



Rope Skipping Canada

Saut à la Corde Canada

Rope Skipping Canada Sanction Form Frequently Asked Questions (Updated: September 10, 2018)

During the 2017-2018 skipping season, Rope Skipping Canada (RSC) created and implemented the use of the RSC Sanction Form. 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 2018-2022 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