

EGER | HUNGARY KEMÉNY FERENC KÖRCSARNOK JULY 14-20

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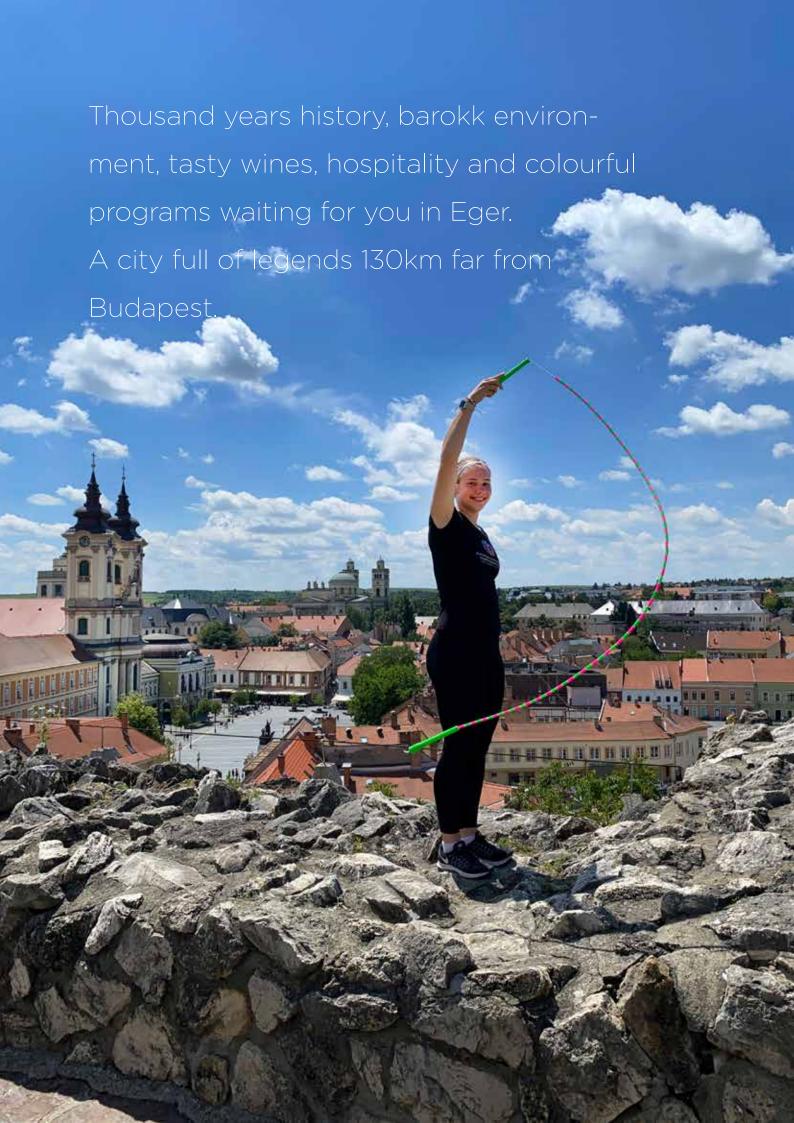
















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Dear Rope Skipping / Jump Rope Enthusiasts, dear Guests,

Twenty years ago, in November 2004, I was excitedly hopping up and down on the back seat of a car full of Austrian athletes. On the way to judge at my first European Championships. On the way to Eger, the city where we meet again in these days, to celebrate the European Rope Skipping Championships, combining the 22nd European Team Championships and the 15th European Individual Championships. Twenty years later we are back in the same arena. Some of us now in official roles. Some of us as judges or coaches. And some of us are back as athletes, which is indeed an incredible achievement. I would like to thank the Magyar Ugrókötelesek Szövetsége for their organisation, their thoughts and their initiative to make

the EC 2024 an unforgettable experience for all of us. This event is the fifth European Championships event taking place in Hungary. And since the first event in Budapest in 1999, the events where growing. The EC 2024 is the biggest European Rope Skipping Championships event in the history of the 31 years of the ERSO, with 640 athletes from 12 countries. In addition to the 640 athletes, we have 140 judges, coaches and officials here. A

140 judges, coaches and officials here. A big thank you to all of you, who are training with the athletes, judging and working during the competition. Without YOU, this event could not take place.

This leaves me wishing good luck to all the athletes, and let's enjoy 7 days of great sport and high-level competition.

Silke Fürnschuß

President ERSO





Saturday July 13th

Arrival and Registration

09:00 - 21:30 Practice on

competition floor

18:00 NGB Meeting

18:30 - 20:30 Dinner

Sunday July 14th EOT Day 1

07:30 Gym opening 08:00 Coaches meeting 08:00 Judges meeting 08:30 - 12:30 Morning session

12:00 - 14:00 Lunch

14:00 - 19:00 Afternoon session

18:30 - 20:30 Dinner

Monday July 15th EOT Day 2

08:00 Gym opening 08:15 Coaches meeting 08:15 Judges meeting 09:00 - 12:15 Morning session 12:00 - 14:00 Lunch 13:30 - 16:00 Afternoon session 16:00 - 17:00 Practice on the competition floor 17:30 - 18:45 **Opening Ceremony** 18:30 - 21:00 Dinner 19:30 - 21:30 Practice on the competition floor

Tuesday July 16th EC/JEC Day 1

07:00 Gym opening
08:00 Coaches meeting
08:00 Judges meeting
08:30 - 12:30 Morning session
12:00 - 14:00 Lunch
14:00 - 18:30 Afternoon session

18:30 - 20:30 Dinner

Wednesday July 17th EC/JEC Day 2

07:00 Gym opening 08:00 Coaches meeting 08:00 Judges meeting 08:30 - 12:45 Morning session 12:00 - 14:00 Lunch

14:00 - 19:00 Afternoon session

18:30 - 20:30 Dinner

Thursday July 18th EC/JEC Day 3

07:00 Gym opening08:00 Coaches meeting08:00 Judges meeting08:30 - 12:45 Morning session

12:00 - 14:00 Lunch

14:30 - 19:00 Afternoon session

18:30 - 20:30 Dinner

Friday July 19th EC Finals Day 1, Team Show

09:00 ERSO AGM 12:00 - 14:00 Lunch

11:45 Coaches meeting 11:45 Judges meeting

12:30 - 17:30 Finals Day 1 and Team Show

18:30 - 20:30 Dinner

Saturday July 20th EC Finals Day 2, DDCE

10:45 Coaches meeting 10:45 Judges meeting

12:00 - 14:00 Lunch

11:30 - 18:30 Finals Day 2 and DDCE 18:30 - 20:30 Dinner and farewell party

Sunday July 21st

Final Departure







All competitions will be run in accordance with the IJRU Judging Manual V3.0.0 and the IJRU Competition Manual V3.0.0, including the adaptations according to the ERSO rulebook modifications 2024.

All scores displayed during the competitions are unofficial. Preliminary results will be handed to the delegation leaders after each competition. If no objections are registered within the stipulated period of time, these results will become final. During the finals, the freestyle results are official immediately.

Team competition description

There are ten Team events in the competition schedule. The events 1 to 8 form the All Around competition (TCAA). The events 1, 2, 5, 6 form the Single Rope Overall competition (TSRO). The events 3, 4, 7, 8 form the Double Dutch Overall competition (TDDO).

A team competing in the All Around/Overall competition may consist of 4-6 athletes.

In the European Open Tournament, there are no All Around/Overall competitions.

Besides the All Around/Overall teams, athletes can compete in different team compositions in the team events.

The ten team events are

- Single Rope Speed Relay (SRSR):
 4 athletes x 30 seconds of Speed Steps
- 2. Single Rope Double Under Relay (SRDR): 2 athletes x 30 seconds of Double Under
- Double Dutch Speed Relay (DDSR):
 4 athletes x 30 seconds of Speed Steps
- **4. Double Dutch Speed Sprint (DDSS)**: 1 athlete x 60 seconds of Speed Steps
- 5. Single Rope Pair Freestyle (SRPF):2 athletes performing a Freestyle of max. 75 seconds
- 6. Single Rope Team Freestyle (SRTF):4 athletes performing a Freestyle of max. 75 seconds
- 7. Double Dutch Single Freestyle (DDSF):3 athletes performing a Freestyle of max. 75 seconds

- 8. Double Dutch Pair Freestyle (DDPF):4 athletes performing a Freestyle of max. 75 seconds
- 9. Double Dutch Triad Freestyle (DDTF):5 athletes performing a Freestyle of max. 90 seconds
- 10. Wheel Pair Freestyle (WHPF):2 athletes performing a Freestyle of max. 75 seconds

For each event, every country may have up to three entries in the European Championships (age 16+) and the Junior European Championships (age 12-15) in each gender category (male, female and mixed). In the European Open Tournament (age categories 12-15 and 16+) there are only two spots per country/age category/gender category.

In the case of the mixed category, both genders must be actively involved in each event.

Individual competition description

There are four events in the competition schedule for individual athletes. The events 1 to 3 form the Individual Overall Competition (ISRO). Athletes can compete in the overall or in events only.

In the European Open Tournament, there is no Overall Competition.

The four events in the Individual competition are:

- Single Rope Speed Sprint (SRSS):1 athlete x 30 seconds of Speed Steps
- 2. Single Rope Speed Endurance (SRSE): 1 athlete x 180 seconds of Speed Steps
- **3. Single Rope Individual Freestyle (SRIF)**: 1 athlete performing a Freestyle of max. 75 seconds
- 4. Single Rope Triple Under (SRTU): 1 athletes x as many consecutive Triple Unders as possible

For each event of the European Championships (age 16+) and the Junior European Championships (age 12-15), every country may have up to three entries in each gender category. In the European Open Tournament (age categories 12-15 and 16+), there are only two spots per country/age category/gender category.



Scoring principles

During the speed events, the athlete's "Speed Steps" are counted by three judges and the results are averaged according to the rule book.

In the two power events "Double Under" and "Triple Under", each successfully completed double/triple under is counted.

The freestyle events are each judged by a jury of up to 14 judges.

These judges are divided in four categories:

- Difficulty judges: rate the difficulty level of each successfully completed skill
- Required Elements judges: check if the requirements for a "perfect freestyle" are met. They also count mistakes
- Presentation A judges: rate the execution of the skills and the form of the athletes and ropes. They also count mistakes
- Presentation R judges: rate the musicality and the composition of the freestyle

The difficulty score is the base score of the freestyle. Deductions are given for mistakes, space and time violations and missing required elements. Positive and negative marks from the Presentation A and R judges are multiplied to the base score so they can raise or lower the score.

The All Around and Overall results are calculated based on the rankings of the events. The athlete/team with the lowest rank wins the All Around/Overall competition.

In the Individual Overall competition, the rank of the freestyle is multiplied by 2.

In case of a tie in the All Around/Overall competitions, the scores for each event are recalculated into a normalized score. The normalized scores are summarized and the higher normalized score is ranked first in the tie.

Event results are based on the scores.

To ensure the smoothest possible competition flow, the number of speed stations varies from 4 to 8, depending on the number of entries per event.

For freestyles, there will be either one or two judges panels. If two judges panels are working, each panel will judge another event or another competition. This ensures that all athletes in one event/competition are judged by the same panel of judges.





EUROPEAN ROPE SKIPPING CHAMPIONSHIPS 2024

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Austria

Rope Skipping Verband Österreich

Phil Berger	Luis Berger	Florian Blümel
Sara Dugonjic	Lena Ertler	Magdalena Ettenauer
Dominik Friedl	Marcel Friedl	Laura Göttfert
Hannah Göttfert	Patrizia Korsinski	Melissa Korsinski
Viktoria Krenn	Jonas Kretschmer	Pia Valerie Mercsanics
Sara Palmetzhofer	Nadine Schrenk	Tarik Steininger
Atilla Steininger	Daniel Tröstl	Fabian Tröstl
Jana Trunner	Miriam Zmill	





Belgium

Gymnastiekfederatie Vlaanderen vzw

Liselore Ameels	Kaat Arnauts	Elise Audiens
Tessa Bloemendaal	Jente Boelaert	Jitte Bolyn
Kjenta Boret	Marcia Boret	Lisa Borremans
Lenah Bracke	Charlotte Braet	Tim Branswyk
Lynn Burm	Tess Burm	Kobe Caryn
Sara Celis	Janne Ceulemans	Lana Claes
Fien Cockx	Matteo Cocquyt	Aline Corrijn
Pieter-Jan De Backer	Klara De Baets	Tijl De Bock
Julchen De Bondt	Kasper De Bruyn	Senne De Clerq
Stan De Coninck	Helena De Craemer	Hannelore De Maeyer
Kaat De Maeyer	Lotte De Milliano	Lisa De Pauw
Tibo De Schepper	Finne De Schuyter	Lien De Smet
Lise De Spiegeleer	Joyce De Temmerman	Julie De Visscher
Lyna De Vos	Manon De Wit	Kaat Defevere
Louka Dejaegher	Lara Delaere	Siemon Demesmaeker
Roos Demoulin	Thor Deraedt	Marit Deraedt
Jelle Desmet	Lara Desmet	Janne Dewaele
Ella Dewaele	Ella D'Hauwer	Lode D'hollander
Zoë Dhondt	Kara Dhondt	Fenne Drieskens
Amelie Droogmans	Nina Florizoone	Océanie Foubert
Kato Geentjens	Lieze Geerts	Gitte Gobel
Nona Govaers	Aiko Hendrickx	Luna Hendrickx
Stef Herregods	Matthias Hiele	Wout Horman
Niki Huybrechts	Laure Jacobs	Elias Lammens
Joska Lauweryns	Jilka Lauweryns	Roald Leeman
Jade Libert	Jill Lombaerts	Too Maddalena
Floris Malfaeyt	Maija Mans	Leila Marrou
Fran Matthijs	Freya Mehuys	Alec Meysami Fard
Elise Mommaers	Line Muyldermans	Latoya Nauwelaers
Xander Nauwelaerts	Emma Neirynck	Jens Ockerman
Jenna Olbrechts	Fee Ollevier	Jutta Ottevaere
Kato Overbeke	Jonas Parewyck	Maria Pavlova
Fleur Peeters	Lorytz Peeters	Lorena Premereur
Larissa Premereur	Jinte Raa	Keanu Rau
Cara Sacharias	Fleur Schelstraete	Febe Schepens
Svea Schoonaert	Heleen Schuurmans	Margot Schuurmans
Mirte Schuurmans	Linde Schuurmans	Marie Simons
Lies Stappers	Femke Stappers	Rhuna Vael
Tiebe Van Baelen	Thanée Van Damme	Anske Van den Abeele
Roos Van Den Mosselaer	Sterre Van Den Stehen	Nicolas Van Itterbeeck

Lien Van Laerhoven	Helena Van Lyl	Illian Van Remoortel
Bo Van Renterghem	Sveya Van Soetendael	Flore Van Steen
Farah Van Teghem	Elien Van Winkel	Amaryllis
		Vandekerckhove
Anke Vandenbussche	Emma Vander Gheynst	Noor Vanderhaeghen
Roos Vandervelden	Emma Vandervorst	Noor Vandevelde
Ymke Vandoorne	Ella Vanhie	Hannelore
		Vanhorenbeeck
Charlotte Vanmeerbeek	Brent Vanschoubroek	Ben Verbraeken
Justien Vercamer	Flor Vergucht	Joke Vermuyten
Silke Vervaeke	Jade Viry	Renze Vuye
Lydia Wittocx		





Czech Republic

Czech Jump Rope

Vendula Adámková	Lukáš Blata	Dita Bogarová
Elena Bogarová	Kristýna Buchtová	Adéla Cajthamlová
Daniela Cajthamlová	Anežka Coculová	Veronika Dančáková
Jan Dostál	Petr Douda	Sabina Grečmalová
Natálie Holcová	Petra Holcová	Kristýna Holcová
Vendula Jandová	Natálie Jeřábková	Nela Jouklová
Ema Kalabusová	Elen Krejčiříková	Eliška Ostarková
Kateřina Pathy	Zuzana Polášková	Adam Rohan
Pavlína Rybáříková	Silvie Rychlíková	Richard Schich
Kristýna Schichová	Tereza Sklenářová	Eliška Sklenářová
Markéta Skřečková	Veronika Stříbrná	Klára Švorčíková
Michal Trojan	Ella Ward	Klára Zbranková





Denmark

Gym Danmark

Karla Agersten Hansen	Emilie Anna Hansen	Ida Bach Meldal
Solveig Berg Seiersen	Jannicke Birk	Emma Bisgaard
	Christensen	
Nina Bøgh Krogh-	Liva Bondesen	Sofie Brauer Sørensen
Madsen		
Ella Brodersen	Nikoline Bruhn-Andersen	Lisa Byskov
Anja Byskov	Cecilie Christensen	Michala Danielsen
Mathilde Drasbek	Katrine Ellegaard	Cecilie Engelund Broman
Emmersen		
Alba Espitia-Bønning	Emma Faber-Rod	Laura Francis
Thea Freyvall Jonassen	Tobias Freyvall Jonassen	Kille Fyhn Wilken
Josephine Grænge	Freja Gustafson	Karla Helbo Larsen
Rasmussen		
Mathilde Helbo Larsen	Frida-Marie Hentze	Emilie Hess
Anna-Sophia Irgens	Ellen Knudsen	Lisa Kristensen
Vigga Kruse Partsch	Cecilie Langseth	Caroline Littau
Karla Lodberg-Jakobsen	Emilie Loft	Marcus Lu-Nielsen
Kassandra Lu-Nielsen	Rebecca Lynge Tutein	Simon Meincke
Marie Mikkelsen	Herdis Møller Nielsen	Maja Nielsen
Freja Okholm	Catrina Petersen	Nickia Petersen
Emma Poulsen	Sif Printz	Laura Rahbek Pedersen
Maja Raun	Astrid Riis	Laura Sif Wichmann
Alfa Slumstrup	Laura Søltoft Jensen	Anna Sørensen
Ida Stampe Bornø	Stine Strandbæk	Ida Torp Carlsen
	Pedersen	
Helene Træholt Jensen	Ditte Tutein	Emma Vedel Christensen
Stine Vesterlund	Mathilde Vig Jeppesen	Natacha Vincent
Guldberg		
Anna Witt Mortensen	Laura Wittenkamp	Alfred Wulf-Andersen



Germany

Deutscher Turner-Bund

Frauke Ahrens	Lucie Arcache	Nisa Babaoglu
Sophia Backhaus	Christina Bieg	Sarah Bizer
Ronja Block	Theresa Blum	Emma Boisnel
Anna-Marie Bold	Julian Bott	Nele Bott
Diana Brauer	Jill Brinkmann	Marit Burger
Sebastian Deeg	Matilda Dennebaum	Svenja Doll
Elise Drogies	Hannah Dutschke	Nelly Ehlers
Johanna Feil	Alexandra Florinski	Lea Friedrich
Denzel Frigge	Johanna Fröhlich	Emily Fuchs
Leefke Gaßner	Florian Gehre	Greta Gerlach
Olivia Gessner	Emily Gloning	Semih Göktepe
Lilli Hallstein	Maja Haubenhofer	Julia Hegermann
Annika Heim	Piet Heinrich	Marie Henke
Laura Henke	Lisa Herbert	Leonie Hilbert
Ronja Höfers	Sarah Höfers	Kira Hölscheid
Marie Homp	Raphaela Horsch	Peri Ann Houk
Simone Illing	Bianca Illing	Frederike Jahn
Jule Jeroma	Amelie Jüttner	Julia Kannengießer
Lilly Nimoe Katev	Christina Valentina	Julian Kilgus
	Khramtsov	
Ece Sena Kizgin	Linda Klädtke	Johanna Kleinert
Sophie Knauer	Leni Kork	Johannes Kowalski
Melina Krause	Leandra Krause	Marie Krause
Robin Krauß	Adelina Krieger	Enja Kubitschke
Moritz Kumpf	Lilly Kumpf	Sabrina Kunz
Daniela Kunz	Sophie Kusiek	Felicia Kustner
Sarah Langenbuch	Marie Langenbuch	Erik Langenbuch
Anna Leib	Tialda Linde	Amelie Lyachenko
Anna-Maria Maier	Alicia Maier	Mira Valentina Mannheim
Mark Maurer	Melissa Mayer	Anna-Lena Menzer
Tami Methner	Fabienne Metzger	Miley Michler
Lilli Marie Mihatsch	Lina Möller	Julina Mössinger
Lillith Müller	Lena Nachreiner	Stefanie Nering
Emma Nilsson	Marie Papa	Theresa Pätzmann
Luisa Paul	Tabea Paul	Liliana Pavlovic
Carlotta Pohl	Fabio Porini	Maike Preuß
Fenja Puda	Marcel Rathgeb	Frieda Rauscher
Leni Rechtenbacher	Annika Reinhardt	Svenja Reinhardt
Josefine Marie Richter	Milena Riester	Felix Rühl
Katrin Ryan	Liv Sallander	Annika Scherer

Stella Scherneck	Paul Schidleja	Jakob Schidleja
Julia Schmid	Jörn Schmiemann	Linda Schneider
Lilith Schultheis	Svea Schumann	Rebecca Schwarz
Luisa Schwind	Eric Seeger	Raya Sophie Seidler
Eliza Sejdiu	Elina Sejdiu	Verena Silbereisen
Sindi Sina	Anna Marie Springer	Daniel Stannard
Dennis Suermann	Lilly Swiniartzki	Zoé Swiniartzki
Sena Idil Tamer	Lara Sophie Tersch	Elisa Thar
Lea Thiel	Katharina Tost	Anna Uhl
Livia Vonier	Lena Wagemann	Sabrina Wagner
Laura Wagner	Max Weber	Julia Weber
Jan Weidner	Emelie Wendt	Lotte Wiehen
Eric Witte	Pia Wöhner	Anna Xander
Su Yilmaz	Amina Yousif	Lara Zwanck





Hungary

Magyar Ugrókötelesek Szövetsége

Sára Ábrahám	Barbara Ágoston	Kitti Andorfi-Kovács
Antal Auffenberg	Bernadett Balázsi	Boglárka Balogh
Veronika Balogh	Adrienn Bánhegyi	Boglárka Bartha
Tímea Bessenyei	Barnabás Bozsik	Regina Bozsik
Ágnes Brenner	Virág Bukovszki	Anikó Csepeli
Anna Csermák	Zsombor Czakó	Marcell Doszpot
Kata Endrédi-Baratta	Petra Filotás	Zsófia Filotás
Zsófi Júlia Fogel	Rebeka Fónai	Friderika Fónai
Panka Fridrich	Molli Fülöp	Luca Gát
Tamara Geröly	Lilla Gurisatti	Dorka Gurisatti
Bianka Györkei	Lilla Hanuszik	Petra Hilbert
Emma Holló	Anna Horváth	Éva Jüngling-Czotter
Viktória Jureczky	Szonja Anna Kádár	Lara Kaló
Kitti Katona	Jázmin Kelemen	Szonja Kereszturi
Hajnalka Kertész	Lilien Kis	Dorottya Kiss
Nóri Kiss	Lili Kiss	Benedek Kovács
Fanni Réka Kováts	Maja Kuminecz	Tímea Kurtz
Hédi Máder	Zselyke Gréta Mester	Zsófia Mihálik
Diána Molnár	Léda Mucsina	Luca Nagy
Lili Nagy	Sára Nagy	Jázmin Csenge Nagyiván
Zsombor Németh	Franciska Németh	Bence Novográdecz
Adél Országh	Nadin Pálinkás	Anna Pécsi
Gréta Pécsi	Dóra Pintér	Panna Podmaniczki
Boglárka Prokaj	Panna Prokaj	Kitti Rauch
Gréta Sebesy	Fanni Simon	Anna Sipos
Zsófi Sipos	Dorka Sipos	Laura Sólya
Bernadett Strauss	Luca Szablár	Emília Szabó
Luca Anna Szabó	Szabina Szalai	Adrienn Szatmári
Adorján Szélpál	Fanni Szilovics	Réka Táborosi
Orsolya Tarjányi	Bence Temesi	Mira Tőczik
Kinga Andrea Tomai	Ádám Tóth	Bence Tóth
Balázs Ugrai	Emese Úri	Máté Varga
Mónika Vass	Sándor Vass	Vivien Vass
Vera Vincze	Liliana Wojnowska	Diána Katalin Zelei



The Netherlands

Nederlandse Rope Skipping Organisatie

Femke Hendriks	Robin Klaver	Lesley van der Hulst
Anouk van der Mark	Tessa van der Mark	



Portugal

Associação Portuguesa de Rope Skipping

Leonor Araújo	Fernando Ferreira	Catarina Guimarães
Victoria Khomenko	Paulo Lima	Miguel Lima
Leonor Marques	Inês Novais	Francisca Pereira
Rodrigo Ribeiro	David Rocha	João Rodrigues
Margarida Santos	Lia Silva	David Silva
Hugo Soares	Ana Vaz	João Vieira



Slovakia

Slovenská Rope Skippingová Asociácia

Nela Bajaníková	Alexandra Slížiková	
- 		



Sweden

Svenska Gymnastikförbundet

Tilde Ahlgren	Hanna Andersson	Svante Bengtson
Tilda Bengtsson	Amanda Bengtsson	Erika Bergvall
Julia Bertilsson	Isabella Danfelter	Felicia Eklund
Tuva Felix	Amanda Friström	Tor Genberg
Matilda Gustavsson	Dora Hansson	My Husberg
Alva Karlsson	Amelie Kronvall	Vera Larsson
Matilda Lehmann	Saga Linderoth	Lova Lindgren
Signe Lindholm	Elin Löfberg	Molly Löfberg
Ella Lundmark	Iris Lundstedt	Ina Murmark
Magda Murmark	Frida Murmark	Gabriel Nordin
Olivia Odenhag	Matilda Odenhag	Majken Olsson
Iva Rehnström	Lykke Rennmark	Izabella Rosenberg
Cecilia Sanchez	Wilma Sandblom	Selma Selander
Barkenhammar		
Ruth Selander	Madison Stenfeldt	Mimmi Wadin
Thea Weinitz	Emmy Wettergren	Astrid Winblad



Switzerland

Rope Skipping Swiss

Martin Angst	Lena Anna Emmenegger	Jamina Fischer
Sheryl Fischlin	Vera Frey	Soraya Niederberger
Moritz Rüssli	Manuel Schneider	Stefanie Schneider

















