



# IJRU Rule Book

Competition Manual

Version 1.0.0-pr.3

## FOREWORD

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This is the third pre-release of the IJRU Rule Book. This means that this is what the Technical Committee would like to see as version 1.0.0 of the IJRU rulebook with only minor layout changes of the document.

Since October 2018 the IJRU Technical Congress has been hard at work trying to create a new set of rules for rope skipping. While much of the ideas might be familiar to you from FISAC-IRSF's and WJRF's rule books a lot of the rules are new. As best as we can we have tried to recognise weaknesses and strong areas in those incoming rule sets and compare it to your feedback weighed with our history as a sport. We hope that you have followed our blog at [ijru.sport](http://ijru.sport) during this process. If you haven't please give it a read, we have tried to give detailed explanations for the rules in this rule book and why we have decided upon them.

IJRU Technical Congress

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## 2 RULE BOOK

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### 2.1 OFFICIAL VERSION

Prior to a tournament, the Tournament Director will designate the official version of the Rule Book for use in the tournament. This will be the official version used in the competition and will be used to resolve any questions or disputes. For IJRU world championships, the current version of the IJRU rulebook will be used.

### 2.2 VERSION NUMBERING

Given a version number MAJOR.MINOR.REVISION, increments are made as follows

1. MAJOR version when rules are added, removed, or modified in a way that is incompatible with the previous version,
2. MINOR version when rules are added, removed or modified in a way that clarifies the intended meaning of the rules in a backwards compatible way (you can still compare results from previous competitions and only minor updates are required for judges), and
3. REVISION version when style changes are made to the rules, such as correcting typographical errors.

In addition to this, drafts and pre-releases might be marked with the suffixes draft and pr and a version number for these stages resulting in MAJOR.MINOR.REVISION-draft.VERSION and MAJOR.MINOR.REVISION-pr.VERSION where VERSION is a whole number greater than 0. Changes from suffix-less to draft version, draft to draft version, draft to pr, and pr to draft version may be MAJOR-, MINOR- or REVISION-level changes. Changes from pr to pr version may only be REVISION-level changes. Changes from pr to suffix-less versions can't include any content changes.

There should be a copy of the rule book with changes highlighted accompanying the publication of any version of the rulebook. For draft and pr version this should show the changes compared to the previous pr, draft or suffix-less version, in that priority order. For suffix-less versions of the rulebook changes should be highlighted compared to the last suffix-less version.

## 3 GENERAL

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### 3.1 PROTESTS AND APPEALS

The competition arrangers will designate a Tournament Committee that will hear and make decisions on protests and appeals within the competition. The committee should consist of the tournament director (who will chair any tournament committee meeting but will not have voting power) and an odd number of voting members, at least 3. No more than one person from a country can be a member of the tournament committee. At least a senior judge, senior skipper and a member of the technical committee should be included in this committee. The Tournament Committee can hear protests on:

- A scoring error related to data entry or calculation error
- A decision by the tournament director or other tournament officials that is unfair or inconsistent with published IJRU rules.

Appeals will not be accepted on:

- The decisions or ratings of judges

At its judgement, the Tournament Committee may use a video replay recorded on competition-run equipment.

To make an appeal the following process should be used

1. Team head coaches or designated representative discusses the issue with the Tournament Director. The tournament director will propose a recommendation (and may consult with the full Tournament Committee, but this is not required.)
2. If the coach/designated representative does not agree with this decision, she/he has one hour of the decision to appeal to the full Tournament Committee.
3. On appeal, the coach/designated representative will present their case to the full Tournament Committee.
4. The Tournament Committee will meet in private, discuss the issue and vote on the issue. A majority is required to overturn the original decision of the tournament director.
5. The decision of the Tournament Committee is final and will be communicated to the coach/designated representative

If corrections are made after awards are distributed, athletes will not be required to return any incorrectly given awards, but they may choose to do so as a show of sportsmanship.

### 3.2 INJURY AND SUBSTITUTIONS

In case of an injury or other need to substitute during the competition, the athlete or coach of record will decide whether to continue the event or not. The entry will not be recompeted and the event will be scored based on what was shown.

Before an event is competed, the coach of record can submit in writing a substitution request. Substitutions must meet the following conditions for a preliminaries/all around event:

- Must not change the age or gender division of the competition entry
- At least 50% of the athletes of that entry must remain the original registered competitors
- The substituted athletes must be members of the same all-around team (if remaining in an all-around) or country team as the original athletes.
- Athletes may not compete the same event twice in the preliminaries/all-around round

If the entry is a finals entry, a substitution is only allowed in the case of injury or extenuating circumstances at the sole discretion of the tournament committee.

### 3.3 STARTING ORDER

The starting order of entries for preliminaries will be randomly determined separately for each division. In the Finals the starting order is seeded by increasing qualifying score.

### 3.4 WITHDRAWAL

If an athlete/team doesn't show up on the competition floor within 1 minute of being called it will be considered a withdrawal from the event. It is the responsibilities of athletes and coaches to follow the competition progress even if the tournament runs ahead of projected schedule.

## 4 THE COMPETITIONS

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### 4.1 IJRU COMPETITION STRUCTURE

The IJRU competition series is made up of an Open Competition, Junior World Championships and Senior World Championships.

In partnership with the Japan Double Dutch Association (JDDA), the Double Dutch Contest 2020 will be co-located with the IJRU 2020 series, run by and using the rules of the JDDA.

All competitions are single-round except the Senior World Championships, which has a two-round structure. Athletes compete in the first round (preliminaries) to determine the all-around and for a spot in the final round. The winner of the final round (finals) will be the world champion(s).

### 4.2 DIVISIONS

#### 4.2.1 Gender Categories

For team events the gender categories are defined as follows

- Female gender.....all female
- Male gender .....all male
- Mixed gender .....at least one male and one female
- Any gender .....any combination

Please refer to the current IJRU gender policy for guidelines on gender categories.

All single-participant events have a female gender category and a male gender category.

Except as noted below, all team events have a female, male and mixed gender category. In the mixed category, at least one female and one male athlete must compete in each event the team competes in. Failing to fulfil this criterion will disqualify the team from the gender category and if applicable, the All-Around Competition and/or affected Overall Competitions.

The Show Competition and Double Dutch Triad events have an “any gender” category, with no requirement on the gender of the athletes. A team may consist of athletes of one gender only or of athletes of different genders.

There must be 4 or more entries from 2 or more countries in an event gender category for the event to be competed in that gender category. If an event has a gender category that fails to fulfil this requirement it will be combined or cross-ranked. The preferences of combining or cross-ranking gender category in order:

1. Male → Mixed
2. Mixed → Female
3. Female → Mixed

#### *Combining entries*

If two gender categories both do not have enough entries, they will be combined and ranked together, and rank will be awarded across all of the competitors in the combined gender categories.



### *Cross-ranking entries*

If one gender category has enough competitors to compete but another one does not, the larger gender category is ranked and awarded as normal, but the smaller gender category is ranked combined against the larger group and only competitors that place against the combined ranked entries will be awarded.

#### 4.2.2 Age Divisions

Ages are determined based on the athlete's age as of August 31 in the year of the competition. The competitors will be entered at their age as of this date. Ages will be verified against government issued documents during accreditation.

### *International Open Competition*

The International Open Competition is a one-round, competition run before the World Championships. The International Open Competition has the following age groups: 12-14, 15-17, 18+, 30+. For team events the team qualifies for the age category the oldest athlete of the team entry. This means that athletes can compete up across any age categories in the open. The exception is the 30+ age category where all athletes must be 30+. Athletes over the age of 30 can compete down in 18+ if they choose.

For the 2020 season, to accommodate athletes under previous systems, athletes turning 12 between September 1 and December 31, 2020 are eligible to compete in the Open Competition.

### *Junior World Championships*

Competitors in the Junior World Championships must be no younger than 12 and younger than 15 by the designated competition age cut-of-date.

For the 2020 season, to accommodate athletes under previous systems, athletes turning 12 between September 1 and December 31, 2020 are eligible to compete in the Junior World Championships.

### *World Championships*

Competitors in the World Championships must be 15 or older by the designated competition age cut-of-date with the following exception:

For team events, at least one member of the group must be 15 or older. The remaining member(s) must be at least 13 or older. Athletes aged 13-14 entering team events in the World Championships won't be allowed entry in the same event(s) in the Junior World Championships.

In the future, the ability for athletes under 15-years of age in the World Championships may be reduced or eliminated.

### *Show Competition*

Competitors in the Show Competition must be no younger than 12 by the designated competition age cut-of-date.

#### 4.2.3 Team Sizes

A team competing in any team overall competition (TSRO, TDDO, TAAC) may consist of 4, 5, or 6 athletes. No divisions will be made based on team sizes.

For entries into individual events the team may consist of the number of athletes the event requires.

### 4.3 EVENTS

These events will be competed in the Junior World Championships and World Championships, the events included in the International Open Competition will be chosen based on available time and space.

#### 4.3.1 Events in the Individual Competition

1. Single Rope Speed Sprint..... SRSS ..... 1×30 seconds ..... 1 athlete
2. Single Rope Speed Endurance ..... SRSE ..... 1×180 seconds ..... 1 athlete
3. Single Rope Triple Unders ..... SRTU ..... No time limit ..... 1 athlete
4. Single Rope Individual Freestyle..... SRIF ..... 0-75 seconds ..... 1 athlete

In the Junior World Championships Consecutive Triple Unders (SRTU) will not be competed.

#### 4.3.2 Events in the Individual Overall Competition (**ISRO**)

Out of the events detailed in section 4.3.1, the following are selected for the Individual Overall Competition.

1. Single Rope Speed Sprint ..... SRSS
2. Single Rope Speed Endurance ..... SRSE
3. Single Rope Individual Freestyle ..... SRIF

The same athlete must compete in all three events to qualify for the Individual Overall Competition

#### 4.3.3 Events in the Team Competition

1. Single Rope Speed Relay ..... SRSR ..... 4×30 seconds ..... 4 athletes
2. Single Rope Double Unders Relay ..... SRDR ..... 2×30 seconds ..... 2 athletes
3. Double Dutch Speed Relay ..... DDSR ..... 4×30 seconds ..... 4 athletes
4. Double Dutch Speed Sprint ..... DDSS ..... 1×60 seconds ..... 3 athletes
5. Single Rope Pair Freestyle ..... SRPF ..... 0-75 seconds ..... 2 athletes
6. Single Rope Team Freestyle ..... SRTF ..... 0-75 seconds ..... 4 athletes
7. Double Dutch Single Freestyle ..... DDSF ..... 0-75 seconds ..... 3 athletes
8. Double Dutch Pair Freestyle ..... DDPF ..... 0-75 seconds ..... 4 athletes
9. Double Dutch Triad Freestyle ..... DDTF ..... 0-90 seconds ..... 5 athletes
10. Wheel Pair Freestyle ..... WHPF ..... 0-75 seconds ..... 2 athletes

In the Junior World Championships Double Dutch Triad Freestyle (DDTF) will not be competed.

#### 4.3.4 Events in the Team Single Rope Overall Competition (**TSRO**)

Out of the events detailed in section 4.3.3, the following are selected for the Single Rope Overall Competition.

1. Single Rope Speed Relay ..... SRSR
2. Single Rope Double Unders Relay ..... SRDR
3. Single Rope Pair Freestyle ..... SRPF
4. Single Rope Team Freestyle ..... SRTF

Athletes from the same team must compete in all events listed above to be qualified for the Single Rope Overall Competition.

#### 4.3.5 Events in the Team Double Dutch Overall Competition (TDDO)

Out of the events detailed in section 4.3.3, the following are selected for the Single Rope Overall Competition.

1. Double Dutch Speed Relay ..... DDSR
2. Double Dutch Speed Sprint ..... DDSS
3. Double Dutch Single Freestyle ..... DDSF
4. Double Dutch Pair Freestyle..... DDPF

Each team competitor must compete in at least one of these events.

#### 4.3.6 The Team All-Around Competition (TCAA)

1. Double Dutch Speed Relay ..... DDSR
2. Double Dutch Speed Sprint ..... DDSS
3. Double Dutch Single Freestyle ..... DDSF
4. Double Dutch Pair Freestyle..... DDPF
5. Single Rope Speed Relay ..... SRSR
6. Single Rope Double Unders Relay ..... SRDR
7. Single Rope Pair Freestyle ..... SRPF
8. Single Rope Team Freestyle ..... SRTF

Each team competitor must compete in at least one of the 8 all-around events.

#### 4.3.7 Events in Show Competition

1. Show Freestyle ..... SCTF ..... 0-360 seconds ..... 8-20 athletes

#### 4.3.8 Event Awards

In the events and categories detailed in section 4.3, the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> ranking athletes or teams are awarded. The 1<sup>st</sup> ranking athlete(s) will be awarded the title IJRU World Champion(s) for that event or category. Awards are handed out separately for every division.

Awards for the categories (ISRO, TSRO, TDDO, and TCAA) will be awarded based on the results of the World Championship All-Around/Preliminary round. Awards for the individual events will be awarded based on the results of the World Championships Finals, as detailed in 4.4.1.

### 4.4 REGISTRATION AND QUALIFICATION PROCESSES

#### 4.4.1 Qualification for World Championships Finals

The top 6 athletes/teams in every event in the World Championships all-around/preliminaries (first round) qualify for the World Championship Finals.

To determine the World Championship finals qualifiers in speed, the 6<sup>th</sup> ranking athlete/team's score will be recounted. After that all athletes/team with a score within two times the allowed margin of judge-error of the 6<sup>th</sup> place will be recounted.

## 5 OFFICIALS

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### 5.1 QUALIFICATIONS OF JUDGES

To become an IJRU certified judge in a judging category it will be required to complete online training, live training and pass a standardized certification test. Judges can be certified for one or more of the following judge categories

- Speed
- Presentation
- Difficulty
- Required Elements

For each type of certification there are three levels of certification which are further defined on IJRU's website

### 5.2 JUDGE AND VOLUNTEER NOMINATIONS

*[Judge nomination requirements and procedures will be finalized when additional competition details are announced.]*

### 5.3 ASSIGNMENT OF JUDGES

Each judge will be assigned by the Tournament Committee. Judge assignments will be provided to each NGB prior to the tournament. Changes to the judging assignments can be made right up until the start of an event.

There should never be more than 2 judges from the same country on a judging panel. There can only be one judge from a country in each judge type (i.e. Routine Presentation, Athlete Presentation, Difficulty etc.) (If insufficient number of judges from different countries are available to achieve this, the Tournament Director can make an exception.)

The same judge types (i.e. difficulty or presentation) should never sit next to each other on a panel.

## 6 TECHNICAL STANDARDS

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### 6.1 COMPETITION AREA

#### 6.1.1 General Information

The competition floor should be a high quality, wooden sprung or cushioned sports floor.

All competition areas must be measured from the outside edge of the boundary.

The boundaries of the competition area will be marked with well-defined lines. The colour of these marks should be a clear contrast from the floor and other pre-existing marks on the floor.

There should be a 2-meter margin between each competition field.

#### 6.1.2 Freestyle Field

Freestyle fields are 12×12-meter squares.

#### 6.1.3 Show Freestyle Field

Show freestyle fields will be dependant on the size of the venue, a minimum of 16×24-meters are recommended. The available space should be communicated well in advance.

#### 6.1.4 Speed and Multiples Field

Speed and multiples stations are 5×5-meter squares.

#### 6.1.5 Coach's box

A 1×1-meter coach's box will be placed outside each speed and freestyle field and positioned at one of the corners.

One of the four sides of the coach's box must be a part of the freestyle field or speed field's side.

The coach's box should not block the view of the judges or video-replay cameras.

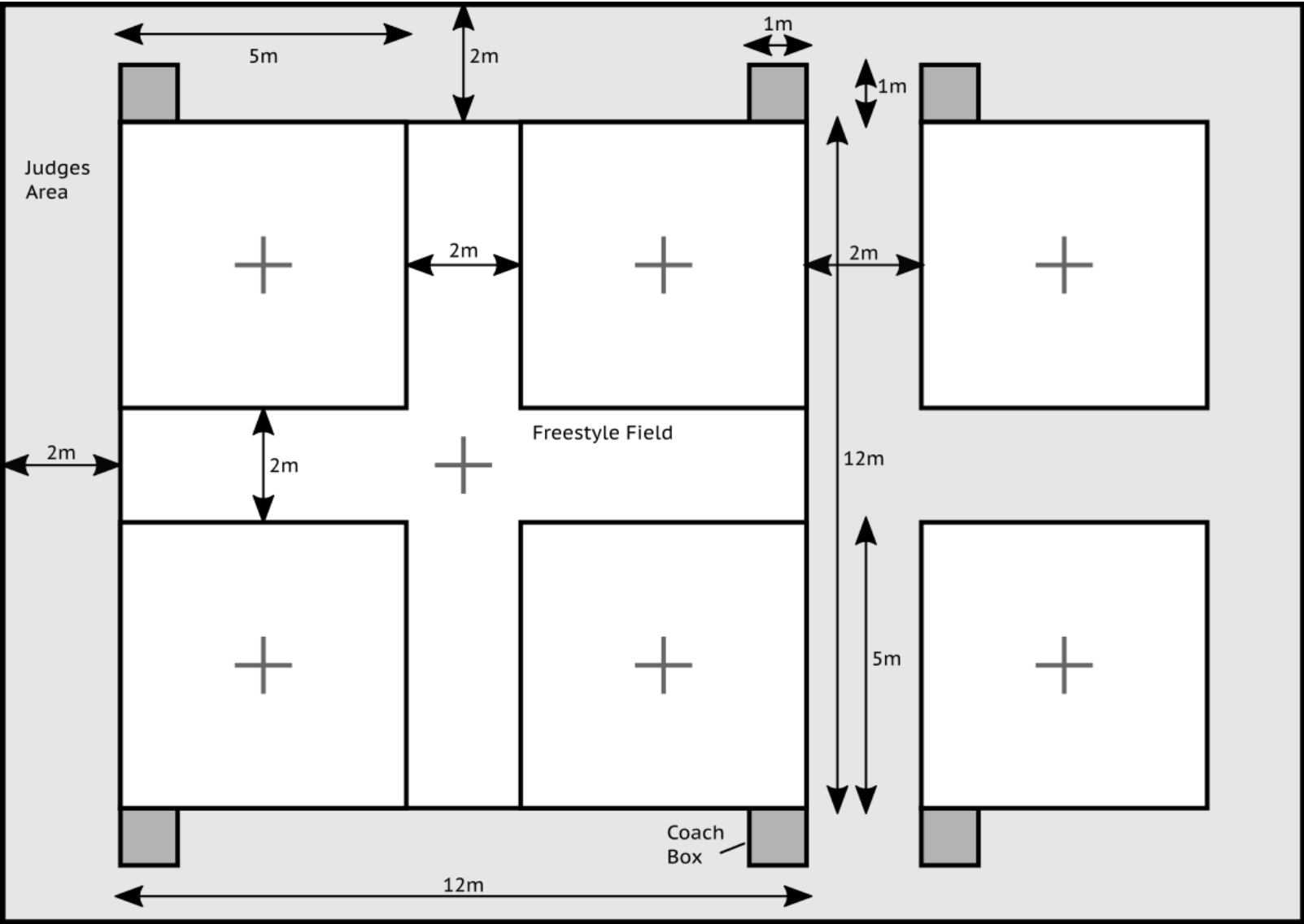


Figure 1 Example with one freestyle field containing four four speed fields, this can be extended in all directions

## 6.2 EQUIPMENT AND UNIFORMS

### 6.2.1 Ropes

Ropes can generally be of any length.

The number of ropes allowed in the competition field is limited in all events except show freestyle. For Single Rope and Wheel events the number of ropes must not be greater than the number of athletes in the event. For Double Dutch a maximum of one set of ropes (2 ropes make a set) is allowed. Exceptions from this rule can be made in case of a recompile as detailed in the Judging Manual.

### 6.2.2 Props

No props or special equipment other than that which is attached to the body during the whole routine may be used to add to the presentation and/or the degree of difficulty of the routine. Jewellery is allowed at the athlete's discretion and at their own risk.

### 6.2.3 Uniform

Supportive athletic shoes must be worn. If an athlete loses a shoe during a routine, no skills will be scored whilst the athlete doesn't wear their shoes.

## 6.3 MUSIC

Music should be no longer than the allowed max time of the event it is used for, if not the music will be cut off at the length of the event. The time of the music is measured from the start of the audio file, not from the first audible signal.

At the allowed max time of the event a soft-BEEP (defined in section 6.5.2) will be inserted.

Music should generally be submitted in advance; however, the athletes should be able to provide a USB with their music in case of a music failure. The ability to test the music before the competition should be provided.

## 6.4 VIDEO REPLAY

A video camera might be provided for each speed and multiples station to allow for recounts due to inaccurate clicking.

If the head judge has notified the tournament director of inaccurate clicking the tournament director will notify the coach or a representative from the team who was present in the coach's box that the video of the event will automatically be recounted at a slower speed by an additional panel of judges. If no one was in the coach's box during the event, the national head-coach or head of delegation will be notified.

The event will be recounted off the competition floor while the tournament continues. Once the judges that are recounting the event get a score within 3 jumps, this score will be used to calculate a final, total speed score, and the tournament director will notify the coach or team representative of the new score.

If the athlete(s) or coaches obstruct the view of the camera and a recount is not possible, the athletes do not receive a second attempt and will be given the score originally counted by the judges.

## 6.5 SIGNALS, SOUNDS AND CALL OUTS

### 6.5.1 Timing

All time durations are measured relative to the start of the start-BEEP in the beginning of the time track and is measured until the start of another sound.

### 6.5.2 Tones

The start-BEEP is defined as a square wave at 578.3 Hz, this correlates to a D<sub>5</sub> in standard tuning (A = 440 Hz) playing for 0.350 seconds.

The switch-BEEP is defined as a square wave at 493.9 Hz, this correlates to a B<sub>4</sub> in standard tuning (A = 440 Hz) playing for 0.350 seconds.

The soft-BEEP is defined as a sine wave at 578.3 Hz playing for 0.350 seconds.

### 6.5.3 Start

All speed time tracks should start as follows:

*"<Event Name> <Event Time> <1.000 seconds silence> Judges Ready? <0.500 seconds silence> Athletes Ready? <0.500 seconds silence> Set <0.500 seconds silence> <start-BEEP>"*

Where <Event Time> is defined as "[<N> times] <Time> seconds" where [<N> times] is only required if the event is performed in a relay fashion. (For example: "four times thirty seconds" or "one hundred eighty seconds") All time definitions in the event presentation come in seconds.

The <Event Name> is stated as defined in section 4.3.

For freestyle events, after the athlete has been introduced, their music will begin after a short pause.

### 6.5.4 Switch

When the defined amount of time has elapsed since the beginning of the previous start-/switch-BEEP and another athlete's part of a relay fashion event should commence a switch-BEEP should sound

### 6.5.5 Stop

When the defined amount of time has elapsed since the beginning of the previous start-/switch-BEEP and the event should stop a start-BEEP should sound.

### 6.5.6 Time Callouts

For speed and multiple events where each section of the event is shorter than or equal to 60 seconds in duration there should be time call outs every 10 seconds in the form of "<Seconds>" where is the number of seconds elapsed since the previous start-/switch-BEEP

For speed and multiple events where each section of the event is longer than 60 seconds in duration there should be time call outs every 60 seconds in the form of "<Minutes> minute(s)" where <Minutes> is defined as the number of minutes elapsed since the last start-/switch-BEEP. In addition to this there should be call-outs every 15 seconds in the form of "<Seconds>" where <Seconds> is the number of seconds elapsed since the previous start-/switch-BEEP or minute call-out.