

# Learnin' the Ropes

## School Jump OFF!

THE SCHOOL JUMP OFF IS A **FREE SCHOOL** BASED **JUMP ROPE COMPETITION** THAT INTRODUCES THE **COMPETITIVE ASPECT** OF JUMP ROPE IN A **FUN AND INCLUSIVE** WAY.



### *Who is it for?*

K - 8

This competition is for elementary and middle school students. Students will compete against their own grade and gender divisions.



### *What type of events?*

Speed and Double Unders!  
There will be (4) 30-second events that will be counted for the number of completed jumps/repetitions. Athletes may compete in any or all of the events!



### *When does it start?*

January 17th - March 3rd  
Take your time counting your students' attempts. Teachers/coaches will turn in their athletes' best attempts to be evaluated.



### *Where do we compete?*

At your school!  
The competition will be "virtual" so you can count your kids in classes or after school. No video is necessary - just final scores.



### *How do we sign up?*

Online.  
You will simply fill out a registration form and we will send out more info! Tell other schools in your district!!

