

 European
Rope Skipping
Championships
Norway 2026
ADDENDUM

Competition guidelines

- **Junior European Championship and European Championship**
 - The JEC and EC will allow for 3 entries per event, per gender for all freestyle and speed events from each NGB
 - The JEC and EC will have Individual Overall and Team Overall
- **European Open Tournament**
 - The EOT will be competed in 12-15, 16+
 - The EOT will allow for 2 entries per event per gender for all freestyle and speed events from each NGB
 - The EOT will not have Individual or Team Overall
 - Only 16+ will compete in SRTU



Schedule

August 10

08:45-18:00 EC/JEC Floor and music check
17:40-18:20 Coaches meeting
19:00-20:00 Opening Ceremony

August 11

09:00 EC SRSR Q
09:30 EC SRDR Q
10:00 EC DDSR Q
10:30 EC DDSS Q
11:30 EC SRIF Q
12:00-15:00 Lunch
14:30 EC SRPF Q
16:35 EC SRTF Q
18:00 EC WHPF Q
18:00-20:00 Dinner

August 12

09:00 EC SRSS Q
09:20 JEC SRSE
09:55 EC SRSE Q
10:30 JEC SRSS
10:50 EC SRTU Q
11:45 JEC SRIF
Medal ceremony JEC SRSS, SRSE
12:00-15:00 Lunch
14:30 JEC WHPF
Medal ceremony JEC SRIF, SRIO, WHPF
15:50 EC DDSF Q
17:45 EC DDPF Q
Medal ceremony EC OA
18:30-20:30 Dinner
19:45-21:45 Team Show Floor and music check

August 13

09:00 JEC SRSR
09:20 JEC SRDR
09:45 JEC DDSR
10:05 JEC DDSS
10:45 JEC DDSF
11:55 JEC DDPF
Medal ceremony JEC Team Speed
12:00-15:00 Lunch
14:15 JEC SRPF
15:40 JEC SRTF
Medal ceremony JEC Team Freestyle, OA
17:45-20:00 Dinner
19:00 EC Team Show
Medal ceremony Team Show

August 14

09:00 ERSO AGM
09:30-11:30 DDC floor and music check
11:30-14:00 Lunch
12:30-17:10 EC Finals
18:00-20:00 Dinner
18:00-20:00 EOT floor and music check



SUBJECT TO CHANGE

August 15

10:30-15:45 EC Finals
12:00-15:00 Lunch
16:15 DDC
18:30 Dinner and Farewell party
19:00-21:00 EOT floor and music check

August 16

09:30 EOT SRSS
09:50 EOT SRSE
10:25 EOT SRTU
11:10 EOT SRSR
11:30 EOT SRDR
11:50 EOT DDSR
12:10 EOT DDSS
Medal ceremony EOT SRSS, SRSE
12:00-15:00 Lunch
Medal ceremony EOT SRTU, Team Speed
15:00 EOT SRPF
16:00 EOT SRTF
16:50 EOT WHPF
Medal ceremony EOT SRPF, SRTF, WHPF
18:00-20:00 Dinner

August 17

09:00 EOT SRIF
10:40 EOT DDSF
11:45 EOT DDPF
Medal ceremony EOT SRIF, DDSF, DDPF
12:00-15:00 Lunch

Schedule - Finals



FRIDAY AUGUST 14 2026 - FINALS DAY 1	
12:30-16:50	
SRSR	female
SRSR	mixed
SRSR	male
SRIF	female
DDPF	male
DDPF	mixed
SRDR	female
SRDR	male
SRDR	mixed
MC SRSR	M/Mi/F
BREAK	
SRSS	male
DDSF	female
DDSF	mixed
DDSF	male
SRSE	female
MC SRDR	M/Mi/F
WHPF	male
DDPF	female
MC SRSE	female
MC SRSS	male

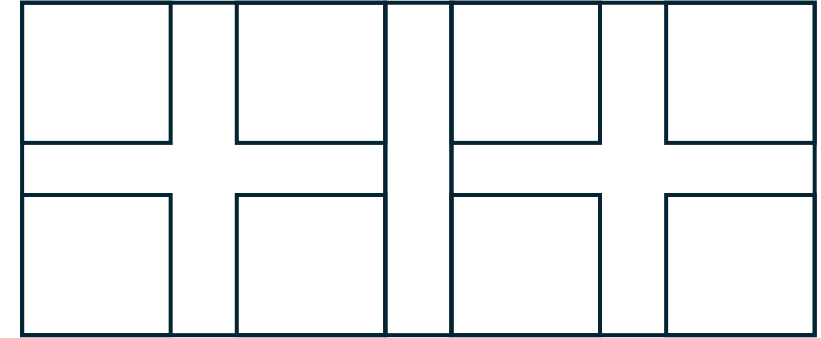
SATURDAY AUGUST 15 2026 - FINALS DAY 2	
10:30-15:45	
SRIF	male
DDSR	female
DDSR	mixed
DDSR	male
WHPF	female
SRTF	mixed
SRTU	female
SRTF	male
SRPF	female
MC DDSR	Mi/M/F
BREAK	
DDSS	mixed
DDSS	male
DDSS	female
SRPF	mixed
SRTU	male
SRTF	female
SRPF	male
MC DDSS	Mi/M/F
WHPF	mixed
SRSE	male
SRSS	female
BREAK	
MC SRTU	male/female
MC SRSE	male
MC SRSS	female

SATURDAY AUGUST 15 2026 - DDCE	
16:15-18:35	
DDCE Speed	Any
DDCE Performance	Any

SUBJECT TO CHANGE

Competition Floor Layout

- Speed
EC/JEC: 8 speed stations (5x5 m)
EOT: 6 speed stations
DDCE: 4 speed stations
- Freestyle
2 freestyle floors (12x12 m) next to each other;
Will not run simultaneously but will run alternately.
In EC Finals there will be one freestyle floor in the middle
- Team Show
16x24 meters, with the possibility to place ropes outside if needed
- The floor in warm up will be the same as the competition floor
- Practice in separate Arena (20x40 m)



Floor and music check

- Time per NGB based on number of freestyles
- Access to both freestyle floors but only one sound system (floor A).
Teams can start warm-up on floor B 15 minutes before time on floor A – means that previous team must stop on floor B 15 minutes before final end-time.
- August 10, 08.45-18.00 – EC and JEC (EOT)
- August 12, 19.45-21.45 – Team Show
- August 14, 09.30-11.30 – DDCE
- August 14, 18.00-20.00 – EOT
- August 15, 19.00-21.00 – EOT



K Floor and music check

- Schedule for August 10th

	Floor A	Floor B
Denmark	9:00-9:40	08:45-09:25
Hungary	9:40-10:45	09:25-10:30
Germany I	10:45-11:45	10:30-11:30
Belgium I	11:45-12:30	11:30-12:15
Austria	12:30-12:50	12:15-12:35
France	12:50-13:45	12:35-13:30
Sweden	13:45-14:30	13:30-14:15
Belgium II	14:30-15:20	14:15-15:05
Israel, Italy, Norway, Netherlands	15:20-15:40	15:05-15:25
Switzerland	15:40-15:55	15:25-15:40
Czechia	15:55-16:35	15:40-16:20
Portugal	16:35-17:20	16:20-17:05
Germany II	17:20-18:00	17:05-17:45

- Schedule for other days will follow



Reminder rules

- **WHPF**

- The athletes are judged as athlete A and athlete B.
- The athletes may themselves provide a clear marker to separate the athletes, such as different shirt color, or wide arm-band or colored tape on the shoe/sleeve of one of the athlete.

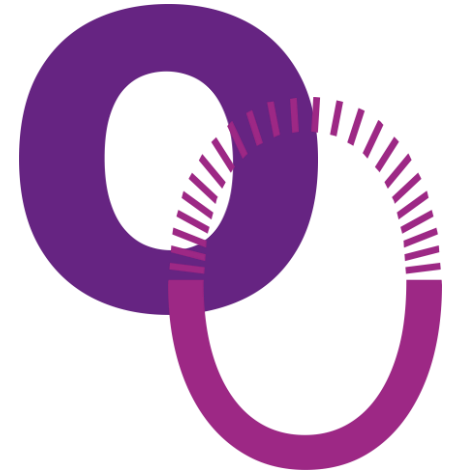
The event organizer will also provide colored tape to mark the athlete. Athlete A will be the athlete with the designated marker.

- **Required Elements (Single Rope & Wheel)**

- According to the IJRU rule book
 - JEC: 4
 - EC: 6
 - EOT: 4



Appeals and video replay



Each NGB will receive 3 appeal tokens for each tournament (EC, JEC, EOT).
If an appeal is successful, the appeal token will be returned to the NGB.

- What can be appealed?
 - A scoring error related to data entry or calculation error
 - A decision by the Tournament Director or other tournament officials that is unfair or inconsistent with published IJRU rules /ERSO addendum
 - Calls for disqualification of an athlete or team that grossly abuses IJRU competition rules.
 - Scores in speed and multiples events only if it has an effect on ranking or pertains to the top ranked entry
- Appeals will not be accepted on:
 - Other decisions or ratings of judges
 - Scores posted in finals. Video replay will be used to count speed and multiples events in finals.
- Video replay
 - Video replay will be used in cases of inaccurate clicking for speed and multiples events, and appeals. For the finals, video replay will be used for counting all speed and multiples events.



Judges

- All judges need the IIRU Judge level 3 certification to be able to judge during the EC2026.
- For judge requirements please check the Judge Requirement document shared with all NGB's per e-mail on February 4th 2026.



Combining



- Cross-ranking will not be used at EC, JEC, EOT 2026.
- If entry numbers are below the minimum requirement as stated in the rulebook, we will combine genders in the same age division.
 - Requirements: 4 entries from 2 countries + exemption 3 entries from 3 countries
 - No combining in Team Overall

Combined events

- The following events will be combined



Event	Categories combined	Competition competed
SRDR	JEC 12-15 Male combined with JEC 12-15 Mixed	JEC 12-15 Mixed
DDSR	EOT 12-15 Mixed combined with EOT 12-15 Female	EOT 12-15 Female
DDSR	EOT 16+ Mixed combined with EOT 16+ Female	EOT 16+ Female
DDSS	EOT 12-15 Mixed combined with EOT 12-15 Female	EOT 12-15 Female
DDSS	JEC Male combined with JEC Mixed	JEC Mixed
SRPF	EOT 12-15 Mixed combined with EOT 12-15 Female	EOT 12-15 Female
SRPF	EOT 16+ Male combined with EOT 16+ Mixed	EOT 16+ Mixed
SRTF	EOT 16+ Mixed combined with EOT 16+ Female	EOT 16+ Female
DDSF	EOT 16+ Male combined with EOT 16+ Mixed	EOT 16+ Mixed
DDPF	EOT 12-15 Mixed combined with EOT 12-15 Female	EOT 12-15 Female
DDPF	EOT 16+ Mixed combined with EOT 16+ Female	EOT 16+ Female
WHPF	EOT 12-15 Mixed combined with EOT 12-15 Female	EOT 12-15 Female
WHPF	EOT 16+ Mixed combined with EOT 16+ Female	EOT 16+ Female

Events not competed

- The following events will not be competed

	EOT 12-15	EOT 16+	JEC	EC
SRSR	Male	Male, Mixed	Male	
SRDR	Male	Male		
DDSR	Male	Male	Male	
DDSS	Male	Male		
SRPF	Male			
SRTF	Male, Mixed	Male	Male	
DDSF	Male		Male	
DDPF	Male	Male	Male	
WHPF	Male	Male	Male, Mixed	
Team OA			Female, Male, Mixed	Female, Male

- All events in the individual competition and DDCE will be competed

EC Finals



- Top 6 athletes/teams in all EC events will qualify for the EC Finals
- If one of the qualifying 6 athlete(s) withdraw from the finals, the 7th place qualifying score (athletes) will be notified of an open position. This notification will go through the NGB leadership. The tournament will not be delayed pending acceptance of this invitation to compete in the finals. If the athlete(s) choose to compete, they must respond to the communication and present themselves in the lineup at the proper time for the event.
- In case of a tie in the top-6 in speed events more than 6 athletes qualify for the Finals
- If less than 6 athletes is registered for the event, they still must compete in the qualifying competition to decide the starting order for the Finals.
- Athletes qualified for EC Finals in SRSE and SRTU can not choose to copy the qualifying score to the Finals

Rules on substitutions before and during

- In case of an injury or other special circumstances, athletes can be substituted before and during the European Competitions.
- Substitution of an athlete in an event will be permitted within the following guidelines:
 1. The Tournament Director is notified immediately of any substitution.
 2. The substitute athlete is not currently competing in the same competition event in any other age or gender category.
 3. The substitute athlete's gender and age must fall within the parameters of the competition event in which they are substituting for a freestyle event.
 4. If substitute athlete is a member of another overall team, the team into which they are substituting an event will not be eligible for an overall placement
 5. If a gender or age category change occurs with the substitution, any overall entries for the team in which the substitution is occurring will be nullified.
 6. Substitution must be requested by the delegation HoD or chosen representative.
- For DDC performance, substitution is not allowed. However, in case of an injury or other reason accepted by the Tournament Director the team may be allowed to compete with fewer athletes than originally registered for the entry. This decision will be made by the Tournament Director.
- For DDC speed, substitution may be allowed in case of an injury or other reason accepted by the Tournament Director, it is however only allowed to substitute in another athlete from the same performance team as the speed entry. This decision will be made by the Tournament Director.



Award Ceremony Guidelines

Award ceremonies will take place throughout the competition with different procedures for EC, JEC and EOT

- **JEC and EOT**

- The award ceremonies will take place during the competition days
- The award ceremony timetable will be included in the program but may change due to operational factors like appeals, finalizing scores, and time constraints. Any changes will be communicated to the head of delegation (HOD).
- When the results are finalized, the HOD will be informed.
Athletes who place 1st, 2nd, or 3rd should proceed to the award presentation area.
- Procedure EOT: Athletes will be organized by age division and gender, lining up from 3rd to 1st. They will be awarded individually, then escorted to the competition floor for public recognition and a photo. No national anthems will be played.
- Procedure JEC: Athletes will be organized by gender, lining up from 3rd to 1st. Athletes are then escorted to the podium where they will be awarded. The national anthem of the 1st place country will be played, followed by a photo.





Award Ceremony Guidelines

- **EC + Team Show and DDCE**

- Events: Awards are given only to 1st-3rd place finishers in the final competition. No medals are awarded for the qualifying events.
 - Speed events: Follow the JEC process above.
 - Freestyle events: Awards are presented directly from the winner's lounge, with athletes called to the podium for recognition and celebration. The national anthem of the 1st place country will be played, followed by a photo.
- Individual and Team Overall: Awards will be given after the qualifying events. Follow the JEC process. The national anthem of the 1st place country will be played, followed by a photo.
- Team Show: Awards will be awarded after the competition. Follow the JEC process. The national anthem of the 1st place country will be played, followed by a photo.
- DDCE: Awards will be awarded after the competition. The national anthem of the 1st place country will be played, followed by a photo.

Anti Doping

- IJRU Anti-Doping site: <https://ijru.sport/rules/anti-doping>
- [WADA Prohibited list](#)
- The International Standard for Therapeutic Use Exemptions (ISTUE) was created with the understanding that, due to illness or medical condition, an Athlete may require the use of medications or treatments on the World Anti-Doping Agency's (WADA's) Prohibited List.
 - [Therapeutic Use Exemptions \(TUE\) Guidelines + Application](#)
(submit application no later than 30 days before event)



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