**Pocket Card**

**Gym Wheel**

**Please note the following:**

a) **Pocket Cards must be** **submitted in advance**. Time and place for submission will be communicated on or before arrival at the championships.

b) **Pocket Cards should be filled in and printed from a computer.** If the gymnast does not have access to a computer, a handwritten Pocket Card will be accepted, but it **must be legible** (“readable”). The difficulty judges may reject a handwritten Pocket Card that they cannot read.

c) If a Pocket Card is not submitted at all, no complaints/inquiries about the difficulty score will be permitted.

**The difficulty list may be written in English or German.**

**Eintragungen können in Englisch oder Deutsch gemacht werden.**

name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ junior ⬜ senior

country / nation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ male ⬜ female

**straight-line (with music)**

| **Nr.** | **difficulty** | **description of move** | **structure group** | **value** |
| --- | --- | --- | --- | --- |
|  | e.g.: C3 | Giant bridge forwards with grip on inner handle | giant bridge | 0.60 |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |
| 9 |  |  |  |  |
| 10 |  |  |  |  |
| 11 |  |  |  |  |
| 12 |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| total: |  |

name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ junior ⬜ senior

country / nation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ male ⬜ female

**spiral**

| **Nr.** | **difficulty** | **description of move** | **structure group** | **value** |
| --- | --- | --- | --- | --- |
|  | e.g.: B6a | Side free-fly |  | 0.40 |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |
| 9 |  |  |  |  |
| 10 |  |  |  |  |
| 11 |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| total: |  |

name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ junior ⬜ senior

country / nation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ male ⬜ female

**vault**

| **Nr.** | **difficulty** | **description of vault** | **value** |
| --- | --- | --- | --- |
| example |
|  | A1 |  straddle sitting | 0.00  |
| **1. vault** |
|  |  |  |  |
| **2. vault** |
|  |  |  |  |