



# South African Gymnastics Federation

## Rope Skipping Programme Management



RS Circular No: 01/2018 (06 Feb 2018)

**To: All Provinces, Districts, Clubs and Members**

### **2018 ARNOLD CLASSIC AFRICA**

Another year gone by, welcome to 2018.

Please be advised that Arnold Classic 2018 will be from 18<sup>th</sup> – 20<sup>th</sup> May 2018 at the Sandton Convention Centre.

As communicated last year, Rope skipping will be hosting its first Zonal competition (Gauteng, Limpopo, North West and Mpumalanga) at this prestigious event. We are hoping to have as many rope skippers as possible as this is the only national event for our level 1 – 3s.

\*Remember there will be no GYM GAMES for level 1 – 3s, so this is the event to attend.

The Competition will be in 2 folds: having Level 1, 2 and 3 competition (Individual) as well as Advanced Competition (4 – 6 Skippers). The Structure will be as follows:

### **Competition Events**

**Level 1-3:** 1X 30 sec speed

1 X 30 sec DU

Prescribed Freestyle

**Advanced:** 2 x 30 sec Double under Speed

4 x 30 sec Speed

2 x 1 minute Double Dutch speed

3 x 40 sec Double Dutch Speed

Team Show: 4 – 5 Minutes

***Please note, advanced section is not restricted to the Northern Zone provinces only, any team from any province can register for this.***

#### **RS PROGRAMME MANAGEMENT TEAM**

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Age groups will be as follows for level 1 – 3

|         |  |
|---------|--|
| Level 1 | 8Under, 12Under & 13O                  |
| Level 2 | 8Uunedr, 11under, 14under & 15<br>Over |
| Level 3 | 8Uunedr, 11under, 14under & 15<br>Over |

**There will be neither Age groups nor Gender for the advanced section. All will compete in 1 bucket**

### **Registration Info:**

### **Participation Fee is as follows:**

Level 1 – 3: R190 per person

Advanced: R650 per Team

All registrations and proof of payment ([keo.mokolopo@sasol.com](mailto:keo.mokolopo@sasol.com)) should be sent by Friday 27<sup>th</sup> Apr 2018. No late entries will be allowed

### **Important Notes**

1. Remember Level 2 and 3 has been modified
2. Registrations should be done via the provincial administrator
3. Proof of payment needs to be sent equivalent to the number of jumpers registered
4. Coaches and Judges for the event needs to also register on the system via the provincial administrator

More information regarding the Event will follow soon

Looking forward to seeing all of you there,

On behalf of the South African Rope Skipping Programme Management

Keo Mokolopo

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