

DOUBLE DUTCH

OBJECTIVE

4-H members learn about many aspects of personal development including good nutrition, self-esteem, exercise and overall fitness, cooperation, and teamwork through fun activities. Members learn routines and tricks for competitions and performances.

REQUIREMENTS FOR COMPETITION

Individual Test

- 1) A 25 second Compulsory Routine
- 2) A two-minute Speed Test

Single Teams (3 Members)

- 1) A 25 second Compulsory routine test
- 2) A two-minute speed test
- 3) A 60 second freestyle routine test

Double Teams (4 Members)

- 1) a 35 second Compulsory routine test
- 2) a two-minute speed test
- 3) a 60 second freestyle routine test

CLASSES

Class 1: Individual

Class 2: Single Teams

Class 3: Double Teams

AWARDS

All participants will receive noncompetitive club ribbons

5-1-2024