



WORLD INTERSCHOOL RULEBOOK

2016-2017

www.interschoolropeskipping.org

World Interschool Organization
RESPECT – OPEN – FUN - LEARNING



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1. General information

Interschool: vision, structure & roles

Our vision:

RESPECT: we respect all participants, coaches, judges, supporters, volunteers ...

OPEN: we are open for everyone (no matter which country, federation, age, religion ...)

FUN: On our events, everyone should have fun and get a nice, unforgettable experience!

LEARNING: we want participants joining our events to learn new skills, routines ...

Our structure:

President: Harpal Flora Singh

Continental representative Europe: Bram Herssens

Continental representative Afrika: Sandile Ntombela

Continental representative PanAm: Marian Fletcher

Continental representative Asia & Oceania: Michael Chan

Rules: Maarten Goedemé & Bram Herssens

Tournament Director: Maarten Goedemé

Interschool: Who can participate

In order to be able to participate in the World Interschool Championship, you need to fulfill following requirements:

- Age limitation: there are 2 age divisions on the World Interschool Championship: 11-14 (born in 2003, 2004, 2005 & 2006) & 15-17 (born in 2000, 2001 or 2002). When arriving at the World Interschool Championship, you will have to prove your age by presenting a passport or similar document, clearly stating your name, age & photo. No exceptions to age categories and limitations will be accepted (so no older or younger skippers). In team events, the oldest skipper will determine the age division
- School verification: to be able to participate, when arriving at the World Interschool Championship, you will have to prove that you are member of the school you subscribed with, by presenting a student card or official document from your school clearly stating at least your name and date of birth. This document needs to be in English
- Qualification standards: there are no national qualification standards, everyone is free to participate (as long as they have the proper age and represent a school)
- Coaches and supporters can also be part of the World Interschool Championship by subscribing for a package
- For each school, at least one adult (18+) coach has to attend the event. The organization will not accept minors to participate without an adult coach joining them

Interschool: how to register

Registration for the World Interschool Championship will run in 3 steps:

- 1) Preregistration: by completing the preregistration form (containing only amount of people, role and age) you will put yourself (and your team) on the priority list. School that participated in the previous World Interschool Championship will get an early preregistration. This is done to promote consecutive participations from a school and to make sure title defenders in the different events are guaranteed a spot.



- 2) After preregistration, all places for the World Interschool Championship will be filled according to the priority list (as we have limited amount of space & packages, we might need to withhold people if there are too many people registering)
- 3) Everybody who didn't get a place in the registration, will be put on the waiting list and will be contacted if places come available (due to cancellations)

Please note that we have 800 places for the World Interschool Championship in Hungary, so most likely, the priority list will not be used and everyone who subscribes (participants, coaches & supporters) will get a package.

Note: for a very big delegation consisting of several schools and many participants, the Organizing Committee can appoint someone from that country to be the Head of Delegation. This person will be contacted in case of questions & issues, and will be responsible to communicate throughout his/her delegation.

How does the priority list work?

As the World Interschool Championships wants to offer opportunities to as many participants and countries as possible, and wants to avoid any discussion in case there are more subscriptions than places, a priority list was created. This is how it works:

- Basic principle: first come, first serve (so whoever preregisters first, will be first on the list)
- Exception: Supporters will always be put on the bottom of the list (priority is always given to skippers and coaches). For coaches, 1 coach per 4 participants from one school is put in the same priority as the skippers (to ensure that minor skippers have adult supervision). All other coaches are put at the same priority as the supporters
- Exception: in case a country subscribes with a very big amount of people, only the first 60 skippers or 3 schools (whatever comes first) will be put in the normal spot on the priority list. All other skippers will be put on a lower priority (right before the supporters). For the host country, these numbers are doubled

Note: this priority list will only be used in the exceptional case that there are more subscriptions than actual places. If there are less subscriptions than actual places, everyone will be eligible to take a package.



2. Package information Hungary

In order to be able to participate in the World Interschool Championship, all participants, coaches and supporters need to take a package. More information about the package can be found in the separate booklet, containing all information regarding location, sightseeing, package price, food, ...

All info regarding the package can be found in the booklet, that can be downloaded from our website: www.interschoolropeskiipping.org



3. Competition structure World Interschool Championship

Tournament structure overview

DAY 1	All day	Arrival & practice
DAY 2	Morning	Opening ceremony & World Interschool Championship: speed-events
	Afternoon	World Interschool Championship: speed-events & medal ceremony
	Evening	Sightseeing
DAY 3	Morning	Demo workshop & training
	Afternoon	World Interschool Championship: Show competition & medal ceremony
	Evening	Sightseeing
DAY 4	Morning	World Interschool Championship: Eszterházy freestyle Challenge
	Afternoon	Camp & workshops
	Evening	Medal ceremony, closing ceremony, photo moment & social evening
DAY 5	All day	Departure

Tournament structure details

DAY 1

On the first day, participants will arrive at the World Interschool Championship, and for those who want to, there will be the possibility to have some practice time in the competition hall.

The local host will create a practice schedule, so every school will have appropriate time to practice.

DAY 2

The second day will start with a small opening ceremony (with marching in and welcome word by the local host & President of World Interschool Organization).

After the opening ceremony, competition will start with the speed events (more details: see detailed rules in chapter 4).

After lunch, the speed events will continue and after that, there will be the medal ceremony

In the evening there is some time for sightseeing (more details: see package details in chapter 2).

DAY 3

In the morning, there will be a workshop to improve or to make a demo for the Show competition. Teams that already have a demo can use this time to train.

In the afternoon, the World Interschool Show competition will be held (more details: see rules in chapter 4), followed by the medal ceremony.

In the evening of Day 3 there is some sightseeing planned.

DAY 4

In the morning the World Interschool Eszterházy freestyle Challenge will be held (more details: see rules in chapter 4).

The afternoon will be filled with a camp and workshops, so skippers/jumpers from all over the world can share new skills with each other.

Also, some workshops for coaches will be hosted, so they as well can learn new skills/training methods



In the early evening, the medal ceremony will be held for all events from day 2 & 3. After that, there will be a short closing ceremony, with the traditional photo moment. After that, a short social evening will be held so participants can get to know each other a little bit better.

DAY 5

During this day, all participants depart back to their countries.

General rules

Code of conduct, ethics, doping, ...

As the vision of Interschool is Respect, Open, Fun & Learning, we expect all participants, coaches, volunteers, judges and spectators to be respectful towards each other and show sportsmanship to all.

For coaches and participants we specifically ask to show respect to other participants and judges, so they can execute their tasks in the best of circumstances.

For spectators, we ask to show respect to participants and judges by not disturbing them during routines (by shouting too loud, coming too close or using flash photography).

Use of any form of doping (as described by the WADA, World Anti-Doping Agency) will be forbidden.

Any violation towards this code of conduct, or towards ethics & doping in general will be investigated by the Tournament Director. His decision on the consequences and actions will be final.

Ropes

All different types of ropes can be used.

In case of a rope breaking during an event, the participant gets one re-skip. If the ropes breaks during that re-skip, no extra re-skip is given and the participant has to continue with a spare rope. If a re-skip is taken, the score from the re-skip will be the final score.

Uniforms

Each participant from the same school should have a matching uniform, so that spectators and judges can see they are from the same school. If possible, the uniform should contain country name and school name or logo.

Sport shoes that support jumping a rope have to be worn for each event. If shoes get lost during a routine, the participant has to put them back on before continuing the routine.

No jewelry or bracelets may be worn during any event, unless it has a medical purpose. Ear studs are also allowed.

Floor

For events for one person, a designated floor area of minimum 3 by 3 meters will be foreseen (apart from the Eszterházy freestyle Challenge, where a minimum of 4 by 4 meters will be foreseen). For team events, a designated floor area of minimum 5 by 5 meters will be foreseen.

Any skill performed outside this area will not be counted towards the total score.

Judges

Judges will be mainly provided by the local host, but the Organizing Committee also accepts judges from other countries. For the speed events & the Eszterházy freestyle Challenge, we require judges



with at least 3 years of experience in counting (speed) scores.

For the Show Competition, the Organizing Committee will invite experienced judges.

If there is 1 judge on a field, the score from that judge will be the final score.

If there are 2 judges on a field, the average of both scores will be taken, unless they differ more than 5, then the score from the headjudge will be taken.

If there are 3 judges on a field, the average of the 2 judges that have the closest scoring will be taken, unless they differ more than 5, then the score from the headjudge will be taken.

All scores are always rounded to the closest full number (so no halves will be given). In case of a half point, scores will be rounded up (always in favor of the participant).

For counting mistakes in the Eszterházy freestyle Challenge, all judges on one field will consult each other and give an agreed score.

Appeals

The general rule is that you can file any appeals to the Tournament Director, and it will be up to him to decide on the outcome. There is no more appeal possible against a decision of the Tournament Director. Also, if items are missing in the rulebook, or are open for interpretation, it will be up to the Tournament Director to take a final decision on these items. No appeals are possible to these decisions from the Tournament Director.

For speed events, you can file an appeal with video material if scores divert from reality and if this would have an impact on the place of the participant or school.

For the Show Competition, no appeals are possible, the interpretation from the judges is always final.

For Eszterházy freestyle Challenge, no appeals are possible, the interpretation and timing from the judges is always final.

If you want to file an appeal, take your video material directly to the Tournament Director. He will decide the outcome. In case a recount is needed for a speed event, the Tournament Director can consult judges to assist him in the recount. The recounted score will be the final score (even if it is lower). No appeals are possible against this score.



4. Detailed rules World Interschool Championship

2 levels of competition

During the World Interschool Championship, there will be 2 levels of competition: a standard level (for competitive skippers) and a Recrea level.

This Recrea level is created for participants that skip for 1 year or less and have a personal best in 30" speed of 65 or less. This level is focusing on participants that do not skip competitive in a club or team, and focusses on skippers that just start and have this Interschool as a first experience with competition.

When you subscribe, you have to choose either the competitive level or recrea level for every event you are participating in. It is not allowed to have a mixed participation in the 2 levels (you either choose competitive or recrea).

In case of abuse of this level (e.g. subscribing a high-level skipper in this category), the Organizing Committee will disqualify that skipper from the event.

Note: please be aware that the recrea level will not be taken into account towards the overall school ranking. This will be limited to the competitive level.

World Interschool Championship: speed-events

Events Recrea level

This championship will contains the following events:

- 2-people-1 rope 2x30" (per age category): you need 4 skippers for this event (2 times 2). Skippers will do normal jumps with the 2 feet together and will each hold one handle of the rope. This event will begin with a timer calling the words "judges ready, skipper ready, set, BEEP". Once the beep starts, you can begin skipping. The event for the first 2 participants will end with the call out of a second "BEEP". Once this is called out, the first 2 participants stop and the third and fourth can begin their 30". The event will end with the call out of a double "BEEP BEEP". Once this is called out, the event stops and any additional jumps will not be scored. Only right foot is counted for the score.
- Single rope 4x30" team (per age category): this event will begin with a timer calling the words "judges ready, skipper ready, set, BEEP". Once the beep starts, the first participant can begin skipping with normal jumps (feet together). The event for the first participant will end with the call out of a second "BEEP". Once this is called out, the first participant stops and the second can begin his/her 30". This is repeated for the third and fourth participant. The event will end with the call out of a double "BEEP BEEP". Once this is called out, the event stops and any additional jumps will not be scored. Only right foot is counted for the score.
- Single dutch 2x1' (per age category). In this event, the first jumper starts when the "BEEP" is called out and skips normal jumps in Single Dutch rope for 1 minute (with 2 turners turning for him/her). Once a second "BEEP" is called out, the first jumper leaves the rope, and the second jumper can enter the rope for 1 minute. The event will end with the call out of a double "BEEP BEEP". Once this is called out, the event stops and any additional jumps will not be scored. Only successful jumps are counted for the score.

False Starts are not permitted in any event. The skipper(s) must remain still with no arm or rope movement before the BEEP sound is heard. Any movement before the start of the BEEP sound



constitutes a false start. If a false start is detected the judges do not stop the skippers but there will be a 5 point deduction from the skipper's raw score.

Each event will be held in 2 different age categories: 11-14 & 15-17.

All participants do each event they are subscribed to once, the highest score wins (per age). In case of a draw, both participants get the same medal.

Events competitive level

This championship will contains the following events:

- 2-people-1 rope speed 2x30" (per age category): you need 4 skippers for this event (2 times 2). Skippers will jump in the speedstep (so always switching between right and left foot) and will each hold one handle of the rope. This event will begin with a timer calling the words "judges ready, skipper ready, set, BEEP". Once the beep starts, you can begin skipping. The event for the first 2 participants will end with the call out of a second "BEEP". Once this is called out, the first 2 participants stop and the third and fourth can begin their 30". The event will end with the call out of a double "BEEP BEEP". Once this is called out, the event stops and any additional jumps will not be scored. Only right foot is counted for the score.
- Single rope speed 4x30" team (per age category): Skippers will jump in the speedstep (so always switching between right and left foot). This event will begin with a timer calling the words "judges ready, skipper ready, set, BEEP". Once the beep starts, the first participant can begin skipping. The event for the first participant will end with the call out of a second "BEEP". Once this is called out, the first participant stops and the second can begin his/her 30". This is repeated for the third and fourth participant. The event will end with the call out of a double "BEEP BEEP". Once this is called out, the event stops and any additional jumps will not be scored. Only right foot is counted for the score.
- Double dutch speed 2x1' (per age category). In this event, the first jumper starts when the "BEEP" is called out and skips speedstep in Double Dutch ropes for 1 minute (with 2 turners turning for him/her). Once a second "BEEP" is called out, the first jumper leaves the ropes, and the second jumper can enter the ropes for 1 minute. Both skippers have to face the same turner (so running in the same direction). The event will end with the call out of a double "BEEP BEEP". Once this is called out, the event stops and any additional jumps will not be scored. Only right foot is counted for the score.

False Starts are not permitted in any event. The skipper(s) must remain still with no arm or rope movement before the BEEP sound is heard. Any movement before the start of the BEEP sound constitutes a false start. If a false start is detected the judges do not stop the skippers but there will be a 5 point deduction from the skipper's raw score.

Each event will be held in 2 different age categories: 11-14 & 15-17.

All participants do each event they are subscribed to once, the highest score wins (per age). In case of a draw, both participants get the same medal.

Finals competitive level

In the competitive level, there will be an overall final. To be able to participate in this, a team (consisting of 4 skippers) has to participate in all 3 events with the same participants (4x30" speed, 2x1' speed Double Dutch & 2x30" 2-people-1 speed).



After the initial rounds, the top-4 per age category is selected for the finals (calculated by adding the scores for speed, speed Double Dutch and 2-people-1 speed together). In these finals, teams will have to do the final event, which is a little bit different from the first round events:

In the final, teams will have to do 3x30", containing 1 time 30" Double Dutch speed (one skipper), 1 time 30" single rope speed (also by one skipper) and 1 time 30" 2-people-1 speed.

This event will begin with a timer calling the words "judges ready, skipper ready, set, BEEP". Once the beep starts, you can begin skipping speed Double Dutch. The speed Double Dutch will end with the call out of a second "BEEP". Once this is called out, the speed Double Dutch stops and the single rope speed can begin his/her 30". The speed single rope will end with the call out of a third "BEEP". Once this is called out, the speed single rope stops and the 2-people-1 speed can begin their 30". The event will end with the call out of a double "BEEP BEEP". Once this is called out, the event stops and any additional jumps will not be scored. Only right foot is counted for the score.

IMPORTANT: In these finals, every skipper from the team has to jump one event (so skipper A skipping 30" speed, skipper B jumping Double Dutch speed and skipper C & D doing 30" 2-people-1 speed). If this is not the case, the team will not score any points in the final.

The team with the highest score after this final will be the overall team winner of the speed events.

In the end, there will be a school ranking made taking following scores into account: the best score of 2-people-1 2x30" speed + the best score of 4x30" speed + the best score of speed DD. In case of a tie, the second best score for 2-people-1 2x30" speed will determine the winner. In case this is a tie, both schools will get the same place.

Awards

Awards will be given to the top-3 in each event (per age). For the school awards, top-3 will be awarded (all age & gender categories together).

	Recrea level		Competitive level	
	Age 11-14	Age 15-17	Age 11-14	Age 15-17
2-people-1 2x30"	Gold, silver & bronze medal	Gold, silver & bronze medal	Gold, silver & bronze medal	Gold, silver & bronze medal
Single rope 4x30"	Gold, silver & bronze medal	Gold, silver & bronze medal	Gold, silver & bronze medal	Gold, silver & bronze medal
Double/Single Dutch 2x1' speed	Gold, silver & bronze medal	Gold, silver & bronze medal	Gold, silver & bronze medal	Gold, silver & bronze medal
Overall teams	Not applicable		Gold, silver & bronze overall medal	Gold, silver & bronze overall medal
OVERALL SCHOOL	Not applicable		Gold, silver & bronze cup	



World Interschool Championship: Show competition

Events

This is an event where the school creates team from 4 to 8 participants that will perform in a demonstration that will last a maximum of 4 minutes. This demonstration can contain a wide variety of elements (single rope, double dutch, 2-people-1, Chinese wheel, long rope, box, ...) and is intended to entertain the crowd with a nice show (so use of music, thematic costumes, special skills, ... would all be nice features that will get you high scores).

As the Organizing Committee understands that it might not be easy to create this, there will be a workshop in the morning before the competition where there will be experienced coaches that will help you in creating a demonstration (or that will help you to update an existing demonstration). After the Interschool, this demonstration can be used during local school events to promote the sport & the World Interschool Championship.

In this event, there will be no split between recrea level & competitive level, nor will there be divisions between genders. There will only be an age division: 11-14 & 15-17. All teams will perform one after the other, and in the end the 11-14 will be put in a separate ranking.

Judging

This is an event that will be judged by an expert judges panel containing experienced coaches and participants from different countries. The Organizing Committee will form this judges panel.

Each judge will score each demo a score between 0 and 100 (based on their own preference & experience). The highest and lowest score per demo will be removed, and other scores will be added together to get a final score.

The team with the highest score (per age category) wins.

For the school awards, the 2 highest scores from the school will be added together. The highest total score wins. In case a school only has one demonstration, only that score will be counted.

Awards

Awards will be given to the top-3 in each event (per age category). For the school awards, top-3 will be awarded (all age categories together).

	Age 11-14	Age 15-17
Show Competition	Gold, silver & bronze medal	Gold, silver & bronze medal
OVERALL SCHOOL	Gold, silver & bronze cup	

World Interschool Championship: Eszterházy freestyle Challenge

Events

During this event, a participant has to perform a compulsory mini-freestyle with the least amount of errors.

There will be an event on Recrea level and one on competitive level. For each event, there will be a different compulsory freestyle (the one for competitive level will be of a higher level)

The compulsory freestyles can be found on this link: www.interschoolropeskiipping.org



The number of errors are counted. This includes both mistakes being made during the freestyle, as skills not executed or not correctly executed (e.g. doing something different than intended, or doing something fake). There will be 3 rounds:

- Qualification round: during this round, the freestyle is executed by all participants and errors are counted. The top-8 participants (per age category & per level) with the least errors will qualify for the next round. In case of a tie, all will qualify for the next round
- Semifinals: top-8 will do the freestyle again, but this time it will be timed. After the freestyles, a ranking will be made based on the fewest errors. In case 2 skippers have the same number of errors, the fastest skipper will advance to the finals. Top 4 per age & level will advance to final
- Finals: the 4 remaining skippers (per age & level) will do the freestyle a last time. The one with the fewest mistakes wins (per age & level). In case of a tie, the fastest freestyle wins

A school needs at least 5 participants in the competitive level to enter in the overall category. For School Ranking the average number of mistakes from the 5 best skippers in the first round are taken as the result. In case of a tie, we will look at the average number of mistakes from the 5 best skippers in the semifinal. In case of another tie, we will look at the average number of mistakes from the 5 best skippers in the finals. In case this still is a tie, the school with the highest placed individual skipper wins.

If there is a tie and a school does not have 5 participants in the (semi)final, all missing participants are calculated as participants with 5 mistakes.

Awards

Awards will be given to the top-3 in each age category. For the school awards, top-3 will be awarded (all age categories together).

	Recrea level		Competitive level	
	Age 11-14	Age 15-17	Age 11-14	Age 15-17
Eszterházy freestyle Challenge	Gold, silver & bronze medal			
OVERALL SCHOOL	Not applicable		Gold, silver & bronze cup	

World Interschool Championship: Overall School Ranking

This will be the final trophy that is handed out during the closing ceremony to the first, second and third school. Schools placed 4th till 8th will receive a World Interschool Diploma, to acknowledge their performance and to prove they made it to the top-8 of the World Interschool Championship.

To determine this ranking, we simply add the 3 rankings from the 3 big events together:

Total school ranking = school ranking speed events + school ranking Show Competition + school ranking Eszterházy freestyle Challenge

In case a school didn't participate on one of the 3 events, they will get the same ranking as the last school in that event.

In case of a tie, the ranking of the Eszterházy freestyle Challenge will determine the winner. In case this is also a tie, the ranking of the Show Competition will determine the winner. In case this is also a tie, there will be 2 winners.