



QLD Qualifier #1 Rules

Welcome

Firstly, let me welcome you to Urban Xtreme 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 6pm Brisbane time on Friday, May 20, 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 ([Course Demo](#)):

1. Bar Lache

- Reach or jump out to the first bar from the wooden platform, then lache to the next bar before dismounting past the line.
- The scoring checkpoints for this obstacle are as follows:
 - Bar 1-2
 - Lache Dismount
- A dismount is assessed if the competitor only partially lands in the landing area.

2. Balance Steps

- Climb over the wooden box and jump to the first step, then use feet and/or hands on each of the steps in a clockwise order to reach the sideways balance beam, then traverse the tilting beam to reach the ending area.
- The scoring checkpoints for this obstacle are as follows:
 - Step 1-4
 - Horizontal Beam
 - Tilting Beam
 - Balance Steps Dismount
- A dismount is assessed if the competitor only partially reaches the ending area.

3. Ring Lache

- Jump to the first set of rings and lache to the next set of rings before dismounting to the platform.

- The scoring checkpoints for this obstacle are as follows:
 - Rings 1-2
 - Rings Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

4. Devil Steps Decline

- Use hands only on at least the first and fourth step, then use the T-Hold to transfer to the bars and use at least the last bar to dismount to the landing area.
- The scoring checkpoints for this obstacle are as follows:
 - Devil Step 1-4
 - T-Hold
 - Decline Bar 1-5
 - Devil Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

5. Floating Objects

- Use hands and/or feet to traverse the red sections of each of the floating doors, before transferring to each of the floating poles, then take a cannonball in each hand and dismount to the end platform.
- The scoring checkpoints for this obstacle are as follows:
 - Floating Door 1-2
 - Floating Pole 1-3
 - Cannonballs
 - Floating Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

6. Lache Lane

- Use the rope to swing out to the avocados, then lache and catch the sides of the UFO only, before completing a lache to the big ball and using it to dismount to the platform.
- The scoring checkpoints for this obstacle are as follows:

- Rope
 - Avocados
 - UFO
 - Big Ball
 - Lache Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

7. Flying Spider

- Use hands and feet on the side of the spider walk to traverse to the end, then transition directly to the swinging cliff and lache across the two wingnuts before dismounting to the platform.
- The scoring checkpoints for this obstacle are as follows:
 - Spider Walk
 - Swinging Cliff
 - Wingnut 1-2
 - Spider Dismount
- A dismount is assessed if the competitor contacts the end platform but falls back.

8. Warped Wall

- Run up the front surface of the Tall Warped Wall to grab the lip, pull yourself onto the top platform and hit the buzzer 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.