11 Double Dutch — Entering

**cues:** ready • set • go • jump • jump

1. With ropes already turning, the jumper stands next to a turner and watches the rope in the turner's hand on the opposite side of the turner's body.

2. The turner calls “Ready” the first time that rope passes the jumper's nose, “Set” the second time and “Go” the third time. The jumper enters on “Go.”

3. The jumper takes one long step, lands on both feet in the middle of the ropes and keeps jumping with a single bounce.

**tips:** See tips for Double Dutch — Jumping (Cold Start). • Learn the jumping skill and rhythm with a cold start before trying to enter and jump. • Mark the center of the ropes with tape or a line on the floor. • Watch only the opposite rope; ignore the nearer rope. • Use different-colored ropes. • Practice entering from either side and either end. • The turners must adjust to the jumper's speed. • Turn the ropes slowly to give the jumper more time to enter and jump successfully.

12 Double Dutch — Exiting

**cues:** ready • set • go (out)

1. While jumping, the jumper moves closer to the turner on the exit end, determines on which side of the turner to exit, and watches the rope in the turner's hand on the opposite side.

2. On each turn of the opposite rope, the jumper calls “Ready, Set, Go” and exits on “Go” by jumping forward over the rope toward the exit.

3. The jumper lands on both feet and steps away from the turner and ropes.

**tips:** See tips for Single Long Rope — Exiting. • The exit must occur on the word “Go,” not on the next jump. • The word “Out” may be substituted for the word “Go” when calling cues. • The exit jump may be a little higher than usual. • The turner can move slightly away from the jumper as he or she jumps out to help with the exit.