



DRAFT - USANA Baseline Ninja Ruleset 2024

Ninja Speed Course

Version 2024.01.26

This document, the USA Ninja Association Baseline Ruleset 2024 (“the Rules”), contains specific technical aspects for Ninja speed competitions (head-to-head racing). For inquiries, questions, or recommendations, please contact USA Ninja Association at contact@usaninjas.org

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Contents

1. INTRODUCTION	5
1.1. Purpose	5
1.2. Intention	5
1.3. Rule Updates	6
2. CONDUCT OF ATHLETES	7
2.1. General Conduct.....	7
2.2. Drug Abuse	7
2.3. Health.....	8
2.4. Eligibility.....	8
2.5. Insurance.....	11
2.6. Registration.....	11
2.7. Clothing and Uniform Guidelines	12
2.8. Footwear.....	13
2.9. Other Equipment.....	14
2.10. Race numbers	14
3. Rules and Penalties	15
3.1. The Speed Course	15
3.2. General Athlete Conduct	15
3.3. General Rules.....	16
3.4. Timing.....	17
3.5. Speed Course Specific Rules – Mixed Relay	18
4. COMPETITION IN QUALIFYING ROUND FORMAT	19
4.1. General	19
4.2. Rounds	19
4.3. Results if Not Rounds	20
4.4. Verbal Warning	21
4.5. Time Penalties.....	22
4.6. Disqualification	22
4.7. Suspension	22
4.8. Expulsion	24

4.9. Right of Protest and Appeal25

4.10. Protests25

4.11. Hearings and Appeals29

4.12. Reinstatement33

4.13. Safety Guidelines33

1. INTRODUCTION

1.1. Purpose

1.1.1. USA Ninja Association (USANA), is the sole governing body for Ninja Sport for the United States, responsible for Competition Rules for its related disciplines and events.

1.1.2. Events may be points and time based (furthest fastest) OR Time Trial (fastest time only) OR Head-to-head (fastest athlete wins).

1.1.3. USANA-produced events may consist of one of several disciplines: Ninja Speed Course, Ninja Technical Course, Ninja Relay Course.

1.1.4. These Rules apply specifically to USANA produced events.

1.2. Intention

1.2.1. The Rules are intended to:

1.2.1.1. Create an atmosphere of sportsmanship, equality, and fair play.

1.2.1.2. Provide safety and protection.

1.2.1.3. Emphasize ingenuity and skill without unduly limiting the athlete's freedom of action.

1.2.1.4. Disqualify or penalize athletes who gain an unfair advantage.

1.2.2. Definitions of all terms used in the Rules are provided within this document. Any difficulty in the interpretation or application of Rules should be

referred to the Competitions Committee prior to an event OR on-site Technical Officials (TOs) during an event.

1.3. Rule Updates

The Rules may be changed from time to time by the Competitions Committee at its discretion, with the approval of the USANA Executive Board. Any such rule change(s) shall be advised in writing at least 30 days before taking effect. Updated USANA Competition Rules will be posted on the USANA website (<https://usaninjas.org/about>).

2. CONDUCT OF ATHLETES

2.1. General Conduct

Race tactics are part of the interaction between athletes. Athletes should adhere to the following:

2.1.1 Practice good sportsmanship. Treat other athletes, officials, volunteers, media, sponsors, and spectators with respect and courtesy. Do not attempt to gain an unfair advantage in any way. Do not intentionally attempt to block another athlete on the course.

2.1.2 Do not use abusive, derogatory, defamatory, or inflammatory language.

2.1.2 Know, understand, and follow the Rules.

2.1.3 Adhere to the intent of a rule when the exact wording of the rule may be interpreted in various ways.

2.1.4 Obey instructions from race directors, judges, referees, and other event officials.

2.1.5 Compete without receiving assistance, other than from event officials.

2.1.6 Be responsible for their own safety and the safety of others.

2.1.7 Be responsible for all accessories, bags, clothing, and trash. Dispose of all trash only in clearly identified receptacles.

2.2. Drug Abuse

2.2.1. Athletes must adhere to the WADA Anti-Doping Rules.

2.2.2. All athletes are responsible for familiarizing themselves with the WADA Anti-Doping Rules including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties, and appeal processes, and prohibited substances.

2.2.3. USANA Anti-Doping Rules abide by rules set by the World Anti-Doping Agency (WADA) Code.

2.3. Health

2.3.1. Ninja Competitions are strenuous. To be able to compete, athletes should be in excellent physical condition. Their health and welfare are of paramount importance. By starting in a race, the athletes declare they are in good health and are in appropriate physical condition to complete the race.

2.3.2. USANA may require athletes to perform periodic health evaluation (PHE) or undergo a pre- participation evaluation (PPE) prior to participating in a competition.

2.4. Eligibility

2.4.1. All athletes must be in good standing with their National Federations unless otherwise specified by USANA.

2.4.2. Athletes under suspension are not allowed to compete in any USANA event, in any competition sanctioned by USANA members, or in any competition held under the USANA Rules.

2.4.3. Eligibility for USANA National or World Level events may include competitive athletes in Elite, Age Class, Mixed Team and Open categories.

2.4.4. Age Class is defined as the following:

Class Name	Ages*
Kids	6-7
	8-9
	10-11
Youth	12-13
	14-15
Junior	16-17
	18-19
Senior	20-24

	25-29
	30-34
	35-39
Masters	40-44
	45-49
Veteran	50-54
	55-59
Legends	60+, in two year increments to oldest competitor
Elite	15+

2.4.5. An athlete's age is determined by their age on January 1st in the year of competition. An athlete who is 15 years old on race day and turns 16 before January 1st in the year of competition shall compete in the Junior (16/17) category.

2.4.6. Specific qualification criteria are published on the USA Ninja Association website and may be updated from time to time.

2.5. Insurance

2.5.1. Each athlete competing in an USANA event must have personal insurance coverage that covers:

2.5.1.1 Any accident traveling to, from and occurring at the race site before, during and after any competition.

2.5.1.2 Any sickness that an athlete could suffer during a trip to a competition or event.

2.5.1.3 Liability caused by an athlete during the competition.

2.6. Registration

2.6.1 NFs will register their athletes for USANA events following their NF qualification system or other USANA approved qualification system. Independent athletes shall register directly with USANA or the event organizer.

2.6.2 Competitive athletes may be required to qualify by following the USANA and/or NF eligibility rules.

2.6.3 All athletes must provide a government issued photo identification at race registration/packet pick-up prior to competition. Minor athletes (under the age of 18) may have a parent or legal guardian provide identification.

2.6.4 If required by the event organizer, athletes may be required to produce or provide a sports physical/ medical questionnaire to the Medical, Health, and Safety committee PRIOR to competing in the event.

2.6.5 All athletes must pick up their own race packet and show their photo identification at the official race registration area during a designated time. Packet pick-up will be opened beginning the day prior to the event and running through the day before the end of the event. The hours shall be from 09:00 to 17:00. If an athlete is unable to make the designated registration time, they must request a different time at least 14 days in advance, in writing to USANA.

2.7. Clothing and Uniform Guidelines

2.7.1. All athletes competing in USANA events are required to wear either their team uniform **OR** appropriate attire conforming to the USANA Uniform Rules. For clarity's sake, "attire" will be used from here out to reference either team uniforms or individual clothing.

2.7.2. Athletes must conform to the following rules with respect to attire:

2.7.2.1 Clothing should be appropriate for a family-friendly event.

2.7.2.2 Athletes must wear their attire during the entirety of their run. They may not remove parts of their attire during their run.

2.7.2.3 Clothing should be fitted to prevent interference or snagging on obstacles.

2.7.2.4 Tops and bottoms must be worn by both male and female athletes. Examples of tops include t-shirts, tank tops, and commonly accepted sports apparel. Examples of bottoms include shorts, leggings, and other commonly accepted sports apparel.

2.7.2.4 Long sleeve tops are discouraged, but not banned, as they may pose a safety issue if they come into contact with various obstacles. An athlete may request the race director to rule on whether the long sleeve top is acceptable on the course. This section does not apply to outdoor, winter events.

2.7.2.5 Failure to comply with the rules set forth in this section may result in an athlete's run being delayed while they acquire the appropriate attire or risk being disqualified. If during the race or the award ceremony, athletes wear attire that does not comply with the Competition Rules, he/she may be penalized, ineligible for prize money or may be disqualified.

2.8. Footwear

2.8.1 All athletes and race personnel operating within the field of play must wear a covering for their feet while on the course.

2.8.2 Footwear must be:

2.8.2.1 Closed toed - no flip flops, sandals, crocs, or any footwear that could catch on an obstacle.

2.8.2.2 Free of all external hard objects, such as spikes or traction devices.

2.8.2.3 Free of external metal, ceramics, exotic or composite materials that could conceivably cause damage to obstacles or other athletes.

2.9. Other Equipment

2.9.1 For safety reasons, refrain from wearing jewelry or any accessories that might pose a risk during the competition.

2.9.2 Athletes will ensure that hair is kept from obstructing their view or other entanglements that may pose a risk.

2.9.3 ONLY Liquid Chalk is authorized for use on the course.

2.10. Race numbers

2.10.1 The Race Director/ Technical Delegate may choose to provide body marked numbers for all competitive athletes and will apply them prior to the event.

2.10.2 Body marked numbers, if used, are to be applied to each arm and additional markings as deemed appropriate by the race director (including, but not limited to, the back of one leg).

2.10.3 Body markings using multiple digits will have numbers appearing one above the other (vertically) and not side-by-side (horizontally).

3. Rules and Penalties

3.1. The Speed Course

3.1.1. The Ninja speed course is a linear course consisting of a start line, ten (10), eleven (11), or twelve (12) obstacles and a finish line.

3.1.2. The course may be one (1) or more lanes, each lane being no less than 1.5 m wide.

3.1.3. The obstacles shall be Ninja “speed” obstacles and must be approved by USANA.

3.1.4. Obstacles may be placed in any order.

3.2. General Athlete Conduct

3.2.1 The athletes shall:

3.2.1.1 Run, jump, swing, walk, climb, crawl, slither scramble or otherwise propel themselves across, under, over, along or through the course.

3.2.1.2 Display the official race number if provided. This shall a headband, arm band, wrist band or other identifier on the body that does not cause a risk to the athlete (e.g., catching on an obstacle element.).

3.2.1.3 Wear appropriate apparel: See section 2.7 for specific guidance.

3.2.1.4 Not wear loose / baggy clothing, or jewelry that could be caught in an obstacle.

3.2.1.5 Run with shoes. Shoes with spikes of any material are not allowed. Bare feet are prohibited.

3.2.1.6 Not intentionally block another athlete. Blocking will result in disqualification.

3.3. General Rules

3.3.1. The starting line of the course will consist of a starting line, starting platform, or other starting method or location, as defined by the Technical Delegate, Race Director, or Senior ITO.

3.3.2. The start of the athlete's run may be signaled by horn, buzzer, lights, or some combination of them.

3.3.3. The athlete may not leave the starting line until signaled to do so. If an athlete leaves the starting line prior to the signal, a false start shall be called, and the athlete must be recalled to the starting line.

3.3.4. If the athlete has a second false start, the athlete will be disqualified and will not be allowed to complete the course.

3.3.5. Completion of an obstacle is defined as when the athlete engages the obstacle, negotiates the obstacle, and lands on the finish platform, as specified by the Technical Delegate/ Race Director/ Senior ITO. To consider the obstacle completed, an athlete must pass the forward plane of the landing platform, disengage the obstacle, and physically touch the landing platform. A failure of any of these three aspects constitutes a failure of the obstacle.

3.3.6. Incidental Contact is defined as any contact incurred by the athlete with any part of the obstacle or course that has been briefed as off limits, whereby the contact is deemed to not provide any advantage or support that benefits the athlete in any way.

3.3.7. An athlete has two attempts to complete each obstacle presented. If the athlete fails their first attempt, the athlete **MUST** return to the start platform from the point of failure and then begin their second attempt. If an obstacle must be reset, the resetters will manage that process in a safe and expedient manner. **IF** the athlete chooses to attempt the obstacle **PRIOR** to it being completely reset, the resetters will immediately cease the reset attempt and move away from the course.

3.3.8. If an athlete fails to complete the second attempt on any one obstacle, their official run is terminated and scoring stops at that point. Depending on specific event rules, athletes may be given the option to continue the course for the experience until their allotted time expires or they may be required to immediately leave the course.

3.3.9. If water landings (pools) are part of the course, an athlete landing in water cannot make a second attempt and must immediately leave the course.

3.3.10. The completion of the course is defined as an athlete leaving the start line, negotiating all obstacles on the course, and hitting the finish buzzer or lever at the end of the course.

3.3.11 Athletes finishing with the same time (measured to 1/1000th [0.001] of a second) shall be awarded a tie unless the finish video can determine a winner.

3.3.12 Failure to comply with the Rules may result in an athlete being verbally warned, disqualified, suspended, or expelled.

3.3.13 The nature of the rule violation will determine the penalty.

3.3.14 A suspension or an expulsion will occur for very serious violations of the Rules, US or World Anti- Doping Rules, or Code of Ethics.

3.3.15 The Technical Delegate/ Race Director/ Senior International TO may assess penalties, even if the infringement is not listed, if the Official deems an unfair advantage has been gained, or if a dangerous situation has been created.

3.4. Timing

3.4.1. Time for each race is “gun time.”

3.4.2. The race starts at the sound of the gun/horn/beep/light.

3.4.3. Electronic timing shall be used for all competition runs.

3.4.4. Hand timing shall be used as a backup for the electronic timing system.

3.4.5. Video shall be used for the finish button to determine results in the finals.

3.4.6. There shall be qualifying runs (preliminaries) and finals, at a minimum.

3.4.7. Quarter and Semi-finals may be used to determine finalists, subject to time availability.

3.4.8. Each athlete may be allowed up to two runs in the preliminaries, subject to time availability.

3.5. Speed Course Specific Rules – Mixed Relay

3.5.1. A Mixed Relay team shall be:

3.5.1.1 Four (4) people consisting of two (2) men and two (2) women or

3.5.1.2 Three (3) people consisting of both men and women, at least one (1) of which must be a woman or

3.5.1.3 Two (2) people consisting of one (1) woman and one (1) man.

3.5.2. The start order of the team may be by either gender, i.e., either a man or a woman may be the first runner for the team.

3.5.3. The team may run in any order by gender.

3.5.4. The course is divided into four (4) segments, three (3) segments, or two (2) segments. Each runner completes one segment of the course, in sequential order.

3.5.5. The first athlete on the team starts at the sound of the gun/horn/beep/light.

3.5.6. Athletes start their run when the prior runner has completed their segment and “tags” (touches) them.

3.5.7. Runners may not physically assist other runners on the course (obstacles #1 – #11)

3.5.8. The team finishes when all team members have completed the finish obstacle (obstacle 12) and hit the finish button.

3.5.9. The team may help each other on the final obstacle (#12), the finish obstacle.

4. COMPETITION IN QUALIFYING ROUND FORMAT

4.1. General

A competition in Qualifying Round Format (tournament) consists of several rounds with heats and finals to determine the winners. The rounds may include quarter finals, semi-finals, repechages, or other rounds before the finals. Athletes qualify for the finals based on time.

4.2. Rounds

4.2.1. Rounds will be called preliminaries, quarter finals, semi-finals, finals and grand final as appropriate.

4.2.2. There may be any number of heats.

4.2.3. Two (2) or more runs may be allowed by each athlete in the preliminaries.

This allows athletes an opportunity for a clean run if they fail an obstacle.

4.2.4. Quarter finals, if used, are the fastest sixteen (16) athletes for each class and gender from the preliminaries.

4.2.5. Semi-finals, if used, are the fastest eight (8) athletes for each class and gender from the quarter finals.

4.2.6. Finals are the fastest four (4) athletes for each class and gender from the semi-finals.

4.2.7. The Final (Bronze medal race) is the third and fourth fastest athletes for each class and gender from the semi-finals (Bronze medal race.)

4.2.8. The Grand Final (Gold medal race) is the fastest two (2) athletes for each class and gender from the semi-finals (Gold medal race.)

4.2.9. A repechage, if used, is a round or series of rounds that allows athletes who have been eliminated in the heats to qualify for the semi-finals.

4.2.10. If there are no quarter finals, semi-finals, finals, grand finals or repechages, the placings are based on finish times from the heats.

4.3. Results if Not Rounds

4.3.1. The first and second fastest athletes qualify for the Gold Medal Final (Gold and Silver.)

4.3.2. The third and fourth fastest athletes qualify for the Bronze Medal Final (Bronze Medal).

4.3.3. If one athlete in a final fails an obstacle, they are ranked DNC and shall be placed below the other athlete in their final.

4.3.4. If both athletes in a final are DNC, the race shall be re-run to determine the winner.

4.3.5. If there is a tie in a final, both athletes are awarded the same medal.

Examples:

- Tie in the Gold Medal Final: Two (2) Gold Medals and one (1) Bronze Medal are awarded.
- Tie in the Bronze Medal Final: One (1) Gold Medal, one (1) Silver Medal and two (2) Bronze Medals.
- Tie in the Gold Medal Final and Tie in the Bronze Medal Final: Two (2) Gold Medals and two (2) Bronze Medals.
- There cannot be a tie for second place (Silver medal) if racing is on a 2-lane course.

If finals are run on a 1-lane course and results are by time (not head-to-head), any number of tied placings are possible, e.g., 4-way tie for first if all four athletes have the same time, measured to 1/100 (0.01) seconds, and video / photography validates the ties.

4.4. Verbal Warning

4.4.1 The purpose of a verbal warning is to alert an athlete about a possible rule violation and to promote a "proactive" attitude on the part of officials.

4.4.2 A verbal warning may be given when:

- 4.4.2.1.1 An athlete violates a rule unintentionally.
- 4.4.2.1.2 A judge believes a violation is about to occur.
- 4.4.2.1.3 No advantage has been gained.

4.4.3. Giving a verbal warning

The Judge will contact the athlete, the athlete will be stopped if necessary, asked to modify their behavior, and allowed to continue the race immediately afterwards.

4.5. Time Penalties

4.5.1. There are no time penalties assessed for the Speed Course format.

4.6. Disqualification

A disqualification is a penalty appropriate for severe rule violations, such as but not limited to, interference with other athletes, dangerous or unsportsmanlike conduct or failure to assist an athlete in distress. Results displayed shall show the disqualification with the designation DSQ next to the athletes' name.

4.7. Suspension

4.7.1. General:

4.7.1.1 A suspension is a penalty appropriate for fraudulent or very severe rule violation, such as but not limited to repeated dangerous or unsportsmanlike conduct.

4.7.1.2 A suspended athlete shall be prohibited from competing in USANA competitions or competitions sanctioned by NFs affiliated with USANA during a suspension period.

4.7.2. Assessment:

The Technical Delegate/ Race Director/ Senior ITO will submit a report to the USANA Executive Board (EB) including all the details of the action, and the reasons to recommend the athlete for suspension. This report will be submitted to the USANA Executive Board within one week of the competition. The USANA Executive Board (EB) will inform the affected organizations.

4.7.3. The USANA EB may assess suspensions for periods of three (3) months to four (4) years, depending on the violation.

4.7.4. Suspension due to Drug Abuse: If the suspension is for drug abuse, the athlete will not be able to compete in any other sport whose federation is recognized by USANA and vice versa.

4.7.5. Reasons for Suspension:

A list of infringements, which may result in a suspension, include but are not explicitly limited to, the following:

- Intentional Rule Violations
- Unauthorized interpretation and use of a competition rule
- Unsportsmanlike conduct
- Deliberate failure to uphold the intent of the rules or conduct, as per sections 1.2 and 2.1 of these rules

4.7.6. Disciplinary Notice:

4.7.6.1 When an athlete is suspended, the USANA President will notify the concerned NF, in writing, within 30 days.

4.7.6.2 Suspension will be announced in the USANA newsletter and communicated to the US and International Olympic Committee.

4.8. Expulsion

4.8.1. General

Athletes who have been expelled will not participate in USANA competitions or competitions sanctioned by NFs affiliated with USANA for life.

4.8.2. Reasons for Expulsion:

4.8.2.1 An athlete will be expelled for life for repeated rule violations that incur suspension as the penalty.

4.8.2.2 Expulsion due to Drug Abuse: If the expulsion is for drug abuse, the athlete cannot compete in any event of a sport recognized by the International Olympic Committee, AIMS, or any member thereof.

4.8.3. Disciplinary Notice:

4.8.3.1 When an athlete is expelled, the USANA President will notify the concerned NF, in writing, within 30 days.

4.8.3.2 Expulsions will be announced in the USANA newsletter and communicated to the US and International Olympic Committee.

4.9. Right of Protest and Appeal

Athletes punished with a penalty have the right to protest or appeal a ruling.

4.10. Protests

Competing athletes/teams have the right to protest. A protest must be filed within 15:00 minutes of finishing the race. Protests must be made in writing and submitted to the timing officials. All decisions regarding protests will be made by the race jury prior to the awards.

4.10.1 Proper Subject of Protest.

4.10.1.1 No protest may be filed with respect to matters which were observed by or previously ruled upon by a race official.

4.10.1.2 No person may file a protest which requires a judgment call. A "judgment call," as used in these Rules, means the resolution of a dispute involving one or more material facts which cannot be determined with certainty solely through the production of tangible physical evidence. Physical evidence may include images and video.

4.10.1.3 The term "judgment call" shall include but shall not be limited to a resolution of:

- o allegations of blocking, obstruction, or interference; or
- o allegations of unsportsmanlike conduct.

Any protest filed in contravention of this Section shall be summarily dismissed under Section 3.11.4.

4.10.2 Protests Involving Eligibility. Protests contesting the eligibility of any participant to compete or to represent an organization in an event shall be made in writing to USANA or to the Head Referee / TO before the event begins. A participant may be allowed to compete under protest if USANA or the Head Referee / TO deems it appropriate.

4.10.3 Standing to File Protest. Protests may only be filed by participants who directly observed the subject of the protest, who were directly and personally involved in any incident relevant to the protest, and who possess direct, detailed, and personal knowledge of the subject of the protest.

4.10.4 Summary Dismissal of Protest. With respect to each protest filed, the Head Referee / TO shall make an initial determination as to whether the protest complies with all the provisions of the Article and whether the protest is factually sufficient to support a ruling by the Protest Committee. If the protest is improper or deficient in any respect, the Head Referee / TO shall summarily reject and dismiss the protest and shall not be required to submit the matter to the Protest Committee. If the defect is curable in the opinion of the Head Referee / TO, the Head Referee / TO may allow the protest to be resubmitted within a reasonable time, even if the time period in Section 3.11.6 has already expired. Retaliatory protests or protests made in bad faith will result in disqualification of the protesting party.

4.10.5 Notification of a Protest. A protester must verbally notify the finish line staff within 5 minutes of crossing the finish line.

4.10.6 Time for Filing Protests. All protests must be filed in writing and submitted to the Head Referee / TO within 15 minutes after the person filing the protest has crossed the finish line.

4.10.7 Fee Accompanying Protest.

A deposit fee of \$50 USD will accompany the protest, in the form of cash or check. The deposit will be returned if the protest is upheld by the race jury.

4.10.8 Contents of Protest. All protests must be factually sufficient to support a just ruling by the Protest Committee and must contain the following:

4.10.8.1 The specific Competition Rule or Rules alleged to have been violated.

4.10.8.2 The location and approximate time of the incident

4.10.8.3 The person or persons involved in the incident.

4.10.8.4 A detailed statement of the specific facts, including a diagram if necessary or appropriate.

4.10.8.5 The signature of the person filing the protest, which shall constitute an affirmation that the facts stated therein are true.

Failure to comply with any aspect of this Section shall subject the protest to summary dismissal.

4.10.9 Notice of Protest. All persons involved in or affected by a protest shall be notified thereof and shall have access to the contents of the protest.

4.10.10 Protest Committee. The Protest Committee shall be comprised of the Head Referee / TO and two Judges appointed by the Head Referee / TO. The Head Referee / TO shall serve as chairperson of the Protest Committee and shall have full authority to conduct the protest and maintain order. The Protest Committee will issue a final determination with respect to all protests timely filed and not subject to summary dismissal.

4.10.11 Protest Hearing. In hearing a protest, members of the Protest Committee shall weigh the evidence and testimony impartially and shall render a decision in accordance with their best judgment. During all protests:

4.10.11.1 The Head Referee / TO will read the protest.

4.10.11.2 The person who filed the protest and all participants involved in the incident must be present, unless medically unable to attend in which case the Head Referee / TO shall postpone the hearing or allow a representative to participate on behalf of the injured person.

4.10.11.3 All people required to be present shall be allowed three minutes to relate their accounts of the incident, or such additional time as the Head Referee / TO may allow.

4.10.11.4 A maximum of two witnesses for each participant involved in the protest may be allowed to speak for three minutes each; and

4.10.11.5 No spectators or partial observers shall be allowed to participate in the hearing.

4.10.12 Protest Ruling. After dismissing all parties, the Protest Committee shall review the evidence and render a prompt decision. The decision will be made immediately.

4.10.13 Effect of Protest Decision. The summary dismissal of a protest by the Head Referee / TO or the decision of a Protest Committee shall be final, and official race results shall reflect those determinations. Official results and the determination of any Head Referee / TO or Protest Committee can be subsequently modified only by USANA pursuant to an appeal duly filed in accordance with Section 4.11 of these Rules.

4.10.14 Announcement of Official Results. Until all protests are finally determined, the official results of any event shall not be announced, and no prizes for that event shall be awarded unless any outstanding protest is officially withdrawn.

4.10.15 Presence of Participants. All race participants are required to be present and to participate in the hearing of any protest in which they were involved. A Protest Committee may render a decision in the absence of any participant who fails to appear in a reasonable time. Except for medical reasons, all participants shall remain available for participation in any protests until such time as official race results are announced, the period for filing all protests has expired, or permission to leave the vicinity is granted by the Head Referee / TO.

4.11. Hearings and Appeals

Athletes punished with a penalty have the right to appeal.

4.11.1 Board of Hearings and Appeals. USANA shall establish a Board of Hearings and Appeals which shall consist of at least twelve (12) members, including the chairpersons of the Legal Committee, the Commissioner of Officials, at least four (4) athlete representatives, and such other members as may be selected by the Executive Director. Except as otherwise provided in these Rules, the Executive Director shall appoint a panel of at least three members of the Board of Hearings and Appeals to address and determine any matter requiring resolution. The Board of Hearings and Appeals shall be empowered:

4.11.1.1 To impose and enforce penalties for any violation of the Competition Rules or other policies or regulations of USANA.

4.11.1.2 To review any punitive action or decision taken against any person and to affirm, reverse, stay, or modify such action or decision.

4.11.1.3 To investigate any pertinent matter as directed by the Executive Director or the Board of Directors

4.11.1.4 To determine the eligibility of any person to compete in USANA sanctioned events.

4.11.1.5 To determine the USANA membership status of any person and to reinstate or revoke membership rights.

4.11.1.6 To issue conditional orders prohibiting or requiring certain conduct or action as a condition to maintaining membership rights.

4.11.1.7 To interpret any Competition Rule, regulation, or policy of USANA; and

4.11.1.8 To conduct hearings, gather evidence, take testimony of witnesses, and determine any appeal properly filed with USANA.

4.11.2 Proper Subject of Appeal. No person may file an appeal with respect to a judgment call as defined in Section 4.10.1.3. Members may appeal against the final decision of a Protest Committee, and punitive action affecting their membership in USANA, or any other matter involving an interpretation of the Competition Rules of which an appeal is not otherwise prohibited by Section 4.10.

4.11.3 Appeals of Protests and Other Matters. Except for appeals from disciplinary hearings which must be made under Section XXX, unless otherwise provided in these Rules all appeals shall be made and processed in accordance with this Section.

4.11.3.1. Time and Fee for Filing Appeal. An appeal must be filed in writing with the USANA Executive Director postmarked within 30 days after the date of the decision or determination being appealed and must be accompanied by a \$50 filing fee. The filing fee shall be refundable only if the appeal is finally determined in the appellant's favor.

4.11.3.2. Content of Appeal.

The appeal shall be in the form of a petition and shall contain the following:

- The petitioner's name, address, and telephone number
- A detailed description of the factual background including the date, time, and precise location of any relevant incidents and an identification of the decision being appealed and the person or persons who rendered the decision.
- Any relevant Rules, regulations, or policies and an application of the facts to those Rules, regulations, or policies
- A detailed explanation of all the grounds for the appeal
- All the evidence that the athlete wishes to be considered and the names, addresses, and telephone numbers of any witnesses.
- A request to participate orally at the hearing if so desired; and
- A request for additional time if desired, not to exceed 14 days, within which to submit additional written materials.

Requests to participate orally at hearings will be granted only in exceptional circumstances, and all petitioners should therefore ensure that their appeal contains all relevant information when submitted.

4.11.3.3. Determination of Appeal. The appeal shall be heard and determined by a panel of three (3) disinterested members of the Board of Hearings and Appeals who shall be selected by or under the direction of the Executive Director. If the petitioner has requested to participate orally at the hearing, the panel, with advice of counsel, shall determine whether such oral participation will be permitted and, if permitted, the panel shall notify the appellant of the hearing time and date. If the request for oral participation is denied, the panel shall notify the appellant of such denial and shall proceed with a determination of the appeal based upon the submitted materials.

4.11.3.4. Hearing of Appeal. The Executive Director shall appoint, or the panel shall elect, a chairperson to conduct the hearing. Hearings may be conducted by an attorney at law retained or appointed by USANA for that purpose, but any such attorney shall have no vote in the panel's decision. Any hearing may be conducted by telephone conference call or otherwise at the discretion of the panel. The appellant shall have the right to be represented by counsel.

4.11.3.5. Appellate Decision. The appellate panel shall issue a written memorandum explaining and containing its decision within fourteen (14) days after the appeal has been duly filed or the hearing has been concluded, whichever is later. The appellant shall receive a copy of the decision. The decision of an appellate panel under this Section shall be final and there shall be no further right to appeal.

4.12. Reinstatement

After suspension, an athlete must apply to the USANA Executive Board for reinstatement.

4.13. Safety Guidelines

The responsibility of competing rests with the athlete. Any athlete who appears to Technical or Medical Officials as presenting a danger to themselves or others may be removed from the competition. This may include being inebriated, impaired by drugs or medically unfit to run.

5. Para Athletes

To Be Drafted Prior to US Nationals, July 2024