



# AAU 2016 FLORIDA JUMP ROPE QUALIFYING TOURNAMENT

- Where:** Miami Lakes Educational Center, 5780 NW 158<sup>th</sup> ST., Miami Lakes, FL
- When:** Saturday, May 21<sup>st</sup>, from 8:30 a.m. to 5:00 p.m.
- Hosted by:** The "Supersonics"
- Who Should Come?** Anyone interested in competition Jump Rope and/or Double Dutch for fun needs to have AAU Membership. This tournament also qualifies the top 10 participants in each age-group and event, and top 3 teams in each age-group, to compete at the 2016 AAU Junior Olympic Games in Houston, Texas; July 28<sup>th</sup> – 31<sup>st</sup>, 2016.
- Events:** Singles – A Triple Crown event consisting of Speed (60 secs), Power (60 secs) and Freestyle to music (45-75 secs)  
Pairs – A Triple Crown event consisting of Pairs Speed (2x30 secs), Pairs Power (2x30 secs) and Pairs Freestyle to music (45-75 secs)  
Double Dutch – A Pentathlon event (4 People) consisting of Single Speed (60 secs), Single Power (60 secs), Single Freestyle (45-75 secs), Pairs Speed (4x30 secs) and Pairs Freestyle (45-75 secs). Double Dutch Freestyle to music (45-75 secs)  
Junior and Senior Group Routine to music (2 to 4 minutes). 6 – 24 person event.
- Age-groups:** Individual Females: 8 and under, 9, 10, 11, 12, 13, 14, 15-17, 18-22.  
Individual Males: 8 and under, 9-10, 11-12, 13-14, 15-17, 18-22.  
Mixed or same gender in all other events:  
Pairs: 8 and under, 9-10, 11-12, 13-14, 15-17, 18-22.  
Double Dutch: 10 and under, 11-12, 13-14, 15-17, 18-22.  
Group Routines: 13 and under (Junior) and 14-22 (Senior)  
Age is determined by the competitor's age on June 15, 2016.
- In multi-person events, age is determined by the age of the oldest competitor in the event.
- Awards:** *Gold, Silver and Bronze for All Around winners in each event and age-group.  
1<sup>st</sup> – 8<sup>th</sup> place ribbons for component events.*
- Cost:** \$40 registration fee
- Note:** All competitors, coaches and judges **must** be 2016 AAU members.
- Rules:** 2016 AAU competition rules will apply. A copy of the 2016 AAU Jump Rope Rulebook (Handbook) can be downloaded from the web at [www.aasports.org](http://www.aasports.org) Click on Other Sports then Jump Rope.
- Officials:** Please note that for AAU Jump Rope Competition, one official must be provided for every 4 athletes competing from a team. Judges must be 2016 certified
- To Register:** Entry Forms may be obtained from Dillon Bethell, Supersonics at [donkey\\_kong098@yahoo.com](mailto:donkey_kong098@yahoo.com) or 305-342-1729 or on-line at [www.aasports.org](http://www.aasports.org)
- Deadline:** April 21, 2016 (Late fee \$10 for all late registrations)
- Spectators:** Spectators are welcome at **no charge**
- Concessions:** Commemorative items will be available for purchase.