

Rope Skipping Canada

Rulebook



Updated January 2015

Table of Contents

| | |
|---|----|
| 1. Definitions | 4 |
| 2. Code of Conduct..... | 7 |
| 3. Age Classes and Divisions..... | 7 |
| 3.1 Age Categories | 7 |
| 3.2 Divisions | 8 |
| 3.3 Residency Classification | 8 |
| 3.4 Alternates..... | 8 |
| 4. General Event Rules | 9 |
| 4.1 Timing: | 9 |
| 4.1.1 Freestyle Events | 9 |
| 4.1.2 Speed and Power Events..... | 9 |
| 4.1.3 Timing Between Events..... | 9 |
| 4.2 Floor Space..... | 10 |
| 4.2.1 Freestyle..... | 10 |
| 4.2.2 Speed and Power | 10 |
| 4.2.3 Coaching Box..... | 10 |
| 4.3 Equipment..... | 10 |
| 4.3.1 Ropes..... | 10 |
| 4.3.2 Props | 10 |
| 4.3.3 Uniforms | 11 |
| 4.3.4 Athletic Supports..... | 11 |
| 4.4 Music..... | 11 |
| 4.5 Delay of Tournament | 12 |
| 4.6 Reskip..... | 12 |
| 4.7 Chewing Gum..... | 12 |
| 5. Deductions | 13 |
| 5.1 Freestyle Time Violation | 13 |
| 5.2 Freestyle Space Violation..... | 13 |
| 5.3 Freestyle Misses..... | 13 |
| 5.4 Freestyle - Double Dutch Jumper/Turner Requirement Violation..... | 13 |
| 5.5 Speed/Power Space Violation..... | 14 |



5.6 Speed/Power False Start Violation 14

5.7 Speed/Power False Switch Violation 14

5.8 Disqualifications 15

5.9 Appeals..... 15

6. Team Competition 17

 6.1 Team Composition 17

 6.2 Mixed Team Representation Requirement 17

 6.3 Team Events by Age Category..... 17

 6.4 Team Event Description 17

7. Masters Competition 20

 7.1 Masters Event Description 20

8. Group Routine Competition..... 21

 8.1 Goal 21

 8.2 Age Categories 21

 8.3 Group Composition 21

 8.4 Ropes..... 21

 8.5 Time Limit..... 21

 8.6 Music..... 21

 8.7 Reskips 21

9. Team Show Competition..... 22

 9.1 Goal 22

 9.2 Age Categories 22

 9.3 Group Composition 22

 9.4 Ropes..... 22

 9.5 Required Elements 22

 9.6 Time Limit..... 22

 9.7 Music..... 22

 9.8 Reskips 22



1. Definitions

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| alternate | Noun - team or individual who did not qualify for the RSC National Championship, but placed in the top 15 of the applicable age category. Two alternates can be sent per province per age category |
| alternating step | After each bounce the athlete will change feet, moving from right to left, and right to left. Double bounces or bouncing on both feet at the same time are not proper alternating step techniques |
| club | an local organization which trains and organizes athletes |
| coach | a person who trains and organizes a team or club of athletes |
| combination | a series of at least 3 different skills in a freestyle |
| competition | The part of a championship where athletes are judged scored and ranked according to the judging requirements. Usually includes a masters competition, a team competition, and a group routine competition |
| competition area | A.k.a competition floor. Includes trial boundary, judges' tables, neutral zones, marshalling area, etc. |
| consecutive | the execution of a skill numerous times in a row with no open jumps, insertion of a different skill, or miss to break the series |
| creativity | the assessment of a freestyle in terms of flow, skill invention and innovation, use of combinations, floor movement, fast footwork, speed changes, rope direction changes, quality of routine, starting and ending of the routine |
| difficulty | A ranking of individual rope skipping skills. Separated into level 1, level 2, level 3, level 4 and level 5 |
| division | determines who an athlete or team will compete against with regard to gender; male, female and mixed |
| event | One of many contests within a competition. Encompasses all the athletes' trials |
| false start | When an athlete moves the ropes from the resting position or starts skipping before "go" is called. The trial continues regardless of a false start |
| false switch | When an athlete starts skipping before "switch" is called. The trial will continue regardless of a false switch |



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| freestyle | the combination of skipping skills and movement within a prescribed time limit sometimes choreographed to music |
| group routine | Eight to 18 athletes working together to perform in the Group Routine Competition |
| judge | Noun - a person who has completed all requirements of the judges' certification course. Verb - observe and score various skipping events according to outlined requirements |
| masters competition | The individual competition at the championships. Includes four events: 30 second speed, 3 minute endurance, power and single rope freestyle |
| miss | occurs when a rope is stopped due to being hung up on a body part, another rope or is dropped |
| mixed | team composed of at least one male and one female athlete |
| open classification | An athlete competing outside of the jurisdiction of the competition. i.e.: Ontario athletes competing at the BC provincial competition compete in the open classification, American athletes competing at the Canadian National Championship compete in the open classification |
| open jump | When an athlete jumps the rope with the right arm on the right side of the body, the left arm on the left side and feet together (aka empty jump) |
| power | events where the goal is make as many power jumps as possible |
| power jump | jumping and spinning the rope under the feet two times (double under), three times (triple under), four times (quad) etc. |
| preparatory jump | Before the masters power event an athlete is permitted to take jumps before the counting begins. These are called "preparatory jumps". Preparatory jumps are not allowed before any other event in the team or masters competition |
| reskip | When an athlete is granted an additional trial for a specific event |
| RSC | Rope Skipping Canada is the Canadian national organizing body |
| skill | Any jump other than an open jump. Includes cross over, side swing, push up etc. (a.k.a. trick.) |



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| speed | events where the goal is to make as many successful alternating step jumps as possible in the time allotted |
| switch | during team speed events when one athlete stops skipping (single rope) or exits (double dutch) and the next athlete starts skipping or jumping |
| team | a group of four or five athletes competing in a team competition |
| team competition | The team competition at the championships. Includes eight events: speed relay, power relay, team freestyle, pairs freestyle, double dutch speed relay, double dutch pairs speed, double dutch freestyle and double dutch pairs freestyle |
| technical committee | Watches for fair play throughout the competition. Its main focus is watching for fair play, flash photography, and on-floor injuries. |
| technique | The mechanics of a skill. How easy the athlete makes it look |
| trial | each time an athlete competes in an event s/he has completed a trial |
| trial boundary | the floor space inside the line marker where an athlete competes in an event trial |



2. Code of Conduct

2.1.1 Sportsmanship and discipline are of the utmost importance and expected of all athletes and coaches.

2.1.2 Treat everyone with the same respect, courtesy and kindness you expect.

2.1.3 Help to advance and improve the sport of rope skipping by sharing skills with others.

2.1.4 Congratulate others, whether they are teammates or not, for an effort well done. Rejoice in the successes of others whether big or small.

2.1.5 Do not distract other athletes while they are competing.

2.1.6 All judges are to be treated with respect. If the head judge feels that an athlete or coach has been disrespectful to the judges, they will contact the Technical Committee immediately. The Technical Committee may apply a penalty of 10 jumps for a speed event, a deduction of 1.0 points for a freestyle event, or disqualification from the event if the infraction is severe enough. There will be no appeal of this penalty.

2.1.7 Fair play is crucial in the sport of rope skipping. All athletes are bound by the RSC's complete ban on performance enhancing substances. Athletes found supplying or using such substances will be banned from competition and attendance at any RSC championship for a minimum of two years and must apply to the RSC Board for approval to return.

2.1.8 Any violation of the Code of Conduct will be brought to the technical committee. The technical committee can decide how to handle the situation and deliver punishment based on the severity of the violation; up to and including disqualification.

3. Age Classes and Divisions

3.1 Age Categories

3.1.1 Age is determined as age at August 31 of the year the competition is held in.

- 10 & Under
- 11-12
- 13-14
- 15-17
- 18-29
- 30+

It is the responsibility of the athlete and club to verify that the athlete is entered in the correct age category and division prior to the commencement of the competition.



3.1.2 Proof of age may be requested by the championship committee or the technical committee. Athletes found competing in the wrong age category will be suspended for two years.

3.1.3 Athletes will compete in their appropriate age category and division at the RSC National Championship regardless of the division they qualified in at a provincial championship.

3.1.4 Athletes in the senior-plus age category may request to compete in the senior age category one month prior to their respective provincial championships by e-mailing the RSC Board.

3.2 Divisions

3.2.1 All athletes will be separated into one of three divisions.

3.2.1.1 Female – team competition and masters competition.

3.2.1.2 Male – team competition and masters competition.

3.2.1.3 Mixed – team competition. Teams with both female and male athletes.

3.3 Residency Classification

2.3.1 Canadian classification – Athletes who have resided within Canada for at least one year..

3.3.2 Open classification – Athletes who compete in Canada, but reside outside of Canada.

3.3.3 Athletes from both classifications will compete together in their respective divisions.

3.3.4 Athletes from the open classification will not displace Canadian athletes from winning awards. Duplicate awards will be given in events where open classification athletes place in the top five.

3.4 Alternates

3.4.1 The RSC will accept up to two alternates per age category division.

3.4.2 An alternate may compete in his/her/their respective competition only if a qualified registrant withdraws before the competition has commenced.

3.4.3 An alternate may compete when the alternate resides in the same province as the Championship host.

3.4.3.1 Each division within an age category must not exceed 40 athletes with the inclusion of the host provinces alternates.



4. General Event Rules

4.1 Timing:

4.1.1 Freestyle Events

4.1.1.1 Minimum and maximum length of routines depends on age category:

- a) 10 & Under SRF and SRPF: minimum 30 seconds; maximum 60 seconds
- b) All other categories: minimum 45 seconds; maximum 75 seconds

4.1.1.2 Starting the Trial

- a) All athletes and ropes must be still until the words "You may begin." have been said and the Timer raises a card for a visual to the athlete(s) that they may begin the trial when ready.
- b) The time will start running when a) the athlete or any body part starts moving, b) the rope(s) start moving, or c) the athlete's music begins.

4.1.1.3 30 - 45-Second Warning Signal and Trial Stop

- a) At the 30 or 45 second point a "30 or 45" signal will be given verbally by the timer calling out "30 or 45", as well as visually by the timer holding up the "30 or 45 paddle".
- b) The "30 or 45 paddle" will remain up until the freestyle is finished or "time" is called, whichever comes first.
- c) The trial ends when the timer calls out "time" or the athlete(s) complete the freestyle's ending, whichever comes first.

4.1.2 Speed and Power Events

All events have differing time requirements. Refer to specific description of each event for the time details.

4.1.2.1 Starting a Trial

- a) Beginning audio call out: EVENT NAME. Judges ready, skippers ready, set, go."
- b) Following "skippers ready", rope(s) must be still with no arm or rope motion until the word "go" has been said. If the ropes move in this period, the judges will record a false start.

4.1.3 Timing Between Events

4.1.3.1 All athletes/teams must have a clear 10 minutes between events.



4.2 Floor Space

4.2.1 Freestyle

4.2.1.1 Team and Masters: 12 meters square

4.2.1.2 Group routine: 28 meters by 15 meters: (Regulation basketball court)

4.2.2 Speed and Power

4.2.2.1 Team and Masters: 5 meters square.

4.2.3 Coaching Box

4.2.3.1 Outside each trial boundary a 1 x 1 meter coaching box will be taped on the floor.

4.2.3.2 A coaching box may have either one coach, or one other person designated by the athlete. Only a person permitted to be on the competition floor may occupy the coaching box.

4.2.3.3 A coaching box occupant may coach, encourage, and offer speed scores so long as the occupant is not interfering with the judges or other athletes.

4.2.3.4 A coaching box occupant must adhere to the rules regarding Props, Freestyle Space Violation and Speed Space Violation.

4.2.3.5 If a coaching box occupant violates any of the aforementioned rules, the judges will consider them committed by the athlete/team and the athlete/team will be penalized as per section 4 – Deductions.

4.3 Equipment

4.3.1 Ropes

4.3.1.1 Ropes of any safe construction may be used at RSC sanctioned championships.

4.3.1.2 Single ropes may be any length desired.

4.3.1.3 Maximum length for double dutch ropes is 18 feet.

4.3.1.4 Battery powered ropes are not allowed in competition.

4.3.2 Props

4.3.2.1 No props or special equipment may be used to add to the creativity and/or difficulty of the routine i.e. Lolo ball, skip stick, mats, flags, skip-its, etc.

4.3.2.2 Additional clothing not defined as part of the uniform will be considered props including, but not limited to hats, non-prescription eyeglasses, etc.

4.3.2.3 The use of stop watches, video cameras, regular cameras, cell phones and or other timing or pacing devices shall not be used within the trial boundaries including the coaching box. Coaches are allowed to use clickers within the coaching box.



4.3.3 Uniforms

4.3.3.1 Team uniforms must be similar in style and color, except for male vs. female differences, could include different color and style

4.3.3.2 Uniforms may include, but are not limited to graphics such as club name, team name, sponsor and/or logo displayed during the competition.

4.3.3.2 Uniform tops must cover the midriff and stomach of an athlete when s/he is standing with arms at the side. Uniform tops must sufficiently cover the chest and not gape open or expose the upper body during any skills.

4.3.3.4 Uniform bottoms must be an appropriate length. Uniform bottoms can be different style but must be the same colour.

4.3.3.5 Undergarments must be hidden when the athlete is not moving, and remain hidden during all skills.

4.3.3.6 Large items of jewelry including, but not limited to, necklaces, watches, rings, and piercings larger than studs must not be worn.

4.3.3.7 Coaches must attend competitions in appropriate athletic attire, including soft soled, non-marking athletic shoes.

4.3.4 Athletic Supports

4.3.4.1 Supportive athletic shoes are required at all times while an athlete is in the competition area.

4.3.4.2 Adequate athletic support undergarments must be worn.

4.3.4.3 Joint and muscle braces such as knee braces, wrist braces, elbow braces may be worn.

4.3.4.4 Padding such as knee pads, elbow pads, helmets and wrist guards are not permitted.

4.4 Music

4.4.1 Music is permitted during all freestyle events, but is not required.

4.4.2 Songs must be the only track on a CD, or set to be played on the digital music player so the music person plugs it in and just has to push play. The case must be off of the digital music player and the password removed. The music should be the only track on a properly labelled playlist. Volume on the digital music player must be maxed out.

4.4.3 If there is a problem with the music the athlete(s) must sit on the floor before the first skill is completed to qualify for a restart.

4.4.4 After the athlete(s) freestyle has commenced, it must be finished regardless of music errors i.e. wrong song plays, CD starts skipping, missed cue etc.



4.4.5 If the athlete(s) stops the freestyle after it has commenced the routine will be judged based on what has been completed.

4.4.6 Use of music deemed to contain vulgar language by the technical committee may result in a deduction of up to 1.5 from the overall mark of the athlete(s) for the event.

4.5 Delay of Tournament

4.5.1 In the case where an athlete or team fails to appear for an event or enters the boundary of the competition not prepared to jump, the head judge will notify the tournament director. Once notified by the tournament director, the athlete(s) will have one minute to resolve their issue and be ready to compete. Athletes who are not ready after the time has elapsed will receive no score for that event.

4.6 Reskip

4.6.1 A reskip may be granted when a rope cord, or rope handle breaks during a trial.

4.5.1.1 If a rope frays the athlete must show the judges the frayed cord.

4.5.1.2 The judges will make note of the frayed cord/break on the event sheet before the athlete leaves the competition boundary.

4.5.1.3 If the athlete does not make the judges aware of a broken or frayed rope before they leave the competition boundary they will not be granted a re-skip.

4.6.2 A reskip may be granted when music malfunctions, so long as no skills have been executed or attempted.

4.6.3 A reskip may be granted when the competition boundary has been breached by any person, object or animal other than the athlete(s) or the person in the coaching box.

4.6.4 Reskips are mandatory if the three judges are each more than 5 jumps apart.

4.6.4 All athletes are entitled to a rest period of at least 10 minutes before attempting a reskip.

4.7 Chewing Gum

4.7.1 Athletes are not permitted to chew gum while in the competition area.



5. Deductions

5.1 Freestyle Time Violation

5.1.1 Deduction of 0.75 points off the final score for each infraction.

5.1.2 Freestyles routines lasting less than 45 seconds or more than 75 seconds for all Junior, Intermediate, Senior and Senior+ categories will be charged with a time violation

5.1.3 Freestyles routines lasting less than 30 seconds or more than 60 seconds for all Novice categories will be charged with a time violation.

5.1.4 No judging will occur after TIME is called at 75 or 60 seconds.

5.2 Freestyle Space Violation

5.2.1 Deduction of 0.75 points off the final score for each space violation infraction.

5.2.2 Occurs when any part of the athlete body or the athlete's rope touches or passes outside of the trial boundary during any event trial.

5.2.3 All judges continue to judge the event when a space violation occurs.

5.2.4 At the end of a freestyle trial, competitors are expected to retrieve their music and leave the trial boundary so the next trial may begin. If a judge or technical committee member feels another competitor/coach entered the competition space and caused a space violation, a space violation will NOT be assessed against the competitor whose space was violated. However, a fine of \$25 will be charged to the team whose athlete or coach caused the space violation. The fine must be paid before the next competition or the team or individual could risk the loss of their, (his/her) RSC membership and not be allowed to compete.

5.3 Freestyle Misses

5.3.1. Deduction of 0.75 points off the final scores for each miss. The misses are calculated by dropping the two high and two low totals from the judges and averaging the remaining 7 miss counts between the judges to get a final total.

5.3.2 Occurs when a rope is stopped due to being hung up on a body part, another rope, or is dropped.

5.3.3 One miss will be charged to a team when a skill is missed, regardless of how many athletes miss the skill.

5.4 Freestyle - Double Dutch Jumper/Turner Requirement Violation

5.4.1 Deduction of 1 point off the total score for each infraction.



5.4.2 Occurs when an athlete on a double dutch team successfully executes less than two skills in the ropes.

5.4.3 Occurs when an athlete does not turn both ropes during the routine.

5.5 Speed/Power Space Violation

5.5.1 Deduction of 5 points for each infraction.

5.5.3 Occurs when any part of the athlete body or the athlete's rope touches or passes outside of the trial boundary during any event trial.

5.5.3 Occurs when any team member who has already skipped, or a team member who is waiting to skip, leave the trial boundary in part or in whole during the trial.

5.5.4 Any jumps done outside of the trial boundary are still counted.

5.5.5 At the end of a speed or power trial, competitors are expected to leave the trial boundary so the next trial may begin. If a judge or technical committee member feels another competitor/coach entered the competition space and caused a space violation, a space violation will NOT be assessed against the competitor whose space was violated. However, a fine of \$25 will be charged to the team whose athlete or coach caused the space violation. The fine must be paid before the next competition or the team or individual could risk the loss of their, (his/her) RSC membership and not be allowed to compete.

5.5.6 Athletes may request their score from the head judge. The head judge will give an approximate score, but will not show speed clickers to the athlete. The athlete must then leave the floor immediately or be assessed a space violation.

5.6 Speed/Power False Start Violation

5.6.1 Deduction of 5 points off total score.

5.6.2 Occurs when an athlete starts turning the rope before the start of the trial.

5.6.3 Jumps executed before the trial starts will not be counted.

5.6.4 The trial will continue regardless of a false start.

5.7 Speed/Power False Switch Violation

5.7.1 Deduction of 5 points off total score for each infraction for all events except Double Dutch Speed Relay. In this event a deduction of 100 will be assessed for jumping out of the specified order.

5.7.2 Single rope speed/power events

4.7.2.1 Occurs when an athlete starts turning the rope before "switch" is called.

5.7.3 Double Dutch speed/power events

4.7.3.1 Occurs when an athlete enters the ropes before "switch" is called.



5.7.4 Jumps executed before “switch” is called will not be counted.

5.7.5 The trial will continue regardless of a false switch.

5.8 Disqualifications

5.8.1 Disqualification will occur when:

5.8.1.1. The mixed representation requirement of a mixed team is not met as per 5.2. The team will be disqualified from each of the events for which this requirement was not met. They will receive zero ordinal points for the event. The team will still be eligible for overall awards.

5.8.1.2. An athlete is found to be in violation of the RSC drug policy. The athlete will be disqualified for the entire championships and will not be eligible for any awards.

5.8.1.3 An athlete is found to be competing in the wrong age category or division. The athlete will be disqualified for the events that they competed in the wrong age category or division.

5.8.1.4 Other offenses considered by the technical committee to be disqualifiable offenses are committed. The technical committee will determine whether the disqualification is for individual events or for the entire competition.

5.9 Appeals

5.9.1 General Appeal Rules

5.9.1.1 Appeals must be submitted to the technical committee in writing, and accompanied by a \$20.00 deposit (CAN funds) before the technical committee will look into any complaints.

5.9.1.2 Appeals must be submitted by one club official appointed prior to the championship.

5.9.1.3 The appeal deposit will be returned if the appeal is upheld.

5.9.1.4 Appeal form available in appendix A.

5.9.1.5 Decisions made by the technical committee are final.

5.9.2 Freestyle Appeals

5.9.2.1 Appeals may be made on matters concerning mathematical errors in calculating scores and in tabulating results.

5.9.2.2 No appeals will be heard regarding any judge’s subjective decisions.

5.9.3 Speed and Power Appeals

5.9.3.1 Appeals may be made when adequate video evidence is provided.

5.9.3.2 Anyone wishing to video speed trials for the purpose of appeals must do so from outside the competition floor.



5.9.3.3 Video evidence must clearly identify the athlete in question, show the right foot of the athlete at all times during the trial, and include audio so that the recorded callouts can be easily heard by the Technical Committee upon review. In addition, the club making the appeal must provide hardware (cables), to allow the video to be transferred from their recording device to a laptop, so that the Technical Committee can review the video in a larger format.

5.9.3.4 The technical committee will decide if the video evidence meets these requirements.

5.9.3.5 Appeals can only be made by the coach, or team representative, of the athlete(s) in question.

5.9.3.6 An appeal will be considered successful if a speed score changes by 2 or more.



6. Team Competition

6.1 Team Composition

- 6.1.1 A team may consist of four or five skippers
- 6.1.2 Teams will compete in the oldest member's age category.
- 6.1.3 An athlete may move up no more than two age categories above his/her own.
- 6.1.4 A team must maintain the same composition throughout all events..
- 6.1.5 Team athletes may be drawn from one or more clubs.
- 6.1.6 For speed events, the same athlete cannot compete more than once per trial.
- 6.1.7 Each team member must compete in at least one event.

6.2 Mixed Team Representation Requirement

- 6.2.1 For mixed teams in the 15-17, 18-29, and 30+ age categories, both genders must be represented on the floor in each event.
- 6.2.2 For mixed teams in the 10 & Under, 11-12, 13-14 age categories, at least two single rope events and two double dutch events require members from both genders.

6.3 Team Events by Age Category

| Event | 10 & Under | 11-12 | 13-14 | 15-17 | 18-29 | 30+ |
|-------------------------------|------------|-------|-------|-------|-------|-----|
| Single Rope Speed Relay | X | X | X | X | X | X |
| Single Rope Power Relay | X | X | X | X | X | X |
| Single Rope Pairs Freestyle | X 2 | X 2 | X | X | X | X |
| Single Rope Team Freestyle | | | X | X | X | X |
| Double Dutch Speed Relay | X | X | X | X | X | X |
| Double Dutch Pairs Speed | | | X | X | X | X |
| Double Dutch Pairs Freestyle | | X | X | X | X | X |
| Double Dutch Single Freestyle | | X | X | X | X | X |
| Double Dutch Freestyle Relay | X | | | | | |

6.4 Team Event Description

Single Rope Events

6.4.1 Single Rope Speed Relay

- 6.4.1.1 Four-athlete event.



6.4.1.2 Each athlete jumps for 30 seconds using alternating step. The right foot is counted each time it hits the floor.

6.4.1.3 Switch callouts at 30 seconds, one minute, and one minute and 30 seconds.

6.4.1.4 Trial ends at two minutes when “stop” is called out.

6.4.2 Single Rope Power Relay

6.4.2.1 Four athlete event.

6.4.2.2 Each athlete jumps for 30 seconds. Double unders are required and do not have to be consecutive. Open jumps and alternating steps are not counted.

6.4.2.3 Switch callouts at 30 seconds, one minute, and one minute and 30 seconds.

6.4.2.4 Trial ends at two minutes when “stop” is called out.

6.4.3 Single Rope Pairs Freestyle

6.4.3.1 Two-athlete event.

6.4.3.2 Both athletes compete at the same time executing the same freestyle.

6.4.3.3 Skills are completed in unison or the pair must co-operate together in some other way

6.4.4 Single Rope Team Freestyle

6.4.4.1 Four-athlete event.

6.4.4.2 All athletes compete at the same time executing the same freestyle.

6.4.4.3 Skills are completed in unison or the group must co-operate together in some other way.

Double Dutch Events

6.4.5 Double Dutch Speed Relay

6.4.5.1 Four-athlete event. All athletes are required to turn and to jump

6.4.5.2 Each athlete jumps for 45 seconds

6.4.5.3 Jumpers can only enter the ropes when both turners have complete and independent control of the ropes

6.4.4.4 There is a specified routine for athletes entering and turning. Formula:

- 4 and 3 turn for 1, who is facing 3
- 4 and 1 turn for 2, who is facing 4
- 2 and 1 turn for 3, who is facing 1
- 2 and 3 turn for 4, who is facing 2

6.4.5.5 Switch callouts at 45 seconds, one minute and 30 seconds, and two minutes and 15 seconds

6.4.5.6 Trial ends at three minutes when “stop” is called out.



6.4.6 Double Dutch Pairs Speed

6.4.6.1 Four-athlete event. Two jumpers and two turners.

6.4.6.2 Each athlete jumps for one minute.

6.4.6.3 Athlete 1 must be out of the ropes before athlete 2 enters. Successful jumps made while both athlete 1 and 2 are in the ropes will not be counted.

6.4.6.4 Switch callout at one minute.

6.4.6.5 Trial ends at two minutes when “stop” is called out.

6.4.7 Double Dutch Pairs Freestyle

6.4.7.1 Four-athlete event.

6.4.7.2 All athletes are required to jump and turn both ropes.

6.4.8 Double Dutch Single Freestyle

6.4.8.1 Three-athlete event.

6.4.8.2 All athletes are required to jump and turn both ropes.

6.4.9 Double Dutch Freestyle Relay

6.4.9.1 Four-athlete event with one athlete in the ropes at a time

6.4.9.2 All athletes are required to jump and complete a minimum of 2 tricks while in the ropes and turn both ropes for the two other athletes.

6.4.9.3 The format is similar to double dutch speed relay but does not require a specific order. Athletes outside the ropes are encouraged to add to the performance but it is not required.



7. Masters Competition

7.1 Masters Event Description

7.1.1 Speed – 30 seconds

7.1.1.1 Athlete jumps for 30 seconds using alternating step. The right foot is counted each time it hits the floor.

7.1.1.2 Trial ends at 30 seconds when “stop” is called out.

7.1.2 Speed – Two or Three Minute Endurance

7.1.2.1 10 & Under category athletes jump for two minutes. All other categories jump for three minutes.

7.1.2.2 Alternating step is used and the right foot is counted each time it hits the floor.

7.1.2.2 Trial ends at three minutes when “stop” is called out.

7.1.3 Consecutive Timed Power

7.1.3.1 Age Categories: 10 & Under, 11-12, 13-14, and 30+

- a. Consecutive double unders are required.
- b. A consecutive double under trial ends after the first miss of the trial, even if the miss occurs during a preparatory jump.
- c. A second attempt can be taken if the athlete has a score less than 30 in their first attempt.
- d. If an athlete uses the second attempt, a minimum of ten minutes must separate the trials.
- e. This is a timed event with a maximum of three minutes.

7.1.3.2 Age Categories: 15-17 and 18-29

- a. Consecutive triple unders are required.
- b. A consecutive triple under trial ends after the first miss of the trial, even if the miss occurs during a preparatory jump.
- c. A second attempt can be taken if the athlete has a score less than 30 in their first attempt.
- d. If an athlete uses the second attempt, a minimum of ten minutes must separate the trials.
- e. There is no maximum time limit.

7.1.4 Single Rope Freestyle

7.1.4.1 Athletes perform a single rope routine for a minimum of 30 or 45 seconds and maximum of 60 or 75 seconds.



7.1.4.2 Skills may be executed with or without the accompaniment of music

8. Group Routine Competition

8.1 Goal

To complete a group routine with a combination of skipping skills and movement within a prescribed time limit choreographed to music.

8.2 Age Categories

- 12 & Under
- 14 and Under
- Open (all ages)

8.3 Group Composition

- Male, female and mixed groups will compete in the same division.
- Minimum of eight athletes; maximum of 18 athletes compete in the routine.
- Up to two registered substitutes may be used

8.4 Ropes

- Single ropes of any construction may be used.

8.5 Time Limit

8.5.1 Minimum length of two minutes; maximum length of four minutes.

8.5.2 The time will start running when a) the athlete(s) or any body part starts moving, b) the rope(s) start moving, or c) the group's music begins.

8.5.3 At two minutes a "two minute" sign is held up.

8.5.4 The paddle is held up until the end of the routine or until "time" is called.

8.5.5 Routines ending before two-minutes or after four-minutes receive a 0.75 deduction.

8.6 Music

8.6.1 Music is required.

8.6.2 Music may be stored on CD or iPod.

8.6.3 The song must be the only track on the CD,

8.6.4 The group's coach or a designated person must be with the music controller to supervise the starting of the routine and music. This designated person must remain with the music controller throughout the routine.

8.6.5 The group's coach or a designated person must be granted access to the music player prior to the start of the group routine competition to do a music test.

8.7 Reskips

8.7.1 A group may reskip if the music skips at any time within the routine.

8.7.2 A group may reskip if one or more ropes break during the routine.



9. Team Show Competition

9.1 Goal

To complete a team show with a combination of skipping skills and movement using a variety of ropes within a prescribed time limit choreographed to music.

9.2 Age Categories

- Open (all ages)

9.3 Group Composition

- Male, female and mixed groups will compete in the same division.
- There is no minimum or maximum number of athletes.
- Athletes can only compete on one Team Show team

9.4 Ropes

- Ropes of any construction may be used.

9.5 Required Elements

- Long rope, double dutch, wheel, single rope, and partner skipping.

9.6 Time Limit

9.6.1 Minimum length of three minutes; maximum length of six minutes.

9.6.2 The time will start running when a) the athlete(s) or any body part starts moving, b) the rope(s) start moving, or c) the group's music begins.

9.6.3 At three minutes a "three minute" sign is held up.

9.6.4 The paddle is held up until the end of the routine or until "time" is called.

9.7 Music

9.7.1 Music is required.

9.7.2 Music may be stored on CD or iPod.

9.7.3 The song must be the only track on the CD,

9.7.4 The group's coach or a designated person must be with the music controller to supervise the starting of the routine and music. This designated person must remain with the music controller throughout the routine.

9.7.5 The group's coach or a designated person must be granted access to the music player prior to the start of the group routine competition to do a music test.

9.8 Reskips

9.8.1 A group may reskip if the music skips at any time within the routine.

9.8.2 A group may reskip if one or more ropes break during the routine.



