



## Summary

The following document outlines the official rules for NSC youth competitions to include qualifiers, sectionals, and the championship. Note that each round of competition between qualifiers, sectionals, and championship may have slightly different formats, for example at the championship the top 10 athletes will run Hybrid, Speed, and Burnout on Day 2 which will not be the case at qualifiers or sectionals. Host gyms are required to follow the rules laid out below and any infractions may be brought to the attention of NSC at [info@ninjasportnetwork.com](mailto:info@ninjasportnetwork.com)

## NSC Season Overview

NSC will hold 32 area qualifiers across the country for the given season. NSC will divide the gyms into sections and hold 4 sectionals. Each section will have 8 area qualifiers associated with it and athletes must qualify within a given area to qualify for the given sectional (more details below). Athletes who qualify at sectionals will advance to the championship to conclude the season. Sectionals and their respective area qualifying gyms will be explicitly listed with dates prior to the season start date.

## Divisions

NSC Youth will have 3 age divisions listed below. The age requirement for each division will be the athlete's age as of January 1, 2025.

- 9U | Min Age 8, Max Age 9
- 11U | Min Age 10, Max Age 11
- 13U | Min Age 12, Max Age 13

Note\* If an athlete is 13 and has taken top 15 in the NSC pro series they are not eligible to compete in the youth series

Athletes must compete in the division that corresponds to their given age on the first of January of the current year

\*Exception: an athlete may choose to move up to the next age division only if they have taken 1st place in the previous year's NSC Youth Championship in their division

There will be two categories to compete under with the following distinctions:

Open Category: Any athlete is eligible to compete in the open category regardless of gender or identity

Female Category: Only athletes assigned female at birth will be eligible to compete in the female category.

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Athletes will only be allowed to compete in one category during the season and may not switch categories. For example a female athlete cannot compete in both the open and female categories. If a female competitor competes in her first competition in the open category they will not be allowed to compete in the female category later in the season.

### **NSC Retry System**

NSC utilizes a ruleset called the retry system on Open, Hybrid and Speed Courses.

- Athletes are given 3 attempts per obstacle on the course
- An athlete's run ends when they have failed a single obstacle 3 times or their time runs out
- If an athlete fails an obstacle they must return to the start platform for that obstacle and wait for the judge to give them a verbal command to continue
- The judge will use the reset time to determine when the athlete may continue.
  - Reset time must be stated clearly in the rules
  - The reset counter will start as soon as the athlete fails an obstacle
    - Overall course time will not be paused during the reset time
  - Reset time is dependent on the longest obstacle reset on the course and is standardized for every obstacle. For example if the longest reset on the course is 15 seconds the entire course reset time for every obstacle must be 15 seconds. Gyms are not allowed to have variable reset time per obstacle.
    - NSC Recommends gyms standardize their reset time for 10 seconds on Open and Hybrid course and 5 seconds for Speed courses.
    - Gyms may not have a reset time that exceeds 15 seconds.
- If an athlete attempts the obstacle before the judge verbally communicates that they may continue, it will count as another fail for that obstacle and they must reset on the start platform and wait for another reset countdown.

### **Missed Reset Policy**

NSC strongly urges gyms to double check obstacles prior to an athlete's run starting, but we acknowledge that in every sport human error exists and is unavoidable.

- In the event of a missed reset prior to an athlete attempting the obstacle:
  - The athlete will wait on the start platform for the judge to have the obstacle reset correctly.
  - Once the obstacle is correctly reset, the judge will give the athlete extra time, no more than 10 seconds, to collect themselves before the athlete's course time is affected. The athlete does not have to wait during the extra time and may continue as soon as the judge gives the all clear.
  - The judge will allow the athlete to continue past the course time limit to account for the missed reset and their time will be adjusted after the run is over.
    - The judge may end the run if the runner has extended past the time limit beyond a reasonable limit that accounts for the missed reset.

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- In the event of a missed reset where the athlete is attempting or has attempted the obstacle
  - All rules listed above take affect with one exception
    - If the athlete has attempted the obstacle they will be given extra rest time to account for the energy wasted. The athlete will be given a maximum of 20 seconds (not 10) after the all clear before the course time is affected.
  - The athlete will be told to drop
  - A fail will NOT count against the athlete for the attempt
- In the event the obstacle cannot be reset within 60 seconds see the rules for an obstacle malfunction below.
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### **Obstacle Malfunction Policy**

Obstacle malfunctions jeopardize the integrity of a competition and there should be an adequate risk assessment of every obstacle to determine the likelihood of a malfunction. NSC appreciates gyms trying to innovate and push the sport forward by providing new and unique obstacles for their competitors and we understand that this is a risk in our sport.

- New obstacles with a higher risk of malfunction or breaking should always have extra parts/replacements in case there is an irreparable malfunction.
- In the event of a repairable obstacle malfunction.
  - If the obstacle can be corrected in under 60 seconds use the rules outlined above for missed resets treating the situation as a missed reset.
  - If the obstacle cannot be repaired in under 60 seconds the athlete must be given a re-run and will follow the re-run procedure outlined below in the re-run policy section.
    - Stop the athlete's run and make the necessary repairs before continuing the competition
    - The impacted athlete will be given the option of when they would like to run and how much rest they need, they must run within 5 runners in the run order. In order to keep the competition running the judge may continue to run the next athletes.
- In the event of an irreparable obstacle malfunction
  - The course designer must insert a new obstacle in the place of the obstacle that can no longer be used
  - The current athlete and all future runners will run on the adjusted course. The current runner will get a full reset as if they had not yet run.
  - The competition will score the leaderboard as if there were 2 competitions happening
    - The results before the malfunction will stand and the leaderboard will be final for the pre-malfunction course.
    - There will be a second set of results for the competition based on the new adjusted course.
    - Athlete points, qualification, and advancement to the next round will be treated as if two separate competitions were happening, one for each course.

### **NSC Re-Run Policy**

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Athlete re-runs are an absolute last resort because of the advantages that an athlete gains from having been on the course and getting to attempt it a 2nd time. The following rules attempt to minimize the advantages gained from an athlete getting a full course re-run.

- As stated above in the event of an irreparable obstacle malfunction an athlete that gets a re-run under this condition is given a clean slate and runs as if they had not yet run. All other re-runs follow the rules below.
- An athlete re-run means the athlete will get another attempt to start the course from the course starting line.
- The athlete's 2nd run may not improve on any part of their 1st run up to the point where the re-run became necessary.
  - For example if the malfunction or missed reset responsible for the athlete being granted a re-run occurs on obstacle 5, the results of obstacles 1-4 such as number of fails, and time are locked in and the athlete cannot be given a better score in this portion of the run.
  - Once the athlete reaches the same spot that caused the re-run the athlete's time from their original course run takes over as a continuation of their original run.
    - If the athlete takes longer on their 2nd run to get to the point that caused the re-run then the time will not start from where their 1st run left off and will continue on from where their 2nd run currently stands.
  - The athlete will then continue through the rest of course following the course rules listed above.
  - If the athlete does not reach the point that caused the re-run then the athlete's original run will be scored as is instead of the re-run.
  - If an athlete takes more fails on the course during the 2nd run prior to the point that required a re-run those fails will not count against their score but the time for the 2nd run will stand so the athlete will be at a disadvantage by having less time.
- SUMMARY: The athlete's first run is locked in up to the point that required a re-run and the 2nd run cannot improve or get worse (other than by time) than the 1st run since it was the 1st time the athlete touched the course and obstacles.
- EXAMPLE: An athlete is granted a re-run due to an obstacle malfunction on obstacle 5. The athlete reached obstacle 5 with 2 fails and 1:35 remaining. The athlete's re-run will start at the course starting line. Once the athlete reaches obstacle 5 during their re-run, the number of fails will be reset to 2 (regardless of how many fails the athlete experienced in the first four obstacles of their re-run). The time the athlete has remaining will either remain at the time left in the re-run or be set to 1:35 whichever is less.

### **Athlete Season Advancement**

Athletes will progress through the season based on the following outline. The season starts at the area qualifier level where there will be 8 qualifiers associated to a sectional, 4 Sectionals and a Championship.

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- Area Qualifiers: The top 3 athletes in each division per category (open & female) will qualify for the Sectional designated to that section.
  - In order to qualify for a given sectional the athlete must compete and qualify in an area qualifier designated to that section. Athletes will not be allowed to compete in Sectionals in which they did not qualify within the section.
  - Roll Down Qualification: If an athlete who places in the top 3 at an area qualifier is already qualified for the Sectional assigned to that Qualifier, the qualification will roll down to the next available unqualified athlete in that competition to make up 3 unique athletes advancing.
- Sectionals: The top 7 athletes in each division per category will advance to the championship.
  - Athletes may compete in multiple Sections if they have qualified from an area qualifier assigned to the Sectional.
    - Roll Down Qualification: If an athlete competing at the Sectional places in the top 7 and is already qualified, the qualification will roll down to the next available unqualified athlete in that competition to make up 7 unique athletes advancing.
  - Alternates: If a qualified athlete decides not to compete in a Sectional the next athlete who would have qualified from the area qualifier will be invited to compete in the Sectional.

### Advancement Summary in Each Phase of Competition:

- Area Qualifier:
  - All athletes run Hybrid & Speed, Top 10 per age group/category at each qualifier continue to Burnout Course
  - Top 3 overall per age group/category at each qualifier advance to Sectionals
- Sectional:
  - All athletes run Hybrid & Speed, Top 10 per age group/category at each Sectional continue to Burnout Course
  - Top 7 overall per age group/category at each Sectional advance to Championship
- Championship:
  - All athletes run Hybrid & Speed, Top 10 per age group/category at Championship continue to Hybrid, Speed and Burnout Courses
  - Top 3 athletes per age group/category recognized on podium

### Area Qualifiers & Sectionals Format

All athletes at the area qualifiers will be guaranteed two course runs, a Hybrid course and Speed course run. The top 10 athletes with their combined scores from Hybrid and Speed will advance and compete in the Burnout course. The final leaderboard will be the combined scores of all three course runs. The rules for each course and points are listed below.

Area Qualifier Run Order:

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- The Run Order for Area Qualifiers will be determined by randomizing the athlete list for their Hybrid course run. For the athlete's run on their second course (Speed), the Athlete's run order will be the exact opposite of their run order for the first course. FOR EXAMPLE: If an athlete is randomly selected to run the Hybrid 1st overall, they will run the Speed last overall.
- Burnout Run order will be determined in reverse order of the current leaderboard.
  - Example: The athlete in 1st place will run last, 2nd will run 2nd to last, etc.

### Sectionals Run Order:

- Run Order for Sectionals will be determined by how an athlete placed in area qualifying. All the 1st place athletes for a given Sectional will be randomized together and run at the end of the wave, 2nd place will be randomized together and run in a grouping before the 1st place athletes etc.
- Athletes who competed multiple times in a given area will be randomized in the group of their best performance.
  - Example: if an athlete competed twice and took 2nd and 1st place, the athlete will be randomized with the other 1st place athletes.
- Burnout Run order will be determined in reverse order of the current leaderboard.
  - Example: The athlete in 1st place will run last, 2nd will run 2nd to last, etc.

### Championship Format

All athletes at the championship will be guaranteed two course runs, a Hybrid course and Speed course run. The top 10 athletes with their combined scores from Hybrid and Speed will advance to a 2nd day of competition and compete in three courses, Hybrid and Speed again and then an added Burnout course. Points reset on Day 2 and all athletes start with a clean slate. The final leaderboard will be the combined scores of all three course runs. The rules for each course and points are listed below.

### Championship Run Order:

- Day 1 Semi-Finals:
  - Run Order for Championship will be determined by how an athlete placed in Sectionals. All the 1st place athletes from Sectionals will be randomized together and run at the end of the wave, 2nd place will be randomized together and run in a grouping before the 1st place athletes etc.
  - Athletes who competed in multiple Sectionals will be randomized in the group of their best performance.
    - Example: if an athlete competed twice and took 2nd and 1st place, the athlete will be randomized with the other 1st place athletes.
- Day 2 Finals:
  - Finals Run order will be determined in reverse order of the Day 1 Semi-Finals leaderboard.
  - Example: The athlete in 1st place will run last, 2nd will run 2nd to last, etc.

### **Hybrid Course**

The hybrid course is a longer course of 6-15 obstacles combining elements of technical skill, endurance, and speed; it is modeled after the traditional course style that Ninja was founded on. This course utilizes the retry system.

Placement in the Hybrid Course is determined in the following order:

- Most obstacles cleared
- Total number of fails
- Time to complete the Last Obstacle Completed (LOC)

### **Speed Course**

The speed course is comprised of easier obstacles focused on speed and efficiency with average course times around 20-60 seconds. This course also uses the retry system.

Placement in the Speed Course is determined in the following order:

- Most Obstacles Cleared
- Time to complete LOC
- \*Fails are not counted against the athlete in the speed round

### **Burnout Course**

The burnout course focuses on upper body endurance, once the athlete's feet leave the ground they do not stop until they either fail an obstacle or finish. This is the only course without the retry system and once there is a fail the run is over.

Placement in the Burnout Course is determined in the following order:

- Most Obstacles Cleared
- Time to complete LOC

### **Points**

Points are added across all 3 courses, Hybrid, Speed, Burnout and the winner is determined by the athlete with the most points.

- For each course, 100 Points are awarded to 1st place and then each subsequent place is awarded 1 less point, EXAMPLE 1st place = 100pts, 2nd place = 99 pts, 3rd place = 98pts, etc.
  - The maximum score for a competition if an athlete took 1st on each course is 300pts.

### **Tie Breaking Procedures**

Area Qualifying & Sectionals:

- After the conclusion of the Hybrid and Speed rounds if there is a tie:

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- The Hybrid course placement will be used as the tie breaker so the athlete to score highest in the Hybrid will be awarded the higher run order or if it is for the 10th place spot the higher Hybrid placement will advance.
- After the conclusion of all 3 course runs:
  - If two athletes are tied with the same points after all three courses, only the athlete's top two placements will be added together to determine the winner.
  - If the athlete's top 2 placements still result in a tie, only the athlete's top placement will be compared to determine the winner.
  - If the top placement still results in a tie, the tiebreaker will be determined by the athlete who placed higher in the Hybrid Round.

Championships:

- After the conclusion of the Hybrid and Speed rounds if there is a tie:
  - The Hybrid course placement will be used as the tie breaker so the athlete to score highest in the Hybrid will be awarded the higher run order or if it is for the 10th place spot the higher Hybrid placement will advance.
- After the conclusion of all 3 course runs:
  - If two athletes are tied with the same points after all three courses, only the athlete's top two placements will be added together to determine the winner.
  - If the athlete's top 2 placements still result in a tie, only the athlete's top placement will be compared to determine the winner.
  - If the top placement still results in a tie, the tiebreaker will be determined by the athlete who placed higher in the Semi-Final Round (Day 1).

### **Live Stream**

NSN will not be providing the live stream for every area qualifier and it will be the gym's responsibility to live stream to the NSN facebook page.

NSN will be live streaming the Sectionals and Championship on our YouTube with the full NSN crew to provide the full NSN experience.

### **Video Review**

NSN allows the use of video review to challenge judgement calls on the course. Below are the stipulations for a video review:

- A video review must be made prior to the end of the current wave in which the review is being requested.
  - If the review in question involves the final runner of the wave the review request must be made within 10 minutes of the conclusion of the wave.
- The review must be brought to the attention of a staff member of the gym who will in turn bring the review to the judge.
- Decisions on a video review may be made immediately or may be reviewed after the conclusion of the wave.



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- To reverse a call made by the judge the video review must show indisputable evidence that the call was incorrect.
- The head judge has final say on any review and once a final decision is reached there may not be any further appeals.
  - Any further appeals or any harassment of the judge may lead to disqualification from the competition and potential suspension from competing in NSC competitions.
- The source of a video review can come from the gym provided live stream or personal video but must clearly show the judgement calls being challenged.
- Video Review may be initiated by anyone that has video proof of the call in question but the video must clearly show the challenge being made.

### Coaching

- Area Qualifiers
  - Host gyms have full discretion on whether or not coaches will be allowed on the floor during an athlete's run.
  - If a host gym allows coaches to be on the floor there will be a designated coaches box that coaches must stay within.
- Sectionals & Championships
  - Coaches will not be permitted to be on the floor during an athlete's run during Sectionals and Championships.

### Gym Requirements

- Gyms must have every athlete complete a waiver for their facility before allowing them to compete. Gyms agree that by hosting an NSC event that they are responsible for handling waivers and ensuring proper safety measures are taken for the course.
- Area Qualifier Gyms are required to fully staff the competition to include a head judge, course resetters, live stream operator etc. to meet the needs of the competition.
- Gyms are responsible for their course design and must review the course with an NSC representative prior to competition.
- Gyms agree to meet with an NSC representative by phone to discuss the details of their competition to include a brief rules review, course review etc. at least 2 weeks prior to the competition.
- Gyms must have one member on staff that is SafeSport certified and must be in accordance with SafeSport policies and procedures.
- Gyms are required to provide a live stream to the NSN facebook page. Details can be discussed during the NSN phone meeting.
- Gyms must provide a rules video prior to the first wave of competition for all courses.
- Area Qualifying gyms have sole discretion on allowing coaches on the floor. If you would like to allow coaches NSC requires the use of a coaches box.
- Gyms agree to use Ninja Master for registration and scoring the competition.
  - Details for using ninja master will be provided at a later time and NSC can help answer any questions.

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### Sample Area Qualifier Schedule

Individual gym schedules may vary and will be posted on each gym's individual registration page. The below schedule is a general guideline to assist with planning purposes to note what a typical NSC area qualifier might look like.

The schedule below is based on the following assumptions.

- Assumptions
  - Waves are capped at 40 athletes to meet the times below
  - Hybrid - 3:00 time limit | 30sec between each runners
  - Speed - 1:00 time limit | 30sec between each runners
  - Burnout - Avg 2:00 per run (time limit can be longer) | 30sec between runners

Divisions
8-9
10-11
12-13

Saturday		
Time	Description	Duration
<b>9:00 AM</b>	<b>Registration Opens</b>	<b>15</b>
9:15 AM	Rules Walkthrough	15
9:30 AM	8-9 Hybrid	140
<b>11:50 AM</b>	<b>BREAK</b>	<b>30</b>
12:20 PM	Rules Walkthrough	15
12:35 PM	10-11 Hybrid	140
<b>2:55 PM</b>	<b>BREAK</b>	<b>60</b>
3:55 PM	Rules Walkthrough	15
4:10 PM	12-13 Hybrid	140
<b>6:30 PM</b>	<b>FINISH</b>	

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Sunday		
Time	Description	Duration
<b>9:00 AM</b>	<b>Registration Opens</b>	<b>15</b>
9:15 AM	Rules Walkthrough	15
9:30 AM	8-9 Speed	60
<b>10:30 AM</b>	<b>BREAK</b>	<b>10</b>
10:40 AM	Rules Walkthrough	15
10:55 AM	10-11 Speed	60
<b>11:55 AM</b>	<b>Break</b>	<b>10</b>
12:05 PM	Rules Walkthrough	15
12:20 PM	12-13 Speed	60
<b>1:20 PM</b>	<b>Break</b>	<b>45</b>
2:05 PM	Rules Walkthrough	15
2:20 PM	8-9 Burnout	50
<b>3:10 PM</b>	<b>BREAK</b>	<b>15</b>
3:25 PM	Rules Walkthrough	15
3:40 PM	10-11 Burnout	50
<b>4:30 PM</b>	<b>Break</b>	<b>45</b>
5:15 PM	Rules Walkthrough	15
5:30 PM	12-13 Burnout	50
<b>6:20 PM</b>	<b>FINISH</b>	