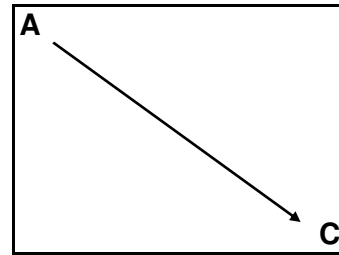


REGION 1 7-8,9-10 YEAR OLD REGIONAL DEVELOPMENT TEAM EVALUATION SEQUENCES

I. Floor Exercise

Stand at point A facing point C

Note: All arm positions are optional except where specified.



Description	Special Performance Criteria
1. Rise on toes while circling arms upward and forward to run and hurdle to roundoff backhandspring rebound.	<p>a. the hurdle action should not cause a dramatic slowing of the pass.</p> <p>b. the backhandsprings should be fast, stretched and not under rotated.</p>
2. Locked arm back extension roll to hollow body prone.	<p>a. must maintain hollow body through min. 45 deg. above horizontal to hollow slide out, shoulders covering ears throughout.</p>
3. Run, hurdle front handspring rebound.	<p>a. sticking landing not necessary, over rotation of boulder desirable.</p>
4. With either leg, step forward and kick to handstand, straight arm forward staller roll to handstand, (straight arm roll out, or pike down permitted)	<p>a. must achieve handstand before finish.</p>

II. Pommel Horse

On floor mushroom

Note: These circles may be performed in any direction.

	Description	Special Performance Criteria
1.	1 1/4 Circle to side support then	a. wide leaning action w/shoulders b. strong pulling action c. counter turn d. hip leading into first 1/4 circle e. open chest and hips into first 1/4 circle
2.	1 3/4 Circle to side support	a. first one and 1/4 circle same as above b. counter turn to heels leading into 3/4 circle position

III. Still Rings

	Description	Special Performance Criteria
1.	Bent arm straight body pull to inverted hang	
2.	Lower to inverted pike	
3.	Cast to 3 forward and three backward swings to	a. swings are to demonstrate good form and good turn over technique.
4.	Tucked flyaway dismount	

IV. Vault (onto 36" high stacked mats)

	Description	Deduction Criteria
1.	3/4 handspring to flat back on mats or blocks waist high	a. board contact w/feet forward
2.	Run hurdle roundoff onto skill cushion	b. see level 2 criteria

V. Parallel Bars

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

VI. Horizontal Bar

From hang in straps

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

VII. Flexibility

Flexibility will be evaluated on a minimum of a 4 foot x 8 foot mat. Each static position will be held for three seconds and the gymnast will move directly from one static position to the next in a continuous and fluid motion. Toe point will be evaluated globally.

Beginning in a right leg forward split.

	Description	Special Performance Criteria
1.	Right forward split	a. body vertical, arms horizontal and shoulders down
2.	Center split	a. body vertical, arms horizontal and shoulders down
3.	Pancake position (prone position in center split) Backhandspring	a. arms shoulder width on floor over head
4.	Left forward split	a. body vertical, arms horizontal and shoulders down
5.	Bring back leg forward and close legs to pike sit position and move to a bridge position	a. arms shoulder width and legs together and straight
6.	Lower down from the bridge and move arms back to shoulder flexion stretch position	a. arms shoulder width, head neutral, legs straight and together
7.	Sit up to pike sit position and then execute pike forward bend (trunk flexion position)	a. arms on floor reaching past feet
8.	Finish in pike sit position	a. body vertical, arms horizontal and shoulders down

VIII. Strength

Strength Sequence #1 - Still Rings

From a hang

	Description	Special Performance Criteria
1.	Straight body support with rings turned out	a. 2 second hold
2.	Lift to 'L' support	a. 2 second hold
3.	Lower to support, and drop to floor	a. arms straight b. rings turned out c. wrists down d. chest down e. shoulders back (throughout sequence)

Strength Sequence #2 - Parallel Bars

From support at the center of the bars

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