



**ROPE SKIPPING
Federation of India**

ROPE SKIPPING FEDERATION OF INDIA(RSFI)

ROPE SKIPPING GAME

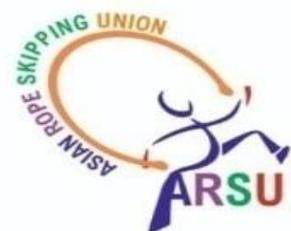
Including in

Association of Indian University (AIU), School Games Federation Of India (SGFI),
Central Board Of Secondary Education (CBSE), Kendriya Bidyalaya Sanghthan (KVS),
Navodaya Vidyalaya Samiti (NVS), Vidya Bharti Sansthan (VBS)

RULE BOOK

Version 2.0.4

**ROPE SKIPPING
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INTRODUCTION

Rope Skipping is one of the indigenous game of India. Rope Skipping, which has established and recognized by people as a game in recent years but it has its deep roots in all over world. In medieval times, children used to skip rope just for fun and nobody then identified this fun as a sport. This is regularly played by school /college student and youth of the world. As the game is very much thrilling and exciting, it's liked by each and everyone. Originated in India, this game travelled a long journey to get recognition after its origin. Some medical professionals like Physiotherapists and rehabilitation professionals also found rope skipping useful for their patients as skipping rope did wonders for them. It is and was the most liked recreation activity and also improves physical state of the person in comparison to any other activity. It is proved in many researches done in India that only skipping rope take care of overall fitness of the body.

Our elders say that in Dwapar Yuga as Ancient time, when Yashoda Maiya used to tie Lord Krishna with a rope when he was a child, he would secretly untie that rope with the help of his friends and take it to the jungles so that he would not be tied again with that rope. The children of the village have been playing this traditional game since then they used to play rope skipping/ jump rope with their friends with that rope.

“Skipping is jumping for joy, step after step. Skipping provides exercise for the body, mind, and spirit.”

Rope Skipping is a low cost, indoor – outdoor activity that requires little equipment or space and no special attire. The variety of movement

combination is unlimited, offering opportunities to express creativity and individuality. Rope Skipping improves fine and gross motor coordination, agility and fluidity of movement, flexibility and lateral movement. It also improves the senses of rhythm, speed, power, timing and balance. The rapid progression and improvement often experienced with skipping rope may help enhance self-esteem and body image. Rope Skipping also promotes social aspects. Especially Double Touch and Team freestyle encouraging team spirit.

Rope Skipping is an ideal recreational activity for all ages and lifestyles.

So Skip Rope to an enriched well being and good health!

FOREWORD

Since April 2019 the RSFI Technical Committees has been hard at work trying to create a new set of rules for Rope Skipping game. A lot of the rules are new.

RSFI Technical Committees

RULEBOOK

OFFICIAL VERSION

Prior to a tournament, the Tournament Director will designate the official version of the Rule Book for use in the tournament. This will be the official version used in the competition and will be used to resolve any questions or disputes. For National/State Championship, the current version of the RSFI rulebook will be used

GENERAL

PROTESTS AND APPEALS

The competition Director will designate a Tournament Committee that will hear and make decisions on protests and appeals within the competition. The committee should consist of the tournament director. No more than one person from a State can be a member of the tournament committee. At least a senior judge, senior skipper and a member of the technical committee should be included in this committee. The Tournament Committee can hear protests on:

- A scoring error related to data entry or calculation error
- A decision by the tournament director or other tournament officials that is unfair or inconsistent with published RSFI rules.

At its judgment, the Tournament Committee may use a video replay recorded on competition-run equipment.

To make an appeal the following process should be used

1. Team head coaches or designated representative discusses the issue with the Tournament Director. The tournament director will propose a recommendation.
2. If the coach/designated representative does not agree with this decision, she/he has one hour of the decision to appeal to the full Tournament Committee.
3. On appeal, the coach/designated representative will present their case to the full Tournament Committee.
4. The decision of the Tournament Committee is final and will be communicated to the coach/designated representative.

If corrections are made after awards are distributed, athletes will not be required to return any incorrectly given awards, but they may choose to do so as a show of sportsmanship.

Tie

- The head judge reserves the right to make the final decision in the event of the tie. (PTO/AWARDS)

INJURY AND SUBSTITUTIONS

In case of an injury during the competition, the skipper or coach will decide whether to continue the event or not.

There will be no re-skip and the event will be scored based on what was shown.

In the case of an injury to a competitor before the competition begins, no other skipper who is not a member of that team will be permitted to compete in their place. There will be no substitutions.

If the only male/female in an open team is injured and cannot compete, then that team is no longer an open team but a female or male team. This team will no longer be able to compete in the official competition, but will be ranked out of competition, as it is not allowed to switch categories during the Championship. All events executed with the required gender(s) will be scored and the team will be in the ranking for those events.

WITHDRAWAL

If an athlete/team doesn't show up on the competition floor within 1 minute of being called it will be considered a withdrawal from the event. It is the responsibility of athletes and coaches to follow the competition progress even if the tournament runs ahead of projected schedule.

ANTI-DOPING

Doping involves Prohibited Substances or Prohibited Methods that enhance sporting performance, risk health and/or are contrary to the spirit of sport. The National Rope Skipping Federation (RSFI) implements the mandatory and other portions of the Anti-Doping Program, the mandatory National Standards, and the Models of Best Practice. The RSFI recognizes the role of the Anti-Doping Agency in setting global standards and coordinating anti-doping national wide.

In particular, the RSFI adopts and applies the anti-doping rule violations set forth in the Code.

Subject to any right of appeal, the anti-doping rule violation and consequences decisions, Therapeutic Use Exemptions (*TUEs*), hearing results or other final adjudications of any

Signatory to the Code which are consistent with the Code shall be recognized and respected by RSFI members.

An Adverse Analytical Finding reported to, or an anti-doping rule violation determined by, any authority that is recognized may be deemed to be an Adverse Analytical Finding or anti-doping rule violation under the NATIONAL ANTI-DOPING PROGRAM, which may apply to such cases.

AWARDS

RELEASE OF OFFICIAL RESULTS

The Tournament Director/Chairman will release the official results of a RSFI Championship after all verifications and authorizations are complete. These results will be entered at the RSFI-site. The following awards will be presented during the Competition Awards Ceremony at the completion of the Championships.

National Championships

	Master	Team championship	Overall Championship
Overall	Gold, Silver and bronze medals for the first three places in each gender category.	Gold, Silver and bronze medals for the first three places overall in each gender category.	Gold, Silver and bronze medals for each member of the first three placed teams. The winning team will also receive a team trophy.
Per event	Gold, Silver and Bronze medals will be awarded for each event in each gender category.	Gold, Silver and Bronze medals will be awarded for each event in each gender category.	
Medals Point	For Team events Gold= 10 points Silver = 6 points Bronze= 4 points	For Master events Gold= 5 points Silver = 3 points Bronze= 2 points	For Overall Trophy 1. According to medal point

Medals will only be given to those skippers who competed in the event. In the case of an overall medal for a team, all team members who competed in at least one of the events will receive a medal.

In the case minimum 3 teams are compulsory in each event for medal tally if any care in event only 1 or 2 team are present so its not count in medal tally-gold /silver/bronze and in the case of a tie in an event, all the n skippers/teams with the same result will receive the same medal. The next best score will receive a ranking which is n higher than then skippers with the tie and this score receives the medal for this ranking For example

Skippers A and B score 98 and skipper C scores 97 and Skipper D scores

96. Skippers A and B will receive a gold medal; skipper C will receive a bronze medal and Skipper D will not receive a medal. Skippers A and B will receive one (1) ranking point, Skipper C will receive three (3) ranking points and Skipper D will receive 4 ranking points.

The winner of an overall competition can call himself/herself RSFI Champion for that specific category. For instance, the winner of the Male Masters Championship can call himself RSFI Champion Male Masters

Winners of single events will be called the RSFI champion the specific event. For instance, the winner of the RSFI Championship triples event for females will be called the RSFI Champion of triples females.

EQUIPMENT AND UNIFORMS

ROPES

Ropes can generally be of any length.

The number of ropes allowed in the competition field is according to the events.

For Double Dutch a maximum of one set of ropes (2 ropes make a set) is allowed.

PROPS

No props or special equipment, other than that which is attached to the body throughout the entire routine, may be used to add to the creativity and / or the degree of difficulty of the routine. Medic-Alert bracelets are accepted.

If a prop is released unintentionally from the body, it should be removed from the competition floor as quickly as possible by the competitors.

Removing a prop from the body intentionally will result in disqualification.

UNIFORM

Supportive athletic shoes must be worn. If an athlete loses a shoe during a routine, no

skills will be scored whilst the athlete doesn't wear their shoes.

Each State must have a matching uniform for the Parade of Athletes and for the medal ceremonies. National team uniforms may have the team name, sponsor and / or logo displayed during the competition. The uniform worn by a team should obviously indicate that these skippers form a team and must share colors in like patterns as well as the same colour tops to bottoms. For example, if the three females in the team wear red shorts with a blue top then the male skipper must also wear red shorts and blue top, although the style can vary for him.

MUSIC

Music should be no longer than the allowed max time of the event it is used for, if not the music will be cut off at the length of the event. The time of the music is measured from the start of the audio file, not from the first audible signal.

Music should generally be submitted in advance; however, the athletes should be able to provide a USB with their music in case of a music failure. The ability to test the music before the competition should be provided.

VIDEO REPLAY

A video camera might be provided for each speed and multiples station to allow for recounts due to inaccurate clicking. If the head judge has notified the tournament director of inaccurate clicking the tournament director will notify the coach or a representative from the team who was present in the coach's box that the video of the event will automatically be recounted at a slower speed by an additional panel of judges. If no one was in the coach's box during the event, the national head-coach or head of delegation will be notified.

The event will be recounted off the competition floor while the tournament continues. Once the judges that are recounting the event get a score within 3 jumps, this score will be used to calculate a final, total speed score, and the tournament director will notify the coach or team representative of the new score.

If the athlete(s) or coaches obstruct the view of the camera and a recount is not possible, the athletes do not receive a second attempt and will be given the score originally counted by the judges.

BROKEN ROPE OR HANDLE

If a rope or a handle breaks a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However, a team or skipper may only have a maximum of two (2) attempts at the same event. The last attempt determines the score.

SPACE VIOLATION

Each time a skipper steps or places a foot completely outside the border(s) of the competition area at any time during the performance of the freestyle routine results in a space violation.

Each space violation is equal to a minor miss resulting in a deduction of 12.5 points from the total freestyle score.

There is no space violation deducted if only a rope goes outside the border(s).

A team will receive one space violation for each team member competing in that event that goes out of the field while the music is still playing 1'15 after the start of their routine.

MISSES

Minor Miss for masters and teams

A minor miss is an unintentional delay of the rope or an unintentional drop of a handle. The rope may hit a skipper, turner, or the opposite rope. Any other mistake involving the rope(s) that causes a delay of **less than 2 seconds** is also a minor miss. If a skipper or team pulls out of a miss and the rope does not cause a delay in the routine, then that is considered a bobble and does not result in a deduction. However, the presentation judges should not ethically mistake in their Quality of Presentation.

FALSE STARTS

False Starts are not permitted in any event. The skipper(s) must remain still with no arm or rope movement before the BEEP sound is heard or the words-You May Begin have been completely called out. Any movement before the announcement of these words has

been completed or before the start of the BEEP sound constitutes a false start.

If a false start is detected the judges do not stop the skippers and **show red flag (minimum 5 sec.)** but there will be a 5-point deduction from the skipper 's raw score.

SIGNALS, SOUNDS AND CALLOUTS

The call outs which are used in the competition are available on CD and can be downloaded from the RSFI website. The CD can also be obtained through the RSFI head office.

All speed events begin with the words ||Judges ready? Skippers ready? Set|| followed by a short BEEP and finish with a BEEP. A BEEP is called out each time one skipper must stop skipping and the next skipper must begin skipping.

TIMING

Masters and Team Championships – Freestyle

Timing begins with the first arm or rope movement or as soon as the first sound of the music starts. If the music does not start immediately after the call out, one is allowed not to start and ask for a recall. The delay must be at least 5 seconds and a clear signal must be made by the athlete(s) that the music had not started correctly.

The routine will be judged finished when both the music and the skipper finish in a recognizable or identifiable end position. For example the music has ended and the rope has stopped in some arrangement with the skipper for at least two seconds.

Masters and Team Championships – Speed events

Timing starts at the beginning of the first BEEP and stops at the beginning of the second BEEP. (The Triple Under event is an exception and will not be timed).

CHAMPIONSHIP

Timing begins at the first sound of the music or the first rope movement, whichever is first. Timing stops when all skippers stop skipping and clearly show that the routine has ended.

QUALIFICATIONS OF JUDGES

To become an **RSFI certified judge** in a judging category it will be required to complete training & Certification, live training and pass a standardized certification test.

JUDGES REQUIREMENT

Minimum 24 judges require for Championship or its depend on the total participants. Judges Should be qualified with A Grade from Rope Skipping Federation of India (RSFI).

DRESSING CODE FOR JUDGES

In Summer Season: -White Shirt/T-Shirt, Blue Pant and black Sports Shoes

In Winter Season: -Blue Blazers, White Shirt, Black Pant and Sports Shoes

Note: - **1.** Color of dress will be decided in 2020 RSFI Board meeting.

2. If any judge score will be declared wrong/ so Executive Board members are action for judge will **banned** in minimum 1 year /maximum 3 years.

COMPETITION AREA

General Information

The competition floor should be a high quality, wooden sprung or cushioned sports floor.

All competition areas must be measured from the outside edge of the boundary.

The boundaries of the competition area will be marked with well-defined lines. The color of these marks should be a clear contrast from the floor and other pre-existing marks on the floor.

There should be a 2-meter margin between each competition field.

FREESTYLE FIELD

Freestyle fields are 12×12-meter squares.

Show Freestyle Field

Show freestyle fields will be dependent on the size of the venue, a minimum of 16×24-meters are recommended. The available space should be communicated well in advance.

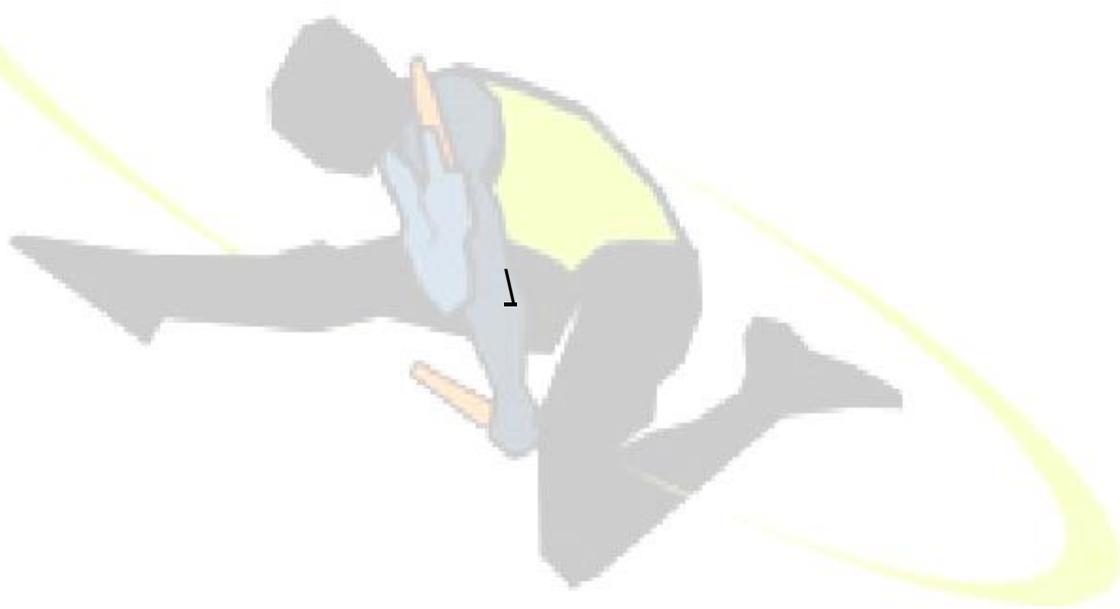
SPEED AND MULTIPLES FIELD

Speed and multiples stations are 5×5-meter squares.

COACH BOX

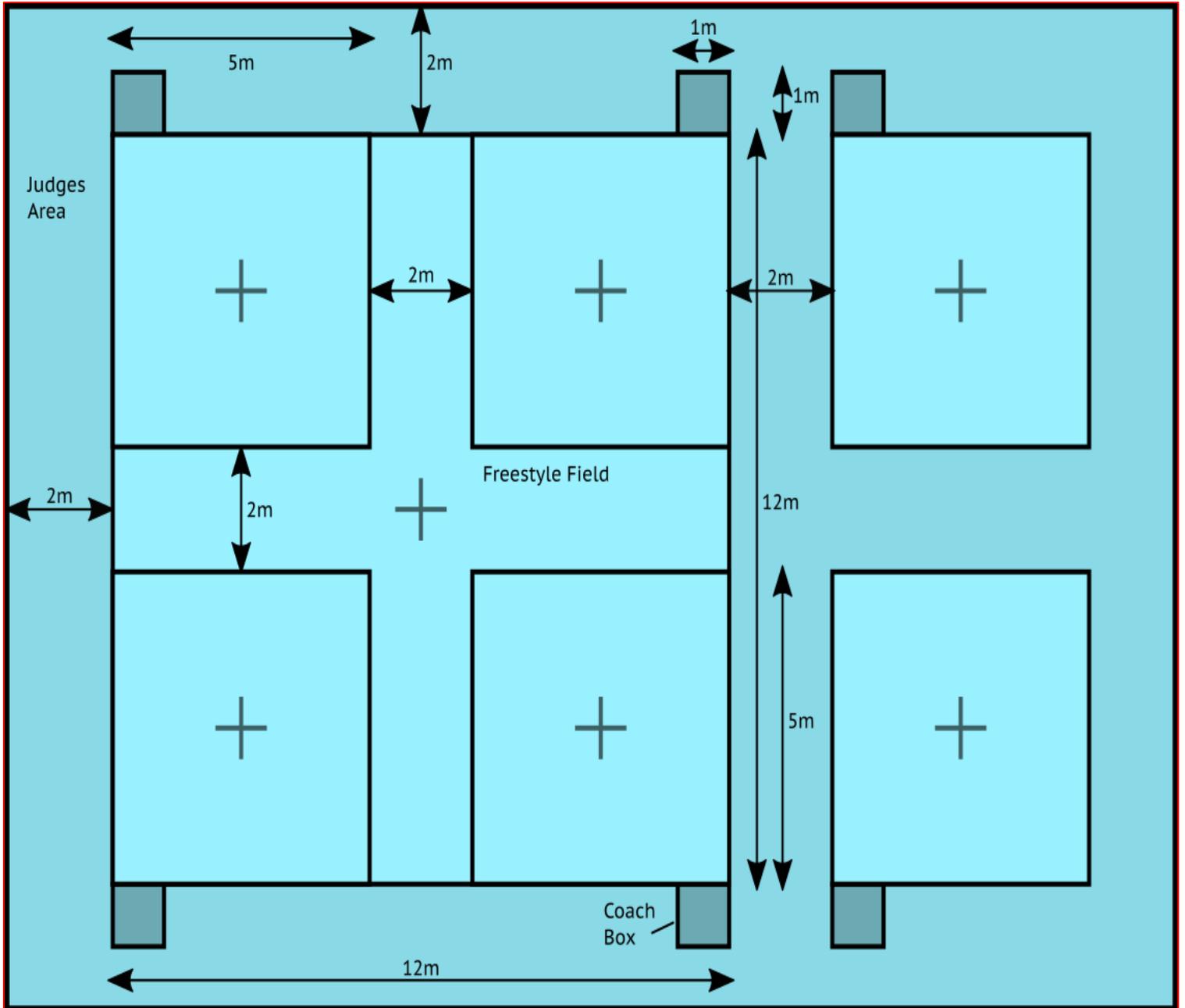
A 1×1-meter coach's box will be placed outside each speed and freestyle field and positioned at one of the corners.

One of the four sides of the coach's box must be a part of the freestyle field or speed field's side. The coach's box should not block the view of the judges or video-replay cameras.



ROPE SKIPPING
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COMPETITION AREA



Note:- Extra 2 Arena (1 is Player Reporting Aera) and (1 is Practice Aera).
DIVISIONS

Gender Categories

For team events the gender categories are defined as follows

- Female gender all female
- Male gender all male
- Mixed gender at least one male and one female

<u>Categories</u>	<u>Division</u>
• Novice Category	08 to 11 Years
• Sub-Junior Category	11 to 14 years
• Junior Category	14 to 17 years
• Senior Category	17 to 31 Years
• Master category	32 years & above

RSFI- CHAMPIONSHIP

Number of State

There should be maximum number of State/Unit for this competition to take place.

Competition Day

The competition will be held on minimum 3 days.

ROPE SKIPPING
Federation of India

EVENTS

(Individual Events)

1. SPEED HOP(SRSH).....1×30seconds.....1athlete

<https://www.youtube.com/watch?v=HyBEKi9Ysvg>

Time limit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many Single Bounce as possible within the time limit.

Execution Requirements

The Single Bounce Jump must be used. The skipper will skip in their designated area.

Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

2. SPEED JOGGER(SRSJ)....1×30seconds.....1athlete

<https://www.youtube.com/watch?v=mB-gOyH2ApY>

Time limit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many jogger step as possible within the time limit.

Execution Requirements

The Jogger Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

3. FREESTYLE(SRFS)....60-75seconds.....1athlete

Time limit-60-75 seconds

Callout-JudgesReady/SkippersReady/You may Begin 45 sec. 60 sec. BEEP.

Goal- To complete as many skills as possible within the time limit.

Execution Requirements

Freestyle is any combination of skills in a routine limited only by the imagination of the skipper. No props or special equipment may be used during the routine. Only activity in the designated area counts.

Music

Music for freestyle is optional. If the wrong music is played the skipper must stop his or her routine within 5 seconds of starting and he or she will have 15 minutes to provide the staff with the appropriate music. If the music fails during a routine, the skipper should continue without music as he/she will not be permitted to re-skip, unless the fault was definitely caused by the sound system and not due to a faulty CD.

4. ENDURANCE (SRE). 2 MIN.1 athlete

<https://www.youtube.com/watch?v=rkPJkxLDr5g&t=41s>

Timelimit-2 MIN.

Callout-JudgesReady/SkippersReady/BEEP.30 sec. 45 sec. 1 Min. 1.30 sec. 1.45 sec.
.BEEP.

Goal- To complete as many jogger step as possible within the time limit.

Execution Requirements

The jogger step must be used. The skipper will skip in their designated area. There will be a deduction of 5 points from the raw score for a false start.

5. ONE LEG SWITCH (OLSSB)...1×30seconds.....1 athlete

<https://www.youtube.com/watch?v=CrH-fCWHkoc>

Time limit- 30 seconds (15 second each leg)

Callout-JudgesReady/SkippersReady/Set.BEEP.05.10...Switch...05..10BEEP.

Goal- To complete as many step as possible within the time limit.

Execution Requirements

The Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts. Players have to jump (single bounce) from each leg 15 sec. and after 15 sec. he/she has to switch leg for next 15 sec. There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

TEAM EVENTS

1. JOGGER RELAY & DOUBLE SKIP RELAY-

(SRSR)....4×30seconds.....4athlete

Time limit-4x 30 seconds. The 120 seconds (two minutes) time limit runs continuously with no stops or breaks.

Callout-Judgesready/Skippersready/Set.BEEP.10.20.BEEP.10.20.BEEP.10.20.BEEP.10.20. BEEP.

Goal - To complete as many speed jumps as possible within the time limit with a relay of 4 skippers.

Note: The first, second, third and fourth skipper should all be different skippers.

Execution Requirements

The Jogger Step must be used by first 2 skippers and last two skippers have to do double skip. Each skipper must skip in their designated area and only activity in the designated area counts. The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running (this includes also skippers that already skipped their 30|| or still have to skip their 30||).

Changing Skippers / The Switch:

The first skipper jumps for the first 30 seconds. At the 30 second mark, "BEEP" is called. The first skipper stops skipping and the second skipper begins and jumps for the next 30 seconds. The same for the third and fourth skipper.

There is no break in timing for the switch to be made.

There will be a deduction of 5 points from the raw score for each False Switch. In this case a False Switch is when the new skipper starts moving his arms, legs or rope before the 'BEEP' is called out. There is no break in timing for the switch to be made.

When "BEEP" is called the counting is stopped until the next skipper begins with their right foot hitting the floor and the rope passing under the right foot cleanly.

2. SINGLE TOUCH L-III SPEED (STLS)....30seconds...4athlete (with belt)**Time limit-** 30 seconds**Callout-**JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.**Goal-** To complete as many joggers' step as possible within the time limit.**Execution Requirements**

The Jogger Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

3. DOUBLE TOUCH PAIR SPEED (DTPS).....2X60seconds.....4athlete**Time limit-** 120 seconds**Callout**—"Judges ready/ Skippers, ready/ Set. BEEP. 15. 30. 45.BEEP. 15. 30. 45.BEEP.**Goal-**To complete as many jumps as possible within the time limit with a relay of different skippers.**Execution Requirements**

The Speed Step must be used. All skippers and turners must remain in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper/team who/which moves out of their designated area while the clock is still running.

Procedure:**1.** A and B turn for C, who is facing B.**2.** A and B turn for D, who is facing C.

4. FRONT TO FRONT

Time limit 60 seconds

Call out —Judges ready/ Skippers ready/ Set. BEEP. 10. 20. Switch. 10. 20. BEEP.

Goal -To complete as many speed jumps as possible within the time limit.

- Stand on face as per your chose (FRONT TO FRONT, FRONT TO BACK, and **BACK-TO-BACK**

- In this event skipper do speed-hop smoothly.

Execution Requirements

The Speed Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts. The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses

5. PAIR FREESTYLE (SRPFS)....60-75seconds.....2athlete

Time limit- 60-75 seconds

Callout-Judges Ready/Skippers Ready/You may Begin 45 sec. 60 sec. BEEP.

Goal- To complete a creative routine with as many correctly executed skills at the skipper's highest ability within the time limit.

Execution Requirements

- a. Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper.
- b. No props or special equipment may be used to add to the creativity and / or the degree of difficulty of the routine. Only activity in the designated areacounts.
- c. Only the synchronized skills will be judged for difficulty except where the choreography specifically dictates otherwise. The more synchronized skills performed in the routine, the higher the score.

Music

Music for freestyle is optional. If the wrong music is played the skippers must stop their routine within 5 seconds of starting and they will have 15 minutes to provide the staff with the appropriate music. If the music fails during a routine, the team should continue without music as he/she will not be permitted to re-skip, unless the fault was definitely caused by the sound system and not due to a faulty CD.

6. DOUBLE TOUCH FREESTYLE (DTSFS)....60-75seconds.....3athlete

Timelimit- 60-75 seconds

Callout-JudgesReady/SkippersReady/You may Begin 45 sec. 60 sec. BEEP.

Goal- To complete a creative routine with as many correctly executed skills at the skipper's highest ability within the time limit.

Execution Requirements

- a. All turners must become jumpers and do a minimum of three (3) skills IN the ropes for the routine to be valid.
- b. All skippers must be involved in the turn reinvolvement.
- c. No props or special equipment may be used.
- d. Only activity in the designated area counts.
- e. Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper.

Music

Music for freestyle is optional. If the wrong music is played the skippers must stop their routine within 5 seconds of starting and they will have 15 minutes to provide the staff with the appropriate music. If the music fails during a routine, the team should continue without music as he/she will not be permitted to re-skip, unless the fault was definitely caused by the sound system and not due to a faulty CD.

7. L-III Speed (2 Players) <https://www.youtube.com/watch?v=3dK8yvzGNqw>

Time limit -30 seconds

Call out- -Judges Ready/ Skippers Ready/ Set. BEEP. 10. 20. BEEP.

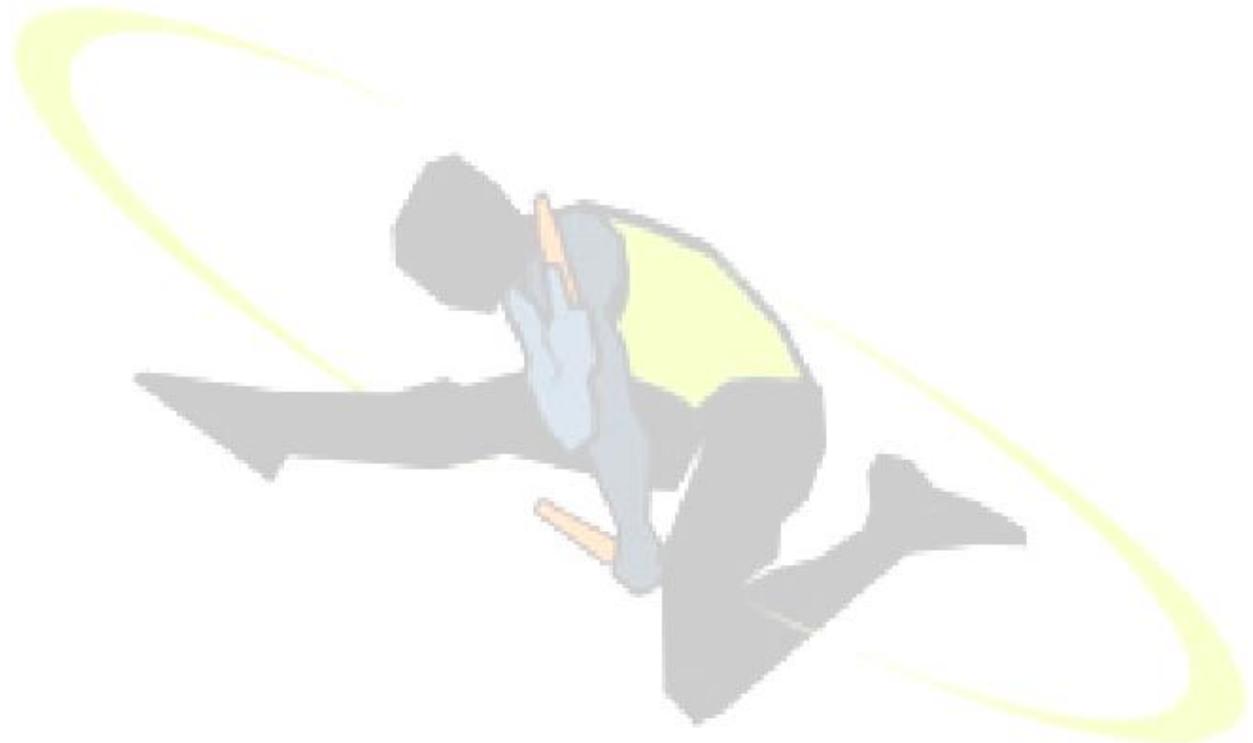
Goal -These events do Jogger Step. To complete as many speed jumps as possible within the time limit.

Execution Requirements

The Speed Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.



ROPE SKIPPING Federation of India

EVENTSfor
SPECIAL OLYMPIC BHARAT

1. SPEEDHOP(SRSH).....1×30seconds.....1athlete

Timelimit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many Single Bounce as possible within the time limit.

Execution Requirements

The Single Bounce Jump must be used. The skipper will skip in their designated area.

Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

2. FRONT to BACK (SRF-B)....30seconds.....2athlete

Timelimit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many jogger step as possible within the time limit.

Execution Requirements

The Jogger Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

3. FRONT to FRONT (SRF-F)....30seconds.....2athlete

Timelimit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many jogger step as possible within the time limit.

Execution Requirements

The Jogger Step must be used. The skipper will skip in their designated area. Only activity

in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

4. SINGLE TOUCH SPEED (STS)....30seconds.....3athlete

Timelimit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

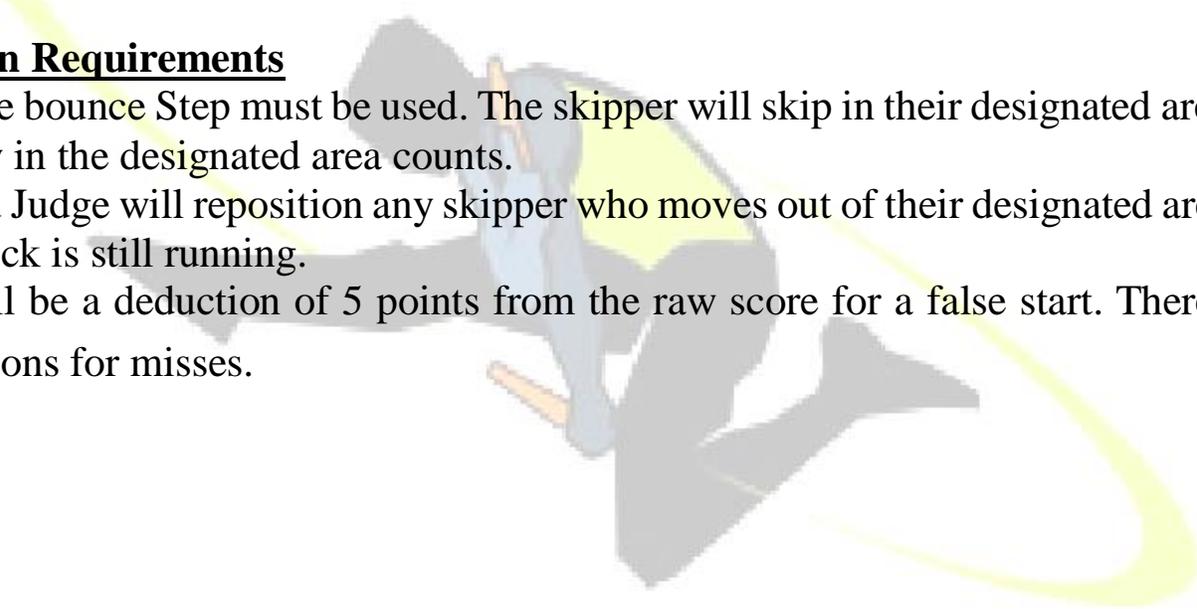
Goal- To complete as many single bouncestep as possible within the time limit.

Execution Requirements

The single bounce Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.



ROPE SKIPPING
Federation of India

EVENTSfor
BLIND ATHLETES

1. SPEEDHOP(SRSH).....1×30seconds.....1athlete

Time limit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many Single Bounce as possible within the time limit.

Execution Requirements

The Single Bounce Jump must be used. The skipper will skip in their designated area.

Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

2. FRONT to BACK (SRF-B)....30seconds.....WQ.....2athlete

Time limit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many jogger step as possible within the time limit.

Execution Requirements

The Jogger Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

3. FRONT to FRONT (SRF-F)30seconds.....2athlete

Time limit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many jogger step as possible within the time limit.

Execution Requirements

The Jogger Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

4. SINGLE TOUCH SPEED (SDS)....30seconds.....3athlete

Timelimit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many single bounce step as possible within the time limit.

Execution Requirements

The single bounce Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

5. FREESTYLE(SRFS)....60-75seconds.....1athlete

Timelimit-60-75 seconds

Callout-JudgesReady/SkippersReady/You may Begin 45 sec. 60 sec. BEEP.

Goal- To complete as many **basic skills** as possible within the time limit.

Execution Requirements

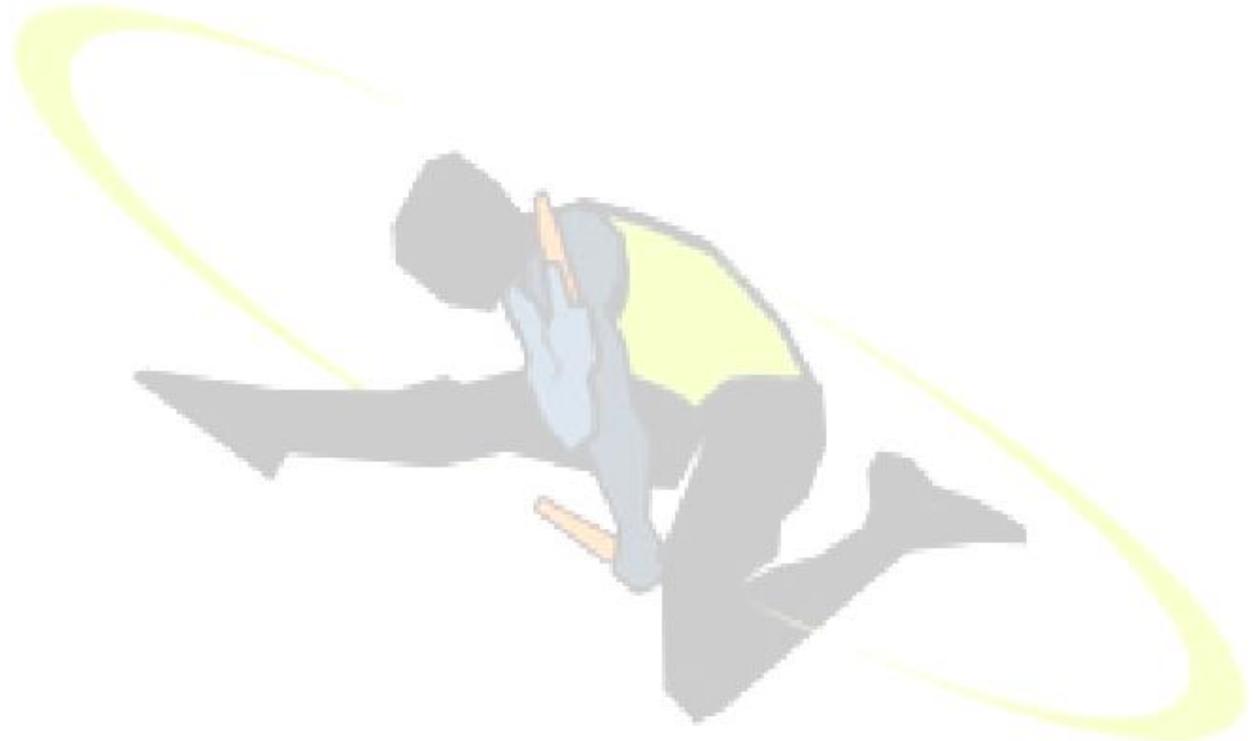
Freestyle is any combination of skills in a routine limited only by the imagination of the skipper. No props or special equipment may be used during the routine. Only activity in the designated area counts.

Music

Music for freestyle is optional. If the wrong music is played the skipper must stop his or her routine within 5 seconds of starting and he or she will have 15 minutes to provide

the staff with the appropriate music. If the music fails during a routine, the skipper should continue without music as he/she will not be permitted to re-skip, unless the fault was definitely caused by the sound system and not due to a faulty CD.

NOTE:- Beaded rope is compulsory for all blind skippers.



**ROPE SKIPPING
Federation of India**

CBSE Inter-School Sports & Games Competitions (Zonal / National) Age Group: 14 & 19 (Boys & Girls)

1. The competition will be conducted according to the rule of Rope Skipping Federation of India (RSFI), for complete rulebook log onto website: - www.ropeskippingindia.co
2. All equipment used for tournaments should be approved by Rope Skipping Federation of India (RSFI) all Speed Events should be performed with RSFI approved Bluetooth Smart Rope. Without coated wire is not allowed in the tournament.
3. The competition will be held directly at National Level.
4. The competition will be held in 14 & 19 age category.
5. Separate competition will be held for boys and girls category.
6. **A team consist of maximum 04 (Four) Players in each category.**
7. One player can participate in maximum 1 master event & 2 team events.
8. In each age group, entries from total 25 Boys/School and 25 Girls/School will be accepted on first come and first serve basis.
9. Official/Judges Should be qualified from Rope Skipping Federation of India (RSFI) & maximum Officials/Judges should be 16 and minimum 08 Officials/Judges required for the competition.
10. The competition will be held for "Team Championship".
11. All skippers/players of the team shall wear same colour / Part uniform, preferably tied fitted Skin suite, T-Shirt & Shorts and Shoes.
12. Injury : In case any Injury during the competition, the skipper or his/her coach will decide whether to continue the event or not. There will be re-skip and the event will be scored based on what was shown.
13. Broken of Handle or Rope : If a rope or handle breaks, a repeat attempt is permitted after a suitable rest period at the 10 minute. However, a team or skipper may only have a maximum of two attempts at the same event. The last attempt determines the score.
14. The list of Events:

S. No.	Name of the Event	Type	Duration	Event Description
1	Speed Hop	Master	30Sec	Skipping with 30Sec (Bounce)
2	Speed Sprint	Master	30Sec	Skipping with 30Sec Jogging
3	Endurance	Master	3 Min	Skipping with 3Min Jogging
4	Freestyle	Master	75Sec	Free Movement with Skipping
5	SR Speed Double Under Relay	Championship	2Min.	4 Skipper for 30 Sec Skipping Each
6	DOUBLE DUTCH PAIR SPEED	Championship	2Min.	4 Skippier (2 Skipper for 60 Sec. Jogging Each.
7	DOUBLE DUTCH SINGLE FREESTYLE	Championship	75Sec	3 Skippers Free Movement With Skipping
8	Single Rope Pair Freestyle	Championship	75Sec	2 Skippers Free Movement With Skipping
9	SR TEAM FREESTYLE		75Sec	4 Skippers Free Movement With Skipping
10	DOUBLE DUTCH SPEED RELAY	Championship	4*45Sec	4 Skipping with 45Sec Jogging in double dutch
11	DOUBLE DUTCH PAIR FREESTYLE	Championship	75Sec	4 Skippier (2 Skippers Free Movement Within double dutch

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Discipline- ROPE SKIPPING (MEN / WOMEN)

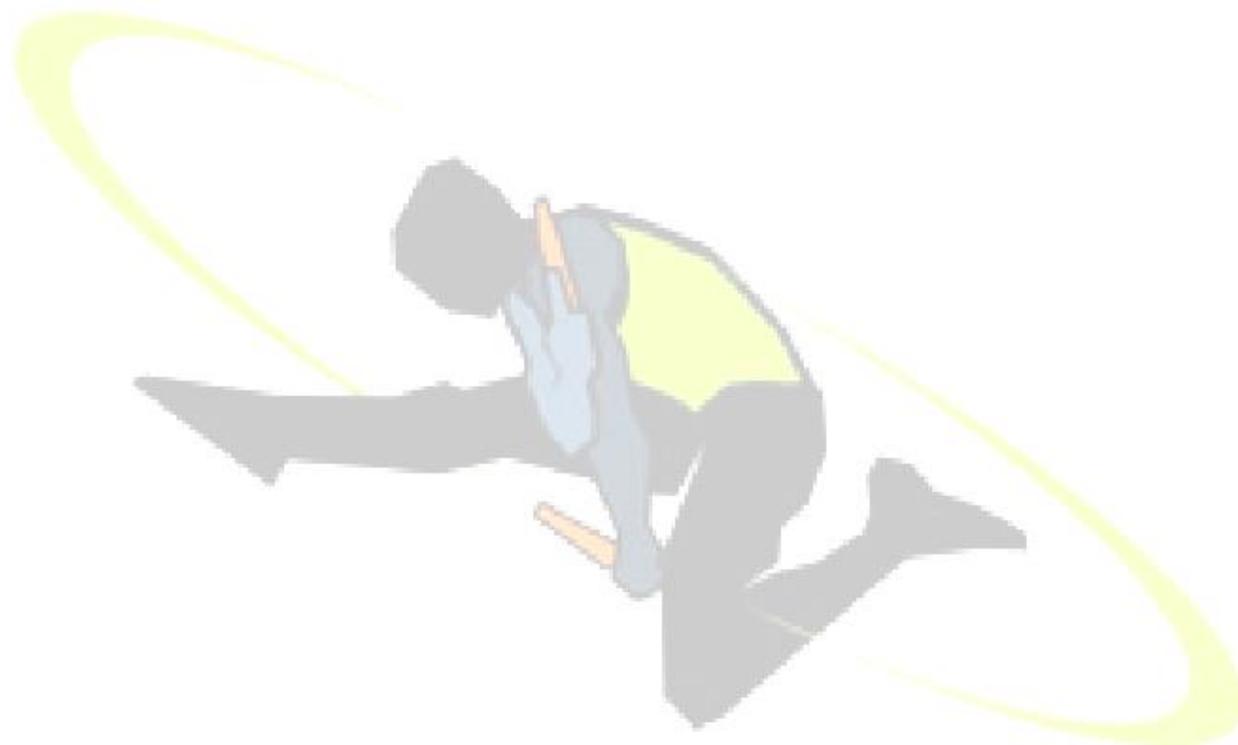
Rules for the Conduct of Inter-University Tournaments/All India Inter-University Tournaments

1. The competition will be conducted according to the rule of the Rope Skipping Federation of India (RSFI), for a complete rule book log on to the website: -www.ropeskippingindia.co
2. All equipment used for the tournament should be approved by the Rope Skipping Federation of India (RSFI). All Speed Events should be performed with RSFI-approved Bluetooth Smart Rope. Without coated wire is not allowed in the tournament.
3. The tournament will be held directly at National Level.
4. The tournament for men's and women's sections shall be conducted.
5. **The number of players representing a university shall not be more than 8 (including 6 players for playing & 2 players for Extra for team events)**
6. Official/Judges Should be qualified from the Rope Skipping Federation of India (RSFI) & the maximum Officials/Judges should be 16 and a minimum of 08 Officials/Judges required for the tournament.
7. One player can participate in a maximum of 1 master event & 2 team events or 3 team events.
8. The tournament will be held for the "Team Championship".
9. All skippers/players of the team shall wear the same color / Parten uniform, preferably tied fitted Skin suit, T-Shirt & Shorts and Shoes.
10. Injury: In case of any Injury during the tournament, the skipper or his/her coach will decide whether to continue the event or not. There will be a re-skip and the event will be scored based on what was shown.
11. Broken Handle or Rope: If a rope or handle breaks, a repeat attempt is permitted after a suitable rest period of 10 minutes. However, a team or skipper may only have a maximum of two attempts at the same event. The last attempt determines the score.
12. The list of Events:

S. No.	Name of the Events	Type	Duration	Event Description
1	Speed Hop	Master	30 Sec	Skipping with 30 Sec (Bounce)
2	One Leg Switch	Master	30 Sec	Skipping with 30 Sec (Bounce) 15 Sec. from each leg
3	Speed: Jogger	Master	30 Sec	Skipping with 30 Sec Jogging
4	Endurance	Master	2 Min	Skipping with 2 Min Jogging
5	Freestyle	Master	75 Sec	Free Movement with Skipping
6	Speed Relay & Double Under Relay – Single Rope	Championship	2 Min.	4 Skipper for 30 Sec Skipping each
7	Front to Front	Championship	1 Min.	2 Skipper for 30 Sec Skipping each (Single Bounce)
8	Double Touch Pair Speed	Championship	2 Min.	4 Skipper (2 Skipper for 60 Sec. Jogging Each.
9	Double Touch Single Freestyle	Championship	75 Sec	3 Skippers Free Movement with Skipping

10.	Single Rope Pair Freestyle	Championship	75 Sec	2 Skippers Free Movement with Skipping
11.	Single Touch L-III Speed	Championship	30 Sec	4 Skippers (2 Skipper for 30 Sec. Jogging with the use of a belt

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ROPE SKIPPING Federation of India

SGFI/KVS/NVS/VBS REGIONAL/NATIONAL ROPE SKIPPING COMPETITION

Age Group: U- 14, U- 17 & U-19(Boys&Girls)

1. The competition will be conducted according to the rule of Rope Skipping Federation of India (RSFI), for complete rulebook login to website: -www.ropeskippingindia.co
2. All equipment used for tournaments should be approved by Rope Skipping Federation of India (RSFI) all Speed Events should be performed with RSFI approved Bluetooth Smart Rope. Without coated wire is not allowed in the tournament.
3. The competition will be held in 14, 17 & 19 age category.
4. Separate competition will be held for boys and Girls category.
5. **A team consist of maximum 06 (Six) Players with 2 extra players in each category.**
6. One player can participate in maximum 1 master event & 2 team events.
7. Official/Judges Should be qualified from Rope Skipping Federation of India (RSFI) & maximum Officials/Judges should be 16 and minimum 08 Officials/Judges required for the competition.
8. The competition will be held for "Team Championship".
9. All skippers/players of the team shall wear same colour / Part uniform, preferably tied fitted Skin suite, T-Shirt & Shorts and Shoes.
10. Injury : In case any Injury during the competition, the skipper or his/her coach will decide whether to continue the event or not. There will be re-skip and the event will be scored based on what was shown.
11. Broken of Handle or Rope : If a rope or handle breaks, a repeat attempt is permitted after a suitable rest period at the 10 minute. However, a team or skipper may only have a maximum of two attempts at the same event. The last attempt determines the score.
12. The list of Events:

S. No.	Name of the Events	Type	Duration	Event Description
1	Speed Hop	Master	30 Sec	Skipping with 30 Sec (Bounce)
2	One Leg Switch	Master	30 Sec	Skipping with 30 Sec (Bounce) 15 Sec. each leg
3	Speed: Jogger	Master	30 Sec	Skipping with 30 Sec Jogging
4	Endurance	Master	2 Min	Skipping with 2 Min Jogging
5	Freestyle	Master	75 Sec	Free Movement with Skipping
6	Jogger Relay & Double Skip Relay - Single Rope	Championship	2 Min.	4 Skipper for 30 Sec Skipping each
7	Front to Front	Championship	1 Min.	2 Skipper for 30 Sec Skipping each (Single Bounce)
8	Double Touch Pair Speed	Championship	2 Min.	4 Skippier (2 Skipper for 60 Sec. Jogging Each.
9	Double Touch Single Freestyle	Championship	75 Sec	3 Skippers Free Movement with Skipping
10	Single Rope Pair Freestyle	Championship	75 Sec	2 Skippers Free Movement with Skipping
11	Single Touch L-III Speed	Championship	30 Sec	4 Skippers (2 Skipper for 30 Sec. Jogging with use of belt

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THANK YOU

Visit
our

website

www.ropeskiippingindia.co

Correspondence in

gen.secretaryrsfi@gmail.com



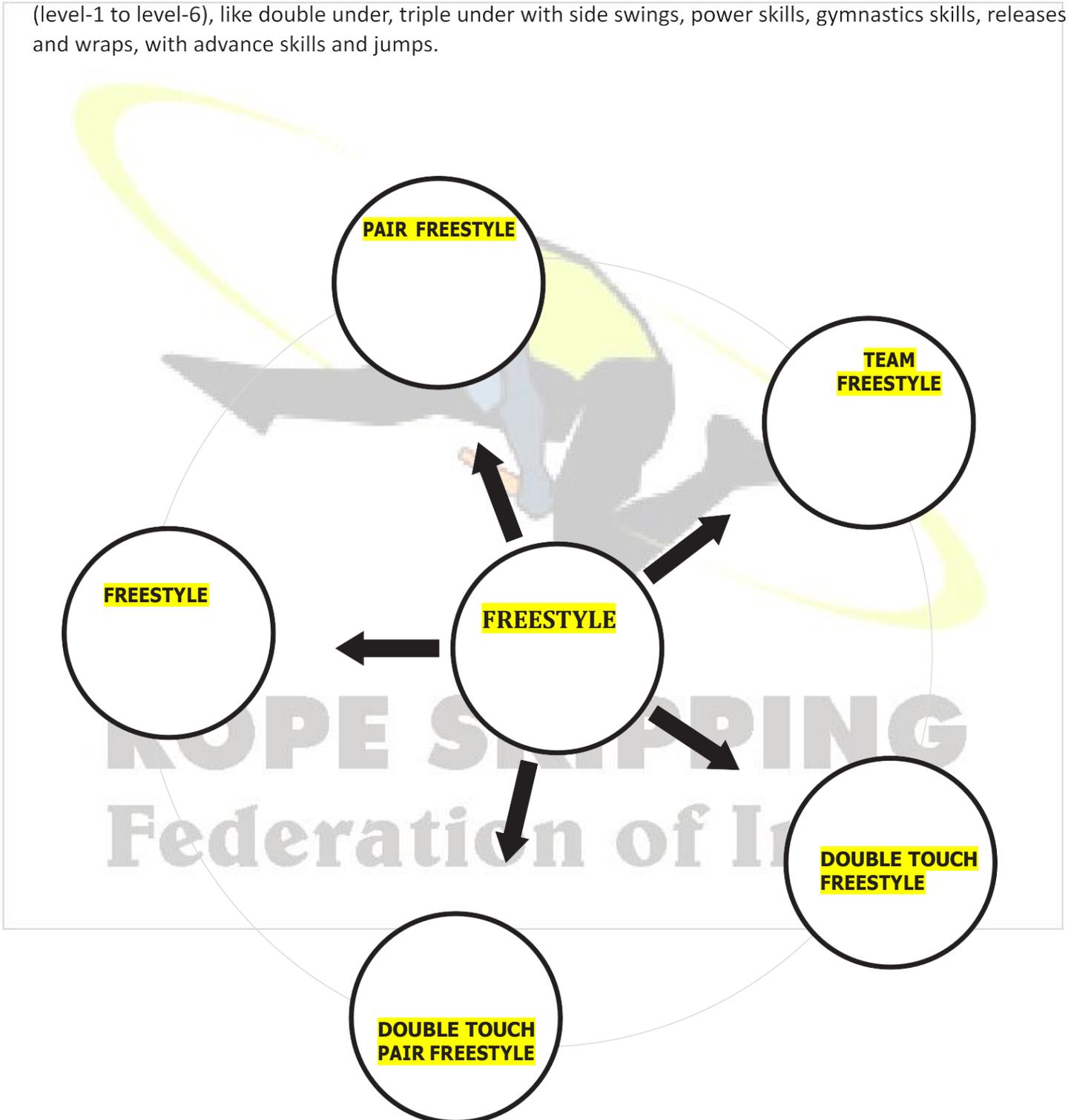
Federation of India

rope skipping federation of India (RSFI)

FREESTYLE MANUAL

(With music & lot's of entertainment)

Freestyle is the combination of difficult skills, required elements with magnificent presentation in front of the judge and audience, in freestyle a skipper present and shows the different jumps that are from (level-1 to level-6), like double under, triple under with side swings, power skills, gymnastics skills, releases and wraps, with advance skills and jumps.



TYPES OF FREESTYLE

1. FREESTYLE



2. PAIR FREESTYLE



3. TEAM FREESTYLE



4. DOUBLE TOUCH FREESTYLE



5. DOUBLE TOUCH PAIR FREESTYLE



ABOUT THE JUDGE & JUDGING

DEFINITION OF JUDGING

The official person who has the power of formal decision making in contest or competition, is known as judge. A person who has the right for judging the performance of the players for giving the points or marks according to performance of the players.

IMPORTANCE OF JUDGE

It is important that every association of rope skipping in every country should have qualified judge to examine the players / competitor that, which kind of qualities there (players) have. Without a judge it is not possible to select the winner in competition, because of judging only a player win the gold, silver and bronze medal, after showing good results than others.

FUTURE IN JUDGING / BENEFITES OF JUDGING

A perfect judge can achieve the different level of judging like.

- Zonal level/Grass root level
- District level
- State level
- National level
- International/Asian/World level

After giving the better performance in judging a zonal level judge can also achieve the international level judging after achieving the remaining level.

RESPONSIBILITIES OF A JUDGE

There are different responsibilities of the judge, that are important and should be followed by the judges- Once the competition begins, the head judge and other judges will not talk and influence others judges in any way. If the head judge notice one of the judge not performing as expected, then that judge can be replaced but only at the conclusion of a series of freestyle.

HEAD JUDGE RESPONSIBILITIES

- Announcing and recording time and space violation in freestyle events.
- The recording of 3 skills per skippers in both double dutch single freestyle and double dutch pair freestyle.
- Checking that a member of both gender (male / female) competes in each event of open category team competition MISSES - The head judge, 5-presentation judge, 3-required element judge are equally responsible for recording misses in the freestyle events.

NUMBER OF OFFICIALS**(FREESTYLE / DOUBLE TOUCH FREESTYLE)**

THERE ARE TOTAL 14 JUDGES IN A FREESTYLE EVENT:-

- 1. HEAD JUDGE (1)**
- 2. DIFFICULTY JUDGES (5)**
- 3. PRESENTATION JUDGES (5)**
- 4. REQUIRED ELEMENT JUDGES (3)**

The head judge, the presentation judge and required element judges count the mistakes in freestyle.

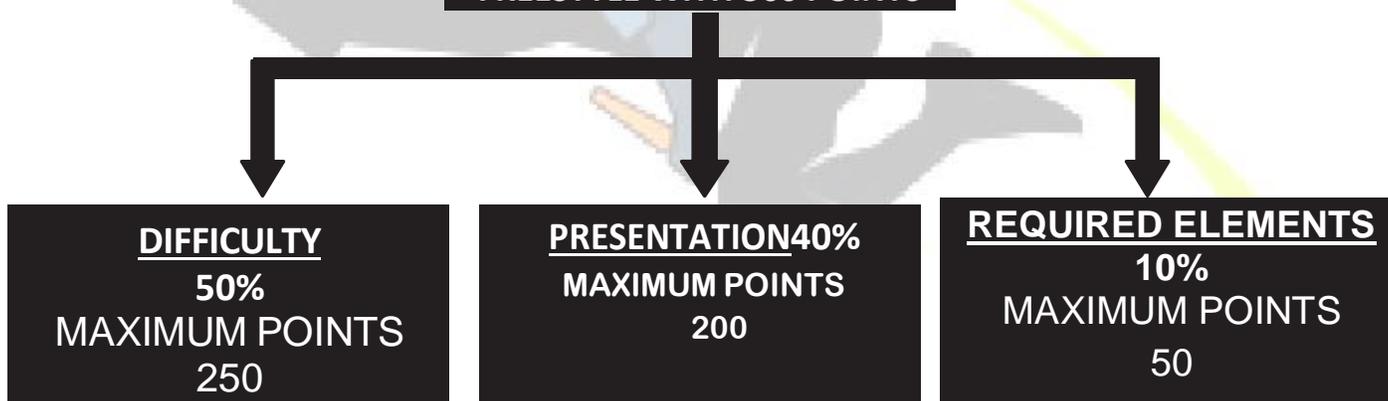
Each country can change the number of judges for their own national competition to the number that they think is necessary or possible.

UNIFORM OF JUDGES

The judging uniforms shall consist of lower / pants and T-shirts/shirt and blazer/Track suit, which cannot have team name or any logo other than World Rope Skipping Federation. (Discuss with committee)

ELIGIBILITIES OF FREESTYLE JUDGE :

- 1. SHOULD BE INTERNATIONAL PLAYER OF ROPE SKIPPING GAME.**
- 2. SHOULD BE PASS in National judging exam**

CLASIFICATION OF FREESTYLE**FREESTYLE WITH 500 POINTS**

DIFFICULTIES (50%)+PRESENTATION (40%)+REQUIRED ELEMENTS (10%)=FREESTYLE (100%)

**DIFFICULTIES (250 points)+PRESENTATION (200 points)+REQUIRED ELEMENTS (50 points)
= FREESTYLE (500 points).**



JUDGING PROCEDURE - FREESTYLE IN DETAIL**DIFFICULTY (50%)****DEFINITION OF DIFFICULTY -**

Difficulty is necessary part of the freestyle, without difficulty freestyle is nothing. Difficulty is the soul of freestyle. There is lots of difficult skills and jumps included in difficulty. In difficulty part of freestyle a skipper present the different and difficult skills, jumps which are from **(L1 to L6)** that includes original and difficult gymnastics skills, releases and power skills etc. in freestyle jumping fashion and style.

THERE ARE TOTAL 5 JUDGES IN DIFFICULTY

MARKING SYSTEM IN FREESTYLE**IN MASTER :**

1. FOR L-1 SKILLS POINT WILL BE NEVER CREDIT
2. FOR L-2 : FOR EVERY L-2 SKILL ONE GET $(3/1.5/1.5/1.5) = 0.59$ POINTS FOR ONE SKILL.
L-2 IS MAXIMUM OF 10 POINTS.

Therefore , $10/0.59 = 16.94$ (16 approx.) So "16" is the number of skills that are performed in L-2.

$$16 \times 0.59 = 9.44 \text{ (10 approx.)}$$

$$= 10 \text{ points in L-2}$$

3. FOR L-3 : FOR EVERY L-3 SKILL ONE GET $(3/1.5/1.5/1.5) = 0.88$ POINTS FOR ONE SKILL.
L-3 IS MAXIMUM OF 20 POINTS.

Therefore, $20/0.88 = 22.72$ (23 approx.) So "23" is the number of skills that are performed in L-3.

$$23 \times 0.88 = 20.24 \text{ (20 approx.)}$$

$$= 20 \text{ points in L-3}$$

4. FOR L-4 : FOR EVERY L-4 SKILL ONE GET $(3/1.5/1.5) = 1.33$ POINTS FOR ONE SKILL.
L-4 IS MAXIMUM OF 30 POINTS.

Therefore , $30/1.33 = 22.55$, So "23" is the number of skills that are performed in L-4.

$$23 \times 1.33 = 30.59 \text{ (30 approx)}$$

$$= 30 \text{ points in L-4}$$

5. FOR L-5 : FOR EVERY L-5 SKILL ONE GET 2 POINT FOR EACH SKILL
 6. FOR EVERY L-6 SKILLS ONE GET 3 POINTS FOR EACH SKILL. (SKILLS = NO LIMIT)
- Any gymnastics moves when the rope does not go around the skipper's body will be judged as a level 1 skill.

NOTE: IF MORE SKILLS OF L-3 ARE PERFORMED THEN THEY WILL BE ADDED TO L-2.

IF MORE SKILLS OF L-4 ARE PERFORMED THEN THEY WILL BE ADDED TO L-3 SO ON....

The total difficulty final score is **no longer** limited to 250

IN TEAM :

1. FOR L-1 SKILLS POINT WILL BE NEVER CREDIT
2. FOR L-2 : FOR EVERY L2 SKILL ONE GET (3.5/1.5/1.5/1.5) = 1.03 POINTS FOR ONE SKILL.

IS MAXIMUM OF 10 POINTS.

Therefore, $10/1.03 = 9.70$ (10 approx Skills) So "10" is the number of skills that are performed in L-2.

$$10 \times 1.03 = 10.3 \text{ (10 approx skill)}$$

$$= 10 \text{ points in L-2}$$

3. FOR L-3 : FOR EVERY L3 SKILL ONE GET (3.5/1.5/1.5) = 1.55 POINTS FOR ONE SKILL.

IS MAXIMUM OF 20 POINTS.

Therefore, $20/1.55 = 12.90$ (13 approx skill) So "13" is the number of skills that are performed in L-3.

$$13 \times 1.55 = 20.15 \text{ (20 approx point)}$$

$$= 20 \text{ points in L-3}$$

4. FOR L-4 : FOR EVERY L-4 SKILL ONE GET (3.5/1.5) = 2.33 POINTS FOR ONE SKILL.

IS MAXIMUM OF 30 POINTS.

Therefore, $30/2.33 = 12.87$ (13 approx skill), So "13" is the number of skills that are performed in L-4.

$$13 \times 2.33 = 30.29 \text{ (30 approx point)}$$

$$= 30 \text{ points in L-2}$$

5. FOR L-5 : FOR EVERY L-5 SKILL ONE GET 3.5 POINT FOR EACH SKILL. (skill = No limit)

6. FOR L-6 : FOR EVERY L-6 SKILL ONE GET 5.25 POINTS FOR EACH SKILL. (skill = No limit)

Any gymnastics moves when the rope does not go around the skipper's body will be judged as a level 1 skill.

NOTE: IF MORE SKILLS OF L-3 ARE PERFORMED THEN THEY WILL BE ADDED TO L-2. IF MORE SKILLS OF L-4 ARE PERFORMED THEN THEY WILL BE ADDED TO L-3.

Difficulty score :-

The highest and lowest score of the five difficulty judges are dropped leaving 3 score- a, b & c. These score are then averaged and multiplied by 2 (for team and master event) called T1

*The total difficulty final score is **no longer** limited to 250*



JUDGING OF CROSSES JUMP

- 1) The basic criss-cross is a level 1 skill.
- 2) Any cross with one or both arms under the leg or behind the back is level 2. For example toad, EB, AS, CL, inverse toad, elephant toad, weave, inverse weave, TS, KN, caboose cross, crougar, and caboose.
- 3) A backwards cross with both arms behind the back such as AS, CL or TS is level 3 as is any jump with a squeezed handle.
- 4) As some crosses such as the caboose cross, inverse T-toad and the T-toad are extremely difficult to jump out of forwards, the jump out from these skills is credited as Level 3. This can only be given when the skill is performed in a jumping fashion. Stepping over the rope by stalling the rope immensely is not credited as a level 3 but as a level 2.
- 5) A Transition jump such as changing from one cross under one leg and then switching to a cross under the other leg within one rotation of the rope is a level 3 skill. For example, an inverse toad with the right leg up to a regular toad with the left leg up, crougar left to crougar right and toad left to toad right. This can only be given when the skill is performed in a jumping fashion. Stepping over the rope by stalling the rope immensely is not credited as a level 3 but as a level 2.
- 6) A cross-cross combination increases the difficulty by one level such as toad (Left arm in front) to elephant (Right arm in front) is level 2-3, TS (Left arm in front) to AS (Right arm in front) is 2-3. A combination is only considered a cross-cross if the rope is not jumped in a basic jump between both crosses, such as toad to AS which is 2-2. Rules in this paragraph do not apply to a criss-cross.
- 7) A cross-cross of the same skill with both hands behind the back increases the skill with 2. TS, CL and AS forward and backwards.

JUDGING OF MULTIPLES

- A) A multiple under is when a rope rotates more than once around the skipper's body and the skipper's feet do not touch the floor until the last rotation is completed. The jumper has to jump over the last rotation. If the multiple under begins with a side swing the skipper's feet must be off the floor immediately after the rope touches the floor during the first side swing. If not, the skill will be downgraded to the appropriate skill. Example of this rule is that a 'false' TJ will be graded as a double under toad, if this skill hasn't already been graded. When one skipper does a false multiple during a pair or team freestyle, this implicates that not all Skippers are doing the same skill and thus won't get credit for it.
- B) A basic double skip is a level 1, a triple under is a level 2 and a quadruple under is a level 3 skill and so on.
- C) The only Level 1 skill that can increase the difficulty level of a multi under is the criss-cross and any multiple under that contains a criss-cross will have the difficulty level increased by one.
- D) Landing a multi under in a level 2 or 3 skill increases difficulty level by one, landing in a level 4 skill increases the difficulty level by 2. Multiple under of a skill cannot be counted less in difficulty than the single bounce of the same skill. Example: Backward TS - level 3, double under into backward TS is also level 3.
- E) If a level 2 skill is fully completed while doing a multiple, then the difficulty level of the multiple under increases by 2. If a level 3 skill is fully completed while doing a multiple, then the difficulty level of the multiple under increases by 3 and so on.
- F) If a multiple under is done with a full rotation along the vertical axis then one level is added to the multiple under.
- G)

If any of the points from C to E above are combined into one multiple, the skill level is determined by adding to the level of the multi under A, B, C, and D minus one.

HOW TO JUDGE GYMNASTICS AND POWER SKILLS

- ☞ Any gymnastics moves when the rope does not go around the skipper's body will be judged as a level 1 skill.
- ☞ The difficulty of the rope movement will be increased by at least one level when it is performed during a gymnastic or power skill because the body is in or goes into or comes out of a restricted position such as a power or gymnastic skill.
- ☞ One level is added to the rope movement for coming out of a push-up, frog, split, crabs, or doing a cartwheel, round-off, roll or similar moves, if the rope is jumped. For example coming out of a regular frog is level 2 and a frog to CL is level 3.
- ☞ One level is added to the rope movement for going into a push-up, frog, split, crabs, if the rope is jumped. For example a double under frog is level 2, a triple under split is level 3, a TS double into push-up is level 4, AS into push-up is level 3... Two extra levels are added if going immediately into an inverted position of the body (example: AS into frog is level 5). **The extra level is only given, if the Power Skill is completed (e.g. TJ triple falling into Split, but Split not completed: only level 4) (NEW ADDED)**
- ☞ One level is added to the rope movement for coming out of a power skill into a criss cross. Example of this rule is push up coming out into a criss cross is a level 3.
- ☞ Two levels are added to the rope movement for coming out of a one handed push-up, one handed frog, front flip, back flip or similar moves. For example, coming out of a one handed frog is level 3, a front flip is level 3.
- ☞ Two levels are added for going into a one handed push-up, one handed frog. For example: going to double under one handed push is level 3, a double under with cross falling into one handed push-up is level 4.
- ☞ Coming out of a power backwards, with the rope initially in front, adds three levels to the rope movement. Example: coming out of push-up backwards is level 4, backwards kamikaze is level 5, coming out of frog backwards into push-up is level 5.
- ☞ Three levels are added to the rope movement for fully completed aerials. For example a normal back tuck is level 4 but a back tuck with a double under including cross would be level 5.
- ☞ Going from one restricted position of the body immediately to a similar or another restricted position will increase the difficulty level of the rope movement by two extra levels. For example a regular kamikaze is level 4 but doing both skills on one hand increases the level by one level again. For example, starting and ending a kamikaze on one hand would be level 5.

ROPE SKIPPING Federation of India



JUDGING OF RELEASES

Level 2

The skipper catches one handle of the rope which is moving across the floor or around a body part.
The skipper catches one handle of the rope which is moving through the air in an incomplete revolution.

Level 3

After the rope completes a revolution in the air the skipper catches one handle of the rope as it is moving through the air.
The skipper simultaneously catches the two handles of the rope but the rope does not complete a full revolution in the air.

Level 4

The skipper catches the two handles of the rope which are moving through the air, after the rope has made a complete revolution in the air.

The skipper catches one handle of the rope as it is moving through the air with one hand in a restricted position such as under the leg or behind the back after the rope has made a complete revolution in the air. Whilst in the air the skipper catches a handle of the rope which is moving through the air made a full revolution and brings the rope under the body before landing. If after catching and before landing, a skill is being performed, credit will be given for this skill as well as to the release.

Level 5

caboose-open

After the rope makes a complete revolution in the air the skipper simultaneously catches both handles of the rope as it is moving through the air but with one hand in a restricted position such as under the leg or behind the back. After the rope has completed one revolution in the air the skipper catches one handle with the body already in a restricted position that limits the movement of the hands such as in a frog or an aerial.

Level 6

Every release that is even more complicated is a level 6 skill.

How to write the skill:

- Capitalized letter means the skill when the rope goes under one's body, e.g. As, Cl, Ts
- Even if one skill has a long name, it should be written with one word and the connection will be with "-", e.g. Backward-inverse-toad.
- Multiple under should be written together without any space in between, e.g. SOAs means a triple under of side swing(S), Open(O), and As. "A -> B" means that the rope goes under your body between A and B, e.g. Pushup -> Open means a

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NO	SKILLS	LEVEL
1	Toad	2
2	Inverse-toad	2
3	ELEPHANT -TOAD	2
4	EB – TOAD	2
5	T-toad	2
6	Crougar	2
7	Eb	2
8	As	2
9	Cl	2
10	Weave	2
11	Ts	2
12	Kn	2
13	CABOOSE- OPEN	2
14	CABOOSE – CROSS	2
15	Backward-as	3
16	Backward-ts	3
17	Backward-cl	3
18	T- TOAD > OPEN	2 3
19	INVERSE-TOAD >OPEN	2 3
20	CABOOSE – CROSS-OPEN	3

CROSS-CROSS COMBINATION

1	As/As	2 4
2	Cl/Cl	2 4
3	Ts/Ts	2 4
4	ELEPHANT-OPEN/ELEPHANT-OPEN	2 4
5	BACKWARD-AS/BACKWARD-AS	3 5
6	Backward-ts/Backward-ts	3 5
7	Backward-cl/Backward-cl	3 5
8	Toad/Toad	2 4
9	CROUGAR/CROUGAR	2 4
10	TOAD/ELEPHANT-TOAD	2 3
11	TS/AS	2 3
12	As/Ts	2 3

POWER / GYMNASTIC SKILLS

1	PUSHUP>OPEN	2
2	FROG>OPEN	2
3	CRAB>OPEN	2

4	Split->Open	2
5	Roundoff	2
6	Frog->Cl, As	3
7	Double-under-frog (O landing with frog)	2
8	Triple-under-split (OO landing with Split)	3
9	As->Pushup	3
10	As->Pushup->Open	3 2
11	Open->One-hand-pushup->Open	3 3
12	D.u-one-hand-pushup (O landing with one hand pushup)	3
13	Kamikaze (Pushup->Pushup)	4
14	Back-salto, Front-salto with Double-under	4
15	Back-salto, Front-salto with Triple-under	5
16	Back-salto, Front-salto with As, Cl, Ts	5
17	Back-flip, Front-flip(hand-spring)	3

S. No.	Multiple	Level	Multi	Cross	Completion	Landing	Rotation	minus
1.	OO,SO	1	1					
2.	CO,CC,SC	2	1	1				
3.	OOO,SOO,SSO	2	2					
4.	CCC,CCO,COC,OCC,COO,OCO,OOO	3	2	1				
5.	SSC,SCC,SOC,CSC,OSC,SCO	3	2	1		1		
6.	SToad,SCrougar	2	1		2			
7.	Tj(SToadO)	4	2		2			
8.	ToadO	3	1		2			
9.	OTs (finishing with O)	3	1			1		
10.	OTs (finishing with Ts)	2	1			1		
11.	SEb	2	1				1	
12.	Ek(SO(back)O(forward))	3	2				1	
13.	Ek-cross(SCO,SCC,SOC)	4	2	1				
14.	OOOO,SOOO,SSOO,SSSO,SOSO	3	3					
15.	CCCC,CCCO,CCOC,COCC,OCCC,CCOO,	4	3	1				
16.	COCO,COOC,COOO,OCOO,OOCO,OOOC	4	3	1				
17.	SCCC,SCOC,SCCO,SOC,,,	4	3	1	2			
18.	TjO(SToadOO)	5	3		2			
19.	Satellite Tj(SSToadO)	5	3		2			
20.	SOAsO	5	3		2	1		-1
21.	Tj landing As(SToadO landing with As)	4	2		3			
22.	T-tj(ST-toadO)	5	2		2			
23.	Inverse-tj(SInverse-toadO)	4	2		2			
24.	Elephant-tj(SElephant-toadO)	4	2		2	1		-1
25.	SEbOAs landing with As	5	3		2,2			-1
26.	SEbOAs landing with O	6	3					

PRESENTATION (40%)

PRESENTATION DEFINITION -

Presentation is the most important part of the freestyle, in the freestyle a jumper (skipper) presents his quality and ability of jumps in front of the judges and audience.

In the freestyle a skipper presents his understanding with beat of music with advanced jumps and skills. In freestyle a skipper shows his body movement and magnificent original jumps quality and creativity with new combinations of jumps (skills).

• **THERE ARE TOTAL 5 JUDGES IN PRESENTATION**

• **TOTAL POINTS IN PRESENTATION ARE GIVEN OUT OF (200)**

THERE ARE FIVE PARTS OF PRESENTATION

1. USE OF MUSIC (ON THE BEAT AND USING ACCENTS) (10%)
2. MOVEMENT (SPATIAL AND POSITIONAL) (5%)
3. FORM OF BODY AND EXECUTION (10%)
4. ORIGINALITY (10%)
5. OVERALL IMPRESSION AND ENTERTAINMENT VALUE (5%)

1. MUSIC ON THE BEAT

The percentage of the total freestyle time jumped on the beat reflects the score for MUSIC ON THE BEAT. MUSIC ON THE BEAT IS OF 5% OUT OF TOTAL 100%

MUSIC ON THE BEAT CONSISTS 5 PARTS IN THE SCORE SHEET :

	POINTS
1. NOT ON THE BEAT	0, 1, 2
2. SOMETIMES ON THE BEAT	3, 4
3. HALF ON THE TIME ON BEAT	5, 6, 7
4. OFTEN ON THE BEAT	8, 9
5. NEARLY ALWAYS ON THE BEAT	10

• (0.5) WILL BE ADDED IN THE ABOVE SCORE

FOR EXAMPLE ; IF THE SCORE IS 7, THEN ; $7 + 0.5 = 7.5$

NOW METHOD OF CALCULATING SCORE OF MUSIC ON BEAT :

ASSUMING SCORE TO BE = 7.5

THEREFORE; $7.5/10 \times 25$

= "18.75" POINTS IN MUSIC ON BEAT

NOTE : 1.) 7.5 IS THE SCORE OF THE PLAYER

2.) 25 IS THE 5% OF 500, BECAUSE MUSIC ON THE BEAT IS OF 5% OUT OF (40% PRESENTATION).

3.) IF SCORE IS 10 THEN 0.5 WILL NOT BE EDIT

2. USING THE MUSIC

Using the music at a right movement and at right time so that it matches the beat. An example of this is performing a special move such as a triple under or double bounce at a special moment or a recognisable time in the piece of music selected.

USING THE MUSIC IS OF 10% OUT OF TOTAL 100%

USING THE MUSIC CONSISTS 6 PARTS IN THE SCORE SHEET:

	<u>POINTS</u>
1. DID NOT USE THE MUSIC	0, 1
2. USED THE MUSIC 2 TIMES	2, 3
3. USED THE MUSIC 5 TIMES	4, 5
4. USED THE MUSIC 8 TIMES	6, 7
5. USED THE MUSIC 10 TIMES	8, 9
6. USED THE MUSIC MORE THAN 10 TIMES	10

•(0.5) WILL BE ADDED IN THE ABOVE SCORE

FOR EXAMPLE; IF THE SCORE IS 8, THEN ; $8 + 0.5 = 8.5$

NOW METHOD OF CALCULATING SCORE OF USING THE MUSIC :

ASSUMING SCORE TO BE = 8.5

THEREFORE ; $8.5/10 \times 50$

= "42.5" POINTS IN USING THE MUSIC

NOTE : 8.5 IS THE SCORE OF THE PLAYER

50 IS THE 10% OF 500, BECAUSE USING THE MUSIC IS OF 10% OUT OF (40% PRESENTATION).

3. MOVEMENT

Movement score is awarded for continuously moving. The amount of time the player was moving considerably reflects the score for movement.

MOVEMENT IS OF 5% OUT OF TOTAL 100%

MOVEMENT CONSISTS 4 PARTS IN THE SCORE SHEET :

	<u>POINTS</u>
1. NO MOVEMENT	0, 1, 2, 3
2. OCCASSIONAL MOVEMENT	4, 5, 6
3. MUCH MOVEMENT	7, 8, 9
4. MOVEMENT VIRTUALLY ALL THE TIME	

•(0.5) WILL BE ADDED IN THE ABOVE SCORE

FOR EXAMPLE ; IF THE SCORE IS 6, THEN ; $6 + 0.5 = 6.5$

NOW METHOD OF CALCULATING SCORE OF USING THE MUSIC :

ASSUMING SCORE TO BE = 6.5

THEREFORE ; $6.5/10 \times 25$

= "16.25" POINTS IN MOVEMENT

NOTE : 6.5 IS THE SCORE OF THE PLAYER

25 IS THE 5% OF 500, BECAUSE MOVEMENT IS OF 5% OUT OF (40% PRESENTATION)

4. FORM OF THE BODY AND EXECUTION

Deduction will be made for every skill not well performed or lack of good (like jumping with head downwards all the time) and skipping style.

FORM OF THE BODY AND EXECUTION IS OF 10% OUT OF TOTAL 100%

FORM OF THE BODY AND EXECUTION CONSISTS 4 PARTS IN THE SCORE SHEET :

POINTS

0, 1, 2, 3

1. JUMPER HAS CONSIDERABLY DIFFICULTY PERFORMING MANY SKILLS WITH BAD FORM

4, 5, 6

2. MOST OF THE TIMES IT LOOKS LIKE JUMPER NEEDS TO MAKE AN EFFORT

7, 8, 9

3. SOMETIMES IT LOOKS LIKE JUMPER NEED TO MAKE EFFORT, SOME BAD FORMS

10

4. IT ALL LOOKS VERY EASY & IN GOOD FORM

•(0.5) WILL BE ADDED IN THE ABOVE SCORE

FOR EXAMPLE ; IF THE SCORE IS 9, THEN ; $9 + 0.5 = 9.5$

NOW METHOD OF CALCULATING SCORE OF FORM OF THE BODY AND EXECUTION :

ASSUMING SCORE TO BE = 9.5

THEREFORE ; $9.5/10 \times 50$

= "47.5" POINTS IN FORM OF THE BODY & EXECUTION

NOTE : 9.5 IS THE SCORE OF THE PLAYER

50 IS THE 10% OF 500, BECAUSE FORM OF BODY AND EXECUTION IS OF 10% OUT OF (40%PRESENTATION).

5. ORIGINALITY

Originality: Unique style and substance. Style:

How is it presented? Topic or Story?

Substance: Percentage of unique, distinctive, new and special elements

ORIGINALITY IS OF 10% OUT OF TOTAL 100%

ORIGINALITY CONSISTS 4 PARTS IN THE SCORE SHEET :

POINTS

1. ONLY USUAL SKILLS / NO RISK TAKING / NO UNIQUE STYLES

0, 1, 2,

2. SOME UNUSUAL (NOT COMMONLY SEEN) SKILLS & SOME RISK TAKING SKILLS

3, 4, 5,

3. SOME UNSUAL (NOT COMMONLY SEEN) SKILLS&RISK TAKING SKILLS

6, 7, 8,

HAVING A UNIQUE STYLE.

4. MORE UNSUAL (NOT COMMONLY SEEN) SKILL&RSK TAKING SKILLS

9, 10

HAVING A UNIQUE STYLE.

•(0.5) WILL BE ADDED IN THE ABOVE SCORE

FOR EXAMPLE ; IF THE SCORE IS 5, THEN ; $5 + 0.5 = 5.5$

NOW METHOD OF CALCULATING SCORE OF ORIGINALITY :

ASSUMING SCORE TO BE = 5.5

THEREFORE ; $5.5/10 \times 50$

= "27.5" POINTS IN ORIGINALITY

NOTE : 5.5 IS THE SCORE OF THE PLAYER

50 IS THE 10% OF 500, BECAUSE ORIGINALITY IS OF 10% OUT OF (40%PRESENTATION).

ALL THE POINTS ARE THEN TOTALLED WHICH MAKES OUT TO BE THE FINAL SCORE OF JUDGE 1 ie; A1 FOR EXAMPLE :

MUSIC ON THE BEAT (18.75) + USING THE MUSIC (42.5) + MOVEMENT (16.25) + FORM OF THE BODY AND EXECUTION (47.5) + ORIGINALITY (27.5) = 152.5

152.5 IS THE SCORE OF JUDGE A AND WILL BE KNOWN AS

6. OVERALL IMPRESSION /ENTERTAINMENT VALUE	POINTS
1. ABSOLUTELY BORING / NO ENTERTAINMENT VALUE.	0, 1
2. NOT MUCH ENTERTAINMENT VALUE IN THE ROUTINE. AUDIENCE AND JUDGES DID NOT ENJOY WATCHING IT SO MUCH.	2, 3
3. ORDINARY ROUTINE ENJOYED SOME PARTS OF THE ROUTINE BUT THE ENTIRE ROUTINE.	4, 5
4. GOOD ROUTINE, ENTERTAINING. HOWEVER, NOT SPECTACULAR. SOME PARTS WERE VERY ENGAGING.	6, 7
5. GREAT ROUTINE, GREAT ENTERTAINMENT. AUDIENCE / JUDGES LIKED IT VERY MUCH.	8, 9
6. SPECTACULAR AND STUNNING ROUTINE, AUDIENCE /JUDGES ARE VERY MUCH ENGAGED BY THE ROUTINE.	10

•(0.5) WILL BE ADDED IN THE ABOVE SCORE

FOR EXAMPLE ; IF THE SCORE IS 5, THEN ; $5 + 0.5 = 5.5$

NOW METHOD OF CALCULATING SCORE OF OVERALL IMPRESSION /ENTERTAINMENT VALUE :
ASSUMING SCORE TO BE = 5.5

THEREFORE ; $5.5/10 \times 25$

= "13.75" POINTS IN OVERALL IMPRESSION /ENTERTAINMENT VALUE

NOTE : 5.5 IS THE SCORE OF THE PLAYER

25 IS THE 5% OF 500, BECAUSE OVERALL IMPRESSION /ENTERTAINMENT VALUE IS OF 5% OUT OF (40% PRESENTATION).

HOW TO CALCULATE THE PRESENTATION SCORE

☞ TOTAL JUDGES IN PRESENTATION = 5

☞ The highest and lowest scores (with a maximum of 40) of the 5 Presentation Judges are dropped leaving 3 scores - a, b and c which are then averaged. (with a maximum of 200) and called T2.

JUDGES = SCORES

A1 = 152.5

B1 = 157.5

C1 = 159.5

D1 = 162.5 HIGHEST SCORE

E1 = 150.5 LOWEST SCORE

(HIGHEST AND LOWEST SCORE WILL NOT BE COUNTED)

THEN AVERAGE OF REMAINING (3) JUDGES IS

= $(A1+B1+C1) / 3 = 152.5 + 157.5 + 159.5 = 469.5$

= $469.5 / 3 = 156.5$

156.5 IS THE SCORE OF THE PLAYER IN PRESENTATION OUT OF TOTAL 200(PRESENTATION)

AND WILL BE KNOWN AS "T2"

T2 = 156.5

REQUIRED ELEMENTS (10%)

DEFINITION OF REQUIRED ELEMENTS :

Required element is also a necessary part of freestyle, required elements shows all required element of skills , jumps like different multiples, different gymnastics skills that should be separate from each other, different power skills , different releases, different wraps etc. Freestyle will not be freestyle if the difficulty and required element are not included in it.

- **THERE ARE TOTAL 3 JUDGES IN REQUIRED ELEMENTS**
- **TOTAL POINTS IN REQUIRED ELEMENTS ARE GIVEN OUT OF (50)**

THERE ARE SIX PARTS IN REQUIRED ELEMENTS :

1. 4 DIFFERENT TRIPLE MULTIPLES (3 POINTS)
2. DIFFERENT GYMNASTICS (3 POINTS)
3. DIFFERENT POWER SKILLS (3 POINTS)
4. DIFFERENT SPEED DANCES (3 POINTS)
5. DIFFERENT RELEASES (3 POINTS)
6. DIFFERENT WRAPS (3 POINTS)
7. PAIR INTERACTION (2 POINTS) (only in SR.TEAM FREESTYLE)

NOTE : IN SR.FREESTYLE the total score is **18** & In SR. TEAM FREESTYLE the total score is **20**.

The **REQUIRED ELEMENT** Judge is responsible for judging the

MASTER FREESTYLE SCORE AND POINTS

In order to get the maximum score for single rope variation you need to score **18 points**. Which includes 4 different triple multiples(3points) + Gymnastics(3points) + Power Skills(3points) + Speed Dances(3points) + Releases(3points) + Wraps(3points) = **18points**

TEAM FREESTYLE SCORE AND POINTS

In order to get the maximum score for a pair or team freestyle you need to score 20 points with a mandatory 2 pairs interactions. Not all elements have to be in the freestyle in order to get the maximum score. Which includes 4 different triple multiples(3points) + Gymnastics(3points) + Power Skills(3points) + Speed Dances (3points) + Releases(3points) + Wraps(3points) + Pair Interaction (2points) = **20points**

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IN 4 DIFFERENT TRIPLE MULTIPLES

(MAX. 3 POINTS)



For each set of 4 different multiples, which are at least a triple under, you get one point with a maximum of 3 points **per routine**. These sets do not need to be separated from each other.

For example, a series of 8 different multiples, triples or faster, is worth 2 points.

1 SET = 1 POINT**DIFFERENT GYMNASTICS**

(MAX. 3 POINTS)



3 Different gymnastics (3 points). These gymnastics do not need to be separated from each other. For example, a roundoff to backwards salto is worth 2 points for two different gymnastics.

1 GYMNASTIC SKILL = 1 POINT**DIFFERENT POWER SKILLS**

(MAX. 3 POINTS)



3 Different power skills (3 points). (note: going into and coming out of one power skill is not considered as two different power skills, even though you can get two different grades for it from the difficulty judge. For example, double under frog landing in AS for a required element judge is one power skill.

1 SKILL = 1 POINT**DIFFERENT SPEED DANCES**

(MAX. 3 POINTS)



3 speed dances (3 points). Speed dance sequence: Skippers perform a variety of footsteps inside Single Rope, ropes that are clearly tuning faster. At least 8 footsteps remarkably faster than the beat of the music need to be involved in each speed dance.

1 SPEED DANCE = 8 FOOT STEPS**1 SPEED DANCE = 1 POINT****DIFFERENT RELEASES**

(MAX. 3 POINTS)



3 Different releases (3 points). A release is when the handle is released OR either flying through the air or hanging around a body part and then grabbed again by the hand. Laying a rope still on the floor and picking it back up afterwards is not credited as a release.

1 RELEASE = 1 POINT**DIFFERENT WRAPS**

(MAX. 3 POINTS)



3 Different wraps (3 points). A wrap is when the rope is wrapped around any part of the body causing it to alter the „normal“ rotation of the rope under the feet.

1 WRAPS = 1 POINT**ONLY FOR SR.TEAM FREESTYLE ;****PAIRS INTERACTIONS**

(MAX. 2 POINTS)



In pair and team freestyle, **pairs interactions** are required as well: 2 clearly separated different pairs interactions.(2 points) Clearly separated means that the skippers do at least 1 skill in sync before beginning a second pairs interaction.

1 PAIR INTERACTION= 1 POINT

HOW TO CALCULATE THE REQUIRED ELEMENTS SCORE

- ☞ **TOTAL JUDGES IN REQUIRED ELEMENTS = 3**
- ☞ **The three scores are averaged and multiplied by a factor to become a score on 50.**
- ☞ **REQUIRED ELEMENTS is total of 18 POINTS in SR SINGLE FREESTYLE & 20 POINTS in SR PAIR/TEAM FREESTYLE.**
- ☞ **REQUIRED ELEMENT JUDGE IS KNOWN AS JUDGE B**

JUDGES = SCORES

$$A2 = 10$$

$$B2 = 12$$

$$C2 = 10$$

THEN AVERAGE OF REMAINING (3) JUDGES IS

$$(A2+B2+C2) \quad 10+12+10 = 32$$

$$= 32 / 3 = 10.66 \quad \text{AVERAGE IS} = 10.66$$

= THEREFORE, ACCORDING TO RULE

$$10.66/18 * 50 = \mathbf{38.07}$$

$$= \mathbf{T3 = 38.07}$$

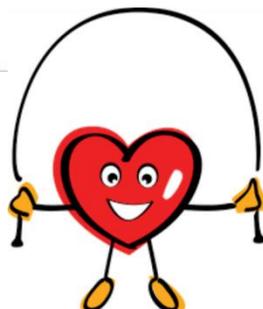
38.07 IS THE SCORE OF THE PLAYER IN REQUIRED ELEMENTS OUT OF TOTAL 50(REQUIRED ELEMENTS).

AND WILL BE KNOWN AS "T3"

$$\mathbf{T3 = 38.07}$$

NOTE : AVERAGE SCORE WILL BE DIVIDED BY 18 IN SR.SINGLE FREESTYLE AVERAGE SCORE WILL BE DIVIDED BY 20 IN SR PAIR/TEAM FREESTYLE.

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HOW TO CALCULATE THE FREESTYLE SCORES

CREATIVITY SCORE

The T2 and T3 scores are added together resulting in the Creativity score T4

CREATIVITY SCORE IS

$$= T2 + T3 = T4$$

$$= 125 + 38.07 = 163.07$$

THEN T4 = 163.07

T1 = DIFFICULTY

T2 = PRESENTATION

T3 = REQUIRED ELEMENT

T4 = CREATIVITY SCORE

T5 = MISTAKE

MISTAKES –

Each minor (major) mistake results in a deduction of 12.5 (25) points. The highest and lowest mistake scores of the 5 presentation judges, the 3 required element judges and the Head Judge are dropped leaving 7 scores which are then averaged. These mistake points are then added to the mistake points from time violation space violation and less than 3 skills in DD resulting in the total mistake points T5. Half of the total mistake points are deducted from the Difficulty score (T1) and the other half from the Creativity score (T4).

FOR EXAMPLE –

MISTAKES GIVEN BY PRESENTATION JUDGES ARE –

$$A1 = 12.5$$

$$B1 = 12.5$$

$$C1 = 12.5$$

$$D1 = 12.5$$

$$E1 = 12.5$$

MISTAKES GIVEN BY REQUIRED ELEMENT JUDGES ARE –

$$A2 = 12.5$$

$$B2 = 12.5$$

$$C2 = 12.5$$

MISTAKE GIVEN BY HEAD JUDGE IS –

$$\text{HEAD JUDGE} = 25$$

THEN LOWEST MISTAKE WE CAN TAKE ANY ONE LIKE A1 = 12.5 AND HIGHEST MISTAKE WE CAN TAKE FROM HEAD JUDGE THAT IS 25, THESE TWO MISTAKE POINTS WILL NOT BE CALCULATED AS PER RULE.

THEN REMAINING 7 MISTAKE POINTS ARE AVERAGED AS MENTIONED BELOW – $(A1+B2+C3+D1+A2+B2+C2)$

$$(12.5+12.5+12.5+12.5+12.5+12.5+12.5) = 87.5$$

THEN AVERAGE IS = $87.5 / 7 = 12.5$

FINAL FREESTYLE SCORES

The final freestyle score is $(T1 - T5/2) + (T4 - T5/2)$. The final Difficulty score after mistake deduction $(T1 - T5/2)$ and the final Creativity score after mistake deduction $(T4 - T5/2)$ are displayed as unofficial values shortly after the corresponding freestyle.

The final freestyle score will be multiplied by 2 for the Master Freestyle.

FINAL SCORE OF FREESTYLE IS

$$(T1 - T5/2) + (T4 - T5/2)$$

$$= 70 - 12.5 / 2 = \underline{63.75}$$

$$= 163.07 - 12.5 / 2 = \underline{156.82}$$

$$= 63.75 + 156.82 = \underline{220.54}$$

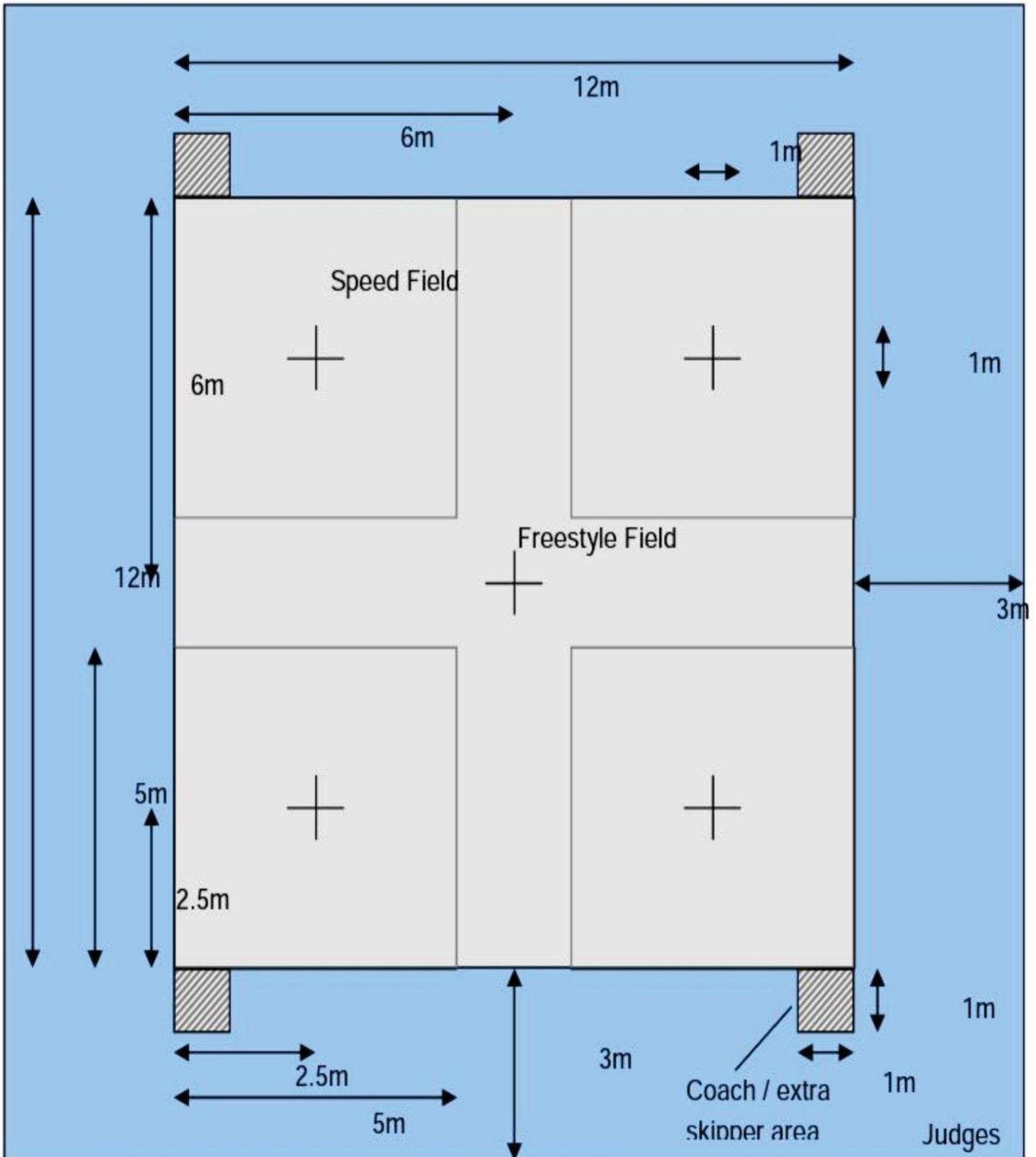
$$= 220.54 \times 2 = \underline{441.08}$$

THE FINAL FREESTYLE SCORE IS 441.08



FREESTYLE ARENA

The fields for the Masters and Team competitions should be marked as indicated in the diagram below. All markings are within the respective areas (e.g. the 12m x 12m Masters and team freestyle area is measured from the outside of the marking lines)



CONDITIONS AND VOILATIONS

FREESTYLE , PAIR/TEAM FREESTYLE :

1) MINOR MISTAKE :

Each time a skipper steps outside the border(s) of the competition area before the end of the routine he/shewill receive a space violation punishable as a minor miss. Skills performed outside the 12 x 12 meters area willnot be judged until the skipper has re-entered the competition square on the Freestyle floor. Remark: if themusic is still playing, the freestyle is not finished. Walking out of the field while the music is still playing and “time” has not been called out results in one space violation per skipper that walks out. The music will only be stopped after “time” has been called out by the Head Judge.

2) MAJOR MISTAKE :

No judging is permitted after “**TIME**” is called at 75.0 seconds. A time violation is punishable as a major miss and is given to a routine lasting **less than 60 seconds** and **more than 75 seconds**.

3) All turners must become jumpers in freestyle Double Dutch and do a minimum of three (3) skills in the ropes for the routine to be valid. Violation of this rule will be punished as a major miss for each skipper who does not fulfill this requirement. This will be judged by the Head Judge.

5) There are two types of misses: minor and major.

After a miss, the rope must be jumped once successfully before another miss can be counted. There is no limit to the number of misses judges can give.

A minor miss results in a deduction of **12.5 points** from the total score of a freestyle routine. A major miss results in a deduction of **25 points** from the total score of a freestyle routine.

FOR DOUBLE DUTCH :

All turners must become jumpers in freestyle Double Dutch and do a minimum of three (3) skills in the ropes for the routine to be valid. Violation of this rule will be punished as a major miss for each skipper who doesnot fulfill this requirement. This will be judged by the Head Judge.

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DOUBLE TOUCH DIFFICULTY (50%)

Skills range from Level 1 to Level 5.

For every level 2 skill one gets $3/(1.5*1.5*1.5)$ point with a max of 10 points. For every level 3 skill one gets $3/(1.5*1.5)$ point with a maximum of 20 points. For every level 4 skill one gets $3/1.5$ points with a maximum of 30. For every level 5 skill one gets 3 points. An excess of level 4 skills can be converted into 1.5 level 3 skill for each level 4 skill. An excess of level 3 skills (number of performed level 3 skills added with the converted number of level 3 skills) can be converted into

1.5 level 2 skills for each level 3 skill. The total difficulty final score is **no longer** limited to 250

Each and every time a new skill is performed, credit is given simultaneously to both the difficulty of the skill and the difficulty of the turning. In other words, a snapshot is the skills the skippers or those not holding a rope and the turners or those holding two ropes are doing at that particular moment and each different skill results in a new snapshot. The level of difficulty of the snapshot is the sum of the turner and the skipper difficulty levels.

There are only two different ways of turning ropes that will be counted by the Difficulty Judges.

- A)** Skills performed when the ropes are turning in a different direction such as in normal Double Dutch, Irish Double Dutch or Snappers will be scored.
- B)** Skills performed when the ropes are turning in the same direction but with a phase difference of at least 90 degrees such as in the middle of Chinese Wheel will be scored.
- C)** Skills done in a single Double Dutch rope (both ropes turn in the same direction without a phase difference) will not be scored.
- D)** A repeated jumper skill or repeated transition such as from a frog to push-up will only be scored a second time for difficulty if the turning was done in the other way of turning (see A and B for the 2 different ways of turning) for the repetition.

JUDGING DOUBLE DUTCH SINGLE FREESTYLE

A) Level 1:

Basic footwork, for example side straddle, forward straddle, and so on, excluding the basic jump or similar one-jump moves, which do not get credit.

B) Level 2:

Going into or coming out of a special position of the body. Examples of this are: going into frog, going into push-up, exiting from a frog, going into a split, going into crab and so on. A regular push-up, a push-up with legs open, with one leg in the air, and with crossed legs are all considered as the same skill.

C) Level 3:

This is the transition from one special position of the body to a different special position of the body. Examples of these transitions are: the transition from frog to push-up, the transition f

- D)** However, exiting from a special body position does not become a level 3 skill, even if it is done after a combination of skills.
- E)** A gymnastic skill is judged differently. The level 2 gymnastics are skills such as a round-off and a roll. The level 3 skills are skills such as front flip, back flip, kip, All aerials are level 4 except "SUICIDE" which will be level 4 only if the skipper(s) jump over the rope immediately turned rope after the skill without repositioning themselves. Otherwise level 3

JUDGING DOUBLE TOUCH PAIR FREESTYLE

A team can only get credit for a skill if all skippers are actively involved.

Level 1:

A team can be given a level 1 score for a snapshot if :

1. Both skippers perform the same level 1 skill
2. Both skippers perform different level 1 skills
3. One person does a level 2 (or 3) jumping skill and the other does a level 1 skill

Level 2:

A team can be given a level 2 score for a snapshot if :

1. Both skippers in the ropes perform the same level 2 skill
2. Both skippers perform different level 2 skills in the ropes
3. One skipper does a level 3 jumping skill and the other skipper does a level 2 jumping skill

Level 3:

A team can be given a level 3 score for a snapshot if :

Both skippers perform the same level 3 skills in the ropes
Both skippers perform different level 3 skills in the ropes

All forms of “leap frog / jumping on people” are level 2.

One level higher if physical contact but not helping each other due to this contact
(example: friend mule kick, sebi, mule kick on top of push-up). Only applicable if skills done by both jumpers are each at least level 2.

Assisting a person **(example: throwing person into a salto is level 3)**, one level lower than the skill itself.
Going over or under each other while doing at least level 2 skill: plus one level (example: subway).

Salto over a level 2 skill is level 4

ROPE SKIPPING

Federation of India



JUDGING THE TURNERS

- A) The turners score **one level** if the rope that is jumped by the skipper(s) is turned with one restricted hand when it is jumped or immediately after the jump (**example. One turner turning in crougar**).
- B) The turners score **two levels** if the rope that is jumped by the skipper(s) is turned with two restricted hands when it is jumped or immediately after the jump (**example. Two turners turning in crougar**).
- C) If a turner continues turning the rope in a restricted position, credit will only be given for the first time the rope is jumped in that restricted position and at that speed, i.e. single, double, triple, quadruple. This is also applicable for the basic jump in Chinese wheel.
- D) The turners get **one level** for turning a double, **two levels** for turning a triple or a quadruple, and **three levels** for turning faster than a quadruple under.
- E) If a multiple is turned with restricted hands, the turners get additional credit for the restricted turning. The rope which is most restricted in the multiple determines the amount of extra levels because of the limitation while turning.
- F) Landing in a skill while the turners are turning a triple or quadruple under increases the skill level by 2 unless the skill is a level 1 skill.
- G) Landing in a skill while the turners are turning more than a quadruple under increases the skill level by 3 unless the skill is a level 1 skill.
- H) The turners get one level for jumping the rope such as in jump through or Chinese wheel. If a turner continues jumping in the same manner without changing the restriction or speed, credit will only be given for the first time the rope is jumped by the turner.
- I) If the turners restrict their hands while jumping the rope (**or going to restrict just after the jump**) they get extra levels in addition to the extra level for jumping. In case of jumping in Chinese wheel, only the turner who jumps gets one (two) extra level(s) if one (two) of his hands is (are) restricted when jumping the rope.
- J) A release which is caught is **level 3**. A release caught in a restricted position is **level 4**. However, if the routine does not continue fluently after the catch, then the level of difficulty is decreased by one.

ROPE SKIPPING Federation of India



DOUBLE TOUCH PRESENTATION (40%)

In addition to the 50% score for difficulty, the freestyle routines are judged by a Presentation Judge (40%) and a Required Elements Judge (10%)

The Presentation Judge is responsible for judging the use of music (on the beat and using accents) (10%), the movement (spatial and positional) (5%), the form of the body/rope and execution (10%), the originality of the routine and how the skippers/turners interacted (10%) and finally the impression and entertainment value, how spectacular the routine was (5%).

JUDGING THE USE OF MUSIC (10%)

A) SKIPPING TO THE BEAT

Fifty percent of the total points for „Use of Music“ is for skipping to the beat of the music. The percentage of the total freestyle time jumped to the beat reflects the score for „jumping the beat“.

B) USING THE MUSIC

The remaining fifty percent of the total points for „Use of Music“ is awarded for using the music. An example of this is performing a special move such as a triple under or double bounce at a special moment or a recognisable time in the piece of music selected.

0 the skippers did not use the music

0.5 – 3.5 the skippers used the music 1 to 5 times

4.0 – 7.5 the skippers used the music 6 to 10 times

8.0 – 10 the skippers used the music more than 10 times

MOVEMENT (5%)

Movement is awarded for continuously moving. The percentages of the time they were moving reflects the score for movement.

FORM OF THE BODY/ROPE AND EXECUTION (10%)

Deduction will be made for every skill not well performed or lack of good posture and skipping style or when the rope does not turn in a fluent way (except when a miss is deducted)

ORIGINALITY (10%) INCLUDING DYNAMIC INTERACTION

Originality: Unique style and substance. Style:

How is it presented? Topic or Story?

Substance: Percentage of unique, distinctive, new and special elements

Leading Questions: Have you seen a similar freestyle before?

Have there been any tricks/transitions you've never seen before?

Did the skipper just do the regular and common tricks?

Did the jumper take risks? (Hard releases/powers?)

Common combinations versus special/extraordinary transitions

Common/old tricks versus new/extraordinary tricks (Especially in DD: Frog/Split versus crazy/new elements) exceptionally risky (=big chance of mistake)/hard Releases/Powers versus safe/regular options Multiples/Transitions

Do we see a WIDE variety of original and risk taking turner involvement throughout the freestyle? Not only cross arms, crougar and other ordinary turner involvement.

Is the routine made up of each jumper just doing a few individual skills or is there interaction between the skippers and turners? Interaction can be all 3 or 4 skippers doing fancy feet, easy or complicated switches, giant wheel, turners interacting with skippers, subway under turners (new added) ...

OVERALL IMPRESSION AND ENTERTAINMENT VALUE (5%)

What was the overall impression of the routine?

Did the athlete(s) keep you engaged/
entertained? Was the routine spectacular or
stunning?

Was the audience entertained?

Would you keep watching this routine even if you didn't have to?

DOUBLE TOUCH REQUIRED ELEMENTS (10%)

In order to get full credit for required elements, a double dutch routine needs to score 16 points out of a possible 22 points (20 for DD single freestyle, as there are no jumper interactions). To get full credit, at least 6 points need to be earned through different turner involvement skills as described below. The highest possible score without turner involvement is 10.

8 different turner involvement skills. (max 8 points, multiples are NOT included). For example turning in crougar and turning in double under crougar is not considered to be two different turner involvement skills. Turning Chinese wheel doesn't count either for these turner involvement skills. You don't get credit for this element when turning Chinese wheel.

5 different turner/jumper switches.

3 different gymnastics of which at least one aerial. A round off to back handspring is worth two points for two different gymnastic skills.

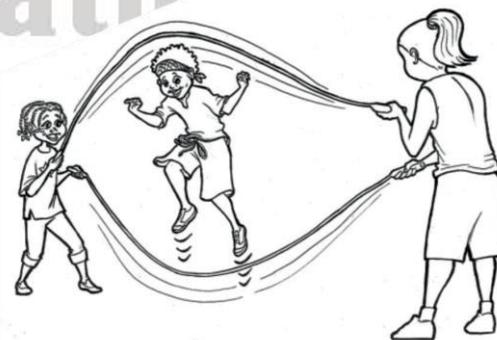
2 speed dances (2 points). When completing one speed dance of 8 steps which is significantly faster than normal jumping, the team earns ONE points for this. The team earns 2 points for one speed dance of 16 steps which is significantly faster than normal jumping.

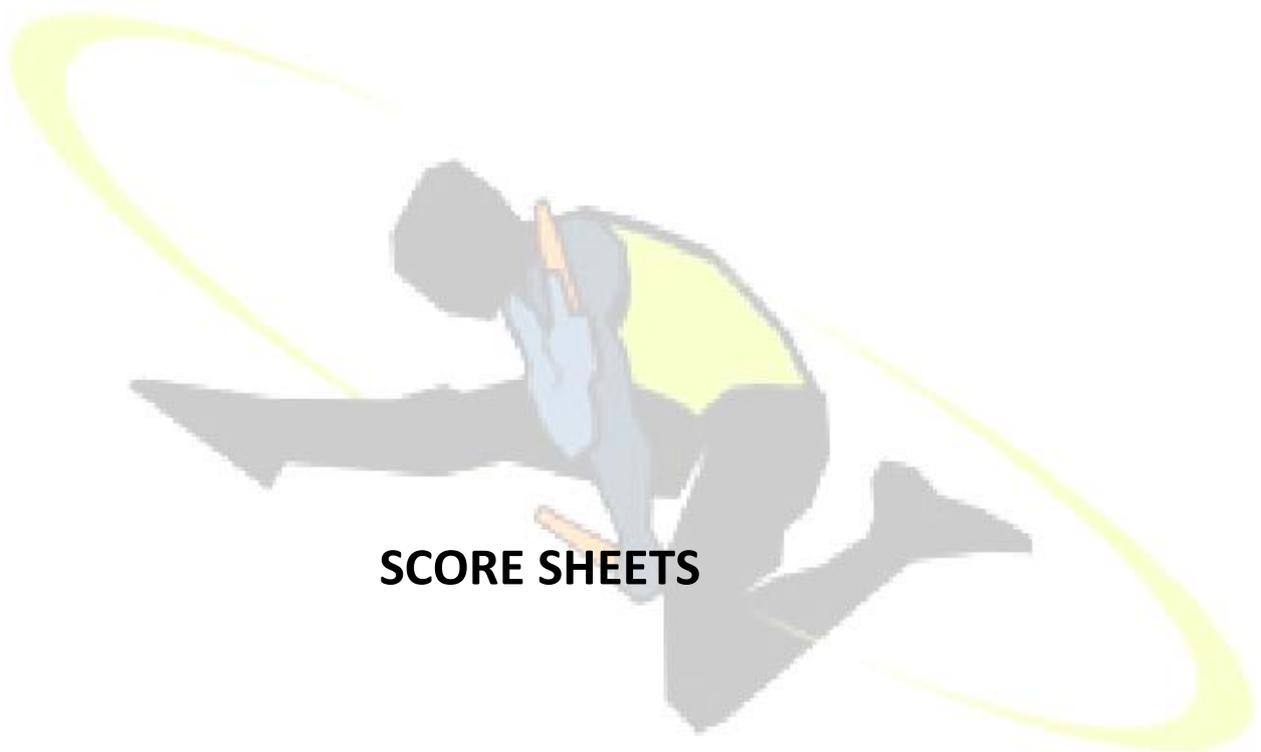
(2 points). When completing 1 release, the team scores two points for double dutch required elements. A completed release means that at least one handle/end of the rope was released in open air and caught by the handle without causing a delay to the routine. Picking up a handle/end of the rope from the ground after being released is only counted for if the rope is not stopped.

2 jumper interactions (2 points). Jumper interactions do not include turner/jumper switches. Jumper interactions are at least level 2 skills performed in a way that both skippers interact with each other or need each other to complete the skill.

The total amount of points (max 16) is recalculated to 10% of the total score of the freestyle by multiplying the raw score by 50/16

Because it is possible to score a total of 22 points (20 for DD single freestyle), a team does not have to put all of the above mentioned elements in its routine to still get the maximum of points for required elements.





SCORE SHEETS

ROPE SKIPPING

Federation of India

CBSE NATIONAL CHAMPIONSHIP 2024 (ROPE SKIPPING)

COMMON SCORE SHEET

JUDGE NAME 1		2		3		
Court No.:						
Age Group: M / F						
Event:						
No.	Name	State/Unit	Judge 1	Judge 2	Judge 3	H. Judge
1						
2						
3						
4						
5						
6						

Signature:- judge 1

judge 2

judge 3

H. judge

CBSE NATIONAL CHAMPIONSHIP 2024 (ROPE SKIPPING)

COMMON SCORE SHEET

JUDGE NAME 1		2		3		
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4						
5						
6						

Signature:- judge 1

judge 2

judge 3

H. judge

ROPE SKIPPING FEDERATION OF INDIA



NAME OF THE SKIPPER.....

STATE/REGION.....

AGE GROUP(U-) GENDER.....

EVENT- **DOUBLE UNDER**

False Start

HEAD JUDGE NAME.....

COURT NO.....

Please check the box if False Start occurred.

Please circle numbers accordingly

	Actual Steps	Please circle numbers accordingly									
Judge 1 (Head Judge)	<input type="text"/>	0 1 Hundreds									
		0 1 2 3 4 5 6 7 8 9 Tens									
		0 1 2 3 4 5 6 7 8 9 Ones									
Judge 2	<input type="text"/>	0 1 Hundreds									
		0 1 2 3 4 5 6 7 8 9 Tens									
		0 1 2 3 4 5 6 7 8 9 Ones									
Judge 3	<input type="text"/>	0 1 Hundreds									
		0 1 2 3 4 5 6 7 8 9 Tens									
		0 1 2 3 4 5 6 7 8 9 Ones									

Sign. Of Head Judge
Name.....

Sign. Of Judge 1
Name.....

Sign. Of Judge 2
Name.....

ROPE SKIPPING
Federation of India



ROPE SKIPPING FEDERATION OF INDIA

RSF RULE BOOK (VERSION 2.0.4)

NAME OF THE SKIPPER.....

STATE/REGION.....

AGE GROUP(U-) GENDER.....

EVENT-

HEAD JUDGE NAME.....

COURT NO.....

False Start

Please check the box if False Start occurred.

Please circle numbers accordingly

	Actual Steps	Please circle numbers accordingly									
Judge 1 (Head Judge)	<input type="text"/>	0 1 Hundreds									
		0 1 2 3 4 5 6 7 8 9 Tens									
		0 1 2 3 4 5 6 7 8 9 Ones									
Judge 2	<input type="text"/>	0 1 Hundreds									
		0 1 2 3 4 5 6 7 8 9 Tens									
		0 1 2 3 4 5 6 7 8 9 Ones									
Judge 3	<input type="text"/>	0 1 Hundreds									
		0 1 2 3 4 5 6 7 8 9 Tens									
		0 1 2 3 4 5 6 7 8 9 Ones									

Sign. Of Head Judge

Sign. Of Judge 1

Sign. Of Judge 2

Name.....

Name.....

Name.....

ROPE SKIPPING
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ROPE SKIPPING FEDERATION OF INDIA

2024-25

PROFORMA

SCORE SHEET (Freestyle)

Name of the Skipper.....
 School Name
 School Code
 Gender..... Age group-.....

Level	No.of Skills	Creativity	Total
L-1		Music /10	
L-2		Impression /10	
L-3		Areacover /10	
L-4		Entertainment /10	
L-5		*Interlink /10	
L-6			

*Inter link only for team events (freestyle) Name &

Sign. of the Judge.....

ROPE SKIPPING FEDERATION OF INDIA

2024-25

PROFORMA

SCORE SHEET (Freestyle)

Name of the Skipper.....
 School Name
 School Code
 Gender..... Age group-.....

Level	No.of Skills	Creativity	Total
L-1		Music /10	
L-2		Impression /10	
L-3		Areacover /10	
L-4		Entertainment /10	
L-5		*Interlink /10	
L-6			

*Inter link only for team events (freestyle) Name &

Sign. of the Judge.....

SCORE SHEET-S&DUR

NAME OF THE SKIPPER.....

School Name

School Code

AGE GROUP(U-) GENDER.....

EVENTS-

HEAD JUDGE NAME.....

COURT NO.....

Please circle numbers
accordingly

Judge 1 (Head Judge)

Actual Steps

0	1	2	3	4	5	6	Hundreds		
---	---	---	---	---	---	---	----------	--	--

0	1	2	3	4	5	6	7	8	9	Tens
---	---	---	---	---	---	---	---	---	---	------

0	1	2	3	4	5	6	7	8	9	Ones
---	---	---	---	---	---	---	---	---	---	------

Judge 2

0	1	2	3	4	5	6	Hundreds		
---	---	---	---	---	---	---	----------	--	--

0	1	2	3	4	5	6	7	8	9	Tens
---	---	---	---	---	---	---	---	---	---	------

0	1	2	3	4	5	6	7	8	9	Ones
---	---	---	---	---	---	---	---	---	---	------

Judge 3

0	1	2	3	4	5	6	Hundreds		
---	---	---	---	---	---	---	----------	--	--

0	1	2	3	4	5	6	7	8	9	Tens
---	---	---	---	---	---	---	---	---	---	------

0	1	2	3	4	5	6	7	8	9	Ones
---	---	---	---	---	---	---	---	---	---	------

False Start

Please check the box if "YES"

False Switches

0 1 2 3

Final Score :-

Sign. Of Head Judge

Sign. Of Judge 1

Sign. Of Judge 2

Name.....

Name.....

Name.....



ROPE SKIPPING FEDERATION OF INDIA

RSFI RULE BOOK (VERSION 2.0.4)

NAME OF THE SKIPPER.....

STATE/REGION.....

AGE GROUP(U-) GENDER.....

EVENTS- DDSR/DDPS/DTSS/L-3

HEAD JUDGE NAME.....

COURT NO.....

Please circle numbers accordingly

Judge 1 (Head Judge)	Actual Steps <input style="width: 100px; height: 50px;" type="text"/>	0 1 2 3 4 5 6 Hundreds
		0 1 2 3 4 5 6 7 8 9 Tens
		0 1 2 3 4 5 6 7 8 9 Ones
Judge 2	<input style="width: 100px; height: 50px;" type="text"/>	0 1 2 3 4 5 6 Hundreds
		0 1 2 3 4 5 6 7 8 9 Tens
		0 1 2 3 4 5 6 7 8 9 Ones
Judge 3	<input style="width: 100px; height: 50px;" type="text"/>	0 1 2 3 4 5 6 Hundreds
		0 1 2 3 4 5 6 7 8 9 Tens
		0 1 2 3 4 5 6 7 8 9 Ones

False Start

Please check the box if "YES"

False Switches

01 2 3

Sign. Of Head Judge

Sign. Of Judge 1

Sign. Of Judge 2

Name.....

Name.....

Name.....

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