



## World Championship Series Events and Age Categories



### World Championships (WC)

The World Championships is for athletes ages, 16 and older, as per the [IJRU Competition Manual](#). All overall events are also listed in the Competition Manual.

Events in the Individual Competition are competed in Female and Male gender categories and include:

- Single Rope Speed Sprint
- Single Rope Speed Endurance
- Single Rope Triple Under
- Single Rope Individual Freestyle

Events in the Team Competition are competed in Female, Male and Mixed gender categories and include:

- Single Rope Speed Relay
- Single Rope Double Unders Relay
- Double Dutch Speed Relay
- Double Dutch Speed Sprint
- Single Rope Pair Freestyle
- Single Rope Team Freestyle
- Double Dutch Single Freestyle
- Double Dutch Pair Freestyle
- Double Dutch Triad Freestyle
- Wheel Pair Freestyle

Double Dutch Contest events:

- DDC 1x30 Double Dutch Speed
- DDC Freestyle

Please note, the age categories for DDC are not confirmed. More information to follow.



## Junior World Championships

The Junior World Championship is for athletes, ages 12 to 15, as per the [IJRU Competition Manual](#). Overall events are also listed in the Competition Manual.

Events in the Individual Competition are competed in Female and Male gender categories and include:

- Single Rope Speed Sprint
- Single Rope Speed Endurance
- Single Rope Individual Freestyle

Events in the Team Competition are completed in Female, Male and Mixed gender categories and include:

- Single Rope Speed Relay
- Single Rope Double Unders Relay
- Double Dutch Speed Relay
- Double Dutch Speed Sprint
- Single Rope Pair Freestyle
- Single Rope Team Freestyle
- Double Dutch Single Freestyle
- Double Dutch Pair Freestyle
- Wheel Pair Freestyle

Double Dutch Contest events include:

- DDC 1x30 Double Dutch Speed
- DDC Freestyle

Please note, the age categories for DDC have not been confirmed. More information to follow.



IJRU  
Virtual  
International Open  
Tournament

## International Open Tournament (IOT)

The International Open Tournament includes the following separate age categories as per the [IJRU Competition Manual](#):

- 12 to 15
- 16 to 18
- 19+
- 30+

Events in the Individual Competition are competed in Female and Male gender categories and include:

- Single Rope Speed Sprint
- Single Rope Speed Endurance
- Single Rope Triple Under\*
- Single Rope Individual Freestyle

Events in the Team Competition are competed in Female, Male and Mixed gender categories and include:

- Single Rope Speed Relay
- Single Rope Double Unders Relay
- Double Dutch Speed Relay
- Double Dutch Speed Sprint
- Single Rope Pair Freestyle
- Single Rope Team Freestyle
- Double Dutch Single Freestyle
- Double Dutch Pair Freestyle
- Double Dutch Triad Freestyle\*
- Wheel Pair Freestyle

\*These events will not be competed in the 12 to 15 age category.