



VIC Qualifier #1 Rules

Welcome

Firstly, let me welcome you to Fighting Lyons 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.

The event starts at 10am Melbourne time on Sunday, April 3, so please endeavour to be on time so we can run the event to time and give everyone enough time to warm-up!

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 official attempt to run the course.
- The first time any competitor fails an obstacle (except the Warped Wall), their official run will end, but they will have 60 seconds to attempt the remainder of the obstacles.
- Competitors will be randomly assigned a spot in the run order for each session on the day of competition to guarantee fairness.

- Competitors will be offered a spray bottle and towel to clean their feet immediately before their run.
- Competitors must remove all chalk from their hands before their run begins.
- Runs always begin with the judge's whistle.
- All competitors must wear enclosed shoes.
- Touching the floor while attempting an obstacle results in elimination.
- Competitors must finish each obstacle with control or spend at least one second on the platform before moving on to the next obstacle. What constitutes an uncontrolled landing is determined at the judge's discretion.
- Competitors may only rest for 20 seconds between obstacles without being eliminated, they will be given a 10 second warning and a 5-second countdown. The rest period will start as soon as a competitor completes an obstacle.
- Chalk and other performance aids will be provided where they are deemed beneficial by the Commissioner.
- The judge's decision is always final, but if a competitor is disqualified for violating a rule, they may request a video review in person, immediately following the conclusion of their run, but must accept any ruling made by the designated NCL judge.
- If an NCL judge thinks a violation has occurred but wants to check the video review before making a final ruling, he or she will flag this during the run, but the competitor will be allowed to continue and the incident will be reviewed afterwards. Any change in ruling after this video review will be final.
- Rankings will be determined by furthest the fastest. The furthest the fastest will be determined by the last obstacle successfully completed or part of obstacle reached according to pre-determined checkpoints.
- The number of positions available in the NCL Finals at this event will depend on the number of competitors of each sex at this event, as follows:
 - 1 to 5 men/women: top competitor of that sex qualify for the NCL Finals.
 - 6-9 men/women: top three competitors of that sex qualify for the NCL Finals.
 - 10-19 men/women: top five competitors of that sex qualify for the NCL Finals.

- 20+ men/women: top 10 competitors of that sex qualify for the NCL Finals.
- If a competitor who has already qualified performs well enough to earn a qualifying position in a subsequent event, the qualifying spot is given to the next eligible competitor from the subsequent event.
- Points will be awarded after each qualifier based on the competitor's position in the standings for that event, these will have no impact on a competitor's eligibility for the NCL Finals but will affect seeding at the event.

Obstacle Rules:

1. Spider Steps

- Use feet as needed on least the first and last step to reach the trampoline, then transfer to the spider walk using hands and feet, and use the sides of the spider walls only to reach the end landing area.
- The scoring checkpoints for this obstacle are as follows:
 - Step 1-7
 - Trampoline
 - Spider Wall 1-2
 - Spider Dismount
- A dismount is assessed if the competitor only partially lands in the landing area.

2. Inflated Balance

- Step onto the starting platform, then use feet only to traverse the red beam and transfer to the coloured blocks, walking along the tops of the blocks to reach the hanging hooks and use hands on the S hooks only to take one in each hand, before traversing the remaining blocks to reach the end platform.
- The scoring checkpoints for this obstacle are as follows:
 - Red Beam
 - Block 1-9
 - Balance Dismount
- A dismount is assessed if the competitor contacts the end box but falls back.

3. Hook Rings

- Use the S Hooks to swing on at least the first and last black ring to transfer an S hook to the bar and slide the hook as far as needed to reach the red ring and use hands only to dismount to the landing area.
- The scoring checkpoints for this obstacle are as follows:
 - S Ring 1-4
 - S Bar
 - Red Ring
 - Hook Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

4. Lache Lane

- Use hands only to catch the rings and lache to the next set of rings, then the cannonballs and the red bar, before dismounting to the landing mat.
- The scoring checkpoints for this obstacle are as follows:
 - Lache Rings 1-2
 - Lache Balls
 - Lache Bar
 - Lache Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

5. Catpass Boards

- Jump from the platform to the closest catpass board and catch using hands and feet on the surface or edges, then jump to each the remaining catpass boards in an anti-clockwise direction to return to the starting platform.
- The scoring checkpoints for this obstacle are as follows:
 - Catpass 1-4
 - Catpass Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

6. Salmon Slider

- Jump the bar up two sets of rungs in as many moves as needed, then take a ring in each hand and slide the rings to stand on the rungs of the far salmon ladder and hold the middle ring.
- The scoring checkpoints for this obstacle are as follows:
 - Salmon Rungs 1-3
 - Salmon Slider
 - Salmon Ring
- A dismount is assessed if the competitor contacts the end salmon ladder then falls.

7. Doorknob Destruction

- Use the ring or jump to the red bar, then use at least one doorknob on the swinging board, then use at least the last doorknob to reach the red bar and dismount to the mat.
- The scoring checkpoints for this obstacle are as follows:
 - Knob Bar 1
 - Doorknob 1-4
 - Knob Bar 2
 - Doorknob 5-8
 - Knob Bar 3
 - Doorknob Dismount
- A dismount is assessed if the competitor contacts the landing mat but falls back.

8. Warped Wall

- Run up the front surface of the Warped Wall to grab the white lip of the tall wall, then transfer to the top of the smaller wall and hit the bell to finish the run. Competitors are allowed three attempts at the wall, with up to 30 seconds rest between each attempt.
- The scoring checkpoints for this obstacle are as follows:
 - Warped Wall
 - Wall Lip

- Finish

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