



# Power TeamGym

## Level 10

2020~23

Club: \_\_\_\_\_ # Athletes: \_\_\_\_\_

Squad Nickname: \_\_\_\_\_

City/State \_\_\_\_\_ Double Dipper? Y / N

Team Type: **Open Female** **Open Male** **Mixed**

Judge:
Date:
Meet Site:
Leo Color:

◀ Coaches, ▲ Please complete selections denoting which elements your squad will compete. ▼

Difficulty Open	Composition 2.0	Execution 10.0	Totals
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**Level 10 TUMBLING Pass 1 - All six athletes must perform the exact same pass.**

\_\_\_\_\_ Forward \_\_\_\_\_ Backward \_\_\_\_\_ Combo

Write the pass here with values for the three highest elements from the Code of Points:

Difficulty	Composition	Execution	Totals

Judges Notes:

**Level 10 TUMBLING Pass 2 - Six athletes. Unlimited intensifications allowed.**

\_\_\_\_\_ Forward \_\_\_\_\_ Backward \_\_\_\_\_ Combo

Gymnast 1: \_\_\_\_\_

Sum of highest 3 values \_\_\_\_\_

Gymnast 2: \_\_\_\_\_

Sum of highest 3 values \_\_\_\_\_

Gymnast 3: \_\_\_\_\_

Sum of highest 3 values \_\_\_\_\_

Gymnast 4: \_\_\_\_\_

Sum of highest 3 values \_\_\_\_\_

Gymnast 5: \_\_\_\_\_

Sum of highest 3 values \_\_\_\_\_

Gymnast 6: \_\_\_\_\_

Sum of highest 3 values \_\_\_\_\_

Judges Notes:

Squad Difficulty	Composition 2.0	Execution 10.0	Total

**Level 10 TUMBLING Pass 3 - Six athletes. Unlimited intensifications allowed.**

\_\_\_\_\_ Forward \_\_\_\_\_ Backward \_\_\_\_\_ Combo

Gymnast 1: \_\_\_\_\_

Sum of highest 3 values \_\_\_\_\_

Gymnast 2: \_\_\_\_\_

Sum of highest 3 values \_\_\_\_\_

Gymnast 3: \_\_\_\_\_

Sum of highest 3 values \_\_\_\_\_

Gymnast 4: \_\_\_\_\_

Sum of highest 3 values \_\_\_\_\_

Gymnast 5: \_\_\_\_\_

Sum of highest 3 values \_\_\_\_\_

Gymnast 6: \_\_\_\_\_

Sum of highest 3 values \_\_\_\_\_

Judges Notes:

Squad Difficulty	Composition 2.0	Execution 10.0	Total

Special HJ Deductions

**Avg Total Tumbling**



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Team Type: **Open Female** **Open Male** **Mixed**

Judge:
Date:
Meet Site:
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◀ Coaches, ▲ Please complete selections denoting which elements your squad will compete. ▼

Difficulty Open	Composition 2.0	Execution 10.0	Totals
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**Level 10 TRAMPET Pass 1 - All six athletes must perform the exact same element.**

Difficulty determined from Appendices:

Vault (mini-tramp as rebounding device)? Write element & Difficulty \_\_\_\_\_

Mini-Tramp? Write element & difficulty \_\_\_\_\_

Difficulty	Composition	Execution	Totals

Judges Notes:

**Level 10 TRAMPET Pass 2.** \_\_\_\_\_ Vault \_\_\_\_\_ Mini-Tramp

Difficulty determined from Appendices:

Gymnast 1: \_\_\_\_\_

Gymnast 2: \_\_\_\_\_

Gymnast 3: \_\_\_\_\_

Gymnast 4: \_\_\_\_\_

Gymnast 5: \_\_\_\_\_

Gymnast 6: \_\_\_\_\_

Squad Difficulty	Composition 2.0	Execution 10.0	Total

Judges Notes:

**Level 10 TRAMPET Pass 3. Must be highest difficulty pass.** \_\_\_\_\_ Vault \_\_\_\_\_ Mini-Tramp

Difficulty determined from Appendices:

Gymnast 1: \_\_\_\_\_

Gymnast 2: \_\_\_\_\_

Gymnast 3: \_\_\_\_\_

Gymnast 4: \_\_\_\_\_

Gymnast 5: \_\_\_\_\_

Gymnast 6: \_\_\_\_\_

Squad Difficulty	Composition 2.0	Execution 10.0	Total

Judges Notes:

Special HJ Deductions

**Avg Total Trampet**

# Power TeamGym Roster

## Level 10

List all Athletes on Squad

	1	_____
	2	_____
	3	_____
	4	_____
	5	_____
	6	_____

	7	_____
	8	_____
	9	_____
	10	_____
	11	_____
	12	_____

**\*\*\* No more than 1 Double Dipper per squad.**

Coaches required to fill out this form completely and submit with each respective jump form.

Preference is to submit this Roster (one Page) and the Jump Form on double sided paper (one page) for two pages stapled.

**Please initial each Double Dipper. Only one allowed dipping into each squad and only one dipping out.**

Coaches signature and initials for any Double Dippers required in order to be eligible to compete.

The consequence for Double Dipper Rule (see Section 2.06 of the Power TeamGym R&P for details) violation is disqualification.

If you have an urgent situation with last minute injury or illness and need to exceed the limit; contact the Meet Referee immediately to acquire

clearance for an exception to the rule. If approved, Meet Referee signature required: \_\_\_\_\_

Coach Signature: \_\_\_\_\_

Date: \_\_\_\_\_