



CLUB: \_\_\_\_\_ SQUAD NAME: \_\_\_\_\_ TOTAL # of ATHLETES: \_\_\_\_\_

Judge Initial \_\_\_\_\_

Squad Division (circle one): **Open Female** **Open Male** **Mixed** **HUGS** **Unified**

2020-23

**INSTRUCTIONS:**

Coaches must fill out above, initial on the left column your choices, and turn in to judges (one copy for each judge).

Difficulty 3.0	Composition 2.0	Execution 5.0	Bonus up to +0.5	Totals
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**TUMBLING Pass 1 - Compulsory Pass. Level 2 Performs two tumbling passes. All athletes on squad perform the same passes.**

- From stand facing forward – cartwheel – side chassè – side cartwheel – side chasse' - \*side cartwheel- side chasse' -square cartwheel (finish in lunge position facing starting point)  
Last athlete will lunge hold, finish and salute.

Coaches Choice for HUGS and Unified only, describe: \_\_\_\_\_

Count: \_\_\_\_\_ Judges Notes:

D 3	C 2	E 5	bonus
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T1 Score

**TUMBLING Pass 2 - May be either Option A or Option B. All athletes on squad perform the same pass.**

- Option A: From stand facing forward – run 2 or 3 steps hurdle-RO rebound 1/4 turn-step out-\*cartwheel-cartwheel-RO rebound with a short run backwards with arms up by ears.  
Last athlete will stop hold, finish and salute. No stick required.

- Option B: From stand facing forward – step, kick, lunge – donkey kick on hands step down (or HS step down) – chassé – \*chassé – donkey kick on hands (or HS step down) – cartwheel - lunge to finish  
Last athlete will lunge hold, finish and salute.

Coaches Choice for HUGS and Unified only, describe: \_\_\_\_\_

Count: \_\_\_\_\_ Judges Notes:

D 3	C 2	E 5	bonus
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T2 Score

**Tumbling (Average) Score:**

**VAULT – Level 2 competes one vault drill. All athletes on squad perform the same vault.**

- Run – hurdle – punch board - dive roll with stretched straight shape from board to mat \*uphill – then get off mat safely.

Coaches Choice for HUGS and Unified only, describe: \_\_\_\_\_

Count: \_\_\_\_\_ Judges Notes:

D 3	C 2	E 5	bonus
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VT Score

**MINI-TRAMP – Level 2 Performs 1 MT Pass. All athletes on squad perform the same jump from the following choices:**

- Tuck Jump with stretch before and after shape (angle of thighs at least 45° from vertical).
- Star Jump with stretch before and after shape (angle of thighs at least 45° from vertical).
- Pike Jump with stretch before and after shape (angle of thighs at least 45° from vertical).

Coaches Choice for HUGS and Unified only, describe: \_\_\_\_\_

Count: \_\_\_\_\_ Judges Notes:

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
L 1 - 2	9 - 10	11 - 12	13	14

D 3	C 2	E 5	bonus
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MT Score

Head Judge Tabulation: Second judge score: \_\_\_\_\_ Average score: \_\_\_\_\_ less HJ deductions: \_\_\_\_\_ =

FINAL

SCORE:

Judge

SCORE:

# Power TeamGym Roster

## Level 2

List all Athletes on Squad

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

	8	_____
	9	_____
	10	_____
	11	_____
	12	_____
	13	_____
	14	_____

**\*\*\* No more than 2 Double Dippers per squad.**

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

Preference is to submit this Roster and the Jump Form on double sided paper (one page). If necessary, two pages stapled are acceptable.

**Please initial each Double Dipper regardless of which direction they are double dipping. Only two allowed in this level per squad.**

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: \_\_\_\_\_