

UNAA Rules for the 2018-2019 Season

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

This guide helps summarize UNAA rules and guidelines so that UNAA Gyms and members have an easier time knowing the key points to being in the UNAA!

USA GYMS

Area Qualifiers will be held by all UNAA (Ultimate Ninja Athlete Association) qualified gyms at dates of their choosing based upon scheduling availability with UNAA. Each Area qualifier will advance the top 50% of each class. Regionals will advance the top 3 from each class to World Finals. UNAA requires that all gyms who are accepted into the UNAA abide by our rules.

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 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.

Ninja Gym Competition Format

In order to be considered for an Area Qualifying gym, each gym must have a minimum of at least 7 of the following obstacles: Please note that this list can be updated at any time.

Quintuple Steps, Salmon Ladder, Double Salmon Ladder, Lache Bars, Rope Climb, Rolling Log, Cliff Hanger, Unstable Bridge, Warped Wall, Rock Wall, Floating Doors, Rope Swing, Jumping Bars, Pipe Slider, Peg Board, Balance Tank, Cargo Net, Devil Steps, Ring Toss,

Jumping Spider, Swing ladder, Body Prop, Rumbling Dice, Spider Flip, Door Knob Grasper, Flying Bar, Spider Climb, Grip Junction, Invisible Ladder, Pole Graspers, Balance beam, Slack Line, Silk Sliders, Balance steps.

Gyms are expected to have a waiver, and an acceptable level of safe and padded fall areas.

Each Area Qualifying gym may create their own course using between 7 and 15 obstacles total

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.

Adult Qualifying Rules: Areas

Top 50% of each class will advance to Regionals.

Adult Qualifying Rules: Regionals

Top 3 athletes from each class will advance from Regionals.

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.

Participants must sign up online for the \$25 (US Dollars) UNAA membership. They may also sign up at the event as long as the Area Qualifying gym has internet access.

<https://www.ultimateninja.net/joinunaa>

Participants may go to as many Area Qualifiers as they choose, as well as attending any Regional they wish. Once qualified, you may still compete, but your time will not bump another participant.

All participating athletes must bring their receipts to the competition to verify membership to the UNAA. The UNAA membership list will be updated online each week.

Participating Athletes (All Classes)

Participants must be UNAA members prior to there Area Qualifier, or their results are void.

NEW Rule starting Season 4 and forward:

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

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.

Athletes may compete in more than one class. Example: 40+ may compete in Pro or Amateur also, but must PAY for two classes, but only run the course once, using that score for both. Any youth Age group may also compete in an Amateur or Pro Class, but must PAY for two classes and IF the course is different for their age group, will run both courses. **RETRY** Must be used on 1st obstacle failed. The reason for this is it is more likely that an athlete will give a **TRUE** attempt on a obstacle, if they **MUST** retry that obstacle failed and **ALSO** if an obstacle is failed because of **NOT** making a True attempt under the Sportsmanship Rule, it gives the Judge a chance to explain to the athlete that on the Retry they must make a **TRUE** attempt or risk being penalized .

NEW CLASS LIST as follows starting Season 4 and forward:

9 and Under Boys	(16+ now go to Adult classes)
9 and Under Girls	Amateur Men
11 and Under Boys	Amateur Women
11 and Under Girls	Pro Men
13 and Under Boys	Pro Women
13 and Under Girls	Over 40 Men
15 and Under Boys	Over 40 Women
15 and Under Girls	

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 Area and Regional qualifiers at their own gym. Any gym personnel competing in their own Area Qualifier or Regional **MUST** run **FIRST** in their own competition **AND** must not test or be involved in design of course.

Judges

All UNAA gyms 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 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 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.

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 the Top 3 in an Area Qualifier are not UNAA members, Do 3 more move into that slot?

A: If there are 12 in a class, 6 would Qualify. If Top 3 are not UNAA members, then only 3 would qualify, because competitors must beat more than 50% to qualify of Total competitors regardless of UNAA membership.

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.

Q: How many qualify if someone that places in the top has already qualified at another competition?

A: If an athlete places in a Qualifying position but has already qualified, then the next person in line moves up to that position. If there are 12 in class, 6 qualify. If one of those 6 has Already qualified, then 7th place moves up into qualifying position.

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