

2012 High Velocity Speed and Power Tournament

Tournament Information

Coaches,

The High Velocity Jump Rope Team is very excited to offer a competitive and fun jump rope event for your athletes. The events offered will be a combination of USAJR, AAU, and FISAC speed and power events. We look forward to welcoming all of you to Montgomery next month.

What: 3rd Annual High Velocity Speed and Power Tournament

When: Saturday, March 3, 2012

Where: Montgomery Intermediate School
700 Dr. Martin Luther King Jr. Drive
Montgomery, TX 77356

Time:

- Registration opens at 9 am
- Coaches/Judges meeting at 9:30
- Tournament starts at 10:00

Cost: \$15.00 per athlete for registrations postmarked before February 24, 2012

Deadline for all registrations is February 24

Mail signed registration forms, team registrations and payment to:

High Velocity Jump Rope Team
Attn: Speed and Power Tournament
PO Box 1536
Montgomery, TX 77356

Registration fees should be made payable to **High Velocity Jump Rope Team**

Awards: Places for first through 10th place in each event and age division will be recognized



Age Divisions: Age will be determined by the age of the jumper on September 1, 2012. For team events, the age division is determined by the oldest jumper in the group.

Individual Events Age Divisions

- 9 and Under
- 10
- 11 – 12
- 13 – 14
- 15 – Over

Team Events Age Divisions

- 10 – Under
- 11 – 12
- 13 – 14
- 15 - Over

Events:

Individual Events:

- 30 Second Speed – FISAC event
- 1 minute Speed – USAJR event
- 3 minute Speed – USAJR event
- 1 minute Power – AAU event

Team Single Rope Events:

- Single Rope Speed Relay – USAJR event

Double Dutch Events:

- Double Dutch Speed Relay – USAJR Event
- Double Dutch Pairs Speed – USAJR Event

Competition Rules:

The tournament will run under and be subject to current USAJR rules and procedures for speed events listed in the current USAJR rule book and judges manual. The FISAC, AAU and exclusive events will follow USAJR scoring guidelines and deductions for such things as false starts and switches. The current USAJR rule book is available for review by USAJR members at the USAJR website. Non-USAJR members may purchase a copy of the rule book by contacting the USAJR office directly. The events are explained in further detail below.

The USAJR delay of tournament rule will not be in effect at this tournament, but all competitors and coaches are asked to ensure our day runs smoothly by being on time and in place for their events.

The tournament director will have final say in all decisions regarding competition. No appeals will be heard.

Judges:

Each team is asked to provide one USAJR certified judge for every four jumpers entered. 16 year old USAJR members with 2 or more years of competition experience and their coach's recommendation may judge at this tournament regardless if they have attended a USAJR judging clinic. Judges with previous experience, but have not attended a clinic this year may be considered if the need exists provided they are current USAJR members.

Judges should wear the standard USAJR judge's uniform of a plain white shirt and navy pants or shorts.

Tournament Director:

Tim Rader
coachrader@sbcglobal.net
936-697-1724

All questions regarding registration or competition should be directed to the tournament director

Event Descriptions:

Individual Events

- 30 second speed – one jumper jumps speed for 30 seconds
- 1 minute speed – one jumper jumps speed for 60 seconds
- 3 minute speed – one jumper jumps speed for 180 seconds
- 1 minute power – one jumper jumps double unders for 60 seconds

Team Events

- Single Rope Speed Relay – four jumpers who each jump 30 seconds. The team score is the total number of jumps for all four competitors. Total time for event is 2 minutes.
- Double Dutch Speed Relay – 3 competitors. Each must jump inside ropes for forty seconds. Total time for event is 2 minutes
- Double Dutch Pairs Speed – 4 competitors. Only two jumpers who each jump for 60 seconds. Total time for event is 2 minutes



2012 High Velocity Speed and Power Tournament Registration Form

Competitor Name: _____

Parents Name: _____

Address: _____

Phone Number: _____

Team: _____

Coach: _____

Date of Birth: _____

Age as of September 1, 2012: _____

Gender: _____

PARTICIPANT RELEASE AND INDEMNITY AGREEMENT

(Must be signed by parent or guardian if under 18)

We (or) I hereby request your acceptance of this application for registration in the 2012 High Velocity Speed and Power Tournament on March 3, 2012. In consideration of your acceptance application, we (or) I hereby release all persons associated with USA Jump Rope (USAJR), High Velocity, or MISD from all claims and causes of action arising from injury to the participant in this tournament, whether such injury is the result of negligence or some other cause. If medical attention is required for injury or illness while at the tournament, I give my permission for such medical care and we (or) I will be financially responsible. I also give permission for High Velocity and/or USAJR to use any videos and / or photographs of the participant for publicity, advertising or other commercial or promotional purpose.

Competitor or Parent Signature (Parent if under 18)

Date

2012 High Velocity Speed and Power Tournament

Team and Competitor Registration

Team Name	Coach Name	Coach/Contact Phone Number	Coach/Contact Email
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Name	Age on 9/1/12	Gender (circle)
1.		M F
2.		M F
3.		M F
4.		M F
5.		M F
6.		M F
7.		M F
8.		M F
9.		M F
10.		M F
11.		M F
12.		M F
13.		M F
14.		M F
15.		M F
16.		M F
17.		M F
18.		M F
19.		M F
20.		M F

(Please duplicate this form if needed)

Judge's Registration

Each team is asked to provide one USAJR certified judge for every 4 competitors
USAJR members 16 years of age or older with 2 or more years of competitive experience may judge at this
tournament with their coach's approval
Extra judges are of course, greatly appreciated!

Name
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



30 Second Speed

Please enter names Last Name, First Name. Please duplicate if space is needed

9 and Under	10 years of age
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

11 to 12	13 to 14
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.

15 – Over
1.
2.
3.
4.
5.
6.
7.
8.

One Minute Speed

Please enter names Last Name, First Name. Please duplicate if space is needed

9 and Under	10 years of age
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

11 to 12	13 to 14
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.

15 – Over
1.
2.
3.
4.
5.
6.
7.
8.

Three Minute Speed

Please enter names Last Name, First Name. Please duplicate if space is needed

9 and Under	10 years of age
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

11 to 12	13 to 14
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.

15 – Over
1.
2.
3.
4.
5.
6.
7.
8.

One Minute Power

Please enter names Last Name, First Name. Please duplicate if space is needed

8 and Under	10 years of age
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

11 to 12	13 to 14
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.

15 – Over
1.
2.
3.
4.
5.
6.
7.
8.

Single Rope Speed Relay

Please enter names Last Name, First Name. Please duplicate if space is needed

10 and Under			
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.

11 to 12			
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.

13 to 14			
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.

15 and Over			
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.

Double Dutch Pairs Speed Relay

Please enter names Last Name, First Name. Please duplicate if space is needed

10 and Under			
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.

11 to 12			
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.

13 to 14			
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.

15 and Over			
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.
1.	2.	3.	4.

Double Dutch Speed Relay

Please enter names Last Name, First Name. Please duplicate if space is needed

10 and Under		
1.	2.	3.
1.	2.	3.
1.	2.	3.
1.	2.	3.

11 to 12		
1.	2.	3.
1.	2.	3.
1.	2.	3.
1.	2.	3.

13 to 14		
1.	2.	3.
1.	2.	3.
1.	2.	3.
1.	2.	3.

15 and Over		
1.	2.	3.
1.	2.	3.
1.	2.	3.
1.	2.	3.