

JUMP ROPE

TECHNICAL RULES AND REGULATIONS





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GENERAL

The purpose of the “ISF Jump Rope Technical Rules and Regulations” is to provide standardised rules and regulations for all Jump Rope competitions. This document is set up in accordance with the ISF Statutes, the ISF Sport Policy and the ISF General Competition Regulations.

This document is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner. The specific objectives of this document are to:

1. Define and specify the **general conditions** under which participants can take part in the ISF Jump Rope events;
2. Determine the **delegation composition**;
3. Determine the **sport program**;
4. Determine the **technical rules**;
5. Set the **draw** procedure;
6. Set **protests and appeals** procedure.

Please note that the technical rules and regulations are applicable to all ISF events. In case of variation of rules and regulations in relation to the type of event, the variation will be specified in the text.

1. GENERAL CONDITIONS

The competition of ISF Jump Rope events will be run according to the ISF technical rules and regulations and International Jump Rope Union (IJRU) technical rules under the direction of the ISF Technical Commission of Jump Rope. Any decisions over matters not mentioned in the present document will be taken by the ISF Technical Commission.

- The ISF Jump Rope events are open to school teams and/or selected teams and/or individuals. Specific sports formats shall be described in the event bulletins.
- The competition is categorised as: boy categories, and girl categories, and mixed categories.
- The composition of each delegation, the number of individuals, and the final sport events that each ISF Jump Rope event is accepting will be defined for each event accordingly.
- The competition is held over four (4) days for any event type.

AGE CATEGORY

- For the **U15 category**, students aged 13, 14 and 15 on 31 December of the year of the competition concerned can participate.
- For the **U18 category**, students aged 16, 17, and 18 on 31 December of the year of the competition concerned can participate.



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2. DELEGATION COMPOSITION

Each delegation will consist of:

- Head of delegation
- Deputy Head of delegation (where applicable)
- Additional adults
- Athletes
- Team officials
 - Coaches
 - Other team officials
- Field of play officials

HEAD OF DELEGATION (HOD)

- HOD shall be the sole intermediary between the delegation and the Local Organising Committee, the ISF Technical Commission and the ISF Delegate.
- They may not combine their role of HoD with that of a coach or any other official role.
- Each delegation is entitled to enter one (1) HoD.

DEPUTY HEAD OF DELEGATION (Deputy HoD)

- The role of Deputy HoD is to assist the Head of Delegation.
- The presence of the Deputy HoD is not mandatory.
- Number of Deputy HoD depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

ADDITIONAL ADULTS

- The function of additional adults can be: interpreter, security personnel, ministry representative, media, etc.
- The presence of additional adults is not mandatory.
- The function of each additional adult must be specified during the registration process.
- Any other additional persons not specified during registration or exceeding the limit specified in this document will not be considered part of the official delegation and will not be accredited by the LOC.
- Number of additional adults depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

ATHLETES

- Athletes must be students attending schools that provide general education.
- Athletes must be enrolled as full-time students at a school in the country which they represent.

TEAM OFFICIALS

Coaches

- The presence of a coach is mandatory.
- Teams or individuals cannot participate in the competition without the presence of a coach.
- The maximum number of coaches is determined by the number of athletes.
- Each delegation shall enter a minimum of one (1) coach per team.



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Other Team officials

- The function of other team officials can be: doctor, trainer, physiotherapist, statistician, team manager etc.
- The presence of the other team officials is not mandatory.
- The function of the other team officials must be specified during the registration process.
- Any person not specified during registration or exceeding the limit will not be considered part of the team.
- Each delegation shall enter up to one (1) other team official each per team.

1. FIELD OF PLAY OFFICIALS

- Each team shall enter one (1) field of play official (judge).
- The Field of play officials cannot combine their position with other positions, such as heads of delegation, team officials or additional adults.
- Field of play officials (judges) shall be in possession of international or national qualification depending on the event type. Level of qualification shall be described in the event bulletins.
- The qualification will be reviewed and approved by the ISF Jump Rope technical commission. Delegations must provide certificates for field of play officials during the registration process.
- Failure to provide the required number of field of play officials (referees) will lead to a fine of 900€ (per referee) payable to the organiser prior to the competition.

3. SPORT PROGRAM

EVENTS

- BOYS
 - SRS 1x30, SRSE 1x180, Triple Unders, SRPDU 2x30, SRF, DDSF, DDCCS 1x30
- GIRLS
 - SRS 1x30, SRSE 1x180, Triple Unders, SRPDU 2x30, SRF, DDSF, DDCCS 1x30
- Mixed team events:
 - SRPDU 2x30, SRSR 4x30, DDSR 4x30, SRPF, SRWF, DDSF, DDCCS 1x30
- Open: DDC Freestyle

ENTRIES PER EVENT

- Each delegation may enter with:
 - Individual event: 2 athletes per gender / delegation
 - Team event: 2 teams per gender / delegation

4. TECHNICAL RULES

SYSTEM OF PLAY

Competition station size for speed events is 5 meters by 5 meters. Competition size for freestyle station is 12 meters by 12 meters. Speed events must be jumped in an alternating jog step pattern. Only the right foot jumps will be counted, and the score then doubled for the final score. DDC speed



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will be counted on the right foot. Double unders and triple unders must be jumped with two feet landing after each double under.

Freestyle events have a maximum time of 1 minute 15 seconds. In single rope pairs freestyle the athletes must have a synchronized routine. DDC freestyle has a maximum time of 3 minutes.

*Freestyle routines will be competed to music. *This is dependent upon number of entries. Please refer to the IJRU 2020 Judging handbook for a complete explanation of rules.

5. DRAW

- The ISF is responsible for establishing, criteria's and fixing timing of the draw.
- The ISF Technical Commission is responsible of the draw.

6. PROTESTS AND APPEALS

Appeals involving results or any matter not concerning discipline will be heard by the Jury Appeal. The appeal must be lodged within 30 minutes of the incident and be submitted in English. The payment of amount 50€ must accompany the appeal and is to be paid to LOC in cash. This payment will be refunded only if the appeal is upheld or at the discretion of the Jury Appeal. In the case of an unsuccessful appeal, the payment will be retained by the ISF.



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