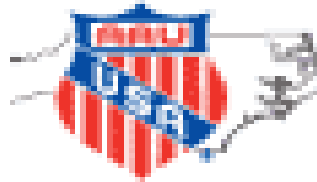


*North Carolina AAU
Jump Rope Qualifier*

*March 6, 2010
Hosted by: SkipSations! Jump Rope Team
Chapel Hill, NC*



Limited to North Carolina District Teams Only

- EVENTS:** Singles – A Triple Crown event consisting of Speed (60 secs), Power (60 secs), & Freestyle to music (45-75 secs)
Pairs – A Triple Crown event consisting of Pairs Speed (2x30 secs), Pairs Power (2x30 secs) & Pairs Freestyle (45-75 secs)
Double Dutch – A Pentathlon event (4 jumpers) consisting of Single Speed (60 secs), Single Power (60 secs), Pairs Speed (4x30 secs), DD Single Freestyle (3 jumpers) to music (45-75 secs), DD Pairs Freestyle (4 jumpers) to music (45-75 secs)
Junior and Senior Group Routine to music (2-4 minutes) (6-24 jumper event)
- AGE GROUPS:** Both Male & Female: 8-under, 13-14, 15-17, 18-22
Males: 9-10, 11-12
Females: 9, 10, 11, 12
- ENTRY FEE:** \$40.00
- ENTRY DEADLINE:** February 6, 2009 (Registration materials & Fees)
- AWARDS:** Medals to top three places in combined events
Ribbons to top six places in component events
- FORMAT:** Combined scores in Speed, Power and Freestyle in Singles, Pairs and Double Dutch
- RULES:** Tournament will follow current AAU Jump Rope Rules
- ENTRY FEES PAYABLE TO:** SkipSations! Jump Rope Team

This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.

All participants and Judges must have a current AAU membership.

AAU membership must be obtained before the competition begins. Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.

FOR MORE INFORMATION:
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www.skipsations.org