

**2010TeamGym Squad Competition Information Form — Levels 5 & 6** (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 5</b>	<b>Level 6</b>
----------------	----------------

**TUMBLING**

	Level 5		Level 6	
Pass				<i>Performed on a TU strip:</i>
1	__ L5T-1a	On FX Diagonal: PH-> RO, FF, FF, FF, rebound	__ L6T-1a	Run... RO, FF, FF, FF, FF, rebound
	__ L5T-1b	On TU strip: PH-> RO, FF, FF, FF, FF, rebound	__ L6T-1b	Run... RO, FF, FF, FF, FF, FF, rebound
				<i>Performed on a FX diagonal:</i>
			__ L6T-1a	Run... RO, FF, FF, FF, rebound
			__ L6T-1b	Run... RO, FF, FF, FF, FF, rebound
Pass				
2	__ L5T-2a	Run...RO, FF, Bk. Tuck	__ L6T-2a	Run... FHS Step-out, RO, FF, Bk. Tuck (or straight)
	__ L5T-2b	Run...RO, FF, FF, Bk. Tuck	__ L6T-2b	Run... RO, FF, FF, Bk. Tuck (or straight)
Pass				
3	__ L5T-3a	Run... FHS step-out, FHS step-out, run...Punch Ft.sommie	__ L6T-3a	Run... FHS step-out, FHS 2-foot, rebound, Punch Ft. sommie
	__ L5T-3b	Run... Punch Ft.sommie, 2-foot rebound/step-out, FHS step-out, FHS 2-foot	__ L6T-3b	Run... Punch Ft.Sommie, rebound/step-out, FHS step-out, FHS 2-foot land
			__ L6T-3c	Run... FHS step-out, FHS 2-foot, Ft. sommie 2-foot landing
			__ L6T-3d	Run... Ft. sommie step-out, FHS 2-foot, Ft. sommie 2-foot landing

**VAULTING**

	Level 5		Level 6	
Pass				
1	__ L5V-1a	Front Handspring (FHS) to 2-foot landing	__ L6V-1a	Front Handspring (FHS) to 2-foot landing
	__ L5V-2a	½ off – 0 twist off	__ L6V-2a	½ off – 0 twist off
	__ L5V-2b	½ twist on – ½ twist off	__ L6V-2b	½ twist on – ½ twist off
	__ L5V-2c	FHS – ½ twist off	__ L6V-2c	FHS – ½ twist off
	__ L5V-2d	FHS – 1/1 off	__ L6V-2d	FHS – 1/1 off
	__ L5V-2e	Other:	__ L6V-2e	FHS – 1½ off
			__ L6V-2f	Other:

**MINI-TRAMP**

	Level 5		Level 6	
Pass				
1	__ L5M-1a	Front sommie (Tuck or pike position) – open	__ L6M-1a	Front sommie – tuck or pike – open
	__ L5M-1b	Barani	__ L6M-1b	Front sommie – straight
			__ L6M-1c	Barani (straight)