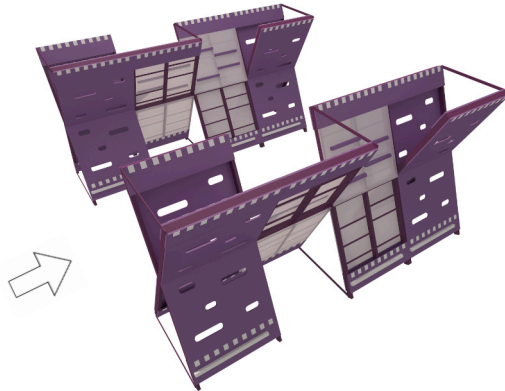
1 TRIAL

P LOOP

- Length 600cm
- Width 630cm

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.

2.3.7 Obstacle #7



MANDATORY

- Length 480cm
- Height 260cm

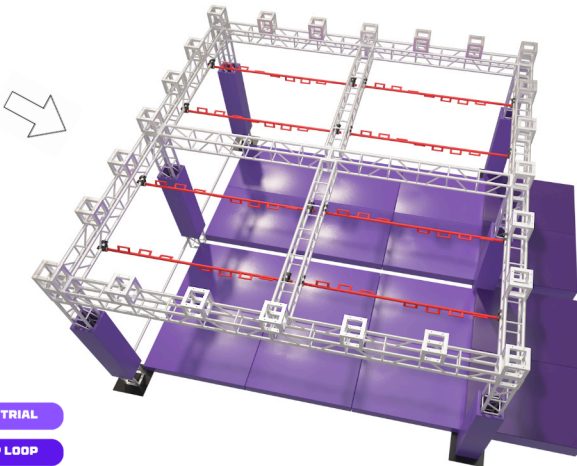
Overcome:

- i) Using only the bars within a single lane (one side of the obstacle), traverse laterally across without touching the top of the structure.
- ii) Finish by landing on the designated platform.

Failure Modes:

- i) Any part of the body touches the ground between the start and the landing platform.
- ii) The top of the obstacle is touched.
- iii) Bars from another lane are used, or the athlete crosses over the top of the obstacle.

2.3.8 Obstacle #8



1 TRIAL

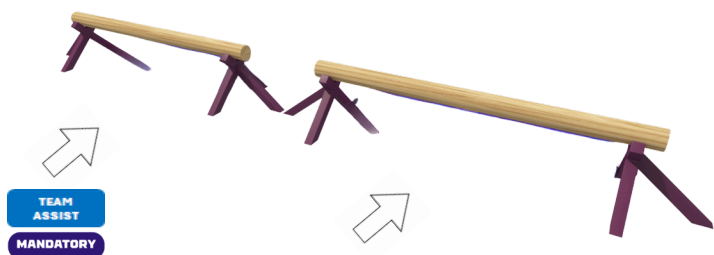
P LOOP

- Length 600cm
- Width 630cm

Overcome:

- i) Traverse the obstacle from one end to the other using only the hands on the handles and the truss segments located between each handle.
- ii) Feet must not touch the ground to gain advantage.
- iii) Finish by landing on the designated platform.

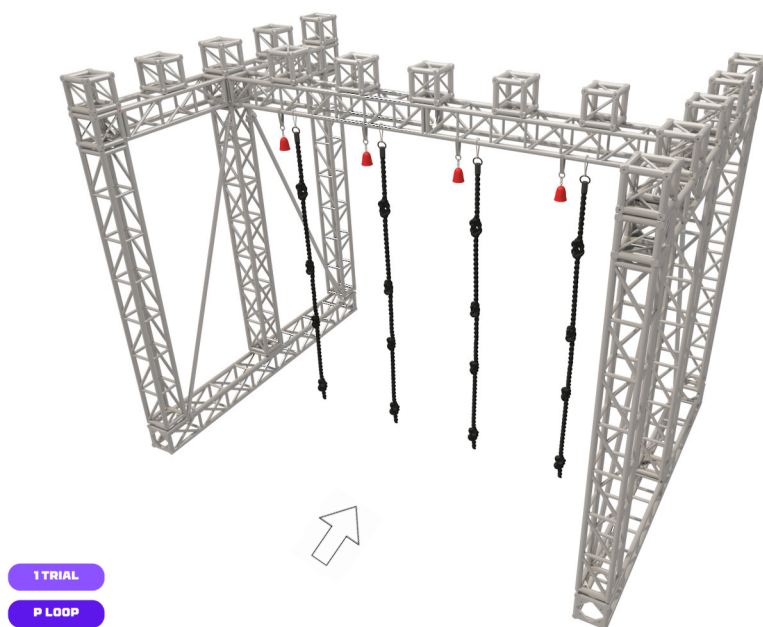
2.3.9 Obstacle #9



- Height 110cm
- Width 350cm

Overcome: Climb up and over the hurdle without using the support bracing, the sides of the hurdle, or any steps. The obstacle is successfully overcome when the athlete passes over the hurdle and lands beyond it.

2.3.10 Obstacle #10



- Height 380cm

Overcome:

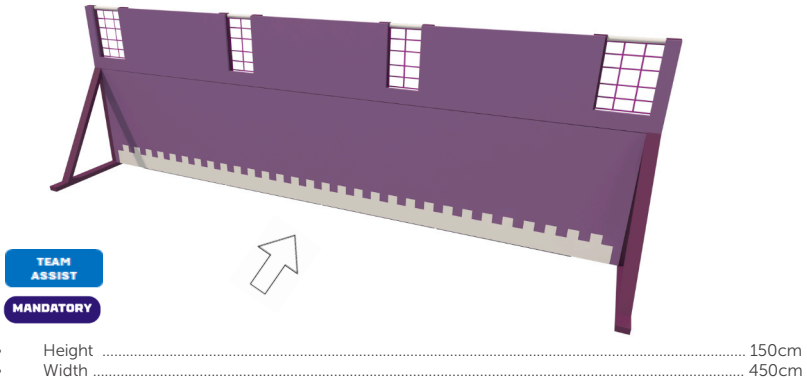
- Climb up the designated rope.
- Ring the bell using the hand or any part of the arm.

Failure Modes:

- Ring the bell with any part of the body different of the arm.
- Using more than one rope during a single attempt.
- Failure to ring the bell before descending.

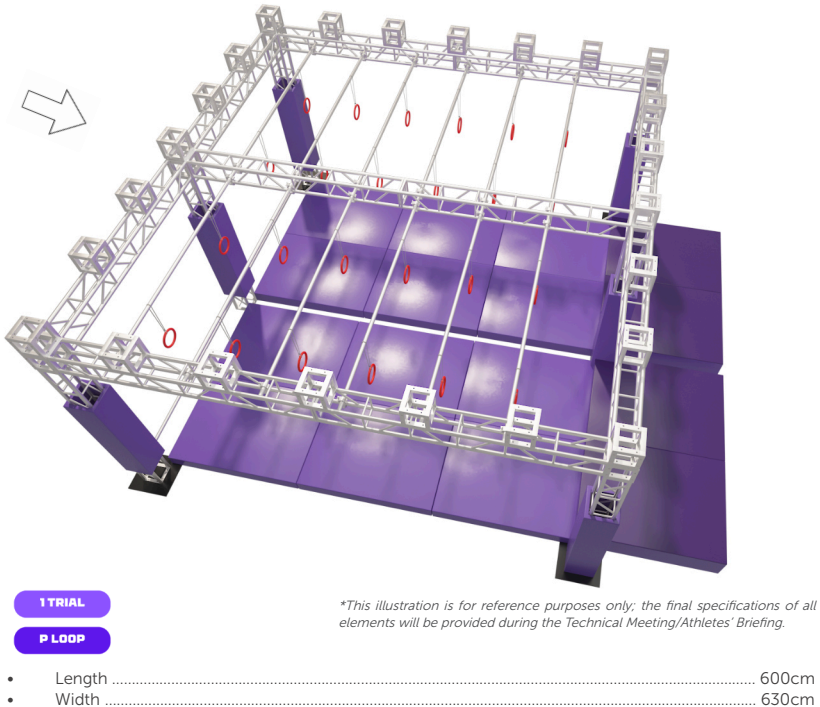
30

2.3.11 Obstacle #11



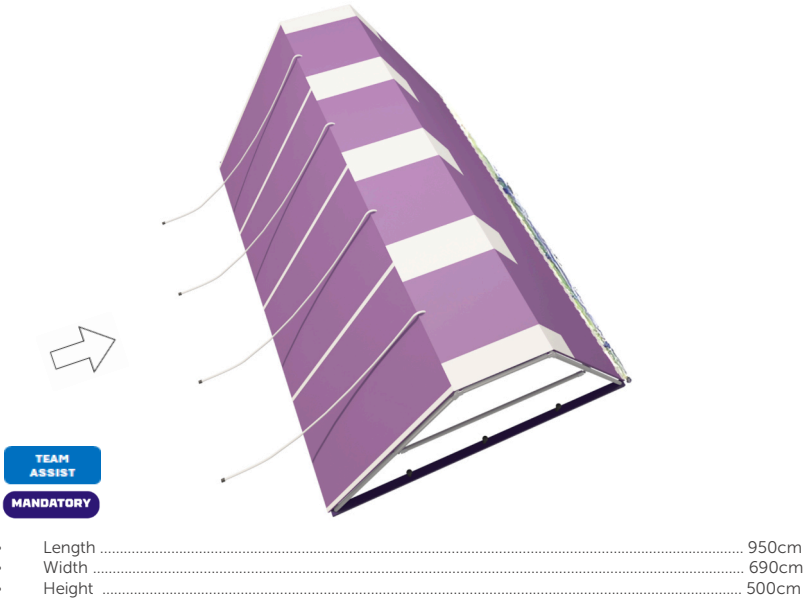
Overcome: Pass over the wall. Any part of the wall can be used or touched except for the vertical supporting frames.

2.3.12 Obstacle #12



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

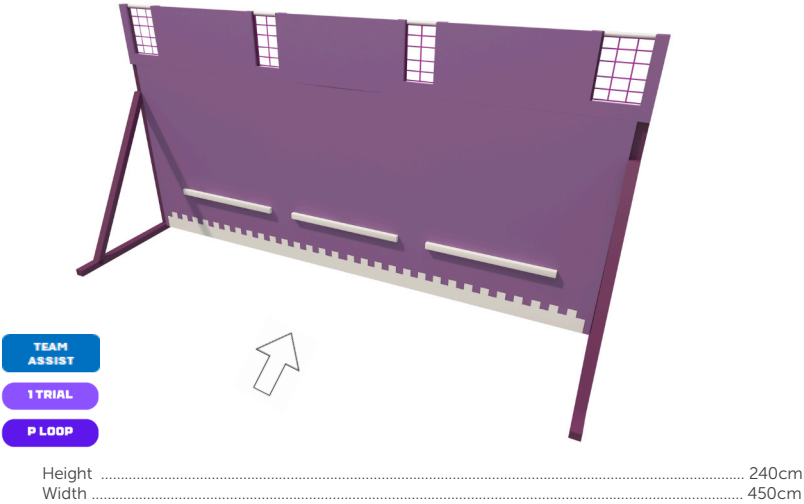
2.3.13 Obstacle #13



Overcome:

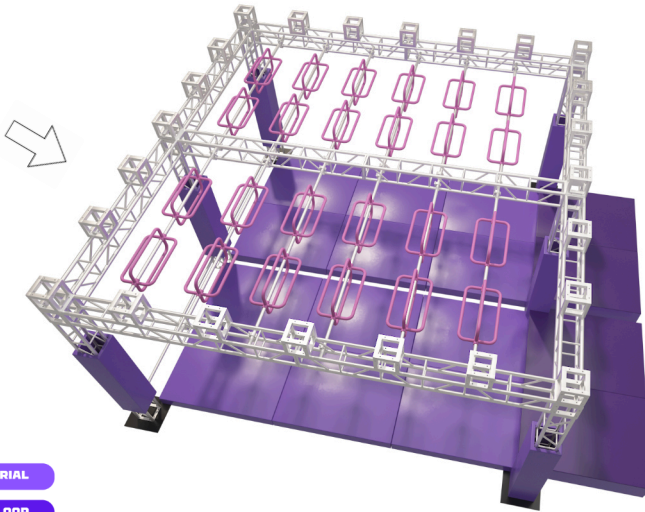
- i) Traverse up the sloping ramp, go over the top of the wall, and descend on the opposite side.
- ii) Ropes may be used where provided.
- iii) The supports or sides of the wall must not be used for assistance.

2.3.14 Obstacle #14



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

2.3.15 Obstacle #15



1 TRIAL

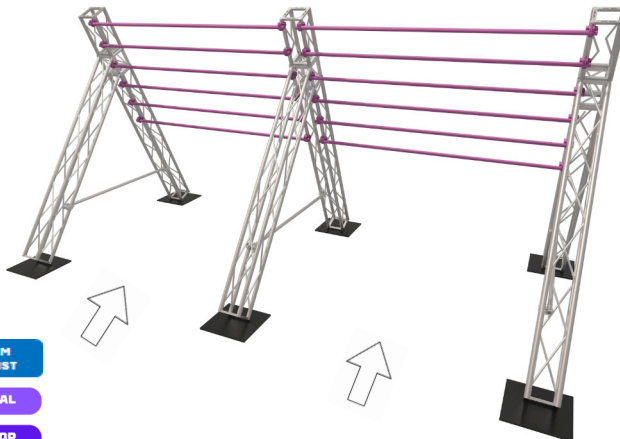
P LOOP

- Length 600cm
- Width 630cm

Overcome:

- Traverse the spinning bars using only the hands and arms. Feet must not touch the ground to gain advantage.
- Finish by landing on the designated platform.

2.3.16 Obstacle #16



TEAM ASSIST

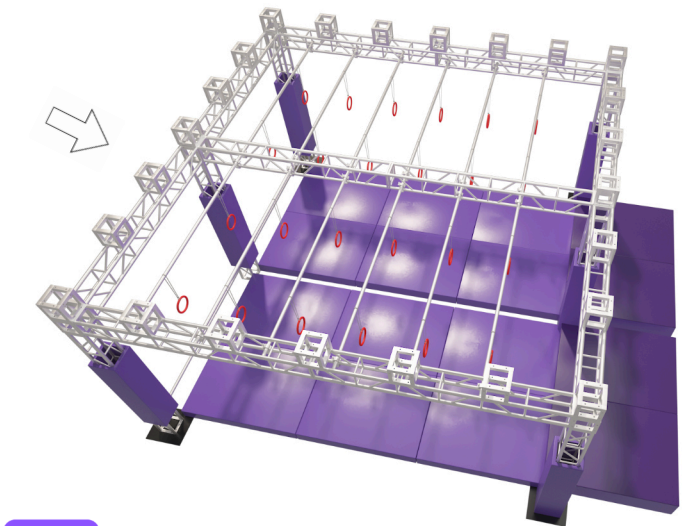
1 TRIAL

P LOOP

- Width 690cm
- Height 350cm

Overcome: Climb up, over the top, and down the opposite side of the obstacle without using the support structure, straps, or flag poles.

2.3.17 Obstacle #17



1 TRIAL

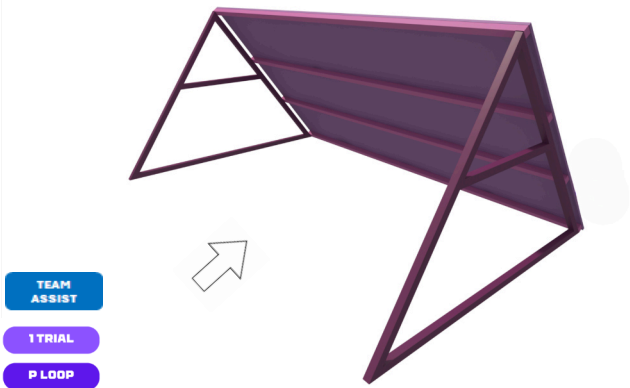
P LOOP

**This illustration is for reference purposes only; the final specifications of all elements will be provided during the Technical Meeting/Athletes' Briefing.*

- Length 600cm
- Width 630cm

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

2.3.18 Obstacle #18



TEAM
ASSIST

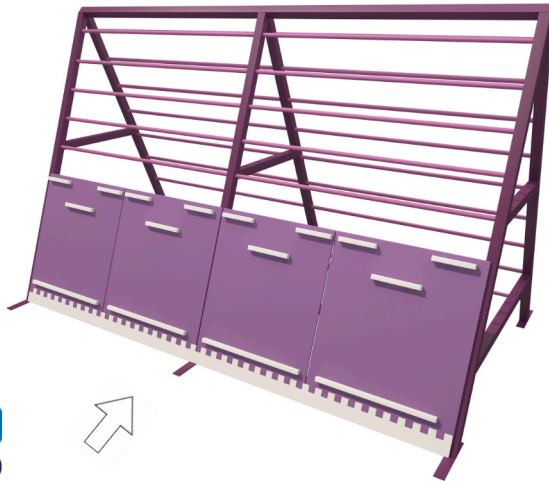
1 TRIAL

P LOOP

- Width 450cm
- Height 200cm

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

2.3.19 Obstacle #19



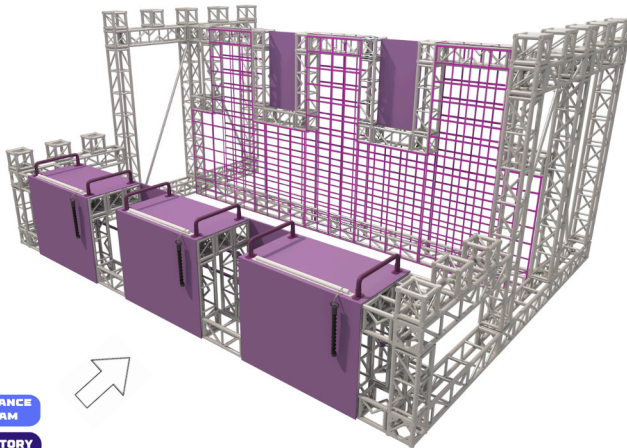
TEAM
ASSIST

MANDATORY

- Width 600cm
- Height 380cm

Overcome: Climb up and over the wall without touching the support bracing, the sides of the wall, or the straps.

2.3.20 Obstacle #20



ASSISTANCE
IN TEAM

MANDATORY

- Height Wall 150cm
- Height Cargo Net 390cm
- Width 750cm

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 REQUIREMENTS

3.1 Structure Approval

- i) All obstacles that include a structural element require written approval from a qualified professional before being used at events.
- ii) 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.
- iii) 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.
- iv) 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

- i) Obstacles with structural elements must be built according to qualified professional approved design(s).
- ii) Event organisers must conduct and document a pre-event inspection and confirm the integrity of obstacles before each day of the event.
- iii) 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.
- iv) The event organisers shall periodically monitor obstacles throughout the event for fitness for use. A comprehensive inspection of the course elements' condition shall be conducted five minutes prior to the start of the warm-up and again five minutes before the start of the competition. This meticulous check is essential to ensure the safety and proper functioning of all elements involved in the course.
- v) 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.
- vi) 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

- i) 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.
- ii) 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

- i) 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.
- ii) All medical staff must be trained on rescue protocols, specific hazards of the obstacles, locations of life-saving equipment and emergency response protocols.
- iii) All obstacles must be disinfected in cases where there are traces of blood to prevent the risk of disease transmission.
- iv) Hand sanitiser must be provided at the last call room.

3.5 Electrical System

- i) 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.
- ii) Plugs and sockets must have an adequate degree of protection against the penetration of water.
- iii) 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.
- iv) The systems and materials used must be certified as compliant with the regulations in force.

UIPM



UIPM

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