

**RHYTHMIC FUTURE STARS
SKILLS TESTING FOR 2013**

	AGE 7-9		AGE 10-12		
	Name of Difficulty	Explanation of Criteria	Name of Difficulty	Explanation of Criteria	Points
BODY DIFFICULTY					
1) LEAPS	Split Leap R&L leg	Preparation: Fifth position relevé, arms side. One step (swing the arms all the way down, keep the body straight up) chasse (swing the arms back to the side), one step (right split leap, left arm forward - left split leap, right arm forward), after the execution of the leap, one step allowed, return the arms back to the side, fifth position relevé. The leaps must be full split (170° or more)	Split Leap R&L leg	Preparation: Fifth position relevé, arms side. One step (swing the arms all the way down, keep the body straight up) chasse (swing the arms back to the side), one step (right split leap, left arm forward - left split leap, right arm forward), after the execution of the leap, one step allowed, return the arms back to the side, fifth position relevé. The leaps must be full split (180° or more)	5 pts=full credit 2 pts=partial credit
2) LEAPS	Single Stag Jump strongest side	Preparation: Fifth position relevé, arms side. One step (arms stay side, keep the body straight up) assemble (swing the arms all the way down), single stag jump (swing the arms up over head during the jump) The split must be 180° or more. After the execution of the leap, one step allowed, return the arms back to the side, fifth position relevé	Double Stag Jump strongest side	Preparation: Fifth position relevé, arms side. One step (arms stay side, keep the body straight up) assemble (swing the arms all the way down), double stag jump (swing the arms up over head during the jump) The split must be 180° or more. After the execution of the leap, one step allowed, return the arms back to the side, fifth position relevé	5 pts=full credit 2 pts=partial credit

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DYNAMIC BALANCE	<p>Full Body Wave During a total body wave all body parts take part in the movement sequentially, starting from the large segments and finishing with the fingers of the hand (hands). The excellent coordination of the action of the gymnast is required as well as a good connection between the separate parts of this movement and the ability of the gymnast to alternate tension and relaxation of the muscular system.</p>	<p>Start from sixth position (feet together) in releve, moving to pli� with rounding of spine and the arms forward, and pushing into the wave through each segment (knees, hips, pelvis, through to the shoulders and head), finishing in releve with arms and neck extended upward</p>	<p>Full Body Wave During a total body wave all body parts take part in the movement sequentially, starting from the large segments and finishing with the fingers of the hand (hands). The excellent coordination of the action of the gymnast is required as well as a good connection between the separate parts of this movement and the ability of the gymnast to alternate tension and relaxation of the muscular system.</p>	<p>Start from sixth position (feet together) in releve, moving to pli� with rounding of spine and the arms forward, and pushing into the wave through each segment (knees, hips, pelvis, through to the shoulders and head), finishing in releve with arms and neck extended upward</p>	<p>5 pts=full credit 2 pts=partial credit</p>

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1) BALANCE	Penché (with two hands on the floor) strongest side	Preparation: Sixth position, arms at the side, lift leg back to a minimum of 170° (arms reach down to the floor), fix position for one count. Finish fifth position relevé,	Penché strongest side	Preparation: Sixth position, arms at the side, lift leg back to a minimum of 180° (arms reach back), fix position for one count. Finish fifth position relevé, arms up	5 pts=full credit 2 pts=partial credit
2) BALANCES	Front horizontal Balance strongest side	Preparation: Sixth position, arms side, quick preparation-2 counts, lift leg front to a minimum of 90° through tendu battement. Immediately relevé (keep arms side) & hold 2 seconds, (keep relevé). Finish fifth position relevé, arms side	Side horizontal Balance strongest side	Preparation: Fifth position, arms side, quick preparation-2 counts, lift leg to side horizontal, minimum of 90° through tendu battement. Immediately relevé (keep arms side) & hold 2 seconds, (keep relevé). Finish fifth position relevé, arms side	5 pts=full credit 2 pts=partial credit

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1) ROTATIONS	Turned Out Passé Pivot "en dedans" 360° strongest side	Preparation: Fifth position relevé, arms up. <u>EXAMPLE OF RIGHT PASSE PIVOT "EN DEDANS"</u> : Step with right foot forward, lunge with right heel turned out (both arms go side, the right arm continues across to the front & must show soft movement). During the execution of the 360° pivot, keep the arm position in front of stomach and the leg position in turned out passé. Finish fifth position relevé, arms side (one step allowed after the turn). * Remember the 360° begins when the gymnast is fixed in the passé position.	Turned Out Passé Pivot "en dedans" 720° strongest side	Preparation: Fifth position relevé, arms up. <u>EXAMPLE OF RIGHT PASSE PIVOT "EN DEDANS"</u> : Step with right foot forward, lunge with right heel turned out (both arms go side, the right arm continues across to the front & must show soft movement). During the execution of the 720° pivot, keep the arm position in front of stomach and the leg position in turned out passé. Finish fifth position relevé, arms side (one step allowed after the turn). * Remember the 720° begins when the gymnast is fixed in the passé position.	5 pts=full credit 2 pts=partial credit

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2) ROTATIONS	Back Arabesque Pivot "en dedans" 180° strongest side	Preparation: Fifth position relevé, arms up. <u>EXAMPLE OF RIGHT ATTITUDE TURN "EN DEDANS"</u> : Step with right foot forward, lunge with right heel turned out (both arms go side, the right arm continues across to the front & must show soft movement). During the execution of the 180° pivot, move the arms up over head and keep the leg position at a minimum of in back. Finish fifth position relevé, arms side (one step allowed after the turn). * Remember the 180° begins when the gymnast is fixed in the arabesque position.	Back Attitude Pivot "en dedans" 360° strongest side	Preparation: Fifth position relevé, arms up. <u>EXAMPLE OF RIGHT ATTITUDE TURN "EN DEDANS"</u> : Step with right foot forward, lunge with right heel turned out (both arms go side, the right arm continues across to the front & must show soft movement). During the execution of the 360° pivot, move the arms up over head and keep the leg position at a minimum of 90° in back. 80° Finish fifth position relevé, arms side (one step allowed after the turn). * Remember the 360° begins when the gymnast is fixed in the attitude position.	5 pts=full credit 2 pts=partial credit

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APPARATUS ELEMENTS					
1) ROPE	1 split leap through the rope, continue with 3 successful skips through the rope strongest leg	Preparation: Fifth position relevé, the rope is behind the back, the ends are in each hand. Swing the rope all the way in front of the body with rotation, step, chasse split leap through the rope, step and continue with 3 successful skips through the rope. Finish fifth position relevé; continue the rotation of the rope in front of the body circling forward into a figure 8. (The split leap must be 170° with good elevation. The skips through the rope, must be one leg at a time - knees high, toes pointed. Body straight up, arms straight, the rotation of the rope from the wrists only.)	2 split leaps through the rope, continue with 3 successful skips through the rope strongest leg	Preparation: Fifth position relevé, the rope is behind the back, the ends are in each hand. Swing the rope all the way in front of the body with rotation, step, chasse split leap through the rope, step split leap through the rope, step and continue with 3 successful skips through the rope. Finish fifth position relevé; continue the rotation of the rope in front of the body circling forward into a figure 8. (The split leaps must be 180° with good elevation. The skips through the rope, must be one leg at a time - knees high, toes pointed. Body straight up, arms straight, the rotation of the rope from the wrists only.)	5 pts=full credit 2 pts=partial credit

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2) ROPE	Release	<p>Preparation: Sixth position relevé, the rope is to the right side of the body, the ends are in each hand. Circle the rope backwards left and then right, immediately release the left end of the rope (over the right wrist) forward and catch the same end in the left hand.</p> <p>Finish sixth position relevé, with the rope circling forward, in front of the body, into a figure 8.</p> <p>* Keep sixth position relevé throughout the release</p>	"Cowboy" Release	<p>Preparation: Sixth position relevé, the rope is to the right side of the body, the ends are in each hand. Swing the rope to the left going around the front of the body, left arm continues to the back right side of the body. Release the left end of the rope and plié, the right hand rotates the rope one circle on the bottom, relevé & rotate the rope two circles on top, plié & rotate the rope with one circle on the bottom and catch the end rope with the left hand.</p> <p>Finish sixth position relevé, with the rope circling forward, in front of the body, into a figure 8.</p>	<p>5 pts=full credit 2 pts=partial credit</p>

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1) HOOP	Rolls 2 successful rolls of the hoop from one arm to the other arm across the body. R to L and L to R Or L to R and R to L	Preparation: First position. Hold the hoop with two hands in front of body (arms with straight elbow). <u>EXAMPLE OF ROLL R TO L & L TO R.</u> Swing hoop to the right & execute a long, smooth roll down the right arm, over the chest, down the left arm, into the left hand. Immediately rotate the hoop (from the wrist) back then front and swing down to the front of the body. (Repeat the same roll going left to right)	Rolls 2 successful rolls of the hoop from one arm to the other arm across the body. 1 st roll across the front of the body 2 nd roll behind R to L <u>or</u> L to R	Preparation: Fifth position relevé. Hold the hoop with two hands in front of body (arms with straight elbow). <u>EXAMPLE OF ROLL R TO L</u> Swing hoop to the right side & execute a long, smooth roll down the arm, over the chest, down the left arm, into the hand. Immediately pass the hoop in front of the body back to the right hand and execute a long, smooth roll down the right arm behind the head, down the left arm and into the hand.(can also be done L to R). Finish fifth position relevé. *Keep fifth position relevé, during the whole exercise	5 pts=full credit 2 pts=partial credit
2) HOOP	Tosses Toss the hoop and catch circling. R&L	Preparation: Sixth position relevé, arms up, hoop in one hand over head. Plié (swing the hoop all the way down), toss in relevé (straight up) & catch the hoop rotating around hand. Finish sixth position relevé, free arm side, keep hoop rotating. *Hoop must fly smoothly without vibration at least <u>one</u> body length above the head.	Tosses Toss the hoop and catch circling. R&L	Preparation: Sixth position relevé, arms up, hoop in one hand over head. Plié (swing the hoop all the way down), toss in relevé (straight up) & catch the hoop rotating around hand. Finish sixth position relevé, free arm side, keep hoop rotating. *Hoop must fly smoothly without vibration at least <u>two</u> body length above the head.	5 pts=full credit 2 pts=partial credit

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1) BALL	Rolls 2 successful rolls of the ball from one arm to the other arm across the body. R to L and L to R Or L to R and R to L	Preparation: First position Hold the ball in the right hand, both arms extended side. <u>EXAMPLE OF ROLL R TO L & L TO R.</u> Execute a long, smooth roll down the right arm, over the chest, down the left arm, into the left hand. (Repeat the same roll going left to right)	Rolls 2 successful rolls of the ball from one right arm to the other arm across the body. R to L and L to R Or L to R and R to L	Preparation: Fifth position relevé. Hold the ball in the right hand, both arms extended side. <u>EXAMPLE OF ROLL R TO L & L TO R.</u> Execute a long, smooth roll down the right arm, over the chest, down the left arm, into the left hand. (Repeat the same roll going left to right) Finish fifth position relevé, arms extended side. *Keep fifth position relevé, during the whole exercise.	5 pts=full credit 2 pts=partial credit

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2) BALL	Figure 8 On the horizontal plane strongest side	Preparation: Sixth position, arms side, ball in right hand. <u>EXAMPLE OF FIGURE 8 IN RIGHT HAND.</u> Execute a horizontal figure 8 (right arm rotates in, body contracts forward & knees plié, arm continues to move side and reaches to the left, body & head follows arm to the left side, arm extends & continues to reach back, body & head follows arm back & knees extend straight, continue arm moving to the right side, body & head follows arm right. (free arm stays side) Finish by continuing the movement of the arm to the front of body. Free arm meet right in front.	Figure 8 On the horizontal plane both side	Preparation: Start on knees, arms side, ball in right hand. <u>EXAMPLE OF FIGURE 8 IN RIGHT HAND.</u> Execute a horizontal figure 8 (right arm rotates in, body contracts forward, arm continues to move side and reaches to the left, body & head follows arm to the left side, arm extends & continues to reach back, body & head follows arm back, continue arm moving to the right side, body & head follows arm right. (free arm stays side) Finish by continuing the movement of the arm to the front of body. Free arm meets right arm in front. (repeat the figure 8 on the left hand) *Keep knees and feet together throughout the skill.	5 pts=full credit 2 pts=partial credit

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CLUBS AND RIBBON	SPIRALS (RIBBON)	<p>Start with the feet in fifth position in releve: right arms extended straight in front: ribbon spirals clock-wise in front (8 counts) with the end of the ribbon above the floor</p> <p>Same with the left hand (counter clock-wise)</p>	MILLS (CLUBS)	<p>Start with the feet in fifth position in releve, arms extended: mills in the horizontal plane (clubs alternating "over/under," wrists close together, clubs maintain the horizontal plane during the circles (8 counts)</p>	<p>5 pts=full credit 2 pts=partial credit</p>

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2)LEG STRENGTH	Double jumps through the rope	Preparation: Fifth position relevé, the ends of the rope in each hand with the rope circling forward into a figure 8. One step, assemblé through the rope and execute 5 double jumps through the rope in tuck position (knees to hip height, pointed toes, and upper body stays straight up), finish fifth position relevé, rope circling forward into a figure 8.	Double jumps through the rope	Preparation: Fifth position relevé, the ends of the rope in each hand with the rope circling forward into a figure 8. One step, assemblé through the rope and execute 5 double jumps through the rope in a straight body position (legs straight, toes pointed and upper body stays straight up) and then 5 double jumps through the rope in tuck position (knees to hip height, pointed toes, and upper body stays straight up). Finish fifth position relevé, rope circling forward into a figure 8. (Must execute the 5 straight jumps directly into the 5 tuck jumps.)	5 pts=full credit 2 pts=partial credit

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BACK STRENGTH	Back lifts	Preparation: Lying on the floor on the stomach, arms straight slightly behind the head holding a ball, the right hand is on the left side of the ball and the left hand around the right side of the ball, legs straight (held by partner). Execute 5 lifts to a 90° angle maintaining the ball position with straight arms, without arching the spine, extending the body controlled on	Back lifts	Preparation: Lying on the floor on the stomach, arms straight slightly behind the head holding a ball, the right hand is on the left side of the ball and the left hand around the right side of the ball) legs straight (held by partner). Execute 10 lifts to a 90° angle maintaining the ball position with straight arms, without arching the spine, extending the body	5 pts=full credit 2 pts=partial credit
CORE STRENGTH	V-ups	the way down. Preparation: Start by lying on the floor, on the back, arms straight beside head with a ball held in the hands. Execute 5 V-ups (v-up to straddle, bounce and catch the ball, roll the spine down to start position), legs straight, toes pointed. Finish lying flat on the floor.	V-ups	controlled on the way down. Preparation: Start by lying on the floor, on the back, arms straight beside head with a ball held in the hands. Execute 10 V-ups (v-up to straddle, bounce and catch the ball, roll the spine down to start position), legs straight, toes pointed. Finish lying flat on the floor.	5 pts=full credit 2 pts=partial credit
FOOT/ ANKLE	Releve	Preparation: feet together in sixth position, arms extended straight above the head. Raise both heels as high as possible into releve keeping the weight equally distributed between the three middle toes and the body held vertical without additional movement; lower the heels maintaining symmetrical alignment. (5 times)	Releve	Preparation: feet together in sixth position, arms extended straight above the head. Lift the left foot off the floor near the calf; raise the right heel as high as possible to releve keeping the weight equally distributed between the three middle toes and the body held vertical without additional movement; lower the heel maintaining the symmetrical alignment. (5) Same on the left (5).	5 pts=full credit 2 pts=partial credit