

Rope Skipping Canada



Judge's Certification Program Judge's Manual

v. 2014

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INTRODUCTION

Current and former jump rope athletes and coaches developed the RSC's judge's certification program in order to standardize the national judging process. As jump rope continues to grow, so must the regulations governing its operation. It is therefore imperative that as jump rope becomes more technical and competitive; judges are properly trained in order to provide the athletes with fair opportunities at competitions. The certification program is divided into 3 levels.

LEVEL I	Regional and Provincial Level Judge
LEVEL II	National Level Judge
LEVEL III	International Level Judge (eligible to take international judging certification offered by the International Federation of Rope Skipping (FISAC))

Each of the 3 levels is sub-divided into 3 different classes of judges

CLASS A1	Freestyle Difficulty
CLASS A2	Freestyle Creativity
CLASS B	Speed Counter, Freestyle Scorer, Freestyle Controller, and Freestyle Timer

Note: All certified judges must successfully complete the written and practical test components of the workshop for that level. To qualify to move to the next level of judging you must judge at three or more competitions within three years of certification.

LEVEL I	⇒	Completion of Written (80%) and Practical Component (80%)
LEVEL II	⇒	Completion of Written (80%) and Practical Component (80%)
LEVEL III	⇒	Completion of Written (80%) and Practical Component (80%)

Once certified, all judges must continue to gain experience by judging at the qualified level. All certified judges are placed on a master registry along with a contact phone number, date of certification completion, team affiliation, and competition experience.

Rope Skipping Canada National Championship Judging Requirements:

- Judges must be over 18 years of age or have 10 years of skipping experience in order to demonstrate competence to judge.
- All judges must pass the level 2 Judges Certification Course in all areas that they will be judging, in order to be a judge at the Rope Skipping Canada National Championship.
- All judges must be RSC members before they will be permitted entrance to the competition floor.
- Judges cannot be head coaches of a competing team, as this is seen as a conflict of interest.

Re-certification

To maintain official judge's status in the RSC, judges must re-certify within three years from their most - certification. After judging at three competitions a judge can attend a re-certification clinic to upgrade their certification level to level II.

After judging at three or more provincial or national level competitions within three years the judge would be eligible to take the level III program – international judging.

Membership

To judge at any RSC sanctioned competition, judges must be members of the RSC. To become a RSC member, contact your affiliated team or the RSC website (www.ropeskippingcanada.com).

Age

All judges must be at least 14 years of age to take this certification clinic and 15 years of age to judge at a regional/provincial competition. Judges must be over 18 years of age, or have 10 years of skipping experience to judge at Nationals.

Testing

Judges will write closed book tests for each judging level. Tests will be closed-book to ensure all judges are able to recall and understand the different rules and situations. All written and practical components are completed the same day as the clinic. Speed/power judges may complete both a take home practice sheet and a practical test that is completed at the clinic. Testing will become more intensive as judges move through the different judging levels.

Judging Uniforms

Judge's uniforms must consist of a navy blue bottom (would include dark jeans), a white shirt and athletic footwear as per the RSC rule book. The white shirt must be mostly plain and cannot have a team name or logo on it. Where possible, tournament organizers should provide t-shirts for judges that are different from the competitors' shirts. Consider that at the start of the day the gym will likely be cold. Wearing a team jacket is NOT acceptable in this circumstance. Judges should bring a warm white sweater along.

Judges Required by Each Team for a National Competition

One speed, one creativity, one difficulty freestyle judge are required for each team of 4 or 5 members sent by a province to the Rope Skipping Canada National Championship. Two part-time or one full time judge can be used to meet the requirement

A \$250 fine will be charged to the provincial organization for each missing judge's unit. The provincial organization may use any qualified judge to fulfill this requirement.

GENERAL RULES

Appeals

Appeals may be made in two circumstances: 1) if there were errors in mathematical calculations or in tabulating results. 2) if evidence is provided (video tape) that can be reviewed by. The second circumstance is only applicable to speed and power events, as they are objective. See 2.6 of the RSC Championship Rulebook for more details.

Chewing Gum

Athletes are not permitted to chew gum while in the competition area. (see 3.8 of the RSC Rulebook)

Uniforms

- Team uniforms must be similar in style and colour, except for male vs. female differences and, and could include different colour and style. (see rule 4.3.3 of the RSC Rulebook)
- Uniforms may include, but are not limited to graphics such as club name, team name, sponsor and/or logo displayed during the competition.
- Uniform tops must cover the midriff and stomach of an athlete when s/he is standing with arms at the side. Uniform tops must sufficiently cover the chest and not gape open or expose the upper body during any skills.

- Uniform bottoms must be an appropriate length. Uniform bottoms can be different styles but must be the same colour.
- Undergarments should be hidden when the athlete is not moving, and remain hidden during all skills.
- Large items of jewelry including, but not limited to, necklaces, watches, rings, and earrings larger than studs must not be worn.
- Coaches must attend competitions in appropriate athletic attire, including soft soled, non-marking athletic shoes.

Music

Music is permitted during freestyle events but not required. Each competitor must organize and supply their own music. Music may be stored on CD or iPod. Songs must be the only track on a CD or cued to the song on iPod. To qualify for a restart when there is a problem with the music the competitor(s) must sit on the floor before the first skill is completed. After the competitor(s) freestyle has commenced, it must be finished regardless of musical errors i.e. wrong CD, CD starts skipping, missed cue etc. If the competitor(s) stops the freestyle after it has commenced the routine will be judged based on what has been completed. Use of music containing vulgar language by the competition committee may result in a deduction of up to 1.5 from the overall mark of the athlete(s) for the event.. Decisions will be made by the technical committee.

Coaching Box

Coaching will be permitted by a coach, or another designated person, so long as that person is coaching from within a competitor's coaching box. The coach must follow all rules regarding props, freestyle space violation and speed space violation. The coaching box will be located outside the trial boundary. If a coaching box occupant violates any of the aforementioned rules, the judges will consider them committed by the athlete/team and the athlete/team will be penalized.

Contact with Competitor(s)

Judges must act professionally once they sit at their table. Contact with competitors should be minimal. Judges may for example say "you may begin when ready", make appropriate time call outs, ensure that the right athlete(s) are on the floor.

SECTION 2

SPEED GUIDE

Speed/Power Counter
Freestyle Scorer
Freestyle Timer
Freestyle Controller

SPEED AND POWER

EVENTS

See 6.4 and 7.1 in the Rulebook for more details

Team - Single Rope Speed Relay

Single rope speed relay is a two-minute speed trial involving four athletes. One athlete skips for 30 seconds then the second skips for 30 seconds, then the third and finally the fourth. After each 30 second interval, "SWITCH" will be called signaling to the next athlete to begin jumping. All athletes must use an alternating step (definitions 1.4) for all speed events.

Team - Single Rope Double Under Relay

Single rope double under relay is a two-minute speed trial involving four athletes. One athlete skips for 30 seconds then the second skips for 30 seconds, then the third and finally the fourth. At each 30-second interval, "SWITCH" will be called signaling to the next athlete to begin jumping. All athletes must complete proper double unders where the rope passes under the feet twice in one jump.

Team - Double Dutch Pairs Speed

Double dutch pairs speed is a two-minute double dutch trial with two turners and two jumpers. Each jumper skips individually for one minute. On the starting call-out the first jumper enters the ropes and jumps for the first minute. At the 60-second mark a "SWITCH" signal will prompt the first jumper to exit the ropes and the second to enter. At the two-minute mark the call out "STOP" will signal to the jumper and the judges the trial has ended.

Team - Double Dutch Speed Relay

Double dutch speed relay is a three-minute double dutch trial for a four-person double dutch team. All four members are required to jump and turn in a specific order. The order of jumping and turning will be as follows:

- 4 and 3 turn for 1, who is facing 3
- 4 and 1 turn for 2, who is facing 4
- 2 and 1 turn for 3, who is facing 1
- 2 and 3 turn for 4, who is facing 2

Each replacement jumper can only enter the ropes when both turners have complete and independent control of the ropes.

SWITCH callouts will occur at 45 seconds, one minute and 30 seconds, and two minutes and 15 seconds. At the three-minute mark the call out "STOP" will signal to the jumper and the judges the trial has ended.

Team - Double Dutch Speed 3x40

Double dutch speed 3x40 is a two minute double dutch trial for a three person double dutch team. Each athlete jumps for 40 seconds. All three members are required to jump and turn. Each replacement jumper can only enter the ropes when both turners have complete and independent control of the ropes. SWITCH callouts will occur at 40 seconds, one minute and 20 seconds, and two minutes. At the two-minute mark the call out "STOP" will signal to the jumper and the judges the trial has ended.

Master's - Single Rope Speed Event

The athlete completes a 30-second speed trial using an alternating step.

Master's - Single Rope Endurance Event

The athlete completes a 2 or 3-minute speed trial using an alternating step.

* All speed events must be done using an alternating step

Master's - Consecutive Timed Power Event

Athletes in the 10 & under age category will perform non-consecutive double unders for a maximum of 1 minute. The callout will announce the time every 15 seconds for the duration of the trail.

Athletes in the 11-12 age category will perform consecutive double unders with 1 miss permitted at any time for a maximum of 2 minutes. The trial will end after the 2nd miss of the trial or when the call out CD announces STOP. The callout will announce the time every 15 seconds for the duration of the trail.

Athletes in the 13-14 and 30+ age categories will perform consecutive double unders with 1 miss permitted in the first 30 seconds for a maximum of 3 minutes. The trial will end after the 2nd miss of the trial or when the call out CD announces STOP. The callout will announce the time every 15 seconds for the duration of the trail.

Athletes in the 15-17 and 18-29 age categories will perform consecutive triple unders with no maximum time limit. The trial will end if the athlete misses at any time after the trial has begun, including preparatory jumps. Each athlete will have the option to perform a second trial if their score was less than 30 jumps in the first trial. If an athlete uses the second attempt, a minimum of 10 minutes must separate the trails. The higher of the 2 scores will be the score the jumper receives.

VERBAL CALLOUTS

Each speed event has different audio call outs. These are especially important in events where there is more than one athlete, as judges must know when to stop counting athlete A and start counting athlete B (i.e. single rope speed relay). Judges will be told what to expect prior to the competition. The following are the call outs used at most competitions:

TEAM COMPETITION

Single Rope Speed Relay: "Judges Ready, Skippers Ready, Set, Go", "10", "20", "Switch", "10", "20", "Switch", "10", "20", "Switch", "10", "20", "Stop"

Single Rope Double Under Relay: "Judges Ready, Skippers Ready, Set, Go", "10", "20", "Switch", "10", "20", "Switch", "10", "20", "Switch", "10", "20", "Stop"

Double Dutch Speed Relay: "Judges Ready, Skippers Ready, Set, Go", "15", "30", "45", "Switch", "15", "30", "45", "Switch", "15", "30", "45", "Switch", "15", "30", "45", "Stop"

Double Dutch Speed 3x40: "Judges Ready, Skippers Ready, Set, Go", "10", "20", "30", "Switch", "10", "10", "30", "Switch", "10", "20", "30", "Stop"

Double Dutch Pairs Speed: "Judges Ready, Skippers Ready, Set, Go", "15", "30", "45", "Switch", "15", "30", "45", "Stop"

MASTERS COMPETITION

30 seconds Speed: "Judges Ready, Skippers Ready, Set, Go", "10", "20", "Stop"

2 minute Speed: For Novice 2 ages "Judges Ready, Skippers Ready, Set, Go", "30", "1 min", "15", "30", "45", "Stop"

3 minute Speed: "Judges Ready, Skippers Ready, Set, Go", "30", "1 min", "30", "2 min", "15", "30", "45", "Stop"

Consecutive-timed Power – Double Unders "Judges Ready, Skippers Ready, Set, Go", "15", "30", "45", "1 min", "15", "30", "45", "2 min", "15", "30", "45", "Stop"

(Stop will be called at either 1 minute, 2 minutes or 3 minutes depending on the age category)

Consecutive-timed Power – Triple Unders “Judges Ready, Skippers Ready, Set, Go”,

SPEED/POWER COUNTER RESPONSIBILITIES

The speed counter’s job is to accurately count and record the speed or power scores of the athlete(s) noting false starts, false switches and out of bounds infringements. They are NOT responsible for making verbal call outs as this will be done by a standardized audio timer.

SPEED/POWER COUNTING TECHNIQUES

Consider the following list to improve clicking accuracy:

- The objective is to press down on the clicker each time a successful jump is completed.
 - Speed – each time the **right foot** lands on the ground the athlete receives one click
 - Multi-unders (doubles or triples) – each time **both feet land** on the ground the athlete receives one click
- An athlete receives a “click” even if a miss is made. Therefore, the first right-foot jump **AFTER** the miss is not counted.
- An athlete may have a specific jumping rhythm that can be quite mesmerizing. Try to remain focused on the athlete’s feet, as this rhythm may change at any time.
- Focus only on the athlete you are clicking. Do not allow rhythms from other athletes or cheering from teammates distract you
- During any relay event ensure you stop counting competitor 1 and begin counting competitor 2 when the audio timer signals to “SWITCH”. The same applies for competitors 3 and 4.
- To appear non-partisan refrain from applauding after each trial. Instead thank everyone for performing.
- Turn the clicker back to zero once your score has been recorded.

CLICKING TIPS

Differences in scores can be attributed to four things:

1. Faulty clickers
2. Poor technique (i.e. obstructed view, becoming mesmerized)
3. Restarting improperly after a miss
4. Lack of familiarity with rules

The following can help to reduce inaccurate judging.

Rhythm Changes

- Judges must concentrate on the athlete’s feet at all times.
- Do not become mesmerized by athlete’s rhythm as the athlete may change their pace several times throughout the trial.
- Every athlete has their own style skipping.
- Be ready to adapt to these changes as the athletes switch.
- Be prepared some athletes have a tendency to speed up at the end of their trial.

Position of Judges

- All judges must have a clear view of the trial participants at all times.
- If an athlete changes the direction they are facing (this happens frequently in double dutch), be aware that the right foot must still be counted.
- If judges feel more comfortable in a position other than at the judge’s station they are welcome to move around the competition area.
- Be sure to ask for the athletes’ permission before the trial starts. It may be helpful to ask the athlete which side they will be entering on.

Movement of the Competitor

- Watch as the competitor moves and make sure you can see the feet at all times.
- Feel free to move with the competitor (s) to allow you to have a better view of the right foot at all times.

Mechanics of Clicking

- Be sure to have the clicker properly placed in your hand so that your thumb can fully push down

on the clicker.

- If you click on your hand, leg or something else, your clicker may not be receiving enough pressure to complete a full number rotation.
- Be sure the clicker comes back to its original position after every click.
- Before using a clicker watch as you are testing it to ensure that the clicker is not skipping a number, turning twice on one click or getting stuck on a number.

COUNTING MISSES

Counting after Speed Misses

- **If a miss is made on the right foot:**
 - The miss is counted as a successful jump.
 - Counting will resume the second time the right-foot comes down.
- **If a miss is made on the left foot:**
 - The miss is not counted as a successful jump.
 - Counting will resume the second time the right foot comes down.
- **If a miss is made on the first or second jump following a miss:**
 - The miss is not counted as a successful jump.
 - Counting will resume the second time the right foot comes down.
- **If a miss is made on the second time the right foot comes down:**
 - The miss is counted as a successful jump.
 - Counting will resume the second time the right foot comes down.
- **If after a miss the competitor jumps on the same foot twice:**
 - The counting will resume the second time the right foot comes down after the alternating step begins.
- **If a miss occurs and is counted prior to “switch” being called out and the competitor does not have the opportunity to jump again:**
 - Counting will resume as the new competitor completes the second right-foot jump.

Counting after Power Relay Misses

- **If a miss is made:**
 - The miss is counted as a successful power jump.
 - Counting will resume after completion of the second successful power jump.
- **If a miss is made on the first power jump following a miss, or on a preparatory jump:**
 - The miss is not counted as a successful jump.
 - Counting will resume after completion of the second successful power jump.
- **If a miss is made on the second power jump following a miss:**
 - The miss is counted as a successful jump.
 - Counting will resume after completion of the second successful power jump.
- **If a miss occurs and is counted prior to “switch” being called out and the competitor does not have the opportunity to jump again:**
 - The counting will resume when the new competitor completes her/his second power jump.

CLICKING A SWITCH

- When "SWITCH" is called, counting is stopped until the next competitor begins when the right foot completes a successful jump.
- If the next competitor commences before the SWITCH is called, the judge must mentally note a false switch and discuss with all judges at the end of the trial.

- In double dutch pairs speed the second athlete in the ropes will not be counted until the first athlete exits.

DETECTING DOUBLE UNDERS AND TRIPLE UNDERS

- Height of the jump - A higher jump typically indicates a triple under over a double under.
- Sound of the rope- A triple under will typically produce a higher pitched sound than that of a double under.
- Sound of the landing – A landing will typically be louder during triple unders than in double unders.

PREPARATORY JUMPS

A preparatory jump is any jump taken prior to the first double under or triple under in the timed consecutive power events. **Any miss that's committed during the all preparatory jumps is counted.** Ask your competitors what sort of preparatory jumps they will be using. Some athletes will use double unders before moving into triple unders, others will go straight into triple unders. If you ask what their preparation is, you will be ready, however all competitor (s) may not be comfortable with this and you cannot force them to answer. As well it is important that you use your knowledge as a tool to help you, knowing that it is equally important to watch for what the athlete does in their first jumps.

SPEED/POWER DEDUCTIONS

False Starts and Switches

False starts are a very important to watch for during speed and power events. It is imperative that judges know what constitutes a false start or false switch, and the action that needs to be taken. Each false start or false switch in an event will receive a 5-point deduction. The total number of false starts or false switches is recorded on the score sheet. A false start or false switch is only counted when the majority of judges at the station indicate that they saw the infraction.

If a team jumps out of order in the Double Dutch Speed Relay event (see page 8), there is a 100 point penalty for the team.

False Start and False Switch Examples

An athlete or team will be charged with a false start or switch if:

- the rope leaves the resting position behind the competitor on the floor before the signal "GO" or the signal to "SWITCH" (in single rope)
- either or both ropes leave the resting position before the signal "GO" (in double dutch)
- the jumper in double dutch starts to enter the ropes before the signal "GO"
- there must be an agreement from the *majority* of judges on the panel for a competitor or team to be charged with a false start or false switch

Space Violations

A space violation occurs when any part of a competitor's body or rope leaves the trial boundary. There will be a 5-point deduction from the total score for every time a competitor (including their rope) goes out of bounds. Space violations for speed and power will be counted when any of the competitor (s) on the team step out of bounds including the competitor (s) who have already skipped or who are still waiting for their turn. This also includes any person in the coaches' box. As a judge you will continue to click the athlete while they are out of bounds.

Space Violations can also occur at the end of a trial, competitors are expected to leave the trial boundary so that the next competitor's trial may begin. If teammates and/or coaches not already in the trial boundary of the competitors who are competing enter the trial boundary, the team or individual will be assessed a fine.

SPEED AND POWER SCORE SHEETS

The speed and power master score sheets will be used at all RSC sanctioned events. All scores will be entered on the sheet as well as any deductions for false starts or switches. All calculations of the final score are performed at the head score room/table.

It is important that the same judge's score is entered in the same box after each athlete. Each speed judge will need to initial their score before sending the score sheet in for tabulation. Be sure to write your station number on the score sheet if it hasn't already been done by the championship organizing committee.

Any consecutive timed power events that consist of two trials are to be recorded onto one score sheet. The score sheet is to be left at the judge's station until the athlete's second trial. Do not let the athlete leave your station with their score sheet in hand.

SPEED AND POWER SCORES

Athletes may request their score from the head judge. The head judge will give an approximate score, but will not show speed clickers to the athlete. The athlete must then leave the floor immediately or be assessed a space violation.

SPEED AND POWER SCORE RANGES

There must be at least three speed and power judges for all speed and power events. Although all three scores are written on the score sheet, only two of them are added together to get the athlete(s) final score. The two closest scores advantage to the athlete are used, this calculation is done in the tabulation room.

* If the scores are consistently out by 5 or more (2 times in a row or more), the head judge MUST inform the organizing committee who may replace one or more judges.

SPEED/POWER JUDGE - Day of Event Responsibilities

Required Equipment: → **functioning clicker**
 → **pen/pencil**

- Practice speed and power counting
- Review applicable speed and power rules
- Attend any judges meetings prior to competition
- Be prepared to ask any questions they may have

Before an Event Begins:

- Check hand clicker manually by clicking and rotating the clicker and clicking again. You want to ensure that your clicker is not getting stuck on any numbers.
- Repeat check with an athlete (15-sec trial) if possible
- Replace defective clickers
- Ensure the trial boundary is clear of any items that may cause a safety hazard for the competitors or will obstruct your view of the athlete(s)
- Be sure the areas are the correct sizes: (it's good to ask this at the judges meeting)
 - Team Speed/Power Events 5m x 5m
 - Masters Speed/Power Events 5m x 5m
- Check to confirm the area is sealed off from traffic so that the competitor will not be interrupted or distracted in any way during their trial
- Ensure coaches/spectators are well back from the judging area

Before the Trial:

- Ensure coaches/spectators are well back from the judging area
- Set the clicker to 'zero' before beginning
- For team relay events ask the athletes what order they will be jumping in (who is 1st, 2nd, etc.)
- Masters power – ask if athlete is doing doubles or triple unders and ensure that matches the score sheet
- Ask masters power competitor(s) what their preparatory jump sequence is
- Write station number on score sheet if not already done by the championship organizing committee
- Mark on score sheet how many males and how many females are jumping
- If you are missing an athlete from your station raise your station flag
- Double check that your clicker is set to zero

During the Trial:

- Always have a clear view of the athlete
- Begin clicking the **RIGHT** foot after the audio timer signals to "BEGIN" and not before. For Power events you click on the LANDING of each double or triple under.
- Make mental note of any false starts, false switches or space violations if any occur

After the Trial:

- Confer of any false starts, false switches or space violations if any occur
- If the *majority* of the judges detect a false start or false switch, then the head judge circles the number of false starts/switches on the sheet.
- If no false start/switch has occurred, then the head judge circles '0' on the score sheet
- The head judge will record the scores from the clicker on the score sheet, each judge needs to clearly initial under their score
- Place the score sheet in the box provided to hold the score sheets, or on the floor beside the judging station.
- Reset your clicker once the score has been recorded
- If the scores are consistently out by 5 or more (2 times in a row or more) the head judge **MUST** inform the championship organizing committee so that person can be replaced.
- Judges are **NOT** responsible for calculating the final score
- Raise your station flag if you are in need of an athlete or team
- Raise your station flag if you have an issue at your station

FREESTYLE/GROUP ROUTINE TIMING & SCORING

FREESTYLE EVENTS

Freestyle events: Freestyle events are judged on difficulty, creativity, technique, and misses. The routines are 30-60 seconds or 45-75 seconds, athletes have the choice of choreographing their routines to music or not.

Team - Single Rope Pairs Freestyle

Single rope pairs freestyle is a single rope event for two competitors.

Team - Single Rope Wheel Freestyle

Single rope wheel freestyle is a single rope event for two competitors.

Team - Single Rope Team Freestyle

Single rope team freestyle is a single rope event for four competitors.

Team - Double Dutch Singles Freestyle

Double dutch singles freestyle is a double dutch event for three competitors.

Team - Double Dutch Pairs Freestyle

Double Dutch Pairs Freestyle is a double dutch event for four competitors.

Masters - Single Rope Singles Freestyle

Single rope singles freestyle is a single rope event for one competitor.

Group Routines

A 2 to 4-minute long group routine is scored out of a possible 200 points. A group routine is performed by a group of 8-18 (plus 2 alternates) competitors. An athlete may only participate in one group routine.

Team Show

A 3 to 5 minute long team show. No limit of competitors per team. All styles of jumping can be incorporated in the show. An athlete may only participate in one Team Show routine.

FREESTYLE TIMER

Each freestyle station will have one timer. The timer keeps track of the time for each routine that comes through the station.

Before the Event:

- Attend all judges' meetings
- Ensure your station has a stopwatch
- Familiarize yourself with the stopwatch functions
- Ensure the stopwatch is functioning properly

Before the Trial:

- Ensure that all judges at your table are ready before you inform the competitor(s) that they may begin
- The timer will say, "You may begin" while **holding up a green card**. This will indicate to the competitor that they may start their trial.

During the Trial:

- When the music begins, or the competitor(s) moves, or a rope moves, the timer will start the timing.
- At 30 or 45 seconds the timer will stand up and call out "30" or "45" while raising the "30" or "45" sign and remain standing
- At 60 or 75 seconds the timer will call "TIME" and lower the paddle and sit down
- The timer must not be distracted by what is going on around them. Keep a close eye on the time.
- Be sure that all the judges **and** competitor(s) at your station can hear your call out.
- If the routine runs longer than 60 or 75 seconds, continue timing the routine until the competitor(s) complete ending pose, bows, or exits the trial boundary.

After the Trial:

- Show the final time (on the stopwatch) of the routine to the head judge so s/he can write it down on the master score sheet.
- Reset the stopwatch

FREESTYLE CONTROLLER

The controllers are in charge of running each freestyle floor and the music. These two people will check that the appropriate competitor(s) are on the floor, and run the stereo at the competitor(s) cue. (They do not have to be national level judges to be a freestyle controller at Nationals. However, they must have passed the Level 1 Judges Certification Program)

Before the Event:

- Ensure you are familiar with the stereo at your station
- Have the Technical Committee test the volume of your stereo to ensure it can be heard at all areas of the competition floor and at all judges stations
- Ensure you have the list of athletes for your station for each event

- Have the first 4 athletes or teams ready to go at your station
- Ensure you know where the timer is located at your station

Before the Trial:

- Ensure the athlete entering the floor matches the athlete information on the list
- Ensure the competitor(s) know which judges they are facing
- Ensure the person entering the coaches box, knows which coaching box to go to
- Ensure you have the competitor(s) CD or iPod for their trial
- Watch for the timer to raise the green sign to signal the judges panel, look to the athlete for them to acknowledge that they are ready
- Press play to begin the music

During the trial:

- Stand by the stereo throughout each trial

After the trial:

- Do not turn off the music until the athlete leaves the floor
- Give CD or iPod to the athlete

FREESTYLE SCORER DUTIES

A freestyle scorer is the HEAD JUDGE at their respective freestyle table. The scorer has numerous responsibilities during freestyle routines.

Equipment needed:

- pen
- stapler
- competition sheets

*all equipment should be provided by the championship committee

Before the Event Begins:

- Introduce yourself to all the judges
- Ensure you have a working pen, stapler and list of competitors for your station
- Make sure all the judges are in place and have the appropriate score sheets
- Check out the dimensions of the competition area. If they do not meet the requirements of 12m X 12m, then any space violations should not be counted at the shortened sides. This is a question to ask at the Judges' Meeting.

Before the Trial:

- Confirm with the controller that the correct athlete is on the floor
- Initial your scoresheet

During the Trial:

- Watch to see if both genders were on the floor for mixed teams, and mark on the score sheets
****This is the responsibility of any judge**

After the Trial:

- Collect all judges' sheets and staple them to the back of the master score sheet.
- Write the score from each judge in the proper box on the master score sheet
- Judges may give partial points in tenths of a point (ex. 8.3 not 8.34) but not less than 0.5 and not greater than 10.0
- Record the number of misses taken from the difficulty judging sheet
- Note the final time of the routine
- Record the number of space violations on the Master Score sheet
- Be sure that in mixed teams you have indicated if both genders were represented in the event
- **Do not** do any mathematical calculations, this is done in the tabulation room
- Raise your flag if there are any issues at your station

DEDUCTIONS

Time Violation

When a routine is not completed within 30-60 seconds or 45-75 seconds.

Space Violation

If an athlete steps out of, or allows their rope to pass beyond, the 12mx12m trial boundary.

Mixed Gender Violation

For mixed team events, note on each score sheet how many males and females are on the floor competing.

SECTION 3 CREATIVITY

Creativity
Freestyle Judge

FREESTYLE JUDGE OVERVIEW

Freestyle judges will judge all competitors in the most knowledgeable and objective manner possible. A judge will critically observe all aspects of the judging criteria to determine an appropriate and **consistent** score.

ROUTINE SCORES

A jump rope routine is scored in three sections.

1. **Difficulty** - max of 15 point score from 5 different judges – highest and lowest scores are removed
2. **Creativity A** - max of 7.5 point score from 3 different judges
3. **Creativity B** – max of 7.5 point score from 3 different judges
4. **Deductions** - misses are averaged from all 11 freestyle judges, space violations are the majority of the 3 Creativity B judges. Time violations are noted by the Scorer.

Each Creativity judge will assign a score for either the Creativity A or Creativity B elements. The judges then give the score sheets to the Scorer (head judge) who will then record all scores and deductions onto the master score sheet.

- **Judges may give partial points in tenths of a point (ex. 5.3, not 5.34) but not less than 0.5 and not greater than 7.5**

Difficulty judges will record the number of elements successfully completed by the competitor(s) at each level, and record those totals by level on their score sheet.

GENERAL RULE

In single rope pairs or team freestyle, the athletes cannot “take turns” jumping. No score will be given for skills performed in this manner unless the athletes are working together to increase the difficulty of the skill(s).

ORGANIZATION OF FREESTYLE JUDGES

Each freestyle station must have 3 creativity A judges, 3 creativity B judges, 5 difficulty judges, 1 scorer, 1 timer and 1 controller. Judges should alternate seating at their table Creativity, then Difficulty, Creativity etc.

At each team competition there are four team freestyle events, and four judging stations. Each age category will compete at a different judging station for each event.

HELPFUL TIPS

- Each freestyle judge is responsible for judging the criteria that they have been assigned to. Creativity judges must NOT consider how difficult the skills are, but how well they are executed and combined.
- Each judge must be sure that they are properly judging the criteria within their category. Be sure to review the judging criteria that you will be responsible for prior to the event.
- All judges must avoid prejudicial behavior towards any athlete for any reason. If reoccurring evidence can be shown of prejudice the judge may be disqualified from judging at future RSC sanctioned events.

CREATIVITY JUDGING

The creativity judges will score a freestyle routine in accordance with the set criteria. Remember when judging creativity you are only responsible for looking at the creative and technical aspects of the routine and not the difficulty. The aspects of creativity and technique are the same for all freestyle routines. Some double dutch-specific aspects may be disregarded during single rope freestyle.

Creativity and difficulty judges are responsible for counting the number of misses committed during a routine.

Misses

A **miss** (0.75 deduction) occurs when a rope is stopped due to being hung up on a body part, another rope, or is dropped.

It is the responsibility of ALL difficulty and creativity judges to count and clearly record the number of misses on their score sheet.

To count the number of misses it is helpful to write an 'X' every time you see a miss, then to add up the number of 'X's at the end of the routine. NOTE: If you see zero misses please indicate Ø on your score sheet.

Of the 5 difficulty judges' and 6 creativity judges' "miss tallies", the highest two and the lowest two are removed, and the remaining seven are averaged to get the athlete/team's overall miss deductions.

CREATIVITY JUDGING (15 points)

The following are the components of creativity:

1. Panel A Routine Opening
2. Panel B Movement on the floor
3. Panel A Breaks
4. Panel B Speed and Direction Changes
5. Panel B Rapid Footwork
6. Panel A Switches and Turner involvement (double dutch only)
7. Panel B Technique
8. Panel A Use of Music/Accents
9. Panel B Showmanship
10. Panel A Routine Closing
11. Panel B Space Violations

CREATIVITY JUDGE – Day of Event Responsibilities

Before the Event Begins

- Introduce yourself to all the judges
- Ensure you have a working pen or sharp pencil and scrap paper
- Ensure you are sitting next to a Difficulty judge at your table

Before the Trial

- Confirm that you have the correct score sheet for the athlete on the floor
- Print your initials on your score sheet
- Acknowledge the scorer and timer so they are aware you are ready
- Be ready for the timer to signal athlete (s) to begin

During the Trial

- Watch the Creativity elements you are assigned to judge for each routine on the floor
- Mark the appropriate elements on your scrap paper or your score sheet

After the Trial

- Count the total number of times you recorded each element occurring in a routine
- Calculate your final score
- Record your final score on your score sheet (in the box and circle the score on the table at the bottom of the sheet)
- Submit your score sheet to the scorer

Creativity - Single Rope Freestyle – Creativity A

1. Routine Opening /0.7

All routines require a definitive opening. An opening should involve a creative pose, use of music, use of the rope, and/or a gymnastic move.

0.0	None
0.2	Basic pose
0.4	Pose with rope wrap or basic gymnastic move
0.7	Music Interpretation Required – Pose with rope wrap or basic gymnastic move

2. Breaks /3.0

A routine should flow and be full of a variety of the components of creativity. To recognize the breaks in a routine look for the following: 2 open jumps in a row, a non choreographed pause, movement without manipulating the rope (i.e. running prep into a gymnastics move). A miss is not a break! The more breaks in a routine the lower the score for breaks.

0.0	Lots of Breaks
0.5	Many Breaks
1.5	Some Breaks
2.5	Few Breaks
3.0	No Breaks

3. Use of Music/Accents /3.0

Although the use of music is not mandatory, freestyle routines should be choreographed to the music that is used. Creativity judges will watch and listen, looking for skills executed on the beat and in time with accents or special moments in the music.

0.0	No music used for the routine
0.5	Used a few accents within the music
1.5	Used some accents within the music
2.5	Used many accents within the music
3.0	Used lots of accents within the music

4. Routine Closing /0.8

All routines require a definitive closing. A closing should involve a creative pose, use of the ropes, and/or use of the music.

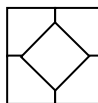
0.0	None / basic bow
0.2	Creative pose without the rope (and music continues, or music stops prior to closing pose)
0.5	Creative pose incorporating the rope in either a wrap or basic gymnastic move (and music continues, or music stops prior to closing pose)
0.8	Creative pose incorporating the rope, ending in time with the end of the music.

Creativity - Single Rope Freestyle – Creativity B

5. Movement on the floor /1.5

A good freestyle routine will have plenty of movement on the floor in all zones.

0.0	No movement/remains stationary
0.3	Covers 1 zone
0.6	Covers 2 zones
0.9	Covers 3 zones
1.2	Covers 4 zones
1.5	Covers 5 zones



6. Speed and Direction changes /1.0

A speed change is the transition between slow, medium, and fast pace jumping in a routine. A rope direction change will be counted after a minimum of 2 skills performed after transitioning from forward to backward or backward to forward

0.0	No speed or rope direction changes
0.2	Few speed or rope direction changes
0.5	Some speed or rope direction changes
0.8	Many speed or rope direction changes
1.0	Lots of speed or rope direction changes

7. Rapid Footwork /1.0

Rapid Footwork is the creative use of footwork in a freestyle routine. This element typically comes in the form of a dance at a noticeably faster pace than the rest of the routine. A Rapid Footwork series will consist of at least five different skills. A Rapid Footwork series will receive an additional 0.2 for adding each of the following: 1) arm work, 2) rope direction change, and/or 3) speed change for a maximum of 0.9 per Rapid Footwork series.

0.0	No footwork series
0.3	1 footwork series
0.6	2 footwork series

8. Technique /3.0

When looking at overall technique of a routine, consider straightness of the body, straight legs, pointed toes, soft fluid landings, controlled arms and clean arc in the rope.

0.0	Poor technique
0.5	Some good technique
1.5	Good technique
2.5	Some good technique and some excellent technique
3.0	Excellent technique

9. Presentation /1.0

Presentation is the ability of the athlete(s) to engage the judges and the audience during a freestyle routine.

0.0	looking down most of the time, did not engage audience or judges
0.2	engaged the judges or the audience a few times
0.5	engaged the judges or the audience some of the time
0.8	engaged the audience and the judges many times
1.0	engaged the audience and the judges lots of times

10. Space Violations

Creativity B judges are to watch for space violations and record them on your score sheets.

Creativity - Double Dutch Freestyles – Creativity A

1. Routine Opening /0.7

All routines require a definitive opening. An opening should involve a creative pose, use of music, use of the rope, or a gymnastic move.

0.0	None
0.2	Basic pose
0.4	Use of rope in pose or lower level gymnastic move
0.7	Music Interpretation Required – Use of rope in pose AND/OR lower level gymnastic move

2. Breaks /2.0

A routine will flow and be full of a variety of the components of creativity. To recognize the breaks in a routine look for the following: 3 jumps in a row, non-choreographed pause(s), all competitor(s) need to be involved in the skill, movement without manipulating the rope (i.e. running prep into a gymnastics move). The more breaks in a routine the lower the score for breaks/skill combination.

0.0	Lots of Breaks
0.5	Many Breaks
1.0	Some Breaks
1.5	Few Breaks
2.0	No Breaks

3. Switches and Turner Involvement /2.0

Any time a jumper becomes a turner. Any time a turner is out of the normal turning position.

0.0	No switches with turner involvement
0.5	Few switches with turner involvement
1.0	Some switches with turner involvement
1.5	Many switches with turner involvement
2.0	Lots of switches with turner involvement

4. Use of Music/Accents /2.0

Although the use of music is not mandatory, freestyle routines should be choreographed to the music that is used. Creativity judges will watch and listen, looking for skills executed on the beat and in time with accents or special moments in the music.

0.0	No music used for the routine
0.5	Used a few accents within the music
1.0	Used some accents within the music
1.5	Used many accents within the music
2.0	Used lots of accents within the music

5. Routine Closing /0.8

All routines require a definitive closing. A closing should involve a creative pose, use of the ropes, and/or use of the music.

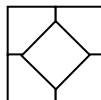
0.0	None / basic bow
0.2	Creative pose without the rope (and music continues, or music stops prior to closing pose)
0.5	Creative pose incorporating the rope in either a wrap or basic gymnastic move (and music continues, or music stops prior to closing pose)
0.8	Creative pose incorporating the rope, ending in time with the end of the music.

Creativity - Double Dutch Freestyles – Creativity B

6. Movement on the floor /1.5

A good freestyle routine will have plenty of movement on the floor in all zones.

0.0	No movement/remains stationary
0.3	Covers 1 zone
0.6	Covers 2 zones
0.9	Covers 3 zones
1.2	Covers 4 zones
1.5	Covers 5 zones



7. Speed and Direction changes /1.0

A speed change is the transition between slow, medium, and fast pace jumping in a routine. A rope direction change will be counted after a minimum of 2 skills performed after transitioning from forward to backward or backward to forward.

0.0	No speed or rope direction changes
0.2	Few speed or rope direction changes
0.5	Some speed or rope direction changes
0.8	Many speed or rope direction changes
1.0	Lots of Speed or rope direction changes

8. Rapid Footwork /1.0

Rapid Footwork is the creative use of footwork in a freestyle routine. This element typically comes in the form of a team dance at a noticeably faster pace than the rest of the double dutch routine. A Rapid Footwork series will consist of at least five different skills. A Rapid Footwork series will receive an additional 0.2 for adding each of the following: 1) arm work, 2) rope direction change, and/or 3) speed change for a maximum of 0.9 per Rapid Footwork series.

0.0	No footwork series
0.3	Footwork series with only jumpers doing footwork
0.6	Footwork series with jumpers and turners doing footwork

9. Technique /3.0

When looking at overall technique of a routine consider straightness of the body, straight legs, pointed toes, soft fluid landings, controlled arms and clean arc of the rope.

0.0	Poor technique
0.5	Some good technique
1.5	Good technique
2.5	Some good technique and some excellent technique
3.0	Excellent technique

10. Presentation /1.0

Presentation is the ability of the athlete(s) to engage the judges and the audience during a freestyle routine.

0.0	looking down most of the time, did not engage audience or the judges
0.2	engaged the audience or the judges a few times
0.5	engaged the audience or the judges some of the time
0.8	engaged the audience and the judges many times
1.0	engaged the audience and the judges lots of times

11. Space Violations

Creativity B judges are to watch for space violations and record them on your scoresheet.

SECTION 4 DIFFICULTY

Difficulty
Freestyle Judge

FREESTYLE JUDGE OVERVIEW

Freestyle judges will judge all competitors in the most knowledgeable and objective manner possible. A judge will critically observe all aspects of the judging criteria to determine an appropriate and **consistent** score.

ROUTINE SCORES

A jump rope routine is scored in three sections.

1. **Difficulty** - max of 15 point score from 5 different judges – highest and lowest scores are removed
2. **Creativity A** - max of 7.5 point score from 3 different judges
3. **Creativity B** – max of 7.5 point score from 3 different judges
4. **Deductions** - misses are averaged from all 11 freestyle judges. Time violations are noted by the Scorer.

Each Creativity judge will assign a score for either the Creativity A or Creativity B elements. The judges then give the score sheets to the Scorer (head judge) who will then record all scores and deductions onto the master score sheet.

- **Judges may give partial points in tenths of a point (ex. 5.3, not 5.34) but not less than 0.5 and not greater than 7.5**

Difficulty judges will record the number of elements successfully completed by the competitor(s) at each level, and record those totals by level on their score sheet.

GENERAL RULE

In single rope pairs or team freestyle, the athletes cannot “take turns” jumping. No score will be given for skills performed in this manner unless the athletes are working together to increase the difficulty of the skill(s).

In single rope wheel freestyle, if both jumpers execute a trick at the same time the difficulty level will increase by one. For example, both jumpers execute a donkey kick simultaneously without a jump in between; this level two trick becomes a level three trick for each jumper.

Every jump of the rope, has some skill level assigned to it, however, open jumps are considered a level zero. You combine the value of each rope rotation, similar to double dutch. For example, if the left jumper does an inward turn (level one) at the same moment the right jumper does a donkey kick (level two), those scores are combined to make a level three score for that skill. If the left jumper does an inward turn followed by the right jumper doing a donkey kick this is scored as a level one skill followed by a level two skill.

ORGANIZATION OF FREESTYLE JUDGES

Each freestyle station must have 3 creativity A judges, 3 creativity B judges, 5 difficulty judges, 1 scorer, 1 timer and 1 controller. Judges should alternate seating at their table Creativity, then Difficulty, Creativity etc.

At each team competition there are four team freestyle events, and four judging stations. Each age category will compete at a different judging station for each event.

HELPFUL TIPS

- Each freestyle judge is responsible for judging the criteria that they have been assigned to. Difficulty judges must NOT consider how creative the skills are, but only be concerned with the level of the skills.
- Each judge must be sure that they are properly judging the criteria within their category. Be sure to review the judging criteria that you will be responsible for prior to the event.
- All judges must avoid prejudicial behavior towards any athlete for any reason. If reoccurring evidence can be shown of prejudice the judge may be disqualified from judging at future RSC

sanctioned events.

DIFFICULTY

A difficulty judge will judge the degree of difficulty of freestyle routines by noting the number of skills performed and the levels of each skill. When judging difficulty it is important to remember that you are not judging the creativity of the routine, you are to look at the level of difficulty of each skill executed.

Difficulty and creativity judges are responsible for counting the number of misses committed during a routine.

Misses

A **miss** (0.75 deduction) occurs when a rope is stopped due to being hung up on a body part, another rope, or is dropped.

It is the responsibility of ALL difficulty judges to count and clearly record the number of misses on their score sheet.

To count the number of misses it is helpful to write an 'X' every time you see a miss, then to add up the number of 'X's at the end of the routine. NOTE: If you see zero misses please indicate Ø on your score sheet.

Of the 5 difficulty judges' and 6 creativity judges' "miss tallies", the highest two and lowest two are ignored, and the remaining seven miss tallies are averaged to get the athlete/team's overall miss deductions.

Judging Outline

The RSC breaks the skills down into five skill levels:

- Level 1
- Level 2
- Level 3
- Level 4
- Level 5

Jump Rope skills can be broken down in to the following eight elements (or building blocks):

- 1) **Foot work:** Skills done when just the feet are moving.
- 2) **Arm work:** Skills done when just the arms are moving.
- 3) **Displacement:** Skills done when the upper body goes below centre or the lower body comes above centre.
- 4) **Multiples:** Skills done with multiple rope rotations done in the air before landing. Double unders are level 1, triple unders are level 2, quadruple unders are level 3, quintuple unders and greater are level 4.
- 5) **Strength:** Skills done requiring muscle strength i.e. push-ups. If the skill is performed without a 'pop', it is a level 1 skill. When the skill is completed using a 'pop' the skill is level 2.

Pop: when an athlete leaves a strength position and the rope passes under the feet before they hit the ground.

Strength skills performed with the rope turning backwards are awarded a mark one level higher than if the rope were turning in a forward direction.

Strength skills performed in succession (i.e. strength to strength) can be awarded a mark one level higher for the second (and third and fourth etc) skill of the sequence.

- 6) **Rotation:** Skills performed where the body rotates at least 360 degrees between Take-off and landing
- 7) **Gymnastics:** Skills performed that combine gymnastics skills while jumping the rope.
- 8) **Rope Releases:** Skills performed where one or both handles are released and then “caught”. Release and catch one handle is Level 1. Release and catch two handles, or release and catch one handle in a special position is a level 2 skill.

Each element on its own is a Level 1 or 2 skill. When two elements are added together to make one skill, the skill becomes a Level 2 or 3, when three elements are added together to create one skill, the skill becomes Level 3 or 4, and so on.

DIFFICULTY JUDGE – Day of Event Responsibilities

Before the Event Begins

- Introduce yourself to all the judges
- Ensure you have a working pen or sharp pencil and scrap paper
- Ensure you are sitting next to a Creativity judge at your table

Before the Trial

- Confirm that you have the correct score sheet for the athlete on the floor
- Print your initials on your score sheet
- Acknowledge the scorer and timer so they are aware you are ready
- Be ready for the timer to signal athlete(s) to begin

During the Trial

- Watch the difficulty of each executed skill on the floor
- Mark the appropriate skill level on your scrap paper or scoresheet
- Make note of any misses

After the Trial

- Count the total number of skills noted for each level
- Record the number of skills for each level on your final score
- Record the total number of misses you made note of on the score sheet (if you did not see any clearly print a 0)
- Submit your score sheet to the scorer

Difficulty Judging Single Rope Freestyle

Examples of Building Skill Level:

- Focus on how many elements are added together to create the skill not the names of them (what body motions/positions are involved in each)

Level 1

- The athlete jumps up, one arm crosses in front of the body and the other is behind the back, and the rope is spun around the body and under the feet once before landing.
 - Arm work = Level 1
- The athlete jumps up, rotates the rope around the body and under the feet twice before landing, with hands in the open position
 - Multiples = Level 1
- The athlete jumps into a push-up position, moves to a squat position, and then jumps the rope
 - Strength without “pop” = Level 1
- The athlete jumps up, rotates 360 degrees while spinning the rope around the body and under the feet once
 - Rotation = Level 1
- The athlete executes a cartwheel without jumping the rope
 - Level 1 gymnastics
- The athlete releases one handle and manipulates the rope to catch that handle
 - Level 1 release

Level 2

- The athlete jumps up with a straight leg kick and arms crossed above the leg, spinning the rope around the body and under the feet once before landing
 - Footwork + arm work = Level 2
- The athlete jumps up, rotates 360 degrees and crosses arms while spinning the rope around the body and under the feet once before landing
 - Rotation + arm work = Level 2
- The athlete jumps up with one leg raised to waist height and one arm turned under one leg, spinning the rope around the body and under the feet once before landing
 - displacement = Level 2
- NOTE: Exception – The athlete jumps up with one leg raised to waist height and arms crossed with one arm turned under one leg, spinning the rope around the body and under the feet once before landing
 - displacement + arm work = Level 2
- The athlete jumps up and lands in a horizontal position with hands and feet on the ground, then “pops” up onto their feet while pulling the rope under their feet (push-up)
 - strength (with pop) = Level 2
- The athlete jumps up and spins the rope around the body under the feet twice with the hands in the first revolution in the open position and the hands in the second revolution crossed in front of the body before landing
 - multiple + arm work = Level 2
- The athlete releases a handle, and then jumps up catching the handle while spinning the rope around their body and under their feet twice with their hands in the open position before landing
 - Release + multiple = Level 2

- The athlete executes a round-off, and immediately jumps up, spinning the rope around their body and under their feet twice with their hands in the open position before landing
 - Gymnastics + multiple = Level 2

Level 3

- The athlete jumps up, spins the rope to the right side of the body, spins the rope to the left side of the body, spins the rope around their body and under their feet with their arms crossed in front of their body, and then lands
 - Multiple (triple under – level 2) + arm work = Level 3
- The athlete jumps up, spins the rope backwards around the body and under their feet once with their arms crossed behind their knees, and then lands
 - Displacement (level 2) + arm work = Level 3
- The athlete jumps up, lands on their hands with feet up in the air, and then “pops” up and spins the rope around their body with their arms crossed in front of their body before landing on their feet
 - strength (with pop) + arm work = Level 3
- The athlete executes a round-off, and immediately jumps up, spinning the rope around their body and under their feet three times with their hands in the open position before landing
 - Gymnastics + multiple (level 2) = Level 3
- The athlete jumps up and rotates 360 degrees. While rotating the athlete spins the rope around their body and under their feet three times with their hands in the open position, before landing.
 - Rotation + multiple (Level 2) = Level 3
- The athlete releases one handle, jumps up and while in the air catches the handle with their arms crossed in front of the body, and spins the rope around the body and under their feet twice before landing
 - Release + arm work + multiple = Level 3

Level 4

- The athlete jumps up, spins the rope to the right side of the body, spins the rope to the left side of the body, spins the rope around their body and under their feet, with their arms crossed in front of their body, and one hand under one leg raised, and then lands
 - Rope rotation (triple) (level 2) + Displacement + arm work = Level 4
- The athlete jumps up, spins the rope to the right side of the body, spins the rope to the left side of the body, spins the rope around their body and under their feet with their arms crossed in front of their body twice before landing
 - Rope Rotation (quad) (level 3) + arm work = Level 4

Level 5

- Using a round off to gain speed and height, the athlete jumps up and executes a back tuck somersault in the air. While completing the back tuck, the athlete spins the rope around their body three times, with at least one spin with their arms crossed in front of their body before landing
 - gymnastic(Level 2) + multiple(level 2) + arm work = Level 5

Difficulty Judging Double Dutch Jumper Difficulty

Level 1

- Any foot work
 - footwork = Level 1
- Jumper jumps and lands in a high splits
 - strength = Level 1

Level 2

- Any strength skill where the rope goes under the feet
 - Pushup = Level 2
 - Donkey = Level 2
 - Splits = Level 2

Level 3

- Pushup immediately following any level 2 strength move
 - Strength (level 2) to Strength (level 2) = 1 @ level 2 and 1 @ level 3
- Jumper executes a back tuck in the double dutch ropes
 - Gymnastic Level 3

Difficulty Judging Double Dutch Turner Elements

Arm Work

normal position: turner is standing facing the centre of the ropes. The left arm is on the left side of the body, and the right arm is on the right side. The turner is also standing

limited movement: When the turners arms are in a special position where the arms are not free to move. i.e.: arm behind back, under the leg, crossed etc.

special position: turner is not in a normal position. Turner may be turned around, in a displacement position, performing a gymnastic move, or other positions not in a normal position.

Multiple Unders

Double under - turning the ropes so that both ropes go under the jumpers feet in one jump (two ropes in one jump)

Quad - turning the ropes so that each rope passes under the feet of the jumper twice in one jump (four ropes in one jump)

Sextuplet - turning the ropes so that each rope passes under the feet of the jumper three times in one jump (six ropes in one jump)

Octuplet - turning the ropes so that each rope passes under the feet of the jumper four times in one jump (eight ropes in one jump)

Releases

Catching rope in a normal position

Catching rope in a special position

Turners as Jumpers

Jumping one rope while turning

3 or more people holding handles - wheel

3 or more people holding handles - changing positions

3 or more people holding handles with 1 or 2 arms are limited in movement

3 or more people holding handles with 3 or 4 arms are limited in movement

Difficulty Judging Double Dutch Turner Difficulty

Level 1

- Jumper jumps only one rope at a time, while the turners move one to the side maintaining regular double dutch beat
 - Arm work = Level 1
- Jumper jumps while turners turn ropes so that both ropes pass under the jumpers feet before landing
 - Multiples Level 1
- One handle is released, and then caught by the same or different athlete in a normal position
 - Release Level 1
- Jumping one rope while turning
 - Turners as Jumpers Level 1
- Three or more athletes holding handles and jumping
 - Turners as Jumpers Level 1

Level 2

- Turners turn ropes so both ropes pass under the jumper 4 times
 - Multiples (Quad) Level 2
- One turner turns in an open position, while the other turner has one or two hands in a restricted position, while the jumper jumps
 - Arm work Level 2
- One handle is released, and then caught by the same or different athlete in a restricted position
 - Release Level 2
- Three or more athletes holding handles, jumping and changing positions
 - Turners as Jumpers Level 2
- Three or more athletes holding handles and jumping with one or two arms in limited positions
 - Turners as Jumpers Level 2

Level 3

- Both ropes pass under jumper's feet 3 times (6 total)
 - Multiples (sextuplet) = Level 3
- Both turners have one or two hands each in a restricted position, while jumper jumps
 - Arm work = Level 3
- Three or more athletes holding handles and jumping with three or four arms in limited positions
 - Turners as Jumpers Level 3

Difficulty Judging Double Dutch Jumper AND Turner Difficulty

Level 2

- Straddle with a double under
 - Basic footwork + multiple (double under) = Level 2

Level 3

- Jumper turns 360 during a quad
 - Rotation + multiple (quad=level 2) = Level 3
- Pushup with turners turning double under
 - Strength (level 2) + Multiple (level 1) = Level 3

Level 4

- Pushup immediately following any level 2 strength move, during a double under
 - first strength skill (level 2),
 - second strength skill (level 3) + multiple (double under - level 1) = Level 4
- Jumper turns 360 during a sextuplet
 - Rotation + multiple (sextuplet-level 3) = Level 4

Level 5

- Pushup immediately following any level 2 strength move, where one turner has one or both hands in a restricted position
 - first strength skill (level 2 strength) + arm work (restricted hands level 2) = level 4,
 - second strength skill (level 3) + arm work (restricted hands) = Level 5

Difficulty Judging Double Dutch Entry Difficulty

Double Dutch Entry Difficulty Guidelines

Entries must land inside moving ropes to receive points

Level 1 Entries

Basic entry beside turner, in front of turner or between turners

180 turn into ropes

Level 2 Entries

Any strength skills

360 turn into ropes

Leap frogs over turner (who is bent over) – Ropes **MUST** be turning

Level 3 Entries

Any strength skill over a turner (who is bent over)

Leap Frogs over turners (who is standing upright)

Vaulted and pitched moves

Spotted aerial moves

Level 4 Entries

Level 3 entries performed by both jumpers (double dutch pairs)

Level 3 entries where one turner is performing turner involvement

Elements to increase level of difficulty

Adding multiple unders

Turner involvement

Jumping over turner (bent over, standing)

Rotations (180)

Inversions (flips)

Vaults

SCORING

The difficulty scoring of all freestyle routines is calculated by the scoring program:

KEY POINTS FOR JUDGING DIFFICULTY

- Watch the entire routine by making notes without looking down
- Count the number of skills noting what difficulty level each skill is
- Always be consistent! Count a skill at the same difficulty level for all competitors.
- Focus on how many elements were added together to create the skill, not the names of them
- Do not be overwhelmed by the skills!
- **In double dutch routines all competitor (s) must execute two skills. If this does not happen make note on your score sheet. The routine will receive a 1.0 point penalty for each jumper who does not fulfill this requirement. It is the duty of the difficulty judge to determine if this requirement is met.**
- In DDPF, all competitor(s) must be involved in a skill or combination for it to be counted as difficulty. Otherwise, the skill may be counted as creativity
- Only double dutch skills done when both ropes are turning at different times will be considered as difficulty. This rhythm includes regular double dutch, backward double dutch, Chinese wheel and barrow rolling. Any moves executed with both ropes turning the same direction at the same time (i.e. long rope) may be counted towards creativity

SECTION 5 GROUP ROUTINES

Group Routine
Judging

GROUP ROUTINES

Group routines are a great addition to all competitions and are greatly enjoyed by spectators. Group routines are separated into different group categories determined by group size and age. They are as follows:

Group Categories

- Age 11 and under
- Age 14 and under
- Open (all ages)

GENERAL RULES

A group routine must be 2 to 4 minutes long with a deduction of 0.5 points for under or overtime. Any portion of the routine performed after the 4-minute limit will not be judged. The group routines shall be scored out of a possible maximum of 200 points in accordance with the score sheets.

REQUIRED JUDGES

There must be a minimum of two judges for each of the 5 categories being evaluated.

1. **Execution**
2. **Creativity**
3. **Difficulty**
4. **Impression**
5. **Formations**

At least 10 judges are needed as well as a timer/head scorekeeper. If possible only one judge per club should sit as a group routine judge.

Reminders

A skill or formation should only be counted as complete when all the athletes execute it in unison (unless it is choreographed in such a way that it is apparent it is not to be done in unison).

The use of music is required. The use of music may enhance the impression score as long as the athletes show an impression of the music and that the routine compliments the music. A routine that does not complement the music should receive a deduction of points in impression. If there is a music malfunction in a group routine the team will be allowed a reskip as music is a requirement for this event.

JUDGING GROUP ROUTINES

Scores are calculated from the below categories:

Execution (20)

1. Synchronization/10- athletes move synchronically
2. Accuracy of Execution/10-relative number of misses, formations and skills effectively performed by team members

Creativity (20)

1. Variety of Pace/5 – speeding up, slowing down, double bounces
2. Beginning and Ending/5 - pose, all grouped together, a formation
3. Overall Creativity/10

Difficulty (20)

1. Variety of arm actions/5
2. Variety of footwork/5
3. Overall difficulty/10 - inclusion of difficult elements (i.e. rotations, multi unders, pace, backwards skipping etc.). Credit given only when element is properly executed.

Impression (20)

1. Interpretation of music/10 - athletes move to the beat of the music. Variety of mood, rhythm and tempo
2. Overall Presentation/10 - how the team presents itself, visible enjoyment, energy, confidence, etc.

Formations (20)

1. Variety of formations and traveling patterns/10 - credit is given only when formation is completed with accuracy.
2. Smooth Transitions between Formations/10 - relative number of misses, formations and skills performed by all athletes