



2025 AAU Junior Olympic Games

General Jump Rope Schedule



George R. Brown Convention Center, 1001 Avenida de las Americas, Houston, Texas

SUNDAY, JULY 27, 2025

Jump Rope Practice & Competition will take place on the first floor in Hall C at the Convention Center

8:00am-4:00pm	Athlete & Coach Check-In to pick-up credentials at Registration Area
12:00-5:00pm	Practice Area Open, Coach or Adult Supervision is Required
1:00-3:00pm	Coach Check-In at Jump Rope Table in AAU Registration Area
3:00-4:15pm	Judge Training / Review Sessions in TBD
4:30-4:55pm	Group Routine Team Show Demonstration
5:00-6:15pm	Mandatory Coaches & Judges Meeting in 310 A (third floor)

MONDAY, JULY 28, 2025

Jump Rope Practice & Competition on the first floor in Hall C at the Convention Center

8:00am-5:00pm	Practice/Warm-Up Area Open, Coach or Adult Supervision is Required
8:00am	Judges Check-In Meeting and Review Session
8:25am	Opening Remarks and National Anthems
8:30 am	Competition Events: Individual Speed & Power, Pairs Speed & Power, Double Dutch Speed & Power, Timed Triple Unders, Individual Single Rope Freestyle, Single Rope Pairs Freestyle, Double Dutch Single & Pairs Freestyles, 4 Person Single Rope Routine
4:15pm	Awards
12:00pm-7:00pm	CELEBRATION OF ATHLETES- at Hurricane Harbor Splashtown- 21300 Interstate 45 N, Spring, TX 77373 https://www.houstonsports.org/celebration-of-athletes/

TUESDAY, JULY 29, 2025

Jump Rope Practice & Competition on the first floor in Hall C at the Convention Center

8:00am	Practice/Warm-Up Area Open, Coach or Adult Supervision is Required
8:20am	Coach & Judges Check-In Meeting
8:30am	Fun Extra Competition Events: Mixed Single Rope Crosses, Pairs Medley Relay, 4x30 Speed Relay, 4x30 DU Relay
10:45am	Awards
11:30am-1:00pm	Workshop/Skill Sharing Session- for all registered athletes and coaches AAU Jump Rope Annual Open Meeting (All Adult AAU members- coaches, athletes, parents- are invited)

The 2026 AAU Junior Olympic Games will be in Des Moines, Iowa July 29-August 8, 2026
We look forward to seeing you there!