

3. **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.**
4. **Nomination Fee \$40 per athlete. See Nomination Forms on the Jump Rope page at [www.aausports.org](http://www.aausports.org)**

- The top (10) places, US and Non-US, in each event and age group qualify as outlined above. If an athlete is not available to continue to the AAU Junior Olympic Games. The 11th place athlete is the first alternate and so on.
- Top (3) places in each age group for Group Routine from each Open Tournament qualify. 4th place is an alternate.
- AAU Junior Olympic Games fee is \$45. This does not include the NGB nomination fee (\$40 per athlete) or registration fee (\$40 per athlete) for competing in a qualifying tournament. AAU membership fees are not included and must be purchased separately.
- Separate fees for coaches and spectators – see event handbook.
- If there are more than 30 entries per event or age group registered, the entries may be limited for participation in the Freestyle component event based on the current tournament's combined speed and power score total. The top ranked group will compete for medals. This group will consist of the top 25 US entries, plus a maximum of 10 non-US entries that fall within, or exceed the range of scores of the top 25 US competitors, after the speed and power scores are combined. If the top 30 entries are from the US, those 30 entries will qualify for the Freestyle event.
- If numbers exceed 700 at JO's, we will take a maximum of 40 freestyle participants after speed and power results are calculated, accept the top 30 US, then up to 10 Non-US who fall within that point range, then fill to 40 with additional US competitors if slots are available.
- If there are 3 or less competitors registered for an event, that event may be combined with the next closest age group, as determined by the Tournament Committee.

The Open Scoring System will apply. A full set of awards with appropriate place-points will be given to the US competitors in the component and all-around events. Non US competitors will compete against the US competitors for their placement and awards. To earn equivalent points and place awards, a Non US competitor/team must equal or exceed the performance of the US competitors in that component or All Around event.

5. **Categories of Competition in the Sport** (e.g. running events, field events, multi-events, age groups, gymnastics levels,)

**Age Divisions for Jump Rope will be:**

**Singles: Females 8 and under, 9, 10, 11, 12, 13, 14, 15-17, 18-22**

**Males: 8 and under, 9-10, 11-12, 13-14, 15-17, 18-22**

**Pairs: 8 and under, 9-10, 11-12, 13-14, 15-17, 18-22**

**Double Dutch: 12 and under, 13-14, 15-17, 18-22**

-Separate Male and Female Divisions in Single Rope Individual event.

**-13-14 Females may be split into separate years if numbers exceed 30 registered in that age-group at Qualifying Tournaments and will be split into separate age-groups at the AAU Junior Olympic Games if numbers exceed 80**

Single Rope Pairs, Group Routine and Double Dutch may be same gender or mixed.

### **Group Synchronized Routine Age Divisions:**

- \*13 & under
- \*14 – 22

### **JUMP ROPE TEAM COMPOSITION**

- Individual Single Rope athlete is one (1) jumper with a rope.
- Individual Rope Pairs athletes are two (2) jumpers, each with a rope.
- Double Dutch Singles teams have three (3) participants with a set of Double Dutch ropes.
- Double Dutch Pairs teams have four (4) participants with a set of Double Dutch ropes.
- Group Routine entries must have a minimum of six (6) and a maximum of twenty four (24) participants, each with their own rope.

### **COMPETITION EVENTS**

- **TRIPLE CROWN EVENTS SINGLES AND PAIRS**

The Triple Crown is a 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. The results of each component event are weighted and ranked using a ten point descending scoring system. The ten point descending scores of each component event are added together along with the actual Freestyle score to determine the overall Triple Crown Champion in each age group. Triple Crown medals of gold, silver and bronze are awarded to the top three overall place finishers in individual and pairs jump rope competition. In all AAU Jump Rope competitions, athletes must have competed in all component events to be eligible to receive a medal, with the exception of an approved substitution for an injured athlete – see page 12. Place ribbons are not awarded in Triple Crown results, only in the component events.

**Individual Rope Freestyle:** is a 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 and backwards into a routine which is choreographed to music. This routine must be between 60 and 75 seconds in length.

**Individual Rope Speed:** is a 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. Three judges count the right foot jumps while the athlete is jumping and the two closest counts are added to determine the total score. There must be one completed revolution of the rope for each jump. Only such jumps will be counted.

**Individual Rope Power:** is a 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. A double under is performed by completing 2 rope revolutions for each two-foot jump. Only such jumps will be counted. The event is decided by 3 judges counting completed double unders and adding the two closest counts to determine the total score.. In the 15-17 and 18-22 age-groups, the athletes will compete with Triple Unders (3 completed revolutions for each two-foot jump).