

2015 World Jump Rope ARNOLD Competitors

GENERAL INFORMATION SHEET,

Welcome to the 3rd Annual Arnold World Jump Rope Competition at the 27th Arnold Sports Festival in Columbus Ohio. The Arnold Sport Festival offers a high energy setting with fitness events at every turn. If you are a “traditional competitive jumper,” you will find this competition to have a less structured, fun and entertaining approach. There is something for everyone, from the very new athlete wanting to give competitive jumping a try, to the fitness enthusiast, who often uses a jump rope in their workout, to the competitive jumper who loves the challenges of a competitive environment. If you are a returning athlete, you will quickly see that there are more jumping opportunities including the Take the Jump Rope Challenge an event for everyone, the exciting Double Elimination Speed Tournament, The USA - DDC Qualifier to the 2015 World Jump Rope Championship to be held in Paris, France and the KIDS ZONE for jump rope fun at the OHIO EXPO CENTER. ALL exciting opportunities you won't want to miss. **Due to the popularity of the Arnold Sports Festival, early planning is highly recommended.**

COMPETITION EVENTS:

- **TAKE THE JUMP ROPE CHALLENGE** - Open to all *No registration required!* Proceeds benefit *One World One Rope*.
- **ARNOLD WORLD JUMP ROPE DIVISION CHAMPIONSHIP AND DOUBLE ELIMINATION SPEED TOURNAMENT** - Registration per competitor is required in one of the 3 Divisions, Fitness, Novice and Jump Rope Athlete. The top 8 scores across all divisions in the SRS 1 x 30 seconds and the SRSR 4 x 30 seconds can enter into the Double Elimination Speed Tournament.
- **USA - DDC CHAMPIONSHIP**, Registration per entry for DDC performance, DDC Speed 1 x 30 Seconds, and DDC 2 x 60 Seconds.

COMPETITION EVENT GENERAL INFORMATION:

TAKE THE JUMP ROPE CHALLENGE is open to everyone. *No registration is required.* We double dare you to stop in to take a 30 Second Speed Jump or a 30 Second Double Unders challenge. Your \$5 donation will benefit ***One World One Rope*** and will include a jump rope for your continued fitness fun. ***One World One Rope*** is World Jump Rope's philanthropic program which provides youth in need throughout the world with a framework to excel and learn what it takes to become excellent.

The ARNOLD WORLD JUMP ROPE DIVISION CHAMPIONSHIP AND DOUBLE ELIMINATION SPEED TOURNAMENT competition begins at 9:00 am in the Greater Columbus Convention Center, Rooms B200 - B201 on **Saturday, March 7th.**

Registration - Opens at 8:00 am in the Greater Columbus Convention Center, Room B200 - B201 for competitors who registered online as well as anyone who wishes to register on site. Room B200 - B201 is located at the end of the walkway connector coming from the HYATT

HOTEL immediately to the left of the main circle driveway entrance of the Greater Convention Center and at the top of the escalators leading down to the Exhibit Halls. This is next to the Convention Administration Offices. This is also where you can pick up any shirts that were pre-ordered during online registration as well as your athlete/entrance bracelet. Coaches can pick up USA - DDC Championship information at this sight and time on Saturday 3/17 or on Sunday 3/18 at the Kids Expo Bricker Building at the World Jump Rope Booth Location.

Admission - There is no fee to view the jump rope competition in Room B200-B201. The viewing area is extremely limited. Should you wish to enter any other venue including the exhibit hall non competitor children over 10 and adults will need to purchase an admission bracelet. This can be done at the main convention center entrance, or ahead of time online for a discounted fee at www.arnoldsportsfestival.com. There are also multiple day discounts. Athletes, wearing wristbands, have entry rights to all Arnold Sports Festival locations around Columbus including the Kids Zone at the Ohio Expo Center. Children 10 yrs and under are admitted FREE if accompanied by an adult. No baby strollers are allowed in the site venues.

Competition Area - Competition will be in the area where registration takes place, Room B200 – B201 and begin at 9:00 am. Public rest rooms are located at the bottom of the escalators. This area is sees heavy traffic. Plan accordingly so as not to miss your jump time.

Warm Up Area – Room C-223, located on the 2nd floor level at the top of the escalators leading to the connector for the HILTON HOTEL, is our designated warm-up stretching area. Jumpers/ teams are expected to have coach/parent supervision when in this area. There are other sports presentations going on in adjacent rooms so a quiet respectful consideration to others is expected by all. This is not the place to leave your personal belonging and valuable UNATTENDED unless the room has an adult monitor present. Jumpers/ teams are encouraged to relax and rest in this area. Helping to keep this area clean is very much appreciated. In this area, rest rooms are at the top of the escalators on the 2nd floor.

Competition schedule – Registration/Check in begins at 8:00 am in Room B200– B201. Competition begins at 9:00 am. Lunch breaks times will be announced the day of competition. There will be a short break prior to medals being awarded. An announcement will be made regarding the approximate time of the medal ceremony. The tournament is anticipated to be done on or before 3:00 pm depending upon the number of competitors registering on site. The World Jump Rope / Arnold Double Elimination Speed Tournament will begin as soon as the Division Championships are complete or around 3:30 pm. Coaches and Jumpers need to check back for specific times at the event. All competitions will follow the 2015 World Jump Rope Rules of Competition and Judging Handbook.

Parking - There is garage parking at the Convention Center, (around \$10 - \$15) and at various marked sites within walking distance, (around \$5 - \$8). There are also Arnold buses that will be in operation between the various venues and some designated hotels. Visit www.arnoldsportsfestival.com for additional parking locations, map identification and transportation bus information. Many outlying parking facilities charge \$5. There will be continuous free public shuttle service beginning at 7:30 am that runs to the front entrance of the Convention Center to designated hotels, parking facilities, additional venues and the KIDS EXPO. This multi-bus service runs a circuit involving several lots. Public shuttles are identified with a white sign in the window and athlete shuttles have a yellow sign. I would ask the driver specifics of the shuttles destination prior to boarding. You don't want to end up at an outlying hotel. Parking is

available at the Ohio Expo Center is available for \$6 daily fee. The Ohio Expo Center is located 3 miles, (9 minutes) from the Greater Convention Center.

Food - There is a food court in the basement of the Hyatt Hotel that is connected to the Convention Center. Food vendors are also located in the Convention Center Concourse Hallway. The surrounding area including the North End Market and Short North Area, have many eating establishments. Keep in mind that over 200,000 people are in town for the Arnold Sports Festival. Note, coolers are not permitted in the Convention Center. Water bottles and sports bars are encouraged for snacks.

Lodging - Early booking of hotel rooms is strongly encouraged! World Jump Rope has a BLOCK of rooms being held at The Fairfield Inn & Suites OSU. This hotel is 3 miles from the OSU Expo Center at the Ohio State Fairgrounds. It's address is 3031 Olentangy River Road, Columbus, Ohio 43202. Telephone number is 614-267-1111. The rate is \$142.00 per night plus tax and includes a complimentary hot breakfast. This block of rooms will be released on February 14, 2015. Additional hotel information can be found at arnoldsportsfestival.com/visitor-info/find-a-hotel/.

The USA - DDC, Vol.1 CHAMPIONSHIP, competition begins at 11:00 am on the KIDS EXPO Stage at the Ohio Expo Center Bricker Building on **Sunday March 8th**.

Registration - Opens at 10:00 am. Pre-registration is strongly encouraged. Athletes will need brackets for admission to the KIDS EXPO. A map of the Ohio Expo can be found on the arnoldsportsfestival.com for the exact WJRF location in the Bricker Building.

Admission - Non competitor children over 10 and adults will need to purchase a daily admission to the Bricker Building. The viewing area is extremely limited. Should you wish to enter any other venue including the exhibit hall non competitor adults must purchase an admission bracelet. This can be done at the door or ahead of time online for a slightly lesser fee at www.arnoldsportsfestival.com. There are also multiple day discounts. Athletes, wearing wristbands, have entry rights to all Arnold Sports Festival locations around Columbus including the Kids Zone at the Ohio Expo Center. Children 10 yrs and under are admitted Free if accompanied by an adult. No baby strollers are allowed in the Convention Center.

Competition Area - Competition will begin at 11:00 am and occurs on the Main Stage in the KIDS EXPO Bricker Building. Practice/warm up space will pose a challenge. Spectator seating is available. Additional information will be available upon registration. All competitions will follow the 2015 World Jump Rope Rules of Competition and Judging Handbook.

Parking - Parking is available at the Ohio Expo Center is available for \$6 daily fee. The Ohio Expo Center is located 3 miles, (9 minutes) from the Greater Convention Center. There will be continuous free public shuttle service beginning at 7:30 am that runs to the front entrance of the Convention Center to designated hotels, parking facilities, additional venues and the KIDS EXPO. This multi-bus service runs a circuit involving several lots. Public shuttles are identified with a white sign in the window and athlete shuttles have a yellow sign. I would ask the driver specifics of the shuttles destination prior to boarding. You don't want to end up at an outlying hotel.

Food - There is a food device counter in this building. Water bottles and snack bars are encouraged for the athletes. Note, coolers are not permitted in the KIDS EXPO.

WORLD JUMP ROPE INTERACTIVE CLINICS AT THE KIDS EXPO

World Jump Rope Ambassadors from The Jump Rope Club at The Ohio State University will be conducting beginner jump rope interactive sessions at the KIDS EXPO on Saturday March 7 from 10:00 am to 5:00 pm and Sunday March 8, from 2:00 pm - 4:00 pm. Stop by and give jump rope a try or stop by and exchange some skills. The emphasis is on having some FUN and getting in a little fitness with a jump rope!

The "Arnold" is the WORLD'S largest multi-sporting festival with over 220,000 attendees who come to be a part of over 50 sports and events including 17 Olympic Sports. As of 2014 this event has overtaken all other multi-sporting events including the Olympics in participation and attendance. This year the exhibits have expanded to over 900 booths with a waiting list for more. We hope that you have fun and enjoy this unique jump rope experience. We appreciate your understanding of our space limitations and welcome your suggestions.

With Regards,

World Jump Rope / Arnold Events Co - Chairman.