

Technical Meeting Athletes' Briefing 技术会议 3000m

UIPM

Introduction 比赛简介



Welcome to the 1st UIPM OCR World Championships, Beijing, China

We are proud to welcome all athletes, coaches, and officials to the first edition of the UIPM Obstacle World Championships.

This historic event marks a new milestone in the evolution of our sport, combining skill, strength, and strategy in a truly global arena.

Let's make history together here in Beijing!

欢迎各位运动员参与第一届UIPM障碍跑世界锦标赛，我们非常荣幸的在这里欢迎所有的运动员。这项在现代五项运动中里程碑式的比赛在这个世界顶级的体育场馆内，结合了技术、力量、策略，让我们一起在北京见证历史

Competition Authorities 比赛管理机构



Technical Delegate (技术代表) Mr Andrea DELL'AMORE

Head Judge (总裁判长) Ms Nayibe STATIA

3000m Director (400m裁判长) Mr Jun LU

Jury of Appeal 仲裁委员会

Composition 组成:

Technical Delegate (技术代表)

LOC Representative (组委会代表)

Head Judge (总裁判长)

Mr Andrea Dell'Amore

Mr Jiale Wang, Kevin

Ms Nayibe Statia



A deposit of 60 euros is required for protests submitted within 20 minutes of the incident. Please use the dedicated UIPM protest form.

在争议判决发生后20分钟内按照书面申诉流程，随申诉表格提交60欧元（等值500元）押金。

Competition Protest Form
to the Jury of Appeal

UIPM



According to the UIPM Competition Rules and Regulations, all protests presented to the Jury of Appeal must include a deposit of €60.00 or its equivalent.
If the protest is unsuccessful, the deposit will not be refunded.

Date	Time	Protest submitted by (name and signature)

Competition Name: Event:

Reason for Protest:

OFFICIAL USE ONLY

The time the result was announced	The time of the oral protest was made/received

Jury Decision:

Protest fee amount: Received by: Signature:

The fee will be: ☐ Returned ☐ Not Returned

Date: ____ / ____ / ____ Time: ____ : ____ Signature of the Technical Delegate:

UIPM Protest
Form
申诉表格

UIPM

Medical 医疗



体育场内设立医疗站（西看台1层1320）+3个分布式医疗站
A medical station is set up inside the stadium (West Stand, 1st Floor, Room 1320)+3 medical stations distributed in 3000m course

救护车将停靠在体育场B门通道
Ambulance at Gate B.

Competition Schedule 竞赛日程



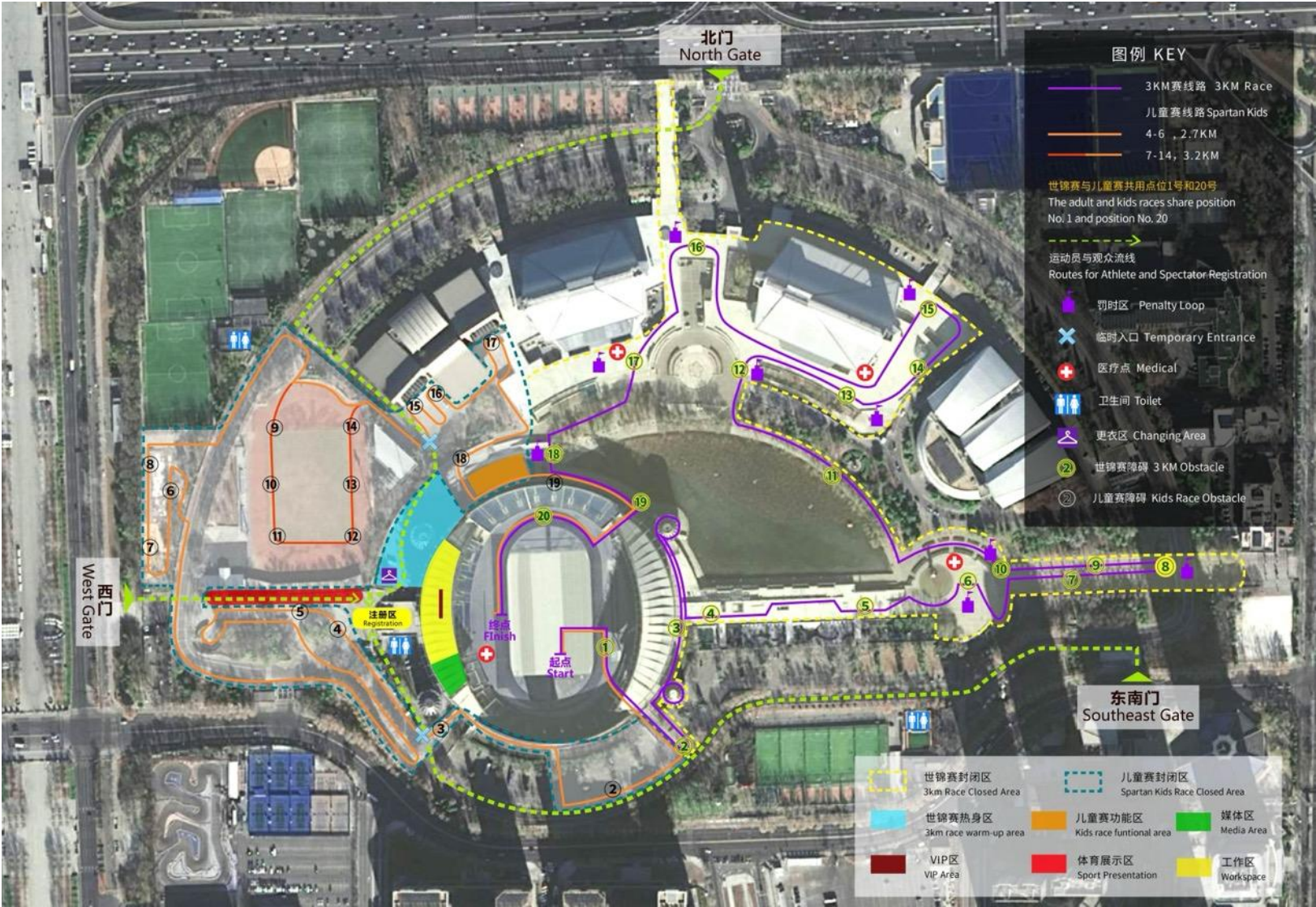
OCTOBER 25TH 10月25日	
9:00	3000m Indi. Final/个人赛决赛
OCTOBER 26TH 10月26日	
9:00	3000m Teams Final/团体赛决赛

Start List
出发组次查询

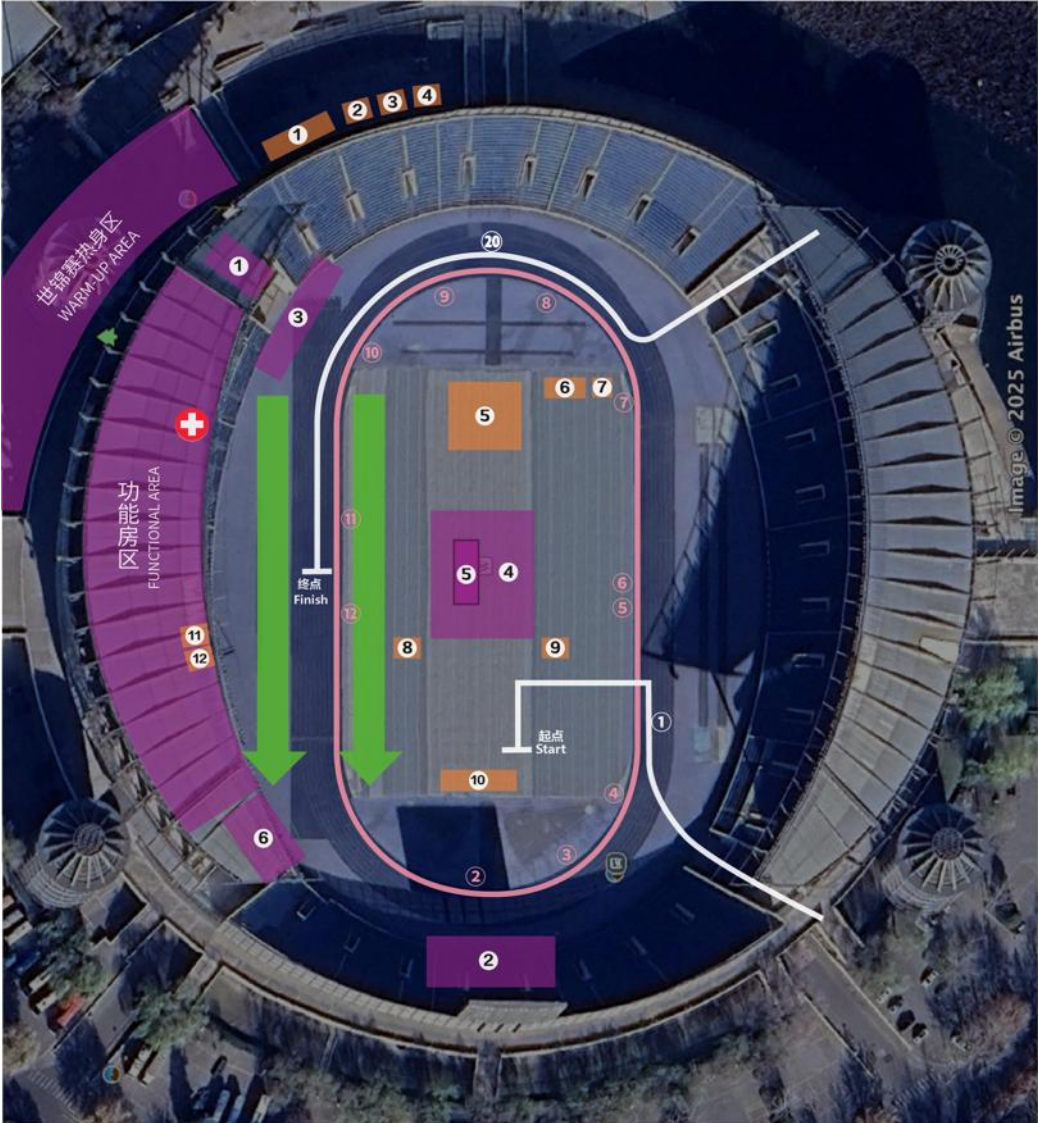
<https://www.uipmworld.org/uipm-2025-obstacle-world-championships>

或查询“UIPM障碍跑世界锦标赛”微信公众号

Venue map 场馆地图



Field of Play 比赛场地



图例 KEY

世锦赛 WORLD CHAMPIONS
2025/10/21-26

← 100米赛道 100M COURSE
— 400米赛道 400M COURSE

START 3KM/儿童赛起点 3KM/KIDS COURSE START
FINISH 3KM/儿童赛终点 3KM/KIDS COURSE FINISH

① 01. 第一检录处 1ST CALL ROOM
② 02. 第二检录处 (仅3千米比赛使用)
2ND CALL ROOM (ONLY FOR 3KM COURSE)
③ 03. 运动员入场 ATHLETES' ENTRANCE
④ 04. 开幕式舞台 OPENING CEREMONY STAGE
⑤ 05. 颁奖台 PODIUM
⑥ 06. 混采区 MIXED ZONE

斯巴达儿童赛 SPARTAN KIDS
2025/10/26

① 01. 注册区 REGISTRATION
② 02. 出发T恤 START TEE
③ 03. 存包 BAG DROP
④ 04. 更衣区 CHANGING AREA
⑤ 05. 热身区 WARM UP AREA
⑥ 06. 主舞台 MAIN STAGE
⑦ 07. 三色奖牌 TRIFECTA
⑧ 08. 摄影 PHOTOGRAPH
⑨ 09. 彩绘 PAINTING
⑩ 10. 特许商品 MERCHANDISE
⑪ 11. 成绩查询 RESULT
⑫ 12. 奖牌刻字 MEDAL LETTERING



Competition Flow 竞赛流程



1. Arrival 抵达赛场

Arrive at the venue and complete the accreditation procedures.
到达赛场并完成报到手续。

2. Warm-up 热身

Proceed to the designated warm-up area to get ready for your race.
前往指定热身区进行赛前准备。

3. Call 检录

Be ready for the Call Room 20 minutes before your scheduled start time for an identity and equipment check.
请在比赛开始前20分钟到检录处进行身份和装备检查。

Competition Flow 竞赛流程



4. Compete in the race 完成比赛

Enter the Field of Play (FOP) and complete your race according to the event schedule.
进入比赛场地，按照赛程完成比赛。

5. Return the timing chips 归还计时芯片

After finishing your race, please return your timing chips to the designated collection point.
比赛结束后，请将计时芯片归还至指定回收处。

6. Exit the FOP 离开场地

Leave the Field of Play promptly and follow staff instructions to exit the competition area.
请及时离开比赛场地，按照工作人员指引有序退出。

Weather Forecasts 天气预报

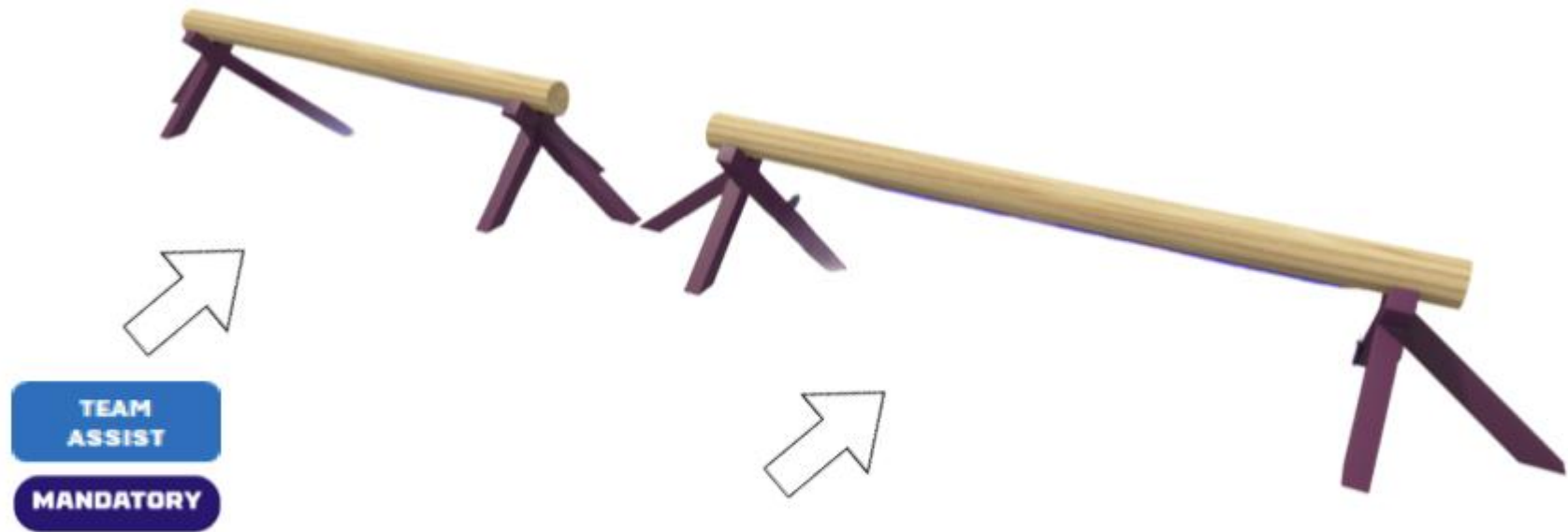


Date日期	Weather天气状况	Temperature气温
October 25th (Sat.) 10月25日 (周六)	Cloudy多云	5 °C-17 °C
October 26th (Sun.) 10月26日 (周日)	Sunny晴天	3 °C-12°C



The 3000m Course

2.3.1 Obstacle #1

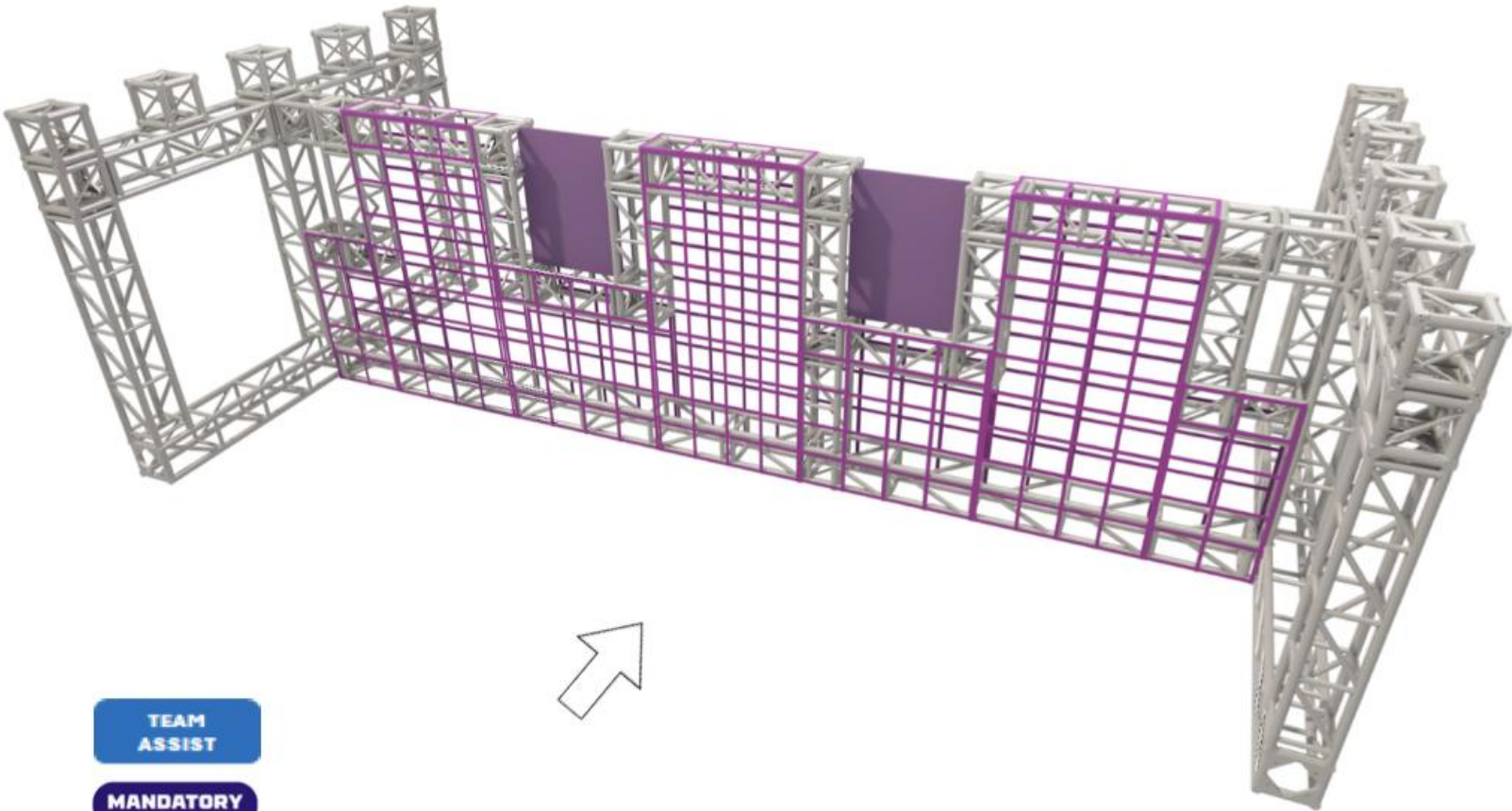


- Height 110cm
- Width 350cm

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



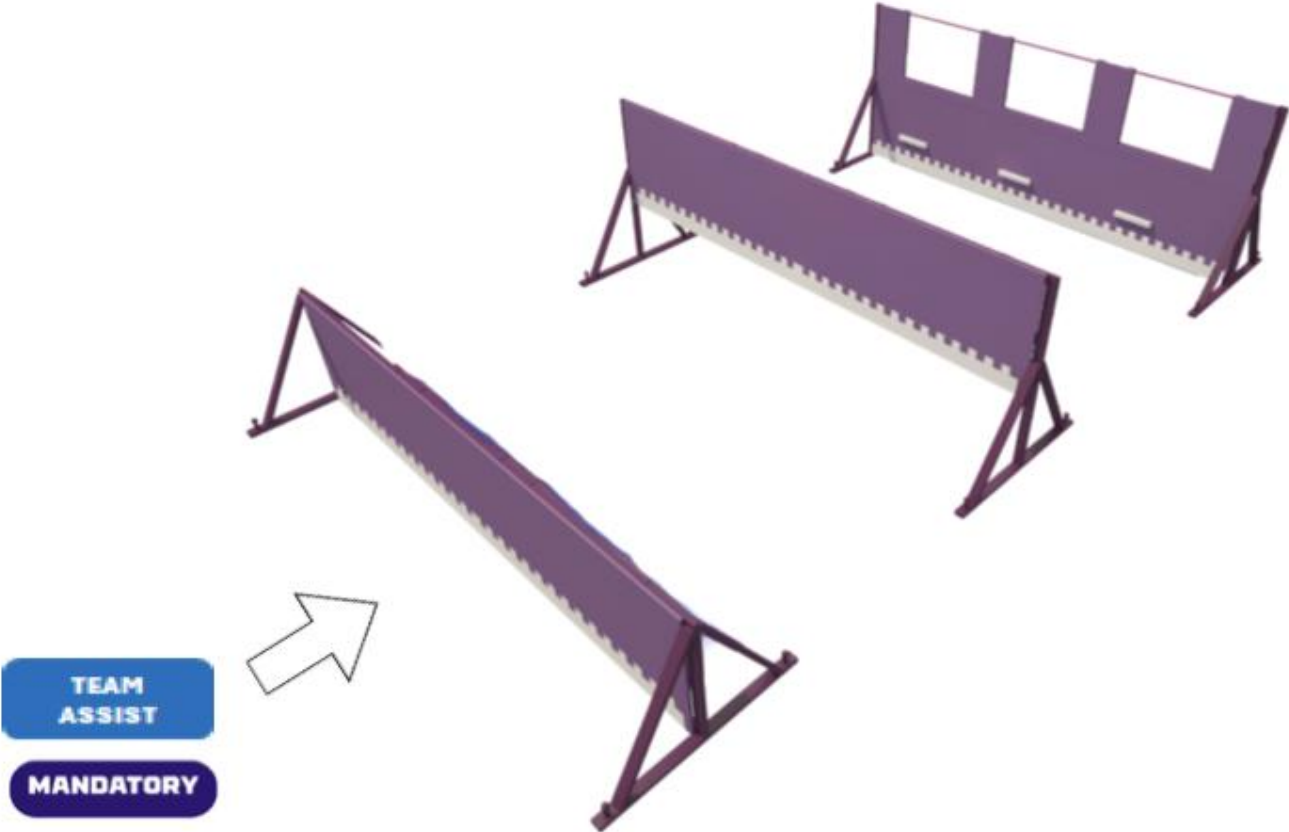
TEAM
ASSIST

MANDATORY

- 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



TEAM ASSIST

MANDATORY

- 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

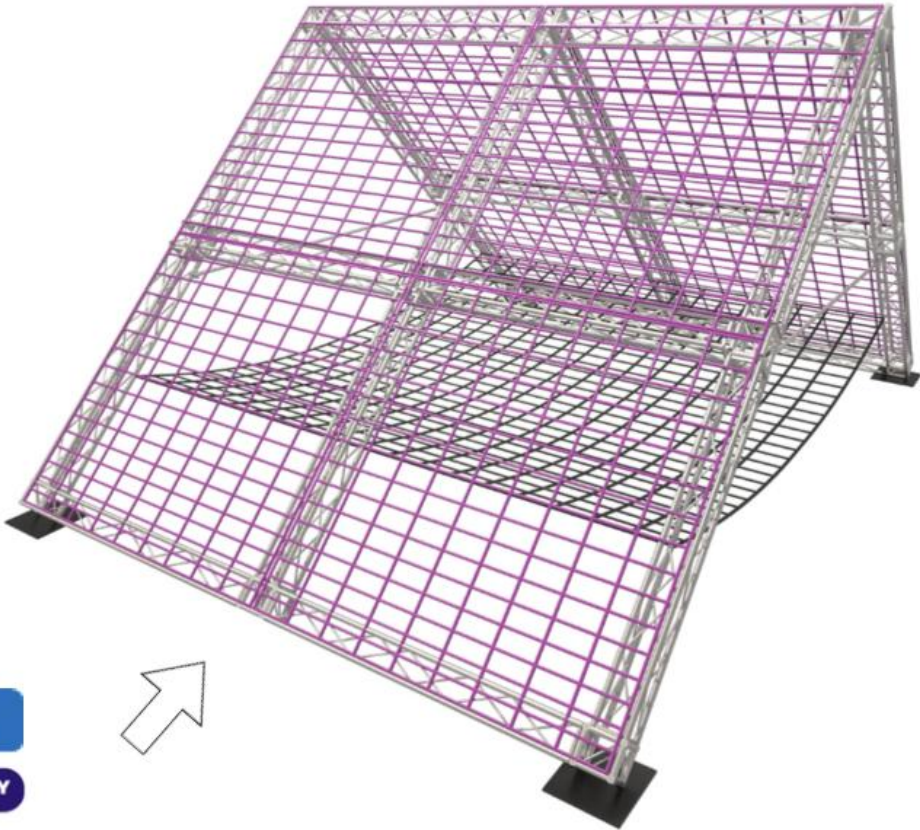
- Height 220cm
- Width 480cm

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

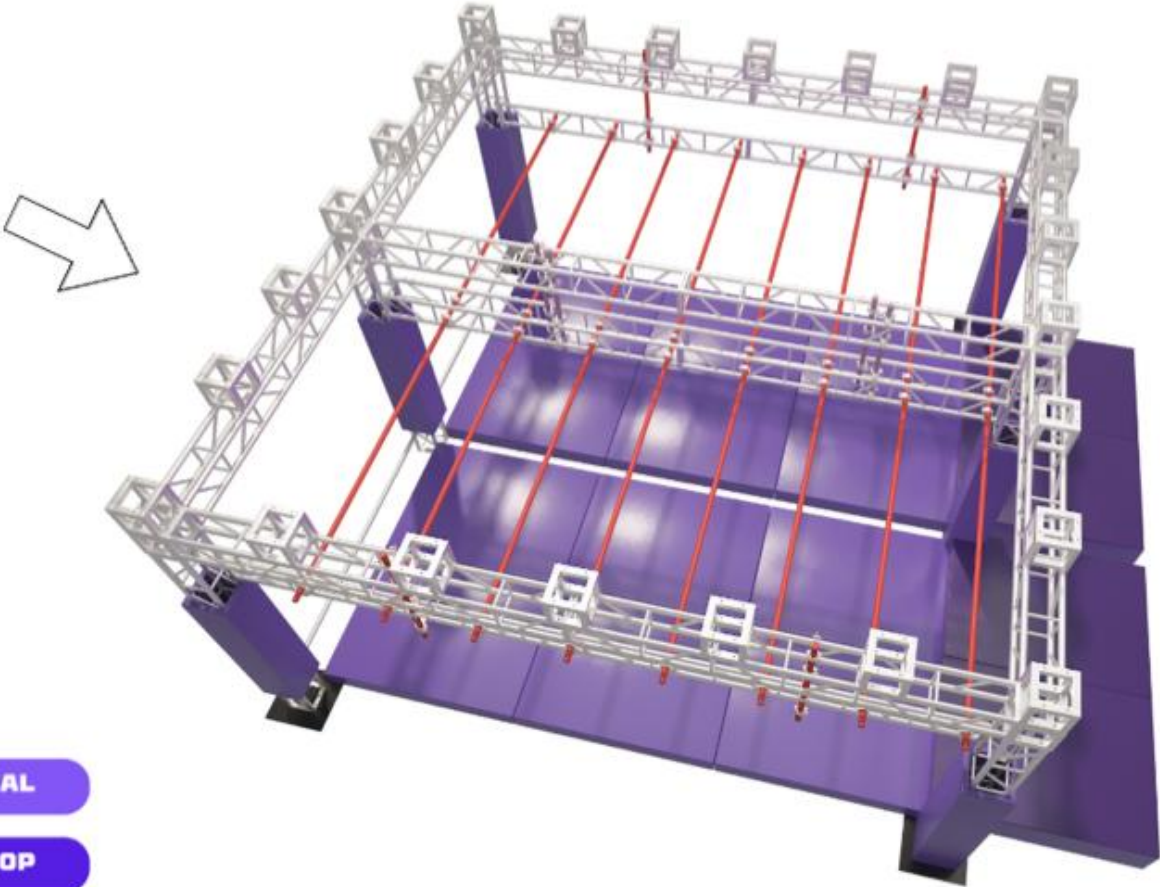
- Length 950cm
- Width 690cm
- Height 500cm

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:

- i) Failure to climb completely over the obstacle and descend on the opposite side.
- ii) 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.

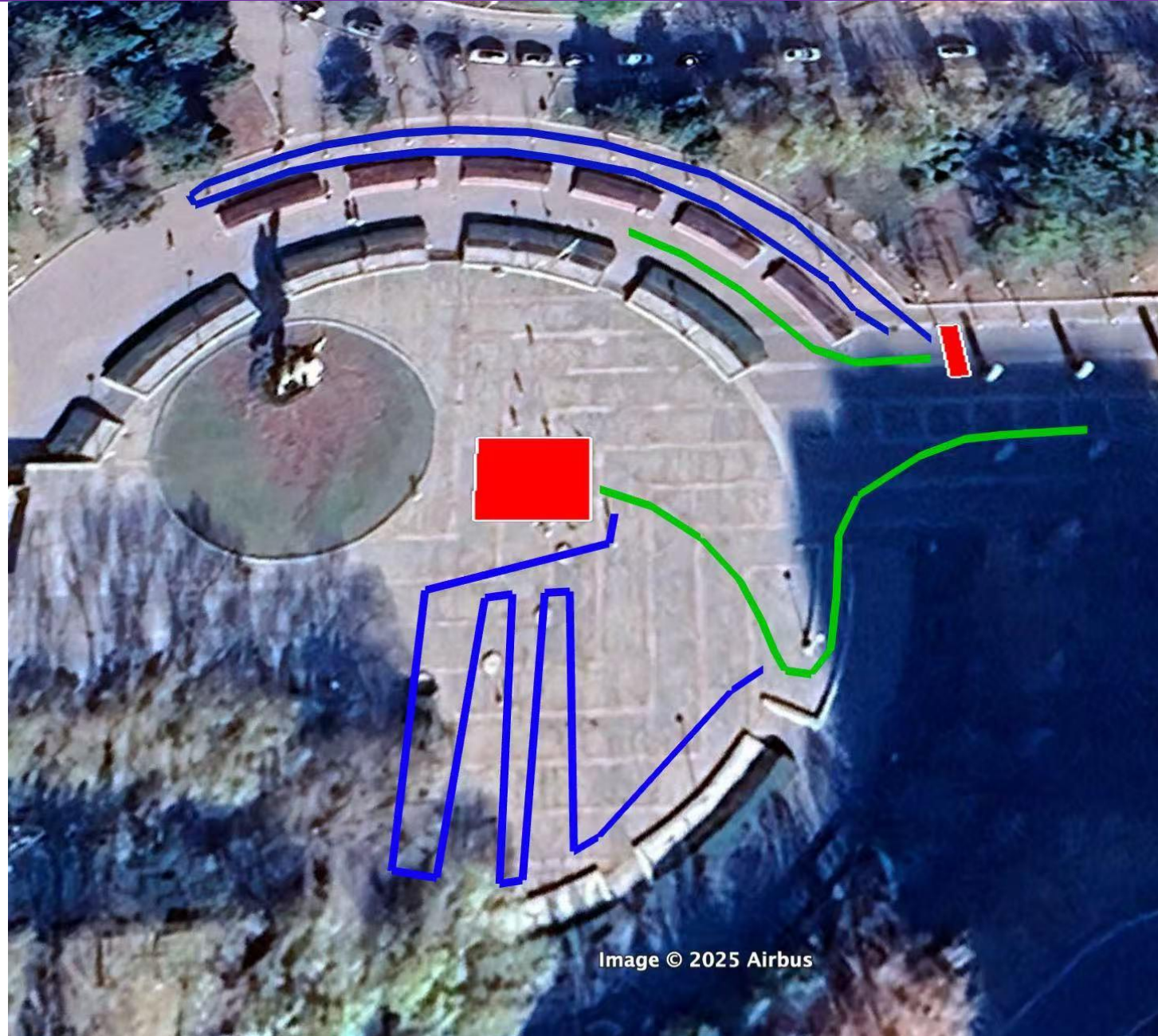
2.3.6 Obstacle #6



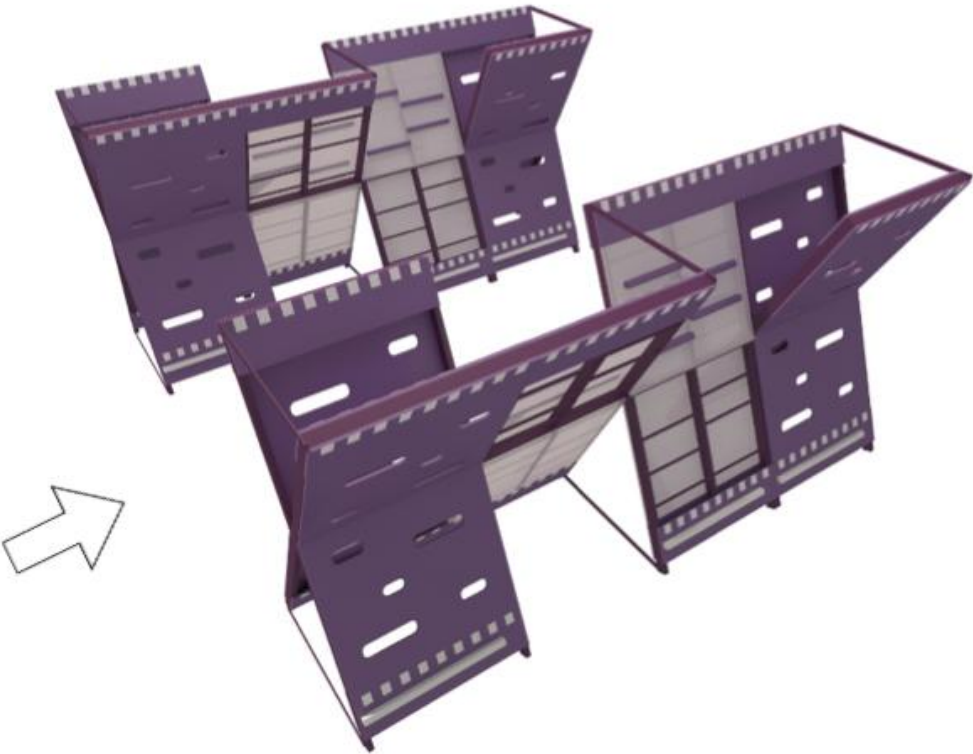
- Length 600cm
- Width 630cm

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.

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2.3.7 Obstacle #7



MANDATORY

- Length 480cm
- Height 260cm

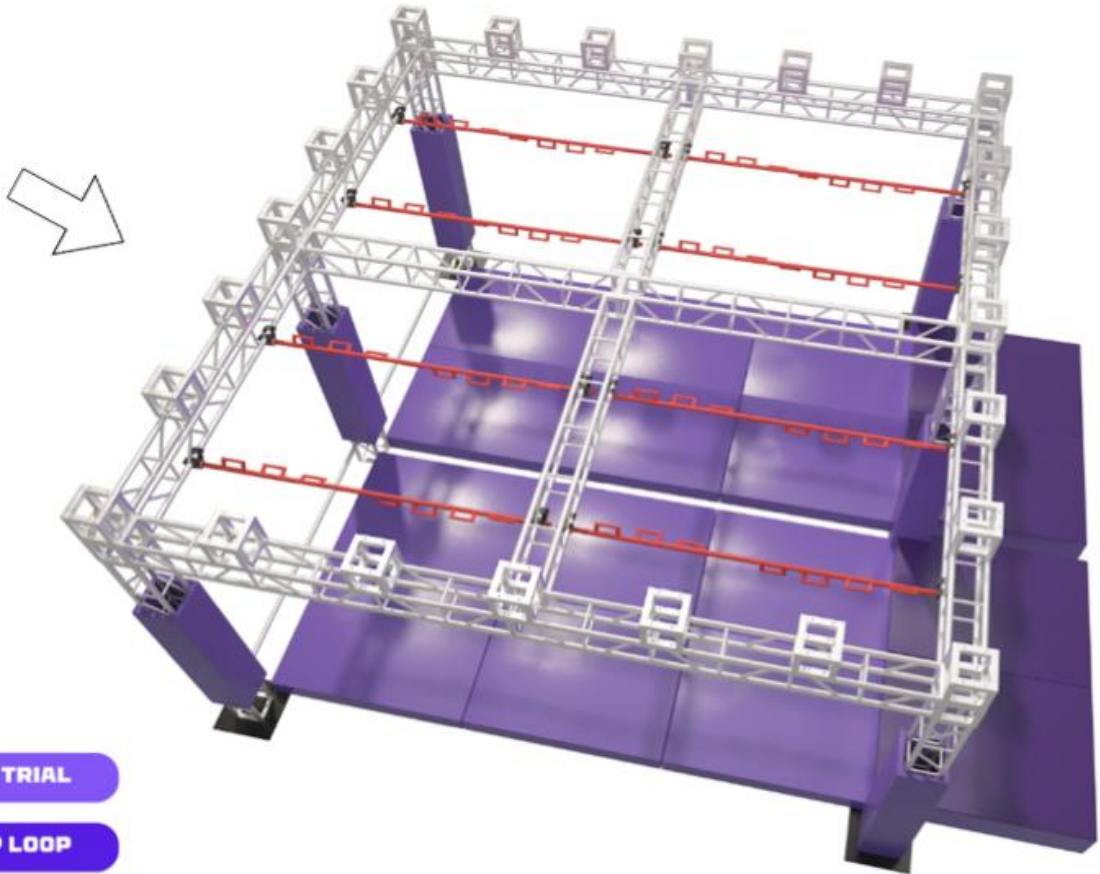
Overcome:

- 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



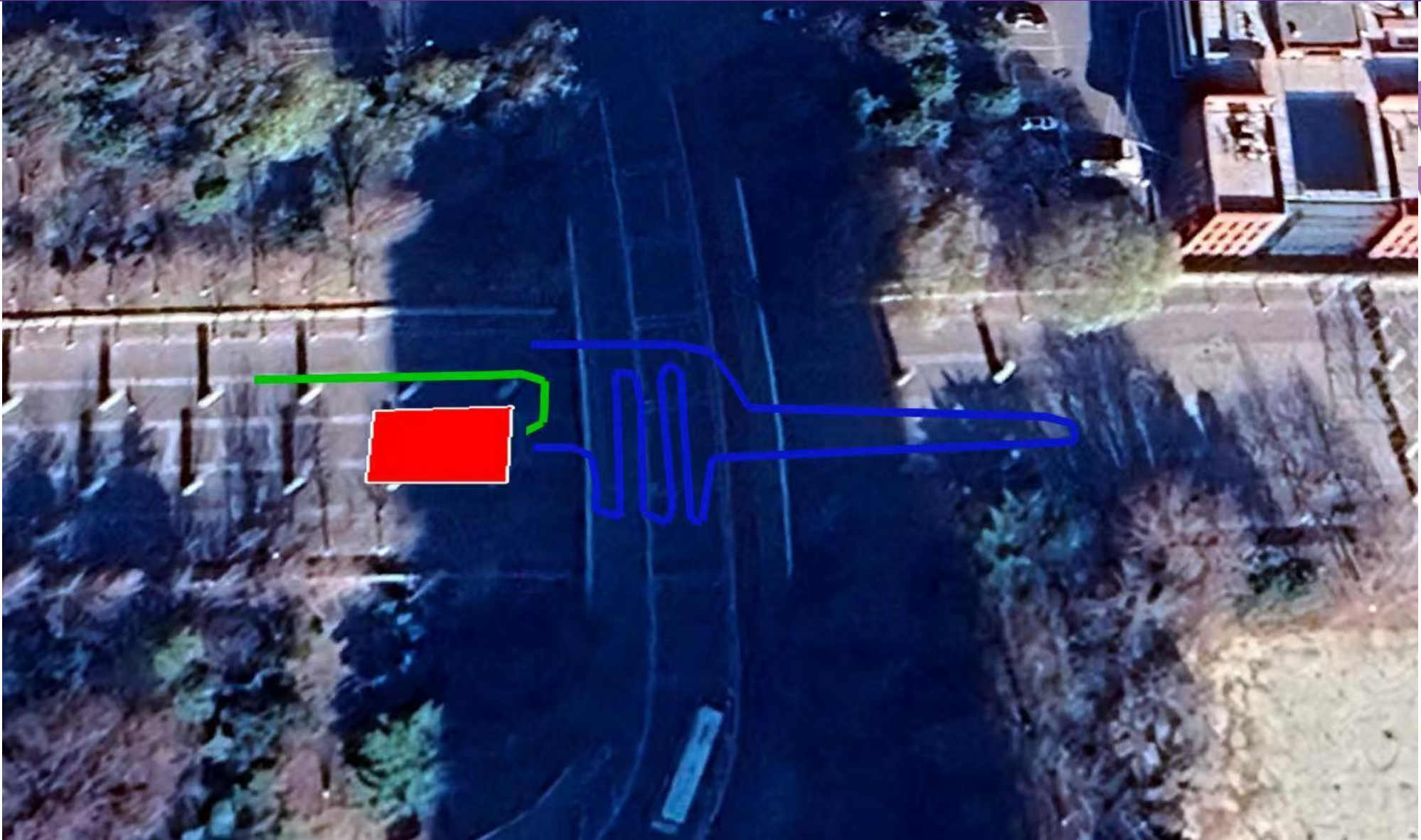
- 1 TRIAL
- P LOOP

- Length 600cm
- Width 630cm

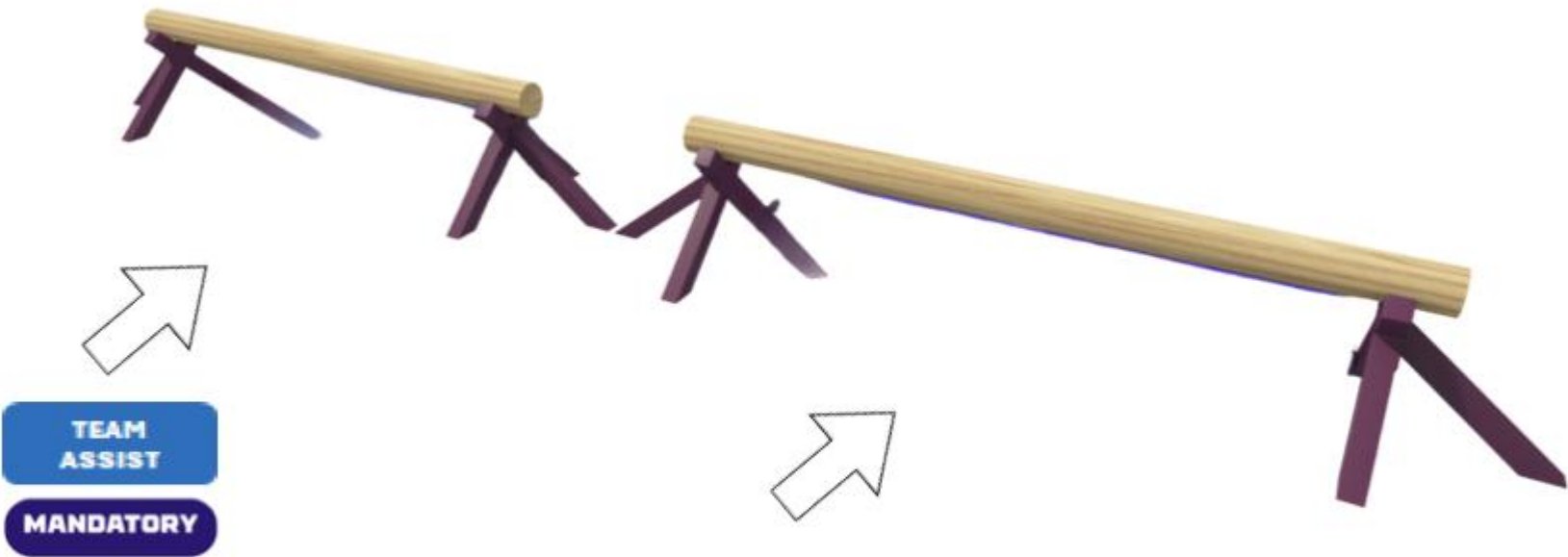
Overcome:

- 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.

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2.3.9 Obstacle #9

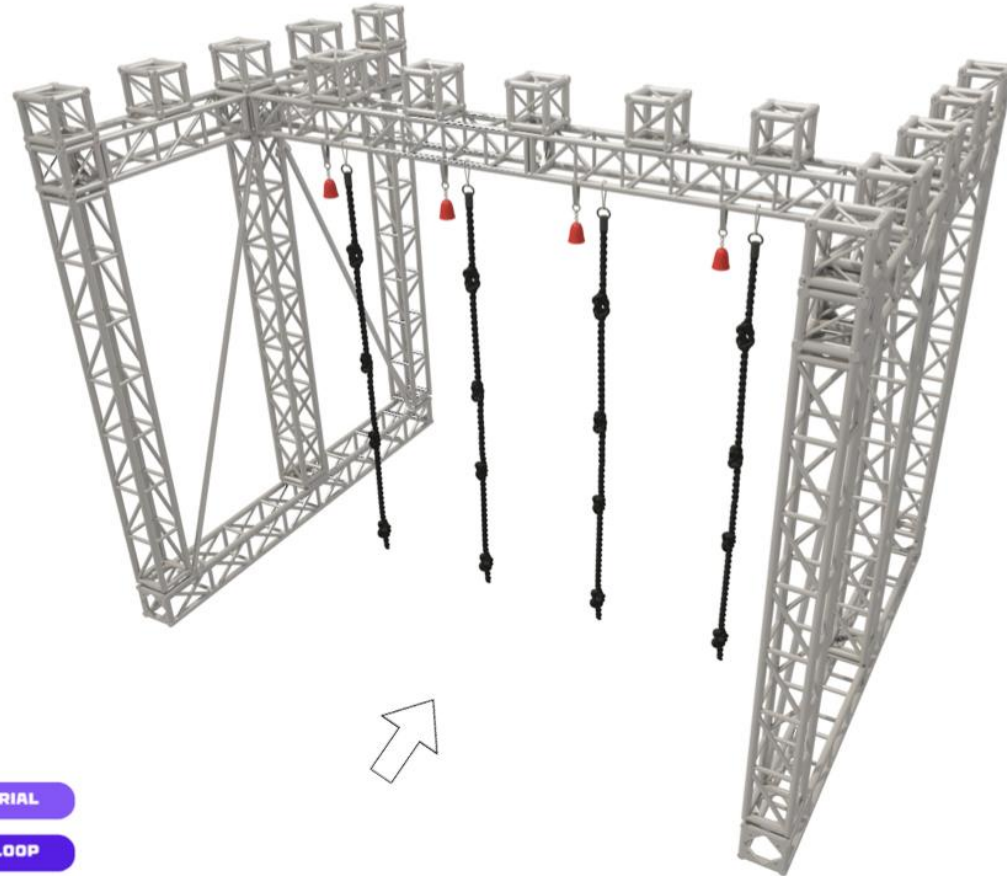


- Height 110cm
- Width 350cm

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



1 TRIAL

P LOOP

- Height 380cm

Overcome:

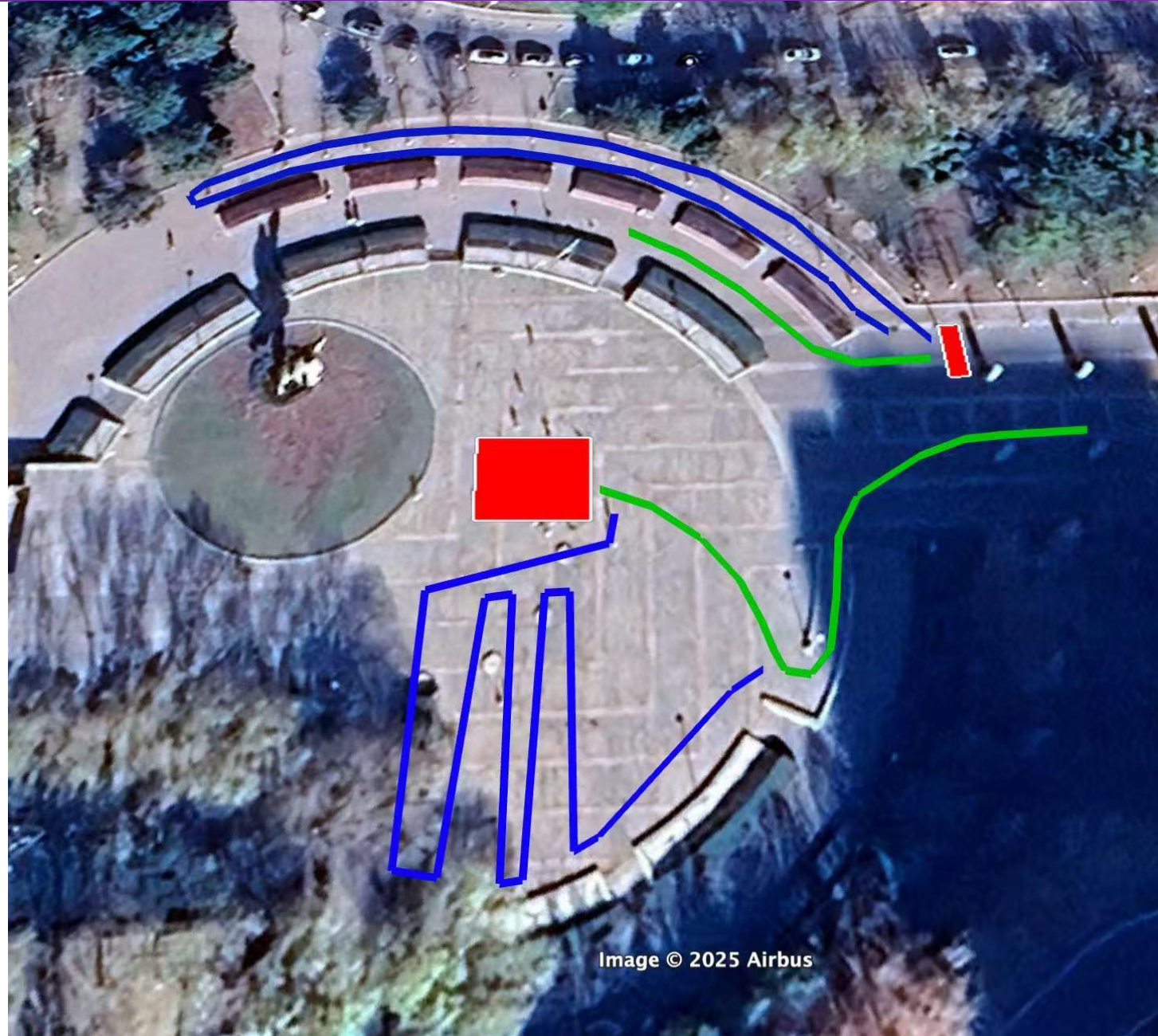
- Climb up the designated rope.
- Ring the bell using the hand or any part of the arm.

Failure Modes:

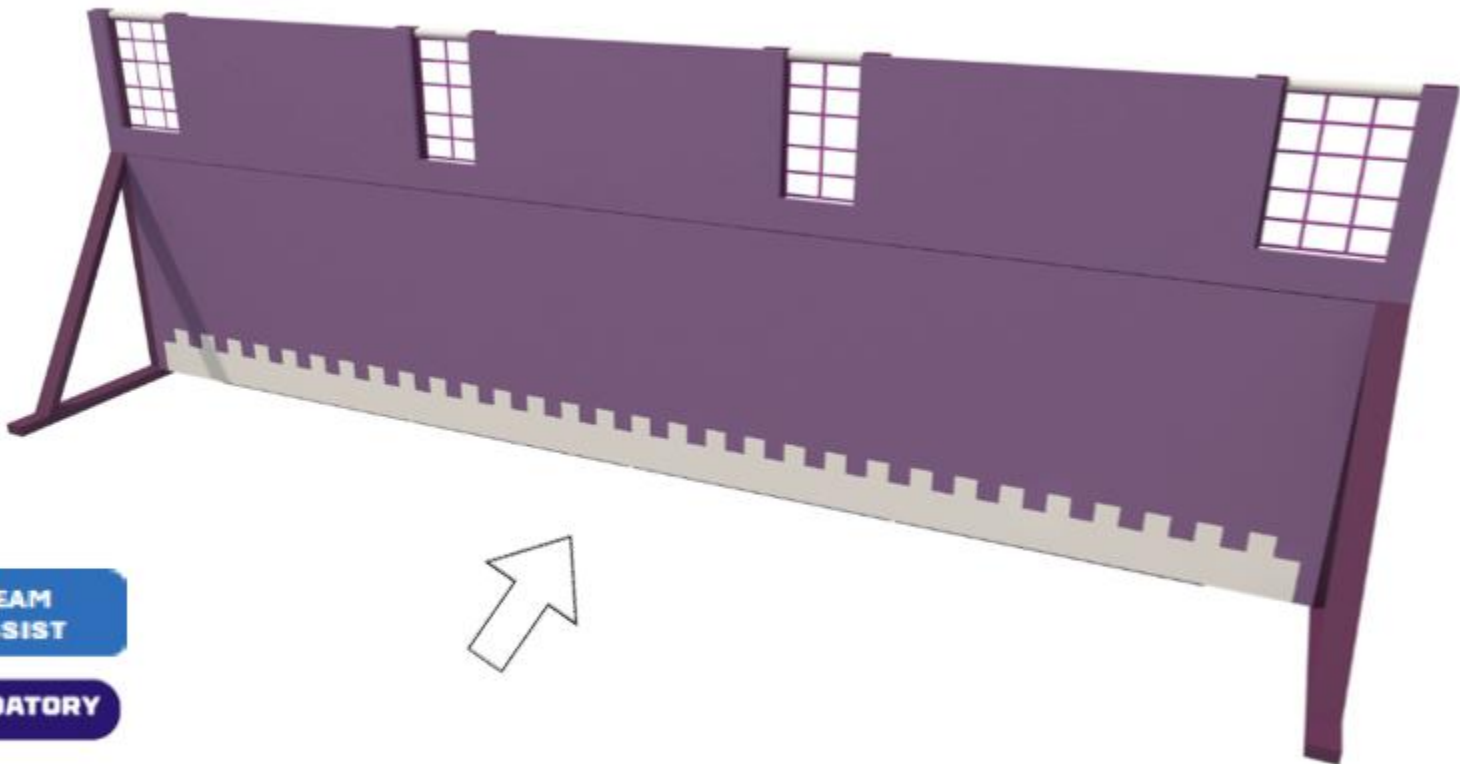
- Ring the bell with any part of the body different of the arm.
- Using more than one rope during a single attempt.
- Failure to ring the bell before descending.



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2.3.11 Obstacle #11



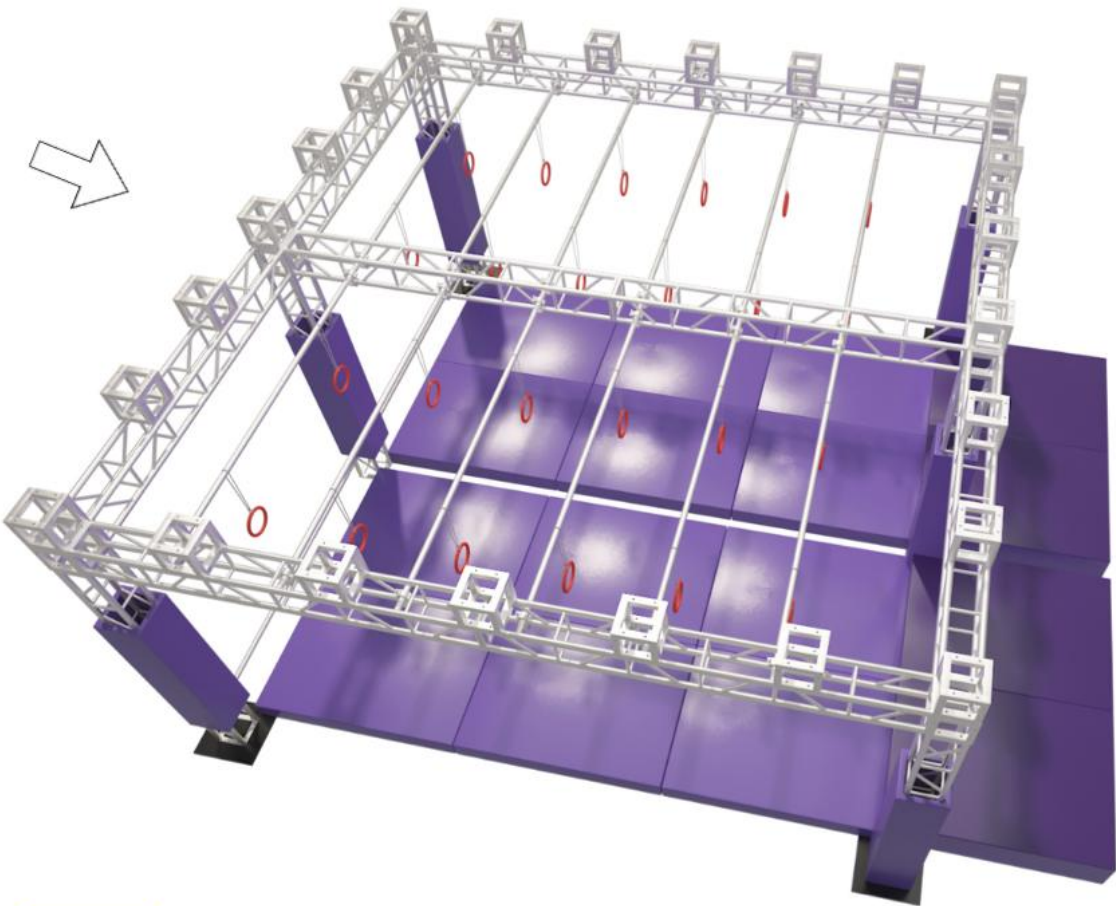
TEAM
ASSIST

MANDATORY

- Height 150cm
- Width 450cm

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



1 TRIAL

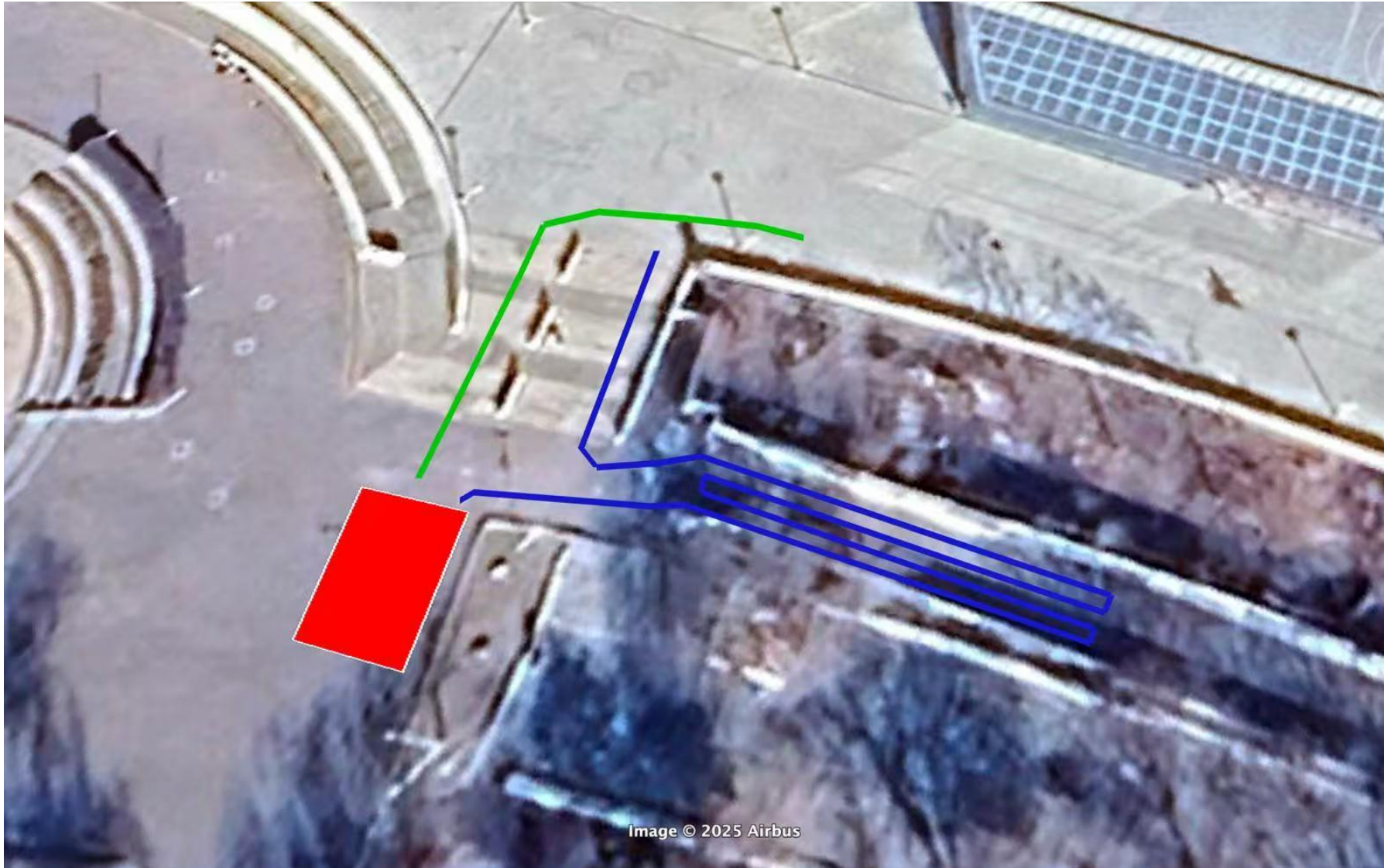
P LOOP

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

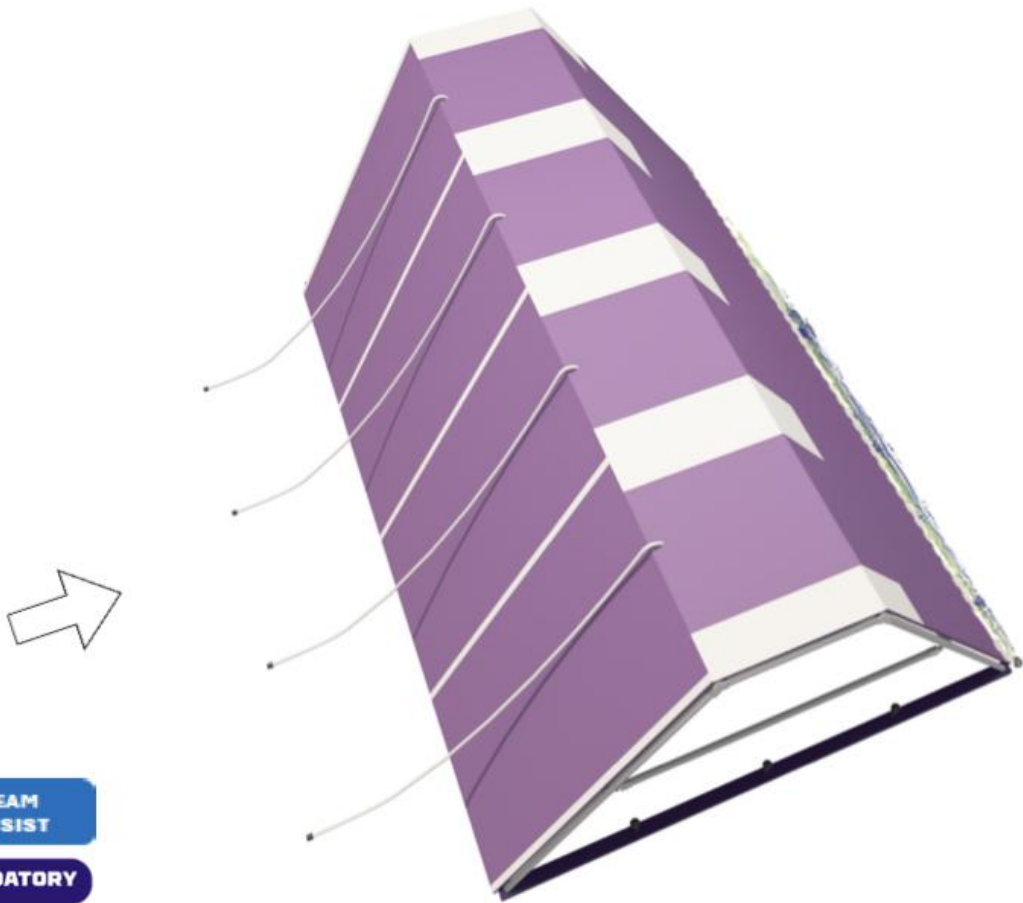
- Length 600cm
- Width 630cm

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.

12



2.3.13 Obstacle #13



TEAM
ASSIST

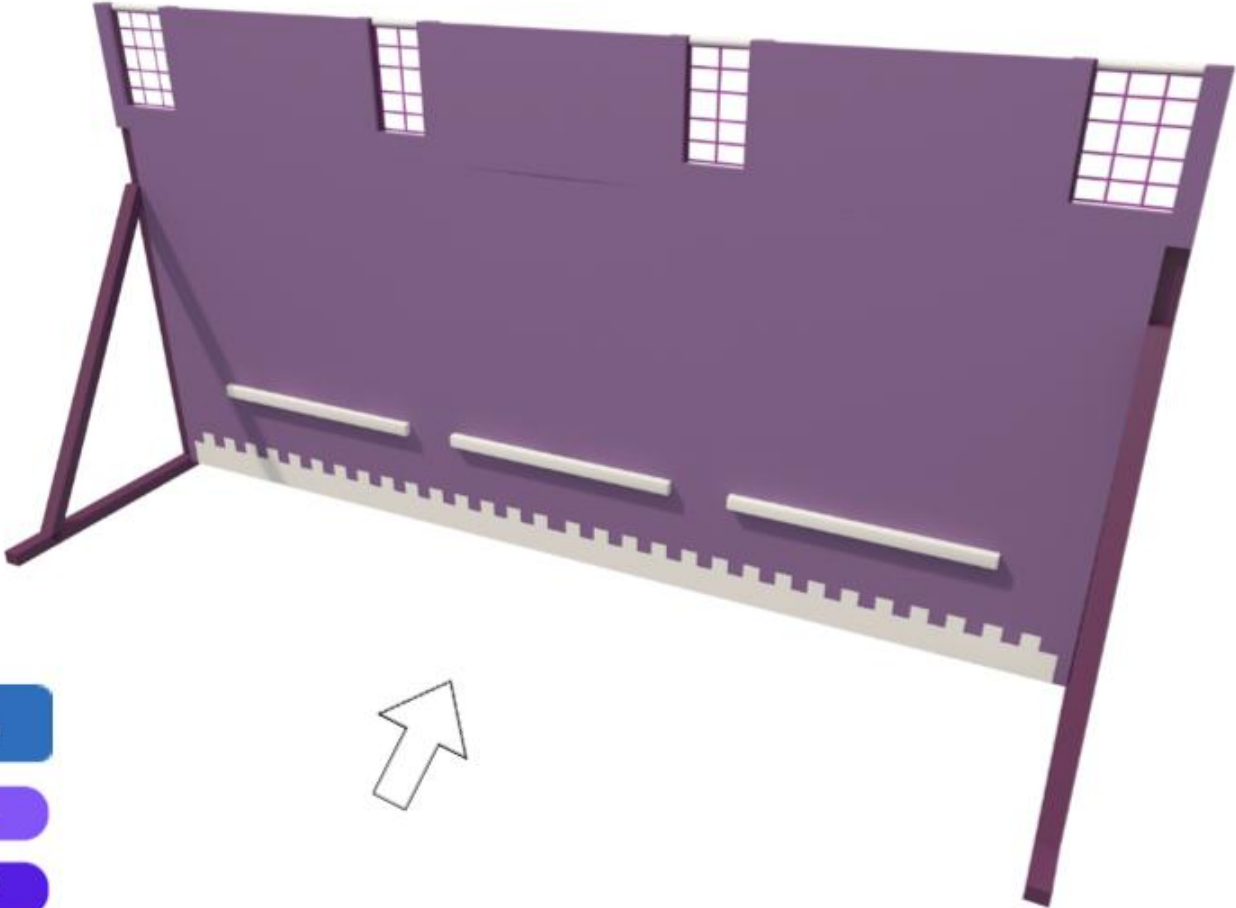
MANDATORY

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

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

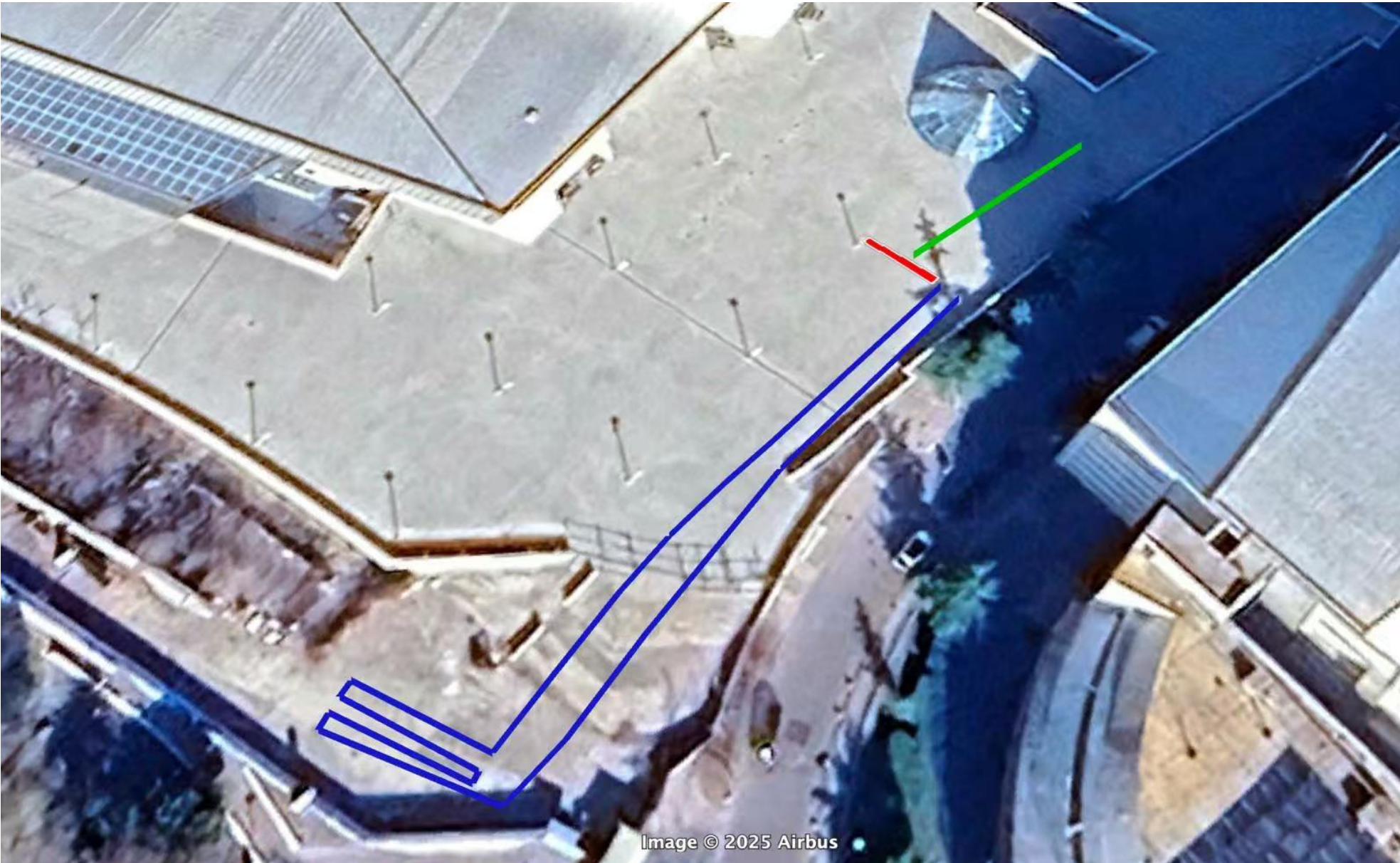


- TEAM ASSIST
- 1 TRIAL
- P LOOP

- Height 240cm
- Width 450cm

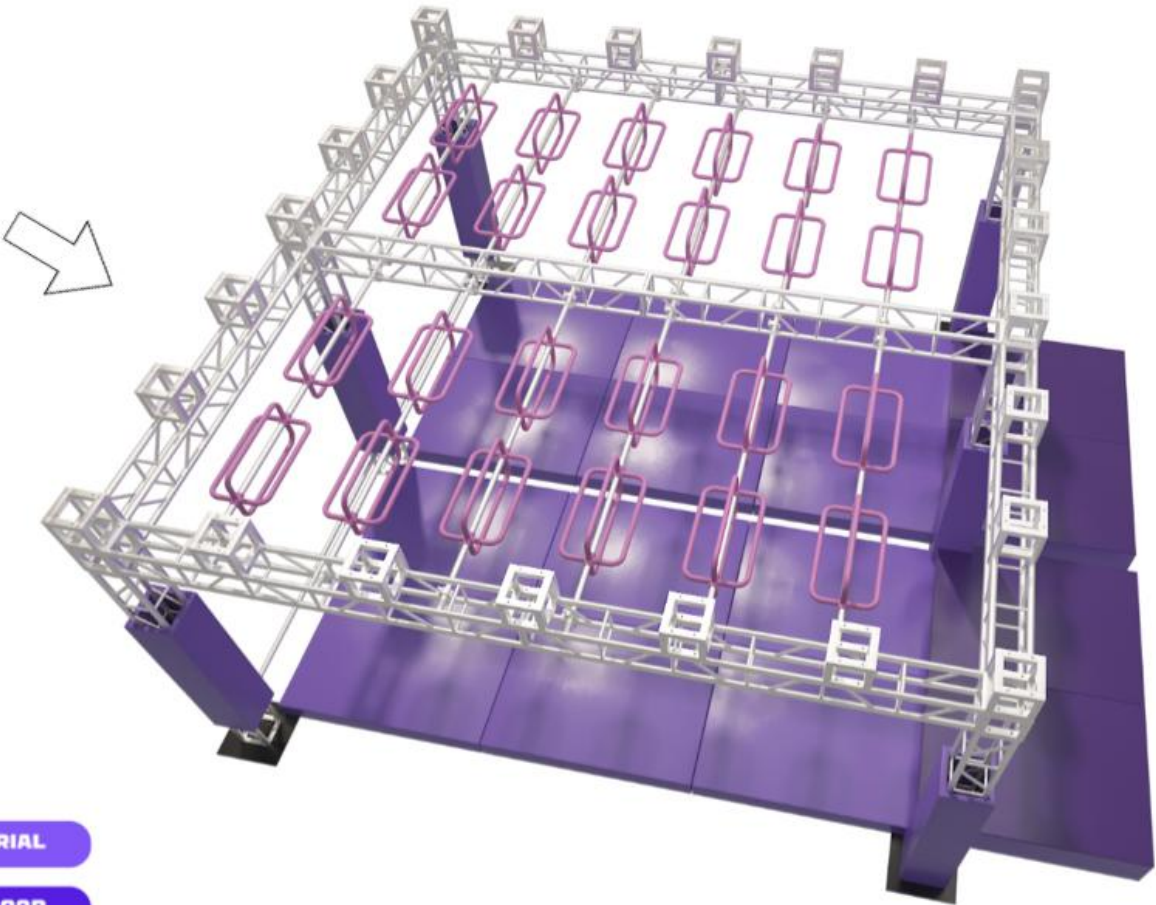
Overcome: Pass over the wall. Any part of the wall can be used or touched except for the vertical supporting frames.

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2.3.15 Obstacle #15



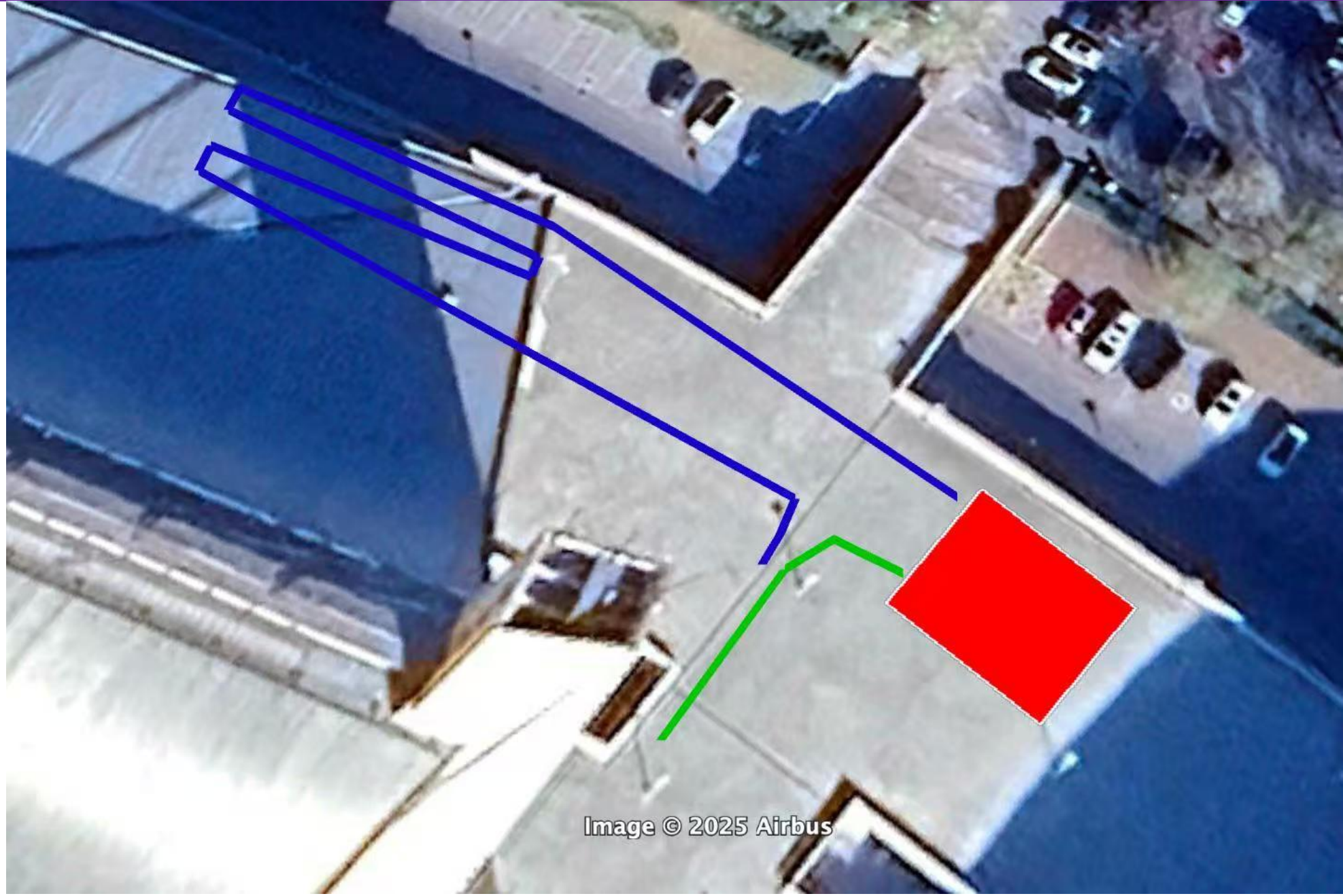
- 1 TRIAL
- P LOOP

- Length 600cm
- Width 630cm

Overcome:

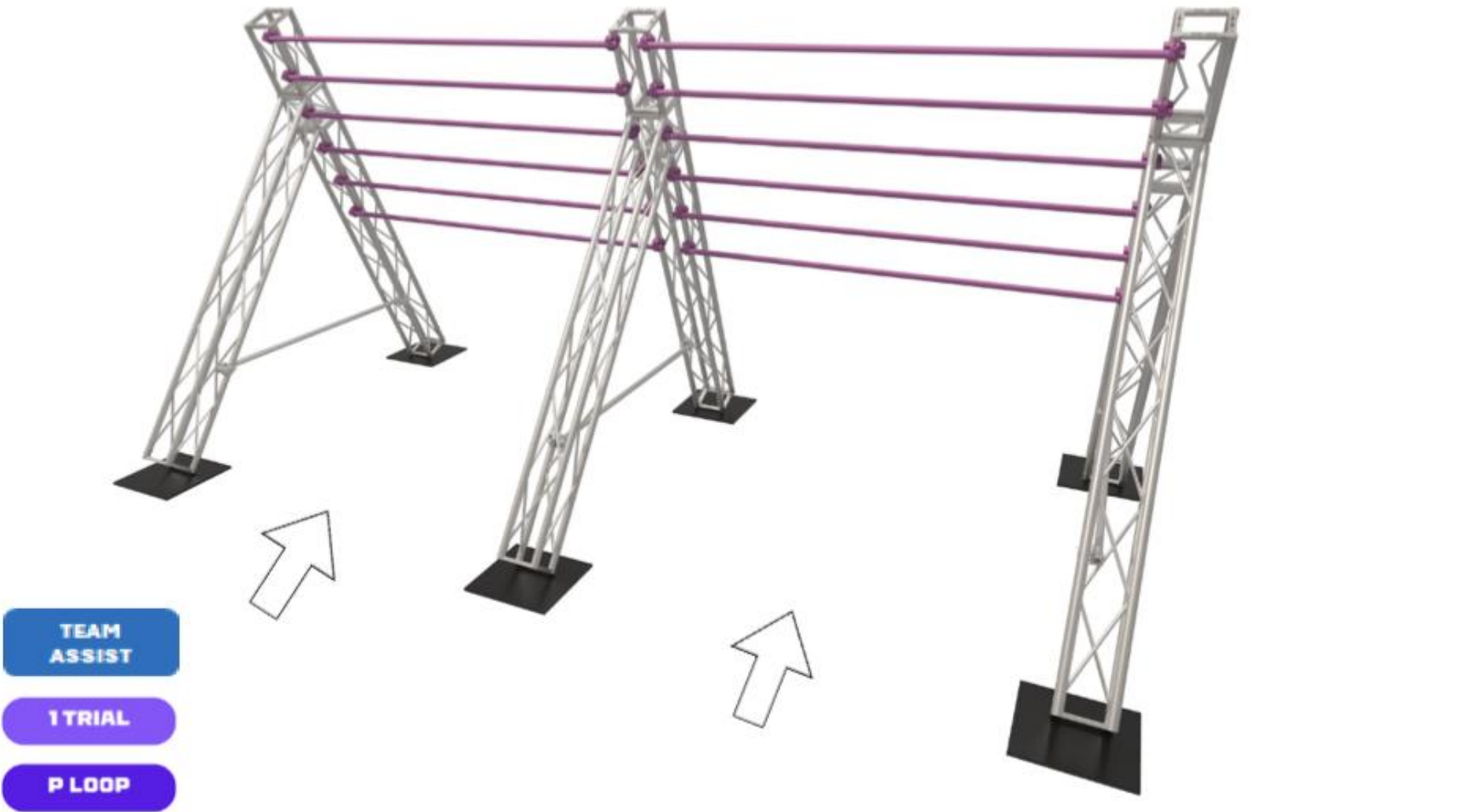
- i) Traverse the spinning bars using only the hands and arms. Feet must not touch the ground to gain advantage.
- ii) Finish by landing on the designated platform.

15



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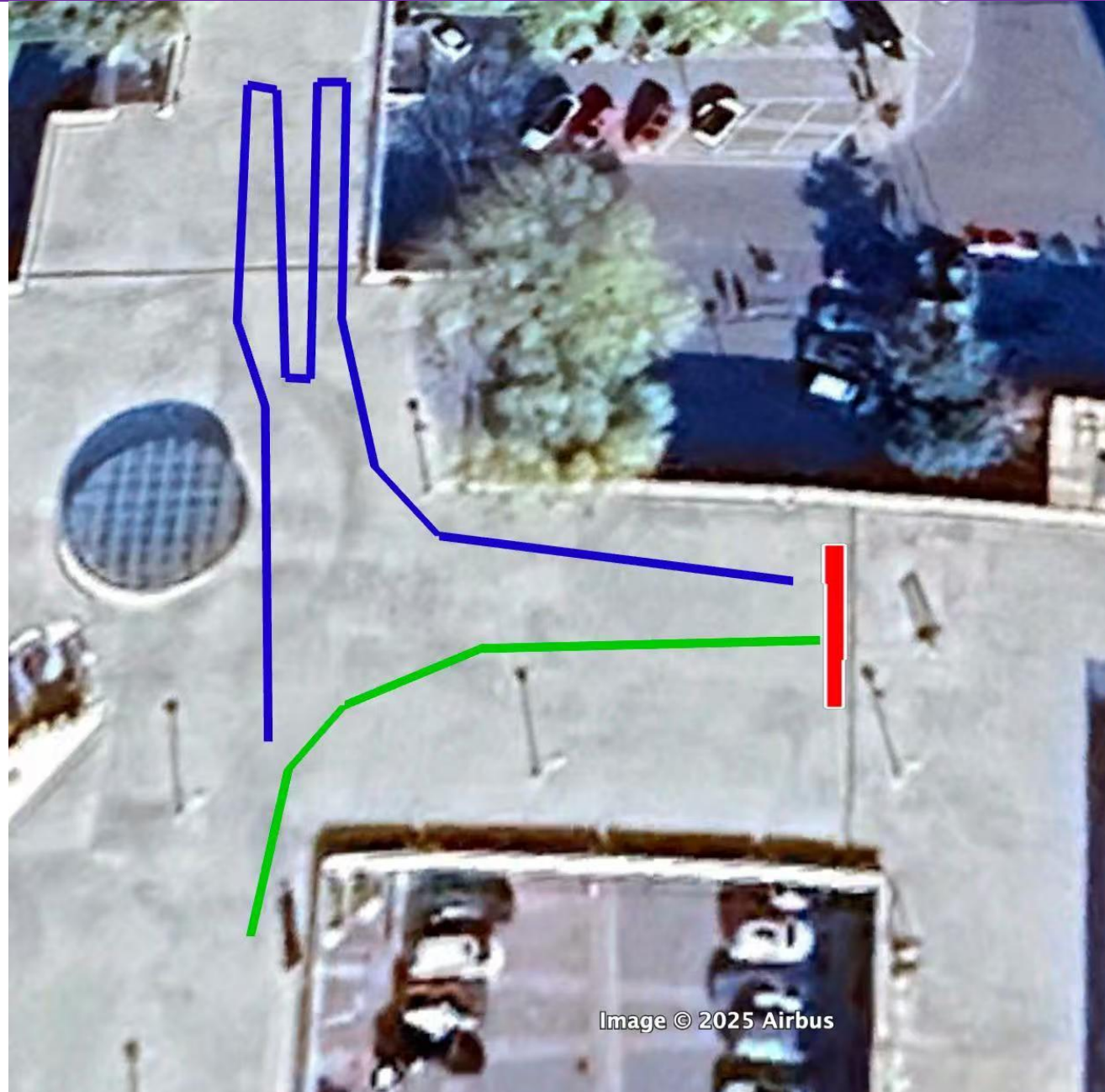
2.3.16 Obstacle #16



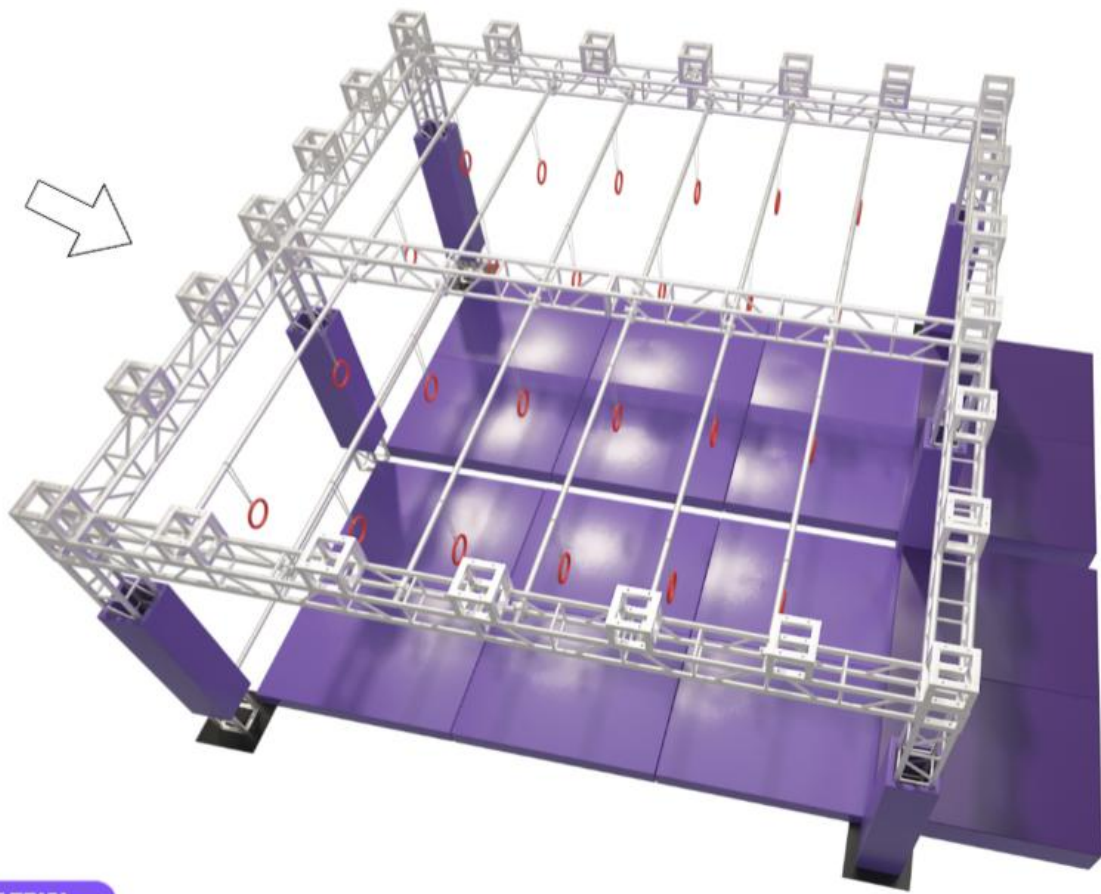
- Width 690cm
- Height 350cm

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

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2.3.17 Obstacle #17



- 1 TRIAL
- 1 LOOP

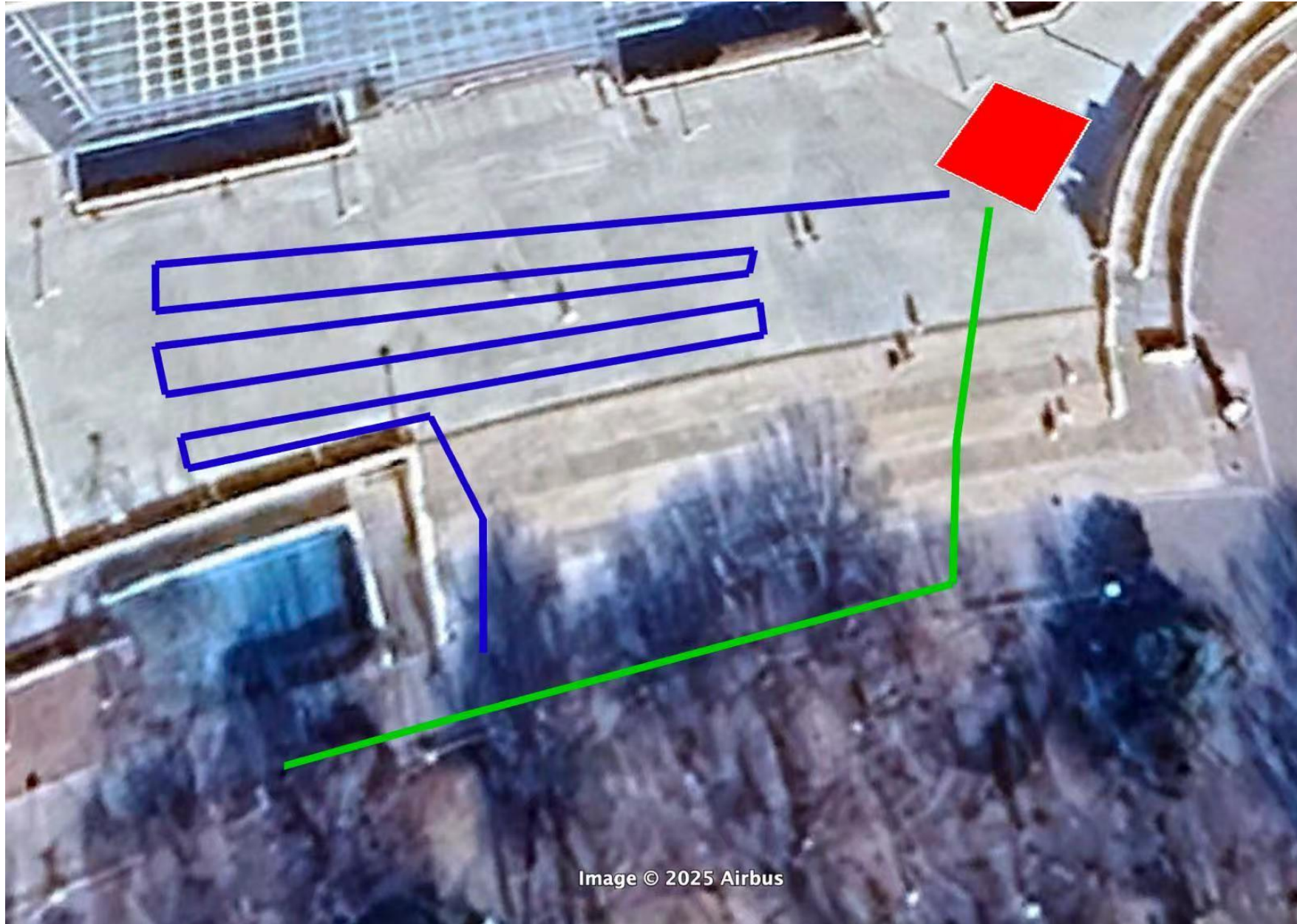
**This illustration is for reference purposes only; the final specifications of all elements will be provided during the Technical Meeting/Athletes' Briefing.*

- 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.



17



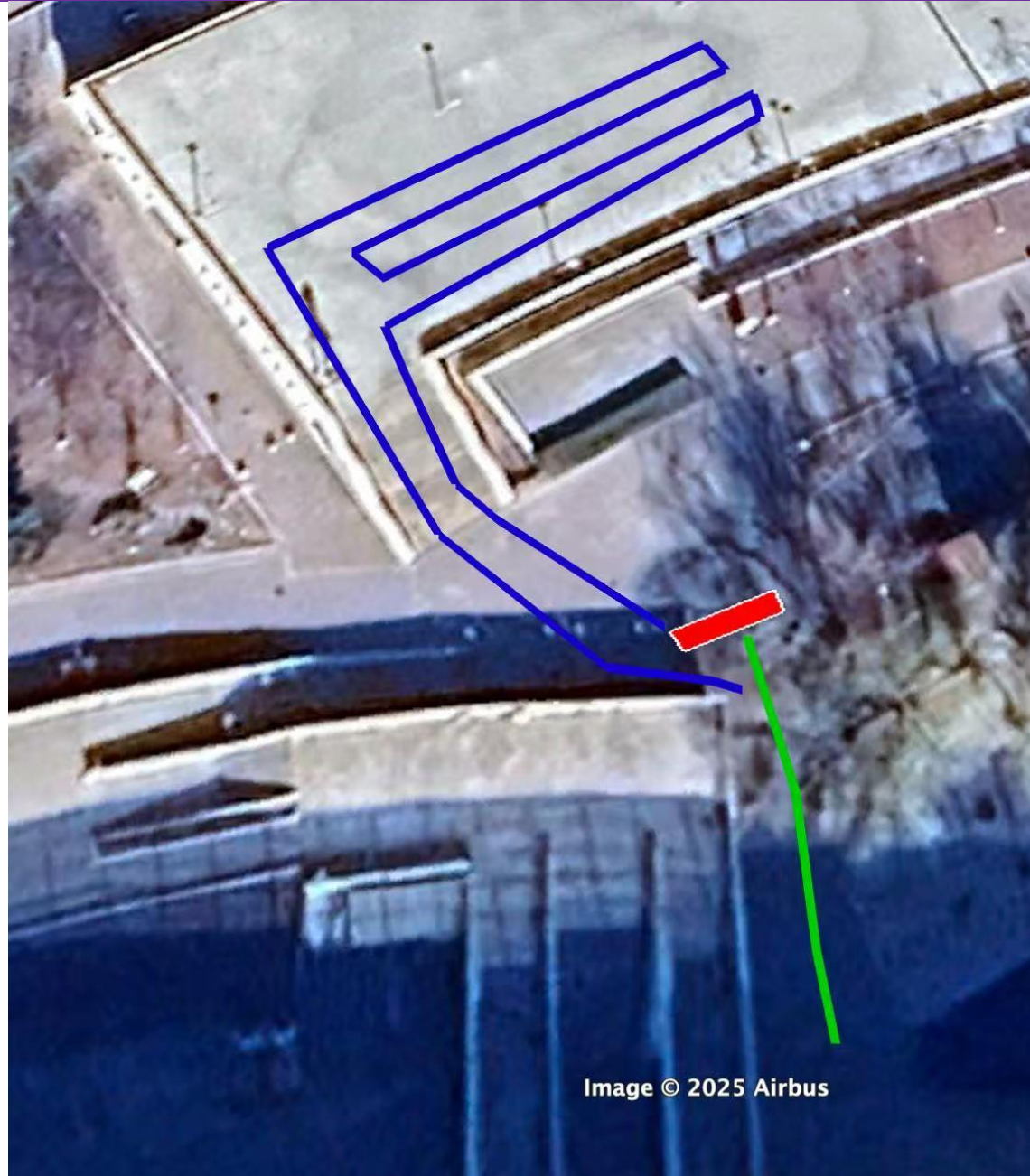
2.3.18 Obstacle #18



- 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.

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2.3.19 Obstacle #19



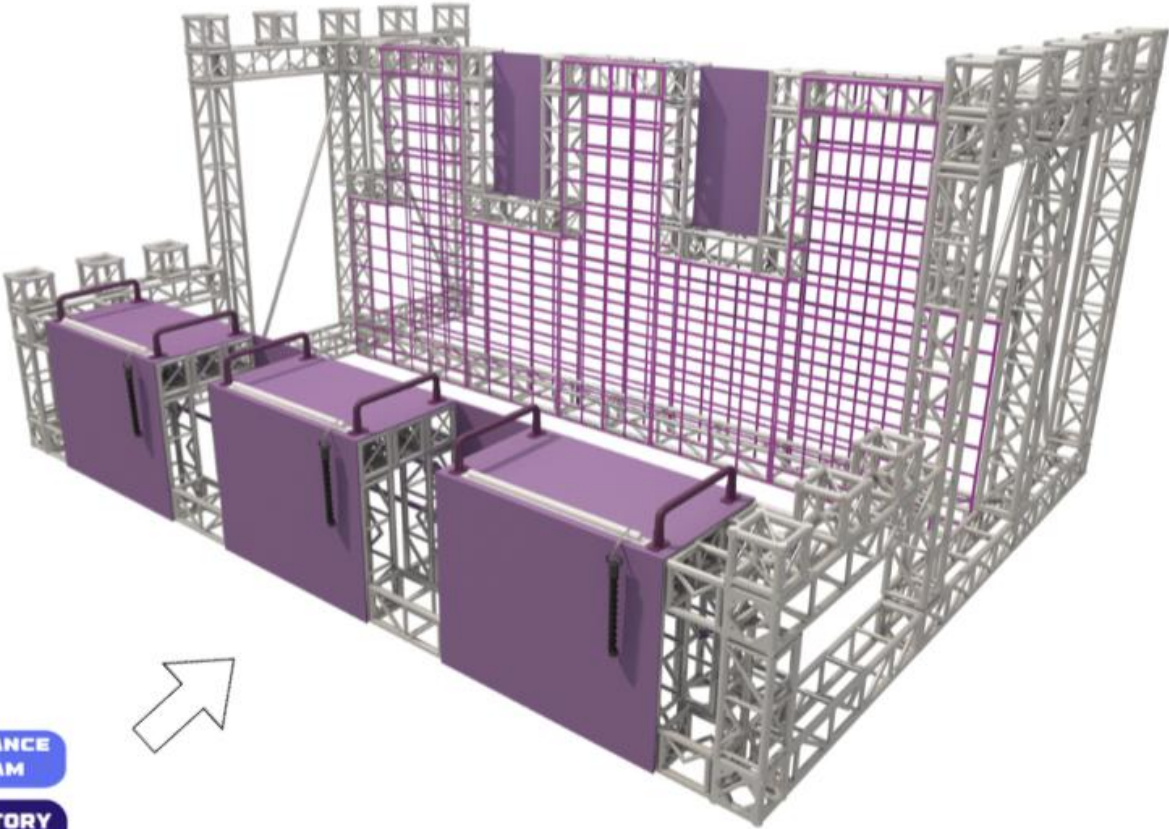
TEAM
ASSIST

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.

The 3k Course – Mandatory Obstacles



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

MANDATORY

The 3k Course – Non-Mandatory Obstacles



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

b) Non-Mandatory Obstacles

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

1 TRIAL

PENALTY LOOP

The 3k Course – Team Event



- 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

TEAM ASSIST

Safety & Conduct



- **Safety is the priority 安全是前提**
- **Immediate stop in case of lightning or obstacle failure 雷电或障碍损坏的情况下比赛立即停止**
- **Warm-up with specific rules 热身特殊规则**



Questions & Answers

问题解答



Good Luck!
祝大家好运!

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