

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, or Passe Hop
- 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 _____

Copper RFX Routine

Maximum time: 45 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, or Passe Hop
- 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	Comments	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 (5 pts) expression	/10
Presentation	Memorization	/10
Overall Impression	Confidence	/10

_____ /50

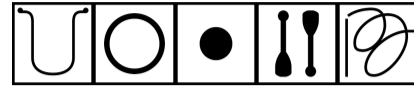
Global Deductions: _____

- 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

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 or 360 TipToe Turn (Bourree Turn)
- 1 Straight Jump, Stride Leap, or Passe Hop
- 1 Dance Step

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

(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

_____ /40

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 (5 pts) expression	/10
Presentation	Memorization	/10
Overall Impression	Confidence	/10
Apparatus	Drops, Technique, Variety	/10

_____ /60

Global Deductions: _____

Final Score _____ /100

- 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