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2020 FISO WORLD CHAMPIONSHIPS

ATHLETE QUALIFICATION GUIDELINE

v2019.11.01

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Overview

Qualification for athletes at the FISO OCR World Championships (FISO WC) is done by the National Federation (NF) members in each country. Note that the institutional (legal) name for World OCR is Fédération Internationale de Sports d’Obstacles, herein “FISO.”

Each NF qualifies their national team to compete at the FISO WC using a system of qualification races and / or a ranking system. National teams are limited to five (5) athletes per Competition Category for each Event (Ninja, Short Course, Standard Course.)

Additional athletes above the five person maximum may race under their country flag, but may not compete in competitive categories. If there are more than five (5) athletes who wish to race in a Competitive Category, theses additional athletes must enter the Open Category, see Competition Categories section.

Eligibility

Athletes are eligible to represent their country if they are:

* a citizen of the country
* a legal resident of the country
* a permanent resident, having lived in the country for 12 consecutive months and having not competed for another country in the prior 12 months. Athletes may get dispensation by obtaining a letter from the National Federation of their country of citizenship allowing competition for another country.
* not a citizen or a resident, but are born in the country and approved by the National Federation of that country. Additional constrains and approvals may be required in these circumstances.

General Athlete Rules for Qualification

1. Race age is determined by the persons age on December 31st of the race year
2. Race Age determines the age group in which a competitor races
3. We strongly recommend all competitors are a member of your national federation. Non member athletes will be listed as “unofficial.”
4. Competitors who do not finish a race or are disqualified will not be ranked in that race

Age Up Rule

The competition age of an athlete for the 2020 FISO WC is their age on December 31st, 2020.

If an athlete "Ages Up" into another age group in 2020 after racing in a lower age group in 2019, they are qualified against athletes in their age category in 2020. A separate set of results should be issued by the national federation to account for athletes who Aged Up in 2020. National team slots should be awarded based on the Age Up results. Their finish time will be compared to those athletes in the older age group.

Example: José is going to be 49 years old by Dec. 31, 2019, he will age-up up into the 50-54 age group for the 2020 World Championships since he will be 50 years old by Dec. 31, 2020. For the qualifying purposes, his time at the qualification event will be compared to the men currently in the 50-54 age group when he races in 2019.

Events

There are three Events for the 2020 FISO World Championships:

* Ninja OCR (160m)
* 3K Short Course OCR (cross country)
* 12+K Standard Course OCR (cross country)

National teams can include up to five (5) athletes in each competitive category in each event. Download the Competition Rules for each event [here](https://worldocr.org/competition-rules).

## Ninja OCR

Ninja OCR is a head to head, timed competition with two (2) competitors racing against each other and against the clock. The distance is 160 m and includes 12 obstacles, including the finish obstacle (4 m curved wall). Current Men’s World Record is 1:32, Womens World Record is 3:15. Age group world records are available [here](https://worldocr.org/world-records).

* Race Categories:
  + Individual Women
  + Individual Men
  + Three person mixed team relay, including at least one woman. Each person completes 4 obstacles.
* Ref: FISO Ninja Competition Rules

## 3K (Short Course)

* Race Categories:
  + Individual Women
  + Individual Men
* Mass start cross country (XC)
* Field of play: manmade obstacles and terrain features, such as steep climbs and descents, creek crossings, single track and forest trails, dirt roads and paved surfaces.
* Obstacle spacing: 100 to 250 m
* Number of Obstacles:
* Distances: 3,000 m
* Winning time approximately 15 minutes depending on conditions
* Ref: FISO OCR Competition Rules

## 12+K (Standard Distance)

* Race Categories:
  + Individual Women
  + Individual Men Mass start XC
* Field of play: manmade obstacles and terrain features, such as hills, steep climbs and descents, creek crossings, single track and forest trails, dirt roads and paved surfaces.
* Obstacle spacing: 250 - 500 m
* Distances: 12+ km
* Winning time approximately 90 minutes depending on conditions
* Ref: FISO OCR Competition Rules

Race Categories

There are 11 Competitive Categories each for men and women (22 total):

* Elite
* U20 (16-19)\*
* 20-24
* 25-29
* 30-34
* 35-39
* 40-44
* 45-49,
* 50-54
* 55-59
* 60+.

\* the minimum legal age to compete under Russian law is 16 on the day of the competition

The five (5) person limit per country per Category, per Event means the maximum size of an official national team is 110 people per Event, or 330 people total, not including Open Categories.

There is no upper age restriction for the Elite Category. An athlete cannot compete in both Elite and Age Group categories.

Category examples:

* The Category for a 32 year old man is M30 (30-34 Age Group)
* The Category for a 27 year old woman is in the F25 (25-29 Age Group)

Open Categories will be included for all Events but do not award prizes.

Qualification Race Guidelines

1. Races should be sanctioned (approved) by the national member federation of FISO for the national team of that country. These can be produced by the NF, by a commercial race producer, or as a collaboration between the NF and a race producer.
2. A race should reflect the race category and conditions expected in the FISO World Championships. The Short Course and Standard Distance OCR events are on mountainous terrain that may include steep climbs and descents, creek crossings, single track and forest trails, dirt roads and paved surfaces.
3. Each Race Category and Competition Category should be ranked separately

Rankings

Rankings can be used as a guide for selecting athletes on a national team.

A simple ranking system allocates points for an athletes’ place in a qualification race. Three races provide a good approximation of an athletes performance.

A national championships is normally included as the most important qualification event. This ensures the best athletes compete against each other and provides a good indication of their ability.

Points can be allocated from 100 for 1st place down to 1 point for 100th place and below. If you have more than three qualification races, you should only count the top three performances for a ranking score.

Example: Three qualification races, one of which is the National Championships. An athlete can score up to 100 points for each race and 200 points for the National Championships. This gives a total possible score of 400 points in the rankings.

National ranking Scores are the sum of each competitor’s top three Scores including the national championships, compared with other competitors from their country. The athlete with the highest score has the highest ranking.

Any number of qualification events and scores can be used.

Rankings Requirements

How each NF conducts their rankings and qualifies their team is up to them. How this is done this will determine the quality of the national team.

Qualification races usually occur between September, 2019 and September, 2020. NFs may expand the qualification date range at their discretion, for example including their 2019 Continental Championships.

If a high performing athlete cannot race in the national championships, prior race results (rankings) can be used to decide if the athlete qualifies or not. It is possible to discover previously unknown athletes at national championships, allowing the NF to qualify these athletes on their national team.

FISO will provide an international ranking system starting in 2020. This will include all OCR races worldwide and can be used for national rankings. The ranking algorithm takes into account distance, obstacle density and type, quality of field, terrain and other factors.