



UNIFYING THE WORLD OF JUMP ROPE.

**Description of Events for Multi-Sport and Cross-fit tournaments
sanctioned by the
World Jump Rope Federation**

Athlete Division Events

Single Rope Speed and Power Events	<p>1x30 Speed - one person jumps for 30 seconds without stopping, using jog step jumps. Judges click once for every right foot jump.</p> <p>1x60 Double Unders- one person jumps double unders for 60 seconds. Two revolutions of the rope in one jump is one double under. Judges click once for each completed double under.</p> <p>2x30 Double Unders- two people jump double unders for 30 seconds each, one after the other in relay style, one minute total time.</p>
Double Dutch Speed Events	<p>3x40 DD Speed - three people per team, each person jumps jog step in the ropes for 40 seconds, 2 minutes total time. Judges click once for every right foot jump</p> <p>1x30 DD Speed – three people per team, one jumper jumps jog step for 30 seconds.</p> <p>1x30 DD Power- three people per team, one jumper jumps double unders for 30 seconds. Both ropes passing under the jumpers feet in one jump equals one double under. Judges click once for every completed double under.</p>
Trick Challenge	Each jumper is given 3 attempts to complete a given skill. A jumper successfully completing the skill move on to the next round. The event ends when there is one remaining jumper successfully completing a skill.

Explanation of Events for the Novice Division

Novice Division

Single Rope Speed and Power Events	<p>1x30 - one person jumps for 30 seconds without stopping, using jog step jumps. Judges click once for every right foot jump.</p> <p>1x30 Crosses- one person jumps for 30 seconds completing as many cross arm jumps as possible. Judges click once for every completed sequence. One cross arm jump and one open arm jump equals one sequence.</p> <p>1x30 Double Unders- one person jumps double unders for 30 seconds. Two revolutions of the rope in one jump is one double under. Judges click once for each completed double under.</p>
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Explanation of Events for the CrossFit Division

CrossFit Division

<p>1x60 Double Unders- one person jumps double unders for 60 seconds. Two revolutions of the rope in one jump is one double under. Judges click once for each completed double under.</p> <p>1x60 Long Rope Pushups- one lone rope is turned while the jumper is in pushup position to jump over the rope. Jumper can provide their own turners for the rope or two turners can be provided. Judges click once for every completed pushup jump.</p> <p>1x60 Single Rope Burpee-Jumper completes a single rope pushup followed by a double under. Judges click once for every successfully completed sequence.</p>

Age and Gender Divisions for the Events

	Athlete	Novice	CrossFit
Age and Gender Divisions For Single Rope Speed and Power Events	Will vary between tournaments. Will be noted in registration materials for each event.	Will vary between tournaments. Will be noted in registration materials for each event.	No Gender or Age Divisions
Age Divisions for Team Events	Will vary between tournaments. Will be noted in registration materials for each event.	Will vary between tournaments. Will be noted in registration materials for each event.	Not Contested
Trick Challenge	Male and Female Gender divisions	Not Contested	Not Contested

World Jump Rope Arnold Single Elimination Tournament - FINALS

Description and number of brackets - (32)

The WJR Arnold Single Elimination Tournament will have 32 jumpers entered into the FINAL fast paced Single Elimination Olympic Style Tournament. These 32 jumpers will be seeded into a Single Elimination Tournament that will determine THE FASTEST Jumper/s of that event.

Determination of Jumpers in each bracket-(Seeding)

Jumpers compete in a prior designated tournament, (local, regional, state) in the event named for the bracket. The top 8 scores from each of the 4 tournaments move into the FINAL Tournament. Jumpers are seeded in the FINALS based upon the scores they received in the initial tournament.

The brackets are marked with numbers along the left hand side. The numbers run from 1 to the number of teams participating in the tournament. In this case 32. The number 1 ranked jumper is then listed on the blank line marked "1", the number 2 ranked jumper is listed on the blank line marked "2" and so forth. A seeded tournament is set up so that in the initial phase, the highest ranked jumper competes against the lowest ranked jumper. The second highest ranked jumper competes against the second lowest ranked jumper and so on. When the number of jumpers in the bracket is not a "Power of 2" the highest seeds receive "byes".

Determination of Jumper Byes in the Tournaments

If the number of jumpers in the single elimination tournament are not a "Power of 2", (4, 8, 16, 32, 64, 128, or 256 jumpers), byes will be awarded to account for this in the first round of the tournament. A bye means that the jumper without an opponent does not have to participate in the first round of the tournament, but instead gets a free pass to the second round. Byes are determined by a player's seeding, with the highest ranked players receiving the first bye, the second highest seed jumper receives the next bye and so forth.

To figure out the number of byes in each tournament you simply subtract the number of jumpers in the tournament from one of the numbers above. You will use the next number in the list that is higher than the number of jumpers.

Examples:

3 Teams = 4 minus 3(1 bye)

5 Teams = 8 minus 5(3 byes)

9 Teams = 16 minus 9(7 byes)

20 Teams = 32 minus 20(12 byes)

Byes may occur later in the tournament if for some reason an opponent has to withdraw. In this situation the jumper paired with the individual who must withdraw, receives the bye.

Order of the Running of the Brackets (32)

See working bracket below

ROUND 1

Group A - Bracket 1

Seed 1 & 32 jumps first
Seed 16 & 17 jumps second
Seed 8 & 25 jumps third
Seed 9 & 24 jumps fourth

Group A - Bracket 2

Seed 4 & 29 jumps fifth
Seed 13 & 20 jumps sixth
Seed 5 & 28 jumps seventh
Seed 12 & 21 jumps eighth

Group B - Bracket 1

Seed 2 & 31 jumps ninth
Seed 15 & 18 jumps tenth
Seed 7 & 26 jumps eleventh
Seed 10 & 23 jumps twelfth

Group B - Bracket 2

Seed 3 & 30 jumps thirteenth
Seed 14 & 19 jumps fourteenth
Seed 6 & 27 jumps fifteenth
Seed 11 & 22 jumps sixteenth

ROUND 2

Group A - Bracket 1

1 Winner of Seed 1 & 32 jumps seventeenth
2 Winner of Seed 16 & 17

3 Winner of Seed 8 & 25 jumps eighteenth
4 Winner of Seed 9 & 24

Group A - Bracket 2

5 Winner of Seed 4 & 29 jumps nineteenth
6 Winner of Seed 13 & 20

7 Winner of Seed 5 & 28 jumps twentieth
8 Winner of Seed 12 & 21

Group B - Bracket 1

9 Winner of Seed 2 & 31 jumps twenty-first
10 Winner of Seed 15 & 18

11 Winner of Seed 7 & 26 jumps twenty-second
12 Winner of Seed 10 & 23

Group B - Bracket 2

13 Winner of Seed 3 & 30 jumps twenty-third
14 Winner of Seed 14 & 19

15 Winner of Seed 6 & 27 jumps twenty-fourth
16 Winner of Seed 11 & 22

ROUND 3

Winner of Group A - Bracket 1 jumps twenty-fifth

17 (1 & 32) & (16 & 17) vs.

18 (8 & 25) & (9 & 24)

Winner of Group A - Bracket 2 jumps twenty-sixth

19 (4 & 29) & (13 & 20)

Winner of Group A - Bracket 2

20 (5 & 28) & (12 & 21)

Winner of Group B - Bracket 1 jumps twenty-seventh

Quarter - Finals

21 (2 & 31) & (15 & 18)

22 (7 & 26) & (10 & 23)

Winner of Group B - Bracket 2

23 (3 & 30) & (14 & 19) jumps twenty-eighth

24 (6 & 27) & (11 & 22)

ROUND 4

Semi - finals

Winner of 25 & 26

jumps twenty-ninth

Winner of 27 & 28

jumps thirtieth

FINALS

Winners of 29 & 30

CHAMPION/S

jump thirty-first

32 Team Single Elimination

