



ARNOLD CLASSIC SOUTH AFRICA

Hosted by South Africa Gymnastic Federation
Partnered and Sanctioned by World Jump Rope Federation

Competition: 1st Arnold Jump Rope Competition

When: May 6 (All Day - Start time TBD)

Location: Santon Convention Centre, Johannesburg, Gauteng

Contact: WJRF / Arnold Classic International Chairperson, Rochelle Boggs

Event Jump Rope Chairman: Keo Mokolopo

Registration: contact rochelle@worldjumprope.org

Categories: Beginners and Advanced Level

Age Groups: 10 - Under, 11 - 14, 15 - Over

Events:

Speed, Power, and Team Show

Disciplines and Categories:

Beginners:

Single Rope Pairs Speed

Single Rope Double Unders

Pairs: 1 x 60 sec., two in one rope (each skipper holds a handle)

1 x 60 sec., around the world (one skipper jumps whilst the other goes around under the arms)

Advanced:

4 x 30 sec speed

4 x 30 sec. double under

2 x 1 min. double dutch speed relay (same turners)

Team show / Demo 2 - 3 min.

Awards to Winners

For information on travel, lodging, and more visit arnoldclassicafrica.com