



# VIC Youth 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 local time on **Sunday, May 29**, 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.

A reminder of the age divisions:

**Kids: Born 2014-15**

**Mature Kids: Born 2012-13**

**Pre-Teens: Born 2010-11**

**Teens: Born 2007-2009**

## 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.

## Kids/Mature Kids Obstacle Rules:

Kids Demo: <https://www.youtube.com/watch?v=rj5JDJGxh90>

Mature Kids Demo: <https://www.youtube.com/watch?v=fvpOdo-1yXs>

### 1. Steps

- Use hands and feet on the steps as needed to land on the end platform.
- The scoring checkpoints for this obstacle are as follows:
  - Step 1-10
  - Steps Dismount
- A dismount is assessed if the competitor contacts the end platform and falls back.

### 2. Ring Slider

- KIDS: Use hands on the ring only to slide it along the pipe and dismount to the red mat.
- MATURE KIDS: Use hands on the ring only to slide it along the pipe, transfer to the trapeze bar and then and dismount to the red mat.

- The Kids scoring checkpoints for this obstacle are as follows:
  - Ring Slider
  - Ring Slider Dismount
- The Mature Kids scoring checkpoints for this obstacle are as follows:
  - Ring Slider
  - Slider Trapeze
  - Ring Slider Dismount
- A dismount is assessed if the competitor only partially lands on the mat.

### 3. Pipe Slider

- Use hands only to catch the white pipe and slide it as far as needed to dismount to the yellow box.
- The scoring checkpoints are as follows:
  - Pipe Slider
  - Pipe Slider Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

### 4. Ring Laches

- Use hands on the rings only to lache between each set of rings to dismount past the yellow tape.
- The scoring checkpoints for this obstacle are as follows:
  - Lache Rings 1-5
  - Rings Dismount
- A dismount is assessed if the competitor only partially clears the tape.

### 5. Terrible Tyres

- Use hands and feet on any part of the tyres only – but not the straps – as needed to traverse the ground tyres and go through the middle of each of the hanging tyres to reach the end platform.
- The scoring checkpoints for this obstacle are as follows:
  - Ground Tyres 1

- Hanging Tyre 1
- Ground Tyres 2
- Hanging Tyre 2
- Ground Tyres 3
- Hanging Tyre 3
- Ground Tyres 4
- Tyres Dismount
- A competitor is assessed a dismount if the contact the end platform then fall back.

## 6. Balance Ledge

- Starting from the yellow box, use feet on the balance beams only to walk sideways along the beams without contacting the mats with your hands or using your body to assist you, then dismount to the green box.
- The scoring checkpoints for this obstacle are as follows:
  - Ledge 1-3
  - Ledge Dismount
- A dismount is assessed if the competitor contacts the box then falls back.

## 7. Which Way Is Up?

- KIDS: Use hands and feet as needed to traverse the rungs of the ascending monkey bar, then use hands and feet as needed to transfer to the rope and use it to reach the hanging rings, then use hands only to swing on the rings to reach the last two, before dismounting to the blue box.
- MATURE KIDS: Use hands and feet as needed to traverse the rungs of the ascending monkey bar, then use hands and feet as needed to transfer to the rope and use it to reach the hanging rings, then use hands only to transfer the rings along the doorknobs until they are in the last two, and dismount from the rings to the blue box.
- The scoring checkpoints for this obstacle are as follows:
  - Ascending Ladder
  - Rope

- Ring Toss 1-8
- Which Way Dismount
- A dismount is assessed if the competitor only partially lands on the blue box or falls back.

## 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 get two hands above the indicated line of tape 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 or contacts the wall lip and isn't able to climb over 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](mailto:commissioner@ninjachallengeleague.com).

## Pre-Teens/Teens Obstacle Rules:

Pre-Teens/Teens Demo: [https://www.youtube.com/watch?v=YML\\_icxkC4k](https://www.youtube.com/watch?v=YML_icxkC4k)

### 1. Steps

- Use feet only to traverse the steps to reach the end platform.

- The scoring checkpoints for this obstacle are as follows:
  - Step 1-6
  - Steps Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

## 2. Ring Slider to Trapeze to Heavy Pipe

- Use hands on the ring only to slide it along the pipe, transfer to the trapeze bar and then the heavy bar, then dismount to the blue box
- The scoring checkpoints for this obstacle are:
  - Ring Slider
  - Trapeze Bar
  - Heavy Pipe
  - Heavy Dismount
- A dismount is assessed if the competitor contacts the box then falls back.

## 3. Sling Slider

- Use hands to grab around the outside of the sling in each hand and use it to slide the pipe as far as needed to reach the end platform.
- The scoring checkpoints for this obstacle are as follows:
  - Sling Slider
  - Sling Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

## 4. Ring Laches

- Use hands on the rings only to lache between each set of rings to dismount past the far yellow tape.
- The scoring checkpoints for this obstacle are as follows:
  - Lache Rings 1-4
  - Rings Dismount
- A dismount is assessed if the competitor only partially clears the tape.

## 5. Terrible Tyres

- Use hands and feet on any part of the tyres only – but not the straps – as needed to traverse the ground tyres and go through the middle of each of the hanging tyres to reach the end platform.
- The scoring checkpoints for this obstacle are as follows:
  - Ground Tyres 1
  - Hanging Tyre 1
  - Ground Tyres 2
  - Hanging Tyre 2
  - Ground Tyres 3
  - Hanging Tyre 3
  - Ground Tyres 4
  - Tyres Dismount
- A competitor is assessed a dismount if they contact the end platform then fall back.

## 6. Balance Ledge

- Starting from the yellow box, use feet on the balance beams only to walk sideways along the beams without contacting the mats with your hands or using your body to assist you, then dismount to the green box.
- The scoring checkpoints for this obstacle are as follows:
  - Ledge 1-3
  - Ledge Dismount
- A dismount is assessed if the competitor contacts the box then falls back.

## 7. Which Way Is Up?

- Use hands and feet as needed to traverse the rungs of the ascending monkey bar, then use hands and feet as needed to transfer to the rope and use it to reach the hanging rings, then use hands only to transfer the rings along the doorknobs until they are in the middle knobs on the last set, then lache to the swinging cliff before dismounting past the blue tape.
- The scoring checkpoints for this obstacle are as follows:

- Ascending Ladder
  - Rope
  - Ring Toss 1-7
  - Swinging Cliff
  - Which Way Dismount
- A dismount is assessed if the competitor only partially lands past the tape or falls back.

## 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 big warped wall and get two hands above the indicated line of tape 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](mailto:commissioner@ninjachallengeleague.com).