



Universal Jump Rope

Universal Jump Rope Championship & UJR Cup 2026

Rule Book



RULES FOR COMPETITION REGISTRATION

QUALIFICATION REQUIREMENTS

- There are no required memberships or membership fees for any organization.
- No “qualifying tournaments” or other qualification processes exist for attending the championship.

EVENT ENTRY RESTRICTIONS

- Jumpers can only compete **once** in any event.
 - For example, suppose an athlete competes in Double Dutch single freestyle with two teammates in the age 13-15 division. In that case, they are not allowed to compete again in Double Dutch single freestyle with different teammates in different age divisions.
 - Or, a jumper may not compete in an event in the “Age 11 or Below” division, then compete again in that same event in the “Age 12-15” or “Age 16 or above” division. However, a jumper who is 12 years old or younger may compete in a different event in a different division. For example, an 11-year-old jumper may compete in his Single Rope Speed sprint 1x30 event in the “Under 12” division, then compete in his team event in the “12-15” division.

TEAM AFFILIATION:

1. Universal Jump Rope Championship

To maximize competitive opportunities, competitors may be affiliated with as many clubs or teams as they wish. This means pairs and teams can consist of jumpers from different clubs, organizations, or even countries. The only requirements are that participants must compete in the appropriate age and gender categories, and no jumpers can join more than once in the same event.

2. UJR Cup

As you compete, you will represent the club or team you are affiliated with rather than representing your country as a whole. However, competitors may only be affiliated with one club or one team.



COMPETITION OPTIONS

Competition options available – Athletes may choose any or all of the following options:

Universal Jump Rope Championship

- Athletes may enter any events as they wish.
- Athletes may enter any number of events - one, several, or all, with no restrictions.
- Athletes can only be registered **once** in any given event.
- Awards will be given for each event in each age and gender division.
- Further explanations on events and divisions will be provided later in this document.
- Universal Jump Rope Championship Events:
 - Single Rope Speed (30s)
 - Single Rope Speed Endurance (90s)
 - Single Rope Triple Unders
 - Double Dutch Speed (60s)
 - Single Rope Individual Freestyle (60-90s)
 - Single Rope Speed Relay (4x30s)
 - Single Rope Double Under Relay (2x30s)
 - Single Rope Team Freestyle (60-90s)
 - Double Dutch Single Freestyle (60-90s)
 - Double Dutch Pairs Freestyle (60-90s)

UJR Cup

- Team-based competition.
- 3 – 10 athletes will form teams without limitation of gender or age.
- Points will be awarded to the team for the result of every completed event.
- After completing all events, the team with the highest points will be crowned as the champion of the UJR Cup.
- Team managers will need to decide which player(s) to compete in at different events and stages.
- UJR Cup Events:
 - Show Competition Format



- Double Dutch Fusion 2-3 mins
 - Team Show 2-3 minutes.
 - Tournament Format
 - Double Dutch Speed (60s)
 - Single Rope Speed (30s)
 - Single Rope Double Under Relay (2x30s)
 - Single Rope Speed Relay (4x30s)
 - Single Rope Individual Freestyle (60-90s)
- Further explanations on age and gender divisions of the UJR Cup will be provided later in this document.



RULES FOR COMPETITIVE DIVISIONS

Universal Jump Rope Championship

Age Divisions:

- The athlete's age determines age divisions as the year 2025.
- There will be six age divisions: 9 or below, 10-12, 13-15, 16-18, open, and 30 or above.
- For individual events, athletes **must** participate in their respective age divisions.
- For example, a 9-year-old athlete will compete in the 9 or below division, and an age 14 athlete will compete in the 13-15 division.
- For team events, the age division is determined by the **oldest athlete** in the team. Any play-ups are allowed.
- For example, a team consisting of three age-13 athletes and an age-15 athlete will compete in the 13-15 division.
- However, a team consists of three age-13 athletes and an age-16 athlete competing in the 16-18 division.
- Any playdowns are not allowed.

Open age division

- There will be no age restriction for any individual or team events.

30 or above division

- Athletes **must** be at the age of 30 or above for both individual and team events.
- Play-ups and play-downs are not allowed.
- For example, two age 32 athletes and two age 40 athletes are allowed to group as a team to compete in age 30 or above division for single rope team freestyle.
- However, a team with three age-30 athletes and one age-25 athlete will not be allowed to compete in the 30 or above division; they will be competing in the open age division.
- A valid identification listing of the athlete's birth year must be provided at check-in for age verification.
- The competition committee reserves the right to adjust the age divisions if there are fewer than 3 entries in any given age division. Coaches will be notified of any changes needed in age divisions 2 weeks before the competition start date.



Gender Divisions:

- There will be two divisions for individual events: Male and female.
- And three divisions for team events: Male, Female, Mixed
- Male: All athletes must be male
- Female: All athletes must be female
- Mixed: The team must consist of at least one male and one female.
- The competition committee reserves the right to adjust the gender divisions if there are less than 3 entries in any given gender division. Coaches will be notified of any changes needed in gender divisions 2 weeks before the competition starts.

UJR Cup

Age Divisions:

- The UJR Cup has no age restrictions for participating players.
- Each team may select any eligible player regardless of age.

Gender Divisions:

- For all individual events, there will be female and male gender divisions.
- For team events, there will be only “open” gender divisions.
- Open: male or female athletes can be included in the group (for team events).



EXPLANATION OF CHAMPIONSHIP AND UJR CUP EVENTS

Universal Jump Rope Championship:

Single Rope Speed Events	Single Rope Speed (30s) – athlete performs alternate jump for 30 seconds	Male / Female	Age 9 or below Age 10-12 Age 13-15 Age 16-18 Open Age 30 or above
	Single Rope Speed Endurance (90s) – athlete performs alternate jump for 90 seconds	Male / Female	
	Single Rope Double Unders Relay (2x30s) – 2 athletes perform double unders for 30 seconds each, one after the other in relay style, 1 minute in total	Male / Female / Mixed	
	Single Rope Speed Relay (4x30s) – 4 athletes perform alternate jump for 30 seconds each, one after the other in relay style, a total of 2 minutes	Male / Female / Mixed	
	Single Rope Triple Unders – athlete performs consecutive triple unders jumps until they either miss or choose to stop	Male / Female	
Double Dutch Speed Events	Double Dutch Speed (60s) – 3 athletes per team, 1 athlete performs alternate jump in Double Dutch for 60 seconds	Male / Female / Mixed	
Single Rope Freestyle Events	Single Rope Individual Freestyle (60-90s) – athlete performs a choreographed routine for 60-90 seconds long	Male / Female	
	Single Rope Team Freestyle (60-90s) – 4 athletes perform a synchronized, choreographed routine for 60-90 seconds long	Male / Female / Mixed	
Double Dutch Freestyle Events	Double Dutch Single Freestyle (60-90s) – <i>teams of three people perform a choreographed Double Dutch routine, which will primarily involve one athlete performing skills in the ropes for 60-90 seconds long</i>	Male / Female / Mixed	
	Double Dutch Pairs Freestyle (60-90s) – <i>teams of four people perform a choreographed Double Dutch routine, which will primarily involve two athletes performing skills in the ropes at the same time, 60-90 seconds long</i>	Male / Female / Mixed	



UJR Cup:

Single Rope Speed Events	Single Rope Speed (30s) – athlete performs alternate jump for 30 seconds	Male / Female	Battle Basis
	Single rope Double Unders Relay (2x30s) – 2 athletes perform double Unders for 30 seconds each, one after the other in relay style, 1 minute in total	Mixed	Battle Basis
Double Dutch Speed Events	Double Dutch Speed (60s) – 3 athletes per team, 1 athlete perform alternate jump in Double Dutch for 60 seconds	Open	Battle Basis
Single Rope Freestyle Events	Single Rope Individual Freestyle (60-90s) – athlete performs a choreographed routine for 60-90 seconds long	Male / Female	Battle Basis
Double Dutch Freestyle Events	Double Dutch Fusion - teams of 3-10 people perform a choreographed Double Dutch routine, for 2-3 minutes long.	Open	Showcase Basis
Team Show	Team performs a choreographed routine, 2 minutes - 3 minutes long	Open	Showcase Basis

The format of UJR Cup will be presented below:

Speed Events

- Teams will be randomly drawn into pairs by computer.
- Each pair will go against each other.
- The winning team will go through to the next stage.
- Teams will assign athletes to compete in each round of the event, and athletes are allowed to repeat entry in any stages.
- The number of stages will depend on the teams attended each event.
- Points will be awarded to teams for the result of each event.

Single Rope Freestyle events

- Athletes will perform their routine on stage one by one.
- Only 1 round of competition at each match.
- The judge will present the scores at the end of the routines.
- Points will be awarded to teams for the result of each event.

Team Show and Double Dutch Fusion

- Each team will perform a routine on stage one by one.
- The team with the highest score will win.



- Points will be awarded to teams for the result of each event.

Points Allocation

1 st	20
2 nd	15
3 rd	11
4 th	8
5 th	6
6 th	4
Participation point	2

Total Score for UJR Cup 2025

Total Score for UJR Cup 2025 = \sum [(Single Rope Speed (30s), Male + Single Rope Speed (30s), Female) + (Single Rope Individual Freestyle (60-90s), Male + Single Rope Individual Freestyle (60-90s), Female) + Single Rope Double Under Relay (2x30s) + Single Rope Speed Relay (4x30s) + Double Dutch Speed (60s) + Double Dutch Fusion 2-3 mins + Team Show 2-3 mins]



GENERAL RULES FOR COMPETITION EVENTS

Equipment

- Athletes may use any length or type of rope as long as the rope (or ropes) is powered only by the competitor(s).
- Attaching the rope(s) or rope handle(s) to the body in any way is not allowed, as it could be a way for competitors to gain an unfair advantage.
- Props are not allowed in speed or freestyle events. Equipment such as mats, trampolines, or anything else that gives the athlete(s) an advantage in the performance of an event may not be used.

Uniforms

- For speed and freestyle events, athletes may wear athletic clothing commonly worn in sports competitions or exercises. It is highly recommended that team members competing in team events have uniforms that coordinate with each other to appear prepared and professional.
- For freestyle events, team shows, and Double Dutch fusion events, athletes may wear any costume that best interprets and represents the music and choreography performed in the routine.
- In all events, athletic shoes must be worn (no sandals, flip-flops, high heels, bare feet, etc.).
- Hair accessories, jewelry, and eyeglasses should be secured. Athletes will not be given a re-jump because of interference from their hair accessories. If a hair accessory or jewelry falls out and lands in another competitive station, the athlete or team will be given a space violation.
- Untied shoes are the responsibility of the athlete(s). If a shoe comes untied during competition, the athlete may continue with their event without tying it. Judges or officials will not stop an event due to an untied shoe.

Rules for Speed and Power Events

- Speed and power station dimensions are 3 – 6 meters by 3 – 6 meters.
- For all speed events, athletes must use the traditional "jogging step" motion for speed events. One rope must pass under the foot for each jump, alternating between right and left foot jumps. There should be one revolution of the rope for each alternating foot jump.



- For the single rope double under speed event, athletes must use a two-foot bounce, where both feet touch the ground simultaneously after two rope rotations around the body. A jogging-step motion (where athletes alternate between their right and left feet) will not be allowed.
- Any starting positions may be used as long as the rope(s) remain still until the "tone" to start sounds.
- Three speed judges will be assigned to each speed station. The Head Judge will use SkipTraQ, while the other two judges will use a UJR-approved clicker. The two closest scores are added together, and the furthest score is discarded. If scores are equivalent, the two higher scores are added together, and the lowest score is discarded.
- Judges will count the competitors' right foot jumps. When a miss occurs, judges will "skip" the next right foot jump to rectify the jump count on the clickers.
- A support box is present inside each station for one individual to assist the competitor. That individual must respect all competitors, judges, and UJR tournament staff and remain in the support box during the event heat.
- An official UJR timing track will be used. Times will be called during speed events as follows:
 - All timing calls will begin with, "Judges are ready, Jumpers are ready, Set, Go/ "beep" sound." The end of the event time is indicated with a call of "Stop" or "beep" sound.
 - For the Single Rope Speed 30s, 2x30s, and 4x30s events, a reminder call will be made every 10 seconds. Calls to "switch" jumpers will be made for the pairs and team events every 30 seconds.
 - For the Single Rope Speed 90s event, a reminder call will be made every 15 seconds.
 - For the Double Dutch speed 60s event, a reminder call will be made every 15 seconds.
- For the Single Rope Triple Unders event, one person performs consecutive triple under jumps until they either miss or choose to stop.
 - This event is not timed, but competitors will be given the cue to begin with "Judges are ready, Jumpers are Ready, Set, Beep" on the official timing track.
 - Athletes will be given two attempts to complete 15 triples or more.
 - If an athlete begins to perform consecutive triple unders and then misses or stops before completing the fifteenth triple under, then the athlete may try again. Judges should record the score for the first attempt in the appropriate place on the score sheet.



- The athlete will have up to one minute to recover in their station before beginning their second attempt. The athlete may not leave the station.
- Once the second attempt has begun, any stop or miss of the rope will indicate the end of the event, regardless of how many triple unders were performed (if any). Judges should record the score for the second attempt in the appropriate place on the score sheet.
- If the athlete completes 15 triple unders, whether on the first or second try, any stop or miss of the rope from that point forward will indicate the end of the event.
- If two attempts were made, the score of the second attempt will be counted as the final score.
- The athlete may do single or double jumps as “preparatory jumps” before beginning triple unders. However, counting triple unders stops once any double under or single under jumps are performed after the jumper has begun consecutive triple unders.

Marks Deduction

- There will be 5 points deduction taken for false starts (starting the rotation of the rope(s) before the “beep” is made) and for false switches (athletes switching at inappropriate times, more than one athlete inside the Double Dutch ropes, athletes beginning before the call to “switch” is made, etc.).
- There will be a deduction of 5 points for space violations. If an athlete (or their equipment) leaves the designated event area, judges will direct the athlete(s) to re-enter the proper area and continue the speed event. Judges should not count speed jumps or triple unders while a space violation is committed. Judges may begin counting again once the athlete, team, and/or equipment are back within the designated boundaries.

Rules for Re-jump

- If an athlete(s) should experience an unintentional broken rope or personal equipment malfunction during the event, the athlete(s) will be allowed one re-jump of that event. Should another broken rope or personal equipment malfunction occur during the re-jump, the athlete will be given the score of the re-jump and not be given a second re-jump.
- Athletes have a right to expect accurate speed counting. At least two of the three speed judges at the station must be within 3 clicks of each other. Suppose video replay is used at a tournament. In that case, the tournament director will inform the coach or other representative for the team that the video of the event in question will be automatically recounted by a panel of 3 judges, separate from the speed judges in the stations. If a video recount is not possible due to a technological issue or if



video replay is not being used at a tournament, then the athlete(s) will have the opportunity to re-jump the event if they wish, and the athlete(s) will be given the score of the re-jump. However, the athlete(s) will not be entitled to a re-jump nor recount if an athlete obstructs the camera view. The use of video replay at a tournament is the decision of the Tournament Director. Also, if a speed judge is having trouble with accuracy, a fourth judge may be added to the panel.

Tie Breaker Rules

- Video replay will break ties for age division speed events for the top 3 finishers. If the recount should affect placement, other affected positions will also be recounted. If a tie stands, then all athletes will receive awards.
- Video replay will break ties in 1st – 3rd place finishes for the Grand World speed events. If the recount should affect placement, other affected positions will also be recounted. If a tie stands within the top 3 places after the video recount, then a “jump off” will occur.

General Rules for Freestyle Events:

Freestyle station dimensions are 12 meters by 12 meters.

Timing of Freestyle Routines:

- All freestyle events will be 60-90 seconds long.
- An official UJR timing track will be used. Times will be called during speed events as follows:
 - All timing calls will begin with, “Judges are ready, Jumpers are ready, Set, Beep.”
 - Calls for all freestyle events will be made at 60 seconds, 75 seconds, and a “beep” will occur at 90 seconds.

Illegal Tricks and Restrictions:

- All tricks will be allowed for the Universal Jump Rope Championship to promote innovation and minimize restrictions. However, we strongly encourage everyone to prioritize safety while planning, developing, and practicing their tricks and routines.

Use of Music

- Music will be used for All Freestyle events unless otherwise noted by the Tournament Director.
- Any music may be used, though proper content and language should be maintained. The Tournament Committee can reject music for inappropriate or offensive lyrics or content. This is



entirely up to the discretion of the Tournament Committee. Music featuring offensive lyrics or content could result in a reduction of your score by the judges.

- All music for every competitor and every event must be submitted by the registration deadline. No music will be played during the age division championships if no music is submitted.
- If the wrong music is played for an athlete's routine, the athlete should stop immediately and notify the Tournament Director. If an athlete chooses to compete with the wrong music playing, they will not be given a re-jump.

Single Rope Team Freestyle Events

- Four athletes perform a synchronized, choreographed routine for single rope team freestyle routines.
- Double Dutch Freestyle Events: Double Dutch routines should be designed so that all team members are included and incorporated into the routine at all times. At no time should an athlete(s) be waiting outside the ropes while other athletes (s) are inside the ropes performing tricks.

Evaluation and Judging of Freestyle Routines

- All freestyle events will be evaluated using three elements: Difficulty, presentation, and entertainment value. Routines will be judged on a ten-point decimal scale.
- Details for awarding points are described in the judging handbook.
- There will be five judges for every freestyle station. All judges will need to evaluate all three elements.
- When all judges have allocated the routine score, the sum of the five judges' scores will be the routine's final score.
- Ensure the name and competitor ID number listed on your score sheet are correct for each jumper before each heat begins.
- When each routine is finished, please fill out your official score sheet and make it available for the runner to collect for your station.
- Judges must be 15 years or older.

Points will be awarded as follows:

- Difficulty
 - ◆ The total score of difficulty will be 6, it is divided into three elements for evaluation:



- D1: Multiples
- D2: Rope manipulation
- D3: Power skills
- ◆ All elements contain 2 points, the added total will be the total difficulty score.
- Presentation
 - ◆ The total score for the presentation will be 2. Judges should look for posture, countenance, flow, beginnings and endings, the level to which the routine is being presented in the best possible way (for judges' visibility and aesthetics), and acknowledgement of the judges/audience in the performance of the routine.
- Entertainment Value
 - ◆ The total score for entertainment value is 2. This element is very subjective and judges' opinions can differ. Judges should evaluate for effective use of music, attention paid to details in transitions and combinations, originality in choreography and skills performed and also costume and prop.

General Rules for Team Show Events:

- Size Divisions:
 - 3 – 10 people
- No gender divisions
- Music is required for Group Show routines
 - Any type of music may be used, though proper content and language should be maintained. Music featuring offensive lyrics or content could result in a reduction of your score by the judges.
- Time Limits
 - 2 – 3 minutes
 - The Head Judge (or other designee) will do the timing using a stopwatch. The announcer will indicate when both the judges and the athletes are ready to begin. The time on the stopwatch will begin either when the music starts, or when the athletes begin the routine, whichever happens first. Time will end when the routine reaches its ending pose, or when the stopwatch reads the maximum time limit, whichever happens first. If a routine continues past the maximum



time allowed, the judges will stop judging at that point, and a 0.2 deduction will be given for a time violation.

- Maximum space will be given depending on the competition venue. No space violations will apply.

Evaluation and Judging of Team Show Routines:

- All freestyle events will be evaluated by three elements: Difficulty, Presentation and Entertainment Value. Routines will be judged on a ten-point decimal scale. A perfect score is 10.
- Details for awarding points are described in the judging handbook.
- There will be five judges for every freestyle station. All judges will need to evaluate all three elements.
- When all judges have allocated the score of the routine, the sum of five judges' scores will be the routine's final score.
- Ensure the name and competitor ID number listed on your score sheet is correct for each jumper before each heat begins.
- When each routine is finished, fill out your official score sheet and make it available to be collected by the runner for your station.
- Judges must be 15 years or older.

Points will be awarded as follows:

- Difficulty
 - ◆ The total score of difficulty will be 6, it is divided into three elements for evaluation:
 - D1: Single Rope Freestyle
 - D2: Long Rope Freestyle
 - D3: Double Dutch Freestyle
 - ◆ All elements contain 2 points, the added total will be the difficulty score.
- Presentation
 - ◆ The total score for presentation will be 2. Judges should look for posture, countenance, flow, beginnings and endings, the level to which the routine is being presented in the best possible way (for judges' visibility and aesthetics), and acknowledgement of the judges/audience in the performance of the routine.
- Entertainment Value



- ◆ The total score for entertainment value is 2. This element is very subjective and judges' opinions can differ. Judges should evaluate for effective use of music, attention paid to details in transitions and combinations, originality in choreography and skills performed and also costume and prop.

General Rules for Double Dutch Fusion Event:

Double Dutch Fusion: features a “performance-style” competition, where teams choreograph routines to music incorporating both dance and jump rope.

- Double Dutch fusion routines should incorporate Double Dutch and dance.
- Any type of dance can be incorporated.
- Teams consist of any number of athletes. No minimum or maximum requirement.
- No gender divisions.
- Music is required for freestyle routines.
 - Any type of music may be used, though proper content and language should be maintained. Music featuring offensive lyrics or content could result in a reduction of your score by the judges.
- Time Limits
 - Routines can be a maximum of 3 minutes and a minimum of 2 minutes.
 - The Head Judge (or other designee) will do the timing using a stopwatch. The announcer will indicate when both the judges and the athletes are ready to begin. The time on the stopwatch will begin either when the music starts, or when the athletes begin the routine, whichever happens first. Time will end when the routine reaches its ending pose, or when the stopwatch reads the maximum time limit, whichever happens first. If a routine continues past the maximum time allowed, the judges will stop judging at that point, and a 0.2 deduction will be given for a time violation.
- Maximum space will be given depending on the competition venue. No space violations will apply.
- Equipment:
 - Attaching the rope(s) or rope handle(s) to the body in any way is not allowed, as it could be a way for competitors to gain an unfair advantage.
 - Equipment such as mats, trampolines, or anything else that gives the athlete(s) an advantage in the performance of an event may not be used.



- Costume-type props are allowed in the Double Dutch fusion event.
- Uniforms:
 - For the event, athletes may wear uniforms/outfits that best interpret and represent the music used and choreography performed in the routine.
 - Athletic shoes must be worn (no sandals, flip-flops, high heels, bare feet, etc.).
 - Untied shoes are the responsibility of the athlete(s). If a shoe comes untied during competition, the athlete may continue with their event without tying it. Judges or officials will not stop an event due to an untied shoe.
- Gum Chewing is not allowed during competition, for safety and cleanliness.
- Sick or injured athletes will not be awarded a re-jump or be given a heat change to accommodate them. Coaches can substitute athletes if necessary, and should notify the Tournament Director right away if this occurs.
- Athletes or coaches cannot alter their competition space (such as moving boundaries, applying tape to the floor, etc.).

General Evaluation and Judging of Double Dutch Fusion Routines:

- All Double Dutch fusion freestyles will be evaluated on the following elements: Jump Rope Choreography, Dance Choreography, and Entertainment Value.
- Routines will be judged on a ten-point decimal scale. A perfect score is 10. Details for awarding points will be described in the judging handbook.
- There will be 5 judges for every freestyle station. There will be one Head Judge and five panel judges

Protests and Appeals:

- Grounds for Protest:
 - Any rule infraction overlooked by the Tournament Director
 - Any misinterpretation of the rules by the Judges or the Tournament Director
 - Any clerical or scoring error
 - Any other objectively verifiable matter not exclusively involving the judgment of any official



- Any decision made or action taken by the Tournament Director that is unfair or inconsistent with published rules
- Note: Videotape may not be used to overturn any judging decision
- Resolution of Protests:
 - The coach (or the coach's other designee) protests by discussing the issue with the Tournament Director. The Tournament Director makes a decision or proposes a solution.
 - If the coach disagrees with the tournament director's decision, he/she has 30 minutes from the time of the incident to request an appeal. This is done by requesting from the Tournament Director that the Tournament Organizing Committee meet to consider the issue.
 - The coach and the Tournament Director will explain their sides to the committee. The committee will then discuss the issue and make a ruling.
 - A majority opinion is necessary for the Tournament Committee to overturn the original decision made by the Tournament Director.
 - The outcome reached by the Tournament Committee is final, and the issue rests at that point.
- Any individual with a right to protest or appeal shall lose that right if the appropriate protest or appeal is not properly made promptly and in accordance with these rules.