

## Tops state testing worksheets

Bars: 1. Legs together on all casts. 2. Option to straddle on the first glide only. All other glides are legs together. 3. May bend the knees on the finish of the toe circle to facilitate jumping to high bar. 4. A coach must stand between the bars as the athlete moves to the high bar. Safety spot when needed. Additional matting is also recommended. 5. Landing of final skill is not judged. The height of the swing is primary.

Bars 8 yr old	Section 1	Section 2	Section 3	Section 4
	2 glide kip casts to minimum 45 degrees in a row.	Clear hip circle to horizontal,	Glide kip cast to horizontal, to stoop back toe circle jump to high bar.	Kip cast to horizontal, swing ½ turn with feet at minimum horizontal with the bar.
Excellent	6	6	6	6
Good	4	4	4	4
Average	2	2	2	2
Incomplete	0	0	0	0
total				
Event total				

Beam:

1. Start anywhere on the beam to accommodate spacing. 2. Low beam matting is to the height of the bottom of the beam.

Beam 8 yr old	Section 1	Section 2	Section 3	Section 4
	Back walkover finish in lunge.	2 or 3 steps to split leap or switch leap.	Front to back cartwheel finish, standing back tuck dismount to stick.	Front walkover on low beam.
Excellent	6	6	6	6
Good	4	4	4	4
Average	2	2	2	2
Incomplete	0	0	0	0
total				
Event total				

Floor:

1. No additional matting available. 2. Coaches are encouraged to spot the finish of none sticking skills.

Floor 8 yr old	Section 1	Section 2	Section 3	Section 4
	1 to 2 steps hurdle to 2 front handspring step outs to front handspring feet together. No sticking.	From panel mat jump hurdle round off to 2 back handsprings to back tuck to stick.	Kick through scale to HS, show for 2 seconds. Extend shoulders to front limber, stand up from limber with arms & head staying back & connected.	Tall position to forward roll to pike up to HS, ½ pirouette to HS stoop down to tall stand, tuck sit to back extension HS lower with straight body to push up position with no pike.
Excellent	6	6	6	6
Good	4	4	4	4
Average	2	2	2	2
Incomplete	0	0	0	0
total				
Event total				

Total score \_\_\_\_\_ Gymnasts name \_\_\_\_\_

Bars: 1. Legs together on all casts. 2. Option to straddle on the first glide only. All other glides are legs together. 3. May bend the knees on the finish of the toe circle to facilitate jumping to high bar. 4. A coach must stand between the bars as the athlete moves to the high bar. Safety spot when needed. Additional matting is also recommended. 5. Landing of final skill is not judged. The height of the swing is primary.

Bars 9 yr old	Section 1		Section 2		Section 3		Section 4	
Name	2 glide kip casts to minimum 45 degrees in a row		Clear hip circle, back toe circle or stalder circle to 45 degrees.		Glide kip cast to horizontal, to stoop back toe circle jump to high bar		Kip cast to horizontal, swing ½ turn with feet and hips above the bar.	
Excellent		6		6		6		6
Good		4		4		4		4
Average		2		2		2		2
Incomplete		0		0		0		0
total								
Event total								

Beam:

2. Start anywhere on the beam to accommodate spacing. 2. Low beam matting is to the height of the bottom of the beam.

Beam 9 yr old	Section 1		Section 2		Section 3		Section 4	
	Back walkover finish in lunge, standing back handspring.		2 or 3 steps to switch leap.		Front to back cartwheel finish, standing back tuck dismount to stick.		Front walkover on low beam.	
Excellent		6		6		6		6
Good		4		4		4		4
Average		2		2		2		2
Incomplete		0		0		0		0
total								
Event total								

Floor:

1. No additional matting available. 2. Coaches are encouraged to spot the finish of none sticking skills.

Floor 9 yr old	Section 1		Section 2		Section 3		Section 4	
	1 to 2 steps hurdle to 1 front handspring feet together to front tuck landing with stick.		From panel mat jump hurdle to round off 2 back handsprings to back whip to rebound.		From panel mat jump down to punch tuck front to stick.		All of Sequence # 3 – 9 year old	
Excellent		6		6		6		6
Good		4		4		4		4
Average		2		2		2		2
Incomplete		0		0		0		0
total								
Event total								

Total score \_\_\_\_\_ Gymnasts name \_\_\_\_\_

Bars: 1. Legs together on all casts. 2. Option to straddle on the first glide only. All other glides are legs together. 3. May bend the knees on the finish of the toe circle to facilitate jumping to high bar. 4. A coach must stand between the bars as the athlete moves to the high bar. Safety spot when needed. Additional matting is also recommended. 5. Landing of final skill is not judged. The height of the swing is primary.

Bars 10 yr old	Section 1		Section 2		Section 3		Section 4	
Name	Glide kip cast ½ pivot to kip cast to minimum 45 degrees.		Clear hip circle, back toe circle or stalder circle to above 45 degrees.		Glide kip cast to horizontal, to stoop back toe circle jump to high bar		Kip cast to above horizontal, swing ½ turn with feet and hips above the bar.	
Excellent		6		6		6		6
Good		4		4		4		4
Average		2		2		2		2
Incomplete		0		0		0		0
total								
Event total								

Beam: Start anywhere on the beam to accommodate spacing. 2. Low beam matting is to the height of the bottom of the beam.

Beam 10 yr old	Section 1		Section 2		Section 3		Section 4	
	Back walkover finish in lunge, handstand step down to back handspring.		2 or 3 steps to switch leap.		Front to back cartwheel or round off, or 1 or 2 back handsprings to back tuck stick.		Front walkover on low beam.	
Excellent		6		6		6		6
Good		4		4		4		4
Average		2		2		2		2
Incomplete		0		0		0		0
total								
Event total								

Floor: 1. No additional matting available. 2. Coaches are encouraged to spot the finish of none sticking skills.

Floor 10 yr old	Section 1		Section 2		Section 3		Section 4	
	1 to 2 steps hurdle to front handspring step out to front handspring feet together to front tuck landing with stick.		From panel mat jump hurdle round off 2 back handsprings to back layout stick.		From panel mat jump down to punch straddle split to punch tuck front to stick.		All of Sequence # 3 - 10 year old	
Excellent		6		6		6		6
Good		4		4		4		4
Average		2		2		2		2
Incomplete		0		0		0		0
total								
Event total								

Total score \_\_\_\_\_ Gymnasts name \_\_\_\_\_