

AC2026 Asian Long Rope Championship Rules

1. Events

	Event #1:Figure 8	Event #2:8 Jumpers
Team composition	10 athletes per team (8 jumpers, 2 turners) *In addition, 2 substitutes may be registered per team, for a maximum of 12 athletes	10 athletes per team (8 jumpers,2 turners) *In addition, 2 substitutes may be registered per team, for a maximum of 12 athletes
Eligible teams	Each NGB can register up to 2 teams	Each NGB can register up to 2 teams
Area	Each station is approx.12m by 12m	Each station is approx. 12m by 5m
Age	9 years old and older	9 years old and older
Gender	Open	Open
Rope length	No requirement	No requirement
Distance between turners	3.6 m	No requirement
Duration of each round	2 minutes	1 minute
Competition method	The team is required to move in and out of the rotating rope in figure 8 movement. (See reference video for clarification.)	The team is required to have 8 athletes jumping at the same time in a long rope. (See reference video for clarification.)
Scoring	The rope must pass under the feet of each athlete to score 1 point. Only 1 point will be counted regardless of how many jumps the athlete does in his or her turn.	The rope must pass under the feet of all 8 athletes to score 1 point.
Reference videos and Time Track	<ul style="list-style-type: none"> • Figure 8 reference video https://drive.google.com/file/d/1iwPxp1WiEWAgXp_2Hydipknd5rP20XsJ/view?usp=sharing • Figure 8 time track https://drive.google.com/file/d/14rlB-Mc1ZtdpEHWc4G_LpMoYIKVdiwiz/view?usp=sharing • 8 Jumpers reference video https://drive.google.com/file/d/10ZzyEvGmJ5G5POltaM7cZZA1Dct7oQgA/view?usp=sharing • 8 Jumpers time track https://drive.google.com/file/d/18q_7fFTUX0YxwAhK1R0ygGIFYy0js0nF/view?usp=sharing 	

2. Rules (Common for both events)

- Each team must have 2 turners and 8 athletes competing in each round.
- Substitution of athletes can take place between matches.
- Any starting position may be used, as long as the rope remains still until the start signal “beep” sounds.
- Three speed judges will be assigned to each speed station. The two closest scores will be added together and the furthest score discarded. If scores are equidistant from each other, then the two higher scores will be added together and the lowest score discarded.
- Judges will count the jumps of the athletes. When a mistake occurs, the judges will "skip" the next athlete's jump to rectify the jump count on the clickers.
- An official timing track will be used. All timing calls will begin with, “Judges ready, Athletes ready, Set, Beep.” The end of the event time period is indicated with a “beep”.
- A **10-points** deduction will be made for false starts (starting the rotation of the rope before the “beep” is made).
- There will be a **10-points** deduction taken for space violations. If an athlete (or their equipment) leaves the designated event area, judges will direct the athlete(s) to re-enter the proper area and continue the speed event. Judges should not count jumps while a space violation is being committed. Judges may begin counting again once the athlete or team, and/or equipment, is back within the designated boundaries.
- Athletes have a right to expect accurate speed counting. At least two of the three speed judges at the station should be within 3 clicks of each other. If this is not the case, the head judge will notify the Tournament Director, and the athletes will have the opportunity to re-jump the event if they wish. The Tournament Director will notify the coach or other representative for the team right away that the athletes are eligible for a re- jump due to inaccurate counting.

- The coach may accept or deny this opportunity. If a team chooses to re-jump, the athletes will be given the score of the re-jump. (A re-jump score is determined by averaging the three closest scores out of five judges.)
- If a speed judge is having trouble with accuracy, a fourth judge may be added to the panel.
- No judging or competitive modifications can be given to athletes or teams based on reputation or for any other reason. In the case of a tie in scores, extra rounds of 1 minute will be added. Each team shall be given a break of 3 minutes before each breaker round.

3. Competition Structure

Each event will be played in single elimination format. A preliminary round will be played to determine the top 4 positions to advance to the semi-finals. The top 4 teams will draw lots to determine their opponent in the semi-finals and battle out to advance to the finals. The last 2 teams will compete for the champion position. The 2 teams knocked out in the semi-finals will compete for 3rd position. Extra rounds of 30 seconds will be added when there is a tie in the scores.



4. Awards

Team awards

Awards will be given to the top 3 teams in Long Rope, Figure 8 and 8 Jumpers.

Overall awards

The preliminary scores of the top team of Figure 8 and the top team of 8 Jumpers in each NGB will be combined for an overall score. Awards will be given to the NGBs in the top 3 positions.

Example:

A certain NGB has Team A which has jumped 80 times and Team B which has jumped 75 times for Figure 8. The same NGB has Team C which has jumped 40 times, Team D which has jumped 50 times, and Team E which has jumped 60 times for 8 Jumpers. In this case, the record of that NGB is 140 times, as Team A's and Team E's scores are combined.

Calculation of ranking

- (1) If the scores of NGB A and NGB B are the same, the NGB with the highest 8 Jumpers' score will be ranked higher.
- (2) If the ranking cannot be established in (1) and the two NGBs are in a tie for first place, the teams for 8 Jumpers will re-compete. For second place or lower the same scores will be considered a tie, and the two NGBs will receive the same rank.