附件：

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| **2025年“奔跑吧·少年”全国跳绳段位挑战赛（浙江嘉兴站）**  **项目设置及分组** | | | | | | | | |
| **类别** | **项目名称** | **5-6岁** | **7-9岁** | **10-12岁** | **13-15岁** | **16-20岁** | **21-30岁组** | **31岁及以上组** |
| 速度项目 | 30秒单摇跳(并脚跳) | √ |  |  |  |  |  |  |
| 30秒单摇跳(双脚轮换跳) |  | √ | √ | √ | √ | √ | √ |
| 3分钟单摇跳(双脚轮换跳) | √ | √ | √ | √ | √ | √ | √ |
| 段位耐力一段挑战赛 | √ | √ |  |  |  |  |  |
| 段位耐力二段挑战赛 |  |  | √ | √ | √ | √ | √ |
| 段位耐力三段挑战赛 |  |  | √ | √ | √ | √ | √ |
| 段位耐力四段挑战赛 |  |  | √ | √ | √ | √ | √ |
| 段位耐力五段挑战赛 |  |  | √ | √ | √ | √ | √ |
| 段位耐力六段挑战赛 |  |  | √ | √ | √ | √ | √ |
| 规定套路 | 个人花样规定套路段前级初级 | √ |  |  |  |  |  |  |
| 个人花样规定套路段前级中级 | √ |  |  |  |  |  |  |
| 个人花样规定套路段前级高级 | √ |  |  |  |  |  |  |
| 个人花样规定套路一段 |  | √ | √ | √ | √ | √ | √ |
| 个人花样规定套路二段 |  | √ | √ | √ | √ | √ | √ |
| 个人花样规定套路三段 |  | √ | √ | √ | √ | √ | √ |
| 个人花样规定套路四段 |  | √ | √ | √ | √ | √ | √ |
| 个人花样规定套路五段 |  | √ | √ | √ | √ | √ | √ |
| 个人花样规定套路六段 |  | √ | √ | √ | √ | √ | √ |
| 个人花样规定套路七段 |  |  | √ | √ | √ | √ | √ |
| 个人花样规定套路八段 |  |  |  | √ | √ | √ | √ |
| 个人花样规定套路九段 |  |  |  | √ | √ | √ | √ |