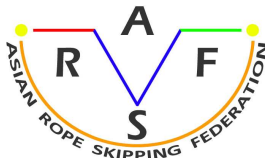




6th Asian Rope Skipping Championships 2011

Official Rulebook

September 1st 2010
To
August 31st 2011



FORWARD

This is the updated official ARSF rulebook and it will be used for the Asian Rope Skipping Championships held in 2011.

The rulebook is based mainly on the information of the FISAC-IRSF rulebook. I sincerely want to thank those who contributed their input, ideas and knowledge.

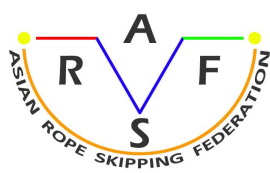
The rules are not "set in concrete" and it is expected they will be evaluated and perhaps altered to bring them into line with the new trends in the sport of rope skipping after the completion of the 2011 Asian Rope Skipping Championships.

I sincerely hope this book will be beneficial and contribute to making rope skipping competitions a rewarding experience for everyone.

Jason Chan (Hong Kong, China)
Chairperson of Asia, International Rules Committee
Fédération Internationale de Saut à la Corde (FISAC-IRSF)
Technical Director (ARSF)

Approved by the Asian Rope Skipping Federation Board of Directors for distribution.

Ms. Amy Ha (Hong Kong, China)
President
Asian Rope Skipping Federation



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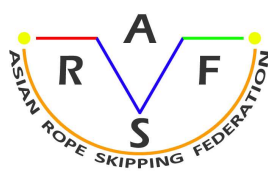
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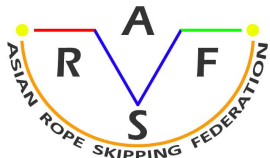
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Chapter 1

THE COMPETITIONS

Article 1 General

Section 1 Official Version

A printout from this Manual never gives anyone any right for whatever cause. We all know how easy it is to alter parts of texts in whatever software you use. Only the official hand-autographed versions of official papers have the legal identity in case of a disagreement. All the official papers can be requested from the ARSF Secretariat. The rules in this document are generally stated once only.

Section 2 The 2011 Competitions

The 2011 event will include the following competition

- a) 6th Asian Rope Skipping Championships

Article 2 6th Asian Championships 2011

Section 1 Qualifying Standards

In order to participate in the 6th Asian Rope Skipping Championships, skippers must be members of an ARSF country. The national Organisation of each ARSF member country will set their own qualifying standards. The residence of the competitor is the Country of which he/she has permanent residence status, with valid passport or other official dated and stamped documentation.

Section 2 Organising Committee

The Asian Rope Skipping Championships will be organized by the host country and the ARSF Committee.

Section 3 Competition Days

There will be two days of competition.

Section 4 Categories

There are separate male and female categories in the Masters Competition
There are separate male, female and open (mixed gender) categories in the Teams competition.
There is only one open category in the Asian Cup. Teams may be all male, all female, or mixed.

Section 5 Criteria for a Category of Competition in the Asian Rope Skipping Championships



MASTERS

There must be a minimum of four (4) skippers competing from a minimum of three (3) countries in each gender category to open the male or female competition categories. If this is not possible, the results of the respective category will be compared with the other category.

TEAMS

There must be a minimum of four (4) teams competing from a minimum of three (3) countries to open a category in the Team Competition. If this is not possible, the results of the respective category will be compared with the next appropriate category. The next appropriate category for male teams is mixed teams, for mixed teams is female teams and for female teams is mixed teams.

Asian Cup

There must be a minimum of four (4) countries for this competition to take place.

Any team/skipper in this position must be notified of the category changes well in advance of the competition. It should be within one month after the deadline of the application.

Section 6 Age Divisions

The National Organization must verify the ages of all their competitors. There is a two year disqualification period for all skippers / coaches for submitting false information. The minimum age for all competitions is 9, skippers must be born in 2002 or before.

MASTERS

ARSF 14 or below (Skippers must be born in 1997 or after.)

ARSF 15 or above (Skippers must be born in 1996 or before.)

TEAMS

ARSF 14 or below (Skippers must be born in 1997 or after.)

ARSF 15 or above (Skippers must be born in 1996 or before.)

** However it is also possible for ONE skipper only to move up ONE age division only and for that team to then compete in the age division of the older skippers. For example, one 14 year old may move up into the 15 or above age division and that team will compete in the 15 or above age division.**

ASIAN CUP

ARSF 9 or above (Skippers must be born in 2002 or before.)

Section 7 Gender Competition Condition

In the Open category in the Team competition of the Asian Championships, a member of both genders (male and female) must compete in each event.



Article 3 Asian Cup

Section 1 Number of Teams

There will be ONE team per country.

Section 2 Number of Skippers

There will be a minimum of 4 skippers and a maximum of 18 skippers.

Section 3 Time Limit

The time of the performance is 4.00 – 8.00 minutes.

Section 4 Starting Order

The starting order of the teams is determined on a random basis.

Section 5 Demonstration Performances

Teams may choose to perform without their demonstration being judged and these team performances will be placed between the competitive performances to allow calculation time for judges and for audience entertainment.

Article 4 The Events of the Competitions, the Time and the Order of the Events

Section 1 Starting Order

The starting order of the skippers/teams in each competition, gender and age division is determined on a random basis before the competition. This starting order is used for all disciplines in which the skippers/teams compete during the competitions.

Session 2 Asian Masters Championship

The Asian Masters Championship is a competition open to the top three (3) male and top three (3) female skippers from each participating country. These skippers must compete in all Four Masters Events (Speed 30 seconds, Speed 3 minutes, Triple Unders and Freestyle).

The Events and Time

- | | |
|--------------------------|--------------------------|
| 1. Speed – Sprint | 30 seconds |
| 2. Speed – Endurance | 180 seconds or 3 minutes |
| 3. Triple Unders – Power | No time limit |
| 4. Freestyle | 45 seconds to 75 seconds |

The Event Order: 1, 2, 3, 4

Section 3 Asian Team Championship

The Asian Team Competition is opened to the top three (3) teams of 4/5 skippers in each gender category from each participating country. These teams



must compete in all the events.

The Events and the Time

- | | |
|---|-----------------|
| 1. Single Rope Speed and Double Under Relay | 4 x 30 seconds |
| 2. Double Dutch Speed Relay | 3 x 40 seconds |
| 3. Single Rope Pair Freestyle | 45 – 75 seconds |
| 4. Single Rope Team Freestyle | 45 – 75 seconds |
| 5. Double Dutch Single Freestyle | 45 – 75 seconds |

Events 1, 4 are performed by 4 skippers from the same team

Event 3 is performed by 2 skippers from the same team

Event 2, 5 are performed by 3 skippers from the same team

The Event Order:

The event order is 1, 2, 3, 4, 5.



Chapter 2

GENERAL INFORMATION

Article 1 Code of Conduct

Please refer to FISAC - IRSF WORLD CHAMPIONSHIPS©2010 OFFICIAL RULEBOOK (WC2010W)

Article 2 Championships Oath

At the opening ceremony of the Championships, a skipper and a judge from the host country should read the Championships Oath.

The skipper:

In the name of all the skippers I promise that we shall take part in these Championships, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams.

The judge:

In the name of all the judges and officials, I promise that we shall officiate in these Championships with complete impartiality, respecting and abiding by the rules which govern them in the true spirit of sportsmanship.

Article 3 Drugs, Anti-doping

Please refer to FISAC - IRSF WORLD CHAMPIONSHIPS©2010 OFFICIAL RULEBOOK (WC2010W)

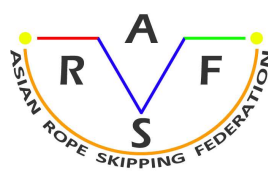
Article 4 Awards

Section 1 Release of Official Results

The Championship Director will release the official results of an Asian Rope Skipping Championship after all verifications and authorizations are complete. These results will be entered at the ARSF-site. The following awards will be presented during the Competition Awards Ceremony at the completion of the Championships.

Section 2 Asian Rope Skipping Championships

	Masters	Team Championship	Asian Cup
Overall	Gold, silver and bronze medals for the first three places in each gender category.	Gold, silver and bronze medals for the first three places overall in each gender category.	Gold, silver and bronze medals to each member in the first three placed teams. The winning team will also receive a team trophy.



Per event	Gold, silver and bronze medals will be awarded for each event in each gender category.	Gold, silver and bronze medals will be awarded for each event in each gender category.	
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Article 5 Appeals

A five people Appeals Committee will be appointed by the ARSF Executive, for the Championships. This Committee will have jurisdiction over all rule interpretations and disagreements that may occur.

The Chairperson of the Appeals Committee will coordinate the meeting but will not vote. The members of the Appeals Committee will be the Championship Director or a member of the Championship Organizing Committee delegated to this position plus two members of the Rules Committee and two senior skippers who are appointed by ARSF.

There will not be more than one person from the same country on the Appeals Committee.

Appeals may only be made by ONE spokesperson declared by each country prior to the Championships.

In the first instance the spokesperson will make an informal, verbal request for clarification or ruling from the Championship Director.

Should an unsatisfactory response be given, a written appeal is to be submitted to the Championship Director with a deposit of \$US100 within one (1) hour of the official results being announced, published or handed out to all countries. He/she will then submit the written appeal to the Appeals Committee. The \$US100 will only be returned if the appeal is upheld.

The Appeals Committee will hear an appeal at the first opportunity at the Championships and render a decision before the official presentation of the medals. No appeals will be taken regarding the decisions of the judges. Appeals may only be on matters concerning mathematical errors in calculating scores and in tabulating results.

Errors corrected after results have been announced shall cause the results to be announced in the corrected form and duplicate awards will be given out. NO requests will be made to return any awards given out in error. If an athlete decides to return his or her award by his or her own free will, then this shows great sportsmanship and will be appreciated and communicated as such.



Article 6 Signals, Sounds and Call Outs

The call outs which are used in the competition can be downloaded from the ARSF website.

All speed events begin with the words “Judges ready? Skippers ready? Set. Go.” and finish with the word “STOP”. The word “SWITCH” is called out each time one skipper must stop skipping and the next skipper must begin skipping.

The freestyle and the Triple Under events start with —“Judges ready? Skippers ready? You may begin.”

For freestyle events, if music is used there will be no warning signal at 45 seconds or 75 seconds. However, the word “TIME” will be called at 75.00 seconds if the routine has not finished by that time.

Article 7 Timing

Masters and Team Championships – Freestyle

Timing begins with the first body or rope movement or as soon as the first note of the music starts, whichever is first. The routine will be judged “finished” when the skipper finishes in a recognizable or identifiable end position.

Master and Team Championships – Speed

Timing begins with the “Timing CD”. The event will be “finished” when the “timing CD” says STOP. The Triple Under event is an exception and will not be “timed”.

Asian Cup

Timing begins with the first body or rope movement or as soon as the first note of the music starts, whichever is first. Timing stops when all skippers stop skipping and clearly show that the routine has ended.

Article 8 False Starts

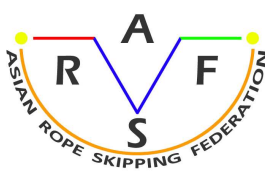
False Starts are not permitted in any speed event. The skipper(s) must remain still with rope movement until the word(s) “Go” or “You may begin” or “Switch” have been called out. If the skipper starts turning the rope before the word, “Go,” that constitutes a false start. If a false start is detected the judges do not stop the skippers but there will be a 5 point deduction from the skipper’s raw score.

Article 9 Space Violation

Each time a skipper steps or places a foot outside the border(s) of the competition area at any time during the speed events results in a space violation.

Each space violation will result in a deduction of 5 points from the raw score.

Each time a skipper steps or places a foot outside the border(s) of the competition area at any time during the performance of the freestyle routine results in a space violation.



Each space violation is equal to a minor miss resulting in a deduction of 12.5 points on the total freestyle score of 500.

There is no space violation deducted if only a rope goes outside the border(s) in the air.

Article 10 Misses

Minor Miss

A minor miss is an unintentional delay of the rope or an unintentional drop of a handle. The rope may hit a skipper, turner, or the opposite rope. Any other mistake involving the rope(s) that causes a delay of **less than 2 seconds** is also a minor miss. If a skipper or team “pulls out” of a miss and the rope does not cause a delay in the routine, then that is considered a “bobble” and does not result in a deduction. However, the presentation judges should note this mistake in their “Quality of Presentation” notes. A minor miss will result in a deduction of 12.5 points on the total freestyle score of 500.

Major Miss

A major miss is defined as the rope(s) being delayed for two seconds or longer because of a miss. This might occur when a rope catches on a competitor’s body, catches the opposite rope, or any other mistake involving the rope(s) that causes the routine to stop for **longer than 2 seconds**. The miss is over when the rope(s) turn correctly once again. A major miss will result in a deduction of 25 points on the total freestyle score of 500.

Article 11 Music

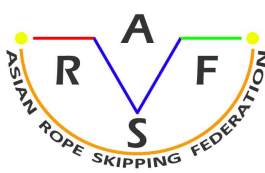
If music is used for the competition, each original competition CD must be handed in at the sound table or to the Sound Technician in time to be loaded and played for the corresponding freestyle. The required lead time for music submission will be announced by the organizers before the competition, depending on the 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 music is used, there will still be manual timing.

If the wrong music is played and the skipper or team jumps for more than 5 seconds to that incorrect music, he/she/they will be judged and will not be entitled to a re-skip.

If the skipper or team jumps for less than 5 seconds to the incorrect music and if he/she/they can supply the Sound Technician with the correct music within 15 minutes, the skipper or team will be permitted to re-skip. The last attempt determines the score.

If the music fails during the routine the skipper or team should continue without music as he/she/they will not be permitted to re-skip unless the fault was definitely



caused by the sound system and not due to a faulty CD. The possibility to test CDs before the competition shall be provided by the organizers.

The CD must have:

- a. The skipper's full name written on it
- b. The skipper's country on it
- c. The skipper's competition number (taken from the program) written on it.
- c. The event (taken from the program) written on it.
- d. Only the one track required for that particular event.

Article 12 Uniforms

Each country must have a matching uniform for the Parade of Athletes and for the medal ceremonies. National team uniforms may have the country name, sponsor and / or logo displayed during the competition. The uniform worn by a team should obviously indicate that these skippers form a team and must share colours in like patterns as well as the same colour tops to bottoms. For example, if the three females in the team wear red shorts with a blue top then the male skipper must also wear red shorts and blue top, although the style can vary for him. (Applicable to Masters and Team Championships, we allow more freedom to Asian Cup.)

Supportive athletic shoes must be worn to protect the skipper's feet.

No items of jewellery may be worn. The exceptions are a wedding band, ear studs and medic-alert bracelets.

A skipper or team will not be allowed to compete if the uniform, including the shoes, does not satisfy the above requirements.

Article 13 Props

No props or special equipment, other than that which is attached to the body throughout the entire routine, may be used to add to the creativity and / or the degree of difficulty of the routine. Medic-Alert bracelets are accepted.

If a prop is released unintentionally from the body it should be removed from the competition floor as quickly as possible by the competitors.

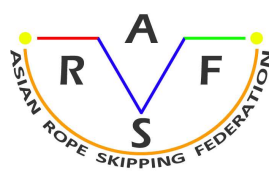
Removing a prop from the body intentionally will result in a disqualification.

Article 14 Floor Surface

The floor surface should be of a high quality, wooden sprung / cushion sports floor.

The floor must be marked in a rectangular shape with lines

- a) of a contrasting colour to the floor surface and any other markings on the floor.
- b) at 90 degrees to each other.



Dimensions:

a) Masters and Team competitions:

Speed: 5m x 5m

Freestyle: 12m x 12m

b) Asian Cup:

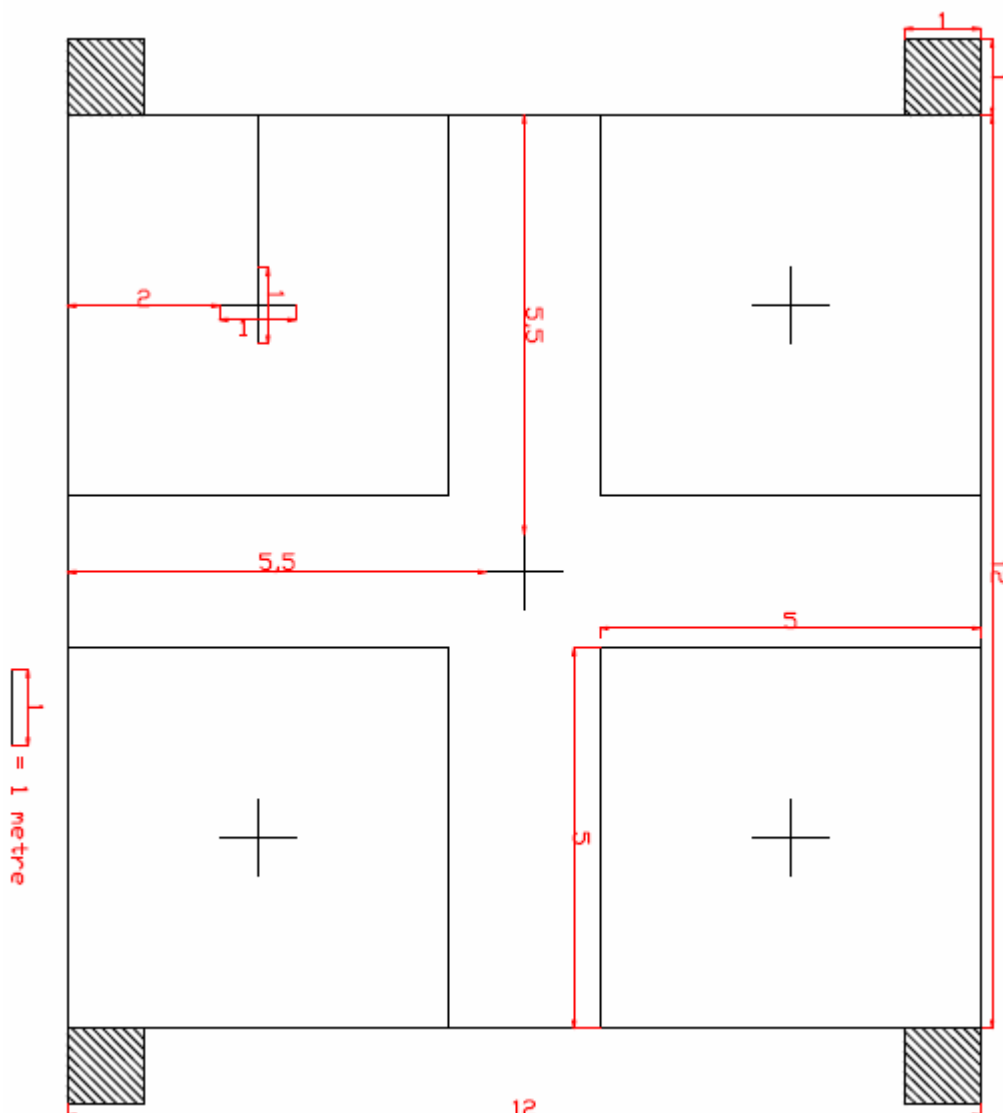
Minimum of 15m x 15m

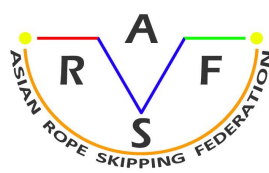
It will be permissible, after prior consultation with the Championship Director, for the host country to determine the maximum dimensions for the Asian Cup considering the available floor space and safety factors. This information should be communicated to all countries at least six months prior to the championships.

An area of 1m x 1m close to the competition field will be reserved for a coach and/or the extra skippers of the team. The spectators should be positioned at least 1 metre from the Judges areas.

The fields for the Masters and Team competitions should be marked as indicated in the diagram below. All markings are within the respective areas (e.g. the 12m x 12m Masters and team freestyle area is measured from the **outside** of the marking lines)

The field for Masters and Teams should look as below.





Article 15 Ropes

Any rope may be used as long as it is powered by the athlete. If the rope doesn't fulfil these qualifications, the skipper or team is not allowed to compete.

Masters		Team		Asian Cup	
Event	Length, number	Event	Length, number	Type	Length, number
30" & 3'	Free, 1 maximum	SRS&D	Free, 4 maximum	SR	Free, free
		Any DD speed	Free, 1 set maximum	DD	Free, free
Triples Under	Free, 1 maximum	SRFP	Free, 2 maximum	Long Rope	Minimum of 7 metres, free
		SRFT	Free, 4 maximum		
Freestyle	Free, 1 maximum	DDFS	Free, 1 set maximum.		

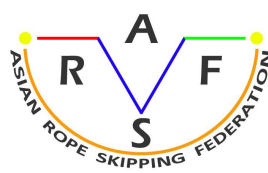
Before entering the competition-floor, the correct length of the rope will be checked at the designated area where the length of the rope is marked on the floor, which is in front of the Head Judge.

Competitors are allowed to put as many ropes as is allowed in the event in the coaches area. They are allowed to use them in case their rope brakes. They do not get space violation if they move out of the field to get the ropes.

If a rope is thrown out of the competition area by a competitor he/she must go and get it him/herself and a space violation will be deducted from the score. A space violation resulting in a deduction of 12.5 points on the total freestyle score of 500 will also be given if the rope is thrown back into the competition area by another person.

Article 16 Withdrawal

In the event of a competitor or a team failing to appear on the competition floor within one (1) minute after being called, it will be considered a "Withdrawal" or "Scratch" and that particular event for the skipper or team will be deleted from the Championship List.



Skippers may only come before the judges after his / her name or number has been called out.

Article 17 Injury

In case of an injury during the competition, the skipper or (national) coach will decide whether to continue the event or not. There will be no re-skip and the event will be scored based on what was shown.

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

If the only male/female in an open team is injured and cannot compete then that team is no longer an open team but a female or male team.

Article 18 Broken rope or handle

If a rope or a handle breaks a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However a team or skipper may only have a maximum of two (2) attempts at the same event. The last attempt determines the score.



CHAPTER 3

CODE OF ETHICS

Please refer to FISAC-IRSF WORLD CHAMPIONSHIPS©2010 OFFICIAL RULEBOOK (WC2010W)



CHAPTER 4

THE COMPETITION EVENTS IN DETAIL

PART A **THE MASTERS EVENTS**

Article 1 Single Rope Speed - Sprint

Section 1 Time limit
30 seconds

Section 2 Call out
“Judges Ready? Skippers Ready? Set. Go. 10. 20. Stop.”

Section 3 Goal
To complete as many speed jumps as possible within the time limit.

Section 4 Execution Requirements
The Speed Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.
The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running. There will be a deduction of 5 points from the raw score for a false start.
There are no deductions for misses.

Article 2 Single Rope Speed - Endurance

Section 1 Time limit
3 minutes / 180 seconds

Section 2 Call out
“Judges ready? Skippers ready? Set. Go. 30. 1 minute. 30. 2 minutes. 15. 30. 45. Stop.”

Section 3 Goal
To complete as many speed jumps as possible within the time limit.

Section 4 Execution Requirements
The Speed Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.
The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running. There will be a deduction of 5 points from



the raw score for a false start.
There are no deductions for misses.

Article 3 Triple Unders

Section 1 Time limit

There is no time limit

Section 2 Call out

"Judges ready? Skipper ready? You may begin."

Section 3 Goal

To complete as many consecutive triple unders as possible.

Section 4 Execution Requirements

The Triple Under jump must be used.

The skipper must perform a consecutive series of Triple Unders.

The skipper will skip in their designated area. Only activity in the designated area counts. If the skipper moves out of the designated area, the skippers turn stops.

The skipper stops when he / she makes a mistake

It does not matter what skills are done before or after the triple under series.

However, the first triple under must be completed within 15 seconds of the call out or there will be a deduction of 5 triple unders from the score.

Each skipper is generally allowed only one attempt. If a skipper misses on a preparatory jump or even during the first movement of the rope, it is considered an attempt.

However, if the skipper misses before finishing the 30th triple correctly, he/she is entitled to a second attempt. When a skipper decides to use the option of a second attempt he /she must begin the second attempt within 15 seconds after the second call out otherwise the second attempt will not be allowed.

If a skipper misses before the 30th triple under and takes the option of the second attempt, The score of the second attempt will be the final score.

Article 4 Freestyle

Section 1 Time limit

Time limit - 45 - 75 seconds.

Section 2.The Call out

"Judges ready? Skipper ready? You may begin."

Section 3 Goal

To complete a creative routine with as many correctly executed skills at the skipper's highest ability level within the time limit.



Section 4 Execution Requirements

Freestyle is any combination of skills in a routine limited only by the imagination of the skipper. No props or special equipment may be used during the routine. Only activity in the designated area counts.

Section 5 Music

Music for freestyle is optional. If the wrong music is played the skipper must stop his or her routine within 5 seconds of starting and he or she will have 15 minutes to provide the staff with the appropriate music. If the music fails during a routine, the skipper should continue without music as he/she will not be permitted to re-skip, unless the fault was definitely caused by the sound system and not due to a faulty CD.

PART B

TEAM CHAMPIONSHIPS

Article 1 Single Rope Speed and Double Under Relay

Section 1 Time limit

4 x 30 seconds. The 120 seconds (two minutes) time limit runs continuously with no stops or breaks.

Section 2 The Call out

“Judges ready? Skippers ready? Set. Go. 10. 20. Switch. 10. 20. Switch. 10. 20. Switch. 10. 20. Stop”

Section 3 Goal

To complete as many speed / double under jumps as possible within the time limit with a relay of 4 skippers.

Note: The first, second, third and fourth skipper should all be different skippers

Section 4 Execution Requirements for the first 60 seconds

The Speed Step must be used. Each skipper must skip in their designated area and only activity in the designated area counts. The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

Changing Skippers / The Switch:

The first skipper jumps for the first 30 seconds. At the 30 second mark, "Switch" is called.

The first skipper stops skipping and the second skipper begins and jumps for the next 30 seconds.

There is no break in timing for the switch to be made.



When "Switch" is called the counting is stopped until the next skipper begins with their right foot hitting the floor and the rope passing under the right foot cleanly.

Section 5 Execution Requirements for the last 60 seconds

The Double Under jump must be used. Each skipper must skip in their designated area and only activity in the designated area counts. The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

Changing Skippers / The Switch:

The third skipper jumps for the third 30 seconds. At the 90 sec mark, "Switch" is called.

The third skipper stops and the fourth begins and goes for the next 30 seconds. When "Switch" is called the counting is stopped until the next skipper begins skipping and counting resumes when the rope passes under both feet cleanly.

Article 2 Double Dutch Speed Relay

Section 1 Time limit

3 x 40 seconds. The 120 seconds (two minutes) time limit runs continuously with no stops or breaks.

Section 2 The Call out

"Judges ready? Skippers, ready? Set. Go. 10. 20, 30, Switch. 10.20. 30, Switch. 10. 20. 30. Stop."

Section 3 Goal

To complete as many jumps as possible within the time limit with a relay of 3 different skippers.

Section 4 Execution Requirements

The Speed Step must be used. All skippers and turners must remain in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper/team who/which moves out of their designated area while the clock is still running.

Procedure:

1. A and B turn for C, who is facing B.
2. A and C turn for B, who is facing A.
3. B and C turn for A, who is facing C.

If a skipper does not face the correct turner the speed steps will not be counted until the skipper faces the correct direction. The judge must inform the skipper of the mistake as soon as it is noticed.

Changing Skippers / The Switch:



The first skipper jumps for the first 40 seconds. At the 40 sec mark, "Switch" is called and the first skipper exits the ropes and switch with the second skipper. The same procedure is valid for each switch.

There will be a deduction of 5 points from the raw score for each False Switch. In this case a False Switch is the next skipper entering the ropes before "Switch" is called. There is no break in timing for the switch to be made.

When "Switch" is called the counting is stopped until the next skipper begins with the right foot hitting the floor and the rope passing under the right foot cleanly.

Article 3 Single Rope Pairs Freestyle

Section 1 Time limit

A 45 - 75 seconds

B The timing of the routine begins as soon as the body or rope moves or as soon as the first note of the music starts, whichever comes first. Note: Music is optional.

Section 2 The Call out

The call out for this event is "Judges ready? Skippers ready? You may begin."

Section 3 Goal

To complete a creative routine with as many correctly executed skills at the skipper's highest ability within the time limit.

Section 4 Execution Requirements

A Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper.

B No props or special equipment may be used to add to the creativity and / or the degree of difficulty of the routine.

C Only activity in the designated area counts.

D Only the synchronized skills will be judged for difficulty except where the choreography specifically dictates otherwise. The more synchronized skills performed in the routine, the higher the score.

Section 5 Music

Music for freestyle is optional. If the wrong music is played the skippers must stop their routine within 5 seconds of starting and they will have 15 minutes to provide the staff with the appropriate music. If the music fails during a routine, the team should continue without music as he/she will not be permitted to re-skip, unless the fault was definitely caused by the sound system and not due to a faulty CD.

Article 4 Single Rope Team Freestyle



Section 1 Time limit

A 45 - 75 seconds

B The timing of the routine begins as soon as the body or rope moves or as soon as the first note of the music starts, whichever comes first. Note: Music is optional.

Section 2 The Call out

The Call out for this event is "Judges ready? Skippers ready? You may begin."

Section 3 Goal

To complete a creative routine with as many correctly executed skills at the skipper's highest ability within the time limit.

Section 4 Execution Requirements

A Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper.

B No props or special equipment may be used to add to the creativity and / or the degree of difficulty of the routine.

C Only activity in the designated area counts..

D Only the synchronized skills will be judged for difficulty except where the choreography specifically dictates otherwise. The more synchronized skills performed in the routine, the higher the score.

Section 5 Music

Music for freestyle is optional. If the wrong music is played the skippers must stop their routine within 5 seconds of starting and they will have 15 minutes to provide the staff with the appropriate music. If the music fails during a routine, the team should continue without music as he/she will not be permitted to re-skip, unless the fault was definitely caused by the sound system and not due to a faulty CD.

Article 5 Double Dutch Single Freestyle

Section 1 Time limit

A 45 - 75 seconds

B The timing of the routine begins as soon as the body or rope moves or as soon as the first note of the music starts, whichever comes first. Note: Music is optional.

Section 2 The Call out

The Call out for this event is "Judges ready? Skippers ready? You may begin."



Section 3 Goal

To complete a creative routine with as many correctly executed skills at the skipper's highest ability within the time limit.

Section 4 Execution Requirements

All turners must become jumpers and do a minimum of three (3) skills commensurate with the ability level of the team IN the ropes for the routine to be valid.

All skippers must be involved in the turner involvement and do a minimum of three (3) skills.

No props or special equipment may be used.

Only activity in the designated area counts.

Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper.

Section 5 Music

Music for freestyle is still optional, but strongly advised. If the wrong music is played the skippers must stop their routine within 5 seconds of starting and they will have 15 minutes to provide the staff with the appropriate music. If the music fails during a routine, the team should continue without music as he/she will not be permitted to re-skip, unless the fault was definitely caused by the sound system and not due to a faulty CD.



Chapter 5

DEFINITION OF TERMS

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(WC2010W)