NINJA CHALLENGE LEAGUE

WA Youth Qualifier #3 Rules

Welcome:

Firstly, let me welcome you to Ninja Academy Perth on behalf of the Ninja Challenge League!

We hope you have a great time here and get the most out of your experience in this facility.

Competitors from all divisions are required to arrive at Ninja Academy Perth at 2pm on Sunday, September 22 for the rules induction and competition briefing.

These rules are designed to create a fair competition for people of all heights and body types and eliminate as much subjectivity in the judging of rules violations as possible to avoid any influence of bias.

Please read these rules carefully and in their entirety to avoid being eliminated on a rules violation on the day of competition.

General Rules:

- Competitors will only have one run on the course, but will attempt each obstacle once (with the exception of the Warped Wall) – if they fall on an obstacle they simply move on to the next obstacle until they have attempted all eight.
- Runs always begin with the judge's whistle.
- Touching the floor at any point unless explicitly stated counts as failing that obstacle and the competitor will be directed to attempt the next obstacle.

- Competitors may only rest for 30 seconds between obstacles without being eliminated, they will be given a 15 second warning, a 10 second warning and a 5-second countdown. The rest period will start as soon as a competitor completes an obstacle or fails the previous obstacle.
- Competitors must be present at the designated start time for each event unless given special exemption from the Commissioner in writing.
- Rankings will be determined by furthest the fastest based on the first failed obstacle or completion time for each competitor.
- Enclosed shoes must be worn.
- A demonstration of each course is available on the Ninja Challenge League YouTube Channel.

Obstacle Rules:

1. Steps

- Starting from the black square, use hands/or feet to use each of the three steps to reach the raised black mat without touching the ground.
- Scoring checkpoints for this obstacle are as follows:
  - Start
  - Step 1-3
  - Steps Dismount

2. Cargo Net Climb

- Move on the right hand side of the net to come around the other side, then climb along the side of the net using hands and feet until all four limbs are past the red tape on the net, then dismount.
- Scoring checkpoints for this obstacle are as follows:
  - Start
  - 1st Net Half
  - 2nd Net Half
  - Cargo Dismount

3. Bumpy Rings

- Chalk and a hand towel for sweat will be provided at the start of this obstacle – it is up to the competitor to use either or both.

- Use hands on each ring to traverse from black box to black box.
- Obstacle checkpoints are as follows:
  - Ring 1-8
  - Ring Dismount

4. Banana Spinner
   - Chalk and a hand towel for sweat will be provided at the start of this obstacle – it is up to the competitor to use either or both.
   - Use the first banana to leave the platform before using the remaining spinning grips and bananas to dismount to the far red mat.
   - Scoring checkpoints for this obstacle are as follows:
     - Banana/Spinners 1-9
     - Banana Spinner Dismount

5. Wobble Steps
   - Traverse across all four wobble steps to reach the other side.
   - Scoring checkpoints for this obstacle are as follows:
     - Wobble Step 1-4
     - Wobble Dismount

6. Plank Shuffle
   - Chalk and a hand towel for sweat will be provided at the start of this obstacle – it is up to the competitor to use either or both.
   - Use the rings to reach the plank, then shuffle with hands only along the edges before dismounting to the blue mat.
   - Scoring checkpoints for this obstacle are as follows:
     - Plank Rings
     - Plank
     - Plank Shuffle Dismount

7. Monkey Swing
   - Chalk and a hand towel for sweat will be provided at the start of this obstacle – it is up to the competitor to use either or both.
   - Use hands/arms only to swing on each of the pipes and floating trapeze bars to reach the bungee before dismounting.

- Obstacle checkpoints are as follows:
  - Monkey Swing 1-7
  - Bungee
  - Monkey Dismount

8. Warped Wall

- A spray bottle and hand towel will be provided at the start of this obstacle – it is up to the competitor to use either or both.
- Take up to three attempts to run as far up the warped wall as you can to try to hold on to the top with control before coming down.
- Competitors are allowed to rest for 30 seconds between each attempt.
- Obstacle checkpoints are as follows:
  - Start
  - 1st-3rd Wall Section
  - Warped Wall Lip
  - Warped Wall Finish
- A competitor is considered to have reached a wall section if they can place one hand completely clear of the dividing tape.

If you have any questions regarding any of the rules or anything is unclear, please email the Commissioner at commissioner@ninjachallengeleague.com.