

# Wettkampfsystem Team

Wettkämpfe

## Gewichtung Team

Single  
Rope

**T1/ 2**  
4-5 TN

Speed  
(2 x 30 sec)  
Double Under  
(2 x 30 sec)

x 3

Pairs freestyle  
(45 - 75 sec)

x 25

Team Freestyle  
45 - 75 sec

x 25

Double  
Dutch

Speed Relay  
(4x 45 sec)

x 2

Single freestyle  
(45 - 75 sec)

x 25

Pairs Freestyle  
45 - 75 sec

x 25

**T3**  
4-8 TN

Speed  
(2 x 30 sec)  
Double Under  
(2 x 30 sec)

x 1

Team Freestyle (4)  
45 - 75 sec

x 25

Speed Relay  
(4x45 sec)

x 1

Single freestyle  
(45 - 75 sec)

x 25

**T4**  
4- 8 TN

Team Freestyle  
(4 - 8)  
45 - 75 sec

x 25

Speed Relay  
(3 x 40 sec)

x 1