



## RULES AND REGULATIONS

### Game : Rope Skipping (Girls & Boys)

1. The competition will be conducted according to the rules of Rope Skipping Federation of India, with modifications wherever applicable.
2. The championship will be held at Cluster/Zonal/National level.
3. The championship will be held in under 14, 17 & 19 years age category.
4. Separate championship will be held for Boys & Girls category.
5. A team shall consist of maximum four players in each category.
6. The competition will be held for “Team Championship”.
7. A separate Individual Championship too will also be held. Each team reaching to participate shall nominate one player who shall participate in Individual Championship.
8. All members of the team shall wear same colour uniform, preferable cycling shorts, T-shirt & shoes.

9. **List of Events :**

Individual Championship (Boys & Girls)	Team Championship (07 Championships)
<ol style="list-style-type: none"><li>1. Speed – Hop</li><li>2. Speed – Sprint</li><li>3. Speed – Endurance</li><li>4. Freestyle</li></ol> <p>(Each team shall nominate one player for the following championships. For each championship, Team shall nominate a different player)</p>	<ol style="list-style-type: none"><li>1. SR Speed and Double Under Relay</li><li>2. Double Dutch Speed Relay</li><li>3. Single Rope Pair Freestyle</li><li>4. Single Rope Team Freestyle</li><li>5. Double Dutch Single Freestyle</li><li>6. Double Dutch Pair Freestyle</li><li>7. Double Dutch Pair Speed</li></ol>

10. **Injury :** In case of an injury during the competition, the skipper or his/her coach will decide whether to continue the event or not. There will be no re-skip and the event will be scored based on what was shown.
11. **Broken Rope or Handle :** If a rope or a handle breaks, a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However, a team or skipper may only have a maximum of two attempts at the same event. The last attempt determines the score.
12. The school Organizing Cluster/Zonal level competition shall take a Group Photo of the teams that have qualified to participate at Zonal/National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.