



# **NINJA HANDBOOK**

2024 Season VI

# WELCOME

Welcome to the Texas Ninja League! We're so glad to have you here with us as an athlete and/or as a host gym. We are a non-profit organization with the goal of growing the sport of ninja. Ninja is a relatively new sport currently seeing crazy amounts of growth offering organized classes, fun, and curriculums. All host gyms that are in TNL must be located in the state of Texas, but athletes that live outside the state of Texas are welcome to join and compete.

A lot of this handbook was inspired and copied from the NNL (national ninja league) as they are the worlds leading non-profit ninja organization.

## PRICING

Become a host gym	\$50 per season
Become an athlete	\$25 per season
Qualifier Competition Pricing	\$50 - \$60 per athlete
Finals Competition Pricing	\$60 - \$75 per athlete

## BECOME A TNL FACILITY

1. In order to become a host facility for TNL this form must be filled out for gyms that have never been a part of TNL previous seasons.
2. Submit the form filled out with all requirements met to [texasninjaleague@gmail.com](mailto:texasninjaleague@gmail.com).
3. Once approved you'll be allowed to submit a date and pay the \$50 seasonal fee.

Important aspects of becoming approved to host TNL

1. Gym Safety
2. Event History (league or not)
3. Gym Structure
4. Gym Experience
5. Community Involvement

## BECOME A TNL ATHLETE

### REGISTRATION

1. In order of qualify to compete at the TNL championships each athletes must be registered with the TNL league \$25 per season.

2. Points will begin accumulating for the season *after* the athlete has registered. You will *not* be able to get points for a competition after you have already competed if you were not a member at the time unfortunately. [Click here to sign up.](#)

Please note you will need a ninjaworks ID ([find](#) or [create](#) one) and to have a [TNL waiver](#) filled out in order to join.

## **ATHLETE RULES**

### **DIVISIONS**

1. Age is based on January 1st at start of season.
  - 7 & under (7U)
  - 9 & under (9U)
  - 11 & under (11U)
  - 13 & under (13U)
  - 15 & under (15U)
  - 24 & under (24U)
  - 30 & over
2. Men and women will not be competing against each other for points, placement, or prizes.
3. Athletes are not allowed to move up an age group at any TNL competitions once the season has started.

### **DRESS CODE**

1. All athletes are required to adhere to the dress code required by host gym facility.
2. All TNL events require athletes to wear
  - Closed Toe shoes
  - T-Shirt
  - Bottoms
3. The host facility is responsible for determining whether an athlete's attire adheres to the dress code or not.

### **POINTS SYSTEM**

1. The league scoring athletes will earn +2 TNL point for each TNL competition they're involved in (NEW FOR SEASON 6) at a TNL gym.
2. If competing at a TNL host gyms UNAA, FINA or WNL athletes will gain +1 point for participation in outside leagues. Any other leagues not listed have not been approved by the TNL board (yet) and are to be determined and discussed by the board for a vote of approval.
3. Athletes also have the opportunity to gain additional points based on their placement at TNL qualifier competitions (not UNAA/WNL due to age group differences).
  - 1st place = +4 points
  - 2nd place = +3 points
  - 3rd place = +2 points

- Points do not begin accumulating until after an athlete has paid their seasonal dues.

### QUALIFYING FOR STATE FINALS

- Athletes must obtain 5 league points minimum to qualify for state finals.
- Any points over 5 will be a factor in deciding run order at finals with number of competitions being a points breaker (less competitions will place you higher in the rankings).

## HOSTING A TNL COMPETITION

### REGISTRATION

- Facilities are responsible for collecting athlete registration in whatever software of their choice.
  - Payment must be \$50 - \$60 per athlete for a TNL qualifier.
  - Capture each athletes ninjworks ID as part of the registration process in order to input them into the ninjworks system.
  - Export and send the athlete list to [texasninjaleague@gmail.com](mailto:texasninjaleague@gmail.com) by 3pm the day before the competition to upload to ninjworks (or can be input yourself).  
Example of what's needed in this **exact** format;

FIRST NAME	LAST NAME	WAVE / DIVISION	NINJAWORKS ID
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### COURSE FORMAT

- Gyms have the option of how many courses they want to offer from 1 - 3 courses.
- Gyms have the option if they want all athletes running all courses if multiple are offered, or if they want only a certain percentage of athletes moving onto the next course/stage.
- Time limits may be set for courses.
  - Athletes in all divisions may complete as many obstacles in the given time limit as possible.
  - Only obstacles completed before the time limit will count towards results.
- Athletes must complete the obstacles in the order given.
- Athletes, coaches, and parents are not allowed to practice or touch any obstacles on the course. Doing such is grounds for disqualification for the athlete.
- Adjustments to the course for female athletes may be made at the course designers discretion. If any adjustments are made they must be made for all females in that particular age division at the start of the division.
- Only one athlete can be on the course at a time.
- Once a division has begun no changes should be made to obstacles, matting, and rules.
  - Unsafe matting exception - A facility may add or remove safety pads or mats if it's brought to attention that adjusting could prevent injury.

- Unsafe obstacle exception - A facility may swap out an obstacle for an identical obstacle if it presents an immediate safety concern due to breaking or malfunction.
  - In the event that there isn't an identical obstacle that can be replaced all athletes who have already run the course (in that division) and failed on or after that obstacle must be awarded a rerun with the new obstacle in place.

## **OBSTACLES**

1. Start and Finish (landing) platforms.
  - All obstacles must have a visibly marked start and finish (landing) platform.
    - Elevated Surfaces
    - Different colored matting
    - Floor tape lines are not acceptable due complications in judging if an athlete lands on the line.
  - Athletes must start or engage obstacles on the start platform.
    - If an athlete attempts to start an obstacle not on the designated start platform it's a failure of that obstacle.
2. Completing an obstacle
  - An obstacle will be marked as completed after an athlete has met these qualifications.
    - The athlete must show forward momentum from the landing platform.
    - The athlete must physically touch the designated finish (landing) platform.
  - If an athlete does not meet these conditions the obstacle will be marked as failed.
3. Overshooting a finish (landing) platform
  - If the finish platform is NOT the starting platform for the next obstacle then an athlete is awarded the obstacle.
  - If the finish platform IS the starting platform for the next obstacle and an athlete overshoots they will fail the obstacle that coordinates with the starting platform.
4. Linking obstacles
  - Obstacles may be linked as long as start and finish points are designated and determined by hand or foot placement. This is highly suggested for long lines, grip lanes, lache lanes, etc. to encourage athletes to at least attempt versus skipping hard long lines.
  - Clarification: linked obstacles are not cleared in the same way as start and finish (landing) platforms. Linked obstacles are cleared when the athlete touches the next (hand or foot must be clarified).
  - If an athlete fails in linked obstacle series the judge will dictate where they can start back up. These must be stated in the rules what will happen and be the same for all athletes in that division.
    - Example; if 3 obstacles are linked and an athlete falls on the first the judge can mark as 3 falls.
    - OR the judge can choose to assist an athlete to the next linked obstacle.
5. Out of Bounds
  - Anything that is not specifically permitted by the facility as an obstacle is considered out of bounds.
6. Incidental contact

- Incidental contact is allowed but may not assist an athlete in completing an obstacle. Example; if an athlete is shown bearing weight to gain forward momentum that is a fall.
  - It is at the judges discretion if incidental contact aided in the completion of the obstacle.
7. Forcing Moves
- Forcing moves are allowed (but not encouraged for every obstacle) to ensure the obstacle is completed the way it was intended as well as confirm safety standards are met.
    - Example; In order to complete the clackers you must advance each handle first before dismounting to the platform versus just monkeying across and dismounting.

### **SCORING (POINTS) FORMAT**

1. Athletes are to be awarded 1 point for every obstacle successfully completed.
2. Athletes will not be awarded any points for a fall nor will they be allowed a redo.
  - There are unlimited number of falls (no limit to number of falls).
3. Time ends at the last obstacle completed or at the time limit.
4. The course ends with the athlete hitting an approved stopping method (see starting and stopping runs section) not just by completing the last obstacle unless time has already run out.
5. Athletes will be sorted by the greatest number of obstacles completed in the least amount of time.

### **NINJAWORKS**

1. Ninjawks is the official software of the TNL. TNL pays a yearly fee in order for all host gyms to have access to the system for scoring and points tracking.
  - The Ninjawks system seamlessly tracks all TNL league points per athlete across all WNL, FINA, and TNL competitions taking a lot of the manual work out of the league.
2. Competition tracking
  - All athlete and competition data must be tracked via the Ninjawks system.
    - The host gym is not required to have the entire ninjawks buzzer system for this even though it is helpful. Majority of the tracking can be done via the phone or mobile device.
  - In the event of poor internet connection or problems a facility may request to input the data manually into the ninjawks system.
    - If the facility chooses not to use the ninjawks system on purpose this is a gym violation.

### **RULES WALKTHROUGH**

1. An in person walk through must be done for each wave in all age divisions. Video walk throughs posted the night before for courses are **not** required by the TNL.
2. Walk through should include demonstration of obstacles on course.
3. Walk throughs should take no longer than 35 minutes including athlete questions.

4. If an athlete, parent, or coach touches an obstacle the judge may choose to disqualify that parent's or coach's athlete(s) if they feel they gained an unfair advantage. Example;
  - Learning texture/grip of an obstacle

### **STARTING AND STOPPING RUNS**

1. The starting method must be consistent between all athletes.
  - For example; "3,2,1,GO!" Or "Ready,Set,GO!" Must be the same for every athlete.
2. False starting
  - If an athlete starts before the judge approves the judge will stop the athlete and be counted down again.
  - If an athlete false starts again the second time they'll only have one more opportunity (three times max) before being disqualified.
3. The stopping method
  - Some form of a buzzer must be used at the end of the course. Simply finishing the last obstacle and landing on the finish platform does not count. Examples of acceptable buzzers;
    - hitting a buzzer
    - hitting a slap spot
    - or ringing a bell.

### **INCIDENT HANDLING**

1. Athlete Injury
  - In the event that an athlete is injured while running a course and they need to step off the course their run will be over.
  - Once an athlete has stopped their run and stepped off the course they will not be given the opportunity for a rerun or to get back on the course.
2. Obstacle Break or Course Malfunction
  - If an obstacle breaks or malfunctions in a way that does not directly interfere with the athletes run an athlete will not be rewarded a rerun.
    - Example; Athlete is on obstacle one and the judge realizes obstacle 10 hasn't been reset. If the athlete hasn't reached or interacted with the obstacle the athlete will not be rewarded a rerun.
  - If an obstacle breaks or malfunctions while the athlete is on the course they will be rewarded a rerun.
    - Examples of such situations;
      - Course not being reset
      - Spectators in the way of an athlete on course
      - Obstacle breaking
      - Timer malfunction
  - If an athlete is granted a rerun their rerun will begin at the start of the course later in the run order to ensure fair rest.
  - In the event a rerun, the better of the two runs will be the official scored run for the athlete.

### **SAFETY**

1. Safety of athletes should be a top priority when running a competition. We understand that injuries and accidents will happen but preventing as much as possible is important. If a parent or athlete doesn't feel comfortable with the safety of the training environment or the gym they're more likely to leave the sport.
2. Every above ground obstacle should have appropriate safety matting underneath.
  - High flying, swinging, and lache elements are higher risk for back landings. It's typically a good rule of thumb to add more padding to prevent an athletes head from coming in contact with landing surface.
3. Another important safety factor in ninja is the equipment itself.
  - Check the welds of your equipment before a competition to check for any cracking or bending of steel at the weld location.
  - Links are used to suspend obstacles such as carabineers, ropes, etc. and are vital to holding an athlete in the air. Check that links are closed and tightened making sure it is oriented on top to prevent opening.
  - Hardware will loosen with time so check that anything with a nut or a bolt is tightened properly.
4. Proper spotting on the course is an important line of defense in preventing accidents from happening.

## **VIDEO REVIEW**

1. Judges must have video proof to review any close call situations. Video proof includes livestream footage, GoPro, or spectator video.
2. The moment a run has been submitted for review, mark in ninjaworks as "under review", until the head judge has time to watch the video and confirm any changes.
  - Note that a judge will watch the entire course run when reviewing a run and may find other discrepancies.
3. Only the following people may submit a request for an athletes video review...
  - Athletes can only submit disputes regarding themselves.
  - The facility judge may request for a course review.
  - The parent or coach of their own athlete may request for a video review.
4. Close calls follow the rule of three. The head gym judge, one representative of athlete (can be coach/parent/athlete themselves), and one TNL executive representative (or unbiased opinion if no board member present) will come together to watch video and discuss review.
5. All judge reviews are final after a verdict has been made.

## **ALLOWED ON COURSE**

1. The only people allowed on a course while an athlete runs are as listed...
  - Judge
  - Course Resetter
  - Course Spotter (can be coach)
  - Videographer (can be a parent or coach should stand off to side out of way)
2. We suggest having designated chalk points on the course to limit the amount of people on the actual course.
3. Course Spotters



- A course spotter should not physically aid an athlete unless catching from a fall. In the event a course spotter does aid an athlete while on the course that obstacle will count as a fail.
- It is the judges discretion if the aid assisted the athlete in advancing on the course or not.

## **GYM STRIKE VIOLATIONS**

1. Everything in this document is considered part of TNL Rulebook.
  - All rules must be followed by any facility hosting a TNL event.
  - It is the responsibility of the host facility to know and enforce these rules.
2. Strike violations
  - One strike is a warning for the gym on file.
  - Second strike gym is suspended from hosting a TNL competition the following season. They can still join TNL to obtain points for UNAA and NNL competitions that season though.
  - Third strike gym is suspended from being a member of TNL for minimum one season. Gym will be under review for any future league participation.
3. Strikes become null in void after 2 seasons from date of violation.

## **QUALIFIER PRIZES**

1. TNL will provide medals for 1st, 2nd, and 3rd for all divisions.
2. Any additional prizes are up to the host gym facility.
3. Gyms may also choose to include any memorabilia such as t-shirts, water bottles, goodie bags, etc. with sign up. This is not required but suggested.

## **TNL FINALS**

1. Eligibility to host requirements
  - Gym must have hosted one TNL qualifier the season prior to eligibility without any strikes.
  - Gym must be able to run two courses at the same time efficiently and have proven so at a previous competition (UNAA, NNL, or TNL).
  - Gym must have a minimum of 10,000 square feet to accommodate athletes and spectators.
  - Additional gyms being added to host finals must be approved on a board call vote.
2. We are currently on a rotating basis for gyms to host TNL finals with Gauntlet, Austin Ninjas, and Iron Sports in that order.
  - In the event that one of the gyms in rotation forgoes hosting the year they're eligible it'll bump to the next gym in the rotation.
  - Finals gyms must host a successful TNL qualifier competition prior to hosting finals the year they are hosting finals.
  - Any changes to the host order format must be approved on a board call vote.
3. Gym in charge of hosting finals must...
  - TNL Finals t-shirt with pre-registration for every athlete with all host gyms for the season on the back. Any other memorabilia is optional to add.
  - Minimum of 2 courses for each division.

- Example of past finals formatting; All athletes run stage one and top 50% of athletes in each division move on to stage two. Stage two the scoring is started from a blank slate but the run order is determined based on stage one.
- Finals format is decided by a board call per season for approval.
- Course designers at finals may not pre set more than 30% of obstacles in gym on a course before the day of competition. If a gym sets more than 30% they will receive one strike violation.

## **TNL BOARD**

Texas Ninja League is a non-profit organization run by coaches, parents, and gym owners looking to grow the sport of ninja warrior. Nonprofit organizations are considered nonprofits because their funding is reinvested back into the organization and its mission. Our board comprises of passionate individuals who have a desire to see the sport and organization succeed.

The TNL Board consists of one representative from each host gym for that season. The board meets typically 2 to 3 times a year to discuss upcoming events, upcoming seasons, and recapping the past season. Governance of a non-profit covers the oversight for organizations, large scale planning, and overall direction of the non-profit.

The TNL also consists of a management division. Nonprofit management is what covers the day-to-day operations of the organization. Essentially, the executive director and team members take care of the regular activities that put the vision determined by the board of directors into operation.

For any questions, comments, or concerns please contact us at  
[texasninjaleague@gmail.com](mailto:texasninjaleague@gmail.com)