



Republic of the Philippines  
Department of Education  
NATIONAL CAPITAL REGION  
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division  
Superintendent


FEB 13 2024

**MEMORANDUM**

**2024 MUNTINLUPA CITY JUMP ROPE CHALLENGE**

To: Assistant Schools Division Superintendent  
Chief Education Supervisor, Curriculum Implementation Division  
Education Program Supervisor, School Governance and Operations Division  
Public Elementary and Secondary School Heads/OICs  
Administrative Officer V  
All Others Concerned

1. Attached is a letter from MS. CYNTHIA B. VIACRUSIS, City Government Department Head, Youth Affairs and Sports Development Office (YASDO), dated February 6, 2024, on the above-captioned title, the contents of which are self-explanatory, for the information and guidance of all concerned.
2. Particular attention is invited to the guidelines attached of the said Letter.
3. Immediate and wide dissemination of this Memorandum is desired.

  
**EVANGELINE P. LADINES, CESO V**  
Schools Division Superintendent

Encl: As stated

Reference:

To be indicated in the Perpetual Index  
under the following subjects

/GAMES                      SCHOOLS                      LEARNERS                      TRAINING

ECE/ 2024 MUNTINLUPA CITY JUMP ROPE CHALLENGE  
February 8, 2024

042

UN-2024-042

UN-042



Student Center for Life Skills Bldg., Centennial Ave, Brgy Tunasan,  
Muntinlupa City

(02) 805-9935, (02) 805 - 9940

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Republic of the Philippines  
**CITY GOVERNMENT OF MUNTINLUPA**  
Youth Affairs and Sports Development Office



February 6, 2024

**EVANGELINE LADINES, CESO V**  
Schools Division Superintendent  
**SCHOOLS DIVISION OFFICE**  
Centennial Avenue, Laguerta, Tunasan, Muntinlupa City

Dear Ma'am Ladines,

The City Government of Muntinlupa, through the Youth Affairs and Sports Development Office, is initiating the **"Jumping Rope for Women"** and **"Jumping Rope for Women Competition"**, scheduled for **March 10 to 23, 2024 & April, 6, 2024** (Every Saturday and Sunday), at the Activity Center, Ayala Mall South Park, Alabang, Muntinlupa. This activity will reveal the sports abilities of our youth and inspire other children engage into sports.

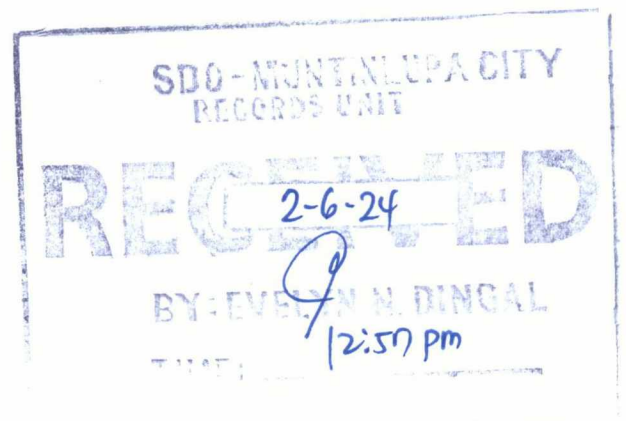
In connection with this, we seek your support and kind approval for the issuance of a Schools Division Memorandum to facilitate the active participation of public elementary, junior high school, and senior high school students. All qualifications and requirements are attached to this letter for your reference.

We sincerely appreciate your continuous support for youth and sports programs.

Thank you very much.

Sincerely,

  
**CYNTHIA B. VIACRUSIS**  
City Government Department Head II, YASDO



## 2024 Muntinlupa City Jump Rope Challenge

### GUIDELINES:

1. Competition is open to all Elementary, Junior High School and Senior High School in Muntinlupa (Public only)
2. Jump Rope Category by Age:     Elementary – (9 to 12 years old)  
  Junior High School – (13 to 16 years old)  
  Senior High School – (17 to 19 years old)
3. Participants:                             Only bona fide pupils or students at any public schools in Muntinlupa
4. Requirements:                         Duly accomplished ENTRY FORM  
  Any documents that will confirm their age (School ID, Birth Certificate or etc.)
5. Eligibility:                             Each participant shall be duly recognized and endorsed by the respective school. Participating school shall submit an Official Entry Form duly signed by the School Principal with complete documentary requirements.
6. Deadline of Submission of Entry: The deadline of Submission will be on February 29, 2024 through email address [yasdomunti@gmail.com](mailto:yasdomunti@gmail.com) or you can submit to Youth Affairs and Sports Development Office, Muntinlupa Sports Center, Tunasan, Muntinlupa City.
7. Confirmation of Participants:     For time management and budget purposes, we will be strictly following the allotted number of participants per school. Deadline of List of participants is on February 29, 2024.
8. Mechanics  
For the five (5) training sessions including competition day;
  - a. There will be a 1:10 ratio for the coach and the participants.
  - b. They must attend at least 4 training sessions to get a certificate or to qualify for the next level which is the competition proper.
  - c. The training will be face-to-face on the following dates **March 10, 16, 17, 23, & April 6, 2024** and each session will go from 2:00pm-5:00pm
  - d. The venue of the training sessions **will be at the Activity Center of Ayala Malls, South Park, Alabang, Muntinlupa City.**
  - e. Each participant **will get a jump rope during the launching/first session of the event.**

f. 2 new events will be added;

**1.) Pair Freestyle Event**

- This event requires a pair of jumpers to qualify.
- A pair can be mixed gender (male and female) or with the same gender (both male or both female).
- A pair will be given a minimum of 60 seconds and a maximum of 75 seconds to complete their jump rope freestyle routine.
- Background music is required while performing the routine.
- Only jump ropes are allowed to be used during the the entire routine. Use of props or other materials aside from jump rope will be disqualified.

**2.) Single Rope Speed Event**

- This is an individual and mixed gender event.
- Each jumper will perform alternate foot steps for 30 seconds and only the right foot will be counted.
- If the jumper trips during the game, the player must continue jumping until the end of the given time.
- Only ropes from the organizing committee are allowed to be used for this event.

For the Competition,

a. Criteria for Judging

Difficulty	-	30%
Presentation	-	30%
Creativity	-	30%
Audience Impact	-	10%
		<hr/>
		100%

9. The organizing committee reserves the right to review, modify and/or revise the tournament guidelines for the interest of the competition and the participants. It will ensure that any changes that may arise will be properly coordinated and acknowledged by the participants.

10. Prizes

1 <sup>st</sup> Place	-	Gold Medal + Certificate + Cash Prize
2 <sup>nd</sup> Place	-	Silver Medal + Certificate + Cash Prize
3 <sup>rd</sup> Place	-	Bronze Medal + Certificate + Cash Prize

**2024 Muntinlupa City Jump Rope Challenge**  
**DISTRIBUTION OF PARTICIPANTS PER SCHOOL**

<b>School</b>	<b>Number of Participants</b>	<b>Age Bracket</b>
1. Victoria Elementary School	3	9-12 yrs. old
2. Tunasan Elementary School	3	9-12 yrs. old
3. Poblacion Elementary School	3	9-12 yrs. old
4. Itaas Elementary School	3	9-12 yrs. old
5. Muntinlupa Elementary School	3	9-12 yrs. old
6. Putatan Elementary School	3	9-12 yrs. old
7. F. de Mesa Elementary School	3	9-12 yrs. old
8. Lakeview Elementary School	3	9-12 yrs. old
9. Soldier's Hills Elementary School	3	9-12 yrs. old
10. Bayanan Main Elementary School	3	9-12 yrs. old
11. Bayanan Unit 1 Elementary School	3	9-12 yrs. old
12. Alabang Elementary School	3	9-12 yrs. old
13. Filinvest Elementary School	3	9-12 yrs. old
14. Cupang Elementary School-Main	3	9-12 yrs. old
15. Cupang Elem. School Annex	3	9-12 yrs. old
16. Buli Elementary School	3	9-12 yrs. old
17. Sucat Elementary School	3	9-12 yrs. old
18. Sucat ES – Sitio Pagkakaisa Annex Zone 3	3	9-12 yrs. old
19. Sucat ES – Sitio Pagkakaisa Annex Zone 4	3	9-12 yrs. old
20. Bagong Silang Elementary School	3	9-12 yrs. old
21. Muntinlupa Science High School	5	13-16 yrs. old
22. Lakeview Integrated School	5	13-16 yrs. old
23. Tunasan National High School	5	13-16 yrs. old
24. Muntinlupa National High School- Main	4	13-16 yrs. old
25. Muntinlupa Business High School - Main	4	13-16 yrs. old
26. Muntinlupa Business High School Annex	4	13-16 yrs. old
27. Pedro E. Diaz High School	5	13-16 yrs. old
28. Poblacion National High School	4	13-16 yrs. old
29. Cupang Senior High School	4	17-19 yrs. old
<b>Total Number of Participants</b>	<b>100</b>	

Kindly submit your form on this format:

**2024 Muntinlupa City Jump Rope Challenge  
Entry Sheet**

<b>Name of School:</b>			
<b>Name of Teacher Coordinator:</b>			
<b>Contact Number:</b>			
<b>List of Participants</b>			
<b>Name of Students</b>	<b>Age</b>	<b>Gender</b>	<b>Grade Level</b>

Noted:

\_\_\_\_\_  
Principal's Name and Signature

For clarification you may contact **Marvin L. Malahito** or **Jennifer M. Pantay** at telephone no. 8862-8428.