



PILIPINAS OBSTACLE
SPORTS FEDERATION
BUILDING BETTER HUMANS



OBSTACLE SPORTS

IS PART OF THE 2024 BATANG PINOY
17 YEARS OLD AND BELOW

DECEMBER 15 - 21, 2024
PUERTO PRINCESA CITY, PALAWAN

About POSF



- National Sports Association for Obstacle Sports
- Recognized by the Philippine Olympic Committee and Philippine Sports Commission
- Affiliated with the Fédération Internationale de Sports d'Obstacles (FISO) or World Obstacle, and Obstacle Sports Federation Asia Pacific

Proposed Venue



REPUBLIC OF THE PHILIPPINES

PALAWAN STATE UNIVERSITY

THE MOST SUSTAINABLE AND ECO-FRIENDLY SCHOOL IN THE PHILIPPINES!

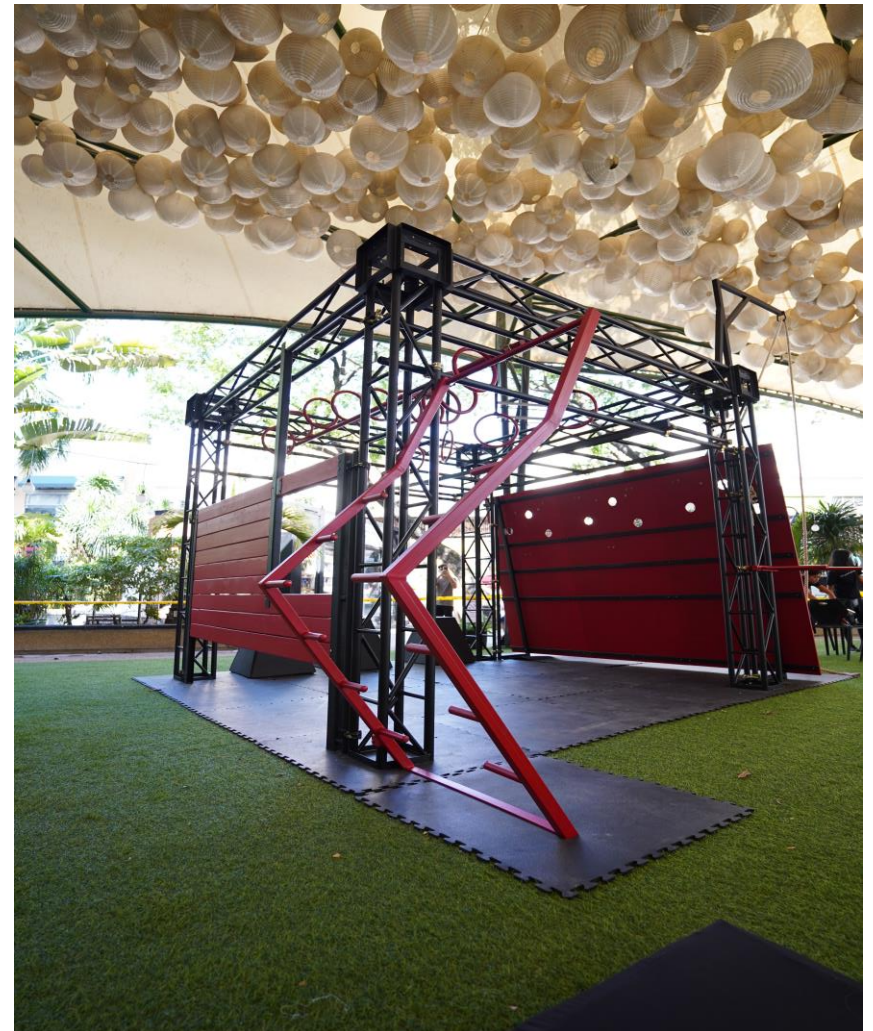
- Active proponent of Obstacle Sports in Puerto Princesa, Palawan
- Houses 1 Obstacle/ Ninja Box inside the gymnasium/ auditorium (POSF will provide 1 or 2 more Boxes for the event)
- Incorporated Obstacle Sports in P.E. and PATHFit Programs
- Organized events on Obstacle Sports

Teams/ Entrees

- Observe PSC Rules
- LGU-based (max. of 2 Teams per LGU)
- Boys and Girls (max. of 2 Boys and 2 Girls per age-group per LGU)
- 3 Age-Groups: 12-13 | 14-15 | 16-17

Equipment/ Infrastructure

- Designed by POSF
- 12-in-1 Obstacle Box (with 8 Obstacles and 8 Exercise Stations)
- Used for Training and Competitions
- 20 Boxes all-over the country (Schools, LGUs and Malls)



List of Obstacles & Exercise Stations

(and number of repetitions)

8 Obstacles

1. Over 6ft wall (1x)
2. Under Wall (1x)
3. Through Wall (1x)
4. Traverse wall (1 cross)
5. Monkey Bars (1 cross)
6. Rings (1 cross)
7. Twister Rings (1 cross)
8. Rope climb (1 ascent)

4 Exercise Stations

1. Pull ups (5 reps)
2. Inclined push-ups (5 reps)
3. Dips (5 reps)
4. Inverted row (5 reps)

Obstacle Rules

1. Over the Wall
2. Under the Wall
3. Through the Wall
4. Monkey Bars (*use platform to reach Bar; use/ hold at least 2 bars then tap bell; start and end with both feet on the ground*)
5. Rings (*use platform to reach Ring; use/ hold at least 2 rings then tap bell; start and end with both feet on the ground*)
6. Ring Twister (*use platform to reach Ring; use/ hold at least 2 rings then tap bell; start and end with both feet on the ground*)
7. Traverse wall (*use/ hold at least 2 holes/ holds/ chains then tap bell; must start with 1st hold/ hold/ chain; start from side opposite of rope climb*)
8. Rope climb (*tap bell*)

Exercise Station Rules

1. Pull ups (5 repetitions; chin over bar; start with arms straight to elbows bent beyond 90° each time; to reach bar to start, can use Exercise Station rungs/ frame to reach bar)
2. Inclined push-ups (use 1st rung from bottom; 5 repetitions; start [every repetition] with arms straight to elbows bent beyond 90° each time)
3. Inverted row (use 3rd rung from bottom; straight whole body; 5 repetitions; start [every repetition] with arms straight to elbows bent less than 90° each time)
4. Dips (5 repetitions; facing Box; start [every repetition] with arms straight to elbows bent less than 90° each time)

Format: Set Flow/ Sequence

1. Under the Wall
2. Pull ups
3. Through the Wall
4. Monkey bars
5. Inclined Push Ups
6. Rings
7. Over the Wall
8. Ring Twister
9. Dips
10. Traverse Wall
11. Inverted Row
12. Rope Climb

General Rules

1. Athlete must **start 5 feet** from 1st Obstacle/ Exercise Station outside the Box. For every Obstacle, the Athlete must come from/ start the Obstacle from outside the Box.
2. Athlete cannot use/ touch frame/ rod/ support structure/ trusses to **assist**, boost, get advantage or support, push off or go down Obstacle/ Exercise Station.
3. Athlete cannot use foot/ feet to **tap bell**.
4. Maximum number of **attempts** per Obstacle: 3 (*If fail/ fall/ not complete/ incorrect execution, start again at Obstacle entry point from outside the Box; if not complete Obstacle after 3 attempts, DNF [Did Not Finish], i.e., can no longer proceed to next*)
5. For the **Free Flow**, the Athlete **must end with an Obstacle with a bell** where time ends with tapping of bell (i.e., traverse wall, monkey bars, free rings, twister rings and rope climb).

Competition Rules/ Dos and Don'ts

<https://www.youtube.com/watch?v=Pui28Popsu8&t=3s>

Batang Pinoy Demo

<https://youtu.be/Z3R5KK5ClOo?si=eizyyE4PsZSlCaQI>

Open Hyperlink

Point System/ Ranking

- Maximum of 2 Runs in Eliminations/
Qualifying Round and Finals
- Time/ ranking shall be best/ fastest time out
of 2 runs
- Top 10 Boys and Top 10 Girls will move to
Finals
- For Team Category:
 - Best/ lowest aggregate time of 4 athletes
of one team (2 boys and 2 girls)
 - Top 10 Teams will move to finals

Proposed Schedule

<i>Day</i>	<i>Activities</i>
Day 1	Opening Ceremony Briefing of Competition Rules Practice
Day 2	Eliminations: Age-Groups 10-11 and 12-13
Day 3	Eliminations: Age-Groups 14-15 and 16-17
Day 4	Finals for All Age-Groups