

Turning 9 in '09

born 2000

			Score
Front layout	Over vault table landing on piled mats	10	
Handspring flat back	Vault table 105-115 cm/with piled mats horse height	10	
		Points available	20

Turning 10 in '09

born 1999

			Score
Handspring on to stand	115 cm height, landing on a soft mat	10	
Round off layout	Take off from beat board layout over 105cm high vault table landing on chest. Piled mats table height	10	or
Tsukahara onto back	115cm, land onto back tuck or piked/ piled mats table height	10	or
		Points available	30

Turning 11 in '09

born 1998

			Score
Handspring to stand	115 cm, landing on feet onto piled mats table height	10	
Yurchenko to stand	115cm, onto piled mats table height	10	or
Tsukahara tucked	115-125cm, landing into the pit	10	or
		Points available	30

Turning 12 in '09

born 1997

			Score
Round off to stand-layout off	120cm, land on block table height-layout off & land on soft mat	10	
Handspring onto block, front off	120cm, land on block table height-tuck front off & land on soft mat	10	or
Tsukahara tuck or pike	120-125cm, landing onto a soft mat	10	or
Optional FIG vault	Score from 10 and add the value of the vault		
		Points available	30 plus value

Turning 13 in '09

born 1996

			Score
FIG vault - backwards	Proper judging	10	
FIG vault - forward	Proper judging	10	
		Points available	20



Uneven Bars 2009

TiD Testing



Turning 9 in '09

born 2000

			Score
Glide kip cast	With straight arms, to above 45	10	
Cast to handstand	Legs together- 2 attempts	10	
Swings on top bar	Wooden rail 3 forward 3 backward, hips above horizontal	10	
Sole circle backwards	Cast stoop on sole circle & drop off at front	10	
Swing to handstand	In straps 5x each direction	10	
		Points available	50

Turning 10 in '09

born 1999

			Score
Glide kip cast to handstand	Connected to handstand, on low bar	10	
Clear circle	Wooden rail from cast near handstand	10	
1/2 turn swings	From cast 2 blind turns connected	10	
Cast to handstand 1/2 turn	From reverse grip cast and top change	10	
Backward giants	In straps 5x - optional entry	10	
Stalder swings	In straps 5x - optional entry-above horizontal	10	
Flyaway	From cast or giant onto safety mat	10	
		Points available	70

Turning 11 in '09

born 1998

			Score
Glide kip cast clear circle to handstand	Cast to hdst with legs together	10	
Backward giant	Single bar. Cast and 5x giants	10	
Giant to flyaway	Straight onto safety mats on single bar	10	
Stalder to handsatnd	In straps - preferred snapping action	10	
Toe on & off	In straps - preferred snapping action	10	
Forward giant	In straps - legs together. Jaeger action	10	
Blind turn	From handstand , 2x connected near to handstand	10	
Cast to handstand 1/2 turn	Followed by glide kip	10	
		Points available	80

Turning 12 in '09

born 1997

			Score
Glide kip to handstand	5x connected	10	
Backward giant, blind, forward giant	1 backward giant, blind, 2 forward giants on single bar	10	
Blind 1/1	From 1 backward giant on single bar	10	
Double back dismount	Single bar onto safety mat	10	
Bar change LB-HB	Min B value	10	
Stalder above 45°	Wooden rail	10	
Points available		60	

Turning 13 in '09

born 1996

			Score
Clear to handstand, toe on-off, stalder	In straps with snapping action- connected	10	
Forward giant & top change	Use Jaeger action. 3x giants, optional entry	10	
Close circle element gr 2,4,5	Min C value	10	
Bar change LB-HB	Min B value	10	
Flight element-same bar	Jaeger preferred, over pit	10	
Bar change L>H stalder hiccup		10	
Dismount	Min C value	10	
Points available		70	



Turning 9 in '09

born 2000

			Score
T - tip to handstand, hold	Legs together for 2 seconds , step down	10	
Back walkover		10	
Tic Toc		10	
Press to handstand	From straddle lever and return to straddle lever	10	
Back handspring step out		10	
2x 180° pivot turns	Directly connected	10	
Cartwheel to straight jump dismount	On beam, optional height	10	
With continuous, dynamic and traveling forward movement, step and execute two high alternate kicks forward (L&R), to two alternating side kicks, and two alternating back kicks and finish in a dynamic needle kick (not held); immediately returning to high relevé with foot closing in back, step(s) to the end of the beam and pivot ½ turn.		10	
Stretch jump directly connected to a 180° split (2 foot take off with any foot position); one or two steps to a 180° split leap (legs must be straight, not a stag split); one or two steps to relevé position on one leg (balance stand), HOLD for 2 seconds with free leg in forward horizontal position. If the athlete does not have enough space to perform the relevé hold, she may take steps backward or perform a ½ pivot at the end of the beam prior to the hold element.		10	
Points available		90	

Turning 10 in '09

born 1999

			Score
T - tip to handstand, hold to back handspring step out	Legs together for 2 seconds, legs apart for 1 second (split position), step down. Land flic in lunge	10	
Back walkover	Show split position, land in lunge	10	
Front walkover		10	
Front to back cartwheel		10	
Press to handstand	From straddle lever and return to straddle lever	10	
Two 180° pivots to 360° pirouette	Two 180° pivot turns, then initiate a 360° pirouette in forward passe	10	
Roundoff stretch jump dismount		10	
With continuous, dynamic and traveling forward movement, step and execute two high alternate kicks forward (L&R), to two alternating side kicks, and two alternating back kicks and finish in a dynamic needle kick (not held); immediately returning to high relevé with foot closing in back, step(s) to the end of the beam and pivot ½ turn.		10	
Stretch jump directly connected to a 180° split (2 foot take off with any foot position); one or two steps to a 180° split change leap (legs must be straight, not a stag split); one or two steps to relevé position on one leg (balance stand), HOLD for 2 seconds with free leg in forward horizontal position. If the athlete does not have enough space to perform the relevé hold, she may take steps backward or perform a ½ pivot at the end of the beam prior to the hold element.		10	
Points available		90	

Turning 11 in '09

born 1998

			Score
Back walkover	Hold split 2 seconds, land in lunge	10	
Front handspring or front walkover		10	
Front to back cartwheel		10	
Tic toc to flic-flac	Hold hstd 2 seconds	10	
Two 180° pivots to 360° pirouette	Two 180° pivot turns, then initiate a 360° pirouette in forward passe	10	
Press to handstand or optional B mount	For press: from straddle lever and return to straddle lever	10	
Round off back tuck dismount or flic back tuck dismount		10	
With continuous, dynamic and traveling forward movement, step and execute two high alternate kicks forward (L&R), to two alternating side kicks, and two alternating back kicks and finish in a dynamic needle kick (not held); immediately returning to high relevé with foot closing in back, step(s) to the end of the beam and pivot ½ turn.		10	
180° split jump directly connected to a 180° sissoné (2 foot take off with any foot position); one or two steps to a 180° split change leap (legs must be straight, not a stag split); one or two steps to relevé position on one leg (balance stand), HOLD for 2 seconds with free leg in forward horizontal position. If the athlete does not have enough space to perform the relevé hold, she may take steps backward or perform a ½ pivot at the end of the beam prior to the hold element.		10	
		Points available	90

Turning 12 in '09

born 1997

			Score
Scale to handstand hold to swing down (korbut landing)		10	
Front walkover, front handspring or front aerial	Walkover from 5.0, handspring from 7.0, aerial from 10.0	10	
Acro series with two flight elements		10	
Standing back tuck		10	
Optional B mount		10	
Full spin		10	
Round off or back handspring to salto dismount	Salto is in any position	10	
With continuous, dynamic and traveling forward movement, step and execute two high alternate kicks forward (L&R), to two alternating side kicks, and two alternating back kicks and finish in a dynamic needle kick (not held); immediately returning to high relevé with foot closing in back, step(s) to the end of the beam and pivot ½ turn.		10	
180° split jump directly connected to a 180° sissoné (2 foot take off with any foot position); one or two steps to a 180° split change leap to A jump or leap (legs must be straight, not a stag split); one or two steps to full turn on one leg, HOLD for 2 seconds with free leg position optional. If the athlete does not have enough space to perform the full turn, she may take steps backward or perform a ½ pivot at the end of the beam prior to the hold element.		10	
		Points available	90

Turning 13 in '09

born 1996

			Score
Perform 8 elements	To produce 4.00 FIG D score. Each element will be scored from 10	10	
		10	
		10	
		10	
		10	
		10	
		10	
		10	
With continuous, dynamic and traveling forward movement, step and execute two high alternate kicks forward (L&R), to two alternating side kicks, and two alternating back kicks and finish in a dynamic needle kick (not held); immediately returning to high relevé with foot closing in back, step(s) to the end of the beam and pivot ½ turn.		10	
180° split jump directly connected to a 180° sissoné (2 foot take off with any foot position); one or two steps to a 180° switch split leap (legs must be straight, not a stag split); one or two steps to full turn on one leg, HOLD for 2 seconds with free leg position optional. If the athlete does not have enough space to perform the full turn, she may take steps backward or perform a ½ pivot at the end of the beam prior to the hold element.		10	
Points available		100	

Turning 9 in '09

born 2000

			Score
Round off flic 3 connected	Finish with straight jump and stop	10	
Round off flic tuck back salto	Late tucking required and firm landing	10	
Handspring 1, handspring 2, tuck front	After the second hdspr REBOUND & two steps followed by tuck front	10	
Back roll to handstand	Straight arms and no arch, piked down	10	
360* spin	Start from 4th position lunge& finish on relevee to flat foot	10	
Chasse-split leap-split leap	Second split leap is on different leg, must show 180*split	10	
Split change leap	Must show 180*	10	
Points available		70	

Turning 10 in '09

born 1999

			Score
Round off flic 3x straddle jump	After the straddle jump no movement backwards	10	
Round off flic layout	Emphasis on take off technique and salto shape	10	
Round off flic-flic-tuck back	Focus on dynamism, late tuck and open for landing	10	
Round off whip-flic	Dynamic connection between the two skills	10	
Handspring flyspring	Finish in rebound	10	
Handspring front tuck/piked/straight	Tuck from 7; piked from 8; straight from 10	10	
Back roll to handstand 1/2 turn		10	
Handspring to aerial cartwheel	Connection required	10	
360 spin & straight jump 1/1turn	Start 4th position lunge&finish on releve to flat foot and jump	10	
Chasse-split leap to side leap	May be included in passage of dance and, must show 180* split	10	
Split change-toure jete		10	
Points available		110	

Turning 11 in '09

born 1998

			Score
Round off flic-layout 1/2	Focus on vertical take off and late twist	10	
Round off flic layout 1/1		10	
Round off whip-flic-tuck back	Dynamic connection& firm landing	10	
Round off flic tuck back 1 1/4	Onto piled mats 90 cm, have your distance measured beforehand	10	
Hdspring-flyspring-punch front		10	
Handspring layout	Finish with rebound	10	
Backward roll 1/1 turn		10	
Split change 1/4 leap	180* must be shown	10	
Split change-tour jete 1/2	May be included in dance passage	10	
360 spin with straight leg	Star from 4th position lunge&finish on relevee to flat foot	10	
Fwd aerial walkover, aerial cartwheel	should be connected	10	
		Points available	110

Turning 12 in '09

born 1997

			Score
Round off flic layout 1/1		10	
Round of flic layout 11/2		10	
Round off whip tuck back		10	
Round off flic double back	Performed in pit	10	
Handspring layout punch front		10	
Handspring layout 1/1 twist		10	
Backward roll 1//1 turn		10	
Double spin		10	
Split change to connect any C leap	May be included in passage of dance	10	
Split change 1/4		10	
		Points available	100

