



Jump Rope Federation Singapore

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# SINGAPORE NATIONAL & OPEN JUMP ROPE CHAMPIONSHIP 2024



## **Introduction:**

The **Singapore National and Open Jump Rope Championship 2024** is a competitive event bringing together athletes from various categories, including individual and team events. The championship will feature both national and open categories, welcoming participants from Singapore and around the world.

## **Date:**

23 November 2024

## **Time:**

9am - 9pm

## **Location:**

Kallang Wave Mall Atrium

## **About Kallang Wave Mall:**

Kallang Wave Mall (Chinese: 嘉龙威购物广场) is a shopping mall which is part of the Singapore Sports Hub located at Kallang, Singapore.



The 55,000-seat National Stadium is the centrepiece of the Singapore Sports Hub, a state-of-the-art, fully integrated sports, entertainment and lifestyle centre.  
SCREENSHOT: GOOGLE EARTH

**Participation Fee:** Singaporean Athlete - S\$30.00/ Person\*

Permanent Resident AND all Foreigner Athlete - S\$60.00/ Person\*

Team Coach and Manager - S\$30.00/ Person\*

*\*Fee includes: Event ID pass, gift pack, T-shirt and snacks.*

*\*Only person with ID pass will be permitted to enter holding and practice area.*

**Long Rope Battle Cup participation Fee:** \$20.00/ Team

## Registration Process

- **Online Registration:**

All participants must register via the official event website. Registration opens on **23rd September 2024** and closes on **October 31, 2024**.

- Participants must complete the registration form and pay the registration fee.
- Categories include age divisions.
- Late registrations will not be accepted unless under exceptional circumstances approved by the organising committee.

- **Verification of Eligibility:**

Upon registration, participants must submit:

- Proof of nationality or residence (for the national category).
- Medical clearance forms if required.
- Confirmation of team details for team categories.

- **Issuance of Event Passes:**

Registered participants will receive an e-pass via email, which must be shown during check-in on the event day.

## Awards:

Medals and Certificates will be awarded to top 3 positions achievers in each event and category.



### **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 recognised 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.

### **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 an 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 organisations 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.

### **COMPETITION STRUCTURE**

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

EVENT	EVENT CODE	AGE DIVISION	GENDER DIVISION
SINGLE ROPE SPEED SPRINT- INDIVIDUAL 1x30 seconds	SRSS	U10	MALE
		U10	FEMALE
		U12	MALE
		U12	FEMALE
		U16	MALE
		U16	FEMALE
		17 and Above	MALE
		17 and Above	FEMALE
SINGLE ROPE DOUBLE UNDER - IN-DIVIDUAL 1x30 Seconds	SRDU	U10	MALE
		U10	FEMALE
		U12	MALE
		U12	FEMALE
		U16	MALE
		U16	FEMALE
		17 and Above	MALE
		17 and Above	FEMALE
DOUBLE DUTCH SPEED SPRINT - TEAM 1x60 seconds	DDSS	U12	OPEN
		U16	OPEN
		17 and Above	OPEN

EVENT	EVENT CODE	AGE DIVISION	GENDER DIVISION
LONG ROPE BATTLE (Figure of 8)	JUMP ROPE BATTLE	OPEN	OPEN





EVENT	EVENT CODE	AGE DIVISION	GENDER DIVISION
FREESTYLE - INDIVIDUAL 60 Seconds	SRFS	U10	MALE
		U10	FEMALE
		U12	MALE
		U12	FEMALE
		U16	MALE
		U16	FEMALE
		17 and Above	MALE
		17 and Above	FEMALE
FREESTYLE - PAIR 60 Seconds	SRPF	U12	OPEN
		U16	OPEN
		17 and Above	OPEN
FREESTYLE - TEAM 60 Seconds	SRTF	U12	OPEN
		U16	OPEN
		17 and Above	OPEN

### **COMPETITION EVENTS & CATEGORY:**

#### **Competition Event:**

Each team/school/ club/ academy can sign up **3** participants for each individual events in each age category.

Each team/school/ club/ academy can sign up **2** teams for each team events in each age 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.

**RULES FOR COMPETITIVE DIVISIONS**

**Age Divisions:**

- For events in each age divisions, the age of the team is determined by the age of the oldest athlete as of 31st December 2024.
- 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:
  - U10 - 10 years old and younger.
  - U12 - 11 years old to 12 years old.
  - U16 – 13 years old to 16 years old.
  - 17 and Above – 17 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.



## 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:

- For safety and security reasons, all team coaches and managers are required to register and have a valid ID pass.
- Gum Chewing is not allowed during competition, at holding area and at practise area 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.).

### Rules for Speed and Power Events:

- Speed and power station dimensions are 4 meters by 4 meters.
- For all speed events, athletes must use the traditional "Running 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 running-step motion (where athletes alternate between their right and left feet) will not be counted.
- Any starting positions may be used, as long as the rope(s) remain still until the “tone” to start sounds. 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.
- 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.
- Tie breaker rules - Ties will remain in place for age division speed events.

### **General Rules for Freestyle Events:**

- Freestyle station dimensions are 8 meters by 8 meters
- Timing of freestyle routines:
- All single rope freestyle routines will be **60** seconds maximum.
- 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 minimise 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 synchronised, 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.
- 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
- 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
- Judge will evaluate the performance of required elements, accuracy (misses), and adherence 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:

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 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 an 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".
- Freestyle scores will be calculated as follows:
  - (Average Difficulty score – Required Element deductions) + Average Density score = Content Score
  - (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.

### **Lion City Long Rope Battle Cup**

#### **Rules for the Event:**

- Each station dimensions are approx. 8 meters by 4 meters.
- Duration of each round is 2 minutes.
- 1 round will be played by each team to determine which top 8 teams that will then compete to qualify for Semi and Final. Last 2 teams will battle for 1st and 2nd position while the 2 teams in semi finals that did not qualify for final will battle for 3rd position.
- Each team can register up to 12 athletes.
- Each team must have at least 8 or maximum 10 athletes during each round.
- 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.
- 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.
- 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.
- 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).
- Tie breaker rules - Teams with same score will battle for extra 60 seconds to determine the winner



### **Terms & Conditions**

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

Participants not representing any school/ club/ academy and below the age of 13 has to be accompanied by a parent.

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

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

The organisers 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 organisers 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 him/her, his/her property during his/her participation in the competition. The organisers 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 organisers.

### **Registration details**

To register, please follow the below step by step guide.

**Registration closed 31 October 2024.**



# ADULT SIZE

## Size Chart

	24	26	28	30	32
<b>Shoulder</b>	11.5"	12"	12.5"	13"	13.5"
<b>Chest</b>	25"	27"	29"	31"	33"
<b>Sleeve</b>	4.5"	5"	5.5"	6"	6.5"
<b>Length</b>	15.5"	17"	18.5"	20"	21.5"

Please allow +/-5% difference due to manual measurement.

Due to the printing process and photographic lighting sources, colours may vary +/-5% to 10% from the actual product.

## Product Details

- Kid. Available size 24, 26, 28, 30, 32
- Microfibre eyelet fabric
- 100% Microfibre. 160gsm
- Quick dry, lightweight, eco-friendly dyed
- Crew neck with short sleeves
- Side seamed with COOLFIT label at bottom left
- Double needle sleeve and bottom hem

# KIDS SIZE

## Size Chart

	4XS	3XS	2XS	XS	S	M	L	XL	2XL	3XL	5XL	7XL
<b>Shoulder</b>	13"	13.5"	15"	16"	17"	18"	19"	20"	21"	22"	24"	26"
<b>Chest</b>	31"	33"	34"	36"	38"	40"	42"	44"	46"	48"	52"	56"
<b>Sleeve</b>	6"	6.5"	7"	7.5"	8"	8.5"	9"	9.5"	10"	10.5"	11.5"	12"
<b>Length</b>	19"	20.5"	24"	25"	26"	27"	28"	29"	30"	31"	33"	35"

Please allow +/-5% difference due to manual measurement.

Due to the printing process and photographic lighting sources, colours may vary +/-5% to 10% from the actual product.

QD 0485, QD 0486, QD 0487, QD 0488 have no size 3XS & 4XS.

## Product Details

- Unisex. Available size 4XS - 3XL, 5XL, 7XL
- Microfibre eyelet fabric
- 100% Microfibre. 160gsm
- Quick dry, lightweight, eco-friendly dyed
- Crew neck with short sleeves
- Side seamed
- Double needle sleeve and bottom hem



## Registration Guide to Singapore National and Open Jump Rope Championship 2024 (SNOJRC24)

Before you begin, please get ready your organisation/ team/ club and athletes passport size photos and details.

All leaders/ coaches/ supporters must sign up in order to enter the holding and practice area.

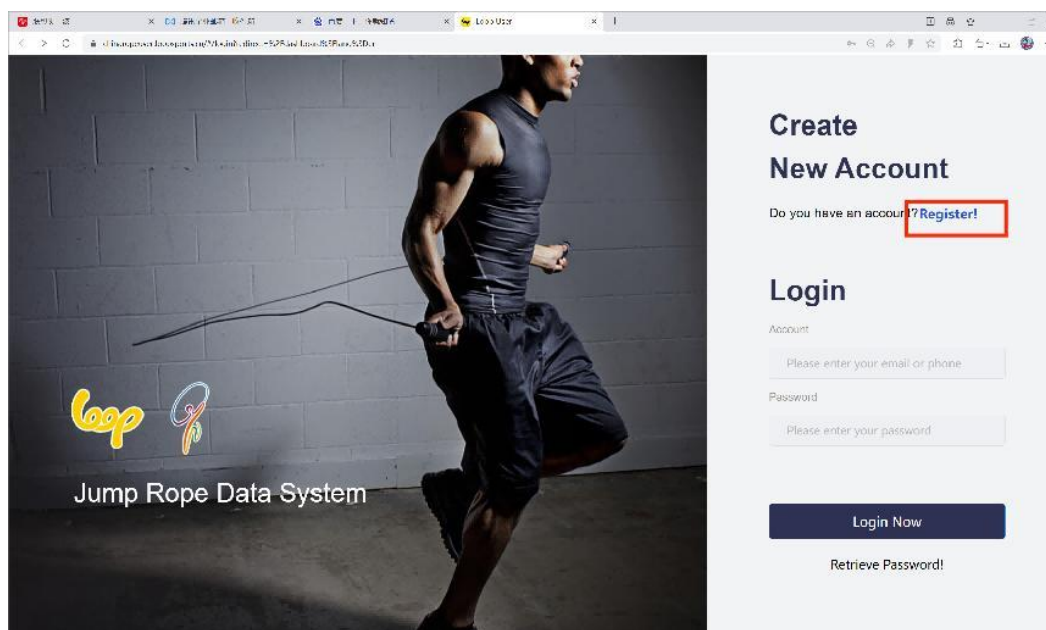
Individuals must fill up this registration form too.

Please email [snojrc24@jrfs.org.sg](mailto:snojrc24@jrfs.org.sg) for any issues. Do check any incoming emails for any correspondence from your junk folders.

All payments shall be made to JRFS within 24hrs after successfully register online  
Email payment proof to [snojrc24@jrfs.org.sg](mailto:snojrc24@jrfs.org.sg) with organisation/ team/ club/ individuals name and payment as subject matter (e.g. ABC Team-Payment)

To access the SNOJRC24 Link: <https://chinaropeuser.loopsports.cn/#/match/detail?id=30015>

### 1. Follow the instructions to create an account







Jump Rope Data System

English

Authentication Info

All Events

Account Information

Contact Person: Bill test, Mobile Number: Please enter phone number, Account Type: Organization

WeChat ID: Please enter WeChat ID, Email: lm@crsa.cc, Organization Type: Club

Area: Canada

Organization Name: Loop Rope Test

Invoice Title: Loop Rope Test

Address: Please enter the address

I pledge the authenticity and validity of the submitted materials.

Verification in progress, please be patient.

Note: As shown in the picture, click 'Submit for Review' and wait for your account to be approved. To better facilitate the financial process, please accurately fill in the information within the red box.

- After the review is approved, logging into your account will display the following interface, and the 'Participant Registration' function will be added on the left side. If you need to modify the registration information, you can click 'Edit Information and Re-verify'.

Jump Rope Data System

English

Authentication Info

Personnel Registration

Team Management

All Events

Registered Events

Account Information (Verified)

Contact Person: Bill test, Mobile Number: Please enter phone number, Account Type: Organization

WeChat ID: Please enter WeChat ID, Email: lm@crsa.cc, Organization Type: Club

Area: Canada

Organization Name: Loop Rope Test

Invoice Title: Loop Rope Test

Address: Please enter the address

I pledge the authenticity and validity of the submitted materials.

Modify Information, Re-verify

Team/School/Club Enter "Participant name for individual participation"



4. After clicking 'Participant Registration' on the left side, click 'Add'.

The screenshot shows the 'Jump Rope Data System' interface. On the left sidebar, 'Personnel Registration' is selected. The main area displays a form with a 'Name' field and an 'Add' button highlighted with a red box. Below the form is a table with columns: Name, Mobile Number, ID Number, Coach Qualification, Athlete Qualification, and Actions. The table currently shows 'No Data'.

5. Fill in the participant information as required and click 'Add'.

The screenshot shows the 'Personnel information' form in the 'Jump Rope Data System'. The form includes the following fields and instructions:

- Name:** Please enter the name (with a red note: 'Full name as in NRIC/ Birth Certificate')
- Gender:** F (dropdown)
- Mobile Number(Optional):** Please enter phone number (with a red note: 'Compulsory for team leader/ manager/teacher in charge')
- WeChat ID(Optional):** Ignore (with a red note: 'Ignore')
- ID Type:** Please select (with a red note: 'Select "Others"')
- ID Number:** Please enter ID number (with a red note: 'Last four digits only')
- Date of Birth:** Please select date
- T-shirt:** Please select (with a red note: 'Refer to handbook for size chart')
- Shoe Size:** Please select (with a red note: 'Ignore')
- Compulsory Personal Digital Photo:** Upload photo (with instructions: '1. Please use a 2-inch color ID photo. 2. Image format should be JPG or PNG, and the size should not exceed 2MB')
- Proof of identity (can be student pass, passport, id card, etc):** Upload valid ID (front and back) (with images of a student pass and a Chinese ID card)

Note: Please fill in accurate registration information and upload images.



Jump Rope Data System

English

Authentication Info

Personnel Registration

Team Management

All Events

Registered Events

WeChat ID(Optional) Please enter WeChat

ID Type Please select

ID Number Please enter ID number

Date of Birth Please select date

T-shirt Please select

Shoe Size Please select

Personal Digital Photo

Valid ID (front and back)

1. Please use a 2-inch color ID photo.  
2. Image format should be JPG or PNG, and the size should not exceed 2MB

Photo submission guidelines and examples: 1. Valid IDs such as ID card or household register. 2. Photos must be clear and the content of the ID must be recognizable. 3. Image format should be JPG or PNG, and the size should not exceed 2MB

Add Return

Jump Rope Data System

English

Authentication Info

Personnel Registration

Team Management

All Events

Registered Events

Name Please enter the name

Add

	Name	Mobile Number	ID Number	Coach Qualification	Athlete	Actions
1	Bill ten		E15277757	Yes	Yes	Modify Delete
2	Bill nine		E15277756	Yes	Yes	Modify Delete
3	Bill eight		E15277755	Yes	Yes	Modify Delete
4	Bill seven		E15277754	Yes	Yes	Modify Delete
5	Bill six		E15277753	Yes	Yes	Modify Delete
6	Bill five		E15277752	Yes	Yes	Modify Delete
7	Bill four		E15277751	Yes	Yes	Modify Delete
8	Bill three		E15277750	Yes	Yes	Modify Delete

6. After registering the athletes, click 'Add' under Team Management to create a team. Follow the instructions to complete the team creation, then click 'Next'.



Jump Rope Data System

English

Authentication Info

Personnel Registration

Team Management

All Events

Registered Events

Team Name

Add

Team name	Number of Team Members	Status	Actions
No Data			

1

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Jump Rope Data System

Language

Authentication Info

Personnel Registration

Team Management

All Events

Registered Events

Team Name

Area

Team Introduction

Team promotional picture(Optional)

Return Next Step

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**7. Add team members, select the participant type, and click 'Create' to complete the team creation.**

Jump Rope Data System

English

- Authentication Info
- Personnel Registration
- Team Management
- All Events
- Registered Events

### List of People Not in the Team

Please enter the name

	Personal Photo	Name	Gender	Athlete Qualification	Coach Qualification	Actions
1		Bill ten	F	Yes	Yes	<input type="button" value="Join team"/>
2		Bill nine	M	Yes	Yes	<input type="button" value="Join team"/>
3		Bill eight	F	Yes	Yes	<input type="button" value="Join team"/>
4		Bill seven	F	Yes	Yes	<input type="button" value="Join team"/>
5		Bill six	M	Yes	Yes	<input type="button" value="Join team"/>





Jump Rope Data System

	Personal Photo	Name	Identity	Gender	Actions
1		Bill ten	<input checked="" type="checkbox"/> Leader <input type="checkbox"/> Coach <input type="checkbox"/> Athlete <input type="checkbox"/> Accompar	F	<a href="#">Remove Member</a>
2		Bill nine	<input checked="" type="checkbox"/> Leader <input type="checkbox"/> Coach <input type="checkbox"/> Athlete <input type="checkbox"/> Accompar	M	<a href="#">Remove Member</a>
3		Bill eight	<input type="checkbox"/> Leader <input checked="" type="checkbox"/> Coach <input type="checkbox"/> Athlete <input type="checkbox"/> Accompar	F	<a href="#">Remove Member</a>
4		Bill seven	<input type="checkbox"/> Leader <input checked="" type="checkbox"/> Coach <input type="checkbox"/> Athlete <input type="checkbox"/> Accompar	F	<a href="#">Remove Member</a>
5		Bill six	<input type="checkbox"/> Leader <input checked="" type="checkbox"/> Coach <input type="checkbox"/> Athlete <input type="checkbox"/> Accompar	M	<a href="#">Remove Member</a>
6		Bill five	<input type="checkbox"/> Leader <input checked="" type="checkbox"/> Coach <input type="checkbox"/> Athlete <input type="checkbox"/> Accompar	F	<a href="#">Remove Member</a>
7		Bill four	<input type="checkbox"/> Leader <input checked="" type="checkbox"/> Coach <input type="checkbox"/> Athlete <input type="checkbox"/> Accompar	F	<a href="#">Remove Member</a>

**All team leaders / representatives/ coaches/ staff/ supporters/ athletes should appear here. Please modify add/ remove if needed.**

Jump Rope Data System

Team name	Number of Team Members	Status	Actions
1 Loop Test Team	10	Enable	<a href="#">Delete</a> <a href="#">Disable</a> <a href="#">Modify</a>



8. After completing the team registration, click 'All Events' on the left side, find the event you wish to register for, and click 'Register'.

1. Go to "All Events"

2. Select this and click "Registration"

Event	Actions
Singapore National And Open Jump Rope Championship 2024	Registration
花样年华·2024厦门青少儿跳绳交流赛	Registration
2024年全国跳绳联赛（温州乐清站）	Registration
Jump Rope China Open 2024	Registration
2024年“奔跑吧·少年”全国青少年阳光体育大会	Registration
2024年全国跳绳联赛（四川成都站）	Registration
首届中国大学生跳绳锦标赛	Registration
2024年全国跳绳联赛（河北保定站）	Registration

9. Select your team, click 'Submit for Review,' and wait for approval.

Submit team/ teams for review,once authenticate, add events.

	Team name	Number of Team Members	Review status	Actions
1	Sjra	2		Submit for review



**10. After approval, click 'Register' to proceed with the team event registration.**

Jump Rope Data System

Authentication Info  
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Singapore National And Open Jump Rope Championship 2024

Team member limit: Leader: 2, Coach: Unlimited, Athlete: Unlimited, Accompanying person: Unlimited.

	Team name	Number of Team Members	Review status	Actions
1	Sjra	2	Approved	Register

Once approved, click "register"

**11. Select the event and complete the registration.**

Jump Rope Data System

Please enter name to search

Name	Gender	Date of
Bill one	M	2010-05
Bill two	M	2012-05
Bill three	M	1998-05
Bill four	F	2007-05
Bill five	F	2008-05
Bill six	M	2011-03
Bill seven	F	2013-05

Please select competition project

- Single Rope Speed Sprint
- Single Rope Double Unders Relay
- Double Dutch Single Freestyle
- Single Rope Individual Freestyle
- Single Rope Speed Endurance
- Long Rope Eight Jumpers
- Wheel Pair Freestyle

Next Step



**12. After selecting the event, click the '+' sign on the left side to register participants.**

Jump Rope Data System

English

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Please enter name to search

Name	Gender	Date of Birth
Bill two	M	2012-09-15
Bill six	M	2011-03-16

Add athlete

12-15 (2009-01-01-2012-12-31)

Male  
Bill one M 2010-09-15

Female

16+ (Unlimited-2008-12-31)

Male

Female

Jump Rope Data System

English

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Please enter name to search

Name	Gender	Date of Birth
Bill seven	F	2013-06-15

Add athlete

1 2 3 4 5  
Select Team Select Event Itinerary and Others View Report Complete

Single Rope Speed Relay

9-11 (2013-01-01-2015-12-31) Relay Race Registration Order is the Number of Relay Batons

Female Team 1

Male Team 1

12-15 (2009-01-01-2012-12-31) Relay Race Registration Order is the Number of Relay Batons

Relay race registration order is the order of the batons, incorrect order

Cancel OK

Note: For relay events, please register participants in the order of baton exchange.



Note: If you need to replace an athlete, you can click 'X' to make the substitution.

Note: Random music will be played during freestyle events.





13. After completing the event registration, click 'Next' and fill in the athlete's T-shirt size. Check registration fees.
14. Click 'Next' to review the event list, and after confirming that everything is correct, submit it to complete the registration.

All participants including supporters and athletes will appear here. Please confirm and select correct type of registration fee (participation package). Modify if necessary.

	Name	Identity	Participation Package	T-shirt	Dietary Special Requirements	Remarks
1	Test	Athlete	Singaporean Athlete SGD \$30.	140	Please enter	Please enter
2	Testing	Accompanying personnel, Athlete	Singaporean Athlete SGD \$30.	140	Please enter	Please enter
3	Atest	Athlete	Singaporean Athlete SGD \$30.	S	Please enter	Please enter
4	Testtttt	Athlete	Singaporean Athlete SGD \$30.	150	Please enter	Please enter
5	Tesssss	Athlete	Singaporean Athlete SGD \$30.	150	Please enter	Please enter
6	Mtest	Athlete	Singaporean Athlete SGD \$30.	150	Please enter	Please enter
7	Btesrj	Athlete	Singaporean Athlete SGD \$30.	160	Please enter	Please enter
8	Ttttestt	Athlete	Singaporean Athlete SGD \$30.	160	Please enter	Please enter
9	Leadertest	Leader	Leader, Coach and Supporter SGD \$30.	S	Please enter	Please enter

**Submit**

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Jump Rope Data System

Singapore National And Open Jump Rope Championship 2024

	Name	Identity	Participation Package	T-shirt	Dietary Special Requirements	Remarks
1	Test	Athlete	Singaporean Athlete SGD \$30.	140		
2	Testing	Accompanying personnel, Athlete	Singaporean Athlete SGD \$30.	140		
3	Atest	Athlete	Singaporean Athlete SGD \$30.	S		
4	Testtttt	Athlete	Singaporean Athlete SGD \$30.	150		
5	Tesssss	Athlete	Singaporean Athlete SGD \$30.	150		
6	Mtest	Athlete	Singaporean Athlete SGD \$30.	150		
7	Btesrj	Athlete	Singaporean Athlete SGD \$30.	160		
8	Ttttestt	Athlete	Singaporean Athlete SGD \$30.	160		
9	Leadertest	Leader	Leader, Coach and Supporter SGD \$30.	S		

Summary of participants list will appear here again. Please confirm and check.



15. All events and information entered will appear here.

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Jump Rope Data System

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### Individual Event List

	Name	Age Group	Gender Group	Event
1	Btesrj	9-11	Female group	Single Rope Double Unders Sprit

### Team Event List

All athletes individual or team event list will appear here. Please confirm and modify if necessary.

	Event	Age Group	Gender Group	Team Serial Number	Athlete
1	Long Rope Figure Eight (Singapore Open)	no limit	Unspecified gender	1	Test Testing Atest Testtttt Tesssss Ntest Btestrj Tttesttt
2	Double Dutch Speed Sprint	9-11	Unspecified gender	1	Atest Tesssss Btesrj

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Jump Rope Data System

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### Expense Details

Total amount of registration fees will appear here. Please confirm and check. Click back to modify if necessary.

Cost Item	Quantity	Unit Price(\$)	Expense(\$)	Payment Method	Payee
Leader, Coach and Supporter SGD \$30.	1	30	30	Charged by person	
Singaporean Athlete SGD \$30.	8	30	240	Charged by person	
Competition service fee	8	0	0	Charged by person	
Long Rope Participation fee			20		
total			290		

### Remarks

If necessary, please enter remarks

Last Step Submit

16. Registration is successful. Please pay to complete registration.