



# Ninja Speed COMPETITION RULES 2023



Version 2023.05.13



This document, the Ninja Speed Competition Rules (“the Rules”), contains specific technical aspects for Ninja speed competitions (head-to-head racing) and references the Master Source Document (“MSD”), found on the World Obstacle website at [worldobstacle.org](http://worldobstacle.org). The MSD is a web-based document acts as the official (authorized) reference document for all event formats and distances in Obstacle Sports and is maintained based on authorized amendments in accordance with recommendations by the Technical Commission and accepted by the FISO Executive Board.

#### Contact

Fédération Internationale de Sports d'Obstacles (FISO)  
Lausanne, Switzerland

Email: [competitions@worldobstacle.org](mailto:competitions@worldobstacle.org)

# 1. INTRODUCTION

## 1.1. Purpose

- 1.1.1. World Obstacle, the Fédération Internationale de Sports d'Obstacles (FISO), is the sole governing body, responsible for Competition Rules for its related disciplines and events.
- 1.1.2. The Ninja Speed is a timed race where the athletes run and overcome obstacles. Events are head-to-head in lanes or time trial and the fastest athlete wins.
- 1.1.3. These Rules must be read in conjunction with the MSD and regulations for the host country, if applicable.

## 1.2. Intention

- 1.2.1. The Rules are intended to:
  - 1.2.1.1. Create an atmosphere of sportsmanship, equality, and fair play.
  - 1.2.1.2. Provide safety and protection.
  - 1.2.1.3. Emphasize ingenuity and skill without unduly limiting the athlete's freedom of action.
  - 1.2.1.4. Disqualify or penalize athletes who gain an unfair advantage.
- 1.2.2. Definitions of all terms used in the Rules are provided in the MSD. Any difficulty in the interpretation or application of Rules should be referred to the FISO Competitions Committee (CC) or on-site Technical Officials (TOs).

## 1.3. Rule Updates

The Rules may be changed from time to time by the CC at its discretion, with the approval of the FISO Executive Board. Any such rule change(s) shall be advised in writing at least 30 days before taking effect. Updated FISO Competition Rules will be posted on the FISO website (<https://worldobstacle.org/competition-rules>).

# 2. CONDUCT OF ATHLETES

## 2.1. General Conduct

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

- Practice good sportsmanship.
- Adhere to the intent of a rule when the exact wording of the rule may be interpreted in various ways.
- Be responsible for their own safety and the safety of others.
- Know, understand, and follow the Rules.
- Obey instructions from race technical officials, including judges and referees.
- Treat other athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy.
- Not use abusive, derogatory, defamatory, or inflammatory language.
- Inform a TO immediately after withdrawing from the race. In case the athletes fail to do this before the end of the event, it may result a suspension.

- Compete without receiving assistance other than from event officials.
- Refrain from ambush marketing.
- Not dispose litter or equipment around the course except at clearly identified places. All items must be kept with the athlete and disposed of appropriately at the end of the race.
- Not attempt to gain unfair advantage in any way.

## 2.2. Drug Abuse

Refer to the MSD

- 2.2.1. Athletes must adhere to the FISO Anti-Doping Rules.
- 2.2.2. All athletes are responsible for familiarizing themselves with the FISO Anti-Doping Rules including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties, and appeal processes, and prohibited substances.
- 2.2.3. FISO Anti-Doping Rules abide by rules set by the World Anti-Doping Agency (WADA) Code.

## 2.3. Health

Refer to the MSD

- 2.3.1. Ninja Competitions are strenuous. To be able to compete, athletes should be in excellent physical condition. Their health and welfare are of paramount importance. By starting in a race, the athletes declare they are in good health and are in appropriate physical condition to complete the race.
- 2.3.2. Time limits and overall finish time may be established for each competition. These limits shall be published in the pre-event registration material.
- 2.3.3. FISO may require athletes to perform periodic health evaluation (PHE) or undergo a pre-participation evaluation (PPE) prior to participating in a competition.

## 2.4. Eligibility

Refer to the MSD

- 2.4.1. All athletes must be in good standing with their National Federations unless otherwise specified by FISO. To ensure this, all the entries must be done by the NFs, not by the athletes themselves.
- 2.4.2. Athletes under suspension are not allowed to compete in any FISO event, in any competition sanctioned by FISO members, or in any competition held under the FISO Rules.
- 2.4.3. Eligibility for FISO World Level event may include competitive athletes in Elite and Age Group (AG), Mixed Team and Open categories.
- 2.4.4. An athlete's age is determined by their age on December 31<sup>st</sup> in the year of competition for Senior athletes and is the age of the athlete on race day for Youth and Junior athletes. An athlete who is 15 years old on race day and turns 16 before December 31<sup>st</sup> in the year of competition shall compete in the Junior (14/15) category.

## 2.5. Insurance

Refer to the MSD

- 2.5.1. Each athlete competing in an FISO event must have personal insurance coverage that covers:
  - Any accident traveling to, from and occurring at the race site before, during and after any competition.
  - Any sickness that an athlete could suffer during a trip to a competition or event.
  - Liability caused by an athlete during the competition.
- 2.5.2. The athlete's NF guarantees the existence of this insurance if they enter an athlete in an event. The Local Organizing Committee (LOC) or NFs organizing an event may provide insurance to athletes.

## 2.6. Registration

Refer to the MSD

- 2.6.1.1. NFs will register their athletes for FISO events following their NF qualification system or other FISO approved qualification system. Independent athletes shall register directly with FISO or the LOC.
- 2.6.1.2. Competitive athletes may be required to qualify by following the FISO and/or NF eligibility rules.
- 2.6.1.3. All athletes must provide a government issued photo identification at race registration/packet pick-up prior to competition.
- 2.6.1.4. It's mandatory for athletes to have a medical certificate or evaluation form to compete for the event.
- 2.6.1.5. All athletes must pick up their own race packet and show their photo identification at the official race registration area during a designated time.

## 2.7. Uniform

Refer to the MSD

## 2.8. Footwear

Refer to the MSD

## 2.9. Other Equipment

Refer to the MSD

## 2.10. Race numbers

Refer to the MSD

## 2.11. Assignment of race numbers

Refer to the MSD

# 3. PENALTIES AND RULES

## 3.1. The Course

- 3.1.1. The Ninja course is a linear running track consisting of a start line, ten (10), eleven (11), or twelve (12) obstacles and a finish line.
- 3.1.2. The course may be one (1) or more lanes, each lane being no less than 1.5 m wide.
- 3.1.3. The obstacles shall be Ninja “speed” obstacles and must be approved by FISO.
- 3.1.4. Obstacles may be placed in any order.

## 3.2. General Rules

- 3.2.1. Completion of all obstacles is mandatory.
- 3.2.2. Completion of an obstacle is when the athlete lands on the finish platform for suspended obstacles or completes the obstacle as defined in the event competition rules (lifts, walls, etc.).
- 3.2.3. An athlete failing an obstacle may attempt the obstacle a second time (if not over water) but must progress through the failed obstacle before starting the second attempt.
- 3.2.4. An athlete who fails to complete an obstacle on the second attempt must immediately leave the course.
- 3.2.5. If water landings (pools) are part of the course, an athlete landing in water cannot make a second attempt and must immediately leave the course.
- 3.2.6. Athletes finishing with the same time (measured to 1/1000<sup>th</sup> [0.001] of a second) shall be awarded a tie unless the finish video can determine a winner.
- 3.2.7. Failure to comply with the Rules may result in an athlete being verbally warned, disqualified, suspended, or expelled.
- 3.2.8. The nature of the rule violation will determine the penalty.
- 3.2.9. A suspension or an expulsion will occur for very serious violations of the Rules, FISO Anti-Doping Rules of Code of Ethics.
- 3.2.10. An athlete may be issued a verbal warning or disqualified for failing to abide by the Rules.
- 3.2.11. The chief International TO may assess penalties, even if the infringement is not listed, if the TO deems an unfair advantage has been gained, or if a dangerous situation has been created.

## 3.3. Timing

- 3.3.1. Time for each race is “gun time.”
- 3.3.2. The race starts at the sound of the gun/horn/beep/light.

- 3.3.3. Electronic timing shall be used for all competition runs.
- 3.3.4. Hand timing shall be used as a backup for the electronic timing system.
- 3.3.5. Video shall be used for the finish button to determine results in the finals.
- 3.3.6. There shall be qualifying runs (heats) and finals.
- 3.3.7. Semi-finals may be used to determine finalists, subject to time availability.
- 3.3.8. Each athlete may be allowed up to two runs in the heats, subject to time availability.

### **3.4. Specific Rules – Mixed Relay**

- 3.4.1. A Mixed Relay team shall be:
  - Four (4) people consisting of two (2) men and two (2) women or
  - Three (3) people consisting of both men and women, at least one (1) of which must be a woman or
  - Two (2) people consisting of one (1) woman and one (1) man.
- 3.4.2. The start order of the team may be by either gender, i.e., either a man or a woman may be the first runner for the team.
- 3.4.3. The team may run in any order by gender.
- 3.4.4. The course is divided into four (4) segments, three (3) segments, or two (2) segments. Each runner completes one segment of the course, in sequential order.
- 3.4.5. The first athlete on the team starts at the sound of the gun/horn/beep/light.
- 3.4.6. Athletes start their run when the prior runner has completed their segment and “tags” (touches) them.
- 3.4.7. Runners may not physically assist other runners on the course (obstacles #1 – #11)
- 3.4.8. The team finishes when all team members have completed the finish obstacle (obstacle 12) and hit the finish button.
- 3.4.9. The team may help each other on the final obstacle (#12), the finish obstacle.

### **3.5. Verbal Warning**

Refer to the MSD

### **3.6. Time Penalties**

- 3.6.1. There are no time penalties.

### **3.7. Disqualification**

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

### 3.8. Suspension

Refer to the MSD

### 3.9. Expulsion

Refer to the MSD

### 3.10. Right of Appeal

Athletes punished with a penalty have the right to appeal.

### 3.11. Protests

Competing athletes/teams have the right to protest.

- A protest must be filed within 5:00 minutes of finishing the race.
- Protests must be made in writing and submitted to the timing officials.
- A deposit of EUR 100 or equivalent in cash must be submitted with the protest. The deposit will be refunded if the protest is upheld by the race jury.
- A decision will be made by the race jury prior to the awards.
- Retaliatory protests or protests made in bad faith will result in disqualification of the protesting party.

Refer to the MSD

### 3.12. Hearings and Appeals

Refer to the MSD

### 3.13. Reinstatement

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

## 3.14. CONDUCT

### 3.15. General Rules

The athletes shall:

- 3.15.1. Run, jump, swing, walk, climb, crawl, slither scramble or otherwise propel themselves across, under, over, along or through the course.
- 3.15.2. Display the official race number if provided. This shall a headband, arm band, wrist band or other identifier on the body that does not cause a risk to the athlete (e.g., catching on an obstacle element.)



- 3.15.3. Wear decent apparel: a bare torso is allowed for men, top and bottom are allowed for women.
- 3.15.4. Not wear loose / baggy clothing, or jewellery that could be caught in an obstacle.
- 3.15.5. Run with shoes. Shoes with spikes of any material are not allowed. Bare feet are prohibited.
- 3.15.6. Not intentionally block another athlete. Blocking will result in disqualification.

### **3.16. Finish Definition**

An athlete will be judged as "finished," the moment they activate the finish button or lever. This must activate a horn, whistle, pyrotechnic, light(s), stop clock or other finish device or combination of devices.

### **3.17. Safety Guidelines**

The responsibility of competing rests with the athlete. Any athlete, who appears to Technical or Medical Officials as presenting a danger to themselves or others, may be removed from the competition. This may include being inebriated, impaired by drugs or medically unfit to run.

### **3.18. Equipment**

Refer to the MSD

- 3.18.1. Liquid chalk (if no residue is left on obstacles and grips) and gloves are allowed. Powdered caulk or any other substance that could leave a residue on obstacles or grips is prohibited.

## **4. OBSTACLE CONDUCT**

### **4.1. General Rules**

Refer to the MSD

## **5. COMPETITION IN QUALIFYING ROUND FORMAT**

### **5.1. General**

A competition in Qualifying Round Format (tournament) consists of several rounds with heats and finals to determine the winners. The rounds may include quarter finals, semi-finals, repechages, or other rounds before the finals. Athletes qualify for the finals based on time.

### **5.2. Rounds**

- 5.2.1. Rounds will be called heats, quarter finals, semi-finals, finals and grand final as appropriate.
- 5.2.2. There may be any number of heats.
- 5.2.3. Two (2) or more runs may be allowed by each athlete in the heats. This allows athletes an

opportunity to have a time for a clean run if they fail an obstacle.

- 5.2.4. Quarter finals, if used, are the fastest sixteen (16) athletes from the heats.
- 5.2.5. Semi-finals, if used, are the fastest eight (8) athletes from the quarter finals.
- 5.2.6. Finals are the fastest four (4) athletes from the semi-finals.
- 5.2.7. The Final (Bronze medal race) is the third and fourth fastest athletes from the semi-finals (Bronze medal race.)
- 5.2.8. The Grand Final (Gold medal race) is the fastest two (2) athletes from the semi-finals (Gold medal race.)
- 5.2.9. A repechage, if used, is a round or series of rounds that allows athletes who have been eliminated in the heats to qualify for the semi-finals.
- 5.2.10. If there are no quarter finals, semi-finals, finals, grand finals or repechages, the placings are based on finish times from the heats.

### 5.3. Results if Not Rounds

- 5.3.1. The first and second fastest athletes qualify for the Gold Medal Final (Gold and Silver.)
- 5.3.2. The third and fourth fastest athletes qualify for the Bronze Medal Final (Bronze Medal).
- 5.3.3. If one athlete in a final fails an obstacle, they are ranked DNC and shall be placed below the other athlete in their final.
- 5.3.4. If both athletes in a final are DNC, the race shall be re-run to determine the winner.
- 5.3.5. If there is a tie in a final, both athletes are awarded the same medal. Examples:
  - Tie in the Gold Medal Final: Two (2) Gold Medals and one (1) Bronze Medal are awarded.
  - Tie in the Bronze Medal Final: One (1) Gold Medal, one (1) Silver Medal and two (2) Bronze Medals.
  - Tie in the Gold Medal Final and Tie in the Bronze Medal Final: Two (2) Gold Medals and two (2) Bronze Medals.
  - There cannot be a tie for second place (Silver medal) if racing is on a 2-lane course.
  - If finals are run on a 1-lane course and results are by time (not head-to-head), any number of tied placings are possible, e.g., 4-way tie for first if all four athletes have the same time, measured to 1/1000 (0.001) seconds, and video / photography validates the ties.

### 5.4. Numbering

Refer to the MSD

## 6. Adaptive Athletes

Refer to the MSD