



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

Office of the Schools Division  
Superintendent

FEB 06 2025

**MEMORANDUM**

**JUMPING ROPE FOR WOMEN COMPETITION**

To: OIC – Assistant Schools Division Superintendent  
Chief Education Supervisor, Curriculum Implementation Division  
OIC-Chief Education 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, Department Head, Youth Affairs and Sports Development Office (YASDO), dated January 31, 2025, on the above-captioned title, the contents of which are self-explanatory, for the information and guidance of all concerned.
2. Relative to this, the learner participants are required to submit signed parental consent or waiver.
3. Please see the attached competition guidelines and the required number of learner participants per secondary school.
4. Immediate and wide dissemination of this Memorandum is desired.

For:

**VIOLETA M. GONZALES**

Assistant Schools Division Superintendent  
Officer-In-Charge  
Office of the Schools Division Superintendent

By:

  
**MA. REGAELE A. OLARTE**

OIC-Chief of School Governance and Operations Division  
Officer-In-Charge

Encl: As stated

Reference:

To be indicated in the Perpetual Index  
under the following subjects



/TRAININGS      SCHOOLS      TEACHERS      LEARNERS

E C E/ JUMPING ROPE FOR WOMEN COMPETITION

068 February 6, 2025

UN-2025-068



 Student Center for Life Skills Bldg., Centennial Ave, Brgy Tunasan,  
Muntinlupa City  
 (02) 805-9935, (02) 805 - 9940



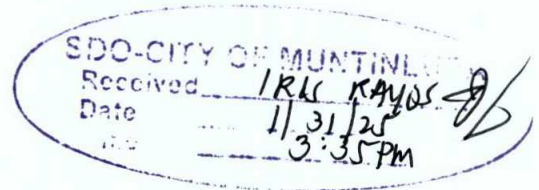


Republic of the Philippines  
**CITY GOVERNMENT OF MUNTINLUPA**  
**Youth Affairs and Sports Development Office**



Ref No. YSD-Sports 2025 – 007A  
January 31, 2025

**VIOLETA M. GONZALES, CESO VI**  
Officer-In Charge  
**SCHOOLS DIVISION OFFICE**  
Centennial Avenue, Laguerta, Tunasan, Muntinlupa City



Dear Ma'am Gonzales:

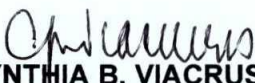
The City Government of Muntinlupa, through the Youth Affairs and Sports Development Office, is initiating the **"Jumping Rope for Women"** and **"Jumping Rope for Women Competition"**, scheduled on **March 15, 22, 29, 30 & April 5, 2025** at the Activity Center, Ayala Mall South Park, Alabang, Muntinlupa. 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 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**  
Department Head, YASDO



## 2025 Muntinlupa City Jump Rope Challenge 4.0

### GUIDELINES:

1. Competition is open to all Junior High School and Senior High School in Muntinlupa (Public only)
2. Jump Rope Category by Age: Junior High School – (15 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 25, 2025 through email address [yasdo@muntinlupacity.gov.ph](mailto:yasdo@muntinlupacity.gov.ph) 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 25, 2025.
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 E-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 15, 22, 29, 30, & April 5, 2024** and each session will go from 1:00pm-4:00pm
  - 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 footsteps 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	-	40%
Presentation	-	25%
Creativity	-	25%
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	-	Plaque + E-Certificate + Cash Prize
2 <sup>nd</sup> Place	-	Plaque + E-Certificate + Cash Prize
3 <sup>rd</sup> Place	-	Plaque + E-Certificate + Cash Prize

## 2025 Muntinlupa City Jump Rope Challenge 4.0

### DISTRIBUTION OF PARTICIPANTS PER SCHOOL

School	Number of Participants	Age Bracket
1. Muntinlupa Science High School	6	15-16 yrs. old
	6	17-19 yrs. old
2. Lakeview Integrated School	6	15-16 yrs. old
	5	17-19 yrs. old
3. Tunasan National High School	6	15-16 yrs. old
	5	17-19 yrs. old
4. Muntinlupa National High School- Main	6	15-16 yrs. old
	6	17-19 yrs. old
5. Muntinlupa Business High School - Main	6	15-16 yrs. old
	6	17-19 yrs. old
6. Muntinlupa Business High School Annex	6	15-16 yrs. old
	5	17-19 yrs. old
7. Pedro E. Diaz High School	6	15-16 yrs. old
	5	17-19 yrs. old
8. Poblacion National High School	6	15-16 yrs. old
	5	17-19 yrs. old
9. Cupang Senior High School	9	17-19 yrs. old
<b>Total number of participants</b>	<b>100</b>	

Kindly submit your form on this format:

**2025 Muntinlupa City Jump Rope Challenge 4.0  
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 **Mr. Jeffrey Cate** or **Ms. Jennifer M. Pantay** at telephone no. 8862-8428.