



FUNDAMENTALS CHALLENGE

TASK

Work with your team (3 jumpers) to perform the **10 systems** as accurately as possible **within 1 minute and 30 seconds**.

Video link to the task:

<https://www.youtube.com/watch?v=fltziJ5Nns>

—> *The team must execute systems 1-10.*

MUSIC

On the day of the competition, the DJ will randomly play music at 120 BPM (Beats Per Minute).

Example songs with a tempo of **120 bpm**:

1. Mark Ronson - Uptown Funk
2. C2C, Derek Martin - Happy
3. Lady Gaga - Bad Romance

RULES

Two teams will jump on the field at the same time.

Once both teams are ready, the DJ will start the music, and the teams may begin turning the ropes to get in rhythm (but no jumping yet!).

Then the judges will count down with **“READY? and 5-6-7-8!”** to indicate when you may start jumping.

The clock will start immediately after this countdown!

After 1 minute and 30 seconds, the music will fade out, and the team must stop immediately.

If a **system fails**, the team can choose whether to try it again or not. There is no limit to how many times a system can be retried. However, be mindful of the time limit—the clock is running, and you risk not finishing everything.

Stay within your field; 5 points will be deducted for crossing the line.

The interrupted team can request a retry if necessary.

A turner switch (changing turners) is not mandatory, but the team will lose points if they don't switch. A team can, for example, decide to have 1 jumper + 2 fixed turners for all the systems without switching.

Jumping to the beat is also not mandatory, but points will be deducted if you don't stay on beat. The goal is not to finish as quickly as possible.

Still have questions?

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JUDGING SYSTEM

The judges will evaluate the following criteria:

1. **Execution:** How well was the system performed?
2. **Turner switch:** Was there a smooth switch on counts 7-8 without mistakes?
3. **Rhythm & Fluency:** Was everything on beat? Were there not too many mistakes?
4. **Expression:** Was it enjoyable to watch? Were extra moves added?



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	EXECUTION 0 = forgotten/mistake 1 = sloppy 2 = ok 3 = good!	TURNER SWITCH on count 7-8?	RHYTHM & FLUENCY - on the beat? - no mistakes?	EXPRESSION entertaining?	TOTAL	NOTES
System						
1. Regular	0 - 1 - 2 - 3	 / 1				
2. Slide	0 - 1 - 2 - 3	 / 1				
3. One rope	0 - 1 - 2 - 3	 / 1				
4. Doubles	0 - 1 - 2 - 3	 / 1				
5. A-man	0 - 1 - 2 - 3	 / 1				
6. B-man	0 - 1 - 2 - 3	 / 1				
7. Line	0 - 1 - 2 - 3	 / 1				
8. Speed	0 - 1 - 2 - 3	 / 1				
9. Overloop	0 - 1 - 2 - 3	 / 1				
10. Wheel	0 - 1 - 2 - 3	 / 1				
	 / 30	 / 10	 / 5	 / 5	/50	