

Official Guidelines for Conducting the 2010 JumpRopeSprint™ National Championships

A. Divisions for JumpRopeSprint 100m Races

1. Men's Elite and Women's Elite (top 8 male qualifiers and top 8 female qualifiers)
2. Men's 18-49 and Women's 18-49
3. Men's 50+ and Women's 50+
4. Boys' 14-17 and Girls' 14-17

B. Shoes must comply with both national and local track and field standards. Jump ropes must be unmodified "off-the-shelf" products.

C. Each competitor will be given 2 opportunities to post a qualifying time. The top 8 male qualifiers and the top 8 female qualifiers shall advance to the semi-finals for their respective Elite divisions, and they shall compete for awards and prizes, including respective first place prizes of \$5,000. The remaining top 8 qualifiers for each of six divisions shall advance to the semi-finals for their respective divisions, based on gender (M or F) and age (under 18, 18-49, or 50 and over), and they shall compete for awards and prizes.

D. Race Rules

1. Competitors will occupy assigned lanes behind a start line.
2. A signal will indicate the start of the race.
3. In the event of a first false start, there will be a re-start. After a re-start in any given heat, any competitor that false starts in that same heat will be disqualified.
4. Competitors may complete the first stride forward of the start line before skipping rope.
5. After the first stride, a competitor must skip rope once per stride.
6. A competitor's finish time will be determined when her/his chest crosses the finish line, provided that she/he completes one stride and rope-skip after her/his chest breaks the plane of the finish line.
7. Disqualification from a sprint race occurs if a competitor:
 - (a) engages in a false start immediately after a re-start;
 - (b) leaves her/his assigned lane;
 - (c) releases either end of the rope; and/or
 - (d) takes a stride without also skipping rope (except for the first stride).
8. For longer distance races and relay races, any release of the rope or any missed rope-skip must immediately be followed by completely dropping the rope before resuming.

9. In a Semi-Final race, if a competitor hinders another competitor, then the hindered competitor will receive an automatic opportunity to compete again and post an advancing time.
10. Officials shall have discretion to make decisions that are reasonable and in the best interest of the sport.

E. Format for Event with more than 8 Entrants

1. Qualifying Round
Up to 2 Opportunities to post a Qualifying Time
The 8 best Qualifying Times advance to the Semi-Finals
After completion of the first Opportunity, the worst times begin the second Opportunity
2. Semi-Finals (8 competitors)
2 races with advancement to the Final Race for the 2 winners and the 2 next best times
Races are seeded based on Qualifying Times
3. Final Race (4 competitors)

F. Format for Event with 5-8 Entrants

1. Semi-Finals
Up to 2 Opportunities to post a Qualifying Time
After completion of the first Opportunity, the worst times begin the second Opportunity
Top 4 Qualifying Times advance to the Final Race
2. Final Race (4 competitors)

G. Format for Event with 2-4 Entrants

1. Final Race (2-4 competitors)

H. Format for Optional JRS 4 x 100m Relay (if interest exists and time permits)

1. The relay races, if any, will be for fun, and participation is not guaranteed.
2. The selection of relay teams shall be at the discretion of the event officials, with the intent of making each team both competitive and diverse.
3. Up to two opportunities to post a Qualifying Time
4. Top 4 Qualifying Times advance to the Final Race