

Celebrating 4 Years and Leaping in Year 5

Alberto C. Agra, President, January 11, 2021

	PERIODS/ YEARS		
Aspects	1st 3 Years: 2017 - 2019	4th Year: 2020	This Year: 2021
(1) Sectors 4 to 8 to 14	4 Sectors: <ol style="list-style-type: none"> Able-Bodied Para-Athletes Youth and Kids Senior and Masters All Skill Levels: <ol style="list-style-type: none"> Competitive Recreational 	4 Special/ Rockstar Groups: <ol style="list-style-type: none"> Kids/ Youth with Visual Disability Kids/ Youth with Hearing Disability Kids with HIV Street Children 	6 Additional Groups: <ol style="list-style-type: none"> Athletes with Intellectual Disability Prisoners Indigenous Peoples Refugees Armed Forces Police Force
	B. Broadening and innovating Obstacle Sports		
(2) Sub-Sports 2 to 4 to 7	2 Sub-Sports/ Disciplines: <ol style="list-style-type: none"> Obstacle Course Race (OCR) Ninja Race 	4 Sub-Sports/ Disciplines: <ol style="list-style-type: none"> OCR Ninja Race Adventure Racing (AR) Parkour 	3 Variants: <ol style="list-style-type: none"> Obstacle Quadrathlon (Triathlon x Obstacles) Obstacle Triathlon (Run-Bike x Obstacles) Obstacle Duathlon (Swim x Obstacles)
	C. Legitimizing and expanding the Network		
(3) Affiliations and Recognition: 6 to 11 to 12+	Formal Recognition (6): <ol style="list-style-type: none"> World OCR: Member since 2017 and Full Member in 2019 OCR Asia: Founding Member since 2017 and POSF President as OSFA President (in 2019; Pacific included) OCR Southeast Asia: Founding Member (2019) Philippine Olympic Committee (POC): Recognized Member since 2018 Philippine Sports Commission (PSC): Recognized since 2017 Security and Exchange Commission (SEC): Non-profit corporation since January 17, 2017 	Confirmation and Memberships (5 new): <ol style="list-style-type: none"> World Obstacles (name change): Active Member Obstacle Sports Federation Asia Pacific (name change): Active Member and POSF President as OSF-AP Presidency (confirmed) International Parkour Federation (IPF): Member Asia Freerunning Parkour Union (AFPU): Member and POSF President as Vice-President East Asia Southeast Asia Freerunning Parkour Union (EASFAFPU): Member and POSF President as President POC Affiliate Member (elevated status) The Association for International Sport for All (TAFISA): Member SportWorks: Member 	Additional Membership and Recognition: <ol style="list-style-type: none"> United Through Sports: File application Association for Community Sports Advocates Others: For research and application
	D. Building the Obstacle Sports Community		
(4) Member-Groups 11-31 to 33 to 34+	end of 2017: 11 Member-Groups end of 2018: 21 Member-Groups end of 2019: 31 Member-Groups (OCR and Ninja)	Regular/ Voting: 30 Provisional/ Non-Voting: 3 <ol style="list-style-type: none"> 30 OCR/ Ninja, 2 Parkour and 1 AR Groups Individual Members have International Membership Numbers from World Obstacles 	Regular/ Voting: 33+ Provisional/ Non-Voting: 1+
	E. Taking care of the Athletes and adding value for the Members		
(5) Member Benefits	<ol style="list-style-type: none"> Subsidies for or discounts in races, events, training, coaches' certification courses, seminars, facilities and goods Apparel and uniform Insurance Livelihood opportunities In 2018, a scheme was adopted where allocation of benefits is based on level of participation/ activity of Member-Group in POSF activities (scale of 0 to 3, not active to active)	<ol style="list-style-type: none"> Discounts in facilities and events Shirts provided for National Team and Developmental Pool Raffled off Obstacles-in-a-Box, foldable bikes and Tokyo 2020 watches Endorsed Grant applications for Challenged Athletes Foundation (for Para-Athletes) 	Basically, the same. Depending on available resources and sponsorships, more
	F. Documenting and popularizing initiatives and programs		
(6) Media and Information	Created POSF Website and social media accounts	Produced Video Documentaries/ Features: <ol style="list-style-type: none"> Makapangyaring Pusong, 3 versions (Powerful Heart) Obstacles-in-a-Box Ninja Leaderboard Parkour Set up POSF YouTube account TikTok x Obstacle Challenge	<ol style="list-style-type: none"> Update, revisit and revive POSF Website Obstacles-in-a-Box Competition Instructionals Instructionals for Obstacle Sports Physical Education Program Greater social media presence
	G. Focusing work and engagement		
(7) Commissions and Committees	Established 8 Commissions: <ol style="list-style-type: none"> Athletes Para-Athletes Women's Development Medical, Health and Safety Financial Affairs Legal Affairs Governance Established 7 Committees: <ol style="list-style-type: none"> Coaches Officials Media Safe Sports Youth Technology Diversity 	Represented in 10 World Obstacle Commissions and Committees: <ol style="list-style-type: none"> Competitions Legal Affairs Diversity Women's Officials and Technical Para-Athletes Athletes Ethics Coach Medical and Health Created Grievance Committee	<ol style="list-style-type: none"> All Commissions and Committees shall be reconstituted and reactivated Creation of: <ol style="list-style-type: none"> 4 Competitions Committees (for 4 Sub-sports) Rockstar Committee (for 5+ Special Groups)
	H. Institutionalizing policies and instituting reforms		
(8) Policies	Adopted World OCR Policies and Programs on Competition, Coaches Certification, Ethics, Safe Sports, Anti-Doping and Sustainable Events 1 st WADA-Compliant Event (Ninja 300 in 2018)	Adopted POSF Grievance Procedure	Other policies as may be required/ suggested by World Obstacle Adopt other policies as the need arises
	I. Training for and excelling in International Events		
(9) National Team and Developmental Pool	National Team: <ol style="list-style-type: none"> For the 2019 SEAG: 16 Members (able-bodied for OCR and Ninja) <ol style="list-style-type: none"> Perfect 6 (swept all gold medals in Male and Female 5km OCR, Ninja 100, Mixed Team Assist and Team Relay) and Sweet 16 (all 16 athletes secured medals) Established 4 World Records (100 m x 10 Obstacles Male and Female; 400 m x 12 Obstacles Team Assist and Relay) Selected based on a series of qualifying races with graduated point system (additional members based on POSF discretion) Initially, 3 tiers to 2 to 1 (ranking system) Sponsored Trips to World OCR Events, Spartan Races (various), Shardana in Italy (2018), Arena of Heroes, Russia (2019) and Olympic Center in Colorado (2019) For the 2019 ASEAN Para-Games (Para-athletes for Ninja): 10 Members (categories P1 to P5) [Para-Games did not push through] Developmental Pools: <ol style="list-style-type: none"> Able-Bodied Para-Athletes Youth and Kids 	<ol style="list-style-type: none"> National Team members executed Understanding and Undertaking 4th Developmental Pool Sector formed (Seniors and Masters) Members of National Team and Developmental Pool <ol style="list-style-type: none"> Joined virtual races Entered in December 12 Ninja Leaderboard Challenge Trained with bikes for endurance training Continuous training for all Enrolled in Digital Medical Passport with MyNextMatch where medical records are readily accessible and where accredited health practitioners can declare athletes fit or not fit to compete 	5 National Teams to be formed by June 1: For Able-Bodied: <ol style="list-style-type: none"> OCR Ninja Parkour AR For Para-Athletes: <ol style="list-style-type: none"> OCR/ Ninja Entitlements: <ol style="list-style-type: none"> Officially represent POSF and the Flag Allowances (subject to PSC regulations and availability of POSF funds) Competitions Abroad (subject to availability of POSF funds) Specialized Training from Coaches Free and open use at designated Obstacle Facilities 4 Developmental Pool sectors to be maintained <p>Depending on available resources, health and travel protocols, and regulations of event organizers, sponsor participation in international events:</p> <ol style="list-style-type: none"> World Obstacle-sanctioned events Spartan World and Asia Pacific World Toughest Mudder Ninja World Championships UNAA World Event World Highest OCR Ninja Warrior International Adventure Races IPF and AFPU events <p>(Obstacle Sports, in all likelihood, will not played in the 2021 Vietnam SEAG and Para-Games)</p> <p>Launch of Project 7-8:</p> <ol style="list-style-type: none"> Preparing for World Obstacle-sanctioned events for the next 7 years Programming the training and competition schedule of National Team Identifying potentials aged 15 to 22
	J. Professionalizing Coaches and Technical Officials		
(10) Coaches, Certifications and Programs	Coaches for National Team – Able-Bodied: <ol style="list-style-type: none"> Strength and Conditioning Obstacle Proficiency Endurance Physiotherapy Coaches for National Team – Para-Athletes: Obstacle Proficiency	Enrolled in Believe Perform for POSF Members (online) 30 Rockstar Coaches for 5 Special Groups (Kids/ Youth with Visual Disability, Kids/ Youth with Hearing Disability, Kids with HIV, Street Children and Athletes with Intellectual Disability)	World Obstacle Certification Courses for OCR and Ninja: 2 Level 1 and 1 Level 2 (Health Protocols and Travel Regulations permitting) For Parkour: 15 Coaches enrolled under the World Freerunning Parkour Federation Academy Program (starts January 4) Obstacle Sports Physical Education courses to be developed and implemented
	Certification Programs for OCR and Ninja:		
(11) LGUs and Schools 10 to 11 to 26	Arrangements/ agreements (formal and indicative) in 2019 with: Schools (8) <ol style="list-style-type: none"> University of the Philippines University of Cebu Bataan Peninsula State University New Era University Ateneo de Manila University of Baguio University of Mindanao Bohol Island State University LGUs (2): <ol style="list-style-type: none"> Ormoc City Davao City 	Activation suspended due to Pandemic Philippine Military Academy activated	Possible Areas (11): <ol style="list-style-type: none"> Manila City Quezon City Makati City Valenzuela City Baguio City Olongapo City Cebu City Ormoc City Davao City Bataan Province Bohol Province Possible revival in Schools (4): <ol style="list-style-type: none"> University of the Philippines University of Cebu Bataan Peninsula State University New Era University
	K. Advancing Obstacle Sports-Everywhere		
(12) Facilities 3 to 5 to 28	Officially POSF-accredited facilities: <ol style="list-style-type: none"> Pretty Huge Obstacles, Taguig City (2019, Biggest Facility in Asia) Fit Camp, Cebu (2019) Obstacle Sports Factory, Makati (2017 – 2018) 	<ol style="list-style-type: none"> Pretty Huge Obstacles (with permanent Parkour obstacles) Obstacle Central, Quezon City Philippine Military Academy (75 m x 10 Obstacles) 	Malls/ Realty Development (2): <ol style="list-style-type: none"> Arcovia (8 Ninja Obstacles by ATS Team) Eastwood City (100 m x 10 Obstacles) [under negotiations] Cities (2): <ol style="list-style-type: none"> Valenzuela City Obstacle Park Baguio City Athletic Bowl Obstacles-in-a-Box/ Ninja (19): <ol style="list-style-type: none"> POSF Groups (4) – Olongapo City, Cebu City, Cavinti/ Laguna, and Boracay/ Malay PLDT/ Smart Sports Foundation (4) – Manila, Quezon City, Makati City and Davao City Schools (5) – University of the Philippines, University of Cebu, Bataan Peninsula State University, New Era University, Ateneo de Manila LGU (1): Bataan Others (5) – Tuloy Foundation at Alabang, Cotabato City for Bangsamoro Autonomous Region for Muslim Mindanao, National Academy for Sports at New Clark City, and Special Olympics Pilipinas <p>(Obstacles-for-All-Everywhere Initiative)</p>
	L. Organizing and participating in Obstacle Races everywhere		
(13) Events 12+ – 8 – 12+	Organized Milestone Events (12+): <ol style="list-style-type: none"> POSF Conquer Challenge (2017, 1st POSF Event) 1st and 2nd Asian OCR Championships (2018 and 2019) Ninja 100 and 300 (2018) Philippine Open OCR (2018) 1st POC-National Sports Associations Obstacles Team Building (2018) Asia OCR Games (2019) 30th Southeast Asian Games (2019) [Ninja 100m x 10 obstacles became a standard format for World Obstacles] Supported and Participated in: <ol style="list-style-type: none"> POC Olympic Day Celebration (2018) Spartan Races Tough Mudder event Conquer Challenge activities Series of School, Mall and LGU Tours 	Participated in Events (8): <ol style="list-style-type: none"> World Records set for Rope Climb and Monkey Bars (1st for World Obstacle) World Obstacle Virtual Series (3rd overall, 14 completed all 6) Spartan Virtual Races November 21 and 22, Welcome Back Event, Eastwood December 12 Leaderboard, Pretty Huge Obstacles Olympic Day Virtual TAFISA Pass-the-Baton IPF Asia Parkour Cup Submitted health and event protocols to the PSC Palorong Pambansa and Batang Pinoy (not push through due to pandemic)	4 Qualifying Races (QR) to form the National Team for Able-Bodied (4 Sub-Sports) and Para-Athletes (OCR/ Ninja) <p>Others:</p> <ol style="list-style-type: none"> Organized by Brands and Member-Groups Beach OCR Adventure Racing Philippine-, Asia- and World Obstacle-Level Records Cross-training activities for other National Sports Associations Inter-LGU/ School events Ninja Box Wars EASEA Parkour Cup

Planned POSF-Organized Events for 1st Half of 2021

(subject to change)

Notes:

- National Team Categories: Able-Bodied and Para-Athletes
- Participation: All Events open to All/ Age-Groups
- Point System: Graduated; Objective is to obtain lowest points to qualify for National Team; POSF retains discretion to add athletes; If intending to be part of the National Team but does not join the qualifying races, athlete will get 20 points per QR event
- Long Run: No obstacles; Approximates OCR long run events to gauge endurance
- Obstacles-in-a-Box:
 - Schedule:
 - February 6 at Eastwood, QC
 - February 6 and 7 at Olongapo City
 - February 14 at Boracay
 - February 27 at Cebu City
 - February 27/ 28 at Cavinti, Laguna
 - February 27 at Cotabato City
 - For purposes of securing points, choose only 1; Set Flow = fixed sequence applicable for all Boxes; Free Flow = sequence shall be at discretion of athlete
 - To be managed by POSF Member-Groups
- Adventure Race: Pair (Mixed and All Male), 30 to 40 km.
- Obstacle Triathlon: not a qualifier event

Dates	Event	Sub-Sport	Format	Proposed Venue	Points
February	Qualifying Race No. 1	Ninja	Obstacles-in-a-Box (Set Flow and Free Flow)	Quezon City, Olongapo City, Cebu City, Cavinti/ Laguna, Boracay and Cotabato	1 st : 5; 2 nd : 6 3 rd : 7 & so on
February		(Long Run)	21 km Trail	La Mesa or Timberland	
March 13	Qualifying Race	OCR	3 km x 12 Obstacles	Vermosa	1 st : 4; 2 nd : 5
March 14	No. 2	AR	Sprint x Pair	Vermosa	3 rd : 6 & so on
March 27		Ninja	UNAA (10/ 11 Obstacles)	PHO	
March 28		Parkour	Flow and Speed	PHO	
April 10	Qualifying Race	Ninja	100 m x 10 Obstacles	Filinvest, Alabang	1 st : 3; 2 nd : 4
April 10	No. 3	Parkour	Flow and Speed	Filinvest, Alabang	3 rd : 5 & so on
April 11		OCR	3 km x 12 Obstacles	Filinvest, Alabang	
April 25		AR	Sprint x Pair	Caliraya	
May 15	Qualifying Race	Ninja	7 Obstacles (ATS Team)	Arcovia	1 st : 2; 2 nd : 3
May 15	No. 4	Parkour	Flow and Speed	Arcovia	3 rd : 4 & so on
May 16		OCR	3 km x 12 Obstacles	Arcovia	
May 16		Obs Triathlon	3km R - 5km B - 2km R	Arcovia	
May 30		AR	Sprint x Pair	Timberland Heights	