



Jump Rope Federation Singapore

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T13SS0090E

SINGAPORE NATIONAL & OPEN JUMP ROPE CHAMPIONSHIP 2025 INFORMATION BOOKLET



Introduction:

The Singapore National and Open Jump Rope Championship 2025 is a competitive event that gathers athletes from various categories, including both individual and team events. This championship will feature national and open categories, welcoming participants from Singapore and around the world.

Date and Time:

Day 1: 22 November 2025 (Sat) - Competition Day, 8.30 a.m. – 6.30 p.m

Day 2: 23 November 2025 (Sun) - Bootcamp (All are welcome), 10.00 a.m. – 5.00 p.m

Location:

Changi Simei Community Club

10, Simei Street 2, 529915

(5mins walk from Simei MRT Station)



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DAY 1 SCHEDULE (22 NOVEMBER)

TIME	PROGRAMME
09:30 - 10:00	Arrival, check-in (ID pass)
10:00 - 10:10	Opening Address
09:30–12:30	Single Rope Speed Sprint (SRSS), Single Rope Double Unders (SRDU),
	Single Rope Triple Unders (SRTU), Double Dutch Speed (DDS)
12:30–17:30	Single Rope Individual Freestyle (SRIF), Pair Freestyle (SPRF)
	Team Freestyle (SRTF), Wheels Pair Freestyle (WHPF)
17:30–18:00	Long Rope Battle
18:00–19:00	Awards Ceremony & Closing

Please be advised that lunch will not be provided on either day. We recommend making suitable arrangements in advance.



DAY 2 SCHEDULE (23 NOVEMBER)

Bootcamp Tentative Schedule (Subject to changes)

TIME	PROGRAMME
09:30 - 10:00	Arrival, check-in (ID pass)
10:00 - 10:10	Opening Address
10:10 - 10:55	Mass warm-up/Icebreaker/Bonding Games
11:00 - 12:00	Team Synchronisation Routine Sharing
12:00 - 13:30	Lunch Break
13:30 - 14:45	Inter-Country Trick Exchange
14:45 - 15:00	Break
15:00 - 15:45	Lion City Challenges (Single Rope Butt Bounce/Single Rope Cross Over, etc.)
15:45 - 16:30	Free & Easy Community Time: Mingle, bond across teams/countries, self-organised mini-
16:30 - 17:00	Cooldown/Closing Address/Group Photo/Dismissal

SEE PAGE 20 FOR MORE DETAILS OF BREAKDOWN OF SCHEDULE

Please be advised that lunch will not be provided on either day. We recommend making suitable arrangements in advance.



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Participation Fees:

- Singaporean Athlete: SGD \$30.00 per person
- Permanent Resident and Foreign Athlete: SGD \$60.00 per person
- Team Coach and Manager: SGD \$30.00 per person

The fee includes:

- Event ID pass
- T-shirt
- Snacks

Please note: Only individuals with an ID pass will be permitted to enter the holding and practice area.

Long Rope Battle Cup participation Fee: SGD \$30.00/ Team

Registration Process [UPDATED]

• Online Registration:

- All participants must register via the official event website. Registration opens on 15th September 2025 and closes on November 7, 2025.
- In the event of overwhelming demands our registration will be closed earlier
- **If the school/organization has 15 or more participants registered we can allow the school/organization split into 2 teams**

Registration Guide will be released nearer to date of registration.

- Participants must complete the registration form and pay the registration fee.
- Registrations for Day 1 (Competition Day) and Day 2 (Bootcamp) will be provided.
- 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 [UPDATED]:

Athletes must represent a single school, club, or team for this competition. Pairs and team events must be composed entirely of athletes from the same affiliation; mixed teams from different schools/clubs are not allowed. If an athlete belongs to multiple organizations, they must nominate one affiliation at registration and compete under it for all events, excluding the Lion City Long Rope Battle Cup. All athletes must be entered in the correct age and gender categories and may be entered only once in any given event.

If the school/organization has **15** or more participants registered we can allow the school/organization split into **2** teams

Note:

- Please be aware that all participants who wish to take part in the events must undergo prior training and be in good physical condition to compete. Participants are advised to undergo a medical check-up where necessary and to refrain from participating if there is any doubt regarding their physical condition.
- All participants acknowledge and accept the possible risks involved, notwithstanding that the events are intended only for those without medical problems and who are fit enough to engage in physical activities. While JRFS will endeavour to provide adequate medical facilities and assistance during the event, JRFS and its organisers, sponsors, and officials expressly disclaim any liability and will not be responsible for any mishap before, during, or after the event resulting in injury or death.
- **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

SINGAPORE OPEN (SPEED EVENTS)

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
		U18	Male
		U18	Female
		U24	Male
		U24	Female
		25+	Male
		25+	Female
Single Rope Double Under - Individual (1x30 seconds)	SRDU	U10	Male
		U10	Female
		U12	Male
		U12	Female
		U16	Male
		U16	Female
		U18	Male
		U18	Female
		U24	Male
		U24	Female
		25+	Male
		25+	Female

COMPETITION STRUCTURE

Please refer to the following table for complete events and divisions

SINGAPORE OPEN (SPEED EVENTS)

EVENT	EVENT CODE	AGE DIVISION	GENDER DIVISION
Double Dutch Speed Sprint - Team (1x60 seconds)	DDSS	U12	Open
		U16	Open
		U18	Open
		U24	Open
		25+	Open
Single Rope Triple Under - Individual	SRTU	U18	Male
		U18	Female
		U24	Male
		U24	Female
		25+	Male
		25+	Female
Long Rope Battle (Figure of 8, 60s)	JUMP ROPE BATTLE	Open	Open

COMPETITION STRUCTURE

Please refer to the following table for complete events and divisions

SINGAPORE OPEN (FREESTYLE EVENTS)

EVENT	EVENT CODE	AGE DIVISION	GENDER DIVISION
Single Rope Individual Freestyle (75s)	SRIF	U10	Male
		U10	Female
		U12	Male
		U12	Female
		U16	Male
		U16	Female
		U18	Male
		U18	Female
		U24	Male
		U24	Female
		25+	Male
		25+	Female
Single Rope Pair Freestyle (75s)	SPRF	U12	Open
		U16	Open
		U18	Open
		U24	Open
		25+	Open

COMPETITION STRUCTURE

Please refer to the following table for complete events and divisions

SINGAPORE OPEN (FREESTYLE EVENTS)

EVENT	EVENT CODE	AGE DIVISION	GENDER DIVISION
Single Rope Team Freestyle (75s)	SRTF	U12	Open
		U16	Open
		U18	Open
		U24	Open
		25+	Open
Wheels Pair Freestyle (75s)	WHPF	U18	Open
		U24	Open
		25+	Open



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COMPETITION EVENTS & CATEGORIES

ENTRY LIMITS

- Each team/school/club/academy may register up to **3** participants per individual event per age division.
- Each team/school/club/academy may register up to **2** teams per team event per age division.
- If the school/organization has **15** or more participants registered we can allow the school/organization split into **2** teams

COMPETITION CATEGORY

Singapore National Championship – for Singapore Citizens and Singapore Permanent Residents (PR) only.

GENERAL NOTES

- Athletes may enter any events they wish, provided they are entered only once in any given event.
 - Awards will be presented for each event in every age and gender division.
- National Championship results are based only on Singapore Citizen and PR participants.

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 team events, the age of the team is determined by the age of the oldest athlete as of 31 December 2025.
 - For OPEN age divisions, the age of the athlete is not limited.
- Athletes must provide a valid form of identification with their date at check-in for age verification.
- The competition committee reserves the right to adjust age divisions if there are fewer than 3 entries in any given division. Coaches will be notified of any changes at least 1 week before the tournament start date.

AGE DIVISIONS

- U10 – 10 years old and younger
 - U12 – 11 to 12 years old
 - U16 – 13 to 16 years old
 - U18 – 17 to 18 years old
 - U24 – 19 to 24 years old
- 25+ – 25 years old and above

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, Power and Freestyle Events:

- The IJRU Competition Rules v4.0.0 will be followed



- 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 (alternating 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 — SNOJRC 2025 (JRFS)

Field & Stations

- Freestyle station size: 10m × 10m

Routine Timing & Calls

- Routine duration: 0–75 seconds for SRIF, SRPF, SRTF, WHPF
- Standard start sequence: “Judges ready, Athletes ready, Set, Beep.
- Time call-outs (over PA): 15s, 30s, 45s, 60s; final stop at 75s.
- Time violations (early start/over-time) follow IJRU deduction rules.

Safety & Skills

- All tricks are permitted to promote innovation; safety is paramount. Athletes/coaches must plan and practice responsibly. Judges/Tournament Director may stop a routine if safety is compromised.
- Props are not permitted in Single Rope/Double Dutch/Wheel freestyle (JRFS follows IJRU equipment/uniform standards).

Music

- Music for freestyles: organizer-provided random background track (no custom tracks). Exception only if the Tournament Director announces otherwise pre-event.
- In case of music failure, re-compete handling follows IJRU procedures.

Team Composition (by event)

- SRIF: 1 athlete
- SRPF: 2 athletes, 0–75s
- SRTF: 4 athletes, 0–75s, synchronised/choreographed routine.
- WHPF (Wheels Pair Freestyle): 2 athletes, 0–75s

Judging & Scoring (applies to all freestyles)

- **The IJRU Competition Rules v4.0.0 will be followed.**
- Judging panels evaluate: Difficulty (Power & Gymnastics; Multiples; Rope Manipulation) and Presentation (Musicality, Form/Execution, Creativity, Entertainment, Variety).
- Required Elements: Power/Gymnastics, Multiples, and Rope Manipulation; missing elements incur percentage deductions per IJRU Technical Manual.
- Deductions: misses, breaks, time/space violations per IJRU Technical Manual; calculation uses IJRU’s standard formula $R = D \times (1 + P) \times Q \times M$ with floors at zero.

Uniforms & Equipment (freestyle)

- Athletic attire suitable for sport; coordinated team uniforms recommended. Athletic shoes required. Hair accessories/eyewear must be secured. (See general equipment/uniform standards section.)



Lion City Long Rope Battle Cup Rules

Category	Details
Team composition	10 athletes per team (8 jumpers, 2 turners). In addition, 2 substitutes may be registered per team, for a maximum of 12 athletes.
Eligible teams	Each Organisation can register up to 2 teams
Area	Each station dimensions are approx. 8 meters by 4 meters
Age	Open
Gender	Open
Rope length	No requirement
Distance between turners	3.6m
Duration of each round	1 min
Competition method	The team is required to move in and out of the rotating rope in figure 8 movement.
Scoring	The rope must pass under the feet of each athlete to score 1 point. Only 1 point will be counted regardless of how many jumps the athlete does in his or her turn.



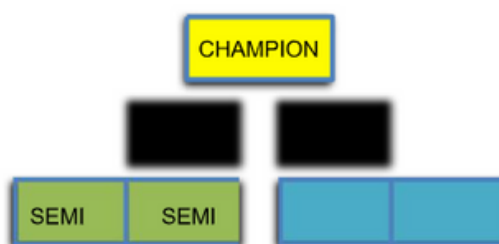
Lion City Long Rope Battle Cup Rules

- Each team must have 2 turners and 8 athletes competing in each round.
- Substitution of athletes can take place during interval breaks.
- Any starting position may be used, as long as the rope remains still until the start signal “beep” sounds.
- Three speed judges will be assigned to each speed station. The two closest scores will be added together and the furthest score discarded. If scores are equidistant from each other, then the two higher scores will be added together and the lowest score discarded.
- Judges will count the jumps of the athletes. When a mistake occurs, the judges will “skip” the next athlete’s jump to rectify the jump count on the clickers.
- A support box will be allocated inside each station for one individual to support the athletes. That individual must be respectful of all competitors, judges, and competition staff, and remain in the support box during the event round. Only photography/videography by the individual of the athletes on the team he/she is supporting 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.
- A 5-point deduction will be made for false starts (starting the rotation of the rope 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 3 clicks of each other. If this is not the case, the head judge will notify the Tournament Director, and the athletes 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 athletes 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 athletes 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.
- In the case of a tie in scores:
 - For Figure 8: extra rounds of 1 minute will be added.
 - For 8 Jumpers: extra rounds of 30 seconds will be added.
 - Each team shall be given a rest break of 3 minutes before each tie breaker round.



Lion City Long Rope Battle Cup Competition Structure

- Each event will be played in single elimination format. A preliminary round will be played to determine the top 4 positions to advance to the semi-finals. The top 4 teams will draw lots to determine their opponent in the semi-finals and battle out to advance to the finals. The last 2 teams will compete for the champion position. The 2 teams knocked out in the semi-finals will compete for 3rd position. Extra rounds of 30 seconds will be added when there is a tie in the scores.



Lion City Long Rope Battle Cup Awards

Team awards

- Awards will be given to the top 3 teams in Long Rope Figure 8 and 8 Jumpers.

Overall awards

- The preliminary scores of the top team of Figure 8 and the top team of 8 Jumpers in each Organisation will be combined for an overall score. Awards will be given to the Organisations in the top 3 positions.

Example:

- A Certain Organisation has Team A which has jumped 80 times and Team B which has jumped 60 times for Figure 8. In this case, the record of that Organisation is 140 times, as Team A's and Team B's scores are combined.

Calculation of ranking

- (1) If the scores of Organisation A and Organisation B are the same, the Organisation with the highest 8 Jumpers' score will be ranked higher.
- (2) If the ranking cannot be established in (1) and the two Organisations are in a tie for first place, the teams for 8 Jumpers will re-compete. For second place or lower the same scores will be considered a tie, and the two Organisations will receive the same rank.



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 have to be accompanied by a parent.
- The organisers reserve the right to cancel, terminate, modify or suspend the competition at any time 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, and his/her property during participation. 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, and coaches of the competition are required to adhere to the stipulated set of rules and regulations by the organisers.

REGISTRATION DETAILS

All participants must register via the official event website. Registration opens on 15th September 2025 and closes on November 7, 2025. Visit <https://www.jrfs.org.sg/> for the link to the registration

- Participants must complete the registration form and pay the registration fee.
- Registrations for Day 1 (Competition Day) and Day 2 (Bootcamp) will be provided.
- Categories include age divisions.
- Late registrations will not be accepted unless under exceptional circumstances approved by the organising committee.

Registration closes: **7 November 2025, 2359H**



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SNOJRC 2025 Day 2 Bootcamp Information

DETAILS OF BOOTCAMP

Event: Singapore National & Open Jump Rope Championship 2025 (SNOJRC 2025)

Date and Time: Sunday, 23 November 2025, 10:00 to 17:00

Venue: Changi Simei Community Club, 10 Simei Street 2, Singapore 529915 (Approximately 5 to 7 min walk from Simei MRT)

Food: Lunch not provided; see F&B guidance below.

Access: Entry to the bootcamp requires registration and a valid Event ID Pass (wristband/lanyard).

Cost: FREE-OF-CHARGE

IMPORTANT NOTICE

Registration for the Day 2 Bootcamp is **COMPULSORY** and will open on 1 November, and you must sign up by the day before the bootcamp begins.

BOOTCAMP OBJECTIVE

Day 2 is a non-competitive bootcamp for all athletes. Registration is compulsory. It blends ice breakers, bonding events, workshops, mini-challenges, and a co-created routine to foster learning, and inter-country exchange. Our aim is to bring athletes, coaches, and clubs from different countries and organisations closer together through shared practice and play.

Tentative Schedule (Subject to changes)

09:30 - 10:00 Arrival, check-in (ID pass)

10:00 - 10:10 Opening Address

10:10 - 10:55 Mass warm-up/Icebreaker/Bonding Games

11:00 - 12:00 Team Synchronisation Routine Sharing

12:00 - 13:30 Lunch Break

13:30 - 14:45 Inter-Country Trick Exchange

14:45 - 15:00 Break

15:00 - 15:45 Lion City Challenges (Single Rope Butt Bounce/Single Rope Cross Over, etc.)

15:45 - 16:30 Free & Easy Community Time: Mingle, bond across teams/countries, self-organised mini-routines, and collaborative filming

16:30 - 17:00 Cooldown/Closing Address/Group Photo/Dismissal



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SNOJRC 2025 Day 2 Bootcamp Information

WHAT TO EXPECT

High-energy warm-up & icebreakers

Shake off the nerves, meet new friends, and get moving!

Team Sync Sharing

Each country/club showcases a short synchronised routine, then teaches the counts. Learn fast, cheer loud, swap ideas, perfect for building connections across teams.

Inter-Country Trick Exchange

Rotate through bite-size stations to pick up signature skills. Expect lots of “aha!” moments and plenty of high-fives.

Lion City Mini-Challenges

Be up for some fun and light-hearted challenges! More details to be released soon!

Free & Easy Community Time

Before the bootcamp ends, we will cater around 45 min to 60 min of time to mingle, co-create mini routines, and film together. Bring your club tee for collab clips and trading of jerseys!



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DISCLAIMER

This information booklet is intended as a guide for participants, coaches, and officials of the Singapore National & Open Jump Rope Championship 2025 (SNOJRC 2025). While every effort has been made to ensure accuracy at the time of publication, all details contained herein including but not limited to schedules, event formats, rules, and operational procedures are subject to iterative updates and changes.

The organiser, Jump Rope Federation Singapore (JRFS) reserve the right to amend, modify, or update any information in this document as deemed necessary. Participants and stakeholders are advised to stay informed of the latest announcements and official communications issued by the organisers.

In the event of discrepancies between this booklet and subsequent official updates, the latter shall take precedence.