



**JUST IN
TIME NINJAS**

Home Competition Series

Official Rule Guide

Season I (September 2025 – May 2026)

Version 1

Updated 8/6/2025

**HONORING THE PAST,
SHAPING THE FUTURE**

Introduction

Just In Time Ninjas is an Obstacle Course Racing club (American Ninja Warrior Style) for anyone ages 5 through 18+. The club exists to support those who wish to learn more about the sport of Ninja Warrior and to promote interest in the sport at a local and national level. This program creates an environment where individuals can develop a healthy competitive spirit, sharpen their critical thinking skills, and learn to support others. As a result, many Ninjas develop a motivated attitude which propels them to succeed beyond athletics.

We pride ourselves on creating and enforcing rules to assure competitions are fair and equal for all participants.

General

Everything within this document is considered to be part of the Just In Time Ninjas Home Competition Series Rule Guide.

- All Just In Time Ninjas participants must follow the rules and guidelines set forth in this guide. Participants include and are not limited to: Athletes, Coaches, Spectators, Hosting Organizations, and Partnering Organizations.

Tiers/Levels

Just In Time Ninjas offers different “Levels” of competition for different skill levels of ninja athletes.

1. Rec Team Beginners
2. Rec Team Intermediate
3. Rec Team Advanced
4. Travel Team Tier 2

-Rules in this guide apply to all Tiers/Levels.

Age Groups

If necessary certain levels will be broken down into age groups.

1. Kids & Mature Kids (6-10)
2. Preteens & Teens (11-14)
3. Young Adults (15-17)
4. Adults (18+)

Events

Overview

This series will hold a total of 5 competitions. There will be 4 regular season competitions and 1 championship competition. Each competition will have its own unique competition format. Awards will be given at each individual competition. After the competition series has concluded there will be a separate awards banquet for overall season awards.

Schedule

All competition months & dates are subject to change at any time during the season.

1. October 2025
2. November 2025
3. January 2026
4. March 2026
5. April 2026

Registration

All athletes will be registered to compete in their respective skill level and age group.

Run Orders

Run orders at all 4 regular season competitions will be randomized by Coach Lindsey the day before the competition.

Run orders for the Championship competition will be based off the regular season standings for each level and age group.

Competitions

General

Rules found in this section apply to all levels of Competitions.

Formats

1. Just In Time Ninjas Competition Series recognizes the 4 of the official formats for competition used and governed by the World Ninja League. Below are the names and a simple description of the formats Just In Time Ninjas Home Series will use. This is not to be considered as the rules for each format. (All descriptions are taken directly from the World Ninja League's Rules Book.)
 - A. **Challenge Course:** "Athletes are given multiple opportunities to complete obstacles on a course but can only progress to the next obstacle by completing all the obstacles before it. Athletes are ranked by the furthest obstacle completion in the fastest time."
 - B. **Full Course:** "Athletes attempt every obstacle series in a course within a given time limit. Athletes will be ranked by their performance on each obstacle series in the course."

- C. **Flow Course:** “Athletes attempt multiple obstacle series in a course. The athlete that makes it the furthest through the course without failing an obstacle will be ranked the highest.”
- D. **Skills:** “Athletes rotate between multiple obstacle stations. Each station features an obstacle series or skill. The athlete’s performance on each skill is considered when ranking athletes.”

Rules & Walkthrough

There will be a rules and walk through before each group starts their course runs. During the rules and walk through all the rules for each obstacle and course will be explained. An example of the obstacle will be completed if needed (Rec Divisions Only). During the rules and walk through Ninjas may NOT touch any part of the course (obstacles, straps, etc.). This can give a ninja an advantage over the other ninjas – Ninjas can be disqualified for touching obstacles during the walk through. Parents, siblings, family member, etc. are NOT allowed to touch any part of the course – This can also be grounds for disqualification. Before, during or after the course rules, the judge will use the shortest ninja to determine which height the starting blocks will be set to so all ninjas will be able to reach the obstacles without issue.

Starting & Stopping Athlete’s Runs

1. Starting Signals – Starting signals or sounds are used to indicate the start of the athlete’s run. All starting signals and sounds must be consistent throughout all divisions and levels.

Examples: “3,2,1..Go” or 4 beeps

2. False Starts – If an athlete starts prior to the judges signal they will immediately be stopped and will be counted down again. If the athlete false starts again, they will receive one more attempt. If the athlete false starts a third time they may be disqualified.
3. Buzzer – The end of all courses must be designated by some form of “buzzer”. Athletes must clear the final obstacle before engaging the

buzzer. Hitting the buzzer indicated the ending of the athlete's run and their time stops. Only course runs need to end with a "buzzer". Skills events may not require a buzzer to end the athlete's run.

Incident Handling

1. Injury – If an athlete gets injured during their run and they need to leave the course/skill their run will come to an end. The athlete will not be able to finish out their course or be rewarded with a rerun. If the athlete has a 2nd course run attempt left they will still be able to complete their full second run.
2. Reruns - Ninjas can be rewarded a rerun for the following reasons: Spectator interference, obstacle malfunctions while the ninja is on the obstacle, timer malfunctions during the ninja's run, obstacle is not reset when the ninja arrives at the obstacle. If obstacle number 7 is not reset while the ninja is on obstacle number 2, and it is corrected before the ninja arrives at obstacle 7 then the ninja will NOT be rewarded with a rerun.

Competition Set-Up

1. All courses will consist of 7 – 11 obstacles.
2. Each division and level will have the same number of obstacles in their courses.
3. All ninjas will run the course 2 times.
4. Rules for how many fails and retries depend on the course type.
5. After all course attempts are complete the judge will take the ninja's best run and enter it for the final placements.
6. Ninjas will have a designated time limit to complete the obstacle courses. Time limits will be the same across all divisions and levels but can change from competition to competition.

Formats

Course Rules:

1. Challenge Course – Ninjas will receive a point for every obstacle they complete before they have a “true fail”, or their time runs out. If a ninja fails an obstacle the judge will pause the time. The obstacle will be reset, if need be, and the ninja will go back to the starting point of the obstacle. The judge will give a count down and the ninja will attempt the obstacle again. If the ninja fails, the obstacle again it will be considered a “true failed” obstacle, and their run will come to an end. (All ninjas may continue the course until their time runs out after they fail – they will not gain anyone points) – If the ninja does not fail on their retry, they will get a point for completing the obstacle and their points will continue to be added. They will also have 1 more retry if they fail another obstacle. Ninjas will have a total of 2 retries if they are successful on their first retried obstacle. If the time runs out the ninja’s run is complete, and they will not get to finish out the course. – These rules apply to both course attempts.

2. Full Course – Ninjas will have a specific time limit to complete the course. There are NO retries on this course BUT there are an unlimited number of fails. Every obstacle counts. If a ninja fails an obstacle they will move on to the next. The Ninja’s course will end if their time runs out or if they have attempted every obstacle on the course before time runs out. Ninjas will receive 3 points on an obstacle if they are the only one in their group to complete it. Ninjas will receive 2 points on an obstacle if multiple ninjas in their group complete it. Ninjas will receive 1 point on an obstacle if all ninjas in their group complete it. Ninjas will not receive any points on an obstacle they fail. If point totals come down to a tie then it will go down to the time it took to complete all the obstacles. Ninjas who run out of time will automatically receive the time

designated for the course. Ninjas must fully attempt every obstacle. The course judge will determine if a full attempt was made. The course judge will take away “points” from the total score as a penalty for skipping on obstacle or not making a full attempt.

3. **Flow Course** – Ninjas will have a designated time limit to complete the course. Once a ninja fails an obstacle their points stop being added. After a ninja fails, they may continue to attempt the rest of the course until their time runs out or they have attempted all the obstacles. Ninjas will gain 1 point for each obstacle completed before they fail, or their time runs out.
4. **Skills** – All ninjas will compete in 3 to 5 skills. All Levels and Divisions will compete in the same number of skills. Each skill will have its own rules and scoring system to determine the winner and placements.

Obstacles

Rules and Standards

1. Completion of Obstacle – All obstacle will have a clear start and finish point. Finish points may be defined by a landing platform, line clear or designated move (2 hands on trapeze bar with control, both hands past certain point etc.)
2. Course Design and Forced Moves – The course judge will designate what part of the body is allowed to be used for each obstacle (hands only, feet only, hands and feet etc.). The course judge will tell the ninjas what is “In play (what can be used to complete the obstacle)” or “Out of Bounds (what cannot be used to complete the obstacle)”. The course judge will tell all ninjas if they are allowed to skip on obstacles or if they must touch/use everything to complete the obstacle – this can be different for each individual obstacle.

3. Fair Play - Ninjas may not purposely move something on/in the course including starting blocks to gain an advantage. If a ninja purposely knocks down a starting block so it does not interfere with their swing they will be given a fail on the obstacle. If the course judge moves the starting block after the ninja has started the obstacle, then it will be done for all ninjas in the division.

Championship Competition

See Championship Competition Rules & Explanation Book

Points/Standings

Regular Season Competitions

1. Challenge Course – Ninjas will gain 1 point for every obstacle cleared. All points athletes gain over both course runs will turn into season points which go towards the athlete's regular season standings. If there is a tie at the end of the regular season the amount of "retries" used will be the first tie breaker.
2. Full & Flow Course – Ninja will gain 1 point for every obstacle cleared. All points athletes gain over both course runs will turn into season points which go towards the athlete's regular season standings.
3. Skills – Regular Season Points will be different for each skill run during the competition using the skills format. More information about season points for those skills will be sent out closer to the event.

- A. Points gained across all 4 regular season competitions will determine the regular season standings and our 1st place winner in each division/level for the regular season.
- B. Regular Season Points will also go towards the overall Just In Time Ninjas Home Competition Series Champion Standings.

Championship Competition

Courses – Ninjas will receive season points for each course style the same as they did during the regular season. See previous section.

Skills – Ninjas will receive season points for each skill based on the specific skill type. See previous section.

All points earned during the championship competition will be added to the points earned during the regular season to determine the Top 10 in the Just In Time Ninjas Home Competition Series Champion Standings.

Awards

Divisions – (Some Divisions may be broken down into Male & Female)

Youth ages (5-14) / Adult Ages (15-39) / Masters Ages (40+)

Youth Recreation Team Beginner

Youth Recreation Team Intermediate

Adult/Master Recreation Team Beginner

Adult/Master Recreation Team Intermediate

Travel Team

Regular Season Competition

Awards are given at each individual competition throughout the regular season. Each division will have their own awards. See Divisions Above. All podium positions (1st-3rd) will receive awards medals. All other places (4th+) will receive our Super Star award.

Championship Competition

Multiple awards will be given at the Championship Competition due to the multi course format. Each division will have their own awards. See Divisions Above. Each division will receive the following awards:

Flow Course: 1st – 3rd Only

Full Course: 1st – 3rd Only

Overall Course: 1st – 3rd Only

Dash Skill: 1st – 3rd Only

Tech Skill: 1st – 3rd Only

Skills Overall: 1st – 3rd Only

Clash Of The Ninjas Overall: All Positions Receive Awards

Regular Season

The regular season awards will be given out at the awards banquet. The regular season awards include the season points Ninjas gained during the 4 regular season competitions ONLY. (Nightmare on Ninja Street, Gobble Comp, Winter Wonderland & Luck Of The Ninja).

Regular Season awards will be given to the Ninjas with the most regular season points in each division. Males and Female will be combined for these award standings.

Overall Season

The overall season awards will be given out at the awards banquet. The overall season awards include the season points Ninjas gained during ALL 5 competitions (4 Regular Season & Championship).

Overall Season awards will be given to the Top 3 ninjas with the most points in each division. Males and Females will be combined for these award standings.

Series Champion Standings

The series champion awards will be given out at the awards banquet. The Series Champion Awards will be given to the Top 10 Ninjas based off their Overall Season points. All divisions are combined to create the Series Champion Standings.

The top scoring Ninja will win be crowned the 2025-2026 Series Champion.