

THE WOMEN'S NINJA ASSOCIATION



Competitions designed with female athletes in mind

OFFICIAL RULEBOOK

Season 2 (2026-2027)

Version 1

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WOMEN'S NINJA ASSOCIATION (WNA)

SEASON 2 OFFICIAL RULEBOOK

1. MISSION STATEMENT

The Women's Ninja Association (WNA) is dedicated to showcasing the talent, dedication, and athleticism of female ninja athletes across the globe.

WNA exists to provide a competitive platform where women may compete at the highest levels of the sport. The organization is committed to fostering an environment that prioritizes safety, inclusivity, and respect within a traditionally male-dominated space.

Through the development of female-only competitions, WNA further seeks to influence the evolution of obstacle design by encouraging courses that reflect and challenge the unique strengths of female athletes.

WNA is committed to creating competitive opportunities that are accessible to athletes across a wide range of experience levels. Events are designed to both challenge high-level competitors and encourage participation from those who are newer to the sport, supporting continued growth and long-term development within the women's ninja community.

2. DIVISIONS

2.1 Eligibility

WNA competitions are open to athletes who were born female.

2.2 Age Divisions

Age divisions for WNA Season 2 are defined as follows:

- **Kids:** Ages 6–8
- **Mature Kids:** Ages 9–10
- **Preteens:** Ages 11–12
- **Teens:** Ages 13–14
- **Young Adult:** Ages 15–17
- **Adult:** Ages 18–39
- **Masters:** Ages 40+

Athlete age is determined as of **January 1, 2027**.

2.3 Elite Division

- The Elite Division is open to athletes aged 13 and older
- Participation in the Elite Division is optional
- Eligible athletes may choose to compete in the Elite Division in place of their age division

2.4 League Independence

The Women's Ninja Association (WNA) operates independently and is not affiliated with any other ninja league.

- An athlete's division selection or classification in any other league does not impact their eligibility or division selection within WNA
- Athletes are free to compete in any division for which they are eligible under WNA rules, regardless of participation in other organizations

3. COMPETITION FORMAT – QUALIFYING EVENTS

All qualifying events shall consist of two stages:

1. Speed Course
2. Tech Course

These stages are designed to evaluate both speed-based performance and technical proficiency.

3.1 Run Order

Athlete run order shall be randomized using the NinjaWorks scoring system. The established run order will remain consistent across both the Speed Course and the Tech Course.

3.2 Speed Course

- Each athlete shall be allotted one (1) timed run
- Athletes will be ranked based on:
 1. Furthest obstacle successfully completed
 2. Fastest completion time

Failure Protocol:

Upon failure of an obstacle:

- The athlete will no longer be eligible to earn additional points
- The athlete may continue through the course until the allotted time expires

3.3 Tech Course

- Athletes shall be permitted up to three (3) attempts per obstacle (two retries)
- Official time shall be paused during obstacle resets
- Retries shall not negatively impact scoring or ranking

Failure Protocol:

If an athlete fails an obstacle on three (3) attempts:

- The athlete will no longer be eligible to earn additional points
- The athlete may continue through the course until the allotted time expires

Ranking Criteria:

1. Furthest obstacle successfully completed
2. Fastest completion time

3.4 Scoring – Qualifiers

Final standings shall be determined by cumulative placement across both stages.

Example:

1st place (Speed) + 3rd place (Tech) = 4 total points

The athlete with the lowest combined score shall be ranked highest.

3.5 Tiebreaker – Qualifiers

Ties shall be resolved by the athlete's placement on the Tech Course, with the higher placement receiving the advantage.

4. SEASON STRUCTURE & FINALS QUALIFICATION

4.1 Season Structure

The WNA Season 2 competitive calendar shall consist of:

- Five (5) qualifying events
- One (1) special event qualifier: Barbados Ninja Throwdown 2026
- One (1) Championship Finals event

4.2 Finals Qualification

- The top three (3) athletes in each division at each qualifying event shall earn qualification to the WNA Finals
 - The top one (1) athlete from each female division at Barbados Ninja Throwdown 2026 shall earn qualification to the WNA Finals
- If a qualifying athlete has already secured a Finals spot:
The qualification shall roll down to the next highest-placing eligible athlete
- Qualification will continue to roll down as necessary to ensure all available spots are filled

4.3 Finals Field Size

- The total number of athletes per division at Finals will be determined by qualification results and roll-down placements
- WNA reserves the right to cap or adjust Finals field sizes if necessary to maintain event quality and scheduling integrity

5. FINALS FORMAT

All qualified athletes shall compete in two initial stages:

1. Speed Course
2. Tech Course

The top eight (8) athletes in each division, based on cumulative placement, shall advance to the Endurance Course

5.1 Speed Course (Finals)

The Speed Course format at Finals shall remain consistent with qualifying events.

5.2 Tech Course (Finals)

The Tech Course format at Finals shall remain consistent with qualifying events.

5.3 Endurance Course

- Athletes shall be permitted one (1) attempt per obstacle
- The course will operate under an extended time limit to allow for strategic rest and recovery

Failure Protocol:

- Upon failure of an obstacle, the athlete's run shall immediately conclude
- The athlete must exit the course upon direction from event staff

5.4 Scoring – Finals

Final standings shall be determined by cumulative placement across all completed stages.

Example:

1st place (Speed) + 2nd place (Tech) + 3rd place (Endurance) = 6 total points

The athlete with the lowest combined score shall be ranked highest.

5.5 Tiebreaker – Finals

Ties shall be resolved by the athlete's placement on the Endurance Course, with the higher placement receiving the advantage.

6. COURSE DESIGN AND APPROVAL

6.1 Host Gym Responsibilities

Participating gyms are responsible for designing courses for their respective WNA events.

Host gyms are required to collaborate with WNA leadership throughout the course design process. Design meetings will be scheduled between WNA and each host gym to review layouts, obstacle selection, and overall course flow.

Gyms are expected to incorporate feedback provided by WNA to ensure alignment with league standards and athlete experience goals.

6.2 Course Approval

All course designs are subject to final approval by:

Jennifer Sanders

WNA Course Director

This process ensures:

- Consistency across all sanctioned events
- Appropriate difficulty scaling
- Alignment with WNA competitive standards

6.3 Design Philosophy

WNA courses shall be designed with intentional consideration of female athletes.

Course design should:

- Emphasize technical skill, control, and efficiency
- Incorporate diverse grip types and movement patterns
- Avoid excessive reliance on maximum reach or span-based movement

WNA course design prioritizes balance across all levels of competition.

Courses should:

- Provide meaningful challenge for experienced athletes
- Remain approachable and encouraging for developing competitors
- Promote progression, confidence, and skill-building across all divisions

Designs should avoid creating barriers that disproportionately limit participation, while still maintaining competitive integrity.

6.4 Demonstrators

Host gyms are strongly encouraged to provide at least one (1) female course demonstrator.

This supports representation, athlete confidence, and clarity of movement expectations.

7. RULES, JUDGING, AND CONDUCT

7.1 Authority of Judges

- Judges shall have final authority on all obstacle completion and failure determinations
- All rulings are considered final unless otherwise reviewed by event leadership

7.2 Athlete Conduct

All athletes are expected to demonstrate:

- Sportsmanship
- Respect toward competitors, staff, and spectators
- Adherence to all event rules and instructions

Unsportsmanlike conduct may result in penalties or disqualification.

7.3 Safety

- Athletes participate at their own risk
- All athletes must have a signed waiver with the host gym prior to participation.
- All participants must comply with safety instructions provided by event staff
- WNA reserves the right to remove any athlete from competition if safety concerns arise

8. EVENT HOSTING REQUIREMENTS

8.1 WNA Representation

All sanctioned WNA events shall include on-site representation from WNA leadership.

- Host gyms are required to provide travel and accommodation for:
 - The WNA Director
 - The WNA Course Director

8.2 Course Director Oversight

The WNA Course Director shall be present at all qualifying events and Finals.

Responsibilities include:

- Oversight of course design implementation
- Ensuring alignment with WNA standards
- Serving as the lead judge for all competition

All decisions made by the Course Director are considered final.

8.3 Scoring System Requirements

All host gyms are required to have a NinjaWorks scoring system for their WNA event.

This ensures:

- Accuracy in scoring and ranking
- Consistency across all competitions
- Reliable tracking of athlete performance throughout the season

Failure to comply may result in loss of event sanctioning.

9. CODE OF CONDUCT

9.1 Purpose

The Women's Ninja Association (WNA) is committed to providing a safe, respectful, and inclusive environment for all athletes, coaches, spectators, and staff.

All individuals participating in WNA events are expected to uphold a high standard of sportsmanship, integrity, and respect. WNA maintains a zero-tolerance approach to behavior that undermines athlete safety, respect, and inclusion.

9.2 Standard of Conduct

Participants in WNA events shall:

- Treat all athletes, coaches, judges, staff, and spectators with respect
- Demonstrate good sportsmanship in both victory and defeat
- Follow all competition rules, event procedures, and safety guidelines
- Contribute to a positive, supportive, and encouraging environment

9.3 Prohibited Conduct

The following behaviors are strictly prohibited:

- Harassment, discrimination, or abusive behavior of any kind
- Bullying, intimidation, or actions intended to embarrass or demean others
- Unsportsmanlike conduct, including arguing with judges or officials
- Interference with another athlete during their run
- Use of offensive language
- Damage to property or equipment

- Any behavior that compromises the safety or well-being of others

9.4 Athlete, Coach, and Spectator Responsibility

All individuals present at WNA events—including athletes, coaches, parents, and spectators—are expected to adhere to this Code of Conduct.

Adults interacting with minor athletes are expected to maintain appropriate boundaries and act in a manner that prioritizes athlete safety and well-being.

9.5 Social Media Conduct

Participants are expected to represent WNA in a respectful and professional manner both in person and online.

- Public harassment, personal attacks, or harmful conduct directed toward athletes, staff, or the organization will not be tolerated
- WNA reserves the right to take action in response to behavior that negatively impacts the community, including conduct occurring outside of events

9.6 Enforcement

WNA reserves the right to take disciplinary action for violations of this Code of Conduct, including but not limited to:

- Verbal or written warnings
- Disqualification from an event
- Removal from the competition venue
- Suspension or removal from future WNA events

WNA leadership reserves the right to take disciplinary action at its sole discretion in order to protect the integrity, safety, and values of the organization.

All disciplinary decisions are final.

10. RULES AND POLICY MODIFICATIONS

WNA reserves the right to modify, update, or clarify any rules, policies, or procedures outlined in this rulebook at any time.

Any changes will be communicated to athletes and host gyms in a timely manner. It is the responsibility of all participants to remain informed of the most current rules and guidelines. All decisions made by WNA leadership regarding rule interpretation or implementation are final