



## Gymnastics Ontario Sanctioning Ninja Programming

As Ninja Programming becomes more prevalent within Gymnastics Ontario member clubs, the goal of Gymnastics Ontario will be to sanction these programs under the Gymnastics Ontario insurance program. As we move towards this goal, there is a sanctioning process so that we may examine what each club defines as “Ninja” and the activities included underneath that term.

Ninja Programming will be sanctioned by Gymnastics Ontario based on the following protocols and restrictions:

- Participants ages 4 and under are restricted to Ninja Programming consisting only of traditional gymnastics activities. Ninja names for skills may be used.
- Participants ages 5+ may participate in Ninja Programming that includes traditional gymnastics activities and Ninja-specific activities as follows:
  - Traditional gymnastics activities must comprise a minimum of 60% of program activities. This includes gymnastics skills with Ninja names and conditioning.
  - Free movement (non-gymnastics skills): maximum 40% of program activities.
  - Martial arts: non-contact only, maximum 5% of program activities.
- Wall flips and wall spins are not sanctioned activities.
- Non-gymnastics equipment must be approved alongside this sanctioning:
  - Traversing Walls (horizontal climbing walls) are sanctioned separately – you will need to submit the Traversing Wall Sanctioning Application.
  - All other non-gymnastics equipment must be sanctioned alongside this application. You must provide pictures and descriptions for sanction consideration.
    - Warped Walls: maximum height of 8 feet.
    - Appropriate safety matting required for all equipment, including non-gymnastics equipment.
- Instructors of Ninja Programming within Gymnastics Ontario member clubs are required, as a minimum, to be Foundations Trained in an appropriate discipline.
- Inversions must be taught by a minimum NCCP Competition 1 Coach (trained in an appropriate discipline). Wall flips and wall spins are not sanctioned activities.
- The term Parkour may not be used within Gymnastics Ontario sanctioned Ninja Programs.

If you would like your Ninja Program sanctioned and agree to the above protocols please complete this form and send to Gymnastics Ontario, Gymnastics for All Program Manager at [gfa@gymnasticsontario.ca](mailto:gfa@gymnasticsontario.ca). You must include pictures and descriptions of all non-gymnastics equipment for sanction consideration.

<b><u>Club and Contact Information</u></b>	
<b>Club Name:</b>	
<b>Contact Name:</b>	<b>Phone:</b>
<b>Email:</b>	
<b>Club Owner/President Signature</b>	