



CLUB: \_\_\_\_\_ SQUAD NAME: \_\_\_\_\_ TOTAL # of ATHLETES: \_\_\_\_\_

Judge Initial \_\_\_\_\_

Squad Division (circle one): **Open Female** **Open Male** **Mixed**

2020-23

**INSTRUCTIONS:**

Coaches must fill out above, initial on the left column your choices, 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 4 performs two tumbling passes. All athletes on squad perform the same passes unless intensifying or kneeling out.**

■ From stand facing forward – run 2or3 steps hurdle – RO - \*BHS –BHS – BHS – small rebound then get out of the way. Last athlete will do a larger rebound to stick hold, finish and salute.

Count: \_\_\_\_\_ Judges Notes:

D 3	C 2	E 5	bonus	T1 Score

**TUMBLING Pass 2 - May be either Option A or Option B. All athletes on squad perform the same pass.**

\_\_\_\_ Option A: From stand facing forward – run 2or3 steps hurdle – front handspring (FHS) step out – RO - \*BHS – BHS - small rebound - get out of the way. Last athlete will do a larger rebound to a stick hold, finish and salute.

\_\_\_\_ Option B: From stand facing forward – run 2or3 steps hurdle – FHS step out-FHS step out-\* run 3 steps punch front tuck salto. Last athlete will stick hold, finish and salute.

Count: \_\_\_\_\_ Judges Notes:

D 3	C 2	E 5	bonus	T2 Score

**Tumbling (Average) Score:**

**VAULT – Level 4 competes one or two handspring vaults. HIGHEST SCORE COUNTS. Last athlete must stick.**

■ First Handspring

\_\_\_\_ Second Handspring

Count: \_\_\_\_\_ Judges Notes Vault #1:

D 3	C 2	E 5	bonus	score 1	VT Score

Count: \_\_\_\_\_ Judges Notes Vault #2:

D 3	C 2	E 5	bonus	score 2

**MINI-TRAMP – Level 4 Performs 1 MT Pass. All athletes on squad perform the same jump from the following choices:**

■ Front salto tuck with stretch position before and after tuck shape.

Count: \_\_\_\_\_ Judges Notes:

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	MT Score

Head Judge Tabulation: Second judge score: \_\_\_\_\_ . Average score: \_\_\_\_\_ less HJ deductions: \_\_\_\_\_ =

**FINAL SCORE:** \_\_\_\_\_ Judge SCORE: \_\_\_\_\_

# Power TeamGym Roster

## Level 4

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 and the Jump Form on double sided paper (one page). If necessary, two pages stapled are acceptable.

**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: \_\_\_\_\_