



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 3 Performs two tumbling passes. All athletes on squad perform the same passes.

- From stand facing forward – run 2 or 3 steps hurdle – RO – BHS small rebound ½ turn step out – *run 3 steps hurdle – RO – BHS small rebound to both feet – finish. Last athlete will do a larger rebound to a stick hold, finish and salute.

Count: _____ Judges Notes:

D 3	C 2	E 5	bonus	T1 Score
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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 – handstand forward roll step out-side cartwheel-*cartwheel turn out-run 3 steps-FHS- rebound then get out of the way. Last athlete, no stick required, finish and salute.

Option B: From stand facing forward – run 2 or 3 steps hurdle – RO – BHS small rebound 1/4 turn step out – *side cartwheel-RO rebound with a short run backwards with arms up by ears.

Last athlete will run backwards to a stop hold, finish and salute

Count: _____ Judges Notes:

D 3	C 2	E 5	bonus	T2 Score
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Tumbling (Average) Score:

VAULT – Level 3 competes one vault drill. All athletes on squad perform the same vault.

- Run – hurdle – punch board – straight position - front Flyspring – straight arch position post flight - legs together throughout – upon landing step forward get out of the way.

Count: _____ Judges Notes:

D 3	C 2	E 5	bonus	VT Score
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MINI-TRAMP – Level 3 Performs 1 MT Pass. All athletes on squad perform the same jump from the following choices:

- Tuck Jump with stretch before and after shape (angle of thighs at least 90° from vertical).
- Straddle Jump with stretch before and after shape (angle of thighs at least 90° from vertical).
- Pike Jump with stretch before and after shape (angle of thighs at least 90° from vertical).
- Front Tuck Salto with stretch before and after shape.

BONUS	+ 0.2	+ 0.3	+ 0.4	+ 0.5
L 3 - 6	8 - 9	10 - 11	12 - 13	14

Count: _____ Judges Notes:

D 3	C 2	E 5	bonus	MT Score
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Head Judge Tabulation: Second judge score: _____ Average score: _____ less HJ deductions: _____ =

FINAL SCORE:	Judge SCORE:
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Power TeamGym Roster

Level 3

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: _____