

Barefoot Race

(Online & Offline mode)

1. Introduction & Historical Background

The Barefoot Race is a traditional and natural form of sprinting where participants run without any footwear. It is one of the oldest forms of human competition, deeply rooted in cultural traditions across the globe. Across different countries, it is known by various names:

- India – Nange Paon Daud
- Russia – Бег босиком (Beg bosikom)
- Africa – Natural Run or Tribal Dash
- Latin America – Carrera Descalza
- Japan – Hadashi Rēsu
- Middle East – Jaree'a Bilaa Hidaa'

2. Vision of Modern Pythian Games for Traditional Sports

The Modern Pythian Games aim to preserve, globalize, and celebrate cultural, indigenous, and traditional games. Events like Barefoot Racing and Rope Skipping serve as powerful symbols of human endurance, community heritage, and inclusivity.

- Barefoot Racing emphasizes natural athleticism, connection to the earth, and accessibility to all.
- Rope Skipping represents rhythm, coordination, and energy, uniting communities across generations and geographies.

Both competitions are designed to be conducted online and offline to ensure universal participation, including those with physical disabilities or limitations.

3. Description of the Game

- Barefoot Racing is a sprinting competition where athletes run a specific distance without footwear.
- Distances can vary by category and age group (commonly: 30m, 50m, 100m, 200m).

4. Modes of Competition

a. Offline Format

- Participants report to a designated track, barefoot, and compete in their category.
- A certified jury panel supervises the race.
- Timing is captured using a stopwatch, digital timers, or photo-finish cameras.

b. Online Format

- Participants perform the race in a safe open space (school ground, backyard, local field).
- Entire performance must be recorded in a single take using a fixed-angle camera.
- The video must clearly show:
 - Start and end points
 - Measuring tape or markers
 - Entire body of the participant during the race
- Videos are uploaded through the official Pythian registration portal.
- Time is calculated through video analysis by jury panel.

5. Eligibility Criteria

- Open to all genders, across three main categories:
 - a. Children: 7–14 years
 - b. Youth: 15–25 years
 - c. Adults: 26–50 years
 - d. Veterans: 51+ years
- Para categories: For disabled participants, races are tailored according to physical ability (with subcategories for limb difference, vision impairment, and others based on medical certificates).

6. Registration Process

- Participants must register online via the Pythian Games Official Portal.
- Information required:
 - Name, age, gender, country
 - Medical fitness certificate
 - Disability certificate (if applicable)
 - Video submission link (for online)
- Pay the nominal registration fee (if applicable, waived for some para categories and low-income participants).
- Receive confirmation email with participant ID.

7. Dress Code

- Barefoot only – no footwear, socks, spikes, or wraps allowed.
- Clothing must be modest, appropriate to gender and local customs.
- Optional: Country or state flag insignia on shirt.

8. Categories

Separate medals will be awarded in the following categories:

- Men's General
- Women's General
- Mixed Gender (children only)
- Para Men
- Para Women
- Veterans

Each of these is further divided based on age and distance.

9. How the Game is Played

- Participants start behind the line and race barefoot to the marked finish line.
- In offline mode, official starters and timers oversee the race.
- In online mode, participants must follow video guidelines strictly:
 - Clear start and end markers
 - No cuts or edits
 - Footwear must be visible throughout

10. Jury Panel & Qualifications

- Local level: 3 jury members – at least one with sports certification
- National/International level: 5 jury members
 - Certified athletics coach or physical educator
 - Medical supervisor (esp. for para categories)
 - Legal/ethics observer (for fair play assurance)
 - Videography expert (for online review)
 - Cultural/Community representative (ensures inclusivity)

11. Scoring & Winning Criteria

a. Timing

- Races are time-based.
- Fastest time wins Gold, next Silver, third Bronze.
- Tie: joint medals awarded OR re-race (if feasible and fair).

b. Validity Checks (especially for online mode)

- Video integrity: no cuts, no visual tampering.
- Proper visibility of markers and participant.
- Footwear visible throughout race (no cheating).

12. Other Rules and Regulations

- Foot Health & Safety: Participants must self-assess for cuts or infections before the race.
- No Footwear Clause: Any footwear, padding, or aid leads to disqualification.
- Fair Play: No external help, pushing, or obstruction allowed.
- Weather Adjustment: Offline races can be rescheduled in case of unsafe weather.
- Privacy and Consent: Video submissions are used only for judging and promotion (with consent).
- Medical Support: Available on-site for offline competitions.
- Complaints and Review:
 - Appeals can be filed within 12 hours (online) or immediately (offline).
 - Appeals reviewed by Ethics & Review Board.

13. Inclusivity and Accessibility Focus

- Adapted race formats for para participants:
 - Shorter distances or assisted tracks where needed
 - Wheelchair-friendly circuits (for alternate adapted barefoot experiences)
- Cultural openness: Global naming recognized and celebrated in event promotions
- Equal medal opportunities in all divisions

14. Awards

- Gold, Silver, and Bronze Medals
- Digital participation certificates for all
- Online and Offline winners will be featured in global Pythian Games reports and newsletters
- National winners progress to International Pythian Games Finals