



AAU JUMP ROPE

PROGRAM OVERVIEW



#WeAreAAU

www.aaujumprope.org

The AAU Jump Rope program offers opportunities for boys and girls, ages 22 and under, in all skill levels to participate in jump rope. Events are held throughout the country, including local competitions, invitationals, District Championships and the National Championship. Events are conducted under the current AAU Code, AAU Jump Rope Handbook and the competition rules of USA Jump Rope as modified by AAU. Modifications of rules that are beneficial to participants at the local level can be implemented with approval.

BENEFITS OF COMPETING IN AAU EVENTS

- 1. INSURANCE.** AAU members receive coverage from a multi-million-dollar insurance program.
- 2. NATIONAL CHAMPIONSHIPS.** AAU members have an opportunity to compete in national championship events at world-class facilities across the country.
- 3. SAFETY.** All non-athletes (coaches) must pass a background screening before competing in AAU Events.
- 4. MEMBERSHIP.** Nationally recognized non-profit multi-sport organization that anyone can join and compete.
- 5. EVENTS.** Freedom and flexibility in conducting programs and hosting events.

AGE DIVISIONS

The AAU Jump Rope program provides an avenue of competition from any ages as well as both genders. For more specific details on age division please visit the website and review the AAU Jump Rope handbook.

Single Rope Individual Events: *Females 8 and Under, 9, 10, 11, 12, 13, 14, 15-16, 17-18, 19-22, 23-over*
Males: 8 and Under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-22, 23-over

Pairs: *8 and Under, 9-10, 11-12, 13-14, 15-17, 18-over*

Double Dutch: *10-under, 11-12, 13-14, 15-17, 18-over*

Group Synchronized Routine: *14 & under, 15 & over*

Single Rope Pairs, Group Routine and Double Dutch may be same gender or mixed.

FEATURED EVENTS



AAU JUNIOR OLYMPIC GAMES

JULY 27-31, 2024 - GREENSBORO, NC

ALL DIVISIONS OUTLINED ABOVE

CONTACTS

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