UPRSA
ROPE SKIPPING ASSOCIATION
Uttar Pradesh
Rope Skipping Association

ActiveSchool™

Organizes

INDIAN ROPE SKIPPING FEDERATION
IRSF
Affiliated with
Indian Rope Skipping Association
(IRSF)



DISTRICT BIJNOR
ROPE SKIPPING CHAMPIONSHIP
2026



28th Oct 2026 | **VSD Public School**

Organized by
UPRSA Rope Skipping Association

Affiliated with
Indian Rope Skipping Association (IRSF)





9917882233 | upropeskipping@gmail.com

Jump • Skill • Fitness • Future

IRSF - INDIAN ROPE SKIPPING FEDERATION

UTTAR PRADESH ROPE SKIPING ASSOCIATION

CIN - U93190UP2025NPL229775

UPRSA ROPE SKIPPING ASSOCIATION

Section 8 Non Profit Company Incorporated by Ministry of Corporate Affairs, Govt of India

Affiliated with INDIAN ROPE SKIPPING FEDERATION (IRSF)

Asian Rope Skipping Confederation , International Rope Skipping Organization (IRSO)

ROPE SKIPPING RECOGNIZED BY:

- Uttar Pradesh Olympic Association
- CBSE - Central Board of Secondary Education
- AIU - Association of Indian Universities

उत्तर प्रदेश रोप स्किपिंग एसोसिएशन

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DISTRICT BIJNOR ROPE SKIPPING CHAMPIONSHIP 2026

Dear Principal / Director / Coach / Sports Coordinator,

The **UPRSA Rope Skipping Association, Bijnor** is pleased to invite your **Boys and Girls teams** to participate in the **District Bijnor Rope Skipping Championship 2026**, scheduled to be held on **28 October 2026 at VSD Public School, Bijnor**.

UPRSA is working to promote and develop **Rope Skipping as a sport across Uttar Pradesh**, providing opportunities for children and young athletes to participate in organized competitions and develop their sporting abilities.

The sport is promoted through recognized sporting and educational networks, including the **Uttar Pradesh Olympic Association and Central Board of Secondary Education (CBSE)**, and is also endorsed by the **International Health and Fitness Association (IHFA)** for health and fitness promotion.

We invite your school, academy or institution to nominate **Boys and Girls teams** for participation in the District championship as attached general information.

Participation will provide young athletes with an opportunity to:

- Participate in an organized district-level championship
- Develop competitive experience and sportsmanship
- Improve physical fitness and motor skills
- Represent their school or institution
- Interact with athletes and coaches from across Bijnor district
- opportunities in further Rope Skipping state / national championships

We look forward to your institution's participation and support in promoting **Rope Skipping, Fitness and Active Lifestyles among children and young people**.

Dr. Vipin Kumar Rishi, PT
Gen. Secretary, UPRSA Rope Skipping Association, Bijnor
9917882233 , upropeskipping@gmail.comhttps://upropeskipping.com

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DISTRICT BIJNOR ROPE SKIPPING CHAMPIONSHIP 2026

GENERAL INFORMATION

Championship Date & Time	28th Oct 2026 Time 9 AM to 2 PM
Last Date of Entry	15th Oct 2026
Age Group	Under 10 (Novice), Under 12, Under 14 (Sub Jr.), Under 17 (Junior), Above 17 (Senior)
Events	1. Speed Hop – 30 Seconds 2. Speed Sprint – 30 Seconds
Awards	Certificate to all participants • 1st Position – Gold Medal • 2nd Position – Silver Medal • 3rd Position – Bronze Medal
Participation Fee	INR 150/ Participant A/c Number: 44410429301 A/c Name: UPRSA Rope Skipping Association Bank : State Bank of India IFSC: SBIN0018564 Branch Dhanura
Document Required	List of Participant as Annexure (2A) attested by the School Principal or Gazetted officer.
Contact	Mrs. Heamlata (Sports & PE), VSD Public School , Bijnor 70601 31878 UPRSA - 9917882233 , upropeskipping@gmail.com

ANNEXURE (ENTRY FORM)

DISTRICT ROPE SKIPPING CHAMPIONSHIP | GENDER - CATEGORY - BOYS / GIRLS

SCHOOL / ORGANISATION_____

CONTACT PERSON _____**CONTACT NUMBER:**_____

PASSPORT PHOTO (Attested by School Principal / Gazetted officer)	NAME : _____ CLASS _____ FATHER'S NAME : _____	DATE OF BIRTH: DD/MM/YYYY AGE ON 25th OCT 2026 ……
PASSPORT PHOTO (Attested by School Principal / Gazetted officer)	NAME : _____ CLASS _____ FATHER'S NAME : _____	DATE OF BIRTH: DD/MM/YYYY AGE ON 25th OCT 2026 ……
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