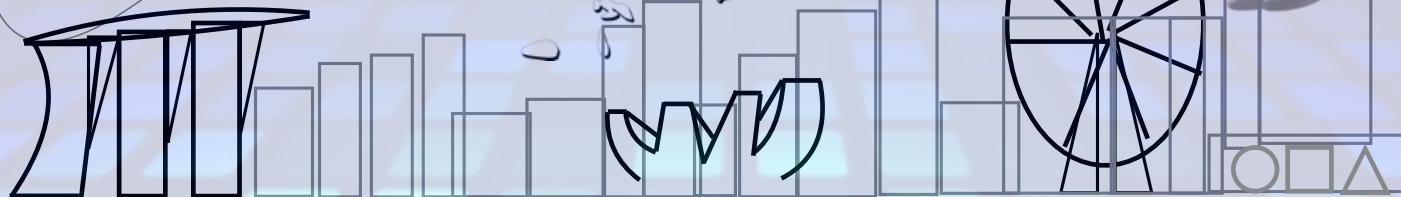




SINGAPORE NATIONAL JUMP ROPE CHAMPIONSHIP



Supported by:



SINGAPORE JUMP ROPE ACADEMY

organised by:





SINGAPORE NATIONAL JUMP ROPE VIRTUAL CHAMPIONSHIP 2021

15 - 29TH NOVEMBER 2021

The Singapore National Jump Rope Championship 2021 (SNJRC2021) is back for its 5th edition and will be conducted Online. JRFS would like to invite our local jump rope athletes and enthusiasts to take part in this most anticipated jump rope/ rope skipping event in Singapore.

How it works:

Virtual Championship:

Athletes can submit videos of themselves doing Speed events or Freestyle routines to JRFS for assessment and grading.

SPEED Assessment:

Judges will conduct speed judging just like during an actual competition. However there will be no competition between athletes. Awards will be given to athletes based on their scores of their speed events.

FREESTYLE Grading:

Judges will conduct freestyle judging just like an actual competition. However there will be no competition between athletes. Awards will be given to athletes basing on their scores of their freestyle routine.

Speed Events:

1. Single Rope Individual Speed 30 seconds
2. Single Rope Individual Double Under 30 seconds

Endurance Events:

1. Single Rope Individual Speed 90 seconds
2. Single Rope Individual Consecutive Double Under

Freestyle Events:

1. Single Rope Individual Freestyle (Max 60 seconds)

*Athletes can choose to participate in any event of their choice and not limited to the number of events, however he/ she can only participate once in each event.

AWARDS FOR SPEED EVENT FOR JUNIOR DIVISION (Age 12 & Below):

Single Rope Individual 30 seconds Speed - Primary Schools

AWARD	JUNIOR BOYS	JUNIOR GIRLS	SENIOR BOYS	SENIOR GIRLS
GOLD	60 and above	60 and above	70 and above	70 and above
SILVER	55 - 59	55 - 59	65 - 69	65 - 69
BRONZE	50 - 54	50 - 54	55- 64	55- 64

Single Rope Individual 30 seconds Double Under - Primary Schools

AWARD	JUNIOR BOYS	JUNIOR GIRLS	SENIOR BOYS	SENIOR GIRLS
GOLD	70 and above	70 and above	75 and above	75 and above
SILVER	60 - 69	60 - 69	70 - 74	70 - 74
BRONZE	50 - 59	50 - 59	55 - 69	55 - 69

Single Rope Individual Freestyle - Primary Schools

AWARD	JUNIOR BOYS	JUNIOR GIRLS	SENIOR BOYS	SENIOR GIRLS
GOLD	7 Points and above	7 Points and above	7.5 Points and above	7.5 Points and above
SILVER	5.0 - 6.9 points	5.0 - 6.9 points	5.5 - 7.4 points	5.5 - 7.4 points
BRONZE	3.0 - 4.9 points	3.0 - 4.9 points	3.5 - 5.4 points	3.5 - 5.4 points

(Junior Boys/Girls - 11 years old and below, Senior Boys/Girls - 12 years old)

AWARDS FOR SPEED EVENT FOR SENIOR DIVISION (Age 13 & Above):

Single Rope Individual 30 seconds Speed - Secondary Schools & above

AWARD	MALE	FEMALE
GOLD	86 and above	86 and above
SILVER	76 - 85	76 - 85
BRONZE	61-75	61-75

Single Rope Individual 30 seconds Double Under - Secondary Schools & above

AWARD	MALE	FEMALE
GOLD	86 and above	86 and above
SILVER	76 - 85	76 - 85
BRONZE	61-75	61-75

Single Rope Individual Freestyle - Secondary Schools & above

AWARD	MALE	FEMALE
GOLD	7.5 Points and above	7.5 Points and above
SILVER	5.5 - 7.4 points	5.5 - 7.4 points
BRONZE	4.5 - 5.4 points	4.5 - 5.4 points

AWARDS FOR ENDURANCE EVENTS (FOR ALL AGE GROUP)

Single Rope Individual Speed 1 x 90 seconds - All participant

AWARD	MALE	FEMALE
GOLD	200 and above	200 and above
SILVER	151 - 199 points	151 - 199 points
BRONZE	100 - 150 points	100 - 150 points

Single Rope Individual Consecutive Double Under - All participant

AWARD	MALE	FEMALE
GOLD	101 and above	101 and above
SILVER	51 - 100 points	51 - 100 points
BRONZE	30 - 50 points	30 - 50 points

*Award scores are based on scores obtained from past events and championships organised by JRFS.

Certifications

An E-certificate will be awarded to athletes who have achieved the score stated in their respective division events.

Certificate of Participation

All participants will receive an E-certificate of participation.

Certificate of Outstanding Achievement

Top 10 positions will receive an E-certificate of Outstanding Achievement.

National Team Selection

Jump Rope Federation Singapore will invite athletes with outstanding performance and potential to join the National Jump Rope Development Team.

GENERAL RULES

Age Division:

Age divisions are determined by the athlete's age as of June 30th, 2021.

Equipment:

- Athletes may use any length or type of rope, as long as the rope (or ropes) is powered only by the athlete(s).
- Athlete will provide their own ropes.
- Athlete will provide own sound system for the electronic Call-out provided
- Athlete will provide own sound system for his/her own music. (There is no score for use of music)
- The core of the 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.

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 athlete 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 are encouraged to be removed or secured tightly during jumping. Failure to do so may result in unforeseen injuries or mishaps.
- Shoes worn must be properly tied or secured to prevent any injury.

General Rules and Restrictions:

- Eating and Gum Chewing is not allowed during recording of videos for safety purposes.
- Coaches/parents can support/coach their athletes/children during video taking but must not be included in the video submitted.

Postponement

JRFS or their representatives shall, at its discretion, decide to postpone the event without any valid reasons for which it deems a postponement is in order. Organisations/schools must abide by the decision of JRFS or their representatives.

Protest

Any clarification on points of rules can be submitted via email to JRFS. Processing time will be around 30 days. Processing fee is \$50.

Matters Not Provided For

All matters not provided for in these Rules and Regulations shall be dealt with by JRFS committee and decision made shall be final.

Amendment

Jump Rope Federation Singapore (JRFS) shall have the right to delete, add or amend the rules and regulations laid down herein.

Rules for Speed Events:

- Judges should be 16 years or older and are at least a JRFS or IJRU Level 1 certified Speed Judge.
- For all speed events, athletes must use the traditional "jogging step" motion. 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.
- 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. Time 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 speed events, call outs will be made on the official timing track every 10 seconds. There will be a 5 point deduction taken for false starts (starting the rotation of the rope(s) before the "beep" is made).
- No judging or competitive modifications can be given to athletes based on reputation or for any other reason.

Rules for Freestyle Events:

- Timing of freestyle routines:
 - All single rope freestyle and wheel routines will be 45-60 seconds long
- An official timing track will be used. Times will be called during freestyle events as follows:
 - All timing calls will begin with, "Judges ready, Athletes ready, Set, Beep"
 - Calls for all freestyle events will be made at 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 keep safety a top priority while planning, developing and practicing your tricks and routines.
- No Use of Music
- Should be 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 JRFS judging handbook.
- There will be 3-5 judges. There can be Head Judge, Content Judges, and Presentation Judges.
- Judges should be 16 years or older and are at least a JRFS or IJRU Level 1 certified Freestyle Judge.
 - Points will be awarded and deducted as follows:
 - o 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 Union "Levels of Difficulty" charts. = 6 points
 - o 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, use of music, variety of styles and skills, unique or original skills, general innovation, etc... = 2 points
 - o Head Judge will evaluate the performance of required elements, accuracy (misses), 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.
- Accuracy Deductions
 - Minor Misses:
 - o A minor miss is defined as an obvious mistake involving the rope(s) that causes the rope (and the routine) to stop unintentionally.
 - o If an athlete "pulls out" of a miss and the rope/routine does not stop, that is considered a "bobble" and does not receive an accuracy deduction.
 - o 0.2 points will be deducted from the average Technical Presentation score for every minor miss.
 - Major Misses:
 - o Major Misses are defined as an obvious mistake involving the rope(s) that causes the routine to be delayed for two seconds or longer.
 - o 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):
 - o Rope Manipulations:
 - Skills that cause the rope to perform motions other than the standard loop around the body (e.g. crosses, releases, swings, wraps)
 - o Multiples:
 - Skills that involve the rope making more than one revolution per jump
 - o 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)

Consecutive Double Under event

- For the Consecutive Double Under event, one person performs consecutive Double under jumps until they either miss or choose to stop.
 - o This event is not timed, but competitors will be given the cue to begin with “Judges ready, Athletes Ready, Set, Beep” on the official timing track.

Official Timing Track

- Event Timing Tracks are available on our website www.jrfs.org.sg.
- Only Timing tracks downloaded from www.jrfs.org.sg will be accepted.

VIDEO Submission Requirements :

1. Videos
 - Videos can be submitted via the QR code or www.jrfs.org.sg to access the link between 15th to 29th November 2021 (Time 2359) for both **Junior Division** and **Senior Division**.
 - Only high quality video should be sent
 - Should be in mp4 format
 - Videos should be unedited, brightly-lit and clearly shows athlete's face
 - Videos recording can be done indoor or outdoor however the area must be deemed safe (JRFS will reject any video taken at area that is seen unsafe)
 - Speed video must be done with a call out (This is available via jrfs.org.sg)
 - Freestyle video need not be done with music. No points will not be awarded for use of music
2. Conditions and Authorisation to Use images
 - All videos submitted will and shall be deemed the property of JRFS
 - Videos submitted will not be returned.
 - JRFS reserves the right to photograph, film and use the videos submitted in connection with training and evaluation purposes, social media and promotional purposes.

Fees for Video Submission

- \$10 per person for all Singaporeans, PRs and students studying in Singapore.
- \$20 per person for participants from overseas.

Cancellation

All organisations / schools/ teams / clubs / athletes who have registered for the event may choose to cancel their participation, however any fees collected will not be refunded. Participants who choose to do so may be liable for any cost incurred in the preparation of the event.

Other Terms and Conditions

By taking part in this event, all athletes, schools/ organisations shall ensure that all participants abide to all terms and conditions set by JRFS. JRFS will not be held responsible in any way liable for any death injury, disability or any loss or damage whatsoever arising from any cause in connection with the activities.

Registration for Participants from Singapore

Step 1: Fill up the registration form

Step 2: Scan the QR code below to access the google link to submit the registration form and videos. Alternatively, you may visit www.jrfs.org.sg for the link.

Registration for Participants from Overseas

Step 1: Fill up the registration form, indicate proof of payment.

Step 2: Scan the QR code to access the google link to submit the registration form, proof of payment and videos. Alternatively, you may visit www.jrfs.org.sg for the link.

Payment to be made to:

Jump Rope Federation Singapore DBS current account 018-904-927-3 or

PayNow to T13SS0090E with athlete's name and event as reference

