

FRIENDS OF ROPE
SKIPPING

RULES DRAFT/PROPOSAL
ROPE SKIPPING

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RULES PROPOSAL ROPE SKIPPING

General setup & rules

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GENERAL SETUP

- ▶ Last big rule change was in 2012, some rules are outdated
- ▶ Rules are too complex to follow for spectators & young clubs/skippers
- ▶ Simplification of rules & competition setup is needed (ultimate goal: summarize rules on a one pager, with the technical rules next to it). This means no more complex calculations, ranking ...
- ▶ Goal for new rules should be to make our sport more attractive to supporters & outsiders (critical to become Olympic at some point)
- ▶ Subjectivity needs to be reduced
- ▶ Automation for speed is necessary
- ▶ Open questions/points of discussion will be posted in **red**

GENERAL COMPETITION SETUP

- ▶ Main 3 events would be kept: individual competition, team competition & Demonstration
- ▶ Freestyles will be scored on a maximum of 100 (easier to understand, as percentages go to 100, and most school results as well). **This can also be done with 10**
- ▶ Individual: endurance has little added value and is not appealing towards audience, so proposal is to keep speed & freestyle for Masters. **Endurance and triples could be kept as single events**
- ▶ Team: we would only keep the 4 major events: speed, speed Double Dutch, single rope & Double Dutch. As it is a team competition, best scenario would be to keep the events with 4 people (so single rope with 4 and Double Dutch with 4). **Double dutch 3, Double Dutch triade and Chinese Wheel could be kept as single events**
- ▶ If possible, competition would run over 2 days: day 1 counts as overall competition, day 2 will be single event finals (with **top-5 or top-8** per event)

INDIVIDUAL COMPETITION SETUP

- ▶ 2 events: speed & freestyle
- ▶ Freestyle would get to a maximum of 100 points (split between creativity & difficulty)
- ▶ For speed there are 2 scenarios:
 - ▶ Timed speed event: 30" speed, every step is a score value (**will probably be between 0,5 and 1, to be tested**)
 - ▶ Amount speed event: run 200 steps (100 steps right foot) as fast as possible, the difference with 60" is multiplied (**with a factor between 2 and 4**) to get your score. Note: this can ONLY be done with automatic counting, manual timing is too inaccurate

TEAM COMPETITION SETUP

- ▶ 4 events: speed, speed Double Dutch, single rope freestyle & Double Dutch freestyle
- ▶ Freestyle would get to a maximum of 100 points (split between creativity & difficulty)
- ▶ 4 or 5 team members (to give some flexibility)
- ▶ For speed there are 2 scenarios:
 - ▶ Timed speed event: 4x30" speed/speedDD, every step is a score value (**will probably be between 0,1 and 0,5, to be tested**)
 - ▶ Amount speed event: run 200 steps each (100 steps right foot) as fast as possible, the difference with 240" is multiplied (with a factor between 0,5 and 2) to get your score. Note: this can ONLY be done with automatic counting, manual timing is too inaccurate

DEMONSTRATION COMPETITION SETUP

- ▶ 1 events: demonstration
- ▶ Freestyle would get to a maximum of 100 points (split between creativity & difficulty)
- ▶ Amount of team members should not be limited too much: between 4 (absolute minimum) and 24 (more would give an overcrowded competition floor)
- ▶ Judging should be simple (compared to Belgian demonstration rules) and should be done by a mix of rope skipping experts and experts in other linked areas (dance, gymnastics ...)

MATERIALS & FLOOR AREA

▶ Floor dimensions

- ▶ For speed, the floor dimension should always be 5 by 5 meters
- ▶ For freestyle, the floor dimension should always be 12 by 12 meters
- ▶ For demo, the floor dimension should always be 15 by 15 meters (this could be too much for some sport facilities, so to be discussed if this needs to be reduced to 12 by 12 meters, which would imply a shortage of space for bigger demos)

▶ Materials

- ▶ All type of ropes can be used (cottons, single wire, metal speed rope, plastic)
- ▶ All type of handles can be used (short, long, no handles)
- ▶ Costumes can be used in any form
- ▶ Sport shoes are necessary for every event at any time
- ▶ Lose attributes (items, décor pieces ...) can only be used for demonstration

CATEGORIES

- ▶ Gender categories: female & male in individual, female/male/open in team and one open category in demo
 - ▶ Towards future, open category in teams might be removed (sport is not mature enough at this point, as there are not enough male skippers)
- ▶ Age categories (for Masters & teams)
 - ▶ mini (-11 year, only national, this can also be split in different ages)
 - ▶ novice (12-14 year, both national & international)
 - ▶ Junior (15-17 year, currently no longer used, but there is a big stepping stone between novice and 15+. Also needed to get international experience)
 - ▶ Senior (15+ year, this is mainly for 18+, but really talented juniors can join as well)
- ▶ Age categories for demonstration
 - ▶ 1 age category in the competition: 12+

INTERNATIONAL STRUCTURE OF WC

- ▶ Do we still keep an Open Tournament?
- ▶ Proposed structure of competition days at WC:
 - ▶ DAY 1: qualifications novice WC teams & novice WC Masters
 - ▶ DAY 2: qualifications junior & senior WC teams
 - ▶ DAY 3: qualification junior & senior WC Masters & Single events qualifications for juniors & seniors
 - ▶ DAY 4: finals novice, junior & senior WC teams
 - ▶ DAY 5: finals junior & senior WC Masters & single events
 - ▶ DAY 6: Demonstration (or Democup, name to be decided)

INTERNATIONAL STRUCTURE OF WC

- ▶ For this, countries need to be divided into 3 categories: big/experienced countries, medium size countries, new/small countries (**definition TBD, but based on previous entries en results**)

Event	Big/experienced country	Medium size country	New/small country
Masters 12-14	3 overall & 2 per single event	3 overall & 1 per single event	2 overall & 1 per single event
Masters 15-17	3 overall & 2 per single event	3 overall & 1 per single event	2 overall & 1 per single event
WC/EC Masters	3 overall & 2 per single event	3 overall & 1 per single event	2 overall & 1 per single event
Teams 12-14	3 overall or 2+1	2 overall or 1+1	1 overall or 1 single events
Teams 15-17	3 overall or 2+1	2 overall or 1+1	1 overall or 1 single events
WC/EC Teams	5 overall or 4+1 (single events)	3 overall or 2+1	1 overall or 1 single events
Demonstration	2 demoteams	1 demoteam	1 demoteam

RULES PROPOSAL ROPE SKIPPING

Technical rules

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TOTAL SCORE CALCULATION

- ▶ Total score contains 3 elements:
 - ▶ Creativity (maximum 50 points)
 - ▶ Difficulty (maximum 50 points)
 - ▶ Deductions (no maximum): this contains errors, space violations, time violations
 - ▶ An error in a freestyle is a deduction of 0,5 or 1 (**to be tested**)
 - ▶ A space violation or time violation is a deduction of 1
- ▶ General goal of technical rules:
 - ▶ Easy to understand rules for everyone
 - ▶ Reduce number of exceptions to an absolute minimum

DIFFICULTY GENERAL

- ▶ Only the best 25 skills will be quoted for difficulty (so if you do more skills, only the 25 most difficult ones will be counted)
 - ▶ This is to make sure there is time available for creativity, so that freestyles are not packed with skills
- ▶ Level 6 is 2 points, level 5 is 1,5 point, level 4 is 1 point, level 3 is 0,7, level 2 is 0,5 and level 1 is 0,3
 - ▶ So doing 25 level 6 skills will grant you a maximum of 50 points, doing 25 level 5 skills will grant you 37,5, doing 25 level 4 skills will grant you 25 points ...

DIFFICULTY SINGLE ROPE: BASICS

- ▶ Basic levels, all imply that the rope is actually skipped during the skill (otherwise: level 0)
- ▶ You can combine up to 2 basic skill classes (add levels together, if more than 2 classes are combined, take the highest 2). Only skills in the 'no combo' column cannot be combined with anything and will always be level 1

Skill class	Level 0	Level 1 (no combo)	Level 1	Level 2	Level 3	Level 4
Single skills	Side swing, basic jump	Basic footwork	Cross	AS, TS, CL, EB, toad, crougar, KN, weave, elephant, inverse toad, Ebtoad, T-toad, caboose		
Powers		Fake frog, fake push-up		Push-up, frog, crab, split (all if rope is skipped after power)	1H frog, 1H push-up, high frog	
Gyms		Round-off, cartwheel, all gyms without skipping rope		headroll	Front flip, back flip, kip, suicide (when rope is skipped after gym)	Aerials (apart from suicide & round-off without hands)
Releases				Basic releases without rope rotations	Release with 1 loose handle & rope rotation	Release with 2 loose handles & rope rotation
Multiples			Doubles	Triples	Quads	Quints

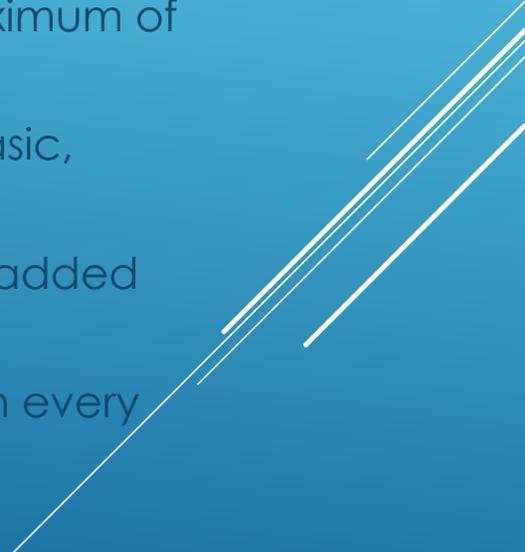
DIFFICULTY SINGLE ROPE UPGRADES

- ▶ Following downgrade reduced the level of you skill by 1
 - ▶ 2 side swings
 - ▶ Triple side-cross-open is a level 3, but triple side-side-cross is only a level 2
 - ▶ Power or gymnastic if you don't skip the rope afterwards:
 - ▶ Triple side-open-open falling into split is a 4 if you skip the rope when coming out of the split and a level 3 if you don't
- ▶ Following upgrades increase the level of your skill by 1 (up to 2 can be combined)
 - ▶ Switching crosses (only if both hands have to switch position: AS-AS yes, but EB to Ebtoad no, crougar is not considered a cross for this)
 - ▶ Full body rotation (at least 360°)
 - ▶ Consecutive power (kamikaze)

DIFFICULTY SINGLE ROPE: EXAMPLES

- ▶ Level 1: basic footwork, fake push-up, fake frog, round-off, all other gymnastics where you don't skip the rope during the skill, basic cross, basic doubles (without crosses)
- ▶ Level 2: basic skills like AS, TS, CL, EB, toad, crougar, KN, weave, inverse toad, Ebtoad, T-toad, caboose ... , doubles with crosses, all basic releases without rotations, push-up, frog, triple side-side-cross
- ▶ Level 3: 1H push-up, 1H frog, basic triples with crosses (but without 2 side swings), all doubles with a level 2 or higher, suicide (with rope skip afterwards), mic release, basic quads with cross and 2 side swings
- ▶ Level 4: all triples with a level 2 or higher (but without 2 side swings), frog-AS, push-up-AS, salto, double release with full rotation, basic quads with cross and 1 side swing, all difficult quads with 2 side swings
- ▶ Level 5: 1H frog-AS, 1H-push-up-TS, quad side-EB-open-open (and similar), mic with double AS, double salto

CREATIVITY GENERAL

- ▶ Creativity consist of 2 parts: presentation and required skills
 - ▶ Presentation counts for 40 points, required skills can get you a maximum of 10 points
 - ▶ Presentation consist of several categories, all judged in 5 levels: Basic, intermediate, advanced, expert and Master
 - ▶ Each judge will give a score in each category, and all scores are added together
 - ▶ Required skills contain a number of specific skills that need to be in every freestyle in order to not loose or score points
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PRESENTATION CATEGORIES (WORK IN PROGRESS)

Category	BASIC	INTERMEDIATE	ADVANCED	EXPERT	MASTER
Rhythm of music					
Accents in music					
Flow, effort and form					
Body language & appearance					
Movement & position					
Originality & variety					

