



**Rope Skipping Canada**

**Saut à la Corde Canada**

**RSC NATIONAL RECORD SUBMISSION FORM**

**Name of Competition:**

**Date of Competition:**

**Club Name:**

**Athlete or Team Name:**

**Event (Select one):**

- Single Rope Speed Sprint – 1 x 30s
- Single Rope Speed Endurance – 1 x 120s
- Single Rope Speed Endurance – 1 x 180s
- Non-Consecutive Double Unders – 1 x 60s
- Consecutive Double Unders – 1 x 120s
- Consecutive Triple Unders – No time limit
- Single Rope Speed Relay – 4 x 30s
- Single Rope Double Unders – 4 x 30s
- Single Rope Pairs Double Unders – 2 x 30s
- Double Dutch Speed Relay – 4 x 30s
- Double Dutch Speed Sprint – 1 x 60s

**Age Category (Select One):**

- Under 11
- 12 – 14 years
- 15 – 17 years
- 18+ years
- 30+ years

**Division (Select One):**

- Male
- Female
- Mixed

**Score (Please record actual number of completed right foot jumps as determined by results program):**

The RSC National Record Submission form and a video clearly showing the athlete(s) right foot must be submitted along with the submission form for the request to be valid. Please send all videos and forms to [info@ropeskippingcanada.com](mailto:info@ropeskippingcanada.com).

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

\_\_\_\_\_  
Date