



Double Dutch Competition Rules and Requirement

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Rules and Requirements

1. Team Composition: Each team can consist of no more than four members.

Street-Style Jumping Welcome:

The Rock It, Don't Stop It Competition proudly welcomes street-style Double Dutch, where creativity, spontaneity, and freestyle energy shine. Jumpers may incorporate authentic street-inspired movement, improvisation, and natural flow as long as all actions remain safe, respectful, and within the spirit of friendly competition. Street-style elements are encouraged as a way to showcase originality, rhythm, and personal expression.

2. Routine Length: Each routine must be no more than 2 minutes long. Going over the 2-minute limit will affect the score.

3. Music and Props: Teams are encouraged to use music and props of their choice. However, all props must be safe and not damage the performance area.

4. Judging Criteria: Teams will be judged on presentation, mistakes/recovery, execution of tricks, choreographed theatrics and flair, originality, acrobatic elements, and stage presence.

5. Anything Goes Theme: While creativity is encouraged, routines must remain family-friendly and appropriate for all audiences. Teams must have an ending to show completion of performance. **

6. Safety First: Any risky acrobatic moves must be performed with proper technique to ensure safety. Judges have the right to stop any routine if it becomes unsafe.

7. Video Requirement: A video of your routine must be submitted by **July 10, 2026**. *Please note after submission of your video, your*

routine can not change. If it deviates from the video version submitted, it will affect the score.

****Please upload your submission video to [Google Form Link](#)****

8. **Ropes:** Each team must provide their own ropes. Ropes will not be provided.

****Defining “Anything Goes”****

For our 'anything goes' Double Dutch event, participants are encouraged to bring their own unique style and creativity to the rope. We want to welcome moves and routines that go beyond the traditional Double Dutch competition format. Everyone must keep safety in mind: no moves that could endanger yourself or others, and nothing that crosses the line into unsafe territory. We want everyone to have fun, push the limits a bit, but still feel comfortable and secure.

"anything goes," **DOES NOT** supersede any local laws or venue regulations. Please note that while encouraging creativity, all participants must still follow the standard safety rules and any applicable laws and venue policies. Our 'anything goes' spirit is all about having fun and exploring new ideas within those boundaries.

Understand that you have room to be innovative, but also know there are still guidelines that keep everyone safe and on the same page.

In defining the boundaries of “anything goes” without losing the fun is a real balancing act. Below are a **list of a few 'signature moves' or creative elements we want to highlight as examples** to give participants a sense of what's acceptable:

Jumping while dribbling a basketball, bouncing a soccer ball while jumping, jumping on elbows, knees, butt, back, jump single rope inside the rope.

How Will I be Judged?

Let's break down the criteria you'll be judged on:

1. **Presentation:** This covers the overall visual appeal of the routine, costumes, team coordination, and how everything comes together visually.
2. **Mistakes:** Judges will take note of any errors or slip-ups, but also see how well the team recovers from a slip-up or miss. Smooth recovery can actually be a plus!
3. **Execution of Tricks:** This is all about how cleanly and confidently the team performs their jump rope tricks. The more polished, the better.
4. **Choreographed Theatrics and Flair:** This is where creativity and storytelling come in. Teams can add dramatic elements or themes to make their routines unique and engaging.
5. **Originality:** Bring something new to the table! Judges will be looking for fresh ideas and unique approaches.
6. **Acrobats and Movement in the Rope:** This focuses on how teams incorporate acrobatics and dynamic movement while jumping.
7. **Stage Presence:** How well the team connects with the audience and owns the stage will play a big role.
8. **2 Minute Time Limit:** Judges will take points off if your routine goes over 2 minutes.
9. **Anything Goes:** Points will be given for tricks that are performed within the Double Dutch ropes.

NOTE: Double Dutch is a jump rope sport in which all tricks, routines and jumps occur between two turning ropes. Any tricks or moves performed outside of the ropes do not count as Double Dutch. The skill, difficulty and coordination are in the ropes, not single rope or Double Orange.