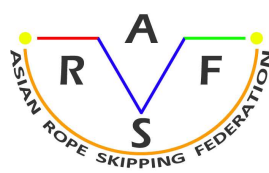


5th Asian Rope Skipping Championships

Rulebook

January 1st 2009
To
August 31st 2009



Contents

Forward

1. Contents of an Asian Championship

- A. Events
- B. Divisions
- C. Awards

2. Generalities

- A. Signals, sounds and callouts
- B. False Starts
- C. Music
- D. Uniforms
- E. Surface
- F. Ropes
- G. Unusual events

3. Scores

- A. Judged items
 - 1. Freestyles
 - 2. Asia Cup
- B. Deductions
 - 1. Misses
 - 2. Space
 - 3. Time
 - 4. Extra
- C. Judges
- D. Calculation of scores
 - 1. Speed and Triples Under
 - 2. Freestyle
 - 3. Final score and end result
 - 4. World Cup
 - 5. Tournament Tie

4. Appeals

5. Code of conduct

6. Drugs- anti doping

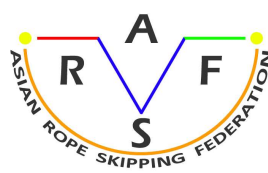
Appendix 1: Explanation per event

Appendix 2: Definitions

Appendix 3: Code of ethics

Appendix 4: Judging freestyle in detail

Appendix 5: Judging Asia Cup in detail



FORWARD

This is the first official ARSF rulebook and it will be used for the Asian Championships held in 2009.

The rulebook is based mainly on the information of the FISAC-IRSF rulebook. I sincerely want to thank those who contributed their input, ideas and knowledge.

The rules are not "set in concrete" and it is expected they will be evaluated and perhaps altered to bring them into line with the new trends in the sport of rope skipping after the completion of the 2009 Asian Championships.

I sincerely hope this book will be beneficial and contribute to making rope skipping competitions a rewarding experience for everyone.

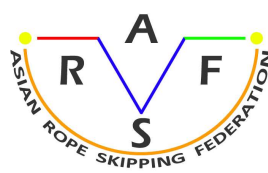
Jason Chan (Hong Kong, China)
Chairperson of Asia, International Rules Committee
Fédération Internationale de Saut à la Corde (FISAC-IRSF)

Approved by the Asian Rope Skipping Federation Board of Directors for distribution.

Ms. Amy Ha (Hong Kong, China)
President
Asian Rope Skipping Federation

A printout from this manual never gives anyone any right for whatever cause.
We all know how easy it is to alter parts of texts in whatever software you use.
Only the official hand-autographed versions of official papers have the legal identity in case of a disagreement.

All the official papers can be requested from the ARSF Secretariat.
The rules in this document are generally stated only once.



1. Contents of an Asian Championship

A. Events: names – times – number of participants - order

a. Individual Championship

1. Speed – 30 seconds (30.00 sec.)
 2. Speed – Endurance – 3 minutes (180.00 sec.)
 3. Triple Unders (unlimited time)
 4. Freestyle (45.00 – 75.00 sec)
- Event-order: 1 2 3 4

Freestyle: Timing begins with which ever is first - an arm or rope movement or as soon as the first note of the music starts. If music is being used, no warning signals will be given / heard at 75 seconds. The routine will be judged 'finished' when the skipper has finished in a recognizable 'End'-position.

b. Team Championship

1. Speed and Double Under Relay (4 x 30.00 sec)
 2. Speed Double Dutch Relay (3 x 40.00 sec)
 3. Single Rope Pairs Freestyle (45.00 – 75.00 sec)
 4. Single Rope Team Freestyle (45.00 – 75.00 sec)
 5. Double Dutch Single Freestyle (45.00 – 75.00 sec)
- Event-order: 1 2 3 4 5

Events 1, 4 are performed by 4 persons from the same team.

Event 3 is performed by 2 persons from the same team.

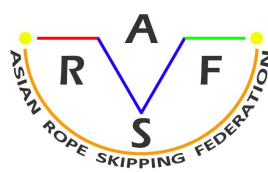
Event 2, 5 are performed by 3 persons from the same team.

Freestyle: Timing begins with which ever is first - an arm or rope movement or as soon as the first note of the music starts. If music is being used, no warning signals will be given / heard at 75 seconds. The routine will be judged 'finished' when the skippers have finished in a recognizable 'End'-position.

c. Asia Cup

4.00 to 8.00 minutes. 4 to 12 participants

At the Asia Cup the clock starts at the first tune of the beat or the first movement of the rope, whichever is first. The clock stops when the competitors don't jump the rope any more and clearly show that this is the end of the rope skipping show.



B. Divisions

The National Organization of each ARSF member country will set their own qualifying standards.

-- Individual Championship

- ARSF 14 or below Masters Championship Rope Skipping © (Born in 1995 or after)
- ARSF 15 or above Masters Championship Rope Skipping © (Born in 1994 or before)

The Overall Masters Championship is separated into the following MALE and FEMALE categories.

- ARSF 14 or below Female
- ARSF 14 or below Male
- ARSF 15 or above Female
- ARSF 15 or above Male

Each participating country can send a maximum of three skippers per category, but may only send nine skippers total. Events 1, 2, 3 and 4 from Article 1.A.a. are done by the participants.

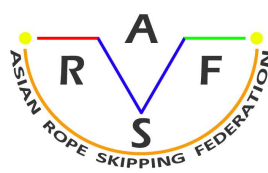
-- Team Championship

- ARSF 14 or below Team Championships Rope Skipping © (Born in 1995 or after)
- ARSF 15 or above Team Championships Rope Skipping © (Born in 1994 or before)

The Overall Team Championship is separated into MALE and FEMALE categories.

- ARSF 14 or below Female
- ARSF 14 or below Male
- ARSF 15 or above Female
- ARSF 15 or above Male

Each participating country can send a maximum of three teams per category, but may only send nine teams total. Events 1, 2, 3, 4 and 5 from Article 1.A.b. are done by the participants. A competitor can be a member of and compete in only one team and can compete in only one age division. A team may consist of a minimum of four skippers and a maximum of five skippers.



-- Asia Cup

One team per country is allowed to compete.

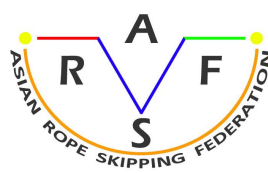
Teams may seek to give a performance without their demonstration being judged. These items will be placed between the competitive performances to allow calculation time for judges and for audience entertainment.

This is an open event for skippers born in or before 2001.

There is one division.

The number of participants is 4, 5, 6, 7, 8, 9, 10, 11 or 12.

Remark: The National Organization needs to verify the ages of all their competitors. There is a two year disqualification period for all athletes / coaches for submitting false information.



C. Awards

The awards will be presented during the Competition Awards Ceremony at the completion of the Championships. These results will be posted on the ARSF website.

In case of a tie for these awards, both the skippers and or teams with the tied ranking will receive the honour for that rank. However the skipper or team with the next ranking in the order will be ranked one position lower. (Examples: If two skippers are tied for first, then there will be no medal for 2nd place. The next medal to be presented will be for 3rd place. If two skippers are tied for 2nd place, then there will be no medal presented for 3rd place.)

The residence of a participant is the country of which he/she has permanent residence status, with a valid passport or other official dated and stamped documentation.

To be classified as an Asian Championship competition there should be a minimum of six teams for the Teams Competition, or six skippers for the Masters Competition among three different countries respectively.

In order to have an age division or a division for all males and all females, there must be a minimum of five teams/skippers of at least three different countries to enable the event to occur. If there is not, the teams will be combined to compete in the next appropriate division until these conditions are met, as stipulated in above. The next appropriate division for male teams are female teams, for female teams are male teams. Any team in that position must be notified that they are in this situation well in advance of the competition. It is the responsibility of the Championship Director to inform participating teams of any changes to the divisions.

Should it not meet the original requirements, the championship may go ahead but it would be called an ARSF Invitational Tournament.

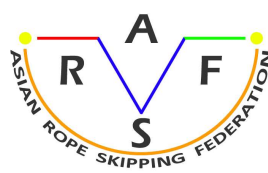
-- Asia Cup:

GOLD, SILVER and BRONZE medals for the first three places of the competition.

-- Individual Championship

GOLD, SILVER and BRONZE medals for the first three places in each gender category for the following competitions:

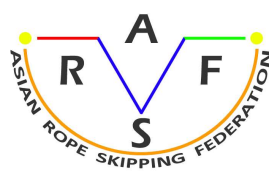
- ARSF 14 or below Overall Masters Championship Rope Skipping ©
- ARSF 15 or above Overall Masters Championship Rope Skipping ©
- ARSF 14 or below 30 seconds speed Championship Rope Skipping ©
- ARSF 14 or below 3 minutes speed Championship Rope Skipping ©
- ARSF 14 or below consecutive triples under Championship Rope Skipping ©
- ARSF 14 or below Freestyle Championship Rope Skipping ©
- ARSF 15 or above 30 seconds speed Championship Rope Skipping ©
- ARSF 15 or above 3 minutes speed Championship Rope Skipping ©
- ARSF 15 or above consecutive triples under Championship Rope Skipping ©
- ARSF 15 or above Freestyle Championship Rope Skipping ©



-- Team Championship

GOLD, SILVER and BRONZE medals for the first three places in each gender category for the following competitions:

- ARSF 14 or below Overall Team Championships Rope Skipping ©
- ARSF 15 or above Overall Team Championships Rope Skipping ©
- ARSF 14 or below Speed and Double Under Relay Championship Rope Skipping ©
- ARSF 14 or below Double Dutch Speed Relay Championship Rope Skipping ©
- ARSF 14 or below Single Rope Pairs Freestyle Championship Rope Skipping ©
- ARSF 14 or below Single Rope Team Freestyle Championship Rope Skipping ©
- ARSF 14 or below Double Dutch Single Freestyle Championship Rope Skipping ©
- ARSF 15 or above Speed and Double Under Relay Championship Rope Skipping ©
- ARSF 15 or above Double Dutch Speed Relay Championship Rope Skipping ©
- ARSF 15 or above Single Rope Pairs Freestyle Championship Rope Skipping ©
- ARSF 15 or above Single Rope Team Freestyle Championship Rope Skipping ©
- ARSF 15 or above Double Dutch Single Freestyle Championship Rope Skipping ©



2. Generalities

The following statements apply to all competitions unless stated differently.

A. Signals, sounds and call outs

The signals that will be used during competition are available on CD and can be downloaded from the ARSF website.

A speed event starts with "Judges ready? Skippers ready? Set. Go." and stops with "STOP". Every time a skipper should switch in a team event "switch" is called.

Every freestyle and the Triples Under event start with "you may begin."
For freestyle, at 75.00 seconds "TIME" will be called if the routine is not finished yet.

B. False starts

The body must be still with no arm or rope motion until the words "Go." or "You may begin." have been called out.

No False Starts are permitted for any event. The deductions for false starts are explained elsewhere in the rulebook.

C. Music

If music is being used for competition, the original competition CD must be handed in before competition starts. This must be handed in at the sound table / to the Sound Technician. There will be no violation if the music isn't handed in on time, but the team will have to compete without music.

If music will be used, there will still be manual timing.

If the wrong music is started and the skipper jumps more than 5 seconds using that music, he/she will be judged and will not be able to get a re-skip due to this problem. If the skipper jumps less than 5 seconds using this music and he/she can supply the Sound Technician with the correct music within 15 minutes, the skipper or team can start over.

The CD must have:

- a. The competition number (taken from the program).
- b. The event (taken from the program).
- c. Only the one track being used for that event.



D. Uniforms

Each country must have a matching uniform for the marching in and the medal ceremony. National team uniforms may have the team name, sponsor and / or logo displayed during the competition. The uniform worn by a team should make it clear that these skippers form a team. Supportive athletic shoes must be worn to protect the skipper's feet. No items of jewellery may be worn. The exceptions are a wedding band, ear studs and medic-alert bracelets.

If the uniform, including shoes, doesn't fulfil these qualifications, the skipper or team isn't allowed to compete.

The judging uniform shall consist of navy blue shorts / jeans / pants and a collared white T-shirt which cannot have a team name or a logo other than the ARSF-logo and the ARSF corporate sponsor's logo.

No props or special equipment, not attached to the body throughout the whole routine, may be used to add to the creativity and / or the degree of difficulty of the routine eg lolo ball, gogo ball, skip stick, mini trampoline, boards, mats, hats, glasses, jeans, shirts etc.. Medic-Alert bracelets are accepted. If a prop is released unintentionally from the body it should be removed from the competition floor as fast as possible by the competitors. Removing a prop from the body intentionally leads to disqualification.

E. Surface

Surface should be of a high quality sports floor. The floor should be of a high quality e.g. a wooden sprung / cushion floor.

The floor must be marked with a rectangle with lines in a contrasting colour with the floor surface that are in 90 degrees angle of each other.

Dimensions:

Masters and Team events:

Speed: 5 x 5 meters

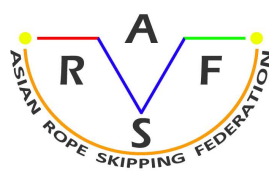
Freestyle: 12 x 12 meters

Asia Cup:

Minimum of 15 x 15 meters

It will be permissible, with prior consultation with the Tournament Director, for the host country to determine the maximum area in consideration of the available floor space and safety factors. This should be communicated to all countries latest 12 months before the championship.

An area of 1 x 1 meter close to the competition field will be reserved for a coach and/or extra skippers of the team. The area reserved for judges is three metres surrounding the competition floor. The spectators should be positioned at least 1 metre from the Judges' areas.



F. Ropes

Any rope may be used as long as it is powered by the athlete. If the rope doesn't fulfil these qualifications, the skipper or team is not allowed to compete.

Masters		Team		Asia Cup	
Event	Length, number	Event	Length, number	Type	Length, number
30" & 3'	Free, 1 maximum	SRS&D	Free, 4 maximum	SR	Free, free
		Any DD speed	Free, 1 set maximum	DD	Free, free
Triples Under	Free, 1 maximum	SRFP SRFT	Free, 2 maximum Free, 4 maximum	Long Rope	Minimum of 7 metres, free
Freestyle	Free, 1 maximum	DDFS & DDFP	Free, 1 set maximum.		

Before entering the competition-floor, the correct length of the rope will be checked at the designated area where the length of the rope is marked on the floor, which is in front of the Head Judge.

Competitors are allowed to put as many ropes as is allowed in the event in the coaches area. They are allowed to use them in case their rope brakes. They do not get a space violation if they do use one or more of these ropes.

Ropes that go out of the field can not be thrown back in by anybody. The competitor has to go and get it him/herself and will thus get a space violation. If somebody else does throw it back in, still a space violation will be deducted.

G. Unusual events

In the event the competitor fails to appear on the competition floor within 1 minute after being called, it will be considered a "Withdrawal" and that particular skipper or team will be deleted from the Championship List. Skippers may only come before the judges after his / her name or number has been called out.

In case of an injury, the skipper or (national) coach will decide whether to continue the event or not. There will be no re-skip and the event will be scored according what was shown.

If a rope or a handle breaks a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However a team or skipper may only have a maximum of two (2) attempts at the same event. The last attempt determines the score.



3. Scores

A. Judged Items

1. Freestyle Masters and Teams

a. Difficulty SR (50%)

The level of a skill or trick is defined as explained in the Appendix. The table below indicates what are the requirements for a freestyle to obtain a certain raw score for difficulty.

Score / skill level	Minimum requirements			
	Total	Level 2	Level 3	Level 4
1.0 – 1.9	10	5		
2.0 – 2.9	15	10		
3.0 – 3.9	20	15	5	
4.0 – 4.9	25	15	7	
5.0 – 5.9	30	15	9	1
6.0 – 6.9	35	15	11	3
7.0 – 7.9	40	15	13	5
8.0 – 8.9	45	15	13	7
9.0 – 9.9	50	15	13	9

Masters:

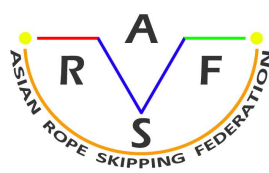
Score / skill level	Minimum requirements			
	Total	Level 2	Level 3	Level 4
1.0 – 1.9	10	5		
2.0 – 2.9	15	7		
3.0 – 3.9	20	10	1	
4.0 – 4.9	25	10	3	
5.0 – 5.9	30	10	5	
6.0 – 6.9	35	10	7	1
7.0 – 7.9	40	10	9	3
8.0 – 8.9	45	10	11	5
9.0 – 9.9	50	10	11	7

Teams:

b. Creativity-B + C SR(15%)

The judge looks for

- required elements: wraps, crosses, releases, multiples, special positions, gymnastics, direction changes, speed changes (7.5 %)
- variation of these required elements (7.5 %)



c. Creativity-A SR (35%)

The judge looks for

- Music (10%)
- Using Space (7.5%)
- Original Moves & Spectacles (7.5%)
- Form (Body & Ropes) (10 %)

d. Extra points SR (extra 10%)

The judge looks for interlinked skills in pairs freestyle and team freestyle

e. Difficulty DD (50%)

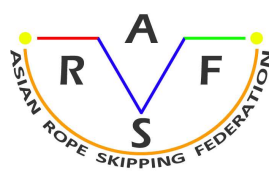
The level of a skill or trick is defined as explained in the Appendix. The table below indicates what are the requirements for a freestyle to obtain a certain raw score for difficulty.

Score / skill level	Minimum requirements			
	Total	Level 2	Level 3	Level 4
1.0 – 1.9	5			
2.0 – 2.9	10	3		
3.0 – 3.9	12	5	1	
4.0 – 4.9	14	7	2	
5.0 – 5.9	18	9	4	
6.0 – 6.9	20	9	6	1
7.0 – 7.9	22	9	8	2
8.0 – 8.9	24	9	10	3
9.0 – 9.9	26	9	12	4

f. Creativity-B Balanced Skippers DD (15%)

The judge looks whether all jumpers show they all can do

- special positions
- gymnastics
- speed changes
- combinations



g. Creativity-A DD (35%)

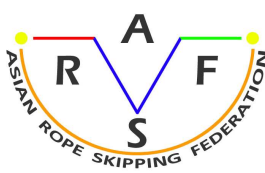
The presentation judge looks for

- Music (10%)
- Using Space (7.5%)
- Original Moves & Spectacles (7.5%)
- Form (Body & Ropes) (10 %)

2. Asia Cup: Judged Items

The judge looks for

- Difficulty
- Element
- Formation
- Use of music
- Entertainment



B. Deductions

1. Misses

Two sorts of misses exist: minor and major misses.

After a miss, the rope must be jumped at least one time successfully before another miss can be counted. No limit in number of misses to be given by the judges.

A minor miss gives a deduction of 0.5 point on the total score of a freestyle. A major miss gives a deduction of 1 point on the total score of a freestyle.

2. Space violations

Freestyle: Space violation is punished as a minor miss each time a skipper steps outside the border(s) of the competition area before the end of the routine. Skills performed outside the 12 x 12 meters-area will not be judged until the skipper has re-entered the square of the Freestyle-floor.

Speed: The judge will stop the skipper and correct the position. The counting will be continued as of the moment the skipper has re-entered the rectangle of the Speed-floor. Timing will not be stopped.

Asia Cup: If the facility is too small the Tournament Committee may decide to waive the penalty for space violations. If it is big enough, a space violation will only be given if the jumper is still doing rope skipping in an active way outside the field.

3. Time violations

Freestyle: No judging is permitted after "TIME" is called at 75.0 sec. A time violation is punished as a major miss and is given to a routine lasting less than 45 seconds and more than 75 seconds.

Triple Under: If a skipper does not start with the first triple within 10 seconds of "You may begin." being called out then 10 triple unders will be deducted from the raw score. If the skipper does not start within 10 seconds of "You may begin." being called out for the second attempt then they will not be permitted to have the second attempt.

Asia Cup: A penalty of 20 points will be deducted.

4. Extra violations

All turners must become jumpers in freestyles double dutch and do a minimum of three (3) skills IN the ropes for the routine to be valid. Violation of this rule will be punished as a major miss for each skipper who does not fulfill this requirement.



C. Judges

When referring to judges in this rule book, it is referring to

1. speed judge
2. fully qualified freestyle judge (SR Difficulty + DD Difficulty + Creativity).

It is also permissible to have two or more freestyle judges, each with different qualifications to judge in different areas, combine to equal one fully qualified freestyle judge. An example of this is - one judge qualified SR Difficulty only may combine with another judge qualified at DD Difficulty + Creativity only. The result of this combination of judges is one fully qualified freestyle judge.

After passing the exam, each individual judge is expected to train himself / herself regularly and to be familiar with the updates on rules, competitions and the skills list.

Each individual judge can be a judge in a competition for three reasons:

As a request from ARSF.

As a request of the judge him- / herself.

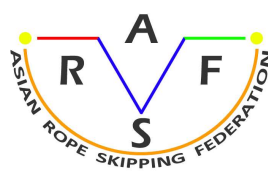
As accompanying judge on a competing team or individual.

According to the number of participants from each country, it is required to supply the appropriate amount of judges. If a country does not give enough judges, some of their skippers aren't allowed to compete. ARSF will supply all countries with a list of all certified judges later on. Countries that participate for the first time don't have to supply any judges.

In the case of illness of a judge, it is the responsibility of the National Rope Skipping Organization to arrange a substitute judge. Failure to try to do so will mean that the Organising Committee will arrange the substitute judge and the costs will be paid by the National Rope Skipping Organization to ARSF for failing to fulfil their responsibility. Failure to pay the penalty will result in immediate disqualification of those competitors from the Asian Championships.

Each judge will be assigned by the Tournament Committee.

Prior to every competition a Judges, Coaches and Team Managers meeting will be held. During this meeting all relevant information and recent changes to the rules will be communicated and explained. It is mandatory for all judges to attend this meeting. Coaches and Team Managers are strongly advised to attend. During the Judge's meeting all judges will be given the same directions and information to make the Judging Panel as balanced as possible. If any judges are not at this meeting they may not be given permission to judge at the 2009 Asian Championships.



The numbers given per official are a MINIMUM number.

- Speed and Triple Under:

- 1 Head Speed Judge
- 2 Speed Judges

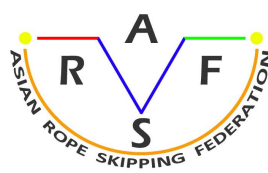
- Freestyle Single Rope:

- 1 Head Judge,
- 3 Difficulty Judges,
- 3 Creativity-A Judges,
- 1 Creativity-B Judge,
- 1 Creativity-C Judge
- 2 Assistant Judges in Pairs Freestyle or 4 Assistant Judges in Team Freestyle
- 1 Timer
- 1 Checker

- Freestyle Double Dutch:

- 1 Head Judge,
- 2 Difficulty-Jumper Judges,
- 2 Difficulty-Turner Judges,
- 3 Creativity-A Judges,
- 3 Creativity-B Judges,
- 3 Assistant Judges in Single Freestyle
- 1 Timer
- 1 Checker

Once the competition starts, the Head Judge of a freestyle field isn't allowed any more to correct judges. If the head judge notices that one of the judges is not performing as required, the judge can be replaced. The judges can only be replaced after the end of a series of freestyles such that each team or skipper of a division and gender category was judged by the same judges.



D. Calculation of scores

All scores registered by the judges will be entered with a minimum of calculation to the prepared score sheet. Raw speed scores can be given to the skippers by flashing after they have completed their event. These scores are unofficial and may be corrected between flashing and presenting the final results.

All score sheets will be checked manually by two additional officials. All scores will be entered in the computer system on two separate systems by two different officials. The entry of the scores in the computer system is checked by a third system, by subtracting entry on system one from entry on system two. If the difference is 0, then the entries must be correct.

The Championship Director will release the official results of an Asian Championship after all verifications and authorizations are complete.

1. Speed and Triples Under

The score-sheet for Speed or Triples Under is taken (3 in total) and all scores are entered in the system.

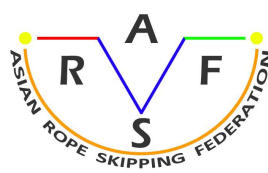
The two closest scores will be averaged (T) - and if the three scores are equally separated, the advantage goes to the skipper so that the top two scores are averaged. (for example 133, 135, 137 → $(135 + 137) / 2 = 136$ T = 136)

If the scores from a field consistently vary by more than 5 (between highest and lowest score), a notification should be given to the Tournament Director.

If a speed or triple score differs more than 5 between each judge (ex. 70 75 80) the skipper can request for a re-skip. If the re-skip is taken, it will be the score of the re-skip which is final. If the re-skip is not taken, the final score is the average of the two highest scores (in the example this would be 77.5). During the re-skip two extra speed counters will be counting as well in order to check the counting capabilities of the three original counters.

Average all the deductions (W) and subtract them from T.

This score will be multiplied by a certain number to give the final score Y. This number is 1 for each event except for 30" speed (5), triples under (2).



2. Freestyle

Score-sheet for Freestyle is taken per Judge and all scores are entered in the system.

The scores (with a maximum of 10.0) of the difficulty judges are averaged and multiplied by 25 (with a maximum of 250) and called T1.

The scores (with a maximum of 7.0) of the creativity-A judges are averaged and multiplied by 25 (with a maximum of 175) and called T2.

Single Rope:

The scores of the creativity-B judges are averaged and multiplied by 25 (with a maximum of 37.5) and called T3'. The scores of the creativity-C judges are averaged and multiplied by 25 (with a maximum of 37.5) and called T3''. These two scores (T3' and T3'') are added and called T3.

Double Dutch:

The score from the creativity-B judges are averaged and multiplied by 25 (with a maximum of 75) called T3.

All of these scores are added to a maximum of 500 points. All deductions are added (W) and deducted from this raw score ($T = T1 + T2 + T3$) to obtain the final score on 500 (Y).

3. Final score and end result

The team or skipper with the highest score of all competitors in his/her/their age and gender category for a certain event is the winner of this event and is called for instance ARSF 14 or below 30 seconds speed Championship Rope Skipping © if this person has obtained the highest score on this event and if the requirements of 1.C. are fulfilled.

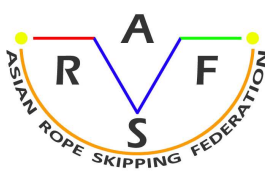
The person/team with the highest score for an event has ranking 1, with the second best score ranking 2,...

In case of a tie of m skippers on the n'th place all these skippers get the n'th place and the next best skipper gets n+m'th place.

In order to determine the final ranking of all competitions with more than one event, the ranking of each event of this person/team is added.

In order to determine the Overall Master, the ranking of the freestyle is multiplied by two.

The person/ team with the lowest total ranking is the winner. The person/ team with the second lowest total ranking gets second place ...



4. Asia Cup

Different judges look at different criterion and rank the teams in that particular criterion.

The winner is the team with the lowest ranking scores among the 5 criteria.

5. Tournament Tie

In case of a tournament tie, the tie will be broken according to the following logic, looking for the highest score of the named event:

Masters:

- overall score
- freestyle
- speed 3'
- speed 30"
- triples under

Team:

- overall score
- score of double dutch single freestyle
- score of single rope team freestyle
- score of single rope pair freestyle
- score of double dutch speed relay
- score of single rope speed and double under relay

Asia Cup:

- difficulty ranking
- element ranking
- formation ranking
- use of music ranking
- entertainment ranking



4. Appeals

A five person Appeals Committee will be appointed by the ARSF Executive, for the Championships. This Committee will have jurisdiction over all rule interpretations and disagreements that may occur.

This Committee will be chaired by the President of the Rules Committee who as the Chairperson will not vote and will consist of the Championship Director or one member of the Championship Organizing Committee delegated to this position, two members of the Rules Committee and two senior skippers.

There should not be more than one person from the same country on the Appeals Committee.

Appeals may only be made by the 3 designated team officials per country, which are declared by each country prior to the Championships.

In the first instance the designated official, nominated representative from a country will make an informal, verbal request for clarification or ruling from the Tournament Director.

Should an unsatisfactory response be given a written appeal is to be submitted to the Tournament Director with a deposit of \$US100 within one (1) hour of the official results being announced or published otherwise. He / she will then submit the written appeal to the Appeals Committee. The \$US100 will only be returned if the appeal is upheld.

No appeals will be heard regarding the decisions of the judges. Appeals may only be on matters concerning mathematical errors in calculating scores and in tabulating results.

The Appeals Committee will hear an appeal at the first opportunity, at the Championships and render a decision before the official presentation of the medals. All appeals should be made within one hour after the hand out of the results to the countries.

Errors corrected after results have been announced shall cause the results to be announced in the corrected form.

Duplicate awards will be given out. NO requests will be made to return any awards given out in error.

However, if an athlete decides to return his / her award by his / her own free will, then this shows great sportsmanship and will be appreciated and communicated as such.



5. Code of conduct

Sportsmanship and discipline are of the utmost importance and expected of all participants, coaches and spectators.

Competitors and coaches must not distract another competitor whilst he/she is competing by creating additional distracting sounds or visible or physical movements. Athletes, coaches, judges, and officials must always treat everyone else with the same courtesy, respect and kindness that they would expect for themselves. Athletes, coaches, judges, and officials should never use foul language or gestures. Judges should perform their duties in accordance with the certification training that they have received. Coaches may not discuss a competition performance directly with a judge.

In the Teams Competition only the skippers competing in an event will be permitted on the competition floor. However, there will be a designated area for the coach and the extra team member not competing on the edge of the competition area.

All spectators must remain in the specially marked areas designated for them during the competition. Coaching and supporting is allowed from these areas. The fairest possible environment must be provided for all athletes.

If possible we should congratulate others, whether they are team-mates or not, for any effort well done and we should rejoice in the successes of others whether big or small.

We should be pleased and proud to share skills and techniques with others to see others improve because that helps our sport improve.

We should always treat everyone else with the same respect, courtesy and kindness, as we would like them to show us.

We should ask permission of the originator of a complete routine or an unusual presentation move before we use it ourselves. Permission to video routines should also be sought from the team coach or individual skipper concerned. We should remember that it is unethical not to do this.

Violations of the Code of Conduct will be referred to the Tournament Director. Minor violations will be cause for a warning by the Head Judge or Tournament Director. Repeat violations will be the cause for a point deduction penalty of 20 points out of a maximum of 500 in Freestyle or 10 points in Speed and Power events. Major violations will be the cause for disqualification of an athlete in that component or overall event, or for the removal of a judge or official from his/her assignment. In extreme cases an athlete, coach, judge, or official will be asked to leave the competition area.



6. Drugs – Antidoping

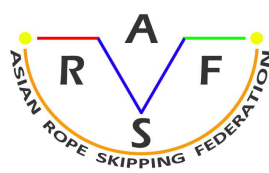
Doping involves *Prohibited Substances* or *Prohibited Methods* that enhance sporting performance, risk health and/or are contrary to the spirit of sport. The *Asian Rope Skipping Federation (ARSF)* implements the mandatory and other portions of the World Anti-Doping Program, including the World Anti-Doping *Code*, the mandatory *International Standards* and the Models of Best Practice. The *Asian Rope Skipping Federation (ARSF)* recognizes the role of the World Anti-Doping Agency (*WADA*) in setting global standards and coordinating anti-doping worldwide.

In particular, the *Asian Rope Skipping Federation (ARSF)* adopts and applies the anti-doping rule violations set forth in the *Code*.

Subject to any right of appeal, the anti-doping rule violation and consequences decisions, *Therapeutic Use Exemptions (TUEs)*, hearing results or other final adjudications of any *Signatory* to the *Code* which are consistent with the *Code* shall be recognized and respected by all ARSF members or subject to the WADA

An *Adverse Analytical Finding* reported to, or an anti-doping rule violation determined by, any authority that is recognized may be deemed to be an *Adverse Analytical Finding* or anti-doping rule violation under the WORLD ANTI-DOPING PROGRAM, which may apply to such cases.

World Anti-Doping Code: The *Code* and *International Standards*, including Commentary.



Appendix

1. Explanation per event

A. Individual Championship

1. Single Rope Speed 30"

Time limit: 30 seconds

Call out: "Judges Ready? Skippers Ready? Set. Go. 10. 20. Stop."

Goal: To complete as many jumps as possible within the time limit.

Execution Requirements:

The Speed Step must be used.

The skipper will skip in their designated area.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start.

2. Single Rope Speed 3'

Time limit: 180 seconds

Call out: "Judges Ready? Skippers Ready? Set. Go. 10. 20. Stop."

Goal: To complete as many jumps as possible within the time limit.

Execution Requirements:

The Speed Step must be used.

The skipper will skip in their designated area.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start.

3. Triples Under

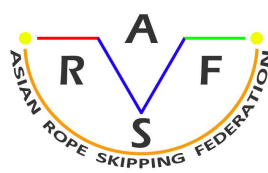
There is no time limit.

The Call out: "Judges ready? Skipper ready? You may begin."

Goal: To complete as many consecutive triples under jumps as possible.

Execution Requirements

The Triple Under must be used. The skipper must perform a consecutive series of Triple Unders. The skipper stops when he / she makes a mistake.



It does not matter what skills are done before or after the triple under series as long as the first triple under is performed within 10" after the call out. A deduction of 10 triples is used if the skipper does the first triple too late.

Each skipper is allowed only one attempt. If a skipper misses on a preparatory jump or even during the first movement of the rope, it is considered an attempt.

However, if the skipper misses before finishing the 30th triple correctly, he/she is entitled to a second attempt. When a skipper decides to use the option of a second attempt he /she must begin the second attempt within 10 seconds after the completion of the first attempt. If he/she does not begin within 10 seconds of the miss in the first attempt, the second attempt will not be allowed.

The score of the second attempt will be the final score.

4. Freestyle

Time limit: 45 - 75 seconds.

The Call out: "Judges ready? Skipper ready? You may begin."

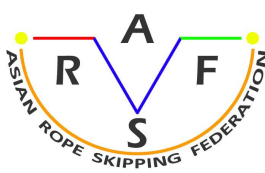
Goal: To complete a creative routine with as many correctly executed skills at the skipper's highest ability level within the time limit.

Execution Requirements

Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper.

No props or special equipment may be used to add to the creativity and / or the degree of difficulty of the routine.

Music for freestyle is optional.



B. Team Championship

1. Single Rope Speed and Double Unders

Time limit: 4 x 30 seconds.

The 120 seconds (two minutes) time limit runs continuously with no stops or breaks between the skippers.

The Call out: "Judges ready? Skippers ready? Set. Go. 10. 20. Switch. 10. 20. Switch. 10. 20. Switch. 10. 20. Stop."

Goal: To complete as many jumps as possible within the time limit.

Execution Requirements for the first 60 seconds

The Speed Step must be used.

Changing Skippers / The Switch:

The first skipper completes as many jumps as possible in the first 30 seconds. At the 30 second mark, the command "Switch" is called out by the timer. The first skipper stops skipping and the second skipper begins and goes for the next 30 seconds. There is no break in timing for the switch to be made.

When "Switch" is called the counting is stopped until the next skipper begins with their right foot hitting the floor and the rope passing under the right foot cleanly.

Execution Requirements for the second 60 seconds

The Double Under Jump must be used.

Changing Skippers / The Switch:

The third skipper completes as many jumps as possible in the third 30 seconds. At the 90 second mark, the command "Switch" is called out by the timer. The third skipper stops skipping and the fourth skipper begins and goes for the next 30 seconds. There is no break in timing for the switch to be made.

When "Switch" is called the counting is stopped until the next skipper begins with their right foot hitting the floor and the rope passing under the right foot cleanly.

The first, second, third and fourth skipper must be different skippers.

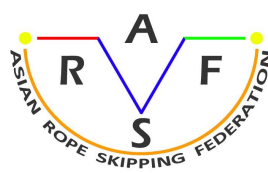
2. Speed Double Dutch Relay

Time limit: 3 x 40 seconds.

The 120 seconds (two minutes) time limit runs continuously with no stops or breaks between the skippers.

The Call out: "Judges ready? Skippers, Ready? Set. Go. 10. 20. 30. Switch. 10. 20. 30. Switch. 10. 20. 30. Stop"

Goal: To complete as many jumps as possible within the time limit.



Execution Requirements

The Speed Step must be used.

Procedure:

- * A and B turn for C, who is facing B.
- * A and C turn for B, who is facing A.
- * B and C turn for A, who is facing C.

If a skipper does not face the correct direction, his/her speedsteps will not be counted until he/she changes direction. The judge has to tell him/her of his/her error as soon as noted by the judge.

Changing Skippers / The Switch:

The first skipper completes as many jumps as possible in the first 40 seconds. At the 40 second mark, the command "Switch" is called out by the timer. The first skipper exits the ropes and the second skipper enters the ropes.

The same procedure is followed for each call of "Switch".

There will be a deduction of 5 points for each False Switch. In this case a False Switch is entering the ropes before the call of "Switch" is made

There is no break in timing for the switch to be made.

When "Switch" is called the counting is stopped until the next skipper begins with their right foot hitting the floor and the rope passing under the right foot cleanly.

3. Single Rope Freestyle

Time limit: 45 - 75 seconds.

The Call out: "Judges ready? Skipper ready? You may begin."

Goal: To complete a creative routine with as many correctly executed skills at the skipper's highest ability level within the time limit.

Execution Requirements

Freestyle is any combination of skills put together into a routine limited only by the imagination of the skippers.

No props or special equipment may be used to add to the creativity and / or the degree of difficulty of the routine.

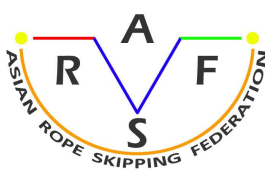
Music for freestyle is optional.

Only the synchronized skills will be judged for difficulty except where the choreography specifically dictates otherwise. The more synchronized skills performed in the routine, the higher the score.

4. Double Dutch Freestyle

Time limit: 45 - 75 seconds.

The Call out: "Judges ready? Skipper ready? You may begin."



Goal: To complete a creative routine with as many correctly executed skills at the skipper's highest ability level within the time limit.

Execution Requirements

Freestyle is any combination of skills put together into a routine limited only by the imagination of the skippers.

No props or special equipment may be used to add to the creativity and / or the degree of difficulty of the routine.

Music for freestyle is optional.

All turners must become jumpers and do a minimum of three (3) skills commensurate with the ability level of the team IN the ropes for the routine to be valid.



2. Definitions

Accent

A highlight, an emphasis or a rhythmical stress or accent done to the music in a freestyle routine

Alternating Step

A.k.a. Speed Step, Running Step.

See [Speed Step].

Chinese Wheel

Two persons jumping 'together' with interlinked, alternating ropes. Each person holds one end of their own rope and one end held at the other end by the other person, such that the ropes alternate while both jumpers jump alternately for each beat of the ropes and perform different skills and exchanges. So, both turners hold two ropes and one of them should jump the rope in order to call it Chinese wheel at that snapshot.

Consecutive Series

Continuously repeating a particular jump or skill (not even a 'basic jump' or 'stop') without any other jumps or without stopping in the series of jumps.

Difficulty

Skill: The level of a Skill performed; Level 1 to 5 or 6.

Freestyle: The more skills of greater difficulty completed and executed correctly within the time limit will mean the higher the score.

Double Dutch

Two turners hold each end of two ropes between them. The ropes are turned mirror image to each other while a jumper, or jumpers, jump the ropes and perform different skills and exchanges.

In a double dutch freestyle credit is also given for turning in different ways such as Chinese wheel.

Double Under

In one jump the rope passes under the feet of the skipper twice (two times) before the skipper's feet touch the ground for the next jump.

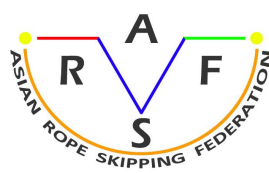
It is one double revolution of the rope each jump.

False Start

When the skipper starts to turn or move the rope(s) before the word "Go".

If a skipper commits a false start there will be a 5 point deduction from the skipper's raw score.

If a false start is detected the judges do not stop the skipper(s), they will be allowed to complete the event.



False Switch

A False Switch is when a skipper enters the ropes and starts skipping before the call of "Switch".

- a) Single Rope Speed and Double Under Relay: The second, third as well as the fourth skippers must not start before the call of "Switch".
- b) In Double Dutch Speed Relay: The second, third skipper must not enter the ropes until after the call of "Switch"

If a skipper commits a false switch there will be a 5 point deduction from the skipper's score. If a false switch is detected the judges do not stop the skipper(s), they will be allowed to complete the event.

Fully Qualified Freestyle Judge

Someone who has passed all papers in the ARSF-exam on freestyle judging.

Giant Wheel

More than two persons jumping together with interlinked, alternating ropes. Each person holds one end of their own rope and one end held at the other end by another person, such that the ropes alternate while both, or all jumpers jump for each beat of the ropes and perform different skills and exchanges. At least one turner holds only one rope.

Head Judge

Someone who passed the ARSF-exam for Head Judge.

Limited skill

Limited refers to the restriction in the amount of movement or the range of motion a joint can make. When the range of motion is limited or restricted then controlling the ropes is much harder. When doing a skill, if one of the joints out of the wrist, the elbow or shoulder has a restricted or limited range of motion then that is a "limited" skill.

Long Rope

Minimum length is 7 meters.

Long ropes being turned and jumped in any fashion.

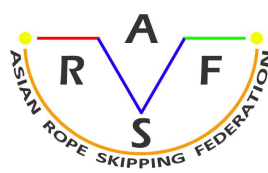
Some examples are (but not limited to) Triangle, Rainbow and Giant Wheel.

Meter (dimension)

1 meter = 3.2808 feet = 39.3696 inch

(on-line calculation and more explanation: <http://www.sengpielaudio.com/calculator-cminch.htm>)

Minor Miss : A minor miss is an unintentional delay of the rope or unintentional drop of a handle. The rope(s) may hit a jumper, turner, or the opposite rope, or any other mistake involving the rope(s) that causes the rope to delay for less than 2 seconds. If a jumper or team "pulls out" of a miss and the rope does not cause a delay, that is considered a "bobble" and does not receive a miss. Instead the presentation judges should make indicate this mistake with a negative mark in their "Quality of Presentation" notes. A minor miss will result in a 0.5 deduction (i.e. 12.5 points on the total freestyle score of 500).



Major Miss : A major miss is defined as the rope being delayed for two seconds or longer due to a miss. This might occur due to a rope catching on a competitor's body, slapping the opposite rope, or any other mistake involving the rope(s) that causes the routine to stop for longer than 2 seconds. Once the rope(s) turn again the miss stopped. A major miss will result in a 1.0 deduction (i.e. 25 points on the total freestyle score of 500).

Remark: In single rope pair's routines, both parties missing at the same time while jumping their own separate ropes is counted as two misses. A miss that occurs during dynamic interaction sequences where only one rope is in use, or during wheel jumping, is only counted as one miss.

NRSO - National Rope Skipping Organisation

The administrative organisation for the sport of rope skipping within a country's geographical boundary recognised by FISAC - IRSF as the controlling body of the sport in that country.

Prop

Any piece of (special) equipment other than defined under [General - Article 9. ROPES] eg lolo ball, gogo ball, skip stick, mini trampoline, boards, mats, hats, glasses, jeans, shirts etc. Medic-Alert bracelets are accepted.

Running Step

A.k.a. Speed Step, Alternating Step.

See [Speed Step].

Single Rope

An individual skipper using one (single) rope.

Space violation

Each time a skipper steps or places a foot partially or completely outside the border(s) of the competition area at any time during the performance of the routine.

Each space violation is equal to a minor miss.

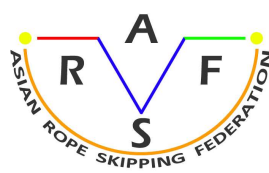
Only a rope going out of the field is no space violation.

Speed-judge

Someone who passed the ARSF-exam for Speed.

Speed change

- changing from single bounce to triple or a quad or from double to quadruple is a speed change
- changing to fancy feet is only a speed change if the speed of the jumps is visibly faster than regular skipping
- changing from a double/triple/quad back to single bounce is not a speed change
- changing from doubles to triples, from triples to quads is not a speed change



Speed Step (a.k.a. Running Step, Alternating Step)

Single Rope:

The official speed-skipping step is a running step or alternating feet in single bounces.

With every turn of the rope it passes under the right foot or left foot cleanly.

In a Speed-event: Every time the right foot touches the ground one jump is counted. Jumps will not be counted while improper skipping is performed.

Squeezed handle

Handle held by any body part except the hand.

Switch

A term used to indicate to one skipper that their time is up and they must stop skipping and the next skipper has to begin skipping according to the proper requirements.

Technical Execution

The skipper exhibits the correct technique for the skills chosen in the routine, power, strength, acrobatic movements, body inversions and the smooth flow of the routine.

Time Violation

Triple Under: If a skipper doesn't start within 10 seconds after "You may begin." has been called out, 10 triples will be deducted from the raw score.

Freestyle: A routine lasting less than 45 seconds and more than 75 seconds will be penalized by deducting a major miss.

Tournament Director

The Tournament Director is the competition supervisor. The person appointed by ARSF whose responsibility is to manage the ARSF Asian Championships.

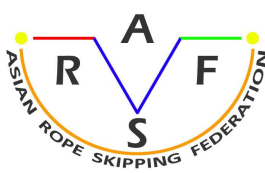
Traveller

One or more skippers "catching" other skippers with either a Single Rope, Double Dutch or Chinese Wheel.

Triple Under

In one jump the rope passes under the feet of the skipper three times before the skipper's feet touch the ground for the next jump.

It is one triple revolution of the rope each jump.



3. Code of ethics

Ethics in Sport

When it comes to sport, all participants have the right to be treated ethically and with respect, and it is sport's collective obligation to do so. But beyond this, there is also the need to respect the institution of sport—to protect the values that make sport a special part of our culture. If we all ensure that our individual conduct is ethical, we can uphold this respect for sport.

The ARSF has the mandate of promoting, protecting and explaining ethics in sport. Our mission is "to promote ethical conduct in all aspects of our sport in the Rope Skipping Community." This includes advancing the cause of, the public interest in, the understanding of, and the practice of ethics at all levels in our sport.

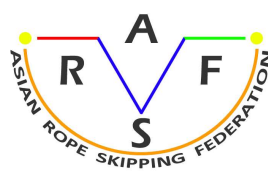
Sport and physical activity have a tremendous impact on the lives of individuals and communities. For individuals, sport can be a source of pleasure, enjoyment and discipline, a means of enhancing health, a method of interacting with the environment, a social event, a source of friendship, an opportunity to excel, and in a more intangible way, fulfilling our human potential. For communities, sport can be a source of pride; a manifestation of shared values, an aspect of local or national culture and a means to promoting health and well being.

Sport plays an extremely important role in today's society. In many ways, young people may not look to religion, education or their families for moral development or guidance. Consequently, sport, by design or by default, is playing an increasingly powerful role in the physical and moral development of our members' athletes.

Sport always and inevitably teaches and exhibits values. Sport generates opportunities for moral choice and cannot be practiced without an underlying commitment to values. Young people learn values and ethics through sport; they learn attitudes about and towards others, themselves, competition and trying one's best. They learn about winning, courage, loyalty and striving for excellence. They learn about joy, adversity, friendship and humanity. Moral reasoning—learned through sport—influences every aspect of a person's life. For communities, how we play at sports, how we compete, how we value those who strive for excellence and the pride we take in athletic success all reflect and symbolize our communal values and contribute to our shared story.

Additionally, sport contributes to the forming of our social structures—the "shared story" of what we all care about and value. Sport plays a part in forming our community, our culture and our society.

Because of the crucial role that sport plays in the moral development of the members of our communities, it must, as a whole be ethical—not just fair—for the participants. The conduct of individuals within sport, and the way in which the sport system operates must be consistent with our notions of morality, justice, respect for persons and human excellence.



What is ethics in sport?

An important aspect of ethics in sport is dealing with ethical dilemmas; situations where the course of action is unclear, or where reasonable people cannot agree on what ought to be done or not done. However, if we take ethics to mean "trying to do the right thing, and trying not to do the wrong thing" and "a morally acceptable mode of conduct", together we can generally agree that ethical sport entails:

- A Respect for persons.
- B Protection from harm.
- C Development of ethical conduct towards others.
- D Notions of justice, fairness, equity.
- E Ethic of care—the ethics of relationships (not just ethics of individual conduct).
- F Freedom to enjoy, to flourish.
- G Respect for the institution of sport.

The ARSF mandate is to ensure that the values and ethics taught and exhibited in sport and through sport are those that are acceptable to our members. We must therefore be active in two different, but related areas. First, we want to ensure that participants, coaches and spectators engage in sport in a manner that is fair, that promotes enjoyment of sport for its own sake, and that values the existence of sport itself. Secondly, we want a sport system that is just, fair, open, equitable and respectful of persons.

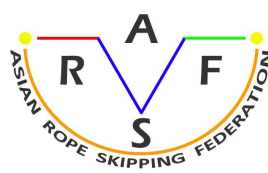
By Fair and Ethical Means

The ARSF promotes the practice of sport pursued through fair and ethical means. However, being fair and ethical is not just about congratulatory cheers but rather an ongoing process of knowledge, culture, morals and values combined with monitoring, analysis, debate, agreement, refinement and judgment. Therefore, a number of elements contribute to "fair and ethical means". For example:

- A The presence and acceptance of codes of ethics for athletes, coaches and officials.
- B Basic human rights, like the absence of exploitation, respect for dignity and worth of human beings, self-determination and privacy.
- C Principles of due process, including such things as informed consent, rights of appeal, and absence of bias and conflicts of interest.
- D Responsibility of care for self and others.
- E Business practices.
- F Quality control systems.
- G Other policies and practices on such things as gender equity, disabled integration, harassment, multiculturalism, access, safety, discrimination, racism, drug-free sport, violence, privacy and consent.

Preamble

Consequently, within the organization of the ARSF Asian Rope Skipping Championships, all ARSF parties undertake to respect, and ensure respect of the following Rules:

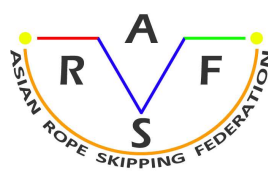


Dignity

- A Safeguarding the dignity of the individual is a fundamental requirement of Sportsmanship.
- B There shall be no discrimination between participants on the basis of race, sex, ethnic origin, religion, philosophical, political opinion, marital status or other grounds.
- C No practice constituting any form of physical or mental injury to the Participants will be tolerated. All doping practices at all levels are strictly prohibited. The provisions against doping in the ARSF Movement Anti-Doping Code shall be scrupulously observed.
- D All forms of harassment against participants be it physical, mental, professional or sexual, are prohibited.
- E The ARSF parties shall guarantee the athletes' conditions of safety, well-being and medical care favourable to their physical and mental equilibrium.

Integrity

- A The ARSF parties or their representatives shall not, directly or indirectly, solicit, accept or offer any concealed remuneration, commission, benefit or service of any nature connected with the organization of the ARSF Asian Rope Skipping Championships.
- B Only gifts of nominal value, in accordance with prevailing local customs, may be given or accepted by the ARSF parties, as a mark of respect or friendship. Any other gift must be passed on to the organization of which the beneficiary is a member.
- C The hospitality shown to the members and staff of the ARSF parties, and the persons accompanying them, shall not exceed the standards prevailing in the host country.
- D The ARSF parties shall avoid any conflict of interest between the organization to which they belong and any other organization within the ARSF Movement. If a conflict of interest arises, or if there is a danger of this happening, the parties concerned must inform the ARSF Executive Board, which will take appropriate measures.
- E The ARSF parties shall use due care and diligence in fulfilling their mission. They must not act in a manner likely to tarnish the reputation of the ARSF Movement.
- F The ARSF parties must not be involved with firms or persons whose activity is inconsistent with the Principles set out in the ARSF Charter and the present Code.
- G The ARSF parties shall neither give nor accept instructions to vote or intervene in a given manner within the organs of the ARSF.



Resources

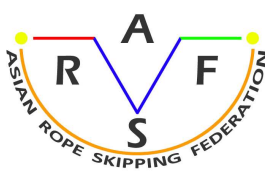
- A The resources of the ARSF parties may be used only for ARSF purposes.
- B The income and expenditure of the ARSF parties shall be recorded in their accounts, which must be maintained in accordance with generally accepted accounting principles. These accounts will be checked by an independent auditor. They may be subjected to auditing by an expert designated by the ARSF Executive Board.
- C The ARSF parties recognize the significant contribution that broadcasters, sponsors, partners and other supporters of sports events make to the development and prestige of the ARSF Asian Rope Skipping Championships throughout the world. However, such support must be in a form consistent with the rules of sport and the Principles defined in the ARSF Charter and the present Code. They must not interfere in the running of sports Institutions. The organization and staging of sports competitions is the exclusive responsibility of the independent sports organizations recognized by the ARSF.

Candidatures

The ARSF parties shall in all points respect the ARSF Manual for cities bidding to host the ARSF Asian Rope Skipping Championships. Candidate Cities shall, refrain from approaching another party, or a third authority, with a view to obtaining any financial or political support inconsistent with the provisions of such Manual.

Relations with states

- A The ARSF parties shall work to maintain harmonious relations with state authorities, in accordance with the principle of universality and of political neutrality of the ARSF Asian Rope Skipping Championships. However, the spirit of humanism, fraternity and respect for individuals which inspires the ARSF ideal requires the governments of countries that are to host the ARSF Asian Rope Skipping Championships to undertake that their countries will scrupulously respect the Fundamental Principles of the ARSF Charter and the present Code.
- B The ARSF parties are free to play a role in the public life of the states to which they belong. They may not, however, engage in any activity or follow any ideology inconsistent with the Principles and Rules defined in the ARSF Charter or set out in the present Code.
- C The ARSF parties shall endeavour to protect the environment on the occasion of any events they organize. In the context of the ARSF Asian Rope Skipping Championships, they undertake to uphold generally accepted standards for environmental protection.



Confidentiality

The ARSF parties shall not disclose information entrusted to them in confidence. Disclosure of information must not be for personal gain or benefit, nor be undertaken maliciously to damage the reputation of any person or organization.

Implementation

- A The ARSF parties shall see to it that the Principles and Rules of the ARSF Charter and the present Code are applied.
- B The ARSF parties shall notify the Ethics Commission of any breach of the present Code.
- C Each year, the Ethics Commission will submit to the ARSF President and Executive Board a report on the application of the present Code, noting any breaches of its rules. The Commission will propose to the ARSF Executive Board sanctions which might be taken against those responsible.

The Ethics Commission may set out the provisions for the implementation of the present Code in a set of bylaws.



4. Judging freestyles in detail

A. Difficulty

A.1. Single Rope:

- A.1.1. Basics
- A.1.2. Crosses
- A.1.3. Multiples
- A.1.4. Gymnastics
- A.1.5. Special Positions
- A.1.6. Releases
- A.1.7. Pair Interaction

A.2. Double Dutch:

- A.2.1. Individual Jumper Skills
- A.2.2. Pair Jumper Skills
- A.2.3. Turner Involvement

A.1. Single Rope

General Information:

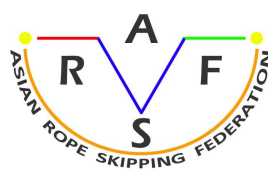
- The difficulty of a skill is divided into 4 levels.
- Level 1 being the easiest and level 4 the hardest.
- A skill that is repeated in a freestyle CANNOT be counted again.
- In general a skill done backwards or forwards does not change the level of difficulty BUT is counted again.
- A skill done in single rope, can be categorized in one of the following categories: Basics – Crosses – Multiples – Gymnastics – Special Positions – Releases – Pair Interaction
- How to give credit for each category is explained in the following.

Basics

- In general, all basic skills are level 1.
- Basic Skills = Arms in normal position + double bounce/single bounce.
- e.g. Footwork, Turning, Wrap

Crosses

- In general, crosses are skills in which the arms are crossed.
- A few skills are called “crosses” although the arms are not crossed. e.g. Crougar
- Level 1: Basic criss cross
- Level 2: All the other crosses skills are level 2, for example the following:
 - cross with one arm under leg
 - cross with two arms under leg
 - cross with one arm behind back
 - cross with two arms behind back
- All the crosses skills that are done in Double Bounce and Single Bounce are categorized into “Crosses”. However, if the crosses skills that are done in double or



higher multiples, they should be categorized into “Multiples”.

Multiples:

- In general, multiple = jump once while the rope rotates at least twice
- Basic Double = Level 1
- Basic Triple = Level 2
- Basic Quadruple = Level 3
- Even Higher Multiples in Basic = Level 4
- All Double Skills other than the Basic Double = Level 2
- All Triple Skills other than the Basic Triple = Level 3
- All Quadruple Skills other than the Basic Quadruple = Level 4
- Even Higher Multiple Skills other than the corresponding Basic Multiple = Level 4

Gymnastics:

- Basically, in order to get a difficulty score for a Gymnastic Skill in freestyle, the rope has to pass under the body at least once around the body in the air.
- However, as we want to encourage skippers in Asia to include Gymnastic Skills in freestyle, skills in which the rope doesn’t pass around the body will be scored as well.

Level 1. e.g. Cartwheel, Round off, Forward Roll

- The level of a Gymnastic Skill is 1 level higher than the level of the rope.

Examples	
somersault forwards with 2 basic rotations of the rope	Level 2
somersault backward with 2 rotations (with cross) of the rope	Level 3
somersault forwards with 4 basic rotations of the rope	Level 4

Special Positions:

- Basically, in order to get a difficulty score for a Special Position, the rope has to pass around the body at least once in the air during the time the body goes to a special position.
- However, as we want to encourage skippers in Asia to include Special Position Skills in freestyle, skills in which the rope doesn’t pass around the body when going to a special position will be scored as well.

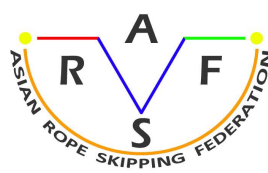
Level 1 e.g. going to Basic Frog, going to Basic Push-Up

- The level of a Special Position Skill is 1 level higher than the level of the rope

Examples	
Going to Push-Up with 1 basic rotation of the rope	Level 2
Going to Push-up with 2 basic rotations of the rope	Level 2
Going to Frog with 2 rotations (with cross) of the rope	Level 3

Releases:

- Level 1 = Jumper picks up 1 or 2 stationary handle(s) from floor
- Level 2 = Jumper catches 1 handle moving on the floor or around the body
- Level 3 = Jumper catches 1 handle moving through the air OR
Jumper catches at the same time 2 handles moving on the floor or around the body
- Level 4 = While the Jumper is in the air, he catches a handle moving in the air and brings it under the body before landing OR
Jumper catches at the same time 2 handles moving in the air



Pair Interaction:

- The Pair Interaction is 1 level more difficult than the difficulty of the skill done in normal single rope.
- ** All Skippers should be actively involved and choreographed in the snapshot
- ** Only Single Rope Skills will be counted, e.g. Skills for Chinese Wheel will not be counted.

Examples	
Traveller with double	Level 2
Traveller with cross	Level 2
Traveller with one doing push up between legs of other who is turning	Level 3

A.2. Double Dutch

General Information

- Each snapshot of a double dutch freestyle is judged.
- The difficulty of each snapshot is divided into 4 levels.
- The difficulty of a snapshot is determined by the sum of the difficulty of the action of the jumper and the difficulty of the action of the turners.
- There are 2 sets of difficulty judges. Group A is mainly responsible for judging the jumpers. Group B is mainly responsible for judging the turners. However, Group A also need to observe the turners and Group B also need to observe the jumpers. More will be discussed in the later part.
- The final difficulty score of the Double Dutch routine is the sum of the average of group A and the average of group B judges.
- A jumping skill that is repeated CAN be counted again if the turning is different.
- A turning skill that is repeated CAN be counted again if the jumping is different.
- One only gets credit for repeated skills done when the ropes are turning in a different direction (e.g. normal DD, Irish DD, snappers....) or in the same direction but with a phase difference of at least 90 degrees (e.g. in the middle of Chinese Wheel).
- One does not get credit for difficulty for skills done in single dutch or twins.

Individual Jumper Skills

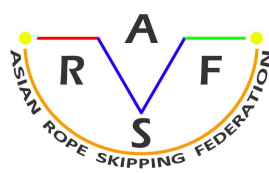
(For Group A judges who are mainly responsible for judging the jumpers)

- Level 1: Basic footwork / touching the floor
- Level 2: Going to a Special Position of a body. (e.g. Frog)
- Level 3: The transition from one Special Position to the same Special Position once or another Special Position of the body. (e.g. Frog to Push-Up)
- Addition of 1 Extra Level:
At the time the jumper is doing a skill, if the turner/turners is turning in a fashion other than normal DD or Irish DD, 1 extra level will be added. Therefore the highest level of each snapshot can be upgraded to Level 4.

Pair Jumper Skills

(For Group A judges who are mainly responsible for judging the jumpers)

- Level 1: Both jumpers do the same or a different level 1 skill OR
Level 1: One jumper does a level 2 or 3 jumping skill while all the other skippers are actively involved in the snapshot.

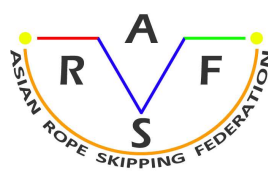


- Level 2: Both jumpers do the same or a different level 2 skill OR
Level 2: One jumper does a level 3 jumping skill and the other jumper does a level 2 jumping skill while all the turners are actively involved in the snapshot OR
Level 2: One jumper carries the full weight of another jumper.
- Level 3: Both jumpers do the same or a different level 3 skill
- Addition of 1 Extra Level:
At the time the jumpers are doing a skill, if the turner/turners is turning the ropes in a fashion other than normal DD or Irish DD. 1 extra level will be added. Therefore the highest level of each snapshot can be upgraded to Level 4

Turner Involvement

(For Group B judges who are mainly responsible for judging the turners)

- Different categories:
 - Turners don't jump the rope
 - ✓ Multiples
 - Level 1: turning basic double or turning double with skills
 - Level 2: turning basic triple and quadruple or turning triple and quadruple with skills
 - Level 3: Even higher multiples or even higher multiples with skills
 - ✓ Special Arm Motions (Besides Normal DD and Irish DD turning) (Turning in a fashion other than Normal DD and Irish DD turning)
 - All are Level 2. (e.g. Snapper, Arms Crossed)
 - All should be non-multiple, otherwise they should be categorized in Multiples.
 - ✓ Releases
 - Level 1: Catch the rope in normal position, but it is (almost) stopped.
 - Level 2: Catch the rope in normal position and continue without (drastic) interruption.
Catch the rope in special position but it is (almost) stopped.
 - Level 3: Catch the rope in special position and continue without (drastic) interruption.
 - ✓ Addition of 1 Extra Level :
At the time the turners are doing a skill, if the jumper/jumpers is doing a Special Position, 1 extra level will be added. Therefore the highest level of each snapshot can be upgraded to Level 4.
 - Turners do jumping skills
 - ✓ Level 1: Turners do basic jumping in wheels
 - ✓ Level 2: Turners change places in wheels / turners (who hold one handle) perform skills in wheels
 - ✓ Level 3: Turners (who hold two handles) perform skills in wheels
 - ✓ Addition of 1 Extra Level:
At the time the turners are doing a skill, if the jumper/jumpers is doing a Special Position, 1 extra level will be added. Therefore the highest level of each snapshot can be upgraded to Level 4.



B. Creativity

B.1. Single Rope:

B.1.1. Judge A (70%)

B.1.2. Judge B (15%)

B.1.3. Judge C (15%)

B.2. Double Dutch:

B.2.1. Judge A (70%)

B.2.2. Judge B (30%)

B.1. Single Rope:

Judge A (70%)

- Music (20%)

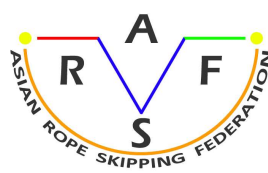
➤ Write “m” when you notice an accent in the music that fits the routine

0	Jumpers do not jump to the beat of the music or do not use the music.
1	Jumpers sometimes jump to the beat of the music but don't use any accents.
2	Jumpers jump to the beat but don't use any accents.
3	Jumpers jump to the beat and use at least 3 accents.
4	Jumpers jump to the beat and use at least 5 accents and have an ending that fits routine.
5	Jumpers jump to the beat and use at least 8 accents and have an ending that fits routine.

- Using Space (15%)

➤ Can be judged after the freestyle or make a map of movement during the routine

0	They do not move.
1	They moved at least 2 times.
2	They ALL used at least half of the field.
3	They ALL came at least once in every area of the field.
4	They ALL came at least once in every area of the field AND were moving most of the time.
5	They ALL came at least once in every area of the field AND were moving all the time.



- Original Moves & Spectacles (15%)
 - Write 'o' when you notice an original move. Write 's' when you notice a spectacular move

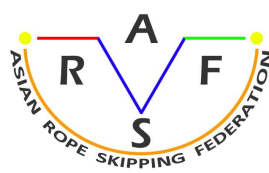
0	Nothing special.
1	At least something was rather original OR at least one skill somewhat looked amazing.
2	At least something was rather original AND at least one skill somewhat looked amazing.
3	At least 2 skills/combos were special and original OR you at least thought twice 'wow'.
4	At least 2 skills/combos were special and original AND you at least thought twice 'wow'.
5	Even more

- Form (Body & Ropes) (20%)
 - Write " f " when you notice an imperfect body movement. Write a 'thunderbolt sign' when you notice imperfect rope movement.

0	The whole routine was in a bad form.
1	A lot of skills are not performed nice at all OR at least 8 times the ropes were out of shape.
2	Several skills were not performed accurately OR at least 6 times the ropes were out of shape.
3	Most skills were performed with accuracy OR at least 4 times the ropes were out of shape.
4	The routine looks easy, most skills were performed with accuracy OR at least 2 times the ropes were out of shape.
5	All skills were performed with accuracy AND ropes were always in perfect shape.

Judge B (15%)

- Crosses & Wraps & Gymnastics & Special Positions (15%)
 - This judge gives points for the amount and differentiation of crosses & wraps & gymnastics & special positions.
 - Amount:
 - ✓ Crosses: Each cross skill is worth 1 point.
 - ✓ Wraps: Each wrap skill is worth 1 point.
 - ✓ Gymnastics: Each gymnastic skill is worth 1 point.
 - ✓ Special Position: Each special position skill is worth 1 point.
 - Differentiation:
 - ✓ Crosses: For every time you do a cross or a row of crosses, you get 1 point.
 - ✓ Wraps: For every time you do a single wrap or a row of wraps, you get 1 point.
 - ✓ Gymnastics: For every time you do a single gymnastic or a row of them, you get 1 point.
 - ✓ Special Position: For every time you do a single special position or a row of



them, you get 1 point.

➤ How to judge in practice?

Topic to judge	Things to write down
Crosses	c
Wraps	w
Gymnastics	g
Special Positions	s

✓ When you see skills that are in these topics, you write down the symbols of the topics. If you see skills that are not in these topics, you stop writing. After each topic, you start a new line and start to write down the symbols again.

✓ Example:

ccc
g
s
w
cccccc
sss
w
g

Points	0	1	2	3	4	5
Amount of skills	0-5	6-10	11-15	16-20	21-25	≥26

Points	0	1	2	3	4	5
Differentiation of skills	0-2	3-5	6-8	9-11	12-14	≥15

Answers:

Total number of skills = 17, hence the points for **Amount of skills** is **3**.

Total number of rows = 8, hence the points for **Differentiation of skills** is **2**.

Judge C (15%)

• Multiples & Speed Changes & Releases & Direction Changes (15%)

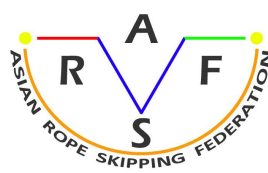
➤ This judge gives points for the **amount and differentiation** of multiples & speed changes & releases & direction changes.

➤ Amount:

- ✓ Multiples: Each multiple is worth 1 point. (Double or higher multiples)
- ✓ Speed Changes: Each speed change is worth 1 point. (Fancy feet, with a difference of 2 levels of multiples e.g. from double bounce to double, from single bounce to triple) (Only for speeding up, not for slowing down)
- ✓ Releases: Each release is worth 1 point.
- ✓ Direction Changes: Each rope direction changes is worth 1 point. (more than 90° in 1 jump)

➤ Differentiation:

- ✓ Multiples: For every time you do a single multiple or a row of multiples, you get 1 point.
- ✓ Speed Changes: For every time you do a speed change or a row of them,



you get 1 point.

- ✓ Releases: For every time you do a release or a row of releases, you get 1 point
- ✓ Direction Changes: For every time you do a direction change or a row of them, you get 1 point.

➤ How to judge in practice?

Topic to judge	Things to write down
Multiples	m
Speed Changes	s
Releases	r
Direction Changes	d

- ✓ When you see skills that are in these topics, you write down the symbols of the topics. If you see skills that are not in these topics, you stop writing. After each topic, you start a new line and start to write down the symbols again.

- ✓ Example:
 - r
 - d
 - mmmmm
 - dd
 - mmmm
 - r
 - s
 - mm
 - d

Points	0	1	2	3	4	5
Amount of skills	0-5	6-10	11-15	16-20	21-25	≥26

Points	0	1	2	3	4	5
Differentiation of skills	0-2	3-5	6-8	9-11	12-14	≥15

Answers:

Total number of skills = 19, hence the points for **Amount of skills** is **3**.

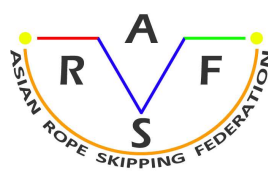
Total number of rows = 9, hence the points for **Differentiation of skills** is **3**.

B.2. Double Dutch:

Judge A (70%)

(Same as Single Rope Judge A (70%))

- Music (20%)
- Using Space (15%)
- Original Moves & Spectacles (15%)
- Form (Body & Ropes) (20%)



Judge B (30%)

- Balanced Skippers (30%)
 - Each judge judges 1 skipper. You are expected to look for the jumping skills of the skipper. The criteria are combinations, speed changes, gymnastics & special positions.

0	The skipper did not jump at all.
1	The skipper only did 1 of the criteria.
2	The skipper only did 2 of the criteria .
3	The skipper did 3 of the criteria.
4	The skipper did all the criteria .
5	The skipper did all the criteria and performed excellent skills.

C. Others

C.1. Head Judge

Duties

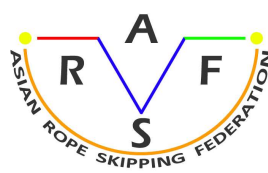
- Before the freestyle routine:
 - Distribute scoresheets to the judges. (At the beginning of each event)
 - Make sure the judges and the skipper(s) are ready.
 - Make sure the competition area is clear.
- During the freestyle routine:
 - Watch all freestyle routines from start to finish and handle all special incidents. (e.g. If any ropes break, skippers get injured, music problems occur, or any dangerous moves are attempted, the head judge should determine what to do.)
 - Make sure there is no flash photography or any other disturbances to the skippers.
- After the freestyle routine:
 - Handles any questions or problem that occur with skippers or coaches or judges

C.2. Assistants

Duties

1. Look at one skipper and record all mistakes (major / minor)
 2. Look at one skipper and record all space violations
 3. In Double Dutch Single Freestyle & Double Dutch Pair Freestyle, look at one skipper and record whether that skipper turns & jumps 3 skills respectively.
 4. In Single Rope Pair Freestyle & Single Rope Team Freestyle, look at one skipper and record the Interlinked skills.
- *For the first three duties, record all violations on the score sheets.*
 - *For the last duty, give extra points for the team according to the following table:*

0	No Interactions.
1	At least <u>2</u> basic interactions.
2	At least <u>4</u> basic interactions OR at least <u>2</u> intermediate interactions
3	At least <u>4</u> basic interactions AND at least <u>2</u> intermediate interactions



4	At least 4 basic interactions AND at least 2 intermediate interactions AND at least 1 awesome interaction
5	Even more.....

C.3. Time Keeper

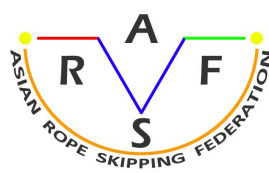
Duties

- Start keeping time when the music starts or the skipper(s) starts the freestyle routine.
- Raise a sign at the time of 45 seconds.
- Stop the timer when the skipper(s) stops the freestyle routine or call “Time” at the time of 75 seconds.
- Record the time for the freestyle routine and record any time violation.

C.4. Checker

Duties

- Before the skipper(s) enter the competition area:
 - Check the identity of the skipper(s).
 - Check the uniform (sportswear) of the skipper(s).
 - Check the rope of the skipper(s). (The ropes should not be sharp-edged)
 - Upon any violation of the above matters, skippers will be not be allowed to enter the competition area.



5. Judging Asia Cup in detail

A team can consist of a maximum of 12 skippers and a minimum of 4 skippers.

The score for the demonstration (4.00 - 8.00 minutes) is the sum of the rankings from different judges who look at specific criteria.

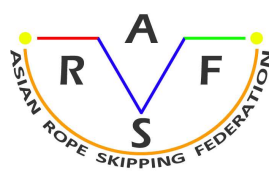
Each team is to complete a routine to music demonstrating a variety of smoothly linked rope skipping elements. Each element should be choreographed with the music in mind and should be performed by as many team members as possible, with as few misses as possible. Teams should strive to complete a polished, energetic and innovative performance that highlights an endless variety of difficult rope skipping elements and skills.

The routine should include, but should not be limited by, the following elements of Rope Skipping - Single Rope, Double Dutch, Long Rope, Traveller and Chinese Wheel with maximum involvement by all team members with any length of rope, except where specified. New forms of rope skipping are also encouraged but not essential.

***** Criterion one guideline- Difficulty**

Skills do not have to be performed at the same time by all participants to receive credit, although the overall effect must be obviously choreographed and planned. If different skills or elements are completed simultaneously, each aspect should complement the other. The more participants completing a skill or routine, means a more credit it gets for difficulty. The more participants that complete the difficult skills, the higher the score.

Category	BASIC	ELEMENTARY	INTERMEDIATE	ADVANCED	OUTSTANDING
Skill Level How difficult are the skills performed and how many jumpers are demonstrating this level of difficulty?	Mostly basic skills are performed by the group.	A mixture of basic and intermediate skills are performed by most of the group.	The majority of the routine is composed of intermediate skills.	Some skippers perform advanced skills and the majority of the group demonstrates mastery of intermediate skills.	Advanced skills are performed consistently by the majority of the group (not necessarily at the same time).



*** Criterion two guideline - Elements

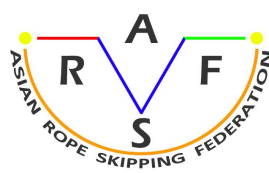
Teams may decide to spend more time on one element than another, may perform different elements simultaneously, or, may include entirely new elements. Elements do not have to be completed in isolation. Difficulty increases as elements are integrated (e.g. Single Rope inside of Double Dutch or Chinese Wheel inside of Long ropes). Though there is no deduction for not including a particular element, teams score higher when they show an ability to use many elements at an advanced level. The purpose is that audiences are introduced to the wide spectrum of the possibilities in rope skipping.

Category	BASIC	ELEMENTARY	INTERMEDIATE	ADVANCED	OUTSTANDING
Jumping Elements Has the audience been exposed to a wide spectrum of high level elements? such as; single rope, double dutch, long rope, Chinese wheel, traveller, etc.	The performance highlights only a few elements in rope skipping. -or- Most elements are demonstrated, but only at a basic level.		Most traditional elements are demonstrated (single rope, double dutch, long rope, Chinese wheel, traveller, etc). Most elements are demonstrated at an intermediate level.		Innovative elements are integrated with the traditional elements. Most elements are demonstrated at an advanced level.

*** Criterion three guideline - Formation

Points are given for the formations are completed.

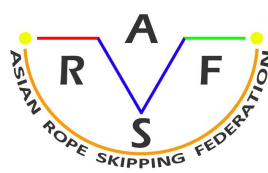
Category	BASIC	ELEMENTARY	INTER-MEDIATE	ADVANCED	OUTSTANDING
Precision of Formations & Movements What is the frequency, precision, and overall effect of the formations and movement?	Little attempt is made to execute straight lines or precise geometric formations.	The routine has some formations. The formations are untidy.	Formations and lines are recognizable though not perfect.	Many formations are present during the routine. Minor breaks in formation do not detract from the performance.	The routine constantly flows from one geometric formation to the other. Formations are recognizable, precise, and aesthetically pleasing.



***** Criterion four guideline - Use of music**

Music selection should enhance the rope skipping choreography and the rope skipping should enhance the music.

Category	BASIC	ELEMENTARY	INTER-MEDIATE	ADVANCED	OUTSTANDING
<p>Music</p> <p>Does the music and jumping match?</p> <p>How powerful is the choreography?</p>	<p>No effort has been made to choreograph the routine to the music.</p> <p>The music is simply in the background.</p>	<p>The routine mostly fits with the music.</p> <p>The result of the choreography is not very particularly impressive (it is bland).</p>	<p>Most of the routine fits with the music.</p> <p>The choreography highlights a few aspects of the performance.</p>	<p>All of the routine is obviously choreographed to the music.</p> <p>Some moments are particularly moving.</p>	<p>The choreography of the routine perfectly matches the music.</p> <p>The choreography is particularly moving.</p> <p>The resulting effect is that both the music and the skipping are enhanced.</p>
<p>Pace/Style changes</p> <p>Does the music and rope skipping have a variety of paces and styles?</p>	<p>The performance has a variety of rope skipping pace and style changes, but don't match the music.</p>	<p>Rope skipping pace and style changes are only loosely tied to music.</p>	<p>Some of the pace and style changes match the music.</p>	<p>Most of the rope skipping pace and style match the music.</p>	<p>There are many changes in pace and style. The rope skipping pace and style changes enhance the impact of the music, and visa versa.</p>



***** Entertainment – 20 %**

The routine should be entertaining to watch. Where you overwhelmed by the routine? Did the competitors do an effort to interact with the audience? Where you amused by the competitors? Did you find it boring? Did the competitors seem to enjoy themselves?

The overall presentation is also part of this topic. A fluent demonstration from start till end done with ease adds to the entertainment factor. Was attention given to details? Did you notice some 'stops' in the routine or did everything flow?

Category	BASIC	ELEMEN TARY	INTER- MEDIATE	ADVANC ED	OUTSTANDING
How entertained where you? Where you bored? Was it fluent from start till end? Was attention given to details?	<p>You were bored watching the routine.</p> <p>It was not fluent and their was no interaction with the audience.</p> <p>No entertainment value.</p>		<p>The routine looked OK but you were only a few times excited about it.</p> <p>The competitors tried to interact with the audience or entertained them a few times.</p> <p>Care was given to details.</p>		<p>You were at the edge of your seat during the whole performance. Before you realised it the routine was over.</p> <p>You were entertained the whole time.</p> <p>Even all details were taught through.</p>