



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS
Competitions Programme 2014 - 15

Status FINAL
July 2014
Eliminator

National Jump Rope Competition
RULES

County Round: Sunday 24th January 2015, at Tuxford School

Area Round: Saturday 7th March 2015, Skegness

Competition Aim

To provide members with the opportunity to participate a musical activity demonstrating their skills in a competition environment

Learning outcomes

Physical fitness, teamwork, musicality, choreography, movement, performance, confidence

1. **DATE AND VENUE**

1.1. After Area Eliminators, the Final will be held on Sunday 26th April at the 2015 Annual Convention.

2. **REPRESENTATION**

2.1. Counties may enter one team per 600 members or part thereof in Area Eliminators.

2.2. English Areas and Wales will be represented in the final by one team per 3,000 members or part thereof.

3. **ELIGIBILITY**

3.1. The team will consist of a four (4) competitors, all of whom must be 26 years of age or under on 1 September 2014 and full members of a Club affiliated to the NFYFC.

3.2. Competitors are required *in person* to produce on the day of each round of the competition (County/Area/Regional and National) their current and signed Membership Card, with suitable photograph, or a fine of **£20** will be imposed for non-production.

4. **SUBSTITUTION**

4.1. If two or more of the original team are unable to go forward to subsequent rounds, then the next highest placed team will represent the Area.

5. **Procedure**

5.1. **First Part –Rope Freestyle** – is a creative form of Jump Rope that is performed by 4 competitors (each person has their own individual skipping rope). The competitors must assemble a combination of finesse, power, strength, dance and intricate arm rope skills into a routine, which is choreographed to music. Precision, synchrony and dynamic interaction between the 4 jumpers are judged in this routine. The routine must be between 60 and 75 seconds in length. There must be a section where all 4 jumpers are doing the same thing. The rest of the routine can consist of individuals showing off their skills, 2 people synchronised, but everyone must perform.

5.2. **Second Part – Double Dutch** – is a creative form of Double Dutch which is performed by 4 competitors (2 turners and 2 jumpers). The competitors must assemble a combination of turner exchanges, finesse, power,

strength, dance and intricate arm rope skills into a routine that is choreographed to music. Precision and synchrony between all 4 jumpers are judged in this routine. This routine must be between 60 and 75 seconds in length. Each Double Dutch team member must turn and jump during the routine, not doing so will be grounds for a zero score in that component event. The Head Judge may consult with the judging panel in making this determination.

5.3. **Music** to be submitted to NFYFC no later than **Friday 10th April 2014** on CD format. All music must be, at every round, a **Radio Edit – i.e. suitable and passed for radio broadcast to family (pre watershed) audiences.**

5.4. Size of area to be approximately 10m x 10m. County Federations to specify for county rounds of the competition.

5.5. The length of rope

5.5.1. Single ropes for the Single Rope routine depend on the height of the person, they can be 8ft ropes or 9ft ropes (plastic or beaded rope).

5.5.2. Double Dutch ropes for the group Double Dutch routine use 16ft ropes (plastic or beaded ropes)

6. Scale of Marks

Teamwork	100
Rope Skills	30
Choreography	20
Technical Marks	50
Total	200

7. Glossary of Terms

7.1. Jump Rope – The American name used for rope skipping.

7.2. Rope Skipping – The more European name used for using a rope to jump over.

7.3. Single Rope – One jumper, one rope, turn the rope over your head and then jump, many skills can be done using a single rope.

7.4. Double Dutch – 2 ropes, 2 turners, 2 jumpers. The turners stand facing each other, you hold one handle each of one rope (right hand to the other turners left hand), (then the other rope left hand to the other turners right hand). Imagine you have a chalk board in front of you and you are going to draw two big circles next to each other. The ropes turn inwards alternatively synchronised with the turner opposite you. The ropes should hit the floor on a beat rhythm 1,2,1,2,1,2. Keep your arms in front of you and imagine you have a line down the centre of your body that you cannot cross over when drawing big circles, otherwise the ropes clash and stop. To jump into the ropes the jumper enters from next to the turner and when the rope closest to them is in the air they follow the rope in and jump over it and then keep jumping to the beat of the ropes.

8. AWARDS

8.1. NFYFC Award and Prize Cards to the winning team.

8.2. NFYFC Prize Cards will be awarded to teams placed 2nd and 3rd.

8.3. NFYFC Certificates of Achievement will be awarded to all competitors in the Final.

9. NOTES

9.1. **IMPORTANT:** Competitors are reminded to read carefully the General Rules relating to National Competitions if they are taking part in this Competition. These are available from NFYFC or your County Office.



9.2. This competition **WILL** carry points towards the NFU Trophy.

9.3. Members will be disqualified if they are not at the Presentation of Awards without prior permission being granted.



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