

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



Written by
European Rope Skipping
Organisation Rules
Committee

Table of Contents

Team - Championships

SINGLE ROPE AND DOUBLE DUTCH EVENTS	
General Guidelines	3
SINGLE ROPE	
Compulsory	5
Speed	6
Freestyle	7
DOUBLE DUTCH	
Compulsory	8
Speed	9
Freestyle	10
Freestyle SPECIFICS	11

SCORESHEETS

SINGLE ROPE	
Single Compulsory	12
Double Compulsory	13
Single Speed	14
Quad Speed	15
Single Freestyle	16
Double Freestyle	17
DOUBLE DUTCH	
Single Compulsory	18
Double Compulsory	19
Single Speed	20
Triple Speed	21
Single Freestyle	22
Double Freestyle	23

Master - Championships

MASTER EVENTS	
General Guidelines	25
Triple Unders	27
Speed	28
Endurance	29
Freestyle	30
Freestyle SPECIFICS	31

SCORESHEETS

Triple Unders	32
Speed	33
Endurance	34
Freestyle	35

General

DEFINITION OF TERMS	36
DEDUCTIONS FOR PENALTIES	36

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



GENERAL GUIDELINES

Part 1. Competition

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

Part 2. Divisions

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

Part 3. Teams

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

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

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

Part 4. Ropes

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

Single Ropes Any length desired.

Double Dutch Ropes may be no longer than 18 feet (6.00 metres).
Recommended length: 11' - 15' in Singles and 15' - 18' in Doubles.

Part 5. Event Start

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

Part 6. Event Stop

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

Part 7. Tournament Tie

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

Part 8. Exceptions

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

Part 9. Counting misses / deductions

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

Part 10. Workfloor

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

Single Rope

A. Compulsory, Single Rope

Part 1. Routine

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

Part 2. Time Limit

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

Part 3. Compulsory routine

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

Part 4. Execution requirements

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

Part 5. Goal

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

B. Speed, Single Rope

Part 1. Time limit

Single (1 jumper)

Time limit : 60 seconds

Quad (4 jumpers)

Time limit : 4x 30 seconds

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

Part 2. Execution requirements

A. Proper step

B. Counters:

For both Single Rope Speed events in Division III and IV, there will be three counters. In Division I and II, there will be two counters.

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

* Mechanical failure of the counter.

* Counter has been dropped.

* By reasonable doubt about his / her counterscore.

C. Changing jumpers - Quad only

1. The switch

The first jumper completes as many jumps as possible in the first 30 seconds. At the 30-second mark, the command "Switch." is called out by the timer. The first jumper stops jumping and the second jumper begins and goes for the next 30 seconds. There is no break in timing for the switch to be made.

The same goes for the third and fourth jumper.

A false switch brings 5 points penalty.

2. Counting

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

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

Part 3. Goal

Complete as many jumps as possible within the time limit.

C. Freestyle, Single Rope

Part 1. Time limit

Single (1 jumper)

Time limit : 45 - 75 seconds

Double (2 jumpers)

Time limit : 45 - 75 seconds

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

Part 2. Execution requirements

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

A) Difficulty

B) Creativity

C) Technical

D) Misses

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

A. Difficulty

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

B. Creativity

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

C. Technical

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

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

Part 3. Props

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

Part 4. Time range violations and penalties

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

Part 5. Space violations and penalties

A. A skipper who steps outside the border(s) of the workfloor will be penalised by adding a minor miss for each mistake.

B. When a rope touches (for instance) a judge while performing a trick will be penalised by adding a minor miss for each mistake.

Part 6. Goal

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

Part 7. Music

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

Double Dutch

A. Compulsory, Double Dutch

Part 1. Routine

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

Part 2. Time Limit

Single (1 jumper)

Maximum time : 35 seconds

Double (2 jumpers)

Maximum time : 45 seconds

Part 3. Compulsory routine

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

Part 4. Execution requirements

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

Part 5. Goal

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

B. Speed, Double Dutch

Part 1. Time limit

Single (1 jumper)

Time limit : 120 seconds

Triple (3 jumpers)

Time limit : 3x 40 seconds

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

Part 2. Execution requirements

A. Proper step

B. Counters:

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

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

* Mechanical failure of the counter.

* Counter has been dropped.

* By reasonable doubt about his / her counterscore.

C. Changing jumpers

1. The switch

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

A false switch brings 5 points penalty.

2. Counting

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

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

Part 3. Goal

Complete as many jumps as possible within the time limit.

C. Freestyle, Double Dutch

Part 1. Time limit

Single (1 jumper)

Time limit : 45 - 75 seconds

Double (2 jumpers)

Time limit : 45 - 75 seconds

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

Part 2. Execution requirements

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

A) Difficulty

B) Creativity

C) Technical

D) Misses

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

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

A. Difficulty

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

B. Creativity

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

C. Technical

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

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

Part 3. Props

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

Part 4. Time range violations and penalties

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

Part 5. Goal

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

Part 6. Music

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

Freestyle Specifics

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

Every judge scores up to 10.

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

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

The same for Creativity & Technical score.

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

Add the two scores

$$(X + Y) = Z$$

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

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

Difficulty - 10 points, Single Rope

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

B = Beginner

I = Intermediate

A = Advanced

Difficulty - 10 points, Double Dutch

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

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

Creativity - 6 points

Movement on the floor
Combination of tricks
Rope-direction changes
Turner involvements

Fancy feet
Speed changes
Starting and ending the routine

Technical - 4 points

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

Misses - No limit

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

Single Rope

SINGLE COMPULSORY - 30 seconds maximum

Maximum score : 100 points

Division : _____

Team : _____

Team Name : _____

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

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

FALSE STARTS : 0 1 2 3

On third false start participant is eliminated.

DEDUCTIONS :

1. Minus 10 points each miss

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

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

NOTE : Minimum score possible = zero

JUDGE ID # : _____

Single Rope

DOUBLE COMPULSORY - 40 seconds maximum

Maximum score : 100 points

Division : _____

Team : _____

Team Name : _____

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

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

FALSE STARTS : 0 1 2 3

On third false start participants are eliminated.

DEDUCTIONS :

1. Minus 10 points each miss

Circle Misses

0 1 2 3 4 5 6 7 8 9 10

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

NOTE : Minimum score possible = zero

JUDGE ID # : _____

Single Rope

SINGLE SPEED - 60 seconds

Division : _____

Team : _____

Team Name : _____

Actual jumps completed (Right foot) : _____

TOTAL POINTS (= Actual jumps) : _____

FALSE STARTS : 0 1 2 3

On third false start participant is eliminated.

TOTAL POINTS	_____
X 2	X 2
FINAL SCORE :	_____

NOTE : Minimum score possible = zero

JUDGE ID # : _____

Single Rope

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

Division : _____

Team : _____

Team Name : _____

Actual jumps completed (Right foot) : _____

TOTAL POINTS (= Actual jumps) : _____

FALSE STARTS : 0 1 2 3

On third false start participant is eliminated.

FALSE SWITCHES : 0 1 2 3

- 5 points for each miss.

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

NOTE : Minimum score possible = zero

JUDGE ID # : _____

Single Rope

SINGLE FREESTYLE - 45 to 75 seconds

Maximum score : 500 points

Division : _____

Team : _____

Team Name : _____

Time : _____ seconds.

1. Difficulty

A		B		C		Average (X)
[]	+	[]	+	[]	/ 3	[]
						+

2. Creativity

D		E		F		Average (Y)
[]	+	[]	+	[]	/ 3	[]

Total points (Z)

Time-violation (- 0.5 points)

YES / NO :

=

-

Space-violation (- 0.5 points)

YES / NO :

=

-

FINAL SCORE :

NOTE : Minimum score possible = zero

JUDGE ID # :

Single Rope

DOUBLE FREESTYLE - 45 to 75 seconds

Maximum score : 500 points

Division : _____

Team : _____

Team Name : _____

Time : _____ seconds.

1. Difficulty

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

2. Creativity

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

Total points (Z)

Time-violation (- 0.5 points)

YES / NO :

=

Space-violation (- 0.5 points)

YES / NO :

=

FINAL SCORE :

NOTE : Minimum score possible = zero

JUDGE ID # :

Double Dutch

SINGLE COMPULSORY - 35 seconds maximum

Maximum score : 100 points

Division : _____

Team : _____

Team Name : _____

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

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

FALSE STARTS : 0 1 2 3

On third false start participant is eliminated.

DEDUCTIONS :

1. Minus 10 points each miss

Circle Misses

0 1 2 3 4 5 6 7 8 9 10

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

NOTE : Minimum score possible = zero

JUDGE ID # : _____

Double Dutch

DOUBLE COMPULSORY - 45 seconds maximum

Maximum score : 100 points

Division : _____

Team : _____

Team Name : _____

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

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

FALSE STARTS : 0 1 2 3

On third false start participants are eliminated.

DEDUCTIONS :

Circle Misses

1. Minus 10 points each miss 0 1 2 3 4 5 6 7 8 9 10

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

NOTE : Minimum score possible = zero

JUDGE ID # : _____

Double Dutch

SINGLE SPEED - 120 seconds

Division : _____

Team : _____

Team Name : _____

Actual jumps completed (Right foot) : _____

TOTAL POINTS (= Actual jumps) : _____

FALSE STARTS : 0 1 2 3

On third false start participant is eliminated.

FINAL SCORE : _____

NOTE : Minimum score possible = zero

JUDGE ID # : _____

Double Dutch

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

Division : _____

Team : _____

Team Name : _____

Actual jumps completed (Right foot) : _____

TOTAL POINTS (= Actual jumps) : _____

FALSE STARTS : 0 1 2 3

On third false start participant is eliminated.

FALSE SWITCHES : 0 1 2

- 5 points for each miss.

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

NOTE : Minimum score possible = zero

JUDGE ID # : _____

Double Dutch

SINGLE FREESTYLE - 45 to 75 seconds (3 jumpers)

Maximum score : 500 points

Division : _____

Team : _____

Team Name : _____

Time : _____ seconds.

1. Difficulty

A		B		C		Average (X)
[]	+	[]	+	[]	/ 3	[]
						+

2. Creativity

D		E		F		Average (Y)
[]	+	[]	+	[]	/ 3	[]

Total points (Z)

Time-violation (- 0.5 points)

YES / NO :

=

-

Space-violation (- 0.5 points)

YES / NO :

=

-

Switches

No switches (- 2 points)

1 x switch (- 1 point)

2 x switch

=

-

FINAL SCORE :

NOTE : Minimum score possible = zero

JUDGE ID # :

Double Dutch

DOUBLE FREESTYLE - 45 to 75 seconds (4 jumpers)

Maximum score : 500 points

Division : _____

Team : _____

Team Name : _____

Time : _____ seconds.

1. Difficulty

A		B		C		Average (X)
[]	+	[]	+	[]	/ 3	[]
						+

2. Creativity

D		E		F		Average (Y)
[]	+	[]	+	[]	/ 3	[]

Total points (Z)

[]

Time-violation (- 0.5 points)

YES / NO : = [-]

Space-violation (- 0.5 points)

YES / NO : = [-]

Switches

No switches (- 2 points)

1 x switch (- 1 point)

2 x switch

	=	-

FINAL SCORE :

NOTE : Minimum score possible = zero

JUDGE ID # : _____

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



GENERAL GUIDELINES

Part 1. Competition

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

Part 2. Divisions

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

Part 3. Ropes

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

Single Ropes Any length desired.

Part 4. Event Start

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

Part 5. Event Stop

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

Part 6. Tournament Tie

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

Part 7. Exceptions

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

Part 8. Counting misses / deductions

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

Part 9 Workfloor

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

A. Triple Under

Part 1. Time limit
No time limit

Part 2. Execution requirements

- A. Triple Under: In one jump the rope should pass the skippers feet three (= 3) times before the skippers feet hit the ground for the next time.
- B. The skipper has to perform a consecutive series of Triple Unders. It doesn't matter what tricks will be performed before or after the series.
- C. Each skipper has the right to a 'Best of two': every skipper has two attempt of which the best attempt will be taken for the final score.
- D. Counters:
There will be a minimum of two counters.
A Head Counter will be designated at all triple under stations. The Head Counter's jump-count is the official count; but he / she may rely upon other counters in the following circumstances:
 - * Mechanical failure of the counter.
 - * Counter has been dropped.
 - * By reasonable doubt about his / her counterscore.

Part 3. Goal
Complete as many Triple Under Jumps as possible.

B. Speed

Part 1. Time limit
30 seconds

Part 2. Execution requirements

A. Proper step

B. Counters:

For both Single Rope Speed events there will be a minimum of two counters.

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

* Mechanical failure of the counter.

* Counter has been dropped.

* By reasonable doubt about his / her counterscore.

Part 3. Goal

Complete as many jumps as possible within the time limit.

C. Endurance

Part 1. Time limit
180 seconds

Part 2. Execution requirements

A. Proper step

B. Counters:

For both Single Rope Speed events there will be a minimum of two counters.

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

* Mechanical failure of the counter.

* Counter has been dropped.

* By reasonable doubt about his / her counterscore.

Part 3. Goal

Complete as many jumps as possible within the time limit.

D. Freestyle

Part 1. Time limit

45 - 75 seconds

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

Part 2. Execution requirements

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

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

A. Difficulty

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

B. Creativity

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

C. Technical

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

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

Part 3. Props

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

Part 4. Time range violations and penalties

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

Part 5. Space violations and penalties

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

Part 6. Goal

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

Part 7. Music

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

Freestyle Specifics

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

Every judge scores up to 10.

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

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

The same for Creativity & Technical score.

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

Add the two scores

$$(X + Y) = Z$$

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

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

Difficulty - 10 points

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

B = Beginner

I = Intermediate

A = Advanced

Creativity and Technical - 10 points**Creativity - 6 points**

Movement on the floor
Combination of tricks
Rope-direction changes

Fancy feet
Speed changes
Starting and ending the routine

Technical - 4 points

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

Misses - No limit

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

TRIPLE UNDER

Name : _____

FIRST ATTEMPT

Actual jumps completed : _____

SECOND ATTEMPT

Actual jumps completed : _____

TOTAL POINTS (= 'Best of two') : _____

TOTAL POINTS	_____
X 2	X 2
FINAL SCORE :	_____

NOTE : Minimum score possible = zero

JUDGE ID # : _____

SPEED - 30 seconds

Name : _____

Actual jumps completed (Right foot) : _____

TOTAL POINTS (= Actual jumps) : _____

FALSE STARTS : 0 1 2 3

On third false start participant is eliminated.

TOTAL POINTS	_____
X 5	X 5
FINAL SCORE :	_____

NOTE : Minimum score possible = zero

JUDGE ID # : _____

ENDURANCE - 180 seconds

Name : _____

Actual jumps completed (Right foot) : _____

TOTAL POINTS (= Actual jumps) : _____

FALSE STARTS : 0 1 2 3

On third false start participant is eliminated.

FINAL SCORE : _____

NOTE : Minimum score possible = zero

JUDGE ID # : _____

FREESTYLE - 45 to 75 seconds

Maximum score : 500 points

Name : _____

Time : _____ seconds.

1. Difficulty

A		B		C		Average (X)
	+		+		/ 3	
						+

2. Creativity

D		E		F		Average (Y)
	+		+		/ 3	

Total points (Z)

--

Time-violation (- 0.5 points)

YES / NO :

=

-

Space-violation (- 0.5 points)

YES / NO :

=

-

FINAL SCORE :

NOTE : Minimum score possible = zero

JUDGE ID # :

--

Definition of terms:

General :

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

Speed :

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

Deduction for penalties:

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

