



UNIFYING THE WORLD OF
JUMP ROPE.

2015 World Jump Rope Federation

2015年世界跳绳联盟

Judging Handbook

裁判手册

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2015 年的变动

在评估 2014 年世界跳绳锦标赛的年龄划分，自由式赛事和比赛评审，我们已经做 2015 年世界跳绳锦标赛和泛美锦标赛的一些变化。这些变化概述如下，并且也将结合到我们的 2015WJR 竞赛规则手册和判断手册。请仔细阅读一下。如果你有任何问题或疑虑，请让我们知道。

GENERAL EXPECTATIONS

总则

- Be very familiar with and knowledgeable about all rules and procedures as described in the 2015 World Jump Rope Competition Rule Book.
- 需详细了解2015年世界跳绳竞赛规程中所描述的所有规则和程序。
- Become familiar and comfortable with the responsibilities of all judging positions for which you are assigned.
- 需熟练掌握分配的裁判岗位的所有职责。
- Be very familiar with the procedures required for judging freestyle routines at your level, and adhere to those procedures.
- 需详细了解分配给你判裁的所有级别的花样比赛规则的程序，并遵守这些程序。
- Attend a WJR certified judges training within the 2014/2015 year prior to judging at an event.
- 裁判之前需在2014/2015年一年内，参加一次WJR认证裁判培训。
- Practice judging as much as possible. Watch routines on videotape or at your local team's practices, and analyze them as if you were a judge. Practice clicking speed jumpers and counting misses. This is also a great way to help your local team prepare for competition.
- 尽量多练习做裁判。观看一些花样赛的动作和套路的录像带或去当地跳绳队观摩，然后象一名裁判一样对其进行分析。练习怎么样对速度赛记录跳数和失误。这样做也可以帮助所在团队做好竞赛的准备。
- Judging Uniform: We would like our judges to look professional. In most cases, an official judging shirt will be provided for you to wear. If not, please wear a plain, white shirt. Wear khaki or tan-colored pants, shorts, or skirt when judging. Make sure there are no markings on any piece of clothing or on you that can identify you as being affiliated with any team or competitor. Wear athletic shoes, no flip-flops, sandals or bare feet.
- 裁判制服：我们希望我们的裁判看起来很专业。通常大会提供给官方裁判制服。如果没有，请穿普通的白衬衫。卡其色或棕褐色长裤，短裤，短裙。确保身上和服装上没有任何参赛队员或团队的标志。应穿运动鞋，不可以穿拖鞋，凉鞋或赤脚。
- Be pleasant and polite at all times while judging.
- 做裁判时始终保持和悦和礼貌。
- Be impartial. Avoid coaching or cheering for any certain competitor or competitors.
- 主持公正。避免为任何参赛队员或竞争对手指导或欢呼。

- Be friendly with your fellow judges, but refrain from any comments or discussion while judging.
- 与其他裁判友好相处，裁判时避免任何的争议和讨论。
- Be familiar enough with the judging system to be able to score routines quickly as well as accurately, to keep tournaments running smoothly.
- 需熟悉了解裁判体系，能够对动作和套路迅速并准确地给分，以保持比赛顺利进行。
- If you have any questions about rules or procedures, please contact Monica Foster at monica@worldjumprope.org or Trevor Foote at trevor@worldjumprope.org.
- 如果您对有关于规则或程序有任何疑问，请联系Monica Foster at monica@worldjumprope.org 或 Trevor Foote at trevor@worldjumprope.org.

SPEED AND POWER JUDGING PROCEDURES

速度和力量裁判规则

Speed Counting: Judges at each speed and power station will count the jumps of each competitor within the allotted amount of time, using a mechanical hand-held clicker. Count the right foot jumps only. For the double under pairs speed event, jumpers will use a two foot bounce where both feet hit the ground simultaneously, and judges need to click once every time both feet touch the ground following two rotations of the rope passing under the feet (click once for every double under).

If the jumper missed and you counted that missed jump, then do not count the next right foot jump in order to rectify the score, which should only reflect completed jumps. Begin clicking at the initial beep, and stop clicking immediately when final beep sounds. All speed judges must show their clickers to each other and to the head judge after each competitor is judged. All judges should watch as the head judge records scores to help protect against mistakes in recording scores. If clicking accuracy is a problem, a fourth judge may be added to the station. Only Head Judges should communicate with the jumpers or with the Tournament Director.

速度计数: 在每一个速度和力量赛阵, 裁判使用机械手持式计数器计算每个竞争者在规定时间内的跳跃次数。仅计算运动员的右脚。在2人双摇跳比赛中, 运动员必须双脚同时落地, 裁判须在运动员摇两次绳子后双脚落地计算一次(每双摇算一次)。如果运动员失误, 但你已经记录进去, 那就略过下一次跳来弥补。从开始令开始计算, 停止令后立即停止计算。每个运动员跳绳结束后, 所有速度裁判都要向其他裁判及裁判长显示自己的计数器。所有裁判也应该仔细观看裁判长记录以免记录错误。如果计算准确有问题, 需增加一名裁判。仅裁判长可以和运动员或赛事总监交流。

Speed and Power Head Judging: There will be one head judge at each station. In addition to ensuring that all rules pertaining to speed and power events are properly followed at their station, the head judge will also be responsible for the following:

速度和力量主裁判: 每一个比赛赛阵应有一名裁判长。除了确保在本比赛方阵内进行的所有速度和力量赛事都能正确遵循所有规则, 裁判长还将负责以下事项:

- Maintain a steady flow of competitors at your station.
- 维持你赛阵参赛运动员顺利参赛
- Make sure all mechanical clickers are working properly.
- 确认所有的机械计数器正常工作
- Make any necessary communications with competitors and/or with the tournament director.
- 与参赛者或赛事总监进行必要的交流
- Have one judge at your station hold up the flag provided between heats. Your flag being lowered indicates that your station is ready to begin the next heat. If there is a problem at your station, your raised flag will alert the tournament director.
- 请你赛阵的一位裁判员在比赛之间举个提供的旗子。如果旗子放下, 代表你赛阵已经准备好。如果有任何问题, 举起旗子示意赛事总监。
- Confirm that the name of the competitor matches what is printed on your score sheet.
- 确认参赛者的名字是否和你记分表上的一致

- Check competitors for gum chewing, jewelry (*allowed only if covered with a bandage or athletic tape*), or any device being use to attach the rope to the body. Any gum, exposed jewelry, or illegal devices found should be removed before the jumper competes.
- 检查参赛者是否嚼口香糖，带有珠宝首饰（如若用绷带或运动带覆盖可以），或任何用绳子连接到身体的物品。参赛之前所有口香糖，首饰，或不利物品都应除去。
- Count the competitors' jumps using a mechanical clicker.
- 使用机械计数器记录运动员的跳数
- Boundaries: Make jumpers aware of the boundaries of the competition area before they begin their event. Warn them that a space violation is a 5 point deduction. If a jumper goes out of bounds (either with a body part or with the arc of the rope), immediately stop the jumper/team, move them back into the competition area, and instruct them to continue their event. This should be done quickly and with as little disruption as possible to the jumper/team or surrounding jumpers/teams. The jumper/team will be given a space violation deduction each time this occurs. The judges should not click while the jumper/team was out of bounds.
- 赛阵界线：比赛开始前确认参赛运动员知悉比赛场地的界线。提示他们如果出界扣除5点。如果运动员出界（身体或跳绳），立即阻止运动员，让他们进入界线，指挥他们继续比赛。尽量迅速在不影响参赛运动员的情况下进行。违规的运动员应得到出界犯规记录。出界期间裁判不要记录任何跳数。
- After each event, keep the athlete(s) away from the judges while scores and deductions are being processed. You may communicate an approximate score to the athlete(s) when you are ready.
- 每个项目结束后，在进行比分记录和扣分记录时不要让运动员看见。等你准备好后可以告诉运动员一个合适的分数。
- Record any false starts or false switches (*see below for details*).
- 记录下任何一个起跳犯规和转换犯规（详见下面）
- Ask the judges to show their clickers, and all of you show and compare your scores.
- 请各位裁判员显示他们的计数器并计较分数。
- Manage re-jump situations (broken rope, technical problem, inaccurate clicking-*see below for details*). If there is cause for a re-jump, keep the jumper(s) at your station until the heat ends, then explain the situation to the Tournament Director, who will handle the situation from there.
- 管理重跳的情况（跳绳断了，技术上问题，不正确记录-见下）。如果需要重跳，让参赛运动员留在你的比赛场地，直到项目结束，然后向赛事总监解释原因，赛事总监会作出决定
- Record the scores of all judges, exactly as shown on the clickers*, in the appropriate places on the score sheet. Hand the score sheet to the runner.
- 在记分表上准确记录下所有裁判的计数器上的分数。然后将记分表交给取表的人。
 - *There is one exception to this procedure described in the "special issues" section of this handbook.*
 - 在本手册“特殊事项”描述中有一个特例

Re-jump option due to inaccurate speed counting: If 2/3 judges are not within 5 clicks

for a speed or power event, the head judge should record the scores on the score sheet and notify the tournament director **immediately** – before the next heat begins. The Tournament Director will notify the coach or other representative for the team right away that the jumper(s) are eligible for a re-jump due to inaccurate counting. The coach may accept or deny this opportunity. If a re-jump takes place, the

coach or team representative will then review both the original score sheet and the re-jump score sheet. He or she will select which scores will be entered for the jumper/team.

由于速度记数不准确导致的重跳选择：速度赛中如果2/3的裁判记录的分数之差不在5之内，在下一个项目之前，裁判长应该立即把分数记录下来，并同时赛事总监。赛事总监需通知教练或代表告知这个运动员可以选择重跳因为不准确的记分。教练可以接受或拒绝这个机会。如果选择重跳，教练或领队需要审核第一次跳的成绩和重跳的成绩。他或她选择一个理想分数作为记录。

No judging or competitive modifications can be given to jumpers or teams

based on reputation or for any other reason. This includes “warning” judges at a station that a team/jumper is “really good” or “really fast”, or providing any other exception or advantage. Such actions reflect favoritism, cause an unfair competitive atmosphere, and can foster feelings of intimidation and resentment in other competitors.

不可以根据某人或某对的名声或其他原因给予评定或竞争性的修改。这也包括“警告”裁判某人或某对“很常好”或“非常快”，或提供任何的例外和好处。。这样的行为有偏向倾向，可造成不公平的竞争氛围，对引起其他竞争对手的恐吓和不满情绪。

False Starts and False Switches: All judges need to look for false starts and false switches, however, the Head Judge makes the final determination regarding these violations. A false Start or a False Switch is a deduction of 5 points. These are defined as:

起跳犯规和转换犯规：所有的裁判需要观察起跳犯规和转换犯规，但是，裁判长决定最后是否犯规。一个起跳犯规或转换犯规扣除5分。规则如下：

- **False Start:** Starting the rotation of the rope(s) before the initial beep
- **起跳犯规：** 在开始令之前就开始摇动绳子
- **False Switch: 转换犯规**
 - Starting the rotation of the rope(s) before the call “switch” is given
 - 在“转换”令之前就开始摇动绳子
 - Exiting or entering double dutch ropes before the call “switch” is given
 - 在“转换”令之前就已经或进行双摇
 - Exchanging or switching jumpers at any time other than during the official “switch” as determined by the timing CD.
 - 任何不是CD决定的正式“转换”时间里交换或转换运动员
 - In the case of double dutch, the jumper finishing their time period must exit the ropes before the next jumper can enter the ropes. Both jumpers should not be in the ropes at the same time.
 - 双摇项目中，运动员必须在下一个运动员开始进入之前结束并退出绳子。不可有两位运动员同时在绳子里。

Special Issues: There are some special situations that speed judges need to be aware of.

特殊事项：裁判需要事先知道如下特殊情况

- Judges should stop clicking immediately when final beep sounds, or when the call to “switch” is made in a relay event.

- 当结束令响起，或在接力赛中“转换”令给出，裁判需要立即停止计数
- If a switch is made by the jumpers before the call to “switch”, judges should not begin clicking the next jumper until after the call to “switch”. Such an action is a false switch.
- 如果在“转换”令之前运动员进行了转换，裁判不可在“转换”令之前记数。这样成为违规。
- During any relay event, if a miss occurs just before the call to “switch” is made, then judges must skip the first right foot jump of the next jumper to rectify the score.
- 在接力赛中，如果在“转换”令之前有个失误，裁判需要跳过下一个运动员的第一个右脚跳以便更正失误。
- If a miss occurs after the call to switch is made but before the next jumper begins (as in exiting the double dutch ropes), then the judges were not clicking when the miss occurred and there is no need to rectify the score with the next jumper.
- 如果在转换令之后，下一个运动员开始前，失误（正在从双绳中退出），裁判并没有记数，无须在下个运动员的分数上调整。
- There is only one instance where it is acceptable to record a score other than what is shown on your clicker. If a miss occurs at the end of a speed event, and the jumper or team does not have a chance to resume jumping before the final beep sounds, then the score on your clickers will include one incomplete jump. If all three judges are in agreement that this has occurred, then the scores recorded should reflect one jump less than what is shown on the clickers.
- 只有在以下特例下可以记录不是你计数器上的数。如果在速度赛的最后发生了失误，在结束令之前运动员没有机会去继续跳，那么你计数器上的数已经记录了这个失误的跳。如果三位裁判都认可这种特例发生，那么分数应该反映出比计数器上少一个的数。
- Sometimes it is perceived by the judges that a jumper has bounced twice on the right foot to resume jumping after a miss. The judges should not begin clicking until the second right foot jump is executed, and that second jump should follow a left foot jump, performed in a jogging step motion. In most cases, what has actually happened is that a well-trained jumper will begin with the right foot after a miss, then jump on the left foot, so that the following right foot jump can be counted as soon as possible.
- 有时裁判看到一个运动员在失误后右脚跳两次，开始继续跳。这种情况下裁判不可开始计数，直到第二次右脚跳完之后，左脚也跳，在一个交互的运动下。在大多数情况下，一个训练有素的运动员一般都会在失误后右脚先跳，紧接着左脚跳，这样这个右脚跳才会算进去。

Power Judging Procedure (Triple Unders): Power will be tested with a “Consecutive Triple Unders” event. Begin clicking when the athlete completes his or her first triple under, and continue clicking once every time a triple under is successfully landed. If a miss occurs, any jump other than a triple under is performed, or a break is taken by the athlete after their triple unders have begun, then the attempt is over and all judges should stop clicking. The head judge should announce “stop” to clearly signal the end of the attempt, since there is no central timer that will do so. If the jumper has performed fewer than 15 triples on their first attempt, they will be given another attempt. See the excerpt from the 2015 Rule Book below for details:

动力裁判程序（三摇）：动力在“连续三摇”令之后开始记录。当运动员完成他/她的第一个三摇开始计数，然后每一个成功的三摇结束后继续计数。如果发生失误，不是三摇的跳，或或三摇结束后的休息，没有再继续三摇，裁判不得计数。裁判长应该宣告“停止”以示结束，因为没有其他集中秒表可以使用。如果运动员在第一次跳时做了少于15个三摇，他们可以再跳一次。详见2015手册：

For the Consecutive Triple Unders event, one person performs consecutive triple under jumps until they either miss or choose to stop.

对于连续三摇项目，运动员跳三摇直到失误或选择停止

- This event is not timed, but competitors will be given the cue to begin with “Judges are ready, Jumpers are Ready, Set, Beep” (GO will be replaced with a beep) on the timing CD.
- 这个项目没有时间限制。但参赛者会给“裁判准备好，运动员准备好，预备，跳”的CD。
- Competitors will be given two attempts to complete 15 triples or more.
- 参赛者会给予两次跳的机会完成15或更多的三摇
- 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.
- 如果运动员开始进行三跳，在完成15个三摇前发生失误或停止，运动员可以再重新开始。裁判需在记分表上记录下第一次跳的分数。
- 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.
- 运动员在自己的场地有两分钟休息时间开始第二次跳。运动员不可离开自己的场地。
- 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.
- 一旦第二次起跳，不管完成几个三摇，任何失误或停止都意味着项目结束。裁判应该在记分表上记录下第二次跳的分数。
- 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.
- 如果运动员完成了15个三摇，无论是第一次跳还是第二次跳，之后发生任何失误或停止都意味项目结束
- If two attempts were made, the higher score of the two attempts will be counted as the final score.
- 如果跳了两次，两次跳中最多的分数，作为最终的分数
- 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.
- 运动员在准备三摇之前可以跳单摇或双摇。但是一旦开始三摇，在有任何的单摇或双摇，记分都会停止。

JUMPERS MUST WAIT AT THEIR STATIONS UNTIL ALL JUMPERS IN THAT HEAT HAVE FINISHED. Be aware that a jumper may perform basic bounces or even double unders before performing the triple unders, and judges should be able to determine when it is appropriate to begin clicking. Jumpers have two attempts to successfully complete fifteen triple unders. If their second miss occurs before a triple under has been completed, then the attempt is over. As with speed judging, the judges may record a score one less than what their clicker reads only if a missed triple under was clicked at the end of the athlete's attempt.

运动员必须在自己的赛场等候所有运动员完成项目。记住运动员可以在三摇前先基本跳或双摇，裁判应该能判断什么时候开始三摇的计数。运动员有两次机会完成15个三摇。如果在三摇之前第二次失误，意味结束。象速度判决一样，仅仅当运动员最后企图跳时却发生失误的情况下，裁判可以记录比计数器上数字少一个的分数。

Free Style Judging

花样赛裁判

GENERAL FREESTYLE JUDGING PROCEDURES

花样赛评判总则

All freestyle events will be evaluated on Required Elements, Difficulty, Density, Technical Quality of Presentation, Accuracy (misses) and Entertainment Value. Routines will be judged on a ten-point decimal scale. A perfect score is 10. 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:

所有花样赛项目都需在规定的规定项目，难度，强度，表演技术含量，准确性（失误）和娱乐值。套路按照10点评判。完美分是10。在每一个花样表演场地有7位裁判和一位记录员。他们是一位主裁判，三位内容裁判，三位表演裁判。点数按以下说明增加和扣除：

- Three Content Judges will award points in the following areas:
- 三位内容裁判将在以下方面给分数
- Degree of Difficulty: the average difficulty of the skills and sequences performed as defined by the WJRC “Levels of Difficulty” charts = 4 points
- 难度：表演的平均技术难度和连续性由WJRC的“难度水平”图表=4分来规定。
- 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
- 强度：技术和混合表演的数目对表演期间“休息”或基本跳或连续性=2分
- Three Presentation Judges will award points in the following areas:
- 三位表演裁判在以下方面给分
- 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
- 技术表演：影响运动员套路的美感质量元素，如幅度，身体调节和延伸，表情，套路的流畅等=2分
- 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
- 娱乐值：努力使套路有激情，如有意思或新颖或原创的技术，总创新等=2分
- One Head Judge will evaluate the performance of required elements, accuracy (misses), and adherence to space and time constraints.
- 一位裁判长将评估规定动作的表演，准确性（失误），及紧凑和时间控制
- One Floor Manager will assist the Head Judge in managing the flow of the station.
- 一位记录员协助裁判长管理本赛场的秩序

Special note for all judges regarding Boundary and Time Violations:

所有裁判关于场地界限和时间犯规的特殊规定

During freestyle events, the Floor Judge is instructed to stop the jumper/team immediately if the jumper/team leaves the competition area during the course of an event (either with a body part or the arc of a rope). The jumper/team should be moved back into the competition area and instructed to continue the event. They will also be given a space violation deduction from the Head Judge. If the

jumper/team is out of bounds only very briefly and moves back in bounds on their own, then the jumper/team will simply receive a space violation deduction. In either case, the judges should not score what was performed while the jumper/team was out of bounds. Also, if a jumper or team begins the routine before the call to “go” (initial beep) or ends the routine after the call “time” (final beep), judges should not score anything that was done outside of the legal time allotment (before “go” or after “time”). In fact, judges should look away if this occurs so as not to allow anything performed during those times to affect the scoring of the routine.

在自由赛时，场地主管会在选手或比赛队超出他们规定的场地时，制止选手或比赛队的比赛。不论是身体出界，绳子在空中过界还是其它装备。主裁判会给选手或比赛队一次场地犯规减分。如果选手或比赛队只是很小的出界，而且他们自己回来，那么选手或比赛队只会得到一次场地犯规减分。在上述的任一情况下，裁判都不能对选手或比赛队在界外的表演给分。无论如何，出界期间所表演的套路都不能的分。另外，如果选手或比赛队在开始信号发出之前启动，或在结束信号发出之后动作，裁判应该无视在合法时间段外的任何表现。裁判最好在这段时间看其他地方，这样在这段时间之外的任何情况都不会影响裁判的打分。

FREESTYLE PRESENTATION JUDGING

自由式表演裁判

General Procedure: There will be three Presentation Judges on each judging panel. Make sure the name and competitor ID number listed on your score sheet are correct for each jumper before each heat begins. Attentively watch the performance of each competitor or team. Look for the elements specific to your judging position (Technical Presentation and Entertainment Value). Take notes to ensure that your scores are accurate. When each routine is finished, fill out your official score sheet and make it available to be collected by the runner for your station. It is NOT necessary for you to do any math required for your score sheet. Tabulators will do that for you. The score sheet that you will fill out for each competitor or team will look similar to this:

一般情况：通常每一个裁判组有三位表演裁判。在每轮比赛开始前，应该确认每名选手的姓名，号码和裁判手里的成绩表一致。集中注意观看每名选手或每支队伍的表演。特别注意由你负责监督的情况（规定项目，精准性问题，时间和出界犯规）。记笔记 确保你的分数准确。每轮比赛结束后，填好你的正式成绩单，把它交给成绩抄送员。你不用对成绩单做任何数学计算。成绩统计员会做这件事情。你需要为每名选手或每支队伍填写的成绩单同下表类似：

PRESENTATION	LEVELS	POINT SCALE	TECHNICAL PRESENTATION SCORE
Technical Presentation - <i>The aesthetic qualities of the design and the performance of the routine</i>	Basic		0.1 – 0.4
Elementary		0.5 – 0.8	
Intermediate		0.9 – 1.2	
Advanced		1.3 – 1.6	

Masters		1.7 – 2.0	
Entertainment Value - <i>Elements that make the routine interesting and exciting to watch</i>	LEVELS	POINT SCALE	ENTERTAINMENT VALUE SCORE
Basic		0.1 – 0.4	
Elementary		0.5 – 0.8	
Intermediate		0.9 – 1.2	
Advanced		1.3 – 1.6	
Masters		1.7 – 2.0	

表演	水平	给分标准	技术表演的分
技术表演 - <i>美感设计质量和套路的表演</i>	基本	0.1 – 0.4	
初级		0.5 – 0.8	
中级		0.9 – 1.2	
高级		1.3 – 1.6	
大师		1.7 – 2.0	
娱乐值 - <i>使表演吸引人和精彩的元素</i>	水平	给分尺度	娱乐值得分
基本		0.1 – 0.4	
初级		0.5 – 0.8	
中级		0.9 – 1.2	
高级		1.3 – 1.6	
大师		1.7 – 2.0	

Instructions for Evaluating Technical Presentation: Look for posture, countenance, flow, beginnings and endings, the level to which each element or segment of the routine is being presented in the best possible way (for judges' visibility as well as for aesthetics), and acknowledgement of the judges/audience in the performance of the routine.

技术表演评判指南：观察姿势，表情，连贯，开始和结束，到每个元素或程序的部分被呈现在尽可能最好的方式（从裁判的眼光以及美学的角度）的水平，和在表演时对裁判和观众的重视。

Masters-level Presentation would look like this (*to include but not limited to*):

大师级表演应该如下（包括并不局限）

- *The entire routine is performed in such a way that the jumper flows from sequence to sequence without hesitation or obvious effort.*
- *整个套路运动员应流畅地表演一个动作到下一个动作，不应有犹豫和吃力*
- *The judges feel part of the routine – the jumper is performing for the benefit of an audience and acknowledges the judges/audience with eye contact and smiles when appropriate and natural.*
- *让裁判感到亲切—运动员在为观众表演，适当自然地 and 裁判/观众有眼和微笑的交流*

- Skills and sequences are performed in locations on the floor and at angles that maximize the judges' ability to appreciate and enjoy them.
- 技巧和套路的表演在地板上制定地点进行，并尽量面向裁判，使裁判能更好地欣赏到表演。
- The completed skills appear easy and effortless, and are performed with energy, grace and proper form.
- 完成的技巧看上去容易和轻松，表演时带着朝气，优雅和正确的姿势。
- There are appropriate and professional-looking beginning and ending poses and/or sequences performed that complement the choreography of the routine.
- 合适的正规的开场和结束的姿势和套路都能给为套路的编排加分。
- The routine was designed to perfectly match the music (beat, timing, accents and highlights) from beginning to end.
- 套路从开始到结束都设计得于音乐匹配（节拍，时间，轻重和亮点）
- Personal presentation enhances the judges' ability to enjoy the routine (uniform clean and appropriate, hair off face, appropriate use of make-up, etc.).
- 个人的装扮能够增加裁判的欣赏套路的能力（干净合适的对服，头发整齐，合当的化装等）
- Nothing detracts from the enjoyment of watching the performance.
- 不要有任何有损观看演出的享受的事情

Potential Flaws in Presentation (to include but not limited to):

表演上潜在缺陷（包括但不限于）：

- Jumper's back to the judges unnecessarily for extended periods
- 运动员返回裁判要不必要的延时
- Poor form (bent knees when not necessary, landing low in multiples, poorly done acrobatic skills, appearance that the jumper is struggling to complete tricks).
- 不好的表现（不必要的屈腿，多次落地，不到位的技巧，运动员很吃力地完成动作）
- Skills done at an angle or position that make it hard for the judges to see what is going on, or is displeasing to the judges (such as bent-over tricks with your back faced at the judges).
- 技巧表演背对裁判使得裁判无法看清楚或无法欣赏（比如背对裁判做俯身弯曲的花样）
- The jumper hesitates between skills or sequences – it is obvious that the jumper is thinking about the routine, or is mentally "switching gears".
- 运动员在表演技巧和套路是犹豫停顿-显然运动员是在想着套路或机械地“换挡”
- The jumper focuses on the floor and/or appears nervous or anxious.
- 运动员总看地或显得很紧张和着急
- Poor facial expression or body language.
- 不当的面部表情和肢体语言
- Unprofessional or non-existent beginnings and endings.
- 不专业或根本没有开始和结束
- Uniform detracts from the routine presentation (dirty, ill-fitting, sloppy looking, etc)
- 服装有损套路的表演（脏，不合适，邋遢等）
- Personal presentation is distracting (hair hanging in the face, too much make-up, unclean, etc)
- 个人表演受到影响（头发搭在脸上，过多的化装，不干净等）
- Music is inappropriate for or detracts from the routine
- 所选音乐不合适或有损套路

- *Mistakes happen involving the rope (such as a bobble) that would not necessarily be considered a “miss”. For example, the rope hits the jumper and loses its arc, but the jumper is able to pull out of the miss and the rope never stops completely.*
- 跳绳掌控不完美（比如漏接）但又不能算“失误”例如，跳绳碰到了运动员，失去了原有的弧形，但运动员还是跳过去，而跳绳也没有真的停下来。
- *Mistakes are handled poorly and detract from the performance*
- 没有处理好失误以致影响了表演

Instructions for Evaluating Entertainment Value: This category is very subjective, and judges’ opinions can differ. Judges should evaluate for effective use of music, attention paid to details in transitions and combinations, choices in directionality and movement, and originality in choreography and in skills performed.

Masters – level Entertainment Value would look like this *(to include but not limited to):*

评估娱乐性说明：这类评估很主观，裁判也常有异议。裁判应该评估音乐是否有效使用，是否在转换和组合方面注重细节，在方向性和动作上是否游刃有余，动作的编排和表扬上是否有创造性。

- *Every segment of the routine has original, imaginative, and entertaining elements.*
- 套路的每个部分都要新颖，富有想像力，和娱乐元素
- *Original tricks and combinations are used.*
- 使用原创的技巧和组合
- *Movement and directionality are varied and unpredictable.*
- 动作和方向性应多种多样，不可预测
- *The routine shows a full variety of skills, styles and elements.*
- 套路应呈现出整套的技巧，风格和元素
- *Pairs or teams are dynamically interactive in interesting ways throughout the routine*
- 双人或团队在整个套路的表演中要精神饱满地互动
- *The choreography is entertaining and interesting to watch from beginning to end.*
- 舞蹈编排从始至终有娱乐性和趣味性

Potential flaws in Entertainment Value *(to include but not limited to):*

娱乐性上潜在缺陷（包括但不限于）

- *The routine is predictable and/or redundant in its skills, movement, and directionality.*
- 套路陈旧或在技巧，动作和方向性上重复过多
- *One or two types of skills dominate the routine.*
- 整个套路只有一两个技巧
- *No effort shown to be original, imaginative, or entertaining.*
- 在创新，想像力和娱乐性上没有努力
- *Little or no interaction between pairs or teams.*
- 在双人和团队表演时很少或没有互动
- *Music is not used, is inappropriate, or is not used effectively.*
- 没有使用音乐，或不合适，或没有充分 利用音乐

Note-taking and Scoring Procedures: From the beginning of the routine to the ending pose, watch and make notations that reflect short segments of the routine. There are few, if any, perfect “Masters” level routines being performed – so the routines that you judge are likely to be somewhere on the continuum between “Basic” and “Masters”. Even within routines, there are likely to be moments of brilliance and moments that are lacking in either technical presentation or entertainment value. It is also possible for a routine to score high in one area and low in the other, such as a routine with lots of original and imaginative skills and sequences, but poor general presentation. Therefore, it is necessary for judges to document for themselves not only levels of mastery achieved, but also in what areas of judging, so that the scores given can accurately reflect the routines performed. It is important to remember that you are NOT to take difficulty into account. In fact, doing a difficult skill poorly should actually be a detriment to the Technical Presentation score.

笔记和平分方法: 从套路的开始直到结束动作，观察并用记号标记下套路的简短部分。很少有，如果有的话，出现完美的“大师”级的套路表演 - 这样你所裁判的套路很可能是“基本”和“大师”级别之间。即使在同一套路里，也常会有精彩的时刻和缺乏技术表演或娱乐性的时刻。另外，一个套路也可以在某些方面得分高，某些方面得分低，就像一个套路具有许多创作和想像的技能，但却没有很好的表演出来。因此，裁判有必要记录下不仅达到的熟练水准，而且评判的领域，以便给出能准确反映表演套路的分数。需要注意的是你无须将难度考虑进去。事实上没能表演好一个高难动作应该有损技术表演得分。

The following notation procedure is recommended:

推荐以下标号方法

+ = Impressive □ = Average – = Poor

+ = 精彩 □ = 一般 – = 差

The following chart helps to illustrate when certain notations might be given:

以下表格可以帮助在裁判过程中做记录:

“+” Professional Presentation	“□” Average Presentation	“ – ” Poor Presentation
<i>Appearance is appropriate and professional, including natural, appropriate smiles and eye contact.</i>	<i>Appearance is appropriate, but facial expression is shows inward concentration, lack of eye contact.</i>	<i>Inappropriate/distracting appearance (facial expression, body language, uniform, hair).</i>
<i>Exceptional athleticism – performs moves consistently with high energy, grace, ease, and amplitude</i>	<i>Performs some skills with athleticism, but performs other skills with difficulty or obvious effort.</i>	<i>Struggles to perform the skills, barely makes the tricks attempted.</i>
<i>Strong form in strength moves, gymnastic moves, and multiple unders.</i>	<i>Performs moves well enough to complete the skills, but with minor form breaks.</i>	<i>Poor form, can barely perform the skill, form detracts from routine.</i>
<i>Smooth, energetic, and confident execution of the routine.</i>	<i>Performs with some thought and slight hesitation, but knows the routine well.</i>	<i>Execution is choppy and insecure, hesitation detracts from routine.</i>
<i>Upright posture – shoulders and head up, back straight</i>	<i>Bent over some to help execute tricks, eyes down.</i>	<i>Hunched over position, showing lack of both confidence and skill.</i>

<i>The routine is presented using professional and effective beginning and ending poses/sequences</i>	<i>Beginning and ending poses and/or sequences are used, but do little to enhance the routine</i>	<i>Beginning and ending poses and/or sequences are not used, or they detract from the quality of the routine</i>
<i>Obvious attention has been paid to presenting every trick in the most pleasing and effective way, considering directionality and position on the floor</i>	<i>Some attention has been paid to presenting tricks in pleasing and effective ways, considering directionality and position on the floor, but not consistent</i>	<i>No attention has been paid to presenting tricks in pleasing and effective ways, the directionality and/or position on the floor makes it hard to evaluate the routine</i>
<i>The routine has been designed to constantly match the music in timing and beat, and shows many highlights or accents that reflect the music</i>	<i>The routine is performed to the beat of the music, but shows only a few highlights or accents related to the music</i>	<i>No music is used, or the music used shows no relationship to the routine.</i>
<i>Pairs or teams are perfectly coordinated and synchronized throughout the routine</i>	<i>Pairs or teams are coordinated and synchronized at some times, but lack these qualities at other times.</i>	<i>Pairs or teams are consistently not coordinated or synchronized, and/or need to focus on each other to stay together.</i>
“+” High Entertainment Value	“□” Moderate Entertainment Value	“ - “Poor Entertainment Value
<i>The routine is constantly interesting and entertaining to watch</i>	<i>Parts of the routine are interesting, but other parts are predictable</i>	<i>No effort has been made to make the routine interesting to watch</i>
<i>There is a full variety of skills and styles shown from all elements</i>	<i>Some variety shown, but not a wide variety. Some repetition.</i>	<i>One type of move/element dominates the routine. Repetitive.</i>
<i>Many examples of original moves, sequences, and choreography.</i>	<i>Some interesting moves and choreography used, but familiar.</i>	<i>No unique moves or choreography</i>
<i>Directionality and movement are varied and unpredictable, and keep the routine constantly interesting to watch</i>	<i>Movement and changes directionality are shown, but are familiar and/or predictable</i>	<i>Little or no effort shown to include movement or changes in directionality</i>
<i>The music selected is unique, interesting and is effectively interpreted throughout the routine</i>	<i>The music selected is appropriate and enhances the routine, but the routine does not consistently or effectively “interpret” the music.</i>	<i>No music is used, music used is inappropriate, and/or the music bears little to no relationship to or connection with the routine</i>
<i>Pairs or teams consistently interact with each other in dynamic, unique and interesting ways</i>	<i>Pairs and teams show some “dynamic interaction”, but what is shown is familiar or lacks creativity</i>	<i>Little or no “dynamic interaction” is shown between pairs or team members</i>

“+” 专业水平表现	“□” 普通水平表现	“ - “差水平表现
外观适当并专业，带有自然，得体的微笑和眼神交流	外观适当，但面部表情自我紧张，缺少眼神交流	不适当和分散的外观（面部表情，肢体语言，服装，头发）。
出色的运动精神 – 表演动作始终有力量，优雅，轻松和充足	表现出一定的运动天赋技巧，但有些动作明显吃力困难。	很勉强地表演技巧，很难达到技能效果。
在强度动作，体操动作和多次下蹲上强有力的表现。	可以完成动作但不连续。	糟糕的表现，几乎不能完成动作，有损套路。
流畅，充满活力，自信的完成套路。	完成动作虽带有思考和犹豫，但明白套路。	完成动作不连贯，不肯定，犹豫有损套路。
直立的姿势 - 肩膀和头，背部挺直	弯下去完成技巧，眼向下。	弯腰驼背的姿势，显示出缺乏信心和技能。
套路以专业有效的开始和结束动作/序列呈现	使用了开始和结束动作或序列，但没能提升套路	没有使用开始和结束动作或序列，或有损套路的质量

用心地以非常愉快及简练的方式表演每一个技巧，注重在地板上的方向和位置。	有时用心以愉快及简练的方式表演每一个技巧，也考虑在地板上的方向和位置，但不能从始至终。	不能用心地以愉快及简练的方式表演每一个技巧，也不考虑在地板上的方向和位置。很难评价套路。
套路设计始终和音乐在时间和节奏上相符，随音乐表现出精彩或动感	套路表演与音乐合拍，但仅表现出几个精彩或动感	没有使用音乐，或于音乐毫无关联
双人或于队友套路表演时从始至终表演协调同步	双人或于队友套路表演时有时表演协调同步，有时缺乏协调同步	双人或于队友套路表演时始终不能表演协调同步，需要配合同步
“+” 高娱乐值	“□” 中等娱乐值	“ - ”底娱乐值
表演从始至终很有趣，值得观赏	部分表演有趣，但其他部分不精彩	毫无精彩无聊，表演根本没有试图让人欣赏
在各个元素上都展示出完整的技巧和风格。	展示出一些技巧和风格，但不够丰富。有些重复	一个动作/元素贯穿整个套路。仅仅重复
很多独创动作，转换和编排	一些有趣的动作和编排，但不够创新	没有特殊的动作和编排
方向和动作变化多端，无法预料，整个套路始终引人入胜	方向和动作有变化，但多是常见或不引人入胜	没有努力使表演多样化
整个套路表演音乐选择独特，有趣，符合主题	音乐选择合适增强了表演，但整个套路不和谐或不符合主题	没有使用音乐，或音乐不合适，或音乐和套路不搭配
双人或团队始终与对方互动，独特而有趣。	双人或团队展示出一些互动，但缺少创造力。	双人或团队间很少或几乎没有动态互动

The way you choose to make your notations is entirely up to you. However, two suggestions for determining your scores will be included here.

你可以使用你的符号记录。但以下有两点建议可供你参考。

FREESTYLE CONTENT JUDGING

自由式项目裁判

General Procedure: There will be three Content Judges on each judging panel. Make sure the name and competitor ID number listed on your score sheet are correct for each jumper before each heat begins. Attentively watch the performance of each competitor or team. Look for the elements specific to your judging position (Difficulty and Density). When each routine is finished, fill out your official score sheet and make it available to be collected by the runner for your station. It is NOT necessary for you to do any math required for your score sheet. Tabulators will do that for you. The score sheet that you will fill out for each competitor or team will look similar to this:

一般规程: 自由式项目每个裁判组有三名项目裁判。赛前要确认每个参赛者姓名, 编号与成绩表上的一致。仔细观看每个参赛者或参赛队的表演。特别注意你所处位置负责的裁判部分(难度, 频度)。表演结束时, 填好你的正式成绩单, 等待成绩收集员取走。你不需要在你的成绩单上进行任何计算。成绩统计员会计算。每个队或选手的成绩单如下:

CONTENT	LEVELS	POINT SCALE	DIFFICULTY SCORE
Difficulty - Average level of difficulty shown in the skills and combinations performed throughout the routine	Level 1 Level 2 Level 3 Level 4 Level 5	0.1 – 0.8 0.9 – 1.6 1.7 – 2.4 2.5 – 3.2 3.3 – 4.0	
Density - Use of sequences and combinations versus isolated skills - Number and length of breaks and/or transitions used in the routine	LEVELS Basic Elementary Intermediate Advanced Masters	POINT SCALE 0.1 – 0.4 0.5 – 0.8 0.9 – 1.2 1.3 – 1.6 1.7 – 2.0	DENSITY SCORE

集体项目内容	等级	分值	技术表现分
难度分 -表演的平均技术发挥和组合水平	一级 二级 三级 四级 五级	0.1 – 0.8 0.9 – 1.6 1.7 – 2.4 2.5 – 3.2 3.3 – 4.0	
频度分 -表演中使用连贯动作而不是孤立技巧 -表演中停顿及衔接的次数和时长	LEVELS 基本 提高 中级 高级 最优	POINT SCALE 0.1 – 0.4 0.5 – 0.8 0.9 – 1.2 1.3 – 1.6 1.7 – 2.0	DENSITY SCORE

Difficulty: *In order to determine the difficulty of a routine, judges must be familiar with the levels of difficulty described in the charts located in the appendix of this handbook. The levels of difficulty charts*

give judges standard criteria by which to judge each skill, sequence, or combination performed in a routine. There can be varying levels of difficulty displayed in a routine, but the final difficulty score should reflect an average level of difficulty performed throughout the routine. Routines should only score in the “masters” range if EVERY combination performed in the routine is exceptionally difficult as described in the levels of difficulty. Consequently, a routine must be exceptionally dense to be considered exceptionally difficult! On the other hand, judges should not be afraid to give credit when it is due, by giving a “Level 5” notation when a jumper or team performs a masters-level combination. Judges should also keep in mind the level of dynamic interaction displayed when judging routines involving more than one person. It is more challenging to design a routine where competitors interact cooperatively and are highly dependent on one another than it is to have each member perform their skills independent of the other member(s) performing.

难度值：为了很好的确定表演的难度值，裁判应该熟悉本手册附录里的难度表。难度表里给出了集体项目中各个技巧，组合的评判标准。在表演中，会有许多不同难度的动作，但是最终的难度得分应该反映整个表演的平均值。只有每个动作在难度表上都是最难的表演才可以评为“最优”。同时，表演的频度很高也可以被认定为最难。另一方面，裁判也不要吝啬在一个队伍有一个最优级的技巧或组合后，给一个“五级”的打分。同时，如果是多人组合，裁判还要兼顾动作配合。对多人组合表演中的配合的裁判难度更高，需要关注团队每个人的动作与其他人的协调与配合而不是某个人的独立于其他人的技术展示。

A Level 5 (masters-level) single rope routine may include *(these are only examples; there are many ways to fulfill the criteria for each level of difficulty):*

五级（最优）单绳裁判包括（仅为几例；有多种方法评估难度）:

□ Multiple unders showing a variety of quadruple unders done with crossing skills using both arms and legs (such as quad with TJ, or quad with AS).

- 多摇展现各种使用胳膊和腿交叉技能（如 TJ 四跳，或 AS 四跳）的四摇。

□ Multiple unders showing a variety of triple unders performed with rope-release skills.

- 多摇展现一系列抛绳的三摇。

□ Rope manipulation sequences including release moves that show varied release and regrip techniques and rope movement and changes during the releases.

- 绳索掌控编排包括不同的抛接绳数量及抛绳后绳的空中姿态及变化。

□ A variety of inversion/displacement moves that require a significant show of strength, flexibility, and/or gymnastic skill – each move combined with another type of element, such as crossing skills, multiple unders, or rope releases.

- 明显表现力量，柔韧度和体操技巧的变化及交替的次数 – 每个动作都与其他如编花，多人同跳或抛绳等技术结合起来。

□ Complex footwork performed simultaneously with complex rope manipulations performed at a very fast pace while moving across the floor (note: footwork and speed dynamics are not required, but will be performed by some jumpers and teams).

- 脚步与控绳技术协调，快速移动（注意：脚步与速度变化不是要求的，但有些参赛者或队会采用）

** It is possible to improve even on the examples given above (such as the fast footwork/rope manipulation sequence described above performed with the rope turning backwards, or the multiple unders performed while rotating in a circle).

**以上范例可能提高 (如反绳快步控绳或转体多人跳)

A Level 5 (masters-level) double dutch routine may include *(these are only examples; there are many ways to fulfill the criteria for each level of difficulty):*

五级 (最优) 交互绳裁判包括 (仅为范例; 有多种方法评估难度):

□ A variety of inversion/displacement moves that require a significant show of strength, flexibility, and/or gymnastic skill – with the turners involved using intricate turning positions and/or rope manipulations.

- 明显表现力量, 柔韧度和体操技巧的变化及交替的次数 – 编入复杂反转动作或控绳技术

□ Wheel-type rope manipulation sequences that involve all members of the group moving, rotating, performing jumping tricks and exchanging places as turners and jumpers.

- 车轮式控绳序列要求全队所有队员参与跑动, 旋转完成花样跳跃及换位

□ Quadruple under skills performed with rope manipulations by the turners and strength moves by the jumper(s).

- 四人跳转体者控绳跳者掌控力度

□ Very fast “up-the-ladder” style multiples performed with the turners showing complex rope manipulation skills, all while rotating around the jumper.

- 特快“爬梯”多人, 转体者在绳绕跳者的同时要表现出复杂控绳技术

□ Fast, complex footwork performed by both the turners and the jumper(s) in combination with rope manipulations – showing control of speed and pace.

- 快速复杂步法要求转体和跳的与控绳组合成一体-表现步法合速度的掌控

** It is possible to improve even on the examples given above (such as the rope manipulation sequence described above with strength moves done as well). In these cases, the “5+” notation should be used to indicate the very top of the difficulty scale.

**打分可能提高, 甚至包括以上范例 (如上述带表现力量的动作的控绳序列变化)。此情形 “5+” 可以用来记述超难动作。

Difficulty Note-taking and Scoring Procedures:

As the routine is being performed, take notes on what you see without taking your eyes from the routine.

难度记录和计分流程: 比赛进行中, 裁判要记录看到的一切, 且要眼不离赛事。

Make a mark that reflects what is being done every 2-3 skills, more if possible. The more marks you make, the better your marks reflect the entire routine. The following notations are recommended:

记录每2-3个技术组合的质量, 多做记录更好。记录多能更好地反映赛事。以下笔录就值得推荐:

5 = “Level 5” (masters)

4 = “Level 4” (advanced) + = at the top of that range
3 = “Level 3” (intermediate)
2 = “Level 2” (elementary) - = at the lower end of that range
1 = “Level 1” (basic)

5 = 5 分 (最优)
4 = 4 分 (高等) + = 此档最高水准
3 = 3 分 (中等)
2 = 2 分 (低等) - = 此档最差
1 = 1 分 (初等)

The notations that you make will reflect segments of the routine, and might look like:

4 3+ 4+ 4- 3 5 3+ 2+ 4 3 5- 4+ 3 3-

To determine the score, estimate a quick “average” based on your notes. The routine above would score on the border between the high “Level 3” and low “Level 4” range for difficulty (somewhere between 2.3 and 2.6 points given).

裁判做的记录反映赛事的片段，看上去如：

4 3+ 4+ 4- 3 5 3+ 2+ 4 3 5- 4+ 3 3-

估算裁判记录的快速平均值来确定所得分数。以上赛事完成难度应该在高“中等”和低“高等”之间 (在 2.3 和 2.6 之间)。

Density: Number of sequences and combinations performed versus the number of isolated tricks, “breaks”, or basic bounces taken between performing major skills or sequences. A masters-level routine will have no breaks in the routine – the routine appears to be one continuous combination of sequences and skills without any isolated skills or basic bounces. Transitional moves are simple skills used between more difficult sequences. Often, transitional moves are used to move from one sequence to the next or from one position on the floor to another. Transitional skills can also be “choreographic”, meaning that they are pauses, moves or skills used to reflect highlights in the music or create interesting choreography for the routine.

频度：编排组合的数量与独立的技巧和空场的比较，或曰主要表演间的停顿数量。最优的完成无停顿-表演过程组合编排的一气呵成，无停顿，无单独表演。过渡动作是高难组合间的简单技巧。经常地，过渡动作被用来连接一个组合到下一个组合，从场地的一点到另一点。过渡技术也可以是舞蹈性的，可以凝滞，运动或用于表现音乐的华彩片段，或为整个编排加入谐趣舞蹈。

Content judges may also take into account the speed with which skills are performed, and the length of the routine when considering the density score. Routines performed very slowly will contain fewer skills, and routines performed at a fast pace will include more skills. Also, it is assumed that an average-length routine is about one minute long for most freestyle routines. If the athlete obviously ends the routine immediately after the “45 seconds” call is made, the density score could be reduced by .1 or .2. On the other hand, if a routine is obviously longer than one minute and finishes just before the “time” call is made, then the density score can be increased by .1 or .2. Remember that the base score should be determined by your notes, however, not the length of the routine. Also, remember that the

time limits for the Double Dutch Triad Freestyle are 60 seconds – 90 seconds, so adjust accordingly when judging these routines.

计算频度分时，判断内容要考虑编排长度及完成技巧的速度。完成得很慢的编排，技巧比少，完成的快则内容更丰富。同时，大家认同，大多数自由编排的平均长度为一分钟。运动员在“45秒”提示后明显地立即终止比赛，频度分要减一两点。如果编排明显长于一分钟，且在“时间到”刚刚提示时结束比赛，频度分要增加一两点。牢记基本分来自裁判的记录而不是比赛的长度。还要牢记交互绳三联自由编排的时限为60 – 秒，裁判时要相应调整。

Density Note-taking and Scoring Procedures: As you make notes of skills and combinations performed, also note pauses, breaks, and transitional skills in a routine. Misses also break up the density of the routine, causing unintentional pauses and breaks. The following notes are suggested to record density elements:

频度的记录和打分过程：裁判记录了编排的组合即完成的质量，也记录了停顿和冷场以及过渡技巧。遗漏也增加频度，导致意外停顿。建议使用以下记号记录频度：

// = Long breaks (4 or more basic jumps between tricks, or long pauses in the routine).

// = 长停顿 (变化间加了4或更多次基本跳，或比赛中出现长停顿)。

/ = Short breaks (2-3 basic jumps between skills or combinations, short pauses in the routine)

/ = 段停顿 (变化或组合间加了2 - 3次基本跳，或比赛中出现暂短停顿)。

T = Transitional elements are used instead of basic bounces to transition from one sequence to another or from one area of the floor to another, or to highlight accents in the music. Transitional elements should not hurt a density score unless they become excessive, or severely interrupt the flow of sequences and combinations being performed.

T = 基本组合编排间以过渡元素代替基本过渡跳从一个编排到另一个编排，或从赛场的一点到了那个一点。过度元素不会影响频度分，除非严重极为严重的破坏表演的连续性和动作组合的继续。

Use the following guideline to determine the points to be awarded:

以下为打分指南：

- **Basic** = mostly single skills are performed in isolation with long pauses between each skill (mostly //).
- **基本** = 不连贯地完成大部分单一动作，有长停顿 (都是 //)。
- **Elementary** = some skills are performed in combination and some single skills are performed in isolation with pauses between skills and combinations (some //, some /).
- **初级** = 完成部分动作组合，一些单一动作不连贯，动作组合间有停顿 (有//，也有/)。
- **Intermediate** = skills are performed in combination with only short pauses between combinations (most /).
- **中级** = 动作完成基本连贯，组合间只有短停顿 (只有 /)
- **Advanced** = all skills are performed in combination with transitional skills used to connect combinations. Only a few short breaks. (/ and T)
- **高级** = 所有动作基本连贯完成，组合间使用了过度技巧。仅有几个短停顿 (/ 和 T)。
- **Masters** = the routine is one continuous combination with no non-choreographic pauses or breaks (no / or //, a few T).
- **最优** = 动作组合一气呵成，没有舞蹈和停顿 (无 / 或 //，少 T)。

Here is an example of what difficulty and density notes might look like:

T 4 3+ / 4+ 4- 3 // 5 3+ / 2+ 4 T 3 5- 4+ / 3 3- T (*into ending pose*)

这是一例难度和频度的记录：

T 4 3+ / 4+ 4- 3 // 5 3+ / 2+ 4 T 3 5- 4+ / 3 3- T (结束造型)

The difficulty marks are the same as the example shown in the “difficulty” section above. The Density marks show three transition skills (T), three short breaks (/), one long break (//). The difficulty notes also indicate combinations being used rather than skills in isolation. Other than the one // marking, the marks indicate the “advanced” range for density. Therefore, the one // mark should lower the density score to the “Low Advanced” range (1.3 – 1.4 points given), or possibly the “High Intermediate” range (1.1 – 1.2 points given). The length of the routine can also influence the score, helping to determine whether to go with a lower or higher score. In this example, we will assume that

the routine was longer than one minute in length, and therefore will give a score in the “Low Advanced” range. Given this example, your score sheet might look like this: CONTENT	LEVELS	POINT SCALE	DIFFICULTY SCORE
Difficulty - Average level of difficulty shown in the skills and combinations performed throughout the routine	Level 1	0.1 – 0.8	2.5
Level 2	0.9 – 1.6		
Level 3	1.7 – 2.4		
Level 4	2.5 – 3.2		
Level 5	3.3 – 4.0		
Density - Use of sequences and combinations versus isolated skills - Number and length of breaks and/or transitions used in the routine	LEVELS	POINT SCALE	DENSITY SCORE
Basic	0.1 – 0.4	1.3	
Elementary	0.5 – 0.8		
Intermediate	0.9 – 1.2		
Advanced	1.3 – 1.6		
Masters	1.7 – 2.0		

难度记符与前“难度篇”举例完全相同。频度记符为三个过渡技巧（T），三个短停顿（/），一个长停顿。难度记符串还表示组合串连而不是单一孤立的技术动作。不同于一个长停顿记号//，记符串代表频度的“高级”幅度。一个//降低频度分到“低档高级”（1.3-1.4点），或“高档中级”（1.1-1.2点）。编排的长度同样影响成绩，辅助决定得分的高低。下面举例说明：

编排时间长于一分钟，得分在“低档高级”范围。此例为裁判积分表范例。

内容	等级	得分	难度分
难度	一等	0.1 – 0.8	2.5
	二等	0.9 – 1.6	

-比赛全程的技术动作组合难度平均值	三等 四等 五等	1.7 – 2.4 2.5 – 3.2 3.3 – 4.0	
频度 - 动作组合连贯而非单一孤立 - 停顿次数及长度 与/或编排中的串连应用	等级 初等 低等 中等 高等 最优	得分 0.1 – 0.4 0.5 – 0.8 0.9 – 1.2 1.3 – 1.6 1.7 – 2.0	频度分 1.3

Suggestion One:

On a notepaper or at the bottom of the score sheet, make notations every 2-3 seconds that reflect the general level of mastery being shown in each category. Your notes might look something like this (shown in blue font):

比赛记录建议一:

在记录纸或成绩单的底部，每 2-3 秒记录下每个类别里的情况。你的笔记可以如下:

Technical Presentation: ☐☐+ - ☐☐☐☐☐☐

Entertainment Value: ☐☐+ + ☐☐+ ☐☐

技术表现: + + - ☐☐☐☐

娱乐值: - ☐☐☐☐

Suggestion Two:

Use the optional “note-taking charts” that will be included on the score sheets. You can make notes however you’d like, then give a “+,”☐, or –“ mark for each category. The optional note-taking chart will look like this (with potential markings shown in blue font):

Optional note-taking charts:

比赛记录建议二:

使用成绩单里自带的记录表。你可以用任何你喜欢的方法做记录。然后在每个类别里用“+，☐或–”。记录表如下:

Technical Presentation	+, <input type="checkbox"/> ,-	Entertainment Value	+, <input type="checkbox"/> ,-
Athleticism, Amplitude, Energy	<input type="checkbox"/> <input type="checkbox"/>	Musical Interpretation	<input type="checkbox"/> <input type="checkbox"/>
Posture, Form, Alignment	+	Variety of Skills and Styles	+
Smoothness, Flow, Confident Execution, synchronicity in pairs/teams	-	Use of Original Skills and Combinations	+
Technical use of Music	<input type="checkbox"/> <input type="checkbox"/>	Changes in Directionality and Movement	<input type="checkbox"/> <input type="checkbox"/>
Appearance, Countenance, Body Language	<input type="checkbox"/> <input type="checkbox"/>	Creativity, Interesting Choreography	+
Beginnings and Endings, Directionality	<input type="checkbox"/> <input type="checkbox"/>	Dynamic Interaction in Pairs and Teams	<input type="checkbox"/> <input type="checkbox"/>

技术表现	+, <input type="checkbox"/> ,-	娱乐值	+, <input type="checkbox"/> ,-
体育精神，态度和能量	<input type="checkbox"/> <input type="checkbox"/>	音乐的体会	<input type="checkbox"/> <input type="checkbox"/>
动作和造型的准确性	+	技巧和造型的多样性	+
流畅，流利，自信的表演，和队友同步	-	原创的技巧和组合	+
音乐的技术运用	<input type="checkbox"/> <input type="checkbox"/>	方向和动作变化	<input type="checkbox"/> <input type="checkbox"/>
外观，面容，肢体语言	<input type="checkbox"/> <input type="checkbox"/>	创造性的，有趣的造型	+
开场和结束，方向性	<input type="checkbox"/> <input type="checkbox"/>	与队友动态互动	<input type="checkbox"/> <input type="checkbox"/>

FREESTYLE HEAD JUDGING 花式（自由式）比赛主裁判 P.17

General Procedures: There will be one Head Judge on each judging panel. Make sure the name and competitor ID number listed on your score sheet are correct for each jumper before each heat begins. Attentively watch the performance of each competitor or team. Look for the elements specific to your judging position (Required Elements, Accuracy deductions, Time and Space Violations). In addition, you will also be responsible for making communications on behalf of your station, and working with the Floor Manager and score sheet collectors to maximize the flow and efficiency of your station. When each routine is finished, fill out your official score sheet and make it available to be collected by the runner for your station. It is NOT necessary for you to do any math required for your score sheet. Tabulators will do that for you. The score sheet that you will fill out for each competitor or team will look similar to this:

一般情况：每个裁判组应该有一名主裁判。在每轮比赛开始前，主裁判应该确认每名选手的姓名，号码和裁判手里的成绩表一致。集中注意观看每名选手或每支队伍的表演。特别注意由你负责监督的情况（规定项目，精准性问题，时间和出界犯规）。除此之外，你还要负责代表你的裁判组和赛场主管，成绩抄送员保持沟通，以保证你的裁判组能高效运转。每轮比赛结束后，填好你的正式成绩单，把它交给成绩抄送员。你不用对成绩单做任何数学计算。成绩统计员会做这件事情。你需要为每名选手或每支队伍填写的成绩单同下表类似：

REQUIRED ELEMENT DEDUCTIONS	DEDUCTION SCALE (circle one for each element)			DEDUCTION GIVEN
Multiples	No DEDUCTION	- 0.2	- 0.4	
Inversion or Displacement Skills e.g., handspring or somersault e.g., lowering center of gravity as in push-up or donkey kick	No DEDUCTION	- 0.2	- 0.4	
Spatial Dynamics Single Rope: competitor(s) must use all four (4) quadrants of floor space Double Dutch: Exchange of turner/jumper	No DEDUCTION	- 0.2	- 0.4	
Rope Manipulation Skill Single Rope: arm action skills, rope toss, whirls, wraps, etc. Double Dutch: Turner skills, excluding exchanges	No DEDUCTION	- 0.2	- 0.4	
TOTAL POINTS DEDUCTED FOR REQUIRED ELEMENTS (Maximum deduction = 1.6)				
规定项目减分表	减分情况 (每个项目圈一个)			减分结果
双重跳及以上	没有减分	-0.2	-0.4	

身体及重心变化技巧				
例如，手臂支撑或空翻		没有		
例如，重心降低的俯卧撑或后踢		减分	-0.2	-0.4
空间变化				
单绳：选手应用到整个场地的所有四个区域		没有		
双绳：摇绳者和跳绳者的转换		减分	-0.2	-0.4
绳的运用				
单绳：手臂活动技巧，绳的扭转，绕身，		没有		
双绳：摇绳者技巧，不包括交换		减分	-0.2	-0.4
规定项目减分总计 (最大减分值= 1.6)				

GENERAL DEDUCTIONS			
Time Violations To indicate time violations please circle whichever apply		a) False Start b) Under Time c) Over Time	Space Violations Every time a jumper or a rope (or any other piece of clothing or equipment) leaves the competition area, a space violation is given
# of Time Violations (minus 0.2 points each)	Total Time Violation Deduction Given	# of Space Violations (minus 0.2 points each)	Total Space Violation Deduction Given:

时间和场地减分			
时间犯规 请圈出犯规情况		a) 启动 b) 用时过短 c) 超时	出界犯规 每次选手，绳子，衣物或其他装备超出场地界线 一次场地犯规就应记录
时间犯规次数 (每次扣 0.2 分)	时间犯规减分总数	出界犯规次数 (每次扣 0.2 分)	出界犯规减分总数

ACCURACY DEDUCTIONS				
Accuracy Deductions 1 Click for a minor miss (rope stops unintentionally) 2 Clicks for a major miss (2 or more seconds delay) NOTE: Circle the number of clicks and the accuracy deduction on the chart:	# of clicks = Points deducted			points deducted
	1 = .2		6 = 1.2	
	2 = .4		7 = 1.4	
	3 = .6		8 = 1.6	
	4 = .8		9 = 1.8	
	5 = 1.0		10 = 2.0	

精准度减分				
精准度减分 每个小失误记一次（如绳子非编排中停下） 每个大失误记两次（如 2 秒钟以上的停顿） 注: 从表格中圈出记录失误的次数	记录的次数=减分			减分总计
	1 = .2		6 = 1.2	
	2 = .4		7 = 1.4	
	3 = .6		8 = 1.6	
	4 = .8		9 = 1.8	
	5 = 1.0		10 = 2.0	

General Deductions:

☐ Time Violations

☐ False Start: The jumpers begin jumping before the official signal (beep) to “go”. Jumpers may move into their poses before the beep, but should not begin jumping their routine until the official signal (beep) to “go” has been made.

☐ Under or Over Time: Make sure the competitors complete their routines within the allotted time, and make deductions if necessary. Competitors must complete their routines within the time allotted:

☐ 60 – 90 seconds for the Double Dutch Triad Freestyle event

☐ 45 – 75 seconds for all other single rope, 2 Wheel and double dutch freestyle events

Jumpers need to have reached their ending positions at the final beep. The routine should be considered “under time” if the ending pose is reached before the minimum time is called, it should be considered “over time” if the pose is not reached when the final beep occurs. Also, if a jumper or team begins the routine before the initial beep or ends the routine after the final beep, judges should not score anything that was done outside of the legal time allotment (before initial beep or after final beep). In fact, judges should look away if this occurs so as not to allow anything performed during those times to affect the scoring of the routine.

☐ **Space Violations:** Make sure that routines are performed within the allotted space, and make deductions if necessary. The Floor Manager is instructed to stop the jumper/team immediately if the jumper/team leaves the competition area during the course of an event (either with a body part or the arc of a rope, or with a piece of uniform or equipment). The jumper/team should be moved back into

the competition area and instructed to continue the event. They will also be given a space violation deduction from the Head Judge. If the jumper/team is out of bounds only very briefly and moves back in bounds on their own, then the jumper/team will simply receive a space violation deduction. In either case, the judges should not score what was performed while the jumper/team was out of bounds.

时间出界减分:

时间犯规

启动犯规: 选手在正式信号发出之前开始启动。选手可以在信号发出之前移动到他/他们的开始姿势。但是他/他们必须等到“BEEP”或“GO”的开始信号之后才可以开始跳。

用时过短或超时犯规: 确认选手在规定的时段里完成他的表演。如有违反, 应该扣分。选手完成表演的时间规定: 60-90 秒, 交互绳三人自由式比赛

45-74 秒, 所有其他单绳, 双长绳和交互绳比赛。

选手应该在结束信号之前完成他们的最后动作。用时过短是指选手在规定的最短时间之前完成了全部动作。超时是指选手在终止信号发出时还没有完成最后的动作。另外, 如果选手或比赛队在开始信号发出之前启动, 或在结束信号发出之后动作, 裁判应该无视在合法时段外的任何表现。裁判最好在这段时间看其他地方, 这样在这段时间之外的任何情况都不会影响裁判的打分。

出界犯规: 确认所有的表演在指定的场地里完成。如有违反, 应该扣分。场地主管会在选手或比赛队超出他们规定的场地时, 制止选手或比赛队的比赛。不论是身体出界, 绳子在空中过界还是其它装备。主裁判会给选手或比赛队一次场地犯规减分。如果选手或比赛队只是很小的出界, 而且他们自己回来, 那么选手或比赛队只会得到一次场地犯规减分。在上述的任一情况下, 裁判都不能对选手或比赛队在界外的表演给分。

Accuracy Judging: While watching each routine, the Head Judge counts major and minor misses using mechanical clickers. These judges click once for every “minor miss”, and twice for every “major miss”. When a miss occurs, the Head Judge will immediately click their clicker, then count, “one-thousand one, one-thousand two”. If the routine is still delayed when two seconds are counted, then another click will be given on the clicker. No more than two clicks will be given. For all types of freestyle events, the routine is considered to be no longer delayed once ropes are turning and jumpers are actively jumping. At the conclusion of each routine, the Head Judge will convert the number of clicks on their clickers into a numerical deduction using the table provided on the score sheet. Circle the number of clicks on the chart and carry the point value over to the accuracy score box on the score sheet. This deduction will be taken from the Technical Presentation score by the tabulators. Judges should NOT attempt to do the math on the score sheets!

精准性裁判: 主裁判使用机械计数器记下在整个中出现的大, 小失误。每个小失误这些裁判在计数器上记一次, 每个大失误记两次。每个失误出现时, 主裁判应该马上按一次计数器, 然后数 “一二, 一二”。如果两秒钟过去了, 表演还没有继续, 那么应该再按一次计数器。每次失误不应该超过两次计数。在所有自由式比赛项目中, 绳子开始摇动, 选手开始跳跃, 则表演就应该视为没有延误了。在表演结束后, 主裁判可以根据所附的表格把计数器上的次数换算成减分值。在表格上圈出所记的数字, 并填好减分值。这个减分成绩统计员会从技术表现分里扣除。裁判不要在成绩表上做数学计算。

Accuracy Definitions:

□ **Minor Miss** (0.2 points deduction): A minor miss is considered to be an unintentional stop of the rope or unintentional drop of the handle. The rope(s) may hit a jumper, turner, or the opposite rope, or

any other mistake involving the rope(s) that causes the rope to stop. If a jumper or team “pulls out” of a miss and the rope does not stop, that is considered a “bobble” and does not receive a “click”. Instead, the presentation judges should indicate this mistake with a negative mark in their “Technical Presentation” notes.

□ **Major Miss** (0.4 points deduction): A major miss is considered to be any time the rope or the performance of a routine comes to a STOP unintentionally for 2 or more seconds. This might occur due to a rope catching on a competitor’s body, slapping the opposing rope, or any other mistake involving the rope(s) that causes the routine to stop.

Special issues:

Another jump of the rope does not need to be completed after a miss before a second miss can be counted. Every missed attempt to jump the rope will be counted as a miss.

□ In Single Rope Pairs and Single Rope Team freestyle routines, two, three or four partners missing at the same time while jumping their own separate ropes are counted as separate misses. A miss that occurs during dynamic interaction sequences where only one rope is in use, or during wheel jumping, is only counted as one miss.

精准性的定义:

小失误 (减分 0.2 分): 一个小的失误是指一次计划外的绳子停下, 或绳子从把手上掉落。绳子停下的原因可能是绳子碰到了选手, 绳子反了, 或者其它任何情况。如果一位选手或是一个队有失误, 但是绳子没有停下, 这将视为一个“泡泡”, 不会记一次失误。而技术表现裁判需要在他们的“技术表现”表上用“-”号记下这个失误。

大失误 (减分 0.4 分): 一个大的失误是指一次任何情况下绳子或表演停下超过两秒或以上。这有可能是绳子缠绕在选手身上, 绳子缠绕在一起, 或其它任何原因导致的绳子或表演停下。

特殊情况: 两个失误之间并不需要完成一次成功的跳跃。每一次失败的跳绳都应该记为一次失误。

在双人单绳, 单绳队式自由式表演中, 如果有俩个, 三个或四个选手在同一时刻失误, 将被视为分别的失误。而在只有一根绳子的单绳多人或长绳比赛中, 只记一次失误。

Required Elements: It is expected that routines will fulfill defined requirements for each element. The head judge will deduct points for each required element that does not reach the defined requirement.

规定项目: 所有表演都应该包括规定的项目。主裁判会对每个没有包括的项目减分。

• **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):*

单绳自由式规定项目描述 (单人单绳自由式, 双人单绳自由式, 单绳双人长绳, 单绳团体自由式):

○ Rope Manipulations

■ *Skills that cause the rope to perform motions other than the standard loop around the body (e.g. crosses, releases, swings, wraps).*

绳的运用

除了标准的摇绳过身之外的其它表演活动。（交叉，抛掷，摇摆，缠绕）。

○ Multiples

- *Skills that involve the rope making more than one revolution per jump.*

多重跳

每跳一次绳子转过超过一圈的技巧。

○ 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).*

身体及重心变化

有身体和重心变化的技巧，用来表现力量，平衡，可塑性和灵活性（包括体操，杂技，武术类技巧）

○ Spatial Dynamics

- *Movement around the performance area. To receive no deductions, jumpers must use all four quadrants of the competition area outside of a three-foot radius from the center. If the jumper uses 2-3 quadrants, a partial deduction will be taken. The quadrants should be seen as a + formation on the floor.*

空间变化

在表演区域里移动。选手必须在不犯规的情况下在比赛场地中心一米范围外的所有四个区域表演。如果选手只用了两道三个区域，将被减分。比赛场地上每个区域都会有+号提示。

● **Description of the Double Dutch Freestyle Required Elements** *(for double dutch single freestyle, double dutch pairs freestyle, and double dutch triad freestyle):*

交互绳自由式规定项目描述（交互绳单人自由式，交互绳双人自由式，交互绳三人自由式）：

○ Rope Manipulations

- *Skills related to turning the ropes (e.g. turner involvement)*

绳的运用

摇绳的技巧（摇绳者的参与）

○ 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.*

多重跳

每次跳跃有一根绳子从选手的脚下通过超过一次，或超过一根绳子从选手脚下通过。

○ 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)*

身体及重心变化

有身体和重心变化的技巧，用来表现力量，平衡，可塑性和灵活性（包括体操，杂技，武术类技巧）

○ Spatial Dynamics

- *Any movement that results in a jumper becoming a turner and a turner becoming a jumper*

空间变化

任何跳绳者和摇绳者角色转换的动作

● Evaluation of Required Elements

规定项目的评判

○ To be considered “completed”, required elements for multiples, rope manipulations, inversion and displacement, and double dutch spatial dynamics must be performed at “Level 3 (intermediate)” difficulty or higher, as defined by the World Jump Rope Levels of Difficulty charts.

只有世界跳绳难度水平表中“三级（中级）”或以上的多重跳，绳的运用，身体及重心变化和交互绳中的空间变化的表演才会被认为是规定项目。

- 0.4 points will be deducted from the average Difficulty score for every required element omitted or not performed due to misses.

每个缺少或失误的规定项目会在难度平均得分里扣除0.4分。

- 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)

难度系数小于“三级（中级）”的规定动作会在难度平均得分里扣除0.2分。

- 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”.

规定动作减分在难度平均得分里最多是1.6分，或难度平均得分已经为“0”。

○ Single rope and Wheel Spatial Dynamics:

单绳和长绳的空间变化:

- To fulfill the requirement and receive no deduction, the jumper or team must use all four quadrants of the competition area outside of a three-foot radius from the center. The quadrants should be seen as a + formation on the floor. In pairs and teams, it is not required that all jumpers reach all quadrants, only that all quadrants are touched by at least one member of the group.

选手或比赛队应该在场中心一米半外的所有四个区域表演，这样才能满足要求，没有扣分。场地上的四个区域会用+标记。在双人或队式比赛中，不要求每个队员都去过所有四个区域，只要至少有一人去过就可以了。

- 0.4 will be deducted if the jumper or team uses only one quadrant of the floor.
- 0.2 will be deducted if the jumper or team uses 2-3 quadrants of the floor.

如果选手或比赛队只用了四分之一的比赛场地，他/他们会被扣除0.4分。

如果选手或比赛队只用了四分之二或三的比赛场地，他/他们会被扣除0.2分

○ Other Considerations:

其他注意事项:

□ If a miss occurs during a sequence of skills, the Head Judge must determine whether enough of the element was performed before the miss happened to fulfill (fully or partially) the requirement for that element.

如果有规定动作在一组动作中失误，主裁判需要判断已经完成的动作是否可视为完全完成这一规定动作或部分完成这一动作。

□ No Credit should be given to elements performed WITHOUT the rope(s) turning around or passing under the body.

如果绳子没有摇动或从跳绳者身下通过，则没有任何成绩。

□ Be Aware that jumpers often fulfill more than one required element in a single skill or sequence (e.g. in single rope, a donkey kick with a double under cross fulfills the requirement for inversion/displacement, rope manipulation, and multiple unders with one trick!).

注意选手常常用一个动作或一组来满足不止一个规定项目（例如：单绳比赛中，一个后踢加一个交叉双重跳就可以满足身体和重心变化，绳的运用和多重跳）

• **Note-taking for Required Elements:** As the routine is being performed, take notes on what you see without taking your eyes from the routine. The following notations are recommended:

为规定项目所做的记录：在表演进行中，眼睛始终不要离开表演，同时记录下所看到的项目。以下记号可供参考：

M = multiples (use a “-“ next to the notation to signal an element that deserves partial deduction)

S = spatial dynamics (double dutch)

I/D = inversion/displacement

R = rope manipulations

M=多重跳（可用一个“-”号在需要部分减分的项目边做记号）

S=空间变化（交互绳）

I/D =身体及重心变化

R = 绳的运用

The notations that you make will reflect required elements as they are performed in the routine, and might look like:

你所做的记录应该可以反映出规定项目在表演中出现的顺序，看上去像这样：

M- S I/D- R S M- R S I/D M- R

For single rope spatial dynamics, some judges make a quick drawing of the four quadrants, and mark when the jumper or team makes it into that quadrant. Such a drawing may look like this:

在比赛中，有的裁判会画一张简易的四区域图，在上面标识选手或比赛队的空间变化情况。这样的图如下：

X	X
X X	X X

The above routine (whether using the “S” notes for double dutch spatial dynamics or the chart for single rope spatial dynamics) achieved the requirement for all elements except for Multiple Unders. The M- notation means that element was performed, but did not reach the full requirement due to a miss or lack of difficulty. If a notation is missing from your notes completely, then it should be assumed that the element was omitted or attempted with no success, and should receive a full deduction. That is why accurate note-taking is VITAL!

上面这段表演（不论是交互绳中用“S”标注空间变化，还是单绳中用图标注）除了多重跳之外的所有规定项目都已完成。其中的“M-”记号说明这个项目有表演。但是没有完成，或完成的难度不够。如果一个规定项目在你的记录里完全没有，那么这个动作要么根本没有做，要么完全失败，应该完全扣分。这就是为什么准确记录是最重要的。

For this example routine, the score sheet would be filled out like this:

这个例子中的表演的成绩单应该这样填写：

REQUIRED ELEMENT DEDUCTIONS	DEDUCTION SCALE (circle one for each element)			DEDUCTION GIVEN
Multiples	No DEDUCTION	- 0.2	- 0.4	-0.2
Inversion or Displacement Skills e.g., handspring or somersault e.g., lowering center of gravity as in push-up or donkey kick	No DEDUCTION	- 0.2	- 0.4	0
Spatial Dynamics Single Rope: competitor(s) must use all four (4) quadrants of floor space Double Dutch: Exchange of turner/jumper	No DEDUCTION	- 0.2	- 0.4	0
Rope Manipulation Skill Single Rope: arm action skills, rope toss, whirls, wraps, etc. Double Dutch: Turner skills, excluding exchanges	No DEDUCTION	- 0.2	- 0.4	0
TOTAL POINTS DEDUCTED FOR REQUIRED ELEMENTS (Maximum deduction = 1.6)				-0.2

规定项目减分表	减分情况 (每个项目圈一个)			减分结果
双重跳及以上	没有 减分	-0.2	-0.4	-0.2
身体及重心变化技巧 例如，手臂支撑或空翻 例如，重心降低的俯卧撑或后踢	没有 减分	-0.2	-0.4	0
空间变化 单绳：选手应用到整个场地的所有四个区域 双绳：摇绳者和跳绳者的转换	没有 减分	-0.2	-0.4	0
绳的运用 单绳：手臂活动技巧，绳的扭转，绕身， 双绳：摇绳者技巧，不包括交换	没有 减分	-0.2	-0.4	0
规定项目减分总计 (最大减分值= 1.6)				-0.2

For this example, let’s assume that the routine was over time, and one space violation occurred:
 在这个例子里，我们假设有超时和一次出界：

GENERAL DEDUCTIONS			
Time Violations To indicate time violations please circle whichever apply		Space Violations Every time a jumper or a rope (or any other piece of clothing or equipment) leaves the competition area, a space violation is given	
# of Time Violations (minus 0.2 points each)	Total Time Violation Deduction Given	# of Space Violations (minus 0.2 points each)	Total Space Violation Deduction Given:
1	-0.2	1	-0.2

时间和出界减分			
时间犯规 请圈出犯规情况		出界犯规 每次选手，绳子，衣物或其他装备超出场地界线 一次场地犯规就应记录	
时间犯规次数 (每次扣 0.2 分)	时间犯规减分总数	出界犯规次数 (每次扣 0.2 分)	出界犯规减分总数
1	-0.2	1	-0.2

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For this example, let’s assume that the judge clicked two major misses and one minor miss, which would mean a total of 5 clicks on the clicker:
 在这个例子里，我们假设裁判按了两个大失误和一个小失误，所以总共有五次按压在计数器上:

ACCURACY DEDUCTIONS				
Accuracy Deductions 1 Click for a minor miss (rope stops unintentionally) 2 Clicks for a major miss (2 or more seconds delay) NOTE: Circle the number of clicks and the accuracy deduction on the chart:	# of clicks = Points deducted			points deducted
	1 = .2		6 = 1.2	-1.0
	2 = .4		7 = 1.4	
	3 = .6		8 = 1.6	
	4 = .8		9 = 1.8	
	5 = 1.0		10 = 2.0	

精准度减分				
精准度减分 每个小失误记一次（如绳子非编排中停下） 每个大失误记两次（如 2 秒钟以上的停顿） 注: 从表格中圈出记录失误的次数	记录的次数=减分			减分总 计
	1 = .2		6 = 1.2	-1.0
	2 = .4		7 = 1.4	
	3 = .6		8 = 1.6	
	4 = .8		9 = 1.8	
	5 = 1.0		10 = 2.0	

FLOOR MANAGER

General Procedures: There will be one floor manager at each station. In addition to working with

the Head Judge to maintain a steady flow at your station, you will be responsible for the following:

- ☐ Make communications with competitors and judges. The Head Judge may ask you to communicate with the Tournament Director as well.
- ☐ Hold the flag for your station. The flag should be raised at all times, except when your station has a jumper or team performing or is ready to begin the next heat.
- ☐ Confirm that the identity of the jumper(s) matches what is printed on the freestyle score sheets and the heat sheet.
- ☐ Announce to the judges the name and ID number of the competitor, so they can check their score sheets and make sure all is in order to judge the event.
- ☐ Check for jewelry that is not covered by a bandage or athletic tape, and check for gum.
- ☐ If a jumper or team leaves the bounds of the competition area during an event (either with a body part or the arc of a rope, or with any piece of clothing or equipment), stop the jumper/team immediately, and move the jumper/team back into the competition area and instruct them to continue the event. This should be done quickly and with as little disruption as possible to the jumper/team or surrounding jumpers/teams.
- ☐ Make sure that the score sheets for each entry are properly collected, organized, and delivered to the tabulators by the score sheet collectors.

场地主管:

一般情况：每个比赛区有一名场地主管。除了协助主裁判保证你的比赛场地顺利进行，你还有以下责任：保持选手和裁判的沟通。主裁判也可能请你和赛会主管联系。

在你的赛场举旗。只有在选手比赛时或准备好比赛时才可以把旗子放下。

确认选手信息和成绩单以及秩序册里的一致。

向所有裁判通报选手姓名号码，让裁判们检查他们的成绩单是否正确，以便开始比赛。

检查没有被绷带或绑绳盖住的首饰。并且检查口香糖。

如果一名选手或一支比赛队在比赛时出界（不论是身体的一部分，绳子的弧线，衣服上的小部件或其他装备），立即让选手或队伍停止比赛。请他们回到比赛区域。并指示继续比赛。这些要在最快的时间里完成。尽可能少影响选手或队伍，包括邻近的选手和队伍。

确保每项成绩单都很好的汇总，由送分员送到计分员手中。

GROUP SHOW JUDGING

集体项目比赛裁判

GENERAL GROUP SHOW JUDGING PROCEDURES

集体项目比赛裁判一般规程

Group Show will be evaluated on Required Elements, Difficulty, Density, Technical Quality of Presentation, Accuracy (misses) and Entertainment Value. Routines will be judged on a ten-point decimal scale. A perfect score is 10. There will be seven judges, one timer and one floor manager on each panel. There will be one Head Judge, three Content Judges, and three Presentation Judges. Points will be awarded and deducted as follows:

集体项目比赛的评判依据是规定项目，难度，密集程度，表演的技术质量，准确性（失误）和娱乐性。比赛按十分制评分。一场完美的表演得十分。每个比赛场地有七名裁判，一名计时员和一名场地主管。其中主裁判一名，内容裁判三名，表现裁判三名。分数根据以下要求获得或减去：

- 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 WJRF “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

三名内容裁判就以下邻域打分：

难度系数：依照 WJRF 集体项目“难度水平”表对表演的技术，流程打分=4 分

密集程度：在表演中各种技巧和流程的数目比较停顿，转换的情况=2 分

- 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

三名表现裁判就以下邻域打分：

技术表现：在一场表演中能够影响艺术质量的元素，例如移动和构成，失误，同步，身体端正，表演的流畅，等=2 分

娱乐值：在一场表演中能够吸引观众的努力，例如有趣或有娱乐性的编排，音乐的使用，多种多样的形式和技巧，独有或独创的技巧，一般创造，等=2 分

- One Head Judge will evaluate the performance of required elements and adherence to time constraints.

一名主裁判将评判表演中的规定项目和时间要求。

- One Floor Manager will assist the Head Judge in managing the flow of the station.

一名场地经理负责协助主裁判管理赛场的运行。

- One Timer will use a stopwatch to time the length of the routine.

一名计时员用秒表记下表演的时长。

GROUP SHOW PRESENTATION JUDGING

集体项目表现裁判

General Procedure: There will be three Presentation Judges on each judging panel. Make sure the team name and competitor ID number listed on your score sheet are correct for each team before each heat begins. Attentively watch the performance of each competitor or team. Look for the elements specific to your judging position (Technical Presentation and Entertainment Value). Take notes to ensure that your scores are accurate. When each routine is finished, fill out your official score sheet and make it available to be collected by the runner for your station. It is NOT necessary for you to do any math required for your score sheet. Tabulators will do that for you. The score sheet that you will fill out for each competitor or team will look similar to this:

一般流程：每个裁判组有三名表现力裁判。在每次比赛前请确认成绩表上的队名，选手号码是否正确。认真观看每个选手，每个队的表演。特别注意观察你负责打分的部分（技术表现或娱乐值）。做记录以保证你的成绩记录准确。当表演结束后，填好你的正式成绩表等待你的裁判组里的成绩收集员。你没有必要在你的成绩单上做任何计算。成绩统计员会做。你所填写的成绩表如下：

GROUP SHOW PRESENTATION	LEVELS	POINT SCALE	TECHNICAL PRESENTATION SCORE
TECHNICAL PRESENTATION SCORE The aesthetic qualities of the design and the performance of the routine	Basic	0.1 – 0.4	
	Elementary	0.5 – 0.8	
	Intermediate	0.9 – 1.2	
	Advanced	1.3 – 1.6	
	Masters	1.7 – 2.0	
Entertainment Value Elements that make the routine interesting and exciting to watch	LEVELS	POINT SCALE	ENTERTAINMENT VALUE SCORE
	Basic	0.1 – 0.4	
	Elementary	0.5 – 0.8	
	Intermediate	0.9 – 1.2	
	Advanced	1.3 – 1.6	
	Masters	1.7 – 2.0	

集体项目表现力	等级	分值	技术表现分
技术表现分 表演的设计，表演质量	基本	0.1 – 0.4	
	提高	0.5 – 0.8	
	中等	0.9 – 1.2	
	高级	1.3 – 1.6	
	最优	1.7 – 2.0	
娱乐值 表演中让人兴奋的动作	LEVELS	分值	娱乐值
	基本	0.1 – 0.4	
	提高	0.5 – 0.8	
	中等	0.9 – 1.2	
	高级	1.3 – 1.6	
	最优	1.7 – 2.0	

Technical Presentation: *Synchrony, geometry, excellence, and accuracy displayed in the performance of the routine.* This includes the design and execution of formations, timing, and rhythm. Also take into account the use of opening and ending poses, countenance, accuracy, enthusiasm, and smoothness and flow of the routine. Teams should perform with poise, confidence, and expertise. A “masters” level routine will have every member of the team showing perfect beat and rhythm. All formations will be clean and geometrical, and all lines will be straight and even. Every member of the team will remain completely synchronized. All members of the team will perform with accuracy and energy, showing enthusiasm and professionalism throughout the entire routine. Remember that you are NOT taking intricacy or difficulty into account. A routine can be simple, yet technically excellent!

技术表现：同步，几何对称性和表演中展现的精确性。这包括动作的设计和组成，时间掌握和节奏。还包括开场和结束动作，面部表情，精确性，表演的热情，以及整个表演的流畅。全队在表演中应该表现出平衡，自信和专业。一个“最优”水平的表演应该是全队每个队员都表现出了完美的节奏和韵律。所有的造型都要干净，对称。所有的线都是直的，平的。全队的每个队员都完全同步。所有队员的表演都准确，充满力量，在整个表演中展示热情和专业性。记住你不用对复杂性和难度打分。一个表演可以很简单，却有完美的技术表现！

Entertainment Value: *Originality and imagination in the choice of skills and movements used, how interesting and entertaining the routine is to watch.* The score given for this component should reflect the average level of entertainment value shown throughout the routine. A “masters” level routine will have unique and original choreography shown in EVERY aspect of the routine, including skills, combinations, formations, transitions, and poses. New and original ideas will have been used throughout the routine, and the routine will succeed in being fun and interesting to watch. Music selection will be original and will be interpreted by the choreography. Use of costumes and themes will be considered in this category (but are not required).

娱乐值：原创的和想象力在技巧和动作选择上的应用，整个表演的观赏性和娱乐性。这个部分的打分应该能反映出整个表演的娱乐性水平。一个“最优”的表演应该在表演的每个方面都有独特的，原创的编排，包括技巧，组合，造型，动作衔接和起始姿势。新的，原创的想法要在整个表演始终贯彻。整个表演要

成功地使观赏变得有趣。音乐的选择应该是原创的，而且和编排吻合。服装和道具的使用可以考虑（但不是必须的）。

Note-taking and Scoring Procedures: From the beginning of the routine to the ending pose, watch and make notations that reflect segments of the routine. There are few, if any, perfect “Masters” level routines being performed – so the routines that you judge are likely to be somewhere on the continuum between “Basic” and “Masters”. Even within routines, there are likely to be moments of brilliance and moments that are lacking. It is also possible for a routine to score high in one area and low in the other, such as a routine with lots of original and imaginative skills and sequences, but poor general presentation. Therefore, it is necessary for judges to document what they are seeing throughout the routine to determine not only levels of mastery achieved, but also in what areas of judging, so that the scores given can accurately reflect the routines performed. It is important to remember that you are NOT to take difficulty into account. In fact, doing a difficult sequence poorly should actually be a detriment to the Technical Presentation score. Every few seconds, judges should make marks to reflect the level of Technical Presentation being shown, and how entertaining the routine is. Judges may use the following marks:

+ = Impressive

✓ = Average

- = Poor

做笔记和打分过程：从表演的开始到结束仔细观察其中反映邀请的元素并记录。在所有的表演中，也许会有几个“最优”级别的表演，所以你打分的表演应该是在基本和最优之间。即使在一个表演当中，也会有精彩的和普通的瞬间。一个表演有可能在某一方面得分高而在另一方面得分低。比如一个表演有许多原创的充满想象力的技巧和组合，但是表现一般。因此裁判们在整个表演中做笔记，记录下整个表演中的情况而不仅是达到的水平，这样才能在打分时准确地反映出整个表演的水平。在你的打分里难度不用考虑。相反，一个失败的高难动作的技术表现分反而低。

每过几秒钟的时间里，裁判们要给表演的技术表现和娱乐性的水平做记号。裁判们可以用以下记号：

+ = 精彩

✓ = 一般

- = 差

The following chart helps to illustrate when certain notations might be given:

"+" Professional Presentation	"✓" Average Presentation	"- " Poor presentation
Sequence is executed with accuracy and confidence by every member of the team	Accuracy and confidence shown by some Some misses occur, but detract very little	Misses detract from sequence, little confidence shown.
All team members show athleticism amplitude, and energy while performing the sequence.	Some members of the team perform with ease, but some struggle or show obvious effort	Many members of the team struggle to perform the skills, barely making the tricks attempted.
Every member of the team shows good countenance, appearance and professionalism	Good countenance, appearance and professionalism shown by some, or shown part of the time.	Poor professionalism shown (facial expression, appearance, body language)
Every member of the team shows perfect beat and rhythm. Formations are perfectly clean and geometrical, lines are straight.	Some members struggle to maintain beat and rhythm. Formations and lines are recognizable, though not perfect.	Execution is choppy and insecure, Lack of beat and rhythm detracts from routine. Formations and lines poorly executed, or not attempted.
Every member of the team is perfectly synchronized through complex choreography (many changes in beat direction, and movement).	Most team members are synchronized, but choreography is not that complex (some changes in beat, directionality, movement).	Most team members are not synchronized, or need to focus on each other to stay together. Very simple choreography.
The choreography of the routine perfectly matches the beat of the music thought, and there are many accents in the music that are highlighted in the routine.	Some parts of the routine appear choreographed to the music, others not	No effort made to choreograph to the music. Music is simply in the background
"+" High Entertainment Value	"✓" Moderate Entertainment Value	"- " Poor Entertainment Value
The routine is constantly interesting and entertaining to watch	Parts of the routine are interesting, but other parts are predictable.	Boring. No effort has been made to make the routine interesting to watch.
The music selected is unique, interesting and is effectively interpreted through theme, costume, and/or choreography throughout the routine.	The music selected is appropriate and enhances the routine, but the choreography does not consistently or effectively "interpret" the music.	No music is used, music used is inappropriate, and/or the music bears little to no relationship to or connection with the routine.
Poses are unique and enhance the choreography of the routine	Poses are there, but do little to enhance the routine.	No poses, or inappropriate poses used that detract from the routine
Full variety of skills shown from all elements.	Some variety shown, but not a wide variety. Some repetition.	One type of move/element dominates the routine. Repetitive.
Unique and original moves, formations and choreography are used.	Interesting moves and choreography used, but familiar. Lacks consistent originality	No effort to show unique moves or choreography.
Directionality and movement are varied and unpredictable	Movement and directionality are shown, but familiar and/or predictable.	Little or no effort to include movement or directionality, or directionality not flattering.
The entire group is constantly showing a high degree of dynamic interaction, being constantly physically and choreographically interconnected	Dynamic interaction happens well in some parts of the routine, but is inconsistently demonstrated.	The group does not interact well in the routine. Jumpers appear to be "doing their own thing", apart from the rest of the group.

下边的表格可以帮助在裁判过程中做记录：

"+" 专业水平表现	"✓" 平均水平表现	"-" 较差水平表现
全队每名成员都表现出精准，自信。	一些队员表现出精准，自信 另一些有一点欠缺。	失误较多，缺乏自信。
在表演中所有队员都表现出体育精神和能量。	一些队员表演轻松，另一些则有困难。	大部分队员都无法成功完成计划的动作，技巧。
每名队员都有良好的表情，着装和职业水平。	表情良好，一部分人或是部分时间有良好的职业表现	缺乏职业表现（面部表情，肢体语言）
全队每名成员都有完美的节拍和韵律。	有些队员不能完全跟上节拍和韵律	表演时断时续，缺乏节拍和韵律。
造型清楚，对称，线条笔直。	造型和线条可以看出，但不完美	造型和线条很难看出，或根本没有。
全队的每个成员都能在复杂的队形变化（节奏，方向，动作）保持同步	大部分队员能保持同步，但是队形变化不是很复杂（有一些节奏，方向和动作变化）。	大部分队员都无法保持同步，或需要互相交流取得一致。队形变化简单。
整个表演中队形的变化和音乐的节拍高度吻合。而且表演中有许多音乐表现的亮点。	表演中有一些配合音乐的队形变化其他的则没有。	队形和音乐变化没有关系。音乐只是背景。
"+" 高娱乐值	"✓" 中等娱乐值	"-" 低娱乐值
表演一直很有趣，值得观赏	表演中有值得观赏的部分，但其他的一般。	无聊，表演根本没有试图让人欣赏
在整个表演中，音乐的选择独特，有趣；而且很好地和主题，服装队形变化配合。	音乐的选择合适，且配合的表演，但是队形变化没有始终和音乐吻合	没有音乐，或者音乐的选择不合适，或者所选的音乐和表演没有或很少有联系。
造型独特，而且在表演中强调了队形。	有造型，但是没有融合进表演	没有造型，或是不应该有的造型，分散了表演。
各个要素的所有技巧都有展现。	有不同技巧的展现，但是不多。有一些重复。	一种动作或要素占表演的大部分。许多重复。
使用了独特的，原创的动作，造型和队形。	有趣的动作和队形，但是比较常见，缺少原创性。	没有原创的动作和队形
方向和动作变化多端，无法预料。	有方向和动作变化，但常见，或可以预料。	很少，或没有动作和方向变化，或方向变化很平淡。
整个队伍始终保持高度的动态互动，始终保持整体的关联。	动态互动在表演的一些地方表现不错，但是不能始终保持。	队伍在表演中没有互动。队员似乎在表现自己的东西，和其他队员没有关系

Note-taking Suggestion One:

On a notepaper or at the bottom of the score sheet, make notations every 2-3 seconds that reflect the general level of mastery being shown in each category. For example, your notes might look something like this (shown in blue font):

比赛记录建议一：
在记录纸或成绩单的底部，每 2-3 秒记录下每个类别里的情况。你的笔记可以如下：

Technical Presentation: + + - ✓ ✓ ✓ □

Entertainment Value: - ✓ ✓ ✓ ✓ □

技术表现: + + - ✓ ✓ ✓ □

娱乐值: - ✓ ✓ ✓ ✓ □

□

Note-taking Suggestion Two:

Use the optional “note-taking charts” that will be included on the score sheets. You can make notes however you’d like, then give a “+, ✓, or –” mark for each category. The optional note-taking chart will look like this (with potential markings shown in blue font as an example):

比赛记录建议二：
使用成绩单里自带的记录表。你可以用任何你喜欢的方法做记录。然后在每个类别里用“+，✓ 或□–”。
记录表如下：

Optional note-taking charts:

Technical Presentation	"+"✓"-"	Entertainment Value	"+"✓"-"
Athleticism, Amplitude, Energy		Musical Interpretation	
Exactness of Formations and Movement		Variety of Skills and Styles	
Smoothness, Flow, Execution (misses)		Use of Original Skills and Combinations	
Technical use of Music		Changes in Directionality and Movement	
Synchronicity, Precision		Creativity, Interesting Choreography	
Appearance, Countenance, Professionalism		Dynamic Interaction	

记录表

技术表现	"+"✓"-"	娱乐值	"+"✓"-"
体育精神，态度和能量		音乐配合	
动作和造型的准确性		技巧和造型的多样性	
动作衔接，流程（失误）		原创的技巧和造型	
音乐的使用		方向和动作变化	
合拍，精准		创造性的，有趣的造型	
仪表，专业性		动态互动	

Whichever note-taking procedure you use, estimate an “average level” based on your notes. A guideline is as follows (this chart will also be included on your score sheet):

不论使用何种记录方法，根据你的记录估计一个“平均水平”。以下是一个例子（此表需连同成绩表一同上交）：

Levels	Description
Basic	All “-” marks should result in a score in the “Basic” range
Elementary	A mixture of “-” and “✓” marks should result in a score in the “Elementary” range
Intermediate	All “✓” marks should result in a score in the “Intermediate” range
Advanced	A mixture of “✓” and “+” marks should result in a score in the “Advanced” range
Masters	All “+” marks should result in a score in the “Masters” range

水平	描述
基本	全部都是“-”，应该在“基本”层次
提高	有“-”和“✓”应该在“提高”层次
中等	全部是“✓”应该在“中等”层次
高级	有“✓”和“+”应该在“高级”层次
最优	全部是“+”应该在“最优”层次

Notations such as * or X can also be used for extreme positive or negative reactions to a routine or segment of a routine.

“*”和“X”也被用来记录表演中特别出色或糟糕的地方。

In the case above, the notes show that the routine was technically average most of the time, with two areas showing impressive presentation and one area with poor presentation (possible caused by a miss). The marks also show that the routine did not show a high level of entertainment value, but instead oscillated between being moderately interesting and entertaining to watch in areas and lacking entertainment value in other areas. Based on these marks, the Technical Presentation score would be “low advanced” (1.3), because one of the + marks and the - mark cancelled each other out, leaving you with one + and three ✓ remaining. The Entertainment Value score would be in the “mid-elementary” range (0.6 - 0.7), because you have an equal mix of - and ✓. For this example, the filled out score sheet would look like this:

在上面的例子里，整个表演的技术水平大部分时间是中等，有两个地方有出色的表现，有一个地方有不佳的表现（可能是一个失误）。记录还显示整个表演没有高的娱乐值，一些地方比较有趣，值得观赏，另一些地方则缺乏娱乐性。基于这些记录，技术表现分应该“高级下线”（1.3），因为一个“+”和一个“-”抵消，剩下一个“+”号和三个“✓”。娱乐值得分应该在“提高级中部”（0.6-0.7），因为你有相等的“-”和“✓”。这个例子的成绩表应该如下：

GROUP SHOW PRESENTATION	LEVELS	POINT SCALE	TECHNICAL PRESENTATION SCORE
TECHNICAL PRESENTATION SCORE The aesthetic qualities of the design and the performance of the routine	Basic	0.1 – 0.4	1.3
	Elementary	0.5 – 0.8	
	Intermediate	0.9 – 1.2	
	Advanced	1.3 – 1.6	
	Masters	1.7 – 2.0	
Entertainment Value Elements that make the routine interesting and exciting to watch	LEVELS	POINT SCALE	ENTERTAINMENT VALUE SCORE
	Basic	0.1 – 0.4	0.6
	Elementary	0.5 – 0.8	
	Intermediate	0.9 – 1.2	
	Advanced	1.3 – 1.6	
	Masters	1.7 – 2.0	

集体项目表现力	等级	分值	技术表现分
技术表现分 表演的设计，表演质量	基本	0.1 – 0.4	1.3
	提高	0.5 – 0.8	
	中等	0.9 – 1.2	
	高级	1.3 – 1.6	
	最优	1.7 – 2.0	
娱乐值 表演中让人兴奋的动作	LEVELS	分值	娱乐值
	基本	0.1 – 0.4	0.6
	提高	0.5 – 0.8	
	中等	0.9 – 1.2	
	高级	1.3 – 1.6	
	最优	1.7 – 2.0	

Where in the determined range the actual score should fall can depend on the number of one notation over another, or even an overall impression. However, systematically analyzing each routine will help to create consistent scores that accurately reflect the performances and choreography, and identify strengths and weaknesses in each routine.

在决定实际分数时，可以完全依靠记录的数据，也可以根据整体的印象。但是有系统的分析每个表演有利于对所有的表演给出平等的准确成绩，也可以指出每个表演的优势和不足。

GROUP SHOW CONTENT JUDGING

集体项目内容裁判

General Procedure: There will be three Content Judges on each Group Show judging panel. Make sure the team name and competitor ID number listed on your score sheet are correct for each team before each heat begins. Attentively watch the performance of each team. Look for the elements specific to your judging position (Difficulty and Density). When each routine is finished, fill out your official score sheet and make it available to be collected by the runner for your station. It is NOT necessary for you to do any math required for your score sheet. Tabulators will do that for you. The score sheet that you will fill out for each competitor or team will look similar to this:

一般规程：集体项目每个裁判组有三名内容裁判。每个队表演之前应该确认队名，编号和成绩表上的一致。仔细观看每个队的表演。特别注意你负责的裁判项目（难度，频度）。表演结束时，填好你的正式成绩单，等待成绩收集员取走。你不需要在你的成绩单上进行任何计算。成绩统计员会计算。每个队或选手的成绩单如下：

GROUP SHOW Content	LEVELS	POINT SCALE	Difficulty SCORE
Difficulty Average level of difficulty shown in skills and combinations performed throughout the routine	LEVEL 1	0.1 – 0.8	
	LEVEL 2	0.9 – 1.6	
	LEVEL 3	1.7 – 2.4	
	LEVEL 4	2.5 – 3.2	
	LEVEL 5	3.3 – 4.0	
Density Use of sequences and combinations versus isolated skill. Number and length of breaks and/or transitions used in the routine	LEVELS	POINT SCALE	Density SCORE
	Basic	0.1 – 0.4	
	Elementary	0.5 – 0.8	
	Intermediate	0.9 – 1.2	
	Advanced	1.3 – 1.6	
	Masters	1.7 – 2.0	

集体项目内容	等级	分值	技术表现分
难度分 整个表演的难度水平	一级	0.1 – 0.8	
	二级	0.9 – 1.6	
	三级	1.7 – 2.4	
	四级	2.5 – 3.2	
	五级	3.3 – 4.0	
频度分 表演中使用连贯动作而不是孤立技巧	等级	分值	娱乐值
	基本	0.1 – 0.4	
	提高	0.5 – 0.8	

表演中停顿和衔接的次数和时长	中等	0.9 – 1.2
	高级	1.3 – 1.6
	最优	1.7 – 2.0

Difficulty: *In order to determine the difficulty of a routine, judges must be familiar with the group show levels of difficulty described in the charts located in the appendix of this handbook. The levels of difficulty charts give group show judges standard criteria by which to judge each skill, sequence, or combination performed in a routine.* There can be varying levels of difficulty displayed in a routine, but the final difficulty score should reflect an average level of difficulty performed throughout the routine. Routines should only score in the “masters” range if EVERY combination performed in the routine is exceptionally difficult as described in the levels of difficulty charts. Consequently, a routine must be exceptionally dense to be considered exceptionally difficult! On the other hand, judges should not be afraid to give credit when it is due, by giving a “Level 5” notation when a team performs a masters-level skill or sequence.

难度值：为了很好的确定表演的难度值，裁判应该熟悉本手册附录里的难度表。难度表里给出了集体项目中各个技巧，组合的评判标准。在表演中，会有许多不同难度的动作，但是最终的难度得分应该反映整个表演的平均值。只有每个动作在难度表上都是最难的表演才可以评为“最优”。同时，表演的频度很高也可以被认定为最难。另一方面，裁判也不要吝啬在一个队伍有一个最优级的技巧或组合后，给一个“五级”的记录。

Level 5 (Masters) Difficulty: Content Judges are evaluating the use of physically and choreographically challenging skills that are displayed by the entire group during a routine. This means that highly difficult routines will display many interrelated parts, be highly involved or complex, show an integration of elaborate elements, and require the jumpers to show energetic activity, movement, and cooperative interaction. It is NOT the job of the Content Judge to evaluate how many jumpers are participating in the routine. Routines should have every member of the team physically and choreographically involved in every aspect of the routine. The choreography of EVERY element requires that ALL jumpers be dynamically interactive, working cooperatively in an interconnected way. The only time all team members aren’t interconnected is during quick and smooth transitions between sections of the routine. The choreography of EVERY element will also require movement, beat and rhythm changes, and changes of formation. The routine is specifically and choreographed to the patterns, beat, rhythm, and changes in the music selected.

五级（最优）难度：内容裁判应该在整个表演中评价全队表现的挑战物理和造型的技巧。这就是说，高难度的表演应该是有许多内在联系的部分组成，高度参与，高度复杂，编排完整，要求每个选手都表现出精神焕发，动作和配合良好。内容裁判不需要评估有多少选手参与了表演。表演应该是每名队员都实际参与了每个动作或组合。造型的每个组成都要求所有队员有动态的互动，有机的配合。只有在快速转换或片段之间队员之间才有一点分离。造型的每个部分都要求动作，节拍和韵律，以及组成的变化。整个表演是特别地，准确地和所选的音乐在造型，节拍，韵律上同步。

Density: Density for group show means having component parts closely compacted together. Efforts should be made by the team to have the elements of the routine connected into combinations using transitional skills and choreography. There should be few (if any) pauses or breaks in the routine. A

“masters” level routine will have no major breaks – each part of the routine is choreographically designed for smooth transition between elements.

频度：频度是指在集体项目比赛里把各种元素紧密的组合在一起。全队应该在表演中用衔接技巧和造型把各个元素组合在一起。在表演中应该尽可能少出现暂停和等待。一个“最优”级别的表演应该没有大的间隔，表演中的每个部分都有优美的平稳的衔接。

Note-taking and Scoring Procedures: The note-taking and scoring procedures for Group Show Difficulty and Density judging will be the same as for Freestyle Difficulty and Density judging procedures described on pages 14-16 of this handbook. Refer to the “Levels of Difficulty for Group Show” charts in the appendix of this handbook for descriptions of each level of difficulty.

记录和计分流程：集体项目难度和频度裁判的记录和计分流程和自由式裁判里难度和频度流程一样，参阅本手册的14-16页。请参考附录部分“集体项目难度等级”里对各个难度等级的描述。

GROUP SHOW HEAD JUDGING

集体项目主裁判

General Procedures: There will be one head judge at each station. In addition to overseeing all

of the group show judges and maintaining a steady flow, head judge duties are as follows:

- ☐ Make any communications with competitors or tournament director.
- ☐ Confirm that the identity of the team matches what is printed on the Group Show Cover Sheet.
- ☐ Make sure the teams complete their routines within the allotted time, and make deductions if necessary. A person will be assigned to assist you with this task using a stopwatch.
- ☐ Watch closely and analyze each routine. Take notes recording the level at which each required element is performed.
- ☐ Evaluate the performance of the Required Elements. Deduct points for required elements not performed up to the “Level 3” difficulty standard.
- ☐ Make sure that the score sheets for each judge are collected by the runner.

一般流程：每个裁判组有一名主裁判。除了监督集体项目裁判的工作和保持稳定的比赛流程，主裁判还有以下职责：

- 保持和选手及大赛组织者的沟通。
- 确认表演的队伍和秩序册上印刷的一致。
- 确认参赛队在规定的时段里完成表演，如有必要给予减分。有专人用秒表给予帮助。
- 仔细观看和分析每个表演。对每个规定要素的水平作记录。
- 评估表演的规定项目。对难度标准里“三级”以下的没有完成的规定项目减分。
- 确认每个裁判的成绩单都被成绩收集员收走。

Your score sheet will look similar to this:

REQUIRED ELEMENT DEDUCTIONS	DEDUCTION SCALE			DEDUCTION GIVEN
	(circle one for each element)			
Single Rope Group Routine	No DEDUCTION	-0.2	-0.4	
Chinese Wheel	No DEDUCTION	-0.2	-0.4	
Double Dutch	No DEDUCTION	-0.2	-0.4	
Long Rope	No DEDUCTION	-0.2	-0.4	
Traveler	No DEDUCTION	-0.2	-0.4	
TOTAL POINTS DEDUCTED FOR REQUIRED ELEMENTS (Maximum deduction = 2)				

你的计分表如下：

规定项目减分	减分表			减分
	(给每个项目打圈)			
单绳集体	无减分	-0.2	-0.4	
中式车轮	无减分	-0.2	-0.4	
交互绳	无减分	-0.2	-0.4	
长绳	无减分	-0.2	-0.4	
抛绳	无减分	-0.2	-0.4	
规定项目总减分 (最大减分值 = 2)				

Time Violations	Was there a time violation? (Write "yes" or "no")	DEDUCTION GIVEN
Junior Group Show (Maximum time is 3 minutes)		
Senior Group Show (Maximum time is 5 minutes)		
A 0.2 deduction will be given for time violations		

超时犯规	是否超时？ (写“是”或“否”)	减分值
低年级集体项目 (最长 3 分钟)		
高年级集体项目(最长 5 分钟)		
出现超时减 0.2 分		

Time Limits

时间限制

- Junior Group Show routines can be a maximum of 3 minutes long
- Senior Group Show routines can be a maximum of 5 minutes long
- There are no minimum time constraints
- Timing will be done by an official using a stopwatch, under the direction and supervision of the Head Judge. 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.
- 低年级集体项目表演最长可以有3分钟
- 高年级集体项目表演最长可以有5分钟
- 没有最短时长限制
- 计时由专人在主裁判的指挥和监督下用秒表完成。通报人在裁判和选手都准备好了时宣布开始。秒表在音乐响起或选手开始跳动时开始计时，哪个先算哪个。计时在表演结束姿势或到达最长时长的时候停止，哪个先算哪个。如果表演超过最长时长，裁判应该停止计分，并记0.2超时减分。

Special Note: Maximum space will be given depending on the competition venue. No space violations will apply.
 特别注意:比赛应该根据情况提供最大的比赛空间。没有场地犯规。

Description of the Required Elements: To receive full credit and avoid a deduction, ALL members of the team must perform each element in a physically or choreographically interconnected way
规定项目描述：为了得到全部分数，没有减分，参赛队的所有成员必须实际地或组成地以有内部联系的方法完成每个规定项目

Single Rope Group Routine *Synchronized routine performed by the entire group, with each jumper using an individual rope*
集体项目单绳：每名队员使用单绳，全队同步表演

Double Dutch *Routines involving two ropes being turned in opposite direction*
交互绳：表演使用两根绳，摇绳的方向相反

Wheel *Routines involving two or more jumpers that have exchanged handles and are turning and/or jumping ropes at alternating beats. Both ropes are turning in the same direction. Ropes of any length can be used.*
车轮：表演涉及两名或以上队员互相握着绳子的两头，以不同的节拍摇绳，跳绳。两根绳子摇动的方向一致。可以使用任何长度的绳子。

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...)*
长绳：表演使用一根或多根长绳，但不是交互绳。（例如一根长绳，三角形，打蛋器，雨伞等）

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*
抛绳：表演涉及一名或几名队员将绳子相互抛掷。可以在单绳，车轮，交互绳或长绳中使用。

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.
规定项目评估：只有在世界跳绳集体项目难度表里“三级(中级)”以上的规定动作才可以视为完成。

0.4 points will be deducted from the average Difficulty score for every required element omitted or not performed due to misses.
每个省略的或是因为失误没有完成的规定项目都要在平均难度得分里扣除0.4分。

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).
每个难度水平低于“三级（中级）”（例如一级-基本或二级-提高）的规定项目都要在平均难度得分里扣除0.2分。

A maximum 2.0 points can be taken from the average Difficulty score for Required Elements deductions, or until the average Difficulty score is reduced to “0”.
规定项目在难度得分里最多扣除2.0分，或难度得分已经为“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 2015 WJRF Judging Handbook.

集体项目比赛中主裁判和内容裁判使用的难度水平表在2015世界跳绳裁判手册的附录中。

Special Notes

特殊条款：

Credit will not be given to elements performed WITHOUT the ropes turning around or passing under the body of the jumper(s).

绳子没有绕过选手从身下经过的动作都不作为给分的动作。

If a team misses while performing an element, the Head Judge must determine whether or not Level 3 difficulty was achieved taking into account only the part of the element that was executed cleanly. A miss does not automatically mean that a deduction is warranted.

如果参赛队在一个动作里有失误，主裁判应该对该动作已清楚完成的部分进行评估，决定该动作是否还是三级以上难度。有一个失误并不是自动给予减分。

Be Aware that the team may fulfill more than one required element in a single skill or sequence (e.g. performing the wheel using 20' ropes satisfies both long rope and wheel requirements. Also keep in mind that the traveler does not have to be done with single ropes, but can also be accomplished with double dutch, the wheel, and with long ropes).

需要注意有的队在一个技巧或组合里完成了不止一个规定动作（比如在完成车轮时用了20英尺长的绳子，就业满足了长绳的规定。另外请注意，抛绳不一定用单绳完成，交互绳，车轮和长绳里也可以完成。）

Note-taking for Required Elements: As the routine is being performed, take notes on what

you see without taking your eyes from the routine. The following notations are recommended:

规定项目笔记：在比赛进行中，在不影响观看的前提下，做笔记。以下笔记就值得推荐：

S = single rope routine	(use a “-“ next to the notation to signal
W = Chinese wheel	an element that deserves a partial deduction)
D = double dutch	
L = long rope	
T = traveler	

S = 单绳表演	(用一个“-”号表示该项目应该有减分)
W= 中式车轮	
D = 交互绳	
L = 长绳	
T = 抛绳	

The notations that you make will reflect required elements as they are performed in the routine, and might look like:

W - S D- L S T- D

你所做的笔记应该能反映规定项目在比赛中的表现，如下：

W- S D- L S T- D

The above routine would earn full credit (no deduction) in single rope, long rope, and double dutch. The W- notation means that the team gets a 0.2 deduction for the wheel, and the T- notation means that the team also gets a 0.2 deduction for traveler because the elements did not reach Level 3 in difficulty for one reason or another. The team’s first attempt at double dutch did not meet the standard for full credit for whatever reason, but the second attempt did. Therefore, the team would receive full credit (no deduction) for double dutch. If a notation is missing from your notes completely, then it should be assumed that it was omitted or attempted with no success, and should receive a full 0.4 deduction. That is why accurate note-taking is VITAL!

上面这个表演可以在单绳，长绳和交互绳项目里得满分（没有减分）。W-的记录显示在车轮上应该有0.2分的减分；T-的记录显示在抛绳项目上应该有0.2分的减分，原因是动作的难度小于三级或是其他。该队第一次交互绳项目因为某种原因没有得满分，但是第二次尝试成功了。所以他们在交互绳项目上得满分（没有减分）。如果某个项目在你的笔记里根本没有，那就是说他们根本没有尝试或动作完全失败，他们应该得0.4分的减分。这就是为什么做准确的比较是关键！

For the example above, the score sheet would look like this:
上面的例子中，成绩单应该象下面的样子：

REQUIRED ELEMENT DEDUCTIONS	DEDUCTION SCALE (circle one for each element)			DEDUCTION GIVEN
Single Rope Group Routine	No DEDUCTION	-0.2	-0.4	0
Chinese Wheel	No DEDUCTION	-0.2	-0.4	-0.2
Double Dutch	No DEDUCTION	-0.2	-0.4	0
Long Rope	No DEDUCTION	-0.2	-0.4	0
Traveler	No DEDUCTION	-0.2	-0.4	-0.2
TOTAL POINTS DEDUCTED FOR REQUIRED ELEMENTS (Maximum deduction = 2)				-0.4

规定项目减分	减分表 (给每个项目打圈)			减分
单绳集体	无减分	-0.2	-0.4	0
中式车轮	无减分	-0.2	-0.4	-0.2
交互绳	无减分	-0.2	-0.4	0
长绳	无减分	-0.2	-0.4	0
抛绳		-0.2	-0.4	-0.2

	无减分		
规定项目总减分 (最大减分值 = 2)			-0.4

WORLD JUMP ROPE DOUBLE DUTCH CONTEST JUDGING

世界交互跳绳大赛评审

GENERAL INFORMATION FOR JUDGES

The organizers of World Jump Rope are very excited to be including this new and innovative event into our championship! The World Jump Rope Double Dutch Contest (WJR-DDC) gets its inspiration from contests that are currently being held for the National Double Dutch League and in Europe and Asia, as well as from the exciting performances being done by jump rope athletes with the “Cirque du Soleil” and “Cirque Dreams” performing groups, and on shows such as “America’s Got Talent” and “America’s Best Dance Crew”. This is an exciting new direction for the sport of Jump Rope, and we believe it is a way to provide a wider array of opportunities for our athletes as well as to increase public recognition for and appreciation of our sport.

裁判的一般信息

世界跳绳的主办方很高兴能将这项新颖而创新的比赛项目加入到锦标赛中！世界交互跳绳大赛 (WJR-DDC) 从正为欧洲和亚洲的全国交互联盟举办的竞赛中，以及“太阳马戏团”和“太阳梦演出团体”的跳绳运动员们的精彩表现中，以及“美国达人秀”和“美国最佳舞蹈团体”的演出中获得灵感。这是跳绳这项运动的一个发展新方向，我们也相信这将为我们的运动员们提供一系列更广阔的机会，同时提高公众对跳绳这项活动的关注度和欣赏力。

Some things judges should be aware of:

裁判需注意的事项:

- WJR-DDC routines will include up to 8 jumpers, and should integrate both dance and jump rope in a “performance-style” routine, which will be performed to music. There is no minimum number of jumpers required.
- WJR-DDC 表演包含至多8名选手，在一场“演出风格”的表演中须结合舞蹈和跳绳，并配合音乐进行演出。每组选手的最少人数没有限制。
- Routines will be a maximum of 3 minutes, 30 seconds long.
- 一场表演最多长达3分30秒。
- Any number, type and length of ropes can be used.
- 表演所用绳在数量、类型和长度上无限制。
- Costume-type props can be used in order for jumpers to most effectively interpret the music.
- 为使选手们能最有效果地诠释音乐，可使用表演服装类型的道具。
- Because this event is so early in its development, we have purposely designed the judging to be very “loose”. The more rules, guidelines and requirements we impose, the more “we”

(judges and event organizers) determine the direction in which the event will develop. Instead, we want this type of event to develop “organically” over time, with the jumpers having as much freedom as possible to determine that development. Consequently, judging will have to be highly subjective and largely undefined for now. Our goal is to be able to add structure to the judging of DDC events slowly over time, based on direction and feedback from the athletes, as these DDC events develop world-wide.

- 由于这个项目处于其发展的初级阶段，我们故意设计了较为宽松的评审标准。尽管施加的表演规则、指导方针和表演要求越多，我们（裁判和主办者）决定的这个项目发展方向会越多。但我们希望这项项目既能有组织性地发展，同时也能让选手们在这项项目上有尽可能多的自由来发挥，来决定它的发展。因此，现今的评审只能带有高度的主观和很大的不确定性。我们的目标是希望能随着DDC项目的发展全球化，在今后一段时间内，基于对运动员的指导和反馈补充添加框架进DDC项目的评审规则。
- Unlike traditional team or group show events, DDC routines will not necessarily have all members of the team involved with the ropes at all times. There may be times when only one jumper (or a small part of the group) is highlighted, while the others are in the background. There may be times in the routine where some people are jumping rope and some are dancing. All of this is perfectly acceptable! It is up to the judges to evaluate how effective the routine as a whole is designed, performed and executed.
- DDC表演不像传统的团队表演项目必须要求整个团队的所有成员整场表演都一直参与进跳绳中。在一场表演中有时可能只有一位选手或一小部分的团队成员在台上表演而其他人在幕后；有时一部分人跳绳，另一部分人舞蹈。以上所提及的都是可接受的。这取决于裁判如何评估整个表演的设计，演出和执行总体上呈现的效果。
- DDC routines can incorporate any type of music, any type of dance, and any type of jump rope styles and skills. It is important for judges to understand, however, that traditional DDC events use primarily hip-hop music and dance, and only double dutch jumping. In the future we may be able to have separate divisions specifically for “traditional” DDC routines (hip-hop and double dutch) and for “expanded” routines (those that include other types of dance, music and jump rope). However, at these early stages of our championship all teams will be included in the same division. Because of this, it will be important for judges to not specifically reward or penalize jumpers based on whether or not they used a “traditional” or “expanded” approach to the event. Specifically, we will **not** be asking judges to look for or reward “a wide variety of jump rope styles” or “a wide variety of dance styles”, because that would be prejudicial against traditional routines that use only hip-hop and only double dutch. By the same token, judges familiar with the traditional style of this event should not be biased against routines that incorporate other types of jump rope skills and dance.

DDC表演可以结合任何类型的音乐、舞蹈和跳绳技巧及风格。但是裁判们要理解，传统的DDC表演是主要采用嘻哈风格的音乐和舞蹈且只采用交互式跳法的。将来我们也许专门为传统式DDC表演（嘻哈风格的音乐和舞蹈及交互式跳法）和扩展式DDC表演（其他风格的音乐舞蹈和其他跳法）设立不同的分类，但现阶段所有类别的表演团队都将归到同一个类别下。因此裁判们不要专门因选手用的是传统式还是扩展式来表演而奖励或处罚选手。特别地，我们不要求裁判们去专门奖励那些用了多种类别的音乐和跳绳技巧或多种舞蹈风格的队伍，因为这会对那些运用传统表演方式比赛的队伍不利。同理，熟悉传统方式表演的裁判不应该对那些融合了多种风格的舞蹈和跳绳技巧的队伍产生偏见。

DDC General Judging Procedure: 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.

DDC的一般评审步骤：DDC表演应在10分的范围内进行评审。最优的分数是10。将有5位专家评审和1位主评审。

- Points will be awarded and deducted as follows:
 - 分数的奖励及扣除规则如下：
 - o 5位专家评审每人最高可给10分。
 - o 专家评审能在下列方面给分：
 - ☐ 交互式/跳绳的编排=3分
 - ☐ 舞蹈编排=3分
 - ☐ 总体娱乐性评估（创造力、音乐的应用、演出表现等）=4分
 - o 1位主裁判主要负责用秒表为演出计时并裁定分数的扣除。分数的扣除规则如下：
 - ☐ 时间犯规：如果一场表演演出时间超出了最高时间限制，则扣除0.2分。
 - o Five Panel judges will have up to 10 points to award
 - o 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
 - o 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.

Double Dutch Contest Panel Judging General Procedures: Make sure the team name and competitor ID number listed on your score sheet are correct for each team before each heat begins. Attentively watch the performance of each team. Look for the elements specific to your judging position (Double Dutch/Jump Rope Choreography, Dance Choreography, and Entertainment Value). When each routine is finished, fill out your official score sheet and make it available to be collected by the runner for your station. It is NOT necessary for you to do any math required for your score sheet. Tabulators will do that for you. The score sheet that you will fill out for each competitor or team will look similar to this:

交互式跳绳比赛专家评审的一般步骤：在比赛开始热身之前确认每个参赛队伍的队名和参赛者的身份证号码是否与你记分表上的信息一致。在表演过程中关注与你有关的评审项（交互式/跳绳的编排、舞蹈编排、娱乐性评估）。每场演出结束后，填写你的官方记分表，并交给负责的记分表收集人员。你并不需要为表中填写的数据做任何数学运算，列表者会为你做这项工作。你将要为每支队伍或选手填的记分表大致如下：

DOUBLE DUTCH CONTEST

Double Dutch/Jump Rope Choreography

- Use of challenging skills and combinations
- Technical Presentation
- Accuracy (misses)

LEVELS	POINT SCALE	POINTS GIVEN
Basic	0.1 - 0.6	
Elementary	0.7 - 1.2	
Intermediate	1.3 - 1.8	
Advanced	1.9 - 2.4	
Masters	2.5 - 3.0	

LEVELS POINT SCALE +

Dance Choreography

- Use of challenging and intricate dance moves
- Technical Presentation

Basic	0.1 - 0.6
Elementary	0.7 - 1.2
Intermediate	1.3 - 1.8
Advanced	1.9 - 2.4
Masters	2.5 - 3.0

Entertainment Value

- Use of unique skills and combinations
- General Creativity
- Overall impression
- Musical Interpretation

LEVELS	POINT SCALE	+
Basic	0.1 – 0.8	
Elementary	0.9 – 1.6	
Intermediate	1.7 – 2.4	
Advanced	2.5 – 3.2	
Masters	3.3 – 4.0	

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TOTAL SCORE:

交互式跳绳比赛

交互式/跳绳的编排

- 具有挑战性的技巧和组合动作的运用
- 技巧性的展示
- 精确度（失误）

等级	分数范围	给分
基础	0.1 - 0.6	
初级	0.7 - 1.2	
中级	1.3 - 1.8	
高级	1.9 - 2.4	
最优	2.5 - 3.0	

舞蹈编排

- 具有挑战性和复杂舞步的运用
- 技巧性的展示

级别	分数范围	+
基础	0.1 - 0.6	
初级	0.7 - 1.2	
中级	1.3 - 1.8	
高级	1.9 - 2.4	
最优	2.5 - 3.0	

娱乐性评估

- 特殊技巧和组合动作的运用
- 总体创造力
- 总体印象
- 音乐诠释

级别	分数范围	+
基础	0.1 – 0.8	
初级	0.9 – 1.6	
中级	1.7 – 2.4	
高级	2.5 – 3.2	
最优	3.3 – 4.0	

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总分:

Panel Judging Note-taking and Scoring Procedures: From the beginning of the routine to the ending pose, watch and make notations that reflect segments of the routine. There are few, if any,

perfect “Masters” level routines being performed – so the routines that you judge are likely to be somewhere on the continuum between “Basic” and “Masters”. Even within routines, there are likely to be moments of brilliance and moments that are lacking. It is also possible for a routine to score high in one area and low in the other, such as a routine with strong dance elements but poor jump rope skills or performance. Or, a routine that is technically sound in the areas of both jump rope and dance, but is lacking in general entertainment value. Therefore, it is necessary for judges to document what they are seeing throughout the routine to determine not only levels of mastery achieved, but also in what areas of judging, so that the scores given can accurately reflect the routines performed. There are numerous ways in which judges might determine the final scores that they give, and it is expected that scores will be very subjective. However, we do have a couple of recommended procedures the judges can use if they wish; similar to those used for freestyle and group show events:

Every few seconds, judges should make marks to reflect the effectiveness of the Jump Rope and Dance elements being shown, as well as how entertaining the routine is. Judges may use the following marks:

+ = Impressive **□** = Average **-** = Poor

评委记录和计分流程：从表演的开始到结束，请仔细观察并针对表演中的每一部分做记录。在所有的表演中，很少会出现“最优”级别的表演，所以你对表演的打分应大多处于基础和最优级别之间。即使是在同一场表演之中，也会有较精彩的和略显不足的瞬间。一个表演有可能在某一方面得分较高而在另一方面得分较低。例如一个表演可能有具震撼力的舞蹈元素，但是跳绳技巧和表现力却欠佳；或在跳绳与舞蹈方面均技术纯熟，却缺乏娱乐性元素。因此裁判们需记录下整个表演中的所有情况，而不仅仅是达到的水平级别，这样打出的分数才能较准确地反映出整个表演的水平。评委们评打最终分时可能会有多种方法，这导致分数可能会很主观。因此，如果评委们愿意参考，与自由式比赛和小组表演比赛相类似，我们有一套推荐的评分流程供参考：

每过几秒钟，评委们就要为表演中跳绳和舞蹈元素的有效性做记录，记录时请用以下记号：

+ = 精彩 **□** = 一般 **-** = 差

The following chart helps to illustrate when certain notations might be given:

“+” Impressive

Jump rope skills and sequences shown consistently display a high degree of difficulty and jump rope proficiency

Jump rope segments are densely packed, without basic bounces or breaks between skills

Sequence is executed with accuracy and confidence by every member of the team.

“□” Average

Jump rope skills and sequences show an inconsistent level of difficulty, or consistently show difficulty at roughly the “intermediate” level.

Jump rope segments are presented in sequences, but some basic bounces are used between sequences

Accuracy and confidence shown by some. Some misses occur, but detract very little.

“ - ” Poor

Jump rope skills are basic or are easy to perform, a level of jump rope proficiency is not shown

Skills are isolated, many basic bounces are used, there are breaks in the jump rope sections of the routine

Misses detract from sequences, little confidence shown.

<p><i>All team members show athleticism, amplitude, and energy while performing the sequence.</i></p> <p><i>Every member of the team shows good countenance, appearance and professionalism.</i></p> <p><i>Every member of the team shows perfect beat and rhythm during the jump rope portions of the routine</i></p>	<p><i>Some members of the team perform with ease, but some struggle or show obvious effort.</i></p> <p><i>Good countenance, appearance and professionalism shown by some, or shown part of the time.</i></p> <p><i>Some members struggle to maintain beat and rhythm during the jump rope portions of the routine</i></p>	<p><i>Many members of the team struggle to perform the skills, barely making the tricks attempted.</i></p> <p><i>Poor professionalism shown (facial expression, appearance, body language)</i></p> <p><i>Execution is choppy and insecure, lack of beat and rhythm detracts from routine.</i></p>
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Double Dutch/Jump Rope Choreography and Performance

下边的表格可以帮助评委在裁判过程中做记录：

交互绳/跳绳队形及表现：

"+" 精彩表现	"□ "中等表现	"-" 差表现
跳绳技巧和队列都持续呈现高的难度表现和跳绳熟练度	跳绳技巧和队列有具难度的动作，但不连贯；或一直处于中等水平	只展现了基本的跳绳技巧，未能展示熟练度
跳绳部分被紧密编排，技术动作的中间未插入基本弹跳动作和中断	跳绳动作呈序列编排，但中间插入了基本跳跃动作	技术性动作是独立的，基本的弹跳被广泛使用，跳绳部分在表演中有许多中断，不连贯
全队每名成员都表现出动作的精准性，有自信	部分成员动作精准、自信，有些则欠佳	全员失误较多，缺乏自信
在表演中所有成员都表现出激情和充满能量的感觉，传达出体育精神	部分成员表演放松，有些则紧张有困难	许多队员完成动作显得很费力，有些技巧未能成功展现
全队每名成员都呈现了良好的表情，姿态和专业性	好的表情，姿态和专业性能被部分成员时不时地展现出来	差劲的专业性呈现（包括面部表情、姿态以及肢体动作等）
在跳绳部分每名成员都表现出良好的节拍感	部分成员要很费力才能跟上节奏	动作执行不连贯，表演紊乱、节奏性差

“+” Impressive

Dance skills and sequences shown consistently display a high degree of difficulty and proficiency (break dance moves, footwork, hip-hop, etc.)

All team members show athleticism, proficiency and energy while performing the sequence.

Every member of the team shows good countenance, appearance and professionalism during dance sequences

Every member of the team shows perfect beat and rhythm.

Every member of the team is perfectly synchronized through complex dance choreography (many changes in beat and body movements).

“□” Average

Dance skills and sequences show an inconsistent level of difficulty, or only a moderate level of proficiency

Some members of the team perform with ease, but some struggle or show obvious effort.

Good countenance, appearance and professionalism shown by some, or shown part of the time

Some members struggle to maintain beat and rhythm.

Most team members are synchronized, but choreography is not that complex (some changes in beat and body movements).

“ - “ Poor

Dance skills are simple, basic or are easy to perform, a level of proficiency is not shown

Many members of the team struggle to perform the skills, barely making the tricks attempted.

Poor professionalism shown (facial expression, appearance, body language)

Execution is choppy and insecure, lack of beat and rhythm detracts from routine.

Most team members are not synchronized, or need to focus on each other to stay together. Very simple choreography.

Dance Choreography and Performance

舞蹈的编舞以及表现:

"+" 精彩表现	"□" 中等表现	"-" 差表现
舞蹈技巧和队列都持续呈现高的难度表现（霹雳舞动作、步法、街舞动作等）	舞蹈技巧和队列有具难度的动作，但不连贯；或一直处于中等水平	只有基本的舞蹈技巧，动作简单，未能展示熟练度
在表演中所有成员都表现出激情和充满能量的感觉，传达出体育精神	部分成员表演放松，有些则紧张有困难	许多队员完成动作显得很费力，有些技巧未能成功展现
全队每名成员都呈现了良好的表情，姿态和专业性	好的表情，姿态和专业性能被部分成员时不时地展现出来	差劲的专业性呈现（包括面部表情、姿态以及肢体动作等）
在跳绳部分每名成员都表现出良好的节拍感	部分成员要很费力才能跟上节奏	动作执行不连贯，表演紊乱、节奏性差
全队每名成员能在高难度的舞蹈动作中保持同步（如节拍和身体动作有很多变化）	大多数队员能做到同步，但编舞动作不复杂（有一些节拍、身体动作的变化）	大多数队员无法做到同步，或需要很努力才能保持一致、较差的舞蹈动作编排

Overall Entertainment Value

“+” High Entertainment Value

The routine is generally interesting and entertaining to watch throughout

The music selected is unique, interesting and is effectively interpreted through theme, costume, and/or choreography throughout the routine

Unique and original choreography are used constantly throughout the routine

“□” Moderate Entertainment Value

Parts of the routine are interesting, but other parts are predictable

The music selected is appropriate and enhances the routine, but the choreography does not consistently or effectively “interpret” the music.

Interesting choreography used, but familiar. Lacks consistent originality.

“ - “ Poor Entertainment Value

Boring. No effort has been made to make the routine interesting to watch

No music is used, music used is inappropriate, and/or the music bears little to no relationship to or connection with the routine

Little effort was made to show unique or interesting choreography

Dance and jump rope are incorporated seamlessly, thoroughly and effectively throughout the routine

The entire group is constantly showing a high degree of dynamic interaction, being constantly physically and choreographically interconnected

Dance and jump rope are incorporated well in some areas, but other parts show rough transitions between dance and jump rope.

Dynamic interaction happens well in some parts of the routine, but is inconsistently demonstrated.

Dance and jump rope are not well incorporated. There are distracting and poor transitions between the two types of skills.

The group does not interact well in the routine. Jumpers appear to be "doing their own thing", apart from the rest of the group.

演出整体的娱乐性：

"+" 高娱乐观赏值	"□"中等娱乐观赏值	"-" 低娱乐观赏值
表演一直很有趣，值得观赏	表演中有值得观赏的部分，但其他的一般	无聊，表演根本没有试图让人欣赏
在整个表演中，音乐的选择独特，有趣；而且很好地与主题，服装队形变化等配合。	音乐的选择合适，且适合用于表演，但是队形变化没有始终和音乐吻合	选择独特，有趣；而且很好地与主题，服装队形变化
特殊或原创的动作、队形编排贯穿整场表演	动作、队形编排有趣但很眼熟，缺乏原创性	没有花心思去研究独特的动作队形
舞蹈与跳绳能无缝衔接，在整场演出中显得连贯有力	在一些地方舞蹈和跳绳能够融合起来，但有的过渡处显得生硬粗糙	舞蹈和跳绳无法配合，两种技巧的过渡衔接做得不好
整个队伍始终保持高度的动态互动，在动作和队形上保持整体的关联。	动态互动在表演的一些地方表现不错，但是不能始终保持。	队伍在表演中几乎没有互动。队员似乎只表现自己的东西，和其他队员没有关系

Note-taking Suggestion #One:

On a notepaper or at the bottom of the score sheet, make notations every 2-3 seconds that reflect the general level of mastery being shown in each category. For example, your notes might look something like this (shown in blue font):

比赛记录建议一：在记录纸或成绩单的底部，每2-3秒记录下每个类别里的情况。你的笔记可以如下（蓝色字体部分）：

Double Dutch/Jump Rope

+
+
✓

✓
+
+

✓
✓

交互绳/跳绳

Dance

+
✓
-

-
✓

+
✓

舞蹈

Entertainment Value

+
-
✓

-
✓
-
-

✓
✓

娱乐值



Note-taking Suggestion #Two:

Use the optional “note-taking charts” that will be included on the score sheets. You can make notes however you’d like, then give a “+,” “□,” or “-” mark for each category. The optional note-taking chart will look like this (with potential markings shown in blue font as an example):

比赛记录建议二：

使用成绩单里自带的可选记录表。你可以使用任何你喜欢的方法做记录，然后在每个类别里用“+,” “□,” 或 “-” 做标记。记录表如下（可能的记号如蓝色字体）：

Optional note-taking charts:

Double Dutch/Jump Rope	+ , □ , -	Dance	+ , □ , -	Entertainment Value	+ , □ , -
Difficulty, density	+	Difficulty, complexity of choreography	+	Musical Interpretation	-
Accuracy (misses)	□	Athleticism, Level of Proficiency	□	Use of Original Skills and Combinations	□ □
Athleticism, Amplitude, Energy	+	Appearance, Countenance, Professionalism	-	Creativity, use of interesting Choreography	□ □
Beat and rhythm	□	Beat and rhythm	□ □	Dynamic Interaction among team members	□ □
Appearance, Countenance, Professionalism	□	Synchronicity, Precision in dance moves	□ □	Effective incorporation of dance and jump rope	-

可选记录表：

交互绳	+ , □ , -	舞蹈	+ , □ , -	娱乐值	+ , □ , -
难度，频度	+	难度，舞蹈的复杂性	+	音乐表演	-
精确度（失误）	□	运动能力，熟练度	□	新颖技巧及合作性	□ □
运动能力，广度，活力	+	外观，表情，专业性	-	创造性，趣味舞蹈	□ □
节奏感	□	节奏感	□ □	队员之间充满活力的合作	□ □
外观，表情，专业性	□	同步性，舞蹈动作的准确性	□ □	舞蹈及跳绳有效的结合	-

Whichever note-taking procedure you use, estimate an “average level” based on your notes. A guideline is as follows (this chart will also be included on your score sheet):

不管使用什么记录方法，根据你的记录估计出一个“平均水平”。例如下表（此表也包含在成绩表上）：

LEVELS	DESCRIPTION
Basic	All “-“ marks should result in a score in the “Basic” range
Elementary	A mixture of “-“ and “□” marks should result in a score in the “Elementary” range
Intermediate	All “□” marks should result in a score in the “Intermediate” range
Advanced	A mixture of “□” and “+” marks should result in a score in the “Advanced” range
Masters	All “+” marks should result in a score in the “Masters” range

水平	描述
基础	全部都是“-”，则为“基础”水平
初级	含有“-”和“□”，则为“初级”水平
中级	全部都是“□”，则为“中级”水平
高级	含有“□”和“+”，则为“高级”水平
最优	全部都是“+”，则为“最优”水平

Notations such as * or X can also be used for extreme positive or negative reactions to a routine or segment of a routine.

“*”和“X”也可以用来记录表演中特别精彩或糟糕的地方。

For the routine example above, the Double Dutch/Jump Rope score would be in the “advanced” range (mixed □ and +), the Dance score would be in the “Intermediate” range (the + and the – cancel each other out, leaving all □ marks). The Entertainment Value score would be in the “elementary” range (mixed □ and – marks). Where in the determined range the actual score should fall can depend on the number of one notation over another, or even an overall impression. The score sheet would be filled out like this (next page):

在上面的例子里，交互绳的分数为“高级”（含有□和+），舞蹈的分数为“中级”（+与-互相抵消，余下的全为□），娱乐值的分数为“初级”（含有□和-）。在特定的类别里，实际的分数可以由某个标记数目上超过另一标记多少决定甚至由整体印象来决定。成绩单将填写如下（下一页）：

DOUBLE DUTCH CONTEST

Double Dutch/Jump Rope Choreography

- Use of challenging skills and combinations
- Technical Presentation
- Accuracy (misses)

Dance Choreography

- Use of challenging and intricate dance moves
- Technical Presentation

Entertainment Value

LEVELS	POINT SCALE	POINTS GIVEN
Basic	0.1 - 0.6	2.2
Elementary	0.7 - 1.2	
Intermediate	1.3 - 1.8	
Advanced	1.9 - 2.4	
Masters	2.5 - 3.0	

LEVELS	POINT SCALE	+
Basic	0.1 - 0.6	1.5
Elementary	0.7 - 1.2	
Intermediate	1.3 - 1.8	
Advanced	1.9 - 2.4	
Masters	2.5 - 3.0	

LEVELS	POINT SCALE	+
Basic	0.1 - 0.8	1.4
Elementary	0.9 - 1.6	

- Use of unique skills and combinations
- General Creativity
- Overall impression
- Musical Interpretation

Intermediate	1.7 – 2.4
Advanced	2.5 – 3.2
Masters	3.3 – 4.0

TOTAL SCORE:

=

5.1

交互绳竞赛

交互式/跳绳的编排

- 具有挑战性的技巧和组合动作的运用
- 技巧性的展示
- 精确度（失误）

水平	分数范围
基础	0.1 - 0.6
初级	0.7 - 1.2
中级	1.3 - 1.8
高级	1.9 - 2.4
最优	2.5 - 3.0

给分

2.2

舞蹈编排

- 具有挑战性和复杂舞步的运用
- 技巧性的展示

水平	分数范围
基础	0.1 - 0.6
初级	0.7 - 1.2
中级	1.3 - 1.8
高级	1.9 - 2.4
最优	2.5 - 3.0

+

1.5

娱乐性评估

- 特殊技巧和组合动作的运用
- 总体创造力
- 总体印象
- 音乐诠释

水平	分数范围
基础	0.1 – 0.8
初级	0.9 – 1.6
中级	1.7 – 2.4
高级	2.5 – 3.2
最优	3.3 – 4.0

+

1.4

总分:

=

5.1

Double Dutch Contest Head Judging General Procedures: There will be one head judge at each station. In addition to overseeing all of showcase judges and maintaining a steady flow, head judge duties are as follows:

- Make any communications with competitors or tournament director.
- Confirm that the identity of the team matches what is printed on the Showcase Cover Sheet.
- Make sure the teams complete their routines within the allotted time, and make deductions if necessary. The Head Judges will be using a stopwatch.
- Make sure that the score sheets for each judge are collected by the runner.

交互绳比赛主裁判一般程序: 每个比赛区域都有一名主裁判。除了监督所有现场裁判和保持比赛顺利进行, 主裁判还有以下责任:

与参赛选手及赛事负责人保持交流。

确认参赛队伍的信息与 表演登记表上一致。

确保参赛队伍在规定时间内完成节目，若必要则给予减分。主裁判将使用秒表。

确保每个裁判的成绩单被服务人员收走。

The Head Judge score sheet will look similar to this:

主裁判评分表如下：

TIME VIOLATIONS

Was there a time violation? (write “yes” or “no”) Deduction Given

- Maximum time is 3 minutes, 30 seconds
- A 0.2 deduction will be given for time violations

时间犯规

是否出现时间犯规? (“是”或“否”)

减分

- 最长时间为三分三十秒
- 若出现时间犯规则减去0.2分

Time Limits

- Maximum time limit is 3 minutes, 30 seconds
- There are no minimum time constraints
- Timing will be done by 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.

时间限制

最大时间限制为三分三十秒

没有最小时间限制

比赛将用秒表进行计时。当裁判和参赛者都准备好时，发令人将给予指示。当音乐开始或参赛者开始表演节目时，计时开始。当节目表演完成或达到最大时限，计时结束。若超出最大时限后节目仍在继续，裁判将停止判定，且该节目将减去0.2分。

Special Note: Maximum space will be given depending on the competition venue. No space violations will apply.

特别注意：最大场地将根据比赛会场来决定。比赛不允许出界。

Levels of Difficulty

Single Rope, Wheel and Double Dutch

难度等级

单绳，车轮跳及交互绳

For determining the level of difficulty performed in single rope, wheel and double dutch freestyle routines.

确定自由赛中单绳，车轮跳及交互绳的难度水平。

Levels of Difficulty for: **SINGLE ROPE** 单绳的难度水平

Inversion and Displacement: Skills requiring a change in center of gravity or inversion of the body, displaying strength, flexibility, and agility.

身体及重心变化：有身体和重心的变化技巧，展现力量，柔韧性和敏捷性。

EXAMPLES OF MOVES THAT MAY BE CONSIDERED IN THIS CATEGORY:

*Leaps *Push-ups *Crab jumps

*Mountain Climber *Donkey kicks *Jumping in splits

*Acrobatic moves *Gymnastics moves *Martial Arts moves

*Frog-style donkey kicks: diving from both feet into a handstand position (vs. kicking up one foot at a time as in a regular donkey kick)

以下动作从属于此类：

*跳 *俯卧撑 *螃蟹跳 *登山跳 *驴踢跳 *劈叉跳 *体操动作 *武术动作

*蛙式驴踢跳：从双足下潜水变为倒立姿势（与常规驴踢跳中一次踢起一只脚形成对比）

LEVEL	DESCRIPTION
Level One (Basic)	Simple skill involving raising or lowering the center of gravity, or a simple acrobatic skill inverting the body. EXAMPLES: forward roll, cartwheel, squat jump, squat to side straddle position, squat to forward straddle position Simple acrobatic skill or a single strength move done in isolation while the rope turns around the body.
Level Two (Elementary)	EXAMPLES: round-off, simple push-up jump (pulling the rope under from the push-up to the squat position), one donkey kick jump (pulling the rope under the feet as they land) mountain climbers, crab jump Simple acrobatic skill performed while rope turns around the body, elementary-level strength moves performed into, out of or simultaneously with another simple element..
Level Three (Intermediate)	EXAMPLES: front handspring landing upright (rather than squatting down), back handspring, double under into a push-up, crab jump with a cross, donkey kick landing in a cross
Level Four (Advanced)	Inversion or displacement skills that require more strength, agility, and/or flexibility to perform, elementary-level strength move performed into, out of or simultaneously with another element of a higher level. EXAMPLES: frog-style donkey kicks (diving off of two feet), Kamikaze push-ups (jumping from a push-up position, landing in a pushup position), Fully extended splits jumps (jumping from a splits position, landing in a splits position, the rope turning around the body), donkey kick to behind the knees cross to a push-up (in one fluid movement), leg-over cross triple landing in a push-up position.

Level Five
(Masters)

Advanced-level strength or acrobatic skills performed into, out of or simultaneously with other types of jumping skills.

EXAMPLES: Frog-style donkey kick performed with double under cross, crabs performed with leg-over cross skills, front flip with a triple under AS cross, fully extended splits jumps performed with a cross, Kamikaze with a cross

Note: Add difficulty credit if the skills are performed moving across the floor, or rotating to face different directions.

水平

描述

一级 (基本)	简单的技巧如降低或升高重心，或简单的杂技技巧。 例如： 前滚翻，侧翻，蹲跳，蹲到左右分腿跳，蹲到前后分腿跳
二级 (提高)	在摇绳时，孤立地做一些简单的杂技技巧或单个强力动作 例如：翻筋斗，简单俯卧撑跳 (将绳从俯卧撑姿态下拉出变为蹲跳姿势)，一个驴踢跳 (脚下过绳) 登山跳, 螃蟹跳
三级 (中等)	摇绳时做简单的杂技技巧, 将初级的动作引入另一些简单基本跳法中，从另一简单基本跳法引出该初级动作，或者初级动作与另一简单基本跳法同时进行。 例如： 直立前手翻（不蹲下），后手翻， 俯卧撑双重跳，交叉螃蟹跳， 交叉驴踢跳
四级 (高级)	需要表现更多力量、柔韧性、敏捷性的身体及重心变化技巧， 将初级的动作引入另一些更高水平跳法中，从另一更高水平跳法引出该初级动作，或者初级动作与另一更高水平跳法同时进行。 例如： 蛙式驴踢跳（双脚做跳水动作），神风（ Kamikaze ）俯卧撑（起跳为俯卧撑姿态，落地也为俯卧撑姿态）完全延展性劈叉跳（劈叉姿态起跳，劈叉姿态落地，绳绕身体一周），驴踢跳之后膝后交叉至俯卧撑姿态（以不固定的动作）， 胯下交叉三跳俯卧撑式着陆（ leg-over cross triple landing in a push-up position ）。
五级 (最优)	将高级动作或杂技技巧引入其他类型跳绳技巧中，从其他类型跳绳技巧引出该高级动作或杂技技巧，或者高级动作或杂技技巧与其他类型跳绳技巧同时进行。 例如：蛙式驴踢跳的同时表演双重交叉跳，含有左右单脚跨下跳技巧的螃蟹跳，前空翻加三重膝后交叉（ front flip with a triple under AS cross ），交叉完全延展性劈叉跳，交叉神风跳

Note: Add difficulty credit if the skills are performed moving across the floor, or rotating to face different directions.

注意：如果在横跨地面移动或者面朝不同方向转动时进行这些技巧，则增加难度分。

Levels of Difficulty for: SINGLE ROPE

Multiple unders: Skills which involve the rope revolving more than one time per jump

多重跳：每跳摇绳超过一次的技巧。

LEVEL DESCRIPTION

Level One
(Basic) One or more basic double unders performed in the routine.

Level Two
(Elementary) Double under performed with arms crossed in front of the body, with a ½ turn, with a full turn (rope stays in front of the body during the turn), or with simple footwork. One triple under or side swing triple under.

Level Three
(Intermediate) EXAMPLES: Double under with basic crosses and/or side swing crosses, double unders in a jogging step.
Double under performed with one or more arms crossed behind the back or neck. More than one triple under or side swing triple under in a row. Triple under with arms crossed in front of the body. Triple under performed with a 360 degree rotation (rope passes under the body in the backward and the forward position = EK twist). Side swing quadruple under.

Level Four
(Advanced) EXAMPLES: Double unders with front-back crosses (EB) or double back crosses (TS). Triple under with a cross and/or side swing crosses.
Triple under performed with one or more arms crossed behind the back or neck. Triple under performed with a leg-over cross skill. Triple under performed with a simple rope release. Quadruple under with simple forward cross skills. Triple under performed with a 360 rotation and a crossing skill.
EXAMPLE: Triple under with a front-back (EB) cross, triple under with a double back (TS) cross, triple under with a leg-over cross (TJ), triple under with a behind the knees cross (AS), Quadruple under with side swing crosses.

Level Five
(Masters) Quadruple under performed with one or more arms crossed behind the back or neck. Quadruple under performed with a leg-over cross skill. Quintuple under with simple forward cross skills. Quadruple under performed with a 1½ twist rotation. Triple under performed with an intricate rope release skill.

EXAMPLE: Quad with a front-back (EB) cross, quad with a double back (TS) cross, quad with a leg-over cross (TJ), quad with a behind the knees cross (AS), Quintuple under with side swing crosses. Triple under performed with a fancy spinning rope release - the rope released under the leg and caught while the jumper is still in the air to be pulled under the feet before landing.

水平 描述

一级
(基本) 在节目中表演一或多个基础双重跳。

二级
(提高)

双重跳的同时在身体前方交叉双臂，旋转半周，旋转一周（旋转时绳仍在身体前方），或者表演简单步法。一个三重跳或者左右摆绳式三重跳。

例如：交叉和/或左右摆绳式交叉双重跳，慢跑双重跳。

三级
(中等)

双重跳的同时在背后或颈后交叉手臂。排成一排的多个三重跳或左右摆绳式三重跳。三重跳的同时在身前交叉手臂。三重跳的同时旋转360度。（绳向前和向后穿过身下=EK扭转跳（rope passes under the body in the backward and the forward position = EK twist））。左右摆绳式四重跳。

例如：双重跳的同时前后（EB）交叉或双重后（TS）交叉。三重跳的同时交叉和/或左右摆绳式交叉。

四级
(高级)

三重跳的同时在背后或颈后交叉手臂。三重跳的同时左右单脚跨下跳。含有抛掷绳技巧的三重跳。含有简单前交叉技巧的四重跳。三重跳的同时旋转360度及表演交叉技巧。

例如：三重跳的同时前后（EB）交叉，三重跳的同时双重后（TS）交叉，三重跳的同时左右单脚跨下跳（TJ），三重跳的同时膝后交叉（AS），左右摆绳式交叉四重跳。

五级
(最优)

四重跳的同时在背后或颈后交叉手臂。含有左右单脚跨下跳技巧的四重跳。含有简单前交叉技巧的四重跳。四重跳的同时旋转半周。含有复杂抛掷绳技巧的三重跳。

例如：四重跳的同时前后（EB）交叉，四重跳的同时双重后（TS）交叉，四重跳的同时左右单脚跨下跳（TJ），四重跳的同时膝后交叉（AS），四重跳的同时左右摆绳式交叉。三重跳的同时旋转抛掷绳-表演者在腿下方抛掷绳，在仍在空中时抓绳，绳在落地前应被拉到脚下。

Note: Add difficulty credit if the skills are performed moving across the floor, or rotating to face different directions.

注意：如果在横跨地面移动或者面朝不同方向转动时进行这些技巧，则增加难度分。

Levels of Difficulty for: SINGLE ROPE

Rope Manipulation: Skills that cause the rope to perform unique motions other than the standard loop around the body, or skills involving arms crossing over, under or around other body parts.

绳的操作: 除了普通摇绳之外使绳呈现特殊形状的技巧, 或使手臂在身体其他部分之上、之下、周围的技巧。

EXAMPLES OF MOVES THAT MAY BE CONSIDERED IN THIS CATEGORY:

*Rope releases (of one or both handles) *Wraps *Crosses of all kinds

*Swings (swinging rope over head, at sides, or under feet) *Rotational skills

*抛掷绳 (松开一只或两只手柄) 缠绳 各种交叉绳 摆绳 (在头部上方摆绳, 左右摆绳式, 或在脚下摆绳) 旋转技巧

LEVEL	DESCRIPTION
Level One (Basic)	<p>Cross with both arms crossed in front of the body. Simple wrap of the rope around one body part. Using side swings to rotate from forward to backward, or in a full turn.</p> <p>EXAMPLE: jumper performs side swings to the left and then and to the right while standing still. Forward cross, side swing cross. Half turn to jumping backwards, or from backwards to forwards.</p>
Level Two (Elementary)	<p>Simple crosses, swings or wraps done in combination with other arm skills or basic body movements. Crosses where one or both arms cross behind the back or neck. Cross where one arm is crossed under one leg. Simple release and catch of one handle where the rope either rests on the ground or makes a simple arc through the air. Wrap involving more than one motion or direction of the rope.</p> <p>EXAMPLE: Front-back (EB) cross, double back (TS) cross, simple leg-over cross (one arm, one leg), rope release – handle is released behind the jumper where it rests on the floor, then is swung forward to be caught in front of the jumper.</p>
Level Three (Intermediate)	<p>Release and catch of one handle enhanced by a simple body movement or movement of the rope. Crossing skills where one or both arms cross behind, under or around one or both legs, involving at least three quadrants of the body. Wraps that involve more than one body part and/or intricate wrapping and unwrapping motions around body parts. Rotations with crossing skills using two quadrants of the body.</p> <p>EXAMPLE: Leg-over cross, “awesome anna”, leg over with both arms crossed behind both legs, Rope release where the handle is released from a leg-over position, a “snake” release, where the rope moves in front of the body be being caught,</p>
Level Four (Advanced)	<p>Release skills involving intricate or unusual release and regrasp techniques, and/or interesting movement of the rope. Release and catch of both handles simultaneously, catching the handles after the rope makes one revolution in the air. Crossing skills using body positions that require more flexibility and agility to perform. Rotations with crosses using at least three quadrants of the body.</p> <p>EXAMPLE: jumper releases one handle while performing a leg-over cross sequence and catches the handle with arms crossed. Jumper releases the handle in a cross position, jumps the rope as it rotates around the body, and catches the rope. Cross performed with one arm behind the neck and the other arm crossed behind one leg and in front of the other leg,</p>

Level Five (Masters)

Releases involving complex release and regrasp techniques as well as intricate motion of the rope and/or jumper before the handle is regrasped. Both handles tossed high enough in the air for the jumper to perform some movement or motion before the handles are caught. Crossing sequences that involve going from one complicated and distorted arm and leg position to another.

水平

描述

一级 (基本)

双臂交叉在身前。围绕身体某部分的简单缠绳。表演左右摆绳式的同时从前旋转到后，或旋转一周。

例如：表演者在保持站立状态时表演左右摆绳式。前交叉，交叉左右摆绳式。向后旋转半周，或从后旋转至前。

二级 (提高)

与其他身体动作或两臂技巧结合的简单交叉、摆绳、或缠绳。手臂在背后或颈后的交叉。一只手臂在一条腿下面的交叉。绳在地上或空中划过时简单的抛掷绳和抓绳。绳的形态或方向超过一种的缠绳。

例如：前后 (EB) 交叉，双重后 (TS) 交叉，简单的左右单脚跨下跳（一条手臂，一条腿），抛掷绳 - 跳绳的手柄在表演者的身后被放开，然后摆到表演者的前面被抓住。

三级 (中等)

放开和抓住手柄的同时表演身体动作或使绳运动。一或两条手臂交叉在一或两条腿之后、之下或周围的交叉技巧，这些动作应有至少四分之三的身体部位参与其中。使用超过一个身体部位的缠绳和/或围绕身体部位复杂的缠绕和展开动作。用身体部位的二分之一表演旋转及交叉技巧。

例如：左右单脚跨下跳，“顶级安娜 (awesome anna)”，两只手臂在两条腿后交叉的左右单脚跨下跳，Rope release 手柄在胯下的时候抛掷绳，蛇形抛掷绳，即让绳摆到身体前方然后抓绳。

四级 (高级)

.含有复杂抛掷绳和抓绳技术的抛掷绳技巧，和/或使绳呈现有趣的形状。同时抓抛掷绳的两个手柄，绳在空中转一圈之后抓住手柄。需要更多柔韧性和敏捷性的交叉技巧。旋转的同时做交叉，要求至少有身体部位的四分之三参与其中。

例如：表演者在表演左右单脚跨下跳时放开绳的一只手柄，然后交叉手臂并抓绳。表演者在交叉状态下抛掷绳，在绳绕身体旋转时起跳，然后抓绳。表演交叉绳的同时一只手臂在颈后，另一只手臂在一条腿后及另一条腿前交叉。

五级 (最优)

包括复杂抛掷绳及抓绳技巧的抛掷绳，同时在绳被抓住之前，表演者表演复杂的动作且/或使绳呈现复杂形状。绳的手柄被扔的足够高以确保在把手被抓住之前表演者可以表演一些动作。涉及从一个复杂、扭曲的手脚位置变到另一位置的交叉序列。

Note: Add difficulty credit if the skills are performed moving across the floor, or rotating to face different directions.

注意：如果在横跨地面移动或者面朝不同方向转动时进行这些技巧，则增加难度分。

Levels of Difficulty for: **SINGLE ROPE**

Footwork and Speed Dynamics: Skills using changes in foot positions, and/or skills demonstrating an obvious attempt to alter the usual speed of the rope. Multiple unders are NOT included in this category. This is not a required element for single rope, but is an element that is commonly used and should be rewarded for difficulty.

步法及变速绳： 改变步法的技巧，及/或表现绳速明显变化的技巧。多重跳不属于此类。此项并非单绳的必需项，但是为一种常用动作，应该因其难度而给予奖励

EXAMPLES OF MOVES THAT MAY BE CONSIDERED IN THIS CATEGORY:

*Speed jumping *fast footwork *fast crossing series

速度跳绳 快速步法绳 快速交叉类绳

JUDGES TAKE INTO ACCOUNT THE FOLLOWING ATTRIBUTES:

*Complexity of footwork *Complexity of armwork *Complexity of legwork *Movement, Rotation

*Speed or pace of rope and/or jumping *Footwork, armwork and/or legwork happening simultaneously

*步法的复杂性 *手臂动作的复杂性 *腿部动作的复杂性 *移动，旋转 绳和/或跳跃的速度及步调 *同时表演步法、手臂动作和/或腿部动作

LEVEL DESCRIPTION

Level One
(Basic) Simple speed step. Simple footwork (one or two moves repeated) performed without noticeable change of pace.

EXAMPLE: jumper goes from regular jumping to moderate speed skipping with a jogging step and back to regular jumping. Jumper performs side straddle jumps without changing pace.

Level Two
(Elementary) Simple footwork (one or two moves repeated) or simple armwork performed at a moderately fast pace, complex footwork (many varied changes of foot positions) performed without a noticeable change of pace. Simple footwork (one or two moves repeated) performed at a normal pace while moving across the floor or rotating in a circle.

Level Three (Intermediate)	Complex footwork sequence performed at a moderately fast pace, Complex armwork or legwork performed at a moderately fast pace. Simple footwork performed at a very fast pace, or at a moderate pace while moving across the floor or rotating in a circle. Simple footwork and simple armwork performed simultaneously at a normal pace.
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Level Four (Advanced)	Complex footwork, armwork or legwork sequence performed at a very fast pace. Complex armwork and footwork done simultaneously at a moderate pace. Simple footwork and armwork done simultaneously done at a moderate pace while moving across the floor or rotating.
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Level Five (Masters)	Complex footwork, armwork and legwork performed simultaneously at a very fast pace while moving across the floor.
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水平	描述
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一级 (基本)	简单的加速步。 不含明显步调改变的简单步法（一到两个重复动作）。
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	例如: jumper goes from regular jumping to moderate speed skipping with a jogging step and back to regular jumping. 表演者从规则跳法变到慢跑步调的中等速度跳然后再跳回规则跳法。不改变步调的左右分腿跳。
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二级 (提高)	以适度快速步调表演简单的步法（一或两个重复动作）或简单的手臂动作，没有明显步调变化的复杂步法（足部位置的多种改变）。在地上移动或转圈时以正常步调表演简单步法（一或两个重复动作）。
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三级 (中等)	以适度快速步调表演的复杂步法，以适度快速步调表演的复杂手臂动作或腿部动作。以高速步调表演的简单步法，或在地上移动或转圈时以适度快速步调表演简单步法。以正常步调同时表演简单步法和简单手臂动作。
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四级 (高级)	以高速步调表演复杂的步法，手臂动作或腿部动作。以适度步调同时表演复杂的手臂动作和步法。在地上移动或旋转时以适度快速步调同时表演简单的步法和手臂动作。
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五级
(最优)

在地板上移动时以高速步调同时表演复杂的步法，手臂动作和腿部动作。

Note: Jumping backwards or showing changes in rope direction during the sequence should enhance the difficulty score.

注意：在该系列动作过程中向后跳或者改变绳的方向应该在难度上加分。

2 Wheel Description and Definitions

双轮描述及定义

Chinese 2 Wheel: 2 ropes, 2 jumpers. Jumpers exchange middle handles and turn their arms in a swimming motion causing athletes to jump their own rope at a different time than their partner.

American 2 Wheel: 2 ropes, 2 jumpers. Jumpers exchange middle handles and turn their arms together causing both ropes to be jumped at the same time.

中国双轮：2根绳，2个选手。选手交换中间手柄，转换并摇晃手臂，从而在与对方不同的时间跳自己的绳。

美国双轮：2根绳，2个选手。选手交换中间手柄并转换手臂，两个选手在同时跳两根绳。

It is encouraged, but not necessary, to use the Chinese Wheel style of jumping whenever possible in a routine. Judges should take note that the Chinese style of jumping is more difficult to perform with most skills. Skills performed in American Wheel should receive slightly lower credit than those performed in Chinese Wheel. (An intermediate skill performed in American wheel could receive low intermediate credit.)

*There is an exception when it comes to multiple unders. For example: In Chinese wheel double unders, each jumper clears one rope at nearly the same time to complete a double under. In the American Wheel double under, each jumper must clear their own rope twice to complete a double under.

鼓励尽量在常规中使用中国双轮，但这不是必须的。裁判们要注意中国双轮难度更高。相同的技巧如果用在美式双轮得分应该比用于中式双轮稍低一些。（比如中等难度的技巧用于美式双轮中应给中等偏低的分数。）*多摇是个例外。比如：在中式双轮中，双摇要求两个选手几乎同时跳过一根绳。而在美式双轮中，双摇要求两个选手各自两次跳过自己的绳。

*At this time there is a level 6 listed for 2 Wheel. We are working towards a judging system that includes a level 6 for all freestyle events. Until we are prepared to update the entire freestyle judging system, please consider the level 6 2 Wheel skills as High Masters (High Level 5 skills) and reward credit as such.

*目前，双轮有第六级评分标准。我们正在努力让所有的自由式都有第六级的评分标准。在我们完善整个评判标准之前，请将第六级的双轮按照高水平大师级（高水平第五级技巧）评分。

Levels of Difficulty for: 2 WHEEL 双轮的难度等级

Inversion and Displacement: Skills requiring a change in center of gravity or inversion of the body, displaying strength, flexibility, and agility.

EXAMPLES OF MOVES THAT MAY BE CONSIDERED IN THIS CATEGORY:

*Leaps *Push-ups *Crab jumps
 *Mountain Climber *Donkey kicks *Jumping in splits
 *Acrobatic moves *Gymnastics moves *Martial Arts moves
 *Frog-style donkey kicks: diving from both feet into a handstand position (vs. kicking up one foot at a time as in a regular donkey kick)

翻转和移位: 需要改变重心或是翻转身体的动作技巧, 体现力量, 柔软灵活性, 和灵敏度。

可以考虑为此类的动作例如:

- * 跳跃 * 俯卧撑 * 螃蟹跳
- * 攀岩式 * 驴踢腿 * 劈腿跳
- * 杂技动作 * 体操动作 * 武术动作
- * 蛙式驴踢腿: 双腿同时起跳成倒立姿势 (在普通驴踢腿中, 双腿分别一前一后踢起而倒立)

LEVEL 等级	DESCRIPTION 描述
Level One (Basic)	Simple skill involving raising or lowering the center of gravity, or a simple acrobatic skill inverting the body. EXAMPLES: one jumper does a forward roll, cartwheel, squat jump, squat to side straddle, squat to forward straddle
第一级 (基本级)	简单的包含升高或降低重心的动作技巧, 或是简单的杂技翻转动作。 例如: 一个选手做前翻, 侧手翻, 蹲跳, 下蹲开合跳, 下蹲前后分腿跳。
Level Two (Elementary)	Simple acrobatic skill or a single strength move done in isolation while the wheel rope turns around the body. EXAMPLES: Both jumpers perform Level One skills simultaneously, one jumper does a roundoff, front handspring landing In a squat, simple push-up jump (not jumping the rope as they land), simple donkey kick jump (not jumping the rope as they land), mountain climbers, partner leap frog, partner split with no jumping of the rope during the split
第二级 (初级)	长绳摇转过程中进行的简单的杂技动作或是单独的力量动作。 例如: 两位选手同时做第一级的技巧动作; 一位选手内转, 前手翻下蹲落地, 简单俯卧撑跳 (落地时不跳过绳), 简单驴踢腿 (落地时不跳过绳), 攀岩跳, 另一位选手蛙跳, 劈腿跳 (不跃过绳)
Level Three (Intermediate)	Simple acrobatic skill performed while the wheel rope turns around the body, elementary-level strength moves performed into, out of, or simultaneously with another simple element. EXAMPLES: Both jumpers perform Level Two skills simultaneously or one jumper performs level two skills while partner performs another level two element (ex: cross/cross with a simple frog), one jumper performs a donkey kick (the rope being pulled under the feet as the land), push-up (with rope being pulled under the feet as they land), crab jumps, front handspring landing upright, kip, assisted aerial, partner split while pulling the rope underneath the feet on the split

第三级 (中级)	长绳摇转过程中进行的简单杂技动作，初级力量动作带入，带出，或是与另一简单元素同时进行。 例如：两位选手同时做第二级动作，或是一位选手做第二级动作，另一位选手做另一个第二级的动作（比如：交叉/交叉和一个简单蛙跳），一位选手做驴踢腿（落地时长绳被从脚下拉过），俯卧撑（落地时长绳被从脚下拉过），螃蟹跳，前手翻直立落下，屈伸，辅助翻腾，另一位选手做劈腿跳（劈腿时绳从下面被拉过）
Level Four (Advanced)	Inversion or displacement skills that require more strength, agility, and/or flexibility to perform, elementary level strength move performed into, out of, or simultaneously with another element of a higher level EXAMPLE: Both jumpers perform level three skills simultaneously, one jumper performs a double under pushup, 2 foot frog, power moves performed with a mic style rope release or partner rope wrap, aerial, suicide, front tuck, toe pitch
第四级 (高级)	对力量，灵敏性，以及/或柔软灵活性要求更高的移位或翻转动作。初级力量动作融入，分出，或是与另一个较高水平元素同时进行。 例如：两位选手同时做第三级的动作；一位选手做一个双摇俯卧撑跳，双蛙跳，power moves和mic-式松绳或是另一选手绕绳，杂技，自杀式，前团身，toe pitch
Level Five (Masters)	Advanced level strength moves or acrobatic skills performed into, out of, or simultaneously with other types of jumping skills. EXAMPLES: Both jumpers perform level four skills simultaneously or other level four wheel elements, kamikazee, front tuck with a double under, double under two footed frogs, round off back handspring, double under frog
第五级 (大师级)	高级力量动作或是杂技技巧动作融入，分出，或是与其他类型的跳绳技巧同时进行。 例如：两位选手同时进行第四级的动作，或是与其他第四级长绳动作配合，比如kanikazee，双摇前团身，双腰双蛙跳，内转后手翻，双摇蛙跳
Level Six (Elite)	Advanced level strength moves or acrobatic skills performed into, out of, or simultaneously with other types of jumping skills. At this level, elements must be performed in combination with both jumpers involved in a skill element during the combination. EXAMPLE: Level five skills performed simultaneously, round off back handspring while partner performs a rope manipulation, mic rope toss or gymnastic skill of a lower level, a long and varied combination of strength and gymnastics skills of level 4 or higher performed with no breaks
第六级 (特级)	高级力量动作或是杂技技巧动作融入，分出，或是与其他类型的跳绳技巧同时进行。在这一水平，动作组合需要两位选手都参与完成动作技巧元素 例如：同时完成第五级的动作技巧，内转后手翻的同时，同伴不间断地进行绳的技巧操作，mic式甩绳，或是四级或以上的体操技巧

- ☐ ☐ Award additional credit for skills performed while rotating or moving around the floor
- ☐ ☐ 考虑给在旋转或移动过程中完成的技巧加分

Levels of Difficulty for: 2 WHEEL

双轮的难度等级

Multiples: Skills which involve a rope or ropes revolving around one or both jumpers, more than one time per jump.

多摇: 跳跃一次，但绳（一根或多根）绕其中一位或两位选手多次的技巧动作。

LEVEL 等级	DESCRIPTION 描述
Level One (Basic) 第一级 (基本级)	One or more basic wheel double unders, where each rope makes one revolution while both jumpers are in the air. 一次或多次基本的长绳双摇，需要两位选手跳起时，每根绳摇转一周。
Level Two (Elementary) 第二级 (初级)	Simple double unders performed with crosses in front of the body, double unders body rotation of one or both jumpers, double unders performed in American Wheel EXAMPLES: both jumpers perform a double under criss cross in isolation, one jumper performs a full twist while partner jumps a forward double under, twin spins performed with double unders. 简单的身前交叉的双摇，包含一位或两位选手有身体转动的双摇，美式轮中的双摇。 例如：两位选手都分别完成双摇十字交叉，一位选手完成一次转体一周的同时，其同伴完成向前双摇，双旋转双摇。
Level Three (Intermediate) 第三级 (中级)	Triple unders in isolation, wheel double unders performed while partners cross or intertwine arms around the other jumper, double unders performed with leg crosses, double unders while switching places, backwards wheel double unders with crosses, double under forward arm crossing skills performed in combination. EXAMPLES: "Hug" double-under, double under crossing into wheel toad and double under uncrossing wheel toad, jumpers perform a variety of double under arm crossing/rotation skills done in combination with no breaks: EB cross, forward criss cross, side swing criss cross, full twist. 单独完成的三摇，轮跳中一位选手手臂交叉或交织环绕其同伴尔进行的双摇，有腿部交叉的双摇，交换位置过程中进行的双摇，交叉向后轮跳双摇，动作组合中的手臂交叉前双摇。 例如：“拥抱”式双摇，双摇交叉后变为蟾蜍轮跳以及双摇不交叉蟾蜍轮跳，选手不间断地进行一系列包含手臂交叉轮流的双摇：EB 交叉，向前十字交叉，两侧晃绳十字交叉，转体一周。
Level Four (Advanced) 第四级	Triple under arm crossing skills, double unders with frogs or pushups, wheel double unders while switching the direction of the rope without turning jumper's body or rotating, combination of double under leg crossing skills completed with no breaks. EXAMPLES: Jumpers perform a triple under forward criss cross, E.K. Full twist while partner performs a triple under, a variety of double under leg crossing skills done in combination with no breaks: toad, EB toad, CL, AS 手臂交叉的三摇，蛙跳火俯卧撑跳双摇，轮跳中改变绳的方向但选手身体不随之改

Levels of Difficulty for: 2 WHEEL

双轮的难度等级

Rope Manipulation: Skills that cause the rope(s) to perform unique motions other than the standard loop around the body, or skills involving arms crossing over, under or around other body parts.

EXAMPLES OF MOVES THAT MAY BE CONSIDERED IN THIS CATEGORY:

- *Rope releases (of one or multiple handles) *Wraps *Crosses of all kinds
- *Swings (swinging rope(s) over head, at sides, or under feet) *Rotational skills

绳的操纵技巧：除了基本的绕身体摇转以外，其他的让绳以独特的方式运动的技巧，或是包含手臂从上/从下越过，或是环绕身体其他部位的技巧。

可以考虑为此类的动作例如：

- * 松绳（一个或多个手柄）
- * 绕绳
- * 各种交叉
- * 摇晃（摇晃绳从头上，在身体两侧，或是从脚下经过）
- * 旋转技巧

LEVEL 等级	DESCRIPTION 描述
Level One (Basic) 第一级 (基本级)	Simple side swing skill or rotation of the body. EXAMPLES: Both jumpers turn ropes together in side swing fashion and then return to American wheel turning, one jumper performs a full turn, 360 or 180 move. 简单的侧面晃绳，或是身体的旋转 例如：两位选手一起向侧面晃绳，然后回到美式车轮甩绳，一位选手进行转体一周，360或180度动作
Level Two (Elementary) 第二级 (初级)	Simple crossing skill performed by one or both partners, simple switching places or rotational skills that involve both partners, change handles, rope release where rope either rests on the ground or makes a simple arc through the air. EXAMPLES: Both jumpers perform a criss cross, around the world (partners switch places and then return to original position in 4 counts), twin spins (both partners jump a 360 to the right or left and then immediately jump a 360 in the opposite direction), first jumper releases a handle while second jumper swings the rope in a full circle on the ground and first jumper catches the handle resuming chinese wheel. 由一位或两位选手进行的简单交叉技巧，两位选手简单的互换位置或旋转技巧，交换手柄，松开绳让绳留在地上或是在空中形成简单弧线。 例如：两位选手都进行十字交叉，环球（两位同伴用四个节拍互换位置然后回到开始位置），双旋转（两位同伴向左或右旋转360，再立即向相反方向旋转360），第一位选手松开一个手柄的同时其同伴让绳在地上转一周，然后第一位选手抓住手柄回到中式车轮。
Level Three (Intermediate) 第三级	Crossing skills that involve one or both arms behind the back or under the leg (toad, eb, ect...). Mic release, simple leg wrap, rotational skills that involve simple crossing skill, long and varied combinations of level two skills. EXAMPLES: One or both jumpers perform an EB cross (one arm in front of the body with the other arm behind), toad cross, around the world that includes 360's and criss crosses, crougar involving simple leg wrap. Combination of twin spins into around the world, criss cross, change handles into double dutch turning, ending in simple rope release. 需要一个手臂或双手绕到后背或是腿下面（蟾蜍式，EB，等）的交叉技巧。Mic式松绳，

(中级)	<p>简单的绕腿，包含简单的交叉技巧的旋转技巧，由不同的第二级技巧组成的长的动作组合。</p> <p>例如：一位或两位同伴进行EB交叉（一手在身体前面，一手在身体后面），蟾蜍交叉，包含360旋转和十字交叉的环球，简单的绕腿。两个旋转组成的环球，十字交叉，交换手柄成交互式甩绳，简单松绳结束。</p>
Level Four (Advanced) 第四级 (高级)	<p>Release and catch of one handle enhanced by a simple body movement or movement of the rope. Crossing skills where one or both arms cross behind, under or around one or both legs, involving at least three quadrants of the body (CL, AS, ect...). Wraps that involve more than one body part and/or intricate wrapping and unwrapping motions around body parts. Rotations with crossing skills using two quadrants of the body.</p> <p>EXAMPLE: One or both jumpers perform a TS cross, AS cross, CL cross or a combination of these crosses. One jumper performs an CL cross while partner performs a skill of Level 3 or higher (ex: toad, EB), a mic rope release caught moving into a front handspring.</p> <p>松开后再抓住一个手柄，其中通过身体或绳的简单运动来增强动作。需要一个手臂或双手从腿后，腿下，或是环绕一条腿或双腿，包含身体至少三个象限的技巧（CL，AS，等）。包含两个或以上身体部位的绕绳技巧和/或复杂的绕绳再松开的技巧。包含身体两个象限的旋转交叉技巧。</p> <p>例如：一位或两位选手进行TS交叉，AS交叉，CL交叉，或是这些动作的组合。一位选手进行CL交叉，同时另一位选手进行一个三级或以上的技巧（如：蟾蜍式，EB），接住mic式松绳并做前手翻。</p>
Level Five (Masters) 第五级 (大师级)	<p>Release skills involving intricate or unusual release and regrip techniques, and/or interesting movement of the rope. Release and catch of both handles simultaneously. Crossing skills using body positions that require more flexibility and agility to perform. Rotations with crosses using at least three quadrants of the body. Long and varied combinations of Level 4 skills.</p> <p>EXAMPLES: Mic release with a regrip while arms are crossed in a TS/ Toad/ or similar crossing skill, Level 3 or Level 4 crossing skills performed while partner performs mid-level gymnastics or power skills, a variety of crossing skills including rotations, or movement across the floor, 180 CL/CL while partner performs 180 cross/cross</p> <p>复杂的或不寻常的松绳和重新握绳，以及/或者有意思的绳的活动的技巧。同时松开再握住两个手柄。用到对身体的柔软灵活性和敏捷性有更高要求的身体部位的交叉技巧。用到身体至少三个象限的旋转并交叉技巧。长的由不同第四级的技巧组成的动作组合。</p> <p>例如：Mic式松绳再握绳同时手臂完成TS/蟾蜍式/或其他类似交叉技巧，完成第三或第四级交叉技巧的同时同伴进行中级的体操或力量型动作，多种交叉技巧包括旋转或在地板上移动，180CL/CL同时同伴进行180交叉/交叉。</p>
Level Six (Elite) 第六级 (特级)	<p>A long and varied combination of crossing, release, or wrap skills that display a mastery in other wheel elements, ie: multiples, power, gymnastics. Crossing, release or wrap skills performed during high level gymnastics skills. Combination of intricate behind the knees or behind the back skills involving wraps or releases performed while jumping backwards.</p> <p>长的包含不同交叉，松绳，或是绕绳技巧并能展示精通于其他轮跳元素动作组合，如：多摇，力量，体操技巧等。在高难度体操技巧中进行的交叉，松绳，或绕绳技巧。在向后退跳中进行的包含在膝后或身后的复杂的绕绳或松绳技巧的动作组合。</p>

- ☐ ☐ Award additional credit for skills performed while rotating or moving around the floor
- ☐ ☐ 考虑给在旋转或移动过程中完成的技巧加分

Levels of Difficulty for: 2 WHEEL

双轮的难度等级

Footwork and Speed Dynamics: Skills using changes in foot positions, and/or skills demonstrating an obvious attempt to alter the usual speed of the rope. Multiple unders are NOT included in this category. This is not a required element for Chinese Wheel, but is an element that is commonly used and should be rewarded for difficulty.

EXAMPLES OF MOVES THAT MAY BE CONSIDERED IN THIS CATEGORY: *Speed jumping
*fast footwork *fast crossing series

JUDGES TAKE INTO ACCOUNT THE FOLLOWING ATTRIBUTES: *Complexity of footwork *Complexity of armwork
*Complexity of legwork *Movement, Rotation *Speed or pace of rope and/or jumping *Footwork, armwork and/or legwork happening simultaneously

步法和速度: 使用改变足位, 以及/或明显的试图改变绳的速度的技巧。多摇不包含在这一类中。这不是中式车轮跳所要求的, 但是很常用的元素, 评分时需要考虑其难度并予加分。

可以考虑为此类的动作例如:

* 快速跳 * 快的步法 * 快的交叉系列

裁判会将以下属性考虑在内:

* 步法的复杂性 * 臂法的复杂性 * 腿法的复杂性
* 移动, 旋转 * 绳和/或跳的速度/步调 * 同时进行的步法, 臂法和/或腿法

LEVEL 等级	DESCRIPTION 描述
<p>Level One (Basic)</p> <p>第一级 (基本级)</p>	<p>Simple speed step. Simple footwork (one or two moves repeated) performed without noticeable change of pace. EXAMPLE: jumpers go from regular jumping to moderate speed skipping with a jogging step and back to regular jumping. Jumpers perform side straddle jumps without changing pace.</p> <p>简单的速度跳。简单步法（重复一个或两个动作）且没有明显的速度改变。 例如：从普通常规跳通过一个慢跑步变为中速跳，再回到常规跳。选手进行不改变速度的向侧分腿跳。</p>
<p>Level Two (Elementary)</p> <p>第二级 (初级)</p>	<p>Simple footwork (one or two moves repeated), complex footwork (many varied changes of foot positions) performed without a noticeable change of pace. Simple footwork (one or two moves repeated) performed at a normal pace while moving across the floor or rotating in a circle. EXAMPLE: Jumpers perform a combination of side straddles and forward straddles while moving to the side, grapevine performed at a normal pace.</p> <p>没有明显步调改变的简单步法（重复一个或两个动作），复杂步法（很多不同的足位的改变）。在地板上移动或是转圈过程中进行的简单步法。 例如：选手在向侧面移动过程中完成开合跳和向前分腿跳的动作组合，以正常速度进行的葡萄藤跳。</p>
<p>Level Three (Intermediate)</p>	<p>Complex footwork sequence performed at a moderately fast pace, simple armwork or legwork performed at a moderately fast pace. Simple footwork performed at a very fast pace, or at a moderate pace while moving across the floor or rotating in a circle. Simple footwork and simple armwork performed simultaneously at a normal pace.</p>

第三级 (中级)	以偏快速度完成的复杂步法，以偏快速度完成的简单臂法或腿法。以很快速度完成的简单步法，或是中速在移动或旋转过程中完成的简单步法。以正常速度同时进行的简单步法和臂法。
Level Four (Advanced)	Complex footwork, armwork or legwork sequence performed at a moderately fast pace. Complex armwork and footwork done simultaneously at a normal pace. Simple footwork and armwork done simultaneously done at a moderate pace while moving across the floor or rotating.
第四级 (高级)	依次以中等偏快速度完成的复杂步法，臂法或腿法。以正常速度同时完成的复杂臂法和步法。在移动或旋转过程中以中速同时完成的步法和臂法。
Level Five (Masters)	Complex footwork, armwork and legwork performed simultaneously at a moderate pace while moving across the floor, intricate footwork/armwork steps that involve other elements of 2 Wheel, level 4 or higher. EXAMPLE: A sequence of fast footwork performed with front cross while partner performs aerial.
第五级 (大师级)	在移动中以中速同时完成的步法，臂法和腿法。复杂的，包含从双轮，第四级或更高技巧而来元素的步法/臂法。 例如：同伴做空中动作的同时完成一系列包含前交叉的快速步法。
Level Six (Elite)	Complex footwork, armwork and legwork performed simultaneously at a very fast pace while moving across the floor, intricate wraps or releases performed at a very fast pace in combination with footwork, footwork/armwork sequences performed during other Level 5 Wheel elements.
第六级 (特级)	在移动过程中同时以很快速度完成的步法，臂法和腿法。与步法组合在一起的以很快速度完成的复杂绕绳或松绳技巧。在其他第五级轮跳动作元素中依次进行的步法/臂法。

☐☐Award additional credit for skills performed while rotating or moving around the floor, jumping backwards, or changing the rope direction during a footwork sequence.

☐☐考虑给在旋转或移动，向后跳，或改变绳方向过程中完成的步法加分

Levels of Difficulty for: DOUBLE DUTCH

交互绳难度等级

Inversion and Displacement: Skills requiring a change in center of gravity, displaying strength and agility. Skills must be performed within and/or involve the ropes to be given difficulty credit.

EXAMPLES OF MOVES THAT MAY BE CONSIDERED IN THIS CATEGORY:

- *Leaps *Push-ups *Crab jumps *Leap frogs
- *Mountain climber *Donkey kicks *Jumping in splits *Assisted acrobatics
- *Any acrobatic or gymnastic skill *Skills that require squatting or bending over.
- *Frog-style donkey kicks: diving from both feet into a handstand position (vs. kicking up one foot at a time as in a regular donkey kick)
- *Eye of the needle: jumping while holding one leg fully extended over head
- *Turntables: rotating at least 90 degrees while in a push-up position

翻转和移位: 需要改变重心或是翻转身体的动作技巧, 体现力量, 和灵敏度。所有技巧需在绳里或是动作需要绳的参与才有可能得到难度加分。

可以考虑为此类的动作例如:

- * 跳跃 * 俯卧撑 * 螃蟹跳 * 蛙跳
- * 攀岩式 * 驴踢腿 * 劈腿跳 * 辅助杂技动作
- * 任何杂技或体操动作 * 需要下蹲或曲身的动作
- * 蛙式驴踢腿: 双腿同时起跳成倒立姿势 (在普通驴踢腿中, 双腿分别一前一后踢起而倒立)
- * 针眼式: 一条腿完全伸直于头上的同时跳起
- * 转盘式: 俯卧撑是旋转至少 90 度

LEVEL 等级	DESCRIPTION 描述
<p>Level One (Basic)</p> <p>第一级 (初级)</p>	<p>Simple skill involving raising or lowering the center of gravity, or a simple acrobatic skill inverting the body. EXAMPLES: forward roll, cartwheel, squat jump, squat to side straddle position, squat to forward straddle position</p> <p>简单的包含升高或降低重心的动作技巧, 或是简单的杂技翻转动作。 例如: 前翻, 侧手翻, 蹲跳, 下蹲开合跳, 下蹲前后分腿跳</p>
<p>Level Two (Elementary)</p> <p>第二级 (基本级)</p>	<p>Simple acrobatic skill used to enter or exit the ropes, or a simple strength move done in isolation within the ropes. EXAMPLES: round-off entry, push-up, donkey kick, mountain climbers, crab jump</p> <p>入绳或出绳过程中进行的简单的杂技动作, 或是绳内进行的单独力量动作。 例如: round-off 入绳, 俯卧撑, 驴踢腿, 攀岩, 螃蟹跳</p>
<p>Level Three (Intermediate)</p>	<p>A simple strength move performed simultaneously with a simple turner trick. A simple strength move or acrobatic move performed going into or out of another simple strength move or acrobatic move. A front handspring skill entering or exiting the ropes. A simple acrobatic skill performed within the ropes. EXAMPLES: A push-up performed when one turner steps through the ropes. A donkey kick landing in a splits position, a round-off into a donkey kick. A round-off within the ropes.</p>

<p>第三级 (中级)</p>	<p>与简单甩绳技巧同时进行的简单的力量动作。一个简单的力量或杂技动作带入或带出另一个简单的力量或杂技动作。用前手翻入绳或出绳。绳内进行的简单杂技技巧。</p> <p>例如：当一位摇绳的选手沿绳迈步时做俯卧撑跳。驴踢腿落地成劈腿，round-off接着驴踢腿。绳内Round-off。</p>
<p>Level Four (Advanced)</p>	<p>Strength or acrobatic skills that require more strength, agility, and/or flexibility to perform. Simple strength moves performed into, out of or simultaneously with another element, such as a multiple, turner-jumper switch or rope manipulation. EXAMPLES: frog-style donkey kicks (diving off of two feet), push-up turntables, fully extended splits jumps, aerial cartwheels, front flips, back flips, and/or back handsprings. Quadruple under landing in a push-up position, crab jumps while the turners rotate around the jumper.</p>
<p>第四级 (高级)</p>	<p>对力量，敏捷性，和/或柔软灵敏度要求更高的力量或杂技技巧。简单力量型动作带入，带出，或与另一元素同时进行，如多摇，摇绳和跳绳选手交换，或绳的操纵。</p> <p>例如：蛙式驴踢腿（两腿同时起跳），俯卧撑转盘，完全伸展的劈腿跳，侧空翻，前空翻，后空翻，和/或后手翻。四摇后俯卧撑落地，摇绳的选手绕着跳绳选手转圈时的螃蟹跳。</p>
<p>Level Five (Masters)</p>	<p>Advanced-level strength or acrobatic skills performed simultaneously with other high-level elements, such as turner involvement, multiples, and/or turner-jumper switches. EXAMPLES: Frog-style donkey kicks performed with double unders, crab jumps while turners are jumping wheel, push-up turntables while both turners jump through the ropes, front flip over turner during a turner-jumper exchange.</p>
<p>第五级 (大师级)</p>	<p>与其他高级别元素一起进行的高级力量或杂技技巧，如摇绳选手的参与，多摇，和/或摇绳跳绳选手交换。</p> <p>例如：蛙式驴踢腿双摇，摇绳选手跳绳同时跳绳选手进行螃蟹跳，两位摇绳选手跳过绳的同时跳绳选手进行俯卧撑转盘，在摇绳跳绳选手交换是一前空翻越过摇绳选手。</p>

Levels of Difficulty for: DOUBLE DUTCH 交互绳难度等级

Rope Manipulation: Skills related to turning the ropes (turner involvement)

*Any movement by the turners other than basic double dutch or basic turner-jumper exchanges.

*"Pinwheel" – turners spin the ropes in the same direction, alternately being positioned face-to-face and back-to-back. This move is a precursor to Chinese wheel jumping.

*"Weave" – two jumpers hold a rope on one end of the double dutch. In its simplest form, one turner passes under the other turner's rope, then the other turner jumps over the previous turner's rope to resume regular turning again.

*"Helicopter" – one turner throws a handle, the other turner swings it around, the first turner catches the handle again. The other rope should remain turning during this move.

绳的操纵技巧: 摇绳的技巧（摇绳选手参与）

* 除了基本的交互绳或基本的摇绳跳绳选手交换以外的摇绳选手的其他动作。

* 风车 – 摇绳选手朝一个方向摇绳，交替着面对面或背对背。这个技巧可作为前奏过渡到中式车轮跳。

* 编织 – 两位跳绳选手握住交互绳中一根绳的一头。最简单的形式是一位摇绳选手从另一位摇绳选手的绳下面穿过，第二位摇绳选手从第一位摇绳选手的绳上面跳过，然后回到普通的摇绳。

* 直升机 - 一位摇绳选手抛出一个手柄，另一位摇绳选手使其摇晃转动，第一位摇绳选手再把它抓住。在这一动作中，另一根绳应保持其转动。

LEVEL 等级	DESCRIPTION 描述
<p>Level One (Basic)</p> <p>第一级 (基本级)</p>	<p>One turner deliberately changes position while jumper is performing simple footwork. Both turners walk around the jumper. EXAMPLE: one turner goes on one knee while jumper side straddles.</p> <p>跳绳选手做简单步法时，一位摇绳选手刻意改变位置。两位摇绳选手绕跳绳选手移动。 例如：一位摇绳选手单膝跪地的同时，跳绳选手开合跳。</p>
<p>Level Two (Elementary)</p> <p>第二级 (初级)</p>	<p>Both turners deliberately change position, turners deliberately alter the beat of the ropes, turners pull one or both ropes away from the jumper and then resume regular beat. Jumper performs only simple skills. EXAMPLES: turners rotate around jumper doing footwork, turners pull ropes over jumpers head for two beats while jumper squats, then return ropes to normal.</p> <p>两位摇绳选手都刻意改变位置，摇绳选手刻意改变摇绳节奏，摇绳选手将一根或两根绳拉离跳绳选手然后再回到正常摇绳节奏。跳绳选手只做简单技巧。 例如：摇绳选手以步法绕着跳绳选手移动，跳绳选手下蹲时摇绳选手将绳升高到跳绳选手头上停留两拍后再复原。</p>
<p>Level Three (Intermediate)</p> <p>第三级</p>	<p>Any simple Chinese wheel-based move, simple pinwheel, simple weave, sequences involving one turner performing a move that requires rotation, movement, or jumping one or both ropes while turning. Helicopter move with nobody jumping in the turning rope. EXAMPLES: one turner goes into splits then performs a backward roll while turning, one turner jumps through ropes while turning, turners "pinwheel" and then go into Chinese wheel.</p> <p>任何基于中式车轮跳的简单动作，简单的风车，简单的编织，摇绳过程中一位摇绳选</p>

<p>(中级)</p>	<p>手做包括旋转/移动/或是跳过一根或两根绳的一系列动作。没有人跳绳的直升机动作。例如：保持摇绳的过程中一位摇绳选手劈腿再向后翻，一位摇绳选手在摇绳的同时跳过绳，摇绳选手做风车然后转入中式车轮跳。</p>
<p>Level Four (Advanced)</p> <p>第四级 (高级)</p>	<p>Any intermediate level rope maneuver performed while jumpers perform intermediate level skills, sequences involving both turners performing skills simultaneously that require movement, rotation, and jumping one or both ropes while turning. Helicopter move with someone jumping in the turning rope. EXAMPLES: Turners alternate jumping through the ropes while the jumper performs donkey kicks. Turners perform the wheel rotating around the jumper while the jumper does the eye-of-the-needle jump.</p> <p>在跳绳选手做中级技巧的同时进行的任何中级的绳的操纵，两位摇绳选手同时做包括移动/旋转/或是跳过一根或两根绳的一系列动作。旋转的绳中有人跳绳的直升机动作。例如：跳绳选手做驴踢腿时摇绳选手轮流跳过绳。摇绳选手做轮转时，跳绳选手做针眼跳。</p>
<p>Level Five (Masters)</p> <p>第五级 (大师级)</p>	<p>Sequences involving both turners performing complex turner involvement movements while jumper performs advanced level jumping skills. Sequences in which all three or four members of a team are actively involved in rope maneuvers combined with at least two other elements (inversion/displacement, spatial dynamics, multiples, speed dynamics). Helicopter moves with difficult jumping skills.</p> <p>跳绳选手做高级跳绳技巧的同时，两位摇绳选手都进行复杂摇绳技巧的一系列动作。所有三或四位队员都积极参与的包括绳的操纵和至少两种其它元素（翻转/移位，空间动态，多摇，速度改变）的一系列动作。与复杂的跳绳技巧一起进行的直升机技巧。</p>

Levels of Difficulty for: DOUBLE DUTCH

交互绳难度等级

Spatial Dynamics: Any movement that results in a jumper becoming a turner and a turner becoming a jumper (also known as turner-jumper exchanges).

空间动态: 任何让跳绳队员变为摇绳队员，摇绳队员变为跳绳队员的动作（也叫摇绳-跳绳队员互换）。

LEVEL 等级	DESCRIPTION 描述
Level One (Basic) 第一级 (基本级)	Slow exchange: jumper exits ropes, takes ropes from a turner, turner enters after a few turns of the ropes. 慢速交换：跳绳队员出绳，从摇绳队员手里接过绳，绳摇过几圈后，摇绳队员入绳。
Level Two (Elementary) 第二级 (初级)	Fast exchange: the exit, hand-off, and entrance are performed in one fluid movement. 快速交换：出绳，换手，和入绳以一个流畅动作完成。
Level Three (Intermediate) 第三级 (中级)	Multiple fast exchanges done consecutively between one jumper and one turner, fast exchange with simple acrobatic move entry, fast exchange performed with a simple turner involvement skill. EXAMPLES: One jumper exits, takes the ropes, and the turner enters the ropes immediately with a round-off. Jumper exits ropes, takes one rope from turner, both turners perform a weave before the other turner enters the ropes. 在一个跳绳队员和一个摇绳队员间进行的多次快速交换，包括简单杂技技巧入绳的快速交换，包括一个简单摇绳技巧的快速交换。 例如：一个跳绳队员出绳，接过绳，摇绳队员立刻以round-off入绳。跳绳队员出绳，接一根绳，两位摇绳队员做编织技巧，然后摇绳队员入绳。
Level Four (Advanced) 第四级 (高级)	Fast exchange performed with a more challenging acrobatic or strength skill entry, exchange performed amidst a complex turner involvement sequence, multiple fast exchanges involving all members of the team simultaneously. EXAMPLES: Jumper exits and takes the ropes, the turner enters immediately with a leap frog over the previous jumper. All members of the team are involved in a wheel-type sequence, with the jumpers and turners switching places. Jumper exits, the opposite turner jumps through ropes while the jumper takes the ropes from the close turner, the next jumper enters with a donkey-kick. 包括更有挑战性的杂技或力量型入绳技巧的快速交换，在一系列摇绳队员参与的复杂技巧中的交换，所有队员都同时参与的多次快速交换。 例如：跳绳队员出绳接过绳，摇绳队员立刻以蛙跳越过这位跳绳队员入绳。所有队员参与的一系列轮跳中，跳绳队员和摇绳队员多次互换。跳绳队员出绳，从近处的摇绳队员手中接过绳的同时，对面的摇绳队员跳过绳，下一位跳绳队员以驴踢腿入绳。

<p>Level Five (Masters)</p>	<p>Sequence involving fast exchanges while both turners are performing complex rope maneuvers and jumpers enter and exit using advanced acrobatic or strength skills. Exchanges that occur amidst complex sequences that include many other elements (inversion/displacements, multiples, speed dynamics, rope manipulations). EXAMPLES: Jumper and one turner perform fast exchange with a leap frog entry immediately into a fast exchange with the other turner including an assisted-aerial entry. All members of the team involved in wheel moves rotating and changing places while handing off ropes and including multiples and helicopter moves in the sequence.</p>
<p>第五级 (大师级)</p>	<p>两位摇绳选手都在做复杂的绳的操纵技巧的同时进行快速交换，并且跳绳队员以高难度的杂技或力量动作入绳和出绳的一系列动作。在一系列复杂的包含多种其它元素（翻转/移位，多摇，速度改变，绳的操纵）的动作中进行的交换。 例如：跳绳队员和一位摇绳队员进行快速交换并以蛙跳入绳后立刻与另一位摇绳队员进行快速交换并以一个辅助空中技巧入绳。所有队员参与的轮式动作，其中交接绳的同时转圈并交换位置，并且包含多摇和直升机动作。</p>

Levels of Difficulty for: DOUBLE DUTCH

交互绳难度等级

Footwork and Speed Dynamics: Team speed footwork. This is NOT a required element for double dutch, but is an element that is commonly used and should be rewarded for difficulty.

*Simple footwork: feet repeat the same pattern of movement requiring only two different foot positions (e.g. in side straddles, feet go apart, then together, apart, then together).

*Complex footwork: feet perform a pattern of movement requiring many different foot positions, changes of direction, and beat or rhythm changes.

*Dynamic interaction: any time two jumpers interact together in the ropes, such as with disco or swing dance moves.

步法和速度动态: 团队速度步法。这不是交互绳中必需的元素，但是因为常用，评分时需要考虑它的难度。

* 简单步法: 重复只包含两个不同的足位的同一动作（如：开合跳，双脚分开再并拢，分开再并拢）。

* 复杂步法: 脚部动作包含多种不同的足位，方向的改变，和节奏韵律的改变。

* 动态交互: 任何时候两个跳绳队员在绳内的互动，比如迪斯科或摇摆的舞蹈动作。

LEVEL 等级	DESCRIPTION 描述
Level One (Basic) 第一级 (基本级)	Simple footwork performed by jumper only at a normal pace, or a pace slightly faster than normal. EXAMPLE: jumper performs side straddles, skier, and one-foot jumps. 由跳绳队员以正常或正常稍偏快节奏进行的简单步法。 例如：跳绳队员开合跳，滑雪跳，和单脚跳。
Level Two (Elementary) 第二级 (初级)	Simple footwork performed by turners and jumper at a normal jumping pace. EXAMPLE: turners and jumper perform a synchronized sequence including side straddles, skiers, and one-foot jumps. 由跳绳和摇绳队员以正常速度进行的简单步法。 例如：摇绳和跳绳队员进行一系列同步的动作，包括开合跳，滑雪跳，和单脚跳。
Level Three (Intermediate) 第三级 (中级)	Elementary level sequence performed by the turners and jumpers while moving or rotating, Simple footwork sequence performed by turners and jumpers at a pace faster than normal. Simple footwork performed at a regular pace while jumpers show dynamic interaction. EXAMPLES: sequence described for “elementary” done while rotating in a circle, or done at a pace considerably faster than normal. 摇绳和跳绳队员在移动或旋转过程中进行的初级步法。有摇绳和跳绳队员以快于正常的速度进行的简单步法。以正常速度进行的，包含跳绳队员动态交互的简单步法。 例如：在转圈的同时，或是以明显快于正常的速度进行的初级步法。
Level Four (Advanced)	Complex footwork sequence (involving many different moves) performed by the turners and the jumpers at a fast pace. Simple footwork sequence performed by the turners and jumpers at a fast pace while moving or rotating. Simple footwork performed by the turners and the jumper while the jumpers at a fast pace while the jumpers show dynamic

第四级 (高级)	interaction. 由摇绳和跳绳队员快速进行的复杂步法。在移动或旋转过程中快速进行的简单步法。当跳绳队员进行动态交互时，由摇绳和跳绳队员以快速进行的简单步法。
Level Five (Masters)	Long and varied sequence involving complex footwork performed by the turners and jumpers at a very fast pace while the jumpers are dynamically interactive, or the aforementioned sequence including other elements (rope manipulations, multiples, spatial dynamics). EXAMPLES: Jumpers and turners perform complex footwork sequence while the turners rotate around the jumper, and the jumpers and turners perform fast exchanges within the rhythm of the footwork sequence.
第五级 (大师级)	长而多变的一系列动作，包括由摇绳和跳绳队员进行的，在跳绳队员动态交互时，或是在做之前提到的多种其它元素（绳的操纵，多摇，空间动态）时，以极快速度进行的复杂步法。 例如：跳绳和摇绳队员在摇绳队员绕跳绳队员转圈时进行的复杂步法，同时，跳绳和摇绳队员以步法的节奏进行快速交换。

Levels of Difficulty for: DOUBLE DUTCH

交互绳难度等级

Multiples: Skills involving a rope or ropes passing under the jumper's feet more than one time per jump.

多摇: 起跳一次但一根或多根绳从脚下经过大于一次。

LEVEL 等级	DESCRIPTION 描述
Level One (Basic) 第一级 (基本级)	Double unders while jumper maintains basic jumping rhythm. 跳绳队员保持节奏的双摇。
Level Two (Elementary) 第二级 (初级)	Double unders while jumper performs simple leaps (tuck jumps, full twist jump, straddle leap), double unders performed while turners move, rotate, or change positions. 跳绳队员进行简单跳跃动作（抱膝跳，转体跳，跨越跳）时进行的双摇，摇绳选手移动，旋转，或交换位置时进行的双摇。
Level Three (Intermediate) 第三级 (中级)	Double unders performed at a moderate pace while turners pull one or both ropes above the jumper's head then under the jumper's feet alternately (also known as "up the ladder"). Triple under or quadruple under in isolation. Double unders with a sequence of high gymnastic leaps. 摇绳队员交替地将一根或两根绳拉到跳绳队员头上再从其脚下拉过时以中速进行的双摇（也被称为“爬梯子”）。单独进行的三摇或四摇。含一系列体操跳跃的双摇。
Level Four (Advanced) 第四级 (高级)	Multiple under sequences involving triple or quadruple unders with up the ladder moves, triples or quadruples with high gymnastic leaps, multiples using rope manipulations with alternating beats and rhythms, or up the ladder sequences performed at a very fast pace. EXAMPLES: Up the ladder sequence with quadruple unders. Jumper performs four different high leaps with quadruple unders. 一系列包括三摇或四摇爬梯子的多摇，含高体操跳跃的三摇或四摇，使用不同节奏和韵律的绳的操纵而完成的多摇，或是一系列以很快速度完成的爬梯子动作。 例如：爬梯子四摇。跳绳队员进行四种不同的高体操跳跃四摇。
Level Five (Masters) 第五级 (大师级)	Sequences involving advanced level multiples (described above) performed in conjunction with many other elements (strength or acrobatic skills, complex rope maneuvers, speed dynamics, or spatial dynamics). EXAMPLE: Up the ladders performed with quadruple unders and high gymnastic leaps into a fast up the ladder sequence using a varied rope manipulation pattern performed while rotating in a circle around the jumper. 由高级多摇技巧（如上所述）与其他多种元素（力量或杂技技巧，复杂绳操纵，速度动态，或空间动态）组成的动作组合。 例如：由爬梯子四摇和高体操跳跃组成的快速爬梯子，并在绕跳绳队员移动中运用不同的绳操纵技巧。

Levels of Difficulty

Group Team show

For determining the level of difficulty performed in Group Team Show routines.

难度等级

团队表演

用于决定团队常规表演的难度等级

Levels of Difficulty for: Single Rope Synchronized Routine

同步单绳常规的难度等级

Single Rope Group Routine: *Routine performed by the group using individual single ropes involving at least four group members.*

单绳团体常规：由至少四名队员表演的单绳团体常规。

LEVEL 等级	DESCRIPTION 描述
Level One (Basic) 第一级 (基本级)	Simple footwork and armwork skills performed by some members of the group, with no formation or rhythm changes. 由团队的部分成员进行的简单的没有队形或节奏变化的步法和臂法组合。
Level Two (Elementary) 第二级 (初级)	Simple footwork and armwork skills performed by all members of the group, with a few simple formation or rhythm changes. Or, more complex jumping skills performed by part of the group, including formation and rhythm changes. 由团队所有成员进行的简单的包含不多的简单队形或节奏变化的简单步法和臂法组合。
Level Three (Intermediate) 第三级 (中级)	Complex footwork and armwork skills, with legwork skills incorporated are performed by the entire group, with complex formation and rhythm changes. 由整个团队进行的复杂步法和臂法技巧，同时也有腿法的技巧，和复杂的队形和节奏的变化。
Level Four (Advanced) 第四级 (高级)	The entire group performs sequences with complex footwork, armwork, legwork, multiple unders, and inversion/displacement moves, incorporating rhythm and formation changes. During the formation changes, challenging skills are not performed. 由整个团队进行的复杂步法，臂法，和腿法技巧，多摇，和翻转/移位动作，并有队形和节奏的变化。队形改变时不进行有难度的技巧。
Level Five (Masters) 第五级 (大师级)	The entire group performs sequences with complex footwork, armwork, legwork, multiple unders, and inversion/displacement moves, incorporating complicated rhythm and formation changes. Challenging skills are performed during the formation changes. 由整个团队进行的复杂步法，臂法，和腿法技巧，多摇，和翻转/移位动作，并有复杂的队形和节奏的变化。有难度的技巧在队形改变时进行。

Levels of Difficulty for:
Chinese Wheel
中式车轮跳的难度等级

Chinese Wheel: *At least two jumpers turn and jump at least two ropes at alternating beats, with the ropes turning in the same direction (as opposed to double dutch-style). This element can be performed with any number of people and any length of rope.*

中式车轮跳：由至少两名队员以交替的节奏操纵和跳至少两根绳。绳朝一个方向转（与交互绳不同）。可由任意数目的队员和任意长度的绳完成。

LEVEL 等级	DESCRIPTION 描述
Level One (Basic) 第一级 (基本级)	Simple two-person wheel skills performed by a few members of the group. The skills are not physically nor choreographically challenging. 由少数团队成员参与的简单的双人车轮跳。动作没有身体或编排上的难度。
Level Two (Elementary) 第二级 (初级)	Simple two-person wheel skills performed by all members of the group. The skills are not physically nor choreographically challenging. Or, more complicated two-person wheel skills performed by a few members of the group (crosses, turns, switches). 由所有团队成员参与的双人车轮跳，动作没有身体或编排上的难度。或是有少数团队成员参与的更为复杂的双人车轮跳（交叉，旋转，交换）。
Level Three (Intermediate) 第三级 (中级)	More complicated two-person wheel skills, basic three-person or four-person wheel, or basic giant wheel performed by the entire group. 更为复杂的双人车轮跳技巧，基本的三人或四人车轮跳，或是基本的由整个团队进行的巨型车轮跳。
Level Four (Advanced) 第四级 (高级)	Very complex and challenging two-person wheel, more complicated three or four wheel, or giant wheel with basic switches performed by the entire group, or basic wheels including more than four people. Skills and sequences are both physically and choreographically challenging. 非常复杂和高难度的双人车轮跳，更为复杂的三人或四人车轮跳，或是包含基本交换的由整个团队进行的巨型车轮跳，或是五人或以上的基本车轮跳。动作技巧及其组合在身体和编排上都有难度。
Level Five (Masters) 第五级 (大师级)	Complicated and challenging three and four wheel or giant wheel skills, performed by the entire group. Wheels including more than four people that include skills and movements. 由整个团队进行的复杂并高难度的三人，四人，或巨型车轮跳。五人或以上的需要一定技巧和动作的车轮跳。

Levels of Difficulty for: Long Rope 长绳的难度等级

Long Rope: *Routines involving ropes at least 20 feet long being turned and jumped in any fashion. Some examples include (but are not limited to): the triangle, the umbrella, the rainbow, and the giant wheel.*

长绳：使用至少长 20 英尺的绳以任何形式进行的跳绳常规表演。例如（但不限于）：三角绳，雨伞绳，彩虹绳，和巨型车轮跳。

LEVEL 等级	DESCRIPTION 描述
Level One (Basic) 第一级 (基本级)	One long rope with a turner at each end, one jumper in the middle performing basic tricks (footwork, hot-peppers, rapid fire, rope in a rope). 一根长绳两头各一位甩绳队员，一位跳绳队员在中间表演基本技巧（步法，辣椒，快火，绳中绳）。
Level Two (Elementary) 第二级 (初级)	Multiple ropes, turners, and jumpers working together physically and/or choreographically to complete a long rope sequence. The sequence only includes part of the group, and/or is not physically or choreographically challenging (basic egg beater, triangle, tic-tac-toe). 由多根绳，多位甩绳和跳绳队员在身体和/或编排上互动的长绳组合。此组合只由团队的部分队员参与，并且/或者在身体或编排上没有难度（基本的打蛋绳，三角绳，tic-tac-toe）。
Level Three (Intermediate) 第三级 (中级)	Multiple ropes, turners, and jumpers working together physically and choreographically to complete a long rope sequence. The sequence includes the entire group, and is more physically or choreographically challenging (egg beater, triangle, or tic-tac-toe performed with jumper tricks. Or, basic giant wheel, Texas star, eyeballs, rainbow). 由多根绳，多位甩绳和跳绳队员在身体和/或编排上互动的长绳组合。此组合只由整个团队参与，并且在身体或编排上有一定难度（与跳绳技巧一起进行的打蛋绳，三角绳，或tic-tac-toe。或是基本的巨型车轮，德州星绳，眼球绳，彩虹绳）。
Level Four (Advanced) 第四级 (高级)	Multiple ropes, turners, and jumpers working together physically and choreographically to complete a long rope sequence. The sequence includes the entire group, and is physically and choreographically challenging (giant wheel, Texas star, eyeballs w/ jumper or turner skills, rainbow using many ropes, umbrella using many jumpers). 由多根绳，多位甩绳和跳绳队员在身体和/或编排上互动的长绳组合。此组合只由整个团队参与，并且在身体或编排上更有难度（包含跳绳/甩绳技巧的巨型车轮，德州星绳，或眼球绳。用多根绳的彩虹绳，由多位队员参与的雨伞绳）。
Level Five (Masters) 第五级 (大师级)	Multiple ropes, turners, and jumpers working together physically and choreographically to complete a long rope sequence that includes the entire group. The sequence is very physically and choreographically challenging and involves many different forms of movement and jumping skills. 由多根绳，多位甩绳和跳绳队员在身体和/或编排上互动的长绳组合。此组合只由整个团队参与，在身体或编排上非常有难度，并且包含不同形式的移动和跳绳技巧。

Levels of Difficulty for: Traveler

朋友绳游戏（Traveler）难度等级

Traveler: *Routines involving one or more jumpers “catching” other jumpers with a rope or ropes.*

朋友绳游戏：包含由一位或多位跳绳队员用一根或多根绳去“抓住”其他跳绳队员的常规表演。

LEVEL 等级	DESCRIPTION 描述
<p>Level One (Basic)</p> <p>第一级 (基本级)</p>	<p>One traveler who jumps down a single line of jumpers using a double bounce, possibly stopping at each jumper to perform a trick or two, leaving the other jumpers waiting for their turn.</p> <p>由一位队员（traveler）用double bounce沿着一排队员跳下来，可在每一位队员那里都停下来表演一个或两个技巧，其他队员原地等候。</p>
<p>Level Two (Elementary)</p> <p>第二级 (初级)</p>	<p>One traveler jumps others using a double bounce, in a simple formation other than a straight line (i.e. weave, double up). Or, pairs of jumpers travel or scoop each other in simple ways.</p> <p>由一位队员（traveler）用double bounce沿着其他队员跳下来，其他队员排成简单队形而不只是一排（如：编织，double up）。也可以由成对的队员以简单的方式travel或是用绳兜住对方。</p>
<p>Level Three (Intermediate)</p> <p>第三级 (中级)</p>	<p>One or more travelers catch others using a sequence that requires the traveler to manipulate his/her rope or body position (i.e. complex weave, combinations of scoops, multiple jumpers, single bounce - aka fast time traveler). All members of the group are involved.</p> <p>由一位或多位队员（traveler）用需要操纵绳或是身体位置（如：复杂的编织，兜绳的组合，多位跳绳队员，单跳-也叫快速traveler）的动作去“抓住”其他跳绳队员。团队所有成员都参与。</p>
<p>Level Four (Advanced)</p> <p>第四级 (高级)</p>	<p>Multiple travelers catch others using physically and choreographically challenging sequences, that also include rhythm, speed, and formation changes (wheel, machine gun, fast-time combo scoops).</p> <p>多位队员（traveler）用对身体或编排上有难度的动作组合去“抓住”其他队员，包含节奏，速度，和队形的变化（编织，机枪，快速兜绳组合）。</p>
<p>Level Five (Masters)</p> <p>第五级 (大师级)</p>	<p>All members of the team participate as travelers and jumpers using sequences that are very physically and choreographically challenging, requiring rope manipulations, and speed, rhythm, and formation changes.</p> <p>所有队员都参与作为兜绳队员和跳绳队员并用对身体或编排上很有挑战的动作组合，需要绳的操纵，节奏，速度，和队形的变化。</p>

Levels of Difficulty for: Double Dutch (Group Show Only) 交互绳（团队表演）难度等级

Double Dutch: *Routines involving jumpers performing skills within two ropes, which are being turned in opposite directions at an alternating beat.*

交互绳：跳绳队员在两根交替并以向反方向转动的绳中进行的常规技巧展示。

LEVEL 等级	DESCRIPTION 描述
Level One (Basic) 第一级 (基本级)	Only a few members of the group are involved at one time. Simple skills are performed with no changes in speed or formation. 在同一时间只有团队的少数成员进行的简单的没有队形或节奏变化的技巧。
Level Two (Elementary) 第二级 (初级)	Most team members are involved, but are not physically or choreographically interconnected. Simple skills are performed with movement or formation change, or slightly more challenging skills are performed. 多数团队成员参与，但之间没有身体或编排上的关联。简单技巧完成中加入移动或队形上的变化，或是完成难度稍微更高的技巧。
Level Three (Intermediate) 第三级 (中级)	Every member of the group is involved in a physically or choreographically interconnected way. Simple skills are used from more than one element of double dutch freestyle jumping. There may be simple movement or formation changes. 所有团队成员参与并在身体或编排上互相关联，运用两个或以上交互绳自由式中的简单技巧，可包含简单的移动或队形的变化。
Level Four (Advanced) 第四级 (高级)	Every member of the group is involved in a physically or choreographically interconnected way. More challenging moves are used from more than one element of double dutch freestyle jumping. There are some beat, rhythm, movement, or formation changes. 所有团队成员参与并在身体或编排上互相关联，运用两个或以上难度更高的交互绳自由式中的技巧，并包含节奏，韵律，移动或队形的变化。
Level Five (Masters) 第五级 (大师级)	Every member of the group is physically and choreographically involved in every aspect of the sequence. The sequence requires dynamic interaction, speed and rhythm changes, movement and changes of formation, and challenging skills from each element of double dutch freestyle jumping (fast footwork, rope manipulation, inversion/displacement, multiples, and turner-jumper exchanges). 所有团队成员参与并在所有环节上都有身体或编排上的互相关联。要求有动态交互，速度或节奏变化，移动或队形的变化，并运用所有高难度交互绳自由式技巧（快速步法，绳的操纵，翻转/移位，多摇，以及甩绳/跳绳队员互换）。