

Jump Rope/Double Dutch

Skipping rope or **Jump rope** is the primary tool used in the [activity](#) of skipping played by [children](#) and many young adults, where one or more participants jump over a [rope](#) swung so that it passes under their feet and over their heads. This may consist of one participant turning and [jumping](#) the rope, or a minimum of three participants taking turns, two of whom turn the rope while one or more jumps. This is called long rope. Sometimes the latter is played with two turning ropes; this form of the activity is called [Double Dutch](#) and is more difficult. [Jump-rope rhymes](#) are often chanted beginning when the skipper jumps in and ending when the skipper messes up.

Health effects

Skipping as exercise

Skipping may be used for a [cardiovascular](#) workout, similar to [jogging](#) or [bicycle riding](#). This [aerobic exercise](#) can achieve a "burn rate" of up to 700 [calories](#) per hour of vigorous activity, with about 0.1 calories consumed per jump. Ten minutes of jumping rope is roughly the equivalent of running an eight-minute mile. Jumping rope for 15–20 minutes is enough to burn off the calories from a candy bar.^[1]

Weighted jump ropes are available for such athletes to increase the difficulty and effectiveness of such exercise. Individuals or groups can participate in the exercise, and learning proper jump rope technique is relatively simple compared to many other athletic activities. The exercise is also appropriate for a wide range of ages and fitness levels.

Double Dutch is a game in which two long [jump ropes](#) turning in opposite directions are jumped by one or more players jumping simultaneously. It is popular worldwide.^[1] Competitions in double Dutch range from block parties to the world level. During the spring of 2009, double Dutch became a varsity sport in New York City public high schools.^[2] It has been fancifully debated whether double Dutch came over with the first Dutch settlers or appeared in the first half of the 1900s

https://en.wikipedia.org/wiki/Skipping_rope