

**FEDERATION  
INTERNATIONALE DE SAUT  
A LA CORDE  
(FISAC)**

**INTERNATIONAL ROPE  
SKIPPING FEDERATION  
(IRSF)**

**IRSF-FISAC WORLD  
CHAMPIONSHIPS ©  
2010**

**OFFICIAL RULEBOOK**

**January 1<sup>st</sup> 2009 To December 31<sup>st</sup> 2010**

## **FORWARD**

This is the updated 2009 - 2010 FISAC IRSF rulebook to be used for the FISAC - IRSF World Championships which will be held in 2010.

The original FISAC - IRSF rules were taken in 1996 by Lorraine Bannerman from numerous state, regional and international competitions with input from the International Rope Skipping Organisation, European Rope Skipping Organisation (ERSO), the Australian Rope Skipping Association (ARSA), the United States Amateur Jump Rope Federation (USAJRF) and the Canadian Rope Skipping Federation (CRSF).

They have been updated after each World Championships since then and in 2003 the World Cup made its debut.

The rulebook was updated in 2004 and the outgoing Chairperson, Lorraine Bannerman, would like to thank the members of that Rules Committee, Eric Herber, Kajs Murmark, Richard Cendali, Megan Leuthold and the President of FISAC, Mr Ron Kappert and the Secretary General, Mr Geert Hoste for their valued input and assistance with the updating of those rules.

The rulebook was updated once again in 2006 and I would like to thank the members of that Rules Committee. I would like to sincerely thank everyone who believed in this team, especially Lorraine who first asked me to take care of the huge responsibility of reshaping the rulebook, who edited the 2006 rulebook and then who edited and remodelled this latest rulebook.

In November 2008 the members of the current Rules Committee met for two days in Hungary to update the rules once again. I sincerely want to thank all the participants for their time and input as well as the ERSO for hosting the meeting.

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 2010 World Championships.

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

Pieter Himpe (Belgium)  
Chairperson, International Rules Committee  
Fédération Internationale de Saut à la Corde (FISAC - IRSF)

Approved by the Board of Directors for distribution

Ronald R. Kappert (CANADA)  
President / CEO  
Fédération Internationale de Saut à la Corde

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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 at the IRSF-FISAC Office.  
The rules in this document are generally stated once only.

#### Section 2 The Competitions

The 2010 event will include the following competitions

- a) the FISAC – IRSF World Youth Tournament
- b) the FISAC – IRSF World Championships.

This rulebook refers to the World Championships only.

### Article 2 FISAC – IRSF 2010 World Championships

#### Section 1 Qualifying Standards

The National Organisation of each FISAC – IRSF member country will set their own qualifying standards.

#### Section 2 Organising Committee

The FISAC – IRSF World Championships will be organised by the FISAC Committee.

#### Section 3 Competition Days

There will be two days of competition – Saturday and Sunday.

#### Section 4 Categories

There are separate male and female categories in the Masters Competition and separate male, female and open (mixed gender) categories in the Teams competition.

#### Section 5 Criteria for a competition category in the FISAC – IRSF World 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 not, then all the skippers competing will be placed in the one mixed 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, then all teams will be placed in the next appropriate category. The next appropriate category for male teams is mixed teams and for mixed teams is female teams.

Any team/skipper in this position must be notified of the category changes well in advance of the competition

## Section 6 Age Divisions

The National Organisation must verify the ages of all their competitors. There is a two year disqualification period for all skippers / coaches for submitting false information

There will be one age division, 15 years and over. Skippers must be born in 1995 or before.

## Section 7 Constraint

If a skipper competes in the Masters of the FISAC – IRSF World Championships, they CAN NOT compete in the Masters of the FISAC – IRSF World Youth Tournament.

If a team competes in the FISAC – IRSF World Championships, they CAN NOT compete as a team in the FISAC – IRSF World Youth Tournament.

Any members of a team which competed in the FISAC – IRSF World Championships CAN NOT compete in a team in the FISAC – IRSF World Youth Tournament.

## Section 8 Gender Competition Condition

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

The exception to this ruling is an all male team competing in the open category because their category could not be formed as it failed to fulfil the requirements stated in Section 5 above.

## Article 3 FISAC – IRSF World Cup

### Section 1 Number of Countries

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

### Section 2 Competition Day

The competition will be held on the one day, Monday.

### Section 3 Number of Teams

There will be ONE team per country.

### Section 4 Age Limit

All skippers competing in the World Cup must be 15 years of age and older. Skippers must be born in 1995 or before.

### Section 5 Number of Skippers

There will be a minimum of 8 skippers and a maximum of 24 skippers.

### Section 6 Time limit

The time of the performance is 4.00 – 8.00 minutes.

### Section 7 Starting Order

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

### Section 8 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 Events of the World Championships, the Time of the Events and the Order of the Events

### Section 1 Starting Order for the FISAC- IRSF World Championships

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.

### Section 2 FISAC – IRSF World Masters Championship

The FISAC – IRSF World Masters Championship is a competition open to the top three (3) male and top three (3) female skippers from each participating country. These skippers will compete in all three Masters Events (Speed 30 seconds, Speed 3 minutes and freestyle).

Two additional competitors per event per gender category may also be sent from each participating country may also be sent. If these competitors participate in all 3 Masters events (Speed 30 seconds, Speed 3 minutes and Freestyle) they will also be ranked in the Masters Competition. Otherwise these additional competitors will only be ranked in the individual event(s) in which they compete.

The Triple Under event is a separate competition for skippers of 15 years of age older (born in 1995 or before). A country may send three (3) male and three (3) female skippers to compete in this competition. This event is NOT compulsory for skippers who wish to be considered for an overall placing in the Masters competition.

#### The Events and Time

- |                               |  |
|-------------------------------|--|
| 1. Speed – Sprint .....       | 30 seconds   |
| 2. Speed – Endurance.....     | 180 seconds or 3 minutes                             |
| 3. Freestyle.....             | 60 seconds to 75 seconds                             |
| 4. Triple Unders – Power..... | No time limit. (Not part of the Masters competition) |

The Event Order: 1, 2, 3, 4

### Section 3 FISAC – IRSF World Team Championship

The FISAC – IRSF World Championship Team Competition is open 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 below except for the Double Dutch Pairs Speed

Two additional teams per event per gender category may also be sent from each participating country. If such teams participate in all the events except Double Dutch Pairs Speed, they will also be ranked in the Team competition. Otherwise these additional teams will only be ranked in the individual events in which they compete.

Double Dutch Pairs Speed is a separate event and each country may send 3 teams per gender category to compete in this competition.

#### The Events and the Time

- |  |                  |
|--|------------------|
| 1. Single Rope Speed and Double Under Relay..... | 4 x 30 seconds   |
| 2. Double Dutch Speed Relay.....                 | 4 x 45 seconds   |
| 3. Single Rope Pair Freestyle.....               | 60 – 75 seconds. |



- |                                      |  |
|--------------------------------------|--|
| 4. Single Rope Team Freestyle.....   | 60 – 75 seconds                                    |
| 5 Double Dutch Single Freestyle..... | 60 – 75 seconds                                    |
| 6 Double Dutch Pairs Freestyle.....  | 60 – 75 seconds                                    |
| 7 Double Dutch Pairs Speed.....      | 2 x 60 seconds. (NOT part of the Team competition) |

Events 1, 2, 4, 6 and 7 are performed by 4 skippers from the same team

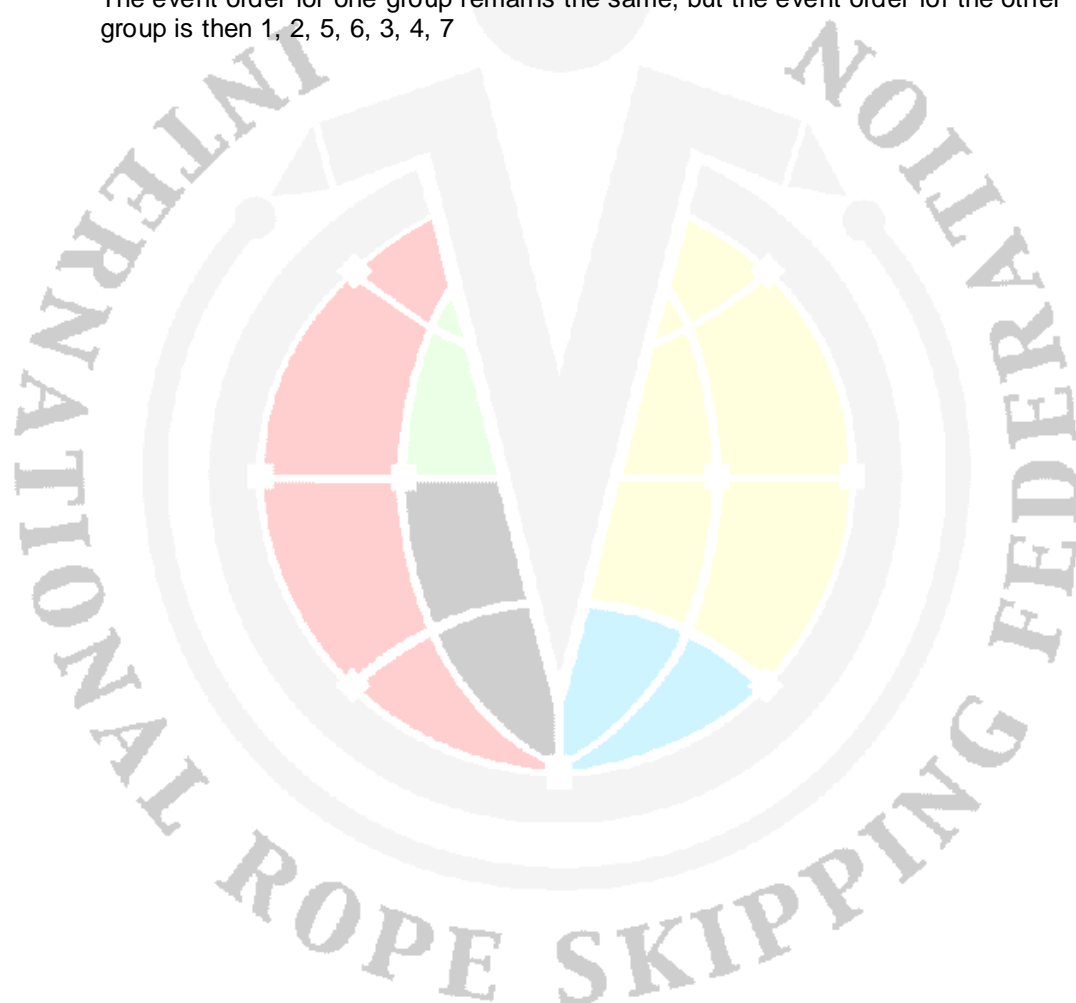
Event 3 is performed by 2 skippers from the same team

Event 5 is performed by 3 skippers from the same team.

#### The Event Order

If only one set of freestyle judges is available the event order is 1, 2, 3, 4, 5, 6, 7

If two sets of freestyle judges are available (one set for the Single Rope events and another for the Double Dutch events), the teams competing are split into two groups. The event order for one group remains the same, but the event order for the other group is then 1, 2, 5, 6, 3, 4, 7



## CHAPTER 2

### GENERAL INFORMATION

#### Article 1 Code of Conduct

Sportsmanship and discipline are of the utmost importance and expected of all participants, coaches and spectators.

Competitors and coaches must not distract another competitor whilst he/she is competing by creating additional distracting sounds or visible or physical movements. Athletes, coaches, judges and officials must always treat everyone else with the same courtesy, respect and kindness that they would expect for themselves. Athletes, coaches, judges and officials should never use foul language or gestures. Judges should perform their duties in accordance with the certification training they have received.

Coaches may not discuss a competition performance directly with a judge.

In the Team Competition only the skippers competing in an event will be permitted on the competition floor. However, there will be a designated area for the coach and the extra team member not competing on the edge of the competition area.

All spectators must remain in the specially marked areas designated for them during the competition. Coaching and supporting is allowed from these areas. The fairest possible environment must be provided for all athletes.

If possible we should congratulate others, whether they are team-mates or not, for any effort well done and we should rejoice in the successes of others whether big or small.

We should always treat everyone else with the same respect, courtesy and kindness, that we would like them to show us.

We should ask permission of the originator of a complete routine or an unusual presentation move before we use it ourselves. Permission to video routines should also be sought from the team coach or individual skipper concerned. We should remember that it is unethical not to do this.

Flash photography is not permitted – no exceptions.

Violations of the Code of Conduct will be referred to the Tournament Director.

Minor violations will result in a warning from the Head Judge or Tournament Director.

Repeated violations will result in a point deduction penalty of 20 points out of a maximum of 500 for Freestyle or 10 points in Speed and Power events.

Major violations will result in the disqualification of the athlete from that event or from the overall competition, or in the removal of a judge or official from his/her duty.

In extreme cases an athlete, coach, judge, or official will be asked to leave the competition area.

## Article 2 Drugs, Anti-doping

Doping involves *Prohibited Substances* or *Prohibited Methods* that enhance sporting performance, risk health and/or are contrary to the spirit of sport. The *Federation Internationale de Saut à la Corde (FISAC) International Rope Skipping Federation (IRSF)* implements the mandatory and other portions of the World Anti-Doping Program, including the *World Anti-Doping Code*, the mandatory *International Standards* and the *Models of Best Practice*. The *Federation Internationale de Saut à la Corde* recognizes the role of the *World Anti-Doping Agency (WADA)* in setting global standards and coordinating anti-doping worldwide.

In particular, the *Federation Internationale de Saut à la Corde* adopts and applies the anti-doping rule violations set forth in the *Code*.

Subject to any right of appeal, the anti-doping rule violation and consequences decisions, *Therapeutic Use Exemptions (TUEs)*, hearing results or other final adjudications of any *Signatory* to the *Code* which are consistent with the *Code* shall be recognized and respected by all FISAC-IRSF members or subject to the WADA

An *Adverse Analytical Finding* reported to, or an anti-doping rule violation determined by, any authority that is recognized may be deemed to be an *Adverse Analytical Finding* or anti-doping rule violation under the WORLD ANTI-DOPING PROGRAM, which may apply to such cases.

**World Anti-Doping Code:** The *Code* and *International Standards*, including Commentary.

## Article 3 Awards

### Section 1. Release of Official Results

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

### Section 2 FISAC – IRSF World Championships

	<b>Masters</b>	<b>Team Championship</b>	<b>WORLD CUP</b>
<b>Overall</b>	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.
<b>Combinations</b>		<u>Single Rope:</u> Gold, silver and bronze medals for the first three places in each gender category. <u>Double Dutch:</u> Gold, silver and bronze medals for the first three places in each gender category.	

<b>Per event</b>	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 4 Appeals

A five person Appeals Committee will be appointed by the FISAC-IRSF 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 co-ordinate 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 FISAC.

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 who is representing the three designated team officials per country who are also 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 Tournament Director.

Should an unsatisfactory response be given, a written appeal is to be submitted to the Tournament 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. However a skipper may appeal their speed or power score providing they are able to provide clear video evidence of the event to the Appeals Committee. The video will only be required if no evidence can be presented by FISAC and if a different ranking would result if the appeal is upheld.

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 5 Signals, sounds and call outs

The call outs which are used in the competition are available on CD and can be downloaded from the FISAC-IRSF website. The CD can also be obtained through the FISAC-IRSF head office.

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 60 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 6 Timing

### Masters and Team Championships – Freestyle

Timing begins with the first arm or rope movement or as soon as the first note of the music starts. The routine will be judged "finished" when both the music and the skipper finish in a recognisable or identifiable 'end' position. For example the music has ended and the rope has stopped in some arrangement with the skipper for at least two seconds.

### 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".

### World Cup

Timing begins at the first sound of the music or the first rope movement, whichever is first. Timing stops when all skippers stop skipping and clearly show that the routine has ended.

## Article 7 False Starts

False Starts are not permitted in any event. The skipper(s) must remain still with no arm or rope movement until the word(s) "Go" or "You May Begin" or "Switch" have been called out. Any movement before these words 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 8 Space Violation

Each time a skipper steps or places a foot completely 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).

## Article 9 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 10 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:

- The competition number (taken from the program) written on it.
- The event (taken from the program) written on it.
- Only the one track required for that particular event.

## Article 11 Uniforms

Each country must have a matching uniform for the Parade of Athletes and for the medal ceremonies. National team uniforms may have the team 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.

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 12 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 13 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) World Cup:

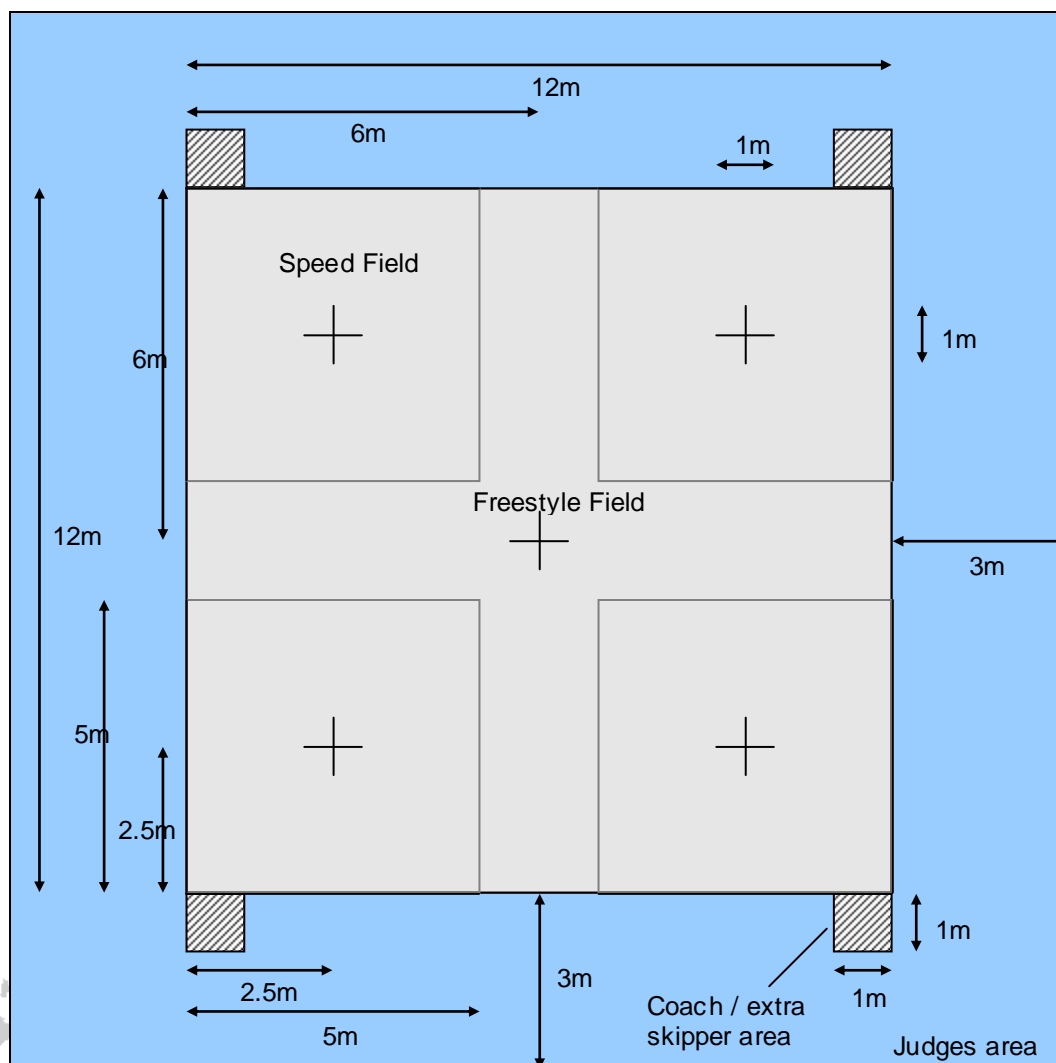
Minimum of 15m x 15m

It will be permissible, after prior consultation with the Tournament Director, for the host country to determine the maximum dimensions for the World Cup considering the available floor space and safety factors. This information should be communicated to all countries at least twelve 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 area reserved for the judges is 3m surrounding the competition floor. 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) All 5 crosses measure 1m x 1m.





#### Article 14 Ropes.

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

Masters		Team		World 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 & DDFP	Free, 1 set maximum.		

Before entering the competition floor, the length of the skipper's rope will be checked at the designated area by the Head Judge using the guide marked on the floor.

Competitors are allowed to put as many ropes as is permitted in an event in the coach area for their use should a rope break. Competitors will not receive a space violation should they use one or more of these 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 15 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 16 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 can not compete then that team is no longer an open team but a female or male team.

#### **Article 17 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

#### Ethics in Sport

When it comes to sport, all participants have the right to be treated ethically and with respect, and it is sport's collective obligation to do so. But beyond this, there is also the need to respect the institution of sport—to protect the values that make sport a special part of our culture. If we all ensure that our individual conduct is ethical, we can uphold this respect for sport.

The FISAC-IRSF has the mandate of promoting, protecting and explaining ethics in sport. Our mission is "to promote ethical conduct in all aspects of our sport in the Rope Skipping Community." This includes advancing the cause of, the public interest in, the understanding of, and the practice of ethics at all levels in our sport.

Sport and physical activity have a tremendous impact on the lives of individuals and communities. For individuals, sport can be a source of pleasure, enjoyment and discipline, a means of enhancing health, a method of interacting with the environment, a social event, a source of friendship, an opportunity to excel, and in a more intangible way, fulfilling our human potential. For communities, sport can be a source of pride; a manifestation of shared values, an aspect of local or national culture and a means to promoting health and well being.

Sport plays an extremely important role in today's society. In many ways, young people may not look to religion, education or their families for moral development or guidance. Consequently, sport, by design or by default, is playing an increasingly powerful role in the physical and moral development of our members' athletes.

Sport always and inevitably teaches and exhibits values. Sport generates opportunities for moral choice and cannot be practised without an underlying commitment to values. Young people learn values and ethics through sport; they learn attitudes about and towards others, themselves, competition and trying one's best. They learn about winning, courage, loyalty and striving for excellence. They learn about joy, adversity, friendship and humanity. Moral reasoning—learned through sport—influences every aspect of a person's life. For communities, how we play at sports, how we compete, how we value those who strive for excellence and the pride we take in athletic success all reflect and symbolize our communal values and contribute to our shared story.

Additionally, sport contributes to the forming of our social structures—the "shared story" of what we all care about and value. Sport plays a part in forming our community, our culture and our society.

Because of the crucial role that sport plays in the moral development of the members of our communities, it must, as a whole be ethical—not just fair—for the participants. The conduct of individuals within sport, and the way in which the sport system operates must be consistent with our notions of morality, justice, respect for persons and human excellence.

## What is ethics in sport?

An important aspect of ethics in sport is dealing with ethical dilemmas; situations where the course of action is unclear, or where reasonable people cannot agree on what ought to be done or not done. However, if we take ethics to mean "trying to do the right thing, and trying not to do the wrong thing" and "a morally acceptable mode of conduct", together we can generally agree that ethical sport entails:

- A Respect for persons.
- B Protection from harm.
- C Development of ethical conduct towards others.
- D Notions of justice, fairness, equity.
- E Ethic of care—the ethics of relationships (not just ethics of individual conduct).
- F Freedom to enjoy, to flourish.
- G Respect for the institution of sport.

The FISAC-IRSF' mandate is to ensure that the values and ethics taught and exhibited in sport and through sport are those that are acceptable to our members. We must therefore be active in two different, but related areas. First, we want to ensure that participants, coaches and spectators engage in sport in a manner that is fair, that promotes enjoyment of sport for its own sake, and that values the existence of sport itself. Secondly, we want a sport system that is just, fair, open, equitable and respectful of persons.

### By Fair and Ethical Means

The FISAC-IRSF promotes the practice of sport pursued through fair and ethical means. However, being fair and ethical is not just about congratulatory cheers but rather an ongoing process of knowledge, culture, morals and values combined with monitoring, analysis, debate, agreement, refinement and judgment. Therefore, a number of elements contribute to "fair and ethical means". For example:

- A The presence and acceptance of codes of ethics for athletes, coaches and officials.
- B Basic human rights, like the absence of exploitation, respect for dignity and worth of human beings, self-determination and privacy.
- C Principles of due process, including such things as informed consent, rights of appeal, and absence of bias and conflicts of interest.
- D Responsibility of care for self and others.
- E Business practices.
- F Quality control systems.
- G Other policies and practices on such things as gender equity, disabled integration, harassment, multiculturalism, access, safety, discrimination, racism, drug-free sport, violence, privacy and consent.

### Preamble

Consequently, within the organization of the FISAC-IRSF World Rope Skipping Championships, all FISAC-IRSF parties undertake to respect, and ensure respect of the following Rules:

### Dignity

- A. Safeguarding the dignity of the individual is a fundamental requirement of Sportsmanship.
- B. There shall be no discrimination between participants on the basis of race, sex, ethnic origin, religion, philosophical, political opinion, marital status or other grounds.
- C. No practice constituting any form of physical or mental injury to the Participants will be tolerated. All doping practices at all levels are strictly

prohibited. The provisions against doping in the FISAC-IRSF Movement Anti-Doping Code shall be scrupulously observed.

- D. All forms of harassment against participants be it physical, mental, professional or sexual, are prohibited.
- E. The FISAC-IRSF parties shall guarantee the athletes' conditions of safety, well-being and medical care favourable to their physical and mental equilibrium.

### **Integrity**

- A The FISAC-IRSF parties or their representatives shall not, directly or indirectly, solicit, accept or offer any concealed remuneration, commission, benefit or service of any nature connected with the organization of the FISAC-IRSF World Rope Skipping Championships.
- B Only gifts of nominal value, in accordance with prevailing local customs, may be given or accepted by the FISAC-IRSF parties, as a mark of respect or friendship. Any other gift must be passed on to the organization of which the beneficiary is a member.
- C The hospitality shown to the members and staff of the FISAC-IRSF parties, and the persons accompanying them, shall not exceed the standards prevailing in the host country.
- D The FISAC-IRSF parties shall avoid any conflict of interest between the organization to which they belong and any other organization within the FISAC-IRSF Movement. If a conflict of interest arises, or if there is a danger of this happening, the parties concerned must inform the FISAC-IRSF Executive Board, which will take appropriate measures.
- E The FISAC-IRSF parties shall use due care and diligence in fulfilling their mission. They must not act in a manner likely to tarnish the reputation of the FISAC-IRSF Movement.
- F The FISAC-IRSF parties must not be involved with firms or persons whose activity is inconsistent with the Principles set out in the FISAC-IRSF Charter and the present Code.
- G The FISAC-IRSF parties shall neither give nor accept instructions to vote or intervene in a given manner within the organs of the FISAC-IRSF.

### **Resources**

- A The resources of the FISAC-IRSF parties may be used only for FISAC-IRSF purposes.
- B The income and expenditure of the FISAC-IRSF parties shall be recorded in their accounts, which must be maintained in accordance with generally accepted accounting principles. These accounts will be checked by an independent auditor. They may be subjected to auditing by an expert designated by the FISAC-IRSF Executive Board.
- C The FISAC-IRSF parties recognize the significant contribution that broadcasters, sponsors, partners and other supporters of sports events make to the development and prestige of the FISAC-IRSF World Rope Skipping Championships throughout the world. However, such support must be in a form consistent with the rules of sport and the Principles defined in the FISAC-IRSF Charter and the present Code. They must not interfere in the running of sports Institutions. The organization and staging of sports competitions is the exclusive responsibility of the independent sports organizations recognized by the FISAC-IRSF.

## **Candidatures**

The FISAC-IRSF parties shall in all points respect the FISAC-IRSF Manual for cities bidding to host the FISAC-IRSF World Rope Skipping Championships. Candidate Cities shall, refrain from approaching another party, or a third authority, with a view to obtaining any financial or political support inconsistent with the provisions of such Manual.

## **Relations with states**

- A The FISAC-IRSF parties shall work to maintain harmonious relations with state authorities, in accordance with the principle of universality and of political neutrality of the FISAC-IRSF World Rope Skipping Championships. However, the spirit of humanism, fraternity and respect for individuals which inspires the FISAC-IRSF ideal requires the governments of countries that are to host the FISAC-IRSF World Rope Skipping Championships to undertake that their countries will scrupulously respect the Fundamental Principles of the FISAC-IRSF Charter and the present Code.
- B The FISAC-IRSF parties are free to play a role in the public life of the states to which they belong. They may not, however, engage in any activity or follow any ideology inconsistent with the Principles and Rules defined in the FISAC-IRSF Charter or set out in the present Code.
- C The FISAC-IRSF parties shall endeavour to protect the environment on the occasion of any events they organize. In the context of the FISAC-IRSF World Rope Skipping Championships, they undertake to uphold generally accepted standards for environmental protection.

## **Confidentiality**

The FISAC-IRSF parties shall not disclose information entrusted to them in confidence. Disclosure of information must not be for personal gain or benefit, nor be undertaken maliciously to damage the reputation of any person or organization.

## **Implementation**

- A The FISAC-IRSF parties shall see to it that the Principles and Rules of the FISAC-IRSF Charter and the present Code are applied.
- B The FISAC-IRSF parties shall notify the Ethics Commission of any breach of the present Code.
- C Each year, the Ethics Commission will submit to the FISAC-IRSF President and Executive Board a report on the application of the present Code, noting any breaches of its rules. The Commission will propose to the FISAC-IRSF Executive Board sanctions which might be taken against those responsible.

The Ethics Commission may set out the provisions for the implementation of the present Code in a set of by-laws.



## 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. The Head Judge will reposition any skipper who moves out of their designated area while skipping.

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 30<sup>th</sup> 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 30<sup>th</sup> triple under and takes the option of the second attempt, the best score of the two will be the final score. (The scores will NOT be averaged or added)

## 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**

4 x 45 seconds. The 180 seconds (three minutes) time limit runs continuously with no stops or breaks.

##### **Section 2 The Call out**

"Judges ready? Skippers, ready? Set. Go. 15. 30. Switch. 15. 30. Switch. 15. 30. Switch. 15. 30. Stop."

##### **Section 3 Goal**

To complete as many jumps as possible within the time limit with a relay of 4 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 D, who is facing A.
3. D and C turn for B, who is facing C.
4. D and B turn for A, who is facing D.

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 45 seconds. At the 45 sec mark, "Switch" is called and the first skipper exits the ropes. The second skipper must not enter the ropes until after the call of "Switch" and after the new turner has taken over the ropes completely. 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 entering the ropes before the new turner has complete and independent control of the ropes. 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 Double Dutch Pairs Speed

#### Section 1 Time limit

2 x 60 seconds. The 120 seconds (two minutes) time limit runs continuously with no stops or breaks between the skippers.

#### Section 2 The Call out

"Judges ready? Skippers, ready? Set. Go. 15. 30. 45. Switch. 15. 30. 45. Stop."

#### Section 3 Goal

To complete as many jumps as possible within the time limit.

#### 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 B turn for D, who is facing B.

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 60 seconds. At the 60 seconds mark, "Switch" is called and the first skipper exits the ropes and the second skipper enters the ropes and skips for

the next 60 seconds. There will be a deduction of 5 points from the raw score for a False Switch. In this case a False Switch is entering the ropes before the call of "Switch" is made or entering the ropes before the first skipper is completely out of the ropes. 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 4 Single Rope Pairs Freestyle**

### **Section 1 Time limit**

- A 60 - 75 seconds
- B The timing of the routine begins as soon as an arm 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 Single Rope Team Freestyle**

### **Section 1 Time limit**

- A 60 - 75 seconds
- B The timing of the routine begins as soon as an arm 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. Only activity in the designated area counts.

- C 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 6 Double Dutch Single Freestyle

#### Section 1 Time limit

60 - 75 seconds

The timing of the routine begins as soon as an arm or rope moves or as soon as the first note of the music starts, whichever comes first.

#### 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.

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.

### Article 7 Double Dutch Pairs Free style

#### Section 1 Time limit

A 60 - 75 seconds

B The timing of the routine begins as soon as an arm or rope moves or as soon as the first note of the music starts, whichever comes first.

#### 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.

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 6

### DEFINITION OF TERMS

#### **Accent**

A highlight, an emphasis or a rhythmical stress or accent done to the music in a freestyle routine

#### **Alternating Step**

**A.k.a. Speed Step, Running Step.**

See [Speed Step].

#### **Chinese Wheel**

Two skippers jumping 'together' with interlinked, alternating ropes. Each skipper holds one end of their own rope and the other end is held by the other skipper. The ropes are turned alternately and the skippers jump alternately for each beat of the ropes performing different skills and exchanges as they skip. To be called a Chinese wheel in a snapshot both turners hold two ropes and one of them should jump the rope

#### **Consecutive Series**

Continuously repeating a particular jump or skill without any other jumps or without stopping in the series of jumps.

#### **CRSO - Continental Rope Skipping Organisation**

The administrative organisation for the sport of rope skipping within the geographical regions of the world known as Europe, North America, South America, Oceania, Africa and Asia and which is recognised by FISAC - IRSF as the controlling body of the sport in that continent.

#### **Difficulty**

(A) Skill: The level of a skill performed; Level 1 to 5 or 6.

(B) Freestyle: The more skills of greater difficulty completed and executed correctly within the time limit will mean the higher the score.

#### **Double Dutch**

Two turners hold each end of two ropes between them. The ropes are turned mirror image to each other while a skipper, or skippers jump the ropes and perform different skills and exchanges.

In a Double Dutch freestyle credit is also given for turning the ropes in different ways such as in Chinese Wheel.

#### **Double Under**

In one jump the rope passes under the feet of the skipper twice (two times) before the skipper's feet touch the ground for the next jump.

It is one double revolution of the rope each jump.

#### **False Start**

When the skipper starts to turn or move the rope(s) before the word "Go".

If a skipper commits a false start there will be a 5 point deduction from the skipper's raw score.

If a false start is detected the judges do not stop the skipper(s), they will be allowed to complete the event.



## **False Switch**

A False Switch is when a skipper enters the ropes and starts skipping before the call of "Switch".

- a) Single Rope Speed and Double Under Relay: The second, third as well as the fourth skippers must not start before the call of "Switch".
- b) In Double Dutch Speed Relay: The second, third or fourth skipper must not enter the ropes until after the call of "Switch" and until the replacement turner has independent and complete control of the ropes
- c) In Double Dutch Pairs Speed: The second jumper may not enter the ropes before "switch" or before the first jumper completely exits the ropes.

If a skipper commits a false switch there will be a 5 point deduction from the skipper's score. If a false switch is detected the judges do not stop the skipper(s), they will be allowed to complete the event.

## **FISAC - IRSF sanctioned championship**

A competition organized by the NRSO and approved by both the CRSO and FISAC-IRSF.

## **Giant Wheel**

More than two skippers jumping together with interlinked, alternating ropes. Each skipper holds one end of their own rope and the other end is held by another skipper, such that the ropes alternate while both, or all of the skippers jump for each beat of the ropes and perform different skills and exchanges. At least one turner holds only one rope.

## **Head Judge**

Someone who has passed the FISAC-IRSF exam for Head Judge.

## **Level 4 Judge**

Someone who has passed the FISAC-IRSF exam at ALL levels.

## **Long Rope**

Minimum length is 7 meters.

Long ropes being turned and jumped in any fashion.

Some examples are (but not limited to) Triangle, Rainbow and Giant Wheel.

## **Meter (dimension)**

1 meter = 3.2808 feet = 39.3696 inch

(on-line calculation and more explanation: <http://www.sengpielaudio.com/calculator-cminch.htm>)

## **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 0.5 deduction (i.e. 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 1.0 deduction (i.e. 25 points on the total freestyle score of 500).

*Comment: In single rope pair's routines, two misses are counted when both skippers miss at the same time while jumping their own separate ropes. A miss that occurs during dynamic interaction sequences when only one rope is used, or during wheel jumping, is only counted as one miss.*

### **NRSO - National Rope Skipping Organisation**

The administrative organisation for the sport of rope skipping within a country's geographical boundary which is recognised by FISAC - IRSF as the controlling body of the sport in that country.

### **Prop**

Any piece of (special) equipment other than defined under [Chapter 2 General Information - Article 14. ROPES] eg lolo ball, gogo ball, skip stick, mini trampoline, boards, mats, hats, glasses, jeans, shirts etc. Medic-Alert bracelets are accepted.

### **Restricted skill**

"Restricted" refers to the restriction in the amount of movement or the range of motion a joint can make. When the range of motion is limited or restricted then controlling the ropes is much harder. When doing a skill, if either the wrist, or elbow or shoulder has a restricted or limited range of motion then that is a "restricted" skill.

### **Running Step**

**A.k.a. Speed Step, Alternating Step.**  
See [Speed Step].

### **Single Rope**

An individual skipper using one (single) rope.

### **Space violation**

Each time a skipper steps or places a foot completely outside the border(s) of the competition area at any time during the performance of the routine.

Each space violation is equal to a minor miss.

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

### **Speed-judge**

Someone who passed the FISAC-IRSF exam for Speed.

### **Speed change**

A speed change is changing from single bounce to triple or a quad or from double to quadruple under.

Changing to fancy feet is only a speed change if the speed of the jumps is visibly faster than regular skipping

However, changing from a double/triple/quad back to single bounce and changing from doubles to triples or from triples to quads is not a speed change

### **Speed Step (a.k.a. Running Step, Alternating Step)**

(A) Single Rope:

The official speed-skipping step is a running step or alternating feet in single bounces. With every turn of the rope it passes under the right foot or left foot cleanly.

(B) In a Speed event:

Every time the right foot touches the ground one jump is counted. Jumps will not be counted while improper skipping is performed.

### **Squeezed handle**

Handle held by any body part except the hand.

### **Switch**

A term used to indicate to one skipper that their time is up and they must stop skipping and the next skipper has to begin skipping according to the proper requirements.

### **Technical Execution**

The skipper exhibits the correct technique for the skills chosen in the routine, power, strength, acrobatic movements, body inversions and the smooth flow of the routine.

### **Time Violation**

(A) Triple Under:

If a skipper does not start within 15 seconds after "You may begin." has been called out, 5 triples will be deducted from the raw score.

(B) Freestyle:

A routine lasting less than 60 seconds and more than 75 seconds will be penalized by deducting a major miss.

### **Tournament Director**

The Tournament Director is the competition supervisor. The person appointed by FISAC whose responsibility is to manage the FISAC World Championships.

### **Traveller**

One or more skippers "catching" other skippers with either a single rope, or in Double Dutch or Chinese Wheel.

### **Triple Under**

In one jump the rope passes under the feet of the skipper three times before the skipper's feet touch the ground for the next jump.

It is one triple revolution of the rope each jump.

