



2016-2020 USA Gymnastics Future Stars Junior National Development Team Program

Developed by the USA Gymnastics Junior National Coaching Staff

Vice President of Men's Program: Dennis McIntyre

National Team Coordinator: Kevin Mazeika

Junior Olympic Program Coordinator: Dusty Ritter

Men's Program Manager: Lisa Mendel

Future Star Program Committee:

Adam Lomax

Nancy Spielkamp

Tom Meadows

Joy Umenhofer

Kevin Preston

Gene Watson

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**2016-2020 Future Stars Manual
with **Update1** pages inserted**



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All requests for permission should be made to:
USA Gymnastics
132 E. Washington St., Suite 700
Indianapolis, IN 46204



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Section I – Mission Statement and Program Objectives

A. Mission Statement

The Future Stars Program ultimately exists for the specific purpose of identifying talent for development of the elite level athlete 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.

B. Program Objectives

The Future Stars Program has three primary goals:

- Talent identification
- Provide a means of skill direction
- Provide coaches and athletes with the education necessary to succeed at the highest levels of competition

This program will naturally have a general impact on the development of all competitive gymnasts in the United States; however, the focus of the Junior National Development Team Program is the nurturing of identified talent for potential membership in the Junior National Team Program for 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:

1. Identify the training and competitive path of elite athletes toward membership in the Junior National Team Program
2. Create an educational and evaluation system that is focused on success in international competition at the highest level
3. Provide skill direction and technical knowledge that helps to facilitate competitive success
4. Provide coaches education on the basic principles of coaching and the development of the elite athlete
5. Involve coaches in the overall program planning and organization of the competitive as well as individualized athlete planning

Section II – Age Determination

- A. The Junior Olympic competitive season is defined as September 1 – May 31. For all aspects of the Future Stars Program, a gymnast's competitive age is determined by his age on **May 31** of the current competitive (Junior Olympic) season. A gymnast will be in the age division that reflects the age he will be on May 31 of the current competitive season and he will remain in that age division during the entire competitive season leading up to the USA championships.
- B. There will be no early qualification in the Age Group Competition Program to Level 8 for athletes who are age 10.

Interpretation: – Competitive aged 9 year olds may not advance to Future Star Nationals. Competitive aged 9 year olds may not compete in the 10 year old division at any Future Star evaluation.

Section III – Future Stars Age Divisions and Events

- A. The Future Stars Program consists of the following six age divisions: 8, 9, 10, 11, 12, and 13-year-olds. The 8 and 9-year-old divisions may participate and advance from a State evaluation to the Regional level where these age divisions are selected to their respective Regional Teams. The 10, 11, 12, and 13-year-old divisions may qualify and advance to the National level. Athletes participating in the 11, 12 and 13-year-old divisions will perform the Technical Sequences. The Technical Sequences are documented in the “USA Gymnastics Technical Sequence Manual”.

Future Stars Age Divisions		
Age as of May 31	Highest Competitive Qualification	Routines Performed
8	REGIONAL	Future Stars Program
9	REGIONAL	Future Stars Program
10	NATIONAL	Future Stars Program
11	NATIONAL	Technical Sequences and Future Stars Strength, Flexibility & Tramp
12	NATIONAL	Technical Sequences and Future Stars Strength, Flexibility & Tramp
13	NATIONAL	Technical Sequences and Future Stars Strength, Flexibility & Tramp

- B. The Future Stars competition program uses nine separate events. Athletes will be evaluated on each of the six Olympic events as well as Strength, Flexibility, and Trampoline. Each routine is a basic skills compulsory routine and is composed of approximately ten basic skills.

Section IV – Junior National Team and Camp Selection

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.

- A. The Junior National Development Team will be comprised of 50 members (See Table below for Age Division breakdown) and will be selected by rank order based on all around score (six Olympic events as well as strength, flexibility and trampoline) at the Future Stars National Championships. Athletes named to the Junior National Development Team will receive a National Development Team warm-up.
- B. The top 25 members (See Table below for Age Division breakdown) of the Junior National Development Team will also be selected to attend the Junior National Development Team Training Camp with their coach to be held the following summer. Athletes and coaches will have all room and board paid by USA Gymnastics but will be required to provide their own transportation to and from the camp.

Section IV – Junior National Team and Camp Selection (Cont.)

- C. Junior National Development Team and Training Camp selection will come from the four separate age divisions that are eligible to qualify to the Future Stars National Championships. See the Age Division breakdowns in the following table.

Junior National Team & Camp Selection Breakdowns		
Age Divisions	Number Selected To Team	Number Selected To Camp
10 year olds	16	8
11 year olds	16	8
12 year olds	12	6
13 year olds	6	3
Totals	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 of Achievement.

Section V – Junior National Development 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 and board provided by USA Gymnastics for all participating athletes and their coaches. 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. The National Development Team Camp will use the same guidelines and camp structure used for the Junior National Team Camps. Coaches will be fully involved in the camp planning and coaching sessions.
- E. Evaluations will include all or some of the following: team presentation warm-up, basic skills on the six Olympic events, the technical sequences, the dance program, trampoline development, individual skill development goals, strength, flexibility and/or optional routine development goals.

Section VI – 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 Technical Sequences and the Senior National Team Program.

A. Make-up of Judging Panels

1. 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).
2. 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 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.

B. General Judging Guidelines: Differences from Junior Olympic Program

The Future Stars Program will make use of all current Age Group Competition Program rules and regulations as they apply to the compulsory divisions with regard to uniform, required spotting, and equipment specifications. The Future Stars Program is based on a 10.0 system.

1. Document Precedence

This document supersedes the Junior Olympic Age Group Competition Program Manual with respect to the evaluation of the Future Stars Routines. All document precedence described in the Junior Olympic Age Group Competition Program Manual remains valid unless superseded by a general or event-specific exception in this document.

2. General Routine Description

For each event the routines are described in table form with a part number, element description and associated performance criteria. At the bottom of the table, there are three Specific Technical Emphasis Elements. Where applicable, refer to the Technical Sequence Manual for information regarding technical education and coaching for desired technical execution. From both a coaching and judging perspective it will be imperative to be knowledgeable regarding this education in order to properly develop and understand both the Future Stars Program and the transition to the Technical Sequences.

3. How the Future Stars Routines will be judged:

The routines will be judged based upon the following criteria:

- a. Specific requirements stated in the Performance Criteria column of each routine table
- b. Specific Technical Emphasis Elements with listed requirements (either ‘per part’ or ‘global’) which are defined and listed at the bottom of each routine table
- c. Standard FIG deductions
- d. Awarding of Virtuosity and/or Stick Bonuses

4. Judging Protocol / Method of Evaluation:

All judges should use the same protocol or method of evaluation to insure consistency among the panel. A sample table is provided to better explain this 3-step procedure.

- a. First, judge the routine using standard FIG deductions and according to the requirements listed in the Performance Criteria column for each sequence.
- b. Second, review the routine and add evaluation of the three Specific Technical Emphasis Elements.
- c. Third, award virtuosity or stick bonuses earned. Judging panels following the same procedure will be able to clarify notes easily if necessary and offer necessary feedback regarding the performances.

Sample Method of Evaluation / Judging Protocol:

Evaluation of routine parts	#1	#2	#3	#4	#5	#6	#7	#8	#9	#10
1. Performance Criteria / FIG										
2. Review Specific Technical Emphasis Elements		TE1				TE2				TE3
3. Add Virtuosity & Stick Bonuses		+0.1			+0.1*	+0.1				+0.1**

**Indicates Open Virtuosity*

***Indicates Stick Bonus*

C. Specific Evaluation Criteria:

1. Performance Criteria:

On every event there are Performance Criteria listed in the table that describe particular requirements with regard to how the skills and/or sequences should be performed. These standards should be judged as per FIG using the table listed in Section 9.

2. Specific Technical Emphasis Elements:

On each event, there are three Specific Technical Emphasis Elements listed at the bottom of the routine table. These are the special Technical Elements that have been selected and are being focused upon for improvement on each event. There will be a small (-0.1), medium (-0.2) or large (-0.3) deduction taken when the emphasis requirements are not met or virtuosity (+0.1) when the emphasis is achieved. (See Virtuosity Bonus section below for additional explanation)

D. Rewarding Athletes for Exceptional Performance:

1. Virtuosity Bonus:

On each event there is a total of +0.4 available for virtuosity bonus (Exception: +0.5 on Vault and Pommel Horse). There will be +0.2 of Virtuosity Bonus that can be awarded for any of the three Specific Technical Emphasis Elements. This virtuosity bonus can be awarded for these elements only if the gymnast has a small deduction (-0.1) or no deduction. In addition, up to +0.2 in Open Virtuosity may be awarded by a judge for exemplary artistry, virtuosity or amplitude displayed in any part of the sequence or the routine as a whole (including the 3rd Specific Technical Emphasis Element). On Vault and Pommel Horse an additional +0.1 may be awarded for exceptional amplitude, height, or artistry. Some examples of exemplary artistry, virtuosity or amplitude might be:

- ◆ Extreme height and control on Floor Exercise
- ◆ Circles with exceptional amplitude on Pommel Horse
- ◆ Swinging through or to the handstand on Still Rings with exceptional amplitude
- ◆ Extreme explosiveness on Vault
- ◆ Front uprise showing extreme amplitude on Parallel Bars
- ◆ Showing 'flair' on a pirouette on Horizontal Bar

These are just examples of areas where the athlete goes above the scope of normal gymnastics. We are promoting individual artistry as well as technical refinement and the athletes who are doing

so should and must be rewarded. Additionally, this bonus affords the judge with an additional tool to help separate athlete performance.

2. Stick Bonus:

Landings are a major area of improvement necessary for USA Teams to be successful in reaching their international goals. Since review has revealed that many landings are not executed proficiently even in the Technical Sequences a +0.1 stick bonus has been instituted for rewarding the athlete for a stuck dismount. This bonus will be applied per FIG and these landings similarly will be subject to FIG execution deductions. This bonus is available for landings on Floor Exercise, Rings, Parallel Bars and Horizontal Bar.

E. Future Stars Scoring Table Summary: (Exception: Flexibility will be judged from a 10.0 only)

Sequence Scoring Component	Point Value
Base Score	9.5
Specific Technical Emphasis Virtuosity Bonus	0.2
Open Virtuosity Bonus <i>(may include a 3rd Specific Technical Emphasis Element)</i>	0.2
Vault & Pommel Horse Added Virtuosity Bonus <i>(may include a 3rd Specific Technical Emphasis Element)</i>	0.1 (Additional on V & PH)
Stick Bonus (Dismount) <i>*(Not available on Vault or Pommel Horse)</i>	0.1*
Total Bonus Available	0.5
Maximum Score	10.0

F. Range of Allowable Scores:

When using two judges, or a 4 or more judge panel, the point difference between both, or the middle scores, may not be greater than:

Final Score	Allowable Deviation
9.60 - 10.00	0.10
9.40 - 9.60	0.20
9.00 - 9.40	0.30
8.50 - 9.00	0.40
8.00 - 8.50	0.50
7.50 - 8.00	0.60
< 7.50	0.70

G. SECTION 9: Adapted FIG Table of Deductions and Exceptions:

Degree of execution or presentation error:	Degree of deviation from perfect end position:	Pertinent examples:
Small error (deduction 0.1)	0° - 15°	Any <i>minor or slight</i> deviation from the perfect end position Any <i>minor or slight</i> adjustments to hand, foot, head or body position/alignment Any other <i>minor or slight</i> violations against aesthetic and technical performance expectations
Medium error (deduction 0.2)	16° - 30°	Any <i>distinct or significant</i> deviation from the perfect end position Any <i>distinct or significant</i> adjustments to hand, foot, head or body position/alignment Any other <i>distinct or significant</i> violations against aesthetic and technical performance expectations
Large error (deduction 0.3)	31° - 45°	Any <i>major or severe</i> deviation from the perfect end position Any <i>major or severe</i> adjustments to hand, foot, head or body position/alignment Any other <i>major or severe</i> violations against aesthetic and technical performance expectations
Falls and spotter assistance (deduction 0.5) <i>Note: In some cases, spotter assistance is encouraged and recommended</i>	N/A	Any fall on or from the apparatus during an element without having reached an end position that permits continuation with at least a swing (i.e. a distinct hang phase on Horizontal bar or a distinct support phase on pommel horse after the element in question) or that otherwise fails to display a momentary control of the element during landing or re-grasp. Any assistance by a spotter that contributes to the completion of an element
Composition Error to include: (Extra Swings (SR, PB, HB); (Extra Giants (HB); (Missing Circles PH (8, 9, 10-13) (Partially completed skill such as HB – no release of hands on hop ½ turn) = 0.5 each time	N/A	All extra swings are considered <i>intermediate swings</i> (Still Rings, Parallel Bars, High Bar). All Skills performed out of order but not omitted. In all cases, deduct for execution in addition to composition error as per FIG.
All ages - Extra Circles = NO DEDUCTION	N/A	Pommel Horse ONLY <i>*Deduct for execution only</i>
Short hold (Per FIG)	Medium (0.2)	Any required hold position that demonstrates a complete stop but is not held for the required length of time.
No Hold (per FIG)	Large (0.3)	Any required hold position that does not achieve a complete stop.
Missing Major Element Parts = 2.0 Listed in the table for each event. (Exception: Vault – performing a Tuck Front Salto instead of a Piked Front Salto or a Handspring instead of a Yamshita = 2.0 Deduction)	N/A	Must demonstrate completion of 50% of skill to receive value. Less than 50%, as determined by judge, may repeat skill.

Section VII – Regional and National Future Stars

A. Regional Level Evaluation

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

1. The Regional Chairman is responsible for:
 - a. 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.
 - b. Informing the gymnastics community in that Region of all pertinent information regarding the Regional Evaluation for the 8, 9, 10, 11, 12 and 13-year-old divisions in a timely manner.
 - c. Reporting of the results to the USA Gymnastics Men's Program Manager within 48 hours of the conclusion of the Regional Evaluation.
 - d. Submitting of a digital photo of each six member Regional Team from the 8 and 9-year-old divisions respectively to USA Gymnastics for inclusion in the USA Gymnastics Magazine.
2. The Junior National Staff Member (or designee) must direct the event with responsibilities to include the following:
 - a. Conduct a technical meeting for assigned coaches and evaluators
 - b. Make event assignments for evaluators
 - c. Approval of facilities, format, and officials
3. Evaluation is to be a one-day event. The current maximum entry fee is \$50. Entry fees and evaluation format are subject to change. Any change must be approved by USA Gymnastics and will be announced by September 1st of each year.
4. Athletes from the 10, 11, 12 and 13-year-old divisions must obtain a minimum all around qualifying score (on nine events) to advance to the National Evaluation. This qualifying score will be set by the Junior National Coaching Staff and published on or around September 1st 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 petition the Future Stars National Championships even if that athlete has not obtained the qualifying score. The final decision on approval of petitions will rest with the Junior Olympic Program Coordinator.

B. Future Stars National Championships

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

1. The USA Gymnastics Men's Junior Olympic Program Coordinator will have the following responsibilities:
 - a. Set the date, site and format for the Future Stars Championships for review and approval by the Vice President of Men's Program
 - b. Secure a USA Gymnastics Sanction for the event and secure all officials
 - c. Insure that all pertinent details of the event are well publicized to the gymnastics community
 - d. Act as the Future Stars Championships Meet Director and perform all administrative duties with regard to entries, scoring, results and awards
 - e. Communicate the results of the Future Stars National Championships to the gymnastics community
2. The Future Stars National Championships format and entry fee are subject to change each year based upon program needs and objectives. Future Stars Championships information will be released by September 1st of each year.

C. 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. Awards will be presented in an awards ceremony to be conducted immediately following competition.

D. Future Stars Event Rotation Order

A region may modify the suggested event order due to the number of participating athletes. The event order for evaluation should be as follows:

8 – 13-Year-Old Divisions:

Floor Exercise, Pommel Horse, Still Rings, Vault, Parallel Bars, Strength – Parallel Bars, Trampoline, Horizontal Bar, and Flexibility.

Section VIII – Future Stars State and Regional Clinics

State and Regional educational 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 Educational 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 topics of emphasis provided by the National Coaching Staff, each State and Regional Chairman should design their individual clinic to meet the specific needs of his state or region.
- B.** Regional Educational Clinics should also include the Regional Evaluation for the 8, 9, 10, 11, 12 and 13-year-old divisions and qualification to the Future Stars National Championships (unless an alternate date has been approved by USA Gymnastics). Specifics of the Regional Evaluation are found in Section VI.
- 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.

Section IX – Future Stars Routines

A. Floor Exercise

Committee direction regarding skill selection:

All the routines in the 8 – 10-Year-Old Divisions are very similar in design to the Technical Sequences. The overriding emphasis is on mastery of the very basic skills in tumbling including the backward handspring, the forward handspring, and the round off. Special attention is being given to the turnover aspect of all these skills. Coaches should take care to emphasize the hollow body position with the hips tucked under and the arms dropping to horizontal on the ‘snap-down’ phase of the round off and back handspring. This is the all important set-up position for increasing power, direction, and acceleration into the first phase of the skill.

The round off is emphasized in these routines with technical element emphasis. Coaches must be ever vigilant in requiring the gymnast to execute a straight round off. This will greatly help the gymnast to maximize efficiency and avoid problems as he advances to higher levels of skill difficulty.

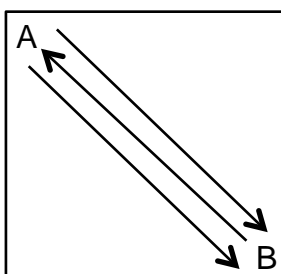
Forward tumbling requires a similar emphasis to turnover as the backward handspring skills in order to help the gymnast develop power in the forward direction. Mastery of the deep hurdle to lunge, blocking action and extended body position during turnover in preparation for aerial skills is essential for transferring to combination aerial skills requiring similar technique.

Lastly, modern floor exercise routines require a continuous and smooth rhythm between tumbling passes. Emphasis on this rhythm connected to controlled landing positions helps the gymnast to develop flawless transitions in order to execute more skills within a given exercise efficiently.

The following information is for all of the 8 – 10-Year-Old Division Floor Exercise Routines:

Gymnasts will complete the Floor Exercise routine starting at A and facing corner B and using the following floor pattern:

A to B
B to A
A to B



Unless otherwise specified in the routine description table arm positions are optional.

Floor Exercise: 8-Year-Old Division

Identified 2.0 Numbered Parts: #1(tempo back handsprings), #3(forward handspring series) & #5(salto backward tucked to open)

Part	Skill(s) Description	Performance Criteria
#1	Power hurdle, round-off, three tempo back handsprings*, rebound	Turnover past vertical with arms at horizontal on round off and back handsprings* Coach is encouraged but not required to spot rebound (no landing deduction on rebound or spot)
#2	Jump ½ turn, step hitch kick, step, lunge and 180° backward turn facing corner 'A'	Both legs at horizontal on hitch kick
#3	Run or power hurdle, forward handspring step-out, forward handspring	Rebound allowed but not required after front handspring
#4	Step and swing leg up and jump 180° turn forward landing with feet together (assemble ½ turn) facing corner 'B'	Front leg at horizontal on kick to assemble ½ turn
#5	Run or power hurdle, round-off, back handspring*, tuck-open backward salto	Center of mass at shoulder height on tuck-open backward salto Opening at horizontal
Specific Technical Emphasis Elements		
TE1	Continuous rhythm throughout the entire routine	
TE2	Proper turnover with 'arm pull down' technique on all tempo back handsprings* (Global Part #1)	
TE3	Straight alignment on all round-off passes (Parts #1 & #5)	

***Note:** Slight natural arm bend on back handsprings should not count as an execution error

Floor Exercise: 9-Year-Old Division

Identified 2.0 Numbered Parts: #1(tempo back handsprings), #3(forward handspring series), #4(dive roll) & #6(salto backward tucked to open)

Part	Skill(s) Description	Performance Criteria
#1	Power hurdle, round-off, three tempo back handsprings*, rebound	Turnover past vertical with arms at horizontal on round off and back handsprings* Coach is encouraged but not required to spot rebound (no landing deduction on rebound or spot)
#2	Jump ½ turn, step hitch kick, step, lunge and 180° backward turn facing corner 'A'	Both legs at horizontal on hitch kick
#3	Run or power hurdle, forward handspring step-out, forward handspring	
#4	Dive Roll	Dive Roll with straight body or tight arch Center of mass at shoulder height
#5	Step and swing leg up and jump 180° turn forward landing with feet together (assemble ½ turn) facing corner 'B'	Front leg at horizontal on kick to assemble ½ turn
#6	Run or power hurdle, round-off, back handspring*, tuck-open backward salto	Center of mass at shoulder height on tuck-open backward salto Opening at horizontal
Specific Technical Emphasis Elements		
TE1	Continuous rhythm throughout the entire routine	
TE2	Proper turnover with 'arm pull down' technique on all tempo back handsprings* (Global Part #1)	
TE3	Straight alignment on all round-off passes (Parts #1 & #6)	

***Note:** Slight natural arm bend on back handsprings should not count as an execution error

Floor Exercise: 10-Year-Old Division

Identified 2.0 Numbered Parts: #1(tempo back handsprings), #3(forward handspring series), #4(dive roll) & #7(salto backward piked to open)

Part	Skill(s) Description	Performance Criteria
#1	Power-hurdle, round-off, three tempo back handsprings*, rebound	Turnover past vertical with arms at horizontal on round off and back handsprings* Coach is encouraged but not required to spot rebound (no landing deduction on rebound or spot)
#2	Jump ½ turn, step hitch kick, step, lunge and 180° backward turn facing corner 'A'	Both legs at horizontal on hitch kick
#3	Run or power hurdle, forward handspring step-out, forward handspring	
#4	Dive Roll	Dive Roll with straight body or tight arch Center of mass at shoulder height
#5	Step and swing leg up and jump 180° turn forward landing with feet together (assemble ½ turn) facing corner 'B'	Front leg at horizontal on kick to assemble ½ turn
#6	Run or power hurdle, round-off, back handspring*	Turnover past vertical with arms at horizontal on round off and back handsprings*
#7	Pike-open backward salto	Center of mass at shoulder height on pike-open backward salto Opening from pike at horizontal
Specific Technical Emphasis Elements		
TE1	Continuous rhythm throughout the entire routine	
TE2	Proper turnover with 'arm pull down' technique on all tempo back handsprings* (Global Part #1)	
TE3	Straight alignment on all round-off passes (Parts #1 & #6)	

***Note:** Slight natural arm bend on back handsprings should not count as an execution error

B. Pommel Horse

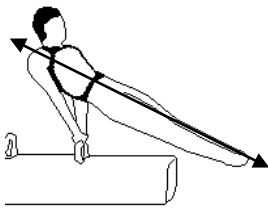
Committee Statement Regarding Skill Selection:

In every age group sequence, the emphasis is on technically comprehensive circle development; good hip extension, chest open, hands square and maintaining consistent rhythm throughout the sequence. The committee felt that the reinforcement of the circle on the floor mushroom and in cross support position on a horse with no pommels would be the most beneficial to the athletes' development. It was decided not to use the pommels with the younger age groups, as observation has shown that the integrity of the circle tends to break down when circles are done on the pommels. Therefore, it is important to start the circle development in the 8-year-old division on the floor mushroom which requires the most ideal positions in the performance of the circles from the beginning of circle development.

The rhythm of the circle is a crucial element in pommel horse development. The gymnast should be able to maintain a strong, consistent rhythm throughout the sequence. The weight shift with the shoulders should be even and deliberate on both sides. An early weight shift combined with a good acceleration of the circle will help to increase speed and ultimately height above the horse. While individuals may vary slightly in circle speed a strong tempo and acceleration of the circle are important for every gymnast.

Included below is a brief description of the technical requirements of the circle. Pommel Horse, as opposed to other events, is almost exclusively dependent on mastery of one element – the double leg circle. Therefore, basic technical requirements are spelled out in this section that apply to execution globally throughout all of the routines.

Important Technical Requirements and Useful definitions for the performance of the circles on the mushroom or horse without pommels:



The '**ideal position**' is a stretched body with chest and hips square in the rear support position. Deductions are taken when the gymnast's chest and hips rotate or "rollover" past the square position.

"Square alignment or slight counter-turn is shown moving away from viewer"

[Note: Position is the same for hands placed square upon the leather (10-14-year-old divisions) or mushroom (8 & 9-year-old divisions)]

The following definitions are used to describe positions and techniques:

1. The "**Open**" position is defined as a straight body alignment from the shoulders through the chest, hips, and toes throughout the circle.
2. "**Skew**" angle is defined as the degree of the hand placement from parallel on the horse in the rear support.
3. "**Rollover**" of the hips is defined as the degree of hip turn from the ideal position. This is commonly seen as the hips rotating past the (0°) square alignment to the horse in the direction of the circle.

The following judging criteria are for all of the 8 – 10-year-old division Pommel Horse routines:

1. "**Additional circles**" will be judged for execution errors. No deduction for added parts.
2. "**Missing circles**" will be judged with a - 0.5 deduction per missing circle.

Pommel Horse: 8 Year Old Division

Routine performed on a floor mushroom (Standard competitive top placed on the floor)

Identified 2.0 Numbered Parts: #1(1 and ¼ double leg circles), #2(1 and ¾ double leg circles) & #3(5 double leg circles)

Part	Skill(s) Description	Performance Criteria
#1	1 and ¼ double leg circles	Start with both hands on mushroom Straight body position throughout Open chest at ¼ and ¾ position Show finish position, no hold required
#2	1 and ¾ double leg circles	Start with both hands on mushroom Straight body position throughout Open chest at ¼ and ¾ position Show finish position, no hold required
#3	5 double leg circles	Start with both hands on Mushroom Straight body position throughout Finish in front support, no hold required
Specific Technical Emphasis Elements		
TE1	The hands being “square” or evenly placed (No skew) on the Mushroom in rear support (Global in Part #3)	
TE2	Chest and hips in square alignment to the mushroom (0-15° counter rotation is allowed) at the ¼ and ¾ position of the circle (no rollover). (Parts #1, #2 & #3)	
TE3	Even tempo and rhythm throughout the sequence (Global in Part #3)	

Pommel Horse: 9 Year Old Division

Routine performed on a Pommel Horse without pommels (the horse can be set to any height)

Identified 2.0 Numbered Parts: #1(5 circles in cross support frontways on end) &
#3(5 circles in cross support rearways on end)

Part	Skill(s) Description	Performance Criteria
#1	Start at the end of the horse facing longitudinally. Jump to five or more circles in cross support frontways on end (front loop position)	Minimum of 10 total hand placements on end Straight body position throughout
#2	Circle to cross support flank dismount (loop off)	No height requirement on dismount
#3	Start at the end of the horse facing longitudinally. Jump to five or more circles in cross support rearways on end (back loop position)	Minimum of 10 total hand placements on end Straight body position throughout
#4	Circle to cross support flank dismount on (back loop off)	No height requirement on dismount
Specific Technical Emphasis Elements		
TE1	The hands being "square" or evenly placed on the horse in rear support ... (No skewing) (Global in Parts #1 & #3)	
TE2	Chest and hips in square alignment to the horse (0-15° counter rotation is allowed) at the ¼ and ¾ position of the circle (no rollover) (Global in Parts #1 & #3)	
TE3	Even tempo and rhythm throughout the sequence (Global in Parts #1 & #3)	

Pommel Horse: 10 Year Old Division

Routine performed on a Pommel Horse without pommels (the horse can be set to any height)
Tape is used to divide the horse into three sections with the tape placed 25" from each end

Identified 2.0 Numbered Parts: #1(4 circles in cross support frontways on end), #3(4 circles in cross support in center section) & #5(4 circles in cross support rearways on end)

Part	Skill(s) Description	Performance Criteria
#1	Start at the end of the horse facing longitudinally. Jump to four circles in cross support frontways on end (front loop position)	Minimum of 8 total hand placements on end before Part #2 Straight body position throughout
#2	Travel forward in cross support from the first section to the center section ($\frac{1}{3}$ travel)	Travel begins after the 8 th hand placement in Part #1. A minimum of one circle is required to complete the travel.
#3	Four circles in cross support in the center section of the horse	Minimum of 8 total hand placements in center section before Part #4 Straight body position throughout
#4	Travel forward in cross support from the center section to the end section ($\frac{1}{3}$ travel)	Travel begins after the 8 th hand placement in Part #3. A minimum of one circle is required to complete the travel.
#5	Four circles in cross support rearways on end (back loop position)	Minimum of 8 total hand placements in center section before dismount in Part #6 Straight body position throughout
#6	Circle to cross support flank dismount	Dismount is initiated after returning to front support upon the completion of the 4 th circle in cross support rearways in Part #5 No height requirement on dismount
Specific Technical Emphasis Elements		
TE1	The hands being "square" or evenly placed on the horse in rear support ... (No skewing) (Global in each $\frac{1}{3}$ section)	
TE2	Chest and hips in square alignment to the horse (0-15° counter rotation is allowed) at the $\frac{1}{4}$ and $\frac{3}{4}$ position of the circle (no rollover) (Global in each $\frac{1}{3}$ section)	
TE3	Even tempo and rhythm throughout the routine (Globally for entire sequence)	

C. Still Rings

Committee direction regarding skill selection:

In the early divisions, the decision was made to isolate the development of strength, good basic support positions and position of the rings to emphasize strong support and ring turnout as a habit. Since basic swing is emphasized strongly in the compulsory program we chose to specifically focus on developing ring strength in the Future Stars program.

As always, the requirements of ring turnout, straight arms, body position during strength elements and a straight handstand are universal. These elements require many years to master and pose a constant battle as the gymnast grows and progresses from level to level. Developing good habits early in the process is essential for future success.

In the 10-year-old division, the turnover swing mechanics, which are important to developing higher-level optional skills, becomes a fixture in the routine. Mastery of turnover helps the gymnast to advance to giant through handstand skills and multiple flipping dismounts when the time comes.

Development of the 'planche' position has been included in the program in order to emphasize the inverted straight arm support position in the development of strength in preparation for press to handstand and other strength skills.

Still Rings: 8-Year-Old Division

Identified 2.0 Numbered Parts: #1(muscle up), #3(L-sit), #4(support scale tucked)
& #7(salto backward tucked to open)

Part	Skill(s) Description	Performance Criteria
#1	From extended arm hang, muscle up to support	False grip with slight bend in arms allowed in extended arm hang position Continuous movement on muscle up
#2	Straight body, straight arm support, hold for 3 seconds	Rings turned out past parallel Rings even with hips 3 second hold
#3	Lift legs to L-sit, with legs at horizontal, hold for 3 seconds	Rings turned out past parallel Rings even with hips Chest open on L-sit 3 second hold
#4	Press to support scale tucked (tucked planche), hold for 3 seconds	Arms straight and free of straps Rings turned out past parallel Hips level and horizontal with shoulders 3 second hold
#5	Return to support, roll backward to piked body inverted hang	Bent arms allowed on roll backward
#6	Cast to swing backward	Swing backward to horizontal
#7	Swing forward to salto backward tucked to open dismount	Turnover at ring level Opening at horizontal
Specific Technical Emphasis Elements		
TE1	Continuous movement on muscle up with no pike in hips (Part #1)	
TE2	Arms straight and free of straps (Part #4)	
TE3	Exceptional amplitude on dismount (Part #7)	

Still Rings: 9 Year Old Division

Identified 2.0 Numbered Parts: #1(muscle up), #3(L-sit), #4(press to handstand), #8(dislocate) & #9(salto backward tucked to open)

Part	Skill(s) Description	Performance Criteria
#1	From extended arm hang, muscle up to support	False grip with slight bend in arms allowed in extended arm hang position Continuous movement on muscle up
#2	Straight body, straight arm support, with momentary hold	Rings turned out past parallel Rings even with hips Momentary hold
#3	Lift legs to L-sit, with legs at horizontal, hold for 3 seconds	Rings turned out past parallel Rings even with hips Chest open on L-sit 3 second hold
#4	Straddle press to handstand, hold for 3 seconds	Bent arms allowed on press Rings turned out past parallel in handstand Straight body in handstand 3 second hold
#5	Lower to shoulder stand, hold for 3 seconds	Legs may touch inside of straps on lower down Straight body in shoulder stand
#6	Press to support, roll backward to inverted hang, cast to swing backward	Bent arms allowed on roll backward Swing to horizontal on backward swing
#7	Turnover swing forward, turnover swing backward	Shoulders at top of rings in forward swing Shoulders at bottom of rings in backswing
#8	Swing forward to dislocate backward	Shoulders at top of rings
#9	Swing forward to salto backward tucked to open dismount	Center of mass above top of rings Opening at or above horizontal
Specific Technical Emphasis Elements		
TE1	Continuous movement on muscle up with no pike in hips (Part #1)	
TE2	Straight arms and free of straps on straddled press to handstand (Part #4 for Bonus only)	
TE3	Turnover swings at 45° above horizontal (Global in part #7)	

Still Rings: 10-Year-Old Division

Identified 2.0 Numbered Parts: #1(muscle up), #3(L-sit), #4(press to handstand), #8(dislocate) & #9(salto backward tucked to open)

Part	Skill(s) Description	Performance Criteria
#1	From extended arm hang, muscle up to support	False grip with slight bend in arms allowed in extended arm hang position Continuous movement on muscle up
#2	Straight body, straight arm support, with momentary hold	Rings turned out past parallel Rings even with hips Momentary hold
#3	Lift legs to L-sit, with legs at horizontal, hold for 3 seconds	Rings turned out past parallel Rings even with hips Chest open on L-sit 3 second hold
#4	Straight arm straddle press to handstand, hold for 3 seconds	Rings turned out past parallel in press & handstand Straight arms, free of the straps in press No legs touching the straps Straight body in handstand 3 second hold
#5	Bail forward to	Bail forward with even pressure on rings
#6	Turnover swing backward	Shoulders at bottom of rings May show handstand, no hold required
#7	Turnover swing forward to	Shoulders at top of rings
#8	High dislocate backward	Shoulders above top of rings
#9	Swing forward to salto backward tucked to open dismount	Center of mass above top of rings Opening at or above horizontal
Specific Technical Emphasis Elements		
TE1	Rings turned out with straight arms during straddle press to handstand (Part #4)	
TE2	Straight body with straight shoulder angle in handstand position (Part #4)	
TE3	Feet between cables on turnover swing backward (Part #6)	

D. Vault

Committee direction regarding skill selection

First and foremost, a consistent run, hurdle and board strike technique is required at all levels. This mastery is critical for developing advanced level skills and does not come naturally to all gymnasts. It is an area that must constantly be evaluated and refined at all levels. The requirements in this program are the same as in all of USA Gymnastics men's program documents. A proper run, hurdle and board strike is universal.

The purpose of the forward salto at the younger ages is to help the gymnast understand the concept of developing rotational velocity from the board strike. Rotation to the vertical position must happen very quickly in the short distance from the board to the table. Moving from the tuck, to the pike and ultimately to the layout position with maximum rotational velocity during this phase of the vault is the goal.

Utilizing all the power developed in the first phase of the vault with an efficient shoulder block as close to vertical as possible is the next step in building the vault foundation. The Yamashita was chosen because it requires specific mastery of the first and second phase before applied action to the last phase – the flipping phase of the vault. The same separation of these techniques can be applied to a non-flipping vault, the Yamashita, and can readily transfer to flipping vaults when the gymnast is ready. Forward flipping vaults are isolated in this program because the same general techniques and principles can easily be applied to Tsukahara, Kasamatsu, and even Yurchenko type vault variations. These principles are more easily learned without the turning element in the first and second phase.

The following information is for all of the 8 – 10-Year-Old Division Vaults:

Note: An aborted attempt as determined by the judges will result in a 1.0 deduction (same as AGCP) and the gymnast may repeat the vault.

Salto Forward Tucked Vault: 8-Year-Old Division

The landing surface is 80cm matting minimum (~ 32" or four 8" mats)

Part	Skill(s) Description	Performance Criteria
#1	Run	No longer than 60 feet Continuous run without loss of speed
#2	Hurdle	Arms swing or circle from back to front Arms must come from below the shoulders Knees lift on hurdle
#3	Board strike	Body at or before vertical on board contact Straight, tight body on board strike
#4	Salto forward tucked	Center of mass above head height on salto
#5	Open to landing	Open prior to landing
Specific Technical Emphasis Elements		
TE1	Continuous speed and use of arm swing or circle on hurdle (Global for Parts #1 and #2)	
TE2	Body alignment at vertical position on board strike (Part #3)	
TE3	Open prior to landing (Part #5)	

Interpretation: Vault 8 & 9 years old – Landing must be shown in Part #5.
Landing will be evaluated and deducted.

Salto Forward Piked Vault: 9-Year-Old Division

The landing surface is 80cm matting minimum (~ 32" or four 8" mats)

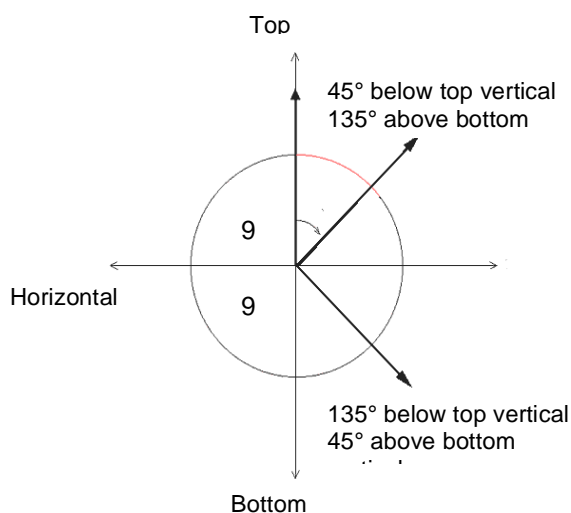
Part	Skill(s) Description	Performance Criteria
#1	Run	No longer than 60 feet Continuous run without loss of speed
#2	Hurdle	Arms swing or circle from back to front Arms must come from below the shoulders Knees lift on hurdle
#3	Board strike	Body at or before vertical on board contact Straight, tight body on board strike
#4	Salto forward piked	Center of mass above head height on salto Minimum 90° hip angle
#5	Open to landing	Open prior to landing
Specific Technical Emphasis Elements		
TE1	Continuous speed and use of arm swing or circle on hurdle (Global for Parts #1 and #2)	
TE2	Body alignment at vertical position on board strike (Part #3)	
TE3	Open prior to landing (Part #5)	

Interpretation: Vault 8 & 9 years old – Landing must be shown in Part #5.
Landing will be evaluated and deducted.

Yamashita Vault: 10-Year-Old Division

The landing surface is FIG matting (30cm) minimum with additional matting (~ 16" or two 8" mats)

Part	Skill(s) Description	Performance Criteria
#1	Run	No longer than 85 feet Continuous run without loss of speed
#2	Hurdle	Arms swing or circle from back to front Arms must come from below the shoulders Knees lift on hurdle
#3	Board strike	Body at or before vertical on board contact Straight, tight body on board strike
#4	Pre-flight rotation (First flight phase)	Quick rotation toward vertical
#5	Block	Straight arms on contact of table Straight body at vertical leaving table
#6	Yamashita Post-flight (Second flight phase)	135° of bend in hips Open prior to landing
#7	Landing	The landing will not be evaluated or deducted
Specific Technical Emphasis Elements		
TE1	Continuous speed and use of arm swing or circle on hurdle (Global for Parts #1 and #2)	
TE2	Body alignment at vertical position on board strike (Part #3)	
TE3	Vertical block from table that results in distinct rise (Part #5)	



The Diagram to the left reflects the angles from 180° of vertical: The horizontal variant is 90° in either direction. This chart may be used throughout the document for applied angles where appropriate. The vertical deviation can be used for blocking angle reference.

Note: Pike of less than 45° above bottom vertical will be treated as a composition error of -0.5 in addition to any execution deductions.

E. Parallel Bars

Committee direction regarding skill selection:

Basic swings on the Parallel Bars include the long hang swing or giant, the upper arm swing, the basket swing or 'peach', and the support swing. The proper technique for each of these essential basic swings is described in detail in the Technical Sequence manual. Every coach should utilize the Technical Sequence manual for educational reference for basic swings on every event.

The Future Stars program emphasizes the mastery of basic swings at the lower age levels and the progressive application of those swing techniques to skills as the gymnast advances to each level. At the 9-year-old division the committee has included the introduction of the early drop (push backward from support) to an under bar basket swing to begin the development of the 'peach'. The introduction of the 'bail' to giant swing is added in the 9-year-old division as the dismount between the bars.

At the 10-year-old division the gymnast is required to advance to full giant swings, an early swing pirouette, and a salto backward dismount. Special emphasis in the technical development is paid to the proper downswing and lifting technique for the dismount. This is an under developed area on Parallel Bars and has been assigned great emphasis with the Specific Technical Emphasis Element distinction.

Parallel Bars: 8 Year Old Division

Identified 2.0 Numbered Parts: #4(upper arm swings), #5(back uprise to support) & #6(support swings to handstand)

Part	Skill(s) Description	Performance Criteria
#1	Jump to long hang tap swing forward	Feet at bar height in long hang swing forward
#2	Long hang swing backward, long hang swing forward	Hips at bar height in long hang swing backward
#3	Long hang swing backward to back uprise to upper arm position	Shoulders behind elbows in upper arm position
#4	Upper arm swing forward, upper arm swing backward	Feet above the bars in upper arm swing backward
#5	Upper arm swing forward, upper arm swing backward to back uprise to support	Feet above the bars and elbows straight at completion of back uprise
#6	Support swing forward, support swing backward to handstand	Up to two additional support swings forward may be done to achieve the handstand position without incurring an extra swing deduction Execution errors on all swings will be deducted
#7	Push off either side to dismount	Moving a hand to the dismount bar is allowed
Specific Technical Emphasis Elements		
TE1	Hips above the bars in long hang swing forward (Part #1)	
TE2	Hips above the bars in upper arm swing forward (Part #4)	
TE3	Handstand hold for 3 seconds (Part #6) Bonus only	

Parallel Bars: 9-Year-Old Division

Identified 2.0 Numbered Parts: #3(under bar drop cast), #5(upper arm swings) & #9(salto backwards)

Part	Skill(s) Description	Performance Criteria
#1	Jump to long hang tap swing forward, long hang swing backward	Feet at bar height in long hang swing forward
#2	Long hang swing forward, long hang swing backward to back uprise to "L"	Momentary hold in "L"
#3	Push backward to under bar drop cast without release to extended undershoot forward to	
#4	Long hang swing backward, long hang swing forward, long hang swing backward to back uprise to upper arm position	Hips at bar height in long hang swing forward
#5	Upper arm swing forward, upper arm swing backward to	Shoulders at or behind elbows in upper arm swings
#6	Back uprise to support	Feet above the bars and elbows straight at completion of back uprise
#7	Support swing forward, support swing backward	Support swing backward to 45° above horizontal
#8	Support swing forward, support swing backward to handstand, hold for 3 seconds	3 second hold in handstand
#9	Support swing forward, support swing backward to bail* to salto backwards between the bars	Show significant rise in shoulders prior to release
Specific Technical Emphasis Elements		
TE1	Hips at bar height in long hangs swings forward and backward (Part #1)	
TE2	Hips at bar height at conclusion of extended forward undershoot (Part #3)	
TE3	Head neutral in hang, lift above bars prior to release (Part #9)	

***Spot allowed in Part #9:** The coach may assist with a single hand spotting method, physically spotting the athlete by placing his hand on the athlete's hand during the descent phase of the bail. There will be no deduction for spotting the athlete; however, all execution errors will be deducted.

Interpretation: Parallel Bars 9 & 10 years old (Giant swing) – A hand on hand spot may be used on the giant swing throughout the skill and is not limited to the descent phase.

Parallel Bars: 10-Year-Old Division

Identified 2.0 Numbered Parts: #1(kip, swing to handstand), #4(giant swing), #7(early pirouette), #8(cast to upper arm) & #11(salto backward tucked)

Part	Skill(s) Description	Performance Criteria
#1	Glide kip, support swing backward to handstand	Straight arms on glide kip Hips above bars at peak of kip Hold not required, but allowed
#2	Support swing forward and support swing backward to handstand	Hips at elbow height at peak of front swing Hold not required, but allowed
#3	Support swing forward, support swing backward to 45° above horizontal	Bail from 45° or higher
#4	Giant swing backward* to handstand	Straight arms throughout giant Hold not required, but allowed
#5	Support swing forward, support swing backward	Hips at elbow height at peak of front swing No height requirement on backward swing
#6	Support swing forward, support swing backward to	Hips at elbow height at peak of front swing
#7	Early pirouette to handstand	Hold not required, but allowed
#8	Support swing forward, support swing backward to cast to upper arm position	Hips at elbow height at peak of front swing Must drop to cast prior to swinging forward past vertical Hips at bar height at finish of cast
#9	Upper arm swing backward to back uprise to support	Feet above the bars and elbows straight at completion of back uprise
#10	Support swing forward, support swing backward to handstand	Hips at elbow height at peak of front swing
#11	Backward tuck-open salto dismount	Center of mass show distinct rise Opening of tuck open at or above horizontal
Specific Technical Emphasis Elements		
TE1	Extended straight body shown on all forward swings (Parts #2, #3, #5, #6, #8 & #10)	
TE2	Giant swing backward showing no travel (Part #4)	
TE3	Chest and hips open during downward swing with head in the neutral position. Finish forward swing with hips extended above shoulder height before release (Part #11)	

***Spot allowed in Part #4:** The coach may assist with a single hand spotting method, physically spotting 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 be deducted.

Interpretation: Parallel Bars 9 & 10 years old (Giant swing) – A hand on hand spot may be used on the giant swing throughout the skill and is not limited to the descent phase.

F. Horizontal Bar

Committee direction regarding skill selection:

The tapping action on swings is of vital importance to learning various release skills, dismounts, and the essential “*Chinese*” tapping action on horizontal bar. Starting from the very beginning, mastering the hollow body position on the backward swing, releasing to a full hang position with the head forward and shoulders extended at the bottom of the swing while letting the legs and feet drag behind the bar slightly, and culminating in a forceful kick with the legs to a vertical and hollow position in front of the bar is of primary emphasis in all the routines.

The ability to maintain a tight hollow straight body position during giant swings and turns is essentially for controlling body position and rhythm on horizontal bar while connecting parts. This is a primary emphasis of mastery at all levels. This mastery is coupled with the ability to execute an early wrist shift when approaching all support positions whether forward, backward or turning.

The hanging position at the bottom of the swing is of special importance. This is an area that is often overlooked. Positioning the body correctly in order to flex the bar properly and achieve the correct timing for execution of the upward swing is critical to advancing learning on this apparatus. Coaches should pay special attention to the execution of this part of the swing to help the gymnast avoid developing habits that will interfere with future development.

Only when mastering the basics, which comprise the horizontal bar swing, can exceptional amplitude be applied and higher-level skills achieved. Precision and detail in executing the basic swings described in these routines will lead to greater results as the gymnast progresses.

Horizontal Bar: 8-Year-Old Division

Identified 2.0 Numbered Parts: #1(pullover) & #3(free hip circle)

Part	Skill(s) Description	Performance Criteria
#1	From hang in over grip, pullover to support	Straight legs throughout
#2	Cast to 45° above horizontal	Straight body at 45° above horizontal
#3	Free hip circle backward to	Hollow body clear of the bar Shift wrists prior to support on the bar
#4	Undershoot forward to swing backward	Hollow body during undershoot Hollow body with shoulders at bar level on swing backward
#5	Five or more tap swings forward and swings backward to	Hollow to a candlestick position at vertical at the peak of the swing forward Head forward with eyes looking at toes in swing forward Pull down on the bar in a hollow position during swing backward Head neutral with eyes looking at the bar at the peak of swing backward
#6	Back uprise, block off of the bar dismount	
Specific Technical Emphasis Elements		
TE1	Hollow body position free of bar with early wrist shift (Part #3)	
TE2	Proper body position in tap swings forward (Global Part #5)	
TE3	Proper body position in swings backward (Global Part #5)	

Horizontal Bar: 9-Year-Old Division

Identified 2.0 Numbered Parts: #2(back uprise to free hip circle), #4(kip), #5(giant swings backward) & #6(swing forward to ½ turn)

Part	Skill(s) Description	Performance Criteria
#1	From hang in overgrip, any high start to three or more tap swings forward	Hollow to a candlestick position at vertical at the peak of the swing forward Head forward with eyes looking at toes in swing forward Pull down on the bar in a hollow position during swing backward Head neutral with eyes looking at the bar at the peak of swing backward
#2	Back uprise to free hip circle and undershoot forward to	Hollow body clear of the bar Shift wrists prior to support on the bar
#3	Swing backward and swing forward and	Hollow body with shoulders at bar level on swing backward
#4	Kip to support	Stop in support is allowed
#5	Cast to two or more giant swings backward	Straight body at vertical positions Wrist shift to support prior to handstand Hollow body tap is allowed
#6	Swing forward to ½ turn, block off the bar dismount	Hollow body position during ½ turn Shift wrists to support during ½ turn Finish ½ turn at 45° above horizontal
Specific Technical Emphasis Elements		
TE1	Proper body position during tap swings (Global in Part #1)	
TE2	Proper free hip technique with early wrist shift to support (Part #2)	
TE3	Swing ½ turn with no deduction (Part #6)	

Horizontal Bar: 10-Year-Old Division

Identified 2.0 Numbered Parts: #2(giant swings forward), #5(free hip circle), #6(giant swings backward) & #11(salto backward)

Part	Skill(s) Description	Performance Criteria
#1	From hang in undergrip, pullover to support and cast to	Stop in support is allowed
#2	Two giant swings forward to	Extended straight body at vertical in hang and support in handstand Early wrist shift prior to handstand
#3	$\frac{3}{4}$ giant swing forward and hop to double over grip to giant swing backward	Hop at horizontal or higher
#4	Giant swing backward	Straight body at vertical positions Wrist shift to support prior to handstand Hollow body tap is allowed
#5	Free hip circle to handstand to	Hollow body clear of the bar Shift wrists prior to support in handstand
#6	One to two giant swings backward to	Straight body at vertical positions Wrist shift to support prior to handstand Hollow body tap is allowed
#7	$\frac{3}{4}$ giant swing backward and swing $\frac{1}{2}$ turn changing hands one at a time to double overgrip to	Hollow body position during $\frac{1}{2}$ turn Shift wrists to support during $\frac{1}{2}$ turn Finish $\frac{1}{2}$ turn at 45° above horizontal
#8	Giant swing backward	Straight body at vertical positions Wrist shift to support prior to handstand Hollow body tap is allowed
#9	$\frac{3}{4}$ giant swing backward and swing $\frac{1}{2}$ turn changing hands one at a time to double overgrip to	Hollow body position during $\frac{1}{2}$ turn Shift wrists to support during $\frac{1}{2}$ turn Finish $\frac{1}{2}$ turn at 45° above horizontal
#10	Two giant swings backward to	Chinese tap is allowed
#11	Salto backward tucked or stretched	Center of mass at or above bar height Vertical direction shown Open at horizontal prior to landing
Specific Technical Emphasis Elements		
TE1	Smooth and rhythmical swings throughout the entire routine (Global for the entire sequence)	
TE2	Straight bodyline during giant swings to handstand (Parts #2, #4, #6, #8)	
TE3	Salto backward shows vertical direction, lift and control (Part #11)	

G. Strength

Committee direction regarding skill selection:

Correct body position is essential in performance not only to avoid execution deductions but, more importantly, to emphasize exceptional artistic presentation. Therefore, angles and body alignment are detailed in each of the positions required in the strength sequences.

Additionally, the development of strength in an elite athlete is critical to acquiring skill from the moment an athlete begins to learn. In the Future Star program fitness as assessed by the evaluation of strength and flexibility both are great predictors in the potential advancement of an elite athlete. Although many boys will develop this strength at different times during their progress there is a critical need to assure that athletes are constantly working through a measured plan to develop strength along with their gymnastic skills.

The Future Star strength event as a component in evaluating and measuring an athlete's performance focuses on their understanding of correct body position, the ability to achieve this at each stage, and the measurement of their ranking in terms of strength and fitness.

Strength: 8-Year-Old Division

On floor parallel bars or parallettes with a maximum height of 2'

Identified 2.0 Numbered Parts: #1(L-sit), #2(press to handstand), #3(straddled L-sit) & #4(straddle planche)

Part	Skill(s) Description	Performance Criteria
#1	Lift to L-sit, hold for 3 seconds	Hips even with hands 3 second hold
#2	Straight arm, straddle press to handstand, hold for 3 seconds	3 second hold
#3	Lower to straddled "L"	Legs horizontal 3 second hold
#4	Press through straddle planche position, close legs together and lower stand	See chart below for planche evaluation No hold required
Specific Technical Emphasis Elements		
TE1	No deduction in (Part #1) Bonus: V-sit or Manna, hold for 3 seconds	
TE2	Straight body handstand with no deduction (Part #2)	
TE3	Straddled planche at horizontal (Part #4) Bonus: hold for 1 second	

Planche Evaluation Table	
Degree of Horizontal Deviation	Deduction
0 to 15°	0.1
16 to 30°	0.2
31 to 45°	0.3
> 45°	1.3 = (Large error & non-recognition)
Degree of Arm Bend	Deduction
0 to 15°	0.1
16 to 30°	0.2
31 to 45°	0.3
> 45°	1.3 = (Large error & non-recognition)

Strength: 9-Year-Old Division

From support in the middle of the parallel bars

Identified 2.0 Numbered Parts: #1(dips), #2(L-sit), #3(press to handstand), #4(straddled L-sit) & #5(straddle planche)

Part	Skill(s) Description	Performance Criteria
#1	From straight body support, execute two dips and return to straight body support	Elbows must show >90° bend Hips must lower with straight body extension
#2	Lift to L-sit, hold for 3 seconds	Hips even with hands Legs parallel 3 second hold
#3	Straight arm, straddle press to handstand, hold for 3 seconds	3 second hold
#4	Lower to straddled L-sit with straight arms	Legs horizontal 3 second hold
#5	Press through straddle planche position, close legs together and lower to straight body support	See chart below for planche evaluation 1 second hold
#6	Drop to floor	

Specific Technical Emphasis Elements

TE1	No deduction in (Part #2) Bonus: V-sit or Manna, hold for 3 seconds
TE2	Straight body handstand with no deduction (Part #3)
TE3	Support scale straddled (straddle planche) at horizontal (Part #5) Bonus: hold for 3 seconds

Planche Evaluation Table	
Degree of Horizontal Deviation	Deduction
0 to 15°	0.1
16 to 30°	0.2
31 to 45°	0.3
> 45°	1.3 = (Large error & non-recognition)
Degree of Arm Bend	Deduction
0 to 15°	0.1
16 to 30°	0.2
31 to 45°	0.3
> 45°	1.3 = (Large error & non-recognition)

Strength: 10 – 13-Year-Old Divisions

From support in the middle of the parallel bars

Identified 2.0 Numbered Parts: #2(dip swing to straddle L-sit), #3(straddle planche), #4(V-sit), & #5(press to handstand)

Part	Skill(s) Description	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 the swing
#2	Dip swing backward to straddle L-sit 10 year old division – Dip swing not required (Substitute support swing backward to horizontal, lower to straddle L-sit)	Back swing must reach 45° above horizontal Back swing must reach horizontal (10 yr. old) 3 second hold
#3	Press to support scale straddled (straddle planche), hold for 3 seconds	See chart below for planche evaluation 3 second hold
#4	Close legs and swing forward to high V-sit, hold for 3 seconds	Legs between 90° to 105° for no deduction 3 second hold
#5	Straight arm, straddle press to handstand, hold for 3 seconds	3 second hold
#6	Lower to support with straight arms and drop to floor	
Specific Technical Emphasis Elements		
TE1	V-sit with no deduction (Part #4) Bonus: Manna hold for 3 seconds	
TE2	Straight body handstand with no deduction (Part #2)	
TE3	Straddled planche at horizontal and hold for 3 seconds (Part #3)	

Planche Evaluation Table	
Degree of Hip Bend	Deduction
0 to 15°	0.1
16 to 30°	0.2
31 to 45°	0.3
46° to 90°	0.8 = (Large error & 0.5 deduction)
> 90°	1.3 = (Large error & non-recognition)
Degree of Horizontal Deviation	Deduction
0 to 15°	0.1
16 to 30°	0.2
31 to 45°	0.3
> 45°	1.3 = (Large error & non-recognition)

H. Flexibility

Flexibility: 8 – 13-Year-Old Divisions

Flexibility will be evaluated on a minimum of a 6' x 12' 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.

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 Body vertical, arms horizontal and shoulders down on split 3 second hold
#2	Center split	Body vertical, arms horizontal and shoulders down 3 second hold
#3	Pancake position with 90° center split (prone position in 90° center split)	Arms shoulder width on floor over head 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 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 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 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 3 second hold
#9	Finish in pike sit position	Body vertical, arms horizontal and shoulders down

I. Trampoline

A. Start Value Choices and Evaluation criteria

1. Athletes in the 8 and 9 year old divisions will only perform trampoline routine (A)
2. Athletes in the 10 year old division will only perform trampoline routine (B).
3. Athletes in the 11 year old division will only perform trampoline routine (C)
4. Athletes in the 12 and 13 year old division will only perform trampoline routine (D)
5. Athletes should verify the age division routine to the head judge before starting
6. Each routine has a specified start value and all are eligible for up to 0.5 in virtuosity bonus.
7. A spotter is required at each corner of the trampoline for all routines (4 spotters)

8. Trampoline Routine Table:

Age Division	Routine Selection Criteria	Start Value
Age 8	Must perform trampoline routine A	A = 9.5
Age 9	Must perform trampoline routine A	A = 9.5
Age 10	Must perform trampoline routine B	B = 9.5
Age 11	Must perform trampoline routine C	C = 9.5
Age 12	Must perform trampoline routine D	D = 9.5
Age 13	Must perform trampoline routine D	D = 9.5

9. General evaluation requirements:

The following evaluation criteria will apply to all routines for deviations from required body positions, direction and angle requirements while performing the trampoline sequences for all age categories (Small 0.1, Medium 0.2, Large 0.3). Categories for virtuosity bonus are listed as "global" for the entire sequence:

- Ability to remain in the center of the trampoline (**Global +0.1 'V' entire routine**)
- Maintaining required arms, head and body position on 'take off' from trampoline (**Global +0.1 'V' entire routine**)
- Ability to perform required 'kick out' angles and straight body position (**Global +0.1 'V' entire routine**)
- Alignment on twisting or turning skills (**Global +0.1 'V' entire routine**)
- Exceptional height throughout (**Global +0.1 'V' entire routine**)
- Form deductions
- Deviations from required composition (skill order, added part and/or extra bounces - 0.5 each)
- Omitted part (-1.0)
- Stop and resume routine from last completed part (-1.0). *Up to 7 bounces allowed to resume routine.*

Trampoline Sequence (A): 8 - 9 Year Old Divisions

Start Value = 9.5

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

Part	Skill(s) Description	Performance Criteria
#1	Back tuck	Body should show extension at a minimum of 45° above horizontal
#2	Tuck jump	Complete extension at apex, arms straight at sides at apex
#3	Full turn	Full turn through vertical with arms straight and vertical on take-off, bring arms down to sides on turn
#4	Seat drop	Hands at sides in contact with bed, bodyline should show 90° body angle
#5	½ turn to feet	Push off through vertical with arms straight and vertical at apex
#6	½ turn to seat drop	½ turn through vertical with arms straight and vertical at apex Hands at sides in contact with bed, body line should show 90° body angle
#7	Return to feet	
#8	Straddle jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
#9	Pike jump	Complete extension at apex, legs at horizontal hands touching toes
#10	Front pike	Body should show extension above horizontal Must show controlled landing – When absorbing the bounce on landing the feet should remain in contact with the trampoline bed One additional bounce may be taken before controlled landing to stick

Trampoline Sequence (B): 10 Year Old Division

Start Value = 9.5

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

Part	Skill(s) Description	Performance Criteria
#1	Back pike	90° or less, body should show extension at a minimum of 45° above horizontal
#2	Tuck jump	Complete extension at apex, legs at horizontal with hands touching knees
#3	Back tuck	Body should show extension at a minimum of 45° above horizontal
#4	Full turn	Full turn through vertical with arms straight and vertical on take-off, bring arms down to sides on turn
#5	Straddle jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
#6	½ turn to stomach drop	½ turn through vertical with arms straight at sides at apex, Front drop – Elbows and knees should be at 90° when stomach contacts the trampoline
#7	Back drop	Push from stomach through hollow position to back Back drop – Legs should be at vertical when the back contacts the trampoline Arms should be extended over head
#8	Return to feet	
#9	Pike jump	Complete extension at apex, legs at horizontal hands touching toes
#10	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 One additional bounce may be taken before controlled landing to stick

Trampoline Sequence (C): 11 Year Old Division

Start Value = 9.5

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

Part	Skill(s) Description	Performance Criteria
#1	$\frac{3}{4}$ back tuck	Body should show extension at a minimum of 45° above horizontal Elbows and knees should be at 90° when stomach contacts the trampoline
#2	Straight body $\frac{1}{2}$ turn to front drop (cruise)	$\frac{1}{2}$ turn through vertical with arms straight at sides at apex Elbows and knees should be at 90° when stomach contacts the trampoline
#3	Return to feet	
#4	Pike jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
#5	Back tuck	Body line straight with arms at sides through vertical
#6	Barani tuck	$\frac{1}{2}$ turn completed at a minimum of 45° above horizontal, body extension above horizontal
#7	Tuck jump	Complete extension at apex, arms straight at sides at apex
#8	Back pike	90° or less in pike, hands should touch toes, body should show extension at a minimum of 45° above horizontal
#9	Straddle jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
#10	Barani straight	$\frac{1}{2}$ turn completed at a minimum of 45° above horizontal Bodyline straight with arms at sides through vertical Must show controlled landing – When absorbing the bounce on landing the feet should remain in contact with the trampoline bed One additional bounce may be taken before controlled landing to stick

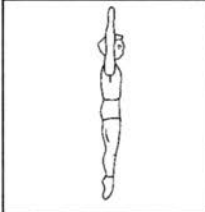



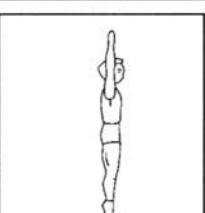
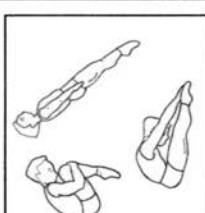
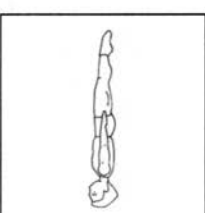
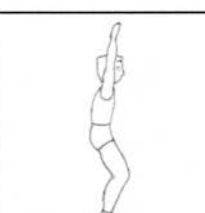
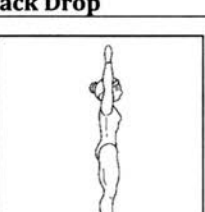
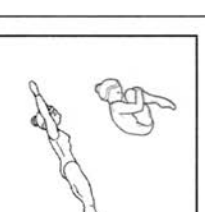
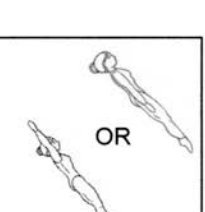
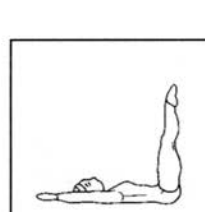
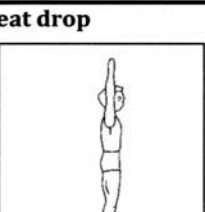
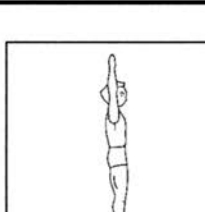
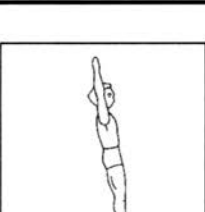
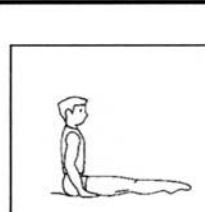
Trampoline Sequence (D): 12 - 13 Year Old Divisions

Start Value = 9.5

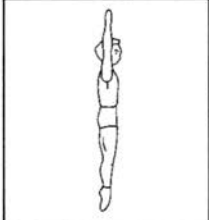
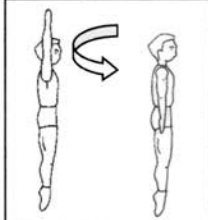
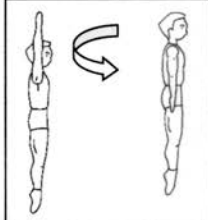

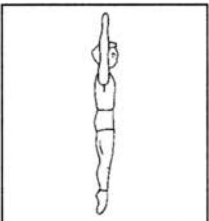
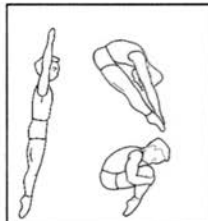
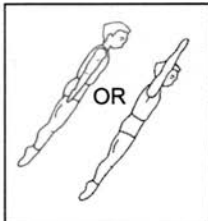
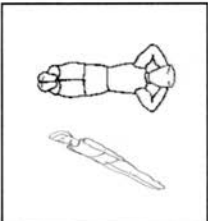
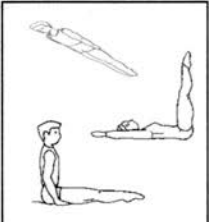
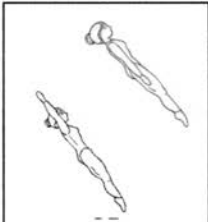
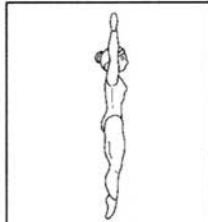

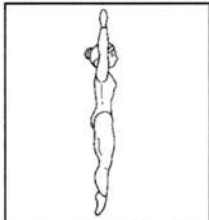
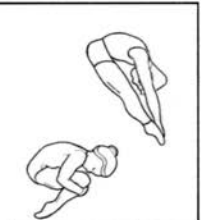
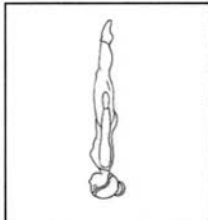
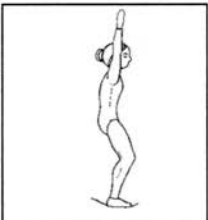
From a stand in the center of the trampoline, the gymnast should take up to 7 bounces and begin the routine.

Part	Skill(s) Description	Performance Criteria
#1	$\frac{3}{4}$ back pike	90° or less on pike, hands should touch toes, body should show extension at a minimum of 45° above horizontal Front drop – Elbows and knees should be at 90° when stomach contacts the trampoline
#2	Cody tuck	Front drop – Elbows and knees should be at 90° when stomach contacts the trampoline Cody - body should show extension at a minimum of 45° above horizontal
#3	Pike jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
#4	Back pike	90° or less on pike, hands should touch toes, body should show extension at a minimum of 45° above horizontal
#5	Barani pike	90° or less on pike, $\frac{1}{2}$ turn completed at a minimum of 45° above horizontal, body extension above horizontal
#6	Back straight	Bodyline straight with arms at sides through vertical
#7	Barani straight	$\frac{1}{2}$ turn completed at a minimum of 45° above horizontal, Bodyline straight with arms at sides through vertical
#8	Straddle jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
#9	$\frac{3}{4}$ front straight	Back drop – Legs should be at vertical when the back contacts the trampoline Arms should be extended over head
#10	Barani ball out tuck to straight body	Back drop – Legs should be at vertical when the back contacts the trampoline $\frac{1}{2}$ turn completed at a minimum of 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 One additional bounce may be taken before controlled landing to stick

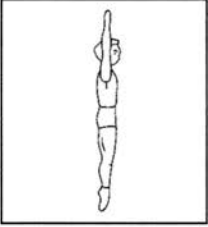
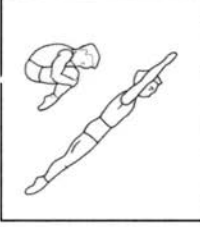
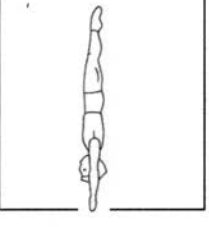

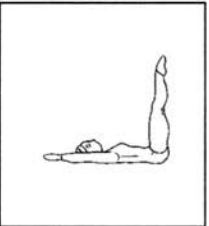
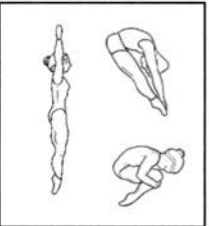
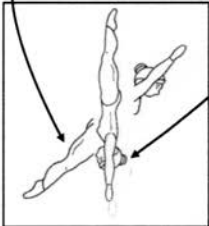
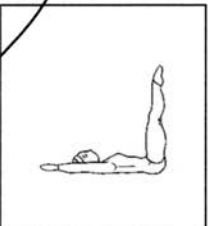
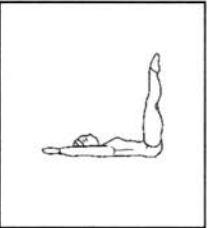
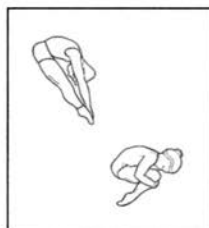
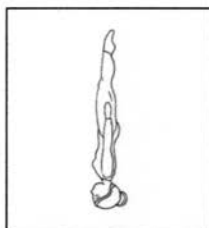

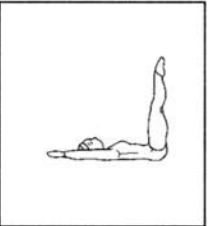
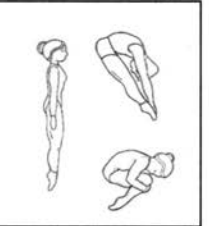
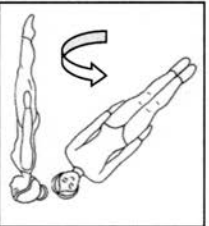

REQUIRED TRAMPOLINE BODY POSITIONS

1. Take-off	2. Position	3. Extension/ Press-out	4. Bed Contact
Tuck, Pike & Straddle Jumps			
			
Back Somersault (Tuck, Pike & Straight)			
			
Back Drop			
			
Seat drop			
			


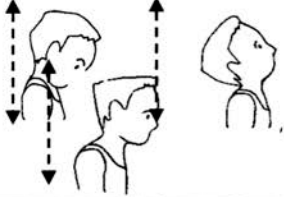




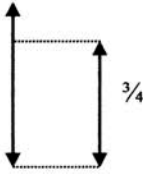
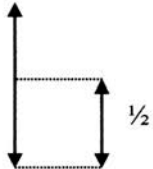
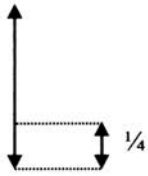
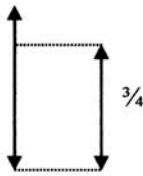
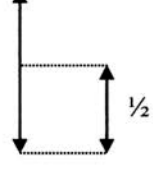
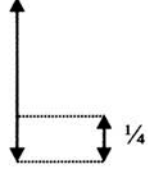

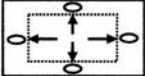
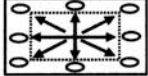
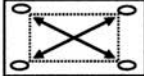
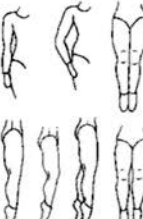
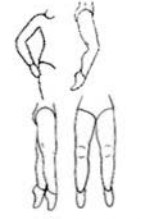
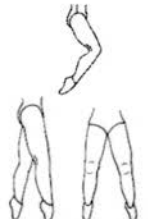
REQUIRED TRAMPOLINE BODY POSITIONS

<p>Half & Full Twist</p> 			
<p>Front Drop</p> 			
<p>Return to Feet from Front, Back or Seat</p>			
			
<p>Front somersault (Tuck & Pike)</p>			
			

REQUIRED TRAMPOLINE BODY POSITIONS

1. Take-off	2. Position	3. Extension/ Press-out	4. Bed Contact
¼ Front Somersault (Tuck & Straight)			
			
Porpoise (Tuck Pike & Straight)		Background figure: moment of extension	Top figure: angle extension held until
			
Ballout (Tuck & Pike)			
			
Barani (Tuck, Pike & Straight)			
			

REQUIRED TRAMPOLINE BODY POSITIONS

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

REQUIRED TRAMPOLINE BODY POSITIONS

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