



***Frequently Asked Questions (FAQ) at the bottom of this page.***

This guide helps summarize UNAA rules and guidelines so that UNAA Gyms, State Games and members have an easier time knowing the key points to being in the UNAA at State Games.

### **Participant Information**

All participating athletes must join the UNAA (Ultimate Ninja Athlete Association) Membership Fee is \$25.00 (US Dollars) seasonally . Registration available online at [www.ultimateninja.net](http://www.ultimateninja.net) and is good for one season. Each season concludes after UNAA Finals. All athletes who are not UNAA registered should not be allowed to compete in UNAA competitions, and will forfeit any placement.

**Entry Fee into the State Games and State Games of America include the UNAA Fee.**

### **Competition format**

The UNAA uses a point system for scoring. Each obstacle is worth 1 point, should an athlete fail an obstacle they will continue their run until they finish or fail the final obstacle, at which point the clock stops. Score is then determined by points gained, and time of full run. Points are the highest priority when determining final score with time being second priority.

### ***NEW Rule starting Season 4 and forward:***

1. Competitors have one RETRY and must use it on the obstacle failed. The RETRY is worth 1 point, so if entire course is completed without using RETRY, an additional point is awarded to total obstacle points.

Example- Course with 10 obstacles:

a). Athlete A – Full course completion, no RETRY = 11 pts

b). Athlete B – Fails once, RETRY used, fails again, completes rest of course = 9pts

c). Athlete C – Fails once, RETRY used successfully, completes rest = 10 pts

Times will be calculated to the hundredth of a second. (Ex: 01.45.26) If the obstacle needs to be reset post-failure. Reset the obstacle, once reset, the Head Judge will give the athlete the go ahead to begin their next attempt. Time to reset will count against an athlete.

Courses MUST be reset for each run. In the event of a course malfunction or reset failure on the course the following procedure is to be completed. The head judge will pause the run, reset the obstacle, resume the clock/run, and finish the course.

### **Qualifying Rules: STAGE 1 at State Games**

Top 50% of each class will advance to Stage 2

### **Qualifying Rules: STAGE 2 at State Games**

Top 3 athletes from each class will advance to State Games of America

Please note: If class participation is greater than 50 qualify top 10%

Gyms at their discretion may set their own maximum time for the entire course.

### ***Age and Classes***

You must be 6 or older to compete in UNAA. Age is determined on how old they are on August 1, 2018

All athletes for the 2018-19 Season 4 shall compete in their appropriate class. Any athlete in the Age group classes may move up to the next age group if they so choose. Once they have moved up to that class, they must remain in that class for the duration of the year. Each course is age appropriate and if an athlete competes up – no accommodations will be made for height adjustments.

***NEW CLASS LIST as follows starting Season 4 and forward:***

9 and Under Boys

9 and Under Girls

11 and Under Boys

11 and Under Girls

13 and Under Boys

13 and Under Girls

15 and Under Boys

15 and Under Girls

(16+ now go to Adult classes)

Amateur Men

Amateur Women

Pro Men

Pro Women

Over 40 Men

Over 40 Women

Any Adult (16 or older) may compete in Pro Class or Amateur class, but, MUST compete in PRO if athlete in the last THREE years has been to Las Vegas on ANW, been in the Top 10 Pro class at UNAA Finals, NNL Finals, Rockford Ninja Finals or WolfPack Ninja Tour Finals. If you meet any ONE of these requirements you are considered PRO.

Amateur to Pro – If you were an Amateur in UNAA and made Top 5 at the UNAA World Finals, you must now compete as a PRO.

**If any qualified PRO athlete violates these rules and is “competing down” into the Amateur classes, they will be disqualified from the competition and required to forfeit all earnings.**

**Gym Personnel (owners, and employees)** are allowed to compete in UNAA State Games qualifiers at their own gym. Any gym personnel competing in their own UNAA State Games MUST run FIRST in their own competition AND must not test or be involved in design of course.

## **Judges**

All UNAA gyms and State Games will have at least 3 judges on hand for each athletes run. One Judge (Head Judge) will have one reliable timer and focus on the athlete’s full completion of each obstacle. The other two Judges will be responsible for keeping time. Head Judges are allowed to pause the runs for emergencies, course malfunctions, or equipment malfunctions only.

UNAA gyms and State Games will have obstacles marked clearly with a marking device to determine the start and finish of each obstacle to ensure competitors full knowledge of the course, and will also provide a walk through of each course. Athletes will need to CLEAR the end marker, this decision resides with the Head Judge at each qualifier. UNAA gyms will be responsible for having enough staff on hand to judge if one of the judges is competing.

Finals will be judged by designated personal of the UNAA.

Note for UNAA Head Judges. A head judges purpose is primarily two tasks, one ensuring athletes complete the obstacle in a fair manner. Two, the head judge is there to determine if an athlete

“clears” the end marker. A head judge may make a call at any time utilizing the “ask it or risk it rule”. The “ask it or risk it” rule means the responsibility of asking if something is legal is on the athlete or risk being called for it. Judges also do not have to allow a loophole once it is found. Judges reserve the right to make any call they deem necessary in order to complete the obstacle as it was intended.

### **General Course Rules:**

Courses must contain at least 3 upper body, 3 lower body obstacles and one balance obstacle.

Both Regionals and Areas qualifiers will be ONE course compiled of 7-15 obstacles.

COURSE DESIGNERS are not allowed to compete in their own competitions. Courses are not to be revealed until the day of competition. Only 7-9 and 10-13 get separate courses.

Max times can be set. This will be determined at the beginning of the competition.

Inadvertent collisions with safety material or other obstructions within the course can be forgiven, however this decision remains with the Head Judge

Supporting Structure of obstacles may not be used at any time. This is defined by the Head Judge. Some examples of support structure are, chains supporting grips, material holding obstacle together, Eye-bolts holding grips to chains, or anything else that would be considered NOT part of an obstacle.

“Topping” is not allowed. Topping is using the flat surface above a grip in order to bypass the intended use of the grip. Some grips are exceptions to this rule (cannonball). This is determined by the Head Judge.

### **Performance Enhancement Items**

The UNAA allows general climbing chalk and general athletic tape to assist competitors. Gloves and sticky finger products are NOT allowed. Competitors will be allowed to wear chalk bags on the

course. However each chalk bag will be considered part of your persons. Gyms may also provide chalk.

## **Obstacles**

Obstacles listed on Page 1 under Ninja Gym rules are considered “standard obstacles”. UNAA Gyms and State Games are allowed to format their course in any order that they wish. Use of not listed, also known as “non-standard” obstacles, are permitted in competition. Non-standard obstacles should be deemed fair and safe to all athletes, by the Gym in charge of the competition.

## **Sportsmanship**

Athletes must make a true attempt on Every obstacle. A true attempt is defined as “making a notable effort to complete an obstacle.” A 30 second penalty will be added to the athletes time for every obstacle “not attempted” PLEASE NOTE this time is added to their total time should they hit it. (Example athlete skips 2 obstacles without making a true attempt and hits max time of 4 mins. Final time is 5:00:00). This rule is to ensure good sportsmanlike conduct in our sport. Final decision resides with the Head Judge.

*For an in depth description of all the rules please see the UNAA guidebook.*

## **FAQ**

Q: If there is a Tie for a qualifying position, does the next person move up?

A: In the Case of a Tie both competitors qualify and the next person in line may be moved up to take that slot.

Q: If there are 13 competitors in a class at an Area Qualifier and 3 are employees, how is that handled?

A: If there are 13 competitors, 6 qualify. But if 3 of those 6 are employees, then you may move up 3 more since employees cannot take the place of another competitor, therefore 9 would qualify.

Q: If a competitor is an Employee, does he have to run 1st in the class or 1st for the day?

A: Employees Must run 1st in the day, so that ANY competitor not from the gym has the opportunity to see how an employee will run the course.

*The UNAA reserves the right to change these rules at any time in order to keep the sport safe and fair. Email questions to [ultimateninjaathlete@gmail.com](mailto:ultimateninjaathlete@gmail.com)*