

## Ninjardans obstacle course

### UKOSF short course time trial rules!



Course length: 100 meters

Obstacles:14

Ground rules: must attempt every obstacle, no touching the floor other than a rest point.

Penalties: 45 seconds for non-completion of each obstacle stage other than the stepping stones and wobbly boards.

Rest points: if you fall off a rest point you will still incur a penalty.

Leaderboard: you will be added to our leader board automatically, to be added to the UKOSF leaderboard you must bring you UKOSF membership [www.ukosf.org/membership](http://www.ukosf.org/membership).

Costs: £7 entry fee this allows you to use the whole facility for the hour, if you would like to have a go on the timed course this is an additional £2.

#### OBSTACLES:

##### 0. Start line.

Your time will start when you touch the springboard, you can have a run up.

##### 1.Spider climb.

Spring off the board and make contact with the walls not using the ledges above either side to help you may use the bottom ones, but this will slow you down.

## 2.Hanging ledges.

From the spider climb grab the monkey bars until you are side by side with the hanging ledges you must touch each ledge how you tackle them is up to you.

### Rest point.

Wooden board underneath you.

## 3. Monkey bars/tilt ladders

Using the monkey bars miss the first tilt ladder but use the second and third one. You must make contact with the first and last run of each of the ladders, up to you if you skip the middle ones. No using the walls either side with your feet for a break.

### Rest point.

After the last tilt you can use the bar underneath you to stand on.

## 4. Slanted steppingstones.

Using all 7 steppingstones go forward to the grey wall, turn around and come back on your self, stop on the rest point bar. Each time you touch the sides or floor it is a 5 second penalty.

## 5.Rings.

Use all 8 rings to get across not using the walls for momentum. Dismount onto the grey board.

### Rest point.

Wooden board you have just landed on use this to get to the next obstacle.

#### 6.Unstable boards/ hanging grips.

Jump for the first unstable board shuffle along and jump for the next one please not this one is even more unstable. Transfer to the rope however you like just no touching walls or the floor. Pull yourself up to the grips again not using the walls for leverage. Use the rope to get to the next obstacle.

#### 7. Ledge wall.

Must start within the parameters of the 'N' painted on the wall. Only using the ledges go back on yourself to the rest point.

#### 8.Rockclimbing wall.

You can prop yourself against the wall to start but cannot grab hold of it. Head towards the salmon ladder. No touching the top or sides of the boards rock climb holds only. The Ninja timing you, will tell you when you have gone far enough and to drop on the floor, drop before hand and you will get the penalty.

#### 9.Salmon ladder.

You can start at whatever height you like but must complete at least 6 jumps you will be allowed one restart. When you have completed the jumps gain access to stage 2.

#### 10.Wobbly bridge/steppingstones.

Start on the black steppingstone then across the wobbly bridge then again through the steppingstones top the last wobbly bridge. If you touch the sides or floor you will get a 5 second penalty each time.

#### Rest point.

Half a tyre on the floor.

### 11. Tyre swings.

Must use every tyre swing in the direction you have been told to go in. Feet must stay inside the tyre not on top of, seen doing this you will get a 5 second penalty.

### 12. Upside down zig-zag beam.

Starting from the last tyre swing turn around so you are now going backwards, hands and feet on the beam and follow the zigzag. There will be a black matt to drop onto this is the safety zone feet must touch this not the grey matt.

### 13. Rope down.

You can slide down, but feet must touch the floor before hands let go, note that if you aren't wearing gloves, we don't suggest sliding down also no jumping down.

### 14. Rope up.

Using the second rope and only the rope climb all the way to the top and honk the horn this will be time complete.