

JUDGING

Judging Information

Choose a parent, guardian or friend to help fill in your 'Skill Stars'. Referring to the relevant skills pages and using the guide below your judge can fill in your stars.

- ★ Skill Star = first attempts
- ★ Skill Stars = still needs a lot of work
- ★ Skill Stars = improvement on the basic skill
- ★ Skill Stars = nearly perfect
- ★ Skill Stars = all parts of the skill performed perfectly

When you're finished count your total Skill Stars and download your certificate from our website.



80 stars = Single Thumbs-Up Head Over Heels Certificate!

130 stars = Double Thumbs-Up Head Over Heels Certificate!!

170 stars = Treble Thumbs-Up Head Over Heels Certificate!!!

www.headoverheelsgymnastics.co.uk

JUDGING SHEET 1

Shapes, Jumps & Skills

Use our judging sheets on the next pages to track your progress.



Use the same judge to record your development. This will give a true reflection of your improvements. Keep practicing – practice makes perfect!

SHAPES

- Front Support ☆ ☆ ☆ ☆ ☆
- Back Support ☆ ☆ ☆ ☆ ☆
- Long Sit ☆ ☆ ☆ ☆ ☆
- Straddle ☆ ☆ ☆ ☆ ☆
- Tuck ☆ ☆ ☆ ☆ ☆
- Star ☆ ☆ ☆ ☆ ☆
- Dish ☆ ☆ ☆ ☆ ☆
- Arch ☆ ☆ ☆ ☆ ☆

JUMPS

- Stretch Jump ☆ ☆ ☆ ☆ ☆
- Tuck Jump ☆ ☆ ☆ ☆ ☆
- Straddle Jump ☆ ☆ ☆ ☆ ☆
- Half Turn ☆ ☆ ☆ ☆ ☆
- Full Turn ☆ ☆ ☆ ☆ ☆



SKILLS

- Cartwheel ☆ ☆ ☆ ☆ ☆
- Front to Back Cartwheel ☆ ☆ ☆ ☆ ☆
- Front to Front Cartwheel ☆ ☆ ☆ ☆ ☆
- One Handed Cartwheel ☆ ☆ ☆ ☆ ☆
- Headstand ☆ ☆ ☆ ☆ ☆
- Straddle Headstand ☆ ☆ ☆ ☆ ☆
- Pike Headstand ☆ ☆ ☆ ☆ ☆
- Handstand ☆ ☆ ☆ ☆ ☆
- Bridge ☆ ☆ ☆ ☆ ☆
- Walkover ☆ ☆ ☆ ☆ ☆
- Forward Splits ☆ ☆ ☆ ☆ ☆
- Side Splits ☆ ☆ ☆ ☆ ☆
- Arabesque ☆ ☆ ☆ ☆ ☆
- Straddle Half Lever ☆ ☆ ☆ ☆ ☆
- Pike Half Lever ☆ ☆ ☆ ☆ ☆
- Shoulder Stand ☆ ☆ ☆ ☆ ☆
- Frog Balance ☆ ☆ ☆ ☆ ☆

JUDGING SHEET 2

Rolls, Leaps & Routines

Count your stars and win a Head Over Heels certificate!

ROLLS

- Log Roll ☆ ☆ ☆ ☆ ☆
- Sideways Roll ☆ ☆ ☆ ☆ ☆
- Forward Roll ☆ ☆ ☆ ☆ ☆
- Forward Roll to Straddle Stand ☆ ☆ ☆ ☆ ☆
- Handstand Forward Roll ☆ ☆ ☆ ☆ ☆
- Circle Roll ☆ ☆ ☆ ☆ ☆
- Backward Roll ☆ ☆ ☆ ☆ ☆
- Backward Roll to Front Support ☆ ☆ ☆ ☆ ☆
- Backward Roll to Straddle ☆ ☆ ☆ ☆ ☆

LEAPS

- Split Leap ☆ ☆ ☆ ☆ ☆
- Cat Leap ☆ ☆ ☆ ☆ ☆
- Stag Leap ☆ ☆ ☆ ☆ ☆

ROUTINES

- Routine 1 ☆ ☆ ☆ ☆ ☆
- Routine 2 ☆ ☆ ☆ ☆ ☆



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Download your certificates and additional judging sheets from www.headoverheelsgymnastics.co.uk