



ROPE SKIPPING ALBERTA 2018 RSA AdultSkip Challenge

Rope Skipping Alberta has the discretion to adapt its competition format to meet the developmental needs of the athletes, coaches, and officials in the province. Rope Skipping Alberta has observed a significant interest from adults who want to participate in the sport and compete, yet few adults register to compete.

Casual feedback identified barriers to competing include the number of events, level and complexity of freestyle routines, concerns about competing head-to-head with competitive adults, and general nervousness and anxiety.

The first RSA AdultSkip Challenge will be piloted at the 2018 RSA Skipping Summit. It is anticipated that the timing will be the evening of Saturday, October 20, 2018, to be confirmed by the end of September. One gym will be closed to athletes under 18 years of age during this pilot. The 2018 RSA AdultSkip Challenge is being piloted to determine formats and environments that will support the participation of adults. Feedback from participants is encouraged, and adaptations are expected for the future.

Meaningful Competition

It is important that the AdultSkip Challenge be a meaningful experience for participants. Meaningful competitions are described as follows:

- Meaningful competition provides experiences that support learning for competitors. It supports a “we can get better” attitude that encourages athletes to improve during and after the event.
- Meaningful competition leads to results that are relatively close and not predictable.
- Competitors are matched with others of a similar level of ability and are challenged to be the best they can be at that moment of time.
- Competitors believe they have a chance for success and remain fully engaged throughout the competition.

In order to make the RSA AdultSkip Challenge meaningful for its competitors, the following strategies are being incorporated.

- Rules are stage appropriate and encourage athlete development for long-term success.
- Skill requirements are stage appropriate and based on LTAD and the athlete development matrix.
- The scoring system is adapted so other scoring elements are considered.
- A second chance is given to an athlete when they make a mistake.
- Athletes are matched on skills.

2018 RSA AdultSkip Challenge Overview

In the 2018 RSA AdultSkip Challenge, RSA members 18 years of age or older may register at any level without age or gender restrictions (i.e. a 25 year old female can enter Level 3 and compete alongside an 45 year old male since there is no head-to-head competition). Athletes do not need to start at Level 1, and can progress from one level to a higher level (or lower if needed) over the course of a competitive season. Athletes may compete at different levels for each event.

Athletes are awarded a result of Gold, Silver, Bronze or Merit in each event, as opposed to being scored against each other. The focus is to encourage skill development and progression of skills in alignment with the principals of Long-Term Athlete Development. There is no overall competition, so athletes are encouraged to compete at an appropriate level in each event.

Officials' development will be encouraged by creating a progressive system that enables new officials to become more comfortable with basic skills before judging more complex events at higher levels. Similarly, it provides direction to new coaches and new athletes, and enables them to compete at their level and be successful. Athletes who are competing may judge as long as they are able to compete at when their division is called.

Simple scoring will occur directly on the scoresheet. Results will be entered into a spreadsheet to maintain a record of the event prior to the sheets returned to the athletes after the competition.

Rules for the 2018 RSA AdultSkip Challenges

- Ages: All adults who are 18 years of age or older may participate.
- Registration: There will not be a registration fee to participate in the 2018 RSA AdultSkip Challenge. Registration will be requested by October 1, 2018, with registration forms being included in the RSA Skipping Summit materials. All participants must be full members of Rope Skipping Alberta and Rope Skipping Canada. Adults who do not register are encouraged to come and watch, and may have the opportunity to try some events if they decide to participate onsite. Advance registration is encouraged so that time requirements can be estimated.
- Attire: Proper athletic footwear is required. Uniforms are not required. Sweats may be worn if they are preferred by the athlete. No jewelry will be permitted, including watches, earrings, etc.
- Flooring: No pods are used. Athletes are encouraged to remain a safe distance from their competitors.
- Call-outs/timing: Recorded call-outs will be used for most speed, endurance and double under events. Some modifications may be required resulting in manual timing.
- Skills Event: Skills are used in place of a freestyle routine. The skills judge will call out the tricks in the order to be completed to assist the athlete. Only 2 attempts may be made for each skill. There is not a time limit. No music is used during skills as it is not a routine and there is no creativity judging. Multiple athletes in the Skills event may compete simultaneously.
- Scoresheets: Athletes will complete their own scoresheets (aside from their score and achievement) before taking the competition floor. They will not be pre-printed, but scoresheets will be available for completion onsite.
- Entries: Athletes are not required to compete in all events, but are encouraged to try each event at a comfortable level. Athletes may compete in different levels for each event.
- Event Start Orders: Event start orders will not be distributed. The order will be:
 - Speed: Level 1, Level 2, Level 3, Level 4
 - Double Unders: Level 1, Level 2, Level 3, Level 4
 - Endurance: Level 1, Level 2, Level 3, Level 4
 - Skills: Level 1, Level 2, Level 3, Level 4
- Breaks: There will not be a minimum length of break between events.
- Awards: No formal awards will be given. There will be no overall awards, so athletes are encouraged to enter events at an appropriate level.
- Judging: Judges may not be certified. Athletes who are competing may judge.
- Sportsmanship: Sportsmanship will be strictly enforced. Any individual who violates the spirit of the competition or acts in an unsporting behaviour will be required to leave immediately.



2018 RSA AdultSkip Challenge 30 Second Speed

Name: _____

Club: _____

Level (check): 1 2 3 4

Level 1	Level 2	Level 3	Level 4
30 seconds of continuous skipping on 1 or 2 feet	30 seconds of continuous skipping using alternating step	30 seconds of continuous skipping using alternating step	30 seconds of continuous skipping using alternating step
Gold: Completion with 2 or fewer misses Silver: Completion with 3 to 4 misses Bronze: Completion with 5 or more misses Merit: Incomplete	Gold: Completion with 2 or fewer misses Silver: Completion with 3 to 4 misses Bronze: Completion with 5 or more misses Merit: Incomplete	Gold: Score of 45 or higher Silver: Score of 35 to 44 Bronze: Score of 28 to 34 Merit: Score of 0 to 27	Gold: Score of 50 or higher Silver: Score of 45 to 49 Bronze: Score of 40 to 44 Merit: Score of 0 to 39

Levels 1 & 2: Misses _____

Levels 3 & 4: Score _____

Achievement (check):

- Gold
- Silver
- Bronze
- Merit



2018 RSA AdultSkip Challenge Endurance

Name: _____

Club: _____

Level (check): 1 2 3 4

Level 1	Level 2	Level 3	Level 4
60 seconds of continuous skipping on 1 or 2 feet	60 seconds of continuous skipping using alternating step	90 seconds of continuous skipping using alternating step	120 seconds of continuous skipping using alternating step
Gold: Completion with 5 or fewer misses Silver: Completion with 6 to 7 misses Bronze: Completion with 8 or more misses Merit: Incomplete	Gold: Completion with 5 or fewer misses Silver: Completion with 6 to 7 misses Bronze: Completion with 8 or more misses Merit: Incomplete	Gold: Score of 75 or higher Silver: Score of 60 to 74 Bronze: Score of 50 to 59 Merit: Score of 0 to 49	Gold: Score of 150 or higher Silver: Score of 125 to 149 Bronze: Score of 100 to 124 Merit: Score of 0 to 124

Levels 1 & 2: Misses _____

Levels 3 & 4: Score _____

Achievement (check):

- Gold
- Silver
- Bronze
- Merit



2018 RSA AdultSkip Challenge Double Unders

Name: _____

Club: _____

Level (check): 1 2 3 4

Level 1	Level 2	Level 3	Level 4
Completion of non-consecutive Double Unders within 30 seconds	Completion of non-consecutive Double Unders within 30 seconds	Completion of non-consecutive Double Unders within 60 seconds	Completion of non-consecutive Double Unders within 60 seconds
Gold: Completion of 5 or more Double Unders Silver: Completion of 3 or 4 Double Unders Bronze: Completion of 1 or 2 Double Unders Merit: Attempted Double Unders	Gold: Completion of 15 or more Double Unders Silver: Completion of 10 to 14 Double Unders Bronze: Completion of 5 to 9 Double Unders Merit: Completion of 0 to 4 Double Unders	Gold: Completion of 25 or more Double Unders Silver: Completion of 20 to 24 Double Unders Bronze: Completion of 15 to 19 Double Unders Merit: Completion of 0 to 15 Double Unders	Gold: Completion of 50 or more Double Unders Silver: Completion of 41 to 49 Double Unders Bronze: Completion of 31 to 39 Double Unders Merit: Completion of 0 to 30 Double Unders

Score: _____

Achievement (check):

- Gold
- Silver
- Bronze
- Merit



2018 RSA AdultSkip Challenge Skills

Name: _____

Club: _____

Level (check): 1 2 3 4

Level 1	Level 2	Level 3	Level 4
Any 3 of: <ul style="list-style-type: none"> • Skier (1212) • Bell (1212) • One-foot jump (1122) • Side Straddle (1212) • Forward Straddle (1T2T1T2T) • Scissor Straddle (1212) • X (1O2O1O2O) • Twister (1212) • Wounded Duck (1212) • Side Swing (SSOSS) • 5 backwards skips 	Any 3 of: <ul style="list-style-type: none"> • Heel to heel (1212) • Toe to toe (1212) • Heel to toe (1212) • Cross (1) • Low kick (1212) • Knee raise (1212) • 180 turn (front to back) • 180 turn (back to front) • Grapevine (1212) • Cross throughout any Level 1 skill • Any PC Level 1 skill backwards 	Any 5 of: <ul style="list-style-type: none"> • Side swing cross (RL) • Consecutive cross (RR or LL) • Double Under • Caboose • Push up (no pop) • Low Can Can (RL) • High Kick (above waist) • EB (1 side) • Cross throughout any Level 2 skill • Any Level 2 skill backwards 	Any 5 of: <ul style="list-style-type: none"> • TS • Switch cross (no jump between) • EB (Both sides) • Pretzel • Toad • Donkey Kick (no pop) • Double Under Cross (any way) • Heel click • 1 handle rope throw • Cross throughout any Level 2 skill • Any Level 3 skill backwards
Gold: 5 to 6 points Silver: 3 to 4 points Bronze: 1 to 2 points Merit: 0 points	Gold: 5 to 6 points Silver: 3 to 4 points Bronze: 1 to 2 points Merit: 0 points	Gold: 9 to 10 points Silver: 7 to 8 points Bronze: 3 to 6 points Merit: 0 to 2 points	Gold: 9 to 10 points Silver: 7 to 8 points Bronze: 3 to 6 points Merit: 0 to 2 points

#	Skills (in order)	Score (circle) 2 - completed; 1 - completed with miss; 0 - not completed		
1		2	1	0
2		2	1	0
3		2	1	0
4 (L3-4 only)		2	1	0
5 (L3-4 only)		2	1	0
	Score			

Achievement (check):

Gold
 Silver
 Bronze
 Merit