

Jump Rope Bowling Score Sheet

Student #	Name	V-Trap	(1-2)hand SRS	(1-2)hand CRS	Single Bounce	Double Bounce	Right Foot	Left Foot	Straddle	Scissors	Criss-Cross	100																										
18	Suzie Snow	5	2	X		7	/			4	4			7	2			4	3			3	4			2	2			1	2			3	2			Final Score
																																		8 5				
4	Jack Jones	8	1	6	3	X		3	2			5	/			3	3			2	3			1	3			1	2			2	3			Final Score		
																																		8 1				
																																		Final Score				
																																		Final Score				

V-Trap = stopping rope with foot and thumbs down

(1-2) = 1 or 2 handed

SRS = Side Rope Swing

CRS = Cross-Over Rope Swing

Single Bounce = 1 jump per rope turn

Double Bounce = 2 jumps per rope turn

Straddle = beginners: legs/feet out; intermediate; legs/feet out, cross in middle

Scissors = feet switching front and back

Criss-Cross = keep rope crossed; or cross then open rope

X = Strike (20 points)

X	
20	

/ = Spare (15 points)

6	/
15	

Regular Scoring =

1 #	2 #
1 + 2 = TS	

3	5
8	

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