



**ROPE SKIPPING
Federation of India**

ROPE SKIPPING FEDERATION OF INDIA(RSFI)

ROPE SKIPPING GAME

Including in

Association of Indian University (AIU), School Games Federation Of India (SGFI),
Central Board Of Secondary Education (CBSE), Kendriya Bidyalaya Sanghathan (KVS),
Navodaya Vidyalaya Samiti (NVS), Vidya Bharti Sansthan (VBS)

RULE BOOK

Version 2.0.3

**ROPE SKIPPING
Federation of India**



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INTRODUCTION

Rope Skipping is one of the indigenous game of India. Rope Skipping, which has established and recognized by people as a game in recent years but it has its deep roots in all over world. In medieval times, children used to skip rope just for fun and nobody then identified this fun as a sport. This is regularly played by school /college student and youth of the world. As the game is very much thrilling and exciting , it's liked by each and everyone. Originated in India, this game travelled a long journey to get recognition after its origin. Some medical professionals like Physiotherapists and rehabilitation professionals also found rope skipping useful for their patients as skipping rope did wonders for them. It is and was the most liked recreation activity and also improves physical state of the person in comparison to any other activity. It is proved in many researches done in India that only skipping rope take care of overall fitness of the body.

Our elders say that in Dwapar Yuga as Ancient time, when Yashoda Maiya used to tie Lord Krishna with a rope when he was a child, he would secretly untie that rope with the help of his friends and take it to the jungles so that he would not be tied again with that rope. The children of the village have been playing this traditional game since then they used to play rope skipping/ jump rope with their friends with that rope.

“Skipping is jumping for joy, step after step. Skipping provides exercise for the body, mind, and spirit.”

Rope Skipping is a low cost, indoor – outdoor activity that requires little equipment or space and no special attire. The variety of movement combination is unlimited, offering opportunities to express creativity and individuality. Rope Skipping improves fine and gross motor coordination, agility and fluidity of movement, flexibility and lateral movement. It also improves the senses of rhythm, speed, power, timing and balance. The rapid progression and improvement often experienced with skipping rope may help enhance self-esteem and body image. Rope Skipping also promotes social aspects. Especially Double Touch and Team freestyle encouraging team spirit.

Rope Skipping is an ideal recreational activity for all ages and lifestyles.

So Skip Rope to an enriched well being and good health!

FOREWORD

Since April 2019 the RSFI Technical Committees has been hard at work trying to create a new set of rules for Rope Skipping game. A lot of the rules are new.

RSFI Technical Committees

RULEBOOK

OFFICIAL VERSION

Prior to a tournament, the Tournament Director will designate the official version of the Rule Book for use in the tournament. This will be the official version used in the competition and will be used to resolve any questions or disputes. For National/State Championship, the current version of the RSFI rulebook will be used

GENERAL

PROTESTS AND APPEALS

The competition Director will designate a Tournament Committee that will hear and make decisions on protests and appeals within the competition. The committee should consist of the tournament director. No more than one person from a State can be a member of the tournament committee. At least a senior judge, senior skipper and a member of the technical committee should be included in this committee. The Tournament Committee can hear protests on:

- A scoring error related to data entry or calculation error
- A decision by the tournament director or other tournament officials that is unfair or inconsistent with published RSFI rules.

At its judgment, the Tournament Committee may use a video replay recorded on competition-run equipment.

To make an appeal the following process should be used

- 1.** Team head coaches or designated representative discusses the issue with the Tournament Director. The tournament director will propose a recommendation.
- 2.** If the coach/designated representative does not agree with this decision, she/he has one hour of the decision to appeal to the full Tournament Committee.
- 3.** On appeal, the coach/designated representative will present their case to the full Tournament Committee.
- 4.** The decision of the Tournament Committee is final and will be communicated to the coach/designated representative.

If corrections are made after awards are distributed, athletes will not be required to return any incorrectly given awards, but they may choose to do so as a show of sportsmanship.

INJURY AND SUBSTITUTIONS

In case of an injury during the competition, the skipper or coach will decide whether to continue the event or not.

There will be no re-skip and the event will be scored based on what was shown.

In the case of an injury to a competitor before the competition begins, no other skipper who is not a member of that team will be permitted to compete in their place. There will be no substitutions.

If the only male/female in an open team is injured and cannot compete, then that team is no longer an open team but a female or male team. This team will no longer be able to compete in the official competition, but will be ranked out of competition, as it is not allowed to switch categories during the Championship. All events executed with the required gender(s) will be scored and the team will be in the ranking for those events.

WITHDRAWAL

If an athlete/team doesn't show up on the competition floor within 1 minute of being called it will be considered a withdrawal from the event. It is the responsibility of athletes and coaches to follow the competition progress even if the tournament runs ahead of projected schedule.

DRUGS, ANTI-DOPING

Doping involves Prohibited Substances or Prohibited Methods that enhance sporting performance, risk health and/or are contrary to the spirit of sport. The National Rope Skipping Federation (RSFI) implements the mandatory and other portions of the Anti-Doping Program, the mandatory National Standards, and the Models of Best Practice. The RSFI recognizes the role of the Anti-Doping Agency in setting global standards and coordinating anti-doping national wide.

In particular, the RSFI adopts and applies the anti-doping rule violations set forth in the Code.

Subject to any right of appeal, the anti-doping rule violation and consequences decisions, Therapeutic Use Exemptions (*TUEs*), hearing results or other final adjudications of any Signatory to the Code which are consistent with the Code shall be recognized and respected by RSFI members.

An Adverse Analytical Finding reported to, or an anti-doping rule violation determined by, any authority that is recognized may be deemed to be an Adverse Analytical Finding or anti-doping rule violation under the NATIONAL ANTI-DOPING PROGRAM, which may apply to such cases.

AWARDS

RELEASE OF OFFICIAL RESULTS

The Tournament Director will release the official results of a RSFI Championship after all verifications and authorizations are complete. These results will be entered at the RSFI-site. The following awards will be presented during the Competition Awards Ceremony at the completion of the Championships.

National Championships

	Master	Team championship	Overall Championship
Overall	Gold, Silver and bronze medals for the first three places in each gender category.	Gold, Silver and bronze medals for the first three places overall in each gender category.	Gold, Silver and bronze medals for each member of the first three placed teams. The winning team will also receive a team trophy.
Per event	Gold, Silver and Bronze medals will be awarded for each event in each gender category.	Gold, Silver and Bronze medals will be awarded for each event in each gender category.	
Medals point	For Team events Gold= 10 points Silver = 6 points Bronze= 4 points	For Master events Gold= 5 points Silver = 3 points Bronze= 2 points	For Overall Trophy 1. According to medal point

Medals will only be given to those skippers who competed in the event. In the case of an overall medal for a team, all team members who competed in at least one of the events will receive a medal.

In the case of a tie in an event, all the n skippers/teams with the same result will receive the same medal. The next best score will receive a ranking which is n higher than the n skippers with the tie and this score receives the medal for this ranking.

For

example—

Skippers A and B score 98 and skipper C scores 97 and Skipper D scores

96. Skippers A and B will receive a gold medal; skipper C will receive a bronze medal and Skipper D will not receive a medal. Skippers A and B will receive one (1) ranking point, Skipper C will receive three (3) ranking points and Skipper D will receive 4 ranking points.

The winner of an overall competition can call himself/herself RSFI Champion for that specific category. For instance, the winner of the Male Masters

Championship can call himself RSFI Champion Male Masters

Winners of single events will be called the RSFI champion of the specific event. For instance, the winner of the RSFI Championship triples event for females will be called the RSFI Champion of triples females.

EQUIPMENT AND UNIFORMS

ROPES

Ropes can generally be of any length.

The number of ropes allowed in the competition field is according to the events.

For Double Dutch a maximum of one set of ropes (2 ropes make a set) is allowed.

PROPS

No props or special equipment, other than that which is attached to the body throughout the entire routine, may be used to add to the creativity and / or the degree of difficulty of the routine. Medic-Alert bracelets are accepted.

If a prop is released unintentionally from the body, it should be removed from the competition floor as quickly as possible by the competitors.

Removing a prop from the body intentionally will result in disqualification.

UNIFORM

Supportive athletic shoes must be worn. If an athlete loses a shoe during a routine, no skills will be scored whilst the athlete doesn't wear their shoes.

Each State must have a matching uniform for the Parade of Athletes and for the medal ceremonies. National team uniforms may have the team name, sponsor and / or logo displayed during the competition. The uniform worn by a team should obviously indicate that these skippers form a team and must share colors in like patterns as well as the same colour tops to bottoms. For example, if the three females in the team wear red shorts with a blue top then the male skipper must also wear red shorts and blue top, although the style can vary for him.

MUSIC

Music should be no longer than the allowed max time of the event it is used for, if not the music will be cut off at the length of the event. The time of the music is measured from the start of the audio file, not from the first audible signal.

Music should generally be submitted in advance; however, the athletes should be able to provide a USB with their music in case of a music failure. The ability to test the music before the competition should be provided.

VIDEOREPLAY

A video camera might be provided for each speed and multiples station to allow for recounts due to inaccurate clicking. If the head judge has notified the tournament director of inaccurate clicking the tournament director will notify the coach or a representative from the team who was present in the coach's box that the video of the event will automatically be recounted at a slower speed by an additional panel of judges. If no one was in the coach's box during the event, the national head-coach or head of delegation will be notified.

The event will be recounted off the competition floor while the tournament continues. Once the judges that are recounting the event get a score within 3 jumps, this score will be used to calculate a final, total speed score, and the tournament director will notify the coach or team representative of the new score. If the athlete(s) or coaches obstruct the view of the camera and a recount is not possible, the athletes do not receive a second attempt and will be given the score originally counted by the judges.

BROKEN ROPE OR HANDLE

If a rope or a handle breaks a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However a team or skipper may only have a maximum of two (2) attempts at the same event. The last attempt determines the score.

SPACE VIOLATION

Each time a skipper steps or places a foot completely outside the border(s) of the competition area at any time during the performance of the freestyle routine results in a space violation.

Each space violation is equal to a minor miss resulting in a deduction of 12.5 points from the total freestyle score.

There is no space violation deducted if only a rope goes outside the border(s).

A team will receive one space violation for each team member competing in that event that goes out of the field while the music is still playing 1'15 after the start of their routine.

MISSES

Minor Miss for masters and teams

A minor miss is an unintentional delay of the rope or an unintentional drop of a handle. The rope may hit a skipper, turner, or the opposite rope. Any other mistake involving

the rope(s) that causes a delay of **less than 2 seconds** is also a minor miss. If a skipper or team pulls out of a miss and the rope does not cause a delay in the routine, then that is considered a bobble and does not result in a deduction. However, the presentation judges should not ethically penalize this mistake in their Quality of Presentation.

FALSE STARTS

False Starts are not permitted in any event. The skipper(s) must remain still with no arm or rope movement before the BEEP sound is heard or the words - You May Begin - have been completely called out. Any movement before the announcement of these words has been completed or before the start of the BEEP sound constitutes a false start.

If a false start is detected the judges do not stop the skippers and **show red flag (minimum 5 sec.)** but there will be a 5 point deduction from the skipper's raw score.

SIGNALS, SOUNDS AND CALLOUTS

The call outs which are used in the competition are available on CD and can be downloaded from the RSFI website. The CD can also be obtained through the RSFI head office.

All speed events begin with the words ||Judges ready? Skippers ready? Set|| followed by a short BEEP and finish with a BEEP. A BEEP is called out each time one skipper must stop skipping and the next skipper must begin skipping.

TIMING

Masters and Team Championships – Freestyle

Timing begins with the first arm or rope movement or as soon as the first sound of the music starts. If the music does not start immediately after the call out, one is

allowed not to start and ask for a recall. The delay must be at least 5 seconds and a clear signal must be made by the athlete(s) that the music had not started correctly.

The routine will be judged finished when both the music and the skipper finish in a recognizable or identifiable end position. For example the music has ended and the rope has stopped in some arrangement with the skipper for at least two seconds.

Masters and Team Championships – Speed events

Timing starts at the beginning of the first BEEP and stops at the beginning of the second BEEP. (The Triple Under event is an exception and will not be timed).

CHAMPIONSHIP

Timing begins at the first sound of the music or the first rope movement, whichever is first. Timing stops when all skippers stop skipping and clearly show that the routine has ended.

QUALIFICATIONS OF JUDGES

To become an **RSFI certified judge** in a judging category it will be required to complete training & Certification, live training and pass a standardized certification test.

JUDGES REQUIREMENT

Minimum 24 judges require for Championship or its depend on the total participants.

Judges Should be qualified with A Grade from Rope Skipping Federation of India (RSFI).

DRESSING CODE FOR JUDGES

In Summer Season:- White Shirt/T-Shirt, Blue Pant and black Sports Shoes

In Winter Season:- Blue Blazers, White Shirt, Black Pant and Sports Shoes

Note: - 1. Color of dress will be decided in 2020 RSFI Board meeting.

2. If any judge score will be declared wrong/ so Executive Board members are action for judge will ban in minimum 1 year /maximum 3 years.

COMPETITION AREA

General Information

The competition floor should be a high quality, wooden sprung or cushioned sports floor.

All competition areas must be measured from the outside edge of the boundary.

The boundaries of the competition area will be marked with well-defined lines. The color of these marks should be a clear contrast from the floor and other pre-existing marks on the floor.

There should be a 2-meter margin between each competition field.

FREESTYLE FIELD

Freestyle fields are 12×12-meter squares.

Show Freestyle Field

Show freestyle fields will be dependent on the size of the venue, a minimum of 16×24-meters are recommended. The available space should be communicated well in advance.

SPEED AND MULTIPLESFIELD

Speed and multiples stations are 5×5-meter squares.

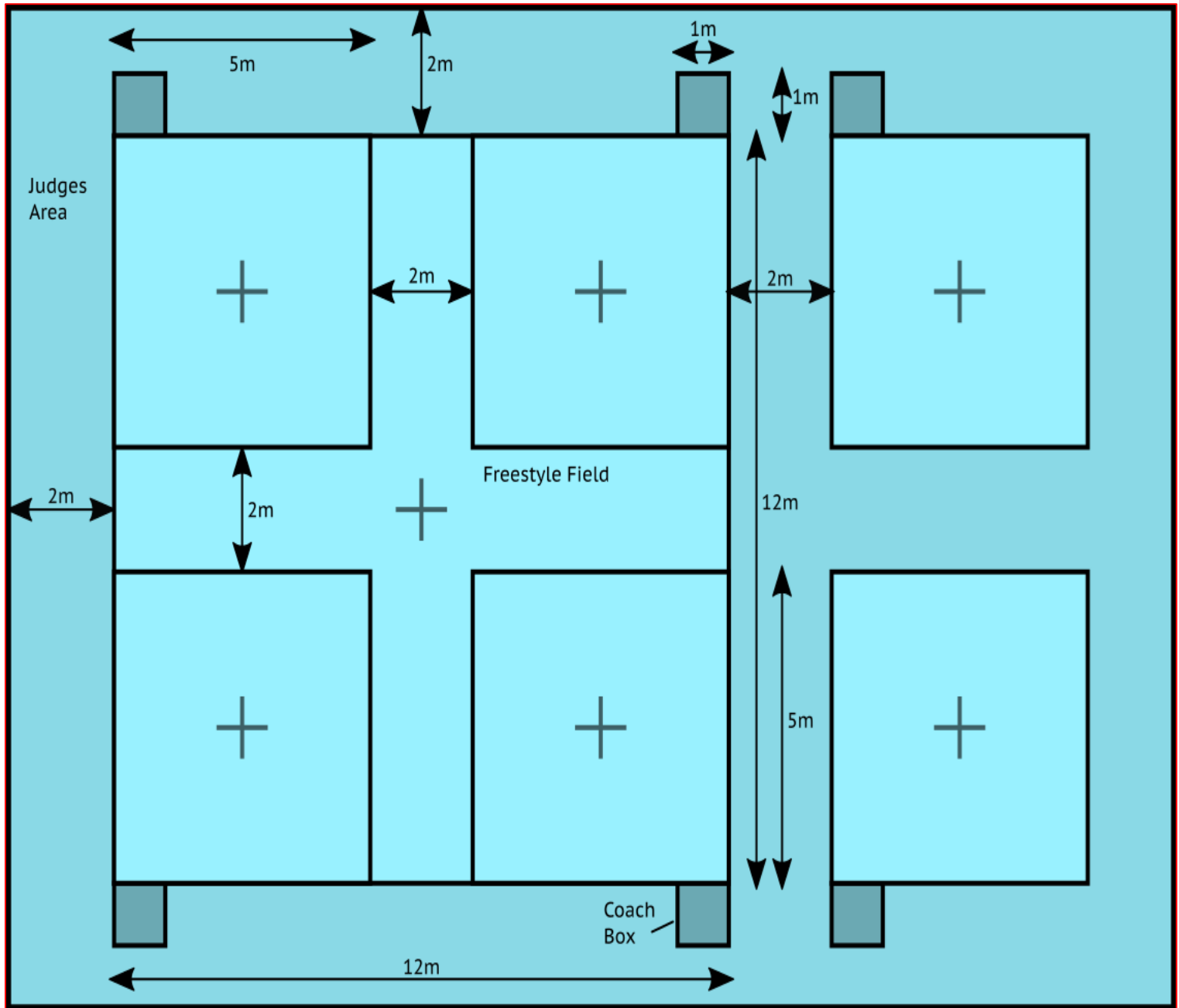
COACH BOX

A 1×1-meter coach's box will be placed outside each speed and freestyle field and positioned at one of the corners.

One of the four sides of the coach's box must be a part of the freestyle field or speed field's side. The coach's box should not block the view of the judges or video-replay cameras.

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COMPETITION AREA



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Note:- Extra 2 Arena (1 is Player Reporting Area) and (1 is Practice Area).

DIVISIONS

Gender Categories

For team events the gender categories are defined as follows

- Female genderall female
- Male genderall male
- Mixed genderat least one male and one female

<u>Categories</u>	<u>Division</u>
• Novice Category	08 to 11 Years
• Sub-Junior Category	11 to 14 years
• Junior Category	14 to 17 years
• Senior Category	17 to 31 Years
• Master category	32 years & above

RSFI- CHAMPIONSHIP

Number of State

There should be maximum number of State/Unit for this competition to take place.

Competition Day

The competition will be held on minimum 3 days.

ROPE SKIPPING
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EVENTS

(Individual Events)

1.SPEEDHOP(SRSH).....1×30seconds.....1athlete

<https://www.youtube.com/watch?v=HyBEKi9Ysvg>

Time limit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many Single Bounce as possible within the time limit.

Execution Requirements

The Single BounceJump must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

2.SPEED JOGGER(SRSJ)....1×30seconds.....1athlete

<https://www.youtube.com/watch?v=mB-gOyH2ApY>

Timelimit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many jogger step as possible within the time limit.

ExecutionRequirements

The Jogger Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

3. FREESTYLE(SRFS)....60-75seconds.....1athlete

Time limit-60-75 seconds

Callout-JudgesReady/SkippersReady/You may Begin 45 sec. 60 sec. BEEP.

Goal- To complete as many skills as possible within the time limit.

Execution Requirements

Freestyle is any combination of skills in a routine limited only by the imagination of the skipper. No props or special equipment may be used during the routine. Only activity in the designated area counts.

Music

Music for freestyle is optional. If the wrong music is played the skipper must stop his or her routine within 5 seconds of starting and he or she will have 15 minutes to provide the staff with the appropriate music. If the music fails during a routine, the skipper should continue without music as he/she will not be permitted to re-skip, unless the fault was definitely caused by the sound system and not due to a faulty CD.

4. ENDURANCE (SRE). 2 MIN.1athlete

<https://www.youtube.com/watch?v=rkPJkxLDr5g&t=41s>

Timelimit-2 MIN.

Callout-JudgesReady/SkippersReady/BEEP.30 sec. 45 sec. 1 Min. 1.30 sec. 1.45 sec. .BEEP.

Goal- To complete as many jogger step as possible within the time limit.

Execution Requirements

The jogger step must be used. The skipper will skip in their designated area. There will be a deduction of 5 points from the raw score for a false start.

5. ONE LEG SWITCH (OLSSB)....1×30seconds.....1athlete

<https://www.youtube.com/watch?v=CrH-fCWHkoc>

Time limit- **30 seconds** (15 second each leg)

Callout-JudgesReady/SkippersReady/Set.BEEP.05.10...Switch...05..10BEEP.

Goal- To complete as many step as possible within the time limit.

Execution Requirements

The Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts. Players have to jump (single bounce) from each leg 15 sec. and after 15 sec. he/she has to switch leg for next 15 sec. There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

TEAM EVENTS

1. JOGGER RELAY & DOUBLE SKIP RELAY-

(SRSR)...4×30seconds.....4athlete

Time limit-4x 30 seconds. The 120 seconds (two minutes) time limit runs continuously with no stops or breaks.

Callout-Judgesready/Skippersready/Set.BEEP.10.20.BEEP.10.20.BEEP.10.20.BEEP.10.20.BEEP.

Goal - To complete as many speed jumps as possible within the time limit with a relay of 4 skippers.

Note: The first, second, third and fourth skipper should all be different skippers.

Execution Requirements

The Jogger Step must be used by first 2 skippers and last two skippers have to do double skip. Each skipper must skip in their designated area and only activity in the designated area counts. The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running (this includes also skippers that already skipped their 30|| or still have to skip their 30||).

Changing Skippers / The Switch:

The first skipper jumps for the first 30 seconds. At the 30 second mark, "BEEP" is called.

The first skipper stops skipping and the second skipper begins and jumps for the next 30 seconds. The same for the third and fourth skipper.

There is no break in timing for the switch to be made.

There will be a deduction of 5 points from the raw score for each False Switch. In this case a False Switch is when the new skipper starts moving his arms, legs or rope before the 'BEEP' is called out. There is no break in timing for the switch to be made.

When "BEEP" is called the counting is stopped until the next skipper begins with their right foot hitting the floor and the rope passing under the right foot cleanly.

2. SINGLE TOUCH L-III SPEED(STLS)....30seconds...4athlete (with belt)

Time limit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many joggers' step as possible within the time limit.

Execution Requirements

The Jogger Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

3. DOUBLE TOUCH PAIR SPEED(DTPS).....2X60seconds.....4athlete

Time limit- 120 seconds

Callout—"Judges ready/ Skippers, ready/ Set. BEEP. 15. 30. 45.BEEP. 15. 30. 45.BEEP.

Goal-To complete as many jumps as possible within the time limit with a relay of different skippers.

Execution Requirements

The Speed Step must be used. All skippers and turners must remain in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper/team who/which moves out of their designated area while the clock is still running.

Procedure:

- 1.** A and B turn for C, who is facing B.
- 2.** A and B turn for D, who is facing C.

4. FRONT TO FRONT

Time limit 60 seconds

Call out —Judges ready/ Skippers ready/ Set. BEEP. 10. 20. Switch. 10. 20. BEEP.

Goal -To complete as many speed jumps as possible within the time limit.

- Stand on face as per your chose (FRONT TO FRONT, FRONT TO BACK, and BACK TO BACK

- In this event skipper do speed-hop smoothly.

Execution Requirements

The Speed Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts. The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses

5. PAIR FREESTYLE (SRPFS)....60-75seconds.....2athlete

Timelimit- 60-75 seconds

Callout-JudgesReady/SkippersReady/You may Begin 45 sec. 60 sec. BEEP.

Goal- To complete a creative routine with as many correctly executed skills at the skipper's highest ability within the time limit.

Execution Requirements

- a. Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper.
- b. No props or special equipment may be used to add to the creativity and / or the degree of difficulty of the routine. Only activity in the designated areacounts.
- c. Only the synchronized skills will be judged for difficulty except where the choreography specifically dictates otherwise. The more synchronized skills performed in the routine, the higher the score.

Music

Music for freestyle is optional. If the wrong music is played the skippers must stop their routine within 5 seconds of starting and they will have 15 minutes to provide the staff with the appropriate music. If the music fails during a routine, the team should continue without music as he/she will not be permitted to re-skip, unless the fault was definitely caused by the sound system and not due to a faulty CD.

6. DOUBLE TOUCH FREESTYLE (DTSFS)....60-75seconds.....3athlete

Timelimit- 60-75 seconds

Callout-JudgesReady/SkippersReady/You may Begin 45 sec. 60 sec. BEEP.

Goal- To complete a creative routine with as many correctly executed skills at the skipper's highest ability within the time limit.

Execution Requirements

- a. All turners must become jumpers and do a minimum of three (3) skills IN the ropes for the routine to be valid.
- b. All skippers must be involved in the turner involvement.
- c. No props or special equipment may be used.
- d. Only activity in the designated area counts.
- e. Freestyle is any combination of skills put together into a routine limited only by the imagination of the skipper.

Music

Music for freestyle is optional. If the wrong music is played the skippers must stop their routine within 5 seconds of starting and they will have 15 minutes to provide the staff with the appropriate music. If the music fails during a routine, the team should continue without music as he/she will not be permitted to re-skip, unless the fault was definitely caused by the sound system and not due to a faulty CD.

7. L-III Speed (2 Players) <https://www.youtube.com/watch?v=3dK8yvzGNqw>

Time limit -30 seconds

Call out- -Judges Ready/ Skippers Ready/ Set. BEEP. 10. 20. BEEP.

Goal -These events do Jogger Step. To complete as many speed jumps as possible within the time limit.

Execution Requirements

The Speed Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

EVENTSfor
SPECIAL OLYMPIC BHARAT

1. SPEEDHOP(SRSH).....1×30seconds.....1athlete

Timelimit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many Single Bounce as possible within the time limit.

Execution Requirements

The Single Bounce Jump must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

2. FRONT to BACK (SRF-B)....30seconds.....2athlete

Timelimit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many jogger step as possible within the time limit.

Execution Requirements

The Jogger Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

3. FRONT to FRONT (SRF-F)....30seconds.....2athlete

Timelimit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many jogger step as possible within the time limit.

Execution Requirements

The Jogger Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

4. SINGLE TOUCH SPEED (STS)....30seconds.....3athlete

Timelimit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many single bouncestep as possible within the time limit.

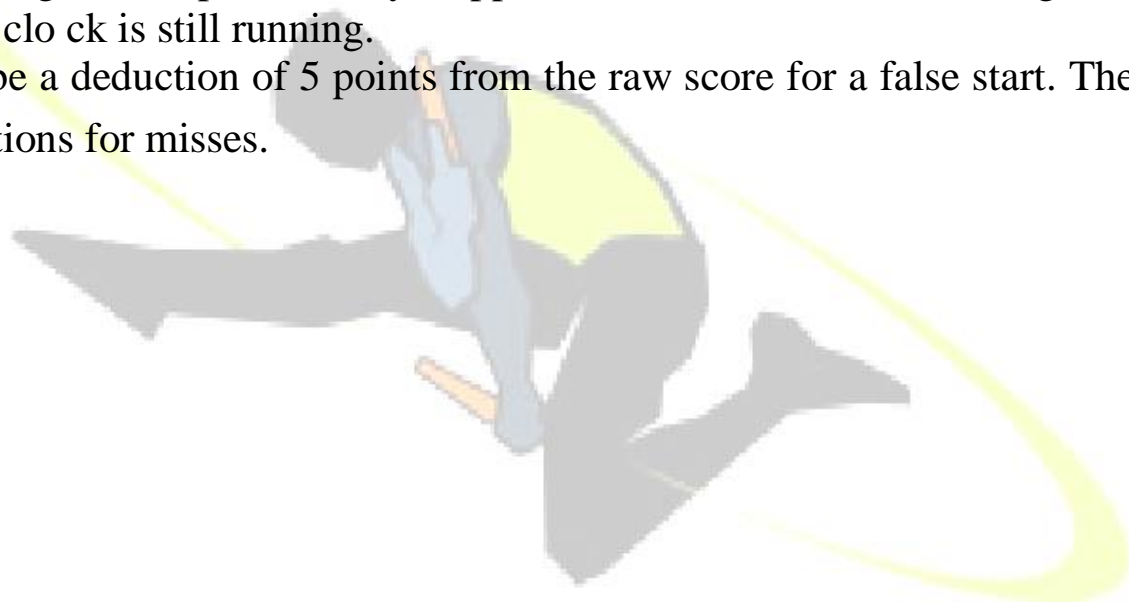
Execution Requirements

The single bounce Step must be used. The skipper will skip in their designated area.

Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.



**ROPE SKIPPING
Federation of India**

EVENTSfor
BLIND ATHLETES

1. SPEEDHOP(SRSH).....1×30seconds.....1athlete

Time limit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many Single Bounce as possible within the time limit.

Execution Requirements

The Single Bounce Jump must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

2. FRONT to BACK (SRF-B)....30seconds.....WQ.....2athlete

Time limit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many jogger step as possible within the time limit.

Execution Requirements

The Jogger Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

3. FRONT to FRONT (SRF-F)30seconds.....2athlete

Time limit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many jogger step as possible within the time limit.

Execution Requirements

The Jogger Step must be used. The skipper will skip in their designated area. Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area

while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

4. SINGLE TOUCH SPEED (SDS)....30seconds.....3athlete

Timelimit- 30 seconds

Callout-JudgesReady/SkippersReady/Set.BEEP.10.20.BEEP.

Goal- To complete as many single bounce step as possible within the time limit.

Execution Requirements

The single bounce Step must be used. The skipper will skip in their designated area.

Only activity in the designated area counts.

The Head Judge will reposition any skipper who moves out of their designated area while the clock is still running.

There will be a deduction of 5 points from the raw score for a false start. There are no deductions for misses.

5. FREESTYLE(SRFS)....60-75seconds.....1athlete

Timelimit-60-75 seconds

Callout-JudgesReady/SkippersReady/You may Begin 45 sec. 60 sec. BEEP.

Goal- To complete as many **basic skills** as possible within the time limit.

Execution Requirements

Freestyle is any combination of skills in a routine limited only by the imagination of the skipper. No props or special equipment may be used during the routine.

Only activity in the designated area counts.

Music

Music for freestyle is optional. If the wrong music is played the skipper must stop his or her routine within 5 seconds of starting and he or she will have 15 minutes to provide the staff with the appropriate music. If the music fails during a routine, the skipper should continue without music as he/she will not be permitted to re-skip, unless the fault was definitely caused by the sound system and not due to a faulty CD.

NOTE:- Beaded rope is compulsory for all blind skippers.

CBSE Inter-School Sports & Games Competitions (Zonal / National) Age Group: 14 & 19 (Boys & Girls)

1. The competition will be conducted according to the rule of Rope Skipping Federation of India (RSFI), for complete rulebook log on to website: - www.ropeskippingindia.co
2. All equipment used for tournaments should be approved by Rope Skipping Federation of India (RSFI) all Speed Event should be performed with RSFI approved Bluetooth Smart Rope. Without coated wire is not allowed in the tournament.
3. The competition will be held directly at National Level.
4. The competition will be held in 14 & 19 age category.
5. Separate competition will be held for boys and girls category.
6. **A team consist of maximum 04 (Four) Players in each category.**
7. One player can participate in maximum 1 master event & 2 team events.
8. In each age group, entries from total 25 Boys/School and 25 Girls/School will be accepted on first come and first serve basis.
9. Official/Judges Should be qualified from Rope Skipping Federation of India (RSFI) & maximum Officials/Judges should be 16 and minimum 08 Officials/Judges required for the competition.
10. The competition will be held for "Team Championship".
11. All skippers/players of the team shall wear same colour / Part uniform, preferably tied fitted Skin suite, T-Shirt & Shorts and Shoes.
12. Injury : In case any Injury during the competition, the skipper or his/her coach will decide whether to continue the event or not. There will be re-skip and the event will be scored based on what was shown.
13. Broken of Handle or Rope : If a rope or handle breaks, a repeat attempt is permitted after a suitable rest period at the 10 minute. However, a team or skipper may only have a maximum of two attempts at the same event. The last attempt determines the score.
14. The list of Events:

S. No.	Name of the Events	Type	Duration	Event Description
1	Speed Hop	Master	30 Sec	Skipping with 30 Sec (Bounce)
2	One Leg Switch	Master	30 Sec	Skipping with 30 Sec (Bounce) 15 Sec. from each leg
3	Speed: Jogger	Master	30 Sec	Skipping with 30 Sec Jogging
4	Endurance	Master	2 Min	Skipping with 2 Min Jogging
5	Freestyle	Master	75 Sec	Free Movement with Skipping
6	Jogger Relay & Double Skip Relay - Single Rope	Championship	2 Min.	4 Skipper for 30 Sec Skipping each
7	Front to Front	Championship	1 Min.	2 Skipper for 30 Sec Skipping each (Single Bounce)
8	Double Touch Pair Speed	Championship	2 Min.	4 Skipper (2 Skipper for 60 Sec. Jogging Each.
9	Double Touch Single Freestyle	Championship	75 Sec	3 Skippers Free Movement with Skipping
10	Single Rope Pair Freestyle	Championship	75 Sec	2 Skippers Free Movement with Skipping
11	Single Touch L-III Speed	Championship	30 Sec	4 Skippers (2 Skipper for 30 Sec. Jogging with use of belt)

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Discipline- ROPE SKIPPING**(MEN / WOMEN)****Rules for the Conduct of****Inter-University Tournaments/All India Inter-University Tournaments**

1. The competition will be conducted according to the rule of the Rope Skipping Federation of India (RSFI), for a complete rule book log on to the website: www.ropeskippingindia.co
2. All equipment used for the tournament should be approved by the Rope Skipping Federation of India (RSFI). All Speed Events should be performed with RSFI-approved Bluetooth Smart Rope. Without coated wire is not allowed in the tournament.
3. The tournament will be held directly at National Level.
4. The tournament for men's and women's sections shall be conducted.
5. **The number of players representing a university shall not be more than 8 (including 6 players for playing & 2 players for Extra for team events)**
6. Official/Judges Should be qualified from the Rope Skipping Federation of India (RSFI) & the maximum Officials/Judges should be 16 and a minimum of 08 Officials/Judges required for the tournament.
7. One player can participate in a maximum of 1 master event & 2 team events or 3 team events.
8. The tournament will be held for the "Team Championship".
9. All skippers/players of the team shall wear the same color / Parten uniform, preferably tied fitted Skin suit, T-Shirt & Shorts and Shoes.
10. Injury: In case of any Injury during the tournament, the skipper or his/her coach will decide whether to continue the event or not. There will be a re-skip and the event will be scored based on what was shown.
11. Broken Handle or Rope: If a rope or handle breaks, a repeat attempt is permitted after a suitable rest period of 10 minutes. However, a team or skipper may only have a maximum of two attempts at the same event. The last attempt determines the score.
12. The list of Events :

S. No.	Name of the Events	Type	Duration	Event Description
1	Speed Hop	Master	30 Sec	Skipping with 30 Sec (Bounce)
2	One Leg Switch	Master	30 Sec	Skipping with 30 Sec (Bounce) 15 Sec. from each leg
3	Speed: Jogger	Master	30 Sec	Skipping with 30 Sec Jogging
4	Endurance	Master	2 Min	Skipping with 2 Min Jogging
5	Freestyle	Master	75 Sec	Free Movement with Skipping
6	Speed Relay & Double Under Relay – Single Rope	Championship	2 Min.	4 Skipper for 30 Sec Skipping each
7	Front to Front	Championship	1 Min.	2 Skipper for 30 Sec Skipping each (Single Bounce)
8	Double Touch Pair Speed	Championship	2 Min.	4 Skipper (2 Skipper for 60 Sec. Jogging Each.
9	Double Touch Single Freestyle	Championship	75 Sec	3 Skippers Free Movement with Skipping
10.	Single Rope Pair Freestyle	Championship	75 Sec	2 Skippers Free Movement with Skipping
11.	Single Touch L-III Speed	Championship	30 Sec	4 Skippers (2 Skipper for 30 Sec. Jogging with the use of a belt

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SGFI/KVS/NVS/VBS REGIONAL/NATIONAL ROPE SKIPPING COMPETITION **Age Group: U- 14, U- 17 & U-19(Boys&Girls)**

1. The competition will be conducted according to the rule of Rope Skipping Federation of India (RSFI), for complete rulebook log onto website: -www.ropeskippingindia.co
2. All equipment used for tournaments should be approved by Rope Skipping Federation of India (RSFI) all Speed Event should be performed with RSFI approved Bluetooth Smart Rope. Without coated wire is not allowed in the tournament.
3. The competition will be held in 14, 17 & 19 age category.
4. Separate competition will be held for boys and girls category.
5. **A team consist of maximum 06 (Six) Players with 2 extra players in each category.**
6. One player can participate in maximum 1 master event & 2 team events.
7. Official/Judges Should be qualified from Rope Skipping Federation of India (RSFI) & maximum Officials/Judges should be 16 and minimum 08 Officials/Judges required for the competition.
8. The competition will be held for "Team Championship".
9. All skippers/players of the team shall wear same colour / Parten uniform, preferably tied fitted Skin suite, T-Shirt & Shorts and Shoes.
10. Injury : In case any Injury during the competition, the skipper or his/her coach will decide whether to continue the event or not. There will be re-skip and the event will be scored based on what was shown.
11. Broken of Handle or Rope : If a rope or handle breaks, a repeat attempt is permitted after a suitable rest period at the 10 minute. However, a team or skipper may only have a maximum of two attempts at the same event. The last attempt determines the score.
12. The list of Events:

S. No.	Name of the Events	Type	Duration	Event Description
1	Speed Hop	Master	30 Sec	Skipping with 30 Sec (Bounce)
2	One Leg Switch	Master	30 Sec	Skipping with 30 Sec (Bounce) 15 Sec. each leg
3	Speed: Jogger	Master	30 Sec	Skipping with 30 Sec Jogging
4	Endurance	Master	2 Min	Skipping with 2 Min Jogging
5	Freestyle	Master	75 Sec	Free Movement with Skipping
6	Jogger Relay & Double Skip Relay - Single Rope	Championship	2 Min.	4 Skipper for 30 Sec Skipping each
7	Front to Front	Championship	1 Min.	2 Skipper for 30 Sec Skipping each (Single Bounce)
8	Double Touch Pair Speed	Championship	2 Min.	4 Skipper (2 Skipper for 60 Sec. Jogging Each.
9	Double Touch Single Freestyle	Championship	75 Sec	3 Skippers Free Movement with Skipping
10	Single Rope Pair Freestyle	Championship	75 Sec	2 Skippers Free Movement with Skipping
11	Single Touch L-III Speed	Championship	30 Sec	4 Skippers (2 Skipper for 30 Sec. Jogging with use of belt

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ROPE SKIPPING
Federation of India
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