USA Gymnastics Webinar
TOPS 2017 Changes to State and Regional Testing
TOPS 2017
TALENT OPPORTUNITY PROGRAM
Ages of TOPS Athletes

7 – 10 Years Old

Based on the age of the gymnast on December 31st of the testing year.

TOPS 2017
TOPS TESTING

- Physical Abilities
- Basic Skills

TOPS 2017
Physical Abilities Testing

*Flexibility
*Rope Climb
*Handstand Hold
*Press To Handstand
*Leg Lifts
*Cast to Handstand
*Sprint (National Testing only)
Physical Abilities

Manual
Videos
Women’s Program – TOPS/Hopes

TOPS 2017
7 Year Olds

- Physical abilities only
- No skill testing at state level
- Not eligible for TOPS National Testing
7 Year Olds

TOPS DIAMOND TEAM

Top 50 Highest Scores Nationally for 7 year olds
Not eligible for TOPS Camps
TOPS Diamond Team Coach to attend TOPS Camp

TOPS 2017
8-9-10 Year Olds

- Physical Abilities Testing
- Basic Skill Testing
  - All four events
  - NEW – Vault at State Testing

TOPS 2017
TOPS State Testing
8-9-10 Year Olds
60% Skills
40% Physical Abilities

TOPS 2017
TOPS State Testing
8-9-10 Year Olds

The top 100 scores per age group qualifies to TOPS National Testing.

TOPS 2017
TOPS STATE TESTING

June and July

Dates & sites will be listed on our website.
Registration is through club-online registrations with USA Gymnastics.

TOPS 2017
TOPS STATE TESTING

COST: $50 per test
Must register one week prior to test.
$25.00 late fee
Gymnasts may test multiple times.

Gymnasts may test in any state.

TOPS 2017
TOPS
STATE MANAGERS
TOPS 2017
TOPS 2017 State Testing
New Changes

TOPS 2017
TOPS 2017 State Testing
Vault – 8 year olds
Round off onto the board with rebound up and backwards to land on the stack mats (115 cm) onto their back
TOPS 2017 State Testing

Vault – 9 -10 year olds

Round off, back handspring up onto stacked mats

Same as 9 year olds vault at TOPS National Testing.
TOPS 2017 State Testing
New – 2017
Bars
TOPS 2017
TOPS 2017 State Testing

Bars – 8 year olds

Only change – option to straddle on the first glide only.

TOPS 2017
TOPS 2017 State Testing
Bars – 9 -10 year olds
New
Adding giants to state testing
TOPS 2017 State Testing

Bars – 9 year olds

- Tested in two sections – NEW
- Sequence One – same as before
  - Sequence Two – NEW
TOPS 2017 State Testing

Bars – 9 year olds

◦ Sequence One – same as before

Two glide kips casts to minimum 45 degrees in a row. Choice of circle: clear hip circle or back toe circle or stalder circle to 45 degrees, to glide kip horizontal to a late drop, legs together to pike back toe circle to jump to high bar to kip to cast to horizontal, swing ½ turn with feet minimum horizontal with the bar changing one hand at a time with final swing a single hand change (level 4 dismount).

◦ Option to straddle on first glide only.
Glide kip squat on, jump to high bar, long hang kip cast to two giant swings, the coach stops the athlete under the bar after the second giant.
TOPS 2017 State Testing

Bars – 10 year olds

- Tested in two sections – NEW
  - Sequence Two – NEW
TOPS 2017 State Testing

Bars – 10 year olds

- Sequence One – same as before

Glide kip cast ½ pirouette to kip cast to minimum 45 degrees in a row. Choice of circle: clear hip circle or back toe circle or stalder circle to 45 degrees, to glide kip horizontal to a late drop, legs together to pick back toe circle to jump to high bar to kip to cast to horizontal, swing ½ turn with feet minimum horizontal with the bar changing one hand at a time with final swing a single hand change (level 4 dismount).

TOPS 2017
TOPS 2017 State Testing

Bars – 10 year olds

Sequence Two – NEW

Glide kip squat on, jump to high bar, long hang kip cast to handstand, two giant swings to hollow layout fly away on to the back.
TOPS 2017 State Testing

Beam – All ages - New

All Handstands, Cartwheels, Back Walkovers and Back Handsprings

Option to finish – close or lunge

State and National Testing

TOPS 2017
Handstand with square hips close or lunge. Back walkover to close or lunge. Two or three steps into split leap or switch leap, pivot, front to back cartwheel close or lunge, standing back tuck dismount to stick. Front walkover on low beam to controlled finish, with weight on both feet.
Handstand with square hips close or lunge. Back walkover to close or lunge. Standing back handspring step out to close or lunge. Two or three steps into switch leap, pivot, front to back cartwheel close or lunge, standing back tuck dismount to stick. Front walkover on low beam to controlled finish, with weight on both feet.
Back walkover to **close or lunge**, handstand with square hips to step down to back handspring step out to **close or lunge**. Two or three steps into switch leap, **front walkover to a controlled finish**, weight on both feet.

**Dismount Choice:** Handstand with square hips to step down to back tuck stick **OR** Cartwheel to back tuck stick **OR** Round off to back tuck stick **OR** 1 or 2 back handsprings to back tuck stick.

**TOPS 2017**
TOPS 2017 State Testing

Floor New – 2017

Floor will be performed in two separate rounds.

All gymnasts – all ages, will test the first round then the second round will be tested.

TOPS 2017
Round 1:

8 Year Olds will test sequences 1 and 2.
9 Year Olds will test sequences 1, 2 and 3.
10 Year Olds will test sequences 1, 2, 3 and 4.
TOPS 2017 State Testing

Floor New – 2017

Round 2:

8 Year Olds will finish with sequence 3.
9 Year Olds will finish with sequence 4.
10 Year Olds will finish with sequence 5.

TOPS 2017
TOPS 2017 State Testing
Floor - 8 Year Olds
Sequence 1, 2 and 3
Same as last year – no changes

TOPS 2017
TOPS 2017 State Testing

Floor - 9 Year Olds

Sequence 1

One to two steps to hurdle to 1 front handspring feet together to front tuck landing. The athlete should be encouraged to be moving forwards at the completion of the final skill.

TOPS 2017
Jump hurdle from a board, round off, back handspring, whip, rebound. The athlete is encouraged to finish each snap down and travel backwards. Coaches are encouraged to spot the rebound.
Sequence 3:

From a stand with two feet together on a 8” panel mat, jump to the floor with two feet and punch tuck front to stick.
Sequence 4:

Starting in pose of choices, execute a passé full turn to finish. Then take 1 – 3 running steps into 2 immediately connected single leg brush hops with free leg at/above horizontal (one on each leg), immediately followed by a fouette hop, showing the arabesque prior to stepping backwards to a pointed front foot finish. Arms kick up…same finish sequence as last year.
Finish of Sequence 4: Same as last year

Arms up, kick through scale to HS, show for 2 seconds. Extend shoulders to front limber, stand up from limber with arms and head staying back and connected, finish through tall position, front pike roll, pike up to HS show straight body then ½ pirouette to HS pike down to back extension handstand lower with straight body to push up position with no pike. Stoop feet to stand and finish.
TOPS 2017 State Testing
Floor - 10 Year Olds
Sequence 1

One to two steps to hurdle to 1 front handspring
feet together to front tuck landing. The athlete
should be encouraged to be moving forwards at
the completion of the final skill.
Sequence 2:

Jump hurdle from a board, round off, back handspring, whip, rebound. The athlete is encouraged to finish each snap down and travel backwards. Coaches are encouraged to spot the rebound.
Sequence 3:

From a stand with two feet together on a panel mat, jump with two feet hurdle round off, 2 back handsprings, to back layout. The gymnast is encouraged to finish each snap down, making the layout travel backwards.
TOPS 2017 State Testing

Floor - 10 Year Olds

Sequence 4:

From a stand with two feet together on a 8” panel mat, jump to the floor with two feet and punch tuck front to stick.

TOPS 2017
Sequence 5:

Starting in pose of choices, execute a passé full turn to finish. Then take 1 – 3 running steps into 2 immediately connected single leg brush hops with free leg at/above horizontal (one on each leg), immediately followed by a fouette hop, showing the arabesque prior to stepping backwards to a pointed front foot finish. Arms kick up….same finish sequence as last year.
Finish of Sequence 5: Same as last year

Arms up, kick through scale to HS, show for 2 seconds. Extend shoulders to front limber, stand up from limber with arms and head staying back and connected, finish through tall position, front pike roll, pike up to HS show straight body then ½ pirouette to HS pike down to back extension ½ turn forward roll to stand and finish.
TOPS 2017 National Testing
New – 2017

TOPS 2017
TOPS 2017 National Testing

New – 2017

VAULT

Same vault testing as in 2016.
TOPS 2017 National Testing
New – 2017
VAULT
NO TRAMPOLINE AT NATIONAL TESTING
TOPS 2017
TOPS 2017 National Testing

New – 2017

BARS

Same bars testing as in 2016.
TOPS 2017 National Testing
New – 2017
BEAM – ACROBATICS
TOPS 2017 National Testing

BEAM – ACROBATIC – 8 YEAR OLDS

- Handstand (square hips in handstand – close or lunge)
- Back Walkover (close or lunge)
- Front Walkover (may be performed on low beam)
- Front to back cartwheel (starts forwards and land with legs closed)
- Back handspring step out (close or lunge)
- Standing back salto dismount (standing at end beam to stick)
TOPS 2017 National Testing
BEAM – ACROBATICS – 9 YEAR OLDS

- Back Walkover (close or lunge)
- Front Walkover (controlled finish, weight on both feet)
- Front to back cartwheel (close or lunge)
- Handstand with square hips step down to back handspring step out (close or lunge – 3 points)
- Cartwheel or better to back salto dismount stick.
- Dismount Choices: Cartwheel, Round off or 1 or 2 back handsprings into back salto dismount stick.
TOPS 2017 National Testing

BEAM – ACROBATIC – 10 YEAR OLDS

- Front Walkover or Front Aerial (1.0 point for front walkover and 2.5 pts for front aerial)
- Back handsprings series (close or lunge – 2.5 points)
- Standing back tuck (2.5 points)
- Round off or 1 or 2 back handsprings into back salto dismount stick. (2.5 points)
TOPS 2017 National Testing
New – 2017
BEAM – DANCE

TOPS 2017
TOPS 2017 National Testing

BEAM – DANCE – 8 Year Olds

May perform a split leap or switch leg leap

Same as TOPS State Testing
TOPS 2017 National Testing

BEAM – DANCE – All Ages - Section 1:

- Perform two continuous ballistic kicks forward, side and back closing each in tight third. Then an immediate dynamic needle kick back returning to high relevé with foot closing in back (small steps permitted into kicks). Arms in second position for front and side kicks. Arms circle down then up during back kicks. Arms upwards in needle kick and high relevé position.

Same as last year

TOPS 2017
• Execute a sissoné connected immediately step forward to a split jump jump finish.

• One or two steps to a 2-foot pivot turn, arms overhead. Then 1 or 2 steps to horizontal hold for 2 seconds in high relevé with arms overhead.
TOPS 2017 National Testing

BEAM – DANCE – All Ages - Section 2:

- One or three steps to a 180° switch split leap (legs must be straight, not a stag split) (8 year olds may perform a split leap or switch leap. Arms optional. Immediately step forward to a straight leg skip, arms swinging overhead, landing in plie while increasing the split on the landing.

- One or two steps to prepare for a high relevé full turn on one leg with free leg optional, arms overhead.

TOPS 2017
Floor acrobatics will be performed in two separate rounds. First round, all gymnasts will test the tumbling passes. Second round, all gymnasts will test the “Acrobatic Series” for their age groups.
TOPS 2017 National Testing

FLOOR – ACROBATICS – 8 Year Olds

- Jump hurdle to 2 front handsprings step outs to front handspring feet together
- Jump hurdle to round off to 2 back handsprings to back tuck salto to stick.
- From an 8” panel mat, standing back tuck to stick.
- Acrobatic Series

TOPS 2017
TOPS 2017 National Testing

FLOOR – ACROBATICS – 9 Year Olds

• 2 to 3 running steps, front handspring step out to front handspring, front tuck.
• Jump hurdle from board, round off to 3 back handsprings to back layout salto.
• From an 8” panel mat, standing back tuck to stick.
• Acrobatic Series

TOPS 2017
TOPS 2017 National Testing

FLOOR – ACROBATIC – 10 Year Olds

- 2 to 3 running steps, front handspring step out to front handspring, front tuck.
- Jump hurdle from board, round off to back handspring to two whips, bounce
- Jump hurdle from board, round off to 3 back handsprings to back layout salto.
- From an 8” panel mat, standing back tuck to stick.
  From panel mat, jump down to punch tuck front to stick.
- Acrobatic Series
TOPS 2017 National Testing

FLOOR – ACROBATIC – All Ages

Acrobatic Series

Same as 2016

TOPS 2017
TOPS 2017 National Testing
New – 2017
FLOOR – DANCE

TOPS 2017
TOPS 2017 National Testing
FLOOR – DANCE – All Ages
Same as 2016

TOPS 2017
TOPS 2017 State and National Testing
Videos coming soon!
April 2017

TOPS 2017
TOPS 2017 National Testing
October 13 – 15, 2017
USA Gymnastics National Team Training Center
Huntsville, Texas
TOPS 2017 National Testing
October 13 – 15, 2017
Testing is done in two days.
Physical Abilities
Basic Skills Testing

TOPS 2017
TOPS 2017 National Testing

For Beam and Floor:

- Acrobatics counts to 80% of the final event score.
- Dance counts to 20% of the final event score.

Each event counts 10 points or 40 points maximum.
TOPS 2017 National Testing

8 Year Olds: 50% Physical Abilities – 50% Skill Testing
9 Year Olds: 40% Physical Abilities – 60% Skill Testing
10 Year Olds: 30% Physical Abilities – 70% Skill Testing
TOPS 2017 National Testing

All age groups are combined for final scoring.

Top 50 – TOPS A NATIONAL TEAM
Next 60 – TOPS B TEAM

TOPS 2017
Kim Riley
Managing Director of Athlete Programs
Women’s Program
USA Gymnastics
kriley@usagym.org

TOPS 2017