The list below includes currently approved 2020 AAU Jump Rope Tournaments. All tournaments listed are Open tournaments. This means they are open to AAU members from any district wishing to participate. This list will be updated as additional tournament bids are approved.

Be sure to confirm details with the Tournament Director before making any travel plans. The registration deadline for each tournament is 4 weeks prior to the tournament date. Participating in a 2020 licensed AAU Jump Rope Tournament qualifies athletes to compete at the 2020 AAU Junior Olympic Games.

<table>
<thead>
<tr>
<th>District</th>
<th>Date</th>
<th>Host Team &amp; Tournament Director</th>
<th>Tournament Type/Events</th>
<th>Tournament Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maryland</td>
<td>Feb. 15, 2020</td>
<td>Kangaroo Kids Cindy Bork <a href="mailto:borkcindy91@gmail.com">borkcindy91@gmail.com</a></td>
<td>Individual Single Rope Events Only; Novice &amp; Experienced Divisions</td>
<td>North Laurel Comm. Ctr. 9411 Whiskey Bottom Rd. Laurel, MD 20723</td>
</tr>
<tr>
<td>Lake Erie</td>
<td>May 9, 2020</td>
<td>Heartbeats Karen Smik <a href="mailto:Kls1650@roadrunner.com">Kls1650@roadrunner.com</a></td>
<td>All AAU Jump Rope Events</td>
<td>Revere High School 3420 Everett Road Richfield, OH 44286</td>
</tr>
<tr>
<td>Montana</td>
<td>May 9, 2020</td>
<td>Lewistown Hoppers Lorraine Day <a href="mailto:lewistownhoppers@gmail.com">lewistownhoppers@gmail.com</a></td>
<td>All AAU Jump Rope Events</td>
<td>Location to be confirmed</td>
</tr>
<tr>
<td>Maryland</td>
<td>May 9, 2020</td>
<td>Kangaroo Kids Cindy Bork <a href="mailto:borkcindy91@gmail.com">borkcindy91@gmail.com</a></td>
<td>All AAU Jump Rope Events</td>
<td>Meadowbrook Athletic Complex 5001 Meadowbrook Ln. Ellicott City, MD 21043</td>
</tr>
<tr>
<td>Virginia</td>
<td>June 6, 2020</td>
<td>Youth Sports Jump Rope FX Paul Feciura <a href="mailto:jbccoach@aol.com">jbccoach@aol.com</a></td>
<td>All AAU Jump Rope Events</td>
<td>Location to be confirmed</td>
</tr>
</tbody>
</table>

AAU Junior Olympic Games – Jump Rope July 29-August 4, 2020
Venue: Virginia Beach Convention Center, Virginia Beach, VA

The 2020 AAU Junior Olympic Games will include two separate Jump Rope Tournaments:
1. **The regular AAU Junior Olympic Games Jump Rope Events**, following current AAU Jump Rope Rules and Judging, for ages 8-under and older; July 29-August 1, 2020; and
2. **The AAU/IRSO World Rope Skipping Championship** with different events and modified AAU rules for athletes ages 14-older; July 31-August 4, 2020.

*Please note this is tentative schedule at this time and the final dates could be adjusted within this window based on anticipated registration numbers. Schedule to be finalized by end of March 2020.*

The AAU Jump Rope Committee welcomes additional bids from teams interested in hosting a 2020 AAU Jump Rope Tournament, bid forms are available online at aaujumprope.org or by contacting Cindy Bork at borkcindy91@gmail.com

Athletes that wish to compete in jump rope at the AAU Junior Olympic Games but do not have a qualifying tournament in their area, may contact Cindy Bork, borkcindy91@gmail.com for information about qualifying through an athlete nomination process.

10/15/2019
AAU JUMP ROPE DESCRIPTION OF EVENTS AT
AAU QUALIFYING TOURNAMENTS AND THE AAU JUNIOR OLYMPIC GAMES:

**Single Rope Individual Event** is a Triple Crown event consisting of 3 components events:
- 1-minute speed, 1-minute power (double unders), and Freestyle
- Combined score of these 3 components determines total score
- Separate Male and Female divisions: Male age groups: 8 & under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-22, 23+;
- Female age groups: 8 and under, 9, 10, 11, 12, 13, 14, 15-16, 17-18, 19-22, 23+

**Single Rope Pairs** *(a two-person team, each with their own single rope)* a Triple Crown event with 3 component events:
- 1 min. speed (30 sec. each partner), 1 min. power (30 sec. each partner), and freestyle
- Age groups are 8 under, 9-10, 11-12, 13-14, 15-17, and 18-over
- Combined score of these 3 components determines total score

**Double Dutch Single Events** *(group of 3 jumpers with 2 long ropes), a Triple Crown event with 3 component events:*
- 1. Double Dutch Single Speed (1 min., 1 jumper with 2 turners);
- 2. Double Dutch Single Power (1 min., number of completed double unders, 1 jumper w/2 turners)
- 3. Double Dutch Single Freestyle – 3 people, everyone turns and jumps
Age groups are 12-under, 13-14, 15-17, and 18-over
Combined score of the 3 components determines total score

**Double Dutch Pairs Events** *(group of 4 jumpers with 2 long ropes), a Triple Crown event with 3 component events:*
- 1. Double Dutch 4x30 Speed Relay (each person must jump and turn for at least 30 sec.);
- 2. Double Dutch 2x30 Power (1 min., 2 turners and 2 jumpers each jump 30 sec.);
- 3. Double Dutch Pairs Freestyle – 4 people, 2 jumpers in ropes, everyone turns and jumps
Age groups are 12-under, 13-14, 15-17, and 18-over
Combined score of the 3 components determines total score

**Triple Unders**: an individual event for athletes in male and female 15-over age groups; number of completed triple unders in 1 minute.

**4 Person Single Rope Freestyle Event**:  
- Age groups for this event are 14-Under and 15-over
- Choreographed freestyle routine to music, 60-75 seconds

**Group Routine***: Choreographed single rope routine, 2-4 minutes in length. Each group routine requires a minimum of 8 jumpers.

- **Junior Group Routine**: Jumpers ages 14 and under; **Senior Group Routine**: Jumpers ages 15-over

*Jumpers compete in age group of the oldest jumper in the pair or group*

Competition Age for 2020 AAU Jump Rope Tournaments is determined by the athlete’s age as of June 15, 2020.

Athletes qualify to complete at the AAU Junior Olympic Games (JO’s) by participating in a licensed AAU Jump Rope Tournament during the 2019-2020 competition season. Athletes unable to attend a licensed 2020 AAU Tournament can apply through the Athlete Nomination Process to compete in the AAU JO Games, contact Cindy Bork for additional information.

**2020 AAU Junior Olympic Games in Virginia Beach, VA; Jump Rope dates are July 29-Aug. 4, 2020.** There will be two Jump Rope Tournaments during the 2020 AAU Junior Olympic Games, the regular Jump Rope AAU JO Games events July 29-Aug. 1 with qualification requirements listed above; and the AAU/IRSO World Rope Skipping Championship July 31-Aug. 4 with different events and qualification requirements. For more information about these tournaments, contact jumprope@aausports.org. *Tentative schedule at this time and final dates could be adjusted within this window of dates based on anticipated registration numbers. Schedule to be finalized by end of March 2020.*