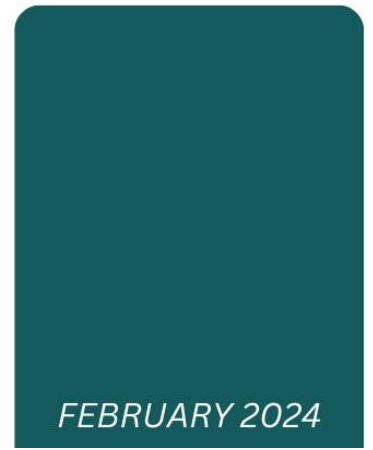
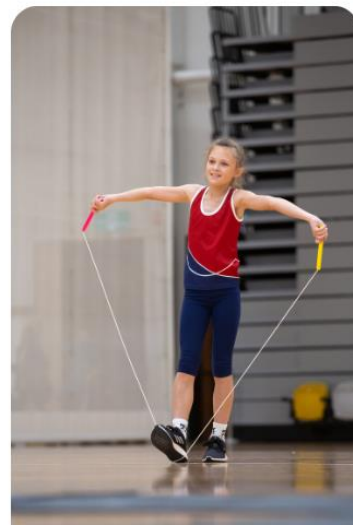
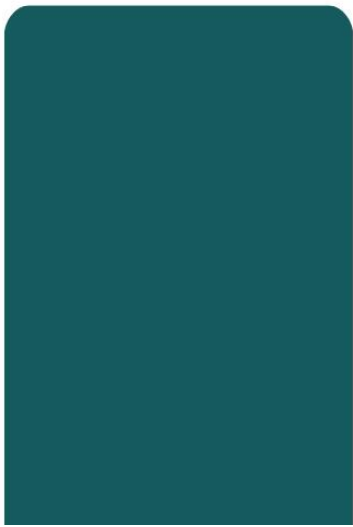
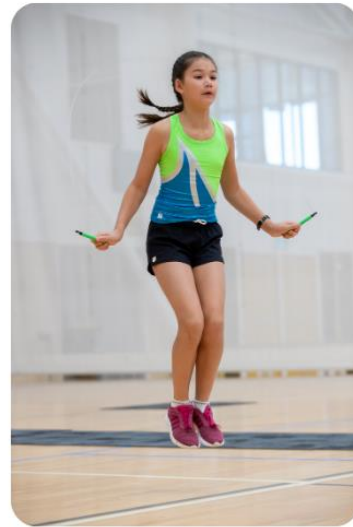
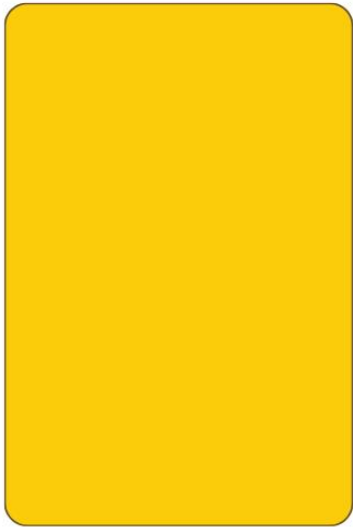




# 2024 COMPETITION RULEBOOK



FEBRUARY 2024

# Foreword

The Skipping Australia Competition Rulebook guides how skipping competitions are conducted in Australia.

The Rulebook is endorsed by the Skipping Australia Rules Committee and approved by the Executive of Skipping Australia.

The rules reflect those of the International Jump Rope Union (IJRU). Our competition rules have been designed to reflect our sport's current stage of development in Australia.

The Rulebook will be reviewed, as required.

Skipping clubs, school groups, teams and State/Territory Associations in Australia are encouraged to use this rulebook to guide the skipping competitions they organise. Consistent application of rules helps us build a mature sport, with clear development pathways for athletes and officials.

When considering potential rule changes or clarifications, the Executive seeks advice from Skipping Australia's Rules Committee.

Skipping Australia wishes to thank the members of the Rules Committee for the time they dedicate to ensuring the rules in our sport are clear and consistently applied.

This document guides the delivery of the Australian Skipping Championships and the qualification process for Team Australia (the Ropearoos) for IJRU World Jump Rope Championships.

The February 2024 revision of this Rulebook is an example of Skipping Australia's long-term plan to adapt, build and grow our sport - *One Jump At A Time!*

Kirralee Larkin and Fiona Mol  
Co-Presidents



# TABLE OF CONTENTS

<b>1</b>	<b>Competition Rules</b>	<b>6</b>
1.1	Official Version	6
1.2	General Rules	6
1.3	Location of Competitions	6
1.3.1	Club Competitions	6
1.3.2	Regional Competitions	6
1.3.3	State Championships	6
1.3.4	National Championships	6
1.4	Code of Conduct	7
1.5	Drugs	7
1.6	Sports Integrity Framework	7
1.7	Eligibility to Compete at Competitions	7
<b>2</b>	<b>Roles and Responsibilities for National Championships</b>	<b>8</b>
2.1	Tournament Director	8
2.2	Appeals Committee	8
<b>3</b>	<b>Judges</b>	<b>8</b>
3.1	Selection of Judges	8
3.2	Qualifications of Judges	8
3.3	Protests, Appeals and Substitutions	9
<b>4</b>	<b>Australian Records</b>	<b>10</b>
<b>5</b>	<b>International Athletes Guidelines</b>	<b>10</b>
5.1	Uniforms	10
<b>6</b>	<b>Injury and Substitutions</b>	<b>10</b>
<b>7</b>	<b>Competition Rules</b>	<b>11</b>
7.1	Awards	11
7.1.1	Masters Competition	11
7.1.2	Pair/Team Competition	11
7.2	Music	11
7.3	Music Failure	11
7.4	Props	12
7.5	Ropes	12
7.6	Broken Rope	12

7.7	Event Attempts .....	13
7.8	Withdrawal .....	13
<b>8</b>	<b>Event Rules .....</b>	<b>13</b>
8.1	Gender Categories .....	13
8.2	Age Divisions .....	13
8.3	Combining Entries & Cross-Ranking Entries .....	14
8.4	Individual Events .....	14
8.4.1	Single Rope 30 Second Speed .....	14
8.4.2	Single Rope 1 minute (10&under) 3 minute (11+) Endurance .....	14
8.4.3	Single Rope Individual Freestyle .....	14
8.4.4	1 minute Triple Unders (11-14 only).....	14
8.4.5	Consecutive Triple Unders (11-14 & 15+).....	15
8.4.6	Qualification for Consecutive Triple Unders.....	15
8.4.7	Qualification for Single Rope Individual Freestyle Events .....	15
8.4.8	Events in the Pair/Team Competition.....	15
8.5	Single Rope Team Events .....	16
8.5.1	Single Rope 4x30 sec speed relay .....	16
8.5.2	Single Rope 2x30 sec speed relay (8 & under only).....	16
8.5.3	Single Rope 2x30 sec double under relay .....	16
8.5.4	Single Rope Four Person Freestyle.....	16
8.5.5	Single Rope Two Person Freestyle .....	17
8.5.6	Single Rope Two Person Wheel Freestyle.....	17
8.6	Double Dutch Team Events.....	17
8.6.1	Double Dutch 2x30sec (8 & Under, 9-10) .....	18
8.6.2	Double Dutch speed 1x60sec (12-15,16+) .....	18
8.6.3	Double Dutch speed 4x30sec (11+) .....	18
8.6.4	Double Dutch Single Freestyle 3 person .....	18
8.6.5	Double Dutch Pairs Freestyle 4 person.....	18
8.7	Double Dutch Contest Events (DDC).....	19
8.7.1	DDC 1x30sec speed .....	19
8.7.2	DDC Freestyle.....	19
8.8	Team Show Freestyle Event Description .....	20
<b>9</b>	<b>Competition Area .....</b>	<b>20</b>
9.1	General Information .....	20
9.2	Freestyle Fields .....	20

9.2.1	Individual / Team .....	20
9.2.2	Show Freestyle Field .....	20
9.3	Speed and Multiples Field.....	20
9.4	Coach’s Box .....	20
9.5	Signals, Sounds and Callouts.....	21
9.5.1	Timing.....	21
9.5.2	Switch .....	21
9.5.3	Stop .....	21
9.5.4	DDC Speed Track .....	21
9.5.5	Time Callouts.....	21
<b>10</b>	<b>World Championship Qualification .....</b>	<b>22</b>
10.1	Announcement of Team Australia .....	22
10.2	Qualifications for Overall/All Around Events.....	22
10.3	Qualifications for 4x30sec Speed Relay event.....	22
10.4	Qualifications for 2x30sec Double Under Relay events .....	23
10.5	Process for a tie in a speed qualifying event .....	23
10.6	Permissible changes after qualification .....	24
10.7	Appeals.....	24
10.8	Judging Manual .....	24
<b>Appendix 1</b>	<b>Appeals Form.....</b>	<b>25</b>
<b>Appendix 2</b>	<b>Substitution Advice Form .....</b>	<b>26</b>
<b>Appendix 3</b>	<b>Single Rope Freestyle Wild Card Application Form .....</b>	<b>27</b>
	<b>Wild Card Application Assessment Procedure .....</b>	<b>28</b>
<b>Appendix 4</b>	<b>World Championship Substitution Advice Form .....</b>	<b>29</b>

# 1 Competition Rules

## 1.1 Official Version

Prior to a tournament, the Tournament Director will designate the official version of the Rulebook for use in the tournament. This will be the official version used in the competition and will be referenced to resolve any questions or disputes.

## 1.2 General Rules

Skipping Australia's Competition Rules have been adapted, condensed and modified from the International Jump Rope Union (IJRU) rules. Skipping Australia's Judging Rules are consistent with IJRU Judging Rules.

The Tournament Director is responsible for interpreting the rules outlined in the Rulebook. Where discretion is required, the Tournament Director will interpret the rules within the spirit of fair play.

Skipping Australia reserves the right to alter or modify the rules at any time in the interests of developing the sport for the enjoyment of all. If any further clarification is needed on these rules please contact Skipping Australia.

## 1.3 Location of Competitions

### 1.3.1 Club Competitions

Clubs determine when and where they conduct their own competitions. Each club decides how many skippers are permitted to attend the State and National Championships.

### 1.3.2 Regional Competitions

State/Territory organisations decide the time and location of regional-specific events.

### 1.3.3 State Championships

State/Territory organisations decide the time and location of state-specific events.

### 1.3.4 National Championships

Skipping Australia decides the time and location of the National Championships each year. Opportunities will be provided to all States/Territories to register their interest to place a bid for the National Championships to be held in their local area. Skipping Australia will open the bid process in the first quarter of each calendar year with the location announced at the AGM.

Written submissions will be requested outlining the costs/venue and accommodation options. Where possible, Skipping Australia intends to rotate the location of the National Championships between jurisdictions, including locations where the sport has potential opportunity to grow.

## 1.4 Code of Conduct

Sportsmanship is of utmost importance for skippers, parents and coaches. Skipping Australia's Code of Conduct is available on the Skipping Australia website.

## 1.5 Drugs

Under the rules of Skipping Australia, the Executive of Skipping Australia adopts the Australian National Anti-Doping Policy, effective from 1 January 2021, and found [here](#) on the Sport Integrity Australia website as the anti-doping policy for the sport of skipping in Australia.

## 1.6 Sports Integrity Framework

Skipping Australia has adopted the National Sports Integrity Framework. The National Integrity Framework is the rules that all members of Skipping Australia must adhere to in regard to their behaviour and conduct in our sport. Our Sports Integrity Framework documents can be found on our website. [Skipping Australia Integrity](#)

## 1.7 Eligibility to Compete at Competitions

All competitors, officials and judges must be members of Skipping Australia. Competitive athlete membership is required to compete in Skipping Australia endorsed competitions.

Clubs and groups registering competitors for Skipping Australia events must be affiliates of Skipping Australia.

International visiting athletes are welcomed to compete at Skipping Australia endorsed competitions providing they are registered and financial members of Skipping Australia. Their entry is subject to the International Athlete guidelines below. [Skipping Australia International Policy](#)

Skipping Australia maintains a list of members and affiliated associations, clubs, teams and groups.



## 2 Roles and Responsibilities for National Championships

### 2.1 Tournament Director

The Tournament Director is responsible for preparing the structure of the National Championships including publishing the program. The Tournament Director chairs the Appeals Committee.

### 2.2 Appeals Committee

The Appeals Committee (at least three members) will be appointed by Skipping Australia for the National Championships. It will be chaired by the Tournament Director and involve at least two other Executive Committee members. The Appeals Committee will be supported by three speed judges (with current IJRU Level 3 certification) selected by the Tournament Director prior to the competitions. Only the Head Coach from each club may make appeals. The Appeals Committee may seek recommendations from the Rules Committee, if desired.

## 3 Judges

### 3.1 Selection of Judges

Skipping Australia's Rules and Judging Director will be responsible for assigning **judges**, in consultation with the Tournament Director.

### 3.2 Qualifications of Judges

To judge at Skipping Australia endorsed competitions, judges must be a current IJRU certified judge and are required to complete online training, live training and pass a standardised certification test. Judges can be certified for one or more of the following judge categories:

- Speed
- Presentation
- Difficulty
- Required Elements

For each type of certification there are three levels which are further defined on IJRU's website (<https://ijru.sport/rules/judge-training>). IJRU Level 3 certification (completing all Continued Education courses) is required to judge at State/Territory and National level, unless otherwise approved by the Rules and Judging Director.

Where practicable, it is recommended that competition judges are at least 15 years of age.



## 3.3 Protests, Appeals and Substitutions

All protests, appeals and substitutions must be made to the Appeals Committee. Only the nominated Head Coach from each team may make appeals.

The Appeals Committee can hear protests related to:

- A perceived scoring error related to a data entry or calculation error.
- A decision by the Tournament Director or other tournament official/s that is inconsistent with published Skipping Australia rules.
- Appeals for disruption of audio will only be determined by audio equipment operators. This includes jumping, volume levels, distortion or any other audio malfunction. The athlete must complete the routine regardless of audio quality until a decision is made by the audio controllers to stop the music. If an incorrect track is played, the skipper must sit down or squat immediately and not continue with the routine.

Appeals for freestyle events will not be accepted regarding the ratings of judges.

At its judgement, the Appeals Committee may use a video replay recorded from the coach's box on competition-run equipment/personal devices for speed scores. Video evidence for freestyle will not be considered. Appeals will be accepted for speed scores only with accompanied video evidence of a suitable quality.

To make an appeal, the Head Coach must complete and submit an 'Appeal Form' and submit this to a member of the Appeals Committee on the day of the event. The Appeals Committee may ask selected speed judges to recount a speed event from a video recording, where appropriate. The Appeal Form template is provided at *Appendix 1* and will be available from the competition data table.

The Appeals Committee will meet in private, discuss the appeal and vote on the issue. A majority is required for the appeal to stand.

The decision of the Appeals Committee is final and will be communicated to the Team Head Coach.

If error occurs, or corrections are made after awards are distributed, athletes will not be required to return incorrectly provided awards, but they may choose to do so as a show of sportsmanship. Skipping Australia will make every attempt to provide alternate awards where this is practicable to do so.

The Appeals Committee is responsible for receiving and processing all applications.

The substitution process is outlined in Section 6.

## 4 Australian Records

In order to capture an Australian Record, athletes need to satisfy the criteria outlined in Skipping Australia's Records Policy.

In order to capture an Australian Record, athletes need to be an Australian Citizen, a permanent resident, or have received an exemption from Skipping Australia.

## 5 International Athletes Guidelines

Visiting international athletes competing at Skipping Australia endorsed competitions cannot take medals off Australian athletes. In the situation where an international athlete competes as part of a team/pair event with Australian athletes, that team/pair cannot take medals from Australian teams/pairs and cannot hold an Australian national title or record.

An international athlete is not eligible to qualify for the World Championship series. A team/pair with an international athlete will not be included in Team Australia Merit List.

### 5.1 Uniforms

At Skipping Australia endorsed competitions, all competitors must compete in the approved Club/Team uniform.

Exception to this rule is DDC freestyle. Athletes may choose to wear costumes rather than club uniform for the DDC freestyle event. Costumes cannot include loose items or anything that can put the athletes at risk of injury.

Supportive athletic shoes must be worn for all events. If an athlete loses a shoe during an event (freestyle or speed), no skills or speed scores will be scored whilst the athlete is not wearing a shoe/s.

## 6 Injury and Substitutions

If substitutions are required due to injury or medical reasons during the tournament, the athlete or team Head Coach will decide whether to continue the event. The entry will not be recompeted and the event will be scored based on what was shown.

Before the commencement of the event session, the Head Coach must submit the substitution advice form (Appendix 2).

Substitutions must meet the following conditions:

- Must not change the age or gender division of the competition entry.
- Athletes may not compete in the same event twice.

# 7 Competition Rules

## 7.1 Awards

### 7.1.1 Masters Competition

Event medals will be awarded in each event down to third position. Overall medals will be awarded based on the combined scoring of the following events in each age group and gender down to third position:

1. Single Rope Speed 30 second sprint
2. Single Rope Speed 1 or 3 minute endurance (subject to relevant age group)
3. Single Rope Individual Freestyle

### 7.1.2 Pair/Team Competition

Event medals will be awarded in each event down to third place.

## 7.2 Music

Music must be no longer than the allowed maximum time of the event, specifically:

- 10&under event time limit                      45sec-60sec
- 11+ event time limit                              60sec-75sec

The time of the music is measured from the start of the audio file, not from the first audible signal.

## 7.3 Music Failure

If the music fails during an event, the athlete(s) should continue the event without music. After the event, the music operator will be consulted to determine if the issue was caused by the equipment playing the music and if so, the athlete(s) will be given the opportunity to re-compete the event.

If incorrect music is played, compared to what the athlete(s) submitted, they should stop their routine within 5 seconds. If they can provide the correct music within 10 minutes, they will be given the opportunity to re-compete the event. No re-competes will be given if the athlete(s) have submitted incorrect music.

## 7.4 Props

No props or special equipment other than that which is attached to the body during the whole routine may be used to add to the presentation and/or the degree of difficulty of the routine.

- Jewellery is allowed at the athlete's discretion and at their own risk.
- Props are not permitted in the 2024 DDC Freestyle event.

## 7.5 Ropes

Ropes can be of any length. The number of ropes allowed in the competition field is limited in all events except show freestyle. For Single Rope and Wheel events the number of ropes must not be greater than the number of athletes in the event. For Double Dutch, a maximum of one set of ropes (2 ropes make a set) is allowed. Exceptions from this rule can be made in case of a re-compete as detailed in the rules related to broken ropes (below).

## 7.6 Broken Rope

If an athlete's rope breaks unintentionally during an event and the majority of judges agree the rope is broken, the athlete will be given one additional attempt to compete the event successfully. However, once an athlete leaves the station, they can no longer claim a broken rope.

Judges must notify the Tournament Director immediately if there is a rope breakage and a re-skip is required. Athletes must wait at the station until the Tournament Director is notified. The athletes will be given a minimum of 10 minutes before a re-skip.

A broken rope includes but is not limited to:

- Frayed wire
- Rope separating from handle
- Snapped rope
- Broken handle (that impairs its use)
- Any breakage that halts the functionality of the rope.

If the rope breaks again on their second attempt, the athlete will not be provided another chance to re-compete the event, but they may bring an additional (set of) rope(s) into the station for the second attempt to use if their rope breaks again. For Single Rope events one extra rope per athlete is allowed, for Double Dutch and Wheels one extra set of ropes is allowed.

For team events, the team is permitted a maximum of two attempts to perform the event, regardless of which athlete's rope breaks. This means that if one athlete's rope could break in the first attempt and a different athlete's rope could break in the second attempt, they will not be permitted an additional attempt.

## 7.7 Event Attempts

With the exception of a broken rope, an athlete/team will only receive one attempt per event. If an athlete/team stops skipping for any reason (e.g. stage fright or injury), they will not be permitted an additional attempt.

## 7.8 Withdrawal

If an athlete/team doesn't attend the competition floor within one minute of being called, that athlete/team 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 or behind of the projected schedule.

# 8 Event Rules

## 8.1 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
- Any gender                          any combination

Any gender refers to the Team Show Competition, DDC events and all 8 & under team/pair events. In the mixed category, at least one female and one male athlete must compete in each event the team competes in. Failing to fulfil this criterion will disqualify the team from the gender category.

Skipping Australia follows the current IJRU gender policy for gender categories and eligibility.

Events, available for registration:

- All single-participant events have a female gender category and a male gender category.
- Junior 8 & Under will have an any gender category.
- Junior 9-10 team/pair events will have female, male and mixed gender categories.
- Senior team/pair events (11+) will have female, male and mixed gender categories.

## 8.2 Age Divisions

Ages are determined based on the athlete's age as of December 31 in the year of the competition. Upon request, athletes shall provide government issued documents to verify age.

Individual age division will be consistent with the Australian Speed Records

Female and Male age groups will be 8 & Under through to 19, then 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50+. *(The inclusion of a 7 & Under division will be at the discretion of the Tournament Director).*

For team events, the age of the oldest athlete is used to determine age group eligibility.

The exception is the 30+ age category where all athletes must be 30+. Athletes over the age of 30 can compete down in 16+ or 19+ age groups, if they choose.

## 8.3 Combining Entries & Cross-Ranking Entries

There will no longer be cross ranking across genders. Pairs/Teams in each category will be awarded regardless of how many entries in the division.

## 8.4 Individual Events

	30 sec Speed Sprint	1 min Endurance	3 min Endurance	Individual Freestyle	Triple Unders Consecutive
10 & Under age groups	✓	✓	X	✓	X
11-14 age groups	✓	X	✓	✓	✓
15+ age groups	✓	X	✓	✓	✓

### 8.4.1 Single Rope 30 Second Speed

The skipper completes a 30-second speed event using an alternating step. Only the right foot is counted.

### 8.4.2 Single Rope 1 minute (10&under) 3 minute (11+) Endurance

The skipper completes an endurance speed event using an alternating step. Only the right foot is counted.

### 8.4.3 Single Rope Individual Freestyle

A single rope event for one skipper and is judged on the Difficulty, Presentation and Required Elements. The routine must be within the following minimum and maximum periods:

- 10&under event permissible time range                      45 sec-60sec
- 11+ event permissible time range                                      60 sec-75sec

### 8.4.4 1 minute Triple Unders (11-14 only)

*This event has been ceased and all records archived from 2024*

### 8.4.5 Consecutive Triple Unders (11-14 & 15+)

The skipper is to complete as many triple under skips in a row without interruption. This event is optional and does not count towards overall ranking.

If an athlete misses before completing 15 triple unders, they will have one more attempt at the event. If the athlete decides to continue with a second attempt, the scores will be reset (not recorded) and the athlete's recorded score will be based on the result of the second attempt.

### 8.4.6 Qualification for Consecutive Triple Unders

Triple Unders must be competed at a State/Territory level to advance to Nationals or FINALS. Official State/Territory results from the official scoring system will be provided to Skipping Australia by the governing state body and compiled together to form the top 6 scores.

#### 11-14

The Top 6 scores (Males & Females) will advance to the Nationals

#### 15+

The Top 6 scores (Males & Females) will advance to the FINALS at Nationals.

The 15+ triple under event will be the qualifier for the IJRU World Championship.

### 8.4.7 Qualification for Single Rope Individual Freestyle Events

Athletes who rank in the top 5, in each gender and age group, in the single rope individual freestyle event at their own state championship will qualify to compete in this event at the national championships.

***The name of qualifying athletes must be submitted to Skipping Australia by the State/Territory Organisation within 1 week of the completion of the State/Territory Championship.***

Skipping Australia, seeking advice from the Rules Committee if desired, MAY award a wild card entry for the single rope freestyle event.

Appendix 3 outlines the process to apply for a wild card entry. Appeals will not be accepted on decisions related to wild card applications.

### 8.4.8 Events in the Pair/Team Competition

There will be no limit on the number of entries per club for the 8 & Under Pairs Freestyle.

Clubs can nominate no more than 3 entries into the single rope pairs and wheel freestyle events in other age and gender divisions.

There are no other restrictions to the number of entries in all other pair/team events.

Commonly, skippers cannot compete in the same event more than once.

The exception to this is:

*In a World Championships year ONLY, Skipping Australia may approve athletes involved in a Team Australia FUSION event for the World Championships to compete in both the FUSION team and a club team in the same event and be awarded medals.*



## 8.5 Single Rope Team Events

	4x30sec Speed Relay	2x30sec Speed Relay	2x30sec Double Under Relay	4 Person Freestyle	2 Person Freestyle	Wheel Freestyle
8 & under	X	✓	✓	X	✓	X
9-10	✓	X	✓	✓	✓	X
11-12	✓	X	✓	✓	✓	X
12-15	✓	X	✓	✓	✓	✓
16+ Team Events	✓	X	X	✓	X	X
16-18 Pairs Events	X	X	✓	X	✓	✓
19+ Pairs Events	X	X	✓	X	✓	✓

### 8.5.1 Single Rope 4x30 sec speed relay

This is a two minute speed relay for 4 with each competitor skipping 30 sec using an alternating step. Only the right foot is counted.

### 8.5.2 Single Rope 2x30 sec speed relay (8 & under only)

This is a one minute speed relay for 2 with each competitor skipping 30 sec using an alternating step. Only the right foot is counted.

### 8.5.3 Single Rope 2x30 sec double under relay

This is a two minute speed double under relay for 4 with each competitor skipping 30 sec using a double under jump.

### 8.5.4 Single Rope Four Person Freestyle

This is a single rope freestyle event in which 4 skippers complete a synchronized routine. It is judged on the Difficulty, Presentation and Required Elements.

The routine must be within the following minimum and maximum periods:

- 9 - 10 event permissible time range 45 sec-60sec
- 11+ event permissible time range 60 sec-75sec

### 8.5.5 Single Rope Two Person Freestyle

This is a single rope freestyle event in which 2 skippers complete a synchronized routine. It is judged on the Difficulty, Presentation and Required Elements.

The routine must be within the following minimum and maximum periods:

- 10 & Under event permissible time range 45 sec-60sec
- 11+ event permissible time range 60 sec-75sec

### 8.5.6 Single Rope Two Person Wheel Freestyle

This is a single rope freestyle event in which 2 skippers complete a synchronized routine with shared ropes/exchanged handles. It is judged on the Difficulty, Presentation and Required Elements.

The routine must be within the following minimum and maximum time periods:

- All Age Divisions event permissible time range 60 sec-75sec

## 8.6 Double Dutch Team Events

	2x30sec Double Dutch Speed	1x60sec Double Dutch Speed	4x30sec Double Dutch Speed	Double Dutch Single Freestyle 3 person	Double Dutch Pair Freestyle 4 person
8&under	✓	X	X	X	X
9-10	✓	X	X	✓	X
11-12	X	X	✓	✓	X
12-15	X	✓	✓	✓	✓
16+	X	✓	✓	✓	✓

### 8.6.1 Double Dutch 2x30sec (8 & Under, 9-10)

This is a one minute speed relay with 2 turners and 2 jumpers. The 2 jumpers skip for 30 seconds each using an alternating step. Only the right foot is counted.

Adult turners are allowed as follows:

- 8 & Under teams Two Adult Turners
- 9 - 10 teams One Adult Turner

### 8.6.2 Double Dutch speed 1x60sec (12-15,16+)

This is a one minute speed relay with 2 turners and 1 jumper. The jumper skips for 60 seconds using an alternating step. Only the right foot is counted.

### 8.6.3 Double Dutch speed 4x30sec (11+)

This is a two minute speed relay for a 4 person team in which all four members will skip and turn switching every 30 seconds using an alternating step. Only the right foot is counted.

For Double Dutch Speed Relay (4x30sec), the following turning and jumping order must be followed:

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

### 8.6.4 Double Dutch Single Freestyle 3 person

This is a Double Dutch freestyle event in which 3 skippers complete a routine. It is judged on the Difficulty, Presentation and Required Elements.

The routine must be within the following minimum and maximum periods:

- 9 - 10 event permissible time range 45 sec-60sec
- 11+ event permissible time range 60 sec-75sec

### 8.6.5 Double Dutch Pairs Freestyle 4 person

This is a Double Dutch freestyle event in which 4 skippers complete a routine. It is judged on the Difficulty, Presentation and Required Elements.

The routine must be within the following minimum and maximum time periods:

- All Age Divisions event permissible time range 60 sec-75sec

## 8.7 Double Dutch Contest Events (DDC)

	DDC Speed 1x 30sec	DDC Freestyle
12-15	✓	✓
16+	✓	✓

### 8.7.1 DDC 1x30sec speed

This is a 30 second speed event with 2 turners and 1 jumper. The jumper skips for 30 seconds using an alternating step. Only the right foot is counted.

Double Dutch Contest 1 x 30sec speed must be competed at State/Territory level to advance to the FINALS at Nationals (No preliminary round at Nationals).

Official State/Territory results from the official scoring system will be provided to Skipping Australia by the governing state body and compiled together to form the top 6 scores.

***The name of qualifying athletes must be submitted to Skipping Australia by the State/Territory Organisation within 1 week of the completion of the State/Territory Championship.***

The Top 6 team scores (open gender) 12-15 & 16+ will advance to the FINALS.

### 8.7.2 DDC Freestyle

Double Dutch Contest Freestyle is a performance to music in which technique and entertainment are judge. This will be an event at Nationals 2024.

DDC Freestyle is open gender.

One Junior (12-15) and One Senior (16+) team per club can nominate.

For information regarding Uniforms and Props use in DDC Freestyle, please refer to Sections 5.1 and 7.4 respectively.

***Both Double Dutch Contest Events (speed & freestyle) at the National Championships will be the qualifier for the IIRU World Championships.***

## 8.8 Team Show Freestyle Event Description

This is a team event in which a group of between 8 and 20 athletes complete a routine. It is judged on the Difficulty, Presentation and Required Elements.

The routine must be less the following maximum time period:

- Team Show 360sec

# 9 Competition Area

## 9.1 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 colour of these marks should be a clear contrast from the floor and other pre-existing marks on the floor.

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

## 9.2 Freestyle Fields

### 9.2.1 Individual / Team

Freestyle fields are 12×12 metre squares.

### 9.2.2 Show Freestyle Field

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

## 9.3 Speed and Multiples Field

Speed and multiples stations are 5×5 metre squares.

## 9.4 Coach's Box

A 1×1 metre 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.

Only one support person and one videographer is permitted in the coach's box. The videographer is not permitted to communicate with the athlete during the event.

## 9.5 Signals, Sounds and Callouts

### 9.5.1 Timing

All time durations are measured relative to the start of the start-BEEP in the beginning of the time track and are measured until the start of another sound.

### 9.5.2 Switch

When the defined amount of time has elapsed since the beginning of the previous start-/switch-BEEP and another athlete's part of a relay fashion event should commence a switch-BEEP should sound.

### 9.5.3 Stop

When the defined amount of time has elapsed since the beginning of the previous start-/switch-BEEP and the event should stop a start-BEEP should sound.

### 9.5.4 DDC Speed Track

The time duration is measured relative to the start of the word GO in the beginning of the time track and are measured until the end of the count down 5, 4, 3, 2, 1.

### 9.5.5 Time Callouts

For speed and multiple events where each section of the event is shorter than or equal to 60 seconds in duration there should be time call outs every 10 seconds in the form of "<Seconds>" where <Seconds> is the number of seconds elapsed since the previous start-/switch-BEEP.

For speed and multiple events where each section of the event is longer than 60 seconds in duration there should be time call outs every 60 seconds in the form of "<Minutes> minute(s)" where <Minutes> is defined as the number of minutes elapsed since the last start-/switch-BEEP. In addition to this there should be call-outs every 15 seconds in the form of "<Seconds>" where <Seconds> is the number of seconds elapsed since the previous start-/switch-BEEP or minute call-out.

# 10 World Championship Qualification

The 2024 Australian Rope Skipping Championships will be the qualification tournament for Team Australia for the 2025 IJRU World Championships.

Results from this competition will determine the *Skipping Australia Merit List* which will be used to assign event spots when issued by IJRU.

## 10.1 Announcement of Team Australia

A special, social media announcement for Team Australia qualifiers will be scheduled several weeks after Nationals.

## 10.2 Qualifications for Overall/All Around Events

As part of creating the *Skipping Australia Merit List* and confirming Team Australia, Skipping Australia will:

- Award one (1) overall spot in Single Rope Team Overall and Double Dutch Team Overall to the top-ranking team in each gender, age division, from the qualification championship (even if they do not medal in all team component events).

Other teams may also be eligible for Single Rope Overall and Double Dutch Overall spots. The above rule is to make sure Team Australia has at least one team represented in Team Overalls.

- Award one (1) overall spot in Masters Overall to the top-ranking individual in each gender, age division, from the qualification championship (even if they do not medal in all component events).

Other individuals may also be eligible for an overall position.

## 10.3 Qualifications for 4x30sec Speed Relay event

Athlete selection for 4 x 30 sec Speed Relay events will be made using the following process:

- Once Single Rope Overall Team athletes have been confirmed, the remaining 4x30sec speed relay events spots will be filled with athletes not involved in an overall speed relay team.
- The strongest athletes from Australia (based on their 30 sec speed scores) will be selected to form speed relay teams. The Head Coach of Team Australia will select athletes based on their individual speed results achieved in the period between the selection competition and registration date for the World Championships, to form the strongest teams possible across multiple age and gender divisions.



## 10.4 Qualifications for 2x30sec Double Under Relay events

Athlete selection for 2 x 30 sec Double Under Relay event will be made using the following process:

- Once Single Rope Overall Team athletes have been confirmed, the remaining 2x30sec double under relay events spots will be filled with athletes not involved in an overall double under relay team.
- The strongest athletes from Australia in the 2x30 double under relay will be selected to form double under relay teams. Individual scores will be recorded during this event along with the combined score of both athletes. The Head Coach of Team Australia will select athletes based on their individual double under result achieved in the period between the selection competition and registration date for the World Championships, to form the strongest pairing possible across multiple age and gender divisions.

The selection policies outlined above acknowledge and aim to balance, the following:

- Team Australia's historic success in the overall/all around elements at international competitions.
- IJRU's goals to evolve our sport to have an increased focus on component events/discipline specialisation.
- The interests of strong athletes skipping with smaller clubs.

## 10.5 Process for a tie in a speed qualifying event

If necessary, a video submission process will be used to resolve a tied score in a speed event, where two teams are vying for one slot in the IJRU World Championships.

## 10.6 Permissible changes after qualification

No substitutions are permitted if a qualifying individual is unable/unwilling to accept an individual event position at the World Championships.

The *Skipping Australia Merit List* will be used to identify the replacement.

Substitutions are permitted for team events, in accordance with the following provisions:

- **Pair events** - Must keep one (1) original member from the pair participating in the qualification championship.
- **Three person events** - Two (2) original members must be maintained from the team participating in the qualification championship.
- **Four person events** - Two (2) original members must be maintained from the team participating in the qualification championship. This excludes 4 x 30 sec Speed Relay which has a separate qualification process outlined in section 4.
- Replacements can be any athlete of the correct age and gender.
- Valid reasons for substitutions include injury, illness, inability to travel/participate in World Championships, errors in age/gender classification, vaccination status and coaches' discretion (based on the desire to have the strongest athletes/team representing Australia).
- Club coaches must complete/submit a *World Championship Substitution Advice Form* to Skipping Australia as soon as a change of a team's composition is identified. The reason for this change must be clearly identified on this form, with relevant evidence supplied (if relevant).

## 10.7 Appeals

Skipping Australia may approve appeals for special consideration of inclusion in Team Australia or substitutions beyond the outlined provisions, in extenuating circumstances.

Such appeals should be submitted in writing to the Head Coach - Team Australia, with relevant supporting evidence. There should be no expectation that these will be granted.

## 10.8 Judging Manual

Skipping Australia will adopt in full the latest version of the IJRU Judging Manual, with the following exception:

1. Required Elements judges will not record repeated skills and their difficulty level.
2. Judging for DDC 2024 will have its own judging format.

# Appendix 1 Appeals Form



## Appeals Form

Athlete Name	
Club	
Event in which the appeal is being lodged	
Reason for appeal	
Details of supporting evidence	
Head Coach Name	
Head Coach Signature	
Date	

## Appendix 2 Substitution Advice Form



### Substitution Advice Form

Club coaches must submit this form to the President of Skipping Australia for all substitutions of athlete/s in team events, following the issuing of the full program for the Australian Rope Skipping Championships. Advice should be provided as soon as a change of a team’s competition is identified.

Club				
Event Name				
Heat #		Entry #		
If more than one event, list additional event names, heats and entry numbers here:				
Athletes being substituted	OUT		IN	
Reason for substitution				
Head Coach Name				
Head Coach Signature				
Date				
Official use only				
<ul style="list-style-type: none"> <li>• MC</li> <li>• Music Desk</li> <li>• Data Table</li> </ul>				

## Appendix 3 Single Rope Freestyle Wild Card Application Form



### Single Rope Freestyle Wild Card Application Form

Wild Card Application Forms will only be considered if submitted within 1 week of the State Championships. Late applications will not be considered.

Athlete Name	
Club	
Reason for application	
Details of supporting evidence provided	
Description of athlete's ability (eg level of single rope skills, previous results, and medal potential at Nationals)	
Head Coach Name	
Head Coach Signature	
Date	

# Wild Card Application Assessment Procedure

Skipping Australia Executive, seeking advice from the Rules Committee, if desired, will assess applications and supporting evidence.

Additional information or evidence may be requested by Skipping Australia and must be supplied by the club within a week of that request to be considered.

Skipping Australia will communicate their decision within 2 weeks of the application being received or their request for additional information (whichever is the latter).

Applications and decisions must be in writing.

## Decision-making Criteria

1. Likelihood of athlete medalling at the Australian Skipping Championships.
2. Robustness of extenuating circumstances preventing qualification through the State Championships process.
3. Calibre the athlete is likely to add to Team Australia, if selected.

## Appendix 4 World Championship Substitution Advice Form



### World Championship Substitution Advice Form

Club coaches must submit this form to [headcoach@skippingaustralia.org.au](mailto:headcoach@skippingaustralia.org.au) and [president@skippingaustralia.org.au](mailto:president@skippingaustralia.org.au) for all substitutions of athlete/s in team events, following the announcement of Team Australia. Substitutions should be made within the provisions outlined in the latest version of the Skipping Australia Competition Rulebook. Advice should be provided as soon as a change of a team’s competition is identified.

Club				
Event				
Athletes being substituted	OUT		IN	
Reason for substitution				
Details of supporting evidence provided				
Head Coach Name				
Head Coach Signature				
Date				