

Jump4Life!

A CINCH Jump Rope Program for Kids in Healthy Hampton Roads

Jump Rope Sizing Guidelines and Information

The following is a guideline to help you decide how many and what size individual ropes your program will need. The CINCH Jump4Life Program is only able to provide individual freestyle jump ropes in sizes 7-9 ft. We are unable to provide ropes above 9 ft but do provide the recommended guidelines below. Most tall jumpers will still be able to use the 9 ft ropes. You can purchase longer ropes, if needed.

Individual Freestyle Jump Rope Length	Estimated Grades	Estimated Height
7 ft	Grades K-2	4'4" to 4'9"
8 ft	Grades 3-6	4'10" to 5'2"
9 ft	Grades 6-12	5'3" to 5'8" *varied sources also say up to 6'2", so it may depend on the jumper
10 ft	Grades 9-12 for tall kids/adults	5'9" to 6'2"

To size a rope:

Stand with both feet on the rope with equal lengths of rope on each side. A good fit is one where the handles come up to around the armpits. Temporarily adjust rope by either giving a smaller or larger size rope OR tying a few knots in the rope below the handle. This makes it easy to adjust and reuse ropes for kids of various size and as they grow. If the rope requires more than 4 knots – use a smaller rope. If you have no smaller ropes see directions below for adjusting the plastic handle clip for permanently shortening. Here is a resource on tying a knot to adjust your rope:

http://www.jumprope.com/adjust_rope.php

To adjust the size DOWN permanently from a standard size rope:

Push the rope end through the handle and push the rope upwards through the white plastic outer clip until the inner clips pops out. The inner clip remaining on the rope may be loosened and pushed *downward*. Then push the inner clip back into the outer clip until it “snaps in”. Cut off extra rope remaining. Once you adjust a rope it is *very difficult* to adjust the inner clip *upwards*. Decide on length and mark the rope BEFORE you move the clip. If the clip breaks do not throw the rope away. Call us for a low cost solution to the clip at your local hardware store. Here is a video that shows how to adjust the clip on a rope similar to yours: <http://youtu.be/WzXSJaHQhT8>

Here are some great jump rope rhymes – speaking while jumping requires increased endurance:

https://www.buyjumropes.net/Jump_Rope_Rhymes_s/39.htm

Brought to you by the Consortium for Infant and Child Health at Eastern Virginia Medical School and the Virginia Department of Health and delivered by our friends and community partners

Visit us at www.cinchcoalition.org for more information on Jump4Life and our other programs.

Jump4Life!

A CINCH Jump Rope Program for Kids in Healthy Hampton Roads

Jump Rope Purchasing Information

You may want to buy more jump ropes for your program or need more than we can provide. This cost can also easily be built into your program fees if you do not have the funding for jump ropes.

Types of Ropes:

Individual Freestyle Ropes – these ropes are generally used for individual jumpers. The ones we used were slim plastic ropes as these are the easiest to use and teach. You can also use beaded individual ropes. Cheap ropes made of fabric that are very light are not recommended as they can be frustrating to use properly (i.e., cheap braided ropes available from discount stores).

Chinese Wheel Ropes – these ropes are slightly longer than the individual ropes but shorter than the double dutch ropes. They are used for “partner activities” [i.e., two jumpers jumping together in the same rope(s)]. They are usually beaded ropes.

Double Dutch Ropes – these ropes are long and used for the classic “double dutch” jump rope. They may be plastic “licorice style” or beaded. Beaded ropes are heavier and easier for beginners to turn and jump. Regular “rope” double dutch ropes may be hard to turn.

Where to buy:

Here are two resources for ordering your own jump ropes. Shipping costs vary. Please note there are other sources available – just google “Jump Ropes”. These are just two that we used with good results that we can recommend.

1. **JumpNRope:** <http://www.jumpnrope.com/>

This is the company that provided our training. They also sell high quality ropes of all types and sizes - including starter and expert level individual ropes. Our Chinese Wheel (partner ropes) and Double Dutch ropes for our center kits came from them. We used their General Purpose Freestyle ropes during the demonstrations. The cost runs roughly \$2.95 for this rope with discounts available for larger purchases and also packages including other types of ropes. Double dutch rope set of 2 is approximately \$20 for either beaded or licorice style 15-18 ft adjustable. Contact them for pricing or discounts. Make sure to tell them you were at our training.

2. **BuyJumpRopes.Net:** <http://www.buyjumropes.net/>

This is the company we ordered the “Short handled licorice jump rope” from for the individual freestyle ropes we are providing through our grant to the sites. Prices start at \$3.20 but go as low as \$1.29 with volume purchase. Note that it is a lower quality rope as compared to the ones that JumpNRope provide. They also sell double dutch ropes (although we did not get our double dutch ropes from them) at a cost of \$12-15 per set for beaded or licorice style 14 feet only, depending on which set you get.

Brought to you by the Consortium for Infant and Child Health at Eastern Virginia Medical School and the Virginia Department of Health and delivered by our friends and community partners

Visit us at www.cinchcoalition.org for more information on Jump4Life and our other programs.