



RULEBOOK

Eliminacje/Elimination



INFORMATION



Every participant must be verified by passing correctly filled form in the competition office.

For verification you need passport/ identity card.

A competitor will need to collect his number and starting kit during verification in the competition office.

A caretaker of the underage, by signing the declaration, accepts rules and regulations. Competitors who do not feel badly, have fever, cough nor suffocation, will be allowed to start.

Every competitor/ caretaker/ coach/ supporter must follow safety rules, fair play rules and comply with organizer's decisions.

Any display of aggression, unsporting behavior or discrimination of others will equal disqualification from championship.

ATTENTION – THERE WILL BE BAN ON PREVIOUS TOUCHING OR TESTING ANY OBSTACLES! NOT FOLLOWING EQUALS DISQUALIFICATION FROM CHAMPIONSHIP.

Every participant provides proper sports kit on his own.

During the competition the ability of swimming is not needed. But the competitors should be resistant, physically and mentally strong.

Statements and orders of organizer, referee or volunteer cannot be undermined by participants.

In case of matters in contestation, organizer or main referee takes final decision.

Participants must use sports shoes only!

Only flat sole shoes will be allowed.



MAGNESIA – PARTICIPANTS CAN USE THEIR OWN MAGNESIA (ONLY LIQUID)

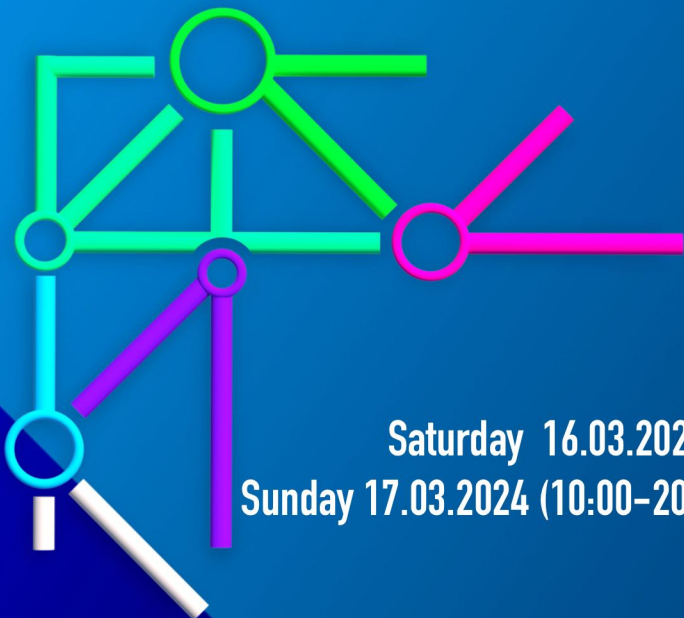


EVERY PARTICIPANT WILL HAVE HIS HANDS CHECKED BEFORE START.



BAN ON USING GLUE OR ANY GLUEY SUBSTANCE.

Allowed: crossfit grips, taping and training gloves (without steel and gluey elements).



INFORMATION

SCHEDULE:

Saturday 16.03.2024 (9:00–17:00) ELIMINATION of all age categories
Sunday 17.03.2024 (10:00–20:00) Semi-Finals and Finals of all age categories

Eliminations (Saturday):

There will be 10 Ninja stations.

Time for each station – 1 min.

Break between stations – 30s.

On the each station a competitor can collect points by completing the tasks correctly.

In categories 9–10, 11–12, 13–14, 15–17 and ELIE – TOP 8 W and TOP 8 M get to the semi-finals.

In case of the same number of points – both competitors get to semi-finals.

In categories 18–24, 25–29, 30–34, 35–39, 40–45, 46+ – TOP 6 W and TOP 6 M get to the semi-finals.

In case of the same number of points – both competitors get to semi-finals.

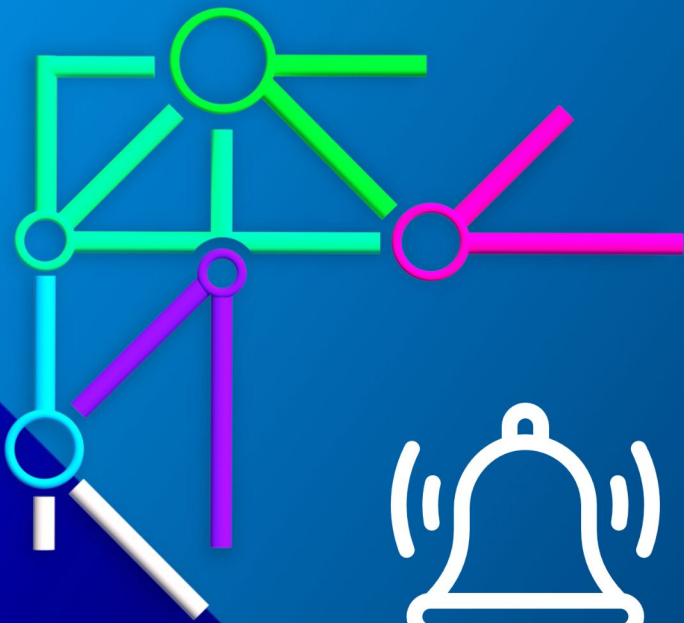
Every competitor will get FINISHER medal after completing 10 elimination stations.

Next to every station there will be “PIT STOPS” – some place where a competitor can leave for instance: water, magnesia or gloves, during work on the station.

FAIR PLAY

Attention! Every participant, parent and caretaker must follow FAIR PLAY rule.

Breaking fair play rules will be considered by organizer with



ATTENTION !!!

If a competitor is late on his start more than 15 minutes (time of completing all stations), he will automatically go at the end of all elimination competitors' list. His score will be counted in his age category.

What if a competitor will be late e.g. 3 min?

Example:

Jan Kowalski – start at 12:50:00

A competitor comes at 12:53:00

In the result he waits for signal – break – and goes on the station –

12:50:00 – station 1

12:51:00 – break

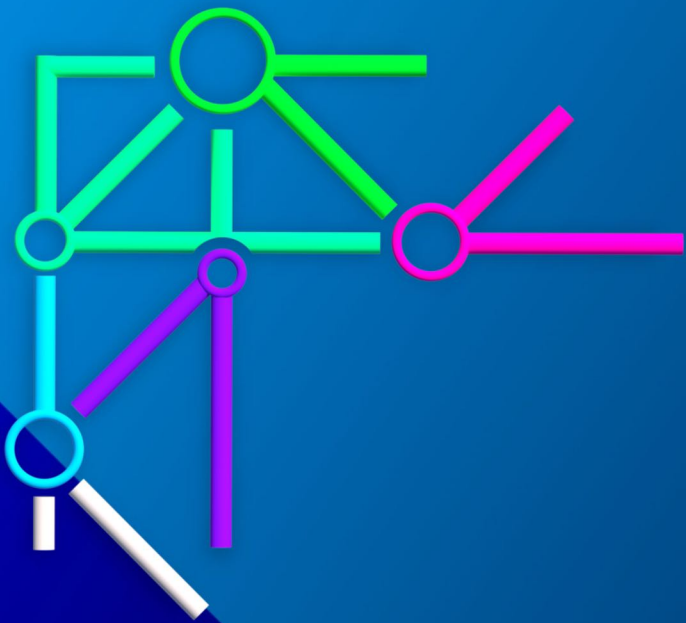
12:51:30 – station 2

12:52:30 – break

12:53:00 – station 3

12:54:00 – break – a competitor goes on station 4

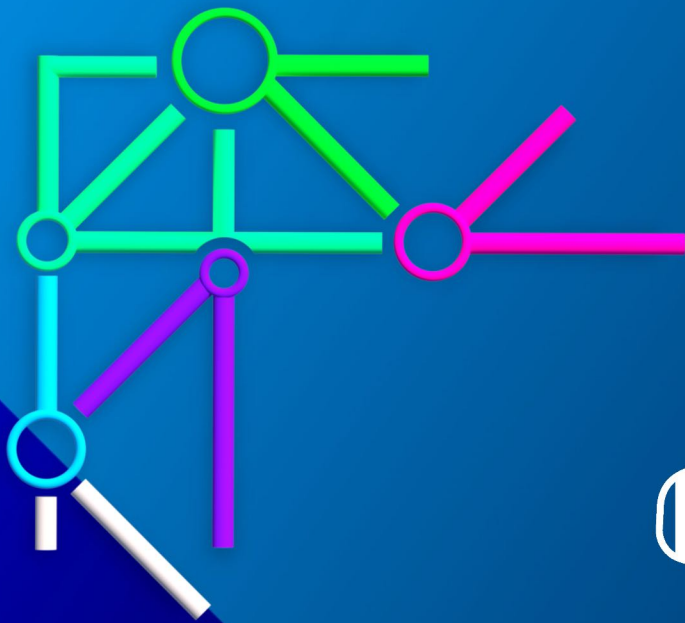
(the time of competitors start is scheduled by organizer)



ATTENTION !!! JEWELLERY

Because of competitors' safety, wearing any jewellery (bracelets, necklaces, rings and earrings) will be forbidden.





ATTENTION Referee



On every station Referees will not communicate with a competitor.
Referee will not inform a competitor verbally that he is completing the station correctly but a competitor will get points for completing the station correctly.
Referee will not give any tips which can be helpful for a competitor.
The only one contact with a competitor is when:
(a competitor feels bad, a competitor is disqualified, technical difficulties).
Referee will not time during the start and finish of the station.
Referee will make gestures after every attempt — by rising the hand with a card:

 Green — correct

 Red — incorrect

At the end, referee will note competitor's collected points in an ID badge and a points table.

“Referee is always right”

Protests:

Competitor/ Caretaker is allowed to protest to main referee not later than 10 minutes after finishing the elimination.

The only one considered form is video verification

(Competitor/ Caretaker can only present the video evidence to main referee)

In case of far problems with making decision — main referee gives the case to organizer who makes final decision.

Cost of the protest — 100 PLN

Protest considered as positive — cost return

Protest considered as negative (competitor is not right) — no cost return.

ID

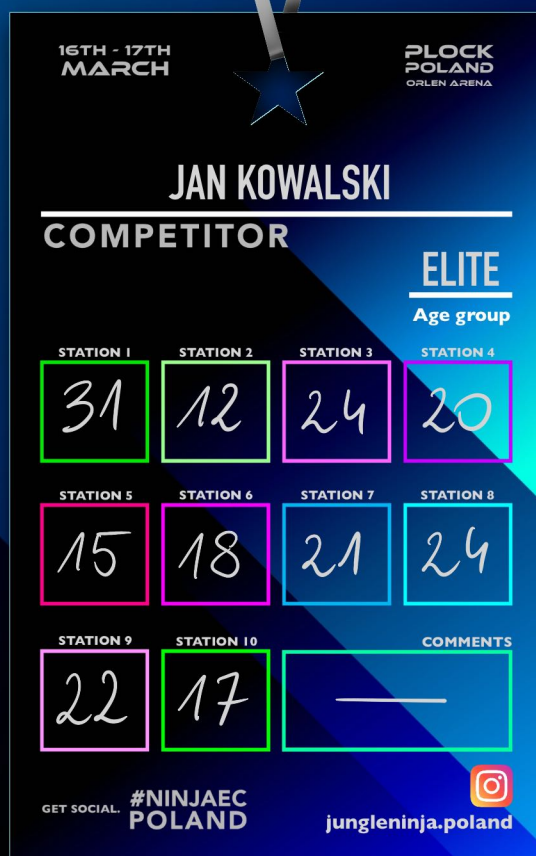


Front of ID badge featuring the Polish flag, a star, and the FNPP logo. The text includes the hashtag #NINJAEC POLAND, the event logo for the Jungle Ninja European Championship, and the word COMPETITOR.

**#NINJAEC
POLAND**

**JUNGLE NINJA
EUROPEAN
CHAMPIONSHIP**
Poland - Plock
Orlen Arena 2024

COMPETITOR



Back of ID badge for competitor JAN KOWALSKI. It displays the dates 16TH - 17TH MARCH, the event name PLOCK POLAND ORLEN ARENA, and a table of scores across 10 stations. The age group is ELITE. Social media information for #NINJAEC POLAND and jungleninja.poland is also present.

**16TH - 17TH
MARCH**


**PLOCK
POLAND
ORLEN ARENA**

JAN KOWALSKI

COMPETITOR

ELITE
Age group

STATION 1	STATION 2	STATION 3	STATION 4
31	12	24	20
STATION 5	STATION 6	STATION 7	STATION 8
15	18	21	24
STATION 9	STATION 10	COMMENTS	
22	17	—	

GET SOCIAL **#NINJAEC
POLAND**  [jungleninja.poland](https://www.instagram.com/jungleninja.poland)

Every competitor must wear ID badge in Orlen Arena area.

Additionally, a competitor must give ID badge to referee of every elimination station. The referee will note collected points in the particular rubric.

Rubric "COMMENTS" is for noting any extra information by the competition office, e.g. competitor's problems with recognizing colours.

Elimination process

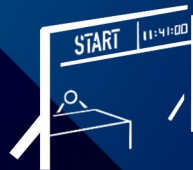
The competition office, signing the declarations,
collecting the starting kits and ID badges



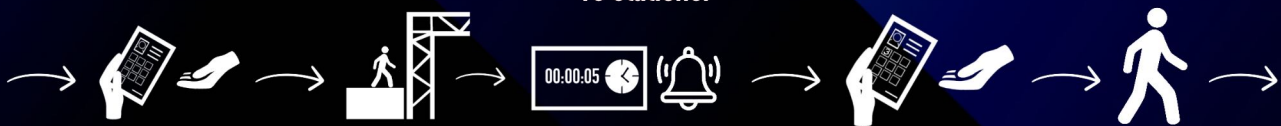
Changing room, warm-up



A competitor appears in start area (best 10 minutes before his start time)




After appearing in start area, a competitor hands his ID badge to referee of the first station and gets ready for his start. On signal START a competitor starts his work on the station. On signal STOP he finishes the station, goes to the referee and takes back his ID badge, in which points are noted, and goes to another station. A competitor repeats that during all 10 stations.



Scores will be presented on the giant screen

1. Jan Kowalski	342
2. Ben Kim	234
3. Gary Nemito	220
4. Tomasz Zen	200
5. Kamil Róza	196
6. Ted Ewert	180
7. Piotr Tarnis	176



To Semi-Finals get:

In categories 9-10, 11-12, 13-14,

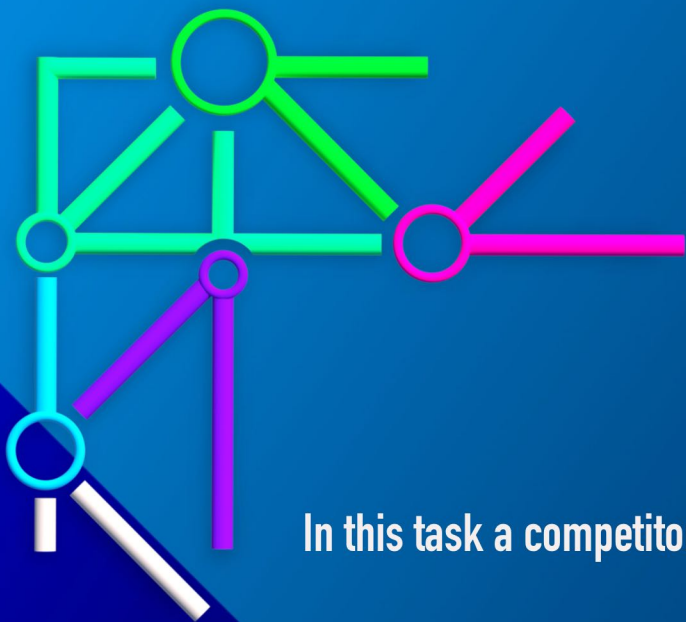
15-17, ELIE

- TOP 8 W and TOP 8 M

In categories 18-24, 25-29, 30-34,

35-39, 40-45, 46+

- TOP 6 W and TOP 6 M



STATION 1

“Jump Tramp”

In this task a competitor needs to catch the rope as high as he can by jumping on the trampoline.

Bottom of the lower hand on a rope is taken to measurement.

Time for the station is 1 minute.

All of the points are added up.

4 pt

Every try is rated if a competitor hangs on the rope until an referee's signal – raising the  green flag.

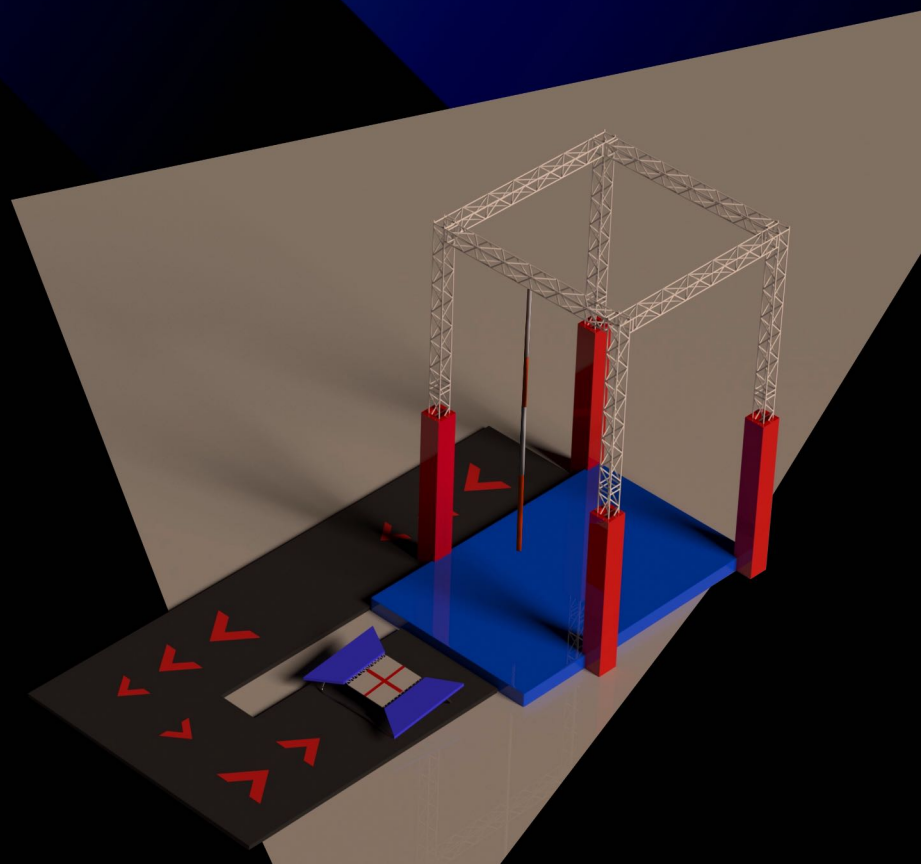
(~ 2 seconds of hanging)

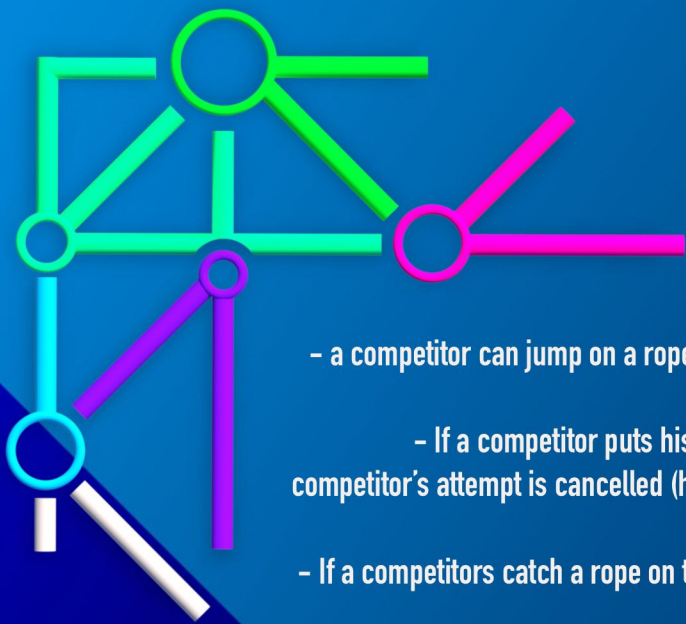
3 pt

If a competitor slips down after catching the rope, the referee waits until the competitor stops and hangs – then he can give accurate points.

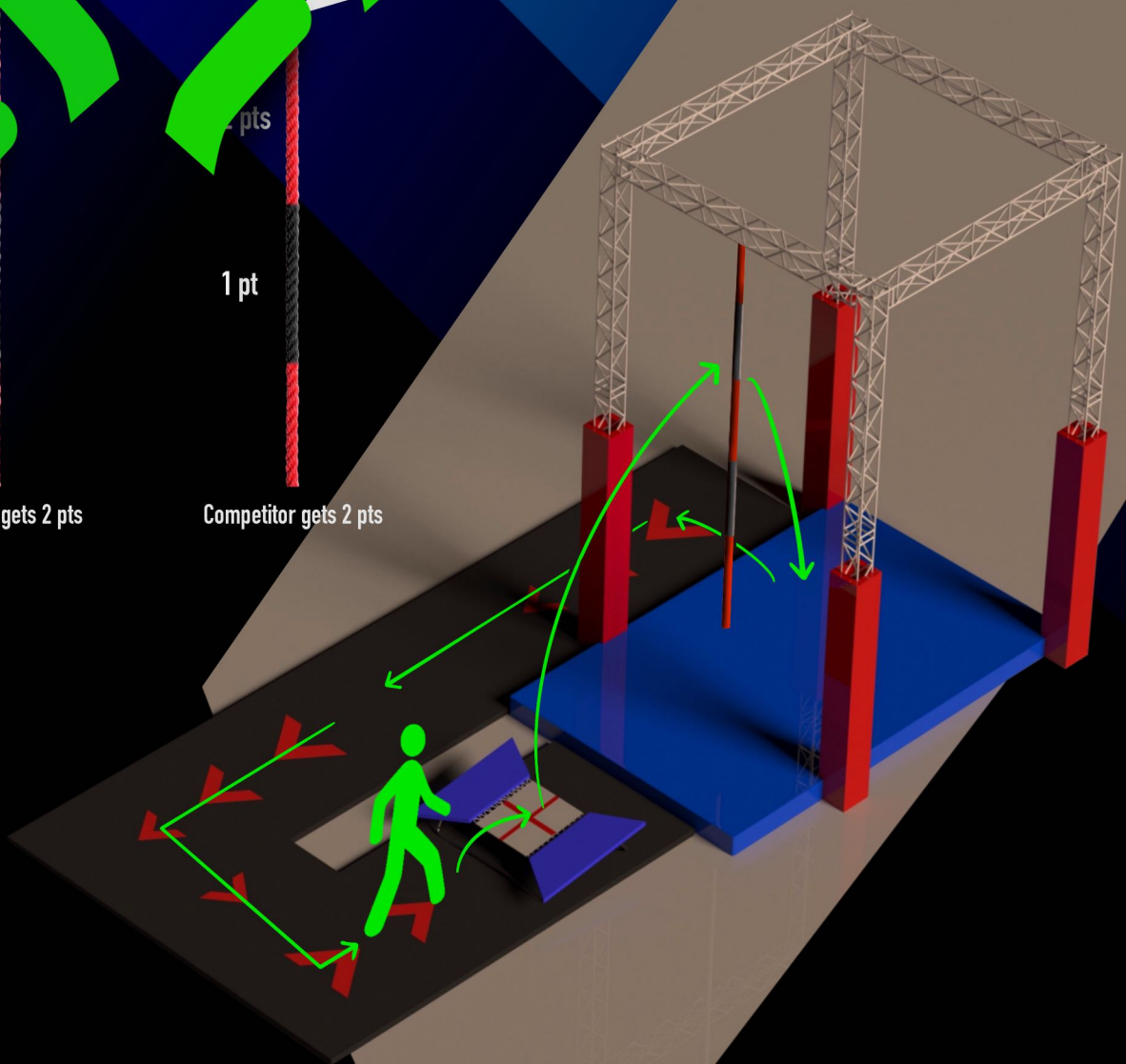
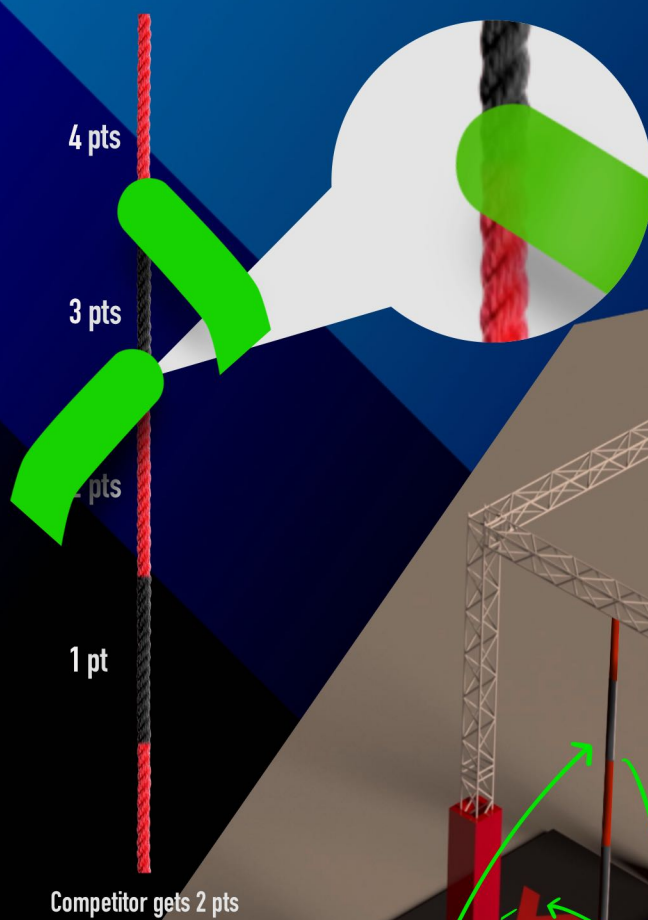
2 pt

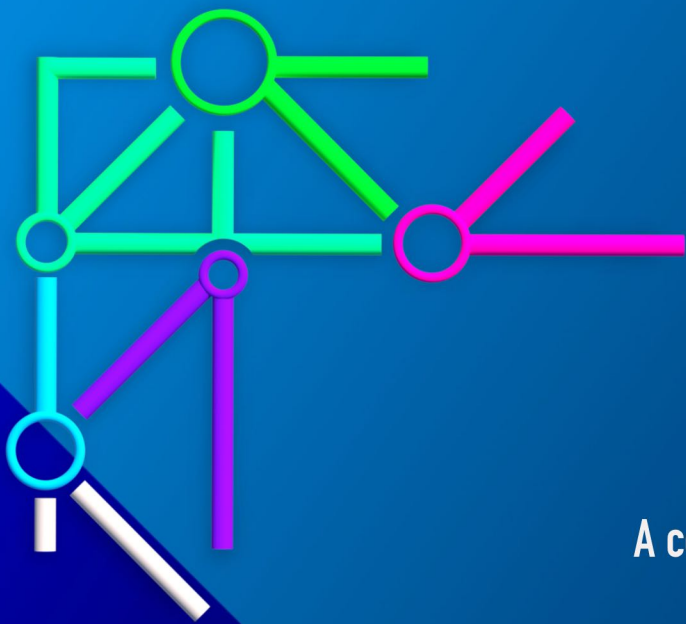
1 pt





- a competitor must not grab a rope with legs
- a competitor can jump on a rope only by using trampoline (does not matter if a competitor jumps on the trampoline by run-up or standing next to it)
- If a competitor puts his lower hand up after hanging on a rope, a referee raises red card – the competitor’s attempt is cancelled (he does not get any points). The competitor gets down and continues the station.
- If a competitors catch a rope on the line between point parts (look at the photo below), he gets the points from lower part.





STATION 2

„Swing”

A competitor needs to overcome as many courses as possible with using ninja rings.

A competitor starts from the platform. He jumps to grab the bar, then the ring and starts to swing.

At the end of the course there is another bar, which has to be touched or griped to score the course.

Additionally, at the beginning and end of that course there are platforms which may be used (not obligatory) during “swing” task.

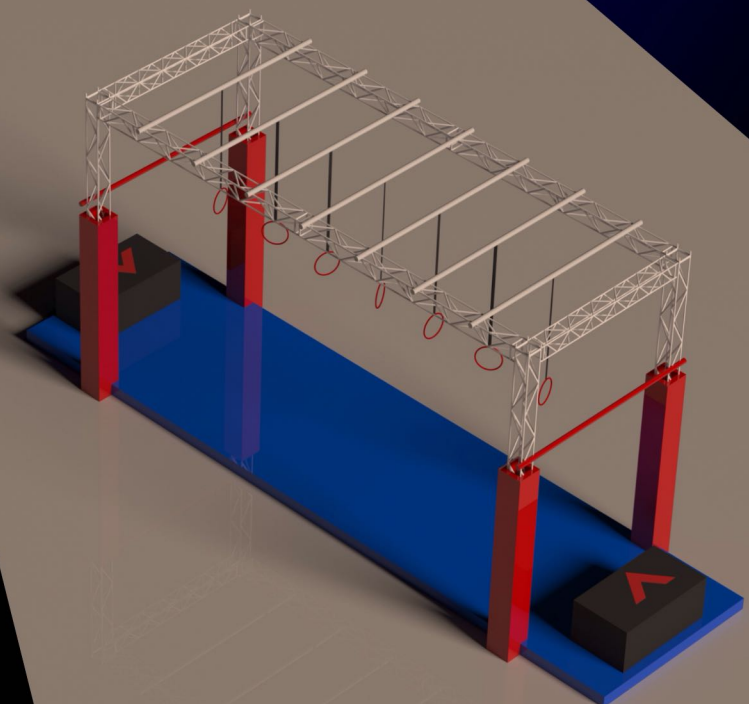
The full course (starting and ending with a bar) is scored – a competitor doesn’t have to use every ring.

If a competitor fails, he goes to the nearest platform to try another time. All scored courses are added up.

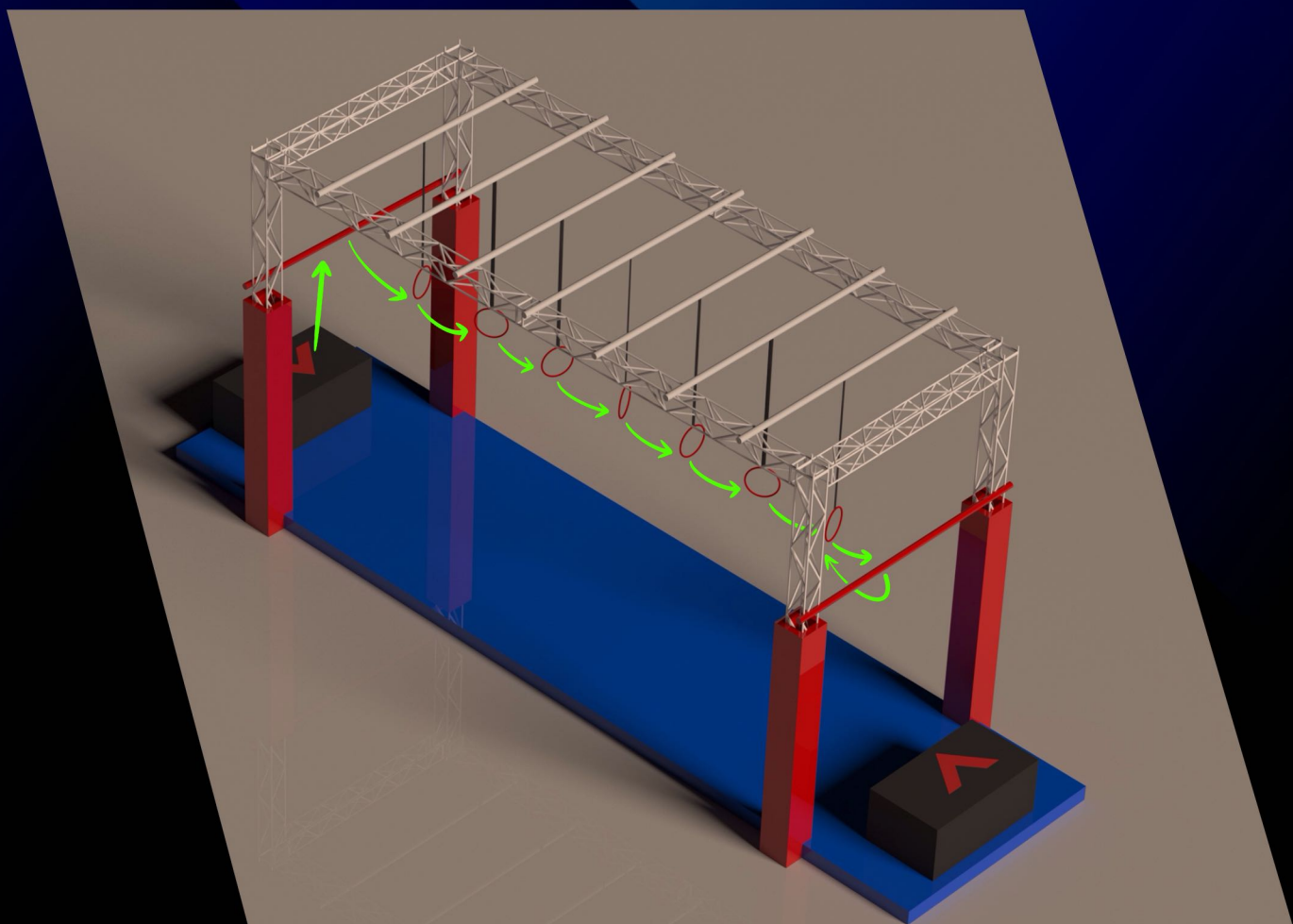
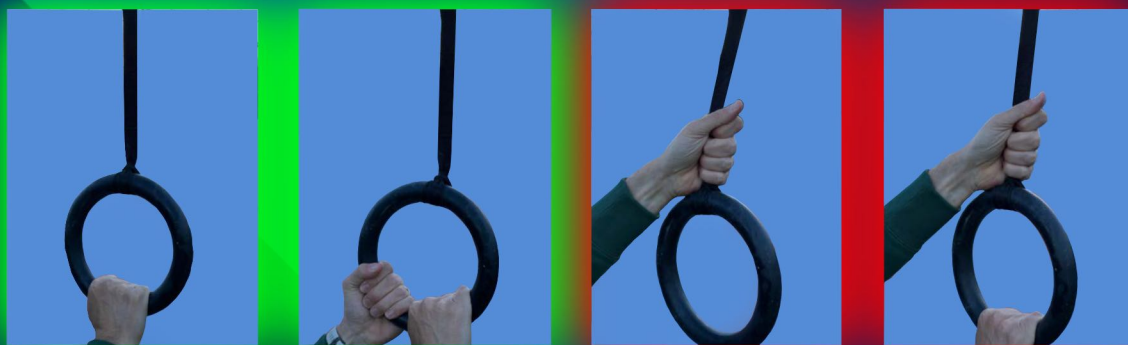
After every scored course an umpire rises green flag and says

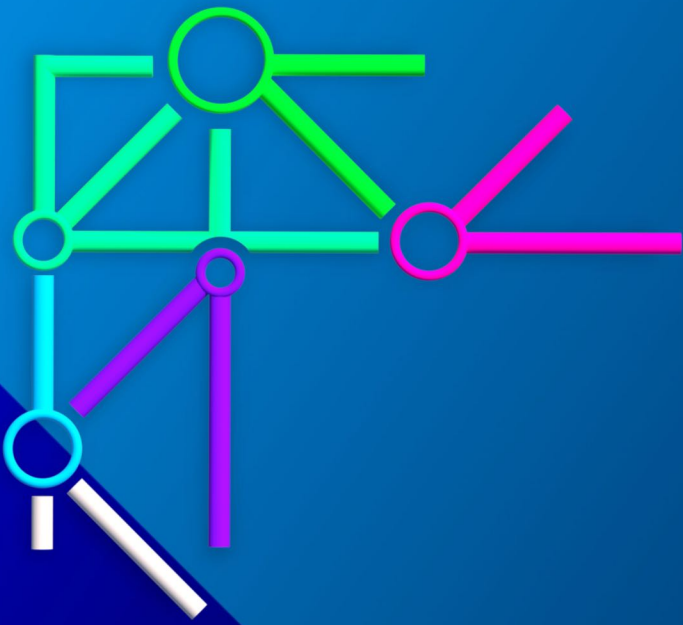
“ZALICZONE-SCORED”. 

One course : 3pts.

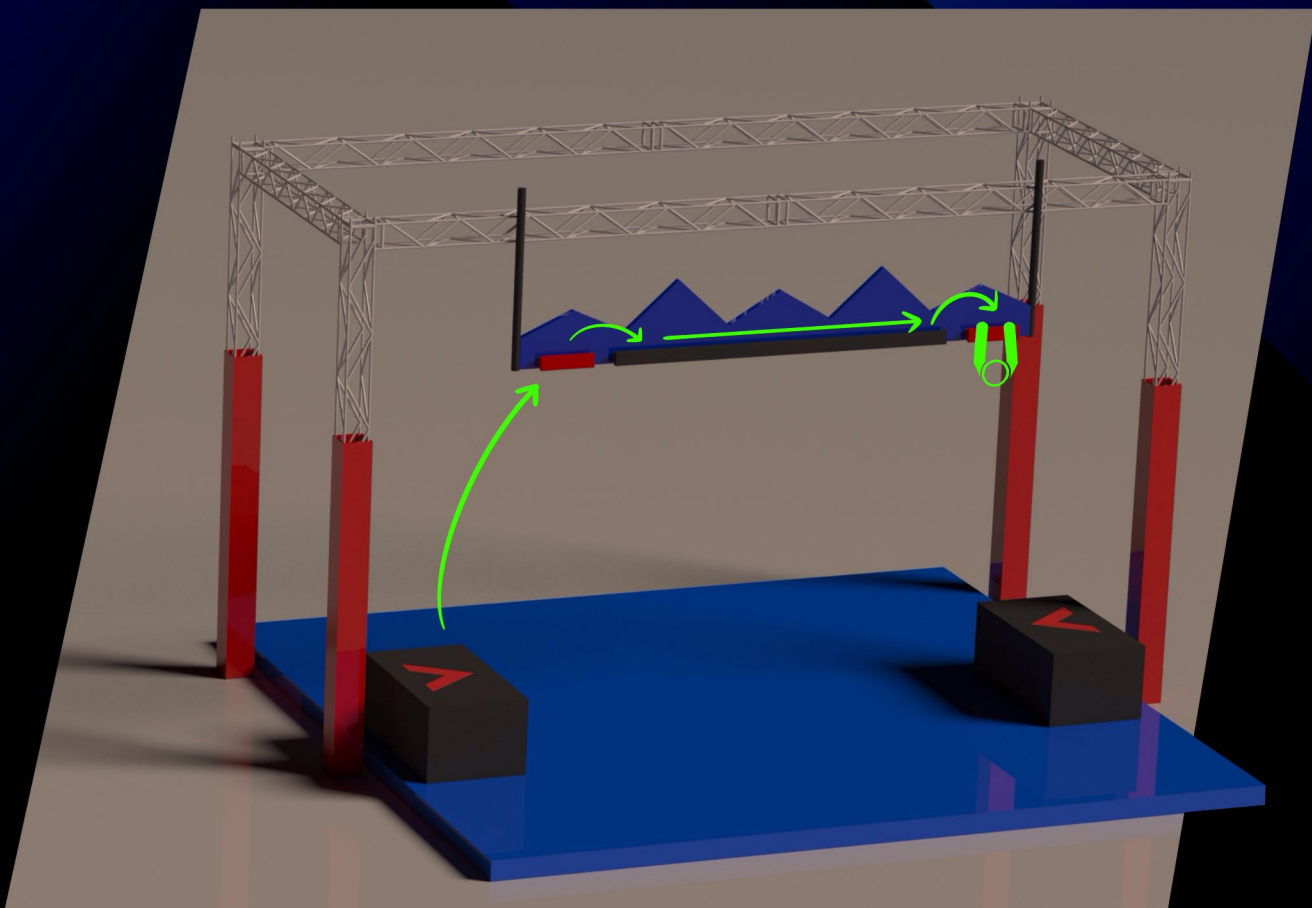


Ninja ring elements – can be grabbed in presented way.





If a competitor falls down during doing the course – he goes to the nearest platform and repeats the attempt.





STATION 4

“Throwing the ring”

A competitor needs to overcome full obstacle starting with the first yellow “pin” and ending on the two last ones.

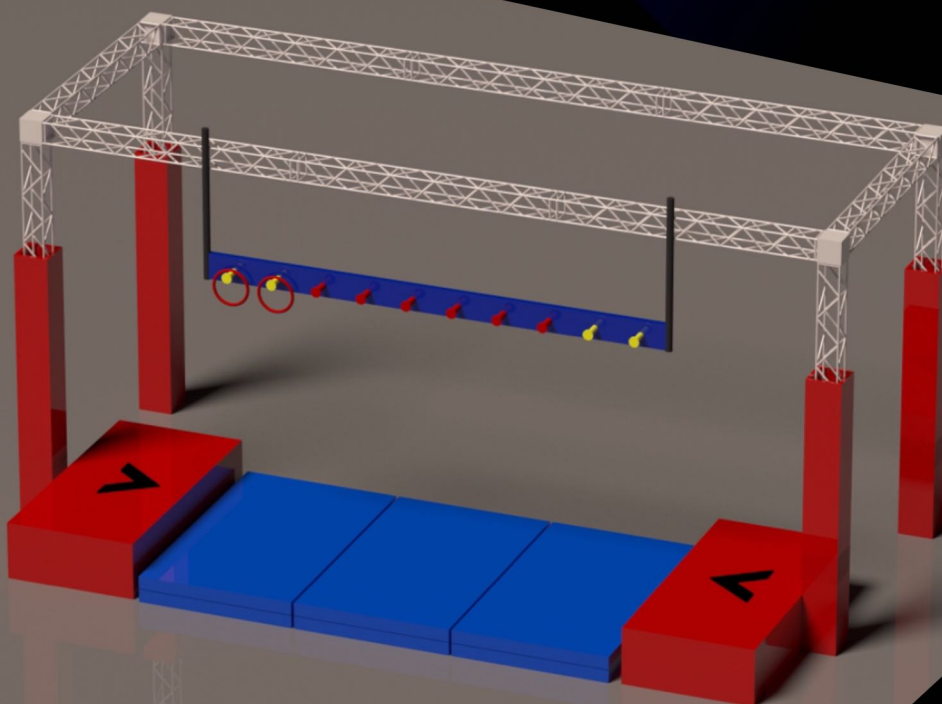
He doesn't have to put the rings on every red pin.

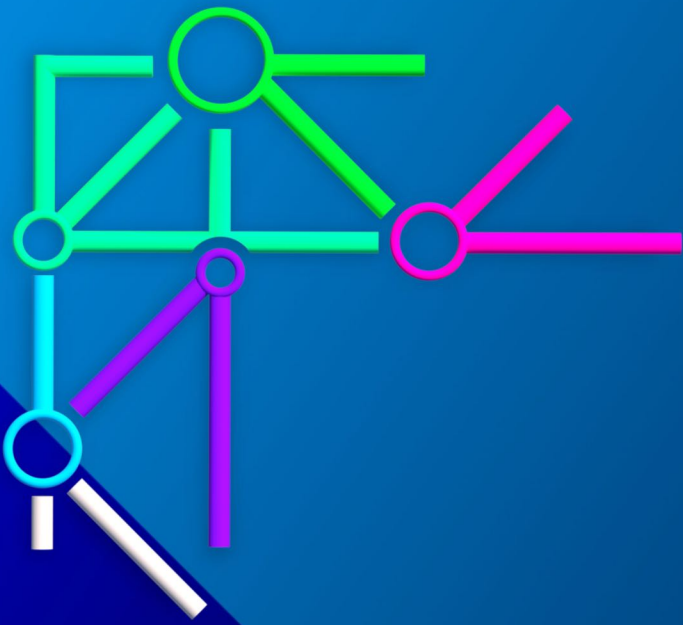
If a competitor falls down during doing the course – he goes to the nearest platform and repeats this station.

At the beginning and end of that course there are platforms used for start and resting (if needed).

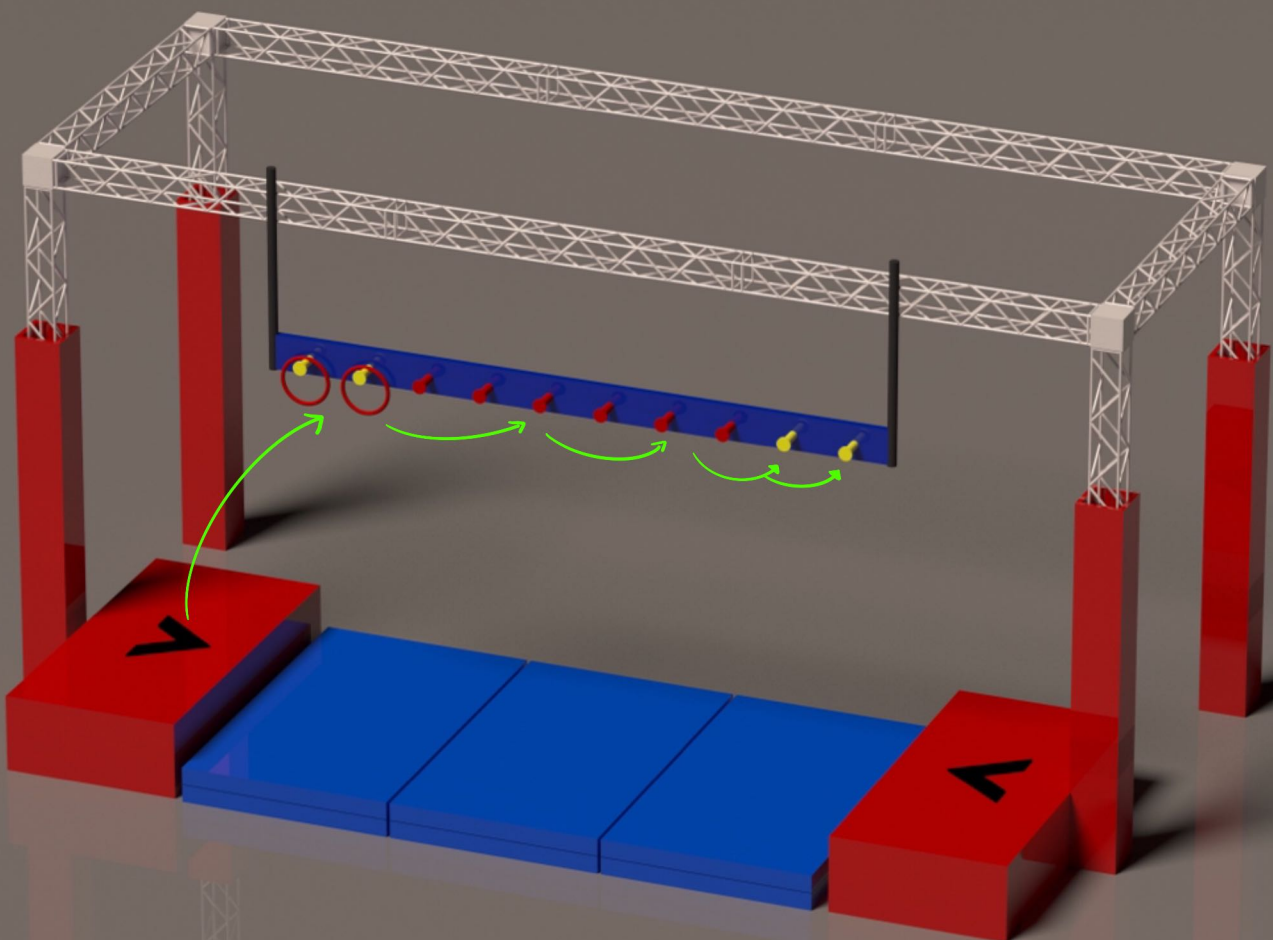
A competitor has 1 minute to do as many full courses as he can.

One course: 3 pts





If a competitor falls down, the rings are still on the pins and the competitor will not be able to reach them – a referee can help him by taking the rings down and hanging them on the first two pins.





STATION 5

“Climbing Wall”

A competitor, using **ONLY** climbing grips, needs to go to the other platform.

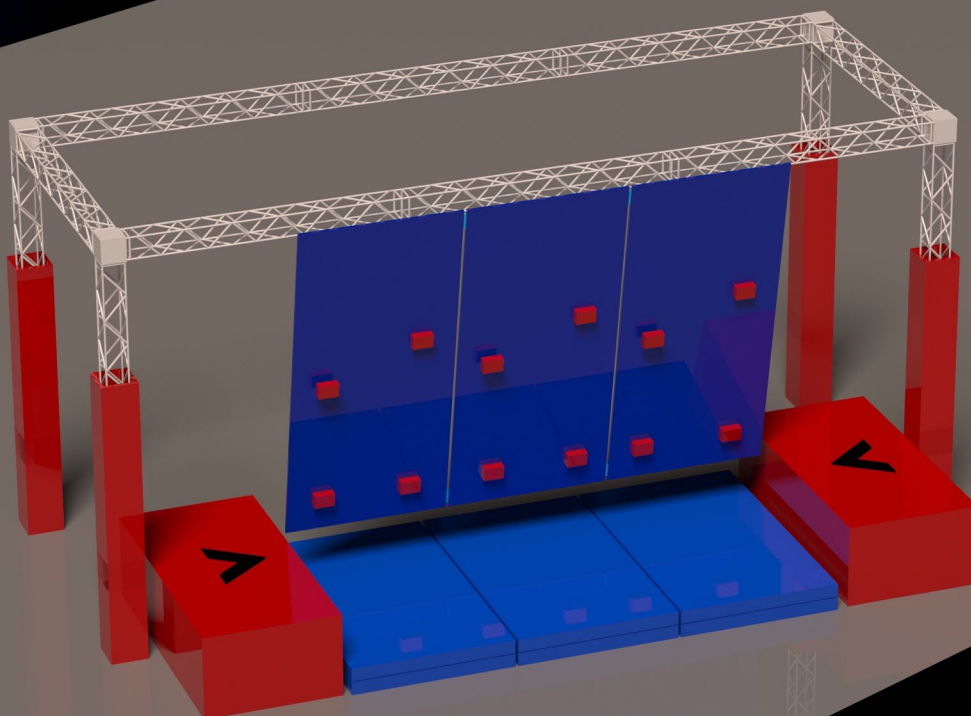
He gets a point in the moment of touching finishing platform with both feet.

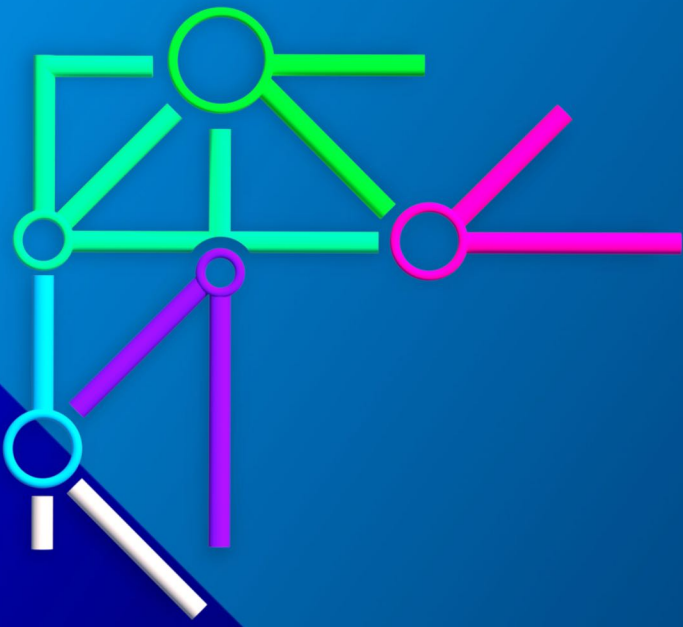
If a competitor falls down during doing the course — he goes to the nearest platform and repeats this station.

At the beginning and end of that course there are platforms used for start and resting (if needed).

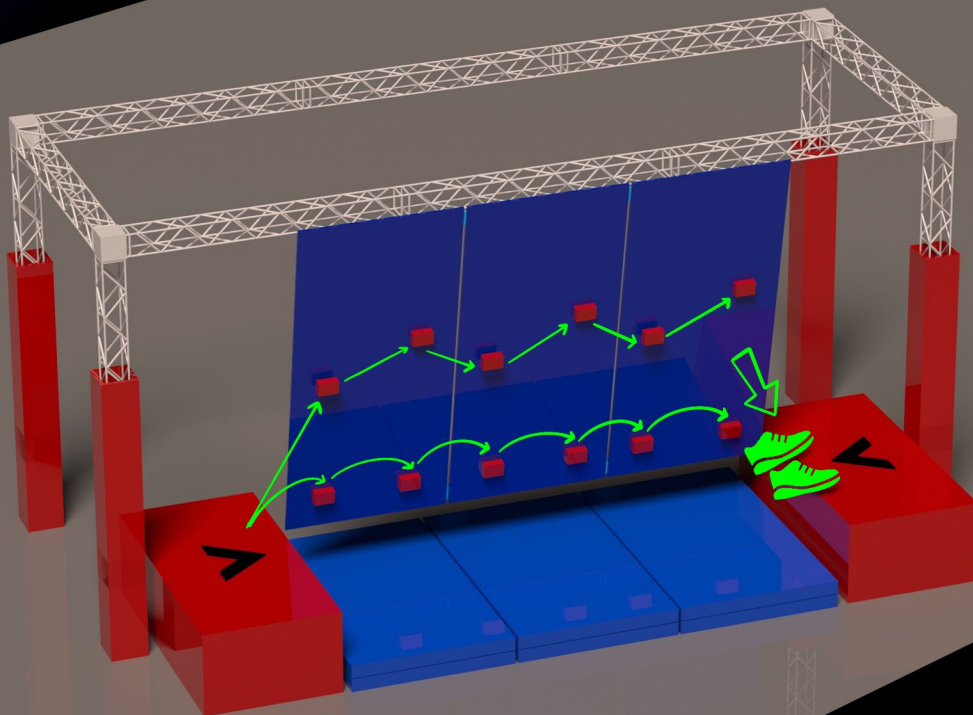
A competitor has 1 minute to do as many full courses as he can.

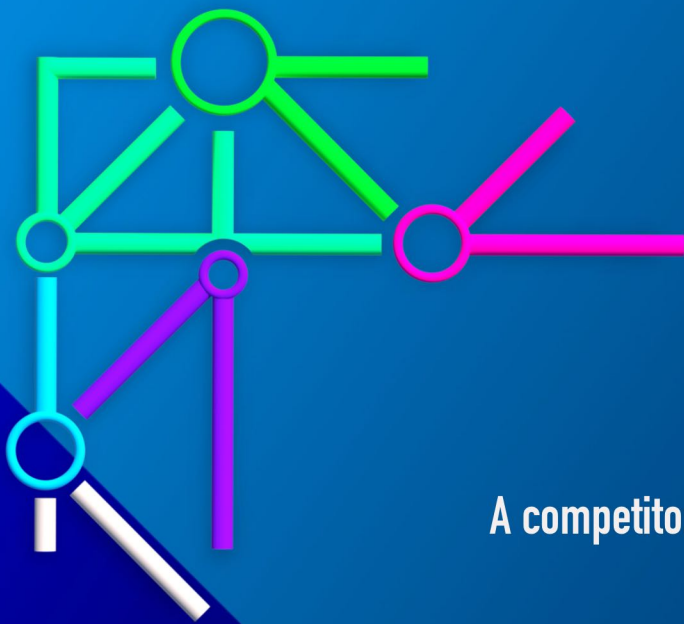
One course: 3 pts





Attention, a competitor does not have to use all of the grips on climbing walls.





STATION 6

“BALANCE”

A competitor needs to complete as many circles as he can.

A white platform is both start and finish.

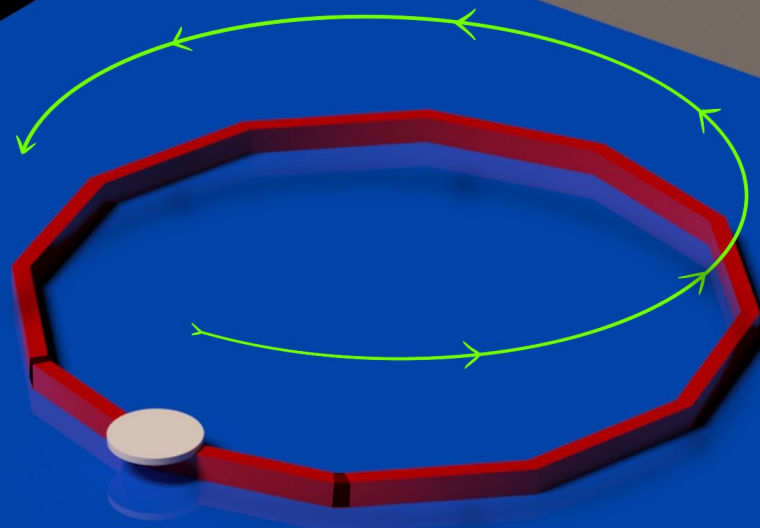
After completing full circle a competitor must stand stably on the white platform (not only touch it) to get the points.

Jumping on the white platform earlier than crossing the black line is forbidden.

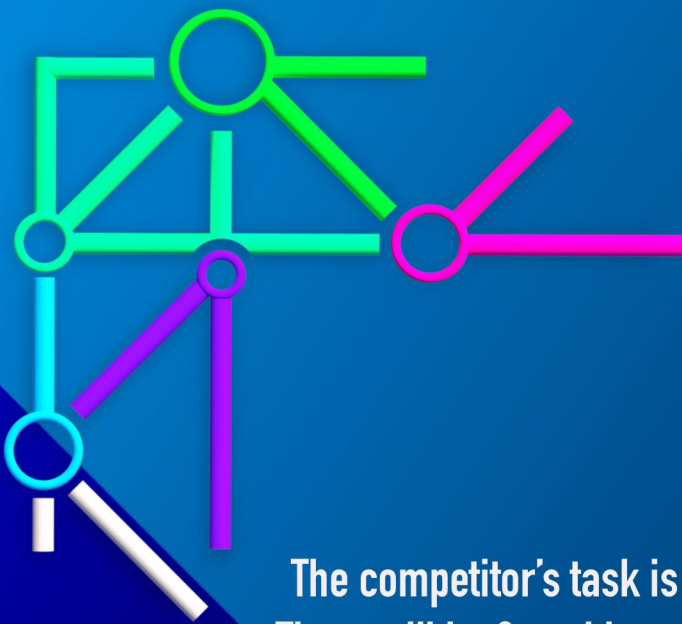
If a competitor falls down during doing the course – he goes to the nearest platform and repeats this station.

Direction of overcoming the obstacle is discretionary.

A competitor has 1 minute to do as many full circles as he can.



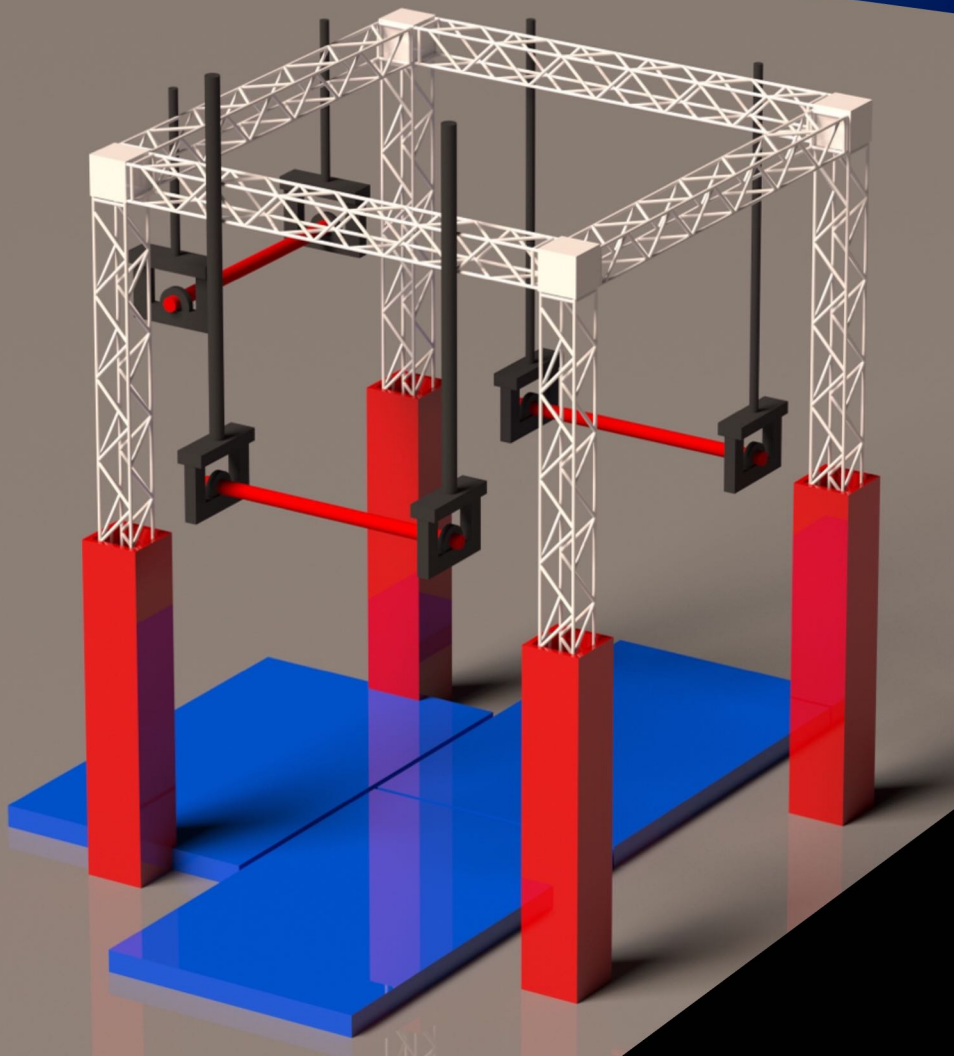
One course: 3 pts



STATION 7

„ROLLO GRIP”

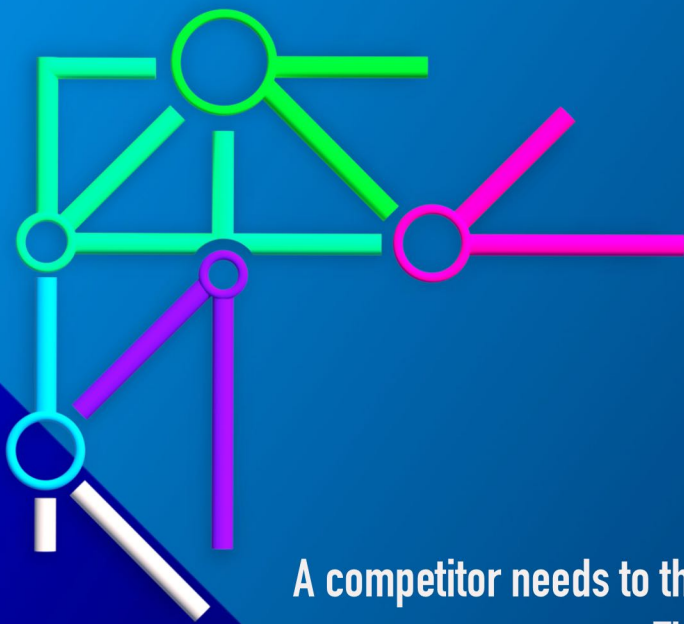
- The competitor's task is to hang as long as possible on the rotating bar.
- There will be 3 positions to choose from - each bar at a different height.
 - The contestant has only one attempt. They start at any moment, and their time is measured by the judge from the moment their feet leave the ground.
 - The contestant can hang for a maximum of 1 minute allocated for a given section.
 - The contestant can only use an overhand or underhand grip.
 - The contestant uses only their hands.



1 full second is 1 pt.

Example:
a competitor grabs the bar
and hangs on it for
00:45:35.

A competitor gets 45 pts.
Then, he waits on this station
for the signal
which finishes this station.



STATION 9

“HEAVY BALL”

A competitor needs to throw a medicine ball over one of the four tubes.

The competitor chooses any tube during every try.

Every tube is marked with different number of points which are scored for throwing the ball over.

A competitor throws a ball over and jumps to the other side — overcoming a landing.

The points are scored when the competitor is on the same side as the medicine ball.

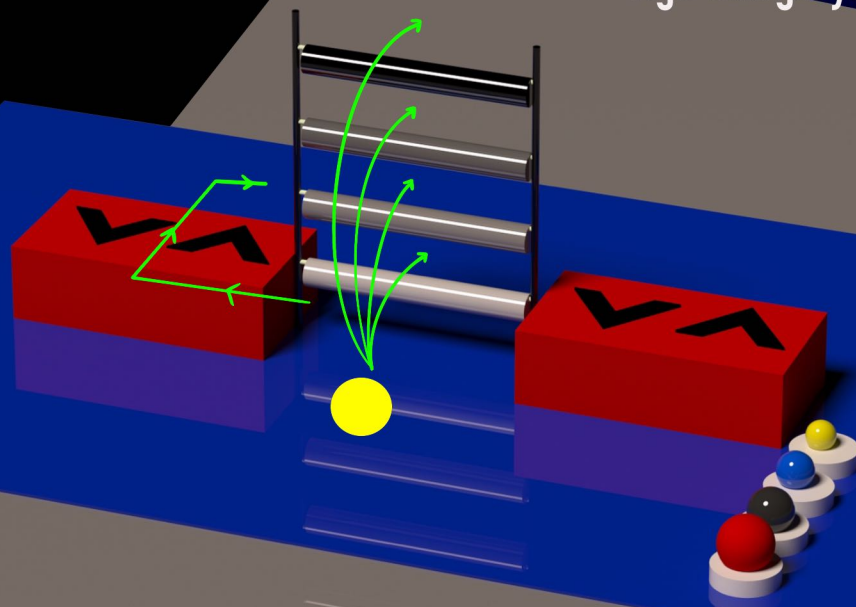
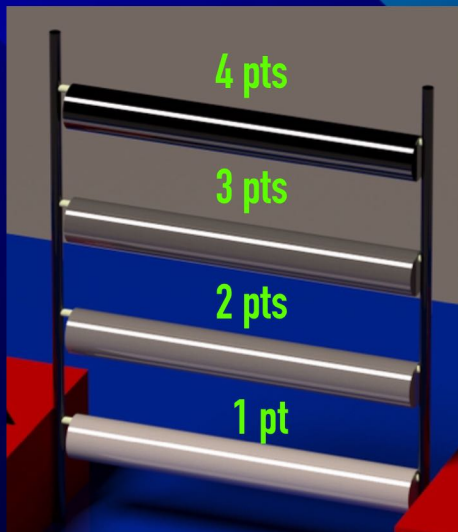
Medicine ball's weight:

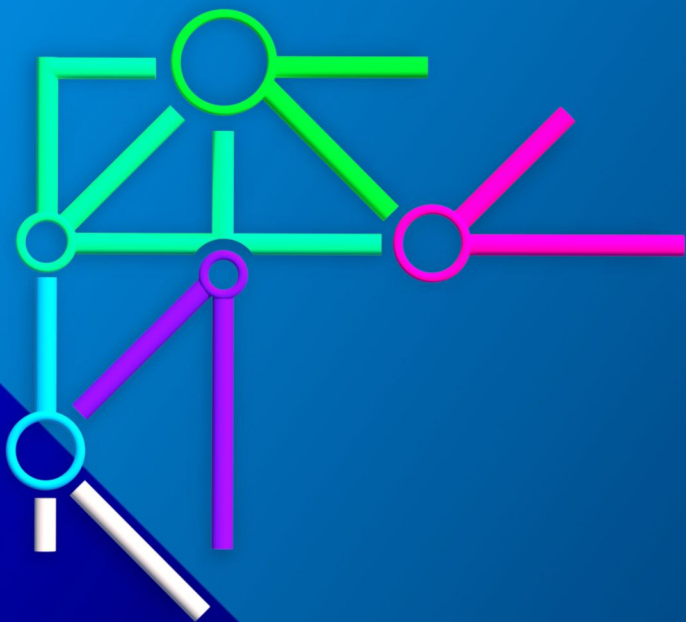
Age category: 7-8, 9-10 *3 kg

Age category: 11-12, 13-14, 15-17 *5 kg

Age category: +18 women *8 kg

Age category: +18 men *12 kg





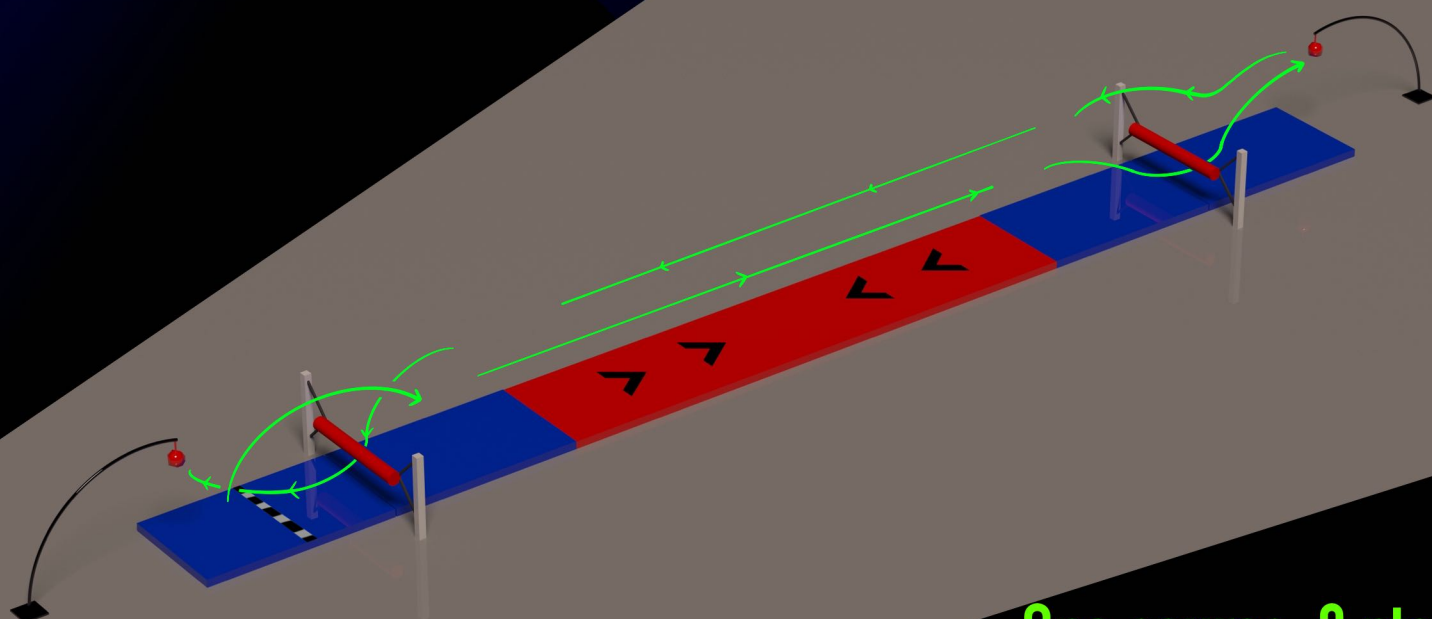
STATION 10

“SPRINT”

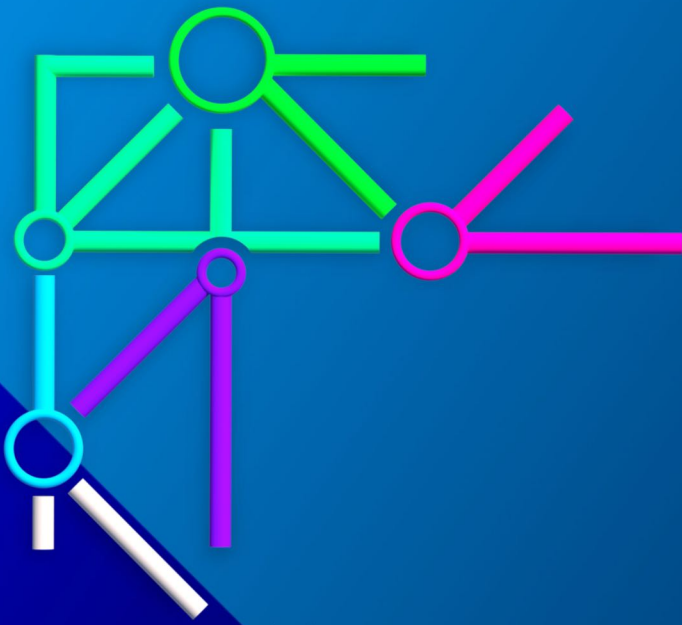
A competitor starts the Station standing in front of/on a white and black line START. Then he jumps over the hanging red tube and runs (10 m) at the second edge of the station to crawl (slide) under the second red tube and hits a bell.

Next he turns back, jumps over the tube, runs back, crawls (or slide) under the red tube, hits the bell and repeats this course as many times as he can during 1 minute.

The points are scored for every correct course after hitting the bell. If the competitor does full course, crawls under the tube – forgets about hitting the bell and jumps over the tube, he cannot go back to hit the bell and get the points. Tubes will be covered with sponge and fitted to the bands.

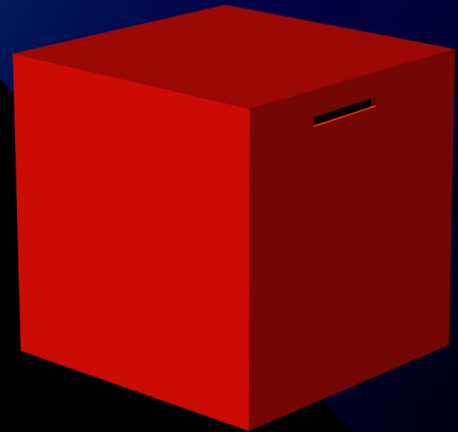
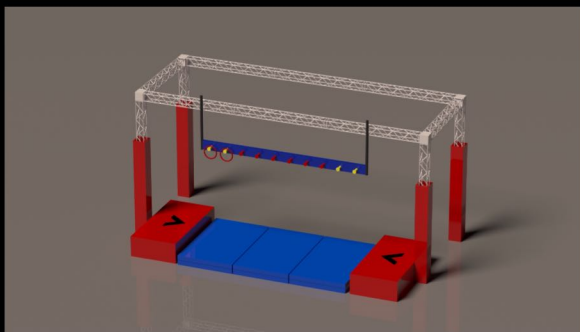
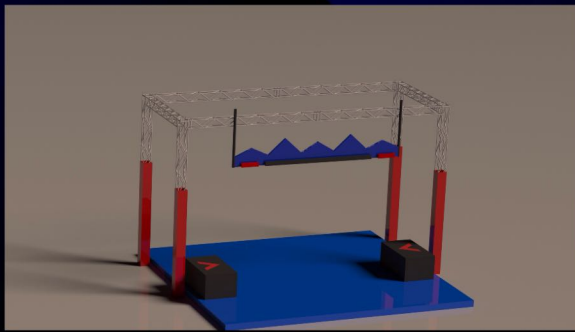
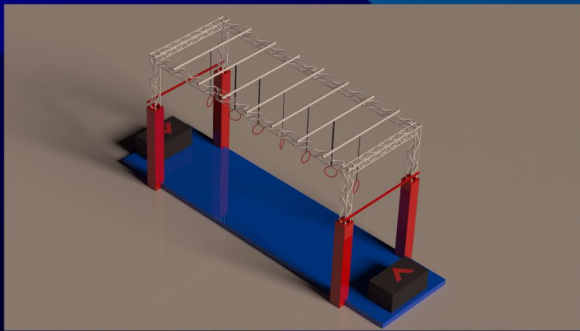


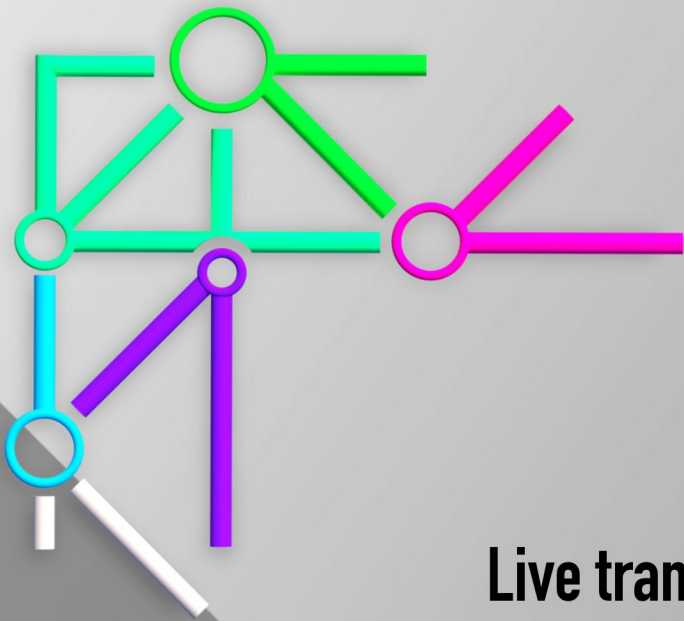
One course: 3 pts



SUPPORT!

For stations 2, 3, and 4, additional boxes will be available to assist the competitor in reaching the obstacle! The competitor will only need to move the box into position before starting, and after the STOP signal, move the boxes back to their place!





Live transmission
YouTube -Klinika Sportowa



Start List , Results:
www.jungleninja.pl



JUNGLE NINJA EUROPEAN CHAMPIONSHIP

Poland - Plock
Orlen Arena 2024

