



# AAU MARYLAND INVITATIONAL\* JUMP ROPE TOURNAMENT

- Where:** North Laurel Community Center, 9411 Whiskey Bottom Road, Laurel MD 20723
- When:** Saturday January 30, 2016 from 8:00 a.m. to 5:00 p.m.
- Hosted by:** Kangaroo Kids
- Who Should Come?** Anyone interested in competition Jump Rope for fun and jumpers wanting to get ready for the spring competition season. This tournament is for both Novice and Experienced jumpers.
- Events:** Separate Novice and Experienced Division\* in each Age-Group and Gender  
Individual Single Rope Events:  
Speed – 1 Minute; alternate feet for each rope rotation  
Power – 1 Minute - ages 14 and under, completed double unders are counted;  
1 Minute - ages 15-22, completed triple unders are counted  
Freestyle to music 60-75 seconds, music must be on an iPod, iPad or MP3 device.
- \*Novice = has never competed in an official jump rope competition  
\*Experienced = has competed in any previous official jump rope competition
- Age-groups:** 8 and under, 9-10, 11-12, 13-14, and 15-22  
Separate Male and Female divisions  
Age is determined by the competitor's age on June 15, 2016.
- Awards:** Gold medal to winner of each event, ribbons awarded for 2<sup>nd</sup> through 8<sup>th</sup> place  
Participation ribbons for all participants.
- Cost:** \$40 registration fee, payable to Kangaroo Kids
- 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.aausports.org](http://www.aausports.org); click on Jump Rope.
- Officials:** Please note that for AAU Jump Rope Competition, one official must be provided for every 4 athletes competing from a team.
- To Register:** Entry Forms may be obtained from Michele Kratzmeier, Tournament Director, 410-489-5270 or [KKidsTournaments@gmail.com](mailto:KKidsTournaments@gmail.com) or generic forms are posted on-line at [www.aausports.org](http://www.aausports.org)
- Deadline:** January 4, 2016 (Late fee \$10 for all late registrations) All entry forms to be sent to Kangaroo Kids – Attn. AAU Tournament, P.O. Box 321, Simpsonville, MD 21150
- Spectators:** Spectators are welcome at no charge
- Concessions:** Limited concessions available for purchase at this event and there are carry-out restaurants near the facility. Participants may bring their lunch or choose to pre-order lunch. Lunch Pre- Order form is available separately.

***\*Please note: this is not a qualifying tournament for the AAU Junior Olympic Games.***

## **NOTES:**

This event is licensed by the Amateur Athletic Union of the U. S., Inc.

All participants must have a current AAU membership.

AAU membership may not be included as part of the entry fee to the event.

AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.