











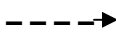
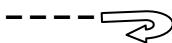











**USA Gymnastics**  
**12<sup>th</sup> Cycle**  
**Junior Olympic Program**

## Symbols


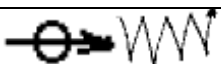




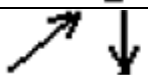

	<b>Leap Difficulty</b>
	<b>Balance Difficulty</b>
	<b>Pivot Difficulty</b>
	<b>Flexibility Difficulty</b>
	<b>Acrobatic Element</b>
	<b>Acrobatic Element - Multiple</b>
	<b>Bodywave - Backward</b>
	<b>Bodywave - Forward</b>
	<b>Bodywave - Side</b>
	<b>Change in Dynamics/Speed</b>
	<b>Level Changes</b>
	<b>Rhythmic Steps</b>
	<b>Rhythmic Steps Traveling</b>
	<b>Rhythmic Steps Change of Direction</b>
	<b>Toss</b>

	<b>Handling on a Body Difficulty</b>
<b>C</b>	<b>Poor Connections</b>
	<b>Toss with Mastery</b>
	<b>Catch with Mastery</b>
	<b>Large Toss</b>
<b>M</b>	<b>Good Musicality</b>
<b>V</b>	<b>Variety</b>
<b>L</b>	<b>Global - Lower Body</b>
<b>U</b>	<b>Global - Upper Body</b>
<b>E</b>	<b>Global - Equipment</b>
<b>G</b>	<b>Global Technique</b>
	<b>Drop of Apparatus</b>
<b><u>X</u></b>	<b>Loss of Balance/Fall</b>
	<b>Imprecise Trajectory</b>
<b>X </b>	<b>Loss of Apparatus at the end of the exercise</b>

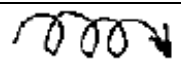









All Apparatus

	<b>Unstable position</b>
	<b>Without the hands</b>




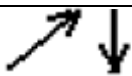

Technical Groups - Rope

	<b>Leap or Jump into the rope</b>
	<b>Skips or hops</b>
	<b>Echappe</b>
	<b>Open rope held by one end</b>
	<b>Open rope held by the middle</b>
	<b>Rotations</b>
	<b>Toss and Catch</b>
	<b>Handling</b>










Technical Groups - Hoop

	<b>Rolls on the body</b>
	<b>Rolls on the floor</b>
	<b>Rotations</b>
	<b>Rotations around the axis</b>
	<b>Passing through</b>
	<b>Elements passing over</b>
	<b>Toss with rotations (around axis- end over end)</b>
	<b>Oblique Toss</b>
	<b>Toss and Catch</b>
	<b>Handling</b>

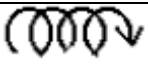
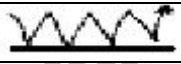





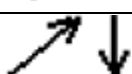

Technical Groups - Ball

	<b>Bounces</b>
	<b>Rolls on the body</b>
	<b>Rolls on the floor</b>
	<b>Toss and Catch</b>
	<b>Handling</b>

Technical Groups - Clubs

	<b>Mills</b>
	<b>Asymmetric movements</b>
	<b>Small circles</b>
	<b>Tapping</b>
	<b>Flip tosses</b>
	<b>Asymmetric throw</b>
	<b>Two Clubs throw</b>
	<b>Toss and Catch</b>
	<b>Handling</b>

Technical Groups - Ribbon

	<b>Snakes</b>
	<b>Spirals</b>
	<b>Snakes on the floor</b>
	<b>Spirals on the floor</b>
	<b>Passing through a pattern</b>
	<b>Passing over a pattern</b>
	<b>Echappe</b>
	<b>Boomerang</b>
	<b>Toss and Catch</b>
	<b>Handling</b>