

## 2016 DIFFERENCES BETWEEN AAU AND USAJR RULES

- EVENTS:** **USA Jump Rope (USA)** has all separate medal events with a combined team championship for speed, freestyle, Team Show and overall events at US National Championship.  
**Amateur Athletic Union (AAU)** has combined: Triple Crown of Speed, Power and Freestyle in Singles and Pairs, and Pentathlon of Single Speed and DD Relay Speed (4x30 seconds), Singles and Pairs Freestyle, plus Singles Power in Double Dutch at the AAU Junior Olympic Games (J.O. Games) and its Qualifiers.
- GROUPS:** **USA: Team Show-** a Group Routine that includes: Traveler, Wheels, Double Dutch and Long Rope segments. 2 team sizes, Small Group is 6 - 12 athletes, and Large Group is 13 -30 athletes. Maximum of 4 minutes. If less than 3 entries combine age-groups.  
**AAU: Group Routine** with individual ropes. Size: 6 - 24 athletes. 2-4 minutes  
Age-groups: Junior Group is 13 and under; Senior Group is 14 – 22  
2 Head Judges required for Group Routine. Scores averaged.  
Content Judges take number of participants in Group Routine into consideration
- AGES :** **USA :** **30 second, 1 and 3 minute speed, 30 second double unders and single freestyle.**  
8 and under is at Regional Level only. Must compete in 9 yr. old or 10-under division if trying for Nationals  
Males: 10 & Under, 11-12, 13-14, 15-17, 18-22, 23-29, 30-49, 50+  
Females: 9, 10, 11, 12, 13, 14, 15, 16, 17, 18-22, 23-29, 30-49, 50+  
**Pairs, Speed Relay and Double Dutch:** 10 and under, 11-12, 13-14, 15-17, 18+ and 30+  
Events are all mixed division; Female only divisions in freestyle events for 15-17& 18+.  
**Triples:** 15-17 and 18+ only. Must begin attempt within 10 seconds or receive 10 point deduction from final score. At Regional Level only, if a competitor does not complete at least 30 triple unders on their first attempt, then a second attempt is given.  
**AAU: Singles: Females:** 8 & 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  
**Power:** Double Unders up to 14 years and all pairs. Triple Unders for 15-17 & 18-22 in singles.  
**Double Dutch:** 10 and under, 11-12, 13-14, 15-17, 18-22
- In both USA and AAU, Age will be determined in 2016 as of June 15, 2016
- ELIGIBILITY:** **USA :** Participants must be members as of November 1, 2015  
Late competitor memberships cost twice the usual fee and must be paid by 28 days prior to competition.  
**AAU:** Participants must be members as of date of first competition. Application on competition day is insufficient for adults as background check must first be completed. Youths must obtain number online if late to be allowed to compete. AAU number must be declared with registration. Registration must be paid by 4 weeks prior to tournament or a \$10 late fee added.
- QUALIFYING:** **USA:** Regions are specific. Must compete in own region. See 2016 USAJR Rulebook  
**AAU:** Tournaments open to all AAU members unless specified as “closed”  
**USA:** Top 5 qualify from Regionals to compete at Nationals. If more than 15 competitors in one event then top 6 qualify. Add one qualifier for each additional group of 5 competitors per event. Continue up to 8 qualifiers. Alternates number the same as qualifiers.  
**QUALIFYING FOR GRAND NATIONALS: Speed:** Top 12 (top 6 in 3 minute and triples)  
**Freestyle:** Gold medalists + next 10 regardless of age in singles (top 8 in all pairs and DD).  
(see formula in USAJR rulebook)  
Top 2 Team Shows in each size-division go from Regionals to Nationals.
- AAU:** Top 10 US and Non-US in combined events qualify for AAU Junior Olympic Games from any AAU Qualifying Tournament, alternates to fill spots as needed.  
Top 3 Group Routines (US and Non-US) from AAU Qualifiers to J.O. Games (13 &U, 14-22)  
Non-US: Top 10 per event (1 per age-group in Group Routine) may be nominated by their country’s National Governing Body (NGB) for J.O. Games.
- ENTRIES:** **USA:** Up to 40 entries per regional event. Add more equally by team if less than 40.  
Speed unlimited #'s per available time, except for 3 minute speed which has a maximum entry of 5 athletes per age division per team, but at Director’s discretion.  
**AAU:** Unrestricted entries encouraged, but at Director’s discretion

**SPECTATOR FEES:** **USA:** Not charged to members at regional tournaments. Spectator tickets or package required for admission at Nationals.  
**AAU:** These are optional but not encouraged, may not be charged to members and may not exceed \$5 at qualifying tournament. Spectator Fees charged for admission at J.O. Games.

**UNIFORMS:** **USA:** All team participants must have the same basic color, regardless of gender. Underwear may not be visible in standing position. Violation is cause for delay of tournament.  
**AAU:** All team participants must have the same basic color, regardless of gender.  
If spandex undergarments are worn they must match  
In AAU it is spelled out that if accessories are worn, they must be securely attached throughout  
**USA and AAU:** Coordination of uniforms permitted in Team Show or Group Routine  
**USA and AAU:** Eyeglasses must be secured by a sports strap or wedge Hair and other accessories must be secured. If they fall off it is not grounds for a re-jump, except for another athlete if the item hinders their performance. A space violation will be assessed to the athlete whose item caused the hindrance to another athlete. Items falling off in AAU and causing an unsafe situation will cause the routine to be stopped and judged to that time.

**JUDGES:** **AAU:** Judges must wear athletic shoes, blue pants, shorts or skirt (not denim). AAU or USA shirt, with no Team logo  
**USA and AAU:** Judges must be provided by each team at a ratio of at least 1 judge for every 4 jumpers, including providing higher level judges with teams that have more than 5 jumpers. See chart in USAJR Rulebook and AAU Jump Rope Handbook.

**DELAY OF TOURNAMENT:** 10 point penalty for speed and power is assessed, and a 0.4 penalty is assessed for freestyle when athletes present late, or with wrong uniform or equipment, with jewelry or gum. A one minute allowance in singles events, and a 2 minute allowance in multi-person events to remedy, then DQ if late. No penalty if jewelry is removed before final competitor is announced.

**RE-JUMPS:** **USA:** Rest time 5 min. (except for 3 minute speed) in single events. Rest time 10 min. for group events  
**AAU:** Rest time 5 minutes.  
Limit of 1 re-jump for speed and freestyle events. Additional rope allowed at station for re-jumps.

**POSITION OF ROPE AND JUMPER:**

**USA:** No specifics.  
**AAU:** In Speed and Power events, rope must begin behind athlete's feet.  
In Double Dutch Speed and Power, athlete must begin outside ropes

**FREESTYLE:** **USA and AAU:** 60-75 seconds long. 45 second call will be announced.

**MUSIC:** **USA:** Music not allowed for freestyle, except in Grand National Championships.

**AAU:** Music required for freestyle events. Music must be provided on MP3 player. No profanity allowed in any music provided

**AAU:** **For how to judge the Application of Music in Freestyle Events, please see 2016 AAU Jump Rope Handbook under Event Scoring Procedures for Head Freestyle and Presentation Judges**

**TIMING MP3:** **USA and AAU:** 1 minute call in freestyle. 45 second  
If the timing MP3 fails during freestyle events jumper(s) can choose to keep their score with a 0.2 deduction or re-jump for a new score.

**ACCURACY:** **USA and AAU:** 0.2 deduction for each major miss, 0.1 deduction per minor miss.

**SPACE VIOLATIONS:** Lines count as in.  
**AAU:** Use Floor Manager to indicate space violations on back-line in freestyle

**OTHER CHANGES:** Please consult the 2016 USAJR Rulebook and 2016 AAU Rulebook for additional specific rule changes.

For specific details of rules, please consult the official 2016 USA Jump Rope Rulebook (obtainable from USA JUMP ROPE office [www.usajump rope.org](http://www.usajump rope.org)) or the 2016 AAU Jump Rope Rulebook, available to be downloaded from [www.aausports.org](http://www.aausports.org)