

LEVEL 1 White	First Jumps Typical: Reception - Walks along a rope laid on the floor without stepping off - Jumps over a still rope with two feet and lands softly - Jumps over a wriggling rope (Wiggly Worm) without touching it - Can do 5 soft landing bounces (jumps)
LEVEL 2 Yellow	Rope Ready Typical: Reception to Year 1 - Runs under a turning long rope (Under the Moon) - Hops five times on each leg (without a rope) - Holds the handles of their own rope and swings it over the head - Swings, stops and jumps their own rope 5 times (not continuous skipping)
LEVEL 3 Orange	Skipper Typical: Years 1 to 2 - Skips 10 times in a row (double or single bounce) - Skips at least once backwards - Counts their own skips out loud (forwards or backwards skipping) - Jumps inside a long rope while teachers turn the rope
LEVEL 4 Green	Rhythm Typical: Years 1 to 3 - Skips 20 single bounces in a row - Skips 10 running steps and hops 5 on each foot - Skips 5 backwards in a row - Skips 5 side straddles - Runs into a long rope, jumps once and runs out (see the Figure of Eight long rope game)
LEVEL 5 Blue	Tricks Typical: Years 3 to 4 - Performs 4 beginner tricks (straddle, scissors, ex, slalom or bell), 4 skips each - Skips 10 face to face with a partner in one rope - Sets a 30-second score and beats it
LEVEL 6 Purple	Routine Typical: Years 4 to 5 - Links any 6 tricks into a routine, 8 skips each, without stopping - Turns a long rope steadily for others - Keeps the pot boiling in Figure of Eight in a group of 6 to 8, completing 2 full figures of 8 (4 jumps)
LEVEL 7 Red	Advanced Typical: Years 4 to 6 - Side swings on both sides and opens out into a skip - Jumps a crossover and uncrosses without stopping - Jumps into Double Dutch and bounces 4 times
LEVEL 8 Black	Expert Typical: Years 5 to 6 - Performs 5 double unders (single bounces in between are fine) - Performs a full 360 degree turn - Performs a side swing cross on both sides - Leads a group routine including individual, partner and long rope moves - Keeps the pot boiling in Figure of Eight in a team of 6 to 8: 5 full figures of 8 each (10 jumps), with the whole team succeeding

After Black: the Bronze, Silver and Gold Awards Taken in order. Gold is the top skip-hop award.

Bronze	ADVANCED AWARD	Silver	ADVANCED AWARD	Gold	TOP AWARD
Safety and Poise checks and the preliminary skips, then 10 skills (bell, slalom, twister, side straddle and more), any 8 of the 10 skills linked in one routine, without a miss or error.		10 skills (rodeo, cyclone, coil, crossover and more), any 7 of the 10 skills linked in one routine, without a miss or error.		8 skills (crougar (pretzel), skipping into and out of the crougar, marlee, razzle dazzle and more), any 6 of the 8 skills linked in one routine, without a miss or error.	