



**FISAC-IRSF**

*Fédération Internationale de Saut à la Corde - International Rope Skipping Federation*  
[www.fisac-irsf.org](http://www.fisac-irsf.org)

# WC2016 Judging Explanatory Video Links

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Single Rope Required Elements Theory

<https://youtu.be/ZhLSvGwkuk4>

Double Dutch required elements Theory 1

<https://youtu.be/r-KVCwMCpzU>

Double Dutch required elements Theory 2

[https://youtu.be/l3ka\\_Z6V6vE](https://youtu.be/l3ka_Z6V6vE)

Double Dutch required elements Example 1

<https://youtu.be/Erd6tgoOebA>

Single Rope difficulty Theory 1

<https://youtu.be/p486A-o4vKM>

Single Rope difficulty Theory 2

<https://youtu.be/xQ36Pv7hE6w>

Single Rope difficulty Theory 3

[https://youtu.be/befmc\\_YJfMc](https://youtu.be/befmc_YJfMc)

Single Rope difficulty Theory 4

[https://youtu.be/JhQV\\_Ikdv1I](https://youtu.be/JhQV_Ikdv1I)

Single Rope difficulty Example 1

[https://youtu.be/3\\_5UTbnzwwM](https://youtu.be/3_5UTbnzwwM)

Single Rope difficulty Example 2

<https://youtu.be/VYdsn-wxll0>

Single Rope difficulty Example 3

<https://youtu.be/tDD9bmxReD8>

Single Rope difficulty Example 4

<https://youtu.be/TJK6HKbir7A>

Single Rope Presentation Theory

<https://youtu.be/GBarjPh5kIE>

Double Dutch Presentation Theory

<https://youtu.be/uNxYVWld51w>

Double Dutch Presentation Example 1

<https://youtu.be/F7TliZBxJL0>

Freestyle 1

<https://youtu.be/gY8ewnQ9t4M>

Double Dutch Presentation Example 2

<https://youtu.be/ojErozSg3f8>

Freestyle 2

<https://youtu.be/k9WI0XAHoeU>

Double Dutch Presentation Example 3

[https://youtu.be/0HhRu\\_fLcyQ](https://youtu.be/0HhRu_fLcyQ)

Freestyle 3

<https://youtu.be/eZKfte6Rsic>

Double Dutch Difficulty Theory (still from 2014)

<http://www.youtube.com/watch?v=IkNr2FeYEHU>

Double Dutch Difficulty Example 1 (still from 2014)

<http://www.youtube.com/watch?v=RnMmuMYTUcw>

Double Dutch Difficulty Example 2 (still from 2014)

<http://www.youtube.com/watch?v=mmUqth6Mbns>