FINA RULES
SEASON IV

The subsequent paragraphs and pages represent the official rules, regulations, and guidelines for the Federation of International Ninja Athletes ("FINA") Season IV. These rules are subject to change by the collective members of the FINA Executive board to ensure the rules, regulations, and guidelines always accurately and fairly represent the best interest of the FINA Athlete. These rules are final, interpreted in the sole discretion of the FINA Board of Advisors, and are not subject to outside interpretation or appeal.

1. EVENT DESCRIPTION

A FINA competition will be comprised of one or two disciplined events with one focused on speed, and one focused on endurance. An official FINA event can consist of either a Speed event, an Endurance event, or both

    a. All FINA events must commence with a distinct starting sound that is consistent throughout the entire event.
        i. In the event an athlete begins his course attempt prior to the official starting sound, the course administrator must immediately stop the run, return the athlete to the starting platform to restart their attempt
        ii. If, after three (3) false start attempts, the athlete has another false start, the athlete will be disqualified from that course attempt.
            1. If the athlete disqualification is the second Speed run, the athlete's attempts will officially be completed.
            2. If the athlete disqualification is during the endurance course, the athlete will be disqualified from the competition and no additional course attempts will be provided.
    b. FINA SPEED
        i. DESCRIPTION
            1. Athletes competing in the FINA Speed event will be presented two (2) opportunities to run a course that consists of eight (8) consecutive obstacles ("Course"). Each FINA Speed course will have a fixed time limit, established by the course administrator and approved by FINA Chief Athletic Officer.

2. Upon the conclusion of both attempts, an athlete's best attempt at the course will be used as the official qualifying attempt.
3. Each FINA Speed course will have a max time limit per athlete, predetermined by the course administrator and the FINA Board.
4. An athlete will receive one (1) opportunity to complete each obstacle. If an athlete fails to complete an obstacle per the rules outlined by the course administrator, the athlete will move on to the next obstacle and not earn a point for the failed obstacle.
5. There is no limit to the number of obstacles an athlete can fail during the duration of their run.
6. An athlete will earn one (1) Speed point for every obstacle completed prior to the expiration of time allotted for the respective course.
7. Every FINA Speed course will consist of the following structured format:
    1. Agility Obstacle
    2. Aerial Obstacle
    3. Balance Obstacle
    4. Upper Body Obstacle
    5. Aerial Obstacle
    6. Balance Obstacle
    7. Upper Body/Aerial Obstacle
    8. Ascension Obstacle
8. Athletes will attempt to complete the Course within the pre-determined time. Courses must be approved by the FINA Board of Trustees, prior to the scheduled event.

c. FINA ENDURANCE
    i. DESCRIPTION
        1. Athletes that compete in a FINA Endurance event, will be tested with a twelve (12) obstacle course ("Course") designed to push the athlete to the limit, exhausting all major muscle groups.
        2. Each FINA Endurance course will have a max time limit per athlete, predetermined by the course administrator and the FINA Board.

3. An athlete running a Course will be limited to a 15 second rest between obstacles. Course Administrators will provide the athlete a notification informing them when 5 seconds are remaining.
4. An athlete will receive one (1) opportunity to complete each obstacle. If an athlete fails to complete an obstacle per the rules outlined by the course administrator, the athlete will move on to the next obstacle and not earn a point for the failed obstacle.
5. There is no limit to the number of obstacles an athlete can fail during the duration of their run.
6. An athlete will earn one (1) point for every obstacle completed prior to the expiration of time allotted for the respective course.

d. QUALIFYING FOR SEASON IV SECTIONALS

Towards the conclusion of the FINA season, a series of Sectional events will be held across the country. Athletes will compete throughout the season earning the opportunity to advance to the Season IV Sectionals. There are two (2) ways for athletes to earn a spot to compete in Season IV Sectionals.

1. COURSE COMPLETION: Athletes who successfully complete an individual Speed or Endurance within the pre-determined time frame will automatically earn a spot to compete in the sectionals.
2. POINTS ACCUMULATION: Athletes will be awarded a single point for every obstacle completed prior to expiration of time on the respective course. Points can accumulate throughout the season from competition to competition, and are accrued for the specific discipline earned. Points earned on Speed courses will be used towards qualification in Speed sectionals. Points earned on Endurance courses will be used towards qualification in Endurance sectionals.
   1. SPEED - Athletes that earn 21 Speed points throughout the season, will earn a spot to compete in the Season IV sectionals.

        2. ENDURANCE - Athletes that earn 31 Endurance points throughout the season, will earn a spot to compete in the Season IV sectionals.

2. SECTIONALS

Towards the conclusion of the FINA season, a series of sectional events will be held across the country for athletes to earn their spot to compete in the World Championship Round of Champions.

Each sectional event will consist of a Speed Event AND an Endurance Event.
   a. SPEED SECTIONALS
      i. Any athlete that qualified throughout the regular season to compete in a sectional event is welcome to compete, and are not restricted by geography
      ii. Any athlete that qualifies throughout the regular season can compete in as many sectional events as necessary to qualify for World Championships. Once an Athlete qualifies, they are no longer able to compete in additional sectional events.
      iii. During a Sectional Speed event, all athletes will be presented with two (2) opportunities to complete the Sectional Speed course.
      iv. A pre-determined course time will be established, as the "time to beat."
      v. All athletes that complete the Sectional Speed course within the allotted time, will qualify for the World Championships Round of Champions.
      vi. An athlete's attempt at completing the course will end upon one of the following:
        1. The allocated course time expires
        2. The athlete completes all eight (8) obstacles within the allocated time;
      vii. If the run is the Athlete's second opportunity to complete the course, the Athlete's time on the course will end upon one of the following:
        1. The allocated course time expires
        2. The athlete completes all eight (8) obstacles within the allocated time;
        3. The athlete fails an obstacle.
      viii. Ranking will be determined by course completion time, or the athlete that completes the most obstacles in the fastest time.

b. ENDURANCE SECTIONALS
    i. Any athlete that qualified throughout the regular season to compete in an Endurance sectional event is welcome to compete, and are not restricted by geography
    ii. Any athlete that qualifies throughout the regular season can compete in as many sectional events as necessary to qualify for World Championships. Once an Athlete qualifies for World Championships Round of Champion, they are no longer able to compete in additional sectional events.
    iii. During a Sectional Endurance event, all athletes will be presented with one (1) opportunity to complete the Sectional Endurance course.
    iv. A pre-determined course time will be established, as the "Maximum Time on the Course."
    v. All athletes that complete the Sectional Endurance course within the allotted time, will qualify for the World Championships Round of Champions.
    vi. An athlete's attempt at completing the course will end upon one of the following:
        1. The allocated course time expires
        2. The athlete completes all twelve (12) obstacles within the allocated time;
    vii. Ranking will be determined by course completion time, or the athlete that completes the most obstacles in the fastest time.

3. WORLD CHAMPIONSHIPS

Upon the conclusion of the FINA season, a world Championship will be conducted to crown a FINA World Champion.

    a. ROUND OF CHAMPIONS

        i. HEAD-TO-HEAD ELIMINATION BRACKET
            1. This will be a double-elimination, head-to-head event.
            2. All athletes who advance through FINA Sectionals will be seeded together into the bracket format final Round of Champions.
            3. The winner of each individual race will be the athlete that either completes the course first or completes more obstacles in the fastest time.

4. The winner of the Finals Bracket will be declared the FINA World Champion
5. A bronze medal race will be conducted between the two losing athletes in the round of four. The winner will be crowed the bronze medal winner for Season IV

    ii.   SEEDING
1. Athlete seeding in the Round of Champions will be based on the average of their combined performance in the athlete's respective qualifying rounds.
2. Round of Champions seeding will be determined by taking the average finishing position from both the Speed and Endurance qualifying round.
    1. In the case of a tie, the first tie-breaker will be the athlete with the lowest total course time from the qualifying round for FINA Speed and FINA Endurance.
    2. If there is still a tie, the next order of tie breakers will be:
        i. Regular season total course finishes
        ii. Regular season total points
        iii. Randomization

4. AGE GROUPING

Both FINA Speed and FINA Endurance athletes will be permitted to compete in the following age groupings based on the athlete's age on January 1 of the current season.

    a. 7U (7 and Under)
    b. 9U (8-9 Year Old)
    c. 11U (10-11 Year Old)
    d. 13U (12-13 Years Old)
    e. Adult (14-39 Years Old)
    f. Masters (40+ Years Old)
    g. Top Flight (13+)

Athletes can elect to compete in the age group of which their age falls on January 1st of the year of the start of the season. Additionally, an athlete can choose to compete up one age grouping, except into Masters. A Masters athlete

must meet the minimum age of 40 during the calendar year of the start of the season.

Masters athletes can choose to compete in either the Adult or the Masters division.

The Top Flight division is for any athlete age 13 and up.

For all athletes, the age grouping for the entire season will be determined by the age grouping competed in during their first competition of the season

5. EXCEPTIONS

   a. All exceptions listed will apply to FINA Speed, FINA Endurance, and FINA World Championship events.
   b. Course or Obstacle Malfunction
       i. If, during an athlete's course attempt, an obstacle malfunction occurs causing the athlete to fail the obstacle, the course administrator must immediately stop the athlete's attempt at the course.
       ii. The athlete will be provided a rerun latter in the run order.
           1. The athletes rerun order will be at the discretion of the course administrator but must be no earlier than 10 minutes after incident.
       iii. Example of course malfunctions include, but are not limited to: obstacles, timers, and course interference.
       iv. In the event of a rerun, the better of the two athlete runs will count towards season standings.
   c. Injury/Voluntary disruption
       i. In the event that an athlete's attempt at the course is disrupted either voluntarily or due to injury, the opportunity for a rerun will be at the sole discretion of the Course Administrator.

6. OBSTACLE DEFINITION

   a. OBSTACLE AREA
       i. The obstacle area is defined as the entire space between the edge of the starting platform and the front edge of the ending platform.

   b. STARTING PLATFORM

     i.   All obstacles must have a clearly marked starting platform.

    ii.   Starting platform must be elevated from the floor, but does not need to be elevated above safety matting for that obstacle.

   iii.   Starting platform cannot consist of a taped-off area on the floor.

   iv.   An athlete must make contact with a starting platform prior to proceeding to attempt the obstacle.

        1. Unless two consecutive obstacles are designed as "linking" obstacles, an athlete cannot proceed to a subsequent obstacle without first touching the starting platform.

        2. If an athlete attempts an obstacle without proper engagement with a starting platform, the athlete will have failed that obstacle and will proceed to the next obstacle on the course.

c. ENDING PLATFORM

     i.   All obstacles must have a clearly marked ending platform.

    ii.   Ending platform must be clearly marked with a clear determination of successful obstacle completion.

        1. Dismounting past a tape mark is not an acceptable Ending Platform.

        2. Dismounting past floor matting is acceptable.

        3. Successful completion of an obstacle requires:

           1. Contact with the ending platform, while no longer engaged with any element of the obstacle being attempted

           2. Athlete must not fall or step backwards into the obstacle area.

           3. Athlete can step off the side of the ending platform as long as it does not represent part of the obstacle area for the obstacle just completed, or the obstacle area for the subsequent obstacle.

           4. If the ending platform, is also the starting platform for the next obstacle, and athlete can "overshoot" the ending platform as long as they do not make contact with the subsequent obstacle.

              i. If the athlete makes contact with any element of the subsequent obstacle, the athlete will be considered to have started that subsequent obstacle, and may continue in either of the following fashions:

1. The athlete can continue moving forward on the subsequent obstacle in an attempt to complete it.
2. If a "reset" is allowed on the subsequent obstacle as outlined by the course administrator, the athlete can "reset", assuming they do not come in contact with any "fail points" on the obstacle.

   d. SPIRIT OF THE OBSTACLE
      i. All athletes that attempt a FINA course, are bound by the promise to adhere to the core values represented in the *Spirit of the Obstacle*.
      ii. While we encourage athletes to creatively determine the best way to navigate an obstacle, athletes will abide by the *Spirit of the Obstacle* by engaging an obstacle in a valid attempt.
         1. Course administrator can determine what obstacle attempts truly are within the *Spirit of the Obstacle* and can enforce during walk throughs and in the determination of an obstacle is successfully completed.

7. COURSE EXCEPTIONS

   a. In the event that there is a course malfunction during an Athlete's run, the athlete will be provided the opportunity to re-run the course at a later time amongst the remaining athletes, at the discretion of the Course Administrator. If the course malfunction occurs towards the conclusion of the run order, the affected athletes must be provided a minimum of 15 minutes prior to their re-run.
   b. In the event that, during the course of an event, an obstacle is damaged, and an exact duplicate is not available, or an obstacle is deemed to be unsafe and must be replaced, the following must occur:
      i. The course administrator must replace the broken obstacle with the same obstacle. If an exact replacement is not available;
         1. The course administrator must replace the broken obstacle with a replacement that mimics the intended technique, time and, effort of the obstacle being replaced.
         2. Any previous course athlete, that successfully completed all course obstacles, EXCEPT the replaced obstacle, will be

provided the opportunity to re-run the entire course, and will be awarded the score for the best of the completed runs.

3. Any previous course athlete, that failed the replaced obstacle, along with other course obstacles, will be provided the opportunity to re-attempt the replaced obstacle only, for the chance to earn the missed point.

8. ATTIRE

All athletes must adhere to the dress code of the hosting facility. Adherence to facility dress code will be determined in the sole discretion of the Course Administrator. Any athlete not in compliance with a facility dress code will be notified and provided an opportunity to comply. Failure to adhere to facility dress code can result in disqualification from the event without a refund.

FINA guidelines REQUIRE that all athletes must wear at a minimum, a top, a bottom, and proper clean and dry gym shoes.

9. TIMING SYSTEMS

FINA has partnered with NinjaWorks as the official timing system for FINA events. All participating affiliates gyms will be provided access to Ninja Works scoring system. FINA does not require participating gyms to utilize any specific timing hardware brand or make of timing system.

FINA does require that all courses are completed, and course run times are stopped when an athlete hits a physical buzzer.