

Bewertung Rope Skipping

National Crack (1 Pt.)	Europe Crack (2 Pte.)	World Crack (3 Pte.)
Skier	Side Swing	Side Swing Criss Cross
Side Straddle	X-it	Back Under
Side Step	Heel Click	Pretzel
Twister	Half Turn	Spin
Kick Step	Kick Step Direct	Double Kick
Bell	Criss Cross	Front Back
Forward Straddle	Heel Tip Toe Tip	Double Under
High Step	Can Can	Heel Dig X-Motion

Punkte	Note
18	6
17	6
16	6
15	6
14	5.75
13	5.5
12	5.25
11	5
10	4.75
9	4.5
8	4.25
7	4
6	3.75
5	3.5
4	3.25
3	3