

USA Jump Rope Regions



Region 1 – NJ, DE, PA, MD, WV, VA, DC

Region 2 – NC, SC, TN

Region 3 – IN, WI, IL, MI, IA, MN

Region 4 – LA, AR, OK, KS, MO, East Texas

Region 5 – Texas

Region 6 – CO, AZ, NM, ND, SD, NE, WY

Region 7 – Washington (WA)

Region 8 – CA, HI, OR, NV, Guam

Region 9 – Alaska

Region 10 – ME, VT, NH, MA, RI, NY, CT

Region 11 – OH, KY

Region 12 – MT, ID, UT

Region 13 – MS, AL, GA, FL, PR, VI