

**USA Jump Rope®
2020 Competition Rule Book®**



**National Competition
Committee**

This is an official publication of the USA Jump Rope Federation® and may be purchased from the Office address listed below at a cost of \$12.00 US Dollars, plus \$4.00 for shipping and handling inside the USA.

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TABLE OF CONTENTS

CHANGES FOR 2019-2020 COMPETITION SEASON	3
Section 101: COMPETITORS	5
F. WILDCARDING	5
H. SUBSTITUTES	7
Section 102: AGE AND GENDER DIVISIONS	9
Section 103: TOURNAMENT LEVELS	10
Section 104: National Championship Individual All-around Awards	12
Section 105: National Championship Overall Team Awards	12
Section 106: EVENTS FOR USA JUMP ROPE TOURNAMENTS	13
Section 107: JUMP ROPE TEAM COMPOSITION	13
Section 108: EQUIPMENT	13
Section 109: UNIFORMS	14
Section 110: REGIONS OF THE UNITED STATES	14
Section 111: COMPETITION AREA (Recommended Sizes)	15
Section 112: COMPUTER SCORING	16
Section 113: TOURNAMENT FEES	16
Section 201: GENERAL GUIDELINES AND RESTRICTIONS	17
A. GUM CHEWING	17
B. RE-JUMP FOR SICK OR INJURED ATHLETES	17
C. WEARING A CAST OR SPLINT	17
D. ALTERING COMPETITION SPACE	17
E. COACH OF RECORD	17
F. TOURNAMENT COMMITTEE	17
G. RE-JUMP TIME LIMIT	18
H. DELAYS TO THE TOURNAMENT	18
Section 202: SPEED EVENTS	18
Section 203: THREE (3) MINUTE SPEED	21
Section 204: TRIPLE UNDERS	21
Section 205: QUALIFICATION STANDARDS FOR SPEED AND TRIPLE UNDER EVENTS	21
Section 206: FREESTYLE SCORING (See Judge Handbook for details)	22
Section 207: FREESTYLE RULES	24
Section 208: ILLEGAL SKILLS RULES	25
Section 208: ILLEGAL SKILL DETERMINATION	25
Section 209: GRAND NATIONAL FREESTYLE RULES	26
Section 210: TIEBREAKER RULES FOR FREESTYLE	26
Section 211: GRAND NATIONAL SPEED RULES	26
Section 212: TEAM SHOW BASIC RULES	26
Section 213: TEAM SHOW SCORING (See Judge Handbook for details)	27
Section 214: TIEBREAKER RULES FOR TEAM SHOWS	27
Section 301: JUDGES	28
Section 402: GROUNDS FOR PROTEST AND/OR APPEAL	30
Section 403: RESOLUTION OF PROTESTS AND APPEALS	30
Section 404: FAILURE TO PROTEST OR APPEAL	30
Section 405: FINALITY AND BINDING NATURE	30
USAJR OFFICIAL APPEAL FORM	31
USAJR OFFICIAL JUDGE ASSESSMENT FORM	32
USA JUMP ROPE ARTICLES OF UNDERSTANDING	

CHANGES FOR THE 2019-2020 COMPETITION SEASON

1. AGE DIVISIONS

If ten or more athletes register to compete in a single event between the ages of 40-49 at the National Tournament, the 30-49 age division will be split to 30-39 and 40-49.

2. ACCURACY DEDUCTIONS

Accuracy deductions will now reflect the average number of misses with every three misses being a deduction of one tenth. There is no longer a difference between a major and minor miss. A miss is a miss as defined as an unintentional stoppage of a rope.

Example: 0-2 misses: no deduction
 3-5 misses: .1 deduction
 6-8 misses: .2 deduction
 etc.

3. SANCTIONED TOURNAMENTS

- a. Athletes can now qualify for the National Tournament in all speed and power events by achieving the predetermined qualifying score at a USAJR sanctioned tournament.
- b. Judges must be USAJR certified judges.
- c. Athletes can have as many attempts as allowed by the tournament director to reach the qualifying score.
- d. This means that in any region a team can hold a sanctioned speed tournament any time during the competition year, up to the deadline date for regional competitions February 1, 2020. In a region of, say 5 teams, each team could hold a tournament each month beginning in September 2019 and ending February 1, 2020. Athletes that achieve a qualifying score during the first tournament would not have to compete in that event again until the National Championship if they choose to. They could also choose to compete in all 5 tournaments even though they have already qualified, with the assumption that more competitive tournaments will prepare the athlete for Nationals.

4. SPEED AND POWER QUALIFYING SCORES

Male	MTSDU	MTSS	MSRS	MTMS
10-U	50	50	109	300
11-12	56	56	109	310
13-14	61	61	127	350
15-16	74	74	145	354
17-18	74	74	148	390
19-22	76	76	145	390
23-29	67	67	134	365
30-49	44	44	114	300
50+	Any score achieved during a sanctioned speed and power tournament			

Female	FTSDU	FTSS	FSRS	FTMS
9	52	52	100	287
10	54	54	106	314
11	57	57	106	314
12	59	59	119	330
13	63	63	130	350
14	67	67	132	350
15-16	71	71	135	350
17-18	72	72	138	365
19-22	72	72	138	365
23-29	72	72	138	365
30-49	52	52	100	259
50+	Any score achieved during a sanctioned speed and power tournament			

Team	SRSR	DDSR	DDPS
10 and under	244	144	160
11-12	255	158	188
13-14	270	200	210
15-17	299	245	260
18 and over	299	270	285
30 and over	250	145	175

**Substitution rules apply to all qualified teams per competition rulebook.

USA JUMP ROPE 2019-2020 COMPETITION RULE BOOK

PART ONE

TECHNICAL CONSIDERATIONS

Section 100: SCOPE OF PART ONE

This section details technical considerations that relate to the organization of a competition, including levels of competition, events, teams, equipment, and competitors.

Section 101: COMPETITORS

- A. Must be a member of USA Jump Rope. Competitor Memberships must be renewed by November 1st of each year. Registrations postmarked by October 31, 2019 will be accepted at the standard membership fee. Late memberships for competitors will be accepted up to four weeks prior to the competition being entered. Competitor Memberships renewed after November 1st will be assessed late fees as approved by the Board of Directors. The late membership fee will not be charged to new members of USAJR. New members will be defined as anyone who has never been a member of USAJR. The standard membership rate will apply to all new members regardless of when they become members. All memberships for competitors must be submitted and paid no later than four weeks prior to the date of the competition.
- B. Residents of the United States who are members of USAJR may participate in USAJR events.
- C. Residents of other countries may compete at a sanctioned USAJR regional tournament provided the regional tournament director decides to allow them and they are USAJR members. All international competitors must compete in an open division.
- D. RESIDENCY AND CITIZENSHIP
 - a. Open Division Athletes can place/win an event if they are on a student or work visa;
 - b. Permanent residents can compete as a US Competitor;
 - c. Citizenship status will be required on regional tournament paperwork, athletes will indicate if they are a US Citizen, Permanent Resident, or in the US on Student or Work Visa;
 - d. In team events, if an open competitor is a part of a group event, then their entire team entry must compete in the open division.
- E. In the 2020 competition year, age is determined by jumper's age on June 15, 2020, for all events.
- F. WILDCARDING

Persons that are 18 years or older (as of June 15, 2020) will be allowed to apply for wildcard status. Wildcard status allows candidates to compete at the National level in the 18 and older, 19-22, 23-29, 30-49, and the 50 and older age division, as well as the 30 and older division, without qualifying at the regional level. Wildcard candidates must follow all registration procedures for the regional tournament, pay the tournament fee, and include the wildcard application with the regional tournament registration. However, a coach may request wildcard status for an athlete of any age due to a **documented mandatory** school function that would affect the athlete's grade, class rank, or school

team status. The USA Jump Rope office must receive all of these materials by the registration deadline, which is four weeks prior to the tournament. The tournament committee may approve wildcard status only if there are fewer than five entries at the regional level in the event or events for which the candidate is applying. Region 14 has unlimited wildcard spaces for all events. In individual events of speed and freestyle the jumper must compete in his or her own age group.

G. In Single Rope Team Speed and Freestyle events, and Double Dutch Speed and Freestyle events the age division is determined by the age of the oldest jumper in the group on June 15, 2020.

H. **SUBSTITUTES –**

- A coach may designate substitute jumpers.
- A team needing a substitute **MUST** use an eligible substitute from their own team. If there is not an eligible substitute from their own team then that team can now look for a substitute within their home region, if there is not an eligible substitute from their home region then they can go outside of their region with the tournament director’s approval.
- A substitute may compete in any event, which is not an individual event.
- An event entry may **not** be composed of more substitute jumpers than original jumpers. In other words, a coach may substitute for one member in a two person or three-person event, and a coach may substitute for up to two members in a four-person event.
- Substitutes may compete in any age group for which they are eligible.
- Each substitute may be used in more than one event but may not compete more than once in any event.
- A substitute must have participated in previous levels of competition (e.g. sub-regionals, regionals), if applicable, to be eligible as a substitute. Participation may include competing, judging, administrating, or wild carding.
- Whenever a coach makes a substitution, the tournament director **MUST** be notified. As a courtesy to tournament directors, notification of substitutions should be made as soon as possible.

I. “Home” Region will now be defined for each jumper, regardless of age, as the region of the team with whom they are registered through USAJR for the current competition year.

J. Participants who are still enrolled in elementary, middle, or high school must compete in their “home” region in order to qualify for the National Championship. However, cross-regional qualification for jumpers who are not 6+ months post high school graduation will be considered. The competition committee for USAJR will now consider requests for jumpers who are not 6+ months post high school graduation to qualify through a region other than their “home” region in the case of extenuating circumstances (such as a family moving out of a region mid-year, a jumper’s team dissolves but there is an opportunity to compete with a team in another region, etc.). Written appeals need to be submitted to USAJR prior to January 1st of that competition year for consideration.

K. Athletes 6+ months post high school graduation must register to compete in the region of their “home team” residency or of their adopted region (i.e., if living away from home or attending college in a different region). In the interest of promoting competition opportunities for athletes 6+ months post high school graduation, these athletes must qualify for all of their events (either by competing or wildcarding) through one region. A jumper may not compete in, or qualify out of, more than one region except as noted below (*Sec. 101 K. b. and Sec. M*). Cross-regional teams will be allowed for jumpers in the 18+ older age divisions under the following restrictions:

- a. In the case of team events, at least one member of the team must have a “home” team residency claim to the region through which that team is qualifying. If more than one

member of a team has a “home” team in a particular region, then that team must qualify through the region where the plurality of its members claim “home” team residency.

- b. Athletes in the 18+ age groups may compete out of two regions provided they have the approval of their own team’s coach and the approval of the coach from the other team they wish to compete with. This would allow for an athlete to compete with their “home” team in single events and in team events with a team from another region. Jumpers cannot compete and/or attempt to qualify in the same events in more than one regional tournament. Regional tournament fees would need to be paid for each tournament a jumper participates in, even if entered only as a wildcard in one of the regions.

- L. Participants applying for wildcard status must apply to the regional tournament committee of their home region no later than the tournament registration deadline. Wildcard applications must include payment of the regional tournament registration fees. 18 and older athletes that are attempting to qualify in more than region under the provision listed above (Section 101, K, b), are required to submit wildcard applications and tournament registration fees to both regional tournament committees.

M. REGION 14

- a. Jumpers who graduated high school at least six months prior to the National Tournament are permitted to register as wildcard entries for the Age Division National Championship through a separate region, Region 14.
- b. There will be unlimited wildcard entries in this region. Region 14 teams must be comprised of all high school graduates. Team entries that do not meet this age requirement must register through their home region's qualifying tournament as a regular or wildcard entry.
- c. USAJR age and gender divisions apply to all events registered through Region 14 at Nationals.
- d. Cross-regional rules will NOT apply when registering to compete through Region 14 in team events. (i.e., a DD team could consist of jumpers from 3 or 4 different teams or regions, but then they cannot compete under the name of one of the jumper's home team, they would pick a different team name, such as "State College Jumpers"). However, the cross-regional rules will apply to any team events in their home region, in order for them to count towards overall team points at Nationals. (i.e. if college jumpers want to compete as their home team "Capital City Jumpers”, the cross-regional rules would apply).
- e. Individual events count toward overall team points at Nationals if they are competed under their home team name, even if it is through Region 14.
- f. Substitution rules apply for all regions, including Region 14. All eligible substitutions for Region 14 events must have graduated high school at least 6 months prior to the National Tournament.
- g. The wildcard registration fee is \$50 per athlete and all forms and fees must be submitted to USAJR by the regional registration deadline. The regional registration deadline for Region 14 will be the same as the deadline scheduled for the last regular regional tournament. All entry forms and fees for Nationals will also be due no later than the date that is set for the last regular regional tournament.
- h. If an athlete registers for Region 14 and only jumps out of Region 14 and/or in their home Region, they will only pay one entry fee. If the athlete wants to compete or wildcard out of a regional tournament that is not region 14 or the athlete’s home

Region, the athlete will have to pay a second entry fee. If the athlete competes in any region other than Region 14, the entry fee will go to that Region.

- N. Competitors 18 years of age and older competing only in speed may judge freestyle and team show, those competing in freestyle only may judge speed and team show, and those competing in team show only may judge speed and freestyle. Must be a certified judge for the current competition year.
- O. All registration and fees must be sent to the USAJR office in Huntsville, Texas. The USAJR office must receive registration materials for regional tournaments four (4) weeks prior to the tournament. Priority or Overnight mail is recommended for last minute entries to meet the deadline. Copies of the team list and entries into events forms must also be sent to the tournament director by the same deadline.

Section 102: AGE AND GENDER DIVISIONS

Events	30 Second Speed 30 Second Double Unders One Minute Speed Individual Freestyle Three Minute Speed		Single Rope Speed Relay D.D. Speed Events	Single Rope Pairs Freestyle D.D. Single Freestyle D.D. Pairs Freestyle		Triple Unders
	Male	Female		Open	Female	
Age Divisions	8-Under (Regional Level Only)	8-Under (Reg. Level Only)	10-Under	10-Under	15-17	15-18 19-29
	10-Under	9	11-12	11-12	18-Over	
	11-12	10	13-14	13-14		
	13-14	11	15-17	15-17		
	15-16	12	18-Over	18-Over		
	17-18	13	30-Over	30-Over		
	19-22	14				
	23-29	15-16				
	30-49	17-18				
	50-Over	19-22				
		23-29				
		30-49				
		50-Over				

Age Divisions are as follows:

1. 8 and under (one minute speed, individual freestyle, 3 minute speed, and 30 second speed, 30 second double unders) permitted at Regional Level only.
2. 10 years old and under (male and team); 9, 10 (female individual) - for all events
3. 11-12 years old (male and team); 11, 12 (female individual) - for all events
4. 13-14 years old (male and team); 13, 14 (female individual) - for all events
5. 15-17 years old (male team, mixed team or female team); 15-16, 17-18 (male and female individual) - for all events
6. 18 years old and older for triple unders, pairs, and team events

7. 30 years and older for pairs and team events (each and every competitor participating in this age group must be 30 years or older).
 8. 19-22 years old (one-minute speed, individual freestyle, 3 minute speed, 30 second speed & 30 second double unders)
 9. 23-29 years old (one-minute speed, individual freestyle, 3 minute speed, 30 second speed & 30 second double unders)
 10. 30-49 years old (one-minute speed, individual freestyle, 3 minute speed, 30 second speed & 30 second double unders)
 11. 50 and older (one-minute speed, individual freestyle, 3 minute speed, 30 second speed & 30 second double unders)
- A. Athletes registered in the 8 and under age group cannot qualify to compete at the national level. If an athlete 8 year-old or younger would like to be eligible for Nationals they must register in the 10 and under age group for male individual events and in the 9 year old age group for female individual events.
 - B. Male and female Divisions for each Single Rope individual event.
 - C. Mixed Division in all age groups for Single Rope Speed Relay, Group Team Show and all Double Dutch Speed Events
 - D. Mixed Division for 10-under, 11-12, 13-14 and 30-over for Single Rope Pairs Freestyle, and all Double Dutch freestyle events
 - E. Female and Open Divisions for 15-17 and 18-over for Single Rope Pairs Freestyle, Double Dutch Single Freestyle, and Double Dutch Pairs Freestyle. Open teams are teams that include male jumpers.
 - F. Group Team Show: Small Group (6-12 participants), and Large Group (13-30 participants).

Section 103: TOURNAMENT LEVELS

- A. Sanctioned Speed Tournament
 1. Athletes can now qualify for the National Tournament in all speed and power events by achieving the predetermined qualifying score at a USAJR sanctioned tournament.
 2. Judges must be USAJR certified judges.
 3. Athletes can have as many attempts as allowed by the tournament director to reach the qualifying score.
 4. In any region a team can hold a sanctioned speed tournament any time during the competition year, up to the deadline date for regional competitions February 1, 2020.
 5. Athletes that achieve a qualifying score during the first tournament would not have to compete in that event again until the National Championship if they choose to. Athletes could also choose to compete in multiple speed and power tournaments even though they have already qualified, with the assumption that more competitive tournaments will prepare the athlete for Nationals.
- B. Sectional and/or State Championship
 1. Unlimited entries per team or at the discretion of each sectional and/or state tournament director.
- C. Regional Championship
 1. Open or pre-qualified at state or sectional tournament. Each region governs qualifications. Applications for wildcard status must be made by registration for regional tournament four (4) weeks ahead, with payment of fees sent with wildcard bid form. Region 14 will have unlimited wildcard entries for all events.

2. Open Division – Regional tournament directors may, at their discretion, allow an open division which could include international teams, and competitors of alternate regions. All competitors must follow current USAJR registration requirements and procedures pertaining to USAJR membership and deadlines.
 3. Unlimited entries per team for each event in each age division. If a Tournament Director needs to limit entries due to time constraints, coaches must be notified at least two (2) weeks prior to their tournament date.
 4. Selection Steps for limiting entries at the Regional Level:
 - a) Within each age/event category, coaches are to enter all competitors in order of priority.
 - b) Tournament directors shall determine the number of entries allowed due to time constraints and equitably accept entries from each team to fill available spots.
 - c) Priority is given to U.S. citizens and residents over international competitors.
 - d) In the event that the number of empty slots is less than the number of teams with additional entries, no additional entries will be allowed.
 5. One entry per team for Small Group Team Show, and one entry per team for Large Group Team Show (begins at Regional Level). No jumper is allowed to compete in both team show divisions.
 6. If an athlete over the age of 15 competes in triple unders at the Regional level or in a Sanctioned Speed and Power Tournament, that athlete will automatically qualify to compete in triple unders at the National Tournament.
- D. National Age Division Championship
1. Pre-qualified at Regional Level or via Sanctioned Tournament with the exception of competitors that have been accepted as a wildcard entry.
 2. The Grand National winner in an event is automatically qualified for the following year's National Age Division Championship in that same event. They must have paid the registration fee for the regional tournament as a competitor or wild card entry. Double Dutch and Pairs groups must remain intact to take advantage of this auto-qualifying requirement; no substitutions are permitted. This is an additional qualifier to the competitors who qualify at Regionals.
 3. Qualifying Standards for all Speed events - refer to Qualifying score chart on Page 4.
 4. Qualifying Standards for all Freestyle events (excluding Team Show):
 - a) Age-group divisions with 1-15 registered competitors can qualify the top 5 places and will have eligible 5 alternates.
 - b) Age-group divisions with 16-20 competitors in an event can qualify the top 6 places and will have eligible 6 alternates.
 - c) Age-group divisions with 21-25 competitors in an event can qualify the top 7 places and will have eligible 7 alternates.
 - d) Age-group divisions with 26 or more competitors in an event can qualify the top 8 places and will have 8 alternates.
 - e) In the event that, in any age group for each event, the total number of qualifiers for Nationals is less than 39 from all Regions combined, each region will be allowed to add the next two place winners as qualifiers for Nationals.
 5. First (1st) and second (2nd) place winners from Small Group Team Show from each region qualify to compete at the national level. Third (3rd) place Small Group Team Show is alternate.

6. First (1st) and second (2nd) place winners from Large Group Team Show from each region qualify to compete at the national level. Third (3rd) place Large Group Team Show is alternate.
- E. Grand National Championship
1. The gold medalists for Male and Female individual freestyle events from each age division (excluding the 30-49 and 50–Over age divisions) and the next 10 top scores regardless of age division, will advance to compete for the Grand National Championship.
 2. The gold medalists for Female freestyle events (Pairs and Double Dutch) in the 15-17 and 18-over age divisions and the next 8 top scores, regardless of age division, will advance to compete for the Grand National Championship.
 3. The gold medalists for all team freestyle events in the 10 and under, 11-12, 13-14, 15-17, and 18-over age divisions and the next 8 top scores, regardless of age division, will advance to compete for the Grand National Championship. If the 1st place winners in 10–under, 11-12 and 13-14 pairs freestyle or double dutch freestyle events are all female, they will compete in the Female division during Grand Nationals.
 4. If there are four or more teams per event in the 10 and under age group for DDSF and DDPF, those teams are able to qualify the 1st place Age Division winner to compete in Grand Nationals. If there are 3 or fewer teams in either of those events, those teams will compete for Age Division placings only and will not qualify the 1st place winner to compete in Grand Nationals.
 5. The top 12 Qualifiers for each speed event, except 3-minute speed and triple unders, regardless of age division, will advance to compete for the Grand National Championship. In the case of a tie for the 12th qualifier, all competitors tied for that position will compete at Grand Nationals.
 6. The top 8 male and the top 8 female qualifiers from 3-minute speed and the top 8 male and the top 8 female qualifiers from triple unders from the age division championship will be allowed to decide if he/she would like to keep his/her qualifying score or if he/she would like to compete the event at Grand Nationals. Each athlete and coach must sign a sheet stating their intention within 15 minutes post-conclusion of the award ceremony on the day the event was competed, and results announced.

If the athlete does not indicate their decision on the form provided within 15 minutes post-conclusion of the award ceremony, the default will be to NOT compete in Grand Nationals. Should any jumper elect to not compete in Grand Nationals, only the next 8 eligible jumpers will be the alternates and may compete in Grand Nationals.

Section 104: NATIONAL CHAMPIONSHIP INDIVIDUAL ALL-AROUND AWARDS

In order to recognize the strong individual competitors in our sport, we will present “all-around” awards to competitors based on points earned for placements in all individual events competed in the age-division championship (does not include any team events or group show). Points are given to individuals based on their placement in their overall division in each qualifying event entered with first place receiving 10 points, second place receiving 9 points, etc. up to tenth place which receives 1 point. These points are totaled, and an overall champion is determined by the highest total of points. In the case of a tie, the placement(s) and points in the positions affected by the tie will remain vacant. The awards will be given to the top male and female competitors in each of the following divisions:

1. Youth Overall Champion: Competitors age 12 and younger

2. Junior Overall Champion: Competitors ages 13-14
3. Senior Overall Champion: Competitors ages 15-18
4. Masters Overall Champion: Competitors ages 19-29
5. Classic Overall Champion: Competitors ages 30 and over

Section 105: NATIONAL CHAMPIONSHIP OVERALL TEAM AWARDS

The Overall Freestyle Small and Large Team Champion awards will be given to the teams with the most points gained in all single rope and Double Dutch freestyle events, and the Overall Speed Small and Large Team Champion awards will be given to the teams with the most points gained in all single rope and Double Dutch speed events. Teams considered to be small teams are those with 12 or fewer athletes and large teams being those with 13 or more athletes. For the Overall Speed and Overall Freestyle awards, points are awarded for each event with 1st place receiving 10 points, 2nd place 9 points, etc., up to 10th place which receives 1 point. If there is a tie, then the placement(s) and the points for the placements below will be vacant. For events with less than 10 competitors, the maximum awarded points may only equal the number of competitors. For example, if there are only 4 competitors in 50-Over Male freestyle. 1st place would receive 4 points toward the overall team award. Only points earned during the National Age Division Championship will be counted. The Small and Large Overall Team Champion awards will be given to the teams earning the most points in all events, with speed points counting for 50 percent of the overall score, freestyle points counting for 50 percent of the overall score. Due to the fact that there are more speed events than freestyle events, freestyle points will be weighted differently than speed points. Recognition will be awarded to the team coach. Team Show will not be included in the calculation for Overall Team Awards.

Group Team Show is considered a separate event and the top three teams for the Small Group and Large Group will receive awards.

Section 106: EVENTS FOR USA JUMP ROPE TOURNAMENTS

A. Single Rope

1. Individual Speed (Male and Female) – 60 seconds
2. Individual Speed (Male and Female) – 30 seconds
3. Individual Double Unders (Male and Female) – 30 seconds
4. Single Rope Speed Relay (Mixed) – 4x30 seconds
5. Individual Freestyle (Male and Female) – 60 to 75 seconds
6. Pairs Freestyle (Mixed and Female) – 60 to 75 seconds
7. Three Minute Speed (aka Endurance) (Male and Female) – 3 minutes
8. Consecutive Triple Unders (Male and Female) – 15-18 years old and 19-29 – un-timed.

B. Double Dutch

1. Speed Relay (Mixed) – 3 x 40 seconds
2. Single Freestyle (Mixed and Female) – 60 to 75 seconds
3. Pairs Speed (Mixed) – 2 x 60 seconds
4. Pairs Freestyle (Mixed and Female) – 60 to 75 seconds

C. Group Team Show (Mixed) – 4 minute maximum (Begins at Regional Level)

Section 107: JUMP ROPE TEAM COMPOSITION

- A. Individual Single Rope athlete is one (1) jumper with a rope.
- B. Single Rope Pairs athletes are two (2) jumpers with ropes.
- C. Single Rope Team Relay Speed is four (4) jumpers with one rope each.
- D. Double Dutch Singles Teams have three (3) participants with Double Dutch ropes.
- E. Double Dutch Pairs Teams have four (4) participants with Double Dutch ropes.
- F. Small Group Team Show entries must have a minimum of six (6) and or a maximum of twelve (12) participants.
- G. Large Group Team Show entries must have a minimum of thirteen (13) participants, and a maximum of thirty (30) participants.

Section 108: EQUIPMENT

- A. Athletes may use a variety of different ropes for Tournaments. Ropes must be powered only by the competitor. No battery-powered devices may be used. Swivels or other type fittings are legal.
- B. Attaching the rope(s) to the body in any way is not allowed. This is viewed as a safety concern, and as a possible way for competitors to gain an unfair advantage in competition.
- C. Props are not allowed in any event, including freestyle and Team Show.
- D. Trampolines or mats are not permitted.
- E. Single Ropes may be of any style, material, or length.
- F. Double Dutch ropes may be of any style, material, or length.
- G. Re-Jump for Broken Rope:

A re-jump will be offered in the event of an unintentional broken rope, handle or the hardware of the rope causing the jumper to stop the event, whether it is speed or freestyle, while in progress. The competitor must inform the Head Judge prior to leaving the station of the malfunction. The Tournament Director will be informed by the Head Judge and then shall determine the validity of the broken rope and determine the time for the re-jump. In the case of team show, if the broken rope adversely affects the routine, a re-jump may be offered.

Section 109: UNIFORMS

- A. Athletes may wear any type of athletic clothing normally worn in sport competition or exercise activity. Team uniforms must match in color and design, and may have the team name and/or logo displayed during the competition. Differences are acceptable, regardless of gender (sleeve length, collar style, and short length). On a team, the athletes must wear the same majority color short as the other athletes on the team. Team Show competitors may coordinate their uniforms to allow for creativity. Exceptions can be made for religious preferences with the prior notification to the tournament director. Manufacturer's logos do not have to match.
- B. Shorts must be of appropriate length.
- C. Tee Shirts or basketball style shirt must cover suitable portions of the upper body. Uniform tops should be designed to cover the midriff and stomach area.
- D. Competitor's underwear of any kind should not be visible when in a standing position (excluding spandex worn under shorts). Delay of tournament penalty will apply to any competitor that would have to leave the floor to change or cover up.
- E. Supportive athletic shoes and socks must be worn to protect the athletes' feet.
- F. Short athletic skirts, or shorts may be worn with proper matching undergarments.
- G. Jewelry should be removed for competition. Any jewelry, which cannot be removed, should be covered securely with a bandage or athletic tape.

- H. Long hair must be worn back off the athlete's face during the competition.
- I. Eye glasses will be treated as jewelry. If chosen to be worn, eye-glasses worn during competition must have a sport safety strap attached and worn around the neck to prevent them from falling off during competition. Wedges are also permitted.
- J. Decorative hair accessories are not encouraged for competition. If they are worn, they must be totally secured for the safety of all competitors. If a hair accessory hinders the performance of that jumper and his/her partner or team, they will not be able to re-jump. If a hair accessory hinders another competitor or team, that competitor or team will be allowed to re-jump, and the violator will be given a space violation.

Section 110: REGIONS OF THE UNITED STATES

Region alignment for the 2019-2020 jump rope season will be as follows:

- A. Region One (1) East
NJ, DE, PA, MD, WV, VA, & Washington DC
- B. Region Two (2) South East
NC, SC, and TN
- C. Region Three (3) Midwest
IA, MO, MN
- D. Region Four (4) South Central and Region Five (5) All of remaining TX combine
AR, KS, LA, OK, and TX
- E. Region Six (6) West Central
CO, ND, NE, NM, SD, & WY
- F. Region Seven (7)
Combined with Twelve (12)
- G. Region Eight (8) Western
AZ, CA & NV
- H. Region Nine (9) Alaska, HI (Alaska gets 5 qualifiers. Based on regional numbers, at this time Hawaii is allowed to qualify all athletes that participate in Regionals.
- I. Region Ten (10) North East
ME, VT, NH, MA, RI, NY, CT
- J. Region Eleven (11) Midwest 2
IL, IN, KY, MI, OH, & WI
- K. Region Twelve (12) Northwest 2
ID, MT, UT, OR & WA
- L. Region Thirteen (13) Southeast
MS, AL, GA, FL, Puerto Rico, & U.S. Virgin Islands
- M. Region Fourteen (14) High School Graduates - Any jumper who has graduated high school at least 6 months prior to the National Age Division Championship.

Section 111: COMPETITION AREA (Recommended Sizes)

- A. Athletes or coaches are not allowed to alter the competition space (floor, boundaries, or other). Only the Tournament Director may alter the competition space.
- B. Speed events should have a 20' x 20' area.
- C. Freestyle events should have a 40' x 40' area.
 - Sizes of the area may vary because of the facility used, but should be close to the recommended area.

- The tournament director may eliminate space violations if the competition space does not meet guidelines.
- D. A 2'x 2' box will be taped on the floor at each speed station and freestyle station. This is to allow a support person the ability to escort younger jumpers to their station and allow a support person the ability to assist an athlete during their event. Anyone on the competition floor including the support box, must wear athletic shoes.
- The coaches' box has been renamed "Support Box".
 - The term "support people" includes the Coach and "Coach of Record" as support people.
 - Teams of 16 or fewer jumpers are allowed to have a maximum of 4 support people, including the Coach and "Coach of Record". Teams with 17 - 20 jumpers are allowed to have a maximum of 5 support people. After 20 jumpers, an additional support person is added per 4 jumpers.

Range of Number of Freestyle Competitors	Maximum number of Support People (includes the Coach and Coach of Record)
1 – 4	4
5 – 8	4
9 – 12	4
13 - 16	4
17 - 20	5
21 - 24	6
25 or more	1 additional support person every 4 competitors

- The support people must be at least 16 years of age. These support people, along with the official coach and the "coach of record", will be allowed in the support box. The support people may or may not be registered athletes and must be named at the time of registration.
- Wristbands or other identifying tag will be given to the team coach, coach of record and designated support people. If a wristband is used as the identifier, and a support person or coach of record is also competing in the tournament, they must wear the wristband while competing and it will not be considered a jewelry or uniform infraction.
- The support people will have a different color wristband or identifying tag from the coach and coach of record.
- Support people will not have any official coaching or coach of record decision-making duties while in the box and on the floor. All coaching decisions and inquiries must go through team coach or coach of record.
- Only one person will be allowed in the box at a time.
- A support person may bring a clicker to the station. He/She may not bring cameras or any other device to the station.
- A support person will not be allowed to enter the station at any time or communicate with the judges. If a re-jump is being considered the red flag will go up and the tournament director will come to the station and discuss it with the official coach or coach of record at that time.
- Support people may not call out cadences or use hand claps or beats on the floor to help pace their athletes.
- A team may declare more than one coach of record provided they are not registered athletes and must be named at the time of registration.

- If while in the support box, the person does not comply with the code of conduct rules, the team's floor coaching privileges will be revoked and no person from that team will be allowed on the floor.
 - The support box will be added on a space available basis at regional competitions.
 - The support person must be from the athlete's team.
 - In the event of a competitor that is competing on their own or does not have a coach, they will be able to name a support box access person from another team, as long as they are designated on the team registration.
 - Exceptions may be made in writing (at the time of registration) to the Tournament Director.
- E. Team Show should have a 94' x 50' area.
- Sizes of the area may vary because of the facility used, but should be close to the recommended area.
 - The tournament director may eliminate space violations if the competition space does not meet guidelines.

Section 112: COMPUTER SCORING

- A. All sanctioned USA Jump Rope tournaments must use the official USA Jump Rope Computer Scoring Program.
- B. Details provided by the USA Jump Rope Office.

Section 113: TOURNAMENT FEES

- A. Fifty (\$50.00) dollars per participant for each Regional Championship. A late registration fee of ten (\$10.00) per athlete will be assessed for all registrations received after the tournament registration deadline.
- B. If the athlete registers for Region 14 and only jumps out of Region 14 and/or in their home Region that the athletes will only pay one entry fee. If the athlete wants to compete or wildcard out of a regional tournament that is not Region 14 or the athlete's home Region, that athlete will have to pay a second entry fee. If the athlete competes in any region other than Region 14, the entry fee will go to that Region.
- C. National Tournament fees are included in the tournament registration package.
- D. Sanctioned Speed and Power Tournament fees will be \$25.00 for the team hosting the tournament. The host team can then decide what they would like to charge as the entry fee for each participant, not to exceed \$20 per competitor. There is a \$5 capitation fee to USA Jump Rope for each competitor.

PART TWO

GENERAL RULES AND PROCEDURES

Section 200: SCOPE OF PART TWO

This section includes the rules and procedures for running each event.

Section 201: GENERAL GUIDELINES AND RESTRICTIONS

A. GUM CHEWING

Gum Chewing is not allowed. For safety as well as for cleanliness, gum will not be allowed on the competition floor.

B. RE-JUMP FOR SICK OR INJURED ATHLETES

Sick or injured athletes will not be awarded a re-jump or be given a heat change to accommodate them. Coaches can substitute jumpers if necessary, and they need to notify the Tournament Director right away when this occurs.

C. WEARING A CAST OR SPLINT

Casts or splints used in competition: USAJR does not recommend that jumpers compete while injured, or while wearing a cast or a splint. To be allowed to compete, an athlete with any type of cast requires a written doctor's note. A doctor's note is highly recommended for braces and splints, but the final decision is left up to the tournament director.

D. ALTERING COMPETITION SPACE

Athletes or coaches are not allowed to alter their competition space in any way (such as moving boundaries, applying tape to the floor, etc.). Any alteration must be done by the tournament director for a specified purpose.

E. COACH OF RECORD

Teams must declare a "coach of record" for each tournament. When registering for any tournament, teams must declare an "official coach" as well as a "coach of record". The coach of record is any adult that will fulfill the duties of the official coach if the official coach is unavailable due to judging, competing, serving as a tournament director, or is absent from the premises for any reason. The coach of record may be contacted in case of emergency, file protests, advocate for jumpers, and act as the official spokesperson for the team when the official coach is not available. A team may declare more than one "coach of record" provided they are not registered athletes and must be named at the time of registration. If while in the support box, the "coach of record" does not comply with the code of conduct rules, the team's floor coaching privileges will be revoked and no person from that team will be allowed on the floor.

All people on the competition floor, to include the support box, must wear athletic shoes.

F. TOURNAMENT COMMITTEE

Tournament directors will be required to announce a "Tournament Committee" prior to their regional tournament. This committee will be available to assist the tournament director in any

capacity needed, and will especially be called upon to review appeals that are submitted during the course of the competition. The Tournament Committee will consist of:

- The tournament director
- A USAJR board member or board designee
- Three other adults (18 or older) chosen by the tournament director. Those selected must represent different teams, and be non-competitors.

G. RE-JUMP TIME LIMIT

A minimum of 5 minutes must be allowed before a jumper is required to re-compete in an event. A jumper may choose to re-compete sooner, if that option is available. This applies to all events – speed (except three minute speed and triple unders in which 10 minutes still apply), freestyle, and group show.

H. DELAYS TO THE TOURNAMENT

In the case a competitor fails to appear when called, enters the boundary of the competition station wearing jewelry, not wearing an eyeglass strap, or any other infraction that is against the rules, the following deductions will be applied: 10 points in speed events and .4 in freestyle events. Having a shoe untied and/or a broken rope is not considered a delay to the tournament. During individual events, the competitor will have one minute to be ready to jump once the tournament director is notified by the head judge for the reason of the delay. During team events, the team will have two minutes to be ready to jump once the tournament director is notified by the head judge for the reason of the delay. Individuals or teams who are not ready to jump in the time allowed will be disqualified.

- All jewelry must be removed when a competitor is competing, however if the competitor enters the station with jewelry items, including eyeglasses, that can be easily removed, and removes them before the announcement of the athlete's name in the last station, then no delay of tournament will be assessed. If chosen to be worn, eye glasses must have a secure strap or wedges to hold them in place.
- Competitor's underwear of any kind should not be visible when in a standing position (excluding spandex worn under shorts). Delay of tournament penalty will apply to any competitor that would have to leave the floor to change or cover up. As always, this is governed while the athlete is in a standing position.
- Any routine that continues after time is called for more than 5 skills, will be assessed a delay of tournament penalty by the head judge of .4. This is in addition to the .2 deduction penalty for going over time.

- I. Any rule or procedure that is not explicitly explained in the rulebook is to be decided upon by the tournament director, and then the tournament committee if proper appeal procedures have been followed. The argument that, "The rulebook doesn't say we CAN'T do it..." will not be acceptable to overturn a decision made by the tournament committee.

Section 202: SPEED EVENTS

- A. All speed events must take place in a 20' X 20' space.
- B. The right foot will be counted in all speed events.
- C. There should be one revolution of the rope for each alternating foot jump.
- D. All speed events will utilize a timing track available from USA Jump Rope office.

- E. Each speed jumper or team must have 3 counters. Of these one is assigned as the Head Judge. The Head Judge is responsible for recording false starts, illegal switches, and entering the scores on the score sheet.
- F. The two closest scores or the two that are the same will be added together for the total score. In case of three (3) equally spaced scores, the two (2) highest scores will be added together.
- G. For Grand Nationals, each speed station will have 5 judges.
- H. Misses are not counted in speed events. Scores that are the same will be given the same overall ranking.
- I. A Blatant False Start/Switch is a deduction of 20 points, and a Minor False Start/Switch is a deduction of 5 points. These are defined as:
- Blatant False Start/Switch: The competitor jumps the rope before the call to “go” or to “switch” is given.
 - Minor False Start/Switch: There is premature movement of the rope before the call to “go” or to “switch” is given.
- J. All three speed judges will need to watch for false starts and false switches. A deduction will be made if at least 2 of the 3 judges agree that a violation took place, and what type of violation it was (blatant or minor). If 2 of the 3 judges agree that there was a violation, but there is a disagreement over what type of violation took place (blatant or minor), then the head judge will make the determination.
- K. Five (5) points will be deducted from the total score for a Space Violation. If a jumper leaves the designated event area, judges will direct the jumper(s) to re-enter the proper area and continue the speed test. Jumpers will not be able to jump their speed test again.
- L. Standards are in place for the accuracy of speed counting:
- 2/3 of the judges need to be within 3 clicks for all speed/power events.
 - If a judge is not within 3 clicks for an event, then that judge is required to change their mechanical clicker immediately.
 - If that judge is not within the speed counting standards a second time, he or she will need to be replaced at the end of that speed event, before the next event begins.
- M. Procedures are in place to guarantee jumpers the opportunity to re-compete in the case of inaccurate speed counting.
- If 2/3 of the judges are not within 3 clicks for any speed or power event, then the head judge must record the scores on the score sheet and then notify the tournament director immediately – before the next heat begins.
 - The Tournament Director will notify the coach/coach of record for the team right away that the jumper(s) are eligible for a re-jump due to inaccurate counting. The coach may accept or refuse this opportunity.
 - For all re-jumps due to inaccurate counting, 5 judges will be assigned to the station for the re-jump. Record all 5 scores on the score sheet. A new heat may need to be created to accommodate this judging requirement.
 - In the case of a re-jump due to inaccurate counting, the coach or coach of record may elect to have a re-jump. If they elect to re-jump, the re-jump score becomes the official score for the athlete.
- N. 4th and 5th Data Entry Procedures
- 2 out of the 3 judges need to be within five (5) clicks for all speed/power events
 - When 4 or 5 judges are assigned to the station, all scores are to be recorded on the score sheet

- The computer will take the 2 closest scores or the 2 that are the same. These will be added together for the total score. In the case of three equally spaced scores, the two highest scores will be added together.
- Data Entry Procedures
 - 3 speed judges – Enter all 3 scores
 - 4 speed judges – Enter the closest 3 scores out of the 4 scores, in favor of the jumper if equally spaced. CIRCLE these scores on the scoresheet.
 - 5 speed judges – Enter the closest 3 scores out of the 5 scores, in favor of the jumper if equally spaced. CIRCLE these scores on the scoresheet.

Examples:

4 Scores	Data Entry		5 Scores	Data Entry
90, 90, 91, 90	90, 90, 90		90, 90, 91, 90, 91	90, 90, 90
88, 89, 90, 91	89, 90, 91		88, 89, 90, 91, 92	90, 91, 92
85, 87, 88, 90	87, 88, 90		87, 87, 90, 93, 95	87, 87, 90
85, 90, 91, 95	90, 91, 95		88, 88, 88, 90, 92	88, 88, 88

- O. If during a regional competition an athlete scores at or above the automatic qualifying score (see section 205 of the rulebook) the coach may request in writing, to the national tournament directors, a 4th speed judge. This is in place to help prevent re-jumps due to inaccurate scoring. If said request is not submitted with the team’s national registration the 4th speed judge will not be allowed. Judges may not “warn” other judges at a station that a team/jumper is “really good” or “really fast”, or provide any other exception or advantage.
- P. Use of support box during speed events.
- Support people may bring a clicker to the station.
 - They may not bring cameras or any other device to the station.
 - Support people will not be allowed to enter the station at any time or communicate with the judges.
 - Anyone on the competition floor, including the support box, must wear athletic shoes.
 - If a re-jump is being considered the red flag will go up and the tournament director will come to the station and discuss it with the coach or coach of record at that time.
 - Support people may not call out cadences or use hand claps or beats on the floor to help pace their athletes.
 - Access to the support box is limited to the designated coach, coach of record and support people named at the time of registration. (*Refer to Section III. D.*)
 - If while in the support box, the support person does not comply with the code of conduct rules, the team’s floor coaching privileges will be revoked and no person from that team will be allowed on the floor.
 - The support box will be added on a space available basis at regional competitions.
 - Only one person allowed in the support box at a time.
 - Exceptions may be made in writing to the Tournament Director.
- Q. Commands and Times for the Timing Tracks:
1. Single Rope Speed-
“Judges Ready” - “Jumpers Ready” - “TONE” – “15” – “30” – “45” “TONE”
 2. Single Rope Speed Relay-
“Judges Ready” – “Jumpers Ready” – “TONE” – “10” – “20” – “Switch” - “10” – “20” – “Switch” – “10” – “20” – “Switch” – “10” – “20” – “TONE”

3. Double Dutch Speed Relay- “Judges Ready” – “Jumpers Ready” – “TONE” – “10” – “20” – “30” – “Switch” - “10” – “20” – “30” – “Switch” – “10” — “20” – “30” – ” “TONE”
 4. Double Dutch Pairs Speed-
“Judges Ready” – “Jumpers Ready” – “TONE” – “15” – “30” – “45” “Switch” – “15” – “30” – “45” – “TONE”
 5. Three (3) Minute Speed-
“Judges Ready” – “Jumpers Ready” – “TONE” – “15” – “30” – “45” - “One Minute” – “One Minute Fifteen” – “One Minute Thirty” – “One Minute Forty Five” – “Two Minutes” – “Two Minutes Fifteen” – “Two Minutes Thirty” – “Two Minutes Forty Five” – “TONE”
 6. Triple Unders - “Judges Ready” - “Jumpers Ready” - “ TONE” – “Ten seconds
 7. 30 Second Single Rope Speed –
“Judges Ready” – “Jumpers Ready” –”TONE” – “10” – “20” – “TONE”
 8. 30 Second Single Rope Double Unders –
“Judges Ready” – “Jumpers Ready” –”TONE” – “10” – “20” – “TONE”
- R. In the case of a tie, the award placement(s) in the positions affected by the tie will remain vacant.

Section 203: THREE (3) MINUTE SPEED

- A. The goal of this event is to do as many jumps as possible in three (3) minutes. Regular speed rules govern this event (See Section 202). This competition tests both endurance and precision in this skill.
- B. Male and Females compete separately in their respective age group.
- C. In the case of a tie, the award placement(s) in the positions affected by the tie will remain vacant.

Section 204: TRIPLE UNDERS

- A. The goal of this event is to do as many consecutive triple unders as possible. A triple consists of three turns of the rope during one jump. The counting of consecutive triple unders begins with the successful completion of the first triple under. Once the counting of triple unders begins, counting will end with the first miss or stop. Athletes have two attempts to complete their first triple under. Jumpers must begin their attempt within 10 seconds of the start “TONE”, failure to do so will result in the deduction of 10 triple unders from their score. Timing CD will indicate when 10 seconds has elapsed.
- B. Males and females compete separately in this event in the 15-18 age division and the 19-29 age division.
- C. In each triple under the athlete should take off and land on both feet simultaneously. Using an alternating step is not allowed.
- D. Qualifying standards for Triples follow the guidelines in Section 205:B. No minimum number of triples is required to qualify for Regionals.
- E. In the case of a tie, the award placement(s) in the positions affected by the tie will remain vacant.
- F. Any athlete 15 and over who competes at a sanctioned tournament in any event will automatically qualify to compete triple unders at the National Tournament.

Section 204.1 DOUBLE UNDERS

- A. 30 Second Double Under Event is a timed event where the athlete attempts to complete as many double under jumps with a rope as possible within the time period. Males and females compete separately in their respective age divisions. A double under is performed by completing 2 rope revolutions for each two-foot jump. Only such jumps will be counted. Judges begin clicking when the athlete **completes** his or her first double under, and continue clicking once every time a double under is successfully landed.

B. In the case of a tie, the award placement(s) in the positions affected by the tie will remain vacant.

Section 205: 4th CLICKER QUALIFICATION STANDARDS FOR SPEED AND POWER EVENTS

A. If a jumper meets these standards at a Regional Tournament, he/she will qualify to have a 4th clicker for the National Championship.

B. 4th Clicker Qualification Scores

Event Name	Raw Score (right foot)	Score As it appears in official results (2 judge scores)
30 Second Speed: Male (MTSS) or Female (FTSS)	85	170
30 Second Double Unders: Male (MTSDU) or Female (FTSDU)	85	170
Single Rope Speed: Male (MSRS) or Female (FSRS)	160	320
Single Rope Speed Relay (SRSR)	310	620
Triple Unders: Female (FTU)	70	140
Triple Unders: Male (MTU)	100	200
Three Minute Endurance: Male (MTMS) or Female (FTMS)	420	840
Double Dutch Speed Relay (DDSR)	300	600
Double Dutch Pairs Speed (DDPS)	320	640

D. Triples Grand National Qualification Process

- a. The top 8 male and the top 8 females will qualify to compete triples at Grand Nationals.
- b. The top 8 male and the top 8 female qualifiers from triple unders from the age division championship will be allowed to decide if he/she would like to keep his/her qualifying score or if he/she would like to compete the event at Grand Nationals. Each athlete and coach must sign a sheet stating their intention within 15 minutes post-conclusion of the award ceremony on the day the event was competed and results announced. If the athlete does not make a decision within 15 minutes post-conclusion of the award ceremony, the default will be to NOT compete in Grand Nationals. Should any jumper elect to not compete in Grand Nationals, only the next 8 eligible jumpers will be the alternates and may compete in Grand Nationals.
- c. Triples will be the final event in Grands Nationals.

Section 206: FREESTYLE SCORING (See Judge Handbook for details)

Freestyle routines will be judged on a ten point decimal scale. A perfect score is 10. Details for awarding points can be found in the judging handbook. Points will be awarded as follows:

Head: Required Elements	=	1 point
Content:		
Difficulty	=	4 points
Density	=	<u>2 points</u>
Total		6 points

Presentation:

Quality of Presentation	=	2 points
Creativity	=	<u>1 point</u>
Total		3 points

1. Required Elements - 1 point

Number and variety of skills used during a routine and the intricacy of associated movement. The following are the required elements:

- a) Multiples
- b) Inversion (e.g. handsprings, somersault), or Displacement Skills (skill that requires changing a person's center of gravity, e.g. Pushups, Donkey kicks, crab)
- c) Directionality
 - 1) Single Rope – Backward Turning
 - 2) Double Dutch- jumpers and turners synchronized footwork skills
- d) Spatial Dynamics
 - 1) Single Rope- competitors must use all four (4) quadrants of floor space outside a three-foot radius from the center.
 - 2) Single Rope Pairs – Dynamic Interaction
 - 3) Double Dutch – Exchange of Turner-Jumper
- e) Rope Manipulation Skill
 - 1) Single Rope – Arm action skill (e.g. Arm Tucks, Crosses), Rope Toss, Whirls, etc.
 - 2) Double Dutch – Turner skills other than exchanges.

The Head Judge awards 0, .1, .2 based on the level at which each of the required elements is performed.

1. Degree of Difficulty - 4 points

Use of skills and combinations that are challenging to execute

2. Density – 2 points

Number of skills and combinations compacted into a routine.

3. Quality of Presentation - 2 points

Elements that affect the aesthetic qualities of a routine.

- a) Opening stance or pose and ending stance or bow.
- b) Countenance- overall facial expression during a routine.
- c) Body alignment and extension- good posture maintained when possible, kicks fully extended, correct form for gymnastic moves, etc.
- d) Smoothness and Flow
- e) *For Grand National competition only: The routine is clearly designed to match the music from beginning to end. The beat of the jumping matches the beat of the music, changes in the music are reflected with accents in the routine, and the start and finish of the routine are designed to match the music.*

4. Creativity – 1 point

- a) The use of unique skills, skill combinations, associated movement or other choreographic elements.

- b) *For Grand National competition only: The music is interesting and greatly enhances the entertainment value of the routine. The routine depends on the music.*

5. Accuracy Deductions

- a) Accuracy deductions will reflect the average number of misses with every three misses being a deduction of one tenth.
 b) There is no longer a difference between a major and minor miss.
 c) A miss is a miss as defined as an unintentional stoppage of a rope.

Example: 0-2 misses: no deduction
 3-5 misses: .1 deduction
 6-8 misses: .2 deduction
 etc.

- d) Accuracy deductions are determined by the total number of **Λ** notations made during the routine. One **Λ** notation is given for every miss.
 d) A miss is an unintentional stop of the rope or unintentional drop of the handle.
 e) Accuracy deductions will be taken from the Presentation score.

Note: this scale is not a cap on accuracy deductions, accuracy deductions may not exceed 2.0.

Section 207: FREESTYLE RULES

- A. All Freestyle routines must be performed in a 40' x 40' space. One tenth of a point will be deducted for each space violation. If the size of the freestyle area is smaller because of space limitations, the Tournament Director may elect not to count space violations.
- B. Use of Support Box during Freestyle events.
- Support people may not bring cameras or any other device to the station
 - Anyone on the competition floor, including those in the support box, must wear athletic shoes.
 - Support people will not be allowed to enter the station at any time or communicate with the judges. If a re-jump is being considered the red flag will go up and the tournament director will come to the station and discuss it with the coach or coach of record at that time.
 - Access to the support box is limited to the coach, coach of record and support people named at the time of registration.
 - If while in the support box, the person does not comply with the code of conduct rules, the team's floor coaching privileges will be revoked and no person from that team will be allowed on the floor.
 - The support box will be added on a space available basis at regional competitions.
 - Only one person allowed in support box at a time.
 - Exceptions may be made in writing to the Tournament Director.
- C. All Freestyle events (Single Rope and Double Dutch) are to be performed in 60- 75 seconds. Two-tenths of a point will be deducted for any time violation over or under time.
- D. If the timing CD fails during freestyle events, the jumper(s) can choose to accept the scores already noted by the judges with the addition of 0.2 deduction for going over/under time; or they can elect to re-jump for a new score.
- E. No music may be used for Freestyle Events during regional tournaments and age division championships.

- F. Each freestyle station will have a Floor Manager assigned who is trained as a level one judge. The Floor Manager will check-in and verify competitors before they compete; explain the boundaries to each competitor and check each competitor for gum chewing, jewelry, and eyeglass straps.
- G. Different colored tape will be used to mark the freestyle boundaries and no floor manager will be present at the Grand National Championship. The lineup clerk behind the curtain will give verbal instructions to all competitors about the freestyle boundaries.
- H. Four content judges and a Head Content Judge are assigned to each freestyle area. Each content judge has 6 points to assign. The highest and the lowest content scores will be dropped, and the three remaining scores will be averaged for the total content score.
- I. Four presentation judges and a Head Presentation Judge are assigned to each freestyle area. Each presentation judge has 3 points to assign. The highest and the lowest presentation scores will be dropped, and the three remaining scores will be averaged for the total presentation score.
- J. One head judge is assigned to each freestyle area. The head judge awards points for performance of required elements, and records deductions for space and time violations.
- K. Accuracy deductions will be decided by the head judge, head content judge and head presentation judge. The three accuracy deductions will be compared, and the two closest deductions or the two that are the same will be added together and halved for the total average accuracy deduction. In the case of three (3) equally spaced deductions, the two (2) lowest deductions will be added together and averaged.
- L. Overall Freestyle Score will be calculated as follows:

$$\text{Head Judge Score} + \text{Average Content Score} + (\text{Average Presentation Score} - \text{Avg. Accuracy Deduction}) - \text{Time and Space Violations} = \text{Final Freestyle Score}$$
- M. In the case of a tie, the award placement(s) in the positions affected by the tie will remain vacant.
- N. The Freestyle Events will utilize a compact disc. The commands are: “Judges Ready” - “Jumpers Ready” - “TONE” - “45” - “One Minute” - “Time”. Time is called at 75 seconds. The tournament may have more than one Freestyle area going at the same time.
- O. Presentation judges should make notations on uniform, appearance, poses and conduct from the time the competitor enters the station until the time he/she leaves in addition to making notations on Presentation and Creativity during the routine.
- P. No judging of the performance is to take place after time is called.

Section 208: ILLEGAL SKILLS RULES

Illegal or Prohibited Moves

1. Jumping on knees
2. Jumping on elbows
3. Jumping on the head

A jumper or turner may not use their feet to invert themselves off another jumper or turner’s body, including, but not limited to; the back, shoulders, head, knees, leg, chest or lower back, unless they are supported by their hands prior to the inversion. Jumpers or turners may only invert themselves off an assistor’s hands.

Examples of skills that are now acceptable include; wheelbarrow, toe-pitch or other skills whereby the assistor uses ONLY their hands to cause the other jumper to become inverted. A jumper can invert themselves from a dual push-up position with their feet off another body part only if they are supported by their own hands during the inversion.

When an illegal or prohibited move occurs, the Head Judge or Tournament Director will stop the routine. The jumper (if it is an individual event) or team (in a multi-person event) is disqualified from that event.

Section 208: ILLEGAL SKILL DETERMINATION

The competitor and coach must approach the tournament director before competition begins and ask for a ruling by either describing the skill or performing it. The tournament director will make a determination and offer a ruling. The competitor and coach may either accept the ruling, or the coach or coach of record may follow the appeal procedure.

Section 209: GRAND NATIONAL FREESTYLE RULES

All freestyle events during the Grand National Championship will follow the same freestyle rules with the exception of a mandatory use of music.

1. Presentation judges will give credit or note flaws ongoing throughout the freestyle routine, when the skills reflect, or do not reflect, application to the music.
2. Routines that are not performed to music will not be scored.
3. Music must be in MP3 format and playable on standard audio equipment.
4. A backup or team MP3 or CD must be available.
5. Re-jumps for providing the wrong music will not be allowed.
6. Re-jumps for technician errors may be considered.
7. Procedures for the use of music during Grand Nationals will be provided to coaches by June 1.
8. Different colored tape will be used to mark the freestyle boundaries and no floor manager will be present at the Grand National Championship. The lineup clerk behind the curtain will give verbal instructions to all competitors about the freestyle boundaries.

Section 210: TIEBREAKER RULES FOR FREESTYLE

1. First tiebreaker is the average accuracy deduction.
2. Second tiebreaker is the average content score.
3. Third tiebreaker is the average presentation score.

Section 211: GRAND NATIONAL SPEED RULES

All Speed and Power events during the Grand National Championship will follow the same speed and power rules with the following exceptions:

- There will be 5 Speed Judges at each station.
- Video replay will be utilized in 2020 Grand National Championship for all speed and power events, with the consideration of bringing it into the speed and power events at the Age Division Competition in the future.
- Video Replay procedures will be determined and shared with coaches and athletes prior to the 2020 National Championship.

Section 212: TEAM SHOW BASIC RULES

- A. Small Group = minimum of six (6) jumpers – maximum of twelve (12) jumpers
- B. Large Group = minimum of thirteen (13) jumpers – maximum of thirty (30) jumpers.
- C. Music is required.

- D. Four (4) minute maximum time limit.
- E. Four-tenths (.4) deduction for time violation.
- F. Two-tenths (.2) deduction for each space violation.
- G. Eleven judges are used for this event consisting of: Five (5) Content Judges, five (5) Presentation Judges and one (1) Head Judge. For both Content and Presentation, the high and low scores will be dropped and the remaining three averaged to create the score in each judging area. The average Content score, the average Presentation score, and the Head Judge score will be added for the total score. Deductions for space and time violations will be taken from the total score to determine the final score.
- H. All routines must be performed in a 94' x 50' space. Teams may have to adjust their routines because of space limitations. The Tournament Director may elect not to count space violations, depending on the space available for this event.
- I. Props may not be used in the Team Show. Trampolines and mats may not be used.

Section 213: TEAM SHOW SCORING (See Judge Handbook for details)

A. Content – 50%

1. 1pt. Density – The degree of density and concentration of varied steps and movement in the routine, evaluated by assessing both the number and diversity of skills.
2. 2 pt. Difficulty – Use of physically and choreographically challenging skills and sequences.
3. 2 pt. Variation and Choreographic Balance -- Will be judged by the Head Judge giving up to four tenths (.4) points for including at least one skill in each of the following five categories:
 - a) Single Rope group routine (Synchronized and choreographed using a minimum of four (4) jumpers)
 - b) Double Dutch (Routine(s) involving two ropes turned in opposite directions)
 - c) Chinese Wheel (Routine(s) involving two or more jumpers that have exchanged handles and are turning and/or jumping ropes at alternating beats)
 - d) Long Rope (not Double Dutch) (Routine(s) involving one or more ropes at least 20' (feet) in length)
 - e) Traveler (Routine(s) involving the act of “catching” one or more jumpers with a rope by another jumper)

B. Presentation – 50%

1. Technical Quality – 3 points
 - a) How well the skills are done.
 - b) Degree of excellence and style.
 - c) Synchrony
 - d) Geometry
2. Creativity – 2 points
 - a) Originality and imagination in the choice of steps, movements, and formations.

Section 214: TIEBREAKER RULES FOR TEAM SHOWS

- A. First tiebreaker is the content score after averaging the three remaining scores.
- B. Second tiebreaker is the presentation score after averaging the three remaining scores.

PART THREE

JUDGES

Section 300: SCOPE OF PART THREE

This section includes Guidelines for Judges and Judge's Certification.

Section 301: JUDGES

- A. All Judges, for insurance purposes, must be a member of USA Jump Rope.
 - B. All Judges must be at least 18 years of age for Nationals and 16 years of age for all other qualifying tournaments.
 - C. At Nationals, competitors 18 years of age or older and certified to judge that are competing only in speed may judge freestyle and Team Show, those competing in freestyle only may judge speed and Team Show, and those competing only in Team Show may judge speed and freestyle.
 - D. At the regional tournament level, athletes (at least 16 years of age and certified to judge) in single rope speed or athletes only in single rope freestyle can be utilized to judge team events in speed or a team freestyle that they are not competing in at the discretion of the tournament director.
 - E. All Judges must wear a white shirt with no logos or a USA Jump Rope official shirt, and navy shorts, slacks, or skirt (NO DENIM).
 - F. All people on the competition floor, including the support box people, must wear athletic shoes.
 - G. All Judges must attend a USA Jump Rope Certification Workshop each competition year.
 - H. Judges must be trained no later than March 15, 2020 or four (4) weeks prior to a tournament, whichever date is earlier. This is to allow for ample practice time. Judges not trained by this deadline will not be certified to judge for that year.
 - I. Only USA Jump Rope Certified Judges may be used at USA Jump Rope Tournaments.
 - J. Judge training sessions must be conducted by USAJR certified trainers for the current competition year. Current list of available trainers will be available from the USAJR office and posted on the website.
 - K. Each team participating in a USA Jump Rope Tournament, including the National Championship, is required to provide at least one speed Judge for every four of their speed competitors, and at least one freestyle Judge for every four of their freestyle competitors. The ratio of required minimum number of judges to jumpers is as follows:
 - 1-4 jumpers: team must supply a minimum of 1 judge (any level);
 - 5-8 jumpers: teams must supply one Level 1 judge and a Level 2 judge;
 - 9-12 jumpers: must supply a minimum of 3 judges, one of which must be a Level 2 judge.
- 13 or more jumpers: number of judges continues to increase as number of jumpers increases, with a minimum of 4 judges adding another Level 2 judge for every other additional 4 jumpers. For example, 12 jumpers would require 3 judges, at least one of which must be a Level 2 judge. 13 jumpers would require 4 judges, at least two (2) of which must be a Level 2 judge.

If a judge only judges speed and not freestyle, that judge is counted as $\frac{1}{2}$ judge. Similarly, if a judge only judges freestyle and not speed, that judge is counted as $\frac{1}{2}$ judge. The ratio must remain such that two $\frac{1}{2}$ judges count for 1 judge.

Table 1: Minimum Freestyle Judges Requirements per Team

Range of Number of Freestyle Competitors	Minimum Number of Judges (Level 1 and Level 2)	Minimum Number of Level 1 Judges	Minimum Level of Level 2 Judges
1 – 4	1	1	0
5 – 8	2	1	1
9 – 12	3	2	1
13 - 16	4	2	2
17 - 20	5	2	3
21 - 24	6	2	4
25 or more	1 judge every 4 competitors	2	1 Level 2 judge for every 4 competitors minus 2

- L. Exemptions will be handled on a case by case basis by the tournament director.
- M. Teams will be assessed a fee of \$150 per judge for each judge below the minimum requirement that is not supplied at the National level. At Regional tournaments, this fee is \$75.

PART FOUR

PROTESTS

Section 400: PROTESTS

This section addresses athletes' rights including the grounds and proper procedure for making protest.

Section 401: GENERAL RULES

All athletes shall have the right to compete under rules published in advance and fairly interpreted. Athletes have the right to protest any decision inconsistent with the rules and the right to have such protests fairly heard with due process under the guidelines set forth in these rules.

Section 402: GROUNDS FOR PROTEST AND/OR APPEAL

- A. Any rule infraction overlooked by the Tournament Director.
- B. Any misinterpretation of the rules by the Judges or Tournament Director.
- C. Any clerical or scoring error.
- D. Any other objectively verifiable matter not exclusively involving the judgment of any official.

NOTE: Videotape may not be used to overturn any judging decision, with the exception of the 2020 Grand National Tournament where official USAJR videography can be used as grounds for protest.

Section 403: RESOLUTION OF PROTESTS AND APPEALS

- A. Protest and Appeal procedures are defined as follows:
 - a. The coach or coach of record makes a protest by discussing the issue with the tournament director. The tournament director makes a decision or proposes a solution.
 - b. If the coach/coach of record disagrees with the decision of the tournament director, he/she has 30 minutes from the time of the incident to file an appeal. This involves filling out the official appeal form and submitting a \$25 non-refundable check, made out to USAJR. The appeal is made to the tournament director.
 - c. The issue is then discussed by the Tournament Committee. Once the tournament director and the coach/coach of record have stated their cases, both are excused from the discussion so the committee can make their decision.
 - d. A majority opinion is necessary in order for the Tournament Committee to overturn the original decision made by the tournament director.
 - e. The outcome reached by the tournament committee is final, and the issue rests at that point.

Section 404: FAILURE TO PROTEST OR APPEAL

Any individual with a right to protest or appeal shall lose that right if the appropriate protest or appeal is not properly made in a timely manner and in complete accordance with these rules.

Section 405: FINALITY AND BINDING NATURE

The decision of the Tournament Committee shall be final. The decision of the Tournament Committee shall be binding on all persons directly or indirectly involved and should be accepted in the spirit of good sportsmanship and fair play.

USAJR OFFICIAL APPEAL FORM

Date: _____ Time of Appeal: _____

Name of Protesting Team: _____

Name of Coach or Coach of Record: _____

Specific Rule Involved (State Rule Number): _____

Explanation of the protest:

Tournament Director's original response to the protest:

Action Requested:

I declare that I represent the team named above and that the facts stated are true and complete. With this form I include a protest fee in the amount of twenty-five dollars (\$25.00), which I understand is non-refundable. I have read the protest procedures outlined in Section 400-405 of the USA Jump Rope Rules governing this protest and I (we) agree to abide by the decision of the Tournament Committee in the spirit of true sportsmanship.

Signature: _____

Printed Name: _____

USAJR OFFICAL JUDGE ASSESSMENT FORM

Tournament Date: _____ Region: _____

Tournament Director: _____

Host Team: _____

Name of Team Not Meeting Judge Requirement: _____

Coach of Team: _____

of Years attending Regionals _____ # of Years attending Nationals: _____

Number of Jumpers Competing (*from above team*): _____

Number of Judges/Volunteers provided (*from above team*):

Level 1 Judges _____ Level 2 Judges _____ Volunteers _____

*** Remember to be counted as 1 full judge; the judge needs to be able to judge in both speed and freestyle. If putting forth a speed only judge or freestyle only judge, that judge is counted as a ½ judge.

Number of Judges **required**, based on number of jumpers competing (*from above team*):

_____ Level 1 Judges _____ Level 2 Judges

Number of Judges below minimum requirement _____

Regional Tournament @\$75 per judge = _____ x \$75 = \$ _____

National Tournament @\$150 per judge = _____ x \$150 = \$ _____

Make check payable to the Host Team, listed above.

Explanation of why this Team is unable to meet Judges Requirement:

Tournament Director's comments:

USA JUMP ROPE ARTICLES OF UNDERSTANDING

All persons associated with the U.S. National Jump Rope Championship and its qualifying Tournaments must adhere to the rules and guidelines outlined in the USA Jump Rope 2019-2020 Competition Rule Book and Tournament Guidelines for Sanctioned Speed and Power Tournaments, Sub-Regional, Regional, and National Competitions, as well as, the USA Jump Rope Membership Code of Conduct. Each competitor, coach, and coach of record must sign the Articles of Understanding for each Tournament.

At the U.S. National Jump Rope Championship, the first round will be held in freestyle, speed, and triple under events to determine the top ten competitors and three medal winners in each age division. For freestyle events, advancement to Grand Nationals is as follows: 1) The gold medalists for male and female individual freestyle events from each age division (excluding the 30-49 and 50-Over age divisions) and the next 10 top scores regardless of age division; 2) The gold medalists for female freestyle events (Pairs and Double Dutch) in the 15-17 and 18-over age divisions and the next 8 top scores, regardless of age division; and 3) The gold medalists for all team freestyle events in all age divisions and the next 8 top scores, regardless of age division. The only exception to this rule will be if there are three or fewer teams for double dutch single freestyle and double dutch pairs freestyle for the 10 and under age division the gold medalist will not automatically qualify for Grand Nationals. For speed events, the top 12 scores in each event, independent of age division, will advance to Grand Nationals. For three-minute speed and triple under events, the top 8 scores, independent of age division, will advance to Grand Nationals.

All competitors must arrive at the competition site 30 minutes before the scheduled event. During individual events, the competitor will have one minute to be ready to jump once the tournament director is notified by the head judge for the reason of the delay. During team events, the team will have two minutes to be ready to jump once the tournament director is notified by the head judge for the reason of the delay.

The U.S. National Jump Rope Championship may or may not be televised nationally. Due to the format of the show, not all competitors will be shown on the telecasts.

Any questions concerning the rules or procedure of the Tournament will be handled exclusively by the Coach or Coach of Record of the team and will be directed to the Tournament Director. Such questions should be made prior to the Competitions.

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the Tournament. The Coach is responsible for seeing that their team members, coaches, parents, and any other persons affiliated with the team conduct themselves accordingly. Failure to adhere to the USA Jump Rope Code of Conduct and the spirit of good sportsmanship in any manner during any USA Jump Rope sanctioned tournament may result in an athlete, coach, coach of record, judge, parent, or spectator being disqualified from further participation in the remainder of the tournament at the discretion of the Tournament Committee. This could include loss of opportunity to compete, floor coaching privileges, attendance for remainder of tournament. Severe cases of unsportsmanlike conduct are grounds for disqualification and possible removal from the tournament/premises.

The Tournament Committee will render any interpretation of any aspect of these Articles of Understanding or any decision involving any of the aspects of the Tournament. The Tournament Committee will render a judgment in an effort to ensure that the Tournament proceeds in a manner consistent with the general spirit and goals of the Tournament.

By participating in the Championship, each competitor and team Coach or Coach of Record agrees that the decisions by the judges and Tournament Committee will be final and will not be subject for review. Each competitor and team Coach or Coach of Record acknowledges the necessity for the judges to make prompt and fair decisions in the Competition and each competitor, team Coach or Coach of Record waives any legal, equitable, administrative, or procedural review of such decisions.

Any competitor that does not adhere to the terms and procedures of the "Article of Understanding" may be disqualified from the Tournament and automatically forfeit the right to any awards presented by the tournament. In addition, the competitor may also forfeit the opportunity to participate in any qualifying tournaments and the National Tournament the following year.

Competitor's Signature

Date

If competitor is under 18 years old, please have parent print competitors name and sign parent's signature next to the name

Coach's Signature

Date

September 30, 2019