

Season V Rules Matrix



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Overview

Welcome to the NNL season V rules matrix. The matrix will clearly spell out all of the Season V rules and show which rules are the responsibility of the gym and which rules are the responsibility of the rep. This way if any rules are violated throughout the season it is clear where the responsibility was supposed to fall. Here is an explanation of this document taken directly from the season V Rulebook.

1. Rule Violations Matrix
 - a. We created a rules violation matrix to show 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 NNL 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 board for a final determination
 - c. Strikes in a NNL season are independent of strikes in an RNL season and vice versa and all strikes are reset at the end of each season
3. NNL Representatives
 - a. If an NNL Representative receives 5 strikes, they will no longer be allowed to rep events

Admin

General

Rule	Gym	Rep
1. Everything in this document is considered to be a part of the NNL Rulebook	Strike	

<ul style="list-style-type: none"> a. All rules must be followed by any facility hosting a NNL 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 Rules Violation Matrix 		
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Approved Facilities & Organizations

Rule	Gym	Rep
<ol style="list-style-type: none"> 1. Facilities must be approved by the Gatekeepers to host NNL events <ul style="list-style-type: none"> a. New facilities will submit an application to info@nationalninja.com <ol style="list-style-type: none"> i. The application will help the Gatekeepers understand the following parts of the applicant's organization: <ol style="list-style-type: none"> 1. Safety 2. Structure 3. Event history 4. Obstacle variety 5. Overall professionalism ii. Applicants will also take a quiz to test their rulebook knowledge b. Existing facilities will need to re-submit an application to info@nationalninja.com ONLY for any of the following reasons: <ol style="list-style-type: none"> i. Location change ii. If the facility received 5 or more strikes within a NNL Season as laid out in the Rules Violation section 	Strike	
<ol style="list-style-type: none"> 2. Facilities hosting a NNL event can only be affiliated with the organizations stated on our Approved Organizations page: <ol style="list-style-type: none"> a. www.nationalninja.com/approvedorganizations 	Removed from league	

Booking Events

Rule	Gym	Rep
<p>Scheduling</p> <ol style="list-style-type: none"> 1. Region breakdown: <ol style="list-style-type: none"> a. New England: <ol style="list-style-type: none"> i. Maine, Vermont, New Hampshire, Massachusetts, New York, Connecticut, Rhode Island b. Northeast: <ol style="list-style-type: none"> i. Pennsylvania, New Jersey, Maryland, Delaware, Virginia, West Virginia, Washington D.C. c. Southeast: <ol style="list-style-type: none"> i. North Carolina, South Carolina, Georgia, Tennessee, Mississippi, Alabama, Florida d. Midwest: <ol style="list-style-type: none"> i. Michigan, Ohio, Indiana, Kentucky, Canada e. North Central: <ol style="list-style-type: none"> i. Wisconsin, Illinois, Minnesota, Iowa, Nebraska, North Dakota, South Dakota f. Heartland: <ol style="list-style-type: none"> i. Missouri, Kansas, Oklahoma, Arkansas g. South Central: <ol style="list-style-type: none"> i. Texas, Louisiana, New Mexico, Arizona h. West Coast: <ol style="list-style-type: none"> i. Washington, Oregon, Nevada, California i. Rocky Mountains <ol style="list-style-type: none"> i. Montana, Idaho, Wyoming, Colorado, Utah 	N/A	N/A
<ol style="list-style-type: none"> 2. All events must be approved by the Regional Manager <ol style="list-style-type: none"> a. Facilities must submit the following for approval to request scheduling for their event: <ol style="list-style-type: none"> i. Copy of insurance policy listing "National Ninja League" as an additional insured: <ol style="list-style-type: none"> 1. National Ninja League Inc. 710 Park Avenue Hainesport, NJ 08036 ii. Event Coordinator certification 	Strike	

<ul style="list-style-type: none"> iii. Course Designer certification iv. Location approval (if required) <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> i. Event Coordinator contract ii. Course Designer contract iii. NNL Representative contract <ul style="list-style-type: none"> - Facilities are responsible for securing their own NNL Representative for their event c. Date Requests Packets will only be considered for approval by the Regional Manager once ALL documents have been received d. NNL event dates will be awarded on a first come, first serve basis. Date Request Packets will be time stamped by the Regional Manager <ul style="list-style-type: none"> i. The NNL board reserves the right to overturn a scheduling decision made by the Regional Manager 		
<ul style="list-style-type: none"> 3. Facilities may choose to host only a youth event (6-17) or only an adult event (18 & up) on any given day <ul style="list-style-type: none"> a. If a facility chooses to host only a youth event or only an adult event, another facility in the SAME REGION may schedule the opposite age division that same day <ul style="list-style-type: none"> ii. Example: If Brooklyn Zoo (New England) hosts an adult only event on Wednesday, October 1st, then Real Life Ninja Academy (also New England) may host a youth only event on Wednesday, October 1st 	Strike	
<ul style="list-style-type: none"> 4. Facilities may choose to host both a youth event and an adult event while mixing age divisions on the same day <ul style="list-style-type: none"> a. If a facility chooses to mix age divisions, no other facility in that SAME REGION may host an event on the same date(s) as the first facility's event <ul style="list-style-type: none"> iii. Example: If Iron Grip (Midwest) hosts Kids, 	Strike	

<p>Adults and Masters on Monday, November 10th and Mature Kids, Preteens, Teens and Young Adults on Tuesday, November 11th, Gripz (also Midwest) may not host an event on either of those days</p>		
<p>5. Facilities scheduling within a 150 mile radius of an event (but in DIFFERENT REGIONS) may still choose to host an event on the same day</p> <p>a. However, they must defer to the facility that scheduled first. This means that the facility that scheduled first receives scheduling priority for which age divisions are held on which day and the second facility must schedule the opposite.</p> <ul style="list-style-type: none"> ■ Example: Movement Lab NJ (Northeast) is scheduled for December 1st and 2nd. New Era Ninjas (New England) also wants to schedule December 1st and 2nd. Movement Lab NJ (Northeast) and New Era Ninjas (New England) are in different regions, but only 141 miles apart. Movement Lab NJ (Northeast) has youth divisions scheduled on December 1st, so New Era Ninjas (New England) must schedule youth divisions on December 2nd 	Strike	
<p>6. Facilities scheduling within a 150 mile radius of an event (but in DIFFERENT REGIONS) may choose to host both a youth event and an adult event while mixing age divisions on the same day</p> <p>a. However, they must defer to the facility that scheduled first. This means that the facility that scheduled first receives scheduling priority for which age divisions are held on which day and the second facility must schedule the opposite.</p> <ul style="list-style-type: none"> ■ Example: If Iron Grip hosts Kids, Adults and Masters on Monday, November 10th and Mature Kids, Preteens, Teens and Young Adults on Tuesday, November 11th, another facility within a 150 mile radius of an event (but in DIFFERENT REGIONS) may host an event on Monday, November 10th but only for Mature Kids, Preteens, Teens, and Young Adults and 	Strike	

Tuesday, November 11th but only for Kids, Adults, and Masters		
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NNL Fees

Rule	Gym	Rep
1. Facilities are responsible for a \$12 fee per athlete that participates in their event <ol style="list-style-type: none"> a. The \$12 fee applies to all age divisions b. The \$12 fee applies to every participating athlete even if the facility has chosen not to charge the athlete 	\$30 fine on top of Fee due to NNL	
2. NNL facilities will be allowed to create and sell NNL merchandise <ol style="list-style-type: none"> a. The NNL 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 NNL logo on any and all material 	N/A	N/A
3. Spectators are encouraged for all events <ol style="list-style-type: none"> a. Spectator fees (if any) are determined by the facility hosting the event b. All fees go directly to the facility unless stated otherwise 	N/A	N/A
4. Each NNL facility will receive 5 free entries to use at NNL qualifying events each season <ol style="list-style-type: none"> a. The free entry may be shared with anyone b. A master spreadsheet will be accessible to all NNL facilities to track free entries c. It is the responsibility of the hosting facility to inform the rep of each free entry used so that the rep can document it accurately on the CDC <ol style="list-style-type: none"> 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 	Strike if failed to report	Strike if notified but failed to add to CDC

<p>ii. If the hosting facility fails to report a free entry to the Rep, the hosting facility will also receive a strike as laid out in the rules violation matrix</p>		
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Event Rules

Registration

Rule	Gym	Rep
<p>1. Facilities will be responsible for registering athletes for the event</p> <p>a. Registration responsibilities will include:</p> <p>i. Collecting/processing payment</p> <p>1. Events must be priced between \$40-\$75</p> <p>a. The total price for registration for the event must remain under \$75 with all taxes and fees included</p> <p>ii. Capturing each athlete's NinjaWorks ID as part of registration</p> <p>iii. Creating and submitting a run order per guidelines</p>	Strike	
<p>2. Facilities will be required to create a run order and submit that run order to info@nationalninja.com no later than 3pm EST on the day before the start of their event</p> <p>a. Athletes that register after the run order has been submitted must be placed at the beginning of the wave by the NNL Representative the day of the event</p> <p>b. Run order must be in the following sample format:</p> <p>i. A single CSV or spreadsheet, listing athletes in the desired run order, with the following columns:</p> <p>1. NinjaWorks Athlete ID</p> <p>2. Athlete's First Name</p> <p>3. Athlete's Last Name</p> <p>4. Athlete's Division/Gender (ex. Kids Male)</p>	Strike	
<p>3. Wave Caps</p> <p>a. Each wave of athletes will be capped at a maximum of 50 athletes per wave</p>	Strike	

<p>4. Facilities may run multiple age divisions within a single wave</p> <p>a. However, athletes must still be sorted by each age division and gender division within the NNL</p>	Strike	
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NNL Representatives

Rule	Gym	Rep
<p>1. NNL Representatives must be secured by the facility prior to submitting their Date Request Packet to their Regional Manager</p> <p>a. Anyone can become an active NNL Representative by passing the most recent NNL Representative certification program</p> <p>i. A list of active NNL Reps can be found at www.nationalninja.com/gym-resources</p> <p>b. Facilities are allowed to train their own staff or ownership to become an NNL Representative</p> <p>c. Events can be booked with a Rep that is planning to complete the certification, as long as the Rep is certified prior to the event</p>	Strike	
<p>2. NNL Representatives are required to be present throughout the entire event and are responsible for the following:</p> <p>a. Editing registration in the NinjaWorks system</p> <p>b. Verifying results are accurately posted</p> <p>c. Advising facilities and athletes of NNL policies, rules and regulations</p> <p>i. Tracking any rule violations</p> <p>ii. Tracking all injuries</p> <p>d. Hosting a post event meeting (or multiple meetings throughout the event) with any facility owners, parents, athletes, or spectators to gather feedback</p> <p>i. Recording ALL feedback to be submitted to the Regional Manager via the CDC sheet</p>		Strike
<p>3. Events may be split between 2 or more NNL Representatives</p> <p>a. NNL Representatives will only be compensated for the portion of the event they worked and will be required to submit one CDC sheet</p>	N/A	N/A

4. If an NNL Representative needs to swap shifts with another NNL Representative, they must submit the NNL Representative Swap Shift Form to the Regional Manager		Strike
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Facility Staff

Rule	Gym	Rep
1. Facility staff including owners, anyone on their payroll, or anyone involved in the running of the event may not participate in the facility's event	Strike	
<p>2. Staff of the hosting facility should refrain from excessive cheering for any particular athletes running the course</p> <ul style="list-style-type: none"> a. This includes giving course advice to any athletes on the course <ul style="list-style-type: none"> i. The referee (when asked by the athlete on the course) may clarify rules or course direction for the athlete b. 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 <ul style="list-style-type: none"> i. Examples of positions that are not allowed to coach: referee, timer, course resetter, spotter, anyone with course knowledge prior to the event ii. Examples of positions that could be eligible to coach: registration, livestream commentators, facility upkeep staff, photographer, merchandise/food sales staff 	Strike	
<p>3. Referees, coaches, and spotters are not permitted to physically assist the athlete in any way while they are on the course</p> <ul style="list-style-type: none"> a. Example: If an athlete is unable to reach an obstacle, the referee is NOT permitted to help the athlete up to the obstacle <ul style="list-style-type: none"> i. Referees, coaches and spotters are permitted to spot an athlete for safety reasons 	Strike	

4. 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	Strike	
5. No one should be on any equipment or obstacle(s) within the course while an athlete is on the course	Strike	
6. Timing and Line Manager role will be handled by the facility staff	Strike	

Opening Ceremony

Rule	Gym	Rep
1. The United States' National Anthem must be played at the start of all NNL events a. This should happen 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	Strike	
2. All facilities must have a physical American flag for the playing of the National Anthem	Strike	
3. Exception: Canadian facilities will play the Canadian National Anthem and hang the Canadian flag	Strike	

Redemption Time Policy (Previously Open Gym)

Rule	Gym	Rep
1. The league is replacing the term "Open Gym" with "Redemption Time" for liability reasons and recommend other facilities do the same	N/A	N/A
2. Redemption Time: may be added for an age division following	Strike	

the event for that same age division		
3. Redemption Time and/or Open Gym may not be held prior to the event for an age division that has not yet competed	Strike	
4. Open Gym, held prior to the event, may not be connected/marketed with or included in the event registration price <ul style="list-style-type: none"> 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 	Strike	

Course Rules

Courses

Rule	Gym	Rep
1. All courses must be between 10 and 20 obstacles <ul style="list-style-type: none"> a. The obstacles must test the following variety of skills: <ul style="list-style-type: none"> i. Lower body coordination & strength ii. Upper body coordination & strength 	Strike	
2. Courses may not be practiced by athletes prior to the competition	Strike	
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: <ul style="list-style-type: none"> i. Trampoline height or distance ii. Time limits 	Strike	
4. Facilities may choose to establish a time limit on their course <ul style="list-style-type: none"> a. When the following age groups fail a course their run will be over. They will not be allowed to continue on the course <ul style="list-style-type: none"> i. Adult (+18) ii. Masters (+40) 	Strike	

<p>b. When the following age groups fail the course, facilities will be required to allow athletes an opportunity to finish the course or run as many obstacles as they can within the time limit</p> <ul style="list-style-type: none"> i. Kids (6-8) ii. Mature Kids (9-10) iii. Preteens(11-12) iv. Teens (13-14) <ul style="list-style-type: none"> 1. However, the results tracked through NinjaWorks will only account for the obstacles the athlete completed before their first obstacle fail <p>c. When the following age groups fail the course, facilities will have the option to allow athletes an opportunity to finish the course or run as many obstacles as they can within the time limit OR to end their run when they fail</p> <ul style="list-style-type: none"> i. Young Adults (15-17) <ul style="list-style-type: none"> 1. The results tracked through NinjaWorks will only account for the obstacles the athlete completed before their first obstacle fail 		
<p>5. 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.</p>	Strike	
<p>6. NNL events are single stage events</p> <ul style="list-style-type: none"> a. Other competitive events at the facility relating to ninja will not be permitted on the same day as the NNL event 	Strike	
<p>7. 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</p> <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> i. All adjustments to safety pads or matting after the wave has started must be reported to the Regional Manager by the Event Coordinator and the NNL Representative via the CDC sheet 	Strike	

<p>b. Unsafe Obstacle Exception: A facility may modify or swap out an obstacle that presents an immediate safety concern due to breaking or malfunctioning</p> <ul style="list-style-type: none"> 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 and the NNL Representative via the CDC sheet 		
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Rules Walkthrough

Rule	Gym	Rep
1. The rules walk through may be no longer than 35 mins including athlete questions	Strike	
2. Rules must be video recorded for reference later, but do not have to be livestreamed	Strike	
3. If there are multiple waves in an age division, all obstacles must be demonstrated the same way during rules for each wave	Strike	
<p>4. 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</p> <ul style="list-style-type: none"> a. Including: testing the texture of an obstacle 	Strike	

Obstacles

Rule	Gym	Rep
1. Start and Finish (Landing) Platforms Rule	Strike	

<p>a. All obstacles must have a visibly marked start and finish (landing) platform</p> <ul style="list-style-type: none"> i. Athletes must have adequate stopping distance for finish (landing) platforms that are in close proximity to walls or barriers ii. Once an athlete has reached the finish (landing) platform, the path they take to the next obstacle may not disqualify them <ul style="list-style-type: none"> 1. If the path to the next obstacle presents a potential safety hazard the proper path may be dictated to them <ul style="list-style-type: none"> a. Example: The safest path for an athlete to get down off the Warped Wall may be dictated to the athlete 		
<p>2. Completing an Obstacle Rule: 3 Step Obstacle Completion Process</p> <p>a. An obstacle is considered complete once all three of these steps have been met (in this order or simultaneously):</p> <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 	Strike	
<p>3. Overshooting a Finish (Landing) Platform</p> <ul style="list-style-type: none"> 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 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 	Strike	
<p>4. Linking Obstacles Rule</p>	Strike	

<ul style="list-style-type: none"> a. Obstacles may be linked as long as the start and finish points are determined by hand or foot placement on an individual obstacle <ul style="list-style-type: none"> i. In order to have linked obstacles, the linked obstacles must be two completely different obstacles and not the same obstacle repeated twice ii. All linked obstacles must eventually reach a finish (landing) platform <ul style="list-style-type: none"> 1. Warped Wall Exception: The Warped Wall may be completed via touch point or by climbing to the finish (landing) platform on top iii. If an athlete fails to complete an obstacle in a linked obstacle series: <ul style="list-style-type: none"> 1. The referee will dictate in the course rules how the athlete starts the following obstacle in the linked series 		
<p>5. Hands/Feet Rules</p> <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 	Strike	
<p>6. Out of Bounds</p> <ul style="list-style-type: none"> a. Anything that is not specifically permitted by the facility as part of an obstacle is considered out of bounds b. The following obstacle supports are considered out of bounds (unless specifically permitted by the facility): 	Strike	

<ul style="list-style-type: none"> i. Carabiners ii. Eyebolts iii. Chains iv. Straps v. Ropes vi. Other hardware vii. Support structures viii. Safety Pads/Matting 		
<p>7. Incidental Contact Rule</p> <ul style="list-style-type: none"> 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 	strike	
<p>8. Resetting Rule</p> <ul style="list-style-type: none"> a. It is up to the facility to determine if athletes may or may not reset on an obstacle 	strike	

Starting & Stopping an Athlete's Course Run

Rule	Gym	Rep
<p>1. Starting Noises</p> <ul style="list-style-type: none"> a. Must be consistent throughout all waves <ul style="list-style-type: none"> 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 	Strike	
<p>2. False Starts</p> <ul style="list-style-type: none"> a. If an athlete starts prior to when the referee counts them in, they will return to the startline and be counted in again 	Strike	
<p>3. Buzzer</p> <ul style="list-style-type: none"> a. The end of the course must have some form of a buzzer <ul style="list-style-type: none"> i. Examples: hitting a buzzer, knocking over a cone, hitting a designated slap spot, ringing a bell, hitting a gong 	Strike	

Incident Handling

Rule	Gym	Rep
<p>1. Injury Stops</p> <ul style="list-style-type: none"> a. In the event an athlete gets injured while the athlete was running the course and they need to step off of the course, their course 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 and the NNL Representative via the CDC sheet 	Strike	Strike if injury isn't reported
<p>2. Obstacle Breaks or Course Malfunctions</p> <ul style="list-style-type: none"> a. Any obstacle breaks or course malfunctions could result in a strike as described in the Rules Violation section b. In the event an obstacle breaks or malfunctions, the athlete will be allowed a rerun from the start of the course <ul style="list-style-type: none"> i. Examples of Malfunctions: <ul style="list-style-type: none"> 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 assure fair rest <ul style="list-style-type: none"> i. The athlete will determine when they are adequately rested within a reasonable amount of time <ul style="list-style-type: none"> 1. Facilities 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 e. Any obstacle breaks or malfunctions resulting in a rerun must be reported to the Regional Manager by the Event 	Strike	Strike if not reported in CDC

Coordinator and the NNL Representative via the CDC sheet		
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Video Review

Rule	Gym	Rep
1. Video Review <ol style="list-style-type: none"> a. Course Judges may use video to review close call situations. b. Athletes may request a video review <ol style="list-style-type: none"> i. The request must take place prior to the completion of the wave the athlete ran in ii. No review request will be looked at after a wave has finished c. The evidence in the video must be irrefutable in order to overturn a call on the course. <ol style="list-style-type: none"> i. If it is not irrefutable then the call on the course will stand. 	N/A	N/A

Athlete Rules

Waivers

Rule	Gym	Rep
1. All participants must fill out a Season V NNL waiver prior to participating in their first NNL event of Season V <ol style="list-style-type: none"> a. Athletes should complete all waivers using their legal first and last name (avoiding nicknames) <ol style="list-style-type: none"> 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 		Strike

<p>out the Season V Waiver</p> <p>i. NinjaWorks ID can be located at www.nationalninja.com</p>		
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Age Divisions

Rule	Gym	Rep
<p>1. Age Divisions allowed at NNL events:</p> <ul style="list-style-type: none"> 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+ g. Masters: Age 40 & up <ul style="list-style-type: none"> i. Athletes over 40 will be able to choose if they want to compete in the Adult division or the masters division. ii. They will need to choose before their first event. iii. Once they have made a decision they cannot change for the entirety of the season. 	Strike	Strike
<p>2. Facilities are not required to host all age divisions and may choose which age divisions they wish to host</p>	N/A	N/A
<p>3. The athlete's age on February 22, 2020 will determine the age division in which the athlete will participate for the entire season</p> <ul style="list-style-type: none"> a. All athletes must compete in their respective age divisions unless they are covered under one of the exceptions below: <ul style="list-style-type: none"> i. Athletes ages 13-17 that qualified for Season 1 of the NNL World Championship are grandfathered into the Adult division. (Full list can be found on the NNL Site) ii. By placing in the Top 3 in an individual's age group for the current season, athletes are eligible to move up one age group for the next season if they choose. <ul style="list-style-type: none"> 1. If an athlete ages out of the division they 	Strike	Strike

<p>placed in the top 3 in, they will not be able to move up out of their new age group.</p> <ul style="list-style-type: none"> ○ Example: A 12 year old places 1st in the preteens. Next year he/she will be a teen. This athlete will still compete with the teens. He/She will not be able to jump to the young adults. <p>iii. Athletes over 40 will be able to choose if they want to compete in the Adult division or the Masters division.</p> <ol style="list-style-type: none"> 1. They will need to choose before their first event. 2. Once they have made a decision they cannot change for the entirety of the season. 		
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Dress Code

Rule	Gym	Rep
<p>1. All athletes participating will be required to adhere to the dress code of the facility hosting the NNL event</p>	Strike	
<p>2. Athletes are required to wear all of the following articles of clothing in order to participate in a NNL event:</p> <ol style="list-style-type: none"> a. Closed toed shoes b. Shirt c. Bottoms 	Strike	
<p>3. The facility will be responsible for determining if the athlete is adhering to the dress code of shoes, shirt and bottoms</p> <ol style="list-style-type: none"> 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 <ol style="list-style-type: none"> 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 	strike	

their decision and determine that a bathing suit (while technically a bottom) is inappropriate and violates the spirit of the intended dress code		
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Code of Conduct

Rule	Gym	Rep
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	Strike	

Points

Rule	Gym	Rep
<p>1. Points will be accumulated on a national level</p> <p>a. Athletes will receive the following points for placing in the top 10 at an event:</p> <ul style="list-style-type: none"> 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 <p>b. The points will dictate the run order at the World Championship</p> <p>c. If there is a tie for points the athlete that has a lower National Ranking will run first.</p>	N/A	N/A

Prizes

Rule	Gym	Rep
1. Every facility must have a prize of at least \$100 cash for each Adult division (Male and Female) of a qualifying event	Strike	
2. Each facility must have a prize of at least \$50 for each master division (male and female) of a qualifying event	Strike	
3. All divisions must have awards given for 1st, 2nd, and 3rd place for each gender and division <ul style="list-style-type: none"> a. Trophies, Medals, and Custom Memorabilia are all acceptable awards, printed certificates are not acceptable awards b. The athlete must be able to immediately take the award from the awards ceremony 	Strike	

Qualifying and Results Tracking

Rule	Gym	Rep
1. Results Tracking <ul style="list-style-type: none"> a. All athlete and competition data must be tracked via the NinjaWorks system b. In the event of poor wifi connections, a facility may <u>REQUEST</u> to input the data into NinjaWorks following the comp 	Strike	
2. Qualifying <ul style="list-style-type: none"> ○ In order to qualify, an athlete must have completed the first obstacle ○ Each of the age divisions will have their own male and female qualifiers <ul style="list-style-type: none"> i. Example: The Kids age 6-8 will have 3 male and 3 female qualifiers. ○ Athletes will be ranked based on who completed the course with the fastest time or, if no finishers, who made 	N/A	N/A

<p>it the furthest the fastest. All obstacles must be completed in succession</p> <ul style="list-style-type: none">i. Time will stop at the last completed obstacleii. Obstacles must be completed in the order they are given during the rules <ul style="list-style-type: none">○ Athletes must finish top 3 for their age division and gender in order to qualify<ul style="list-style-type: none">i. Athletes may only qualify at one eventii. Athletes may compete at as many events as they want for the chance to earn a better run order at World Championships○ In the event an athlete in a qualifying position has already qualified for the World Championship their qualifying spot will move to the next highest ranked athlete at that event in the same gender and age division○ 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<ul style="list-style-type: none">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		
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