



# Rope Skipping Canada

## Saut à la Corde Canada

### CRITERIA REQUIRED TO SET A RSC SPEED RECORD

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

- Score must be set at an event **recognized and sanctioned** by 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 RSC Speed Record Submission form o must be completed and sent to the RSC member in charge of records as appointed by the RSC Board  
Send to Mary Kish: [Mary.Kish@gmail.com](mailto:Mary.Kish@gmail.com)



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### RSC SPEED RECORD SUBMISSION FORM

**Name of Competition:**

**Date of Competition:**

**Club Name:**

**Athlete or Team Name:**

**Event (Select one):**

- Masters – 30 Second Speed
- Masters – 2 Minute Endurance
- Masters – 3 Minute Endurance
- Masters Power
- Team – 4 X 30 Speed Relay
- Team – 4 X 30 Power Relay
- Team – 4 X 45 Double Dutch Speed Relay
- Team – 2 X 60 Double Dutch Speed Pairs Speed
- Team 3 X 40 Double Dutch Speed Relay

**Age Category (Select One):**

- Under 10
- 11 – 12 years
- 13 – 14 years
- 15 – 17 years
- 18 – 29 years
- 30+

**Division (Select One):**

- Male
- Female
- Mixed

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

**Name and Team Affiliation of Judges:**

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

A snapshot of the official results can be submitted to support the scores.

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