



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

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

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

Separate Male & Female divisions:

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

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

1. Speed (30 sec. each partner),
  2. Power (30 sec. each partner), &
  3. Freestyle (60-75 seconds with music)
- Age groups are 8 under\*\*, 9-10, 11-12, 13-14, 15-17, and 18-over
- Combined score of these 3 components determines total score

**DOUBLE DUTCH SINGLES\*** (group of 3 jumpers with 2 long ropes), a Triple Crown event with 3 component events:

1. Double Dutch Single Speed (1 min., 1 jumper with 2 turners)
  2. Double Dutch Single Power (1 min., number of completed double unders, 1 jumper w/2 turners)
  3. Double Dutch Single Freestyle – 3 people, everyone turns and jumps (60-75 seconds with music)
- Age groups are 10-U, 11-12, 13-14, 15-17, and 18-over
- Combined score of the 3 components determines overall total score

**DOUBLE DUTCH PAIRS EVENTS\*** (group of 4 jumpers with 2 long ropes), a Triple Crown event with 3 component events:

1. Double Dutch 4x30 Speed Relay (each person must jump and turn for at least 30 sec.)
  2. Double Dutch 2x30 Power (1 min., 2 turners and 2 jumpers each jump 30 sec.)
  3. Double Dutch Pairs Freestyle – 4 people, 2 jumpers in ropes, everyone turns & jumps (60-75 sec with music)
- Age groups are 10-under, 11-12, 13-14, 15-17, and 18-over
- Combined score of the 3 components determines overall total score

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

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

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

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

**SINGLE ROPE GROUP ROUTINE\*:** A choreographed synchronized single rope routine, 2-4 minutes in length. Each group routine requires a minimum of 6 jumpers and no more than 24 jumpers.

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

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

Competition Age for 2023 AAU Jump Rope Tournaments is determined by the athlete's age as of June 15, 2025.

**Athletes qualify to compete at the AAU Junior Olympic Games by participating in any licensed AAU Jump Rope Tournament or Workshop during the 2024-2025 competition season, this includes licensed Virtual Events.** Athletes unable to attend a licensed 2025 AAU Event can apply through the Athlete Nomination Process to compete in Jump Rope at the AAU Junior Olympic Games, contact Megan Reith at [megan.reith@gmail.com](mailto:megan.reith@gmail.com) for additional information.

A current AAU Membership is required for all Athletes, Coaches, and Judges to participate in licensed AAU events. Memberships are available at [www.aausports.org](http://www.aausports.org); Youth Memberships are \$20.00; Adult Memberships are \$55.00.

**The 2025 AAU Junior Olympic Games is in Houston, Texas; Jump Rope dates are July 27-July 29, 2025.**

The Jump Rope Athlete Registration Fee for the 2025 AAU Junior Olympic Games is \$80.00.