

Rope Skipping Canada 2022 Updates

Age Categories

In order to align with Long Term Athlete Development and to create a healthy competitive environment, Rope Skipping Canada will be running the following age categories for all individual and team events:

11 and Under

12-13

14-15

16-18

19+

30+

This aligns with the current age categories for IJRU, with the exception of the 12-15 age category. RSC has decided to divide this category into two smaller age categories (12-13 and 14-15). **The age categories are based on the age of the athlete on December 31, 2022.**

Individual Events

Any event marked with an asterisk is not part of the overall category.

11 and Under

Single Rope Freestyle - 0-60 seconds

Single Rope Speed Sprint - 30 seconds

Single Rope Endurance - **120 seconds**

Single Rope Double Unders - 60 seconds, non-consecutive

12-13

Single Rope Freestyle - 0-75 seconds

Single Rope Speed Sprint - 30 seconds

Single Rope Speed Endurance - 180 seconds

Single Rope Double Unders - 120 seconds, consecutive, 1 miss permitted at any time*

14-15 and 30+

Single Rope Freestyle - 0-75 seconds

Single Rope Speed Sprint - 30 seconds

Single Rope Speed Endurance - 180 seconds

Single Ropes Double Unders - 180 seconds, consecutive, 1 miss permitted at any time*

16-18 and 19+

Single Rope Freestyle - 0-75 seconds

Single Rope Speed Sprint - 30 seconds

Single Rope Endurance - 180 seconds

Single Rope Triple Unders - consecutive, no time limit*

Team Events

Any event marked with an asterisk (*) is not part of the overall category.

11 and Under

Single Rope Speed Relay - 4x30 seconds

Single Rope Double Under Relay - 4x30 seconds

Double Dutch Speed Relay - 4x30 seconds

Single Rope Pairs Freestyle (x2) - 0-60 seconds

Double Dutch Freestyle Relay - 0-75 seconds

12-13, 14-15 and 30+

Single Rope Speed Relay - 4x30 seconds

Single Rope Double Unders Relay - 2x30 seconds

Double Dutch Speed Relay - 4x30

Double Dutch Speed Sprint - 1x60

Single Rope Team Freestyle - 0-75 seconds

Single Rope Pairs Freestyle - 0-75 seconds

Double Dutch Singles Freestyle - 0-75 seconds

Double Dutch Pairs Freestyle - 0-75 seconds

Wheel Pair Freestyle - 0-75 seconds*

16-18 and 19+

Single Rope Speed Relay - 4x30 seconds

Single Rope Double Unders Relay - 2x30 seconds

Double Dutch Speed Relay - 4x30

Double Dutch Speed Sprint - 1x60

Single Rope Team Freestyle - 0-75 seconds

Single Rope Pairs Freestyle - 0-75 seconds

Double Dutch Singles Freestyle - 0-75 seconds

Double Dutch Pairs Freestyle - 0-75 seconds

Wheel Pair Freestyle - 0-75 seconds*

Double Dutch Triad Freestyle - 0-90 seconds*

Team Show

Show Freestyle - 0-360 seconds

Precision Group Routine

12 and Under - 120-240 seconds

Open - 120-240 seconds

Qualifications

Each Provincial Sport Organization (PSO) can send up to 8 individuals/teams to the National Championships in each event/gender/age category. For the 15 and under age categories, for both individual and team events, at least three qualifying spots must go to overall (individual) or all-around (team) competitors. For the 16+ age categories, the PSO

can decide how many spots will be for overall vs. track style with up to 8 available in each event/category.