

# NPCL RULES

## 1. LANDING

Both feet must touch the specified finish area. Momentum can continue forward however can't go backwards off the finish area until the official calls **PASS**

## 2. LATE ARRIVAL

All competitors must arrive within the specified competitor check-in time. Late arrival may result in disqualification

## 3. CHALK

In most cases chalk will not allowed. Exceptions may be made at venues discretion

## 4. FOOTWARE

Competitors must wear covered in shoes throughout the entire competition

## 5. SCORING

If an obstacle has been completed successfully the official will call **PASS**. If the obstacle has not been completed successfully the official will call **MISS**. In the case of obstacles worth multiple points the official will call **PASS 1** if the first point is reached and **PASS 2** for the second

## 6. SECOND CHANCE

If you miss an obstacle you can choose to retry. Maximum of one retry per obstacle. Clock continues. If you choose to retry on an obstacle that you've already received 1 point on and miss you **WILL** lose that point

## 7. OUT OF BOUNDS

You must only use the parts of an obstacle specified in the course walk through. If at any point a competitor uses part of the obstacle that was not specified that obstacle will be marked as a miss

## 8. NINJA PARC CHAMPION

The ninja that finishes with the most points will be crowned the local or national Ninja Parc Champion. In the event of a draw the ninja with the fastest time wins. In the case of a multi stage competition the time from the final stage will be used

## 9. OFFICIALS DECISION IS FINAL

You must always follow the direction of your official

## 10. RESPECT

It's important to us that our events are as welcoming and inclusive as possible. This means that there is no place for disrespect of any kind towards competitors, staff or spectators. Negative behaviour may result in disqualification and/or removal from the venue. We expect that all competitors do their best to make each other feel supported and a part of the Ninja Parc community