

**SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL  
RULES AND REGULATIONS FOR ROPE SKIPPING 2022**

Addendum to The Official Rope Skipping Rules

This addendum provides additional explanation of the rules as applied to SPSSC Rope Skipping Competition.

**1 DANGEROUS MOVES, FALSE STARTS AND FALSE SWITCHES**

**1.1. Dangerous Moves**

The following moves will be removed for safety reasons:

- a. Round Off
- b. Forward Handspring
- c. Backward Handspring

As such, these moves will be removed from the difficulty judging.

**1.2. False Start**

- 1.2.1. A False Start occurs when the skipper starts to turn or move the rope(s) before the word "Go".
- 1.2.2. If a skipper commits a false start there will be a **5-point deduction** from the skipper's raw score.
- 1.2.3. If a false start is detected the judges do not stop the skipper(s), they will be allowed to complete the event.
- 1.2.4. In the event that there is a technical error (i.e. wrong song played, song is not played from the start), the skipper should not skip, or should stop skipping immediately. Should the skipper continue to skip more than 5 seconds into the song, the pupil is considered to have skipped and the skip would be judged. No restart would be allowed.

**1.3. False Switch**

- 1.3.1. A False Switch occurs when a skipper enters the ropes and starts skipping before the call of "Switch".
- 1.3.2. Single Rope Speed Relay: The second, third as well as the fourth skippers must not start before the call of "Switch".
- 1.3.3. If a skipper commits a false switch there will be a 5-point deduction from the skipper's score.
- 1.3.4. If more than 1 false switch is committed, there will be 5-point deduction from each false switch.

- 1.3.5. If a false switch is detected the judges do not stop the skipper(s), they will be allowed to complete the event. All judges will have to agree on the false switch.

## 2 EQUIPMENT AND AREA

- 2.1 Participants must have their own individual ropes.
- 2.2 There are no restrictions on the types of ropes to be used **except for metal ropes which are not encased with rubber or plastic.**
- 2.3 If a rope or 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.
- 2.4 Schools must provide their own music in a thumb drive for the zone and national championships. The music (mp3/wma) files must be labelled with the name of the competitor/team, event and school. (e.g. JB\_IND/PA/CRE\_SCH).
- 2.5 The performance area is designated to be 12 metres by 12 metres for Freestyle events and 6 metres by 6 metres for Speed events. Routine completed outside the performance area will not be judged. For the safety of skippers, they must stay within the performance area.

## 3 TIMING OF EVENTS

- 3.1 The following are the timings for the events:

Individual Freestyle	45s – 75s
Double Under	30s
Speed	30s
Double Dutch	60s
Pair Freestyle	45s – 75s
Team Freestyle	45s – 75s
Speed Relay	2 minutes (30s per skipper)

- 3.2 Timing begins only when the skipper starts moving for Freestyle events.
- 3.3 No penalty will be imposed on skippers who do not meet the minimum time requirement.
- 3.4 'Time' will be called at 75 seconds for Individual Freestyle, Pair Freestyle, and Team Freestyle.
- 3.5 No judging will be permitted after "Time" is called.

## 4 PRIZES

- 4.1 Achievement pins will be given to only Junior Division participants based on the criteria bands as shown below.

### Individual Speed

Award	Junior Boys	*Senior Boys	Junior Girls	*Senior Girls
Gold	60 and above	69 and above	65 and above	69 and above
Silver	55 - 59	63 - 68	60 - 64	64 - 68
Bronze	50 - 54	54 - 62	55 - 59	55- 63

### Double Under

Award	Junior Boys	*Senior Boys	Junior Girls	*Senior Girls
Gold	70 and above	70 and above	70 and above	75 and above
Silver	60 - 69	65 - 69	60 - 69	70 - 74
Bronze	50 - 59	55 - 64	50 - 59	55 - 69

### Double Dutch

Award	Junior Boys	*Senior Boys	Junior Girls	*Senior Girls
Gold	100 and above	110 and above	105 and above	110 and above
Silver	85 – 99	100 - 109	90 - 104	98 – 109
Bronze	65 - 84	80 - 99	70 - 89	75 – 97

### Speed Relay

Award	Junior Boys	*Senior Boys	Junior Girls	*Senior Girls
Gold	235 and above	255 and above	245 and above	260 and above
Silver	215 - 234	230 - 254	230 - 244	245 - 259
Bronze	185 - 214	195 - 229	200 - 229	210 - 244

\* Only for reference. Achievement pins will not be given to Senior Division.

## 5 JUDGES/OFFICIALS

- 5.1 All participating schools must provide at least **two** judges/officials regardless of the number of registered divisions of whom one must be an education officer.

- 5.2 Registration and attendance of the nominated judges/officials for the Rope Skipping Judging Workshops are compulsory. Non-attendance would result in school not being able to participate in the Rope Skipping Competition.
- 5.3 Schools have to ensure that their judges/officials are present throughout the competition to fulfil their duties as scheduled by the Convenor.
- 5.4 The names of the judges/officials have to be registered through the e-Registration portal.
- 5.5 The Organising Committee reserves the right to deploy the judges/officials accordingly to the needs of the competition. Though priority of the judges/officials is to serve as judges for Freestyle Events, they may also be deployed to serve as judges for both Speed and Freestyle Events.
- 5.6 Education Officers, Contract Adjunct teachers, Flexi-adjunct teachers and Allied Educators can serve as judges/officials.