



NSW Qualifier #1 Rules

Welcome

Firstly, let me welcome you to Australian Warrior Fitness 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 10:30am Sydney time on Sunday, May 1, 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. Shrinking Steps to Poles

- Use feet only to traverse each of the steps, then use hands/feet to transfer to the vertical poles and use each vertical pole to reach the end platform.
- The scoring checkpoints for this obstacle are as follows:
 - Shrinking Step 1-5
 - Poles 1-6
 - Shrinking Dismount
- A dismount is assessed if the competitor contacts the platform then falls back.

2. Wall Traverse

- Using hands and feet on the climbing holds only, mount the wall from behind the red tape, then use at least the first and last hand-hold to dismount past the far red tape.
- The scoring checkpoints for this obstacle are as follows:
 - Wall Hold 1-12
 - Wall Traverse Dismount
- A dismount is assessed if the competitor only partially clears the tape.

3. Grip Alley

- Use hands only to swing on each of the holds, including any part of the ledge balls, to reach the first trapeze bar with both hands, then use hands on the black portion of the claws and transfer them along the trapeze bars to reach the bungee, then transfer to the letterbox and dismount past the line

- The scoring checkpoints for this obstacle are as follows:
 - Rope 1-2
 - Floating Cliff
 - Pipe
 - Skull
 - Ledge Balls 1-2
 - Cannonball
 - Trapeze 1-4
 - Bungee
 - Letterbox
 - Grip Alley Dismount
- A dismount is assessed if the competitor only partially clears the tape.

4. UFO to Shelf

- Jump to the first bar and catch with hands only, then lache 2.5m to either the second bar or straight to the UFO, then lache from the UFO to the shelf before dismounting past the tape.
- The scoring checkpoints for this obstacle are as follows:
 - Bar 1-2
 - UFO
 - Shelf
 - Shelf Dismount
- A dismount is assessed if the competitor only partially clears the tape.

5. Cliffhanger

- Use hands only on at least the first and last orange cliffs to dismount past the tape.
- The scoring checkpoints for this obstacle are as follows:
 - Cliffhanger 1-7
 - Cliffhanger Dismount
- A dismount is assessed if the competitor only partially clears the tape.

6. Hook Traverse

- Use hands on the hook pipes only and feet on the climbing holds to transfer the hooks along the rings until both are in the final ring before dismounting past the tape.
- The scoring checkpoints for this obstacle are as follows:
 - Hook Pipes
 - Wall Ring 1-7
 - Wall Ring Dismount
- A dismount is assessed if the competitor only partially clears the tape.

7. Salmon Inverter

- Use hands only on the salmon bar to transfer it to the other side in as many or as few moves as necessary, then transfer to the sides of the inverter from any set of rungs on the second salmon ladder that you choose. From the unstable bridge position on the inverter, transfer to the cliff hanger, then the handle, then the far unstable bridge section before transferring to the cliff box and dismounting past the tape.
- The scoring checkpoints for this obstacle are as follows:
 - Salmon Ladder 1-2
 - Inverter Bridge 1
 - Inverter Cliff
 - Inverter Handle
 - Inverter Bridge 2
 - Box Cliff 1-2
 - Inverter Dismount
- A dismount is assessed if the competitor only partially clears the tape.

8. Warped Wall

- Run up the front surface of the Warped Wall to grab the top lip of the warped wall with both hands to finish your 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.