



# **ROPE SKIPPING FEDERATION OF INDIA**

## **ROPE SKIPPING RULE & REGULATIONS**

## **EVENTS DETAILS**

We have 6 selected players in a team in each category (boys & girls) for each age group respectively.

<b>Age group</b>	<b>Girls</b>	<b>Boys</b>
<b>U-14</b>	<b>6</b>	<b>6</b>
<b>U-17</b>	<b>6</b>	<b>6</b>
<b>U-19</b>	<b>6</b>	<b>6</b>

### **EVENTS**

1. MASTER EVENTS (4)
2. TEAM EVENTS (5)

**Total 9 of events in SGFI for Rope Skipping.**

### **MASTER EVENTS**

1. SPEED SPRINT 30 sec. **(1 PLAYER)**
2. DOUBLE UNDER 30 sec. **(1 PLAYER)**
3. SPEED ENDURANCE 3 min. **(1 PLAYER)**
4. FREESTYLE 45-75 sec. **(1 PLAYER)**

### **TEAM EVENTS**

1. SPEED RELAY **(player 4 X30 Sec.)**
2. DOUBLE UNDER RELAY **(player 4 X30 Sec.)**
3. DOUBLE DUTCH SPEED RELAY **(player 4 X45 Sec.)**
4. DOUBLE DUTCH SINGLE FREESTYLE 45-75 Sec. **(3 Player)**
5. SINGLE ROPE TEAM FREESTYLE 45-75 Sec. **(4 Player)**

**Note:- One player can participate in maximum 1 master event and 2 team events or three team events.**

## **Rope Skipping Federation of India (RSFI)**

### **AWARDS**

	<b>Masters</b>	<b>Team Championship</b>	<b>OVERALLCHAMPIONSHIP</b>
<b>Overall</b>	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.
<b>Per event</b>	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.	
<b>Medal points (According to RSFI)</b>	<b>For Team events</b> Gold= 10 points Silver = 6 points Bronze= 4 points	<b>For Master events</b> Gold= 5 points Silver = 3 points Bronze= 2 points	

### **JUDGES REQUIREMENT**

- Total 20 judges require for Championship.
- Judges Should be qualified with A & A+ Grade from Rope Skipping Federation Of India (RSFI).

### **UNIFORM OF JUDGES**

The judging uniforms shall consist of black pants and white T-shirts/Shirt which cannot have team name.

## **Rope Skipping Federation of India (RSFI)**

### **SIGNALS, SOUNDS AND CALL OUTS**

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.

The freestyle and the Triple Under events start with 'Judges ready? Skippers ready?'  
-You may begin.

For freestyle events, if music is used there will be a warning signal at 75.00 seconds if the routine has not finished by that time.

### **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 recognisable 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.

### **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 but there will be a 5 point deduction from the skipper's raw 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 of 500.

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.

## **Rope Skipping Federation of India (RSFI)**

### **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 outll of a miss and the rope does not cause a delay in the routine, then that is considered a -bobblell and does not result in a deduction. However, the presentation judges should note this mistake in their -Quality of Presentationll notes. A minor miss will result in a deduction of 12.5 points from the total freestyle score of 500.

#### **Major Miss for masters and teams**

A major miss is defined as the rope(s) being delayed for two seconds or longer because of a miss. This might occur when a rope catches on a competitor's body, catches the opposite rope, or any other mistake involving the rope(s) that causes the routine to stop for **longer than 2 seconds**. The miss is over when the rope(s) turn correctly once again. A major miss will result in a deduction of 25 points from the total freestyle score of 500.

#### **Championship mistakes**

A major mistake is a mistake in which at least half of the active team is involved OR ANY mistake which would last longer than 4 seconds if you would want to continue. All other mistakes are considered minor.

Example:

12 active members (2 sets of DD) and one set misses = major mistake

6 active members (3 sets of two Wheel) and one set makes mistake = minor mistake 12 active members (all SR) and 3 make a mistake independently = 3 minor mistakes

12 active members (4 sets of 3 wheel) one set makes mistake, but would take 5 seconds to undo all the ropes and start again = major mistake

### **MUSIC**

If music is used for the competition, each original competition CD must be handed in at the sound table or to the Sound Technician in time to be loaded and played for the corresponding freestyle. The required lead time for music submission will be announced by the organizers before the competition, depending on the music equipment available. There will be no violation if the music isn't handed in on time, but the team will have to compete without music. Use of USB-sticks to replace CD's is allowed, as long as the USB-stick has the same requirements as the CD's (as stated below in this Article)

If music is used, there will still be manual timing.

If the wrong music is played and the skipper or team jumps for more than 5 seconds to that incorrect music, he/she/they will be judged and will not be entitled to a re-skip.

If the skipper or team jumps for less than 5 seconds to the incorrect music and if he/she/they can supply the Sound Technician with the correct music within 15 minutes, the skipper or team will be permitted to re-skip. The last attempt determines the score.

If the music fails during the routine the skipper or team should continue without music as he/she/they will not be permitted to re-skip unless the fault was definitely caused by the sound system and not due to a faulty CD. The possibility to test CDs before the competition shall be provided by the organizers.

The CD must have:

- a. The competition number (taken from the program) written on it.
- b. The event (taken from the program) written on it.
- c. Only the one track required for that particular event.

# **Rope Skipping Federation of India (RSFI)**

## **UNIFORMS**

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 colours 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.

Supportive athletic shoes must be worn to protect the skipper's feet.

No items of jewellery may be worn. The exceptions are a wedding band, ear studs and medic-alert bracelets.

A skipper or team will not be allowed to compete if the uniform, including the shoes, does not satisfy the above requirements. If a shoe is lost during a routine, it has to be reattached before continuing the routine. All skills executed without the proper footwear will not be scored.

## **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 a disqualification. According to world rope skipping federation and rope skipping federation of India follows the same.

## **FLOOR SURFACE**

The floor surface should be a high quality, wooden sprung / cushion sports floor.

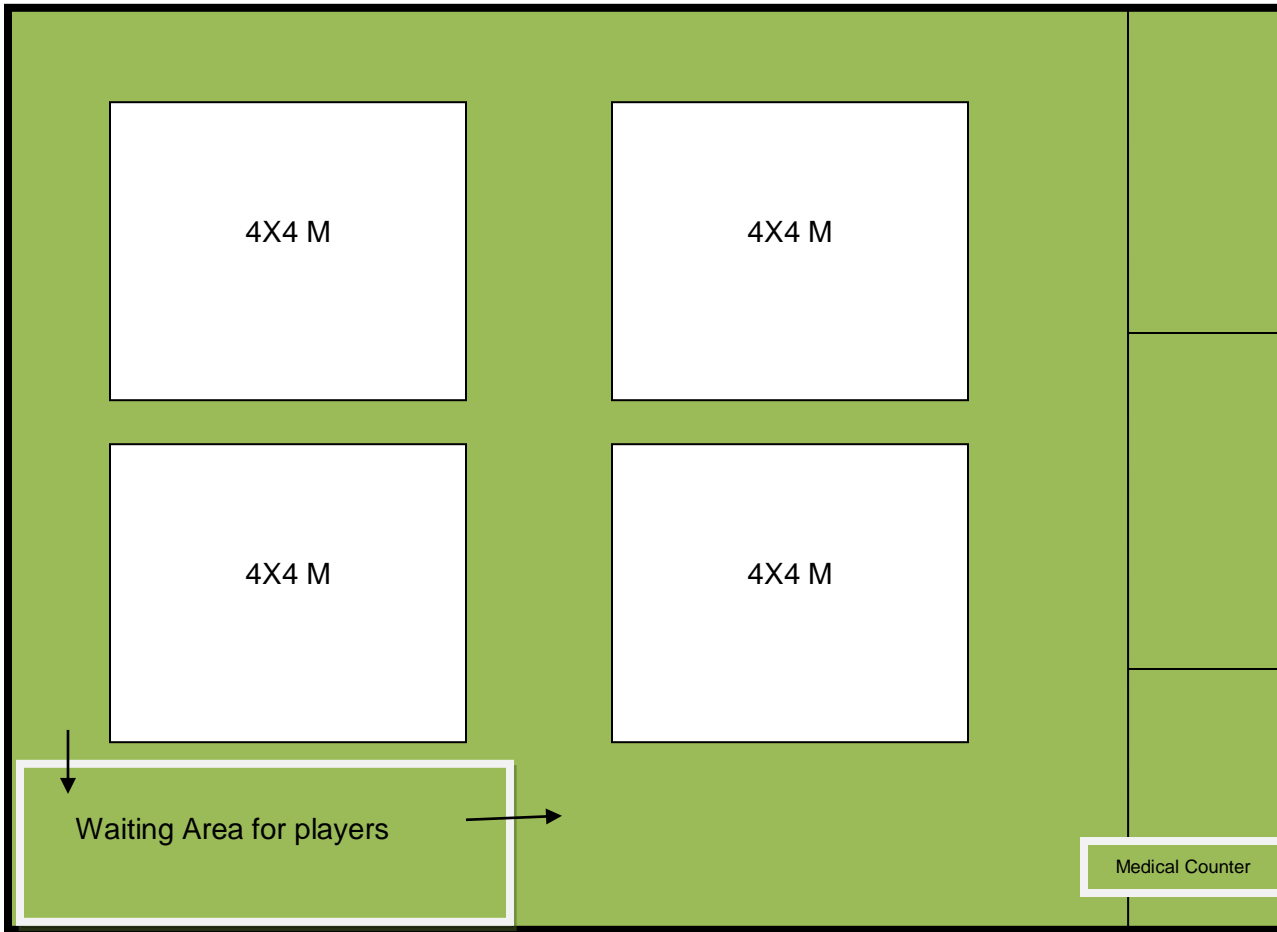
The floor must be marked in a rectangular shape with lines

- a. of a contrasting colour to the floor surface and any other markings on the floor.
- b. at 90 degrees to each other. Dimensions:
  - a. Masters and Team competitions: Speed: 4m x 4m  
Freestyle: 9m x 9m

The area reserved for the judges is 3m surrounding the competition floor. The spectators should be positioned at least 1 meter from the Judges areas.

The fields for the Masters and Team competitions should be marked as indicated in the diagram below. All markings are within the respective areas.

## Rope Skipping Federation of India (RSFI)



Arena Includes:-

- Playing Area
- Medical Counter
- Judges area/Coaches Area
- Practice Area

### ROPES

- Any rope may be used as long as it is powered by the athlete. If the rope does not fulfill these qualifications, the skipper or team is not allowed to compete.
- Without coating rope will not allow according to Rope skipping federation of India

## **Rope Skipping Federation of India (RSFI)**

### **WITHDRAWAL**

In the event of a competitor or a team failing to appear on the competition floor within one (1) minute after being called, it will be considered a || Withdrawal || or -Scratch|| and that particular event for the skipper or team will be deleted from the Championship List.

Skippers may only come before the judges after his / her name or number has been called out.

### **INJURY**

In case of an injury during the competition, the skipper or (national) 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 World Championship. All events executed with the required gender(s) will be scored and the team will be in the ranking for those events.

### **BROKEN ROPE OR HANDLE**

According to rope skipping federation of India, 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

## **THE COMPETITION EVENTS IN DETAIL**

### **PART A THE MASTERS EVENTS**

#### **1. SINGLE ROPE SPEED - SPRINT**

Section 1 Time limit

30 seconds

Section 2 Call out

-Judges Ready? Skippers Ready? Set. BEEP. 10. 20. BEEP.||

Section 3 Goal

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

Section 4 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 (RSFI)**

## **2. SINGLE ROPE SPEED - ENDURANCE**

### Section 1 Time limit

3 minutes / 180 seconds

### Section 2 Call out

-Judges ready? Skippers ready? Set. BEEP. 30. 1 minute. 30. 2 minutes. 15. 30. 45. BEEP.!!

### Section 3 Goal

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

### Section 4 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.

## **3. DOUBLE UNDERS**

### Section 1 Time limit

There is no time limit.

### Section 2 Call out

-Judges ready? Skipper ready? You may begin.!!

### Section 3 Goal

To complete as many consecutive triple unders as possible.

### Section 4 Execution Requirements

The Double Under jump must be used.

The skipper must perform a consecutive series of Double Unders.

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 skipping.

The skipper stops when he / she makes a mistake.

Each skipper is generally allowed only one attempt. If a skipper misses on a preparatory jump or even during the first movement of the rope, it is considered an attempt.

However, if the skipper misses before finishing the 30<sup>th</sup> Double correctly, he/she is entitled to a second attempt. When a skipper decides to use the option of a second attempt he /she must begin the second attempt within 15 seconds after the second call out otherwise the second attempt will not be allowed.

If a skipper misses before the 30<sup>th</sup> double under and takes the option of the second attempt, the best score of the two will be the final score. (The scores will NOT be averaged or added)

## **Rope Skipping Federation of India (RSFI)**

### **4. FREESTYLE**

#### Section 1 Time limit

60.00 – 75.00 seconds.

#### Section 2 The Call out

"Judges ready? Skipper ready? You may begin."

#### Section 3 Goal

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

#### Section 4 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.

#### Section 5 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.

## **PART B TEAM CHAMPIONSHIPS**

### **5. SINGLE ROPE SPEED RELAY**

#### Section 1 Time limit

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

#### Section 2 The Call out

-Judges ready? Skippers ready? Set. BEEP. 10. 20. BEEP. 10. 20. BEEP. 10. 20.

BEEP. 10. 20. BEEP.

#### Section 3 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.

#### Section 4 Execution Requirements

The Speed Step must be used. 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 30s or still have to skip their 30s).

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.

## **Rope Skipping Federation of India (RSFI)**

### **6. SINGLE ROPE DOUBLE UNDER RELAY**

#### Section 1 Time limit

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

#### Section 2 The Call out

-Judges ready? Skippers ready? Set. BEEP. 10. 20. BEEP. 10. 20. BEEP. 10. 20.  
BEEP. 10. 20. BEEP.11

#### Section 3 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.

#### Section 4 Execution Requirements

The Double Under Step must be used. 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.

**ROPE SKIPPING**  
**Federation of India**

## **Rope Skipping Federation of India (RSFI)**

### **7. DOUBLE DUTCH SPEED RELAY**

#### Section 1 Time limit

4 x 45 seconds. The 180 seconds (three minutes) time limit runs continuously with no stops or breaks.

#### Section 2 The Call out

"Judges ready? Skippers, ready? Set. BEEP. 15. 30. BEEP. 15. 30. BEEP. 15. 30. BEEP. 15. 30. BEEP."

#### Section 3 Goal

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

#### Section 4 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 C turn for D, who is facing A.
3. D and C turn for B, who is facing C.
4. D and B turn for A, who is facing D.

If a skipper does not face the correct turner the team is disqualified from this event. The Head Judge must inform the skipper of the mistake as soon as it is noticed.

##### **Changing Skippers / The Switch:**

The first skipper jumps for the first 45 seconds. At the 45 sec mark, "BEEP" is called and the first skipper exits the ropes. The second skipper must not enter the ropes until after the call of "BEEP" and after the new turner has taken over the ropes completely. The same procedure is valid for each switch.

Each skipper must remain in their designated area during the entire event 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 45s or still have to skip their 45s).

There will be a deduction of 5 points from the raw score for each False Switch. In this case a False Switch is entering the ropes before the new turner has complete and independent control of the ropes OR the previous skipper taking over the ropes for turning before the switch 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 the right foot hitting the floor and the rope passing under the right foot cleanly.

# **Rope Skipping Federation of India (RSFI)**

## **8. SINGLE ROPE TEAM FREESTYLE**

Section 1 Time limit 60 - 75 seconds

The timing of the routine begins as soon as an arm or rope moves or as soon as the first sound of the music starts, whichever comes first. Note: Music is optional.

Section 2 The Call out

The Call out for this event is "Judges ready? Skippers ready? You may begin."

Section 3 Goal

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

Section 4 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 area counts.
- 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.

Section 5 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.



**ROPE SKIPPING**  
**Federation of India**

## **Rope Skipping Federation of India (RSFI)**

### **9. DOUBLE DUTCH SINGLE FREESTYLE**

#### Section 1 Time limit

– 75.00 seconds

The timing of the routine begins as soon as an arm or rope moves or as soon as the first sound of the music starts, whichever comes first.

#### Section 2 The Call out

The Call out for this event is "Judges ready? Skippers ready? You may begin."

#### Section 3 Goal

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

#### Section 4 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 turner involvement.
- 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.

#### Section 5 Music

Music for freestyle is optional, but strongly advised. 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.

#### **Note:**

1. Rope Skipping Federation of India follows the rules of World Rope Skipping Federation (WRSF).
2. RSFI hold the right to modify the rules of this game.