



**Rope Skipping Canada**

**Saut à la Corde Canada**

**Competition Manual**

**Revised January, 2020**

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# 1. General

Rope Skipping Canada (RSC) has adopted the International Jump Rope Union (IJRU) rulebook, including the IJRU competition manual and the IJRU judging manual for use at the Rope Skipping Canada National Championships. Provincial Sporting Organizations (PSOs) are required to follow the same rules and regulations for all national qualifying events (e.g. Provincial Championships).

RSC will continue to update this document for events or age divisions not listed in the IJRU competition manual. Additional events and/or age divisions may be offered at the discretion of RSC to promote Long Term Athlete Development (LTAD) and continued growth of the sport across the country.

RSC follows the IJRU Rulebook for all events, with the exceptions as outlined in this document and as described in the World Championship Qualification Policy. **This document is to be used only in conjunction with the official IJRU competition rule books and does not include the entirety of the competition rules and regulations.**

# 2. Code of Conduct

RSC places the utmost importance on athlete, coach, volunteer, judge and spectator code of conduct. The following outlines the code of conduct expected of all individuals attending RSC sanctioned events:

- Sportsmanship, self-control and discipline are expected of all athletes and coaches at all times.
- Treat everyone with the equal respect, courtesy and kindness at all times.
- Help advance and improve the sport by being generous and sharing ideas and skills with others.
- Congratulate others, whether they are teammates or not, for an effort well done. Rejoice in the successes of others, both big and small.
- Do not distract other athletes while they are competing.
- Respect judges and their decisions. Abuse of officials will not be tolerated.
- The Technical Committee may, at their discretion, apply a penalty of up to 10 jumps for a speed event, a deduction of up to 1.0 point for a freestyle event, or disqualification from the entire event depending on the severity of a code of conduct infraction. There will be no appeal of these penalties.
- Fair play is crucial in sport. 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 event for a minimum of two years and must apply to the Board of Directors for approval to return.
- Any violation of the Code of Conduct during an event will be brought to the Technical Committee. The Technical Committee will convene and make all decisions related to Code of Conduct violations. All repercussions related to the Code of Conduct violations will be at the discretion of the Technical Committee and the Board of Directors.

### 3. Divisions

#### 3.1 Age Divisions

3.1.1 Ages are determined based on the athlete's age as of August 31 in the year of the competition. The competitors will be entered as their age as of this date.

**NOTE: For the 2020 season, in accordance with the IRJU, athletes turning 12 between September 1 and December 31 will compete in the 12-14 age division and are eligible to compete internationally.**

3.1.2 The age divisions to compete for all events shall be:

11 years and younger (U11)

12 – 14 years

15 – 17 years

18+ years

30+ years

3.1.3 Athletes 30 years and older, wanting to qualify for the IJR World Championships, will be required to register in the 18+ age category at the Rope Skipping Canada National Championships and their respective qualifying tournament(s).

3.1.4 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. Failure to do so may result in disqualification or removal from the event.

3.1.5 Proof of age may be requested by the National Tournament Committee or the Technical Committee. Athletes found competing in the wrong age category will be suspended for two years.

3.1.6 Athletes will compete in their appropriate age category and division at the RSC National Championships regardless of the division in which they qualified at a Provincial Championships.

#### 3.2 Gender Categories

##### 3.2.1 Team Events

For team events the gender categories are defined as follows:

- Female gender                      all female
- Male gender                         all male
- Mixed gender                        at least one male and one female
- Any gender\*                         any combination

\*For Show Competition, Double Dutch Triad and Precision Group Routine Only

##### 3.2.2 Individual Events

For individual events the gender categories are defined as follows

- Female gender
- Male gender

### 3.3 Residency Classification

3.3.1 **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 age divisions and gender categories. Athletes from the open classification will not displace Canadian athletes in ranking for awards. Duplicate awards will be given in events where open classification athletes place in the top three.

### 3.4 Alternates

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

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

3.4.3 Alternates from the host province may compete in their respective competition, provided their age division and gender category does not exceed 36 athletes with the inclusion of said alternates.

## 4. Event Rules

### 4.1 Events

#### 4.1.1 Individual Events

##### U11 years

- |                                     |                             |
|-------------------------------------|-----------------------------|
| a. Single Rope Individual Freestyle | 0-60 seconds                |
| b. Single Rope Speed Sprint         | 30 seconds                  |
| c. Single Rope Speed Endurance      | 120 seconds                 |
| d. Single Rope Power, Double Unders | 60 seconds, non-consecutive |

##### 12-14 and 30+ Years

- |                                      |  |
|--------------------------------------|--|
| a. Single Rope Individual Freestyle  | 0-75 seconds   |
| b. Single Rope Speed Sprint          | 30 seconds   |
| c. Single Rope Speed Endurance       | 180 seconds  |
| d. Single Rope Power, Double Unders* | 120 seconds, consecutive, 1 miss permitted at any time |

\*Not included in the Individual Overall championship

##### 15-17 and 18+ Years

See IJRU Rule Books

## 4.1.2 Team Events

### U11 Years

a. Single Rope Speed Relay	4x30 seconds
b. Single Rope Power Relay	4x30 seconds
c. Double Dutch Speed Relay	4x30 seconds
d. Single Rope Pairs Freestyle (x2)	0-60 seconds
e. Double Dutch Freestyle Relay	0-75 seconds

### 12-14 and 30+ Years

a. Single Rope Speed Relay	4x30 seconds
b. Single Rope Double Unders Relay	2x30 seconds
c. Double Dutch Speed Relay	4x30 seconds
d. Double Dutch Speed Sprint	1x60 seconds
e. Single Rope Team Freestyle	0-75 seconds
f. Single Rope Pair Freestyle	0-75 seconds
g. Double Dutch Single Freestyle	0-75 seconds
h. Double Dutch Pairs Freestyle	0-75 seconds
i. Wheel Pair Freestyle*	0-75 seconds

\*Not included in the All-Around or Team Overall championships

### 15-17 and 18+ Years

See IJRU Rule Books

## **4.2 Timing**

4.2.1 All speed and Power events will use the official IJRU and RSC event call-out tracks, which are available at [www.ropeskippingcanada.com/downloads](http://www.ropeskippingcanada.com/downloads)

4.2.2 For all freestyle events, all athletes and ropes must be still until the words "you may begin" have been announced by the tournament director. The timer will start when the athlete(s) or rope(s) start moving, or when the music begins, whichever comes first.

4.2.3 All athletes and teams must be given a minimum of 10 minutes between events

## **4.3 Coach's Box**

4.3.1 Dimensions and location: Refer to IJRU Competition Manual

4.3.2 The coach's box may only be occupied by a registered coach or athlete. Athletes occupying the coach's box must be registered Full Members in Good Standing with RSC and must be registered to compete in the event they are attending. Coaches occupying a coach's box must be registered Full

Members in Good Standing with RSC and must meet the Minimum Coach Requirements as outlined by the RSC Coaching Requirements Policy.

4.3.3 The coach's box occupant may coach, encourage, and offer scores only to the athlete(s) in the competition field of said coach's box. They must not interfere with the view or distract the judges or other athletes at any time.

4.3.4 The coach's box occupant may record their athlete(s) with a digital video recorder such as a cell phone, tablet or small camera. The recording device must not impede the view or distract the judges or other athletes in any way.

4.3.5 The coach's box occupant may NOT record or coach athletes in adjacent competition fields.

4.3.6 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 5 – Deductions.

## **4.4 Equipment**

4.4.1 Ropes: See IJRU Rule Books

4.4.2 Props: See IJRU Rule Books

4.4.3 Video Recording Devices: Video recording devices such as cell phones, tablets or small cameras may be used within the boundaries of the coach's box. Any video recording devices used cannot interfere with the judge's view. If a video recording device interferes with a judge's view, the recording device will be removed from the coaching box by the Technical Committee.

4.4.4 Clickers are permitted within the coaching box.

4.4.5 Uniforms: Uniforms may include but are not limited to graphics such as club name, team name, sponsor and/or logo displayed during the competition. Items of jewellery including, but not limited to, necklaces, watches, rings, and piercings larger than studs must not be worn.

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

4.4.7 Athletic Supports: Supportive athletic shoes are required at all times while an athlete is in the competition area. If an athlete loses a shoe during an event, no skills will be scored whilst the athlete does not wear their shoes. Adequate athletic support undergarments must be worn.

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

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

## **4.5 Music**

4.5.1 Music is permitted during all freestyle events but is not required. Music should enhance and

provide a positive element and energy to an athlete or team's routine. Refer to the IJRU Rule Books for additional music rules and regulations.

4.5.2 All music used by an athlete in competition or in practice/warm-up will set a positive tone for the routine, athlete, competition, and audience that supports the values of Rope Skipping Canada.

4.5.3 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.).

4.5.4 All athletes, coaches, and parents will exercise discretion when choosing and approving music with potentially inappropriate or vulgar lyrics or themes, to ensure that the resulting experience is respectful and appropriate for all ages (competitors, participants, officials, and spectators). Any subversions, bleeps etc. that still leave the impression of the original wording of the song will be subject to the same penalties.

4.5.5 Terms on the "RSC Zero-Tolerance Word List", including all of their equivalents, will not be tolerated in the musical selections of athletes. Coaches can contact their Provincial director or email [info@ropeskiippingcanada.com](mailto:info@ropeskiippingcanada.com) for more information.

4.5.6 A minimum deduction of 3 points from an athlete(s) overall score for the event, will occur for the use of music containing any of the terms on the RSC Zero-Tolerance Word List. Where there could be a difference of interpretation due to the quality of the sound recording, it is advised to err on the side of caution.

4.5.7 The athlete and their head coach(es), at the time of the event, will also be penalized with a demerit. Should more than one athlete representing a club break this rule at the same event, only one demerit will be awarded to the head coach, and one demerit to each jumper involved. If a jumper or coach acquires two or more demerits within a four year span, that individual will receive a one year suspension from competing at National Championships, regardless of the team they affiliate with.

4.5.8 Should a deduction or demerit be awarded to a coach or athlete, a minimum of two representatives from the competition Technical Committee, will approach the head coach (or representative in the event of the coach's absence) and explain in clear terms what the demerit or deduction was given for and a warning if they have other athletes attempting to use the same song. If an athlete or team wishes to rebut the deduction or demerit they must appeal to the Technical Committee.

## **4.6 Delay of Tournament**

In the case where an athlete or team fails to appear for an event or enters the boundary of the competition not prepared to compete, 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 fail to meet the deadline will receive a score of zero for that event.



## **4.7 Recompeting**

See IJRU Rule Books.

## **4.8 Chewing Gum**

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

# **5 Appeals**

5.1 Appeals must be submitted to the technical committee in writing, and accompanied by a \$20.00 deposit (Canadian funds) before the technical committee will review the appeal.

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

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

5.1.3 Appeal form available at [www.ropeskiippingcanada.com/downloads](http://www.ropeskiippingcanada.com/downloads)

5.1.4 Decisions made by the technical committee are final.

## **5.2 Freestyle Appeals**

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

5.2.2 No appeals will be heard regarding any judge's subjective decisions.

## **5.3 Speed and Power Appeals**

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

5.3.2 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 call-outs can be easily heard by the Technical Committee upon review. In addition, the club making the appeal must be able to digitally transfer the video from their recording device to a laptop computer so that the Technical Committee can review the video in a larger format.

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

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

# **6 Team Composition**

## **6.1 Teams may consist of up to 6 athletes.**

6.1.1 Teams will compete in the oldest member's age category.

6.1.2 An athlete may move up no more than two age categories above his/her own.

6.1.3 For speed events, the same athlete cannot compete more than once per trial.

6.1.4 Each team member must compete in at least one event.

6.1.5 Athletes not entered in a specific event may enter that event "track style". Such entries may be drawn from one or more clubs, with no effect on team overall.

6.1.6 No athlete shall enter any event more than once.

## **6.2 Mixed Team Representation Requirement**

6.2.1 For mixed teams in the 12-14, 15-17, 18+, and 30+ age divisions, both genders must be represented on the floor in each event.

6.2.2 For mixed teams in the U11 age division, both genders must be represented in at least 3 of the events in the Team All Around Competition.

## **7 Precision Group Routine**

### **7.1 Age Categories**

- 12 & Under
- Open (all ages)

### **7.2 Group Composition**

- Male, female and mixed groups will compete in the same division.
- Groups must consist of a minimum of 8, up to a maximum of 18 athletes.
- Up to two registered substitutes may be used.

### **7.3 Ropes**

- Single ropes of any construction may be used.

### **7.4 Time Limits**

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

7.4.2 The timer 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. Whichever comes first.

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

## **7.5 Music**

7.5.1 Music is required.

7.5.2 Music must be stored on a digital device such as a laptop, mobile phone, tablet or iPod.

7.5.3 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 entire routine.

7.5.4 Music content must adhere to the same rules and standards as stated previously in this document.

## **7.6 Reskips**

7.6.1 A group may reskip if the music malfunctions at any time during the routine.

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

# **8 Show Competition**

See IJRU Rule Books

# **9 Acknowledgements**

Rope Skipping Canada would like to thank all of our coaches, athletes, officials and volunteers for continuing to support our Mission, Vision and Values. For more information, visit [www.ropeskippingcanada.com](http://www.ropeskippingcanada.com)

Note: Any appeals based on errors, omissions, discrepancies or contradictions present in this document will be decided by members of the tournament committee, technical committee and board of directors, depending on the nature of the appeal. If you have questions, or if you notice any errors, omissions, discrepancies or contradictions in this document, please contact your provincial director or email [info@ropeskippingcanada.com](mailto:info@ropeskippingcanada.com).