



NINJA REGULATIONS

Last Update 31.07.2024

1. Organization

- a. The Sports Department of the 22nd Maccabiah will be responsible for the Ninja competitions of the 22nd Maccabiah.
- b. The Ninja competitions shall be subject to the rules and regulations of the Israeli Ninja Organization
- c. Participation in the competition is open to any athlete who is in possession of a Participant card, issued by the Organizing Committee of the 22nd Maccabiah and registered for the Ninja competitions.
- d. Each country may enter 10 male and 10 female athletes for each of the following age groups:
 - 1) U18 (age 2007-2010)
 - 2) Open (2008 or older)
- e. Rules for the courses and skills will be given to all athletes before each competition.

2. Venues and Times

- a. The Sport Department of the 22nd Maccabiah will determine the venues and times of the Ninja competitions and athletes will be notified accordingly.

3. Competition formats

- a. All participants in all age groups may choose between competing in the COURSE format, the SKILLS format, or both formats.
- b. The course competition will be held on a separate day than the skills format competitions, giving the athletes enough time to rest between competitions.

4. Program of the COURSE Competition

- a. All participants in all age groups will perform a speed course run to determine the running order for the semifinals.
- b. Competitions for all age groups will be Composed of 3 rounds: speed course, semifinals, and finals.
- c. All athletes of each age group will advance from the speed course to the semifinals round.
- d. Top 20 athletes of each age group will advance from the semifinals round to the final round.
- e. Each round will present a new obstacle course and time cap.
- f. Minor changes in the courses are optional between genders and age groups.
- g. Each round and overall winners will be based on the 'furthest-fastest' scoring system.

5. Program of the SKILLS Competition

- a. All participants in all age groups will compete in all 4 skills disciplines:
 - 1) FIRE RINGS,
 - 2) SPINNING BAR,
 - 3) SALMON LADDER and
 - 4) ROPE CLIMB.





- b. Competitions for the FIRE RINGS, SALMON LADDER and ROPE CLIMB disciplines will be Composed of 2 rounds: semifinals, and finals.
- c. In both FIRE RINGS, SALMON LADDER and ROPE CLIMB disciplines: top 10 athletes of each age group will advance from the semifinals round to the finals round.
- d. The athlete who completes the SALMON LADDER fastest, will be declared the winner in the SALMON LADDER competition.
- e. The athlete who completes the ROPE CLIMB fastest, will be declared the winner in the ROPE CLIMB competition.
- f. In the SPINNING BAR discipline, all athletes will try to hang as long as possible on an iron spinning bar (35 millimeters diameter).
- g. Athletes in the SPINNING BAR discipline will get 2 attempts to hang on the bar as long as possible.
- h. After all athletes completed 2 hangs, the athlete who stayed on the bar the longest will be declared the winner of the SPINNING BAR competition.
- i. In the FIRE RINGS discipline, all athletes will try to cross a 20 meter line of Olympic rings and press the buzzer at the end of the line as fast as possible.
- j. Athletes in the FIRE RINGS discipline will get 2 attempts to complete the rings line as fast as possible (2 attempts in semifinals, and 2 more attempts in the finals).
- k. The athlete who completes the rings line fastest, will be declared the winner in the FIRE RINGS competition.

6. System of Competitions

- a. The competitions will determine 8 types of winners:

Course:

- 1. Speed course winner
- 2. Course Finals winner

Skills:

- 1. SPINNING BAR winner
- 2. FIRE RINGS winner
- 3. SALMON LADDER winner
- 4. ROPE CLIMB winner
- 5. SKILLS overall winner

Combined: NINJA overall winner (course + skills combined)

- b. Gold, Silver and Bronze medals will be given to the top 3 athletes in each of the Podiums for male and female athletes in each category.

7. Judges

The Sports Department and the Israeli Ninja Organization will appoint the judges of the competition.

8. General

- a. These regulations are but one part of the complete 22nd Maccabiah Regulations and must be read along with the instructions found in the Maccabiah Basic Regulations.
- b. In the event of a discrepancy between the regulations written here and those appearing in the Maccabiah Basic Regulations, the regulations written here will prevail, apply and be binding

