

One Leg Race Competition

(Online & Offline mode)

1. Vision

The One Leg Race under the Modern Pythian Games celebrates agility, balance, and determination, uniting participants globally across all abilities. This event promotes inclusivity by enabling both able-bodied and disabled athletes to compete fairly in online and offline formats. It seeks to revive traditional physical challenges, fostering camaraderie and healthy competition among nations. Through this event, we inspire perseverance and resilience, core values of the ancient Pythian spirit.

2. Alternate Names Across the World

The One Leg Race is a traditional game known by different names globally:

- India: Ek Paon Daud (One Leg Race)
- Russia: Бег на одной ноге (Beg na odnoy noge)
- United States/UK: One Leg Hop Race
- Japan: 片足走り競争 (Kataashi Hashiri Kyousou)
- Mexico: Carrera en un pie
- Nigeria: Hop Race

This event embraces these cultural variations while maintaining a unified global competition format.

3. Description of the Game

The One Leg Race is a short-distance race where participants hop or run on a single leg from start to finish, testing balance, coordination, and speed. The race distance typically varies between 20 to 50 meters depending on the age group and competition level.

4. How It Is Played

a. Offline Mode

- Setup: A clearly marked straight track of specified length is prepared on flat, non-slippery ground.
- Start: Participants stand behind the starting line on one leg.
- Race: On the signal, they hop/run on their preferred leg towards the finish line.
- Finish: The first participant to cross the finish line on one leg without touching the ground with the other foot wins.

b. Online Mode

- Platform: Participants record their race in a single continuous video and upload it via the official event portal.
- Video Requirements: The full race, including start and finish, must be clearly visible. The camera should capture the participant's full body and the marked track.
- Verification: Video footage is reviewed by the jury panel to confirm rules compliance.
- Timing: Participants use a stopwatch app visible in the video or the race is timed by video timestamp.

5. Registration Process

- Participants register online via the official Modern Pythian Games portal.
- Required details: Full name, age, country, category (general or disabled), preferred leg for hopping, and contact information.
- Upload a medical certificate or declaration of fitness for physical participation.
- Consent to video recording and fair competition rules is mandatory.
- Registration closes 15 days prior to the event date.

6. Eligibility

- Open to participants aged 6 years and above.
- Separate categories for:
 - General (able-bodied)
 - Disabled participants (including those with physical disabilities affecting limbs)
- Participants must be physically fit and able to hop on one leg safely.
- Participants must have parental/guardian consent if under 18.

7. Dress Code

- Comfortable sportswear or traditional attire that does not hinder movement.
- Footwear is optional but must not provide unfair advantage (e.g., no spring-loaded shoes).
- Safety gear such as knee pads or elbow guards is allowed and encouraged.
- National or cultural dress is permitted for offline events with jury approval.

8. Categories

- **Age Groups:**
 - Children: 6–12 years
 - Teens: 13–17 years
 - Adults: 18–40 years
 - Seniors: 41+ years
- **Participation Type:**
 - General (able-bodied)
 - Disabled (sub-categories based on disability types, e.g., limb impairment)
- **Mode:**
 - Offline physical race
 - Online video submission race

9. Jury Panel

- The jury consists of 5 members:
 - At least 2 certified sports judges with experience in athletics or traditional games.
 - 1 expert in disabled sports to ensure fairness in disabled categories.
 - 1 representative from the event organizing committee.
 - 1 technical judge specializing in video verification for online mode.

10. Jury Qualifications

- Judges must have certification or demonstrable experience in sports adjudication.
- Experts in disability sports must have recognized credentials or affiliations.
- Jury members must undergo conflict of interest disclosure prior to the event.
- Online technical judges must be trained in video analysis and timing verification.

11. Scoring Criteria

- Time: Primary factor. The fastest participant to complete the race correctly wins.
- Rule Compliance: Points deducted or disqualification if participants:
 - Touch the ground with the other foot.
 - Use hands or other body parts to gain unfair advantage.
 - Cross the finish line using both feet.
- Balance and Form: (Offline only) Minor points awarded for smoothness and control but secondary to timing.
- Video Verification: Online races are judged strictly on visible compliance and timing accuracy.

12. Winning Criteria

- Gold, Silver, and Bronze medals awarded per category and mode.
- Winners must have a valid race time and clear rule compliance.
- In case of tie timings, a re-race or tie-breaker video submission may be requested.
- Disqualifications will be publicly noted in final results.

13. Other Rules and Regulations

- Participants must report at least 30 minutes before offline race start.
- False declarations or attempts to cheat lead to immediate disqualification and possible ban.
- Online participants must ensure videos are unedited and time-stamped.
- Jury decisions are final and binding.
- Safety first: Any injuries during the race must be reported immediately. Organizers are not responsible for participant injuries.
- The event adheres to international sports ethics and inclusivity policies of the Modern Pythian Games.
- Anti-doping rules apply to offline participants.
- Participants must respect all officials, fellow competitors, and event staff.

14. Transparency and Fairness Measures

- All race timings and scores will be published on the official website.
- Jury meeting minutes and decision rationales will be available for review upon request.
- Online video submissions are randomly checked by an independent committee for authenticity.
- Complaints and appeals can be submitted within 24 hours post-results, with a formal review process