



AAU *insert District* OPEN JUMP ROPE QUALIFYING TOURNAMENT

- Where:** *Full address with zip*
- When:** *insert full date from 8:00 a.m. to 5:00 p.m.*
- Hosted by:** *team name*
- Who Should Come?** Anyone interested in competition Jump Rope for fun. The top 10 participants in each age-group and event, and the top 3 Group Routines teams in each age division, qualify to compete at the 2016 AAU Junior Olympic Games in Houston, TX.
- Events:**
- Singles – A Triple Crown event consisting of Speed (1min.), Power (1 min.) and a Freestyle routine to music (60-75 sec.)
 - Pairs – A Triple Crown event consisting of Pairs Speed (2x30 sec.), Pairs Power (2x30 sec.) and Pairs Freestyle routine to music (60-75 sec.)
 - Double Dutch – A Pentathlon event with group composed of 4 people consisting of DD Single Speed (60 sec.), DD Single Power (60 sec.), DD Single Freestyle (60-75 sec.), DD Pairs Speed (4x30 sec.) and DD Pairs Freestyle (60-75 sec.).
 - Group Routine with music (2 to 4 minutes); Junior and Senior; 6 – 24 person event.
- Age-groups:**
- Individual Females: 8 and under, 9, 10, 11, 12, 13, 14, 15-17, 18-22.
 - Individual Males: 8 and under, 9-10, 11-12, 13-14, 15-17, 18-22.
 - Mixed or same gender in all other events:*
 - Pairs: 8 and under, 9-10, 11-12, 13-14, 15-17, 18-22.
 - Double Dutch: 10 and under, 11-12, 13-14, 15-17, 18-22.
 - Group Routines: Junior is 13 and under and Senior is 14-22
- Age is determined by the competitor's age on June 15, 2016.
- In multi-person events, age is determined by the age of the oldest competitor in the event.
- Awards:** Gold, Silver and Bronze for All Around winners in each event and age-group.
1st – 8th place ribbons for component events.
- Cost:** \$40 registration fee
- Rules:** 2016 AAU competition rules will apply. A copy of the 2016 AAU Jump Rope Rulebook (Handbook) can be downloaded from the web at www.aajumprope.org.
- Officials:** Please note that for AAU Jump Rope Competition, one official must be provided for every 4 athletes competing from a team.
- To Register:** Entry Forms may be obtained from *director's name, telephone and e-mail address* or generic forms are posted on-line at www.aajumprope.org
- Deadline:** *4 weeks ahead* (Late fee \$10 for all late registrations)
- Spectators:** Spectators are welcome at **no charge**
- Concessions:** *as applicable to event* Food will be available for purchase at *location*. NO OUTSIDE FOOD ALLOWED

NOTES:

- This event is sanctioned 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 membership must be obtained before the competition.
- BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.