



QLD Youth Qualifier #1 Rules

Welcome

Firstly, let me welcome you to Mr Ninja HQ 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 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 reach the blue square.
- The scoring checkpoints for this obstacle are as follows:
 - Step 1-5
 - Steps Dismount
- A dismount is assessed if the competitor only partially lands in the blue square.

2. Handle Swing/Monkey Swing

- Use hands only to swing on at least the first and last handle/monkey bar to dismount past the blue tape.
- The scoring checkpoints for this obstacle are as follows:
 - Handle 1-4 OR Monkey Bar 1-8
 - Handles Dismount OR Monkey Dismount
- A dismount is assessed if the competitor only partially clears the tape.

3. Cannonball Alley

- Use hands on at least the first and last blue ball to reach the far box.
- The scoring checkpoints for this obstacle are as follows:

- Cannonball 1-4
- Cannonball Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

4. Spider Walk

- KIDS DIVISION: Use hands on the rings and feet on either or both sides of the wall as needed to traverse the spider walk to dismount to the blue mat.
- MATURE KIDS DIVISION: Use hands and feet on the sides of the spider walk only to reach the blue mat.
- The scoring checkpoints for this obstacle are as follows:
 - Spider Section 1-3
 - Spider Dismount
- A dismount is assessed if the competitor only partially lands in the blue section.

5. Balance Walk

- Use feet only to traverse the top section of each beam/rail to reach the blue square.
- The scoring checkpoints for this obstacle are as follows:
 - Balance 1-2
 - Balance Dismount
- A competitor is assessed a dismount if only partially land in the blue square.

6. Trapeze Swing

- Use hands only to lache between each of the trapezes before dismounting past the blue tape.
- The scoring checkpoints for this obstacle are as follows:
 - Trapeze 1-3
 - Trapeze Dismount
- A dismount is assessed if the competitor only partially clears the tape.

7. Incline Ladder/Salmon Ladder

- KIDS DIVISION: Use hands only to climb up the green bars to reach the top one, then dismount to the ground using hands and feet on the rope as needed.
- MATURE KIDS DIVISION: Use hands on the bar only to bring both ends of the bar up two sets of rungs before dismounting.
- The scoring checkpoints for this obstacle for KIDS are as follows:
 - Incline Bar 1-6
 - Incline Rope
- The scoring checkpoints for this obstacle for MATURE KIDS are as follows:
 - Salmon Rungs 1-3
- 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.
- For KIDS DIVISION: Competitors run up the warped wall and get two hands above the blue line to finish the run.
- For MATURE KIDS DIVISION: Competitors run up the warped wall and get two hands above the purple line 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 on the steps as needed to reach the blue square.
- The scoring checkpoints for this obstacle are as follows:
 - Step 1-4
 - Steps Dismount
- A dismount is assessed if the competitor only partially clears the steps.

2. Swinging Poles

- Use hands and feet on the sides of the poles (not the tops) as needed on at least the first and last pole to reach the end platform.
- The scoring checkpoints for this obstacle are:
 - Pole 1-4
 - Poles Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

3. Devil Steps Decline

- Use hands only to traverse at least the first and top step, before using at least the last bar before dismounting to the trampoline.
- The scoring checkpoints for this obstacle are as follows:
 - Devil Step 1-5

- Devil Bar 1-5
- Devil Dismount
- A dismount is assessed if the competitor contacts the trampoline then falls back.

4. Spider Walk

- Transfer from the trampoline to use hands and feet on the sides of the spider walk only to traverse to the blue floor on the other side
- The scoring checkpoints for this obstacle are as follows:
 - Spider Section 1-3
 - Spider Dismount
- A dismount is assessed if the competitor only partially lands on the blue floor.

5. Beam Roller

- Using feet only, walk along the top section of the beam, then transfer to the roller and walk it past the red line before transferring to the top of the second beam before dismounting to the blue square.
- The scoring checkpoints for this obstacle are as follows:
 - Beam 1
 - Roller
 - Beam 2
 - Balance Dismount
- A dismount is assessed if the competitor only partially lands in the blue square.

6. Flywheels

- Using hands only, catch the red section of the first flywheel and lache to the second one before dismounting past the blue line.
- The scoring checkpoints for this obstacle are as follows:
 - Flywheel 1-2
 - Flywheel Dismount
- A dismount is assessed if the competitor only partially clears the blue tape.

7. Salmon Ladder

- For PRE-TEENS: Use the bar on the blue salmon ladder to bring both sides of the bar up to the second highest set of rungs in as many moves as necessary before dismounting.
- For TEENS: Use the bar on the green salmon ladder to bring both sides of the bar up to the second highest set of rungs in as many 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.
- Competitors run up the indicated warped wall and climb over the lip to hit the buzzer to end the run.
- Scoring checkpoints for this obstacle are as follows:
 - Warped Wall
 - Wall Lip
 - Finish
- A Wall Lip is assessed if the competitor touches the top of the wall without being able to climb over 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.

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.