

Ninja-ween Competition Rulebook

Course design will remain confidential until specified course walk through on the day of competition. Head Judge is required to be the lead of course creation, testing, and finalization of all course specifications.

All competitors must check-in within check-in window set by hosting gym. Doors will remain closed until the start time of check-in. Any competitor arriving after set check-in window must get approval from the Head Judge to check-in/register to run the course as an eligible competitor. Head Judge reserves the right to wave late competitor eligibility and allow the tardy individual to run for fun without the ability to win prizes.

Individuals who wish to run the course outside of their eligible age group are not eligible for prizes, yet are encouraged to run for 50% of normal registration cost.

Competitors are allowed two VIP spectators to accompany competitor at no cost upon registration. All other spectator fees are \$10/person for admission. 50% of proceeds from spectator admission will be donated to the NM Autism Society.

Competitors must remain in the designated spectator or warm up area until course walk through. Any competitor seen in the course stage area (clearly marked by yellow caution tape) prior to course walk-through will be automatically disqualified from eligibility for prizes, and will not be considered when progressing eligible competitors through the course stages. If ineligible competitor's course run meets requirements set below to progress to next course stages, ineligible competitor will still be allowed to run for fun without eligibility to win prizes.

During course walk-through, competitors will not be allowed to make any contact with any of the equipment within the course stage on the day of the competition for any reason. Any competitor seen making any contact with any equipment during the course walkthrough will be automatically disqualified from eligibility for prizes and the outcome ineligible course run will not be considered when progressing eligible competitors through the course stages. If ineligible competitor course run meets requirements set below to progress to next course stages, ineligible competitor will still be allowed to run for fun without eligibility to win prizes.

Competitor Run Order will be randomized and revealed after course walk through. After run order has been announced, no modifications will be made to competitor run order without head judge approval.

-In the case of unexpected delays outside of the competitor control, including but not limited to auto collisions or flight delays, competitor run may be bumped to the end of the run order only upon approval from the head judge.

During course walk through, Head Judge will specify the start and finish line of each obstacle. Start of obstacle will be marked with green tape, and competitor will be required to start each obstacle with their first foot on or behind the green tape.

Finish line of the obstacle will be marked with red tape, and competitor's first foot must land on or past the finish line with momentum moving past the line to be awarded successful completion of the obstacle. If competitor's first foot lands on or past the starting line, and competitor falls behind the red tape the attempted will be judged as a failed attempt.

All questions regarding course specifications must be asked before competitor course run begins. Any questions asked during or after the course run will be answered according to preset course specifications and/or judge responses to questions asked before competitor course run began.

After course walk through has been concluded and competitors have been dismissed to spectator/warm-up area, all competitors are guaranteed an additional 10 minute warm-up window before run order will be announced.

Competitors will be allowed 1 coach, and/or 1 designated videographer during course run. Those designated for these roles will be asked to remain in designated paths to remain out of the way of the course run, judges view, and footage.

Gloves, face paint, masks, or capes will not be allowed to be worn during competitor course run. All further clothing, accessories, or chalk bags will be considered part of the competitor. Competitors are allowed to carry chalk on the course. Chalk will also be provided by the hosting gym. Towels can be provided to clean the bottom of competitors shoes on any obstacle upon request if not already provided.

Rule specifications for each course in the Ninja-ween competition event are as follows:

Youth Divisions - Single Stage Competition

Ages 7-9
Ages 10-12
Ages 13-15

Every youth competitor will start their course with 2 points, representing a single obstacle retry to be used on the first obstacle failed. If competitor passes every obstacle on the first attempt and completes the course within the time limit they keep these 2 points. The 2 points will be awarded and added to competitor's overall course points at the end of their "clean" course run with zero failed attempts within the 6:00.00 minute time limit.

Head judge will count down to the start of competitor run with 3, 2, 1 GO. Official competitor run time will begin on the head judge announcement of GO. Competitor may begin attempt of the first obstacle at anytime after the announcement of GO.

After the first failed obstacle attempt, competitor must allow 15 seconds for obstacle reset and is required return to the starting line of the first obstacle failed. After 15

second reset is complete, competitor will hear the head judge clearly say, "continue." After competitor has returned to the starting line of the first obstacle failed, has heard "continue" from the head judge, competitor has a single re-try for that first obstacle failed to attempt to gain the 2 points awarded for successfully passing the first failed obstacle.

If competitor successfully passes their first failed obstacle on their single re-try, they are awarded a full 2 points for that obstacle. Further successfully passed obstacles are worth 2 points until second failed obstacle. After the second failed obstacle, competitor must move on, and every successfully passed obstacle thereafter is worth a maximum of 1 point.

If competitor fails the first failed obstacle on their single re-try, each successfully passed obstacle thereafter is worth a maximum of 1 point.

Any failed obstacle is worth 0 points, unless successfully passed on the re-try whereas that obstacle is worth a full 2 points.

Official competitor course run will end at the pass or fail of the final obstacle, or when official obstacle course run time reaches the 6:00.00 minute time limit; regardless of competitor location in the course.

Top 3 ranking youth competitors from each division will receive the following prizes:

1st Place: Ninja Park's official Ninja-ween 1st place metal, no cost registration to run the course for the following age group, and special shoutout on Ninja Park's website/social media.

2nd Place: Ninja Park's official Ninja-ween 2nd place metal

3rd Place: Ninja Park's official Ninja-ween 3rd place metal

Adult Division

Adult Stage 1 course:

- Every youth and adult competitor will start their first course, known as the Stage 1 course for adults, with 2 bonus points, representing a single obstacle re-try to be used on the first obstacle failed. The 2 bonus points will be awarded and added to competitor overall points at the end of a "clean" course run with zero failed attempts within the 6:00.00 minute time limit.

- Head judge will count down to the start of competitor run with 3, 2, 1 GO. Official competitor run time will begin on the head judge announcement of GO. Competitor may begin attempt of the first obstacle at anytime after the announcement of GO.

- After the first failed obstacle attempt, competitor must allow 10 seconds for obstacle reset and is required return to the starting line of the first obstacle failed. After 10 second reset is complete, competitor will hear the head judge clearly say, "continue."

After competitor has returned to the starting line of the first obstacle failed, has heard "continue" from the head judge, competitor has a single re-try for that first obstacle failed to attempt to gain the 2 points awarded for successfully passing the first failed obstacle.

- If competitor successfully passes their first failed obstacle on their single re-try, they are awarded a full 2 points for that obstacle. Further successfully passed obstacles are worth 2 points until second failed obstacle. After the second failed obstacle, competitor must move on, and every successfully passed obstacle thereafter is worth a maximum of 1 point.

- If competitor fails the first failed obstacle on their single re-try, each successfully passed obstacle thereafter is worth a maximum of 1 point.

- Any failed obstacle is worth 0 points, unless successfully passed on the re-try whereas that obstacle is worth a full 2 points.

- Official competitor course run will end at the pass or fail of the final obstacle, or when official obstacle course run time reaches the 6:00.00 minute time limit; regardless of competitor location in the course.

All competitors who successfully pass every obstacle in the Stage 1 course will be awarded a guaranteed Stage 2 course run. If less than 15 competitors pass every obstacle in Stage 1, the top ranking 15 competitors with the most points in the fastest time will advance to stage 2.

Adult Stage 2:

- Every competitor will start their first course with zero points.

- Head judge will count down to the start of competitor run with 3, 2, 1, GO. Official competitor run time will begin on the head judge announcement of GO. Competitor may begin attempt of the first obstacle at anytime after the announcement of GO.

- Competitor will be given a single attempt for each obstacle. For each successfully passed obstacle prior to their first obstacle failed, competitor will be awarded 2 points. After the first failed obstacle, each successfully passed obstacle is worth a maximum of 1 point. Each failed obstacle is with 0 points.

- Official course run time will end after the pass or fail of the final obstacle in the course, or when official obstacle course run time reaches the 2:00.00 minute time limit; regardless of competitor location in the course.

All competitors who successfully pass every obstacle in the Stage 1 course will be awarded a guaranteed Stage 2 course run. If less than 10 competitors pass every obstacle in Stage 2, the top ranking 10 competitors with the most points in the fastest time will advance to stage 3.

Adult Stage 3:

- Competitor will start the Stage 3 course with 2 bonus points, representing a single obstacle re-try to be used on the first obstacle failed. The 2 bonus points will be awarded and added to competitor overall points at the end of competitor official course run.

- Head judge will count down to the start of competitor run with 3, 2, 1, GO. Official competitor run time will begin on the head judge announcement of GO. Competitor may begin attempt of the first obstacle at anytime after the announcement of GO.
- Competitor will be allowed a maximum of 30 seconds from the time of passing one obstacle to the start of the next obstacle. If competitor has not passed starting line by the 30 second time limit between obstacles, the outcome for that obstacle will be considered a fail.
- After the first failed obstacle attempt, competitor must allow 15 seconds for obstacle reset and is required to return to the starting line of the first obstacle failed. After 15 second reset is complete, competitor will hear the head judge clearly say, "continue." After competitor has returned to the starting line of the first obstacle failed and has heard "continue" from the head judge, competitor has a single re-try for that first obstacle failed to attempt to gain the 2 points awarded for successfully passing the first failed obstacle.
- If competitor successfully passes their first failed obstacle on their single re-try, they are awarded a full 2 points for that obstacle. Further successfully passed obstacles are worth 2 points until second failed obstacle. After the second failed obstacle, official competitor run time ends.
- Any failed obstacle is worth 0 points, unless successfully passed on the re-try whereas that obstacle is worth a full 2 points.
- Official competitor course run will end in one of the three scenarios:
 - 1) Competitor successfully passes the final obstacle
 - 2) At the time of competitors second failed obstacle
 - 3) When official obstacle course run time reaches the 10:00.00 minute time limit; regardless of competitor location in the course.

Top 3 ranking competitors from Stage 3 course runs will be awarded the following prizes:

Men and Woman will be ranked separately.

1st Place: Ninja Park's official Ninja-ween 1st place metal, \$100, and a special shoutout on Ninja Park's website/social media.

2nd Place: Ninja Park's official Ninja-ween 2nd place metal, \$75

3rd Place: Ninja Park's official Ninja-ween 3rd place metal, \$50

Adult Stage 4:

Competitor is required to successfully pass every obstacle within every previous stages to be eligible to attempt stage 4. If competitor fails even a single obstacle in their run of Stage 1, Stage 2, or Stage 3 they are immediately ineligible to attempt Stage 4.

The challenge of Stage 4 will not be revealed unless, upon completion of Stage 3, at least 1 competitor has successfully passed every previous obstacle within every previous stage granting them eligibility to attempt the challenge that is Stage 4.

Any competitor able to successfully complete stage 4 with the fastest official completion time for Stage 4 will be awarded the “Most Limitless Ninja” title, and a bonus cash prize of \$500.

Course Design

Head Judge of youth and adult competition events are required to create course design and assign criteria/requirements pertaining to obstacle “pass” or “fail.”

All courses must be designed to gradually progress in difficulty. This can be done through obstacle choice, designated criteria, or psychological stress level of the obstacle design.

All course design must be created and tested for safety before the day of the competition event. Criteria must be written clearly and given to every competitor during course walkthrough.

All questions regarding course “pass” or “fail” criteria must be voiced by competitors prior to the start of competitor run. Any questions regarding course criteria after the competition of competitor run will be referred back to the previously written criteria.

In the case of a questionable call, the footage will be reviewed after the completion of competitor run and a final call will be made regarding the outcome collaborated upon by all 3 judges.

Criteria for each obstacle will establish “pass” zones and “fail” zones. Any contact with the “fail” zone (such as the floor, a wall, any support structure of the obstacle, etc.) will be judged based on whether or not the contact aided the competitor by increasing swing, resting, or changing trajectory.

If competitors contact with the “fail” zone changed the trajectory of their body, it will be deemed a failed attempt.

If competitors contact with the “fail” zone did not change the trajectory of their body or assist them in way, it will be deemed accidental contact and the competitor will be allowed to continue their obstacle attempt.

In the instance of an official obstacle “fail” a single whistle will be sound. If this is the first failed obstacle attempt, the designated secondary judge will begin a countdown from 15 to 1. During this time, competitor must return to the starting line and wait during the 15 second obstacle reset. After the 15 seconds has passed, competitor is encouraged to

use their single re-try to gain the 2 points for successful completion of that first failed obstacle.

To acknowledge and clarify when competitor has successfully passed each obstacle attempt, the head judge will loudly declare "CLEAR" when competitor has demonstrated control of their body after successfully passing the red ending line.

When competitors complete their attempt on the final obstacle, the Head Judge will sound 2 whistle blows. Time will stop on the sound of the second whistle blow.

Stable elements contained in course design are defined as elements that are not intended to move when contact is made with that element.

Un-stable elements contained in course design are defined as elements that are intended to move immediately when contact is made with that element.

Stable:

- Warped Wall

- Devil Steps

Unstable

- Spinning log

- Rope Swing

Youth single stages: 10 obstacles with 6:00.00 time limit.

- Must be appropriate for overall age group regarding difficulty.

- Must include a minimum of 4 "lower body" obstacles designed to challenge the majority of competitors lower body skills including stability, explosive strength, and muscular endurance. Course design and criteria is expected to include obstacles requiring both movement of a single leg at a time and movement of both legs simultaneously.

- Course is expected to include a variety of the following leg challenges:

- +Precision steps onto a designated stable and/or unstable object with designated criteria for single foot contact or required double foot contact.

- +Required explosive momentum from one stable area to another stable area.

- Must include a minimum of 4 obstacles designed to challenge the majority of competitors upper body skills including stability, explosive strength, and muscular endurance. Course design and criteria is expected to include obstacles requiring both movement of a single hand at a time and movement of both hands simultaneously.

- Course is expected to include a variety of the following arm challenges:

- +Precise hand movements to a designated stable and/or unstable surface with designated criteria for single hand contact or required double hand contact.

- +Required explosive momentum to progress through the obstacle.

Adult stage 1: 10 obstacles with 6:00.00 time limit.

- Will include beginner level 1 and 2 obstacle combinations with a progression in obstacle difficulty.

- Must include a minimum of 4 “lower body” obstacles designed to challenge the majority of competitors lower body skills including stability, explosive strength, and muscular endurance. Course design and criteria is expected to include obstacles requiring both movement of a single leg at a time and movement of both legs simultaneously.
- Course is expected to include a variety of the following leg challenges:
 - +Precision steps onto a designated stable and/or unstable object with designated criteria for single foot contact or required double foot contact.
 - +Required explosive momentum from one stable area to another stable area.
- Must include a minimum of 4 obstacles designed to challenge the majority of competitors upper body skills including stability, explosive strength, and muscular endurance. Course design and criteria is expected to include obstacles requiring both movement of a single hand at a time and movement of both hands simultaneously.
- Course is expected to include a variety of the following arm challenges:
 - +Precise hand movements to a designated stable and/or unstable surface with designated criteria for single hand contact or required double hand contact.
 - +Required explosive momentum to progress through the obstacle.

Stage 2: 8 obstacles with 2:00.00 time limit

- Will include intermediate level 1 and 2 obstacle combinations with a progression in obstacle difficulty.
- Must include a minimum of 4 “lower body” obstacles designed to challenge the majority of competitors lower body skills including stability, explosive strength, and strength endurance. Course design and criteria is expected to include obstacles requiring both movement of a single leg at a time and movement of both legs simultaneously.
- Course is expected to include a variety of the following leg challenges:
 - +Precision steps onto a designated stable and/or unstable object with designated criteria for single foot contact or required double foot contact.
 - +Continuous contact of at least one foot with an unstable object for a minimum of 50% of the obstacle.
 - +Required explosive momentum from one stable area to another stable area.
- Must include a minimum of 4 obstacles designed to challenge the majority of competitors upper body skills including stability, explosive strength, and strength endurance. Course design and criteria is expected to include obstacles requiring both movement of a single hand at a time and movement of both hands simultaneously.
- Course is expected to include a variety of the following arm challenges:
 - +Precise hand movements to a designated stable and/or unstable surface with designated criteria for single hand contact or required double hand contact.
 - +Required explosive momentum to progress through the obstacle.

Stage 3: 12 obstacles with 10:00.00 time limit overall, 30 second time limit between obstacle completion and next obstacle start.

- Will include level 2 and level 3 obstacle combinations with a progression in obstacle difficulty.
- Must include a minimum of 4 “lower body” obstacles designed to challenge the majority of competitors lower body skills including stability, explosive strength, and strength

endurance. Course design and criteria is expected to include obstacles requiring both movement of a single leg at a time and movement of both legs simultaneously.

-Course is expected to include a variety of the following leg challenges:

+Precision steps onto a designated stable and/or unstable object with designated criteria for single foot contact or required double foot contact.

+Required explosive momentum from one stable area to another stable area.

-Must include a minimum of 8 obstacles designed to challenge the majority of competitors upper body skills including stability, explosive strength, and strength endurance. Course design and criteria is expected to include obstacles requiring both movement of a single hand at a time and movement of both hands simultaneously.

“upper body” obstacles are allowed to include upper body elements, as long as majority of the obstacle designates single foot contact with zero upper body contact allowed simultaneously.

-Course is expected to include a variety of the following arm challenges:

+Precise hand movements to a designated stable and/or unstable surface with designated criteria for single hand contact or required double hand contact.

+Required explosive momentum to progress through the obstacle.