



Rope Skipping Canada

Saut à la Corde Canada

Rope Skipping Canada Sanction Form Frequently Asked Questions (Updated: August 6, 2024)

The RSC Sanction Form is used as a tool to help the RSC Board of Directors track club's involvement in community activities as part of the RSC Strategic Plan. Additionally, the RSC Sanction Form is used to track club activities in the event an RSC member experiences an injury during a sanctioned RSC event.

1. For what activities is the Sanction Form required to be submitted for? A. Any activities that fall outside of regularly scheduled club practices require a sanction form. Additionally, any demonstration where clubs will be submitting 1 Day RSC Memberships require a Sanction Form to be completed.

Examples include:

- Demonstrations within the Community (schools, rec centers, parades etc.) • Heart and Stroke Foundation Events
- All Competitive Events including:
 - Provincial Master's and Team Competitions
 - Provincial Championships
 - If an RSC Sanction Form is not submitted for a competition, event results will not be considered official and will not be considered valid for obtaining a National Record
- All club/Provincial hosted workshops that include athletes/coaches/judges from other clubs other than the host club

2. For what activities is the Sanction Form NOT required to be submitted for? A. Any activities that are regularly scheduled activities within the club. Examples of activities that do not require the RSC Sanction Form include:

- Regularly schedule team practices
- Regularly scheduled athlete/coaches/judges training that only involves members of the host club
- Club hosted competitions that occur during regularly scheduled practice time and include only members of the host club