

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 *all obstacles are optional	Upper Body – Aerial *choose at least one obstacle to score	Upper Body – Upper Body *all obstacles are optional	Lower Body – Balance *choose at least one obstacle to score	Lower Body – Agility *choose at least one obstacle to score	Whole Body – Ascension *choose at least one obstacle to score
Obstacle Type	Dead Hang	Rope Swing	Ring Line	Bosu Balls	Quad Steps	Warped Wall
Description / Specifications	*At least one hand or prosthesis on a suspended bar with feet fully off the floor	*Rope in hand, swinging from the floor or raised platform to the floor or another raised platform	*6 7-11" rings hung at least 2' apart. Feet must be fully off the ground.	*4 Standard Bosu-type balls. Standard is flat side down. Inverted is ball side down. Spacing is edge to edge.	*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.	*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.
Athlete Ability	0-5 Seconds 0 points 5-25 Seconds 1 points 26-50 Seconds 2 points 50-75 Seconds 3 points 75-90 Seconds 4 points 90+ Seconds 5 points	Unable to engage 0 points 1-2 feet 1 points 2-4 feet 2 points 4-6 feet 3 points 6-8 feet 4 points 8+ feet 5 points	0 transfers 0 points 1 ring transfer 1 points 2-3 ring transfers 2 points 4-5 ring transfers 3 points Full ring line with at least one skip 4 points Full ring line, down and back without dismounting 5 points	Unable to engage or complete 4 standard with 12" spacing 0 points Completion of 4 standard, 12" spacing 1 points Completion of 2 standard, 2 inverted 12" spacing 2 points Completion of 4 inverted 18" spacing 3 points Completion of 4 inverted 24" spacing 4 points Completion of 4 inverted 36" spacing 5 points	Unable to complete with 6" square distance 0 points Full completion with 6" square distance 1 points Full completion with 12" square distance 2 points Full completion with 18" square distance 3 points Full completion with 24" square distance 4 points Full completion with 36" 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		Pull-Ups (Traditional)	Balance	Sonic Curve	Cargo Net Climb
Description / Specifications	*At least 3 seconds with at least one hand or prosthesis on the hold with feet fully off the floor		*Free hanging from a bar. Pull up until the chin is level with or above the bar level.	*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.		*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.
Athlete Ability	Less than 3 seconds 0 points Ring 1 points Dogbone 2 points Cannonball (small) 3 points Cone 4 points Nunchuck 5 points		Unable to engage 0 points 1/2 way up to bar 1 points 1 pull-up 2 points 2-3 pull-ups 3 points 4-5 pull-ups 4 points 6+ pull-ups 5 points	Non-completion of beam 0 points Completion of 4' of balance beam 1 points Completion of balance beam 2 points Completion of wide balance pipe 3 points Completion of small balance pipe 4 points Completion of slack line 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 lift 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 *Free hanging from one or both hands or prostheses with feet fully off the floor. Scoring guidelines are provided for both 1" deep and 2" deep cliffhanger holds. Shown as (1") / (2").					Spider Climb
	Unable to engage 0 points Able to engage for 2/5 seconds 1 points Able to engage for 5/10 seconds 2 points Able to engage for 10/20 seconds 3 points Able to transfer between two holds 4 points Able to transfer between three holds 5 points					