



Ninja Obstacle Sports Ontario (NOSO) Rulebook
Season 1
Fall 2025 - Summer 2026

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1. Introduction

1.1 Mission and Goals

- Putting Athletes First
 - Our mission is to create the most athlete-focused ninja league in Canada—one that is built with transparency, community input, and long-term growth in mind.
- Our goal is simple
 - To host Ontario's largest and most exciting Provincial Championship, and to offer all ninja athletes a structured, inclusive, and inspiring path to provincial, national, and international competition.
- NOSO is an evolving league, hosted by Ontario Gym Owners, committed to fairness, equality, safety, and competitive integrity.
- This league is designed to elevate ninja obstacle competition across the province, starting with a high-impact season that leads to a thrilling three-day Provincial Championship. The goal? To create clear, competitive pathways to national and world-level stages, all under the trusted guidance of Obstacle Sports Canada.
- As this is our inaugural year, we anticipate unforeseen issues or omissions. The NOSO Board reserves the right to modify this rulebook, including but not limited to rules, expectations, and schedules, with prior notification to all involved parties. Our unwavering objective is to provide our community with safe, competitive, and enjoyable competitions.
- All changes will be communicated transparently to athletes, coaches, and host gyms.
- NOSO intends to grow the sport and work cooperatively with other ninja leagues and sanctioning bodies. Competition hosting gyms may host competitions of another sanctioning in cooperation with NOSO, where the results of the competition award NOSO season leaderboard points/placement. The other sanctioning body's rules will supersede those of NOSO, and this will be communicated before registration and before the event. (Example: Gym A is hosting a FINA Endurance event, the event will operate under FINA rules, and in the event of any conflict or discrepancy between FINA rules and NOSO rules, FINA rules will supersede those of NOSO to make the event FINA-compliant and eligible.)

2. Athlete Eligibility & Divisions

2.1 Age Determination

An athlete's competition age is determined by their age as of January 1 of the calendar year in which the season ends.

For example, for the 2025–2026 season (September 2025 to June 2026), the athlete's competition age is their actual age as of January 1, 2026. This age will determine the athlete's division for the entire season, regardless of when competitions occur.

2.2 Age Divisions

The following are the age divisions being utilized for this season:

Division Name	Age Range
7U	5–7 years old
9U	8–9 years old
11U	10–11 years old
13U	12–13 years old
Young Adults	14–24 years old
Adult	25+ years old
Masters	40+ years old
Elite	13+ (optional)

2.3 Gender Categories

Athletes may register in one of the following categories:

- Open Category: Any athlete is eligible to compete in the open category regardless of gender or identity
- Female Category: Only athletes assigned female at birth will be eligible to compete in the female category
- Athletes will only be allowed to compete in one category during the season and may not switch categories. For example, a female athlete cannot compete in both the open and female categories. If a female competitor competes in her first competition in the open category, they will not be allowed to compete in the female category later in the season.

2.4 Competing Age Division Up

- Athletes may choose to compete in an older age division if they wish to challenge themselves, with league approval.
 - Athletes younger than 40 may not compete in the Masters division
 - Athletes younger than 25 may not compete in the Adult division
- Masters athletes (40+) may choose to compete in the Adult or Elite divisions.
- Youth athletes (13+) may choose to compete in the Elite division without approval.
- Athletes in the U7, U9, and U11 divisions must request league approval to compete up.
- Athletes may compete in multiple age divisions throughout the season, but must declare only one (1) division that they will compete in at championships (Provincials and higher)
 - Athletes may only compete in one age division per competition.
 - Athletes may compete in a separate division in a competition, provided their declared division has already run, and will compete for exhibition purposes only. They will not be eligible for leaderboard points or awards. (Example, an athlete competes in the 13U Open division. They would like to challenge themselves and compete on the Elite course in the same competition. The 13U division must compete before the Elite division; otherwise, it can be viewed that the athlete gained a competitive advantage by utilizing obstacles that may be in their 13U course. The athlete will not collect leaderboard points or prizes for the Elite competition and will be viewed as competing for exhibition purposes only.
 - Athletes must receive league approval in advance.
 - Athletes must provide a different, unique Ninja Works ID for the separate divisions
 - It is the responsibility of the athlete to ensure they provide the host gym with the proper Ninja Works ID for the respective divisions

2.5 Eligibility Requirements

To compete in a NOSO-sanctioned event, athletes must:

- Have a valid league membership
- Sign all required waivers by both the league and the host gym.
- Adhere to the league's Code of Conduct and Dress Code.
- Provide a valid athlete ID (e.g., NinjaWorks ID)

3. Competition Formats

This section outlines the official formats used in league competitions.

NOSO recognizes other organization competition formats. If a host gym runs a non-NOSO style competition, the host gym may follow that league's rules over NOSO rules with the discretion of the NOSO Competition Committee approval.

3.1 Recognized Formats

- Hybrid Course
 - Challenge Format
 - Hybrid Format
- Speed Course
- Endurance Course
- Burnout Course
- Skills Challenge
- Head-to-Head

3.1.1 Hybrid Course - Challenge Format

This format is intended to be similar to NSC Hybrid courses.

- A longer course combining speed, endurance, and technical skill.
- Typically includes 6–15 obstacles. (Suggestion Only)
- Athletes compete one at a time.
- Athletes are given a set amount of time on the course (Course Time Limit)
- Athletes earn 1 point for completing each obstacle within the Course Time Limit
- Retry Policy: Athletes are allowed 3 attempts per obstacle.
- After each fail, the athlete must return to the start platform and wait for a verbal reset signal from the judge.
- Reset Time is standardized across the course and is based on the longest obstacle reset time (see Section 4 for full details).
- Obstacle Order: Obstacles must be completed in the designated order. Athletes may not skip ahead to a later obstacle unless they have completed all prior obstacles.
- Run Ends (for scoring): When the athlete hits the buzzer, fails the same obstacle 3 times, or the course time expires.
- Post-Failure Advancement: (If host gym allows) If time remains after failing out, the athlete may continue through the course for experience. These attempts are not scored, and athletes are not required to complete each obstacle to move forward.

3.1.2 Hybrid Course - Hybrid Format

- A longer course combining speed, endurance, and technical skill.
- Typically includes 6–15 obstacles. (Suggestion Only)
- Athletes compete one at a time.
- Athletes are given a set amount of time on the course (Course Time Limit)
- Athletes earn 1 point for completing each obstacle within the Course Time Limit
- Retry Policy: Athletes are not allowed retries.

- Obstacle Order: Obstacles must be completed in the designated order. Athletes may not skip ahead to a later obstacle until they have attempted (either passed or failed) the previous obstacle.
- Run Ends (for scoring): When the athlete hits the buzzer, fails the final obstacle in the course, or the course time expires.

3.1.3 Speed Course

This format is intended to be similar to FINA Speed courses.

Athletes competing in the NOSO Speed event will be presented with two (2) opportunities to run a course that consists of eight (8) specific obstacle types in a predetermined order (“Course”). Each NOSO Speed course will have a fixed time limit, established by the course administrator and approved by the NOSO Course Approver.

- Each athlete will be given two (2) runs on the Speed course.
 - Each athlete will run the course once. Upon completion of the wave or division, each athlete will then run the course a second time.
- Upon the conclusion of both attempts, only the athlete’s best attempt at the course will be used as the official qualifying attempt.
- Each NOSO Speed course will have a max time limit per athlete, predetermined by the Course Administrator and the NOSO Course Approver. Obstacles must be completed within the time limit to count towards the athlete’s course score.
 - Speed course time limits for divisions should be based on the successful completion times of the previous division.
 - NOSO recommends a course time limit of 30-90 seconds (Suggestion Only)
 - Changes to the course time limit in the middle of a division or age group may not occur, except in rare instances (*see TIMING ADJUSTMENTS for more specific details*).
 - If the athlete is still on the course when the time limit is reached, the athlete must end their run attempt and exit the course.
 - Course Officials may choose to allow athletes to finish the obstacle or course after their time has expired.
- An athlete will receive one (1) opportunity to complete each obstacle.
- An athlete will earn one (1) Speed point for every obstacle successfully completed before the expiration of the time allotted for the respective course.
- If an athlete fails to complete an obstacle per the rules outlined by the Course Administrator, the athlete will move on to the next obstacle and not earn a point for the failed obstacle.
 - There are no retries on speed courses
- There is no limit to the number of obstacles an athlete can fail during the duration of their run.
- All obstacles in an NOSO Speed course must consist of a starting platform, a specific obstacle, and a landing platform.
 - Athletes may choose to link concurrent linear obstacles, but linking may NOT be forced (mandatory) in NOSO Speed courses. (*See LINKING for more specific details*).

- Allowing the athlete to link Speed obstacles is up to the discretion of the Course Administrator or Course Official.
- Linked obstacles will be marked as complete when the athlete has full grip and/or control of the second obstacle and has fully released the first obstacle.
- The landing platform of one obstacle may be the starting platform for the next obstacle.
- Every NOSO Speed course will consist of the following specific obstacle types: (see *Appendix for specific obstacle definitions*)
 - i. One (1) Agility Obstacle
 - ii. Two (2) Aerial Obstacles
 - iii. Two (2) Balance Obstacles
 - iv. One (1) Upper Body Obstacle
 - v. One (1) Upper Body OR Aerial Obstacle
 - vi. One (1) Ascension Obstacle
- NOSO strongly recommends that the obstacles be placed in the following specific order. Some variation to allow for course flow is allowed, except for the Ascension obstacle, which MUST be last.
 - i. Agility Obstacle
 - ii. Aerial Obstacle
 - iii. Balance Obstacle
 - iv. Upper Body Obstacle
 - v. Aerial Obstacle
 - vi. Balance Obstacle
 - vii. Upper Body/Aerial Obstacle
 - viii. Ascension Obstacle (must be last)
- The NOSO Speed obstacle will be marked as successfully completed (“cleared”), and/or the athlete’s run time stopped upon the press of a NOSO buzzer linked to the timing system.
 - The hosting gym must use a buzzer linked to the timing system (ie. Ninja Works) to mark the completion of the course for accurate course completion time.

3.1.4 Endurance Course

This format is intended to be similar to FINA Endurance courses.

Athletes competing in a NOSO Endurance event will be tested with a twelve (12) obstacle course (“Course”) designed to push the athlete to the limit, exhausting all major muscle groups. Each NOSO Endurance course will have a fixed time limit while still providing ample time for the potential completion of the course.

- An athlete will receive one (1) run on the Endurance course.
- An athlete will receive one (1) opportunity to complete each obstacle.
- An athlete will earn one (1) Endurance point for every obstacle successfully completed before the expiration of the time allotted for the respective course.
- If an athlete fails to complete an obstacle per the rules outlined by the Course Administrator, the athlete will move on to the next obstacle and not earn a point for the failed obstacle.

- There are no retries on Endurance courses
- There is no limit to the number of obstacles an athlete can fail during the duration of their run.
- Each NOSO Endurance course will have a max time limit per athlete, predetermined by the course administrator and the NOSO Course Approver. Obstacles must be completed within the time limit to count towards the athlete's course score.
 - NOSO recommends a course time limit of 3-5 minutes (Suggestion Only)
 - If the athlete is still on the course when the time limit is reached, the athlete must end their run attempt and exit the course.
 - The Course Official may choose to allow athletes to finish the obstacle or the course after their time has expired.
- An athlete running a course will be limited to a 10-second rest between obstacles. The Course Official will inform the athlete when they need to begin the next obstacle.
 - Course officials may allow athletes a longer break for re-chalking or a drink of water within the run time, provided the athlete has not used all their allowed break time between obstacles. This is solely at the discretion of the Course Official.
 - Any breaks or rest time by the athlete will be counted within the set time limit. The course timer will NOT be paused for these breaks.
- Endurance obstacles should consist of a starting platform, a specific obstacle, and a landing platform.
 - Endurance obstacles may be forced (mandatory) linked, meaning that the athlete is required to progress from one to the next without a landing platform (*see LINKING for more specific details*).
 - Linked obstacles will be marked as complete when the athlete has full grip and/or control of the second obstacle and has fully released the first obstacle.
 - Athletes must be allowed to remount the course and continue through the linked obstacles in the event of an obstacle failure
 - A fail on a linked obstacle cannot cause the athlete to fail the entire linked set of obstacles.
- All Endurance courses consist of twelve (12) obstacles, at least eight (8) of which must be upper body obstacles (*see DEFINITIONS*).
 - Obstacles may be set in any order
- The NOSO Endurance obstacle will be marked as successfully completed ("cleared"), and/or the athlete's run time will stop upon the press of a NOSO buzzer, sound of a specific noise device, or touch of a specific point outside of the last obstacle.
 - Passing a specific obstacle point or floor location is not acceptable as the NOSO obstacle completion time.

3.1.5 Burnout Course

This format is intended to be similar to NSC Burnout courses.

- A continuous upper-body endurance course.
- Once the athlete's feet leave the ground, they must continue until they fail or finish.
- Retry Policy: No retries allowed.
- Run Ends: On the first failure or course completion.
 - A gym may choose to institute a course time limit.
 - NOSO Recommends a time limit of 5 minutes (Suggestion Only)
 - The host gym may choose not to have a time limit
 - In this case, the athlete's course time starts at the beginning of their run and ends when the athlete fails an obstacle, or activates the course buzzer, whichever comes first
- Resting Points (Optional):
 - At the discretion of the course designer and head judge, resting platforms or holds may be included in Burnout courses—particularly for younger age divisions. These rest points must be clearly defined during the walkthrough and must not provide an unfair advantage or bypass any obstacle.

3.1.6 Skills Challenge (Optional Format)

Under the skills format, the athlete will receive individual skills rankings and an overall ranking.

- The individual skills ranking originates from the athlete's performance on each independent skill at the event.
- If an athlete does not compete, they will receive the lowest possible ranking for that skill, tied with the lowest ranking athlete on the scoreboard.
- The overall ranking is a sum of placements from all of the independent skills rankings added together.
 - The athlete with the lowest sum of placements will be ranked the highest.
 - If an athlete does not participate in a skill, their rank is assumed last or tied for last.
 - Example: If an athlete is ranked 1st in the first skill and 2nd in the second skill, their sum of placements will be 3.
- Skills Qualifiers will offer 4-12 skills.
- Hosting Organizations may choose a variety of skill types.
- Each skill type will have its own set of general rules that must be followed.

3.1.7 Head-to-Head (Optional Format)

Athletes competing in a Ninja vs. Ninja (H2H) event will race against another athlete in the same division on identical courses. H2H courses will consist of eight (8) to ten (10) varied obstacles in any order (“Course”) through which the athletes will race to determine a winner.

- H2H events will be offered at select locations only, and must be pre-approved by the NOSO Course Approver before scheduling.
- H2H events must consist of two identical courses. These should ideally be side by side.
 - Obstacle type, size, and hanging height must be the same across both courses.
 - The distance between obstacles and standing/landing platforms must be the same across both courses.
 - One judge (at minimum) will be used for each athlete’s course, resulting in a minimum of two (2) judges per race.
- H2H events will begin with an initial seeding run and then use those results to place athletes in a double-elimination bracket.
- Seeding Runs
 - Seeding run order may be random or set by the host gym based on registration order.
 - Seeding runs will be scored as traditional NOSO course runs.
 - Athletes will receive one (1) opportunity to complete each obstacle.
 - Athletes will receive one point for each obstacle successfully completed within the time limit
 - If an athlete misses an obstacle during a seeding run, he/she may continue on the course to earn points on the subsequent obstacles, provided there is still time on the clock.
 - There are no retries for missed obstacles
 - Seeding runs may be run as individual runs, staggered starts, or races, and may utilize one or both of the H2H lanes.
 - Athletes will receive an individual score (obstacle count and time) for their seeding runs.
 - Results and leaderboards from the seeding runs will be calculated in the same manner as traditional NOSO course runs. (*see NOSO Speed and NOSO Endurance*).
- Bracket Runs
 - Both competitors will begin at the starting signal.
 - If an athlete fails to complete an obstacle per the rules outlined by the judge, the athlete’s run will end.
 - It is solely up to the discretion of the Course Administrator or Course Official if the athlete must immediately exit the course upon an obstacle fail.
 - The athlete who goes the furthest, fastest on the course will be determined to be the “winner” of the race.
 - Bracket races will be run as a double-elimination bracket, meaning that each competitor must lose twice to be eliminated from the bracket.

- Each division will have a predetermined course time limit as set by the Course Administrator.
 - If both athletes are still on the course when the time runs out, the athlete who completed the most obstacles in the fastest time is the winner.
 - If both athletes are on the same obstacle when time runs out, it is the completion time of the LAST successfully completed obstacle that will be looked at. Being “further ahead” on the current obstacle is not grounds for a win/loss.
- Every Ninja vs. Ninja course will consist of between eight (8) and ten (10) specific obstacle types.
 - Obstacles should include lower-body and upper-body obstacles
 - Obstacles may be placed in any order.
 - Each obstacle must have a specific landing platform or dismount.
- The NOSO Ninja vs. Ninja course will be marked as successfully completed (“cleared”), and/or the athlete's run time stopped upon the press of a NOSO buzzer.
 - Touching a specific point, or passing a specific obstacle point or floor location, is not acceptable as the NOSO obstacle completion time.
 - NOSO strongly encourages the use of two buzzer-specific Ninja Works timers.

3.2 Format Selection

- Host gyms must clearly state the format(s) being used before registration.
- Events may include one or more formats depending on the level of competition.
- Note on Multi-Course Events: Some competitions may include multiple formats (e.g., Hybrid, Speed, and Burnout). These events are scored cumulatively and follow specific scoring procedures outlined in Section 4: Scoring & Timing.

4. Scoring & Timing

4.1 General Scoring Principles

- Athletes earn 1 point per obstacle successfully completed.
- Scoring is based on obstacle progression, not total time.
- Time to Last Obstacle Completed (LOC) is used only as a tiebreaker unless otherwise specified.
- In multi-course events, scoring is based on placement points (see 4.7).

4.2 Time Tracking

- Time begins when the athlete is given the official start signal.
- Time ends when:
 - The athlete presses the buzzer for course completion,
 - The athlete completes or fails the final obstacle in the course,
 - The athlete fails out (3 failed attempts on a single obstacle on the Challenge Course), or
 - The course time limit expires.
 - Whichever of these comes first and is applicable under the course format being utilized.
- LOC Time is the time at which the athlete completed their last scored obstacle.
- Time is used only as a tiebreaker, unless otherwise stated (e.g., Speed Course).
- False start procedures are outlined in Section 5: Course Rules & Procedures.

4.3 Hybrid Course - Challenge Format Scoring

- Scoring for Hybrid Courses is prioritized in the following order:
 - a. Number of Obstacles Successfully Completed
 - b. Fewest Number of Retries Used
 - i. Only retries used on successfully completed obstacles are counted.
 - ii. Failed obstacles (i.e., 3 failed attempts) do not count toward retry totals.
 - c. Time to Last Obstacle Completed (LOC) or course completion by hitting the buzzer, whichever comes first.
- Note: If an athlete fails the same obstacle 3 times, their run ends. Their final score is based on the last obstacle they successfully completed and the time at which that obstacle was completed.

4.3.1 Hybrid - Challenge Format Reset Time Policy

- Reset Time is the standardized pause between failed attempts on an obstacle. It ensures fairness and consistency across all athletes.
- After a failed attempt, the athlete must return to the start platform and wait for a verbal reset signal from the judge.
- Reset time begins immediately after the failure and is not paused from the athlete's overall course time.

- The reset time is different for every course and is determined by the time it takes to reset the longest obstacle on the course.
- The reset time must be the same for all obstacles on a given course.
- Example: If the longest obstacle takes 12 seconds to reset, then all obstacles on that course will use a 12-second reset time.
- Recommended reset times:
 - 10 seconds for Hybrid/Open courses
 - 5 seconds for Speed courses
- Maximum allowed reset time: 15 seconds
- If an athlete attempts an obstacle before receiving the judge's verbal signal, it will count as an additional fail.

4.4 Hybrid Course - Hybrid Format Scoring

- Scoring for Hybrid Courses is prioritized in the following order:
 - a. Number of Obstacles Successfully Completed
 - b. Time to Last Obstacle Completed (LOC) or course completion by hitting the buzzer, whichever comes first.
- Note that there are no bonus points for perfect runs.

4.5 Speed Course Scoring

- Placement is determined by:
 - a. Most Obstacles Cleared
 - b. Time to Last Obstacle Completed
- Fails do not count against the athlete in placement.

4.6 Burnout Course Scoring

- Placement is determined by:
 - a. Number of Obstacles Cleared
 - b. Time to Last Obstacle Completed
- The run ends on the first failure or course completion.
 - a. The run may end at the expiry of the course time limit, if one is being utilized.

4.7 Multi-Course Event Scoring

- In competitions that include multiple formats (e.g., Hybrid, Speed, Burnout), athlete performance is scored using placement points.
- Placement Points:
 - 1st place = 1 points
 - 2nd place = 2 points
 - 3rd place = 3 points
 - ... and so on, with each respective position worth 1 point more than the previous one.

- The final leaderboard for the competition is based on the sum of placement points across all courses. Points are added across all courses, and the winner is determined by the athlete with the fewest points.

(Example: In a multi-course competition, Athlete A places 1st on Course A, and 5th on Course B. They are awarded 1 point for 1st place on Course A, and 5 points for 5th place on Course B, giving them a total of 6 points. Athlete B places 3rd on Course A and 2nd on Course B. They are awarded 3 points for 3rd place on Course A, and 2 points for 2nd place on Course B, giving them a total of 5 points. Athlete B would finish in a higher overall position than Athlete A, as they had a lower overall combined score). Please see below for a tie.

4.8 Tie-Breaking Procedures

- In the event of a tie in total placement points or scoring:
- In a multi-course competition:
 - Ties are broken by evaluating the best individual placement from each athlete. The athlete with the best individual placement will win the tie. (Example: Athlete A gets 1st in the first event and 4th in the second event, whereas Athlete B gets 2nd in the first event and 3rd in the second event. Even though Athlete A and B are tied for points, Athlete A will win because they had the best individual placement with getting 1st in the first event
 - In the event there is still a tie, ties will be broken based on the number of obstacles an athlete completed combined between all courses, with the athlete completing the most obstacles winning the tie. (Example, on Course A, both Athletes A & B completed 10 obstacles. On Course B, Athlete A completed 8 obstacles while Athlete B completed 5 Obstacles. Athlete A has completed 18 total obstacles, while Athlete B has completed 15 total obstacles, so Athlete A will be declared the winner of the tie).
 - In the event there is still a tie, ties will be broken based on the combined completion times of the athletes between all courses, with the athlete with the lowest combined time being declared the winner of the tie.
- In a single-course competition:
 - Ties will be broken by the fastest time wins
 - If a tie still exists, they will either stand (e.g., there are two 1st place winners, and then a 3rd place winner) or a hang off/other type of challenge will be provided by the head judge.

5. Obstacle Rules & Linking

5.1 Obstacle Structure & Safety

- All obstacles must have clearly defined start and finish platforms.
- Obstacles must be equipped with adequate safety padding and fall zones.
- Obstacles should be designed to challenge athleticism, not exploit loopholes or shortcuts.
- Obstacles may be demonstrated during walkthroughs, showing intended use (Not skipping components or linking when not necessary).
- Gyms may implement rules for safety, which will be explained fully in the walkthrough.

5.2 Obstacle Completion Criteria

For NOSO competitions, an obstacle is considered successfully completed when:

- The athlete disengages from the obstacle, along with at least one of the following, which is to be specified in the walkthrough:
 - The athlete's body fully passes the front plane of the finish platform.
 - The athlete makes contact with the finish platform (hands or feet, unless otherwise specified).
 - The athlete exhibits control on the landing platform
 - The judge will have discretion as to how the athlete will demonstrate completion of the obstacle, and this will be communicated during the walkthrough.
 - Exceptions:
 - Linked obstacles may use alternate completion criteria (see 5.4).
 - Touch-point finishes (e.g., bells, slap pads) are valid if clearly defined in the walkthrough.

5.3 Failures

An obstacle is considered failed if:

- The athlete touches anything out of bounds (e.g., trusses, mats, hardware supports not marked in play).
- The athlete falls off before completing the obstacle.
- The athlete skips the obstacle, uses the obstacle not as intended, or does not make a genuine attempt (subject to the judge's discretion).
- The athlete false-starts or begins from an incorrect position.
- The athlete passes past the front plane of the start platform without contacting it, and engages the next obstacle (This should be clarified in walkthrough as to whether the start platform needs to be engaged, or it is the responsibility of the athlete and their respective coach to clarify if the start platform can be bypassed before attempting ie "Ask It, Don't Risk It")
- Exceptions

- If an athlete becomes confused and unintentionally bypasses an obstacle, either by running around or over the start platform, they will be informed of the missed obstacle. Provided the athlete did not engage the incorrect obstacle or the obstacle for that start platform with clear intent, neither the bypassed obstacle nor the unintended obstacle will be considered failed. This provision is subject to the judge's discretion.

5.4 Linking Obstacles

Linking refers to transitioning directly from one obstacle to the next without stopping on the finish platform.

5.4.1 Optional Linking

- Allowed in most formats (e.g., Speed, Hybrid).
- The first obstacle is considered cleared when the athlete:
 - Gains full control of the next obstacle, and
 - Releases the previous obstacle.
 - If the athlete fails during the transition and lands in the next obstacle's field of play, both obstacles are failed.

5.4.2 Forced Linking

- May be used in Endurance or Burnout formats.
- Athletes must complete a sequence of obstacles without touching a platform in between.
- A failure in a forced link counts only for the specific obstacle failed, not the entire sequence.
- Athletes must be allowed to remount and attempt the next obstacle in the sequence.

5.5 Resetting & Retrying

- Athletes may reset to the start platform after a failed attempt (if retries are allowed - Challenge courses).
- Athletes must wait for a verbal reset signal from the judge.
- Only the designated resetter assigned to an obstacle may reset it during a wave.
 - Athletes, coaches, or other staff members may not reset obstacles unless explicitly authorized to do so by the Head Judge.
- If an athlete attempts an obstacle before the reset signal, it counts as an additional fail.

5.6 Obstacle Creativity & Spirit

- Athletes are encouraged to use creative movement, but must respect the intended spirit of the obstacle.

- Shortcutting or bypassing the core challenge of an obstacle may result in a fail, at the judge's discretion.
- Judges must clearly define what is in play, out of bounds, and any special rules during walkthroughs.
 - Obstacles must have:
 - Clearly defined start and finish platforms.
 - Safety padding and clear walkthroughs.
 - Linking:
 - Optional in Speed.
 - Mandatory in Endurance (if desired).
 - Rules for forced vs. unforced links.

5.7 False Starts

A false start occurs when an athlete engages the first obstacle or enters the course beyond the starting point prior to the official time having started. Penalties for a false start are as follows:

- First false start:
 - The athlete is stopped and returned to the start platform, and time is reset.
- Second false start:
 - The athlete fails the first obstacle and continues the course.
- For a Challenge Format Only:
 - Third false start: athlete fails the first obstacle. On a challenge course where the obstacles need to be completed in order, the athlete's run is over.
- If a false start occurs and is missed by the judge at the time, the athlete will have 2 seconds added onto their course completion time as a penalty.

5.8 Height Adjustments

- Coaches may request confirmation during the walkthrough that the start platform height is appropriate for their athlete.
- The athlete may do a physical height check, but must not touch the obstacle in question
- A height block may be placed to the side of the original start platform. If it is needed by an athlete, it will be put next to the platform, and when the athlete clears the previous obstacle, they may step aside and put down the block
 - If the head judge deems a height block to be safe for a landing from the previous obstacle, the height block may be put down in place before the start of the athlete's course run by the coach.
 - If the head judge deems a height block to be unsafe for a landing from the previous obstacle, the block will be placed to the side. This is the **head judge's** decision, and it is final for ALL athletes.

6. Judging & Walkthrough Protocols

6.1 Judge Responsibilities

Judges must:

- Be neutral, unbiased, and consistent in all rulings.
- Be trained in NOSO rules and familiar with the skills required for each obstacle.
- Avoid giving strategy or coaching advice to athletes-the judge is not to coach/shout out to any athlete.
- Clearly communicate when an obstacle is cleared or failed (e.g., verbal cue, whistle).
 - An optional judges' flag may be utilized/thrown to indicate that the action is subject to further video review to guarantee that the accurate call is made (See section 8.3)
- Monitor for false starts, out-of-bounds contact, and rule violations.
- Apply penalties for lack of genuine effort or rule-breaking.

Conflict of Interest Rules:

- The individual who conducts the walkthrough for a division must also serve as the judge for that full division.
- That individual may not coach any athlete in that category during the event.
- Judges may not compete in the same division they are judging, under any circumstances.

6.2 Walkthrough Protocols

A walkthrough must be conducted before each division begins competition.

6.2.1 Walkthrough Content

Each walkthrough must include:

- Start and Finish of each obstacle.
 - Touch points (if applicable)
- What is "In Play"?
- Any Special Rules (e.g., interaction limits, retry limits).
- Body Restrictions (e.g., hands-only, feet-only).
- Checkpoints (if applicable).
- Forced Moves (only if necessary).
- Safety Notes and demonstrations (if needed).

6.2.2 Demonstrations

- Obstacles must be demonstrated as intended, without showing alternate strategies.
- Demonstrations should prioritize safety, not performance.

6.3 Communication & Conduct

- Judges must respectfully answer questions from athletes and coaches.
- Athletes may have one representative (coach or parent) present during walkthroughs.
 - The person accompanying the athlete must be the person accompanying the athlete on the course for their run.
- Judges must not suggest techniques or give beta.
- All athletes must be reminded that touching or testing obstacles before their run is grounds for disqualification.
 - Except for approved height checks or with an accepted approval from the head judge, if an athlete steps onto a start platform, that will be considered touching an obstacle before competing and be grounds for an automatic failure of that obstacle.
 - (Example, an athlete may not stand on the start platform for an obstacle, and jump to figure out if they may be able to skip part of an obstacle)
- Ninjas under 14 will ask their coaches their questions, and coaches can ask the judge

6.4 Video Walkthroughs

- Optional video walkthroughs may be released prior to the event.
- Athletes must still be given time to review the course in person, ask questions, and plan their runs.

6.5 Run Order Transparency

- To ensure fairness and transparency, NOSO will manage and publish the official run order for all competitions.
- Registration Deadline:
 - All athlete registrations must be submitted by the designated deadline set for each competition. Gyms are responsible for submitting their athlete lists to NOSO on time.
- Live Run Order Draw:
 - The run order will be determined during a live broadcast (Instagram Live, Facebook Live, or similar platform) hosted by Jeremy, Chair of the NOSO Board, every Tuesday at 7:00 PM prior to a competition weekend. This draw will be open and transparent, with results posted immediately following the live session.
- Coach Conflict Resolution:
 - After the run order is posted, coaches will have a limited window to notify NOSO of any conflicts (e.g., an athlete scheduled to compete simultaneously on two courses). In such cases, the affected athlete will be moved closer to the beginning of the run order to resolve the conflict.

- Final Run Order:
 - If no conflicts are reported, the run order as drawn will stand. The finalized version will be published on the day of competition and shared with all attendees.
- This process ensures that all athletes and coaches have confidence in a fair, transparent, and consistent run order selection.
- Judges and staff of the host gym must run first in their division.
- Competition staff and/or volunteers must run first if they are involved with the course before their division competes.
- In multi-course events, run orders may differ between courses.
 - When setting run orders for subsequent courses, organizers must ensure that athletes who run late on one course are not scheduled to run early on the next without sufficient rest. Adequate recovery time between runs is essential for fairness and safety.

6.6: Judge Error Protocols

NOSO recognizes that while judges strive for accuracy and consistency, mistakes can occur. The following protocols outline how to address errors in a way that prioritizes fairness, transparency, and competitive integrity.

6.6.1 Mistake in Favor of the Athlete

(e.g., a failed obstacle is mistakenly ruled as cleared)

The athlete has two options:

- **Option A: Accept the Correction**
 - The point awarded in error is removed from their score.

or

- **Option B: Re-Run to the Point of Error - Applies to Challenge Course Only**
 - The athlete may re-run the course up to the obstacle in question.
 - Athletes must approach re-runs with full effort and integrity, and deliberate underperformance may result in disqualification.
 - They begin the obstacle with the same number of prior fails (e.g., 2 fails = 1 attempt remaining), and the original time at which they arrived at this exact point. (If the athlete has failed the obstacle previously, the time of these failures is accounted for in their time, not when they initially arrived at the obstacle.) The athlete may not improve their score on earlier obstacles.
 - The outcome of the disputed obstacle (success or failure) will determine whether the point is retained or removed.
 - The amount of time the athlete takes to complete the obstacle will be added to the athlete's time. Note that this addition of time needs to be taken into account with the timing of the athlete's previous run (In some formats, the athlete may have been able to finish the course, but maybe the athlete wouldn't have completed other obstacles towards the end of the run given the amount of time taken in this obstacle, competition officials must be aware of this and account for this).

- In this instance, obstacles completed in an earlier position in the course will take priority over the ones completed later, as they, in theory, would have to be completed first. (Example, the athlete takes 15 seconds to complete the obstacle misjudged in error. In their original run, they completed 2 obstacles in the last 10 seconds of their run. When adding the point and time of the challenged/re-ran obstacle on, the athlete in essence loses their last 2 points, as they would have run out of time before completing these.)
- The run ends after that obstacle unless the format allows continued progression (e.g., retry-based formats).

6.6.2 Mistake Against the Athlete

(e.g., a cleared obstacle is mistakenly ruled as failed)

The athlete has two options:

- **Option A: Point added**
 - If no re-try occurred, no other action is needed
 - If a re-try was used (challenge course), the time will be taken off, and the retry count will be lowered

or

- **Option B: Re-run to the Point of Error**
 - In the case of challenge courses, where the mistake ended the run
 - The athlete may re-run the course up to the obstacle in question.
 - Athletes must approach re-runs with full effort and integrity, and deliberate underperformance may result in disqualification.
 - They begin the obstacle with the same number of prior fails.
 - If the obstacle is successfully completed, the point is added to their score.
 - If the format requires obstacle completion to continue, the athlete may continue their run from that point.

6.6.3 Re-Run Timing

- Re-runs must be approved by the Head Judge.
- The athlete must be given adequate rest time (minimum 10 minutes after the completion of the athlete's run).
- Re-runs must occur before the end of the current division, unless otherwise approved.

6.6.4 Final Decision

- The Head Judge's ruling on the outcome of a judge's error is final.
- Judges can take a second opinion for video reviews if the call is difficult to make
- All re-run results are subject to video review if necessary.

6.7: Obstacle Malfunctions & Reset Errors

6.7.1 Missed Reset (Obstacle Not Ready)

If an obstacle is not properly reset before an athlete's attempt, the judge will pause the time:

- **Non-Linked Obstacle**
 - The athlete must wait on the start platform until the obstacle is reset.
 - Once reset, the judge will give a verbal all-clear.
 - If the athlete attempted the obstacle before realizing the reset issue:
 - The attempt does not count as a fail.
 - The athlete may be granted additional rest time (up to 15 seconds) before resuming.
 - The athlete is allowed a retry with no penalty.
 - The athlete's time will be adjusted such that their time spent on the non-reset obstacle won't count against them.
- **Linked Obstacle**
 - If the obstacle is part of a forced link, the athlete must restart from the start of the first obstacle in the linked progression
 - The judge will count the athlete in and start the timer
 - The athlete's time will be adjusted such that their time spent on the non-reset obstacle won't count against them.
 - If the reset error caused a fall or failure:
 - The attempt does not count as a fail.
 - The athlete may be granted additional rest time (up to 15 seconds) before resuming.
 - The athlete is allowed a retry with no penalty.
 - The athlete's time will be adjusted such that their time spent on the non-reset obstacle won't count against them.
 - The athlete will continue past the time limit if necessary, and video review will be used to correct timing

6.7.2 Obstacle Malfunction

If an obstacle breaks, shifts, or otherwise malfunctions during a run:

- **Minor Malfunction (Repairable)**
 - The judge will pause the timer, the obstacle will be fixed, and the athlete returns to the start block of the obstacle, and the judge will count the athlete in to begin again
- **Major Malfunction (Irreparable)**
 - The obstacle is removed or replaced.
 - The time limit may be adjusted
 - Athletes who have already completed the course:
 - May receive a score adjustment (e.g., 1 point added or removed if the obstacle is removed).

- May receive a time deduction based on the average time spent on the obstacle.
- Athletes who have not yet run:
 - Will run the updated course.
 - All changes must be communicated to athletes and coaches.

6.7.3 Re-Run Timing

- Athletes must be given a minimum of 10 minutes of rest before a re-run.

6.8: Athlete Support Personnel Limitations

- To maintain a safe and distraction-free competition environment, only one designated support person may accompany an athlete on the competition floor at any time.
- This individual may serve as a coach, camera operator, and/or assistant (e.g., for water or chalk)
- Additional individuals on the floor may result in a warning or penalty to the athlete.
- Repeated or intentional violations may result in disqualification from the event.
- Exceptions may be made for adaptive athletes with prior approval from NOSO officials.

6.9: Athlete Clarification During Runs

NOSO encourages athletes to seek clarification during their run if they are uncertain about an obstacle's rules, boundaries, or in-play elements.

- Athletes may ask the judge a question mid-run (e.g., "Is this in play?" or "Can I use this?").
- Judges will respond with a brief clarification (e.g., "Yes," "No," or "Out of bounds") without offering strategy or coaching.
- Asking a question does not pause the athlete's time.
- Athletes are encouraged to ask rather than risk making a move that could result in a fail or disqualification.

This policy is known as the "Ask It, Don't Risk It" Rule, and is intended to promote fairness, transparency, and athlete confidence.

6.10 Division Start Consistency in Multi-Course Events

- In events featuring multiple courses (e.g., Hybrid and Speed), all athletes within the same division (defined by age and gender) must begin their competition on the same course.
- For example, if the 11U Boys division is scheduled to run both Hybrid and Speed courses, all athletes in that division must start on the same course (e.g., Speed) before rotating to the next.
- This rule ensures fairness in judging, course conditions, and athlete experience.
- Any exceptions must be approved in advance by NOSO officials and communicated to all affected athletes and coaches.

6.11 Athlete Injury During Run

- If an athlete sustains an injury during their run and can no longer continue, their run has ended, and no re-runs will be given.
- If an athlete is injured and continues to run, but their run must be stopped for health and safety (ie, bleeding), the head judge may stop the run to have the athlete attended to. A re-run may be granted.
- If a re-run is granted:
 - The re-run must occur as soon as the athlete's injury is treated and before the end of the division, unless otherwise approved.
- Course re-run rules will apply such that the athlete will not have a chance to improve their score/time/number of retries used up to the point at which their run was stopped, but the athlete must perform this previously completed portion of their run with integrity.

7. NOSO Season Structure & Championship Format

7.1 Regular Season Points System

Throughout the NOSO season, athletes earn points based on their performance at sanctioned events. These points contribute to both individual and team rankings and determine division placement for the NOSO Championship event, NINJA MANIA.

Point Allocation Per Event Placement

Finishing Place	Points
1st	15
2nd	13
3rd	12
4th	11
5th	10
6th	8
7th	7
8th	6
9th	5
10th	4
Participation	2

7.2 NINJA MANIA Division Placement

Division placement at NINJA MANIA is determined by final regular season leaderboard standings. Athletes are grouped into divisions to ensure fair and competitive championship experiences.

7.2.1 7U–13U Divisions

- Athletes are divided into three groups based on leaderboard rankings:
 - Championship Division: Top third
 - Intermediate Division: Middle third
 - Novice Division: Bottom third

Key Rules:

- Athletes may move up a division but not down.
- Only Championship Division athletes are eligible for Provincial Champion titles.

- Championship athletes receive gold-coloured grab bags and additional perks.
- NOSO reserves final approval on Championship Division placements.
 - An athlete's Finals placing will be determined by past and current season performances.
- Top 10 athletes on the season leaderboard receive the Vanguard Award and are featured on a commemorative poster at NINJA MANIA.

7.2.2 Young Adult Division (14–24)

- Athletes are split into two divisions based on leaderboard rankings:
 - Championship Division: Top 51%
 - Novice Division: Bottom 49%

Key Rules:

- Same as 7U–13U.

7.2.3 Amateur, Masters, and Elite Divisions

- Each of these divisions features a single Championship Division.

Key Rules:

- Championship athletes receive gold-coloured grab bags and additional perks.
- Top 10 athletes on the season leaderboard receive the Vanguard Award and are featured on a commemorative poster at NINJA MANIA.

7.3 Medal Recognition at NINJA MANIA

7.3.1 7U–13U Divisions

Championship & Intermediate Divisions:

- Top 3 athletes in each event (Speed, Endurance, Head-to-Head) receive Gold, Silver, and Bronze medals.
- Overall medals awarded to athletes who compete in all three styles.
- Provincial Champion is the top Ontario athlete in the Championship Division Overall category.

Novice Division:

- Top 5 athletes in each event receive pewter-coloured medals.

7.3.2 Young Adult Division

Championship Division:

- Same structure as 7U–13U.

Novice Division:

- Top 5 athletes in each event receive pewter-coloured medals.

7.3.3 Amateur, Masters, and Elite Divisions

Championship Division:

- Top 3 athletes in each event receive Gold, Silver, and Bronze medals.
- Overall medals awarded to athletes who compete in all three styles.
- Provincial Champion is the top Ontario athlete in the Overall category.

7.4 International Athlete Policy

- International and out-of-province athletes may compete in NOSO events and be recognized on podiums.
- However, they do not displace Canadian athletes in advancement.
- If an international athlete places in a qualifying spot, the next eligible Canadian athlete also advances.

7.5 Eligibility Verification

To be eligible for advancement, athletes must:

- Be registered in the correct division.
- Have a valid NOSO membership.
- Have signed all required waivers.
- Follow the NOSO Code of Conduct.

8. Video Review & Disputes

8.1 Purpose

Video reviews and dispute procedures exist to ensure that athlete performances are judged fairly and accurately. NOSO encourages respectful challenges when athletes or coaches believe a ruling may have been incorrect.

8.2 Video Review Policy

8.2.1 Who May Submit

- Only the athlete (14+) or their registered coach may submit a video review.
- Parents or guardians may not submit reviews unless they are the athlete's designated coach.

8.2.2 Submission Requirements

All appeals must be submitted in writing to the Head Judge or designated NOSO official. The written appeal must be written on the standardized form provided by the league and it will include:

- Athlete's name and division
- Description of the disputed call
- Supporting video evidence (if available)
- Name of the person submitting the appeal

8.2.3 Submission Window

- Appeals must be submitted within 10 minutes of the end of the athlete's wave.

8.2.4 Review Sources

Acceptable video sources include:

- Official livestream footage
- Personal recordings (must clearly show the incident)
- Videos must clearly show the judgment call being disputed.
- Without a video, reviews can't be completed

8.2.5 Review Process

The Head Judge will:

- Review the written appeal and video evidence
- Consult with other judges if needed
- Make a final ruling

Final Decision: All video review decisions are final. No further appeals will be accepted.

8.3 Judge Flag for Review

- Judges may use a visual marker (e.g., flag or towel) to indicate a potentially reviewable moment (e.g., incidental contact, boundary graze).
- This marker serves as a signal to athletes, coaches, and video reviewers that a moment may require further examination.

8.4 Dispute Conduct

- All disputes must be conducted respectfully and professionally.
- Harassment, intimidation, or aggressive behavior toward judges, staff, other coaches, or athletes may result in:
 - Disqualification
 - Suspension from future NOSO events

8.5 Review Outcomes

If a call is overturned:

- The athlete's score and placement will be updated accordingly.

If the call stands:

- The original result remains unchanged.

9. Code of Conduct

9.1 Purpose

All members, participants, and representatives of NOSO are expected to:

- Treat others with dignity and respect.
- Foster a welcoming and inclusive environment.
- Avoid language, actions, or decisions that could be discriminatory.

9.2 Athlete Code of Conduct

Be strong. Be kind. Be awesome.

- Be a role model: Cheer others on, show respect, and be proud of your effort.
- Show sportsmanship: Positive energy goes a long way.
- Watch your words: Keep it clean and kind.
- Respect the judges: Talk to your coach if you're unsure about a ruling.
- Respect the space: Treat the equipment and staff with care.
- Host gyms have the final say.

Ninja Obstacle Sports Ontario and Host Gyms may remove athletes for non-compliance.

9.3 Coach Expectations

Coaches must:

- Model professionalism and respectful behavior at all times.
- Support athletes in understanding and following NOSO rules.
- May coach during walkthroughs to help athletes prepare—provided they do not interfere with the judge's instructions or demonstrations.
- Refrain from:
 - Arguing with officials
 - Entering the course area during runs without permission

9.4 Parent & Spectator Expectations

- Parents set the tone: We expect parents to model respectful and supportive behavior at all times, regardless of the outcome of competition.
- Sportsmanship matters: Parents are expected to uphold and encourage good sportsmanship at all NOSO events.
- Use respectful language: Foul or abusive language will not be tolerated at any NOSO event.
- Respect officials' decisions: Concerns should be brought to your child's coach to handle privately.
- Host gyms have the final say: Their rulings must be respected.

Ninja Obstacle Sports Ontario and Host Gyms have the right to remove parent(s) from NOSO events for non-compliance.

9.5 Disciplinary Actions

Violations of the Code of Conduct may result in:

- Verbal warning
- Removal from the event
- Disqualification of the athlete
- Suspension from future NOSO competitions

9.6 Zero Tolerance Policy:

Any form of harassment, intimidation, or discriminatory behavior will result in immediate removal and potential league suspension.

9.7 Dress Code

All athletes must follow the dress code of the hosting facility.

- Required attire:
 - Closed-toed shoes
 - Shirt
 - Bottoms
- Not Allowed:
 - Overly revealing or inappropriate clothing
 - Offensive graphics, slogans, or logos

Facilities enforce dress code; NOSO may overrule decisions for serious violations.

9.8 Adult and Minor Interaction

- Adults must maintain a professional relationship with the athlete.

9.9 Mandatory Reporting

- It is everyone's duty to report suspected abuse or misconduct to NOSO and/or law enforcement.

9.10 Conflict of Interest Policy

- Individuals with a conflict of interest (see ONCA Section 41) will abstain from participating in NOSO events or meetings.

9.11 Conflict Resolution

NOSO is committed to:

- Respectful communication and cooperation
- Resolving conflicts at the lowest possible level
- Fairness, confidentiality, and impartiality

9.12 Types of Conflicts

- Disagreements between members or board members
- Disputes over roles or decisions
- Allegations of misconduct, harassment, or policy breaches

9.13 Informal Resolution

- Talk directly to the other party
- Seek open, respectful dialogue
- Ask a neutral Board Member to mediate

9.14 Formal Resolution

- Submit a complaint to the Board Secretary, including:
 - Nature of the conflict
 - Parties involved
 - Steps already taken
 - Desired outcome

9.15 Board Review

- Board (or a designated member) reviews the complaint
- Fair, confidential investigation
- Conflicted Board Members abstain from review

9.16 Resolution & Decision

- Written outcome within 30 days
- Actions or remedies will be outlined

9.17 Appeal Process

- Written appeal to the full Board within 14 days
- The Board issues a final decision

10. Hosting Requirements

10.1 Host Gym Eligibility

To host a NOSO-sanctioned event, a facility must:

- Apply and be approved by NOSO.
- Demonstrate the ability to meet safety, staffing, and equipment standards.
- Agree to uphold all NOSO rules, scoring systems, and competition formats.
- Agree to uphold any affiliate league rules that are applicable for the respective competition.
- Offer spectator seating and athlete warm-up areas

10.2 Course Design & Approval

- All courses must be designed with safety, fairness, and age-appropriate difficulty in mind.
- Obstacles must not be set to replicate courses that are used in regular training at the host gym to avoid home-gym advantage.
- Competition obstacles should not be up at the host gym for 3-4 weeks prior to the competition
- Significant course changes must be made if hosting multiple competitions, NOSO, and/or other leagues
- Courses must include:
 - Clearly marked start and finish platforms
 - Adequate safety padding
 - Defined in-play and out-of-bounds areas

10.3 Staffing Requirements

Host gyms must provide:

- A Head Judge trained in NOSO rules
- Sufficient neutral judges for each division
- Course resetters and timing officials
- A designated event coordinator to liaise with NOSO
- Judges may not coach or compete in the divisions they are judging.

10.4 Technology & Scoring

- Host gyms must use the NOSO-approved scoring system (e.g., NinjaWorks or equivalent).
 - All courses, with the exception of Skills courses, must use an athlete-engaged buzzer connected to the timing system to indicate course completion.
- Live results must be made available to athletes and coaches during the event.
- All scoring must be accurate, transparent, and finalized before awards or advancement decisions are made.
- Host gyms must provide a livestream, viewable through the NOSO YouTube channel

10.5 Waivers & Compliance

- All athletes must sign facility-specific waivers before competing.
- Host gyms are responsible for ensuring:
 - All waivers are collected and stored securely
- All athletes meet eligibility requirements
- The event complies with local safety regulations

10.6 Optional Features

While not required, host gyms are encouraged to:

- Create a rules video or course preview before the event. The video should be detailed, showing the obstacles in their actual positions, such that an athlete may have the idea of where they are going exactly in the gym, and what things will look like.

11. Appendices

11.1 Definition of Obstacle Types

To support consistent course design and athlete expectations, NOSO recognizes the following standardized obstacle categories. These definitions serve as a reference for recommended obstacle sequencing and judging criteria.

11.1.1 Aerial Obstacles

Aerial obstacles require athletes to propel themselves through the air, often without direct support from a structure. These movements typically involve dynamic swings or laché techniques that test timing, coordination, and spatial awareness.

- Examples:
 - Rope Swing
 - Lache
 - Big Dipper
 - Ring Hopper

11.1.2 Upper Body Obstacles

These obstacles primarily engage the athlete's grip and upper body strength. Athletes are typically suspended, relying on controlled movement and endurance to traverse the challenge.

- Examples:
 - Cannon Ball Alley
 - Salmon Ladder
 - Cliff Hanger
 - Unstable Bridge

11.1.3 Ascension Obstacles

Ascension obstacles require vertical movement, challenging athletes to climb or ascend using strength, technique, and stamina.

- Examples:
 - Invisible Ladder
 - Rope Climb
 - Vertical Spider Climb
 - Warped Wall

11.1.4 Agility Obstacles

Agility obstacles are fast-paced, ground-based challenges that test quick footwork, reaction time, and directional control more than balance.

- Examples:
 - Quad Steps
 - Shrinking or Disappearing Steps
 - Swivel Steps

11.1.5 Balance Obstacles

Balance obstacles are designed to test an athlete's stability and control. These ground-based challenges require careful movement and body awareness.

- Examples:
 - Spinning Log
 - Balance Tank (Spool)
 - Precision Bars

11.2 NOSO Appeal Form

Field	Details to be Completed by Athlete or Coach
Name of Athlete Whose Run Is Being Appealed	
Division	
Name of Person Submitting Appeal	
Description of Disputed Call (Please provide a clear summary of the issue.)	
Additional Supporting Video Evidence?	
Livestream Timestamp (If applicable)	
Signature of Submitter	

NOSO Appeal Form

Field	Details to be Completed by Athlete or Coach
Name of Athlete Whose Run Is Being Appealed	
Division	
Name of Person Submitting Appeal	
Description of Disputed Call (Please provide a clear summary of the issue.)	
Additional Supporting Video Evidence?	
Livestream Timestamp (If applicable)	
Signature of Submitter	

12. Disclaimer

- As this is our inaugural year, we anticipate unforeseen issues or omissions. The NOSO Board reserves the right to modify this rulebook, including but not limited to rules, expectations, and schedules, with prior notification to all involved parties. Our unwavering objective is to provide our community with safe, competitive, and enjoyable competitions.
- All changes will be communicated transparently to athletes, coaches, and host gyms.