



GYM
WARRS

PowerHouse
with Crunch



General information

Gym Wars is just one of the many activities PowerHouse Tumble and Cheer offers.

Gym Wars is a competition of Tumbling, Synchronized Tumbling, Co-ed and Group Stunting. Stunting events will only be allowed at the Gym Wars Championship in West Monroe!

Gym Wars is designed to motivate each athlete to reach their full potential and for healthy competition we are allowing members and nonmembers to participate in Gym Wars.

Awards

- Every athlete will receive an award.
- 1st Place will receive a banner.

Gym Wars will take place in the gyms of PowerHouse Tumble and Cheer.

- Gym Wars Championship of West Monroe will be held December 13th at 2:30 pm.

*Warm-up will be 30min prior to each event

A set of judges will choose a winner from each event, age division and skill level.

GYM WARS 2015

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General rules

Athletes may cross into all events:

- Tumbling
- Synchronized Tumbling
- Stunt Group
- Partner Stunt.

All passes will be performed on the floor below:

- Rayville: 42' Cheer Floor
- Columbia: 42' Cheer Floor
- West Monroe: 42' Cheer Floor

What to wear:

Shorts and t-shirt or tank. No jewelry! Cheer uniforms/Skirts/Cheer hair bows are allowed but not required.

Scores will be numerical values without comments.

Each event will be judged separately by event, age division and skill level.

Please see event page for more rules on each event.

powerhousetumbleandcheer.com/gym-wars

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Levels and divisions

Tumbling Levels:

Beginner: NO back handsprings

Intermediate: Must have back handspring

Elite: Tuck or higher

It is at the coach's and athlete's discretion to assess the skill level of the individual athlete to give the athlete the best opportunity to connect the most difficult skills that can be performed safely and with the highest level of perfection.

Age divisions

- Tiny: 6 and Younger
- Mini: 7 to 8
- Youth: 9 to 11
- Junior: 12 to 14
- Senior: 15 to 18
- Open: 18 and Over

Athletes will be placed in the age division according to the oldest athlete's age.

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Tumbling

Who:

Each athlete will compete as an individual participant.
Age requirement is 3 years and older. No maximum age limit. Female and male individuals are allowed.

What to wear:

No jewelry! Cheer uniforms/Skirts/Cheer hair bows are allowed but not required.

Footwear is allowed but not required.

Each athlete must perform 3 passes total.

2 running passes – limited to 8 elements

1 standing tumbling pass – limited to 3 elements

Tumblers:

2 running passes are to be performed first and the 1 Standing Pass will be the final pass each athlete performs.

Each pass will be judged on Difficulty, Execution, Technique, and Landing.

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Synchronized Tumbling

Who:

A minimum of 2 athletes are required. Age requirement is 5 years and older. Female and male athletes are allowed.

What to wear:

Shorts and t-shirt or tank. No jewelry! Cheer uniforms/Skirts/Cheer hair bows are allowed but not required. Footwear is allowed but not required.

Athletes must perform 3 passes total.

2 running passes – limited to 8 elements

1 standing tumbling pass – limited to 3 elements

Tumblers:

2 running passes are to be performed first and the 1 Standing Pass will be the final pass each athlete performs.

Each pass will be judged on Difficulty, Execution, Technique, Landing and Synchronization.

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Stunt Group

Who:

Minimum of 4 participants is required. Up to 5 participants are allowed.

Age requirement is 5 years and older. No maximum age limit. 45 seconds in length.

What to wear:

Shorts and t-shirt or tank. No jewelry! Cheer uniforms/Skirts/Cheer hair bows are allowed but not required.

Athletic Footwear is required.

There are no minimum requirements for the Group Stunt event.

An athlete may compete in more than one Stunt Group.

Routines will be judged on performance, Creativity, Transitions, Choreography, Difficulty and Execution.

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Partner Stunt

Who:

Age requirement is 5 years and older. No maximum age limit. 45 seconds in length.

Minimum of 2 participants is required.

What to wear:

Shorts and t-shirt or tank. No jewelry! Cheer uniforms/Skirts/Cheer hair bows are allowed but not required.

Athletic Footwear is required.

There are no minimum requirements for the Partner Stunt.

An athlete may compete in more than one Partner Stunt event.

An additional spotter is required. Spotter is **NOT** furnished by PowerHouse Tumble and Cheer.

Spotters - Free Entry.

Routines will be judged on Performance, Creativity, Transitions, Choreography, Difficulty and Execution.

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