



# VIC Youth Qualifier #5 Rules

## Welcome

Firstly, let me welcome you to **Reach Gymnastics Pakenham** 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 9:30am local time on **Sunday, September 4**, 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/Mature Kids Course Walkthrough](#) – please note, some obstacles were not completed according to these rules in the video, so be sure to give these written rules precedence.

### 1. Steps

- Starting completely off the mat, use hands and feet as needed to traverse each of the steps and land completely clear of the grey mat.
- 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 and falls back.

### 2. Walking Bridges

- Using hands on the chains and feet on the bridges, traverse each of the bridges to reach the black platform.
- The scoring checkpoints for this obstacle are as follows:

- Bridge 1-3
- Bridges Dismount
- A dismount is assessed if the competitor only partially lands on the black platform.

### 3. Rings

- Use the first ring to completely leave the platform before contacting the second ring and then use hands only on at least the last ring to dismount to the black platform.
- The scoring checkpoints are as follows:
  - Ring 1-5
  - Rings Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

### 4. Spider Balance

- Use feet on the balance beam only to walk through the spider walk without contacting the sides of the spider walk to reach the black platform.
- The scoring checkpoints for this obstacle are as follows:
  - Spider Beam
  - Spider Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

### 5. Ring Toss

- Using hands on the rings only, completely leave the platform before moving the rings along as many or as few pegs as needed until at least one ring reaches the last peg, then dismount to the black platform. Dropping a ring at any point is considered failing the obstacle.
- The scoring checkpoints for this obstacle are as follows:
  - Ring Peg 1-10
  - Ring Toss Dismount
- A competitor is assessed a dismount if the contact the end platform then falls back after a ring has been placed on the last peg.

## 6. Agility Balls

- Using feet only, traverse along at least the first and last of the agility balls to reach the end platform.
- The scoring checkpoints for this obstacle are as follows:
  - Agility Ball 1-5
  - Agility Dismount
- A dismount is assessed if the competitor contacts the box then falls back.

## 7. Cheeseboards

- Starting on the black platform, use hands and feet on any part of the cheeseboard except the top to traverse each board and reach the far black platform.
- The scoring checkpoints for this obstacle are as follows:
  - Cheeseboard 1-4
  - Cheeseboards Dismount
- A dismount is assessed if the competitor contacts the black platform then 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 smallest warped wall, climb over the top and hit the safety rail to end their 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 Course Walkthrough](#) – please note, some obstacles were not completed according to these rules in the video, so be sure to give these written rules precedence.

### 1. Agility Balls

- Using feet only, traverse along at least the first and last of the agility balls to reach the end platform.
- The scoring checkpoints for this obstacle are as follows:
  - Agility Ball 1-5
  - Agility Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

### 2. Ring Toss

- Using hands on the rings only, completely leave the platform before moving the rings along as many or as few pegs as needed until at least one ring reaches the last peg, then dismount to the black platform. Dropping a ring at any point is considered failing the obstacle.
- The scoring checkpoints for this obstacle are as follows:
  - Ring Peg 1-10
  - Ring Toss Dismount
- A competitor is assessed a dismount if they contact the end platform then falls back after a ring has been placed on the last peg.

### 3. Spider Walk

- Use hands and feet on the sides of the spider walk to traverse to the far platform.
- The scoring checkpoints for this obstacle are as follows:

- Spider Walk
- Spider Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

#### 4. U-Turn Rings

- Using hands only, use at least the first and last ring on the right-hand row, then transfer to the first ring on the left-hand row and use at least the last ring to dismount to the starting platform.
- The scoring checkpoints for this obstacle are as follows:
  - Ring 1-10
  - U-Turn Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

#### 5. Steps

- Starting completely off the mat, use hands and feet as needed to traverse at least the first and last the steps and land completely clear of the grey mat.
- 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 and falls back.

#### 6. Cliffhangers

- Use the first cliff to completely leave the platform before contacting the second cliff, then use at least the last cliff before dismounting to the black platform.
- The scoring checkpoints for this obstacle are as follows:
  - Cliff 1-6
  - Cliffs Dismount
- A dismount is assessed if the competitor contacts the end platform then falls back.

## 7. Cheeseboards to Bridges

- Starting on the black platform, use hands and feet on any part of the cheeseboard except the top to traverse each board and transfer directly to the first bridge, using hands on the chains and feet on the bridges to reach the far black platform.
- The scoring checkpoints for this obstacle are as follows:
  - Cheeseboard 1-4
  - Bridge 1-3
  - Cheeseboard Dismount
- A dismount is assessed if the competitor contacts the black platform then 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).