



SINGAPORE NATIONAL JUMP ROPE CHAMPIONSHIP 2021 (Online Edition)



Registration Form

Please fill out form and scan the QR code to access the google link to submit the registration form and videos.

Entry starts 15th November 2021 and ends 29th November 2021 (2359)

Participant can take part in any of the events listed.

Full name of Participant: _____

Age as of 30th June 2021: _____

Age Division: Junior / Senior / Open

Gender: Male / Female

Events:

- Single Rope Speed 30 seconds
- Single Rope Double Under 30 seconds
- Single Rope Speed 90 seconds
- Single Rope Consecutive Double Under
- Single Rope Freestyle 60 seconds

Please tick **ONLY** the event that you are participating

Please rename your video files with your full name and event name before submission:

E.g. limyixuan_speed_30sec

Participants can take part in all events but are not allowed to have repetition of events.

Name of School/ Club: _____

Declaration

I hereby declare that all information provided above are true and accurate.

Name / Signature of Athlete

Date

Parental or Guardian consent for athlete below 13 years old

Name / Signature of Parent /Guardian

Date

All registration forms must be signed with payment proof to be submitted to Jump Rope Federation Singapore (JRFS) (via QR code above) before 29th November 2021, 2359HRS.

Note: If you are vaccinated but it's less than 2 weeks, please do not do any strenuous exercise including jump rope. For further enquiries, contact us at admin@jrfs.org.sg.