



Frequently Asked Questions:

COMPETITIONS:

My child has joined Jazzy Jumpers, how many competitions are there?

The children put in many hours of training throughout the year however don't be concerned there will be an endless amount of competition. There are generally two major competitions and a local club competition per year. Some years there is also, an International Competition (for selected skippers).

1. Club Championships – Speed Off (Canberra based),
2. NSW/ACT Championships (ACT, NSW based) and
3. National Championships (ACT, NSW or QLD based).
4. International World Championships (anywhere - every two years)

Are there any lead-in qualifying events to States or Nationals?

Due to skipping being a developing sport in Australia, children are able to automatically compete at all of the below Australian events and do not have any lead-in qualifying events to attend. This may change as the sport grows in time.

What competitions are there?

Traditionally, we have:

- **Speed-Off (Club Championships)** – this is a locally based competition held in a local school hall where all of the Jazzy Jumper skippers (competitive and recreational) and families get together to essentially practice in a “competition-like” environment. The Speed-Off is normally held before States or Nationals each year to give children a chance to experience getting up in front of people and for the coaches to see how everyone is going prior to the next competition.

Events held at a Speed-Off are: 30 second speed, 1 minute speed, 3 minute speed, 30 second double unders and for those skippers over 12 years, a continuous triple under event is also held. There are also novelty events whilst the coaches collate the scores for the presentation.

- **NSW/ACT State Titles** (affectionately known as “States”) which are held alternately in Sydney or Canberra. This is a smaller competition (100-150+) than Nationals. This two-day tournament is held early to midyear (generally between April to June) annually or slightly earlier if it is a World Championship year.

- The **Australian National Rope Skipping Championships** otherwise known as “Nationals” is also an annual competition that is much bigger and more competitive than States due to the number of competitors (250-300+). Teams come from Darwin, Brisbane, Gold Coast, Melbourne, Sydney, Canberra and Adelaide. Nationals are held normally between June and September each year and go for three full days. The location of Nationals varies each year but is generally in the cities where a majority of the skippers are based i.e.: rotational between Sydney, Brisbane or Canberra. As the sport grows, other destinations may come into the mix.

Overseas Competitions:

These experiences are not expected for all skippers and discussions about participation are made well in advance between the coaches and parents to allow for budget, family commitments and any other aspect affecting your child’s participation to be considered.

Fundraising efforts for those attending events is encouraged as airfares, competition fees, accommodation packages at the event would be borne by the skipper and their family.

- **“Worlds”** – This competition is run every two years by FISAC-ISRF (International Rope Skipping Federation) and is broken into two tournaments held normally in the European Summer (July-Sep). The World Youth Tournament (12-14 years) and World Championships (15 years or older). Skippers need to qualify at the National Championships the year prior to Worlds. This competition is held in various countries around the world and the next country to host Worlds is generally announced at the Closing Ceremony of the tournament. i.e.: in 2016, Worlds is to be held in Sweden and at the end of the competition, the 2018 competition host country will be announced.

Currently, this tournament is endorsed by Skipping Australia and skippers attending will be provided some form of financial support by Skipping Australia however would still be responsible for most of costs associated.

- **“World Jump Rope”** – The World Jump Rope Championship is run by the World Jump Rope Federation (WJRF) and is held annually. Again, the host country varies with the past few years being held in Paris and Portugal. Advice of the next host country is announced between July-September for competition at a similar time frame the following year. Whilst there are not formal minimum scores to be met like “Worlds”, Jazzy Jumpers skippers will need to have performed well at Nationals for consideration in the team by the coaches. Please refer to International Competitions FAQ’s. Currently, this event is not endorsed by Skipping Australia so the team would travel as “Jazzy Jumpers Australia” and no funding would be expected from Skipping Australia.
- **AAU Junior Olympics** – The American organisation, Amateur Athletic Union hold “Junior Olympics” for many sports across America with “Jump Rope” being one of them. This competition is primarily an American competition however other countries do attend. In 2016 there were 13000 athletes across approx 50 different sports. This event is not endorsed by Skipping Australia so the team would travel as “Jazzy Jumpers Australia” and no funding is provided from Skipping Australia.

How much are these competitions?

The costs for each competition vary each year. Please see approximate costs for each competition and the year these costs are based on in brackets.

Australia:

Speed off: \$25 (2015) includes sausage sandwich & drink.

States: \$65 (2015)

Nationals: \$110 (2015)

Skipping Australia Membership: \$25 (2015)

Rest of World:

Worlds: \$ 1100 (2015)*

* There are varying accommodation packages including all meals, competition entry and transfers available.

World Jump Rope: €845 (2015)**

** Jazzy Jumpers have not competed at this tournament as yet however similar to worlds, packages including tournament fees, camp registration, meals, hotels and transportation etc. are offered and in 2015 these were approximately : €845 pp. Note this is the most comprehensive package available and there are some cheaper options.

AAU Junior Olympics: AAU Membership, Nomination and competition fees only combined were approximately US\$90 (2014)***

***In the 2014 JO, accommodation was approximately US\$150 per room per night in a 3-4 star hotel including breakfast. The accommodation must be booked through AAU who has local event managers looking after all accommodation arrangements. Transfers were on our own arrangements.

Why do I have to pay Skipping Australia membership?

All competitive skippers in Australia must belong to Skipping Australia. Skipping Australia provides insurance for all skippers when in the practice hall, skipping competitions and any demonstration or event the Club has been officially participating in. There are other benefits such as access to instructional videos online (due to be implemented in June 2016 after Nationals) and support in attending Worlds.

Skipping Australia is creating development pathways for growth of Coaches, officials, athletes and supporters.

INTERNATIONAL COMPETITIONS:

How are children chosen for International Competitions?

Each competition is different however, results from States and Nationals as well as commitment and dedication to training are all considered. It also depends on the number of children required to form teams/pairs and their capacity to and interest in attending an International competition.

We understand this could be a massive financial undertaking for any family and also understand it may not be possible for everyone. Normally the coaches, prior to mentioning it to your child will consult with you so as not to raise any unnecessary hopes. It is a great experience both on and off the competition floor and any families who have participated previously have certainly come back richer for the experience regardless of any medals/ribbons earned.

With Worlds, there is an undertaking at the start of a Worlds Qualifying Year (e.g.: 2017 qualifying year for 2018 competition year) that should your child and his/her team be successful at Nationals to qualify for Worlds, that your child will attend. Obviously should your situation change, this is OK, however the soonest you can notify the coaches, the better so alternate arrangements can be made for the remaining team members to still be able to compete. A minimum of three of the team that qualified at Nationals must be in the final team that competes at Worlds.

The document suite of Club Information signed at the start of each competitive year will seek this information from skippers and parents.

Can my child compete at Worlds?

To compete at Worlds, skippers must be 12 -14 years for the World Youth Tournament and 15 years or older for the World Championships. Skippers need to qualify at the National Championships the year before. The pairs competition is not part of the World Championships. Hence skippers competing in the pairs competition cannot qualify for the World Championships in the pairs, but may still do so in the individual competition.

EXPECTATIONS FOR COMPETITIONS:

What can my child expect when skipping at a competition?

Depending upon the coaches' decision and number of competitors in your child's age bracket, your child may be placed in a team or in a pair. Your child will compete as an individual in their relevant age group and in similar events as a team or pair. Each of the different events are explained in detail below:

What is 'Masters' & what do skippers individually compete in at State and National competitions?

At State and National competitions all skippers can compete in the individual competition (referred to as 'Masters'). Their age division is determined by the age they are turning that year. All skippers in each age division compete in 2 speed events. After these speed events, the ranking of all skippers in the age division is calculated. Only the top 10 ranked skippers after the speed events are eligible to compete in the single rope freestyle routine event.

Individual Events:

1. 30 second speed (all age divisions)

The skipper completes a 30 second speed event using an alternating jogging step. Only the right foot is counted.

2. 1 Minute Speed (8 and under, 9 and 10 years)

The skipper completes a 1-minute speed event using an alternating jogging step. Only the right foot is counted.

3. 3 minute speed (11 years and above)

The skipper completes a 3-minute speed event using an alternating jogging step. Only the right foot is counted.

4. Single Rope Freestyle Routine (all age divisions)

This is a single rope event for one skipper. The routine must go for 60 to 75 seconds. Skippers must qualify in the top 10 after their speed events to compete in this event.

What does Single Rope Freestyle Routine entail?

If a skipper qualifies (see above), then their single rope freestyle routine will be performed on their own in front of a long table of judges.

Skippers are broken into two groups: "Floor A" and "Floor B". Therefore, half the judges will be scoring your child (allocated to either Floor A or Floor B), and then the other judges will be scoring the next skipper.

It can be daunting for your child to stand up in front of a long line of judges, sometimes up to 20 people. At training, skippers have a lot of practice at performing on their own in front of their squad in preparation for competitions.

My child did not get to perform their single rope freestyle routine. Why?

All skippers in each age division compete in 2 speed events (see above). After these speed events, the ranking of all skippers in the age division is calculated. Only the top 10 ranked skippers after the speed events are eligible to compete in the single rope freestyle routine event.

NB: Some age groups may have a few more than 10 in their age group so it is at the Event host discretion and timing availability as to whether all skippers in that age group will perform their single routine or if they stick to the policy of top ten only.

I noticed in results, some skippers didn't do as well in speed on the day however they still got to do their freestyle routine. How does this work?

At States - The top two freestyle skippers in each age group from the previous State Championships year will automatically get to do their freestyle this year, even if they do not finish in the top 10 after the speed events.

At Nationals - The freestyle winner of each age group at States will also automatically qualify to compete in freestyle routine at Nationals.

Wildcards – Occasionally coaches may enter a skipper as a 'wildcard' if they do not qualify after the speed events. This is to allow those outstanding freestyle skippers who could potentially win their freestyle routine the chance to do so.

What do teams compete in at State and National competitions?

At State and National competitions skippers in a team will compete in a number of events determined by their age division. Each team is made up of a minimum of 4 and a maximum of 5 skippers. The age division of each team is determined by the age of the eldest skipper.

Each event requires a select number of skippers from the team ranging from 2 skippers to 4 skippers. The number of events a skipper does is ultimately determined by the number of skippers in the team (4 or 5) and the skill level and strength of each skipper. The head coaches will decide who will do each event based on what will make the team the most competitive. Therefore a skipper may do every event for the team or may only do one. Also, the number and which events a skipper does for the team may change throughout the course of the year depending upon the advancement in skill that a skipper may acquire. The head coaches endeavor to make these decisions as early as possible, however decisions about the speed relay may be made closer to the competition or at the competition, based on scores in the individual speed, as in some teams speed scores can change frequently or be inconsistent in the lead up to an event. Should the coaches need to make a change to who is doing an event in the lead up to the competition or at the competition, please remember that there will always be a reason and you should speak with the coaches if you have any questions or concerns, or your child is unsure of why. The coaches will always explain the reason for any changes to the skipper/s affected and the team. These coaches strive to keep these changes to a minimum and are certainly nothing to be taken personally by the child. These decisions are purely in the best interest of the teams.

chance at success on the day and children should be encouraged to look at the overall team outcome and not individual loss.

Team Events:

1. Single Rope Speed Relay (all teams)

This is a 2-minute speed relay with 4 skippers. Each skipper skips for 30 seconds using an alternating jogging step. Only the right foot is counted.

2. Double Under Relay (8 and under teams only)

This is a 2-minute double under relay event with 4 skippers. Each skipper completes as many double unders as they can in 30 seconds.

3. Double Dutch Pairs Speed (8 and under and 9-10 teams)

This is a 2-minute speed relay with 2 jumpers and 2 turners. Both jumpers skip for 1 minute each using an alternating jogging step. Only the right foot is counted.

(Note: in the 8 and under age division 2 older turners are allowed. In the 9-10 age division one older turner is allowed).

4. Double Dutch Speed Relay (11-12, 12-14 and 15+ teams)

This is a 3-minute speed relay for 4 skippers. All four skippers must jump inside the ropes using an alternating jogging step and turn the ropes switching every 45 seconds. Only the right foot is counted.

5. Pairs Single Rope Freestyle (11-12, 12-14 and 15+ teams)

This is a single rope freestyle event in which 2 skippers complete a synchronised freestyle routine for 60 to 75 seconds.

6. 4 Person Single Rope Freestyle (all teams)

This is a single rope freestyle event in which 4 skippers complete a synchronised freestyle routine for 60 to 75 seconds.

7. Double Dutch Single (9-10, 11-12, 12-14 and 15+ teams)

This is a double dutch freestyle event in which 3 skippers complete a double dutch routine. Each skipper must jump inside and turn the ropes.

8. Double Dutch Pairs (12-14 and 15+ teams)

This is a double dutch freestyle event in which 4 skippers complete a double dutch routine. Each skipper must jump inside and turn the ropes.

Who gets a medal in the team events?

As mentioned above, there are some events which all skippers are not part of. Should the team be successful in winning a medal, only those children who participated in the event will receive a medal. E.g.: Double Dutch Single – only 3 members out of the 4 or 5 person team will receive a medal. The coaches ensure all skippers (particularly new skippers) are aware of this before a competition, but it may also be a good idea to discuss this with your child prior to the competition and for younger children, maybe reiterate this to them before the presentation so they do not feel left out. If the team places overall, all skippers in the team will receive a

medal/trophy.

What pair events are there at the competition?

Each pair can consist of only 2 skippers and the age division they compete in is determined by the age of the eldest skipper.

Pair Events:

1. Single Rope Speed Relay

This is a 1-minute speed relay for 2 with each skipper skipping for 30 seconds using an alternating jogging step. Only the right foot is counted.

2. Double Under Speed Relay

This is a 1-minute double under relay for 2 with each skipper skipping for 30 seconds using a double under jump.

3. Single Rope Pairs Freestyle

This is a single rope freestyle event in which 2 skippers complete a synchronised routine for 60 to 75 seconds.

Often at State Competitions the Pair Events are held on the first day, with no events on the second day. Always check with the Head Coach before booking accommodation to see when your child will be competing.

ROLES AT COMPETITIONS:

We have been asked to volunteer to assist at the competition and I don't know what to do or what each of the roles mean. What do I do?

Everyone in the room has had that same feeling, however for an event to be successful, we do rely on parents/carers to get involved for small periods throughout the competition. The roles are divided up between many parents throughout the day so there is plenty of time to see your child perform on the day. Please ensure to volunteer and be involved. You will find other people allocated to your job very friendly and welcoming.

What role does a Marshall perform?

A Marshall's role is to ensure the skippers are ready to go out on to the competition floor to compete. They are given a skipping program and allocated a list of skippers that they then marshall out when called. It is the skippers' responsibility to be in the marshalling area when their events are being held. It is not the Marshall's responsibility to chase down skippers from the different Clubs. They are merely there to ensure the right child in the marshalling area goes on to compete at the right time (and to try and settle the nerves of skippers too!)

A Marshall does not need any prior experience. He/She is usually only allocated one time spot (which in general lasts no longer than 90 minutes). There is more than one Marshall on at a time, so if your child is skipping when you are marshalling it is possible for another Marshall to take over your role while you watch your child perform his/her event.

What does a Runner do?

Similar to a Marshall, a Runner requires no prior experience - or running ability! They will be responsible for collecting the judges' scores and returning them to the data entry table. You will be able to watch your child perform if you are a Runner. A Runner is usually scheduled on for no more than 90 minutes.

What does a Speed Counter do?

Speed Counters require prior training that can be gained over time at Club speed-off events, and at any training session. If you are a Speed Counter then chances are you will not get to see your child perform their speed events (individual and team) unless they are at the station you are counting.

As a Speed Counter you will be responsible with two to three others to count a number of speed events (individual and team). This often involves the first half day at States, and two half days at Nationals.

What does a Freestyle Judge do?

Freestyle judges require prior experience. Please see the Head Coaches for more information and to schedule training should you wish to become a freestyle judge.

You will be able to watch your child perform, however you will be judging often the afternoon of the first day at States, and most of the second day. At Nationals there are more freestyle judges, however it is still the role that takes up most of a volunteer's time relative to other roles.

PLANNING FOR THE COMPETITIONS:

When do we find out confirmed dates before a competition?

Generally speaking the dates for States and Nationals are set in the beginning of the year or at least with a few months notice.

When does the program come out?

The program normally comes out a few weeks before the competition and is subject to minor changes due to a child pulling out for unforeseen circumstances etc. The Program compilation is a major undertaking and takes weeks to put together. This can only be done after all nominations (and last minute changes) are received. This is why it is only published a week or so before the final competition.

Will there be a contact number for the Coaches and President provided before competition in case we need to get a hold of someone?

Yes, these numbers will be provided for you when the program is sent out.

Where do you stay? Are accommodation and (if required) flights booked as a group?

Everyone makes their own individual travel arrangements based on the event location and best option suitable for their family. Generally speaking, a member of the Jazzy Jumper Committee will send out a note when they hear of any specials going with flights and/or accommodation or just to let you know where some families have booked.

Please note you will need to book accommodation from the night prior to the competition until the final day of competition. Competitions normally aim to finish mid afternoon on the final day to give travelling families time to return to their homeport be it by road or air. You will need to plan to depart the competition after the final medal ceremony on the last day.

Based on past experience:

States in Sydney has been held in Ryde so accommodation has been taken at the [Courtyard Marriott North Ryde](#) (hotel style twin beds one room – no laundry) or [Medina Serviced Apartments North Ryde](#) (family apartment style with kitchen & laundry facilities) and there is also a new one nearby [Quest North Ryde](#) (apartment style with kitchen & laundry facilities).

Nationals – Accommodation options vary according to location of the event.

For any **International** events, there would be a number of meetings prior to departure where families would be provided information and some families would take on volunteer roles to ensure all travel/event registration details were taken care of as a group. The accommodation would most likely be booked as a group (or set with the packages offered by the hosting body) and due to individuals and their own travel needs, flight bookings would be taken care of individually.

It is worth noting that for any International event, practice would take place in Australia up until a week or so before the event and all skippers would be expected to arrive at the event a day or two prior to registration to ensure any jetlag issues were dealt with prior to competition. Specific dates would be outlined in initial meetings regarding the trip and prior to you booking flights.

Can we take our own food to events? Any suggestions of practical foods to take?

Most definitely! Most locations will have access to some kind of food/snacks/drinks/lunch options or these will be not far from the event location. A lot of families bring an esky/soft sided cooler bag with fruit, snacks, BBQ Chicken and rolls etc for a cost effective lunch option. Normally locations are in suburbia so Woollies or Coles is normally not far away for local shopping on arrival. Bringing your own snacks will certainly save you some money.

What does the competition look like or how does it run?

The venue is normally set up into two floors. One half of the room is the competition floor where there is plenty of seating room for spectators and the other half is the training floor.

The training floor is where children warm up before events and where the coaches have the children keep their belongings during competition. Each morning the coaches have a short meeting with the skippers to let them know of any housekeeping of the competition and things to be mindful of.

The competition floor may look a little daunting at first glance as speed events are normally the first events of the competition floor and the floor is divided up into a number of stations with seating for the judges to count. The floor changes use throughout the day to allow enough room for freestyle events.

Any other hot tips for packing or things we wouldn't think about?

- A pillow for sitting on cold grandstands (similar to those in our training hall) is definitely a comfortable choice.
- Some parents keep a hair box with all essentials for the braids (bobby pins, comb, glitter/hairspray, elastics) all kept together in one place. They keep this packed and kept with their child's skipping bag so this is one less thing to think about leading into the competition.
- Take a copy or two of the program so you can follow along on the day and have your child's events highlighted in the program so you can see at a quick glance where they are meant to be and when.

PRACTICAL QUESTIONS REGARDING ON THE DAY COMPETITIONS:

What time do I have to be at the event? Why so early?

The head coaches will always let parents and skippers know what time they need to be at a competition in the days/weeks before the competition. Generally all skippers need to be there approximately an hour prior to the start time in the program i.e.: 0800 for 0900.

Should your child need their hair braided or you can assist in braiding other children's hair, please be at the venue 90 minutes prior to the start time. As our club is growing, we always need assistance with hair braiding!

The reason we arrive so early is for all children to participate in the team photo and have enough time to warm up and settle any nerves without feeling rushed. It is also great if the first few families arriving can claim a team supporter's area so all our families can sit together to support our wonderful skippers.

What do the skippers wear?

A note will be provided prior to each competition reminding children of what they are to wear/bring.

- All skippers are to arrive in their uniform and with their hair braided (girls) for our team photo and then warm up. For the photo, skippers need to wearing their singlet top, 3/4 leggings (girls), shorts (boys) and jacket.

- When competing, boys wear their singlet top and shorts and girls wear their singlet top and 3/4 leggings. Girls may choose to wear shorts instead of leggings for their individual events only. White ankle socks are to be worn. Jackets are to be worn for the presentations at the end of each day.
- Girls hair needs to be braided in two braids and joined together at the back. Girls can choose to leave the plaits out or tuck them under, however, for girls with long hair it is recommended that they be tucked under so that they do not bounce around and hit the ropes when skipping. Ribbons will be provided to everyone at the competition. Glitter hairspray is optional.
- Shoelaces - It is really important that shoelaces are tied tightly, as there are no re-skips for shoelaces that come undone while you are skipping. The club has *Safe Laces* available for purchase that attach to your shoes and stop laces from coming untied. It is recommended that all skippers wear these at competitions. (They are \$13 and will available on Monday and Wednesday at training).

I don't know how to braid my child's hair - what do I do?

We understand that sometimes it is difficult to learn to braid (although there are some fantastic YouTube videos to help you!) If your child requires his/her hair to be braided then please come to the competition half an hour earlier than the time allocated for photos/warm up, and another parent or skipper will braid for you. Please ensure to bring your own comb, hair elastic, bobby pins and hair/glitter spray.

Where do I get ribbons for my child for her hair at competitions?

Ribbons in Club colours will be supplied at the competition.

Are the coaches responsible for ensuring my child is where they are meant to be and when?

Our coaches are very busy overseeing all children and the overall running of the event in addition to judging on the day. However, there will also always be assistant coaches and older skippers there to help our new and younger skippers throughout the competition.

Please be aware that program times are approximate and skippers need to be paying attention to the schedule throughout the day. Skippers who are not in the marshalling area and ready to skip on time will miss their event and will not have the opportunity to skip it at a later time.

What are Novelty Events?

Novelty events are held at States for skippers 8 years and under or in their first competition. These are held separately from the main competition (in the warm up area) and are optional for skippers. Please see the relevant event program for more information.

I see other skippers with special T-Shirts and Hoodies during training sessions. Are these available to purchase at competitions?

There will be competition shirts and hoodies available to purchase at your leisure during the competition should you wish to. These items are not compulsory.

When a competition goes over multiple days, are there washing facilities available?

This would be dependent upon your accommodation choice. There are no washing facilities available at the venues. Uniforms are expected to be worn each day so depending on your child, some children will have two uniforms and alternate them; some will wear the same uniform over the course of the weekend; some will wash daily at their accommodation to be ready for the next day; or if your child has finished competing in their singlet, they could wear their Jazzy Jumpers polo or new competition shirt around for the rest of the day to limit the risk of it getting dirtier. This is a personal decision and skippers are expected to be in uniform including their team jacket for presentation time.

What is parking like? Are there costs involved?

Parking will vary at each venue and will be a mix of free or paid parking depending on where the event is being hosted. Information regarding parking for each competition will come out with the specific event information provided by the Coaches.

Do we have a special area where we sit as a club?

The first few families that arrive normally claim an area on arrival at the venue. They normally try to spread out enough to get a majority of Jazzy families to sit in the same area. We are one of the larger clubs so if you are first in, please **S P R E A D O U T** until other families arrive and take up some of the space.

Where do the children store their things on the day?

As a team, the coaches have the children leave their bags in the practice area on arrival and all are to collect them at the end of the competition and bring them to their parents before the presentation time. All children are responsible for their own uniforms/water bottles etc. Please tell them when they take something off to place it **INSIDE** their bag and not on top of to reduce lost property.

What do I do about lost property?

Kids are kids and it is easy enough to get jackets/shirts etc. mixed up when they pick things up in a hurry. If you find you are missing something or have found something, please see one of the coaches or committee members and we will assist you in finding it or returning the item to the rightful owner. Please also ensure everything, especially uniforms and ropes, are clearly labeled with your child's name, as this will help to get things back to their rightful owner faster.

Do I have to stay for the entire competition if my child is not skipping?

We understand that competitions are long and can be tiring, especially for the younger skippers. However, as skipping is both an individual and team sport it is strongly encouraged that skippers stay at the venue for the duration of the competition, either practicing with their team, supporting other Jazzy Jumpers skippers, or meeting new friends. It is also important to note that changes in the program can occur at short notice, and events can be pulled forward if the program is running ahead of schedule. The Club takes no responsibility if your child is not in the marshalling area and as such misses his/her event.

There may be exceptional circumstances when your child has to leave the venue. If so, let the Head Coaches know when you will return and please leave a contact number with the Coaches or committee in case the Coaches need to reach you.

Do I have to stay for the presentation?

Again, we understand that competitions are long and tiring, especially for the younger skippers. However, as skipping is both an individual and team sport it is strongly encouraged that skippers stay at the venue for the presentation to cheer on the team and maybe if your child performed well or child's team performed well, a chance to collect a medal and stand on the podium in front of the crowd.

ROPES:

My child tells me they need two different length ropes for speed?

Beginning skippers often use the one rope for both speed events. However, as a child gains in confidence and ability they will often require two different length ropes - a shorter one for their 30-second speed, and a longer one for their 1-minute/3-minute speed. The head coaches will let skippers know when this is the case.

Should my child be using wire or Teflon speed ropes?

All skippers will start with a wire speed rope. As their technique and speed improves the coaches may suggest they move to a Teflon speed rope. Teflon ropes are lighter and therefore enable the skipper to go faster, however because they are lighter they are also more difficult to control and therefore easier to make mistakes with. Not all skippers like the Teflon ropes and may prefer to stick with wire, this is a personal choice. Skippers should not purchase a Teflon rope without speaking to the coaches first.

Does my child need two 'white ropes' for freestyle?

It is always good to have a back up - ropes have a habit of snapping at the worst possible time!

Where can I get a rope?

There are people in the Club who volunteer to make ropes, and are always happy to teach you to make one for your child. Speak to a Head Coach who will be able to notify a volunteer to

come in and meet with you and your child to make a rope. If a skipper is getting a new rope made that is longer or shorter than their current rope please allow plenty of time for them to practice with it at training and get used to the new length before a competition.

Our Club will have our rope bag with us onsite however you are also able to purchase ropes from the Rope Shop on the day.

What happens if a rope breaks or something goes wrong during the competition?

- **Ropes** - if your rope breaks during an event you are allowed a re-skip however you must tell the judges at the time before you leave the competition floor. Re-skips are not given to skippers who come back at a later time and say that their rope broke. It is recommended that everyone have a spare of each of his or her ropes in case of breakages. There will be ropes available to purchase at the competition.
- Your child's rope may snap completely which makes it a very clear case of breakage. Sometimes the wire/Teflon ropes may start fraying causing whipping and the tangled part getting caught up in the skippers' arm etc. If this happens, your child needs to tell the counters straight away. The support person will help younger skippers with this. Should your child choose to continue to skip until the end of the event, the case for a re-skip may be denied. This may be something that is practiced at training.
- **Music** – it is possible that the music desk plays the wrong music at the start of your child's event. Should this occur, skipper/s must 'sit down' to indicate there is an issue with the music and this will be sorted out by the music desk and coach/support person on the day. This is something that is practiced at training so it is not so intense on the day if it occurs. Similarly, because lots of children skip to the same music, it might be the right music, but the wrong mix or version. If a skipper realizes this part way through their routine they can sit down so that the right music can be played for them.
- Also regarding music, if the song were to stop temporarily or start skipping part way through and this affects the skipper/s they should 'sit down' so a re-skip can happen. If a skipper finishes their routine a re-skip will most likely be denied.