



## Canadian Rope Skipping Federation Competition Information

**Athletes may compete as part of a team or as an individual (known as Masters). The events for each category are listed below. Each individual/team must complete all listed events for their category.**

### Team Competition: consists of 4-5 athletes

Team Events:	Time:	Notes:
1 Speed Relay -	30 sec x 4 athletes	4 athletes do as many "running step" jumps as possible in 30 sec
2 Power Relay -	30 sec x 4 athletes	4 athletes do as many double unders as possible in 30 sec
3 Pairs Freestyle -	45 sec - 75 sec	2 athletes work together in a routine with single ropes
4 Group Freestyle -	45 sec - 75 sec	4 athletes work together in a routine with single ropes
5 Double Dutch Speed	45 sec x 4 athletes	4 athletes do as many "running step" jumps in double dutch as possible
6 Double Dutch Pairs Speed	1 min x 2 athletes	2 athletes do as many "running step" jumps in double dutch as possible
7 Double Dutch Pairs Freestyle	45 sec - 75 sec	4 athletes work together in a double dutch routine
8 Double Dutch Single Freestyle	45 sec - 75 sec	3 athletes work together in a double dutch routine

### Masters Competition

#### Masters Events

1 Speed	30 sec	the athlete does as many "running step" jumps as possible in 30 sec
2 Speed Endurance	3 min	the athlete does as many "running step" jumps as possible in 3 min
3 Consecutive Timed Power	2/3min	14 yrs and under do 3 minutes of consecutive double unders; 15 yrs + do 2 minutes of consecutive triple unders
4 Single Rope Freestyle	45 sec - 75 sec	the athlete completes a single rope routine