**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) **Pocket Cards must be filled out in English using the element names and element numbers as stated in the current IRV Code of Points.**

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

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ Junior ⬜ Senior

Country: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ 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 | II | 0.60 |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |
| 9 |  |  |  |  |
| 10 |  |  |  |  |
| 11 |  |  |  |  |
| 12 |  |  |  |  |
|  |  |  |  |  |
| Top 8 elements | | \_\_ x A \_\_ x B \_\_ x C \_\_ x D | |  |
| Structure groups | | I  II  III  IV  V  VI  VII  VIII  IX  X | |  |
| Total: | | | |  |

Structure group key

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| I | II | III | IV | V | VI | VII | VIII | IX | X |
|  |  |  |  |  |  |  |  |  | ­ |

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Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ Junior ⬜ Senior

Country: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ Male ⬜ Female

**Spiral**

| **Nr.** | **Difficulty** | **Description of move** | **Structure group** | **Value** |
| --- | --- | --- | --- | --- |
|  | e.g.: B4a | Side-free fly | I | 0.40 |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |
| 9 |  |  |  |  |
| 10 |  |  |  |  |
| 11 |  |  |  |  |
| 12 |  |  |  |  |
|  |  |  |  |  |
| Top 8 elements | | \_\_ x A \_\_ x B \_\_ x C \_\_ x D \_\_ x E | |  |
| Structure groups | | I  II  III  IV  V  VI  VII  VIII  IX  X | |  |
| Total: | | | |  |

Structure group key

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| I | II | III | IV | V | VI | VII | VIII | IX | X |
|  |  |  |  |  |  |  |  |  | ­ |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ Junior ⬜ Senior

Country: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⬜ Male ⬜ Female

**Vault**

| **Nr.** | **Difficulty** | **Description of vault** | **Value** |
| --- | --- | --- | --- |
|  | e.g.: A1 | Straddle sitting | 0.00 |
| Vault 1 | | | |
|  |  |  |  |
| Vault 2 | | | |
|  |  |  |  |