



CRITERIA REQUIRED TO SET A RSC SPEED RECORD

To be recognized as a RSC record holder for speed events the following criteria MUST be met:

- Score must be set at an event **recognized** by the RSC. These events include: RSC Nationals, Provincials, Ontario Regionals, FISAC Worlds, World Jump Rope Championship, USA Jump Rope competitions and US Junior Olympics.
- There must be at least two judges capable of judging at a national level competition in their own country.
- ALL 3 judges MUST be members of a national jump rope organization.
- There must be judges from at least two different teams (i.e. athletes cannot have 3 judges from their current team or alumni).
- Athletes must BEAT the current record, if the athlete ties the record, RSC will only recognize the athlete who originally set the record.
- If the record is set at an event that is not listed above (i.e. BC Records Day, ORSO Workshop), the event must be operated under similar conditions to a competition. The record must be set using a standard audio track and meet the judging criteria as listed above. Names of judges who counted the record MUST be noted so that it can be verified that the above requirements have been met.
- The form on the attached page must be completed and sent to the RSC member in charge of records as appointed by the RSC Board
 - Send to Chris Mulvihill: cxmulvihill@gmail.com



RSC SPEED RECORD

Name of Competition:

Date of Competition:

Event (Check One):

- Masters – 30 Second Speed
- Masters – 3 Minute Endurance
- Masters – Consecutive Power – 3 Minute Doubles
- Masters – Consecutive Power – 2 Minute Triples
- Team – 4 x 30 Second Speed Relay
- Team – 4 x 30 Second Power Relay
- Team – 4 x 45 Second Double Dutch Speed Relay
- Team – 2 x 60 Second Double Dutch Speed Relay

Age Category:

[I.e. Novice II (8 to 9) Males]

Score:

[Actual number of completed right foot jumps]

Club Name:

Athlete or Team Name:

Name and Team Affiliation of Judges:

Judge # 1:	Score:	Team Affiliation:
Judge # 2:	Score:	Team Affiliation:
Judge # 3:	Score:	Team Affiliation:

I certify that the above information is correct and the score is an accurate representation of the athlete(s) performance.

Signature of Event or Results Co-ordinator

Dated