



INDIAN ROPE SKIPPING FEDERATION (IRSF)

RULE BOOK (2.1)



RULE BOOK

2025-26

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INTRODUCTION

This document represents a major step forward in standardizing and elevating rope skipping as a competitive sport across the country. Our aim is to provide clear, consistent, and comprehensive guidelines that will ensure fairness, safety, and excellence in every competition.

Rope skipping is more than a sport—it is a vibrant, rhythmic, and energetic discipline that builds agility, strength, coordination, and creativity. Through this rule book, we hope to inspire athletes to compete with integrity, officials to judge with confidence, and organizers to conduct events with efficiency.

Purpose of this Rule Book

This Rule Book has been developed to establish a unified framework for rope skipping competitions conducted under the aegis of IRSF. It aims to:

- Promote fairness, accuracy, and transparency in all events.
- Provide athletes and coaches with clear expectations.
- Support judges and organizers with standardized procedures.
- Foster a safe and inclusive environment for all participants.

By following these rules, we ensure a level playing field and uphold the spirit of sportsmanship that defines our sport.

About IRSF

The **Indian Rope Skipping Federation (IRSF)** is the national governing body for rope skipping in India, dedicated to the promotion, regulation, and development of the sport at grassroots and elite levels. Established with a vision to make rope skipping a recognized and respected competitive discipline, IRSF works with athletes, coaches, schools, and sports authorities nationwide.

IRSF is committed to:

- Organizing national and state-level championships.
- Training and certifying coaches and judges.
- Aligning with international standards.
- Encouraging participation across all age groups and communities.



Scope of the Rule Book

This rule book applies to all IRSF-sanctioned events, including:

- National and State Championships
- Inter-school and Inter-college tournaments
- Selection trials for national and international events
- Training and evaluation programs for judges and coaches

Covered disciplines include speed events, freestyle routines, double dutch, team events, and more. The rules herein are applicable to all genders and age categories unless specified otherwise.

Revision and Updates

The contents of this rule book are subject to periodic review to reflect changes in the sport, international standards, and evolving best practices. Updated versions will be communicated via IRSF's official channels. Stakeholders are advised to refer to the latest edition before participating in or organizing any event.

Disclaimer

This document serves as the official guide for competitions organized, recognized or supported by the Indian Rope Skipping Federation. IRSF reserves the right to interpret and amend the rules as necessary. In case of disputes, the final authority rests with the IRSF's Disciplinary Committee or designated adjudicators.



IRSF GOALS AND OBJECTIVES

Composition of the body

The Indian Rope Skipping Federation (IRSF) is the central governing body responsible for the regulation, promotion, and organization of rope skipping activities throughout the country. As a recognized authority, IRSF functions in alignment with international standards.

IRSF comprises elected members, regional representatives, technical directors, and advisory panels. The core responsibilities include:

- Framing and amending national rules.
- Accrediting state associations and clubs.
- Organizing training programs, workshops, and certification courses.
- Conducting national championships and approving zonal and state events.
- Liaising with international bodies and representing India in global tournaments.
- Ensuring compliance with anti-doping rules and safeguarding athlete welfare.

The IRSF shall meet biannually to review policies, assess performance metrics, and set future goals for the development of the sport.

Sport Policies And Procedures

Goals and Objectives The IRSF is committed to:

- Establishing rope skipping as a structured, competitive sport in India.
- Enhancing public health and fitness through widespread participation.
- Creating a grassroots-to-elite athlete development pipeline.
- Promoting gender equality in sport.
- Providing a safe, ethical, and supportive environment for athletes, coaches, and officials.

Long-term goals include introducing rope skipping into school curriculums, establishing state training academies, and increasing international representation.

Sportsmanship / Code of Conduct All stakeholders must uphold the highest standards of sportsmanship. The Code of Conduct applies to athletes, coaches, officials, volunteers, and administrators.

Key principles include:



- Respect for the rules, officials, and competitors.
- Commitment to fair play and integrity.
- Zero tolerance for harassment, abuse, or discrimination.
- Compliance with uniform and equipment standards.
- Use of positive language and behaviour on and off the field.

Violations will lead to warnings, point deductions, disqualification, or suspension, depending on severity.

Sport Operations

A. Current Year

Rule Changes Each year, IRSF reviews existing rules to accommodate new developments, improve fairness, and align with international standards and regulations. Any changes will be communicated to all affiliated units through official circulars and must be implemented before the first national-level competition of the calendar year.

Changes may include:

- Modifications to scoring systems.
- Updates to uniform/equipment requirements.
- Introduction of new event categories.
- Revisions in judging criteria or protest procedures.



GENERAL RULES FOR SPEED AND FREESTYLE

EVENTS:

Equipment for Athletes

- Athletes may use a variety of different ropes PVC, beaded, wire for tournaments. Rope handles shall not be longer than **Ten (10)** inches in length.
- Ropes must be powered only by the competitor. No battery or powered devices may be used. Any type of attachment of ropes to the body is not permitted.
- Props other than additional ropes may not be used. A space violation will be assessed for ropes discarded out of bounds.
- Single Ropes and Double Dutch Ropes may be thin vinyl-type, beaded, wire, braided no longer than **Ten (10)** inches in length.

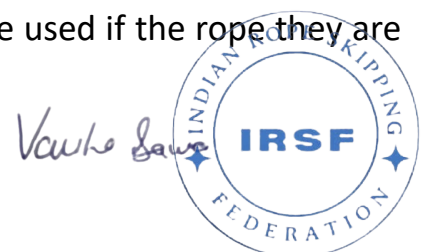
Attire and Conduct guidelines

Attaching the rope(s) to the body in any way is not allowed. This is viewed as a safety concern, and as a possible way for competitors to gain an unfair advantage in competition.

Props are not allowed in any event, including freestyle and group show. Only ropes may be used in competition for safety reasons. If a 2nd rope is used in any event, it must be taken to the boundary and placed within 3 feet of the inside of the boundary when not in use.

Time guideline for all re-jumps: A minimum of **5 minutes** must be allowed before a jumper is required to re-compete an event. A jumper may choose to re-compete sooner if that option is available. This applies to all events – speed, freestyle, and group routine. **If a re-jump is accepted in any event, the score for that re-jump will be recorded as the official score.**

Re-jumps due to broken ropes: Athletes are only permitted **one re-jump** due to a broken rope in both speed and freestyle events. Athletes may bring a second rope to just inside the boundary of the station for the re-jump to be used if the rope they are using breaks.



The score displayed on the screens during speed and power events is an unofficial score.

Wearing Glasses: Eyeglasses will be treated as jewellery. A competitor may remove them in the station and place them in the support box or hand them to a coach. If eyeglasses are worn, a sport strap or wedges are required. IRSF takes no responsibility if they are lost, scratched, or broken.

Jewellery and Watches may not be worn during competition, the only exception being earring studs or wedding bands, which if left in place, these must be taped over. Prohibited jewellery includes cloth bracelets/anklets and body-piercing items.

- Eyeglasses must be secured using a sport-strap or ear-wedge.
- Exceptions will only be made for special needs and with **prior approval from the Tournament Director and submitted at registration for that tournament.**

Example: Medic-Alert bracelet or religious attire exception.

- **Hair and Hair Accessories:** Long hair must be worn back off the athlete's face during competition. Headbands must be soft (e.g., fabric or elastic) not hard (e.g., plastic or metal). decorative hair accessories are not encouraged for competition. If they are worn, they must be totally secured for the safety of all competitors. If a hair accessory hinders the performance of that jumper and his/her partner or team, they will not be permitted to re-jump. **If a hair accessory hinders another competitor or team, that competitor or team will be allowed to re-jump, and the violator will be given a space violation.**

Altering the Competition Area: Athletes or coaches are not allowed to alter the competition space (floor, boundaries, or other).

Gum Chewing: For safety as well as for cleanliness, gum will not be allowed on the competition floor.

Sickness or Injury: Sick or injured athletes will not be awarded a re-jump or be given a heat change to accommodate them.

Warm Up: Athletes may warm up in their freestyle station after the floor managers have completed their duties. No extended sequences or tumbling runs will be permitted. The floor managers will intervene if necessary.

Timing Track : If the timing track fails during freestyle events by the music operator the jumper(s) can choose to accept the scores already noted by the judges with a



addition of a **0.2 (deduction my by head judge in REQUIRED ELEMENTS)** for going over or under time, or they can elect to re-jump for a new score.

The judge will raise the **Red flag** to indicate a lack of readiness at station. The **Green flag** will be raised once the athlete is ready in the arena.

Team Manager / Coach Box : A 2'x 2' coach box will be taped on the floor at each speed and freestyle station. This is to allow coaches or designated support people the ability to escort younger jumpers to their station and allow support people the ability to assist an athlete during their event.

Support people may bring a clicker to the station. They may not bring cameras or any other device to the station. Support people are prohibited from pounding on the floor to create a cadence for their jumper.

Support people will not be allowed to enter the station at any time or communicate with the judges. If a re-jump is being considered, the red flag will go up and the Tournament Director will come to the station and discuss it with the coach at that time.

Only one person will be allowed in the box at a time.

Use Of Music

Music is required for all freestyle events. Coaches will be required to submit their music electronically prior to the tournament as mp3's. Instructions for providing music and the deadline for submission will be provided to all coaches.

- All music must be family-friendly in all languages and appropriate for all ages.
- Jumpers should stop jumping and sit down if the incorrect music is played.



Equipment For Tournaments

Tournament organizers must provide:

- Certified timing systems for speed events.
- Score sheets and judging panels.
- Sound systems.
- Tables, chairs, and first-aid kits at all stations.

Organizers must ensure all equipment is tested before the start of events.

4. JUDGES / OFFICIALS REQUIREMENTS All judges must be IRSF certified. Certification includes completion of training modules, rulebook comprehension, and practical assessments.

Judge panels:

- Speed events: 3 (or 5 for re-jumps) 1 Head Judge & 2 Counter Judges.
- Freestyle: 11 (5 Difficulty, 5 Presentation, 1 Head Judge)

The Head Judge is responsible for monitoring compliance, resolving disputes, and finalizing score sheets. Judges must remain impartial and maintain detailed notes for scoring justification.

Coaches must undergo orientation before the tournament begins.



COMPETITION RULES

Competitive Events:

INDIVIDUAL EVENTS AND MASTERS, MALE AND FEMALE DIVISIONS :

1. Single Rope 30 second SPEED HOP
2. Single Rope 30 second SPEED SPRINT
3. Single Rope ENDURANCE 3 Minutes
4. Single Rope Freestyle - routine between 60 and 75 seconds choreographed to music.

TEAM EVENTS – MALE, FEMALE :

1. Single Rope Speed & Double Under Relay (4x30 seconds)
2. Double Dutch Speed Relay (4x45 seconds)
3. Single Rope Pair Freestyle (60-75 seconds)
4. Single Rope Team Freestyle (60—75 seconds)
5. Double Dutch Single Freestyle (60-75 seconds)
6. Double Dutch Pair Freestyle (60-75 seconds)
7. Double Dutch Pair Speed (2x30 seconds)

SPEED EVENT :

Judges count completed **RIGHT** foot jumps in speed. The two scores are added then averaged. Deductions are taken for **False Starts and Space violations** to compute the final total.

- * ATHLETE Tapping the **RIGHT FOOT** first after the BEEP sound will be counted, as the rope has made a full revolution / turn around the body.

Speed Event Rules:

- All speed events must take place in a 20 foot by 20 foot space (6.09 meters by 6.09 meters).
- All speed events will utilize a timing track available from IRSF.
- Completed right foot jumps will be counted in all speed events. There should be one revolution of the rope. First Right foot tapped will always be counted



as the rope completes a revolution.

- **Three (3)** judges must be assigned to each jumper or team. **One judge** is assigned as the **Head Judge**. The Head Judge is responsible for communicating with the athlete(s), checking for appropriate uniforms and equipment, checking for the proper execution of the event, recording

FALSE STARTS, ILLEGAL SWITCHES and entering the scores on to the scoresheet.

Five (5) speed judges will be assigned in the case of a **re-jump** due to a judge scoring discrepancy.

- The two (2) closest scores or the two score that are the same will be added together by the computer for the total score. In case of three (3) equally spaced scores , the two (2) highest scores will be added together.
- Deductions will not be taken for misses. Misses will not be counted.
- **If the score is tied, the jumpers will remain tied.**
- **False Starts:** any movement of the rope before the First command / Beep sound constitutes a False Start. Judges will not stop the jumper when a false start is detected. **TEN (10)** points will be deducted from the total score for a **Major false start (jumping the rope before the First tone)**. **A Minor False Start will be deducted 5 points.** Jumpers will not be allowed to jump their speed event again. **Two of the 3 speed judges at a station must agree that there was a false start. The Head Judge will make the final decision as to whether it was a major or minor false start if the other 2 judges disagree with each other.**
- The above rule will also apply to False Switches, (DDSR & DDPS) where the rope is jumped before **“Switch”** is called.



- **Illegal Switch:** Individual Rope (SS&DUR may not move their rope until the command “switch” is called. (DDSR & DDPS) members may not enter the ropes until the previous jumper has exited the ropes. Judges will not stop the jumper when an illegal switch is detected **Five (5)** points will be deducted from the total score for an illegal switch. Jumpers will not be allowed to re-jump their speed event again for false starts or switches.

Major False Start/Switch: The competitor jumps the rope before the call to “go” or to “switch” is given. (10) deduction.

Minor False Start/Switch: There is premature movement of the rope before the call to “go” or to “switch” is given. (5) Deduction.

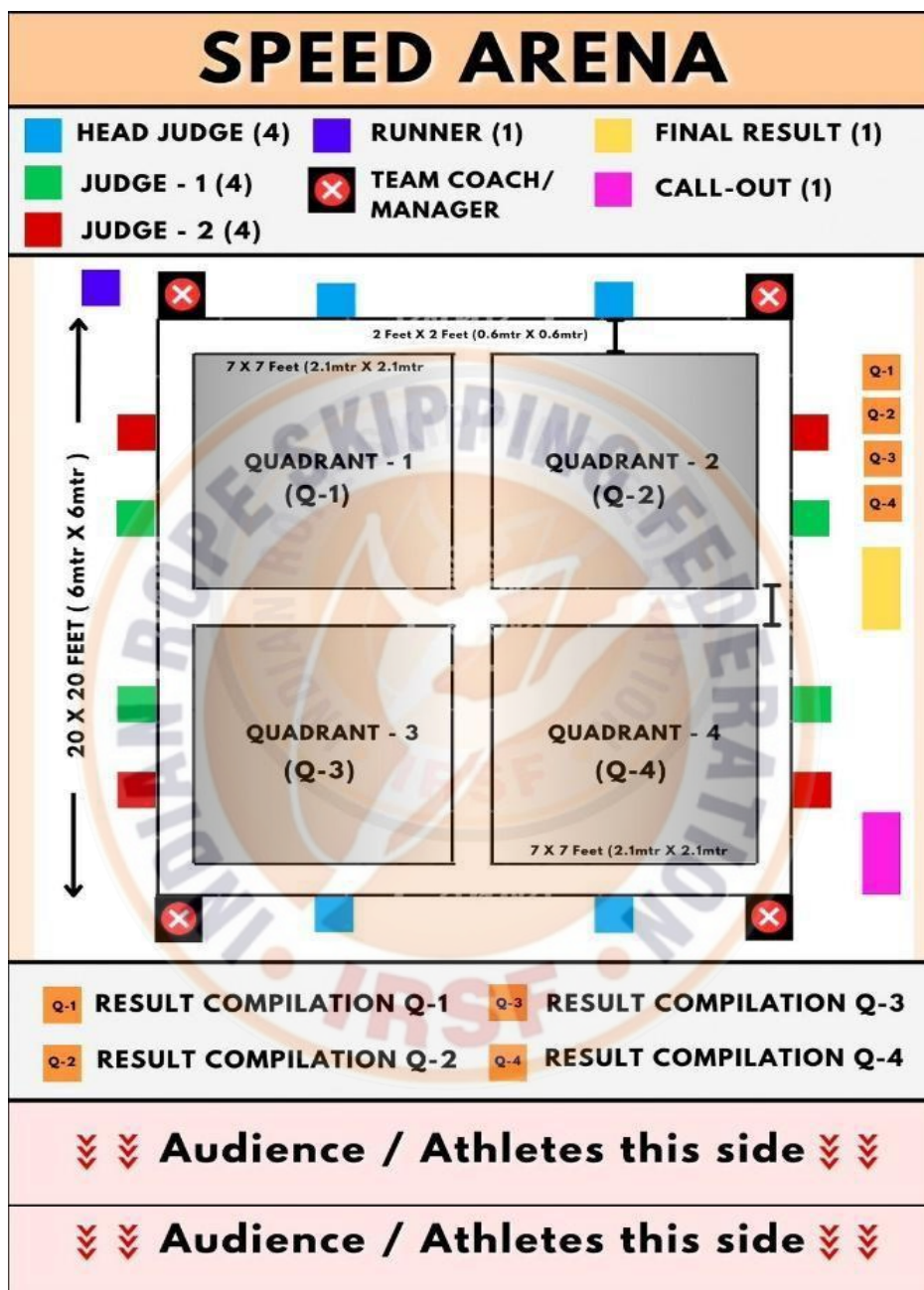
- **Each Space violation will result in a five (5) point deduction from the total score.** The Head Judge will stop the jumper’s rope and move him/her back into the correct speed station, in the case of a space violation in which the jumper strays into an adjacent competition area. The Head Judge will not use a tone for a space violation. Do not warn a jumper that he/she is going out-of-bounds. If jumper goes out of bounds, after the 3rd jump, **PHYSICALLY STOP THEM AND MOVE THEM BACK INSIDE THE BOUNDARIES AND RECORD A**

SPACE VIOLATION. Stop counting if a jumper is out of bounds. Athlete is considered out of bounds when **one or both of their feet go**



outside the boundary line.

- Only the Head Judge communicates with the jumper(s).



- For Double Dutch Speed Relay (DDSR) the following turning and jumping order must be followed:

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



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

INDIAN ROPE SKIPPING FEDERATION (IRSF)

DOUBLE DUTCH SPEED RELAY TURNING & JUMPING ORDER

TOTAL PATICIPANTS : 4 (A ; B ; C ; D)



A B C D

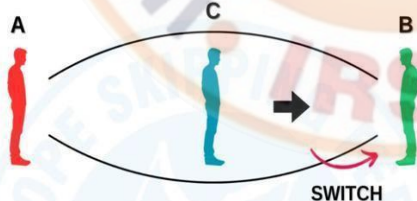
1. A and B turn for C >>>> Facing B

2. A and C turn for D >>>> Facing A

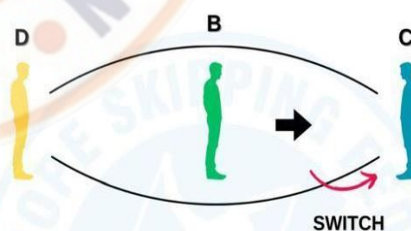
3. D and C turn for B >>>> Facing C

4. D and B turn for A >>>> Facing D

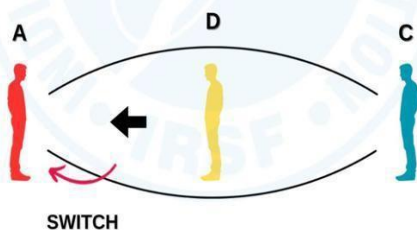
1. A and B turn for C >>> Facing B



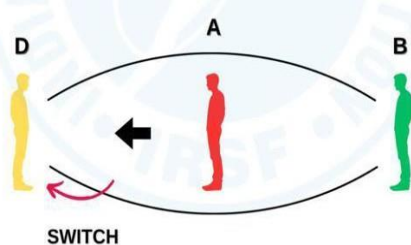
3. D and C turn for B >>> Facing C



2. A and C turn for D >>> Facing A



4. D and B turn for A >>> Facing D



Re-Jumps in Speed EVENTS are recommended to the **Tournament Director** by the **Head Judge** for technical reasons or may be requested by the designated Coach of the team for any other unfair situation that prevented the athlete(s) from a pair performance.

Acceptable Examples : Broken rope; error by the sound technician, interference by another competitor, coach, judge, or spectator; a discrepancy by the two closest judges in excess of 3 counts.

Unacceptable Examples: Shoelaces coming untied, late arrival, illness or injury of athlete

- In the case of a **Re-Jump** being offered, the athlete (s) will be given the option of keeping the score they were originally given (unless there has been a gross error by the judges). If a **Re-Jump** is chosen, the score for the **Re-Jump** will be applied.
- Only one **Re-jump** will be permitted for a broken rope in speed event. Athletes may bring one additional rope to the re-jump station to be used if the rope breaks in the re-jump.
- **Five (5)** speed judges will be assigned in the case of a re-jump due to a judge scoring discrepancy.
- The normal wait period before a Re-Jump is a minimum of **5 minutes**.

SPEED JUDGES

IMPORTANT -

- Concentrate on right foot only.

HEAD SPEED JUDGE

- Make all communications with the jumper(s) at your station and with the Tournament Director.
- Make sure each jumper knows the boundaries. Do not warn a jumper that he/she is going out-of-bounds. If jumper goes out of bounds, after the 3rd jump, **PHYSICALLY STOP THEM AND MOVE THEM BACK INSIDE THE BOUNDARIES AND RECORD A SPACE VIOLATION.** Stop counting if a jumper is out of bounds. Athlete is considered out of bounds when **one or both of their feet go outside the boundary line.**
- Be sure you have the correct scoresheet for the jumper(s).



- Check for jewelry, watches, gum, etc.
- Check for proper execution of event. **Example: feet alternating correctly in speed. If all jumpers do not jump and turn in the 4x30 second double dutch speed relay event, the team will receive a zero. (0)**
- Record minor and blatant false Starts/Switches and Space violations. Be sure to write **NO** in the box on the scoresheet if false starts or switches, or other penalties do not apply OR specify the violation if one occurs. All 3 judges must concur.
- Keep athletes away while scores are being recorded, then give them an unofficial score if asked after scores have been recorded.
- Record scores in correct order – Head Judge, JUDGE 1, JUDGE 2

FREESTYLE

5 Judges assess the Difficulty of the skills of a freestyle routine and **5 judges assess the Presentation and Creativity** of a routine. The middle **3** scores of each judging area are averaged. The **Head Judge allots points for required elements and deducts points for Time and Space violations**. Misses are counted by the Head Presentation, Head Content and Head Judge. The total score is then calculated.

FREESTYLE EVENT RULES

Choreographic Balance: Difficulty, Density, Presentation, and Creativity are judged using the established criteria of **IRSF Technical Manual**. The way that the routine is choreographed to music is also considered in IRSF events / competition.

Freestyle Scoring Summary in Single Rope and Double Dutch : Freestyle scoring will be judged on a Ten Point (10) Decimal Scale. **A perfect score is ten (10) points**. Freestyle routines are scored in four areas:

Difficulty, Presentation, Required Elements and Deductions (variable). Judges may have separate responsibilities.

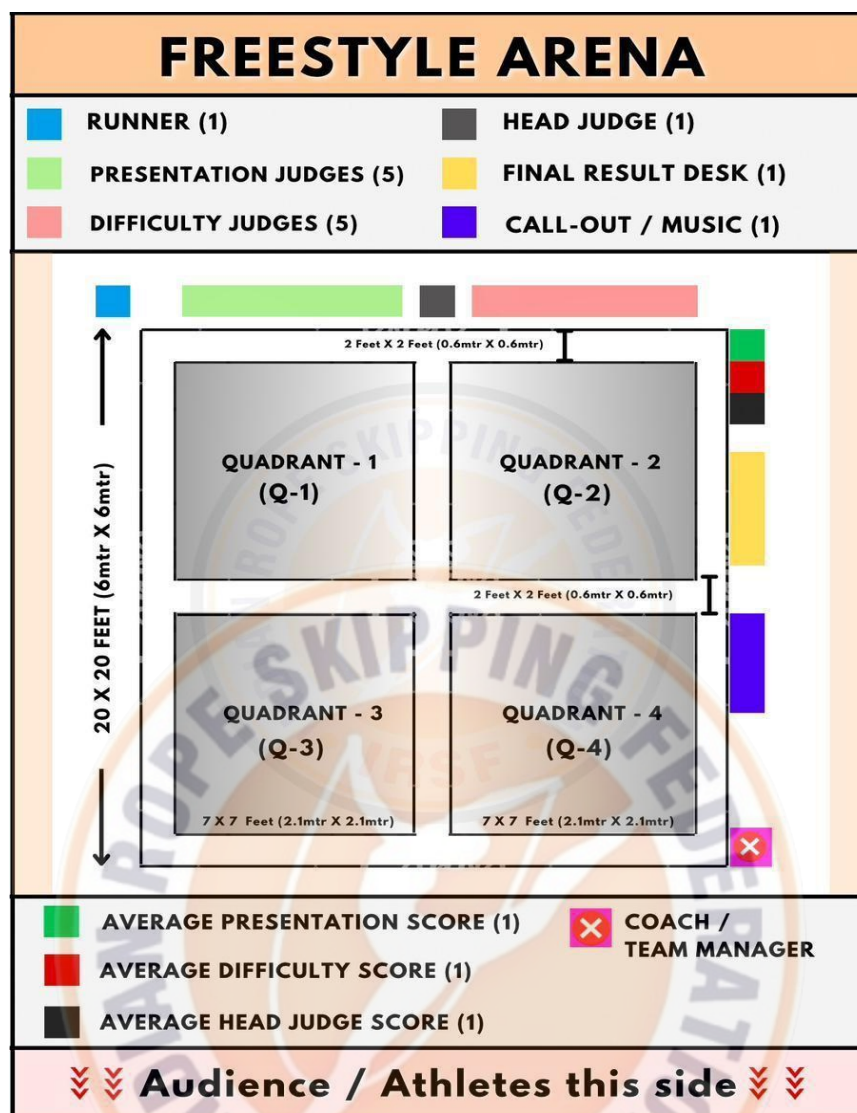


A. All Freestyle Routines will be performed in a 20 foot by 20-foot

space. **One tenth of a point (0.1) will be deducted for each space violation.**

- B. All Freestyle events are to be performed in **60-75 seconds**. **Two-tenths of a point (0.2) will be deducted for any time violation under or over time.**
- C. If the timing track fails during freestyle events, (By the music operator) the jumper(s) can choose to accept the scores already noted by the judges with the **ADDITION** of a **0.2** score already deducted by the head judge for going over/under time; or they can elect to re-jump for a new score.
- D. Music is required for all freestyle events. Music be family friendly and appropriate for all ages.
- E. Freestyle Judge Panels will be comprised of **11 judges** (judging responsibilities for each type of judge is described later in this document). Total
- **One Head Judge/Element Judge (1)** - responsible for judging the Required Elements and any deductions, for up to **(1.0)** of total freestyle score.
 - **Five Difficulty Judges (5)** - responsible for judging Difficulty, for up to **6.0** of total freestyle score. The highest and lowest Difficulty scores will be dropped, and the remaining scores will be averaged for the total Difficulty score. The highest and lowest Difficulty scores will be dropped, and the remaining scores will be averaged for the total Difficulty score.
 - **Five Presentation Judges (5)** - responsible for Creativity and Presentation, for up to **3.0** of total freestyle score. The highest and lowest presentation scores will be dropped, and the remaining scores will be averaged for the total presentation score.
 - **Overall Freestyle Score will be calculated as follows: Head Judge Score + Average Difficulty Score + Average Presentation Score – (Time and Space Violations) = Final Freestyle Score**





JUDGEMENT ON PRESENTATION

Elements that affect the aesthetic qualities of a routine, including the appearance and conduct of the athletes(s). The routine contains and **opening stance and ending stance or bow**. Overall **facial expression** during the routine. **Body alignment and extension, good posture maintained and kicks fully extended, correct form for gymnastics and strength moves**. The **smoothness and flow of the skills to the music** is also judges in this area. Judges evaluate athletes' **conduct and appearance from entry to exit from the station**.

- **Application of Music in Freestyle:** Music should be in sync to the Choreography of a Freestyle routine. While every step will not



necessarily be tied to the music, the effect needs to be that the **routine has been designed with the particular piece of music in mind**. The types of **steps and skills included should reflect the phrasing and style of the piece**.

- **Creativity:** The use of music, unique skills, combinations, associated movement or other choreographed element.

MAKE NOTATIONS ON PRESENTATION AND CREATIVITY TO DETERMINE THE AVERAGE LEVEL BEFORE RECORDING SCORES.

QUALITY OF PRESENTATION and CREATIVITY

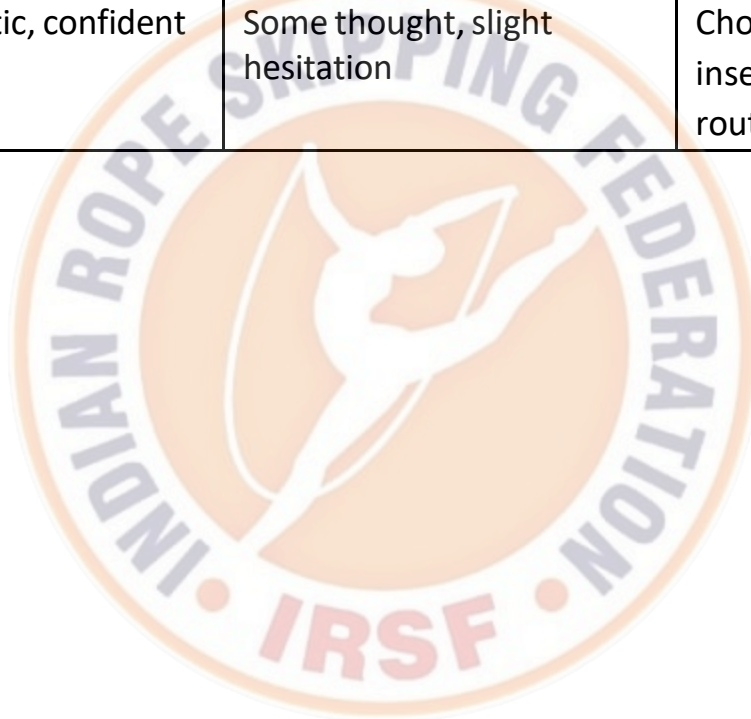
Presentation judges take into consideration everything that is done on the competition floor, including beginning and ending poses, countenance (facial expression and eye contact with the judges), smoothness and flow of routine, posture (body alignment and extension), and music interpretation, and all moves that do not involve the rope(s), including behavior and appearance.

All Presentation judges : In freestyle and group routines, music should be in sync with the music. Routines should be judged accordingly.

Level	Presentation Point Scale	Creativity Point Scale
Masters	1.7 - 2.0	0.9 - 1.0
Advanced	1.3 - 1.6	0.7 - 0.8
Intermediate	0.9 - 1.2	0.5 - 0.6
Elementary	0.5 - 0.8	0.3 - 0.4
Basic	0.0 - 0.4	0.0 - 0.2



PRESENTATION – ABOVE (M&A)	PRESENTATION – AVERAGE (I)	PRESENTATION – POOR (E&B)
Smiles, eye contact	Neutral, inward concentration	Distracting
Grace(moving in smooth & controlled way) ease, Amplitude	Obvious effort	Struggles
Strong strength, gymnastic moves, Multiples	Well enough to complete skills, minor form breaks	Poor form that detracts from Routine
Smooth, energetic, confident	Some thought, slight hesitation	Choppy (rough) and insecure, detracts from routine



Upright posture	Bent over to help with execution, eyes down	Hunch/hump (bending forward) over, lack of confidence and skill
Pairs and teams perfectly synchronized, lots of changes in beat, directionality, movement	Synchronized, but not that complex, some changes in beat, directionality and movement	Not synchronized, focus on each other to stay together.
CREATIVITY – ABOVE (M&A)	CREATIVITY – AVERAGE (I)	CREATIVITY – POOR (E&B)
Poses unique, enhance routine	Poses there	No poses
Variety of skills, all elements	Repetition, not a wide variety	One type of move/element Dominates
Unique moves, sequences	Interesting but familiar	Not unique
Directionality and movement varied (not often)	Movement varied, but predictable (often)	Movement not flattering or not There

PRESENTATION AND CREATIVITY NOTATIONS MUST BE WRITTEN IN THE SPACE PROVIDED ON YOUR SCORE SHEET.

Scores may not be arbitrarily awarded. When each routine is finished, fill out your score sheet, turn it face down and set in front of you for the **RUNNER TO PICK UP**. DO NOT do the math required for your score sheet. Result TEAM will do that. NO TIME TO THINK.

Presentation (Average) + Creativity (Average) = TOTAL / 3 = TOTAL PRESENTATION SCORE



DIFFICULTY JUDGING: 60% (6 POINTS)

DIFFICULTY : The use of skills that are challenging to execute. Judges will consider coordination, strength, flexibility, and timing when evaluating the skills. **BACKWARDS TURNING MAY INCREASE THE LEVEL OF DIFFICULTY**. Points should only be given for skills successfully completed.

LEVELS OF DIFFICULTY :

Point range for the levels adjusted slightly to accommodate for added level, maximum value for difficulty will be **6.0**.

The Difficulty Scale is :

- Basic/Level 1 : 1.0
- Elementary/Level 2 : 2.0
- Intermediate/Level 3 : 3.0
- Advanced/Level 4 : 4.0
- Masters/Level 5 : 5.0
- Exceptional/Level 6 : 6.0

DIFFICULTY NOTE TAKING

The following are note-taking procedures for content judges:

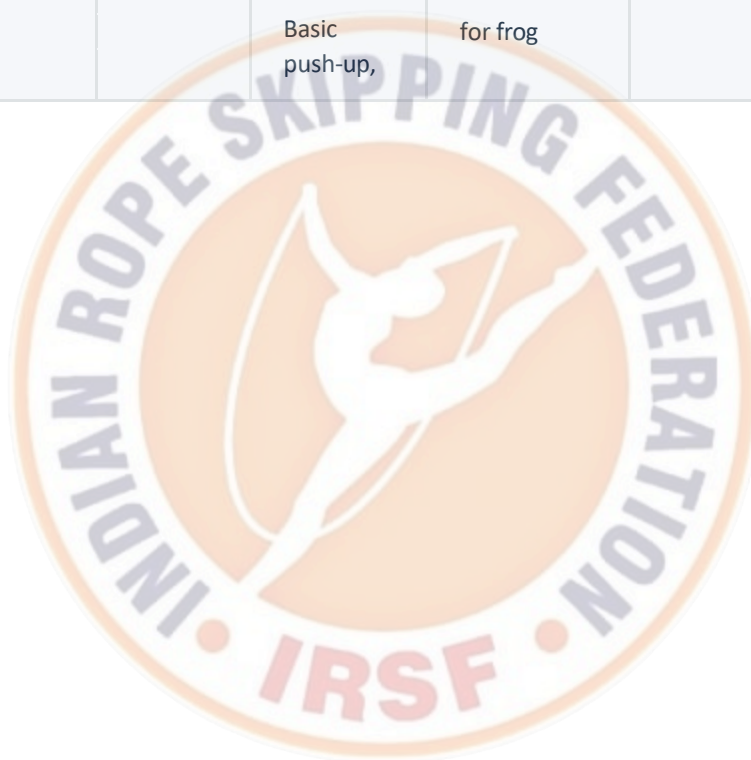
- Count every skill in the routine determine the skill level and mark a notation in the appropriate skill level on the judges score sheet.
- Continue to count every skill until the conclusion of the routine.
- A miss or break is not counted.

REMINDERS :

- Notice that Movement/Rotations, additions of elements such as multiples or releases and change of rope direction are keys to upgrading difficulty as you make notations for Difficulty levels.
- Only skills performed within the turning Double Dutch ropes, or Single rope skills performed with the rope should be counted for Difficulty.
- Remember to give credit for all entries, exits and turner/jumper interaction.



Starting Level	0	0.5	1	2	3	4	5	6
Multiples	Single		Double	Triple	Quad	Quintuple	Sextuple	Septuple
Power		Bubble (regardless of the number of wraps)	Basic Power (not Pulling rope): basic frog, Basic push-up,	Power pulling rope: frog exit, push-up, crab, two footed entry for frog	One handed power			Backwards power: examples- darkside, sunny D



			butt bounce, back jump					
Gymnastics			Cartwheel and round-off	Handsprings, kip, suicide	Flips			
Rope Manipulation	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				
Releases			Basic release, inversed release, snake release, floater	Mic release, 2 handled rope release	Lasso (snake release above head, catching it out of the air)			
Scoops / Interactions			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			
Footwork		Footwork						

The score is determined by the “average” based on your notes then multiplied by the difficulty factor in charts below.

DIFFICULTY NOTATIONS MUST BE WRITTEN IN THE SPACE PROVIDED ON YOUR SCORE SHEET. When each routine is finished, fill out your score sheet, and place face down for



the runner to collect. Do not do the math required for your score sheet.

Computing Content Score:

1. Add all score notations and divide by the number of skills performed to achieve the raw score. The raw score will be multiplied by the difficulty factor to compute the final score.

Sample scores:

SKILL LEVEL	JUDGES NOTATIONS	TOTAL # SKILLS	RAW SCORE
1	//	2	2
2	////	4	8
3	////////	6	18
4	////////	7	28
5	////////	8	40
6	////	5	30
		32	126

3.93

2.52



DIFFICULTY FACTOR CHART:

#SKILLS	DIFFICULTY FACTOR	#SKILLS	DIFFICULTY FACTOR	#SKILLS	DIFFICULT Y FACTOR	#SKILLS	DIFFICULT Y FACTOR	#SKILLS	DIFFICULTY FACTOR
1	= 0.02	11	= 0.22	21	= 0.42	31	= .62	41	= 0.82
2	= 0.04	12	= 0.24	22	= 0.44	32	= .64	42	= 0.84
3	= 0.06	13	= 0.26	23	= 0.46	33	= .66	43	= 0.86
4	= 0.08	14	= 0.28	24	= 0.48	34	= .68	44	= 0.88
5	= 0.10	15	= 0.30	25	= 0.50	35	= .70	45	= 0.90
6	= 0.12	16	= 0.32	26	= 0.52	36	= .72	46	= 0.92
7	= 0.14	17	= 0.34	27	= 0.54	37	= .74	47	= 0.94
8	= 0.16	18	= 0.36	28	= 0.56	38	= .76	48	= 0.96
9	= 0.18	19	= 0.38	29	= 0.58	39	= .78	49	= 0.98
10	= 0.20	20	= 0.40	30	= 0.60	40	= .80	50	= 1.00



FREESTYLE HEAD/REQUIRED ELEMENTS JUDGE: 10%

FREESTYLE HEAD/ REQUIRED ELEMENTS JUDGE:

Freestyle Head Judges are responsible for judging the Required Elements of a routine and for noting any Space violations, Time violations.

REQUIRED ELEMENTS:

Each required element must be demonstrated **a minimum of twice at any level** *with the exception of spatial dynamics for Single Rope events and synchronized team footwork for Double Dutch events*. No credit is given if the element is omitted completely or attempted with no success at all.

- **Full credit (0.2)** will be awarded for each required element completed successfully a minimum of **twice** during the routine, *except for Spatial Dynamics for Single Rope events and synchronized team footwork in Double Dutch events*.
- **Partial credit (0.1)** will be awarded for each required element completed successfully one time during the routine.
- **No Credit (0)** should be awarded for each required element that is omitted or that the jumper misses while attempting to complete the required element.
- **No Credit (0)** should be awarded to Double Dutch required elements performed **WITHOUT** the ropes turning around or passing under the body.
- Be Aware that jumpers often fulfil more than one required element in a single skill or sequence (e.g. rope manipulations combined with rope direction changes performed while using space).

THE REQUIRED ELEMENTS IN FREESTYLE EVENTS ARE:

1. Use of Music (0), (0.1), (0.2)
2. Strength Movement (Multiple Unders and Inversion or Displacement Skills) (0), (0.1), (0.2)
3. Directionality/Backwards Skills in Single Rope events or Synchronization/Unison in Double Dutch events (0), (0.1), (0.2)
4. Spatial Dynamics in Single Rope events and Double Dutch events or Dynamic Interaction in Single Rope Pairs and 4-Person Single Rope Freestyle events. (0), (0.1), (0.2)
5. Rope Manipulation Skill in Single Rope and Intricate Turner Skill/Turner/Jumper Exchanges in Double Dutch. (0), (0.1), (0.2)



1. *USE OF MUSIC*

Freestyle routines must have music. **Full credit will be awarded for a routine which begins and ends with the music. Note the beginning of the routine may be delayed up to 16 beats without penalty to accommodate music which is designed with a passage or intro.** The end of the routine must end on cue or music may fade at the conclusion of the routine. Music should be cut or faded to end the routine. **Music that continues to play without fade after the ending pose will not receive full credit.**

- Full credit when routine begins **and** ends with music. (0.2)
- Partial credit, 0.1 will be awarded if the routine starts on cue but does not end with the music or fade.
- Partial Credit, 0.1 will be awarded if the routine does not start on cue and ends with the music or fade.
- No Credit may not be awarded if the routine does not begin and end with the music.

2. *STRENGTH MOVEMENT SKILLS*

This includes Multiple Under skills that involve the rope rotating more than one time per jump; and Inversion Displacement Skills which require a **change in the center of gravity, displaying strength, balance, flexibility, and/or agility (including gymnastic-type skills).** Full credit will be awarded for the successful completion of at least two of these skills. GYMNASTICS SKILLS

- Partial credit will be awarded for successful completion of only one of these skills.
- No credit will be given if the jumper(s) fail to complete at least one of these skills.

3. *DIRECTIONALITY / BACKWARDS SKILLS IN SINGLE ROPE*

In Single Rope Events: Skills demonstrating an obvious change in the direction of the rope around the jumper's body. The direction of the rope is determined by the direction the rope approaches the jumper's feet. If the rope approaches the jumper's toes, the rope is going forward. If the rope approaches the jumper's heels, the rope is going backward. **Note that the rope must make a complete revolution around the jumper's body to satisfy this requirement.**



- Full credit will be awarded for two changes of direction during the routine by each jumper.
- Partial credit will be awarded for one change of rope direction by each jumper during the routine.
- No credit will be given if the jumper(s) fails to complete a change of direction during the routine.

Examples:

- **Full credit example:** jumper begins routine with rope moving in forward direction, then changes rope to backward direction for a period and then changes rope to forward direction for another period. (2 rope direction changes)
- **Partial credit example:** jumper begins the routine with the rope moving forward; jumper jumps most of the routine in the forward direction. Toward the end of the routine, the jumper changes direction of the rope to backwards and jumps the remainder of the routine in the backward direction, ending the routine in the backward direction. (1 rope direction change)
- **No credit example:** jumper does entire routine in the forward direction. (No change of rope direction)
- **Things to watch:**
 - o Watch for the direction of the rope during gymnastic skills. These will count for a direction change, if the rope revolves around the jumper's body.
 - o Side swings, buddy bounces, stalls without jumping the rope, helicopters, horizontal body wraps, and other such skills do not count toward a direction change, as the rope does not revolve around the jumper's body.
 - Skills that involve changing from forward to backward in one jump will count for a change of direction

4. SPATIAL DYNAMICS (SINGLE ROPE EVENTS) OR DYNAMIC INTERACTION (SINGLE ROPE PAIRS EVENTS and 4-PERSON FREESTYLE EVENTS):

In Individual Single Rope events, the Spatial Dynamics element is defined as movement throughout the performance area.

- o To receive full credit, the jumper must use all four quadrants of the



competition area outside of a three-foot centre radius. The quadrants are marked with a + formation on the floor. If the jumper uses 2 or 3 quadrants, partial credit will be awarded. No credit will be awarded if the jumper remains in the same quadrant for the entire routine or fails to move outside the three-foot centre radius.

Dynamic Interaction is required for Single Rope Pairs Freestyle and 4-Person Freestyle Events.

This element is demonstrated when jumpers interact cooperatively and are highly dependent on one another (e.g. it is not possible to perform the skill without both jumpers' collaboration)

Full credit will be awarded when the jumpers successfully complete dynamic interaction at least twice during the routine (example: Scoops, Chinese Wheel). Partial credit will be awarded if dynamic interaction is successfully completed once during the routine. No credit will be given if the jumpers fail to successfully complete dynamic interaction at least once.

Rope Manipulations In Single Rope:

In Single Rope: Skills that cause the rope to perform motions other than the standard loop around the body (e.g. crosses, releases, swings, wraps).

- Full credit will be awarded when each jumper successfully completes at least 2 rope manipulations during the routine. Consecutive rope manipulations will fulfill this requirement.
- Partial credit will be awarded for 1 rope manipulation per jumper during the routine.
- No credit will be given if the jumpers fail to successfully complete at least one rope manipulation.



DOUBLE DUTCH:

In Double Dutch Events: Synchronized team footwork. **To receive full credit, all jumpers and turners must perform synchronized team footwork in unison.** This required element does NOT need to be completed twice. **If some of the jumpers and turners participate, partial credit will be awarded. No credit will be given if synchronized team footwork is not done.**

<u>Required Element</u>	<u>Scoring</u>
Use of Music	0.2 = Routine begins and ends with music 0.1 = Routine either only begins or ends with music 0 = Does not begin and end with music
Strength Movement (Multiples, Inversion or Displacement)	0.2 = 2 multiples and/or inversion/displacements completed 0.1 = 1 multiple or inversion/displacement completed 0 = No multiples or inversion/displacements completed
Directionality/ Backward Skills (Unison Skills)	0.2 – All members participate 0.1 – Some members participate 0 – No footwork in unison
Spatial Dynamics (Exchange of Turner/Jumper)	0.2 - All Team members both turn and jump 0.1 - Some team members turn and jump 0.0 – No turner / jumper exchange
Rope Manipulation (R)	0.2 = 2 rope manipulations completed 0.1 = 1 rope manipulation completed 0 = No rope manipulations completed



In Double Dutch Spatial Dynamics is defined as any movement that results in a jumper becoming a turner and a turner becoming a jumper. ALL athletes must be jumpers and turners during the routine to receive full credit. Partial credit will be awarded if only some jumpers and turners participate. No credit will be given if spatial dynamics is not done.

INTRICATE TURNER SKILL IN DOUBLE DUTCH

In **Double Dutch**, these skills involve Intricate Turner Skill/Turner/Jumper Exchanges

SKILLS MUST BE DONE WITHIN OR INVOLVING A ROPE TO RECEIVE CREDIT!!!

The following judging cards will be on the table with your score sheets.

***0.2 + 0.2 + 0.2 + 0.2 + 0.2 = 1 point (REQUIRED ELEMENT)**



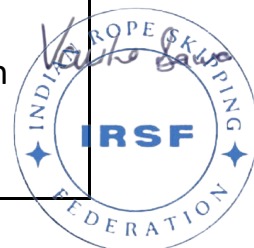
SINGLE ROPE LEVELS OF DIFFICULTY

Multiple:

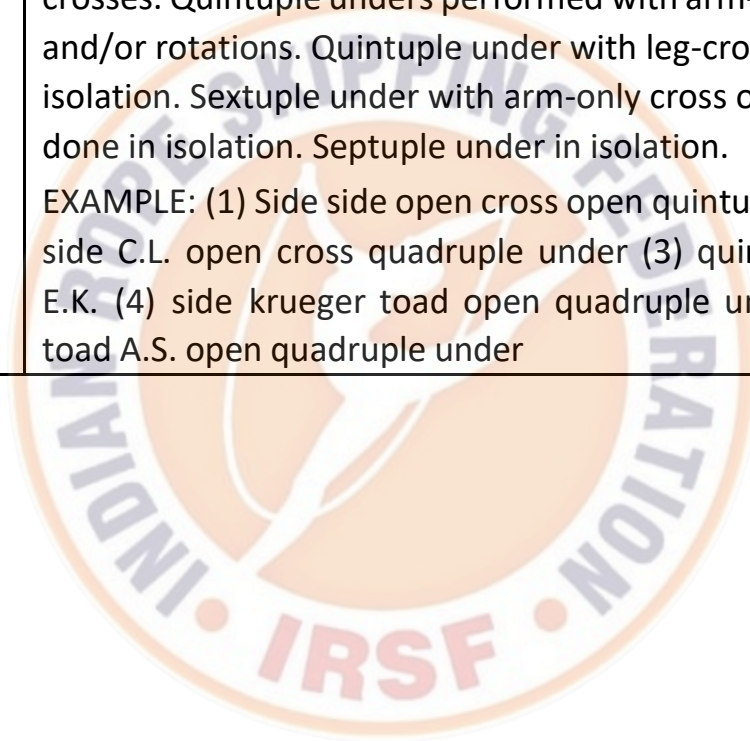
Skills which involve the rope rotating more than one time per jump.

Table 8. Single Rope Levels of Difficulty: Multiples

Level	Description and Examples
Basic / Level 1	One or more basic double unders performed in the routine.
Elementary / Level 2	Double unders performed with basic arm movements or footwork, and/or rotation One triple under or side swing triple under in isolation. EXAMPLES: Double unders with basic crosses and/or side swing crosses, double unders in a jogging step.
Intermediate / Level 3	Double unders performed with arm movements , arm- only crosses, and/or rotations, possibly including more than one triple under or side swing triple under. Triple under with any arm-only cross or rotation done in isolation. Quadruple under in isolation. EXAMPLES: Double unders with front-back crosses and double back crosses ending with side swing triples. Triple under with a front- back cross, triple under 360 (EK) in isolation.
Advanced / Level 4	Double unders performed with intricate/detailed arm and leg crosses . Triple unders performed with arm-only crosses and/or rotations. Triple under with leg- cross done in isolation. Quadruple under with arm-only cross or rotation done in isolation. Quintuple under in isolation. EXAMPLE: (1)) A.S. open double under (2) side cross open triple under (3) triple under E.K. (4) side cross cross triple under (5) C.L. open double under



<p>Master s / Level 5</p>	<p>Ttriple unders performed with intricate/detailed leg crosses. Quadruple unders performed with arm-only crosses and/or rotations.</p> <p>Quadruple under with leg-cross done in isolation. Quintuple under with arm- only cross or rotation done in isolation.</p> <p>Sextuple under in isolation.</p> <p>EXAMPLE: (1) Inverse T.J. triple under (2) E.B. T.J. triple under (3) open A.S. open triple under (4) side cross E.B. quadruple under (5) 180 side cross open cross quadruple under</p>
<p>Exception al / Level 6</p>	<p>Quadruple unders performed with intricate arm and leg crosses. Quintuple unders performed with arm-only crosses and/or rotations. Quintuple under with leg-cross done in isolation. Sextuple under with arm-only cross or rotation done in isolation. Septuple under in isolation.</p> <p>EXAMPLE: (1) Side side open cross open quintuple under (2) side C.L. open cross quadruple under (3) quintuple under E.K. (4) side krueger toad open quadruple under (5) side toad A.S. open quadruple under</p>



Inversion Displacement (I/D)

Skills requiring a change in centre of gravity or inversion of the body, displaying strength, flexibility, and agility.

Examples of moves that may be considered in this category:

*Leaps

*Push-ups

*Crab jumps

*Mountain Climber

*Donkey kicks

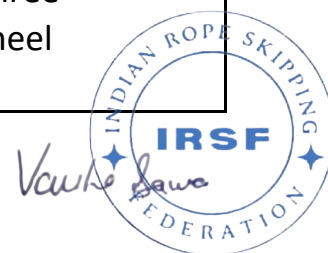
*Jumping in splits

*Any acrobatic or gymnastic skill (refer to tumbling levels of difficulty document)

*Frog-style donkey kicks: diving from both feet into a handstand position (vs. kicking up one foot at a time as in a regular donkey kick)

Single Rope Level of Difficulty – Inversion Displacement

Level	Description and Example
Basic / Level 1	Simple skill involving raising or lowering the center of gravity, or a simple acrobatic skill inverting the body. EXAMPLES: simple leaps, forward roll, cartwheel, squat jump.
Elementary / Level 2	Simple acrobatic skill or a single strength move done in isolation while the rope turns around the body. EXAMPLES: round-off, one jump in push-up position, one donkey kick jump, mountain climbers, front handspring landing in a squat position.
Intermediate / Level 3	Intermediate acrobatic skill performed while rope turns around the body, simple strength moves and/or acrobatic moves performed consecutively or in combination. EXAMPLES: front handspring into a push-up, three donkey kicks performed consecutively, cartwheel into crab jumps.



Advanced / Level 4	<p>Multiple acrobatic and/or strength moves done in combination, showing variations of inversion or displacement skills that require more strength, agility, and flexibility to perform.</p> <p>EXAMPLE: combination involving a round-off directly into three frog-style donkey kicks into a crab jump into the splits performed with the rope passing under the jumper's feet.</p>
Masters / Level 5	<p>Level 4 or acrobatic skills are performed in combination with other types of Level 4 jumping skills.</p> <p>EXAMPLE: frog-style donkey kicks performed with double unders into behind the knees crosses into double under push-ups with crosses.</p>
Exceptional/ Level 6	<p>Level 5 strength or acrobatic skills are performed in combination with other types of Level 5 jumping skills.</p> <p>Example: (1) Roundoff back tuck with triple under A.S. (2) backwards triple under C.L. to push-up (3) double under kamikaze (4) push-up kamikaze to frog (5) coming out of the frog, double under T.J. landing in split</p>



Rope Manipulation (R)

Skills that cause the rope to perform unique motions other than the standard loop around the body.

Examples of moves that may be considered in this category:

- *Rope releases (of one or both handles) *Wraps *Crosses of all kinds
- *Swings (swinging rope overhead, at sides, or under feet) *Rotational skills

Single Rope Levels of Difficulty – Rope Manipulation

Level	Description and Example
Basic / Level 1	Simple movement done in isolation requiring one motion. Simple release and catch of one handle. EXAMPLE: jumper performs only a side swing to the left and then a side swing to the right while standing still. One forward cross. Half turn to jumping backwards.
Elementary / Level 2	Simple crosses, swings or wraps done in combination with other arm skills or basic body movements. Simple release and catch of one handle while completing a skill of similar difficulty. EXAMPLE: jumper performs consecutive side swings while moving or rotating, overhead swing into body wrap, side swing crosses, front-back (or EB) cross in isolation, leg over arm jump, release and catch of one handle.
Intermediate / Level 3	Release and catch of one handle during which the rope does at least one revolution. Crossing skills where both arms cross behind the back or one or both arms crosses under one or both legs. EXAMPLE: Mic release, T.S., E.B. toad



Advanced / Level 4	<p>Release skills involving intricate or unusual release and regasp techniques a one handle release during which the rope does at least one revolution while completing a skill of similar difficulty, basic release and catch of both handles simultaneously. Level 3 crossing skills involving a combination of arm and leg crosses of similar difficulty.</p> <p>EXAMPLE: Mic release into A.S.</p> <p>EXAMPLE: (1) Inverse toad (2) C.L. (3) switch cross C.L. (4) caboose (5) backwards T.S.</p>
Masters / Level 5	<p>Level 4 rope manipulation skills are performed in combination with other types of Level 4 jumping skills. A two-handle release into which the jumper incorporates a skill of similar difficulty.</p> <p>EXAMPLE: (1) Backwards double under landing in A.S. (2) switch cross backwards A.S. (3) backwards T.S. (4) backwards switch cross T.S. (5) two handle rope release</p>
Exceptional/ Level 6	<p>Level 5 rope manipulation skills are performed in combination with other types of Level 5 jumping skills.</p> <p>EXAMPLE: (1) Mic release into triple under back tuck (2) 180 quadruple under switch cross A.S. (3) double under C.L. landing in frog (4) come out of the frog in a backwards jump and release both handles (5) catch both handles while going into a triple under A.S. front tuck</p>



Spatial Dynamics (S)

Single Rope Spatial Dynamics

This required element does not require difficulty levels. Jumpers receive full credit for passing through all four quadrants of the floor space at a minimum three-foot radius from the centre.

Pairs Dynamic Interaction

This can involve trading rope handles, both jumpers in one rope, or one partner jumping the rope that is being turned by the other partner. A pair's interaction combination is required during the routine, but it is not necessary to perform pair's interaction skills in other sequences throughout the routine.

Inclusion of interaction during sequences within a pair's routine will raise the level of difficulty for any sequence that involves it.

Examples of skills in this category: Traveler, scoops, two jumpers in one rope, Chinese wheel.

.Single Rope Levels of Difficulty – Pairs Dynamic Interaction

Level	Description
Basic/ Level 1	Any basic scoop in which only one jumper jumps the rope at a given time. Also, basic face-to-face scoops, or a scoop with one jumper behind the other jumper, performed with mostly double bounce jumping. Jumpers rotate around each other. EXAMPLE: Jumpers start side by side, one jumper does a 180 toward partner and scoops to switch places. Jumpers rotate around each other performing basic level tricks.
Elementary / Level 2	Single and double bounce scoops w/both jumpers jumping the rope. Shared rope skills (one-wheel/two-wheel) performing basic level skills. All scoops performed with one rope is laid on the floor are elementary. EXAMPLE: Crosses and 360 performed in a one-wheel or two-wheel. Double bounce scoops performed while rotating and alternating scoopers, basic crossing scoop.
Intermediate / Level 3	Both jumpers take turns scooping and being scooped while performing single bounce elementary level skills. Strength and multiple under scoops performed at an elementary level. Both athletes holding ropes during interaction will be intermediate level. EXAMPLE: Double under scoop; E.B. scoop; pushup scoop; frog scoop.



Advanced / Level 4	Combination displaying intermediate levels of strength/multiple under scoops, spinning, and backwards direction of ropes, scoops in leg cross positions, all performed with single bounce jumping and few breaks. EXAMPLE: Jumpers perform side by side pushups facing opposite directions. One jumper performs kamikaze into a log roll while other does a 180 triple over partner landing in pushup, log roll over pushup, two-footed frog scoop.
Masters / Level 5	A sequence of 3 or more interaction moves performed in combinations, including advanced levels of scooping or other elements with few breaks. EXAMPLE: SS triple under scoop landing in front of partner, person in front does fast crossing series while person getting scooped alternates between fast jumping and double under jumping, backwards leap frog scoop, backwards double under pushup scoop scooping both partner and scooper.



Backward Skills (B)– Head Judge Only

Directionality / Backwards Skills (B)

Skills demonstrating an obvious change in the direction of the rope around the jumper's body.

- The direction of the rope is determined by the direction the rope approaches the jumper's feet. If the rope approaches the jumper's toes, the rope is going forward. If the rope approaches the jumper's heels, the rope is going backward. *Note that the rope must make a complete revolution around the jumper's body to satisfy this requirement.*
- Full credit will be awarded for two changes of direction during the routine by each jumper. Partial credit will be awarded for one change of rope direction by each jumper during the routine. No credit will be given if the jumper(s) fails to complete a change of direction during the routine.
- Examples:
 - o Full credit example: jumper begins routine with rope moving in forward direction, then changes rope to backward direction for a period and then changes rope to forward direction for another period. (2 rope direction changes)
 - o Partial credit example: jumper begins the routine with the rope moving forward. Jumper jumps most of the routine in the forward direction. Toward the end of the routine, the jumper changes direction of the rope to backwards and jumps the remainder of the routine in the backward direction, ending the routine in the backward direction. (1 rope direction change)
 - o No credit example: jumper does entire routine in the forward direction. (no change of rope direction)
 - o Things to watch:
 - Watch for the direction of the rope during gymnastic skills. These will count for a direction change, if the rope revolves around the jumper's body.
 - Side swings, buddy bounces, stalls without jumping the rope, helicopters, horizontal body wraps, and other such skills do not



count toward a direction change, as the rope does not revolve around the jumper's body.

- Skills that involve changing from forward to backward in one jump will count for a change of direction (e.g., EK full twist).

DOUBLE DUTCH LEVELS OF DIFFICULTY

Multiples (M)

Skills involving a rope or ropes passing under the jumper's feet more than one time per jump.

Examples of moves that may be considered in this category:

*Up the ladder: Multiple unders performed while the turners alternate between pulling one or both ropes above the jumper's head and under the jumper's feet.

Double Dutch Levels of Difficulty - Multiples

Level I	Description and Example
Basic / Level 1	Double unders while jumper maintains basic jumping rhythm.
Elementary / Level 2	Double unders while jumper performs simple leaps (tuck jumps, full twist jump, straddle leap), double unders performed while turners move, rotate, or change positions.
Intermediate / Level 3	Double unders with up the ladder moves performed at a moderate pace. Triple under or quadruple under in isolation. Sequences of double unders with high gymnastics leaps.
Advanced / Level 4	Triple or quadruple unders with up the ladder moves. Triples or quadruples with high gymnastic leaps. Level 3 multiples performed with rope manipulations of similar difficulty. Up the ladder sequences performed at a very fast pace. Quintuple or sextuple under in isolation.
Masters / Level 5	Level 4 skills or sequences performed with other elements of similar difficulty. Septuple under or more in isolation. EXAMPLE: Up the ladders performed with quadruple unders and high gymnastic leaps into a fast up the ladder sequence using a varied rope manipulation pattern performed while rotating in a circle around the jumper.



Inversion Displacement (I/D)

Skills requiring a change in center of gravity, displaying strength and agility.

Examples of moves that may be considered in this category:

- *Leaps *Push-ups *Crab jumps *Leap frogs
- *Mountain Climber *Donkey kicks *Jumping in splits *Assisted acrobatics

*Any acrobatic or gymnastic skill (refer to tumbling levels of difficulty document)

*Skills that require squatting or bending over.

*Frog-style donkey kicks: diving from both feet into a handstand position (vs. kicking up one foot at a time as in a regular donkey kick)

*Eye of the needle: jumping while holding one leg fully extended over head

*Turntables: rotating at least 90 degrees while in a push-up position

Table 13. Double Dutch Levels of Difficulty –

Inversion Displacement

Level	Description and Example
Basic / Level 1	Simple skill involving raising or lowering the center of gravity, or a simple acrobatic skill inverting the body. EXAMPLES: forward roll, tuck jump, full twist jump.
Elementary / Level 2	Simple acrobatic skill entering or exiting two turning ropes, squat move combinations, or a single strength move done in isolation within two turning ropes. EXAMPLES: round-off entry, one or two jumps in push-up position, one donkey kick jump, split leap, spread eagle jumps, cartwheel exit.



Intermediate / Level 3	Intermediate acrobatic skill entering the ropes, simple acrobatic skill performed within two turning ropes, Level 2 moves and/or acrobatic moves performed consecutively or in combination. Non-acrobatic dynamic interaction moves. EXAMPLES: leapfrog over turner into the ropes, round-off within ropes, donkey kicks into push-ups, sequence of high gymnastic leaps, eye of the needle jump spinning around, one jumper leapfrogs over another.
Advanced / Level 4	Multiple acrobatic and/or strength moves, showing variations of inversion and displacement skills that require more strength, agility, and flexibility to perform. Level 3 moves done with turner involvement of a similar level or dynamic interaction. Assisted acrobatic skills. EXAMPLES: a front-handspring directly into three frog-style donkey kicks into a split leap landing in push-up position into a turntable. One jumper tunnels under another jumper, both in a push-up position. One jumper supports the weight of another performing a back flip within the turning ropes. Toe pitches and wheelbarrow skills.
Masters / Level 5	Level 4 skills or sequences performed with other elements (rope manipulations, multiples, spatial dynamics, dynamic interaction) of similar difficulty.



Speed Dynamics: Team Speed Footwork (P)

Examples of moves that may be considered in this category:

*Simple footwork: feet repeat the same pattern of movement requiring only two different foot positions (e.g. in side straddles, feet go apart, then together, apart, then together).

*Complex footwork: feet perform a pattern of movement requiring many different foot positions, changes of direction, and beat or rhythm changes.

*Dynamic interaction: any time two jumpers interact together in the ropes, such as with disco or swing dance moves.

Double Dutch Levels of Difficulty – Team Speed Footwork

Level	Description and Example
Basic / Level 1	Simple footwork performed by jumper only at a normal pace, or a pace slightly faster than normal. EXAMPLE: jumper performs side straddles, skier, and one-foot jumps.
Elementary / Level 2	Simple footwork performed by turners and jumper at a normal jumping pace. EXAMPLE: turners and jumper perform a synchronized sequence including side straddles, skiers, and one-foot jumps.
Intermediate / Level 3	Level 2 skills performed by the turners and jumpers while moving or rotating. Level 2 sequence performed at a pace faster than normal. Simple footwork performed at a regular pace while jumpers show dynamic interaction. EXAMPLES: skills described for “elementary” done while rotating in a circle, or done at a pace considerably faster than normal.



Advanced / Level 4	Complex footwork sequence (involving many different moves) performed by the turners and the jumpers at a fast pace. Simple footwork sequence performed by the turners and jumpers at a fast pace while moving or rotating. Simple footwork performed by the turners and the jumper while the jumpers at a fast pace while the jumpers show dynamic interaction.
Masters / Level 5	Complex footwork performed by the turners and jumpers at a very fast pace while the jumpers are dynamically interactive. Level 4 skills performed in combination with other elements of similar difficulty. EXAMPLES: Jumpers and turners perform complex footwork while the turners rotate around the jumper, and the jumpers and turners perform fast exchanges within the rhythm of the footwork sequence.



Spatial Dynamics (S): Turner-Jumper Exchanges

Any movement that results in a jumper becoming a turner and a turner becoming a jumper (also known as turner-jumper exchanges).

Double Dutch Levels of Difficulty: Spatial Dynamics: Turner-Jumper Exchanges

Level	Description
Basic / Level 1	Slow exchange: jumper exits ropes, takes ropes from a turner, turner enters after a few turns of the ropes.
Elementary / Level 2	Fast exchange: the exit, hand-off, and entrance are performed in one fluid movement.
Intermediate / Level 3	Combinations of Level 2 exchanges, or a Level 2 exchange performed in combination with another Level 2 jumping skill. EXAMPLES: One jumper exits, takes the ropes, and the turner enters the ropes immediately with a round-off. Jumper exits ropes, takes one rope from turner, both turners perform a weave before the other turner enters the ropes.
Advanced / Level 4	Fast exchanges performed in combination with Level 3 jumping and/or turning skills. Multiple fast exchanges involving all 4 members of a double dutch pairs team simultaneously. EXAMPLES: Jumper exits and takes the ropes, the turner enters immediately with a leap frog over the previous jumper. All members of the team are involved in a wheel-type sequence, with the jumpers and turners switching places. Jumper exits, the opposite turner jumps through ropes while the jumper takes the ropes from the close turner, the next jumper enters with a donkey-kick.
Masters / Level 5	Level 4 exchange sequences performed in combination with other elements of similar difficulty. EXAMPLES: Jumper and one turner perform fast exchange with a leap frog entry immediately into a fast exchange with the other turner including an assisted-aerial entry. All members of the team involved in wheel moves rotating and changing places while handing off ropes and including multiples and helicopter moves in the sequence.



Rope Manipulation (R): Turner Involvement

Skills related to turning the ropes (turner involvement)

- *Any movement by the turners other than basic double dutch or basic turner-jumper exchanges.
- *Pinwheel – turners spin the ropes in the same direction, alternately being positioned face-to-face and back-to-back. This move is a precursor to Chinese wheel jumping.
- *Weave – two jumpers hold a rope on one end of the double dutch. In its simplest form, one turner passes under the other turner's rope, then the other turner jumps over the previous turner's rope to resume regular turning again.
- *Helicopter – one turner throws a handle, the other turner swings it around, the first turner catches the handle again. The other rope should remain turning during this move.

Double Dutch Levels of Difficulty: Rope Manipulation: Turner Involvement

Level	Description
Basic / Level 1	One turner deliberately changes position while jumper is performing Level 1 skills. Both turners rotate around the jumper. EXAMPLE: one turner goes on one knee while jumper does side straddles.
Elementary / Level 2	Both turners deliberately change position, turners deliberately alter the beat of the ropes, turners pull one or both ropes away from the jumper and then resume regular beat. EXAMPLES: turners rotate around jumper doing footwork, turners pull ropes over jumper's head for two beats while jumper squats, then return ropes to normal.
Intermediate / Level 3	Any simple Chinese wheel-based move, simple pinwheel, simple weave, skills involving one turner performing a move that requires rotation, manipulation, and/or jumping one or both ropes while turning. Helicopter with nobody jumping in the turning rope. EXAMPLES: one turner goes into splits then performs a backward roll while turning, one turner jumps through ropes while turning, turners "pinwheel" and then go into Chinese wheel.



Advanced / Level 4	Any Level 3 rope manipulation performed while jumpers perform Level 3 skills, sequences in which both turners simultaneously perform skills that require rotation, manipulation, and/or jumping one or both ropes while turning. Helicopter with someone jumping in the turning rope. EXAMPLES: Turners alternate jumping through the ropes while the jumper performs donkey kicks. Turners perform the wheel rotating around the jumper while the jumper does the eye-of-the-needle.
Masters / Level 5	Turners perform Level 4 skills or sequences while jumper completes Level 4 jumping skills. Sequences in which all three or four members of a team are actively involved in rope manipulations combined with at least two other elements of similar difficulty.



DEMO CUP

This event requires a minimum of 6 jumpers and no more than 24 jumpers. Group Routines will be performed with all competitors using their own individual single rope.

TEAM COMPOSITION:0

- **Minimum Participation:** At least **3 teams** from **2 different states** are required to validate a division (e.g., all-male, all-female, or mixed).
- **Merging Divisions:** If this condition is not met, divisions may be merged. Teams must be informed in advance if this happens.
 - a. No props other than ropes may be used. Additional ropes, if used, must be secured to the athlete's person when not in use or must be retrieved from or taken to the boundary of the competition area. For safety reasons, discarded ropes must be safely put at the boundary of the performing area.
 - b. A penalty of 0.4 points will be assessed if ropes are discarded in the competition area more than 3 feet away from the boundary. Ropes that are dropped creating an unsafe environment for any competitor will cause the athlete(s) to be stopped at that point. The performance will be judged up to that moment. A space violation will be assessed for ropes 35 discarded out of bounds.

ROUTINE REQUIREMENTS:

- **Choreography:** Must be original and well-structured. Judges look for **storytelling, musicality, and flow.**
- **Elements to Include:**
 - **Single rope, double dutch, and long rope** variations.
 - **Formations, partner interactions, and group stunts.**
- **Music:** Must be appropriate (no offensive lyrics) and played at a safe volume. Teams must submit tracks in advance.
- **Time Limit:** Usually **3-5 minutes**. Exceeding this can lead to deductions.



JUDGING CRITERIA:

Creativity: Unique tricks, transitions, and use of space.

Difficulty: Complexity of skills—e.g., multiple unders, power moves, and synchronized flips.

Synchronization: All team members must move in harmony, especially during group tricks.

Presentation: Confidence, energy, and audience engagement matter.

Deductions:

- Rope misses or tangles.
- Stepping out of bounds.
- Lack of coordination or incomplete elements.
- Group Routine events are to be performed within a 2 to 4-minute time frame. There is a four-tenths (0.4) deduction for any time violation, over or under time.
- Music is mandatory for Group Synchronized Routine events. Routines with no music will not be scored. A back-up MP3 should be readily available.
- There are ten (10) Panel Judges, plus a Head Judge and an Assistant Head Judge for each Group Routine event. The five (5) Content Judges will judge Intricacy, Density, and Presentation. The five (5) Presentation Judges will judge Creativity of Presentation. The 2 Head Judges will score Choreographic Balance and deduct for time and space violations.
- The high and low scores in Content and Presentation will be dropped.
- The three (3) closest Content scores are averaged, and the three (3) closest Presentation scores are averaged. Both will be added to the averaged Head Judge scores and deductions taken.
- The Head Judge controls the flow of the events assigns points for Choreographic Balance and makes deductions for Time and space violations. The Assistant Head Judge will notify the Head Judge if the routine finishes before 2 minutes or when time is up. He will also award points for Choreographic Balance and check for space violations.
- Time begins when the music starts in Group Routine.
- Judges may give partial credit for skills not completely executed. Judging of the routine may not take place after time is called.



SCORING :

The Judges Score Sheet will be totalled and verified by the Score Keeper's table
 Breaking Ties in Group Routine – In the event of a tie score in a Group Routine event, the procedure to break the tie and determine finishing place of the teams will be as follows:

- First Tie Breaker is determined by the Content Score. The routine with the higher averaged Content score will place higher. If the total scores are still tied, then move to next tie breaker
- Second Tie Breaker is determined by the Presentation Score. The routine with the higher Presentation score will place higher.
- If after both tie breakers, the scores are still tied, then the scores remain tied and both routines will be awarded the same place finish.

PERFORMANCE AREA:

Dimensions: Standard floor size is 12m x 12m.

Boundaries: Stepping outside the area results in point deductions. Surface: Should be flat, non-slippery, and safe for high-impact landings.

UNIFORM AND CONDUCT:

Uniforms: Must be team-coordinated, clean, and non-revealing. No loose accessories that could interfere with ropes.

Conduct:

- Respect judges, opponents, and organizers.
- No taunting or unsportsmanlike behaviour.
- Follow the Code of Ethics outlined in this official rulebook.



APPEALS AND RESULTS:

- Appeals: Teams can file appeals for scoring disputes, but only through the designated coach or team manager.
- Process: Appeals must be submitted within a specific time window after results are posted.
- Finality: Once reviewed, the decision of the appeals committee is final.



DISCIPLINARY AND PROTEST PROCEDURES

RULE RESTRICTIONS AND PENALTIES

Violations of the uniform, equipment, event, or general rules as noted in this rulebook will be the cause for a point deduction, zero score, or disqualification to fair interpretation by the Tournament Committee. SPECIFIC PENALTIES APPEAR IN THE MAIN TEXT OF THESE RULES

A. Time and Space Violations are described in the sections for each event discipline in this rulebook.

1. False Starts and False Switches in Speed and Power events:

- Minor False Start is assessed 5-point penalty deduction
- Blatant False Start is assessed 10-point penalty deduction
- False Switches are assessed a 5-point penalty deduction.

2. Space Violations in Speed Events are assessed a 5-point penalty (SPEED EVENTS)

3. Freestyle Space Violations are assessed a 0.2 penalty for each time athlete and/or rope goes out of bounds. (FREESTYLE)

4. The Head Judge will make an explanatory notation, with deductions if appropriate, on the Head Judge scoresheet.

Violations of the uniform rules as noted in this Rulebook will be the cause for a point deduction by the Head Judge or Tournament Committee of 0.4 in freestyle or 10 points in speed or power events.

- Uniform violations that affect the safety or decency of the athlete will need to be corrected within one minute for individual events, and two minutes in team events as permitted under the Delay of Tournament rules to be allowed to compete.

DELAY OF TOURNAMENT PENALTY:

A Delay of Tournament penalty of a 10-point deduction in Speed and Power events or 0.4 penalty in Freestyle events will be applied when athletes are late to arrive on the competition floor and in their assigned station for their event, have a violation of the uniform, jewellery, or equipment, or continue a Freestyle routine after the final tone of the timing track.



1. Delay of Tournament for Uniforms: Athletes will incur only the point penalty for uniform mismatches. They do not need to leave the competition area to remedy the situation unless decency or safety issues are involved, such as to put on shoes, eyeglasses safety strap, or decent coverage for inappropriate garment. o Eyeglasses must still have a secure strap or wedges to hold them in place. A competitor may remove them in the station and place them in the coaches' box or hand them to a coach. If the eyeglasses must be worn, a strap or wedges is required. IRSF takes no responsibility if they are lost, scratched, or broken.

PROCEDURE TO DETERMINE DELAY OF TOURNAMENT VIOLATION:

1. The Head Judge or Floor Manager will check the athletes during the announcement of competitors to verify if a competitor, or team, is late to report or enters the competition station with gum, mismatched or inappropriate uniforms, unsecured eyeglasses, or other infraction as noted in this Rulebook.
2. If infractions are found, the Head Judge will explain what is wrong to the athlete(s) and will impose a penalty of 10 points in speed and power, or 0.4 in freestyle.
3. The Head Judge(s) will indicate lack of readiness to proceed by holding up a red flag.
4. End of Freestyle Routine a. When athlete finished their routine after the tone for time has been called, they will be assessed a 0.2 deduction for going over time.
b. If athlete(s) continue their routine for more than 5 skills or movements after the tone for time has been called, they will be assessed a delay of tournament



penalty 0.4 by the Head Freestyle Judge, this is in addition to the 0.2 deduction for going over time. D. Violations of the Code of Conduct will be referred to the Tournament Director.

Minor violations will be cause for a warning by the Head Judge or Tournament Director. Repeat violations will be the cause for a point penalty of 0.4 in Freestyle or 10 points in Speed and Power events. Major violations will be the cause for a score of zero for an athlete in that component or overall event, or for removal of a judge from his/her assignment.

PROTEST PROCEDURE:

1. A written appeal must be made **within thirty (30) minutes** after the Tournament Director's decision is rendered. Protests should be written on the official appeal form.
2. The appeal must be made by the designated coach of the team involved, who shall alone present the appeal and receive the decision of the Tournament Committee.
3. Official Appeal Form must be provided by the technical committee.
4. **The Tournament Director must withdraw from the discussion after defending his or her reasons for the initial resolution of the complaint. The Committee will make the final decision.**
5. **The appeal must be accompanied by a bond of (max.) 1500 RS/- or as decided by tournament committee in cash. This bond shall be returned if the appeal is successful (the decision of the Tournament Director is overruled). If the appeal is not successful (i.e., the decision of the Tournament Director is affirmed/correct) the bond shall be forfeited and retained by the IRSF Committee.**

Failure to Protest: Any individual with a right to protest shall lose that right if the protest procedures are not followed and in complete order as stated above.

Finality: The decision of the Tournament Committee shall be final.

Binding Nature: The decision of the Tournament Committee shall be binding on all persons directly or indirectly involved and should be accepted in the spirit of good sportsmanship and fair play.



The Tournament Committee makes the call: Any rule or procedure that is not explicitly explained in the rulebook is to be decided upon by the Tournament Committee and cannot be disputed by competitors or coaches without proper “Appeal” procedures being followed. **The argument that, “The rulebook doesn’t say we can’t / Y O U CAN’T do it...” will not be acceptable to overturn a decision made by the Tournament Committee.**

* * END **

