



International Workers & Amateurs in Sports  
Confederation

Confédération Sportive Internationale  
Travailleuse & Amateur

# Technical Commission Rope Skipping

English Version

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1.



## 2. 1. DISCIPLINES:

### 1.1 Individual Competitions

1. Single Rope Speed sprint.....SRSS.....  
1x30 seconds.....1 athlete
2. Single Rope Speed Endurance.....SRSE..... 1x180  
seconds.....1 athlete
3. Single Rope Triple Unders .....  
SRTU.....No time limit .....1 athlete

### 1.2 Team competitions

1. Single Rope Speed Relay  
.....SRSR.....4x30  
seconds.....4 athletes
2. Single Rope Double under Relay.....SRSR.....2x30  
seconds.... .....2 athletes
3. Single Rope Double under Relay.....SRSR.....4x30  
seconds.... .....4 athletes
4. Double Dutch Speed Sprint.....  
DDSS.....1x60 seconds..... 3 athletes

## 3. 2. CATEGORIES

### 2.1 Age division

- 11 and under: in every competitions;
- 12-15: only in individual competitions;
- 16-29: only in individual competitions;
- 30 and older: only in individual competitions;
- open: in all team competitions.

### 2.2 Gender division

- female: only in individual competitions;
- male: only in individual competitions;
- open: both male and female are included in the group.  
This division is in all team competitions.



	CATEGORIES							
INDIVIDUAL	11 and under		12 - 15		16 - 29		30 and older	
	female	male	female	male	female	male	female	male
TEAM	open		open					

## 4. 3. TECHNICAL CONTENT

### 3.1 THE COMPETITION EVENTS IN DETAIL

Individual competitions:

- **Single rope speed sprint**: one person jumps for 30 seconds without stopping, using jog step jumps. Judges click once for every right foot jump.
  - **Time limit**  
30 seconds
  - **Call out**  
"Judges Ready? Skippers Ready? Set. BEEP. 10. 20. STOP."
  - **Goal**  
To complete as many speed jumps as possible within the time limit.



- **Single rope speed endurance**: one person jumps for 180 seconds without stopping, using jog step jumps. Judges click once for every right foot jump.
  - **Time limit**  
180 seconds
  - **Call out**  
"Judges Ready? Skippers Ready? Set. BEEP. 30. 1 minute. 15. 30. 45. 2 minutes. 15. 30. 45. STOP."
  - **Goal**  
To complete as many jumps as possible within the time limit.
  
- **Single rope triple unders**: one person jumps triple unders without time limit. Three revolutions of the rope in one jump is one triple under. Judges click once for each completed double under. Athletes don't have to make mistakes otherwise this competition ends for them.
  - **Time limit**  
no time limit
  - **Call out**  
"Judges Ready? Skippers Ready? Set. BEEP"
  - **Goal**  
To complete as many consecutives triple unders series as possible.

Team competitions:

- **Single rope speed relay**: one person jumps speed for 30 seconds, after the switch, the second skipper jumps speed for 30 seconds and the two others did the same. Judges click once for every right foot jump for speed
  - **Time limit**  
30+30+30+30 seconds



- **Call out**  
"Judges Ready? Skippers Ready? Set. BEEP. 10. 20. SWITCH. 10. 20. SWITCH. 10. 20. SWITCH. 10. 20. STOP."
  - **Goal**  
To complete as many speed as possible within the time limit.
- **Single rope double under relay:** one person jumps speed for 30 seconds, after the switch, the other jumps double unders for 30 seconds. Judges click once for every right foot jump for speed, and they click once for every correct double unders.
- **Time limit**  
30+30 seconds
  - **Call out**  
"Judges Ready? Skippers Ready? Set. BEEP. 10. 20. SWITCH. 10. 20. STOP."
  - **Goal**  
To complete as many speed and double unders as possible within the time limit.
- **Single rope double under relay:** the first athlete jumps speed for 30 seconds, after the switch, the second jumps speed for 30 seconds, the third and the fourth jump double unders for 30 seconds each. Judges click once for every right foot jump for speed, and they click once for every correct double unders.
- **Time limit**  
30+30+30+30 seconds
  - **Call out**  
"Judges Ready? Skippers Ready? Set. BEEP. 10. 20. SWITCH. 10. 20. SWITCH. 10. 20. SWITCH. 10. 20. SWITCH. 10. 20. STOP."



- **Goal**

To complete as many speed and double unders as possible within the time limit.

- **Double Dutch speed sprint:** one person jumps speed for 60 seconds in Double Dutch ropes. A and B turn for C. Judges click once for every right foot jump for speed.

- **Time limit**

60 seconds

- **Call out**

"Judges Ready? Skippers Ready? Set. BEEP. 10. 20. STOP."

- **Goal**

To complete as many speed jumps as possible within the time limit.

### 3.2 Competition area

- **Speed and Multiples Field**

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

- **Coach's box**

A 1×1-meter coach's box will be placed outside each speed and freestyle field and positioned at one of the corners. One of the four sides of the coach's box must be a part of the freestyle field or speed field's side. The coach's box should not block the view of the judges.

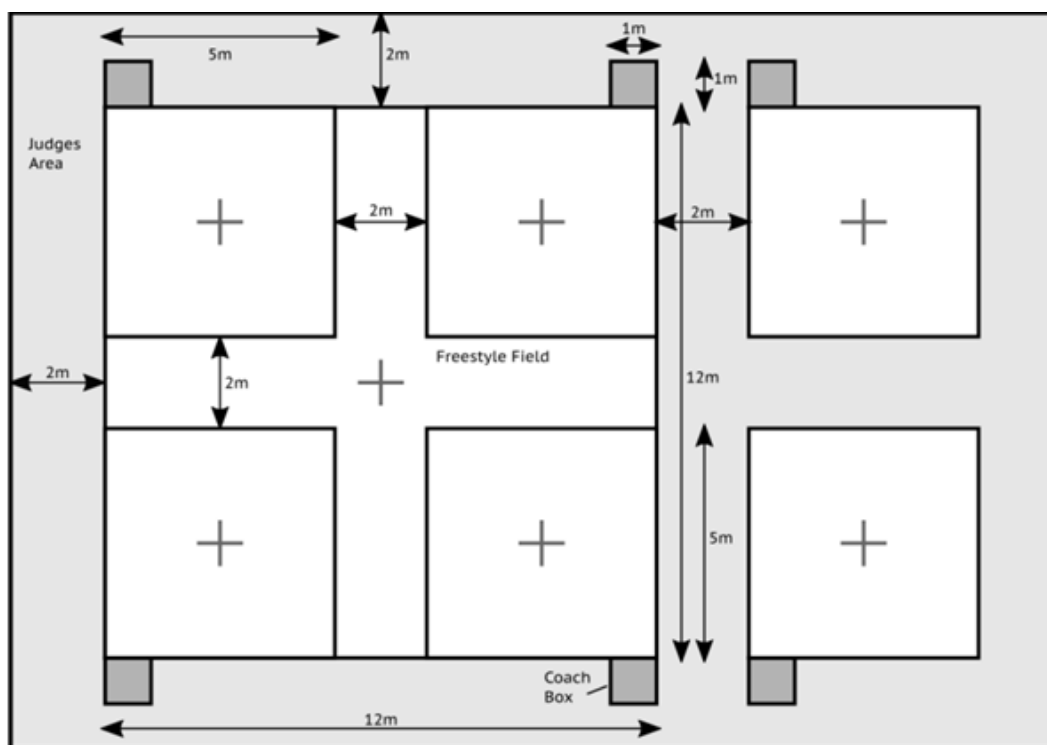


Figure 1 Example with one freestyle field containing four four speed fields, this can be extended in all directions

### 3.3 Execution Requirements

- The skipper will skip in their designated area. Only activity in the designated area counts.
- The Judge will reposition any skipper who moves out of their designated area while the clock is still running.
- There will be a deduction of 5 points from the raw score for a false start.
- There are no deductions for misses in speed, triples and double unders relay.
- If a skipper should experience an unintentional broken rope or personal equipment malfunction during the event, the skipper will be allowed one re-jump of that event. Should another broken rope or personal equipment malfunction occur during the re-jump, the skipper will be given the score of the re-jump and not be given a second re-jump.





## 5. 4 JUDGING

We recommend that judges are at least 15 years of age and we recommend one for each team.

### GENERAL EXPECTATIONS:

- Become familiar and comfortable with the responsibilities of all judging positions for which you are assigned.
- Be pleasant and polite at all times while judging.
- Be impartial. Avoid coaching or cheering for any certain competitor or competitors.
- Be friendly with your fellow judges but refrain from any comments or discussion while judging.

If you have any questions about rules or procedures, please contact [concettanucci@live.it](mailto:concettanucci@live.it) or [kchiara@hotmail.it](mailto:kchiara@hotmail.it) or read IJRU Rule book on <https://ijru.sport/> .

### RULES

- Judges will be able to use counter for speed, triple and double under competition.
- 3 judges for every speed and triple unders competition.

## 6. 5 QUALIFICATIONS

In the events and categories detailed in section 1 and 2, the 1st, 2nd, and 3rd ranking athletes or teams are awarded. The 1st ranking athlete(s) will be awarded the title of "Rope skipping world games Champion(s)" for that discipline and category. Awards are handed out separately for every division.

For freestyles the final score takes the difficulty score and the presentation and creativity score.

For every event (individual and team) there will be 1st, 2nd and 3rd overall. The winner of the overall/all-around competitions is determined by the sum of their ranks in each event. The 1st ranking athlete(s) will be awarded the title of "Rope skipping overall world games Champion(s)" for that event. This title defines the absolute winner for each category of that event.



## **7. 6 SAFETY RULES**

- Keep your shoes fastened.
- Gum Chewing is not allowed during competition, for safety as well as for cleanliness
- Forbidden necklaces bracelets and earrings.
- No hair tied in high ponytail (2 French braids recommended).
- Jump on the floor without irregularities.
- Jump on dry floor.
- Make sure you have enough space around you and the other skippers to avoid getting hit by the ropes.
- Athletes or coaches are not allowed to alter their competition space in any way (such as moving boundaries, applying tape to the floor, etc.).

