

1998  
Official ERSO  
Single Rope and Double Dutch  
Rope Skipping  
Competition Rules



Written by  
European Rope Skipping  
Organisation Rules  
Committee

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## SCORESHEETS

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1998  
Official ERSO  
Single Rope and Double Dutch  
Rope Skipping  
Competition Rules  
for  
**TEAM - CHAMPIONSHIPS**



### **GENERAL GUIDELINES**

#### **Part 1. Competition**

Single Rope				Double Dutch			
	Event	Jumper	Time		Event	Jumper	Time
A.	Compulsory (Only division I & II)	1	0 - 30 sec.	A.	Compulsory (Only division I & II)	1	0 - 35 sec.
	Compulsory (Only division I & II)	2	0 - 40 sec.		Compulsory (Only division I & II)	2	0 - 45 sec.
B.	Speed	1	60 sec.	B.	Speed	1	120 sec.
	Speed	4	4x 30 sec.		Speed	3	3x 40 sec.
C.	Freestyle	1	45 - 75 sec.	C.	Freestyle	3	45 - 75 sec.
	Freestyle	2	45 - 75 sec.		Freestyle	4	45 - 75 sec.

#### **Part 2. Divisions**

- |     |                    |                                   |
|-----|--------------------|-----------------------------------|
| I   | 11 years and under | (year of birth: 1987 and later)   |
| II  | 12 - 14 years      | (year of birth: 1984 - 1986)      |
| III | 15 - 17 years      | (year of birth: 1981 - 1983)      |
| IV  | 18 years and over  | (year of birth: 1980 and earlier) |

#### **Part 3. Teams**

In division I and II the teams may consist of male, female or both sexes and will be competing against any team within the division.

In division III and IV the team may consist of male, female or both sexes and will only be competing against teams with the same mixture.

- A. A team may consist of four to five members.
- B. Each individual must be on the same team for all Single Rope and Double Dutch events.
- C. A **mixed team** has to consist of at least two boys or two girls and in each event both sexes should participate equally in that event:
  - \* Single Rope Single Speed, Freestyle & Compulsory  
--> 1 Boy or 1 Girl
  - \* Single Rope Quad Speed  
--> 2 Boys & 2 Girls
  - \* Single Rope Double Freestyle & Compulsory  
--> 1 Boy & 1 Girl
  - \* Double Dutch Single Speed, Freestyle, Compulsory & Triple Speed  
--> 2 Boys and 1 Girl or 1 Boy & 2 Girls
  - \* Double Dutch Double Compulsory  
--> Turning: 1 Boy & 1 Girl, Inside the rope: 1 Boy & 1 Girl
  - \* Double Dutch Double Freestyle & Compulsory  
--> 2 Boys & 2 Girls
- D. The team must compete in the oldest team member's age-division, but no more than one age-division above their own.

**Part 4. Ropes**

Any rope may be used except with mechanical assistance. The handle may not be longer than 13,0 cm.

Single Ropes Any length desired.

Double Dutch Ropes may be no longer than 18 feet (6.00 metres).

Recommended length: 11' - 15' in Singles and 15' - 18' in Doubles.

**Part 5. Event Start**

- A.1. All Freestyle events will begin with the Head Judge calling out: "You may begin.". Except when there is more than one floor being used during the competition. Then the calling out of the other events (A2) is being used.
- A.2. In other events than described in A.1., the events will begin with the Head Judge calling out: "Ready. Set. Go.".
- A.3. In relay-events the Head Judge will be calling out: "Switch." after 30 or 40 seconds.
- B. The rope(s) must be still with no arm or rope motion until the word(s) "Go" or "You may begin." have been said.
- C. On each event no more than two false starts are permitted. On the third false start participants are eliminated from that event.
- D. In Freestyle or Compulsory time starts running as soon as an arm or rope gets in motion or as soon as the music starts.

**Part 6. Event Stop**

All events will end when the timer calls out "Time.". "Time." will not be called out for Freestyle events; instead the skipper(s) makes a bow or end his / her / their routine in a recognizable 'End'-position to show that the routine has ended.

**Part 7. Tournament Tie**

In the event of a Tie the team with the highest Double Dutch Double Freestyle score wins. If the score is still equal, the team with the highest Double Dutch Single Freestyle score wins. If the score is still equal, the team with the highest Double Single Rope Freestyle score wins. If the score is still equal, the team with the highest Single Rope Freestyle score wins.

**Part 8. Exceptions**

The Tournament Director makes all the final decisions regarding the rules, regulations and exceptions which may occur during an event to better the tournament. All complaints must be handed in writing with a deposit of 750 Bef. (or an equal amount in local currency).

**Part 9. Counting misses / deductions**

- A. If a rope or handle breaks, a repeat is permitted.
  - B.1. After a miss, the rope must be jumped at least one time successfully before another miss can be counted.
  - B.2. Time violation is punished as a minor miss.
  - B.3. Space violation is punished as a minor miss.
- Both B.2. and B.3. are tasks for the Head Judge.

**Part 10. Workfloor**

- A. Surface should be of a high quality sportsfloor.
- B. The floor should be of a high quality.
- C. The floor should be marked with a square with lines that are in 90 degrees angle of each other and 9 meters wide on each side.
- D. The places of the jury should not be within a circle with a radius of 7.00 metres measured from the centre of the square.

# Single Rope

## A. Compulsory, Single Rope

### Part 1. Routine

- A. 2 forward Criss Crosses
- B. 2 forward Side Swing Criss Crosses (one each side)
- C. 1/2 turn backwards
- D. Backward Criss Crosses
- E. 2 backward Side Swing Criss Crosses (one each side)
- F. 1/2 turn forward
- G. 10 Can Cans (5 each leg, alternating legs)

### Part 2. Time Limit

Single (1 jumper)	Maximum time : 30 seconds
Double (2 jumpers)	Maximum time : 40 seconds

### Part 3. Compulsory routine

- A. Tricks are to be performed in the order listed above. Tricks performed out of sequence or not executed correctly will not receive credit for points.
- B. If a miss occurs during the execution of a trick, that trick must be repeated immediately to receive credits for points. If the jumper does not repeat the trick immediately, he / she has chosen not to perform that trick.
- C. Missed tricks are not to be made up at the end of the routine; this includes the Can Cans.

For example:

If a miss occurs on a Can Can on the right leg, the next Can Can performed must be on the right leg to receive credit for that Can Can.

### Part 4. Execution requirements

- A. Criss Crosses  
On Criss Crosses, both forward and backward, arms must be crossed right arm over left arm for one cross, and left arm over right arm for the other cross. The order of right arm over left arm and left arm over right arm does not matter.
- B. Half Turns  
1/2 turn backward and 1/2 turn forward must go in the same direction (clockwise or counter-clockwise) to complete a 360 turn.
- C. Can Cans  
The knee on the first part and the foot on the second part, must break the plane at waist level. (Any part of the knee and any part of the foot.) On the final Can Can the foot must touch the floor to be completed before "Time." is called.
- D. Uniformity - Double only!!  
Jumpers must be together at all times. Only tricks executed correctly together will receive credit for points. On Criss Crosses, both forward and backward, the arm that crosses on top, must be the same for both jumpers. Tricks performed on right and left sides must be done together on the same side. 1/2 turn backwards and 1/2 turn forward must go in the same direction (clockwise or counter clockwise) for both jumpers.

### Part 5. Goal

To complete the routine with correct execution within the time limit to demonstrate uniformity between two jumpers in Single Rope Double.

**B. Speed, Single Rope**

- Part 1. Time limit
- |   |                            |
|---|----------------------------|
| Single (1 jumper)   | Time limit : 60 seconds    |
| Quad (4 jumpers)  | Time limit : 4x 30 seconds |
| The 120 seconds (= two minutes) time limit runs continuously with no break between the jumpers. |                            |

Part 2. Execution requirements

- A. Proper step
- B. Counters:
  - For both Single Rope Speed events in Division III and IV, there will be three counters. In Division I and II, there will be two counters.
  - A Head Counter will be designated at all speed stations. The Head Counter's jump-count is the official speed-count; but he / she may rely upon other counters in the following circumstances:
    - \* Mechanical failure of the counter.
    - \* Counter has been dropped.
    - \* By reasonable doubt about his / her counterscore.
- C. Changing jumpers - Quad only
  - 1. The switch
    - The first jumper 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 jumper stops jumping and the second jumper begins and goes for the next 30 seconds. There is no break in timing for the switch to be made.
    - The same goes for the third and fourth jumper.
    - A false switch brings 5 points penalty.
  - 2. Counting
    - When "Switch." is called out, counting is stopped until the next jumper begins with the right foot hits the ground.
    - On a false switch counting is continued until "Switch" is called out by the Head Judge.

Part 3. Goal

Complete as many jumps as possible within the time limit.

**C. Freestyle, Single Rope**

**Part 1. Time limit**

Single (1 jumper)

Time limit : 45 - 75 seconds

Double (2 jumpers)

Time limit : 45 - 75 seconds

A bell is rung at 45 seconds to indicate that there are 30 seconds remaining to complete the routine.

**Part 2. Execution requirements**

Freestyle is any combination of tricks put together into a routine limited only by the imagination. The scoring of Freestyle by the panel of judges is based

- upon:
- A) Difficulty
  - B) Creativity
  - C) Technical
  - D) Misses

In Double Freestyle partners need to demonstrate that they can work together to complete a routine.

A. **Difficulty**

The number and difficulty (whether they are beginning, intermediate or advanced) of tricks is taken into account when scoring Freestyle. The more tricks of greater difficulty completed and executed correctly within the time limit, the higher the score.

B. **Creativity**

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

C. **Technical**

Jumper(s) exhibits correct technique for those tricks chosen to be included as part of routine: power and strength, acrobatic movements, body inversions (criss-cross) and smooth flow.

D. **Misses** will be counted for as minor miss or major miss.

**Part 3. Props**

Any other special equipment may be used to add to the creativity and / or difficulty of the routine.

**Part 4. Time range violations and penalties**

Routines lasting less than 45 seconds or more than 75 seconds will be penalised by adding a minor miss.

**Part 5. Space violations and penalties**

- A. A skipper who steps outside the border(s) of the workfloor will be penalised by adding a minor miss for each mistake.
- B. When a rope touches (for instance) a judge while performing a trick will be penalised by adding a minor miss for each mistake.

**Part 6. Goal**

To complete a routine with as many correctly executed tricks at jumper's highest ability level within the time limit.

**Part 7. Music**

The use of music in Division IV is optional, but if it is used, an impression of creativity must be shown. The music must fit the routine as an arm fits the body. Music that doesn't fit the routine can be punished with deduction of points for creativity.

## Double Dutch

### A. Compulsory, Double Dutch

#### Part 1. Routine

- A. Proper entrance
- B. 2 - 360 turns one direction
- C. 2 - 360 turns opposite direction
- D. 2 Side Straddles
- E. 2 Forward Straddles
- F. 8 Can Cans (4 each leg, alternating legs)
- G. Proper exit

#### Part 2. Time Limit

Single (1 jumper)	Maximum time : 35 seconds
Double (2 jumpers)	Maximum time : 45 seconds

#### Part 3. Compulsory routine

- A. Tricks are to be performed in the order listed above. Tricks performed out of sequence or not executed correctly will not receive credit for points.
- B. If a miss occurs during the execution of a trick, that trick must be repeated immediately to receive credits for points. If the jumper does not repeat the trick immediately, he / she has chosen not to perform that trick.
- C. Missed tricks are not to be made up at the end of the routine; this includes the Can Cans.

#### Part 4. Execution requirements

- A. The jumper (Single) must directly face a turner while performing the routine.  
The jumpers (Double) must directly face the same turner while performing the routine.
- B. Can Cans  
The knee on the first part and the foot on the second part, must break the plain at waist level. (Any part of the knee and any part of the foot.) On the final Can Can the foot must touch the floor to be completed before "Time." is called.
- C. Entrance(s) and Exit(s)  
Entrance and exit must go in a diagonal pattern from the right or left side of one turner to the right or left side of the opposite turner respectively. In doubles, both jumpers must enter and exit at the same position, but not necessarily at the same time.
- D. Uniformity - Double only!!  
Jumpers must be together at all times. Only tricks executed correctly together will receive credit for points. On Criss Crosses, both forward and backward, the arm that crosses on top, must be the same for both jumpers. Tricks performed on right and left sides must be done together on the same side. 1/2 turn backwards and 1/2 turn forward must go in the same direction (clockwise or counterclockwise) for both jumpers.

#### Part 5. Goal

To complete the routine with correct execution within the time limit. And in Double Dutch Double to demonstrate uniformity between two jumpers.

**B. Speed, Double Dutch**

Part 1. Time limit

Single (1 jumper)

Time limit : 120 seconds

Triple (3 jumpers)

Time limit : 3x 40 seconds

The 120 seconds (= two minutes) time limit runs continuously with no break between the jumpers.

Part 2. Execution requirements

A. Proper step

B. Counters:

For both Double Dutch Speed events in division III and IV, there will be three counters. In division I and II, there will be two counters.

A Head Counter will be designated at all speed stations. The Head Counter's jump-count is the official speed-count; but he / she may rely upon other counters in the following circumstances:

\* Mechanical failure of the counter.

\* Counter has been dropped.

\* By reasonable doubt about his / her counterscore.

C. Changing jumpers

1. The switch

The same three jumpers have to jump and switch. The way jumpers enter or exit the rope is free.

A false switch brings 5 points penalty.

2. Counting

When "Switch." is called out, counting is stopped until the next jumper begins with the right foot hitting the ground.

On a false switch counting is continued as soon as "Switch." is being called out by the Head Judge.

Part 3. Goal

Complete as many jumps as possible within the time limit.

**C. Freestyle, Double Dutch**

**Part 1. Time limit**

Single (1 jumper)

Time limit : 45 - 75 seconds

Double (2 jumpers)

Time limit : 45 - 75 seconds

A bell is rung at 45 seconds to indicate that there are 30 seconds remaining to complete the routine.

**Part 2. Execution requirements**

Freestyle is any combination of tricks put together into a routine limited only by the imagination. The scoring of Freestyle by the panel of judges is based upon:

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

In Double Freestyle partners need to demonstrate that they can work together to complete a routine.

- NOTE:
1. All jumpers and turners must do a minimum of three tricks. If not, a major miss is given to every skipper who hasn't come up to it.
  2. Everyone must be involved in turner involvement.
  - ③ In all teams there must be a balance of creativity, difficulty of tricks. In mix teams there must also be balance of sexes (two boys, two girls and one boy and one girl). If not, it is a major miss for each imperfection; up to two major misses in Double Dutch Double Freestyle.

**A. Difficulty**

The number and difficulty (whether they are beginning, intermediate or advanced) of tricks is taken into account when scoring Freestyle. The more tricks of greater difficulty completed and executed correctly within the time limit, the higher the score.

**B. Creativity**

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

**C. Technical**

Jumpers(s) exhibit correct technique for those tricks chosen to be included as part of routine: power and strength, acrobatic movements, body inversions (criss-cross) and smooth flow.

**D. Misses will be counted for as minor miss or major miss.**

**Part 3. Props**

Any other special equipment may be used to add to the creativity and / or difficulty of the routine.

**Part 4. Time range violations and penalties**

Routines lasting less than 45 seconds or more than 75 seconds will be penalised by adding a minor miss.

**Part 5. Goal**

To complete a routine with as many correctly executed tricks at jumper's highest ability level within the time limit.

**Part 6. Music**

The use of music in Division IV is optional, but if it is used, an impression of creativity must be shown. The music must fit the routine as an arm fits the body. Music that doesn't fit the routine can be punished with deduction of points for creativity.

### **Freestyle Specifics**

Difficulty	3 judges . . . . .	A, B, C
Creativity & Technical	3 judges . . . . .	D, E, F

Every judge scores up to 10.  
 Add all 3 Difficulty scores and divided  
 the total by 3 for the average.  
 The same for Creativity & Technical score.  
 Add the two scores  
 The final score will be multiplied by 25 in the computer.

$$( A + B + C ) / 3 = X$$

$$( D + E + F ) / 3 = Y$$

$$( X + Y ) = Z$$

$$Z * 25 = \underline{\text{Final score}}$$

#### **Difficulty - 10 points, Single Rope**

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

**B** = Beginner

**I** = Intermediate

**A** = Advanced

#### **Difficulty - 10 points, Double Dutch**

Points	Tricks	Level
1 - 3 points	1 - 7	
4 - 5 points	8 - 11	minimum 6 I
6 - 7 points	12 - 15	minimum 8 I, 2 A
8 - 9 points	16 - 20	minimum 7 I, 9 A
10 points	21 >	minimum 6 I, 15 A

#### **Creativity and Technical - 10 points, Single Rope and Double Dutch**

##### **Creativity** - 6 points

Movement on the floor	Fancy feet
Combination of tricks	Speed changes
Rope-direction changes	Starting and ending the routine
Turner involvements	

##### **Technical** - 4 points

Power and strength	
Acrobatic movements	
Body inversions ie. cross combinations	
Smooth flow - not forced movement (body posture)	
Switches	

##### **Misses** - No limit

NOTE : The final score can not be lower than 0 points.

## Single Rope

SINGLE COMPULSORY - 30 seconds maximum

Maximum score : 100 points

Division : \_\_\_\_\_

Team : \_\_\_\_\_

Team Name : \_\_\_\_\_

**COMPULSORY ROUTINE :** Tricks must be performed in the order listed below.

		Check	
		Yes	No
1.	2 forward criss crosses	5 pts	_____
		5 pts	_____
2.	2 forward side swing criss crosses (one on each side)	5 pts	_____
		5 pts	_____
3.	½ turn backward	10 pts	_____
4.	2 backward criss crosses	5 pts	_____
		5 pts	_____
5.	2 backward side swing criss crosses (one on each side)	5 pts	_____
		5 pts	_____
6.	½ turn forward	10 pts	_____
7.	10 Can Can steps # completed _____ (5 each leg, alternating legs)	X 4 =	_____

TOTAL POINTS : \_\_\_\_\_

ACTUAL TIME : \_\_\_\_\_

**FALSE STARTS :** 0 1 2 3

On third false start participant is eliminated.

**DEDUCTIONS :**

1. Minus 10 points each miss

Circle Misses

0 1 2 3 4 5 6 7 8 9 10

TOTAL POINTS : _____
(-)
DEDUCTIONS : _____
(=)
FINAL SCORE : _____

NOTE : Minimum score possible = zero

JUDGE ID # : \_\_\_\_\_

## Single Rope

**DOUBLE COMPULSORY - 40 seconds maximum**

Maximum score : 100 points

Division : \_\_\_\_\_

Team : \_\_\_\_\_

Team Name : \_\_\_\_\_

**COMPULSORY ROUTINE :** Tricks must be performed in the order listed below.

		Check		
		Yes	No	
1.	2 forward criss crosses	5 pts	_____	_____
		5 pts	_____	_____
2.	2 forward side swing criss crosses (one on each side)	5 pts	_____	_____
		5 pts	_____	_____
3.	½ turn backward	10 pts	_____	_____
4.	2 backward criss crosses	5 pts	_____	_____
		5 pts	_____	_____
5.	2 backward side swing criss crosses (one on each side)	5 pts	_____	_____
		5 pts	_____	_____
6.	½ turn forward	10 pts	_____	_____
7.	10 Can Can steps # completed _____ (5 each leg, alternating legs)	X 4 =	_____	_____

**TOTAL POINTS :** \_\_\_\_\_

**ACTUAL TIME :** \_\_\_\_\_

**FALSE STARTS :** 0 1 2 3

On third false start participants are eliminated.

**DEDUCTIONS :**

1. Minus 10 points each miss      

Circle Misses	0	1	2	3	4	5	6	7	8	9	10
---------------	---	---	---	---	---	---	---	---	---	---	----

TOTAL POINTS :	_____
(-)	
DEDUCTIONS :	_____
(=)	
FINAL SCORE :	_____

**NOTE :** Minimum score possible = zero

**JUDGE ID # :** \_\_\_\_\_

**Single Rope**  
**SINGLE SPEED - 60 seconds**

Division : \_\_\_\_\_

Team : \_\_\_\_\_

Team Name : \_\_\_\_\_

Actual jumps completed (Right foot) : \_\_\_\_\_

**TOTAL POINTS (= Actual jumps) :** \_\_\_\_\_

**FALSE STARTS:** 0 1 2 3

On third false start participant is eliminated.

TOTAL POINTS		_____
X 2	X 2	
FINAL SCORE :		_____

**NOTE :** Minimum score possible = zero

JUDGE ID # : \_\_\_\_\_

## Single Rope

QUAD SPEED - 120 seconds (4 jumpers, 30 seconds each)

Division : \_\_\_\_\_

Team : \_\_\_\_\_

Team Name : \_\_\_\_\_

Actual jumps completed (Right foot) : \_\_\_\_\_

TOTAL POINTS (= Actual jumps) : \_\_\_\_\_

**FALSE STARTS** : 0 1 2 3

On third false start participant is eliminated.

**FALSE SWITCHES** : 0 1 2 3

- 5 points for each miss.

TOTAL POINTS :	_____
(-)	_____
DEDUCTIONS :	_____
(=)	_____
FINAL SCORE :	_____

NOTE : Minimum score possible = zero

JUDGE ID # : \_\_\_\_\_

## **Single Rope**

### **SINGLE FREESTYLE - 45 to 75 seconds**

Maximum score : 500 points

Division : \_\_\_\_\_

Team : \_\_\_\_\_

Team Name : \_\_\_\_\_

Time : \_\_\_\_\_ seconds.

#### **1. Difficulty**

A	+	B	+	C	/ 3	<b>Average (X)</b>
<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>
						+

#### **2. Creativity**

D	+	E	+	F	/ 3	<b>Average (Y)</b>
<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>
						_____

Total points (Z)

Time-violation ( - 0.5 points)

YES / NO : =

Space-violation ( - 0.5 points)

YES / NO : =

**FINAL SCORE :**

NOTE : Minimum score possible = zero

JUDGE ID # : \_\_\_\_\_

## Single Rope

DOUBLE FREESTYLE - 45 to 75 seconds

Maximum score : 500 points

Division : \_\_\_\_\_

Team : \_\_\_\_\_

Team Name : \_\_\_\_\_

Time : \_\_\_\_\_ seconds.

### 1. Difficulty

A	+	B	+	C	/ 3	Average (X)
<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>
						+

### 2. Creativity

D	+	E	+	F	/ 3	Average (Y)
<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>
						_____

Total points (Z)

Time-violation ( - 0.5 points)

YES / NO : =

Space-violation ( - 0.5 points)

YES / NO : =

**FINAL SCORE :**

NOTE : Minimum score possible = zero

JUDGE ID # : \_\_\_\_\_

## Double Dutch

SINGLE COMPULSORY - 35 seconds maximum

Maximum score : 100 points

Division : \_\_\_\_\_

Team : \_\_\_\_\_

Team Name : \_\_\_\_\_

**COMPULSORY ROUTINE :** Tricks must be performed in the order listed below.

		Check	
		Yes	No
1. Proper entrance	10 pts	_____	_____
2. 2 - 360 turns one direction	5 pts	_____	_____
	5 pts	_____	_____
3. 2 - 360 turns opposite direction	5 pts	_____	_____
	5 pts	_____	_____
4. 2 Side Straddles	5 pts	_____	_____
	5 pts	_____	_____
5. 2 Forward Straddles	5 pts	_____	_____
	5 pts	_____	_____
6. 8 Can Cans # completed _____ (4 each leg, alternating legs)	X 5 =	_____	_____
7. Proper exit	10 pts	_____	_____

TOTAL POINTS : \_\_\_\_\_

ACTUAL TIME : \_\_\_\_\_

**FALSE STARTS :** 0 1 2 3

On third false start participant is eliminated.

**DEDUCTIONS :**

1. Minus 10 points each miss

Circle Misses  
0 1 2 3 4 5 6 7 8 9 10

TOTAL POINTS :	_____
(-)	_____
DEDUCTIONS :	_____
(=)	_____
FINAL SCORE :	_____

NOTE : Minimum score possible = zero

JUDGE ID # : \_\_\_\_\_

## Double Dutch

**DOUBLE COMPULSORY - 45 seconds maximum**

Maximum score : 100 points

Division : \_\_\_\_\_

Team : \_\_\_\_\_

Team Name : \_\_\_\_\_

**COMPULSORY ROUTINE :** Tricks must be performed in the order listed below.

		Check	
		Yes	No
1. Proper entrance	10 pts	_____	_____
2. 2 - 360 turns one direction	5 pts	_____	_____
	5 pts	_____	_____
3. 2 - 360 turns opposite direction	5 pts	_____	_____
	5 pts	_____	_____
4. 2 Side Straddles	5 pts	_____	_____
	5 pts	_____	_____
5. 2 Forward Straddles	5 pts	_____	_____
	5 pts	_____	_____
6. 8 Can Cans # completed _____ (4 each leg, alternating legs)	X 5 =	_____	_____
7. Proper exit	10 pts	_____	_____

**TOTAL POINTS :** \_\_\_\_\_

**ACTUAL TIME :** \_\_\_\_\_

**FALSE STARTS :** 0 1 2 3

On third false start participants are eliminated.

**DEDUCTIONS :**

1. Minus 10 points each miss

**Circle Misses**

0 1 2 3 4 5 6 7 8 9 10

**TOTAL POINTS :** \_\_\_\_\_

(-)

**DEDUCTIONS :** \_\_\_\_\_

(=)

**FINAL SCORE :** \_\_\_\_\_

**NOTE :** Minimum score possible = zero

**JUDGE ID # :** \_\_\_\_\_

**Double Dutch**  
**SINGLE SPEED - 120 seconds**

Division : \_\_\_\_\_

Team : \_\_\_\_\_

Team Name : \_\_\_\_\_

**Actual jumps completed (Right foot) :** \_\_\_\_\_

**TOTAL POINTS (= Actual jumps) :** \_\_\_\_\_

**FALSE STARTS:** 0 1 2 3

On third false start participant is eliminated.

FINAL SCORE : \_\_\_\_\_

NOTE : Minimum score possible = zero

JUDGE ID # : \_\_\_\_\_

## Double Dutch

TRIPLE SPEED - 120 seconds (3 jumpers, 40 seconds each)

Division : \_\_\_\_\_

Team : \_\_\_\_\_

Team Name : \_\_\_\_\_

Actual jumps completed (Right foot) : \_\_\_\_\_

TOTAL POINTS (= Actual jumps) : \_\_\_\_\_

**FALSE STARTS** : 0 1 2 3

On third false start participant is eliminated.

**FALSE SWITCHES** : 0 1 2

- 5 points for each miss.

TOTAL POINTS :	_____
(-)	_____
DEDUCTIONS :	_____
(=)	_____
FINAL SCORE :	_____

NOTE : Minimum score possible = zero

JUDGE ID # : \_\_\_\_\_

## **Double Dutch**

**SINGLE FREESTYLE - 45 to 75 seconds (3 jumpers)**

Maximum score : 500 points

Division : \_\_\_\_\_

Team : \_\_\_\_\_

Team Name : \_\_\_\_\_

Time : \_\_\_\_\_ seconds.

### **1. Difficulty**

A	+	B	+	C	/ 3	<b>Average (X)</b>
<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>
						+

### **2. Creativity**

D	+	E	+	F	/ 3	<b>Average (Y)</b>
<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>
						_____

Total points (Z)

Time-violation ( - 0.5 points)

YES / NO : =  -

Space-violation ( - 0.5 points)

YES / NO : =  -

Switches

No switches ( - 2 points)

<input type="text"/>
<input type="text"/>
<input type="text"/>

1 x switch ( - 1 point)

=  -

2 x switch

**FINAL SCORE :**

NOTE : Minimum score possible = zero

JUDGE ID # : \_\_\_\_\_

## Double Dutch

DOUBLE FREESTYLE - 45 to 75 seconds (4 jumpers)

Maximum score : 500 points

Division : \_\_\_\_\_

Team : \_\_\_\_\_

Team Name : \_\_\_\_\_

Time : \_\_\_\_\_ seconds.

### 1. Difficulty

A	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	/ 3	<input type="text"/> +
---	----------------------	---	----------------------	---	----------------------	-----	------------------------

### 2. Creativity

D	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	/ 3	<input type="text"/>
							_____

Total points (Z)

Time-violation ( - 0.5 points)

YES / NO : =  -

Space-violation ( - 0.5 points)

YES / NO : =  -

Switches

No switches ( - 2 points)

<input type="text"/>	=	<input type="text"/> -
<input type="text"/>	=	<input type="text"/> -
<input type="text"/>	=	<input type="text"/> -

1 x switch ( - 1 point)

2 x switch

**FINAL SCORE :**

NOTE : Minimum score possible = zero

JUDGE ID # : \_\_\_\_\_

1998  
Official ERSO  
Single Rope  
Rope Skipping  
Competition Rules  
for  
**MASTER - CHAMPIONSHIPS**



**GENERAL GUIDELINES**

**Part 1. Competition**

<b>Single Rope</b>		
	<b>Event</b>	<b>Time</b>
A.	Triple Under	No Limit
B.1	Speed	30 sec.
B.2	Endurance	180 sec.
C.	Freestyle	45 - 75 sec.

**Part 2. Divisions**

- A Open to all ages.  
B Male and Female category.

**Part 3. Ropes**

Any rope may be used except without mechanical assistance. The handle may not be longer than 13,0 cm.

Single Ropes Any length desired.

**Part 4. Event Start**

- A.1. All Freestyle events will begin with the Head Judge calling out: "You may begin.". Except when there is more than one floor being used during the competition. Then the calling out of the other events (A2) is being used.  
A.2. In other events than described in A.1., the events will begin with the Head Judge calling out: "Ready. Set. Go.".  
B. The rope(s) must be still with no arm or rope motion until the word(s) "Go" or "You may begin." have been said.  
C. On each event no more than two false starts are permitted. On the third false start participants are eliminated from that event.  
D. In Freestyle or Compulsory time starts running as soon as an arm or rope gets in motion or as soon as the music starts.

**Part 5. Event Stop**

All events will end when the timer calls out "Time.". "Time." will not be called out for Freestyle events; instead the skipper makes a bow or end her / his routine in a recognizable 'End'-position to show that the routine has ended.

**Part 6. Tournament Tie**

In the event of a Tie the skipper with the highest Freestyle score wins. If the score is still equal, the skipper with the highest Triple Unders score wins. If the score is still equal, the skipper with the highest 180 seconds Speed score wins. If the score is still equal, the skipper with the highest 30 seconds Speed score wins.

**Part 7. Exceptions**

The Tournament Director makes all the final decisions regarding the rules, regulations and exceptions which may occur during an event to better the tournament. All complaints must be handed in writing with a deposit of 750 Bef. (or an equal amount in local currency).

**Part 8. Counting misses / deductions**

- A. If a rope or handle breaks, a repeat is permitted.
- B.1. After a miss, the rope must be jumped at least one time successfully before another miss can be counted.
- B.2. Time violation is punished as a minor miss.
- B.3. Space violation is punished as a minor miss.

**Part 9 Workfloor**

- A. Surface should be of a high quality sportsfloor.
- B. The floor should be of a high quality.
- C. The floor should be marked with a square with lines that are in 90 degrees angle of each other and 9 meters wide on each side.
- D. The places of the jury should not be within a circle with a radius of 7.00 metres measured from the centre of the square.

**A. Triple Under**

Part 1. Time limit

No time limit

Part 2. Execution requirements

- A. Triple Under: In one jump the rope should pass the skippers feet three (= 3) times before the skippers feet hit the ground for the next time.
- B. The skipper has to perform a consecutive series of Triple Unders. It doesn't matter what tricks will be performed before or after the series.
- C. Each skipper has the right to a 'Best of two': every skipper has two attempt of which the best attemp will be taken for the final score.
- D. Counters:

There will be a minimum of two counters.

A Head Counter will be designated at all triple under stations. The Head Counter's jump-count is the official count; but he / she may rely upon other counters in the following circumstances:

- \* Mechanical failure of the counter.
- \* Counter has been dropped.
- \* By reasonable doubt about his / her counterscore.

Part 3. Goal

Complete as many Triple Under Jumps as possible.

B. Speed

Part 1. Time limit  
30 seconds

Part 2. Execution requirements

- A. Proper step
- B. Counters:
  - For both Single Rope Speed events there will be a minimum of two counters.
  - A Head Counter will be designated at all speed stations. The Head Counter's jump-count is the official speed-count; but he / she may rely upon other counters in the following circumstances:
    - \* Mechanical failure of the counter.
    - \* Counter has been dropped.
    - \* By reasonable doubt about his / her counterscore.

Part 3. Goal

Complete as many jumps as possible within the time limit.

**C. Endurance**

Part 1. Time limit  
180 seconds

Part 2. Execution requirements  
A. Proper step  
B. Counters:  
For both Single Rope Speed events there will be a minimum of two counters.  
A Head Counter will be designated at all speed stations. The Head Counter's jump-count is the official speed-count; but he / she may rely upon other counters in the following circumstances:  
\* Mechanical failure of the counter.  
\* Counter has been dropped.  
\* By reasonable doubt about his / her counterscore.

Part 3. Goal  
Complete as many jumps as possible within the time limit.

**D. Freestyle**

**Part 1. Time limit**

45 - 75 seconds

A bell is rung at 45 seconds to indicate that there are 30 seconds remaining to complete the routine.

**Part 2. Execution requirements**

Freestyle is any combination of tricks put together into a routine limited only by the imagination. The scoring of Freestyle by the panel of judges is based

- upon:
- |               |               |
|---------------|---------------|
| A) Difficulty | B) Creativity |
| C) Technical  | D) Misses     |

**A. Difficulty**

The number and difficulty (whether they are beginning, intermediate or advanced) of tricks is taken into account when scoring Freestyle. The more tricks of greater difficulty completed and executed correctly within the time limit, the higher the score.

**B. Creativity**

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

**C. Technical**

Jumper exhibits correct technique for those tricks chosen to be included as part of routine: power and strength, acrobatic movements, body inversions (criss-cross) and smooth flow.

**D. Misses** will be counted for as minor miss or major miss.

**Part 3. Props**

Any other special equipment may be used to add to the creativity and / or difficulty of the routine.

**Part 4. Time range violations and penalties**

Routines lasting less than 45 seconds or more than 75 seconds will be penalised by adding a minor miss.

**Part 5. Space violations and penalties**

- A. A skipper who steps outside the border(s) of the workfloor will be penalised by adding a minor miss for each mistake.
- B. When a rope touches (for instance) a judge while performing a trick will be penalised by adding a minor miss for each mistake.

**Part 6. Goal**

To complete a routine with as many correctly executed tricks at jumper's highest ability level within the time limit.

**Part 7. Music**

The use of music is optional, but if it is used, an impression of creativity must be shown. The music must fit the routine as an arm fits the body. Music that doesn't fit the routine can be punished with deduction of points for creativity.

**Freestyle Specifics**

Difficulty	3 judges	.....	A, B, C
Creativity & Technical	3 judges	.....	D, E, F

Every judge scores up to 10.

Add all 3 Difficulty scores and divided  
the total by 3 for the average.

$$(A + B + C) / 3 = X$$

The same for Creativity & Technical score.

$$(D + E + F) / 3 = Y$$

Add the two scores

$$(X + Y) = Z$$

The final score will be multiplied by 25 in the computer.

$$Z * 25 = \underline{\text{Final score}}$$

**Difficulty - 10 points**

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

B = Beginner

I = Intermediate

A = Advanced

**Creativity and Technical - 10 points**

**Creativity - 6 points**

Movement on the floor

Fancy feet

Combination of tricks

Speed changes

Rope-direction changes

Starting and ending the routine

**Technical - 4 points**

Power and strength

Acrobatic movements

Body inversions ie. cross combinations

Smooth flow - not forced movement (body posture)

**Misses - No limit**

NOTE : The final score can not be lower than 0 points.

**TRIPLE UNDER**

Name : \_\_\_\_\_

**FIRST ATTEMPT**

Actual jumps completed : \_\_\_\_\_

**SECOND ATTEMPT**

Actual jumps completed : \_\_\_\_\_

**TOTAL POINTS (= 'Best of two') :** \_\_\_\_\_

TOTAL POINTS		_____
X 2		X 2
FINAL SCORE :		_____

NOTE : Minimum score possible = zero

JUDGE ID # : \_\_\_\_\_

SPEED - 30 seconds

Name : \_\_\_\_\_

Actual jumps completed (Right foot) : \_\_\_\_\_

TOTAL POINTS (= Actual jumps) : \_\_\_\_\_

**FALSE STARTS:** 0 1 2 3

On third false start participant is eliminated.

TOTAL POINTS _____	
X 5	X 5
FINAL SCORE : _____	

NOTE : Minimum score possible = zero

JUDGE ID # : \_\_\_\_\_

**ENDURANCE - 180 seconds**

Name : \_\_\_\_\_

Actual jumps completed (Right foot) : \_\_\_\_\_

TOTAL POINTS (= Actual jumps) : \_\_\_\_\_

**FALSE STARTS:** 0 1 2 3  
On third false start participant is eliminated.

FINAL SCORE : \_\_\_\_\_

NOTE : Minimum score possible = zero

JUDGE ID # : \_\_\_\_\_

**FREESTYLE - 45 to 75 seconds**

Maximum score : 500 points

Name : \_\_\_\_\_

Time : \_\_\_\_\_ seconds.

**1. Difficulty**

A	B	C	Average (X)
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/> / 3
			+

**2. Creativity**

D	E	F	Average (Y)
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/> / 3
			_____

Total points (Z)

Time-violation ( - 0.5 points)

YES / NO : =  -

Space-violation ( - 0.5 points)

YES / NO : =  -

**FINAL SCORE :**

**NOTE :** Minimum score possible = zero

JUDGE ID # : \_\_\_\_\_

**Definition of terms:**

General :

Minor Miss	When the rope is caught on a body part or is momentarily slowed down, but the jumper is still able to keep the rope going through its proper motion with only a split second delay. Some examples would be catching a rope momentarily on a foot, arm, or perhaps the person's hair.
Major Miss	When the rope is caught on a body part for two seconds or longer, 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.
Consecutive series	Performance of one trick without any other trick (not even a 'basic jump' or 'stop') repeated continuously.

Speed :

Proper step	The official speed skipping step is a jogging motion, alternating feet (Single Bouncing). Every time the right foot hits the ground, one jump is counted. Jumps will not be counted while improper skipping is performed.
False switch	When a jumper stops or leaves the rope before "Switch." is being called by the Head Judge and the next jumper starts his turn.

**Deduction for penalties:**

Minor Miss :	0.5 points
Major Miss :	1.0 points
Time violation :	0.5 points
Space violation :	0.5 points

