



2020 AAU WINTER JUMP ROPE INVITATIONAL

Where: North Laurel Community Center, 9411 Whiskey Bottom Road, Laurel MD 20723

When: Saturday February 15, 2020 from 8:00 a.m. to 5:00 p.m.

Hosted by: Kangaroo Kids

Who Should Come? Anyone interested in competition Jump Rope for fun and jumpers wanting to get ready for the spring competition season. This tournament is for both Novice and Experienced jumpers.

Events: Separate Novice and Experienced Division* in each Age-Group and Gender

Individual Single Rope Events:

- Speed – 1 Minute - all ages, alternate feet for each rope rotation;
- Power – 1 Minute – all ages, completed double unders are counted;
- Freestyle to music - 60-75 seconds, all age groups;
- 1 Minute Timed Triple Unders – for ages 15+ only, combined age-division

*Novice = has never competed in an official jump rope competition

*Experienced = has competed in a previous official jump rope competition

Age-groups: 8 and under, 9-10, 11-12, 13-14, 15-16, 17-18, and 19-22

Separate Male and Female divisions

Age is determined by the competitor's age on June 15, 2020.

Note: Age groups may be combined if there are less than 3 entries in an event age group.

Awards: Gold medal to winner of each event, ribbons awarded for 2nd through 8th place
Participation ribbons for all participants.

Cost: \$40 registration fee, payable to Kangaroo Kids

Rules: 2020 AAU competition rules will apply. A copy of the 2020 AAU Jump Rope Rulebook (Handbook) can be downloaded from the web at www.aausports.org; click on Jump Rope. All athletes and coaches must be current AAU members to participate in this tournament. Freestyle music must be on an iPod, iPad or MP3 device.

Officials: Please note that for AAU Jump Rope Competition, one official must be provided for every 4 athletes competing from a team. All judges and officials must be current AAU members.

To Register: Entry Forms may be obtained from Cindy Bork, Tournament Director, borkcindy91@gmail.com

Deadline: **January 18, 2020 (Late fee \$10 for all late registrations)**

Spectators: Spectators are welcome at no charge

Concessions: Limited concessions available for purchase at this event and there are carry-out restaurants near the facility. Participants may bring their lunch or choose to pre-order a box lunch. Information on how to pre-order lunch and event t-shirts will be included with entry information.

NOTES:

- This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins.
- Adult and Non-Athlete memberships are no longer instant. Please allow at least 10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.