

# **Rules and Regulations: Jump Rope**

1. Participants must wear proper attire and footwear.
2. Separate event for boys and girls team.
3. Students can perform any two events.
4. All players bring their own jump rope for competition.
5. And students are required to carry aadhar card or school ID card for verification.
6. Jump ropes must be inspected before use.
7. Participants are encouraged to warm up before and cool down after jumping.
8. Competitions may include individual or team events and speed jumping.
9. Competition May include individual 30 second speed sprint & 3 minutes endurance.
10. Judges evaluate technique, speed, endurance, and creativity.
11. Participants must complete their routine within the allotted time.
12. Participants are scored on the number of jumps completed within a set time (speed jumping).
13. Faults, such as tripping or missing jumps, may incur penalties.
14. Exceeding time limits may incur penalties.
15. Ropes must meet specific length and material requirements.
16. Equipment must be properly maintained.
17. Participants must exhibit good sportsmanship and respect towards judges, opponents, and officials.
18. Participants must follow safety protocols and instructions from officials.

19. Be honest and binding to the referee's decision.
20. Do not throw any waste or trash in the play area.
21. Photography is allowed for personal use.
22. Videography is strictly prohibited without prior permission.

## **Jump Rope: Etiquettes to be followed**

1. Respect others' space: Allow others to jump without interference.
2. Take turns: Share the jump rope and take turns with others.
3. Be mindful of surroundings: Avoid jumping near fragile objects or people who may be disturbed.
4. Use proper technique: Jump safely and avoid reckless behavior.
5. Communicate: Inform others if you need to stop or take a break.
6. Return jump ropes to designated areas after use.
7. Adhere to specific rules or guidelines for jump rope activities.