

# LEARNIN' THE ROPES School Jump Off

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# WHAT IS THE SCHOOL JUMP OFF?

The school jump off is a school-based jump rope competition that introduces the competitive aspect of jump rope in a fun and inclusive way.

## WHEN IS IT?

**January 17th - March 3rd**

Teachers/Coaches will have 6 weeks take part in the competition.

## WHAT'S THE FORMAT?

**Online**

The competition is "virtual" to allow students to participate from their schools and compete

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## SCHOOL JUMP OFF

### ELIGIBILITY AND AGE REQUIREMENT

with other schools across the nation.

- The program is open to all students in elementary and middle school grades in the school system (K - 8)

### SCHOOL JUMP OFF EVENTS

- Single Bounce
  - 1 X 30 seconds (Spint)
- Single Rope Speed
  - 1 X 30 seconds (Sprint)
- Double Unders
  - 1 X 30 Seconds
- Jump Rope Push Ups
  - 1 X 30 Seconds
- Rules, regulations and general information about each event are attached.

### SCORING

- Athletes will be scored by the number of jumps/repetitions they can complete in a given time period.
- The number of jumps/repetitions performed in relation to other participants will determine the athlete's placement.
- Schools should use a PE teacher or parent volunteer for the most accurate counting. Student
  - counters are not preferred but are acceptable if necessary. Please be sure that the counters are trustworthy and that they practice counting before your events.