



RULEBOOK 2020

RNL Season III

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Overview

Welcome to the National Ninja League. We are the world's leading non-profit ninja organization. We are comprised of the nation's top Ninja training facilities. This document covers our rules, standards and policies for 2020's Rec Ninja League Season III.

Mission Statement

Our mission is to develop the competitive aspect of ninja by creating fair and consistent rules for hosting competitions at all ages and skill levels.

Our Core Values

Integrity: We maintain the highest standards of professional and ethical behavior. We respect the athletes and facilities we serve and value transparency and honesty in our communications, relationships, and actions.

Quality: We maintain the highest possible standard when it comes to facility selection. We only choose the best facilities in the world to represent the ninja community through our organization.

Community: We strive to put the interest of the community first in an effort to grow ninja as a sport. We hope to unite the community together under a single unified rule set and expand the reach of the community in the process.

Commitment: We are committed to delivering the support athletes, parents and facilities need to have a quality experience when it comes to the sport of ninja.

Fairness and Equality: We pride ourselves on creating and enforcing rules to assure competitions are fair and equal for all participants.

Budget

Title	Percentage	Role
Regional Manager	13	Direct contact for facilities Schedule events for region Relay feedback to NNL board Enforce rules and regulations
Web Admin	5	Update website info <ul style="list-style-type: none"> • schedule, competitor data, new rules Create graphics for social media use
Admin Assistant	10	Handle league communication Input athlete data to NinjaWorks Provide data to NNL Board
Marketing Staff	5	Handle league marketing
Youtube Content Creator	3	Handle NNL Youtube videos
President	13	Manage Regional Managers and all NNL staff Communicate with NNL Board members
Ninjaworks	13	Track all event data
Payroll Taxes	8	Cover state and federal taxes for NNL staff
Prize Money	14	Covers prize money awarded at World Championships
Other Admin Costs	6	Covers unforeseen administrative costs
Marketing	5	Covers all marketing material
Shipping Costs	2	Covers all shipping costs
Savings	4	Save for future planning

Event Pricing

Event	Dates	Price Range	League Dues
RNL Qualifiers	Sept - Nov	\$30-\$60	\$0 this season only
RNL Regional Championships	December	\$40-\$100	\$0 this season only

Admin Rules

General

1. Everything in this document is considered to be a part of the RNL Rulebook
 - a. All rules must be followed by any facility hosting an RNL event
 - b. It is the responsibility of the hosting facility to know and enforce these rules
 - c. Failure to adhere to any of the rules in this document will result in either a fine, a strike, or both for the hosting facility as outlined in the Rule Violations section and Rule Violations Matrix

Approved Facilities & Organizations

1. Facilities must be approved by the **Gatekeepers** to host RNL events
 - a. New facilities will submit an application to info@nationalninja.com
 - i. The application will help the **Gatekeepers** understand the following aspects of the applicant's organization:
 1. Safety
 2. Structure
 3. Event history
 4. Obstacle variety
 5. Overall professionalism
 - b. Existing facilities will need to re-submit an application to info@nationalninja.com ONLY for any of the following reasons:
 - i. Location change
 - ii. If the facility received 5 or more strikes within an RNL Season as laid out in the Rule Violations section
 - c. Franchise owners may submit a **Franchise Application**
 - i. The **Franchise Application** will be a modified version of the regular facility application designed to evaluate all existing and future facilities within a franchise.
 1. NNL **Gatekeepers** will use the Franchise Application to review and accept/reject all existing and future franchise facilities.
 - a. If a **Franchise Application** is rejected, franchises may reapply at any time.
 - b. The rejection of a **Franchise Application** does not affect the NNL status of the franchise's facilities already accepted into the league
 - d. Facilities hosting an RNL event can only be affiliated with the organizations stated on our Approved Organizations page:
 - i. www.nationalninja.com/approvedorganizations

NNL Members

1. NNL “Memberships” will be available to the general public interested in receiving various perks and incentives from the National Ninja League and our partners.
 - a. Membership is NOT REQUIRED to compete in the Leagues competitions.
Anyone can compete in the NNL or RNL regardless of membership status.
2. Members will be required to pay a monthly membership fee in order to maintain member status.
 - a. Member fees can fluctuate at any time without notice
 - b. Visit www.nationalninja.com/members to see the most up to date fee requirements
3. During board election years, members will receive voting rights to select the new members of the NNL Rules committee.
 - a. Only members that have been active for a full year will be allowed to vote
 - b. Members will have one vote per membership per board position
4. Members will receive various perks and discounts the general public will not have access to.
 - a. Member perks can fluctuate at any time without notice
 - b. Visit www.nationalninja.com/members for a full list of active incentives

Booking Events

1. All RNL qualifiers are to be single stage events.
 - a. Other competitive events at the facility relating to ninja will not be permitted on the same dates or surrounding dates as the RNL qualifier
2. Before scheduling, all facilities will be assigned a Region based on the state their facility is located in. The region that facilities are assigned to will help determine scheduling.
3. Regions:
 - a. New England:
 - i. Maine, Vermont, New Hampshire, Massachusetts, New York, Connecticut, Rhode Island
 - b. Northeast:
 - i. Pennsylvania, New Jersey, Maryland, Delaware, Virginia, West Virginia, Washington D.C.
 - c. Southeast:
 - i. North Carolina, South Carolina, Georgia, Tennessee, Mississippi, Alabama, Florida
 - d. Midwest:
 - i. Michigan, Ohio, Indiana, Kentucky, Canada
 - e. North Central:
 - i. Wisconsin, Illinois, Minnesota, Iowa, Nebraska, North Dakota, South Dakota
 - f. Heartland:

- i. Missouri, Kansas, Oklahoma, Arkansas
 - g. South Central:
 - i. Texas, Louisiana, New Mexico, Arizona
 - h. West Coast:
 - i. Washington, Oregon, Nevada, California
 - i. Rocky Mountains
 - i. Montana, Idaho, Wyoming, Colorado, Utah
- 4. All events must be approved by the Regional Manager
 - a. Facilities must submit the following for approval to request scheduling for their event:
 - i. Copy of current insurance policy listing “National Ninja League” as an additional insured:
 - 1. National Ninja League Inc.
710 Park Avenue
Hainesport, NJ 08036
 - ii. **Event Coordinator** certification
 - iii. **Course Designer** certification
 - iv. Location approval (if required)
 - 1. If a facility wishes to host an event at a location other than their physical address, the off-site location must be approved by the NNL board
 - b. **Date Request Packets** must be submitted through email to the facility’s Regional Manager and must include the following documents:
 - i. **Event Coordinator** contract
 - ii. **Course Designer** contract
 - c. **Date Requests Packets** will only be considered for approval by the Regional Manager once ALL documents have been received
 - d. RNL event dates will be awarded on a first come, first serve basis. Date Request Packets will be **time stamped** by the Regional Manager
 - i. The NNL board reserves the right to overturn a scheduling decision made by the Regional Manager
- 5. Regional Managers will approve schedule request if the facilities request meets all the listed requirements and is the first facility request to host a qualifier on a given date within:
 - a. 175 miles by driving if the facility is located in New England/Northeast
 - b. 325 miles by driving if the facility is located in any region outside of New England/Northeast
- 6. A schedule request will not be approved if there is already an event scheduled in the region for a requested date range within the listed mile requirements.
 - a. Exception: If two facilities within the same region request the same date and the 2nd facility attempting to schedule is inside of the (175/325 mile) scheduling radius the second facility’s schedule request may be approved if the following conditions are met:
 - i. The facility on the schedule first sends written approval to allow the second facility to host on the same date **and**
 - ii. The 2nd facility chooses to host the age groups opposite of the 1st facility’s scheduled waves.
 - 1. Example: Facility A was scheduled first and plans to host Teens,

YA, Adults and Masters Saturday Dec 10th then Kids, Mature Kids, Preteens on Sunday Dec 11th. Facility B can host the same dates if Facility A submits written approval and Facility B agrees to host Kids, Mature Kids, Preteens on Saturday Dec 10th and Teens, YA, Adults and Masters on Sunday Dec 11th.

- iii. Both conditions must be met in order to host.

NNL Fees

1. Facilities are responsible for an \$8 or \$12 fee per athlete that participates in their event
 - a. The \$8 or \$12 fee applies to all age divisions
 - b. The \$8 or \$12 fee applies to every participating athlete even if the facility has chosen not to charge the athlete a registration fee
 - c. Fee structure:
 - i. RNL qualifiers: \$8 per athlete
 - ii. RNL championship: \$12 per athlete
2. NNL facilities will be allowed to create and sell RNL merchandise
 - a. The RNL logo will be available for facilities to use on merchandise
 - b. However, if the NNL board finds a design inappropriate or unacceptable, the board can revoke the ability to utilize the RNL logo on any and all material
3. Spectators are encouraged for all events
 - a. Spectator fees (if any) are determined by the facility hosting the event
 - b. All fees go directly to the facility unless stated otherwise
4. Each NNL facility will receive 5 free entries to use at RNL qualifying events each season
 - a. The free entries may only be utilized after a facility has scheduled an event.
 - i. RNL free entries require an RNL to be scheduled before they can be used.
 - b. The free entry may be shared with anyone
 - c. A master spreadsheet will be accessible to all NNL facilities to track free entries
 - d. It is the responsibility of the hosting facility to document the free entries on the CDC
 - i. Utilizing more than the 5 free entries will result in a fine and strike to the facility that used more than their 5 allotted entries and will require reimbursement of the entry fee to the hosting facility
 - ii. If the hosting facility fails to report a free entry, the hosting facility will also receive a strike as laid out in the Rule Violations Matrix

Event Rules

Registration

1. Facilities will be responsible for registering athletes for the event
 - a. Registration responsibilities will include:
 - i. Collecting/processing payment
 1. RNL qualifiers must be priced between \$30-\$60
 - a. The total price for registration for the event must remain under \$60 with all taxes and fees included
 2. RNL Championships must be priced between \$40-\$100
 - a. The total price for registration for the event must remain under \$100 with all taxes and fees included
 - ii. Capturing each athlete's NinjaWorks ID as part of registration
 - iii. Creating and submitting a competitor list per guidelines
2. Facilities will be required to determine if they are hosting a Skills Qualifier or a Course Qualifier when scheduling.
 - a. Once the facility indicates the type of qualifier they need NNL approval to change the qualifier type.
 - i. Approval requests may or may not be accepted.
 - ii. Approval requests are simply written requests sent to your Regional Manager
3. Facilities will be required to create an athlete list and submit that list to info@nationalninja.com no later than 3pm EST on the day before the start of their event
 - a. Run order will be randomized by the NNL after the competitor list has been submitted to us.
 - i. When submitting the athlete list, facilities can request athletes be added to the beginning or end of run order for scheduling reasons.
 - 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, facilities have the option to add them into the run order where they see fit.
 - 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)
4. Wave Caps
 - a. Each wave of athletes will be capped at a maximum of 50 athletes per wave
 - i. Facilities can open an additional wave of 50 athletes for the same age division at a different time if the original wave reaches 50 athletes.
 - i. If your state has Covid restrictions we expect wave caps to adhere to any local ordinances the government has provided for safe gatherings.
5. Facilities may run multiple age divisions within a single wave

- a. However, athletes must still be sorted by each age division and gender division within the RNL Qualifier

NNL Representatives

1. NNL Representatives are no longer required for RNL events.

Facility Staff

1. Facility staff including owners, anyone on their payroll, or anyone involved in the running of the event may not participate as an athlete in the facility's event
2. If the facility has a specified coach for their "ninja team" the coach is allowed to coach their athletes ONLY if they do not have knowledge of the course prior to the event and are only working the event in a capacity not related to the course
 - a. Examples of positions that are not allowed to coach: event coordinator, course designer, **referee**, timer, course resetter, spotter, anyone with course knowledge prior to the event
 - b. Examples of positions that could be eligible to coach: registration, livestream commentators, facility upkeep staff, photographer, merchandise/food sales staff
 - c. Facility coaches may instruct in an early wave then assist with the running of the event for a later wave once all of their coaching is done for the event.
3. Athletes not employed by the facility may compete and then assist with a later wave after their competition has ended
4. Staff of the hosting facility should refrain from excessive cheering for any particular athletes running the course
 - a. This includes giving course advice to any athletes on the course
 - i. The **referee** (when asked by the athlete on the course) may clarify rules or course direction for the athlete
 - b. **Referees**, coaches, and spotters are not permitted to physically assist the athlete in any way while they are on the course
 - i. Example: If an athlete is unable to reach an obstacle, the **referee** is NOT permitted to help the athlete up to the obstacle
 - c. **Referees**, coaches and spotters are permitted to spot an athlete for safety reasons
5. Monitoring Warm Up Area
 - a. If a warm up area is available for youth athletes, a facility staff member must be present to monitor the athletes and activities in this area at all times.
6. No one should be on any equipment or obstacle(s) within the course while an athlete is on the course
7. Timing and Line Manager role will be handled by the facility staff

Opening Ceremony

1. The United States' National Anthem must be played at the start of all RNL 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 facilities must have a physical American flag for the playing of the National Anthem
3. Exception: Canadian facilities will play the Canadian National Anthem and hang the Canadian flag

Livestream

1. Facilities are not required to livestream RNL events.

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 may not be held prior to the event for an age division that has not yet competed
3. Open Gym, held prior to the event, may not be connected/marketed with or included in the event registration price
 - a. An open gym, held prior to the event, is permissible if it is not connected/marketed with the event and has a separate admission fee

Qualifier Rules

Qualifier Types

1. RNL Season III- Facilities may choose to host Skills or Course Qualifiers
 - a. The facility must determine when they submit a scheduling request whether they are requesting scheduling for a Skills or Course Qualifier.
 - b. Both the Skills and the Course Qualifiers will qualify athletes to the Regional Championships

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
 - 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
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.
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 athletes 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) must be reported to the Regional Manager by the **Event Coordinator** via the **CDC sheet**
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 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 20. 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. Any obstacle breaks or course malfunctions could result in a strike as described in the Rule Violations section
 - c. 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
 - d. The rerun will take place later in the run order to assure fair rest
 - i. The athlete will determine when they are adequately rested within a reasonable amount of time
 1. Facilities will be able to determine if an athlete's requested rest time is unreasonable
 - e. In the event of a rerun, the better of the two runs will be the official scored run for the athlete
 - f. Any obstacle breaks or malfunctions resulting in a rerun must be reported to the Regional Manager by the **Event Coordinator** via the **CDC sheet**

Following an Athlete on the Course

1. This section applies to both Skills and Course Qualifiers.
2. 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
 - 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 accepted as long as the athlete can comfortably stand on the surface with ease.
 - ii. Athletes must start obstacles on the designated start platform.
 - 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
 - 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.
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 point** 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 obstacles throughout the course

- i. The **referee** must clarify during rules if athletes may reset on ALL obstacles or reset on no obstacles
 1. Whatever is decided must be consistent through the entire course for that wave and any waves of the same age division.

Courses Rules

1. All courses must be between 10 and 20 obstacles
 - a. The obstacles must test the following variety of skills:
 - i. Lower body coordination & strength
 - ii. Upper body coordination & strength
2. Courses may not be practiced by athletes prior to the competition
3. Adjustments to the course 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 group. Adjustments may only be made in the following scenarios:
 - i. Trampoline height or distance
 - ii. Time limits
4. Only one athlete may be on the course at a time.
5. Facilities must establish a time limit on their course
 - a. All athletes will be allowed to complete as many obstacles as possible within this time limit.
 - b. Facilities may also choose to allocate a rest time limit in between obstacles. The course time limit will continue to count down during this time even if a rest time limit is utilized.
6. 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 reported to the Regional Manager by the **Event Coordinator** via the **CDC sheet**
 - b. **Unsafe Obstacle Exception:** A facility 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 course (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 Regional Manager by the **Event Coordinator** via the **CDC sheet**

Skills Rules

1. This season facilities may choose to host a Skills Qualifier

- a. The facility must determine whether they are booking a Skills Qualifier or Course Qualifier before submitting their **Date Request Packet**.
 - b. The Skills Qualifier will qualify athletes for the Regional Championships
2. 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.
 - a. See the Athlete Rules section for more on skills rankings
3. Facilities must offer 5-15 skills per Skills Qualifier
4. Facilities may choose any of the following approved skill types:
 - a. Timed
 - i. Fastest completion
 - ii. Longest Time
 - b. Repetition
 - i. Most Reps
5. Each skill will have its own detailed set of rules for set up and tracking that must be followed:
 - a. General rules apply across all skills.
 - i. The **referee** must clarify what is **out of bounds** (and what is in play) for each skill while explaining the rules of the skill
 1. Anything not in play is considered **out of bounds**
 2. An athlete is deemed to have failed a skill if they come in contact with anything considered **out of bounds**.
 - ii. Athletes must start all skills on a horizontal start platform completely disengaged from any obstacles.
 - iii. The **referee** will signal for the athlete to start by counting down or utilizing beep noises
 1. Whatever option the **referee** chooses must be consistent throughout a given wave
 - a. Example: If a **referee** starts athletes with a "3,2,1 GO!", they must continue to say "3,2,1 GO!" throughout that wave
 - b. Timed Skills:
 - i. Fastest Completion: The **referee** will rank athletes by; the fastest time or furthest distance in the fastest time, through an obstacle or obstacle series.
 1. Timed skills can only have one athlete on the skill at a time
 2. All fastest completion skills must have a start or finish platform
 - a. The start platform may be the same as a finish platform if there is a touch point somewhere in the series
 - b. Exception: The obstacle or obstacle series can also end by engaging a hanging buzzer.
 - i. A hanging buzzer does not require a finish platform
 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.
 - a. On 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**
 - b. For skills with touch point completion, athletes complete the section by touching the specific designated obstacle
 - c. For skills 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
6. All timed skills must end with some form of a buzzer
7. The timed skill is finished when the athlete:
 - a. Comes in contact with something out of bounds and is marked as failed or
 - b. Engages the buzzer at the end of the skill
- ii. Longest Time: The **referee** will rank athletes based on who can do the skill for the longest amount of time
 1. Timed skills can have as many athletes at the same time as room allows.
 2. Timed skills must have a start platform
 - a. Timed 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. Facilities are not required to make any height adjustments
 3. Once the athlete begins the skill, they will engage the obstacle as long as possible
 - a. Facilities can determine which part of the athlete's body can engage the obstacle
 - i. Hands only or feet only
 - ii. Or hands and feet
 4. The **referee** will stop the timer when the athletes touches out of bounds
- c. Repetition Skills:
 - i. **Most Repetitions:** The **referee** will rank athletes based on who can do the most repetitions of a skill or movement either within a time limit or before failure.

- ii. Highest Repetition Obstacles:
 - 1. Facilities will determine ahead of time and clarify during skills rules if the athlete has a time limit or will be attempting the skill until failure.
 - 2. Highest Repetition Obstacles can only have one athlete on the skill at a time
 - 3. Highest Repetition Obstacles must have a start platform
 - 4. 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)
 - a. **Referees** can also use point zones to mark when an athlete has progressed to certain point(s) in the obstacle(s)
 - i. Progress is marked through a point zone when the athlete's full body passes into the zone
 - 5. The athlete's run will end when time has expired or when the athlete touches something **out of bounds**
 - iii. Highest Repetition Movement
 - 1. Facilities will determine ahead of time and clarify during skills rules if the athlete has a time limit or will be attempting the skill until failure.
 - 2. Highest Repetition Movement skills can have as many athletes at once as room allows
 - 3. Highest Repetition Movement skills must have a start platform
 - a. Timed 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. Facilities are not required to make any height adjustments
 - 4. 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**.
 - 5. The athlete's skill will end when the time is up or when the athlete touches something **out of bounds**.
6. Overall Ranking: The athlete's overall skill ranking will be the sum of all of the skill rankings the athlete attempted.
- a. The athlete with the lowest points will be ranked the highest
 - b. If an athlete does not participate in a skill, their rank is assumed last or tied for last.
 - c. Example: Athletes will receive points equal to their ranking. If an athlete is ranked 1 in climb the ladder they will receive 1 point. If they do not compete they will receive the max points possible for that skill, tied with the lowest ranking athlete

on the scoreboard. When the points combine, athletes will be ranked based on the lowest scores.

Athlete Rules

Waivers

1. All participants must fill out a Season VI NNL waiver prior to participating in their first RNL Season III 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 VI Waiver
 - i. NinjaWorks ID can be located at www.nationalninja.com

Age Divisions

1. Age Divisions allowed at RNL qualifiers:
 - 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
 - f. Adults: 18 & up
 - g. Masters: Age 40 & up
 - i. Athletes age 40 or above have the option to compete in either the Adult or Masters divisions but must specify which division prior to competing in their first RNL event of the season. Athletes will then stay in the division that they choose for the entire RNL season. Athletes that do not express the option to compete in the Adult division will default to the Masters division.
2. Facilities are not required to host all age divisions and may choose which age divisions they wish to host
3. The athlete's age on Feb 21, 2021 will determine the age division in which the athlete will participate for the entire RNL season
4. All athletes must compete in their respective age divisions.
5. No adjustments or exceptions can be made to these age divisions.

Dress Code

1. All athletes participating will be required to adhere to the dress code of the facility hosting the RNL event
2. Athletes are required to wear all of the following articles of clothing in order to participate in an RNL event:
 - a. Closed toed shoes
 - b. Shirt
 - c. Bottoms
3. The facility will be responsible for determining if the athlete is adhering to the dress code of shoes, shirt and bottoms
 - a. The facility's Regional Manager and/or the NNL board have the authority to overrule the facility's 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 facility says, "Well, technically that is a bottom", the Regional Manager and/or 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 RNL events

Points

1. Points will be accumulated on a regional level
 - a. Athletes will receive the following points for placing in the top 10 at an event:
 - i. 1st: 10 points
 - ii. 2nd: 9 points
 - iii. 3rd: 8 points
 - iv. 4th: 7 points
 - v. 5th: 6 points
 - vi. 6th: 5 points
 - vii. 7th: 4 points
 - viii. 8th: 3 points
 - ix. 9th: 2 points
 - x. 10th: 1 points
 - b. The athlete's points will dictate the run order at the Regional Championship

Prizes

1. All RNL & NNL Qualifiers must offer the following prizes:
 - a. All divisions must present awards for 1st, 2nd, and 3rd place athletes for each gender and each division

- i. Trophies, medals, and custom memorabilia are all acceptable awards
- ii. Printed certificates are not acceptable awards
- iii. The athlete must be able to immediately take the award from the awards ceremony

Qualifying and 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, a facility may **REQUEST** to input the data into NinjaWorks following the comp
2. Ranking Athletes for RNL (Two Recognized Competition Types):
 - a. 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 and athletes will be awarded points that reflect their overall number placement based on their rankings from that skill. (Example: 1st place=1 point, 13th place =13 points)
 1. Timed Skills:
 - a. 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.
 - b. 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.
 2. 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 either within a time limit or before failure.
 - i. The **referee** will start the timer and clear each successful obstacle, point zone or movement.
 1. The athlete with the most completions wins.
 2. If there is a tie, the tie defaults to who achieved the completions faster.
 - ii. Overall Ranking: The athlete's overall skill ranking will be the sum of all of the skill rankings the athlete attempted.
 1. The athlete with the lowest points will be ranked the highest
 2. If an athlete does not participate in a skill their rank is assumed last or tied for last.

- b. Points: Under the points format, the **referee** will track the time and total number of obstacles an athlete completes in a given time limit.
 - i. The **referee** will start the timer at the beginning of the course after giving a signal for the athlete to begin.
 - ii. If an athlete completes an obstacle they will receive one point for completing the obstacle.
 - iii. If an athlete fails an obstacle they will receive no points for that obstacle.
 - 1. Once an athlete fails an obstacle they must move on to the next obstacle.
 - iv. The time will stop: when an athlete completes or fails the last obstacle or when the time limit set by the **referee** expires
 - v. Athletes will be sorted by the greatest number of completed obstacles in the least amount of time.
 - vi. All age divisions and gender divisions will be sorted independently.
- 3. Qualifying for the Rec Ninja League Regional Championship:
 - a. In order to qualify, an athlete must have completed an **obstacle or skill**.
 - b. Each of the age divisions will have their own male and female qualifiers
 - i. Example: The Kids (ages 6-8) division will have 3 male and 3 female qualifiers.
 - c. Athletes will be ranked based on the most obstacles completed in the least amount of time.
 - d. Athletes must finish top 3 for their age division and gender in order to qualify
 - e. Athletes may only qualify at one event
 - f. Athletes may compete at as many events as they want for the chance to earn a better run order at Regional Championships
 - g. In the event an athlete in a qualifying position has already qualified for the Regional Championship, their qualifying spot will move to the next highest ranked athlete of the same gender at that event in the same age division
 - h. In the event an athlete refuses a qualifying spot for any reason, an event coordinator may move the qualifying spot to the next eligible athlete attending the event
 - i. This may only be done the day of the event
 - ii. After the event is finished all qualifying spots are final and no alternates will be selected.

Rule Violations

1. Rule Violations Matrix
 - a. The Rule Violations Matrix indicates who is responsible for which rules and to outline what constitutes a strike and/or a fine. The matrix will be used to track any league violations.
 - b. All of the following rules reference this matrix. The full matrix can be found at this link:
 - i. [Link](#)
2. Facilities
 - a. If a facility receives 5 strikes, their facility will be placed under review to determine if they will still be approved to hold RNL events
 - i. If reviewed, facilities will need to reapply
 1. The **Gatekeepers** will determine by vote whether or not the facility will be allowed to continue to host events
 - b. Facilities may send written appeals of their violations to their Regional Manager
 - i. The written appeal will be escalated to the NNL board for a final determination
 - c. Strikes in an RNL season are independent of strikes in an NNL season and vice versa and all strikes are reset at the end of each season
 - d. Facilities may remove strikes if it is possible to correct the reason for getting the strike.
 - i. Example: The facility is missing a waiver. If the facility tracks down the athlete and gets them to properly fill out a waiver the strike will be removed from the facility

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 RNL and/or NNL 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 completes 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!

