



NSW Qualifier #2 Rules

Welcome

Firstly, let me welcome you to Ninja Playground and 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 6:30pm Sydney time on Friday, June 17, 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.

Obstacle Rules:

1. Steps

- Use hands and feet as needed to traverse the steps on the left only to reach the blue platform.
- The scoring checkpoints for this obstacle are as follows:
 - Steps 1-3
 - Steps Dismount

- A dismount is assessed if the competitor contacts the platform then falls back.

2. Ringing Balance

- Using hands on the rings only, use at least the first and last ring to swing and land directly on the balance beam, then traverse to the blue platform.
- The scoring checkpoints for this obstacle are as follows:
 - Rings 1-4
 - Balance Beam
 - Balance Dismount
- A dismount is assessed if the competitor contacts the platform then falls back.

3. Tilting Doorknobs

- Jump or use the rope as needed to reach the first two doorknobs, then release the rope and use hands on the doorknobs only to reach the last doorknob on the second frame before dismounting to the platform.
- The scoring checkpoints for this obstacle are as follows:
 - Doorknob Rope
 - Doorknobs 1-10
 - Doorknob Dismount
- A dismount is assessed if the competitor contacts the platform then falls back.

4. Unstable Bridge

- Use hands on the edges of the unstable bridges only to traverse both bridges to reach the end platform.
- The scoring checkpoints for this obstacle are as follows:
 - Unstable Bridge 1-2
 - Unstable Dismount
- A dismount is assessed if the competitor contacts the platform then falls back.

5. Swinging Wheels

- Use hands on the red sections of the wheels only and the rope to traverse to the end platform.
- The scoring checkpoints for this obstacle are as follows:
 - Wheels 1-3
 - Wheels Dismount
- A dismount is assessed if the competitor contacts the platform then falls back.

6. Bird Cage

- Use hands on the pegs only to place the pegs in the holes and place at least one peg in the last birdcage without dropping either peg before dismounting to the platform.
- The scoring checkpoints for this obstacle are as follows:
 - Birdcage 1-4
 - Birdcage Dismount
- A dismount is assessed if the competitor contacts the platform then falls back.

7. Sky Hooks

- Use hands on the rings only to traverse each hook on alternating sides to reach the last hanging ring with both hands before dismounting to the platform.
- The scoring checkpoints for this obstacle are as follows:
 - Sky Hook 1-8
 - Sky Hooks Dismount
- A dismount is assessed if the competitor contacts the platform then falls back.

8. Warped Wall

- Run up the front surface of the Warped Wall to grab the top lip of the warped wall and climb over the top to ring the bell and 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.

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.