



AAU LAKE ERIE OPEN JUMP ROPE QUALIFYING TOURNAMENT

- Where:** Revere High School, 3420 Everett Road, Richfield, Ohio 44286
- When:** Saturday, May 4, 2019 from 8:00 a.m. to 6:00 p.m.
- Hosted by:** Heartbeats Jump Rope Team
- Who Should Come?** Anyone interested in jump rope competition. Athletes participating in this tournament qualify to compete at the AAU Junior Olympic Games in Greensboro, North Carolina from July 24-28, 2019.
- Events:** Individual – A Triple Crown event consisting of Speed (60 secs), Power (60 secs) and Freestyle to music (60-75 secs)
Pairs – A Triple Crown event consisting of Pairs Speed (2x30 secs), Pairs Power (2x30 secs) and Pairs Freestyle to music (60-75 secs)
Double Dutch Single – A Triple Crown event (group of 3 athletes) consisting of DD Single Speed (60 secs), DD Single Power (60 secs), DD Single Freestyle to music (60-75 secs)
Double Dutch Pairs – A Triple Crown event (group of 4 athletes) consisting of DD Pairs Speed (4x30 secs), DD Pairs Power (2x30 secs), and DD Single Freestyle to music (60-75 secs)
4-Person Single Rope Freestyle choreographed to music (60-75 sec)
Timed Triple Unders for 60 seconds for ages 15+
Junior and Senior Group Routine choreographed to music (2 to 4 minutes). 8 – 24-person event.
- Age-groups:** Individual Females: 8 and under, 9, 10, 11, 12, 13, 14, 15-16, 17-18, 19-22.
Individual Males: 8 and under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-22.
Mixed or same gender in all other events:
Pairs: 8 and under, 9-10, 11-12, 13-14, 15-17, 18-22.
Double Dutch: 12 and under, 13-14, 15-17, 18-22.
Timed Triple Unders: 15-22
Group Routines and 4-Person Single Rope Freestyle: 14 and under and 15-22
Age is determined by the competitor's age on June 15, 2019.
In multi-person events, age is determined by the age of the oldest competitor in the event.
- Awards:** Gold, Silver and Bronze plus 4th-6th place ribbons for All Around winners in each event/age group. 1st – 6th place ribbons for individual component events.
- Cost:** \$40 registration fee payable to "Heartbeats Jump Rope Team"
- Rules:** 2019 AAU competition rules will apply. A copy of the 2019 AAU Jump Rope Rulebook (Handbook) can be downloaded from the web at www.aaujumprope.org.
- 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 Karen Smik, Tournament Director by calling 330-659-4750 or emailing kls1650@roadrunner.com
- Deadline:** April 5, 2019 (\$10 late fee for all registrations received after that date)
- Spectators:** Spectators are welcome at **no charge**
- Concessions:** Food will be available for purchase at the event. Information about pre-ordering lunch/event t-shirts will be included in the registration materials.

- 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 **Youth** Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.
Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.
- Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.