

# Reviewing the first year of the 2013-2021 Compulsory Routines

Common Mistakes to Avoid and  
Increase Your Scores.



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## Webinar Goals.....

The goal for today's webinar is to pick a few selected areas that need to be addressed to help not only with score, but to make sure the key points of the routines are being emphasized.

- This webinar is only a guide to add to your lesson plans.
- Please consult your book, the USA Gym Compulsory App, [usagym.com](http://usagym.com), your RJOCC or other official resources for all official clarifications.
- Consider attending regional and national congresses to help get ideas on lesson planning and technique.
- Please contact me for questions regarding this webinar and slide content.



## First Year Summary.....

Overall, the first year of this cycle went very well. The athletes seemed well prepared and the coaches quickly adjusted to the new routines.

The main purpose of reevaluating routines every 8 years is to make sure we are providing fresh routines that adapt to the needs of the country. We also look for areas to improve from previous cycles.

Off in the right hand column are some areas we considered when forming these routines.



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- Provide a linear program
- Add a greater emphasis on dance
- Emphasis on better technique vs. bigger angles
- Continue to provide a base for optional development
- Provide opportunities for the masses to compete successfully
- Offer some choices when appropriate

# Vault

Although the vaults changed very little, the problems on vault tend to be universal and by addressing these items not only will your scores improve, you will see better development in optional vaults.

Vault needs to be focused on equal to the other events or it will fall behind. Too many times kids come out of level 7 with vault behind their other events. Because vault is a very quick routine, the amount of changes needed to break bad habits can take years to undo.



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- Run speed and acceleration through the hurdle.
- Tight board position with the arms coming from a downward position lifting up to the table.
  - The deductions for arms, angle of repulsion and too long in support equal 2.00.
  - Focus more on hurdle and arm positions to be able to attain the higher scores.

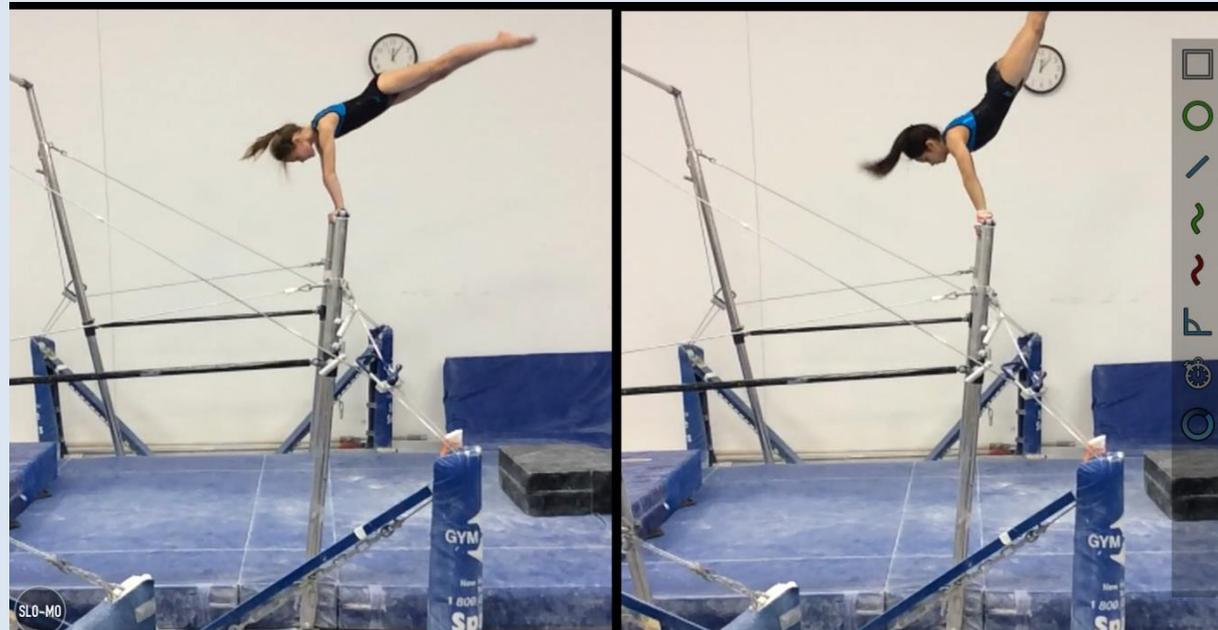
# Bars

The bar routines changed very little. We did take some steps to help emphasize technique vs. angles. For example the cast angles:

- Level 3 – No Angle
- Level 4- Horizontal
- Level 5- Above Horizontal

This allows the gymnast to focus on correct shaping and technique. It also makes judging less subjective.

- Work shaping vs. angles. See the picture for example:



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# Bars

Tap Swings should be the same emphasis..

Remember all BP deductions are worth more than the deductions for height.

Shape..Shape...Shape!!!!

Picture Showing Incorrect Shape:



*Not hollow  
in chest.*

Video #1 will show correct shape:

# Beam

Some of the most common errors on beam are listed to the right.

Compulsory beam fundamentals consist of basic posture, relevé, and flexibility. If you base your beam workouts around alignment and posture you will have great success with these routines.



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- Relevé throughout routines
- Arms in crown while landing straight jumps
- Posture on jumps, trying to remain straight vs leaning forward
- Arm pathways
- Arabesque/scale separation and proper position
- Holds on Handstands
- Vertical on Handstands

# Beam

Every beam day should include some toe work in your complex.

Relevé/Toe Point throughout routines

- .05 each time foot flexed/sickled in routines
- Up to .3 for Incorrect footwork on connections
- Up to .2 for failure to perform steps and pivots when indicated throughout exercise
- Additional general form deductions and skill specific deductions.

**Front foot sickled  
and not forced  
arch**



**Excellent!**



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# Beam

Posture on Jumps can be worked by:

- Doing reps on the floor
- Using Slow Motion
- Build barriers around

- Posture on jumps, trying to remain straight vs. leaning forward. This will also allow front legs to get higher for sissone and split jumps.

**Lean forward**



**Tall Torso**



# Beam

Handstands on beam are crucial to development of acro skills.

They also are a big part of how you can score higher on beam.

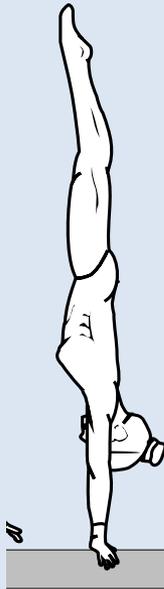
Remember alignment too. In addition to the skill deductions, you need to remember to be straight!



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2  
sec.



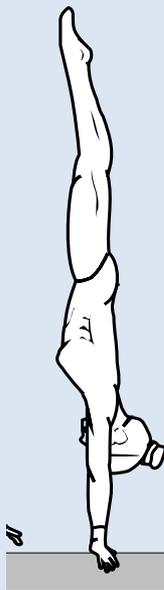
- Holds on Handstands
- Vertical on Handstands (Level 5 Deductions – Cross Handstand)
  - Incorrect (staggered) hand placement 0.10
  - Failure to attain vertical Up to 0.30
  - Failure to close (join) legs (side by side) 0.10
  - Failure to hold two seconds Up to 0.20
    - Level 4 - 1 second, 0.10
    - Level 3 – just the vertical and the staggered deductions

# Beam

Handstands on beam are crucial to development of acro skills.

They also are a big part of how you can score higher on beam.

Remember alignment too. In addition to the skill deductions, you need to remember to be straight!



- Holds on Handstands
- Dismount  
(Level 5 Deductions – Dismount Handstand)

Incorrect (simultaneous) hand placement	<u>0.10</u>
Failure to attain vertical	Up to 0.30
Failure to hold two seconds	Up to 0.20
¼ (90°) turn off incomplete or overturned	Up to 0.10
Failure to maintain hand contact on beam until body passes by the horizontal plane	Up to 0.10

Up to 0.60 Failure to complete dismount (these deductions do not include possible body position faults):

When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed:

Example: Attempts dismount, does not attain vertical, then falls:

Deduct	Up to 0.30	(failure to attain vertical)
	0.20	(not held two seconds)
	0.10	(incomplete 90° turn)

= 0.60 (for incomplete element + 0.50 (fall) for a TOTAL OF 1.10

**NOTE: WATCH FOR JOINT MEETING MINUTES FOR THE JO AND TECH COMMITTEE FOR AN ADDITIONAL CHANGE COMING TO THE BEAM DISMOUNTS. THESE WILL BE AVAILABLE AT:**

**[HTTPS://USAGYM.ORG/PAGES/WOMEN/MINUTES/NJOC.HTML](https://usagym.org/pages/women/minutes/njoc.html)**



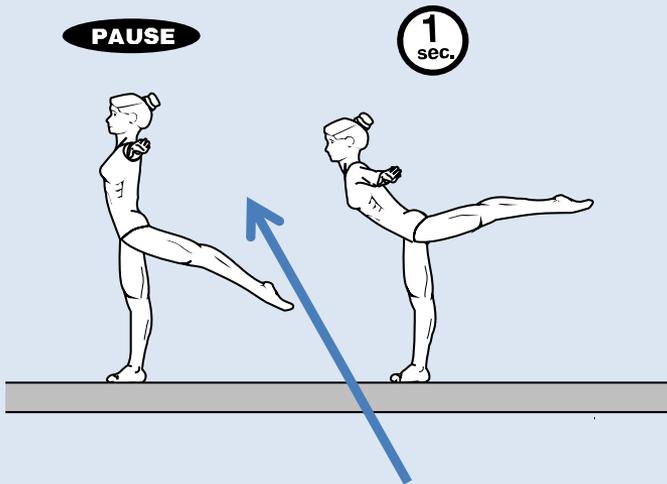
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# Beam

- Arabesque Scale

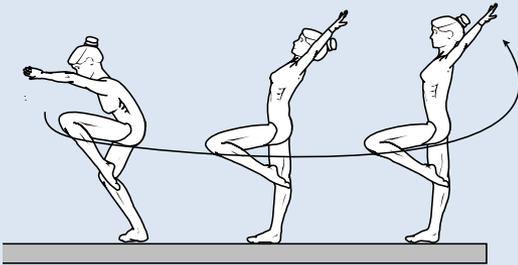
- Show separation of the two skills for level 4/5.
- Focus on leading with back leg vs dropping the chest.
- Rond de jambe only needs to be 45° below horizontal. Try not to lift too high and cause hips to become misaligned or form to be sacrificed.



*Note posture differences between arabesque and scale*

# Beam

- Wave progressions
  - Level 3 = Arms
  - Level 4 = Arms and Legs
  - Level 5 = Arms, Legs and Torso



Video #2 Will show the 3 different Levels

# Floor

Compulsory floor fundamentals this cycle were geared around basic dance. We felt the “get back to basics” dance approach will help us with better leaps, jumps and presentation for years to come.

We are picking a few key points to focus. Floor routines are very detailed therefore this presentation will not hit all possible areas. There will be sessions on all of the compulsory routines at the congresses. Please make time to attend and get all of the information you need to really score!



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- Level 3, 4, 5: entering jumps from a turned out position
- Level 3, 4, 5: landing stretch jumps (with or without turn) with arms in crown
- Level 4 and 5: Direction on the échappé 1/4 turn (turning on échappé or not turning on close to plié)
- Level 4 and 5: posture on sissonne (resulting in front leg not rising to 45°...)
- Level 5: use all of the music on the last sustained note rather than hit a pose and wait for the music to end.

# Floor

Échappé must be in high relevé with no turn and then the feet close in demi plié.

- Level 4 and 5: Dance sequence before front tuck (L5) or Hop (L4)

Video #3 Will show the Échappé and the feet closing in 3rd.



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# Floor

Turn out is key to all of these routines.

- Jump Sequences
  - Level 3, 4, 5: entering jumps from a turned out position. 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> are the important positions.
  - Landing these jumps with feet together is allowed.
  - Arms in Crown for landing of the stretched jumps.

Video #4 Will show incorrect & correct feet.

# Floor

Good posture on jumps and leaps provides the opportunity to have good take off and control for connections.

- Level 4 and 5: Posture on sissonne (resulting in front leg not rising to 45°...)

Posture and Feet Incorrect



Video #5 for More Detail

# Floor

Floor has many areas to focus! Here are few closing floor thoughts....

- *Posture and leg alignment on leg swings and kicks.*
- *Level 4 and 5: Leg position on curtsy-- watch back leg and foot (should be turned out, and foot pointed not sickled)*
- *Level 3, 4, and 5: rushing out of the split to the prone position.*
- *Level 3, 4 and 5: after the arm circle (on the floor) to the transition to their knees---do not lift the buttocks up in the air, slide to knees and keep the buttocks near the heels in a slightly contracted position.*
- *Correct arm pathways help set up the next skill with good technique and posture.*
- *Level 4 and 5: Footwork on grapevine and pivot turn in last corner.*
- *Remember to also work tumbling. Especially RO-BHS technique.*



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# The End... Questions?



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