



USA
GYMNASTICS

TESTING

COMPETITION GUIDE



GYMNASTICS TESTING | SPRING TERM 2025

Gymnastics Studio
RockStar Academy Ciputra World Surabaya
Sunday, 25 January 2026

REGISTRATION PERIOD

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

MEMBERSHIP

CATEGORY	REGISTRATION PERIOD	VIP	PREMIERE
Early Bird	2 - 18 January 2026	188,000 IDR	218,000 IDR
Regular	19 - 24 January 2026	218,000 IDR	238,000 IDR
Event Day	25 January 2026 (Based on scheduled)	238,000 IDR	258,000 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

Elite Level 1 Girls

Elite Level 1 Boys

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.

SUNDAY, 25 JANUARY 2026

EVENT	VENUE	PRE-REGISTRATION	TESTING
GYMNASTICS TESTING	GYMNASTICS STUDIO RSA CIPUTRA WORLD SURABAYA	12:00 - 13:00	13:00 - 14:00

PARTICIPANT'S REQUIREMENTS

1. All Elite Class students are eligible to register for this testing.
2. Students must register based on their level 1.
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.

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

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

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
Underwsing Dismount





BEAM

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

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).

Readmission to Competition Activities

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.

DISCLAIMER OF LIABILITY

Participation in all sports and performing arts activities—including but not limited to gymnastics, swimming, basketball, futsal, multi-sports, pickleball, table tennis, tennis, martial arts, parkour, ballet, dance, Broadway, contemporary dance, and cheerleading—involves inherent risks of physical injury or health-related incidents.

While RockStar Academy and its event organizers take all reasonable precautions to create a safe and supportive environment—including the provision of qualified medical personnel on standby during events (where applicable)—we shall not be held liable for any injuries, accidents, or medical conditions that may arise during training sessions, rehearsals, or competitions.

By participating in any activity, members and their parents or legal guardians acknowledge and accept full responsibility for all associated risks and confirm that their participation is entirely voluntary.

Please ensure you have thoroughly reviewed the event guide. Submission of your registration and payment constitutes your full understanding and acceptance of all event terms and conditions.

We remain fully committed to safety and emergency readiness; however, the final responsibility lies with each participant and their parent or guardian.

ROCKSTAR ACADEMY'S EVENT / COMPETITIONS CODE OF CONDUCT

To maintain the integrity and spirit of the RockStar Academy's Events (Testing / Recitals) & Competitions, all participants, parents, coaches, and supporters are required to adhere to the following guidelines:

1. Positive Conduct

All communication, including on social media, must reflect positivity and respect. Negative, offensive, or harmful content directed at the competition, participants, staff, or organization will not be tolerated.

2. Judges' Decisions

All judges' scores and decisions are final. Participants and supporters are expected to respect these outcomes without dispute.

3. Respect and Sportsmanship

Competitors, parents, and coaches must demonstrate respect toward fellow participants, staff, and opponents at all times. Good sportsmanship is a core value of this competition.

4. Dispute Resolution

Any disputes, concerns, or appeals must be submitted only by email (studentcare.id@rockstaracademy.com) to the designated competition address. Such matters must not be raised during event/competition time to ensure a smooth and professional event.

5. Compliance and Consequences

Failure to comply with these guidelines may result in sanctions, including the disqualification of an individual or team, at the discretion of the organizing committee.

6. Agreement to Terms

By submitting payment for the event/competition, participants and their representatives acknowledge and agree to all Terms & Conditions outlined in this Guide.



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