



NSW Youth Qualifier #1 Rules

Welcome

Firstly, let me welcome you to Ninja Kids 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 12pm local time on Sunday, May 15, so please endeavour to be on time so we can run the event on time.

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 while attempting an obstacle 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](#).

Kids/Mature Kids Obstacle Rules:

1. Steps

- Use hands and feet on the steps as needed to land past the tape.
- The scoring checkpoints for this obstacle are as follows:
 - Step 1-5
 - Steps Dismount
- A dismount is assessed if the competitor only partially clear the tape.

2. Hanging Alley

- Use hands only to swing on at least the first and last hold/ring to land on the far red mat.
- The Kids scoring checkpoints for this obstacle are as follows:
 - Banana 1
 - Ring 1
 - Banana 2
 - Ring 2
 - Banana 3
 - Alley Dismount
- The Mature Kids scoring checkpoints for this obstacle are as follows:

- Banana 1
- Ring 1
- Cone
- Ring 2
- Bungee
- Alley Dismount
- A dismount is assessed if the competitor only partially lands on the mat.

3. Sloth Bridge

- KIDS: Use hands and feet on the edges of the plank as needed to reach the far box.
- MATURE KIDS: Use hands and feet as needed to traverse the first bridge to reach the middle box, then continue on the second bridge to reach the far box.
- The KIDS scoring checkpoints for this obstacle are as follows:
 - Sloth Bridge
 - Sloth Dismount
- The MATURE KIDS scoring checkpoints for this obstacle are as follows:
 - Sloth Bridge 1
 - Sloth Box
 - Sloth Bridge 2
 - Sloth Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

4. Pole Grapser

- Use hands and feet as needed on at least the first and last pole to reach the designated landing area.
- The KIDS scoring checkpoints for this obstacle are as follows:
 - Pole 1-6
 - Poles Dismount
- The MATURE KIDS scoring checkpoints for this obstacle are as follows:
 - Pole 1-10
 - Poles Dismount

- A dismount is assessed if the competitor only partially lands in the landing area.

5. Balance Walk

- KIDS: Use feet only to traverse the top section of each beam/roller to reach the end section.
- MATURE KIDS: Use feet only to traverse each beam and roll each roller to reach the end section.
- The scoring checkpoints for this obstacle are as follows:
 - Beam 1
 - Roller 1
 - Beam 2
 - Roller 2
 - Beam 3-5
 - Balance Dismount
- A competitor is assessed a dismount if only partially land in the landing area.

6. Spider Walk

- Use hands and feet on the side of the Spider Walk to traverse to the end, turn around without touching the ground and return to land past the tape.
- The scoring checkpoints for this obstacle are as follows:
 - Spider Up
 - Spider Turn
 - Spider Back
 - Spider Dismount
- A dismount is assessed if the competitor only partially clears the tape.

7. Rope Swing

- Jump from the mini tramp and catch the rope, then use hands and feet on the rope as needed to traverse each rope to land past the end of the crash mat.
- The scoring checkpoints for this obstacle are as follows:
 - Rope 1-3

- Ropes Dismount
- A dismount is assessed if the competitor contacts the crash mat when dismounting from the last rope.

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.
- For KIDS DIVISION: Competitors run up the smallest warped wall, climb over the top and hit the buzzer to end their run.
- For MATURE KIDS DIVISION: Competitors run up the big warped wall and grab the first lip, then transfer to the top of the smaller wall and hit the buzzer to finish the run.
- The scoring checkpoints are as follows:
 - Warped Wall
 - Wall Lip
 - Finish
- A Wall Lip is assessed if the competitor only gets one hand above the line on their best attempt.
- Competitors are allowed three attempts to complete this obstacle before being eliminated.
- An attempt is defined as any time a competitor makes contact with the warped wall, no matter how minimal.
- Competitors are allowed to rest for 30 seconds between each attempt.

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

A video demonstrating the correct completion of the course is available on [our YouTube Channel](#).

Pre-Teens/Teens Obstacle Rules:

1. Steps

- Use hands and feet as needed to use each step to reach the landing area.
- The scoring checkpoints for this obstacle are as follows:
 - Step 1-5
 - Steps Dismount
- A dismount is assessed if the competitor only partially clears the steps.

2. Spider Cliff

- PRE-TEENS: Use hands and feet to mount the spider walk, then use hands only on the left cliffhanger to reach the landing area.
- TEENS: Use hands and feet to mount the spider walk, then use hands only on each of the right cliffhanger holds to reach the last cliffhanger before dismounting to the landing area.
- The PRE-TEENS scoring checkpoints for this obstacle are:
 - Spider Walk
 - Cliff Half 1-2
 - Spider Cliff Dismount
- The TEENS scoring checkpoints for this obstacle are:
 - Spider Walk
 - Spider Cliff 1-7
 - Spider Cliff Dismount
- A dismount is assessed if the competitor only partially lands in the landing area.

3. Pegboard

- PRE-TEENS: Use hands on the pegs only to get both pegs into the top holes above the tape before dismounting, in as many or as few moves as needed.
- TEENS: Use hands on the pegs only to traverse the pegboard and get both pegs in the holes above the far line of tape before dismounting, in as many or as few moves as needed.
- The PRE-TEENS scoring checkpoints for this obstacle are as follows:
 - Peg Holes 1-9

- The TEENS scoring checkpoints for this obstacle are as follows:
 - Peg Holes 1-18
- For scoring purposes, a competitor is considered to have reached a set of peg holes once both pegs have reached that set of holes. If the competitor falls with the pegs in two different sets or with one peg out of the hole, the earliest peg holes will be recorded as where they reached.

4. PRE-TEENS: Floating Poles

- Use hands and feet on the sides of the poles only to transfer the poles along the bolts until the poles are hanging from the last two bolts before dismounting.
- The scoring checkpoints for this obstacle are as follows:
 - Floating Bolt 1-5
- For scoring purposes, if a competitor falls, the furthest bolt that a pole remains hanging in after their fall is used as their result.

4. TEENS: Balance Roller

- Use feet only to walk along the red parts of the flat beams and roll the roller as far as needed to reach the next red beam, jump to the next red beam, walk along the top of the round wobble beam and onto the last red beam before dismounting to the landing area.
- The scoring checkpoints for this obstacle are as follows:
 - Red Beam 1
 - Roller
 - Red Beam 2-3
 - Wobble Beam
 - Red Beam 4
 - Balance Dismount
- A dismount is assessed if the competitor only partially reaches the landing area.

5. PRE-TEENS: Balance Roller

- Use feet only to walk along the red parts of the flat beams and roll the roller as far as needed to reach the next red beam, jump to the next red beam, walk along the top of the round wobble beam and onto the last red beam before dismounting to the landing area.
- The scoring checkpoints for this obstacle are as follows:
 - Red Beam 1
 - Roller
 - Red Beam 2-3
 - Wobble Beam
 - Red Beam 4
 - Balance Dismount
- A dismount is assessed if the competitor only partially reaches the landing area.

5. TEENS: Floating Poles

- Use hands and feet on the sides of the poles only to transfer the poles along the bolts until the poles are hanging from the last two bolts before dismounting.
- The scoring checkpoints for this obstacle are as follows:
 - Floating Bolt 1-5
- For scoring purposes, if a competitor falls, the furthest bolt that a pole remains hanging in after their fall is used as their result.

6. PRE-TEENS: Sloth Bridge

- Using hands and feet on the edges of the sloth bridge only, traverse the two bridges to reach the far box.
- The scoring checkpoints for this obstacle are as follows:
 - Sloth Bridge 1
 - Sloth Transfer
 - Sloth Bridge 2
 - Sloth Dismount

- A Sloth Transfer is assessed if the competitor falls after contacting the second bridge, but before taking full weight on the second bridge.
- A dismount is assessed if the competitor contacts the end box then falls off.

6. TEENS: Lache Lane

- Jump and catch the lache bar, then lache to the second bar and catch both rings before dismounting to the gymnastics floor.
- The scoring checkpoints for this obstacle are as follows:
 - Lache Bar 1-2
 - Lache Rings
 - Lache Dismount
- A dismount is assessed if the competitor only partially reaches the gymnastics floor.

7. Salmon Ladder

- For PRE-TEENS: Use hands on the bar only to move both sides up at least one set of rungs before dismounting.
- For TEENS: Use hands on the bar only to move both sides of the bar up at least three sets of rungs in as many or few moves as necessary before dismounting.
- The scoring checkpoints for this obstacle are as follows:
 - Salmon Rungs 1-4
- A competitor only reaches a set of rungs if both sides of the bar are on that set of rungs when the competitor falls. If the competitor fails a jump and the bar does not remain on the ladder afterwards, then go from the set of rungs they attempted the jump from.

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.
- PRE-TEENS: Competitors run up the big warped wall and grab the first lip if needed, then climb over the top and hit the buzzer to end their run.

- TEENS: Competitors run up the big warped wall and grab the top lip only, then climb over the top and hit the buzzer to end their run.
- Scoring checkpoints for this obstacle are as follows:
 - Warped Wall
 - Wall Lip 1-2
 - Finish
- A Wall Lip is assessed if the competitor touches a lip without being able to climb over the top or go any further on their best attempt.
- Competitors are allowed three attempts to reach the top of the warped wall before being eliminated.
- An attempt is defined as any time a competitor makes contact with the warped wall, no matter how minimal.
- Competitors are allowed to rest for 30 seconds between each attempt.

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