



AAU JUMP ROPE DESCRIPTION OF EVENTS AT AAU STANDARD TOURNAMENTS & THE AAU JUNIOR OLYMPIC GAMES:

INDIVIDUAL SINGLE ROPE is a Triple Crown event consisting of 3 components events:

1. Speed for 1 min.,
 2. Power (Double Unders**) for 1 min., and
 3. Freestyle (60-75 seconds with music)
- Combined score of these 3 components determines overall total score

Separate Male & Female divisions:

- Male age groups: 8 & under**, 9-10, 11-12, 13-14, 15-16, 17-18, 19-22, 23-Older
 - Female age groups: 8 and under**, 9, 10, 11, 12, 13, 14, 15-16, 17-18, 19-22, 23-Older
- **for 8-U athletes Power is Single 2-foot jumps in both the individual and pairs triple crown

PAIRS SINGLE ROPE* consists of a two-person team, each with their own single rope and is a Triple Crown event with 3 component events:

1. Speed (30 sec. each partner),
 2. Power (30 sec. each partner), &
 3. Freestyle (60-75 seconds with music)
- 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 SINGLES* (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 (60-75 seconds with music)
- Age groups are 10-U, 11-12, 13-14, 15-17, and 18-over
- Combined score of the 3 components determines overall 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 & jumps (60-75 sec with music)
- Age groups are 10-under, 11-12, 13-14, 15-17, and 18-over
- Combined score of the 3 components determines overall total score

TIMED TRIPLE UNDERS: Number of completed Triple Unders in 1 minute.

This is an Individual Event for athletes ages 15 and older with separate division for Male and Females.

4 PERSON SINGLE ROPE FREESTYLE EVENT*: A choreographed freestyle routine to music, 60-75 seconds

Age groups for this event are 14-Under and 15-Over

SINGLE ROPE GROUP ROUTINE*: A choreographed synchronized single rope routine, 2-4 minutes in length. Each group routine requires a minimum of 6 jumpers and no more than 24 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 2023 AAU Jump Rope Tournaments is determined by the athlete's age as of June 15, 2023.

Athletes qualify to compete at the AAU Junior Olympic Games by participating in any licensed AAU Jump Rope Tournament or Workshop during the 2022-2023 competition season, this includes licensed Virtual Events. Athletes unable to attend a licensed 2023 AAU Event can apply through the Athlete Nomination Process to compete in Jump Rope at the AAU Junior Olympic Games, contact Cindy Bork at borkcindy91@gmail.com for additional information.

A current AAU Membership is required for all Athletes, Coaches, and Judges to participate in licensed AAU events. Memberships are available at www.aausports.org; Youth Memberships are \$14.00; Adult Memberships are \$16.00.

The 2023 AAU Junior Olympic Games is in Des Moines, IA; Jump Rope dates are July 30-Aug. 2, 2023.

The Jump Rope Athlete Registration Fee for the 2023 AAU Junior Olympic Games is \$75.00.