



CLUB: _____ SQUAD NAME: _____ TOTAL # of ATHLETES: _____

Judge Initial _____

2020-23

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

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 5 perform two tumbling passes. All athletes on squad perform the same passes unless intensifying or kneeling out.

■ from stand facing forward – run 2or3 steps hurdle – RO - BHS – *BHS – back salto tuck - finish . Last athlete will stick hold, finish and salute.

____ Coach's Choice: Entire squad may substitute ____ back pike or ____ back layout for back tuck salto.

Count: ____ Judges Notes:

D 3	C 2	E 5	bonus
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<i>T1 Score</i>

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 2or3 steps hurdle – punch front tuck salto step through – *RO – BHS – back salto tuck - finish. Last athlete will stick hold, finish and salute.

____ Option B: (2.5 SV) from stand facing forward – run 2or3 steps hurdle – *FHS - front tuck salto - finish. Last athlete stick hold, finish and salute.

____ Coach's Choice: Entire squad may substitute ____ back pike or ____ back layout for back tuck salto.

Count: ____ Judges Notes: **Intensification:** Last athlete may substitute pike or layout for tuck back salto

D 3	C 2	E 5	bonus
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<i>T2 Score</i>

Tumbling (Average) Score:

VAULT – Level 5 competes one handspring vault.

■ Handspring

Count: ____ Judges Notes: Last athlete may add ½ twist in the vault. ½ on or ½ off and may choose to not stream (no deduction).

D 3	C 2	E 5	bonus
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<i>VT Score</i>

MINI-TRAMP – Level 5 Performs 1 MT Pass. All athletes on squad perform the same jump from the following choices:

____ (2.0 SV) Front Tuck ____ (2.6 SV) Front Pike ____ (3.0 SV) Front Layout

____ Intensification: Last athlete may add ½ twist (in same shape) and may choose to not stream (no deduction).

Count: ____ Judges Notes:

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
L 3 - 6	8 - 9	10 - 11	12 - 13	14

D 3	C 2	E 5	bonus
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<i>MT Score</i>

Head Judge Tabulation: Second judge score: _____ . Average score: _____ less HJ deductions: _____ = **FINAL SCORE:** _____ Judge SCORE: _____

Power TeamGym Roster

Level 5

List all Athletes on Squad

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

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

***** 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 and the Jump Form on double sided paper (one page). If necessary, two pages stapled are acceptable.

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: _____