

**RHYTHMIC FUTURE STARS
SKILLS TESTING FOR 2006**

	AGE 7-9		AGE 10-12		
	Name of Difficulty	Explanation of Criteria	Name of Difficulty	Explanation of Criteria	Points
BODY DIFFICULTY – TV					
1) LEAPS	Split Leap R&L leg A difficulty JOP	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 B difficulty COP	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 A difficulty COP	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 B difficulty COP	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

****Note: JOP=Junior Olympic Program & COP=Code of Points**

	AGE 7-9		AGE 10-12		
	Name of Difficulty	Explanation of Criteria	Name of Difficulty	Explanation of Criteria	Points
1) FLEXIBILITY	Passé Promenade (360°) strongest side A difficulty JOP	Preparation: Sixth position, arms side, lift leg to passé position (arms round middle). Each shift on the 360° slow turn cannot be more than ¼ turn. Finish fifth position relevé, arms side	Side Promenade with help (360°) strongest side B difficulty COP	Preparation: Sixth position, arms side, quick preparation 2 counts, catch the leg side with same hand as leg, (keep free arm at the side). Each shift on the 360° slow turn cannot be more than ¼ turn. Finish fifth position relevé, arms side	5 pts=full credit 2 pts=partial credit
2) FLEXIBILITY	Penché (with two hands on the floor) strongest side A difficulty JOP	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, arms up	Penché strongest side B difficulty COP	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

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1) BALANCES	Front Arabesque Balance strongest side A difficulty JOP	Preparation: Sixth position, arms side, quick preparation-2 counts, lift leg front to a minimum of 80° through tendu battement. Immediately relevé (keep arms side) & hold 2 seconds, (keep relevé). Finish fifth position relevé, arms side	Side Balance (with support) strongest side B difficulty COP	Preparation: Sixth position, arms side, quick preparation-2 counts, lift leg to full 180° split through tendu battement & hold leg with hand support, (free arm side & keep torso straight up). Immediately relevé & hold 2 seconds. (keep relevé) Finish fifth position relevé, arms side.	5 pts=full credit 2 pts=partial credit
2) BALANCES	Back Arabesque Balance strongest side A difficulty JOP	Preparation: Sixth position, arms side, quick preparation-2 counts, lift leg back to a minimum of 80° through tendu battement. Immediately relevé (keep arms side) & hold 2 seconds, (keep relevé). Finish fifth position relevé, arms side	Back Attitude Balance strongest side B difficulty COP	Preparation: Sixth position, arms side, quick preparation-2 counts, lift leg to back attitude, 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) PIVOTS	Turned Out Passé Pivot “en dedans” 360° strongest side A difficulty COP	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 B difficulty COP	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) PIVOTS	Back Arabesque Pivot "en dedans" 180° strongest side A difficulty JOP	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 80° 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 B difficulty COP	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. 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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EQUIPMENT TECHNIQUE – AV					
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: Fifth 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 fifth position relevé, with the rope circling forward, in front of the body, into a figure 8.</p> <p>* Keep fifth position relevé throughout the release</p>	Cowboy Release	<p>Preparation: Fifth 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 fifth 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: Fifth position relevé. 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. Finish fifth position relevé. (Repeat the same roll going left to right) *Keep fifth position relevé, during the whole exercise.	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: Fifth position relevé. 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. Finish fifth position relevé. (Repeat the same roll going left to right) *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: Fifth 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 fifth 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: Fifth 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 fifth 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: 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.	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: 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 pli�, 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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CONDITIONING					
1)LEG STRENGTH	Skips through the rope	Preparation: Fifth position relevé, the ends of the rope in each hand, with rope behind the back. Execute 50 jumps through the rope in 25 seconds. Finish fifth position relevé, with the rope circling forward into a figure 8. (The jumps must be with feet in front of body, pointed toes and without traveling. Body straight up, shoulders down. The rotation of the rope must be technically correct (from the wrists). Hold the rope with fingers, not with hand.)	Skips through the rope	Preparation: Fifth position relevé, the ends of the rope in each hand, with rope behind the back. Execute 100 jumps through the rope in 35 seconds. Finish fifth position relevé, with the rope circling forward into a figure 8. (The jumps must be with feet in front of body, pointed toes and without traveling. Body straight up, shoulders down. The rotation of the rope must be technically correct (from the wrists). Hold the rope with fingers, not with hand.)	5 pts=full credit 2 pts=partial credit

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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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3)ARM STRENGTH	Push-ups	Preparation: Start on hands (shoulder width apart) and knees with the body in a plank position, feet pointing up towards the ceiling. Execute 10 push-ups in 15 seconds (chest must touch the floor each time), finish with the body in plank position.	Push-ups	Preparation: Start on hands (shoulder width apart) and knees with the body in a plank position, feet pointing up towards the ceiling. Execute 15 push-ups in 20 seconds (chest must touch the floor each time), finish with the body in plank position.	5 pts=full credit 2 pts=partial credit
4)BACK STRENGTH	Arch-ups	Preparation: Start by lying on the floor, on the stomach, arms straight beside head holding on to a doubled rope, legs straight (held by partner). Execute 5 arch-ups in 15 seconds (arms straight, body must lift to a 90° angle and head in line with the arms). Finish with lying flat on the floor.	Arch-ups	Preparation: Start by lying on the floor, on the stomach, arms straight beside head holding on to a doubled rope, legs straight (held by partner). Execute 10 arch-ups in 25 seconds (arms straight, body must lift to a 90° angle and head in line with the arms). Finish with lying flat on the floor.	5 pts=full credit 2 pts=partial credit
5)STOMACH STRENGTH	V-ups	Preparation: Start by lying on the floor, on the back, arms straight beside head. Execute 5 V-ups in 10 seconds (arms straight, legs straight, toes pointed). Must touch hands to toes on each V-up for credit. Finish with lying flat on the floor.	V-ups	Preparation: Start by lying on the floor, on the back, arms straight beside head. Execute 10 V-ups in 15 seconds (arms straight, legs straight, toes pointed). Must touch hands to toes on each V-up for credit. Finish with lying flat on the floor.	5 pts=full credit 2 pts=partial credit

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FLEXIBILITY					
1) LEGS	Over Split R & L side	On a chair, show right split arms side. (hold for 10 seconds) Repeat on left side.	Over Splits R & L side	On a chair, show right split arms side. (hold for 10 seconds) Repeat on left side.	5 pts=full credit 2 pts=partial credit
2) BACK	Bridge	Preparation: Sixth position, arms over head. Reach back and end up in a bridge. Extend elbows & legs. (hold for 5 seconds) *Try to reach head as close to back as possible.	Bridge	Preparation: Sixth position, arms over head. Reach back and end up in a bridge. Extend elbows & legs. (hold for 5 seconds) *Try to reach head as close to back as possible.	5 pts=full credit 2 pts=partial credit