

O-ZONE GAMES 2024

LIFE IS AN OBSTACLE, PLAY TO WIN



COMPETITION GUIDEBOOK

1. COMPETITION INFORMATION

Competition Dates : 27th September – 29th September 2024

Competition Venue : Pavilion Bukit Jalil, Centre Court
2, Persiaran Jalil 8, Bukit Jalil,
57000 Kuala Lumpur.

2. O-ZONE GAMES 2024 COURSE

The O-Zone Games 2024 is an obstacle course competition with multiple numbers of obstacles in different stages.

Stage 1 – Twelve (12) Obstacles (3min)

Stage 2 – Ten (10) – Twelve (12) Obstacles (4min)

Stage 3 – Ten (10) – Twelve (12) Obstacles (6min)

Players competing in the competition will start with a designated starting line (Colored Tape/Platform) and ends with a finish line of (Buzzer / Bell).



3.0 EVENTS

There shall be two (2) O-Zone Games Category:

- I. ROOKIE (Past Rookie & Open Podium Winners; Malaysia National Team for 2019 & 2023 SEAGAMES athletes are not eligible to participate in ROOKIE Group)**
- II. OPEN (Open to All)**

Each Category is competed individually and separated into both Male and Female Category. Players are allowed to compete in more than one category. But only allowed to win either of the category each year. Each category stages eligibility are as follows:

Category	Stages Eligibility		
Rookie	Stage 1	Stage 2	
Open	Stage 1	Stage 2	Stage 3



4.0 COMPETITION SCHEDULE

ROOKIE

OPEN

27th September 2024 (Friday)

1100 – 1500	Obstacle Course Trial (Stage 1) – Open to all Participants
1500 – 1900	Public Engagement Activities
1900 – 2200	Stage 1 – HEAT 1 <i>Sequence:</i> <i>[Rookie Male]</i> <i>[Rookie Female]</i> <i>[Open Male]</i> <i>[Open Female]</i>
2200	End of day



4.0 COMPETITION SCHEDULE

ROOKIE

OPEN

28th September 2024 (Saturday)

0800 – 0900 Registration & Briefing

0900 – 1200 Stage 1 – HEAT 2

Sequence:

[Rookie Male]

[Rookie Female]

[Open Male]

[Open Female]

1200 – 1300 Break

1300 – 1600 Stage 1 – HEAT 3

*Sequence: As per above **

1600 – 1900 Stage 1 – HEAT 4

*Sequence: As per above **

1900 – 2200 Stage 1 – HEAT 5

*Sequence: As per above **

2200 End of day

2230 – 2300 Announcement of Finalist & Stage 2 name list



4.0 COMPETITION SCHEDULE

ROOKIE

OPEN

29th September 2024 (Sunday)

0900 – 1000	Registration & Briefing
1000 – 1200	Rookie Finals
1200 – 1300	Break
1300 – 1430	Stage 2 – Open Female
1430 – 1600	Stage 2 – Open Male
1600 – 1800	Intermission - Stage 3 Preparation
1800 – 2000	Open Finals – Male & Female
2000 – 2100	Prize Giving Ceremony



5.0 COMPETITION RULES & REGULATIONS

1. All events are competed with only Individual Category.
2. The stages' eligibility depends on the competing Category (Rookie / Open).
3. Each Player will only have one (1) run.
4. The assignment of the run slot for all Stage 1 shall be based on the date of registration. Earlier registered players will be placed later in their running slots.
5. The assignment of the run slot for Stage 2 and Stage 3 shall be based on the results of Stage 1. Players with higher ranking will run later their running slots.
6. In each stage, the rankings of each player are determined by 2 criteria below :
 - Number of points collected through completion of obstacles
 - Followed by the accumulated time to end the run through the finish line (Buzzer/Bell).
7. Players with higher points collected followed by the faster time recorded will earn a higher ranking spot in the competed stage.
8. For Category ROOKIE, players from stage 1 with top 12 or top 80% (which ever lower number) ranking for each category (Male/Female) shall proceed to further compete in Stage 2. The final top three (3) winner for each category (Male/Female) shall be selected at Stage 2.
9. For Category OPEN, players from Stage 1 with top 15 or top 80% (which ever lower number) ranking for each category (Male/Female) shall proceed to further compete in Stage 2. Players from Stage 2 with top 5 or top 80% ranking for each category (Male/Female) shall proceed to further compete in Stage 3. The final top three (3) winner for each category (Male/Female) shall be selected at Stage 3.

5.0 COMPETITION RULES & REGULATIONS

10. In the case of an equipment failure during the run, players will be given a maximum of thirty (30) minutes of rest time before executing a choice of re-run.
11. The maximum time an athlete must complete the course time is one hundred and eighty (180) seconds for Stage 1; two hundred and forty (240) seconds for Stage 2; and three hundred and sixty (360) seconds for Stage 3. Players who fail to complete the course within this time can no longer continue with the remaining obstacles.
12. Each obstacle will have a designated start position, and tasks to complete to collect all available points.
13. Players could only attempt each obstacle one (1) time, unless specified.
14. Players will move on to the next obstacle regardless of the number of points collected. (Successful attempt / Failed attempt)
15. An attempt is counted when the player passes through the starting line (Colored tape) or when both legs are lifted away from the starting platform.
16. A player completes the course when the player activates/taps the Buzzer or Bell.
17. The official time is based on the head judge's stopwatch time (not display clock).
18. Any delays or postponements of players from the designated runs slot will not be entertained. In the case of a delay from the player, the availability of postponement of player's turn shall be decided by the head judge/marshal.

6.0 RULES PER OBSTACLE (DO'S & DON'TS / DISQUALIFICATION)

Stage 1 (Rookie)

Stage 1 (Open)

No.	Obstacle Name	Total Points	Instruction / Allowed	Not Allowed
1	Ninja Steps	2	<p>Start: Behind the Yellow Line</p> <p>Traverse across the 8 Ninja Steps from Start to End.</p> <p>Point 1: Lands both legs on 5th Ninja Steps</p> <p>Point 2: Lands on Marked Box Safely (Safe Zone)</p>	-Any part of body contacts with the ground/ padding/ black painted area
2	The Climb	1	<p>Start: (3 Trials)</p> <p>Both legs lifted from Ground</p> <p>Climb up Slip Wall with or without using provided Rope.</p> <p>Point 1: Full body safely stabilized above Yellow Line. Lands on the Slip wall safely (Safe Zone)</p>	<p>-Any part of the body contacts the ground/padding</p> <p>-Use of any support structure for assistance</p>
3	Balance Beam with Pole Transfer	3	<p>Start: Both legs lifted from platform (Slip Wall)</p> <p>Jump/leap from Slip Wall to the balance beam, transfer pole from one end to another, travel on a balance beam from one end to another.</p> <p>Point 1: Picks up the first pole stably without dropping the supporting pillar</p> <p>Point 2: Place the holding pole stably on the second pillar without dropping the supporting pillar and move forward below the pole</p> <p>Point 3: Lands both legs on ground across the tape (Safe Zone)</p>	<p>-Any part of the body contacts the ground/padding</p> <p>-Any part of the body touches the black part of balance beam</p> <p>-Use of any support structure or pole for assistance crossing the balance beam</p>
4	Flying Fox	3	<p>Using only arms or hands to hold the grip and glide from one end to another.</p> <p>Point 1: Both hands firmly grip on the second Glider</p> <p>Point 2: Acquire the bonus ring</p> <p>Point 3: Lands on the Platform safely (Safe Zone)</p>	<p>-Any part of the body makes contacts with the ground/padding/ supporting structure</p> <p>-Use feet or legs to hang on the holds</p>

6.0 RULES PER OBSTACLE (DO'S & DON'TS / DISQUALIFICATION)

Stage 1 (Rookie)

Stage 1 (Open)

No.	Obstacle Name	Total Points	Instruction / Allowed	Not Allowed
5	Ring Alley	2	<p>Start: Both legs lifted from platform</p> <p>Using only the rings to traverse across from one end to the another.</p> <p>Point 1: Either of the ring hooks onto the 5th hook</p> <p>Point 2: Lands both legs on Platform (Safe Zone)</p>	<p>-Any part of the body makes contacts with the ground/padding/ supporting structure</p> <p>-Use feet or legs to hang on the rings</p>
6	Wheel Rig	2	<p>Start: Both legs lifted from platform</p> <p>Using the provided 6 Wheel on rig, traverse from start to end Platform.</p> <p>Point 1: Holds onto the 4th or further wheel firmly</p> <p>Point 2: Lands both legs on Platform (Safe Zone)</p>	<p>-Any part of the body makes contacts with the ground/padding/ supporting structure</p> <p>-Use feet or legs to hang on the wheel</p>
7	Rolling Wheel	1	<p>Start: Both legs lifted from platform</p> <p>Traverse across the from Start to End only using the rolling wheel. Hands are allowed to hold onto the side of the wheel</p> <p>Point 1: Standing on the wheel stably after passing yellow line. Any part of the body contacts with the ground/padding</p>	<p>-Any part of the body contacts with the ground/padding</p>
8	The Deadly Catch	1	<p>Start: both legs lifted from Rolling Wheel</p> <p>While Standing on Rolling Wheel, jump and catch the designated hold</p> <p>Point 1: Firmly Catches the hold (Safe Zone)</p>	<p>-Any part of the body contacts the ground/padding/ supporting structure</p>

6.0 RULES PER OBSTACLE (DO'S & DON'TS / DISQUALIFICATION)

Stage 1 (Rookie)

Stage 1 (Open)

No.	Obstacle Name	Total Points	Instruction / Allowed	Not Allowed
9	Cannon Ball	2	<p>Start: Both legs lifted from platform</p> <p>Using only arms or hands to cross using the Cannon Ball Hold Use all or skip some but must use/hold at least one.</p> <p>Point 1: Both hands touch the 5th or further Cannon Ball Hold Point 2: Lands on the Platform safely (Safe Zone)</p>	<p>-Any part of the body makes contacts with the ground/padding/ supporting structure</p> <p>-Use feet or legs to hold the cannon ball holds</p>
10	Mystery Obstacles	2	<p>Start: Both legs lifted from platform</p> <p>Traverse across from Start to End.</p> <p>Point 1: Both hands catch firmly the 3rd item. Point 2: Lands on Platform Safely (Safe Zone) -Any part of the body contacts with the ground/padding</p>	<p>-Any part of the body contacts with the ground/padding</p>
11	Mystery Obstacles	1	<p>Start: Both hands on provided handle, Use only the provided pathway to move forward</p> <p>Point 1: Lands beyond yellow line safely (Safe Zone)</p>	-TBD
12	Warped Wall or Rope Climb	1	<p>Start: Crosses the indicated line</p> <p>Ascend the wall (3 trials) Ascend the Rope (3 trials)</p> <p>Point 1: Hand contacts with the buzzer/ring</p>	<p>-Use side/edge of wall/truss for assistance / support</p>

*All listed obstacles are subject to change depending on the suitability and safety of participants during the event.

7.0 SPORTS EQUIPMENT & COMPETITION ATTIRE

All sports equipment and clothing / attire used by players in competition must be appropriate to public.

1. Must dress appropriately.
2. Must race with a covered torso.
3. Must run with shoes. Bare feet are prohibited on any part of the course.
4. May use glove or tapes and/or bring a chalk pouch/bag. These items must be kept with the player throughout the full run course and disposed appropriately at the end of the race.
5. Whichever item that is brought in during the run will be considered as a part of the player. (E.g. In the case of a cap was dropped to the ground during an obstacle attempt where the player is not allowed to touch the ground, this will result in failure of obstacle attempt.)



8.0 GENERAL CONDUCT OF PLAYERS

1. Practice fair play / good sportsmanship at all times.
2. Adhere to the intent of a rule when the exact wording of the rule may be interpreted in various ways.
3. Be responsible for own safety and the safety of others.
4. Read, know, understand, and follow the rules and regulations.
5. Obey the instructions from the judges / marshal.
6. Treat all athletes, officials, volunteers, media, sponsors and spectators with respect and courtesy.
7. Resist from using abusive, derogatory, vulgar or inflammatory language.
8. Inform an Official immediately after withdrawing from the race.
9. Compete without receiving assistance other than from the event personnel and officials.
10. Not dispose of litter or equipment around the course except at the clearly identified places.
11. Be ready inside the designated area when racing and when called. Coaches, relatives and non-participants are not allowed inside the course.
12. Failure to comply the Rules and regulations may result in player being verbally warned or subject to disqualification.
13. The nature of the rule violation will determine the subsequent penalty.
14. The officials are allowed to assess penalties, even if the infringement is not listed. If the officials deem an unfair advantage has been gained, or if a dangerous situation has been created.



9.0 PROTEST & APPEAL

1. Appeals against the decision of a judge shall be made by the athlete only to the head judge within 30 minutes after the run. If a judge maintains his/her decision, the complaint shall be referred to the main organizing team (“Ozone Fitness”) event director with visual evidence. The decision of the event director will be final.
2. The event director must decide on any protest within two (2) hours of being notified. The event director must state the reason(s) for the decision.

