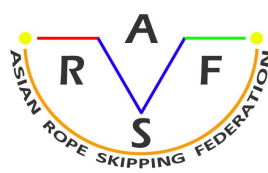


6th Asian Rope Skipping Championships 2011

Official Judges Manual

September 1st 2010
To
August 31st 2011



Contents

CHAPTER 1 – Judges

Article 1 Terminology

Article 2 Registration of Judges

Section 1 Reasons for Becoming a Judge

Section 2 Judging Requirements of a Country

Section 3 Illness of a Judge

Section 4 Assignment of Judges

Section 5 Judges Meeting

Article 3 Number of Officials per Event

Article 4 Replacement of a Judge

Article 5 The Judging Uniform

CHAPTER 2 SCORING THE ROUTINES

Article 1 Judging Procedure

Section 1 Single Rope

Section 2 Double Dutch

Section 3 Asian Cup

Article 2 Deductions

Section 1 Misses

Section 2 Space Violations

Section 3 Time Violations

Section 4 Additional Violation

Article 3 Calculation of Scores

Section 1 General Information

Section 2 Calculating Speed and Triple Under Scores

Section 3 Calculating Freestyle Scores

Section 4 Calculating Asian Cup Scores

Article 4 The Results

Article 5 Tournament Tie

CHAPTER 3 JUDGING FREESTYLES IN DETAIL

Article 1 Difficulty

Section 1 Single Rope Difficulty

Section 2 Double Dutch Difficulty

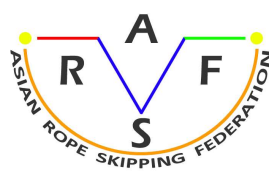
Article 2 Creativity

Section 1 Single Rope

Section 2 Double Dutch

Article 3 Others

CHAPTER 4 JUDGING THE ASIAN CUP IN DETAIL



CHAPTER 1

JUDGES

Article 1 Terminology

When referring to a fully freestyle judge in this rulebook, he/she must be certified in SR Difficulty + DD Difficulty + Creativity according to the Asian Rope Skipping Federation rules.

When referring to a speed judge in this rulebook, he/she must be certified according to the Asian Rope Skipping Federation rules.

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.

The minimum age for all judges is 16, judges must be born in 1995 or before.

Article 2 Registration of Judges

Section 1 Reasons for becoming a judge

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

- a. As a request from ARSF.
- b. As a request of the judge himself / herself.
- c. As accompanying judge on a competing team or individual.

Section 2 Judging requirements of a country

When the final number of competitors is known ARSF will inform the countries of their judging requirements. If a country fails to fulfill their responsibility then a \$US250 fine for each missing judge per event will be imposed by ARSF on that country. Failure to pay the penalty will result in immediate disqualification of those competitors from the ARSF Championships.

ARSF will supply all countries with a list of certified judges.

Countries that are competing for the first time do not have to supply any judges.

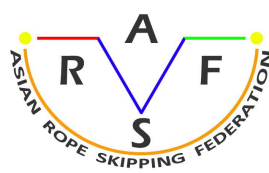
Section 3 Illness of a Judge

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 Organizing Committee will arrange the substitute judge and the costs will be paid by the National Rope Skipping Organization to ARSF for failing to fulfill their responsibility. Failure to pay the penalty will result in immediate disqualification of those competitors from the ARSF Championships.

Section 4 Assignment of Judges

Each judge will be assigned by the Rules Committee.

Section 5 Judges Meeting



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 fail to attend this meeting they may not be given permission to judge at the 2011 Asian Championships.

Article 3 Number of Officials per Event

The MINIMUM number of officials for each event is as follows:

Speed and Power:

3 Speed Judges per speed station with 1 of them being the leader

Freestyle Single Rope:

1 Head Judge, 3 Difficulty Judges, 3 Judges A, 2 Judges B, 2 Judges C, 2 Assistants, 1 Time keeper+Checker

Freestyle Double Dutch:

1 Head Judge, 4 Difficulty Judges, 3 Judges A, 3 Judges B+Assistants, 1 Time keeper+Checker

Asian Cup

A minimum of 2 judges will judge for each of the following seven criteria: Skill level, Jumping Elements, Interaction, Technical quality, Formation, Use of music, Entertainment value and Fluency

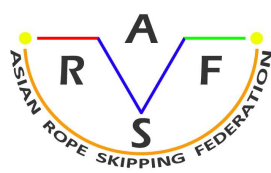
Article 4 Replacement of a Judge

Once the competition begins, the Head Judge at a freestyle field is not to talk to or influence the judges in anyway.

If the Head Judge notices one of the judges is not performing as expected, then that judge can be replaced but only at the conclusion of a series of freestyles from a division and gender category so that each team or skipper in that series would be judged by the same judges.

Article 5 The Uniform

The judging uniform shall consist of black 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. ARSF will supply the certified judges with a white collared t-shirt.



CHAPTER 2

SCORING THE ROUTINES

Article 1 Judging Procedure

Section 1 Single Rope (Freestyles for both the Masters and Team Championships)

(A) Difficulty (maximum raw score of 50% of the total freestyle score)

Skills range from Level 1 to Level 4. The tables below indicate the number of skills from each level required for a freestyle routine to be given the correct raw score for difficulty.

It is possible for a level 4 skill to be converted to 1.5 level 3 skills, a level 3 skill to be converted to 1.5 level 2 skill.

MASTERS

Score	Skill Level 2	Skill Level 3	Skill Level 4
1	4		
2	7	6	
3	10	9	
4	10	12	
5		15	2
6		15	4
7		15	6
8		18	8
9		18	10
10		18	12

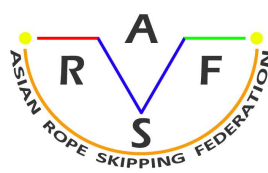
TEAM

Score	Skill Level 2	Skill Level 3	Skill Level 4
1	4		
2	7	3	
3	10	6	
4	10	9	
5		12	
6		12	3
7		12	5
8		15	7
9		15	9
10		15	11

(B) Judge B and C (maximum raw score of 15% of the total freestyle score)

The Judges look for

* The required elements: wraps, crosses, releases, multiples, powers, gymnastics,



direction changes, speed changes (7.5 %)

* Variation of these required elements (7.5 %)

(C) Judge A (35%)

The Presentation Judges look for

- * Skipping to the beat
- * Using the music
- * Movement
- * Interesting / Special / Spectacular Moves
- * Form of the Body and Execution Part 1
- * Form of the Body and Execution Part 2

Section 2 Double Dutch

(A) Difficulty Judge (maximum raw score of 50%)

Skills range from Level 1 to Level 4. The table below indicates the number of skills from each level required for a freestyle routine to be given the correct raw score for difficulty.

It is possible for a level 4 skill to be converted to 1.5 level 3 skills, a level 3 skill to be converted to 1.5 level 2 skills.

Score	Skill Level 2	Skill Level 3	Skill Level 4
1	12		
2	9		
3	6	3	
4	6	6	
5	6	9	
6		12	2
7		12	4
8		12	6
9		12	9
10		12	12

(B) Judge B (maximum raw score of 15%)

The Judges determine if all skippers can do

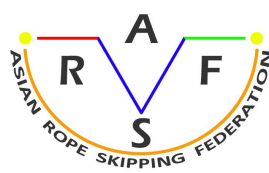
- * Power skills
- * Gymnastics
- * Speed changes
- * Combinations

The points achieved by the individual skippers for “Balanced Skippers” will be added together.

(C) Judge A (35%)

The Presentation Judges look for

- * Skipping to the beat
- * Using the music
- * Movement
- * Interesting / Special / Spectacular Moves



- * Form of the Body and Execution Part 1
- * Form of the Body and Execution Part 2

Section 3 Asian Cup

(A) Difficulty Judge

The difficulty judge looks for

- * Skill level
- * Jumping Elements
- * Interaction

(B) Creativity Judge

The creativity judge looks for

- * Technical quality
- * Formation
- * Use of music

(C) Entertainment Judge

The entertainment judge looks for

- * Entertainment value and Fluency

Article 2 Deductions

Section 1 Misses

There are two types of misses: minor and major.

After a miss, the rope must be jumped once successfully before another miss can be counted. There is no limit to the number of misses judges can give.

A minor miss results in a deduction of 12.5 points from the total score of a freestyle routine (with a maximum score of 500).

A major miss results in a deduction of 25 points from the total score of a freestyle routine (with a maximum score of 500).

Section 2 Space Violations

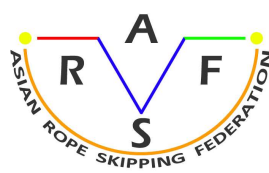
Freestyle: Each time a skipper steps outside the border(s) of the competition area before the end of the routine he/she will receive a space violation punishable as a minor miss. Skills performed outside the 12 x 12 meters area will not be judged until the skipper has re-entered the competition square on the Freestyle floor.

Speed: The Judge will stop and reposition any skipper who moves out of their designated area and counting will recommence as soon as the skipper has re-entered their area. Timing will not be stopped.

Asian Cup: If the facility is too small the Championship Committee may decide to waive the penalty for space violations. If the facility is large enough, a space violation will only be given if a skipper is actively involved in the routine but outside the competition area.

Section 3 Time Violations

Freestyle: No judging is permitted after "TIME" is called at 75.0 seconds. A time



violation is punishable 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 the first triple under within 10 seconds of "You may begin." being called, then 10 triple unders will be deducted from the raw score.

Asian Cup: The total ranking will be lowered by 2 grades. (e.g. The original total ranking is 23, then it is 25.)

Section 4 Additional Violation

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.

Article 3 Calculation of scores

Section 1 General Information

All the judges scores will be entered onto the prepared score sheets. Raw speed scores may be given to the skippers after they have completed their event. However, these scores are unofficial and may be corrected between notifying the skipper and the presentation of the final results.

All score sheets will be checked manually by two additional officials. All scores will be entered into two separate computer systems by two different officials. The entry of the scores in the computer system is checked for accuracy by a third system, by comparing the entry in system one with the entry in system two. If the difference is zero (0) then the entries are correct.

All calculations will be made as far as two digits after the point. This means that the calculations will be accurate to one-hundredth-of-a-point (= 0.01).

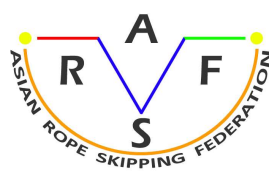
All published calculated scores will be shown as far as two digits after the point. This means they will be accurate to one-hundredth-of-a-point (= 0.01).

The Championship Director will release the official results of a FISAC-IRSF Championship after all verifications and authorizations are complete.

Section 2 Calculating Speed and Triple Under Scores

The score-sheets for Speed or Triple Under events are collected 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 two highest 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 the highest and the lowest scores), a notification should be given to the Head judge representing the field where this occurs. If a speed or triple under score differs by more than three (3) between each judge (for example 80, 84 and 88) the skipper can request a reskip. If the reskip option is taken, it will be the reskip score which is recorded. If the reskip option is not taken, the score which is recorded is the average of the two highest scores (in the example this would be 86). During the reskip two additional speed counters will be used to check the counting capabilities of the three original counters.

All the deductions are averaged (W) and subtracted from T.

This score will be multiplied by a factor to determine the final score Y.

The factor is 1 for every event except for

- * 30 second speed when it is 5
- * Triple Under when it is 2
- * Single Rope Speed and Double Under Relay when it is 2
- * Double Dutch Speed relay when it is 2

Section 3 Calculating Freestyle Scores

The Freestyle score sheets are collected from each judge and all the scores are entered in the system.

A. Difficulty Scores

The two closest scores (with a maximum of 100) will be averaged and if the three scores are equally separated, the advantage goes to the skipper so that the two highest scores are averaged. These scores are then averaged and multiplied by 25 (with a maximum of 250) and called T1.

B. Presentation Scores

The two closest scores (with a maximum of 70) will be averaged and if the three scores are equally separated, the advantage goes to the skipper so that the two highest scores are averaged and multiplied by 25 (with a maximum of 175) and called T2.

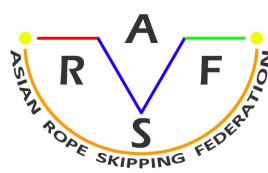
C. Variation Scores for Masters Single Rope:

The two scores (each with a maximum raw score of 15) of the 2 Variation Judges Judge B are averaged and multiplied by 2.5 (with a maximum of 37.5) and called T3^{''}. The 2 highest scores (with each a maximum raw score of 15) of the 2 Variation Judges Judge C are averaged and multiplied by 2.5 (with a maximum of 37.5) and called T3^{''''}. These two scores (T3^{''} and T3^{''''}) are added and called T3.

D. Team Judge Scores for Double Dutch:

The score from each Team Judge (each with a maximum raw score of 10 in case of Double Dutch Single Freestyle) is added to a maximum total raw score of 30 and multiplied by 2.5 (with a maximum of 75) and called T3.

All deductions are added (W) and deducted from the difficulty score.



Article 4 The Results

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

In case of a tie in an event of m skippers on the nth place all these skippers will be awarded the nth place and the next best skipper will be awarded n+mth place.

In order to determine the ranking of a freestyle event, the ranking of the difficulty scores (*difficulty scores minus all deductions*) and the ranking of the creativity scores (*presentation Scores + variation Scores for single rope freestyle and presentation scores + team judge scores for double dutch freestyle*) will be added to form the freestyle ranking.

In order to determine the final ranking of all competitors or teams in more than one event, the ranking of each event of this person or team is added.

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

The person or team with the lowest total ranking is the winner. The person or team with the second lowest total ranking is awarded second place.

Only the results from individual skippers who competed in all of the 4 individual events or teams who competed in all of the 5 team events are taken into account when calculating the ranking for the overall placing.

The team or skipper with the highest score of all the competitors in his/her/their age division and gender category for a certain event is declared the winner of this event and is called for instance ARSF Asian Champion in 30 seconds speed if they competed in the ASRF Asian Champion in 30 second speed.

Article 5 Tournament Tie

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

Masters

Step 1 Overall score (but including Freestyle points x 2 (maximum 1000points)

Step 2 Freestyle score

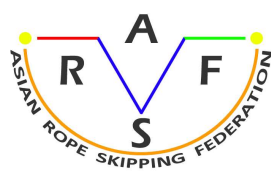
Step 3 Speed 3 minutes

Step 4 Speed 30 seconds

Step 5 Triple Under

Team

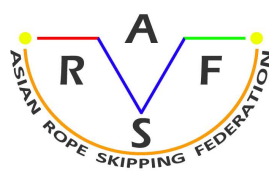
Step 1 Overall score



- Step 2 Double Dutch Single Freestyle
- Step 3 Single Rope Team Freestyle
- Step 4 Single Rope Pairs Freestyle
- Step 5 Double Dutch Speed Relay
- Step 6 Single Rope Speed and Double Under Relay

Asian Cup

- Step 1 The total ranking of difficulty
- Step 2 The total ranking of creativity
- Step 3 The ranking of entertainment



CHAPTER 3

Judging freestyles in detail

Article 1 Difficulty

Section 1 Single Rope Difficulty:

Basics
Crosses
Multiples
Gymnastics
Special Positions
Releases
Pair Interaction

Section 2 Double Dutch Difficulty:

Individual Jumper Skills
Pair Jumper Skills
Turner Involvement

Section 1 Single Rope Difficulty

General Information:

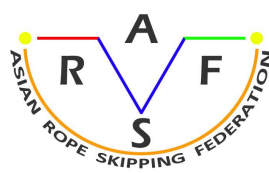
- The difficulty of a skill is divided into 4 levels.
- Level 1 being the easiest and level 4 the hardest.
- In general a skill that is repeated in a freestyle CANNOT be counted again.
- In general a skill done backwards or forwards does not change the level of difficulty BUT is counted again.
- A skill 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”

- A cross cross of the same skill increases the difficulty by 2 levels unless the cross is a level 1 basic criss cross. Examples of the same skill increasing by 2 are forwards TS-TS, AS-AS, CL-CL, elephant-elephant are all level 2- 4

Multiples:

- In general, multiple = jump once while the rope rotates at least twice
- Basic Double or Double Skills without crosses = Level 1
- Basic Triple or Triple Skills without crosses = Level 2
- Basic Quadruple or Quadruple Skills without crosses = Level 3
- Even Higher Multiples in Basic and skills without crosses = Level 4
- All Double Skills with crosses or with a full rotation along the vertical axis = Level 2
- All Triple Skills with crosses or with a full rotation along the vertical axis = Level 3
- All Quadruple Skills with crosses or with a full rotation along the vertical axis = Level 4
- Even Higher Multiple Skills with crosses or with a full rotation along the vertical axis = Level 4

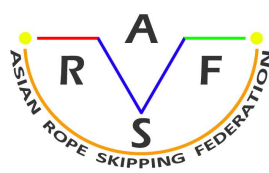
Gymnastics and Special Positions:

- Basically, in order to get a difficulty score for Gymnastics and Special Positions in freestyle, the rope has to pass around the body at least once during the time the body goes into Gymnastics and Special Position.
- However, as we want to encourage skippers in Asia to include Gymnastics and Special Positions 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.
- The level of a Gymnastics and Special Positions is 1 level higher than the level of the rope if it is a push up, split, crab, frog, rolls or similar moves.
- The level of a Gymnastics and Special Positions is 2 level higher than the level of the rope if it is a one handed push up, one handed frog, front flip, back flip, or similar moves.
- The level of a Gymnastics and Special Positions is 3 level higher than the level of the rope for fully completed aerials.

Examples	
somersault forwards with 2 basic rotations of the rope	Level 4
somersault backward with 2 rotations (with cross) of the rope	Level 4
Front flip with 1 basic rotations around the body	Level 3
Going to Push-Up with 1 basic rotation of the rope	Level 2
Going to One Handed Push-up with 2 basic rotations of the rope	Level 3
Going to One Handed Frog with 1 rotations (with cross) of the rope	Level 3

Releases:

- Level 1 = Jumper catches 1 handle moving on the floor or around the body
- Level 2 = Jumper catches 1 handle moving through the air
- Level 3 = 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
- Level 4 = Even more difficult



Pair Interaction:

- The Pair Interaction is 1 level more difficult than the difficulty of the skill done in normal single rope
- The degree of difficulty of the pairs interaction is only as difficult as the single rope skill being performed at the time the turner is not jumping the 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 one handed push up between legs of other who is turning	Level 4

Section 2 Double Dutch Difficulty

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

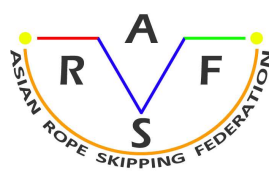
(For Group A judges who are mainly responsible for judging the jumpers)

- 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



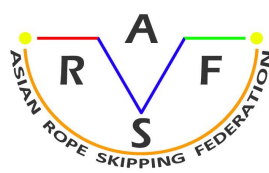
Level 1: One jumper does a level 2 or 3 jumping skill while all the other skippers are actively involved in the snapshot.

- 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)

- The turners score one level if the rope that is jumped by the skipper(s) is turned with one restricted hand when it is jumped or immediately after the jump (for example crougar).
- The turners score two levels if the rope that is jumped by the skipper(s) is turned with two restricted hands when it is jumped or immediately after the jump (for example crougar).
- If a turner continues turning the rope in a restricted position, credit will only be given for the first time the rope is jumped in that restricted position and at that speed, ie single, double, triple, quadruple.
- The turners get one level for turning a double or double with skills, two levels for turning a triple as well as a quadruple, or a triple with skills as well as a quadruple with skills and three levels for turning faster than a quadruple under or quadruple under with skills.
- The turners get one level for jumping the rope such as in jump through or Chinese Wheel.
- If the turners restrict their hands while doing Chinese Wheel they get extra levels in addition to the extra level for jumping the wheel. Only the turner who jumps the wheel gets one (two) extra level(s) if one (two) of his hands are restricted when jumping the rope. Point 3 is also applicable to Chinese Wheel.
- A release which is caught is a level 2. A release caught in a restricted position is level 3. However, if the routine does not continue fluently after the catch, then the level of difficulty is decreased by one.
- 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.



Article 2 Creativity

Section 1 Single Rope Judge A – Presentation (70%) Judge B – Variation (15%) Judge C – Variation (15%)
Section 2 Double Dutch Judge A – Presentation (70%) Judge B – Team Judge (30%)
Section 3 Others Head Judge Assistants Checker

Section 1 Single Rope:

Judge A – Presentation (70%)

- Skipping to the beat (10%)

0	skippers did not jump on the beat of the music
1-2	skippers seldom jumped on the beat of the music
3-4	skippers sometimes jumped on the beat of the music
5-6	skippers jumped on the beat of the music for half of the time
7-8	most of the time the skippers jumped on the beat of the music
9-10	the skippers jumped on the beat of the music almost all of the time

- Using the music (10%)

0	the skippers did not use the music
1-2	the skippers used the music twice
3-4	the skippers used the music 4 times
5-6	the skippers used the music 8 times
7-8	the skippers used the music 10 times
9-10	the skippers used the music more than 10 times

- Movement (15%)

0	the skippers did not move
1-2	the skippers seldom moved
3-4	the skippers sometimes moved
5-6	the skippers moved for half of the time
7-8	most of the time the skippers moved
9-10	the skippers moved almost all of the time



- Interesting / Special / Spectacular Moves (15%)

0	there were no interesting or special or spectacular moves
1-5	occasionally there were interesting or special or spectacular moves
6-10	there were many interesting or special or spectacular moves
11-15	there were interesting or special or spectacular moves virtually all the time

- Form of the Body and Execution Part 1 (10%)

- It can be earned by performing each skill well. Judges will look for badly performed cartwheels, frogs, push-ups, multiples.

0	Almost the whole routine were performed poorly
1-2	many skills were performed poorly
3-4	half of the routine were performed poorly
5-6	some skills were performed poorly
7-8	a few skills were performed poorly
9-10	all skills were performed perfectly

- Form of the Body and Execution Part 2 (10%)

- It can be earned by making the skills look effortless

0	the skipper had considerable difficulty performing the skills
1-3	the skipper was struggling to do the skills most of the time
4-6	the skipper was struggling to do the skills some of the time
7-9	the skipper rarely struggled to do the skills
10	the skills were done easily, naturally and unforced

Judge B – Variation (15%)

- Crosses & Wraps & Gymnastics & Special Positions (15%)

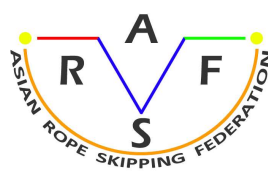
- This judge gives points for the amount and differentiation of crosses & wraps & gymnastics & special positions.

- 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 – Variation (15%)

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

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

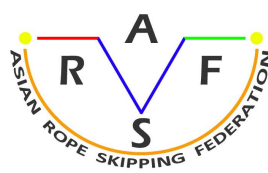
➤ Amount:

- ✓ Multiples: Each multiple is worth 1 point. (Double or higher multiples)
- ✓ Speed Changes: Each speed change is worth 3 point. (Fancy feet, fast multiples)
- ✓ Releases: Each release is worth 1 point.
- ✓ Direction Changes: Each rope direction change is 2 point if at least three skills are done in the new direction.

✓

➤ 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 3 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 2 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
 - mmmmmm
 - 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:

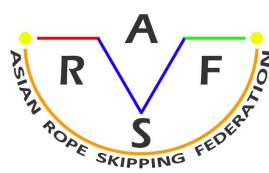
Total number of skills = 19, hence the points for **Amount of skills** is 3.

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

Section 2 Double Dutch:

Judge A – Presentation (70%)

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



Judge B – Team Judge (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.

Article 3 Others

Head Judge

Duties

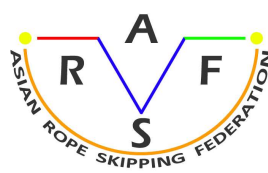
- Before the freestyle routine:
 - Distribute scoresheets to the judges. (At the beginning of each event)
 - Make sure the judges and the skipper(s) are ready.
 - Make sure the competition area is clear.
- During the freestyle routine:
 - Watch all freestyle routines from start to finish and handle all 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

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. It is possible for an awesome interaction to be converted to 1.5 intermediate interactions, an intermediate interaction to be converted to 1.5 basic interactions.
- *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> intermediate interactions



4	At least <u>2</u> intermediate interactions AND at least <u>2</u> awesome interaction
5	Even more.....

Time Keeper

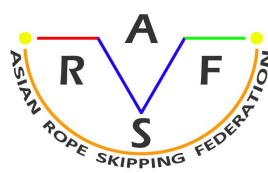
Duties

- 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.

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.



Chapter 4

Judging the Asian Cup in detail

A team can consist of a maximum of 18 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.

*** Criteria one guideline – Skill Level (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. Teams will receive more credit if more participants are active in completing the skills or routine and greater credit is given when participants add a higher degree of difficulty to the skills or routine

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).



***** Criteria two guideline – Jumping Elements (Difficulty)**

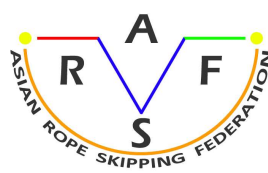
Teams may decide to spend more time on one element than another, may perform different elements simultaneously, or, may include entirely new elements. Elements do not have to be completed in isolation. Difficulty increases as elements are integrated (e.g. Single Rope inside of Double Dutch or Chinese 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.

***** Criteria three guideline – Interaction (Difficulty)**

The more interconnected the jumpers are (for example, holding each others ropes, turning for others, maintaining various timing, switching positions, etc.) the more difficult the routine is.

Category	BASIC	ELEMENTARY	INTER-MEDIATE	ADVANCED	OUTSTANDING
Interaction How interconnected are the athletes during the performance?	Infrequent and basic interaction between jumpers During most of the routine, a miss by one jumper would not impact other jumpers.	More frequent, basic interactions between jumpers.	Frequent intermediate level interactions between jumpers. During some parts of the routine, a miss by one jumper would impact many jumpers.	Frequent interaction between jumpers that includes some advanced skills.	Jumpers are constantly interacting with others during complicated sequences involving advanced skills. During most of the routine, a miss by one jumper would impact many jumpers.



***** Criteria four guideline – Technical Quality (Creativity)**

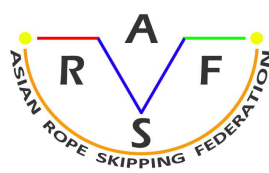
Skills do not have to be performed at the same time by all participants to receive credit, although, the overall effect must be obviously choreographed and planned. If different skills or elements are completed simultaneously, each aspect should complement the other.

Category	BASIC	ELEMENTARY	INTER-MEDIATE	ADVANCED	OUTSTANDING
Synchronicity Is the group synchronized (or together) throughout the performance?	Most team members are out of sync most of the time.	Some team members are out of sync.	Some team members are out of sync some of the time.	Occasional lack of synchronicity does not detract from the performance. Different synchronization of skippers is viewed as planned.	Every team member is completely synchronized the majority of the performance., except where choreography dictates otherwise.

***** Criteria Five guideline – Formation (Creativity)**

Points are given for the formations are completed.

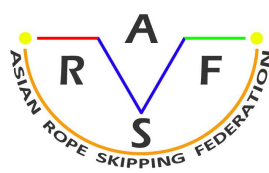
Category	BASIC	ELEMENTARY	INTER-MEDIATE	ADVANCED	OUTSTANDING
Precision of Formations & Movements What is the frequency, precision, and overall effect of the formations and movement?	Little attempt is made to execute straight lines or precise geometric formations.	The routine has some formations. The 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.



***** Criteria Six guideline - Use of music (Creativity)**

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>



***** Criteria Seven guideline - Entertainment**

The routine should be entertaining to watch. Were you overwhelmed by the routine? Did the competitors do an effort to interact with the audience? Were 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	ELEMENTARY	INTER- MEDIATE	ADVANCED	OUTSTANDING
How entertained where you? Where you bored? Was it fluent from start till end? Was attention given to details?	You were bored watching the routine. It was not fluent and their was no interaction with the audience. No entertainment value.		The routine looked OK but you were only a few times excited about it. The competitors tried to interact with the audience or entertained them a few times. Care was given to details.		You were at the edge of your seat during the whole performance. Before you realised it the routine was over. You were entertained the whole time. Even all details were taught through.