

Rope Skipping

(Offline & Online Format)

1. Introduction and Global Significance

Rope Skipping, also known as Jump Rope, is a rhythmic and athletic activity enjoyed globally as both a fitness exercise and a competitive sport. Across various countries, it is known by different names:

- United States & Canada: Jump Rope
- United Kingdom: Skipping
- India: Rassi Kudna (रस्सी कूदना)
- China: Tiàoshéng (跳绳)
- Japan: Nawatobi (縄跳び)
- France: Corde à sauter
- Brazil: Pular corda
- Russia: Прыжки через скакалку (Pryzhki cherez skakalku)

2. Vision of the Modern Pythian Games for Rope Skipping

The Modern Pythian Games aim to revive ancient traditions by promoting both traditional and modern disciplines globally through inclusive and artistic platforms.

For Rope Skipping, the vision is to:

- Encourage physical fitness, coordination, and rhythm across all age groups.
- Ensure global inclusivity by providing platforms for general and disabled participants.
- Celebrate cultural diversity by embracing international styles of rope skipping.
- Provide a fair, transparent, and engaging competition structure in both online and offline modes.

3. Game Description

Rope Skipping is a sport where participants jump over a rope swung so that it passes under their feet and over their heads repeatedly. It can be performed solo, in pairs, or in groups and can be purely athletic or artistic in nature.

Types of Performances:

- Speed Skipping: Maximum jumps in a fixed time.
- Freestyle: Combination of tricks, dance, acrobatics with music.
- Double Dutch: Two ropes are turned in opposite directions while one or more participants jump.
- Adaptive Skipping: Modified format for participants with disabilities using seated, assisted, or rhythmic methods.

4. Event Formats – Online & Offline

Offline Mode:

- Conducted in physical venues under supervision of jury.
- Participants perform in designated lanes or performance areas.
- Music system and live scoring displayed.

Online Mode:

- Participants must perform live via video conferencing or submit pre-recorded video as per guidelines.
- Judges assess performance based on clearly visible full-body footage.
- No editing or post-processing allowed in video submissions.

5. Registration Process

1. Online Registration Portal via the official Pythian Games website.
2. Upload:
 - Proof of age and identity.
 - Disability certificate (for special category).
 - Performance video (for online mode, where required).
3. Choose competition mode: Online or Offline
4. Pay nominal registration fee (if applicable).
5. Receive confirmation and guidelines.

6. Eligibility Criteria

- Age Groups (Separate Male, Female & Inclusive categories):
 - Sub-Junior: 8–12 years
 - Junior: 13–17 years
 - Senior: 18–40 years
 - Veteran: 41+ years
- **Disabled Categories:**
 - Physical disability (limb-based)
 - Intellectual disability
 - Visual impairment
 - Hearing impairment (audio cues replaced with visual countdowns)

7. Categories of Competition

- Speed Skipping – 30 Seconds / 60 Seconds
- Freestyle Skipping – 60 to 90 Seconds
- Double Dutch (Group)
- Adaptive Skipping – Inclusive Freestyle
- Synchronized Team Skipping – 3 to 5 members

8. Dress Code

- Sportswear (T-shirt, shorts or track pants)
- Skipping shoes with proper grip
- Hair tied back securely
- No loose accessories or jewelry
- National or cultural dress allowed during freestyle performance (if culturally themed)

9. How It Is Played

Speed Skipping:

- Jump as many times as possible in the given time.
- Only complete revolutions of the rope count.

Freestyle Skipping:

- Creative routine combining jumps, dance moves, acrobatics.
- Scored on creativity, synchronization, difficulty, and execution.

Double Dutch / Synchronized:

- Team coordination in two-rope skipping patterns.
- Points awarded for timing, coordination, and group creativity.

10. Jury Panel and Qualifications

- Minimum 3 jury members per event.
- Members include:
 - Certified rope skipping coaches
 - Sports referees or physical education experts
 - Para-sports trainers (for disabled category)
- At least one jury member from a different region/country for international fairness.

11. Scoring Criteria

Speed Skipping:

- Count-based scoring: Each full jump = 1 point.
- Penalty for rope errors or foot misses (-0.5 per error).

Freestyle Skipping:

- Technical Skills (30%)
- Creativity & Innovation (25%)
- Rhythm and Timing with Music (20%)
- Overall Presentation and Confidence (15%)
- Audience/Visual Appeal (10%)

Double Dutch & Synchronized:

- Teamwork & Coordination (40%)
- Technical Execution (30%)
- Creativity & Innovation (20%)
- Costume and Theme (10%)

12. Winning Criteria

- Gold Medal: Highest score in each category and age group.
- Silver Medal: Second-highest score.
- Bronze Medal: Third-highest score.
- Separate medals for general and disabled categories.
- In case of a tie: Technical marks and penalty points used for decision.

13. Other Rules and Regulations

- All participants must arrive or log in 30 minutes before their scheduled time.
- The rope must be standard jump rope; length and material will be checked.
- In case of poor internet during live online participation, one retry is allowed.
- For pre-recorded video entries:
 - Must be unedited, one continuous shot.
 - No background music added post-recording.
 - Submission deadline must be respected.
- Participants must respect jury decisions; any disputes must be filed within 1 hour of result announcement.
- Disqualification grounds:
 - Cheating, editing videos
 - Offensive gestures or clothing
 - Using unsafe or prohibited equipment

14. Transparency & Fairness Measures

- Video verification of all online performances.
- Random cross-check by external referees.
- Scoring transparency: Results posted with breakdown.
- Appeals panel to review complaints, if any.