



Athlete Warrior Games Member Handbook

(AWG)

Description:

Athlete Warrior Games (AWG) is a competitive Ninja Warrior league founded in the Midwest with the hope of promoting and growing Ninja Warrior into an Olympic Sport. We created AWG to allow athletes of all ages & skill levels to succeed in the sport of Ninja.

Season 3 Regular season comps will run from 9/1/2020 thru 5/2/2021

Season 3 Regionals may be held between 5/7/2021 thru 6/6/2021

Season 3 Finals will be held between 6/24/2021 thru 6/27/2021

Course & Obstacle General Rules & Guidelines:

AWG Covid-19 Rules & Guidelines

All locations hosting an AWG competition during Season 3 must follow ALL the Covid-19 CDC guidelines established by your state Government in 2020, as it applies to gyms and hosting large gatherings.

Competition runs will contain 7-12 obstacles; a course must include at minimum the following: three balance/lower body obstacles and three upper body dominant obstacles. The remaining obstacles are left up to the course designer's discretion; a maximum time limit must be determined prior to start of the competition.

Climbing chalk may be provided by the gym hosting the competition. Outside/personal chalk will be allowed during a course run, if approved by the hosting gym prior to the start of that day's competition. Tape is permitted for use as long as it does not give the competing ninja an advantage over the other competing ninjas. Tape must be approved by the Head Course Judge prior to the start of that day's competition. Gloves of any kind are not permitted for use by ninjas competing in an AWG competition.

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Obstacles will not be adjusted for an individual ninja to accommodate them for any reason; courses should be designed differently for Youth and Adult Division age groups. For example, Youth Division age groups (6-7 and 8-9) should not be able to complete an American Ninja Warrior (ANW) Stage III Las Vegas type obstacle course. Youth Divisions (11-13 & 14-17) can have a different course design. All Regional and Finals courses will be approved by AWG.

Participating Ninjas Divisions:

Athletes date of birth **as of the first comp of each season** will determine what division you will compete in for the entire season. **Season 3 date 9/1/2020**

Athletes whom work for the facility hosting an AWG comp and wish to compete must run first in their elected age group. They must also have NO previous knowledge or input into the design of the AWG course they are competing on.

Youth Division:

- ◆ **Boys/Girls Division: 6-7**
- ◆ **Boys/Girls Division: 8-10**
- ◆ **Boys/Girls Division: 11-13**
- ◆ **Boys/Girls Division: 14-17**
 - ◇ These athletes will run the same obstacle course as the adult divisions.

Adult Division:

- ◆ **Female Division: Amateur**
- ◆ **Female Division: Masters (36+)**
- ◆ **Female Division: Pro**

- ◆ **Male Division: Amateur**
- ◆ **Male Division: Masters (39+)**
- ◆ **Male Division: Pro**

Pro Division:

Any athlete (14+) may participate in the Pro division, you will have the option of choosing the pro division at the beginning of every season. The pro division payouts will be larger than the other adult age groups. Any athlete 14+ that has competed on ANW or ANW Jr. in the last 5 years and has reached the City Finals or semi-finals (ANW Jr) MAY compete as a Pro. As well, any athlete 14+ whom has taken the podium at either UNAA or NNL Worlds MAY compete as a Pro.

Regional Competitions:

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This season AWG will be adding more Regional Competitions in order to qualify for the National Finals. The AWG Leaderboards on NinjaMaster App will be divided into Regions. Athletes Regions will be determined by their residence, on the day they register for the first AWG comp of the season. Athletes may compete outside their Region, but the points earned only apply to the Region you reside in. The Regional comps will be held at the following location on the same weekend (January 4th-5th, 2020):

Great Lakes Region – (Legendary Fitness & Windy City Ninjas – Elmhurst) IL, WI

Midwest Region – (Adrenaline Monkey & TBD) IN, MI, OH

South East Region – (Warrior Tech & TBD) TN, KY, NC, GA, **SC, VA**

North Central Region – (TBD) MO, MN, TX, OK, **CO**

North East Region – (TBD) NY, NJ

West Coast – (TBD) AZ, CA

Team Rules & Guidelines:

Teams will consist of 3 athletes; this can be any gender combination of athletes. If your team has a member that is older than the other teammates, then your team must compete in the older division. If your team chooses to compete against older divisions then your team will be scored in the older division.

Team age divisions:

6-7

8-10

11-13

14 and above

Adult pro

Team Competition format:

Teams will run the course one at a time, Max points will be the first priority and time will be second in deciding the winning team

Teams will gather in a starting area, one athlete will run the first obstacle on the course. Once completed or failed the athlete will return to the team starting area, once in their starting area the 2nd athlete will run the next obstacle. When that obstacle is completed or failed the ninja will return to their starting area and the 3rd athlete will go to the 3rd obstacle. Process continues until the course is completed and the ninja whom ran the last course obstacle returns to the starting area and hits a button or designated marked area stopping their course time. Athletes will stay in the order they run the course 1st, 2nd, 3rd, NO athlete on a team shall run more than one obstacle in a row.

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Team Course points:

Use the same course points from the AWG Individual comp courses at the hosting location.

6-7 Teams will run the same course as the individual 6-7 athletes ran during the same AWG competition

8-10 teams will run the same Regional course the AWG 8-10 age group runs at the Individual AWG Regional comp

11-13 teams will run the same Regional course the AWG 11-13 age group runs at the individual AWG Regional comp

14 and over & Pro teams will run the same Regional course as the adults run during the Individual Regional competition.

Teams will be need 125 League points in order to qualify for season 3 regionals.

Course Judges:

Every gym hosting an AWG competition will have a minimum of two Course Judges (one of which will be deemed the head AWG course judge for the competition) and a Course Timer. The Course Timer will be responsible for starting and stopping the ninja's course runs and recording the final time. The Head Judge should record the accrued points of each competitor in the Ninja Master App while one of the other two judges should call the points and write them down on a hard copy scoring sheet as a backup, to avoid any scoring errors.

Course Judges will determine if a ninja has or has not completed a course obstacle and the number of points a ninja earns on the obstacle. **As soon as an athlete touches the first course point on an AWG course, they will not be allowed to restart an obstacle.** The Head Course Judge or Course Designer will conduct the course run walk through prior to that day's league competition where they will fully explain each obstacle on the course to the competing ninjas.

Obstacles will have a definitive beginning and completion point; this must be explained in detail to all competing ninjas during the course walk through as to avoid any confusion. Ultimately, the Head Course Judge will define these points with the hosting gym's course designer.

Video Course Reviews:

If a course run was filmed by the athletes designated video person, then upon the completion of that age group a run can be reviewed to determine the correct points of an athlete's run. ***The Judges have the final ruling on obstacle completion and accumulated points following the***

review. If video evidence is inconclusive, the initial call during the run will stand. At no point may any coach, parent or athlete ask for another competitors video be reviewed due to any judges error. No points will be added or changed after the completion of awards at each competition.

Good Sportsmanship:

AWG strives to provide athletes with a fun, honest & competitive sporting event at every comp, we know Judges are human and mistakes will be made. Judges are not perfect they are people and should always be treated respectfully as they deal with their responsibilities on the course. If an athlete, coach, parent or gym owner displays conduct that is argumentative, or disruptive in any way to the comp that athlete will be subject to disqualification.

Point Scoring System:

If you touch on or past a point on the course with your hands or feet before touching the ground, your point will be earned. If someone skips a touchpoint but successfully touches the next or final course point on the course, then the last point touched by an athlete will be scored. We feel with a touch-based system it's far easier to control and determine if a point has been achieved. If the course designers determine an obstacle will be completed by using hands only, feet only or combo of both then that is what will be followed on that obstacle. The course designer will determine what type of touch is acceptable on a course obstacle.

Dismounts will have to be successful to achieve the final point. A dismount is not always required to achieve a final point on an obstacle. A course judge has the final ruling if a dismount or point has been achieved successfully on a course run.

Obstacles will have at least 1 and up to 5 points of scoring on a course obstacle. Points will be awarded from easiest to hardest on any given obstacle. A point total **and course time** will be determined prior to the first run of the competition. The point total will determine a ninja's placement order in the final standings. In the case of several ninjas earning the same number of points, placement will then be determined by the individual ninja's distance achieved on the course. In the case of several ninja's earning the same distance, final placement will then be determined by time. ***All athletes will now be able to continue on the course weather they receive the first point on an obstacle or not.***

Athlete Injuries:

If an athlete is injured during a course run, the course clock will not stop. It is at the discretion of the athlete weather or not they wish to continue their course run.

Obstacle Malfunction & resets:

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If a course obstacle malfunctions (malfunction: not working as designed, built or manufactured by the course builder) or brakes during an athlete's course run, the athlete shall be granted a course rerun after a 15 min break. During the break the comp shall continue to operate.

If an athlete gets to an obstacle and it has not been reset by course officials, the athlete will be given a 15min break and chance to rerun the course, during the break the comp shall continue to operate.

Athlete Warrior Games Leaderboard:

Ninjas may compete in as many season competitions as they desire; however, in order to qualify for Regionals an athlete will only need the determined amount of League points to attend. (See next section) At each AWG competition, a point total is awarded based on how the ninja places overall at the end of the competition in their gender/age group. The most points will be received for 1st place overall in each gender/age group, the least amount of points will be awarded to the last place finisher in all overall gender/age group.

Each division will have its own leaderboard for both male/female/Team ninjas, an athlete's placement on the overall leaderboard is determined by the number of League Points an athlete achieves during the season.

AWG Regionals & Finals:

Regional Qualifying Numbers: Season 3 we have changed the qualifying process, athletes will now need to achieve the amount of league points that are required to qualify for Regionals. The AWG League Standings will collect an athlete's best 3 comps and combine the league points. Once an athlete achieves the amount of points required, they will then be qualified for regionals. *In addition, any athlete whom receives max points on a course during the season will automatically be qualified for the Regional comps in the region in which they reside.* We will open more regional comps in every region this season as well. Athletes may compete at as many Regional comps in which they reside to try and qualify for National Finals.

- M6-7....85 League Points.... top 5 per Regional comp move to finals
- * F6-7.... 85 League Points.....top 5 per Regional comp move to finals
- M8-10....100 League Points.... top 5 per Regional comp move to finals
- F8-10....100 League Points.... top 5 per Regional comp move to finals
- M11-13....100 League Points.... top 5 per Regional comp move to finals
- F11-13....100 League Points.... top 5 per Regional comp move to finals

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- M14-17....125 League Points.... top 5 per Regional comp move to finals
 - F14-17....125 League Points.... top 5 per Regional comp move to finals
 - M18-38....125 League Points.... top 5 per Regional comp move to finals
 - F18-35....125 League Points.... top 5 per Regional comp move to finals
 - M18+Pro....150 League Points.... top 5 per Regional comp move to finals
 - F18+Pro....150 League Points.... top 5 per Regional comp move to finals
 - F36+....125 League Points.... top 5 per Regional comp move to finals
 - M39+....125 League Points.... top 5 per Regional comp move to finals
- * All Teams....125 League Points.... Top 5 per Regional comp (from all age groups) move to finals

AWG Finals Cash Payouts & Prizes

Season 3 cash & prizes will be announced during the season, due to all the delays around Covid-19.

Youth division payouts m/f: \$TBD

1st \$ - 2nd \$ - 3rd \$

Adult Divisions m/f: \$TBD

1st \$ - 2nd \$ - 3rd \$

Pro Divisions m/f: \$TBD

1st \$ - 2nd \$ - 3rd \$

Team Ninja 6-7: TBD

1st Place Team \$

Team Ninja 8-10: TBD

1st Place Team \$1

Team Ninja 11 – 13: TBD

1st Place Team \$

Team Ninja 14 and up: TBD

1st Place Team \$

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Team Ninja Pro: TBD

1st Place Team \$

Total Cash Purse: \$ TBD

Total Prize \$ amount: \$ TBD

Total Finals Payout: \$ TBD

*All cash and prizes subject to change based on the total number of athletes that compete each season.

AWG Board Members:

AWG currently seats 13 Selected Board Members. The following is a list of Board Members / titles:

AWG Board Members:

AWG President Patrick Losch Co-Owner

AWG Vice President Tyler Yamauchi Co-Owner

AWG CFO Jeff Losch Co-Owner

Nate Aye (Chicago Ninja Academy)

Tom Rhomberg (Windy City Ninjas) Regional Director

Trevor Paul (Legendary Fitness WI)

Paul Canada (Flipside Academy)

Tim Saguinsin (Warrior Tech OCR) **Regional Director**

Ed McNulty (Tri-county Ninjas)

James Wilson (Nati Ninjas)

Tommy Rector (Midwest Twisters)

Carey Sherbrooke (The Edge) Regional Director

Alan Condon (518 Ninja) Regional Director

North Central Regional Director

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Each State will have one AWG Representative whom will report to their AWG Regional Director. AWG currently has 4 Regional Directors, when a new Region is created the AWG board will assign a Director to that Region. All Rules & Guidelines changes will be voted on by the Board and Regional Reps prior to the beginning of an AWG season. All Rules & Guidelines will remain in place for an entire season before they can be voted on and changed.

AWG Expenses & Fund Distribution:

75% of AWG revenue is allocated each season for Regionals & Finals awards/prizes.