Region 4

Future Stars Evaluation

Region 4 Future Stars Testing Information

Purpose of Future Stars Testing

The Future Stars testing aims to highlight the significance of physical preparation among Region 4 athletes. Over the years, it has been identified that basic physical preparation has been the biggest limitation to achieving elite level skills in the optional levels. This testing encourages athletes and coaches to focus on the foundational physical attributes necessary for success.

Event Details

The Region 4 Future Stars testing will take place alongside the Region 4 Development Camp. Athletes who qualify for the Development Camp automatically qualify for the Future Stars testing. However, athletes who do not qualify for the Development Camp can still register and participate in the testing.

Qualification Procedures

Athletes can qualify to the Region 4 Future Stars Testing through the following ways:

1. By being named to the Region 4 Development Team that is announced at the conclusion of the Region 4 Championships.
2. By placing within the allotment at their State Elite Physical Assessment.

	FL	GA	SC	NC	TN	MS	AL	VA
7-9	2	2	2	2	2	1	1	2
10-11	2	1	1	1	1	1	1	2
Total	4	3	3	3	3	2	2	4

Future Stars Team Selection

At the conclusion of the Region 4 Future Stars Testing, the Future Stars Team will be named accordingly:

Top 3 - 7-8 Year Olds Top 3 - 9 Year Olds Top 2 - 10 Year Olds Top 2 - 11 Year Olds

Age is determined by age as of 12/31/2025

These athletes and coaches will receive an invitation to an exclusive camp with a guest coach held in conjunction with the Fall Region 4 Optional Clinic.

Testing Categories

The Future Stars testing is divided into three key areas:

- **Flexibility** (30%)
- **Strength** (50%)
- **Basic Skills** (20%)

Exercises

	Exercise	Points Available
Flexibility: 90	L,R,M Split	30
	Shoulder Inlo/Dislo	20
	Bridge	20
	Pike/Pancake	20
Strength: 150	Sprint	5
	Muscle Ups	15
	Leg Lifts	10
	Manna Hold	15
	Straddle Planche Hold	20
	Press Handstands	25
	Handstand Hold	20
	Back Lever	15
	Straight Arm Ring Sequence	25
Basic Skills: 60	Swings to Handstand	20
	Floor Mushroom Circles	20
	Ring Turnover Swings	20

Max Points: 300

FLEXIBILITY:

Right,Left, Middle Split - 10 Points Each

- Splits will be performed on a line.
- Both will be performed with arms out to the side, held for 5s.

Scoring Table

Description		Points
Split Height	WIthin 1 Fist	3
	Within 1 Hand Thickness	5
	Flat	8
Split on the Line, Arms Out to Side		+1
Both Legs Straight		+1

Shoulder Inlo/Dislo - 20 Points

- Gymnast starts with holding onto a dowel in reverse grip behind back
- Both shoulders must smoothly Dislocate and Inlocate Simultaneously
- Gymnast must remain vertical at all times

Scoring Table

Description	Points
Hands at Shoulder Width	20
Shoulder Width + 1 Hand	15
Shoulder Width + 2 Hands	10
Shoulder Width + 3 Hands	5

Bridge - 20 Points

- Bridge will be performed with feet flat on floor and hands at shoulder width apart

Scoring Table

Description		Points
Shoulder Position	Shoulders Above Hands	10
	Shoulders Past Hands	15
Legs Straight		+3
Arms Straight		+2

Pike/Pancake - 20 Points

- Both will be performed with arms + legs straight
- Pancake will be performed at 90 degrees.

Pike Stretch -10 Points

Scoring Table

Description	Score
Legs Straight	+2
Chin on Legs	+2
Chest on Legs	+2
Stomach on Legs	+2
Arms Straight, Hands Flat	+2

Pancake Stretch - 10 Points

Scoring Table

Description	Score
Legs + Arms Straight	+2
Knees Up	+2
Chin on Floor	+2
Chest on Floor	+2
Stomach on Floor	+2

STRENGTH

Muscle Ups - 15 Points

- Gymnast will perform 5 muscle ups with a 2s support hold.

Scoring Table:

Description	Points
Muscle Up to Straight Arms	+1 each time
Ring Turn Out, 2s Hold	+1 each muscle up
Control + Form	+1 each muscle up

Leg Lifts - 15 Points

- Gymnast will perform 15 Leg Lifts on a Wall Bar
- Toes must touch the bar to count.

Scoring Table:

Description	Points
Each Leg Lift Performed with Straight Legs	+1

Manna Hold - 15 Points

- Gymnast will perform a 5 second Manna Hold

Scoring Table:

Description	Points
Angle	See Graphic Below
Straight Legs	+2
Straight Arms	+1

Angle Evaluation

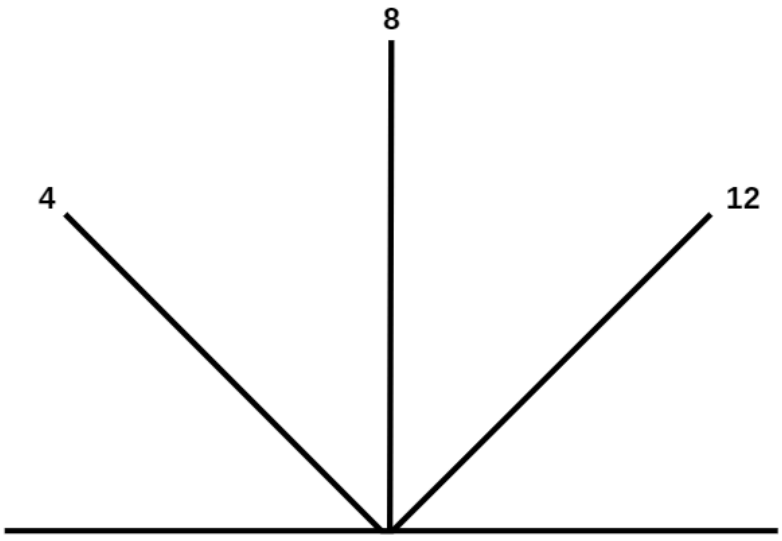


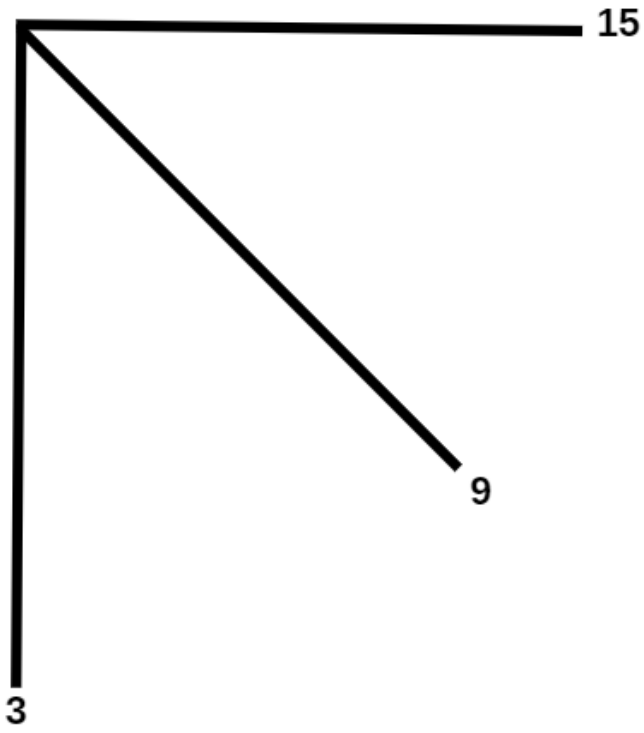
Planche Hold - 20 Points

- Gymnast will perform a 5 second Planche Hold

Scoring Table:

Description	Points
Angle	See Graphic Below
Straight Legs	+2
Straight Arms	+3

Planche Evaluation:



Press Handstands - 25 Points

- Gymnast will perform 5 Straddle L, Press Handstand, lower to Straddle L, on Low Parallettes
- If a Gymnast falls, they have 5 seconds to continue.
- If a Gymnast falls on their first press, they may restart.

Scoring Table:

Description	Points
Every Press	+2
2s HS Hold	+1 Each Press
Legs + Arms Straight	+1 Each Press
No Falls	+5

Handstand Hold - 20 Points

- Gymnast will perform a 30s handstand on parallettes.
- If a gymnast falls within 5s, they will get to retry.

Scoring Table:

Description		Points
Hold Time	5-10	3 Points
	11-20	6 Points
	21-29	9 Points
	30	12 Points
Good Leg Form Throughout		+1
No Bent Arms Throughout		+2
Ears Covered Throughout		+5

Back Lever - 15 Points

- Gymnast will perform a 5 second Back Lever to a Pullout

Scoring Table

Description	Points
5s Hold	+3
Flat Hips	+3
Lever @ Horizontal	+3
Pullout w/ Straight Body	+5
Good Leg Form	+1

Straight Arm Ring Sequence - 25 Points

No.	Skill	Points Available
1	Support Hold	3
2	L	3
3	Tuck Planche	4
4	L	3
5	Press to Straddle L	3
6	Straddle L	3
7	Press to L	3
8	L Hold	3

Scoring Table

Description	Points
Support Hold, L, Straddle L	2s Hold: +1 Straight Arms: +1 Rings Past Parallel: +1
Tuck Planche	2s Hold: +1 Straight Arms: +1 Rings Past Parallel: +1 Knees at Elbow Height: +1
Press to L, Press to SL	Straight Arms: +1 Press to Hips at Shoulder Height: +1 Rings Past Parallel: +1

BASIC SKILLS:

Floor Mushroom Routine - 20 Points

No.	Skill	Notes
1	⅓ Circle	Hold Finishing Position 3s
2	⅔ Circle	Hold Finishing Position 3s
3	1 Circle	Hold Finishing Position 3s
4	5 Circles	Hold Finishing Position 3s

***Athlete should wait for judge before starting each skill**

Scoring Table: Part 1-3

Description	Points
Good Leg Form	+1
Open Hips	+1
Hands Square at Finish	+1
Hips Turned at Finish	+1

Scoring Table Part 4:

Description	Points
Good Leg Form	+2
Open Hips	+2
Proper Hip Turn @ 1/4	+2
Proper Hip Turn @ 3/4	+2

Parallel Bars Swing Handstands - 20 Points

- Gymnast will perform 5 Swing Handstands, with 2s Hold

Scoring Table

Description	Points
Swing to Handstand	+1 Each Time
2s Hold	+1 Each Time
Extended Front Swing > Horiz	+1 Each Time
Straight Arms + Legs	+1 Each Time

Turnover Swings - 20 Points

- Gymnast will perform 5 Turnover Swings
- Best swings will be evaluated.
- The focus is on turnover, but rise should be apparent.

Scoring Table

Description		Points
Good Leg Form Throughout		+2
Front Swing Height: Shoulders @ Bottom of Rings		+3
Back Swing Height: Shoulders @ Bottom of Rings		+3
Front Swing Turnover: >45		+2
Back Swing: Turnover	>Horizontal	5
	@ 45	8
	> 45	10