

# FISAC-IRSF RULEBOOK



## 2007-2008

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Article 1 DEFINITION OF TERMS

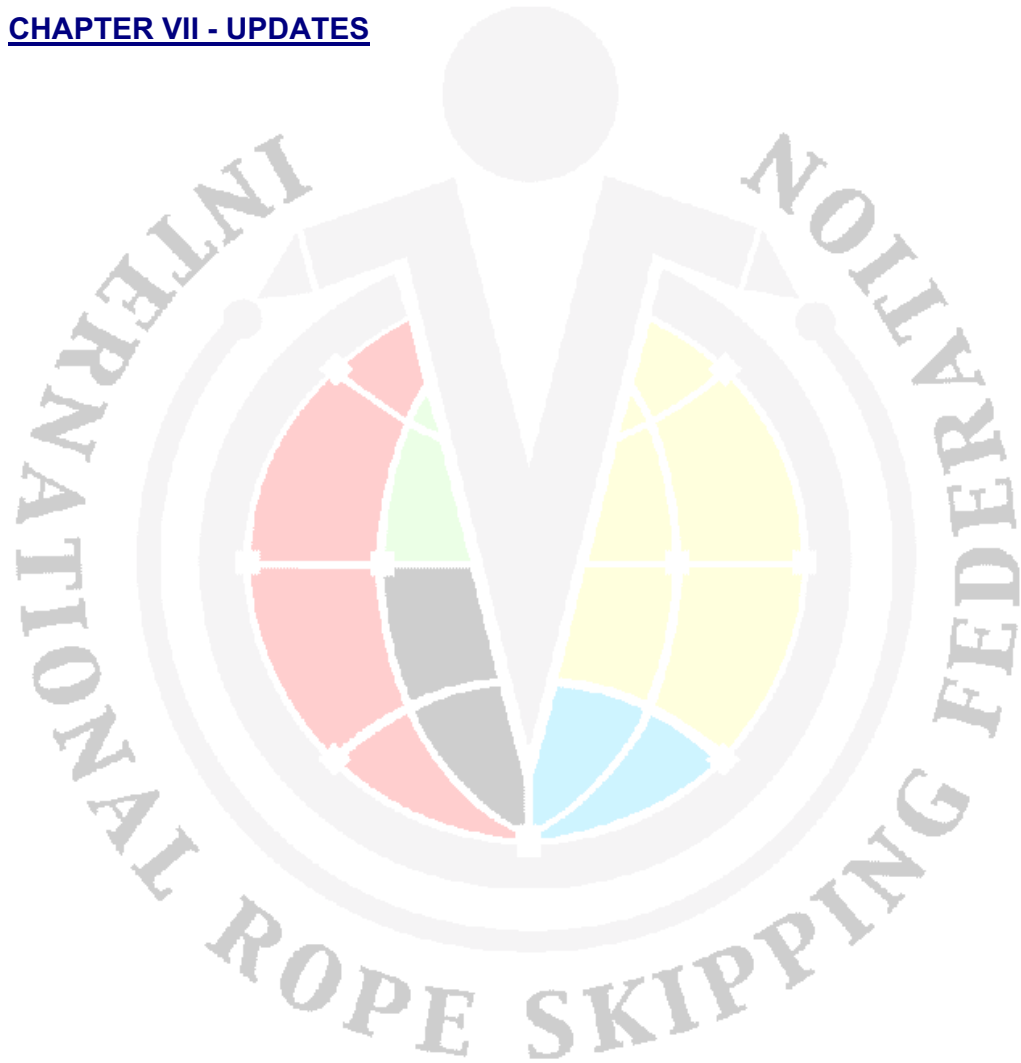
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## **FORWARD**

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 February 15<sup>th</sup> 2007.

It is the updated 2007 - 2008 FISAC IRSF rulebook to be used for the FISAC - IRSF World Championships being held in 2008.

The original FISAC - IRSF rules were taken by Lorraine Bannerman 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) and the Canadian Rope Skipping Federation (CRSF).

They have been updated after each World Championships since and in 2003 the World Cup (Part 5) made its debut.

The rulebook was updated once again in 2004 and the outgoing Chairperson, Lorraine Bannerman would like to thank the members of that 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.

Finally the rulebook was updated once again in 2006 and I would like to thank the members of the present Rules Committee. I would like to sincerely thank everyone who believed in this team, especially Lorraine who first asked me to take care of the huge responsibility of reshaping the rulebook and who edited this rulebook.

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 2008 World Championships.

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

Pieter Himpe (Belgium)  
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)  
Président / 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.

### Section 3

#### Number of Teams

- A To be classified as a World Championship competition it should have a minimum of six teams, or six competitors in the case of the Masters Championship from three of the following continents: PanAm, Oceania, Europe, Asia or Africa. Countries do not need to compete in the same age division or gender categories, but there must be three or more teams entered in any age division or gender category of which two must be from different countries to enable each event to occur.
- B In order to have an age division or a division between all male, all female or all mixed, there must be a minimum of three 4/5 skipper teams of which at least two must be from different countries to enable the event to occur.
- C If there is not, the teams may be combined to compete in the next appropriate division until these conditions are met, as stipulated in (B) above.
- D This is to be determined by the Championship organizers in consultation with the FISAC - IRSF Rules Committee. Any team in that position must be notified that they are in this situation well in advance of the competition. It is the responsibility of the Championship Director to inform participating teams of any changes to the divisions.
- E Should it not meet the original requirements, the championship may go ahead but it would be called a FISAC - IRSF Invitational Tournament

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

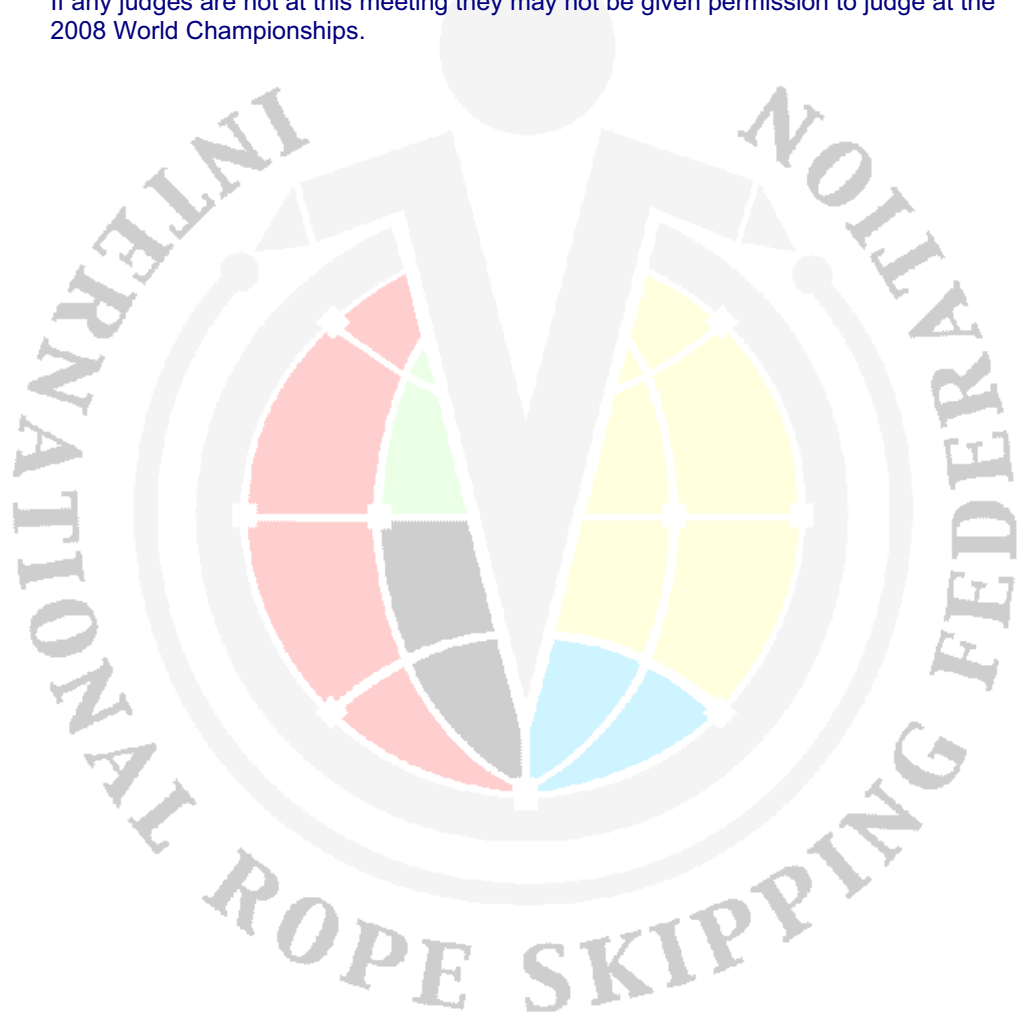
Section 1 - Information

The day prior to every competition a Judges, Coaches and Team Managers meeting will be held.

During this meeting all relevant information and recent changes to the rules will be communicated and explained. It is mandatory for all judges to attend this meeting. Coaches and Team Managers are strongly advised to attend.

During the Judge's meeting all judges will be given the same directions and information to make the Judging Panel as balanced as possible.

If any judges are not at this meeting they may not be given permission to judge at the 2008 World Championships.



## **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 ©
<p>This is an event open to the top five (5) male and top five (5) female skippers from each participating country.</p>	<p>In each division a country can enter a maximum of three teams per gender category in the overall competition.</p>		<p>One team per country is allowed to compete Teams may seek to give a performance without their demonstration being judged. These items will be placed between the competitive performances to allow calculation time for judges and for audience entertainment 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.</p>
<p>There are separate MALE and FEMALE categories</p>	<p>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.</p>	<p>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.</p>	
<p>To be eligible to enter the Masters a skipper must be born in or before 1993. However, if the skipper was born in 1994 – 1996, the</p>	<p>To be eligible for the Junior Team Championships the skippers must be born in the years 1991 - 1996</p>	<p>To be eligible to compete in the World Team Championships a skipper must be born in or before 1994</p>	<p>This is an open event for skippers born in or before 1996.</p>

<p>NGO must provide FISAC with evidence, including video/DVD that this skipper has a competitive score equal to middle place getter of the same sex at the previous World Championship</p>	<p>A country which registers a team of competitors born in 1991 - 1996 can enter this team in either the FISAC Junior Team Championships or the FISAC World Championships. They can not compete in both Team Championships.</p>	
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## **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.	Determined by random draw
<b>Criterion #2</b>	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.	
<b>1st Event</b>	The one with the highest rank will start last.	The one with the highest rank will start last.	
<b>Freestyle</b>	Determined by the ranking-order of the speed events. The skipper with the lowest rank will start first.	Determined by the ranking-order of the speed events. The team with the lowest score will start first.	

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	1	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	1	1	4
2	Skipper A	Netherlands	2	4	1
3	Skipper C	Hong Kong	1	3	3
4	Skipper B	Belgium	1	6	2

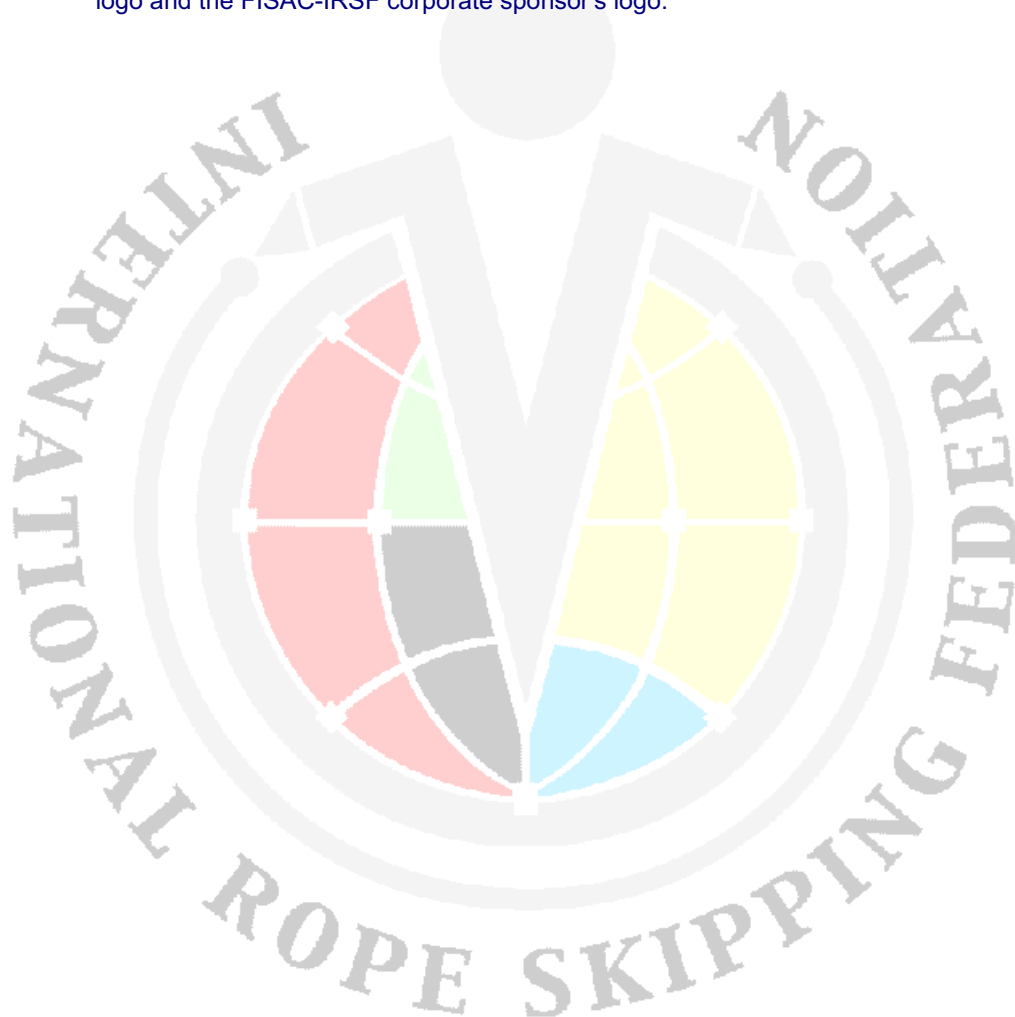
## **CHAPTER I – GENERAL – Article 6.**

### **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 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.  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.
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 judges is three metres surrounding the competition floor.

Section 5.

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

Section 6.

Coaches may be on the competition floor at the same time as his / her team but must remain 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

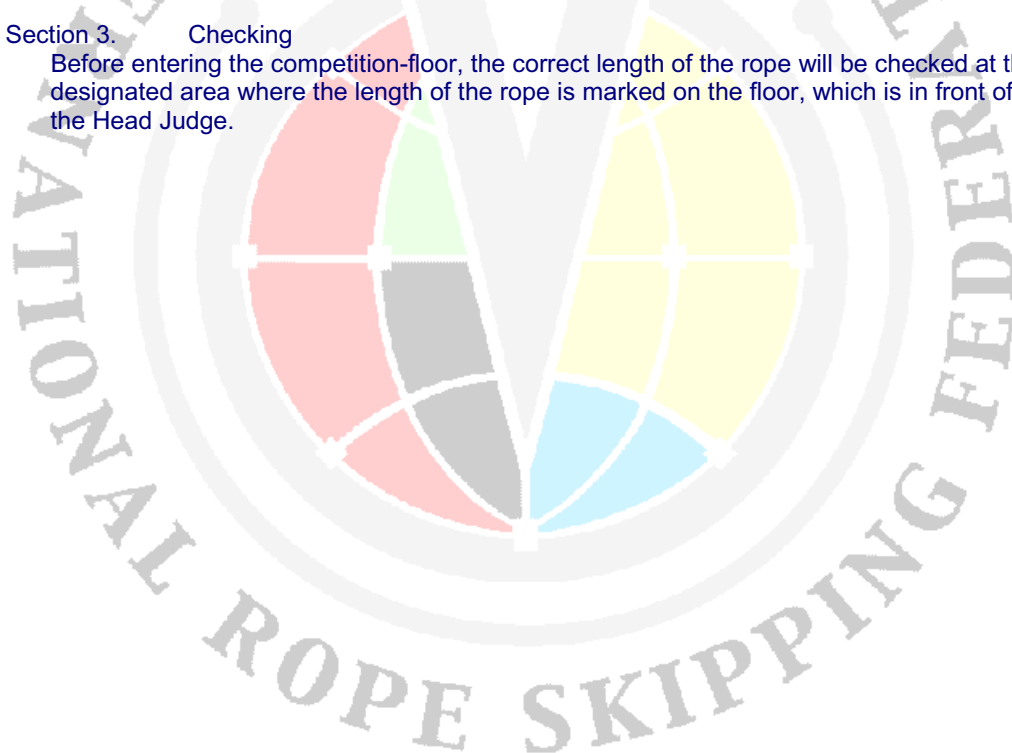
Any rope may be used as long as it is powered by the athlete.

#### Section 2. Type and number

<b>Masters</b>		<b>Team</b>		<b>World Cup</b>	
<b>Event</b>	<b>Length, number</b>	<b>Event</b>	<b>Length, number</b>	<b>Type</b>	<b>Length, number</b>
SRS & SRSE	Free, 1 maximum	SRS&D	Free, 4 maximum	SR	Free, free
		DDS	Free, 1 set maximum	DD	Free, free
SRTU	Free, 1 maximum	SRFP & SRFT	Free, 4 maximum	Long Rope	Minimum of 7 metres, 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

	<b>Event</b>	<b>Time</b>
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: B C D A

## Section 2. Teams

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

Event / discipline-order: A, C, 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."	SRS& D	"STOP."		
				DDS			
<b>P O W E R</b>	"You may begin."  After this the skipper only has 10 seconds to begin his / her first attempt	The skipper stops when he / she makes a mistake.  If the skipper misses before finishing the 30 <sup>th</sup> triple, 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 completion of the first attempt.					
<b>F R E E S</b>	"You may begin."  After this the skipper only has 10 seconds to begin his / her performance.  NB:	The skipper makes a bow or ends his / her routine in a recognizable 'End' - position to show that the routine has ended.  However, at 75 seconds a call "TIME." will be	"You may begin."  After this the skipper only has 10 seconds to begin his / her	The skippers make a bow or end their routine in a recognizable 'End' - position to show that the routine has ended.  However, at 75 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	

<b>T Y L E</b>	When there is more than one floor being used at the same time during the competition, the speed events will be called out.	made.	performa nce.			or until "TIME" is called.
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## Section 2.

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

## Section 3.

No False Starts are permitted for any event.

## Section 4. Power - Triple Under

If a skipper misses on a preparatory jump, it is considered an attempt. If the skipper misses before the 30<sup>th</sup> triple, he/she is entitled to a second attempt. If the option to use the second attempt is taken, the skipper must begin the second attempt within 15 seconds after completing the first attempt.

## 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 event (taken from the program).
  - c. Only the one track being used for that event.
- D If music will be used, there will be manual timing.

**CHAPTER I – GENERAL – Article 12.**  
**ROUTINE REQUIREMENTS, MISSES and DEDUCTIONS**

Section 1. Difficulty

Score	Masters Skill-level				Score	Team - Single Rope Skill-level				Score	Team - Double Dutch Skill-level							
	Skill # total	1	2	3		4	Skill # total	1	2		3	4	Skill # total	1	2	3	4	5
1.0 – 1.9	10 >		5 >															
2.0 – 2.9	15 >		15 >															
3.0 – 3.9	20 >		15 >	5 >														
4.0 – 4.9	25 >		15 >	7 >	3 >													
5.0 – 5.9	30 >		15 >	9 >	6 >													
6.0 – 6.9	35 >		15 >	11 >	9 >													
7.0 – 7.9	40 >		15 >	13 >	12 >													
8.0 – 8.9	45 >		15 >	15 >	15 >													
9.0 – 10	50 >		15 >	17 >	18 >													

It is possible for a level 6 skill to be converted in 1.5 level 5 skills or into 2 level 4 skills or into 2.5 level 3 skills or ...

It is possible for a level 5 skill to be converted in 1.5 level 4 skills or into 2 level 3 skills or into 2.5 level 2 skills and so on

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. Creativity

Masters and Team Single Rope:

Use of Music	20 points possible
Original Moves and Impression	15 points (Team) 20 pts (Masters) possible
Using Space	10 points possible
Form and Enjoyment	5 points (Team) 10 pts (Masters) possible
Interlinked	10 points (Team) 0 pts (Masters) possible
Variety	40 points possible
(Sub)Total:	100 points possible

## Double Dutch

Use of Music	20 points possible
Original Moves and Impression	10 points possible
Using Space	10 points possible
Form and Enjoyment	10 points possible
Form of Ropes	10 points possible
Proficiency of all team members	40 points possible
(Sub)Total:	100 points possible

## 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 3. Uniforms

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

## Section 4. Rope

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

## Section 5. Props

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

## Section 6. 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 7. Violations

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 will not be stopped.
- b) Freestyle: Skills performed outside the 9 x 9 meters-area will not be judged until the skipper has re-entered the square of the Freestyle-floor.

- 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 at 75sec.
- b) Triple Under: If a skipper does not start within 10 seconds of "You may begin." being called out then 10 triple unders will be deducted from the raw score.
- c) If the skipper does not start within 10 seconds of "You may begin." being called out for the first attempt then they will not be permitted to have the second attempt even though it may be an option.
- d) Masters / Team: A time violation is punished as a major miss and is given to a routine lasting less than 45 seconds and more than 75 seconds.
- e) 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 IN the ropes for the routine to be valid. Violation of this rule will be punished as a major miss for each skipper who does not fulfill this requirement.

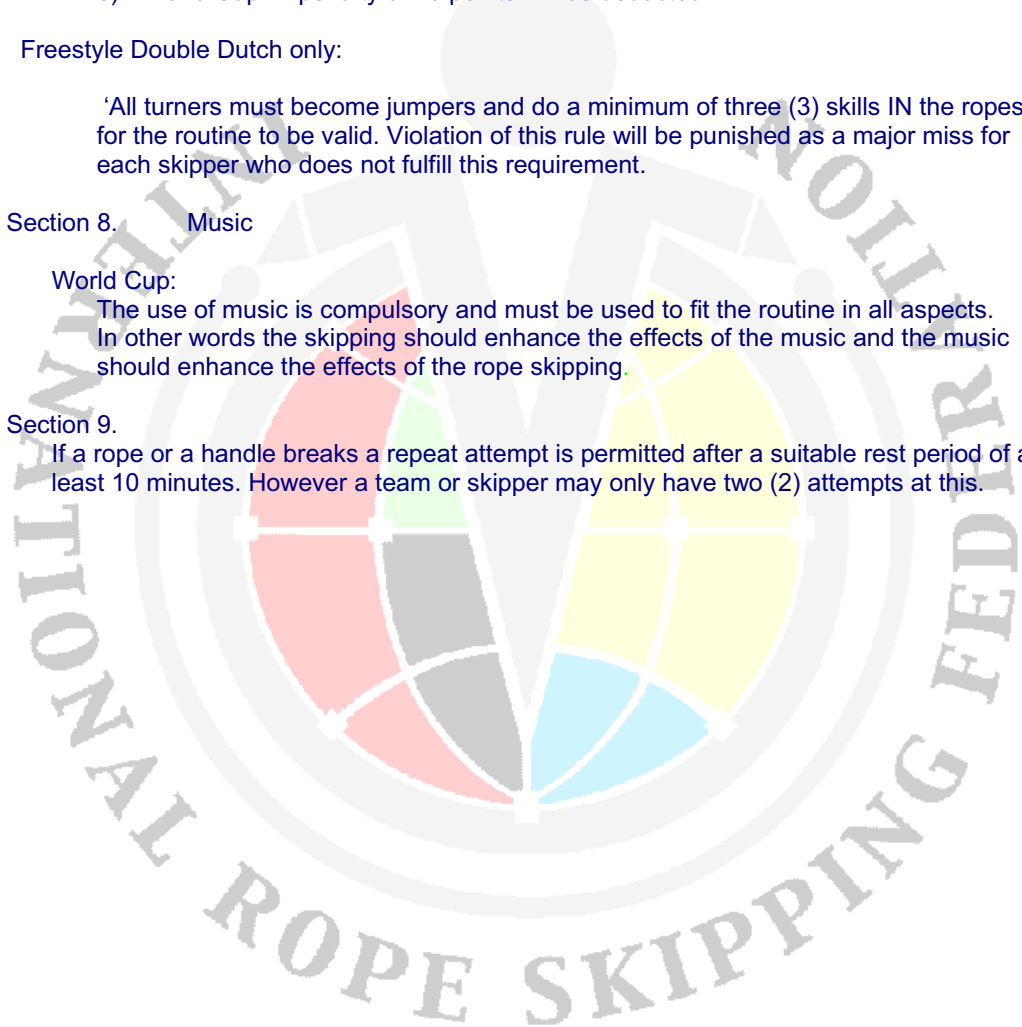
Section 8. Music

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.

Section 9.

If a rope or a handle breaks a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However a team or 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 additional officials.

Section 4.

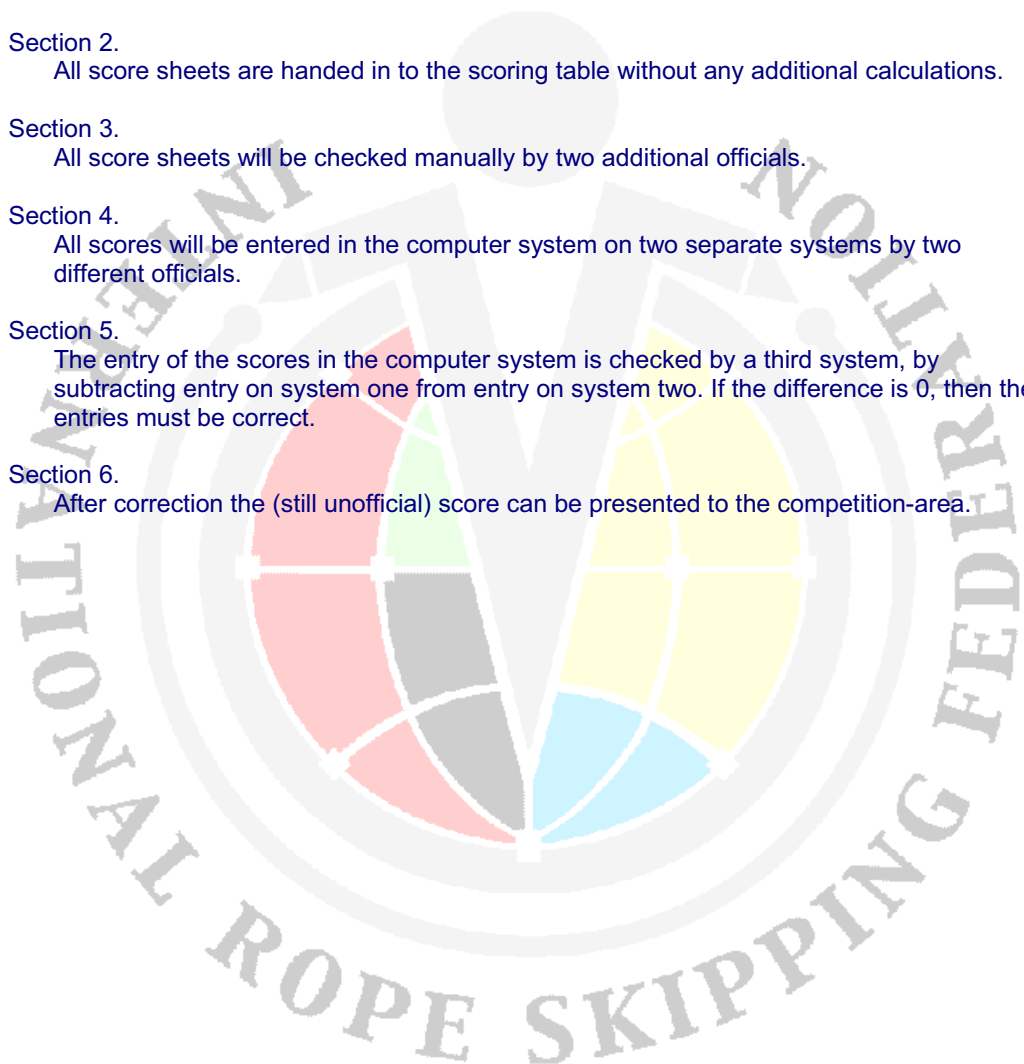
All scores will be entered in the computer system on two separate systems by two different officials.

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. Calculations

- 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).

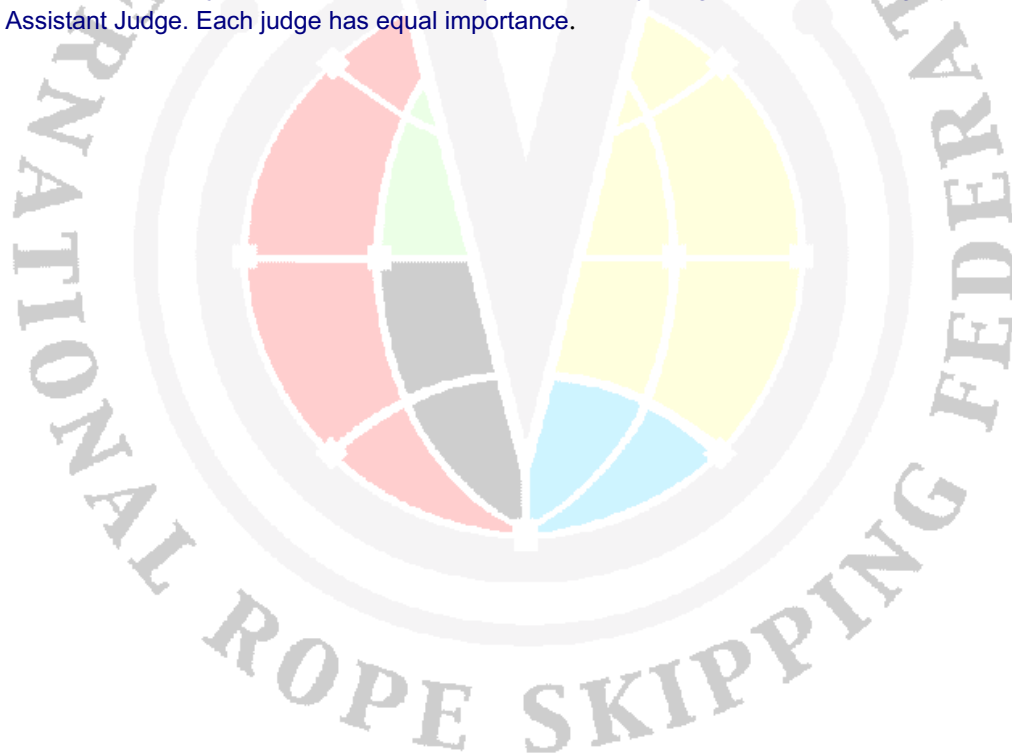
#### Section 2. Masters

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 (12 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>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.</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> $(a + b + c) / 3 = U$
Step 4				Creativity and Technical Merit: 7 judges, including the Assistant Judge.
Step 5				Total the scores, maximum 100 points, then divide by 10 to get the final score out of 10 for creativity
Step 6	Average all the misses scores and 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 = Final score.	This score will be multiplied by 1 to give the final score:  $X \times 1 = Y2$  Y2 = Final score.	This score will be multiplied by 2 to give the final score:  $X \times 2 = Y3$  Y3 = 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 = 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.  The total ranking is calculated as follows: $Z1 + Z2 + Z3 + Z4 + Z4$			

The minor and major misses are counted by the Creativity Judges, the Head Judge and the Assistant Judge. Each judge has equal importance.



## Section 3. Teams

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

Event	SRS&D	DDSP	SRFP	SRFT	DDFS	DDFP
Step 1	Score-sheet for Speed is taken (1 in total) and all scores are entered in the system.		Score-sheets for Freestyle are taken from all judges 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: $133 - 135 - 137 \rightarrow (135 + 137) / 2 = 136$ $T = 136$ 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.		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: 7 judges, 6 in case of DDSF, including the Assistant Judge.			
Step 5			Total the scores, maximum 100 points, then divide by 10 to get the final score out of 10 for creativity			
Step 6	Average the misses scores and 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 three Single Rope-events and the three Double Dutch-events.  $Y1 (SRS\&D) + Y1 (DDSP) + Y2 (SRFP) + Y2 (SRFT) + Y2 (DDFS) + Y2 (DDFP) = Z$					
Step 10	After the competition, the team ending with the highest total of points is the winner.					

The minor and major misses are counted by the Creativity Judges, the Head Judge and the Assistant Judge. Each judge has equal importance.

## 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 (7 in total) and all 7 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 = 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)		Speed Double Dutch	Total ranking score from Creativity and Presentation.
Step 6	Number of Triple Unders (Event C)	Double Dutch		
Step 7			Single Rope	Single Rope Speed and Doubles
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. However a skipper may appeal their speed or power result providing they are able to provide clear, video evidence of the event to the Appeals Committee. This will only be required if no evidence can be presented by FISAC.

#### 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.

However, 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>		<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.  <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.	
<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 organiser, with prior permission of and encouragement from 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 6 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 team registered must be accompanied by a fully qualified FISAC-IRSF Level 4 certified judge to judge at the competition.
- 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 However, the maximum number of accompanying judges per country is 10.
- F 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, 1 Assistant Judge, 5 Difficulty, 6 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 Assistant Judge
- 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.
- I The Assistant Judge counts pairs interaction and misses.
- J The Head Judge counts misses.

## Misses:

- A Masters and Team: will be recorded as minor or major by the Creativity / Technical Merit Judges, the Assistant Judge and the Head Judge. The final deduction of the misses is determined by averaging the 8 scores.
- B World Cup: will be recorded as minor or major misses by the Head judge.

Function	Masters	Team	World Cup
Head	- Uniform - Time and space violation - misses	- Uniform - Rope-length - Time and space violation - DDFS & DDFP: 3-skills-requirement - misses	- Uniform - Rope-length - Time and space violation - Misses
Difficulty	- Difficulty	- Difficulty	- Difficulty
Creativity	- Creativity - Misses	- Creativity - Misses	- Creativity
Assistant (Freestyle only)	- Time violation - misses	- Time violation - misses - counting turner involvement	- Time violation
Line-keeper (Freestyle only)	- Space violation	- Space violation	- Space violation

### **CHAPTER III – MASTERS – Article 1**

#### **A. SRS SPEED 30 seconds**

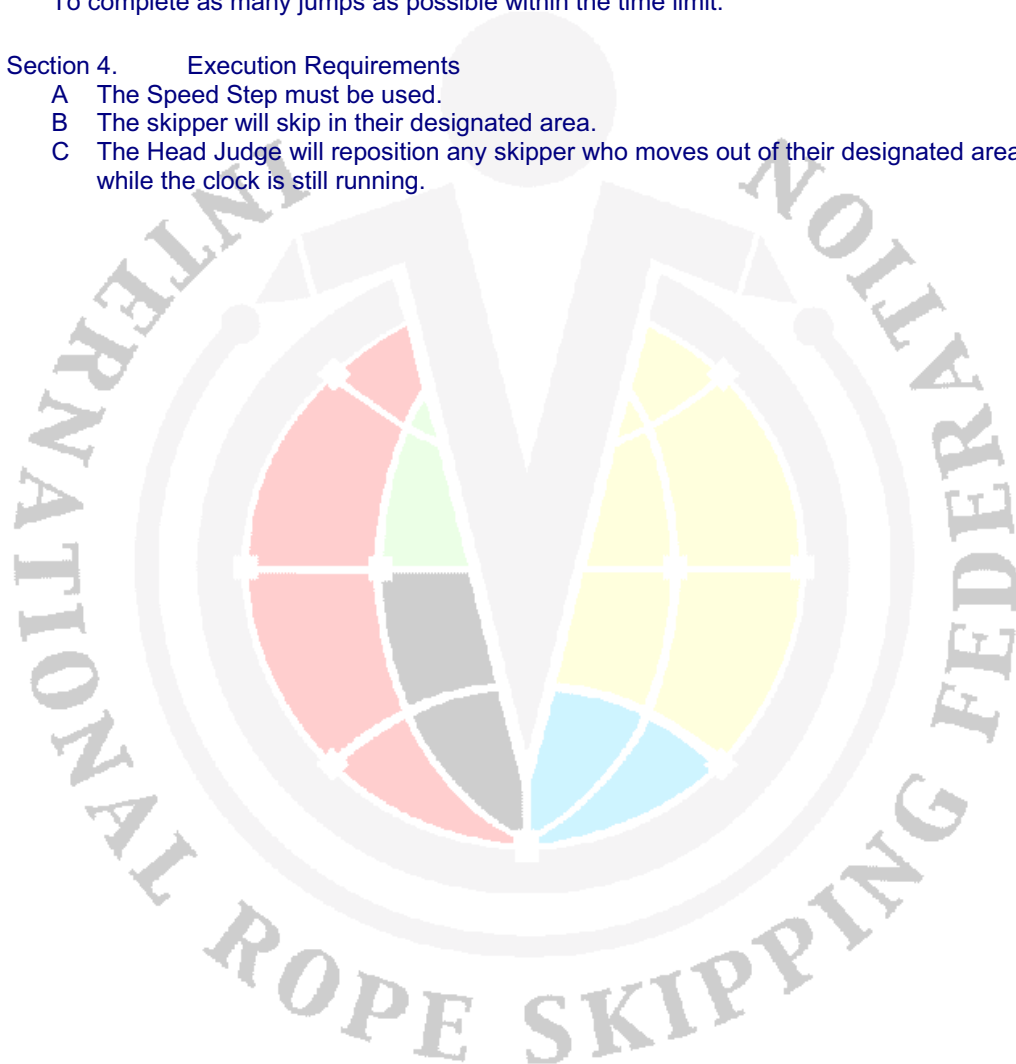
Section 1. Time limit  
30 seconds

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**

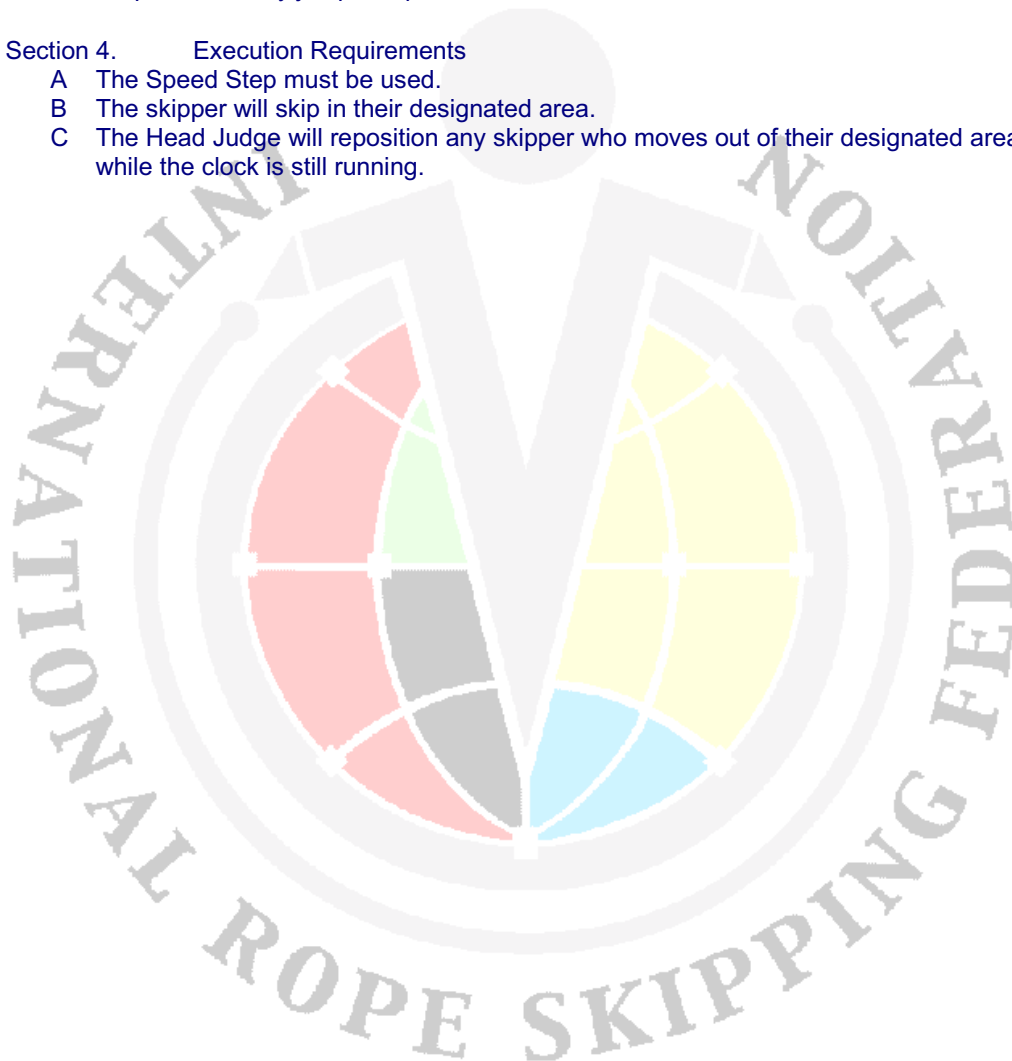
Section 1. Time limit  
3 minutes / 180 seconds

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. A skipper may only come before the judges after his / her name or number has been called out.
- D If a skipper misses on a preparatory jump, it is considered an attempt.
- E The skipper stops when he / she makes a mistake.
- F However, if the skipper misses before finishing the 30<sup>th</sup> triple, he/she is entitled to a second attempt.
- G When a skipper decides to use the option of a second attempt he /she must begin the second attempt within 15 seconds after the completion of the first attempt. If he/she does not begin within 15 seconds of the miss in the first attempt, the second attempt will not be allowed.
- H If a skipper misses before the 30<sup>th</sup> triple 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)

## **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.

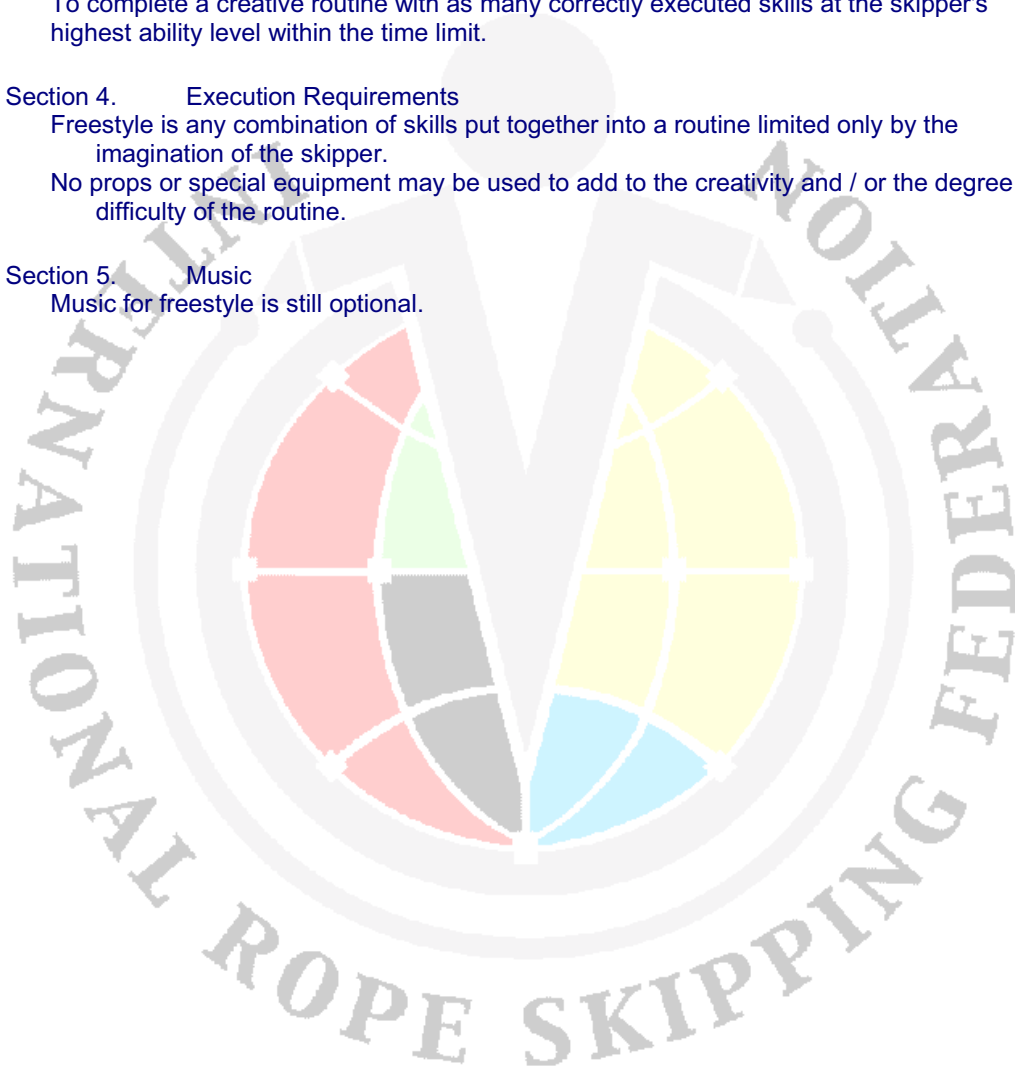
Section 4. Execution Requirements

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. SRS&D SINGLE ROPE Speed and 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 for the first 60 seconds

- 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.  
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.

#### Section 5. Execution Requirements for the last 60 seconds

- A The Double Under jump must be used.
- B Changing Skippers / The Switch:  
The third skipper completes as many jumps as possible in the third 30 seconds. At the 90 second mark, the command "Switch" is called out by the timer.  
The third skipper stops skipping and the fourth skipper begins and goes for the next 30 seconds.  
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 skipping and counting resumes when the rope passes under both feet cleanly.

#### Section 6.

- C The first, second, third and fourth skipper must be different skippers.
- D This speed score is multiplied by 3

## CHAPTER IV – TEAM – Article 2.

### C. DDS DOUBLE DUTCH Speed

#### Section 1. Time limit

- A 4 x 45 seconds.
- B The 180 seconds (three 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. Switch. 15. 30. Switch. 15. 30. Switch. 15. 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 Procedure
  - \* A and B turn for C, who is facing B.
  - \* A and C turn for D, who is facing A.
  - \* D and C turn for B, who is facing C.
  - \* D and B turn for A, who is facing D.
- C Changing Skippers / The Switch:

The first skipper completes as many jumps as possible in the first 45 seconds. At the 45 second mark, the command "Switch" is called out by the timer.

The first skipper exits the ropes and the second skipper only enters the ropes when the replacement turner has independent and complete control of the ropes. The same procedure is followed for each call of "Switch".

There will be a deduction of 5 points for each False Switch. In this case a False Switch is entering the ropes before the call of "Switch" is made or entering the ropes before the new turner has complete and independent control of the ropes. 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.

- D This speed score will be multiplied by 2.

**CHAPTER IV – TEAM – Article 3.**

**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

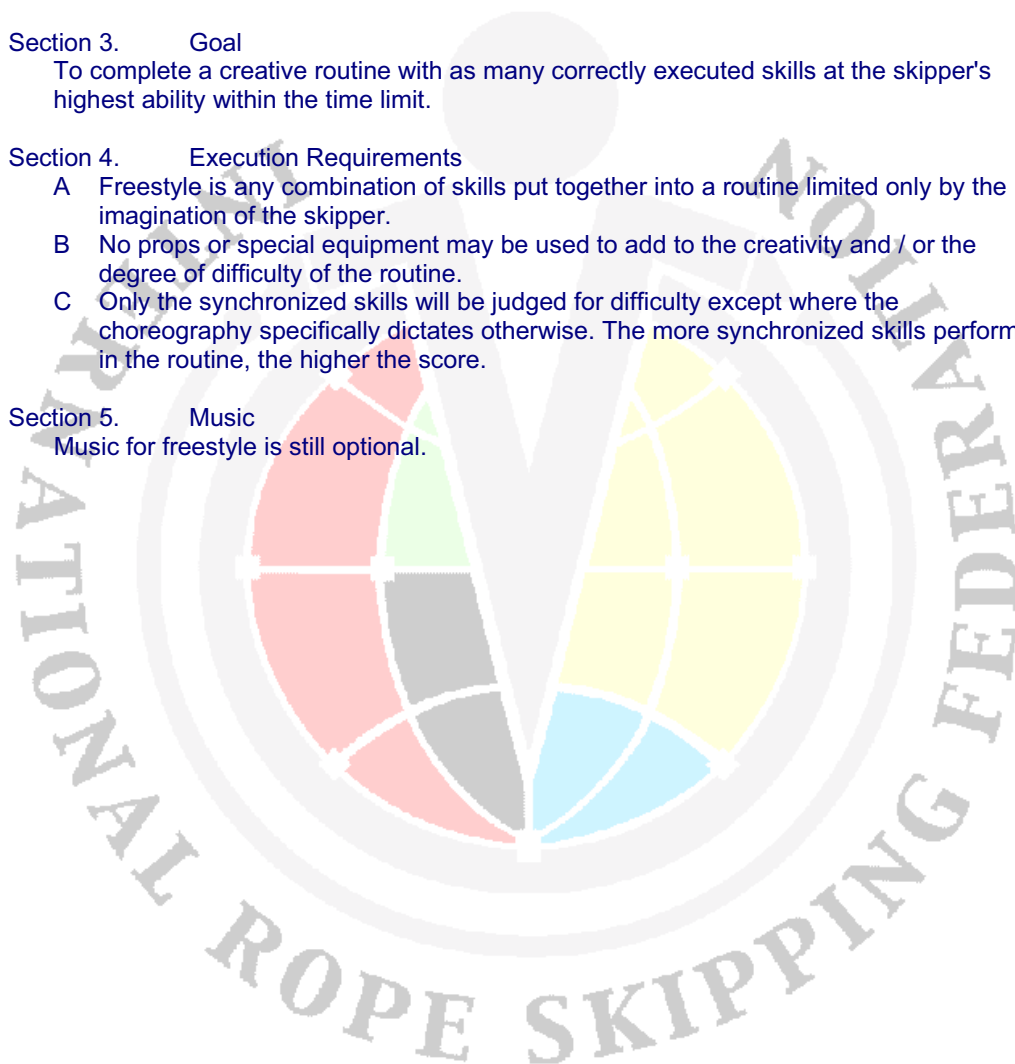
To complete a creative routine with as many correctly executed skills at the skipper's highest ability within the time limit.

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 4.**

**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

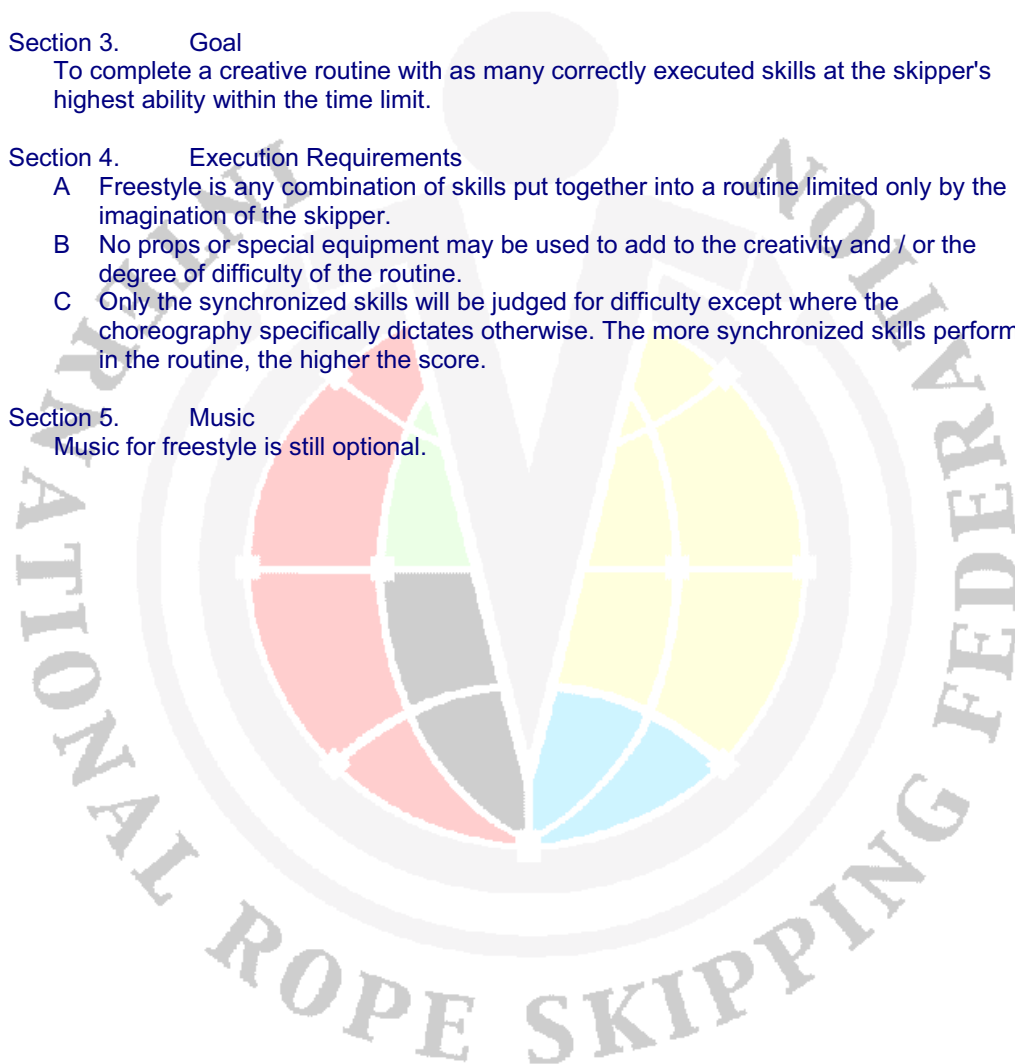
To complete a creative routine with as many correctly executed skills at the skipper's highest ability within the time limit.

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 5.**

**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.

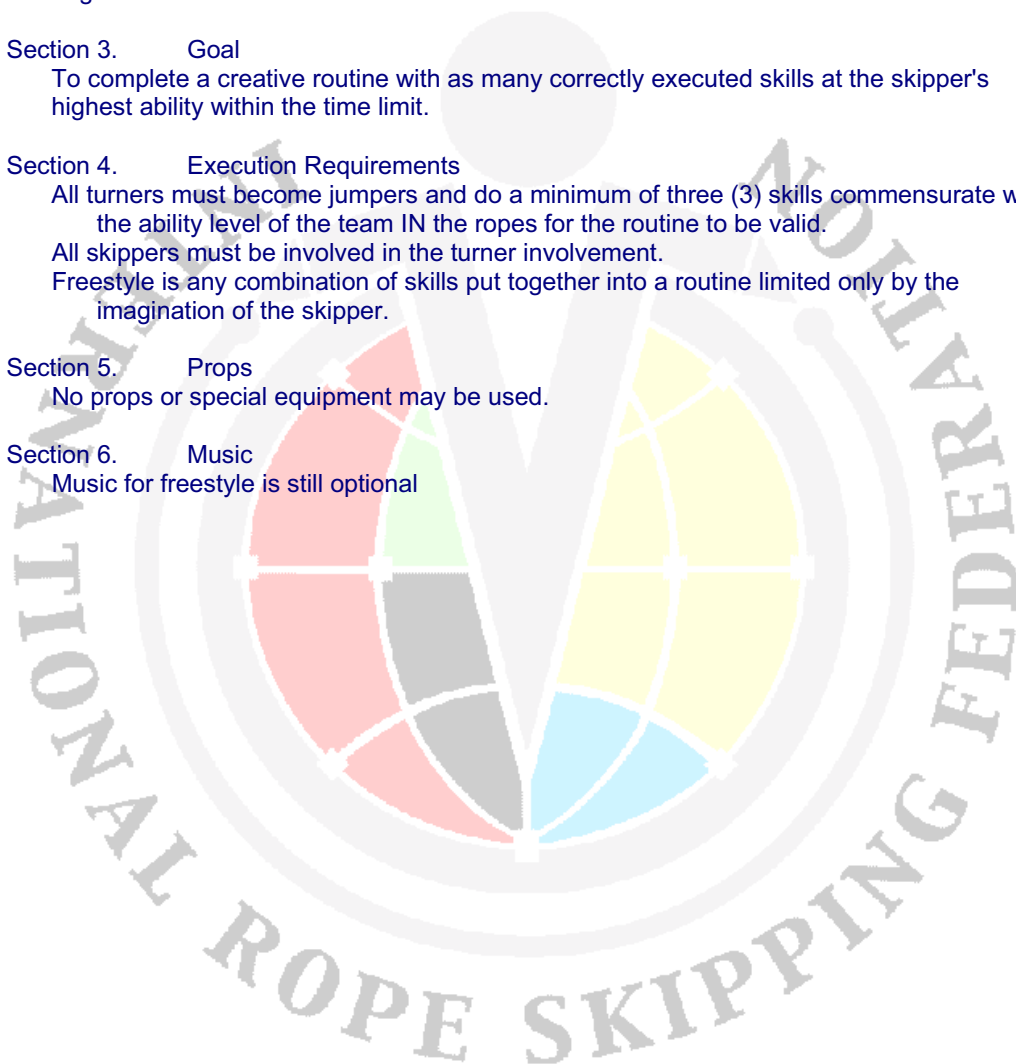
Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper.

Section 5. Props

No props or special equipment may be used.

Section 6. Music

Music for freestyle is still optional



## **CHAPTER IV – TEAM – Article 6.**

### **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

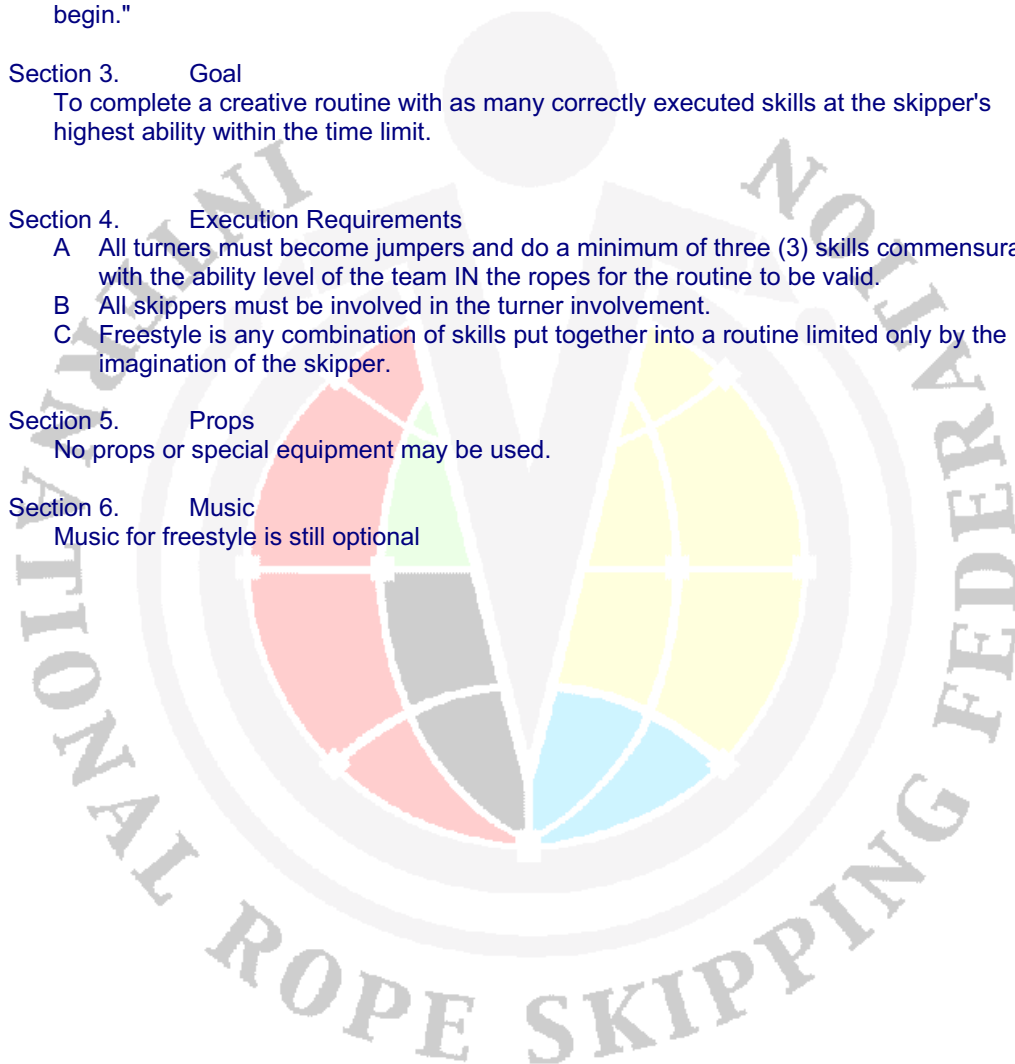
- A All turners must become jumpers and do a minimum of three (3) skills commensurate with the ability level of the team IN the ropes for the routine to be valid.
- B All skippers must be involved in the turner involvement.
- C Freestyle is any combination of skills put together into a routine limited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

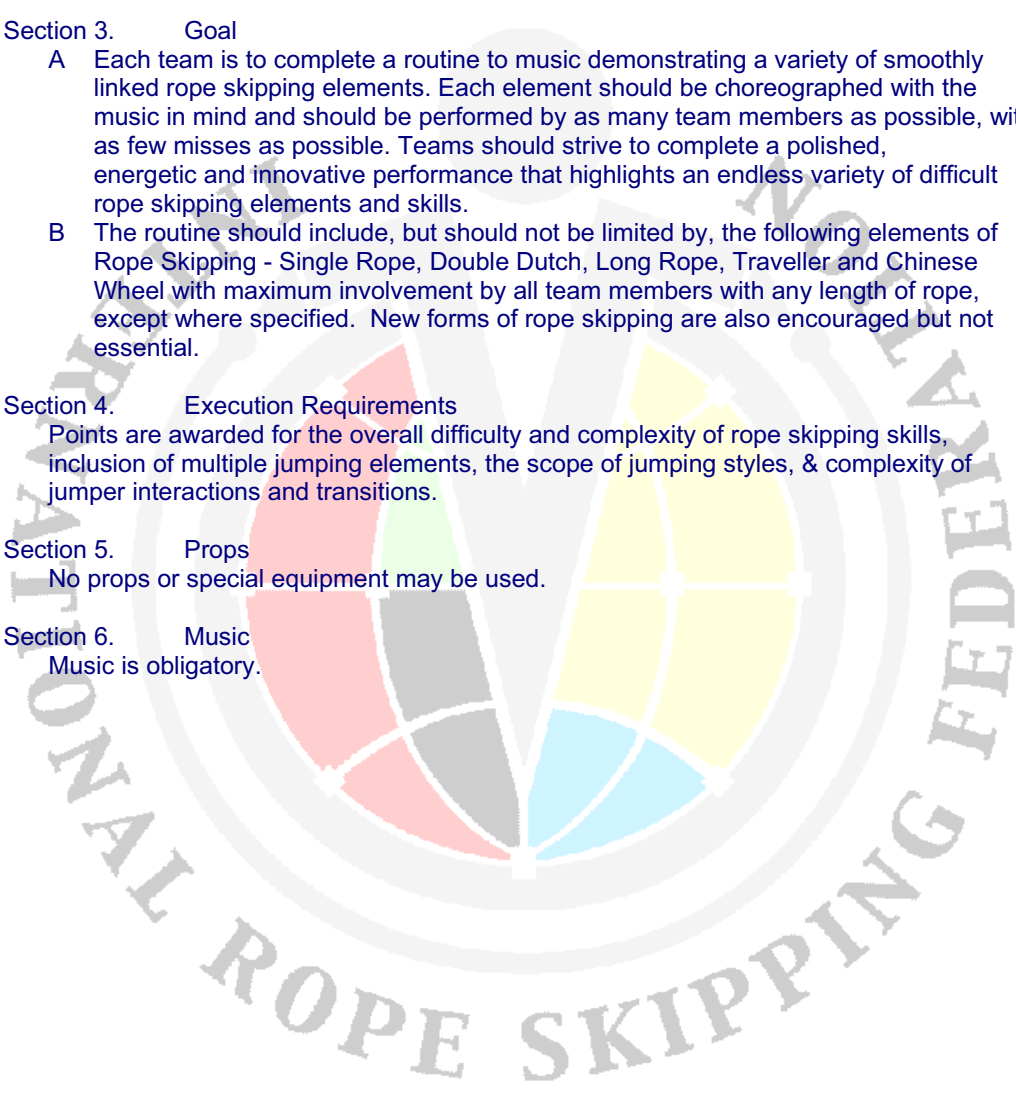
Points are awarded for the overall difficulty and complexity of rope skipping skills, inclusion of multiple jumping elements, the scope of jumping styles, & complexity of jumper interactions and transitions.

#### Section 5. Props

No props or special equipment may be used.

#### Section 6. Music

Music is obligatory.



## **APPENDIX - Article 1.** **DEFINITION OF TERMS**

### **Accent**

A highlight, an emphasis or a rhythmical stress or accent done to the music in a freestyle routine

### **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.

### **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 A False Switch is when a skipper enters the ropes and starts skipping before the call of "Switch".
- a) Single Rope Speed 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 Speed: The second, third or fourth skipper must not enter the ropes until after the call of "Switch" and until the replacement turner has independent and complete control of the ropes
- 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.

### **Limited skill**

Limited refers to the restriction in the amount of movement or the range of motion a joint can make. When the range of motion is limited or restricted then controlling the ropes is much harder. When doing a skill, if one of the joints out of the wrist, the elbow or shoulder has a restricted or limited range of motion then that is a "limited" skill. A "severely limited" skill is when at least one of the joints can not move at all or two or more of the joints have a restricted or a smaller range of movement.

### **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, not catching the rope-release in the first attempt, even if this takes less than 2 seconds, wrapping the rope so it becomes completely tangled around an ankle, or around the competitor's neck.

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 or catching the rope and not the handle when doing a rope-release.

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

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(s) when the rope(s) pass(es) under both feet in at least one rotation.

A skill is judged as Difficulty.

### **Space violation**

A Each time a skipper steps or places 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 deducting 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. The rope does not pass under the skipper's feet.

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.

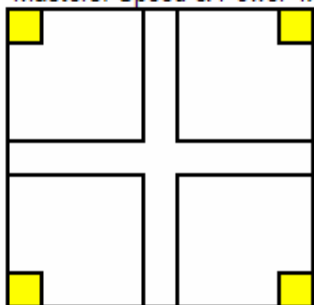
It is one triple revolution of the rope each jump.



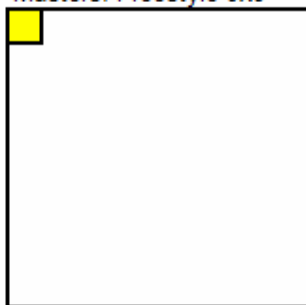
**APPENDIX - Article 2.**  
**FLOORPLAN**

 Coaches-area

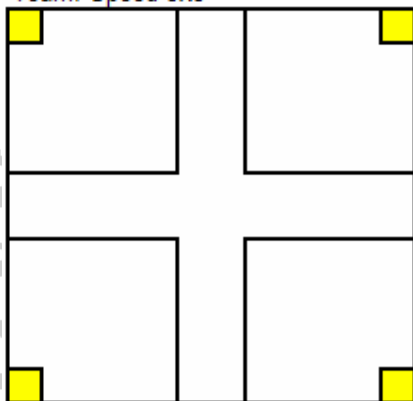
Masters: Speed & Power 4x4



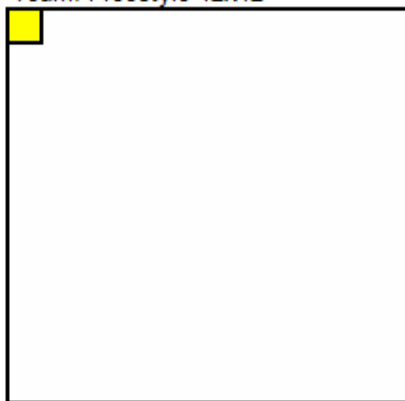
Masters: Freestyle 9x9



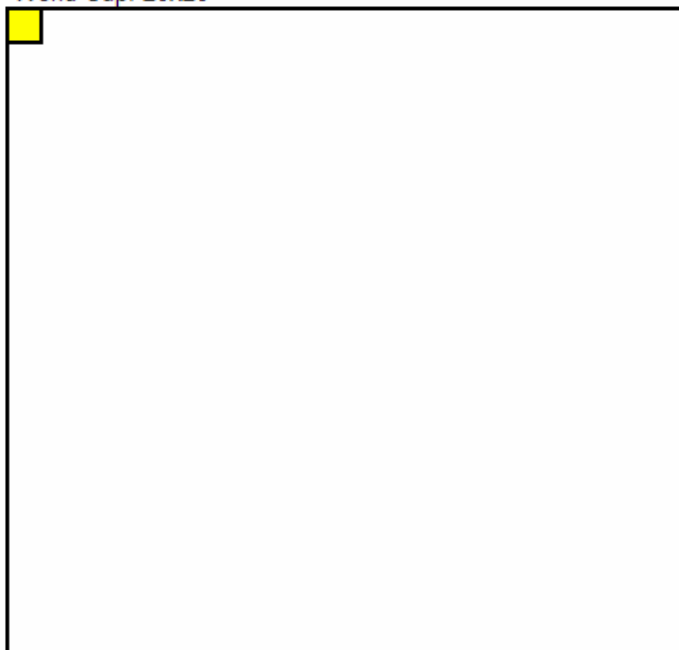
Team: Speed 5x5



Team: Freestyle 12x12



World Cup: 20x20



**APPENDIX - Article 3.****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.

<b>Category</b>	<b>BASIC (0-4)</b>	<b>ELEMENTARY (5-8)</b>	<b>INTERMEDIATE (9-12)</b>	<b>ADVANCED (13-16)</b>	<b>OUTSTANDING (17-20)</b>
<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)
<p><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.</p>	<p>The performance highlights only a few elements in rope skipping. -or- Most elements are demonstrated, but only at a basic level.</p>		<p>Most traditional elements are demonstrated (single rope, double dutch, long rope, Chinese wheel, traveller, etc).  Most elements are demonstrated at an intermediate level.</p>		<p>Innovative elements are integrated with the traditional elements.  Most elements are demonstrated at an advanced level.</p>

**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>  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.)	Few jumping styles are demonstrated.  The skill level across the jumping styles is mostly basic and intermediate.  Individual athletes do not demonstrate versatility in jumping styles.		Several jumping styles are demonstrated.  The skill level across the jumping styles is mostly intermediate.  Athletes show versatility (they are able to both turn and jump various styles).		Most jumping styles are demonstrated, even new styles may be introduced.  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 is 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

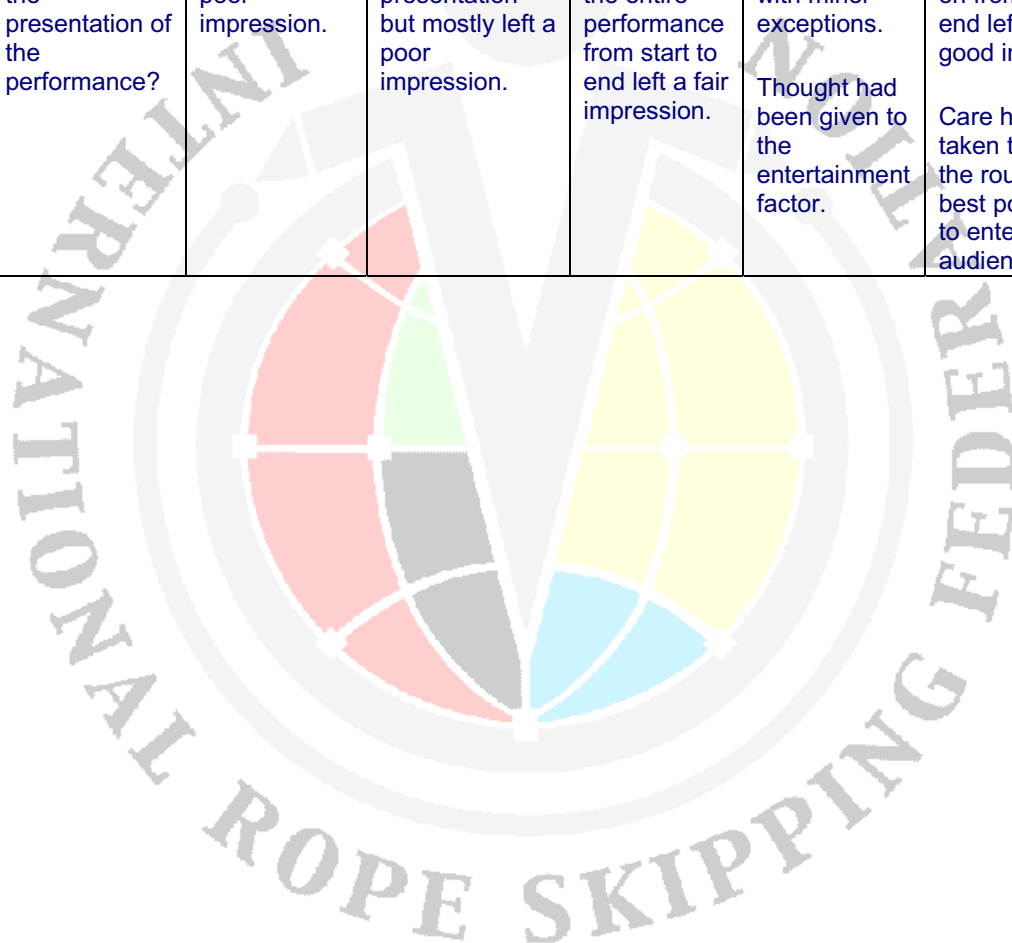
Music selection should enhance the rope skipping choreography and the rope skipping should enhance the music.

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

## 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	<b>BASIC</b> <b>(0-2)</b>	<b>ELEMENTARY</b> <b>(3-4)</b>	<b>INTER-MEDIATE</b> <b>(5-6)</b>	<b>ADVANCED</b> <b>(7-8)</b>	<b>OUTSTANDING</b> <b>(9-10)</b>
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 5.**

### **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.

## APPENDIX: Article 4

### Judging Difficulty and Creativity

#### PART 1

##### DIFFICULTY

###### (A) MASTERS AND TEAM SINGLE ROPE:

###### **Determining the level of a Single Rope skill.**

A repeated skill will not be accredited unless it is in a second and different combination. Credit will also be given to skills from combinations that are done separately.

###### **1. JUDGING CROSSES.**

(A) Level 1: Any basic cross is a level 1 skill.

(B) Level 2: Any cross with one or two arms under the leg or behind the back. Examples of level 2 crosses are: toad, crougar, E.B., A.S., C.L., inverse toad, elephant toad, weave, inverse weave, T.S., T-cross, K.N., caboose, caboose cross, T-cross weave

(C) Level 3: Any backwards cross with both arms behind the back. Examples of Level 3 crosses are backwards A.S., C.L., and TS.

(D) Level 4: Any cross involving the arms and legs that is more complicated than the crazy cross is a level 4 skill. An example of a level 4 cross is a toad crazy cross. As some crosses such as the caboose cross, inverse T-toad and the T-toad are extremely difficult to jump out of the exit from these skills receives level 4 credit. Transition jumps such as changing from one cross on one leg and then switching to a cross under the other leg within one rotation of the rope is a level 4 skill for example, an inverse toad with the right leg up to a regular toad with the left leg up.

(E) A cross-cross increases the difficulty by one level.

A basic cross on the first rotation of the rope is a level 1 skill. However when combined with a switch in the cross on the second rotation the level of the last cross increases by one. An A.S. (left) – A.S. (right) is a level 2 for the first rotations cross, in addition to the level 3 score for the second rotation (because the A.S. itself is a level 2 and we add one level because the skill is a cross-cross).

(F) The difficulty level does not increase if the rope makes a full rotation without the skipper jumping it, when switching from jumping the first cross to jumping the second cross.

###### **2. JUDGING MULTIPLE UNDERS**

A multiple under is the rope rotating more than once and during the last rotation the rope goes under the skipper's feet whilst they are in the air.

Level 1: A basic double under.

Level 2: A triple under.

Level 3: A quadruple under.

(A) The only Level 1 skill that can increase the difficulty level of a multi under is the criss-cross. Any multiple under that contains a criss-cross will have the difficulty level increased by one

(B) Landing a multi under in a level 2 skill increases difficulty level by one, landing in a Level 3 skill increases the multi under difficulty level by 2 and landing in a Level 4 skill increases the difficulty to Level 3

(C) If a level 2 skill is completed in any rotation but the last one then the difficulty level of the multiple increases by 2. If a level 3 skill is completed in any rotation but the last one then the difficulty level of the multiple under is increased by 3.

Remark: If topics (A), (B) or (C) are combined in one skill, the level of the skill is the maximum of the addition of the multi under and (A), (B) or (C) and not the multi under and the addition of all the topics done.

### 3. JUDGING GYMNASTICS AND POWER SKILLS

Gymnastics where the rope does not go around the skipper will not be judged by the Difficulty Judge.

All gymnastic skills where the rope passes around the body are judged by the Difficulty Judge. The difficulty of the rope movement will be increased by one level when performed during a gymnastic or power skill because the body is in or goes into or comes out of a special position. Going from one special position of the body immediately to a similar or another special position increases the difficulty level by 2. For example a kamikaze is level 3

Coming out of a basic frog is a level 2, a frog to CL is level 3 and a double under push-up to TS is Level 2 (for going into the push up) and level 3 for the TS.

### 4. JUDGING ROPE RELEASES

Level 1: The skipper picks up the stationary handle from the floor.

Level 2: The skipper catches one handle which is moving across the floor or around a body part.

Level 3: The skipper catches a handle that is moving through the air OR catches two handles at the same time whilst moving across the floor.

Level 4: While in the air the skipper catches a handle that is moving through the air and brings it under the body before landing OR catches two handles moving through the air at the same time.

### 5. JUDGING PAIRS INTERACTION

The difficulty level of the single rope skill that is being performed in the pairs interaction is increased by one level. For example a traveller with cross is a level 2 skill, a traveller with a push-up is a level 3 skill and a traveller with a double under toad is a level 4 skill.

The degree of difficulty of the pairs interaction is only as difficult as the single rope skill being performed at the time if one of the skippers is not jumping the rope AND the handle held by the skipper that does not jump is not in a limited position.

(B) DOUBLE DUTCH**Determining the level of a Double Dutch “Snapshot”**

At the same time and for each and every new skill performed, credit is given to both the difficulty of the skill plus the difficulty of the turning.

In other words, a snapshot is the skills both the skippers (= not holding a rope) and turners (= holding at least one rope) are doing at that particular moment and each different skill results in a new snapshot.

***Determining the difficulty of the skills***

There are only two ways of turning ropes that will be counted by the Difficulty Judges

(A) Skills performed when the ropes are turning in a different direction such as in normal Double Dutch, Irish Double Dutch or Snappers will be scored.

(B) Skills performed when the ropes are turning in the same direction but with a phase difference of at least 90 degrees such as in the middle of Chinese Wheel will be scored.

(C) Skills done in a single Double Dutch rope (known as ‘twins’) will not be scored.

(D) A repeated transition such as from a frog to push-up will only be scored for a second time if the turning was done differently for the second transition.

**- DIFFICULTY OF JUMPING****--- DOUBLE DUTCH SINGLE FREESTYLE:**

Level 1: Basic footwork, for example side straddle, forward straddle, touching the floor and so on

Level 2: Going into or coming out of a special position of the body. Examples of this are: going into frog, going into push-up, exiting from a frog, going into a split, going into crab and so on.

Level 3: This is the transition from one special position of the body to the same position or to a different special position of the body. Examples of these transitions are: the transition from frog to push-up, the transition from push-up to split, the transition from split to split, the transition from push-up to push-up.

However, exiting from a special body position does not become a level 3 skill, even if it is done after a combination of skills.

**--- DOUBLE DUTCH PAIRS FREESTYLE:**

A team can only get credit for a jumping skill if all skippers are actively involved.

Level 1: A team can be given a Level 1 score for a snapshot if

- both skippers perform the same level 1 skill
- both skippers perform different level 1 skills
- one person does a level 2 (or 3) jumping skill

Level 2: A team can get a level 2 snapshot score if

- both skippers in the ropes perform the same level 2 skill
- both skippers perform different level 2 skills in the ropes.
- one skipper does a level 3 jumping skill and the other skipper a level 2 jumping skill
- one skipper supports the full weight of an other skipper during a skill.

Level 3: A team can get a level 3 snapshot if

- both skippers perform the same level 3 skills in the ropes
- both skippers perform different level 3 skills in the ropes

### - DIFFICULTY OF TURNING

In the tables below the word “limited” is frequently used. Limited refers to the restriction in the amount of movement or the range of motion a joint can make. When the range of motion is limited or restricted then controlling the ropes is much harder. When doing a skill, if one of the joints out of either the wrist or the elbow or shoulder has a restricted or limited range of motion then that is a “limited” skill. A “severely limited” skill is when at least one of the joints can not move at all or two or more of the joints have a restricted or a smaller range of movement.

Examples of limited skills and severely limited skills are;

Criss cross – two limited wrists, TS – two severely limited wrists, TOAD – one limited wrist and one severely limited wrist, EB – one limited wrist and one severely limited wrist, ELEPHANT TOAD – two severely limited wrists.

	Level 1	Level 2	Level 3
<u>Handicap when turning</u>	<p>1 or 2 hands are limited: example. turning while 1 turner crosses hands</p> <p>1 hand severely limited: examples 1 turner is standing in EB or jumping the frog while holding one rope</p>	<p>3 or 4 hands limited example: 2 turners turning while crossing arms</p> <p>2 hands severally limited example 1 turner turning while doing TS</p>	<p>More than two hands severally limited</p>
<u>Multiples</u>	<p>Double under</p>	<p>Triple under</p> <p>Quadruple under</p>	<p>More than quadruple</p>

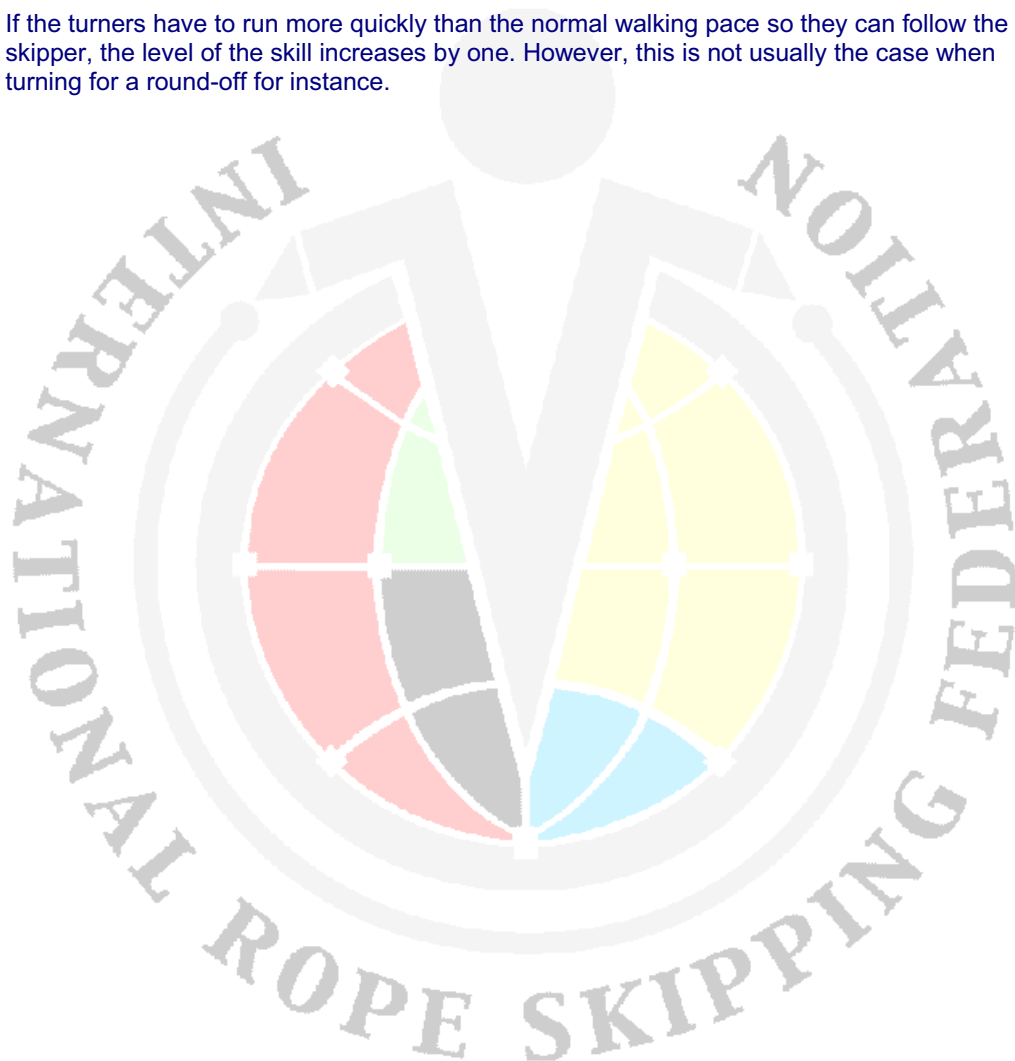
<u>Direction change</u>	1 rope direction change with normal timing (ex. from DD to single dutch, from DD to wheel, first rope is changing from regular DD to Irish DD, second rope is changing from regular DD to Irish turning)		
<u>Timing accuracy</u>	Special timing needed to perform skill (ex. catching person coming back from kip, catching jumpers when doing snappers  The transition from a triple to single bounce.	The transition from a quadruple jump (or more) to single bounce.	
<u>Releases</u>	Catching the rope in normal position, but it almost stops	Catching the rope in normal position and continuing on without a major interruption  Catching the rope in a special position but it is almost stops	Catching the rope in a special position and continuing on without a major interruption
<u>Action of turners with jumping</u>	Jumping giant wheel.  Changing place in giant wheel.  Jumping in Chinese wheel (it does not matter how many handles each turner is holding)  Jumping in Chinese wheel with only one hand in a limited position ex. first, third and fourth count of 1 skipper doing criss-cross	Changing places in Chinese 2 wheel.  Jumping in Chinese wheel with at least two hands in a limited position ex. second count of 1 skipper doing criss-cross and the first, third and fourth count of 2 skippers doing criss-cross  Jumping in Chinese wheel with one hand severally limited (ex first count of one skipper doing toad)  Jumping in Chinese wheel with one hand severally limited and one hand limited (ex second count of one skipper doing toad)	Jumping in Chinese wheel with more than two hands limited ex. second count of 2 skippers doing criss cross  Jumping in Chinese wheel with more than one hand severally limited and more than one hand limited (ex. second count of 2 skippers doing the toad)

Landing in a skill whilst the turners are turning a double under increases the skill level by 1 unless the skill is level one skill. An example of this would be turning a double under as the skipper lands in the push-up position is level 3 skill.

Landing in a skill whilst the turners are turning a triple or quadruple under increases the skill level by 2 unless the skill is a level 1 skill.

Landing in a skill whilst the turners are turning more than a quadruple under increases the skill level by 3 unless the skill is a level 1 skill.

If the turners have to run more quickly than the normal walking pace so they can follow the skipper, the level of the skill increases by one. However, this is not usually the case when turning for a round-off for instance.



**PART 2: CREATIVITY**(A) MASTERS AND TEAMS SINGLE ROPE FREESTYLE**1. Use of Music (20 points)**

Do they jump the beat? Do they take advantage of certain changes in the music? Do they speed up and slow down with the music? Does the beginning and ending match the music?

0	Skippers do not use music
0.1 – 3.9	Skippers sometimes jump to the speed of the music but they don't use any highlights, emphasis, rhythmical stresses or accents
4.0 – 7.9	Skippers jump the speed and rhythm of the music but don't use any accents
8.0 – 11.9	Skippers jump the pace of the beat and use at least 3 accents
12.0 – 15.9	Skippers jump the pace of the beat and use at least 5 accents and the ending fits the routine
16.0 - 20	Skippers jump the pace of the beat and use at least 8 accents and the ending fits the routine

**2. Original moves and impression (15 points) – 20 points for Masters**

-- Did you see special or tricky moves, special combinations, special releases, original things...?

0	nothing special or exceptional
0.1 – 2.5 M 0.1 – 3.9	at least something was slightly original
2.6 – 5.0 M 4.0 – 7.9	at least 2 skills or combinations were exceptional and original
5.1 – 7.5 M 8.0 - 10	more than 5 things were exceptional and original and at least 2 of the moves were new

Impression: Did you go 'Wow! Nice!

0	nothing amazing
0.1 – 2.5 M 0.1 – 3.9	at least one skill looked amazing to some extent.
2.6 – 5.0 M 4.0 – 7.9	at least you thought 'wow that looked cool!' on two occasions
5.1 – 7.5 M 8.0 - 10	at least you thought 'wow that looked cool!' on 5 occasions

### **3. Using space (10 points)**

Do they use the full area all the time?

0	The skippers do not move
0.1 – 1.9	The skippers moved twice
2.0 – 3.9	The skippers used at least half of the competition floor
4.0 – 5.9	All the skippers moved around and used all the available space of the competition floor
6.0 – 7.9	All the skippers moved around and used all the available space of the competition floor AND they were moving most of the time
8.0 - 10	All the skippers moved around and used all the available space of the competition floor AND they were moving all of the time

### **4. Form and enjoyment (5 points) – 10 points for Masters**

Do they jump nicely? Is every skill done in an aesthetically, pleasing way? Does it seem easy?

0 – 0.5 M: 0 – 1.0	Although the routine looked difficult, many of the skills were poorly performed.
0.6 – 1 M: 1.1 – 2.0	The routine looked difficult most of the time but several skills were not performed accurately.
1.1 – 1.5 M: 2.1 – 3.0	The routine looked easy most of the time and most skills were performed accurately
1.6 – 2 M: 3.1 – 4.0	The routine looked easy and almost all of the skills were performed accurately

2 – 2.5 M: 4.1 - 5	The routine looked very easy, all the skills were performed accurately (stretched push-up, frog with legs closed, perfect splits, triples landed lightly)
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Enjoyment is rather subjective.

For Masters (possible score) 5:

If a skipper starts arguing or throw their ropes on the floor then they are scored less than 1. When a skipper competes with an expressionless face all the time a score of 1 – 2.9 out of 5 can be given.

If the skipper seems to be *really* enjoying themselves and has a lot of facial expressions, they can be given a score of between 3 - 5 out of 5.

For Teams (possible score) 2.5:

If the skippers start arguing or throw their ropes on the floor then they are scored less than 0.5.

When the skippers perform with expressionless faces all the time they can be given a score of between 0.6 – 1.7

If the skipper seems to be really enjoying themselves, they are scored between 1.8 – 2.5.

**5. Interlinked (10 points) – 0 points for Masters**

Does the routine look like two or four separate freestyles, or were all team members interacting?

0	There were no interactions at all.
0.1 – 2.5	There were at least 2 basic interactions for example a basic traveller
2.6 – 5.0	There were at least 4 basic interactions ex. a basic traveller OR at least 2 intermediate interactions such as a traveller with double or 1 skipper doing a push-up between the legs of the other skipper who is turning,...)
5.1 – 7.5	There were at least 4 basic interactions ex. basic traveller AND at least 2 intermediate interactions such as a traveller with double or 1 skipper doing a push-up between the legs of the other who is turning or basic skills in Chinese wheel
7.6 – 10	There were at least 4 basic interactions ex. basic traveller AND at least 2 intermediate interactions such as a traveller with double or 1 skipper doing a push-up between the legs of the other who is turning AND at least 1 awesome interaction for example a traveller with triple, 4-wheel skills, some new and unseen interaction.

**6. Variety: crosses, multiples, speed changes, gymnastics/power skills (40 points)**

Does the skipper only do multiple unders or does he/she show they have mastered all the different components of rope skipping such as crosses, wraps and so on?

A skipper can receive a total of 10 points for each different component. Five points is given for doing a number of skills in the different components and the other five points are earned by the number of times a skipper changes from one component to an other.

Part (a) Giving points for the number of skills? (out of 5 per skipper. Sub total: 20)

	0 – 0.9	1 – 1.9	2 – 2.9	3 – 3.9	4 - 5
Crosses/wraps	0 - 10	10 - 20	20 - 30	30 - 40	40+
Multiple Unders	0 - 15	15 - 30	30 - 45	45 - 60	60+
Speed Changes, releases, rope direction changes	0 - 10	10 - 20	20 - 30	30 - 40	40+
Gymnastics/Power skills	0 - 5	5 - 10	10 - 15	15 - 20	20+

**Crosses/wraps:**

Each cross, except for the basic criss-cross, is worth 1 point. Each wrap is worth 3 points.

NB: in a Tj triple the skipper also does a toad which must be counted !!

**Multiples:**

Each double under is 1 point, each triple under is 3 points, each quadruple under is 5 points, each quintuple under is worth 7 points

**Speed changes/Releases/Rope-direction changes:**

Every speed change is 1 point.

- changing from doubles to triples, from triples to quads is not a speed change

- changing from single bounce to a double which is more difficult than a plane double and more difficult than a double with easy cross is a speed change

- changing from single bounce to triple or a quad or from double to quadruple is a speed change

- changing from a double/triple/quad back to single bounce is not a speed change

- changing to fancy feet is only a speed change if the speed of the jumps is visibly faster than regular skipping

## Releases

A basic release such as catching 1 handle in normal position is worth one point

An intermediate release such as catching 2 handles at same time or catching 1 handle in position with restricted movement is worth 2 points

An advanced release such as catching 2 handles both at same time and one hand is in restricted position is worth 3 points

## Rope Direction Change

Each rope direction change is 1 point if at least three skills are done in this new direction

## Gymnastics and Power:

-- Gymnastics

Basic gymnastics such as a round off, cartwheel or a forward roll is worth 1 point

Intermediate gymnastics such as a front flip, back flip, kip is worth 3 points

Advanced gymnastics such as a full rotation without hands on floor is worth 5 points

-- Power

Basic power such as a basic frog, basic push-up, basic crab, basic split is worth 1 point

Intermediate such as a double under frog, double under push-up, double under split, kamikaze is worth 2 points

Advanced such as a triple under frog, triple under push-up, kamikaze backwards is worth 3 points

Super-Advanced or everything with quadruples is worth 4 points

Part (b) Giving points for the differentiation (out of 5 per skipper. Sub total: 20)

	0 – 0.9	1 – 1.9	2 – 2.9	3 – 3.9	4 - 5
Crosses/wraps	0 - 3	3 - 6	6 – 9	9 - 12	12+
Multiples	0 - 3	3 - 6	6 – 9	9 - 12	12+
Speed Changes, releases, rope direction changes	0 - 10	10 - 20	20 - 30	30 - 40	40+
Gymnastics/Power skills	0 - 5	5 - 10	10 - 15	15 - 20	20+

### **Crosses and Wraps:**

One point is given for

\* 3 crosses or 3 crosses in multiples that is completed after a set of skills which are not crosses.

\* 3 crosses after 3 multiples with a cross.

\* 3 crosses in multiples after 3 crosses

\* every wrap that is not done directly after an other wrap.

### **Multiples:**

Each time a skipper completes at least 3 doubles or 1 triple/quad/quin after at least 3 other skills other than multiples for example wraps, gymnastics, normal crosses one point is given.

### **Gymnastics and Power**

For every gymnastic skill done after at least 3 other skills other than gymnastics, one point is given.

For every power skill done after at least 3 other skills other than power skills, one point is given.

### **Speed changes/Releases/Rope-direction changes**

For every speed change done after at least 3 other skills other than speed changes, one point is given.

For every release done after at least 3 other skills other than releases, one point is given.

For every rope-direction change done after at least 3 other skills other than rope-direction changes AND followed immediately by at least 3 skills in that new direction, one point is given

**(B) DOUBLE DUTCH:****1. Use of Music (20 points)**

Do they jump the beat? Do they take advantage of certain changes in the music? Do they speed up and slow down with the music? Does the beginning and ending match the music

0	Skippers do not use music
0.1 – 3.9	Skippers sometimes jump to the speed of the music but they don't use any highlights, emphasis, rhythmical stresses or accents
4.0 – 7.9	Skippers jump the speed and rhythm of the music but don't use any accents
8.0 – 11.9	Skippers jump the pace of the beat and use at least 3 accents
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16.0 - 20	Skippers jump the pace of the beat and use at least 8 accents and the ending fits the routine

**2. Original moves and impression (10 points)**

Did you see special or tricky moves, special combinations, special releases, original things...?

0	nothing special or exceptional
0.1 – 1.9	at least something was slightly original
2.0 – 3.9	at least 2 skills or combinations were exceptional and original
4.0 – 5.0	more than 5 things were special or exceptional and original and at least 2 of the moves were new

Impression - Did you go 'Wow! Nice!'

0	nothing amazing
0.1 – 1.9	at least one skill looked amazing to some extent.
2.0 – 3.9	at least you thought 'wow that looked cool!' on two occasions
4.0 – 5.0	at least you thought 'wow that looked cool!' on 5 occasions

**3. Using space (10 points)**

Do they use the full area all the time?

0	The skippers do not move
0.1 – 1.9	The skippers moved twice
2.0 – 3.9	The skippers used at least half of the competition floor
4.0 – 5.9	All the skippers moved around and used all the available space of the competition floor
6.0 – 7.9	All the skippers moved around and used all the available space of the competition floor AND they were moving most of the time
8.0 - 10	All the skippers moved around and used all the available space of the competition floor AND they were moving all of the time

**4. Form and enjoyment (10 points)**

Do they jump nicely? Is every skill done in an aesthetically, pleasing way? Does it seem easy?

0 – 0.9	Although the routine looked difficult, many of the skills were poorly performed.
1.0 – 1.9	The routine looked difficult most of the time but several skills were not performed accurately.
2.0 – 2.9	The routine looked easy most of the time and most skills were performed accurately
3.0 – 3.9	The routine looked easy and almost all of the skills were performed accurately
4.0 – 5.0	The routine looked very easy, all the skills were performed accurately (stretched push-up, frog with legs closed, perfect splits, triples landed lightly,

Enjoyment is rather subjective (possible score) 5:

If a skipper starts arguing or throw their ropes on the floor then they are scored less than 1.

When a skipper competes with an expressionless face all the time a score of 1 – 2.9 out of 5 can be given.

If the skipper seems to be really enjoying themselves and has a lot of facial expressions, they can be given a score of between 3 - 5 out of 5.

**5. Form of ropes (10 points)**

0 – 1.9	The form and shape was poor – on more than 3 occasions the ropes were uncontrolled and jerky
2.0 – 3.9	On at least 3 occasions the ropes were uncontrolled and sloppy
4.0 – 5.9	On at least 2 occasions the ropes were uncontrolled OR on 4 occasions the shape, movement, momentum or timing was not fluent
6.0 – 7.9	On at least 2 occasions the ropes were uncontrolled OR on 4 occasions the shape, movement, momentum or timing was not fluent
8.0 – 10	The shape, momentum, movement and timing of the ropes is excellent.

**6. Each member is proficient in every aspect of Double Dutch (40 points)**

The aspects of Double Dutch are:

- combinations of skills (not level 1 skills – can also be turner involvement skills)

- speed changes (fancy feet – triples/quadruples – snappers)

- power

1 point: frog, push up, split, crab,...

2 points: high frog, one handed frog, double under push-up,...

3 points: double under high frog, triple under push-up,...

- acrobatic moves

1 point: round-off, cartwheel, roll.

2 points: kip, back-flip, front-flip.

3 points: salto

	Combination	Speed changes	Power	Acrobatics
0.5 points	>= 2	>= 1	>= 4	>= 1
1 point	>= 4	>= 2	>= 8	>= 2
1.5 points	>= 6	>= 3	>= 12	>= 3
2 points	>= 8	>= 4	>= 16	>= 4
2.5 points	>= 10	>= 5	>= 20	>= 5

Each team member will receive a score out of 2.5 for each of the above criteria which is a sub total out of 10 for each skipper. The combined scores of all 4 skippers is the total which is out of the possible 40 points.

For Double Dutch Single Freestyle, the score must be multiplied by 1.333 for each skipper.

