



UNIFYING THE WORLD OF
JUMP ROPE.

World Jump Rope

2014 Competition Rule Book

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CHANGES FOR 2014

Based on our experiences with the 2013 Championship and the helpful feedback we received, as well as looking ahead toward expected growth and expansion for next year's competition, we have made a few changes for our 2014 World Jump Rope Championship. These changes are outlined below, and will also be incorporated into our 2014 WJR Competition Rulebook and Judging Handbook. Please look it over carefully, and as always, let us know if you have any questions or concerns.

- 1) **REVISIONS TO OUR WJR-DDC COMPETITION STRUCTURE:** We are now seeing enough interest in the DDC event to warrant adding age and gender divisions, and to implement an "Age Division Championship" which qualifies teams for the WJR-DDC finals.
 - a. **We will add another age division for the DDC event.** DDC teams will now be entered into one of three possible age divisions:
 - i. Junior 14 and younger (all jumpers must be 14 years old or younger)
 - ii. Senior 17 and younger (all jumpers must be 17 years old or younger)
 - iii. Senior Open (all ages are welcome)
 - b. **We will have two gender divisions for the DDC event.** DDC teams will now be entered into one of two possible gender divisions this year:
 - i. Female (all jumpers in the group are female)
 - ii. Open (there is at least one male in the group)
 1. This includes the DDC Speed event (double dutch speed 1x30). For teams in the "open" gender division, at least one male must represent the team for the DDC speed event.
 - c. **DDC teams will now qualify for the WJR-DDC Finals by competing in an age-division championship, as happens for all other events in the WJRC competition.** Teams will compete in the above-mentioned age divisions for the "WJR-DDC Age Division Championship". The top 5 winners in each age and gender division will be awarded medals and ribbons. DDC Speed winners and DDC Freestyle winners will both receive awards for first through fifth place. Once the age-division awards are given, then the qualifiers for the DDC finals will be announced:
 - i. For the DDC Speed event, the top 6 female teams and the top 6 open teams across all age divisions will be announced as qualifiers to the finals.
 - ii. For the DDC Freestyle event, the top 8 female teams across the senior age divisions and the top 8 open teams across the senior age divisions will qualify for the finals. In addition, the top two teams in the junior female division and the top two teams in the junior open division will qualify to compete in the DDC finals.
- 2) **THERE WILL BE AN ADDITIONAL SENIOR AGE DIVISION FOR INDIVIDUAL EVENTS.** **Instead of having an 18-29 age group for individual events, we will now have an 18-22 age group and a 23-29 age group.** These age groups will apply only for single rope individual events, which include:
 - a. Single Rope Speed 1x30
 - b. Single Rope Speed 1x180
 - c. Consecutive Triple Unders
 - d. Single Rope Individual Freestyle

For pairs and team events we will still use the 18-29 age division.

- 3) **WE HAVE ADDED AN "ALL MALE" GENDER DIVISION.** We received feedback this year that some pairs and teams competing in the "open" gender division felt that groups containing all male jumpers had an advantage over pairs and groups that included both males and females. We have analyzed the results, and we found compelling evidence to show that this concern is valid, primarily in freestyle events. While there were far fewer "all male" teams than there were "mixed" teams, the results for many events indicated that teams containing

only males tended to finish higher in the results, often dominating the top five places. Even though this phenomenon was more prevalent in the senior age division and Grand World Championship freestyle events, we have decided to add the “all male” division for all events and age groups in order to keep the registration process and the tracking of all-around groups simple and consistent. We would like to encourage coaches and teams to take advantage of this new gender division so we have a good level of competition there at all age levels, and let’s all continue working to get more boys jumping rope!

- 4) **WE HAVE REVISED OUR DAILY SCHEDULE OF EVENTS.** We received a lot of feedback over the past two years regarding the length of the speed competition day and the length of the senior division competition day. Many have shown concern about the effect that these long competition days have on both athletes and judges. We agree with these concerns, and have adjusted our daily schedule of events to better serve our judges, athletes, and officials. Following is the tentative daily schedule of events for our 2014 Championship and Camp. Please keep in mind that this is our intended schedule, but that we may need to make adjustments if the number of competitors and/or entries greatly exceeds what we have anticipated at this time. A detailed schedule will be published and distributed as the 2014 WJRC approaches, once all registrations have been received. Each day of competition described below is designed to finish between 5:00 and 6:00 pm, if all works as planned 😊.
- a. **SUNDAY, JUNE 29TH:** Early check-in and registration
 - b. **MONDAY, JUNE 30TH:**
 - i. Check-in and registration
 - ii. Mandatory meeting for coaches and officials, 7:00 – 9:00 pm (be sure to arrive on time for the meeting!)
 - c. **TUESDAY, JULY 1ST:** WJR Age Division Championship
 - i. Parade of Athletes
 - ii. Junior, Novice and Senior Speed and Power Events
 - 1. Consecutive Triple Unders
 - 2. Single Rope Speed 1x30
 - 3. Single Rope Pairs Speed Double Unders 2x30
 - 4. Single Rope Speed Relay 4x30
 - iii. Lunch Break, set up for freestyle events
 - iv. Junior and Novice division freestyle events
 - 1. Single Rope Individual Freestyle
 - 2. Single Rope Pairs Freestyle
 - 3. Single Rope Pairs Wheel Freestyle
 - d. **WEDNESDAY, JULY 2ND:** WJR Age Division Championship
 - i. Junior, Novice and Senior Speed Events
 - 1. Double Dutch Speed Relay 3x40
 - 2. Double Dutch Pairs Speed 2x60
 - 3. Three Minute Speed 1x180
 - ii. Lunch Break, set up for freestyle events
 - iii. Junior division freestyle events
 - 1. Double Dutch Single Freestyle
 - 2. Double Dutch Pairs Freestyle
 - 3. Single Rope Team Freestyle
 - iv. Group Team Shows
 - 1. Junior Division
 - 2. Senior Division
 - v. Award Ceremony for the Junior and Novice Age Division Championship (including speed and freestyle events) and the Junior Single Rope Individual, Single Rope Team, and Double Dutch Team All-Around Championships.

- e. **THURSDAY, JULY 3RD: WJR Age Division Championship**
 - i. Senior Single Rope Freestyle
 - ii. Senior Single Rope Pairs Freestyle
 - iii. Senior Single Rope Pairs Wheel Freestyle
 - iv. Senior Single Rope Team Freestyle
 - v. A lunch break will be scheduled if and when possible once we receive registrations and can plan our detailed schedule.
 - vi. Award Ceremony for the Senior Age Division Championship for single rope speed and freestyle events and the Senior Single Rope Individual and Single Rope Team All-Around Championships.
- f. **FRIDAY, JULY 4TH: WJR Age Division Championship, WJR-DDC Age Division Championship**
 - i. Senior Double Dutch Single Freestyle
 - ii. Senior Double Dutch Pairs Freestyle
 - iii. Senior Double Dutch Triad Freestyle
 - iv. WJR-DDC Age Division Speed Championship (double dutch speed 1x30, only open to DDC competitors)
 - v. WJR-DDC Age Division Freestyle Championship
 - 1. Junior 14 and younger
 - 2. Senior 17 and younger
 - 3. Senior Open
 - vi. A lunch break will be scheduled if and when possible once we receive registrations and can plan our detailed schedule.
 - vii. Award Ceremonies
 - 1. Senior Age Division Championship for double dutch speed and freestyle events and the Senior Double Dutch Team All-Around Championships.
 - 2. WJR-DDC Age Division Championship
 - a. DDC Speed
 - b. DDC Freestyle
- g. **SATURDAY, JULY 5TH: WJR Grand World Championship, WJR-DDC Finals**
 - i. GWC Speed and Power Events
 - ii. GWC Freestyle Events
 - iii. WJR-DDC Finals
 - 1. DDC Speed (double dutch speed 1x30)
 - 2. DDC Freestyle
 - iv. Award Ceremonies
 - 1. Grand World Championship Single Rope and Double Dutch Speed and Freestyle Events
 - 2. WJR-DDC Speed and Freestyle Events
 - v. World Jump Rope Gala
- h. **SUNDAY, JULY 6TH:**
 - i. Day of rest and/or sightseeing for those who are participating in both the championship and the camp.
 - ii. Departure day for championship-only participants
 - iii. Arrival day for camp-only participants
- i. **JULY 7TH, 8TH, and 9TH:**
 - i. World Jump Rope Camp
- j. **THURSDAY, JULY 10TH:**
 - i. Departure day for camp participants

5) **USE OF MUSIC FOR FREESTYLE EVENTS:** As always, the organizers of World Jump Rope recognize the artistic nature of our freestyle events and acknowledge the great impact that music has on the performance and

appreciation of routines for both our athletes and our audiences. Because of this, we can assure that music will always be allowed for all Group Team Show, DDC Freestyle, and Grand World Championship freestyle events. However, we have to balance this desire against our responsibility to run a time-efficient event for our athletes, officials, judges, and viewing audience. Given the inclusive nature of our event, we are accepting all freestyle entries without any limitations or selection process. Therefore, we will need to make some modifications in order to maximize our use of time and space. We will need to use four freestyle stations running simultaneously in some of our events and divisions in order to get all of our competitors through their freestyle events in a reasonable amount of time. Because of this, some events for some competitive divisions will not use music in the Age Division Championship. Given our projections for the number of entries we expect to have for 2014, here is our expectation for the events that will and will not use music for the 2014 World Jump Rope Championship:

- a. **NOVICE DIVISION:** Music will not be used for the Novice Single Rope Individual Freestyle Event. However, should a Novice athlete happen to qualify for the Grand World Championship, they will be allowed and encouraged to use music at the Grand World Championship.
- b. **JUNIOR DIVISION:** Single Rope Team Freestyle, Group Team Show, and DDC Freestyle will be the only Junior Division events that we anticipate being performed to music this year. The other Junior Division freestyle events will not be performed to music. However, Junior Division athletes or teams that qualify for the Grand World Championship will be allowed and encouraged to use music at the Grand World Championship.
 - i. **Special note:** We intend at this time for the Single Rope Team Freestyle to be performed to music. However, once coaches turn in their entries, we may find that we have too many entries in that event to use music efficiently. In that case we may need to remove the use of music for that event in order to run multiple freestyle stations simultaneously. If this turns out to be the case, we will notify coaches and athletes of this change as soon as we can so jumpers can be prepared to perform without music.
- c. **SENIOR DIVISION:** Due to the very large number of entries expected for the individual single rope freestyle events this year, music will not be used for the Senior Division Single Rope Individual Freestyle Event so that we can run four freestyle stations simultaneously. However, Senior Division athletes who qualify for the Grand World Championship will be allowed and encouraged to use music at the Grand World Championship. At this time, we project that we will be able to use music for all other Senior Division freestyle events.

Special note: We intend at this time for all Senior Division Pairs and Team Freestyle events at the Age Division Championship to be performed to music. However, once coaches turn in their entries, we may find that we have too many entries in some events to be able to use music efficiently. In those cases we may need to remove the use of music for those events in order to run multiple freestyle stations simultaneously. If this turns out to be the case, we will notify coaches and athletes of this change as soon as we can so jumpers can be prepared to perform those routines without music.

COMPETITION PHILOSOPHY - INCLUSION, DIVERSITY & CHOICES

In an effort to make our tournament inviting to a diversity of jumpers, we have included events familiar to several jump rope organizations, such as the American Double Dutch League, the National Double Dutch League, FISAC, AAU (Junior Olympics), and USA Jump Rope. The freestyle judging system, which is still under development, will be similar to the current USA Jump Rope judging system. However, we will strive to honor all jump rope styles and backgrounds, and the USA Jump Rope system will be modified to incorporate important elements from several other competitive organizations. Our goal is to insure that jumpers from around the world can take whatever freestyle routines they currently use for competition in their “home organizations” and bring them to the World Jump Rope Championship without having to make any significant alterations or changes.

We provide a wide variety of competition options. For example:

- We are offering many age divisions to promote participation from jumpers of all ages.
- In the “Event Championships”, participants have the freedom to enter into as few or as many events as they desire.
- Jumpers and teams can compete for All-Around titles if they wish, specialize in only their favorite events, or do a combination of both.
- Younger jumpers can choose to compete against other younger jumpers in the “Junior World Championship”, test their skills against older jumpers in the “Senior World Championship”, or do a combination of both.
- Jumpers with less experience have the option to compete against other jumpers new to the sport in our “Novice Championship”, test their skills against more experienced jumpers in either the Junior or the Senior Championships, or do a combination of all three options.
- For the Event Championship, the same jumpers do not need to be grouped together for every event. Team members can remain consistent across any or all pairs and team events if they want to (or if they are going for an All-Around title), but coaches will also have the freedom to “mix up” their jumpers for each event. We recognize that jumpers may be more skilled at some events than others, and this approach allows coaches to group their jumpers together in ways that will create the strongest possible teams for each event. This will allow us to truly see the “best of the best” in the world for every event!

RULES FOR COMPETITION REGISTRATION

QUALIFICATION REQUIREMENTS:

Everyone is welcome to attend. There are no required memberships or membership fees to any organization. There are no “qualifying tournaments” to attend or any other type of qualification process.

EVENT ENTRY RESTRICTIONS:

- Jumpers may only enter in appropriate age and gender divisions.
- Jumpers may compete only once in any given event.
 - For example, a jumper may not compete in double dutch single freestyle with two teammates, then compete in double dutch single freestyle again with different teammates, even if he or she would be competing for the second time in a different age or gender division, or for an all-around championship versus an event championship.
 - Also for example, a jumper may not compete in an event in the “junior” division, then compete again in that same event in the “senior” division. However, a jumper who is 14 years old or younger may compete in one event in one division, and a different event in a different division. For example, a 13 year-old jumper may compete his single

rope speed 1x30 event in the “junior” division, then compete his single rope freestyle event in the “senior” division (there is no minimum age for the senior division - the youngest age group is “17 and younger”). The same rules apply for novice and mainstream divisions.

TEAM AFFILIATION:

As you compete you will be representing the club or team that you are affiliated with, rather than representing your country as a whole. However, to facilitate as many competitive opportunities as possible, competitors may be affiliated with as many clubs or teams as they wish. This means pairs and teams can consist of jumpers from different clubs or organizations, and even from different countries! There are no restrictions placed on who may or may not jump with whom, provided jumpers are entered into appropriate age and gender categories, and are only entered once in any given event.

COMPETITION OPTIONS

Competition options available – Jumpers may choose any or all of the following options:

- World Age-Division Event Championships:
 - Jumpers may enter any events that they wish. Jumpers may enter one event, several events, or all events. There are no requirements for which events, or how many events, jumpers may enter, so long as they only are entered once in any given event.
 - Awards will be given for each event in each age and gender division
 - See the Event and Division explanations later in this document for more information
- World Age-Division All-Around Championships
 - Jumpers and teams may choose to enter sets of events within certain categories with the goal of accumulating points toward an “all-around” score in those categories. To be eligible for the “All-Around Championship” in a certain category, jumpers or teams must enter all of the required events for that category.
 - All-Around Categories include:
 - Single Rope Individual All-around
 - Single Rope Team All-Around (4 or 5 jumpers per team)
 - Double Dutch Team All-Around (4 or 5 jumpers per team)
 - Please see the age divisions, gender divisions, and all-around categories explained later in this document for more information.
- World Group Team Show Championship (see explanation on page 10)
- Grand World Jump Rope Showcase (see further explanations on page 11 & 12)
 - Grand World Event Championship
 - World Jump Rope Double Dutch Contest (DDC)

RULES FOR COMPETITIVE DIVISIONS

Age Divisions:

- Age divisions are determined by the jumper’s age as of September 1st, 2014.
- For individual events, participants must compete in their appropriate age division. Participants may not compete in an older or younger age division.
- For pairs and team events in the “30 and older” age division, all jumpers in a team must be 30 years old or older.
- For pairs and team events in all other age divisions, the age of the pair or team is determined by the age of the oldest jumper.

Gender Divisions:

- Female: All jumpers must be female

- Open: Both male and female jumpers are included in the group
- Male: All jumpers must be male
- For all single rope individual events, in all age divisions, there will be female and male gender divisions
- For pairs and team events (except group show and fusion competition), in all age divisions, there will be “female”, “open”, and “male” gender divisions

Novice Division:

- “Novice” refers to people that have less experience with competitive jump rope. To qualify to compete in the Novice Championship, jumpers must have participated in their first jump rope competition on or after September 1st, 2011.

World Jump Rope Age Division Championships:

- Junior World Championship - all participants are 14 years old or younger. Gender divisions will apply.
- Senior World Championship – open to all ages. Gender divisions will apply.
 - The youngest “senior” division age category is “17 years old and younger”. There is no minimum age requirement for entry into the senior division.
- Novice Championship – open to all ages. Gender divisions will apply.

World Jump Rope Group Team Show events

- Junior Division (all jumpers are age 14 and younger)
 - 9-30 jumpers in the routine
- Senior Division (open to all age groups)
 - 9-30 jumpers in the routine
- No gender divisions apply

World Jump Rope Double Dutch Contest (DDC):

- Age divisions
 - Junior Division (all jumpers are age 14 and younger)
 - Senior Division 17 and younger (all jumpers are 17 years old or younger)
 - Senior Open Division (at least one person must be 18 or older)
- Gender divisions
 - Female (all jumpers in the group must be female)
 - Open (at least one male is included in the group)
 - There will be no “all male” category for the Double Dutch Contest (DDC) event
- DDC Events
 - Freestyle: Performance-style event that integrates both dance and jump rope
 - DDC Speed: This event is optional for groups who are performing the DDC freestyle competition. Three members of each freestyle group will represent their team for a 1x30 double dutch speed contest.
 - *Note: for teams competing in the “open” gender division for DDC freestyle, at least one male must be included in the speed group.*

Grand World Jump Rope Showcase events

- Grand World Championship
 - Gender divisions will apply (Female, Male, Open)
 - Age divisions will not apply (all jumpers who qualify will compete against each other, regardless of age)
- World Jump Rope Double Dutch Contest (performance-style event that integrates both dance and jump rope)
 - Gender divisions will apply (Female and Open)
 - Age divisions will not apply (all jumpers who qualify will compete against each other, regardless of age)

AGE DIVISION EVENT CHAMPIONSHIPS

Rules for Entering Events for the Age Division Event Championships:

Jumpers and teams may enter any of the following events that they choose. Awards will be given in each age and gender division for each event. Jumpers may enter as many or as few events as they wish. Jumpers may enter one event, they may enter some of the events, or they may enter all events. There are no events that jumpers are required to enter, and jumpers are not required to enter all events. The top five finishers in each event, in each division will receive awards.

Explanation of Events for the Junior and Senior Age Division Championships:

Junior and Senior World Age Division Event Championships	
Single Rope Speed and Power Events	1x30 - one person jumps for 30 seconds without stopping 1x180 - one person jumps for three minutes (180 seconds) without stopping 2x30 - two people jump double unders for 30 seconds each, one after the other in relay style, one minute total time 4x30 - four people jump for 30 seconds each, one after the other in relay style, two minutes total time Consecutive Triple Unders - one person performs consecutive triple under jumps until they either miss or choose to stop. This event will be contested in the Senior Age Division Championship only.
Double Dutch Speed Events	3x40 - three people per team, each person jumps in the ropes for 40 seconds, 2 minutes total time 2x60 - four people per team, two people take turns jumping in the ropes for 60 seconds each, 2 minutes total time
Single Rope Freestyle Events	Single Rope Freestyle - one person performs a choreographed routine, 45-75 seconds long Single Rope Pairs Freestyle - two people perform a synchronized, choreographed routine, 45-75 seconds long Single Rope Pairs Wheel Freestyle - two people perform a choreographed "wheel" routine, 30-45 seconds long Single Rope Team Freestyle - four people perform a synchronized, choreographed routine, 45-75 seconds long
Double Dutch Freestyle Events	Double Dutch Singles Freestyle - teams of three people perform a choreographed double dutch routine, 45-75 seconds long Double Dutch Pairs Freestyle - teams of four people perform a choreographed double dutch routine, which will primarily involve two jumpers performing skills in the ropes at the same time, 45-75 seconds long Double Dutch Triad Freestyle - teams of five people perform a choreographed double dutch routine, which will primarily involve three people performing skills in the ropes at the same time, 60-90 seconds long. This event will be contested in the Senior Age Division Championship only.
Group Team Show (Junior Division)	9-30 people perform a choreographed routine, maximum 3 minutes long
Group Team Show (Senior Division)	9-30 people perform a choreographed routine, maximum 5 minutes long
WJR-DDC Events (Junior Division)	World Jump Rope Double Dutch Freestyle Contest - Up to 8 People perform a routine that integrates music, dance and jump rope (double dutch as well other styles if desired) into a show-style performance, maximum 3 minutes 30 seconds long World Jump Rope Double Dutch Speed Contest - This event is optional for groups who are performing the DDC freestyle competition. Three members of each freestyle group will represent their team for a 1x30 double dutch speed contest. Note: for teams competing in the "open" gender division for DDC freestyle, at least one male must be included in the 1x30 speed group.

Explanation of Events for the Novice Age Division Championship

Novice Age Division Championships	
Single Rope Speed and Power Events	1x30 - one person jumps for 30 seconds 1x180 - one person jumps for three minutes (180 seconds) without stopping
Single Rope Freestyle Events	Single Rope Freestyle - one person performs a choreographed routine, 45-75 seconds long

Divisions for the Event Championships

	Junior World Championship <i>(All jumpers are 14 years old or younger)</i>	Senior World Championship <i>(All Ages welcome)</i>	Novice Championship <i>(All Ages welcome)</i>
Age Divisions For Female Single Rope Freestyle Only	10 years old and younger 11 years old 12 years old 13 years old 14 years old	15 years old and younger 16 years old 17 years old 18-22 years old 23-29 years old 30 years and older	10 years old and younger 11-12 years old 13-14 years old 15 years old and older
Age Divisions for all other individual events	10 years old and younger 11-12 years old 13-14 years old	17 years old and younger 18-22 years old 23-29 years old 30 years old and older <i>*We may break this age group into 30-49, and 50 and older if there are at least 10 entries in each of these age groups.</i>	10 years old and younger 11-12 years old 13-14 years old 15 years old and older
Age Divisions for consecutive triple unders	Not contested	17 years old and younger 18 years old and older	Not contested
Age Divisions for pairs & team events	10 years old and younger 12 years old and younger 14 years old and younger	17 years old and younger Open <i>*(at least one person must be 18 or older)</i> 30 years old and older <i>*(all jumpers must be at least 30 years old)</i>	Not contested
Gender Divisions for individual events	Male Female	Male Female	Male Female
Gender Divisions for pairs & team events	Female Male Open <i>(at least one team member is female and at least one is male)</i>	Female Male Open <i>(at least one team member is female and at least one is male)</i>	Not contested
Group Team Show	9-30 people All jumpers must be 14 or younger No gender divisions	9-30 people At least one jumper must be 15 or older No gender divisions	No novice division for group show events
Age Divisions for WJR-DDC	14 and younger	17 and younger Open <i>*(at least one person must be 18 or older)</i>	No novice division for DDC events
Gender Divisions for WJR-DDC	Female Open (at least one jumper must be male)	Female Open (at least one jumper must be male)	Not contested

AGE DIVISION ALL-AROUND CHAMPIONSHIPS

Rules for Entering Events for the Age Division All-Around Championships:

Jumpers and teams may choose to enter sets of events within certain categories with the goal of accumulating points toward an "all-around" score in those categories. To be eligible for the "All-Around Championship" in a certain category, jumpers or teams must enter all of the required events for that category. Please see the age divisions, gender divisions, and all-around categories explained below for more information. The top three all-around finishers in each division will receive awards.

Divisions for the All-Around Championships

	Junior World Championship	Senior World Championship
Age Divisions:	14 and younger	Open to all ages
Gender Divisions for individuals	Males Females	Males Females
Gender Divisions for pairs and teams	Female Male Open (teams include both genders, and both genders must be represented in each event)	Female Male Open (teams include both genders, and both genders must be represented in each event)

Single Rope All-Around Categories and Events

Categories	Events	Explanations
Single Rope Individual All-Around	Single Rope Speed 1x30 Single Rope Speed 1x180 Single Rope Freestyle	Individual jumpers accumulate "ordinal points" based on how they placed in each of the events. Freestyle events account for 50% of the total score, and speed events account for 50% of the total score.
Single Rope Team All-Around	Single Rope Double Under Speed 2x30 Single Rope Speed 4x30 Single Rope Pairs Freestyle Single Rope Pairs Wheel Freestyle Single Rope Team Freestyle	Teams of four or five jumpers enter each "pairs" and "team" event together. Teams will declare ahead of time which jumpers will be representing the team in which specific events. Teams accumulate "ordinal points" based on how they placed in each of the events. Freestyle events account for 50% of the total score, and speed and power events account for 50% of the total score. *Special note: any jumpers not representing their team in any event may enter that event for the event championship. However, these entries will not contribute to the team's overall score.

Double Dutch All-Around Categories and Events

Categories	Events	Explanations
Double Dutch Team All-Around	Double Dutch Speed 3x40 Double Dutch Speed 2x60 Double Dutch Singles Freestyle Double Dutch Pairs Freestyle	Teams of four or five jumpers enter each double dutch event together, selecting the jumpers to participate only from their team of four or five jumpers. Teams will declare ahead of time which jumpers will be representing the team in which specific events. Teams accumulate "ordinal points" based on how they placed in each of the events. Freestyle events account for 50% of the total score, and speed and power events account for 50% of the total score. *Special note: any jumpers not representing their team in any event may enter that event with other teammates for the event championship. However, these entries will not contribute to the team's overall score.

GRAND CHAMPIONSHIP SHOWCASE

Rules for the Grand World Event Championship:

- The top finishers in the World Age Division Event Championship will re-compete in a special competition to determine the "Grand World Champion" for each event. There will be no age divisions for the Grand World Event Championship. Gender divisions will apply.
 - Speed qualifiers
 - The top 12 qualifiers (Novice, Junior or Senior) for the male single rope speed 1x30 event, regardless of age division, will advance to compete for the Grand World Championship.
 - The top 12 qualifiers (Novice, Junior or Senior) for the female single rope speed 1x30 event, regardless of age division, will advance to compete for the Grand World Championship.
 - The top 6 qualifiers (Novice, Junior or Senior) for the male single rope speed 1x180 event, regardless of age division, will advance to compete for the Grand World Championship.

- The top 6 qualifiers (Novice, Junior or Senior) for the female individual speed 1x180 event, regardless of age division, will advance to compete for the Grand World Championship.
- The top 3 qualifiers for the male triple unders event will advance to compete in the Grand World Championship.
- The top 3 qualifiers for the female triple unders event will advance to compete in the Grand World Championship.
- **Special note for 1x180 and Triple Unders Grand World Qualifiers:**
 - *Re-competing the 1x180 and Triple Unders events at the Grand World Championship will be optional for jumpers who qualify. Jumpers and coaches who qualify will have 15 minutes after the qualifiers are announced to discuss the best strategy and to declare whether the athlete will re-compete either or both of these events at the Grand World Championship, or whether they would rather keep their qualifying score instead. Both the jumper and the coach will have to provide a signature confirming the choice(s) that they have made. Once the declaration is made, the decision is final and changes will not be allowed. Any jumper who chooses to re-compete an event will be expected to do so. Any jumper who “scratches” from one of these events after deciding to re-compete will be disqualifying themselves from that particular event, and their qualifying score will not be considered in the results to decide the winner. Exceptions may be made at the discretion of the Tournament Director in regards to injury or illness.*
- The top 6 qualifiers (Novice, Junior or Senior) for the “female” gender division pairs and team speed events, regardless of age division, will advance to compete for the Grand World Championship.
- The top 6 qualifiers (Novice, Junior or Senior) for the “male” gender division pairs and team speed events, regardless of age division, will advance to compete for the Grand World Championship.
- The top 6 qualifiers (Novice, Junior or Senior) for the “open” gender division pairs and team speed events, regardless of age division, will advance to compete for the Grand World Championship.
- Freestyle qualifiers
 - The top 10 qualifiers for the senior male individual freestyle event, regardless of age division, will advance to compete for the Grand World Championship.
 - The top 10 qualifiers for the senior female individual freestyle event, regardless of age division, will advance to compete for the Grand World Championship.
 - The top 6 qualifiers for the senior “male” gender division pairs and team freestyle events, regardless of age division, will advance to compete for the Grand World Championship.
 - The top 6 qualifiers for the senior “female” gender division pairs and team freestyle events, regardless of age division, will advance to compete for the Grand World Championship.
 - The top 6 qualifiers for the senior “open” gender division pairs and team freestyle events, regardless of age division, will advance to compete for the Grand World Championship.
 - Additionally, the top 2 qualifiers from the Novice & Junior Championship in each event and gender division will be invited to advance to compete for the Grand World Championship.
- DDC qualifiers:
 - For the DDC Speed event, the top 6 female teams and the top 6 open teams across all age divisions will be announced as qualifiers to the finals.
 - For the DDC Freestyle event, the top 8 teams in the “female” gender division across the senior age divisions and the top 8 teams in the “open” gender division across the senior age divisions will qualify for the finals.
 - In addition, the top two teams in the junior female division and the top two teams in the junior open division will qualify to compete in the DDC finals.
- Awards will be given for 1st – 3rd place Grand World finishers in each gender division and event.

GENERAL RULES FOR COMPETITION EVENTS

Equipment:

- Athletes may use any length or type of rope, as long as the rope (or ropes) is powered only by the competitor(s).
- Attaching the rope(s) or rope handle(s) to the body in any way is not allowed, as it could be a way for competitors to gain an unfair advantage in competition.
- Props are not allowed in speed or freestyle events. Equipment such as mats, trampolines, or anything else that gives the jumper(s) an advantage in the performance of an event may not be used. Costume-type props are allowed in the Group Show and Fusion-style events.

Uniforms:

- For speed and freestyle events, athletes may wear any type of athletic clothing normally worn in sport competition or exercise activity. It is highly recommended that team members competing together in team events have uniforms that coordinate with each other in order to appear prepared and professional.
- For group show and DDC events, athletes may wear uniforms that best interpret and represent the music being used and choreography being performed in the routine.
- In all events, athletic shoes must be worn (no sandals, flip-flops, high heels, bare feet, etc.).
- Jewelry should be removed for competition, or covered securely with a bandage or athletic tape.
- Hair accessories should be secured. Jumpers will not be given a re-jump because of interference from their hair accessories. If a hair accessory falls out and lands in another competitive station, the jumper or team will be given a space violation.
- Untied shoes are the responsibility of the jumper(s). If a shoe comes untied during competition, the jumper may choose to continue with their event without tying the shoe. Judges or officials will not stop an event due to an untied shoe.

General Rules and Restrictions:

- Gum Chewing is not allowed during competition, for safety as well as for cleanliness.
- Sick or injured athletes will not be awarded a re-jump or be given a heat change to accommodate them. Coaches can substitute jumpers if necessary, and they should notify the Tournament Director right away if this occurs.
- Athletes or coaches are not allowed to alter their competition space in any way (such as moving boundaries, applying tape to the floor, etc.).

Rules for Speed and Power Events:

- Speed and power stations will be 20 feet by 20 feet.
- Three speed judges will be assigned to each speed station. The two closest scores are added together and the furthest score is discarded. If scores are equidistant from each other, then the two higher scores are added together and the lowest score is discarded.
- If a speed judge is having trouble with accuracy, a fourth judge may be added to the panel.
- For all speed events, jumpers must use the traditional “jogging step” motion for speed events. One rope must pass under the foot for each jump, alternating between right and left foot jumps. There should be one revolution of the rope for each alternating foot jump.
- For the single rope double under speed event, jumpers must use a two-foot bounce, where both feet touch the ground simultaneously after two rotations of the rope around the body. A jogging-step motion (where jumpers alternate between their right and left feet) will not be allowed.
- Judges will count the right foot jumps of the competitors. When a miss occurs, judges will “skip” the next right foot jump to rectify the jump count on the clickers.

- Any starting positions may be used, as long as the rope(s) remain still until the call to “go”.
- An official WJRC timing CD will be used. Times will be called during speed events as follows:
 - All timing calls will begin with, “Judges are ready, Jumpers are ready, Set, Go”. The end of the event time period is indicated with a call of “Time”.
 - For the single rope speed 1x30, 2x30, and 4x30 events, calls will be made on the timing CD every 10 seconds. For the pairs and team events, calls to “switch” jumpers will be made every 30 seconds.
 - For the single rope speed 1x180 event, calls will be made on the timing CD every 15 seconds
 - For the double dutch speed 3x40 event, calls will be made on the timing CD every 10 seconds, with calls to “switch” jumpers every 40 seconds
 - For double dutch speed 2x60, calls will be made on the timing CD every 15 seconds with the call to “switch” jumpers will be made at one minute
- For the Double Dutch Speed 3x40 event, the rules are as follows:
 - The first jumper enters the ropes at the call to “go”. At the call to “switch” (after 40 seconds) the first jumper must exit the ropes, take one end to become a turner, and the person whose ropes were taken then becomes the second jumper inside the ropes. At the second call to “switch” after the second 40 second time period, the second jumper exits the ropes, takes the ropes from the third team member (who has not yet jumped), and becomes the turner, while the person whose ropes were just taken then becomes the jumper inside the ropes for the final 40 second time period.
- For all Double Dutch Speed 3x40 and 2x60 events, only one jumper may be inside the ropes at one time. One jumper must exit before another jumper can enter.
- For the Consecutive Triple Unders event, one person performs consecutive triple under jumps until they either miss or choose to stop.
 - This event is not timed, but competitors will be given the cue to begin with “Judges are ready, Jumpers are Ready, Set, Go” on the timing CD.
 - Competitors will be given two attempts to complete 15 triples or more.
 - If a jumper begins to perform consecutive triple unders and then misses or stops before completing the fifteenth triple under, then the jumper may try again. Judges should record the score for the first attempt in the appropriate place on the score sheet.
 - The jumper will have up to two minutes to recover in his or her station before beginning their second attempt. The jumper may not leave the station.
 - Once the second attempt has begun, any stop or miss of the rope will indicate the end of the event, regardless of how many triple unders were performed (if any). Judges should record the score for the second attempt in the appropriate place on the score sheet.
 - If the jumper completes 15 triple unders, whether on the first or second try, then any stop or miss of the rope from that point forward will indicate the end of the event.
 - If two attempts were made, the higher score of the two attempts will be counted as the final score.
 - The jumper may do single or double jumps as “preparatory jumps” prior to beginning triple unders. However, the counting of triple unders stops once any double under or single under jumps are performed after the jumper has begun consecutive triple unders.
 - This event will be contested in the Senior Age Division Championship only.
- There will be a 5 point deduction taken for false starts (starting the rotation of the rope(s) before the call to “go” is made), and for false switches (jumpers switching at inappropriate times, more than one jumper inside the double dutch ropes, jumpers beginning before the call to “switch” is made, etc.).
- There will be a 5 point deduction taken for space violations. If a jumper (or a jumper’s equipment) leaves the designated event area, judges will direct the jumper(s) to re-enter the proper area and continue the speed event. Judges should not be counting speed jumps or triple unders while a space violation is being committed. Judges may begin counting again once the jumper or team, and/or equipment, is back within the designated boundaries.

- Jumpers have a right to expect accurate speed counting. At least two of the speed judges at the station should be within 5 clicks of each other. If this is not the case, the head judge will notify the tournament director, and the jumper or team will have the opportunity to re-jump the event if they wish.
- No judging or competitive modifications can be given to jumpers or teams based on reputation or for any other reason.

General Rules for Freestyle Events:

- Timing of freestyle routines:
 - All single rope freestyle routines will be 45-75 seconds long
 - Exception: SR Pairs Wheel Freestyle which will be 30-45 seconds
 - Double dutch single and double dutch pair's routines will be 45-75 seconds long.
 - Double dutch triad routines will be 60-90 seconds long.
 - An official WJRC timing CD will be used. Times will be called during speed events as follows:
 - All timing calls will begin with, "Judges are ready, Jumpers are ready, Set, Go"
 - Calls for all freestyle events except for the double dutch triad freestyle will be made at 45 seconds, 60 seconds, and "time" called at 75 seconds.
 - Calls for the double dutch triad freestyle event will be made at 45 seconds, 60 seconds, 75 seconds, and "time" called at 90 seconds.
 - Calls for the SR Pairs Wheel event will be made at 30 seconds, and "time" called at 45 seconds.
- Illegal Tricks and restrictions:
 - In order to promote innovation and minimize restrictions, all tricks will be allowed for the World Jump Rope Championship. However, we strongly encourage everyone to please keep safety a top priority while planning, developing and practicing your tricks and routines!
 - Props are not allowed in single rope or double dutch speed or freestyle events.
 - Exception: props may be used for DDC freestyle events.
 - Equipment such as mats, trampolines, or anything else that gives the jumper(s) an advantage in the performance of an event may not be used.
- Use of Music
 - Music will be used for the Junior Division Single Rope Team Freestyle event.
 - To use time most efficiently, music will not be used in the other single rope or double dutch freestyle events for the Junior or Novice Divisions.
 - There will be no music used for Senior Division Individual Single Rope Freestyle.
 - All other freestyle routines for the Senior Division will be performed to music.
 - Any type of music may be used, though proper content and language should be maintained. Music featuring offensive lyrics or content could result in a reduction of your score by the judges.
 - **Important Special Note:** It is our goal to allow music to be used for Senior Division freestyle routines. However, if we have many teams or jumpers entered in certain freestyle events, it may be necessary to run more than one freestyle station simultaneously in order to complete the tournament in a reasonable length of time. In this type of situation, we reserve the right to suspend the use of music for these particular events.
- Single Rope Pairs and Team Freestyle Events:
 - For single rope pair's freestyle routines, two jumpers perform a synchronized, choreographed routine.
 - For single rope team freestyle routines, four jumpers perform a synchronized, choreographed routine.
- Single Rope Pairs Wheel Freestyle: Two jumpers perform a "wheel" routine. This means each jumper has a hold of one handle from the other person's rope, and one handle of their own rope. The ropes turn at alternating beats, meaning when one rope is up, the other rope is down.
 - While it is acceptable to have sections of the routine where the ropes are turning together instead of at opposite beats, or both jumpers are jumping one rope, or any other "highlight" performed to enhance

the entertainment value of the routine, the expectation is that the vast majority of the routine be performed using the traditional wheel format. Aside from brief “highlights” incorporated for choreographic reasons, jumpers should always be “connected” by having a hold of each other’s ropes.

- Double Dutch Freestyle Events: Double dutch routines should be designed so that all members of the team (3, 4, or 5 people) are included and incorporated into the routine at all times. At no time should a jumper or jumpers be waiting outside of the ropes while another jumper or jumpers are inside the ropes performing tricks.

Evaluation and judging of freestyle routines:

- All freestyle events will be evaluated on Required Elements, Difficulty, Density, Quality of Presentation, Accuracy (misses) and Entertainment Value.
- Routines will be judged on a ten-point decimal scale. A perfect score is 10. Details for awarding points will be described in the judging handbook.
- There will be seven judges and one floor manager for every freestyle station. There will be one Head Judge, three Content Judges, and three Presentation Judges.
- Points will be awarded and deducted as follows:
 - Three Content Judges will award points in the following areas:
 - Degree of Difficulty: the average difficulty of the skills and sequences performed as defined by the WJRC “Levels of Difficulty” charts = 4 points
 - Density: the number of skills and combinations performed versus the number of “breaks” or basic bounces taken between performing skills or major sequences = 2 points
 - Three Presentation Judges will award points in the following areas:
 - Technical Presentation: elements that affect the aesthetic qualities of a routine, such as amplitude, body alignment and extension, countenance, flow of routine, etc... = 2 points
 - Entertainment Value: efforts taken to make the routine exciting to watch, such as interesting and entertaining choreography, use of music, variety of styles and skills, unique or original skills, general innovation, etc... = 2 points
 - One Head Judge will evaluate the performance of required elements, accuracy (misses), and adherence to space and time constraints. Deductions will be taken as follows:
 - Time Violations: If a jumper or team begins the routine before the call to “go”, or reaches their ending pose or position after the call of “time”, then a 0.2 deduction will be given for each infraction.
 - Space Violations: If a jumper or team (or any equipment belonging to a jump or team) leaves their designated competition area, a 0.2 deduction will be given for each infraction. If this occurs, the floor manager should direct the jumper(s) to re-enter the proper area and continue the event. Judges should not be judging the routine while a space violation is being committed. Judges may begin judging again once the jumper or team, and/or equipment, is back within the designated boundaries.
 - Accuracy Deductions
 - Minor Misses:
 - A minor miss is defined as an obvious mistake involving the rope(s) that causes the rope (and the routine) to stop unintentionally.
 - If a jumper or team “pulls out” of a miss and the rope/routine does not stop, that is considered a “bobble” and does not receive an accuracy deduction.
 - 0.2 points will be deducted from the average Technical Presentation score for every minor miss.

- Major Misses:
 - Major Misses are defined as an obvious mistake involving the rope(s) that causes the routine to be delayed for two seconds or longer.
 - 0.4 points will be deducted from the average Technical Presentation score for every major miss.
- Accuracy deductions are taken only from the average “Technical Presentation” score. A maximum 2.0 points can be taken for accuracy deductions, or until the average Technical Quality score is reduced to “0”.
- Evaluation of Required Elements
 - Description of the Single Rope Freestyle Required Elements *(for single rope freestyle, single rope pairs freestyle, single rope pairs wheel freestyle, and single rope team freestyle)*:
 - Rope Manipulations
 - *Skills that cause the rope to perform motions other than the standard loop around the body (e.g. crosses, releases, swings, wraps)*
 - Multiples
 - *Skills that involve the rope making more than one revolution per jump*
 - Inversion and Displacement
 - *Skills requiring a change in the center of gravity, displaying strength, balance, flexibility, and/or agility (including gymnastic, acrobatic, and martial-arts type tricks)*
 - Spatial Dynamics
 - *Movement around the performance area. To receive full credit, jumpers must use all four quadrants of the competition area outside of a three-foot center circumference. If the jumper uses 2-3 quadrants, partial credit will be given. The quadrants should be seen as a + formation on the floor.*
 - Description of the Double Dutch Freestyle Required Elements *(for double dutch single freestyle, double dutch pairs freestyle, and double dutch triad freestyle)*:
 - Rope Manipulations
 - *Skills related to turning the ropes (e.g. turner involvement)*
 - Multiples
 - *Skills that involve a rope or ropes passing under a jumper’s feet more than one time per jump, or more than one rope passing under a jumper’s feet during a jump.*
 - Inversion and Displacement
 - *Skills requiring a change in the center of gravity, displaying strength, balance, flexibility, and/or agility (including gymnastic, acrobatic, and martial-arts type tricks)*
 - Spatial Dynamics
 - *Any movement that results in a jumper becoming a turner and a turner becoming a jumper*
 - Evaluation of Required Elements
 - To be considered “completed”, required elements must be performed at “Level 3 (intermediate)” or higher, as defined by the World Jump Rope Levels of Difficulty.
 - 0.4 points will be deducted from the average Difficulty score for every required element omitted or not performed due to misses.
 - 0.2 points will be deducted from the average Difficulty score for every required element performed at a difficulty level below “Level Three (intermediate)” (e.g., at Level One - Basic) or Level Two - Elementary)
 - A maximum 1.6 points can be taken from the average Difficulty score for Required Elements deductions, or until the average Difficulty score is reduced to “0”.

- WJRC “Levels of Difficulty” Charts, which will be used by Head Judges and Content Judges, are located in the appendix of the 2014 WJRC Judging Handbook.
- Freestyle scores will be calculated as follows:
(Average Difficulty score – Required Element deductions) + Average Density score = Content Score
(Average Technical Quality score – accuracy deductions) + Average Entertainment Value score = Presentation Score
(Content Score + Presentation Score) – Time and Space Violations = Final Freestyle Score
- Tiebreaker Rules
 - First tiebreaker is the average accuracy deduction
 - Second tiebreaker is the Content Score
 - Third tiebreaker is the Presentation Score
 - After the third tiebreaker, the tie will remain and both jumpers or teams will be awarded the same place.

General Rules for Group Show Events:

- Size Divisions:
 - 9-30 people for Junior and Senior Divisions
- Age Divisions:
 - Junior Division = all jumpers are aged 14 and younger
 - Senior Division = all ages welcome
- Gender Divisions do not apply
- Music is required for Group Show routines
 - Any type of music may be used, though proper content and language should be maintained. Music featuring offensive lyrics or content could result in a reduction of your score by the judges.
- Time Limits
 - Junior Group Show routines can be a maximum of 3 minutes long
 - Senior Group Show routines can be a maximum of 5 minutes long
 - Timing will be done by the Head Judge (or other designee) using a stopwatch. The announcer will indicate when both the judges and the jumpers are ready to begin. The time on the stopwatch will begin either when the music starts, or when the jumpers begin the routine, whichever happens first. Time will end when the routine reaches its ending pose, or when the stopwatch reads the maximum time limit, whichever happens first. If a routine continues past the maximum time allowed, the judges will stop judging at that point, and a 0.2 deduction will be given for a time violation.
- Maximum space will be given depending on the competition venue. No space violations will apply.

Evaluation and judging of Group Show routines:

- Group Show events will be evaluated on Required Elements, Difficulty, Density, Quality of Presentation, and Entertainment Value.
- Routines will be judged on a ten-point decimal scale. A perfect score is 10. Details for awarding points will be described in the judging handbook.
- There will be seven judges and one floor manager for every freestyle station. There will be one Head Judge, three Content Judges, and three Presentation Judges.
- Points will be awarded and deducted as follows:
 - Three Content Judges will award points in the following areas:
 - Degree of Difficulty: the average difficulty of the skills and sequences performed as defined by the WJRC “Levels of Difficulty” charts for Group Show = 4 points

- Density: the number of skills and combinations performed versus the number of “breaks” or transitions taken between performing skills or major sequences = 2 points
- Three Presentation Judges will award points in the following areas:
 - Technical Presentation: elements that affect the aesthetic qualities of a routine, such as movement and formations, misses, synchrony, body alignment, flow of routine, etc... = 2 points
 - Entertainment Value: efforts taken to make the routine exciting to watch, such as interesting and entertaining choreography, use of music, variety of styles and skills, unique or original skills, general innovation, etc... = 2 points
- One Head Judge will evaluate the performance of required elements and adherence to time constraints.
 - Evaluation of Required Elements
 - Description of the Group Show Required Elements *(to receive full credit, ALL members of the team must perform each element in a physically or choreographically interconnected way):*
 - Single Rope Group Routine
 - Synchronized routine performed by the entire group, with each jumper using an individual rope
 - Double Dutch
 - Routines involving two ropes being turned in opposite directions
 - Wheel
 - Routines involving two or more jumpers that have exchanged handles and are turning and/or jumping ropes at alternating beats. Ropes of any length can be used.
 - Long Rope
 - Routines involving longer ropes being used in formations that are not double dutch. (Examples include, but are not limited to, one long rope, triangle, eggbeater, umbrella, etc...)
 - Traveler
 - Routines involving the act of “catching” one or more jumpers with a rope by another jumper or jumpers. Traveler can be performed with single ropes, wheel, double dutch, and/or long ropes.
 - Evaluation of Required Elements
 - To be considered “completed”, required elements must be performed at “Level 3 (intermediate)” or higher, as defined by the World Jump Rope Group Show Levels of Difficulty.
 - 0.4 points will be deducted from the average Difficulty score for every required element omitted or not performed due to misses.
 - 0.2 will points will be deducted from the average Difficulty score for every required element performed at a difficulty level below “Level Three (intermediate)” (e.g., at Level One - Basic) or Level Two - Elementary)
 - A maximum 1.6 points can be taken from the average Difficulty score for Required Elements deductions, or until the average Difficulty score is reduced to “0”.
- The Levels of Difficulty charts for Group Show, which will be used by Group Show Head Judges and Content Judges, are located in the appendix of the 2014 WJRC Judging Handbook.
- Group Show scores will be calculated as follows:

(Average Difficulty score – Required Element deductions) + Average Density score = Content Score

Average Technical Quality score + Average Entertainment Value score = Presentation Score

(Content Score + Presentation Score) – Time and Space Violations = Final Freestyle Score
- Tiebreaker Rules
 - First tiebreaker is the average accuracy deduction

- Second tiebreaker is the Content Score
- Third tiebreaker is the Presentation Score
- After the third tiebreaker, the tie will remain and both teams will be awarded the same place.

General Rules for the World Jump Rope Double Dutch Contest (DDC) Event:

- DDC Events
 - DDC Freestyle: The World Jump Rope Double Dutch Freestyle Contest features a “performance-style” competition, where teams choreograph routines to music incorporating both dance and jump rope.
 - DDC freestyle routines should incorporate double dutch and dance.
 - Any type of jump rope styles can also be incorporated (single rope, wheel, long rope, etc...)
 - Any type of dance can be incorporated
 - Any length or type of ropes may be used (see “equipment” section of rules for more information)
 - DDC Speed:
 - This event is optional for groups who are performing the DDC freestyle competition.
 - Three members of each freestyle group will represent their team for a 1x30 double dutch speed contest.
 - Note: for teams competing in the “open” gender division for DDC freestyle, at least one male must be included in the 1x30 speed group.
 - Any length or type of ropes may be used (see “equipment” section of rules for more information)
- Qualification Requirements:
 - Everyone is welcome to attend. There are no required memberships or membership fees to any organization.
 - There are no “qualifying tournaments” to attend or any other type of qualification process.
- Teams consist of Up to 8 jumpers
- Age Divisions:
 - Competition age is determined by the jumper’s age as of September 1st, 2014.
 - Junior Division = all jumpers are aged 14 and younger
 - Senior Division 17 and under = All jumpers are aged 17 and under
 - Senior Division Open = at least one jumper is 18 or older
 - Age divisions are determined by each jumper’s age as of September 1st, 2014
 - The age of the team is determined by the age of the oldest jumper.
- Gender Divisions:
 - Female = all jumpers are female
 - Open = there is at least one male in the group
- Music is required for DDC freestyle routines.
 - Any type of music may be used, though proper content and language should be maintained. Music featuring offensive lyrics or content could result in a reduction of your score by the judges.
- Time Limits
 - DDC routines can be a maximum of 3 minutes, 30 seconds long
 - Timing will be done by the Head Judge (or other designee) using a stopwatch. The announcer will indicate when both the judges and the jumpers are ready to begin. The time on the stopwatch will begin either when the music starts, or when the jumpers begin the routine, whichever happens first.

Time will end when the routine reaches its ending pose, or when the stopwatch reads the maximum time limit, whichever happens first. If a routine continues past the maximum time allowed, the judges will stop judging at that point, and a 0.2 deduction will be given for a time violation.

- Maximum space will be given depending on the competition venue. No space violations will apply.
- Equipment:
 - Athletes may use any length or type of rope, as long as the rope (or ropes) is powered only by the competitor(s).
 - Attaching the rope(s) or rope handle(s) to the body in any way is not allowed, as it could be a way for competitors to gain an unfair advantage in competition.
 - Equipment such as mats, trampolines, or anything else that gives the jumper(s) an advantage in the performance of an event may not be used.
 - Costume-type props are allowed in the DDC event.
- Uniforms:
 - For the DDC event, athletes may wear uniforms/outfits that best interpret and represent the music being used and choreography being performed in the routine.
 - Athletic shoes must be worn (no sandals, flip-flops, high heels, bare feet, etc.).
 - Jewelry should be removed for competition, or covered securely with a bandage or athletic tape.
 - Untied shoes are the responsibility of the jumper(s). If a shoe comes untied during competition, the jumper may choose to continue with their event without tying the shoe. Judges or officials will not stop an event due to an untied shoe.
- Gum Chewing is not allowed during competition, for safety as well as for cleanliness.
- Sick or injured athletes will not be awarded a re-jump or be given a heat change to accommodate them. Coaches can substitute jumpers if necessary, and they should notify the Tournament Director right away if this occurs.
- Athletes or coaches are not allowed to alter their competition space in any way (such as moving boundaries, applying tape to the floor, etc.).

General Evaluation and judging of DDC routines:

- DDC Routines will be judged on a 10 point scale. A perfect score is 10.
- There will be five panel judges and one head judge.
- Points will be awarded and deducted as follows:
 - Five Panel judges will have up to 10 points to award
 - Panel Judges will award points in the following areas:
 - Double Dutch/Jump Rope Choreography = 3 points
 - Dance Choreography = 3 points
 - Overall Entertainment Value (Creativity, use of music, performance, etc.) = 4 points
 - One Head Judge will time the routine with a stopwatch and determine any deductions. Deductions will be taken as follows:
 - Time Violations: If a routine runs over the maximum time limit, then a 0.2 deduction will be given.
- DDC scores will be calculated as follows:
 - Once a score out of 10 has been determined for each panel judge, the high and the low score will be dropped, and the remaining three scores will be averaged to create a “total score”.
 - Time violation deductions will be taken from the total score, to create a “final score”.

- Tiebreaker Rules
 - There will be no tiebreakers. Any tie will remain and both teams will be awarded the same place.

Protests and Appeals:

- Grounds for Protest:
 - Any rule infraction overlooked by the Tournament Director
 - Any misinterpretation of the rules by the Judges or the Tournament Director
 - Any clerical or scoring error
 - Any other objectively verifiable matter not exclusively involving the judgment of any official
 - Any decision made or action taken by the Tournament Director that is unfair or inconsistent with published rules
- Note: Videotape may not be used to overturn any judging decision
- Resolution of Protests:
 - The coach (or other designee of the coach) makes a protest by discussing the issue with the Tournament Director. The Tournament Director makes a decision or proposes a solution.
 - If the coach disagrees with the decision of the tournament director, he/she has 30 minutes from the time of the incident to request an appeal. This is done by requesting from the Tournament Director that the Tournament Organizing Committee meet to consider the issue.
 - The coach and the Tournament Director will explain their sides of the issue to the Tournament Committee. The committee will then discuss the issue and make a ruling.
 - A majority opinion is necessary in order for the Tournament Committee to overturn the original decision made by the Tournament Director.
 - The outcome reached by the Tournament Committee is final, and the issue rests at that point.
- Any individual with a right to protest or appeal shall lose that right if the appropriate protest or appeal is not properly made in a timely manner and in accordance with these rules.