



6th Asian Rope Skipping Championships

Master: Freestyle (A)

Country: _____

Name of Skipper: _____

Skipping to the beat

0	Did not jump on the beat of the music
1, 2	Seldom jumped on the beat of the music
3, 4	Sometimes jumped on the beat of the music
5, 6	Jumped on the beat of the music for half of the time
7, 8	Most of the time jumped on the beat of the music
9, 10	Jumped on the beat of the music almost all of the time

Using the music

0	Did not use the music
1, 2	Used the music twice
3, 4	Used the music 4 times
5, 6	Used the music 8 times
7, 8	Used the music 10 times
9, 10	Used the music more than 10 times

Movement

0	Did not move
1, 2, 3	Seldom moved
4, 5, 6	Sometimes moved
7, 8, 9	Moved for half of the time
10, 11, 12	Most of the time moved
13, 14, 15	Moved almost all of the time

Interesting / Special / Spectacular Moves

0	There were no I / S / S moves
1, 2, 3, 4, 5	Occasionally there were I / S / S moves
6, 7, 8, 9, 10	There were many I / S / S moves
11, 12, 13, 14, 15	There were I / S / S moves virtually all the time

Form of the Body and Execution Part 1

0	Almost the whole routine were performed poorly
1, 2	Many skills were performed poorly
3, 4	Half of the routine were performed poorly
5, 6	Some skills were performed poorly
7, 8	A few skills were performed poorly
9, 10	All skills were performed perfectly

Form of the Body and Execution Part 2

0	Had considerable difficulty performing the skills
1, 2, 3	Was struggling to do the skills most of the time
4, 5, 6	Was struggling to do the skills some of the time
7, 8, 9	Rarely struggled to do the skills
10	The skills were done easily, naturally and unforced

Part ONE of the freestyle

Beat	Movement	Form Part2
✓ ✕ ✕	A B C	1 2 3

Part TWO of the freestyle

Beat	Movement	Form Part2
✓ ✕ ✕	A B C	1 2 3

Part THREE of the freestyle

Beat	Movement	Form Part2
✓ ✕ ✕	A B C	1 2 3

Part FOUR of the freestyle

Beat	Movement	Form Part2
✓ ✕ ✕	A B C	1 2 3



6th Asian Rope Skipping Championships

Master: Freestyle (B)

Country: _____

Name of Skipper: _____

Use this free space for notes during freestyle:

Crosses & Wraps & Gymnastics & Special Positions

"Please circle the point from the range 0-5 for your judgement."

Points	0	1	2	3	4	5
Amount of skills	0-5	6-10	11-15	16-20	21-25	≥26

Points	0	1	2	3	4	5
Differentiation of skills	0-2	3-5	6-8	9-11	12-14	≥15

**Each cross / wrap / gymnastic / special position skill is worth 1 point*



6th Asian Rope Skipping Championships

Master: Freestyle (C)

Country: _____

Name of Skipper: _____

Use this free space for notes during freestyle:

Multiples & Speed Changes & Releases & Direction Changes

"Please circle the point from the range 0-5 for your judgement."

Points	0	1	2	3	4	5
Amount of skills	0-5	6-10	11-15	16-20	21-25	≥26

Points	0	1	2	3	4	5
Differentiation of skills	0-2	3-5	6-8	9-11	12-14	≥15

**Each multiple / release skill is worth 1 point*

**Each direction change is worth 2 points*

**Each speed change is worth 3 points*



6th Asian Rope Skipping Championships

Master: Freestyle (Assistants)

Country: _____

Name of Skipper: _____

Use this free space for notes during freestyle:

Minor Misses: _____ X 0.5 = _____

Major Misses: _____ X 1.0 = _____

Space Violations: _____ X 0.5 = _____

Total: _____



6th Asian Rope Skipping Championships

Master: Freestyle (Time Keeper)

Country: _____

Name of Skipper: _____

Actual time of the freestyle: _____

Time Violation: Yes / No



6th Asian Rope Skipping Championships

Team: Singel Rope Pair / Team Freestyle (A)

Country: _____

Name of Team: _____

Skipping to the beat

0	Did not jump on the beat of the music
1, 2	Seldom jumped on the beat of the music
3, 4	Sometimes jumped on the beat of the music
5, 6	Jumped on the beat of the music for half of the time
7, 8	Most of the time jumped on the beat of the music
9, 10	Jumped on the beat of the music almost all of the time

Using the music

0	Did not use the music
1, 2	Used the music twice
3, 4	Used the music 4 times
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Part ONE of the freestyle

Beat	Movement	Form Part2
✓ × ✕	A B C	1 2 3

Part TWO of the freestyle

Beat	Movement	Form Part2
✓ × ✕	A B C	1 2 3

Part THREE of the freestyle

Beat	Movement	Form Part2
✓ × ✕	A B C	1 2 3

Part FOUR of the freestyle

Beat	Movement	Form Part2
✓ × ✕	A B C	1 2 3



6th Asian Rope Skipping Championships

Team: Singel Rope Pair / Team Freestyle (B)

Country: _____

Name of Team: _____

Use this free space for notes during freestyle:

Crosses & Wraps & Gymnastics & Special Positions

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Amount of skills	0-5	6-10	11-15	16-20	21-25	≥26

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6th Asian Rope Skipping Championships

Team: Singel Rope Pair / Team Freestyle (C)

Country: _____

Name of Team: _____

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Multiples & Speed Changes & Releases & Direction Changes

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**Each speed change is worth 3 points*



6th Asian Rope Skipping Championships

Team: Singel Rope Pair / Team Freestyle (Assistants)

Country: _____

Name of Team: _____

Use this free space for notes during freestyle:

Minor Misses: _____ X 0.5 = _____

Major Misses: _____ X 1.0 = _____

Space Violations: _____ X 0.5 = _____

Total: _____

Interlinked Skills

"Please circle the point from the range 0-5 for your judgement."

0	No Interactions.
1	At least <u>2</u> basic interactions.
2	At least <u>4</u> basic interactions OR at least <u>2</u> intermediate interactions
3	At least <u>4</u> intermediate interactions
4	At least <u>2</u> intermediate interactions AND at least <u>2</u> awesome interactions
5	Even more.....

** It is possible for an awesome interaction to be converted to 1.5 intermediate interactions, an intermediate interaction to be converted to 1.5 basic interactions.*



6th Asian Rope Skipping Championships

Team: Singel Rope Pair / Team Freestyle (Time Keeper)

Country: _____

Name of Team: _____

Actual time of the freestyle: _____

Time Violation: Yes / No



6th Asian Rope Skipping Championships

Team: Double Dutch Single Freestyle (A)

Country: _____

Name of Team: _____

Skipping to the beat

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Part TWO of the freestyle

Beat	Movement	Form Part2
✓ ✕ ✕	A B C	1 2 3

Part THREE of the freestyle

Beat	Movement	Form Part2
✓ ✕ ✕	A B C	1 2 3

Part FOUR of the freestyle

Beat	Movement	Form Part2
✓ ✕ ✕	A B C	1 2 3



6th Asian Rope Skipping Championships

Team: Double Dutch Single Freestyle (B)

Country: _____

Name of Team: _____

Use this free space for notes during freestyle:

Balanced Skippers

The criteria are combinations, speed changes, gymnastics & special positions.

"Please circle the point from the range 0-5 for your judgement."

0	The skipper did not jump at all.
1	The skipper only did 1 of the criteria.
2	The skipper only did 2 of the criteria .
3	The skipper did 3 of the criteria.
4	The skipper did all the criteria .
5	The skipper did all the criteria and performed excellent skills.



6th Asian Rope Skipping Championships

Team: Double Dutch Single Freestyle (Assistants)

Country: _____

Name of Team: _____

Use this free space for notes during freestyle:

Minor Misses: _____ X 0.5 = _____

Major Misses: _____ X 1.0 = _____

Space Violations: _____ X 0.5 = _____

Turns and Jumps for 3 skills respectively: Yes / No = (0 / 0.5)

Total: _____



6th Asian Rope Skipping Championships

Team: Double Dutch Single Freestyle (Time Keeper)

Country: _____

Name of Team: _____

Actual time of the freestyle: _____

Time Violation: Yes / No