



STAFFORDSHIRE FEDERATION OF YOUNG FARMERS' CLUBS

YFC Centre, County Showground, Weston Road, Stafford, ST18 0BD

President: David Heminsley **Chairman:** George Goodwin
Treasurer: Angela Woodward **Organiser:** Julia Taylor



Issued: 12th October 2017 (Updated 09/11/17)

STAFFORDSHIRE YOUNG FARMERS JUMP ROPE COMPETITION SUNDAY 26TH NOVEMBER 2017 – COUNTY SHOWGROUND

VENUE: INGESTRE SUITE, COUNTY SHOWGROUND

RULES: NFYFC Rules attached

CLUBS TAKING PART:

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09/11/17

ECCLESHALL
UTTOXETER



TIME: Competitors to book in and carry out sound checks between 1 – 1.45 pm.
Competition to commence at 2 pm. (Subject to other competitions running to time.)

PROCEDURE: **First Part – Single Rope Freestyle** – is a creative form of Jump Rope that is performed by 4 competitors (each person has their own individual skipping rope). The competitors must assemble a combination of finesse, power, strength, dance and intricate arm rope skills into a routine, which is choreographed to music. Precision, synchrony and dynamic interaction between the 4 jumpers are judged in this routine. There must be a section where all 4 jumpers are doing the same thing. The rest of the routine can consist of individuals showing off their skills, 2 people synchronised, but everyone must perform.

Second Part – Double Dutch Freestyle – is a creative form of Double Dutch which is performed by 4 competitors (2 turners and 2 jumpers). The competitors must assemble a combination of turner exchanges, finesse, power, strength, dance and intricate arm rope skills into a routine that is choreographed to music. Precision and synchrony between all 4 jumpers are judged in this routine. Each Double Dutch team member must turn and jump during the routine, not doing so will be grounds for a zero score in that component event.

Each team is required to perform a Disco Dance or medley.

***** PLEASE REFER TO NFYFC RULES FOR FULL DETAILS *****

TIME ALLOWED – The Single Rope Freestyle Section must be between 60 -75 seconds of the routine. The Double Dutch Freestyle section must be between 60-75 seconds in length. For both sections the timing will start on the first note of the music or first movement, whichever occurs first and will stop with a clear end to the section. Teams may want to ensure that there is a clear distinction between the two sections.

HOW MANY IN A TEAM – The team will consist of a four (4) competitors, all of whom must be 26 years of age or under on 1st September 2017. **Please refer to NFYFC rules for full details.**

Music to be submitted on the day in a CD format. All music must be, at every round, a **Radio Edit – i.e. suitable and passed for radio broadcast to family (pre watershed) audiences.**

DO NOT FORGET MEMBERSHIP CARDS

JUDGES: Rachael Rollisson & Olivia Beattie from Jump Rope UK
STEWARDS: David Heminsley, Polly Baines & Zoe Foster
COMPERE: Richard Mottershead



Contact details on the day are **Richard Mottershead, 07816 232178.**



01785 248645



countyoffice@staffsyoungfarmers.org.uk



staffsyoungfarmers.org.uk