



School Skipping Competition

Scoring Guidelines

1. **Long Rope Jumps, Double Dutch Jumps, etc.:** Count successful jumps or repetitions
2. **Cross Overs, Pretzels:** Award points for each correctly performed skill (with arms in the correct position; crossed over the body (crossover), or arm under the leg (pretzel). **One full long rope jump = one point.**
3. **Count successful Jumps, not missed skips.**
4. **Total Score:** Sum up the points from all skills.

Additional Features

- **Judging Panel:** Consider assigning teachers or skipping experts to score each skill.
- **Certificates or Medals:** Offer certificates for participation and medals for winners in each level. PDF Certificates available from Skipping Workshops to download.
- **Display Board:** Create a leaderboard to track scores during the event.

Points Scoring System

Long Rope, on Jump = 1 point 20 jumps = 20 points

Hop = 3 points, 10 hops = 30 points

Cross Over = 5 points, 10 cross overs = 50 points

Pretzels = 10 points

Double Under = 20 points

Points are awarded for each skill. If the skipper misses the jump or skill, scoring ends.

Winners

Individual Winners - individual score total

House Team Winners - Group score total

Whole School Score - Submit Top 10 Scores for the school

