

## 2010 TeamGym Squad Competition Information Form — Levels 1 & 2 (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.

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

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

<b>Level 1</b>	<b>Level 2</b>
<b>TUMBLING</b>	
<b>NOTE: any of the pass sequences below indicated with an asterisk ( * ) may be repeated once or twice.</b>	

	Level 1		Level 2	
Pass 1	__ L1T-a	Ft.Roll-T; Ft.Roll-T; Ft.Roll-T, Stretch jump, Stand. ... *	__ L2T-1a	Ft.Roll-S; Ft.Roll-T, Ft.Roll-T; Ft.Roll-T; Stretch jump. ... *
	__ LTT-b	Ft.Roll-S; Ft.Roll-T; Ft.Roll-T; Stretch jump. ... *	__ L2T-1b	Ft.roll-T; Ft.Roll-T, Jump ½ twist; BkRoll-T, Stretch jump. ... *
	__ L1T-c	Ft.Roll-T; Ft.Roll-T, Jump ½ turn; Bk.Roll-T, Stretch jump. ... *	__ L2T-1c	Ft.Roll-T; Dive-roll, Stretch jump, 2-ft punch to Dive-roll, Stretch jump. ... *
	__ L11T-d	Kick Hnd; Ft.Roll-T; Stretch Jp; step kick Hnd; Ft.Roll-T, Stretch jump.	__ ADSNL2	Ft.Roll-T; stretch Jump, chassé , feet together, Ft.Roll-T, Jump 1/2 twist. ... *
	__ ADSNL1-a	step, step, feet together, stretch jump to stand. ... *		
	__ ADSNL1-b	chassé , 2-feet, and squat touch, to stand. ... *		
	__ ADSNL1-c	chassé, stand, squat touch, stand. ... *		
Pass 2	__ L1T-a	Ft.Roll-T; Ft.Roll-T; Ft.Roll-T, Stretch jump, Stand. ... *	__ L2T-2a	Ft.Roll-T, Stretch jump step-out, c/w, c/w. ... *
	__ LTT-b	Ft.Roll-S; Ft.Roll-T; Ft.Roll-T; Stretch jump. ... *	__ L2T-2b	Dive-roll, Stretch jump step-out, c/w, c/w. ... *
	__ L1T-c	Ft.Roll-T; Ft.Roll-T, Jump ½ turn; Bk.Roll-T, Stretch jump. ... *	__ L2T-2c	c/w, Chasse, c/w, Chasse, c/w. ... **
	__ L11T-d	Kick Hnd; Ft.Roll-T; Stretch Jp; step kick Hnd; Ft.Roll-T, Stretch jump.	__ L2T-2d	c/w, c/w, c/w, c/w. <i>(no repeat)</i>
	__ ADSNL1-a	step, step, feet together, stretch jump to stand. ... *	__ L2T-2e	Hndstd, Ft.Roll-T; Ft.Roll-T, stretch jump step-out; c/w, c/w, RO, rebound. <i>(no repeat)</i>
	__ ADSNL1-b	chassé , 2-feet, and squat touch, to stand. ... *	__ L2T-2f	RO, rebound; turn and step-out to, c/w, c/w, RO, rebound. <i>(no repeat)</i>
	__ ADSNL1-c	chassé, stand, squat touch, stand. ... *	__ L2T-2g	c/w, FWO, c/w, BWO. ... *

<b>VAULTING</b>	
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	Level 1		Level 2	
Pass 1	__ L1V-a	Forward roll on / Jump-of	__ L2V-a	Vault-on / Jump-off
	__ L1V-b	Jump-on / Jump-off	__ L2V-b	Jump-on / Jump-off
	__ L1V-c	Vault-on / Jump-off		
		<i>Basic positons = Straight, Tuck, Pike, or Straddle</i>		

<b>MINI-TRAMP</b>	
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	Level 1		Level 2	
Pass 1	__ L1M-a	Basic Jump - Basic positions = straight, tuck, pike, or straddle position	__ L2M-1a	Basic Jump - Basic positions = straight, tuck, pike, or straddle position