



CLUB: _____ SQUAD NAME: _____ TOTAL # of ATHLETES: _____

Judge Initial _____

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

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 - Level 1 Performs one tumbling pass (either option A or B). All athletes on squad perform the same pass.

____ Option A: From stand facing forward – ft. roll - ft. roll- straight jump* ft. roll -ft. roll – straight jump with full twist-finish. Last athlete will stick hold, finish and salute.

____ Option B: From stand facing forward – ft. roll – ft. roll – straight jump ½ turn – *bk. straddle roll – bk. tuck roll to finish in stand. Last athlete will stick hold, finish and salute.

____ Coaches Choice for HUGS and Unified only, describe: _____

Count: _____ Judges Notes:

D 3	C 2	E 5	bonus
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<i>TU Score</i>

VAULT – Level 1 competes one vault drill. All athletes on squad perform the same vault.

____ Straight Jump on Straight Jump off ____ Straight Jump on Tuck Jump off ____ Straight Jump on Star Jump off

____ Coaches Choice for HUGS and Unified only, describe: _____

Count: _____ Judges Notes:

D 3	C 2	E 5	bonus
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<i>VT Score</i>

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

____ Straight Jump

____ Tuck Jump with stretch before and after shape (angle of thighs at least 45° from vertical).

____ Star Jump with stretch before and after shape (angle of thighs at least 45° from vertical).

____ Coaches Choice for HUGS and Unified only, describe: _____

Count: _____ Judges Notes:

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
L 1 - 2	9 - 10	11 - 12	13	14

D 3	C 2	E 5	bonus
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<i>MT Score</i>

Head Judge Tabulation: Second judge score: _____ Average score: _____ less HJ deductions: _____ = **FINAL SCORE:**

Judge _____
SCORE:

Power TeamGym Roster

Level 1

List all Athletes on Squad

	1	_____
	2	_____
	3	_____
	4	_____
	5	_____
	6	_____
	7	_____

	8	_____
	9	_____
	10	_____
	11	_____
	12	_____
	13	_____
	14	_____

***** No more than 2 Double Dippers 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 regardless of which direction they are double dipping. Only two allowed in this level per squad.

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: _____