



# HC:FIT NINJATRaining UKOSF SHORT COURSE TIME TRIAL RULES

## OBSTACLES

1. Floating steps
2. Jump wall
3. Ring swing
4. Devils ladder
5. Vine swings
6. Hanging snake
7. High Beam
8. Grip run
9. See Saw balance
10. 10ft warped wall

The course begins at the start point marked with the large tyre, contestants are permitted to start anywhere behind the tyre. The timer starts on the judge's mark and stops when the course is completed by the competitor returning to the start point and standing on the tyre.

## FLOATING STEPS

From the tyre, all 5 steps must be used to reach the black mat in any manner necessary. Only the steps can be made contact with, but any part of the steps can be used to get across. Contact with the wall or the floor with any part of the body will be considered a fail.

## JUMP WALL

From the mat the 8ft wall must be scaled in any manner. The rope can be used but is not compulsory, competitors are permitted to bypass the rope and climb straight over. Competitors must pass over the wall and land safely on the crash mat on the other side. Use of the building wall or any other structures is prohibited and will be considered a fail.

## RING SWING

From the rope, both rings and the first wing nut must be used to reach the box. Competitors must be fully suspended with both hands on the rope before advancing to either ring, i.e. a competitor can not jump straight to the ring bypassing the rope to save time, they must start the obstacle with both hands on the rope and their full weight suspended from it. Only the rope, the 2 rings and the swinging wing nut can be used to reach the box, using any other structures or surfaces, or falling off the box will be considered a fail.

The next box must be reached without touching the floor, use of any structure is permitted to achieve this. (Excluding floor mountings of equipment)

## DEVILS LADDER



From the box, the opposite box must be reached using only the top red steps in any manner. Use of any other structures in any way (i.e. placing feet on steelwork or other platforms) is prohibited and will be considered a fail.)

The obstacle is completed when the box is reached. From the box the competitor will run to the pommel horse along the designated route and climb on top.

#### VINE SWINGS

From the pommel horse, the blue rope (hanging snake) must be reached using only the hanging ropes in any manner. Use of any other structure and advantageous contact with the floor is prohibited and will be considered a fail.

#### HANGING SNAKE

From the rope, the steel frame must be reached using only the blue rope and the ring in any manner. Use of any other structure is prohibited and will be considered a fail.

#### HIGH BEAM

From the frame, the high beam must be mounted and traversed in any manner to reach the opposite end.

#### GRIP RUN

From the high beam, the hanging holds must be used to reach the horizontal bar at the opposite end of the frame. Only use of the coloured sections of the holds is permitted, i.e. holding the steel hooks, the supporting rope or use of the frame rig in any way is prohibited and will be considered a fail.

From the horizontal bar the large tyre must be reached in any manner that doesn't involve contact with the floor. Falling off the tyre or using the floor to reach it will be considered a fail.

#### SEE SAW BALANCE

From the tyre, the blue matting at the opposite end of the obstacle must be reached. Both beams must be crossed on feet, advantageous use of any of the surrounding structures is prohibited and will be considered a fail. The blue mats are the only part of the floor that can be contacted dismounting the obstacle, the competitor has to make a controlled landing in the square before proceeding.

#### WARPED WALL

The 10ft (middle) wall must be scaled and the buzzer pressed to complete the obstacle. Any length run up is permitted. Only use of the wall itself, the red bar and the black bars is permitted to reach the top of the wall. Use of the smaller wall or the lower red bar is prohibited and will be considered a fail.

Once the buzzer is pressed the competitor must run round the perimeter of the gym back to the start point and stand on the tyre to complete the course.



## FAILS

A fail is considered as:

- Not completing an obstacle
- Falling off
- Making use of anything deemed not part of the obstacle (outlined in each obstacle description)
- Making contact with the floor or any structures in a way that gives an advantage

Incidental contact is permitted so long as no advantage is gained from said contact, i.e. a foot brushing against the floor but no weight is transferred.

All fails will require a perimeter run to be completed immediately. The competitor must run to the nearest point on the gym perimeter and run a complete lap of the facility to return to that point before they are permitted to advance to the finish point of the failed obstacle. A reasonable attempt must be made at each obstacle before a perimeter run can be completed in lieu.

Judges decision is final on all disputes and cannot be appealed.