

2013 TeamGym Squad Competition Information Form – LEVEL 1

The following form needs to be completed and submitted by the squad coach at least 30 minutes prior to the scheduled start-time for the competition.
Failure to submit this form on time is subject to a 0.5 deduction from the Squad's Group Jump Final Score.

SQUAD NAME/NICKNAME: _____

ON SQUAD: _____

CLUB/CITY: _____ **ST:** _____

UNIFORM COLOR(S): _____

GENDER : ☐ Female ☐ Open-Female ☐ Mixed ☐ Open-Male ☐ Male ☐ ADSN

TUMBLING – Level 1 Performs 1 Pass from choices below, OR use Coach's Choice – There is no intensification at this level	
___ Pass 1	Voluntary - Ft. roll (T), Dive Ft. roll, Ft roll (T), Dive Ft. roll, Tuck jump to 2 foot landing, Step forward to lunge
___ Pass 2	Voluntary - Ft. roll (T), Dive Ft. roll, Straight Jump w/ ½ turn, Bk roll, Pike Bk roll to finish in Straddle stand.
Coaches' Choice elements: • Any listed skill element for L-1 TU (various rolls, etc.). • Basic jumps: Straight, T, Pike, Straddle, Spread Eagle ___ Coach Choice Pass for Level 1: (Write out the complete pass)	
___ ADSN Pass	Voluntary: Squat to "tap" → Jump (S, T) → Jump (S, T) → 2-3 steps to stand → Squat to "tap" → Jump (S, T) → Jump (S, T) → 2-3 steps to stand & Finish
Coaches' Choice elements: • Pass consists of 4-6 skill elements; • Elements should flow from one to another; • Rolls (Ft, Bk, log, etc.); Basic Jumps; walks, skips, hops; shoulder rolls, push-ups, etc.; • Individual ADSN athletes may show variances in skill elements. ___ Coach Choice Pass for ADSN Level 1: (Write out the complete pass)	
VAULTING – Level 1 Performs 1 Vault	
L1 Vault Selection	___ Jump on, Straight jump off – OR – ___ Jump-on, Tuck-open off – OR – ___ Jump-on, Spread eagle off
___ ADSN-L1 Selection	___ Jump on, Straight jump off – OR – ___ Jump-on, Tuck-open off – OR – ___ Jump-on, Spread eagle off ___ ADSN may also select Straight Jump off
Start Values (SV) For Level 1 Jump-on/Jump Off Vaults – Please "X" below the SV for the height that your squad selects to utilize. ___ SV = 2.0 – For all squads that select to utilize the Vault Table or similar Vault Training Device that permits a minimum height of 38" (±1 inch). ___ SV = 1.5 – For all squads that utilize a Mat-shape or Vault Training Device that is set between 14"-27" – (i.e., >14" and <37") ___ SV = 1.0 – For all squads that utilize a Mat-shape or Vault Training Device that is Less than 14" in height – such as a folded panel mat or the bottom piece of a trapezoid.	
MINI-TRAMP – Level 1 Performs 1 Jump to standard landing mat.	
L1 Jump Selection	Choices: ___ Tuck jump (open) ___ Spread eagle <i>NOTE: Squad members may perform either jump, but those performing the same jump should be grouped together.</i>
___ ADSN-L1 Jump Selection	Choices: ___ Straight Jump ___ Tuck jump (open) ___ Spread eagle <i>NOTE: The preference is that all of the squad members perform the same jump, but there will be no "special deduction" if it is necessary for any ADSN athletes to select a different jump. Those performing the same jump should be grouped together.</i>

2013 TeamGym Squad Competition Information Form – LEVEL 2

The following form needs to be completed and submitted by the squad coach at least 30 minutes prior to the scheduled start-time for the competition.
Failure to submit this form on time is subject to a 0.5 deduction from the Squad's Group Jump Final Score.

SQUAD NAME/NICKNAME: _____

ON SQUAD: _____

CLUB/CITY: _____ ST: _____

UNIFORM COLOR(S): _____

GENDER : ☐ Female ☐ Open-Female ☐ Mixed ☐ Open-Male ☐ Male ☐ ADSN

TUMBLING – Level 2 Performs 2 Passes from choices below, OR use Coach's Choice for "Voluntary" pass.	
__ Pass 1	REQUIRED – 4 cartwheels in series (Front-to-side; lateral, lateral, side-to-back)... Finish in lunge and exit.
__ Pass 2	Voluntary – Hndstd Ft. Roll → Step into c/w → C/w turn to stand facing fwd and Power hurdle → RO rebound and finish in lunge.
Coaches' Choice elements: • Any listed skill element for L-1 or L-2 TU such as varieties of walkovers, BHS's, RO, pirouettes, etc.; • Hurdles, chassés, & other locomotors; • Walkovers (such as FWO, BWO., Tinsicas). __ Coach Choice Pass for Level 2: (Write out the complete pass)	
__ ADSN 1	Voluntary: • c/w → chassé → c/w → chassé → c/w → LUNGE show finish position
__ ADSN 2	Voluntary: • Kick-up to "near" Hndstd, step-down → chassé → chassé → Hndstd step-down → chassé → c/w → LUNGE show finish
Coaches' Choice elements: • Pass consists of 4-6 elements; • Any skill elements from L-1 & L-2 TU; • Elements should flow from one to another with continuous movement. __ Coach Choice Pass for ADSN Level 1: (Write out the complete pass)	
VAULTING – Level 2 Performs 1 Vault onto a MAT STACK	
L2 Vault	__ Jump with stretched position in pre-flight to Dive roll
__ ADSN-L1 Choices	NOTE: Performs 1 Vault onto a Standard landing mat (NOT a Mat Stack). May use the same set-up as in L1 -- Basic Jumps – Jump-on / Jump-off ... Choices: __ Straight jump – OR – __ Tuck jump – OR – __ Spread eagle The preference is that all of the squad members perform the same vault but there will be no "special deduction" if it is necessary for any ADSN athletes to select a different jump. Those performing the same vault should be grouped together.
MINI-TRAMP – Level 2 Performs 1 pass to MAT STACK	
L2 Jump Selection(s)	Choices: __ Tuck jump (open) __ Spread eagle __ Straddle toe touch __ Pike Jump Squad members may perform 1 or any 2 of these jumps. Those performing the same jump should be grouped together.
__ ADSN-L2 Jump Selection	NOTE: ADSN may use an elevated run-up to the MT. May use a standard landing mat. Choices: __ Tuck jump (open) __ Spread eagle __ Straddle toe touch __ Pike Jump Squad members may perform 1 or any 2 of these jumps. Those performing the same jump should be grouped together.

2013 TeamGym Squad Competition Information Form – LEVEL 3

The following form needs to be completed and submitted by the squad coach at least 30 minutes prior to the scheduled start-time for the competition.
Failure to submit this form on time is subject to a 0.5 deduction from the Squad's Group Jump Final Score.

SQUAD NAME/NICKNAME: _____

ON SQUAD: _____

CLUB/CITY: _____ ST: _____

UNIFORM COLOR(S): _____

GENDER : ☐ Female ☐ Open-Female ☐ Mixed ☐ Open-Male ☐ Male ☐ ADSN

TUMBLING – Level 3 Performs 2 Passes from choices below, OR use Coach's Choice There is no intensification at this level.	
__ Pass 1	REQUIRED – From stand, Run/hurdle to [RO–BHS step-out ¼ turn into c/w] – OR – [RO-BHS rebound with turn to step-out] → c/w → RO rebound to lunge.
__ Pass 2	Voluntary __ From stand facing forward... Hndstd ½ pirouette stepdown into Bk walkover to lunge → quick turn & run/hurdle, RO–BHS, Rebound to lunge. – OR – __ From stand facing forward... Hndstd ½ pirouette → c/w to lunge → quick turn & run/hurdle, RO–BHS, Rebound to lunge.
Coaches' Choice elements: • Any listed skill element for L-3 TU such as all varieties of walkovers, BHS's, RO, pirouettes, etc __ Coach Choice Pass for Level 3: (Write out the complete pass) 	
VAULTING – Level 3 Performs 1 Vault onto a MAT STACK – Start Value (SV) for the following jumps = 2.0.	
L3 Vault(s)	Run, hurdle, jump from the board showing an extended body in the preflight to... __ Handstand to flatback – AND/OR – __ Handspring to flatback <i>NOTE: Those selecting Hndstd to flatback perform before those doing Hndspg to flatback.</i>
MINI-TRAMP – Level 3 Performs 1 pass to MAT STACK.	
Jump Choices	__ Straight Jump with 360° turn – AND/OR – __ Front salto tuck <i>NOTE: If any squad members are not ready to perform the Front salto tuck, they may substitute with the Jump 360° turn and must perform first.</i>

2013 TeamGym Squad Competition Information Form – LEVEL 4

The following form needs to be completed and submitted by the squad coach at least 30 minutes prior to the scheduled start-time for the competition.
Failure to submit this form on time is subject to a 0.5 deduction from the Squad's Group Jump Final Score.

SQUAD NAME/NICKNAME: _____

ON SQUAD: _____

CLUB/CITY: _____ **ST:** _____

UNIFORM COLOR(S): _____

GENDER : ___ Female ___ Open-Female ___ Mixed ___ Open-Male ___ Male ___ ADSN

TUMBLING – Level 4 Performs 2 Passes from choices below, OR use Coach's Choice	
___ Pass 1	REQUIRED ___ From stand, Run/hurdle, RO–BHS (1), RO–BHS (2), RO–BHS (3), Rebound to lunge... exit. Last athlete should hold & show the lunge <i>NOTE: Pass1 MAY be intensified by adding a Bk. Salto (T) after the 2nd BHS.</i>
___ Pass 2	Voluntary Pass Choices ___ From stand, Run/hurdle, FHS stepout (w/ flight from hands), FHS stepout (w/ flight from hands), RO–BHS, Rebound to lunge. – OR – ___ From stand facing forward... Hndstd ½ pirouette → c/w to lunge → quick turn & run/hurdle, RO–BHS, Rebound to lunge.
Coaches' Choice elements: • Any listed skill element for L-4 Tumbling. • MUST include some kind of FHS: w/ 2-foot landing, w/ step-out, and/or Flyspring. • MUST include Fwd and Bkw tumbling. • MAY include some kind of Ft. Salto (T) ___ Coach Choice Pass for Level 4: (Write out the complete pass) 	
VAULTING – Level 4 Performs 1 or 2 Vaults over Standard Vault Table – Height of Vault Table is at the coach's discretion	
L4 Vault 1	REQUIRED ___ Front Handspring Vault (SV= 2.0) <i>NOTE 1: If the squad only performs the REQUIRED FHS vault, their Jump-VT score will be based solely on this one pass.</i>
L4 Vault 2 choices	Voluntary (SV= 2.0) ___ Choice 1 - Jump-on / FHS-off – OR – ___ Choice 2 - Jump-on/Ft. Salto-off (T) <i>NOTE 2: If the squad also performs 1 of the Voluntary vaults, the 2 scores will be averaged for their final Jump-VT score.</i>
MINI-TRAMP – Level 4 Performs 1 pass to standard landing mat. Start Value (SV) for the following jumps = 2.0.	
Jump Choices	___ Ft. salto (T) – OR – ___ Ft. salto (P) <i>Squad members may perform either jump. Those performing the Ft. salto (P) should follow those doing the Ft. salto (T).</i>

2013 TeamGym Squad Competition Information Form – LEVEL 5

The following form needs to be completed and submitted by the squad coach at least 30 minutes prior to the scheduled start-time for the competition.
Failure to submit this form on time is subject to a 0.5 deduction from the Squad's Group Jump Final Score.

SQUAD NAME/NICKNAME: _____

ON SQUAD: _____

CLUB/CITY: _____ ST: _____

UNIFORM COLOR(S): _____

GENDER : ☐ Female ☐ Open-Female ☐ Mixed ☐ Open-Male ☐ Male ☐ ADSN

TUMBLING – Level 5 Performs 2 Passes from choices below, OR use Coach's Choice	
___ Pass 1	REQUIRED – Intensification note: <i>Athletes may intensify Bk Salto body position to P or S.</i> ___From stand, Run/hurdle, FHS stepout (withflight off the hands), RO–BHS (1), BHS (2), Bk. Salto (T) showing rise of center of gravity, Rebound to lunge.
___ Pass 2 Choices	Voluntary Pass Choices – Intensification note: <i>MAY be intensified by changing the bodyposition of any of the saltos (Ft. or Bk).</i> ___From stand, Run/hurdle to 2-foot punch Ft.Salto (T) with 2-foot landing, rebound & step-out (OR immediate step-out) → RO–BHS, Bk. Salto (T), Rebound to lunge – OR – ___From stand, Run/hurdle, FHS 2-foot landing → Ft salto (T) 2-foot landing rebound & step-out OR immediate step-out → FHS step-out → c/w to lunge
Coaches' Choice elements: • Any listed skill element for L-6 Tumbling. • MUST have an acro element directly connected into and/or out of some kind of Ft Salto. • This Coach's Pass may be all Front or Mixed. ___ Coach Choice Pass for Level 5: (Write out the complete pass) 	
VAULTING – Level 5 Performs 1 Vault over the Vault Table	
Level 5 Vault Height – Vault Difficulty Start Value (SV) is determined by the height of the vault that the squads select to use. • SV = 2.0 – VT Height = 120 cm (47") • SV = 1.6 – VT Height = 115 cm (45") • SV = 1.2 – VT Height = 110 cm (43") • SV = 0.8 – VT Height = 105 cm (41")	
L5 Vault 1	REQUIRED ___Front Handspring Vault
	Intensification: <i>The final 1, 2 or 3 vaulters may "intensify" their vault with the following choices: There is NO BONUS for intensification .</i> • Handspring with 1/2 twist on, and straight body in afterflight off the table. • Handspring onto the table and 1/2 twist off with straight body in afterflight. • Handspring onto the table and 1/1 twist off with straight body in afterflight.
MINI-TRAMP – Level 5 Performs 1 pass to standard landing mat from the choices below.	
Jump Choices (select 1)	Intensification: <i>The final 1, 2 or 3 squad members may "intensify" their jumps with the listed choices: There is NO BONUS for intensification.</i> NOTE: <i>For Choice 1, squad members may perform either jump. Those performing the Ft. salto (P) should follow those doing the Ft. salto (T).</i> ___ Ft. salto (T or P with open) – SV= 1.5 — Intensification: <i>Acceptable jump is Ft. Salto (Straight)</i> ___ Ft. salto (Straight position) – SV= 2.0 — Intensification: <i>Acceptable jump is Barani (P or S)</i>

2013 TeamGym Squad Competition Information Form – LEVEL 6

The following form needs to be completed and submitted by the squad coach at least 30 minutes prior to the scheduled start-time for the competition.
Failure to submit this form on time is subject to a 0.5 deduction from the Squad's Group Jump Final Score.

SQUAD NAME/NICKNAME: _____

ON SQUAD: _____

CLUB/CITY: _____ **ST:** _____

UNIFORM COLOR(S): _____

GENDER : ___ Female ___ Open-Female ___ Mixed ___ Open-Male ___ Male ___ ADSN

TUMBLING – Level 6 Performs 2 Passes from choices below, OR use Coach's Choice

___ Pass 1	Intensification Note: A pass ending w/ Bk Salto (T, P, or S), MAY be intensified with Bk Salto ½ or 1/1 twist. Ft. salto (T) MAY be intensified to (P). REQUIRED – ___ From stand, Run, 2-foot punch to Ft. salto (T or P) step-out → RO–BHS → Bk. Salto (T or Straight), Rebound to lunge.
___ Pass 2	Voluntary Pass – ___ From stand, Run/hurdle to FHS 2-foot landing → punch Ft. salto (T) 2-foot landing rebound & step-out OR immediate step-out → RO– BHS* –Bk Salto (T or P) Bk Salto (T or P) <i>* NOTE: If on FX diagonal, may drop BHS and just do RO–Bk salto (T or P).</i>

Coaches' Choice elements: • Any listed skill element for L-6 Tumbling. • MAY include Whipback connected in front or back by BHS. • MUST have some kind of Ft or Bk salto.
• Since the L-6 Required pass is a Mixed pass (Fwd & Bkw), this Coach's Choice pass may be all Back or Mixed.

___ **Coach Choice Pass for Level 6:** (Write out the complete pass)

VAULTING – Level 6 Performs 2 Vaults over a Standard Vault Table

Level 6 Vault Height – Vault Difficulty Start Value (SV) is determined by the height of the vault that the squads select to use.

- | | |
|---------------------------------------|---------------------------------------|
| • SV = 2.0 – VT Height = 120 cm (47") | • SV = 1.2 – VT Height = 110 cm (43") |
| • SV = 1.5 – VT Height = 115 cm (45") | • SV = 0.8 – VT Height = 105 cm (41") |

L6 Vault 1	REQUIRED ___ Front Handspring Vault (SV = 2.0)
L6 Vault 2 Choices	Intensification: The preference is that all of the squad members perform the same vault, but there will be no "special deduction" for this. However, the order of performance must be in the following sequence: Yamishita — 1/2-on, 1/2 off — Handspring-on, 1/1 twist off — 1/2-on, 1½ off ___ Choice 1 – Yamishita vault ___ Choice 2 – Handspring 1/2 on, 1/2 off ___ Choice 3 – Handspring on, 1/1 twist off ___ Choice 4 – 1/2 on, 1½ off

MINI-TRAMP – Level 5 Performs 1 pass to standard landing mat from the choices below.

Jump Choices (select 1)	Intensification: The final 1, 2 or 3 vaulters may "intensify" their vault with the listed choices: There is NO BONUS for intensification. NOTE: For Choice 1, squad members may perform either jump. Those performing the Ft. salto (P) should follow those doing the Ft. salto (T). ___ Ft. salto (T or P with open) – SV= 1.5 ___ Ft. salto (Straight position) – SV= 2.0 Intensification: Acceptable jump is Ft. Salto (Straight) Intensification: Acceptable jump is Barani (P or S)
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