



CSSA Primary State Rope Skipping Competition 2024

When: Friday 25 October 2024 Link to what skipping in Australia is about:
<https://www.youtube.com/watch?v=UEJ8py-XZzQ>

Where: Toongabbie CC

Age Groups:

- 8-9 years Divisions: male, female, and mixed
- 10-11 years Divisions: male, female, and mixed
- 12-13 years Divisions: male, female, and mixed

Ages are determined based on the athlete's age as of 31 December in the year of the competition.

Events:

1. Individual 30 second speed
2. Pairs 30 second Double Unders
3. Team 4 x 30 second speed
4. Team Freestyle - 4 person

1. Individual 30 Second Speed – Male and Female category

The skipper completes a 30-second speed event using an alternating step. Only the right foot is counted.

2. Pairs 30 second Double Unders – Male, Female & Mixed category

This is a two-minute speed double under relay for pairs with each competitor skipping 30 sec using a double under jump.

3. Team 4x30 second speed - Male, Female & Mixed category (any combination)

This is a two-minute speed relay for 4 with each competitor skipping 30 sec using an alternating step. Only the right foot is counted.

4. Team Freestyle - Male, Female & Mixed category (any combination)

Note: Teams Events - for team events the gender categories are defined as follows:

- *Female Teams*
- *Male Teams*
- *Mixed Teams - at least one male and one female (any combination)*

Entries close Wednesday 25 September 2024





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Judging:

1. Speed - is relatively easy to judge and for freestyle we only need to judge Athlete Form ie. form of the athlete body whilst doing the trick
2. Musicality - is it on beat and looks entertaining
3. Required Elements - did the team complete all of the tricks

Combining Entries:

If gender/age categories do not have four or more entries, they will be combined and ranked together and rank will be awarded across all of the competitors in the combined gender/age categories.

The preferences of combining or cross-ranking gender categories in order:

1. Male → Mixed
2. Mixed → Female
3. Female → Mixed

Speed Field:

- Speed fields are 5x5 metre squares.

Freestyle Field:

- Freestyle fields are 12x12 metre squares.

Coach's Box:

A 1x1 metre coach's box will be placed outside each speed and freestyle field and positioned at one of the corners so that the coach can talk to the athletes.

One of the four sides of the coach's box must be a part of the freestyle field or speed field's side.

The coach's box should not block the view of the judges.

Only one support person and one videographer is permitted in the coach's box.

The videographer is not permitted to communicate with the athlete during the event.

The videographer is so that the team has a record of their attempt. It is not always necessary.

Props:

No props or special equipment other than that which is attached to the body during the whole routine may be used to add to the presentation and/or the degree of difficulty of the routine. Jewellery is allowed at the athlete's discretion and at their own risk.

Ropes:

Ropes can be of any length. The number of ropes allowed in the competition field is limited in all events except show freestyle. For Single Rope and Wheel events the number of ropes must not be greater than the number of athletes in the event. For Double Dutch, a maximum of one set of ropes (2 ropes make a set) is allowed. Exceptions from this rule can be made in case of a recompetes as detailed in the rules related to broken ropes (below).

CHRISTIAN SCHOOLS SPORTS ASSOCIATION

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Executive Officer: Linda Heslehurst • P: 0418 685 898 • linda@cssa.nsw.edu.au





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Broken Rope:

If an athlete's rope breaks unintentionally during an event and the majority of judges agree the rope is broken, the athlete will be given one additional attempt to compete the event successfully. However, once an athlete leaves the station, they can no longer claim a broken rope. Judges must notify the Tournament Director immediately if there is a rope breakage and a re-skip is required. Athletes must wait at the station until the Tournament Director is notified. The athletes will be given a minimum of 10 minutes before a re-skip.

A broken rope includes but is not limited to:

- Frayed wire
- Rope separating from handle
- Snapped rope
- Broken handle (that impairs its use)
- Any breakage that halts the functionality of the rope.

If the rope breaks again on their second attempt, the athlete will not be provided another chance to reattempt the event, but they may bring an additional (set of) rope(s) into the station for the second attempt to use if their rope breaks again. For Single Rope events one extra rope per athlete is allowed, for Double Dutch and Wheels one extra set of ropes is allowed.

For team events, the team is permitted a maximum of two attempts to perform the event, regardless of which athlete's rope breaks. This means that if one athlete's rope could break in the first attempt and a different athlete's rope could break in the second attempt, they will not be permitted an additional attempt.

Event Attempts:

With the exception of a broken rope, an athlete/team will only receive one attempt per event. If an athlete/team stops skipping for any reason (eg stage fright or injury), they will not be permitted an additional attempt.

Withdrawal:

If an athlete/team doesn't attend the competition floor within one minute of being called, that athlete/team will be considered a withdrawal from the event. It is the responsibility of athletes and coaches to follow the competition progress even if the tournament runs ahead or behind of the projected schedule.

CSSA Code of Conduct:

Sportsmanship is of utmost importance for skippers, parents and coaches

Regards
Linda Heslehurst
CSSA Executive Officer

State Rope Skipping Convenor
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CSSA Primary State Rope Skipping Competition 2024 Registration

Date: Friday 25 October 2024

Venue: Toongabbie CC

Please go to the following link for **event information** &
to download **excel registration form**:

<https://cssa.net.au/state-carnivals/rope-skipping.html>

Entries close Wednesday 25 September 2024

Late entries will not be accepted

CSSA does not provide Personal/Accident Insurance Cover

As a CSSA Member school we are aware that all teachers/parents/volunteers that we send to a carnival or sporting event have completed a "Working with Children" prohibited employment form.

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