



INSTRUCTIONS: Coaches must fill out above, initial on the left column your choices, write your passes for Coach's Choice, 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 6 Performs three tumbling passes in the following order:

■ From stand facing forward – run 2 or 3 steps hurdle - RO – Whipback-*BHS – back salto tuck – finish. Last athlete will stick hold, finish and salute.

Count: _____ Judges Notes: **Intensification:** Not allowed.

D 3	C 2	E 5	bonus	T1 Score

TUMBLING Pass 2 - Coaches Choice. *Must be forward tumbling and must indicate asterisk.

(3.0SV) From stand facing forward – run 2 or 3 steps hurdle – execute a minimum of 3 skills in the forward direction to include at least one salto in at least a tuck position. Last skill must be a salto. Last athlete will stick hold, finish and salute.

(2.6V) From stand facing forward – run 2 or 3 steps hurdle – execute a minimum of 3 skills in the forward direction to include at least one salto in at least a tuck position. Last skill not required to be a salto. Last athlete will stick hold, finish and salute.

Coach's Choice: _____

Count: _____ Judges Notes: **Intensification:** up to the last three may substitute an upgrade in position or twist (no more than an additional 180°) to any salto.

D 3	C 2	E 5	bonus	T2 Score

TUMBLING Pass 3 - Coach's Choice Combo pass. Coaches must indicate asterisk.

Any combination of both forward and backward skills with a minimum of 4 skills total and at least one salto in at least a pike position, with up to one 1/2 twist allowed in the pass, may include a whipback, no more than one bilateral rotation per salto (No double back). Last athlete will stick hold, finish and salute.

Coach's Choice: _____

Count: _____ Judges Notes: **Intensification:** up to the last three may substitute an upgrade in position or twist (no more than an additional 180°) to any salto.

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	T3 Score	

Head Judge Tabulation:

second judge score: _____ . Average score: _____ less HJ deductions: _____ = **FINAL SCORE:** _____ Judge **SCORE:** _____



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

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).

2020-23

Designate : _____ two vaults and one trampet _____ two trampet and one vault.

Teams must complete only 3 passes total. Teams must begin on the apparatus designated for two passes. In the first pass all athletes must complete the same skill with no intensification. In subsequent passes, up to the last 3 athletes may intensify. All 3 passes must be different.

Difficulty	Composition	Execution	Bonus	Sub Scores	Totals
3.0	2.0	5.0	up to +0.5		

VAULT – Level 6 one handspring required, second vault optional must have 1/2 twist in pre or post flight (must be different). Last athlete will stick hold, finish and salute.

■ First Vault (3.0 SV): _____ Handspring _____ 1/2 on or _____ 1/2 off

_____ Second Vault:(3.0 SV): _____ Handspring _____ 1/2 on or _____ 1/2 off

Count: _____ Judges Notes Vault #1:

D 3	C 2	E 5	bonus	score 1
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Count: _____ Judges Notes Vault #2:

D 3	C 2	E 5	bonus	score 2	VT Score
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TRAMPET – Level 6 one pass required, second pass optional (must be different). Last athlete will stick hold, finish and salute.

■ (2.0 SV) _____ Front salto tuck _____ Front salto pike (2.6SV) _____ front salto Layout (2.8 SV) _____ Brani Tuck _____ Brani Pike (3.0 SV) _____ Brani Layout

_____ (2.0 SV) _____ Front salto tuck _____ Front salto pike (2.6 SV) _____ front salto Layout (2.8 SV) _____ Brani Tuck _____ Brani Pike (3.0 SV) _____ Brani Layout

Count: _____ Judges Notes MT #1:

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
L3 - 6	8- 9	10 - 11	12-13	14

D 3	C 2	E 5	bonus	score 1
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Count: _____ Judges Notes MT #2:

D 3	C 2	E 5	bonus	score 2	MT Score
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Head Judge Tabulation: second judge score: _____ . Average score: _____ less HJ deductions: _____ =

FINAL	Judge
SCORE:	SCORE:

Power TeamGym Roster

Level 6

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 (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: _____