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ROPE SKIPPING

HISTORY

Rope skipping is a popular playground activity and exercise as well as a competitive sport involving one or more players jumping over a swinging rope. The first International Rope Skipping Organisation was founded by Richard Cendali in the early 1990s, but it was mainly an American organisation. A more inclusive organisation called the *Federation Internationale de saut a la Corde* (FISAC) was set up in 1996, and it held the first World Rope Skipping Championship in 1997 in Australia. The English translation, International Rope Skipping Federation (IRSF), was added to the organisation's name in 2000. In 2010, the Asian Rope Skipping Federation was officially recognised by the FISAC-IRSF. The Indian Rope Skipping Federation is affiliated to the Asian Rope Skipping Federation.

For several years, there were two main world organisations for rope skipping: FISAC-IRSF and the World Jump Rope Federation. In 2018, the two organisations merged to form the International Jump Rope Union (IJRU), which is headquartered at Dayton, Ohio, USA. The two organisations will hold their separate events till 2019, and the IJRU's first major event will be the World Championship in 2020.

ROPE SKIPPING COURT, EQUIPMENT AND OFFICIALS

- ❖ The floor surface should be a high quality, wooden sprung/cushion sports floor. The floor must be marked in a rectangular shape with lines (a) of a contrasting colour to the floor surface and any other markings on the floor, and (b) at 90 degrees to each other.

- ❖ **Dimensions: Speed:** 5 m × 5 m; Freestyle: 12 m × 12 m
- ❖ For speed events, a 1 m × 1 m area close to the competition field is reserved for a coach and/or extra skippers of the team. The area reserved for the judges is 3 m surrounding the competition floor. Spectators should be positioned at least 1 m from the judges' area.
- ❖ Any rope may be used as long as it is powered by the athlete. There are generally no restrictions on the length of the rope for most rope skipping events, and skippers are supposed to choose a length that suits their height.
- ❖ Supportive athletic shoes must be worn to protect the skipper's feet.
- ❖ No items of jewellery may be worn. The exceptions are a wedding band, ear studs and medic-alert bracelets.
- ❖ No props or special equipment, other than that which is attached to the body throughout the entire



Figure 14.1
Rope skipping

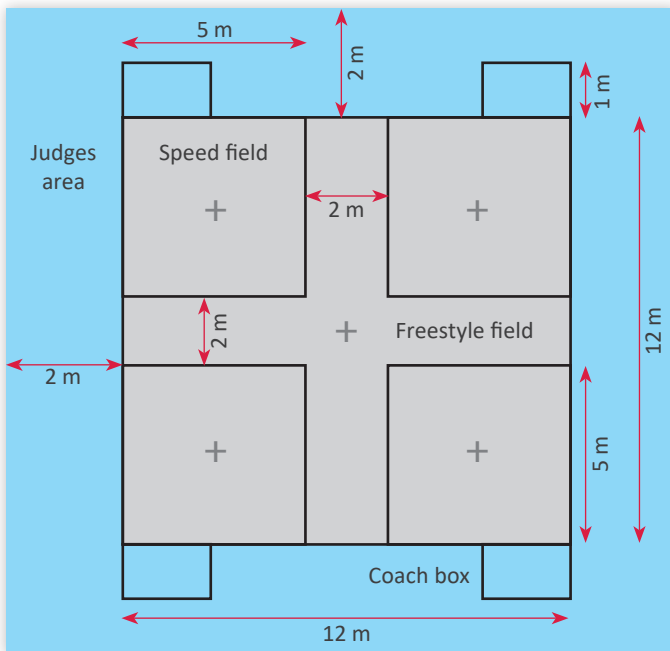


Figure 14.2 The floor surface for rope skipping competitions

routine, may be used to add to the creativity and/or degree of difficulty of the routine. Medic-alert bracelets are accepted.

- ❖ The events are adjudged by a panel of judges. The number of judges in a panel depends on the event and the organising committee, but each panel should have one head judge and a few other judges with specific responsibilities.

RULES OF ROPE SKIPPING

Rope skipping competitions, typically, include multiple individual and team events that are organised in a specific order. Some of these events test speed and endurance of the skipper(s), while the others (freestyle) test difficulty and creativity. In the first category, i.e. Single Rope Speed–Sprint; Endurance; Triple Unders and Freestyle are individual events. In the second category, i.e. Single Rope Speed Relay, Double Dutch Speed Relay, Single Rope Pair Freestyle, Single Rope Team Freestyle, Double Dutch Single Freestyle and Double Dutch Pair Freestyle are team events. These events have different time limit, call out, goal and execution requirements.

FUNDAMENTAL SKILLS OF ROPE SKIPPING

Here are a few of the common fundamental skills of rope skipping (each of these skills can be made more complicated by increasing the speed or jumping to the time of the beat of a song):

- ❖ **Single Bounce (Basic Jump):** Jump once per rotation of the rope using both feet.
- ❖ **Jogging Step:** Jump once on the right foot and once on the left foot. This is the speed step for competition. The challenge is to improve the speed.
- ❖ **Double Bounce:** Jump twice per rotation of the rope using both feet.
- ❖ **One Foot Bounce:** Jump once per rotation of the rope using one foot.
- ❖ **Boxer:** Two jumps on the right foot for one rotation; two jumps on the left foot for the next rotation, and so on.
- ❖ **Backward Jumping:** The same technique as basic jump, but the arms move in the opposite direction.
- ❖ **Skier:** Jump once towards the right, then once towards the left, and so on. Make little jumps to avoid falling.
- ❖ **Bell:** Jump once forward, then once backward, and so on. The rope keeps rotating in the forward direction.
- ❖ **Side Swing:** Hold hands together in front of body and practice the motion of rowing a boat as you swing the rope to each side of the body.
- ❖ **Double Under:** Jump once on two feet for every two rotations of the rope.
- ❖ **Can Can:** Raise right knee to waist height and bring it down for a basic jump. Kick the right leg out in front of the body and bring it down for a basic jump. Repeat both with the left leg.
- ❖ **180° Turn:** Practice a side swing and follow the rope around until you are facing the opposite direction. Make sure your hands are brought together as you make the turn.
- ❖ **Face to face:** Two skippers jump together using one rope by standing close and facing each other. One of the skippers holds the rope handles. The challenge is to communicate properly with each other.
- ❖ **Face to Back:** Same as face to face, except both skippers face in the same direction and the rope is held by the skipper at the back.
- ❖ **Back to Back:** Same as face to face, except both skippers backs face each other and the rope is held by one of the skippers.
- ❖ **Piggy in the Middle:** One skipper and two turners. The two turners stand on either side of the skipper and turn the rope in sync.

There are several other skills possible, including Chinese Wheel, Giant Wheel, Double Dutch, Long rope skills, etc.

TERMINOLOGY

Accent: A highlight, an emphasis or a rhythmical stress or accent done to the music in a freestyle routine.

Chinese Wheel: Two skippers jumping 'together' with interlinked, alternating ropes. Each skipper holds one end of their own rope and the other end is held by the other skipper. The ropes are turned alternately and the skippers jump alternately for each beat of the ropes performing different skills and exchanges as they skip.

Consecutive Series: Continuously repeating a particular jump or skill without any other jumps or without stopping in the series of jumps.

Double Dutch: Two turners hold each end of two ropes between them. The ropes are turned mirror image to each other while a skipper, or skippers jump the ropes and perform different skills and exchanges. In a Double Dutch freestyle, credit is also given for turning the ropes in different ways such as in Chinese Wheel.

Double Under: In one jump, the rope passes under the feet of the skipper twice before the skipper's feet touch the ground for the next jump. It is one double revolution of the rope each jump.

False Start: When the skipper starts to turn or move the rope(s) before the start of the BEEP sound. If a skipper commits a false start there will be a 5 point deduction from the skipper's raw score. If a false start is detected, the judges do not stop the skipper(s), they will be allowed to complete the event.

False Switch: A False Switch is when a skipper enters the ropes and starts skipping before the call of the 'Switch BEEP'.

- a. **Single Rope Speed Relay:** The second, third as well as the fourth skippers must not start before the call of the 'Switch BEEP'.
- b. **In Double Dutch Speed Relay:** The second, third or fourth skipper must not enter the ropes until after the call of the "Switch BEEP" and until the replacement turner has independent and complete control of the ropes.

Giant Wheel: More than two skippers jumping together with interlinked, alternating ropes. Each skipper holds one end of their own rope and the other end is held by another skipper, such that the ropes alternate while both, or all of the skippers jump for each beat of the ropes and perform different

skills and exchanges. At least one turner holds only one rope.

Long Rope: Minimum length is 7 metres. Long ropes can be turned and jumped in any fashion. Some examples are (but not limited to) triangle, rainbow and giant wheel.

Minor Miss in Masters and Teams: A minor miss is an unintentional delay of the rope or an unintentional drop of a handle.

Major Miss in Masters and Teams: A major miss is defined as the rope(s) being delayed for two seconds or longer because of a miss.

World Cup Mistakes: A major mistake is a mistake in which at least half of the active team is involved or any mistake which would last longer than 4 seconds if you would want to continue. All other mistakes are considered minor.

Restricted skill: 'Restricted' refers to the restriction in the amount of movement or the range of motion a joint can make.

Single Rope: An individual skipper using one (single) rope.

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 routine. Each space violation is equal to a minor miss. There is no space violation deducted if only a rope goes outside the border(s).

Squeezed Handle: Handle held by any body part except the hand.

Switch: A term used to indicate to one skipper that their time is up and they must stop skipping and the next skipper has to begin skipping according to the proper requirements.

Technical Execution: The skipper exhibits the correct technique for the skills chosen in the routine, power, strength, acrobatic movements, body inversions and the smooth flow of the routine.

Time Violation:

- a. **Triple Under:** If a skipper does not start within 15 seconds after 'You may begin' has been called out, 5 triples will be deducted from the raw score.
- b. **Freestyle:** A routine lasting less than 60.00 seconds and more than 75.00 seconds will be penalised by deducting a major miss.

Traveller: One or more skippers 'catching' other

skippers with either a single rope, or in Double Dutch or Chinese Wheel.

Triple Under: In one jump the rope passes under the feet of the skipper three times before the skipper's feet touch the ground for the next jump. It is one triple revolution of the rope each jump.

IMPORTANT TOURNAMENTS

World Rope Skipping Championship, USA Open International Championship, Asian Continental Rope Skipping Championship, World Inter-School Rope Skipping Championship, National Rope Skipping Championship



SUMMARY

1. Rope skipping is a popular playground activity and exercise that has become a popular and a competitive sport in recent times.
2. It was only in the 1990s that the international governing body for rope skipping, FISAC, was set up.
3. The two top governing bodies for rope skipping FISAC-IRSF and WJRF merged in 2018 to form the IJRU.
4. There are multiple individual and team rope skipping events organised at any competition, each with its own set of time limits, goals and execution requirements.



QUESTIONS AND ANSWERS FOR VIVA

1. **In which year was FISAC set up?**
Ans. FISAC was set up in 1996.
2. **What is the name of the new organisation formed by the merger of FISAC-IRSF and WJRF?**
Ans. The name of the organisation formed by the merger of FISAC-IRSF and WJRF is International Jump Rope Union (IJRU).
3. **What is the prescribed length of the side of the field for a freestyle rope skipping event?**
Ans. The prescribed length of the side of the field for a freestyle rope skipping event is 12 m.
4. **What is the standard time limit for each skipper in a Single Rope Speed – Endurance event?**
Ans. The standard time limit for each skipper in a Single Rope Speed – Endurance event is 180 seconds (3 minutes).
5. **How much time does each skipper in a team of four get in a standard Single Speed Rope Relay event?**
Ans. In a standard Single Speed Rope Relay event, each skipper gets 30 seconds.
6. **How many ropes are used by the turners in a Double Dutch rope skipping event?**
Ans. Two ropes are used by the turners in a Double Dutch rope skipping event.
7. **Name any four fundamental skills that a rope skipper can practise alone?**
Ans. Fundamental skills that a rope skipper can practise alone include single bounce, jogging step, double bounce, one foot bounce, boxer, skier, bell, side swing, double under and can can. (Pick any four)
8. **What is the minimum number of players needed for a 'piggy in the middle' skill in rope skipping?**
Ans. The minimum number of players needed for a 'piggy in the middle' skill in rope skipping is three (two turners and one skipper).
9. **What is meant by a Chinese Wheel in rope skipping?**
Ans. Chinese Wheel is a skipping skill in which two skippers jump 'together' with interlinked, alternating ropes. Each skipper holds one end of their own rope and the other end is held by the other skipper. The ropes are turned alternately and the skippers jump alternately for each beat of the ropes performing different skills and exchanges as they skip.
10. **What is meant by the term 'traveller' in rope skipping?**
Ans. A skipper is called a 'traveller' when he or she moves across more than one other skipper skipping along with them turn wise, i.e., is skipper A is a traveller, he skips first with skipper B, then with C, then with D, without breaking stride.