



Region 1 Development Routines

Level 1
Age Divisions 6-7 and 8+

Foreword

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The Region 1 Board has taken considerable time in developing a program that fits the needs of our gymnastics community while maintaining the philosophy of the “pursuit of perfection” platform that USA Gymnastics has set before us. It was the goal of this board to create a gateway into the 8 and 9 year old National Future Star routines that would allow for greater participation at the base level.

In this document you will find a conglomeration of skills put together for the purpose of training a “modified routine” intended to be competed by 6-7 year olds to assist in the transition and entry into the national 8 year old routines. These routines as with the 8 and 9 year old national routines will be performed at the state and regional level ONLY.

The Level 1 routines and program have been updated to fall more in line with the current Future Stars and Technical Sequence programs. The judging criteria is the same as well as the use of the Technical points of Emphasis (TE). While the routines have been brought more in line with the 8 year old Future Star Routines, they have also be aligned with the Level 5 bonus structure where possible. As the primary age group for this Level will be 6 & 7 yr olds, the athletes doing Level 1 Future Stars will compete Level 5 that season.

Region 1 takes great pride in developing some of the best athletes in the country. We believe this program will continue to help take us to the top. It is with continued support of our region 1 community, the sharing of ideas, and the ongoing collaboration with our community and judging officials that we will continue to be at the forefront of gymnastics excellence.

Sincerely,

Adam Lomax
Region 1 Chair
JNCS

Future Stars Evaluation & Judging Guidelines

We will be following the “Future Stars Evaluation & Judging Guidelines” listed in the USAG Future Stars Program in Section VI.

The “Future Stars Scoring Table Summary” (Section VI, E) has been modified and is listed at the top right of each routine.



Floor Exercise

Level 1

Base Score	9.5
Technical Emphasis	0.3
Open Virtuosity	0.2
Stick Bonus	0.0
Maximum Score	10.0

Identified 2.0 Numbered Parts: #1(tempo back handsprings, -1.0 for each missing back handspring)

Floor Pattern: A to B B to A		Standing at A facing corner B Note: All arm positions are optional except where specified.
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Part	Skill(s) Description	Performance Criteria
#1	Run & hurdle, round-off, two tempo back handsprings, rebound.	
#2	Immediately execute a straight arm back roll to hollow body prone.	Must maintain hollow body through min. 45° deg. above horizontal to hollow slide out, shoulders covering ears throughout.
#3	Lower to arch support with toes pointed, head up and hop or lift to stand.	
#4	Run, hurdle front handspring rebound.	Sticking landing not necessary, over rotation of bouncer desirable.
#5	With either leg, step forward and kick to handstand, straight arm forward end roll to straddle stand, Straight arm press handstand (mom. hold) (straight arm roll out, or pike down permitted)	Must achieve handstand before finish.

Specific Technical Emphasis Elements

TE1	Continuous rhythm throughout the entire routine
TE2	Proper turnover with 'arm pull down' technique on all tempo back handsprings (Global Part #1)
TE3	Straight alignment on all round-off passes (Parts #1 & #5)



Pommel Horse

Level 1

Base Score	9.5
Technical Emphasis	0.3
Open Virtuosity	0.2
Stick Bonus	0.0
Maximum Score	10.0

Performed on floor mushroom.

Note: These circles may be performed in any direction.

Identified 2.0 Numbered Parts: #1 (1 and 1/4 double leg circles), #2 (1 and 3/4 double leg circles), #3 (5 double leg circles)

Part	Skill(s) Description	Performance Criteria
#1	1 and 1/4 double leg circles	Start with both hands on mushroom Straight body position throughout Open chest at 1/4 and 3/4 position Show finish position, no hold required
#2	1 and 3/4 double leg circles	Start with both hands on mushroom Straight body position throughout Open chest at 1/4 and 3/4 position Show finish position, no hold required
#3	5 double leg circles	Start with both hands on Mushroom Straight body position throughout Finish in front support, no hold required

Specific Technical Emphasis Elements

TE1	The hands being "square" or evenly placed (No skew) on the Mushroom in rear support (Global in Part #3)
TE2	Chest and hips in square alignment to the mushroom (0-15° counter rotation is allowed) at the 1/4 and 3/4 position of the circle (no rollover). (Parts #1, #2, #3)
TE3	Even tempo and rhythm throughout the sequence (Global in Part #3)



Still Rings

Level 1

Base Score	9.5
Technical Emphasis	0.3
Open Virtuosity	0.1
Stick Bonus	0.1
Maximum Score	10.0

Part	Skill(s) Description	Performance Criteria
#1	From extended arm hang, muscle up to support	False grip with slight bend in arms allowed in extended arm hang position Continuous movement on muscle up (-0.5 for coaches assistance)
#2	Straight body, straight arm support, hold for 3 seconds	Rings turned out past parallel Rings even with hips 3 second hold
#3	Lift legs to L-sit, with legs at horizontal, hold for 3 seconds, lower legs to straight body straight arm support	Rings turned out past parallel Rings even with hips Chest open on L-Sit 3 second hold
#4	Roll backward to piked body inverted hang	
#5	Cast to three swings	Chest should remain down with turnover from the chest on each side of swing There may be little to no shoulder rise, the body should swing to a "candle stick" position in front and a similar but reversed position in back. The feet should be at a minimum of 45 degrees above horizontal at the apex of the swing.
#6	Salto backward tucked to open dismount	Turnover at ring level Opening at horizontal

Specific Technical Emphasis Elements

TE1	Continuous movement on muscle up with no pike in hips (Part #1)
TE2	Arms straight and free of straps (Part #3)
TE3	Exceptional amplitude on dismount (Part #6)



Vault

Level 1

Base Score	9.5
Technical Emphasis	0.3
Open Virtuosity	0.1
Stick Bonus	0.1
Maximum Score	10.0

The landing surface is 20" matting minimum

Part	Skill(s) Description	Performance Criteria
#1	Run	No longer than 60 feet Continuous run without loss of speed
#2	Hurdle	Arms swing or circle from back to front Arms must come from below the shoulders Knees lift on hurdle
#3	Board strike	Body at or before vertical on board contact Straight, tight body on board strike
#4	Salto forward tucked	Center of mass above head height on salto
#5	Open to landing	Open prior to landing

Specific Technical Emphasis Elements

TE1	Continuous speed and use of arm swing or circle on hurdle (Global for Parts #1 and #2)
TE2	Body alignment at vertical position on board strike (Part #3)
TE3	Open prior to landing (Part #5)



Parallel Bars

Level 1

Base Score	9.5
Technical Emphasis	0.3
Open Virtuosity	0.1
Stick Bonus	0.1
Maximum Score	10.0

Part	Skill(s) Description	Performance Criteria
#1	Jump to long hang swing forward	Bent knees allowed Feet at bar height in long hang swing forward
#2	Long hang swing backward, long hand swing forward	Hips at bar height in long hang swing backward
#3	Long hang swing backward uprise to upper arm position	Shoulders behind elbows in upper arm position
#4	Upper arm swing forward, upper arm swing backward	Hips at bar height of swing forward Feet above the bars in backward swing
#5	Upper arm swing forward and straddled forward uprise to support	Hips at bar height prior to straddle
#6	Support swing backward	Support swings w/straight body at horizontal
#7	Support swing forward and support swing backward	
#8	Support swing forward and support swing backward	
#9	Support swing forward and backward to handstand	
#10	Push off either side to dismount	Moving a hand to the dismount bar is allowed

Specific Technical Emphasis Elements

TE1	Hips above the bars in long hang swing forward (Part #1)
TE2	Hips above the bars in upper arm swing forward (Part #4)
TE3	Handstand hold for 3 second (Part #9)



Horizontal Bar

Level 1

Base Score	9.5
Technical Emphasis	0.3
Open Virtuosity	0.1
Stick Bonus	0.1
Maximum Score	10.0

Identified 2.0 Numbered Parts: #1(pullover) & #3(free hip circle)

Part	Skill(s) Description	Performance Criteria
#1	From hang in over grip, pullover to support	Straight legs throughout
#2	Cast to horizontal	Straight body at horizontal
#3	Free hip circle backward to	Hollow body clear of the bar Shift wrists prior to support on the bar
#4	Undershoot forward to swing backward	Hollow body during undershoot Hollow body with shoulders at bar level on swing backward
#5	Three tap swings forward and swings backward to	Hollow to a candlestick position at vertical at the peak of the swing forward Head forward with eyes looking at toes in swing forward Pull down on the bar in a hollow position during swing backward Head neutral with eyes looking at the bar at the peak of the swing backward
#6	Back uprise, block off the bar dismount	

Specific Technical Emphasis Elements

TE1	Hollow body position free of bar with early wrist shift (Part #3)
TE2	Proper body position in tap swings forward (Global Part #5)
TE3	Proper body position in swings backward (Global Part #5)



Strength

Level 1

Base Score	9.5
Technical Emphasis	0.3
Open Virtuosity	0.2
Stick Bonus	0.0
Maximum Score	10.0

On floor parallel bars or parallettes with a maximum height of 2'

Identified 2.0 Numbered Parts: #1 (L-sit), #2 (straddle L), #3 (tuck planche)

Part	Skill(s) Description	Performance Criteria
#1	Lift to L-sit, hold for 3 seconds	Hips even with hands 3 second hold
#2	Straight arm press to straddle L, hold for 3 seconds	3 second hold
#3	Press out to tucked planche, hold for 3 seconds, lower to stand	3 second hold

Specific Technical Emphasis Elements

TE1	No deduction in (Part #1) Bonus: V-sit or Manna, hold for 3 seconds
TE2	Straight legs from L-sit to straddle-L (From Part #1 to Part #2)
TE3	Hips at horizontal for 3 seconds (Part #3)



Flexibility

Level 1

Base Score	10.0
Technical Emphasis	0.0
Open Virtuosity	0.0
Stick Bonus	0.0
Maximum Score	10.0

Flexibility will be evaluated on a minimum of a 6' x 12' 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.

Part	Skill(s) Description	Performance Criteria
#1	Step forward while raising arms forward to a single leg prone fall (Swedish fall), push to support, swing right leg forward to right leg split	Top leg vertical or greater on fall Body vertical, arms horizontal and shoulders down on split 3 second hold
#2	Center split	Body vertical, arms horizontal and shoulders down 3 second hold
#3	Pancake position with 90° center split (prone position in 90° center split)	Arms shoulder width on floor over head 3 seconds
#4	From 90° pancake split position, slide legs backward and through to a straight body prone position, then move immediately to	Upper body remains on floor while sliding legs
#5	Left forward split	Body vertical, arms horizontal and shoulders down 3 second hold
#6	Bring back leg forward and close legs to pike sit position and move to a bridge position	Arms shoulder width and legs together and straight 3 second hold
#7	Lower down from the bridge and move arms back to shoulder flexion stretch position	Arms shoulder width, head neutral, legs straight and together 3 second hold
#8	Sit up to pike sit position and then execute pike forward bend (trunk flexion position)	Arms on floor reaching past feet 3 second
#9	Finish in pike sit position	Body vertical, arms horizontal and shoulders down



Trampoline

Level 1

Base Score	9.5
Technical Emphasis	0.0
Open Virtuosity	0.0
Stick Bonus	0.0
Maximum Score	9.5

From a stand in the center of the trampoline, the gymnast should take up to 7 bounces and begin the routine.

Part	Skill(s) Description	Performance Criteria
#1	Back drop	Legs straight
#2	Pull over to feet	Body in pike position over to feet
#3	Tuck jump	Complete extension at apex, arms straight at sides at apex
#4	Seat drop	Hands at sides in contact with bed, body line should show 90° body angle
#5	1/2 turn to feet	Push off through vertical with arms straight and vertical at apex
#6	Straddle jump	Legs horizontal at apex, with trunk vertical and hands in contact with toes
#7	Back drop	Legs straight
#8	Return to feet	
#9	Pike jump	Complete extension at apex, legs at horizontal hands touching toes
#10	Front tuck	<p>Body should show extension above horizontal</p> <p>Must show controlled landing - When absorbing the bounce on landing the feet should remain in contact with the trampoline bed</p> <p>One additional bounce may be taken before controlled landing to stick</p>