



AAU MARYLAND OPEN JUMP ROPE TOURNAMENT

Where: Meadowbrook Athletic Complex, 5001 Meadowbrook Lane, Ellicott City, MD 21043

When: Saturday May 9, 2020

Hosted by: Kangaroo Kids

Who Should Come? Anyone interested in jump rope competition. Athletes participating in this tournament qualify to compete at the 2020 AAU Junior Olympic Games in Hampton Roads, VA, from July 29-Aug. 4, 2020.

Events:

- **Individual** – A Triple Crown event consisting of 3 component events: Speed (60 secs), Power (60 secs) and Freestyle to music (60-75 secs)
- **Pairs** – A Triple Crown event consisting of 3 component events: 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 3 component events: 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 3 component events: DD Pairs Speed (4x30 secs), DD Pairs Power (2x30), 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 Events:

Females: 8 and under, 9, 10, 11, 12, 13, 14, 15-16, 17-18, 19-22, 23-over

Males: 8 and under, 9-10, 11-12, 13-14, 15-16, 17-18, 19-22, 23-over

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, 2020.

*In multi-person events, age is determined by the age of the oldest competitor in the event.

Awards: Gold, Silver and Bronze for All-Around winners in each Triple Crown event and age-group. 1st – 8th place ribbons for component events.

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.

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: **April 11, 2020 (Late fee \$10 for all late registrations)**

Spectators: Spectators are welcome at no charge

Concessions: Limited concessions will be available at this event. Several fast food restaurants are nearby. Participants may bring lunch or choose to pre-order lunch. Information about pre-ordering lunches and event t-shirts will be included in Registration Entry materials.

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 Youth 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 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.