

# Region 5 2026 Pre-Elite Fall Testing and Workshop Program

## Introduction

- This program is for athletes who would be appropriately challenged with a pre-elite development opportunity (ages 8-12 in 2026-27 season).
  - This would be boys who are looking to max out their Level 5 D1 opportunities or compete successfully in the Level 6 JE program.
  - It also includes boys who, you as a coach, see the potential for this developmental track in the future, but are not quite there yet.
- After rolling the national Future Stars program into Level 6, some key aspects of the program were lost to the practicality of hosting a regular meet. Specifically, the trampoline, strength, flexibility and 8-9 year-old programs.
  - These are critical aspects of pre-elite development that need to be emphasized with this age group.
- In Region 5, we have an opportunity to take the lead nationally and institute a regional program that can address these losses and set the benchmark for the rest of the nation.
- This program will serve as both a testing program and workshop geared towards competition in the Level 5 D1 and Level 6 Future Stars programs.
- A note about ages: The athlete ages for fall testing are the ages they will be in the up-coming season, not the year of testing. For example, if the athlete will be competing in the 11 year old division at the 2026 championship meets, he will be an 11 year old in the 2025 Fall Testing.

## Why should I Participate

- To help prepare for the coming season in Level 5 D1 and Level 6 Future Stars.
  - It is a sort of “Pre-Test” for the season.
  - Workshop opportunity for athletes and coaches.
- Participate in a structured program that emphasizes exactly what athletes of this age need to focus on in order to prepare themselves to enter the junior elite system. As such, coaches can use it as tool to guide their young athletes get buy-in for the work that needs to be done.
- Rewards:
  - Participation certificate and gift.
  - Make the **Region 5 Pre-Elite Team** (top 6 in each age groups 8, 9, 10, 11 and top 3 in age 12).
    - Recognized on website and awarded a shirt.
  - Secure a qualification to the Region 5 JE Team Focus Camp at Branch Gymnastics in November.
- Get in on the ground floor of a new program that will become part of our Regional Team selection process.

## Program Outline

- The testing will take place the weekend of October 17-18 at DeVeau's in Fishers, IN.
- There are two divisions for participation.
  - **Junior Division:**
    - Ideally aimed at 8-9 year olds getting ready to compete Level 5 in the coming season, however they can also be 10-12 and still participate.
    - The focus is on the key elements of the Level 5 program critical for future matriculation into the Future Stars (L6 JE).
  - **Senior Division:**
    - Aimed at 10-12 year olds getting ready to compete Level 6 JE in the coming season are the primary target group.
- Age and Division:
  - Any age (8-12) can perform the sequences from either division.
  - Division Mobility: Athletes can even perform sequences from different divisions throughout the testing.
    - However, **in order to be eligible for the R5 Pre-Elite team...**
      - 8-9 year olds must only perform sequences from the Junior Division
      - 10-12 year olds must only perform sequences from the Senior Division
- The testing program will be comprised of four parts:
  1. Flexibility: The same flexibility routine from the 2023 Future Stars testing program.
  2. Trampoline: New routines have been developed by the R5 Coaching Staff. See below.

3. Strength: See below.
4. Olympic Event Developmental Sequences: See below.

**Evaluation and Scoring:**

- Athletes will receive an All Around score based on a 10.0 scale.
  - Flexibility: The routine will be scored on a 10.0 scale.
  - Trampoline: Evaluated with the same criteria as the 2023 Future Stars program.
  - Strength:
    - The strength program is broken into 2 blocks, each of which will receive a score on a 10.0 scale.
      - The raw scores will be converted to a 10.0 scale based on previous years data.
  - Olympic Event Developmental Sequences: Each event will receive a score on a 10.0 scale.
    - Most events have two sequences. The sequences will be performed separately and the evaluator will evaluate each sequence on a 10.0 scale and average them for a final score.
    - When testing, all athletes from the squads will perform the first sequence, then all athletes will perform the second sequence.
  - **At the end of the day, the all around will be comprise of 10 scores: Flexibility (1), Trampoline (1), Strength (2), Event Basics (6)**
- **Assisted, partially completed and Omitted Skills**
  - If a coach assists an athlete in the completion of a skill, there will be a **0.5 deduction**.
  - If a skill is attempted, but not completed in such a way that would not receive credit, there will be a 0.5 deduction (inclusive of a fall, should one occur). If 50% or more of the skill is completed the gymnast will receive credit for the skill.
  - If a skill is omitted, there will be a 1.0 deduction.

### Flexibility Evaluation (All Divisions)

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.

| Part | Skill(s) Description                                                                                                                           | Performance Criteria                                                                                                                                                              |
|------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1    | Step forward while raising arms forward to a single leg prone fall (Swedish fall), push to support, swing right leg forward to right leg split | Top leg vertical or greater on fall<br>Body vertical, arms horizontal, and shoulders down on split<br>3 second hold                                                               |
| 2    | Center split                                                                                                                                   | Body vertical, arms horizontal, and shoulders down<br>3 second hold                                                                                                               |
| 3    | Pancake position with 90° center split (prone position in 90° center split)                                                                    | Arms shoulder-width on floor overhead<br>3 second hold                                                                                                                            |
| 4    | From 90° pancake split position, slide legs backward and through to a straight body prone position, then move immediately to...                | Upper body remains on floor while sliding legs                                                                                                                                    |
| 5    | Left forward split                                                                                                                             | Body vertical, arms horizontal, and shoulders down<br>3 second hold                                                                                                               |
| 6    | Bring back leg forward and close legs to pike sit position and move to a bridge position                                                       | Arms shoulder-width and legs together and straight<br>3 second hold                                                                                                               |
| 7    | Lower down from the bridge and move arms back to shoulder flexion stretch position                                                             | Arms shoulder-width, head neutral, legs straight and together<br>3 second hold                                                                                                    |
| 8    | Sit up to pike sit position and then execute pike forward bend (trunk flexion position)                                                        | Arms on floor reaching past feet<br>3 second hold                                                                                                                                 |
| 9    | Finish in pike sit position                                                                                                                    | Body vertical, arms horizontal, and shoulders down                                                                                                                                |
| 10   | Dislocate with stick from seated position                                                                                                      | Maintain upright seated position, under-grip dislocate with simultaneous rotation of the shoulders. Width of hand placement relative to shoulder width is the measure of quality. |

### Trampoline - 8-9 Year Olds

| Part | Skill(s) Description | Performance Criteria                                                                                     |
|------|----------------------|----------------------------------------------------------------------------------------------------------|
| 1    | Back tuck            | Body should show extension at a minimum of 45° above horizon-                                            |
| 2    | tuck jump            | Complete extension at apex, arms straight at sides at apex                                               |
| 3    | Back straight        | Bodyline straight with arms at sides through vertical                                                    |
| 4    | seat drop            | Hands at sides in contact with bed, bodyline should show 90°                                             |
| 5    | 1/2 turn seat drop   | ½ turn through vertical with arms straight and vertical at apex                                          |
| 6    | pike jump            | Legs horizontal at apex, with trunk vertical and hands in contact with toes                              |
| 7    | jump 1/1 turn        | Full turn through vertical with arms straight and vertical on take-off, bring arms down to sides on turn |
| 8    | straddle jump        | Legs horizontal at apex, with trunk vertical and hands in contact                                        |
| 9    | Front pike           | body extension above horizontal                                                                          |

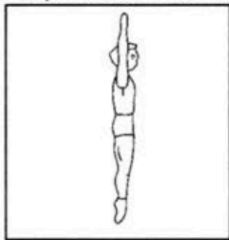
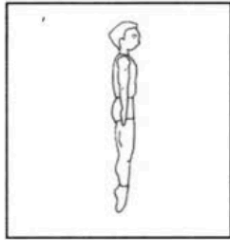
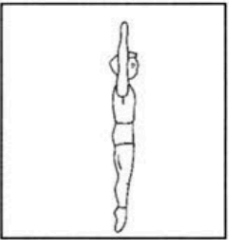
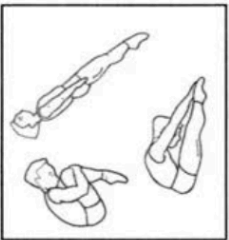
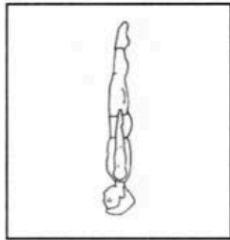
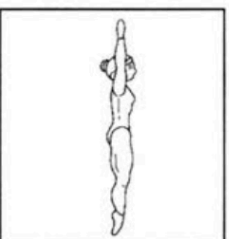
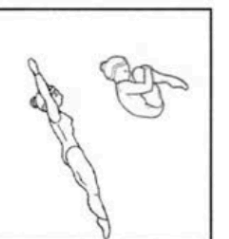
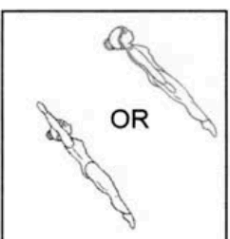
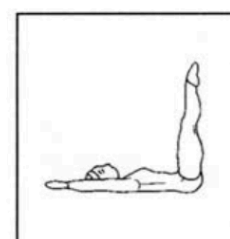
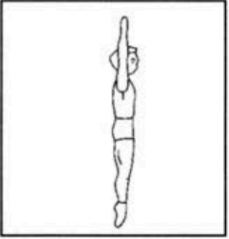
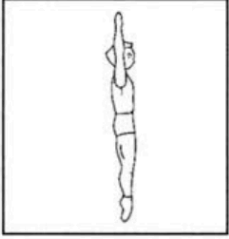
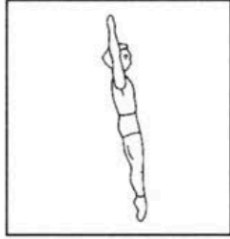
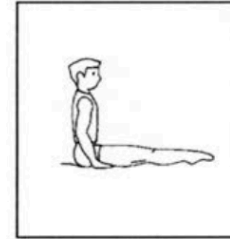
### Trampoline - 10 Year Olds

| Part | Skill(s) Description        | Performance Criteria                                                                                                      |
|------|-----------------------------|---------------------------------------------------------------------------------------------------------------------------|
| 1    | 3/4 Back pike               | Body should show extension at a minimum of 45° above horizontal                                                           |
| 2    | stomach bounce to back drop | Arms should be extended over head                                                                                         |
| 3    | tuck jump                   | Complete extension at apex, arms straight at sides at apex                                                                |
| 4    | Back tuck                   | Body should show extension at a minimum of 45° above horizon-                                                             |
| 5    | Back straight               | Bodyline straight with arms at sides through vertical                                                                     |
| 6    | pike jump                   | Legs horizontal at apex, with trunk vertical and hands in contact with toes                                               |
| 7    | barani pike                 | body extension above horizontal                                                                                           |
| 8    | straddle jump               | Legs horizontal at apex, with trunk vertical and hands in contact                                                         |
| 9    | Back straight 1/1*          | Bodyline straight with arms at sides through vertical<br>* 0.3 deduction for performing a back straight without 1/1 twist |

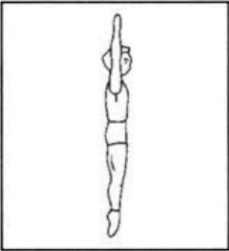
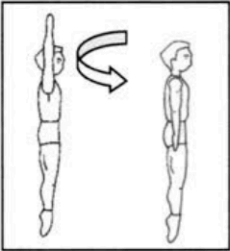
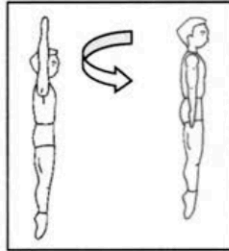
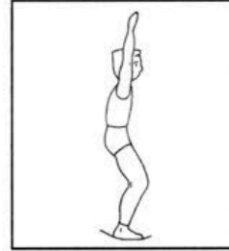
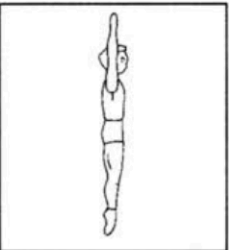
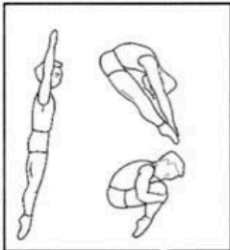
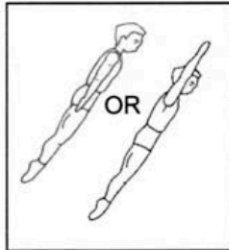
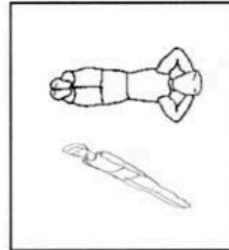
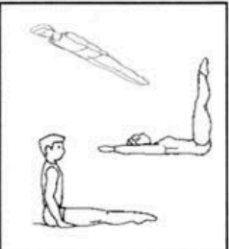
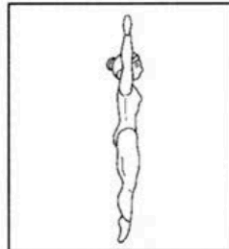
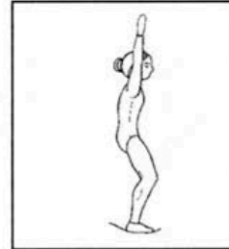
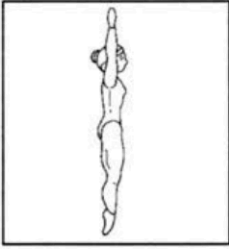
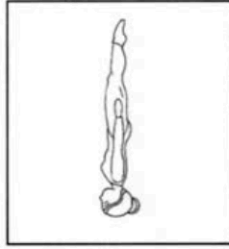
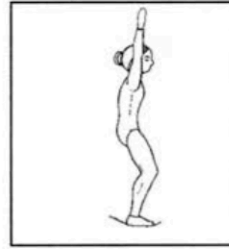
### Trampoline - 11-12 Year Olds

| Part | Skill(s) Description | Performance Criteria                                                                                                                |
|------|----------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| 1    | 3/4 Back pike        | Body should show extension at a minimum of 45° above horizontal                                                                     |
| 2    | cruise               | ½ turn through vertical with arms straight at sides at apex; Elbows and knees should be at 90° when stomach contacts the trampoline |
| 3    | tuck jump            | Complete extension at apex, arms straight at sides at apex                                                                          |
| 4    | Back tuck            | Body should show extension at a minimum of 45° above horizon-                                                                       |
| 5    | barani straight      | Bodyline straight with arms at sides through vertical                                                                               |
| 6    | pike jump            | Legs horizontal at apex, with trunk vertical and hands in contact with toes                                                         |
| 7    | Back straight 1/1*   | Bodyline straight with arms at sides through vertical,<br>* 0.3 deduction for performing a back straight without 1/1 twist          |
| 8    | straddle jump        | Legs horizontal at apex, with trunk vertical and hands in contact                                                                   |
| 9    | 3/4 Front straight   | Arms should be extended over head                                                                                                   |
| 10   | ballout Front tuck   | body extension above horizontal                                                                                                     |

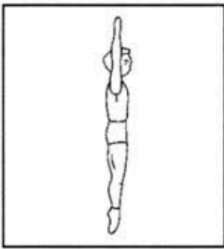
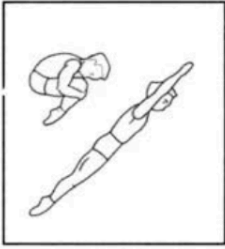
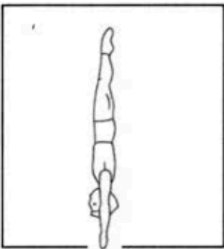
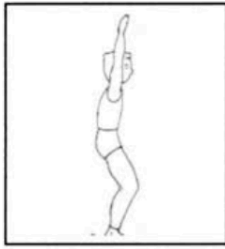
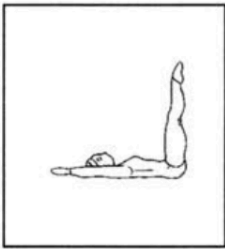
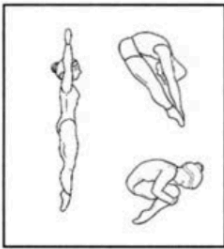
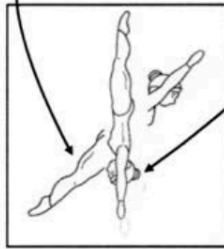
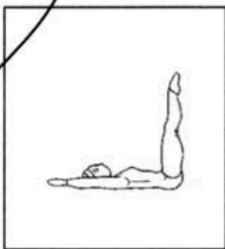
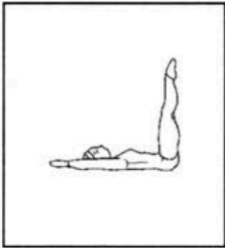
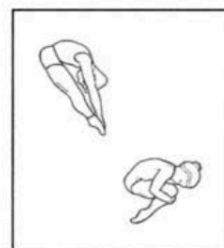
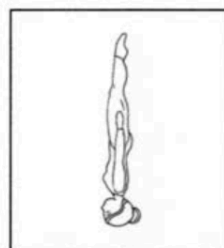
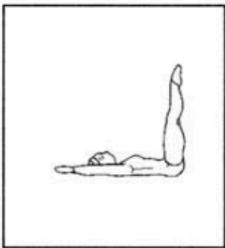
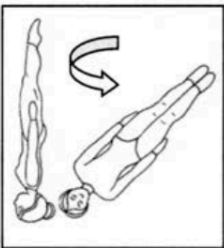
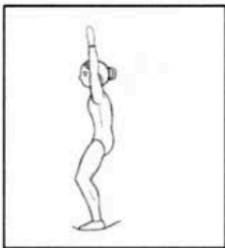
# REQUIRED TRAMPOLINE BODY POSITIONS

| 1. Take-off                                                                         | 2. Position                                                                         | 3. Extension/<br>Press-out                                                           | 4. Bed Contact                                                                        |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>Tuck, Pike &amp; Straddle Jumps</b>                                              |                                                                                     |                                                                                      |                                                                                       |
|    |    |    |    |
| <b>Back Somersault (Tuck, Pike &amp; Straight)</b>                                  |                                                                                     |                                                                                      |                                                                                       |
|    |    |    |    |
| <b>Back Drop</b>                                                                    |                                                                                     |                                                                                      |                                                                                       |
|   |   |   |   |
| <b>Seat drop</b>                                                                    |                                                                                     |                                                                                      |                                                                                       |
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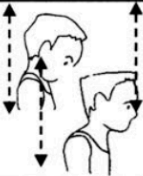
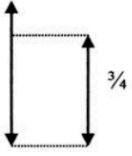
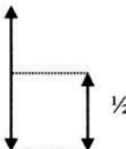
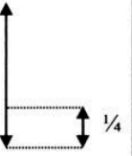
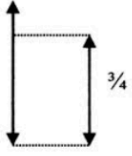
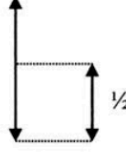
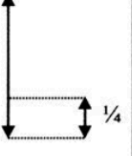
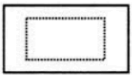
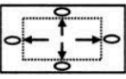
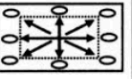
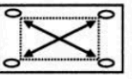
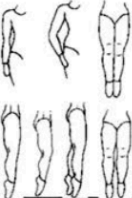
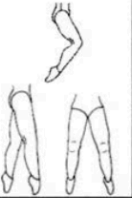
## REQUIRED TRAMPOLINE BODY POSITIONS

|                                                                                                                                      |                                                                                   |                                                                                      |                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>Half &amp; Full Twist</b><br>                    |  |    |    |
| <b>Front Drop</b><br>                               |  |    |    |
| <b>Return to Feet from Front, Back or Seat</b><br> |                                                                                   |   |   |
| <b>Front somersault (Tuck &amp; Pike)</b><br>     |                                                                                   |  |  |

# REQUIRED TRAMPOLINE BODY POSITIONS

| 1. Take-off                                                                         | 2. Position                                                                         | 3. Extension/<br>Press-out                                                           | 4. Bed Contact                                                                        |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>¾ Front Somersault (Tuck &amp; Straight)</b>                                     |                                                                                     |                                                                                      |                                                                                       |
|    |    |    |    |
| <b>Porpoise (Tuck Pike &amp; Straight)</b>                                          |                                                                                     |                                                                                      |                                                                                       |
|    |    |    |    |
| <b>Ballout (Tuck &amp; Pike)</b>                                                    |                                                                                     |                                                                                      |                                                                                       |
|   |   |   |   |
| <b>Barani (Tuck, Pike &amp; Straight)</b>                                           |                                                                                     |                                                                                      |                                                                                       |
|  |  |  |  |

# REQUIRED TRAMPOLINE BODY POSITIONS

|                                                   |                                                                                     |                                                                                     |                                                                                     |                                                                                      |            |            |
|---------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------|------------|
| Position of the head                              |    |    |    |                                                                                      |            |            |
| Take-off                                          |    |    |                                                                                     |                                                                                      |            |            |
| Return to bed<br>Early bending of the knees /feet |    |    |                                                                                     |                                                                                      |            |            |
| Loss of height<br>Take off from feet              |    |    |    |                                                                                      |            |            |
| Take off from front, back or seat                 |  |  |  |                                                                                      |            |            |
| Insecurity on the bed                             |  |  |  |  |            |            |
| Position of the limbs                             |  |  |  |                                                                                      |            |            |
| <b>DEDUCTIONS</b>                                 | <b>0.0</b>                                                                          | <b>0.1</b>                                                                          | <b>0.2</b>                                                                          | <b>0.3</b>                                                                           | <b>0.4</b> | <b>0.5</b> |

# REQUIRED TRAMPOLINE BODY POSITIONS

|                                             |  |  |  |  |  |  |
|---------------------------------------------|--|--|--|--|--|--|
| Angle of upper body to thigh                |  |  |  |  |  |  |
| Knees apart                                 |  |  |  |  |  |  |
| Position of the hands                       |  |  |  |  |  |  |
| <b>Pike position (jumps)</b>                |  |  |  |  |  |  |
| Angle of upper body to thighs               |  |  |  |  |  |  |
| Position of legs with respect to horizontal |  |  |  |  |  |  |
| Position of the hands                       |  |  |  |  |  |  |
| Straddle jump<br>Opening of the legs        |  |  |  |  |  |  |
| <b>Straight Position</b>                    |  |  |  |  |  |  |
| Straight jumps, twists and ½ to front drop  |  |  |  |  |  |  |

### Strength - Junior Division

| B                                                                                                                                                                                                                                                               | Skill(s) Description                   | Performance Criteria                                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1                                                                                                                                                                                                                                                               | Parallette Sequence:                   |                                                                                                                                                                                |
|                                                                                                                                                                                                                                                                 | 1) V seat                              | straddle into V seat permitted; legs vertical; hold 3s                                                                                                                         |
|                                                                                                                                                                                                                                                                 | 2) press to straddle L                 | straight legs throughout; legs horizontal in str L; hold 3's                                                                                                                   |
|                                                                                                                                                                                                                                                                 | 3) tuck planche                        | hips at shoulder height, upper back rounded; hold 3s                                                                                                                           |
|                                                                                                                                                                                                                                                                 | Dips                                   | straight hips throughout; shoulders below elbows at bottom; elbows straight at top (tester needs to control for swinging and "kicking" motions).                               |
|                                                                                                                                                                                                                                                                 | pull-ups                               | overgrip; elbows straight at bottom; chin above bar at top; hips/knees straight throughout; no swing permitted (either grip permitted, but tester needs to control for swing). |
| 2                                                                                                                                                                                                                                                               | Rings Sequence:                        |                                                                                                                                                                                |
|                                                                                                                                                                                                                                                                 | 1) Muscle-up to sup hold               | straight hips throughout; hold support 3s, rings turned out                                                                                                                    |
|                                                                                                                                                                                                                                                                 | 2) L seat                              | rings turned out, hold 3s                                                                                                                                                      |
|                                                                                                                                                                                                                                                                 | 3) press* to HS w/ feet on straps      | * press not to be evaluated; rings turned out, hold 10s                                                                                                                        |
|                                                                                                                                                                                                                                                                 | HS push-ups w/ paralletts against wall | head must go below parallett rail at bottom, elbows straight at top                                                                                                            |
|                                                                                                                                                                                                                                                                 | shuttle run                            | 4x40' sprint across FX mat; start behind line; hand must touch line on direction change                                                                                        |
| <p>Note: Elements 3, 4, and 5 are maximum completed within 30 seconds. The evaluator may elect to not count a repetition if not performed up to standard. If this occurs, the athlete may still continue and complete more within the 30 second time limit.</p> |                                        |                                                                                                                                                                                |

### Strength - Senior Division

| B                                                                                                                                                                                                                                                                               | Skill(s) Description                   | Performance Criteria                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|----------------------------------------------------------------------------------------------------------------|
| 1                                                                                                                                                                                                                                                                               | Parallette Sequence:                   |                                                                                                                |
|                                                                                                                                                                                                                                                                                 | 1) V seat                              | straddle into V seat permitted; legs vertical; hold 3s                                                         |
|                                                                                                                                                                                                                                                                                 | 2) press to handstand                  | straight legs throughout; hold 3's                                                                             |
|                                                                                                                                                                                                                                                                                 | 3) lower to straddle L                 | legs horizontal in str L; hold 3s                                                                              |
|                                                                                                                                                                                                                                                                                 | 4) straddle planche                    | back angle and hip angle evaluated separately; hold 3s                                                         |
|                                                                                                                                                                                                                                                                                 | Dips                                   | straight hips throughout; shoulders below elbows at bottom; elbows straight at top                             |
|                                                                                                                                                                                                                                                                                 | pull-ups                               | overgrip; elbows straight at bottom; chin above bar at top; hips/knees straight throughout; no swing permitted |
| 2                                                                                                                                                                                                                                                                               | Rings Sequence:                        |                                                                                                                |
|                                                                                                                                                                                                                                                                                 | 1) Muscle-up,                          | straight hips throughout; rings turned out at completion                                                       |
|                                                                                                                                                                                                                                                                                 | 2) L seat                              | rings turned out, hold 3s                                                                                      |
|                                                                                                                                                                                                                                                                                 | 3) press to straddle L seat            | straight arms throughout, rings turned out in str L; hold 3s                                                   |
|                                                                                                                                                                                                                                                                                 | 3) press* to HS w/ feet on straps      | * press not to be evaluated; rings turned out, hold 10s                                                        |
|                                                                                                                                                                                                                                                                                 | HS push-ups w/ paralletts against wall | head must go below parallett rail at bottom, elbows straight at top                                            |
|                                                                                                                                                                                                                                                                                 | shuttle run                            | 4x40' sprint across FX mat; start behind line; hand must touch line on direction change                        |
| <p>Note: Dips, pull-ups and handstand pushups are maximum completed within 30 seconds. The evaluator may elect to not count a repetition if not performed up to standard. If this occurs, the athlete may still continue and complete more within the 30 second time limit.</p> |                                        |                                                                                                                |

### Floor Exercise (spotter permitted on floor)

| Part                                                 | Skill(s) Description                                             | Performance Criteria                                                                                               |
|------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <b>Junior Division Sequence 1 (8-9 yo primary)</b>   |                                                                  |                                                                                                                    |
| 1                                                    | front handspring-stepout-front handspring-rebound                | show repulsion on handsprings; open shoulder angle; stretched rebound                                              |
| 2                                                    | endo roll to straddle stand; press HS (hold)                     | straight arms and legs throughout; gymnast may "present" between roll and press                                    |
| 3                                                    | 1/1 pirouette; roll forward to stand                             | "lever" to handstand, forward stepping pirouette in 1/4 turns, no holds required                                   |
| <b>Junior Division Sequence 2 (8-9 yo primary)</b>   |                                                                  |                                                                                                                    |
| 1                                                    | from standing: FF-FF-FF-reb (3 back handsprings)                 | looking for horizontal travel (knees not moving forward) and acceleration                                          |
| 2                                                    | back ext roll to HS, controlled pike down                        | straight arms (hop to handstand permitted) and controlled lower down                                               |
| <b>Senior Division Sequence 1 (10-12 yo primary)</b> |                                                                  |                                                                                                                    |
| 1                                                    | run, hurdle to roundoff, back handspring                         | straight alignment, looking for turnover and horizontal travel (knees not moving forward) and acceleration         |
| 2                                                    | back layout with rise                                            | center of gravity at head height                                                                                   |
| 3                                                    | back extension roll-1/2 (blind change) to HS and lower to prone  | 1/2 turn should be performed with backward stepping motion like a blind change; 1 or 2 steps allowed in pirouette  |
| 4                                                    | endo roll to handstand                                           | pause in straddle L permitted, no hold required in handstand                                                       |
|                                                      | 1/1 pir, controlled pike down                                    |                                                                                                                    |
| <b>Senior Division Sequence 2 (10-12 yo primary)</b> |                                                                  |                                                                                                                    |
| 1                                                    | front handspring-stepout-front handspring...                     | neutral head position, arms by ears, acceleration and horizontal travel                                            |
| 2                                                    | bounding Front handspring (flyspring)-rebound; step assemblé 1/2 | neutral head position, arms by ears, acceleration and horizontal travel                                            |
| 3                                                    | roundoff, back handspring                                        | looking for turnover and horizontal travel and acceleration                                                        |
| 4                                                    | whip back (tempo salto)                                          | arms swing over the top, horizontal travel and acceleration                                                        |
| 5                                                    | back handspring, back handspring, rebound                        | looking for turnover and horizontal travel and acceleration (back tuck permitted in place of last back handspring) |

## Pommel Horse

| Part                                                 | Skill(s) Description                                                   | Performance Criteria                                                                       |
|------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <b>Junior Division Sequence 1 (8-9 yo primary)</b>   |                                                                        |                                                                                            |
| 1                                                    | Floor Mushroom: 5 circles                                              | each circle represents a numbered part                                                     |
| <b>Junior Division Sequence 2 (8-9 yo primary)</b>   |                                                                        |                                                                                            |
| 1                                                    | Mounted Mushroom: 2 circles, direct stocklie A (DSA) to stand on floor | DSA hand placements as per MDP L5; skill should finish 180 deg from starting point         |
| 2                                                    | 3 or more circles                                                      | omitted circles deducted 0.3                                                               |
| 3                                                    | 3 or more flairs                                                       | omitted flairs deducted 0.3                                                                |
| 4                                                    | Russian 360 to stand on floor                                          | Russian hand placements should be sequential and stepping in all 4 quadrants               |
| <b>Senior Division Sequence 1 (10-12 yo primary)</b> |                                                                        |                                                                                            |
| 1                                                    | Floor Mushroom: 5 circles                                              | omitted circles deducted 0.3                                                               |
| 2                                                    | Russian 180                                                            | hand placements should be sequential                                                       |
| 3                                                    | 1 and 1/2 circles to rear support                                      | extra circles permitted                                                                    |
| <b>Senior Division Sequence 2 (10-12 yo primary)</b> |                                                                        |                                                                                            |
| 1                                                    | No-Pommel Horse: 3 loops                                               | omitted circles deducted 0.3                                                               |
| 2                                                    | travel forward to saddle                                               | number of circles not specified; travel completed when front support is achieved in saddle |
| 3                                                    | 3 saddle loops; flank over horse                                       | omitted circles deducted 0.3                                                               |

## Still Rings

| Part                                                 | Skill(s) Description                                                                             | Performance Criteria                                                                                                                                    |
|------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Junior Division Sequence 1 (8-9 yo primary)</b>   |                                                                                                  |                                                                                                                                                         |
| 1                                                    | Pull to inverted hang, inverted pike, cast                                                       |                                                                                                                                                         |
| 2                                                    | turnover swing backward, turnover swing forward, turnover swing backward, turnover swing forward | <b>B swing:</b> open chest, shoulder down, reverse candle shape, horizontal or higher<br><b>F swing:</b> hollow body candle shape, horizontal or higher |
| 3                                                    | Back uprise                                                                                      | bent arms allowed, BU must finish with legs behind rings                                                                                                |
| 4                                                    | L seat, press to shoulderstand                                                                   | rings turned out                                                                                                                                        |
| <b>Junior Division Sequence 2 (8-9 yo primary)</b>   |                                                                                                  |                                                                                                                                                         |
| 1                                                    | Pull to inverted hang, inverted pike                                                             |                                                                                                                                                         |
| 2                                                    | dislocate to turnover swing forward                                                              | <b>B swing:</b> open chest, shoulder down, reverse candle shape, horizontal or higher<br><b>F swing:</b> hollow body candle shape, horizontal or higher |
| 3                                                    | layout inlocate, turnover swing backward                                                         | inlocate should show straight hips and continuous movement through vertical                                                                             |
| <b>Senior Division Sequence 1 (10-12 yo primary)</b> |                                                                                                  |                                                                                                                                                         |
| 1                                                    | Pull to inverted hang, inverted pike, cast                                                       |                                                                                                                                                         |
| 2                                                    | turnover swing backward, turnover swing forward                                                  | <b>B swing:</b> open chest, shoulder down, reverse candle shape, horizontal or higher<br><b>F swing:</b> hollow body candle shape, horizontal or higher |
| 3                                                    | Back uprise                                                                                      | bent arms allowed, BU must finish with legs behind rings                                                                                                |
| 4                                                    | L seat, press to handstand (3s)                                                                  | bent arms allowed on press                                                                                                                              |
| 5                                                    | lower to straddle L                                                                              | straight arms, rings turned out                                                                                                                         |
| <b>Senior Division Sequence 2 (10-12 yo primary)</b> |                                                                                                  |                                                                                                                                                         |
| 1                                                    | Pull to inverted hang, inverted pike, cast                                                       |                                                                                                                                                         |
| 2                                                    | turnover swing backward, turnover swing forward                                                  | <b>B swing:</b> open chest, shoulder down, reverse candle shape, horizontal or higher<br><b>F swing:</b> hollow body candle shape, horizontal or higher |
| 3                                                    | layout inlocate, turnover swing backward                                                         | inlocate should show straight hips and continuous movement through vertical                                                                             |
| 4                                                    | swing forward to dislocate, dislocate, turnover swing forward                                    | dislocates should show hollow shape through the vertical and continuous motion                                                                          |

## Vault

| Part                                                 | Skill(s) Description                                            | Performance Criteria                                                                                                |
|------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>Junior Division Sequence 1 (8-9 yo primary)</b>   |                                                                 |                                                                                                                     |
| 1                                                    | run, hurdle, front tuck to 32" mat                              | run and hurdle judged as per MDP manual, landing position judged as per FIG (except no deduction for steps or fall) |
| <b>Junior Division Sequence 2 (8-9 yo primary)</b>   |                                                                 |                                                                                                                     |
| 2                                                    | run, hurdle, roundoff onto board and rebound to feet on 32" mat | straight alignment on board, arms by ears on rebound                                                                |
| <b>Senior Division Sequence 1 (10-12 yo primary)</b> |                                                                 |                                                                                                                     |
| 1                                                    | run, hurdle, front pike 40" mat                                 | run and hurdle judged as per MDP manual, landing position judged as per FIG (except no deduction for steps or fall) |
| <b>Senior Division Sequence 2 (10-12 yo primary)</b> |                                                                 |                                                                                                                     |
| 2                                                    | run, hurdle, roundoff onto board, back tuck to feet on 32" mat  | straight alignment on board, arms by ears on rebound                                                                |

### Parallel Bars (spotting from built up surface permitted)

| Part                                                 | Skill(s) Description                                                           | Performance Criteria                                                                                                                       |
|------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Junior Division Sequence 1 (8-9 yo primary)</b>   |                                                                                |                                                                                                                                            |
| 1                                                    | jump and glide to 3 basket swings                                              | basket swings finish on the back swing (head up); shoulder should rise above 45 deg                                                        |
| 2                                                    | cast out to 3 long hang swings                                                 | tap swings should be hollow on both ends and show "drag" through the bottom and the center of gravity should be at bar height on both ends |
| 3                                                    | long hang back uprise to upper arms                                            | no amplitude requirement on back uprise                                                                                                    |
| 4                                                    | 3 upper arm swings (finishing in rear)                                         | body shape should be hollow in the front and a tight arch in the back; center of gravity should rise above bars on each end.               |
| <b>Junior Division Sequence 2 (8-9 yo primary)</b>   |                                                                                |                                                                                                                                            |
| 1                                                    | [Bars can be any height] On end of bars, facing out: glide kip to L seat       | gymnast may use empty swings or board to get to glide (evaluation begins with glide)                                                       |
| 2                                                    | press to handstand (2s)                                                        | if gymnast places feet on bars (stands) during the press, there is a 0.3 deduction.                                                        |
| 3                                                    | swing fwd from handstand, swing to handstand, hold                             | gymnast may take up to 2 empty intermittent swings prior to handstand                                                                      |
| <b>Senior Division Sequence 1 (10-12 yo primary)</b> |                                                                                |                                                                                                                                            |
| 1                                                    | glide kip to L or V seat, swing to handstand                                   |                                                                                                                                            |
| 2                                                    | pirouette                                                                      | no hold requirement before or after the pirouette, but holds are permitted                                                                 |
| 3                                                    | empty swing fwd, layaway to upper arm (UA), front uprise, swing back to 45 deg | minimum of horizontal on front swing, no amplitude requirement on front uprise                                                             |
| 3                                                    | swing forward, swing handstand (hold)                                          | minimum of horizontal on front swing                                                                                                       |
| 4                                                    | Back tuck off or swing fwd and back to front pike off                          | must show rise from support                                                                                                                |
| <b>Senior Division Sequence 2 (10-12 yo primary)</b> |                                                                                |                                                                                                                                            |
| 1                                                    | On end of bars, facing out: L seat, press to handstand                         | sequence begins once gymnast is in L seat                                                                                                  |
| 2                                                    | swing forward, swing handstand (hold)                                          | minimum of horizontal on front swing                                                                                                       |
| 3                                                    | empty swing forward, swing back to bail to flyaway off end of bars             | no amplitude requirement on empty swings, center of gravity above rails on flyaway.                                                        |

## High Bar (spotting from built up surface permitted, extra giants permitted)

| Part                                          | Skill(s) Description                                                                                                                                                                                                             | Performance Criteria                                                                                                                                                                                                                                      |
|-----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Junior Division Sequence 1 (8-9 yo primary)   |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                           |
| 1                                             | pullover, cast, free hip circle to long hang swing forward                                                                                                                                                                       | minimum of horizontal on cast, no amplitude requirement on the free hip circle                                                                                                                                                                            |
| 2                                             | swing backward, swing forward                                                                                                                                                                                                    | all tap swings should be hollow on both ends and show “drag” through the bottom and the center of gravity should be at bar height on both ends                                                                                                            |
| 3                                             | swing backward to back uprise-support                                                                                                                                                                                            | gymnast may stop in support                                                                                                                                                                                                                               |
| 4                                             | cast, undershoot, swing backward, swing forward to flyaway                                                                                                                                                                       | gymnast may do the undershoot directly from the back uprise (in which case there will not be a cast in this part), flyaway may be in any position and must show rise from the release.                                                                    |
| Junior Division Sequence 2 (8-9 yo primary)   |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                           |
| 1                                             | In straps: 5 or more giant swings backward                                                                                                                                                                                       | gymnast may begin with a cast or by building up swings, the evaluation begins with the first giant; back giants should show hollow position in the downward and upward swing phases with “drag” through the bottom.                                       |
| 2                                             | In straps: 5 or more giant swings forward                                                                                                                                                                                        | gymnast may begin with a cast or by building up swings, the evaluation begins with the first giant; front giants should show a straight, stretch position in the downward phase and rounded back in the upward phase and be straight through the vertical |
|                                               | Note: Gymnast may perform either direction giants first and will not dismount the apparatus between types of giants (all one turn). Swings that may occur between front and back giants are permitted and will not be evaluated. |                                                                                                                                                                                                                                                           |
| Senior Division Sequence 1 (10-12 yo primary) |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                           |
| 1                                             | pullover, cast, 3 front giants                                                                                                                                                                                                   | front giants should show a straight, stretch position in the downward phase and rounded back in the upward phase and be straight through the vertical                                                                                                     |
| 2                                             | pirouette                                                                                                                                                                                                                        | as per FIG                                                                                                                                                                                                                                                |
| 3                                             | 3 back giants, drop off                                                                                                                                                                                                          | back giants should show hollow position in the downward and upward swing phases with “drag” through the bottom, landing will not be evaluated                                                                                                             |
| Senior Division Sequence 2 (10-12 yo primary) |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                           |
| 1                                             | pullover, cast, free hip circle                                                                                                                                                                                                  | free hip should be to 45 deg or higher                                                                                                                                                                                                                    |
| 2                                             | 2 or more back giants, 1/2 turn to mix grip then change hand to overgrip                                                                                                                                                         | 1/2 turn to 45 deg or higher                                                                                                                                                                                                                              |
| 3                                             | 3/4 back giant to undershoot                                                                                                                                                                                                     | gymnast may do 1 or more full giant(s) before the 3/4 back giant, undershoot must to horizontal                                                                                                                                                           |
| 4                                             | swing back, swing forward to flyaway                                                                                                                                                                                             | back swing should be to horizontal, flyaway should show rise and mat be in any position. Gymnast may eliminate the undershoot and dismount directly from giants after the 1/2 turn                                                                        |