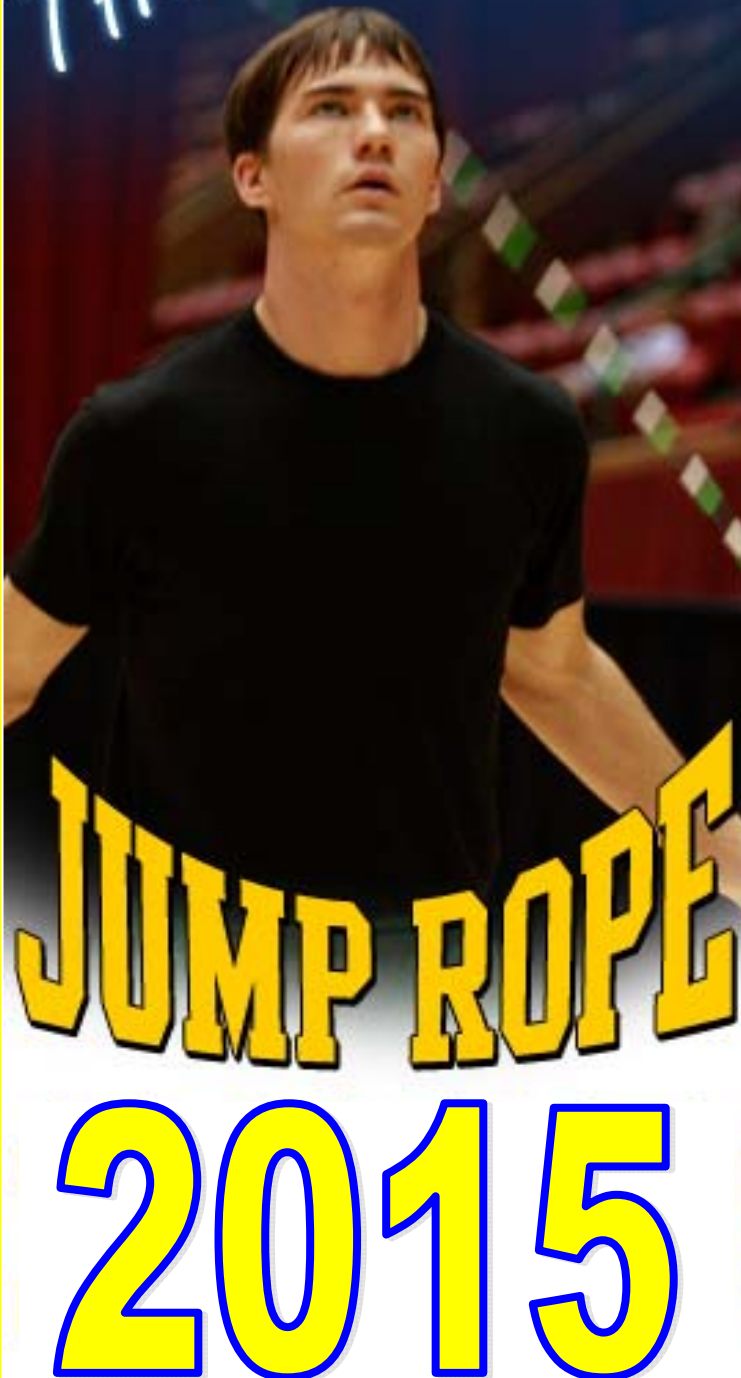




THE REAL AAU



JUMP ROPE

2015

How to Start
an AAU
Jump Rope
Program

Table of Contents

AAU General Information

Where you begin has everything to do with where you finish	2
Why should I Join AAU?	3
Getting Started in AAU Sports	5
Hosting an AAU Event	6
Sample Flyer	8
What are the benefits of AAU Membership?	9
Extended Coverage Program (AB)	10
AAU Insurance Program Summary	11

AAU Jump Rope Information

Suggestions to get you started	13
Program Overview	15
Benefits of AAU Jump Rope	15
Goals and Objectives	15
Age Divisions and Eligibility	15
National Office Staff Contacts	15
Current Year Rule Changes	16
Facility/Competition Area	16
Equipment	16
Practice	16
Hosting an Event(s)	17
Computer Scoring	17
Standardized Announcing CD	17
Qualification Procedure	18
Jump Rope Team Composition	18
Qualifying Tournaments	18
Competition Events	19
U.S. Athletes	20
Non U.S. Athletes	20
National Executive Committee Contact Information	20
2015 AAU Jump Rope National Championships/Events	21

AAU is...

Boys and Girls, Men and Women. AAU is local and global. AAU is **laughter**, challenges, and opportunities. AAU is **the place** where you learn discipline, team work and persistence. AAU is an organization where **problem solving** and cooperation are taught through the medium of sports.

AAU is the oldest not-for-profit organization in the world dedicated exclusively to the **development** of sports. AAU is **32 different** sports programs. AAU is grassroots, local, national and global events.

AAU is athletic programs where striving to be your best is far more important than being the best. AAU is **educational programs** taught in both the written form and through example.

AAU is alumni from **Shaquille O'Neal** and Carmello Anthony, through Swin Cash and Sheryl Swoopes, to Carl Lewis, Jackie Joyner Kersee, and **Muhammad Ali**.

AAU is the AAU Junior Olympic Games. AAU is National Championships, and the **local and global** competition leading up to them. AAU is **289,860,028 million** people at practices and athletic events annually.

AAU is the AAU Sullivan Award, honoring the **top amateur athlete**. AAU is the arm of the **President's Challenge**, enhancing the fitness levels of America's youth.

AAU is impacting **communities** today and tomorrow. AAU is **building America's future one athlete at a time.**



WHERE YOU BEGIN HAS EVERYTHING TO DO WITH WHERE YOU FINISH.

We've been raising champions for more than a century. Since 1888, the AAU has set the standard for amateur sports in the United States. 'Sports For All, Forever' has been our focus and drive for 125 years and counting. It is more than a motto – it is our vision for sports in the United States and throughout the world. And today we are proud to host more sporting events for more age divisions in more cities than any other organization in the world.

However, the AAU is not just about sports. For every athlete who attains professional sports status after the AAU, there are hundreds more who apply their AAU experience elsewhere. What our participants gain is much more valuable than athletic glory, much more important than any athletic achievement. Through participation in AAU sports programs athletes acquire the mental activity, emotional maturity, and social tools necessary to succeed in the classroom and in the world beyond.

We are raising tomorrow's leaders on today's playgrounds. No matter your sport, age, or experience level, there is a place for you in the AAU. Congratulations on becoming a part of this tradition. And remember, where you begin has everything to do with where you finish!

www.aausports.org

P.O. Box 10,000 • Lake Buena Vista, Florida 32830-1000
Phone: 407-934-7200 • Fax: 407-934-7242



THE REAL AAU

AMATEUR ATHLETIC UNION

Why Should I Join AAU?

Our Membership is good for all of our 30+ sports

- For only \$14 for youth athletes, and \$16 for non-athletes, you can participate in any or all of our offered sports.



Places to Play

- The AAU believes that our events should be hosted at the best facilities. That is why we are partnered with the ESPN Wide World of Sports the premier multi-sport facility in the USA.
- Our National Championships take place in fun locations including but not limited to Orlando, FL; Virginia Beach, VA; Philadelphia, PA; Los Angeles, CA; Las Vegas, NV; Cocoa Beach, FL; and New Orleans, LA.

High Level of Competition

- The AAU is proud to have some of the best young athletes in the country competing in all of our 30+ sports.
- Former AAU athletes are now in the NBA, WNBA, MLB, as well as many Olympians.



Events



- The AAU has many types of events to offer: Local Invitational Tournaments, Leagues, Sports Festivals, District Championships, Super Regionals, Showcase Events, and National Championships.
 - Whether you want to play close to home, or play across the country, the AAU can make it happen.
- AAU Junior Olympic Games
 - The largest youth multi-sport event in America with over 20 sports.
 - Current cities hosting: Des Moines, IA; New Orleans, LA; Virginia Beach, VA; Houston, TX; and Detroit, MI.

Ability to compete in front of a national audience

- ESPN, local channels, webcasting

www.aausports.org



THE REAL AAU AMATEUR ATHLETIC UNION

Insurance

- Participant Insurance
 - Your AAU Membership comes with the benefit of secondary sports accident insurance in the event you are injured while competing or participating in events or supervised practices.
 - Coverage Limit: \$10,000,000 of general liability



Sponsors

- beRecruited
- Champion
- Championship Productions
- Eastbay
- Florida Funwear Inc.
- Midwest Trophy
- Motel 6
- NASC
- Nationwide
- NCYS
- OAI Banners
- People to People
- Rawlings
- Tachikara
- USA Football
- WNBA

Famous Alumni

- Boys Basketball: Shaquille O'Neal, Dwight Howard, Larry Bird, LeBron James, Kobe Bryant
- Girls' Basketball: Nykesha Sales, Candace Parker, Chamique Holdsclaw
- Baseball: David Wright, B.J. Upton, Prince Fielder, Matt La Porta
- Track & Field: Jeremy Wariner, Darnell Hall, Florence Griffith-Joyner
- Sullivan Award Winners: Michael Phelps, Carl Lewis, Bonnie Blair, Robert T. Jones, Jackie Joyner-Kersey, Mark Spitz, Peyton Manning, and many more.



All of this for \$14* per year!

*Youth Membership



THE REAL AAU

AMATEUR ATHLETIC UNION

Getting Started in AAU Sports

Go to www.aausports.org and click on JOIN AAU and Create a User Account

Purchase your AAU Individual Non Athlete membership- All Athletes and Non Athletes (coaches, volunteers, officials) must be individual members of the AAU. Background screens are conducted for all adult members of the AAU. You must have an active Non Athlete or Adult Athlete Membership to purchase a club membership. Applied status or pending memberships are not acceptable. For more information, visit the [news story for more information](#).

Non Athlete memberships are \$16. For an additional \$2, participants can purchase an extended benefit (AB) membership which extends coverage when participating in non-AAU events. For complete information on insurance, visit www.aausports.org and click on the Find Insurance Info in the Gray Quick Links Box.

AAU Club Membership- Each organization must be a registered AAU Club. You can have more than one team within the same club. Club membership can be completed instantly online at www.aausports.org click on Member Login. Login to your account, on the dashboard page click on Club Application; then you will see a description and benefits for each club level.

Youth club membership fees are \$30 (Club Level 1), \$60 (Level 2), or \$300 (Level 3). Club membership is valid September 1 to August 31.

Sign up your club/team/organization's members! Youth athlete membership is \$14 per athlete. Non-athlete (coach, volunteer, official) membership is \$16. A benefit of AAU membership is sports accident and general liability coverage. For an additional \$2, participants can purchase an extended benefit (AB) membership which extends coverage when participating in non-AAU events. For complete information on insurance, visit www.aausports.org and click on the Find Insurance Info in the Gray Quick Links Box.

All AAU Non-Athletes will also be required to obtain PCA Double-Goal Coach® training and certification. The AAU National Office is happy to announce to its members, that this Coaches' Education is FREE for all AAU Non-Athletes. This exciting program is MANDATORY for all AAU Non-Athletes and will be administered by Positive Coaching Alliance (PCA). Please visit www.aausports.org and click on the Positive Coaching Alliance Text under the Resources tab drop down menu to start the MANDATORY AAU/PCA coaches' educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

Know your Insurance benefits!

Your club and individual members are covered by both Sports Accident and General Liability. There must be a club membership for the organization and EVERYONE participating must have an individual AAU Athlete or Non Athlete membership. Please visit www.aausports.org and click on "FIND INSURANCE INFO" in the gray quick links box for a comprehensive explanation of the entire insurance program as well as information on the AAU insurance certificate program.

1. Hosting AAU Tournaments and Leagues – Licensed Event (Event Sanction)

As an AAU Club Level 2 or 3, you can apply for a licensed event to host your own tournaments or leagues. Licensed event fees are \$50 for a youth event per day maxing out at \$350 (Fees Cap after a maximum of 7 days). Visit our website www.aausports.org, click on Licensed event text (right side of screen, dark grey box with yellow letters) to submit a licensed event application or for more information on licensing an event with the AAU.

Licensing your event with AAU has many benefits.

- The resources of a multi-million dollar organization while maintaining administrative control of your event
- The AAU nationally recognized brand and logo
- Multi-million dollar insurance program
- Marketing opportunities with AAU members
- AAU ribbons, medals and banners
- Established and recognized sport rules
- Local and national websites to promote your event
- Convenient online services

While submitting your licensed event you can also request Event Third Party Certificates for your facilities if they require them (fees apply).

***NOTE:** 2014 AAU has updated our language from Event Sanction to Licensed Event.

2. Local District Directors

Your local District Director can provide you with additional information regarding other teams and tournaments in your area. If there is not a Director in your area and you are interested in developing a program in your District, please contact the AAU National Office at 407-934-7200. Also, visit the sport specific website for your sport by going to www.aausports.org and clicking your sport from the drop-down menu.

3. Insurance and Insurance Certificate Program

As an AAU registered Club you have access to our insurance certificate program. This program offers a verification of insurance for the club, third party practice, event, extended benefit and sponsor certificates. Please visit www.aausports.org and click on FIND INSURANCE INFO in the gray quick links box for comprehensive explanation of the entire insurance program as well as information on the AAU insurance certificate program.



Hosting an AAU Event

Review the AAU Sport Handbooks - Review the AAU Sport Handbooks for guidelines and rules. A current copy of the Handbooks can be downloaded from the webpage at www.ausports.org by using the sport menu located at the top of the homepage and selecting your sport.

Contact the AAU Sports Manager or AAU National Chair - Please visit www.ausports.org for a detailed listing of AAU Sports Managers and AAU Sport National Chairs.

You can also contact the AAU National Headquarters at (407) 934-7200 for further information.

Purchase your AAU Individual Non Athlete membership- All Athletes and Non Athletes (coaches, volunteers, officials) must be individual members of the AAU. Background screens are conducted for all adult members of the AAU. You must have an active Non Athlete or Adult Athlete Membership to purchase a club membership. Applied status or pending memberships are not acceptable.

AAU Club Membership - Register on-line at www.ausports.org and click on JOIN AAU.

Club Membership is necessary to apply to license an AAU Event. Other benefits of joining as a club include receiving AAU mailings, event notifications, membership certificate, voting rights in AAU elections and club practice insurance.

Individual Athlete/Coach Membership - To participate in an AAU Licensed event, each athlete and coach must be members of the AAU. AAU membership is \$14 per youth athlete and \$16 per non-athlete (coach). As a member of the AAU, you can participate in any of the 30+ sports offered by the AAU.

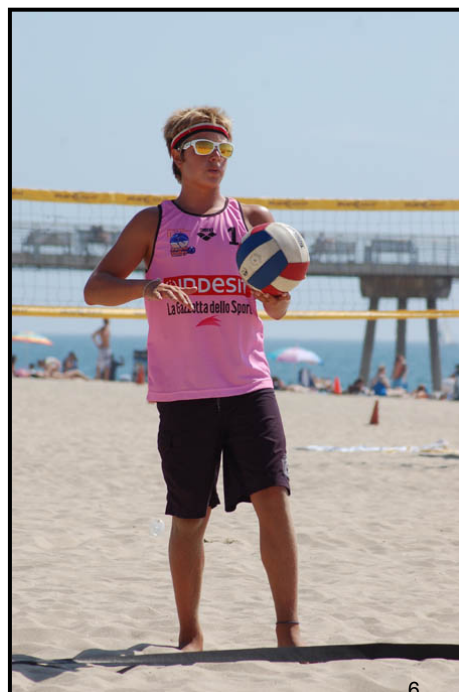
The membership year is from **September 1st through August 31st**. Membership must be renewed each year to be valid.

AAU membership provides each member with sports accident insurance for all properly licensed AAU events and supervised practices. For specific details on insurance coverage, please refer to the current insurance brochure located on our web site.

To become a member, go to www.ausports.org and click on JOIN AAU.

AAU License Application Form - A license is written approval by the AAU to authorize registered athletes to participate in a specific competition or exhibition. No event is an official AAU event unless the host has obtained an AAU license prior to the start of the event. Licenses are mandatory if you plan to host an AAU event. Instructions for completing and submitting a license application and fees are located on our homepage www.ausports.org. Located on the right-hand menu, click "Licensing Event". You will need to have a valid club code and individual membership ID of the club contact to submit a Licensed event. If you need further assistance, please call 407-934-7200.

All participants in AAU Licensed events must be individual members of the AAU. As the club licensing the event, it is YOUR responsibility to verify that everyone participating in your event is a current AAU member.





Hosting an AAU Event

The AAU Brand and benefits are the perfect tools for event directors to use to ensure a successful event. Planning and advertising are the keys to your events' success. Plan ahead; submit your license application in a timely manner to enable participants to schedule and make travel plans to attend.

To Submit a Licensed Event Application

After obtaining a club level 2 or 3 and an individual non-athlete membership for the contact listed on the club, go to www.aausports.org. On the right you will find a box with yellow lettering; click on Licensed event Application. You may choose a logo or provide your own. Choose a flyer template or upload your own flyer. All approved licensed events are posted on our find an event site where more than 10 million viewers have access to your event information.

Order AAU Medals and Awards

As a benefit of licensing your tournament through the AAU, you can order AAU medals and ribbons. To order awards, you must submit to the AAU National Headquarters: (1) Awards Application (2) Tournament Flyer (3) Signed Copy of the Approved Licensed Event (4) Appropriate Fees.

Championship Medals are available for association and regional championships for \$6.32 per set (includes 1 gold, 1 silver and 1 bronze medal). Sports for All Medals are available for invitational, league, open, or preliminary events. The cost is \$1.99 per medal (gold, silver or bronze). Ribbons are available for first through eighth place, plus merit. The price for ribbons is twenty-five (25) cents each. Orders must be received at the AAU National Headquarters at least 15 days prior to the event. Orders received less than 15 days prior to the event will be assessed a \$40.00 late fee. A shipping and handling fee of 10% of the total will be charged to each order less than \$1000. Orders \$1000 or more will be charged 5%. In addition, if the order requires next day shipping or 2-day shipping, you must pay the shipping cost via credit card.

For complete information on AAU Awards, please refer to the *Awards Application Form*.

Claim Forms

In case of any incidents during your event, make sure you have copies of the AAU Claim Forms at the tournament. These forms should be completed and submitted to the address on the instruction page immediately after an incident. This holds true whether the person involved is a participant or spectator, or whether or not you feel the incident will result in a claim. Please follow all the directions on the form. Claim forms are available at www.aausports.org by clicking in the Gray Quick Links box on Find Insurance Info.



DISTRICT AAU
Jump Rope
EVENT NAME
EVENT DATE
Hosted by CLUB NAME
CITY, STATE



AGE GROUPS:

ENTRY FEE: \$

ENTRY DEADLINE: DATE

AWARDS:

FORMAT:

RULES: Meet will follow current AAU Rules

ENTRY FEES PAYABLE TO:

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU Youth Athlete membership must be obtained before the competition begins.
- BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event.
- Please allow at least 10 days for membership to be processed.
- Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership

FOR MORE INFORMATION:
(CONTACT INFO)

What are the benefits of AAU Membership?

The Amateur Athletic Union has been raising champions for more than a century. Since 1888, the AAU has set the standard for amateur sports in the United States. Our motto is “Sports For All, Forever!;” we believe in sport activity from ages 2-99. By joining the AAU, you will have the resources of a multi-million dollar organization while maintain administrative control of your event. The AAU is a nationally recognized brand, logo with established and recognized sport rules. The AAU is proud to host more sporting events for more age divisions in more cities than any other organization in the world.

Your club and members will receive benefits of a multi-million dollar insurance program with convenient online services. If you license your event with the AAU, you will have marketing opportunities and eblast promotions of your event **to the 1 million** plus current and past members of the AAU as well as listing the event on our local and national websites.

Our membership fees are low and we offer a variety of sports. Your one (1) membership is valid for any of our 30+ sports! We offer two types of individual AAU memberships and three levels of club AAU memberships.

Individual Memberships (See AAU Insurance Program Summary of this packet)

1. Athlete Memberships with Sport Accidental Insurance Benefits

- a. \$14 Regular membership
- b. \$16 Extended Coverage (AB) membership

Allows AB members to participate in non-AAU licensed events (*See separate handout)

2. Non –Athlete Memberships with Sport Accidental Insurance Benefits

- a) \$16 Regular membership
- b) \$18 Extended Coverage (AB) membership

Allows AB members to participate in non-AAU licensed events (*See separate handout)

Club Memberships (See AAU Insurance Program Summary of this packet) **Note: In order to purchase a club membership you must first purchase individual non-athlete memberships for your club contacts.**

1. Club Level 1 with Liability Insurance Benefits

- a) Eligible to participate in events
- b) Eligible to vote at appropriate District meetings
- c) Eligible to receive license for practice insurance

2. Club Level 2 with Liability Insurance Benefits

- a) Eligible to participate in events
- b) Eligible to vote at appropriate District meetings
- c) Eligible to receive license for practice insurance
- d) Eligible to receive license to host an event
- e) Eligible to use AAU Name & Logo in AAU licensed events

3. Club Level 3 with Liability Insurance Benefits

- a) Eligible to participate in events
- b) Eligible to vote at appropriate District meetings
- c) Eligible to receive license for practice insurance
- d) Eligible to receive license to host an event
- e) Eligible to use AAU Name & Logo in AAU licensed events
- f) Eligible for tax-exempt status
- g) Eligible to accept tax-exempt donations
- h) Eligible to become sales tax exempt in your state



EXTENDED COVERAGE PROGRAM (AB)

The Extended Coverage (AB) coverage program was developed to extend coverage for AAU members while participating in events hosted by organizations that are not member clubs of the AAU. Coverage in this program is provided for properly registered athletes or non-athletes for events in the United States of America (including its territories and possessions) Puerto Rico, and Canada.

To have extended coverage (AB), the following criteria applies:

- For team competitions, the entire competing team and coach (non-athlete) must be AAU extended coverage (AB) members.
- For individual competitions, each competing individual must be an AAU extended coverage (AB) member and must be supervised by an AAU extended coverage (AB) registered coach.
- The competition must be formally scheduled, supervised and conducted by a recognized sport association, civic organization or school (and not be a member of the AAU).
- If you are a member of the AAU in the extended coverage (AB) category and conduct an event that is not licensed by the AAU, you forfeit your rights of extended coverage (AB), for that event only.

Benefits of the AB program are:

- Sports Accident
- General Liability
- Certificates of Insurance

Who is insured?

- Athletes
- Non-Athletes
- Member clubs/teams
- Amateur Athletic Union of the United States, Inc.



When does AB coverage take effect?

- Coverage takes effect when AAU registered members in the extended coverage (AB) category are participating in **events hosted by organizations that are not member clubs of the AAU.**
- **Example:** All of Jim's Basketball Team members are registered AAU extended coverage (AB) members. Jim's Basketball Team is participating in an event hosted by the local Park and Recreation organization. The Park and Recreation organization is not a member club of the AAU nor is the event sanctioned by the AAU. Jim's Basketball Team has coverage in this situation by being AAU extended coverage (AB) members.



AAU Insurance Program Summary

AAU Insurance is a benefit of membership.

Club Membership insures practices and an event license insures competitions/clinics etc.,
Everyone participating must also have an individual AAU Athlete or Non Athlete Membership

SPORTS ACCIDENT: Coverage is provided for properly registered members that are injured during an approved event. Coverage is excess medical and becomes primary if there is no other coverage.

Excess Medical	\$50,000
Youth/Non Athlete Deductible (can be removed or disappear with primary insurance)	\$200
Adult Athlete Deductible (can be removed or disappear with primary insurance)	\$500
Accidental Death & Dismemberment	\$20,000
Dental	\$50,000

Who is insured? (The following categories include but are not limited to)

Athletes and Non-Athletes
Registered Members residing in foreign countries are covered while participating on U.S. Soil.

Covered events

Licensed Events: This is an event that has been applied for and received an event license from the AAU of the U.S. Inc.
Supervised Practices for member clubs.

GENERAL LIABILITY COVERAGE

LIMITS

Each Occurrence - per club/team	Up to \$10,000,000
Aggregate - per club/team per year	Up to \$12,000,000
Products/Completed Operations Aggregate	Up to \$12,000,000
Personal and Advertising Injury	Up to \$10,000,000
Participant Legal Liability	Part of Per Occurrence Limit
Damage to Premises Rented to you	\$1,000,000
Medical Expenses (any one person)	\$5,000
Sexual Abuse & Molestation - Each Occur	\$1,000,000
Sexual Abuse & Molestation - Aggregate	\$2,000,000
Crisis Management Coverage/Bell Endorsement	Included
Participant vs. Participant	Up to \$1,000,000

Who is insured? (The following categories include but are not limited to)

Athletes and Non-Athletes, Registered Members residing in Foreign Countries are covered while participating on U.S. Soil
Member clubs/teams when all participants are registered as athletes or non athletes
Event organizers, promoters, sponsors and managers of AAU licensed events
Volunteers while acting in their capacity at an AAU licensed event
AAU of the USA, Inc.
AAU Districts, AAU Governors and Administrators, AAU Directors & Officers
Officials while acting in their capacity at an AAU licensed event
Spectators

Covered events

Licensed Events: This is an event that has been applied for and received an event license from the AAU of the U.S. Inc.
Supervised Practices for member clubs.

EXTENDED COVERAGE (AB) INSURANCE PROGRAM

The Extended Coverage (AB) program was developed to extend coverage for AAU members while participating in events hosted by organizations that are not member clubs of the AAU. Coverage in this program is provided for properly registered athletes or non-athletes.

Sports Accident	\$50,000
Liability Coverage	Up to \$10,000,000
Aggregate - per club/team per year	Up to \$12,000,000

Extended Coverage (AB) Is not available in the sport of Adult Taekwondo

Any organization that is a member of the AAU and hosts an event that is not licensed by the AAU would not have any coverage for the event, even if its members are AAU AB Registered.

VERIFICATION OF INSURANCE AVAILABLE

ALL INSURANCE CERTIFICATES ARE AVAILABLE AT WWW.AAUSPORTS.ORG UNDER THE INSURANCE OVERVIEW TAB

Verification of Insurance: This document verifies the club has insurance coverage as defined by the AAU policy and extends the club's coverage to a third party (if accepted by the third party). Your specific club name will appear on the document. **Free-Documents Available immediately.**

THIRD PARTY/ADDITIONAL INSURED INSURANCE CERTIFICATES AVAILABLE

ALL INSURANCE CERTIFICATES ARE AVAILABLE AT WWW.AAUSPORTS.ORG UNDER THE INSURANCE OVERVIEW TAB

This program is designed to provide member clubs the ability to obtain certificate(s). The fee structure is based on requesting the third party/additional insured certificate(s) at least 30 days before coverage start date or incurring an expedite fee

Fee Structure	Fee	Expedite Fee	Total
Start Date is 31 + days from today	\$35	NA	\$35
Start Date is 16-30 days from today	\$35	\$65	\$100
Start Date is 0-15 days from today	\$35	\$100	\$135

For the fees listed above, you may request up to 200 third party/additional insured certificate(s) in one transaction. If you do not list all requests on your initial submission, there will be a \$25.00 transaction fee each time you return to list additional requests. For each facility/entity over 200 there is a \$10.00 per facility/entity fee.

PRACTICE CERTIFICATES: Fees apply. This certificate extends coverage for members during practice and practice only. The practice must be scheduled & supervised by an AAU non-athlete member. It specifically names the third party/additional insured, confirms the club has coverage as defined by the AAU policy and extends the club's coverage to the third party/additional insured. (This certificate is applicable where needed for CG 2026 1185).

Available 2 hours after certificate request

EVENT CERTIFICATES: Fees apply. This certificate extends coverage for activities such as leagues, tournaments, clinics and other events approved by the Amateur Athletic Union of the United States, Inc. There must be a event license number relative to this event. Event licenses may take up to 16 days for approval. It specifically names the third party/additional insured, confirms the club has coverage as defined by the AAU policy and extends the club's coverage to the third party/additional insured. (This certificate is applicable where needed for CG 2026 1185).

Available 2 hours after Approval of Event Sanction Application

SPONSOR: Fees apply. This certificate extends coverage to a benefactor or donor who supports a member club. The sponsor name will appear on the certificate(s). It confirms the club has coverage as defined by the AAU policy and extends the club's coverage to the third party/additional insured. (This certificate is applicable where needed for CG 2026 1185). This type of certificate request must be submitted to the AAU National Office for processing.

Available 24-48 hours after request has been submitted and accepted.

EXTENDED COVERAGE (AB) CERTIFICATE: Fees apply. This certificate is for AAU member clubs while participating in events hosted by organizations that are not member clubs of the AAU. These non-AAU events include leagues, tournaments, clinics, etc. This certificate must be obtained by an AAU member club. This certificate insures the named third party in regards to the AAU member club's sole negligence. The entire competing team and coach (non-athlete) must be AAU AB members. If you are a member of the AAU in the AB category and conduct an event that is not sanctioned by the AAU, you forfeit your rights of AB coverage for said event. This type of certificate request must be submitted to the AAU National Office for processing.

Available 24-48 hours after request has been submitted and accepted.



This brochure is only a brief description of the coverage available under the AAU Policies. The policies may contain reductions, limitations, exclusions and termination provisions. If there is a conflict between the contents of this document and the policy, the terms and conditions of the policy will govern in all cases.



THE REAL AAU

AMATEUR ATHLETIC UNION

Suggestions to get you started

Forming a team can be a little overwhelming so the following are a few things to consider when beginning the process.

Important Considerations

The four most important considerations in forming a team are developing a philosophy for your team, finding committed players, finding a coach and finding a practice facility.

Develop Philosophy

Will it be a participation team where everyone gets equal playing time or a performance team where playing time must be earned? If the coach and the players don't buy into the philosophy of the team it will eventually lead to problems and hard feelings.

Selection of Players

- Will you run area wide or local tryout?
- Will they be open tryouts or by invitation only?
- Are tryouts necessary or will you just select your own team?
- You will also need to decide how many players you will have on your teams' roster. Cost, which is addressed in the next section (click on Financial Obligations of Clubs/Teams) have some impact on that decision.

Review AAU Jump Rope Handbook and AAU Code Book

Visit www.aaujumprope.org and obtain a Jump Rope Handbook with all the rules and regulations by clicking on the Handbook link under the Rules/Info Tab. This will help you with you all age/divisions questions and make you knowledgeable of AAU rules and regulations. You should then contact your Jump Rope Sports Director or visit their website, which you can find at www.aaujumprope.org. By visiting this website you will be able to get information on local upcoming events.

Develop a Budget

You must first figure out how much money you need to run your club. You have an option of dividing the cost of running your club amongst the number of players on your team. If you want to supplement the amount of money the players are responsible to contribute or if you do not want the players to contribute any money then you must do one of the following action points.

Get a Sponsor

Find a local business or person in your area that would like to sponsor your team either with money or merchandise.

Solicit Donations

Your first step in this process is to visit www.aausports.org and get a Club Level 3 membership. Selecting a Club Level 3 membership makes your club a subordinate under the AAU's Group exemption program, making the entity a tax-exempt organization. Level 3 Clubs are eligible to accept tax-exempt donations directly. (See club memberships).



THE REAL AAU

AMATEUR ATHLETIC UNION

Suggestions to get you started

(c o n t i n u e d)

Host a Tournament

Hosting a tournament can give your club an opportunity to raise money for your team. Questions? For further information on how you can begin running AAU leagues, tournaments, and clinics, please contact anastasia@aausports.org for more info.

The information provided above are general guidelines to be followed at your discretion. The AAU does not endorse any particular organizational process or Claim to have exact knowledge on how to start or find a team.

*The information provided above are general guidelines/suggestions to be followed at your discretion.



AAU JUMP ROPE



Program Overview

The AAU Jump Rope program offers opportunities for athletes of all ages, in all skill levels. Events are held throughout the country, including local competitions, invitationals, District Championships, and National Championships.

*For Nationals qualifying information refer to the AAU Jump Rope handbook.

Benefits of AAU Jump Rope

- An opportunity to follow in the footsteps of former AAU athletes: B.J. Upton, Prince Fielder, Mark Spitz, Shaquille O’Neal, Kerri Strug, Chamique Holdsclaw, Greg Louganis, Ryan Klesko, Dan Gable, Carl Lewis, Jackie Joyner-Kersey, and many others.
- Membership that includes insurance coverage.
- Ability to participate at the world-famous ESPN Wide World of Sports Complex, and other great facilities throughout the country.
- Travel, make new friends, continue education, and create unforgettable memories.
- Membership in an organization long recognized for its position in amateur sports.

National Office Staff Contact

Sport Manager

Anastasia Saunders

PO Box 22409

Lake Buena Vista, FL

32830-2409

anastasia@aausports.org

407-934-7200

407-934-7242 (FAX)

Goals & Objectives

1. To demonstrate the power, speed, grace, beauty & teamwork.
2. To demonstrate the relevance and benefits of Jump Rope as a sport, for physical fitness and as a cross training method for all other sports.
3. To demonstrate & teach new styles, skills, routines & ideas to fellow jump rope enthusiasts.
4. To increase recognition of Jump Rope as an internationally competitive sport.
5. To assemble top athletes to compete.

Age Divisions and Eligibility

The AAU Jump Rope program provides an avenue of competition for many ages as well as both genders. For more specific details on age divisions please visit the website www.aajumprope.org and review the AAU Jump Rope handbook.

Singles: **Females**—8 & Under, 9, 10, 11, 12, 13,14, 15-17, 18-22

Males—8 & Under, 9-10, 11-12, 13-14, 15-17, 18-22

Pairs: 8 & Under, 9-10, 11-12, 13-14, 15-17, 18-22

Double Dutch 10 & Under, 11-12, 13-14, 15-17, 18-22

Group Synchro 13 & Under, 14– 22

Age divisions will be determined by the date of September 1 of the competition year. Athletes who are over the age 18 must register as adult athletes. In individual rope pairs, double dutch, and team competition, age is determined by the age of the oldest athlete. No athlete may compete in the same event more than once in any 15 tournament.

*The information provided above are general guidelines/ suggestions to be followed at your discretion.



AAU JUMP ROPE



Current Year Rule Changes

1. New Age Division

10 & under age division is added for the following: Double Dutch Single Freestyle, Double Dutch Pairs Freestyle, and all Double Dutch Speed Events.

2. Accuracy Scoring in Freestyle

The value of accuracy deductions has been changed as follows:

- >Major miss = 0.2 deduction/occurrence
- >Minor miss = 0.1 deduction/occurrence

3. Uniform

Competitor's underwear of any kind should not be visible when in a standing position.

4. Timing CD Issue

If timing CD fails during freestyle events, the jumper (s) can choose to accept the scores already noted by judges with a 0.2 deduction for going over/under the time or elect to re-jump for a new score.

5. Judging Requirements

Ratio of judges to judges:

- >1-4 jumpers = team must supply 1 judge
- >5-8 jumpers = team must supply one Level 1 judge and either a Level 2 or 3 judge.
- >9-12 jumpers = team must supply a minimum of 3 judges, one must be a Level 3 judge

6. Levels of Difficulty

Addition of Level 6. See new scale.

- >Basic/Level 1:0.0-0.5
- >Elem/Level 2:0.6-1.2
- >Int./Level 3:1.3-1.9
- >Adv/Level 4:2.0-2.6
- >Masters/Level 5:2.7-3.3
- >New Level 6:3.4-4.0

Facility/Competition Area

- The fairest possible environment must be provided.
- Speed events require 20'x20' area, clearly marked.
- Freestyle events require 40'x40' area. Center must be clearly marked.
- Group Routine requires 94'x50' area.
- Competitors may not place their own markings
- A 2'x2' coach's box will be taped on the floor at each speed station and freestyle station.
- General warm- up area must be provided.
- Boundary lines are considered in.
- Additional suggestions for competitions:
 - >PA System
 - >Hospitality Room
 - >Storage Room
 - >Awards Presentation Area
 - >Meeting Room
 - >Other space as necessary

Equipment

- Athletes may use a variety of different ropes
- Ropes must be powered only by the competitor
- Props other than additional ropes may not be used.
- Single Ropes may be speed, beaded, wire, braided, or inter-woven cloth with handles no longer than 10 inches in length.
- Double Dutch Ropes may be speed, beaded, wire, braided, or interwoven cloth with handles no longer than 10 inches in length.

Practice

Set a practice schedule that best fits your program, budget and facility. Create the schedule according to your number of athletes, time allotted, fee paid, staff availability and etc. as necessary.

Visit

www.aaujumprope.org
for more information.



AAU JUMP ROPE



Hosting an Event(s)

Suggestions for getting you started:

1. Create a budget for the event
2. Secure a facility and contract
 >Include equipment, supplies and other as you find necessary
3. Create an administrative team

Meet Director	Concessions Coordinator
Judges Coordinator	Sponsors/Marketing Coordinator
Hospitality Coordinator	Awards Coordinator
Registration Coordinator	Other as you find necessary
Ticket Sales Coordinator	(optional)

4. License the event with the AAU
5. Solicit sponsorships
6. Secure housing arrangements and contracts
7. Set up registration process
8. Promote via AAU website calendar of Events, email blast, registration info, and other creative ideas
9. Set a tentative schedule
10. Secure judges
11. Secure scoring system
12. Purchase supplies, awards, concessions, office supplies, decorations and etc. as you find necessary.
13. Post final schedule.
14. Results
 - >post onsite throughout event
 - >post online
 - >submit to AAU post event
15. Wrap up/Review
 - >Review budget
 - >Create a pros and cons list for future events

*See the AAU Jump Rope handbook for more at www.aaujumprope.org information.

Computer Scoring

All licensed AAU Jump Rope Tournaments should use the official AAU computer scoring program. This program is available courtesy of USA Jump Rope and the AAU. See guidelines for Tournament Directors at www.aaujumprope.org.

Standardized Announcing CD

Individual Rope Speed, 60 seconds:

“Judges Ready” > “Jumpers Ready” > “Set” > “Go” > “15” > “30” > “45” > “Time”

Individual Rope Power, 60 seconds:

“Judges Ready” > “Jumpers Ready” > “Set” > “Go” > “15” > “30” > “45” > “Time”

Individual Rope Pairs Speed, 60 seconds:

“Judges Ready” > “Jumpers Ready” > “Set” > “Go” > “10” > “20” > “Switch” > “10” > “20” > “Time”

Individual Rope Paris Power, 60 seconds:

“Judges Ready” > “Jumpers Ready” > “Set” > “Go” > “10” > “20” > “Switch” > “10” > “20” > “Time”

Double Dutch Singles Speed, 60 seconds:

“Judges Ready” > “Jumpers Ready” > “Set” > “Go” > “15” > “30” > “45” > “Time”

Double Dutch Singles Power, 60 seconds:

“Judges Ready” > “Jumpers Ready” > “Set” > “Go” > “15” > “30” > “45” > “Time”

Double Dutch Team Relay, 120 seconds:

“Judges Ready” > “Jumpers Ready” > “Set” > “Go” > “10” > “20” > “Switch” > “10” > “20” > “Switch” > “10” > “20” > “Switch” > “10” > “20” > “Time”

All Freestyle Routines:

“Judges Ready” > “Jumpers Ready” > “Go” > “45” > “One Minute” > “Time”

*The time clock begins after the word “Go” in Freestyle

**If the timing CD fails in freestyle, the jumper(s) can accept scores recorded with a .2 deduction for going over or under, or they may elect to re-jump for new score.

Visit

www.aaujumprope.org

for more information.



AAU JUMP ROPE



Qualification Procedure

These are the guidelines set out by the AAU Jump Rope program to qualify athletes to the National Event at the AAU Junior Olympic Games.

- Athletes may compete in any number of AAU qualifying tournaments in attempt to attend the AAU Junior Olympic Games.
- Previously qualified athletes will not be considered in the total number of athletes who qualify from the qualifying tournament (they will compete in Open division). Open division will also apply for Non U.S. athletes.
- Non U.S. athletes may qualify through an AAU Open qualifier (scores fall within range of US athletes in that event) or they may be nominated by their National Governing Body (NGB).
- Wild card applications will not be accepted.
- In Individual Rope Pairs and Double Dutch, one athlete, registered for that tournament, may be designated as a substitute for each event registered.

*See the Jump Rope handbook for rules on substitutions.

For more information and clarification, please see the Jump Rope Handbook at www.aaujumprope.org.

Jump Rope Team Composition

Individual Single Rope athlete:

- 1 jumper with a rope

Individual Rope Pairs athletes:

- 2 jumpers, each with a rope

Double Dutch Singles team:

- 3 participants with set of Double Dutch ropes

Double Dutch Pairs teams:

- 4 participants with set of Double Dutch ropes

Group Routine:

Minimum of 6 & maximum of 24 participants, each with their own rope

Qualifying Tournaments

Any AAU athlete who meets age restrictions may compete at any Open Qualifying Tournament, providing space is available and no other restrictions apply.

- Qualifying tournaments will be announced by October 31st preceding each competition year.
- Minimum of 60 competitors and 3 teams are required to be considered a qualifier.
- Bids to host qualifying tournament should be sent to AAU Jump Rope Secretary General by September 15 of preceding year. See www.aaujumprope.org website for Bid Forms.
- Tournament directors must request official sanctioning for their event through the AAU at www.aausports.org.
- Tournaments having events for over 18 athletes must be sanctioned as a youth/adult event.
- Up to a maximum of 10 U.S. athletes and 10 Non U.S. athletes will qualify through each Qualifying tournament in each age-group and each event.
- Unlimited entries per team are allowed in each event or at the discretion of the tournament director.
- Maximum manageable numbers are encouraged for inclusion per AAU policy.
- One entry per team in each age group is allowed for Group Routine.
- If registration numbers exceed 150 athletes:
 - >First explore option of expanding competition space or adding a day
 - >Declare the tournament closed to athletes outside the hosting District (if additional or time is not available)
 - >Limit the number of out of District athletes by event and age group in a consistent manner.
- **Fees:** \$40 per individual
 - >\$5 of this amount is a capitation fee to AAU Jump Rope.
- If spectator fees are to be charged, must be announced with tournament packet and may not exceed \$5.



AAU JUMP ROPE



Competition Events

Triple Crown Events Singles & Pairs

Combined Individual Rope Event designed to reward the overall jump rope athlete. Component events of the Triple Crown include Individual Rope Freestyle, Individual Rope Speed and Individual Rope Power.

- **Individual Rope Freestyle:** creative form of Jump Rope where the Jump Rope Athlete assembles a combination of finesse, power, strength, dance, and intricate arm rope skills both forwards & backwards into a routine which is choreographed to music. This routine must be between 60-75 seconds in length.
- **Individual Rope Speed:** 60 second timed event where the Jump Rope athlete attempts to complete as many alternating foot step jumps with a rope as possible within the time period.
- **Individual Rope Power:** 60 second timed event where the Jump Rope athlete attempts to complete as many double under jumps with a rope as possible within the time period.
- **Individual Rope Pairs Freestyle:** creative form of Jump Rope that is performed by 2 athletes. Athletes must assemble a combination of finesse, power, strength, dance and intricate arm rope skills both forwards and backwards into a routine, choreographed to music.
- **Individual Rope Pairs Speed:** 60 second timed event where 2 athletes attempt to complete as many alternating foot jumps as possible for 30 seconds each consecutively.
- **Individual Rope Pairs Power:** 60 second timed event where 2 athletes attempt to complete as many double under jumps as possible (in all age groups) for 30 seconds each consecutively.

*NOTE: In power, 15-17 and 18-22 use Triple Crown Unders in Triple Crown

Pentathlon Event Double Dutch

Combined Double Dutch event designed to reward the overall Double Dutch Champions. Pentathlon Double Dutch team consists of 4 athletes. The athlete must compete within their age group. The component events of the Pentathlon include Double Dutch Single Speed, Single Freestyle, Single Power, Double Dutch Team, Speed Relay and Pairs Freestyle.

- **Double Dutch Single Speed:** requires 3 athletes (2 turners & 1 jumper). It is a 60 second timed event where one jumper attempts to complete as many alternating foot jumps as possible within the time period.
- **Double Dutch Power (Pop-ups):** requires 3 athletes, (2 turners & 1 jumper). It is a 60 second timed event where the jumper attempts to complete as many double under jumps as possible within the time period.
- **Double Dutch Single Freestyle:** creative form of Double Dutch that is performed by 3 athletes (2 turners & 1 jumper). Athletes must assemble a combination of turner exchanges, finesse, power, strength, dance and intricate arm rope skills into a routine that is choreographed to music.
- **Double Dutch Team Speed Relay:** requires 4 athletes. It is a 120 second timed event where each jumper must jump and turn for 30 seconds. Each jumper in turn will attempt to complete as many alternating foot jumps as possible within 30 second time period.
- **Double Dutch Pairs Freestyle:** creative form of Double Dutch which is performed by 4 athletes (2 turners & 2 jumpers). Athletes must assemble a combination of turner exchanges, finesse, power, strength, dance and intricate arm rope skills into a routine that is choreographed to music.

Group Routine

A synchronized group routine that is performed by at least six (6) athletes, but not more than twenty-four (24), each using his/her own individual jump rope. Routines must include a combination of formation and pattern changes, finesse, power, strength, dance and intricate arm rope skills in a routine performed to music.



AAU JUMP ROPE



U.S. Athletes

- By qualifying in top 10 U.S. athletes in the overall ranking in a singles, pairs or Double Dutch event at any 2015 AAU qualifying tournament unless previously qualified.
- By qualifying in one of the top 3 teams in a Group Routine competition at any 2015 AAU qualifying tournament unless previously qualified.

Non U.S. Athletes

- By qualifying in the top 10 Non U.S. athletes in the overall ranking in a singles, Pairs or Double Dutch event at any 2015 AAU qualifying tournament, providing their scores fall within the range of the qualified U.S. athletes in that event. Tournament fee \$40.00
- By qualifying in one of the top 3 teams in a qualifying Group Routine competition.
- By being nominated by the athlete's National Governing Body (NGB), up to a maximum of 10 athletes per country, in each age group and gender in each Triple Crown or Pentathlon combined event, or one entry in each age division of Group Routine.
- Nomination Fee \$40 per athlete. See Nomination Forms at www.aaujumprope.org website.

See the Jump Rope handbook for more information at www.aaujumprope.org.

National Executive Committee Contact Information

James McCleary, National Chair

443-546-3633

jamesemccleary@gmail.com

Rich Cendali, Vice Chair

303-817-2941

Skipit_coach@comcast.net

Jean Hodges, Secretary General

302-945-1627

jeanhodges45@verizon.net

Paul Feciura, Youth Chairman

703-244-4599

jbccoach@aol.com

Cindy Bork, Committee Secretary

301-725-9057

mcbork91@verizon.net

John Hodges, Treasurer

302-945-1627

jchodges46@verizon.net

E.J. Boillot, At-Large Member

720-299-7001

eboillot2010@gmail.com

*The information provided above are general guidelines/ suggestions to be followed at your discretion.

Visit
www.aaujumprope.org
for more information. ²⁰

2015 AAU Jump Rope National Championships/Events

2014 AAU Holiday Workshop and Tournament

December 29-31, 2014
Orlando Sports Center
Orlando, FL

2015 AAU Junior Olympic Games Jump Rope

Hampton Roads, VA



AAU is...

“AAU was a springboard to everything I have achieved.”

- Van Chancellor
Basketball Legend

“It’s not about being the best. It’s about discovering what your best is.”

- Peyton Manning
Indianapolis Colts

“I have always admired the organization. The AAU does wonderful work.”

- Eddie Einhorn
Owner of Chicago Bulls and Chicago White Sox

“Our NFHS strategic plan called on us to reach out to organizations such as the AAU.”

- Robert F. Kanaby
Executive Director, NFHS

“For me to win the AAU James E. Sullivan Award – Wow, people really respect me.”

- Chamique Holdsclaw
WNBA Player

“What I respect about the AAU is it's well organized and well put together. Keep it up AAU.”

- Shaquille O’Neal
NBA Player

“You know what I like about AAU? AAU saves lives! It takes kids off street corners and away from drugs. AAU is a great organization!”

- Percy “Master P” Miller
Entrepreneur

“The AAU has been a powerful force in the great athletic success the United States has enjoyed.”

- Gerald R. Ford
38th President of the United States

