



ELITE COMPULSORY PROGRAM
2017 – Revised 05/16/17

Under the direction of the International Elite Committee, the National Team Coordinator and USA Gymnastics this elite developmental testing program is created to assist our coaches in the training and preparation of our elite athletes. These testing complexes and skills are designed to be implemented into the daily training schedule to improve the fundamental movement quality of our athletes with the goal of reaching the expectations of international gymnastics.

VAULT

Vault Any Salto Vault – Tuck, Pike or Layout (w/o twist) 10.00 SV

1. The gymnast will perform any vault with a salto in any body position. **Only one compulsory vault will be permitted.** The Vault entry and shape must be announced.
2. Vaulting may be tested into a 'pit' with a resi-surface or level matting over loose foam. The height of the landing must be at FIG competition level. Several layers of mats may be stacked to the FIG competition height.

Pre-Flight (Form, extension, shape) 2.0

- Straight arms onto the table

Flight (Amplitude – air time) 2.5

- Amplitude of repulsion phase
- Height of Salto
- Head in "neutral" position (eyes following the hands) throughout

Position in Flight (Tightness, form & shape) 2.0

- Finishing salto by vertical – (early open to stretched body position prior to landing)

Landing 2.5

- Controlled landing to the feet.
- No deduction for up to 3 steps
- .30 deduction for a fall upon landing
- Body Posture
- Direction
- Failure to land on feet first on Vaulting will VOID the vault.

Dynamics 1.0

BARS

From a stand inside the bars (on the mat or a board) facing the low bar:

- 1&2 Glide kip and cast to handstand, to glide kip and cast to handstand ½ pirouette directly or indirectly connected to the next sequence. ½ pirouette may be front or back pivot.
Indirect connection will require an additional kip cast to handstand (with no deduction for adding extra elements).
- 0.2 bonus will be awarded if directly ½ pivot is directly connected to the following:
- 3&4 Two clear hip circles in a row, OR
Two stalders backward in a row, OR
Two toe shoots backward in a row, OR
Any Two skill combination of the circles listed above
- 0.2 bonus will be awarded if two different circles elements are performed

After completion of the second close bar circle skill, the gymnasts must do

5. Immediate pike sole circle (legs apart or together) on low bar to stand and then jump to HB
 - If athlete does not perform an immediate toe on, she must then do a kip cast to handstand and then a toe on (with no deduction for adding extra elements)
 - 0.2 deduction for bending legs at any time in the circle
6. Long hang kip and cast to handstand
7. Back giant with a ½ turn (pirouette) in handstand to any grip or one close bar circle with ½ turn to immediate
8. Front giant (grip optional) OR an inverted giant (L grip), followed by a second front giant (same or different grip) with ½ turn (pirouette) to a handstand, legs must be together throughout.
9. Back giant
10. Layout flyaway or double layout in a straight or hollow body. Double pike, tuck or arched layout is not acceptable. A coach is allowed to assist (spot) the landing. Backwards motion or over rotation to the back is permitted and not judged. Additional matting is suggested.

**** If gymnast is performing a double layout dismount, they may perform two back giants prior to the double layout dismount, without receiving a deduction for the additional skill. Execution deductions would still apply for the additional giant.**

Uneven Bars

10.00 SV

- 1&2 - Glide Kip Cast Handstand, Glide Kip Cast Handstand ½ pirouette 1.0 each (2.0 total)**
- Extension of the glide (stretched hip angle)
 - Legs can be either together or straddled in the glide
 - Straight arms throughout the cast
 - Straight body throughout the cast, legs together
 - Finishing in handstand with straight body
- 3&4 - Circle Elements 1.0 each (2.0 total)**
- Straight arms throughout
 - Finishing in handstand with straight body
 - Laboring or struggling to handstand *.02 each time
 - 0.2 bonus will be awarded if directly connected from cast handstand ½ pirouette
 - 0.2 bonus will be awarded if two different circles elements are performed
- 5 - Pike toe circle to long hang kip cast handstand 1.0**
- 0.2 deduction if legs are bent before the completion of the circle
 - Extension of the glide
 - Straight arms throughout the cast
 - Straight body throughout the cast, legs together
 - Finishing in handstand with straight body
- 6 - Back Giant blind change or Higgins or close bar circle with ½ turn 1.0**
- Straight arms throughout
 - With giant ½ show open hips in the bottom of the swing (tap) 0.2 deduction if piked
 - Finish ½ turn in or before handstand with straight body and open shoulder and hip angle
- 7 - One straight body front or inverted giant followed by a second straight front giant ½ or invert giant ½ 1.0 (each giant) (2.0 total)**
- Straight arms and open shoulders throughout
 - Legs together on downswing *.3 deduction for straddle

- If straddled or hips piked on upswing *0.5 deduction
- Finish ½ turn in handstand with straight body
- Laboring or struggling to handstand *.0.2 each time

8 - Back Giant

1.0

- Straight arms and open shoulder angle throughout
- Show open hips in the bottom of the swing (tap) *0.2 deduction if piked
- Legs together or straddled on tap allowed with no bent legs
- Hollow body shape is accepted

9 - Layout or double layout dismount

1.0

- Show open hips in the bottom of the swing (tap) *0.2 deduction if piked
- Straight or hollow body throughout either skill must be maintained (no arch) - .1 to .5 deduction
- Peak of salto (hips) should be the height of the bar - *up to 0.3 deduction

General deductions

- If straddled and or hips piked on any casts 0.5 deduction
- Casting deductions - A cast 10⁰ to 20⁰ is 0.1 deduction, cast 21⁰ to 30⁰ is 0.2 deduction, cast below 30⁰ is 0.3 deduction

BEAM

1st Section: *Begin in third position high relevé at end of the beam*

- Perform 2 continuous ballistic kicks forward, side, and back, closing each in tight third, followed by 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 & side kicks. Arms circle down then up during back kicks. Arms upwards in needle kick and high relevé position.
- Execute a sissoné, connected immediately to a split jump, finish.
- One or two steps to a 2-foot pivot turn, arms overhead. Then 1 or 2 steps to a horizontal leg hold for 2 seconds in high releve with arms overhead.

2nd Section:

- One to three steps to a 180 switch split leap (swing legs must be straight, not a stag split). Immediately step forward to a straight leg skip, arms swinging overhead, landing in plie while increasing the split on landing.
- Step together. Back tuck or pike. (Direct connection from the skip to salto is not being elevated.)
- One step to a single leg relevé ½ turn (Leg position is optional, with arms overhead.)
- One or two steps forward to a high releve full turn on one leg, finishing on the single turn leg in a balance position. Arms overheard, support leg straight, with free leg optional.

3rd Section:

- With leg lifted high forward, execute a back walkover passing through handstand. (0.2 bonus awarded for handstand split held for 2 seconds at vertical; Passing over the vertical before returning to hold will not receive bonus.) Finish arms upward, feet together, and immediately connect to a straight jump.
- Front walkover (or front handspring). Arms finish overhead.
- Two (2) back handsprings directly connected. Both handsprings are step out and finish with

in a controlled lunge or with a straight legs, step-in landing, with arms up.

4th Section:

- Perform a round off and/or back handspring connected to a salto dismount onto landing surface. The dismount used must be the “root skill” of an optional dismount.
- Gymnast may move forward or backward (or ½ turn) to start position for dismount.
- 0.2 Bonus: If the gymnast performs 2 directly connected back handsprings or round off back handspring into the dismount.

Beam

10.0 SV

Two (2) alternating dynamic kicks forward	0.5 combined
Two (2) alternating dynamic kicks sideward	0.5 combined
Two (2) alternating dynamic kicks backward	0.5 combined

(Total of 1.5 value for all standing kicks combined)

All kicks must be:

- All kicks are dynamic and in relevé
- Legs straight
- Body posture and arms extended throughout
- Height (above shoulder)

Needle Kick (with hand support) to lever lift

0.5

- Dynamics of the backward kick to 180° degree
- Straight legs
- Straight bodyline from hands to feet throughout lever and step in

Sissoné to Split Jump

1.0 (0.5 per jump)

Sissone

- 180° split on a diagonal line
- Upper body posture with extended arms and legs
- Amplitude & dynamics

Split jump

- Legs split in horizontal line
- Legs at 180 split at horizontal
- Upper body posture with extended arms and legs

2-Foot Pivot Turn (0.2) to Horizontal Leg Hold (0.3)

0.5 (total)

- Start and finish in high relevé for pivot turn
- Correct body alignment with extended arms
- Leg hold at or above horizontal in high relevé for 2 seconds

180° Switch Split Leap to Straight Leg Skip

1.0

- Amplitude & dynamics
- Upper body posture with extended arms and legs
- Straight leg entry into switch leap

- Forward swing below 45 degrees into switch leap (0.3 deduction)
- Second split with legs below horizontal (up to 0.5 deduction)
- Straight leg skip, free leg at or above horizontal

Standing Back Tuck or Pike **1.0**

- Amplitude and extension of jump with hip lift
- Shape of salto
- Dynamics
- Controlled landing with body posture

Single Leg Half Turn & Full Turn (360°) **0.5**

- Body posture
- Exactness of the turn
- High relevé
- Control at finish

Back Walkover to Straight Jump **0.75**

- Leg lifted and extended to horizontal or above
- 180° split with control thru handstand phase
- Straight body line from hands to feet
- Stretch body thru pointed feet on jump

0.2 bonus awarded for handstand split held for 2 seconds at vertical. Passing over the vertical before returning to hold will not receive bonus.

Front Walkover or Front Handspring **0.75**

- Dynamics (handspring)
- 180° split with control in handstand phase (walkover)
- Straight arms throughout (open shoulder angle)

Back handspring Series **1.5 (0.75 each)**

- Legs extended from feet to hand contact
- Straight arms throughout
- Continuous connection
- Body posture throughout
- Controlled landing

Dismount **1.0**

- Amplitude of salto
- Clearly defined body position (tuck or layout)
- Body posture upon landing
- Must land on feet
- No deduction for up to 3 steps
- 0.3 deduction for a fall upon landing
- 0.2 Bonus: If the gymnast performs 2 directly connected back handsprings or round off back handspring into the dismount. The final back handspring must be feet together.

FLOOR

Tumbling passes can be performed on the diagonal and are performed before the dance sequences. All tumbling passes can have 1 to 3 running steps before the hurdle. Extra steps into any of the tumbling passes will be a 0.1 deduction each pass.

1st Pass: Two front handspring step outs to front handspring (legs together) finishing with a rebound.
A coach is allowed to assist (spot) the landing of the rebound without penalty.
0.2 Bonus will be awarded if the gymnast connects a front salto tucked at the end of the series.

2nd Pass: Perform ONE of the following:

- Front handspring, layout front to 2nd front salto in pike or layout
- Punch layout front to a second front in pike or layout

3rd Pass: Hurdle Round-off, 2 whips to rebound
A coach is strongly advised to assist (spot) the landing of the rebound (without penalty).

4th Pass: Perform ONE of the following:

- Round off layout with ½ twist rebound or a step out
- Round off layout with 1 ½ twist rebound or a step out

A coach is allowed to assist (spot) the landing of the rebound without penalty.
Forward motion from the ½ or 1 ½ into a run or skill(s) such as a cartwheel or RO back handspring is permitted and not judged.

Dance Portion – must be performed in a straight line horizontal to the judges.

First passage:

- Begin in a pose of your choice, chassé or take 2 to 3 steps into a 180° switch-split leap (legs must be straight, not a stag split) arms optional
- With continuous movement one step forwards into a large single leg hop (free leg horizontal) to immediate large single leg hop on opposite leg (free leg horizontal) arms swinging upwards
- With continuous movement one step to tourjeté. Arms upwards oblique

Second passage:

- One to two steps forward to a turn 2.201, 2.202 or 2.203
- One to two steps ring kick. Arms optional you may swing your leg forward first
- Step together swing arms down to a jump full turn stick. Arms swinging upward
- Then execute a split jump (arms upward oblique) connected to an immediate straddle jump (arms optional) to stick
- Standing back tuck to stick

Floor

10.0 SV

Front Handsprings series

1.5

- Amplitude and distance traveled across the floor

- Body extension throughout
- Lightness of all skills

Front handspring layout front to a second front (piked or layout salto) (.75 each salto)
Or punch layout front to a second front (either piked or layout) 1.5 total

- Amplitude and distance traveled across the floor
- Body extension throughout
- Lightness of all skills

Round Off, Two Whips, Rebound (0.5 each skill)
1.5 total

- Amplitude and distance traveled across the floor
- Extended arms and legs throughout
- Body extension and speed of rotation
- Lightness of all skills

Round off layout ½ or 1 ½ 1.0

- Amplitude and distance traveled across the floor
- Body extension and speed of rotation
- Lightness of all skills

180°Switch Split Leap 0.5

- Straight leg entry into leap
- Swing leg to 45 degrees
- Amplitude
- Legs in alignment
- Upper body posture – extended arms and legs throughout

Straight leg hops 0.5 total

- Straight leg swing with flat hips
- Amplitude with smooth rhythm

Tourjeté 0.5

- Amplitude
- Squared hips on take-off with clearly defined ½ turn in the air
- 180° split at the height of the jump
- Controlled landing with arms and leg extended

One of these 3 FIG turns 2.201, 2.202, 2.203 0.5

- Body posture
- Exactness of the turn
- Stay in relevé for the whole turn
- Control at finish

Ring Kick with straight or bent leg 0.5

- Body posture and balance
- Height and dynamics in Ring Kick – see FIG code requirements

Jump 1/1 Turn **0.5**

- Body posture and balance
- Exactness of the turn

Split jump to Straddle jump **1.0**

- Amplitude & Dynamics
- Upper body posture

Standing back tuck to stick **0.5**

- Amplitude - Height of jump
- Upper body posture upon landing
- Stick

Note: 4.0 total points for dance; 6.0 possible points for tumbling

General Comments/Judging Guidelines:

- The evaluation emphasis will be on technique, form, execution, body shape throughout the major elements.
- “Points of Emphasis” as listed, are to be considered the guidelines for the desired technique and the emphasis for evaluation/deductions
- Deductions for execution MAY NOT exceed the assigned Value of the Element.
- Falls will be in addition to execution errors
- Vault, bars and beam dismount landing will be evaluated based only on body position at the point of arrival on the mat.
- Up to 3 steps upon landing on Vault and Beam dismounts are allowed with NO deduction
- Falls on connections or elements will receive a 0.5 deduction
- Falls on bonus skills or connections will receive a 0.5 deduction. When it is clear the athlete has attempted a bonus they will be awarded the appropriate bonus.
- Deduction for “Incomplete element” is from 0.3 up to the value of the element
- Omitting a listed element will receive a penalty equal to the value of that element.
- Adding an element, or not performing the elements in the order listed is a 0.3 deduction
- Failure to connect a dance or mixed series when noted is 0.2; acro series 0.3 (for each missed connection).
- Athletes may walk to the end of the Beam or to the edge of the Floor with no deduction, in order to accommodate the performance of the next sequence in the routine
- Spotting to assist the completion of an element or vault will result in the loss of the value of the element or vault
- Coaching an athlete during competition will be 0.5 deduction
- All casts to handstand are performed with stretched straight body with legs together