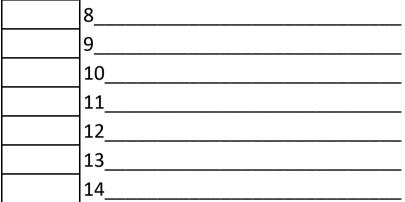
		TeamGym			JUMP FORM							Level 2		
USA MNASTICS	CLUB:	S	QUAD NAME:					TOTAL #	of ATHLETE	S:			J	udge Initial _
	Squad Division (circle	one): Open Female	Open Male	Mixed	HUGS	Unified	l i				-			2020~23
RUCTIONS: Coaches	must fill out above, initia	al on the left column yo	ur choices, and t	urn in to ju	ıdges (on	e copy fo	or each judge	e).		Difficulty 3.0	Composition 2.0	Execution 5.0	Bonus up to +0.5	Totals
	.ING Pass 1 - Compuls nd facing forward – cartwh								- C	unge posit	ion facing	starting p	oint)	
Last athle	ete will lunge hold, finish ar	nd salute.												T1 Score
	Choice for HUGS and Uni	fied only, describe:												11 30016
int: J	udges Notes:									D 3	C 2	E 5	bonus	
TUMBL	.ING Pass 2 - May be e	ither Option A or Option	n B. All athletes	on squad	perform t	he same	pass.							
	From stand facing forward te will stop hold, finish and			turn-step o	out-*cartwh	neel-cartw	/heel-RO rebo	ound with a	a short run ba	ackwards v	with arms u	up by ears		
_ Option B:	From stand facing forwar	d – step, kick, lunge – do	nkey kick on hand	ds step dow	/n (or HS s	step dowr	n) – chassé –	*chassé –	- donkey kick	on hands	(or HS ste	p down) –	cartwheel	- lunge to finish
Last athle	ete will lunge hold, finish ar	nd salute.												
Coaches	Choice for HUGS and Uni	fied only, describe:												T2 Score
int: J	udges Notes:									D 3	C 2	E 5	bonus	
											Tumbling	(Average	e) Score:	
VAULT	- Level 2 competes one	vault drill. All athletes	on squad perfor	m the same	e vault.									
Run – hu	rdle – punch board - dive r	oll with stretched straight	shape from board	d to mat *up	hill – then	get off m	at safely.							
Coaches	Choice for HUGS and Uni	fied only, describe:												VT Score
unt: J	udges Notes:									D 3	C 2	E 5	bonus	
MINI-TE	RAMP – Level 2 Perform	ns 1 MT Pass. All athlet	es on squad per	form the sa	ame jump	o from the	e following c	hoices:						
	np with stretch before and a			-					BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5	
_	p with stretch before and a			,					L 1 - 2	9 - 10	11 - 12	13	14	
_	p with stretch before and a Choice for HUGS and Uni		is at least 45° fror	n vertical).									I	MT Score
	udges Notes:	neu only, describe.								D 3	C 2	E 5	bonus	
										_L]			
									FINAL				Judge	
ad Judge Tab	ulation: Second	judge score:	Average sco	re:		less H.	J deductions:	=	SCORE:				SCORE:	

Power TeamGym Roster Level 2

List all Athletes on Squad





*** 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:	
-		