

主辦機構
ORGANIZED BY



香港跳繩 2026

邀請錦標賽

HONG KONG ROPE SKIPPING INVITATIONAL CHAMPIONSHIP



2026.07.15-19

伊利沙伯體育館

Queen Elizabeth Stadium

焦點賽事
Featuring

世界交互繩
邀請賽



HANDBOOK FOR OVERSEAS PARTICIPANTS

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Version 2, updated as of April 27, 2026

INTRODUCTION

Dear friends, fellow jump rope enthusiasts, and valued members of the IJRU family,

It is our great pleasure to welcome you to the Hong Kong Rope Skipping Invitational Championship (HKI) 2026, featuring the World Double Dutch Contest (DDCW) Invitational 2026!

Open to all IJRU members, HKI2026 offers a unique stage to compete, connect, and exchange skills with jump rope friends from around the globe. This year, we are especially excited to feature the World Double Dutch Contest (DDCW) Invitational – a highlight not to be missed. Consider this championship not only a celebration of our shared sport, but also the perfect warm-up for the upcoming continental championships this summer.

This year holds even greater meaning as we proudly celebrate two important milestones: the 29th Anniversary of the Hong Kong Special Administrative Region (HKSAR) and the 29th Anniversary of the Hong Kong Rope Skipping Association, China (HKRSA).

Beyond the arena, we invite you to experience the vibrant spirit of our beautiful city—Hong Kong, China. May you leave with unforgettable memories, new friendships, and a deeper love for the sport we all cherish.

We can't wait to see you here and share this remarkable journey together!

GENERAL INFORMATION

Location	: Hong Kong, China
Dates	: 15-20 July, 2026 (Whole Championships)
	16 July (Thu) Arrival for Overseas Participants
	17 July (Fri) Open Ceremony
	18 July (Sat) Day 1 Event (Individual Events)
	19 July (Sun) Day 2 Event (Team Events)
	20 July (Mon) Day 3 Event (Double Dutch Contest World Invitational)
	20 July (Mon) Workshop & Departure
Venue	: Queen Elizabeth Stadium 18 Oi Kwan Road, Wan Chai, Hong Kong
Contacts	: info@hkropeskiipping.org

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IMPORTANT DATES AND DEADLINES

DATE	ITEMS
7, June 2026 (Sun)	Entries Close
	Submission of the final registration form which includes all applicants' and event details
22, June 2026 (Mon)	Full Payment
16, July 2026 (Thu)	Check in for overseas participants Warm up session
17, July 2026 (Fri)	Opening Ceremony Day 1 - Individual Events
18, July 2026 (Sat)	Day 2 – Team Events
19, July 2026 (Sun)	Day 3 Double Dutch Contest World Invitational DDC Speed DDC Performance
	Day 3 1-on-1 Single Rope Battle Single Rope Freestyle Battle (30sec)
20, July 2026 (Mon)	Workshop Check out & Departure

Competition schedule is subject to change

Limited Space for Overseas Participants on first come first serve basis

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EVENT AND DIVISION

DAY 1 & DAY 2

Age Group		Gender		
12-15	16+	Male	Female	Open

Single Rope Freestyle Events

SR Individual Freestyle (SRIF)	#	#	#	#	
SR Pairs Freestyle (SRPF)	#	#	#	#	#
SR Team Freestyle (SRTF)	#	#	#	#	#

Single Rope Speed Events

SR Speed 1x30 (SRSS)	#	#	#	#	
SR Speed 4x30 (SRSR)	#	#	#	#	#
SR Double Unders 2x30 (SRDR)	#	#	#	#	#
SR Speed 1x180 (SRSE)	#	#	#	#	

Double Dutch Freestyle Events

DD Single Freestyle (DDSF)	#	#	#	#	#
DD Pair Freestyle (DDPF)	#	#	#	#	#

Double Dutch Speed Events

DD Speed 1x60 (DDSS)	#	#	#	#	#
DD Speed 4x30 (DDSR)	#	#	#	#	#

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DAY 3 | DDCW INVITATIONAL

Double Dutch Contest World Invitational

	Age Group		Gender
	12-15	16+	Open
Speed	#	#	#
Performance	#	#	#

Note: Judging based on the IJRU rule book (<https://rules.ijru.sport/judging-manual/freestyle/ddc>)

1-on-1 Single Rope Battle

	Age Group		Gender	
	12-15	16+	Male	Female
1-on-1 Single Rope Battle (30s Freestyle)	#	#	#	#

1-on-1 Single Rope Battle

- All participants will compete in preliminary round, participants are required to perform a series of skills with 30 seconds limit, top 8 participants will be selected to enter Quarterfinals.
- Battle chart of Quarterfinals (Top 8) will be arranged by lucky draw, participants will undergo knockout battle based on 1-on-1 battles.
- Participants will have 1 round each in Quarterfinals (Top 8) and Semi-finals (Top 4), 2 rounds for Final heat, 30 seconds for each round.
- DJ will play the music randomly. Participants are required to perform a series of skills following the music.
- The order will be decided by turning Bottle.
- Judges decide the winner immediately by instant voting. Participants with higher number of votes will be the winner.
- Flow: Preliminary -> Quarterfinals (Top 8) > Semi-Finals (Top 4) > Final.

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COMPETITION SCHEDULE

Preliminary Schedule – subject to change	
16 July (Thu)	Overseas Participants Check-in Warm-up and Rehearsal
17 July (Fri)	Opening Ceremony Day 1 Individual Events Single Rope Speed Sprint (SRSS 1 x 30sec) Single Rope Speed Endurance (SRSE 1 x 180sec) Single Rope Individual Freestyle (SRIF 1 x 75sec)
18 July (Sat)	Day 2 Team Event Single Rope Double Unders Relay (SRDU 2 x 30sec) Single Rope Speed Relay (SRSR 4 x 30sec) Double Dutch Speed Sprint (DDSS 1 x 60sec) Double Dutch Speed Relay (DDSR 4 x 30sec) Single Rope Pair Freestyle (SRPF 1 x 75sec) Double Dutch Single Freestyle (DDSF 1 x 75sec) Double Dutch Pair Freestyle (DDPF 1 x 75sec) Single Rope Team Freestyle (SRTF 1 x 75sec)
19 July (Sun)	Day 3 Double Dutch Contest World Invitational DDC Speed DDC Performance Day 3 1-on-1 Single Rope Battle Single Rope Freestyle Battle (30sec)
20 July (Mon)	Workshop Overseas Participants Check-out

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TRANSPORTATION

Airport Transportation

The package will provide transportation to and from the Hong Kong International Airport on 16 and 20 July 2026. Please identify your airline, city of departure and flight number including time of arrival and departure.



COMPETITION VENUE

伊利沙伯體育館 Queen Elizabeth Stadium

<https://www.lcsd.gov.hk/en/qes/index.html>



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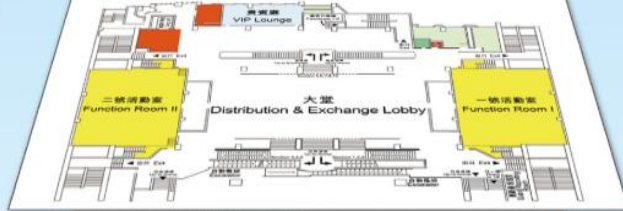


樓面佈置圖 Floor Plan

三樓
3/F



二樓
2/F



一樓
1/F



地下
G/F

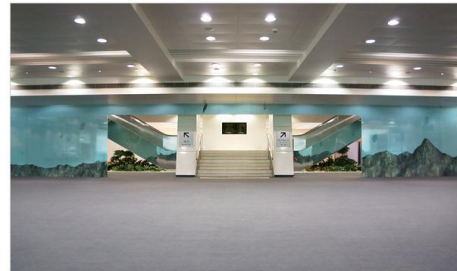


地庫
Basement



圖例
Legends

- 辦事處 Office
- 詢問處 Information
- 小食亭 Food Kiosk
- 殘疾人士洗手間 Disabled Toilets
- 斜坡通道 (供輪椅使用) Ramp (for wheelchair)
- 育嬰間 Baby Care Room
- 更衣室 Changing Rooms
- 護理室 Health Care Room
- 洗手間 Toilets



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HONG KONG ROPE SKIPPING INVITATIONAL FEATURING **DOUBLE DUTCH CONTEST WORLD INVITATIONAL**

Competition Floor: 3/F - Arena

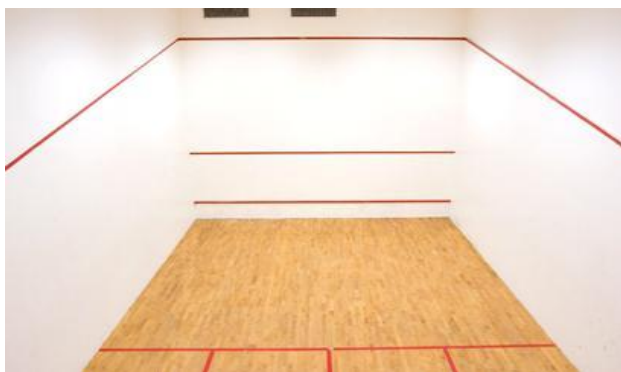


Warm-up Arena: Basement - Multi-purpose Hall Table Tennis Playing Area, Squash Court



Multi-purpose Hall

Table Tennis Playing Area



Squash Court

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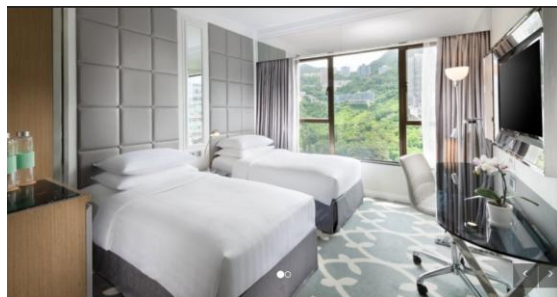
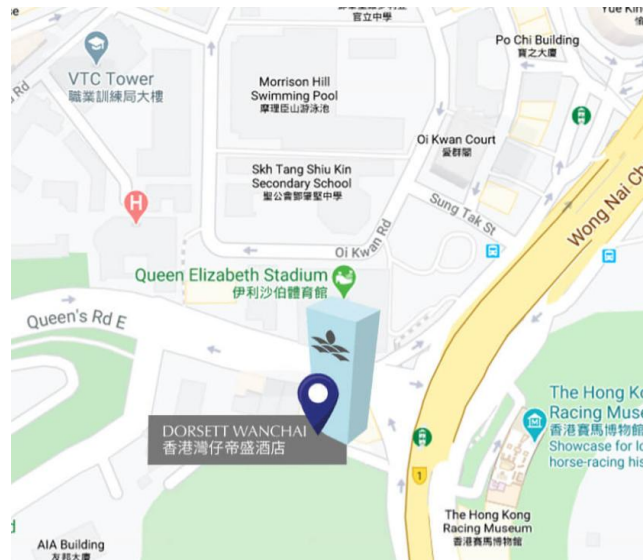
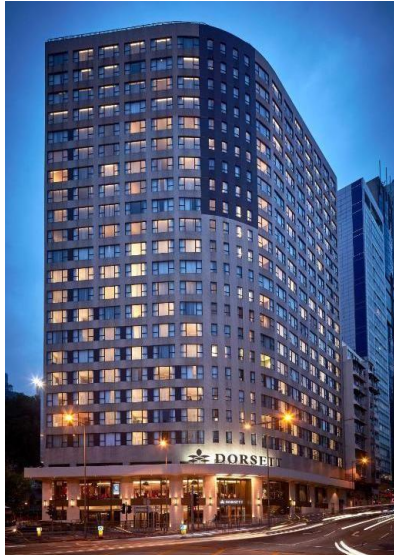


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ACCOMMODATION

Dorsett Wanchai HK Hotel

387-397 Queen's Road East, Wan Chai, Hong Kong
<https://www.wanchai.dorsetthotels.com>



Dorsett Wanchai is located opposite Queen Elizabeth Stadium and centrally in the thriving business and entertainment districts of Wan Chai and Causeway Bay, convenient access to the best shopping, entertainment, dining and transport nearby in Wan Chai.

- 10-minutes away from the Wan Chai station
- 8-minutes away from the Causeway Bay MTR station
- 5-minutes away from the Happy Valley Racecourse
- Shuttle bus service to Wan Chai, Causeway Bay and Central daily

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FULL PACKAGE

Athlete: USD 500 per person			Packages including :
Schedule	16-Jul	Check-in	(a) Competition Fee for all events
	17-Jul	Competition	(b) Hotel: 4 nights, including breakfast, two people per room
	18-Jul		(c) Transport: Round trip to/from Airport/Station & Hotel
	19-Jul		(d) Celebration Reception
	20-Jul	Workshop Check-out	(e) Souvenir Bag

Coach: USD 400 per person			Packages including :
Schedule	16-Jul	Check-in	(a) Competition Fee for all events
	17-Jul	Competition	(b) Hotel: 4 nights, including breakfast, two people per room
	18-Jul		(c) Transport: Round trip to/from Airport/Station & Hotel
	19-Jul		(d) Celebration Reception
	20-Jul	Workshop Check-out	(e) Souvenir Bag

DDCW INVITATIONAL ONLY PACKAGE

Athlete: USD 350 per person			Packages including :
Schedule	18-Jul	Check-in	(a) Competition Fee for all events
	19-Jul	Competition	(b) Hotel: 2 nights, including breakfast, two people per room
	20-Jul	Workshop Check-out	(c) Transport: Round trip to/from Airport/Station & Hotel
			(d) Celebration Reception
			(e) Souvenir Bag

Coach: USD 250 per person			Packages including :
Schedule	18-Jul	Check-in	(a) Competition Fee for all events
	19-Jul	Competition	(b) Hotel: 2 nights, including breakfast, two people per room
	20-Jul	Workshop Check-out	(c) Transport: Round trip to/from Airport/Station & Hotel
			(d) Celebration Reception
			(e) Souvenir Bag

*** For Single Occupancy, Additional Fee Will Be Charged USD 50 Per Night***

***Additional Night will be charged USD 50 Per Night / Person ***

*****The payment must be made in HKD, based on the exchange rate of 1 USD = 7.86 HKD*****

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PAYMENT & REGISTRATION

PLEASE SEND ALL PAYMENT IN **HK Dollar (\$)** Only

(All payments must be settled in HKD, with invoices issued at a fixed exchange rate of 1 USD = 7.86 HKD)

Account Holder Name : Hong Kong Rope Skipping Association, China Limited
Address : Workshop F, 11/F Leapont Centre, No 18-28 Wo Liu Hang Road, Shatin, N.T.
Bank Name : Hang Seng Bank Limited (024)
Address : 83 Des Voeux Road Central Hong Kong
Number : 024-290-053651-001
Swift/BIC code : HASEHKHH

All bank charges are subject to be paid by the participants. We will send you an invoice after submitting the registration form.

Required Documents

1. Registration Form (in Excel File)
2. Photo for Event Badge (Please send the passport photo size with white background)
3. Copy of Passport
4. Attendee Indemnity Form
5. Music for the Freestyle event

Cancellation Policy Please note that the deposit and full payment are non-refundable.

Insurance Policy

- Head of delegation and coaches will be fully responsible for their teams during the entire stay in Hong Kong.
- All participants are responsible for their own insurance.
- The host/organizer will provide an on-site first-aid station during the competition period at the venue.

Award and Certification

Participants will receive either a Certificate of Participation or a Medal accompanied by a Certificate of Achievement, depending on their performance.

Important Notes:

- *Airport/Station pick-up will be provided, please input flight details in the registration form*
 - *Late payment must be charged USD 100 additional of package per person*
 - *Please send all documents to email: info@hkropeskipling.org*

See you in Hong Kong, China

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