

भारतीय जम्प रोप महासंघ

INDIAN JUMP ROPE FEDERATION

Registered Under Societies Registration Act - 21, 1860 Govt. of Jharkhand



Rule's Book

2018-25

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MISSION

IJRF has the mission to **Control, Consummate, Promote, Manage** and **Develop** Jump Rope nationwide, through planning, organizing, marketing and promotional activities aimed at developing Jump Rope as a major sports.

Vision

In FY 2018-22 IJRF has the vision to promote jump rope from grassroots level to highest level of play – will be strong & vibrant. IJRF shall work in the direction to render the National & International platform to elite/ High Performance Jumpers.

Chapter – 1 About Sports of Jump Rope

What Is Jump Rope?

A **Jump Rope** forms the basic foundation of every sport. Here the Jumper/ participant jump over a spinning rope so that it passes under their feet and over their heads. There are more than 950 different tricks/techniques of jump rope.

Jump ropes are made of cloth, licorice, plastic, beaded string, or plastic-coated wire/cables. Cloth and beaded ropes hold their shape better, while plastic and coated-cable ropes are designed for speed.

As you must aware of the following equation

Value = Costs/ Benefits

But in case of Jump Rope one can say that as it is known as most cost effective sport as its jump rope equipment are less expensive than other so by this one can easily say that Jump Rope has more Value. Even current research is showing that high impact activities, such as jumping rope, can also help maintain and/or build healthy bones. Another big plus is that the cost is minimal – a place to jump, a good rope, and a pair of supportive athletic shoes are all you need. Jumping rope actually has a lot going for it as an exercise. Jump Rope can assist in developing agility, coordination, and balance, not to mention improvements in cardiovascular and muscular endurance. Jump Rope increased speed, power, agility & explosiveness. Nonetheless, many sports coaches, fitness trainers & sports enthusiasts remain unaware of the full potential of it.

Jump Rope is the most kidult, cost effective sport which strengthens the stamina of the individual and helps the obese to lose weight and increases the appetite of anorexic people. There is no age related factor associated with this sport. It forms the basic foundation of every sport. This may consist of two participants turning (Turner) and jumping the rope (Jumper); this form of the activity is called Double Dutch.

Benefits of Jump Rope

1. Here in India most of the children do single bounce (to have the rope swings one time under the feet) since time immemorial, without knowing the fact that it has more than 950 skills & it is a sport. They are just doing it for fun & trying to get indulge into the core of Jump Rope. There are few events like Single Rope freestyle, Double Dutch freestyle, Fusion Style where the jumpers are free to do anything with Rope on Music.

2. When children practice it with their friends, it develops a sense of teamwork and social skills in you. It makes them more vigilant and alert. It increases your attention skills. Jump Rope enhances flexibility and athletic abilities. It improves your reflexes, balance and posture. Jump Rope is the game of endurance, speed and sportsmanship.
3. Physical activity is a major risk factor of cardiovascular diseases. Jump Rope can help your heart whether it's included in Exercise program or daily routine.
4. Physical activity is also good for brain, feeding it glucose & Oxygen all of which make easier for Children of all ages learn & memorize
5. It improves the figure by tightening flabby muscles and loose flesh on the arms, thighs, buttocks and calves. Prolonged skipping improves the bust and posture, and combined with a calorie-controlled diet, a jump rope will help to shed kilos in ladies.
6. The boxer needs to be fast on his feet. Jump Rope will greatly increase speed and lightness on his feet. 10 second and 30 second bursts of speed (jogging step) are needed and can be easily achieved.
7. The Jump Rope is the most cost effective sport in respect of requirement of accessories & ground Facility (as for this you just need 4 x 4 m" surface).
8. It strengthens the stamina of the individual and helps the obese to lose weight and increases the appetite of anorexic people. It is so effective in burning calories that an hour of jump rope will make you burn up to 1000 calories.
9. There is no age related factor allied with this sport.
10. The backbone of all sport is Jump rope as it helps to enhance the endurance & stamina which puts the basic grounds of all sport. It is found that Jump rope is adopted by most of the sport without knowing the fact that it is just not the exercise.

Misconceptions & Truth

The Jump Rope is not new sport at all for India but still it is always encircled by many misconceptions. The Jump Rope is been associated as a girl sport by most of the folks& even by others it is been taken as high impact exercise which may leads to knee injury. But the truth is completely contradictory. The Jump Rope is the sport which helps in making the muscles & bones stronger. Jump Rope also show the way to burn more calories than do most aerobic activities & reduces risk to Osteoporosis which is found more common in Old age. Jump Rope needs the coordination especially in Double Dutch event. It is to a degree depends on turner & to the rest of measure it depends on Jumper. Few people are afraid of it because of the reason that they have lack of co-ordination & feel humiliated whenever they made miss even if it is minor. The best way is whenever you think about Jump Rope just don't make too much hurry to jump into next more tougher skills. Jump Rope is been done only when your mind is calm & enjoy your routine thoroughly

The Jump Rope is found to be most effective in cardiovascular diseases. Jump Rope has been endorsed by American Heart Association, which advocates it as a way to raise children's physical fitness levels thus reduces their lifetime risk of heart disease, cardiovascular ailments & stroke. Jump Rope can also improve brain function because of its influence on vestibular system in the inner ear, which is responsible for sense of balance & is linked to specific neuroanatomical systems that govern physical movement. Jump Rope requires you to synchronize & harmonize large no. of upper & lower body muscle groups; it generates significant brain activity in cortical center that may result in increased kinesthetic





awareness & mental alertness. As we can see in Fig. 6 & 7, Jump Rope causes one to expend rich amount of calories, thus aiding in weight loss, even it reduces your risk to possible degenerative condition such as osteoporosis by increasing your bone density. Jump Rope helps in developing the strength of wrist, ankle & knee strength & conditioning of back, shoulders & chest.


Chapter – 2 Equipment Required

Correct Rope Length

The length of the rope should be right for your height. Stand on the center of the Rope, and lift the handles upward. The point where the handles meet the rope should be level with your armpits. Before entering the competition floor, the length of the Jumper's Rope will be checked at the designated area by the Technical Director/Head Judge using the guide marked on the floor.

Some types of rope allow you to cut them down to size but if your rope is the wrong length don't despair! Tie knots near the handles to make alterations a good idea if more than one person is going to be using the same rope. Usually different ropes are been used in various events, for an instance in speed & endurance jumpers use Wire rope while in freestyle they prefer licorice Rope/PVC Rope. But in Double Dutch Events the jumpers are free to use Cloth Rope or Beaded Rope or Licorice rope depends on events

Rope	Photo
Competition Rope (Wire Rope/ Cable Rope)	
Freestyle Licorice Rope (Long Handle & Short Handle)	
Practice Rope (Short Handle)	
Freestyle (Beaded Rope)	

Double Dutch (Cloth Rope)	
--------------------------------------	------------------------------------------------------------------------------------

Event	Rope
Speed	(Wire Rope/ Cable Rope)
Endurance	
Double Under	
Triple Under	
Freestyle	Licorice Rope (Long Handle & Short Handle)
Speed & Double Under Relay	Wire Rope & Cable Rope
Double Dutch Speed Relay	Beaded/Licorice/Cloth Rope
Double Dutch Pairs Relay	
Double Dutch Pairs Freestyle	
Double Dutch Pairs Wheel Freestyle	
Single Rope Pairs Freestyle	Licorice Rope

- **Double Dutch Ropes** are between 4 and 6 meter long.
- **Long Ropes** are 10 meter long.

1. **IDEAL ROPE LENGTHS are:**

Rope Length	Suitable for heights
7 ft.	Up to - 4'10"
8 ft.	4' 10" - 5' 3"
9 ft.	5' 4" - 5' 10"
10 ft.	5' 10" - 6' 6"

(Please refer to Fig. 8)

- Jumper may use any length or type of Rope, as long as rope (s) is powered only by jumper
- Attaching Rope or rope handle to body in any way is not allowed as it could be a way for competitor to gain an unfair advantage in State & National Jump Rope Championships.

Props

- A. No props or special equipment may be used to add to the creativity and/or difficulty of the routine i.e. Lolo ball, skip stick, mats, flags, skip-its, etc.
- B. Additional clothing not defined as part of the uniform will be considered props including, but not limited to hats, wrist sweat bands, non-prescription eyeglasses, etc. Costume type props are allowed for demonstration.
- C. The use of stop Watches, Clickers/ Counter, or other timing or pacing devices shall not be used within the trial boundaries including the coaching box.
- D. Jewelry is allowed only if covered with athletic tape

Re-Jump Situations

- A. If a Rope/Handle breaks a repeat attempt is permitted after suitable rest period of at least 10 min. However a Team/ Jumper may only have a maximum of two (2) attempts at the same event. The last attempt determines the score.
- B. If there is some technical errors during State Jump Rope Championships/Zonal Championships/National Jump Rope Championship held for an instance inaccurate clicking etc.
- C. With the permission of T. Director only jumper/team is allowed to re-jump.
- D. No judging modification given on the basis of reputation or last State Jump Rope Championships/National Jump Rope Championship/Zonal Jump Rope Championships records of the jumper/team.

Chapter -3 Participation

Tournament Fee

All bids to host an Official National Jump Rope Championships/ must be accomplished by tournament fees as assessed by council of IJRF® and must be paid to IJRF® by an agreed date.

Qualifications for Jumpers

- a. The residence of competitor is the State Association of which he / she have permanent residence status. Or someone has resided in for 3 consecutive years other wise/he may require NOC from respective State Association.
- b. It is also the responsibility of Coach, Team Manager and State Association to verify the age of competitors.

Note: - There is 1 year's disqualification period for all Jumpers/ State Association Officials for submitting false Information.

- c. It is mandatory to bring original passport/ Date of Birth Certificate/ Transfer Certificate in English or Hindi (certified only)
- d. It is mandatory to bring Medical certificate certified by Doctor
- e. A Competitor can be member of and compete only one team

Drugs

Indian Jump Rope Federation (IJRF) fully supports the complete banning of performance enhancing substances in sport. It consists of the following:

Considering that doping practices contravene sport and medical ethics, and that they constitute the violations of the rules established by the Olympic movement, and concerned by the threat that doping in sport is the concern for all.

The Olympic Movement and other Sports Organizations, Governments, Inter-governmental and Non-governmental Organizations, Sports men's and Sports women's throughout the world, and their entourage.

Sanctions

The sanctions, which apply to doping violations, will be imposed in the framework of controls both during and out of competition. In accordance with the wishes of the athletes, the minimum required sanction for all major doping substances or prohibited methods shall be a suspension of the athlete from all competition for a period of two (1) years, for a first offence & 2 years disqualification for second offence & even lifetime disqualification if he/ she found to be indulge in such violation

NOTE: Smoking, Consumption of Alcohol & Chewing Tobacco are strictly prohibited at State Jump Rope Championships/ Zonal Jump Rope Championships/ National Jump Rope Championship premises

Licensing Rights (Food and Merchandising)

Consideration will be first given to the **Official Indian Jump Rope Federation (IJRF) National Jump Rope Championships Sponsors & Suppliers**. No sales or sampling will be permitted without the written approval of the **Indian Jump Rope Federation (IJRF)**. Violation of this rule will result in the expulsion of person or these companies from the environs of the National Jump Rope Championship. This includes the competitions venue and the accommodation and recreation areas

Age Division

The Age Group will be categorized by **IJRF** Technical Committee in the following way

Sub- Junior	Junior	Senior
Below 12 years	Below 16 years	Below 20 yrs
Below 14 years	Below 18 years	Above 20 years

Gender Division

The Gender Division will be categorized by **IJRF** Technical Committee in the following way

- Male: - All must be male
- Female: - All must be female
- Open: - At least one must be male

Total Number of Jumpers

S. No.	Event	Participation		
		Boys	Girls	Total
1	Single Rope Speed 30 Sec.	1	1	2
2	Single Rope Endurance 3 min.	1	1	2
3	Single Rope Double Under 30 sec.	1	1	2
4	Single Rope Triple Under	1	1	2
5	Single Rope Freestyle (Unlimited)	1	1	2
6	Speed 30 Sec. Relay & Double Under	4	4	8
7	Double Dutch Speed Relay	3	3	6
8	Double Dutch Pairs Relay	4	4	8
9	Double Dutch Pairs Freestyle	4	4	8
10	Double Dutch Pairs Wheel Freestyle	2	2	4
11	Single Rope Pairs Freestyle	2	2	4
12	Demo cup	6-15		

Rule for Master's Event

As per rule 12 jumpers (3 males & 3 females per age divisions) will participate in Masters Event in Junior & Senior National Jump Rope Championships (as there are only 2 age divisions) while 9 jumpers (3 males & 3 females per age divisions) will participate in Masters Event in Sub-Junior National Jump Rope Championships (as there are 3 age divisions)

Rule for Team's Event

As per rule 12 jumpers (6 males & 6 females per age divisions) will participate in Team Event in Sub-Junior, Junior & Senior National Jump Rope Championships (as two are only 2 age divisions) while 16 jumpers (8 males & 8 females per age divisions)

Rule for Demo Cup

As per rule 6 - 15 jumpers from any age division and from any gender will participate in it.

Event		Sub-Junior	Junior	Senior
Masters	Boys	6	6	6
	Girls	6	6	6
Team	Boys	8	8	8
	Girls	8	8	8
Total Jumpers		28	28	28

Event Entry Rules

- A. Jumper may only enter in an appropriate age group & Gender division
- B. Jumpers may compete only once in a given event

Code of Conduct

- A. Sportsmanship and discipline are the almost importance and expected of all Participant, Coaches and Spectators.
- B. All Participant, Coaches and Spectators must not state other competitors which he/she is competing.
- C. Jumper must wait at their station until all jumpers in that have finished.
- D. From a Team two (2) Team Coach (for Boys & Girls) & 2 Team Managers (for Boys & Girls) & one Doctor will be counted as Official.
- E. No Team Coach or Team Manager can't do Referee ship at National Jump Rope Championship.
- F. Coaches and Spectators are not to enter the competition there will be no coaching from the side line by any one.
- G. In the team competitions the extra number of the competition team may be on competitions floor and may only encourage his/her competition team member. This member must be registered as a part of competition team. Violation of this rule will be reviewed by the Rule Committee
- H. If possible we should congratulate others, whether they are teammate or not, for any effort well done and we should rejoice in the successes of others whether big or small.
- I. We should be pleased and proud to share skills and techniques with others to see others improve because that helps our sport improve
- J. We should always treat everyone else with the same respect courtesy and kindness, as we would like them to show us
- K. If a Rope or a handle breaks a repeat attempt is permitted after a suitable rest period.
- L. There will be disqualification after 3 calls out at the time of National Jump Rope Championships.
- M. The State Association Representative/Coach should submit the entry form before 07 days from National Jump Rope Championship.
- N. The State Association is responsible to take away their Jumpers from the jury table.
- O. If a State Association having any query or confusion then only one member except Jumper will allow to have converse with appointed T. Director.
- P. Team Manager & Coach should be there at National Jump Rope Championship venue during National Jump Rope Championship.
- Q. Gum Chewing is not permitted during National Jump Rope Championship for safety as well as for cleanliness
- R. Sick or injured jumper will not be awarded a re-jump

Music

If music is used for the competition, each original competition CD must be handed in at the sound table or to the sound technician in time to be loaded & played for the corresponding freestyle. The required lead time for the music submission will be announced by the tournament organizer before the event, depending on music equipment available.

There will be no violation if the music isn't handed in on time, but the team will have to compete without music.

If the music is used there will still be manual timing.

If the wrong music is played & the Jumper/ team jumps for more than 5 sec. to that incorrect music, he/she/ they will be judges & will not be entitled to a re-jump.

If the jumper/team jumps for less than 5 sec. to the incorrect music & if he/she/they can supply the sound technician with the correct music within 15 min, the jumper/ team will be permitted to re-jump. The last attempt determines the score.

If the music fails during a routine, the jumper/ team should continue without music as he/she/they will not be permitted to re-jump, unless the fault was definitely caused by the sound system & not due to faulty CD. The possibility to test CDs before the competition will be provided by the organizers

The CD must have only one track required for that event.

Uniform

- A. Each Jump Rope State Association must decide on their team uniform, which must correspond.
- B. Jump Rope team uniform may have Team Name Sponsor and/or logo displayed during the competition
- C. Well cushioned sport shoes will absorb better impact. Supportive athletics shoes and socks must be worn to protect the Jumper's feet.
- D. No items of jewelry may be worn. The exceptions are a wedding band, ear studs and medic alert brecciate

Judges Uniform

PANT-----BLACK COLOUR
SHIRT-----Yalow COLOUR
BLAZER-----BLACK COLOUR
TIE-----COMPULSARY

Note: Shirt must have logo of IJRF

Referees Uniform

PANT-----BLACK COLOUR
SHIRT-----SKY BLUE COLOUR
BLAZER-----BLACK COLOUR
TIE-----COMPULSARY

Note: T-Shirt must have logo of IJRF

Jumper's Uniform

T-SHIRT-----ANY COLOR
SHOTS-----ANY COLOR
SHOES-----ANY SPORT SHOES

(Each State Association must have a matching uniform for the parade of athletes & for the medal ceremonies.)

Floor Surface

1. The surface should be of a high quality sports floor such as a basketball court
2. The floor should be marked with the rectangular with lines that are at 90° angle of each other and must measure 12m x 12m (Please refer to Fig. 1, 2, 3 & 4 under Diagram Section)
3. The floor should be of a high quality e.g. of wooden sprung/cushion floor

Protest & Appeals:

A five person Appeal Committee will be appointed by the IJRF Executive for the National Jump Rope Championships. The Committee will have jurisdiction over all rule interpretations and disagreements that occur.

This committee will be chaired by the **Technical Director** who as the Chair Person will not vote and will consist of the National Jump Rope Championship Director, two **members of Rules Committee** and two **Senior Jumpers**. There should not be more than one person from the same State Association on the appeal committee.

One designated team official who is declared by each State Association prior to the National Jump Rope Championships may only make appeals.

In the first instance the designated Official, nominated representative from a State Association will make an informal, verbal request for clarification or ruling from the National Jump Rope Championship Director. Should an unsatisfactory response be given then a written appeal is to be submitted to the Appeal Committee with a deposit of Rs. 2000/-.

The Appeal Committee will hear an appeal at the first Opportunity, at the National Jump Rope Championships and render a decision before the **Distribution of Result**.

All the Judges & Referees must be **Official IJRF Judges & Referees** who have attended the **mandatory Judges Clinic & Referee ship Camp** to be held before National Jump Rope Championship.

Withdrawal

In the event of a competitor/team failing to appear on competition floor within 1 min. after being called, it will be considered a Withdrawal & That particular event for the Jumper/ team will be deleted from the National Jump Rope Championship list.

Injury: - In case of an injury during the competition, the Jumper/Coach will decide whether to continue the vent or not. There will be no re-jump & the event will be scored according to what was shown

In case of injury to a competitor before the competition begins, no other jumper who is not a member of that team will be permitted to compete in their place. There will be no substitution

Awards

Points will be awarded for each event using the following formula:

For Speed 30 Sec. & Double Under 30 Sec.

$$\text{Score} \times 5 = \text{total}$$

For Single Rope Freestyle

$$\text{Difficulty} + \text{Presentation} + \text{Variation1} + \text{Variation 2} = \text{Total Score} - \text{Deduction} = \text{Actual Score}$$

For Double Dutch Freestyle

$$\text{Difficulty} + \text{Presentation} + \text{Teamwork1} + \text{Teamwork2} = \text{Total Score} - \text{Deduction} = \text{Actual Score}$$

Tie-Breaker

- A. The very first tie breaker is average accuracy
- B. The second Tie breaker is Violations such as Space Violation; False Start etc.
(Please refer to Terms section)

Requirement For Jury Table

The Jury table must have the Stopwatch, a pen, a pad, a Whistle and a Flip card.

Chapter – 4 State Jump Rope Championship Events

Please refer to fig. 4 for to see the Categorization of Events under Diagram section.

SINGLE ROPE INDIVIDUAL EVENT COMPETITION PART – 1



1. Single Rope 30 second Speed Event - Sprint

TIME LIMIT:

30 Seconds

ROPES:

Any Single Rope may be used.

EVENT START:

- The **Single Rope 30 Seconds Speed Event a.k.a Jogging Step a.k.a Sprint** will begin with the time keeper calling out "Set Go"
- Single Rope 30 Seconds Speed Events** will begin with audio call out, "Judges Ready, Jumpers Ready, Set Go "
- The Rope must be still with no arm, no rope motion until the words "Go" have been said
- d) On each no false starts are permitted. In a case of a false start the Jumper Will receive a deduction of 0.5 points and will have to continue the attempt.
- Score will be given to Judges within 5 - 10 sec.

CALL OUT:

"Judges Ready, Jumpers Ready, Set Go, 10, 20, Stop. "

COUNTING MISSES/ DEDUCTIONS:

- There is 0.5 point deduction for Time Violation and Space Violation
- Misses will be recorded as Minor/Major Misses by the Judges. A Minor Miss is a 0.5 point deduction and a Major Miss is a 1.0 point deduction

COUNTERS

- For the **SR Speed 30 sec event**, there will be minimum of three counters (two Referees & 1 Judge) will be designated at all speed stations. All Referees must display their counter score to their judge.
- If the difference between the score is 5 or less than 5, than the closer of two scores will be averaged with the advantage going to the Jumper
- If the difference between the score is 5 or greater than 5, than the closest of two scores will be averaged with the advantaged with advantage going to the Jumper
- If the scores consistently vary by more than 5, the three judges should consider the following before proceeding.
 - Mechanical failure of the counter
 - The counter has been dropped
 - The replacement of a judge because of doubt about his/her counter scoring

GOAL

To compete as many jumps as possible within 30 second



(2). Single Rope 3 Minute Endurance Event

TIME LIMIT:

3 minutes/180 seconds

ROPES:

Any Single Rope may be used.

EVENT START:

- a) The **Single Rope Endurance 3 min Event** will begin with the time Keeper calling out "SET GO"
- b) **SR Endurance 3 min Event** will begin with audio call out, "Judges Ready, Jumpers Ready, Set Go."
- c) The Rope must be still with no arm, no rope motion until the words "Go" have been said
- d) On each no False Starts are permitted. In a case of a False start the Jumper Will receive a deduction of 5 points and will have to continue the attempt.
- e) Score will be given to Judges within 5 - 10 sec.

CALL OUT:

"Judges Ready, Jumpers Ready, Set Go, 1, 2, 2.30, 2.45, Stop. "

COUNTING MISSES/ DEDUCTIONS:

- a. There is 0.5 point deduction for Time Violation and Space Violation Misses will be recorded as Minor/Major Misses by the Creativity / Technical.
- b. Merit Judges. A Minor Miss is a 0.5 point deduction and a major miss is a 1.0 point deduction.

COUNTERS

- For the **Single Rope Endurance 3 min event**, there will be minimum of three counters (2 Referees & 1 Judge) will be designated at all speed stations. All Referees must display their counter score to other judges.
- If the difference between the score is 5 or less than 5, than the closer of two scores will be averaged with the advantage going to the Jumper
- If the difference between the score is 5 or greater than 5, than the closer of two scores will be averaged with the advantage going to the Jumper
- If the scores consistently vary by more than 5, the three judges should consider the following before proceeding.
 - a. Mechanical failure of the counter
 - b. The counter has been dropped
 - c. The replacement of a judge because of doubt about his/her counter scoring

GOAL

To compete as many jumps as possible within 3 minute/180 seconds



(3). *Single Rope Doable Under 30 Sec. Event*

TIME LIMIT:

30 seconds

ROPES:

Any Single Rope may be used.

EVENT START:

- a) The **Single Rope Doable Under 30 sec Event** will begin with the time Keeper calling out "Set Go"
- b) The **Single Rope Doable Under 30 sec. Events** will begin with audio call Out "Judges Ready Jumpers Ready, Set Go "
- c) The rope must be still with no arm, no rope motion until the words "Go" have been said
- d) On each no false starts are permitted. In a case of a false start the Jumper will receive a deduction of 5 points and will have to continue the attempt.
- e) Score will be given to Judges within 5 - 10 sec.

CALL OUT:

"Judges Ready, Jumpers Ready, Set Go, 10, 20, Stop. "

COUNTERS

- For the **Single Rope Doable Under 30 sec event**, there will be minimum of three counters will be designated at all speed stations. All Referees must display their counter score to other judges.
- If the difference between the score is 5 or less than 5, than the closest of two scores will be averaged with the advantaged with advantage going to the Jumper.
- If the difference between the score is 5 or greater than 5, than the closest of two scores will be averaged with the advantaged with advantage going to the Jumper
- If the scores consistently vary by more than 5, the three judges should consider the following before proceeding.
 - a. Mechanical failure of the counter
 - b. The counter has been dropped
 - c. The replacement of a judge because of doubt about his/her counter scoring

GOAL

To compete as many jumps as possible within 30 sec.



(4). Single Rope Triple Under Event

TIME LIMIT:

No time limit

ROPES:

Any Single Rope may be used.

EVENT START:

- a) The **SR Triple under Event** will begin with the time Keeper calling out "You may begin"
- b) The **SR Triple under Events** will begin with audio call out "Judges Ready, Jumpers Ready, You may begin "
- c) The rope must be still with no arm, no rope motion until the words "You may begin now" have been said
- d) On each no false starts are permitted. In a case of a false start the Jumper will receive a deduction of 5 points and will have to continue the attempt.
- e) Score will be given to Judges within 5 - 10 sec.

CALL OUT:

"Judges Ready, Jumpers Ready, You may begin ..."

CHANCES

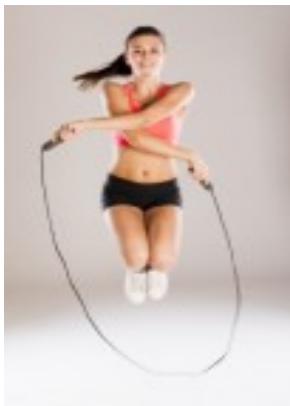
For the **Single Rope Triple Under event**, there will be three (3) chances given to jumper if the score is less than 5.

COUNTERS

- For the **Single Rope Triple Under event**, there will be minimum of three counters (2 Referees & 1 Judge) will be designated at all speed stations. All Referees must display their counter score to other judges.
- If the difference between the score is 5 or less than 5, than the closest of two scores will be averaged with the advantaged with advantage going to the Jumper
- If the difference between the score is 5 or greater than 5, than the closer of two scores will be averaged with the advantage going to the Jumper
- If the scores consistently vary by more than 5, the three judges should consider the following before proceeding.
 - A. Mechanical failure of the counter
 - B. The counter has been dropped
 - C. The replacement of a judge because of doubt about his/her counter scoring

GOAL

To compete as many jumps as possible.



(5). Single Rope Freestyle Event

TIME LIMIT:

60 to 75 Seconds

ROPES:

Any Single Rope may be used.

EVENT START:

- a) The **Single Rope Freestyle Event** will be begin with the time Keeper calling out “You may begin”
- b) The **Single Rope Freestyle Events** will begin with audio call out, “Judges Ready, Jumpers Ready, You may begin now
- c) The rope must be still with no arm, no rope motion until the words “You may begin now” have been said
- d) On each no False Starts are permitted. In a case of a False Start the Jumper will receive a deduction of 5 points and will have to continue the attempt.

CALL OUT:

“Judges Ready, Jumpers Ready, Set Go/ you may begin, 60, 65, 70 Stop. “

COUNTERS

For the **Single Rope Freestyle event**, there will be minimum of three counters will be designated at all speed stations. The headcounter records the official speed score. All Judges must display their counter score to other judges

MUSIC

The use of music is optional but if it is used an impression of creativity must be shown. The routine must fit on music it will be punished with a deduction of points for creativity.

GOAL

To complete the event within 75 sec.

SINGLE ROPE/ DOUBLE DUTCH TEAM EVENT COMPETITION PART -2**(6). Single Rope Speed & Double Under Relay Event****TIME LIMIT:**

4 x 30 seconds = 120 seconds / 2 minutes

ROPES:

Any Single Rope may be used.

EVENT START:

- a) The **SR Speed & Double Under Relay Event** will be begin with the time Keeper calling out “Set Go”
- b) The SR Speed& Double Under Relay Events will begin with audio call out, “Judges Ready, Jumpers Ready, Set Go “

- c) In the SR speed & Double Under relay event the command “Switch” will be after 30 seconds
- d) The rope must be still with no arm, no rope motion until the words “Go” or “You may begin now” have been said
- e) On each no false starts are permitted. In a case of a false start the Jumper will receive a deduction of 5 points and will have to continue the attempt.
- f) Score will be given to Judges within 5 - 10 sec.

CALL OUT:

“Judges Ready, Jumpers Ready, Set Go, 10, 20, Switch, 10, 20, Switch, 10, 20, Switch, 10, 20, Stop. “

COUNTERS

For the **Single Rope Speed & Double Under Relay event**, there will be minimum of three counters (2 Referees 1 Judge) per Jumper will be designated at all speed stations. All Referees must display their counter score to other judges.

If the difference between the score is 5 or less than 5, than the closer of two scores will be averaged with the advantage going to the Jumper

If the difference between the score is 5 or greater than 5, than the closest of two scores will be averaged with the advantaged with advantage going to the Jumper

If the scores consistently vary by more than 5, the three judges should consider the following before proceeding.

- d. Mechanical failure of the counter
- e. The counter has been dropped
- f. The replacement of a judge because of doubt about his/her counter scoring

CHANGING JUMPERS - SWITCH

- For the SR speed& Double Under relay event the first Jumper completes as many as jumps as possible in the first 30 seconds. At the 30 second mark, the command “Switch” is called out by the timer.
- The first Jumper stops skipping and the second Jumper begin and go for the next 30 seconds.
- There is no break in timing for the switch to be made.
- The procedure is repeated for the third and fourth Jumpers.
- A false switch result in 5 points deduction. A false start also brings in 5 points deduction.
- When “Switch” is called the counting is stopped until the next Jumper begins with their right foot hitting the floor and the rope passing under the right foot cleanly
- A False Switch is when a Jumper starts skipping before the call of “Switch”.
- In the SR Speed& Double Under Relay Event, first two jumpers will do jogging step while 3rd and 4th Jumpers will do Double Under.
- A False start is when the Jumper start to turn or move the rope before the word “Go”
- If a Jumper commits a false start there will be a – 5 point deduction from the Jumper’s score. If a false start is detected the judges do not stop the Jumper, there will be allowed to complete the event

GOAL

To compete as many jumps as possible



(7). Double Dutch Speed Relay

TIME LIMIT:

3 x 40 seconds = 120 seconds / 2 minutes

ROPES:

(Beaded/Licorice/Cloth Rope) any Double Dutch Rope may be used.

EVENT START:

- The **Double Dutch Speed Relay Event** will begin with the time Keeper calling out "Set Go"
- The **Double Dutch Speed Relay Events** will begin with audio call Out "Judges Ready, Jumpers Ready, Set Go"
- In the **DDSR Event** the command "Switch" will be after 40 seconds
- The rope must be still with no arm; no rope motion until the words "Go" or "You may begin now" have been said
- On each no false starts are permitted. In a case of a false start the Jumper will receive a deduction of 5 points and will have to continue the attempt.
- Score will be given to Judges within 5 - 10 sec.

CALL OUT:

"Judges Ready, Jumpers Ready, Set Go, 10, 20, 30, Switch, 10, 20, 30, Switch, 10, 20, 30, Stop.

COUNTERS

For the **DDSR event**, there will be minimum of three counters will be designated at all speed stations.

The headcounter records the official speed score. All Judges must display their counter score to other judges.

If the difference between the score is 5 or less than 5, than the closer of two scores will be averaged with the advantage going to the Jumper

If the difference between the score is 5 or greater than 5, than the closest of two scores will be averaged with the advantaged with advantage going to the Jumper

If the scores consistently vary by more than 5, the three judges should consider the following before proceeding.

- Mechanical failure of the counter
- The counter has been dropped
- The replacement of a judge because of doubt about his/her counter scoring

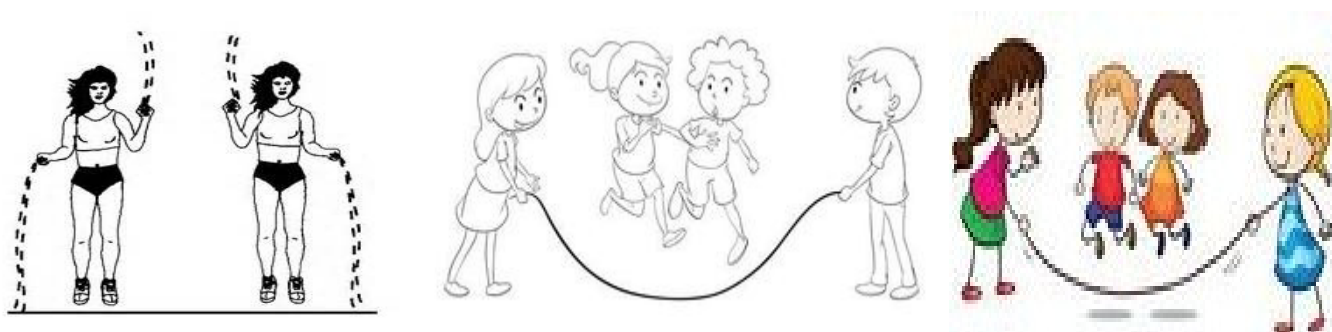
CHANGING JUMPERS - SWITCH

- For the **Double Dutch Speed Relay event** the first Jumper completes as many as jumps as possible in the first 40 seconds. At the 40 second mark, the command "Switch" is called out by the timer.
- The first Jumper stops skipping and the second Jumper begin and go for the next 40 seconds.
- There is no break in timing for the switch to be made.

- The procedure is repeated for the third and fourth Jumpers.
- A false switch result in 5 points deduction. A false start also brings in 5 points deduction.
- When “Switch” is called the counting is stopped until the next Jumper begins with their right foot hitting the floor and the rope passing under the right foot cleanly
- A False Switch is when a Jumper starts skipping before the call of “Switch”. In the **Double Dutch Speed Relay Event**, the 2nd Jumpers must not enter the ropes until the 1st Jumper has left.
- A False start is when the Jumper start to turn or move the rope before the word “Go”
- If a Jumper commits a false start there will be a – 5 point deduction from the Jumper’s score. If a false start is detected the judges do not stop the Jumper, there will be allowed to complete the event (Please refer to fig. 5 under Diagram section to have an overview of arrangement or procedure for DDSR)

GOAL

To compete as many jumps as possible



(8). Double Dutch Pairs Relay

TIME LIMIT:

2 x 60 seconds = 120 seconds or 2 minutes

ROPES:

(Beaded/Licorice/Cloth Rope) any Double Dutch Rope may be used.

EVENT START:

- The **Double Dutch Pairs Relay Event** will begin with the time Keeper calling out “You may begin”
- The **D. D. Pairs Relay Events** will begin with audio callout “Judges Ready, Jumpers Ready, Set Go “
- In the **Double Dutch Pairs Relay Event** the command “Switch” will be after 40 seconds
- The rope must be still with no arm, no rope motion until the words “Go” or “You may begin now” have been said
- On each no false starts are permitted. In a case of a false start the Jumper will receive a deduction of 5 points and will have to continue the attempt.
- Score will be given to Judges within 5 - 10 sec.

CALL OUT:

“Judges Ready, Jumpers Ready, Set Go, 15, 30, 45, Switch, 15, 30, 45, Stop. “

COUNTERS

- For the **Double Dutch Pairs Relay event**, there will be minimum of three counters will be designated at all speed stations.
- The headcounter records the official speed score. All Judges must display their counter score to other judges.
- If the difference between the score is 5 or less than 5, than the closer of two scores will be averaged with the advantage going to the Jumper

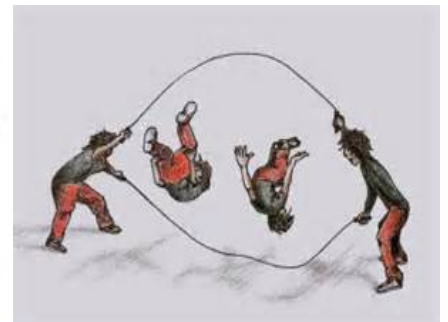
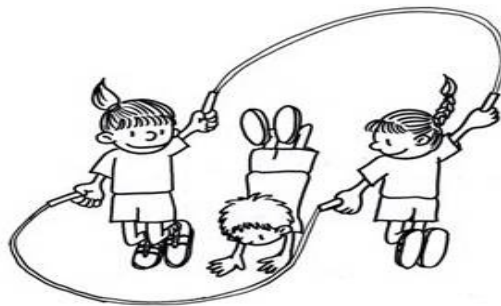
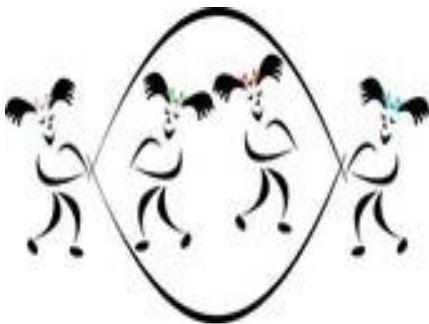
- If the difference between the score is 5 or greater than 5, than the closest of two scores will be averaged with the advantaged with advantage going to the Jumper
- If the scores consistently vary by more than 5, the three judges should consider the following before proceeding.
 - i. Mechanical failure of the counter
 - ii. The counter has been dropped
 - iii. The replacement of a judge because of doubt about his/her counter scoring

CHANGING JUMPERS – SWITCH

- For the **Double Dutch Pairs Relay** the first Jumper completes as many as jumps as possible in the first 60 seconds. At the 60 second mark, the command “Switch” is called out by the timer.
- The first Jumper stops skipping and the second Jumper begin and go for the next 60 seconds.
- There is no break in timing for the switch to be made.
- The procedure is repeated for the third and fourth Jumpers.
- A false switch result in 5 points deduction.
- A false start also brings in 5 points deduction.
- When “Switch” is called the counting is stopped until the next Jumper begins with their right foot hitting the floor and the rope passing under the right foot cleanly
- A False Switch is when a Jumper starts jumping before the call of “Switch”.
- In the **D. D. Pairs Relay Event**, the 2nd Jumpers must not enter the ropes until the 1st Jumper has left.
- A False start is when the Jumper start to turn or move the rope before the word “Go”
- If a Jumper commits a false start there will be a – 5 point deduction from the Jumper’s score.
- If a false start is detected the judges do not stop the Jumper, there will be allowed to complete the event

GOAL

To compete as many jumps as possible



(9). Double Dutch Pairs Freestyle Event

TIME LIMIT:

60 –75 seconds (4 Jumpers) at 60 seconds, there will be a signal to indicate that the Jumper has 15 seconds remaining in which to complete the routine

ROPES:

(Beaded/Licorice/Cloth Rope) any Double Dutch Rope may be used.

EVENT START:

- a) The **Double Dutch Pairs Freestyle Event** will begin with the time Keeper calling out "You may begin"
- b) The **DDPF Events** will begin with audio call out, " Judges Ready, Jumpers Ready, You may begin"
- c) The rope must be still with no arm, no rope motion until the words "Go" have been said
- d) On each no False Starts are permitted. In a case of a False Start the Jumper will receive a deduction of 5 points and will have to continue the attempt.

CALL OUT:

"Judges Ready, Jumpers Ready, You may begin, 60, 65, 70, Stop. "

COUNTERS

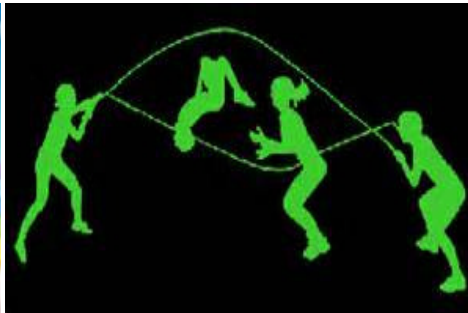
For **DDPF event**, there will be minimum of three counters will be designated at all stations. The headcounter records the official score. All Judges must display their counter score to other judges

MUSIC

The use of music is optional but if it is used an impression of creativity must be shown .the routine must fit on music otherwise it will be punished with a deduction of points for creativity.

GOAL

To complete the event within 75 Sec.



(10). Double Dutch Pairs Wheel Freestyle Event

TIME LIMIT:

60 -75 seconds (2 Jumpers) at 60 seconds, there will be a signal to indicate that the Jumper has 15 seconds remaining in which to complete the routine

ROPES:

(Beaded/Licorice/Cloth Rope) any Double Dutch Rope may be used.

EVENT START:

- a) The **Double Dutch Pairs Wheel Freestyle Event** will begin with the time Keeper calling out "You may begin."
- b) The **DDPWF Events** will begin with audio call out, " Judges Ready, Jumpers Ready, You may begin"
- c) The rope must be still with no arm, no rope motion until the words "Go" have been said.
- d) On each no False Starts are permitted. In a case of a False Start the Jumper will receive a deduction of 5 points and will have to continue the attempt.

CALL OUT:

"Judges Ready, Jumpers Ready, You may begin, 60, 65, 70, Stop. "

COUNTERS

For **Double Dutch Pairs Wheel Freestyle Event**, there will be minimum of three counters will be designated at all stations. The headcounter records the official score. All Judges must display their counter score to other judges

MUSIC

The use of music is optional but if it is used an impression of creativity must be shown .the routine must fit on music otherwise it will be punished with a deduction of points for creativity.

GOAL

To complete the event within 75 Sec.



(11). Single Rope Pairs Freestyle Event

TIME LIMIT:

60 –75 seconds (2 jumpers)

ROPES:

Any Single Rope may be used.

EVENT START:

- a) The Single Rope Pairs Freestyle Event will be begin with the time Keeper calling out “You may begin”
- b) The Single Rope Pairs Freestyle Events will begin with audio call out, “Judges Ready, Jumpers Ready, You may begin”
- c) The rope must be still with no arm, no rope motion until the words “You may begin now” have been said

CALL OUT:

“ Judges Ready, Jumpers Ready, Set Go, 60, 65, Stop. “

COUNTERS

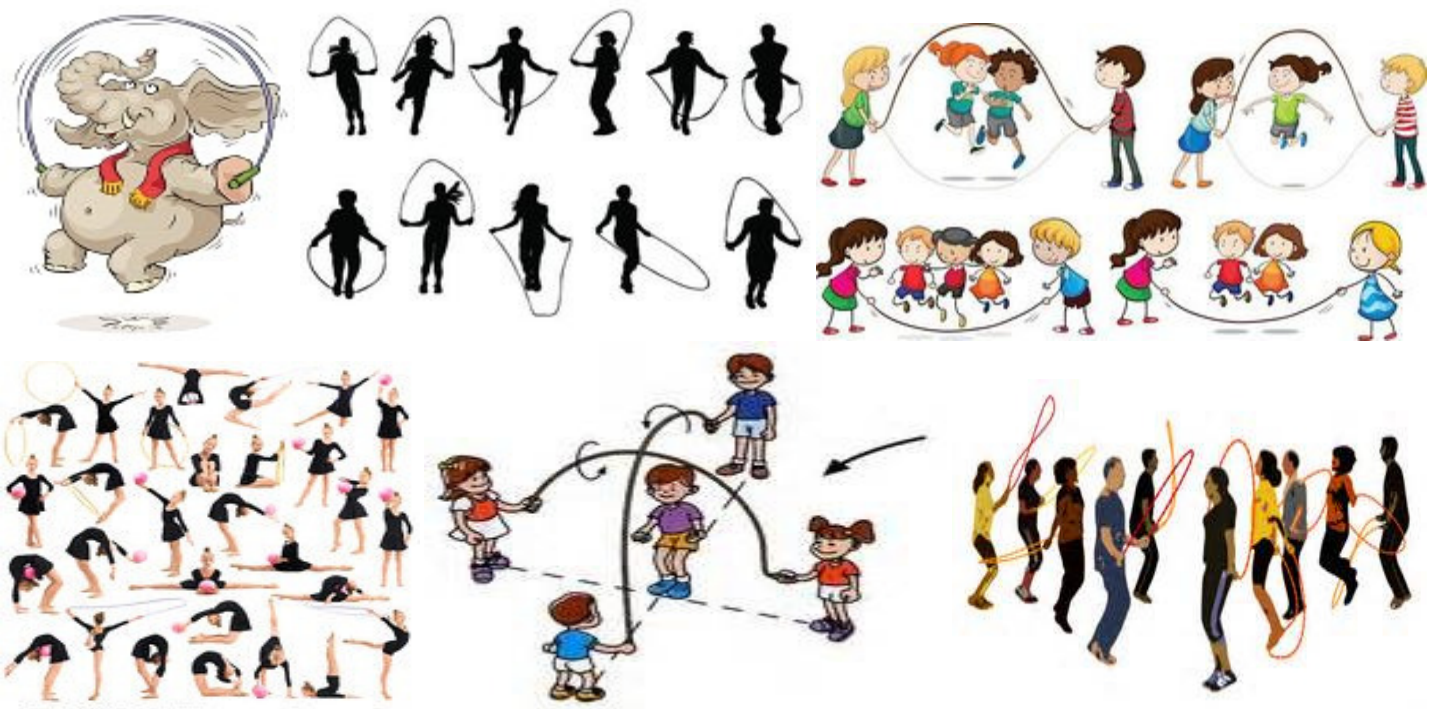
For **Single Rope Pairs Freestyle Event**, there will be minimum of three counters will be designated at all stations. The headcounter records the official score. All Judges must display their counter score to other judges

MUSIC

The use of music is optional but if it is used an impression of creativity must be shown. the routine must fit own music it will be punished with a deduction of points for creativity.

GOAL

To compete as many jumps as possible



(12). Demo Cup Event

TIME LIMIT:

4- 8 minutes (6 to 15 Jumpers) there will not be any age restriction for this event.

ROPES:

Any Single Rope /Double Dutch Rope may be used.

EVENT START:

- a) The **Demo Cup Event** will be begin with the time Keeper calling out “ Set Go”
- b) The **Demo Cup Events** will begin with audio call out,Judges Ready, Jumpers Ready, Set Go “
- c) The rope must be still with no arm, no rope motion until the words “Go have been said
- d) On each no False Starts are permitted. In a case of a False Start the Jumper will receive a deduction of 5 points and will have to continue the attempt.

CALL OUT:

“ Judges Ready, Jumpers Ready, Set Go, 5, 6, 7, 7: 30, 7:45 Stop. “

COUNTERS

For **the Demo Cup event**, there will be minimum of three counters will be designated at all speed stations. The headcounter records the official speed score. All Judges must display their counter score to other judges

MUSIC

The use of music is optional but if it is used an impression of creativity must be shown .the group routine must fit on music otherwise it will be punished with a deduction of points for creativity.

GOAL

To complete the event between 4 - 8 min.

Chapter – 5 Diagrams

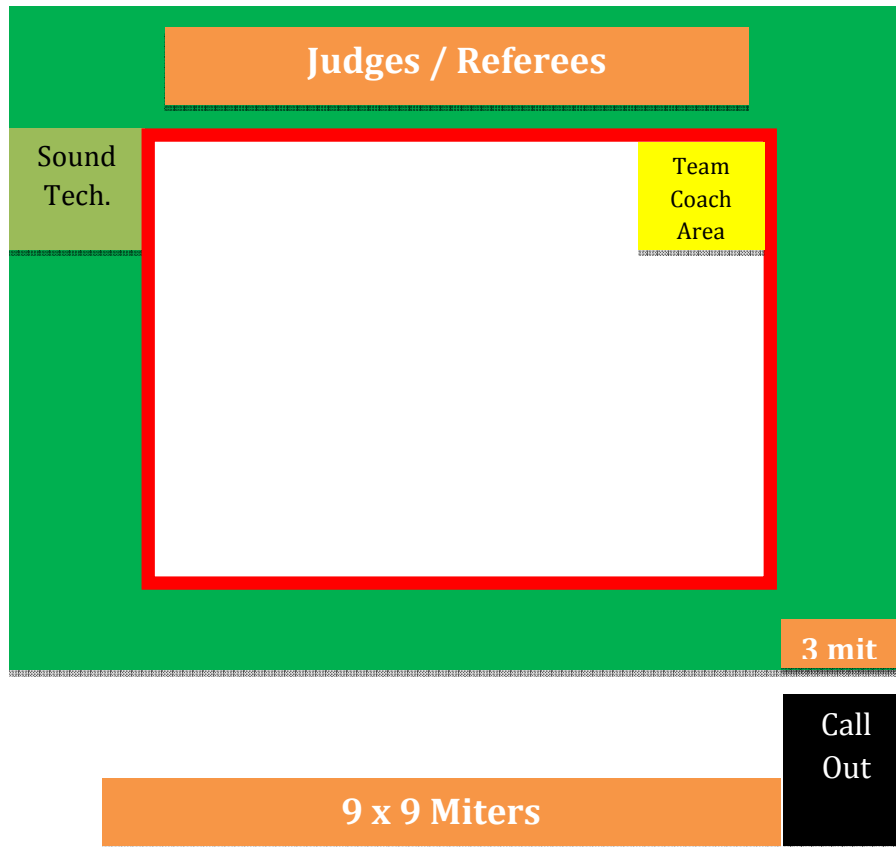


Fig. 1 - SR Freestyle, DDSR, DDPR Court.

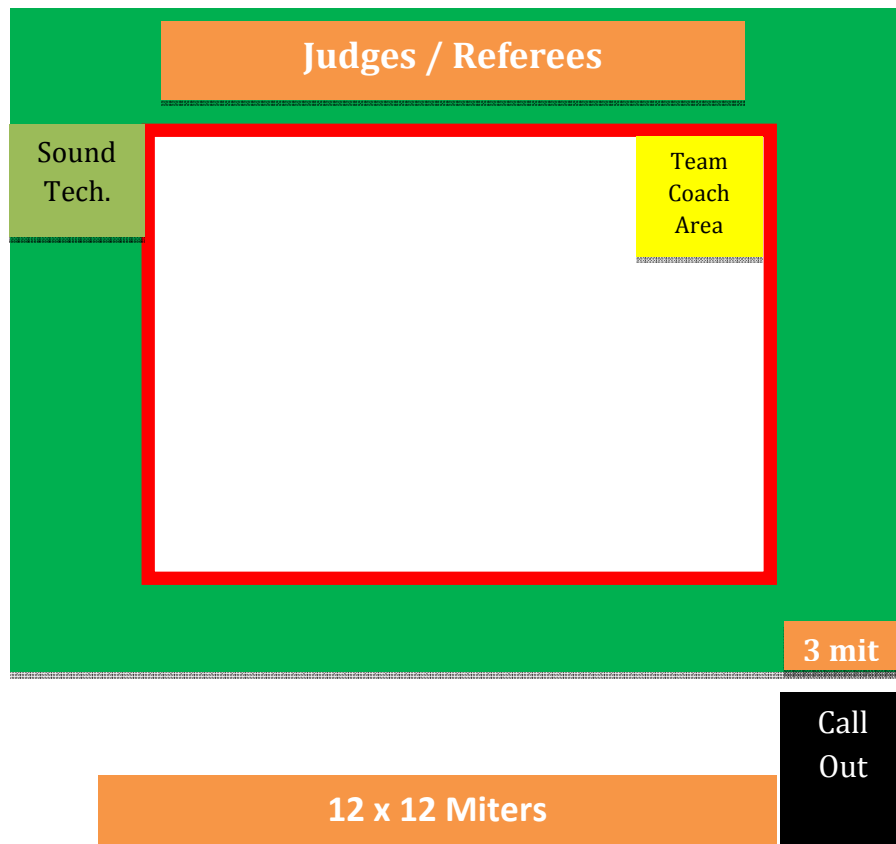
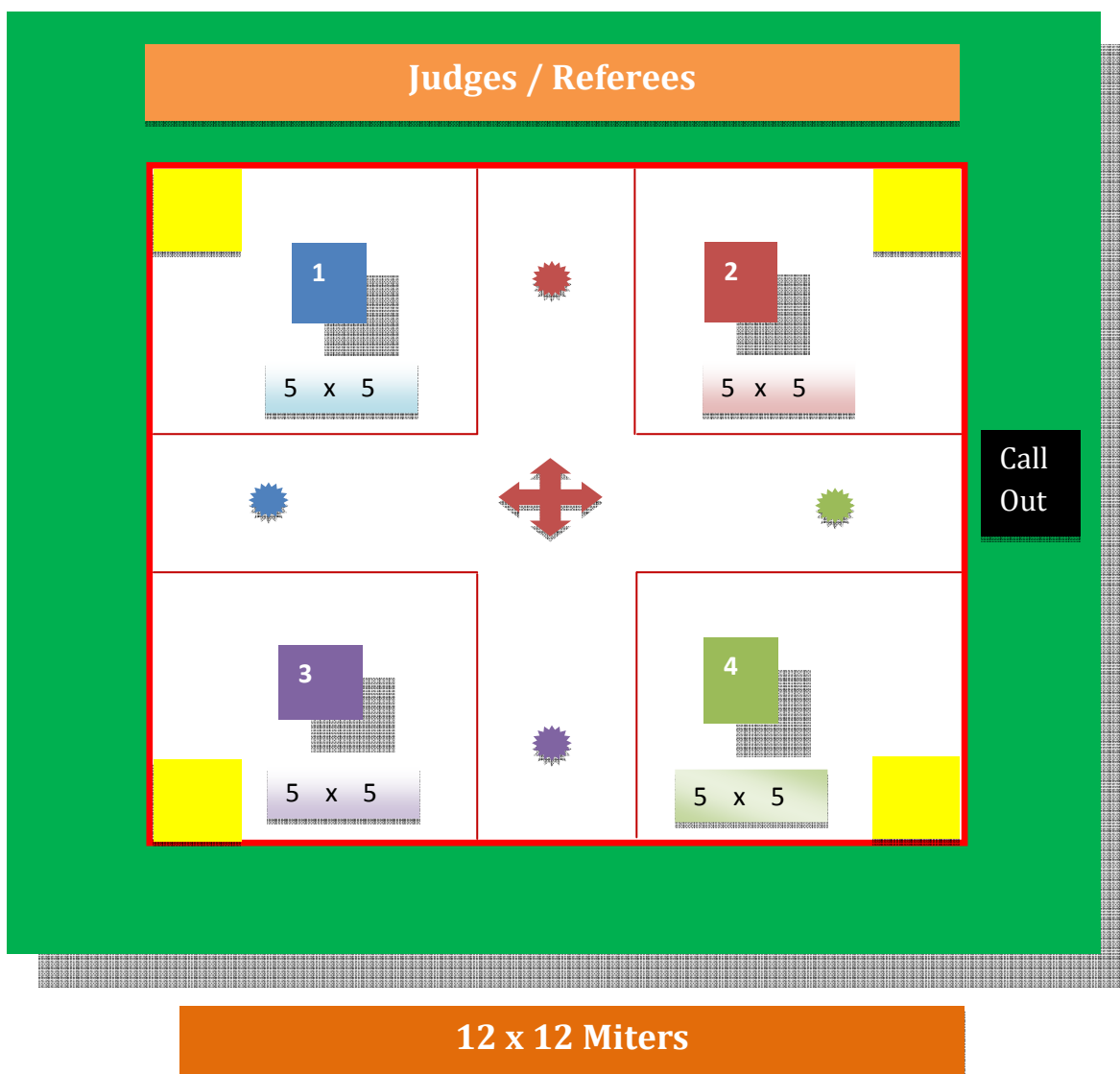


Fig. 2 - SRPF, DDPF, Demo Cup Court.



● Fig. 3 Speed Stations Events.

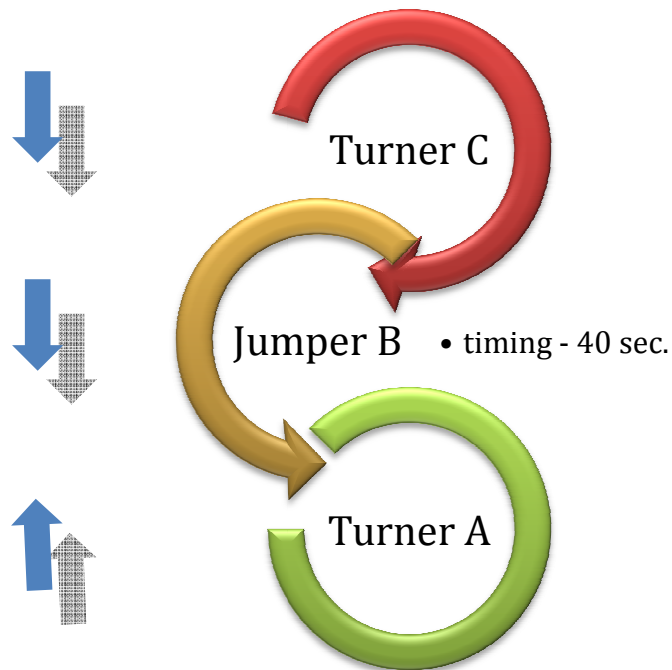
● **Masters/Individual: -**

Speed
Endurance
DU
TU
Freestyle

● **Team: -**

Speed & DU Relay
DDSR
DDPR
DDPF
DDPWF
SRPF
Demo Cup

Fig. 4 Categorization of Jump Rope Events.



Arrows are representing face of the jumper

Fig. 5 Procedure for DDSR

Jump Rope for 10 minutes at 120 rpm is equals to following activities	
Activity	Time
Cycling	2 miles in 6 minutes
Handball	20 minutes
Jogging	30 minutes at a moderate pace
Running	1 mile in 12 minutes
Swimming	720 yards in 12 minutes
Tennis	2 sets

Fig. 6 Jump Rope for 10 min. @ 120 rpm =

Table 1.2 Calorie Burn Comparison Chart (Activity : 1 hr – Jump Rope)			
	59 Kg	70 kg	86 kg
Jump Rope fast	708	844	1035
Jump Rope moderate	590	704	863
Jump Rope slow	473	563	690

Fig. 7 Calorie burn Comparison Chart

Body size	150 cm	155 cm	160 cm	165 cm	170 cm	175 cm	180 cm	185 cm	190 cm	195 cm	200 cm	205 cm
PVC hose	86 cm	89 cm	92 cm	95 cm	98 cm	101 cm	104 cm	107 cm	110 cm	113 cm	116 cm	120 cm

Fig. 8 Different sizes of Rope s available



Fig. 9 Disintegration of Double Dutch

Chapter – 6 Required Elements

For Single Rope

Multiple Under	Inversion or Displacement	Speed Dynamics	Spatial Dynamics	Rope Manipulations
Skills that involve the rope rotating more than one time per jump.	Skills requiring a change in the center of gravity, displaying strength, balance, flexibility, and/or Agility (including gymnastic- type tricks).	Skills demonstrating an obvious attempt to alter the pace of the rope.	<p>Movement around the performance area. To receive full credit, jumpers must use all four.</p> <p>Quadrants of the competition area outside of a three-foot center circumference. If the jumper.</p> <p>Uses 2-3 quadrants, partial credit should be given. The quadrants should be seen as a + Formation on the floor.</p>	<p>Skills that cause the rope to perform motions other than the standard loop around the body (e.g.</p> <p>Crosses, releases, swings, wraps).</p>
M	I	J	S	R

For Double Dutch

Multiple Under	Inversion or Displacement	Speed Dynamics	Spatial Dynamics	Rope Manipulations
Skills that involve the rope rotating more than one time per jump.	Skills requiring a change in the center of gravity, displaying strength, balance, flexibility, and/or agility (including gymnastic-type tricks).	Synchronized team speed footwork	Any movement that results in a jumper becoming a turner and a turner becoming a jumper.	Skills related to turning the ropes (turner involvement).
M	I	J	S	R

Chapter – 7 Terms Used

- A.** Acrobatics: **Acrobatics** are skills where the person incorporates an acrobatic or gymnastics skill without jumping through the rope. This time exposure photo shows a jumper doing a "One-handed Walkover." Another example in this category would be a Cartwheel, Round off, back flip, Front flip, Roll, Salto, and Suicide etc.
- B.** Bolas: **Bolas** is skills where the rope is held in the middle while the end(s) are turned. The term "bolas" is a contraction of the term "boleadoras," the Argentinean equivalent of the American Cowboys lasso. Because swing rope ends poses a danger if they have heavy handles, we don't include these in exercise classes.
- C.** Catches: **Catches** are skills where the rope is caught or re-grasped in some way during its execution. There are several subcategories with Catches. Here a jumper is executing a "Side Toss" to the left. Other Catch skills include letting go of one end and then retrieving it in some way, catch the middle of the rope with a foot, etc.
- Counter: **Counters** are basically the device which is used by speed judges for counting the speed of the Jumper. There are two counters viz. Mechanical Counter & Electronic Counter (introduced in 2010, by Richard Stan nerd)
 - Call out: **Call out** can be considered as warnings given by Time Keeper. The Call out shall let the jumper know how much time is left for the events.
 - Crosses: **Crossing** the arms before, behind, under, in between the body-parts
- D.** Double Under: **Double Under** is the event where the rope shall go twice under the feet & above the head of the jumper in a single jump.
- E.** Entering: **Entering** is when a jumper is enters into the loop of DD formed by turners.
- Exiting: **Exiting** is when a jumper is exits from the loop of DD formed by turners.
- F.** False Start: **False Start** is a violation where the jumper start the event before the call out Set Go

- False Switch: **False Switch** is a violation where the jumper start the event before the call out Switch
- Footwork: **Footwork** is the skills that are performed with the feeds. Fancy feed means fast footwork.

H. Heat: **Heat** is nothing but the speed Stations.

- Head Counter: **Head Counter / Head Judge** shall be responsible for Final score.

M. Major Miss: **Major Miss** is the miss happened for more than 3 sec. time duration.

- Minor Miss: **Minor Miss** is the miss happened for less than 3 sec. time duration.
- Multiples: **Multiples** are where a jumper does Double Under, Triple Under, Quadruple, and Quintuple etc.
- Merit Judges: **Merit Judges** shall keep an account for Major Miss& minor miss

P. Power: **Power** skills that requires lot of strength like jumping on the hands examples: Push-up – Frog – crabs, kip

R. Release: **Releasing** one or both handles and catching it again

S. Switch: **Switch** is a call out of Relay event. It is called to change the jumper/ turner in case of DD events.

- Speed Station: **Speed Station** is a smaller fragment of Court where the jumper performs the speed, endurance & other events except SR Freestyle, DD events & Demo Cup.
- Sprint: **Sprint** is the other name of Speed/ jogging 30 sec.
- Space Violation: **Space Violation** is the violation which comes when the jumper is unable to use all four corners
- Step Through: **Step-through** are skills where one leg passes through the rope at a time. Here is demonstration of "Open Step-through." Various martial arts or dance kicks can also be incorporated into this category of skills

T. Time Keeper: **Time Keeper** is keeping the record of time of events & is responsible for Call out.

- Time Violation: **Time Violation** appears when s jumper is unable to complete the event. It is usually found at SR Endurance 3 min. Event while in case of SR/DD Freestyles if the jumper is performing the event without using the rope.
- Turner: Turner is responsible for allowing the ropes to turn & form the loop so that one could be able to jump. See fig. 9

W. Whirls: **Whirls** is a skill category where the single rope is turned about the body, but not under the feet. Here is demonstration a "Front-back Figure-8 Whirl" together in the thumbnail to the left. Many more complicated whirls are also possible

- Wraps: **Wraps** are self-explanatory: skills where the rope wraps around some part of the body. Here is demonstration of "Extend Waist Wrap". You can also hold on to both ends of the rope and wrap the forearm, leg, waist and other areas.