



# IJRU Competition Rules

Judging Manual  
v3.0.0

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# Judging Manual

The Judging Manual (JM), defines rules concerning the judging of all different events of all IJRU competitions.

It is divided into 3 main parts:

- Judging speed and multiples events
- Judging freestyle events
- Judging show freestyle events

This manual is meant for judges, coaches and athletes to understand and execute the IJRU rules in a correct way.

## Judge expectations and code of ethics

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Judges should:

- Ensure that the actions of the athletes follow the rules. In fulfilling this task, the official must establish the best possible climate for fair competition with the attention on the athletes.
- Maintain Judges Certification.
- Participate in the online continuing education within the IJRU training portal.
- Watch routines on videotape or at their local team's practices and analyse them as if you were a judge.
- Practice clicking speed and identifying deductions.
- Be very familiar with and knowledgeable about all rules and procedures as described in the most current IJRU Rule Book.
- Become confident and comfortable with the responsibilities of all judging positions for which they are assigned.
- Be very familiar and confident in following through the competition procedures set forth by the IJRU.
- Be familiar enough with the judging system and scoring collection method to be able to score routines quickly as well as accurately, to keep tournaments running smoothly.
- Always be punctual, pleasant, and polite while judging.
- Be impartial. Avoid coaching or cheering for any certain competitor or competitors.
- Be friendly with their fellow judges but refrain from any comments or discussion while judging.
- Attend all judges' meetings prior to the competition they are judging at as required by the Tournament Director.

- Look professional. In most cases, an official judging shirt will be provided.
  - If not, judges should wear a plain, black shirt free of logos.
  - They should wear black pants, shorts, or skirt when judging.
  - They should make sure there are no markings on any piece of clothing or on them that can identify them as being affiliated with any team or competitor.
  - Wear athletic shoes, no flip-flops, sandals, or bare feet.
- Personal cell phone use is not allowed while judging. No videoing is allowed from the judging table.
- The conduct of each judge affects the public's attitude toward all judges. Therefore, every judge must uphold the honour, integrity and dignity of the role.

# Counting

## General

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No deductions are made for any misses in speed or multiples events.

Single ropes must be turned in a forward motion, whereas Double Dutch ropes must be turned counter clockwise with the right hand and clockwise with the left hand.

## Speed

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For speed events, judges count the first completed right foot jump and each additional alternating right foot jump.

If an athlete misses and the judge recognizes they counted the jump the miss occurred on, the judge will resume counting on the right foot jump once the athlete completes a right foot jump, followed by a left foot jump. If an athlete misses at the end of an event and a judge has not yet taken off a jump, they will deduct one jump from the final score.

## Double Unders

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For double unders, judges count each jump where both feet land simultaneously after the rope has passed under the feet twice, while completing two forward vertical rotations around the body.

If an athlete misses and the judge recognizes they have counted the double under the miss occurred on, the judge will resume counting again on the second double under following the miss. If an athlete misses at the end of an event and a judge has not yet taken off a jump, they will deduct one jump from the final score.

## Consecutive Triple Unders

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For triple unders, judges count each jump where both feet land simultaneously after the rope has passed under the feet three times, while completing three forward vertical rotations around the body.

Once an athlete has completed one triple under, judges stop counting when the athlete either stops, misses, or completes any skill other than a triple under.

If an athlete misses before completing 15 triple unders, they will have one more attempt at starting the event. If the athlete decides to continue with a second attempt, the scores will be reset (not recorded) and the athlete is committed to the score of the second attempt.

30 seconds after the start of the event, the athlete is no longer eligible to begin the event or start a second attempt and the judges must not count any triple unders performed by the athlete.

Time the judges take to get ready or reset their counters is not counted against the athlete's 30 seconds. However, if an athlete misses before the 30 second call-out and the judges are not ready to start again before the 30 seconds call-out, the athlete is allowed to start immediately after the judges are ready, even if that is after the 30 seconds call-out.

# Violations

## False Starts

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A false start occurs if an athlete's rope begins a rotation before the start signal.

A false start results in a deduction from the score. See [Calculating speed and multiples scores for deduction values](#).

All judges need to watch for and report false starts to the head judge following the heat. A majority of judges must agree that a false start occurred for the athlete(s) to receive a deduction.

### Note

If a false start occurs, all judges are still required to count the event.

## False Switches

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In team speed or multiples events, a false switch may occur if an athlete's rope begins a rotation, or if an athlete takes the ropes from a turner or enters the ropes before the signal to switch sounds.

Each false switch results in a deduction from the score. See [Calculating speed and multiples scores for deduction values](#).

All judges need to watch for and report false switches to the head judge following the heat. A majority of judges need to agree on the number of false switches that occurred in an event.

During a Single Rope speed or multiples event with more than one athlete, when the switch beep occurs, judges immediately stop counting the prior athlete and start counting the next. Any extra jumps by the prior athlete after the beep are not counted but also not penalized.

For Double Dutch Speed Relay ( [DDSR](#) ), the following turning and jumping order must be followed:

1. A and B turn for C, who is facing B
2. A and C turn for D, who is facing A
3. D and C turn for B, who is facing C
4. D and B turn for A, who is facing D

Judges should not count any jumps that are not performed in this manner.



# Space violations

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A space violation occurs any time part of an athlete's body touches the ground outside of the competition boundary.

A team may receive a space violation for any team member competing in the event who commits a space violation, including members of the team who are competing in the event but not actively jumping at the time of the space violation.

During a space violation, the judges must stop counting, and the head judge must verbally notify the athlete(s) that they are out of bounds.

Judges resume counting once the athlete(s) have re-entered the competition area.

An athlete cannot receive an additional space violation until they have successfully completed a counted jump within the competition area.

If a space violation interferes with, obstructs, or impedes an opposing athlete/teams' rope(s), the head judge will award a re-jump to the affected athlete/team. The affected athlete/team can decide if they wish to accept the re-jump or submit their current score. They must notify the head judge of their decision before leaving the competition floor.

# Difficulty

## General

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Difficulty judges will award a level for each skill performed in Single Rope, Wheel and Double Dutch routines. A skill is defined as a motion of the rope and/or athlete, beyond a double bounce jump, single bounce or basic side-swing, that is assigned a level of difficulty. The starting levels of difficulty and modifiers are described in the paragraphs below and illustrated using tables/matrices.

At the top of each table/matrix column is the level of difficulty (0.5, 1, 2, etc.) with the skills in that level below it. Each row groups skills by element (multiples, power, rope manipulations, etc). If a skill includes two "starting value" skills, add the value of the skills together to get a total level of difficulty for the skill. A 0.5 level does not add difficulty to another skill/component.

During a routine, the difficulty judges mark the difficulty level of each skill successfully performed within the time limit of the routine.

## Repeated Skills

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The Difficulty judges are responsible for counting exact repetitions of skills and make a "repeated skill" mark any time one is performed.

Any time an exact skill with difficulty level 3 or higher is clearly repeated during a routine the difficulty judge should NOT make a mark for that skill, and instead make a "repeated skill" mark. Variations that are not considered repeated:

- Changing the direction (forward vs. backwards)
- Different ways of entering or exiting a skill

Variations that are considered repeated:

- Performing a skill on a different side or with different arms
- Performing a skill in a different direction relative to the floor or rope (for example looking north, south, east or west)
- Performed by a different athlete (or different combination of athletes) in the routine

For the perspective of repetition in Double Dutch, it is helpful to look at the overall skill (the combination of jumper and turner activity) which is the entirety of a skill: the entry, exit, turner skills and jumper(s). Generally, what happens between two jumps. Any change in turner or jumper skill constitutes a different overall skill. Simply switching athletes but performing the same overall skill does is still considered repeated.

## Single Rope

The Single Rope freestyle skills and modifiers are grouped by elements below. For freestyle with more than one athlete, if different skills are performed simultaneously, award credit for the lowest skill completed. If one athlete misses during a skill, this skill does not count, and no difficulty will be awarded until all athletes have resumed executing skills.

Starting Level	0	0.5	1	2	3	4	5	6
<b>Multiples</b>	Single		Double	Triple	Quad	Quintuple	Sextuple	Septuple
<b>Power</b>		Bubble (regardless of the number of wraps)	Basic power (not pulling rope): basic frog, basic push-up, butt bounce, back jump	Power pulling rope: frog exit, push-up, crab, two footed entry for frog	One handed power			Backwards power: examples- darkside, sunny D
<b>Gymnastics</b>			Cartwheel and round-off	Handsprings, kip, suicide	Flips			
<b>Rope Manipulation</b>	Side swing	Criss-cross, 180 on the ground	One hand restricted: toad (leg over cross), cougar (leg over), EB (one hand behind back), restricted side swing	Both hands restricted: AS, CL, TS, caboose, elephant, weave				
<b>Releases</b>			Basic release, inversed release, snake release, floater	Mic release, 2 handled rope release	Lasso (snake release above head, catching it out of the air)			
<b>Scoops / Interactions</b>			One athlete is scooped and basic wheel jumping, basic leap frog	Multiple athletes are jumped by scoop, Multiple ropes moving during scoop, leap frog (scoop)	Multiple ropes + multiple athletes moving during scoop			

Starting Level	0	0.5	1	2	3	4	5	6
Footwork		Footwork						

When scoring wraps, score an individual level of difficulty for every time the rope passes under the body or as a wrapped side swing (+1 level for jumping a wrapped rope, with each additional wrap around the body that is jumped adding a level, with a limit of +3).

When scoring releases, score the release as a separate skill unless the release is caught, and a skill is completed with it all in the air at the same time.

A multiple is when a rope makes more than one rotation around the athlete's body while the athlete is in the air, if the multiple starts with a side-swing the athlete's feet must have left the ground before the rope pass by their feet, similarly if a multiple ends with a side-swing the rope must have passed the athlete's feet before the athlete's feet touch the ground, otherwise those rotations are not counted and the skill is credited considering the fewer rotations.

In multiples: once a hand has been placed in a restricted position, it must change positions or exit and re-enter a restricted position before it will further increase the level of that skill. The hand restrictions are scored independently of each other. If a hand is left in a restricted position for more than one revolution of the rope without changing that position, no additional levels will be awarded to the skill for the restricted position. Examples:

- Quintuple AS (two versions) – Side, open (going into AS), AS, AS, AS = L6
  - L4 for quint, L2 for two hands restricted in the first AS
- Quintuple AS – Side, AS, open, AS, open = L8
  - L4 for quint, L2 for two hands restricted in the first AS, L2 for two hand restricted in the second AS because the first restriction was exited and re-entered
- Side-EB-CL = L4
  - L2 for triple, L1 for restricting one of your arms behind your back during the side swing on the 2nd rotation of the rope, L1 for restricting your second arm behind your legs on the third rotation of the rope

For power skills the entry and exit are scored separately

The following modifications will add 1 level to the skill being performed (unless otherwise specified):

## Multiples

- Body rotation (at least 270 degrees in twist or flip direction): EK, BC, Full Twist

- An additional +1 level for every 180-degree turned in the air beyond a 360 when jumped ex. 540, 720, 900

## Power/gymnastics

- Criss-cross performed with power/strength skill and/or flips (criss-cross, EB, Toad...)
- Landing in push-up, split or crab position
- Landing in frog position (+2)
- Assisted flips interaction (unless one athlete is supporting an athlete all the way around in the flip, in which case, reduce the level by 1)
- An additional +1 level for every 90 degree turn in power when the rope is pulled

## Manipulations

- Switch crosses (AS×AS, criss-cross×criss-cross, AS×CL as long as the arm on top changes...)
- Go-go's/crazy criss-cross (one hand crosses twice across body, leg or arm without uncrossing)
- Wraps (scored as explained above)
- Change direction of rope movement in the air (EK- rope continues in same direction: doesn't count)
- Switching handles
- Transition jump (jumping a one hand restricted skill and in one jump, jumping the opposite side one hand restricted skill (such as crouger-crouger))

## Releases

- Catching a release in a restricted position
- Releasing a handle in a restricted position if, and only if, the hand is completely behind the body (behind the back or behind both legs)
- Catching a release with something other than a hand (such as scooping the rope, squeezing it with a body part, or landing the rope on a foot, shoulder or similar, jumping the rope with the rope caught on a body part)

## Negative modifiers/limits

- -1 level: Gymnastics with rope held with one hand

## Exceptions

- Kips and front handsprings with a whip (pulling the rope under before landing) are level 6
- The money-maker/kamikaze frog, back handspring pulling rope under before landing on hands are level 7

#### ▼ Example Skills and Explanation

The matrix is to be used as a baseline for determining the difficulty level of each skill completed. A single double under is considered a level 1 skill. If a restricted arm movement is added to the double under (ex: double under leg cross), a judge must then add the level 1 of the double under with the Level 1 of a restricted arm, thus the level the judge records is a level 2 for that skill. If the same skill is completed in a triple under, the level recorded would be level 3. Restricted arm cross is level 1, triple under is level 2, making a TJ, with a total level 3.

Several base skill levels can be added together to create a higher level for one skill. For example, a backflip that includes a triple under and an under the leg cross (TJ) would earn a level 6. Backflip is level 3, Triple Under is level 2, and an under the leg cross level 1.

Criss-Cross do not increase the level of difficulty in multiples, but it does increase the difficulty levels in power and gymnastics skills. A frog jumped in isolation is a level 2 for landing the frog with the rope pulled under. When a criss-cross landing is added to the frog, the skill becomes a level 3.

A judge must be familiar enough with jump rope movements and skills that they can easily determine the level of the skills as they happen and enter the correct level on the designated method of score collection.

## Double dutch

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Double Dutch skills and modifiers are grouped by elements below. For Double Dutch pairs freestyle, if different skills are performed simultaneously, award credit for the lowest skill completed, unless the interaction is listed as a modifier.

Double Dutch skills are scored per snapshot which is the sum of the difficulty of the skill the jumpers are doing when a rope passes under their feet/hands added to the difficulty of what the turners are doing with that rope at the time. (For example, when jumping over one rope the jumper is transitioning from a upright jump to a push-up (L2), on the next rope the jumper is transitioning from a push-up to an upright jump (L2), one turner restricts this rope by an arm turned under the knee in a crouger position (+1) resulting in a Level 3 snapshot. This sequence would be scored Level 2, Level 3).

A difficulty level is awarded to all jumps where all athletes are actively involved with the skill (for example, assisting a flip into the ropes while standing outside the ropes is credited because the assisting athlete is actively involved in performing the skill. Similarly, turner involvement skills can be credited on its own as long as all the athletes who are not turning are jumping in the ropes).

Starting Level	0	0.5	1	2	3	4
<b>Multiples</b>	Single		Double	Triples and quads	Quints and sextuples	Septuples and octuples
<b>Power</b>			Mountain climber, power without jumping the rope (ex: up the ladder push-up), piggyback	Frog, push-up, crabs, butt bounces, back jump, splits, leap frog, kip	Hand hops, two-foot frogs, v kick, backbends/bridges	
<b>Gymnastics</b>			Cartwheel, round-off, 360-degree rotation of body	Handsprings, suicide	Flips	
<b>Turner involvement</b>	Basic turning (backwards and forwards)	Going into Synchronized Wheel	Pinwheel, Going into Alternating Wheel, turner skills only involving one hand movement (ex: leg over, and criss-cross)	Turner skills involving more than one hand movement (ex: restriction of both hands, power skills, and gymnastics)		
<b>Releases</b>			Helicopter, floaters	Mic, two handled release		
<b>Switches</b>		Basic switch (athlete does not enter with next turned rope)	Quick switch, Wheel switch, Exchange of handles during Wheel, any interaction between jumper and turner			
<b>Footwork</b>		Footwork				

A turner involvement skill will only add a level of difficulty when the turner(s) transition between turner skills. This means that a turner involvement skill will not continue to add a level of difficulty if the turner holds the skill for more than 2 jumps.

For turner involvement skills completed in wheel, judges should use the wheel difficulty matrix. Note that .5 skills do not increase difficulty levels of another skill or component.

The "starting value" of turner involvement skills is awarded per turner except for:

- Basic pin Wheel
- Basic Wheel

This means that if both turners restrict the same rope under one knee in a crouger position while in normal Double Dutch turning they are awarded +1 Levels each.

The following modifications will add 1 or more levels to the skill being performed (unless otherwise specified):

## Power/gymnastics

- An additional +1 level for every 90-degree turn in power when the rope is pulled
- One handed frog-type skills
- An additional +1 level for each 360-degree rotation of the body in a power or gymnastics skill

## Interactions

- Power skills done over another athlete, and an additional +1 level for each additional layer in a power skill
- +2 levels for flips over another athlete
- Assisted flips interaction (unless one athlete is supporting an athlete all the way around in the flip, in which case, reduce the level by 1)

## Wheel

When judging Wheel, judge every skill performed by each athlete, unless the athletes are in synchronized Wheel for single under rope manipulation or footwork skills. In this case, the athletes receive one skill mark and only the lowest level skill performed will be scored. Skills performed in a single rope fashion (where ropes are not shared between athletes) will not be scored. Wheel skills and modifiers are grouped by elements below.

Starting Level	0	0.5	1	2	3	4	5	6
Multiples	Single		Double	Triple	Quad	Quintuple	Sextuple	



Starting Level	0	0.5	1	2	3	4	5	6
<b>Power</b>		Bubble (regardless of the number of wraps)	Basic power (not pulling rope): basic frog, basic push-up, butt bounce, back jump	Power pulling rope: frog exit, push-up, crab, two footed entry for frog	One handed power			Backwards power: examples- darkside, sunny D (if done by both athletes simultaneously)
<b>Gymnastics</b>			Cartwheel and round-off	Handsprings, kip, suicide	Flips			
<b>Rope Manipulation</b>	Side swing	Criss-cross, 180 on the ground	One hand restricted: toad (leg over cross), cougar (leg over), EB (one hand behind back)	Both hands restricted: AS, CL, TS, caboose, elephant, weave				
<b>Releases</b>			Basic release, inversed release, snake release, floater	Mic release, 2 handled rope release	Lasso (snake release above head, catching it out of the air)			
<b>Scoops / Interactions</b>		Switching places	One jumper is scooped	Multiple jumpers are jumped by scoop, Multiple ropes moving during scoop, leap frog	Multiple ropes + multiple athletes moving during scoop			
<b>Footwork</b>		Footwork						

Refer to Single Rope for further explanations of specifics.

The following modifications will add 1 level to the skill being performed (unless otherwise specified):

## Multiples

- Body rotation (at least 270 degrees in twist or flip direction): EK, BC, Full Twist
- An additional +1 level for every 180-degree turned in the air beyond a 360 when jumped ex. 540, 720, 900

## Power/gymnastics

- Criss-Cross performed with power/strength skill and/or flips
- Landing in push-up, split or crab position
- Landing in frog position (+2)
- Assisted flips interaction (unless one athlete is supporting an athlete all the way around in the flip, in which case, reduce the level by 1)
- An additional +1 level for every 90 degree turn in power when the rope is pulled

## Manipulations

- Switch crosses (AS×AS, criss-cross×criss-cross, AS×CL as long as the arm on top changes...)
- Go-go's/crazy criss-cross (one hand crosses twice across body, leg or arm without uncrossing)
- Wraps (scored as described under Single Rope)
- Change direction of rope movement in the air (EK- rope continues in same direction: doesn't count)
- Switching handles
- Transition jump (jumping a one hand restricted skill and in one jump, jumping the opposite side one hand restricted skill (such as crouger-crouger))

## Releases

- Catching a release in a restricted position
- Releasing a handle in a restricted position if, and only if, the hand is completely behind the body (behind the back or behind both legs)
- Catching a release with something other than a hand (such as scooping the rope, squeezing it with a body part, or landing the rope on a foot, shoulder or similar, jumping the rope with the rope caught on a body part)

## Exceptions

- Kips and front handsprings with a whip (pulling the rope under before landing) are level 6
- The money-maker/kamikaze frog, back handspring pulling rope under before landing on hands are level 7 Negative modifiers/limits
- -1 level: Gymnastics with rope held with one hand

# Presentation

Presentation is divided into two sets of judges, Athlete Presentation ( $P_A$ ) and Routine Presentation ( $P_R$ ) judges. These judges make marks (+, , -) throughout the routine.

## Athlete Presentation - Form and Execution (Technicality)

To evaluate form and execution, a judge should watch for body posture and positioning, amplitude, and the flow and arc of the rope. Skills should be performed in the best possible way for judge and audience visibility, as well as aesthetics. Judges will make a mark for Form and Execution for every skill performed. In freestyle routines with more than one athlete, judges should award the average level of form and execution for each skill. For example, if one athlete in a pairs routine has Excellent form and execution but the other athlete has Basic form and execution, the skill should be awarded Average form execution.

Form and Execution (Technicality)		
- Basic	Average	+ Excellent
Hunched over position, showing lack of skill, focus is towards the floor	Bent over to help execute the skill	Upright posture – shoulders and head up, back straight
Shows obvious effort to complete the skill. Legs or back are bent when not appropriate for the skill being performed	Performs moves well enough to complete the skill but with minor breaks in form	Clean lines and proper form at all times when performing the skill
Hesitation between skills, obvious effort in thought between completing skills. Long pauses or bobbles in the routine	Minor moments of hesitation. Executes short break in the flow of the routine	Smooth flow between skills and superior execution of the routine
The arc of the rope(s) is wobbly	The arc of the rope(s) are not exceptional, but not bad	The arc of the rope(s) is continuous and smooth
Struggles to complete the skill. Low and hard landing of the skill	Slight break in form when landing the skill. Visible that it takes effort to complete the skill	Displays exceptional athleticism. High amplitude with a soft landing. Landing the skill upright or in the appropriate form for the skill being performed
Performing the skill while oriented in a direction that makes it difficult to evaluate	The skill is performed in a less than ideal position on the floor	The skill is staged well in relation to the judges and audience. The directionality and position on the floor is visually pleasing to the intended audience
Pairs or teams are not coordinated or synchronized, and/or need to focus on each other to stay together	Pairs or teams are coordinated and synchronized	Pairs or teams are perfectly coordinated and synchronized without effort

## Athlete Presentation - Misses

Athlete presentation judges also count misses as defined in Misses

## Routine Presentation - Entertainment

To evaluate the entertainment component of a routine, judges should watch for unique skills and combinations, varied movement across the floor, and smooth transitions between skills. Routine Presentation judges will also watch for repetition. This includes sections of the routine that begin to appear repetitive. For example, long multiple sequences, similar turner involvement during Double Dutch, etc. Note that an exact repeated skill does not necessarily constitute repetitiveness. Judges will make a mark for entertainment at least every 2 seconds.

Entertainment		
- Basic	Average	+ Excellent
Displays a lack of confidence, no effort made to connect with the judges and audience, no visible eye contact made	May have moments of connecting with the judges and audience, but they are minimal and shows obvious inward concentration throughout the routine	Strong showmanship and stage presence demonstrated. Athlete performs a routine that captivates the judges and audience's attention. Effort made to make eye contact and connect with intended audience
The section of the routine is predictable and/or not designed from the spectator perspective	The section of the routine is neither interesting nor predictable	The section of the routine is interesting and entertaining to watch
The section of the routine is repetitive in comparison to other sections of the routine; athlete appears to have a limited repertoire of skills; an exact skill is repeated	The section of the routine has some variety of skills and combinations with some repetition in comparison to the routine as a whole	The section of the routine shows variety in comparison to the routine as a whole
Predictable movements or no movement, little to no rope direction changes	Athlete moves and uses the competition space, but movements and the athlete remains in one place for an extended period of time	Directionality of the rope and athlete movements are varied and unpredictable (interesting to watch)
Choppy transitions and breaks in flow	Transitions between skills exist but they are not interesting or well-executed	The athlete transitions smoothly and effortless between sections of the routine
Narrow variety of skills; sequences, and predictable/ simplistic choreography	The skills are neither overly original nor overly predictable	Original moves, sequences, and choreography, "Wow" factor

## Routine Presentation - Musicality

To evaluate the musicality of a routine, judges should watch for effective use of music, unique music selection and choreography. Judges will make a mark at least every 2 seconds.

If a routine does not have any music this category should be marked with only one minus. However, if a competition cannot run music for some reason this category is not judged at all and no marks should be made.

**Musicality**

<b>- Basic</b>	<b>Average</b>	<b>+ Excellent</b>
Accents of the music do not correspond to elements of the routine; Little rhythmic connection between the beat and athlete's movements	Jumping is sometimes on-beat and on-rhythm; some alignment of accents and transitions between the music and the routine	Jumping is consistently on-beat and on-rhythm; excellent use of accents in the music to amplify the routine
The athlete doesn't use the music to connect with the choreography or style	The athlete embraces the spirit and style of the music	The style of jumping closely matches the music; the routine tells a story with the music, creates an emotional connection with the music
No effective starting and/or ending pose/sequence	Athlete uses starting and ending poses/sequences but without much impact on the quality of the routine	Starting pose/sequence creates anticipation for the routine; finishing pose marks a clear and graceful finish

# Required Elements

In order to ensure that freestyle routines are well-rounded and varied, athletes will be required to perform certain skill types or elements. For each required element not fulfilled points will be deducted from the score.

## General

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- Athlete(s) must successfully complete a skill that can be awarded a difficulty level for it to count as a required element
- Required elements may be performed in isolation or in sets
- Athletes can complete multiple required elements in the same skill
- Required elements can be performed at any difficulty level. Athletes do not need to make any other jump after the required element.
- In Single Rope Pairs and Team freestyle events, the required element must be performed by all athletes simultaneously
- For Double Dutch and Wheel events, a required element can be performed by any single athlete or combination of the athletes (they do not all need to participate in the skill for it to count)

## Single Rope

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- 4 different multiples
  - Skills that involve the rope passing under an athlete's foot more than once per jump/skip
- 4 different gymnastics and/or power skills
  - Skills requiring athletes to be:
    - Jumping off their hands or forearms or from a starting position where their hands or forearms are touching the ground
    - Seated
    - On their back (supine)
    - Lying facing the ground (prone)
    - In a crab or split position
    - Having their head pass below their waist level and feet above the waist level at the same time
- 4 different wraps and/or releases
  - A release counts from when an athlete lets go of the handle(s) until they catch the rope and perform another type of jump/skip

- A wrap involves jumping/skipping/stepping over the rope while the rope is wrapped around an athlete's body (or part of their body)

Additional Required Elements for Single Rope Pairs Freestyle and Single Rope Team Freestyle:

- 4 different interactions
  - Jumper interactions are skills completed in a way that the athletes support each other, share a rope, jump/skip another athlete with their rope (scoop), and/or perform skills over/under each other

## Double Dutch

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- 4 different turner involvement skills
  - Turning the ropes in a manner other than standard Double Dutch or together in the same direction
  - Standard Double Dutch turning= turning the ropes in an alternating, opposite direction without multiples
- 4 different gymnastics and/or power skills
  - Skills requiring athletes to be:
    - Jumping off their hands or forearms or from a starting position where their hands or forearms are touching the ground
    - Seated
    - On their back (supine)
    - Lying facing the ground (prone)
    - In a crab or split position
    - Having their head pass below their waist level and feet above the waist level at the same time

In Double Dutch freestyle events with more than three athletes in the same routine, the following additional required elements exist:

- 4 different interactions
  - Jumper interactions are skills completed in a way that the athletes support each other, perform skills over/under or around each other, and/or physically connect with each other

## Wheel

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- 4 different multiples
  - Skills that involve the rope passing under an athlete's foot more than once per jump/skip

- 4 different gymnastics and/or power skills
  - Skills requiring athletes to be:
    - Jumping off their hands or forearms or from a starting position where their hands or forearms are touching the ground
    - Seated
    - On their back (supine)
    - Lying facing the ground (prone)
    - In a crab or split position
    - Having their head pass below their waist level and feet above the waist level at the same time
- 4 different wraps and/or releases
  - A release counts from when an athlete lets go of the handle(s) until they catch the rope and perform another type of jump/skip
  - A wrap involves jumping/skipping the rope while the rope is wrapped around an athlete's body (or part of their body)
- 4 different interactions
  - Jumper interactions are skills completed in a way that the athletes support each other, perform skills over/under or around each other, and/or physically connect with each other. As well as athletes switching sides in reference to the judges (I.e. switching places)



# Deductions

## Misses

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A miss is defined as any of the following:

- any time a rope stops, unless an athlete is wrapping the rope, changing the direction of the rope, trapping the rope on a body part, and/or catching the rope in a pose
- if an athlete attempts to grasp the rope and misses catching any part of the rope during a release
- if a rope is pulled out of an athlete's hand during a skill

If a disturbance of the rope(s) occurs but it doesn't constitute a miss according to the above criteria, it is considered a "bobble", not a miss, and should therefore not be counted as a miss. However, it is accounted for by the presentation judges.

Another miss can occur on the next attempt to jump the rope(s).

In Single Rope events, a team can receive multiple misses simultaneously if the miss occurs in another (set of) rope(s).

Misses are counted per (set of) rope(s), not per athlete. During Single Rope partner interactions, Wheel events, and Double Dutch events, when a miss occurs, this is counted as one miss (not one miss per competitor).

## Space violations

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A space violation occurs any time part of an athlete's body touches the ground outside of the competition boundary. The boundary marker itself is in-bounds.

A space violation can also occur if anyone in the coach's box enters the competition boundary, or fully leaves the coach's box.

If a space violation occurs, the judges must not score any skills completed outside of the boundary. They must resume judging once the athlete has re-entered the competition area.

An athlete cannot receive an additional space violation until they have successfully completed a skill within the competition area.

Judges must count all space violations during a routine. A space violation is equal to 1 miss.

# Time violations

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If the athlete(s) moves to start their routine before their music is audible, or if the athlete(s) performs any jumps or routine-related moves after the ending signal indicating time has sounded, a time violation has occurred.

A maximum of 2 time violations can occur per routine. Judges must count all time violations during the routine. A time violation is equal to 1 miss.

# Difficulty

Difficulty judges will award a level for each skill performed by the athletes. Judges should not score skills being completed if 25% of the team is not performing (I.e. either in a miss or standing still/not moving). (For example, 12 athletes performing four 3-wheels, one 3-wheel makes a mistake. The difficulty judge should not award points until all 3-wheels are actively jumping again.)

The difficulty levels of skills being performed will be determined by the Single Rope-, Double Dutch- and Wheel Matrices. Long Rope and Traveller will be judged using the following difficulty modifiers.

## Long Rope

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The discipline involving long ropes with one rope being at least 6 meters long turned and jumped in any fashion. Some examples include (but are not limited to): the triangle, the umbrella, the rainbow, and the giant wheel.

### Turner skills

- Having multiple of any or all long ropes crossed/turning in a different direction
  - Ex. simple eggbeaters and simple umbrellas would both be level 1
- Turners scooping another turner
  - Ex. rainbow; also, Thai long rope or variants thereof like the Matrix
- Each additional rope turned by every turner on the floor
  - Ex. one basic triangle (3 turners with 1 or more jumpers) gives level 1 since all turners are turning 2 ropes
  - Additional example: a simple umbrella would still be level 1 since each turner is turning 1 rope. That would not add level (having the ropes crossed adds a level)
- Single bounce scooping, plus 1 additional level for each multiple under
  - Ex. +2 for double under scoops, +3 for triple under scoops, etc.
- Turners scooping themselves
  - +1 for one turner and +2 for both turners on the same rope
- Consecutive scooping (shotgun scoops/not taking a jump in between jumpers)
- All turners moving and/or rotating while scooping
- Turner performing skill while scooping
  - Use applicable Double Dutch or Wheel level of difficulty to add to the overall level of difficulty of a skill

## Jumper skills

- Having more than 1 person jumping inside any or all long rope(s)
  - Maximum of 1 added level regardless of adding more jumpers
  - Ex. simple rainbow with Single Rope jumper inside both long ropes gives level 3 (+1 for scooping turners inside long rope, +1 for having more than 1 person jumping inside the long rope, and +1 for combining disciplines of Single Rope inside long rope)
- Athlete(s) performing skills while being scooped
  - Use levels of difficulty from Single Rope, Double Dutch and Wheel to add to the overall level of difficulty of a skill
- Athlete(s) moving and/or rotating to be scooped while the turners are moving
- Athletes changing the formation while the turners are moving
  - ex. rotating the line, moving from one shape to another, switching places, etc.

## Combining disciplines

- +1 for each additional discipline combined

## Traveller

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A traveller is when an athlete scoops two or more athletes in a sequence. At a minimum, this sequence needs to be scooping one athlete and then scooping the next athlete with a maximum of one jump in between.

### Starting level of 0 (not scored)

1 traveller/jumper using double bounce jumping with one or more jumps between scoops

## Traveller skills

- Single-bounce scooping, plus 1 additional level for each multiple under scoop
  - Single-bounce scooping aligns with the Single Rope matrix scoops (level 1 if one athlete is scooped by a traveller; level 2 if both the athlete and the traveller are jumped by the scoop)
  - i.e. +2 for double under scoops, +3 for triple under scoops, etc.

- Consecutive scooping (shotgun scoops/not taking a jump in between athletes)
- Backwards scooping (traveller jumps backwards while scooping the athlete)
- Blind scooping (traveller is facing away from the athletes when scooping; i.e. forwards jumping while scooping in front of the athlete gives +1, or backwards jumping scooping behind the athlete gives +2 [+1 for backwards scooping and +1 for blind scooping])
- Rotating while scooping
  - +1 for each 180-degree turn: 180 degrees gives +1, 360 degrees gives +2, 540 degrees gives +3, etc.
- Traveller(s) performing skill while scooping
  - use Single Rope levels of difficulty to add to the overall level of difficulty of a skill
- Multiple travellers
  - +1 if there is a space or jump in between them, +2 if both scooping consecutively (+1 for multiple travellers and +1 for consecutive scooping)

## Athlete skills

- Athletes performing skills while being scooped
  - use levels of difficulty from Single Rope and Double Dutch to add to the overall level of difficulty of a skill
- Athletes moving and/or rotating to be scooped while the traveller(s) is/are moving
- Athletes changing the formation while the traveller(s) is/are moving
  - ex. rotating the line, moving from one shape to another, switching places, etc.

## Combining Elements

- +1 for each additional element combined
  - ex. wheel traveller gives +1, wheel traveller scooped by a long rope gives +2, and so on

# Presentation

Presentation Judges in Show Freestyle Events are divided into two sets, like other Freestyle Events. These judges make marks (+, , -) throughout the routine but at least every 2 seconds.

## Athlete Presentation - Form and Execution

Form and Execution will be evaluated as described in Freestyle Presentation in addition to the matrix below.

Form and Execution (Technicality)		
- Basic	Average	+ Excellent
Formations are minimal and/or lines are not in alignment	Some variety in formations, mostly straight lines in formations	Multiple different formations; lines are spaced well and straight
Little or no effort made by athletes to use the floor. Display a lack of skill with movements on the floor	Athletes use the floor space fairly well and movements are performed at a moderate pace	Athletes use the floor space exceptionally well. Movements on the floor are smooth and quick

## Athlete Presentation - Style

To judge style, judges should look at how the athletes in the routine executes their part of the performance and connect to the audience.

Form and Execution (Technicality)		
- Basic	Average	+ Excellent
Inappropriate/distracting facial expressions and body language	Facial expression shows inward concentration and lack of eye contact. Behaviour/body language neither detracts from nor adds to the overall performance.	Facial expressions and body language are appropriate and professional, including but not limited to natural smiles and eye contact
Costumes/uniforms detract from the performance and do not fit with the music and choreography	Costumes/uniforms neither detract from nor add to the overall performance.	Athletes use their costumes/uniforms to improve the overall performance and enhance the musicality and choreography of the routine.
Displays a lack of confidence, no effort made to connect with the judges and audience. Behaviour on the floor detracts from the routine	Athlete may perform a strong routine and have moments of connecting to their intended audience but has moments of obvious inward concentration and lack of connection.	Strong showmanship and stage presence. Professional behaviour shown during the routine

## Routine Presentation - Entertainment

Entertainment will be judged according to Freestyle Presentation

# Routine Presentation - Musicality

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Entertainment will be judged according to Freestyle Presentation

# Required disciplines

In order to ensure that team show is well-rounded and varied, athletes will be required to perform certain disciplines. For each required discipline not fulfilled, points will be deducted from the score.

## General

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- Athletes must successfully complete a skill that can be awarded a difficulty level for it to count as a required discipline
- Athletes can complete multiple required disciplines at the same time
- Required disciplines can be performed at any difficulty level
- At least 75% of the team must be involved in the required discipline for it to be counted

## Disciplines

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- Single Rope
- Double Dutch
- Wheel
- Long Ropes
- Traveller



# Deductions

Deductions are handled the same way as for other freestyle events with the following exception:

## Misses

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Judges will count a miss if 50% of the active members of the team is involved in a miss at the same time. (see Freestyle Misses for the definition of a miss)

## Space violations

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Space violations are not counted in Show Freestyle.

# Recompeting

The head judge (in speed and multiples events) or the floor manager after consulting the judge panel (in freestyle), will notify the tournament director immediately if the 2 closest judges' scores are not within 3 jumps and/or an athlete has the option to recompete an event. The following represent situations where athletes are eligible to recompete based on judging:

- If the 2 closest judges' scores are not within 3 jumps and the tournament does not have video replay
- Broken ropes

If video replay is available, the speed entry will be recounted from the video and the athletes will not recompete.

There may be instances when athletes get to recompete events based on a decision by the Tournament Director. When this happens, judges should score the event based on the relevant judging rules.

## Broken rope

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If an athlete's rope breaks unintentionally during an event and the majority of judges agree the rope is broken, the athlete will be given one additional attempt to compete the event successfully. However, once an athlete leaves the station, they can no longer claim a broken rope.

A broken rope includes but is not limited to:

- Frayed wire
- Rope separating from handle
- Snapped rope
- Broken handle (that impairs its use)
- Any breakage that halts the functionality of the rope.

If the rope breaks again on their second attempt, they will not be given another chance to recompete the event, but they may bring an additional (set of) rope(s) into the station for their second attempt to use if their rope breaks again. For Single Rope events one extra rope per athlete is allowed, for Double Dutch and Wheels one extra set of ropes is allowed.

For team events, the team only gets 2 attempts regardless of which athlete's rope breaks. This means that one athlete's rope could break in the first attempt and a different athlete's rope could break in the second attempt, but they will still only receive 2 attempts

# Video replay

A video camera might be provided for each speed and multiples station to allow for recounts due to inaccurate clicking. If the 2 closest scores from the original judge panel and attempt are not within 3 jumps and video replay is available at the tournament, the event will be recounted off the competition floor while the tournament continues by a separate replay judge panel.

The replay judge panel will continue to score the event until at least 2 judges get a score within 3 jumps. This score will be used to calculate a final, total speed score. If the athlete(s) or coaches obstruct the view of the camera and a recount is not possible, the head judge from the replay judge panel should notify the tournament director.