



Hong Kong Master Rope Skipping Open Tournament 2023

Aims

- Provide a competitive platform to athletes with the same age group
- Refine skills and gain more experience via simple competitive events
- Provide sharing opportunities for athletes

Part 1: Basic Information

Competition		Workshop
Date	29-04-2023 (Sat)	30-04-2023 (Sun)
Time	Open Division (Group A) : 09:00 – 13:00	10:00 – 12:00
	Open Division (Group B) : 12:00 – 16:00	
	Open Division (Group C) & Challenge Group : 14:00 – 20:00	
Venue	Tsuen Wan D.Park	

- For the grouping of Open Division, please refer to Part 5.

- Workshop:

All participants are free to join, exchange and share rope skipping skills with athletes from different countries/districts.

Part 2: Eligibility and Fee

Category	Fee	Target
Open Division	Member : \$250 / Non-member : \$280	Both local and non-local athletes
Challenge Division		
Freestyle Battle	Member : \$150 / Non-member : \$180	

- Individual-based

- Fee: Including 3 events and workshop of 30-04-2023

Part 3: Application

- Fill in online application form (<http://master.hkrsa.asia>) before deadline, any late submission would not be accepted.
- Application deadline: 07-04-2023 (Fri) 23:59
- For the foreign participants, application fee is required to be submitted on competition date in registration counter, only cash is accepted.
- If any submitted data is amended, only the latest one will be considered.
- No refunds after application.

**Part 4: Events**

	Open Division (6-Year-Old or below Group)	Open Division (7-Year-Old or above Group)	Challenge Division
30s Two Feet Front Jump	✓	✗	✗
30s Two Feet Back Jump	✓	✗	✗
30s Speed – Sprint	✗	✓	✓
2mins Speed – Endurance	✗	✓	✓
Compulsory Freestyle	✓	✓	✗
Freestyle Performance	✗	✗	✓
Freestyle Battle	✗	✗	✓ 1 st - 4 th place of Freestyle Performance
Overall result will only be counted for those participants who have finished all of the above events. (Freestyle Battle will not be counted in overall result of Challenge Division)			

Open Division is classified by gender and 16 age groups, totally 32 groups.

4-Year-Old or below Group (2019 or after born)	12-Year-Old Group (2011 born)
5-Year-Old Group (2018 born)	13-Year-Old Group (2010 born)
6-Year-Old Group (2017 born)	14-Year-Old Group (2009 born)
7-Year-Old Group (2016 born)	15-Year-Old Group (2008 born)
8-Year-Old Group (2015 born)	16-Year-Old Group (2007 born)
9-Year-Old Group (2014 born)	17-Year-Old Group (2006 born)
10-Year-Old Group (2013 born)	18 to 23-Year-Old Group (2000 to 2005 born)
11-Year-Old Group (2012 born)	24-Year-Old or above Group (1999 or before born)

- Yellow Box: Open Division (Group A)
- Green Box: Open Division (Group B)
- Red Box: Open Division (Group C)

Challenge Division is classified by gender and 5 age groups, totally 10 groups.

12-Year-Old or below Group (2011 or after born)	13 to 15-Year-Old Group (2008 to 2010 born)
16 to 18-Year-Old (2005 to 2007 born)	19 to 23-Year-Old Group (2000 to 2004 born)
24-Year-Old or above Group (1999 or before born)	



Freestyle Battle is classified by gender and 2 age groups, totally 4 groups.

15-Year-Old or below Group (2008 or after born)	16-Year-Old or above Group (2007 or before born)
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Part 6: Awards

- Medal will be awarded to 1st - 4th place of single event in each group.
- Medal will be awarded to 1st – 4th place of overall result in each group. (*Overall result determined by the sum of rank from all events, the lowest rank score will be the winner*)
- Champion of Freestyle Battle will be awarded a trophy and \$1000 cash will be awarded to the champion of 16-Year-Old or above Group.
- Same score leads to the same rank.
- If same overall score, overall result will determine by event rank under the following sequence: Compulsory Freestyle/Freestyle Performance > 30s Speed-Sprint/30s Two Feet Front Jump > 2mins Speed-Endurance/30s Two Feet Back Jump
- Finisher medal will be awarded to participants who finished 3 events. (Freestyle Battle is not included)
- If certificate is needed, each certificate charged \$50 administrative fee (only one event can be printed on one certificate).

“30s Speed – Sprint” Award Scheme

Purpose: Provide a clearer target for participants in **“30s Speed – Sprint”** as well as an encouragement.

Participants who have finished **“30s Speed – Sprint”** and achieved specific score will be awarded a certificate.

Distinction Honour: 96 or above	Merit Honour: 86-95	1 st Class Honour: 71-85
2 nd Class Honour: 51-70	3 rd Class Honour: 31-50	

Part 7: Special Conditions

- If Hong Kong Observatory issues or consider issuing **“Tropical Cyclone No.8 or above”** or **“Black Rainstorm Signal”** two hours before the commencement of tournament, the date tournament will be postponed and announced later.
- If tournament is postponed: No fee will be refunded.
- If tournament is cancelled: Half of the fee will be refunded.
- Hong Kong Rope Skipping Academy has the right of making final decision.



Event Details (Open Division)

Event

	Open Division (6-Year-Old or below Group)	Open Division (7-Year-Old or above Group)
30s Two Feet Front Jump	✓	✗
30s Two Feet Back Jump	✓	✗
30s Speed – Sprint	✗	✓
2mins Speed – Endurance	✗	✓
Compulsory Freestyle	✓	✓
Freestyle Performance	✗	✗
Overall result will only be counted for those participants who have finished all of the above events.		

30s Two Feet Front Jump

- a. To complete as many two feet front jump as possible within 30 seconds.

30s Two Feet Back Jump

- a. To complete as many two feet back jump as possible within 30 seconds.

30s Speed – Sprint

- a. The Speed Step* must be used. Judges count the right leg only.
(*Speed step: skip by right and left leg alternatively)
- b. To complete as many speed steps as possible within 30 seconds.

2mins Speed – Endurance

- a. The Speed Step* must be used. Judges count the right leg only.
(*Speed step: skip by right and left leg alternatively)
- b. To complete as many speed steps as possible within 2 minutes.

Compulsory Freestyle

- a. To complete as higher score as possible by performing skills within 45 seconds.
- b. Participants must choreograph a freestyle according to the list of skills in the “Appendix 1”.
Demonstration video can be seen by browsing the following website
(<https://bit.ly/MasterDemoVideo>).
- c. No music can be used. Soundtrack will be played for timing.
- d. Difficulty of each skill is scored from 1 – 4. Judge will record skills performed successfully.
- e. Duplicated skills will not be marked.
- f. Marks will not be deducted due to mistakes.



Event Details (Challenge Division)

Event

	Challenge Division
30s Two Feet Front Jump	✗
30s Two Feet Back Jump	✗
30s Speed – Sprint	✓
2mins Speed – Endurance	✓
Compulsory Freestyle	✗
Freestyle Performance	✓
Freestyle Battle	✓ 1 st - 4 th place of Freestyle Performance
Overall result will only be counted for those participants who have finished all of the above events. (Freestyle Battle will not be counted in overall result of Challenge Division)	

30s Speed - Sprint

- The Speed Step* must be used. Judges count the right leg only.
(*Speed step: skip by right and left leg alternatively)
- To complete as many speed steps as possible within 30 seconds.

2mins Speed – Endurance

- The Speed Step* must be used. Judges count the right leg only.
(*Speed step: skip by right and left leg alternatively)
- To complete as many speed steps as possible within 2 minutes.

Freestyle Performance

- Time Limit: 45 – 60 seconds, beyond the time limit regarded as disqualification.
- To complete as higher score as possible by performing a freestyle routine with music.
- The freestyle will be scored by 3 criterion including (1) Difficulty, (2) Originality of Skill and (3) Choreography. Each criteria weight 10 marks.
- Sum of marks from the aforementioned criterion deducting the mark of mistake will be the total mark (each mistake will carry out a deduction of 0.5 marks). Maximum is 30 marks.
- Upload the music (Only mp3 format is accepted) to server 1 week before competition day. Link will be announced after application closed. Please stay tuned.
- Top 4 Freestyle Performance will be promoted to Freestyle Battle
(If you have paid for Freestyle Battle at the same time, payment will be refunded)



Event Details (Freestyle Battle)

- a. System: 1 vs 1 , 1 round for preliminary heat, 2 rounds for semi-finals and final heat, 30 seconds for each round.
- b. DJ will play the music randomly. Participants are required to perform a series of skills following the music.
- c. The order will be decided by turning Red Bull bottle.
- d. Guest Judges decide the winner immediately by vote. Participants with higher number of votes will be the winner.
- e. Flow (reference only): Quarterfinals (Top 8) > Semi-Finals (Top 4)> Final.



Tournament Rules

General Rules

- The results or scores of 30s Two Feet Front Jump, 30s Two Feet Back Jump, 30s speed – Spirit, 2min Speed – Endurance and Compulsory Freestyle are counted by judges from Hong Kong Rope Skipping Academy.
- Coaches from various clubs will be invited as Guest judges for judging Freestyle Performance and Freestyle Battle.
- The skipper(s) must remain still with no body or rope movement before the BEEP sound is heard or the words “You May Begin” have been completely called out. Any movement before the announcement of these words has been completed or before the start of the BEEP sound constitutes a false start. If a false start is detected, the judges will not stop the skippers but a 5-point deduction from the skipper’s raw score (capable in both speed events and compulsory freestyle).
- If the judge mentions “TIME OUT”, it represents rules violation. Score will not be counted until correcting the violation condition.

Starting

Events begin with the words, “Judges ready? Skippers ready? Set” followed by a short BEEP / You may begin. If there is false start, competition keeps continue.

Finishing

Event finishes with “BEEP” sound.

Attentions

- Participants must put on proper sportswear and shoes.
- No appeal will be accepted. The decision of judge on court will be final.
- Participants must prepare your own rope.
- Competition area will be at least 3 x 3 meter². Courts are clearly divided.
- Each participant can only join 1 category, either “Open Division” or “Challenge Division”, while “Freestyle Battle” is not restricted by the above rule.

Eg: Athlete A join “Open Division” & “Freestyle Battle”

Athlete B join “Challenge Division” & “Freestyle Battle”

Athlete C join “Freestyle Battle”

Athlete D join “Challenge Division”

Athlete E join “Open Division”



Appendix 1: Freestyle List

Hong Kong Master Rope Skipping Open Tournament – Score List									
1 Score (Total 30)		2 Scores (Total 44)				3 Scores (Total 14) <i>*Must finish 2 sides to get scores (left & right)</i>		4 Scores (Total 10) <i>*Must finish 2 sides to get scores (left & right)</i>	
Front	Back	Front	Back	Front	Back	Front	Back	Front	
Side Straddle		Cougar		Double Unders		SSO Triple Unders		Jonny Triple Unders	
Skiing		Toad		Side Open Double Unders		SSC Triple Unders		TJ Triple Unders	
Wiggle		Inverse Toad		Side Cross Double Unders		SOO Triple Unders		Inverse TJ Triple Unders	
Can Can		Elephant		Open Cross Double Unders		SCC Triple Unders		Elephant Triple Unders	
Open Cross Feet		C.L.		Cross Double Unders		SCO Triple Unders		SEBO Triple Unders	
High Knee Cross Over		A.S.		Cross Open Double Unders		SOC Triple Unders		SEBC Triple Unders	
Side Clock		T.S.		E.B. Double Unders		360 Triple Unders		SSCL Triple Unders	
Front Clock		E.B.		Full Turn Double Unders				SEBTJ Triple Unders	
Criss Cross		Criss Switch						SEB Inverse TJ Triple Unders	
Wrap & Unwrap		Caboose						SEMO Triple Unders	
Front Straddle		Caboose with Cross							
Side Cross		EB Toad							
Side Open		EB Inverse Toad							
Speed Step		EM							
Half Turn									

Videos are available at YouTube Channel (<https://bit.ly/MasterDemoVideo>)