

# ERSO rulebook 2026

European modifications to the IJRU rulebook

October 2025



The European Rope Skipping Organisation (ERSO) is the European organisation for the sport of Jump Rope/Rope Skipping and the European representation of IJRU. Whenever either of the two descriptions Jump Rope/Rope Skipping are used, it is intended they are read interchangeably and represent all elements of the sport.

According to the agreement between ERSO and International Jump Rope Union (IJRU) the IJRU Rulebook v4.2.0 (consisting of the Competition Manual, Judging Manual and Technical Manual) is accepted as the Rulebook to be used in European competitions between January 1<sup>st</sup> 2026 and August 31<sup>st</sup> 2026, but with the following enhancements/modifications:

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## Technical Manual

No adaptations

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## Judging Manual

No adaptations

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## Competition Manual

*The ERSO European Championships series is made up of the European Open Tournament (EOT), Junior European Championships (JEC), European Championships (EC) and Double Dutch Contest Europe (DDCE).*

### Divisions

The following text replaces the complete text in 'Category entry number requirements' in the IJRU rule book:

*Note - For the ERSO European championships series, only combining will be used.*

### The competitions

The following text replaces the complete text in 'The competitions' in the IJRU rule book:

*It is not allowed to compete in the same competition event in different competitions of the ERSO European Championships series.*

*In the competition events and overalls, the 1st, 2nd, and 3rd ranking athletes or teams are awarded. For the senior competition awards for competition events are only awarded after the final round whereas awards for the overalls are awarded after the preliminary round. For the ERSO European Championships series the 1st ranking athlete(s) will be awarded the title ERSO European Champion(s) for that competition event. Awards are handed out separately for every age group and gender category combination.*

### Age groups

The following text replaces the text in Articles concerning 'Age groups' in the different competition types in the IJRU rule book:



#### *European Championships – Age groups*

*Competitors in the European Championships must be 16 or older by the designated competition age cut-off date with the following exception:*

*For team events, at least one member of the group must be 16 or older. The remaining member(s) must be at least 13 or older. Athletes aged 13-15 entering team events in the European Championships won't be allowed entry in the same event(s) in the Junior European Championships or European Open Tournament.*

#### *Junior European Championships – Age groups*

*Competitors in the Junior European Championships must be no younger than 12 and younger than 16 by the designated competition age cut-off date.*

#### *European Open Tournament – Age groups*

*The European Open Tournament is a one-round, competition run parallel to the European Championships. The European Open Tournament has the following age groups: 12-15 and 16+.*

*For team events the team qualifies for the age category of the oldest athlete of the team entry. This means that athletes can compete up across any age category in the European Open Tournament.*

#### *Show Competition – Age groups*

*Competitors in the Show Competition must be no younger than 12 by the designated competition age cut-off date.*

#### *European Double Dutch Contest – Age groups*

*DDC is competed in a Junior and a Senior age group and is a one-round competition. Age groups can be combined.*

*Athletes in the Junior age group must be no younger than 12 and younger than 16 by the designated competition age cut-off date.*

*Athletes in the Senior age group must be no younger than 16 by the designated competition age cut-off date.*

*If the Junior and Senior age group is combined, athletes in the finals must be no younger than 12 by the designated competition age cut-off date.*

*For DDC events, the team qualifies for the age category of the oldest athlete of the entry.*

### **Events**

All the events mentioned in the Article 'Events' will be competed in the European and Junior European team and individual competitions. The event Single Rope Triple Unders will not be competed in JEC and EOT 12-15.

In JEC and EC overall will be awarded both in the team and individual competition. In the European Open Tournament overalls will not be awarded.

### **Processes + Recompeting**

Details on appeals and recompeting will be shared closer to the event.

### **Officials**

For all ERSO tournaments, judges must be at least 15 years old as of the date of their judge assignment.



### Summary of Competition Types with Events, Age Divisions and Number of Participants allowed per country:

|                                      | Age division | Team                                                         |                        | Individual           |                      | Show          | DDCE                        |
|--------------------------------------|--------------|--------------------------------------------------------------|------------------------|----------------------|----------------------|---------------|-----------------------------|
| Gender categories                    |              | Male<br>Female<br>Open                                       | Male<br>Female<br>Open | Male<br>Female       |                      | Any<br>gender | Any gender                  |
| Events                               |              | SRSR<br>SRDR<br>SRPF<br>SRTF<br>DDSR<br>DDSS<br>DDSF<br>DDPF | WHPF                   | SRSS<br>SRSE<br>SRIF | Triple<br>Unders     | Show          | Speed (1x30)<br>Performance |
| <b>Junior European Championships</b> | <b>12-15</b> | 3 teams per event                                            | 3 teams per event      | 3 athletes per event |                      |               |                             |
| <b>European Championships</b>        | <b>16+</b>   | 3 teams per event                                            | 3 teams per event      | 3 athletes per event | 3 athletes per event |               |                             |
| <b>European Open Tournament</b>      | <b>12-15</b> | 2 teams per event                                            | 2 teams per event      | 2 athletes per event |                      |               |                             |
|                                      | <b>16+</b>   | 2 teams per event                                            | 2 teams per event      | 2 athletes per event | 2 athletes per event |               |                             |
| <b>Show Competition</b>              | <b>12+</b>   |                                                              |                        |                      |                      | 1 team        |                             |
| <b>Double Dutch Contest Europe</b>   | <b>12-15</b> |                                                              |                        |                      |                      |               | 3 teams per event           |
|                                      | <b>16+</b>   |                                                              |                        |                      |                      |               | 3 teams per event           |

In EC/JEC each country can enter a maximum of 3 OA teams and 3 OA individual athletes in each gender category.

### Qualification for European Championships Finals

The top 6 athletes/teams in every event in the European Championships preliminaries (first round) qualify for the European Championship Finals. In case of ties in speed events all athletes/teams in the 'top-6' will qualify for the Finals; e.g. 3 persons having the same score on 3rd place and 3 persons having the same score on 6th place will send 8 persons in total to Finals.

If not more than 6 athletes/teams are registered in a given event the athletes/teams will qualify for the Finals directly but will still compete in the preliminaries in order to decide the starting order.



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## Other modifications

### **Protests, appeals, video replay and re-competing**

The exact process for appeals/protest use of video replay and re-competing during JEC/EC/EOT 2026 will be communicated closer to the event.

### **Rules on substitutions before and during the EC**

In case of an injury or other special circumstances, athletes can be substituted before and during the European Competitions.

Substitution of an athlete in an event will be permitted within the following guidelines:

1. The Tournament Director is notified immediately of any substitution.
2. The substitute athlete is not currently competing in the same competition event in any other age or gender category.
3. The substitute athlete's gender and age must fall within the parameters of the competition event in which they are substituting for a freestyle event.
4. If substitute athlete is a member of another overall team, the team into which they are substituting an event will not be eligible for an overall placement
5. If a gender or age category change occurs with the substitution, any overall entries for the team in which the substitution is occurring will be nullified.
6. Substitution must be requested by the delegation Head Coach or chosen representative.

For DDCE performance, substitution is not allowed. However, in case of an injury or other reason accepted by the Tournament Director the team may be allowed to compete with fewer athletes than originally registered for the entry. This decision will be made by the Tournament Director.

For DDCE speed, substitution may be allowed in case of an injury or other reason accepted by the Tournament Director, it is however only allowed to substitute in another athlete from the same performance team as the speed entry. This decision will be made by the Tournament Director.

### **Judging requirements of a country**

Countries participating in the European competitions are required to supply judges depending on sessions competed and their number of entries.

The exact number of required qualified IJRU level 3 judges will be communicated prior to the competition (beginning of 2026). Each country will have to nominate a certain number of judges per judging category (speed, difficulty, presentation, technical).

If a country fails to fulfil their responsibility, then a 400 Euro fine for each missing judge will be imposed by ERSO on that country. Details on missing judges will be shared together with the information on required judges in the beginning of 2026.

A country is not allowed to send judges from other countries to judge for their own country without permission from ERSO. Countries that are competing for the first time do not have to supply any judges but are required to actively participate in any judges course that takes place during the event, in order to gain IJRU level 3 qualified judges for the next international competition.