

SPORTS DAY

Sunday 22nd August 2021

Venue: TBC

(Entry Date: Sunday 1st August 2021)

JUMP ROPE

ELIGIBILITY

Only one team allowed per club.

The team will consist of four competitors, all of whom must be 27 years of age or under on 1st September 2020 and full members of a club affiliated to Brecknock YFC.

PROCEDURE

Each team to be allocated a 10 minute rehearsal slot prior to their performance, before 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.

USE OF EQUIPMENT

Ropes are not to be shared. Each team to provide their own ropes.

All ropes must be cleaned down with anti-bacterial sanitiser between each use. Use of plastic or PVC ropes is recommended. Ropes available to purchase from: <https://www.jumpruk.com/shop/>

Organisers to provide ample hand sanitising stations and spray sanitiser or wipes for cleaning equipment.

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 keepers, one for each of the single rope and double dutch elements.

Music to be submitted to Brecknock YFC on CD format. All music must be, at every round, a Radio Edit – i.e. suitable and passed for radio broadcast to family (pre watershed) audiences.

Size of area to be approximately 10m x 10m. County Federations to specify for county finals.

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 (Turners 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

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 turners 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.

(Rules as for Wales YFC Eliminator, 2021 Wales YFC Sports Day, 11th/12th September 2021, Aberystwyth)

Entries to be submitted online by Sunday 1st August 2021. NO LATE ENTRY FORMS WILL BE ACCEPTED UNDER ANY CIRCUMSTANCES.

WITHDRAWAL FROM COMPETITIONS

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 answer phone.

Please Note: "That only members with up-to-date plastic membership cards and are on the database in the YFC Office are eligible to compete. Any new members forms and photos *must* be attached to the Entry Form when returned by clubs."