



# OBSTACLE COURSE RACING

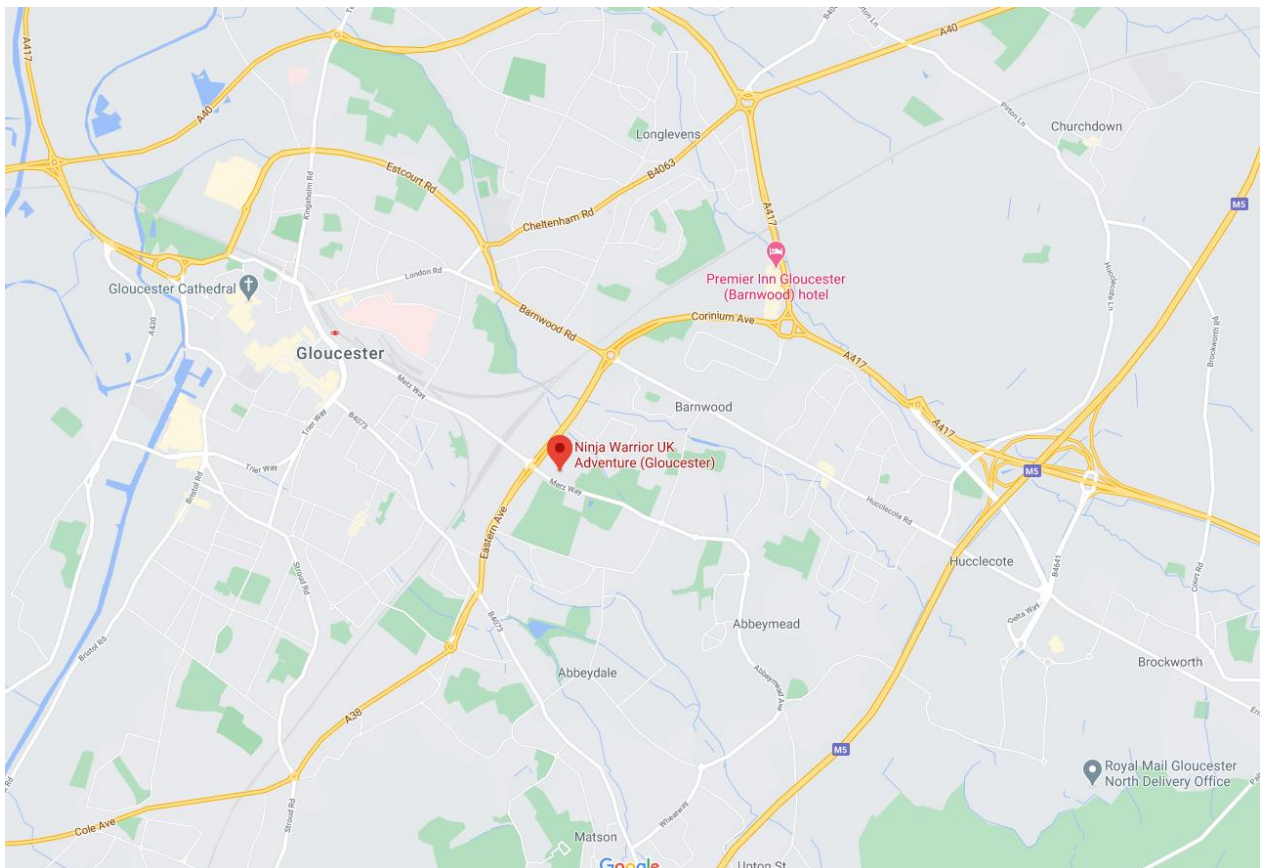
## SHORT COURSE

RULES AND OBSTACLE LIST

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# COURSE LOCATION



**Address:** Unit 2 Metz Way, Gloucester, Gloucestershire, GL4 3DB  
**Parking:** On-site parking is available and free for up to three hours

# BOOKING AND DIVISIONS

Ninja Warrior UK Adventure Gloucester will be hosting time trial events throughout the OCR competitive season for members and non-members to race on our official short course. Please see to our website for upcoming dates.

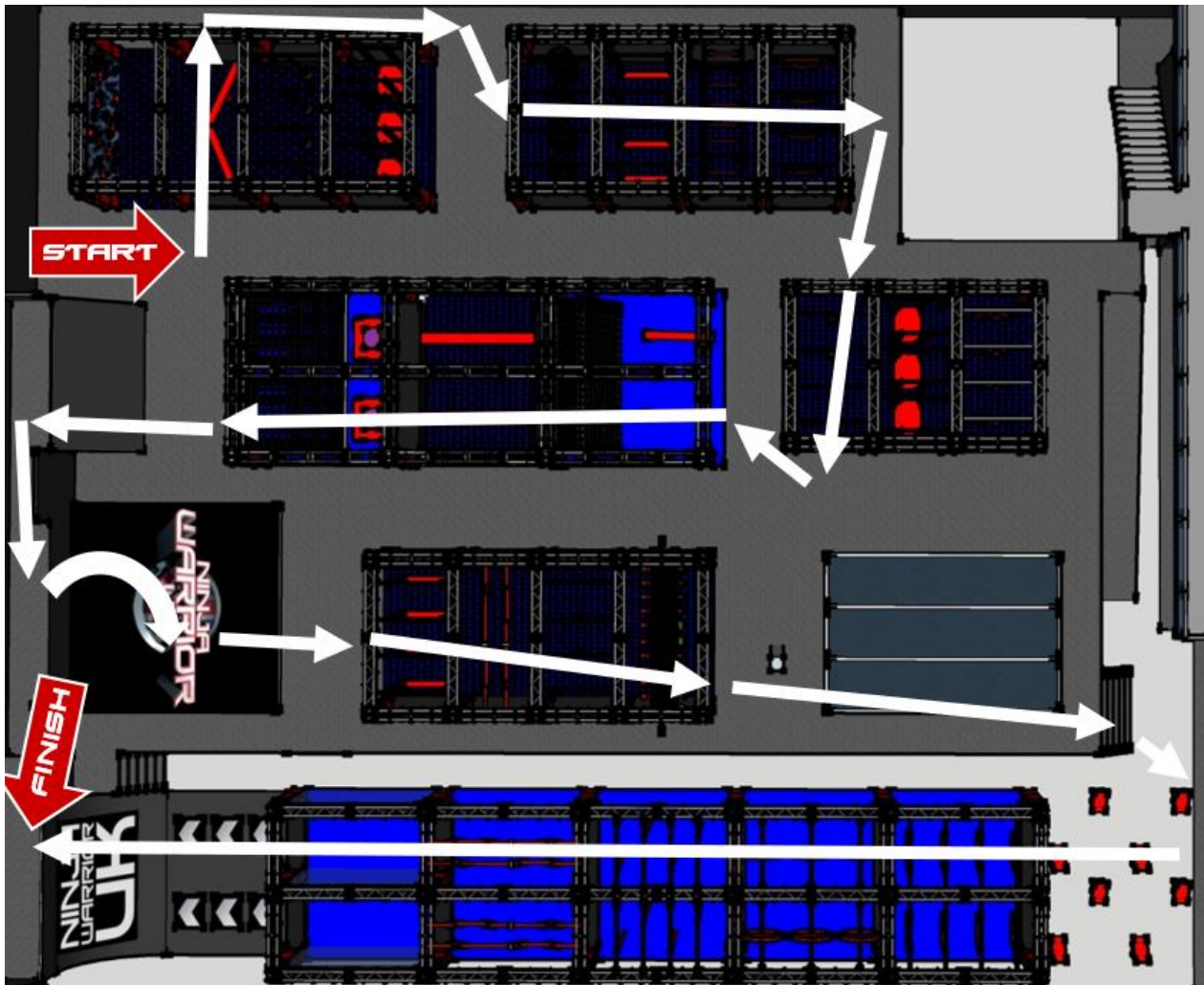
Ninja Warrior UK Adventure Gloucester welcomes OCR members to practice the course during any of our sessions, however a clear course cannot be guaranteed outside of Time Trial Events and official timing of your run would be dependent on there being a trained team member available. We always recommend visiting our venue outside of evenings and weekends for a quieter session, or attending one of our dedicated sessions or events.

In order for us to submit your time to UKOSF and make the National Leaderboards, you will need to provide our team with your UKOSF Membership number. If you are not currently a member you can register here: [ukosf.org/membership/](https://ukosf.org/membership/)

Your division is determined by your age on June 19<sup>th</sup> 2020:

- Under 9's
- 9-12 Years
- 13-17 Years
- 18-39 Years (Senior)
- Age 40+ (Masters)

# COURSE MAP (13-17, SENIOR & MASTERS)



## Course Length

Approx. 1,200m

## Obstacles

16

## Penalties

See to each obstacle. Each obstacle must be attempted before moving on (judged by ref)

## Leaderboards

To be included on the **UKOSF National Leaderboard**, please bring your membership number with you for your time trial. If you are not a member, you can sign up here:

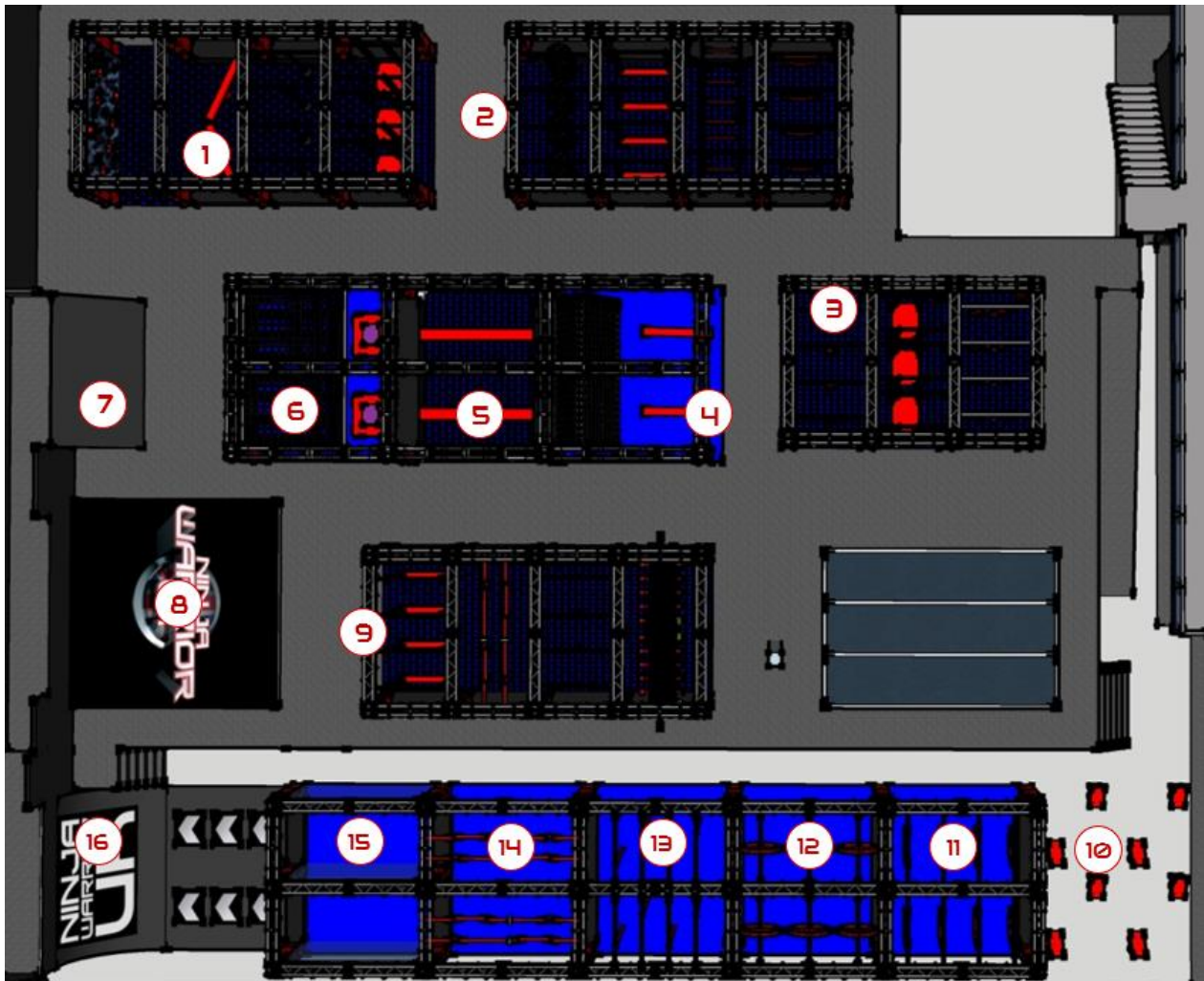
<https://ukosf.org/membership/>

If you are not a member, you can still post a time on the **Ninja Warrior UK Adventure Gloucester Leaderboard**

## Booking

<https://ninjawarrioruk.co.uk/gloucester/>

# OBSTACLES (13-17, SENIOR & MASTERS)



1. Tilting Beams
2. Foam pit crawl
3. Triple Rings
4. Tilting beam
5. Rolling log
6. Jump Hang
7. Small warped wall
8. Tower Jump
9. Foam Pit Crawl
10. Quad steps
11. Jungle swings
12. Cycle Road
13. Mushroom steps
14. Camelback
15. Spider Wall
16. Large warped wall

Competitors must start with one hand on the pillar. The timer starts on the judges mark and stops when the course is completed by the competitor standing on two feet at the top of the warped wall\*

*\*In the event the warped wall is a failed obstacle, the course is completed after two failed attempts and penalty for a failed obstacle added to final time.*

### **Tilting Beams**

Competitors must cross the gap, only the tilting beams can be made contact with. Contact with the foam with any part of the body will be considered a fail.

Penalty for fail: 10 seconds

### **Foam Pit Crawl**

Competitors must cross the foam pit entering and exiting between the two pillars. Entering or exiting the foam pit early (not between the pillars) will be considered a fail.

Penalty for fail: 10 seconds

**Safety information: Do not dive headfirst into the foam or attempt to land on your back**

### **Triple Rings**

Competitors must be fully suspended using the ropes. Competitors must make contact with at least two of the four possible ropes. Contact with the foam with any part of the body or falling from the ropes will be considered a fail.

Penalty for fail: 10 seconds

### **Tilting Beam**

Ascend the tilted beam. Contact with the blue matting with any part of the body will be considered a fail

Penalty for fail: 10 seconds

### **Rolling Log**

Travel across the foam pit using the rolling log. Contact with the foam with any part of the body will be considered a fail. If you fall from the log you may exit the foam pit from any side to continue the course.

Penalty for fail: 10 seconds

### **Jump Hang**

Competitors must jump onto the trampette and rebound to catch the cargo net. Competitors must then descend the cargo net and exit the obstacle past the marked line.

Failure to catch and hold the cargo net with both hands will be considered a fail. Catching and holding the cargo net with both hands but making contact with the blue matting before the marked line will be considered a fail.

Penalty for fail: 15 seconds

### Small Warped Wall

Reach the top of the small warped wall to progress to the next part of the course

### Tower Jump

Jump from the top of the jump tower landing on the airbag below on either your bum or back

Safety information: Always land in the centre of the airbag, DO NOT attempt to jump to the edges. Never land headfirst or attempt to land on your feet as this can cause serious injury. Contestants who attempt to land on their feet will have their time trial stopped and by the judge and times for that attempt will not be submitted.

### Foam Pit Crawl

Competitors must cross the foam pit entering and exiting between the two pillars. Entering or exiting the foam pit early (not between the pillars) will be considered a fail.

Penalty for fail: 10 seconds

Safety information: Do not dive headfirst into the foam or attempt to land on your back

### Quad steps

Cross the quad steps. Contact with the floor with any part of the body will be considered a fail.

Penalty for fail: 10 seconds

### Jungle Swings

Move to the next platform using the swinging bars. Falling from the obstacle will be considered a fail.

Penalty for fail: 10 seconds

### Cycle Road

Move to the next platform using the spinning wheels. Falling from the obstacle will be considered a fail.

Penalty for fail: 10 seconds

## Mushroom Steps

Cross the mushroom steps. Contact with the floor with any part of the body will be considered a fail.

Penalty for fail: 10 seconds

## Camelback

Move to the next platform using the rail/s. Falling from the obstacle will be considered a fail.

Penalty for fail: 10 seconds

## Spider Wall

Move through the wall without falling to the floor. Falling from the obstacle will be considered a fail.

Penalty for fail: 10 seconds

## Large Warped Wall

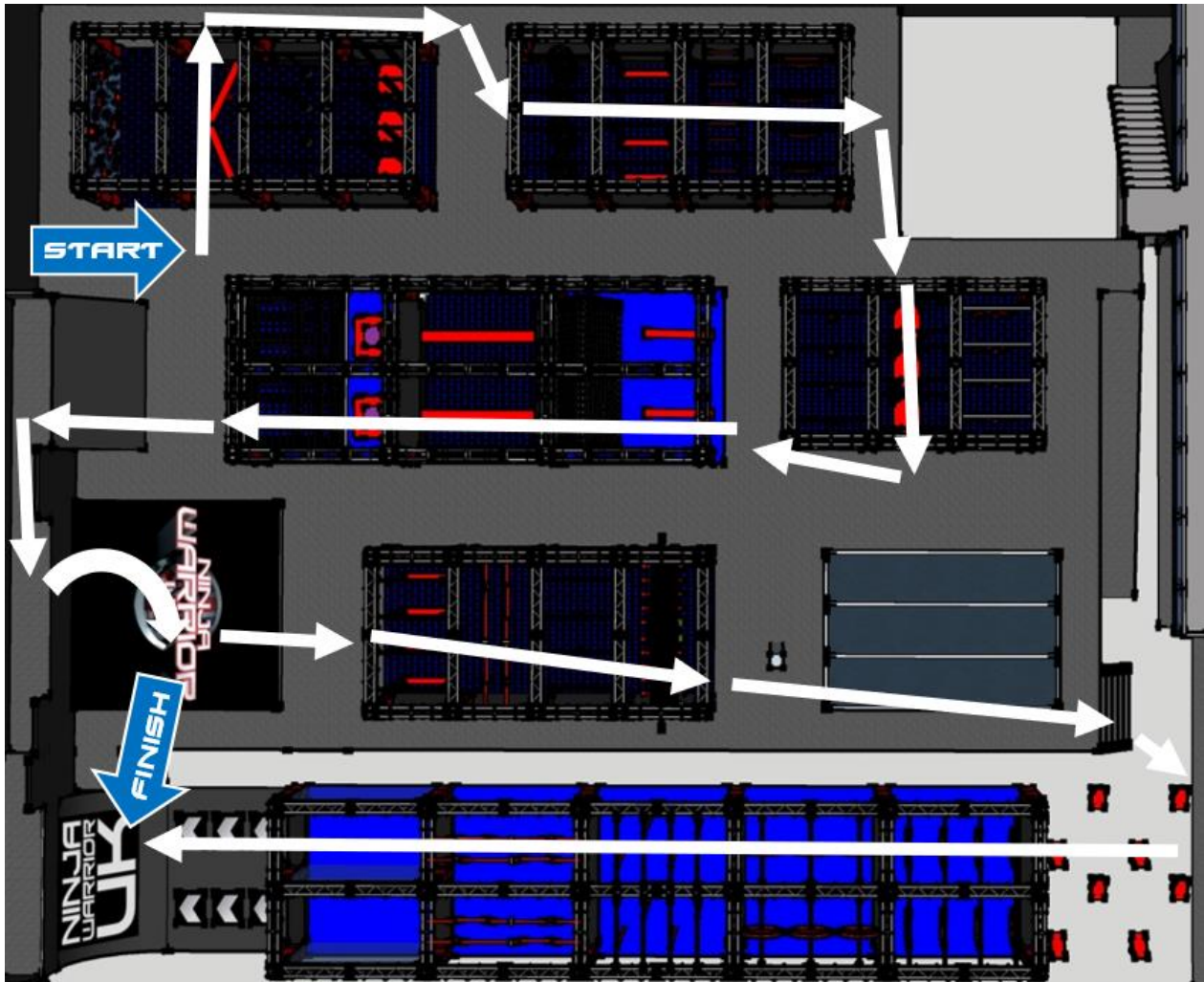
You have two attempts to reach the top of the warped wall. The timer stops when the contestant is stood on two feet at the top of the wall. If you cannot reach the top of the wall after two attempts the timer will stop when you are stood on two feet at the bottom of the wall after your second attempt.

Penalty for fail: 10 seconds

**Safety information:** If you fail to reach the top of the warped wall always slide back down, do not attempt to run down the wall.



# COURSE MAP (UNDER 9'S & 9-12 YEARS)



## Course Length

Approx. 1,200m

## Obstacles

14

## Penalties

See to each obstacle. Each obstacle must be attempted before moving on (judged by ref)

## Leaderboards

To be included on the **UKOSF National Leaderboard**, please bring your membership number with you for your time trial. If you are not a member, you can sign up here:

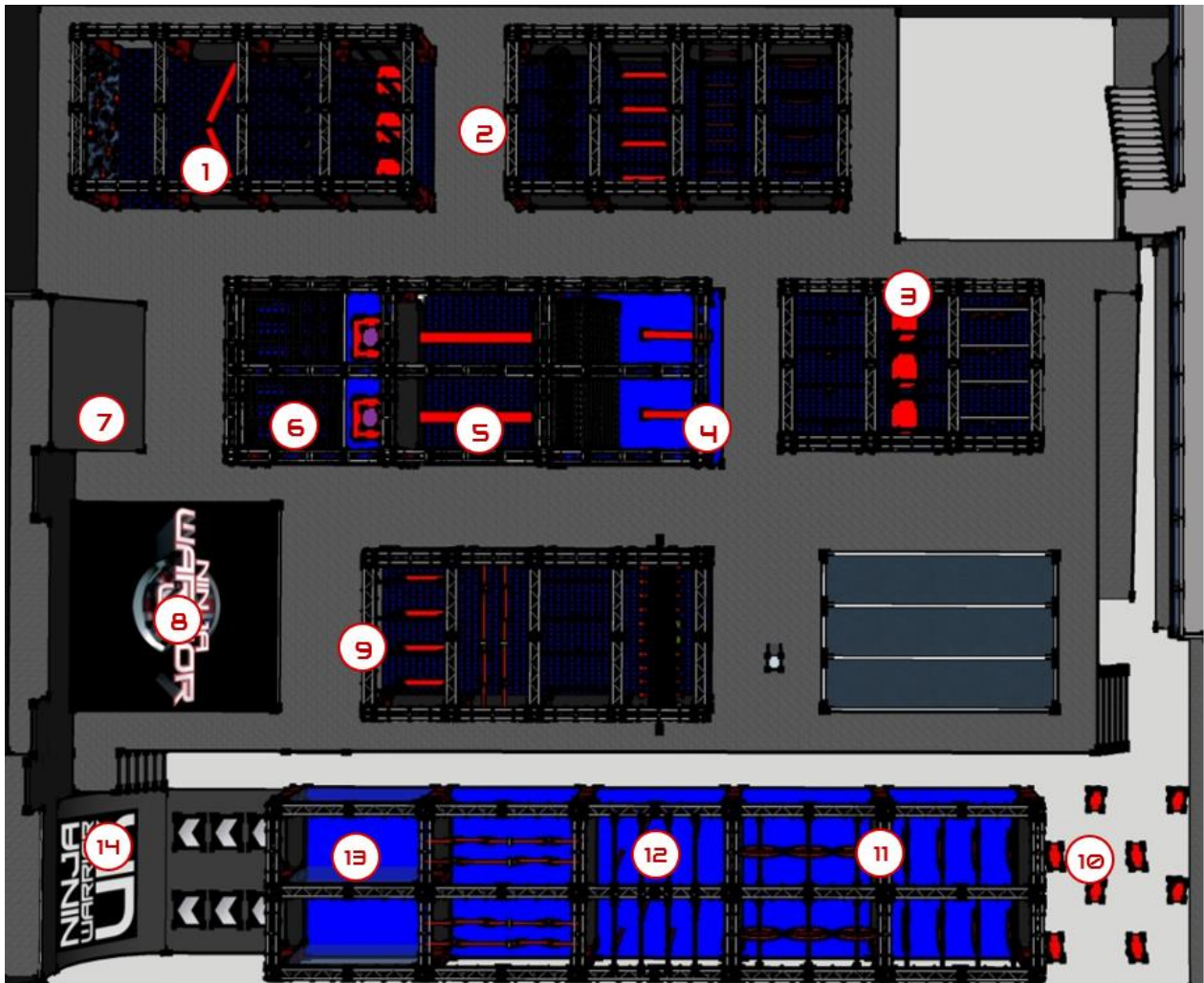
<https://ukosf.org/membership/>

If you are not a member, you can still post a time on the **Ninja Warrior UK Adventure Gloucester Leaderboard**

## Booking

<https://ninjawarrioruk.co.uk/gloucester/>

# OBSTACLES (UNDER 9'S & 9-12 YEARS)



1. Tilting Beams
2. Foam pit crawl
3. Unstable Bridge
4. Tilting beam
5. Rolling log
6. Jump Hang
7. Small warped wall
8. Tower Jump
9. Foam Pit Crawl
10. Quad Steps
11. Hurdles
12. Mushroom steps
13. Spider Wall
14. Large warped wall

Competitors must start with one hand on the pillar. The timer starts on the judges mark and stops when the course is completed by the competitor hitting the required marker\*

*\*In the event the warped wall is a failed obstacle, the course is completed after two failed attempts and penalty for a failed obstacle added to final time.*

### Tilting Beams

Competitors must cross the gap, only the tilting beam can be made contact with. Contact with the foam with any part of the body will be considered a fail.

Penalty for fail: 10 seconds

### Foam Pit Crawl

Competitors must cross the foam pit entering and exiting between the two pillars. Entering or exiting the foam pit early (not between the pillars) will be considered a fail.

Penalty for fail: 10 seconds

**Safety information: Do not dive headfirst into the foam or attempt to land on your back**

### Unstable Bridge

Competitors must cross the bridge. Contact with the foam with any part of the body or falling from the obstacle will be considered a fail.

Penalty for fail: 10 seconds

### Tilting Beam

Ascend the tilted beam. Contact with the blue matting with any part of the body will be considered a fail

Penalty for fail: 10 seconds

### Rolling Log

Travel across the foam pit using the rolling log. Contact with the foam with any part of the body will be considered a fail. If you fall from the log you may exit the foam pit from any side to continue the course.

Penalty for fail: 10 seconds

### Jump Hang

Competitors must jump onto the trampette and rebound to catch the cargo net. Competitors must then descend the cargo net and exit the obstacle past the marked line. Failure to catch and hold the cargo net with both hands will be considered a fail. Catching and holding the

cargo net with both hands but making contact with the blue matting before the marked line will be considered a fail.

Penalty for fail: 15 seconds

### Small Warped Wall

Reach the top of the small warped wall to progress to the next part of the course.

### Tower Jump

Jump from the top of the jump tower landing on the airbag below on either your bum or back

**Safety information:** Always land in the centre of the airbag, DO NOT attempt to jump to the edges. Never land headfirst or attempt to land on your feet as this can cause serious injury. Contestants who attempt to land on their feet will have their time trial stopped and by the judge and times for that attempt will not be submitted.

### Foam Pit Crawl

Competitors must cross the foam pit entering and exiting between the two pillars. Entering or exiting the foam pit early (not between the pillars) will be considered a fail.

Penalty for fail: 10 seconds

**Safety information:** Do not dive headfirst into the foam or attempt to land on your back

### Quad steps

Cross the Quad steps. Contact with the floor with any part of the body will be considered a fail.

Penalty for fail: 10 seconds

### Hurdles

Hurdle across the blocks to the mushroom steps as quickly as possible staying inside the obstacle boundaries.

### Mushroom Steps

Cross the mushroom steps. Contact with the floor with any part of the body will be considered a fail.

Penalty for fail: 10 seconds

## Spider Wall

Move through the wall without falling to the floor. Falling from the obstacle will be considered a fail.

Penalty for fail: 10 seconds

## Large Warped Wall

You have two attempts to reach the NWUK logo on the warped wall. The timer stops when the contestants hand touches the logo.

If you cannot reach your marker after two attempts the timer will stop when you are stood on two feet at the bottom of the wall after your second attempt.

Penalty for fail: 10 seconds

**Safety information: If you fail to reach your marker always slide back down safely, do not attempt to run down the wall.**