

USA Jump Rope Federation (USAJRF)

U.S. National Jump Rope Championship International Open Competition

June 25th – Registration/Coaches/Judges Meeting & Opening Ceremony

June 26-28th – Age Division Championship

June 29th – Grand National Championship

June 30th – Jump Rope Camp



**ESPN Wide World of Sports Arena
Walt Disney World Resort®
Lake Buena Vista, Florida**

2019 Travel Package and Registration Information

We can't wait to see you there!



Competitor Registration

Each competitor will need to register using the link below.

[**CLICK HERE TO REGISTER**](#)

Note: Each registration is linked to an individual email address. If you need to register multiple competitors using one email address, make sure to register everyone at the same time, by selecting the “Add” button. Once everyone is added to your registration, then click the “Continue” button to finish and submit payment.

Coaches will be sent event registration information at a later date.

2019 U.S. National Jump Rope Championship International Open Competition Event Schedule

Sample Schedule Subject to Change

Tues. June 25, 2019

2:00-6:00 pm

Mandatory Coaches Check-in for Nationals

Buses will bring Coaches, Athletes and Package Holders to the HP Field House from Disney's Pop Century Resort

6:00-7:00 pm

Disney Kick-Off Pep Rally for Athletes—ESPN WWSC Arena

4:00-10:00 pm

Practice facility open – WWSC Arena

Adult Supervision is required for all competitors

Wed. June 26, 2019

9:00 am

National Championship Age Division Tournament Begins – WWSC Arena

Individual Events

Team Events

Awards

Thurs. June 27, 2019

8:00 am

National Championship Age Division Tournament continues

Individual Events

Team Events

Awards

Team Show Practice

Fri. June 28, 2019

8:00 am

National Championship Age Division Tournament continues

Team Events

Team Show Routines – Small and Large Group

Awards

Sat. June 29, 2019

8:00am

Grand National Championship – WWSC Arena

Speed Events & Freestyle Events

All-Star Performance, Scholarship Presentation, & Awards

Annual General Meeting – (right after Grand Nationals)

Sun. June 30, 2019

8:00am

International One Day Camp – WWSC Arena

Lodging and Transportation

ABOUT DISNEY SPORTS TRAVEL AND PACKAGE OPTIONS:

Travel packages are available at Disney’s Pop Century Resort! *Walt Disney World*® Resort packages are **required for coaches and competitors**. Parents and spectators are also encouraged to take advantage of this great deal but are not required to register on the package offered by *Walt Disney World*® Resort.

We will let you know when Disney Sports Travel booking is open.

Members will be able to work directly with Disney Sports Travel. Next steps will be sent out in an email about how to deal with your team reservation. You can call them at (407) 939-7810. You can add on nights, theme park tickets or upgrades to your packages. Registrations will be held with a deposit of \$200 per room. The deposit is due within 3 days of booking your room reservation and final payment will be due 30 days prior to arrival date. I have provided the steps here:

Your team should designate a team contact to serve as point person for participants and spectators booking the 2019 USA Jump Rope National Championship travel package.

The team contact should call Disney Sports Travel at (407) 939-7810 and state you are coming to Walt Disney World® for the 2019 U.S. National Jump Rope Championship.

Please be prepared to provide the agent with your registered team name, team contact information (i.e.name, address, phone, and email), as well as tentative travel information (i.e. arrival/departure dates, number of rooms).

The team contact will receive a call back from your designated Disney Sports Travel representative within 3 business days to begin the team’s booking process.

TRAVEL PACKAGE PRICES:

Standard Package

Each Standard Package will include the following items for each Event Participant and/or Spectator for whom that Package is purchased:

- 4 consecutive nights in a standard room at Disney’s Pop Century Resort or Disney’s Caribbean Beach Resort
- Transportation between Disney’s Pop Century Resort and ESPN Wide World of Sports Complex for the Event.
- One (1) 3-Day *Magic Your Way*® Base Ticket that is valid for admission to one Disney Theme Park for each day for three (3) days. Tickets can be used one week prior to the championship or one week after the conclusion of the championship. All Base Tickets can be upgraded to Hopper Passes by contacting Disney Sports Travel.
- One (1) Length-of-Event admission into ESPN Wide World of Sports Complex and entry to WWS Arena for the competition
- Admission to the Opening Ceremony for the 2019 U.S. National Jump Rope Championship

The prices payable for the Standard Packages purchased will be as follows:

Disney’s Pop Century Resort (Headquarter Hotel—includes transportation from hotel to event and back) Standard Packages

Occupancy	Single	Double	Triple*	Quadruple**
(Prices are per person)	\$848	\$632	\$560	\$524

* Price Based on up to (2) Adults and (1) Youth under 18 Years old

** Price Based on up to (2) Adults and (2) Youth under 18 Years old

Disney’s Caribbean Beach Resort (Moderate upgrade hotel, must provide your own transportation to event) Standard Packages

Occupancy	Single	Double	Triple*	Quadruple**
(Prices are per person, <i>no transportation</i> included)	\$1,010	\$713	\$614	\$565

* Price Based on up to (2) Adults and (1) Youth under 18 Years old

** Price Based on up to (2) Adults and (2) Youth under 18 Years old

No Park Ticket Package

Each No Ticket Package will consist of the following items for each Event Participant and/or Spectator for whom that Package is purchased:

- 4 consecutive nights in a standard room at Disney’s Pop Century Resort or Disney’s Caribbean Beach Resort
- Transportation between Disney’s Pop Century Resort and ESPN Wide World of Sports Complex for the Event.
- One (1) Length-of-Event admission into ESPN Wide World of Sports Complex and entry to WWS Arena for the competition
- Admission to the Opening Ceremony for the 2019 U.S. National Jump Rope Championship

The prices payable for the Standard Packages (no 3-Day Magic Your Way Base Ticket) purchased will be as follows:

Disney’s Pop Century Resort (Headquarter Hotel—includes transportation from hotel to event and back) Standard (No Park Ticket) Packages

Occupancy	Single	Double	Triple*	Quadruple**
(Prices are per person, <i>no ticket</i> included)	\$742	\$526	\$454	\$418

* Price Based on up to (2) Adults and (1) Youth under 18 Years old
** Price Based on up to (2) Adults and (2) Youth under 18 Years old

Disney’s Caribbean Beach Resort (Moderate upgrade hotel, must provide your own transportation to event) Standard (No Park Ticket) Packages

Occupancy	Single	Double	Triple*	Quadruple**
(Prices are per person, <i>no ticket</i> included, <i>no transportation</i> included)	\$904	\$607	\$508	\$459

* Price Based on up to (2) Adults and (1) Youth under 18 Years old
** Price Based on up to (2) Adults and (2) Youth under 18 Years old

Additional Benefits:

Complimentary Disney’s Magical Express® Transportation Service - transportation to and from Orlando International Airport and baggage handling provided.

NOTE: Additional adult charges will apply for more than two adults (18+) per room. Maximum of four persons per room.



Per Competitor Competition Fee is \$245 USD

SPEED EVENTS (8 Events)

Single Rope Individual Speed (MSRS or FSRS)

- This event is 60 seconds

Single Rope Individual 30 Second Speed (MSRS or FSRS)

Single Rope 30 Second Double Unders (MTSDU or FTSDU)

Single Rope Three Minute Speed (MTMS or FTMS)

Single Rope Speed Relay (SRSR)

- This event is done with a team of four, with individual singles ropes
- Each athlete will jump a jogging step for 30 seconds each
- The time will be called in intervals of 10 seconds, calling switch after every 30 seconds, for the next athlete to start
- Only one athlete will jump at a time

Double Dutch Speed Relay (DDSR)

- This event is done with a team of three, with Double Dutch ropes
- All three athletes will jump and turn
- Each athlete will jump a jogging step for 40 seconds each
- The time will be called in intervals of 10 seconds, calling switch after every 40 seconds, for the next athlete to start
- The athlete must exit and switch with the turner when 'switch' is called

Double Dutch Pairs Speed (DDPS)

- This event is done with a team of four with Double Dutch ropes
- Two athletes are the designated jumpers and two are the designated turners
- Each athlete will jump a jogging step for 60 seconds each
- The time will be called in intervals of 15 seconds, calling switch after every 60 seconds, for the next athlete to start
- The athlete must exit when 'switch' is called and the second athlete must enter to start their time

Single Rope Triple Unders (MTU or FTU)

- This is only for athletes age 15 and older
- This is NOT a timed event.
- Athletes complete as many triple unders as they can until they have a miss.



FREESTYLE EVENTS

(4 Events)

Single Rope Freestyle (MSRF or FSRF)

Required Elements:

- Multiple sequences
- Inversion – high frogs, push-ups, etc.
- Backward skills – jumping skills forward, backward, forward.
- Spatial Dynamics – Covers all 4 quadrants of competition area
- Rope Manipulation – Wraps, rope releases, etc.
- Opening pose and closing pose.



Single Rope Pairs Freestyle (SRPF)

Required Elements:

- Multiple sequences
- Inversion – high frogs, push-ups, etc.
- Backward skills – jumping skills forward, backward, forward.
- Pairs Interaction – Scoops, etc.
- Rope Manipulation – Wraps, rope releases, etc.
- Opening pose and closing pose

Double Dutch Single Freestyle (DDSF) 3 people & Double Dutch Pairs Freestyle (DDPF) 4 people

Required Elements for both events:

- Multiple sequences
- Inversion – high frogs, push-ups, etc.
- Team Footwork – turners and jumpers synchronized
- Spatial Dynamics – Exchange of turners and jumpers
- Rope Manipulation – turner skills – excluding exchanges
- Opening pose and closing pose

For Team Freestyle Events, genders are not separated until athletes compete in the 15 and older age groups. Once athletes are in any age group of 15 and older, then gender is separated into all female and mixed/all male divisions.

For Freestyle Events, Music is NOT used for Freestyle Routines until Grand Nationals. Athletes that make it to Grands will use music with their routines.



TEAM SHOW

Small Group Team Show: 6-12 athletes

Large Group Team Show: 13-30 athletes

Length: 4 minutes

Music is required

Space for performance is 94' x 50'

Props are not allowed

Scoring will be based on Content and Presentation.

Content

- Density: The degree of density and concentration of varied steps and movement in the routine, evaluated by assessing both the number and diversity of skills.
- Difficulty: Use of physically and choreographically challenging skills and sequences.
- Variation and Choreographic Balance: Will be judged by the Head Judge giving up to four tenths (.4) points for including at least one skill in each of the following five categories:
 1. **Single Rope** group routine (Synchronized and choreographed using a minimum of four (4) athletes)
 2. **Double Dutch** (Routine(s) involving two ropes turned in opposite directions)
 3. **Chinese Wheel** (Routine(s) involving two or more athletes that have exchanged handles and are turning and/or jumping ropes at alternating beats)
 4. **Long Rope** (not Double Dutch) (Routine(s) involving one or more ropes at least 20' (feet) in length)
 5. **Traveler** (Routine(s) involving the act of "catching" one or more athletes with a rope by another athlete)

Presentation

- Technical Quality: How well the skills are done, degree of excellence and style, synchrony, geometry
- Creativity: Originality and imagination in the choice of steps, movements, and formations

NOTE: Team show has no age divisions.

AGE DIVISIONS FOR EVENTS

Athletes' Age as of June 15, 2019

	Individual Events				Team Events		
Events	30 Second Speed 30 Second Double Unders One Minute Speed Individual Freestyle Three Minute Speed		Triple Unders		Single Rope Speed Relay Double Dutch Speed Relay Double Dutch Pairs Speed	Single Rope Pairs Freestyle Double Dutch Single Freestyle Double Dutch Pairs Freestyle	
Gender	Male	Female	Male	Female		Open	Female
Age Division	10-Under	9	15-18	15-18	10-Under	10-Under	15-17
	11-12	10	19-29	19-29	11-12	11-12	18-Over
	13-14	11			13-14	13-14	
	15-16	12			15-17	15-17	
	17-18	13			18-Over	18-Over	
	19-22	14			30-Over	30-Over	
	23-29	15-16					
	30-49	17-18					
	50-Over	19-22					
		23-29					
		30-49					
		50-Over					