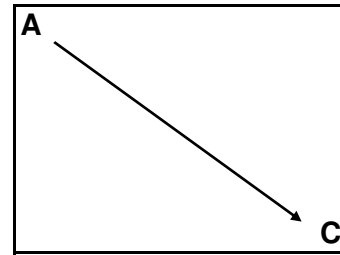


Floor Exercise: Level 1 - 7 to 8 and 9 to 10 Year Old Divisions

Stand at point A facing point 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 backhandspring rebound.	<ul style="list-style-type: none"> • The hurdle action should not cause a dramatic slowing of the pass. • The backhandspring should be fast, stretched and not under rotated.
2. Locked arm back extension roll to hollow body prone.	<ul style="list-style-type: none"> • Must maintain hollow body through min. 45 deg. above horizontal to hollow slide out, shoulders covering ears throughout.
3. Run, hurdle front handspring step out to front handspring(bounder), rebound	<ul style="list-style-type: none"> • Sticking landing not necessary, over rotation of bounder desirable.
4. With either leg, step forward and kick to handstand, straight arm forward stalder roll to handstand, (straight arm roll out, or pike down permitted)	<ul style="list-style-type: none"> • Must achieve handstand before finish.

Pommel Horse: Level 1 - 7 to 8 and 9 to 10 Year Old Divisions

On floor mushroom

Note: These circles may be performed in any direction.

Description	Special Performance Criteria
1. 1 1/4 Circle to side support then	<ul style="list-style-type: none">• Wide leaning action w/shoulders• Strong pulling action• Counter turn• Hip leading into first 1/4 circle• Open chest and hips into first 1/4 circle
2. 1 3/4 Circle to side support	<ul style="list-style-type: none">• First one and 1/4 circle same as above• Counter turn to heels leading into 3/4 circle position

Still Rings: Level 1 - 7 to 8 and 9 to 10 Year Old Divisions

	Description	Special Performance Criteria
1.	Bent arm straight body pull to inverted hang	
2.	Lower to inverted pike	
3.	Cast to backward swing to	
4.	3 forward and three backward swings to	<ul style="list-style-type: none">• Swings are to demonstrate good form and good turn over technique.• Chest should remain down with turnover from the chest on each side of the 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.	Tucked flyaway dismount	

Vault: Level 1 - 7 to 8 and 9 to 10 Year Old Divisions

Base score:	5.0	Handspring
	5.0	Roundoff
	<u>10.0</u>	

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

Description	Deduction Criteria
1. 3/4 handspring to flat back on mats or blocks waist high	<ul style="list-style-type: none"> • Board contact w/feet forward
2. Performed on the vault runway, mat area or the floor exercise mat using a 10 cm skill cushion	

Description	Deduction Criteria
1. Run hurdle roundoff onto skill cushion	<ul style="list-style-type: none"> • A tape line will be placed on the center liine of the runway and mat to help evaluate how square the roundoff is executed. • A late 1/4 turn should be used into the roundoff. • Gymnast should contact the skill cushion with straight body in a verticle position with arms above horizontal. • No deduction for steps or over rotation after roundoff.

Parallel Bars: Level 1 - 7 to 8 and 9 to 10 Year Old Divisions

Description	Special Performance Criteria
1. Jump to long hang swing forward and backward	• Bent knees allowed, show tap action
2. Long hang swing forward	
3. Long hang swing backward uprise to upper arm	
4. Upper arm swing forward and backward	Hips at bar height on forward swing
5. Upper arm swing forward and straddled forward uprise to support	• Hips at bar height prior to straddle
6. Support swing backward	• Support swings w/straight body at horizontal
7. Support swing forward and backward	
8. Support swing forward	
9. Support swing backward and bail to long swing (coach stop at bottom of swing)	• Feet at bar height prior to bail, locked arms and hollow position held through the rails. Extended shoulders and ears covered by shoulders through bail.

Horizontal Bar: Level 1 - 7 to 8 and 9 to 10 Year Old Divisions

From hang in straps - gymnasts are expected to come to the evaluation 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 for the judges when they finish the evaluation for the prior routine.

Description	Special Performance Criteria
1. Pullover to support	
2. Cast to horizontal	• Straight arms and hollow body at finish
3. Back hip circle	• Body remains hollow through
4. Underbar shoot to swing backward	• Body remains hollow through
5. Three complete swings ending in back swing	• Hollow position at the peak of the swings with toes at bar height or higher

Flexibility: Level 1 - 7 to 8 and 9 to 10 Year Old Divisions

Flexibility will be evaluated on a minimum of a 4 foot by 8 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	<ul style="list-style-type: none"> • Body vertical, arms horizontal and shoulders down
2. Center split - hold	<ul style="list-style-type: none"> • Body vertical, arms horizontal and shoulders down
3. Pancake position with 90 deg. Center split (prone position in 90 deg. center split) - hold	<ul style="list-style-type: none"> • Arms shoulder width on floor over head
4. From 90 deg. Pancake split position, slide legs backward and through to a straight body prone position then move immediately to:	
4. Left forward split - hold	<ul style="list-style-type: none"> • Body vertical, arms horizontal and shoulders down
5. Bring back leg forward and close legs to pike sit position and move to a bridge position - hold	<ul style="list-style-type: none"> • Arms shoulder width and legs together and straight
6. Lower down from the bridge and move arms back to shoulder flexion stretch position - hold	<ul style="list-style-type: none"> • Arms shoulder width, head neutral, legs straight and together
7. Sit up to pike sit position and then execute pike forward bend (trunk flexion position) - hold	<ul style="list-style-type: none"> • Arms on floor reaching past feet
8. Finish in pike sit position - hold	<ul style="list-style-type: none"> • Body vertical, arms horizontal and shoulders down

Strength Sequence #1: Level 1 - 7 to 8 and 9 to 10 Year Old Divisions Still Rings

From a hang

Description	Special Performance Criteria
1. Straight body support with rings turned out	• 2 second hold
2. Lift to 'L' support	• 2 second hold
3. Lower to support, and drop to floor	<ul style="list-style-type: none"> • Arms straight • Rings turned out • Wrists down • Chest down • Shoulders back (throughout sequence)

Strength Sequence #2: Level 1 - 7 to 8 and 9 to 10 Year Old Divisions Parallel Bars

From support at the center of the bars

Description	Special Performance Criteria
1. From support lift legs to 'L'	• 2 second hold, legs slightly above bars good posture in 'L' position
2. Half press thru to straddle 'L'	• 2 second hold, deep compression during all pressing
3. Press up through planche position lowering to support	• Straight arms and legs on press back to support