

General rules:

- The athletes must complete a series of set skill challenges under a certain amount of time and/or attempts.
- There will be a preliminary round (rd1) to determine the contestants participating in the final round (rd2).
- The points from the preliminary round will **not** transfer over to the final round.
- The challenges must be completed according to the instructions given.
- A challenge will be seen as completed once the challenge-assigned judge approves the contestants execution of the set challenge.
- If a challenge is completed within the contestants first attempt, it will be considered a **one bang**.
One bang acts as a tie-breaker between contestants.
For example: if contestant 1 completes 7 challenges with 3 one bangs, and contestant 2 completes 7 challenges with 5 one bangs, contestant 2 will place ahead of contestant 1.

Rd 1:

The preliminary skill round.

- Athletes will have 30 minutes to complete 14 challenges across our course. The challenges will be set by *Kevin Franzén*, and are aimed to include a wide arrange of movements.
- There are a total of seven judges, meaning each judge will simultaneously be judging two challenges. It is therefore very important to wait for the judge to give you a signal before you attempt a challenge.
- If you complete a challenge without the judges attention you will **not** be rewarded for that challenge. If you attempt a challenge without the judges attention, the attempt will be counted, meaning you can **not** get awarded for a one bang.
- If a contestant starts a challenge before the 30 minute timer has run out, and completes the challenge after the timer has run out, the completion will be counted and awarded.
- The top 5 contestants from the preliminary skill round will move forwards into the final round (Rd2). If multiple contestants share the 5th spot, all will move forward.

Rd 2:

Final skill round.

- Athletes will have 10 minutes to complete up to 5 challenges. The athletes will be attempting the challenges separately.
- Each athlete will have five lives to attempt the challenges. If an athlete completes a challenge a life will **not** be used. If an athlete attempts but does **not** complete a challenge, a life will be deducted from them.
- If a contestant starts a challenge before the 30 minute timer has run out, and completes the challenge after the timer has run out, the completion will be counted and awarded.
- If multiple people place shared 5th place, a tie breaker challenge will be introduced.
- All challenges will be set and judged by *Kevin Franzén*.