



FISAC-IRSF

Fédération Internationale de Saut à la Corde - International Rope Skipping Federation
www.fisac-irsf.org

2017-2018 Rule changes FISAC-IRSF

In red are the old rules from 2015-2016

In blue are the new rules for 2017-2018

FISAC-IRSF Rule Book: World Championships Competition Manual

Article 2, Section 7

If a skipper competes in the Masters of the FISAC–IRSF World Championships (triples, 30”speed, 3’ speed and/or freestyle) and/or competes in the FISAC-IRSF World Championships Team competition (SR Speed Relay, DD Speed Relay, SR Pair Freestyle, SR Team Freestyle, DD Single Freestyle and/or DD Pair Freestyle), he/she CANNOT compete in any event of the FISAC-IRSF International Open Tournament (both Masters and Team competitions). These rules are added to guarantee the double purpose of the International Open Tournament, as explained before.

If a skipper competes in the Masters of the 2018 FISAC–IRSF World Championships (triples, 30”speed, 3’ speed and/or freestyle), he/she CANNOT compete in any event of the 2018 FISAC-IRSF International Open Tournament **MASTERS COMPETITION**.

If a skipper competes in the 2018 FISAC-IRSF World Championships Team competition (SR Speed Relay, DD Speed Relay, SR Pair Freestyle, SR Team Freestyle, DD Single Freestyle and/or DD Pair Freestyle), he/she CANNOT compete in any event of the 2018 FISAC-IRSF International Open Tournament **TEAM COMPETITION**.

Extra explanation:

You CAN compete in 2018 World Championships masters and in 2018 IOT teams competition.

You CAN compete in 2018 World Championships teams and in 2018 IOT masters competition.

Article 3 FISAC–IRSF World Cup Section 4 Age Limit

All skippers competing in the World Cup must be 15 years of age and older. Skippers must be born in 2001 or before.

WORLD CUP will be renamed to “**FISAC-IRSF DEMO CUP**” (TBA)

All skippers competing in the World Cup must be 12 years of age and older. Skippers must be born in 2006 or before.



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FISAC-IRSF Rule Book: Judging Manual

Part A Article 3 Single Rope Required Elements

3 different speed dances (3 points). **SPEED DANCE SEQUENCE:** Skippers perform a variety of footsteps inside Single Rope, ropes that are clearly tuning faster.

At least 16 footsteps remarkably faster than the beat of the music need to be involved in each speed dance. Side swing, multiple under, crossing the arms and other turning skills may be included. However, these skills need to be 'within' the footsteps (not before or after) to be part of speed dance sequence.

For example, "8 steps of speed dance, 2 double unders then a quadruple under" will not be considered as a speed dance sequence unless some speed footsteps were performed after the multiples.

3 different speed dances (3 points). **SPEED DANCE SEQUENCE:** Skippers perform a variety of footsteps inside Single Rope, ropes that are clearly tuning faster.

At least 8 footsteps remarkably faster than the beat of the music need to be involved in each speed dance.

Part A Article 2 Single Rope Presentation

The Presentation Judge is responsible for judging the use of music (on the beat and using accents) (15%), the movement (spatial and positional) (5%), the form of the body and execution (10%) and finally the originality of the routine (10%).

The Presentation Judge is responsible for judging the use of music (on the beat and using accents)

Music 10 % (50 p)

Movement 5 % (25 p)

Form of body 10 % (50 p)

Originality 10 % (50 p)

Overall impression/entertainment value 5 % (25 p)

Part A Section 5 Originality (10%)

Originality: Unique style and substance.

Style: How is it presented? Topic or Story?

Substance: Percentage of unique, distinctive, new and special elements

Leading Questions: Have you seen a similar freestyle before? Have there been any tricks/ transitions you've never seen before? Did the skipper just do the regular and common tricks? Did the jumper take risks? (Hard releases/ powers...?)

- common combinations versus special / extraordinary transitions

- common / old tricks versus new / extraordinary tricks (Especially in DD: Frog/Split versus crazy / new elements)

- same sort of accents versus different kinds of accents (Heavy landings on heavy accents, using the meaning of the lyrics, Slow accent on slow music...)

- exceptionally risky (=big chance of mistake) / hard Releases / Powers / versus safe / regular options Multiples / Transitions

Originality: Unique style and substance.

Style: How is it presented? Topic or Story?

Substance: Percentage of unique, distinctive, new and special elements

Leading Questions: Have you seen a similar freestyle before? Have there been any tricks/ transitions you've never seen before? Did the skipper just do the regular and common tricks? Did the jumper take risks? (Hard releases/ powers...?)



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- common combinations versus special / extraordinary transitions
- common / old tricks versus new / extraordinary tricks (Especially in DD: Frog/Split versus crazy / new elements)
- exceptionally risky (=big chance of mistake) / hard Releases / Powers / versus safe / regular options Multiples / Transitions

Part B Article 2 Double Dutch Presentation

Originality (7.5%)

Originality: Unique style and substance.

Style: How is it presented? Topic or Story?

Substance: Percentage of unique, distinctive, new and special elements

Leading Questions: Have you seen a similar freestyle before? Have there been any tricks/ transitions you've never seen before? Did the skipper just do the regular and common tricks? Did the jumper take risks? (Hard releases/ powers...?)

- common combinations versus special / extraordinary transitions
- common / old tricks versus new / extraordinary tricks (Especially in DD: Frog/Split versus crazy / new elements)
- same sort of accents versus different kinds of accents (Heavy landings on heavy accents, using the meaning of the lyrics, Slow accent on slow music...)
- exceptionally risky (=big chance of mistake) / hard Releases / Powers / versus safe / regular options Multiples / Transitions

Originality (10%)

Originality: Unique style and substance.

Style: How is it presented? Topic or Story?

Substance: Percentage of unique, distinctive, new and special elements

Leading Questions: Have you seen a similar freestyle before? Have there been any tricks/ transitions you've never seen before? Did the skipper just do the regular and common tricks? Did the jumper take risks? (Hard releases/ powers...?)

- common combinations versus special / extraordinary transitions
- common / old tricks versus new / extraordinary tricks (Especially in DD: Frog/Split versus crazy / new elements)
- exceptionally risky (=big chance of mistake) / hard Releases / Powers / versus safe / regular options Multiples / Transitions



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Part B Article 2 Double Dutch Presentation

In addition to the 50% score for difficulty, the freestyle routines are judged by a Presentation Judge (40%) and a Required Elements Judge (10%) The Presentation Judge is responsible for judging the use of music (on the beat and using accents) (15%), the movement (spatial and positional) (2.5%), the form of the body/rope and execution (7.5%), the interaction (5%) and finally the impression and entertainment value, originality, how spectacular the routine was (10%). the originality of the routine (10%).

In addition to the 50% score for difficulty, the freestyle routines are judged by a Presentation Judge (40%) and a Required Elements Judge (10%) The Presentation Judge is responsible for judging:

The use of Music 10 % (50 p)

Movement 5 % (25 p)

Form of body 10 % (50 p)

Originality 10 % (50 p) including Dynamic interaction

Overall impression/entertainment value 5 % (25 p)

Part B Article 3 Double Dutch Required Elements

1 speed dance (2 points). When completing one speed dance, the team earns two points for this.

2 speed dance (2 points). When completing one speed dance of 8 steps which is significantly faster than normal jumping, the team earns **ONE** points for this. The team earns 2 points for one speed dance of 16 steps which is significantly faster than normal jumping.

Additional Interpretation

Chapter 3 Article 1 Section 4 Judging Gymnastics and Power Skills (single rope)

One level is added to the rope movement for going into a push-up, frog, split, crabs..., if the rope is jumped immediately after the skill.

Part B Article 1 Section 3 Judging Double Dutch Freestyles

All aerials are level 4 except "SUICIDE" which will be level 4 only if the skipper(s) jump over the rope immediate turned rope after the skill without repositioning themselves. Otherwise level 3.

Additional Clarification

Overall impression/entertainment value 5 % (25 p)

What was the overall impression of the routine?

Did the athlete(s) keep you engaged/ entertained?

Was the routine spectacular or stunning?

Was the audience entertained?

Would you keep watching this routine even if you didn't have to?