



UNIFYING THE WORLD OF
JUMP ROPE.

2019 World Jump Rope Federation

Competition Rule Book

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CHANGES FOR 2019

After evaluating our age divisions, freestyle events, and judging panels at the 2018 World Jump Rope Championship, we have made a few changes for our 2019 World Jump Rope Championship. These changes are outlined below, and will also be incorporated into our 2019 WJR Competition Rulebook and Judging Handbook. Please look it over carefully, and as always, let us know if you have any questions or concerns.

- 1) **ALL JUDGES INTENDING TO JUDGE AT THE WJRF CHAMPIONSHIPS WILL NEED TO COMPLETE THE WORLD JUMP ROPE ONLINE JUDGES CERTIFICATION COURSE AND ATTEND A JUDGES TRAINING COURSE THIS COMING YEAR.** WJRF is proud to use a data collection app powered through Android. The app is called JumpRopeJudge. JumpRopeJudge is available for download onto an Android powered device in the Google Play Store. This app will allow judges to record what they see, essentially telling the story of the routine. Each jump the athlete/team completes should be recorded, including wraps, unwraps and skills to give a full picture of the routine the athlete/team performed. If your team is interested in hosting a training, or you have someone that would like to become a Judge Clinician, please contact Monica Foster or Jessica Nicholson at monica@worldjumprope.org or jessica@worldjumprope.org.
- 2) **MUSIC ERROR** If the wrong music is played for an athlete's routine, the athlete should stop immediately and notify the Tournament Director or Floor Manager. If an athlete chooses to compete with the wrong music playing, they will not be given a re-jump.
- 3) **SPEED VIDEO REPLAY DUE TO INACCURATE CLICKING** If the judges are not within 3 clicks of each other, the speed score for that athlete(s) will be recounted using the video from their station camera. In the case the video cannot be recounted, the team will be offered a re-jump. In choosing to take the re-jump, the re-jump score will be the official score
- 4) **BROKEN ROPE** If an athlete(s) should experience an unintentional broken rope or personal equipment malfunction during the event, the athlete(s) will be allowed one re-jump of that event. Should another broken rope or personal equipment malfunction occur during the re-jump, the athlete will be given the score of the re-jump and not be given a second re-jump.
- 5) **TENTATIVE SCHEUDLE FOR THE WJRC AND DDC CHAMPIONSHIPS**

<p>Day 1</p> <ul style="list-style-type: none"> • Single Rope Speed 1x30 • Single Rope Speed Pairs Double Unders • Single Rope Speed Relay • Novice and Junior Single Rope Freestyle • Junior Single Rope Pairs Freestyle • Junior Single Rope Team Freestyle <p>Day 2</p> <ul style="list-style-type: none"> • Double Dutch Speed Relay • Double Dutch Pairs Speed • 3 minute speed • Junior Single Rope Pairs Wheel Freestyle • Junior Double Dutch Single Freestyle • Junior Double Dutch Pairs Freestyle • Triple Unders <p>Day 3</p> <ul style="list-style-type: none"> • Senior Single Rope Freestyle • Senior Single Rope Pairs Freestyle • Senior Single Rope Pairs Wheel Freestyle • Senior Single Rope Team Freestyle <p>Day 4</p> <ul style="list-style-type: none"> • Senior Double Dutch Single Freestyle • Senior Double Dutch Pairs Freestyle • Senior Double Dutch Triad Freestyle • DDC 1 x30 Speed • DDC Freestyle 	<p>Day 5</p> <p>Grand World Championships</p> <ul style="list-style-type: none"> • Single Rope Speed 1x30 • Single Rope Pairs Double Unders • Single Rope Speed Relay • Double Dutch Speed Relay • Double Dutch Pairs Speed • 3 minute speed • Single Rope Single Freestyle • Single Rope Pairs Freestyle • Single Rope Pairs Wheel Freestyle • Single Rope Team Freestyle • Double Dutch Single Freestyle • Double Dutch Pairs Freestyle • Double Dutch Triad Freestyle • Triple Unders • DDC 1x30 Speed • DDC Freestyle <p>Day 6</p> <ul style="list-style-type: none"> • Free Day <p>Day 7-8</p> <ul style="list-style-type: none"> • WJRF Camp
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COMPETITION PHILOSOPHY - INCLUSION, DIVERSITY & CHOICES

In an effort to make our tournament inviting to a diversity of athletes, we have included events familiar to several jump rope organizations, such as the American Double Dutch League, the National Double Dutch League, FISAC, AAU (Junior Olympics), and USA Jump Rope. The freestyle judging system will strive to honor all jump rope styles and backgrounds. Our goal is to insure that athletes from around the world can take whatever freestyle routines they currently use for competition in their “home organizations” and bring them to the World Jump Rope Championship without having to make any significant alterations or changes.

We provide a wide variety of competition options. For example:

- We offer many age divisions to promote participation from athletes of all ages.
- In the “Event Championships”, participants have the freedom to enter as few or as many events as they desire.
- Athletes and teams can compete for All-Around titles if they wish, specialize in only their favorite events, or do a combination of both.
- Younger athletes can choose to compete against other younger athletes in the “Junior World Championship”, test their skills against older athletes in the “Senior World Championship”, or do a combination of both.
- Athletes with less experience have the option to compete against other athletes new to the sport in our “Novice Championship”, test their skills against more experienced athletes in either the Junior or the Senior Championships, or do a combination of all three options.
- For the Event Championship, the same athletes do not need to be grouped together for every event. Team members can remain consistent across any or all pairs and team events if they want to (or for an All-Around title), but coaches also have the freedom to “mix up” their athletes for each event. We recognize that individuals may be more skilled at some events than others, and this approach allows coaches to group their athletes together in ways that will create the strongest possible teams for each event. This will allow us to truly see the “best of the best” in the world for every event!

RULES FOR COMPETITION REGISTRATION

QUALIFICATION REQUIREMENTS:

All athletes are welcome to attend. There are no required memberships or membership fees to any organization. There are no “qualifying tournaments” to attend or any other type of qualification process unless your country has signed a Memorandum of Understanding with WJRF and/ or your country of residence has a governmental obligation to qualify its athletes. If an MOU has been signed, you must follow your countries rules and regulations in attending a WJRF event. Please consult your country’s WJRF recognized organization for an explanation of any requirements.

TEAM AFFILIATION:

As you compete, you will be representing the club/team or your country of residence under the following conditions:

- Your organization has a MOU signed with WJRF
- Your government sporting authority requires that you have a qualifying tournament

If your country does not meet the above criteria, competitors may be affiliated with as many clubs or teams as they wish. This means pairs and teams can consist of athletes from different clubs or organizations, including different countries, provided that the athletes are entered in the appropriate age and gender categories, and are only entered once in any given event.

EVENT ENTRY RESTRICTIONS:

- Athletes may only enter in appropriate age and gender divisions.
 - Exception: A Junior athlete chooses to compete in the Senior Age Division Event Championships. In this case the competitor can enter in the Senior Age Division.
- Athletes may compete only once in any given event.
 - An athlete may not compete in double dutch single freestyle with two teammates, then compete in double dutch single freestyle again with different teammates, even if he or she would be competing for the

second time in a different age or gender division, or for an all-around championship versus an event championship.

- An athlete may not compete in an event in the “junior” division, then compete again in that same event in the “senior” division. However, an athlete who is 14 years old or younger may compete in one event in one division, and a different event in a different division. For example, a 13 year-old athlete may compete his single rope speed 1x30 event in the “junior” division, then compete his single rope freestyle event in the “senior” division (there is no minimum age for the senior division - the youngest age group is “16 and younger”). The same rules apply for novice and junior and senior divisions.

COMPETITION OPTIONS

Competition options available – Athletes may choose any or all of the following options:

- World Age-Division Event Championships:
 - Athletes may enter any events that they wish. Athletes may enter one event, several events, or all events. There are no requirements for which events, or how many events, an athlete may enter, so long as they are only entered once in any given event.
 - Awards will be given for each event in each age and gender division.
 - See the Event and Division explanations later in this document for more information.
- World Age-Division All-Around Championships
 - Athletes and teams may choose to enter sets of events within certain categories with the goal of accumulating points toward an “all-around” score in those categories. To be eligible for the “All-Around Championship” in a certain category, athletes or teams MUST enter all of the required events for that category.
 - All-Around Categories include:
 - Single Rope Individual All-around
 - Single Rope Team All-Around (4 or 5 athletes per team)
 - Double Dutch Team All-Around (4 to 6 athletes per team)
 - Please see the age divisions, gender divisions, and all-around categories explained later in this document for more information.
- World Group Team Show Championship (see explanation on page 16)
- Grand World Jump Rope Showcase (see further explanations on page 10)
 - Grand World Event Championship
 - World Jump Rope Double Dutch Contest (DDC)

RULES FOR COMPETITIVE DIVISIONS

Age Divisions:

- Age divisions are determined by the athlete’s age as of **September 1st, 2019**.
- For pairs and team events in the “30 and older” age division, all athletes in a team must be 30 years old or older.
- For pairs and team events in all other age divisions, the age of the pair or team is determined by the age of the oldest athlete.
- A valid form of identification listing the athlete’s birthdate will need to be provided at check-in for age verification.
- The competition committee reserves the right to make adjustments to the age divisions if there are less than 3 entries in any given age division. Coaches will be notified of any changes that need to be made in age divisions 2 weeks prior to the tournament start date.

Gender Divisions:

- Female: All athletes must be female
- Mixed: Both male and female athletes are included in the group
- Male: All athletes must be male
- For all single rope individual events, in all age divisions, there will be female and male gender divisions
- For pairs and team events (except group show and DDC events), in all age divisions, there will be “female”, “mixed”, and “male” gender divisions.

- The competition committee reserves the right to make adjustments to the gender divisions if there are less than 3 entries in any given gender division. Coaches will be notified of any changes that need to be made in gender divisions 2 weeks prior to the tournament start date.

Novice Division:

- “Novice” refers to people that have less experience with competitive jump rope. To qualify to compete in the Novice Championship, athletes must have participated in their first sanctioned jump rope competition on or after September 1st, 2017.

World Jump Rope Age Division Championships:

- Junior World Championship - all participants are 14 years old or younger. Gender divisions will apply.
- Senior World Championship - open to all ages. Gender divisions will apply.
 - The youngest “senior” division age category is “16 years old and younger”. There is no minimum age requirement for entry into the senior division.
- Novice Championship - open to all ages. Gender divisions will apply.

World Jump Rope Group Team Show events

- Junior Division (all athletes are age 14 and younger)
 - 8-30 athletes in the routine
- Senior Division (open to all age groups)
 - 8-30 athletes in the routine
- No gender divisions apply

World Jump Rope Double Dutch Contest (DDC):

- Age divisions
 - Junior Division (all athletes are age 12 and younger)
 - Senior Division 18 and younger (all athletes are 18 years old or younger)
 - Senior Open Division (at least one person must be 19 or older)
- Gender divisions
 - There are no gender divisions for DDC Freestyle or DDC Speed
- DDC Events
 - Freestyle: Performance-style event that integrates both dance and jump rope
 - DDC Speed: This event is optional for groups who are performing the DDC freestyle competition. Three members of each freestyle group will represent their team for a 1x30 double dutch speed contest. The **left** foot will be counted for this speed event only.

Grand World Jump Rope Showcase events

- Grand World Championship
 - Gender divisions will apply (Female, Male, Mixed)
 - Age divisions will not apply (all athletes who qualify will compete against each other, regardless of age)
- World Jump Rope Double Dutch Contest (performance-style event that integrates both dance and jump rope)
 - Age Divisions will not apply at the World Jump Rope Double Dutch Contest (all athletes will compete in the qualifying round and receive age division awards for the top 3 finishes in the preliminaries.)

AGE DIVISION EVENT CHAMPIONSHIPS

Rules for Entering Events for the Age Division Event Championships:

Athletes and teams may enter any of the following events that they choose. Awards will be given in each age and gender division for each event. Athletes may enter as many or as few events as they wish. Athletes may enter one event, they may enter some of the events, or they may enter all events. There are no events that athletes are required to enter, and athletes are not required to enter all events. The top three finishers in each event, in the Junior and Senior divisions will receive awards. The top five finishers in the Novice division will receive awards.

Explanation of Events for the Junior and Senior Age Division Championships:

Junior and Senior World Age Division Event Championships	
Single Rope Speed and Power Events	1x30 - one person jumps for 30 seconds without stopping 1x180 - one person jumps for three minutes (180 seconds) without stopping 2x30 - two people jump double unders for 30 seconds each, one after the other in relay style, one minute total time 4x30 - four people jump for 30 seconds each, one after the other in relay style, two minutes total time Consecutive Triple Unders – one person performs consecutive triple under jumps until they either miss or choose to stop. This event will be contested in the Senior Age Division Championship only.
Double Dutch Speed Events	3x40 - three people per team, each person jumps in the ropes for 40 seconds, 2 minutes total time 2x60 - four people per team, two people turn entire 2 minutes, two people take turns jumping in the ropes for 60 seconds each, 2 minutes total time
Single Rope Freestyle Events	Single Rope Freestyle - one person performs a choreographed routine, 45-75 seconds long Single Rope Pairs Freestyle – two people perform a synchronized, choreographed routine, 45-75 seconds long Single Rope Pairs Wheel Freestyle – two people perform a choreographed “wheel” routine, 45-75 seconds long Single Rope Team Freestyle - four people perform a synchronized, choreographed routine, 45-75 seconds long
Double Dutch Freestyle Events	Double Dutch Singles Freestyle - teams of three people perform a choreographed double dutch routine, 45-75 seconds long Double Dutch Pairs Freestyle - teams of four people perform a choreographed double dutch routine, which will primarily involve two athletes performing skills in the ropes at the same time, 45-75 seconds long Double Dutch Triad Freestyle - teams of five people perform a choreographed double dutch routine, which will primarily involve three people performing skills in the ropes at the same time, 60-90 seconds long. This event will be contested in the Senior Age Division Championship only.
Group Team Show (Junior Division)	8-30 people perform a choreographed routine, maximum 3 minutes long
Group Team Show (Senior Division)	8-30 people perform a choreographed routine, maximum 5 minutes long
WJR-DDC Events	World Jump Rope Double Dutch Freestyle Contest – Perform a routine that integrates music, dance and jump rope (double dutch (as well other styles if desired) into a show-style performance, maximum 3 minutes. Minimum 2 minutes. World Jump Rope Double Dutch Speed Contest – This event is optional for groups who are performing the DDC freestyle competition. Three members of each freestyle group will represent their team for a 1x30 double dutch speed contest.

Explanation of Events for the Novice Age Division Championship

Novice Age Division Championships	
Single Rope Speed and Power Events	1x30 - one person jumps for 30 seconds without stopping 1x180 - one person jumps for three minutes (180 seconds) without stopping
Single Rope Freestyle Events	Single Rope Freestyle - one person performs a choreographed routine, 45-75 seconds long

Divisions for the Event Championships

	Junior World Championship <i>(All athletes are 14 years old or younger)</i>	Senior World Championship <i>(All Ages welcome)</i>	Novice Championship <i>(All Ages welcome)</i>
Age Divisions for Female and Male Single Rope Speed and Freestyle Events	10 years old and younger 11-12 years old 13-14 years old	16 years old and younger 17-18 years old and younger 19-22 years old 23-29 years old 30 years and older	10 years old and younger 11-12 years old 13-14 years old 15 years old and older
Age Divisions for consecutive triple unders	Not contested	16 years old and younger 17-18 years old and younger 19 years old and older	Not contested

Age Divisions for Pairs & Team Events	10 years old and younger 11-12 years old 13-14 years old	16 years old and younger 17-18 years old and younger Open <i>*(at least one person must be 19 or older)</i> 30 years old and older <i>*(all athletes must be at least 30 years old)</i>	Not contested
Age Divisions for Double Dutch Triad	Not contested	18 years old and younger Open <i>*(at least one person must be 19 or older)</i>	Not contested
Gender Divisions for Individual Events	Male Female	Male Female	Male Female
Gender Divisions for Pairs & Team Events	Female Male Mixed <i>(at least one team member is female and at least one is male)</i>	Female Male Mixed <i>(at least one team member is female and at least one is male)</i>	Not contested
Group Team Show	8-30 people All athletes must be 14 or younger No gender divisions	8-30 people At least one athlete must be 15 or older No gender divisions	Not contested
Age Divisions for DDC	12 and younger	18 and younger Open <i>*(at least one person must be 19 or older)</i>	Not contested
Gender Divisions for DDC	No gender divisions	No gender divisions	Not contested

AGE DIVISION ALL-AROUND CHAMPIONSHIPS

Rules for Entering Events for the Age Division All-Around Championships:

Athletes and teams may choose to enter sets of events within certain categories with the goal of accumulating points toward an "all-around" score in those categories. To be eligible for the "All-Around Championship" in a certain category, athletes or teams must enter all of the required events for that category. Please see the age divisions, gender divisions, and all-around categories explained below for more information. The top finishers in each division will receive awards.

Divisions for the All-Around Championships

	Junior World Championship	Senior World Championship
Age Divisions:	14 and younger	Open to all ages
Gender Divisions for individuals	Male Female	Male Female
Gender Divisions for pairs and teams	Female Male Mixed <i>(teams include both genders, and both genders must be represented in each event)</i>	Female Male Mixed <i>(teams include both genders, and both genders must be represented in each event)</i>

Single Rope All-Around Categories and Events

Categories	Events	Explanations
Single Rope Individual All-Around	Single Rope Speed 1x30 Single Rope Speed 1x180 Single Rope Freestyle	<i>Individual athletes accumulate "ordinal points" based on how they placed in each of the events. Freestyle events account for 50% of the total score, and speed events account for 50% of the total score.</i>
Single Rope Team All-Around	Single Rope Double Under Speed 2x30 Single Rope Speed 4x30 Single Rope Pairs Freestyle Single Rope Pairs Wheel Freestyle Single Rope Team Freestyle	<i>Teams of four or five athletes enter each "pairs" and "team" event together. Teams will declare ahead of time which athletes will be representing the team in which specific events. Teams accumulate "ordinal points" based on how they placed in each of the events. Freestyle events account for 50% of the total score, and speed and power events account for 50% of the total score.</i> *Special note: any athletes not representing their team in any event may enter that event for the event championship. However, these entries will not contribute to the team's overall score.

Double Dutch All-Around Categories and Events

Categories	Events	Explanations
Double Dutch Team All-Around	Double Dutch Speed 3x40 Double Dutch Speed 2x60 Double Dutch Singles Freestyle Double Dutch Pairs Freestyle	<p><i>Teams of four, five or six athletes enter each double dutch event together, selecting the athletes to participate only from their team of four, five or six athletes. Teams will declare ahead of time which athletes will be representing the team in which specific events. Teams accumulate "ordinal points" based on how they placed in each of the events. Freestyle events account for 50% of the total score, and speed and power events account for 50% of the total score.</i></p> <p>*Special note: any athletes not representing their team in any event may enter that event with other teammates for the event championship. However, these entries will not contribute to the team's overall score.</p>

GRAND CHAMPIONSHIP SHOWCASE

Rules for the Grand World Event Championship:

- The top finishers in the World Age Division Event Championship will re-compete in a final competition to determine the "Grand World Champion" for each event. There will be no age divisions for the Grand World Event Championship. Gender divisions will apply.
 - Speed qualifiers
 - The top 6 qualifiers (Novice, Junior or Senior) for the female and male single rope speed 1x30 event, regardless of age division, will advance to compete for the Grand World Championship.
 - The top 6 qualifiers (Novice, Junior or Senior) for the female and male single rope speed 1x180 event, regardless of age division, will advance to compete for the Grand World Championship.
 - The top 3 qualifiers for the female and male triple unders event will advance to compete in the Grand World Championship.
 - **Special note for 1x180 and Triple Unders Grand World Qualifiers:**
 - *Re-competing the 1x180 and Triple Unders events at the Grand World Championship will be optional for athletes who qualify. Athletes and coaches who qualify will have 15 minutes after the qualifiers are announced to discuss the best strategy and to declare whether the athlete will re-compete either or both of these events at the Grand World Championship, or whether they would rather keep their qualifying score instead. Both the athlete and the coach will have to provide a signature confirming the choice(s) that they have made. Once the declaration is made, the decision is final and changes will not be allowed. Any athlete who chooses to re-compete an event will be expected to do so. Any athlete who "scratches" from one of these events after deciding to re-compete will be disqualifying themselves from that particular event, and their qualifying score will not be considered in the results to decide the winner. Exceptions may be made at the discretion of the Tournament Director in regards to injury or illness.*
 - The top 6 qualifiers (Novice, Junior or Senior) for the "female", "male" and "mixed" gender division pairs and team speed events, regardless of age division, will advance to compete for the Grand World Championship.
 - Freestyle qualifiers
 - The top 10 qualifiers for the senior female and male individual freestyle event, regardless of age division, will advance to compete for the Grand World Championship.
 - The top 6 qualifiers for the senior "female", "male" and "mixed" gender division pairs and team freestyle events, regardless of age division, will advance to compete for the Grand World Championship.
 - DDC qualifier
 - DDC Grand World Championships
 - The top 6 DDC freestyle qualifiers, regardless of age division, will advance to compete for the Grand World Championship.
 - The top 6 DDC Speed qualifiers, regardless of age division, will advance to compete for the Grand World Championship.

GENERAL RULES FOR COMPETITION EVENTS

Credential Verification:

- Athletes will need to show their WJRF-issued credentials to the head judge or floor manager prior to competing in any event.

Equipment:

- Athletes may use any length or type of rope, as long as the rope (or ropes) is powered only by the competitor(s).
- Attaching the rope(s) or rope handle(s) to the body in any way is not allowed, as it could be a way for competitors to gain an unfair advantage in competition.
- Props are not allowed in speed or freestyle events. Equipment such as mats, trampolines, or anything else that gives the athlete(s) an advantage in the performance of an event may not be used. Costume-type props are allowed in the Group Show and DDC events.

Uniforms:

- For speed and freestyle events, athletes may wear any type of athletic clothing normally worn in sport competition or exercise activity. It is highly recommended that team members competing together in team events have uniforms that coordinate with each other in order to appear prepared and professional.
- For group show and DDC events, athletes may wear uniforms that best interpret and represent the music being used and choreography being performed in the routine.
- In all events, athletic shoes must be worn (no sandals, flip-flops, high heels, bare feet, etc.).
- Hair accessories, jewelry and eye glasses should be secured. Athletes will not be given a re-jump because of interference from their hair accessories. If a hair accessory or jewelry falls out and lands in another competitive station, the athlete or team will be given a space violation.
- Untied shoes are the responsibility of the athlete(s). If a shoe comes untied during competition, the athlete may choose to continue with their event without tying the shoe. Judges or officials will not stop an event due to an untied shoe.

General Rules and Restrictions:

- Gum Chewing is not allowed during competition, for safety as well as for cleanliness.
- Sick, injured, or late/missing athletes will not be awarded a re-jump or be given a heat change to accommodate them. Coaches can substitute athletes if necessary and should notify the Tournament Director right away if this occurs.
- Athletes or coaches are not allowed to alter their competition space in any way (such as moving boundaries, applying tape to the floor, etc.).

Rules for Speed and Power Events:

- Speed and power station dimensions are 6 meters by 6 meters.
- For all speed events, athletes must use the traditional “jogging step” motion for speed events. One rope must pass under the foot for each jump, alternating between right and left foot jumps. There should be one revolution of the rope for each alternating foot jump.
- For the single rope double under speed event, athletes must use a two-foot bounce, where both feet touch the ground simultaneously after two rotations of the rope around the body. A jogging-step motion (where athletes alternate between their right and left feet) will not be allowed.
- Any starting positions may be used, as long as the rope(s) remain still until the “tone” to start sounds.
- Three speed judges will be assigned to each speed station. The Head Judge will use SkipTraq, while the other two judges will use a WJRF-approved clicker. The two closest scores are added together and the furthest score is discarded. If scores are equidistant from each other, then the two higher scores are added together and the lowest score is discarded.
- Judges will count the right foot jumps of the competitors. When a miss occurs, judges will “skip” the next right foot jump to rectify the jump count on the clickers. **Judges count the left foot jumps for DDC 1x30 only*
- A support box is present inside each station for one individual to assist the competitor. That individual must be respectful of all competitors, judges and WJRF tournament staff and remain in the support box during the event heat. **No Photography** is allowed from the support box.
- An official WJRC timing track will be used. Times will be called during speed events as follows:
 - All timing calls will begin with, “Judges are ready, s are ready, Set, Beep”. The end of the event time period is indicated with a Beep.

- For the single rope speed 1x30, 2x30, and 4x30 events, calls will be made on the official timing track every 10 seconds. For the pairs and team events, calls to “switch” jumpers will be made every 30 seconds.
- For the single rope speed 1x180 event, calls will be made on the official timing track every 15 seconds
- For the double dutch speed 3x40 event, calls will be made on the official timing track every 10 seconds, with calls to “switch” jumpers every 40 seconds
- For double dutch speed 2x60, calls will be made on the official timing track every 15 seconds with the call to “switch” jumpers will be made at one minute
- For the Double Dutch Speed 3x40 event, the rules are as follows:
 - The first jumper enters the ropes at the “beep”. At the call to “switch” (after 40 seconds) the first jumper must exit the ropes, take one end to become a turner, and the person whose ropes were taken then becomes the second jumper inside the ropes. At the second call to “switch” after the second 40 second time period, the second jumper exits the ropes, takes the ropes from the third team member (who has not yet jumped), and becomes the turner, while the person whose ropes were just taken then becomes the competitor inside the ropes for the final 40 second time period.
- For all Double Dutch Speed 3x40 and 2x60 events, only one athlete may be inside the ropes at one time. One jumper must exit before another jumper can enter. For the 3x40 event, each athlete will jump for 40 seconds. For the 2x60 event, two athletes turn for entire 2 minutes while the other two athletes each jump for 60 seconds.
- For the Consecutive Triple Unders event, one person performs consecutive triple under jumps until they either miss or choose to stop.
 - This event is not timed, but competitors will be given the cue to begin with “Judges are ready, Jumpers are Ready, Set, Beep” on the official timing track.
 - Athletes will be given two attempts to complete 15 triples or more.
 - If an athlete begins to perform consecutive triple unders and then misses or stops before completing the fifteenth triple under, then the athlete may try again. Judges should record the score for the first attempt in the appropriate place on the score sheet.
 - The athlete will have up to two minutes to recover in his or her station before beginning their second attempt. The athlete may not leave the station.
 - Once the second attempt has begun, any stop or miss of the rope will indicate the end of the event, regardless of how many triple unders were performed (if any). Judges should record the score for the second attempt in the appropriate place on the score sheet.
 - If the athlete completes 15 triple unders, whether on the first or second try, then any stop or miss of the rope from that point forward will indicate the end of the event.
 - If two attempts were made, the higher score of the two attempts will be counted as the final score.
 - The athlete may do single or double jumps as “preparatory jumps” prior to beginning triple unders. However, the counting of triple unders stops once any double under or single under jumps are performed after the jumper has begun consecutive triple unders.
 - This event will be contested in the Senior Age Division Championship only.
- There will be a 5 point deduction taken for false starts (starting the rotation of the rope(s) before the “beep” is made), and for false switches (athletes switching at inappropriate times, more than one athlete inside the double dutch ropes, athletes beginning before the call to “switch” is made, etc.).
- There will be a 5 point deduction taken for space violations. If an athlete (or their equipment) leaves the designated event area, judges will direct the athlete(s) to re-enter the proper area and continue the speed event. Judges should not count speed jumps or triple unders while a space violation is being committed. Judges may begin counting again once the athlete or team, and/or equipment, is back within the designated boundaries.
- If an athlete(s) should experience an unintentional broken rope or personal equipment malfunction during the event, the athlete(s) will be allowed one re-jump of that event. Should another broken rope or personal equipment malfunction occur during the re-jump, the athlete will be given the score of the re-jump and not be given a second re-jump.
- Athletes have a right to expect accurate speed counting. At least two of the three speed judges at the station must be within 3 clicks of each other. If video replay is being used at a tournament, the tournament director will inform the coach or other representative for the team that the video of the event in question will be automatically recounted by a panel of 3 judges, separate from the speed judges in the stations. If a video recount is not possible due to a technological issue or if video replay is not being used at a tournament, then the athlete(s) will have the opportunity to re-jump the event if they wish and the athlete(s) will be given the score of the re-jump. However, the athlete(s) will not be entitled to a re-jump nor recount if an athlete obstructs the camera view. The use of video replay at a tournament is the decision of the Tournament Director. Also, if a speed judge is having trouble with accuracy, a fourth judge may be added to the panel.
- No judging or competitive modifications can be given to athletes or teams based on reputation or for any other reason.

- Tie breaker rules
 - Video replay will be utilized to break ties for age division speed events for the top 3 finishers. If the recount should affect placement, then other affected positions will be recounted as well. If a tie stands, then all athletes will receive awards.
 - Video replay will be utilized to break ties in 1st – 3rd place finishes for the Grand World speed events. If the recount should affect placement, then other affected positions will be recounted as well. If a tie stands within the top 3 places after video recount, then a “jump off” will take place.
 - In the event of a tie for Grand Worlds, a “jump off” will take place prior to the awards ceremony. Any athlete involved in a tie will be notified of the tie immediately following the submission of the final speed score for that event. They will then be required to compete in a “jump off” at the end of the Grand World events.
 - The jump off will determine the final placing of the athletes involved in the tie. For example: if a tie occurred for 1st place in Male 30 second speed, the two individuals will re-compete. The individual with the highest score in the jump off will receive the Grand World 1st place trophy and the individual with the second highest score will receive the 2nd place trophy. The individual who originally placed 2nd (when there was a tie for 1st) would now receive the 3rd place trophy. (A low jump off score will not remove an individual from trophy standing unless the tie occurred for 3rd place. Then the individual(s) would be competing for 3rd and 4th place in the jump off.)

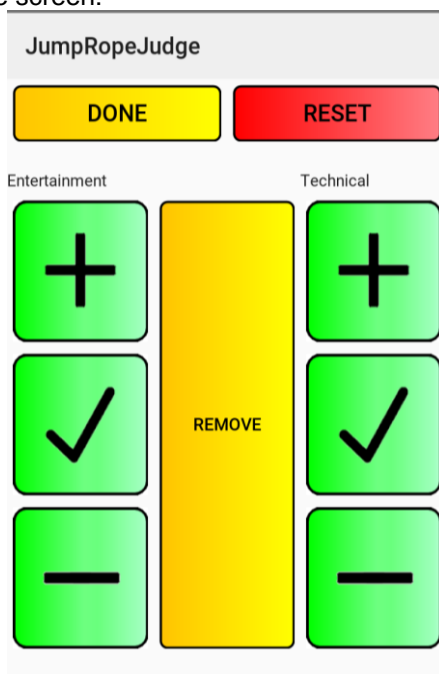
General Rules for Freestyle Events:

- Freestyle station dimensions are 12 meters by 12 meters
- Timing of freestyle routines:
 - All single rope freestyle and wheel routines will be 45-75 seconds long
 - Double dutch single and double dutch pairs routines will be 45-75 seconds long.
 - Double dutch triad routines will be 60-90 seconds long.
 - An official WJRC timing track will be used. Times will be called during speed events as follows:
 - All timing calls will begin with, “Judges are ready, Jumpers are ready, Set, Beep”
 - Calls for all freestyle events (except for the double dutch triad freestyle) will be made at 45 seconds, 60 seconds, and a “beep” will occur 75 seconds.
 - Calls for the double dutch triad freestyle event will be made at 45 seconds, 60 seconds, 75 seconds, and a “beep” occurs at 90 seconds.
- Illegal Tricks and restrictions:
 - In order to promote innovation and minimize restrictions, all tricks will be allowed for the World Jump Rope Championship. However, we strongly encourage everyone to please keep safety a top priority while planning, developing and practicing your tricks and routines.
- Use of Music
 - Music will be used for the Junior Division Single Rope Team Freestyle event.
 - To use time most efficiently, music will not be used in the other single rope or double dutch freestyle events for the Junior or Novice Divisions.
 - There will be no music used for Senior Division Individual Single Rope Freestyle, Single Rope Pairs Freestyle and Single Rope Pairs Wheel Freestyle, unless otherwise noted by the Tournament Director.
 - All other freestyle routines for the Senior Division will be performed to music, unless otherwise noted by the Tournament Director.
 - Any type of music may be used, though proper content and language should be maintained. The Tournament Committee has the authority to reject music for inappropriate or offensive lyrics or content. This is entirely up to the discretion of the Tournament Committee. Music featuring offensive lyrics or content could result in a reduction of your score by the judges.
 - All music for every competitor and every event must be submitted by the registration deadline. If no music is submitted, then no music will be played during the age division championships. If the athlete(s) in question qualifies for Grands, at the Tournament Director’s/Competition Committee’s discretion, music may be submitted to protect the image of World Jump Rope in view of our audiences.
 - If the wrong music is played for an athlete’s routine, the athlete should stop immediately and notify the Tournament Director. If an athlete chooses to compete with the wrong music playing, they will not be given a re-jump.
- Single Rope Pairs and Team Freestyle Events:
 - For single rope pairs freestyle routines, two athletes perform a synchronized, choreographed routine.
 - For single rope team freestyle routines, four athletes perform a synchronized, choreographed routine.
- Single Rope Pairs Wheel Freestyle: Two athletes perform a “wheel” routine. This means each athlete has a hold of one handle from the other person’s rope, and one handle of their own rope. The ropes turn at alternating beats, meaning when one rope is up, the other rope is down.

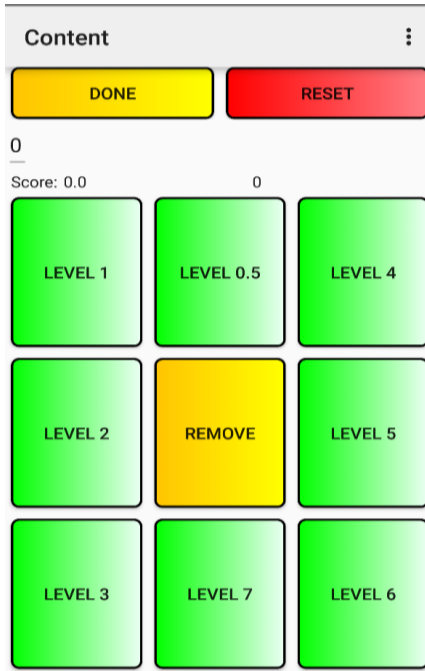
- While it is acceptable to have sections of the routine where the ropes are turning together instead of at opposite beats, or both athletes are jumping one rope, or any other “highlight” performed to enhance the entertainment value of the routine, the expectation is that the vast majority of the routine be performed using the traditional wheel format. Aside from brief “highlights” incorporated for choreographic reasons, athletes should always be “connected” by having a hold of each other’s ropes.
- Double Dutch Freestyle Events: Double Dutch routines should be designed so that all members of the team (3, 4, or 5 people) are included and incorporated into the routine at all times. At no time should an athlete(s) be waiting outside of the ropes while another athlete(s) are inside the ropes performing tricks.

Evaluation and judging of freestyle routines:

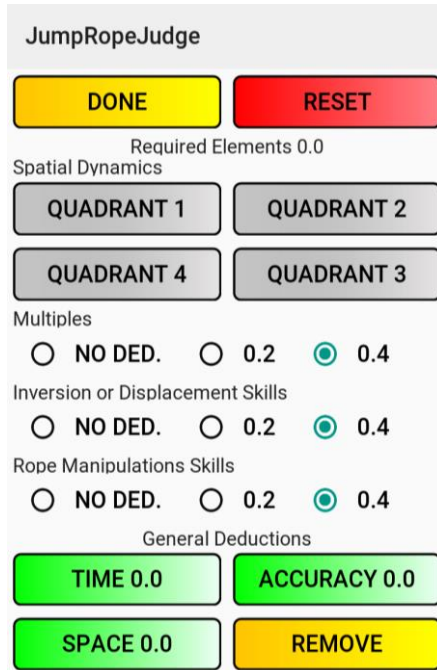
- All freestyle events will be evaluated on Required Elements, Difficulty, Density, Quality of Presentation, Accuracy (misses) and Entertainment Value.
- Details for awarding points are described in the judging handbook.
- There will be a minimum of seven judges and one floor manager for every freestyle station. There will be one Head Judge, three Content Judges, and three Presentation Judges.
- If the number of certified judges allows, the number of judges will increase, across all panels for all events of the tournament. If there is an increase in judges, the three closest Content scores will be averaged and the three closest Presentation scores will be averaged.
- Judges must be 15 years or older.
- World Jump Rope Federation is proud to use a data collection app powered through Android. The app is called JumpRopeJudge, all one word. JumpRopeJudge is available for download onto an Android powered device in the Google Play Store. This app will allow judges to record what they see essentially telling the story of the routine. Each jump the athlete/team completes should be recorded, wraps, unwraps and skills to give a full picture of the routine the athlete/team performed.
- Screen shot of the Presentation Judge screen:



- Screen shot of the Content Judge screen:



- Screen shot for the Head Judge screen:



- Points will be awarded and deducted as follows:
 - Three Content Judges will award points in the following areas:
 - Points will be given for each skill the athlete performs as defined by the World Jump Rope “Levels of Difficulty” charts.
 - Three Presentation Judges will award points in the following areas:
 - Technical Presentation: elements that affect the aesthetic qualities of a routine, such as amplitude, body alignment and extension, countenance, flow of routine, etc...
 - Entertainment Value: efforts taken to make the routine exciting to watch, such as interesting and entertaining choreography, use of music, variety of styles and skills, unique or original skills, general innovation, etc...
 - One Head Judge will evaluate the performance of required elements, accuracy (misses), and adherence to space and time constraints. Deductions will be taken as follows:

- Time Violations: If an athlete or team begins the routine before the call to “go”, or reaches their ending pose or position after the call of “time”, then a 0.2 deduction will be given for each infraction.
- Space Violations: If an athlete or team (or any equipment belonging to an athlete or team) leaves their designated competition area, a 0.2 deduction will be given for each infraction. If this occurs, the floor manager should direct the athlete(s) to re-enter the proper area and continue the event. Judges should not be judging the routine while a space violation is being committed. Judges may begin judging again once the athlete or team, and/or equipment, is back within the designated boundaries.
- Accuracy Deductions
 - Minor Misses:
 - A minor miss is defined as an obvious mistake involving the rope(s) that causes the rope (and the routine) to stop unintentionally, including missing a catch during a release, a break in the form of the rope or the rope catching on the athlete.
 - 0.1 points will be deducted from the Presentation score for every minor miss.
 - Major Misses:
 - Major Misses are defined as an obvious mistake involving the rope(s) that causes the routine to be delayed for two seconds or longer.
 - 0.2 points will be deducted from the Presentation score for every major miss.
 - Accuracy deductions are taken from the average “Presentation” score. A maximum 2.0 points can be taken for accuracy deductions.
- Evaluation of Required Elements
 - Description of the Single Rope Freestyle Required Elements (*for single rope freestyle, single rope pairs freestyle, single rope pairs wheel freestyle, and single rope team freestyle*):
 - Rope Manipulations
 - *Skills that cause the rope to perform motions other than the standard loop around the body (e.g. crosses, releases, swings, wraps)*
 - Multiples
 - *Skills that involve the rope making more than one revolution per jump*
 - Inversion and Displacement
 - *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
 - and/or having their head pass below their waist level
 - Spatial Dynamics
 - *Movement around the performance area. To receive full credit, athletes must use all four quadrants of the competition area outside of a three-foot center circumference. If the athlete uses 2-3 quadrants, partial credit will be given. The quadrants should be seen as a + formation on the floor.*
 - Description of the Double Dutch Freestyle Required Elements (*for double dutch single freestyle, double dutch pairs freestyle, and double dutch triad freestyle*):
 - Rope Manipulations
 - *Skills related to turning the ropes (e.g. turner involvement)*
 - Multiples
 - *Skills that involve a rope or ropes passing under an athlete’s feet more than one time per jump, or more than one rope passing under an athlete’s feet during a jump.*
 - Inversion and Displacement
 - *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

- and/or having their head pass below their waist level
 - Spatial Dynamics
 - *Any movement that results in a jumper becoming a turner and a turner becoming a jumper*
- Evaluation of Required Elements
 - To be considered “completed”, required elements must be performed at “Level 3 (intermediate)” or higher, as defined by the World Jump Rope Levels of Difficulty.
 - 0.4 points will be deducted from the Content score for every required element omitted or not performed due to misses.
 - 0.2 points will be deducted from the Content score for every required element performed at a difficulty level below “Level Three (intermediate)” (e.g., at Level One - Basic) or Level Two - Elementary)
 - A maximum deduction of 50% of the Content score for Required Elements deductions can be taken.
- WJRF “Levels of Difficulty” Charts, which will be used by Head Judges and Content Judges, are located in the appendix of the WJRF Judging Handbook.
- Freestyle scores will be calculated as follows:

JumpRopeJudge score = Content Score
Average Technical Quality score + Average Entertainment Value score = Presentation Score
[(Content Score – Required Elements) + (Presentation Score – Accuracy Deductions)] – Time and Space Violations = Final Freestyle Score
- Tiebreaker Rules
 - First tiebreaker is the average accuracy deduction
 - Second tiebreaker is the Content Score
 - Third tiebreaker is the Presentation Score
 - After the third tiebreaker, the tie will remain and both athletes or teams will be awarded the same place.
 - First tiebreaker for Overall team events will be Double Dutch Pairs freestyle score for Double Dutch Overall and Single Rope Team freestyle score for Single Rope Overall.
 - Second tiebreaker for Overall team events will be Double Dutch Pairs Speed for Double Dutch Overall and Single Rope Speed Relay for Single Rope Overall.

General Rules for Group Show Events:

- Size Divisions:
 - 8-30 people for Junior and Senior Divisions
- Age Divisions:
 - Junior Division = all athletes are aged 14 and younger
 - Senior Division = all ages welcome
- Gender Divisions do not apply
- Music is required for Group Show routines
 - Any type of music may be used, though proper content and language should be maintained. Music featuring offensive lyrics or content could result in a reduction of your score by the judges.
- Time Limits
 - Junior Group Show routines can be a maximum of 3 minutes long
 - Senior Group Show routines can be a maximum of 5 minutes long
 - Timing will be done by the Head Judge (or other designee) using a stopwatch. The announcer will indicate when both the judges and the athletes are ready to begin. The time on the stopwatch will begin either when the music starts, or when the athletes begin the routine, whichever happens first. Time will end when the routine reaches its ending pose, or when the stopwatch reads the maximum time limit, whichever happens first. If a routine continues past the maximum time allowed, the judges will stop judging at that point, and a 0.2 deduction will be given for a time violation.
- Maximum space will be given depending on the competition venue. No space violations will apply.

Evaluation and judging of Group Show routines:

- Group Show events will be evaluated on Required Elements, Difficulty, Density, Quality of Presentation, and Entertainment Value.
- Details for awarding points are described in the judging handbook.
- There will be a minimum of seven judges and one floor manager for every freestyle station. There will be one Head Judge, three Content Judges, and three Presentation Judges.
- If the number of certified judges allows, the number of judges will increase across all panels for all events of the tournament. If there is an increase in judges, the three closest Content scores will be averaged and the three closest Presentation scores will be averaged
- Points will be awarded and deducted as follows:
 - Content Judges will award points in the following areas:
 - Points will be given for each skill the athlete performs as defined by the World Jump Rope “Levels of Difficulty” charts.
 - Presentation Judges will award points in the following areas:
 - Technical Presentation: elements that affect the aesthetic qualities of a routine, such as movement and formations, misses, synchrony, body alignment, flow of routine, etc...
 - Entertainment Value: efforts taken to make the routine exciting to watch, such as interesting and entertaining choreography, use of music, variety of styles and skills, unique or original skills, general innovation, etc...
 - One Head Judge will evaluate the performance of required elements and adherence to time constraints.
 - Evaluation of Required Elements
 - Description of the Group Show Required Elements *(to receive full credit, ALL members of the team must perform each element in a physically or choreographically interconnected way):*
 - Single Rope Group Routine
 - Synchronized routine performed by the entire group, with each athlete using an individual rope
 - Double Dutch
 - Routines involving two ropes being turned in opposite directions
 - Wheel
 - Routines involving two or more athletes that have exchanged handles and are turning and/or jumping ropes at alternating beats. Ropes of any length can be used.
 - Long Rope
 - Routines involving longer ropes, at least 20 feet long, being used in formations that are not double dutch. (Examples include, but are not limited to, one long rope, triangle, eggbeater, umbrella, etc...)
 - Traveler
 - Routines involving the act of “catching” one or more athletes with a rope by another athlete or athletes. Traveler can be performed with single ropes, wheel, double dutch, and/or long ropes.
 - Evaluation of Required Elements
 - To be considered “completed”, required elements must be performed at “Level 3 (intermediate)” or higher, as defined by the World Jump Rope Group Show Levels of Difficulty.
 - 0.4 points will be deducted from the Content score for every required element omitted or not performed due to misses.
 - 0.2 will points will be deducted from the Content score for every required element performed at a difficulty level below “Level Three (intermediate)” (e.g., at Level One - Basic) or Level Two - Elementary)
 - A maximum deduction of 50% of the Content score for Required Elements deductions can be taken.
- The Levels of Difficulty charts for Group Show, which will be used by Group Show Head Judges and Content Judges, are located in the appendix of the WJRF Judging Handbook.
- Group Show scores will be calculated as follows:

JumpRopeJudge score = Content Score

Average Technical Quality score + Average Entertainment Value score = Presentation Score

[(Content Score – Required Elements) + (Presentation Score – Accuracy Deductions)] – Time and Space Violations = Final Freestyle Score

- Tiebreaker Rules
 - First tiebreaker is the average accuracy deduction
 - Second tiebreaker is the Content Score
 - Third tiebreaker is the Presentation Score
 - After the third tiebreaker, the tie will remain and both teams will be awarded the same place.

General Rules for the World Jump Rope Double Dutch Contest (DDC) Event:

- DDC Events
 - DDC Freestyle: The World Jump Rope Double Dutch Freestyle Contest features a “performance-style” competition, where teams choreograph routines to music incorporating both dance and jump rope.
 - DDC freestyle routines should incorporate double dutch and dance.
 - Any type of dance can be incorporated
 - DDC Speed:
 - The left foot will be counted for the DDC 1x30 speed event.
 - This event is optional for groups who are performing the DDC freestyle competition.
 - Three members of each freestyle group will represent their team for a 1x30 double dutch speed contest.
- Qualification Requirements:
 - Everyone is welcome to attend. There are no required memberships or membership fees to any organization.
 - There are no required “qualifying tournaments” to attend or any other type of qualification process.
- Teams consist of any number of athletes. No minimum or maximum requirement
- Age Divisions:
 - Competition age is determined by the athlete’s age as of September 1st, 2019.
 - Junior Division = all athletes are aged 12 and younger
 - Senior Division 18 and under = All athletes are aged 18 and under
 - Senior Division Open = at least one athlete is 19 or older
 - The age of the team is determined by the age of the oldest athlete.
- Gender Divisions: No gender divisions.
- Music is required for DDC freestyle routines.
 - Any type of music may be used, though proper content and language should be maintained. Music featuring offensive lyrics or content could result in a reduction of your score by the judges.
- Time Limits
 - DDC routines can be a maximum of 3 minutes and a minimum of 2 minutes.
 - Timing will be done by the Head Judge (or other designee) using a stopwatch. The announcer will indicate when both the judges and the athletes are ready to begin. The time on the stopwatch will begin either when the music starts, or when the athletes begin the routine, whichever happens first. Time will end when the routine reaches its ending pose, or when the stopwatch reads the maximum time limit, whichever happens first. If a routine continues past the maximum time allowed, the judges will stop judging at that point, and a 0.2 deduction will be given for a time violation.
- Maximum space will be given depending on the competition venue. No space violations will apply.
- Equipment:
 - Attaching the rope(s) or rope handle(s) to the body in any way is not allowed, as it could be a way for competitors to gain an unfair advantage in competition.
 - Equipment such as mats, trampolines, or anything else that gives the athlete(s) an advantage in the performance of an event may not be used.
 - Costume-type props are allowed in the DDC event.
- Uniforms:
 - For the DDC event, athletes may wear uniforms/outfits that best interpret and represent the music being used and choreography being performed in the routine.
 - Athletic shoes must be worn (no sandals, flip-flops, high heels, bare feet, etc.).

- Untied shoes are the responsibility of the athlete(s). If a shoe comes untied during competition, the athlete may choose to continue with their event without tying the shoe. Judges or officials will not stop an event due to an untied shoe.
- Gum Chewing is not allowed during competition, for safety as well as for cleanliness.
- Sick or injured athletes will not be awarded a re-jump or be given a heat change to accommodate them. Coaches can substitute athletes if necessary, and should notify the Tournament Director right away if this occurs.
- Athletes or coaches are not allowed to alter their competition space in any way (such as moving boundaries, applying tape to the floor, etc.).

General Evaluation and judging of DDC routines:

- All DDC freestyles will be evaluated on the following elements: Jump Rope Choreography, Dance Choreography, and Entertainment Value.
- Routines will be judged on a ten-point decimal scale. A perfect score is 10. Details for awarding points will be described in the judging handbook.
- There will be 6 judges for every freestyle station. There will be one Head Judge and five panel judges.

Protests and Appeals:

- Grounds for Protest:
 - Any rule infraction overlooked by the Tournament Director
 - Any misinterpretation of the rules by the Judges or the Tournament Director
 - Any clerical or scoring error
 - Any other objectively verifiable matter not exclusively involving the judgment of any official
 - Any decision made or action taken by the Tournament Director that is unfair or inconsistent with published rules
- Note: Videotape may not be used to overturn any judging decision
- Resolution of Protests:
 - The coach (or other designee of the coach) makes a protest by discussing the issue with the Tournament Director. The Tournament Director makes a decision or proposes a solution.
 - If the coach disagrees with the decision of the tournament director, he/she has 30 minutes from the time of the incident to request an appeal. This is done by requesting from the Tournament Director that the Tournament Organizing Committee meet to consider the issue.
 - The coach and the Tournament Director will explain their sides of the issue to the Tournament Committee. The committee will then discuss the issue and make a ruling.
 - A majority opinion is necessary in order for the Tournament Committee to overturn the original decision made by the Tournament Director.
 - The outcome reached by the Tournament Committee is final, and the issue rests at that point.
- Any individual with a right to protest or appeal shall lose that right if the appropriate protest or appeal is not properly made in a timely manner and in accordance with these rules.