

## **Proposed New Elite Mobility System**

### Overall Goal

To replace the current score-based elite mobility system with a two-fold virtual process.

1. To modify the current elite mobility process to increase access to elite mobility opportunities; while
2. Maintaining the quality and prestige of the elite program; and
3. Ensuring the development of the Team USA pipeline for high performance at international events.

### Reasoning for Change

1. To be responsive to feedback that the current system is prohibitively expensive, time-consuming, and difficult for event organizers.
2. To reduce cost to participants, both through a reduced participation cost and through reducing the risk of multi-day trips where an athlete has one chance to reach mobility and may not do so.
3. To reduce pull on event organizers to provide full mobility panels, especially where there are multiple meets held in a short timeframe.
4. To reduce pull on a finite set of highly-ranked judges.
5. To utilize virtual processes and resources developed during the pandemic.
6. To add an additional focus on developing key skills and performing these safely and proficiently.

### Proposed Changes for USA Elite Mobility

Step 1. Athletes must demonstrate proficiency in the previous level.

Fulfilled through qualifying to USA Gymnastics Championships per the qualification process outlined in the R&P.

Step 2. Submission of required skill / pass performed with proficiency.

Fulfilled through virtual submission of drills / skills / passes/ sequences designated by the Elite Committee per discipline.

Step 3. Apply for mobility using mobility form.

### Additional Details Regarding Step 2

- Videos can be filmed any time during the calendar year. They must be time stamped.
- Videos can only be submitted during the mobility window (July 1- Dec 31).
- Athletes must complete the mobility table for the level they are aiming to mobilize into (for example, a 10 11-12 athlete wanting to mobilize into YE 13-14 for the next year, will do the YE 13-14 mobility table).
- Mobility will receive a pass/fail assessment. All lines of the mobility must be completed for mobility to be achieved.
- Pass/fail will be judged by appropriately rated judges. Two judges will independently assess each mobility application. Training will be done in how to judge mobility skills, particularly those that are drills rather than competitive elements.
- There will be a cost associated with mobilizing. This is still to be set, however it is anticipated that this will be significantly less than competition entry.

- Equipment should meet the minimum standards set in the R&P, or be the equipment used for that athlete's day-to-day training. It may not provide any additional advantages to standard competition equipment (e.g. landing into a pit, additional matting).
- Additional details will be provided with the final information.
- If an athlete does not compete the season immediately following mobility, they, have to re-mobilize.
- For the 2022 season, mobility will be accepted either through the traditional method, or this new process.

### Exceptions

1. Junior & Senior National Team athletes may automatically advance to Senior Elite in their National Team discipline(s), provided they are age-eligible (min. 16 years old in the calendar year).
2. Athletes with medical reasons or other extenuating circumstances may apply for mobility outside of the usual window.
3. Athletes who competed at the 2022 USA Gymnastics Championships will have until December 31, 2022 to hit the level 10 national qualifying score at any sanctioned event with a full qualification panel per the 2021-2022 R&P.

## Trampoline Elite Mobility Skills

- You must complete one option from every line in the table
- Skills separated by a comma indicate a sequence – must be performed together.

### Level 10-> Youth Elite 11-12 M

1)	700o (FB)
2)	700< (FB)
3)	801o
4)	801<
5)	30/, 42o (FB)
6)	30/, 53/
7)	800o
8)	800<

### Level 10 -> Youth Elite 11-12 F

1)	700o (FB)
2)	700< (FB)
3)	801o
4)	801<
5)	30/, 42o (FB)
6)	30/, 53/
7)	800o
8)	800<

### Level 10 -> Youth Elite 13-14 M

1a)	702o (FB)	or	720o (FB)
1b)	702< (FB)		720< (FB)
2a)	803o	or	821o
2b)	803<		821<
3a)	710o (FB)	or	811o
3b)	710< (FB)		811<
4)	801<, 800o, 801o, 800<		

### Level 10-> Youth Elite 13-14 F

1a)	702o (FB)	or	720o (FB)
1b)	702< (FB)		720< (FB)
2a)	803o	or	821o
2b)	803<		821<
3a)	710o (FB)	or	800/
3b)	710< (FB)		
4)	801<, 800o, 801o, 800<		

Level 10 -> Junior Elite M

1)	803<, 800o, 803o	or	821<, 800o, 821o	or	821/, 800o, 821o
2)	801<, 811o, 801o, 800<				
3a)	730o (FB)	or	721/ (FB)	or	712< (FB)
3b)	730< (FB)				813<
4a)	30/, 800o (FB)				
4b)	30/, 901o				

Level 10 -> Junior Elite F

1)	803<, 40/, 803o	or	821<, 40/, 821o	or	821/, 40/, 821o
2)	801<, 800o, 801o, 800<				
3a)	710o (FB)	or	or	or	710< (FB)
3b)	811o				811<
4a)	30/, 800o (FB)				
4b)	30/, 901o				

Open -> Intermediate Elite M

1)	803<, 800o, 803o	or	821<, 800o, 821o	or	821/, 800o, 821o
2)	801<, 811o, 801o, 800<				
3a)	730o (FB)	or	721/ (FB)	or	712< (FB)
3b)	730< (FB)				813<
4a)	30/, 800o (FB)				
4b)	30/, 901o				

Open -> Intermediate Elite F

1)	803<, 40/, 803o	or	821<, 40/, 821o	or	821/, 40/, 821o
2)	801<, 800o, 801o, 800<				
3a)	710o (FB)	or	or	or	710< (FB)
3b)	811o				811<
4a)	30/, 800o (FB)				
4b)	30/, 901o				

Open -> Senior Elite M

1)	803<, 811<, 803o, 811o				
2)	821<, 811<, 821o, 811o				
3)	801<, 831<	or	801<, 822/		
4)	12001o, 811<				
5)	12001<				
6a)	702o (FB)	or	720o (FB)		
6b)	702< (FB)	or	720< (FB)		

Open -> Senior Elite F

1)	803< 811< 803o	or	821< 811< 821o	or	821/ 811< 821o
2)	730< (FB)		or		712o or 712< (FB)
3)	801<, 811o, 801o, 811<, 801<, 800/				
4a)	12001o	or	822/	or	823/
4b)			831<		
5a)	702o (FB)		or		720o (FB)
5b)	702< (FB)				720< (FB)

Junior Elite -> Senior Elite M

1)	803<, 811<, 803o, 811o				
2)	821<, 811<, 821o, 811o				
3)	801<, 831<		or		801<, 822/
4)	12001o, 811<				
5)	12001<				

Junior Elite -> Senior Elite F

1)	803< 811< 803o	or	821< 811< 821o	or	821/ 811< 821o
2)	730< (FB)		or		712o or 712< (FB)
3)	801<, 811o, 801o, 811<, 801<, 800/				
4a)	12001o	or	822/	or	823/
4b)			831<		

Intermediate Elite -> Senior Elite M

1)	803<, 811<, 803o, 811o				
2)	821<, 811<, 821o, 811o				
3)	801<, 831<		or		801<, 822/
4)	12001o, 811<				
5)	12001<				

Intermediate Elite -> Senior Elite F

1)	803< 811< 803o	or	821< 811< 821o	or	821/ 811< 821o
2)	730< (FB)		or		712o or 712< (FB)
3)	801<, 811o, 801o, 811<, 801<, 800/				
4a)	12001o	or	822/	or	823/
4b)			831<		

## Tumbling Elite Mobility Skills

- You must complete every line in the table
- Skeleton pass is (^ F / ^ ^ F / or ( F / ^ ^ ^ F / (F entry can also be replaced with ^ before /)

### Level 10-> Youth Elite 11-12 M

1)	Skeleton to layout, ^ F ^ ^ F ^	
2a)	Two passes, following elite rules, that hit min. DD	Min DD 7.1
2b)		

### Level 10 -> Youth Elite 11-12 F

1)	Skeleton to layout, ^ F ^ ^ F ^	
2a)	Two passes, following elite rules, that hit min. DD	Min DD 7.1
2b)		

### Level 10 -> Youth Elite 13-14 M

1)	Skeleton to double dismount, ^ F ^ ^ F ^	
2a)	Two passes, following elite rules, that hit min. DD	Min DD 7.6
2b)		

### Level 10-> Youth Elite 13-14 F

1)	Skeleton to layout, ^ F ^ ^ F ^	
2a)	Two passes, following elite rules, that hit min. DD	Min DD 7.1
2b)		

### Level 10 -> Junior Elite M

1)	Power hurdle skeleton to double dismount, ^ F ^ ^ F ^	
2a)	Two passes, following elite rules, that hit min. DD	Min DD 7.8
2b)		

### Level 10 -> Junior Elite F

1)	Skeleton to double dismount, ^ F ^ ^ F ^	
2a)	Two passes, following elite rules, that hit min. DD	Min DD 7.2
2b)		

Open -> Intermediate Elite M

1)	Power hurdle, 3 layout skeleton, double transition to a double dismount	
2a)	Two passes, following elite rules, that hit min. DD	Min DD 9.8
2b)		

Open -> Intermediate Elite F

1)	Skeleton to double dismount, ^ F ^ ^ F ^	
2a)	Two passes, following elite rules, that hit min. DD	Min DD 7.2
2b)		

Open -> Senior Elite M

1)	3 layout skeleton to double dismount, 2 different transitioning doubles	
2a)	Two passes, following elite rules, that hit min. DD	Min DD 11.8
2b)		

Open -> Senior Elite F

1)	Skeleton to double dismount, ^ F ^ ^ F ^	
2a)	Two passes, following elite rules, that hit min. DD	Min DD 7.8
2b)		

Junior Elite -> Senior Elite M

1)	3 layout skeleton to double dismount, 2 different transitioning doubles	
2a)	Two passes, following elite rules, that hit min. DD	Min DD 11.8
2b)		

Junior Elite -> Senior Elite F

1)	Skeleton to double dismount, ^ F ^ ^ F ^	
2a)	Two passes, following elite rules, that hit min. DD	Min DD 7.6
2b)		

Intermediate Elite -> Senior Elite M

1)	3 layout skeleton to double dismount, 2 different transitioning doubles	
2a)	Two passes, following elite rules, that hit min. DD	Min DD 11.8
2b)		

Intermediate Elite -> Senior Elite F

1)	Skeleton to double dismount, ^ F ^ ^ F ^	
2a)	Two passes, following elite rules, that hit min. DD	Min DD 7.8
2b)		



## Double Mini Elite Mobility Skills

Table 1

Mounting Skills			Spotter Skills		
All mounting skills must be landed without assistance or pitch mat and must be succeeded by any salto dismount			All spotting skills must be landed without assistance or pitch mat and must be succeeded by any salto dismount		
1)	Mounter 801o	A	1)	Spotter 800o	A
2)	Mounter 801<	B	2)	Spotter 800<	A
3)	Mounter 803o	B	3)	Spotter 801o	A
4)	Mounter 803<	C	4)	Spotter 801<	B
5)	Mounter 821o	C			
6)	Mounter 821<	C			
7)	Mounter 821/	D			

Table 2

Forward Dismounting Skills			Backwards Dismounting Skills		
All forward dismounting skills must be landed without assistance or pitch mat and must be preceded by any salto spotting element			All backward dismounting skills must be landed without assistance or pitch mat and must be preceded by any salto mounting or spotting element		
1)	Forward Dismount 803o	B	1)	Backward Dismount 800/	A
2)	Forward Dismount 803<	B	2)	Backward Dismount 811o	A
3)	Forward Dismount 821o	B	3)	Backward Dismount 811<	B
4)	Forward Dismount 821<	B	4)	Backward Dismount 820o	B
5)	Forward Dismount 821/	C	5)	Backward Dismount 820<	B
			6)	Backward Dismount 820/	C
			7)	Backward Dismount 802o	B
			8)	Backward Dismount 802/	C
			9)	Backward Dismount 822o	C
			10)	Backward Dismount 822/	D
			11)	Backward Dismount 831o	C
			12)	Backward Dismount 831<	D
			13)	Backward Dismount 813o	C
			14)	Backward Dismount 813<	D
			15)	Backward Dismount 12000o	D

### Level 10-> Youth Elite 11-12 M

1a)	Two skills from table 1 (mounter and/or spotter skills)	Rows 1a-2b must include 4 'A' skills
1b)		
2a)	Two skills from table 2 (dismounting skills)	
2b)		

Level 10 -> Youth Elite 11-12 F

1a)	Two skills from table 1 (mounter and/or spotter skills)	Rows 1a-2b must include 4 'A' skills
1b)		
2a)	Two skills from table 2 (dismounting skills)	
2b)		

Level 10 -> Youth Elite 13-14 M

1a)	Two skills from table 1 (mounter and/or spotter skills)	Rows 1a-2b must include 1x 'A' skill, 2x 'B' skills, and 1x 'C' skill
1b)		
2a)	Two skills from table 2 (dismounting skills)	
2b)		

Level 10-> Youth Elite 13-14 F

1a)	Two skills from table 1 (mounter and/or spotter skills)	Rows 1a-2b must include 3x 'A' skills and 1x 'B' skill
1b)		
2a)	Two skills from table 2 (dismounting skills)	
2b)		

Level 10 -> Junior Elite M

1a)	Two skills from table 1 (mounter and/or spotter skills)	Rows 1a-2b must include 2x 'B' skills and 2x 'C' skills
1b)		
2a)	Two skills from table 2 (dismounting skills)	
2b)		

Level 10 -> Junior Elite F

1a)	Two skills from table 1 (mounter and/or spotter skills)	Rows 1a-2b must include 2x 'A' skills and 2x 'B' skills
1b)		
2a)	Two skills from table 2 (dismounting skills)	
2b)		

Open -> Intermediate Elite M

1a)	Two skills from table 1 (mounter and/or spotter skills)	Rows 1a-2b must include 2x 'B' skills and 2x 'C' skills
1b)		
2a)	Two skills from table 2 (dismounting skills)	
2b)		

Open -> Intermediate Elite F

1a)	Two skills from table 1 (mounter and/or spotter skills)	Rows 1a-2b must include 2x 'A' skills and 2x 'B' skills
1b)		
2a)	Two skills from table 2 (dismounting skills)	
2b)		

Open -> Senior Elite M

1a)	Two skills from table 1 (mounter and/or spotter skills)	Rows 1a-2b must include 1x 'B' skill, 2x 'C' skills, and 1x 'D' skill
1b)		
2a)	Two skills from table 2 (dismounting skills)	
2b)		

Open -> Senior Elite F

1a)	Two skills from table 1 (mounter and/or spotter skills)	Rows 1a-2b must include 1x 'A' skill, 2x 'B' skills, and 1x 'C' skill
1b)		
2a)	Two skills from table 2 (dismounting skills)	
2b)		

Junior Elite -> Senior Elite M

1a)	Two skills from table 1 (mounter and/or spotter skills)	Rows 1a-2b must include 1x 'B' skill, 2x 'C' skills, and 1x 'D' skill
1b)		
2a)	Two skills from table 2 (dismounting skills)	
2b)		

Junior Elite -> Senior Elite F

1a)	Two skills from table 1 (mounter and/or spotter skills)	Rows 1a-2b must include 1x 'A' skill, 2x 'B' skills, and 1x 'C' skill
1b)		
2a)	Two skills from table 2 (dismounting skills)	
2b)		

Intermediate Elite -> Senior Elite M

1a)	Two skills from table 1 (mounter and/or spotter skills)	Rows 1a-2b must include 1x 'B' skill, 2x 'C' skills, and 1x 'D' skill
1b)		
2a)	Two skills from table 2 (dismounting skills)	
2b)		

Intermediate Elite -> Senior Elite F

1a)	Two skills from table 1 (mounter and spotter skills)	Rows 1a-2b must include 1x 'A' skill, 2x 'B' skills, and 1x 'C' skill
1b)		
2a)	Two skills from table 2 (dismounting skills)	
2b)		