

Directions:

Choose at least one obstacle type from each of the following five (5) obstacle categories and record athlete points on the Scoring Sheet (attached) based on the athlete's best achievement or ability. All scores must be recorded by the athlete's Coach, or the Coach of a Ninja Gym. Athletes may choose to complete any and all additional obstacles beyond the required one from each category, and those scores may be recorded on the Scoring Sheet under each category as "Optional" obstacles. This Skills Sheet does NOT need to be completed in one session, and may also be filled out using the coach's observations and personal experience with the named athlete and his/her most current ability.

Obstacle Category	Upper Body - Strength and Grip <i>*choose at least one obstacle to score</i>	Upper Body - Aerial <i>*choose at least one obstacle to score</i>	Upper Body - Upper Body <i>*choose at least one obstacle to score</i>	Lower Body <i>*all obstacles are optional</i>	Whole Body - Ascension <i>*choose at least one obstacle to score</i>
Obstacle Type	Dead Hang	Rope Swing	Ring Line	Quad Steps	Warped Wall
Description / Specifications	<i>*Two hands on a suspended bar with feet fully off the floor</i>	<i>*Rope in hand, swinging from the floor or raised platform to the floor or another raised platform</i>	<i>*6 7-11" rings hung at least 3' apart. (Increase distance for rings hung from the ceiling - use best judgement) Feet must be fully off the ground.</i>	<i>*4 stable steps with a 35-55 degree angle set at specific distances apart side-to-side and front-to-back. Hands and feet are acceptable to use. May start on the first step, or a starting platform.</i>	<i>*Unlimited run up space. One or two hand grab or touch at the distance is acceptable. The distance maybe indicated by a tape line on a taller wall.</i>
Athlete Ability	0-15 Seconds 0 points 16-45 Seconds 1 points 46-80 Seconds 2 points 81-120 Seconds 3 points 121-180 Seconds 4 points 180+ Seconds 5 points	0-3 feet 0 points 3-5 feet 1 points 5-8 feet 2 points 8-10 feet 3 points 10-12 feet 4 points 12+ feet 5 points	0 transfers 0 points 2-3 ring transfers 1 points Full ring line 2 points Full ring line with at least one skipped ring 3 points Full ring line with multiple skipped rings 4 points Full ring line, down and back without dismounting, multiple skipped rings 5 points	0-1 step transfers with 0" square distance 0 points 2-4 step transfers with 0" square distance 1 points Full completion with 3" square distance 2 points Full completion with 6" square distance 3 points Full completion with 9" square distance 4 points Full completion with 12" square distance 5 points	Less than 6' height 0 points 6' height 1 points 7' height 2 points 8' height 3 points 9' height 4 points "Conquer" (grab and pull up to get on top of) a 10' wall 5 points
Obstacle Type	Grip Holds	Lache	Inverted Steps	Balance	Cargo Net Climb
Description / Specifications	<i>*At least 10 seconds with one or two hands on the hold with feet fully off the floor</i>	<i>*Swinging or lacheing between two individual bars. "Monkey barring" is acceptable.</i>	<i>*Steps must be between .75" and 1.25" in thickness and between 8-12 inches above each other at a minimum of 30 degree angle. Athletes must engage by gripping and hanging from the first step without feet touching the ground. Minimum 5 steps on each side</i>	<i>*Hands and feet are acceptable to use on the balance implement. All lengths must be 8-10'. Beam must be 3.5-5.5 inches wide and flat. Wide pipe must be 5-10" wide. Small pipe must be 1.5-3 inches wide. All balance must be static (not spin) and be at least 4 inches off the ground. Single step completion of distance is acceptable.</i>	<i>*Net must be at least 10 ft tall and 6 ft. wide. Athlete engagement indicates hands and feet on the ropes without touching the ground.</i>
Athlete Ability	Less than 10 seconds 0 points Ring 1 points Dogbone 2 points Cannonball (small) 3 points Cone 4 points Nunchuck 5 points	0 feet 0 points 1-2 feet 1 points 3-5 feet 2 points 6-7 feet 3 points 8-10 feet 4 points 10+ feet 5 points	Unable to engage 0 points Able to engage for 10 seconds 1 points Able to progress up 3-5 steps 2 points Able to progress up and down all steps 3 points Able to progress up and down all steps with at least one skip on each side 4 points Able to progress up and down all steps twice with no dismount, must skip at least one step on each side of the incline 5 points	Non-engagement of beam 0 points Completion of 3' of balance beam 1 points Completion of balance beam 2 points Completion of 3' of wide balance pipe 3 points Completion of wide balance pipe 4 points Completion of small balance pipe 5 points	Unable to engage 0 points Able to climb up two rows 1 points Able to climb up four rows 2 points Able to climb up six rows 3 points Able to climb to the top and across 6ft without dismount 4 points Able to climb up to the top, across the width of the net, and transfer to the back side of the net without dismount 5 points
	Cliffhanger		Pull-Ups (Traditional)		Rope Climb
	<i>*Free hanging from one or both hands with feet fully off the floor. Scoring guidelines are provided for both 1" deep and 2" deep cliffhanger holds. Shown as (1") / (2").</i>		<i>*Free hanging from a bar. Pull up until the chin is level with or above the bar level.</i>		<i>*Rope must be a minimum of 10 feet tall, preferably 20 feet if possible. Large knot at the bottom is acceptable, and encouraged.</i>
	Unable to engage for 5/10 seconds 0 points Able to engage for 5/10 seconds 1 points Able to engage for 10/20 seconds 2 points Able to transfer across 2/3 holds 3 points Able to transfer across or up 3/4 holds 4 points Able to transfer across or up 4/5 holds with at least one skip 5 points		Unable to engage 0 points 1/2 way up to bar 1 points 1-2 pull-up 2 points 3-5 pull-ups 3 points 6-8 pull-ups 4 points 9+ pull-ups 5 points		Unable to hold and engage for 5 seconds 0 points Able to hold and engage for 5-10 seconds 1 points Able to hold, engage, and climb at least 3' above starting 2 points Able to climb to the top of 10' rope, or 6' above starting 3 points Able to climb to the top of 20' rope, or up and down 10' rope twice without dismounting 4 points Able to climb to the top of 20' rope, or up and down 10' rope twice without using lower body 5 points