

**AAU Jump Rope
2025-2026
Rule Book & Regulations**



Amateur Athletic Union
www.aaujumprope.org



AAU Sports For All, Forever

2025-2026 AAU Jump Rope Rule Book & Regulations

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PREAMBLE

The AAU Jump Rope National Committee has been established to promote the benefits of participation in athletics and hereby adopts these rules & regulations (subject to change without notice) for the advancement of that purpose.

I. NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION

A. National Committee Structure and Procedures

1. **National Chair** – National Sport Chair shall be elected by the National Sport Committee at the committee meeting held during National Conventions in which National Officers are elected. Terms are four years. National election policies shall apply. National Sport Chairs may be removed for cause by a majority vote of the National Officers, subject to the right of appeal to the National Board of Review. The President, with the approval of a majority of officers, may appoint a person to fill a vacant position. The appointee will serve until the next regular or special meeting of the committee, at which time an election shall be held to complete the term.
2. **Executive Committee Composition** - The Executive Committee shall conduct the business of the Jump Rope Committee in accordance with the rules and regulations of the AAU and the AAU Jump Rope Program and act on behalf of the National Sports Committee between National Sports Committee meetings. It shall include the National Chairman and members appointed by the National Chairman including the Vice-Chairman, Secretary-General, Youth Chairman, Committee Secretary, Treasurer and one At-Large member. The term of appointments shall coincide with the term of the National Chair.
3. **National Sport Committee Composition** - The Committee will consist of the National Sports Chair, members of the Executive Committee who are elected as provided by the sport's operating rules, the elected or appointed Sport Director of each District, or a representative designated by the District Governor and one appointed representative from each Allied member that registers members in the sport. The President may appoint up to two (2) members at-large.
 - a. **Voting** – Only members of the Committee are permitted to vote. There shall be no voting by proxy. Each member of the Committee will have one vote. Only representatives from Districts that registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year shall be allowed to vote in the National Sport Committee meeting.
4. **Other Committee Positions** – The National Chair may appoint or remove additional committee members. Currently there are two Standing Committees: Technology and Outreach.

B. Sport Committee Meetings

1. **National Sport Committee Regular Meetings.** Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.
2. **Non-Regular Sport Committee Meetings** - National Sport Committee may hold a Non- Regular National Sport Committee meeting in odd years subject to the following provisions:
 - a. The meeting is called by the Chair following approval of the National Office.
 - b. The National Office has the right to coordinate the meeting and pick the site for the meeting.
3. **National Sport Committee Special Meetings.** Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee members. Ten (10) days' notice is required, and notice shall state the purpose of the meeting.
4. **National Sport Executive Committee Meetings** – The National Chair shall determine the date and location of Executive Committee Meetings.
5. **Sport Committee Meeting Order (Agendas)** - The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as established by Code (Bylaw 9.5)

II. SPORT POLICIES AND PROCEDURES

A. GOALS AND OBJECTIVES

1. To demonstrate the power, speed, grace, beauty and teamwork of Singles, Pairs, Double Dutch and Team Jump Rope Competition.
2. To demonstrate the relevance and benefits of Jump Rope as a sport, for physical fitness and as a cross - training method for all other sports.
3. To demonstrate and teach new styles, skills, routines, and ideas to fellow jump rope enthusiasts.
4. To increase the recognition of Jump Rope as an internationally competitive sport.
5. To assemble top athletes and compete for an overall championship (Triple Crown).

B. SPORTSMANSHIP/CODE OF CONDUCT

1. Athletes and coaches should conduct themselves in a manner that displays good sportsmanship.
2. Athletes and coaches must take care not to distract a competitor in any way while he or she is competing.
3. Athletes should congratulate others for their accomplishments and rejoice in their success, whether they are team-mates or not
4. Athletes and coaches must ask permission of the originator of a routine, move, or unusual presentation before using it for themselves. It is unethical not to do so.
5. Athletes should share their skills and techniques with other jumpers. This will improve the sport of Jump Rope.
6. Athletes must always treat everyone else with the same courtesy, respect, and kindness that they would expect for themselves.
7. Athletes should not use foul language or gestures, nor make rough physical contact with others. Musical accompaniment must not contain explicit language or profanity.
8. Spectators may not enter the competition or practice areas but must remain in the designated spectator areas
9. Coaches, athletes, and spectators may not discuss a competitor performance directly with a judge.
10. Protests and appeals must follow the proper procedure, or they will not be heard.
11. The AAU Jump Rope Committee has a zero-tolerance policy on substance abuse.

III. SPORT OPERATIONS

A. CURRENT YEAR RULE CHANGES

Below is a summary of the rule changes for 2025-2026, rule details are included in their appropriate section(s).

1. Teams hosting licensed AAU Jump Rope Events may now determine the registration fee for their event, but the registration fee may not exceed \$75.00 per athlete.
 - Host teams still required to provide AAU Jump Rope with \$5.00 capitation fee per athlete.
 - Teams may host any type of tournament, i.e., Speed & Power Tournament, Invitational, Standard Tournament, or other. Approval from the AAU Jump Rope Executive Committee is required to host AAU Jump Rope events.
2. Athletes participating in any licensed AAU Jump Rope events qualify to participate in the 2026 AAU Junior Olympic Games. Athletes not able to participate in a licensed AAU Jump Rope event can qualify by completing the Athlete Nomination Form. The Athlete Nomination Fee is \$50 per athlete.

For penalties resulting from rule infractions, please see Rules and Restrictions on page 36

For Differences between AAU and AMJRF rules check www.aaujump rope.org and see under Resources section.

B. EVENT OPERATING RULES

These rules shall apply to all AAU licensed events unless modified. A full explanation for competitions is given in the 2026 Tournament Director Guidelines and Checklist available at www.aaujump rope.org.

- For all licensed AAU events, all participants, athletes, coaches, judges, and officials must have a current AAU Membership. AAU Memberships are available at www.aausports.org. AAU Membership numbers must be provided upon event registration.
- Hosting an AAU Jump Rope event, tournament, or workshop requires prior approval of the AAU Jump Rope Executive Committee before event can be licensed. Bid applications to host a licensed event should be sent to the AAU Jump Rope Executive Committee at least 2-3 months prior to proposed event to allow time for bid approval, event licensing, and event promotion. Bid-forms are posted at www.aaujump rope.org. Bids will be reviewed as received by the AAU Jump Rope Executive Committee.
- Workshops or Clinics – must follow the guidelines of AAU and the AAU Jump Rope program and be held in facility with floor area appropriate for jumping rope.

COMPETITIONS AND TOURNAMENTS:

1. FACILITIES/COMPETITION AREA

- The fairest possible environment must be provided for all athletes.
- Speed events require a 20' x 20' area, clearly marked on all sides.
- Freestyle events require a marked 40' x 40' area, with the center clearly marked.
- The Tournament Director will provide a reasonable space for a Group Routine.

Points will not be deducted for space violations.

- Sizes of the competition area may vary slightly due to the limitations of the facility used.
- Competitors may not place their own markings on the competition floor.
- A 2'x 2' support box will be taped on the floor at each speed station and freestyle station. The support boxes will be included on a space available basis at qualifying tournaments.
- A general warm-up area must be provided at all AAU competitions. Dimensions may vary based on competition level and size of tournament.
- The boundary lines are considered in.
- The Tournament Director may provide a designated space where a coach or team representative may take photos or videos of their athletes competing if there is appropriate space is available. The Tournament Director may restrict the access to this area to one representative per team at a time.

2. EQUIPMENT FOR ATHLETES

- Athletes may use a variety of different ropes for tournaments.
- Ropes must be powered only by the competitor. No battery or powered devices may be used. Swivels or other type fittings are legal. Any type of attachment of ropes to the body is not permitted. Securing a rope during Pairs interaction such as draping it over the shoulders or wrapping around waste is permitted.
- Props other than additional ropes may not be used. A space violation will be assessed for ropes discarded out of bounds.
- Single Ropes may be speed (thin vinyl-type ropes), beaded, wire, braided or inter-woven cloth with handles no longer than ten (10) inches in length.
- Double Dutch Ropes may be speed (thin vinyl-type ropes), beaded, wire, braided or interwoven cloth with handles no longer than ten (10) inches in length.

3. EQUIPMENT FOR TOURNAMENTS:

- a. Computer Scoring: All licensed AAU Jump Rope Tournaments should use the official AAU computer scoring program. This program is available courtesy of AAU Jump Rope. Tournament Directors, or their designated Technical Director must contact the AAU Jump Rope Technical Committee upon committee approval of their event to review use of scoring system and determine any assistance that may be needed. (See guidelines for Tournament Directors at www.aaujump rope.org.)
- b. Scoring Displays: Digital scoring displays are optional
- a. Event Timing – must use the AAU Jump Rope Timing Tracks which are MP3 file format. These timing track files are available under Rules & Forms at www.aaujump rope.org. Text of the sounds on timing tracks available on page 46.
 - Tones will be used to begin and end a freestyle routine.
 - Tones will be used to begin and end a speed routine. Switches will still be called, not tones. Routines should start and stop with the music.

- Music for freestyle routines must be presented as a MP3 file player with song on a single play list.
 - If the timing MP3 fails in freestyle, the jumper(s) can accept scores recorded with a 0.2 deduction for going over or under, or they may elect to re-jump for a new score.
- b. Video Replay: The use of video replay is not permitted.

4. JUDGES/OFFICIALS REQUIREMENTS

Judging procedures will follow the 2025-2026 AAU Jump Rope Judging Manual

- a. All judges must be re-certified using the criteria established for 2025-2026 competitions. Requests for exceptions must be submitted in writing to the AAU Jump Rope Executive Committee.
 - b. Judges must attend an official AAU Judges Certification Workshop annually, based on AAU judging criteria. Judge training sessions may be held virtually. Online judge testing options may be available.
 - c. All judges must be trained no later than March 15, 2026, or 4 weeks prior to a tournament date, whichever date is earlier. Any requests for a later date will need to be submitted in writing to the AAU Junior Olympic Games Tournament Director or AAU Jump Rope Committee by the clinician who is handling the training.
 - d. Teams may not nominate a judge for the AAU Junior Olympic Games if they have not judged at a tournament since their last training date. Exceptions may be made at discretion of the Tournament Director.
 - e. Judges must be 18 years old for AAU Junior Olympic Games competition and 16 years old for all other licensed qualifying tournaments.
 - f. Floor Managers must be Level 1 Judges
 - g. Judges, who are also competitors, may not judge in any All-Around or Group Routine in which they are competing. Likewise, Athletes, who are also judges, may not compete in any All Around or Group Routine event in which they are judging.
 - h. Judges are required to wear a white shirt and navy-blue pants, shorts or skirt. Jeans may not be worn. Athletic shoes that do not mark the floor should also be worn. A White AAU Jump Rope or USA Jump Rope Officials' shirts may be worn. No jump rope team logos are permitted to be worn while serving as a judge or tournament official. Colored shirts may be issued at the AAU Junior Olympic Games. The wearing of these shirts is permitted at subsequent AAU events.
 - i. Each team participating in an AAU Jump Rope Tournament, including the AAU Junior Olympic Games, is required to provide at least one speed Judge for every four of their speed competitors, and at least one freestyle Judge for every four of their freestyle competitors.
1. The ratio of required minimum number of judges to jumpers is as follows:
- 1-4 jumpers: team must supply a minimum of 1 judge (any level);

- 5-8 jumpers: teams must supply one Level 1 judge and one Level 2 judge;
- 9-12 jumpers: must supply a minimum of 3 judges, one of which must be a Level 2 judge.
- 13 or more jumpers: number of judges continues to increase as number of jumpers increases, with a minimum of 4 judges adding another Level 2 judge for every other additional 4 jumpers. For example, 12 jumpers would require 3 judges, at least one of which must be a Level 2 judge. 13 jumpers would require 4 judges, at least two (2) of which must be a Level 2 judge (see table below).

Note - If a judge is certified or nominated only for speed and not freestyle that judge is counted as ½ judge. Similarly, if a judge is certified or nominated only for freestyle and not speed, that judge is counted as ½ judge. The ratio must remain such that two ½ judges count for 1 judge.

Table with Minimum Freestyle Judges Requirements per Team:

Number of Freestyle Competitors	Minimum # of Judges (Level 1 & Level 2)	Minimum # of Level 1 Judges	Minimum # of Level 2 Judges
1-4	1	1	0
5-8	2	1	1
9-12	3	2	1
13-16	4	2	2
17-20	5	2	3
21-24	6	2	4
25 or more	1 judge for every 4 competitors	2	1 Level 2 judge for every 4 competitors minus 2

2. Exemptions will be handled on a case-by-case basis by the tournament director.
 3. Teams will be assessed a fee of \$150 per judge for each judge below the minimum requirement that is not supplied at the Junior Olympic Games level. At qualifying tournaments, this fee is \$75.
- j. Judges are expected to perform their duties in accordance with the certification training that they have received, and as outlined in rulebook and the AAU Judging Manual.
 - k. Judges and scorers must be registered AAU Members before the competition and must be able to produce their AAU card upon request. The AAU Membership number must be obtained before arrival at the competition.

5. COACHING REQUIREMENTS

- a. Coaches must be registered AAU Members before the competition and must be able to produce their AAU card upon request. The AAU Membership number

- must be obtained before arrival at the competition.
- b. Coaches are required to take the Positive Coaching Alliance course. This course is available free to all AAU Adult Non-Athletes as a benefit of AAU Membership. See www.aausports.org for more information.
 - c. The name(s) of the designated Coach(es) of Record for the team must be submitted prior to the competition in case the Coach is not available while judging or competing. A designated Coach of Record must be an AAU Member.
 - d. Teams must declare a “coach of record” for each tournament. When registering for any tournament, teams must declare an “official or head coach” as well as a “coach of record”. The coach of record is any adult that will fulfill the duties of the official coach if the official coach is unavailable due to judging, competing, serving as a tournament director, or is absent from the premises for any reason. The coach of record may be contacted in case of emergency, file protests, advocate for jumpers, and act as the official spokesperson for the team when the official coach is not available. A team may declare more than one “coach of record” provided they are not registered as athletes, and they must be named at time of registration.
 - e. Support Box: A 2’x 2’ support box will be taped on the floor at each speed station and freestyle station. This is to allow coaches and athletes (age 14-older) the ability to escort younger jumpers from their team to their station and allow coaches the ability to assist an athlete during their event.
 - The support box will be included on a space available basis at qualifying tournaments.
 - f. **Support Box Access and Guidelines:**
 - In licensed AAU tournaments, support people must be 14 years old or older and have a current AAU membership. The support people may or may not be registered athletes and must be named at the time of registration. Teams are required to submit final list of team members who will or may be accessing the Support Box no later than 10 days prior to start of tournament, list must include AAU Membership numbers. Exceptions can be requested to the Tournament Director.
 - Only the coaches, coach of record, and support people designated at registration will be allowed in the support box.
 - Only one person will be allowed in the box at a time.
 - Coaches and support people may not to enter the station at any time or communicate or discuss a competitor’s performance with the judges. If a re-jump is being considered the red flag will go up and the tournament director will come to the station and discuss it with the coach at that time.
 - Support Box access is permitted for only one’s own team, a Support Box person is not permitted to be in the box for athletes of a different team.
 - Support people will not have any official coaching or coach of record

decision-making duties while in the box and on the floor. All coaching decisions and inquiries must go through team coach or coach of record.

- The term “support people” includes the Coach and “Coach of Record” as support people
- If while in the support box, the coach or support person does not comply with the code of conduct rules, the team’s floor coaching privileges will be revoked and no coach or support person from that team will be allowed on the floor.
- Coaches/Support people may bring a clicker to the station.
- Coaches/Support people may not bring cameras or any other device to the station.
- Coaches/Support people may not call out cadences or use hand claps or beats on the floor to help pace their athletes.
- At the discretion of the Tournament Director, a wristbands or other identifying tag may be given to the team coach, coach of record and designated support people. If a wristband is used as the identifier, and a support person or coach of record is also competing in the tournament, they must wear the wristband while competing. The support people may have a different color wristband or identifying tag from the coach and coach of record.

6. AWARDS

A. Qualifying Tournaments that include Triple Crown Events:

- AAU Gold, Silver and Bronze medals will be awarded to the top 3 place winners in the Overall Triple Crown events. AAU Ribbons may be used for the Overall awards instead of medals at the discretion of the Tournament Director.
- AAU 1st through 6th place ribbons will be awarded in the component events, ribbons though 8th place at discretion of the Tournament Director.
- Plaques, banners, or certificates may be awarded to the 1st, 2nd and 3rd place teams in each Group Routine age-group. Awards are at the discretion of the Tournament Director.
- Previously qualified athletes may be handled as Open competitors. Sports for All Forever medals and place ribbons may be awarded as earned to Open competitors.
- Host organization is responsible for the cost of awards

B. Other Licensed Tournaments:

- AAU Ribbons or medals will be awarded to at least the top 6 places in events. AAU Medals for first through third places is at the discretion of the Tournament Director.
- Host organization is responsible for the cost of awards.

C. AAU Junior Olympic Games Awards

1. Competition Events:

- AAU Gold, Silver and Bronze medals will be awarded to the top 3 place winners in the Overall Triple Crown events based on the total place points earned in the component events and the Freestyle raw score.
- AAU Jump Rope Medals will be awarded to the first three place winners of the component events. 4th through 10th place ribbons will also be awarded in the component events.
- Plaques or banners will be awarded to the 1st, 2nd, and 3rd place teams in each Group Routine age-group. AAU Medals will be given to each performing group routine team participant.
- Host organization is responsible for the cost of awards.

2. Special Awards: The following special awards are presented during the AAU Junior Olympic Games by the AAU Jump Rope Executive Committee:

JOEL FERRELL AWARD

The Joel Ferrell Award will be presented to one Outstanding US Male and/or US Female Athlete in each sport at the AAU Junior Olympic Games. Candidates will be selected primarily on their performance at that year's AAU Junior Olympic Games with additional consideration of their history of sportsmanship and contributions to AAU Jump Rope. The award may not be given to the same athlete more than once.

AAU JUMP ROPE JEAN HODGES AWARD

The Jean Hodges Award is a distinguished service award that recognizes that recognizes AAU Members for outstanding contributions to the sport of jump rope over many years. The award will be presented during the AAU Junior Olympic Games. The AAU Jump Rope Committee will identify and nominate potential recipients for the award. This award can go to any jumper, coach, official, or other volunteer whose involvement with the sport, support of the growth of the sport, and participation with AAU Jump Rope merits consideration by the committee.

Other Awards:

- Beverly Cendali Outstanding Official Award
- Steve Diamond Outstanding Technical Official Award
- John Swan Outstanding Volunteer Award
- Chairman's Award

7. PROTEST PROCEDURES

Protests and Appeals must follow the proper procedure, or they will not be heard.

PROTESTS: General Rights: Athletes shall have the right to compete under rules published in advance and fairly interpreted. Athletes have the right to protest any decision inconsistent with the rules and the right to have such protests fairly heard with due process under the guidelines set forth in these rules.

PROCEDURE: Protests and Appeals may only be presented to the Tournament Director by the designated coach on behalf of the athlete. Parents and athletes may not present Protests and Appeals.

GROUND FOR PROTEST:

1. Any rule infraction overlooked by the Head Judge or Tournament Director.
2. Any misinterpretation of the rules by the Judges or Tournament Director.
3. Any clerical or scoring error.
4. Any objectively verifiable matter not exclusively involving the judgment of any official.
5. Videotape evidence may not be used to overturn judges' decisions.

RESOLUTION OF PROTESTS:

The Tournament Director shall resolve all protests immediately. If the Tournament Director cannot resolve the protest, the next step is to present the protest to the Tournament Committee which shall consist of three or more members at the tournament level.

The Tournament Committee shall include:

1. The Tournament Director (or representative).
2. The Technical Director (or representative).
3. The Assigned Delegate (or representative) of the AAU.

Protest Procedures: Any protest arising from an infraction of the rules during the competition must follow this process:

1. Within thirty (30) minutes after an occurrence, a verbal protest must be made to the Tournament Director by the coach of the affected party.
2. The Tournament Director shall rule on the protest upon notification.
3. The decision is either accepted or rejected by the protesting coach.
4. If the protesting coach refuses the decision, the next step is to file an appeal.

APPEAL PROCEDURE:

1. A written appeal must be made within thirty (30) minutes after the Tournament Director's decision is rendered. Protests should be written on the official appeal form. A copy of the Protest Appeal Form is available on page 47.
2. The appeal must be made by the coach of the team involved, who shall alone present the appeal and receive the decision of the Tournament Committee.
3. The Tournament Director must withdraw from the discussion after defending his

reasons for his initial resolution of the complaint. The Committee will make the final decision.

4. The appeal must be accompanied by a bond of twenty-five US dollars (\$25.00) in cash. This bond shall be returned if the appeal is successful (the decision of the Tournament Director is overruled). If the appeal is not successful (The decision of the Tournament Director is affirmed), the bond shall be forfeited and retained by the AAU Jump Rope Committee.

Failure to Protest: Any individual with a right to protest shall lose that right if the appropriate protest is not properly made in a timely manner and in complete accordance with these rules.

Finality: The decision of the Tournament Committee shall be final.

Binding Nature: The decision of the Tournament Committee shall be binding on all persons directly or indirectly involved and should be accepted in the spirit of good sportsmanship and fair play.

8. Format/Scheduling

- The order of events for each tournament is decided by the Tournament Director.
- The order of competitors for each event is assigned by the official computer program. The randomly assigned order will not be changed to accommodate lateness, illness, or special requests.
- Athletes must present themselves by the 3rd and final call for their event. The tournament will not be held up to wait for a tardy athlete or to remedy uniform or equipment issues (see note on Page 37 regarding Delay of Tournament policy).

9. Entry Procedures

- See Description of COMPETITION TYPES on Page 20 to see entry procedures for specific tournaments
- Registration papers and appropriate fees must be received 4 weeks prior to the tournament, unless otherwise noted. Current AAU Membership Numbers must be submitted before the competition for all athletes, coaches, judges and scorers. A \$10 late fee must be included for all late registrations for Qualifying Tournaments. An application without a confirmed membership number is insufficient

C. COMPETITION RULES

1. Eligibility

Licensed AAU Jump Rope tournaments and events are open to all interested athletes and coaches who have a current AAU Membership as event space allows.

- a. The athlete's age is determined by the date of June 15th of the competition year. For the 2026 AAU Qualifying Tournaments and 2026 AAU Junior Olympic Games, an athlete's age on June 15, 2026, is their competition age.
- b. The age group for team or group events is determined by the age of the oldest athlete in the group. This includes Single Rope Pairs, Double Dutch, and Group Routine events.
- c. In all individual events, the athlete must compete in his or her own age group.
- d. Athletes over age 18 must register as adult athletes.
- e. No athlete may compete in the same event more than once in any tournament, i.e., an athlete cannot be on two separate Double Dutch teams.
- f. Athletes may not compete in any All Around or Group Routine event in which they are judging.
- g. Athletes may compete in any number of AAU licensed tournaments in preparation for the AAU Junior Olympic Games. Permission to compete will be granted providing space and time permit. In the case of excessive numbers, a District Tournament may be closed to serve only athletes from that District.
- h. Non-US athletes are welcome to participate in AAU licensed tournaments or events.
- i. Athlete Qualification Process to compete in Jump Rope at the AAU Junior Olympic Games is listed on page 21.

2. Substitutions

- a. In Single Rope Pairs and Double Dutch one athlete, registered for that tournament, may be designated as a substitute for each event registered.
- b. The substitute must be designated by the registration deadline of the tournament.
- c. The substitute may compete in Single Rope Pairs and Double Dutch events.
- d. The substitute may serve in any age division for which he/she is eligible.
- e. The substitute may not compete on more than one Triple Crown Pairs or Double Dutch Team, or Synchronized Group Routine Team
- f. An event entry may not be composed of more substitutes than original jumpers (1 in pairs, 2 in Double Dutch).
- g. Tournament Directors must be notified ASAP before a substitution is made.
- h. An athlete substituting for an unavailable athlete who qualified for the AAU Junior Olympic Games must have registered or participated in an AAU licensed tournament. Participation may include competing, being entered as a registered substitute, volunteering, or officiating.
- i. A substitution after the beginning of the tournament may only be made after medical personnel have verified the nature of the injury and reported it to the Tournament Director.
- j. The injured athlete may not compete in any subsequent event at the competition.
- k. A substitution after the beginning of the tournament may only be made using a

listed substitute from the injured athlete's team.

- I. A Pair or Double Dutch team using an approved substitute after the tournament has begun is eligible for All Around medals.

3. Uniform Requirements

- a. Athletes may wear any type of athletic clothing normally worn in sport competition or exercise activity.
- b. Shorts must be of an appropriate, decent, length.
- c. Short athletic skirts or shorts may be worn with proper matching undergarments
- d. Tee shirts or basketball style shirts must cover suitable portions of the upper body. Uniform tops must cover the midriff and stomach area when an athlete is in a normal standing position.
- e. Regular underwear of any kind should not be visible during any of the moves.
- f. Inappropriate uniforms will require athletes to leave the competition floor to change or cover up and will result in the assessment of a delay of tournament penalty.
- g. Athletes in team and group events must wear uniforms that either match in color and design or are coordinated in color(s) to look like they belong together as a group. Differences in short length, sleeve length or collar style are acceptable in team events if the uniforms are coordinated such that they look a coordinated team.
 - For example, if the team colors for a pairs team are blue and white, it would be acceptable for one athlete to wear a white shirt with blue logo/lettering and blue shorts and the other athlete to wear a blue shirt with white logo/lettering and white shorts or blue shorts.
- h. Athletes in Group Routine uniforms may be coordinated for creativity, provided other uniform rules are observed.
- i. Supportive athletic shoes must be worn, and socks should be worn, to protect the athlete's feet. Any injuries to an athlete's feet due to not wearing socks would be the fault of the athlete and the AAU would not be held responsible.
- j. Long hair must be worn back off the athlete's face during the competition.
- k. Head coverings may not be worn unless approved by the Tournament Director for religious or medical reasons. Athletes wearing approved head coverings are not subject to a Delay of Tournament penalty for a uniform violation.
- l. If an athlete must wear eyeglasses while competing, the eyeglasses must be secured using a sport strap or ear-wedge to prevent them from falling off while competing.
 - Eyeglasses not secured as indicated above may be subject to a delay of tournament penalty if time is needed to properly secure eyeglasses. A competitor may remove eyeglasses in the station and hand to a coach or place them in the support box. AAU assumes no responsibility if eyeglasses are lost, scratched, or broken.
- m. Jewelry may be worn during competition.

- No re-jumps for athletes that experience any issues with jewelry while competing (i.e., rope catches on watch or other item). If an athlete's jewelry falls off while competing, they will be assessed a penalty for a space violation and if their jewelry goes into another athlete's station, they will also be assessed a delay of tournament penalty if that athlete chooses to re-jump.
 - Hard plastic or metal headbands are not allowed and must be removed under the delay of tournament rule. Headbands must be soft (fabric or elastic) not hard (plastic or metal).
- n. Soft costume accessories may only be worn in freestyle and will only be permitted if properly secured to the uniform and if worn throughout the routine.
- o. Exceptions to the uniform rule will only be made for religious requirements or special needs and with prior approval of the Tournament Director. Requests for an exception must be submitted to the Tournament Director as part of registration for that tournament.
- a. Examples: religious attire exception.

NOTE:

- Items that fall from an athlete's clothing during competition, including from pockets, and create an unsafe environment for any competitor will cause the athlete(s) at fault to be stopped immediately. The performance will be judged up to that point.
- Items that fall and go out of bounds will be counted as a space violation.
- Items that fall into an adjacent competition area and disrupt the routine of another competitor will result in a zero score for the athlete causing the issue and the option of a re-jump for the athlete affected.
- No time allowance will be given for shoelaces being untied, nor will penalties be assessed.

Penalty for Uniform Violations:

- Violations of the uniform rules as noted in this Rulebook will be the cause for a point deduction by the Head Judge or Tournament Committee of 0.4 in freestyle or 10 points in speed or power events.
- Athletes will incur only the point penalty for uniform mismatches. They do not need to leave the competition area to remedy the situation unless decency or safety issues are involved, such as put on shoes, eye-glasses safety strap, or decent coverage for inappropriate garment.
- Uniform violations that affect the safety or decency of the athlete will need to be corrected and will be treated under the Delay of Tournament rule as noted on page 37.

For penalties resulting from these rules, please see page 37.

Competing while injured is not encouraged. The safety and best interest of the athlete must be kept in mind by the coach, parent/guardian, and tournament director when made aware of an athlete's injury.

- A written doctor's permission is required for any athlete that must wear a cast or splint while competing. The doctor's permission must be submitted to the Tournament Director prior to the start of the tournament. Failure to supply written permission may result in the athlete being prevented from competing.
- An athlete injured during the tournament should be cleared by medical personnel before returning to competition.
- AAU is not responsible for any harm to athletes that compete while injured.

4. Competition Types

Tournaments may be offered based on interest of the host team; this includes Virtual Events. Teams may host any type of tournament, i.e., Standard Tournament, a Speed & Power Tournament, Invitational, or other. Events held for invitational tournaments may vary as desired by the tournament director. Approval from the AAU Jump Rope Executive Committee is required to host AAU Jump Rope events. AAU membership and licensing requirements must be observed.

AAU Jump Rope Tournaments

Any AAU athlete who meets age restrictions, as quoted under Page 16 under Eligibility, may compete at any licensed Open Tournament, providing space is available and no other restrictions apply.

1. Hosting any licensed AAU Jump Rope event, including tournaments or workshops, requires prior approval of the AAU Jump Rope Committee. Bids to host a licensed tournament should be sent to the AAU Jump Rope Executive Committee for review and approval by October 1 of the preceding year, or ideally a minimum of 2-3 months prior to proposed event to allow time for bid approval, event licensing, and event promotion. Bid-forms are posted at www.aaujumprope.org, included on page 49, or available upon request from the AAU Jump Rope Committee. Acceptance of bids submitted by October 1 will be announced after the Fall Executive Committee Meeting. All other bids will be reviewed as received by the AAU Jump Rope Executive Committee.
2. Tournament Directors must request official licensing for their event through the AAU at www.aausports.org. Event Licensing fees are the responsibility of the host organization. Tournaments having events for the over 18 adult athletes must be sanctioned for a combined youth/adult event. Athletes 18 and over must register as adult athletes.

3. Tournament Directors, or their designated Technical Director must contact the AAU Jump Rope Technical Committee upon AAU Jump Rope Executive Committee approval of their event to review use of scoring system and determine any assistance that may be needed. (See guidelines for Tournament Directors available at www.aaujump rope.org.)
 4. Athletes may attend any number of licensed tournaments in preparation and practice for the AAU Junior Olympic Games, providing space is available.
 5. Unlimited entries per team are allowed in each event or at the discretion of the tournament director.
 6. Maximum manageable numbers are encouraged for inclusion as per the AAU policy.
 7. One entry per team in each age group is allowed for Group Routine.
 8. When confronted with registration numbers exceeding 150 athletes for a Licensed Tournament, the Tournament Director:
 - Should first explore the option of expanding the competition space or adding a day.
 - May declare the tournament “closed” to athletes from outside the hosting AAU District if additional space or time is not available.
 - May limit the number of out-of-District athletes by event and age-group in a consistent manner by team.
- NOTE: Music for freestyle will remain mandatory.

Fees for AAU Jump Rope Tournaments:

Host teams may determine the registration fee for their tournament or event, but the registration fee may not exceed \$75.00 per athlete (\$5.00 of this amount is a capitation fee to AAU Jump Rope). Registration fee is payable to the host organization.

Spectator Admission Fees are discouraged. Under no circumstances may admission fees be charged to AAU members. If spectator fees are to be charged, this must be announced with the tournament information announcement. They may not exceed \$5.

2026 AAU JUNIOR OLYMPIC GAMES

Athletes may qualify for the 2026 AAU Junior Olympic Games in Des Moines, Iowa in the following ways:

US Athletes:

1. By participating in any licensed AAU Jump Rope tournaments or workshops, athletes will qualify to compete in the 2026 AAU Junior Olympic Games.
2. Athletes not able to participate in a licensed AAU Jump Rope event may

apply to qualify through the Athlete Nomination process. Athlete Nomination requires completed application form and payment of nomination fee by May 31, 2026. Late nominations may be accepted at the discretion of the Tournament Director.

3. Requests for any exceptions must be submitted in writing to the National Jump Rope Chairman.

Non-US Athletes:

1. By participating in any licensed AAU Jump Rope tournaments or workshops, athletes will qualify to compete in the 2026 AAU Junior Olympic Games.
2. By being nominated by either the athlete's team coach or their athlete's National Governing Body.
3. Athlete Nomination requires completion of the Non-US Athlete Nomination Form and payment of the \$50.00 (US) nomination fee no later than May 31, 2026. Late nominations may be accepted at the discretion of the Tournament Director. Nomination Forms available at www.aaujumprope.org or by email request to jumprope@aausports.org

Fees for AAU Junior Olympic Games:

1. The AAU Junior Olympic Games Jump Rope Athlete Registration fee is \$80.00 (US). This does not include the Athlete nomination fee (\$50.00 per athlete) or registration fee (\$50.00 per athlete) for competing in a licensed AAU Jump Rope tournament. AAU membership fees are not included and must be purchased separately.
2. Separate fees for coaches and spectators – see event entry information available at www.aaujrogames.org

5. Categories of Competition in AAU Jump Rope

Age Divisions for AAU Jump Rope will be:

1. Individual Events: Separate Male and Female Divisions
Females 8-Under, 9, 10, 11, 12, 13, 14, 15-16, 17-18, 19-22, and 23-Over
Males: 8-Under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-22, and 23-Over
2. Individual Timed Triple Unders: Male and Female Divisions ages 15-Over
Based on number of entries, age-divisions for Timed Triple Unders may be split into 15-17 and 18-Over age groups as determined by the Tournament Committee.
3. Single Rope Pairs: 8-Under, 9-10, 11-12, 13-14, 15-17, and 18-Over
4. Double Dutch: 10-Under, 11-12, 13-14, 15-17, and 18-Over
5. Group Synchronized Routine Age Divisions: 14-Under and 15 – Over

6. Single Rope Pairs, Double Dutch, 4-Person Freestyle, and Group Routine may be same gender or mixed.
7. If any age division event has 3 or less entries, they will be combined with the nearest age group, as determined by the Tournament Committee.

6. Jump Rope Events Team Composition

- Individual Single Rope athlete is one (1) jumper with a rope.
- Individual Rope Pairs athletes are two (2) jumpers, each with a single rope.
- Double Dutch Singles teams have three (3) participants with a set of Double Dutch ropes.
- Double Dutch Pairs teams have four (4) participants with a set of Double Dutch ropes.
- Group Routine entries must have a minimum of six (6) and a maximum of twenty-four (24) participants, each with their own single rope.

7. COMPETITION EVENTS

A. TRIPLE CROWN EVENTS FOR INDIVIDUAL AND PAIRS SINGLE ROPE

The Triple Crown is a combined Individual Rope Event designed to reward the overall jump rope athlete. Component events of the Triple Crown include Single Rope Freestyle, Single Rope Speed and Single Rope Power. The results of each component event are weighted and ranked using a ten-point descending scoring system. The ten-point descending scores of each component event are added together along with the actual Freestyle score to determine the overall Triple Crown Champion in each age group. Triple Crown medals of gold, silver and bronze are awarded to the top three overall place finishers in individual and pairs jump rope competition. In all AAU Jump Rope competitions, athletes must have competed in all component events to be eligible to receive an overall medal, with the only exception being in case of an approved substitution for an injured athlete – see page 17. Place ribbons are not awarded in Triple Crown results, only in the component events.

Individual Single Rope Freestyle: is a creative form of Jump Rope where the Jump Rope Athlete assembles a combination of finesse, power, strength, dance, and intricate arm rope skills both forwards and backwards into a routine which is choreographed to music. This routine must be between 60 and 75 seconds in length.

Individual Single Rope Speed: is a 60 second timed event where the Jump Rope Athlete attempts to complete as many alternating-foot step jumps with a rope as

possible within the one-minute period. Three judges count the right foot jumps while the athlete is jumping, and the two closest counts are added to determine the total score. There must be one completed revolution of the rope for each jump. Only such jumps will be counted.

Individual Single Rope Power*: is a 60 second timed event where the Jump Rope Athlete attempts to complete as many double under jumps with a rope as possible within the time period. A double under is performed by completing 2 rope revolutions for each two-foot jump. Only such jumps will be counted. The event is decided by 3 judges counting completed double under jumps and adding the two closest counts to determine the total score.

***For 8-Under age division,** athletes will compete Single two-foot jumps instead of Double Unders. The event is decided by 3 judges counting completed single two-foot jumps and taking the average of the two closest counts to determine total score. 8-U athletes that want to compete Double Unders will need to compete in the Triple Crown in the 9 or 9-10 age division.

Single Rope Pairs Freestyle: is a creative form of Jump Rope that is performed by 2 athletes. The athletes must assemble a combination of finesse, power, strength, dance, and intricate arm rope skills both forwards and backwards into a routine, which is choreographed to music. Precision, synchrony, and dynamic interaction between the 2 jumpers are judged in this routine. The routine must be between 60 and 75 seconds in length.

Single Rope Pairs Speed: is a 60 second timed event where 2 athletes attempt to complete as many alternating foot jumps as possible for 30 seconds each consecutively. Jumper 1 will begin the event and jump for 30 seconds. At the command “switch” the first jumper will stop jumping and the second jumper will begin jumping until the Final Tone. The event is decided by 3 judges counting completed alternating foot jumps and adding the two closest counts to determine the total score. There must be one completed rope revolution for each alternating foot jump. Only such jumps will be counted.

Single Rope Pairs Power*: is a 60 second timed event where 2 athletes attempt to complete as many double under jumps as possible (in all age-groups) for 30 seconds each consecutively. Jumper 1 will begin the event and jump for 30 seconds. At the command “switch” the first jumper will stop jumping and the second jumper will begin jumping until the Final Tone. A double under is performed by completing 2 rope revolutions for each two-foot jump. Only such jumps will be counted. The event is decided by 3 judges counting completed double under jumps and adding the two closest counts to determine the total score.

***For 8-Under age division,** athletes will compete Single two-foot jumps instead of Double Unders. The event is decided by 3 judges counting completed single

two-foot jumps and taking the average of the two closest counts to determine total score. 8-U athletes that want to compete Double Unders will need to compete in the Triple Crown in the 9-10 age division.

Component Event Champion: In the AAU Junior Olympic Games only, the component winners in each age group will receive a gold, silver or bronze medal recognizing the first three places for each age group. Commemorative ribbons will be awarded to the fourth through tenth (4th-10th) place component finishers in each age group. At qualifying tournaments, a minimum of first through sixth (1st - 6th) place ribbons will be awarded in component events.

Awarding of Points Toward the Overall Triple Crown

A Ten Point Descending Scoring System is used to reward the top 10 places for athletes in each of the three component events. The first-place athlete in each component event will receive 10 points, the second-place athlete 9 points. This process continues through 10th place. Athletes finishing in 11th place, or lower, will not receive weighted score points. The maximum possible score is 40 points.

The table below illustrates how the place points are awarded:

Awarding of Place Points

	Pts		Pts		Pts		Pts
1st place =	10	4th place =	7	7th place =	4	10th place =	1
2nd place =	9	5th place =	6	8th place =	3	11th + place =	0
3rd place =	8	6th place =	5	9th place =	2		

Example:

Speed Placement (1) = 10 points

Power placement (1) = 10 points

Freestyle placement (1) = 10 points + Freestyle score 7.5 = 17.5

Total All Around Score = 37.5

B. TRIPLE CROWN EVENTS FOR SINGLE AND PAIRS DOUBLE DUTCH

The Triple Crown Event is a combined Double Dutch event designed to reward the overall Single Double Dutch Champions and the overall Pairs Double Dutch Champions. The Triple Crown Single Double Dutch team consists of 3 athletes that compete in each of the component events. The Triple Crown Pairs Double Dutch team consists of 4 athletes that compete in each of the component events. The athletes must compete within their age group. The component events of the Single Double Dutch Triple Crown include Double Dutch Single Speed, Double Dutch Single Freestyle, and Double Dutch Single Power. The result of each component event is weighted and ranked using a ten-point descending scoring system. The ten-point descending scores of each component event are added together along with the actual Freestyle scores to determine the

overall Triple Crown Champions in each age group. Triple Crown event medals of gold, silver and bronze are awarded to the top three place finishers in each Double Dutch age group. At all levels of AAU Jump Rope competition, athletes must compete in all component events to be eligible to receive a medal, with the only exception being an approved substitution for an injured athlete – see page 17. Place ribbons are not awarded in the Triple Crown events, only in the components.

Double Dutch Single Speed: requires 3 athletes, (2 turners and 1 jumper). It is a 60 second timed event where one jumper attempts to complete as many alternating foot jumps as possible within 60 seconds. The event is decided by 3 judges counting the right foot while the athlete is jumping and adding the 2 closest counts to determine the total score.

Double Dutch Single Power (Pop-ups): requires 3 athletes, (2 turners and 1 jumper). It is a 60 second timed event where the jumper attempts to complete as many double under jumps as possible within 30 seconds. A double under is completed when both ropes pass under the feet for each jump. The event is decided by 3 judges who count double under jumps. The two closest counts are added together to determine the total score.

Double Dutch Single Freestyle: is a creative form of Double Dutch that is performed by 3 athletes (2 turners and 1 jumper). The athletes must assemble a combination of turner exchanges, finesse, power, strength, dance, and intricate arm rope skills into a routine that is choreographed to music. This routine must be between 60 and 75 seconds in length. Each Double Dutch team member must both turn and jump during the routine; not doing so will be grounds for a zero score in that component event. The Head Judge may consult with the judging panel in making this determination.

Double Dutch Pairs Speed Relay (4x30): requires 4 athletes. It is a 120 second timed event where each jumper must jump and turn for 30 seconds. Each jumper in turn will attempt to complete as many alternating foot jumps as possible within a 30 second period. Jumper 1 will begin the event and jump for 30 seconds, at the command “switch” the first jumper will exit the ropes, or switch with the second jumper, who will enter the ropes and jump for the next 30 seconds. The jumpers will switch every 30 seconds until the Final Tone is sounded. The event is decided by 3 judges counting the right foot while the athletes are jumping. The two closest counts are added together to determine the total score. Each Double Dutch team member must turn for 30 seconds and jump for 30 seconds during the event, not doing so will be grounds for a zero score in that component event. The Head Judge may consult with the judging panel in making this determination.

Double Dutch Pairs Power (2x30): requires 4 athletes, (2 turners and 2 jumpers). It is a 60 second timed event where each jumper attempts to complete as many double under jumps as possible within 30 seconds. At the command “switch” the first jumper will exit the ropes and the second jumper will enter the ropes and jump until the Final Tone. A double under is completed when both ropes pass under the feet for each jump. The event is decided by 3 judges who count double under jumps. The two closest counts are added together to determine the total score.

Double Dutch Pairs Freestyle: is a creative form of Double Dutch which is performed by 4 athletes (2 turners and 2 jumpers). The athletes must assemble a combination of turner exchanges, finesse, power, strength, dance, and intricate arm rope skills into a routine that is choreographed to music. Precision and synchrony between all 4 jumpers are judged in this routine. This routine must be between 60 and 75 seconds in length. Each Double Dutch team member must turn and jump during the routine, not doing so will be grounds for a zero score in that component event. The Head Judge may consult with the judging panel in making this determination.

Component Event Champion: in the AAU Junior Olympic Games, the component winning Double Dutch teams in each age group will receive a full set of medals recognizing the first three places for each age group. Commemorative ribbons will be awarded to the fourth through tenth (4th-10th) place component finishers in each age group. At qualifying tournaments, a minimum of first through sixth (1st – 6th) place ribbons will be awarded in component events.

Awarding of Points in the Triple Crown Double Dutch Events is the same process as listed above for Individuals and Pairs.

C. INDIVIDUAL TIMED TRIPLE UNDERS

This is a 60 second timed event where a Jump Rope Athlete attempts to complete as many triple under jumps with a rope as possible within the time period. A triple under is performed by completing 3 rope revolutions for each two-foot jump. Only such jumps will be counted. The event is decided by 3 judges counting completed triple under jumps and adding the two closest counts to determine the total score. The Timed Triple Unders event is a separate individual event and is not part of the Overall Triple Crown. This event is for athletes in 15 and older age groups.

D. SYNCHRONIZED SINGLE ROPE GROUP ROUTINE

This is a synchronized single rope group routine that is performed by at least 6 athletes, but not more than 24, each using his/her own individual jump rope. Routines must include a combination of formation and pattern changes,

finesse, power, strength, dance, and intricate arm rope skills in a routine performed to music. Precision and synchrony between all jumpers on the team are judged in this routine. This routine must be choreographed to music and be between 2 and 4 minutes in length. Entries in the Group Routine Event are limited to one entry per team per Group Routine age group. At the AAU Junior Olympic Games, plaques or banners will be awarded for first through third place, with medals to the individual team members. At qualifying tournaments, awards are at the discretion of the tournament director.

- The AAU Jump Rope Group Routine must be performed with all competitors using their own individual single ropes. Skills using long ropes and/or Double Dutch ropes, and Chinese Wheel are prohibited and if performed will not be scored by the judges.

8. RULES AND EVENT PROCEDURES

A. SPEED EVENTS:

Speed events will utilize a standardized MP3 timing file (available at www.aaumprope.org).

1. Completed right foot jumps will be counted in all speed events.
2. The rope must be positioned behind the jumper at the start of individual events.
3. Three (3) counters must be assigned to each jumper or team. One counter is assigned as the Head Judge. (See page 30 regarding the addition of a 4th clicker judge or designated stations under specific circumstances). The Head Judge is responsible for communicating with the athlete(s), checking for appropriate uniforms and equipment, checking for the proper execution of the event, recording false starts, illegal switches and entering the scores on to the speed event score sheet. The other judges at the station should be assigned duties per AAU/USAJR judging guidelines, but the Head Judge is ultimately responsible.
4. Five (5) speed judges will be assigned in the case of a re-jump due to a judge scoring discrepancy.
5. The two (2) closest scores or the two that are the same will be added together by the computer for the total score. In case of three (3) equally spaced scores, the two (2) highest scores will be added together.
6. Deductions will not be taken for misses. Misses will not be counted.
7. If the score is tied, the jumpers will remain tied.
8. **False Starts:** any movement of the rope before the First command constitutes a False Start. Judges will not stop the jumper when a false start is detected.
 - a. Ten (10) points will be deducted from the total score for a blatant false start (jumping the rope before the First tone).
 - b. A minor False Start is a 5-point deduction from the total score.
 - c. Jumpers will not be allowed to jump their speed event again for false starts.
 - d. Two of the 3 speed judges at a station must agree that there was a false

start. The Head Judge will make the final decision as to whether it was a major or minor false start if the other 2 judges disagree with each other.

9. The above rule will also apply to False Switches, where the rope is jumped before “Switch” is called.
 - a. **Illegal Switch:** Individual Rope Pairs Speed team members may not move their rope until the command “switch”. Double Dutch Team Relay members may not enter the ropes until the previous jumper has exited the ropes. Judges will not stop the jumper when an illegal switch is detected. Five (5) points will be deducted from the total score for an illegal switch.
 - b. Jumpers will not be allowed to re-jump their event again for false starts or switches.
10. **Space Violations:** Each space violation will result in a five (5) point deduction from the total score. The Head Judge will stop the jumper’s rope and move him/her back into the correct speed station, in the case of a space violation in which the jumper strays into an adjacent competition area. The Head Judge will not call stop for a space violation.
11. If all four Double Dutch Team members do not jump and turn as required for their event, this will be cause for a zero score in that component. The Head Judge may request assistance from the other judges in keeping track of this requirement.

B. POWER EVENTS:

Power events will utilize a standardized MP3 (available at www.aaujumprope.org).

1. Only completed double under jumps will be counted; or only completed triple under jumps in 15-and over timed triple under event. Clicker scores should reflect the actual number of completed double under or triple under jumps. For 8-Under athletes, only completed single two-foot jumps are counted.
2. Rope must be positioned behind the jumper at the start of individual events.
3. Three (3) counters must be assigned to each jumper or team. See page 30 regarding designated speed stations or the addition of a 4th clicker judge. One counter is assigned as the Head Judge. The Head Judge is responsible for communicating with the athlete(s), checking for proper uniforms and equipment, checking for the proper execution of the event, recording false starts, illegal switches and entering the scores on to the sheet. The other judges at the station should be assigned duties per AAU/USAJR judging guidelines, but the Head Judge is ultimately responsible.
4. The two (2) closest scores or the two that are the same will be added together for the total score. In case of three (3) equally spaced scores, the two (2) highest scores will be added together.
5. 2 of the 3 judges need to be within 3 clicks for all speed/power events. If there is a discrepancy of more than 3 clicks, the athlete(s) may be eligible for a re-jump. See Re-Jump section below.

6. Deductions will not be taken for misses. Misses will not be counted.
7. If the score is tied, the jumpers will remain tied.
8. **False Starts:** any movement of the rope before the command "go" constitutes a False Start. Judges will not stop the jumper when a false start is detected.
 - a. Ten (10) points will be deducted from the total score for a blatant false start (jumping the rope before the word "Go")
 - b. 5 points for a minor False Start.
 - c. Jumpers will not be allowed to jump their power event again for false starts.
 - d. Two of the 3 speed judges at a station must agree that there was a false start. The Head Judge will make the final decision as to whether it was a major or minor false start if the other 2 judges disagree with each other.
9. The above rule will also apply to False Switches, where the rope is jumped before the command "Switch" is given.
 - a. **Illegal Switch:** Individual Rope Pairs Power team members may not move their rope until the command "switch" is given. Double Dutch Pairs Power team may enter the ropes until after the command "switch" and previous jumper has exited the ropes. Judges will not stop the jumper when an illegal switch is detected. Ten (10) points will be assessed for a blatant Illegal Switch, or Five (5) points will be deducted from the total score for a minor illegal switch.
 - b. Jumpers will not be allowed to jump their power event again for false switches.
10. **Space violations** will result in a five (5) point deduction from the total score. The Head Judge will stop the jumper's rope and move him/her back into the correct speed station, in the case of a space violation in which the jumper strays into an adjacent competition area. The Head Judge will not call "Stop" for a space violation.

Re-Jumps in Speed and Power are recommended to the Tournament Director by the Head Judge or Head Scorer for technical reasons or may be requested by the designated Coach of the team for any other unfair situation that prevented the athlete(s) from a fair performance.

1. In the case of a Re-Jump being offered, the athlete(s) through their coach, will be given the option of keep the score they were originally given (unless a gross error by the judges), or of re-jumping that event. If a re-jump is chosen, the score for the re-jump will be the final score.
2. In case of a re-jump due to a judge scoring discrepancy, 5 speed judges will be assigned to count the re-jump event.
3. Athletes are allowed a minimum period of 5 minutes before re-jumping an event, although they may choose to re-jump sooner if the option is available. This applies to all speed, power, and freestyle events.
4. The Tournament Director will assign heat and station assignments for re-jumps as appropriate for event schedule. They may be added to available slots in

existing heats or a separate heat for re-jumps may be held.

A Re-Jump is permitted under following circumstances:

- a. Broken Rope – rope breaks while in use during event. Head judge confirms the rope is broken. Only one re-jump is permitted in the case of a broken rope. Athletes may bring an additional rope to their re-jump station to be used if rope breaks again during the re-jump.
- b. Discrepancy in score by the two closest judges of 3 or more counts.
- c. Error by the sound technician
- d. Interference by another competitor, coach, judge, or spectator

Re-Jumps are not permitted for shoelaces coming untied, late arrival, illness, or injury of an athlete.

Eligibility for a 4th Clicker Judge: At the AAU Junior Olympic Games, Tournament Directors may elect to assign eligible jumpers with proper documentation to designated speed and power stations staffed with experienced judges. Alternatively, the Tournament Director may use a 4th clicker judge in speed and power events to count for competitors who have a documented high-speed score at a licensed AAU or USAJR event.

- Coaches must complete the Request for a 4th Clicker Judge form indicating the documented speed scores for eligible athletes no later than the tournament registration deadline. This form is available at www.aaumprope.org.
- Submitted scores must be at or above the scores noted in the table below or in the vicinity of the record for that event for a jumper/team to be considered by the Tournament Director for adding a 4th clicker judge or for going to a designated station.
- Documentation of scores from other events may be accepted with approval of the Tournament Director.
- This special consideration to athletes achieving these standards will be based on availability of judges.

**Minimum Eligible Score
for a 4th Speed Judge at the AAU Junior Olympic Games**

Single Rope Speed or Power (1 minute)	160
Single Rope Pairs Speed or Power (2x30)	170
Double Dutch Single Speed Relay (1 minute)	180
Double Dutch Pairs Speed Relay (4x30)	340
Double Dutch Single Power	210
Double Dutch Pairs Power (2x30)	200

C. FREESTYLE EVENTS

1. All Freestyle events (Single rope and Double Dutch) are to be performed within a 60 - 75 second time frame. The time clock begins after the Start Tone. A 45 second call is included on the timing MP3 to warn athletes and judges of the routine's progress. The Freestyle timing track is available at www.aaujump rope.org.
 - a. There is a two-tenths (0.2) deduction for any time violation, either under or over time. Portions of the routine that continue after the final tone will not be judged.
 - b. A Delay of Tournament Penalty of 0.4 will be assessed to any routine that continues for more than 5 skills or movements after the final tone. This is in addition to the 0.2 deduction penalty for going over time.
 - c. If the Timing MP3 fails during freestyle events, the jumper(s) can choose to accept the scores already noted by judges with a 0.2 deduction for going over or under time, or they can elect to re-jump for a new score.
2. The boundaries of the Freestyle station will be marked with appropriate floor tape. A one-tenth (0.1) deduction will be applied for each space violation, each time athlete(s) or their ropes go outside the boundary lines. Judges will not score portions of the routine conducted out of bounds.
 - a. If the Freestyle space is smaller because of space limitations, the tournament director may elect not to deduct points for space violations. A line judge may be appointed to assist the Head Judge in determining space violations.
3. Music is required for all Freestyle routines.
 - a. Routines without music will not be scored.
 - b. Music must be family friendly and appropriate for all audiences.
 - c. Tournament Directors may require music to be submitted electronically prior to a tournament. If this is the case, coaches will be notified with the music submission directions and deadlines.
 - d. Music must be provided as a single track on a MP3 device. It is the responsibility of the Coach to be sure that all music provided is playable on a standard audio system. A back-up MP3 player containing an athlete's music is recommended.
4. **Required Elements:** Freestyle routines must demonstrate required variation and choreographic balance by incorporating the following Required Elements which are scored by the Head Freestyle Judge. The maximum score is 0.2 for each

required element. Refer to AAU Judging Manual for details on how elements are scored.

The five required elements in AAU are:

- Strength Movement (Multiple Unders and Inversion or Displacement Skills)
- Directionality/Backwards Skills in Single Rope events or Synchronization/Unison in Double Dutch events.
- Spatial Dynamics in Single Rope events and Double Dutch events or Dynamic Interaction in Single Rope Pairs events.
- Rope Manipulation Skill in Single Rope and Intricate Turner Skills, excluding in exchanges, in Double Dutch
- Use of Music.

Accuracy Deductions: A one-tenth (0.1 deduction) will be subtracted for every 3 misses. The maximum deduction for Accuracy is 2.0. Accuracy deductions will be taken from Presentation score.

- a. A miss in Freestyle is defined as when the rope or competitor comes to an unintentional complete stop. If no time is lost during a bobble, or if the rope brushes the body without causing a miss, it will not count as a miss.
5. No props other than ropes may be used. Ropes that are dropped creating an unsafe environment for any competitor will cause the athlete(s) to be stopped at that moment. The performance will be judged up to that point. A space violation will be assessed for ropes discarded out of bounds.
6. Warm-Up: Athletes may warm-up in their freestyle station after the floor manager has completed their duties. No extended sequences or tumbling runs are permitted. The floor managers will intervene if necessary.
7. **Re-Jumps in Freestyle Events** are either recommended to the Tournament Director for technical reasons, or may be requested by the designated Coach of the team for any other unfair situation that prevented the athlete(s) from a fair performance
 - Acceptable Examples: Broken rope, error by the sound technician, failure of the timing file, interference by another competitor, coach, or a judge
 - Unacceptable Examples: Wrong music MP3 presented by the athlete(s), shoelaces coming untied, late arrival of athlete(s)

- a. In the case of a Re-Jump, the athlete (s) will be given the option of keeping the score they were originally given (unless there has been a gross error), or of re-jumping. If a Re-Jump is chosen, the score for the Re-Jump will be applied.
 - b. Only one re-jump is permitted for a broken rope in freestyle events. Athletes may bring a second rope to just inside the boundary of the freestyle station for the re-jump to be used if the rope used breaks.
 - c. Athletes will have a minimum of 5 minutes before they must re-jump.
8. **Illegal Moves:** The following are illegal and prohibited moves: Jumping on the knees, head, or elbows. An athlete may only use his/her hands, or another athlete's hands, to launch him/herself into an assisted inversion
- When an illegal or prohibited move occurs, the Head Judge or Tournament Director will stop the routine, thereby giving a zero score to the individual or team in that component. The Head Judge may also consult with the judging panel before ruling on an illegal move.

FREESTYLE SCORING:

Freestyle Judging Rules and Guidelines are detailed in the AAU Jump Rope Judges Manual (available at www.aaujumprope.org).

Entries for an entire age group event must be judged by the same freestyle panel.

Judges are required to make Notations on the scoresheets as they are watching routines. Judges use these notations in determining their scores.

Freestyle events are judged by a panel of 11 judges that include:

- 1 Head Judge who scores the Required Elements of the routine, notes any deductions for time violations, space violations, delay of tournament, and accuracy based on the criteria indicated in the AAU Jump Rope Judges Manual.
- 5 Content Judges who will judge the Difficulty and Density of a routine based on the criteria in the AAU Jump Rope Judges Manual. One of these judges will be assigned as a Head Content Judge who will also be responsible for noting misses for Accuracy Deductions.
- 5 Presentation Judges who score Creativity and Quality of Presentation based on criteria in the AAU Jump Rope Judges Manual. One of these judges will be assigned as a Head Presentation Judge who will also be responsible for noting misses for Accuracy Deductions.

Points for freestyle routines are awarded as follows:

- Head Judge Required Elements maximum = 1.0
- Content maximum = 6.0
 - Difficulty max. of 4.0 + Density max. of 2.0
- Presentation maximum of 3.0
 - Quality of Presentation max. 2.0 + Creativity max. 1.0

The Judges Score Sheet will be totaled and verified at the Score Keepers Table. The scores from each of the 11 freestyle judges will be entered into the tournament database scoring system. The high and low scores in Content and Presentation will be dropped. The three remaining Content scores will be averaged, and the three remaining Presentation scores will be averaged. Both will be added to the Head Judge score and deductions taken.

Breaking Ties in Freestyle – In the event of a tie score in a freestyle event, the procedure to break the tie and determine finishing place of the athletes will be as follows:

- First Tie Breaker – is determined by the Content Score. The routine with the higher averaged Content score will place higher. If the total scores are still tied, then move to next tie breaker
- Second Tie Breaker – is determined by the Presentation Score. The routine with the higher Presentation score will place higher. If the total scores are still tied, then move to next tie breaker
- Third Tie Breaker which is determined by the average number of misses in the routines. The routine with the lowest average number of misses will place higher.
- If after all three tie breakers, the scores are still tied, then the scores remain tied and both routines will be awarded the same place finish.

D. SYNCHRONIZED GROUP ROUTINE

1. This event requires a minimum of 6 jumpers and no more than 24 jumpers.
2. Group Routines will be performed with all competitors using their own individual single rope.
 - a. No props other than ropes may be used. Additional ropes if used, must be secured to the athlete's person when not in use or must be retrieved from or taken to the boundary of the competition area. For safety reasons, discarded ropes must be safely put at the boundary of the performing area.
 - b. A penalty of 0.4 points will be assessed if ropes are discarded in the competition area more than 3 feet away from the boundary. Ropes that are dropped creating an unsafe environment for any competitor will cause the athlete(s) to be stopped at that point. The performance will be judged up to that moment. A space violation will be assessed for ropes

discarded out of bounds.

- c. The use of long rope and Double Dutch ropes and skills, as well as Chinese Wheel skills are not permitted in the Synchronized Group Routine. If they are used during the Group Routine event, then those skills will not be scored by the judges.
3. Group Routine events are to be performed within a 2 to 4-minute time frame. There is a four-tenths (0.4) deduction for any time violation, over or under time.
4. Music is mandatory for Group Synchronized Routine events. Routines with no music will not be scored. A back-up MP3 should be readily available.
5. There are ten (10) Panel Judges, plus a Head Judge and an Assistant Head Judge for each Group Routine event. The five (5) Content Judges will judge Intricacy, Density, and Presentation. The five (5) Presentation Judges will judge Creativity of Presentation. The 2 Head Judges will score Choreographic Balance and deduct for time and space violations.
6. The high and low scores in Content and Presentation will be dropped.
7. The three (3) closest Content scores are averaged, and the three (3) closest Presentation scores are averaged. Both will be added to the averaged Head Judge scores and deductions taken.
8. The Head Judge controls the flow of the events assigns points for Choreographic Balance and makes deductions for Time and space violations. The Assistant Head Judge will notify the Head Judge if the routine finishes before 2 minutes or when time is up. He will also award points for Choreographic Balance and check for space violations.
9. Time begins when the music starts in Group Routine.
10. Judges may give partial credit for skills not completely executed
11. Judging of the routine may not take place after time is called
12. The Judges Score Sheet will be totaled and verified by the Score Keeper's table

Breaking Ties in Group Routine – In the event of a tie score in a Group Routine event, the procedure to break the tie and determine finishing place of the teams will be as follows:

- First Tie Breaker is determined by the Content Score. The routine with the higher averaged Content score will place higher. If the total scores are still tied, then move to next tie breaker
- Second Tie Breaker is determined by the Presentation Score. The routine with the higher Presentation score will place higher.
- If after both tie breakers, the scores are still tied, then the scores remain tied and both routines will be awarded the same place finish.

9. RULE RESTRICTIONS AND PENALTIES

Violations of the uniform, equipment, event, or general rules as noted in this rulebook will be the cause for a point deduction, zero score, or disqualification to fair interpretation by the Tournament Committee.

SPECIFIC PENALTIES APPEAR IN THE MAIN TEXT OF THESE RULES

- A. **Time and Space Violations** are described in the sections for each event discipline in this rulebook.
- False Starts and False Switches in Speed and Power events:
 - Minor False Start is assessed 5-point penalty deduction
 - Blatant False Start is assessed 10-point penalty deduction
 - False Switches are assessed a 5-point penalty deduction
 - Space Violations in Speed Events are assessed a 5-point penalty
 - Freestyle Space Violations are assessed a 0.2 penalty for each time athlete and/or rope goes out of bounds.
 - The Head Judge will make an explanatory notation, with deductions if appropriate, on the Head Judge scoresheet.
- B. **Violations of the uniform rules** as noted in this Rulebook will be the cause for a point deduction by the Head Judge or Tournament Committee of 0.4 in freestyle or 10 points in speed or power events.
- Uniform violations that affect the safety or decency of the athlete will need to be corrected within one minute for individual events, and two minutes in team events as permitted under the Delay of Tournament rules to be allowed to compete.
- C. **DELAY OF TOURNAMENT PENALTY:** A Delay of Tournament penalty of a 10-point deduction in Speed and Power events or 0.4 penalty in Freestyle events will be applied when athletes are late to arrive on the competition floor and in their assigned station for their event, have a violation of the uniform or equipment rules, or continue a Freestyle routine after the final tone of the timing track.
- Delay of Tournament for Uniforms:** Athletes will incur only the point penalty for uniform mismatches. They do not need to leave the competition area to remedy the situation unless decency or safety issues are involved, such as to put on shoes, eye-glasses safety strap, or decent coverage for inappropriate garment.
 - Eyeglasses must still have a secure strap or wedges to hold them in place. A competitor may remove them in the station and place them in the coaches' box or hand them to a coach. If the eyeglasses must be worn, a strap or wedges is required. AAU takes no responsibility if they are lost, scratched, or broken

2. **Delay of Tournament Penalty when a routine continue after time is called:** Any freestyle routine that continues for more than 5 skills or movements after time is called will be assessed a delay of tournament penalty by the head judge of 0.4. This is in addition to the 0.2 deduction penalty for going over time.

PROCEDURE TO DETERMINE DELAY OF TOURNAMENT VIOLATION

1. The Head Judge or Floor Manager will check the athletes during the announcement of competitors to verify if a competitor, or team, is late to report or enters the competition station with gum, mismatched or inappropriate uniforms, unsecured eyeglasses, or other infraction as noted in this Rulebook.
2. If infractions are found, the Head Judge will explain what is wrong to the athlete(s) and will impose a penalty of 10 points in speed and power, or 0.4 in freestyle.
3. The Head Judge(s) will indicate lack of readiness to proceed by holding up a red flag.
4. The Central Timer will start the stopwatch if any red flags are shown after all the competitors are announced. Athletes will then be given a maximum of one minute (two minutes in multi-person events) to rectify the situation before a zero score is imposed. Athletes may leave their station to remedy the infraction but must report to the clerk before re-entering the competition area.
5. End of Freestyle Routine
 - a. When athlete finished their routine after the tone for time has been called, they will be assessed a 0.2 deduction for going over time.
 - b. If athlete(s) continue their routine for more than 5 skills or movements after the tone for time has been called, they will be assessed a delay of tournament penalty 0.4 by the Head Freestyle Judge, this is in addition to the 0.2 deduction for going over time.

D. Violations of the Code of Conduct will be referred to the Tournament Director.

1. Minor violations will be cause for a warning by the Head Judge or Tournament Director. Repeat violations will be the cause for a point penalty of 0.4 in Freestyle or 10 points in Speed and Power events.
 2. Major violations will be the cause for a score of zero for an athlete in that component or overall event, or for removal of a judge from his/her assignment.
 3. In extreme cases an athlete, coach, judge, or official will be asked to leave the competition area.
- E. Any rule or procedure that is not explicitly explained in this rulebook is to be decided upon by the Tournament Director, and then the Tournament Committee if proper protest and appeal procedures are followed. The argument that the “the rulebook doesn’t say we can’t do it...” will not be acceptable to overturn a decision made by the Tournament Committee.

MERCHANDISE

- Host team approval is required at licensed qualifying tournaments and events permitting the buying or selling of merchandise.
- Local Organizing Committee (LOC) approval is required at the AAU Junior Olympic Games for permitting the buying or selling of merchandise. This includes all sales and purchases of all merchandise by any team or team member. Unauthorized selling will result in ejection from the event.

MEDIA

- Permits are required for members of the media to enter the competition area

IV. EXCERPTS FROM AAU CODE BOOK

A. AAU Membership. All participants must be a member of the AAU to participate in any AAU licensed Event. Event Operators may not collect AAU membership money at any AAU licensed event.

Membership Requirements. Membership in the AAU is a privilege granted by the AAU. It is not a right. The AAU at its sole discretion reserves the right to accept or reject applicants for membership.

1. **Conditions for Membership.** Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the AAU Code, including its Constitution, Bylaws, policies, procedures and rules of the AAU.
2. **Categories of Membership**
 - a. **District Member.** The organization chartered by the Congress to provide administrative services within a designated geographic area.
 - b. **Club Member.** An organization or group that has been approved for membership after meeting the registration requirements of the Code.
 - c. **Individual Member.** A person who has been approved for membership after meeting the registration requirements of the Code. Individual membership categories include:
 - i. Youth Athlete
 - ii. Adult Athlete
 - iii. Non-Athlete
 - d. **Allied Member.** An organization or group approved by Congress which is engaged in athletics or sports-related activities.

B. Membership and Residency

1. Adult members will not be bound by residence requirements.
2. Youth members must register in the District of their bona fide residency, except as follows:
 - a. A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.
 - b. A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.
 - c. A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
 - d. The National Board of Review will determine issues of residency.
3. Persons living outside the U.S. may register online or through the AAU National Office. The respective National Sports Committee rules shall govern their participation in AAU competitions.

C. Eligibility

1. A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team events the National Sports Committee shall determine the number of youth members permitted to participate on a team from an adjoining District.
2. **Club Attachment.** A youth member becomes attached to a club member when he/she competes with that club in any AAU licensed event (practice not included). A youth member may be attached to only one club with the following exceptions:
 - a. An athlete may attach to additional clubs (one in each sport) if he/she participates in additional sports.
 - b. Participation in an AAU licensed league does not create club attachment.
3. **Transfers.** Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by the National Sport Committee. After a youth member becomes attached to a club, he/she may only transfer to another club in the same sport as follows:

- a. If the youth member has not competed in any AAU authorized events in that Sport for a period of sixty (60) days no permission is necessary.
- b. If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by National Sport Committees.)
- c. When the transfer is for the purpose of competing with a team which has qualified for a National Championship as provided by National Sport Committee rules.
- d. If the Registrar determines there is good cause to believe that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

D. Use of Logos and Trademarks

1. **AAU Registered Marks.** The AAU name, mark, seal, logo, and other insignia (all "AAU marks") are protected through trademark registration and are defined as the intellectual property of the AAU. No person or entity may use the AAU's intellectual property without the prior and continued approval of the National AAU. Only those subordinates and affiliated organizations which are expressly authorized by the National AAU may use the intellectual property of the AAU. The National AAU may withdraw its approval to use its marks, in its sole discretion. Members shall immediately comply with notice to cease and desist from the use of the AAU's intellectual property. The unauthorized use of any of the intellectual property of the AAU is a violation of this policy as well as the (Federal) Lanham Act and may subject the member/entity to penalties set out in the AAU Code. If granted approval/permission to use any of the AAU marks, the limited right to use the marks shall be non-exclusive and the user shall not acquire any ownership in or of such mark(s).
2. Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.
3. There are three (3) levels of AAU club membership. Level 1 AAU Clubs acquire no rights to use the AAU's intellectual property. Level 2 and Level 3 Clubs may use AAU's registered marks only as follows:
 - a. For the purpose of promoting an AAU licensed event.
 - b. For the purpose of promoting the club's AAU related activities.

- c. Neither members nor clubs may use the name AAU in their legal name, domain name, email or any other name without the express written consent of the National AAU.
- 4. In the event of a dispute or conflict as to a member's/entity's claim(s) to use any of the intellectual property of the AAU, the Officers of the AAU shall decide and determine the dispute in their sole discretion.
- 5. No license will be granted by the AAU for any event where the word "Olympic" or any derivate thereof is used in any advertisement or notice in any manner in connection with AAU competition.

E. Event Licenses

- 1. No event shall be conducted under the auspices of the AAU unless a written license has been issued for the activity. A license is the written approval of the AAU for the conduct of the activity.
- 2. Only AAU members may participate in licensed events unless otherwise provided in the Bylaws.
- 3. Licenses may be issued to any club in good standing and which meets the membership criteria. Any license may be reviewed within 15 days of submission by the District Sport Committee Director or the Governor if there is no District Sports Director. If the license is reviewed and rejected, the organization submitting the license application shall be notified.
- 4. No license shall take effect until approved or until the 15-day review period has expired.
- 5. The National Registration Executive Committee has the authority to:
 - a. Issue a license in an unchartered District.
 - b. Issue a license for events in locations where there is no active District member.
 - c. Issue a license for events in Districts where there is no current active participation. (No District Championship in the prior membership year).
 - d. Issue a license for events directly sponsored by the National AAU or National Sports Committee (The National Sport Committee shall consult with the District Sports Director and Governor prior to seeking an event license.)
 - e. Review and approve any sanction license rejected by the District.
 - f. Revoke an approved license for good cause.
- 6. Event licenses issued to one organization cannot be transferred to another organization.

7. No event license will be issued for any event where the word “Olympic” or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.

F. District Sport Committee Biennial Meeting

- a. **District Sport Committee Biennial Meeting.** It is the duty of the District Sport Committee to in even years hold a biennial meeting, the date of which shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]
- b. **Notice of District Sport Meetings.** Notice of the biennial or special meetings of the District Sport Committee will be given to all clubs with members registered in the sport. Notice shall be sent not less than 30 or more than 60 days prior to the scheduled meeting. In election years, the notice of election must be sent 60 days prior to the meeting.
 - a. **Quorum.** Five (5) member clubs with voting eligibility must be present to constitute a quorum of the Biennial Sport Committee meeting.
 - b. **Voting.** Each club that has registered at least five (5) individual members in the sport during the current year shall appoint one (1) representative to serve on the District Sport Committee. The representative shall be designated on the club membership application.
 - c. Minutes of the meeting must be written and filed with the District Secretary and the National AAU Compliance Department.

G. Functions of District Sport Committees

1. **District Sport Committees.** In each approved AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.
2. **Composition.** The District Sport Committee shall include the following:
 - a. Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee.
 - b. District Sport Committee Officers defined by that sport’s operating rules.
 - c. The Governor may appoint up to two (2) at-large members.
3. **Duties.** The duties of the District Sport Committee are to:

- a. In even years, hold a Biennial meeting, the date, time and location of which shall be approved by the District Executive Committee.
- b. Adopt at the Biennial Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee rules.
- c. Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.
- d. Provide for the conduct of the District championships.
- e. If the District Committee is organized as an administration club under the AAU, it shall annually file the Location of Assets Report with the District Office and forward a copy to the National Office.

H. **Functions of the District Sport Director**

- 1. **District Sport Director.** In each approved sport in which the District has athletes actively participating, there may be a Director.
- 2. **Election.** In each sport in which five or more club members have designated the sport as its primary sport, the Director shall be elected by the Committee at its Biennial Meeting. The District Sport Director takes office upon election.
- 3. **Appointment.** When there are fewer than five clubs registered to the Sport, the Sport Director may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon appointment.
- 4. **Term.** The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. The term of office for an appointed District Sport Director shall be one year or until removed by the Governor, or until such time as the Sport Committee meets the criteria to elect a Chair.
- 5. **Vacancies.** A vacancy occurring in an elected District Sport Director shall be filled by the Governor with approval of the National Sport Committee Chair.
- 6. **Duties.** The Sport Committee Director shall:
 - a. Develop a budget for the Sport Committee to file with the District Treasurer.
 - b. Perform the duties set forth in the Committee Rules of Operation.
 - c. Review and approve, or for reasonable cause deny, event licenses in the sport.

- d. Preside at Sport Committee meetings.
- e. Maintain records of the District Sport Committee, including but not limited to the minutes of all meetings, the budget, location of assets report (if required), and the District Sports Committee operating rules.
- f. Prepare, or have prepared, meeting minutes (which shall be approved at all District Sports Committee meetings). Forward a copy of all minutes to the National Office and District Secretary no later than 30 days following the District Sport Committee meeting.
- g. File a copy of all records requested by the District Secretary and the AAU National Office Compliance Department no later than 30 days following District Sport Committee meetings.
- h. At the conclusion of service as Sport Director, turn over all records to the successor to the position.

7. **Removal.** District Sport Directors may be removed as follows:

- a. **By District Sport Committee.** An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Biennial meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda. [R]
- b. **By National Sport Chair.** Each National Sport Chair shall annually review the number of events held in their sport. If the minimum number of licensed days of activity, excluding practice licenses is below the minimum established by the National Sport Council, the National Sport Chair may remove the District Director with consent of the Governor. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision, which shall be binding.
- c. **By National Board of Review.** A Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings. By the National Board of Review Chair after the failure of the District Sports Director to file minutes, reports and records as required by this article.

AAU JUMP ROPE EVENT TIME FILES

AAU Jump Rope Event Timing files are available at www.aaujumprope.org under Rules & Forms.

The calls or sounds on the timing files for each even are listed below:

1. INDIVIDUAL ROPE SPEED, 60 seconds:

"Judges Ready"- "Jumpers Ready" - "Tone"- "15" - "30" - "45" - "Tone"

2. INDIVIDUAL ROPE POWER, 60 seconds:

"Judges Ready"- "Jumpers Ready" - "Tone"- "15" - "30" - "45" - "Tone"

3. INDIVIDUAL ROPE TRIPLE UNDERS, 60 seconds:

"Judges Ready"- "Jumpers Ready" - "Tone"- "15" - "30" - "45" - "Tone"

4. INDIVIDUAL ROPE PAIRS SPEED, 60 seconds (2 x 30 seconds):

"Judges Ready"- "Jumpers Ready" - "Tone"- "10" - "20" - "Switch" - "10", "20" - "Tone"

5. INDIVIDUAL ROPE PAIRS POWER, 60 seconds (2 x 30 seconds):

"Judges Ready"- "Jumpers Ready" - "Tone"- "10" - "20" - "Switch" - "10", "20" - "Tone"

6. DOUBLE DUTCH SINGLES SPEED, 60 seconds:

"Judges Ready"- "Jumpers Ready" - "Tone"- "15" - "30" - "45" - "Tone"

7. DOUBLE DUTCH SINGLES POWER, 60 seconds:

"Judges Ready"- "Jumpers Ready" - "Tone"- "15" - "30" - "45" - "Tone".

8. DOUBLE DUTCH TEAM RELAY, 120 seconds (4 x 30seconds):

"Judges Ready"- "Jumpers Ready" - "Tone"- "10" - "20" - "Switch" - "10" – "20" -
"Switch" - "10" – "20" - "Switch" - "10" – "20" - "Tone"

9. DOUBLE DUTCH PAIRS POWER, 60 seconds (2 x 30 seconds):

"Judges Ready"- "Jumpers Ready" - "Tone"- "10" - "20" – "Switch" - "10" - "20" "Tone"

10. FREESTYLE EVENTS:

"Judges Ready" - "Jumpers Ready" - "Tone" - "45 seconds" - One Minute - "Tone"

PROTESTS AND APPEALS FORM

Protest Procedures: Any protest arising from an infraction of the rules during the competition must follow the stated process:

1. Within thirty (30) minutes after an occurrence, a verbal protest must be made to the Tournament Director by the coach of the affected party.
2. The Tournament Director shall rule on the protest upon notification.
3. The decision is either accepted or rejected by the protesting coach.
4. If the protesting coach refuses the decision, the next step is to file an appeal.

Appeal Procedure:

1. A written appeal must be made within thirty (30) minutes after the Tournament Director's decision is rendered. Protests should be written on the official appeal form.
2. The appeal must be made by the designated coach of the team involved, who shall alone present the appeal and receive the decision of the Tournament Committee.
3. The appeal must be accompanied by a bond of twenty-five US dollars (\$25.00) in cash. This bond shall be returned if the appeal is successful (the decision of the Tournament Director is overruled). If the appeal is not successful (The decision of the Tournament Director is affirmed), The bond shall be forfeited and retained by the AAU Jump Rope Committee.

Failure to Protest: Any individual with a right to protest shall lose that right if the appropriate protest is not properly made in a timely manner and in complete accordance with these rules.

Finality: The decision of the Tournament Committee shall be final.

Binding Nature: The decision of the Tournament Committee shall be binding on all persons directly or indirectly involved and should be accepted in the spirit of good sportsmanship and fair play.

JUMP ROPE APPEAL FORM

NAME OF ATHLETE(S)		TEAM	
EVENT	HEAT	STATION	
DESCRIPTION OF GRIEVANCE (Continue on back if necessary)			
Signature of Coach of Record		Date	\$25 Appeal fee received



AAU Jump Rope Executive Committee and Contact Information

AAU Jump Rope Committee: jumprope@aausports.org

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AAU Junior Olympic Games Jump Rope Tournament Directors: Megan Reith

AAU National Office Staff: Crystal Mannino, Director of Junior Olympics and Outdoor Sports
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Dates for National Championships



2026 AAU Junior Olympic Games Jump Rope Championships

Des Moines, Iowa; Jump Rope Dates July 29- August 8, 2026.

Future Dates for AAU Junior Olympic Games*:

2027	Houston, TX	July 28 - August 7
2028	Baltimore, MD	July 26 - August 5
2029	Greensboro, NC	July 25 – August 4
2030	Des Moines, IA	July 24 – August 3
2031	- Houston, TX	July 23-August 2
2032	- Baltimore, MD	July 28 - August 7
2033	- Greensboro, NC	July 27 - August 6

**Note that dates and locations are subject to change and that these dates cover all sports of the entire AAU Junior Olympic Games and the exact dates for each sport have not been confirmed.*



BID FORM FOR 2025-2026 AAU JUMP ROPE TOURNAMENT OR WORKSHOP

All licensed AAU Jump Rope Events must have prior approval of the AAU Jump Rope Executive Committee and be conducted in accordance with the AAU Jump Rope Rulebook. Athletes participating in licensed AAU Jump Rope events qualify to compete in the 2024 AAU Junior Olympic Games.

Event Hosts should submit this completed bid application for their proposed event to the AAU Jump Rope Executive Committee at least 2-3 months prior to the proposed event to allow time for committee approval, event licensing, and event promotion.

Name of Event: _____ **Date of Event:** _____

Event Type: ☐ Tournament (Standard, includes all AAU Jump Rope Events)
☐ Tournament (Invitational, Speed/Power Only, or Other – describe below)
☐ Workshop
☐ Other, please describe: _____

Name of Host Team/Organization: _____

Name of Event Director: _____ **2025/26 AAU #:** _____

Address of Director: _____

Email Address: _____ **Phone No.** _____

Experience Hosting Jump Rope Events: (provide brief description)

Facility proposed for Tournament: _____

Facility Address: _____

Size of Event Area: _____ **Warm-Up Area:** _____

Spectator Capacity: _____ **Air-conditioned:** Yes ☐ No ☐

Facility Rental Fee: _____ **Restrooms Available:** Yes ☐ No ☐

Parking Availability: _____

Nearest Airport: _____ **Distance from site:** _____

Hotel Accommodations in area: Yes ☐ No ☐

Please note these Event Hosting Requirements:

1. Tournament must be licensed by the AAU; Event License should be applied for once bid has been approved by the AAU Jump Rope Executive Committee
2. All registered participants and coaches must be current AAU members.
3. Registration fees for AAU Jump Rope Tournaments may be set by the Host Team, but the registration fee may not exceed \$75.00 per athlete.
4. Host Team required to submit a capitation fee of \$5.00 per athlete registered for your event to the AAU Jump Rope Committee within two weeks of event.

I certify that the above information is accurate, that am I a current member of AAU, and that I agree to follow the guidelines established by the AAU for conducting this event.

Signature: _____ **Date:** _____

Submit completed Bid form to Megan Reith at megan.reith@gmail.com for review by the AAU Jump Rope Executive Committee. Bids should be submitted at least 2-3 months prior to event and will be reviewed as received by the committee.