

American Sokol Female Gymnastic Skills Girls (ages 6-11) Competitors

Evaluation Key:
0 = Unable to perform 1 = Below Average
2 = Average 3 = Above Average

NAME: _____

UNIT: _____

Revised Sept. 2016

	Conditioning & Flexibility	Rating	Vault	Rating	Bars	Rating	Beam	Rating	Dance	Rating		
NOVICE Year:	20 sec. Chin Hold		7 - 9 Approach Steps		Two foot - Back Hip Pull-Over		Front Support, Leg over w/90° turn to Tuck Sit		Tucked Forward Roll, Tucked Backward Roll		Forward Splits, L & R (Bent Front Leg)	
	20 sec. Hollow Body Hold (legs slightly bent)		Straight Jump onto Raised Mat surface - min 8"		Back Hip Circle		Candlestick - Hold for 2 sec		Cartwheel, 90° turn Inward,		Leg Swings, R & L	
	5 Pushups		Landing in Demi'plie', Extend legs to finish in a Straight Stand		Cast		Stretch Jump		Side Roll, Pushup, Jump to Squat		Coupe' Walks Forward (NOT in Releve') R,& L	
	3 Candlesticks to Straight Jump			Push away Rear Dismount		90° Turn , Stretched Jump Dismount		Tuck Jump		Releve' Walks		
LEVEL 1 Year:	Bridge - Head off of Floor		Run, Correct Hurdle		Two foot - Pull-Over		Front Support		3/4 Handstand		Forward Passe' Balance	
	30 Sit-ups		Contact on Board w/Feet in Front of Body		Cast		Pike Lying Position; to Squat - Rise to Stand		Candlestick		Split Jump 30°, Releve' Balance, hold 1 sec.	
	25 Pushups on Bended knees, Hands on floor, Nose 2" from floor		Straight Jump onto Raised Mat Surface - Min 16" +1"		Back Hip Circle		Lever - 1 sec. Hold		Backward Roll Tucked		Forward Leg Swings L & R	
	Chin Hold w/5 Tucked Leg Lifts		Step. Lunge, Kick-up to Handstand		Underswing Dismount		Passe` Pose Stretch Jump		Forward Roll Tucked		Forward Chasse'; Step, Leg Swing	
	30 sec. Hollow Body Hold. Hands on top of Thighs,		Prone Fall to Hollow Body Legs Together, Arms Extended Overhead		Cast, Straddle-on Sole Circle Dismount		Cartwheel to 3/4 Handstand Dismount		Cartwheel 90° turn Inward, Lunge		Arabesque' 30°, Pause	
LEVEL 2 Year:	Bridge - Arms Completely Straight		Accelerated Run to Hurdle		Single Leg Cut Forward		Front Support; Whip Swing to Push-up Position, Jump to Squat		Handstand, Hold 1 sec.		Two 90° Heel Snap turns in Forward Passe'	
	50 Sit-ups		Contact on Board w/Feet in Front of Body		Forward Stride Circle		Arabesque 30°, Hold 1 sec.		Round-off w/2-4 Backward Running Steps		Split Jump 60°, Press to Releve' Stand	
	25 Pushups - Hands on Spotting Block or Mat		Pre-Flight Hollow Body Position w/Arms Stretched Above Head		Basket Swing (Bent Leg Optional)		Lever (fingers to beam)		Backward Roll to Pike Stand		Forward Chasse', Split Leap 60°	
	Chin-up Hold w/ 5 Pike Leg lifts		Drive legs upward to achieve Handstand onto MIN 16" +1" Mat		Single Leg Swing Backward		Leg Balance in Forward Passe', Hold 2 sec		Candlestick		Forward Leg Swing, Backward Leg Swing	
	30 sec. Hollow Body Hold, Hands on Top of Thighs, Legs Straight.		Prone Fall to Hollow body; Legs Together, Arms Extended Overhead		Cast, Squat-On Pike Sole Circle Dismount		Cartwheel to Side Handstand Dismount		Bridge, Kick-over		L or R Splits - 135° Straddle Splits -135°	
	Bridge Shoulders Directly above Hands		Run 60 feet in 4.0 secs or less		Glide Swing & Return		Leg Swing Mount 180° Turn; Whip Swing to Kneel; Stand		Handstand to Bridge; Kick-over 120° Leg Separation		Split jump 90°, Stretch Jump	
	25 Pushups		Contact Board w/Feet in Front of Body		Front Hip Circle, Cast		Cross Handstand		Handstand Straight-arm Forward Roll Step Out		Forward Chasse, Straight Leg Leap 90°,	
	Hollow Body hold 45 sec.		Drive Legs Upward to Achieve Handstand onto MIN 32" +1" Mat.		Single Leg Squat Through, Single Leg Cut Back		Rond De Jambe, Arabesque 45°		Backward Roll to Push-up Position		L or R Splits, 150° Straddle Split 150°	

LEVEL 3 Year:	Chin-up Hold w/ 5 Leg Lifts - Thighs to bar	Land on Mat in Hollow Body Position	Forward Stride Circle or Basket Swing - Leg Straight	Straight Leg Leap 90°; Pause	Split (150°), turn to Prone Lying	Leg Swing to Side
	50 - Sit-ups AND 20 - V Sit-ups		Back Hip Circle, Underswing Dismount	Cartwheel to Side Handstand w/ 90° turn Dismount	Round-off Flic-Flac, Rebound	2 - 180° Pivot Turns