



JUMP ROPE

Sunday 30th October 2022

Venue: The Strand Hall, Builth Wells

(Entry Date: 26th September 2022)

Entry Date: 26/09/2022
Winter Marks: 50
Last Amended: 12/10/2022
Withdrawal by: 24/10/2022

ELIGIBILITY

The team will consist of four (4) competitors, all of whom must be 28 years of age or under on the 1st of September 2022.

PROCEDURE

Each team to be allocated a 10-minute rehearsal slot prior to their performance, before the audience is present.

First Part

Single Rope Freestyle - is a creative form of Jump Rope that is performed by 4 competitors (each person has their own individual skipping rope). The competitors must assemble a combination of finesse, power, strength, dance, and intricate arm rope skills into a routine, which is choreographed to music. Precision, synchrony, and dynamic interaction between the 4 jumpers are judged in this routine. There must be a section where all 4 jumpers are doing the same thing. The rest of the routine can consist of individuals showing off their skills, 2 people synchronised, but everyone must perform.

Second Part

Double Dutch Freestyle - is a creative form of Double Dutch which is performed by 4 competitors (2 turners and 2 jumpers). The competitors must assemble a combination of turner exchanges, finesse, power, strength, dance and intricate arm rope skills into a routine that is choreographed to music. Precision and synchrony between all 4 jumpers are judged in this routine. Each Double Dutch team member must turn and jump during the routine, not doing so will be grounds for a zero score in that component event.

TIMING

The Single Rope Freestyle Section must be between 60-75 seconds of the routine.

The Double Dutch Freestyle section must be between 60-75 seconds in length

For both sections the timing will start on the first note of the music or first movement, whichever occurs first and will stop with a clear end to the section. Teams may want to ensure that there is a clear distinction between the two sections.

Time faults will be imposed for timings above or below the time limits at a rate of 2 marks deducted per 15 seconds or part thereof for each section

It is advised that competition organisers use two time keeps, one for each of the single rope and Double Dutch elements

All music must be, at every round, a radio edit - i.e., suitable and passed for radio broadcast to family (pre watershed) audiences.

The length of rope

Single ropes for the Single Rope routine depend on the height of the person, they can be 8ft ropes or 9ft ropes (plastic or beaded rope).

Double Dutch ropes for the group Double Dutch routine use 16ft ropes (plastic or beaded ropes)

SCALE OF MARKS

Single Rope Freestyle		Double Dutch Freestyle	
Accuracy	10	Accuracy	10
Variety of Skills	10	Variety of Skills	10
Rope Manipulation Skills (Arm action, rope toss, whirls, and wraps)	10	Rope Manipulation Skills (Turner's skills and exchanges)	10
Overall Difficulty (Within skills & combinations performed throughout the routine)	10	Overall Difficulty (Within skills & combinations performed throughout the routine)	10
Entertainment Value (Elements that create interest)	10	Entertainment Value (Elements that create interest)	10
Time Faults (2 marks deducted per 15 seconds below or above time limit of 60 – 75 seconds)		Time Faults (2 marks deducted per 15 seconds below or above time limit of 60 – 75 seconds)	
Total	50	Total	50

Judges' decision is final.

GLOSSARY OF TERMS

- Jump Rope - The American name used for rope skipping
- Rope Skipping - The more European name used for using a rope to jump over.
- Single Rope Freestyle - One jumper, one rope, turn the rope over your head and then jump, many skills can be done using a single rope
- Double Dutch Freestyle - 2 ropes, 2 turners, 2 jumpers. The turners stand facing each other, you hold one handle each of one rope (right hand to the other turners left hand, (then the other rope left hand to the other turner's right hand). Imagine you have a chalk board in front of you and you are going to draw two big circles next to each other. The ropes turn inwards alternatively synchronised with the turner opposite you. The ropes should hit the floor on a beat rhythm 1,2,1,2,1,2. Keep your arms in front of you and imagine you have a line down the centre of your body that you cannot cross over when drawing big circles, otherwise the ropes clash and stop. To jump into the ropes the jumper enters from next to the turner and when the rope closest to them is in the air they follow the rope in and jump over it and then keep jumping to the beat of the ropes.

(For Wales YFC Public Speaking Day, 26th March 2023)

Judges & Stewards Please Note: No joint positions for 1st - 4th Placings



Entries to be submitted online by 26th September 2022 . NO LATE ENTRY FORMS WILL BE ACCEPTED UNDER ANY CIRCUMSTANCES.

WITHDRAWAL FROM COMPETITIONS

Clubs/ Members are asked to notify the YFC Office of any withdrawals 5 days prior to a Competition. **PLEASE NOTE: All withdrawals from Club secretaries/Members must be made by email or by telephoning the YFC Office. If telephoning out of office hours then a message should be left on the YFC Mobile phone.**

Please Note: That only members with up-to-date membership cards and are on the database in the YFC Office are eligible to compete. Members must apply online at least 5 Days before the competition.

PLEASE NOTE: If a member does not produce an up-to-date membership card at the competition, it will result in a £5.00 fine. The fine will be refundable only if they provide confirmation of membership within 7 days of the Competition.

General Rules apply to all competitions alongside the competition's rules.