

July 1, 2007

Note: This version has been modified to include the current 2009 Future Stars Trampoline routines and rules as noted in Future Stars Update #1 released May 11, 2009. No other changes have been made to the document as all other rules and routines remain in effect.



**2007 - 2008
USA Gymnastics
Future Stars - Junior National
Development Team
Program**

Developed by the USAG Junior National Coaching Staff

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Section I: Mission Statement and Program Objectives

I. Mission Statement

The Future Stars Program ultimately exists for the specific purpose of identifying talent and further helping to guide the development of coaches and athletes through education. The Future Stars Program helps prepare and introduce both coaches and athletes to the Junior National Development Team Program. The Junior National Development Team Program is the first stage of Junior National Team membership at the grassroots level.

II. Program Objectives

The Future Stars Program has three primary goals. The first is talent identification, the second is providing a means of skill direction and the third is helping to provide coaches and athletes with the education necessary to succeed at higher levels of competition. This program will naturally have a general impact of development for all competitive gymnasts in the United States; however, the focus of the Junior National Development Team Program is the nurturing of identified talent for the potential membership of the Junior National Team Program in the future. The Junior National Development Team Program seeks to create a year-round competitive and educational support system for coaches and athletes through the following objectives:

- A. Streamline the training and competitive path of athletes toward membership of the Junior National Team Program.
- B. Create an educational and evaluation system that emphasizes international competitiveness.
- C. Provide skill direction, and technical knowledge that helps to facilitate competitive success.
- D. Provide coaches with education of the basic principles of coaching and the development of the elite athlete.
- E. Involve coaches in the overall program planning and organization as well as individualized athlete planning.

Section II: Team Selection and Age Determination

I. Team Selection

- A. The Junior National Development Team will be comprised of 50 members and will be selected by rank order all around (six events plus strength and flexibility) at the Future Stars National Championships. Athletes named to the National Development Team will receive a National Development Team warm-up. In addition, 25 members of the Junior National Development Team will also be selected to attend the Junior National Development Training Camp.
- B. The top 25 athletes (as indicated in A) and their coach will be invited to a Developmental Team Camp to be held the following summer. Athletes and coaches will have all room and board paid by USA Gymnastics. Athletes and coaches will be required to provide their own transportation to and from the camp.

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- C. Selection will come from three separate age groups. The number of athletes who will be named to the National Development Team from the Future Stars National Championships and the number of athletes who will be invited to the National Development Team camp are as follows:

Age Division	# To Team	# To Camp
10 year old	18	9
11 year old	18	9
12 year old	14	7
Total	50	25

- D. Foreign Athletes may participate in the Future Stars Program but are not eligible for membership to the Junior National Development Team or Junior National Team.
- E. All participants at the Future Stars National Championships will receive a special commemorative T-shirt and a certificate.

II. Age Determination

- A. Age is determined by the athlete's age on September 1. A gymnast is allowed to move up one year in age for competition based only on his age September 1. (Example: A gymnast is eight years old September 1 and turns nine years old on September 2. He may not participate as a 10 year old because he is not nine years old on September 1.)
- B. Early Qualification in the Age Group Competition Program to Level 9 maybe obtained through a Special Policy for athletes participating in the Future Stars National Championships.** Athletes who are younger than the required age of 12 for Level 9 may qualify to compete at Level 9 through participation in the Future Stars Program. In order to obtain this special qualification for Level 9 participation, the athlete must qualify to the Future Stars National Championships through the procedures outlined and attain a predetermined qualifying score through competition at the Future Stars National Championships. This special qualifying score will be determined yearly by the Junior National Coaching Staff and published by September 1 of each year.

Section III: Future Stars Program Age Divisions

The Future Stars Program consists of the following four age groups: 8-9, 10, 11, and 12 years old. The 8-9 year old division participates up to the Regional level while the 10, 11, and 12 year old divisions can qualify to the National level.

The Junior National Development Team will be selected through the use of the Future Stars Program at the Future Stars National Championships to be held in the fall of each year. The competition will make use of 9 separate events. Each age group of 10, 11 and 12, will involve athletes being judged on the six events using a basic skills compulsory routine. In addition a Flexibility, Parallel Bar Strength, and Ring Strength routine will also be included. Each routine is composed of approximately ten basic skills.

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The Future Stars Routines of the 12 year old division can be used in the Age Group Competition Program as written. This part of the program serves both, the Future Stars Program as a Compulsory and the Age Group Competition Program as a Modified Optional. This dual function allows athletes to effectively transition from one program to the next. This format affords the athlete and coach to utilize the Future Stars Program all year or use its content as a core routine in preparation of a Modified Optional routine used in the Age Group Competition Program.

Section IV: Junior National Development Team Camp

I. Junior National Developmental Team Camp

The primary goal of this camp is to provide the educational support and guidance necessary to allow the coach and gymnast to plan for long-term skill and physical development that will help lead to Junior National Team membership and ultimately international success. The camp will include:

- A. Room, board and camp expenses for all participating athletes and coaches will be provided by USA Gymnastics. Athletes and coaches will be required to provide their own transportation to and from the camp.
- B. All personal coaches will be invited and strongly encouraged to attend the camp.
- C. Coaches will receive educational materials.
- D. General camp structure will be carried out along the same lines as the national team camps with coaches being fully involved in planning and coaching.
- E. Evaluations will include all or some of the following: team presentation warm-up, basic skills on the six events, the dance program, trampoline development, individual skill development goals, strength, flexibility and/or optional routine development goals.

Section V: Future Stars Evaluation/Judging Guidelines

A primary goal for the Junior National Development Team is to have all athletes work to a very high level of execution and technical refinement in all of their skills. Judging the Future Stars Routines will be held to a very high standard of excellence that should be reflected in all scoring. Excellence in basics, skill refinement and physical preparation are the minimum standard for this program. The "Pursuit of Perfection" begins here with the Future Stars Program, and continues to be implemented through the Senior National Team Program.

I. Makeup of Judging Panels

- A. At the Regional Level, judging will be by a two-judge panel per event. The head judge will be a coach and the second judge will be an NGJA accredited judge (preferably with a National rating). The Competition Chairman will be a member of the Junior National Coaching Staff (or his designee).
- B. At the National Level, judging will be by a two-judge panel per event. The head judge will be a member of the Junior National Coaching Staff and the second judge

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will be an NGJA accredited judge with a National rating (preferably the J.O. National Apparatus Leader). The Competition Director will be the Men's Program Junior Olympic Program Coordinator.

II. Judging Rules and Regulations

All Future Stars Routines will be evaluated using all current Age Group Competition Program rules and regulations as they apply to the compulsory divisions with regard to uniform, spotting, equipment specifications and judging guidelines with the following exceptions:

- A. All omitted skills on the Strength or Flexibility events will be deducted 2.0 points. Added parts on those events will be deducted 1.0 point.
- B. At the State and Regional Evaluations, routines in the 8-9, 10 and 11 year old divisions will start from a 10.0 base and there will be no use of bonus of any kind - either specified or virtuosity unless specifically noted in the routine text. The 12 year old division routines will use a 9.2 base score with 0.8 in possible bonus (0.2 per the three specified bonus skills, and .2 for Virtuosity) for a maximum start value of 10.0 on the six men's events. For the strength and flexibility routines the 12 year old division will use a 10.0 start value.
- C. At the National Future Stars Competition only, all events routines in the 10 and 11 year old divisions will begin with a base score of 9.7 with an additional 0.3 to be awarded for Virtuosity Bonus. Virtuosity Bonus of 0.3 will only be given for flawless execution that clearly exceeds the required performance criteria. **Note:** The 12 year old division routines will use a 9.2 base score with 0.8 in possible bonus (0.2 per the three specified bonus skills, and .2 for Virtuosity) for a maximum start value of 10.0 on the six men's events. For the strength and flexibility routines the 12 year old division will use a 9.7 with an additional 0.3 to be awarded for Virtuosity Bonus. Virtuosity Bonus of 0.3 will only be given for flawless execution that clearly exceeds the required performance criteria.

III. Regional Level Evaluation

The following guidelines should be used in the running of the Regional Future Stars Evaluation.

- A. The Regional Chairman is responsible for:
 - 1. Setting the date, site, and format of the Regional Evaluation as well as securing all officials pending assigned Junior National Staff Member approval. The Regional Evaluation should be held in conjunction with the Regional Clinic and no less than 21 days prior to the beginning of the Future Stars National Championships, unless approved by USA Gymnastics.
 - 2. Informing the gymnastics community in that region of all pertinent information regarding the Regional Evaluation for the 8-9, 10, 11 and 12 year old divisions in a timely manner.

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3. Perform all administrative duties with regards to securing a USAG Sanction, entries, score keeping, results and awards for the Regional Evaluation.
 4. Reporting of the results to the USA Gymnastics Men's Program Manager within 48 hours of the conclusion of the Regional Evaluation.
 5. Submission of a digital photo of the 6-Member Regional Team ages 8-9, and sent to USA Gymnastics for inclusion in the USA Gymnastics Magazine.
- B. The Junior National Staff Member (or designee) must direct the event with responsibilities to include the following:
1. Assignment of and orientation meeting for evaluators. Session will be open to coaches.
 2. Approval of facilities, format, and officials.
- C. Evaluation to be a one-day event with a maximum entry fee of \$35.00.
- D. Athletes from the 10, 11 and 12 year old divisions must obtain a minimum all around qualifying score (for 9 events) to advance to the National Evaluation. This qualifying score will be set by the Junior National Coaching Staff and published by September 1 of each year. Note: The Junior National Coaching Staff Member directing the Regional Evaluation and the Regional Chairmen, with unanimous agreement, may recommend that an athlete attend the Future Stars National Championships even if that athlete has not obtained the qualifying score.

IV. Future Stars National Championships

The following guidelines will be followed in the conduct of the Future Stars National Championships.

- A. The USAG Men's Junior Olympic Program Coordinator will have the following responsibilities:
1. Set the date, site and format for the Future Stars Championships with Men's Program Committee review and approval.
 2. Secure a USAG Sanction for the event and secure all officials.
 3. Insure that all pertinent details of the event are well publicized to the gymnastics community.
 4. Act as the Future Stars Championships Meet Director and perform all administrative duties with regard to entries, scoring, results and awards.
 5. Communicate the results of the Future Stars Championships to the gymnastics community.
- B. The Future Stars National Championships are to be a one-day event with a maximum entry fee of \$50.00.

V. Awards

1. Regional Evaluation - Participation awards will be given to all participants in the Regional Evaluation. Special Recognition Awards will be presented to athletes who qualify for the Future Stars Nationals. Awards will be in the form of a Commemorative Certificate and should be presented in an awards ceremony to be conducted immediately following competition.
2. Future Stars National Championships - Participation awards will be given to all participants in the Future Stars Championships. T-shirts and a Special Recognition Award will be given to the 50 Junior Developmental Team Members. Awards will be presented in an awards ceremony to be conducted immediately following competition.

VI. The Future Stars Event Rotation Order

The order of events for Regional and National evaluation will be as follows: Floor, Horse, Rings, SR Strength, Vault, Parallel Bars, PB Strength, Horizontal Bar, and Flexibility. If trampoline is held as an exhibition event it will follow Flexibility and come before Floor, in the rotation order.

Section VI: State and Regional Clinic

State and Regional Clinics have always been used as a fundamental medium for the education and exchange of ideas for coaches, judges and athletes. Under the National Team Program, the Junior National Coaching Staff will attempt to provide greater educational leadership by helping State and Regional Chairmen to provide their coaches, judges and athletes with an even more productive clinic environment with a national emphasis.

- A. State and Regional Clinics - Each year it will be the responsibility of the Junior National Coaching staff to provide State and Regional Chairmen with an emphasis for each clinic along with the education and presentation materials to support that emphasis. These clinics should be participatory in nature involving both gymnast and coach in a "hands on" educational medium. A "one day" clinic format will be assumed. Beyond the emphasis topics provided by the National Coaching Staff, each State and Regional Chairman should design his individual clinic to meet the specific needs of his state or region.
- B. Regional Clinics will also include the Regional Evaluation for the 8-9, 10, 11 and 12 year old divisions and qualification to the Future Stars National Championships (unless an alternate date has been approved by USAG). Specifics of the Regional Evaluation are found in Section VII.
- C. Regional Clinics should be held no later than 21 days before the beginning of the Future Stars National Championships.
- D. State Clinics should be held in late September to early October.

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Section VII: Future Stars Routines

The Future Stars Routines are arranged by event, and then by age group. The Trampoline Routines and Program can be found in Section VIII.



Routines and Sequences

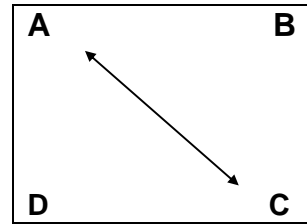
**Age Divisions
8-9, 10, 11, and 12**

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Floor Exercise: 8 to 9 Year Old Division

Stand at point A facing C

Note: All arm positions are optional except where specified.

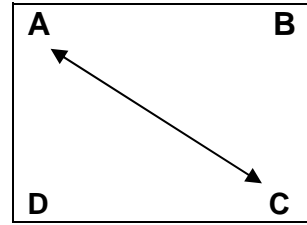


Description	Special Performance Criteria
1. Rise on toes while circling arms upward and forward to run and hurdle to roundoff back handspring,	Fully extended in back handspring showing good turnover
2. Back handspring,	
3. Tuck back somersault	Center of Gravity head height, must show opening prior to landing
4. Immediately execute a straight arm back roll through handstand and pike down to stand facing A.	Must pass through handstand position
5. Run, hurdle, front handspring step out, front handspring step out,	
6. Front handspring,	Rebound allowed after handspring
7. Immediately take one or two steps forward and with either leg, kick through a handstand, straight arm rollout to forward Stalder roll to handstand and	<ul style="list-style-type: none">• Must pass through handstand position following Stalder roll prior to pirouette in part #8.• Momentary or handstand hold allowed after Stalder roll
8. Pirouette through handstand to pike or step down to stand.	<ul style="list-style-type: none">• One or two steps for pirouette• Momentary handstand after pirouette• Handstand hold allowed

Floor Exercise: 10 Year Old Division

Stand at point A facing C

Note: All arm positions are optional except where specified.

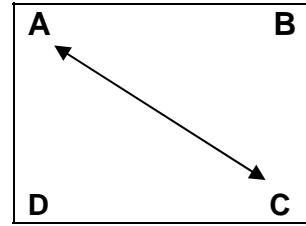


Description	Special Performance Criteria
1. Rise on toes while circling arms upward and forward to run and hurdle to roundoff back handspring,	Center of gravity - head height
2. Layout back somersault.	Center of gravity - head height
3. Straight arm back roll to handstand lower and straddle with $\frac{1}{4}$ turn to left or right leg split. Straight Arm straddle or pike press to handstand, $\frac{1}{2}$ pirouette to forward roll jump 180' turn and end facing corner A	2 second hold of press handstand
4. Run, hurdle, front handspring step out,	
5. Front handspring,	
6. Front Bouncer	
7. Kick handstand forward roll to a kneeling position on one knee, momentary pause, execute a 180' turn backwards to a stand facing corner C	
8. Run, hurdle, roundoff, back handspring,	
9. Back handspring,	
10. Tuck back somersault to stand	<ul style="list-style-type: none">• Center of gravity - head height.• Show opening prior to landing

Floor Exercise: 11 Year Old Division

Stand at point A facing C

Note: All arm positions are optional except where specified.

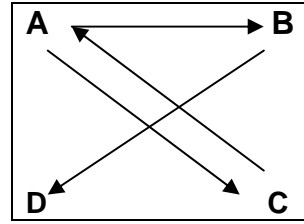


Description	Special Performance Criteria
1. Rise on toes while circling arms upward and forward to run and hurdle to roundoff back handspring,	
2. Back Pike Open somersault	<ul style="list-style-type: none">• Center of Gravity Head Height• Must show opening prior to landing
3. Straight arm back roll to handstand lower and straddle with $\frac{1}{4}$ turn to left or right leg split. Straight Arm straddle or pike press to handstand, $\frac{1}{2}$ pirouette to forward roll jump 180' turn to and facing corner A	
4. Run, hurdle, front handspring, front bounder	
5. Tuck Front somersault	Center of gravity - head height
6. Kick Handstand forward roll to one knee, momentary pause, execute a 180' turn backwards to a stand facing corner C	
7. Run, hurdle, roundoff, back handspring,	
8. Whip back somersault,	
9. Back handspring	
10. Tuck back somersault to stand	<ul style="list-style-type: none">• Center of gravity - head height• Must show opening prior to landing

Floor Exercise: Age 12 year old division

Stand at point A facing C

Note: All arm positions are optional except where specified.



Description	Special Performance Criteria
(Stand at point A facing C)	
1. Run and hurdle to roundoff back handspring,	
2. Layout back somersault with 1/1 twist.	2/1 twist = .2 Bonus
3. Straight arm back extension roll to handstand, lower and straddle with ¼ turn to right or left leg splits. Press with both hands toward (point A) center of Floor. Straddle bent body straight-arm press to handstand. (Hold 3 Seconds) Pike and lower to stand facing (point A).	Arms are held at horizontal in splits position Press should show deep pike action in hips prior to reaching a vertical position. Bodyline line must be straight in handstand hold.
(Point C to point A)	
4. Run, hurdle, front handspring,	
5. Front layout somersault	<ul style="list-style-type: none"> Center of gravity - head height Layout front followed by punch front tuck, pike, or layout = .2 Bonus
Step forward and turn 225° while joining the legs together to finish in a stand facing (point B).	
(Point A to point B)	
6. Run, hurdle, roundoff, back handspring	
7. Tucked Arabian	Center of gravity - head height
Step forward and turn 225° while joining the legs together to finish in a stand facing (Point D).	
(Point B to point D)	
8. Run, hurdle, roundoff, back handspring	
9. Whip back somersault	Whip back should take off from a turned over position and arms should reach back significantly before closing for landing.
10. Tuck back somersault to stand	Center of gravity - head height, should show body extension before landing. Layout = .2 Bonus

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Pommel Horse: 8 to 9 Year Old Division

On Pommel Horse set any height with no pommels:

Note: These circles may be performed in either direction.

Description	Special Performance Criteria
<p>From stand next to end of horse facing out longitudinally,</p> <ol style="list-style-type: none"><li data-bbox="285 491 959 527">1. Jump to 6 to 8 loops facing out (back loops)<li data-bbox="285 558 959 657">2. Dismount to stand from front support following the completion of the final loop and land facing out longitudinally	

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Pommel Horse: 10 Year Old Division

On Pommel Horse set any height with no pommels:

Note: A tapeline will be placed across the horse at 16 inches from the end of the horse. This tapeline will indicate when the gymnast has finished his 3/3 longitudinal travel.

This routine is written for clockwise circle performance - the exercise may be reversed.

Description	Special Performance Criteria
1. Facing the end of the horse, jump to forward longitudinal travel 3/3 of the horse in eight circles or less,	<ul style="list-style-type: none">• The 3/3 travel is completed when the hands come together after crossing the tape line at end of the horse. (two hand placements once the gymnast crosses the tape line)• Note: The deduction for omitting the 3/3 travel is 2.0.
2. Two or more back loops	The back loops begin in front support on the third hand placement once both of the gymnasts hands have crossed the tape line which means that there will be a minimum of 6 hand placements after the line is crossed before the ¼ spindle
3. Circle with 90° turn to the left (1/4 spindle) to 2 or 3 and 1/2 circles in side support,	<ul style="list-style-type: none">• The ¼ spindle must begin after completing the back loops• The ¼ spindle finishes in rear support.• The 2 or 3 and ½ side support circles finish in front support.
4. Circle with 90° turn to the left (1/4 spindle) to ½ circle,	The ¼ spindle and ½ circle finishes in front support longitudinally on the end of the horse.
5. 2 or 3 loop circles	4 or 6 hand placements
6. Kehr in (¼ turn) to ½ “uphill circle” to	Finishes in front support
7. Flank off dismount (1/4 turn to landing)	Finishes in stand parallel to the horse

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Pommel Horse: 11 Year Old Division

On Pommel Horse set any height with no pommels:

Note: A tapeline will be placed across the horse at 16 inches from the end of the horse. This tapeline will indicate when the gymnast has finished his 3/3 longitudinal travel.

This routine is written for clockwise circle performance - the exercise may be reversed.

Description	Special Performance Criteria
1. Facing the end of the horse, jump to forward longitudinal travel 3/3 of the horse in eight circles or less,	The 3/3 travel is completed when the hands come together after crossing the tape line at end of the horse. (two hand placements once the gymnast crosses the tape line) Note: The deduction for omitting the 3/3 travel is 2.0.
2. Two or more back loops	The back loops begin in front support on the third hand placement once both of the gymnasts hands have crossed the tape line which means that there will be a minimum of 6 hand placements after the line is crossed before the ¼ spindle
3. Circle with 90° turn to the left (1/4 spindle) to 2 or 3 and 1/2 circles in side support,	<ul style="list-style-type: none">• The ¼ spindle must begin after completing the back loops• The ¼ spindle finishes in rear support.• The 2 or 3 and ½ side support circles finish in front support.
4. Circle with 90° turn to the left (1/4 spindle) to ½ circle,	The ¼ spindle and ½ circle finishes in front support longitudinally on the end of the horse.
5. 2 or 3 loop circles	4 or 6 hand placements
6. 2 or 3 flair loop circles	4 or 6 hand placements
7. 1 or 2 loop circles	2 or 4 hand placements
8. Kehr in (¼ turn) to ½ “uphill circle” to	Finishes in front support
9. Flank off dismount (1/4 turn to landing)	Minimum horizontal on dismount Finishes in stand parallel to the horse.

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Pommel Horse: 12 Year Old Division

Regulation Horse set at any height. This routine is written for athletes that swing clockwise and may be reversed for athletes that swing counterclockwise.

Description	Special Performance Criteria
1. Facing the end of the horse, jump to 2 or more forward Loops	
2. 1/3 Longitudinal travel forward and step up to 1/4 turn on both pommels	
3. 2 or more Circles,	
4. Czechkehr	<ul style="list-style-type: none">• Replace Czechkehr with Bailie = .2 Bonus• Add to Bailie – Pommel Loop = .2 Bonus
5. 1 or more Circles,	
6. Right leg cut backward, Left leg Cut backward, Right Leg cut forward to False Scissor, Forward Scissor, Forward Scissor, Cut Left leg Forward and join both legs together to 1 or more circles	
7. Side Travel to 1/2 circle (down hill) with 1/4 turn	
8. Loop with 1/4 turn to 1/2 Circle (up hill),	
9. Circle Handstand dismount with 1/4 turn to stand.	<ul style="list-style-type: none">• The touching of the legs on horse the body during the handstand phase will be permitted without deduction.• Dismount without legs touching the horse body = .2 Bonus

Note: The number of additional circles between elements is optional. The text lists the minimum number of circles.

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Still Rings: 8 to 9 Year Old Division

Description	Special Performance Criteria
1. Bent arm, straight body pull to inverted hang, 2. Cast to basic swing backward, 3. Basic swing forward, 4. Basic swing backward,	Basic swing is to show turnover technique <ul style="list-style-type: none">• Chest should remain down with turnover from the chest on each side of swing• There may be little to no shoulder rise, the body will swing to a “candle stick” position in front and a similar but reversed position in back• The feet should be at a position above horizontal at the apex of the swing
5. Inlocate,	Inlocate should show rise
6. Basic swing backward, swing forward to	
7. Dislocate,	Dislocate should show rise
8. Swing to tucked flyaway	Hips ring height with opening prior to horizontal

Still Rings: 10 Year Old Division

Description	Special Performance Criteria
1. Muscle up to L support, 2 sec. hold	<ul style="list-style-type: none"> • 2 second hold of L with rings turned out
2. Tuck, pike, or straddle, bent arm, bent body press to handstand position placing the feet against the inside of the straps as the handstand position is achieved. 2 sec. hold	<ul style="list-style-type: none"> • 2 second hold of handstand showing straight body position with straight arms and rings turned out with feet balancing on inside of straps
3. With feet on inside of straps lower to shoulder stand and then balance the shoulder stand with no feet on straps. 2 sec. hold	<ul style="list-style-type: none"> • 2 second hold of shoulder stand (Removing the feet from the straps prior to lowering to shoulder stand is allowed)
4. Front bail to	<ul style="list-style-type: none"> • Should show extended hollow body position prior to lower vertical on bail • Demonstrate good turnover swing with rise on the back swing
5. Inlocate	<ul style="list-style-type: none"> • Inlocate should show rise
6. Inlocate to backward swing	<ul style="list-style-type: none"> • Shoulders at bottom of rings • Show turnover technique (see 10 year old routine for explanation)
7. Forward swing and dislocate	<ul style="list-style-type: none"> • Shoulders at bottom of the rings
8. Dislocate	<ul style="list-style-type: none"> • Shoulders at bottom of rings
9. Dislocate	<ul style="list-style-type: none"> • Shoulders at top of the rings
10. Tuck Open flyaway	<ul style="list-style-type: none"> • Hips ring height with opening prior to horizontal

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Still Rings: 11 Year Old Division

Description	Special Performance Criteria
1. Muscle Up, L	
2. Pike or straddled, bent arm, bent body press to handstand position placing the feet against the inside of the straps as the handstand is achieved.	<ul style="list-style-type: none">• L and Handstand held for 2 seconds each• Handstand with feet against inside of straps• Not using straps is allowed• Must remove feet prior to bail
3. Bail Forward to Inlocate	<ul style="list-style-type: none">• Shoulders at bottom of rings
4. Inlocate	<ul style="list-style-type: none">• Shoulders at top of Rings
5. Back uprise to support	<ul style="list-style-type: none">• Uprise above horizontal• Straight arms achieved before feet drop to ring height
6. Immediately roll backward with straight legs to pike inverted hang	<ul style="list-style-type: none">• Arm bend allowed
7. Dislocate	<ul style="list-style-type: none">• Must show rise
8. Dislocate	<ul style="list-style-type: none">• Shoulders at bottom of rings
9. Dislocate	<ul style="list-style-type: none">• Dislocate 45° above horizontal
10. Tuck Open flyaway	<ul style="list-style-type: none">• Shoulders above ring height with opening prior to horizontal

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Still Rings: Age 12 year old division

Description	Special Performance Criteria
1. Bent arm, straight body pull to inverted hang, Cast to inlocate	Inlocate should show rise
2. Inlocate	Shoulders at bottom of rings
3. Back uprise to straddle L (3 sec hold)	<ul style="list-style-type: none">• Uprise to 45° below Horizontal• Uprise from horizontal to handstand = .2 Bonus
4. Press to straddle planche (3 sec hold)	
5. L support (3 sec hold)	3 second hold of L with rings turned out
6. Straddle, Straight arm, bent body press to handstand (3 sec. Hold)	<ul style="list-style-type: none">• 3 second hold of handstand showing straight body position with straight arms and rings turned out.• Controlled Handstand (5 sec hold) = .2 Bonus
7. Bail backward, and dislocate above 45°,	<ul style="list-style-type: none">• Shoulders within 45° of the handstand at apex of swing, 45° position must include both the vertical position and arm width position• Back Giant (3 sec hold) = .2 Bonus
8. Dislocate through nominal handstand	Shoulders within 15° of the handstand at apex of swing, both in vertical position and arm width
9. Double back tuck dismount	Body should show opening prior to Horizontal

Vault: 8 to 9 Year Old Division

Base score: **5.0 Front somersault**
 + 5.0 Roundoff onto mat
 10.0

1. Onto skill cushions stacked a minimum of waist high for the gymnast:

Description	Special Performance Criteria
1. Run (maximum 40 feet), hurdle and punch board to a tuck front salto executed onto a skill cushion(s) stacked waist high to athlete.	<ul style="list-style-type: none">• Must use under arm swing technique in hurdle• At board contact the feet and knees should be forward of the shoulders• Must show tight tuck position in salto with the tuck initiated on the way up• Must show opening prior to landing• Landing deductions apply

2. Performed on the vault runway, mat area or the floor exercise mat using a 10 cm skill cushion

Description	Special Performance Criteria
1. From a short run, hurdle and round off onto a 10 cm skill cushion. A vaulting pad (or sting mat) may be placed on the vaulting runway for the roundoff –(a tape line will also be placed on this mat)	<ul style="list-style-type: none">• A tape line will be placed on the center line of the runway and mat to help evaluate how square the roundoff is executed• A late ¼ turn should be used into the roundoff• Gymnast should contact the skill cushion with straight body in a vertical position with arms above horizontal• No deduction for steps or over rotation after roundoff.

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Vault: 10 Year Old Division

Two vaults: Base score handspring 5.0 + Yurchenko Timer 5.0 = 10.0

Note: At the Future Stars Championships each vault will be valued at 4.9 with 0.1 virtuosity bonus available for each vault.

Handspring with mats stacked table height:

Handspring vault on table with mats staked table height	Evaluate using the table below:
Description & Performance Criteria of Handspring	Deduction Criteria
Pre-flight: From the time that the gymnast leaves the board up to the instant his hands leave the table.	
<p>1. Incorrect position of legs, feet and body in the Pre-flight. Evaluate for leg separations, bent knees, toe point, and/or incorrect body position. An arm circle or swing should be used. Emphasize rotation from the board to the table. The body should be in a relatively straight/hollow position (some bend in knees and hips) and fairly vertical with the feet slightly leading the shoulders at board contact with the legs then lifting very quickly from the board to the vertical position on the table.</p>	<p>For each occurrence of an error in leg, foot and body positions in pre-flight. Small Error - 0.1 Medium Error - 0.2 Large Error - 0.3</p>
<p>2. Bent arms at contact with the table. Evaluate for the maximum amount of arm bend while the hands are still in contact with the table.</p>	<p>Small Error - 0.1 Medium Error - 0.2 Large Error - 0.3</p>
Post-Flight: From the time that the hands leave the table until the feet contact the mat.	
<p>1. Body position in the post-flight Deviations from the straight position should be evaluated for both hollow/pike and for excessive arch. The objective is to encourage maintaining the straight body position all the way through the post-flight.</p>	<p>As per FIG Small Error - 0.1 Medium Error - 0.2 Large Error - 0.3</p>
<p>2. Rise in the post-flight. The hips should rise more than 1/4 gymnasts body height, from a strong blocking action.</p> <ul style="list-style-type: none"> • Less than 1/4 rise • No rise 	<p>Medium Error -0.2 Large Error -0.3</p>
LANDING	
<p>1. Landings – The gymnast should land in a vertical to slightly over rotated position on the stacked mats. There will be no deduction for steps forward due to over rotation on the landing. All landing deductions are for poor position of head, arms or feet.</p>	<p>As per FIG except as noted</p>

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Vault: 10 year old cont.

10 Year Old Vault #2:

This vault is to be done using stacked mats or spotting blocks to substitute for the vaulting table. The mats should be stacked a minimum of knee height of the athlete, but no higher than shoulder height. The landing will be done onto skill cushions stacked to the level of the blocking surface.

Yurchenko Timer (i.e., back handspring to stacked mats to stand)

Description & Performance Criteria	
Run, roundoff using the springboard with safety collar, and Yurchenko timer (back handspring to mats) to stand on skill cushions.	<ul style="list-style-type: none">• Body straight and tight at takeoff• Arms moving overhead at takeoff• Hips quickly flip over the shoulders• Good shoulder extension on hand contact with the vaulting mats• Should show a rise from the vault mat as the body moves to a hollow position.• At landing the body should be extended and land in a vertical to slightly over rotated position. There are no landing deductions for steps or over rotation.

Note: A vaulting pad (or sting mat) may be placed on the vaulting runway in front of the board.

Vault: 11 Year Old Division

Two vaults: Base score handspring 5.0 + Yurchenko timer 5.0 = 10.0

Note: At the Future Stars Championships each vault will be valued at 4.9 with 0.1 virtuosity bonus available for each vault.

Handspring with mats stacked table height:

Handspring vault on table with mats staked table height	Evaluate using the table below:
Description & Performance Criteria of Handspring	Deduction Criteria
Pre-flight: From the time that the gymnast leaves the board up to the instant his hands leave the table.	
<p>1. Incorrect position of legs, feet and body in the Pre-flight. Evaluate for leg separations, bent knees, toe point, and/or incorrect body position. An arm circle or swing should be used. Emphasize rotation from the board to the table. The body should be in a relatively straight/hollow position (some bend in knees and hips) and fairly vertical with the feet slightly leading the shoulders at board contact with the legs then lifting very quickly from the board to the vertical position on the table.</p>	<p>For each occurrence of an error in leg, foot and body positions in pre-flight. Small Error - 0.1 Medium Error - 0.2 Large Error - 0.3</p>
<p>2. Bent arms at contact with the table. Evaluate for the maximum amount of arm bend while the hands are still in contact with the table.</p>	<p>Small Error - 0.1 Medium Error - 0.2 Large Error - 0.3</p>
Post-Flight: From the time that the hands leave the table until the feet contact the mat.	
<p>1. Body position in the post-flight Deviations from the straight body position should be evaluated for both hollow/pike and for excessive arch. The objective is to encourage maintaining the straight body position all the way through the post-flight.</p>	<p>As per FIG Small Error - 0.1 Medium Error - 0.2 Large Error - 0.3</p>
<p>2. Rise in the post-flight. The hips should rise more than 1/4 gymnasts body height, from a strong blocking action.</p> <ul style="list-style-type: none"> • Less than 1/4 rise • No rise 	<p>Medium Error -0.2 Large Error -0.3</p>
LANDING	
<p>1. Landings – The gymnast should land in a vertical to slightly over rotated position on the stacked mats. There will be no deduction for steps forward due to over rotation on the landing. All landing deductions are for poor position of head, arms or feet.</p>	<p>As per FIG except as noted</p>

Vault: 11 year old cont.

11 Year Old Vault #2:

This vault is to be done using stacked mats or spotting blocks to substitute for the vaulting table. The mats should be stacked a minimum of waist high, but no higher than shoulder height for the athlete. The landing will be done onto skill cushions stacked to the level of the blocking surface.

Yurchenko Timer (i.e., back handspring to stacked mats to stand)

Description & Performance Criteria	
Run, roundoff using the springboard with safety collar, and Yurchenko timer (back handspring to mats) to stand on skill cushions.	<ul style="list-style-type: none"> • Body straight and tight at takeoff • Arms moving overhead at takeoff • Hips quickly flip over the shoulders • Good shoulder extension on hand contact with the vaulting mats • Should show a rise from the vault mat as the body moves to a hollow position. • At landing the body should be extended and land in a vertical to slightly over rotated position. There are no landing deductions for steps or over rotation.

Post-Flight: From the time that the hands leave the table until the feet contact the mat.

1. Body position in the post-flight	As per FIG
Deviations from the tight arch position should be evaluated for both hollow/pike and for excessive arch.	Small Error - 0.1
The objective is to encourage maintaining the tight arch position all the way through the post-flight.	Medium Error - 0.2 Large Error - 0.3
2. Rise in the post-flight.	
The hips should rise 1/3 of gymnasts body height	
• Rise 1/4 to 1/3 body height	Small Error -0.1
• Rise less than 1/4 body height	Medium Error -0.2
• No rise	Large Error -0.3

LANDING

1. Landings – The gymnast should land in a vertical to slightly over rotated position on the stacked mats. There will be no deduction for steps forward due to over rotation on the landing. All landing deductions are for poor position of head, arms or feet.	As per FIG
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Vault: Age 12 year old division

Two vaults: Base score handspring 5.0 + choice vault 5.0 = 10.0

Vault #1

Handspring using the table to mats staked 20 cm above the height of the table	Evaluate using the table below:
Description & Performance Criteria of Handspring	Deduction Criteria
Pre-flight: From the time that the gymnast leaves the board up to the instant his hands leave the table.	
<p>1. Incorrect position of legs, feet and body in the Pre-flight. Evaluate for leg separations, bent knees, toe point, and/or incorrect body position. An arm circle or swing should be used. Emphasize rotation from the board to the table. The body should be in a relatively straight/hollow position (some bend in knees and hips) and fairly vertical with the feet slightly leading the shoulders at board contact with the legs then lifting very quickly from the board to the vertical position on the table.</p>	<p>For each occurrence of an error in leg, foot and body positions in pre-flight.</p> <p>Small Error - 0.1 Medium Error - 0.2 Large Error - 0.3</p>
<p>2. Bent arms at contact with the table. Evaluate for the maximum amount of arm bend while the hands are still in contact with the horse.</p>	<p>Small Error - 0.1 Medium Error - 0.2 Large Error - 0.3</p>
Post-Flight: From the time that the hands leave the table until the feet contact the mat.	
<p>1. Body position in the post-flight Deviations from the straight body position should be evaluated for both hollow/pike and for excessive arch. The objective is to encourage maintaining the straight body position all the way through the post-flight.</p>	<p>As per FIG</p> <p>Small Error - 0.1 Medium Error - 0.2 Large Error - 0.3</p>
<p>2. Rise in the post-flight. The hips should rise 1/3 of gymnasts body height</p> <ul style="list-style-type: none"> • Rise 1/4 to 1/3 body height • Rise less than 1/4 body height • No rise 	<p>Small Error -0.1 Medium Error -0.2 Large Error -0.3</p>
LANDING	
<p>1. Landings – There will be no deduction for steps forward due to over rotation on the landing (see bonus). All landing deductions are for poor position of head, arms or feet.</p>	As per FIG
Bonus	
<ul style="list-style-type: none"> ▪ 0.2 or less in execution deduction excluding steps on landing ▪ Shoulders at vertical or slightly over rotated and arms above horizontal when feet contact the mat 	<p>+ 0.2 Bonus + 0.2 Bonus</p>

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Vault: cont.

Age 12 Vault #2: Yurchenko timer, Tsukahara timer, or Kasamatsu timer to stacked mats

Note: For the Yurchenko timer a sting mat may be placed on the vaulting table for extra padding and a vaulting pad (or sting mat) may be placed on the vaulting runway in front of the board.

Description & Performance Criteria	
<ul style="list-style-type: none">• Yurchenko timer (back handspring to the vaulting table) and land facing the vaulting table, or• Kasamatsu timer landing 90° to the table (sideways landing) or• Tsukahara timer landing facing the table on mats stacked 20 cm above the height of the table.	<ul style="list-style-type: none">• Evaluation deductions as per FIG• There will be no deduction for steps due to over rotation on the landing (see bonus). All landing deductions are for poor position of head, arms or feet.
Bonus	
<ul style="list-style-type: none">• 0.2 or less in execution deduction excluding steps on landing	+ 0.2 Bonus
<ul style="list-style-type: none">• Shoulders at vertical or slightly over rotated and arms above horizontal when feet contact the mat	+ 0.2 Bonus

Parallel Bars: 8 to 9 Year Old Division

Description	Special Performance Criteria
1. From jump to cast (basket swing) and extend forward to long hang swing backward, long hang swing forward, long hang swing backward and swing forward to glide kip to support,	<ul style="list-style-type: none">• Tapping action required on long hang swings• Must be a straight leg glide kip, not a long hang swing to kip
2. Swing backward and layaway to upper arm support position	Feet must be above the bar on the layaway
3. Swing forward in upper arm support to piked "basket position" in upper arm	Hips must be above the bar in basket position
4. Cast and swing backward in upper arm support to back uprise to support	Feet must be a minimum of bar height on back uprise
5. Basic swing forward, basic swing backward, basic swing forward,	All basic swings should show complete extension with: <ul style="list-style-type: none">• Shoulder's remaining over the hands and head neutral throughout the swing.• The chest should be open at the bottom of the swing.• Maximum required swing height - hips at horizontal.
6. Backward swing to nominal handstand	Within 15° of handstand, no hold required, but allowed
7. Swing forward, swing backward and	<ul style="list-style-type: none">• Swing requirements as listed in #5 with the exception of no swing height requirement on the swing backward.
8. Bail to hollow body tuck backward somersault between bars	<ul style="list-style-type: none">• No height requirement for bail, but should show hollow body on the bail and tapping action with head neutral on swing• Body position is hollowed throughout the somersault with neutral head and hollow chest.

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Parallel Bars: 10 Year Old Division

From short run or stand with or without a board

Description	Special Performance Criteria
1. Jump and glide kip to support	
2. Swing backward, swing forward, swing backward in support and bail	Swings a minimum of 45° above horizontal Bail at 45° above horizontal
3. Giant swing to support and immediately,	<ul style="list-style-type: none">• Support at 45° above horizontal• The coach may use a single hand spot during the descent phase of the giant without deduction.• Note: The deduction for not attempting part #3 is 2.0 points
4. Support swing forward	Horizontal at apex of front swing. Extended body position required.
5. Support swing backward through handstand to pirouette forward (180°)	Momentary handstand at completion of pirouette.
6. Swing forward, swing backward in support and layaway to front uprise	<ul style="list-style-type: none">• Swings a minimum of 45° above horizontal• Feet above bar when arms are straight at completion of front uprise
7. Swing backward	45° above horizontal at apex
8. Swing forward in support	Horizontal at apex. Extended body position required.
9. Swing backward in support to handstand - hold	2 second hold
10. Tuck or layout somersault dismount	Center of Gravity at head height

Note: In part #3 **Spot Allowed** the coach may assist with a single hand spotting method. The coach may physically spot the athlete by placing his hand on the athlete's hand during the descent phase of the giant. There will be no deduction for spotting the athlete however, all execution errors will apply.

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Parallel Bars: 11 Year Old Division

From short run or stand with or without a board

Description	Special Performance Criteria
1. Jump and Glide Kip to swing Backward	Backward swing to horizontal
2. Swing forward, swing backward in support and bail	Bail at 45° above horizontal
3. Giant swing to support and immediately,	Support at nominal handstand Note: The deduction for not attempting part #3 is 2.0 points
4. Support swing forward	Horizontal at apex. Extended body position required.
5. Support swing backward through handstand to pirouette forward (180°)	Momentary handstand at completion of pirouette.
6. Layaway from handstand to front uprise	Feet above bar when arms are straight at completion of front uprise
7. Swing backward	45° above horizontal at apex
8. Swing forward in support	Horizontal at apex. Extended body position required.
9. Swing backward in support to handstand - hold	2 second hold
10. Layout somersault dismount	Center of Gravity at head height

Note: In part #3 **Spot Not Allowed** if the coach physically spots the athlete in any way there will be a 1.0 spotting deduction taken plus any execution errors. As with any skill if, in the evaluator's opinion, the spot given is so great as to constitute "doing" the skill for the athlete, the entire value of the skill (2.0) may be taken

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Parallel Bars: 12 year old division

From short run or stand with or without a board

Description	Special Performance Criteria
1. Glide Kip to support and swing backward to 45° above horizontal	
2. Giant to support at 45° above horizontal	Giant to Handstand = .2 Bonus
3. Layaway to front uprise and swing backward to 45° below horizontal.	Swing backward to nominal handstand and early drop = .2 Bonus
4. Peach basket to support	Peach basket to straight arm support = .2 Bonus
5. L support (hold 3 sec.)	
6. Straddled straight-arm, bent body press to handstand (hold 3 sec.)	
7. Forward Pirouette (hold 3 sec.)	
8. Layout somersault dismount	Center of Gravity at head height

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Horizontal Bar: 8 to 9 Year Old Division

From hang in straps - gymnasts are expected to come to the competition with their own straps and gloves in order to expedite the evaluation process. Mats should be provided for the athlete to stand on so that he can be ready and waiting in the straps for the judges when they finish the evaluation for the prior routine.

Description	Special Performance Criteria
1. Pull over to support,	
2. Cast to free hip circle to,	The hips should be clear of the bar throughout the free hip circle.
3. Basic swing forward	In the basic swing and front giants the body should be straight and extended in the down swing phase. At the finish of the front giant the body should be straight and extended with head neutral
4. Basic swing backward to	
5. 3 to 5 front giants	
6. Swing backward and then forward to	The basic swing and back giants should show good hollow-arch-hollow technique and, at the top of the swing, show an extended hollow body position with the head neutral
7. 3 to 5 back giants	
8. Coach should assist the athlete to a controlled stop.	

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Horizontal Bar: 10 Year Old Division

From hang in under grip

Description	Special Performance Criteria
1. Pullover to support and cast to,	Momentary stop after pullover before cast allowed
2. Front giant, Front giant	
3. 3/4 front giant and hop to double over grip to back giant.	Hop completed at minimum 45' above horizontal
4. Back Giant	
5. Free hip circle to nominal handstand	Finish hip circle in handstand
6. 1-2 Back giants	
7. 3/4 back giant and swing 1/2 turn changing hands one at a time to double over grip	1/2 turn completed at minimum 45' above horizontal
8. 3/4 back giant and swing 1/2 turn changing hands one at a time to double over grip	1/2 turn completed at minimum 45' above horizontal
9. Back giant, back giant	
10. Tuck or layout flyaway dismount	Center of gravity at bar height Must show a tapping action for dismount

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Horizontal Bar: 11 Year Old Division

From hang or jump to swing in over grip

Description	Special Performance Criteria
1. Stem and Back Uprise to 45° above horizontal	Maximum of 5 forward & backward body movements (5th must be the cast for back uprise)
2. Free hip circle to nominal handstand	
3. 1-2 Back giants	
4. $\frac{3}{4}$ Back giant and swing $\frac{1}{2}$ turn changing hands one at a time to double over grip	$\frac{1}{2}$ turn completed at nominal handstand
5. Back giant to Back Giant with $\frac{1}{2}$ turn (Blind Change)	Finishing in nominal handstand
6. 1 or 2 Front giants	
7. Pirouette	Finishing in nominal handstand
8. 2 Back giants	
9. Layout flyaway dismount	Center of gravity at bar height Must show a tapping action for dismount

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Horizontal Bar: 12 Year Old Division

From hang or jump to swing in over grip

Description	Special Performance Criteria
1. Cast (stem) and back uprise to 45° above horizontal	Maximum of 5 forward & backward body movements (5th must be the cast for back uprise)
2. Free hip circle to nominal handstand	Stalder = .2 Bonus
3. 1 or 2 Back giants	
4. Back Giant with ½ turn (Blind Change)	
5. 1 or 2 Front giants	
6. From handstand stoop in to Jam above horizontal	<ul style="list-style-type: none">• Stoop must be initiated from 45° above horizontal• Jam must be completed between horizontal and 45° above horizontal.• Jam completed at 46° above horizontal to vertical = .2 Bonus• Note: The deduction for omitting the Jam is 2.0.
7. Immediately hop to double under-grip	Completed at 45° above Horizontal
8. 1 or 2 Front giants to Pirouette	Early Pirouette initiated before the vertical and ending in handstand = .2 bonus
9. 2 Back giants	Emphasis on a “Chinese” tap is strongly encouraged
10. Double Tuck flyaway dismount	Body extended prior to Horizontal

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Strength Sequence #1 - Still Rings: 8 to 9 Year Old Division

From a support position on the rings: (coach may assist athlete to support)

Description	Special Performance Criteria
1. Straight body support with rings turned out - hold	2 second hold Arms straight and rings turned out
2. Lift legs to L position, 2 sec. hold,	2 second hold on L
3. ½ straight arm, pike press to a position with hips at shoulder height, momentary hold,	<ul style="list-style-type: none">• Lock arm on ½ press• Maintain a deep compression position throughout ½ press and momentary hold.• No pause shown 0.2 deduction
4. Press back through the L position and immediately roll backward to a pike inverted hang	Momentary hold of pike inverted hang
5. Lower to hang	
6. Drop to floor	

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Strength Sequence #1 - Still Rings: 10 Year Old Division

From a hang in false grip

Description	Special Performance Criteria
1. Muscle up	
2. Straight body support with rings turned out	Arms straight and rings turned before lifting legs to L
3. Lift legs to L sit position – hold	3 second hold
4. Press to tuck planche – 3 second hold	3 second hold Any arm bend will be deducted at 0.5 plus J.O Deductions – see note below
5. Return to L sit - 3 second hold	3 second hold
6. Straight arm tuck or straddle press to handstand position placing the feet against the inside of the straps as the handstand is achieved. The athlete must then bring his feet together into a handstand for the 3 second hold.	<ul style="list-style-type: none">• 3 second hold of handstand with feet together• Press must be done with straight arms & rings turned out
7. Handstand hold – 3 seconds	3 second hold
8. Pike or straight body lower to support with straight arms	Show control of support position
9. From support lower to mat with controlled landing	

Note: Arm bend in the tuck planche will be evaluated in the following manner:

Degree of Arm Bend	J.O. Deduction	Special Deduction	Total Deduction
0 to 15°	0.1	0.5	0.6
16 to 30°	0.2	0.5	0.7
31 to 45°	0.3	0.5	0.8
> 45°	Non- recognition		1.0

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Strength Sequence #1 - Still Rings: 11 and 12 Year Old Divisions

From a hang in false grip

Description	Special Performance Criteria
1. Muscle up	
2. Straight body support with rings turned out	Arms straight and rings turned before lifting legs to L
3. Lift legs to L sit position – hold	3 second hold
4. Press to straddle Planche – 3 second hold	3 second hold Any arm bend will be deducted at 0.5 plus J.O. Deductions – see note below
5. Return to L sit - 3 second hold	3 second hold
6. Straight arm straddle or pike press to handstand	Press must be done with straight arms & rings turned out
7. Handstand hold – 3 seconds	3 second hold
8. Straight body lower to support with straight arms	Show control of support position
9. From support lower to mat with controlled landing	

Note: Arm bend in the straddle Planche will be evaluated in the following manner:

Degree of Arm Bend	J.O. Deduction	Special Deduction	Total Deduction
0 to 15°	0.1	0.5	0.6
16 to 30°	0.2	0.5	0.7
31 to 45°	0.3	0.5	0.8
> 45°	Non- recognition		1.0

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Strength Sequence #2 - Parallel Bars: 8 to 9 Year Old Division

From support in the middle of the bars

Description	Special Performance Criteria
For entire strength routine:	<ul style="list-style-type: none">• Small deduction for 2 second hold on all L supports or handstand• Medium deduction for 1 second hold on all L supports or handstand• Large deduction for no hold on L supports or handstand• On the L hold the hips should be between the hands and the chest should be up with the shoulders open.• On the press the athlete should maintain a deep compression position until the hips are vertical
1. From "L" hold support, execute a straight arm, straddle press to handstand - 3 second hold	<ul style="list-style-type: none">• 3 second hold of L• 3 second hold of handstand
2. Lower to straddle "L" support - hold	3 second hold

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Strength Sequence #2 - Parallel Bars 10, 11 and 12 Year Old Divisions

From support in the middle of the bars

Description	Special Performance Criteria
1. From one or two swings, dip swing forward	Elbows must show complete extension and the knees must be above the rails at the end of swing
2. Dip swing backward to straddle L position - hold	2 second hold on L <ul style="list-style-type: none"> • 10 year old back swing must reach horizontal • 11 year old back swing must reach 45° above horizontal • 12 year old back swing must reach nominal handstand
3. Press to straddle planche – hold 2 seconds	2 second hold See below for planche evaluation
4. Close legs and swing forward to High V position and hold	2 second hold - Legs must be between 90° to 105° for no deduction
Bonus: Swing forward to Manna	Bonus: <ul style="list-style-type: none"> 0.1 Legs 105° to 134° 0.2 Legs 135° to 164° 0.3 Legs 165° to 180°
5. Straight arm, straddle or pike press to handstand – hold 2 seconds	<ul style="list-style-type: none"> • 2 second hold • 10, 11 straddle or pike press • 12 pike press
6. Lower to support with straight arms	
7. Drop to floor	

Note: The planche will be evaluated in the following Manner:

Degree of Hip Bend	J.O. Deduction
0 to 15°	0.1
16 to 30°	0.2
31 to 45°	0.3
46 to 90°	1.3 = (Large error + 1.0)
> 90°	Non- recognition
Degree of Horizontal Deviation	J.O. Deduction
0 to 15°	0.1
16 to 30°	0.2
31 to 45°	0.3
> 45°	Non- recognition

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Flexibility: 8 to 9 Year Old Division

Flexibility will be evaluated on a minimum of a 6 foot x 12 foot mat. Each static position will be held for three seconds and the gymnast will move directly from one static position to the next in a continuous and fluid motion. Toe point will be evaluated globally.

Description	Special Performance Criteria
1. Begin in a right forward split - hold	Body vertical, arms horizontal and shoulders down
2. Center split - hold	Body vertical, arms horizontal and shoulders down
3. Pancake position with 90° center split (prone position in 90° center split) - hold	Arms shoulder width on floor over head
4. From 90° pancake split position, slide legs backward and through to a straight body prone position, then move immediately to	
5. Left forward split - hold	Body vertical, arms horizontal and shoulders down
6. Bring back leg forward and close legs to pike sit position and move to a bridge position - hold	Arms shoulder width and legs together and straight
7. Lower down from the bridge and move arms back to shoulder flexion stretch position - hold	Arms shoulder width, head neutral, legs straight and together
8. Sit up to pike sit position and then execute pike forward bend (trunk flexion position) - hold	Arms on floor reaching past feet
9. Finish in pike sit position - hold	Body vertical, arms horizontal and shoulders down

Flexibility: 10, 11 and 12 Year Old Divisions

Flexibility will be evaluated on a minimum of a 6 foot x 12 foot mat. Each static position will be held for three seconds and the gymnast will move directly from one static position to the next in a continuous and fluid motion. Toe point and presentation will be evaluated globally.

Beginning in a stand

Description	Special Performance Criteria
1. Step forward with either leg	Arms in high V position
2. Grand Battment (Big kick above 90°), then step to a forward lunge position	Lunge: <ul style="list-style-type: none"> • Both feet slightly turned out • Front knee in plie, back leg straight • Feet are in line with each other with hips & shoulders square to front - arms in horizontal position
3. Front scale - hold	<ul style="list-style-type: none"> • Transfer weight to front foot bringing back foot & leg to tendu (stretch position) before lifting leg off floor • Scale must be held above horizontal • Chest remains lifted & open • Arms at horizontal
4. Swing back leg forward to Grand Battment and step forward to lunge with arms in high V position, and ½ turn backward while bringing legs together in stand.	Same as lunge in #2
5. While raising arms vertically, fall forward to Prone. While pushing to support swing right leg forward to	
6. Right forward split - hold	Body vertical, arms horizontal and shoulders down
7. Turn 90° to Center split – hold	Body vertical, arms horizontal and shoulders down
8. Pancake position with 90° center split (prone position in 90° center split) – hold	Arms shoulder width on floor over head
9. From 90° pancake split position, slide legs backward and through to a straight body prone position, then move immediately to	

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Flexibility: Age 10, 11, 12 - continued

- | | |
|--|---|
| 10. Left forward split – hold | Body vertical, arms horizontal and shoulders down |
| 11. Bring right leg forward to seated support with legs together and execute pike forward bend (trunk flexion position) - hold | Pike forward bend the Arms on floor reaching past feet |
| 12. While sitting up move arms back to supine shoulder flexion stretch position - hold | Arms shoulder width, head neutral, legs straight and together |
| 13. Tuck legs and positions arms and push to bridge position | Hands should be slightly turned inward with arms straight and parallel, legs straight with heels together |
| 14. Using either leg walkover while joining legs to stand. | |
| 15. Finish in standing Salute with arms in a high V position - hold | |

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TRAMPOLINE ROUTINES

2009

Section VIII: Future Stars Trampoline Routines

This section has been updated June 8, 2009 and contains the information posted in Future Stars Update Number One dated May 11, 2009

Trampoline Routines and Criteria

Athletes in the 10, 11 and 12 year old age divisions must perform one of the four Future Stars trampoline routines listed below. Athletes in the 8 and 9 year old divisions are strongly encouraged, but not required to perform a trampoline routine. Athletes may perform the routine of their choice and must declare the routine to the head judge before starting. Each routine has a specified start value and all are eligible for up to 0.3 in virtuosity bonus at the National Championships.

Note: A spotter is required at each corner of the trampoline for all routines. (4 spotters)

From a stand in the center of the trampoline, the gymnast should take up to 7 bounces and begin the routine.

	Routine A	Routine B	Routine C	Routine D
Reg.	SV = 8.3	SV = 9.0	SV= 9.5	SV = 10.0
Nat.	SV = 8.0	SV = 8.7	SV= 9.2	SV = 9.7
1	Back tuck	Back pike	3/4 Back pike	3/4 Back pike
2	Tuck jump	Pike jump	1/2 turn to stomach (cruise)	Cody tuck
3	Seat drop	Barani pike	Return to feet	Straddle jump
4	1/2 turn to seat drop	Tuck Jump	Pike jump	Barani pike
5	Return to feet	Back tuck	Back pike	Back pike
6	Straddle jump	Barani tuck	Barani pike	Barani straight
7	1/2 turn to Stomach	Straddle jump	Back straight	Back straight
8	Return to feet	Back straight	Barani straight	back tuck
9	Pike jump	3/4 Front straight	Tuck jump	3/4 Front straight
10	Front tuck to Straight bounce to absorb and stand	Ball out tuck to Straight bounce to absorb and stand	Back salto straight with full twist jump to Straight bounce to absorb and stand	Barani Ball out tuck to Straight bounce to absorb and stand

The trampoline evaluation will follow a combination of trampoline deductions as well as FIG Deductions used in Artistic Men's Gymnastics. The following are areas of evaluation that will be considered.

Table of Deductions	Small 0.1	Medium 0.2	Large 0.3	0.5
Being off center	X	X	X	
Lack of height	X	X	X	
Angle deductions	X	X	X	
Lack of Opening on Saltos	X	X	X	
Form deductions	X	X	X	
Unintended intermediate bounce, or added part				X
Omitted Part				1.0
Stop and restart routine from last completed part (may take up to 7 bounces to resume routine)				1.0

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The Table of Deductions will be used to evaluate the following general performance criteria:

- Tuck or Pike Jump – complete extension at apex, arms straight at sides at apex, pike should show 90° body angle
- Full twist jump – arms straight at side at apex
- Front drop – Elbows and knees should be at 90° when stomach contacts the trampoline
- Back drop – Legs should be at vertical when the back contacts the trampoline
- Back or Front salto tuck – body should show extension at 45° above horizontal
- Back salto pike – 90° or less on pike, body should show extension at 45° above horizontal
- Back salto straight – Body line straight with arms at sides through vertical
- Back salto full twist straight – Should initiate salto before beginning twist (approx. 15° above horizontal or higher) and the twist should be completed by 15° beyond vertical.
- Front salto pike - body should show extension above horizontal
- Barani tuck – ½ turn completed at 45° above horizontal, body extension above horizontal
- Barani pike - 90° or less on pike, ½ turn completed at 45° above horizontal, body extension above horizontal
- Must show controlled landing – When absorbing the bounce on landing the feet should remain in contact with the trampoline bed.