



2011-2012 TeamGym Regulations

Jump Passes

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RECENT CORRECTIONS:

9/12/11 – See page 10

9/20/11 – See page 11

2012 TeamGym Jump Pass Summary Table (TU-VT-MT)

2012 Tumbling	2012 Vault	2012 Mini-Tramp
<p><i>NOTE: Level 1 squads perform <u>one</u> of the two passes listed below</i></p> <p>Level 1 Pass 1 – Fwd. Roll Tuck → Fwd Dive Roll → Fwd Dive Roll to immediate Tuck-Jump to 2 –foot landing → (without stop or hesitation) → Fwd. Roll Tuck → Fwd Dive Roll → Fwd Dive Roll to immediate Tuck-Jump to controlled landing, then step-forward show a LUNGE → exit... Pass 2 – Fwd. Roll (open tuck) → Fwd. Roll (open tuck) → extended jump with ½ turn to controlled landing → to Bk. Roll (tuck) to a stand with the arms above the head. Immediately lean forward and sit backward with straight legs into a Back Pike Roll to finish in a straddle stand with lateral arms (torso upright). Show straddle stand momentarily then rise and exit...</p> <p>Level 1 ADSN Pass 1 – Squat to "tap" → Jump forward (extended or tuck) → Jump forward (extended or tuck), land and take 2-3 steps forward to an extended Stand → Squat to "tap" → Jump forward (extended or tuck) → Jump forward (extended or tuck), land and take 2-3 steps forward to an extended Stand ("salute") → exit... Pass 2 – 3 log rolls: March to position on mat → lower to plank then prone position → log roll → log roll → log roll → push-up to plank, rise, finish, and exit... Optional Pass – ADSN squad may choose to do an Optional Pass of their choice that must have at least 4 skill elements that are connected in some way. All squad members must do the same pass. The pass must be true to the Level, i.e. including only basic elements such as rolling, jumping and/or locomotors.</p>	<p>Level 1 – Jump-on / Jump-off • Jump-on to Tuck-open off showing extended position before landing. OR, • Jump on to Spread eagle- close the legs to extended position before landing.</p> <p>Level 1 ADSN – Jump-on / Jump-off Straight jump or Spread eagle. NOTE: The "opening" is not a requirement for the ADSN squads.</p>	<p>Level 1 – Basic Jumps • Jump to Tuck-open showing extended position before a controlled landing. OR, • Jump on Spread eagle then quickly closing the legs to extended position before landing.</p> <p>Level 1 ADSN – Basic Jumps Straight jump or Spread eagle. ADSN may use an elevated run-up to the mini-tramp. The "opening" is not a requirement for the ADSN squads</p>
<p><i>NOTE: Level 2 squads perform both of the 2 TU passes listed for their Level.</i> The deduction for repeating a pass is -0.5, from the score for the 2nd pass. There is no deduction for ADSN repeating a pass.</p> <p>Level 2 Pass 1 – 4 cartwheels in series: Ft. entry to cartwheel (c/w) → lateral c/w → lateral c/w → lateral c/w to finish in lunge facing start position for this series → then stand, turn, and exit... Pass 2 – Hndstd forward roll with straight arms rising on 1 leg and immediately step forward with free leg into → c/w → c/w & turn to stand → immediate Power Hurdle into RO rebound to stretch position in the air and land on both feet (or step-out) to show a finish LUNGE position... turn, and exit...</p> <p>Level 2 ADSN Pass 1 – c/w → chassé → c/w → chassé → c/w → LUNGE Pass 2 – Hndstd, step-down → chassé → chassé → Hndstd step-down → chassé → c/w → LUNGE</p>	<p>Level 2 Jump with stretched position in pre-flight to Dive roll onto a Mat Stack Exit from the mat stack quickly, efficiently, and safely!</p> <p>Level 2 ADSN / Jump-on / Jump-off Straight jump or Spread eagle. ADSN squads may use the same set-up as in Level 1.</p>	<p>Level 2 Basic Jumps Tuck-open, Straddle-pike open, or Spread Eagle. All of the above should show a good extended position with the legs straight and together before la controlled landing.</p> <p>Level 2 ADSN / Basic Jumps Tuck-open or Spread eagle-open. ADSN may use an elevated run-up to the mini-tramp. Standard landing mat.</p>

2012 Tumbling	2012 Vault	2012 Mini-Tramp
<p>NOTES: Level 3-6 squads perform <i>both</i> of the two TU passes listed for their Level. <i>The deduction for repeating a pass is -0.5.</i></p>		
<p>Level 3 Pass 1 – PH, RO, BHS to 2-feet and immediately rebound to jump with 1/2 turn and step out into 2 or 3 running steps to hurdle to RO, BHS, Rebound to extended position in the air and land to LUNGE. Pass 2 Choice 1: Hndstd ½ pirouette → BWO to lunge → quick turn to run 1-2-or-3 steps to RO, BHS, rebound to LUNGE. OR... Choice 2: Hndstd ½ pirouette → Cartwheel to Lunge → quick turn to run 1-2-or-3 steps to RO, BHS, rebound to LUNGE.</p>	<p>Level 3 Jump to Handstand onto a Mat Stack. Keeping the arms extended above the head, fall to back on the mat maintaining an extended position. <i>NOTE:</i> it is acceptable to show repulsion with flight to land in the straight lying position on the back.</p>	<p>Level 3 Front Sommie Tuck onto a Mat Stack</p>
<p>NOTE Substitution possibility: In either Choice 1 or 2 above – the [Hndstd ½ pirouette →] may be substituted with... [1-arm c/w step down to 2-foot stand → tuck or pike back extension roll with straight arms to handstand →]</p>		
<p>Level 4 Pass 1 – Run, hurdle to RO → BHS → BHS → BHS, rebound to controlled landing and "get out of the way." The final gymnast must show a marked finish LUNGE position for 2 seconds after a controlled landing. Pass 2 Choice 1: Run, hurdle FHS step-out → FHS step-out → RO, BHS, rebound to LUNGE. Choice 2: Run, hurdle/jump to Ft. Flyspring rebound to 1, 2 or 3 step run/hurdle into RO, BHS, rebound to LUNGE.</p>	<p>Level 4 Front Handspring Vault over Standard Vault Table</p>	<p>Level 4 – performs <u>one</u> pass Front Sommie Tuck with a controlled landing on a landing mat. It is OK for the last 1 or 2 gymnasts to perform the front sommie in pike position. However, there is NO BONUS for doing this.</p>
<p>Level 5 Pass 1 – Run, hurdle to → RO → BHS → BHS → Bk. Salto (tuck) controlled landing to LUNGE. Pass 2 Choice 1: Run, 2-foot punch Ft. Salto (T) 2-foot → rebound step-out, RO → BHS → Bk. Salto (tuck) controlled landing to LUNGE. Choice 2: Run, FHS 2-foot → Ft. Salto (T) 2-foot → rebound step-out to FHS step-out → c/w to LUNGE.</p>	<p>Level 5 Front Handspring Vault Difficulty SV is determined by VT height. • SV = 2.0 – VT Height = 120 cm (47") • SV = 1.6 – VT Height = 115 cm (45") • SV = 1.2 – VT Height = 110 cm (43") • SV = 0.8 – VT Height = 105 cm (41")</p>	<p>Level 5 – select <u>one</u> pass from the choices below Choice 1 – SV = 1.5 – Ft. Sommie Tuck–open onto a landing mat. OR, Choice 2 – SV = 2.0 – Ft. Sommie Layout onto a landing mat.</p>
<p>Level 6 Pass 1 – Run, Ft. salto step-out (T or P) → RO, BHS, Bk. Salto (Tuck or Layout) → LUNGE. <i>NOTE:</i> Ded. for landing Ft. salto on 2 feet then running into the rest of the pass is 0.2 each. Pass 2 – FHS to 2-foot → Ft. Salto (tuck) 2-foot → rebound and step-out to RO → BHS → Back Salto (Tuck or Layout) → LUNGE <i>NOTE:</i> If tumbling on the Floor diagonal, the 2nd half of the pass may be performed as... ...rebound step-out to RO → Back Salto (Tuck or Layout) → LUNGE.</p>	<p>Level 6 A) Ft. Hndspg Vault (SV=2.0) AND, B) Choice of one of the following: • SV = 1.0 – ½ twist on – 0 twist off • SV = 1.5 – ½ twist on – ½ twist off • SV = 1.5 – ½ twist on – 1½ twist off Additional L6 Vault Height Deductions: • VT height = 120 cm (47") – NO DED. • VT height < 120 cm (47") – 0.5</p>	<p>Level 6 – select one pass from below: Choice 1 – SV = 1.5 – Ft. Salto Layout onto a landing mat. OR, Choice 2 – SV = 2.0 – Barani onto a landing mat</p>

2012 Jump Pass Details

TUMBLING

NOTE: The arrow (→) used below indicates “directly connected to...”

Level 1 squads perform one of the two passes listed below.

TU Level 1

L-1 Pass 1 –

Fwd. Roll Tuck → Fwd Dive Roll → Fwd Dive Roll to immediate Tuck Jump to 2-foot landing → (without stop or hesitation) → Fwd. Roll Tuck → Fwd Dive Roll → Fwd Dive Roll to immediate Tuck-Jump to controlled landing, then step-forward show a to Lunge → exit

Performance factors:

- The pass begins from a stretched extended stand.
- It is not necessary to rise to a full stand between the two forward rolls, but they should be connected smoothly and rhythmically without a stop and should “cover some distance.”
- During the rolls, the arms remain above the head (instead of lowering each time to fwd horizontal and then raised again. Likewise, the rolls should show some rise and flow and a variance in the opening/closing of the knee and hip angles particularly in the flight for the dive rolls.
- The tuck jumps should show a rise of the center of gravity with the tuck position clearly shown at the top of the jump prior to a controlled landing.
- Each gymnast should show a lunge position after landing the final Tuck Jump and then exit. The final gymnast should hold the lunge position for 2 seconds before saluting and exiting.

The deduction for substituting tuck rolls for dive rolls is 0.1 ea. time with max. deduction of 0.5

Streaming/synchronization – each athlete next-in-line should begin the series as the athlete in front of them lands the first Tuck jump. However, it is not necessary that each of the elements be exactly synchronized -- rhythmic quality and continuous movement of the pass is more important than precise synchronization.

L-1 Pass 2 –

Fwd. Roll (open tuck) → Fwd. Roll (open tuck) → extended jump with ½ turn to controlled landing → to Bk. Roll (tuck) to a stand with the arms above the head. Immediately lean fwd and sit backward with straight legs into a Back Pike Roll to finish in a straddle stand with lateral arms (torso upright). Show the straddle stand momentarily and then rise and exit...

Performance factors:

- The pass begins from a stretched extended stand. Do not lower to a deep squat to begin the Fwd. roll.
- It is not necessary to rise to a full stand between the two forward rolls, but they should be connected smoothly and rhythmically without a stop and should “cover some distance.” Likewise, the two rolls should not be performed in a tight tuck throughout, but showing some rise and flow and a variance in the opening/closing of the knee and hip angles.
- During the rolls, the arms should remain above the head (instead of lowering each time to forward horizontal and then raised again.
- The Jump with ½ turn should show a rise of the center of gravity and a good extended body position prior to the controlled landing.
- Upon completing the Back pike role to straddle stand, each gymnast should show this position with the arms lateral with a lifted torso prior to standing and exiting. The final gymnast should hold the straddle stand position for 2 seconds before rising, saluting, and exiting.

Streaming/synchronization – each athlete next-in-line should begin the series as the athlete in front of them lands the extended jump with ½ turn.

Level 1 ADSN Passes

ASDN Level 1 squads perform **ONE** pass from the choices shown below.

L-1 ADSN Pass 1 –

Squat to “tap” → Jump fwd (extended or tuck) → Jump fwd (extended or tuck), land and take 2-3 steps fwd to an extended Stand. Squat to “tap” → Jump fwd (extended or tuck) → Jump fwd (extended or tuck), land and take 2-3 steps fwd to an extended Stand (“salute”) → exit...

Performance factors:

- Begin from a stand. The gymnast then raises the arms to show an extend stand before lowering to a semi-squat to tap the floor with both hands and then perform the two jumps in series.
- The two jumps in series can be in either tuck or extended position.... But, all of the squad members should perform the same body positions.
- Repeat... after landing this second series of jumps in a controlled position, the gymnasts take 1 or 2 steps joining the feet and showing a “Salute” position before exiting.
- The final gymnast should show and hold the “salute” for 2 seconds before exiting.

Streaming/synchronization – each athlete next-in-line should begin the series as the athlete in front of them lands the two jump series.

L-1 ADSN Pass 2

3 log rolls: March to position on mat → lower to plank then prone position → log roll → log roll → log roll → push-up to plank, rise, finish, and exit...

Performance factors:

From a stand, the entire ADSN squad walks out in formation to a stand on the mat. The spacing between the athletes should be about 3’ apart and with the same distance between each athlete.

At the coach’s verbal command, the athletes execute a right or left face (1/4 turn).

At the coach’s command, the athletes all show an extended stand with both arms in high position.

At the coach’s command, all of the athletes squat down onto hands & knees, and then assume a prone position (push-up position). *Note: the athletes are crossways to the tumbling mat.*

At the coach’s command, the athletes slowly lower to a prone position (on their stomachs).

The coach gives a series of commands to lead the athletes through a set of three “log” (or “pencil”) rolls.

- At the start (and finish) of each roll, all athletes show an extended position with arms forward (and parallel to the floor) and their heads lifted to face out (the body is in a slight arch).
- As each roll proceeds, the athletes should show a “supine” position (face up) with their arms extended above the head.

After the third roll, the coach will give a verbal command for all athletes to “push-up, squat, stand, and present” a final standing position before turning and marching off together with the same athlete as the squad leader and each of the athletes following the same person they followed upon entering.

NOTE: It is important to show excellent body position during the rolls with concentration on core strength.

Streaming/synchronization – based upon the athletes clearly following the coach’s verbal commands and performing the maneuvers together.

NOTE: It is permissible for squad to all perform this together at one time, OR , the squad may be divided into two sub-groups that would perform the pass one after the other. In either case, the squad would receive one score for this pass.

L-1 ADSN Optional Pass

ASDN squads may choose to do an Optional Pass of their choice that must have at least 4 skill elements that are connected in some way.

- All squad members must do the same pass.
- The pass must be true to the Level, i.e. including only basic elements such as rolling, jumping and/or locomotors.
- The Coach must provide a written description of ADSN Optional Pass to the Head Judge for Group Jump prior to the start of the competition.

TU Level 2

Level 2 squads perform **two** passes. There is no deduction for ADSN repeating a pass.

L-2 Pass 1

4 cartwheels in series: Ft. entry to cartwheel (c/w) → lateral c/w → lateral c/w → lateral c/w to finish in LUNGE facing start position for this series → then stand, turn, and exit...

Performance factors:

- Starting from a stand or short walk...join both feet together to a standing position with both arms at the side of the body.
- Raise one leg forward (with extended leg) as the arms lift forward-upward to “high” position above the head and immediately take a large step forward passing through a lunge position into a series of three directly connected lateral (sideways) cartwheels, and finishing with another cartwheel with a ¼ turn to finish in a lunge position facing the direction where the series started.
- Except for the final athlete (who should show the final lunge position without any movement for at least 2 seconds), as soon as each athlete “marks” their final lunge position, they should stand and turn to exit to clear the area.
- Emphasis should be on showing a fluid, rhythmic connection of the cartwheel series showing clear lines, equal spacing of the placement of hands and feet on the mat – all with clean lines.

Streaming/synchronization – Each of the next-in-line athletes should work to coordinate their first cartwheel with the 3rd cartwheel of the athlete preceding them.

NOTE1: Synchronization and Streaming is best exemplified in the performance of this pass if all of the squad members perform the series on the same side, i.e. all perform right cartwheels or all perform left cartwheels. Consequent deductions will be taken from the category of Synchronization and Streaming.

L-2 Pass 2

Hndstd fwd roll with straight arms rising on 1 leg and immediately step fwd with free leg into → c/w → c/w & turn to stand → immediate Power Hurdle into RO rebound to stretch position in the air and land on both feet (or step-out) to show a finish LUNGE position... turn, and exit...

Performance factors:

- From a stand or short walk...join both feet together to a standing position with both arms at the side of the body.
- Step forward onto a straight leg (flat foot or in relevé). Kick the opposite leg forward to horizontal or above. Lift arms to high position. Step forward through the ball of the foot and execute a lunge (straight leg entrance is also acceptable). Lift the rear leg backward-upward maintaining a straight line from the hands, torso, and rear leg while reaching for the floor.
- Continue this levering action and lift the rear leg backward-upward as the torso lowers. Place the hands shoulder width apart on the floor while pushing off with the forward leg to arrive in a handstand with legs together, head neutral, with a straight tight, body position. Hold for 1 second; then lean forward past vertical.
- Maintaining straight arms, lower the back of the head and shoulders onto the floor by tucking the chin to the chest. Finish the HNDSTD FWD ROLL by rising on one leg and then stepping forward on the free leg into a series of two cartwheels. The first cartwheel starts forward and finishes lateral, the second cartwheel then starts lateral and finishes by adding a ¼ turn to face forward joining the feet together in a stand.
- Immediately execute a Power Hurdle (PH) into a Roundoff (RO) to 2-feet, rebound to step-out to finish in a lunge position.
- Except for the final athlete (who should show the final lunge position without any movement for at least 2 seconds), as soon as each athlete “marks” their final LUNGE position, they should stand and pivot 180° and exit to clear the area.

Streaming/synchronization – Each of the next-in-line athletes should work to coordinate their kick into the handstand, as the athlete who precedes them does the Power Hurdle.

Level 2 ADSN Passes

Squads with Level 2 ADSN athletes perform **two** passes from the choices listed above or below.

L-2 ADSN Pass 1

c/w → chassé → c/w → chassé → c/w → LUNGE

The pass may be performed as **chassé → c/w → chassé → c/w → chassé → c/w → LUNGE**

Performance factors:

- From a stand or short walk...join both feet together to a standing position with both arms at the side of the body.
- Lift the leg forward (with extension) as the arms raise forward-upward to “high” position and immediately take a large step forward passing through a lunge position into a cartwheel (starts forward, finishes sideways) → *chassé* → cartwheel (starts sideways, finishes sideways) → *chassé* → cartwheel (starts forward, finishes backward) to momentary lunge...stand, turn, and exit...
- Except for the final athlete (who should show the final lunge position without any movement for at least 2 seconds), as soon as each athlete “marks” their final lunge position, they should lunge...stand, turn, and exit to clear the area
- *NOTE 1:* Emphasis should be on connecting all of the skill elements and the locomotor movements into a fluid and smooth presentation. Arms should be above the head for the cartwheels, and in side lateral position during the *chassés*.
- *NOTE 2:* In this series, it is not a requirement that all of the squad members perform their cartwheels on the same side. There will be NO deduction for this.

Streaming/synchronization – Each of the next-in-line athletes should work to coordinate their first cartwheel with the 3rd cartwheel of the athlete preceding them.

L-2 ADSN Pass 2

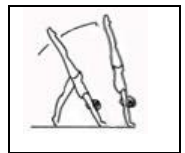
Hndstd, step-down → chassé → chassé → Hndstd step-down → chassé → c/w → Lunge

Performance factors:

- From a stand or short walk...join both feet together to a standing position with both arms at the side of the body.
- Lift one leg forward (with extension) as the arms raise forward-upward to “high” position and immediately take a large step forward passing into a near* handstand position.

With control, step-down and then step into a *chassé* leading with one leg followed by a *chassé* (arms side lateral) leading with the other leg (arms side lateral) and then joining both feet together in to a stand with both arms lowering to the side of the body

* Near = at least 60°- 85° with legs joined briefly prior to stepping down.



- Again, raise one leg forward (with extended knee) as the arms lift forward-upward to “high” position and immediately take a large step forward passing into a momentary handstand. With control, step-down and then step into a *chassé* connecting directly into a cartwheel to finish in a lunge facing backward, then stand, pivot turn, and exit...
- Except for the final athlete (who should show the final lunge position without any movement for at least 2 seconds), as soon as each athlete “marks” their final lunge position, they should stand and pivot 180° and exit to clear the area.
- *NOTE 1:* Emphasis should be on connecting all of the skill elements and the locomotor movements into a fluid and smooth presentation while avoiding any extra steps.

Streaming/synchronization – Each of the next-in-line athletes should work to coordinate their first kick to handstand with that of 2nd kick to handstand performed by athlete preceding them.

TU Level 3

Level 3 squads perform **two** passes. After performing Pass 1, they select **one** of the two choices for Pass 2.

L-3 Pass 1 – Pass 1 is always performed first. The deduction for not performing this as the 1st pass is -0.5.

PH, RO, BHS to 2-feet and immediately rebound to jump with 1/2 turn and step-out into 2 or 3 running steps to hurdle to RO, BHS, Rebound to extended position in the air and land to LUNGE.

Performance factors:

- The PH should show a vigorous forward leaning jump into the RO, BHS.
- The rebound jump with 1/2 turn and step-out should show good extended body position with a rise in the center of gravity.
- Except for the final athlete (who should show the final lunge position without any movement for at least 2 seconds), the other squad members should momentarily show the lungs position and then rise, turn and exit to clear the area.

Streaming/synchronization – Each of the next-in-line athletes should work to coordinate their PH into the first RO with the hurdle into the second RO by the preceding athlete.

L-3 Pass 2

A) **Hndstd ½ pirouette → BWO to lunge → quick turn to run 1-2-or-3 steps to RO, BHS, Rebound to lunge.** OR...

B) **Hndstd ½ pirouette → Cartwheel to Lunge → quick turn to run 1-2-or-3 steps to RO, BHS, rebound to lunge.**

Substitution possibility: In either “A” or “B” above – the [Hndstd ½ pirouette →] may be substituted with...

1-arm c/w step down to two-foot stand → tuck or pike back extension roll with straight arms to handstand →

Performance factors:

For A) From a stand or short walk...join feet together to a standing position with both arms at the side of the body.

Lift one leg forward (with extension) as the arms raise forward-upward to “high” position and immediately take a large step forward passing through a lunge position into a “marked” Hndstd with legs together at the vertical. Execute a ½ pirouette on the hands and then step-down into a Back Walkover finishing directly in a lunge.

Turn quickly joining the forward lunge foot to the rear foot during the turn to arrive in a stand with both arms at the side of the body. Run 1-2-or-3 steps to hurdle into a RO, BHS Rebound Jump to an extended position in the air and then stepping out directly into a momentary Lunge. Rise, turn and exit to clear the area.

For B) From a stand or short walk...join feet together to a standing position with both arms at the side of the body.

Lift one leg forward (with extension) as the arms raise forward-upward to “high” position and immediately take a large step forward passing through a lunge position into a “marked” Hndstd with legs together at the vertical. Execute a ½ pirouette on the hands and then step-down into a Cartwheel finishing directly in a lunge.

Turn quickly joining the forward lunge foot to the rear foot during the turn to arrive in a stand with both arms at the side of the body. Run 1-2-or-3 steps to hurdle into a RO, BHS Rebound Jump to an extended position in the air and then stepping out directly into a momentary Lunge. Rise, turn and exit to clear the area.

NOTE: All squad members must choose the same landing technique out of a BHS into a Lunge. Three choices are given below

1. Land BHS on both feet and then step back to Lunge.
2. Land BHS on both feet, immediate Rebound to stretch jump in the air landing on both feet and then step out to Lunge.
3. Land BHS on both feet, immediate Rebound to stretch jump stepping out directly into to lunge on the descent.

The last athlete is the only one required to hold the final Lunge position for 2 seconds.

Streaming/synchronization – Each of the next-in-line athletes should work to coordinate their kick-up into the “marked” Hndstd to coordinate with the run to hurdle for the final RO, BHS

TU Level 4

Level 4 squads perform **two** passes.

L-4 Pass 1 – Pass 1 is always performed 1st. The deduction for not performing this as the 1st pass is - 0.5.

**Run, hurdle to RO → BHS → BHS → BHS, rebound to controlled landing and "get out of the way."
The final gymnast must show a marked finish LUNGE position for 2 seconds after a controlled landing.**

Performance factors:

- Given a powerful series of BHSs, it is permissible for the Level 4 athletes to rebound from the final BHS to a 2-foot landing and then continue to move out of the way of the next athlete. Except for the final athlete, all of the squad members should utilize the same exit strategy after the controlled landing.
- The final athlete in the squads should show a controlled landing and then show a final marked LUNGE position for 2 seconds.
- This is really the first opportunity for the gymnasts to show their proficiency at performing a strong series of BHSs. The athletes should build speed, momentum and distance as the series continues while showing excellent body and leg position.

Streaming/synchronization – Each of the next-in-line athletes should work to coordinate the start of their run for the RO with the timing of the preceding athlete's 2nd BHS.

L-4 Pass 2

Choice 1: Run, hurdle FHS step-out → FHS step-out → RO, BHS, rebound to LUNGE.

Choice 2: Run to hurdle/jump into Fwd. Flyspring, rebound to 1, 2 or 3 step run/hurdle into RO, BHS, rebound to LUNGE.

Performance factors:

- In this MIXED tumbling pass, the athletes need to show good technique in the forward tumbling elements and maintain speed and momentum in the transition from forward to backward tumbling.
- Except for the final athlete (who should show the final lunge position without any movement for at least 2 seconds), the athletes should rebound to lunge after the final BHS and then turn to exit the area or take a few extra steps backward after the lunge before turning to exit the area.
- This is the first opportunity for the athletes to show proficiency performing Front Handsprings. With the momentum attained in the run and hurdle, it is expected that the athletes will be capable of performing the FHS's (or Flyspring) with height and flight off the hands and with good body position.
- The FHSs should NOT look like poorly performed Front Walkovers (FWOs) or Tinsicas.

Streaming/synchronization – Each of the next-in-line athletes should work to coordinate their run into the hurdle for the FHS step-out with the timing of the preceding athlete's RO, BHS.

TU Level 5

Level 5 squads perform **two** passes.

L-5 Pass 1 – Pass 1 is always performed 1st. The deduction for not performing this as the 1st pass is -0.5.

Run, hurdle to → RO → BHS → BHS → Bk. Salto (tuck) controlled landing to LUNGE.

Performance factors:

- From a stand or short walk...run, hurdle to **FHS step-out** RO → BHS → Bk. Salto (tuck) to 2-foot landing and then Lunge, rise turn and exit the area.
- All members of the squad should utilize the same landing-to-Lunge strategy.
- The FHS step-out should show flight off the hands, good body position in the air and provide sufficient forward momentum for the connecting RO and BHS.
- BHS series should end in a strong blocking position to set-up the Bk. Salto.
- The Bk. Salto should show stretch and rise of the center of gravity out of the block with the initiation of the tuck occurring prior to the peak height. The tuck position should be well defined at the peak of the trajectory and then open sufficiently to set-up the controlled landing. The gymnasts should avoid whipping the head back during the Salto.

Streaming/synchronization – The goal in this pass is to have two athletes performing a tumbling skill element at the same time without being too close to each other—that is, one athlete is performing their last element (the Bk. Salto) **about** the same time that the next athlete is performing their first element (**the RO FHS step-out**).

L-5 Pass 2

Choice 1: Run, 2-foot punch Ft. Salto (T) 2-foot → rebound step-out, RO → BHS → Bk. Salto (tuck) controlled landing to LUNGE.

Choice 2: Run, FHS 2-foot → Ft. Salto (T) 2-foot → rebound step-out to FHS step-out → c/w to LUNGE.

Performance factors:

- In both passes, a key element is the performance of the front salto with good height and rotation with a secure landing that continues the momentum into the rest of the pass.

Streaming/synchronization – The goal in this pass is to have two athletes performing a tumbling skill element at the same time without being too close to each other—that is, one athlete is performing their last element at the same time that the next athlete is performing their first element.

TU Level 6

Level 6 squads perform **two** passes.

L-6 Pass 1 – Pass 1 is always performed first.

Run, Ft. salto step-out (T or P) → RO, BHS, Bk. Salto (Tuck or Layout) → LUNGE

NOTES: The deduction for landing Ft. salto on 2-feet then running into the rest of the pass is 0.2 ea.
The deduction for not performing this as the 1st pass is -0.5.

L-6 Pass 2

FHS to 2-foot → Ft. Salto (tuck) 2-foot → rebound and step-out to RO → BHS → Back Salto (Tuck or Layout) → LUNGE.

NOTE: There are no running steps after the Ft. tuck landing to rebound — this is an immediate step-out into the RO. Extra step(s) will be deducted.

NEW: In either or both Pass 1 and 2, it is permissible for some of the squad to perform tuck saltos and some to perform layouts. However, all of the tucks must be performed first followed by the squad members performing the layout saltos.

The technical quality of the performance of salto (tuck or layout) will be carefully evaluated by the judges for height, distance and body position in flight and upon landing.

The deduction for one or more squad members performing a tuck salto after the layout salto has been introduced is 1.0.

RE: Controlled landings: Except for the final athlete, the **squad** has three choices for the landing the Bk. Salto:

- Out of the Bk. Salto (tuck or layout), land in a controlled upright position on both feet and take one step back to show a momentary lunge, rise and turn to exit the area.
- Out of the Bk. Salto (tuck or layout) landing on both feet, rebound to land (and show) momentary lunge, rise and turn to exit the area. The timing in this case would be to have the forward foot land just prior to the back foot and then show the lunge position.
- Near the peak of the Bk. Salto (layout) the gymnasts split the legs to step-out on the landing and finish in a lunge position.
- The final athlete must show and hold the lunge for at least 2 seconds.

Performance factors:

NOTE 1: All members of the squad should utilize the same landing strategy.

NOTE 2: The punch, Ft. Sommie step-out in Pass 1 may be in tuck or pike position.

There is no difference in the Difficulty value for showing either body position. However, if some of the squad does tucks and some do pikes, then the athletes that do the tucks should go first-in-line.

All saltos (Front and Back) should show a sufficient rise of the center of gravity.

NOTE 3: The BHS should end in a strong blocking position to set-up the Bk. Salto.

NOTE 4: RE: selecting to perform the Backward Salto in Tuck or Layout position.

- The **strong preference** is for all of the athletes in the squad to perform a **layout back salto** (not a whip) for both of the Level 6 Tumbling Passes. Proper performance of the Layout Salto is critical for learning twisting saltos.

NOTE 5: If tumbling on the Floor diagonal, the 2nd half of the pass may be performed as...

... rebound step-out to RO → Back Salto (Tuck or Layout) → LUNGE.

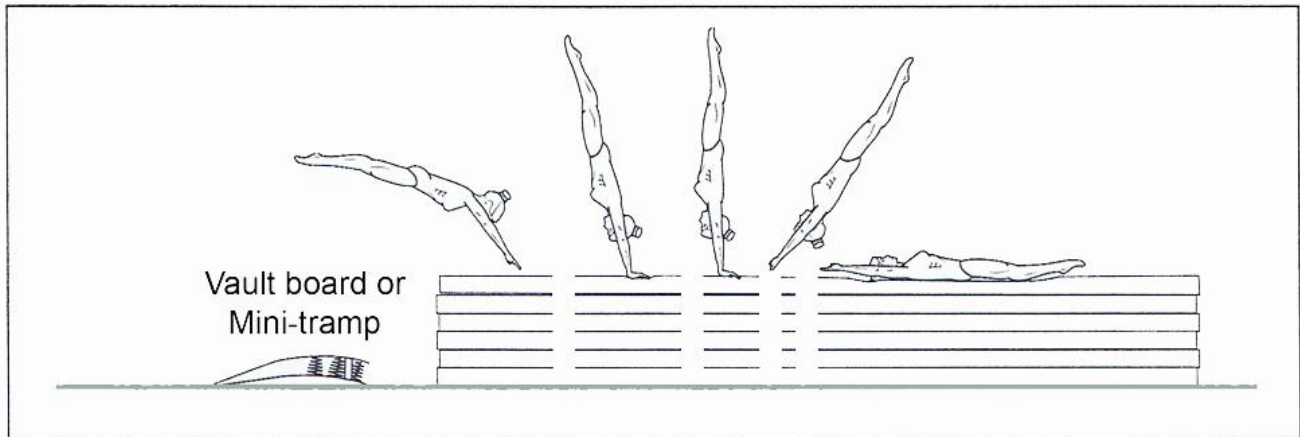
Streaming/synchronization – The goal in this pass is to have two athletes performing a tumbling skill element at the same time without being too close to each other—that is, one athlete is performing their BHS into the final Bk. Salto at the same time that the next athlete is performing their first element.

2012 Jump Pass Summary for VAULT and MINI-TRAMP

Note: The use of the arrow (→) means “directly connected to...”

The Mat Stack is utilized at TG Levels 2 and 3.

Description of the Mat Stack



MATTING REQUIREMENTS

Mat stack – Min. of 32 inches in height (± 1 inch). Any combination of landing mats, skill cushions and/or port-a-pit may be used; however, the top layer **MUST** be a minimum of 4-inch skill cushion or the port-a-pit. One or two additional 8" cushions may be used to allow for 40" and 48" heights (± 1 inch). Any inflatable mat may also be used in the configuration of the matting; however, the uppermost surface must be a min. of a 4-inch skill cushion.

1. All squads may elect to use any of the three choices of heights.
2. The mat stack may be placed on top of a solid foam pit
3. A tape line must be placed at 32" from the front edge of the landing surface (places so that the far edge of the tape is at 32". The area on the mat from the front edge of the mat to (and including) the tape line is designated as the prescribed landing zone. When used for Vaulting, the jump on to feet or any vaults on to hands must be within this landing zone.
4. An additional mat (min. 4" thickness" must be place on the floor behind the mat stack.
5. All mats used in forming the mat stack must be a min. of 5' wide and 10' long.
6. An unfolded panel mat may be places on top of the uppermost surface of the mat stack/rei pit if necessary to provide a more stable landing surface.
7. When using a vaulting board as the rebound device, it may be placed at any distance in front of the mat that is appropriate for the skill element that is being performed.
8. When using a mini-tramp as rebound device, it should be placed immediately at the front of the mat stack.

VAULTING

VT Level 1 – Level 1 squads perform **one** vault over the Vault apparatus.

Jump-on / Jump-off — Choices:

- **Jump-on to Tuck-open off showing extended position before landing. OR,**
- **Jump on to Spread eagle off closing the legs to extended position before landing.**

Start Values (SV) Based on the height of the height of the vaulting device.

Level 1 (and ADSN) squads may select to perform the Jump-on / Jump-off skill element utilizing a Standard Vaulting Table or other Mat Shapes or Vault Trainer devices that can be set at a height lower than 38" (± 1 inch), such as Trapezoid pieces. The Difficulty SV will vary upon the height of the vault apparatus that is selected.

PLEASE REFER TO THE APPARATUS/EQUIPMENT CHART

- **SV = 2.0** For all squads that select to utilize the Vault Table or similar Vault Training Device that permits a minimum height of 38" (± 1 inch).
- **SV = 1.5** For all squads that utilize a Mat-shape or Vault Training Device that is Greater than is set between 14"-27" – (i.e., Greater than 14" and Less than 37")
- **SV = 1.0** For all squads that utilize a Mat-shape or Vault Training Device that is Less than 14" in height – such as a folded panel mat or the bottom piece of a trapezoid.

Level 1 Vault Height

- It is the **responsibility of the coach** to indicate the Vault height that they plan to utilize on the "Squad Information Form" that is completed and submitted to the Competition Director prior to the start of the warm-up for the competition. It is then the **responsibility of the Competition Director** to provide these forms to the Event Head Judges before the actual start of the competition.
- It is the **responsibility of the coach** to set the correct height prior to the squad performance.
- It is the **responsibility of the Competition Director** to designate a person that will confirm the height setting of the Vaulting Table just before the Head Jump Judge gives the Green Flag to the squad to begin their Vaulting pass. A suggested way to do this is for the person verifying the height to use some kind of a flash card system.

Performance factors:

- Good running, and hurdle technique to the vaulting board and good use of arm technique to facilitate the jump. The athletes should maintain an erect body position throughout.
- Showing flight to the arrival to the vault or mat on both feet so as to be in a position to immediately rebound (repulsion) for the after-flight phase.
- The after-flight should show height (rise of the center of gravity), flight (distance from the take-off position and the landing), a clear and clean position of the selected body shape and arm position at the apex of the after-flight.
- Except for the "Straight" body shape, the athletes performing the Tuck, Straddle-in-pike, or Spread-eagle should quickly open from their selected body shape to show a brief straight position prior to landing in a controlled position on both feet.
- Except for the final athlete who should "stick" showing a finish position for a min. of 2 seconds, all of the other squad members should clear the landing area after their controlled landing.

Streaming

Depending upon the length of the run-up, the speed of the run, and the time needed to clear the landing area, 2 or 3 athletes should be moving at the same time. The tempo of the take-off from the board and arrival onto the Vault apparatus should be consistent. The athletes should show a "tight" streaming, yet one that permits sufficient time for each athlete to clear the landing area to insure the safety of the subsequent squad members.

Level 1 ADSN Squads: Jump-on / Jump-off

Choices: **Basic Jumps – Jump-on to Straight jump or Spread eagle off**

NOTE: The "opening" is not a requirement for the ADSN squads.

VT Level 2 – Level 2 squads perform *one* vault onto the Mat Stack

Jump with stretched position in pre-flight to Dive roll onto a Mat Stack

Performance factors:

- The run should be even and strong, accelerating to the hurdle onto the board.
- Rebound (punch) off the board with the arms reaching for the Mat Stack as a continuation of the hurdle swing. Rebound (punch) off the board with the arms reaching for the Mat Stack as a continuation of the hurdle swing.
- The gymnasts must show an extended body shape with straight legs in the pre-flight prior to the hands arriving on the Mat Stack.
- Keeping the body extended, continue rotating by driving the legs upward, so as to arrive on the hands with straight arms so as to complete the roll-out in a smooth manner, distributing the landing first on the shoulders and upper back, then lower back, and then hips...
- The squad may select complete the roll either by, A) finishing in a straight lying position on the back (with the arms still above the head) or continuing the roll up to the feet and standing. There is no penalty for rolling to a straight lying position on the back.

Streaming

Depending upon the length of the run-up, the speed of the run, and the time needed to clear the landing area, 2 athletes should be moving at the same time. The tempo of the take-off from the board and arrival onto the Vault apparatus should be consistent. The streaming should be paced so as to permit sufficient time for each athlete to exit from the mat stack quickly, efficiently, and safely!

Level 2 ADSN Squads

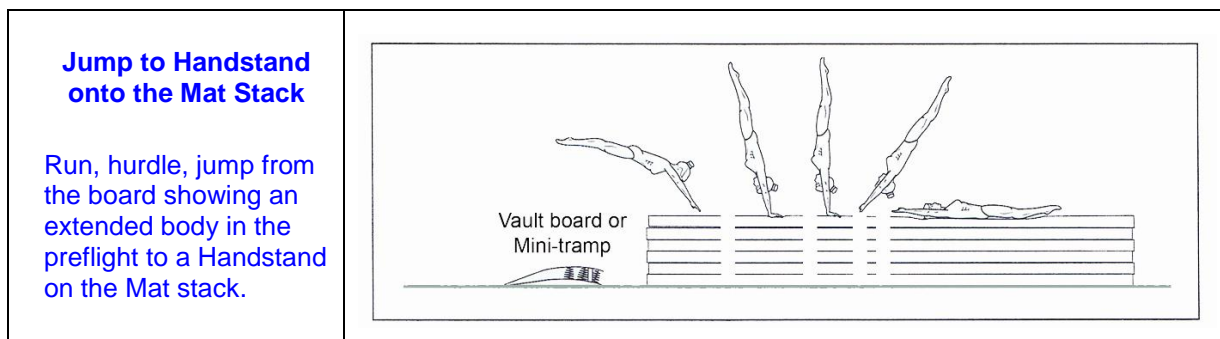
Basic Jumps – Jump-on / Jump-off onto a Standard Landing Mat (NOT a Mat Stack)

Choices: Straight jump or Spread eagle. ADSN squads may use the same set-up as in Level 1.

- The opening of the body position after showing the basic body position is encouraged.

See the Equipment specifications for additional information for the ADSN squads.

VT Level 3 – Level 3 squads perform **one** vault onto the Mat Stack



Key performance factors

- The run should be even and strong, accelerating to the hurdle onto the board.
- Rebound (punch) off the board with the arms reaching to the Mat Stack as a continuation of the hurdle swing.
- The gymnasts must show an extended body shape with straight legs in the pre-flight prior to the hands arriving on the Mat Stack.
- Keeping the body extended, rotating to an inverted position by driving the legs upward, landing in a handstand position with straight arms, extending through the shoulders. The head remains neutral with focus on the hands. Maintain a straight hollow position with legs together.
- Land on the Mat Stack in a straight lying position on the back.
- NOTE: Repulsion from the hands is not a required; however, it is acceptable to show repulsion with flight to land in the straight lying position on the back.
- After arriving in the straight lying position, exit the Mat Stack. The streaming should be paced so as to permit sufficient time for each athlete to exit from the mat stack quickly, efficiently, and safely.

Streaming

Depending upon the length of the run-up, the speed of the run, and the time needed to clear the landing area, 2 athletes should be moving at the same time. The tempo of the take-off from the board and arrival onto the Vault apparatus should be consistent. The streaming should be paced to permit sufficient time for each athlete to exit from the mat stack quickly, efficiently, and safely.

VT Level 4 – Level 4 squads perform **one** vault over the Standard Vault Table

Front Handspring Vault over a Standard Vault Table

Run, hurdle, jump from the board showing an extended body in the preflight to perform a Front Handspring to a controlled landing on both feet.

Key performance factors

- The run should be even and strong, accelerating to the hurdle onto the board.
- Rebound off the board with the arms reaching to the Mat Stack as a continuation of the hurdle swing.
- The gymnasts must show an extended body shape with straight legs in pre-flight prior to the hands arriving on the Mat Stack.
- Keep the body extended, rotating to an inverted position by driving the legs upward, landing in a handstand position with straight arms, extending through the shoulders. The head remains neutral with focus on the hands. Maintain a straight hollow position with legs together.
- The repulsion should be such that the momentum of the run is maintained and that the athletes show a quick and dynamic block out of the arms and shoulders in order to set-up the after-flight phase.
- In the after-flight, the gymnasts show both height and distance. The body should maintain a straight position with a neutral head position and the arms extended above the head through the apex of the after-flight trajectory. The gymnast must land the vault in a controlled landing position on 2 feet.
- Except for the final gymnast (who should “stick” the landing), all of the other gymnasts should clear the landing area quickly after their controlled landing on 2 feet.

Streaming

Depending upon the length of the run-up, the speed of the run, and the time needed to clear the landing area, 2-3 athletes should be moving at the same time. The tempo of the take-off from the board and arrival onto the Vault apparatus should be consistent. It is important that the streaming should be paced so as to permit sufficient time for each athlete to clear the landing area to insure the safety of the subsequent squad members.

VT Level 5 – Level 5 squads perform **one** vault over the Vault Table.

Front Handspring Vault over a Standard Vault Table (SV = 2.0)

Run, hurdle, jump from the board showing an extended body in the preflight to perform a Front Handspring to a controlled landing on both feet.

Level 5 Expectations

- See the description for the Level 4 FHS Vault.
- The judging expectations for Level 5 squads vs. Level 4 include stronger, excellent preflight and arrival body positions, quick repulsion off the table resulting in increased height and flight in the after-flight to a controlled upright landing position. The squad as a whole should demonstrate rhythmic, evenly spaced, and dynamic streaming.

Level 5 Vault Height

- The **Vault Difficulty Start Value** is determined by the height of the vault that the squads select to use. Please note the SV values below:
 - **SV = 2.0** – VT Height = 120 cm (47")
 - **SV = 1.6** – VT Height = 115 cm (45")
 - **SV = 1.2** – VT Height = 110 cm (43")
 - **SV = 0.8** – VT Height = 105 cm (41")
- It is the **responsibility of the coach** to indicate the Vault height that they plan to utilize on the “Squad Information Form” that is completed and submitted to the Competition Director prior to the start of the warm-up for the competition. It is then the **responsibility of the Competition Director** to provide these forms to the Event Head Judges before the actual start of the competition.
- It is the **responsibility of the coach** to set the correct height prior to the squad performance.
- It is the **responsibility of the Competition Director** to designate a person that will confirm the height setting of the Vaulting Table just before the Head Jump Judge gives the Green Flag to the squad to begin their Vaulting pass. A suggested way to do this is for the person verifying the height to use some kind of a flash card system.

VT Level 6 – Level 6 squads perform **two** vaults over the Vault Table.

L-6 Vault 1 — Front Handspring Vault (SV = 2.0)

Run, hurdle, jump from the board showing an extended body in the preflight to perform a Front Handspring to a controlled landing on both feet.

L-6 Vault 2 — Choice of ONE the following:

- **SV = 1.0** – ½ twist on – 0 twist off
- **SV = 1.5** – ½ twist on – ½ twist off
- **SV = 1.5** – ½ twist on – 1½ twist off

Level 6 Vault Height

- The **Vault Difficulty Start Value** is determined by the particular Vaults that the squad selects to perform. (See above).
Additionally, height of the vault that the squads select to use also contributes to the **Vault Difficulty Start Value**.
 - If the VT height =120 cm (47"), then the squad receives **NO ADDITIONAL DEDUCTION**
 - If the VT height <120 cm (47"), then an **ADDITIONAL 0.5** is deducted from their Difficulty SV.
- It is the **responsibility of the coach** to indicate the Vault height that they plan to utilize on the "Squad Information Form" that is completed and submitted to the Competition Director prior to the start of the warm-up for the competition. It is then the **responsibility of the Competition Director** to provide these forms to the Event Head Judges before the actual start of the competition.
- It is the **responsibility of the coach** to set the correct height prior to the squad performance.
- It is the **responsibility of the Competition Director** to designate a person that will confirm the height setting of the Vaulting Table just before the Head Jump Judge gives the Green Flag to the squad to begin their Vaulting pass. A suggested way to do this is for the person verifying the height to use some kind of a flash card system.

Performance factors

- The ½ (or ¼)-on vault serves as a way for the gymnast to change direction from a forward run to hurdle from the board, into a backward position for the vault skill that is executed in the after-flight. One example would be continuing the twist around the long axis, such as in a ½-**on**-½-**off** or a ½-**on**-1½-**off**. Another example would be to add additional somersaulting in the after flight such as seen in a ½ (**or** ¼)-**on** into a Tsukahara.
- In TeamGym, less emphasis is placed on the hand position for the ½ (or ¼)-on vaults than in the past. Today, judges are more interested in observing the attainment of the correct body position upon the arrival and quick repulsion from the hands/arms and out of the shoulders in order to set-up for the work to be done in the after-flight.
- **A primary goal** is that the ½-on is that during the after-flight, the athletes will show great height and distance, extended body position, a clean & crisp twist, and a controlled landing to 2-feet.
- That said, it is important when performing the ½-**on**-½-**off** or a ½-**on**-1½-**off** for the judges to clearly see that the hips have turned 180° in the preflight phase and that the legs are joined.
- A question that is frequently asked is, "Must the gymnast continue the rotation of the body in the after-flight in the same direction as they did in the pre-flight?" Especially if they have shown a clear and distinct 180° turn in the pre-flight, turning back the other way actually works and can look pretty good! **HOWEVER...** it is not the preferred technique for a variety of reasons. Many coaches are very particular about this and other are not.
- So... how does the judge know if the athlete has maintained a consistent direction of rotation? Actually, this is quite easy. When observing the ½-**on**-½-**off** from the side, the judge will see the athlete's stomach in the preflight and back in the after flight (or if they twist the other way back in pre-flight and stomach in after-flight. — If the gymnasts turn back in their twisting, the judge will either see stomach-to-stomach or back-to-back.
- Because in TeamGym, the entire squad streams one after the other, it is more likely that the judge (s) will notice that not all of the athletes are twisting in the same direction or that some of the athletes are inconsistent in the direction of their twist in pre-and after-flight.... But, remember, deductions generally come from for errors in repulsion, after-flight, and landing phases.
- Except for the final vaulter (who should "stick"), the athletes should clear the landing area quickly after landing.

Streaming

Depending upon the length of the run-up, the speed of the run, and the time needed to clear the landing area, 2-3 athletes should be moving at the same time. The tempo of the take-off from the board and arrival onto the Vault apparatus should be consistent. It is important that the streaming should be paced so as to permit sufficient time for each athlete to clear the landing area to insure the safety of the subsequent squad members.

MINI-TRAMP

MT Level 1

Level 1 squads perform one pass. The final gymnast should “stick” the landing.

Required Pass: Basic Jumps onto a standard landing mat

- Jump to Tuck-open showing extended position before a controlled landing. OR,
- Jump to Spread-eagle then quickly closing the legs to extended position before landing.
- NOTE: No straight jump.

Level 1 ADSN Squads: Basic Jumps

Choice of: Tuck-jump or Spread eagle

Opening is not a requirement, but is encouraged.

ADSN may use an elevated run-up to the mini-tramp and a Standard landing mat.

Streaming

Streaming may not be as tight when using the Mat Stack in order to provide for an efficient and safe exit from the mat by the athletes.

MT Level 2

Level 2 squads perform one pass. On the Mat Stack, the final gymnast is not required to “stick” the landing, but should show a final presentation position after a controlled landing.

Required Pass: Basic Jumps onto a Mat Stack

Choice of: Tuck-open or Spread eagle-open. (NO straight jump)

Performance factors

- All should show a rise of the center of gravity to attain the required in-air position at the peak of the jump followed by a quick opening to an extended position with the legs straight and together before a controlled landing.

Level 1 ADSN Squads: Basic Jumps onto a Standard Landing mat

Choice of: Straight jump, Tuck jump, or Spread eagle

ADSN may use an elevated run-up to the mini-tramp.

Opening is not a requirement, but is encouraged.

Streaming

Streaming may not be as tight when using the Mat Stack in order to provide for an efficient and safe exit from the mat by the athletes.

MT Level 3

Level 3 squads perform one pass. On the Mat Stack, the final gymnast is not required to “stick” the landing, but should show a final presentation position after a controlled landing.

Required Pass: Front sommie Tuck onto a Stack Mat

Performance factors

When utilizing this station, the emphasis should be on:

- Good run up and hurdle onto the MT with the body and arms in a position to jump with height and control to set-up the somersault. The somersault should show a clean tuck position with sufficient open of the body to land in controlled landing.
- It is not necessary for any of the athletes to attempt to “stick” the landing, but all should strive for control. Of special importance is the transition from the landing to the manner of exit from the mat.

Streaming

Streaming may not be as tight when using the Mat Stack in order to provide for an efficient and safe exit from the mat by the athletes. It is prudent for one spotter to be positioned at the end of the mat stack.

MT Level 4

Level 4 squads perform **one** pass. The final gymnast should “stick” the landing.

Required Pass: Front sommie Tuck onto a standard landing mat.

NOTE: It is OK for the last 1 or 2 gymnasts to perform a salto in pike position instead of a tuck sommie. However, there is NO BONUS for doing this...

Performance factors

- Continued improvement in the run, hurdle, and take-off is expected.
- Greater emphasis will be on the height and distance of the flight.
- Because the gymnasts must now land on a standard landing mat, emphasis should be placed on the ability to land upright and in a controlled landing on both feet.
- The final athlete should stick the landing.

Streaming

The athletes should be able to demonstrate an even, rhythmic and tight streaming on this pass.

MT Level 5

Level 5 squads perform **one** pass selected from the two choices below.

Choice 1 – SV = 1.5 – Front sommie (Tuck-open) onto a standard landing mat.

Performance factors

- The squad members should show confidence, height, distance, clean body positions, excellent technique, and an obvious and dynamic change of body position in the “opening” from tuck to extended body before the landing.
- Controlled landing in an upright position and an efficient “clearing of the dismount area.”
- The final gymnast should stick the landing.

Streaming

The athletes should be able to demonstrate an even, rhythmic and tight streaming on these pass.

Choice 2 – SV = 2.0 –Front Layout salto onto a landing mat.

Performance factors

- The emphasis again switches to the take-off position from the MT, the body position going into to the layout front somersault, and the position of the body at the apex of the jump.
- This skill is somewhat blind; the other area of attention will be the transition from the layout position to a controlled landing.
- For this pass, the final gymnast is not required to “stick” the landing, but should show a final presentation position after a controlled landing.

Streaming

The athletes should be able to demonstrate an even, rhythmic and streaming on these pass, with attention to providing sufficient space for the landing and subsequent exit.

MT Level 6

Level 6 squads perform one pass selected from the two choices below.

Choice 1 **SV = 1.5 – Front Salto Layout** onto a landing mat.

Areas of emphasis:

- The emphasis again switches to the take-off position from the MT, the body position going into to the layout front somersault, and the position of the body at the apex of the jump.
- This skill is somewhat blind, the other area of attention will be the transition from the layout position to a controlled landing.
- For this pass, the final gymnast is not required to “stick” the landing, but should show a final presentation position after a controlled landing.

Streaming

The athletes should be able to demonstrate an even, rhythmic and streaming on these pass, with attention to providing sufficient space for the landing and subsequent exit.

Choice 2 **SV = 2.0 – Barani** onto a landing mat.

Performance factors

- This is the first opportunity where the athletes demonstrate the most basic forward twisting salto from the MT.
- The expectation is that the lessons learned earlier regarding run, MT take-off position, “setting” the skill, height and flight, and a stretched body position will all be evident in the demonstration of this new skill.
- What the judges do not want to see is a “roundoff” style Barani, with the chest and shoulder dropping, pike body position, etc.
- For this pass, the final gymnast is should be able to “stick” the landing. The suggestion for the other squad members is to stand up quickly from the controlled landing and take several quick backward steps before exiting the mat.

Streaming

The athletes should be able to demonstrate an even, rhythmic and streaming on these pass, with attention to providing sufficient space for the landing and subsequent exit.