

NATIONAL NINJA LEAGUE
WORLDS 2022



OFFICIAL RULEBOOK

Worlds General Rules

This rulebook differs from the official National Ninja League Season VII rulebook. This version of the rules has taken relevant sections from the regular season rulebook and omitted irrelevant sections. The rulebook also includes new sections and rules specific to NNL World Championship Events. The NNL is the official regulator of these rules and has the final authority on interpretations, rulings and clarifications. The NNL also reserves the right to change or modify the rules.

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Event Rules

Registration

1. National Ninja League World Championship Events must be priced between \$100-\$200
 - a. World Championship Registration must collect athlete's NinjaWorks IDs
2. National Ninja League will be required to create an athlete list and submit that list to NinjaWorks no later than 3pm EST on the day before the start of their event
 - a. Course run order will be organized based on the following criteria:
 - i. Athletes will be placed into groups based on their best overall placement at either:
 1. Their regional championship
 2. NNL Regular Season Regional Standings
 3. Their group will be determined by whichever of their placements is better.
 - a. Example an Athlete finished 3rd in Regional Standings and 1st at a Regional Championship. This athlete will be sorted by their 1st place Regional Championship ranking.
 - ii. Groups will then be sorted in descending order.
 1. Worse placements will run the courses first.
 2. Better placements will run the course last.
 - a. Example: All athletes that placed 1st in a Regional Championship or Regional Standings will be placed into a group.
 - iii. Within each group, the athletes placed into the group via their Regional Championship placement will be combined into a subgroup and run first and athletes placed into the group via their NNL Regular Season Regional Standings will be placed into a subgroup and run last.
 1. If there is more than one athlete placed into either subgroup, the run order between the athletes will be determined by their power ranking.
 - a. Lower power ranking will run first
 - b. Higher Power ranking will run last
 - b. Athletes that register after the run order has been submitted must be placed at the beginning of their wave.
 - c. If an athlete arrives late, the NNL has the option to add them into the run order where they see fit.
 - i. The NNL is not required to add late runners to the run order.
 - d. Run order must be in the following sample format:

- i. A single CSV or spreadsheet, listing athletes in the desired run order, with the following columns:
 1. NinjaWorks Athlete ID
 2. Athlete's First Name
 3. Athlete's Last Name
 4. Athlete's Division/Gender (ex. Kids Male)
3. Wave Caps
 - a. Each wave of athletes will be capped at a maximum of 50 athletes per wave
 - i. NNL can open an additional wave of 50 athletes for the same age division at a different time if the original wave reaches 50 athletes.
 - ii. If the state hosting NNL Worlds has Covid restrictions, we expect wave caps to adhere to any local ordinances the government has provided for safe gatherings.
4. NNL may run multiple age divisions within a single wave
 - a. However, athlete's results must still be sorted by each age division and gender division within the NNL Worlds competition.

Opening Ceremony

1. The United States' National Anthem must be played at the start of all NNL Worlds events
 - a. This should occur prior to the first athlete running the course (regardless of which age division starts off an event)
 - b. If an event spans multiple days, the anthem is only required before the start of the first day and does not have to be played before the start of the second day
2. All NNL Worlds competitions must have a physical American flag for the playing of the National Anthem

Livestream

1. NNL is required to livestream all age groups in their competition.
2. The livestream must go to the NNL's Youtube or Facebook page.

Redemption Time Policy

1. Redemption Time: may be added for an age division following the event for that same age division
2. Redemption Time and/or Open Gym hosted at the same venue as the main NNL Worlds competition may not be held prior to the event for an age division that has not yet competed.

Worlds Competition Rules

Worlds Competition Scoring Format

1. NNL Season VII Worlds Competition recognizes three distinct scoring formats:
 - a. World Champion
 - b. World's Strongest Ninja
 - i. World's Strongest Ninja Course
 - ii. Skills Overall
 - c. Skills Overall
 - i. Individual Skills
2. Each format is outlined in Athlete Rules under the Format section.

Rules Walkthrough

1. This section applies to both Skills and Course Qualifiers.
 - a. The rules walk through may be no longer than 35 mins including athlete questions
 - b. If there are multiple waves in an age division, all obstacles must be demonstrated the same way during rules for each wave
 - c. If an athlete, parent, or coach touches an obstacle, the **referee** may choose to disqualify that parent's or coach's athlete(s) if they feel they have gained an unfair advantage by touching the obstacle
 - i. Including: testing the texture of an obstacle

Starting & Stopping an Athlete's Course Run

1. This section applies to both Skills and Course Qualifiers
2. Starting Noises or visual signals
 - a. Must be consistent throughout all waves
 - i. Example: If a **referee** starts athletes with a "3,2,1 GO!", they must continue to say "3,2,1 GO!" throughout that wave
 - ii. Example: If a timer flashes "red,white,green, go", the timer must continue to signal "red,white,green, go" throughout that wave
3. False Starts
 - a. If an athlete starts prior to when the **referee** counts them in, the **referee** will stop the athlete immediately and the athlete will return to the startline and be counted in again.
 - b. If the athlete false starts again, the athlete will be given one more opportunity to start again.
 - c. If the athlete false starts on their third attempt they will be disqualified.

4. Buzzer
 - a. The end of the course must have some form of a buzzer
 - i. Athletes clear the final obstacle and stop their time by making contact with the buzzer.
 1. If the buzzer is positioned on a landing platform:
 - a. Engaging the buzzer will overrule the **3 Step Obstacle Completion Process**
 - i. The athlete's time will stop when the athlete engages the buzzer.
 2. If the buzzer is positioned on a hanging obstacle:
 - a. The athlete's time will stop when the athlete touches the buzzer with ANY part of their body or part of an obstacle that is allowed for that obstacle series.
 - ii. Examples of acceptable forms of a buzzer: hitting a buzzer, knocking over a cone, hitting a designated slap spot, ringing a bell, hitting a gong
 - b. Buzzers can only be used at the end of a course to signal the end of the athlete's run.

Incident Handling

1. This section applies to both Skills and Course Qualifiers
2. Injury Stops
 - a. In the event an athlete is injured while running the course/skill and they need to step off of the course/skill, their course/skill run will be over
 - b. The athlete will not be given the opportunity to rerun or to get back on the course after they have stepped off from their initial run
 - c. All injuries (including course induced injuries & on site injuries) must be reported to the NNL data base by the **Worlds Committee** via the [Incident Report Form](#)
3. Obstacle Breaks or Course Malfunctions
 - a. If an obstacle breaks or malfunctions the **referee** must immediately stop the athlete's run on the course.
 - i. In the event that an obstacle malfunction, break or reset does not directly interact with the athlete, the athlete will NOT be awarded a rerun.
 1. Example: The athlete is on obstacle one and the resetter failed to reset obstacle twenty. Before the Athlete is aware the obstacle is not reset the obstacle is set in its proper spot. If the athlete never interacted with the obstacle or was aware there was an issue further in the course the athlete will not be awarded a rerun.
 - b. In the event an obstacle breaks or malfunctions, the athlete will be allowed a rerun from the start of the course
 - i. Examples of Malfunctions:
 1. Course not being reset
 2. Spectators in the way of an athlete

3. Obstacle breaking or not functioning properly
4. Timer malfunctions
- c. The rerun will take place later in the run order to ensure fair rest
 - i. The athlete will determine when they are adequately rested within a reasonable amount of time
 1. NNL Worlds will be able to determine if an athlete's requested rest time is unreasonable
- d. In the event of a rerun, the better of the two runs will be the official scored run for the athlete

Following an Athlete on the Course

1. This section applies to both Skills and Course Qualifiers.
2. Only a **Certified Coach** or qualified athlete who is about to compete can enter into the warm up area.
3. Only a **Certified Coach** can follow an athlete while they run through a Qualifier Course.
 - a. Exception: Any staff required to be on the course for the running of the event. This includes but is not limited to:
 - i. Ref
 - ii. Course Resetters, Line Manager, Course Managers
 - iii. Livestream, Photographer, Videographer

Obstacles

1. Start and Finish (Landing) **Platforms** Rule
 - a. All obstacles must have a visibly marked start and finish (landing) **platform**
 - i. Platforms must be raised horizontal surfaces athletes can stand on
 1. Tape lines are not acceptable surfaces
 2. Slanted platforms are acceptable as long as the athlete can comfortably stand on the surface with ease.
 - ii. Athletes must start obstacles on the designated start platform.
 1. If an athlete attempts an obstacle from anywhere besides the designated starting platform the result will be an automatic failure of that obstacle.
 - iii. Athletes must have adequate stopping distance for finish (landing) **platforms** that are in close proximity to walls or barriers
 - iv. Once an athlete has reached the finish (landing) **platform**, the path they take to the next obstacle may not disqualify them
 1. If the path to the next obstacle presents a potential safety hazard the proper path may be dictated to them

- a. Example: The safest path for an athlete to get down off the Warped Wall may be dictated to the athlete
 - 2. However, if the finish (landing) **platform** IS the starting **platform** of the next obstacle, athletes may not leave the finish (landing) **platform**. They must stay on the finish (landing) **platform** to begin the next obstacle
 - 3. If an athlete attempts or touches any obstacle while transitioning between obstacles the result will be an automatic failure.
 - b. Start and Finish Platforms cannot be specified as hands only or feet only.
 - i. Start and finish platforms are intended to be safe for any part of the participant's body.
 - c. If an Athlete makes any deliberate or calculated attempt to move a starting or finish platform to gain an advantage on an obstacle/obstacle series the ref may fail the athlete.
 - i. Ref will determine if the movement of the start or finish platform was intentional and if the movement should result in a failure.
2. Completing an Obstacle Rule: 3 Step Obstacle Completion Process
- a. Any obstacle, except linked obstacles, are considered complete once all three of these steps have been met (in this order or simultaneously):
 - i. The athlete must not be engaged with the obstacle and
 - 1. The athlete does not need to engage the obstacle.
 - ii. The athlete's body must completely pass the **front plane** of the finish (landing) **platform** and
 - 1. If the athlete falls backward after passing the front plane, it will be up to the **referee's** discretion
 - iii. The athlete must physically touch the finish (landing) **platform**
 - 1. If the athlete is overshooting the landing platform, the athlete must make contact with the finish (landing) platform before the athlete touches down beyond the finish (landing) platform.
 - a. If the athlete travels beyond the finish (landing) platform and does not make contact with it, the athlete will have failed the obstacle.
 - b. If an athlete touches anywhere **out of bounds** before all 3 clear conditions are met they will be marked as having failed the obstacle.
3. Overshooting a Finish (Landing) **Platform**
- a. If the finish (landing) **platform** is NOT the starting **platform** for the next obstacle the 3 Step Obstacle Completion Process applies and an athlete is free to move forward at their discretion after completing all 3 steps.
 - i. Clarification: If an athlete is overshooting the platform they still need to meet the 3 conditions to clear an obstacle before touching **out of bounds**
 - 1. The athlete must disengage from the obstacle and
 - 2. The athlete's body must completely pass the **front plane** of the finish (landing) **platform** and

- a. If the athlete falls backward after passing the front plane, it will be up to the **referee's** discretion
 - 3. The athlete must physically touch the finish (landing) **platform**
 - b. If the finish (landing) **platform** IS the starting **platform** of the next obstacle, athletes may not overshoot the finish (landing) **platform**. They must stay on the finish (landing) **platform** to begin the next obstacle.
 - i. If the platform is both the finish and start platform and the athlete leaves the platform, the ref will mark them as having failed the obstacle, coordinating with the start platform the athlete left.
4. Linking Obstacles Rule
 - a. Obstacles may be linked as long as the start and finish points are determined by hand or foot placement on an individual obstacle.
 - i. Athletes complete a linked obstacle by meeting one condition:
 - 1. The athlete must physically touch the designated point with any part of their body that is allowed for the obstacle
 - a. If the athlete touches the designated spot with a part of their body they are not allowed to use on the obstacle, the **referee** will fail the athlete on the obstacle.
 - b. Clarification: Linked obstacles are not cleared in the same way as platforms. Linked obstacles are cleared when the athlete touches them.
 - ii. In order to have linked obstacles, the linked obstacles must be two completely different obstacles and not the same obstacle repeated twice
 - iii. All linked obstacles must eventually reach a finish (landing) **platform**
 - 1. Warped Wall Exception:
 - a. The Warped Wall may be completed via **touch points** or by climbing to the finish (landing) **platform** on top.
 - b. Showing control is an unacceptable way to clear the obstacle.
 - iv. If an athlete fails to complete an obstacle in a linked obstacle series:
 - 1. The **referee** will dictate in the course rules how the athlete starts the following obstacle in the linked series
5. Obstacles may not have additional rules determining how the obstacle is completed outside of designating the following:
 - a. The facility may designate hands only, feet only, or the use of both on each obstacle
 - b. The facility may designate the use of hands on one part of the obstacle and the use of feet on another part of the obstacle
 - i. Example: If obstacle 5 is a cat shimmy, the **Event Coordinator** may designate the use of hands only on the bar and the use of feet only on the wall
 - c. The facility may not force an athlete to use only 1 specific limb during an obstacle

- i. Example: If Obstacle 6 is a devil step and ring toss combo, the facility may not designate the use of one specific hand only on the devil steps and the other hand only on the ring toss
- 6. Point Zones: Only applies to Skills
 - a. Point zones are clearly marked locations to indicate progress along an obstacle or series of obstacles
 - b. For point zones, athletes receive a point when their body fully passes through the point zone.
 - i. Athletes do not need to engage the zone to be marked clear
 - c. Athletes must naturally pass through point zones while moving to the next touchpoint or platform.
- 7. **Out of Bounds**
 - a. Anything that is not specifically permitted by the facility as part of an obstacle is considered out of bounds.
 - i. If an athlete is **out of bounds** before they complete the **3 Step Obstacle Completion Process** for any given obstacle series they will be disqualified.
 - b. The following obstacle supports are considered **out of bounds** (unless specifically permitted by the facility):
 - i. Carabiners
 - ii. Eyebolts
 - iii. Chains
 - iv. Straps
 - v. Ropes
 - vi. Other hardware
 - vii. Support structures
 - viii. Safety Pads/Matting
- 8. Incidental Contact Rule
 - a. Incidental contact is allowed but may not aid the athlete in completing the obstacle.
 - b. It is the **referee's** responsibility to determine if the incidental contact aided in the completion of the obstacle
- 9. Resetting Rule
 - a. It is up to the facility to determine if athletes may or may not reset on all start platforms throughout the course
 - i. The **referee** must clarify during rules if athletes may reset on ALL start platforms or reset on no start platforms
 - 1. Whatever is decided must be consistent through the entire course for that wave and any waves of the same age division.
- 10. Buzzers
 - a. It is the athletes responsibility to make sure that the buzzer registers. The athlete will not be marked as clear if the buzzer does not register before time expires or the athlete touches something that is out of bounds.

11. Refs Reaction

- a. The ref's reaction time is a part of all points being awarded throughout the competition. Athletes will not be retroactively awarded points for obstacles or skills points that the athlete completed as time was expiring and the referee was unable to award the point within their reaction time.

Stage Rules

1. NNL World Championship Events must have three stages
2. All Stages must be between 5 and 10 obstacles
3. All three stages are combined and are intended to test all aspects of ninja. Each stage will have its own unique focus. Target focus for each stage is as follows:
 - a. Stage 1 will test an athlete's speed, efficiency, control and technique. This stage will feature an incredibly tight time limit with little to no room for error. The stage will have a good blend of lower body, foot dexterity obstacles and upper body dynamic campusing movements.
 - b. Stage 2 will test the athlete's power, technique, grip and control. This stage will feature a tight time limit with little room for error. The stage will have a mix of moving with obstacles elements, static and dynamic campusing obstacles and occasional foot dexterity movements.
 - c. Stage 3 will test the athlete's endurance and grip to the max. This stage will focus on efficient rest and muscle recovery. The stage will have a mix of static campusing obstacles, moving with obstacles elements and climbing.
4. All Athletes registered to compete will automatically be enrolled in stage 1 for both the World Champion and World's Strongest Ninja bracket.
 - a. Athletes who successfully complete all obstacles of any stage without getting disqualified and remain in the top percent* of athletes for that stage will advance to the next stage and remain eligible to increase their score in the World Champion & World's Strongest Ninja Bracket.
 - b. Athletes who successfully complete all obstacles of any stage without getting disqualified but did not rank in the top percent* of athletes for that stage will not advance to the next stage. They will no longer be eligible to increase their score in the World Champion & World's Strongest Ninja Bracket.
 - c. Athletes who fail to complete all obstacles of any stage without getting disqualified will be eliminated from the World Champion Bracket. However, if they rank in the top percent*. They will advance to the next stage and remain eligible for the World's Strongest Ninja Bracket.
 - d. Athletes who fail to complete all obstacles of any stage without getting disqualified and fail to remain in the top percent* will be disqualified from advancing to the next stage. They will no longer be eligible to increase their ranking for the World Champion or World's Strongest Ninja Bracket.

- e. *Percent is determined by the current stage
 - f. Full Details can be found under in Athlete Rules
5. Athletes will receive a ranking based on their performance in the World Champion and World's Strongest Ninja bracket. Full Details in Athlete Rules.
 6. Athletes must complete the obstacles in the stages in the order given
 7. Stages may not be practiced by athletes prior to the competition
 8. Adjustments to the stages for female athletes may be made at the course designer's discretion. If adjustments are made, they must be made for all females in that particular age division.
 9. Only one athlete may be on the stage at a time
 10. NNL may establish a time limit for any of the stages.
 - a. Athletes in all divisions will be allowed to complete as many obstacles on Stage 1 as possible within this time limit.
 - i. However, only obstacles completed before their first fail will be tracked in their official results.
 - b. If an athlete fails to complete an obstacle on Stage 2 or 3 they will be disqualified and they will not be allowed to attempt any additional obstacles on the course.
 - i. If an athlete attempts any obstacle after the ref has disqualified them, the NNL may remove the athlete's results from the competition entirely. The athlete would become ineligible for any prizes or awards they may have previously been entitled to.
 11. NNL may also choose to allocate a rest time limit in between obstacles. The stage time limit will continue to count down during this time even if a rest time limit is utilized.
 12. All waves of the same age divisions should maintain the same obstacles, matting, and rules. No changes may be made once the wave has begun for a particular age division
 - a. **Safety Pad/Matting Exception:** A facility may add or adjust safety pads/mats if it becomes evident that an obstacle was not adequately padded and adjusting the matting could help prevent injury
 - i. All adjustments to safety pads or matting after the wave has started must be documented by the **Worlds Committee**
 - b. **Unsafe Obstacle Exception:** The NNL may modify or swap out an obstacle that presents an immediate safety concern due to breaking or malfunctioning
 - i. In the event of an **unsafe obstacle**, any athlete who had already run the stage (in that age division) and had failed on or after that obstacle must be awarded a rerun with the new obstacle in place
 - ii. All modifications or changes to an **unsafe obstacle** after the wave has started must be reported to the NNL by the **Worlds Committee**

Skills Rules

1. NNL Worlds will include a Skills format
2. Under the skills format, the athlete will receive individual skills rankings and an overall ranking.

- a. The individual skills ranking originates from the athlete's performance on each independent skill at the event.
 - b. If an athlete does not compete they will receive the lowest possible ranking for that skill, tied with the lowest ranking athlete on the scoreboard.
 - c. The overall ranking is a sum of placements from all of the independent skills rankings added together.
 - i. The athlete with the lowest sum of placement will be ranked the highest.
 - ii. If an athlete does not participate in a skill, their rank is assumed last or tied for last.
 - iii. Example: If an athlete is ranked 1 in Climb the Ladder and 2nd in Full Swing, their sum of placements will be 2.
 - d. See the Athlete Rules section for more on skills rankings
3. NNL Worlds will offer 2-8 skills
 4. NNL Worlds may choose any of the following approved skill types:
 - a. Traditional
 - b. Challenge Skills
 5. Each skill type will have its own set of general rules that must be followed.
 6. Both Skill Types offer the following skill categories:
 - a. Timed Skills
 - i. Fastest Completion
 - ii. Longest Time
 - b. Repetition Skills
 - i. Highest Repetition Obstacles
 - ii. Highest Repetition Movement
 7. Each Skill category will have its own set of general rules that must be followed.
 8. The following General rules apply across all skill types and categories. They must be followed along with the skill type general rules and skill category general rules.
 - a. All skills must have a skill type and skill category.
 - i. Skills must follow these general rules and the general rules for both the skill type and category.
 - b. The **referee** must clarify what is **out of bounds** (and what is in play) for each skill while explaining the rules of the skill
 - i. Anything not in play is considered **out of bounds**
 - ii. An athlete is deemed to have failed a skill if they come in contact with anything considered **out of bounds**.
 - c. Athletes must start all skills on a horizontal start platform completely disengaged from any obstacles.
 - d. The **referee** will signal for the athlete to start by counting down, utilizing beep noises, or visual aids
 - i. Whatever option the **referee** chooses must be consistent throughout a given wave
 1. Example: If a **referee** starts athletes with a "3,2,1 GO!", they must continue to say "3,2,1 GO!" throughout that wave

- e. On skill categories that allow finish (landing) platforms, athletes must meet the **3 Step Obstacle Completion Process** on an obstacle
 - 1. The athlete must disengage from the obstacle and
 - 2. The athlete's body must completely pass the **front plane** of the finish (landing) **platform** and
 - a. If the athlete falls backward after passing the front plane, it will be up to the **referee's** discretion
 - 3. The athlete must physically touch the finish (landing) **platform**
- f. For skill categories that utilize touch point completion, athletes complete the obstacle series by touching the specific designated obstacle
- g. For skill categories with point zones, athletes are marked complete when their body fully passes through the point zone.
 - i. Athletes do not need to engage the zone to be marked clear
- h. All skills must be tracked via NinjaWorks and utilize the timer
- 9. Each skill type will have its own individual set of general rules for regulating and tracking athletes

Traditional Skills Type

- 1. All traditional skills will be ranked by the most points accumulated in the best time before an athlete touches something out of bounds or is marked as failed.
 - a. Best time may be determined by fastest or longest time depending on the skill category.
- 2. All traditional skills may have a time limit
- 3. An athlete's run is over when:
 - a. They have touched something out of bounds
 - b. They have engaged the buzzer
 - c. The allotted time has expired

Challenge Skills Type

- 1. All challenge skills will be ranked by the most points accumulated in the best time.
 - a. Best time may be determined by fastest or longest time depending on the skill category.
- 2. All Challenge skills must have a time limit.
 - a. Overall time limit continues to count down during and in between attempts.
- 3. No challenge skill may require a reset
 - a. If any resetting is required for the athlete to retry the obstacle series, the obstacle series cannot be a challenge skill
 - i. This includes any obstacle series that may move, or sway after an athlete leaves the obstacle.
 - 1. This rule is added to prevent an unfair scenario where the obstacle series conditions are different on different attempts

4. Once the athlete starts a Challenge Skill, If the athlete comes in contact with something out of bounds they will return to the original start platform and await a new countdown to begin their next attempt at the full series.
 - a. Athletes will retain any points or tracked attempts earned prior to coming in contact with something out of bounds or getting disqualified.
 - i. Retained scoring will vary based on skill category rules.
 - ii. See Individual Skills Rules for more details.
 - b. Athletes may earn additional points on subsequent attempts depending on the skill category rules.
 - i. See Any individual Skill Category Rule 1 for more information.
5. Athletes taking a subsequent attempt on a challenge skill must return to the original start platform and wait for the new countdown series to indicate the athlete can start.
 - a. This is crucial to accurately tracking results
 - b. Any attempts made before the new countdown has completed will not be valid and may disqualify the athlete.
6. Challenge Skill Points will only be awarded for full completion of an obstacle series/movement.
 - a. Example: A repetition challenge skill has only two touch points and the ref is tracking the most reps between the two touch points. If an athlete makes it half way then touches something out of bounds(falls off the obstacle) before reaching the touch point. Then restarts and makes it halfway again and falls before reaching the touch point. No points will be awarded since the athlete did not achieve one full completion of the obstacle series. One full completion would have meant reaching the first touch point.
7. Challenge Skills are finished when:
 - a. The allotted time expires
 - b. The athlete signals they are finished with the skill.

Timed Skills

Fastest Completion

1. The **referee** will rank athletes by the fastest time or furthest distance in the fastest time through an obstacle or obstacle series.
 - a. Refs will stop tracking Fastest Completion Traditional Skills when an athlete touches something out of bounds or is disqualified
 - b. Refs will continue tracking Fastest Completion Challenge Skill attempts when an athlete fails until the allotted time expires.
 - i. Each attempt will be timed and obstacle progress will be tracked independently of other attempts.
 - ii. Refs will rank athletes by their best attempt(furthest progress in fastest time).
 - iii. Ties will be broken by lower number of attempts

2. Fastest Completion skills can only have one athlete on the skill at a time.
3. Once the athlete begins the skill, they will attempt to complete the given obstacle series as fast as possible while staying in bounds.
4. Athletes must complete the given obstacle or obstacle series as fast as possible.
5. The **referee** may utilize landing platforms, touch points or point zones to mark progress on an obstacle.
6. All timed skills must end with some form of a buzzer

Longest Time

1. The **referee** will rank athletes based on who can do the skill for the longest amount of time.
 - a. Refs will stop tracking Longest Time Traditional Skills when an athlete touches something out of bounds or is disqualified.
 - b. Refs will continue tracking Longest Time Challenge Skill attempts when an athlete fails until the allotted time expires.
 - i. Subsequent attempts will add total time to the athlete's score.
 - ii. However, the refs will only add time to the athlete's score while the athlete is not engaged with anything out of bounds and is achieving the goal of the timed skill.
2. Timed skills can have as many athletes at the same time as room allows.
3. All skills must have a start platform:
 - a. Timed skills can have multiple start platforms if the host is tracking multiple athletes at a time.
 - b. Start platforms can vary in height to help all athletes reach the obstacle at a fair distance.
 - i. NNL Worlds are not required to make any height adjustments
4. Once the athlete begins the skill, they will engage the obstacle as long as possible
 - a. NNL Worlds can determine which part of the athlete's body can engage the obstacle
 - i. Hands only or feet only
 - ii. Or hands and feet

Repetition Skills

Highest Repetition Obstacles

1. The **referee** will rank athletes based on who can do the most repetitions of an obstacle series in the fastest time.
 - a. Refs will stop tracking Highest Repetition Obstacles Traditional Skills when an athlete touches something out of bounds or is disqualified.
 - b. Refs will continue tracking Highest Repetition Obstacles Challenge Skill attempts when an athlete fails until the allotted time expires.
 - i. Points will only be awarded for full completion of an obstacle in Challenge Skills Rule 5.

- ii. Refs will add additional points for completed obstacles/obstacle series during additional attempts.
 - 1. This includes those previously completed by the athlete.
- 2. Highest Repetition Obstacles can only have one athlete on the skill at a time
- 3. Highest Repetition Obstacles will be tracked using touch point(s) to send an athlete through the same obstacle/series of obstacles as many times as they can (possibly within the time limit)

Highest Repetition Movement

- 1. Highest Repetition Movement will be tracked by an athlete repeatedly moving their body into two specified positions
 - a. Example: Pull ups: The **referee** will hit the clear button every time the athlete's head goes above the bar after the athlete's arms were fully extended
 - b. The **referee** can not specify a specific way to achieve the desired movement, only what is in play and what is **out of bounds**.
- 2. The **referee** will rank athletes based on who can do the most repetitions of a movement in the fastest time.
 - a. Refs will stop tracking Highest Repetition Movement Traditional Skills when an athlete touches something out of bounds or is disqualified.
 - b. Refs will continue tracking Highest Repetition Movement Challenge Skill Attempts until the allotted time expires.
 - i. Points will only be awarded for full completion of an obstacle in Challenge Skills Rule 5.
 - ii. Refs will add additional points for completed movements during additional attempts.
- 3. Highest Repetition Movement skills can have as many athletes at the same time as room allows
- 4. All skills must have a start platform:
 - a. Highest Repetition Skills can have multiple start platforms if tracking multiple athletes at a time
 - b. Start platforms can vary in height to help all athletes reach the obstacle at a fair distance
 - i. NNL Worlds are not required to make any height adjustments

Video Review

- 1. NNL Worlds may use video to review close call situations.
- 2. Video Reviews will be placed into a queue and reviewed on a first come first serve basis.
- 3. Video reviews must be submitted prior to the end of the wave the athlete is competing in.
- 4. When a video review is submitted the independent video review team will review the video in its entirety.

- a. Example: If a review is placed for obstacle 5, the video review team will watch the video to review obstacle 5 along with all other obstacles the athlete attempted.
 - b. This will help eliminate the need for multiple reviews to be submitted for one athlete.
5. Only one video review per athlete per stage/skill will be allowed to be submitted.
6. The following qualified individuals may submit a video review if they are in attendance at the competition for which the review is taking place:
 - a. NNL Certified Coach
 - i. An NNL Certified Coach can submit a review for their athlete or other athletes competing.
 - b. Adult Athletes
 - i. Any Adult, Masters or Elite athlete can submit video reviews to dispute the official on skills or course results regarding only themselves.
 - c. Current Course Referee
 - i. Current course referees can submit a review for any athlete.
 - d. If you do not fall into one of these categories, you cannot submit a video review.
7. Video reviews must be submitted via the official NNL Video Review Request Form. A video will not be reviewed if the proper documentation is not submitted.
 - a. You can find the official document by visiting the Info Hub.
8. The Video Review Team can use any video to complete the review. This includes but is not limited to livestream footage, official GoPro footage or spectator video.
9. All referee reviews are final. Once a video has been reviewed and a verdict has been delivered the video will not be reviewed again.
10. NNL Worlds reserves the right to reject video reviews given any of the following conditions:
 - a. The video review has not been submitted prior to the end of the wave the athlete is competing in.
 - b. There is already a video review request in for that athlete on that stage or skill
 - c. The review was not submitted by a qualified individual.
 - d. There is no video to review. The NNL equipment did not capture the result in dispute and no additional video was submitted.
 - e. The video review would not have a direct impact on the podium or qualifying spot to a later stage.
 - f. Any video reviews that have not made it to the front of the video review team's queue 2 hours after the end of the competition day.
 - g. The video review was not submitted via the Official NNL Video Review Request Form
 - h. The video review request has already been reviewed and an outcome has been determined.

Athlete Rules

Waivers

1. All participants must fill out a Season VII NNL waiver prior to participating in their first NNL Season VII event
 - a. Athletes should complete all waivers using their legal first and last name (avoiding nicknames)
 - i. Example: Michael Johnson vs. Mike Johnson vs. Mikey Johnson vs. MJ Johnson
 - b. The waiver can be located at the bottom right hand corner of www.nationalninja.com
 - c. Athletes will need to use their NinjaWorks ID when filling out the Season VII Waiver
 - i. NinjaWorks ID can be located at www.nationalninja.com

Divisions

1. Divisions allowed at NNL Worlds:
 - a. Kids: Ages 6-8
 - b. Mature Kids: Ages 9 & 10
 - c. Preteens: Ages 11 & 12
 - d. Teens: Ages 13 & 14
 - e. Young Adults: Ages 15-17
 - i. Young Adults have the option to compete in the Elite division.
 - ii. Young adults must choose to compete in Young Adults or Elite before their first competition.
 - iii. The division the athlete competes in first will be the division the athlete competes in all season.
 - f. Adults: 18 & up
 - i. Adults have the option to compete in the Elite division.
 - ii. Adults must choose to compete in Adults or Elite before their first competition.
 - iii. The division the athlete competes in first will be the division the athlete competes in all season.
 - g. Masters: Age 40 & up
 - i. Masters have the option to compete in the Elite division.
 - ii. Masters must choose to compete in Masters or Elite before their first competition.
 - iii. The division the athlete competes in first will be the division the athlete competes in all season.

- h. Elite: 15 & up
 - i. Elite division is intended only for top tier competitors. This division is intended for the strongest competitors and will feature the most challenging obstacles.
 - ii. Anyone meeting the age requirement that has not already competed in another division can register for the Elite division.
 - iii. Once an athlete competes in the Elite division they must remain there all season.
2. The athlete's age on Feb 21, 2022 will determine the division in which the athlete will participate for the entire NNL season
3. All athletes must compete in their respective divisions.
4. No adjustments or exceptions can be made to these divisions.

Dress Code

1. All athletes participating will be required to adhere to the dress code of the facility hosting the NNL event
2. Athletes are required to wear all of the following articles of clothing in order to participate in an NNL Worlds Competition:
 - a. Closed-toed shoes
 - b. Shirt
 - c. Bottoms
3. NNL will be responsible for determining if the athlete is adhering to the dress code of shoes, shirt and bottoms
 - a. The NNL board has the authority to overrule the NNL's staff decision if the athlete's apparel is inappropriate or clearly violates the spirit of the intended dress code
 - i. Example: If an athlete attempts to compete in a bathing suit and the NNL staff says, "Well, technically that is a bottom", the NNL board may overrule their decision and determine that a bathing suit (while technically a bottom) is inappropriate and violates the spirit of the intended dress code

Code of Conduct

1. All athletes must adhere to the National Ninja League Code of Conduct found at www.nationalninja.com in order to participate at NNL events
2. Violations of our Code of Conduct may be reported here: [Link](#)

Prizes

1. All NNL Worlds will offer the following prizes:

- a. NNL Worlds must present awards for 1st, 2nd, and 3rd place athletes for each gender and each division in each of the following competition formats:
 - i. World Champion
 - ii. World's Strongest Ninja
 - iii. Skills Overall
 - iv. Each Individual Skill
- b. Trophies, medals, and custom memorabilia are all acceptable awards
 - i. Printed certificates are not acceptable awards
- c. The athlete must be able to immediately take the award from the awards ceremony
- d. NNL Elite division will have the following prize payouts:
 - i. \$5,000 for the 1st place World Champion male and female.
 - ii. \$1,000 for the 2nd place World Champion male and female
 - iii. \$500 for the 3rd place World Champion male and female

Results Tracking

- 1. General Results Tracking
 - a. All athlete and competition data must be tracked via the NinjaWorks system
 - b. In the event of poor wifi connections, NNL may **resort** to inputting the data into NinjaWorks following the comp
 - c. All age divisions and gender divisions will be sorted independently for all recognized format types.

Formats

Skills

Under the skills format, the athlete will receive individual skills rankings and an overall ranking. The individual skills ranking originates from the athlete's performance on each independent skill at the event and the overall ranking is a combination of all independent skills rankings calculated together.

- i. Individual Skill Ranking: Individual skills can be tracked using the following formats:
 - 1. **Fastest Completion:** The referee will rank athletes by; the fastest time or furthest distance in the fastest time, through an obstacle or obstacle series.
 - i. The referee will time the athlete. The athlete with the shortest time and the most completions will be ranked the highest.
 - 2. **Longest Time:** The referee will rank athletes based on who can do the skill for the longest amount of time.

- i. The referee will time the athlete. The athlete with the longest time will be ranked the highest.
 - 3. **Repetition Skills:**
 - a. Most Repetitions on Obstacles/Movements: The referee will rank athletes based on who can do the most repetitions of the skill/movement.
- ii. **Overall Ranking:** The athlete's overall skill ranking will be the sum of placements from all of their skill rankings.
 - 1. If an athlete does not participate in a skill their rank is assumed last or tied for last.
 - 2. The athlete with the lowest sum of placements will be ranked the highest

World Champion Format

Under the World Championship format, the **referee** will track the time and total number of obstacles an athlete completes across all three stages before they fail or become disqualified.

1. All athletes begin in the World Championship Bracket and will attempt stage 1
2. Athletes will only have 1 run for both the World's Strongest Ninja Bracket and World Champion Bracket. Results for both course formats are tracked simultaneously.
3. The **referee** will start the timer at the beginning of the stage after giving a signal for the athlete to begin.
4. If an athlete completes an obstacle they will receive one point for completing the obstacle.
5. If an athlete fails an obstacle the ref will press fail on NinjaWorks and indicate to the venue the athlete has failed the obstacle.
 1. Once an athlete fails an obstacle, their result will be calculated to the time of the last completed obstacle and they will be eliminated from the World Championship bracket.
 2. The athletes that fail stage 1 may continue the course throughout the allotted time remaining.
 - i. However, the results on any obstacles completed after their first fail will not be considered in their final result.
 3. If an athlete fails to complete an obstacle on Stage 2 or 3 they will be disqualified and they will not be allowed to attempt any additional obstacles on the course.
 - i. If an athlete attempts any obstacle after the ref has disqualified them, the NNL may remove the athlete's results from the competition entirely. The athlete would become ineligible for any prizes or awards they may have previously been entitled to.
6. Athletes will be sorted by stage by the greatest number of obstacles completed in the least amount of time.

7. If an athlete that remains in the World Champion bracket completes all the obstacles in the stage without failing and is in the top percent (35% percent for stage 1 or 20% for stage 2), they will remain in the World Champion bracket and move onto the next stage.
 1. All athletes moving on to the next stage who remain in the World Champion bracket will be sorted by time. The athletes with the slowest time will run first.
 2. The athletes will be scheduled to run the next stage at a time determined by NNL Worlds
 3. All of the athletes remaining in the World Champion bracket will run the next stage after all athletes from only the World's Strongest Ninja Bracket have run the course.
 4. The process repeats from rule 2 for the next stage until the athlete has failed or successfully completed all three stages.
8. Athletes will be sorted by furthest stage by the greatest number of obstacles completed in the least amount of time.

World's Strongest Ninja Course

The referee will track the furthest progress an athlete makes while advancing through the World's Strongest Ninja Bracket. The referee will also track the time and total number of obstacles an athlete completes before failure or disqualification in each of the stages an athlete competes on in the World's Strongest Ninja Bracket before the competition ends or they fail to advance.

1. All athletes begin in the World's Strongest Ninja Bracket and will attempt stage 1
2. Athletes will only have 1 run for both the World's Strongest Ninja Bracket and World Champion Bracket. Results for both course formats are tracked simultaneously.
3. The referee will start the timer at the beginning of the stage after giving a signal for the athlete to begin.
4. If an athlete completes an obstacle they will receive one point for completing the obstacle.
5. If an athlete fails an obstacle the ref will press fail on NinjaWorks and indicate to the venue the athlete has failed the obstacle.
 1. Once an athlete fails an obstacle, their result will be calculated to the time of the last completed obstacle.
 2. The athletes that fail stage 1 may continue the course throughout the allotted time remaining.
 - i. However, the results on any obstacles completed after their first fail will not be considered in their final result.
 3. If an athlete fails to complete an obstacle on Stage 2 or 3 they will be disqualified and they will not be allowed to attempt any additional obstacles on the course.
 - i. If an athlete attempts any obstacle after the ref has disqualified them, the NNL may remove the athlete's results from the competition entirely. The

athlete would become ineligible for any prizes or awards they may have previously been entitled to.

6. Athletes will be sorted by stage by the greatest number of obstacles completed in the least amount of time.
7. After all athletes in a division(age/gender) have run the stage and all pending video reviews are cleared or the video review time limit has expired, athlete results will be finalized
 1. All Athletes remaining in the World Championship Bracket and in the top percent will automatically move on to the next stage.
 2. If the total number of athletes moving on through the world championship bracket does not fill the total percent eligible for advancement, the athletes in the top percent (35% of stage 1, 20% of stage 2), will be eligible to compete on the next stage in the World's Strongest Ninja Bracket.
 - i. If the athlete is not in the top percent, they will be ineligible to compete on the next stage and eliminated from increasing their placement on the course in the World's Strongest Ninja Bracket.
8. If an athlete remains in the World's Strongest Ninja Bracket, They will move onto the next stage.
 1. Only athletes that cleared all obstacles and made it to the next stage from every previous stage will remain in the World Champion Bracket.
 2. Athletes remaining only in the World's Strongest Ninja Bracket will run the next stage first before athletes still in the World Champion Bracket.
 - i. All athletes that made it to the next stage via only the World's Strongest Ninja Bracket will be sorted by time. The athletes with the slowest time will run first.
 3. The athletes will be scheduled to run the next stage at a time determined by NNL Worlds
 4. The process repeats from rule 2 for the next stage until the athlete has failed or successfully completed all three stages.
9. At the end of all three stages, athletes will be sorted first by the furthest stage they made. Then by the greatest number of completed obstacles in the least amount of time.

World's Strongest Ninja Format

Under the World's Strongest Ninja Format, the **referee** will combine an athlete's ranking from the World's Strongest Ninja Course and the athlete's Overall Skill ranking.

1. The referee will add the placements from the athlete's World's Strongest Ninja Course and the athlete's overall skill competition.
 1. For example: If an athlete is placed 1st in the World's Ninja Course and 2nd in the overall skill competition their World's Strongest score would be $1+2=3$ the result from this equation is considered to be the sum of placements.
2. Athletes will then be ranked by the sum of their placements from lowest to highest.

3. If there is a tie, the athlete with the higher individual skill or Strongest Ninja course placement will win. If both athletes have the same ranking, the tiebreak will look at each placement until a winner is determined. Example:
 1. Athlete A(Strongest Ninja Course 1, Skills 1, 2,3,4)
 2. Athlete B(Strongest Ninja Course 2, Skills 1, 1,1,4)
 3. In this scenario athlete A is ranked 1 in Strongest Ninja Course and would be ranked number 2 overall in Skills. Athlete B is ranked 2 in the Strongest Ninja Course and number 1 in overall skills. Both athletes would be ranked according to 3 points. However, athlete B has three first place rankings compared to athlete A's 2 first place placements. In this scenario athlete B would be the Strongest Ninja.

Glossary

3 Step Obstacle Completion Process: An obstacle is considered complete once all three of these steps have been met (in this order or simultaneously): i. The athlete must disengage from the obstacle and ii. The athlete's body must completely pass the front plane of the finish (landing) platform and 1. If the athlete falls backward after passing the front plane, it will be up to the referee's discretion iii. The athlete must physically touch the finish (landing) platform

CDC sheet: Competition Data Collection Sheet, a form used to collect data from the event

Course Designer: Person responsible for designing the course for the NNL event

Event Coordinator: Organizer of the administrative aspects of an event including registration and communication with Regional Manager

Franchise Application: A modified version of the regular facility application designed to evaluate all existing and future facilities within a franchise

Front plane: An imaginary vertical plane extending from the front edge of the finish (landing) platform (the edge that is closest to the starting platform) up to the ceiling of the facility

Gatekeepers: A committee comprised of board members that are responsible for reviewing facility applications to host NNL and/or RNL events

Out of Bounds: Anything that is not specifically permitted by the facility as part of an obstacle is considered out of bounds

Platform: Raised horizontal surface that an athlete can stand on. A tape line is not an acceptable platform.

Referee: Person judging the obstacle completions and fails

Time stamped: The day/time is officially recorded by the Regional Manager for use in scheduling when the entire Date Request Packet has been received via email

Unsafe Obstacle Exception: An obstacle that is either breaking, malfunctioning or presenting an immediate safety concern for the athletes running the course

Out of Bounds: Anything not described as in play for the obstacle.

When the ref explains the course they will dictate what is considered in play for an obstacle series. They will also let you know if you will be using your hands, feet or both to complete that series.

Touching anything outside of what the ref described as in play for the obstacle could result in a DQ since everything else not mentioned is considered out of play.

For obstacles the athlete brings with them: the only thing considered in play is the obstacle the athlete is moving. This means the athlete can move the in play obstacle in any manner or any surface as long as they are only engaging the obstacle with properly stated "hands, feet or both"

This means mats, rigging equipment, eyebolts, walls or anything in the building not mentioned as part of the obstacle is considered out of bounds!