TeamGym : Jump Form

Level 5

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

TUMBLING Pass 1 - Compulsory Pass. Level 5 perform 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 – back salto tuck - finish . Last athlete will stick hold, finish and salute.

____ Coach's Choice: Entire squad may substitute _____back pike or _____back layout for back tuck salto.

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 – punch front tuck salto step through – *RO – BHS – back salto tuck - finish. Last athlete will stick hold, finish and salute.

____ Option B: **(2.5 SV)** from stand facing forward – run 2or3 steps hurdle – *FHS - front tuck salto - finish. Last ahtlete stick hold, finish and slaute.

____ Coach's Choice: Entire squad may substitute _____back pike or _____back layout for back tuck salto.

Count: _____ Judges Notes: **Intensification**: Last athlete may substitute pike or layout for tuck back salto

D 3	C 2	E 5	bonus	*T2 Score*

Tumbling (Average) Score:

VAULT – Level 5 competes one handspring vault.

■ Handspring

Count: _____ Judges Notes: Last athlete may add ½ twist in the vault. ½ on or ½ off and may choose to not stream (no deduction).

D 3	C 2	E 5	bonus	*VT Score*

MINI-TRAMP – Level 5 Performs 1 MT Pass. All athletes on squad perform the same jump from the following choices:

____ _____**(2.0 SV)** Front Tuck _____**(2.6 SV)** Front Pike _____**(3.0 SV)** Front Layout

____ Intensification: Last athlete may add ½ twist (in same shape) and may choose to not stream (no deduction).

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*

FINAL Judge

Head Judge Tabulation: tions: _____ = **SCORE:** SCORE:

TeamGym Roster

Level 5

List all Athletes on Squad

1_____

2_____

3_____

4_____

5_____

6_____

7_____

8_____

9_____

10_____

11_____

12_____

13_____

14_____

Double Dipper Name: _____

Coach Signature: _____

*** No more than 1 Double Dippers per squad.