



To: Men's Gymnastics Community
From: Kevin Mazeika, Men's National Team Coordinator and Dusty Ritter, Junior Olympic Program Coordinator
Date: June 25, 2012
Re: 2012 – 2016 "Future Stars" Program Update #1

This document will serve as the clarifications/changes document for the 2012 Junior Developmental Team Program and the Future Stars Nationals. The Future Stars program description can be found in the Junior National Team Program text. The Junior National Team program is included as part of the 2013 - 2016 Age Group Competition Program Manual.

1. 10 year olds will use the 10 years old Future Stars routines listed in the 2012 – 2016 National Team Program Manual.
2. 11, 12, & 13 year olds will use the Technical Sequences for the 11-14 Age Group from the Technical Sequences Manual for the 2012-2016 Age Group program.
3. 9 year olds will be allowed to compete in the 10 year old division at Regional Future Stars to qualify to the FS National Championship. 9 year olds who qualify will be allowed to compete at the FS National Championship in the 10 year old division.
4. 9 year olds will not be allowed to advance to compete optionally in Level 8 regardless of score.
5. Only 10 year olds will be allowed to advance to Level 8 competition if they achieve the minimum score set by the National Coaching Staff. This score and the qualifying score to advance to the National Future Stars Championship will be published on or about September 1, 2012.
6. Trampoline scores as well as Strength and Flexibility will be used along with the Technical Sequences to determine ranking and selection to the Junior National Development Team at the 2012 FS National Championship. At the Regional level, Trampoline must be demonstrated, but scores will not be used to qualify to the FS National Championship.
7. Bonus for the 10 years old High Bar Technical Sequence is omitted in the National Team Manual. The (+0.1) Bonus elements for the High Bar routine are:
 - *In part #2. Hollow body, efficient extension and lift with upper back to top of bar, finish in HS support head neutral*
 - *In part #6. Hollow body, efficient turnover finish in straight HS support, head neutral*
 - *In part #10. Stretch (hang) through bottom, distinct lift off bar. For layout, body hollow then stretched (slight arch allowed). Both the tucked and layout flyaway are eligible for bonus.*

Section VIII: Future Stars Routines

The Future Stars Routines are arranged by event, and by age group. The Trampoline Routines and Program can be found in Section IX.



Routines and Sequences

**Age Divisions
8, 9 and 10**

**Age Divisions
11, 12 and 13
will perform the 11 – 14 Year Old
Technical Sequences from the
*2012 – 2016 Technical Sequence
Manual***

Horizontal Bar: 10 Year Old Division

From hang in under grip

Description	Technical Reference Item
1. Pullover to support and cast to,	<ul style="list-style-type: none"> • Momentary stop after pullover before cast allowed
2. Forward giant, Forward giant	<ul style="list-style-type: none"> • Forward giant
3. 3/4 forward giant and hop to double over grip to backward giant.	<ul style="list-style-type: none"> • Hop to double over grip
4. Backward giant	<ul style="list-style-type: none"> • Backward giant
5. Free hip circle to nominal handstand	<ul style="list-style-type: none"> • Free hip circle to nominal handstand
6. 1-2 Backward giants	<ul style="list-style-type: none"> • Backward giant
7. 3/4 back giant and swing 1/2 turn changing hands one at a time to double over grip	<ul style="list-style-type: none"> • Swing 1/2 turn
8. 3/4 back giant and swing 1/2 turn changing hands one at a time to double over grip	<ul style="list-style-type: none"> • Swing 1/2 turn
9. Back giant, back giant	<ul style="list-style-type: none"> • Backward giant
10. Tuck or layout flyaway dismount	<ul style="list-style-type: none"> • Tuck or layout flyaway dismount

Technical Emphasis Bonus Elements (+0.1 each):

In part #2. Hollow body, efficient extension and lift with upper back to top of bar, finish in HS support head neutral

In part #6. Hollow body, efficient turnover finish in straight HS support, head neutral

In part #10. Stretch (hang) through bottom, distinct lift off bar. For layout, body hollow then stretched (slight arch allowed). Both the tucked and layout flyaway are eligible for bonus.