

- Basic	Musicality ✓ Average		+ Excellent
Accents of the music do not correspond to elements of the routine; Little rhythmic connection between the beat and athlete's movements	Jumping is sometimes on-beat and on-rhythm; some alignment of accents and transitions between the music and the routine	Jumping is consistently on-beat and on-rhythm; excellent use of accents in the music to amplify the routine	
The music bears little to no relationship to or connection with the routine	The routine embraces the spirit and style of the music	The style of the routine and athlete closely matches the music; the routine tells a story with the music, creates an emotional connection with the music	
No music is used, music used is inappropriate	Music is used and appropriate, but not very original or interesting	Music is unique and interesting and adds to the entertainment value of the routine	
No effective starting and/or ending pose/sequence	Athlete uses starting and ending poses/sequences but without much impact on the quality of the routine	Starting pose/sequence creates anticipation for the routine; finishing pose marks a clear and graceful finish	

4.3 REQUIRED ELEMENTS

In order to ensure that freestyle routines are well-rounded and varied, athletes will be required to perform certain skill types or elements. For each required element not fulfilled points will be deducted from the score.

4.3.1 General

- Athlete(s) must successfully complete a skill that can be awarded a difficulty level for it to count as a required element
- Required elements may be performed in isolation or in sets
- Athletes can complete multiple required elements in the same skill
- Required elements can be performed at any difficulty level. However, athletes must jump their rope immediately after completing a required element
- In Single Rope Pairs and Team freestyle events, the required element must be performed by all athletes simultaneously
- For Double Dutch and Wheel events, a required element can be performed by any single athlete or combination of the athletes (they do not all need to participate in the skill for it to count)

4.3.2 Single Rope

- 4 different multiples
 - Skills that involve the rope passing under an athlete's foot more than once per jump/skip
- 4 different gymnastics and/or power skills
 - Skills requiring athletes to be:
 - Jumping off their hands or forearms or from a starting position where their hands or forearms are touching the ground
 - Seated
 - On their back (supine)
 - Lying facing the ground (prone)
 - In a crab or split position
 - Having their head pass below their waist level and feet above the waist level at the same time
- 4 different wraps and/or releases
 - A release counts from when an athlete lets go of the handle(s) until they catch the rope and perform another type of jump/skip
 - A wrap involves jumping/skipping/stepping over the rope while the rope is wrapped around an athlete's body (or part of their body)

Additional Required Elements for Single Rope Pairs Freestyle and Single Rope Team Freestyle:

- 4 different interactions
 - Jumper interactions are skills completed in a way that the athletes support each other, share a rope, jump/skip another athlete with their rope (scoop), and/or perform skills over/under each other

4.3.3 Double Dutch

- 4 different turner involvement skills
 - Turning the ropes in a manner other than standard Double Dutch or together in the same direction
 - Standard Double Dutch turning= turning the ropes in an alternating, opposite direction without multiples
- 4 different gymnastics and/or power skills
 - Skills requiring athletes to be:
 - Jumping off their hands or forearms or from a starting position where their hands or forearms are touching the ground
 - Seated
 - On their back (supine)
 - Lying facing the ground (prone)
 - In a crab or split position
 - Having their head pass below their waist level and feet above the waist level at the same time
- 4 skills performed in the ropes by each athlete
 - If an athlete does not complete at least four skills, a deduction is assessed
 - The maximum number of deductions for this required element equals the number of competitors in the event

In Double Dutch freestyle events with more than three athletes in the same routine, the following additional required elements exist:

- 4 different interactions
 - Jumper interactions are skills completed in a way that the athletes support each other, perform skills over/under or around each other, and/or physically connect with each other

4.3.4 Wheel

- 4 different multiples
 - Skills that involve the rope passing under an athlete's foot more than once per jump/skip
- 4 different gymnastics and/or power skills
 - Skills requiring athletes to be:
 - Jumping off their hands or forearms or from a starting position where their hands or forearms are touching the ground
 - Seated
 - On their back (supine)
 - Lying facing the ground (prone)
 - In a crab or split position
 - Having their head pass below their waist level and feet above the waist level at the same time
- 4 different wraps and/or releases
 - A release counts from when an athlete lets go of the handle(s) until they catch the rope and perform another type of jump/skip
 - A wrap involves jumping/skipping the rope while the rope is wrapped around an athlete's body (or part of their body)
- 4 different interactions
 - Jumper interactions are skills completed in a way that the athletes support each other, perform skills over/under or around each other, and/or physically connect with each other. As well as athletes switching sides in reference to the judges (I.e. switching places)

4.4 DEDUCTIONS

4.4.1 Misses

Any unintentional stop of the rope(s), or any unintentionally dropped handle(s) is considered a miss. A miss may be caused by the rope(s) hitting an athlete, turner, or another rope, or any other mistake that results in the rope(s) coming to a stop.

If a disturbance of the rope(s) occurs but the rope(s) does not stop and the routine continues without delay, it is considered a "bobble", not a miss, and should therefore not be counted as a miss.

However, it is accounted for by the presentation judges.

Another miss can occur on the next attempt to jump the rope(s).

In Single Rope events, a team can receive multiple misses simultaneously if the miss occurs in another (set of) rope(s).