

ERSO 2002  
Single Rope and Double Dutch  
Rope Skipping  
Competition Rules

**(Valid until August 1, 2003)**

Written by  
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## General

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ERSO 2001  
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.	1	Speed Relay	4	4x 30 sec.	B.	1	Pairs Speed	2	2x 60 sec.
	2	Double Under Relay	4	4x 30 sec.		2	Speed Relay	3	3x 40 sec.
C.	1	Pairs Freestyle	2	45 - 75 sec.	D.	1	Single Freestyle	3	45 - 75 sec.
	2	Team Freestyle	4	45 - 75 sec.		2	Pairs Freestyle	4	45 - 75 sec.

Event / discipline-order: A1, A2, B1, B2, C1, C2, D1, D2.

Part 2. Divisions

		<u>2002</u>	<u>2003</u>	<u>2004</u>
I	Cub : 11 years and under	1991 and later	1991 >	1992 >
II	Novice : 12 - 14 years	1988 - 1990	1989 - 1991	1990 - 1992
III	Junior : 15 - 17 years	1985 - 1987	1986 - 1988	1987 - 1989
IV	Senior : 18 years and over	1984 and earlier	< 1985	< 1986

**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.

Division III and IV have four categories:

- 1) Female; this teams competes only with female skippers.
  - 2) Boys; this team competes only with male skippers
  - 3) **Open; this team doesn't fit one of the first two categories.**
- A. A team may consist of four to five members; an open team may consist of six members (three girls and three boys).**
- B. Each individual must be on the same team for all Single Rope and Double Dutch events.
- C An open team must have both sexes in each event.**
- 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. Judge

- A. Each 'uneven' team has to bring an ERSO-certified judge to the competition. This means: when you subscribe to a competition, you will enter the name of the team / country and all competitors and other people asked for at the subscription-form as well as the jugdes name. When you subscribe with two teams, you will still have to bring with you one judge. For the third team, you will have to bring two judges, etc., etc..
- B. Violation of this rule will be punished with a 250,- Euro (or an equal amount in local currency) penalty to ERSO, which will be payed BEFORE the competition. No payment = no competition.

**NB In case of illness of the judge, the NRSO has to arrange a substitute or the organizing committee will arrange a substitue in which the**

**costs will be for the NRSO who failed to fulfill this responsibility.**

- Part 5. Number of teams
- A. There must be competitors entered and compete from three or more member countries before a tournament can be classified as the European Championships. These countries do not all need to compete in the same age divisions or gender categories, they simply must be represented in either of the two competitions ie the Teams Competition. Should there be less than three countries entered the tournament may go ahead but it would be called a European Invitational Tournament.
- B. For the Championships there must be two or more teams entered in any age division or gender category to enable the event to be called a European Championship.
- C. If there is only one team entered in the European Championships in any age division, that team will be competing for the first, second or third place according to the following 'breakdown':
- 1st place: a minimum of 100% of the score of the winner of the E.C. in the year before the EC this rule applies to.
  - 2nd place: 95% or more .....
  - 3rd place: 85% or more .....
- No place will be called when the score is below 85%.  
Any team in this position will be notified that they are in this situation two weeks after the closing of the registration-date.

- Part 6. Ropes
- Any rope may be used.
- 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 Pairs.

- Part 7. Workfloor
- A. Surface should be of a high quality sportsfloor.
- B. The floor should be of a high quality.
- C.1 The Speed-floor should be marked with a racktangle with lines that are in 90 degrees angle of each other and 3 x 5 meters wide.
- C.2 The Freestyle-floor be marked with a racktangle with lines that are in 90 degrees angle of each other and 9 x 12 meters wide.
- D. The places of the jury should not be within 3 meters of the sides of the racktangle. The judgesfloor is 3 meters surrounding the competitionfloor.
- E. The spectators and competitors should be positioned at least 1 meter from the judges-area.  
See floorplan in Appendix D1 (?)

Part 8. Music

Music for freestyle is still optional!!!

A. 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 Soundtabel / Soundtechnition.

No violation if the music isn't there in time, but the team have to make the competition without music.

B. The MD, CD or cassette must have:

- 1) The teamnumber (taken from the programme).
- 2) The discipline (taken from the programme).
- 3) Only 1 track.

No violation if the music isn't there in time, but the team have to make the competition without music.

C. If music will be used, there will be manual timing.

D.1 If music is being used, no sounds will be given / heard at 45 or 75 seconds and the CD or cassette won't be shut of for 10 seconds after the routine has ended!

D.2 At 75 seconds the timer will call 'Time!'; judging stops and time-violation is added.

E. The routine will be judged 'ended' when both music and skippers have ended!

Part 9. Uniforms

A.1. A national uniform must be used under the presentation.

A.2. If there is no national competition-uniform, the national flag or nations colours or nations name must be shown on the uniform; measuring at least 5 x 10 cm.

B. Supportive athletic shoes must be worn to protect the skippers feet.

C. No large items of jewellery may be worn.

D. National uniforms may have the sponsor(s) and / or logo displayed during the competition.

In 2001: Violation of this rule will be punished with a fine of 50,- Euro (or an equal amount in local currency).

Part 10. Signals

The signals that will be used during competition won't be heard before competition. The signals that are being used are available on CD. This CD can be obtained by the ERSO-headoffice.

Part 11. Event Start

- A.1. All Freestyle events will begin with the Head Judge calling out: "You may begin.". After this the skippers only have 10 seconds to begin their performance. Time violation is punished as described in part 12, B, 2. When there is more than one floor being used during the competition, 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 central timing calling out: "Ready. Set. Go."
- A.3. In relay-events central timing 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." are heard.
- C. On each event no false starts are permitted. In case of a false start the team will get a deduction of 5 points and will have to continue their attempt.
- D. In Freestyle time starts running as soon as an arm or rope gets in motion or as soon as the music starts.

Part 12. Event Stop

All events will end when the timer calls out "STOP.". "STOP." 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. However, at 76 seconds a call "TIME." will be made.

Part 13. 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 **major** miss.
- B.3. Space violation is punished as a minor miss.
  - Speed: The judge will stop the skipper and correct the position. The counting will be continued. Timing won't be stopped.
  - Freestyle: Space violation is punished as a minor miss for each violation.
- B.4. Skills performed outside the 9 x 12 meters-area won't be judged. Both B.2. and B.3. are tasks for the Head Judge.

Part 14. Tournament Tie

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

Part 15. 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.



Part 16. Appeal

- A. A five person Appeals Committee will be appointed by the ERSO Executive for the Championships. This Committee will have jurisdiction over all rule interpretations and disagreements that may occur. This committee will consist of the President and Vice President of the Rules Committee, the Tournament Director and two skippers.
- B. Appeals may only be made by the official nominated representative from a country who is nominated prior to the Championships.
- C. 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. Should an unsatisfactory response be given then a written appeal is to be submitted to the Appeals Committee with a deposit of 50,- Euro (or an equal amount in local currency) which will only be returned if the appeal is upheld.
- D. 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.
- E. The Appeals Committee will hear an appeal at the first opportunity, preferably at the Championships and render a decision as soon as possible.

# Speed

## **A.1 Single Rope: Speed Relay**

Part 1. Time limit

4 x 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 step-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 first jumper completes as many steps as possible in the first 30 seconds. At the 30-seconds mark, the command "SWITCH." is called out by the timer. The first jumper stops skipping 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.

A false start also 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 floor.

On a false switch counting is continued until "SWITCH." is called out by central timing.

Part 3. Goal

Complete as many steps as possible within the time limit.

## **Speed**

### **A.2 Single Rope: Double Unders**

Part 1. Time limit

4 x 30 seconds

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

Part 2. Execution requirements

A. Proper jump

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

1. The switch

The first jumper completes as many jumps as possible in the first 30 seconds. At the 30-seconds mark, the command "SWITCH." is called out by the timer. The first jumper stops skipping 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.

A false start also 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 floor.

On a false switch counting is continued until "SWITCH." is called out by central timing.

Part 3. Goal

Complete as many jumps as possible within the time limit.

## **Speed**

### **B. Double Dutch**

#### Part 1. Time limit

B.1 Speed Relay (3 jumpers)

Time limit : 3 x 40 seconds

B.2 Pairs (2 jumpers)

Time limit : 2 x 60 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.a The switch - Relay (3 jumpers)

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.

A false start also brings 5 points penalty.

1.b The switch - Pairs (2 jumpers)

The way jumpers enter or exit the rope is free.

A false switch brings 5 points penalty.

A false start also 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 floor.

On a false switch counting is continued as soon as "SWITCH." is being called out by central timing.

#### Part 3. Goal

Complete as many jumps as possible within the time limit.

## **Freestyle**

### **C. Single Rope**

Part 1. Time limit

C.1 Pairs (Partners or Double)                      Time limit : 45 - 75 seconds  
(2 jumpers)

C.1 Team (4 jumpers)                                      Time limit : 45 - 75 seconds  
Unless music is being used 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 skills 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

The 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 skills is taken into account when scoring Freestyle. The more skills of greater difficulty completed and executed correctly within the time limit, the higher the score.

B. Creativity

Is the way the skills fit together, the flow of the skills and the inclusion of new skills 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 skills chosen to be included as part of routine: power and strength, acrobatic movements, body inversions (criss-cross) and smooth flow. Also 'wheels' are allowed.

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 (or more skippers at the same time) 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 the competitor will be penalised by adding a minor miss for each mistake.

Part 6. Goal

To complete a routine with as many correctly executed skills 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**

### **D. Double Dutch**

#### Part 1. Time limit

D.1 Single (3 jumpers)

Time limit : 45 - 75 seconds

D.2 Pairs (4 jumpers)

Time limit : 45 - 75 seconds

Unless music is being used 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 skills 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 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 skills "IN" the ropes for a valid switch. 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 skills. 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 Pairs Freestyle.

#### A. Difficulty

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

#### B. Creativity

Is the way the skills fit together, the flow of the skills and the inclusion of new skills 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 skills chosen to be included as part of routine: power and strength, acrobatic movements, body inversions (criss-cross) and smooth flow. Also 'wheels' are allowed.

#### 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 (or more skippers at the same time) 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 skill will be penalised by adding a minor miss for each mistake.

- Part 6. Goal  
To complete a routine with as many correctly executed skills 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 divide 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 by the computer.  $Z * 25 = \text{Final score}$

**Difficulty** - 10 points, Single Rope

Points	Skills	Level
1 - 3½ points	1 - 15	
4 - 5½ points	16 - 25	minimum 10 I
6 - 7½ points	26 - 30	minimum 20 I, 5 A
8 - 9½ points	31 - 35	minimum 15 I, 15 A
10 points	36 >	minimum 6 I, 30 A

**B** = Basic

**I** = Intermediate

**A** = Advanced

**Difficulty** - 10 points, Double Dutch

Points	Skills	Level
1 - 3½ points	1 - 7	
4 - 5½ points	8 - 11	minimum 8 I
6 - 7½ points	12 - 15	minimum 7 I, 5 A
8 - 9½ points	16 - 20	minimum 8 I, 8 A
10 points	21 >	minimum 6 I, 15 A

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

**Creativity** - 6 points

Movement on the floor	Fancy feet
Combination of skills	Speed changes
Rope-direction changes	Starting and ending the routine
Turner involvement	Switches

**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

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

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

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

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

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

	Head Judge	Judge 2	Judge 3
<b>Actual jumps completed (Right foot) :</b>			

<b>Score :</b>	
----------------	--

**FALSE STARTS :** 0 1

- 5 points for a miss.

**FALSE SWITCHES :** 0 1 2 3

- 5 points for each miss.

SCORE :	_____
(-)	
DEDUCTIONS :	_____
(=)	
<b>FINAL SCORE :</b>	_____

**NOTE :** Minimum score possible = zero

**HEAD-JUDGE ID # :** \_\_\_\_\_

# Single Rope

**DOUBLE UNDER RELAY - 120 seconds (4 jumpers, 30 seconds each)**

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

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

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

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

	Head Judge	Judge 2	Judge 3
<b>Actual jumps completed (Right foot) :</b>			

<b>Score :</b>	
----------------	--

**FALSE STARTS : 0 1**

- 5 points for a miss.

**FALSE SWITCHES : 0 1 2 3**

- 5 points for each miss.

SCORE :	_____
(-)	
DEDUCTIONS :	_____
(=)	
<b>FINAL SCORE :</b>	_____

**NOTE :** Minimum score possible = zero

**HEAD-JUDGE ID # :** \_\_\_\_\_

# Single Rope

**PAIRS FREESTYLE - 45 to 75 seconds**

Maximum score : 500 points

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

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

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

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

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

**1. Difficulty**

<b>Judge 1</b>	<b>Judge 2</b>	<b>Judge 3</b>	<b>Judge 4</b>	<b>Judge 5</b>

**2. Creativity**

<b>Judge 1</b>	<b>Judge 2</b>	<b>Judge 3</b>	<b>Judge 4</b>	<b>Judge 5</b>

**1. Difficulty**

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

**2. Creativity**

<b>D</b>		<b>E</b>		<b>F</b>		<b>Average (Y)</b>
[ ]	+	[ ]	+	[ ]	/ 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

**HEAD-JUDGE ID # :** \_\_\_\_\_



SCORESHEET    SINGLE ROPE    FREESTYLE

**DIFFICULTY**

JUDGE : .....

---

DIVISION : .....

TEAM / NUMBER : .....

---

SINGLE ROPE PAIRS FREESTYLE

SKILLS :

Number of **skills** :    Basic    \_\_\_\_\_    Intermediate    \_\_\_\_\_    Advanced    \_\_\_\_\_  
Total :    \_\_\_\_\_

Comments : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

FINAL SCORE = _____
---------------------

# Single Rope

**TEAM FREESTYLE - 45 to 75 seconds**

Maximum score : 500 points

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

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

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

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

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

**1. Difficulty**

<b>Judge 1</b>

<b>Judge 2</b>

<b>Judge 3</b>

<b>Judge 4</b>

<b>Judge 5</b>

**2. Creativity**

<b>Judge 1</b>

<b>Judge 2</b>

<b>Judge 3</b>

<b>Judge 4</b>

<b>Judge 5</b>

**1. Difficulty**

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

**2. Creativity**

<b>D</b>		<b>E</b>		<b>F</b>		<b>Average (Y)</b>
[ ]	+	[ ]	+	[ ]	/ 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

**HEAD-JUDGE ID # :** \_\_\_\_\_



SCORESHEET    SINGLE ROPE    FREESTYLE

**DIFFICULTY**

JUDGE : .....

---

DIVISION : .....

TEAM / NUMBER : .....

---

SINGLE ROPE TEAM FREESTYLE

SKILLS :

Number of **skills** :    Basic    \_\_\_\_\_    Intermediate    \_\_\_\_\_    Advanced    \_\_\_\_\_  
Total :    \_\_\_\_\_

Comments : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

FINAL SCORE = _____
---------------------



## Double Dutch

PAIRS SPEED - 120 seconds (2 jumpers, 60 seconds each)

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

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

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

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

	Head Judge	Judge 2	Judge 3
<b>Actual jumps completed (Right foot) :</b>			

<b>Score :</b>	
----------------	--

**FALSE STARTS : 0 1**

- 5 points for a miss.

**FALSE SWITCHES : 0 1**

- 5 points for a miss.

SCORE :	_____
(-)	
DEDUCTIONS :	_____
(=)	
<b>FINAL SCORE :</b>	_____

**NOTE :** Minimum score possible = zero

**HEAD-JUDGE ID # :** \_\_\_\_\_

## Double Dutch

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

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

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

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

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

	Head Judge	Judge 2	Judge 3
<b>Actual jumps completed (Right foot) :</b>			

<b>Score :</b>	
----------------	--

**FALSE STARTS :** 0 1

- 5 points for a miss.

**FALSE SWITCHES :** 0 1 2 3

- 5 points for each miss.

SCORE :	_____
(-)	
DEDUCTIONS :	_____
(=)	
<b>FINAL SCORE :</b>	_____

**NOTE :** Minimum score possible = zero

**HEAD-JUDGE ID # :** \_\_\_\_\_

# Double Dutch

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

Maximum score : 500 points

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

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

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

### 1. Difficulty

<b>Judge 1</b>	<b>Judge 2</b>	<b>Judge 3</b>	<b>Judge 4</b>	<b>Judge 5</b>

### 2. Creativity

<b>Judge 1</b>	<b>Judge 2</b>	<b>Judge 3</b>	<b>Judge 4</b>	<b>Judge 5</b>

### 1. Difficulty

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

### 2. Creativity

<b>D</b>		<b>E</b>		<b>F</b>		<b>Average (Y)</b>
[ ]	+	[ ]	+	[ ]	/ 3	[ ]
						<b>_____</b>

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

**HEAD-JUDGE ID # :** \_\_\_\_\_

SCORESHEET    DOUBLE DUTCH    FREESTYLE

**CREATIVITY**

JUDGE : .....

DIVISION : .....

TEAM / NUMBER : .....

DOUBLE DUTCH SINGLE FREESTYLE

<b>Creativity : (6 points)</b>	Movement on the floor	_____	Fancy feet	_____
	Combination of skills	_____	Speed changes	_____
	Rope-direction changes	_____	Starting and ending of the routine	_____
	Turner involvement	_____	Switches	_____
			<b>creativity (max. 6) =</b>	<u>      </u>

<b>technical : (4 points)</b>	Power and strength	_____	Acrobatic movements	_____
	Body inversions	_____	Smooth flow	_____
			<b>technical (max. 4) =</b>	<u>      </u>

**Number of mistakes :**

major miss :	_____ x 1 =	_____	
minor miss :	_____ x 0,5 =	_____	<b>total =</b> <u>      </u>
			<b>(misses) =</b> <u>      </u>

**Comments :** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

<b>FINAL SCORE =</b> _____
----------------------------

SCORESHEET    DOUBLE DUTCH    FREESTYLE

**DIFFICULTY**

JUDGE : .....

DIVISION : .....

TEAM / NUMBER : .....

---

DOUBLE DUTCH SINGLE FREESTYLE

SKILLS :

Number of **skills** :    Basic    \_\_\_\_\_    Intermediate    \_\_\_\_\_    Advanced    \_\_\_\_\_  
Total :    \_\_\_\_\_

Comments : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

FINAL SCORE = _____
---------------------

**SCORESHEET    DOUBLE DUTCH    FREESTYLE**

**HEAD JUDGE :** .....

---

DIVISION : .....

TEAM / NUMBER : .....

---

**DOUBLE DUTCH    SINGLE    FREESTYLE**

	<b>Number of skills</b>			
SKIPPER A	1	2	3	more
SKIPPER B	1	2	3	more
SKIPPER C	1	2	3	more

Per skipper who doesn't perform the three skills: - 1.0 points

# Double Dutch

## PAIRS FREESTYLE - 45 to 75 seconds (4 jumpers)

Maximum score : 500 points

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

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

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

### 1. Difficulty

<b>Judge 1</b>	<b>Judge 2</b>	<b>Judge 3</b>	<b>Judge 4</b>	<b>Judge 5</b>

### 2. Creativity

<b>Judge 1</b>	<b>Judge 2</b>	<b>Judge 3</b>	<b>Judge 4</b>	<b>Judge 5</b>

### 1. Difficulty

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

### 2. Creativity

<b>D</b>		<b>E</b>		<b>F</b>		<b>Average (Y)</b>
[ ]	+	[ ]	+	[ ]	/ 3	[ ]
						<hr style="border: 1px solid black;"/>

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

**HEAD-JUDGE ID # :** \_\_\_\_\_

SCORESHEET    DOUBLE DUTCH    FREESTYLE

**CREATIVITY**

JUDGE : .....

DIVISION : .....

TEAM / NUMBER : .....

**DOUBLE DUTCH PAIRS FREESTYLE**

<b>Creativity : (6 points)</b>	Movement on the floor	_____	Fancy feet	_____
	Combination of skills	_____	Speed changes	_____
	Rope-direction changes	_____	Starting and ending of the routine	_____
	Turner involvement	_____	Switches	_____
			<b>creativity (max. 6) =</b>	<u>      </u>

<b>technical : (4 points)</b>	Power and strength	_____	Acrobatic movements	_____
	Body inversions	_____	Smooth flow	_____
			<b>technical (max. 4) =</b>	<u>      </u>

**Number of mistakes :**

major miss :	_____ x 1 =	_____	
minor miss :	_____ x 0,5 =	_____	<b>total =</b> <u>      </u>
			<b>(misses) =</b> <u>      </u>

**Comments :**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

<b>FINAL SCORE =</b> <u>      </u>
------------------------------------



SCORESHEET    DOUBLE DUTCH    FREESTYLE

**DIFFICULTY**

JUDGE : .....

DIVISION : .....

TEAM / NUMBER : .....

---

DOUBLE DUTCH PAIRS FREESTYLE

SKILLS :

Number of **skills** :    Basic    \_\_\_\_\_    Intermediate    \_\_\_\_\_    Advanced    \_\_\_\_\_  
Total :    \_\_\_\_\_

Comments : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

FINAL SCORE = _____
---------------------

**SCORESHEET    DOUBLE DUTCH    FREESTYLE**

**HEAD JUDGE :** .....

---

DIVISION : .....

TEAM / NUMBER : .....

---

**DOUBLE DUTCH PAIRS FREESTYLE**

	<b>Number of skills</b>			
SKIPPER A	1	2	3	more
SKIPPER B	1	2	3	more
SKIPPER C	1	2	3	more
SKIPPER D	1	2	3	more

Per skipper who doesn't perform the three skills: - 1.0 points

**ONLY FOR MIXED TEAMS :**

COMBINATIONS :	Girl - boy	YES / NO
	Girl - girl	YES / NO
	Boy - boy	YES / NO

Per missing combination: - 1.0 points

ERSO 2002  
Single Rope  
Rope Skipping  
Competition Rules  
for  
**MASTER - CHAMPIONSHIPS**  
  
(Valid until August 1, 2003)

**GENERAL GUIDELINES**

Part 1. Competition

<b>Single Rope</b>		
	<b>Event</b>	<b>Time</b>
A.	Freestyle	45 - 75 sec.
B.1	Speed - 30 seconds	30 sec.
B.2	Speed - Endurance - 3 minutes	180 sec.
C.	Power - Triple Unders	No Limit

Event / discipline-order: A, B.1, B.2, C

Part 2. Divisions

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

**Part 3. Judge**

**A. For each registrationform, there has to be one ERSO-certified judge to the competition. This means: when you subscribe to a competition, you will enter ALL information required.**

B. Violation of this rule will be punished with a 250,- Euro (or an equal amount in local currency) penalty to ERSO, which will be payed BEFORE the competition. No payment = no competition.

**NB In case of illness of the judge, the NRSO has to arrange a substitute or the organizing committee will arrange a substitute in which the costs will be for the NRSO who failed to fulfill this responsibility.**

Part 4. Ropes

Any rope may be used.  
Single Ropes Any length desired.

Part 5. Workfloor

- A. Surface should be of a high quality sportsfloor.
- B. The floor should be of a high quality.
- C.1 The Speed-floor should be marked with a racktangle with lines that are in 90 degrees angle of each other and 3 x 3 meters wide.
- C.2 The Freestyle-floor be marked with a racktangle with lines that are in 90 degrees angle of each other and 9 x 9 meters wide.
- D. The places of the jury should not be within 3 meters of the sides of the racktangle. The judgesfloor is 3 meters surrounding the competitionfloor.
- E. The spectators and competitors should be positioned at least 1 meter from the judges-area.  
See floorplan in Appendix D2 (?)

Part 6. Music

Music for freestyle is still optional!!!

- A. 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 Soundtabel / Soundtechnition.  
No violation if the music isn't there in time, but the competitor will have to make the competition without music.
- B. The MD, CD or cassette must have:  
1) The competitors number (taken from the programme).  
2) Only 1 track.  
No violation if the music isn't there in time, but the competitor will have to make the competition without music.
- C. If music will be used, there will be manual timing.
- D.1 If music is being used, no sounds will be given / heard at 45 or 75 seconds and the CD or cassette won't be shut of for 10 seconds after the routine has ended!
- D.2 At 75 seconds the timer will call 'Time!'; judging stops and time-violation is added.
- E. The routine will be judged 'ended' when both music and skipper have ended!

Part 7. Uniforms

- A.1. A national uniform must be used under the presentation.
- A.2. If there is no national competition-uniform, the national flag or nations colours or nations name must be shown on the uniform; measuring at least 5 x 10 cm.
- B. Supportive athletic shoes must be worn to protect the skippers feet.
- C. No large items of jewellery may be worn.
- D. National uniforms may have the sponsor(s) and / or logo displayed during the competition.
- In 2001: Violation of this rule will be punished with a fine of 50,- Euro (or an equal amount in local currency).

Part 8. Uniforms

- A. Although there is difference between a National uniform, a Team uniform and a masters uniform, the National uniform must be worn at all European Championships events.
- B. Supportive athletic shoes and socks must be worn to protect the skipper's feet.
- C. No large items of jewellery may be worn.
- D. National uniforms must match and may have the countries name, sponsor(s) and / or logo displayed during the competition.
- In 2001: Violation of this rule can be punished with a fine of 50,- Euro (or an equal amount in local currency) per violation per event / discipline.

Part 9. Signals

The signals that will be used during competition won't be heard before competition. The signals that are being used are available on CD. This CD can be obtained by the ERSO-headoffice.

Part 10. Event Start

A.1. Both Freestyle and Triple Under events will begin with the Head Judge calling out: "You may begin.". After this the skipper only has 10 seconds to begin his / her performance. Time violation is punished as described in part 10, B, 2.

*Freestyle: When there is more than one floor being used during the competition, 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 central timing calling out: "Ready. Set. Go.".

B. The rope must be still with no arm or rope motion until the word(s) "GO." or "You may begin." are heard.

C. On each event no false starts are permitted. In case of a false start the skipper will get a deduction of 5 points and will have to continue his / her attempt.

D. In Freestyle time starts running as soon as an arm or rope gets in motion or as soon as the music starts.

Part 11. Event Stop

All events will end when the timer calls out "STOP.". "STOP." will not be called out for Freestyle and Triple Under events.

Freestyle: The skipper makes a bow or end his / her routine in a recognizable 'End'-position to show that the routine has ended. However, at 76 seconds a call "TIME." will be made.

Triple Under: The skipper ends automatically after ending the consecutive triple under-attempt.

Part 12. 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 major miss.

B.3. Space violation is punished as a minor miss.

Speed: The judge will stop the skipper and correct the position. The counting will be continued. Timing won't be stopped.

Freestyle: Space violation is punished as a minor miss for each violation.

B.4. Skills performed outside the 9 x 9 meters-area won't be judged.

Both B.2. and B.3. are tasks for the Head Judge.

Part 13. 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 Under score wins. If the score is still equal, the team with the highest Speed - Endurance score wins. If the score is still equal, the team with the highest Speed - 30 seconds score wins.

Part 14. 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.

Part 15. Appeal

- A. A five person Appeals Committee will be appointed by the ERSO Executive for the Championships. This Committee will have jurisdiction over all rule interpretations and disagreements that may occur. This committee will consist of the President and Vice President of the Rules Committee, the Tournament Director and two skippers.
- B. Appeals may only be made by the official nominated representative from a country who is nominated prior to the Championships.
- C. 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. Should an unsatisfactory response be given then a written appeal is to be submitted to the Appeals Committee with a deposit of 50,- Euro (or an equal amount in local currency) which will only be returned if the appeal is upheld.
- D. 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.
- E. The Appeals Committee will hear an appeal at the first opportunity, preferably at the Championships and render a decision as soon as possible.

**A. Freestyle**

Part 1. Time limit

45 - 75 seconds

Unless music is being used 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 skills 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 skills is taken into account when scoring Freestyle. The more skills of greater difficulty completed and executed correctly within the time limit, the higher the score.
- B. Creativity  
Is the way the skills fit together, the flow of the skills and the inclusion of new skills 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 skills 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 the competitor will be penalised by adding a minor miss for each mistake.

Part 6. Goal

To complete a routine with as many correctly executed skills 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.





**B.1 Speed - 30 seconds**

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.

**B.2 Speed - Endurance - 3 minutes**

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.

**C. Power - 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 hits the floor for the next time.
- B. The skipper has to perform a consecutive series of Triple Unders. It doesn't matter what skills will be performed before or after the series. A consecutive serie starts after the first legal Triple Unders. The Triple Unders will be counted as the Triple Unders under of the consecutive serie.
- 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. The second attempt will be done no sooner than the other skippers have finished their first attempt.
- 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.

**A. FREESTYLE - 45 to 75 seconds**

Maximum score : 500 points

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

Number: \_\_\_\_\_

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

**1. Difficulty**

<b>Judge 1</b>	<b>Judge 2</b>	<b>Judge 3</b>	<b>Judge 4</b>	<b>Judge 5</b>

**2. Creativity**

<b>Judge 1</b>	<b>Judge 2</b>	<b>Judge 3</b>	<b>Judge 4</b>	<b>Judge 5</b>

**1. Difficulty**

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

**2. Creativity**

<b>D</b>		<b>E</b>		<b>F</b>		<b>Average (Y)</b>
[ ]	+	[ ]	+	[ ]	/ 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

**HEAD-JUDGE ID # :** \_\_\_\_\_



SCORESHEET    SINGLE ROPE    FREESTYLE

**DIFFICULTY**

JUDGE : .....

---

DIVISION : .....

NAME / NUMBER : .....

---

SINGLE ROPE SINGLE FREESTYLE

SKILLS :

Number of **skills** :    Basic    \_\_\_\_\_    Intermediate    \_\_\_\_\_    Advanced    \_\_\_\_\_  
Total :    \_\_\_\_\_

Comments : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

FINAL SCORE = _____
---------------------

**B.1 SPEED - 30 seconds**

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

	Head Judge	Judge 2	Judge 3
<b>Actual jumps completed (Right foot) :</b>			

<b>Score :</b>	
----------------	--

**FALSE STARTS : 0 1**

- 5 points for a miss.

SCORE :	_____
(-)	
DEDUCTIONS :	_____
(=)	
SUBSCORE	_____
X 5	
<b>FINAL SCORE :</b>	_____

**NOTE :** Minimum score possible = zero

**HEAD-JUDGE ID # :** \_\_\_\_\_



**B.2 SPEED - ENDURANCE - 3 minutes - 180 seconds**

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

	Head Judge	Judge 2	Judge 3
<b>Actual jumps completed (Right foot) :</b>			

<b>Score :</b>	
----------------	--

**FALSE STARTS : 0 1**

- 5 points for a miss.

SCORE : _____ (-) DEDUCTIONS : _____ (=) <b>FINAL SCORE :</b> _____
---

**NOTE :** Minimum score possible = zero

**HEAD-JUDGE ID # :** \_\_\_\_\_

**C. POWER - TRIPLE UNDER**

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

Number: \_\_\_\_\_

**FIRTS ATTEMP**

	Head Judge	Judge 2	Judge 3
<b>Actual jumps completed :</b>			

**SECOND ATTEMP**

	Head Judge	Judge 2	Judge 3
<b>Actual jumps completed :</b>			

<b>Score ('best of two') :</b>	
--------------------------------	--

**Time violation :** 0 1  
- 5 points for a violation.

SCORE :	_____
(-)	
DEDUCTION :	_____
(=)	
SUBSCORE	_____
X 2	
<b>FINAL SCORE :</b>	_____

**NOTE :** Minimum score possible = zero

**HEAD-JUDGE ID # :** \_\_\_\_\_

**DEFENITION OF TERMS**

General :

Creativity	Is the way the skills fit together, the flow of the skills, and the inclusion of new skills and combinations, but also movement on floor, fancy feet, speed changes, rope direction changes, starting and ending of the routine.
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.
Degree of Difficulty	The number and difficulty (whether they are beginning, intermediate or advanced) of skills is taken into account when scoring freestyles. The more skills of greater difficulty completed and executed correctly in the 45 - 75 second time limit, the higher the score.
Double Under	In one jump the rope passes under the feet of the skipper two times before the skipper's feet touches the floor for the next jump. It is one double revolution of the rope each jump.
False Switch	When a skipper enters the rope(s) or starts skipping before the call of "SWITCH.". In double dutch pairs speed, the second skipper must not enter the ropes until the first skipper has left. In single rope speed or double unders the second, third or fourth skippers must not start before the call of switch. It is also a false switch if a skipper fails to exit or enter double dutch ropes cleanly.
False Start	When a skipper moves the rope(s) or a part of the body before the call of "Go.".
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.
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.
Skill	A skill is a jump performed by one (or more) skipper when passing the rope(s) with both feet in at least one rotation. A skill is judged as Difficulty.
Space Violation	A penalty for stepping out of or placing a foot out of the competition area at any time during the performance of the routine.
Switch	A term used to indicate to one skipper that their time is up and they must stop skipping and the next skipper begins skipping.
Technical Merit	Jumper exhibits correct technique for those skills chosen to be included as part of routine power and strength, acrobatic movements, body inversions, smooth flow.

## **ERSO Single Rope and Double Dutch Rope Skipping Competition Rules 2002-2003**

Time Violation	A penalty for failing to complete a routine in the designated time. This is a 0.5 point deduction.
Trick	A trick is a ropemanipulation which doesn't subscribe for the definition of 'Skill' performed by one (or more) skipper. 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 touches the floor for the next jump. It is one triple revolution of the rope each jump.
<u>Speed :</u> Proper step	The official speed skipping step is a jogging motion, alternating feet (Single Bouncing). Every time the right foot hits the floor, 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 central timing and the next jumper starts his turn.

### **Deduction for penalties:**

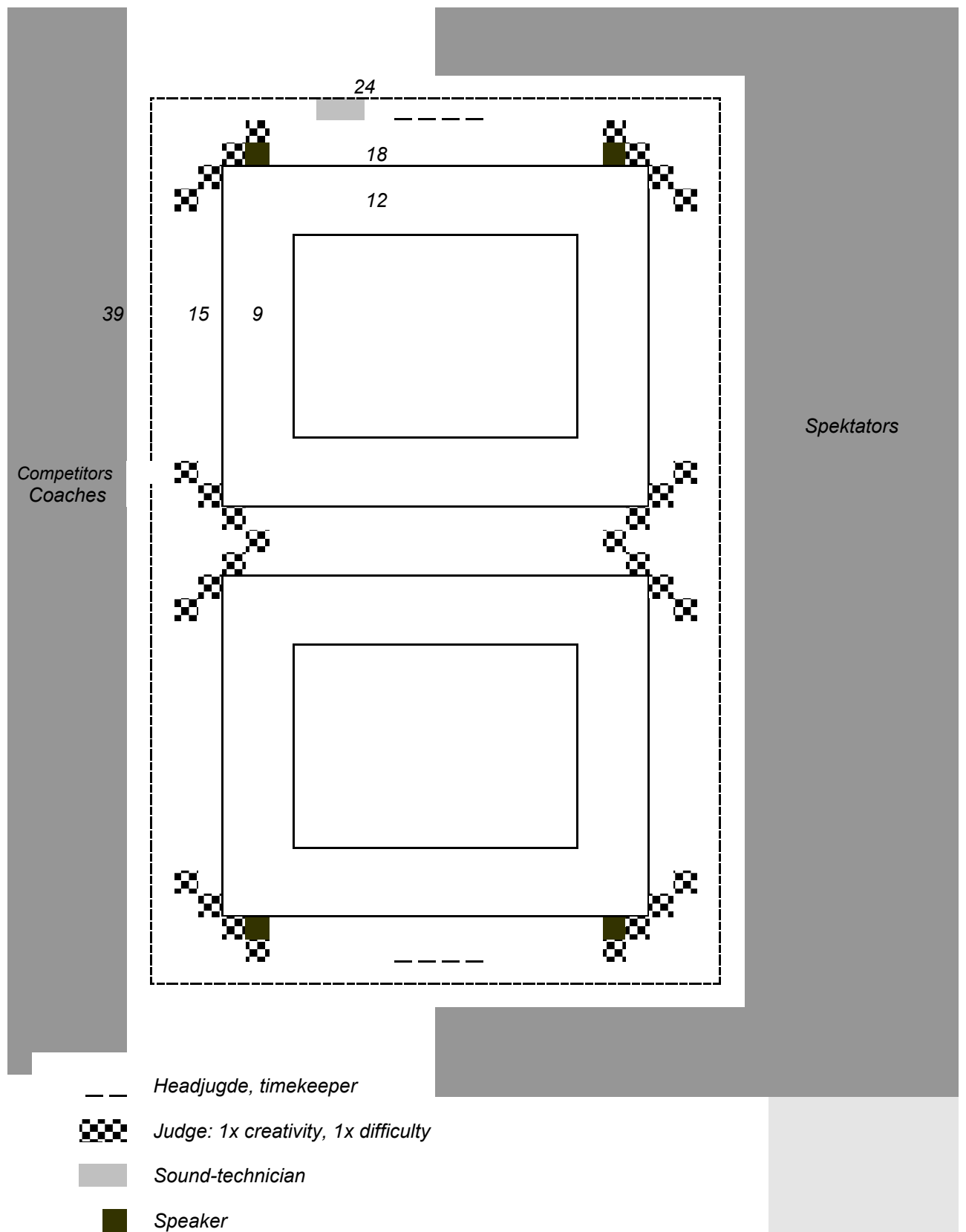
Minor Miss :	0.5 points
Major Miss :	1.0 points
Time violation : (Freestyle)	0.5 points
Time violation : (Triple Under)	5 points
Space violation :	0.5 points

**JUDGING**

- Part 1. Competition  
Only ERSO-certified judges are allowed to judge at an ERSO-championship.
- Part 2. Different as of 2001
- A. Intermediate + Intermediate = Intermediate + Advanced.
  - B. A 'Skill' is judged as Difficulty; a 'Trick' as Creativity.
  - C. Wheels in Double Dutch is judged as Skill and therefor Difficulty.
  - D. In case of a Space-violation, the competitor(s) can't get any credit for whatever skill or trick performed.
  - E. In case of a Time-violation, the competitor(s) can't get any credit for whatever skill or trick performed.

Floorplan:

Freestyle (Teams)



Speed (Teams)

