***Sport Disciplines Conduct, Rules and Regulations***

**AUBG Olympics**

NINJA RUN

The challenge consists of 5 main obstacles, which are going to test the different skills and abilities of the participants. You will have the opportunity to go through the whole Ninja Run track twice. We will clock your time and count the faster try as your final result.

1) Tire Run – You will run through tires by stepping in the middle of each one. Flexibility and swiftness tested.

2) The Rope – Crawling under a rope without touching it.

3) The Rolling Madness – A simple combination of several rolls on a mattress: one roll forward, one backwards, jump over a rope and one more roll forward. It can be a roll over the head, or over the shoulder. Your choice!

4) Standing on the ledge – You will have to balance while walking over a wooden lath. That's an obstacle for balance and concentration with the same level of difficulty for boys and girls.

5) The last obstacle will test your accuracy. You will have to throw 3 small rings and put them on a pole. There will be a penalty line which must not be crossed. Once you do that, you will have successfully finished the first ever AUBG Olympics Ninja Champion Run! Bring your ninja skills and let’s have some fun!