



VIC Qualifier #2 Rules

Welcome

Firstly, let me welcome you to The Compound Training 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 Melbourne time on Sunday, June 12, 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. Rope Stepper

- Use hands and feet to swing on the rope to reach the top of the platform, then use feet on each of the steppers to reach the first step, then use hands and/or feet on at least the first and last step to reach the first wobble step, using feet only to traverse each of the wobble steps to reach the end platform.
- The scoring checkpoints for this obstacle are as follows:

- Rope Swing
- Rope Platform
- Stepper 1-3
- Step 1-5
- Wobble Step 1-3
- Wobble Dismount

2. Beams

- Use feet to traverse the top-most sections of each balance beam only to reach the end platform.
- The scoring checkpoints for this obstacle are as follows:
 - Beam 1-3
 - Beams Dismount
- A dismount is assessed if the competitor contacts the end box but falls back.

3. Lache Lane

- Use hands only to lache between each of the bars to reach the rings with both hands before dismounting to the end platform.
- The scoring checkpoints for this obstacle are as follows:
 - Lache Bar 1-3
 - Lache Rings
 - Lache Dismount

4. Jumping Spider

- Starting from the red mat, use the trampoline to jump into the spider walk and mount it with hands and/or feet on each side, then traverse to reach the end platform.
- The scoring checkpoints for this obstacle are as follows:
 - Spider Tramp
 - Spider Walk
 - Spider Dismount

5. The Fortress

- Use hands only on at least the first and last hanging wooden peg to reach the last metal pipe before dismounting to the platform.
- The scoring checkpoints for this obstacle are as follows:
 - Fortress Peg 1-16
 - Fortress Pipe 1-2
 - Fortress Dismount

6. Swinging Cliffs

- Use the trapeze bar to reach the first swinging cliff, then lache to the second cliff before dismounting to the red mat.
- The scoring checkpoints for this obstacle are as follows:
 - Cliff Bar
 - Swinging Cliff 1-2
 - Cliff Dismount

7. Slingshot

- Use hands on the bar only to use at least the first and last set of sling cups to reach the platform.
- The scoring checkpoints for this obstacle are as follows:
 - Slingshot 1-6
 - Slingshot Dismount

8. Invisible Ladder

- Use hands on the rings only to climb the invisible ladder until the tape reaches the pulleys, then mount the platform and hit the buzzer to end the run.
- The scoring checkpoints for this obstacle are as follows:
 - Invisible Ladder
 - Invisible Platform
 - Finish

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.

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