

THIRD ANNUAL
Arnold Jump Rope Competition
MARCH 7-8, 2015

Greater Columbus Convention Center, Rooms B200-201 • 400 N High St, Columbus, Ohio USA
and Ohio Expo Center, Bricker Bldg • 717 E 17th Ave, Columbus, Ohio

Host World Jump Rope

Event Co-Chairmen Rochelle Boggs and Shaun Hamilton

Events **NEW! Take The Jump Rope Challenge, Open to Everyone** Stop by to take a 30 Second speed or Double-Unders challenge. \$5 Donation benefits "ONE WORLD, ONE ROPE" and includes a jump rope. **Friday & Saturday, March 6 & 7 - 9:00 am - 4:00 pm • Greater Columbus Convention Center, Rooms B200-201**
No Registration Required

The Arnold World Jump Rope Division Championships continues its third year of Competitive Jump Rope with three competition categories. Medals will be awarded in each category to the winners. **Saturday, March 7 - 9:00 am - 3:00 pm • Greater Columbus Convention Center, Rooms B200-201**

1. **Fitness Class Division** – This division is for fitness enthusiasts who are looking to test their skills in the sport of jump rope. The events are designed to challenge the physical endurance, technique and quickness of individuals.

Male and Female Divisions • Age Divisions = Open

Events: Single Rope Burpies, Single Rope Double Unders, Long Rope Pushups

2. **Novice Division** – Novice Division is for those individuals and groups who are first time competitors and who are not affiliated with a competitive jump rope team.

Female and Open Gender Divisions • Age Divisions - (11 under), (12-14), (15-18), (19-older)

Events: Single Rope Speed, Single Rope Open Cross, Single Rope Speed Relay, Double Dutch Pairs Speed 2 turners

3. **Jump Rope Athlete Division** – Jump Rope Athlete Division is for competitors affiliated with jump rope competitive teams/clubs.

Female and Gender Divisions • Age Divisions - (11 under), (12-14), (15-18), (19-older)

Events: Single Rope Speed, Single Rope Pairs Double Unders, Single Rope Speed Relay, Double Dutch Speed, Double Dutch Power, Trick Challenge - Female and Male Gender Divisions, Age is 15 & older

- **NEW to the Arnold World Jump Rope Division Championships is The Double Elimination Speed Tournament** which will determine the Fastest Jumpers at the Arnold Sports Festival. Qualifying jumpers are determined from their scores at the 2015 Arnold World Jump Rope Division Championship in Single Rope Speed 1 x 30 and Single Rope Speed Relay 4 x 30.

Saturday, March 7 - 3:30 pm - 4:30 pm • Greater Columbus Convention Center, Rooms B200-201

Registration Deadlines and Fees: \$35 Registration per competitor. Early Deadline postmarked by February 1, 2015. After February 1st, registration is \$45. WJR /Arnold Championship Tee Shirt pre-ordered only \$15. Event registration is at worldjumprope.org

NEW! The First USA Double Dutch Championship, Vol.1

Sunday, March 8 - 11:00 am - 12:30 pm • Kids Expo Stage at the Ohio Expo Center, Bricker Bldg

The DDC Championships will include exciting routines that incorporate jump rope skills and dance skills that are choreographed to music. The winners will be named as the USA - DDC Vol.1 Champions and represent the USA at the 2015 World Jump Rope Championships in Paris, France.

Age Divisions: Junior 12 under, Senior 13 - 18, and Open 19 - older. No gender divisions.

Events: DDC (performance), DDC Speed - 1 x 30 Seconds, DDC Speed - 2 x 60 Seconds

Registration Deadlines and Fees: \$35 Registration per entry. Early Deadline postmarked by February 1, 2015. After February 1st, registration is \$45. USA - DDC Championship Tee Shirt pre-ordered only \$15. Visit worldjumprope.org for more details and event registration.

For More Information Visit worldjumprope.org for additional tournament information and registration. Visit arnoldsportsfestival.com for lodging and parking information.

Spectator Admission Adults - \$10 (plus service charge) per day in advance; \$15 per day at the door; 10 yrs. & under FREE if accompanied by an adult. Includes access to the Arnold Fitness EXPO and most events at the Columbus Convention Center as well as access to the Arnold Kids Fitness EXPO and events at the Ohio Expo Center. Tickets: call Ticketmaster, 800-745-3000 or www.ticketmaster.com/arnold.

Join us March 5-8 for the Arnold Sports Festival! Visit arnoldsportsfestival.com  