OFFICIAL REGULATIONS

Version: 1.01
Issue date: 23 October 2026

Event: NINJA EUROPEAN CHAMPIONSHIPS 2026
Dates: 30 October – 1 November 2026
Location: Pilsen, Czech Republic - TJ Lokomotiva Plzeň, Úslavská 75, 326 00 Plzeň 2-Slovany
Organizer: The event is organized by ČAPS and Fénix Plzeň and sanctioned by EOSF and UIPM.

1. General Information

The Ninja European Championships 2026 is a continental-level event aimed at identifying the top ninja athletes across Europe. Participation is open to athletes from recognized European countries who are affiliated with national Obstacle Sports Federations or accredited organizations. The competition will adhere to standardized international rules to ensure fairness, safety, and consistency. Athletes representing non-European countries may participate in the International category.

2. Age Categories

- 10–11 years
- 12–13 years
- 14–15 years
- 16–17 years
- 18–19 years
- 20–24 years
- 25–29 years
- 30–34 years
- 35–39 years
- 40–44 years

- 45–49 years
- 50+ years
- ELITE (13+ years)
- Adaptive Men/Women (all age categories)
- International Wave – Men/Women (all age categories)
- Open – Men/Women (non-competitive)
- NATIONAL TEAM (Pairs) – Men/Women/Mix/Adaptive
- COMPETITIVE TEAM (Pairs) – Men/Women/Mix/Adaptive

Age Group Eligibility
• Under-15 categories are calculated by the athlete's actual age on 29 October 2026 inclusive.
• Age 15+ categories are determined by the athlete's year-of-birth age as of 31 December 2026.

Category Policy: A category is formed only if at least 2 athletes are registered. Subdivisions of the 50+ group (e.g., 50–54, 55–59, 60+) will be created independently for men and women based on participation. Otherwise, athletes will compete in the general 50+ category.

3. Qualifications

Eligibility for Participation

- Only athletes holding a license from their National Federation may qualify and register for the competitive waves of the Ninja European Championships.
- Athletes must meet qualification requirements set by their respective National Obstacle Sports Federations, which may include national ninja championships, rankings, or qualifying events.
- Each National Federation must publish its qualification criteria and provide an up-to-date list of qualified athletes on its official website.
- Entry limits: 10 Elite Women and 10 Elite Men per country. There is no limit for Age Group (AG) categories.
- Official guidelines for eligibility in European and World Championships approved by EOSF/World Obstacle can be downloaded here: International-Competitions-Eligibility-Guidelines.
- Team Competitive pairs may consist of athletes representing different countries. Each athlete must be nominated or approved by their respective National Federation.

- The top three teams in each Competitive Team category receive medals. National team uniforms are not permitted in the Competitive Team competition.
- National Team pairs must consist of athletes representing the same country and must be nominated by that country's National Federation.

  An athlete may compete in either the National Team competition or the Competitive Team competition, but may not participate in both.
- **Qualification Period:** October 2025 – October 24, 2026

4. Course Design

1. The competition will feature four identical lanes, each comprising 7 stages designed to test agility, grip strength, coordination, balance and endurance.
2. Each course will be approximately 70 meters in length (35 meters out, 35 meters return).
3. All four athletes receive the same countdown and start signal. Timing starts for all athletes at the signal. Each athlete must then press their own start buzzer before leaving the start position. The buzzer confirms a valid start; it does not start the timer. Timing ends when the athlete presses the finish buzzer.

   Pressing the start buzzer or leaving the start position before the signal is a false start. The start is repeated and the responsible athlete receives a warning. A second false start by the same athlete in that run results in disqualification from the run.
4. Electronic timing will be used, with real-time results displayed on a digital scoreboard.

Note: Semi-final/Final courses can be progressively more challenging

5. Scoring System

1. Timing is electronic and precise.
2. Athletes compete individually against the clock.
3. Ranking is based on the furthest valid progress on the course, with time used to rank athletes who reach the same point. An athlete's scored run ends when they fail both permitted attempts on an obstacle or reach the time limit. Any subsequent progress does not count towards their result.
4. The better result of the two qualification runs determines the qualification ranking.
5. The Top 4 athletes in each category advance to the Final.
6. **Age Group, ELITE Time limits: 3 minutes for the first qualification run and 2.5 minutes for the second qualification run**

6. Competition Format

Day 1 – Opening Ceremony & Eliminations

Day 1 & 2 – Elimination Rounds (All athletes compete. Lane assignments will be drawn after registration closes.)

Each athlete has:

- 2 qualification runs to complete the course.
- 2 attempts per obstacle.
- Time limits: first qualification run 3 minutes, second qualification run 2.5 minutes.
- First attempt: If an athlete fails both permitted attempts on an obstacle, their scored run ends and their result is recorded at that point. The athlete may continue through the remaining course for experience only, within the original 3-minute limit. No further performance is timed or counted towards their result.
- Second attempt: second failure on any obstacle ends the run immediately.

- National Team and Competitive Team races take place on Saturday, 31 October 2026.

  Team races are relays. The first athlete starts at the start line and hands over to the second athlete by physical contact at the designated halfway point. The second athlete may start only after this contact and completes the remaining course. The team's time runs continuously from the start until the second athlete finishes.
- Open Category: Open is a non-competitive category. Athletes participate in the qualification rounds only and do not advance to the Semi-Finals or Finals. No official titles or medals are awarded.

Day 3 –

Semi-Finals: The top eight athletes in each category after Qualification advance to the Semi-Final. A Semi-Final is held only if at least six athletes are eligible; otherwise, the top four advance directly to the Final.

Finals: Top 4 from each category compete.
In Semi-Finals and Finals, athletes have one run with a 3-minute time limit and two attempts per obstacle. A second failure on any obstacle ends the run immediately, and the athlete must leave the course.

Team Finals take place on Sunday, 1 November 2026.

Only Elite category competes for the official title of **Ninja European Champion**.

Closing Ceremony to follow after finals.

Detailed schedule will be published separately.

7. Obstacles and Technical Rules

1. Obstacle types include:
- Balance: beams, unstable platforms, rotating elements
- Grip: overhead traverses (bars, rings, ropes)
2. All obstacles are mounted over padded surfaces. - Protective padding must not be used for support, push-off or assistance in completing an obstacle. Incidental contact that provides no assistance is permitted.
3. Athletes are not allowed to test or touch obstacles before their official run.
4. A separate warm-up area will be provided.
5. One designated coach per athlete is allowed to accompany and record the athlete's run from a safe path. Coaches must not obstruct judges' view, movement or duties.
6. An obstacle is completed when the athlete reaches its end platform. A platform is reached only when the athlete lands stably on it and releases all holds on the obstacle. Touching the platform with a foot and returning to a hanging position on the preceding obstacle is neither a failed attempt nor successful completion. The athlete may continue the attempt but must reach the platform as described before moving on.

8. Safety Regulations

1. Proper athletic clothing is mandatory.
2. Before entering the competition area, athletes must remove long necklaces, bracelets, rings, large earrings and any other jewellery that may pose a safety risk.

Small piercings may be permitted, particularly when securely covered with tape.

Earphones and headphones are not permitted during a run. Caps and other headwear must be securely fitted and must not pose a safety risk.

The organizer or a designated Technical Official/Judge will make the final safety decision at the entrance to the competition area. Athletes must comply with any instruction to remove or secure an item before being admitted.

3. Unauthorized equipment is prohibited.
4. Medical staff will be on-site throughout the event.
5. All athletes must upload a signed Waiver and either a valid Medical Certificate (issued within the previous 12 months and valid on race day) or a signed Status Declaration through their registration link before the event. Adaptive athletes must also upload the Medical Diagnostic Form. Documents submitted by email, messaging apps or on paper are not accepted. Missing documents prevent participation.
6. Each delegation is responsible for ensuring that its athletes, coaches and accompanying officials have all necessary insurance for their travel, participation and activities at the event. Athletes, coaches and officials attending independently are responsible for arranging their own coverage.

   Insurance must cover the relevant activities, including competitive Ninja where applicable, and include accident, medical treatment, repatriation and personal liability coverage. This insurance must be arranged at the participants' or delegations' own expense.

The organizer may disqualify any athlete for safety violations.

9. Code of Conduct

All participants, coaches and spectators must behave respectfully towards organizers, their representatives, judges and other participants. Cheating, harassment, abusive or aggressive behaviour, or property damage may result in disciplinary action, disqualification or removal from the venue.

10. Registration and Fees

1. Registration is available exclusively online via the official event website.
2. Both qualification runs must take place on the same day. (Athletes may complete one or both runs.)
3. Deadline: 24 October 2026. No entries accepted after this date. Or until event will be sold out.
4. Registration is only confirmed after full payment.
5. Fees are non-refundable.
6. A registration may be transferred to another eligible athlete within the same category until 24 October 2026. The transfer must be initiated by the originally registered

athlete and is subject to a €15 fee. Transfers after this date, including on-site transfers, are not permitted.

Fee Structure:

Period	Dates	Entry Fee (EUR)
Early Bird	Now – end of July	99
Regular	August – 24 October	120

Note: Prices exclude the processing fee.

11. Awards and Recognition

1. Top 3 athletes in each age group receive medals and titles as Winner in that category.
2. **Elite category, TEAM NATIONAL (female, male, mix): Top 3 received Gold, Silver, Bronze medals, and the title of Ninja European Champion 2026.**

12. Additional Competition Rules

1. Participants must complete verification at the competition office.
2. A valid **passport or ID** is required.
3. Bib number and starter packs must be collected in person.
4. Athletes must report to the designated call area at least 20 minutes before their scheduled start time and be ready to race. Late arrival may result in forfeiting that attempt.
5. Only healthy participants (no fever, cough, or discomfort) are permitted to compete.
6. Safety rules, fair play, and organizer decisions must be respected.
7. Aggressive or discriminatory behavior will result in disqualification.
8. Personal sportswear must be provided by the athlete.
9. Physical and mental resilience is essential.
10. In case of disputes, the final decision is made by the organizer or the head judge.
11. Only **flat-soled sports shoes** are permitted, without spikes.
12. **Obstacle testing is prohibited at any time .**
13. Athletes may use personal **chalk - liquid only** (no glue or sticky substances allowed). Hands will be checked pre-run.
14. **Tape and gloves** (without metal or adhesives) are allowed.
15. Littering- Athletes are not allowed to throw or let equipment (such as gloves, caps or other parts) on the course and have to wear them during the whole run. If equipment fails, they will have to come back to pick it after completion of the run.

13. Technical Officials (Judges)

1. The judges ensure that the competition rules are enforced and that all athletes receive a fair and equal treatment.
2. The judges have limited communications with the athletes or their coaches, intervening when :

   - Athletes fail their first or second attempts on an obstacle
   - Athletes feel unwell
   - There is a technical issue
   - disqualification notice is given
   - safety requires it
3. Athletes and coaches have to follow the judges instructions.

14. Protests

1. Protests must be filed within **10 minutes** after the athlete's or team's run ends, whether by finishing, failure or expiry of the time limit. This deadline applies separately to every run in every round
2. **Protests must be based on video evidence made/shown only by signed COACH.**
3. Fee: **50 EUR** payable when making the protest

- Refunded if protest is upheld.
- Forfeited if protest is denied.

15. Skills Competition

1. The main-course format, attempt limits and time limits in Sections 4–6 do not apply to the Skills Competition. General safety and conduct rules remain applicable.
2. Attempts, Order and Time Limits

   Each athlete has one attempt per discipline, completed in the following order: Technique → Movement → Strength → Grip.

   Each discipline has a time limit of 2 minutes 30 seconds, followed by 30 seconds to move to the next station. A new discipline starts every 3 minutes. Finishing an attempt early does not bring forward the scheduled start of the next discipline.

   Measured from the athlete's first start, the discipline start times are:

   • Technique — 0:00

   • Movement — 3:00

   • Strength — 6:00

   • Grip — 9:00
3. Participation requires registration in the main Individual competition; standalone entry is unavailable.
4. Categories, separately for Men/Women:

   • European: Kids 10–12, Elite 13+, Masters 40+, Adaptive and Open.

   • Non-European: International

5. Athletes aged 40+ may choose Elite or Masters. Age determination follows Section 2.

6. Athletes who do not start a discipline or record no valid result share the next place after the last athlete with a valid result. Each receives ranking points equal to that shared placing.
7. Elite, Kids and Masters award medals in each discipline. Each athlete's Overall score is the sum of their finishing positions in all four disciplines within their category and gender. The lowest total wins. Adaptive and International award Overall only. Open receives no official awards or medals.
8. National Team standings apply separately to Men/Women in Kids, Elite and Masters. Each country's score is the sum of the best finishing position achieved by any of its athletes in each of the four disciplines, within the relevant category and gender. Different athletes may contribute in different disciplines. The lowest total wins. Participation is automatic, without team nominations. Adaptive, Open and International have no National Team standings.

9. Ties in Overall and National Team scores are broken by comparing the four counted positions: most first places, then most second places, and so on. If the tie remains, the placing is shared and subsequent places are skipped accordingly.
10. Entry costs €50 through 26 September 2026; €59 from 27 September through 24 October 2026. No additional participant shirt or finisher medal is included.
11. Athletes select one session:
    - Friday morning: 100 places.
    - Friday afternoon: 120 places.
    - Saturday morning: 100 places.
    - Saturday afternoon: 120 places.
12. Full sessions close; total capacity is lower than main-event participation.
13. Skills categories are independent of main-event categories. Main-event Age Group athletes may enter Skills Elite if age-eligible. Skills Elite has no national quota; no additional Skills nomination is required for athletes already nominated for main-event Elite or Age Group.

16. Others

1. Failure to comply with this rules will result in disqualification from the championship.
2. **Regulations are subject to change. All updates will be communicated through official channels.**