

ROPE SKIPPING

The below results need to be achieved at the Western Cape Gymnastics Provincial Championships

Please note that the minimum score and placing position must be achieved for Gymnastics Honours and Colours

Level	Gymnastics Honours			Western Cape Colours			Team Member Provisional Score to qualify as a Team member for Gym Games
	Awarding of Gymnastics Honours	Score to qualify for Gymnastics Honours	Position to qualify for Gymnastics Honours*	Awarding of Western Cape Colours	Score to qualify for Western Cape Colours	Position to qualify for Western Cape Colours*	
1	No	n/a	n/a	No	n/a	n/a	n/a
2	No	n/a	n/a	No	n/a	n/a	n/a
3	No	n/a	n/a	No	n/a	n/a	n/a
4	Yes	Speed score = 500 and over and a positive Freestyle	3	No	n/a	n/a	Speed score = 450 and over
Masters	Yes	Score = 600 and a positive Frees	3	Yes	Score = 650 and a positive Frees	3	Speed score = 550 and over

Please note that the Speed score includes 30 sec speed, 30 sec DU, 3 min speed & triple unders all added together

* This applies per level per age group

Please refer to the explanatory letter dated 20 May 2019 called:
**AWARDING OF WESTERN CAPE PROVINCIAL COLOURS, GYMNASTICS HONOURS
 and WESTERN CAPE GYMNASTICS TEAM MEMBERS** for more detailed information