





**2003 / 2004  
Official FISAC  
Single Rope and Double Dutch  
Rope Skipping  
Competition Rules  
Part 1**

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**REVISED AND APPROVED BY THE IRSF-FISAC BOARD OF DIRECTORS  
WITH SPECIAL THANKS TO THE 2003 RULES COMMITTEE  
March 18, 2003**

## **FORWARD**

***This is the updated 2001 FISAC-IRSF Rule Book to be used for FISAC-IRSF World Championships being held in 2003 - 2004.***

***The original FISAC-IRSF rules were taken from numerous state, regional and international competitions with input from the International Rope Skipping Organization, European Rope Skipping Organization (ERSO), Australian Rope Skipping Association (ARSA) and the United States Amateur Jump Rope Federation.(USAJRF)***

***They were updated July 1998 at the FISAC-IRSF Board meetings and for many weeks following the completion of those meetings. They have been updated again December 2000 - February 2001 with additional input from the Australian Rope Skipping Association (ARSA) and the Canadian Rope Skipping Federation (CRSF), and modified re: Divisions in 2003***

***They are not "set in concrete" and it is expected they will be evaluated and perhaps altered to bring them into line with the new trends in the sport of rope skipping after the completion of the 2004 World Championships.***

***I would like to thank the members of the Rules Committee for their valued input and assistance with the updating of these rules. Thank you Richard Cendali (USA), Geert Hoste (Belgium), Eric Herber (Neth.) and Ron Kappert (Canada) who, like myself, burnt the candle at both ends for many weeks to complete this task.***

***A special thank you must go to Ron Kappert for combining and presenting all the different sections of the rulebook into this excellent final product.***

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

**Lorraine Bannerman  
Head Coach - Australian Rope Skipping Association  
Chairperson IRSF-FISAC Rules Committee**



## **PART A - GENERAL INFORMATION**

### **1. TOURNAMENT FEE**

1.1 All bids to host an official FISAC-IRSF Championship must be accompanied by the Tournament fee as assessed by the Council of FISAC-IRSF and must be paid to FISAC-IRSF by an agreed date.

1.2 Bidding countries must be members in good standing for the preceding two years with all fees paid to date before the Board can consider its bid.

### **2. QUALIFICATIONS**

2.1 The National Organizations of each FISAC-IRSF member country, will set their own qualifying standards such as yearly national Championships and from this, the National Organization will select the Representatives who will advance to the Federation Internationale de Saut a la Corde World Championship

2.2 The residence of the competitor is the Country of which he/she has permanent residence status (with valid passport) for a minimum of two years previous to any World Championships.

2.4 It is also the National Organization's responsibility to verify the ages of the competitors. There is a 2 years disqualification period for all athletes / coaches for submitting false information.

2.3 The age divisions for the team competitions are as follows:

#### **FISAC-IRSF World Junior Team Championships Rope Skipping ©**

- Ages are 15 till 17 years (born in 1989-1988-1987 for WC2004). In the Year of the World Championships.
- There is allowance for team members of lower age but no lower than 12 years old in the year of the World Championships
- Only ONE team member can move up 1 division, if registered as a four-member team for the World Championships.
- Only TWO team members can move up one division, if registered as a five-member team for the World Championships,
- but all team members must be active participants on the team.

#### **FISAC-IRSF World Team Championships Rope Skipping ©**

- Ages are 18 years and up. (In the Year of the World championships)



- There is allowance for team members of lower age but no lower than 15 years in the year of the World Championships (which means for 2004, born in 1989).
- Only ONE team member can move up 1 division, if registered as a four member team for the World Championships.
- Only TWO team members can move up one division, if registered as a five-member team for the World Championships,
- 
- but all team members must be active participants on the team.

**2.5** In each division a country can enter a maximum of two teams per gender category in the overall competition.

In addition, each country can also enter:

ONE (1) additional team per gender category in the Single Rope group events, and,

ONE (1) team per gender category in the Double Dutch group events.

These additional teams CANNOT be the same for Single rope and Double Dutch!!

**2.6** In each age team division, we will have a FEMALE, MALE and OPEN in which each event both sexes/genders have to be ON the field.

6 divisions:

- Juniors Female, Male, Open
- Seniors Female, Male, Open

Each individual must be on the same team for all Single Rope and Double Dutch events in the Teams Competition.

The team must compete in the oldest team member's age division. In the open team divisions both sexes must be represented on the competition floor in every event.

**2.7** The age division for the Master competitions are:

### **FISAC-IRSF World Masters Championships Rope Skipping ©**

- The minimum age 15 years old (in the year of the World Championships (born in 1989 to compete in 2004)
- Each country can register 3 male and 3 female competitors

### **3. DRUGS**

**3.1** FISAC-IRSF fully supports the complete banning of performance enhancing substances in sport and adopts the Lausanne Declaration which consists of the following:

Considering that doping practices contravene sport and medical ethics, and that they constitute violations of the rules established by the Olympic Movement, and concerned by the threat that doping poses to the health of athletes and youth in general:

Recognizing that the fight against doping in sport is the concern for all:

The Olympic Movement and other sports organizations, governments, inter-governmental and non-governmental organizations, sportsmen and sportswomen throughout the world, and their entourage:

The World Conference on Doping in Sport, with the participation of representatives of governments, of inter-governmental and non-governmental organizations, of the International Olympic Committee (IOC), the International Sports Federations (IFs), the National Olympic Committees (NOCs) and of the athletes, declares:

#### **The Olympic Movement Anti-Doping Code.**

The Olympic Movement Anti-Doping Code is accepted by FISAC-IRSF as the basis for the fight against doping, which is defined as the use of an artifice, whether substance or method, potentially dangerous to athletes' health and/or capable of enhancing their performances, or the presence in the athlete's body of a substance, or the ascertainment of the use of a method on the list annexed to the Olympic Movement Anti-Doping Code. The Olympic Movement Anti-Doping Code applies to all athletes, coaches, instructors, officials and to all medical and paramedical staff working with athletes or treating athletes participating in or training for sports competitions organized within the framework of FISAC-IRSF.

#### **Sanctions.**

The sanctions, which apply to doping violations, will be imposed in the framework of controls both during and out of competition. In accordance with the wishes of the athletes, the NOCs and a large majority of the IFs, the minimum required sanction for all major doping substances or prohibited methods shall be a suspension of the athlete from all competition for a period of two (2) years, for a first offence.

However, based on specific exceptional circumstances to be evaluated in the first instance by FISAC-IRSF, there may be a provision for a possible modification of the two year sanction. Additional sanctions or measures may be applied. More severe sanctions shall apply to coaches and officials guilty of violations of the Olympic Movement Anti-Doping Code.



#### **4. LICENSING RIGHTS (FOOD AND MERCHANDISING)**

**4.1** Consideration will first be given to the official FISAC-IRSF Championship sponsors.

**4.2** No sales or sampling will be permitted without the written approval of the Organizing Committee with a fee to be negotiated with the organizers and FISAC-IRSF. Violation of this rule will result in the expulsion of persons or these companies from the environs of the Championship. This includes the competition venue and the accommodation and recreation areas.

#### **5. AWARDS**

##### **5.1 Overall Team Championship Awards**

Team points will be added together for all Single Rope and Double Dutch Events to determine the Overall Championship Team in each age division. The winning team will be the one with the most Team points.

##### **5.2 The Awards for the FISAC-IRSF Masters Championship**

###### **TEAMS:**

###### **Overall team champions - per division**

GOLD, SILVER and BRONSE medals will be awarded for the first three places overall in each gender category.

###### **Additional Awards:**

GOLD medals only will be awarded only for the winner of the Single Rope competition (combined total points) and this in each gender category

GOLD medals only will be awarded only for the winner of the Double Dutch competition (combined total points), and this in each gender category.

Second and third places can receive a ribbon or certificate

There will be no separated medals for each event. The results will be posted at the "records-site" at the new FISAC website.

###### **MASTERS**

GOLD, SILVER and BRONSE medals will be awarded for the first three places in each gender category.

###### **Additional Awards:**

There can be presentations of medals for the 30s speed, 3 minutes endurance speed, triple-Unders and the freestyle. But this is an initiative from the organizer, with prior permission of FISAC

These results will be entered at the FISAC-site under the records-section.



## **5.2 Nancy Bell Memorial Award**

The Nancy Bell Award is to be presented at each FISAC-IRSF World Championship to the outstanding male and / or female athlete who also exemplifies the true meaning of sportsmanship as selected by the selection committee of the FISAC-IRSF Council present at the Championships.

Each National Rope Skipping Organization may nominate one and only one skipper and the nomination must be submitted to the Championship Director on an official FISAC-IRSF form at least one month before the competition.

A Selection Committee, which is made up of one representative from each continent, will then watch the nominees during the Championships and choose one based on the selection criteria as determined by the FISAC-IRSF Council.

Officials and the executive members of the FISAC-IRSF Council are not to be on the Selection Committee if they are involved in the organization of the FISAC-IRSF World Championships.

The Selection Committee is to be informed two (2) weeks prior to the Championships.

## **6. APPEALS.**

**6.1** A five person Appeals Committee will be appointed by the FISAC-IRSF Executive, for the Championships. This Committee will have jurisdiction over all rule interpretations and disagreements that may occur.

**6.2** This Committee will be chaired by the President of the Rules Committee who as the Chairperson will not vote and will consist of the Championship Director or one member of the Championship Organizing Committee delegated to this position, two members of the Rules Committee and two senior skippers.

**6.3** There should not be more than one person from the same country on the Appeals Committee.

**6.4** Appeals may only be made by the one designated team official, who is declared by, each country prior to the Championships.

**6.5** In the first instance the designated official, nominated representative from a country will make an informal, verbal request for clarification or ruling from the Tournament Director. Should an unsatisfactory response be given then a written appeal is to be submitted to the Appeals Committee with a deposit of \$US100 which will only be returned if the appeal is upheld.

**6.6** No appeals will be heard regarding the decisions of the judges. Appeals may only be on matters concerning mathematical errors in calculating scores and in tabulating results. The exception is in speed and power results when review able evidence is provided i.e. video. Errors corrected after results have been announced shall cause the





results to be announced in the corrected form. Duplicate awards will be given out. NO requests will be made to return any awards given out in error.

**6.7** The Appeals Committee will hear an appeal at the first opportunity, at the Championships and render a decision before the official presentation of the medals.

**6.8** All judges must be official FISAC-IRSF judges who have attended the mandatory judges clinic to be held before the World Championships.

## **7. UNIFORMS**

**7.1** Each country must decide on their team uniform, which must correspond.

**7.2** National team uniforms may have the team name, sponsor and / or logo displayed during the competition.

**7.3** Supportive athletic shoes and socks must be worn to protect the skipper's feet.

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

**7.5** The judging uniform shall consist of navy blue shorts / jeans / pants and a collared white T-shirt which cannot have a team name or a logo other than the FISAC-IRSF-IRSF logo and the FISAC-IRSF corporate sponsor's logo.

## **8. CODE OF CONDUCT**

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

**8.2** All competitors, coaches and spectators must not distract another competitor whilst he/she is competing.

**8.3** Coaches and spectators are not to enter the competition floor area at any time during the competition. There will be no coaching from the sidelines by anyone.

**8.4** In the team competition the extra member of the competing team may be on the competition floor and may only encourage his or her competing team members. This member must be registered as part of the 4/5 member competition team. Violation of this rule will be reviewed by the Rules Committee.

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



**8.6** We should be pleased and proud to share skills and techniques with others to see others improve because that helps our sport improve.

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

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

## **9. NUMBER OF TEAMS:**

**9.1** To be classified as a World Championship the competition it should have a minimum of six teams, or six competitors in the case of the Masters Championship, from three of the following continents: Pan-Am, Oceania, Europe, Asia and Africa. Countries do not need to compete in the same age divisions or gender categories, but there must be three or more teams entered in any age division or gender category of which at least two must be from different countries to enable each event.

**9.2.** In order to have an age division or a division between all male, all female or open, there must be a minimum of three 4/5 skipper teams of which at least two must be from different countries to enable each event

If there is not, the teams may be combined to compete in the next appropriate division until these conditions are met, as stipulated in article 9.2 of the FISAC-IRSF rules.

This is to be determined by the Championship organizers in consultation with the FISAC-IRSF Rules Committee. Any team in that position must be notified that they are in this situation well in advance of the competition. It is the responsibility of the Championship Director to inform participation teams of any changes to the divisions.

**9.3** Should it not meet the minimum requirements, the Championship may go ahead but it would be called a FISAC-IRSF Invitational Tournament.

## **10. JUDGES**

**10.1** As FISAC-IRSF would like to set the highest standard of judging, it is required that the National Organizations provide: one (1) certified freestyle and one (1) certified speed judge for every five (5) competitors being sent to compete at the FISAC-IRSF World Championships.

These judges will be required to complete with success the FISAC-IRSF Judges Certification Course, before judging at a world level competition.





**2003 / 2004**  
**Official FISAC**  
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**Rope Skipping**  
**Master Competition Rules**  
**Part 2**

# MASTERS CHAMPIONSHIP

## GENERAL GUIDELINES.

### Part 1: COMPETITION

	Event	Time
A	Speed - 30 seconds	30sec
B	Speed-endurance - 3 mins	180sec
C	Power - triple unders	no limit
D	Freestyle	45-75sec

### Part 2: DIVISION

A. The FISAC World Masters Championships is an event open to the top five male and top five female skippers from each participating country.

B. There are separate male and female categories.

C. The minimum age for competitors is 15 years of age in the year of the competition.

D. It is the organizing committee's responsibility to inform participating countries of any changes in divisions.

### Part 3: ROPES

Any single rope may be used.

### Part 4: EVENT START

A.1 The freestyle event will begin with the Timekeeper calling out, "You may begin".

A.2 All speed events will begin with the audio call out, "Judges Ready, skippers, ready set go".

A.3 The power event will begin with, "You may begin when ready".

B The rope must be still with no arm or rope motion until the words "Go" or "You may begin" have been said.

C On each event no false starts are permitted. In a case of a false start the skipper will receive a deduction of 5 points and will have to continue the attempt.

D In the freestyle event, timing begins as soon as an arm or rope moves or as soon as the first note of the music starts.

### Part 5: 45 SECOND WARNING SIGNAL AND EVENT STOP.

At the 45-second point in all freestyle events the Timekeeper will give a signal. All freestyle events will end when a skipper makes a bow or ends his / her routine in a recognizable ending pose or when the timekeeper calls out "Time".

All speed events finish with the Timekeeper calling out "Stop".

If music is used there will be no 45-second warning signal. The timing will stop when the music stops.

#### Part 6: TOURNAMENT TIE.

In the event of a tie the skipper with the highest freestyle score wins. If the score is still equal, the skipper with the highest triple under score wins. If the score is still equal, the skipper with the highest speed - endurance score wins. If the score is still equal, the skipper with the highest speed - 30-second score wins.

#### Part 7: AWARDS.

For awards = Article 5. AWARDS

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

30 sec speed score x 5 =

3 minute speed score

Triple under score x 2 =

Freestyle score Creativity and Technical Merit

(/10) + Degree of Difficulty (/10) = / 20.

Misses, Time Violations and Space Violations are then taken off and the result is then multiplied by 25 to give a score out of 500.

The final score for the Masters Championship is then calculated by adding the above 4 scores for each skipper and the scores are then ranked in order from the highest to the lowest.

These awards will be presented during the Competition Awards Ceremony at the completion of the Championships.

#### Part 8: APPEALS

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

This Committee will be chaired by the President of the Rules Committee who as the Chairperson will not vote and will consist of the Championship Director or one member of the Championship Organizing Committee delegated to this position, two members of the Rules Committee and two senior skippers.

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

One designated team official who is declared by each country prior to the Championships may only make appeals.

In the first instance the designated official, nominated representative from a country will make an informal, verbal request for clarification or ruling from the Championship Director. Should an unsatisfactory response be given then a written appeal is to be submitted to the Appeals Committee with a deposit of \$US100 which will only be returned if the appeal is upheld.



No appeals will be heard regarding the decisions of the judges. Appeals may only be on matters concerning mathematical errors in calculating scores and in tabulating results. The exception is in speed and power results when reviewable evidence is provided ie video. Errors corrected after results have been announced shall cause the results to be announced in the corrected form. Duplicate awards will be given out. NO requests will be made to return any awards given out in error.

The Appeals Committee will hear an appeal at the first opportunity, at the Championships and render a decision before the official presentation of the medals.

#### Part 9: COUNTING MISSES / DEDUCTIONS.

- A. If a rope or a handle breaks a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However a skipper may only have two (2) attempts at this.
- B. After a miss, the rope must be jumped successfully at least once before another miss can be counted.
- C. A Time Violation is punished as a minor miss (-0.5 point deduction)
- D. A Space Violation is punished as a minor miss (-0.5 point deduction)
- E. Misses will be recorded as minor or major by the Creativity / Technical Merit judges. A minor miss is a - 0.5 point deduction and a major miss is - 1.0 point deduction
- F. Both (C) and (D) above are tasks for the Head Judge.

Major Miss. When the rope is caught on a body part for two seconds or longer, or when the rope is completely stopped. There is a - 1.0-point deduction made for each major miss.  
Some examples would be dropping one or both handles, wrapping the rope so it becomes completely tangled around an ankle or around the competitor's neck.

Minor Miss. When the rope is caught on a body part and is momentarily slowed down but the skipper is able to keep the rope going with only a split second delay. There is a - 0.5-point deduction for each minor miss.  
Some examples would be catching a rope momentarily on a foot, arm or perhaps contacting the person's hair.

Space Violation. Each time a skipper steps outside the border(s) of the competition area he / she will be penalized by a minor miss which is a - 0.5-point deduction. Each time a rope crosses the boundary of the competition area whilst a skipper is performing a skill he / she will be penalized by a minor miss which is a - 0.5 point deduction.

Time Violation. For failing to complete a routine in the designated time a penalty will be given. This is a - 0.5-point deduction.

#### Part 10. FLOOR SURFACE.

- A. The surface should be of a high quality sports floor such as a basketball court.
- B. The floor should be of a high quality eg a wooden sprung / cushion floor



C. The floor should be marked with a rectangle with lines that are at 90 degrees angle of each other and must measure 12 meters x 12 meters.

#### Part 11. SHOWING SCORES

Raw speed scores are given to the skippers after they have completed their event. The judges, on flip cards after the skippers complete their event, display all freestyle scores. Provisional scores will be communicated during the event.

#### Part 12: SAFETY

If a shoelace comes undone during any event, it is the responsibility of the Head Judge to say "Shoelace" The athlete must then stop skipping and tie up the shoelace while the clock is still running.

#### Part 13: OFFICIAL RESULTS

The Championship Director will release the official results of a FISAC Championship after all verifications and authorizations are complete.

### MASTER'S COMPETITION

#### A Speed - 30 seconds

Part 1. Time limit - 30 seconds

Part 2. Call out:  
Judges Ready, Skippers, Ready, Set, Go, 10, 20, Stop.

Part 3 Goal - To complete as many jumps as possible within the time limit.

#### Part 4 Execution Requirements

A. Proper running or alternating step should be used. The skipper must face the Judges' tables at all times. The skipper will skip in their designated area. The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

#### B. Counters

For the 30-second speed event there will be a minimum of three counters. A Head Counter will be designated at all speed stations. The Head Counter records the official speed score. All judges must display their counter score to the other judges.

If the difference between the scores is five or less, the closest two scores will be averaged with the advantage going to the skipper.

If the difference between the scores is greater than 5, the closest two closest scores will be averaged again with the advantage going to the skipper. If the scores consistently vary by more than 5, the three judges should consider the following before proceeding:



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

#### B Speed - Endurance - 3 minutes

Part 1. Time limit - 3 minutes / 180 seconds

Part 2. Call out:  
Judges Ready, Skippers, Ready, Set, Go, 30, 1 min, 30, 2min, 15, 30, 45, STOP.

Part 3 Goal - To complete as many jumps as possible within the time limit.

#### Part 4 Execution Requirements

A. Proper running or alternating step should be used. The skipper must face the Judges' tables at all times. The skipper will skip in their designated area. The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

#### B. Counters

For the 30-second speed event there will be a minimum of three counters. A Head Counter will be designated at all speed stations. The Head Counter records the official speed score. All judges must display their counter score to the other judges.

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

#### C Power -Triple Under.

Part 1. Time limit - There is no time limit

Part 2 Goal - To complete as many consecutive triples under jumps as possible.

#### Part 4 Execution Requirements

A. Triple Under. In one jump the rope must pass under the skipper's feet three (3) times before the skipper's feet touch the ground for the next jump.



B. The skipper must perform a consecutive series of Triple Unders. It does not matter what skills are done before or after the triple under series.

C. Each skipper has the right to the best of two attempts. Every skipper has two attempts of which the best attempt will be taken for the final score. Skippers may only come before the judges twice. If a skipper misses on a preparatory jump that is considered one attempt. The skipper must leave the judging area to return to the end of the line for their second attempt. The second attempt will be done no sooner than after the other skippers have finished their first attempt.

D. The skipper must face the Judges' tables at all times. The skipper will skip in their designated area. The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

#### E. Counters

For the 30-second speed event there will be a minimum of three counters. A Head Counter will be designated at all speed stations. The Head Counter records the official speed score. All judges must display their counter score to the other judges.

If the difference between the scores is five or less, the closest two scores will be averaged with the advantage going to the skipper.

If the difference between the scores is greater than 5, the closest two closest scores will be averaged again with the advantage going to the skipper. If the scores consistently vary by more than 5, the three judges should consider the following before proceeding:

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

#### D. Freestyle.

Part 1. Time limit - 45 - 75 seconds

Part 2 Goal - To complete a routine with as many correctly executed skills at the skipper's highest ability level within the time limit.

Part 3 Execution Requirements

Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper. The scoring of freestyle by the panel of judges is based on the following:

- A) Difficulty
- B) Creativity
- C) Technical Execution

#### D) Misses

##### A Difficulty

There will be three (3) Degree of Difficulty judges.

The number and degree of difficulty of the skills (whether they are basic, intermediate or advanced jumps) is taken into consideration when scoring freestyle.

The more skills of greater difficulty completed and executed correctly within the time limit will mean the higher the score.

##### B Creativity.

The way the skills fit together, the flow of the skills and the inclusion of new skills and combinations, the movement in the competition area, fancy feet, speed changes, rope direction changes and the starting and ending of the routine.

##### C Technical Execution

The technical execution is judged by the Difficulty Judges.

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

The same panel of three (3) judges, judges the Creativity and Technical Execution.

##### D Misses

Misses will be counted as minor misses (- 0.5) or major misses (- 1.0)

#### Part 4. Props

No props or special equipment may be used to add to the creativity and / or the degree of difficulty of the routine eg lolo ball, gogo ball, skip stick, mini trampoline, boards, mats, hats, glasses, jeans, shirts etc. Medic-Alert bracelets are accepted.

#### Part 5. Time Violation Penalties

A routine lasting less than 45 seconds and more than 75 seconds will be penalized by a minor miss which is a - 0.5 point deduction.

#### Part 6. Space Violation

A Each time a skipper steps outside the border(s) of the competition area he / she will be penalized by a minor miss which is a -0.5 point deduction.

B Each time a rope crosses the boundary of the competition area whilst a skipper is performing a skill he / she will be penalized by a minor miss which is a - 0.5 point deduction.



## Part 7 Music

The use of music is optional but if it is used an impression of creativity must be shown. The routine must fit the music. If the routine does not fit the music it will be punished with a deduction of points for creativity.

## Part 8 Freestyle Specifics

Degree of Difficulty 3 judges.....A,B,C,

Creativity and Technical Merit 3 judges .....D,E,F,

Each judge can award up to 10 points.

Add all 3 Difficulty scores and divide the total by 3 for the average  
 $(A + B + C) / 3 = X$

The same is done for the Creativity and Technical score  
 $(D + E + F) / 3 = Y$

Add the two scores and subtract any deductions  
 $(X + Y) = Z$

The score will be multiplied by 25 to give the final score

$z \times 25 = \text{Final score}$

Difficulty - 10 points

Points	Skills	Level
1 - 3	1 - 15	B
4 - 5	16 - 25	minimum 10 I
6 - 7	26 - 30	minimum 20 I, 5 A
8 - 9	31 - 35	minimum 15 I, 15 A
10	36 >	minimum 6 I, 30 A

B = Basic

I = Intermediate

A = Advanced

Creativity and Technical Merit - 10 points

Creativity - 6 points

Movement on the floor

Fancy feet

Combination of tricks

Speed changes

Rope direction changes

Starting and ending of the routine

Technical - 4 points

Power and strength

Acrobatic movements

Body inversions ie cross combinations, mule kick

Smooth flow (not forced movements)

Misses - No limit

NOTE - The final score cannot be lower than 0.5 points.





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**Team Championship Rules**  
**Part 3**

# FISAC TEAM COMPETITION

## GENERAL GUIDELINES

### Part 1 THE COMPETITION

#### Single Rope

Event	Number of Skippers	Time
1.Speed Relay	4	4 x 30 seconds
2.Double Under Relay	4	4 x 30 seconds
3.Pairs Freestyle	2	45 - 75 seconds
4.Team Freestyle	4	45 - 75 seconds

#### Double Dutch

Event	Number of Skippers	Time
5.Speed Relay	3	3 x 40 seconds
6.Pairs Speed	2	2 x 60 seconds
7.Single Freestyle	3	45 - 75 seconds
8.Team Freestyle	4	45 - 75 seconds

### Part 2. DIVISIONS

The age divisions for the team competitions are:

#### **1 - FISAC-IRSF World Junior Team Championships Rope Skipping ©**

- Ages are 15 till 17 years (born in 1989-1988-1987 for WC2004). In the Year of the World Championships.
- There is allowance for team members of lower age but no lower than 12 years old in the year of the World Championships
- Only ONE team member can move up 1 division, if registered as a four-member team for the World Championships.
- Only TWO team members can move up one division, if registered as a five-member team for the World Championships,
- but all team members must be active participants on the team.

#### **2 - FISAC-IRSF World Team Championships Rope Skipping ©**

- Ages are 18 years and up. (In the Year of the World championships)
- There is allowance for team members of lower age but no lower than 15 years in the year of the World Championships (which means for 2004, born in 1989).
- Only ONE team member can move up 1 division, if registered as a



four member team for the World Championships.

- Only TWO team members can move up one division, if registered as a five-member team for the World Championships,
- 
- but all team members must be active participants on the team.

In each division a country can enter a maximum of two teams per gender category in the overall competition.

In addition, each country can also enter:

- ONE (1) additional team per gender category in the Single Rope group events, and
- ONE (1) team per gender category in the Double Dutch group events.

These additional teams CANNOT be the same for Single rope and Double Dutch!!

In each age division, we will have a FEMALE, MALE and OPEN in which each event both sexes/genders have to be ON the field.

6 divisions:

- Juniors Female, Male, Open
- Seniors Female, Male, open

Each individual must be on the same team for all Single Rope and Double Dutch events in the Teams Competition.

The team must compete in the oldest team member's age division. A maximum of two team members may move up one division only. The minimum age for this is to occur is 15 years.

In the open team divisions both sexes must be represented on the competition floor in every event.

Part 4                      AWARDS

SEE AWARDS Article 5.

Part 5.                      COMPETITION TIE

In the event of a tie, the team with the highest Double Dutch Pairs Freestyle score wins. If the score is still equal, the team with the highest Double Dutch Single Freestyle score wins. If the scores are still equal, the team with the highest Single Rope Team Freestyle score wins. If the score is still equal, the team with the highest Single Rope Pairs Freestyle score wins.

Should all these scores be equal they would be declared joint champions.

Part 6. ROPES

Any rope may be used.

Part 7. EVENT START

A.1 All freestyle events will begin with the Timekeeper calling out, "You may begin".

A.2 All speed events will begin with the audio call out, "Judges ready. Skippers, ready sets go".

A.3 In the relay events the command "Switch" will be used after 30 or 40 seconds depending on the event.

B To begin all events the rope(s) must be still with no arm or rope motion until the words "Go" or "You may begin" have been said.

C In each event no false starts or false switches are permitted. In the case of a false start / false switch the team will receive a deduction of 5 points each time this occurs and will have to continue the attempt.

D In the freestyle event, timing begins as soon as an arm or rope moves or as soon as the first notes of the music start.

Part 8. 45 SECOND WARNING SIGNAL AND EVENT STOP.

At the 45-second point in all freestyle events the Timekeeper will give a signal. All freestyle events will end when a skipper makes a bow or ends his / her routine in a recognizable ending pose or when the Timekeeper calls out "Time".

If music is used there will be no 45-second warning signal, the timing will stop when the music stops.

All speed events finish with the Timekeeper calling out "Stop".

Part 9. APPEALS.

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

This Committee will be chaired by the President of the Rules Committee who as the Chairperson will not vote and will consist of the Tournament Director or one member of the Championship Organizing Committee delegated to this position, two members of the Rules Committee and two senior skippers.

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

One designated team official who is declared by each country prior to the Championships may only make appeals.



In the first instance the designated official, nominated representative from a country will make an informal, verbal request for clarification or ruling from the Championship Director. Should an unsatisfactory response be given then a written appeal is to be submitted to the Appeals Committee with a deposit of \$US100 which will only be returned if the appeal is upheld.

No appeals will be heard regarding the decisions of the judges. Appeals may only be on matters concerning mathematical errors in calculating scores and in tabulating results. The exception is in speed and power results when reviewable evidence is provided ie video. Errors corrected after results have been announced shall cause the results to be announced in the corrected form. Duplicate awards will be given out. NO requests will be made to return any awards given out in error.

The Appeals Committee will hear an appeal at the first opportunity, at the Championships and render a decision before the official presentation of the medals.

All judges must be official FISAC judges who have attended the mandatory judges clinic to be held before the World Championships.

#### Part 10. COUNTING MISSES / DEDUCTIONS.

- A. If a rope or a handle breaks a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However a skipper may only have two attempts.
- B. After a miss, the rope must be jumped successfully at least once before another miss can be counted.
- C. Time Violation is punished as a minor miss (-0.5 point deduction)
- D. A Space Violation is punished as a minor miss (-0.5 point deduction)
- E. Misses will be recorded as minor or major by the Creativity / Technical Merit judges. A minor miss is - 0.5 point deduction and a major miss is - 1.0 point deduction
- F. Both (C), and (D) above are tasks for the Head Judge.

Major Miss. When the rope is caught on a body part for two seconds or longer, or when the rope is completely stopped. There is a - 1.0-point deduction made for each major miss. Some examples would be dropping one or both handles, wrapping the rope so it becomes completely tangled around an ankle or around the competitor's neck.

Minor Miss. When the rope is caught on a body part and is momentarily slowed down but the skipper is able to keep the rope going with only a split second delay. There is a - 0.5-point deduction for each minor miss. Some examples would be catching a rope momentarily on a foot, arm or perhaps contacting the person's hair.





Space Violation. Each time a skipper steps outside the border(s) of the competition area he / she will be penalized by a minor miss which is a - 0.5 point deduction. Each time a rope crosses the boundary of the competition area whilst a skipper is performing a skill he / she will be penalized by a minor miss which is a - 0.5 point deduction.

Time Violation A penalty for failing to complete a routine in the designated time. This is a - 0.5-point deduction.

Part 11. THE FLOOR SURFACE.

- A. The surface should be of a high quality sports floor such as a basketball court.
- B. The floor should be of a high quality eg a wooden sprung / cushion floor
- C. The floor should be marked with a rectangle with lines that are at 90 degrees angle of each other and must measure 12 meters x 12 meters.

Part 12. SHOWING SCORES

Raw speed scores are given to the skippers after they have completed their event.

All freestyle scores are displayed by the judges on flip cards after the skippers complete their event.

Part 13. SAFETY

If a shoelace comes undone during an event, it is the responsibility of the Head Judge to say "Shoelace". The skipper must then stop skipping and tie up the shoelace while the clock is still running.

Part 14. OFFICIAL RESULTS

Provisional scores will be communicated during the event. The official results of a FISAC Championship will be released by the Championship Director after all verifications and authorizations are complete.

SINGLE ROPE

- A. Event 1: Single Rope Speed Relay
- Event 2: Single Rope Double Under Relay

Part 1. Time limit:

Single Rope Speed Relay (4 skippers)

- Time limit: 4 x 30 seconds

Single Rope Double Under Relay (4 skippers)

- Time limit: 4 x 30 seconds

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

Part 2: The Call Out:



The Call out for the above events will be:

"Judges ready. Skippers, ready, set, go. 10, 20, Switch. 10, 20, Switch, 10, 20, Switch, 10, 20 Stop."

#### Part 3: The Goal:

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

#### Part 4: Execution Requirements:

I. In event 1 the correct running or speed step must be used.

The official speed-skipping step is a running step or alternating feet in single bounces. With every turn of the rope it passes under the right foot or left foot cleanly. Every time the right foot touches the ground one jump is counted. Jumps will not be counted while improper skipping is performed.

II. In event 2 the correct double under jump must be used.

Double Under: In one jump the rope passes under the feet of the skipper twice (two times) before the skipper's feet touch the ground for the next jump. It is one double revolution of the rope each jump.

#### III. Counters

For the Speed Relay and Double Under Relay events there will be a minimum of three counters.

A Head Counter will be designated at all speed stations. The Head Counter records the official speed score.

All judges must display their counter score to the other judges.

If the difference between the scores is five or less, the closest two scores will be averaged with the advantage going to the skipper.

If the difference between the scores is greater than 5, the closest two scores will again be averaged with the advantage going to the skipper.

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

- \* mechanical failure of the counter
- \* the counter has been dropped
- \* the replacement of a judge because of doubt about his / her counter scoring.

#### IV. Changing Skippers - The Switch

The first skipper completes as many jumps as possible in the first 30 seconds. At the 30 second mark, the command "Switch" is called out by the timer.

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

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

The procedure is repeated for the third and fourth skippers.

A false switch results in a 5-point deduction.

A false start also brings a 5-point deduction.

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

A False Switch is when a skipper starts skipping before the call of "Switch". In single rope speed relay and double under relay, the second, third or fourth skippers must not start before the call of "Switch".

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

A False Start is when the skipper starts to turn or move the rope(s) before the word "Go".

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

- B.        Event 3: Single Rope Pairs Freestyle  
          Event 4: Single Rope Team Freestyle

Part 1. Time limit  
:

Single Rope Pairs Freestyle (2 skippers) Time limit: 45 - 75 seconds  
Single Rope Team Freestyle (4 skippers) Time limit: 45 - 75 seconds

At 45 seconds, there will be a signal to indicate that the skipper has 30 seconds remaining in which to complete the routine.

Part 2: The Call Out:

The Call out for the above events will be:

"Judges ready. Skippers, You may begin"

Part 3: The Goal:

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

Part 4: Execution Requirements:

Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper. The scoring of freestyle by the panel of judges is based on the following:

- |                        |               |
|------------------------|---------------|
| A) Difficulty          | B) Creativity |
| C) Technical Execution | D) Misses     |

In freestyle events the partners in event 3 and the team in event 4 need to demonstrate that they can work together to complete a routine.

#### A        Difficulty

There will be three (3) Degree of Difficulty judges.

The number and degree of difficulty of the skills (whether they are basic, intermediate or advanced jumps) is taken into consideration when scoring freestyle.

The more skills of greater difficulty completed and executed correctly within the time limit will mean the higher the score.

#### B        Creativity.

The way the skills fit together, the flow of the skills and the inclusion of new skills and combinations, the movement in the competition area, fancy feet, speed changes, rope direction changes and the starting and ending of the routine.

#### C        Technical Execution

The technical execution is judged by the Difficulty Judges.

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

The Creativity and Technical Execution is judged by the same panel of three (3) judges.

D        Misses will be counted as minor misses (- 0.5) or major misses (- 1.0)

#### Part 4.        Props

No props or special equipment may be used to add to the creativity and / or the degree of difficulty of the routine eg lolo ball, gogo ball, skip stick, mini trampoline, boards, mats, hats, glasses, jeans, shirts etc.

#### Part 5.        Time Violation Penalty

A routine lasting less than 45 seconds and more than 75 seconds will be penalized by a minor miss which is a - 0.5 point deduction.

#### Part 6.        Space Violation Penalty.

A. Each time a skipper steps outside the border(s) of the competition area he /she will be penalized by a minor miss which is a - 0.5 point deduction.

B. Each time a rope crosses the boundary of the competition area whilst a skipper is performing a skill he / she will be penalized by a minor miss which is a - 0.5 point deduction.

#### Part 7. Music

The use of music is optional but if it is used an impression of creativity must be shown. The routine must fit the music. If the routine does not fit the music it will be punished with a deduction of points for creativity.



## DOUBLE DUTCH

- A.        Event 5: Double Dutch Speed Relay  
          Event 6: Double Dutch Pairs Speed

### Part 1. Time limit:

Double Dutch Speed Relay (3 skippers) Time limit: 3 x 40 seconds

Double Dutch Pairs Speed (2 skippers) Time limit: 2 x 60 seconds

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

### Part 2:        The Call Out:

The Call out for the Double Dutch Speed Relay will be - "Judges ready. Skippers, ready, set, go. 10, 20, 30, Switch. 10, 20, 30, Switch, 10, 20, 30, Stop."

The call out for the Double Dutch Pairs Speed will be - "Judges ready. Skippers, ready, set, go. 15, 30, 45, Switch. 15, 30, 45, Stop."

### Part 3:        The Goal:

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

### Part 4:        Execution Requirements:

- I.        The correct running or speed step must be used.

The official speed-skipping step is a running step or alternating feet in single bounces. With every turn of the ropes they pass under the right foot or left foot cleanly. Every time the right foot touches the ground one jump is counted. Jumps will not be counted while improper skipping is performed.

### II.        Counters

For the Double Dutch speed events there will be a minimum of three counters.

A Head Counter will be designated at all speed stations. The Head Counter records the official speed score.

All judges must display their counter score to the other judges.

If the difference between the scores is five or less, the closest two scores will be averaged with the advantage going to the skipper

If the difference between the scores is greater than 5, the closest two scores will again be averaged with the advantage going to the skipper.

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

- \* mechanical failure of the counter

- \* the counter has been dropped
- \* the replacement of a judge because of doubt about his / her counter scoring.

### III. Changing Skippers      The Switch

In the Speed Relay the first skipper completes as many jumps as possible in the first 40 seconds. At the 40 second mark, the command "Switch" is called out by the timer.

The first skipper stops skipping, exits the ropes, takes the ropes from one turner who then runs into the ropes and skips for the next 40 seconds.

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

The procedure is repeated for the third skipper.

In Pairs speed, the first skipper must jump for 60 seconds and exit the ropes before the second skipper enters the ropes to jump

A false switch results in a 5 point deduction.

A false start also results in a 5 point deduction.

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

A False Switch is when a skipper enters the ropes and starts skipping before the call of "Switch". In Double Dutch Pairs Speed, the second skipper must not enter the ropes until the first skipper has left.

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

A False Start is when the skipper starts to turn or move the rope(s) before the word "Go".

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

- B.      Event 7: Double Dutch Single Freestyle
- Event 8: Double Dutch Pairs    Freestyle



Double Dutch Single Freestyle (3 skippers)	Time limit: 45 - 75 seconds
Double Dutch Pairs Freestyle (4 skippers)	Time limit: 45 - 75 seconds

## Part 2: The Call Out:

### Part 3: The Goal:

#### Part 4: Execution Requirements:

All skippers must be involved in the turner involvement. Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper. The scoring of freestyle by the panel of judges is based on the following:

- A                      Difficulty

The number and degree of difficulty of the skills (whether they are basic, intermediate or advanced jumps) is taken into consideration when scoring freestyle.

B Creativity.

## C Technical Execution



The technical execution is judged by the Difficulty Judges.

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

The Creativity and Technical Execution is judged by the same panel of three (3) judges.

D Misses will be counted as minor misses (- 0.5) or major misses (- 1.0)

Part 5 Props

No props or special equipment may be used to add to the creativity and / or the degree of difficulty of the routine eg lolo ball, gogo ball, skip stick, mini trampoline, boards, mats, hats, glasses, jeans, shirts etc.

Part 6 Time Violation Penalty

A routine lasting less than 45 seconds and more than 75 seconds will be penalized by a minor miss which is a - 0.5 point deduction.

Part 7 Space Violation Penalty.

A Each time a skipper steps outside the border(s) of the competition area he /she will be penalized by a minor miss which is a - 0.5 point deduction.

B Each time a rope crosses the boundary of the competition area whilst a skipper is performing a skill he / she will be penalized by a minor miss which is a - 0.5 point deduction.



## Part 8 Music

The use of music is optional but if it is used an impression of creativity must be shown. The routine must fit the music. If the routine does not fit the music it will be punished with a deduction of points for creativity.

## Part 9 Freestyle Specifics

Degree of Difficulty 3 judges.....A,B,C,

Creativity and Technical Merit 3 judges .....D,E,F,

Each judge can award up to 10 points.

Add all 3 Difficulty scores and divide the total by 3 for the average  
(A

+ B + C) / 3 = X

The same is done for the Creativity and Technical score (D + E + F)  
/ 3 = Y

Add the two scores and subtract any deductions (X + Y) = Z

The score will be multiplied by 25 to give the final score Z x 25 =  
Final score

### Difficulty - 10 points, Single Rope

Points	Skills	Level
1 - 3.	1 - 15	B
4 - 5	16 - 25	minimum 10 I
6 - 7	26 - 30	minimum 20 I, 5 A
8 - 9	31 - 35	minimum 15 I, 15 A
10	36 >	minimum 6 I, 30 A

B = Basic

I = Intermediate

A = Advanced

### Difficulty - 10 points, Double Dutch

Points	Skills	Level
1 - 3.	1 - 7	B
4 - 5	8 - 11	minimum 8 I
6 - 7	12 - 15	minimum 8 I, 5 A
8 - 9	16 - 20	minimum 10 I, 10 A
10	21 >	minimum 6 I, 15 A

B = Basic

I = Intermediate

A = Advanced



Creativity and Technical Merit - 10 points

Creativity - 6 points

Movement on the floor  
Combination of tricks  
Rope direction changes

Fancy feet  
Speed changes  
Starting and ending

Turner Involvement

Technical - 4 points

Power and strength  
Acrobatic movements  
Body inversions ie cross combinations, mule kick  
Smooth flow (not forced movements)

Misses - No limit. A major miss is a - 1.0-point deduction and a minor miss is a - 0.5 point deduction

NOTE - The final score cannot be lower than 0.5 points.



## **DEFINITION OF TERMS**

### **Creativity**

Is the way the skills fit together, the flow of the skill, and the inclusion of new skills and combinations, but also movement on the floor, fancy feet, speed changes, rope direction changes, starting and ending of the routine.

### **Consecutive Series**

Continuously completing a series of skills without any other basic jumps or without stopping in the series of jumps.

### **Degree of Difficulty**

The number and difficulty (whether the jumps are level 1, 2, 3, or 4) of skills is taken into account when scoring freestyle. The more skills of greater difficulty completed and executed correctly in the 45 - 75 second time limit, the higher the score. Sometimes referred to the density of the skills.

### **Double Under**

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

### **False Start**

When a skipper / turner starts to turn or move the rope(s) before the Signal GO in speed or power skipping, a false start will be recorded and a deduction of (-5) points will be made to the skipper's final score.

### **False Switch**

When a skipper enters the ropes or starts skipping before the call of SWITCH. In Double Dutch Pairs Speed, the second skipper must not enter the ropes until the first skipper has left. In Single Rope Speed Relay or the Single Rope Double Under Relay the second, third or fourth skippers must not start before the call of SWITCH. If a skipper commits a FALSE SWITCH there will be a -5 point deduction made to the skipper's score.

### **Major Miss**

When the rope is caught on a body part for two seconds or longer ie it is wrapped around the neck or an ankle, when the rope is completely stopped or when one or both handles are dropped a major miss occurs. There is a -1.0 deduction made for each major miss.

### **Minor Miss**

When the rope is caught on a body part such as the arm, hand or head and is only momentarily slowed down and the skipper is still able to keep the rope going through the proper motion with a split second delay, a minor miss occurs. There is a -0.5 point deduction for each minor miss.

### **Pairs Freestyle**

A style of skipping that requires two individuals using single ropes to choreograph a routine to music. They tend to jump the same way at the same time but may include other moves to add to the choreography.



**Proper Step**

The official or proper speed skipping step is a running step or an Alternating feet step (single bouncing). The rope passes under the right foot and then the left foot cleanly. Each time the right foot hits the ground, one jump is counted. Jumps will not be counted while improper skipping is performed

**Single Freestyle**

A style of skipping that requires an individual using a single rope to choreograph a routine to music.

**Space Violation**

This is a penalty for a skipper stepping out of or placing a foot out of the competition area or having their rope pass beyond the competition area at any time during the performance of the routine. There is a -0.5 point deduction for each space violation.

**Switch**

This is a term used to indicate to one skipper that their time is up and they must stop skipping and to indicate to the next skipper that they must start skipping.

**Team Freestyle**

This is a style of skipping that requires four individual skippers using single ropes to choreograph a routine to music. As for Pairs Freestyle, they tend to jump the same way at the same time but they may include other moves to add to the choreography.

**Technical Merit**

The skipper demonstrates the correct technique for the tricks chosen to be included as part of their routine. Power, strength, acrobatic movements, body inversions and the smooth flow of the routine are all aspects of the technical merit.

**Time Violation**

This is a penalty for failing to complete a routine in the designated time. There is a -0.5 point deduction for a time violation.

**Triple Under**

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

**Deductions for penalties:**

Minor Miss:	- 0.5 points
Major Miss:	- 1.0 points
Time Violation:	- 0.5 points
Spave Violation:	- 0.5 points
False Start:	- 5 points
False Switch:	- 5 points





**2003 / 2004**  
**Official FISAC**  
**Single Rope and Double Dutch**  
**Rope Skipping**  
**Group Competition Rules**  
**Part 3**

## **PROFESSIONAL GROUP ROUTINE CHAMPIONSHIP**

### **Part 1: Time Limit**

2 - 5 minutes

A "2 minute" signal is given to indicate that there are 2 minutes remaining to complete the routine.

### **Part 2: Divisions**

There is one division. This is an open event and all ages over the age of 15 years may compete.

A minimum of eight (8) and a maximum of eighteen (18) skippers can jump in the routine.

### **Part 3: Ropes**

Only single ropes may be used. All skippers must use the same kind of rope.

### **Part 4: Time Violations**

Routines lasting less than two (2) minutes or more than five (5) minutes will be penalized by adding a minor miss (-0.5)

### **Part 5: Music**

The use of music is required and an impression of creativity with the music must be shown. The routine must fit the music and a routine that does not fit the music will be punished with a deduction of points.

### **Part 6: Judges**

Ten (10) judges are required plus a timekeeper and a scorer.

### **Part 7: Awards.**

Medals will be awarded to the top team

### **Part 8: Goal**

The team is to complete a routine with as many correctly executed skills and with all skippers skipping in precision within the time limit.



## Part 9: Freestyle Specifics

Difficulty	2 judges.....	20 points each
Execution	2 judges.....	20 points each
Creativity	2 judges.....	20 points each
Impression	2 judges.....	20 points each
Formations	2 judges.....	20 points each

Final Score = the total of all the judge's scores (/ 100) minus any Deductions for time violations.

Difficulty - 20 points

Variety of arm actions	/ 5
Variety of footwork	/ 5
Overall difficulty	/ 10

\* Inclusion of difficult elements (ie rotations, multi-unders, pace, Backwards skipping etc....) credit is only given when the element is accurately completed by all skippers.

### Execution - 20 points

Synchronization of the group	/ 10
Accuracy of execution	/ 10
* Relative number of misses	
* Tricks and formations performed well by all	

### Creativity. - 20 points

Variety of pace	/ 5
Beginning and ending formation	/ 5
Overall creativity	/ 10

### Impression. - 20 points

Interpretation of music	/ 10
Overall presentation	/ 10

### Formations - 20 points

Variety of formations and traveling patterns	/ 10
Smooth transitions between formations	/ 10





