



2024 CSSA Rope Skipping Competition

When: Friday 25 October 2024

Link to what skipping in Australia is about:

<https://www.youtube.com/watch?v=UEJ8py-XZzQ>

Where: Toongabbie CC

Who: **Primary State Competition**

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

Secondary State Competition

- 12-13 years female, male and mixed
- 14+ years female, male 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

- Official timing tracks & set routines for each age group with a video of how to do the skills will be distribute to schools interested in being involved.

Individual Events - Single Rope - single rope events are for one skipper

- All individual events have a female category and a male category.

1. Single Rope 30 Second Speed

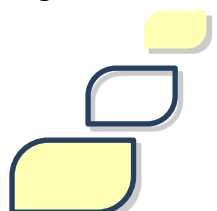
The skipper completes a 30-second speed event using an alternating step. Only the right foot is counted.

2. Single Rope 2x30 sec double under relay

This is a two minute speed double under relay for 4 with each competitor skipping 30 sec using a double under jump.

3. Single Rope 4x30 sec speed relay

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. Single Rope Individual Freestyle

A single rope event is for one skipper and is judged on the Difficulty, Presentation and Required Elements. The routine must be of a duration within the following minimum and maximum periods:

- 10&U event permissible time range 45 sec-60sec
- 11+ event permissible time range 60 sec-75sec

Speed is relatively easy to judge and for freestyle we would only need to judge Athlete Form (Form of the athlete body whilst doing the tricks, Musicality (is it on beat and looks entertaining) and Required Elements (did the team complete all of the tricks).

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

Additional Information

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 5×5 metre squares.

Freestyle Field

- Freestyle fields are 12×12 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 re-compete as detailed in the rules related to broken ropes (below).

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.





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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

Eligibility to Compete at Competitions

All competitors, officials and judges must be members of CSSA as other rules for other events.

Regards
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CSSA Executive Officer

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