

# **TALENT OPPORTUNITY PROGRAM**

## **Testing Manual**



**USA-GYMNASTICS**





# 2005 TOPs Testing Manual

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# TALENT OPPORTUNITY PROGRAM

## USA Gymnastics – Women

### TOPS TESTING MANUAL



There are many conditions necessary for success in modern sport. One of these is an inherent talent or aptitude. Early identification of talent is one of the most important concerns in contemporary sport (Bompa, 1990; Bompa, 1985; Harre, 1982). The basic premise underlying Talent Opportunity Programs is that the

development of the youthful athlete can be best served if the athlete trains in a sport of discipline for which he/she is best suited (Harre, 1982). Two corollaries to this premise are: (a) if an athlete starts at a higher level of ability or performance then he/she ultimately ends up at a higher level of performance, and (b) if you start with a greater aptitude for a particular activity, then the athlete will progress faster than an athlete with a lower initial aptitude. Unfortunately, these premises have not been conclusively proven, and may succumb to wide individual variability. However, one can pragmatically assume that because of the requirement of five or more years of training to reach a level of proficiency in a sport (Bompa, 1990), and a rather narrow window of age that the athlete can expect peak performance (Bompa, 1990; Hadjiev, 1989; Sands & Henschen, 1992), it is

important that athletic talent is discovered early, and monitored continuously to help the athlete reach high levels of performance (Bompa, 1990).

Talent identification is not a new idea, but very little has been done in the West to implement programs on a consistent basis (Bompa, 1990; Bompa, 1985). The West has largely relied on “natural selection” rather than scientific selection (Bompa, 1990; Bompa, 1985). It has been reported that during the late 1960s and early 1970s most Eastern European countries established specific methods for identifying gifted athletes (Bompa, 1990; Gilbert, 1980; Jerome, 1980). The competition results were dramatic (Harre, 1982). It was reported that 80% of the Bulgarian medalists were selected by a scientific identification process (Bompa, 1990). Some Characteristics relevant to athletic performance are heritable and could logically be selected early in the life of the athlete (Londeree, 1990).

The detection and selection of talented youths for sport participation has several assumed advantages for both the sport and the athlete (Bompa, 1990):

1. The time required to reach a high performance by selecting initially gifted individuals is reduced.
2. The amount of work required to elevate an athlete to high-level performance is reduced.
3. The effectiveness of the coach’s time is enhanced by training primarily these athletes of superior ability.
4. The number of athletes competing at the higher levels of the sport is increased.
5. The national team will have more homogeneous characteristics.

6. There can be an increase in the athlete's self confidence because the athlete knows that he/she is among an elite group of athletes.
7. The application of the sports sciences to training programs can be enhanced indirectly by involving sport scientists in the selection process.
8. The heritability of some sport qualities is high, and selecting those qualities, in advance, that are less amenable to training may ultimately enhance performance.
9. The athlete can be channeled to a sport where he/she has the highest probability of success.
10. Potential individual limiting factors to performance can be identified early and steps taken to reduce and/or eliminate them.
11. In sports with a stature component, such as gymnastics, the athlete can be spared from spending years training for a sport that he/she will ultimately outgrow or never develop the physique necessary to participate at a high level.
12. By identifying talent early the athlete can begin the training process with enough time to prepare for the age at which he/ she will reach a physical peak with less haste during the developmental process. This usually results in a more thorough and well-designed approach to training, ultimately resulting in a safer and sounder approach for the athlete.

The identification of talent is difficult, time consuming, and ongoing. Because of the specificity of the effects of training on performance, in the final analysis, the only way to precisely determine if the athlete is suitable for gymnastic training and performance is actually doing it! (Harre, 1982)

Nearly all Talent Opportunity Programs for sport use the "pyramid" model, which is starting with a relatively large number of potential athletes and then nurturing

(providing opportunities for) those athletes who continue to demonstrate the requisite abilities for the sport. This results in a gradual "weeding-out" or selection process. Therefore, talent identification and opportunity programs must be looked upon as a *process* and not an event. The training process will allow the athlete to further enhance and develop his/her abilities, and usually the "talent" of an athlete will become obvious. Interest in a sport is developed by training and will also become apparent. Personality traits are also developed and become visible in the athlete's attitude toward training and competition.

In short, training steers the process of athletic talent identification and development (Harre, 1982). This does not rule out the possibility of determining an athlete's potential for a sport, even before actually training in the sport, but it sets the stage for the interpretation of the talent identification and opportunity program results as a means rather than an end. This is so overwhelmingly important that it cannot be



overemphasized. Talent identification is a process, requiring constant updating and maintenance. This is particularly important in a sport such as women's gymnastics due to the very young and steadily declining initial training age of the athletes (Hadjiev, 1989).

## GOALS AND OBJECTIVES

The goals and objectives of the Talent Opportunity Program are broad and varied. The following list is offered as the author's ideas of what a Talent Opportunity Program should do.



The list is not designed to be all-inclusive.

### Goals

- 1 Identify talented young gymnasts between 7 to 11 years old that are not currently seeking or training for elite or international level competition.
- 2 Identify deficiencies in fitness and skill factors that can be determined by scientific testing and interaction with regional and national staff coaches. These deficiencies will be communicated to both the athlete and the coach for remedial work.
- 3 Enhance the information flow and educational opportunities to talented athletes, their parents or guardians, and their coaches to help improve the athlete's training.

### Objectives

1. Identify and notify young athletes and parents or guardians of the inherent talent possessed by a young gymnast. This will help the young athlete and family make more intelligent choices on the selection and serious pursuit of their gymnastics opportunities.
2. Identify and notify the coaches of young athletes with inherent talent of the children they coach. Then assist the coaches in the development of these young athletes by enhanced access to

the best gymnastics authorities available along with other training and performance opportunities.

3. To serve as a conduit or "fast-track" for young athletes from the early years of training to the international level.
4. To enhance early preparation of skills and abilities that will be needed for international level competition four or more years in the future.
5. To provide for the identification of deficiencies in training and health that can be remedied by early and expert intervention.

## TALENT OPPORTUNITY CRITERIA

### General Health



First and foremost the athlete must be healthy. The athlete should be free of physical or organic malfunctions. The level of health of the athlete must be determined by qualified personnel including, but not limited to, the athlete's personal

physician, a sports medicine orthopedist, a sports medicine physical therapist, an athletic trainer, and/or a sports psychologist (Bompa, 1990; Bompa, 1985; Harre, 1982; Bajin, 1986; Salmela & Regnier, 1983). A preparticipation physical must be performed to determine if there are any medical problems that would be potentially limiting to training and performance.

### Physiological Characteristics

The physiological variables are less predictable or stable than the physique variables. Studies have been done with advanced athletes, but often less than elite athletes (Feigley, 1987). The predictive ability of such studies is questionable when seeking the ultra-talented athlete. This is likely to be due to the enormous impact that training can have on the physiological variables and relatively small effect that training can have on physique variables. Bajin (1986) determined that active flexibility had the highest correlation with performance results in the long term testing program undertaken in Canada. Tests of children to predict adult performance is probably highest in those sports where there is a single dominant performance

characteristic such as endurance running or shot putting. There is a problem in gymnastics with talent identification using physiological variables because of the enormous impact of training on most of them, the large number of different physiological characteristics that a gymnast needs at high levels, and the relative instability of these variables to predict young adult performance.

### Psychological Characteristics

There is little psychological information regarding children and sport performance and the heritability and /or predictability of psychological variables on future performance. It is doubtful that any coach would deny that psychological characteristics may set the razor's edge of competitive effectiveness in later years, but it is practically impossible to predict future performance based on childhood psychological assessments at the current time. Considerable literature has been devoted to how children can best receive sport psychology services, but little predictive work has been done (Orlick & McCaffrey, 1991; Weiss, 1991; Henschen, Sands Gordin, & Martinez, 1990; Crain, 1991; Henschen & Gordin, 1983; Feigley, 1987).

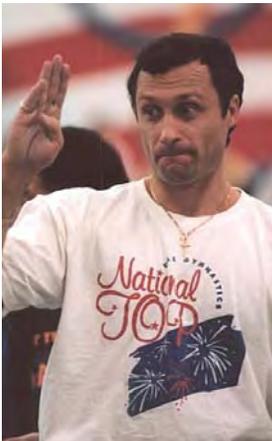
Sport psychology in the form of mental training has been advocated and used with favorable results (Unestahl, 1983b; Ravizza, 1983; Mohoney, Averner, & Avener, 1983; Rotella, 1983; Unestahl, 1983a), and investigations into profiling the current elite gymnast have been performed (Feigley, 1987; Henschen, Sands, & Schultz, 1989; Henschen, Sands, Gordin, & Martinez, 1990; Henschen & Gordin, 1983). The results of the investigations lead to some common-sense applications of psychological characteristics to elite performers. The ability to confidently detect and nurture talent in the psychological area is far from concrete. The potential benefits from increasing efforts in this area should not be

underestimated. Tests of visualization as proposed by Beier (Henschen, 1991) could open many doors to increasing the effectiveness and efficiency of gymnastics training. Talent identification from psychological variables is still in its infancy. In this area, the first approach is to continue to research psychological variables with regard to future performance by repeated testing and development of an extensive database of psychological and other performance information. The second approach is to rely on the experience and intuition of accomplished coaches in detecting the subtle nuances of behavior that are indicative to them of good psychological potential in the athlete.

### **Motor Educability and Motor/Gymnastic Skill Performance**

Although this area could be included as a subset of psychological evaluation, it is vitally important in gymnastics and therefore, has developed its own category. This area encompasses the athlete's ability to balance, spatially orient, and translate visual and verbal ideas into movement. Simply, this category deals with the ability to learn gymnastics skills. These evaluations are commonly called motor performance tests. This area can encompass testing certain root gymnastics skills or categories of skills.

SKILLS WILL EVER BE ENOUGH TO TRAIN A YOUNG GYMNAST FULLY. The complete development of the gymnast can only be assured with large multilateral development in gymnastics related skills with a gradual and systematic progression from basic to more difficult. These skills must be carefully selected and learned as the athlete matures in his/her sport mastery. It appears that the soundest way to evaluate motor skills and performance is with a few of simple performance tests and by asking the athletes to perform skills on each event from set skill categories. The categories should be sufficiently narrow to guarantee a good representation of the ability of the athlete, and broad enough that the athlete/coach can meet the categories in a variety of ways.



The Talent Opportunity Program seeks to identify talented children who may or may not already be in the current competitive system and to offer them opportunities to develop into an elite or international level athlete. Based on

experience, NO LIST OF “STANDARD”

## Commonly Asked Questions

### Can you practice prior to the Regional and National Testings?

It is encouraged that TOPs be implemented within your program, however, it must be noted that TOPs is not designed to be the sole method of training a young athlete.

### Can you practice during the actual tests?

All athletes will be given an amount of time prior to the testing for general stretch and practicing. Once the test has begun, there should be no more practicing. The exception being at National Testing where there will be touch warm-up prior to each skills testing station.

### How are ages determined, and is membership required?

The ages of the athletes are determined as of December 31st of the year of the test. For example, an athlete who is 8 years old by December 31st must test with the 8-year-old age group. In addition, the athlete must **turn 7 during the current testing year** before she is eligible to test, and an athlete **may not be 12 years of age any time during the testing year**. All athletes **MUST** also be a registered USA Gymnastics Athlete Member.

### What athletes are qualified?

Children are qualified for participation in TOPs if:

- They will be 7 to 11 years of age anytime during the current testing year.
- They have a CURRENT USA Gymnastics Athlete membership.
- Their medical and accompanying forms have been completed. Forms can be found in Appendix B.
- They are not a currently qualified Elite Level athlete.

### What are the benefits of TOPs?

ATHLETES benefit by seeing clearly how their physical abilities and skills compare to other athletes of the same age from across the United States.

The athletes get access to some of the leading authorities in gymnastics via the regional and national clinics.

The athlete's problem areas are identified and noted for more in-depth analysis and remediation. The athletes begin a tracking that will allow them to see how they have progressed from year to year.



The 9-11 YEAR OLD AGE GROUP is invited to participate in a national test where they are evaluated by the USA Gymnastics national staff. They are then ranked with other gymnasts their age from across the nation. Those who qualify and pass the national testing will be invited to attend a training camp at USA

Gymnastics expense. The training camp will include training, evaluations of the athlete's current performance status, and suggestions for improvement.

The individual athlete's personal COACH will have an opportunity to see how his/her coaching efforts compare to the rest of the nation. The feedback from the TOPs testing can be invaluable in determining where the coach's methods stand relative to the rest of the nation. The coaches of all TOP age groups are eligible to attend to the national testing and the national TOPs training camp, an opportunity that has been almost exclusively reserved for elite level coaches



in the past. The TOPs training camp and other educational materials will be provided as part of the informational feedback to TOPs coaches.

### **Is there information on TOPs on the Internet?**

Yes, information on the TOPs program can be found on USA Gymnastics' Web Page. This information may be found at the following web address:

[URL: http://www.usa-gymnastics.org](http://www.usa-gymnastics.org)

[www.usa-gymnastics.org/women/tops/tops.html](http://www.usa-gymnastics.org/women/tops/tops.html)

### **How much does TOPs it cost?**

There are several costs involved. The first is the cost of the physical examination by a physician. We cannot control a physician's fees, but we have tried to remove any tests that have proven to be of great expense and dubious value. There is a \$35 entry fee for regional and national testing. The transportation, lodging, meals, and other related expenses to attend the regional national tests are at the athlete's expense. The national TOPs training camp is completely funded by USA Gymnastics for qualified athletes ONLY. Personal coaches pay their own expenses. \*NOTE: Pending budget.

### **Can a TOP athlete skip a Junior Olympic level of competition?**

Current National TOP Team Members may enter directly into Elite Regional Competitions.

### **Is selection into TOPs a guarantee for gymnastics success?**

TOPs is an educational process designed to find "potentially" talented athletes and educate these athletes along with their coaches and parents. There are several factors involved in the development of an elite athlete; therefore, TOPs cannot be a guarantee predictor of gymnastics success or failure.

### **What is the advantage of TOPs to the club owner?**



Education is the key to any successful program. TOPs provides valuable information for the development of

Elite athletes through interaction with the National Coaching Staff and National Sports Science Staff at National TOP Testings and the National TOP Training Camp.

### **Is there a video available of the Physical Abilities and the National Testing Skills?**



A TOP Video of the Physical Abilities and the National Testing Skills is available through USA Gymnastics Member Services. Call Member Services at 1-800-345-4719 and ask for the TOP Video. The approximate cost is

\$10.00. Please remember that the video is only to be used for a helpful tool. The TOP Manual and Text is the only "official" version of the TOP Program.

## **What is the awards program for TOPs?**

Based upon the results from regional testing:

### **7-8 year olds**

**Diamond Level** - Qualifies a coach from the club that tested the gymnast to attend the National TOP Training Camp. The gymnast will receive the National TOP Team Apparel. Her name will be posted on the USA Gymnastics' Website and her name will be listed in the USA Gymnastics Magazine.

**Gold Level** - The gymnast will receive the National TOP T-shirt and will receive a TOP Certificate of Accomplishment. Her name will be posted on USA Gymnastics' Website.

**Silver and Bronze Level** - The gymnast will receive a TOP Certificate of Accomplishment.



### **9-11 year olds**

**Gold Level** - The gymnast will be invited to attend the National TOP Testing and will receive a National TOP T-shirt at the testing. She will also receive a TOP Certificate of Accomplishment along with her name posted on USA Gymnastics' Website and in the USA Gymnastics Magazine.

**Silver and Bronze Level** - The gymnast will receive a TOP Certificate of Accomplishment.

**9-11 year old athletes** that are accepted onto the National TOP Team will be invited to attend the National TOP Training Camp at USA Gymnastics' expense. The gymnast will receive the National TOP Team apparel and her name will be posted on the USA Gymnastics' Website and in the USA Gymnastics Magazine.

# TOP INFORMATION

The TOPs program has enjoyed incredible participation in its fourteen years of implementation. The program has struggled with budget cuts, growing pains, and enormous problems regarding program magnitude. The sheer size of the program has led to problems that were not fully anticipated in its earliest inception. However, in spite of these things has served several very important needs for the development of USA Gymnastics. The future and continued success of this program is very optimistic.



Several years of analysis and observation have led to needed modifications. It has been difficult to prevent interested people from changing the program without regard for its need to grow and mature. It is difficult for the typical gymnastics coach to step away from his/her immediate circumstances and see the program from a national perspective. However, nine years of analysis indicate that some changes in the program are needed. The following testing manual does not seek to offer program justification as earlier manuals did. This revised manual seeks reduce or eliminate errors that have occurred in previous years.

The results of some previous tests have failed to show discrimination among the athletes. These tests, therefore, have been eliminated. Some tests were found to be discriminatory, but suffered due to a lack of reliability and objectivity. The enormous volume of data that was collected in the earlier program was due to the need to obtain information from relatively broad areas, and then see if this information led to the prediction of talent in gymnasts. It is now appropriate to eliminate some tests that are highly correlated with others, providing us with duplicate information. Some tests were eliminated or modified that were found to be difficult to administer or resulted in biased scores due to different interpretations. Moreover, good discriminating variables for one age group often did not discriminate well for another age group.

## INFORMATION GATHERING AND TESTS

### TOPS TEST DIRECTOR

#### General

The Test Director is in charge of all of the various facets of the TOPs testing event. The Test Director should set up the testing session(s) so that the athletes proceed through the testing with minimal waiting. This will require a rotation system and a minimum of two and possibly three administrators at each station. Minimally, there should be an administrator and a recorder at each test station.

#### Test Personnel Needed

The following tests require an administrator and a recorder:

1. 20 meter dash
2. Vertical Jump
3. Cast Handstand
4. Rope Climb

5. Press Handstand
6. Handstand Hold

The following test should have a administrator, a recorder, and an assistant:

1. Left and Right forward splits
2. Active Shoulder Flexibility
3. Leg Lifts

### **Test Personnel Qualifications**

*All test personnel must be trained prior to testing.* Each administrator should be familiar with the tests he/she is responsible for, and must have received training in how to perform and record the tests. Test Administrators must ensure that the Test Personnel are chosen from the best regional/state coaches available.

### **Warm-ups**

Always schedule a warm up session prior to the start of testing and allow warm up activity to continue throughout the testing sessions.

### **Check Incoming Forms**

Arrange to check all incoming forms for completeness of information ***ATHLETES ARE NOT PERMITTED TO TEST WITHOUT FURNISHING THE FOLLOWING INFORMATION AND SIGNED FORMS PRIOR TO TESTING:***

#### **Forms are found in Appendix B**

1. Medical evaluation form
2. Personal information form
3. Valid USA Gymnastics ID Number
4. Coach's information form
5. Access to information form

Set up a registration table and several readers to obtain and scan the TOPs forms prior to permitting the athletes to enter the testing area. ***IF FORMS ARE INCOMPLETE, ATHLETE(S) ARE NOT PERMITTED TO TEST.***

### **Necessary Equipment**

The following equipment will be needed for the tests listed below:

1. 30 meters or more of a clear area is to be used for the 20-meter sprint. This is usually the vault runway. There is an immovable backstop object for rear foot in push of the start. A clear area at least 10 meters long for the athlete to over run the finish line. A stopwatch is also needed.
2. Handstand Hold requires a padded non spring floor, padded spring floor, low beam or high beam and a stop watch.
3. Leg lifts requires a leg lift bar (stall bar) against a padded wall. A stopwatch is also needed.
4. Cast Handstand requires a set of uneven bars with an additional skill cushion placed below the low bar.

5. The active shoulder flexibility test requires panel mat, instrument to record degrees of an angle (protractor), and a wooden dowel.
6. The left and right split test requires two regulation vaulting boards placed low end to low end.
7. The rope climb test requires a 12-foot rope (or a mark on a rope at 12 feet **and at 6 feet**) with a 12-inch mat on the floor at the bottom of the rope. A stopwatch is also needed.
8. The vertical jump requires a padded wall, chalk and a tape measure.
9. The press handstand requires a low beam, high beam, floor or paralettes.

### **Measurement Units**

Due to disparity of measurement units in the past, the following *MUST* be adhered to for all measurement values:

#### *LENGTH*

1. The active shoulder flexibility test is recorded in degrees of an angle.
2. The vertical jump is recorded in inches to the nearest ½ inch.

#### *TIME*

1. The 20 meters dash test is recorded in seconds and hundredths of seconds.
2. The rope climb test is recorded in seconds and hundredths of seconds.
3. Handstand Hold is recorded in seconds and hundredths of seconds.

#### *REPETITIONS - Total Count*

1. Leg lifts - 35 max. 30 second time limit.
2. Cast Handstand – 7-8 year old - 5 max. 9-10 year old - 10 max.
3. Press handstand - 7-8 year old - 5 max. 9-10 year old - 10 max.

#### *DEDUCTIONS – Total deductions*

1. Right and Left Leg Splits – Total deductions are recorded.

### **Trials**

An athlete receives **ONLY ONE TRIAL** (except 20 meter sprint and vertical jump where two attempts are permitted and the best attempt counts) for each test. The athletes may warm up or practice as much as is practical. The only time an additional trial is allowed is if the athlete has some mishap that is beyond her control and results in an effort that the test administrator (not the coach) feels is far from her best effort.

### **Medical Coverage**

As in all USA Gymnastics sanctioned events, the TOPs test administrator must have medical coverage on site during the testing sessions.

## **INFORMATION FORMS**

### **Medical Examination**

Each gymnast will have a medical physical and obtain written certification by a licensed medical physician prior to participation in the TOPs program. See Appendix B for the medical physical form.

## Personal Information

Each gymnast will provide a completed personal information form, coach's information form, and information waiver form at the time of testing. See Appendix B for the personal information form.

## Anthropometric Tests



All anthropometric measurements have been eliminated from the current testing program at all levels. Exception, for research purposes only, anthropometric measurements may be taken at the National TOP Testing and/or the National TOP Training Camp.

## Handstand Hold



The athlete kicks up into a handstand using a hard or padded non spring floor, a padded spring floor, a low beam or a high beam. The handstand **CANNOT** be performed on parallettes. She must hold the handstand without any walking of the hands during the handstand. 7-9 year olds will hold the handstand for a maximum of 30 seconds and 10-11 year olds will hold the handstand for a maximum of 60 seconds. If the athlete falls (or there is hand walking) within the first 5 seconds for a 7-9 year old or the first 10 seconds for a 10-11 year old, she may have a second attempt. Once 5 or 10 seconds have passed, the handstand test must continue and a second attempt will **NOT** be given. A “start value” will be given for the amount of time the handstand is held.

Deductions will be taken for:

- Body piked = 1
- Body arch = 1
- Arms bent = 1
- Head out = 1
- Bouncing during handstand = 1
- Legs bent = 1
- Feet not pointed = 1



The 20-meter dash is performed on the vault runway or similar running area. The athlete assumes a starting position by placing one foot behind the starting line and the other against a

wall or other immovable object. The administrator is positioned at the finish line of the 20-meter. The administrator starts the stopwatch when the gymnast's foot first strikes the floor past the starting line. The watch is stopped when any part of the gymnast's torso crosses the finish line. Time is recorded to the hundredth of a second. Two attempts should be permitted with the best attempt counting as the final score. At National Testing, the 20-meter sprint test may be conducted electronically.

### Cast Handstand

The gymnast begins in a front support on the low bar of a set of regular competition bars. In addition to the regular matting, at least one skill cushion must be placed under the low bar. The gymnast is not permitted to wear grips. The coach can stand next to the low bar for safety purposes, but cannot spot the gymnast.

The test begins when the gymnast cast to a handstand and then returns to the bar in a front support. The 7-8 year olds will have 5 cast handstand attempts and the 9-11 year olds will have 10 cast handstand attempts. After the 5 or 10 cast handstand attempts (depending on age) the test is over. The athlete can only wait 2 seconds between cast attempts. There is to be no excessive pumping before the cast attempt. Once the hips leave the bar, that will be considered as a cast attempt. Only the properly executed cast handstand will receive credit. The athlete may have one fall, however, she must immediately remount the bar (with NO rechalking) and CONTINUE her test. After a fall, the test does not start over. The test is over once there has been a second fall.

A fall is defined as:

- casting over the bar,
- falling while returning to the bar
- performing a back hip circle while returning to the bar.

If an athlete completes a properly executed cast handstand and then falls, the cast will receive 1/2 credit.

A properly executed cast handstand has:

- Legs straight throughout the cast,
- Arms straight once the hips leave the bar,
- Body straight throughout the cast,
- Attains a straight handstand position

### Leg Lifts



The gymnast begins in a hanging position grasping a leg lift bar with both hands in an over grip and her body in a full hip and shoulder extension. The gymnast then performs a leg lift by bending at the hips to bring her feet to touch the bar. The legs must remain straight throughout the entire lift. The gymnast must either touch the bar or pass

under the bar with her feet. When she returns to the original starting position, with legs straight, a repetition is completed. The score for the test is the total number of successful repetitions. **There is 30-second time limit for this test.**



A pause of longer than 2 seconds results in the end of the test. The administrator should terminate the test if the athlete performs more than 5 concurrent unsuccessful attempts.

## Rope Climb



The gymnast starts by sitting in a piked position (legs together) on a mat located directly under a rope. The test begins when the athlete starts to climb the rope. The gymnast's legs must remain in a piked (legs together) position and held at horizontal throughout the test. The evaluator will start the stopwatch when the athlete begins her first movement. The evaluator will stop the watch when the **9-11 year old** athlete touches a mark on the rope at 12 feet, **the 7-8 year old athlete touches a mark on the rope at 6 feet**, from the original sitting position. The coach is responsible for holding the rope during the test. There will be no evaluation of the athlete coming down the rope.

Form deductions will be taken as follows:

- Legs slightly bent during the test - add 1 second
- Legs severely bent during the test - add 2 seconds
- Legs apart during the test - add 1 second
- Legs falling below horizontal, but not lower than 45 degrees below horizontal, during the test - add 1 second
- Legs falling below 45 degrees from horizontal during the test - add 3 seconds

These deductions are absolute and can be accumulative if there are more than one fault. Example: if the legs are slightly bent, apart and below horizontal, the deduction would be 3 seconds. **Once the athlete has a fault, the deduction should be taken. If the athlete corrects the fault and then repeats the fault, additional deductions should not be taken.**

- If the gymnast uses her legs **on the rope or the floor** to facilitate the climb - score = 0
- If the gymnast fails to reach the required 12 or 6 foot mark - score = 0

## Vertical Jump

The gymnast begins by placing a generous amount of chalk on her fingers and hand.



The gymnast then stands with the dominant side of her body pressed against a flat wall. The gymnast stands flat-footed and reaches with her chalked hand to a position directly overhead and touches the wall leaving a smudge of chalk at the highest point. Following the reach height determination, the

gymnast stands with her dominant side to the wall and performs a vertical jump, placing another chalk mark on the wall at the height of her jump. The evaluator then records the distance perpendicular to the floor, between the top edges of the two chalk marks. Two attempts are permitted for this test and both attempts are recorded with the best attempt to count towards the final score.



## Press Handstand

The gymnast starts in a straddle L position on a low beam, high beam, floor or paralettes. She then straddle presses to a handstand with straight arms and legs. Once the handstand is attained, she then straddle presses back down to the original starting position (straddle L). The 9-11 year old athlete will receive ½ point for pressing up to handstand (one point for the 7-8 year olds) and ½ point for pressing back to the



straddle L position (one point for the 7-8 year olds).

Maximum number of repetitions is 10 for the 9-11 year olds and 5 for the

7-8 year olds. All attempts must be in succession with no more than a 2 second rest at any one position. In order for any press to count, the athlete must have a successful attempt on the up phase. If the gymnast “walks” on her hands during any attempted press, the attempted press will NOT count. However, she may continue her attempts. The test is not over. If the athlete falls on her first press handstand attempt, she may have a second attempt. However, once the first press is completed, there will be NO retest given.

### Additional criteria:

- **The hands cannot be farther apart than the width of the athlete’s shoulders.**
- **The press MUST come to a completely straight handstand with the shoulders open. Legs must come to a horizontal position at the straddle L position at the beginning of EACH press.**
- **Athlete cannot “bounce” off of her arms at the beginning of each press**
- **Press handstand deductions will be strictly enforced**

## FLEXIBILITY TESTS

### Forward Splits-Left and Right

Two regulation vaulting boards (20-22 cm at the crown of the board) are placed low end

to low end. The gymnast begins by placing herself into a split position with one leg on the front board and the other leg on the back



board. The upper torso should be directly over where the two boards meet. The

gymnast must go down on the boards as far as possible. Her hands cannot touch the floor or the vaulting boards during the actual evaluation. Deductions will be made from 15 points using the following criteria:

Height off of the boards:	0 - 5 points
0"=0, 1"=1, 2"=2, 3"=3, 4"=4, 5"=5	
Squared Hips:	0 - 4 points
0°=0, <22°=1, 45°=2, 67°=3, >67°=4	
Squared Shoulders:	0 - 2 points
0°=0, <22°=1, >22°=2	
Body Posture:	0 - 2 points
Back slightly arched=1, Back arched=2	
Leg Form:	0 - 2 point
Leg Form=1, Leg Alignment=1	

### Active Shoulder Flexibility

The gymnast begins by lying in a prone position on a folded panel mat with both arms stretched overhead (forward). The athlete then grasps a dowel with both hands. Touching the tips of the thumbs along the dowel separates the hands. While keeping her chin in full contact with the front edge of the mat at all times, the gymnast lifts her arms into hyper flexion. The wrists of the athlete must remain straight (i.e., not hyper extended). The administrator records the angle in degrees in relation to an imaginary



horizontal plane running through the gymnast’s body. The elbows must

remain straight throughout the test. If the athlete is able to go to 45 degrees, the administrator should record the 45 degrees and award the athlete 10 points for the Shoulder Flexibility test. The athlete is encouraged not to exceed 45 degrees.

## 9-YEAR-OLD TESTS

### 9 Year old - VAULT

Skill	Notes
<ul style="list-style-type: none"> <li>• Front handspring, rebound</li> </ul>	From one step on the floor, perform a front handspring landing with feet together.
<ul style="list-style-type: none"> <li>• Front layout salto onto a 16 inch mat</li> </ul>	Maximum running distance is 60 feet, Using a vault board, jump and perform a layout salto onto a 16-inch mat, land on your feet.
<ul style="list-style-type: none"> <li>• One step, round off on floor, rebound</li> </ul>	From stand on floor, take one step and perform a round off, rebound. Looking for proper body and arm position on round off and rebound.
<ul style="list-style-type: none"> <li>• Round off onto a vaulting board, perform a straight jump onto a 32 inch mat</li> </ul>	The gymnast runs and then performs a round off onto the vaulting board then executes a straight body vertical jump to land on your feet onto the 32-inch mat. The board and safety zone is placed touching the 32 inch mat.

### 9 Year old - BARS

**(Elements are performed on the low bar or a single rail over a pit)**

Skill	Notes
<ul style="list-style-type: none"> <li>• Glide kip cast handstand</li> </ul>	Legs together glide, straight arms, legs and body in the cast
<ul style="list-style-type: none"> <li>• Cast, perform 1 clear hip circle</li> </ul>	Cast is 45 degrees (or higher) with straight arms, legs and body. Clear hip circle should be at least 45 degrees from horizontal and with straight arms, legs and body.
<ul style="list-style-type: none"> <li>• Cast to a late toe on to a toe circle around the bar</li> </ul>	Cast to horizontal or higher, then perform a late toe on (legs together or straddle) to a toe circle around the bar. Toe should touch the bar when the body is on the downward phase or the circle.
<ul style="list-style-type: none"> <li>• 1-3 giants</li> </ul>	Looking for proper tap swing along with straight arms and legs. This may be performed on a single rail.
<ul style="list-style-type: none"> <li>• Layout flyaway dismount</li> </ul>	Looking for proper tap swing prior to the dismount along with tight stretched body during the flyaway. This may be performed on a single rail into a pit from either a tap swing or giant.
<ul style="list-style-type: none"> <li>• Kick to handstand on the floor, hold 2 seconds. Perform a ½ turn pirouette, hold 2 seconds.</li> </ul>	This is performed without assistance on the floor. Looking for straight body in the handstand and only 2 hand changes in the pirouette.

### 9 Year old - BEAM ACRO

Skill	Notes
<ul style="list-style-type: none"> <li>Standing on high beam, perform a scale and hold for 2 seconds. Scale into a handstand and hold the split handstand for 1 second. Put the legs together in handstand and hold for 1 second. Split legs back open (opposite or same side) to a split handstand, hold 1 second. Step down</li> </ul>	<p>This is performed on a high beam. Looking for a controlled handstand with straight legs and arms. Hips should be square in the split handstands.</p>
<ul style="list-style-type: none"> <li>Back Walkover</li> </ul>	<p>Performed on a high beam. Looking for straight arms and legs with good flexibility in the walkover. Good control in the takeoff and landing. Do not fall back onto the beam and land heavily on the hands. Land in lunge.</p>
<ul style="list-style-type: none"> <li>Front handspring</li> </ul>	<p>Should be performed on a low beam. May be performed with a 1 or 2 foot landing and must show flight.</p>
<ul style="list-style-type: none"> <li>Front to back cartwheel</li> </ul>	<p>Performed on a high beam, start facing the middle of the beam. Perform a cartwheel that will end up facing the opposite direction. Looking for straight arms and legs with the body in a vertical position during the cartwheel. Looking for squared hips and solid landing.</p>
<ul style="list-style-type: none"> <li>Back handspring step out, land in lunge</li> </ul>	<p>Performed on a high beam. Looking for straight arms and legs with good repulsion off the hands. Athlete should not lean forward at the beginning of the back handspring and should land in a lunge position.</p>

**9 Year old - BEAM DANCE**  
(Performed on a high beam)

Skill	Notes
<b>National Elite Compulsory - Beam Dance Section</b>	
Beam Dance 1st pass	With continuous forward movement, step and execute two high alternate kicks forward, two alternating side kicks, and two alternating back kicks and finish in a needle scale; lever out of the needle scale to high relevé, fifth position pivot to 1/2 turn
Beam Dance 2nd pass	180° split jump directly connected to a 180° sissoné (2 foot take off with any foot position); one or two steps to a 180° switch split leap

	(legs must be straight, <u>not a stag split</u> ); one or two steps to relevé position on one leg (balance stand), HOLD for 2 seconds with free leg in optional position. If the athlete does not have enough space to perform the relevé hold, she may take steps backward or perform a ½ pivot at the end of the beam prior to the hold element.
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**9 Year old - FLOOR ACRO**  
**(Performed on a spring floor)**

<b>Skill</b>	<b>Notes</b>
<ul style="list-style-type: none"> <li>• Jump off board, punch front salto</li> </ul>	Standing on the high end of a vaulting board facing away from the low end, jump off the board and “punch” the floor to perform the front salto.
<ul style="list-style-type: none"> <li>• Jump hurdle off a board, round off 2 back handsprings to layout salto, rebound</li> </ul>	Standing on the high end of a vaulting board facing away from the low end, perform a jump hurdle to round off to 2 back handsprings to a layout salto, rebound.
<ul style="list-style-type: none"> <li>• Standing back tuck</li> </ul>	Stand and perform a back tuck salto. Looking for good height in salto and good body position. Should “stick” the landing.
<ul style="list-style-type: none"> <li>• Back extension roll to handstand</li> </ul>	Back extension to handstand with straight arms. Looking for straight arms in roll and straight body and legs in the performance of the handstand. Do not to lean forward in the start phase of the roll.

**9 Year old - FLOOR DANCE**  
**(Performed as a dance class)**

<b>Skill</b>	<b>Notes</b>
<ul style="list-style-type: none"> <li>• Pas Marche</li> <li>• Plié, relevé 1<sup>st</sup> position</li> <li>• Plié, relevé 2<sup>nd</sup> position</li> <li>• Battement, both legs forward, side, back</li> <li>• Jumps - take off, height, landing positions (use of feet)</li> <li>• Kicks - front, back - brush through 1<sup>st</sup> position</li> </ul>	Athletes must be familiar with these terms and movements. A dance class will be conducted and each athlete will be expected to be able to perform these movements. Evaluations will be made based upon the performance of these movements for each athlete. Refer to the TOP National Testing Video. Because we encourage all gymnasts to take dance classes, these dance tests assume that the athletes are currently in dance classes.

## 10-YEAR-OLD TESTS

### 10 Year old - VAULT

Skill	Notes
<ul style="list-style-type: none"> <li>Tsukahara timer using a horse set at 110-125 cm landing on your feet</li> </ul>	Mats are stacked behind (or on top) of the vaulting table up to the level of the vaulting table. You may use a sting mat on top of the table.
<ul style="list-style-type: none"> <li>Round off, back handspring up on to 32 - 36 inch high mats landing on your feet.</li> </ul>	Run and perform a round off on to a vault board and perform a back handspring on to a 32 - 36 -inch mat and land on your feet on the mat.
<ul style="list-style-type: none"> <li>From a handstand on a 32 - 36 inch stacked mat(s), snap (fall) down onto a vaulting board, perform a flip flop onto a 8 inch skill cushion</li> </ul>	Mats are stacked to a height of 32-36 inches. The athlete performs a handstand, can be with assistance, then snaps down onto a board that is facing away from the stacked mats. Upon hitting the board, the athlete immediately punches the board and performs a flip flop onto an 8 inch skill cushion. Looking for the quickness off the board (legs should NOT buckle) and the vertical alignment of the body (head neutral) upon landing on the board with arms by the ears.

### 10 Year old - BARS

Skill	Notes
<ul style="list-style-type: none"> <li>Cast, late toe on to a toe circle around the bar</li> </ul>	Cast should be at 45 degrees or higher. The toes should be placed on the bar when the body is in the down phase. There should be a "shoot" off of the bar showing weight on the hands. This does NOT have to be to handstand.
<ul style="list-style-type: none"> <li>3 tap swings with 1/2 turns</li> </ul>	Perform 3 tap swings with 1/2 turns. Tap swings 1/2 turns do NOT have to be in a row, however, they must be with proper body and head alignment.
<ul style="list-style-type: none"> <li>Cast 45 degrees, 2 clear hip circles in a row at 45 degrees.</li> </ul>	Cast to 45 degrees (or higher) and perform 2 clear hip circles in a row at 45 degrees (or higher). Arms and body must remain straight and the head must remain neutral.
<ul style="list-style-type: none"> <li>Long hang kip, cast handstand, 2 giants to layout flyaway.</li> </ul>	Can be performed on a single rail. Looking for proper body and head alignment and proper tap swing in the giants AND the flyaway.
<ul style="list-style-type: none"> <li>Kick to handstand on a floor bar. Perform a 1/2 pirouette to a handstand.</li> </ul>	This is performed without assistance on the floor. The athlete can do a front pirouette (2 hand changes) or a blind change (1 hand change). 8 inch skill cushions should be placed on both sides of the floor bar.

### 10 year old - BEAM ACRO

(all skills are performed on high beam with mats stacked unless stated otherwise)

Skill	Notes
<ul style="list-style-type: none"> <li>From a board or the floor, perform a press handstand. Coming out of the handstand will be optional.</li> </ul>	Looking for straight arms and legs during the press and opened shoulders at the completion of the handstand. Straight body and controlled handstand. Athletes may come out of the handstand in their own manor, however, they must show control.
<ul style="list-style-type: none"> <li>Scale to cross split handstand, hold 2 seconds, legs together handstand hold 2 seconds, opposite leg split handstand, hold two seconds.</li> </ul>	Looking for good split in first handstand with straight legs and squared hips. Athlete then performs a legs together handstand showing proper handstand position and control. Athlete then must slowly split to the opposite side split handstand. All three handstands should be held for 2 seconds each.
<ul style="list-style-type: none"> <li>Front handspring</li> </ul>	May perform a 1 or 2 foot landing showing flight. Mats may be stacked up to the level of the beam
<ul style="list-style-type: none"> <li>Flip flop (legs together), flip flop step out, land in lunge position</li> </ul>	Chest should not lean forward in preparation for the first flip flop. Looking for good body position in flip flops with square hips, straight arms and legs, and good repulsion. The landing MUST be in a squared hips lunge position.
<ul style="list-style-type: none"> <li>Standing back tuck</li> </ul>	This may be performed on a medium or high beam with mats stacked at the level of the beam. Looking for good height of salto and a good landing.
One of the following dismounts: <ul style="list-style-type: none"> <li>Round off, tuck or layout salto dismount</li> <li>Front layout dismount</li> </ul>	Dismount must be performed from a low beam. Looking for good and proper technique. Looking for height on dismount.

### 10 Year old - BEAM DANCE

Skill	Notes
<b>National Elite Compulsory - Beam Dance Section</b>	
Beam Dance 1st pass	With continuous forward movement, step and execute two high alternate kicks forward, two alternating side kicks, and two alternating back kicks and finish in a needle scale; lever out of the needle scale to high relevé, fifth position pivot to 1/2 turn
Beam Dance 2nd pass	180° split jump directly connected to a 180°

	<p>sissoné (2 foot take off with any foot position); one or two steps to a 180° switch split leap (legs must be straight, <u>not</u> a stag split); one or two steps to relevé position on one leg (balance stand), HOLD for 2 seconds with free leg in optional position. If the athlete does not have enough space to perform the relevé hold, she may take steps backward or perform a ½ pivot at the end of the beam prior to the hold element.</p>
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**10 year old - FLOOR ACRO  
(Performed on a spring floor)**

Skill	Notes
<ul style="list-style-type: none"> <li>Run 2-3 steps, front handspring, front salto (tuck, pike or layout)</li> </ul>	Looking for strong handspring with good technique in the salto. Athlete should run out of the salto
<ul style="list-style-type: none"> <li>Jump hurdle, round off, 2 flip flops, layout salto, rebound.</li> </ul>	Athlete stands with feet together. She then jumps to a hurdle and then performs a round off, 2 flip flops to a layout salto with a rebound on the landing. Looking for proper body positions in the all three skills and showing the ability to increase power from the round off and flip flops.
<ul style="list-style-type: none"> <li>Handstand snap down to a back tuck</li> </ul>	Perform a handstand on the high end of a vault board or a panel mat. Snap down from the handstand (legs straight) to the floor and immediately perform a back tuck salto. If needed, this may have a “safety” spot.
<ul style="list-style-type: none"> <li>Back extension roll, straight arms to a ½ turn</li> </ul>	Athlete should not lean forward at the start of the roll. Looking for straight arms and legs in the roll with a straight body in the extension phase. The ½ turn is “blind change” motion. Athlete can roll out or step down from the handstand.

**10 Year old - FLOOR DANCE**

Skill	Notes
<b>National Elite Compulsory Floor Dance Section</b>	
Floor Dance 1st pass	Begin in a pose of your choice, take 2 to 3 steps into a 180° split leap (straight legs) and then steps into a 180° switch-split leap (legs must be straight, not a stag split) to a finish position; then step onto one leg to relevé and hold for 2 seconds (with free leg optional).
Floor Dance	Two or three steps and/or side chassé to cat

2nd pass	leap full; preparation position, full turn on one foot (360°) directly connected to a 180° straddle jump; front or back entry, chassé or step(s) to tour jeté with 180° leg separation.
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## 11-YEAR-OLD TESTS

### 11 Year old - VAULT

Skill	Notes
<ul style="list-style-type: none"> <li>Tsukahara (timer), land on feet</li> </ul>	Perform the Tsukahara timer with mats stacked at or 8 inches above the vaulting table height. Table height will be set at 125 cm.. Land on feet on the stacked mats. May use a sting mat over the table
<ul style="list-style-type: none"> <li>Yurchenko (timer), land on feet</li> </ul>	Will be performed on the vaulting table with mats stacked at table height or 8 inches above. For safety, mats may be placed onto top on the vaulting table. Mats or table may be set at 110-125 cm. Land on feet on mats.

### 11 Year old - BARS

Skill	Notes
<ul style="list-style-type: none"> <li><b>2002 National Elite Compulsory Bar Routine - low bar sequence.</b></li> </ul>	Glide kip cast handstand Glide kip cast handstand Either: <ul style="list-style-type: none"> <li>2 Clear hips circles in a row</li> <li>2 Toe circles in a row</li> <li>2 Stadler circles in a row</li> <li>Any combination of the 3 skills</li> </ul> Glide kip
National Elite Testing Bar Routine. high bar sequence.	May be performed on a single rail over a pit. <ul style="list-style-type: none"> <li>Long hang kip, cast handstand</li> <li>Choice of: Clear hip circle to handstand (or) Toe shoot to handstand</li> <li>Choice of: Giant circle backward to ½ turn (blind change) to giant circle forward to ½ turn (or) Giant circle backwards to ½ turn “higgins” turn to eagle giant to ½ turn</li> <li>Giant circle backwards</li> <li>Layout flyaway (can take steps on landing)</li> </ul>
<ul style="list-style-type: none"> <li>Kick to handstand on floor bar. Perform a full blind change or front pirouette.</li> </ul>	This is performed without assistance on the floor bar. Looking for straight body in the handstand and only 4 hand changes in the front pirouette or 2 hand changes in the blind change. 8 inch skill cushions should be placed

	on both sides of the floor bar..
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### 11 Year old - BEAM ACRO

(all skills are performed on a high beam with or without mats stacked to the bottom of the beam, unless otherwise noted)

Skill	Notes
<ul style="list-style-type: none"> <li>Front handspring step out or a front aerial.</li> </ul>	Performed on the high beam with stacked mats. Looking for proper technique in either skill.
<ul style="list-style-type: none"> <li>Flip flop, flip flop series</li> </ul>	Chest should not lean forward in preparation for the first flip flop. Looking for good body position in flip flops with square hips, straight arms and legs, and good repulsion. The landing MUST be in a squared hips lunge position.
<ul style="list-style-type: none"> <li>Standing back tuck</li> </ul>	This may be performed on a low, medium or high beam with mats stacked at the level of the beam. Looking for good height of salto and a good take off and landing.
<ul style="list-style-type: none"> <li>Dismount timer off of high beam onto at least 40 inches of matting.</li> </ul>	This dismount timer should be the root skill of the athlete's optional dismount.
<p>Must do <u>one</u> of the following, must land on the beam.</p> <ul style="list-style-type: none"> <li>2 back handsprings (legs any position) back salto</li> <li>Round off, salto (may add a back handspring)</li> <li>Punch front salto (may add a front handspring)</li> </ul>	Only <u>1</u> of the 3 series must be performed. The series may be performed on a low beam with mats stacked on the side of the beam.

### 11 Year old - BEAM DANCE

Skill	Notes
<b>National Elite Compulsory - Beam Dance Section</b>	
Beam Dance 1st pass	With continuous forward movement, step and execute two high alternate kicks forward, two alternating side kicks, and two alternating back kicks and finish in a needle scale; lever out of the needle scale to high relevé, fifth position pivot to 1/2 turn
Beam Dance 2nd pass	180° split jump directly connected to a 180° sissonné (2 foot take off with any foot position); one or two steps to a 180° switch split leap (legs must be straight, <u>not</u> a stag split); one or two steps to relevé position on one leg (balance stand), HOLD for 2 seconds with free leg in

	optional position. If the athlete does not have enough space to perform the relevé hold, she may take steps backward or perform a ½ pivot at the end of the beam prior to the hold element.
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### 11 year old - FLOOR ACRO

Skill	Notes
<ul style="list-style-type: none"> <li>• Front handspring, front salto</li> </ul>	This performed from a run. Looking for good body positions in the handspring and the salto.
<ul style="list-style-type: none"> <li>• Jump hurdle, round off, flip flop, layout salto.</li> </ul>	Athlete stands with feet together. She then jumps to a hurdle and then performs a round off, 1 flip flop to a layout salto with a rebound on the landing. Looking for proper body positions in the all three skills and showing the ability to increase power from the round off and flip flop.
<ul style="list-style-type: none"> <li>• Round off, 2 whips saltos, to rebound</li> </ul>	Athlete may run into this sequence. She performs a round off, then whip, whip to a rebound. The coach may spot the rebound.
<ul style="list-style-type: none"> <li>• Round off, 1 or 2 flip flops, layout 1/2 or 1/1 salto.</li> </ul>	Athlete may run into this sequence. She performs a round off, then 1 or 2 flip flops to a layout 1/2 or full salto. Looking for proper technique in the layout twist.
<ul style="list-style-type: none"> <li>• Run, round off, back handspring, tuck or layout salto up onto a 32 inch mat</li> </ul>	Athlete runs and performs a round off, back handspring, tuck or layout salto up onto a <b>32</b> inch mat. She should land on her feet or she can go through to her back. This sequence may have a safety spot if needed.

### 11 Year old - FLOOR DANCE

Skill	Notes
<b>National Elite Compulsory - Floor Dance Section</b>	
Floor Dance 1st pass	Begin in a pose of your choice, take 2 to 3 steps into a 180° split leap (straight legs) and then steps into a 180° switch-split leap (legs must be straight, not a stag split) to a finish position; then step onto one leg to relevé and hold for 2 seconds (with free leg optional).
Floor Dance 2nd pass	Two or three steps and/or side chassé to cat leap full; preparation position, full turn on one foot (360°) directly connected to a 180° straddle jump; front or back entry, chassé or step(s) to tour jeté with 180° leg separation.

Special thanks go out to everyone that has contributed to USA Gymnastics' Talent Opportunity Program. This program could not have existed without your insight and direction.

**USA Gymnastics Women's National Elite Program Committee:**

Program Chair: Gary Anderson  
Reg I Derick Moellenbeck  
Reg II Brad Loan  
Reg III Michael Harris  
Reg IV Greg LaFleur  
Reg V Mary Lee Tracy  
Reg VI Barbara Tiess  
Reg VII Jennifer Bundy  
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**National Coaching Staff:**

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**Women's Program:**

Womens' Program Director—Kathy Kelly  
National TOP Manager—Gary Warren  
Junior Olympic Manager—Connie Maloney  
Program Assistant—Renee Behrens

**TOP Athlete of the Year**

1999 Morgan White  
2000 Tasha Schwikert  
2001 Katie Heenan and Ashley Miles  
2002 Courtney Kupets  
2003 Chellsie Memmel & Carly Patterson  
2004 Courtney Kupets

**Shirley Marshak Memorial Award**

1999 Linda and Wayne Bradshaw  
2000 Sally Weaver - Elite Sportsware  
2001 Muriel Grossfeld  
2002 Roe Kreutzer  
2003 Dr. Larry Nassar & Debbie Van Horn  
2004 Dr. William Sands

**Special thanks to:**

Roe Kreutzer  
Toby Towson  
Vladimir Artemov  
Vladimir Novikov  
Steve Whitlock  
Dr. Dan Benardot  
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James Linderholm  
Kristie Phillips  
Dalie Van Patton  
Patrick Jordan  
Diane Farrell

# TALENT OPPORTUNITY PROGRAM

## Appendix



USA-GYMNASTICS

**ATHLETE MEDICAL HISTORY (To be completed by parent) - Please PRINT/TYPE**

Athlete's Name: \_\_\_\_\_ USAG Region: \_\_\_\_\_ USAG No: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Home Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ Work ( ) \_\_\_\_\_ - \_\_\_\_\_

Family Doctor's Name: \_\_\_\_\_ Family Doctor's Phone ( ) \_\_\_\_\_ - \_\_\_\_\_

Please check (✓) Please explain any "Yes" answers to below questions in the space to the right of each question:

Yes  No 1. Has had injuries requiring medical attention. \_\_\_\_\_

Yes  No 2. Has had illness lasting more than a week. \_\_\_\_\_

Yes  No 3. Is under physician's care now. \_\_\_\_\_

Yes  No 4. Takes medication now. \_\_\_\_\_

Yes  No 5. Wears glasses (contact lenses:  Yes  No). \_\_\_\_\_

Yes  No 6. Has had a surgical operation. \_\_\_\_\_

Yes  No 7. Has been in hospital (except tonsillectomy). \_\_\_\_\_

Yes  No 8. Do you know of any reason why the individual should not participate in gymnastics activities?

Yes  No 9. Has had complete poliomyelitis immunization. \_\_\_\_\_

Yes  No 10. Has had a dental check-up in the past six months. \_\_\_\_\_

11. Most recent tetanus toxoid immunization date: \_\_\_\_\_

12. List known allergies: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**PHYSICIAN'S CERTIFICATE - To be completed by physician - PLEASE PRINT/TYPE**

**To be completed by physician - PLEASE PRINT OR TYPE**

Name of Athlete: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BP: \_\_\_\_\_

Significant Illness or Injury: \_\_\_\_\_

EXAMINATION

SATISFACTORY

UNSATISFACTORY

NOT EXAMINED

Vision \_\_\_\_\_

Hearing \_\_\_\_\_

Respiratory \_\_\_\_\_

Cardiovascular \_\_\_\_\_

Liver, Spleen, Kidney \_\_\_\_\_

Hernia, Genitalia \_\_\_\_\_

Musculoskeletal \_\_\_\_\_

Skin \_\_\_\_\_

Neurological \_\_\_\_\_

Lab Tests-Urinalysis \_\_\_\_\_

Other \_\_\_\_\_

*I certify that I have examined this athlete and find her physically able to compete in supervised gymnastics.*

Physician's Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_ - \_\_\_\_\_

Date: \_\_\_\_\_

Signed: \_\_\_\_\_ M.D.

**PERSONAL INFORMATION FORM - PLEASE PRINT OR TYPE**

Athlete's Name: \_\_\_\_\_ USAG No.: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone(\_\_\_\_)\_\_\_\_ - \_\_\_\_\_ Work Phone(\_\_\_\_)\_\_\_\_ - \_\_\_\_\_ Other Phone:(\_\_\_\_)\_\_\_\_ - \_\_\_\_\_

USAG Region: 1 2 3 4 5 6 7 8 (circle one) Age Group: 7 8 9 10 11 12 (circle one)

Emergency Contact: \_\_\_\_\_ Phone: (\_\_\_\_)\_\_\_\_ - \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Mother's Address: (if different) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_)\_\_\_\_ - \_\_\_\_\_ Work Phone(\_\_\_\_)\_\_\_\_ - \_\_\_\_\_ Other Phone: (\_\_\_\_)\_\_\_\_ - \_\_\_\_\_

Father's Name: \_\_\_\_\_

Father's Address: (if different) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone(\_\_\_\_)\_\_\_\_ - \_\_\_\_\_ Work Phone(\_\_\_\_)\_\_\_\_ - \_\_\_\_\_ Other Phone:(\_\_\_\_)\_\_\_\_ - \_\_\_\_\_

**ACCESS TO INFORMATION FORM**

Pursuant to United States Privacy Legislation, the records of the athlete collected during testing and other assessments by USA Gymnastics and its staff(s) will be used only for internal gymnastics purposes. These records will not be distributed, copied, or published for any other purpose. Upon leaving the Talent Opportunity Program, all name references that could attach records to a particular athlete will be destroyed and replaced by an ID number that cannot be traced to particular person.

To ensure an honest appraisal by the personal coach(es), regional coach(es), and/or national coach(es) and research staff (s), the information obtained from skill scores by these individuals will not be made available to the athlete or the parent(s) or guardians. The athlete(s), parent(s), or guardian(s) may, if they desire, have access to the athlete's physical abilities test results.

This policy is to ensure honesty on the part of the skill evaluators, not to engage in any type of secrecy.

*I agree to relinquish any right, now and in the future, to view the skill evaluations made on my participation in the Talent Opportunity Program of USA Gymnastics.*

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*I agree to relinquish any right, now and in the future, to view the skill evaluations made on my child's participation in the Talent Opportunity Program of USA Gymnastics.*

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**COACH/CLUB INFORMATION FORM - PLEASE PRINT OR TYPE**

Coach's Name: \_\_\_\_\_ USAG No: \_\_\_\_\_ Safety Expiration Date: \_\_\_\_\_

Club Name: \_\_\_\_\_

Club Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Club Phone: (\_\_\_\_)\_\_\_\_ - \_\_\_\_\_ Home Phone: (\_\_\_\_)\_\_\_\_ - \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

EMAIL: \_\_\_\_\_ FAX: \_\_\_\_\_



## Regional and National TOP Testing Forms

Athlete's Name: \_\_\_\_\_ USAG# \_\_\_\_\_  
 Athlete's Club \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Age Group: 6 7 8 9 10 11 (circle one) Today's Date \_\_\_\_\_  
 Region: 1 2 3 4 5 6 7 8 (circle one)

### FLEXIBILITY TESTS - PLEASE PRINT OR TYPE

Leg Flexibility (Deductions)	Height 0-5	Hips 0-4	Posture 0-2	Shoulder 0-2	Legs 0-2	Total ded. 0-15	Final score 15-0
Right Forward Split							
Left Forward Split							

Shoulder Flexibility	Degrees	Evaluator
Active Shoulder Flexibility (degree)		

### STRENGTH AND POWER TESTS - PLEASE PRINT OR TYPE

Test	Count/Time	Faults	Adjusted	Evaluator
Leg Lifts (total reps-30 seconds):				
UB Pull ups with block (total reps-20 max):				
Vertical Jump (total inches):				
Press Handstand (9-11 <u>10</u> max. 7-8 <u>5</u> max): For 7-8 year old, record actual number of presses				
Handstand Hold (7-9 year old 30 seconds/10-11 year old 60 seconds)				
65.5ft (20 m) dash (seconds-hundredths)				
9-11 <u>12ft.</u> 7-8 <u>6ft.</u> Rope Climb (seconds):				

### SKILLS TESTS - National Testing Only -PLEASE PRINT OR TYPE

Vault: \_\_\_\_\_ Evaluator \_\_\_\_\_ Office Use \_\_\_\_\_  
 Bars: \_\_\_\_\_ Evaluator \_\_\_\_\_ Office Use \_\_\_\_\_  
 Beam Acro: \_\_\_\_\_ Evaluator \_\_\_\_\_ Office Use \_\_\_\_\_  
 Beam Dance: \_\_\_\_\_ Evaluator \_\_\_\_\_ Office Use \_\_\_\_\_  
 Floor Acro: \_\_\_\_\_ Evaluator \_\_\_\_\_ Office Use \_\_\_\_\_  
 Floor Dance: \_\_\_\_\_ Evaluator \_\_\_\_\_ Office Use \_\_\_\_\_  
**Total** \_\_\_\_\_ **Evaluator** \_\_\_\_\_ **Office Use** \_\_\_\_\_



## 2000 TOP Averages and Standard Deviations

2000 Physical Abilities Regional and National Testing TOP Averages and Standard Deviations																				
	Shoulder Flexibility Standard Deviation	Right Leg Split Standard Deviation	Left leg Split Standard Deviation	Leg Lifts Standard Deviation	Pull Ups Standard Deviation	Vertical Jump Standard Deviation	Press Handstand Standard Deviation	Push Ups Standard Deviation	20 Meter Sprint Standard Deviation	Hollow Hold Standard Deviation										
7 yr old																				
Regional	22.4	15	7.1	3.9	6.7	3.7	15.2	11	7.9	4.6	12	2.1	1	1.8	34.5	15.8	3.74	0.24	55.9	10.2
8 Yr Old																				
Regional	22.5	14.5	8.5	3.5	8.2	3.9	19.4	10.6	10.1	5.3	13.2	2	1.4	2.2	40.1	14.8	3.55	0.23	57.6	7.8
9 yr old																				
Regional	28.3	14.6	9.2	3.9	8.5	4.1	22.3	10.7	12.2	5.3	14.7	2.2	1.6	2.4	43.3	13.5	3.41	0.18	58.1	6.7
National	35.27	14.12	11.11	2.88	10.5	3.11	23.53	8.8	16.87	3.66	14.72	1.62	4.09	3.51	45.18	11.77	3.58	0.12	0	0
10 yr old																				
Regional	31.6	13.9	9.8	4.1	9.4	4.3	22.1	10.2	12.9	5.1	15.9	2.3	2	2.7	43.5	12.5	3.3	0.19	58.1	6.7
National	35.27	13.82	11.68	2.94	11.11	2.95	24.96	9.05	17.02	3.66	16.27	1.78	4.15	3.56	42.98	11.19	3.45	0.13	0	0
11 yr old																				
Regional	33.4	13.6	11	4.3	9.5	4.1	23	10.7	12.9	4.9	17.3	2.5	2.6	3.1	44.1	13.5	3.21	0.18	58.4	6.6
National	38.94	11.47	12.84	3.56	12.16	3.28	26.62	7.7	16.51	3.35	17.59	2.13	5.06	3.41	43.9	10.99	3.3	0.17	0	0

2000 National Skills Testing Averages and Standard Deviations												
	Vault Standard Deviation	Bars Standard Deviation	Beam Acro Standard Deviation	Beam Dance Standard Deviation	Floor Acro Standard Deviation	Floor Dance Standard Deviation						
9 yr old												
National	6.64	0.61	6.39	1.33	5.92	1.22	5.26	1.21	6.69	1.36	6.87	1
10 yr old												
National	6.19	0.86	6.45	1.42	5.83	1.33	5.27	1.16	6.47	1.39	6.84	1.21
11 yr old												
National	6.27	0.65	6.15	1.58	6.03	1.19	5.68	1.38	6.25	1.66	7.05	1.31



## 2001 National Averages and Standard Deviations

2001 Physical Abilities Regional and National Testing TOP Averages and Standard Deviations																				
	Shoulder Flexibility Standard Deviation	Right Leg Split Standard Deviation	Left leg Split Standard Deviation	Leg Lifts Standard Deviation	Pull Ups Standard Deviation	Vertical Jump Standard Deviation	Press Handstand Standard Deviation	Push Ups Standard Deviation	20 Meter Sprint Standard Deviation	Rope Climb Standard Deviation										
7 yr old																				
Regional	23.7	15.7	3.72	2.48	3.96	2.58	11.98	6.08	9.43	5.57	12.45	2.19	1.05	1.36	37.67	15.89	3.73	0.27	21.68	6.55
8 Yr Old																				
Regional	25.97	14.35	3.43	2.49	3.56	2.69	13.68	5.69	11.4	5.03	13.56	2.45	1.57	1.67	42.11	15.61	3.59	0.23	19.87	7.78
9 yr old																				
Regional	30.44	14.84	3.38	2.78	3.46	2.69	15.37	5.9	13.08	5.13	15.33	2.51	2.45	3.16	44.44	15.25	3.41	0.25	16.59	6.5
National	33.05	14.45	4.79	1.87	4.74	1.89	17.49	4	16.45	3.58	14.83	1.79	6.49	3.7	46.41	12.73	3.37	0.14	12.86	3.29
10 yr old																				
Regional	34.01	13.48	3.89	3	3.98	2.94	16.09	4.97	14.93	4.26	16.56	2.36	2.82	3.12	46.62	13.07	3.34	0.23	14.7	5.86
National	34.93	13.95	4.76	2.35	4.73	2.25	17.02	3.99	16.94	3.39	16.35	1.77	6.08	3.55	47.2	11.1	3.27	0.13	10.77	3.04
11 yr old																				
Regional	35.03	13.16	3.83	3.06	3.97	3.14	16.06	5.16	14.94	4.5	17.7	2.06	3.03	3.31	46.06	13.07	3.27	0.25	13.38	6.1
National	38.64	11.28	4	2.31	4.03	2.45	17.18	3.95	17.25	2.93	17.41	1.91	7	2.98	46.79	11.71	3.22	0.11	10.32	2.63

2001 National Skills Testing Averages and Standard Deviations												
	Vault Standard Deviation	Bars Standard Deviation	Beam Acro Standard Deviation	Beam Dance Standard Deviation	Floor Acro Standard Deviation	Floor Dance Standard Deviation						
9 yr old												
National	7.65	0.92	7.69	0.87	7.29	0.92	6.92	1.22	7.5	0.86	8.1	0.75
10 yr old												
National	7.86	0.66	7.95	0.75	7.74	0.84	7.05	1.11	7.84	0.77	8.21	0.78
11 yr old												
National	7.45	0.67	7.9	0.77	7.43	1.09	6.95	1.22	7.56	0.99	8.11	0.73



## 2002 TOP Averages and National Best

2002 Physical Abilities Regional and National Testing TOP Averages and National Best																						
	Shoulder Flexibility	National Best	Right Leg Split	National Best	Left leg Split	National Best	Leg Lifts	National Best	Pull Ups	National Best	Vertical Jump	National Best	Press Handstand	National Best	Push Ups	National Best	20 Meter Sprint	National Best	Rope Climb	National Best	Over All Average	National Best
7 yr old	24.4	45	4.07	0	4.08	0	11.93	23	8.92	20	12.02	20	1.07	5	35.41	65	3.73	2.75	8.84	2.9	na	93.5
Regional																						
8 Yr Old	29.27	45	3.19	0	3.68	0	14.11	23	11.04	20	13.93	20	1.99	5	41.69	65	3.57	2.98	6.98	2.28	na	95
Regional																						
9 yr old																						
Regional	32.59	45	2.97	0	3.36	0	15.79	29	12.76	20	15.55	23	2.57	10	45.71	65	3.42	2.52	14.85	5.31	na	93
National	31.95	45	2.29	0	2.52	0	16.95	23	16.97	20	14.58	20.25	6.28	10	42.42	65	3.5	3.14	11.22	6.09	67.51	87.5
10 yr old																						
Regional	35.4	45	3.06	0	3.4	0	16.59	25	13.9	20	16.86	27	3.78	10	46.24	65	3.31	2.72	13.37	5.46	na	95.5
National	34.26	45	2.57	0	2.55	0	17.72	23	17.39	20	16.56	23	6.88	10	47.76	65	3.41	3.1	9.51	5.57	70.59	93.5
11 yr old																						
Regional	36.08	45	3.23	0	3.68	0	16.85	29	14.47	20	18.2	27	3.49	10	46.47	65	3.22	2.74	12.44	5.48	na	95
National	32.62	45	4.22	0.5	4.49	0.5	18.05	23	17.75	20	17.43	23.25	6.56	10	46.67	65	3.35	3.07	8.47	5.56	65.81	89

### 2002 National Skills Testing Averages and National Best

	Vault	National Best	Bars	National Best	Beam Acro	National Best	Beam Dance	National Best	Floor Acro	National Best	Floor Dance	National Best	Over All Average	National Best
9 yr old														
National	7.5	9.2	7.68	9.4	7.69	9	7.31	9.2	7.62	9.7	7.92	9.25	45.71	54.35
10 yr old														
National	8.01	9.5	7.97	9.3	8.23	9.2	7.97	9.5	8.02	9.55	8.53	9.75	48.73	55.35
11 yr old														
National	7.56	9	7.52	9.3	7.79	9.5	7.32	9.5	7.54	9.55	7.9	9.3	45.62	53.75



## 2003 National TOP Averages and National Best

2003 Physical Abilities Regional and National Testing TOP Averages and National Best																						
	Shoulder Flexibility	National Best	Right Leg Split	National Best	Left leg Split	National Best	Leg Lifts	National Best	Pull Ups	National Best	Vertical Jump	National Best	Press Handstand	National Best	Push Ups	National Best	20 Meter Sprint	National Best	Rope Climb	National Best	Over All Average	National Best
7 yr old																						
Regional	22.02	45	3.07	0	3.16	0	12.88	25	9.72	21	12.06	18	1.34	5	33.87	65	3.84	3.08	8.39	2.33	na	84.25
8 Yr Old																						
Regional	28.19	45	3.15	0	3.18	0	13.87	26	11.16	20	14.1	21	1.63	5	37.04	65	3.62	3	6	2.1	na	87.5
9 yr old																						
Regional	31.52	45	2.84	0	3.05	0	15.37	26	13.39	20	15.44	21.5	2.56	10	40.65	65	3.46	2.58	15.38	6.29	na	87
National	37.29	45	3.08	0	3.37	0	14.27	24	18.1	20	16.03	21	3.83	10	33.02	60	3.56	3.22	11.41	6.13	na	83
10 yr old																						
Regional	32.4	45	2.42	0	2.8	0	16.19	27	14.15	20	16.71	23.5	3.32	10	42.47	65	3.35	2.79	13.53	5.16	na	86.5
National	38.41	45	2.44	0	3.08	0	16.35	23	18.35	20	17.49	23	6.05	10	40.11	57	3.46	3.1	9.16	5.09	na	82
11 yr old																						
Regional	35.1	45	2.84	0	2.88	0	16.87	25	14.87	20	18.16	24.5	4.14	10	43.15	65	3.26	2.7	12.14	5.61	na	85
National	40.3	45	4.48	0	4.74	0	16.15	23	18.7	20	18.58	24	6.01	10	37.03	58	3.37	3.06	8.51	4.25	na	81.5

2003 National Skills Testing Averages and National Best														
	Vault	National Best	Bars	National Best	Beam Acro	National Best	Beam Dance	National Best	Floor Acro	National Best	Floor Dance	National Best	Over All Average	National Best
9 yr old														
National	7.94	9.4	7.93	9.8	7.6	9.2	7.23	9.5	8.06	9.5	7.61	9.4	45.9	55.5
10 yr old														
National	8.05	9.4	8.19	9.7	7.8	9.4	8.15	9.4	8.53	9.3	7.96	9.5	47.55	56.5
11 yr old														
National	8.03	9.3	7.93	9.3	7.81	9.5	7.46	9.5	8.27	9.2	7.86	9.4	47.27	54.7

2004 TOP  
Averages and National Best

2004 Physical Abilities Regional and National Testing TOP Averages and National Best																						
	Shoulder Flexibility	National Best	Right Leg Split	National Best	Left leg Split	National Best	Leg Lifts	National Best	Pull Ups	National Best	Vertical Jump	National Best	Press Handstand	National Best	Push Ups	National Best	20 Meter Sprint	National Best	Rope Climb	National Best	Over All Average	National Best
7 yr																						
Reg	<b>23.40</b>	45.00	<b>3.10</b>	0.00	<b>3.30</b>	0.00	<b>12.60</b>	25.00	<b>9.50</b>	20.00	<b>12.00</b>	18.00	<b>0.90</b>	5.00	<b>34.70</b>	65.00	<b>3.80</b>	3.20	<b>7.90</b>	2.50	<b>48.70</b>	84.50
8 yr																						
Reg	<b>28.80</b>	45.00	<b>2.50</b>	0.00	<b>2.80</b>	0.00	<b>15.50</b>	28.00	<b>12.60</b>	20.00	<b>14.10</b>	20.00	<b>1.70</b>	5.00	<b>40.70</b>	65.00	<b>3.60</b>	3.00	<b>5.70</b>	2.00	<b>54.96</b>	84.50
9 yr																						
Reg	<b>31.50</b>	45.00	<b>2.80</b>	0.00	<b>2.90</b>	0.00	<b>15.80</b>	26.00	<b>13.80</b>	20.00	<b>15.70</b>	23.50	<b>2.90</b>	10.00	<b>41.70</b>	65.00	<b>3.50</b>	2.80	<b>14.40</b>	4.60	<b>53.60</b>	86.50
Nat	<b>38.06</b>	45.00	<b>1.29</b>	0.00	<b>1.71</b>	0.00	<b>17.64</b>	26.00	<b>18.21</b>	20.00	<b>16.68</b>	21.00	<b>5.66</b>	10.00	<b>35.40</b>	56.00	<b>3.52</b>	3.25	<b>9.96</b>	5.49	<b>63.42</b>	82.25
10 yr																						
Reg	<b>33.30</b>	45.00	<b>2.50</b>	0.00	<b>2.80</b>	0.00	<b>17.00</b>	28.00	<b>14.90</b>	20.00	<b>16.80</b>	24.50	<b>3.70</b>	10.00	<b>43.80</b>	65.00	<b>3.30</b>	2.86	<b>12.80</b>	4.70	<b>56.81</b>	87.50
Nat	<b>38.82</b>	45.00	<b>1.53</b>	0.00	<b>1.82</b>	0.00	<b>18.04</b>	24.00	<b>19.08</b>	20.00	<b>17.86</b>	22.50	<b>7.30</b>	10.00	<b>41.63</b>	65.00	<b>3.42</b>	3.11	<b>8.37</b>	5.20	<b>64.05</b>	81.50
11 yr																						
Reg	<b>35.60</b>	45.00	<b>2.20</b>	0.00	<b>2.60</b>	0.00	<b>17.10</b>	27.00	<b>15.80</b>	20.00	<b>18.30</b>	25.00	<b>4.00</b>	10.00	<b>43.80</b>	65.00	<b>3.20</b>	2.80	<b>11.30</b>	4.20	<b>56.92</b>	86.50
Nat	<b>39.91</b>	45.00	<b>1.85</b>	0.00	<b>2.46</b>	0.00	<b>18.21</b>	25.00	<b>19.01</b>	20.00	<b>18.04</b>	23.50	<b>6.85</b>	10.00	<b>38.60</b>	57.00	<b>3.36</b>	3.10	<b>7.80</b>	3.97	<b>60.85</b>	78.50

2004 TOP  
Averages and National Best

2004 National Skills Testing Averages and National Best														
	<b>Vault</b>	Nat Best	<b>Bars</b>	Nat Best	<b>Beam Acro</b>	Nat Best	<b>Beam Dance</b>	Nat Best	<b>Floor Acro</b>	Nat Best	<b>Floor Dance</b>	Nat Best	<b>Over All Average</b>	Nat Best
9 yr old														
Nat	<b>8.02</b>	9.40	<b>8.25</b>	9.30	<b>8.02</b>	9.30	<b>7.30</b>	9.40	<b>7.80</b>	9.50	<b>7.87</b>	9.70	<b>47.20</b>	56.50
10 yr old														
Nat	<b>8.22</b>	9.70	<b>8.47</b>	9.50	<b>8.21</b>	9.50	<b>8.11</b>	9.80	<b>8.04</b>	9.70	<b>8.36</b>	9.50	<b>49.33</b>	56.20
11 yr old														
Nat	<b>7.87</b>	9.40	<b>8.12</b>	9.70	<b>8.30</b>	9.50	<b>7.59</b>	9.60	<b>8.18</b>	9.70	<b>8.10</b>	9.65	<b>47.08</b>	56.25

2005 TOP  
Averages and National Best

2005 Physical Abilities Regional and Naional Testing TOP Averages and National Best																							
	Shoulder Flexibility	National Best	Right Leg Split	National Best	Left leg Split	National Best	Leg Lifts	National Best	Pull Ups	National Best	Vertical Jump	National Best	Press Handstand	National Best	Handstand Hold	National Best	20 Meter Sprint	National Best	Rope Climb	National Best	Over All Average	National Best	Cutoff Scores
7 yr																							
Reg	<b>21.52</b>	45.00	<b>8.63</b>	15.00	<b>7.98</b>	15.00	<b>13.38</b>	26.00	<b>10.64</b>	20.00	<b>12.16</b>	18.00	<b>1.10</b>	5.00	<b>5.66</b>	30.00	<b>3.80</b>	3.15	<b>8.29</b>	2.38	<b>43.40</b>	85.50	????
8 yr																							
Reg	<b>25.58</b>	45.00	<b>9.24</b>	15.00	<b>8.92</b>	15.00	<b>14.87</b>	25.00	<b>12.22</b>	20.00	<b>13.54</b>	21.25	<b>1.59</b>	5.00	<b>8.96</b>	30.00	<b>3.61</b>	3.00	<b>6.20</b>	1.82	<b>46.82</b>	86.00	????
9 yr																							
Reg	<b>29.18</b>	45.00	<b>9.76</b>	15.00	<b>9.30</b>	15.00	<b>16.20</b>	26.00	<b>14.07</b>	20.00	<b>15.32</b>	23.00	<b>3.29</b>	10.00	<b>14.95</b>	30.00	<b>3.46</b>	2.89	<b>14.28</b>	5.84	<b>48.55</b>	84.50	<b>62.00</b>
Nat	<b>39.60</b>	45.00	<b>10.20</b>	14.00	<b>9.60</b>	14.00	<b>18.40</b>	26.00	<b>18.80</b>	20.00	<b>15.10</b>	19.50	<b>6.00</b>	10.00	<b>26.80</b>	30.00	<b>3.55</b>	3.20	<b>9.40</b>	5.69	<b>63.30</b>	88.30	na
10 yr																							
Reg	<b>31.80</b>	45.00	<b>10.00</b>	15.00	<b>9.80</b>	15.00	<b>16.70</b>	28.00	<b>14.40</b>	20.00	<b>16.70</b>	25.00	<b>3.50</b>	10.00	<b>25.20</b>	60.00	<b>3.34</b>	2.80	<b>12.90</b>	4.80	<b>47.74</b>	85.00	<b>61.00</b>
Nat	<b>40.20</b>	45.00	<b>10.10</b>	14.00	<b>9.80</b>	14.00	<b>17.10</b>	25.00	<b>19.10</b>	20.00	<b>16.20</b>	21.30	<b>6.30</b>	10.00	<b>49.40</b>	60.00	<b>3.45</b>	3.20	<b>8.48</b>	4.93	<b>61.10</b>	84.00	na
11 yr																							
Reg	<b>33.31</b>	45.00	<b>10.34</b>	15.00	<b>10.18</b>	15.00	<b>17.46</b>	26.00	<b>15.87</b>	20.00	<b>17.98</b>	26.00	<b>4.68</b>	10.00	<b>33.39</b>	60.00	<b>3.25</b>	2.79	<b>10.61</b>	4.75	<b>52.74</b>	84.00	<b>67.00</b>
Nat	<b>42.70</b>	45.00	<b>10.10</b>	15.00	<b>9.50</b>	14.00	<b>17.80</b>	25.00	<b>19.40</b>	20.00	<b>17.10</b>	22.80	<b>6.30</b>	10.00	<b>51.50</b>	60.00	<b>3.40</b>	3.10	<b>7.40</b>	4.20	<b>61.80</b>	78.50	na



2006 TOP  
Averages and National Best

2006 Physical Abilities																						
	Shoulder Flexibility	National Best	Right Leg Split	National Best	Left leg Split	National Best	Leg Lifts	National Best	Cast Handstand	National Best	Vertical Jump	National Best	Press Handstand	National Best	Handstand Hold	National Best	20 Meter Sprint	National Best	Rope Climb	National Best	PA Total	National Best
7 yr																						
Reg	<b>21.85</b>	45.00	<b>9.48</b>	15.00	<b>8.42</b>	14.00	<b>13.53</b>	24.00	<b>0.46</b>	5.00	<b>12.65</b>	21.00	<b>1.15</b>	5.00	<b>5.86</b>	28.00	<b>3.78</b>	3.03	<b>7.65</b>	2.74	<b>38.67</b>	76.16
8 yr																						
Reg	<b>27.57</b>	45.00	<b>10.45</b>	15.00	<b>9.72</b>	15.00	<b>15.60</b>	26.00	<b>1.02</b>	5.00	<b>14.04</b>	21.00	<b>1.84</b>	5.00	<b>10.13</b>	30.00	<b>3.59</b>	2.98	<b>5.85</b>	1.57	<b>45.38</b>	85.49
9 yr																						
Reg	<b>31.92</b>	45.00	<b>10.90</b>	15.00	<b>10.43</b>	15.00	<b>17.31</b>	26.00	<b>2.46</b>	10.00	<b>15.83</b>	22.25	<b>3.34</b>	10.00	<b>14.49</b>	30.00	<b>3.43</b>	2.81	<b>13.62</b>	4.06	<b>46.76</b>	83.99
Nat	<b>40.47</b>	45.00	<b>10.59</b>	15.00	<b>10.50</b>	15.00	<b>19.30</b>	25.00	<b>3.08</b>	10.00	<b>14.88</b>	19.25	<b>5.52</b>	10.00	<b>24.58</b>	30.00	<b>3.49</b>	3.10	<b>9.73</b>	6.35	<b>56.91</b>	81.99
10 yr																						
Reg	<b>33.39</b>	45.00	<b>11.11</b>	15.00	<b>10.56</b>	15.00	<b>18.04</b>	29.00	<b>3.44</b>	10.00	<b>17.00</b>	25.50	<b>4.63</b>	10.00	<b>31.10</b>	60.00	<b>3.33</b>	2.60	<b>12.04</b>	4.06	<b>50.91</b>	84.96
Nat	<b>42.31</b>	45.00	<b>10.87</b>	15.00	<b>10.39</b>	14.00	<b>20.89</b>	26.00	<b>4.28</b>	9.50	<b>15.89</b>	19.25	<b>8.23</b>	10.00	<b>50.29</b>	60.00	<b>3.42</b>	3.16	<b>8.15</b>	5.06	<b>60.40</b>	77.52
11 yr																						
Reg	<b>34.93</b>	45.00	<b>11.28</b>	15.00	<b>10.78</b>	15.00	<b>17.88</b>	27.00	<b>4.28</b>	10.00	<b>18.32</b>	24.50	<b>4.60</b>	10.00	<b>33.15</b>	60.00	<b>3.22</b>	2.48	<b>10.32</b>	4.36	<b>54.13</b>	84.96
Nat	<b>42.93</b>	45.00	<b>9.06</b>	14.00	<b>8.68</b>	15.00	<b>19.75</b>	26.00	<b>3.90</b>	10.00	<b>16.69</b>	20.50	<b>7.96</b>	10.00	<b>47.43</b>	60.00	<b>3.32</b>	3.11	<b>7.70</b>	5.19	<b>59.25</b>	82.52

2006 TOP  
Averages and National Best

2006 Skills															2006 Overall						
	Vault	Nat Best	Bars	Nat Best	Beam Acro	Nat Best	Beam Dance	Nat Best	Floor Acro	Nat Best	Floor Dance	Nat Best	Skills Total	Nat Best						Overall Adjusted Total	Overall Adjusted National Best
9 yr																					
Nat	<b>8.51</b>	9.70	<b>7.65</b>	9.70	<b>8.09</b>	9.50	<b>8.24</b>	9.50	<b>8.41</b>	9.50	<b>8.49</b>	9.70	<b>32.86</b>	38.10						<b>74.59</b>	87.81
10 yr																					
Nat	<b>8.58</b>	9.40	<b>7.60</b>	9.50	<b>8.02</b>	9.40	<b>8.44</b>	9.60	<b>8.54</b>	9.50	<b>8.62</b>	9.70	<b>33.23</b>	37.38						<b>78.29</b>	90.09
11 yr																					
Nat	<b>8.30</b>	9.30	<b>7.54</b>	9.30	<b>8.19</b>	9.30	<b>8.50</b>	9.80	<b>8.66</b>	9.70	<b>8.82</b>	9.70	<b>33.48</b>	37.20						<b>80.13</b>	92.74



## Coaching Elites

### COACHING ELITE ATHLETES

Coaching elite athletes is not for everyone. Before you make this commitment you must consider the goals, the full scope of the responsibilities, and the time requirement.

The goals of all will be achieved only by those who are totally committed and dedicated to this task. Many personal sacrifices will be made by you, your families, and your athletes. The choice to coach at this level will also be a financial burden to your business.

At the end of this total commitment you will reap the rewards of your efforts and will have pride in seeing the results of the hard work when our team is standing on the medal podium once again. You will not regret having made the commitment!

The optimal plan for training elite athletes would be to conduct two workouts per day, six days per week.

The content of the morning workout: 2 - 3 hours duration

- Endurance and conditioning
- Vaulting
- Beam Basics

The content of the afternoon workout 3 - 4 hours duration

- General Warm-up
- Basic Acro
- Bars
- Beam
- Floor
- Short conditioning program

Include full tumbling, flexibility and dance in the afternoon. In addition, a dance professional should conduct a dance session a minimum of two times a week. The sessions should be one hour long and spaced within the week. The professional needs to understand the dance needs for gymnastics.

Other important points

- A. Monitor all phases of warm-up, conditioning and flexibility programs.
- B. Constant attention with short verbal cues to form (knees, feet, body position, posture, squared hips, etc) is a must.
- C. Attitude - develop and demand respect and self-discipline for yourself and your athletes. Small things make a big difference. These are the fundamental attributes to any successful endeavor.
- D. Basic drills on each apparatus!
- E. Injury - particular attention to physical shortcomings. Proper conditioning and extra attention to weak areas can prevent injuries. Early and accurate diagnosis with proper rehabilitation is vital.
- F. Athlete selection should be based upon necessary proven criteria to avoid disgruntled athletes and parents.
- G. Provide education to the athletes and parents on nutrition.
- H. Set your own standards of behavior and responsibilities and then stand by them.



## Beam Complex

USA Gymnastics  
National Team Balance Beam Complex

minimum number of passes:

- 2 passes Walks forward in high relevé
- 1 pass Side walks to middle 3 pivots to right, ½ turn side walks 3 points to left.
- 2 passes High kicks on toe, close on toe.
- 1 pass Brush leg to 45 degrees (turn out), relevé 3 times, other side.
- 1 pass step left leg to 90 degrees - lift higher 2 times - step, repeat on other side.
- 2 passes Passé - develop leg forward turned out. do flat pass ½ way - do relevé the rest.
- 1 pass Step, step forward pivot - step, step backwards pivot.
- 2 passes Long run - arms soft.
- 1 pass Middle of beam.
- Right foot front relevé - pile through whole foot to place heels down - do 3 times. Then do 2 jumps coming all the way through the feet. Repeat on other side.
- 2 passes High toe jumps, traveling jumps.
- 1 pass A turn to balance - 2 choices. Step straight leg or step pile turn. Must be continuous.
- 1 pass Sissone hold arabesque 1 second. Repeat.



## Conditioning

The following is a recommended conditioning program to be done at the end of the general/endurance warm-up.

### CONDITIONING PROGRAM

- Press Handstands (10)
- Handstand Push-ups (10) Pike ups (10)
- Cast Handstands 10 spotted, 6 no spot
- Pull-up, pull-overs (10)
- Levers (10)
- Rope Climb (2 times)
- Leg lifts (20)
- Around the world (10)
- Still handstands against the wall - both sides (15 seconds)
- Body lifts over a horse



## National Team Warm-up

### Preparation

Jump Rope (optional)  
Variation of jumping 5 minutes

### Walking Around Mat

Head and wrist rolls 8-16 counts  
Shoulder circles w/bent arms 8-16 counts  
Arm swings Up, Down, Cross, Side 4 times each  
Trunk twists arms in opposition 8-16 counts  
Toe/Foot Stretches  
Ball of foot lifts R begins then switch, quick 8 times  
Top of toe lifts R begins then switch, quick 8 times  
Repeat  
2 steps rebound, R begins 4 times

### Cardio

Running  
Forward runs 3-5 passes  
Backward runs 1 pass  
Knee Lifts 1 pass  
Butt kicks 1 pass  
Prance, toes point, legs straight in front 1 pass  
Power skips using big arm swing 1-3 passes

### Walks

High toe 8-16 counts  
Heel 8-16 counts

### Stretching

Arm Swings  
R back, L back 4 each  
R forward, L forward 4 each  
Alternating R back first 4 each  
Alternating L back first 4 each  
Diagonal swings R then L 4 each  
Trunk (stand in straddle)  
Trunk twist, R begins 4 each  
Pilé twist R Straight twist L lifting L leg 2 times  
Repeat beginning with L  
Hip push RLRL  
Hip circle begin to R 1 time  
Repeat to L  
R lean, R hand on hip, L arm overhead stretching  
2 times

L lean, L hand on hip, R arm overhead stretching  
2 times  
Forward lean, hands on hips 2 times  
Backward lean, hands on hips 2 times  
Arms through legs then thrust up overhead 2 times  
Alternating arm lifts, body bent over, hand on floor RLRL  
Repeat

### Floor Stretching

Join legs in pike stand  
Pike, squat, pike, squat, 4 quick toe rises twice  
Tuck roll to brief pike lay, roll down to pike sit  
Sitting  
Pike sit stretch with toes pointed 8 counts  
Pike sit stretch with toes flexed 8 counts  
Straddle legs, R reach 2 counts  
Middle reach 2 counts  
L reach 2 counts  
Open and hold 2 counts  
Repeat beginning with L  
Lying  
Reach back R to side, swing L leg up and around and allow body to follow to L.  
As roll finishes, allow R leg to continue swinging back bent, as R arm swings forward then switches as R leg swings forward and R arm swings back.  
Begin counting with R leg back then F,B,F,B,F,B,F and move leg up and over head as exercise began.  
Repeat on L  
Finishing on L side, Side stretches 8 counts  
Roll to tummy, Seal stretches 8 counts  
Roll to R side, Side stretches 8 counts  
Roll to tummy, Quad stretches, R then L 8 counts  
Feet  
Push back, sit on knees and lift body over top of toes 8 counts  
Hop over toes, straighten legs, walk hands out  
Achilles stretch R begins alternating 8 counts  
R leg straight, L ankle at R ankle, stretch 8 counts  
R leg bent, L ankle at R ankle, stretch 8 counts

### **...continued floor stretching**

Repeat above on L side

Ankle pops, pike stand, flat, then pop to top of toe 8 counts

Toe rises in pike stand 8 counts

### **Splits**

Turn to R, R leg in front, stride stand, chest to knees 8 counts

Deep lunge, toes pointing forward, back leg straight 8 counts

Wider stride stand, R foot flexed 8 counts

Deep lunge, toes pointing forward, back leg straight 8 counts

L knee on floor, pull L foot to hip (Hamstring stretch) 8 counts

Slide into R split, square off 8 counts

Lift L leg, hold it with R hand 8 counts

Release, L leg joins R in pike sit, turn over to knees

Repeat lifting L leg to stride position

From knee sit, step on L foot in lunge

Move to R side lunge, L,R,L slide into side split 8 counts

Wrist warm-up, top of hands, palms of hands - while in split

Pull legs together and bridge, push thru shoulders 2-4 counts

Tuck and roll 2 times

Repeat

### **Conditioning**

On last roll, roll all the way up to:

Straight jump, Tuck jumps (alternating) 5 each

Roll back to back, crunches 25

Alternating V-ups 10 each

Roll to R side for Arch ups 10

Repeat to L 10

Roll to tummy, Push-ups 15

Slide legs in to pike press, rebounds 5 each

### **Kicks**

In lines, step R, kick L front, step L, kick R side, step R, kick L back, turn

Repeat down the mat alternating legs

Bend over kicks, touch floor with hands, kick R back straight then bend

Repeat to L

Report to personal coaches for additional warm-up and conditioning as time allows

Warm-up (without jump rope) takes approximately 20 minutes to complete.



# ***PRE-ELITE COMPULSORY PROGRAM***

4th Edition 2005 – revised 7/9/2004 (all changes are in **BOLD** and **Highlighted**)

## **USAG PRE-ELITE COMPULSORY PROGRAM**

Under the direction of the National Elite Committee and in cooperation with the National Team Coordinator, the International Elite Committee and the National Coaching Staff, USA Gymnastics has produced this developmental program to assist our coaches in the training and preparation of our elite athletes. These complexes and skills are designed to be implemented into the daily training schedule to improve the fundamental movement quality of our athletes with the goal of reaching the expectations of international gymnastics.

### **National Elite Committee**

<u>Chairman</u>	<u>Gary Anderson</u>
Derick Moellenbeck	Brad Loan
Michael Harris	Greg LaFleur
Mary Lee Tracy	Tony Retrosi
Jen Bundy	Toni Rand
Audrey Schweyer	

**National Team Coordinator** Martha Karolyi

### **International Elite Committee**

<u>Chairman</u>	<u>Roe Kreutzer</u>
Evgeny Marchenko	Kelli Hill
Steve Rybacki	Donna Strauss

### **National Coaching Staff**

Arthur Akopyan	Tammy Biggs
Muriel Grossfeld	Neil Resnick
Antonia Markova	

**Produced By**  
**USA GYMNASTICS WOMEN'S PROGRAM**

*This text is the accurate description of the Pre-Elite Compulsory. There may be slight differences or flaws in the video tape. When this occurs please refer to the text.*

**2004-2005**

**VAULT**

1. The gymnast will perform one or two Group 4 Yurchenko vaults in any body position. The best score will be counted. **The Vault shape must be announced prior to each vault.**
2. Vaulting will be tested into a 'pit' with a resi-surface or level matting over loose foam. The minimum height of the landing will be floor level. **Several layers of mats may be stacked to any desired height above the floor level.**

**TOPS VAULT**

Yurchenko Timer –

Vaulting will be tested into a 'pit' with a resi-surface of level matting over loose foam and an additional 32" resi-pit. *The gymnast land on their feet or on their back*

**BARS**

From a stand outside the bars (on the mat or a board) facing the low bar:

- 1&2 Glide kip and cast to handstand, Glide kip and cast to handstand, then do
- 3&4 Two clear hip circles in a row, OR  
Two stalders backward in a row, OR  
Two toe shoots backward in a row, OR  
Any Two skill combination of the circles listed above  
*After completion of the second "inbar" skill the gymnasts may choose:*
- 5 Immediate pike onto the bar OR Glide kip and cast handstand and pike onto the bar, and perform a  
Back pike sole circle, (legs apart or legs together)  
then stand up on the low bar and jump to the HB.  
*The transition between the bars will not be evaluated (except a 0.30 deduction will be applied for falls):*
6. Long hang kip and cast to handstand
7. Back giant with a ½ turn (pirouette) in handstand (blind change or a Higgins turn).
8. Front giant (grip optional) or an inverted giant (L grip) ½ turn (pirouette) to a handstand (legs may be together or straddled when passing the LB and MUST be together in the upward part of the giant swing).
9. Back giant
10. Layout flyaway.

## BEAM

*Begin in a fifth position high relevé at end of the beam*

**1<sup>st</sup> PASS:** with continuous forward movement, step and execute two high alternate kicks forward (L&R), to two alternating side kicks, and two alternating back kicks and finish in a dynamic needle kick (not held); immediately returning to high relevé with foot closing in back, step(s) to the end of the beam and pivot ½ turn.

**2<sup>nd</sup> PASS:** 180° split jump directly connected to a 180° sissoné (2 foot take off with any foot position); one or two steps to a 180° switch split leap (legs must be straight, not a stag split); one or two steps to relevé position on one leg (balance stand), HOLD for 2 seconds with free leg in optional position. If the athlete does not have enough space to perform the relevé hold, she may take steps backward or perform a ½ pivot at the end of the beam prior to the hold element.

**3<sup>rd</sup> PASS:** begin with leg lifted high forward and execute a back walkover passing through handstand. Land on a bent or straight leg arabesque to a **lunge position**; Take a step to prepare for 2 Back Handsprings directly connected – each BHS may be a 1 or 2 foot or a combination to a controlled landings. (If you elect to use a two foot BHS on the second BHS, you must rebound first before coming to a control landing).

**4<sup>th</sup> PASS:** Step(s) to prepare for front handspring to a one or two foot landing or front walkover to finish position, step(s) to prepare for and then execute standing back tuck.

**5<sup>th</sup> PASS:** Salto dismount (single salto to the feet) (Root skill of YOUR Optional dismount).

\*Extra step may be added to utilize the entire beam

**Dismount “stacked mats” must be stacked to within 6 inches from the top of the beam.**

## FLOOR

*All floor passes (both dance and acro) are to be done in a line back and forth across the floor (not across the diagonal)*

**1<sup>st</sup> PASS:** Begin in a pose of your choice, take 2 to 3 steps into a 180° split leap (**straight legs**) and then steps into a 180° switch-split leap (**legs must be straight, not a stag split**) to a finish position; then step onto one leg to relevé and hold for 2 seconds (with free leg optional).

**2<sup>nd</sup> PASS:** **Two or three steps and/or** side chassé to cat leap full; preparation position, full turn on one foot (360°) directly connected to a 180° straddle jump; front or back entry, chassé or step(s) to tour jeté with 180° leg separation.

**3<sup>rd</sup> PASS:** From a stand, jump hurdle front handspring, front tuck (stick)

**4<sup>th</sup> PASS:** From a stand, jump hurdle Round-off, BHS, layout rebound

**5<sup>th</sup> PASS:** 1-2 steps hurdle Round-off, 2 whips to rebound –

\* A coach is allowed to assist (spot) the landing of the rebound without penalty.

\* Extra steps into tumbling pass = 0.30 deduction

## *ELEMENT VALUES*

### *POINTS OF EMPHASIS FOR EVALUATION*

#### **Vault      Group 4 Yurchenko –** **Tuck, Pike or Layout (w/o twist)      10.00 SV**

**Pre-Flight (Form, extension, shape)      2.0**

- Straight arms onto the table

**Flight (Amplitude – air time)      2.0**

- Amplitude of repulsion phase
- Height of Salto
- Head in “neutral” position (eyes following the hands) throughout

**Position in Flight (Tightness, form & shape)      3.0**

- Finishing salto by vertical – (early open to stretched body position prior to landing)

**Landing      2.0**

- Controlled landing **to the feet.**
  - **No deduction for up to 3 steps**
  - **.30 deduction for a fall upon landing**
- Body Posture
- Direction

**Dynamics      1.0**

#### **TOPS VAULT      10.00 SV**

##### **Yurchenko Timer**

- Straight arms onto the table      3.5
- Form, extension and shape (body posture)
- Amplitude of repulsion phase      3.5
- Head in “neutral” position  
(eyes following the hands) throughout
- Tightness, form and shape (body posture)      2.0
- Dynamics      1.0

*(No landing deduction will be taken for steps or falls)*

#### **Uneven Bars      10.00 SV**

**Glide Kip Cast Handstand      1.0 each**

- Extension of the glide (stretched hip angle)
- Legs straight (either together or straddled) in the glide
- Straight arms throughout the cast
- Straight body throughout the cast
- Finishing in handstand with straight body

**Circle Elements      1.0 each**

- Straight arms throughout

- Straight or hollow body throughout
- Finishing in handstand with straight body

*The transition between the bars will not be evaluated (except a 0.30 deduction will be applied for falls);*

*Immediate pike onto the bar OR  
Glide kip and cast handstand and pike onto the bar,  
Back pike toe circle, (legs apart or legs together)  
Then stand up on the low bar and jump to the HB.*

**Long hang kip cast handstand 1.0**

- Extension of the glide
- Legs straight and together in the glide
- Straight arms throughout the cast
- Straight body throughout the cast
- Finishing in handstand with straight body

**Back Giant (blind change or Higgins) 1.5**

- Straight arms and open shoulder angle throughout
- Legs together and straight throughout turn
- Legs together or straddled allowed on the downswing (tap)
- Finish ½ turn in handstand with straight body

**Front Giant ½ or Invert Giant ½ 1.5**

- Straight arms and open shoulders throughout
- Legs together or straddled on downswing allowed
- Legs together and straight throughout turn
- Finish ½ turn in handstand with straight body

**Back Giant 1.0**

- Straight arms and open shoulder angle throughout
- Show open hips in the bottom of the swing (tap)
- Legs together or straddled on tap allowed
- Finish in handstand with straight or hollow body

**Layout Dismount 1.0**

- Show open hips in the bottom of the swing (tap)
- Straight or hollow body throughout
- Peak of salto **ABOVE** the bar
- Maintain open body shape upon landing
- **Must land on feet**
  - **No deduction for up to 3 steps upon landing**
  - **.30 deduction for a fall upon landing**

**Beam 10.0 SV**

---

**Alternating Kicks (2 Forward/2 Sideward) 0.5 each direction**

- On relevé **(1.0 Total)**
- Legs straight
- Body posture and arms extended throughout

- Dynamics
- Height (above shoulder)
- Rhythm

**Alternating Back Kicks** **0.5**

- On relevé
- Legs straight
- Body posture and arms extended throughout
- Dynamics
- Height (at horizontal)
- Rhythm

**Needle Kick (with hand support) to Lever lift** **0.5**

- Dynamics of the backward kick to 180° degree
- Straight legs
- Straight body line from hands to feet throughout (lever)

**180° Split Jump** **1.0**

- Amplitude
- Dynamics
- Upper body posture with extended arms and legs
- **Legs split in horizontal line**

**Sissoné** **1.0**

- 180° split on a diagonal line
- Upper body posture with extended arms and legs
- Dynamics
- **Amplitude**

**180° Switch Split Leap** **1.0**

- **Amplitude**
- **Dynamics**
- **Upper body posture with extended arms and legs**
- **Straight leg entry into leap**

**Hold** **0.5**

- 2 second hold in relevé
- Body posture and balance

**Back Walkover - Finish in Lunge** **0.5**

- Leg lifted and extended to horizontal or above
- 180° split with control thru handstand phase
- Straight body line from hands to feet on arabesque out
- Weight over the front foot in the finished lunge position

**Back handspring Series** **1.0 each**

- Legs extended from feet to hand contact
- Straight arms throughout (open shoulder angle)
- Dynamics
- Continuous connection
- Body posture throughout

**(2.0 Total)**

- Controlled landing

**Front Handspring** **0.5**

- Dynamics
- Amplitude of repulsion
- Body posture
- Straight arms throughout (open shoulder angle)
- Controlled landing

**OR**

**Front Walkover**

- Leg lift into
- 180° split with control in handstand phase
- Arms straight and extended throughout
- Controlled landing

**Standing Back Tuck** **1.0**

- Amplitude and extension of jump with hip lift
- Dynamics
- Controlled landing with body posture

**Dismount** **0.5**

- Amplitude of salto
- Dynamics
- Clearly defined body position (tuck, pike or layout)
- Body posture upon landing
- **Must land on feet**
  - **No deduction for up to 3 steps**
  - **.30 deduction for a fall upon landing**

**Floor** **10.0 SV**

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**180° Split Leap,** **0.5**

**180° Switch Split Leap** **1.0**

- **Straight leg entry into leap**
- Amplitude
- Dynamics
- Legs in alignment
- Upper body posture – extended arms and legs throughout

**Hold** **0.5**

- 2 second hold in relevé
- Body posture and balance

**Cat Leap 360° turn** **1.0**

- Amplitude
- Dynamics
- Upper body posture
- Legs in “diamond” position at the height of jump
- Exactness of the turn

<b>Full Turn (360°)</b>	<b>1.0</b>
<ul style="list-style-type: none"> <li>• Body posture</li> <li>• Exactness of the turn</li> <li>• High relevé</li> <li>• Control at finish</li> <li>• Direct connection to Straddle Jump</li> </ul>	
<b>Forward Straddle Jump</b>	<b>0.5</b>
<ul style="list-style-type: none"> <li>• Amplitude</li> <li>• Dynamics</li> <li>• Upper body posture – extended arms and legs throughout</li> </ul>	
<b>Tourjeté</b>	<b>1.0</b>
<ul style="list-style-type: none"> <li>• Amplitude</li> <li>• Dynamics</li> <li>• Squared hips on take-off with clearly defined ½ turn in the air</li> <li>• 180° split at the height of the jump</li> <li>• Controlled landing with arms and leg extended</li> </ul>	
<b>Front Handspring Front Tuck Stuck</b>	<b>1.5</b>
<ul style="list-style-type: none"> <li>• Dynamics</li> <li>• Straight arms and body extension</li> <li>• Body extension and amplitude of hip rise</li> <li>• Body shape throughout salto</li> <li>• Controlled stuck landing</li> </ul>	
<b>Round Off, BHS, Layout Rebound</b>	<b>1.5</b>
<ul style="list-style-type: none"> <li>• Dynamics</li> <li>• Extended arms and legs throughout</li> <li>• Body extension and amplitude of hip rise into salto</li> <li>• Amplitude and control of rebound</li> </ul>	
<b>Round Off, Two Whips, Rebound</b>	<b>1.5</b>
<ul style="list-style-type: none"> <li>• Dynamics</li> <li>• Extended arms and legs throughout</li> <li>• Body extension and speed of rotation</li> <li>• Amplitude and body control</li> </ul>	

## General Comments/Judging Guidelines:

- The evaluation emphasis will be on technique, form, execution, body shape throughout the major elements and not on transitions or choreography.
- “Points of Emphasis” as listed, are to be considered the guidelines for the desired technique and the emphasis for evaluation/deductions.
- Deductions for execution MAY NOT exceed the assigned Value of the Element. Falls will be in addition to execution errors.
- Bars and beam dismount landing will be evaluated based only on body position at the point of arrival on the mat.
- Failure to land on feet first on Vaulting will VOID the vault.
- **Up to 3 steps upon landing on Vault, Bars and Beam dismounts are allowed with NO deduction.**
- **In order to encourage dynamics, falls on ANY dismount, connection or element will receive a 0.3 deduction.**
- Deduction for “Incomplete element” is up to the value of the element.
- Omitting a listed element will receive a penalty equal to the value of that element. Changing or adding an element, or not performing the elements in the order listed is a 0.30 deduction.
- Failure to connect a dance series is 0.20; acro series 0.30
- Glides on the low bar may be performed with legs together or straddled.
- All casts to handstand are performed with stretched straight body with legs together.
- On Floor and Beam dance elements, the arm and head positions are always optional and may be used to accent the element and enhance the lines of the athlete.
- Placement of skills on beam and floor will be up to the athlete based on the number of step(s) used in performing the elements.
- Spotting to assist the completion of an element or vault will result in the loss of the value of the element or vault.

## National Elite Physical Abilities Testing

### 1. Rope Climb

The gymnast starts by sitting in a piked position (legs together with the rope to the side) on a mat located directly under a rope. The test begins when the athlete’s seat leaves the mat. The test is over when she touches a mark made at the height of 13’ measured from the top of the mat. The legs must remain in a horizontal (piked) position, 90° or higher, with legs together throughout the test. There will be no evaluation of the athlete coming down the rope. Form deductions will be taken as follows:

- Legs slightly bent during the test – add 1 second
- Legs severely bent during the test – add 2 seconds
- Legs apart during the test – add 1 second
- Legs falling briefly below horizontal, but not lower than 45° below horizontal – add 1 second
- Legs falling below 45 degrees from horizontal during the test add 2 seconds
- If a gymnast uses her legs to facilitate the climb, her score will be a zero.
- If a gymnast fails to reach the 13’ mark, her score will be zero.
- Penalties can be taken and can accumulate from different categories (i.e. bent legs and straddled legs) but only the most severe deduction can be taken in the same category (i.e.

you can not take +1 sec. for having the legs slightly below 45 and then another +2 for having them go below 45 degrees).

- Once the athlete has a fault, the deduction should be taken. If the athlete corrects the fault and then repeats the same category fault, additional deductions should NOT be taken.

## **2. Flexibility Split Test – Left Leg**

The gymnast begins by placing her right shinbone against a padded wall in a vertical position with her right knee on the floor and against the wall. She then slides her left foot forward and away from the wall, performing a split. The gymnast's back must be in a vertical position and the shoulders and hips must be square during the entire test. The athlete may use parallettes at her sides to assist in keeping her back straight and hips square and shoulders placed directly above the hips. A measurement is taken with a cloth measuring tape from the floor to the mid-point under the leg at the top of the hamstring. This measurement is taken in inches to the nearest ½ inch. The back leg (shinbone) MUST remain at the vertical position during the test. A good indication that the hips are not square is when the back leg moves from the vertical position.

## **Flexibility Split Test – Right Leg**

Exactly the same as #3 using the opposite leg.

## **3. Flexibility Straddle Test**

The gymnast assumes a position with her back against the wall and legs in a wide and even straddle, knees facing up. A measurement is then taken on each leg of the distance from the wall to the back of each knee. Gymnasts must be in a balanced sitting position with arm up and out to the side.

## **4. Vertical Jump**

This test is administrated on a hard (non-spring) surface with a mat and/or rug covering. The gymnast begins by placing a generous amount of chalk on her fingers. The gymnast stands in a static position with her legs together or shoulder width apart with her dominate side to the wall. She performs a vertical jump with or without swinging her arms, placing a smudge mark on the wall at the height of her jump. The test is repeated a second time. The gymnast then stands flatfooted directly beneath her highest mark and with the administrator's help, extends her arm directly overhead as high as she can reach placing another chalk mark on the wall. The administrator then records the distance (perpendicular to the floor) between the two marks.

## **6. Leg Lifts**

The gymnast begins in an "L" hanging position from the high bar, with legs at a 90° degree angle. She then performs a leg lift by bending at the hips to bring her feet to touch or pass under the bar (toes must remain pointed). The legs must remain straight and arms extended in a straight line passing by the ears in order to get credit. Legs are lifted to the bar and then are returned to the starting position to touch a stick held at hip level. The gymnast must execute 20 repetitions for time. Her time is converted to her test score.

## **7. Handstand Hold**

The gymnast will press or kick into a handstand position. The handstand must be held for one minute without moving or walking on the hands. Any deviation from perfect body position, bent arms or any hand movements will result in deductions.

*\*\* The following tests (#8 through #11) will have TEN as the maximum number of repetitions allowed. The number of repetitions done perfectly will determine the score. All the repetitions on these tests must be continuous and if there is a pause of more than TWO seconds, the test will be stopped.*

## **8. Lever**

From a vertical inverted hang on the low bar; the gymnast lowers her body down and backward to a chin up position. The body **MUST** remain straight, with no hip flexion or body arching throughout the entire repetition. The chin must pass over the bar without touching it. When her body is pulled back to the starting vertical hang position, one repetition is complete. Ten repetitions are allowed with a score being given to only those done without any flaws. Repetitions with excessive speed and swing will not be counted.

## **9. Press Handstand**

The gymnast starts in a straddle “L” position (legs **MUST** be parallel to the floor) on a beam, the floor or on parallettes. She then presses to a handstand with straight arms and legs. Once she attains a straight handstand, she returns to the start position (legs **MUST** be parallel to the floor, 90° OR less) to complete one repetition. All 10 attempts must be in succession with no more than a 2 second delay in any one position.

One point (maximum of 10) is given for each repetition done correctly and **under control**. The repetition will not count if **ANY** of the following occurs:

- Bent arm(s),
- Bent leg(s),
- “Walking” on hands,
- Failure to have legs in a horizontal position at the start and/or finish,
- Failure to attain a completely straight and stretched handstand.

## **10. Cast to Handstands**

From a front support on low bar, the gymnast swings her legs, casts to a straight handstand, and then return to a front support. A controlled pause and one extra leg swing is allowed between casts, provided it has continuous motion and the hips never loose contact with the bar. Each time the hips leave the bar it is considered a cast attempt. If the gymnast falls over forward on the first attempt, she will be allowed one retest. Repetitions will not count if **ANY** of the following occurs:

- Failure to maintain a straight body during the repetition,
- Bending the arm(s) during the cast,
- Failure to attain a handstand position.

**Score conversion charts:**

Score	Rope Climb Times	Left, Right and Middle Split	Leg Lift Times	Vertical Jump	Handstand Hold Seconds and Flaws
<b>10</b>	4.99 & less	1/2 - 1"	:20	22"	60 sec
<b>9</b>	5.00-5.99	1 1/2 - 2"	:21	21"	60 sec - 1 flaw
<b>8</b>	6.00-6.99	2 1/2 - 3"	:22	20"	60 sec - 2 flaws
<b>7</b>	7.00-7.99	3 1/2 - 4"	:23	19"	60 sec - 3 flaws
<b>6</b>	8.00-8.99	4 1/2 - 5"	:24	18"	50 - 59 sec
<b>5</b>	9.00-9.99	5 1/2 - 6"	:25	17"	40 - 49 sec
<b>4</b>	10.00-10.99	6 1/2 - 7"	:26	16"	30 - 39 sec
<b>3</b>	11.00-11.99	7 1/2 - 8"	:27	15"	20 - 29 sec
<b>2</b>	12.00-12.99	8 1/2 - 9"	:28	14"	10 - 19 sec
<b>1</b>	13.00-13.99	9 1/2 - 10"	:29	13"	0 - 9 sec

**2005 Classic/Challenge Qualifying Scores**

Compulsories	Score
International Elite	35.00
Pre-Elite	33.00
<b>TOP Division</b>	<b>31.00</b>
Optionals	
Senior International	35.00
Junior International	34.00
Senior Pre-Elite	33.00
<b>Junior Pre-Elite</b>	<b>32.00</b>
Child Pre-Elite	30.00

**Only athletes who achieved the 2005 qualifying score - (Sr. 35.0 – Jr. 34.0) at 2004 USA Championships or Classics are directly qualified to the 2005 Classic Meets.**

**International Elite athletes may have ONLY ONE regional attempt to Qualify to Classics. There is NO limit to the number of attempts they may have at national qualifiers.**

**Any compulsory or optional qualifying score may be “banked” for future use at any time during the 2005 season.**

**2005 Elite Calendar**

<b>Jan 21</b>	<b>National Elite Qualifier</b>	<b>Cincinnati, OH</b>
<b>Jan 21</b>	<b>National Elite Qualifier</b>	<b>Colorado Springs, CO</b>
<b>Jan 28</b>	<b>National Elite Qualifier</b>	<b>Allentown, PA</b>
<b>Feb 12</b>	<b>National Elite Qualifier</b>	<b>Huntington Beach, CA</b>
<b>Feb 18</b>	<b>National Elite Qualifier</b>	<b>Coral Gables, FL</b>
<b>Mar 5-6</b>	<b>American Classic/Challenge</b>	<b>Orlando, FL</b>
<b>TBA</b>	<b>Second Season National Elite Qualifier</b>	<b>Houston, TX</b>
<b>July 22-23</b>	<b>US Classic/Challenge</b>	<b>Virginia Beach, VA</b>
<b>Aug 10-13</b>	<b>US National Championships</b>	<b>Indianapolis, IN</b>

