

***Frequently Asked Questions (FAQ) are listed at the bottom of this page.
New or Adjusted Rules are in Bold.***

This guide helps summarize Ultimate Ninja Athlete Association (UNAA) rules and guidelines so that UNAA gyms and members have an easier time knowing the key points to being in the UNAA!

UNAA Season:

The UNAA Season consists of Area Qualifiers, Regionals, Prelims at World Finals, and the Main Event at World Finals. Athletes may attend any Area Qualifier they choose and, once they are qualified, any Regional, no matter the location.

Area Qualifiers will be held by all UNAA qualified gyms on dates of their choosing based upon scheduling availability with UNAA. Each Area qualifier will advance the TOP 3 OR 50% of each class, whichever is greater.

Regionals will advance the TOP 5 or TOP 30% from each class to World Finals.

Prelims at World Finals will advance the TOP 15 or TOP 30% from each class and then an additional 15 athletes to the Main Event. See Season 12 Details further below for additional Kids Class advancements.

UNAA Ninja Gym Requirements:

UNAA requires that all gyms who are accepted into the UNAA abide by our rules.

To be considered for an Area Qualifying gym, each gym must have a minimum of 7 of the following obstacles, but 10 - 15 obstacles is ideal. Please note that this list can be updated at any time.

[Click here to download the PDF list with images.](#)

Upper Body: Rings, Rope (Climb/Swing/Junction), Rock Wall, Laches, Cargo Net, Cliffhanger, Peg Board, Wing Nut, Fidget Spinner, Devil Steps, Grips, Salmon Ladder, Ring Toss, Swing Ladder, Flying Squirrel, Ring Hop, Flywheel, Dragon Back, Unstable Bridge, Floating Doors, Flying Bar, Pipe Slider, Body Prop, Rumbling Dice, Spider Flip, Door Knop Grasper, Invisible Ladder, Pole Graspers, Silk Sliders, Board Hopper, Bar Hopper.

Lower Body: Balance Beam, Quintuple Steps, Warped Wall, Precision Bars, Balance Bars/Steps, Slackline, Spider Climb, Jumping Spider, Spinning Log, Balance Tank, PVC Pipe.

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

Each Area Qualifying gym will create its own course with a minimum of 7 of the following obstacles, but 10 - 15 obstacles is ideal.

All gyms MUST use Ninja Master Scoring system (www.ninjamasterapp.com) and MUST use Ninja Master REGISTRATION. There is NO additional cost to add registration.

Ninja Master Details for registration management: [Link](#)

Ninja Master Video tutorials: [Link](#)

ALL gyms MUST have at least ONE Coach from their gym to take the UNAA Ninja Coach Certification. This will INCLUDE the Protect Youth Sports child safe program and SafeSport. We are trying to make our sport as safe for our kids as possible, and this is one way we can be sure to make that happen.

Here is the link to the Ninja Coach Certification: [Ninja Coach Certification](#)

By taking the NCC program, gyms can get a discount on insurance for their Ninja Gym through FL Dean Insurance. Use the code "UNAA" for the discount. Contact Ben at unaa@ultimateninja.net for more details.

Competition Format:

The UNAA utilizes a point system for scoring.

Each UNAA gym will create its own course using between 10 and 15 obstacles total. Each obstacle will be worth 1 or 2 points. Gyms, at their discretion, may set their own maximum time for the entire course.

There will be a maximum of 3 fails per course. After 3 fails, the athlete's run is over. They may finish the course, but will not receive a score for the remaining obstacles. Their time will end with the last obstacle completed.

What is a Fail?

If it is a 1-point obstacle, and they do NOT complete the obstacle, it is a FAIL.

If it is a 2-point obstacle, and they do NOT get to the halfway mark, it is a FAIL, but if they get to or surpass the halfway mark and fall before completing the obstacle, it is NOT a fail. It is awarded as a 1-point completion. The complete obstacle is worth 2 points.

The athlete's score is determined first by points gained, then by time of the full run: the athlete with the most points with the fastest time wins. If an athlete times out before completing the last obstacle, time is reverted to the last obstacle completed.

Obstacle Scoring: Each obstacle will be worth 1 or 2 points. More difficult obstacles can be worth 2 points and have a halfway point where 1 point can

be earned. The halfway point must be clearly marked with a tape mark or other markings. Completion of the halfway mark is worth 1 point and is NOT considered a fail. The athlete can finish or fail the obstacle and move on to the next.

Some examples of a halfway mark, worth 1 point:

Salmon ladder – 3 rungs out of 6 rungs

Peg Board – Peg in the 10th hole out of 20 holes

20 ft Rope Climb – hand goes past 10ft mark.

It is up to the discretion of the gym to determine 2-point obstacles, but we highly recommend trying to incorporate as many as possible, at least 50% of the course. This creates boundaries of fair play and more opportunities to incorporate harder obstacles without worry of all athletes failing it, and to push athletes to attempt more difficult obstacles. The 2 point obstacles also deter athletes that want to skip the difficult obstacles and will reward those that at least TRY to get one point.

ALL athletes must begin at the starting point of each obstacle (i.e. trampoline; box; platform; starting line) before moving on to the next obstacle.

Athletes must engage all obstacles with points. If an athlete skips an obstacle that's designated as a point, they will automatically lose that point. Example: an athlete skips the first point of an obstacle but

completes the second point, that athlete has lost the first point of the two point obstacle.

General Course Rules:

Courses must contain at least 3 upper body, 3 lower body obstacles, and one balance obstacle. Each course must have a minimum of 10 total obstacles and up to 15.

COURSE DESIGNERS are allowed to compete in their own competitions, but they must run first and mark themselves as an “employee” in Ninja Master so you don’t bump out another athlete out of position.

Courses are not to be revealed until the day of competition or by video **the night before**. 7U, 9U, and 11U must have separate courses. 13U and 15U may compete on adult courses, with adjustments that are age-appropriate. A Kids course and an Adult course are required at each UNAA competition, but each gym may have as many different courses for age and skill level as they choose and are able.

Course time limits must be set by the gym at the beginning of the competition.

Incidentals are allowed as long as they do not provide an advantage to the athlete. This includes if an athlete slips, brushes, or glides against

the mats or the vertical trusses without gaining any benefit, such as obtaining momentum or regaining balance.

The supporting structure of obstacles may or may not be used according to the gym's decision. Examples of support structures include trussing, walls, rigs, and scaffolding. Any items used to hang obstacles, such as straps and chains, may not be used to complete the obstacle.

Athletes may reset to their starting position after their feet leave the platform as long as hands and feet do not advance on the obstacle.

Example: athlete steps entire body onto a balance beam. The athlete may reset, but as soon as they take one more step, they may no longer reset. Example 2: Athlete may put full weight onto a ring and reset. But as soon as the athlete reaches and grabs a second ring, they may no longer reset.

Qualifying Rules: Areas

Top 3 or 50% of each class will advance to Regionals.

In the case of an odd number we round down so athletes must be at 50% or more of the class.

Qualifying Rules: Regionals and INTERNATIONAL

Top 5 athletes or Top 30% (whichever is higher) from each class will advance from Regionals to World Finals. 30% will NOT be rounded up. 20 athletes = 6 qualify, 25 = 7 qualify, 30 = 9 qualify, etc.

In the event of a TIE, all athletes in a qualifying position will move on and those that move into a qualifying position because of the TIE will also move on.

Participants may go to any location and as many Area Qualifiers as they choose, as well as attend any Regionals they wish. Once qualified, you may still compete, but your placement will not bump another participant.

Qualifications will roll down to the next non-qualified athlete within the qualifying rules.

You must be 6 or older to compete in UNAA. For all age groups, age is determined by how old the athlete is on January 1, 2027 (the year of World Finals event).

Athletes must choose ONE Class to compete in and will remain in that class for the duration of the season.

- Any athlete in the kids age group specific classes (7U – 15U) may move up to the next age group if they so choose. Each course is age-appropriate,

and if an athlete competes up no accommodations will be made for height adjustments.

- Athletes aged 13+ may compete in Amateur, Intermediate or Pro class if they so choose.

Note: Competing in multiple classes is NOT allowed unless adding on the Open Class.

Season 12 Class List:

7 and Under Boys

7 and Under Girls

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+ automatically move to Adult classes, although 13+ can choose to compete in the classes below)

Amateur Men

Amateur Women

Intermediate Men

Intermediate Women

Pro Men

Pro Women

40 - 49 Men

40 - 49 Women

Over 50 Men

Over 50 Women

Open Class – Kids (13 and Under)

Open Class – Adult (14 and Over)

Additional Class Details:

- Intermediate Class

This class is for athletes coming out of the Amateur Class, but are not quite ready for the PRO class. Any AMATEUR athletes who has previously placed in the TOP 10 at UNAA World Finals events must move up to the INTERMEDIATE Class or can choose to move to the PRO CLASS. If they choose to compete in PRO, they must stay in PRO for the duration of the season.

For athletes who have competed in the PRO CLASS previously and have not qualified for a UNAA World Finals or have placed in the lower 20% at UNAA World Final Prelims, may move down to INTERMEDIATE CLASS if they choose.

For INTERMEDIATES in Season 11 that placed TOP 10 at the UNAA World Finals, must move up to the PRO Class.

Age Groups - If you are 16 as of Jan 1, 2027, and placed in the Top 10 in 15U age group at UNAA Finals in 2026, you must move up to the Intermediate class. You may choose to move up to the Pro Class, but must remain in that class for the duration of the Season if chosen.

- Pro Class Status

Any Athlete (13 or older) may compete in the Pro, Intermediate or Amateur class but MUST compete in PRO if the athlete in the last THREE years has been to the National Finals on ANW, been in the Top 10 Pro class at UNAA Finals, WNL Finals, FINA Finals, or NSN Finals. If you meet any ONE of these requirements, you are considered PRO.

Intermediate to Pro – If you were an Intermediate in UNAA and made Top 10 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.

- OPEN KIDS - Age 6 to 13 (open to both male and female)
- OPEN ADULT- Age 14+ (open to both male and female)

The OPEN classes provide another class for athletes to compete in during a competition weekend. It allows athletes to compete in multiple events which helps when athletes and parents drive long distances to compete. It is recommended that gyms charge half price for these open classes, but it is up to each individual gym to choose structure and cost. This additional class allows athletes to compete regardless of gender. It's basically a fun class with a purpose.

Athletes may compete in this class throughout the season until Regionals. If an athlete qualifies for Regionals in any class other than the Open Class, then for Regionals, they may not compete in this Open class at Regionals, but must compete in the other qualified class.

Anyone that competed in the Open Class but did Not qualify for Regionals, may compete in the Open Classes at the Regional. Those that place Top 3 in the Open Class in Regionals, now qualify for UNAA World Finals in the Open Class.

This gives those who may have just missed Regionals another chance to still try to qualify in the Open Class for Finals.

SEASON 12 UNAA WORLD FINALS:

TOP 15 or 30% (whichever is Greater) now move on from Prelims to Main Event at World Finals.

All Athletes will compete in 2 pre-lims runs. The TWO combined Prelim runs will be used to determine the TOP 15 or 30% who move onto the Main Event Finals.

ELITE & AMATEUR KIDS CLASSES

The season will remain the same for kid's classes, but there will be a separation into two groups at the UNAA World Finals. All athletes will compete in 2 pre-lim runs which will determine who moves on to the Main Event Finals.

The Top 15 or 30% will move on as the Elite Kids Class

From the remaining athletes, **the next Top 15 will move on as the Amateur Kids Class.**

Example:

Prelim waves will continue to have a randomized run order although now athletes will run their 2 prelim runs within the same wave.

For an age class with 100 athletes, the following would happen after all the waves are complete:

The top 15 or 30% moves on as the Elite Kids Class which would be 30 athletes (pre-lim leaderboard places 1-30)

Of the remaining 70 athletes, the next 15 moves on as the Amateur class

There will be an awards ceremony recognizing the Top 10 athletes in both the Elite Kids Class and Amateur Kids Class. The additional class allows for more athletes to be recognized and medal in the Top 10. The Amateur Kids class will not receive cash prize awards. During World Finals, no athletes are allowed on the courses except during competition. Once competition is over, courses are officially closed.

Transgender Policy:

Transgender athletes are welcome in UNAA. Any transgender athlete competing in UNAA Competitions must compete in their gender assigned at birth and follow The Fairness in Womens Sports Act: 461

The Act requires that athletic teams or sports be expressly designated as for males, men or boys; females, women or girls, or coed or mixed. It also requires that teams or sports designated for females must not be open to “students of the male sex.”

We have created an Open class, specifically for any and All genders so they are able to compete in UNAA.

Judges:

All UNAA gyms will have at least 2 judges (one main judge and one scorekeeper) on hand for each athlete's run. ALL judges will be required to watch a short video on UNAA Judging. [UNAA Judging Video](#): At least one judge from every gym is required to have at least the Level 1 UNAA Coaches Certification. Level 2 UNAA Coaches Certification is also now available. One Judge (Head Judge) will have one reliable timer and focus on the athlete's full completion of each obstacle. The other Judge will be responsible for keeping time using Ninja Master. Head Judges can 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 and halfway mark, 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 as 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.

Note for UNAA Head Judges. A head judge's 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.

The "ask it or risk it" rule is designed to provide the athlete with an opportunity to ask a question about an obstacle or risk potential fail. UNAA expects athletes to use the obstacle as intended.

Protest Protocol at UNAA World Finals:

To protest a call, you must pay the \$100 fee and fill out a Protest form. This must be done within 60 minutes of the time of the run. That form will then be taken to the Head Judge for review. If there is a video to review, they will watch the video and make the decision based on the review. The Head Judge may take the video to the Judge of that particular course, if available. If the decision is overturned, the protester will receive their money back. If the call stands, the protester does Not get the money back. No videos will be

accepted of Other athletes unless that athlete is present and willing to allow the review.

World Finals will be judged by designated personnel of the UNAA.

You may only video your own athletes. Any video taken of another athlete and used for video protest will not be allowed.

Only the following people may submit a request for an athletes video review:

- Athletes, parents and coaches can only submit a protest regarding themselves or their athlete.
- The facility judge may request for a course review.
- The parent or coach may request a review of another athlete if that athlete is present and agrees to allow review of their video.

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 person. Gyms may also provide chalk. UNAA does allow WOD and Done hand tape or athletic tape to cover rips and tears.

Obstacles:

Obstacles listed on Page 1 under Ninja Gym rules are considered “standard obstacles”. UNAA Gyms can 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 and Safety

UNAA follows the guidelines of UIPM for Code of Ethics and Conduct and the Safe Guarding policy and is certified under Safe Sport, and Protect Youth Sports.

UIPM Ethics and Compliance - <https://www.uipmworld.org/ethics-compliance>

UIPM Safe Guarding Policy -

https://www.uipmworld.org/sites/default/files/athletes_safeguarding_policy_vfinal_0.pdf

Protect Youth Sports (Child Safety Training -

<https://www.protectyouthsports.com/>

Safesport 10 Key Rules for Safer Sport -

<https://www.safesportinternational.com>

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 also. (except at World Finals)

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 class so that competitors not from the gym can see how an employee will run the course. Employees will not bump an athlete out of position.

Q: How many qualify if someone places in the top and 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.

Q: How do the league points on the leaderboard get calculated?

A: You can find an explanation of leaderboard points here: [UNAA Leaderboard points explanation](#)

Q: Can I take someone's World Finals qualifying spot if that athlete decides they no longer are going to attend Finals?

A: No. No spot is allowed to be given even if an athlete decides they will no longer attend the World Finals.

Q: If I am in the 15U Female class at UNAA World Finals and there are 44 athletes in my class and I take 25th place in prelims, can I still qualify for the Main event finals?

A: Yes, since we are dividing up the classes to Amateur Kids and Elite Kids, a 25th place out of 44, would allow you to qualify in the Main event for Amateur Female 15U for the main event with a chance to take Top 10 medal or even podium! Top 15 qualify to the Main Event in ELITE 15U and runners 16 to 30 would also move on to the Main Event Finals in Amateur 15U.

The UNAA reserves the right to change these rules at any time in order to keep the sport safe and fair. For questions, contact us here:

<https://ultimateninja.net/contact/>