



Rope Skipping Canada

Saut à la Corde Canada

Revised November 2023

RSC National Championship Qualification Policy

1.0 THE COMPETITION

Rope Skipping Canada (RSC) will adopt the International Jump Rope Union (IJRU) rulebook including the IJRU competition manual and the IJRU judging manual for use at RSC National Championships. Provincial Sporting Organizations (PSOs) will be required to follow the same rulebook as RSC for all National qualifying events (ex. Provincial Championship events).

2.0 AGE DIVISIONS

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

In order to align with Long Term Athlete Development and to create a healthy competitive environment, Rope Skipping Canada will be running the following age categories for all individual and team events:

- 11 and Under
- 12-13
- 14-15
- 16-18
- 19+
- 30+

This aligns with the current age categories for IJRU, with the exception of the 12-15 age category. RSC has decided to divide this category into two smaller age categories (12-13 and 14-15).

3.0 GENDER CATEGORIES

For team events the gender categories are defined as follows:

Category	Definition
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Female gender	all female
Male gender	all male
Mixed gender	at least one male and one female
Any gender	any combination

Please refer to the current [IJRU gender policy](#) for guidelines on gender categories.

All single-participant events have a female gender category and a male gender category.

Except as noted below, all team events have a female, male and mixed gender category. In the mixed category, at least one female and one male athlete must compete in each event the team competes in. Failing to fulfil this criterion will disqualify the team from the gender category and if applicable, the All-Around and/or affected Overall.

The Show Competition and Double Dutch Triad events have an "any gender" category, with no requirement on the gender of the athletes. A team may consist of athletes of one gender only or of athletes of different genders.

4.0 EVENTS

4.1 Events in the Individual Competition

Any event marked with an asterisk is not part of the Individual Single Rope Overall Competition (ISRO)

11 and under

- Single Rope Freestyle - 0-60 seconds
- Single Rope Sprint - 30 seconds
- Single Rope Endurance - 120 seconds
- Single Rope Double Unders - 60 seconds, non-consecutive

12 to 13

- Single Rope Freestyle - 0-75 seconds
- Single Rope Speed Sprint - 30 seconds
- Single Rope Speed Endurance - 180 seconds
- Single Rope Double Unders - 120 seconds, consecutive, 1 miss permitted at any time*

14-15 and 30+

- Single Rope Freestyle - 0-75 seconds
- Single Rope Speed Sprint - 30 seconds
- Single Rope Speed Endurance - 180 seconds
- Single Ropes Double Unders - 180 seconds, consecutive, 1 miss permitted at any time*

16-18 and 19+

- Single Rope Freestyle - 0-75 seconds
- Single Rope Speed Sprint - 30 seconds
- Single Rope Endurance - 180 seconds
- Single Rope Triple Unders - consecutive, no time limit*

4.2 Events in the Team Competition

Any event marked with an asterisk is not part of the Team Single Rope Overall Competition (TSRO), Team Double Dutch Overall Competition (TDDO) or Team Competition All-Around Competition (TCAA).

11 and under

- Single Rope Speed Relay - 4x30 seconds
- Single Rope Double Under Relay - 4x30 seconds
- Double Dutch Speed Relay - 4x30 seconds
- Single Rope Pairs Freestyle (x2) - 0-60 seconds
- Double Dutch Freestyle Relay - 0-75 seconds

12 to 13, 14 to 15 and 30+

- Single Rope Speed Relay - 4x30 seconds
- Single Rope Double Unders Relay - 2x30 seconds
- Double Dutch Speed Relay - 4x30
- Double Dutch Speed Sprint - 1x60
- Single Rope Team Freestyle - 0-75 seconds
- Single Rope Pairs Freestyle - 0-75 seconds
- Double Dutch Singles Freestyle - 0-75 seconds
- Double Dutch Pairs Freestyle - 0-75 seconds
- Wheel Pair Freestyle - 0-75 seconds*

16-18 and 19+

- Single Rope Speed Relay - 4x30 seconds
- Single Rope Double Unders Relay - 2x30 seconds

- Double Dutch Speed Relay - 4x30
- Double Dutch Speed Sprint - 1x60
- Single Rope Team Freestyle - 0-75 seconds
- Single Rope Pairs Freestyle - 0-75 seconds
- Double Dutch Singles Freestyle - 0-75 seconds
- Double Dutch Pairs Freestyle - 0-75 seconds
- Wheel Pair Freestyle - 0-75 seconds*
- Double Dutch Triad Freestyle - 0-90 seconds*

4.3 Overall and All-Around Team Composition

A team competing in any team overall (TSRO, TDDO, TCAA) may consist of 4, 5, or 6 athletes. Each team competitor must compete in at least one event to be included.

An athlete may only compete in one overall/all-around team per overall type.

For entries into individual events the team may consist of the number of athletes the event requires.

4.4 Show Freestyle

- Show Freestyle (SCTC) - 0-360 seconds
- 8-20 athletes

4.5 Precision Group Routine

- 12 and Under - 120-240 seconds
- Open - 120-240 seconds
- 8-18 athletes

5.0 Nationals Qualifications

Each Provincial Sport Organization (PSO) can send:

- Speed/Power Events
 - 8 slots for individual events in all age categories and gender divisions
 - 8 slots for team events in all age categories and gender divisions
- Freestyle Events
 - For the 15 and under age categories:
 - 8 slots for individual events (SRIF)
 - 6 slots for events with 2 athletes (SRPF and SRWF)
 - 4 slots for events with 3+ athletes (SRTF, DDSF and DDPF)

- For the 16 and over age categories, we propose:
 - 5 slots for individual events (SRIF)
 - 5 slots for events with 2 athletes (SRPF and SRWF)
 - 3 slots for events with 3+ athletes (SRTF, DDSF and DDPF)

No qualifying spots are to be reserved for TSRO, TDDO, TCAA or ISRO competitors in any age category or age division. If an athlete or team qualifies for the National Championships in all the events in the TSRO, TDDO, TCAA or ISRO, they can be entered into that representative event.

6.0 Nationals Qualification Ties

TBD