



2023-2024 WAG SASK FIRST ID VIDEO PETITION CHECKLISTS

The following checklists must be used when petitioning athletes to attend the SK First ID Camp who are not currently on the invitee list.

Coaches are expected to submit videos with as many of the outlined skills shown on the equipment specified. If equipment for a skill is not specified it is assumed that the expectation is **age-based height, competition set-up**.

Videos must be sent for **each gymnast** with a link to **1 video file for each athlete**. Other supporting documents that need to be included are a petition form, and a synopsis of results (scores) from 2022-2023 competition season.

Additional matting for landings will be allowed (up to a max of 30cm). Skills are not to be spotted. Any spotted skill will not be considered to fulfill the checklist requirement.

Highlighted skills are required to be shown. Coaches are encouraged to include additional skills not listed to show potential and progress.

Selection will be based on a final evaluation done by the WAG HP Coach and WAG Technical Director based on the required skills & checklist skills successfully shown.

Petitions must be submitted by **October 18th** to the WAG Technical Director, with all supporting documentation.

CCP 9

Vault

- Tsukahara/Yurchenko Tuck onto competition height **HARD** mats
- Tsukahara/Yurchenko Pike onto floor height **soft** mats

Bars

- Kip handstand x5 IAR on low bar
- Kip handstand – free hip, or toe on, or Stalder to handstand (unevens: low or high bar)
- Giant connected to A salto dismount: uneven bars
- Giant connected to B+ dismount : uneven bars
- Kip handstand ½ connected to Kip handstand
- Hecht connected to long kip handstand
- Additional Circle to handstand on unevens
- Forward Giant in straps or single rail or unevens
- Backward giant with ½ turn over pit or floor
- Flight element from HB to LB (can be with deck and mat over low bar)

Beam

- Backward tuck
- D acro
- BHS – BHS series
- Acro series with salto
- 1/1 turn
- B+ Dismount
- B+ dance element with 180° split
- Dance series, min 2 B+ elements
- Additional D: acro or dance: low or high beam

Floor

- C+ tumbling line
- RO – BHS – 2/1 twist into pit
- Two salto line
 - o Directly connected and min both B elements
 - o Indirectly connected with min B+ twist
- Additional B+ acro line
- Dance series, min 1 C+ element
- Additional C leap or jump
- B+ turn
- C+ turn

CCP 10

Vault

- Tsuk/Yurch Pike off 125cm Vault height onto competition height **HARD** mats
- Additional Vault of a higher value onto floor height soft mats into pit

Bars

- Kip handstand x7 IAR on low bar
- C+ close bar circle : free hip, Toe on, Stalder
- C turning element followed by minimum A skill
- Kip handstand ½ - kip (optional, can directly connect)- hecht – long kip
- B+ dismount uneven bars
- C+ dismount: minimum pit onto mat
- Flight element, min C (HB-LB) – minimum deck with 1" mat over low bar
- Forward grip element on pit bar
- Flight element from LB to HB to Kip HS
- Additional C+ close bar circle : free hip, Toe on, Stalder

Beam

- Backward tuck (can be in connection)
- D acro
- Acro series with salto
- 1/1 turn
- B dismount
- C+ Dismount: minimum 125 cm beam into pit with mat.
- D/E dance element
- C/D + C/D dance connection
- Leap/Jump with 180° split
- Dance Series on FIG
- Additional D acro on low beam

Floor

- 2 C+ Acro Lines (2 C+ saltos must be different)
- B+ turn
- Additional C+ acro line (can be in connection)
- D+ salto into pit
- Two salto line – minimum 1 B+ salto: either C+A direct or indirect **OR** B+B direct
- C+C dance series connection
- Additional C+ leap or jump
- C+ turn

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YOUTH

Vault : 115-125 cm

- Handspring to feet onto deck: mats 20 cm higher than vault
- $\frac{1}{2}$ on or Yurchenko to candle onto vault height (or higher) stacked mats Vault height
- Tsukahara OR Yurchenko open tuck onto soft mats, maximum 8" below floor height

Bars

- Kip handstand (straddle or legs together) x3 IAR on low bar
- Kip HS sole circle, Kip HS, 2 giants, layout flyaway
- One close bar element to handstand
- 2nd close bar element : B or C (not shown above)
- Forward Giants (x5) IAR in straps (legs together)
- Forward Giant alone on pit Bar (legs together)
- Backward Giant $\frac{1}{2}$ turn alone on pit bar
- Blind change (pit bar)
- Handstand, $\frac{1}{2}$ turn to kip
- Double tuck flyaway off pit bar onto minimum of 2 x 20 cm mats

Beam : 125 cm, may have 20 cm mat under beam

- Press HS or B mount
- Salto or Aerial
- 2nd salto or aerial
- BWO or FWO or Tic Tock or Valdez
- BHS – BHS
- 1/1 turn
- Roundoff/BHS – Layout dismount
- Roundoff/BHS – 1/1 twist
- C + Leap or Jump (FIG Code)
- Jump 1/2 turn sideways
- Kick Series
- Split leap

- Split jump

- Acro series with a salto or aerial on low beam

Floor : All skills on floor unless otherwise stated below:

- Roundoff – BHS – 1/1 twist
- C salto in a tumbling line
- FHS– forward layout salto
- Acro series with 2 saltos directly connected
- Passage with Switch leap and either switch 1/4 or switch ½ or Tourete
- 2nd C salto
- Split jump
- Straddle jump
- Split jump 1/1 or Popa
- 1 turn: Wolf 1/1, leg horizontal, 2/1 turn