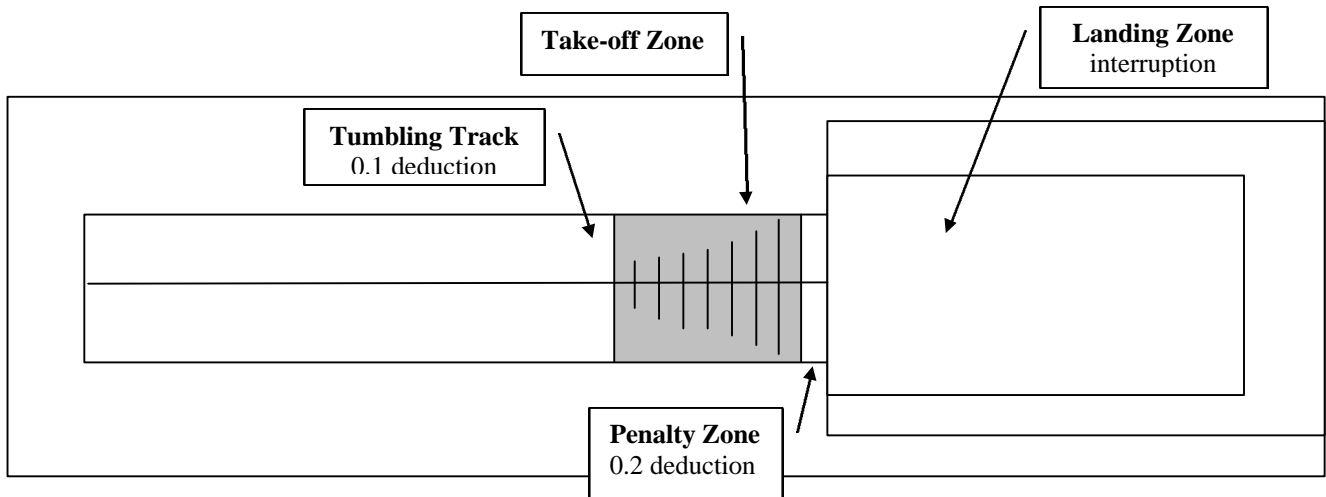


Landing Clarifications Levels 7-10

Levels 7 – 10 Take-off Zone

The athlete must take off for the last skill in the “Take-off Zone” (i.e. 1st pass: skill #4 must land in this zone; 2nd pass: skill #7 must land in this zone.) This rule is intended to prepare the athletes to land in the landing zone at the elite level. A diagram of the “Take-off Zone” is shown below.



There is no requirement at this level for the location of the landing of the last skill. It can land in the landing zone or on the tumbling track with no additional deduction.

Measurements of the Take-off Zone

The lines of the zone can be velcro, tape or paint. Lines must be at least one inch (1”) in thickness: white for the take-off zone and red for the penalty zone. The penalty zone must be solid red or striped in red.

Penalty Zone: one foot (1’)

Take-off Zone: eight feet (8’) with 7 lines spaced evenly one foot (1’) apart within the zone. The white line of the 9’ mark should be the width of the rod floor.

