

# 「跳繩強心」校際花式跳繩比賽 2026

2026年7月5日(星期日) 宣道國際學校

評判：	
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隊伍：	
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比賽時間：	
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## (2) Variation + Skill Level (Group B –Long Ropes and Double Dutch)

	Marks	Max. no. of Styles	Team 1	Team 2	Team 3	Team 4
(b) Long Ropes / Multiple Ropes  (Each style counts for 0.2 marks)	0 - 5	20	Level 1: _____ (b1)  Level 2: _____ (b2)  Level 3: _____ (b3)	Level 1: _____ (b1)  Level 2: _____ (b2)  Level 3: _____ (b3)	Level 1: _____ (b1)  Level 2: _____ (b2)  Level 3: _____ (b3)	Level 1: _____ (b1)  Level 2: _____ (b2)  Level 3: _____ (b3)
Total no. of styles B = (b1 + b2 + b3):						
<b>Total Score for Variations = B x 0.25 (Max. 5 marks)</b>						

	Marks	Max. no. of Styles	Team 1	Team 2	Team 3	Team 4
(c) Double Dutch  (Each style counts for 0.2 marks)	0 - 4	16	Level 1: _____ (c1)  Level 2: _____ (c2)  Level 3: _____ (c3)	Level 1: _____ (c1)  Level 2: _____ (c2)  Level 3: _____ (c3)	Level 1: _____ (c1)  Level 2: _____ (c2)  Level 3: _____ (c3)	Level 1: _____ (c1)  Level 2: _____ (c2)  Level 3: _____ (c3)
Total no. of styles C = (c1 + c2 + c3):						
<b>Total Score for Variations = C x 0.25 (Max. 4 marks)</b>						

**Please mark the skill levels of every tricks performed without mistake in the following box. No mark for repeated tricks.**

Team 1	Team 2	Team 3	Team 4