



# Athlete Warrior Games Member Handbook

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(AWG)

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## **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.

## **Course & Obstacle General Rules & Guidelines:**

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.

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 April 27<sup>th</sup>, 2019 will determine what division you will compete in for the entire season.

### Youth Division:

- ◆ Division: 6-7
  - ◇ No gender separation of athletes in this division.
- ◆ 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: 18-35
- ◆ Female Division: 36<sup>+</sup>
- ◆ **Female Pro Division**
  
- ◆ Male Division: 18-38
- ◆ Male Division: 39<sup>+</sup>
- ◆ **Male Pro Division**

## **New Pro Division:**

Any adult athlete may participate in the new pro division for Season 2 of AWG. You will have the option of choosing the pro division every season. The pro division payouts will be significantly larger than the standard adult division. A competitor can switch divisions Pro<->Amateur as long as he/she does so before their second competition, however any points accrued in the previous competition will not transfer.

## **New Regional Competitions:**

This season AWG will be adding 4 - 5 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 5 Regional comps will be held at the following location on the same weekend (January 4th-5th, 2020):

Midwest Region - Chicago Ninja Academy: IL, WI

Ohio Valley Region – Tri County Ninjas: IN, MI, OH

South East Region – Rock Solid Warrior: GA, KY, NC, SC

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North Central Region – Motus Ninja Warrior: IL-South, MO, TX

North East Region – TBD: NJ, NY

### **New AWG 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:**

10 and below

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 tag the 3rd athlete on their team. 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 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.

#### **Team Course points:**

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

Regional Team courses:

10 and below 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.

## **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. 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.

## **Point Scoring System:**

**We will now use a touch-based point system.** If you touch the point with any part of your body before touching the ground, mats or foam your point will be achieved. If someone skips a touchpoint but successfully finishes the dismount all points previously will be given. We feel with a touch-based system it's far easier to control and determine if a point has been achieved.

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

***\*RULE AMENDMENT\*. 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.***

Obstacles will have at least 1 and up to 5 points of completion ranging from easiest to hardest (1 point for easiest way to clear obstacle, 2 - 5 points for completing an obstacle in its hardest form). A point total for the course 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 ninjas earning the same distance, final placement will then be determined by time. Competitors 14 years old and up must accumulate at least the first point on an obstacle in order to proceed to the next obstacle. If no point is awarded on an obstacle, the competitor course run is completed at that time and no additional points can be accumulated.

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If a course run was filmed, upon the completion of that age group a run can be reviewed to determine the correct points of a competitors 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. No points will be added or changed after the completion of awards at each competition.

### **Athlete Warrior Games Leaderboard:**

Ninjas may compete in as many season competitions as they desire; however, only the top 3 competition scores will be counted towards an individual ninja's points total. It is recommended to compete in at least three competitions to achieve the best ranking in the overall league standings. (At each AWG competition, a point total is awarded based on how the ninja places overall at the end of the competition), the most points will be received for 1st place overall and the least amount of points to the last finisher overall divisions.

Each division will have its own leaderboard for both male & female ninjas, except ages 6-7. Ninja's placement on the overall leaderboard is weighted on a 100-point scoring system.

### **AWG Regionals & Finals:**

#### **Midwest Regional Qualifying Numbers:**

- 6-7...Top 25.....top 8 move to finals
- M8-10...Top 25.....top 8 move to finals
- F8-10...Top 25.....top 8 move to finals
- M11-13...Top 15.....top 6 move to finals
- F11-13...Top 15.....top 6 move to finals

Youth 105 athletes

- M14-17...Top 5.....top 3 move to finals
- F14-17...Top 5.....top 3 move to finals
- M18-38...Top 25.....top 8 move to finals
- F18-35...Top 10.....top 4 move to finals
- M18+Pro...Top 20.....top 7 move to finals
- F18+Pro...Top 5.....top 3 move to finals
- F36+...Top 5.....top 3 move to finals

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- M39+...Top 10.....top 4 move to finals

Adult 80

### **Ohio Valley Regional Qualifying Numbers:**

- 6-7...Top 20.....top 7 move to finals
- M8-10...Top 20.....top 7 move to finals
- F8-10...Top 20.....top 7 move to finals
- M11-13...Top 20.....top 7 move to finals
- F11-13...Top 15.....top 6 move to finals

Youth 95 athletes

- M14-17...Top 8.....top 3 move to finals
- F14-17...Top 7.....top 3 move to finals
- M18-38...Top 15.....top 6 move to finals
- F18-35...Top 5.....top 3 move to finals
- M18+Pro...Top 10.....top 4 move to finals
- F18+Pro...Top 5.....top 3 move to finals
- F36+...Top 5.....top 3 move to finals
- M39+...Top 10.....top 4 move to finals

Adults 65 athletes

### **Southeast Regional Qualifying numbers:**

- 6-7...Top 10.....top 3 move to finals
- M8-10...Top 20.....top 7 move to finals
- F8-10...Top 10.....top 3 move to finals
- M11-13...Top 15.....top 5 move to finals
- F11-13...Top 5.....top 3 move to finals

Youth 55 athletes

- M14-17...Top 10.....top 4 move to finals

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- F14-17...Top 5.....top 3 move to finals
- M18-38...Top 10.....top 4 move to finals
- F18-35...Top 5.....top 3 move to finals
- M18+Pro...Top 10.....top 4 move to finals
- F18+Pro...Top 5.....top 3 move to finals
- F36+...Top 5.....top 3 move to finals
- M39+...Top 5.....top 3 move to finals

Adult 55 athletes

**North Central Regional Qualifying Numbers:**

- 6-7...Top 10.....top 3 move to finals
- M8-10...Top 10.....top 4 move to finals
- F8-10...Top 10.....top 4 move to finals
- M11-13...Top 15.....top 5 move to finals
- F11-13...Top 5.....top 3 move to finals

Youth 50 athletes

- M14-17...Top 5.....top 3 move to finals
- F14-17...Top 5.....top 3 move to finals
- M18-38...Top 10.....top 4 move to finals
- F18-35...Top 10.....top 4 move to finals
- M18+Pro...Top 10.....top 4 move to finals
- F18+Pro...Top 10.....top 4 move to finals
- F36+...Top 5.....top 3 move to finals
- M39+...Top 5.....top 3 move to finals

Adult 60 athletes

**Northeast Regional Qualifying Numbers: TBD**

## Athlete Warrior Games – Building Families of Warriors

\*as the participation increases so shall the number of qualifiers in each age group\*

### AWG Finals Cash Payouts & Prizes:

Youth division payouts:

1st \$400 - 2nd \$200 - 3rd \$100

Adult Divisions:

1st \$700 - 2nd \$400 - 3rd \$200

Pro Divisions:

1st \$1,500 - 2nd \$1,000 - 3rd \$500

Total Cash Purse: \$17,300

Team Ninja 10 and below:

Swag Prize giveaways

Team Ninja 11 - 13

Swag Prize giveaways

Team Ninja 14 and up:

Swag Prize giveaways

Team Ninja Pro:

Swag Prize giveaways

### **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



## Athlete Warrior Games – Building Families of Warriors

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)

Ed McNulty (Tri-county Ninjas)

James Wilson (Nati Ninjas)

Tommy Rector (Midwest Twisters)

Carey Sherbrooke (The Edge) Regional Director

Ken Auer (NC) Regional Director

North Central Region Director: TBD

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:**

50% of AWG revenue is allocated each season for Regionals & Finals awards/prizes.