



# IJRU Rule Book

Competition Manual

Version 1.0.0-draft1

## FOREWORD

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This is the first public draft of the IJRU rule book. Please note that we have removed the text from sections that we feel need a lot more work before we are ready to share them with you. And the text in this draft is also subject to change as we clarify the text, we'd love your suggestions on how we can make improvements.

Since October 2018 the IJRU Technical Congress has been hard at work trying to create a new set of rules for rope skipping. While much of the ideas might be familiar to you from FISAC-IRSF's and WJRF's rule books a lot of the rules are new. As best as we can we have tried to recognise weaknesses and strong areas in those incoming rule sets, and compare it to your feedback weighed with our history as a sport. We hope that you have followed our blog at [tc.ijru.sport](http://tc.ijru.sport) during this process. If you haven't please give it a read, we have tried to give detailed explanations for the rules in this rule book and why we have decided upon them.

As secretary for the IJRU technical congress I'd like to extend a thank you to the rest of the amazing and passionate individuals in the technical congress without your expertise and time this rule book simply wouldn't exist. I am truly honoured to be a part of this group taking rope skipping into a new era.

In the final version 1.0.0 of this rulebook someone else will hopefully greet you in this foreword, but I'm here until then.

Svante Bengtson  
IJRU Technical Congress

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## 2 RULE BOOK

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Rules are generally stated only once.

### 2.1 OFFICIAL VERSION

Only a copy of this rule book that has been signed by the Tournament Director/Tournament Arranging Committee/BOD have legal identity in case of a disagreement

### 2.2 VERSION NUMBERING

The rule book is versioned using a modified version of semantic versioning.

Given a version number MAJOR.MINOR.PATCH, increments are made as follows

1. MAJOR version when rules are added, removed or modified in a way that incompatible with the previous version,
2. MINOR version when rules are added, removed or modified in a way that clarifies the intended meaning of the rules in a backwards compatible way (you can still compare results from previous competitions), and
3. PATCH version when style changes are made to the rules, such as correcting typos.

## 3 THE COMPETITIONS

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### 3.1 IJRU COMPETITION STRUCTURE

### 3.2 DIVISIONS

#### 3.2.1 Gender Divisions

All events, except for the Show Competition, have a female gender division and a male gender division.

All team events, except for the Show Competition, have a mixed gender division. In this division at least one female and one male athlete must compete in each event the team competes in. Failing to fulfil this criteria will disqualify the team from the event, and if applicable the All-Around Competition and/or affected Overall Competitions.

The Show Competition does only have an open gender division. A team may consist of athletes of one gender only, or of athletes of different genders.

### 3.2.2 Age Divisions

#### 3.2.2.1 *International Open Championships*

#### 3.2.2.2 *Youth Championships*

#### 3.2.2.3 *World Championships*

#### 3.2.2.4 *Show Contest*

### 3.2.3 Team Sizes

A team competing in any overall competition may consist of 4, 5, or 6 athletes. No divisions will be made based on team sizes.

## 3.3 EVENTS

### 3.3.1 Events in the Individual Competition

1. Single Rope Speed Sprint..... SRSS ..... 1x30 seconds ..... 1 athlete
2. Single Rope Speed Endurance ..... SRSE ..... 1x180 seconds ..... 1 athlete
3. Consecutive Triple Unders..... SRTU ..... No time limit ..... 1 athlete
4. Single Rope Individual Freestyle..... SRIF ..... 0-75 seconds ..... 1 athlete

### 3.3.2 Events in the Individual Overall Competition (INOC)

Out of the events detailed in section 3.3.13.3.1 the following are selected for the Individual Overall Competition.

1. Single Rope Speed Sprint ..... SRSS
2. Single Rope Speed Endurance ..... SRSE
3. Consecutive Triple Unders ..... SRTU
4. Single Rope Individual Freestyle ..... SRIF

The same athlete must compete in all four events to qualify for the Individual Overall Competition

### 3.3.3 Events in the Team Competition

1. Single Rope Speed Relay ..... SRSR ..... 4x30 seconds ..... 4 athletes
2. Single Rope Pairs Double Unders ..... SRPD ..... 2x30 seconds ..... 2 athletes
3. Double Dutch Speed Relay ..... DDSR ..... 4x30 seconds ..... 4 athletes
4. Double Dutch Speed Sprint ..... DDSS ..... 1x60 seconds ..... 3 athletes
5. Single Rope Pair Freestyle ..... SRPF ..... 0-75 seconds ..... 2 athletes
6. Single Rope Team Freestyle ..... SRTF ..... 0-75 seconds ..... 4 athletes
7. Double Dutch Single Freestyle ..... DDSF ..... 0-75 seconds ..... 3 athletes
8. Double Dutch Pair Freestyle ..... DDPF ..... 0-75 seconds ..... 4 athletes
9. Double Dutch Triad Freestyle ..... DDTF ..... 0-75 seconds ..... 5 athletes
10. Wheel Pair Freestyle ..... WHPF ..... 0-75 seconds ..... 2 athletes

### 3.3.4 Events in the Single Rope Overall Competition (TSRO)

Out of the events detailed in section 3.3.33.3.1 the following are selected for the Single Rope Overall Competition.

1. Single Rope Speed Relay ..... SRSR
2. Single Rope Double Unders Relay ..... SRDR
3. Single Rope Pair Freestyle ..... SRPF

#### 4. Single Rope Team Freestyle ..... SRTF

Athletes from the same team must compete in all events listed above to be qualified for the Single Rope Overall Competition

#### 3.3.5 Events in the Double Dutch Overall Competition (TDDO)

Out of the events detailed in section 3.3.33.3.1 the following are selected for the Single Rope Overall Competition.

1. Double Dutch Speed Relay ..... DDSR
2. Double Dutch Speed Sprint ..... DDSS
3. Double Dutch Single Freestyle ..... DDSF
4. Double Dutch Pair Freestyle ..... DDPF

In event 1 and 4, four people from the same team have to compete.

In event 2 and 3, three people from the same team have to compete.

#### 3.3.6 All-Around Competition (TCAA)

If the same team competes in the Single Rope Overall Competition and the Double Dutch Overall Competition it is automatically entered into the All-Around Competition.

#### 3.3.7 Events in Show Competition

1. Show Freestyle ..... TSSF .....X-Y seconds ..... N athletes

#### 3.3.8 Event Awards

In the following events and categories the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> ranking athletes are awarded. The 1<sup>st</sup> ranking athlete(s) will be awarded the title IJRU World Champion(s) for that event or category. Awards are handed out separately for every gender and age division.

Awards for the categories (ISRO, TSRO, TDDO, and TCAA) will be awarded based on the results of the World Championships, awards for the individual events will be awarded based on the results of the World Championships Finals

### 3.4 REGISTRATION/QUALIFICATION PROCESSES

#### 3.4.1 Qualification for World Championships Finals

Top 6 skippers in every event in World Championships qualify for the final rounds

## 4 OFFICIALS

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### 4.1 NUMBER OF OFFICIALS/JUDGES PER EVENT AND WHAT EACH JUDGE/OFFICIAL IS RESPONSIBLE OF

### 4.2 TYPES OF JUDGES

#### 4.2.1 Speed Judges

#### 4.2.2 Freestyle Judges

##### 4.2.2.1 *Presentation Judges A (A)*

##### 4.2.2.2 *Presentation Judges B (B)*

##### 4.2.2.3 *Deduction Judges (C)*

##### 4.2.2.4 *Difficulty Judges (D)*

### 4.3 EXPECTATIONS OF JUDGES

### 4.4 JUDGE AND VOLUNTEER NOMINATIONS

### 4.5 ASSIGNMENT OF JUDGES

Each judge will be assigned by the Tournament/Competition Committee.



#### 4.6 JUDGES MEETING

#### 4.7 EDUCATING AND UPDATING JUDGES

#### 4.8 QUALIFICATIONS OF JUDGES

#### 4.9 JUDGES UNIFORM

### 5 GENERAL

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#### 5.1 CODE OF CONDUCT

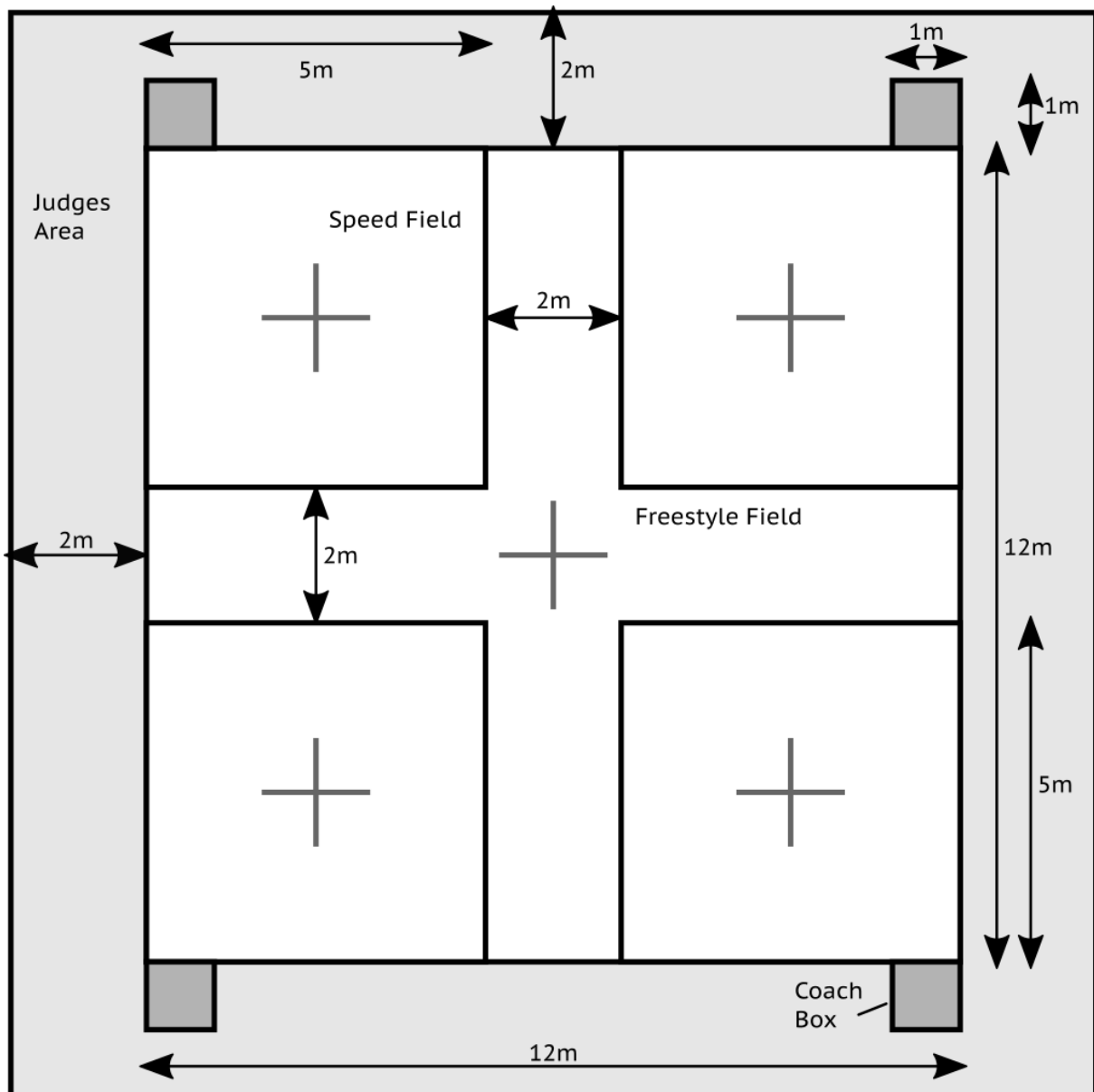
#### 5.2 DRUGS AND ANTI-DOPING

#### 5.3 PROTESTS AND APPEALS

### 6 EXECUTIONS AND TECHNICALITIES

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#### 6.1 COMPETITION AREA



#### 6.1.1 Freestyle Field

Freestyle fields are 12×12 meter squares.

#### 6.1.2 Speed and Multiples Field

Speed and multiples stations are 5×5 meter squares.

#### 6.1.3 Coach box

A 1×1 meter coach box will be placed outside of each speed and freestyle field and positioned at one of the corners.

One of the four sides of the coach box must be a part of the freestyle field or speed field's side.

The coach box should not block the view of the judges or IJRU cameras.

#### 6.1.4 General Information

The competition floor should be a high quality, wooden sprung or cushioned sports floor.

All competition areas must be measured from the outside edge of the boundary.

All boundaries must be clearly marked and visible.

There should be a 2 meter margin between each competition field.

## 6.2 EQUIPMENT AND UNIFORMS

## 6.3 EQUIPMENT FAILURE/BROKEN ROPE

## 6.4 MUSIC

## 6.5 SIGNALS, SOUNDS AND CALL OUTS