

Team Competition

The Team Competition consists of three different events: Single Rope Speed and Criss Cross Relay, Jump for Two Speed and a Freestyle. Three to five skippers form a team.

Single Rope Speed and Criss cross Relay

- Skipper 1: 30 sec Speed
- Skipper 2: 30 sec Speed
- Skipper 3: 30 sec Criss cross
- Skipper 4: 30 sec Criss cross

If the team consists only of three skippers, Skipper 1 jumps also the part of Skipper 4. If there are five skippers in the team, one does not compete in this event.

Skipper 1 starts doing Speed, after the command "Switch" he stops and the second Skipper starts and so on. For Speed, the right and left foot together are counted as one. For Criss cross, making a Criss cross and open it counts as one. The amount of successfully completed jumps of all four Skippers is the result of this event.

Jump for Two Speed

Two skippers of the team jump 30 sec basic jumps in the Jump for Two. The amount of successfully completed jumps is counted.

Freestyle

Three to five Skippers of the team jump together a freestyle, which is 30-45 sec long. In the Freestyle, music can be used. The team will get bonus points if more than three Skippers jump the Freestyle. The Freestyle will be judged in two categories: Level and Creativity.

Level

The team gets the maximum of points in Level, if the following jumps are successfully completed by all the skippers of the team at the same time. All skippers have to perform the same jump also if there are different options in order to get full level points. All jumps of the following list can be found on www.thetricktory.com.

- Can can (on both sides)
- 3× Double under (does not have to be the same)
- Side swing cross backward
- EB or AS
- Toad/Leg over cross or Crooger/Leg over
- some skill of the category Power (e.g. Fake push up)

To get the full level points for a jump or jump sequence of the list, the whole jump (sequence) has to be completed as it appears in the list, for example the Can can has to be done on both sides before starting a new jump of the list. The Freestyle can have also additional jumps that are not listed above.

Creativity

Start- and Endposition, Variety of jumps as well as style of jumps are part of the creativity category. Only a freestyle without mistakes can reach the maximum points in this category.