

ILEMENTS FOR THE 2013-2020 1R. OLYMPIC COMPULSORY EXERCISES FOR WOMEN 5 Levels of Compulsory Exercises. Level 5 is comparable to the current level 6.

VAULT LEVEL 1

Minimum 4 years old

Straight jump onto min. of 16" mat, then kick up to Handstand

VAULT

LEVEL 2

Minimum 5 years old

• Jump to Handstand onto min. of 16" mat stack (no block required)

VAULT

LEVEL 3

Minimum 6 years old

Jump to Handstand onto min. 32" mat stack (no block required)

VAULT

LEVEL 4

Minimum 7 years old

Hand spring over vault table

VAULT

LEVEL 5

Minimum 7 years old

Handspring over vault table

BARS

LEVEL 1

Minimum 4 years old Pullover

- Cast
- Back hip circle
- Dismount: Straddle on, sole circle OR Underswing

BARS LEVEL 2

Minimum 5 years old

- Pullover
- Cast Back hip circle
- Single leg cut forward
- Forward stride circle OR Single leg basket swing (hooking knee on the bar on the upswing to complete either element circle is
- Single leg swing backward, cast
 Dismount: Squat on, piked sole circle OR Underswing

BARS

LEVEL 3

Minimum 6 years old

- Mount: Glide swing out (straddle or pike) and return to stand with feet together Pullover OR Glide kip (both a 10.0 SV)
- Front hip circle, small cast
- Cast, single leg shoot thru
- Stride circle forward OR Single leg basket swing (both legs straight throughout)
- Single leg cut (leg backwards)
- Cast Back hip circle
- Dismount: Underswing

BARS

LEVEL 4 Minimum 7 years old

Mount: Glide Kip (straddle or pike)

- Cast to horizontal and return to support
- Cast squat or pike on
- Long hang kip
- Cast to horizontal, Back hip circle
- Underswing
- Counter swing to 30° below horizontal Tap Swing forward
- Counter swing to 30° below horizontal Dismount: Tap swing forward with 1/2 turn

BARS

LEVEL 5 Minimum 7 years old

Mount: Glide Kip (straddle or pike)

- Cast to above horizontal (no specific degree)
- Clear hip circle to above horizontal (no specific degree)
- Glide kip (straddle or pike), Cast, squat or pike on, back tuck sole circle, jump to high bar OR Squat or pike on/jump to high bar
- Long hang kip, Cast to above horizontal (no specific degree)
- Long hang pullover
- Underswing
- Counterswing to 15° below horizontal
- Dismount: Tap swing forward to Flyaway in tuck, pike, or layout

OVERVIEW

CURRENT COMPULSORY LEVEL	2013 COMPULSORY LEVEL
1 and 2 combine to become→	1
3	2
4	3
5	4
6	5

DATES TO LEARN THE NEW ROUTINES

May 31 - June 2, 2013...... Orlando, FL June 7 – 9, 2013 Reno, NV

LEVEL 1

Minim 4 years old

- Mount: Jump to front support
- Lie back to pike (L) position with legs straight roll forward into
- Arabesque (show no hold)
- Step, Leg swing, step, Leg swing Lever mark T position
- Leg balance in forward passé on flat foot (mark)
- Relevé lock position hold
- Stretch jump
 Dismount: From kneel on one leg, Cartwheel to partial handstand, lower to stand facing beam

BEAM

LEVEL 2

Minimum 5 years old

- Mount: Jump to front support
- Swing to push up jump to tuck stand Arabesque (>30° below horizontal)
- Front leg swing -close; back leg swing close to stand. relevé lock
- Lever to beam touch beam and return to stand
- Leg balance in forward passé (hold 2 seconds)
- Pivot turn (180°)
- Stretch jump, pull to lock position
- Dismount: Cartwheel to Handstand, lower to stand facing beam

BEAM IFVFI 3

- Minimum 6 years old Mount: Leg swing to cross sit
- Arabesque (>45° below horizontal)
- Straight leg leap (90°) to plié arabesque hold.
- Cross Handstand with legs in split position. Mark (no angle requirement).
- Pivot turn step, Pivot turn
- Stretch jump, Stretch jump, pull to lock position
- ½ (180°) heel snap turn in forward passé
- Dismount: Cartwheel to side handstand, (mark the position), 1/4 turn

BEAM

IFVFI 4

Minimum 7 years old

- Mount: Leg swing to cross sit
- Arabesque (>45° below horiz.) lift to Scale (at horizontal hold 1 sec.).
- Straight leg leap (120°) to plié to lock position Cross Handstand with legs together hold 1 second
- Leg swing forward-backward close to pivot turn
- Split jump (120°) to stretched jump ½ (180°) turn in forward passé
- Dismount: Cartwheel to side handstand, (hold 1 second), ¼ turn

- Mount: Leg swing to cross sit
- Back walkover OR Back extension OR Back handspring step-out Arabesque slightly below horiz. - Lift to Scale (above horizontal hold 1 sec 1
- Straight leg leap (150°), stretch jump Cross Handstand with legs together hold 2 seconds, step down backward relevé walks
- Backward swing turn (min. of horiz.)
- Split jump (150°), Sissonne Full (360°) turn in forward passé. Arms in crown
- Dismount: Cartwheel to side handstand, (hold 2 seconds) 1/4 turn

FLOOR LEVEL 1

Minimum 4 years old

- 34 Handstand (legs do not join) step down to lunge
- Forward entry Cartwheel ¼ turn in
- Backward roll tuck
- Candlestick
- Forward roll tuck
- Walks Right and Left
- Forward passé balance mark/press to relevé
- Forward Chassé Leg swing
- Relevé balance Split jump

FLOOR LEVEL 2

Minimum 5 years old

- Handstand with legs together step down to lunge
- 1-3 steps hurdle, round-off Backward roll tuck with bent arms to pike stand
- Candlestick, lie down, push up to bridge kick over
- Pivot turn step, Pivot turn 2 (two) ½ (90°+ 90°) heel snap turns – leg position in forward passé... arms in forward-middle.
- Forward Chassé Straight leg leap (60°) Split jump press to relevé lock position

FLOOR

LEVEL 3 Minimum 6 years old

- Split jump (90°), Stretch jump Handstand forward roll (with arms straight)
- Handstand Bridge Back Kickover
- Leg swings to the side R and L
- Backward roll tuck with straight arms to push up position Forward split
- Chassé, Split leap (90°) to large step, leg swing in relevé 1/2 (180°) turn in forward passé... arms in forward-middle or
- Backward Swing turn
- Round-off, Flic-flac, rebound-stick No specific # of running steps

FLOOR

LEVEL 4

- Minimum 7 years old
- Straddle jump (120°), stretched jump ½ (180°) Front handspring , rebound (no stick) No specific # of running steps
- Back walkover (120°)
- Running steps, Passé hop Backward roll with straight arms to Handstand
- Forward split Sissonne, chassé, Split leap (120°) large step, leg swing hop
- Full (360°) turn in forward passé... arms in forward-middle or

Round-off, 2 flic-flacs – rebound to stick. No specific # of running steps

FLOOR LEVEL 5

- Minimum 7 years old
- Straddle Jump (150°), Stretched jump with full (360°) turn Front handspring step-out, front handspring to 2 feet, rebound No
- specific # of running steps
- Forward salto tucked Backward roll with straight arms to Handstand
- Forward split Sissonne, chasse, step Split leap (150°) OR Switch-leg leap (150°),
- large step to leg swing hop Full (360°) turn in forward passé... arms in crown Round-off, flic-flac, back salto tuck – stick
- No specific # of running steps

