

COACH: \_\_\_\_\_

TEAM: \_\_\_\_\_

Please enter the first and last name of each jumper that you enter.

# Lightning Jump Off

Event #1		Individual Speed Step		1 Jumper
		1 minute		FEMALE
Age		Entries - unlimited		* Make copies if needed.
8&Under	1		5	
	2		6	
	3		7	
	4		8	
9 & 10	1		5	
	2		6	
	3		7	
	4		8	
11	1		5	
	2		6	
	3		7	
	4		8	
12	1		5	
	2		6	
	3		7	
	4		8	
13 - 14	1		5	
	2		6	
	3		7	
	4		8	
15 - 17	1		5	
	2		6	
	3		7	
	4		8	
18 - 22	1		3	
	2		4	
23 & Up	1		2	
<b>RULES</b>	<b>* Age as of 9/1/10 * Each jumper can only enter an event once.</b>			

COACH: \_\_\_\_\_

TEAM: \_\_\_\_\_

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# Lightning Jump Off

Event #1		Individual Speed Step		1 Jumper
		1 minute		MALE
Age		Entries - unlimited		* Make copies if needed.
8&Under	1		5	
	2		6	
	3		7	
	4		8	
9 & 10	1		5	
	2		6	
	3		7	
	4		8	
11	1		5	
	2		6	
	3		7	
	4		8	
12	1		5	
	2		6	
	3		7	
	4		8	
13 - 14	1		5	
	2		6	
	3		7	
	4		8	
15 - 17	1		5	
	2		6	
	3		7	
	4		8	
18 - 22	1		3	
	2		4	
23 & Up	1		2	
<b>RULES</b>	* Age as of 9/1/10 * Each jumper can only enter an event once.			

COACH: \_\_\_\_\_

TEAM: \_\_\_\_\_

Please enter the first and last name of each jumper that you enter.

# Lightning Jump Off

Event #2		Individual Double Under		1 Jumper
		1 minute		FEMALE
Age		Entries - unlimited		* Make copies if needed.
8&Under	1		5	
	2		6	
	3		7	
	4		8	
9 & 10	1		5	
	2		6	
	3		7	
	4		8	
11	1		5	
	2		6	
	3		7	
	4		8	
12	1		5	
	2		6	
	3		7	
	4		8	
13 - 14	1		5	
	2		6	
	3		7	
	4		8	
15 - 17	1		5	
	2		6	
	3		7	
	4		8	
18 - 22	1		3	
	2		4	
23 & Up	1		2	
<b>RULES</b>	<b>* Age as of 9/1/10 * Each jumper can only enter an event once.</b>			

COACH: \_\_\_\_\_

TEAM: \_\_\_\_\_

Please enter the first and last name of each jumper that you enter.

# Lightning Jump Off

Event #2		Individual Double Under		1 Jumper
		1 minute		MALE
Age		Entries - unlimited		* Make copies if needed.
8&Under	1		5	
	2		6	
	3		7	
	4		8	
9 & 10	1		5	
	2		6	
	3		7	
	4		8	
11	1		5	
	2		6	
	3		7	
	4		8	
12	1		5	
	2		6	
	3		7	
	4		8	
13 - 14	1		5	
	2		6	
	3		7	
	4		8	
15 - 17	1		5	
	2		6	
	3		7	
	4		8	
18 - 22	1		3	
	2		4	
23 & Up	1		2	
<b>RULES</b>	<b>* Age as of 9/1/10 * Each jumper can only enter an event once.</b>			

COACH: \_\_\_\_\_ TEAM: \_\_\_\_\_

Please enter the first and last name of each jumper.

# Lightning Jump Off

Event #3	Team Relay Speed	4 Jumpers
	4 X 30 seconds	MIXED

Age Entries - 4 teams per age group

10 & under	1			
	2			
	3			
	4			

11 & 12	1			
	2			
	3			
	4			

13 & 14	1			
	2			
	3			
	4			

15 - 17	1			
	2			
	3			
	4			

18 - 22	1			
	2			
	3			
	4			

23 & up	1			
	2			

**RULES** \* Age as of 9/1/10 \* Each jumper can only enter an event once.

COACH: \_\_\_\_\_ TEAM: \_\_\_\_\_

Please enter the first and last name of each jumper.

# Lightning Jump Off

<b>Event #4</b>	<b>Team Relay Criss Cross</b>	<b>4 Jumpers</b>
	<b>4 X 30 seconds</b>	<b>MIXED</b>

**Age**      **Entries - 4 teams per age group**

<b>10 &amp; under</b>	<b>1</b>			
	<b>2</b>			
	<b>3</b>			
	<b>4</b>			

<b>11 &amp; 12</b>	<b>1</b>			
	<b>2</b>			
	<b>3</b>			
	<b>4</b>			

<b>13 &amp; 14</b>	<b>1</b>			
	<b>2</b>			
	<b>3</b>			
	<b>4</b>			

<b>15 - 17</b>	<b>1</b>			
	<b>2</b>			
	<b>3</b>			
	<b>4</b>			

<b>18 - 22</b>	<b>1</b>			
	<b>2</b>			
	<b>3</b>			
	<b>4</b>			

<b>23 &amp; up</b>	<b>1</b>			
	<b>2</b>			

**RULES**      \* Age as of 9/1/10      \* Each jumper can only enter an event once.

COACH: \_\_\_\_\_

Team: \_\_\_\_\_

Please enter the first and last name of each jumper.

# Lightning Jump Off

**Event #5**      **Partner Thunder Jump**      **2 Jumpers**

**2 Minute (2 X 30 X 2)**      **MIXED**

<b>Age</b>	Jumper 1 - FD Speed step	Jumper	<b>Entries - 6 teams per age group</b>
	2 - FD Double unders Double unders	Jumper 1 - BK Jumper 2 - FD Open cross	

<b>10&amp; under</b>	1	
	2	
	3	
	4	
	5	
	6	

<b>11 &amp; 12</b>	1	
	2	
	3	
	4	
	5	
	6	

<b>13 &amp; 14</b>	1	
	2	
	3	
	4	
	5	
	6	

<b>15 - 17</b>	1	
	2	
	3	
	4	
	5	
	6	

<b>18 - 22</b>	1	
	2	
	3	
	4	
	5	
	6	

<b>23 &amp; up</b>	1	
	2	

**RULES**

\* Age as of 9/1/10 \* Each jumper can only enter an event once.

COACH: \_\_\_\_\_

TEAM: \_\_\_\_\_

Please enter the first and last name of each jumper.

# Lightning Jump Off

Event #6		Individual Iron Kid Medley		1 Jumper
		1 1/2 minute		FEMALE
Age		Speed step, double unders, criss cross (All forward with the same rope)		Entries - unlimited Make copies as needed.
8&Under	1		5	
	2		6	
	3		7	
	4		8	
9 & 10	1		5	
	2		6	
	3		7	
	4		8	
11	1		5	
	2		6	
	3		7	
	4		8	
12	1		5	
	2		6	
	3		7	
	4		8	
13 - 14	1		5	
	2		6	
	3		7	
	4		8	
15 - 17	1		5	
	2		6	
	3		7	
	4		8	
18 - 22	1		3	
	2		4	
23 & Up	1		2	

<b>RULES</b>	<b>* Age as of 9/1/10 * Each jumper can only enter an event once.</b>
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COACH: \_\_\_\_\_

TEAM: \_\_\_\_\_

Please enter the first and last name of each jumper.

# Lightning Jump Off

Event #6		Individual Iron Kid Medley		1 Jumper
		1 1/2 minute		MALE
Age		Entries - unlimited		*Make copies if needed.
8&Under	1		5	
	2		6	
	3		7	
	4		8	
9 & 10	1		5	
	2		6	
	3		7	
	4		8	
11	1		5	
	2		6	
	3		7	
	4		8	
12	1		5	
	2		6	
	3		7	
	4		8	
13 - 14	1		5	
	2		6	
	3		7	
	4		8	
15 - 17	1		5	
	2		6	
	3		7	
	4		8	
18 - 22	1		3	
	2		4	
23 & Up	1		2	

<b>RULES</b>	<b>* Age as of 9/1/10   * Each jumper can only enter an event once.</b>
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COACH: \_\_\_\_\_

Team: \_\_\_\_\_

Please enter the first and last name of each jumper.

# Lightning Jump Off

Event #7	Wheel Speed	2 Jumpers
	1 Minute	MIXED
Age	Entries - 6 teams per age group	* Count right jumper.
10 & under	1	
	2	
	3	
	4	
	5	
	6	
11&12	1	
	2	
	3	
	4	
	5	
	6	
13 & 14	1	
	2	
	3	
	4	
	5	
	6	
15 - 17	1	
	2	
	3	
	4	
	5	
	6	
18 - 22	1	
	2	
	3	
	4	
	5	
	6	
23 & up	1	
	2	
Rules	* Age as of 9/1/10 * Each jumper may only enter each event once.	

Coach: \_\_\_\_\_

Team: \_\_\_\_\_

Enter the first and last name of each jumper.

# Lightning Jump Off

Event #8		Double Dutch Speed Relay	3 Jumpers
		3 X 40 seconds	MIXED
Age		Entries - 4 per age group	
10&Under	1		
	2		
	3		
	4		
11 & 12	1		
	2		
	3		
	4		
13 &14	1		
	2		
	3		
	4		
15 - 17	1		
	2		
	3		
	4		
18 - 22	1		
	2		
	3		
	4		
23 & up	1		
	2		

**RULES**

\* Age as of 9/1/10

\* Each jumper can only enter an event once.

COACH: \_\_\_\_\_ Team: \_\_\_\_\_

Please enter the first and last name of each jumper.

# Lightning Jump Off

<b>Event #9</b>		<b>Long Rope - 6 jumpers - 2 turners</b>	
		<b>1 Minute</b>	<b>MIXED</b>
<b>Age</b>		<b>Entries - 6 teams per age group</b>	<b>AGE</b>

<b>Junior 12 &amp; under</b>	1		
	2		
	3		
	4		
	5		
	6		
	7		
	8		

<b>Junior 12 &amp; under</b>	1		
	2		
	3		
	4		
	5		
	6		
	7		
	8		

<b>Senior 13 +</b>	1		
	2		
	3		
	4		
	5		
	6		
	7		
	8		

<b>Senior 13 +</b>	1		
	2		
	3		
	4		
	5		
	6		
	7		
	8		

<b>Rules</b>		All jumpers must compete with the oldest jumpers age group.	
		Make copies as needed.	

COACH: \_\_\_\_\_ Team: \_\_\_\_\_

Please enter the first and last name of each jumper.

# Lightning Jump Off

<b>Event #10</b>	<b>Pairs Freestyle</b>	<b>2 Jumpers</b>
	<b>45 - 75 Seconds</b>	<b>MIXED</b>

**Age**                      **Entries - 4 teams per age group**

<b>10&amp; under</b>	<b>1</b>		
	<b>2</b>		
	<b>3</b>		
	<b>4</b>		

<b>11 &amp; 12</b>	<b>1</b>		
	<b>2</b>		
	<b>3</b>		
	<b>4</b>		

<b>13 &amp; 14</b>	<b>1</b>		
	<b>2</b>		
	<b>3</b>		
	<b>4</b>		

<b>15 - 17</b>	<b>1</b>		
	<b>2</b>		
	<b>3</b>		
	<b>4</b>		

<b>18 - 22</b>	<b>1</b>		
	<b>2</b>		
	<b>3</b>		
	<b>4</b>		

<b>23 &amp; up</b>	<b>1</b>		
	<b>2</b>		

**RULES**                      \* Age as of 9/1/10                      \*Each jumper can only enter an event once.

Coach: \_\_\_\_\_

Team: \_\_\_\_\_

Please enter the first and last name of each jumper.

# Lightning Jump Off

Event #11		Double Dutch Single Freestyle	3 Jumpers
		45 - 75 seconds	MIXED
Age		Entries - 4 per age group	
10&Under	1		
	2		
	3		
	4		
11 & 12	1		
	2		
	3		
	4		
13 &14	1		
	2		
	3		
	4		
15 - 17	1		
	2		
	3		
	4		
18 - 22	1		
	2		
	3		
	4		
23 & up	1		
	2		
	3		
	4		
<b>RULES</b>		* Age as of 9/1/10	* Each jumper can only enter an event once.

COACH: <del>Lightning Jump Off</del>		Team: _____
<b>Event #12</b>	<b>Coach's Wheel</b>	<b>2 Jumpers</b>
	<b>1 Minute</b>	<b>MIXED</b>
	<b>Entries - unlimited</b>	
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>6</b>		
<b>7</b>		
<b>8</b>		
<b>9</b>		
<b>10</b>		
RULES	* Registration fee is not required for coach's wheel.	
<p align="center"><b>This is a fun event. Let's get all parents and coaches into the fun. Team incentives will encourage those parents to jump.</b></p>		