

4th World Inter-School
Rope Skipping Championships
16th - 21st October 2019, Antwerp



WELCOME TO ANTWERP!
BELGIUM



WELCOME TO ANTWERP



KKTsv Hou ende Trou Merksem
sinds 1908



A WORD FROM OUR PRESIDENT

Dear Friends,

On behalf of World Inter-school Rope Skipping Organisation (WIRSO), I want to welcome everyone's participation this year at the 4th World Inter-School Rope Skipping Championship 2019, held in Antwerp, Belgium.

When we started WIRSO in 2014, we wanted to promote rope skipping internationally as a schoolsport. We decided to start training and low-cost events mainly focusing on new and mid-level skippers/jumpers across the world.

Today we are supported by numerous national federations, organisations and local governments. There is a lot of enthusiasm in organising inter-school events. This brings a lot of joy to my heart.

Being here we all serve a common goal: uniting cultures through sports and presenting the power of mind, body, and willpower. Thus I want to thank the championship organizing committee, local government departments, clubs, schools, the board of directors and all other stakeholders involved in the hosting of the championship for a great job they are doing. We are also grateful to all other government and corporate sponsors, we could not have done this without you and we look forward to a more collaborative effort in 2019.

I also want to thank all the skippers/jumpers, coaches and organisations for their support and contribution to WIRSO in last 5 years.

I'm sure that at this championship the skippers/jumpers will perform at their best, without any stress. I am also convinced they will be competing in a fair play manner, respecting the rules and the opponents and will evoke admiration from the spectators.

I hope you will enjoy your stay and will be satisfied with your performance, meet new friends and bring back home only wonderful memories.

Good luck to everyone!

Harpal Singh Flora
Founder President



ABOUT THE MAIN ORGANIZER

Antwerp has a big passion for rope skipping. In our city there are several famous rope skipping clubs who are competing with success against the best teams around the world. Maarten Goedemé, the vice-president of WIRSO, had a dream to host the event at his hometown. To make this possible he can count on the enthusiastic help of the members of his gymnastics club Hou ende Trou and the local rope skipping club Hipe Skip Merksem.

The local sports government and the cultural centre were immediately excited to host such a fantastic international event at the district Antwerp Luchtbal. Also a special thanks to the schoolsport federation Moev to support and promote the event at all the Flemish schools and to all our partners and volunteers to make this event possible.

Maarten Goedemé has had a reputable rope skipping career with 2 world championship titles (senior boys team category), being active as the national coach of South Africa for several years and as a consultant for many rope skipping countries all over the world. With DDF Crew, one of the most famous international rope skipping teams, he has performed at memorable events and has already organized two international World Record Events.

His passion for the development of rope skipping is a perfect match with the school sport. Activating children by jumping rope, meeting international friends, competing and learning together with other jumpers gives them amazing energy, he says.



PROGRAM

- Wed 16/10** Arrivals
- Thu 17/10** Morning & Afternoon:
opening ceremony
workshops, delegates meeting, international network meeting
- Evening:
sightseeing in Antwerp
- Fri 18/10** Morning:
World Inter-School Speed Events
- Afternoon:
visits to local schools + workshops
- Evening:
Sightseeing in Antwerp
- Sat 19/10** Morning:
practice and delegates meeting
- Afternoon:
World Inter-School Antwerp Challenge
- Evening:
Night of Records
- Sun 20/10** Morning:
practice and rehearsals
- Afternoon:
World Inter-School show competition and closing ceremony
- Evening:
social night
- Mon 21/10** Departure

For detailed information about the events please download our rulebook at www.interschoolropeskiing.org

World Inter-School Rope Skipping Championships 2019



Overview chart, for detailed rules download our rulebook at www.interschoolropeskipping.org

ROOKIE

For students with max 1 year skipping training and no experience in national or international championships.

Categories: 8-9, 10-11 years, 12-14 years, 15-18 years (no gender categories)

gold, silver & bronze medal for the individual speed, team speed and the Antwerp challenge events

MINI-EVENT (for 8-9 & 10-11)

☒ 3 subevents in the first round*

☒ Top-8 go to final to perform 30sec speed step

INDIVIDUAL SPEED EVENT (for 12-14 & 15-18)

☒ 30 sec skipping both feet together

Best scores ranking

TEAM SPEED EVENTS (for 12-14 & 15-18)

Team of 4 jumpers:

☒ 4x 30 sec skipping both feet together

☒ 2x30 sec 2 people in 1 rope both feet together

☒ 2x 1 min skipping in single dutch

Final 90 sec: 1x 30 sec single dutch jumps, 1x 30 sec single rope jumps, 1x 30 2 people in one rope jumps

ANTWERP FREESTYLE CHALLENGE

(for 10-11, 12-14 & 15-18)

15 basic freestyle skills

Round 1: only errors are counted, ranked by the least errors

Round 2: top 8 skips again errors + against time

Final: top 4 ranked first by error and next by time

EXPERT

For students with more than 1 year skipping training or students that participated before in our event already.

Categories: 10-14 years, 15-18 years (no gender categories)

gold, silver & bronze medal for the individual speed, team speed and the Antwerp challenge events

* subevents 8-9 years mini category

30s backwards skipping, 30s criss-cross open & 30s side straddle

*subevents 10-11 years cadet category

30s wraps, 30s criss-cross open & 30s side side open

INDIVIDUAL SPEED EVENT (for 10-14 & 15-18)

☒ 30 sec speed step

Best scores ranking

TEAM SPEED EVENTS (for 10-14 & 15-18)

Team of 4 jumpers:

☒ 4x 30 sec speed step

☒ 2x 30 sec 2 people in one rope speed step

☒ 2x 1 min double dutch speed

Final 90 sec: 1x 30 sec double dutch speed, 1x 30 sec single rope speed, 1x 30 2 people in one rope speed

ANTWERP FREESTYLE CHALLENGE

(for 10-14 & 15-18)

15 expert freestyle skills

Round 1: only errors are counted, ranked by the least errors

Round 2: top 8 skips again errors + against time

Final: top 4 ranked first by error and next by time

SHOW COMPETITION

2 categories: 10-14, 15-18 years

4-8 skippers in one team

max 4 min of performance

Ranking by the judges 'Best of show', gold, silver & bronze medal

OVERALL SCHOOL TROPHY

a school need to participate in all the

ROOKIE & EXPERT events + the SHOW competition to be ranked.

trophies for the top 3

NIGHT OF RECORDS vol.1

Submit any rope skipping record you like to break or to set in single rope, double dutch or long ropes. We as organizer will provide official judges certificated by the Belgian rope skipping federation (Gymfed), mc, DJ and spectators to help you to perform at your very best.

The night of records starts at 18:30 for the warming-up and at 19:30 we start with the attempts till 21:30. Each time a record is set we will announce it at the big screen.

You can submit any record attempt by using our registration form till two weeks before the event. Our technical committee will decide if we can plan the attempt in the program and inform you if the registration is accepted or not. If some jumpers aim to set or to break the same record we will program them around the same time. It's also possible to participate in several record attempts during the night. All record-holders will receive a certificate of WIRSO.

Some examples: 60 min relay double dutch speed, 60 sec long rope speed with 20 skippers, 30 sec backwards double unders, as many consecutive push-ups in double dutch as one is able to do, ...

The registration form can be found at our website www.interschoolropeskipping.org



ANTWERP

City of Belgian chocolate, waffles, fries, beer, diamonds, arts and fashion.



Antwerp (Antwerpen/Anvers in Dutch/French) is Belgium's second city (521.600 people), biggest port and capital of cool. It has long been a powerful magnet for everyone from fashion moguls and club queens to art lovers and diamond dealers. In the mid-16th century it was one of Europe's most important cities and home to baroque superstar painter Pieter Paul Rubens – as many a museum will regularly remind you. Despite many historical travails thereafter, and severe WWII bombing, Antwerp retains an intriguing medieval heart with plenty of café-filled cobbled lanes, a riverside fortress and a truly impressive cathedral.

Today, however, Antwerp's top drawcards are its vibrant fashion and entertainment scene, along with its startling architectural and cultural contrasts.

TOURIST INFORMATION

www.visitantwerpen.be



THE VENUE

The event will take place at 10 minutes by tram from the city centre of Antwerp.

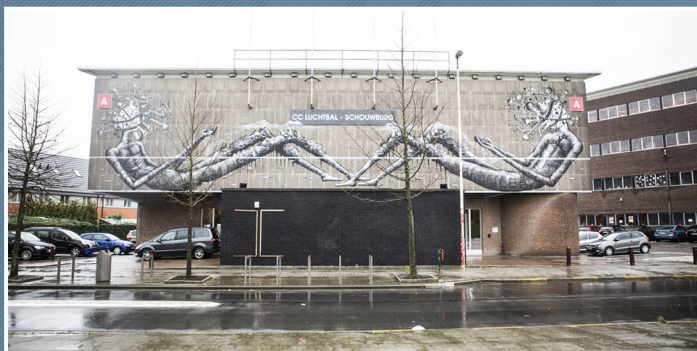
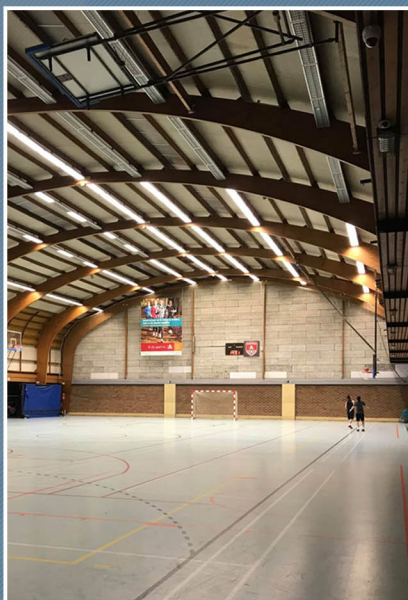
WIRSO Events 16-19 october 2019

Sporthal Luchtbal
Santiagostraat 2
2030 Antwerpen

WIRSO Show competition 20 october 2019

The show competition will be held in our local theatre just across the sportcomplex.

Schouwburg Luchtbal
Columbiastreet 8
2030 Antwerpen



HOW TO REACH ANTWERP

By plane:

The national airport is Brussels Zaventem. There is a direct bus connection from the airport to Antwerp. Alternatively you can fly to Brussels South (Charlerloi). It's more far than Brussels Zaventem but there is a good bus and train connection to Antwerp Central Station.

By train:

You can travel between most train stations and Antwerp direct or with a single change. Antwerp has one of the most beautiful train stations in the world. It was built in 1873.

By car:

There is a free parking space nearby the sport complex.

VISAS

Belgium is part of the Schengen Area. Please check if you are required to apply for a visa. The host will provide letters for the application.



PACKAGES

We provide two options to stay-over: hostel or hotel. The hostel package is per person 350 euro and the hotel package is per person 460 euro if you share a room. For a single room package you pay 550 euro. For the locals we have a package exclusive accommodation and meals.

WHAT'S INCLUDED IN THE STAY-OVER PACKAGE:

- 5 nights, 6 days (check in at 14:00)
- bus tickets from/to the Brussels Zaventem Airport
- all 14 meals, i.e. breakfast, lunch and dinner
- welcome package
- registration fee
- competition fee
- workshops
- drinking water
- social night

COMPETITION PACKAGE LOCALS (excl. meals & accommodation)

55 euro + 10 euro registration fee

Beside the competition events local participants can also attend the workshops, participate in the Night of Records and join the social night. There is an option to order the meals for an extra cost as well. Drinking water is included in the price. You can also register for a single event, please download the Belgian schools registration form at our website for the details.



ACCOMMODATION

OPTION 1: HOSTEL PACKAGE (350 euro)

You will stay at hostel HORST. The building is located at a beautiful domain with a castle and has even a small training gym and kitchen. There is space for 70 people (4 shared rooms with bunk beds and common bathrooms). The rooms will be divided by age and gender depending on the registrations we receive, first come first served.

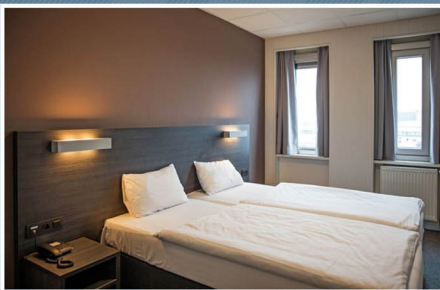
The location is about 8 km away from the venue. There is public transport to the venue, and we will also try to provide shuttles for the participants.



ACCOMMODATION

OPTION 2: ANTWERP HARBOUR Hotel – double rooms: 460 euro

Participants who want a more luxury lodging in 500 meter walking distance to the venue can register for the hotel package. They will stay in the Antwerp Harbour Hotel. For a single room the package price is 550 euro. Free wifi and breakfast are included in the price.



REGISTRATIONS AND DEADLINES

To register please download the form at our website:
www.interschoolropeskiing.org

PARTICIPATION FEE DEADLINES FOR PACKAGE INCLUDING ACCOMMODATION

15th of June the 1st payment of 150 euro
15th of September the 2nd payment: remaining amount

In case of late registrations or late payments an extra 50 euro will apply.
After the the 6th of October the registrations will be closed, however after the 15th of September there is no guarantee registrations will be accepted due to the high number of participants.

PARTICIPATION FEE DEADLINES FOR LOCAL REGISTRATIONS

Registrations before the 15th of June: 65 euro
Registrations before the 15th of September: 75 euro
Registrations before the 11th of October: 85 euro

After the 11th of October the registrations will be closed, however after the 15th of September there is no guarantee registrations will be accepted due to the high number of participants.



CONTACT

For more information and further details, find contact information below:

World Inter-School Rope Skipping Organisation

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