

Canadian National Championship

Rulebook



Updated December 2009

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1. Definitions

- 1.1 age category** athletes are split up according to date of birth. Novice 1, novice 2, novice 3, junior, intermediate, senior and senior-plus are the age categories
- 1.2 age category division** a division within an age category
- 1.3 alternate** noun - team or individual who did not qualify for the Canadian National Championship, but placed in the top 15 of the applicable age category. Two alternates can be sent per province per age category
- 1.4 alternating step** after each bounce the athlete will change feet, moving from right to left, right to left. Double bounces or bouncing on both feet at the same time are not proper alternating step techniques
- 1.5 athlete** any person who skips rope
- 1.6 bump** when a team or individual qualifies to attend the Canadian National Championship but does not register, the team or individual with the next highest score interested in attending is "bumped" into a qualifying position
- 1.7 Canadian National Championship** the CRSF's annual championship, is hosted, the third weekend in May, by a different province each year
- 1.8 championship** usually includes a masters competition, team competition, opening ceremony and award ceremony. May also include concession, fun activities, skill sharing, practice time, merchandise sales, etc.
- 1.9 championship committee** committee chosen by the championship's host club to organize, implement and execute the championship.
- 1.10 classification** athletes who reside in Canada are classified as Canadian and athletes who reside anywhere else other than Canada or athletes who are not competing within their division are classified as open
- 1.11 club** an umbrella organization which trains and organizes athletes
- 1.12 coach** a person who trains and organizes a team or club of athletes
- 1.13 coaching from the sidelines** any visual or verbal cue given to an athlete by club member, coach or spectator outside of a team/athlete's coaching square. (07-08)
- 1.14 combination** a series of at least 3 different skills in a freestyle
- 1.15 competition** the part of a championship where athletes are judged, scored and ranked according to the judging requirements. Usually includes a masters competition, a team competition, and a group routine competition



- 1.16 competition area** a.k.a competition floor. Includes trial boundary, judges' tables, neutral zones, marshalling area, etc.
- 1.17 competition year** runs from September to August yearly
- 1.18 competitor** any athlete who registers and competes at a championship
- 1.19 consecutive** the execution of a skill numerous times in a row with no open jumps, insertion of a different skill, or miss to break the series
- 1.20 creativity** the assessment of a freestyle in terms of flow, skill invention and innovation, use of combinations, floor movement, fast footwork, speed changes, rope direction changes, quality of routine, starting and ending of the routine
- 1.21 CRSF** Canadian Rope Skipping Federation, Canada's national rope skipping organizing body
- 1.22 CRSF board** the controlling arm of the CRSF. Membership consists of provincial rope skipping organization directors who are elected to represent their province at the national board level.
- 1.23 CRSF director** elected representatives from all provincial rope skipping organizations who make up the CRSF board
- 1.24 difficulty** difficulty - a ranking of individual rope skipping skills. Separated into level 1, level 2, level 3 and level 4 (08-09)
- 1.25 division** determines who an athlete or team will compete against with regard to gender; male, female and mixed
- 1.26 double bounce** when an athlete jumps or bounces two times before the rope is jumped. Can be executed by jumping on both feet, one foot, or alternating between left and right feet
- 1.27 event** one of many contests within a competition. Encompasses all the athletes' trials
- 1.28 false start** when an athlete moves the ropes from the resting position or starts skipping before "go" is called. The trial continues regardless of a false start
- 1.29 false switch** when an athlete starts skipping before "switch" is called. The trial will continue regardless of a false switch. The trial continues regardless of a false switch
- 1.30 FISAC** Fédération internationale de saut à la corde a.k.a. IRSF- International Rope Skipping Federation - the international rope skipping organizing body
- 1.31 FISAC World Championship** international rope skipping championship hosted by a different country hosted on even years. i.e. - 2004, 2006, 2008, 2010...



- 1.32 freestyle** the combination of skipping skills and movement within a prescribed time limit sometimes choreographed to music
- 1.33 freestyle ending** the finishing of a freestyle. Does not need to involve skills. Indicates to the judges that the routine has ended. Must be completed before 75 seconds
- 1.34 freestyle starting** the beginning of a freestyle. Does not need to involve skills. Indicates to judges that the routine has begun
- 1.35 group routine** Eight to 18 athletes working together to perform in the Group Routine Competition
- 1.36 jogging step** see alternating step
- 1.37 judge** noun - a person who has completed all requirements of the judges' certification course. Verb - observe and score various skipping events according to outlined requirements
- 1.38 masters competition** the individual competition at the championships. Includes four events: 30 second speed, 3 minute endurance, power and single rope freestyle
- 1.39 miss** occurs when a rope is stopped due to being hung up on a body part, another rope or is dropped
- 1.40 mixed** team composed of at least one male and one female athlete
- 1.41 open classification** an athlete competing outside of the jurisdiction of the competition. i.e.: Ontario athletes competing at the BC provincial competition compete in the open classification, American athletes competing at the Canadian National Championship compete in the open classification
- 1.42 open jump** a.k.a. empty jump. When an athlete jumps the rope with the right arm on the right side of the body, the left arm on the left side and feet together
- 1.43 power** events where the goal is make as many power jumps as possible
- 1.44 power jump** jumping and spinning the rope under the feet two times (double under), three times (triple under), four times (quad) etc
- 1.45 preparatory jump** before the masters power event an athlete is permitted to take jumps before the counting begins. These are called "preparatory jumps". Preparatory jumps are not allowed before any other event in the team or masters competition
- 1.46 reskip** when an athlete is granted an additional trial for a specific event.
- 1.47 skill** a.k.a. trick. Any jump other than an open jump. Includes cross over, side swing, push up etc.



- 1.48 speed** events where the goal is to make as many successful alternating step jumps as possible in the time allotted
- 1.50 sportsmanship selection committee** committee comprised of one volunteer from each provincial organization. CRSF Board members will not sit on this committee.
- 1.51 switch** during team speed events when one athlete stops skipping (single rope) or exits (double dutch) and the next athlete starts skipping or jumping
- 1.52 team** a group of four or five athletes competing in a team competition
- 1.53 team competition** the team competition at the championships. Includes eight events: speed relay, power relay, team freestyle, pairs freestyle, double dutch speed relay, double dutch pairs speed, double dutch freestyle and double dutch pairs freestyle
- 1.54 technical committee** watches for fair play throughout the competition. Its main focus is watching for coaching from the side, flash photography, and on-floor injuries.
- 1.55 technique** the mechanics of a skill. How easy the athlete makes it look
- 1.56 trial** each time an athlete competes in an event s/he has completed a trial
- 1.57 trial boundary** the floor space inside the line marker where an athlete competes in an event trial (08-09)



2. Welcome

2.1 Code of Conduct

- 2.1.1 Sportsmanship and discipline are of the utmost importance and expected of all athletes and coaches.
- 2.1.2 Treat everyone with the same respect, courtesy and kindness you expect.
- 2.1.3 Help to advance and improve the sport of rope skipping by sharing skills with others.
- 2.1.4 Congratulate others, whether they are teammates or not, for an effort well done. Rejoice in the successes of others whether big or small.
- 2.1.5 Do not distract other athletes while they are competing.
- 2.1.6 Fair play is crucial in the sport of rope skipping. All athletes are bound by the CRSF's complete ban on performance enhancing substances. Athletes found supplying or using such substances will be banned from competition and attendance at any CRSF championship for a minimum of two years and must apply to the CRSF Board for approval to return. (read appendix C for the drug policy)
- 2.1.7 Any violation of the Code of Conduct will be brought to the technical committee. The technical committee can decide how to handle the situation and deliver punishment based on the severity of the violation; up to and including disqualification. (08-09)

2.2 Membership

- 2.2.1 All athletes, coaches, and judges at CRSF sanctioned competitions must be members of the CRSF.
- 2.2.2 Consult the CRSF Policy and Procedure manual for membership criteria, deadlines and restrictions.



2.3 Qualifying for the Canadian National Championship

- 2.3.1 Each provincial organization will select which athletes will move on to the Canadian National Championship according to their National Qualifying Policy.
- 2.3.2 The CRSF will accept up to eight teams and two alternate teams in each age category and division per province for the team competition.
- 2.3.3 The CRSF will accept up to eight athletes and two alternate athletes in each age category and division per province for the masters competition.
- 2.3.4 The CRSF will accept teams with members from any provincial organization. (08-09)
- 2.3.5 Qualifying athletes will compete in the appropriate age category described in this rule book even when regional or provincial championship's age categories differ from the age categories in this rulebook.
- 2.3.6 Permission may be granted by the CRSF Board to an athlete to compete in a different provincial championship to qualify for the Canadian National Championship.
- 2.3.7 If an athlete competes in a provincial championship in a different category, the athlete will compete in the correct age category and division according to section 2.7 of this rulebook. The provincial organization will decide if the athlete qualifies for the new age category in this situation.

2.4 Qualifying for the FISAC World Championship

- 2.4.1 Find specific rules on age divisions at www.fisac.org.
- 2.4.2 The CRSF board of directors will formulate and produce a Worlds Qualifying Policy each year the FISAC World Championships take place in accordance with that year's current FISAC rulebook.
- 2.4.5 Bumping will be allowed until 10th place.
- 2.4.6 The top overall rankings will be based on the Canadian National Championship's most recent results.
- 2.4.7 Once a team qualifies for the FISAC World championships the team may alter its composition by no more than 1 member.



2.5 Equipment

2.5.1 Ropes

- 2.5.1.1 Ropes of any safe construction may be used at CRSF sanctioned championships.
- 2.5.1.2 Single ropes may be any length desired.
- 2.5.1.3 Double dutch ropes may be no longer than 18 feet.
- 2.5.1.4 Battery powered ropes are illegal in competition.

2.5.2 Props

- 2.5.2.1 No props or special equipment may be used to add to the creativity and/or difficulty of the routine i.e. lolo ball, skip stick, mats, flags, skip-its, etc.
- 2.5.2.2 Additional clothing not defined as part of the uniform will be considered props including, but not limited to hats, wrist sweat bands, non-prescription eyeglasses, etc. (08-09)
- 2.5.2.3 The use of stop watches, clickers, or other timing or pacing devices shall not be used within the trial boundaries including the coaching box. (07-08)

2.5.3 Uniforms

- 2.5.3.1 Team uniforms must be identical, except for male vs. female differences and size.
- 2.5.3.2 Uniforms are not required to be identical throughout all the members of the club.
- 2.5.3.3 Uniforms may include, but are not limited to graphics such as club name, team name, sponsor and/or logo displayed during the competition.
- 2.5.3.4 No offensive material should be displayed on any part of the uniform, including but not limited to adult pictures and swear words.
- 2.5.3.5 Uniform tops must cover the midriff and stomach of an athlete when s/he is standing with arms at the side. Uniform tops must sufficiently cover the chest and not gape open or expose the upper body during any skills. (07-08)
- 2.5.3.6 Uniform bottoms must be an appropriate length. (07-08)
- 2.5.3.7 Undergarments should be hidden when the athlete is not moving, and remain hidden during all skills. (07-08)
- 2.5.3.8 Large items of jewelry including, but not limited to, necklaces, watches, rings, and piercings larger than studs must not be worn. (08-09)
- 2.5.3.9 Coaches must attend competitions in appropriate athletic attire, including soft soled, non-marking athletic shoes.
- 2.5.3.10 Warm-up suits must be removed while an athlete is competing in an event trial.

2.5.4 Athletic Supports

- 2.5.4.1 Supportive athletic shoes are required at all times while an athlete is in the competition area.
- 2.5.4.2 Socks must be worn.
- 2.5.4.3 Adequate athletic support undergarments must be worn.
- 2.5.4.4 Joint and muscle braces such as knee braces, wrist braces, elbow braces may be worn.
- 2.5.4.5 Padding such as knee pads, elbow pads, helmets and wrist guards are not permitted.



2.6 Appeals

2.6.1 General Appeal Rules

- 2.6.1.1 Appeals must be submitted to the technical committee in writing, and accompanied by a \$20.00 deposit (CAN funds) before the technical committee will look into any complaints.
- 2.6.1.2 Appeals must be submitted by one club official appointed prior to the championship.
- 2.6.1.3 The appeal deposit will be returned if the appeal is upheld.
- 2.6.1.4 Appeal form available in appendix B.
- 2.6.1.5 Decisions made by the technical committee are final.

2.6.2 Freestyle Appeals

- 2.6.2.1 Appeals may be made on matters concerning mathematical errors in calculating scores and in tabulating results.
- 2.6.2.2 No appeals will be heard regarding any judge's subjective decisions.

2.6.3 Speed and Power Appeals

- 2.6.3.1 Appeals may be made when adequate video evidence is provided.
- 2.6.3.2 Video evidence must have a clear picture and clearly show the right foot of the athlete at all times.
- 2.6.3.3 The technical committee will decide if the video evidence meets these requirements.
- 2.6.3.4 Appeals can only be made by the coach, or team representative, of the athlete(s) in question

2.7 Age Categories

- 2.7.1 It is the responsibility of the athlete and club to verify that the athlete is entered in the correct age category and division prior to the commencement of the competition.
- 2.7.2 Proof of age may be requested by the championship committee or the technical committee. Athletes found competing in the wrong age category will be suspended for two years.
- 2.7.3 Athletes will compete in their appropriate age category and division at the Canadian National Championship regardless of the division they qualified in at a provincial championship.
- 2.7.4 Athletes in the senior-plus age category may request to compete in the senior age category one month prior to their respective provincial championships by e-mailing the CRSF Board.



2.7.5 Age Category Chart

Year of Birth	Competition Year				
	2007/08	2008/09	2009/10	2010/11	2011/12
2005	Nov 1	Nov 1	Nov 1	Nov 1	Nov 1
2004	Nov 1	Nov 1	Nov 1	Nov 1	Nov 2
2003	Nov 1	Nov 1	Nov 1	Nov 2	Nov 2
2002	Nov 1	Nov 1	Nov 2	Nov 2	Nov 3
2001	Nov 1	Nov 2	Nov 2	Nov 3	Nov 3
2000	Nov 2	Nov 2	Nov 3	Nov 3	Jr.
1999	Nov 2	Nov 3	Nov 3	Jr.	Jr.
1998	Nov 3	Nov 3	Jr.	Jr.	Jr.
1997	Nov 3	Jr.	Jr.	Jr.	Int.
1996	Jr.	Jr.	Jr.	Int.	Int.
1995	Jr.	Jr.	Int.	Int.	Int.
1994	Jr.	Int.	Int.	Int.	Sr.
1993	Int.	Int.	Int.	Sr.	Sr.
1992	Int.	Int.	Sr.	Sr.	Sr.
1991	Int.	Sr.	Sr.	Sr.	Sr.
1990	Sr.	Sr.	Sr.	Sr.	Sr.
1989	Sr.	Sr.	Sr.	Sr.	Sr.
1988	Sr.	Sr.	Sr.	Sr.	Sr.
1987	Sr.	Sr.	Sr.	Sr.	Sr.
1986	Sr.	Sr.	Sr.	Sr.	Sr.
1985	Sr.	Sr.	Sr.	Sr.	Sr.
1984	Sr.	Sr.	Sr.	Sr.	Sr.
1983	Sr.	Sr.	Sr.	Sr.	Sr.
1982	Sr.	Sr.	Sr.	Sr.	Sr. +
1981	Sr.	Sr.	Sr.	Sr. +	Sr. +
1980	Sr.	Sr.	Sr. +	Sr. +	Sr. +
1979	Sr.	Sr. +	Sr. +	Sr. +	Sr. +
1978 +	Sr. +	Sr. +	Sr. +	Sr. +	Sr. +



2.8 Divisions

2.8.1 All athletes will be separated into one of three divisions. (07-08)

2.8.2 Divisions

2.8.2.1 Female – team competition and masters competition. For female athletes only.

2.8.2.2 Male – team competition and masters competition. For male athletes only.

2.8.2.3 Mixed – team competition. For teams with both female and male athletes only.

2.8.3 When divisions have fewer than three registrants, those athletes will compete in the next appropriate division within the same age category. These athletes will be classified as open. (07-08)

2.9 Residency Classification

2.9.1 Canadian classification – Athletes who reside within Canada

2.9.2 Open classification – Athletes who compete in Canada, but reside outside of Canada, or athletes competing against other gender divisions due to insufficient registration in the appropriate division.

2.9.3 Athletes from both classifications will compete together in their respective divisions.

2.9.4 Athletes from the open classification will not displace Canadian athletes from winning awards. Duplicate awards will be given in events where open division athletes place in the top five.

2.10 Alternates

2.10.1 The CRSF will accept up to two alternates per age category division.

2.10.2 An alternate may compete in his/her/their respective competition only if a qualified registrant withdraws before the competition has commenced.

2.10.3 An alternate may compete when the alternate resides in the same province as the Championship host.

2.10.3.1 Each division within an age category must not exceed 40 athletes with the inclusion of the host provinces alternates.



3. General Event Rules

3.1 Freestyle

- 3.1.1 Goal - Complete freestyle with as many correctly executed skills and creative movement within a prescribed time limit
- 3.1.2 Starting the Trial
 - 3.1.2.1 All athletes and ropes must be still until the words "You may begin." have been said
 - 3.1.2.2 The timer will raise a green card for a visual to the athlete(s) that they may begin the trial when ready.
 - 3.1.2.3 The time will start running when the a) athlete or any body part starts moving, b) or rope(s) start moving, or b) athlete's music begins.
- 3.1.3 45-Second Warning Signal and Trial Stop
 - 3.1.3.1 At the 45 second point a "45" signal will be given verbally by the timer calling out "45", as well as visually by the timer holding up the "45 paddle".
 - 3.1.3.2 The "45 paddle" will remain up until the freestyle is finished or "time" is called, which ever comes first.
 - 3.1.3.3 The trial ends when the timer calls out "time" or the athlete(s) complete the freestyle's ending, which ever comes first.
- 3.1.4 Minimum length: 45-seconds; Maximum length 75-seconds. Freestyles which do not meet this requirement will be penalized.
- 3.1.5 Floor space
 - 3.1.5.1 team: 12 meters square
 - 3.1.5.2 masters: 12 meters square (09-10)

3.2 Power

- 3.2.1 Goal
 - 3.2.1.1 Power relay goal - Complete as many power jumps as possible within the time limit.
 - 3.2.1.2 Consecutive power goal – Complete as many consecutive power jumps as possible within the time limit. (07-08)
- 3.2.2 Two-foot takeoff and landing must be used.
- 3.2.3 Starting a Trial
 - 3.2.3.1 Beginning audio call out: "Skippers clear the floor. Judges please show your scores. EVENT NAME. Judges ready, skippers ready, set, go." (08-09)
 - 3.2.3.2 Following "skippers ready", rope(s) must be still with no arm or rope motion until the word "go" has been said. (07-08)
- 3.2.4 Floor Space
 - 3.2.4.1 Power relay: six meters square.
 - 3.2.4.2 Consecutive timed power: four meters square.



3.3 Speed

- 3.3.1 Goal - Complete as many jumps as possible within the time limit.
- 3.3.2 Alternating step must be used.
- 3.3.3 Starting a Trial
 - 3.3.3.1 Beginning audio call out: "Skippers clear the floor. Judges please show your scores. Skippers please enter your trial boundary. Judges reset your counters. EVENT NAME. Judges ready, skippers ready, set, go." (08-09)
 - 3.3.3.2 Rope(s) must be still with no arm or rope motion until the word "go" has been said. (07-08)
- 3.3.4 Floor space
 - 3.3.4.1 Team speed: six meters square.
 - 3.3.4.2 Masters speed: four meters square.

3.4 Coaching from the Sidelines

- 3.4.1 No coaching from the sidelines will be permitted. Coaching from the sidelines is defined as any visual or verbal cue given to an athlete by a club member, coach or spectator from outside the trial boundary. (07-08)
- 3.4.2 Coaching from within the trial boundary by a coach or designated person is allowed.
- 3.4.3 Penalties will be determined by the technical committee, up to and including disqualification or suspension.

3.5 Music

- 3.5.1 Music is permitted during all freestyles, but is not required.
- 3.5.2 Music may be stored on CD or tape.
- 3.5.3 Songs must be the only track on a CD, or at the beginning of a tape. (07-08)
- 3.5.4 If there is a problem with the music the athlete(s) must sit on the floor before the first skill is completed to qualify for a restart.
- 3.5.5 After the athlete(s) freestyle has commenced, it must be finished regardless of musical errors i.e. wrong song plays, CD starts skipping, missed cue etc.
- 3.5.6 If the athlete(s) stop the freestyle after it has commenced the routine will be judged based on what has been completed.
- 3.5.7 Use of music deemed to contain vulgar language by the technical committee may result in a deduction of up to 1.0 from the overall mark of the athlete(s) for the event.



3.6 Reskip

- 3.6.1 Will be granted when a rope cord, or rope handle breaks during a trial.
 - 3.6.1.1 If a rope frays the athlete must show the judges the frayed cord. (08-09)
 - 3.6.1.2 The judges will make note of the frayed cord on the event sheet before the athlete leaves the competition boundary. (08-09)
 - 3.6.1.3 If the athlete does not make the judges aware of a broken or frayed rope before they leave the competition boundary they will not be granted a re-skip. (08-09)
- 3.6.2 Will be granted when music malfunctions, so long as no skills have been executed or attempted.
- 3.6.3 Will be granted when the competition boundary has been breached by any person, object or animal other than the athlete(s).
- 3.6.4 All athletes must have a rest period of at least 10-minutes before a reskip can occur.

3.7 Shoelace

- 3.7.1 When a shoelace comes undone during a trial, it is the responsibility of the judges at the table to inform the athlete by standing up and calling 'shoelace', the athlete must stop skipping and tie the shoelace.
- 3.7.2 The clock will continue to run while a shoelace is tied during a trial.
- 3.7.3 Once an athlete has been informed of an untied shoelace no part of the freestyle will be considered by the judges until it has been tied up. This includes difficulty, creativity, technique and misses.
- 3.7.4 No speed jumps will be counted once the athlete has been informed of an untied shoelace until the shoelace has been tied up.
- 3.7.5 A double dutch turner's shoelace may remain undone until that athlete begins jumping the ropes or performing a team dance.

3.8 Chewing Gum

- 3.8.1 Athletes are not permitted to chew gum while in the competition area.



3.9 Coaching Box

- 3.9.1 Inside each trial boundary a 1 x 1 meter coaching box will be taped on the floor. The position of the box will be at the front of the trial boundary on the judge's right side. (09-10)
- 3.9.2 A coaching box may have either one coach, or one other person designated by the athlete. Only a person permitted to be on the competition floor may occupy the coaching box. (07-08)
- 3.9.3 A coaching box occupant may coach, encourage, and offer speed scores so long as the occupant is not interfering with the judges or other athletes. (07-08)
- 3.9.4 A coaching box occupant must adhere to the rules regarding 2.5.2 Props, 2.5.3 Uniform, 4.2 Freestyle Space Violation and 4.5 Speed Space Violation. (07-08)
- 3.9.5 If a coaching box occupant violates any of the aforementioned rules, the judges will consider them committed by the athlete/team and the athlete/team will be penalized as per section 4 -Deductions. (07-08)



4. Deductions

4.1 Freestyle Time Violation

- 4.1.1 Deduction of 0.5 points off the final score for each infraction.
- 4.1.2 Freestyles lasting less than 45 seconds or more than 75 seconds will be charged with a time violation.
- 4.1.3 Skills performed after TIME is called at 75 seconds will not be judged.

4.2 Freestyle Space Violation

- 4.2.1 Deduction of 0.5 points off the final score for each infraction.
- 4.2.2 Occurs when any part of the athlete or the athlete's rope touches or passes the trial boundary during any event trial. (08-09)
- 4.2.3 All judges continue to judge the event when a space violation occurs. (08-09)

4.3 Freestyle Misses

- 4.3.1. Freestyle - Miss
 - 4.3.1.1 Deduction of 0.5 points off the final difficulty score for each miss.
 - 4.3.1.2 Occurs when a rope is stopped due to being hung up on a body part, another rope, or is dropped.
 - 4.3.1.3 One miss will be charged to a team when a skill is missed, regardless of how many athletes miss the skill. (07-08)

4.4 Freestyle - Double Dutch Jumper/Tuner Requirement Violation

- 4.4.1 Deduction of 1 point off the total score for each infraction.
- 4.4.2 Occurs when an athlete on a double dutch team successfully executes less than two skills in the ropes.
- 4.4.3 Occurs when an athlete does not turn both ropes during the routine. (08-09)
- 4.4.4 This violation is counted by all difficulty judges.



4.5 Speed/Power Space Violation

- 4.5.1 Deduction of 5 points for each infraction.
- 4.5.2 Occurs when any part of the athlete or the athlete's rope touches or passes the trial boundary during any event trial. (08-09)
- 4.5.3 Occurs when any athlete or body part, or rope or part of a rope leaves the trial boundary during any event trial. (08-09)
- 4.5.4 Occurs when any team member who has already skipped, or a team member who is waiting to skip, leave the trial boundary in part or in whole during the trial. (08-09)
- 4.5.5 Any jumps done outside of the trial boundary are still counted.

4.6 Speed/Power False Start Violation

- 4.6.1 Deduction of 5 points off total score.
- 4.6.2 Occurs when an athlete moves or starts turning the rope before the start of the trial.
- 4.6.3 Jumps executed before the trial starts will not be counted.
- 4.6.4 The trial will continue regardless of a false start.

4.7 Speed/Power False Switch Violation

- 4.7.1 Deduction of 5 points off total score for each infraction.
 - 4.7.1.1 In the double dutch speed relay, jumping out of the specified order will result in a deduction of 100 from the event score.
- 4.7.2 Single rope speed/power events
 - 4.7.2.1 Occurs when an athlete moves or starts turning the rope before "switch" is called.
- 4.7.3 Double Dutch speed/power events
 - 4.7.3.1 Occurs when an athlete enters the ropes before "switch" is called.
- 4.7.4 Jumps executed before "switch" is called will not be counted.
- 4.7.5 The trial will continue regardless of a false switch.

4.8 Disqualifications

- 4.8.1 Disqualification will occur when:
 - 4.8.1.1. The mixed representation requirement of a mixed team is not met as per 5.2.1.
 - 4.8.1.2. An athlete is found to be in violation of the CRSF drug policy.
 - 4.8.1.3 An athlete is found to be competing in the wrong age category or division.



- 4.8.1.4 Other offenses considered by the technical committee to be disqualifiable offenses are committed.

5. Team Competition

5.1 Team Composition

- 5.1.1 A team may consist of four or five athletes.
- 5.1.2 Teams will compete in the oldest member's age category.
- 5.1.3 An athlete may move up no more than two age categories above his/her own.
- 5.1.4 A team must maintain the same composition throughout the octathlon.
- 5.1.5 Team athletes may be drawn from one or more clubs.
- 5.1.6 For speed events, the same athlete can not compete more than once per trial (08-09)

5.2 Mixed Team Representation Requirement

- 5.2.1 For mixed teams, at least two single rope events and two double dutch events require members from both genders to compete. (08-09)
- 5.2.2 Each team member must compete in at least one event.

5.3 Octathlon Events

- 5.3.1 Single rope speed relay
- 5.3.1.1 Four-athlete event.
- 5.3.1.2 Each athlete jumps for 30 seconds.
- 5.3.1.3 Athlete 1 jumps for the first 30 seconds, followed by athlete 2 who jumps for 30 seconds, followed by athlete 3 who jumps for 30 seconds, followed by athlete 4 who jumps for 30 seconds. Trial length - two minutes.
- 5.3.1.4 Switch callouts at 30 seconds, one minute, and one minute and 30 seconds.
- 5.3.1.5 Trial ends at two minutes when "stop" is called out.
- 5.3.2 Single rope power relay
- 5.3.2.1 Double unders required. Double unders do not need to be consecutive. Open jumps and alternating steps are not counted.
- 5.3.2.2 Four athlete event.
- 5.3.2.3 Each athlete jumps for 30 seconds.
- 5.3.2.4 Athlete 1 jumps for the first 30 seconds, followed by athlete 2 who jumps for 30 seconds, followed by athlete 3 who jumps for 30 seconds, followed by athlete 4 who jumps for 30 seconds. Trial length - two minutes.
- 5.3.2.5 Switch callouts at 30 seconds, one minute, and one minute and 30 seconds.
- 5.3.2.6 Trial ends at two minutes when "stop" is called out.
- 5.3.3 Single rope pairs freestyle
- 5.3.3.1 Two-athlete event.
- 5.3.3.2 Both athletes compete at the same time executing the same freestyle.
- 5.3.3.3 Skills are completed in unison or the pair must co-operate together in some



other way.

5.3.4 Single rope team freestyle

5.3.4.1 Four-athlete event.

5.3.4.2 All athletes compete at the same time executing the same freestyle.

5.3.4.3 Skills are completed in unison or the group must co-operate together in some other way.

5.3.5 Double Dutch Speed Relay (08-09)

5.3.5.1 Four-athlete event

5.3.5.2 Each athlete jumps for 45 seconds

5.3.5.3 All athletes are required to turn and to jump

5.3.5.4 Each replacement jumper can only enter the ropes when both turners have complete and independent control of the ropes

5.3.5.5 athlete 1 jumps for the first 45 seconds, athlete 2 jumps for the next 45 seconds, athlete 3 jumps for the next 45 seconds, athlete 4 jumps for the last 45 seconds. Trial length – three minutes

5.3.4.5.1 Formula:

4 and 3 turn for 1, who is facing 3

4 and 1 turn for 2, who is facing 4

2 and 1 turn for 3, who is facing 1

2 and 3 turn for 4, who is facing 2

5.3.5.6 Switch callouts at 45 seconds, one minute and 30 seconds, and two minutes and 15 seconds

5.3.5.7 Trial ends at three minutes when “stop” is called out.

5.3.6 Double dutch pairs speed

5.3.6.1 Four-athlete event. Two jumpers and two turners.

5.3.6.2 Each athlete jumps for one minute.

5.3.6.3 athlete 1 jumps for the first minute, then leaves the ropes. athlete 2 jumps for second minute. Trial length – two minutes.

5.3.6.4 athlete 1 must be out of the ropes before athlete 2 enters. Successful jumps made while both athlete 1 and 2 are in the ropes will not be counted.

5.3.6.5 Switch callout at one minute.

5.3.6.6 Trial ends at two minutes when “stop” is called out.

5.3.7 Double dutch pairs freestyle

5.3.7.1 Four-athlete event.

5.3.7.2 All athletes are required to jump and turn both ropes. (08-09)

5.3.8 Double dutch single freestyle

5.3.8.1 Three-athlete event.

5.3.8.2 All athletes are required to jump and turn.



6. Masters Competition

6.1 Tetathlon Events

6.1.1 Speed – 30 seconds

6.1.1.1 Athlete jumps for 30 seconds.

6.1.1.2 Trial ends at 30 seconds when “stop” is called out.

6.1.2 Speed – Three minute endurance

6.1.2.1 Athlete jumps for three minutes

6.1.2.2 Trial ends at three minutes when “stop” is called out.

6.1.3 Consecutive Timed Power

6.1.3.1 Novice, junior and senior-plus age category athletes will perform consecutive double unders. (07-08)

6.1.3.2 Intermediate and senior age category athletes will perform consecutive triple unders. (07-08)

6.1.3.3 Each athlete may take up to two trials for this event. He/she would be credited with the highest score of the two.

6.1.3.4 If an athlete chooses to use the second attempt, a minimum of ten minutes must separate the trials.

6.1.3.5 A consecutive double under trial ends after the first miss of the trial, even if the miss occurs during a preparatory jump, or at three minutes when “stop” is called out. (07-08)

6.1.3.6 A consecutive triple under trial ends after the first miss of the trial, even if the miss occurs during a preparatory jump, or at two minutes when “stop” is called out. (07-08)

6.1.4 Single rope freestyle



7. Group Routine Competition

7.1 Goal

- 7.1.1 To complete a group routine with a combination of skipping skills and movement within a prescribed time limit which is choreographed to music

7.2 Age Categories

- 7.2.1 Novice
- 7.2.2 Junior / Novice
- 7.2.3 Open (all age categories)

7.3 Group Composition

- 7.3.1 Male, female and mixed groups will compete in the same division.
- 7.3.2 Minimum of eight athletes; maximum of 18 athletes compete in the routine
- 7.3.3 Substitution
 - 7.3.3.1 Up to two registered substitutes may be used.

7.4 Ropes

- 7.4.1 Single ropes of any construction may be used.

7.5 Time Limit

- 7.5.1 Minimum length of two minutes; Maximum length of four minutes.
- 7.5.2 The time will start running when the a) the athlete(s) or any body part starts moving, b) or rope(s) start moving, or b) athletes' music begins.
- 7.5.3 At two minutes a "two minute" sign is held up.
- 7.5.4 The paddle is held up until the end of the routine or until "time" is called.
- 7.5.5 Routines ending before two-minutes or after four-minutes receive a 0.5 deduction.



7.6 Music

7.6.1 Music is required.

7.6.2 Music may be stored on CD or tape.

7.6.3 The song must be the only track on the CD, or at the beginning of a cassette tape.

7.6.4 The group's coach or a designated person must be with the music controller to supervise the starting of the routine and music. This designated person must remain with the music controller throughout the routine. (07-08)

7.6.5 The group's coach or a designated person must be granted access to the music player prior to the start of the group routine competition to do a music test. (07-08)

7.7 Reskips

7.7.1 A group may reskip if the music skips at any time within the routine.

7.7.2 A group will reskip if one or more ropes break during the routine.

