



# 2024 PENNSYLVANIA STATE CHAMPIONSHIPS



Welcome to the Pennsylvania State Championships! Please review the rules and requests listed below. In order to keep the meet moving on time please sure that your athletes are present in staging 30 minutes prior to their flight time.

- Absolutely NO coffee or colored drinks should be brought onto the competition floor or staging area. This includes but is not limited to colored gatorade, celsius, coffee, and soda.
- Athletes and coaches should be respectful to the space and clean up all trash and personal items brought to the competition.
- Only athletes should use the locker rooms. All adults should use the restrooms upstairs (lobby/coaches room).
- There should be no parents or unauthorized personnel on the gym floor or equipment (including tumble track). Please help enforce this rule.
- Only CAVU staff members are allowed behind the front desk and office area.
- **Competition cards should be turned into the scoring table by the end of the session 3 training session.**

As previously stated, team awards will be announced post-competition via State Website and State Socials, and award banners will be received in April at the earliest convenience. For more information please visit [www.pastatett.com](http://www.pastatett.com)

## **2024 PA State Championships Session Schedule**

*Athlete open stretch begins no earlier than 30 minutes before the start time for training*

*7:45 AM: Doors Open*

### **7:45 AM: Session 1 Open Stretch**

*8:15-8:50 AM: Session 1 Warm Up Training*

*8:45 AM: Session 1 Judges and Coaches Meeting*

*9:00 AM: Session 1 Competition Start*

*- 10U All Levels & 11-12 Level 4U & All HUGs Athletes*

### **10:45 AM: Session 2 Open Stretch**

*11:15-12:15 PM: Session 2 Warm Up Training*

*12:30-1:30 PM: Session 2 Competition Start*

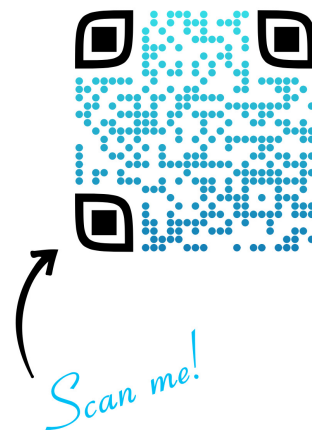
*- 13-14 Levels 7U & 11-12 Levels 5-7 & All Ages Tumbling Levels 8+*

### **1:30 PM: Session 3 Open Stretch**

*2:00-3:20 PM: Session 3 Warm Up Training, 4:30 PM Elite Training*

*3:30 PM: Session 3 Competition Start Time*

*For live updates join the state meet WhatsApp group for coaches, judges and volunteers: <https://chat.whatsapp.com/IRolrdqjWCj61maMSXSjw3> or scan the QR code below.*



## TRAMPOLINE

<b>Local/State/Regional/National</b>		
If a general training or warm-up session is offered prior to competition, the following warm-up will be provided immediately prior to flight competition.		
<b>Trampoline / Synchro</b>		
<b>Levels</b>	<b>Qualification</b>	<b>Finals</b>
Levels 1-4	2 Touches / N/A	N/A
Levels 5-7	2 Touches / N/A	N/A
Levels 8-Open	2 Touches / 1 Touch	1 Touch / N/A

## TUMBLING

<b>Local/State/Regional/National</b>		
If a general training or warm-up session is offered prior to competition, the following warm-up will be provided immediately prior		
<b>Levels</b>	<b>Qualification</b>	<b>Finals</b>
Levels 1-4	2 Touches	N/A
Levels 5-7	2 Touches	N/A
Level 8	3 Touches	N/A
Level 9	3 Touches	2 Touch
Levels 10 / Open	3 Touches	3 Touches

## DOUBLE MINI

<b>Local/State/Regional/National</b>		
If a general training or warm-up session is offered prior to competition, the following warm-up will be provided immediately prior		
<b>Levels</b>	<b>Qualification</b>	<b>Finals</b>
Levels 1-4	2 touches	N/A
Levels 5-7	2 touches	N/A
Level 8	3 touches	N/A
Level 9	3 touches	2 touches
Levels 10 / Open / E	3 touches	3 touches