

NAME _____ TEAM _____

Super Stars RFX Routine



Maximum time: 30 seconds

Please write the routine in the order it is performed.

- 1 Passe Balance
- 1 180 Passe Pivot or 360 TipToe Turn (Bourree Turn)
- 1 Straight Jump, Stride Leap, Passe Hop, or Star Jump
- 1 Body Wave
- 1 Dance Step

(1 acro may be included, but will not be evaluated as a difficulty.
Acros allowed: rolls, cartwheel, bridge/backbend.)

	Symbol	Description	
1			
2			
3			
4			
5			

STAR (Skill Testing Apparatus Requirements)

- The gymnast can choose 2 apparatus and perform the 4 required skills.
- The skills are not evaluated for points. Each skill is checked off if completed.
- STAR should be performed with multiple gymnasts on the floor.

Apparatus	Handling Description	
Rope	Swing overhead in a U-shape forward & back (3 times)	
	Jump forward over turning rope with 2 feet (3 times)	
	Overhead rotations (3 times, each hand)	
	Swing rope side to side in a U-shape (4 times)	
Apparatus	Handling Description	
Hoop	Jump through with 1 or 2 feet (3 times)	
	Spin hoop on vertical axis, clap, catch (rotation on floor)	
	On the sagittal plane, swing the hoop forward overhead & back (3 times each hand)	
	Small roll on the floor side to side, assisted or free roll (4 times)	
Apparatus	Handling Description	
Ball	Bounce & catch with 2 hands (3 times)	
	Toss & catch with 2 hands (3 times)	
	Roly Poly with hands (3 counts)	
	Roll up & down 2 Arms (3 times)	
Apparatus	Handling Description	
Clubs	Tap overhead & down (3 times)	
	Show 4 positions: arms down by sides, forward, overhead, one arm to each side	
	Large backward sagittal arm circle (2 times each arm, alternating)	
	On knees, with clubs on floor in front, push & roll clubs apart	
Apparatus	Handling Description	
Ribbon	Large frontal circles, either direction (3 times each hand)	
	Overhead (rainbow) swings (4 times each hand)	
	Snakes in front, walking backwards 3 steps (each hand)	
	Spirals (3 counts each hand)	

NAME _____	TEAM _____
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Copper RFX Routine	☐
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Maximum time: 45 seconds
Please write the routine in the order it is performed.

- 1 Passe balance
- 1 180 Passe Pivot
- 1 Stride Leap, Passe Hop, Jump w/ 180°, Cat leap
- 1 Body Wave
- 1 Dance Step
- 1 Skill of Choice - Body Difficulty or Acro

	Symbol	Description	Comments	Score
1				/10
2				/10
3				/10
4				/10
5				/10
6				/10

_____/60

Performance Score

Execution	Toes, knees, arms, releve, shoulders, posture	/10
Musicality	Being on time with the music, expressing musical accents	/10
Expression	Face (5 pts) and Body expression (5 pts)	/10
Presentation	Memorization + Confidence	/10

_____/40

Global Deductions: _____

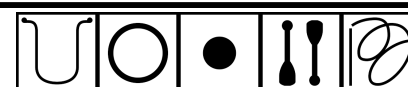
- Falls or big stumbles **-3** per routine
- Going out of bounds **-3** per routine
- Gymnasts forgets a small segment of the routine and needs assistance from coach **-1** each time (maximum of 3)
- Coach demonstrates the entire routine **-3** per routine
- Inappropriate attire or non-regulation apparatus. **-3** per routine

Scoring Key
93-100 High Gold
83-92 Gold
70-82 Silver
Up to 69 Bronze

Final Score _____/100

NAME _____ TEAM _____

Individual Apparatus - Copper



Maximum time: 45 seconds

Please write the routine in the order it is performed.

- 1 Passe balance
- 1 180 Passe Pivot
- 1 Straight Jump, Stride Leap, or Passe Hop
- 1 Dance Step
- 1 Skill of Choice

(2 points will be deducted for a body difficulty if the apparatus is not in motion.)

	Symbol	Description	Handling	Score
1				/10
2				/10
3				/10
4				/10
5				/10

_____/50

Performance Score

Execution	Toes, knees, arms, releve, shoulders, posture	/10
Musicality	Being on time with the music, expressing musical accents	/10
Expression	Face (5 pts) and Body expression (5 pts)	/10
Presentation	Memorization + Confidence	/10
Apparatus	Drops, Technique, Variety	/10

_____/50

Global Deductions: _____

- Falls or big stumbles -3 per routine
- Going out of bounds -3 per routine
- Gymnasts forgets a small segment of the routine and needs assistance from coach -1 each time (maximum of 3)
- Coach demonstrates the entire routine -3 per routine
- Inappropriate attire or non-regulation apparatus -3 per routine

Scoring Key

93-100 High Gold
83-92 Gold
70-82 Silver
Up to 69 Bronze

Final Score _____/100

Gymnast: _____ Level: _____ Team: _____

Individual RFX - Bronze & Silver



Composition Requirements: Bronze = .1 Silver = Up to .1 & .2

List 6 Body Difficulties in the order they occur in routine

- 1 Pivot
- 1 Balance
- 1 Jump/Leap
- 1 Dance Step
- 1 Body Wave
- 1 Skill of choice - (must be an acro or body difficulty)

(2 points will be deducted for a body difficulty if the apparatus is not in motion.)

	Symbol	Description	Comments	Score
1				/10
2				/10
3				/10
4				/10
5				/10
6				/10
				/60
Execution		Toes, knees, arms, releve, shoulders, posture		/10
Musicality		Being on time with the music, expressing musical accents		/10
Expression		Face (5pts) and Body expression (5 pts)		/10
Presentation		Overall Impression (5pts) Memorization (5pts)		/10
				/40

Global Deductions: _____

- Falls or big stumbles **-3** per routine
- Going out of bounds **-3** per routine
- Gymnasts forgets a small segment of the routine and needs assistance from coach. **-1** each time (maximum of 3)
- Coach demonstrates the entire routine **-3** per routine
- Inappropriate attire or non-regulation apparatus. **-3** per routine

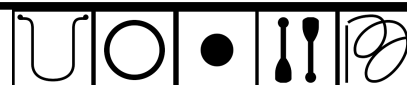
Scoring Key

93-100 High Gold
83-92 Gold
70-82 Silver
Up to 69 Bronze

Final Score _____ **/100**

Gymnast: _____ Level: _____ Team: _____

Individual Apparatus - Bronze & Silver



Composition Requirements: Bronze = .1 & Silver = Up to .1 & .2

List 5 Body Difficulties in the order they occur in routine

- 1 Pivot
- 1 Balance
- 1 Jump/Leap
- 1 Dance Step
- 1 Skill of choice - (must be an acro or body difficulty)

(2 points will be deducted for a body difficulty if the apparatus is not in motion.)

	Symbol	Description	Handling	Score
1				/10
2				/10
3				/10
4				/10
5				/10
/50				
Execution		Toes, knees, arms, releve, shoulders, posture		/10
Musicality		Being on time with the music, expressing musical accents		/10
Expression		Face (5pts) Body expression (5 pts)		/10
Presentation		Overall Impression (5pts) Memorization (5pts)		/10
Apparatus		Drops (2), Technique (2), Variety (2), Throw (2), Integration (2)		/10
/50				

Global Deductions: _____

- Falls or big stumbles **-3** per routine
- Going out of bounds **-3** per routine
- Gymnasts forgets a small segment of the routine and needs assistance from coach. **-1** each time (maximum of 3)
- Coach demonstrates the entire routine **-3** per routine
- Inappropriate attire or non-regulation apparatus. **-3** per routine

Scoring Key

93-100 High Gold
83-92 Gold
70-82 Silver
Up to 69 Bronze

Final Score _____ **/100**

Gymnast: _____ Level: _____ Team: _____

Individual RFX - Gold & Diamond

Composition Requirements: Up to .2 and/or higher = Gold | Up to .3 and/or higher = Diamond

List 10 Body Difficulties in the order they occur in routine

- 2 Pivots
- 2 Balances
- 2 Jumps/Leaps
- 2 Dance Steps
- 2 Skills of choice (must be an acro or body difficulty)

	Symbol	Description	Comments	Score
1				/5
2				/5
3				/5
4				/5
5				/5
6				/5
7				/5
8				/5
9				/5
10				/5
Body Technique		Toes/Knees (4pts) Arms/Shoulders (4pts) Releve (4pts) Posture/General Readiness (4pts) Amplitude (4pts)		/20
Connective Choreography		Rhythm and Musicality (4pts) Variety/Originality of Movement (4pts) Use of Waves and Swings (4pts) Use of Floor & Levels (4pts) Level Appropriate (4pts)		/20
Overall Impression		Originality, Mastery, Crowd Appeal		/10

/50

/50

Global Deductions: _____

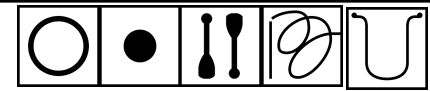
- Falls or big stumbles **-3** per routine
- Going out of bounds **-3** per routine
- Gymnasts forgets a small segment of the routine and needs assistance from coach **-1** each time (maximum of 3)
- Coach demonstrates the entire routine **-3** per routine
- Inappropriate attire or non-regulation apparatus. **-3** per routine

Scoring Key 93-100 High Gold 83-92 Gold 70-82 Silver Up to 69 Bronze

Final Score _____/100

Gymnast: _____ Level: _____ Team: _____

Individual Apparatus - Gold & Diamond



Composition Requirements: Up to .2 and/or higher= Gold | .3 and/or higher = Diamond

List 8 Body Difficulties & Handling, plus 2 medium/high throws, in the order they occur in routine.

- 1 Pivot
- 1 Balance
- 1 Jump/Leap
- 2 Dance Steps
- 3 Skills of choice (must be an acro or body difficulty)
- 2 Throws

(2 points will be deducted for a body difficulty if the apparatus is not in motion.)

	Symbol	Description	Handling	Score
1				/5
2				/5
3				/5
4				/5
5				/5
6				/5
7				/5
8				/5
9				/5
10				/5
11	Body Technique	Toes/Knees (4pts) Posture/General Readiness (4pts)	Arms/Shoulders (4pts) Amplitude (4pts)	/16

_____/66

Apparatus Requirements:

Gold- 2 Medium/High Throws; **Diamond-** 2 Medium/High Throws, 1 with rotation.

Throws must be caught for full credit - partial credit allowed.

4 Different Handlings - minimum 1 occurrence each (Appropriate for level - Any technical group)

Integrative Choreography	Integration of Apparatus (5pts) Variety/Basic Handling Categories (4pts) Musicality (3pts) Originality (2pts)		/14
Overall Impression	Expression (5pts) Performance Quality (5pts)		/10
Apparatus	Drops (3pts) Technique (5pts) Level Appropriate (2pts)		/10

_____/34

Global Deductions:

- Falls or big stumbles -3 per routine
- Going out of bounds -3 per routine
- Gymnasts forgets a small segment of the routine and needs assistance from coach -1 each time (maximum of 3)
- Coach demonstrates the entire routine -3 per routine
- Inappropriate attire or non-regulation apparatus. -3 per routine

Scoring Key

93-100 High Gold
83-92 Gold
70-82 Silver
Up to 69 Bronze

Final Score _____/100

Gymnast: _____ Level: _____ Team _____

Individual RFX - Platinum & Sapphire

Composition Requirements: Up to .3 and/or higher=Platinum | Up to .4 and/or higher=Sapphire

- List 10 Body Elements in the order they occur in routine
- 2 Pivots
 - 2 Balances
 - 2 Jumps/Leaps
 - 2 Dance Steps
 - 2 Skills of choice (must be an acro or body difficulty)

	Symbol	Description	Comments	Score
1				/5
2				/5
3				/5
4				/5
5				/5
6				/5
7				/5
8				/5
9				/5
10				/5
				/50
Body Technique		Toes/Knees (4pts) Arms/Shoulders (4pts) Releve (4pts) Posture/General Readiness (4pts) Amplitude (4pts)		/20
Connective Choreography		Rhythm and Musicality (4pts) Variety/Originality of Movement (4pts) Use of Waves and Swings (4pts) Use of Floor & Levels (4pts) Level Appropriate (4pts)		/20
Overall Impression		Originality, Mastery, Crowd Appeal		/10

Global Deductions: _____

- Falls or big stumbles -3 per routine
- Going out of bounds -3 per routine
- Gymnasts forgets a small segment of the routine and needs assistance from coach. -1 each time (maximum of 3)
- Coach demonstrates the entire routine -3 per routine
- Inappropriate attire or non-regulation apparatus. -3 per routine

Scoring Key

93-100 High Gold

83-92 Gold

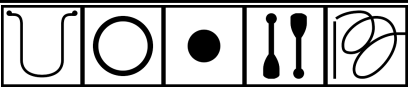
70-82 Silver

Up to 69 Bronze

Final Score _____/100

Gymnast: _____ Level: _____ Team: _____

Individual Apparatus - Platinum



Composition Requirements: Up to .3 and/or higher=Platinum

List 8 Body Difficulties & Handling, plus 2 medium/high throws, in the order they occur in routine.

- 1 Pivot
- 1 Balance
- 1 Jump/Leap
- 2 Dance Steps
- 3 Skills of choice (must be an acro or body difficulty)
- 2 Throws

(2 points will be deducted for a body difficulty if the apparatus is not in motion.)

	Symbol	Description	Handling	Score
1				/5
2				/5
3				/5
4				/5
5				/5
6				/5
7				/5
8				/5
9				/5
10				/5
11	Body Technique	Toes/Knees (4pts) Arms/Shoulders (4pts) Posture/General Readiness (4pts) Amplitude (4pts)		/16

_____/66

Apparatus Requirements: 2 medium/high throws, one with single rotation & one with double rotation.

Throws must be caught for full credit - partial credit allowed.

4 Different Handlings - minimum 1 occurrence each (Appropriate for level - Any technical group)

Integrative Choreography	Integration of Apparatus (5pts) Variety/Basic Handling Categories (4pts) Musicality (3pts) Originality (2pts)		/14
Overall Impression	Expression (5pts) Performance Quality (5pts)		/10
Apparatus	Drops (3pts) Technique (5pts) Level Appropriate (2pts)		/10

_____/34

Global Deductions: _____

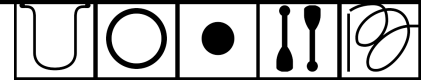
- Falls or big stumbles -3 per routine
- Going out of bounds -3 per routine
- Gymnasts forgets a small segment of the routine and needs assistance from coach -1 each time (maximum of 3)
- Coach demonstrates the entire routine -3 per routine
- Inappropriate attire or non-regulation apparatus. -3 per routine

Scoring Key
93-100 High Gold
83-92 Gold
70-82 Silver
Up to 69 Bronze

Final Score _____ /100

Gymnast: _____ Level: _____ Team: _____

Individual Apparatus - Sapphire



Composition Requirements: Up to .4 and/or higher = Sapphire

List 8 Body Difficulties & Handling, plus 2 medium/high throws, in the order they occur in routine.

- 1 Pivot
- 1 Balance
- 1 Jump/Leap
- 2 Dance Steps
- 3 Skills of choice (must be an acro or body difficulty)
- 2 Throws

(2 points will be deducted for a body difficulty if the apparatus is not in motion.)

	Symbol	Description	Handling	Score
1				/5
2				/5
3				/5
4				/5
5				/5
6				/5
7				/5
8				/5
9				/5
10				/5
11	Body Technique	Toes/Knees (4pts) Arms/Shoulders (4pts) Posture/General Readiness (4pts) Amplitude (4pts)		/16

_____/66

Apparatus Requirements: 2 different Medium/High throws, **both** with double rotation.

4 Different Handlings - minimum 1 occurrence each (Appropriate for level - Any technical group)

Integrative Choreography	Integration of Apparatus (5pts) Variety/Basic Handling Categories (4pts) Musicality (3pts) Originality (2pts)		/14
Overall Impression	Expression (5pts) Performance Quality (5pts)		/10
Apparatus	Drops (3pts) Technique (5pts) Level Appropriate (2pts)		/10

_____/34

Global Deductions: _____

- Falls or big stumbles -3 per routine
- Going out of bounds -3 per routine
- Gymnasts forgets a small segment of the routine and needs assistance from coach. -1 each time (maximum of 3)
- Coach demonstrates the entire routine -3 per routine
- Inappropriate attire or non-regulation apparatus. -3 per routine

Scoring Key

93-100 High Gold
83-92 Gold
70-82 Silver
Up to 69 Bronze

Final Score _____ /100