



ELEMENTS FOR THE 2013-2020 JR. OLYMPIC COMPULSORY EXERCISES FOR WOMEN

5 Levels of Compulsory Exercises. Level 5 is comparable to the current level 6.

STARTING 2013!

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

- BEAM LEVEL 1**
 Minimum 4 years old
- Mount: Jump to front support
 - Lie back to pike (L) position with legs straight – roll forward into tuck stand
 - 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 LEVEL 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), ¼ turn

- BEAM LEVEL 4**
 Minimum 7 years old
- Mount: Leg swing to cross sit
 - Cartwheel
 - 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

- BEAM LEVEL 5**
 Minimum 7 years old
- 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.).
 - 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) – ¼ turn

- FLOOR LEVEL 1**
 Minimum 4 years old
- ¾ 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) ¼ (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
 - ½ (180°) turn in forward passé... arms in forward-middle or crown.
 - 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 crown.
 - 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

- VAULT LEVEL 1**
 Minimum 4 years old
- Straight jump onto min. of 16" mat, then kick up to Handstand fall to flat back

- 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
 - Cast
 - 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 allowable)
 - 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 ½ 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

