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## ANCESTORS' CHALLENGE REGULATIONS

### ***General rules***

#### ➤ **Event**

- The qualifying round will be on both Thursday and Friday from 2 to 6 p.m. The athletes must register two attempts, the best of which will be used as the official result to qualify. Both attempts may be done on the same day or spread out on both days.
- During the qualifying round, there will be a recurring hourly schedule:
  - ✓ :00 - A speaker will give instructions and will go through the obstacles to explain the specific rules.
  - ✓ :10 - Free Practice.
  - ✓ :40 - Official attempts.
- During the elimination round, athletes will have start times provided to them. The athletes will have two races against other contestants, the semi-finals and the finals. The two best contestants of each wave of semi-finals will compete in the finals.

#### ➤ **Course**

- The competitor must:
  - ✓ Wait for the signal to start.
  - ✓ Follow the indications and remain on the course throughout the event.
  - ✓ Complete each obstacle in accordance with their specific rules.
  - ✓ Always be in motion as to not impede access to the next runner.
- The fastest competitor has the first choice of lane on the obstacle.
- Once the line is chosen, the runner cannot change lines without starting the entire obstacle again.
- If the runner falls or violates one of the rules of the obstacle, he must return to the beginning of this obstacle and start again.



➤ **Security**

- Athletes must always prioritize their safety and that of their peers. In no case can the competitor's head be under his or her hand. Athletes must always keep 2 points of support on the modules.

➤ **Results**

- A DNF counts as one of the two attempts.
- The results obtained during the qualifiers will not be revealed to the athletes after their performance. They will be announced on the website, on social media and to coaches the next morning.

***Regulations by type of obstacle***

➤ **Obstacle type: Wall**

- All wall type obstacles must be completed without the assistance of the support structures.

➤ **Obstacle type: Crawling obstacles**

- These obstacles must be crawled under.
- The competitor must follow the arrows shown on the obstacles.

➤ **Obstacle type: Hanging obstacles**

- All hanging obstacles (monkey bars for example) must be completed without touching the ground between the start and the end of the obstacle. The participant must enter between the start poles and exit through the poles at the end.
- The athlete must completely lift off from the ground by clinging to the first accessory (or the first 30 cm in the case of a single accessory) and return to the ground outside the output of the module.

➤ **Obstacle type: Balance**

- Balance type obstacles must be crossed without touching the ground nor the physical limits of the obstacle along the entire length of the obstacle.



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➤ **Obstacle type: Accuracy**

- The accuracy of the contestants will be tested using a lacrosse net.
- Only one try will be offered to the competitor who will have to take a lacrosse stick, put a ball in it and throw the ball into the goal.
- Success: In case he succeeds, he will then be able to head directly to the finish line.
- Non-success: In the event that the ball does not penetrate the goal, the athlete must fetch his ball and then cross the penalty obstacles that follow: mesh wall and ladder wall.