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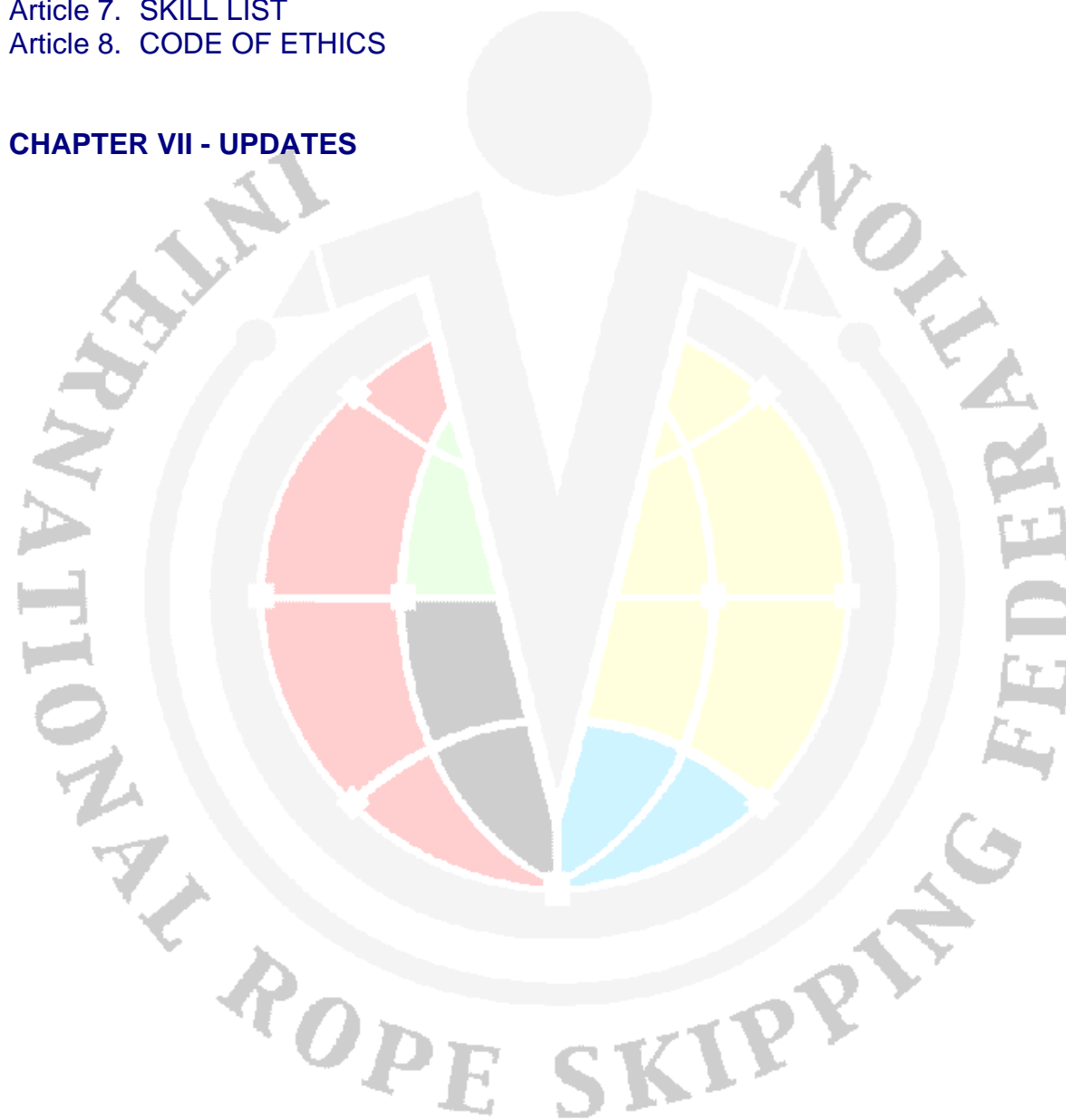
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## FORWARD

This Rulebook is a semi-interactive document, where multimedia will be integrated in the document when it is ordered through FISAC-IRSF-Head-office or downloaded from the FISAC-IRSF-website as of April 1, 2005.

It is the updated 2005 - 2006 FISAC IRSF Rule Book to be used for the FISAC - IRSF World Championships being held in 2006.

The original FISAC - IRSF rules were taken from numerous state, regional and international competitions with input from the International Rope Skipping Organisation, European Rope Skipping Organisation (ERSO), the Australian Rope Skipping Association (ARSA) 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 were updated again December 2000 - February 2001 with additional input from the Australian Rope Skipping Association (ARSA) and the Canadian Rope Skipping Federation (CRSF).

They were updated once again in 2003 and in this edition the World Cup (Part 5) made its debut.

Finally the Rule Book was updated once again in 2004 and I would like to thank the members of the Rules Committee, Eric Herber, Kajsa Murmark, Richard Cendali, Megan Leuthold and the President of FISAC, Mr Ron Kappert and the Secretary General, Mr Geert Hoste for their valued input and assistance with the updating of these rules.

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 2006 World Championships.

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

Lorraine Bannerman (Australia)  
Chairperson, International Rules Committee  
Fédération Internationale de Saut à la Corde (FISAC - IRSF)

Approved by the Board of Directors for distribution



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

## CHAPTER I – GENERAL – Article 1

### Section 1. COPY ONLY

- A A printout from this Manual never gives anyone any right for whatever cause.
- B We all know how easy it is to alter parts of texts in whatever software you use.
- C Only the official hand-autographed versions of official papers have the legal identity in case of a disagreement. All the official papers can be requested at the IRSF-FISAC Office.

### Section 2

The rules in this document are generally stated once only.

Clarification of all the important rope skipping technical vocabulary will be found in CHAPTER VI - APPENDIX Article 1. DEFINITION OF TERMS.



## **CHAPTER I – GENERAL – Article 2.**

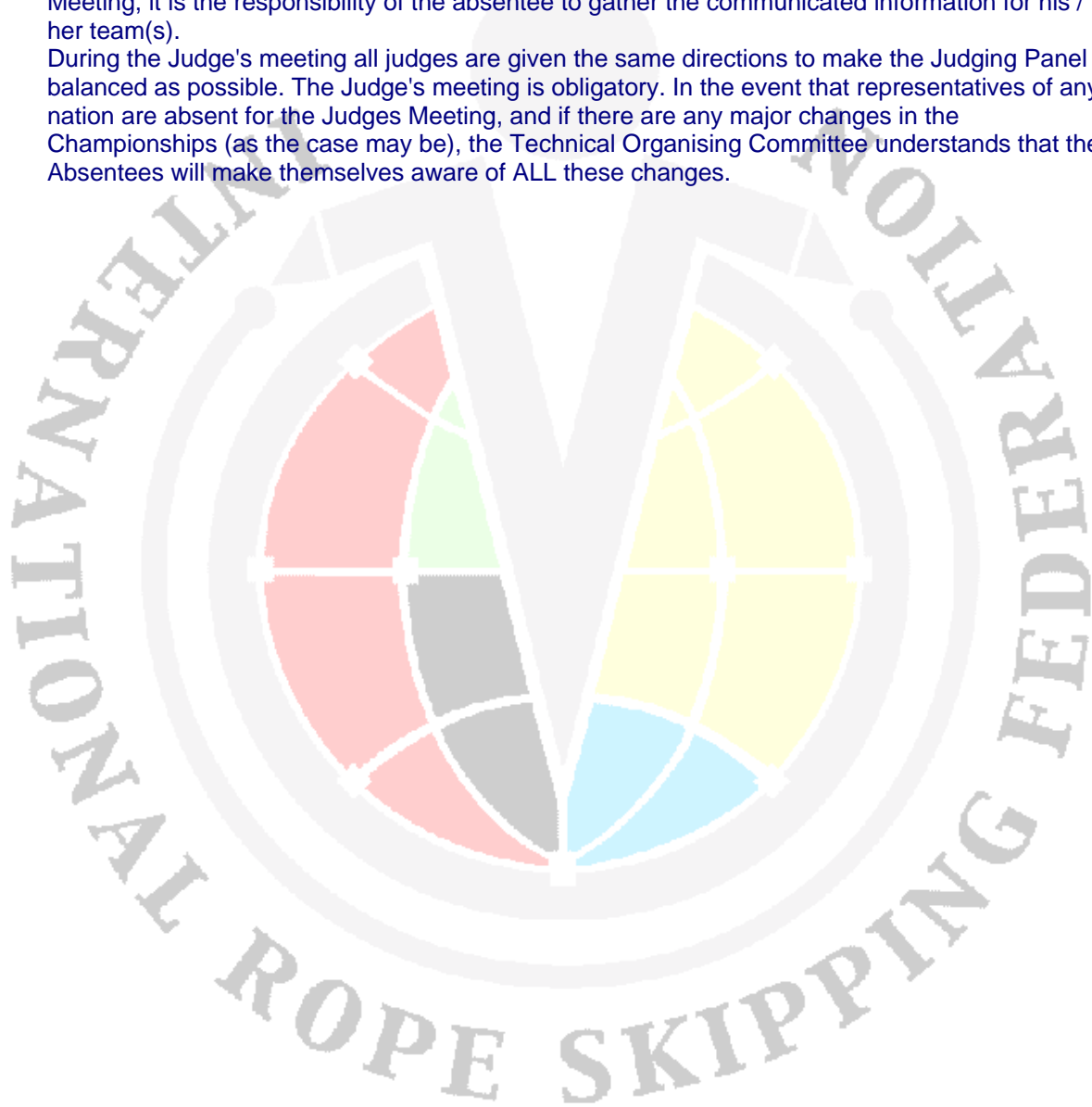
### **GENERAL INFORMATION**

#### Section 1 - Information

The day prior to every competition a Judges, Coaches and Team Managers meeting will be held. During the Coaches and Team Managers meeting all relevant information and recent changes in ruling will be communicated and explained. Coaches are strongly recommended to attend this meeting.

In the event of representatives of any nation being absent for the Coaches and Team Managers Meeting, it is the responsibility of the absentee to gather the communicated information for his / her team(s).

During the Judge's meeting all judges are given the same directions to make the Judging Panel as balanced as possible. The Judge's meeting is obligatory. In the event that representatives of any nation are absent for the Judges Meeting, and if there are any major changes in the Championships (as the case may be), the Technical Organising Committee understands that the Absentees will make themselves aware of ALL these changes.



## CHAPTER I – GENERAL – Article 3. DRUGS - ANTIDOPING

### Section 1. Introduction

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

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

### Section 2. International recognition and respect

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

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

### Section 3. Interpretation

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

## CHAPTER I – GENERAL – Article 4.

### DIVISION

#### Section 1.

FISAC-IRSF World Masters Championship Rope Skipping ©	FISAC-IRSF World Junior Team Championships Rope Skipping ©	FISAC-IRSF World Team Championships Rope Skipping ©	FISAC-IRSF World Cup Championships Rope Skipping ©
This is an event open to the top three (3) male and top three (3) female skippers from each participating country.	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 CAN NOT be the same for Single Rope and Double Dutch.		One team per country is allowed. <i>However the winner of the previous FISAC World Cup will be automatically invited to defend their title at the following FISAC World Cup. This invitation is in addition to the official team that has been selected to represent the country in this event.</i>
There are separate MALE and FEMALE categories	In each age division, there will be FEMALE, MALE and OPEN teams. A team may consist of a minimum of four skippers and a maximum of five skippers.		There is one division. The maximum number of participants will be determined by the organising host country in consideration of the available floor space, safety and awards.
This is an open event. There is no minimum or maximum age limit.  <i>Exception: Competitors in the age group of 14 years and under must have competed in at least two FISAC - IRSF sanctioned championships and placed in one of three overall medal placements in both championships. The Continental Organizations will determine, in consultation with the FIASC-IRSF Rules Committee the sanctioning (affiliation) procedures for the competitions in each of the countries other than the national championships, for which sanctioning is sought. Results lists must also be handed in, signed by the President of the NRSO.</i>	The minimum age in this division is 12 years and the maximum age is 17 years in the Year of the World Championships.	The minimum age is 14 years in the Year of the World Championships. There is no maximum age in this division.	This is an open event for ages 12 and up.
	A country which registers a team of competitors aged 14 to 17 years can enter this team in either the FISAC Junior Team Championships or the FISAC World Championships. BUT they can only be entered once in one championship or the other. They can not compete in both Team Championships.		
	A team consisting of 12 year olds and 18 yr olds will not be permitted to compete.		
	All team members must be active participants on the team.	All team members must be active participants on the team.	

## Section 2.

<b>FISAC-IRSF World Masters Championship Rope Skipping ©</b>	<b>FISAC-IRSF World Junior Team Championships Rope Skipping ©</b>	<b>FISAC-IRSF World Team Championships Rope Skipping ©</b>	<b>FISAC-IRSF World Cup Championships Rope Skipping ©</b>
	The ages of all the competitors in the team must fall in the appropriate age division. No skippers may move up an age division.		
	Each individual must be on the same team for all Single Rope and Double Dutch events in the Teams Competition.		
	In the Open team divisions both sexes must be represented on the competition floor in every event.		





## CHAPTER I – GENERAL – Article 5. QUALIFICATIONS

### Section 1.

The National Organization of each FISAC - IRSF member country will set their own qualifying standards.

The residence of the competitor is the Country of which he/she has permanent residence status, with valid passport or other official dated and stamped documentation.

The National Organization needs to verify the ages of the competitors. There is a two year disqualification period for all athletes / coaches for submitting false information.

A competitor can be a member of and compete in only one team and can compete in only one age division.

### Section 2. Starting order

	<b>Masters</b>	<b>Team</b>	<b>World Cup</b>
<b>Criterion #1</b>	Ranking of the most recent National Championship.	Ranking of the most recent National Championship.	Ranking of the most recent National Championship.
<b>Criterion #2</b>	Ranking of the most recent World Championship.	Ranking of the most recent World Championship.	Ranking of the most recent World Championship.
<b>Criterion #3</b>	Just a random given number.	Just a random given number.	Just a random given number.
<b>1st Event</b>	The one with the highest rank will start last.	The one with the highest rank will start last.	The one with the highest rank will start last.
<b>2nd Event</b>	Determined by the ranking-order of the first event. The one with the lowest score / points / rank will start first.  This will also be applied to the other events.	Determined by the ranking-order of the first event. The one with the lowest score / points / rank will start first.  This will also be applied to the other events.	Determined by the ranking-order of the first event. The one with the lowest score / points / rank will start first.  This will also be applied to the other events.

For Example in the Masters-competition:

<b>Name</b>	<b>Country</b>	<b>NC</b>	<b>WC</b>	<b>Random</b>
Skipper A	Netherlands	2	4	1
Skipper B	Belgium	1	6	2
Skipper C	Hong Kong	1	3	3
Skipper D	Canada	4	1	4

After applying the above criteria, the following starting-order is given:

	<b>Name</b>	<b>Country</b>	<b>NC</b>	<b>WC</b>	<b>Random</b>
1	Skipper D	Canada	4	1	4
2	Skipper A	Netherlands	2	4	1
3	Skipper C	Hong Kong	1	3	3
4	Skipper B	Belgium	1	6	2

## **CHAPTER I – GENERAL – Article 6.**

### **UNIFORMS**

#### Section 1. Uniforms

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

- A National team uniforms may have the team name, sponsor and / or logo displayed during the competition.
- B Supportive athletic shoes and socks must be worn to protect the skipper's feet.
- C No items of jewellery may be worn. The exceptions are a wedding band, ear studs and medic-alert bracelets.
- D 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-logo and the FISAC-IRSF corporate sponsor's logo.



## CHAPTER I – GENERAL – Article 7. WORKFLOOR

Section 1. Surface should be of a high quality sports floor.

Section 2. The floor should be of a high quality e.g. a wooden sprung / cushion floor.

Section 3. Dimensions

The floor must be marked with a rectangle with lines in a contrasting colour with the floor surface that are in 90 degrees angle of each other.

	<b>MASTERS</b>	<b>TEAM</b>	<b>WORLD CUP</b>
Freestyle	9 x 9 meters	12 x 12 meters	Minimum of 12 x 12 meters.  <i>It will be permissible, with prior consultation with the Tournament Director, for the host country to determine the maximum area in consideration of the available floor space and safety factors.</i>
Speed	4 x 4 meters	5 x 5 meters	
Power	4 x 4 meters		
Coaches area	1 x 1 meters		

Section 4.

The area reserved for the judges is 3 metres surrounding the competition floor.

Section 5.

The spectators should be positioned at least 1 metre from the Judge's areas.

Section 6.

The coaches can be on the competition floor at the same time as his / her team in the designated area..

## **CHAPTER I – GENERAL – Article 8.**

### **CODE OF CONDUCT**

#### Section 1.

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

#### Section 2.

Competitors and coaches must not distract another competitor whilst he/she is competing by creating additional distracting sounds or visible or physical movements.

#### Section 3.

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

#### Section 4.

All spectators must remain in the specially marked areas designated for them during the competition. Coaching and supporting is allowed from these areas.

#### Section 5.

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

#### Section 6.

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

#### Section 7.

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

#### Section 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.

## CHAPTER I – GENERAL – Article 9. ROPES

### Section 1. Rope

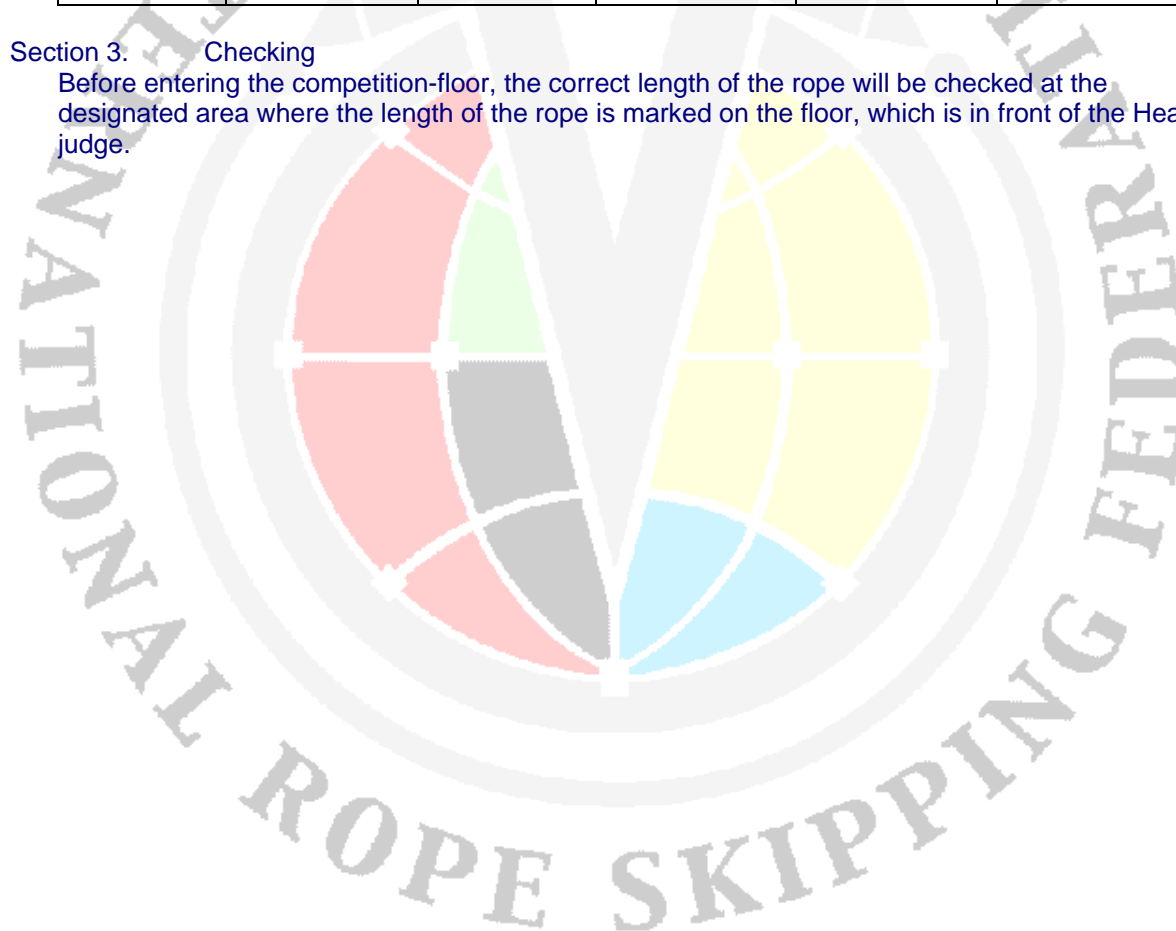
Any rope may be used as long as it is powered by the athlete.

### Section 2. Type and number

Masters		Team		World Cup	
Event	Length, number	Event	Length, number	Type	Length, number
SRS & SRSE	Free, 1 maximum	SRSR & SRDUR	Free, 4 maximum	SR	Free, free
		DDSP & DDSR	Free, 1 set maximum	DD	Free, free
SRTU	Free, 1 maximum	SRFP & SRFT	Free, 4 maximum	Long Rope	Minimum of 7 meters, free
FREE	Free, 1 maximum	DDFS & DDFP	Free, 1 set maximum.		

### Section 3. Checking

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



## CHAPTER I – GENERAL – Article 10.

### EVENT: ORDER and TIME

#### Section 1. Masters

	Event	Time
A	Freestyle	45 - 75 sec.
B	Speed - 30 seconds	30 sec.
C	Speed - Endurance - 3 minutes	180 sec.
D	Power - Triple Unders	No Limit

Event-order: A, B, C, D.

#### Section 2. Teams

Single Rope				Double Dutch		
Event	Jumper	Time		Event	Jumper	Time
<b>A</b> Speed Relay	4	4x 30 sec.		<b>C</b> Pairs Speed	2	2x 60 sec.
<b>B</b> Double Under Relay	4	4x 30 sec.		<b>D</b> Speed Relay	3	3x 40 sec.
<b>E</b> Pairs Freestyle	2	45 - 75 sec.		<b>F</b> Single Freestyle	3	45 - 75 sec.
<b>G</b> Team Freestyle	4	45 - 75 sec.		<b>H</b> Pairs Freestyle	4	45 - 75 sec.

Event / discipline-order: A, B, C, D, E, F, G, H.

#### Section 3. World Cup

4 to 8 minutes.

#### Section 4. Presentation

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

#### Section 5. Withdrawal

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

#### Section 6. Injury

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

## CHAPTER I – GENERAL – Article 11.

### SOUNDS, SIGNALS and USE OF MUSIC

#### Section 1. Signals and call outs:

The signals that will be used during competition are available on CD. And can be downloaded from the FISAC-IRSF-website. The CD can also be obtained through the FISAC-IRSF head office.

	MASTERS		TEAM			WORLD CUP	
	Begin	End	Begin	Switch	End	Begin	End
<b>S P E E D</b>	"Judges ready? Skippers ready? Set. Go."	"STOP."	"Judges ready? Skippers ready? Set. Go."	SRSR  SRDUR  DDSP  DDSR	"STOP."		
<b>P O W E R</b>	"You may begin."  After this the skipper only has 10 seconds to begin his / her performance.	The skipper stops when he / she makes a mistake.					
<b>F R E E S T Y L E</b>	"You may begin."  After this the skipper only has 10 seconds to begin his / her performance.  <i>NB:</i>  <i>When there is more than one floor being used during the competition, the calling out of the speed events is being used.</i>	The skipper makes a bow or ends his / her routine in a recognizable 'End' - position to show that the routine has ended.  However, at 76 seconds a call "TIME." will be made.	"You may begin."  After this the skipper only has 10 seconds to begin his / her performance.		The skippers make a bow or end their routine in a recognizable 'End' - position to show that the routine has ended.  However, at 76 seconds a call "TIME." will be made.	"You may begin."  After this the skippers only have 10 seconds to begin their performance.	The skippers make a bow or end their routine in a recognizable 'End' - position to show that the routine has ended.  However, at 7 minutes a paddle is held up until the end of the routine or until "TIME" is called.

Section 2.

The rope must be still with no arm or rope motion until the word(s) "GO." or "You may begin." have been called out.

Section 3.

On each event no false starts are permitted.

Section 4. Power - Triple Under

If a skipper misses on a preparatory jump, it is considered an attempt. The skipper must then leave the judging area.

Section 5. Freestyle

- A Timing begins with which ever is first- an arm or rope movement or as soon as the first note of the music starts.
- B Signal during the routine:
  - a) Masters and Teams: If music is being used, no warning signals will be given / heard at 45 or 75 seconds.
  - b) World Cup: At 7 minutes a paddle is held up until the end of the routine or until "TIME" is called.
- C The routine will be judged 'finished' when both the music and the skippers have finished in a recognizable 'End'-position.

Section 6. Music

- A Use of music:
  - a. Masters and Team: The use of music is optional.
  - b. World Cup: The use of music is compulsory.
- B If music is being used for competition, the original competition MD, CD or cassette must be handed in one hour before competition starts. This must be handed in at the Sound table / to the Sound technician. There will be no violation if the music isn't handed in on time, but the team will have to compete without music.
- C The MD, CD or cassette must have:
  - a. The competition number (taken from the program).
  - b. The discipline (taken from the program).
  - c. Only 1 track. No violation if the music isn't there in time, but the team have to make the competition without music.
- D If music will be used, there will be manual timing.



## CHAPTER I – GENERAL – Article 12.

### ROUTINE REQUIREMENTS, MISSES and DEDUCTIONS

#### Section 1. Difficulty

##### Masters and Team:

Masters					Team - Single Rope						Team - Double Dutch						
Score	# skills	Skill-level				Score	# skills	Skill-level				Score	# skills	Skill-level			
1 – 2.9	15 >	1	2	3	4	1 - 2.9	15 >	1	2	3	4	1 - 2.9	1 - 7	1	2	3	4
3 – 4.9	20 >			5 >		3 - 4.9	20 >		3 - 5			3 - 4.9	8 - 11		3 >		
5 – 5.9	25 >			10 >		5 – 5.9	25 >			3 - 5		5 – 5.9	12 - 13			3 >	
6 – 6.9	30 >			18 >	1 >	6 – 6.9	30 >			7 >	1 - 2	6 – 6.9	14 - 15			4 >	1
7 – 7.9	35 >			25 >	3 >	7 – 7.9	35 >			9 >	3 - 4	7 – 7.9	16 - 18			5 >	2
8 – 8.9	40 >			30 >	6 >	8 – 8.9	40 >			11 >	5	8 – 8.9	19 - 20			6 >	3
9 - 10	45 >			35 >	9 >	9 - 10	45 >			13 >	6 >	9 - 10	21 >			7 >	4 >

##### World Cup:

Skill level	10 points possible
Jumping Elements	10 points possible
Jumping Styles	10 points possible
Interaction	10 points possible
Transitions	10 points possible
(Sub)Total:	50 points possible

#### Section 2.

There can only be a maximum of three gymnastic skills in the routine.

## Section 3. Creativity:

## Masters and Team:

Score	Creativity Merit		Technical Merit	
	Criterion	Explanation	Criterion	Explanation
0 – 1.0	<b>Movement on the floor</b>		<b>Performing of the skills</b>	Dynamics, Aesthetics, Body positioning
0 – 1.0	<b>Starting and ending of the routine</b>		<b>Acrobatic movements</b>	
0 – 1.0	<b>Speed changes</b>	Fancy Feet, Double Bounce, Interpretation of the music...	<b>Smooth flow</b>	Rhythm, Harmony, Switches...
0 – 1.0	<b>Rope manipulation</b>	Direction changes, Skills & Tricks, Wheel...	<b>Total impression (1)</b>	Use of music, Originality,
0 – 1.0	<b>Combination of skills</b>	Turner Involvement, Traveller, 'Bundling' of Skills...	<b>Total impression (2)</b>	Synchronicity

## World Cup:

TECHNICAL QUALITY	10 points possible
FORM	10 points possible
ORIGINALITY	10 points possible
USE OF MUSIC	10 points possible
PRESENTATION	10 points possible
(Sub)Total:	50 points possible

## Section 4. Uniforms

If the uniform doesn't fulfil the qualifications stated under Article 6, then the skipper or team isn't allowed to compete.

## Section 5. Rope

If the rope doesn't fulfil the qualifications stated under Article 9, then the skipper or team isn't allowed to compete.

## Section 6. 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.

Violation of this rule will be punished as a major miss.

## Section 7. Miss

- A Major miss.
- B Minor miss.
- C After a miss, the rope must be jumped at least one time successfully before another miss can be counted.
- D No limit in number of misses (as described in this section) to be given by the judges.

## Section 8. Violation

Space violation is punished as a minor miss each time a skipper steps outside the border(s) of the competition area.

Additionally:

- a) Speed: The judge will stop the skipper and correct the position. The counting will be continued as of the moment the skipper has re-entered the rectangle of the Speed-floor. Timing won't be stopped.
- b) Freestyle and World Cup: Skills performed outside the Freestyle area will not be judged. Judging will resume when the skipper has re-entered the square of the Freestyle area.
- c) World Cup: If the facility is too small the Tournament Committee may decide to waive the penalty for space violations.

Time violation:

- a) No judging is permitted after "TIME" is called.
- b) Triple Under: If a skipper doesn't start within 10 seconds after "You may begin." has been called out, 5 points will be deducted from the raw score.
- c) Masters / Team: Punished as a major miss and is given to a routine lasting less than 45 seconds and more than 75 seconds.
- d) World Cup: A penalty of 20 points will be deducted.

Freestyle Double Dutch only: 'All turners must become jumpers and do a minimum of three (3) skills (commensurate with the ability level of the team) IN the ropes for the routine to be valid.' Violation of this rule will be punished as a major miss for each skipper who did not fulfill this requirement.

## Section 9. Music

Masters and Team:

If the routine doesn't fit the music, as an arm fits the body, then there will be a deduction of maximum one point for Creativity.

World Cup:

The use of music is compulsory and must be used to fit the routine in all aspects.

In other words the skipping should enhance the effects of the music and the music should enhance the effects of the rope skipping. If this can't be applied, then there will be a deduction of maximum one point for Creativity.

## Section 10.

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.

## **CHAPTER I – GENERAL – Article 13.**

### **SCORES TO THE SYSTEM**

#### Section 1.

- A All scores registered by the judges will be entered WITHOUT calculation to the prepared score sheet.
- B 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.  
These scores are unofficial and may be corrected between flashing and presenting the final results.

#### Section 2.

All score sheets are handed in to the scoring table without any additional calculations

#### Section 3.

All score sheets will be checked manually by two separate persons.

#### Section 4.

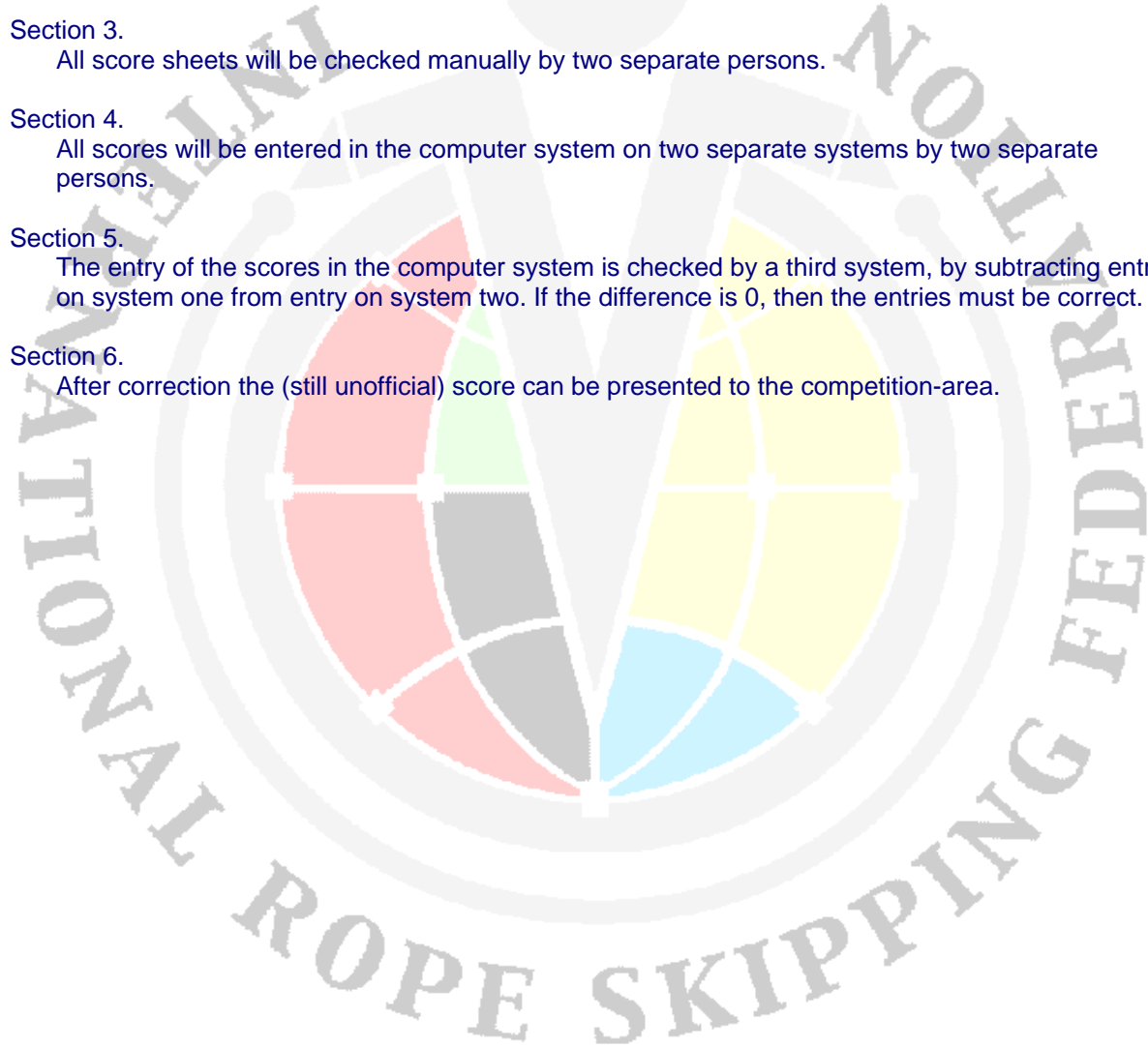
All scores will be entered in the computer system on two separate systems by two separate persons.

#### Section 5.

The entry of the scores in the computer system is checked by a third system, by subtracting entry on system one from entry on system two. If the difference is 0, then the entries must be correct.

#### Section 6.

After correction the (still unofficial) score can be presented to the competition-area.



## CHAPTER I – GENERAL – Article 14. RESULTS

### Section 1. Accuracy

- A All will be done by the system / computer. There will be no calculations by the judges except for displaying the un-official score to the skippers, coaches and spectators.
- B All calculations will be made as far as four digits after the point. This means that the calculations will be accurate to one-ten-thousand-of-a-point (= 0.0001).
- C All calculated scores presented will shown as far as two digits after the point. This means it will be accurate to one-hundred-of-a-point (= 0.01).

### Section 2. Masters

The points will be awarded for each event using the following formula:

Event	1. Speed 30 seconds	2. Speed 3 minutes	3. Triple Under	4. Freestyle
Step 1	The score-sheet for Speed or Power is taken (1 in total) and all scores are entered in the system.			Score-sheet for Freestyle is taken per Judge (11 in total) and all scores are entered in the system.
Step 2	<p>The two closest scores will be averaged - and if the three scores are equally separated, (for example 133, 135, 137- the advantage goes to the skipper so that the top two scores are averaged - 135, 137:  <math>133 - 135 - 137 \rightarrow (135 + 137) / 2 = 136</math>  <math>T = 136</math></p> <p><i>If the scores from a field consistently vary by more than 5, a notification should be given to the Head judge representing the field where this occurs.</i></p>			<p>Degree of Difficulty: 5 judges: A, B, C, D, E.</p> <p>The highest and lowest scores are dropped which leaves 3 scores - a, b and c.</p>
Step 3				<p>Add the three remaining Difficulty scores and divide the total by 3 for the average:</p> <p><math>(a + b + c) / 3 = U</math></p>
Step 4				<p>Creativity and Technical Merit: 5 judges: F, G, H, I, J.</p> <p>The highest and lowest scores are dropped which leaves 3 scores - d, e and f.</p>
Step 5				<p>Add the three remaining Creative / Technical Scores and divide the total by 3 to obtain the average:</p> <p><math>(d + e + f) / 3 = V</math></p>
Step 6	Add all deductions (W)			

Step 7	Take the score and subtract all deductions: $(T - W) = X$			Add the two scores and subtract all deductions: $(U + V - W) = X$
Step 8	This score will be multiplied by 5 to give the final score: $X \times 5 = Y1$  $Y1 = \text{Final score.}$	This score will be multiplied by 1 to give the final score: $X \times 1 = Y2$  $Y2 = \text{Final score.}$	This score will be multiplied by 2 to give the final score: $X \times 2 = Y3$  $Y3 = \text{Final score to a maximum of 500 points.}$	This score will be multiplied by 25 to give the final score:  $X \times 25 = Y4$  $Y4 = \text{Final score out of a possible maximum 500.}$
Step 9	The final score for the Masters Championship is calculated by using the ranking of each individual event score for each skipper.  The skipper finishing in first place will receive 1 (ranking) point. The skipper finishing in second place will receive 2 points: Z1, Z2, Z3 and Z4.			
Step 10	After the competition, the skipper ending with the lowest total of (ranking) points is the winner.  For example: 4 times first place = $(Z = 1) + (Z = 1) + (Z = 1) + (Z = 1) = 4$ points.			

## Section 3. Teams

The points will be awarded for each event using the following formula:

Event	SRSR	SRDUR	DDSP	DDSR	SRFP	SRFT	DDFS	DDFP
Step 1	Score-sheet for Speed is taken (1 in total) and all scores are entered in the system.				Score-sheet for Freestyle is taken per Judge (11 in total) and all scores are entered in the system.			
Step 2	The two closest scores will be averaged - and if the three scores are equally separated, (for example 133, 135, 137- the advantage goes to the skipper so that the top two scores are averaged - 135, 137: 133 – 135 – 137 → (135 + 137) / 2) = 136 T = 136  <i>If the scores from a field consistently vary by more than 5, a notification should be given to the Head judge representing the field where this occurs.</i>				Degree of Difficulty: 5 judges: A, B, C, D, E.  The highest and lowest scores are dropped which leaves 3 scores - a, b and c.			
Step 3					Add the three remaining Difficulty scores and divide the total by 3 for the average:  $(a + b + c) / 3 = U$			
Step 4					Creativity and Technical Merit: 5 judges: F, G, H, I, J.  The highest and lowest scores are dropped which leaves 3 scores - d, e and f.			
Step 5					Add the three remaining Creative / Technical Scores and divide the total by 3 to obtain the average:  $(d + e + f) / 3 = V$			
Step 6	Add all deductions (W)							
Step 7	Take the score and subtract all deductions:  $T - W = Y1$				Add the two scores and subtract all deductions:  $(U + V - W) = X$			
Step 8	$Y1$ = Final score.				This score will be multiplied by 25 to give the final score:  $X \times 25 = Y2$  $Y2$ = Final score out of a possible maximum 500.			
Step 9	The final or Over All score is calculated by totalling each individual event score: the four Single Rope-events and the four Double Dutch-events.  $Y1 (SRSR) + Y1 (SRDUR) + Y1 (DDSP) + Y1 (DDSR) + Y2 (SRFP) + Y2 (SRFT) + Y2 (DDFS) + Y2 (DDFP) = Z$							
Step 10	After the competition, the team ending with the highest total of points is the winner.							



## Section 4. World Cup

Step 1	Score-sheet for Difficulty is taken per judges (5 in total) and all 5 scores are entered in the system.
Step 2	Degree of Difficulty: 5 judges: A, B, C, D, E.  The highest and lowest scores are dropped which leaves 3 scores - a, b and c.
Step 3	Add the three remaining Difficulty scores and divide the total by 3 for the average:  $(a + b + c) / 3 = U$
Step 4	Score-sheet for Creativity is taken per judges (5 in total) and all 5 scores are entered in the system.
Step 5	Creativity and Technical Merit: 5 judges: F, G, H, I, J.  The highest and lowest scores are dropped which leaves 3 scores - d, e and f.
Step 6	Add the three remaining Creative / Technical Scores and divide the total by 3 to obtain the average  $(d + e + f) / 3 = V$
Step 7	Score-sheet of the Head Judge is taken and all scores are entered in the system.
Step 8	Add all deductions = W
Step 9	Add the two scores and subtract all deductions:  $(U + V - W) = Z$
Step 10	$Z = \text{Final score.}$
Step 11	After the competition, the team ending with the highest total of points is the winner.

## Section 5. Tournament tie

In case of a tournament tie, the tie will be broken according to the following table, looking for the highest score of the named event:

	MASTERS		TEAM	WORLD CUP
Step 1	OVER-ALL	Double Dutch	Freestyle Pairs (event H)	Total ranking score from Difficulty / Presentation Creativity.
Step 2	Freestyle (Event D)		Freestyle Single (event G)	Difficulty score.
Step 3	Triple Under (Event C)	Single Rope	Freestyle Team (event F)	Presentation Creativity score.
Step 4	Speed – Endurance (Event B)		Freestyle Pairs (event E)	Total ranking from Difficulty.
Step 5	Speed - 30-second (Event A)	Double Dutch	Speed Relay (event D)	Total ranking score from Creativity and Presentation.
Step 6	Number of Triple Unders (Event C)		Speed Pairs (event C)	
Step 7		Single Rope	Speed Double Under Relay (event B)	
Step 8	If the score is still equal, a tie will be called.			



Section 6.      Official results

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



## **CHAPTER I – GENERAL – Article 15.**

### **APPEALS**

#### **Section 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.

#### **Section 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.

#### **Section 3.**

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

#### **Section 4.**

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

#### **Section 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.

#### **Section 6.**

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

#### **Section 7.**

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.

#### **Section 8.**

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.

#### **Section 9.**

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.

If an athlete decides to return his / her award by his / her own free will, then this shows great Sportsmanship and will be appreciated and communicated as such.

## CHAPTER I – GENERAL – Article 16. AWARDS

### Section 1.

The Awards for the FISAC-IRSF Championships are:

	<b>Masters</b>	<b>Team</b>	<b>WORLD CUP</b>
<b>Overall</b>	GOLD, SILVER and BRONZE medals for the first three places in each gender category.	GOLD, SILVER and BRONZE medals for the first three places overall per division in each gender category.	1) GOLD, SILVER and BRONZE medals for the first three placed teams to each team member. 2) An overall trophy presented to the winning country.
<b>Per combination of 4 events</b>		<p><u>Single Rope:</u> GOLD, SILVER and BRONZE medals for the first three places of the competition (combined total points) and this in each gender category.</p> <p><u>Double Dutch:</u> GOLD, SILVER and BRONZE medals for the first three places of the competition (combined total points) and this in each gender category.</p>	
<b>Per event</b>	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.	There will be no separated medals for each event.	

### Section 2. Tie

In case of a tie, both the skippers and or teams with the tied ranking will receive the honour for that rank. However the skipper or team with the next ranking in the order will be ranked two positions lower. (Examples: If two skippers are tied for first, then there will be no medal for 2nd place. The next medal to be presented will be for 3rd place. If two skippers are tied for 2nd place, then there will be no medal presented for 3rd place.)

Section 3.

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

Section 4.

These results will be entered at the FISAC-site under the [Results]-section.



## CHAPTER II – JUDGE – Article 1. JUDGES

### Section 1.

When referring to a judge in this rule book, it is referring to a fully qualified Level 4 Judge. This means qualified to judge in the 4 events in the Masters, the 8 events in the Team Competition, as well as the World Cup as a Head Judge and for speed, freestyle creativity and freestyle difficulty. It is also permissible to have two or more judges, each with Level 4 qualifications to judge in different areas, combine to equal one fully qualified Level 4 judge. An example of this is - one judge qualified at Level 4 for A only may combine with another judge qualified at Level 4 for B only and with a third judge qualified at Level 4 for C and D only. The result of this combination of judges is one fully qualified Level 4 FISAC - IRSF Judge.

After passing the exam, each individual judge is expected to train himself / herself regularly and to be familiar with the updates on rules, competitions and the skills list.

### Section 2. Registration

- A Each individual judge can be a judge in a competition for three reasons:
  - a. As a request from FISAC-IRSF.
  - b. As a request of the judge him- / herself.
  - c. As accompanying judge on a competing team or individual.
- B For the Masters competition, each registration form must be accompanied by a fully qualified Level 4 FISAC certified judge. This means, when registering with male as well as female skippers two judges are required.
- C For the Teams competition, each "uneven" team registered must be accompanied by a fully qualified FISAC-IRSF Level 4 certified judge to judge at the competition. This means, when registering with one or two teams only one judge is required. When registering with three teams a second fully qualified Level 4 judge is required and so on.
- D For the World Cup competition, each team registered must be accompanied by a fully qualified FISAC-IRSF Level 4 certified judge to judge at the competition. This means, when registering with one team only one judge is required.
- E Violation of either B, C or D will result in a penalty of \$US 250 (or an equal amount in local currency) per judge payable to FISAC-IRSF before the competition. Failure to pay the penalty will result in immediate disqualification of those competitors from the World Championships.

In the case of illness of a judge, it is the responsibility of the National Rope Skipping Organization to arrange a substitute judge. Failure to try to do so will mean that the FISAC-IRSF World Championship Organising Committee will arrange the substitute judge and the costs will be paid by the National Rope Skipping Organization to FISAC- IRSF for failing to fulfil their responsibility. Failure to pay the penalty will result in immediate disqualification of those competitors from the World Championships.

### Section 3. Qualification

Each judge will be assigned by the Tournament Committee.

### Section 4. Number of officials per event

The numbers given per official are a MINIMUM number.

Speed and Power: 1 Head judge and 2 Judges

Freestyle: 1 Head judge, 5 Difficulty, 5 Creativity, 1 Time keeper, 2 Line keepers

## Section 5. Responsibilities

## Various:

- A The length of the rope(s) is checked by the Head Judge.
- B Time and space violation are the responsibility of the Head Judge.
- C Time violation is announced by the time-keeper.
- D Space violation during Speed is announced and recorded by the Head Judge.
- E Space violation during Freestyle is announced by one of the two line-keepers.
- F Difficulty of the skills and / or routines by the Difficulty Judge.
- G Creativity of the routine by the Creativity Judge.
- H 3-skills per skipper in DDFS & DDFP is recorded by the Head Judge.

## Misses:

- A Masters and Team: will be recorded as minor or major by the Creativity / Technical Merit judges.
- B World Cup: will be recorded as minor or major misses by the Head judge.

Function	Masters	Team	World Cup
Head	<ul style="list-style-type: none"> <li>- Uniform</li> <li>- Time and space violation</li> </ul>	<ul style="list-style-type: none"> <li>- Uniform</li> <li>- Rope-length</li> <li>- Time and space violation</li> <li>- DDFS &amp; DDFP: 3-skills-requirement</li> </ul>	<ul style="list-style-type: none"> <li>- Uniform</li> <li>- Rope-length</li> <li>- Time and space violation</li> <li>- Misses</li> </ul>
Difficulty	<ul style="list-style-type: none"> <li>- Difficulty</li> </ul>	<ul style="list-style-type: none"> <li>- Difficulty</li> </ul>	<ul style="list-style-type: none"> <li>- Difficulty</li> </ul>
Creativity	<ul style="list-style-type: none"> <li>- Creativity</li> <li>- Misses</li> </ul>	<ul style="list-style-type: none"> <li>- Creativity</li> <li>- Misses</li> </ul>	<ul style="list-style-type: none"> <li>- Creativity</li> </ul>
Time-keeper (Freestyle only)	<ul style="list-style-type: none"> <li>- Time violation</li> </ul>	<ul style="list-style-type: none"> <li>- Time violation</li> </ul>	<ul style="list-style-type: none"> <li>- Time violation</li> </ul>
Line-keeper (Freestyle only)	<ul style="list-style-type: none"> <li>- Space violation</li> </ul>	<ul style="list-style-type: none"> <li>- Space violation</li> </ul>	<ul style="list-style-type: none"> <li>- Space violation</li> </ul>

## CHAPTER III – MASTERS – Article 1

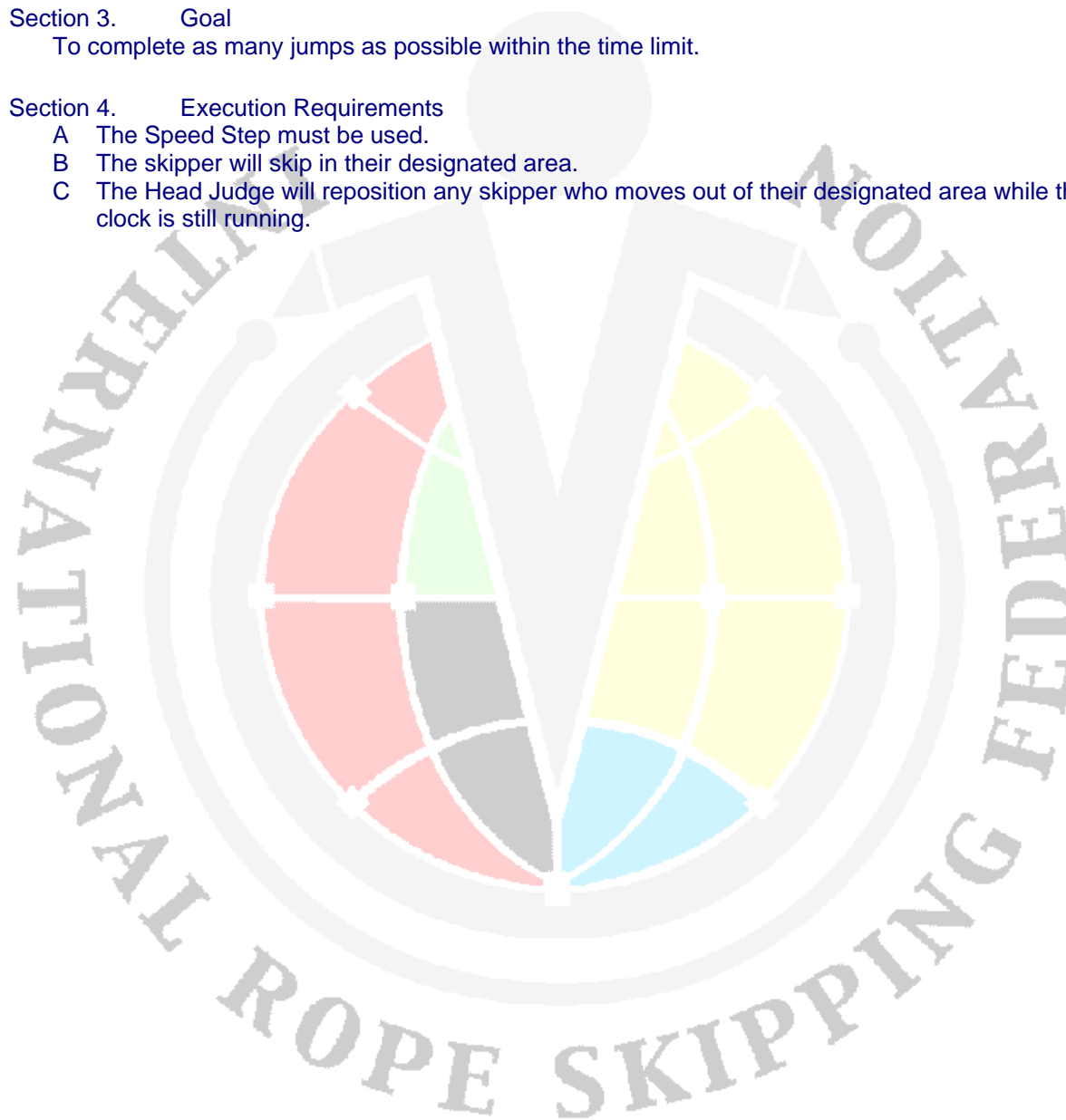
A. SRS                      SPEED                      30 seconds

Section 1.            Time limit  
30 seconds

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

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

Section 4.            Execution Requirements  
A The Speed Step must be used.  
B The skipper will skip in their designated area.  
C The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.



## CHAPTER III – MASTERS – Article 2.

### B. SRSE

### SPEED

Endurance - 3 minutes

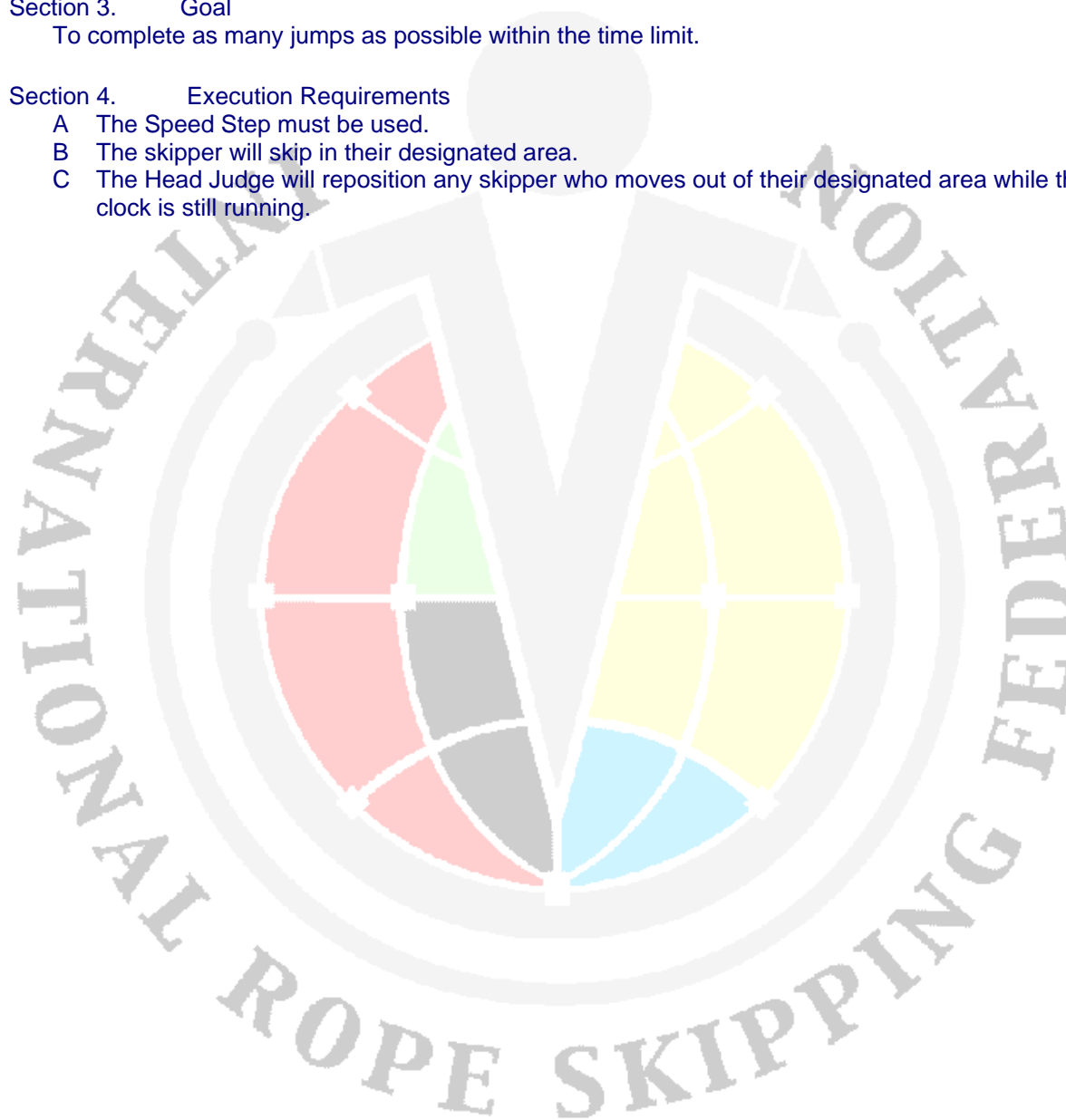
Section 1. Time limit  
3 minutes / 180 seconds

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

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

Section 4. Execution Requirements

- A The Speed Step must be used.
- B The skipper will skip in their designated area.
- C The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.





### CHAPTER III – MASTERS – Article 3.

C. SRTU

POWER

Triple Under

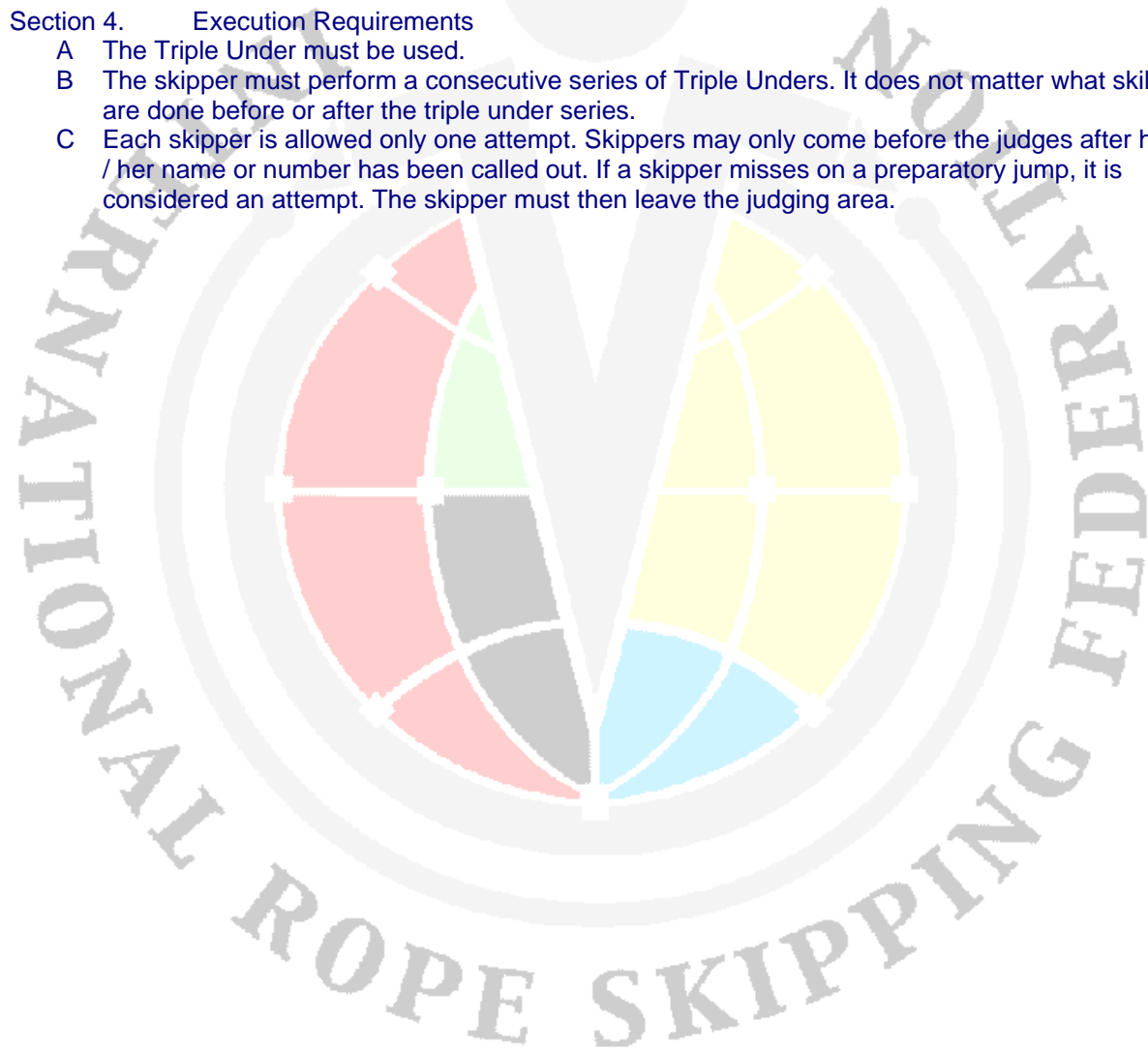
Section 1. Time limit  
There is no time limit.

Section 2. The Call out  
"Judges ready? Skipper ready? You may begin.".

Section 3. Goal  
To complete as many consecutive triples under jumps as possible. Although skippers are scored at a maximum of 500 points, to determine first place a skipper can do as many as possible not just stop at 250 Triple Unders.

Section 4. Execution Requirements

- A The Triple Under must be used.
- 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 is allowed only one attempt. Skippers may only come before the judges after his / her name or number has been called out. If a skipper misses on a preparatory jump, it is considered an attempt. The skipper must then leave the judging area.



## **CHAPTER III – MASTERS – Article 4.**

### **D. FREE FREESTYLE**

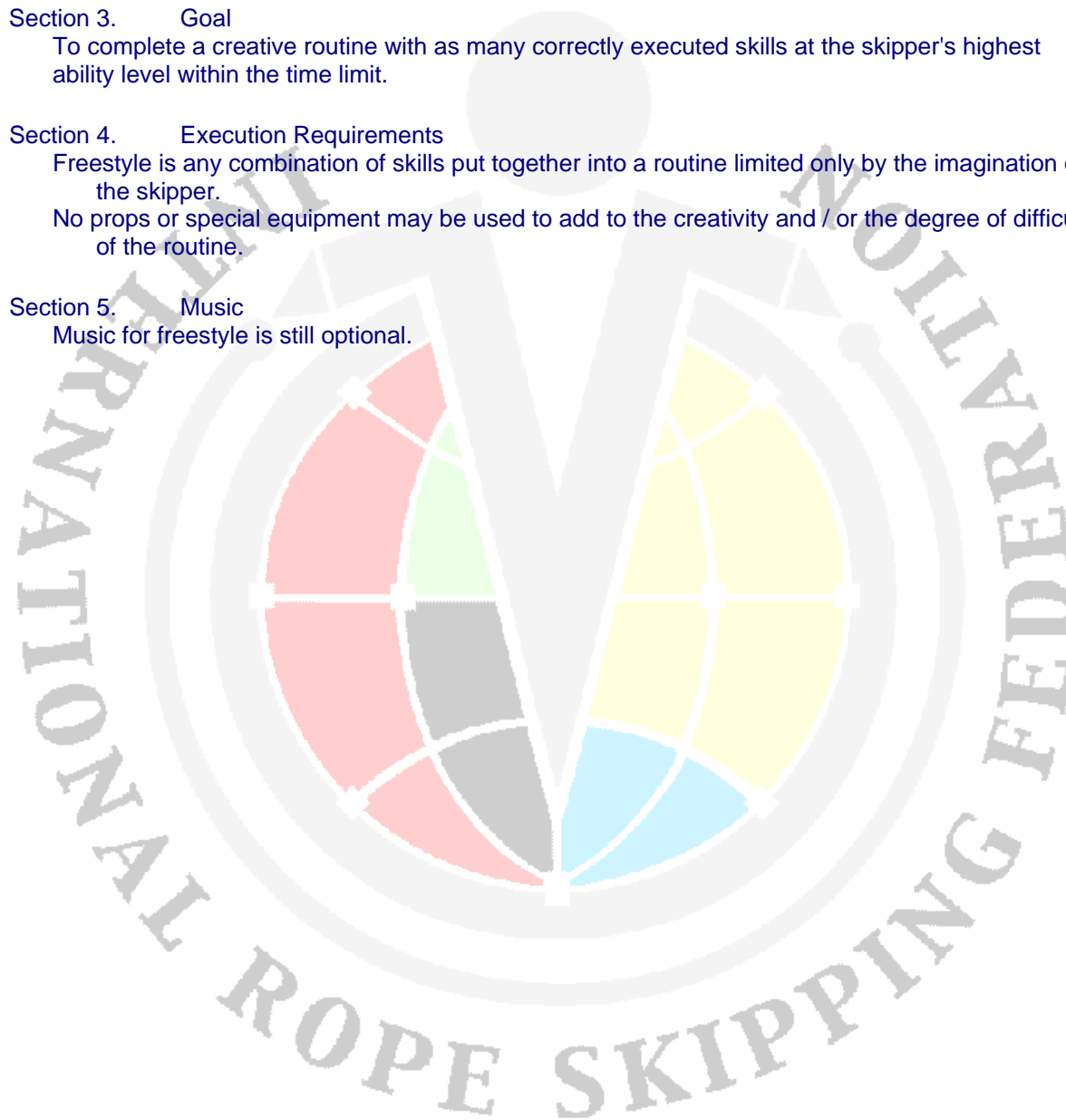
Section 1. Time limit  
Time limit - 45 - 75 seconds.

Section 2. The Call out  
"Judges ready? Skipper ready? You may begin.".

Section 3. Goal  
To complete a creative routine with as many correctly executed skills at the skipper's highest ability level within the time limit.

Section 4. Execution Requirements  
Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper.  
No props or special equipment may be used to add to the creativity and / or the degree of difficulty of the routine.

Section 5. Music  
Music for freestyle is still optional.



## CHAPTER IV – TEAM – Article 1.

### A. SRSR SINGLE ROPE

Speed

Speed Relay

#### Section 1. Time limit

- A 4 x 30 seconds.
- B The 120 seconds (two minutes) time limit runs continuously with no stops or breaks between the skippers.

#### Section 2. The Call out

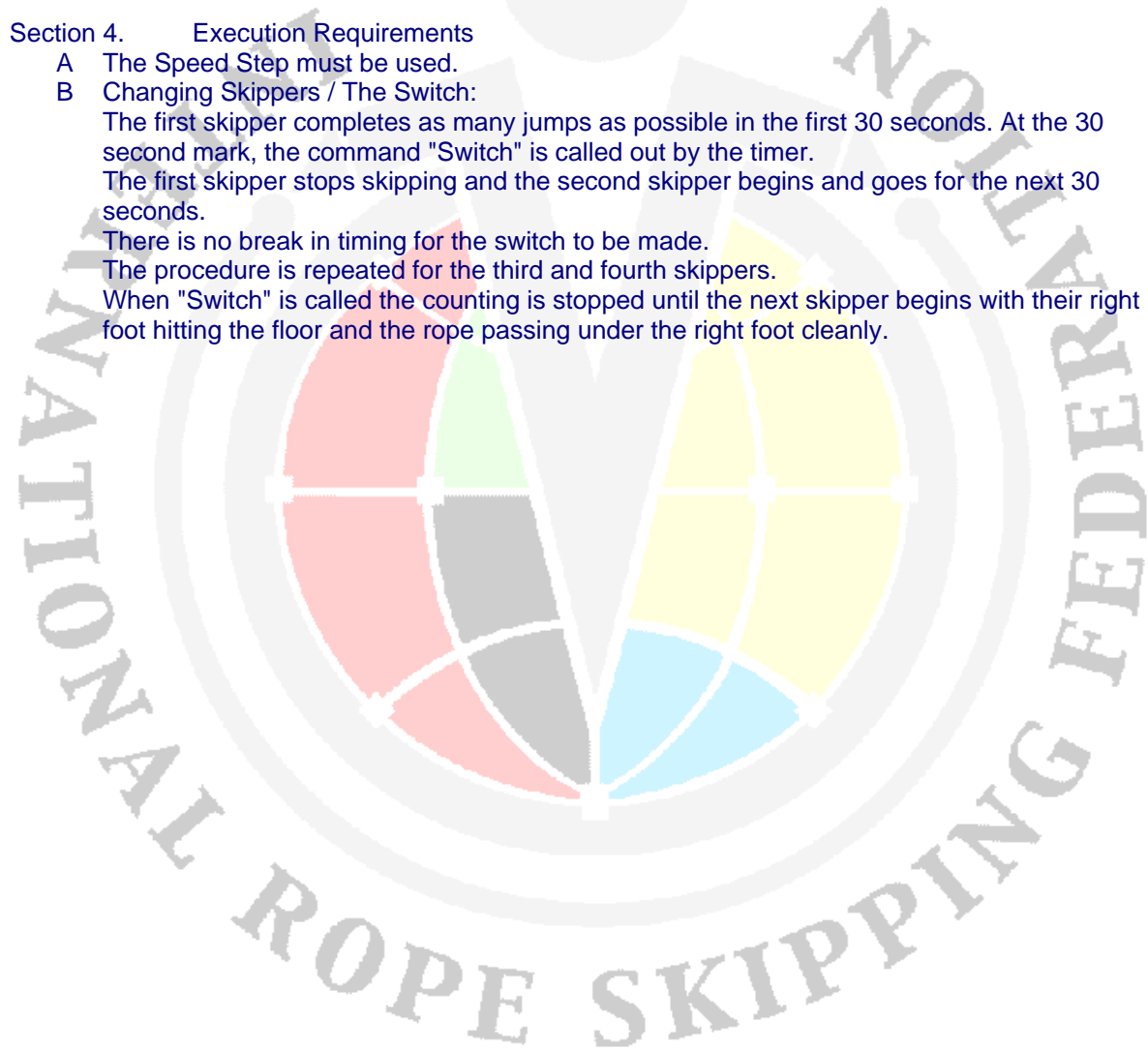
"Judges ready? Skippers ready? Set. Go. 10. 20. Switch. 10. 20. Switch. 10. 20. Switch. 10. 20. Stop."

#### Section 3. Goal

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

#### Section 4. Execution Requirements

- A The Speed Step must be used.
- B 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.  
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.



## CHAPTER IV – TEAM – Article 2.

### B. SRDUR

### SINGLE ROPE

### Speed

### Double Under Relay

#### Section 1. Time limit

- A 4 x 30 seconds.
- B The 120 seconds (two minutes) time limit runs continuously with no stops or breaks between the skippers.

#### Section 2. The Call out

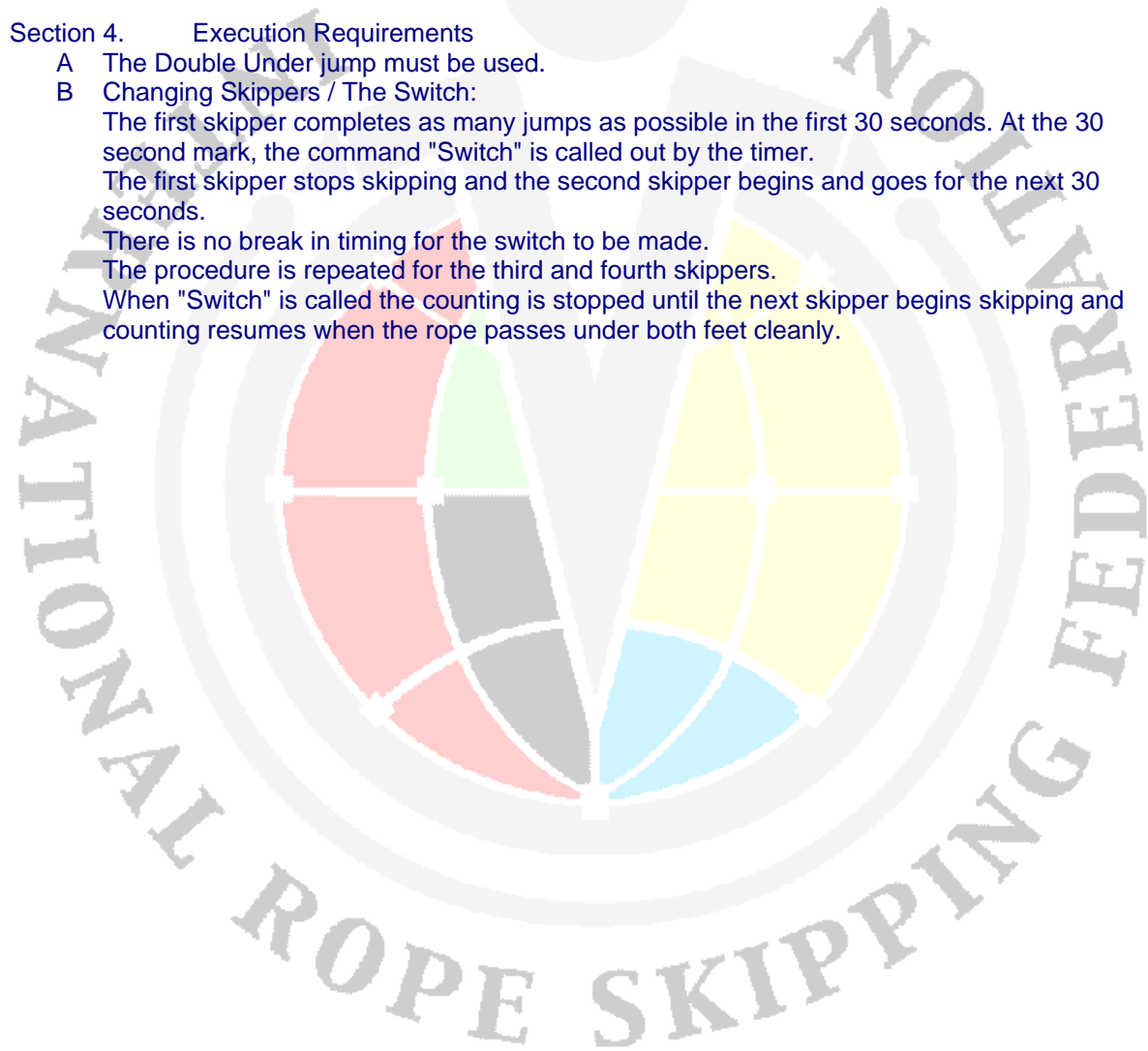
"Judges ready? Skippers ready? Set. Go. 10. 20. Switch. 10. 20. Switch. 10. 20. Switch. 10. 20. Stop."

#### Section 3. Goal

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

#### Section 4. Execution Requirements

- A The Double Under jump must be used.
- B 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.  
When "Switch" is called the counting is stopped until the next skipper begins skipping and counting resumes when the rope passes under both feet cleanly.



**CHAPTER IV – TEAM – Article 3.****C. DDSP DOUBLE DUTCH**

Speed

Pairs

**Section 1. Time limit**

- A 3 x 40 seconds.
- B The 120 seconds (two minutes) time limit runs continuously with no stops or breaks between the skippers.

**Section 2. The Call out**

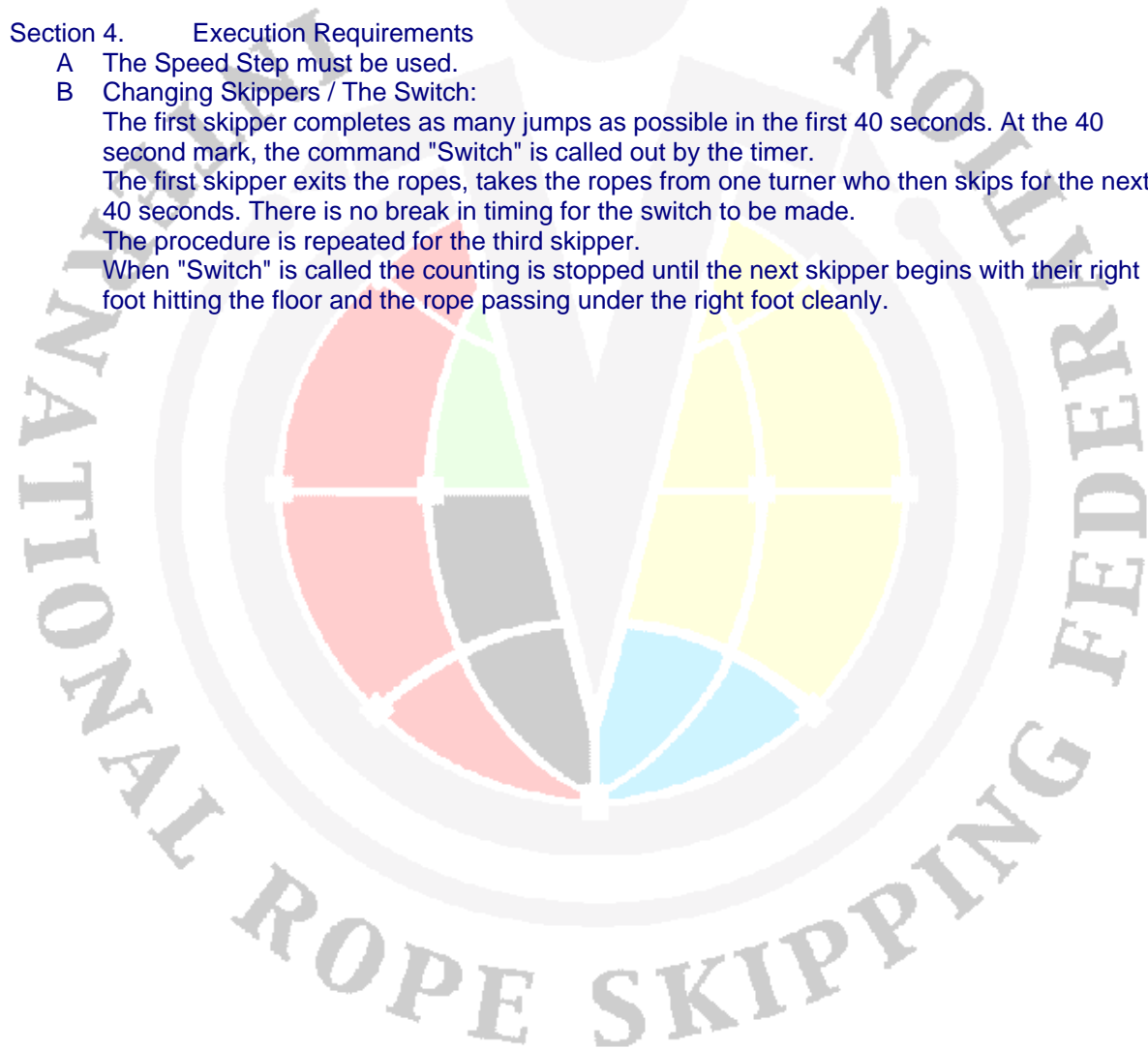
"Judges ready? Skippers ready? Set. Go. 10. 20. 30. Switch. 10. 20. 30. Switch. 10. 20. 30. Stop."

**Section 3. Goal**

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

**Section 4. Execution Requirements**

- A The Speed Step must be used.
- B Changing Skippers / The Switch:  
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 exits the ropes, takes the ropes from one turner who then 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.  
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.



**CHAPTER IV – TEAM – Article 4.****D. DDSR DOUBLE DUTCH**

Speed

Relay

**Section 1. Time limit**

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

**Section 2. The Call out**

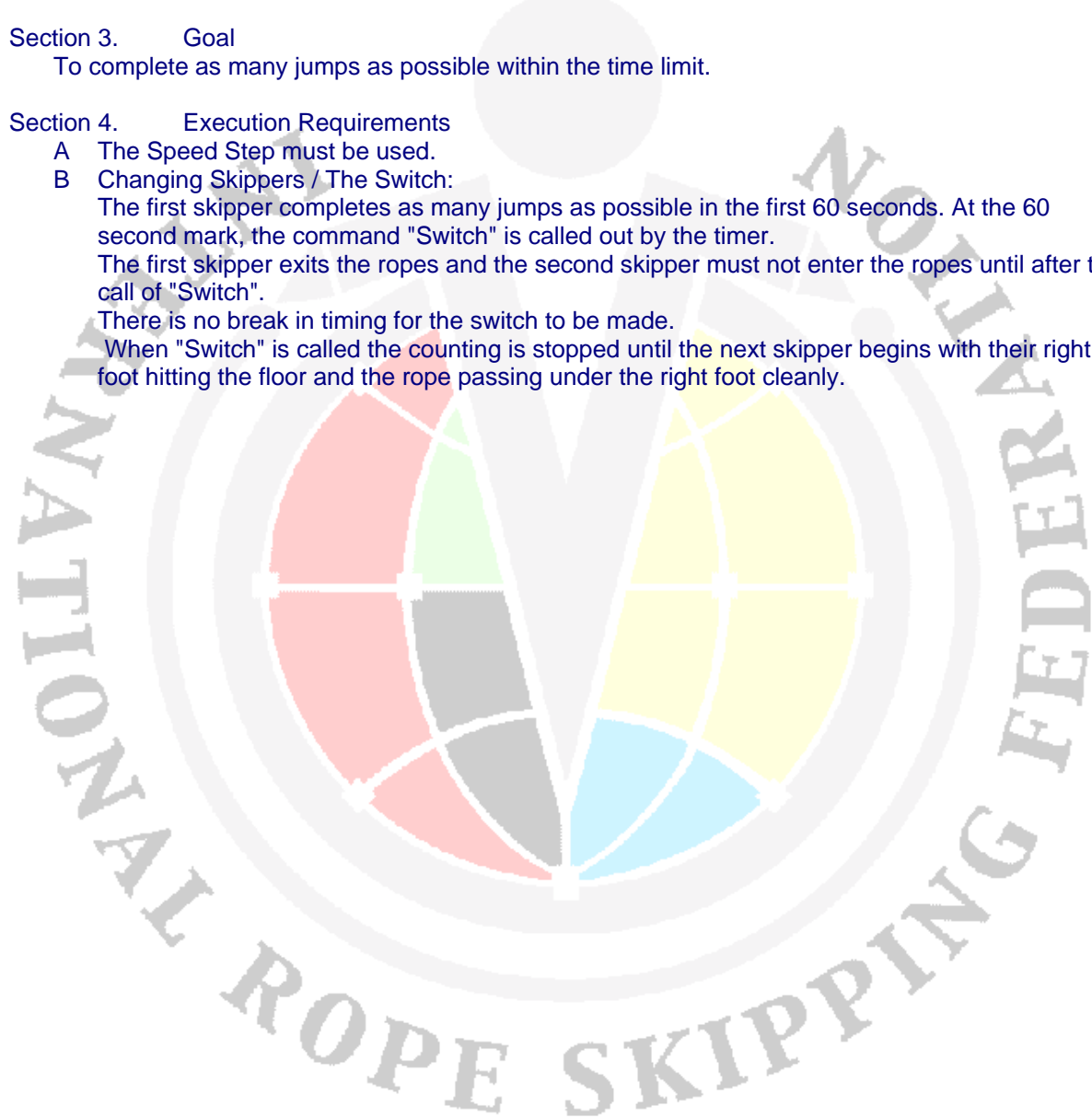
"Judges ready? Skippers, ready? Set. Go. 15. 30. 45. Switch. 15. 30. 45. Stop."

**Section 3. Goal**

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

**Section 4. Execution Requirements**

- A The Speed Step must be used.
- B Changing Skippers / The Switch:  
The first skipper completes as many jumps as possible in the first 60 seconds. At the 60 second mark, the command "Switch" is called out by the timer.  
The first skipper exits the ropes and the second skipper must not enter the ropes until after the call of "Switch".  
There is no break in timing for the switch to be made.  
When "Switch" is called the counting is stopped until the next skipper begins with their right foot hitting the floor and the rope passing under the right foot cleanly.



**CHAPTER IV – TEAM – Article 5.****E. SRFP SINGLE ROPE**

Freestyle

Pairs

**Section 1. Time limit**

- A 45 - 75 seconds
- B The timing of the routine begins as soon as an arm or rope moves or as soon as the first note of the music starts, whichever comes first.

**Section 2: The Call out**

The Call out for the above events will be "Judges ready? Skippers ready? You may begin."

**Section 3. Goal**

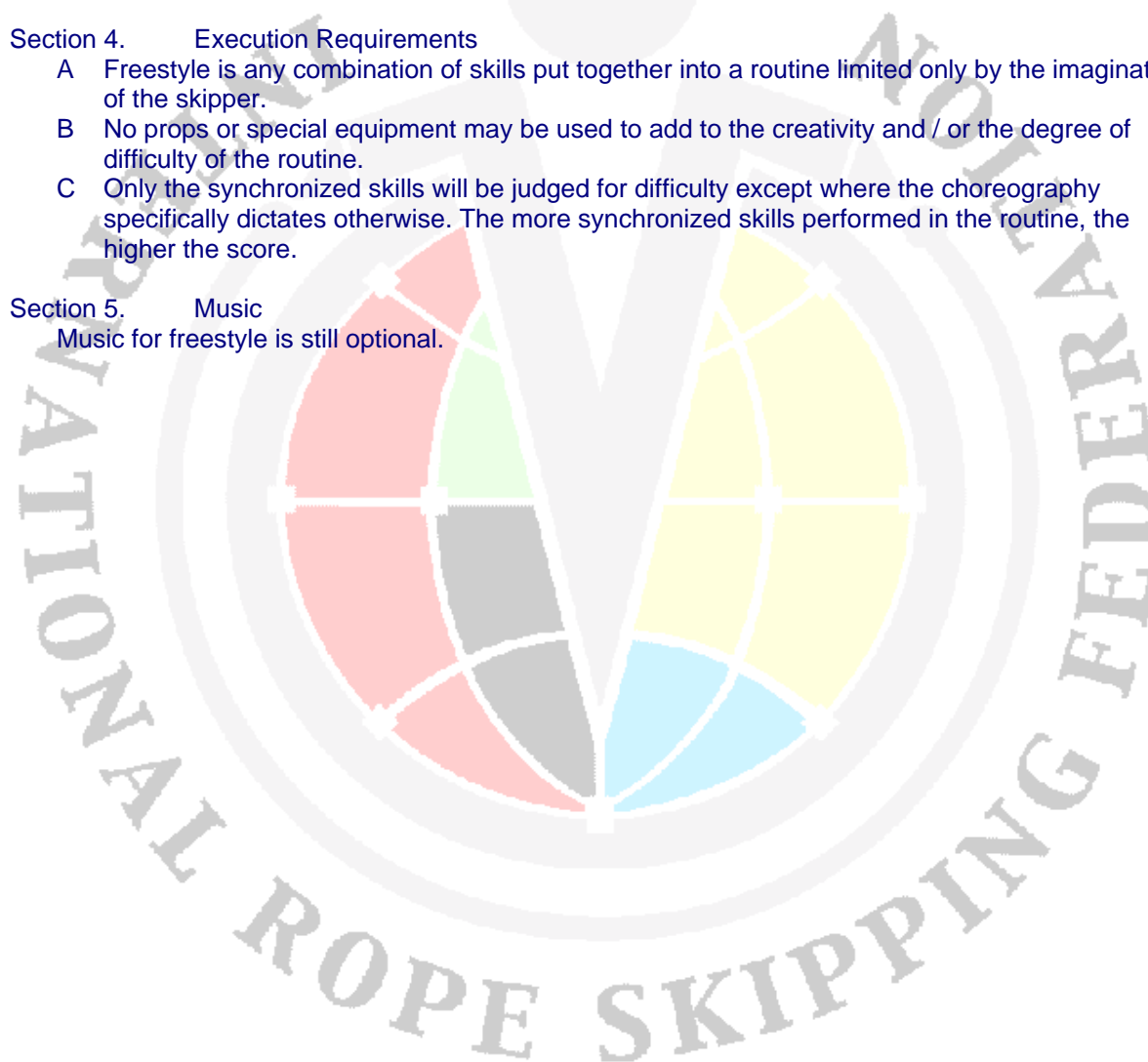
To complete a creative routine with as many correctly executed skills at the skipper's highest ability within the time limit.

**Section 4. Execution Requirements**

- A Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper.
- B No props or special equipment may be used to add to the creativity and / or the degree of difficulty of the routine.
- C Only the synchronized skills will be judged for difficulty except where the choreography specifically dictates otherwise. The more synchronized skills performed in the routine, the higher the score.

**Section 5. Music**

Music for freestyle is still optional.



## CHAPTER IV – TEAM – Article 6.

### F. SRFT SINGLE ROPE

Freestyle

Team

#### Section 1. Time limit

- A 45 - 75 seconds
- B The timing of the routine begins as soon as an arm or rope moves or as soon as the first note of the music starts, whichever comes first.

#### Section 2: The Call out

The Call out for the above events will be "Judges ready? Skippers ready? You may begin."

#### Section 3. Goal

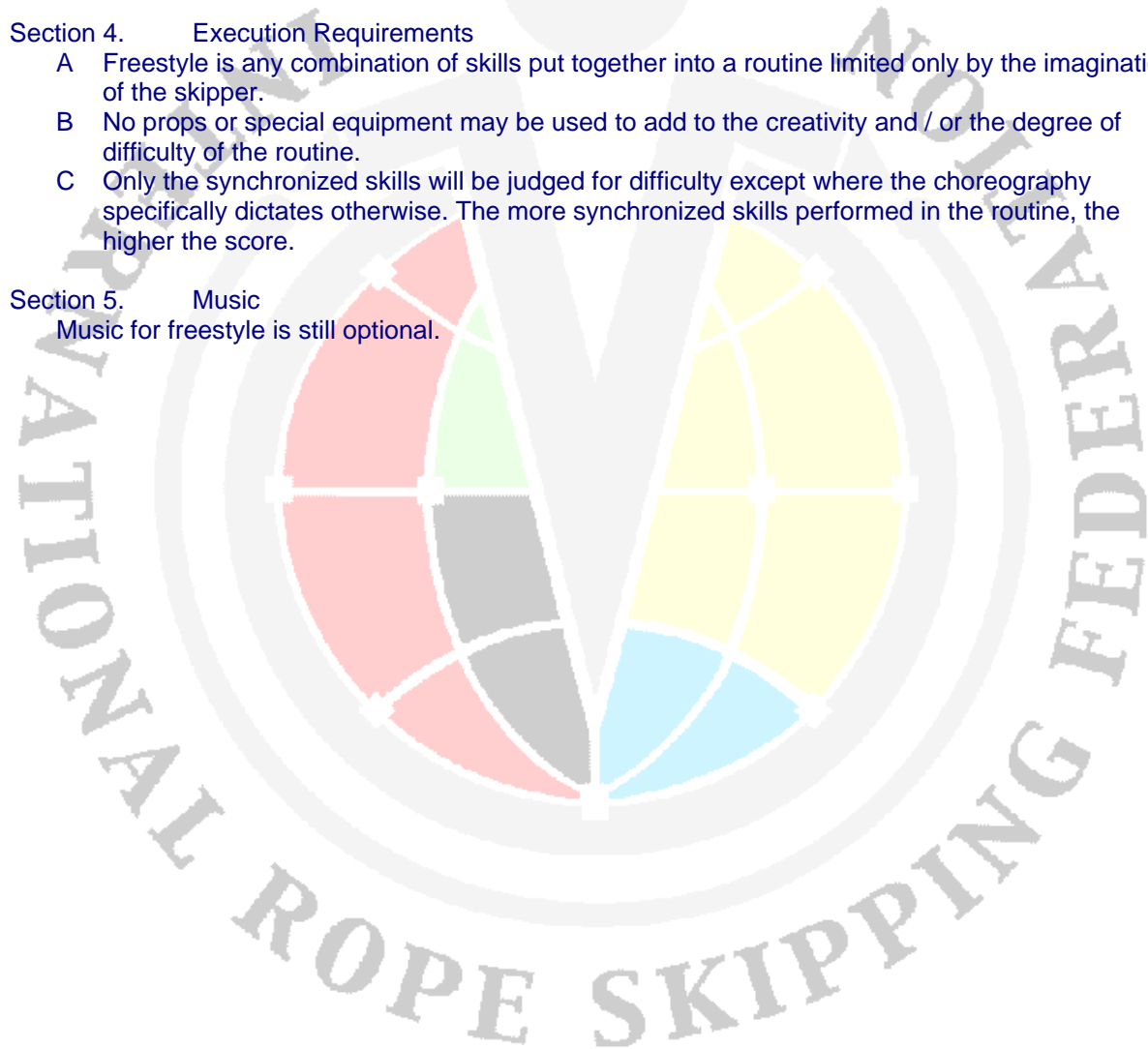
To complete a creative routine with as many correctly executed skills at the skipper's highest ability within the time limit.

#### Section 4. Execution Requirements

- A Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper.
- B No props or special equipment may be used to add to the creativity and / or the degree of difficulty of the routine.
- C Only the synchronized skills will be judged for difficulty except where the choreography specifically dictates otherwise. The more synchronized skills performed in the routine, the higher the score.

#### Section 5. Music

Music for freestyle is still optional.





## CHAPTER IV – TEAM – Article 7.

### G. DDFS DOUBLE DUTCH

Freestyle

Single

#### Section 1. Time limit

45 - 75 seconds

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

#### Section 2. The Call out

The Call out for the above events will be "Judges ready? Skippers ready? You may begin."

#### Section 3. Goal

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

#### Section 4. Execution Requirements

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

All skippers must be involved in the turner involvement.

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

#### Section 5. Props

No props or special equipment may be used.

#### Section 6. Music

Music for freestyle is still optional

## CHAPTER IV – TEAM – Article 8.

### H. DDFP DOUBLE DUTCH

Freestyle

Pairs

#### Section 1. Time limit

- A 45 - 75 seconds
- B The timing of the routine begins as soon as an arm or rope moves or as soon as the first note of the music starts, whichever comes first.

#### Section 2. The Call out

The Call out for the above events will be "Judges ready? Skippers ready? You may begin."

#### Section 3. Goal

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

#### Section 4. Execution Requirements

- A All turners must become jumpers and do a minimum of three (3) skills commensurate with the ability level of the team IN the ropes for the routine to be valid.
- B All skippers must be involved in the turner involvement.
- C Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper.

#### Section 5. Props

No props or special equipment may be used.

#### Section 6. Music

Music for freestyle is still optional

## CHAPTER V – WORLD CUP – Article 1. WORLD CUP

### Section 1. Time limit

- A 4 - 8 minutes
- B At 7 minutes a paddle is held up until the end of the routine or until "TIME" is called.

### Section 2. The Call out

The Call out for the above events will be "Judges ready? Skippers ready? You may begin."

### Section 3. Goal

- A Each team is to complete a routine to music demonstrating a variety of smoothly linked rope skipping elements. Each element should be choreographed with the music in mind and should be performed by as many team members as possible, with as few misses as possible. Teams should strive to complete a polished, energetic and innovative performance that highlights an endless variety of difficult rope skipping elements and skills.
- B The routine should include, but should not be limited by, the following elements of Rope Skipping - Single Rope, Double Dutch, Long Rope, Traveller and Chinese Wheel with maximum involvement by all team members with any length of rope, except where specified. New forms of rope skipping are also encouraged but not essential.

### Section 4. Execution Requirements

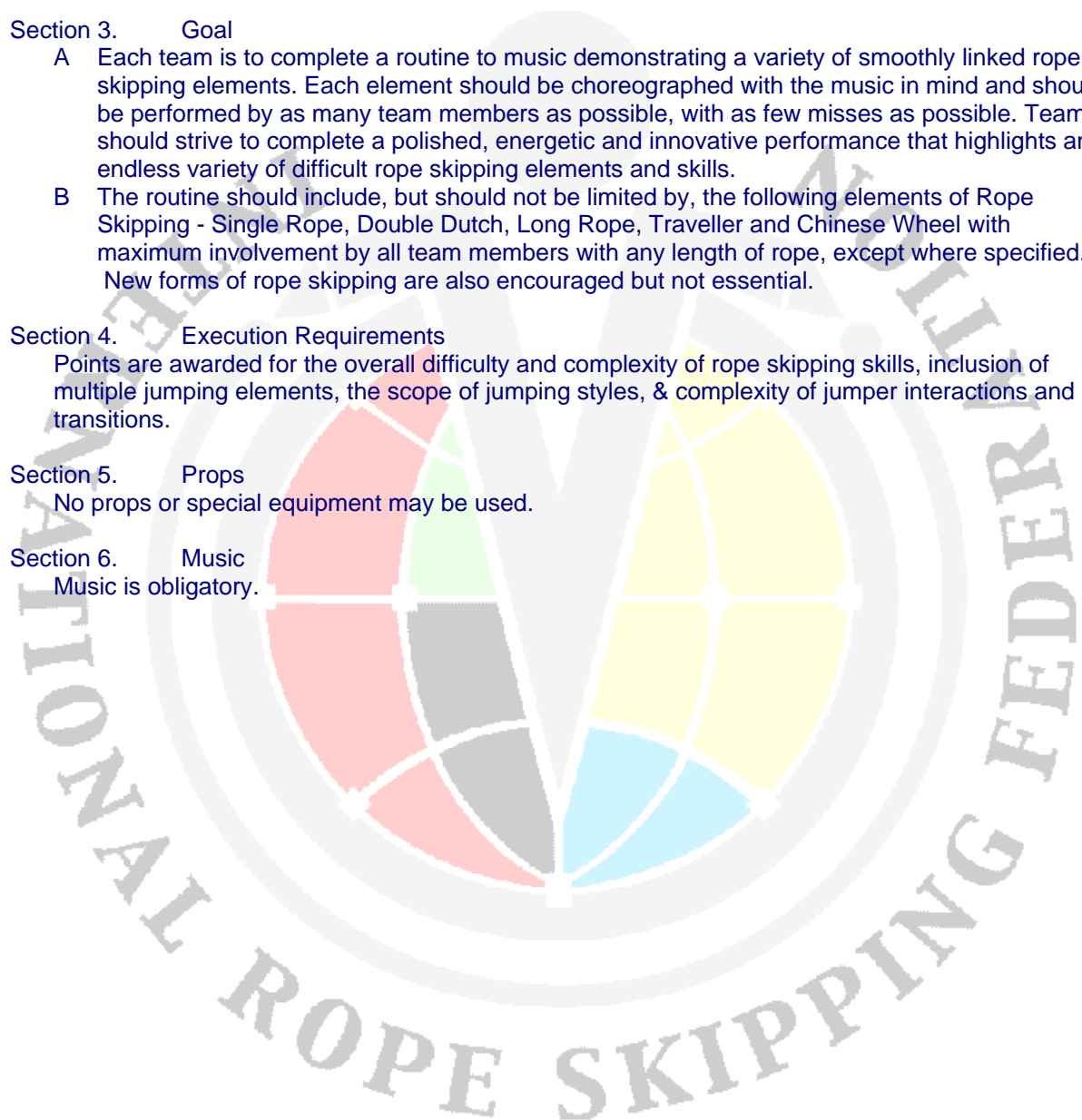
Points are awarded for the overall difficulty and complexity of rope skipping skills, inclusion of multiple jumping elements, the scope of jumping styles, & complexity of jumper interactions and transitions.

### Section 5. Props

No props or special equipment may be used.

### Section 6. Music

Music is obligatory.



## APPENDIX - Article 1. DEFINITION OF TERMS

### Alternating Step

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

See [Speed Step].

### Chinese Wheel

Two or more persons jumping together with interlinked, alternating ropes. Each person holds one end of their own rope and one end held at the other end by another person, such that the ropes alternate while both, or all jumpers jump for each beat of the ropes and perform different skills and exchanges.

### Consecutive Series

Continuously repeating a particular jump or skill (not even a 'basic jump' or 'stop') without any other jumps or without stopping in the series of jumps.

### 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, rope speed changes combined with fancy feet steps, rope direction changes, height changes of the skills and the starting and ending of the routine. All elements must be included in the routine.

### Creativity-judge

Someone who passed the FISAC-IRSF-exam for Category C.

### CRSO - Continental Rope Skipping Organisation

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

### Difficulty

A Skill: The level of a Skill performed; Level 1 to 4.

B Freestyle: The more skills of greater difficulty completed and executed correctly within the time limit will mean the higher the score. However there can only be a maximum of three gymnastic skills in the routine.

### Difficulty-judge

Someone who passed the FISAC-IRSF-exam for Category D.

### Double Dutch

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

### Double Under

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

It is one double revolution of the rope each jump.

### False Start

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

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

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

### False Switch

- A When a skipper enters the ropes and starts skipping before the call of "Switch".
  - a) Single Rope Speed Relay and Double Under Relay: The second, third as well as the fourth skippers must not start before the call of "Switch".
  - b) In Double Dutch Pairs Speed: The second skipper must not enter the ropes until after the call of "Switch"
  - c) 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.
- B If a skipper commits a false switch there will be a 5 point deduction from the skipper's score.
- C If a false switch is detected the judges do not stop the skipper(s), they will be allowed to complete the event.

### FISAC - IRSF sanctioned championship

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

### Head Judge

Someone who passed the FISAC-IRSF-exam for Category A.

### Level 4 Judge

Someone who has passed the FISAC-IRSF-exam on ALL four events.

### Long Rope

Minimum length is 7 meters.

Long ropes being turned and jumped in any fashion.

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

### Meter (dimension)

1 meter = 3.2808 feet = 39.3696 inch

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

### Miss - Major

A major miss will be recorded for more than 2 seconds break, or when the rope is completely stopped. Some examples would be dropping one or both handles of the rope, wrapping the rope so it becomes completely tangled around an ankle, or around the competitor's neck.

A major miss will be communicated to the score-sheet as two mistakes.

In the calculation of the score of the event, a major miss will result in a 1.0 deduction.

### Miss - Minor

A minor miss will be recorded for up to 2 seconds break. Some examples would be catching a rope momentarily on a foot, arm, or perhaps the person's hair.

A save with no time lost will result in no penalty.

A minor miss will be communicated to the score-sheet as one mistake.

In the calculation of the score of the event, a minor miss will result in a 0.5 deduction.

### NRSO - National Rope Skipping Organisation

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

### Prop

Any piece of (special) equipment other than defined under [General - Article 9. ROPES] eg lolo ball, gogo ball, skip stick, mini trampoline, boards, mats, hats, glasses, jeans, shirts etc..

Medic-Alert bracelets are accepted.

### **Running Step**

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

See [Speed Step].

### **Single Rope**

An individual skipper using one (single) rope.

### **Skill**

A skill is a jump performed by one (or more) skipper when passing the rope(s) with both feet in at least one rotation.

A skill is judged as Difficulty.

### **Space violation**

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

B Each time a rope crosses the boundary of the competition area whilst a skipper is performing a skill at any time during the performance of the routine.

Each space violation is minor miss.

### **Speed-judge**

Someone who passed the FISAC-IRSF-exam for Category B.

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

Single Rope:

The official speed-skipping step is a running step or alternating feet in single bounces.

With every turn of the rope it passes under the right foot or left foot cleanly.

In a Speed-event: Every time the right foot touches the ground one jump is counted. Jumps will not be counted while improper skipping is performed.

### **Switch**

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

### **Technical Execution**

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

### **Time Violation**

A Triple Under: If a skipper doesn't start within 10 seconds after "You may begin." has been called out, 5 points will be deducted from the raw score.

B Freestyle: A routine lasting less than 45 seconds and more than 75 seconds will be penalized by adding a major miss.

### **Tournament Director**

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

### **Traveller**

One or more skippers "catching" other skippers with either a Single Rope, Double Dutch or Chinese Wheel.

### **Trick**

A trick is a rope-manipulation which doesn't subscribe for the definition of 'Skill' performed by one (or more) skipper.

A trick is judged as Creativity.

**Triple Under**

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

It is one triple revolution of the rope each jump.



**APPENDIX - Article 2.**  
**SCORESHEETS**

This section will be updated as soon as possible, but has no high priority right now.






**APPENDIX - Article 3.**

**REGISTRATION REQUIREMENTS AND -FORMS**

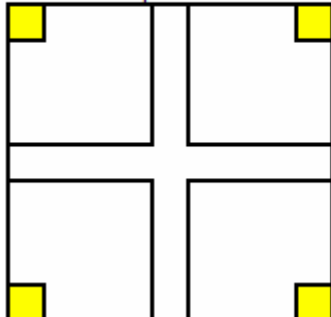
This section will be updated as soon as possible, but has no high priority right now.



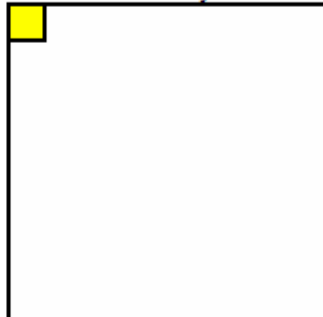
## APPENDIX - Article 4. FLOORPLAN

 Coaches-area

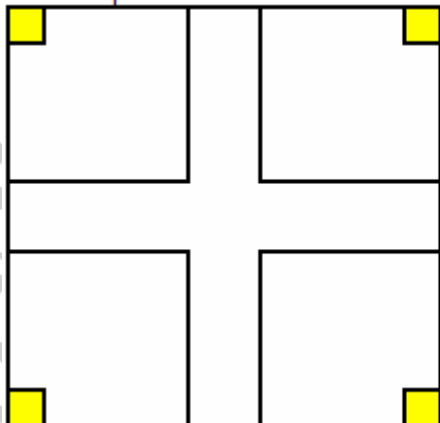
Masters: Speed & Power 4x4



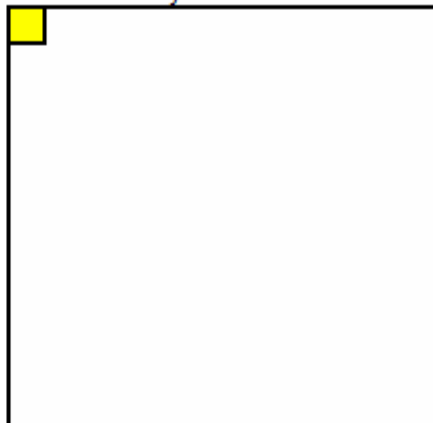
Masters: Freestyle 9x9



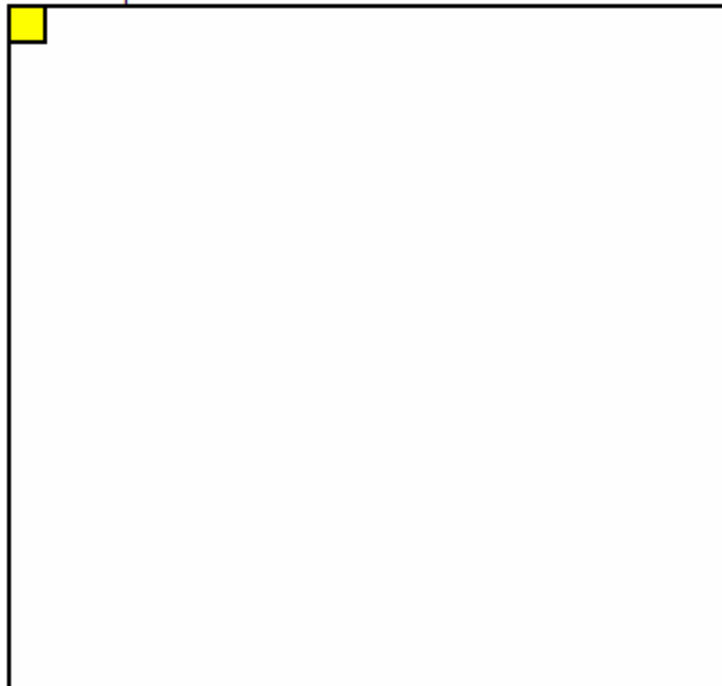
Team: Speed 5x5



Team: Freestyle 12x12



World Cup: 20x20



**APPENDIX - Article 5.**  
**ADDITIONAL**

Section 1.      Tournament Bidding Procedure

- A All bids to host an official FISAC-IRSF Championship must be as per the Official FISAC-IRSF Bid book for the championships of that year.
- B 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.



**APPENDIX - Article 6.**

Additional World Cup information to the Requirements of a routine  
(CHAPTER I, Article 12)

**Section 1. Difficulty****World Cup:**

Skill level	10 points possible
Jumping Elements	10 points possible
Jumping Styles	10 points possible
Interaction	10 points possible
Transitions	10 points possible
(Sub)Total:	50 points possible

**Skill level - 10 points possible**

Skills do not have to be performed at the same time by all participants to receive credit, although the overall effect must be obviously choreographed and planned. If different skills or elements are completed simultaneously, each aspect should complement the other. The more participants completing a skill or routine, means a more credit it gets for difficulty. The more participants that complete the difficult skills, the higher the score.

Category	BASIC (0-4)	ELEMENTARY (5-8)	INTERMEDIATE (9-12)	ADVANCED (13-16)	OUTSTANDING (17-20)
<b>Skill Level</b> How difficult are the skills performed and how many jumpers are demonstrating this level of difficulty?	Mostly basic skills are performed by the group.	A mixture of basic and intermediate skills are performed by most of the group.	The majority of the routine is composed of intermediate skills.	Some skippers perform advanced skills and the majority of the group demonstrates mastery of intermediate skills.	Advanced skills are performed consistently by the majority of the group (not necessarily at the same time).

**Jumping Elements - 10 points possible**

Teams may decide to spend more time on one element than another, may perform different elements simultaneously, or, may include entirely new elements. Elements (such as single rope, Chinese Wheel, Double Dutch, etc) do not have to be completed in isolation. Difficulty increases as elements are integrated (for example: Single Rope inside of Double Dutch or Chinese Wheel inside of Long ropes). Though there is no deduction for not including a particular element, teams score higher when they show an ability to use many elements at an advanced level. The purpose is that audiences are introduced to the wide spectrum of the possibilities in rope skipping.

Category	BASIC (0-2)	ELEMENTARY (3-4)	INTERMEDIATE (5-6)	ADVANCED (7-8)	OUTSTANDING (9-10)
<b>Jumping Elements</b> Has the audience been exposed to a wide spectrum of high level elements (such as; single rope, double dutch, long rope, Chinese wheel, traveller, etc.)?	The performance highlights only a few elements in rope skipping. -or- Most elements are demonstrated, but only at a basic level.		Most traditional elements are demonstrated (single rope, double dutch, long rope, Chinese wheel, traveller, etc).  Most elements are demonstrated at an intermediate level.		Innovative elements are integrated with the traditional elements.  Most elements are demonstrated at an advanced level.

**Jumping Styles - 10 points possible**

The purpose is that the audience sees many styles of jumping and that athletes are versatile in the styles they can jump. Teams that demonstrate a variety of difficult skill styles (cross combinations, multiple-unders, power, switches, timing and directional changes, etc.) will be scored higher than teams that show proficiency in only a few styles.

Category	BASIC (0-2)	ELEMENTARY (3-4)	INTERMEDIATE (5-6)	ADVANCED (7-8)	OUTSTANDING (9-10)
<b>Variety of Jumping Styles</b>	Few jumping styles are demonstrated.		Several jumping styles are demonstrated.		Most jumping styles are demonstrated, even new styles may be introduced.
Has the audience been exposed to a wide spectrum of high level jumping styles (such as; cross combo's, power, rope manipulations, rope releases, switches, turner involvement, multiple unders, power, etc.)?	The skill level across the jumping styles is mostly basic and intermediate.  Individual athletes do not demonstrate versatility in jumping styles.		The skill level across the jumping styles is mostly intermediate.  Athletes show versatility (they are able to both turn and jump various styles).		The skill level across the jumping styles is mostly advanced.  All jumpers show advanced skill levels across various jumping and turning styles.

**Interaction - 10 points possible**

The more interconnected the jumpers are (for example, holding each others ropes, turning for others, maintaining various timing, switching positions, etc.) the more difficult the routine is.

Category	BASIC (0-2)	ELEMENTARY (3-4)	INTERMEDIATE (5-6)	ADVANCED (7-8)	OUTSTANDING (9-10)
<b>Interaction</b> How interconnected are the athletes during the performance?	Infrequent and basic interaction between jumpers.  During most of the routine, a miss by one jumper would not impact other jumpers.	More frequent, basic interaction between jumpers.	Frequent intermediate level interactions between jumpers.  During some parts of the routine, a miss by one jumper would impact many jumpers.	Frequent interaction between jumpers that includes some advanced skills.	Jumpers are constantly interacting with others during complicated sequences involving advanced skills.  During most of the routine, a miss by one jumper would impact many jumpers.

**Transitions - 10 points possible**

Transitions from one element to another should not interrupt the flow of the routine. Transitions can be very simple and unimpressive, or, very complicated, risky, and impressive.

Category	BASIC (0-2)	ELEMENTARY (3-4)	INTERMEDIATE (5-6)	ADVANCED (7-8)	OUTSTANDING (9-10)
<b>Transitions</b> How smoothly do the athletes change from one element to another? How difficult are the transitions?	Transitions between different elements are either easy, or, the ropes stop between elements.	Only a few easy transitions between elements are performed while the ropes are moving.	Transitions between elements are intermediate in level.	A mixture of intermediate and advanced transitions are present.	Seamless and complicated transitions are displayed throughout the performance.

**Section 2. Creativity: 50 points maximum****World Cup:**

TECHNICAL QUALITY	10 points possible
FORM	10 points possible
ORIGINALITY	10 points possible
USE OF MUSIC	10 points possible
PRESENTATION	10 points possible
(Sub)Total:	50 points possible

Points are awarded out of 10 for each creativity sub-section based on the level of mastery or performance displayed, where:

1. 0-2 is Basic
2. 3-4 is Elementary
3. 5-6 is Intermediate
4. 7-8 is Advanced
5. 9-10 is Outstanding.

## 1. TECHNICAL QUALITY - 10 POINTS

The overall effect of misses and the synchronicity of jumpers is judged in the technical quality section. However, misses can have a negative impact on any judged criteria in difficulty or creativity. For example, if there are many misses during a long rope sequence, there could also be reduced scores in choreography because the routine no longer matched the music. It could also show through reduced scores in the difficulty sub-section on elements, because only a beginning level of long ropes was demonstrated.

Skills do not have to be performed at the same time by all participants to receive credit, although, the overall effect must be obviously choreographed and planned. If different skills or elements are completed simultaneously, each aspect should complement the other. Otherwise, judges may interpret the skills as misses.

Category	BASIC (0-2)	ELEMENTARY (3-4)	INTER-MEDIATE (5-6)	ADVANCED (7-8)	OUTSTANDING (9-10)
<b>Misses</b> How many mistakes are present? What impact do the mistakes have on the performance?	The mistakes greatly impact most of the performance.	The mistakes detract from many parts of the performance.	The mistakes interrupt a few parts of the performance.	Mistakes are present but infrequent.  The mistakes are only slightly noticed throughout the routine.	Few mistakes are made.  The mistakes do not detract from the overall performance.
<b>Synchronicity</b> Is the group synchronized (or together) throughout the performance?	Most team members are out of sync most of the time.	Some team members are out of sync.	Some team members are out of sync some of the time.	Occasional lack of synchronicity does not detract from the performance.  Differing synchronization of skippers is view as planned.	Every team member is completely synchronized the majority of the performance, except where choreography dictates otherwise.



## 2. FORM - 10 POINTS

Points are given for the form in which skills and formations are completed.

Category	BASIC (0-2)	ELEMENTARY (3-4)	INTER-MEDIATE (5-6)	ADVANCED (7-8)	OUTSTANDING (9-10)
<b>Jumping Form</b> Do the jumpers perform skills in a visually pleasing way? (Pointed toes, straight posture, etc.)	Most skills are performed in a sloppy manor.	A few skills are performed nicely, but most are sloppy.	Some skills are performed using good form, but other skills are performed using bad form.	Most skills are performed using good form, with only a few breaks of imperfect form.	All skills are performed using excellent form. Even difficult skills look aesthetically pleasing and smooth.
<b>Precision of Formations &amp; Movements</b>  What is the frequency, precision, and overall effect of the formations and movement?	Little attempt is made to execute straight lines or precise geometric formations.	The routine has some formations.  The formations are untidy.	Formations and lines are recognizable though not perfect.	Many formations are present during the routine.  Minor breaks in formation do not detract from the performance.	The routine constantly flows from one geometric formation to the other.  Formations are recognizable, precise, and aesthetically pleasing.

## 3. ORIGINALITY - 10 POINTS

The use of imaginative or unique skills, elements, formations, transitions, and combinations.

Category	BASIC (0-2)	ELEMENTARY (3-4)	INTER-MEDIATE (5-6)	ADVANCED (7-8)	OUTSTANDING (9-10)
<b>Originality</b>  How creative, original, and innovative is the routine?	Much of the routine was boring or repetitious.	The routine highlighted a few innovative skills, elements, formations, transitions, or combinations.	Many unique skills, elements, formations, or transitions were presented or combined in an original way.	The entire routine was innovative. It contained many surprising and new skills, elements, formations, transitions, and combinations.	Entire performance is innovative, displaying many creative and original skills, formations, transitions, and elements that complement each other.

#### 4. USE OF MUSIC - 10 POINTS

Music selection should enhance the rope skipping choreography and the rope skipping should enhance the music.

Category	BASIC (0-2)	ELEMENTARY (3-4)	INTER-MEDIATE (5-6)	ADVANCED (7-8)	OUTSTANDING (9-10)
<b>Music</b>  Does the music and jumping match?  How powerful is the choreography?	No effort has been made to choreograph the routine to the music.  The music is simply in the background.	The routine mostly fits with the music.  The result of the choreography is not very particularly impressive (it is bland).	Most of the routine fits with the music.  The choreography highlights a few aspects of the performance.	All of the routine is obviously choreographed to the music.  Some moments are particularly moving.	The choreography of the routine perfectly matches the music.  The choreography is particularly moving.  The resulting effect is that both the music and the skipping are enhanced.
<b>Pace/Style changes</b>  Does the music and rope skipping have a variety of paces and styles?	The performance has a variety of rope skipping pace and style changes, but they don't match the music.	Rope skipping pace and style changes are only loosely tied to music.	Some of the pace and style changes match the music.	Most of the rope skipping pace and style match the music.	There are many changes in pace and style. The rope skipping pace and style changes enhance the impact of the music, and visa versa.

## 5. PRESENTATION - 10 POINTS

The overall presentation or impression of the performance including the opening, the finale, entering and exiting the performance area, the ease of the execution of the skills. The routine should be entertaining to watch.

Category	BASIC (0-2)	ELEMENTARY (3-4)	INTER-MEDIATE (5-6)	ADVANCED (7-8)	OUTSTANDING (9-10)
How impressive, original, and innovative is the presentation of the performance?	The entire performance from start to end left a poor impression.	The routine had some elements of good presentation but mostly left a poor impression.	The routine was well presented overall and the entire performance from start to end left a fair impression.	The entire routine was well presented with minor exceptions.  Thought had been given to the entertainment factor.	Excellent performance in all respects. The overall presentation from start to end left a very good impression.  Care had been taken to present the routine in the best possible way to entertain the audience.

**APPENDIX - Article 7.****Skill list**

This Skill-list is not yet updated.

The updated Skill-list will be presented August 1<sup>st</sup> 2005.

Until then, please use this skill-list, where

Level 1 = Beginner

Level 2 = (Low) Intermediate

Level 3 = (High) Intermediate

Level 4 = Advanced

.....

**- Single Rope**

1.100 Double Bounce, a.k.a. Rebound Jump  
 1.102 Jogging (speed) step, a.k.a. Jog Step, Single-Skip, Alternating-Step  
 1.104 Skier, a.k.a. Side-to-Side, Slalom  
 1.105 Bell, a.k.a. Front-Back  
 1.107 Toe Tap, a.k.a. Toe Touch  
 1.108 Heel Tap, a.k.a. Heel Touch  
 1.110 Peek-A-Boo,  
 1.111 Rocker, a.k.a. Cradle, Back + Front Lunge  
 1.114 Fling,  
 1.115 High Knee,  
 1.119 Side Straddle, a.k.a. Jumping Jacks  
 1.122 Forward Straddle, a.k.a. Jump Scissors  
 1.137 Single and Double Side Swing,  
 1.161 Grass Cutter, a.k.a. Mushroom  
 1.171 Hopscotch,  
 1.172 One-foot Jump, a.k.a. One-foot Bounce  
 1.173 Knee Lift, a.k.a. High Step  
 1.174 Shuffle, a.k.a. Scaal, Scoot  
 1.175 Heel Lift,  
 1.176 Front Lunge,  
 1.177 Back Lunge,  
 1.178 Hitch Kick,  
 1.179 Straddle Split,  
 1.180 Hop Scotch,  
 1.181 Buffalo Shuffle,  
 1.182 Razzle Dazzle, a.k.a. Hop Kick  
 1.183 Shottisch,  
 1.184 Brush Shuffle,  
 1.185 Hustle Step,  
 1.186 Squat Jump: Side Straddle, a.k.a. Spread Eagle  
 1.187 Squat Jump: Front Kick,  
 1.188 Side Straddle + Front Cross,  
 1.189 Front Kick + Front/Back Cross, a.k.a. E.B. with a kick  
 1.200 Basic Jump, a.k.a. Two-foot Jump, Single Bounce  
 1.202 Run Step,  
 1.203 Twister, a.k.a. Twist  
 1.206 The Box,  
 1.207 Toe To Toe,  
 1.208 Heel To Heel,  
 1.210 Double Peek-A-Boo,  
 1.212 Wallow, a.k.a. Leg Swing, Pendulum, Side-to-side

1.213 Wing Ding,  
 1.214 Irish Fling,  
 1.215 High Knee Cross Over,  
 1.218 Swing Step, a.k.a. Swing Kick  
 1.219 The X, a.k.a. Cross Step, Straddle Cross  
 1.221 Toes In,  
 1.222 Scissors,  
 1.223 Double Straddle,  
 1.224 Criss Cross, a.k.a. Crossover, Forward / Front / Switch Cross  
 1.271 Pollywog,  
 1.300 Double Under, a.k.a. Double  
 1.302 Boxer,  
 1.303 Advanced Twister,  
 1.309 Heel to Toe,  
 1.310 Grape Vine,  
 1.311 W.W. Kick, a.k.a. Heel Click  
 1.315 Can Can,  
 1.316 Frog Can Cans, a.k.a. Frog Kicks  
 1.318 Brush Kick,  
 1.319 Cossack ,  
 1.320 Spread Eagle,  
 1.321 Wounded Duck, a.k.a. Toes In + Toes Out  
 1.322 Split Hop, a.k.a. Daffy  
 1.339 Side Swing Criss Cross, a.k.a. Matador Cross, Twirly Bird  
 1.400 90 (turn to the side), a.k.a. Quarter Turn  
 1.411 90 (turn to the side), a.k.a. Quarter Turn  
 1.500 180 (turn to the back), a.k.a. Half Turn, Turn About  
 1.511 180 (turn to the front), a.k.a. Half Turn, Turn About  
 1.513 Full Turn (2 Side Swings),  
 1.600 180 with Cross, a.k.a. 180 + Front Cross, Cross with Half Turn  
 1.601 360,  
 1.609 360 (Texas style),  
 1.612 Mad Dog, a.k.a. Reversing Poles, Reversing 180's  
 1.615 Full Twist, a.k.a. Spinner  
 1.700 Squat Thrust (Fake Push-up),  
 1.900 Cart Wheel,  
 1.902 Basic Round Off,  
 1.904 Handspring,  
 1.999 Candy Apple,  
 2.126 Cross Cross, a.k.a. Cross Recross  
 2.127 E.B., a.k.a. Sailor, Split Cross,

Front/Back Cross  
 2.140 Double Under Side Swing,  
 2.152 Caboose Cross, a.k.a. Downunder  
 Cross, Contra-leg Cross  
 2.153 Crougar (with Side Swing out), a.k.a.  
 Leg Over, Inside Leg Tuck  
 2.154 Toad, a.k.a. Front/Contra-leg Cross  
 2.169 Bubble,  
 2.171 Hurricane,  
 2.225 Double Under Criss Cross (1), a.k.a.  
 Double Under + Front Cross  
 2.228 Double Under E.B.,  
 2.229 Backward E.B.,  
 2.230 C.L., a.k.a. Two-leg/Back Cross  
 2.233 A.S., a.k.a. T.S. behind the knees, Two-  
 leg Cross  
 2.234 C.N., a.k.a. Two-leg/Overhead Cross  
 2.235 Megan 1,  
 2.239 Double Under Side Swing Criss Cross  
 (R),  
 2.240 Triple Under Side Swing (1),  
 2.241 Triple Under Side Swing 3),  
 2.252 Cowboy Caboose,  
 2.254 Backward Toad,  
 2.255 Backward Inverse Toad,  
 2.256 Elephant Toad,  
 2.257 Side Swing Toad,  
 2.271 Funky Chicken, a.k.a. Arm Tuck  
 2.326 Double Under Cross Cross, a.k.a.  
 Double Under + [Front Cross + Recross]  
 2.331 T.S., a.k.a. (Behind the) Back Cross,  
 Hands uffed Cross  
 2.332 Megan 6,  
 2.334 K.N., a.k.a. Overhead/Contra-leg Cross  
 2.335 Backwards Megan 1,  
 2.336 Megan 2,  
 2.352 Caboose,  
 2.356 Backward Eepphant Toad,  
 2.371 Chicken, a.k.a. Two-arm Tuck  
 2.413 Backward Full Turn,  
 2.414 Fake 1½ Turn,  
 2.419 Marlee,  
 2.501 Double Under 360,  
 2.508 Side Swing Cross Double Under 360,  
 2.510 Megan 5,  
 2.516 Full Twist with Cross,  
 2.517 E.B. Full Twist,  
 2.700 Push up,  
 2.711 Frog, a.k.a. Mule Kick, Hand Stand,  
 Donkey Kick  
 2.805 Crabs,  
 2.811 Double Under Frog,  
 2.997 Suburban Hemisphere,  
 2.998 L.S. Cross,  
 3.100 Triple Under, a.k.a. Triple  
 3.142 Double Side Swing Under,  
 3.155 Inverse Toad,  
 3.159 Awesome Annie,  
 3.161 Grass Cutter Double under, a.k.a.  
 Mushroom Double Under

3.162 Buddy Bounce (1), a.k.a. Bum Bounce,  
 Butt Jump, Seat Pop-up  
 3.163 Belly Bounce (AYOR !), a.k.a. Belly  
 Jump, Tommy Pop-up  
 3.164 Back Bounce (AYOR !), a.k.a. Back  
 Jump, Back pop-up  
 3.165 Lariat, Wrong!  
 3.227 E.B. Annie,  
 3.230 C.L. Weave (1),  
 3.237 Side Swing E.B. Double Under,  
 3.239 Side Swing T.S.,  
 3.242 Double Side Swing Under, a.k.a. Double  
 under + [Side Swing + Open]  
 3.258 Retarded Toad,  
 3.262 Buddy Bounce (2), a.k.a. Bum Bounce,  
 Butt Jump, Seat Pop-up  
 3.362 Buddy Bounce (3), a.k.a. Bum Bounce,  
 Butt Jump, Seat Pop-up  
 3.404 E.K., a.k.a. E.K. Full Twist, Double  
 Under + 360  
 3.500 180 Triple Under,  
 3.507 E.K. with Cross, a.k.a. Double Under +  
 360 + [Open + Front Cross]  
 3.508 E.K. landing with Cross, a.k.a. Double  
 Under + 360 + [Front Cross + Open]  
 3.517 E.B. Full Twist,  
 3.518 B.C. Full Twist, Double Under + [Outside  
 Leg Tuk + Open]  
 3.607 E.K. with Cross Cross, a.k.a. Double  
 Under + 360 + [Front Cross + Recros]  
 3.700 Walker Push-up, Wrong!  
 3.701 Push-up with Cross,  
 3.706 Crabs with Cross,  
 3.713 Frog to Criss Cross,  
 3.802 Push-up to C.L.,  
 3.803 Push-up to A.S.,  
 3.814 Frog to C.L.,  
 3.815 Frog to A.S.,  
 3.991 K-Mile,  
 3.992 Webskipper,  
 3.993 Mission Impossible,  
 3.994 Suburban Hemisfour,  
 3.995 Byrons Lariat (backward), Byrons Crab  
 3.996 L.R.,  
 3.997 Indy,  
 3.998 Awesome Jerry,  
 4.100 Quadruple, a.k.a. Quadruple Under,  
 Quad  
 4.130 C.L./A.S.,  
 4.131 C.L./C.L.,  
 4.134 A.S./T.S.,  
 4.135 A.S./A.S.,  
 4.138 T.S. T.S.,  
 4.139 T.S./A.S.,  
 4.143 Double Under with Side Swing Toad,  
 4.144 T.J. Triple Cross,  
 4.151 Johmmy,  
 4.152 Double Under Caboose to Caboose  
 Cross,  
 4.167 Son Rise, a.k.a. Son Rise (P)



4.168 Son Set, a.k.a. Son Set (C)  
 4.171 Slam Dunk,  
 4.200 Quintuple, a.k.a. Quintuple Under  
 4.224 Crazy Criss Cross,  
 4.225 Triple Under with Crosses (1),  
 4.233 Backward A.S.,  
 4.236 A.S./C.L.,  
 4.237 Megan 3 (Side Swing),  
 4.240 Quadruple Under Side Swing,  
 4.246 T.J. Triple landing in A.S. ,  
 4.247 T.J. Triple landing in E.B.,  
 4.249 T.J. Triple landing in Caboose,  
 4.250 T.J. Triple landing in Caboose Cross,  
 4.259 Annie Weave,  
 4.300 Sixtuple, a.k.a. Sixtuple Under  
 4.327 Triple Under E.B. toad,  
 4.333 A.S. Triple Under,  
 4.336 A.S./C.L./T.S.,  
 4.339 Double Under T.S.,  
 4.343 Triple Under Side Swing Toad,  
 4.345 Retarded T.J.,  
 4.348 T.J. Triple landing in C.L.,  
 4.402 360 C.L.,  
 4.404 Backward E.K.,  
 4.415 1½ Full Twist, a.k.a. 540, One and Half Turn  
 4.503 Sparkolta,  
 4.504 Double Under E.K.,  
 4.509 Side Swing E.B. Double Under,  
 4.515 Double Under Full Twist,  
 4.601 Triple Under 360,  
 4.605 E.K. A.S.,  
 4.606 E.K. C.L.,  
 4.609 The Ghost, a.k.a Quadruple E.K. (Texas style)  
 4.610 The Ghost (backward),  
 4.707 E.B. Crab,  
 4.708 Toad Crab,  
 4.712 Belch Frog,  
 4.800 Kamikaze, a.k.a. Kamakaze, Push-up to Push-up  
 4.805 Crab Double Under (AYOR !),  
 4.809 E.B. Toad Crab,  
 4.811 Frog: backward,  
 4.813 Frog: two footed,  
 4.814 Frog Double Under,  
 4.816 Walker Frog,  
 4.900 Lasso Cartwheel,  
 4.902 Round of Back with rotation of rope,  
 4.905 Flip,  
 4.906 Kip,  
 4.908 Suicide, a.k.a. 3/4 Somersault  
 4.909 Salto, a.k.a. Fw Flip, Fw Tuck, Fw Salto, Fw Somersault  
 4.984 Dive Roll Kip,  
 4.985 Moose Drop,  
 4.986 Crazy Cross,  
 4.987 E.K. Full Twist Quint,  
 4.988 B.J. Full twist in Quad,  
 4.989 Side Swing Criss Cross C.L. Open,

4.990 Side Swing Double Under Frog,  
 4.993 B.C.M.G. Release,  
 4.994 Quad T.J.,  
 4.995 Flipmat,  
 4.996 Quad Inverse T.J.,  
 4.997 Maarten Caboose,  
 4.998 Le Nietjee,

**These skills will be judged as [Creativity] since there is no jumping over the rope!!**

1 Side Swing **a.k.a.** Left Side, 2-hand variation  
 2 Front Swing **a.k.a.** Propellor, Twirl  
 3 Overhead Swing **a.k.a.** Helicopter  
 4 Back Swing  
 5 Figure-8 Whirl **a.k.a.** Side-to-Side  
 6 Front-back Figure-8 Whirl **a.k.a.** Samurai  
 7 180 Side Swing  
 8 180 Figure-8 Whirl  
 9 Matador Whirl **a.k.a.** Twirly Bird  
 10 Close-quarter Whirl  
 11 Open Layout Whirl  
 12 Cross Layout Whirl  
 13 Back Sneak Whirl  
 14 Fake Front / Back Cross Whirl  
 15 Extended Lariat  
 16 Low Horizontal Lariat  
 17 High Horizontal Lariat  
 18 Vertical Lariat  
 19 Swing Wrap  
 20 Waist Wrap  
 21 Forearm Wrap  
 22 Back Cross Forearm Wrap  
 23 Ipsi Leg Wrap  
 24 Contra-leg Wrap  
 25 Contra-wrist Wrap  
 26 Ipsi-wrist Wrap  
 27 Two-wrist Wrap  
 28 Transient Swing Wrap  
 29 Transient Neck Wrap  
 30 Transient Shoulder Wrap  
 31 Transient Contra-wrist Wrap  
 32 Transient Ipsi-wrist Wrap  
 33 Transient Extended Waist Wrap  
 34 Transient Extended Neck Wrap  
 35 One Step-trough **a.k.a.** The Weave  
 36 Cross Step-trough  
 37 Half Open Step-through  
 38 Jumping Open Step-trough  
 39 Spinning Step-trough  
 40 Front Kick Step-through  
 41 Round Kick Step-trough  
 42 Awesome Annie (!!!!!!!)  
 43 Swing Catch  
 44 Overhead Catch  
 45 Foot Catch  
 46 Side Foot Catch  
 47 Shoulder Catch  
 48 Two-shoulder Catch  
 49 Cat's Cradle Catch  
 50 Front Exchange

- 51 Back Exchange
- 52 Bowed Exchange
- 53 Contra-leg Exchange
- 54 Double Contra-leg Exchange
- 55 Front Retrieval
- 56 Back Retrieval
- 57 Straddle Retrieval
- 58 180 Retrieval
- 59 Contra-leg Retrieval
- 60 Over & Under Retrieval
- 61 Open Toss
- 62 Side Toss
- 63 Shoulder Toss
- 64 Contra-shoulder Toss
- 65 Contra-leg Toss
- 66 Extended Horizontal Toss
- 67 Synchronous Bola
- 68 Asynchronous Bola
- 69 Counter-rotating Bola
- 70 Front Cross Bola
- 71 Overhead / Contra-leg Cross Bola
- 72 Front to Back Bola
- 73 Figure-8 Bola
- 74 See Saw Bola
- 75 Butterfly Bola
- 76 Double Butterfly Bola
- 77 180 Butterfly Bola
- 78 Pinwheel Bola
- 79 Poi Bola
- 80 One-hand Bola
- 81 Cartwheel
- 82 Aerial Cartwheel
- 83 Roundoff
- 84 Front Handspring
- 85 One-hand Walkover
- 86 Foot Strike
- 87 Foot Flick

#### - Double Dutch

#### - Ins and Outs

- 1.1 Enter or exit next to the turner,
- 1.2 Enter or exit from both sides of the turner,
- 1.3 Enter from under the legs of the turner,
- 1.4 Exit ropes from beneath the legs of the turner,
- 1.5 Jump into the ropes from over the head of the seated turner,
- 2.1 Round Off into or out of the ropes,
- 2.2 Handspring into or out of the ropes,
- 2.3 Leap Frog over turner (leaning over),
- 2.4 Front Roll in,
- 2.5 Back Roll in,
- 3.1 Leap Frog over turner (standing upright),
- 3.2 Leap Frog over partner (from the side),
- 3.3 Kip in the middle of the ropes,
- 3.4 Lifted Aerial (Gymnastics over turner),
- 3.5 Jump into ropes from leaping over the turner,
- 3.6 Leap Frog over the partner who is behind/in front of turner,

- 3.7 Vaults,
- 3.8 Toe Pitch,
- 3.9 Spotted Aerial in,
- 3.10 Front Tuck In,
- 3.11 Handspring In,
- 3.12 Suicide In,
- 3.13 Gymnastics over partner,
- 3.14 Leap Frog with Half Turn,

#### - Double Dutch

#### -Turner involvement

- 1.1 Basic turning,
- 1.2 Turners watch jumpers feet,
- 1.3 Turning slow,
- 1.4 Turning fast,
- 1.5 Knees,
- 1.6 Walking in circle,
- 1.7 Over the head Cross,
- 1.8 Same trick as jumper,
- 1.9 French turning, a.k.a. Irish turning
- 2.1 Emphasis on eye contact with jumpers feet,
- 2.2 Movement of turners with jumper,
- 2.3 Speed of rope according to skill,
- 2.4 Stall,
- 2.5 Whip,
- 2.6 Turning for Doubles,
- 2.7 Jump Through,
- 2.8 Backward Roll,
- 2.9 Switching handles, For detail-video, click [here!](#)
- 2.10 Crougar,
- 2.11 Crossing arms,
- 2.12 Wrap,
- 2.14 Jump Wrap,
- 2.15 Leg over (1),
- 2.16 Leg over (2),
- 2.17 Both turners Cross and Uncross,
- 2.18 Basic turner - jumper switch,
- 2.19 One hand turning, View detail!
- 2.20 V-switch,
- 2.21 Pop-up,
- 3.1 Movement with jumper with skill,
- 3.2 Whip and stall,
- 3.3 Ability to whip and stall without notice,
- 3.5 Turning for Triples,
- 3.6 Turning for gymnastics,
- 4.1 E.B. Split turn, View detail!
- 4.2 Helicopter,
- 4.3 Push-ups,
- 4.4 Split (1),
- 4.5 Double Jump trough,
- 4.6 Double Dutch into Wheel,
- 4.7 Handspring,
- 4.8 Suicide,
- 4.9 Frog,
- 4.10 Snapper,
- 4.11 2 to 1,
- 4.12 Same skill as jumper in Fancy Feet,
- 4.13 Jumper and turner switch places (all

varieties),  
 4.14 Split Jump through,  
 4.15 French turning with skill, a.k.a. Irish turning with skill  
 4.16 A.S.,  
 4.17 C.L.,  
 4.18 T.S.,  
 4.19 French T.S., a.k.a. Irish T.S.  
 4.20 Turner jumps and turns at the same time,  
 4.21 Giant Wheel: switches,  
 4.22 Giant Wheel: step out,  
 4.23 Giant Wheel: Caboose Cross,

**- Double Dutch Single**

1.1 Basic Jump,  
 1.2 Jump in and out,  
 1.4 Jumping Jack,  
 1.5 Rope inside,  
 1.6 Cartwheel out,  
 1.7 Touch the floor,  
 1.8 Full Twist,  
 1.9 Speed Step,  
 1.10 Toe touch,  
 1.11 Spider,  
 1.12 Jogger touch down,  
 1.13 Enter from front of turner,  
 1.14 Exit through turners legs,  
 1.15 Grapevine,  
 1.16 Jump single rope inside,  
 1.18 High Can Can,  
 2.1 Push-up,  
 2.2 Push-up with Clap,  
 2.3 Push-up with Kick,  
 2.4 Push-up with Side Straddle,  
 2.5 Handspring in,  
 2.6 Seat Drop the Ring,  
 2.7 Mountain Climber,  
 2.8 Frog Mule Kick,  
 2.9 Caterpillar,  
 2.10 Straddle Jump,  
 2.11 Roll,  
 2.12 Cossack Can Can,  
 2.13 Russian Straddle Jump,  
 2.14 Tuck jump,  
 2.15 Russian Split,  
 2.16 Gymnastics in and out of the ropes,  
 2.17 Rope inside with level two and three skills,  
 2.18 Cossack,  
 2.19 Crab,  
 2.20 The Ring,  
 2.21 Leg lift,  
 2.22 Kip roll,  
 2.23 Spread Eagle,  
 3.1 Split (1),  
 3.2 Push-up to crab,  
 3.3 The X,  
 4.1 Frog Mule Kick with High Frog,  
 4.2 Frog Mule Kick with One Foot,  
 4.3 Frog Mule Kick with Two Feet,  
 4.4 Frog Mule Kick One Handed,

4.5 Frog Mule Kick with Forearm (AYOR),  
 4.6 Kip Back Extension,  
 4.7 Crab with Cross Leg over Knee,  
 4.8 Crab with Full Twist,  
 4.9 Split,  
 4.10 Consecutive Handstands,  
 4.11 Frog to Split,  
 4.12 Belch Frog,  
 4.13 Russian Straddle Jump to Push-up,  
 4.14 Back Handspring,  
 4.15 Frog to Back Handspring,  
 4.16 Varra Hurdles,  
 4.17 Buddy Bounce, a.k.a. Bum Bounce  
 4.18 Belly Bounce (AYOR),  
 4.19 Back Bounce (AYOR),  
 4.20 Sparkolta,  
 4.21 Table Turn Push-up, a.k.a. Turn Table Push-up  
 4.22 Aerials,  
 4.23 Back Flip,  
 4.24 Front Flip,  
 4.25 Straddle Jump,  
 4.26 Frogs 180 to Crab,  
 4.27 Frog Mule Kick with 2 High Frogs,  
 4.28 Frog Mule Kick with 4 High Frogs,

**- Double Dutch Double**

1.1 Barrel,  
 1.995 Leg Hold 180,  
 1.996 Leg Hold 180,  
 1.997 Butterfly,  
 1.998 The Slide,  
 2.1 Push-up trough Straddle,  
 2.2 Leap Frog,  
 2.3 Disco Swing,  
 2.4 Dish Rag,  
 2.5 Double Wrap,  
 2.6 Twin Cities,  
 2.7 Twin Cities Spin,  
 2.8 Pretzel,  
 2.9 Over Under,  
 2.10 Pull Back Seat Drop,  
 2.12 Step through,  
 2.14 Over Under, 3 and 4 persons  
 2.15 Piggy Back,  
 2.16 Disco Moves, a.k.a. Combination Moves  
 2.17 Leg Hold,  
 2.18 Leg over 360,  
 2.21 Leg hold 360,  
 2.22 Jump over,  
 2.23 Straddle Jumps over Push-up,  
 2.24 Leg over and back,  
 2.25 Leg over push-up,  
 2.26 Alternate Arm Crab,  
 2.27 Wash the Dishes,  
 2.28 Pull through,  
 3.1 The Webert,  
 3.2 Double Pinwheel,  
 3.3 The Glark,  
 3.4 Handspring over partner,  
 3.5 Front Flip over Push-up,



3.6 Brain Basher,  
3.7 Eppie,  
3.8 The X,  
4.1 Toe Pitch,  
4.2 Destroyer,  
4.3 Scooter B,  
4.4 The Clark,  
4.5 Spotted Backflip,  
4.6 Pinwheel,  
4.7 Spotted Aerial,  
4.8 Table Turn Push-up, a.k.a. Turn Table Push-up  
4.9 Frog over Split,  
4.10 Frog over Push-up,  
4.11 Subway (face to side),  
4.12 Spotted Brandy,  
4.13 Wheel Barrow,  
4.14 Push-up with a plus,  
4.15 180 jump over,  
4.16 Back Flip with partner,  
4.17 Aerials,  
4.18 Spud,  
4.19 Handstand hold,  
4.20 Dive Roll over Push-up,  
4.21 Gymnastics over Push-up,  
4.22 Frog: Push-up / Split,  
4.23 Double Deck Push-up,  
4.24 Spotted Punch Front,  
4.25 K.J. Push-up,  
4.26 California Love,  
4.27 California Combo,  
4.28 California Split,  
4.29 ½ Propellor,  
4.30 The Mortin,

**- Wheels**  
**- 2 wheels**  
1.1 2 - Basic Jump,  
1.2 2 - Full Turn,  
1.3 2 - Criss Cross,  
1.4 2 - 360 (inside),  
1.5 2 - Single Switch, a.k.a. 2 - Swap Places  
1.6 2 - The Hug,  
2.1 2 - Criss Cross, a.k.a. 2 - Front Cross  
2.2 2 - Squat, a.k.a. 2 - Down  
2.3 2 - Double Under,  
2.4 2 - Switch handles,  
2.5 2 - ½ Turn Switch,  
2.6 2 - Cartwheel,  
2.7 2 - Roundoff,  
2.8 2 - Leap Frog,  
2.9 2 - Roll Around, 2 - Double Switch  
2.10 2 - Twins, 2 - Together Jump  
2.11 2 - Twin Spin,  
2.12 2 - Side Swing Scoop,  
2.13 2 - Full Turn Switch,  
2.14 2 - J and G Circle,  
3.1 2 - Toad, a.k.a. 2 - Leg over Cross  
3.2 2 - Crougar, a.k.a. 2 - Leg Over  
3.3 2 - Scooper, a.k.a. 2 - Together 360 jump

over  
3.4 2 - E.B.,  
3.5 2 - 360 Switch,  
3.6 2 - Handspring,  
3.7 2 - Criss Cross Switch,  
3.8 2 - Marlee,  
3.9 2 - Wheel to Double Dutch,  
4.1 2 - Double Under Cross,  
4.2 2 - Push-up,  
4.3 2 - Frog, a.k.a. 2 - Donkey Kick  
4.4 2 - Awesome Annie,  
4.5 2 - Reverse Marlee,  
4.6 2 - T.S. Cross, a.k.a. 2 - BTB Cross  
4.7 2 - E.B. Cross, a.k.a. 2 - Split Cross  
4.8 2 - E.K. Full Twist,  
4.9 2 - A.S.,  
4.10 2 - Twins Formation, a.k.a. 2 - Side Swing Switch  
4.11 2 - Weave Cross,  
4.12 2 - Double Under E.B.,  
**- 3 wheels**  
1.1 3 - Basic Jump,  
1.2 3 - Full Turn by outside jumpers,  
1.3 3 - Front Cross by outside jumpers,  
1.4 3 - 360 by outside jumpers,  
2.1 3 - Down - ½ Knee bend,  
2.2 3 - Criss Cross by middle jumper,  
2.3 3 - Criss Cross by outside jumpers,  
2.5 3 - Full Turn by inside jumper,  
2.6 3 - Single Switch, a.k.a. 3 - Swap Places  
2.7 3 - Backward Jump,  
2.8 3 - 3 Wheel Drop, a.k.a. 3 into 2 Wheel  
2.9 3 - Twins Formation,  
2.10 3 - Twins Formation, 3 - Side Swing  
2.11 3 - Cricle Switch,  
2.12 3 - Double Switch\*\*\*,  
2.13 3 - Triple Spin,  
3.1 3 - Triple Switch,  
3.2 3 - Push-up,  
3.3 3 - Frog, a.k.a. 3 - Donkey Kick  
3.4 3 - Switcheroo\*\*\*,  
3.5 3 - Giant Turn\*\*\*,  
3.6 3 - MCLL\*\*\*,  
3.7 3 - NAGEM\*\*\*,  
3.8 3 - MCLL with gymnastics,  
3.9 3 - CAMEJEN\*\*\*,  
3.10 3 - Full Turn MCLL,  
3.11 3 - UM formation,  
3.12 3 - The BIG One,  
3.13 3 - Crossing Skills,  
**- 4 wheels**  
1.1 4 - Basic Jump,  
1.2 4 - Full Turn by all jumpers,  
1.3 4 - Squat,  
2.1 4 - Criss Cross by all jumpers,  
2.2 4 - Switch handles,  
2.3 4 - Single Switch, a.k.a. 4 - Swap Places  
2.4 4 - Circle Switch,  
2.5 4 - Double Switch,  
4.1 4 - Twin Spin,

4.2 4 - Push-up,  
4.3 4 - Frog, a.k.a. 4 - Donkey Kick  
4.4 4 - Twins Formation, a.k.a. 4 - Side Swing  
4.5 4 - Nagem,  
4.6 4 - Backward MCLL,  
4.7 4 - MCLL Switch,  
4.8 4 - MAST Switch,  
4.9 4 - GIG Switch,

4.10 4 - Leap Frog,  
4.11 4 - Crossing Toad,  
4.12 4 - Crossing A.S.,  
4.13 4 - Crossing C.L.,  
4.14 4 - Crossing E.B.,  
4.15 4 - Crossing T.S.,  
4.16 4 - The Mess,  
4.17 4 - B.L.J.R. , Pronounced: 'Buljer'



## **APPENDIX - Article 8.**

### **Code of ethics**

#### **Ethics in Sport**

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

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

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

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

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

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

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

### What is ethics in sport?

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

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

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

### By Fair and Ethical Means

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

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

### Preamble

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

### **Dignity**

- A Safeguarding the dignity of the individual is a fundamental requirement of Sportsmanship.
- B There shall be no discrimination between participants on the basis of race, sex, ethnic origin, religion, philosophical, political opinion, marital status or other grounds.
- C No practice constituting any form of physical or mental injury to the Participants will be tolerated. All doping practices at all levels are strictly prohibited. The provisions against doping in the FISAC-IRSF Movement Anti-Doping Code shall be scrupulously observed.
- D All forms of harassment against participants be it physical, mental, professional or sexual, are prohibited.
- E The FISAC-IRSF parties shall guarantee the athletes' conditions of safety, well-being and medical care favourable to their physical and mental equilibrium.

### **Integrity**

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

### **Resources**

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

### **Candidatures**

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



**Relations with states**

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

**Confidentiality**

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

**Implementation**

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

## CHAPTER VII - UPDATES

This section shows the changes made and communicated after publishing the document on January 19th 2004 through the FISAC-IRSF-website.

Date	Page	Original → Replacement
2005-5-30	17	<p><b><u>Chapter 1, Article 12, Section 2</u></b></p> <p>"There can only be a maximum of three gymnastic skills in the routine"</p> <p><u>Clarification concerning Gymnastic skills allowed in Freestyle Routine</u></p> <p><b>"The gymnastic skills referred to in this rule are those skills where the body is in an unsupported aerial inversion. Examples of this type of skill are horizontal aerial rolls, a barani, or a back salto."</b></p>
2005-07-07	38	<p><b><u>CHAPTER IV – TEAM – Article 3.</u></b></p> <p><u>C. DDSP DOUBLE DUTCH Speed Pairs</u></p> <p>Switched content with page 39.</p>
2005-07-07	39	<p><b><u>CHAPTER IV – TEAM – Article 4.</u></b></p> <p><u>D. DDSR DOUBLE DUTCH Speed Relay</u></p> <p>Switched content with page 38.</p>