



**USA**

**GYMNASTICS**

**TESTING**

**COMPETITION GUIDE**



## GYMNASTICS TESTING | SPRING TERM 2025

22 & 23 February 2025

RockStar Academy, Gajah Mada Plaza

### REGISTRATION PERIOD

📍 at every Academy Front Desk, based on the student's level

#### MEMBERSHIP

CATEGORY	REGISTRATION PERIOD	VIP		PREMIER	
		All Academy except PK	PK Only	All Academy except PK	PK Only
<b>Early Bird</b>	27 January - 16 February 2025	228,000 IDR	178,000 IDR	248,000 IDR	228,000 IDR
<b>Regular</b>	17 - 21 February 2025	248,000 IDR	198,000 IDR	288,000 IDR	248,000 IDR
<b>Event Day</b>	22 - 23 February 2025 (based on schedule)	268,000 IDR	228,000 IDR	338,000 IDR	288,000 IDR

## PARTICIPANT'S REQUIREMENTS

1. Only RockStar Academy students from Elite Gymnastics classes are eligible to participate based on their level.
2. Students must use proper uniform.
3. All uniform should be clean and well-fitting, and underwear should not be visible.
4. Jewelry should not be worn, unless required for religious or cultural reasons.



### GIRLS

Female Gymnastics Leotard (long or short sleeves)  
Shorts or Legging  
Bare Feet  
Tight hair



### BOYS

Male Gymnastics Leotard  
Shorts or Pants  
Bare Feet

## CATEGORY

## LEVEL

Elite Level 1 Girls  
 Elite Level 1 Boys  
 Elite Level 2 Girls  
 Elite Level 2 Boys  
 Elite Level 3 Girls  
 Elite Level 3 Boys  
 Elite Level 4 Girls  
 Elite Level 4 Boys  
 Elite Level 5 Girls  
 Elite Level 6 Girls  
 Elite Level 7 Girls

## SCORING SYSTEM

SCORE	LEVEL	AWARD
0% - 74%	Intermediate	Bronze
75% - 84%	Advanced	Silver
85% - 100%	Graduated	Gold

1. Scoring System is based on International Gymnastics Federation/FIG.
2. Judgement Criteria: Quality of Movement and Routines, Posture, Proper execution of Skills, Appearance (Uniform, Hair Do), Musicality, and Fluency.



## PARTICIPANT'S REQUIREMENTS

1. All Elite Class students are eligible to register for this testing.
2. Students must register based on their level (Level 1, Level 2, Level 3, Level 4, Level 5, Level 6 or Level 7). Please consult with your child's Gymnastics Instructor to confirm their Gymnastics level before proceeding with the registration.
3. Students are not allowed to compete in a lower or higher level than their registered level and prohibited to register in more than one category.
4. There is a different schedule for each level and age. Kindly check the schedule before registration.
5. Registration must be done at our Front Desk. No cash payment is allowed.
6. Parents will receive a receipt as a proof of payment which must be kept and presented during Pre-Registration process on the day of the event.
7. By completing the event payment, parents acknowledge and agree to the event Term & Conditions.
8. All registration fees are non-refundable.
9. Parents are permitted to watch the competition from outside the competition room.
10. All judgment results are final and are not open for discussion.



## Saturday, 22 February 2025

### PRE-REGISTRATION

### COMPETITION

09:00 - 10:00	10:00 - 13:00	Level 2 (All categories)
13:00 - 14:00 Break Time		
13:00 - 14:00	14:00 - 16:00	Level 1 (5 - 8 yrs)
14:00 - 16:00	16:00 - 19:00	Level 1 (9, 11+, 12 yrs)

## Sunday, 23 February 2025

### PRE-REGISTRATION

### COMPETITION

09:00 - 10:00	10:00 - 13:00	Level 3 (All categories)
13:00 - 14:00 Break Time		
13:00 - 14:00	14:00 - 15:30	Level 4, 5, 6 (All categories)



## Closed Classes 22 February 2025

### RockStar Academy Gajah Mada Plaza

08:00	Dream Team L3-7
11:00	Jumper 24-35 mo
12:00	Walker 12-23 mo
13:00	Gym U4
14:00	Gym U5 - 7
15:00	Gym U5 - 7
16:00	Gym U8 - 18
17:00	Parkour 7+ yrs
18:00	Elite Gym

## Closed Classes 23 February 2025

### RockStar Academy Gajah Mada Plaza

11:00	Walker 12-23 mo
13:00	Jumper 24-35 mo
14:00	Gym U4
15:00	Gym U5 - 7
16:00	Gym U8 - 18

## PARTICIPANT'S REQUIREMENTS

### PRE-REGISTRATION

1. Student must pre-register at the registration area, minimum one (1) hour before testing for their level starts.
2. Registration Room is located at the lounge area of RockStar Academy Gajah Mada Plaza.
3. Student must present the proof of payment/registration receipt to the committee on pre-registration and will receive a score card.
4. Committee will write the student's name on the score card.
5. Student must be ready in the correct attire according to the dress code provided in this booklet.

### TESTING RUNDOWN

1. Student is required to do a recommended warm up routine in the private studio.
2. Student is required to wait at the designated space to be called by the committee.
3. Student will line up in front of the entrance to the Gymnastics Room based on their schedule.
4. Students will perform the routines based on their level individually.

### TESTING RUNDOWN

1. After performing the routines in front of the Judges, each student will receive a score per apparatus.
2. Based on the average score obtained, each student will receive a medal (Gold/Silver/Bronze), depending on the final result (check the scoring system).
3. Medal Ceremony will be done after each individual student completes his/her testing.
4. All students will receive a Certificate (Certificates will be distributed one (1) month after the event).



## ROUTINES

### ROUTINES

WAG (Women's Artistic Gymnastics)

Tumbling, Bar, Beam, Vault

MAG (Men's Artistic Gymnastics)

Tumbling, Bar, P-Bar, Vault

## GIRLS LEVEL 1

### TUMBLING

Pose Cartwheel

Backward Roll Tucked

Straight Stand

Candlestick Roll

Straight Stand

Forward Passe Balance

Releve Lock Stand

1/2 (180°) Pivot Turn

Forward Chasse

Pose

Stretch Jump

Forward Roll Tucked

3/4 Handstand

Pose

### BARS

Mount: Back Hip Pullover

Cast

Back Hip Circle

Cast Straddle - On

Sole Circle Dismount Or Underswing Dismount

### BEAM

Jump to Front Support Mount

Single Leg "V" sit : Tuck Stand

Pike Stand

Needle Leg Kick

Tuck Stand

Releve Balance Lock Stand

Forward Passe Balance

Stretch Jump

Releve Lock Stand

Arabesque (30°)

Right Leg Swing

Left Leg Swing

Releve Lock Stand

Lunge Pose

Lunge Pose

Cartwheel to 3/4 (22,5°) Handstand Dismount

### VAULT

Stretch Jump onto a minimum of  
6 inches of matting

Handstand

Fall to Straight - Lying Position

## GIRLS LEVEL 2

### TUMBLING

Pose

Cartwheel

Back Ward Roll to Push-up Position

1/2 Kneeling Pose

Straight Stand

Forward Passe Pose

1/2 (180°) Turn in Forward Passe (Heel-Snap Turn)

Releve Lock Stand

Forward Chasse

Straight Leg Leap Pose

Split Jump (60°)

Handstand

Candlestick

Bridge

Back Kick-Over

Releve Stand

Pose

### BEAM

Jump to Front Support Mount

Single Leg "V" sit : Tuck Stand

Pike Stand

Single Leg Kick Up To Stand

Forward Passe Balance

Releve Lock Stand

Plie

Releve Plie

Stretch Jump

Releve Lock Stand, Arabesque (30°)

Forward Leg Swing

Backward Leg Swing Releve Lock Stand

Releve Lock Stand

1/2 (180°) Pivot Turn

Lunge Pose

Lunge Pose

Cartwheel to Side Handstand Dismount

### BARS

Mount: Glide Swing & Return

Back Hip Pullover

Cast

Back Hip Circle

Under Swing Dismount

### VAULT

Jump To Handstand onto a Raised Mat Surface

Fall To Straight – Lying Position on The Back

## GIRLS LEVEL 3

### TUMBLING

Side Lunge

Forward Passe Pose

Side Lunge

1/4 (90°) Turn

Handstand Forward Roll

Forward Chasse

Lunge Pose

1/2 (180°) Pivot Turns

Lunge Pose

Forward Chasse Straight Leg Leap (90°) Fish Pose

Pose Stretch Jump

Split Jump (90°)

Handstand To Bridge

Back Kick-Over (120°)

Kneeling/Sitting Pose

Forward Split

1/2 (180°) Prone Spin To Log Roll/Turn To Stand

Releve Lock Stand 1/2 (180°) Turn In Forward Passe

Releve Lock Stand

Straight Stand

Backward Roll Open To 45° Above Horizontal

Lower To Push-Up Position

1/2 Kneeling Pose

Releve Lock Stand

Straddle Stand

Straight Stand,

Round-Off,

Flic-Flac Rebound

Kneeling/Sitting Pose

1/2 Kneeling Pose

Final Pose

### BARS

Glide Swing & Return

Back Hip Pullover

Cast

Back Hip Circle

Back Hip Circle

Front Hip Circle

Small Cast

Return To Front Support,

Cast Squat-On Or Pike-On

Stretch Jump Dismount

### BEAM

Front Support Fish Pose Mount

Stag Sit to Stand

Forward Passe Pose

Cross Handstand

Back Lunge

Forward Passe Pose

Back Lunge

Releve Lock Stand

1/2 (180°) Turn In Forward Passe

(Heel-Snap Turn) Releve Lock Stand

Stretch Jump

Stretch Jump Releve Lock Stand, Arabesque (45°),

Straight Leg Leap (90°)

Releve Lock Stand,

Releve Lock Stand 1/2 (180°) Pivot Turns,

Releve Lock Stand 1/2 (180°) Pivot Turns

Lunge Pose

Lunge Pose

Cartwheel To Sidehandstand to 1/4 (90°) Turn Dismount

### VAULT

Jump Handstand on Elevated Mat, Fall on Flat Back, Handspring over a Raised Mat Surface

## GIRLS LEVEL 4

### TUMBLING

Beginning Pose and Dance Phrase,
Back Walkover (150°)
Releve Pose, Side Lunge
Forward Passe Contraction Pose, Side Lunge
Side Chassee 1/4 (90°) Turn
Lunge Pose, Pivot 1/2 (180°) Turn, Lunge Pose
Straddle Stand, Lunge Pose
Front Handpring Step Out, Cartwheel
Straight Arm Backward Roll to Handstand
Pose, Step Kick, Pose
Stretch Jump With 1/2 (180°) Turn 1/2 Kneeling Pose
Releve Lock Stand, Forward Passe Hop
Sideward Chasse
Passe Hop With 3/4 (135°) Turn Forward Chasse
Straight Leg Leap (120°) Fish Pose
Straddle Jump (120°), Kneelin/Sitting Pose
1/2 Kneeling Pose, Tucked Sit Turn/Roll
1/2 Kneeling Pose, Forward Split
1/2 (180°) Prone Spin To Log Roll/Turn To Stand
Releve Lock Stand
1/1 (360°) Turn In Forward Passe
Releve Lock Stand, Straddle Stand, Straight Stand
Running Round Off Double Backhandspring
Kneeling/Sitting Pose, 1/2 Kneeling Pose, Final Pose

### BARS

Mount: Straddle Or Pike Glide Kip
Cast To Horizontal & Return To Front Support, Cast Squat-On Or Pike-On Or Cast 360° Backward Sole Circle
Jump To Long Hang Kip, Cast To Horizontal
Back Hip Circle, Underswing
First Counterswing (a minimum of 30° below horizontal)
Tap Swing Forward
Second Counterswing (a minimum of 30° below horizontal)
Tap Swing Forward with 1/2 (180°) Turn Dismount

### BEAM

Front Support Fish Pose Mount
Stag Sit to Stand, Forward Passe Pose
Cartwheel, Side Lunge, Forward Passe Pose, Side Lunge
Releve Lock Stand, 1/2 (180°) Turn In Forward Passe
Releve Lock Stand, Backward Kick
Forward Passe Pose, Dip Pose, Stand
Stretch Jump, Split Jump 120°, Cross Handstand
Releve Lock Stand, 180°, Squat Turns, Scale (Horizontal)
Straight Leg Leap (120°) Releve Lock Stand, Lunge Pose
Lunge Pose, Cartwheel To Side Handstand, 1/4 (90°) Turn Dismount

### VAULT

Salute
Handspring over Vault Table
Straight Jump To 3 Mats,
Safety Landing

## GIRLS LEVEL 5

### TUMBLING

Beginning Pose and Dance Phrase
Forward Salto Tucked / Free (Aerial) Cartwheel / Free (Aerial) Walkover
Forward, Releve Pose, Side Lunge, Forward Passe Constraction Pose
Side Lunge, Chaine 1/2 (180°) + 3/4 (270°) Turn Lunge Pose
Pivot 1/2 (180°) Turn, Lunge Pose, Straddle Stand, Lunge Pose
Front Handspring Step-Out 2x
Cartwheel Straight Arm Backward Roll To Handstand, Pose, Step Kick, Pose
Stretch Jump With 1/1 (360°) Turn 1/2 Kneeling Pose, Releve Lock Stand
Backward Passe Hop, Sideward Chasse
Passe Hop With 3/4 (135°) Turn Forward Chasse, Straight Leg Leap (150°)
Fish Pose / Switch Leg Leap (150°), Fish Pose, Straddle Jump (150°)
Kneelin/Sitting Pose, 1/2 Kneeling Pose, Tucked Sit Turn/Roll
1/2 Kneeling Pose, Forward Split
1/2 (180°) Prone Spin To Log Roll/Turn To Stand
Releve Lock Stand, 1/1 (360°) Turn In Forward Passe, Releve Lock Stand
Straddle Stand, Straight Stand, Round-Off, Flic-Flac
Backward Salto Tucked, Toe Fall To Kneeling/Sitting Pose
1/2 Kneeling Side Pose, Final Pose

### VAULT

Handspring over Vault Table, Forward Salto Tucked, Safety Landing
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### BARS

Mount: Straddle Or Pike Glide Kip, Cast To Above Horizontal
Clear Hip Circle to Above Horizontal / Backward Sole Circle To Clear
Support / Backward Stalder Circle To Clear Support
Straddle or Pike Glide Kip, Cast, Squat-On or Pike-on, OR Cast
360° Backward Sole Circle, Jump To Long Hang Kip
Cast to Above Horizontal, Long Hang Pullover, Underswing
1st Counterswing (Minimum of 15° below horizontal), Tap Swing Forward
2nd Counterswing (Minimum of 15° below horizontal)
Tap Swing Forward to Flyaway Dismount (Tuck, Pike or Stretched) / Tap Swing Forward With 1/2 (180°) Turn Dismount

### BEAM

Front Support Fish Pose Mount, Stag To Stand
Forward Passe Pose
Back Walkover (150°) / Backward Roll to minimum of 3/4 Handstand /
Flic-Flac Step-Out / Flic-Flac To Two Feet / Front Walkover (150°) Back Walkover (150°) / Backward Roll to minimum of 3/4 Handstand / Flic-Flac Step-Out / Flic-Flac To Two Feet / Front Walkover (150°)
Side Lunge, Forward Passe Pose, Side Lunge, Releve Lock Stand
1/1 (360°) Turn in Forward Passe, Releve Lock Stand, Backward Kick
Forward Passe Pose, Dip Pose, Stand, Split Jump (150°) Sissonne
Releve Lock Stand, (180°) Squat Turn, Sissonne
Scale (Above Horizontal)
Straight Leg Leap (150°), Stretch Jump, Lunge Pose
Lunge Pose, Cartwheel
Stretch Jump, Side Releve Stand, Side Lunge Pose, Forced Arch Pose
Forced Arch Pose, Back Salto Tucked Dismount

## GIRLS LEVEL 6

### TUMBLING

Salute

Handstand From Down

Kick Back

Round off to Straight Backflip

Chasse to Split jump & Straddle Jump

Passe Full Turn

Front Handspring to Front flip

### BARS

Salute

KIP to Straddle Handstand

Backhip to Half Handstand

KIP to Squad on

KIP to Straddle Handstand

Giant Swing 1x to Straight flip Dismount

### BEAM

Salute

Mount up

Kick back (90 degree)

Leap Landing on one leg

Tuck Jump

Back Walk Over

Passe Full Turn

Back Handspring to Backhips Dismount

### VAULT

Salute, Yurchenko, Safety Landing

## GIRLS LEVEL 7

### TUMBLING

Side Split, Press Handstand

Round Off Back Handspring to Straight Flip

Spring Stepp Kick Back

Casse To Split Jump, Straddle Jump

Passe Full Turn, Run To Front Handspring

Front Straight Flip

### BARS

KIP to Straddle Handstand

Backhip to Half Handstand

Squad on

KIP to Press Handstand On High Bars

Giant 2x, Straight flip to Dismount

### BEAM

Front Support Mount Up

Linking, Tick – Tack

Backwalk Over

Jump To Backwalk Over

Split Jump 90°

Jump 1/4 Straddle

Tuck Jump

Carth Off

Dismount Back Tuck

### VAULT

Yurchenko

## BOYS LEVEL 1

### TUMBLING

Salute

Scale 1 hand forward

Cartwheel 2x finishing with half turn

Handstand

Forward Roll

Straddle Backward Roll

Straddle Balance

Splits

Candle Sitck

Dive Roll to Straight Jump

### BARS

Salute

Mount: Back Hip Pullover

Cast

Cast Away

Half Turn

Swing Regrip 2x

Underswing Dismount

### P-BARS

Salute

Tuck Hang

Pike Hang

Straight Swing

Swing to Bear Walk Position (Bend leg allowed)

Straddle Travel

Dismount to the side from Backward

### VAULT

Stretch Jump onto a minimum of  
16 inches of matting

Handstand, Fall to Straight – Lying Position

## BOYS LEVEL 2

### TUMBLING

Salute

1 hand forward

Cartwheel 2x finishing with half turn

Handstand Forward Roll

Pike Backward Roll to Push Up Position

Straddle Balance

Dive Roll to Straight Jump

Tuck Jump

Round Off

### BARS

Salute, Mount: Back Hip Pullover

Cast, Back Hips Circle Dismount

Half Turn, Swing Regrip 3x

Underswing Dismount

### P-BARS

Salute, Tuck Hang

Pike Hang, Straight Swing

Swing to Bear Walk Position

Straddle Travel, V Hold, Straight Swing

Dismount to the side from Backward

### VAULT

Jump To Handstand onto a Raised Mat Surface

Fall To Straight – Lying Position on The Back

## BOYS LEVEL 3

### TUMBLING

Salute

Handstand Forward Roll

Hurdle to Cartwheel 2x finishing with half turn

Backward Roll to Push Up Position + Cobra Position

Press Handstand

Forward Roll to Tuck Jump

Round Off

### BARS

Salute

Half Turn on High Bar

Pull to Pull over

Backhipscircle to undershoot

Dismount

### P-BARS

Salute

Elbow Swing 2x to Straddle Sit

Swing 1x to Pike

Swing 3x to Handstand Dismount

### VAULT

Jump Handstand on Elevated Mat

Fall on Flat Back

Handspring over a Raised Mat Surface

## BOYS LEVEL 4

### TUMBLING

Salute

Handstand Hold 2 sec Forward Roll

Side Cartwheel

Side Cartwheel close leg

Backward Roll Pike

Straddled Press To Handstand with Momentary Hold

Round Off

Back Handspring Rebound to Stand

### BARS

Salute

Half Turn

Pull Over to Support Unassisted

Backhipscircle to undershoot

Swing 5x

### P-BARS

Salute

Swing 2x

Forward Straddled 'V' - Hold 2 sec

Swing dismount back side

### VAULT

Salute

Handspring over Vault Table

Straight Jump To 3 Mats

Safety Landing



## BOYS LEVEL 5

### TUMBLING

Run to Dive Roll

Cartwheel Close Leg

Backward Roll to Handstand

Straddle Press to Handstand hold 2 sec

Front Handspring Rebound

Handstand Forward Roll

Round Off

Back Handspring Rebound

### BARS

Pull Over

Clear Hip Circle

Half Turn

Glide Kip

Free Hip Circle to Undershoot

Salto Backward Tucked

### P-BARS

Swing under 2x

Swing uprise 2x

Swing forward to 'V' Sit or Manna with 2 Sec hold

Swing Backward To Handstand with 2 Sec hold

### VAULT

Handspring over Vault Table

Forward Salto Tucked

Safety Landing

## RECOMMENDED WARM UP ROUTINES

Exercise	Repetition	Visual Guide
Jumping Jacks	30 Times	
Burpees	20 Times	
Push Ups	20 Times	
Sit Ups	20 Times	
Spiderman	20 Times	
Plank	1 minute each	
Bridge	30 seconds	
Split	1 minute each	

## EMERGENCY PROCEDURES

The following procedures shall be implemented whenever a student is injured in the course of competition conducted at Gymnastics Testing.

1. The instructor shall immediately notify the health personnel present at the activity and the health personnel shall assume responsibility for the emergency treatment of the student.
2. If no health personnel are present, or if none can be immediately summoned to the student's aid, the instructor shall administer such first aid as may be necessary.
3. If the student's injury requires more than routine first aid, the instructor shall:
  - Summon an emergency personnel.
  - Arrange for the student's transportation to the nearest hospital.
4. The instructor or his/her designee shall promptly notify the Event Manager, the Program Coordinator, and the student's parent(s) or legal guardian(s) of the student's injury and the condition and location of the student.
5. An injured student who has been transported away from the premises must be accompanied by the instructor, a member of the Event Organizer, and the parents/guardians.

## READMISSION TO COMPETITION ACTIVITIES

A student injured in the course of a competition activity will be permitted to participate in the competition only on the written permission of the medical inspector or designated team doctor, designated school health personnel who must first examine the student to determine his/her fitness to participate in competitions. Written notice of that determination, signed by the medical inspector or designated team doctor as appropriate, shall be given to the student's parent(s) or legal guardian(s).

## DISCLAIMER

The information provided in this Guide is of a general nature, and has been provided solely on the basis that users will be responsible for making their own assessment of it, having regard to their own circumstances, needs & requirements. While RockStar Academy endeavors to provide up to date information and guidance for your use, it may be open to misunderstanding or misinterpretation. Consequently, you should consult further with respective coordinators where you intend using this information. RockStar Academy expressly disclaims any liability associated with, or arising from the use or incorporation of the information provided in this Guide by the user.



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