



Rope Skipping Gym Games Final Program 2019

Judges Course

| Date | Time | Event | By? |
|-------|-------------------------------|---------------|--------------|
| Day 1 | All Day Starting at 9am | Judges Course | Keo Mokolopo |

ROPE SKIPPING PROGRAMME MANAGEMENT TEAM

Development: Sibusiso Mabele Cell: 0790473314 Email: sbutheskippa@hotmail.com

Technical : Shirlev Tsatsinvane : 0736450269 Email : shirlevt@live.co.za

Program Manager: Keo Mokolopo Tel: 017 610 3616 Fax: 011 522 7218 Cell: 0852 469 7990

Email: keo.mokolopo@sasol.com



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| Date | Time | Event | Category /level | Age Group |
|----------|---------|---|-------------------------------|-----------|
| Day 2 | 08:30am | Technical Assembly | | |
| | 09:30am | All Provinces and Representatives | | |
| | 09:45am | Numbering , individuals Warm up and Judges Meeting / Briefing | Level 4 | All ages |
| | 10:15am | | | |
| | 10:15am | Individual Speed Events Including Triples for Lev 4 | Level 4 | All ages |
| | 11:30am | | | |
| | 11:30am | Tea Break and Judges Meeting | | |
| | 11:45am | Tea Break and Judges Meeting | | |
| | 11:45am | Single Rope Freestyle Individual Event | Level 4 | All Ages |
| | 12:30pm | | | |
| | 12:30pm | Numbering , individuals Warm up and Judges Meeting / Briefing | Masters, Teams and Demo | All ages |
| | 12:45pm | | | |
| | 12:45pm | Lunch | | |
| | 13:30pm | Lunch | | |
| | 13:30pm | All Speed Events: Teams and Individual | | |
| | 15:00pm | All Speed Events: Teams and Individual | | |
| | 15:00pm | Tea Break and Judges Meeting | | |
| | 15:15pm | Tea Break and Judges Meeting | | |
| | 15:15pm | Free Styles: Masters, Teams and Demo | | |
| | 17:00pm | Free Styles: Masters, Teams and Demo | | |
| | 17:15pm | Medal Ceremony | | |
| | 18:00pm | All Events | | |

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1 Day Camp (Trials)

| Date | Time | Event | By? |
|-------------------------|---------------|-------------------------------------|------------------------------------|
| Day 3 1 Day Camp | 08:30 | Welcome and Purpose of the Camp | Keo Mokolopo |
| | 08:45 | | |
| | 08:45 | • Explanation of Items to be judged | Shirley Tsatsinyane |
| | 09:00 | | |
| | 09:00 | Warm Up | Keo Mokolopo |
| | 09:30 | | |
| | 09:30- 12:30 | • Trials | Selected Judges |
| | 12:30 | Lunch | All |
| | 13:30 – 16:30 | • Facilitation Workshop | Identified Coaches by Keo Mokolopo |
| | 16:30 | Closure | All |
| | | | |
| | | | |

⌚ Times might change depending on the number of entries

⌚ Be at the hall at least **20 min** before the activity

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