



International Workers & Amateurs in Sports  
Confederation

Confédération Sportive Internationale  
Travailleuse & Amateur

# Technical Commission Rope Skipping

English Version

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**ROPE SKIPPING/ JUMP ROPE PROGRAM**  
CSIT TC Rope Skipping - TECHNICAL REGULATIONS  
version January 2022

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**freestyletalent**  
MAKING EVENTS UNFORGETTABLE





## 1. General rules Rope skipping CSIT

### Code of conduct, ethics, doping, ...

#### The vision of CSIT

For coaches and participants we specifically ask to show respect to other participants and judges, so they can execute their tasks in the best of circumstances.

For spectators, we ask to show respect to participants and judges by not disturbing them during routines (by shouting too loud, coming too close or using flash photography).

Use of any form of doping (as described by the WADA, World Anti-Doping Agency) will be forbidden.

Any violation towards this code of conduct, or towards ethics & doping in general will be investigated by the Tournament Director. His decision on the consequences and actions will be final.

#### Ropes

All different types of ropes can be used.

In case of a rope breaking during an event, the participant gets one re-skip. If the ropes breaks during that re-skip, no extra re-skip is given and the participant has to continue with a spare rope. If a reskip is taken, the score from the re-skip will be the final score.

For speed events, special bluetooth-handles will be used. These ropes will be provided by the organization and there will be a practice moment (prior to the competition) where these ropes can be tested.

#### Uniforms

Each participant from the same club/country should have a matching uniform, so that spectators and judges can see they are from the same club/country. If possible, the uniform should contain country name and club name or logo.

Sport shoes that support jumping a rope have to be worn for each event. If shoes get lost during a routine, the participant has to put them back on before continuing the routine.

No jewelry or bracelets may be worn during any event, unless it has a medical purpose. Ear studs are also allowed.

#### Floor

For events for one person, a designated floor area of minimum 3 by 3 meters will be foreseen for speed events, a minimum of 4 by 4 meters will be foreseen for Freestyle Challenge and a minimum of 12 by 12 meters will be foreseen for Ropes Got Talent (demo).





Any skill performed outside this area will not be counted towards the total score.

## Judges

Headjudges will be trained and provided by CSIT. Other judges will be mainly provided by the local host, but the Organizing Committee also accepts judges from other countries. For the speed events & the Freestyle Challenge, we require judges with at least 3 years of experience in counting (speed) scores.

For the Ropes Got Talent, the Organizing Committee will invite experienced judges.

If there is 1 judge on a field, the score from that judge will be the final score.

If there are 2 judges on a field, the average of both scores will be taken, unless they differ more than 5, then the score from the headjudge will be taken.

If there are 3 judges on a field, the average of the 2 judges that have the closest scoring will be taken, unless they differ more than 5, then the score from the headjudge will be taken.

All scores are always rounded to the closest full number (so no halves will be given). In case of a half point, scores will be rounded up (always in favor of the participant).

For counting mistakes in the Freestyle Challenge, all judges on one field will consult each other and give an agreed score.

## Appeals

The general rule is that you can file any appeals to the Tournament Director, and it will be up to him to decide on the outcome. There is no more appeal possible against a decision of the Tournament

Director. Also, if items are missing in the rulebook, or are open for interpretation, it will be up to the Tournament Director to take a final decision on these items. No appeals are possible to these decisions from the Tournament Director.

For speed events, you can file an appeal with video material if scores divert from reality and if this would have an impact on the place of the participant or school.

For the Ropes Got Talent, no appeals are possible, the interpretation from the judges is always final.

For Freestyle Challenge, no appeals are possible, the interpretation and timing from the judges is always final.

If you want to file an appeal, take your video material directly to the Tournament Director. He will decide the outcome. In case a recount is needed for a speed event, the Tournament Director can consult judges to assist him in the recount. The recounted score will be the final score (even if it is lower). No appeals are possible against this score.





## 2. Detailed rules CSIT Rope Skipping Championship

### General structure of the competition

During the CSIT Championship, 3 rope skipping events will take place:

- Speed-events: the focus is on executing as many jumps as fast as possible
- Freestyle Challenge: all skippers need to execute a compulsory freestyle as fast as possible with the least amount of mistakes
- Ropes Got Talent: an open show/demo where skippers can bring any rope skipping related show, going from 2 skippers till 25 skippers

The plan will be to test these 3 events during the 2022 Championship and also give workshops for coaches and skippers to teach them how to perform these events to the best of their capacities.

In 2023, these 3 events will be hosted on 3 consecutive days.

### CSIT rope skipping event: speed-events

#### Setup

This championship will be executed with Bluetooth ropes, allowing the Organizing Committee to automatically count all vscores. For each subevent, there will be a split between male competitors and female competitors. This event contains the following subevents :

#### *200 jumps – 500 jumps – 3000 jumps*

- this event will begin with a timer calling the words “judges ready, skipper ready, set, BEEP”. Once the beep starts, the participant can begin skipping with normal jumps (feet together) or in speedstep (always switching between right and left foot). The event will end once the skipper has executed all the jumps (200, 500 or 3000 jumps). During this event, it is not allowed to skip multiples (turning the rope multiple times in 1 jump) or do side swing (swinging the rope next to your body without jumping the rope).
- The event of 200 jumps will be split in 1 or more qualification rounds. After all qualification rounds, a ranking will be made (from the fastest to the slowest participant) and top-16 for the male participants and top-16 for the female participants will qualify for the quarterfinals. In the quarterfinals, top-8 for male participants and top-8 for the female participants will qualify for the semi-finals.

In the semi-finals of the 200 jumps, top-4 for male participants and top-4 for the female participants will qualify for the speedfinals. In the events 500 and 3000 jumps we go straight into the speedfinals.

In the speedfinals, the fastest score will take golden medal, second fastest score will take silver and third fastest score will take bronze. In case of a tie, both skippers will get the same medal.





False Starts are not permitted in any event. The skipper(s) must remain still with no arm or rope movement before the BEEP sound is heard. Any movement before the start of the BEEP sound constitutes a false start. If a false start is detected the judges do not stop the skippers but there will be a 5 seconds added to the total time of the participant.

### Awards

Awards will be given to the top-3 in each event (per age). For the awards, top-3 will be awarded (all age\* & gender categories together). \*age categories will be decided after we know better who will be participating in the competition.

	Speed events	
	Male	Female
200 jumps	Gold, silver & bronze medal	Gold, silver & bronze medal
500 jumps	Gold, silver & bronze medal	Gold, silver & bronze medal
3000 jumps	Gold, silver & bronze medal	Gold, silver & bronze medal

## CSIT rope skipping event: Freestyle Challenge

### Setup

During this event, a participant has to perform a compulsory mini-freestyle with the least amount of errors. This event will be split in 2 categories: male participants & female participants.

The compulsory freestyles can be found on the CSIT website at least 2 months before the competition.

The number of error are counted. This includes both mistakes being made during the freestyle, as skills not executed or not correctly executed (e.g. doing something different than intended, or doing something fake). The Challenge starts with a timer calling the words “judges ready, skipper ready, set, BEEP”. Once the beep starts, the participant can begin executing the freestyle. Once finished, the participants needs to press the buzzer and the total time will be registered.

There will be 3 rounds:

- Qualification round: during this round, the freestyle is executed by all participants and errors are counted. The top-8 participants per gender category with the least errors will qualify for the next round. In case of a tie, all will qualify for the next round (so time is not important in this round)
- Semifinals: top-8 will do the freestyle again, but this time it will be timed (stopping when the participant pushes the button). After the freestyles, a ranking will be made based on the fewest errors. In case 2 skippers have the same number of errors, the fastest skipper will advance to the finals. Top 4 per gender category will advance to final
- Finals: the 4 remaining skippers per gender category will do the freestyle a last time. The one with the fewest mistakes wins (per gender category). In case of a tie, the fastest freestyle wins





### Awards

Awards will be given to the top-3 in each age category. For the school awards, top-3 will be awarded (all age categories together).

	Freestyle Challenge	
	Male	Female
Freestyle Challenge	Gold, silver & bronze medal	Gold, silver & bronze medal

### CSIT rope skipping event: Ropes Got Talent Show

#### Setup

This is an event where teams are created from 2 to 25 participants that will perform in a demonstration that will last a maximum of 4 minutes. This demonstration can contain a wide variety of elements (single rope, double dutch, 2-people-1, Chinese wheel, long rope, box, ...) and is intended to entertain the crowd with a nice show (so use of music, thematic costumes, special skills, ... would all be nice features that will get you high scores).

As the Organizing Committee understands that it might not be easy to create this, there will be a workshop in 2022, in preparation of the 2023 competition where there will be experienced coaches that will help you in creating a demonstration (or that will help you to update an existing demonstration).

In this event, there will be no split between male and female participants. All teams will perform one after the other.

#### Judging

This is an event that will be judged by an expert judges panel containing experienced coaches and participants from different countries. The Organizing Committee will form this judges panel.

Each judge will score each demo a score between 0 and 100 (based on their own preference & experience). The highest and lowest score per demo will be removed, and other scores will be added together to get a final score.

Next to the expert judges, there will also be a judges panel containing people from the audience. The goal is to have a good spread of participating countries in this judges panel.

After the event, the scores from the expert judges panel and from the audience judges panel will be added together. The team with the highest score wins. In case of a tie, both teams get the same medal.

### Awards

Awards will be given to the top-3 in the Ropes Got Talent show.

	Ropes Got Talent Show
	Male & Female (1 category)
Ropes Got Talent Show	Gold, silver & bronze medal

