

Hello Jump Rope Enthusiasts!

In an effort to expose athletes, parents, families and friends to the fun, enriching world of competitive jump rope **Hurricane Jumpers** will host a **Fun Mini Tournament, Skills Workshop & Judges Clinic** . We will be mixing it up from fun inspiring events to traditional events; from novice to experienced skilled athletes **and from kids through adults.**

**Join us have some jumping fun!!!**

**Location:** Miami Shores Recreation Center 9617 Park Dr., Miami Shores, FL 33138

**Date:** Saturday, February 7, 2015

**Registration Fee:** \$5/event/athlete or \$25 for all day

**Time:** 8am – 4pm

Tournament 11 am

Workshop 2pm

Judges Clinic 8:30am (Levels 1 & 2)

**Check in:** 8:00 – 8:30am

**Pre-Tournament:** 9am warm up; 10am line up; 10:30am events demo

**Awards:** 1:30pm - top 5 places in each age division in each event



## Inspired

### Inspired Events:

**Pairs Cross Combo** = teams of two athletes; age division is determined by the eldest jumper. First athlete will jump criss cross (cross open), and second athlete will jump double bounce. Each athlete jumps for 30 seconds one at a time, switching on the call "switch". Judges count completed jumps. The count is continuous representing a single team score.

**Mix it up Criss Cross, Speed, Single Bounce, Backwards Double Bounce** = teams of four athletes; age division is determined by the eldest jumper. First athlete will jump criss cross (cross open), second will jump speed, third will jump forward single bounce, fourth will jump backwards double bounce. Each athlete jumps for 30 seconds one at a time switching on the call "switch". Judges count the right foot on the speed jumpers and completed jumps on the criss cross, single bounce and backwards double bounce jumpers. The count is continuous representing a single team score.

**NO MISSES un-timed double unders till you drop (3 minutes max. counted)** – score is number of completed double under jumps prior to a miss. Once a miss occurs athlete is finished.

**100 jump challenge (single bounce straight jumping)** – timed event. Score is based on best time.

## Speed & Power

### Traditional Events:

**30 second speed (USA)** = alternating jumping on one foot at a time for each spin/revolution of the rope around the body. A.K.A. boxer step or jogging step. Judges count only the number of completed jumps from the right foot after a left foot jump.

**One minute speed (AAU & USA)** = same speed jump as 30 second speed. Judges count only the number of completed jumps from the right foot after a left foot jump.

**Pairs Power (AAU)** = teams of two athletes; age division is determined by eldest jumper. Each athlete jumps double unders for 30 seconds one at a time switching on the call "switch". Double Unders is a two foot take off jump up spin the rope two revolutions around the body before landing on both feet simultaneously. Judges count only the number of completed jumps. The count is continuous representing a team score total.

**4 X 30 speed and power (FISAC)** = teams of four athletes; age division is determined by the eldest jumper. First two athletes will jump speed, and second two will jump power. Each athlete jumps for 30 seconds one at a time switching on the call "switch". Judges count the right foot on the speed jumpers and completed double unders on the power jumpers. The count is continuous representing a single team score total.

## Athlete Categories:

**Novice** = athletes interested in jump rope and have been jumping 2 years or less and have never competed; or has competed in an AAU or USA Jump Rope Tournament but did not place in the top 10 for that event.

**Experienced** = athletes that have competed in an AAU or USA Jump Rope event and has placed in the top ten for any event.

## Age groups:

Males and/or females 8 and under, 9-10, 11-12, 13-14, 15-17, 18-22, 23-29, 30-39, 40-49, 50+. Age groups with less than 6 competitors will be combined with the next age group. Age groups with more than 15 competitors will be split into separate age divisions. Age division is based on your age as of June 15, 2015.

### Event Entry

**Circle Category:**                      **Novice**                      **Experienced**  
**Circle Individual Events:**                      **untimed double unders**                      **100 jump**                      **30s speed**                      **1m speed**  
**Pairs Events – add team member name:**                      **Cross Combo** \_\_\_\_\_                      **Power** \_\_\_\_\_  
**Team Events – add team members' names:**                      **Mix it Up** \_\_\_\_\_                      **4X30** \_\_\_\_\_

**Circle Participation:**                      **Workshop**                      **Judges Clinic Level 1**                      **Judges Clinic Level 2**

## **2015 South Florida Fun Mini Tournament**

Participant Name		2014-15 AAU and/or USA Membership Number	
Date of Birth (Age as of June 15 <sup>th</sup> , 2015)	Male/Female	School or Team Name	
Street Address		E-mail	
City	State	Zip Code	

### **PARTICIPANT AGREEMENT**

(Must be signed by parent or guardian if applicant is under 18)

- All persons associated with the AAU Jump Rope and/or USA Jump Rope events must adhere to the rules and guidelines outlined in the Amateur Athletic Union and /or USA Jump Rope Official Code Book and the 2014-15 AAU and/or USA Jump Rope Rulebook.
- All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the tournament/ workshop. The Coach (parent) is responsible for seeing that team members, coaches, parents, and any other persons affiliated with their team conduct themselves accordingly. Ungentlemanly or unladylike conduct includes, but is not limited to: the use of obscene or profane language and gestures at the competition/workshop venue, or the doing of any act which tends to disrupt or obstruct a competition/workshop, or bring this Union or amateur athletics or USA JR into disrepute. Severe cases of poor sportsmanship or conduct will result in expulsion.
- Any questions concerning the rules or procedures for the workshop will be handled exclusively by the designated coach (parent) of the team and must be directed to the host team tournament/workshop committee.
- Any interpretation of or any decision involving any aspect of the tournament/workshop will be rendered by the Host committee. The Tournament/Workshop Committee will render a judgment in an effort to insure that the tournament/workshop proceeds in a manner consistent with the general spirit and goals of the AAU and/or USA Jump Rope.
- By participating in this tournament/workshop, each participant and team representative agrees the decisions made by the Tournament/Workshop Committee will be final and will not be subject to review. Each participant acknowledges the necessity for the committee to make prompt and fair decisions in this workshop. Other than the process outlined in the 2014-15 Jump Rope Handbook, each participant and coach waives any legal, equitable, administrative or procedural review of such decisions.
- Any participant or team representative that does not adhere to the terms and procedures above may be expelled from the tournament/workshop and automatically forfeits the right to any reimbursement of tournament/workshop fees.

I/we hereby request your acceptance of this application for registration of my child, \_\_\_\_\_, in the South Florida Fun Mini Tournament on February 7, 2015. In consideration of your acceptance of this application, I/we hereby release all persons associated with the Amateur Athletic Union (AAU) and/or USA Jump Rope (USA JR), or its designated host team from all claims and causes of action arising from injury to the participant in this AAU/USA JR jump rope tournament/workshop, whether such injury is the result of negligence or some other cause. If medical attention is required for injury or illness while at the tournament/workshop, I/we also give permission for such medical care and I/we shall be financially responsible. I/we also give my/our permission for the Hurricane Jumpers to use any videos or photographs of the participant for publicity or promotional purposes.

\_\_\_\_\_  
Parent or Guardian (if under the age of 18) Signature

\_\_\_\_\_  
Date