Jump Rope Federation Singapore

enquiry@jrfs.org.sg
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T13SS0090E

SINGAPORE NATIONAL & OPEN JUMP ROPE CHAMPIONSHIP 2022

Register Here

The Singapore National & OPEN Jump Rope Championship will be held ONLINE on 12 November 2022, 9am to 7pm.

Location:

Anywhere.

How it works:

Online Championship with LIVE JUDGING. Athletes will live stream their events they signed for to our panel of judges. Judging will be conducted in real time. Results will be released at the end of the Championship.

Awards:

Medals and eCertificates will be awarded to top 4 positions achievers in each event and category. For Singaporeans and Permanent Residents, medals can be mailed or collected at designated collection points. For foreigners, medals will be mailed to you.

Entry Fee: SINGAPOREAN S$20.00, FOREIGNER S$30.00

All participants are required to pay one time entry fee (regardless of the number of events they are taking part in) to confirm their participation. All payments are to be done via bank transfer to Jump Rope Federation (Singapore) DBS Current Account 018-904-927-3 or PAYNOW to T13SS0090E. Please indicate participant name. An electronic receipt will be issued upon successful payment. Dateline for payment: 5th November 2022 (23:59)

COUNTRY AND COMPETITION ENTRY RESTRICTIONS:

This Championship is open to all Singaporeans, Permanent Residents and all foreigners. There are no “qualifying tournaments” to attend or any other type of qualification process. All foreign participants (individuals or clubs) not residing in Singapore must seek approval from their country’s National Jump Rope/ Rope Skipping Governing Body recognized by International Jump Rope Union (IJRU). Failure to do so will result in no participation.
The Championship also served as the selection of the Singapore National Jump Rope Team to represent our country in future International Jump Rope events. All Singaporean and Permanent Residents will represent Singapore in the Singapore National & Open Jump Rope Championship. All foreign participants will represent their country of origin stated on their passport.

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EVENT ENTRY RESTRICTIONS:

- Athletes may only enter in appropriate age and gender divisions.
- Exception: A younger athlete chooses to compete in the older age division event.
- Athletes may compete only once in any given event.
- An athlete may not compete in a event in multiple age divisions . However, an athlete who is 14 years old or younger may compete in one event in one division, and a different event in a different division. For example, a 13 year-old athlete may compete his single rope speed 1x30 event in the U14 division, then compete his 4x30 Single Rope Speed Relay event in the 18 and above division with his teammates. The same rules apply for all divisions.

TEAM AFFILIATION:

As an athlete compete, he/she will be representing the school, club or team that he/she are affiliated with. However, to facilitate as many competitive opportunities as possible, competitors may be affiliated with as many clubs or teams as they wish. This means pairs and teams can consist of athletes from different clubs or organizations and schools. There are no restrictions placed on who may or may not jump with whom, provided athletes are entered into appropriate age and gender categories, and are only entered once in any given event.

Note:

- Please be aware that all participants who wish to participate in the events would have to undergo training prior and be in good physical condition to compete in the events that they participate in. Participants are advised to undergo medical check - up where necessary and to refrain from the participation in the event is in doubt of their physical condition.
- All participants are fully aware of the possible risks involved and accept the same, notwithstanding the fact that they are intended only for those without medical problems and who are fit enough to indulge in physical activities. Even though JRFS will endeavour to provide adequate medical facility and aid for the event, JRFS and its organisers, sponsors and officials expressly deny their liability and will not be responsible for any mishap before, during or after the event resulting in injury or death.
- All participants will need to provide age verification documentation (eg. Passport) to the organisers.
- AUTHORISATION TO USE IMAGES: Jump Rope Federation (Singapore) hereby granted the right to photograph and/or video record and/or the listed minors and allowed to use their name, voice and appearance in connection with social media and promotional materials. All participants should acknowledge and agree that the rights granted to this release are without compensation of any kind.

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COMPETITION STRUCTURE

Please refer to the following table for complete events and divisions.

EVENT	EVENT CODE	AGE DIVISION	GENDER DIVISION
SINGLE ROPE SPEED SRSS	1x30	U11	MALE
		U11	FEMALE
		U14	MALE
		U14	FEMALE
		U17	MALE
		U17	FEMALE
		18 and Above	MALE
		18 and Above	FEMALE
SINGLE ROPE DOUBLE UNDER SRDU	1x30	U11	MALE
		U11	FEMALE
		U14	MALE
		U14	FEMALE
		U17	MALE
		U17	FEMALE
		18 and Above	MALE
		18 and Above	FEMALE
DOUBLE DUTCH DDSS	1x60	U11	OPEN
		U14	OPEN
		U17	OPEN
		18 And Above	OPEN

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EVENT	EVENT CODE	AGE DIVISION	GENDER DIVISION
FREESTYLE	INDIVIDUAL SRFS	U11	MALE
		U11	FEMALE
		U14	MALE
		U14	FEMALE
		U17	MALE
		U17	FEMALE
		18 and Above	MALE
		18 and Above	FEMALE
	TEAM SRFT	U11	OPEN
		U14	OPEN
		U17	OPEN
		18 and Above	OPEN
LONG ROPE (Figure of 8)	JUMP ROPE BATTLE	OPEN	OPEN

COMPETITION CATEGORY:

Competition Categories are as following:

Singapore National Championship – This is only for Singaporean or Singapore PR athletes.

- All athletes may enter any events that they wish, so long as they are only entered once in any given event.
- Awards will be given for each event in each age and gender division.
- Results are based on only Singaporean and PR participants in the events.

Singapore Open Championship – This is open for all athletes.

- All athletes participating in the Singapore National Championship events will automatically be enrolled in the same events in the Singapore Open Championship.
- All athletes may enter any events that they wish, so long as they are only entered once in any given event.
- Awards will be given for each event in each age and gender division.
- Results are based on all participants in the events.

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RULES FOR COMPETITIVE DIVISIONS

Age Divisions:

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- For events in each age divisions, the age of the team is determined by the age of the oldest athlete.
- For OPEN age division, the age of athletes is not limited.
- A valid form of identification listing the athlete's birth date will need to be provided at check-in for age verification.
- The competition committee reserves the right to make adjustments to the age divisions if there are less than 3 entries in any given age division. Coaches will be notified of any changes that need to be made in age divisions 1 weeks prior to the tournament start date.
- The age divisions are as follow:
  U11 - 11 years old and younger.
  U14 - 12 years old to 14 years old.
  U17 – 15 years old to 17 years old.
  18 and Above – 18 years old and older.

Gender Divisions:

- Female: All athletes must be female
- Male: All athletes must be male
- For OPEN Gender division, the gender of athletes is not limited.
- For all single rope individual and team (including double dutch) events, in all age divisions, there will be female and male gender divisions
- For long rope event, it will be "Open" division.
- The competition committee reserves the right to make adjustments to the gender divisions if there are less than 3 entries in any given gender division. Coaches will be notified of any changes that need to be made in gender divisions 1 week prior to the tournament start date.

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GENERAL RULES FOR COMPETITION EVENTS

Credential Verification:

• Athletes will need to show their JRFS issued credentials to the head judge or floor manager prior to competing in any event.

Equipment:

• Athletes may use any length or type of rope, as long as the rope (or ropes) is powered only by the competitor(s).
• The core of freestyle rope used in single rope events must be white colour only.
• Attaching the rope(s) or rope handle(s) to the body in any way is not allowed, as it could be a way for competitors to gain an unfair advantage in competition.
• Props are not allowed in speed or freestyle events. Equipment such as mats, trampolines, or anything else that gives the athlete(s) an advantage in the performance of an event may not be used. Costume-type props are allowed in the Group Show and DDC events.

Uniforms:

• For speed and freestyle events, athletes may wear any type of athletic clothing normally worn in sport competition or exercise activity. It is highly recommended that team members competing together in team events have uniforms that coordinate with each other in order to appear prepared and professional.
• In all events, athletic shoes must be worn (no sandals, flip-flops, high heels, bare feet, etc.).
• Hair accessories, jewelry and eye glasses should be secured. Athletes will not be given a re-jump because of interference from their hair accessories. If a hair accessory or jewelry falls out and lands in another competitive station, the athlete or team will be given a space violation.
• Untied shoes are the responsibility of the athlete(s). If a shoe comes untied during competition, the athlete may choose to continue with their event without tying the shoe. Judges or officials will not stop an event due to an untied shoe.

General Rules and Restrictions:

• Gum Chewing is not allowed during competition, for safety as well as for cleanliness.
• Sick, injured, or late/missing athletes will not be awarded a re-jump or be given a heat change to accommodate them. Coaches can substitute athletes if necessary, and should notify the Tournament Director right away if this occurs.
• Athletes or coaches are not allowed to alter their competition space in any way (such as moving boundaries, applying tape to the floor, etc.).

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Rules for Speed and Power Events:

• Speed and power station dimensions are 6 meters by 6 meters.

• For all speed events, athletes must use the traditional "jogging step" motion for speed events. One rope must pass under the foot for each jump, alternating between right and left foot jumps. There should be one revolution of the rope for each alternating foot jump.

• For the single rope double under speed event, athletes must use a two-foot bounce, where both feet touch the ground simultaneously after two rotations of the rope around the body. A jogging-step motion (where athletes alternate between their right and left feet) will not be allowed.

• Any starting positions may be used, as long as the rope(s) remain still until the "tone" to start sounds.

• Two or three speed judges will be assigned to each speed station. The two closest scores are added together and the furthest score is discarded. If scores are equidistant from each other, then the two higher scores are added together and the lowest score is discarded.
Judges will count the right foot jumps of the competitors. When a miss occurs, judges will "skip" the next right foot jump to rectify the jump count on the clickers.

• A support box is present inside each station for one individual to assist the competitor. That individual must be respectful of all competitors, judges and JRFS tournament staff and remain in the support box during the event heat. No Photography is allowed from the support box.

• An official JRFS timing track will be used. Times will be called during speed events as follows:

- All timing calls will begin with, "Judges ready, Athletes ready, Set, Beep". The end of the event time period is indicated with a Beep.
- For the single rope and Double Dutch speed events, calls will be made on the official timing track every 10 seconds.
- For the double dutch speed 1x60 event, calls will be made on the official timing track every 10 seconds. Only one athlete may be inside the rope at one time.

• There will be a 5 point deduction taken for false starts (starting the rotation of the rope(s) before the "beep" is made), and for false switches (athletes switching at inappropriate times, more than one athlete inside the double dutch ropes, athletes beginning before the call to "switch" is made, etc.).

• There will be a 5 point deduction taken for space violations. If an athlete (or their equipment) leaves the designated event area, judges will direct the athlete(s) to re-enter the proper area and continue the speed event. Judges should not count speed jumps while a space violation is being committed. Judges may begin counting again once the athlete or team, and/or equipment, is back within the designated boundaries.

• Athletes have a right to expect accurate speed counting. At least two of the three speed judges at the station should be within 5 clicks of each other. If this is not the case, the head judge will notify the tournament director, and the athlete(s) will have the opportunity to re-jump the event if they wish. The Tournament Director will notify the coach or other representative for the team right away that the athlete(s) are eligible for a re-jump due to inaccurate counting. The coach may accept or deny this opportunity. If a team chooses to re-jump, the athlete will be given the score of the re-jump. (A re-jump score is determined by averaging the three closest scores out of five judges.)

• If a speed judge is having trouble with accuracy, a fourth judge may be added to the panel.

• No judging or competitive modifications can be given to athletes or teams based on reputation or for any other reason.

• Tie breaker rules

- Ties will remain in place for age division speed events.

General Rules for Freestyle Events:

• Freestyle station dimensions are 12 meters by 12 meters
• Timing of freestyle routines:
  - All single rope freestyle routines will be 45-60 seconds long
  - An official timing track will be used. Times will be called during speed events as follows:
    - All timing calls will begin with, "Judges ready, Athletes ready, Set, Beep"
    - Calls for all freestyle events will be made at 15, 30, 45 seconds and a "beep" will occur 60 seconds.

• Illegal Tricks and restrictions:
  - In order to promote innovation and minimize restrictions, all tricks will be allowed for the Jump Rope Federation Singapore Championship. However, we strongly encourage everyone to please keep safety a top priority while planning, developing and practicing your tricks and routines.
• Use of Music:
  - No music will be used for Single Rope Freestyle events, unless the Tournament Director decides otherwise. A random background music will be playing during each freestyle event.

Team Freestyle Events:
  - For single rope team freestyle routines, four athletes perform a synchronized, choreographed routine.

Evaluation and judging of freestyle routines:

• All freestyle events will be evaluated on Required Elements, Difficulty, Density, Quality of Presentation, Accuracy (misses) and Entertainment Value.
• Routines will be judged on a ten-point decimal scale. A perfect score is 10. Details for awarding points will be described in the judging handbook.
• There will be seven judges and one floor manager for every freestyle station. There will be one Head Judge, two Content Judges, and two Presentation Judges.
• Judges should be 15 years or older.
• Points will be awarded and deducted as follows:
  - Two Content Judges will award points in the following areas:
    - Points will be given for each skill the athlete performs as defined by the International Jump Rope "Levels of Difficulty" charts. = 6 points
  - Two Presentation Judges will award points in the following areas:
    - Technical Presentation: elements that affect the aesthetic qualities of a routine, such as
    - amplitude, body alignment and extension, countenance, flow of routine, etc... = 2 points
    - Entertainment Value: efforts taken to make the routine exciting to watch, such as interesting and entertaining choreography, variety

of styles and skills, unique or original skills, general innovation, etc... = 2 points

- One Head Judge will evaluate the performance of required elements, accuracy (misses), and adherence 14 to space and time constraints.
  - Deductions will be taken as follows:
  - Time Violations: If an athlete or team begins the routine before the call to "go", or reaches their ending pose or position after the call of "time", then a 0.2 deduction will be given for each infraction.
  - Space Violations: If an athlete or team (or any equipment belonging to an athlete or team) leaves their designated competition area, a 0.2 deduction will be given for each infraction. If this occurs, the floor manager should direct the athlete(s) to re-enter the proper area and continue the event. Judges should not be judging the routine while a space violation is being committed. Judges may begin judging again once the athlete or team, and/or equipment, is back within the designated boundaries.

Accuracy Deductions:

• Minor Misses:

- A minor miss is defined as an obvious mistake involving the rope(s) that causes the rope (and the routine) to stop unintentionally.
- If an athlete or team "pulls out" of a miss and the rope/routine does not stop, that is considered a "bobble" and does not receive an accuracy deduction.
- 0.2 points will be deducted from the average Technical Presentation score for every minor miss.

• Major Misses:

- Major Misses are defined as an obvious mistake involving the rope(s) that causes the routine to be delayed for two seconds or longer.
- 0.4 points will be deducted from the average Technical Presentation score for
  - every major miss.
  - • Accuracy deductions are taken only from the average "Technical Presentation" score. A
  - maximum 2.0 points can be taken for accuracy deductions, or until the average Technical
  - Quality score is reduced to "0"

• Evaluation of Required Elements
  - Description of the Single Rope Freestyle Required Elements (for single rope freestyle, single rope pairs freestyle, single rope pairs wheel freestyle, and single rope team freestyle):

- Rope Manipulations:
  - Skills that cause the rope to perform motions other than the standard loop around
  - the body (e.g. crosses, releases, swings, wraps)
- Multiples:
  - Skills that involve the rope making more than one revolution per jump
  -

- Inversion and Displacement:
  - Skills requiring a change in the center of gravity, displaying strength, balance,
  - flexibility, and/or agility (including gymnastic, acrobatic, and martial-arts type
  - tricks)

- Spatial Dynamics:
  - Movement around the performance area. To receive full credit, athletes must
  - use all four quadrants of the competition area outside of a three-foot center circumference. If the athlete uses 2-3 quadrants, partial credit will be given. The quadrants should be seen as a + formation on the floor.
  - • Description of the Double Dutch Freestyle Required Elements (for double dutch single freestyle, double dutch pairs freestyle, and double dutch triad freestyle):
- Rope Manipulation:
  - Skills related to turning the ropes (e.g. turner involvement)
- Multiples:
  - Skills that involve a rope or ropes passing under a athlete's feet more than one time per jump, or more than one rope passing under an athlete's feet during a jump.
- Inversion and Displacement:
  - Skills requiring a change in the center of gravity, displaying strength, balance,flexibility, and/or agility (including gymnastic, acrobatic, and martial-arts type tricks)
- Spatial Dynamics:
  - Any movement that results in a jumper becoming a turner and a turner becoming a jumper
  - • Evaluation of Required Elements:
- To be considered "completed", required elements must be performed at "Level 3 (intermediate)" or higher, as defined by the World Jump Rope Levels of Difficulty.
- 0.4 points will be deducted from the average Difficulty score for every required element omitted or not performed due to misses.
- 0.2 points will be deducted from the average Difficulty score for every required element performed at a difficulty level below "Level Three (intermediate)" (e.g., at Level One - Basic) or Level Two - Elementary)
- A maximum 1.6 points can be taken from the average Difficulty score for Required Elements deductions, or until the average Difficulty score is reduced to "0".

• IJRU "Levels of Difficulty" Charts, which will be used by Head Judges and Content Judges, are located in the appendix of the 2018 WJRF Judging Handbook.
• Freestyle scores will be calculated as follows:
  - (Average Difficulty score – Required Element deductions) + Average Density score = Content Score

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- (Average Technical Quality score – accuracy deductions) + Average Entertainment Value score = Presentation Score (Content Score + Presentation Score) – Time and Space Violations = Final Freestyle Score

• Tiebreaker Rules:

- First tiebreaker is the average accuracy deduction
- Second tiebreaker is the Content Score
- Third tiebreaker is the Presentation Score
- After the third tiebreaker, the tie will remain and both athletes or teams will be awarded the same place.
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Battle Jump Rope Contest

Rules for the Event:

- Each station dimensions are approx. 12 meters by 6 meters.
- Duration of each round is 2 minutes.
- 1 round will be played by each team.
- Each team must have 2 turners and 8 athletes in each round.
- Each team can have min 8 and max 10 athletes.
- No substitution of athletes can be done during event.
- The team is required to move in and out of the rotating rope in a figure of 8.

(Do refer to our demonstration video for clarification).

- One rope must pass under the feet of each athlete to score 1 point.
- Only 1 point will be award regardless of how many jumps the athlete does in his or her turn.

• Any starting positions may be used, as long as the rope(s) remain still until the “tone” to start sounds.

• Three speed judges will be assigned to each speed station. The two closest scores are added together and the furthest score is discarded. If scores are equidistant from each other, then the two higher scores are added together and the lowest score is discarded.

- Judges will count the jumps of the competitors. When a miss occurs, judges will “skip” the next jump to rectify the jump count on the clickers.

• A support box is present inside each station for one individual to assist the competitor. That individual must be respectful of all competitors, judges and JRFS tournament staff and remain in the support box during the event heat. No Photography is allowed from the support box.

• An official JRFS timing track will be used. Times will be called during speed events as follows:

All timing calls will begin with, “Judges ready, Athletes ready, Set, Beep”. The end of the event time period is indicated with a Beep.

• There will be a 5 point deduction taken for false starts (starting the rotation of the rope(s) before the “beep” is made).

• There will be a 5 point deduction taken for space violations. If an athlete (or their equipment) leaves the designated event area, judges will direct the athlete(s) to re-enter the proper area and continue the speed event. Judges should not count jumps while a space violation is being committed. Judges may begin counting again once the athlete or team, and/or equipment, is back within the designated boundaries.

• Athletes have a right to expect accurate speed counting. At least two of the three speed judges at the station should be within 5 clicks of each other. If this is not the case, the head judge will notify the tournament director, and the athlete(s) will have the opportunity to re-jump the event if they wish. The Tournament Director will notify the coach or other representative for the team right away that the athlete(s) are eligible for a re-jump due to inaccurate counting. The coach may accept or deny this opportunity. If a team chooses to re-jump, the athlete will be given the score of the re-jump. (A re-jump score is determined by averaging the three closest scores out of five judges.)

• If a speed judge is having trouble with accuracy, a fourth judge may be added to the panel.

• No judging or competitive modifications can be given to athletes or teams based on reputation or for any other reason.

• Tie breaker rules - Ties will remain in place for age division events.

TERMS & CONDITIONS

Participants of the School Category can only represent their respective schools.

Participants not representing any school or club and below the age of 12 has to be accompanied by a parent.

The organizers reserve the right to cancel, terminate, modify or suspend the competition at anytime throughout the planned duration without prior notice.

The organizers may at its sole and absolute discretion amend the rules competition, terms and conditions set herein without prior notice.

The organizers reserve the right to disqualify any participant deemed to be behaving in an inappropriate manner during the competition. Any disorderly conduct on the premises will result in disqualification.

Whilst the organizers will take reasonable care in the proper and safe conduct of the competition, each participant shall be personally responsible for the safety and well being of his/her property during his/her participation in the competition. The organizers will not be held responsible for any injuries sustained during the course of the competition.

Cancellations & Refund policy

No refunds will be made for any cancellations.
All participants, parents, teachers, coaches of the competition are required to adhere to the stipulated set of rules and regulations by the organizers.

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Registration details

Fill up the registration form via the QR code or www.tinyurl.com/Snojrc2022.

Registration closed 4th November 2022.

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LAST UPDATED Oct 2022