



WORLD JUMP ROPE  
FEDERATION

# **Championship & Camp 2019**

## **Important Planning Information**

### **and Packages & Pricing**



**We'd like to welcome all to the World Jump Rope Federation Championship & Camp 2019!**

**This year, we will build upon the success of 2018 with some wonderful opportunities. Please take these into consideration when making your travel plans.**

**Mandatory meetings and educational opportunities to consider prior to making those travel arrangements:**

**July 3rd:**

**Mandatory - Judges refresher training: All freestyle judges are required to attend the refresher training this year. There is time afterwards for those needing additional instruction or have questions. All judges must attend a WJRF certified training or complete the online judges training prior to judging at the World Jump Rope Championship 2019.**

Time: 16:00 - 18:00

Location: Oslofjord Convention Center

Address: Oslofjordveien 9 N-3159 Melsomvik Norway

**Mandatory - Coaches Meeting: The Head Coach or Coach of Record must attend the Coaches meeting.**

Time: 19:00 - 21:00

Location: Oslofjord Convention Center

Address: Oslofjordveien 9 N-3159 Melsomvik Norway

### **IJRU ANNUAL GENERAL MEETING**

The inaugural 2019 IJRU Annual General Meeting (AGM) will occur at the conclusion of the event. Location will be announced at registration.

Time: 14:00-17:00 July 10th 2019

Location: To Be Determined (but will be inside the Oslofjord Convention Center)

### **IJRU Informational Briefing (Open to the public)**

This session will be held onsite at the Oslofjord Convention Center in Norway. Following the IJRU Congress, an important briefing regarding information pertaining to matters of the International Jump Rope Union will be conducted. This session is open to the public and will take place in English. Location TBD but will most likely occur in the same location following the AGM.

Time: 18:30-20:00

### **Camp & Educational Opportunities:**

A variety of training opportunities will be offered throughout the camp. Judge Clinician training, judges training, instructor certification, and numerous educational sessions will be offered at camp. Register early to guarantee your spot. Course descriptions and schedules will be in the registration packet.

**Level 1 Instructor Certification Part 1:** Part One is online (via smartphone, tablet or computer) and includes four modules.

- Single Rope Freestyle (Fundamentals, Individual Skills, Pairs, Safety, etc.)
- Long Rope (Fundamentals, Long Rope Activities, Double Dutch, Longer Rope Activities)
- Performing and Group Activities (Choreography, Group Activities for both Single and Long Rope)
- Jump Rope Applications (Jump Rope Instruction Program, Activity Centers, Playground Activities, Sports Applications, and Links to PE Curriculums).

**Each topic in each module has a short assessment. Successfully completing Part One online is required for participation in Part Two.**

The link and cost will be provided in the registration packet.

### **July 10th:**

- **Judge Clinician Training:** Become a part of our IJRU team of Judge Clinicians! Once certified, you will be able to offer trainings to other teams and judges. Do not miss out on this opportunity to gain the knowledge needed to train judges in your country.
- **Level 1 Instructor Certification Part 2:** Part 2 is a hands on practical portion (live course) that will include opportunities for demonstrations and instructional assessments in single rope and long rope formats. The live course will be active, so dress appropriately. Part 1 (online portion) is a prerequisite to Part 2. The link for part 1 will be in the registration packet.
- **University Jump Rope:** Learn how to create university teams and discuss the involvement and collaboration between universities that will promote and encourage participation globally in the sport of jump rope.

### **July 11th:**

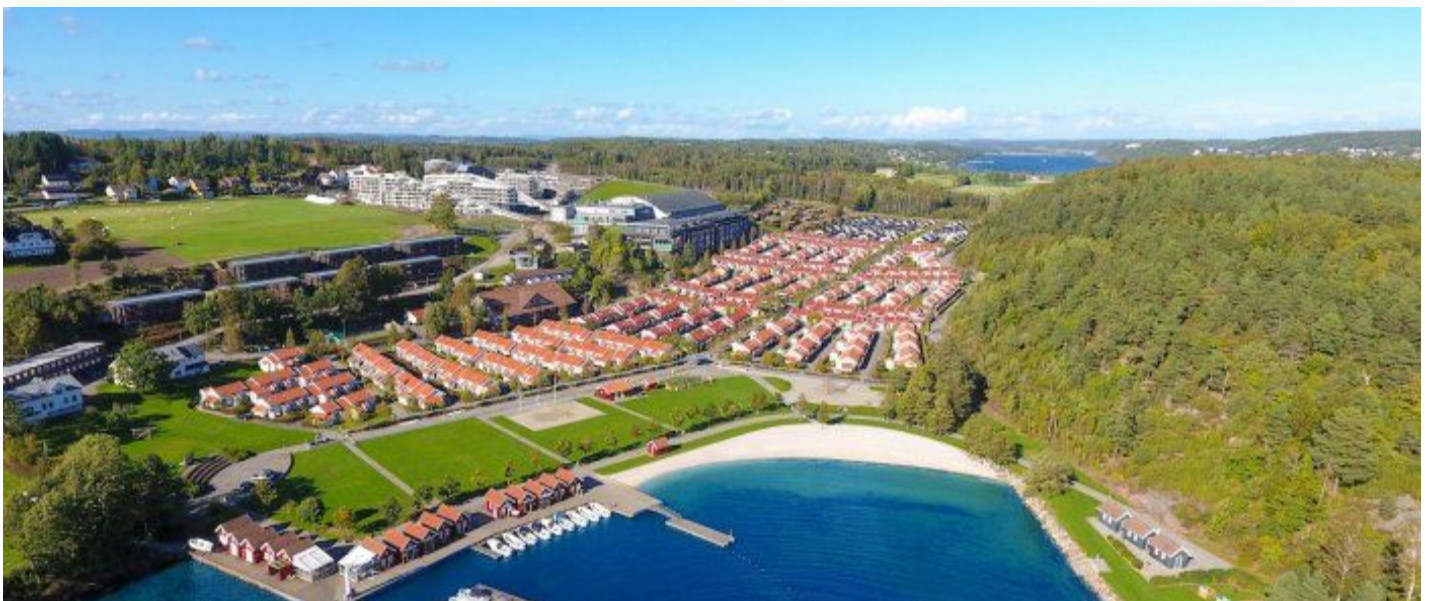
- **Required Elements/Deduction Judges, Presentations Judges Training:** Judges Training for first and second year judges. Learn how to count speed and judge the Required Elements and Presentation Levels of Freestyle.

- **Difficulty Judges Training:** Judges Training for more experienced judges. In this training you will gain the instruction necessary to become a Head Speed Judge, and a Content Judge.
  - **Level 1 Instructor Certification Part 2:** Part 2 is a hands on (live course) practical portion that will include opportunities for teach backs and instructional assessments in single rope and long rope modalities. The live course will be active, so dress appropriately. Part 1 (online portion) is a prerequisite to Part 2.
- Strength training and sport psychology :** Discussion of important topics related to physical and mental training. .

**The 2019 World Jump Rope Championship & Camp venue, the Oslofjord Convention Center**, is located in beautiful Norway on the Oslofjord waterway near Melsomvik. Our hosts have provided a superior facility with beautiful apartment/hotel style accommodations that sleep 4, 6 or 8 people with the following amenities:

Kitchen (stove, oven, dishwasher, refrigerator-with kitchen utensils etc.), television, linens/towels, washer/dryer combination, large bathroom with shower, wifi, balcony with chairs and much more. It will be your home away from home for the duration of our event. There will be a small store in the venue selling limited food/snack and beverages.

The accommodations are mere steps away from the venue with spectacular views of the surrounding countryside!



ALL PACKAGES ARE PRICED IN NORWEGIAN KRONE (KR)

## 2019 World Jump Rope Championship & Camp Packages

Register your team at <http://registration.worldjumprope.org>

### Participants (Competitors and/or Campers)

	All Inclusive Package Options	Schedule	Packages include meals, rooms, and transportation*.	Cost
1	Championship & Camp Participant All Inclusive <b>Early Arrival Package</b> July 2nd-July 12th	<ul style="list-style-type: none"> <li>July 2 Early Check-in</li> <li>July 3 16:00 - 18:00 Mandatory Judges refresher course</li> <li>19:00 - 21:00 Mandatory Coaches Meeting</li> <li>July 4, 5, 6, 7 &amp; 8 Championship</li> <li>July 9 Day Off</li> <li>July 10 &amp; 11 Camp</li> <li>July 12 Check-out</li> </ul>	<ul style="list-style-type: none"> <li>Championship and Camp Registration fees</li> <li>29 meals (Dinner July 2nd-Breakfast July 12th)</li> <li>Lodging &amp; Local Transfers*</li> <li>Event Gifts</li> <li>Event Gala-July 8th 20:00 - 23:00</li> </ul>	9350 kr
2	Championship & Camp Participant All Inclusive Package July 3rd-July 12th	<ul style="list-style-type: none"> <li>July 3 Check-in 16:00 - 18:00 Mandatory Judges refresher course</li> <li>19:00 - 21:00 Mandatory Coaches Meeting</li> <li>July 4, 5, 6, 7 &amp; 8 Championship</li> <li>July 9 Day Off</li> <li>July 10 &amp; 11 Camp</li> <li>July 12 Check-out</li> </ul>	<ul style="list-style-type: none"> <li>Championship and Camp Registration fees</li> <li>26 meals (Dinner July 3rd-Breakfast July 12th)</li> <li>Lodging &amp; Local Transfers*</li> <li>Event Gifts</li> <li>Event Gala-July 8th 20:00 - 23:00</li> </ul>	8650 kr
3	Championship Participant All Inclusive <b>Early Arrival Package</b> July 2nd-July 9th	<ul style="list-style-type: none"> <li>July 2 Early Check-in</li> <li>July 3 16:00 - 18:00 Mandatory Judges refresher course</li> <li>19:00 - 21:00 Mandatory Coaches Meeting</li> <li>July 4, 5, 6, 7 &amp; 8 Championship</li> <li>July 9 Check-out</li> </ul>	<ul style="list-style-type: none"> <li>Championship Registration fees</li> <li>20 meals (Dinner July 2nd-Breakfast July 9th)</li> <li>Lodging &amp; Local Transfers*</li> <li>Event Gifts</li> <li>Event Gala-July 8th 20:00 - 23:00</li> </ul>	7450 kr
4	Championship Participant All Inclusive Package July 3rd-July 9th	<ul style="list-style-type: none"> <li>July 3 Check-in 16:00 - 18:00 Mandatory Judges refresher course</li> <li>19:00 - 21:00 Mandatory Coaches Meeting</li> <li>July 4, 5, 6, 7 &amp; 8 Championship</li> <li>July 9 Check-out</li> </ul>	<ul style="list-style-type: none"> <li>Championship Registration fees</li> <li>17 meals (Dinner July 3rd-Breakfast July 9th)</li> <li>Lodging &amp; Local Transfers*</li> <li>Event Gifts</li> <li>Event Gala-July 8th</li> </ul>	6750 kr
5	Camp Participant All Inclusive Package July 9th-July 12th	<ul style="list-style-type: none"> <li>July 9 Check-in</li> <li>July 10 &amp; 11 Camp</li> <li>July 12 Check-out</li> </ul>	<ul style="list-style-type: none"> <li>Camp Registration fees</li> <li>8 meals (Dinner July 9th-Breakfast July 12th)</li> <li>Lodging &amp; Local Transfers*</li> <li>Event Gifts</li> </ul>	3050 kr

	Event Only Package Options	Schedule	Packages do not include meals, rooms, or transportation.	Cost
6	Championship & Camp Participant Event Only Package July 3rd-July 11th	<ul style="list-style-type: none"> <li>July 3 Check-in 16:00 - 18:00 Mandatory Judges refresher course 19:00 - 21:00 Mandatory Coaches Meeting</li> <li>July 4, 5, 6, 7 &amp; 8 Championship</li> <li>July 9th Day Off</li> <li>July 10 &amp; 11 Camp</li> </ul>	<ul style="list-style-type: none"> <li>Championship and Camp Registration fees</li> <li>Event Gifts</li> <li>Event Gala-July 8th 20:00 - 23:00</li> </ul>	4200 kr
7	Championship Participant Event Only Package July 3rd-July 8th	<ul style="list-style-type: none"> <li>July 3 Check-in 16:00 - 18:00 Mandatory Judges refresher course 19:00 - 21:00 Mandatory Coaches Meeting</li> <li>July 4, 5, 6, 7 &amp; 8 Championship</li> </ul>	<ul style="list-style-type: none"> <li>Championship Registration fees</li> <li>Event Gifts</li> <li>Event Gala-July 8th 20:00 - 23:00</li> </ul>	3700 kr
8	Camp Participant Event Only Package July 10th & July 11th	<ul style="list-style-type: none"> <li>July 10 &amp; 11 Camp</li> </ul>	<ul style="list-style-type: none"> <li>Camp Registration fees</li> <li>Event Gifts</li> </ul>	1100 kr

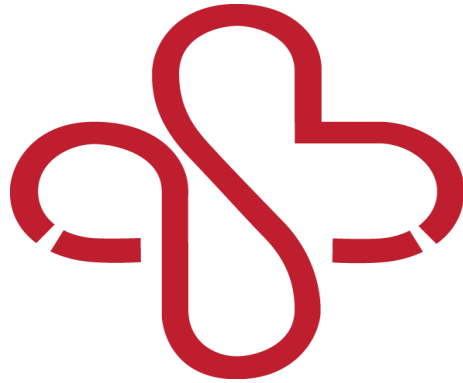
\*Local Transfers will be limited to certain days and hours between the *Sandefjord Torp Airport (TRF)*, *Stokke Train Station* and the *Oslofjord Convention Center* for “All Inclusive Packages” only. \**Specific transportation restrictions and information will be publicized in the WJRCC 2019 Registration Packet available on January 1st.*

# 2019 World Jump Rope Championship & Camp Packages

## Non-Participants (Coaches, Chaperones, and Spectators)

	All inclusive Package Options	Schedule	Packages include meals, rooms, and transportation.	Cost
9	Championship & Camp Non-Participant All Inclusive <b>Early Arrival Package</b> July 2nd-July 12th	<ul style="list-style-type: none"> <li>July 2 Early Check-in</li> <li>July 3 16:00 - 18:00 Mandatory Judges refresher course</li> <li>19:00 - 21:00 Mandatory Coaches Meeting</li> <li>July 4, 5, 6, 7, &amp; 8 Championship</li> <li>July 9th Day Off*</li> <li>July 10 &amp; 11 Camp</li> <li>July 12 Check-out</li> </ul>	<ul style="list-style-type: none"> <li>Entry for all days of Championship</li> <li>29 meals (Dinner July 2nd-Breakfast July 12th)</li> <li>Lodging &amp; Local Transfers*</li> <li>Event Gala-July 8th</li> </ul>	7950 kr
10	Championship & Camp Non-Participant All Inclusive Package July 3rd-July 12th	<ul style="list-style-type: none"> <li>July 3 Check-in 16:00 - 18:00 Mandatory Judges refresher course</li> <li>19:00 - 21:00 Mandatory Coaches Meeting</li> <li>July 4, 5, 6, 7 &amp; 8 Championship</li> <li>July 9th Day Off*</li> <li>July 10 &amp; 11 Camp</li> <li>July 12 Check-out</li> </ul>	<ul style="list-style-type: none"> <li>Entry for all days of Championship</li> <li>26 meals (Dinner July 3rd-Breakfast July 12th)</li> <li>Lodging &amp; Local Transfers*</li> <li>Event Gala-July 8th</li> </ul>	7250 kr
11	Championship Non-Participant All Inclusive <b>Early Arrival Package</b> July 2nd-July 9th	<ul style="list-style-type: none"> <li>July 2 Early Check-in</li> <li>July 3 16:00 - 18:00 Mandatory Judges refresher course</li> <li>19:00 - 21:00 Mandatory Coaches Meeting</li> <li>July 4,5,6,7 &amp; 8 Championship</li> <li>July 9 Check-out</li> </ul>	<ul style="list-style-type: none"> <li>Entry for all days of Championship</li> <li>20 meals (Dinner July 2-Breakfast July 9)</li> <li>Lodging &amp; Local Transfers*</li> <li>Event Gala-July 8th</li> </ul>	6050 kr
12	Championship Non-Participant All Inclusive Package July 3rd-July 9th	<ul style="list-style-type: none"> <li>July 3 Check-in 16:00 - 18:00 Mandatory Judges refresher course</li> <li>19:00 - 21:00 Mandatory Coaches Meeting</li> <li>July 4, 5, 6, 7 &amp; 8 Championship</li> <li>July 9 Check-out</li> </ul>	<ul style="list-style-type: none"> <li>Entry for all days of Championship</li> <li>17 meals (Dinner July 3rd-Breakfast July 9th)</li> <li>Lodging &amp; Local Transfers*</li> <li>Event Gala-July 8th</li> </ul>	5350 kr
13	Camp Non-Participant All Inclusive Package July 9th-July 12th	<ul style="list-style-type: none"> <li>July 9 Check-in</li> <li>July 10 &amp; 11 Camp</li> <li>July 12 Check-out</li> </ul>	<ul style="list-style-type: none"> <li>8 meals (Dinner July 9-Breakfast July 12)</li> <li>Lodging &amp; Local Transfers*</li> </ul>	2700 kr





WORLD JUMP ROPE  
M E D I C A L

To: WJRF Jumpers,  
Coaches, Parents, and all other Stakeholders,

The 2019 WJRF World Jump Rope Championships in Oslofjord, will have anti-doping control. WJRF's anti-doping initiative is athlete centered. The purpose of anti-doping is to promote fair play, instill healthy lifestyle behaviors, and make the sport of jump rope consistent with Olympic regulations.

For more information please go to <http://worldjumprope.org/wada>

As always, there will be a team of Athletic Trainers/Physiotherapists/Chiropractors at the venue for the athletes. They are mainly there to provide emergency response and basic first aid. Any additional services (ex: ankle taping, kinesio-taping, stretching, etc.) will be charged individually and accordingly.

Thank you,

WJRF Medical Committee

**January 1, 2019**

**Registration package:**

Includes information on:

- **\*Optional Tours:** The registration packet will have information to assist you with information and tour options. This will also be posted to our website: [www.worldjumprope.org](http://www.worldjumprope.org).
- **Indemnity and release form:** All participants, judges, volunteers and all-inclusive package holders must sign this form when registering.
- **Code of Conduct:** Forms for all athletes and coaches.
- **Credential photo:** Upload a current photo of each participant (all jumpers plus anyone on an all-inclusive package.) Photo should be **HEAD AND SHOULDERS ONLY**, portrait orientation. Photo file size should be 1M or smaller.
- **Rooming List:** Rooms will be 4, 6 or 8 per room with a shared bathroom.
- **Team photo:** A sign-up schedule for professional team photos will be available at the front desk through **Images by MC**. Be sure to sign-up early as space is limited.
- **Local Transfers:** Local Transfers will be limited to certain days and hours between the *Sandefjord Torp Airport (TRF)*, *Stokke Train Station* and the *Oslofjord Convention Center* for "All Inclusive Packages" only. *\*Specific transportation restrictions and information will be publicized in the WJRCC 2019 Registration Packet available on January 1st.*
- **Music Requirements:** Music is required for all Senior double dutch and single rope team freestyle events and the Junior single rope team freestyle event during the age division championships at WJRCC 2019. All freestyle events will compete with music in the Grand World Championships. To avoid confusion and reduce the potential for the playing of incorrect routine music, please make sure that all jumpers and coaches have listened to the entirety of each of the songs uploaded to the registration site for their events and verify that each song is the correct version before the registration deadline. These music files are the ones that will be played when the jumpers compete. Also, please upload music for all freestyle event entries, even if music is not required for the age division championships. (An example is the single rope freestyle event, which will not require music for the age division championships, but could be needed for the Grand World Championships.) Late music submissions will not be accepted this year after the registration deadline. Directions for uploading the music files to the registration site can be found in the registration packet, and if you have any questions or difficulty uploading music files, contact Chris Brown at [chris@worldjumprope.org](mailto:chris@worldjumprope.org).

- **Photography:** Once again photography will be provided through **Images by MC**. Those professional photos you've grown to love and expect will be available for viewing, ordering and downloading the same morning/afternoon of each event at [www.ImagesbyMC.com](http://www.ImagesbyMC.com) . *If you missed previous year's pictures, not to worry, you can still order now by clicking [here](#).*

**Registration opens online on February 1, 2019!!!**