



2019 ROPE SKIPPING CANADA NATIONAL CHAMPIONSHIPS ALBERTA TEAM SELECTION CRITERIA

APPROVED BY THE BOARD OF DIRECTORS

SECTION 1: MASTERS

Age Categories: 10 & Under, 11-12, 13-14, 15-17

Divisions: Male, Female

A. MASTERS - OVERALL:

The top 8 athletes from the overall competition will be selected by the Team Alberta Selection Task Group based on their final rankings at the 2019 Alberta Rope Skipping Championships.

B. MASTERS - INDIVIDUAL EVENTS:

Athletes already qualified in Masters Overall will not be considered for Individual Event positions. Up to three athletes will be selected for individual events by the Team Alberta Selection Task Group based on the following:

1. The athlete who places the highest in each event will be selected to compete in that event.
2. The Team Alberta Selection Task Group will select the other two athletes for entry in each event based on the following considerations:
 - a) Result in that event at the 2019 Alberta Rope Skipping Championships.
 - b) Receipt of documentation from a physician confirming that the athlete was unfit to compete at the 2019 Alberta Rope Skipping Championships, as well as a documented and physician-approved Return to Play plan with timeframes for the athlete that clearly demonstrates that the athlete will be able to perform to the level achieved at the 2018 Rope Skipping Canada National Championships or 2019 RSA Masters Competition, with that level being the projected equivalent of a Top-8 placement at the 2019 Rope Skipping Canada National Championships.
 - c) Receipt of documentation confirming unforeseeable circumstances prevented the athlete from competing at the 2019 Alberta Rope Skipping Championships along with documentation from the 2018 Rope Skipping Canada National Championships or 2019 RSA Masters Competition that demonstrates that the athlete is capable of achieving a Top-8 placement at the 2019 Rope Skipping Canada National Championships.
3. Any athlete selected as a result of the provisions of 1.B.2.b or 1.B.2.c must submit a video demonstrating readiness to the Team Alberta Selection Task Group no later than April 30, 2019. If the athlete is unable to demonstrate readiness to the satisfaction of the Team Alberta Selection Task Group, the Team Alberta Selection Task Group has the discretion to withdraw and/or replace the athlete with the alternate.
4. Any athlete requesting selection under the provisions of 3.B.2.b or 3.B.2.c must submit a letter outlining the reasons that special consideration is being requested along with full documentation to either ropeskippingalberta.board@gmail.com or in-person to the Chair of Rope Skipping Alberta by 12:00 p.m. on April 8, 2019. The Team Alberta Selection Task Group may, at its sole discretion, award an extension to an athlete to produce the required documentation.

SECTION 2: MASTERS
Age Categories: 18-29, 30 & Over
Divisions: Male, Female

A. MASTERS - OVERALL:

1. If there are eight or more athletes who competed in each age category and division at the 2019 Alberta Rope Skipping Championships, the top 8 athletes will be selected by the Team Alberta Selection Task Group based on their final rankings at the 2019 Alberta Rope Skipping Championships.
2. If there are fewer than eight athletes who competed in each age category and division at the 2019 Alberta Rope Skipping Championships, athletes will be selected in the following priority:
 - a) Athletes who competed in all Masters events at the 2019 Alberta Rope Skipping Championships will be selected.
 - b) The Team Alberta Selection Task Group will add athletes to select a maximum of eight Masters Overall entries based on the following (in priority order):
 - i. Athletes who competed in all Masters events at the 2019 RSA Masters Competition will be selected.
 - ii. Athletes who competed in the overall competition at the 2018 RSA National Rope Skipping Championships will be selected in order of their overall placement at the 2018 RSA National Rope Skipping Championships, with only overall placement being considered and not age category. In the event of a tie, the following will be used to break the tie (in priority order):
 - Placement in Single Rope Freestyle
 - Placement in Power
 - Placement in Endurance
 - Placement in 30s Speed
 - Coin toss

B. MASTERS – INDIVIDUAL EVENTS:

Athletes already qualified in Masters Overall will not be considered for Individual Event positions. Up to the permissible quota of athletes will be selected for individual events by the Team Alberta Selection Task Group based on the following:

1. The athlete who places the highest in each event will be selected to compete in that event.
2. The Team Alberta Selection Task Group will select the other athletes for entry in each event based on the following considerations:
 - a) Result in that event at the 2019 Alberta Rope Skipping Championships.
 - b) Submission of evidence that the athlete is enrolled in a post-secondary institution or program outside of Alberta.
 - c) Receipt of documentation from a physician confirming that the athlete was unfit to compete at the 2019 Alberta Rope Skipping Championships, as well as a documented and physician-approved Return to Play plan with timeframes for the athlete that clearly demonstrates that the athlete will be able to perform to the level achieved at the 2018 Rope Skipping Canada National Championships or 2019 RSA Masters Competition.
 - d) Receipt of documentation confirming unforeseeable circumstances prevented the athlete from competing at the 2019 Alberta Rope Skipping Championships along with documentation from the 2018 Rope Skipping Canada National Championships or 2019 RSA Masters Competition that

demonstrates that the athlete is capable of performing to the level achieved at the 2018 Rope Skipping Canada National Championships or 2019 RSA Masters Competition.

3. Any athlete selected as a result of the provisions of 2.B.2.b, 2.B.2.c, or 2.B.2.d must submit a video demonstrating readiness to the Team Alberta Selection Task Group no later than April 30, 2019. If the athlete is unable to demonstrate readiness to the satisfaction of the Team Alberta Selection Task Group, the Team Alberta Selection Task Group has the discretion to withdraw and/or the athlete with the alternate.
4. Any athlete requesting selection under the provisions of 2.B.2.b, 2.B.2.c, or 2.B.2.c must submit a letter outlining the reasons that special consideration is being requested along with full documentation to either ropeskippingalberta.board@gmail.com or in-person to the Chair of Rope Skipping Alberta by 12:00 p.m. on April 8, 2019. The Team Alberta Selection Task Group may, at its sole discretion, award an extension to an athlete to produce the required documentation.

SECTION 3: TEAM

Age Categories: 10 & Under, 11-12, 13-14, 15-17

Divisions: Male, Female, Mixed

A. TEAM - OVERALL:

The top 5 teams from the overall competition will be selected by the Team Alberta Selection Task Group based on their final rankings at the 2019 Alberta Rope Skipping Championships.

B. TEAM - INDIVIDUAL EVENTS (INCLUDES WHEEL AND 3x30):

Teams already qualified in Team Overall will not be considered for Individual Event positions, except for Wheel and Double Dutch 3x40 events. Teams will only be entered in the age category and division in which they are selected by the Team Alberta Selection Task Group. Up to the maximum quota of teams will be selected for individual events by the Team Alberta Selection Task Group based on the following:

1. The team who places the highest in each event will be selected to compete in that event.
2. The Team Alberta Selection Task Group will select up to the maximum number of additional teams for entry in each event based on the following considerations:
 - a) Result in that event at the 2019 Alberta Rope Skipping Championships.
 - b) Receipt of documentation from a physician confirming that an athlete on the team was unfit to compete at the 2019 Alberta Rope Skipping Championships, as well as a documented and physician-approved Return to Play plan with timeframes for the athlete that clearly demonstrates that the athlete will be able to perform to the level achieved at the 2018 Rope Skipping Canada National Championships or 2019 RSA Team Competition.
 - c) Receipt of documentation confirming unforeseeable circumstances prevented the athlete from competing at the 2019 Alberta Rope Skipping Championships along with documentation from the 2018 Rope Skipping Canada National Championships or 2019 RSA Team Competition.
3. Any team selected as a result of the provisions of 3.B.2.b or 3.B.2.c must submit a video demonstrating readiness to the Team Alberta Selection Task Group no later than April 30, 2019. If the team is unable to demonstrate readiness to the satisfaction of the Team Alberta Selection Task Group, the Team Alberta Selection Task Group has the discretion to withdraw and/or the team with the alternate.

4. Any team requesting selection under the provisions of 3.B.2.b or 3.B.2.c must submit a letter outlining the reasons that special consideration is being requested along with full documentation to either ropeskippingalberta.board@gmail.com or in-person to the Chair of Rope Skipping Alberta by 12:00 p.m. on April 8, 2019. The Team Alberta Selection Task Group may, at its sole discretion, award an extension to a team to produce the required documentation.

SECTION 4: TEAM
Age Categories: 18-29, 30 & Over
Divisions: Male, Female, Mixed

C. TEAM - OVERALL:

1. If there are five or more teams who competed in each age category and division at the 2019 Alberta Rope Skipping Championships, the top 5 teams will be selected by the Team Alberta Selection Task Group based on their final rankings at the 2019 Alberta Rope Skipping Championships.
2. If there are fewer than five teams who competed in each age category and division at the 2019 Alberta Rope Skipping Championships, teams will be selected in the following priority:
 - a) Teams who competed in all Team events at the 2019 Alberta Rope Skipping Championships will be selected.
 - b) The Team Alberta Selection Task Group will add teams to select a maximum of five Team Overall entries based on the following (in priority order):
 - i. Teams who competed in all Team events at the 2019 RSA Team Competition will be selected.
 - ii. Teams who competed in the overall competition at the 2018 RSA National Rope Skipping Championships will be selected in order of their overall placement at the 2018 RSA National Rope Skipping Championships, with only overall placement being considered and not age category. In the event of a tie, the following will be used to break the tie (in priority order):
 - Placement in Double Dutch Pairs Rope Freestyle
 - Placement in Double Dutch Singles Freestyle
 - Placement in Single Rope Team Freestyle
 - Placement in Single Rope Pairs Freestyle
 - Placement in Double Dutch Speed Relay
 - Placement in Double Dutch Pairs Speed
 - Placement in Single Rope Speed Relay
 - Placement in Single Rope Power Relay
 - Coin toss
 - iii. Submission of evidence that at least one athlete on the team is enrolled in a post-secondary institution outside of Alberta, preventing the team from being able to fully compete at the 2019 Alberta Rope Skipping Championships or the 2019 RSA Team Competition, along with a training plan that demonstrates how the team will be prepared to effectively compete at the 2019 Rope Skipping Canada National Championships. Any team requesting selection under the provisions of 4.C.2.b.iii must submit a letter outlining the reasons that special consideration is being requested along with proof of enrollment to ropeskippingalberta.board@gmail.com by the 2019 Alberta Rope Skipping Championships registration deadline.

D. TEAM – INDIVIDUAL EVENTS (INCLUDES WHEEL AND 3x40):

Teams already qualified in Team Overall will not be considered for Individual Event positions, except for Wheel and Double Dutch 3x40 events. Up to the maximum quota of teams will be selected for individual events by the Team Alberta Selection Task Group based on the following:

1. The team who places the highest in each event will be selected to compete in that event.
2. The Team Alberta Selection Task Group will select additional teams for entry in each event based on the following considerations:
 - a) Result in that event at the 2019 Alberta Rope Skipping Championships.
 - b) Submission of evidence that at least one athlete on the team is enrolled in a post-secondary institution outside of Alberta, preventing the team from being able to fully compete at the 2019 Alberta Rope Skipping Championships or the 2019 RSA Team Competition, along with a training plan that demonstrates how the team will be prepared to effectively compete at the 2019 Rope Skipping Canada National Championships. Any team requesting selection under the provisions of 4.D.2.b must submit a letter outlining the reasons that special consideration is being requested along with proof of enrollment to ropeskippingalberta.board@gmail.com by the 2019 Alberta Rope Skipping Championships registration deadline.
 - c) Receipt of documentation from a physician that documents the Return to Play plan with timeframes for a team with an athlete who was unable to compete that clearly demonstrates that the athlete will be able to perform to the level achieved at the 2018 Rope Skipping Canada National Championships or 2019 Team Competition, with that level being the anticipated equivalent of a Top-5 placement at the 2019 Rope Skipping Canada National Championships.
 - d) Receipt of documentation confirming unforeseeable circumstances prevented the athlete from competing at the 2019 Alberta Rope Skipping Championships along with documentation from the 2018 Rope Skipping Canada National Championships or 2019 RSA Team Competition that demonstrates that the athlete is capable of achieving a Top-3 placement at the 2019 Rope Skipping Canada National Championships.
3. Any team selected as a result of the provisions of 2.B.2.b, 2.B.2.c, or 2.B.2.d must submit a video demonstrating readiness to the Team Alberta Selection Task Group no later than April 30, 2019. If the athlete is unable to demonstrate readiness to the satisfaction of the Team Alberta Selection Task Group, the Team Alberta Selection Task Group has the discretion to withdraw and/or the athlete with the alternate.

SECTION 6: ALTERNATES

Alternates will be identified in each event by the Team Alberta Selection Task Group in alignment with the selection criteria and host provisions made by Rope Skipping Canada.

SECTION 7: ACCEPTANCE OF ENTRY

The Head Coach or the Primary Contact for the club on record with Rope Skipping Alberta will accept or decline participation on Team Alberta on behalf of the athletes and teams. Once an athlete or declines their position on Team Alberta, they are unable to reclaim their position. Acceptances must be completed and submitted to the Team Alberta Selection Task Group through the process established by the Team Alberta Selection Task Group.

SECTION 8: APPEALS

Appeals on decisions of the Team Alberta Selection Task Group decisions may be made to Rope Skipping Alberta. Appeals must be submitted to ropeskippingalberta.board@gmail.com by 5:00 p.m. MT on Monday, April 8, 2019. The decision of the Board of Directors is final.

SECTION 9: COMMUNICATION OF TEAM SELECTION CRITERIA

It is the responsibility of the primary club contact as registered with Rope Skipping Alberta to ensure that their athletes, teams, and coaches understand the selection process that will be used to select Team Alberta for the 2019 Rope Skipping Canada National Championships.