

USA JUMP ROPE REGIONS



Region 1 NJ, DE, PA, MD, WV, VA, & Washington DC

Region 2 NC, SC

Region 3 IA, IL, IN, KY, MO, MN, TN & WI

Region 4- AR, KS, LA, OK & East TX

Region 5 - West TX

Region 6 CO, ND, NE, NM, SD, & WY

Region 7 - OR, WA

Region 8 AZ, CA, NV

Region 9- Alaska, HI (Sub-Regions)

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

Region 11 MI, OH

Region 12- ID, MT, UT

Region 13- MS, AL, GA, FL, Puerto Rico & U.S. Virgin Islands