



WORLD ROPE SKIPPING FEDERATION (WRSF)



INTRODUCTION

Rope Skipping is traditional Sport of India, Rope Skipping, which has established and recognized by people as a game in recent years but it has its deep roots in India. In medieval times, children used to skip rope just for fun and nobody then identified this fun as a sport. Originated in India, this game travelled a long journey to get recognition after its origin. Some medical professionals like Physiotherapists and rehabilitation professionals also found rope skipping useful for their patients as skipping rope did wonders for them. It is and was the most liked recreation activity and also improves physical state of the person in comparison to any other activity. It is proved in many researches done in India that only skipping rope take care of overall fitness of the body.

To put on some real examples, Mahabali Satpal who is a prominent figure in the world of wrestling. During his tenure, he had practiced rope skipping to improve on his footwork and as per him it had helped in winning gold medals in various tournaments and now as well he practice rope skipping on daily basis because of its numerous benefits.

"Skipping is jumping for joy, step after step. Skipping provides exercise for the body, mind, and spirit."

Rope Skipping is a low cost, indoor – outdoor activity that requires little equipment or space and no special attire. The variety of movement combination is unlimited, offering opportunities to express creativity and individuality. Rope Skipping improves fine and gross motor coordination, agility and fluidity of movement, flexibility and lateral movement. It also improves the senses of rhythm, speed, power, timing and balance. The rapid progression and improvement often experienced with skipping rope may help enhance self-esteem and body image. Rope Skipping also promotes social aspects. Especially Double Dutch and Team freestyle encouraging team spirit. Rope Skipping is an ideal recreational activity for all ages and lifestyles. So Skip Rope to an enriched well being and good health.

EVENTS IN DETAIL

Article 1 Single Rope- FRONT TO FRONT

Section 1 Time limit

30 seconds

Section 2 Call out

-Judges Ready? Skippers Ready? Set. BEEP. 10. 20. BEEP. ||

Section 3 Goal

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

Section 4 Execution Requirements

The Speed Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start.

There are no deductions for misses.

HOW TO DO....?

1. Partner A holds both handle & face partner B's back.
2. Partner A turns rope while both jump.
3. Switch roles.

Article 2 Single Rope- FRONT TO BACK

Section 1 Time limit

30 seconds

Section 2 Call out

-Judges Ready? Skippers Ready? Set. BEEP. 10. 20. BEEP.

Section 3 Goal

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

Section 4 Execution Requirements

The Speed Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

HOW TO DO....?

4. Partner A holds both handle & faces away from partner B.
5. Partner B faces back of partner A
6. Partner A turns rope while both jump.
7. Switch roles.

Article 3 Single Rope- BACK TO BACK SPEED

Section 1 Time limit

30 seconds

Section 2 Call out

-Judges Ready? Skippers Ready? Set. BEEP. 10. 20. BEEP. ||

Section 3 Goal

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

Section 4 Execution Requirements

The Speed Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start.

There are no deductions for misses.

Article 4 Single Rope- Speed 3 Leg

Section 1 Time limit

30 seconds

Section 2 Call out

-Judges Ready? Skippers Ready? Set. BEEP. 10. 20. BEEP. ||

Section 3 Goal

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

Section 4 Execution Requirements

The Speed Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start.

There are no deductions for misses.

Article 5 Double Unders

Section 1 Time limit

There is no time limit.

Section 2 Call out

-Judges ready? Skipper ready? You may begin.¶

Section 3 Goal

To complete as many consecutive Double unders as possible.

Section 4 Execution Requirements

The double Under jump must be used.

The skipper must perform a consecutive series of double Unders.

The skipper will skip in their designated area. Only activity in the designated area counts. The Head Judge will reposition any skipper who moves out of their designated area while skipping.

The skipper stops when he / she makes a mistake.

It does not matter what skills are done before or after the triple under series. However, the first triple under must be completed within 15 seconds of the call out or there will be a deduction of 5 double under from the score.

Each skipper is generally allowed only one attempt. If a skipper misses on a preparatory jump or even during the first movement of the rope, it is considered an attempt.

However, if the skipper misses before finishing the 30 double correctly, he/she is entitled to a second attempt. When a skipper decides to use the option of a second attempt he /she must begin the second attempt within 15 seconds after the second call out otherwise the second attempt will not be allowed.

If a skipper misses before the 30th double under and takes the option of the second attempt, the best score of the two will be the final score. (The scores will NOT be averaged or added)

Article 6 Single Rope Speed - Sprint

Section 1 Time limit

60 seconds

Section 2 Call out

-Judges Ready? Skippers Ready? Set. BEEP. 30. 45. BEEP.¶

Section 3 Goal

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

Section 4 Execution Requirements

The Speed Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start.

There are no deductions for misses.

Article 9 Single Touch Team

Section 1 Time limit

30 seconds

Section 2 Call out

-Judges Ready? Skippers Ready? Set. BEEP. 10. 20. BEEP.

Section 3 Goal

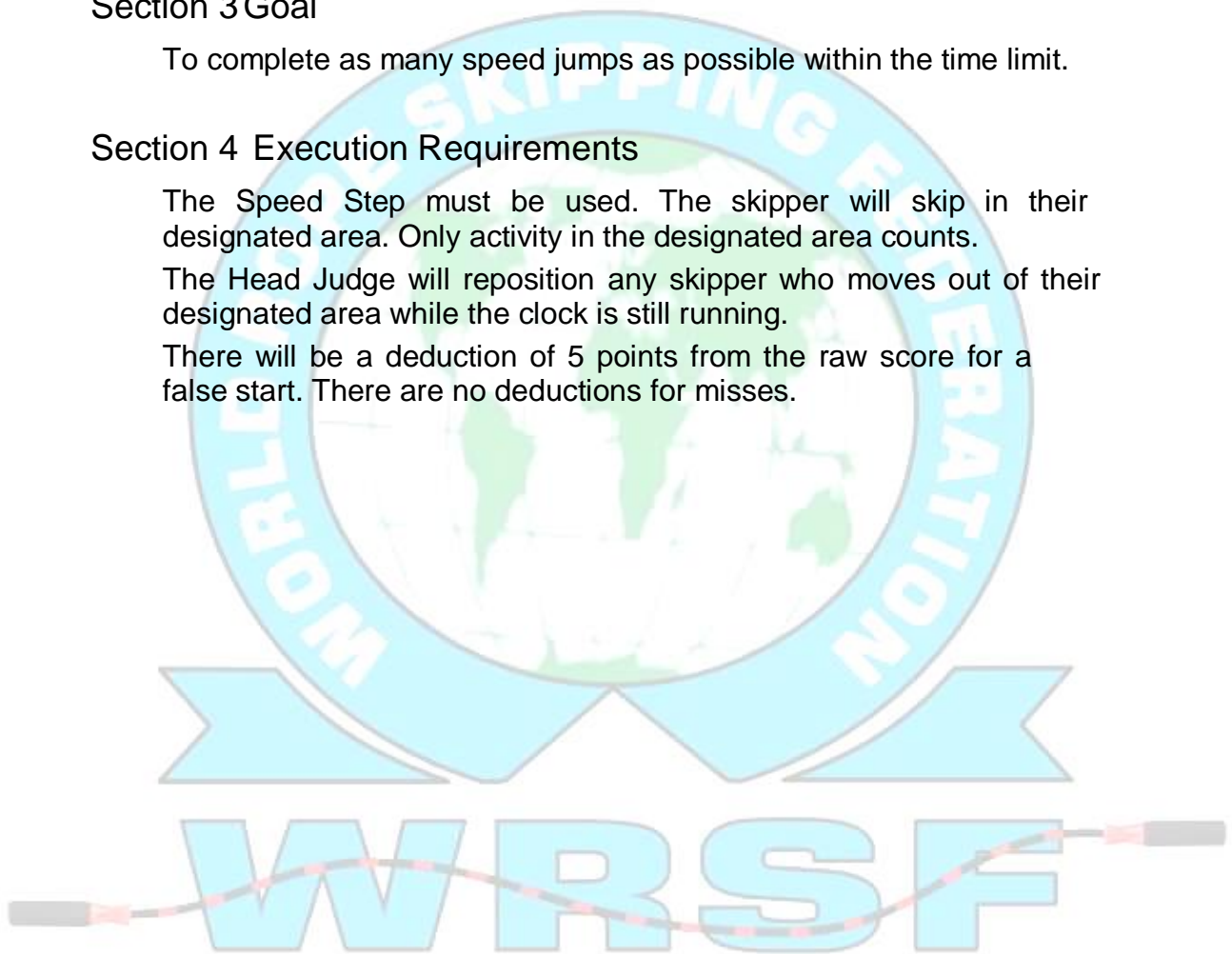
To complete as many speed jumps as possible within the time limit.

Section 4 Execution Requirements

The Speed Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

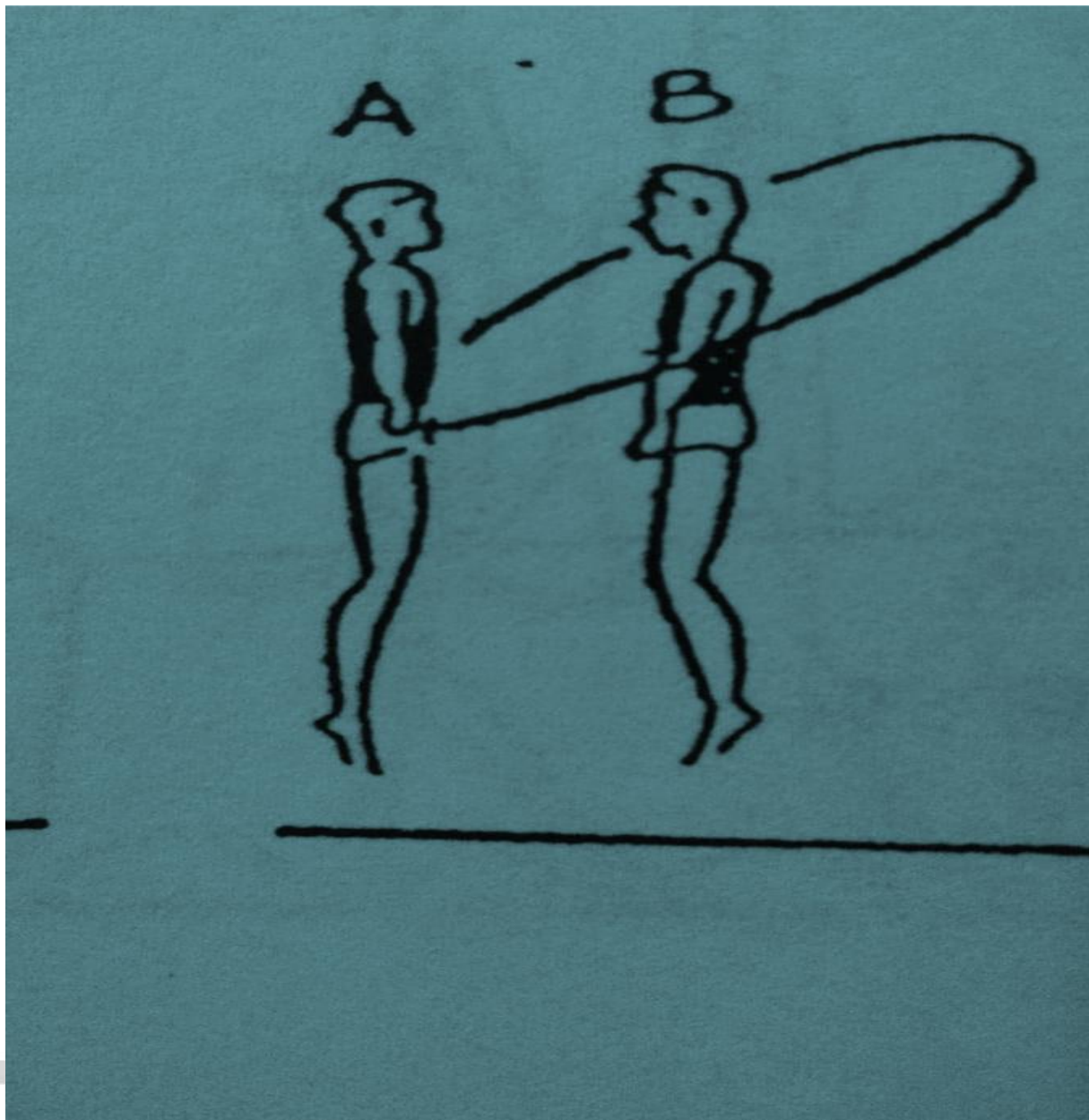
The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

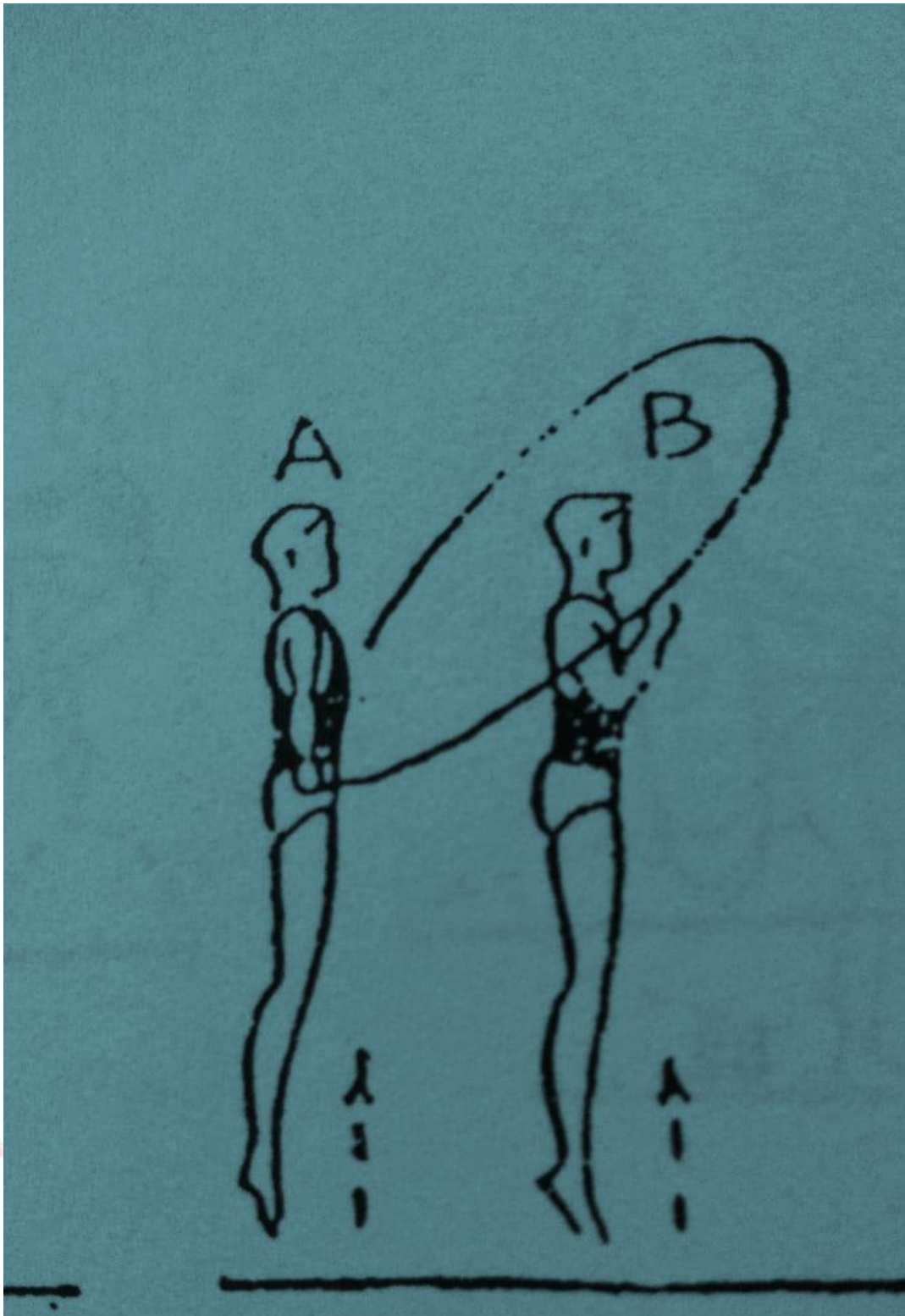


EVENTS

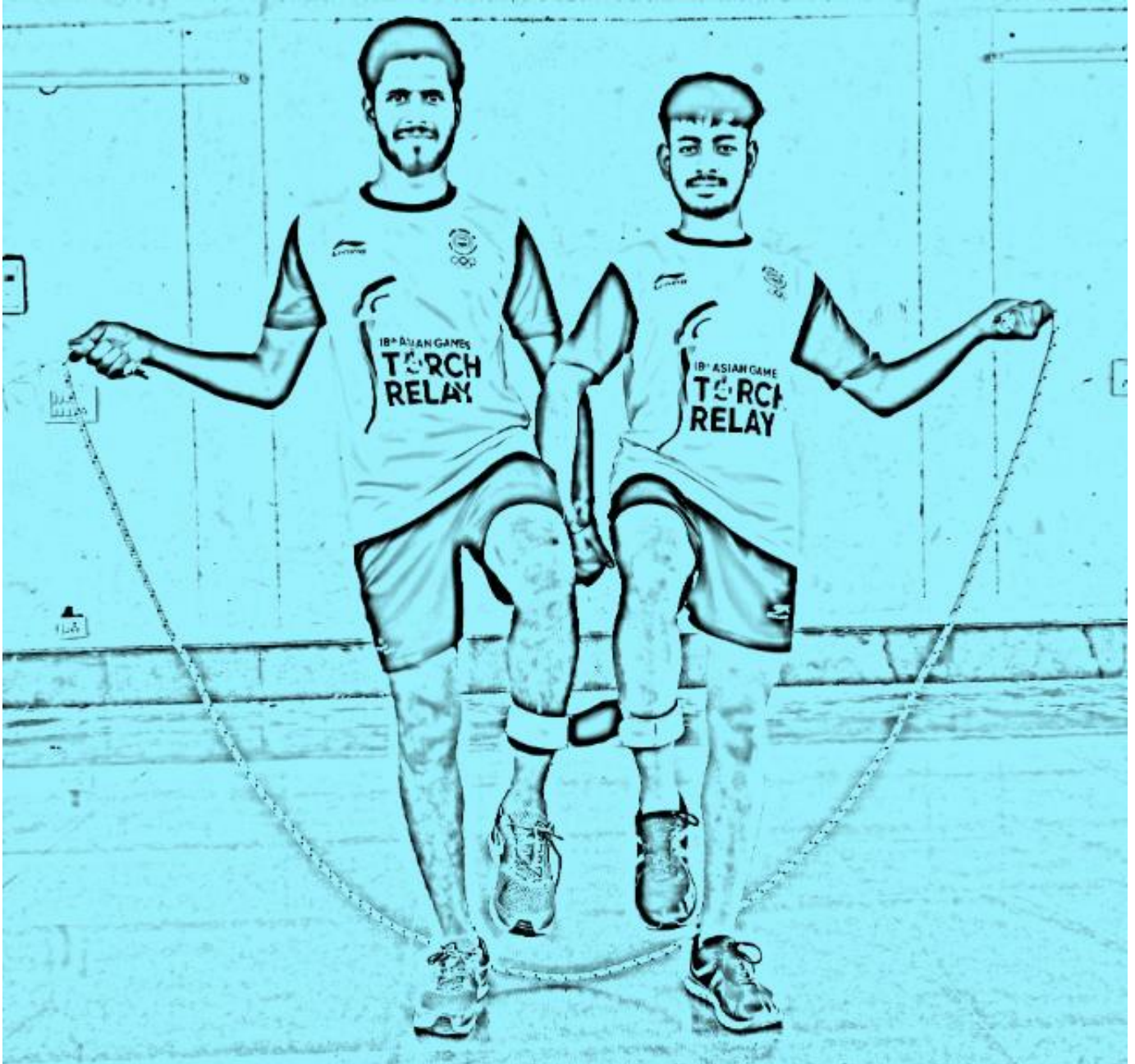
1. SINGLE ROPE- FRONT TO FRONT



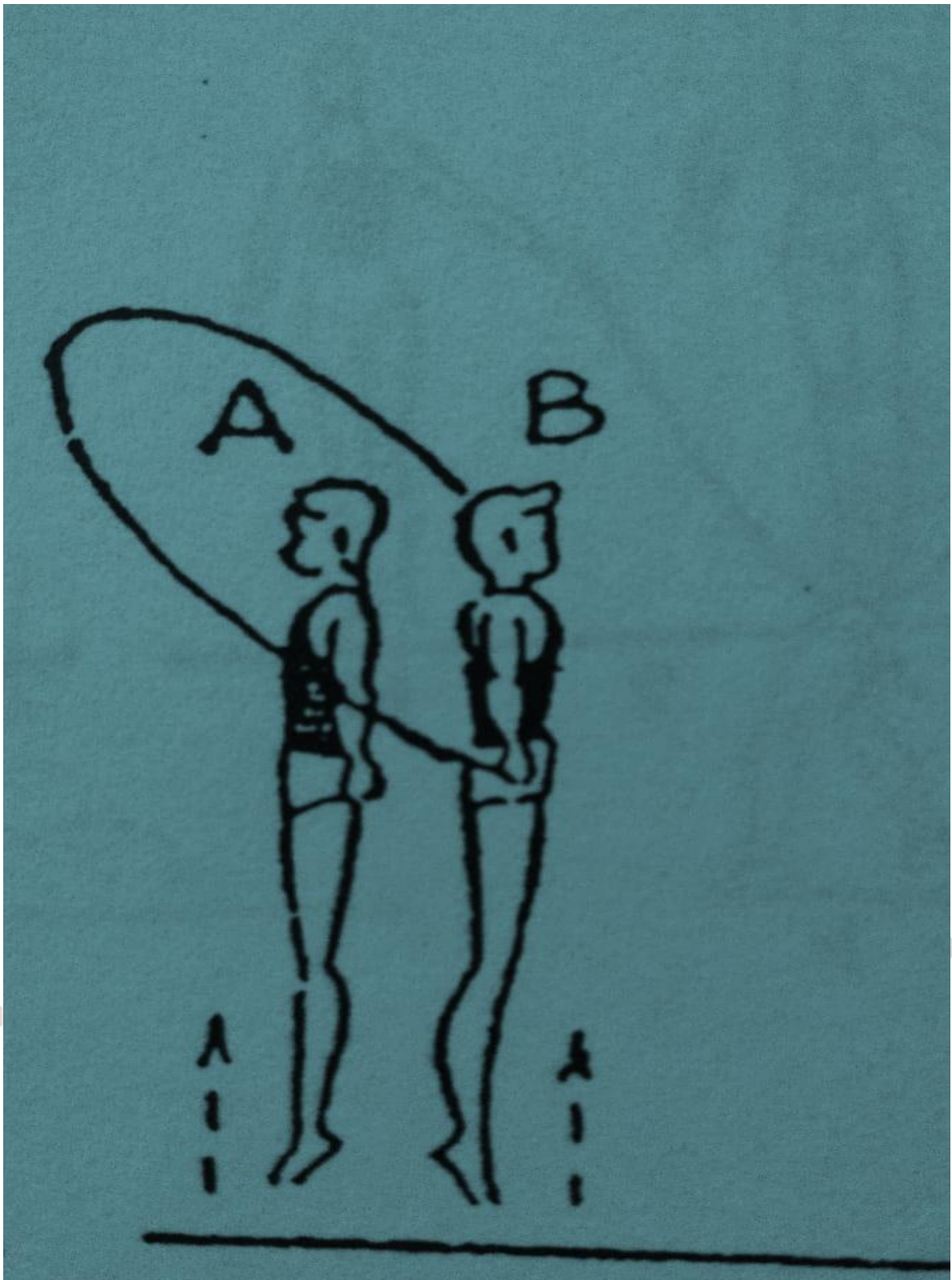
2. SINGLE ROPE- FRONT TO BACK



3. SINGLE ROPE- SPEED 3 LEG



4. SINGLE ROPE- BACK TO BACK SPEED



5. DOUBLE UNDER



6. SPEED SPRINT



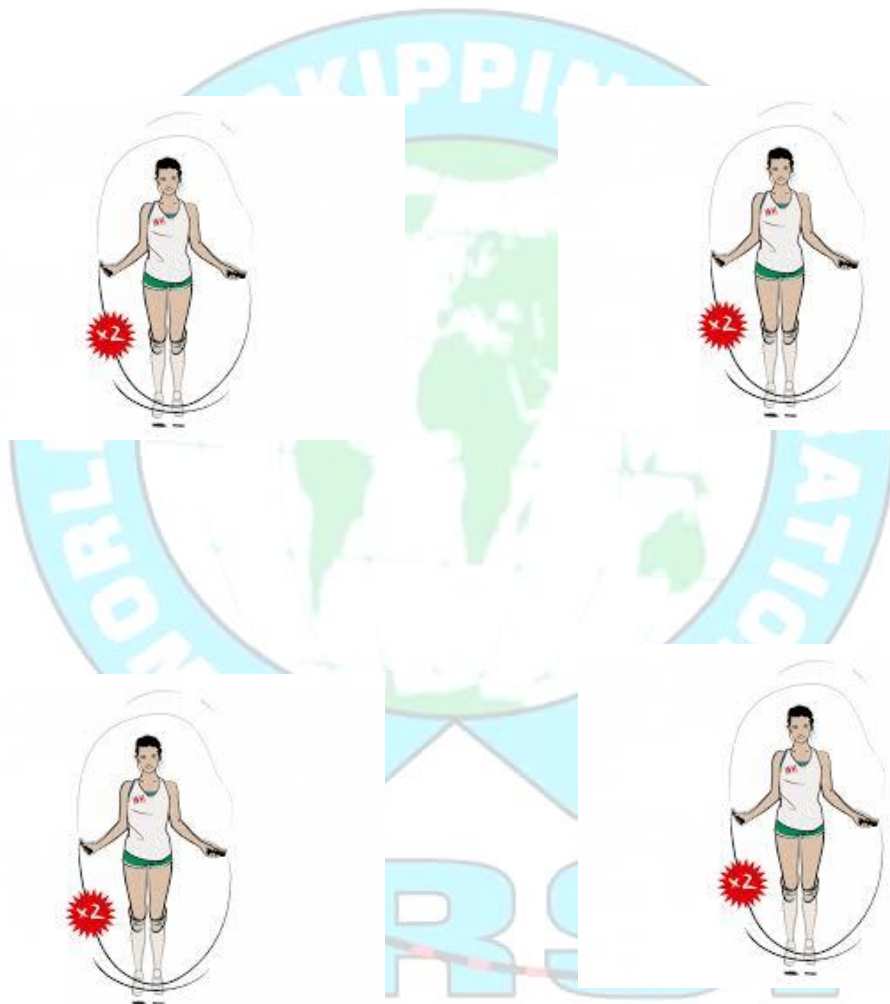
7. SINGLE ROPE SPEED RELAY

(Speed Step must be jump 30 Second each players)

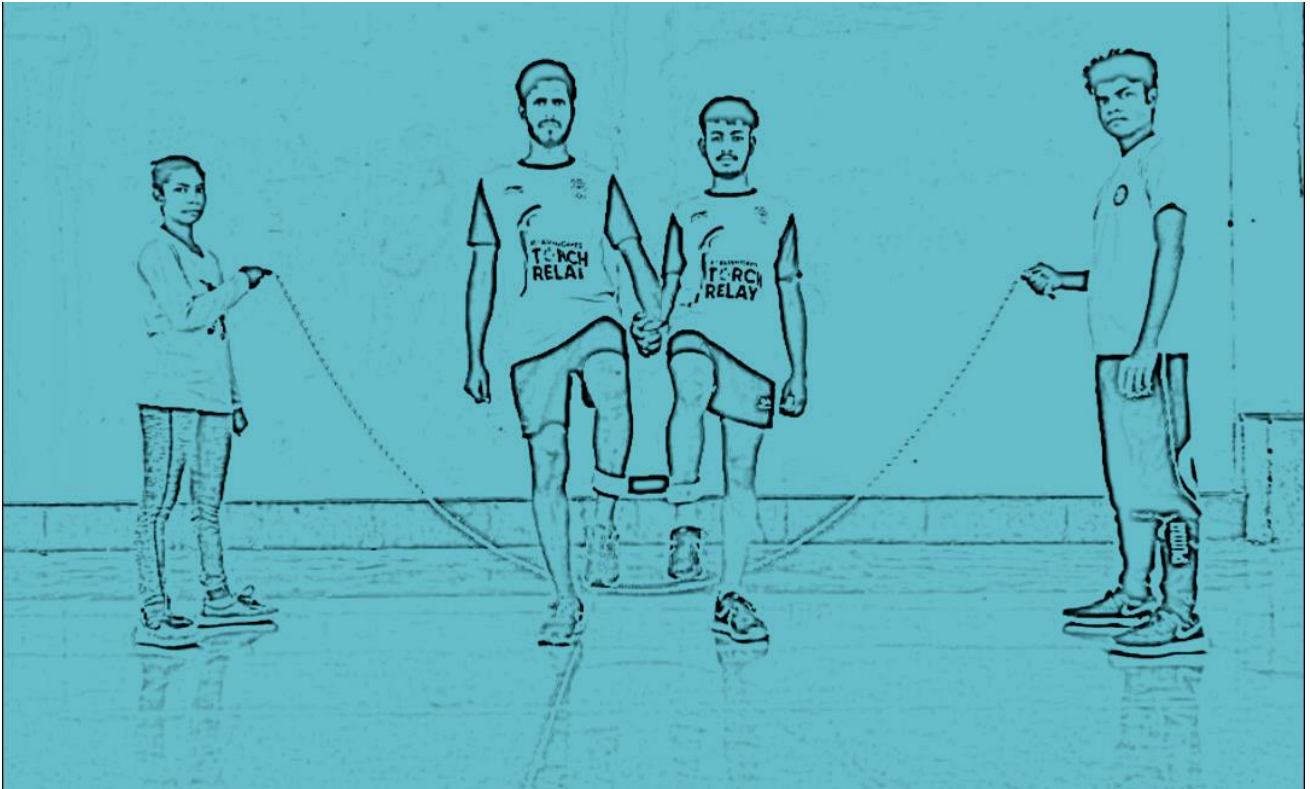


8. SINGLE ROPE DOUBLE UNDER RELAY

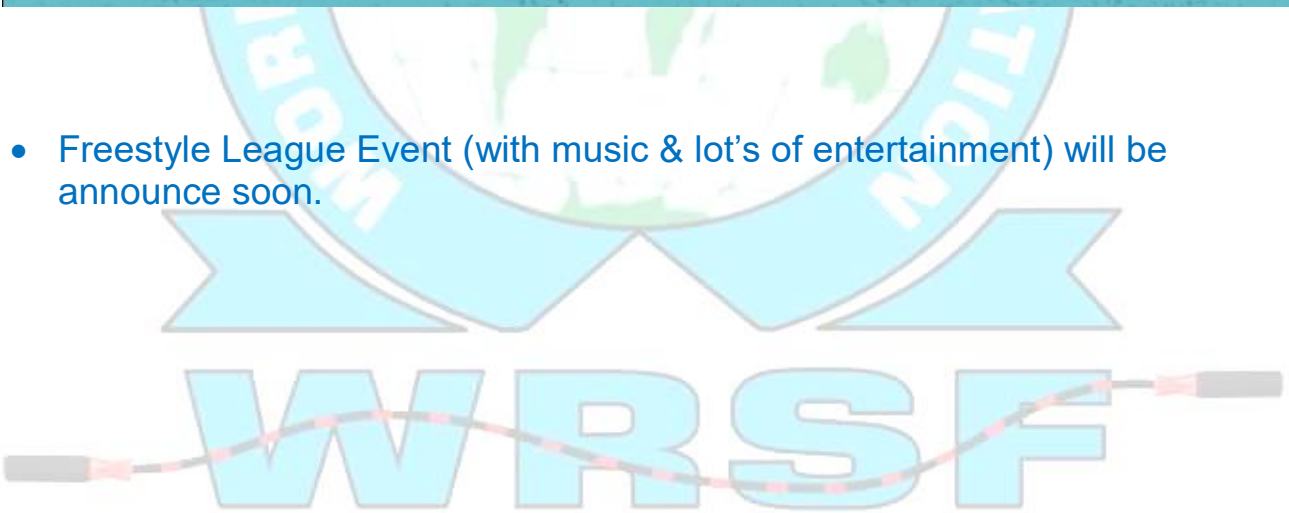
(Double Under Step must be jump 30 Second each players)



9. Single Touch Team



- Freestyle League Event (with music & lot's of entertainment) will be announce soon.





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