

## 2010 TeamGym Squad Competition Information Form — Levels 3 & 4 (revised 12/10/09)

The following form needs to be completed and submitted by the squad coach at least 30 minutes prior to the scheduled start-time for the competition. Failure to submit this form on time is subject to a 0.5 deduction from the Squad's Group Jump Final Score.

Squad ID: \_\_\_\_\_ Club Name: \_\_\_\_\_ City: \_\_\_\_\_ ST: \_\_\_\_\_ Nickname: \_\_\_\_\_

Gender : \_\_1) Female; \_\_2) Open Female; \_\_3) Mixed; \_\_4) Open Male; \_\_5) Male; \_\_6) ADSN # in squad \_\_\_\_\_

<b>Level 3</b>	<b>Level 4</b>
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### TUMBLING

	Pass	Level 3		Level 4
1	___	L3T-1a PH-> RO, FF, rebound, turn, 2 or 3 steps, RO, FF, rebound.	___	L4T-1a PH-> RO, FF rebound w/ ½ turn step-out. & immediate RO, FF, rebound.
	___	L3T-1b PH-> RO, FF rebound w/ ½ turn step-out & immediate RO, FF, rebound.	___	L4T-1b PH-> RO, FF, FF, rebound
	___	L3T-1c PH-> RO, FF, FF, rebound.		
2	___	L3T-1a PH-> RO, FF, rebound, turn, 2 or 3 steps, RO, FF, rebound.	___	L4T-2a PH-> FHS 2-foot; walk to PH-> FHS 2-foot
	___	L3T-1b PH-> RO, FF rebound w/ ½ turn step-out. & immediate RO, FF, rebound.	___	L4T-2b PH-> FHS step-out, FHS 2-foot
	___	L3T-1c PH-> RO, FF, FF, rebound.	___	L4T-2c PH-> FHS step-out, FHS step-out, FHS 2-foot
			___	L4T-2c PH-> FHS step-out, RO, FF, rebound
			___	L4T-2c PH-> FHS step-out, FHS step-out, FHS step-out, FHS 2-foot
			___	L4T-2c PH-> RO, FF step-out, turn, FHS step-out, FHS 2-foot

### VAULTING

	Pass	Level 3		Level 4
1	___	L3V-1a Vault-on / Jump-off with body extension	___	L4V-1a Jump-on / Jump-off with body extension
	___	L3V-1b Jump-on / Jump-off with body extension	___	L4V-1b Vault Over - Basic positions = tuck, pike, or straddle
	___	L3V-1c Jump-on / Round-off off	___	L4V-1c Jump-on / FHS off
	___	L3V-1d Jump-on / FHS off	___	L4V-1d Front Handspring (FHS) to 2-foot landing

*Basic Jump Positions = Straight, Tuck, Pike, Straddle in pike, Stag, Daffy, Dbl Daffy, Spread eagle*

### MINI-TRAMP

	Pass	Level 3		Level 4
1	___	L3M-1a Basic Jump with body extension	___	BM-1a Basic Jump with body extension
			___	BM-1b Ft Sommie Tuck

*Basic Jump Positions = Straight, Tuck, Pike, Straddle in pike, Stag, Daffy, Dbl Daffy, Spread eagle*