

**PROPOSED 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.**

VAULT

	LEVEL 1 Min. 4 yrs. old	LEVEL 2 Min. 5 yrs. old
	Straight jump onto min. of 16" mat, then kick up to Handstand fall to flat back	Jump to Handstand onto min. of 16" mat stack (no block required)
LEVEL 3 Min. 6 yrs.	LEVEL 4 Min. 7 yrs.	LEVEL 5 min, 7 yrs.
Jump to Handstand onto min. 32" mat stack (no block required)	Handspring over vault table	Handspring over vault table

BARS

	LEVEL 1 Min. 4 yrs.	LEVEL 2 Min. 5 yrs
	<ul style="list-style-type: none"> - Pullover - Cast - Back hip circle - Cast - Dismount: Straddle on sole circle OR Underswing 	<ul style="list-style-type: none"> - 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
LEVEL 3 Min. 6 yrs.	LEVEL 4 Min. 7 yrs.	LEVEL 5 Min. 7 yrs.
Mount: Glide swing out (straddle or pike) and return to stand with feet together – Pullover OR Glide kip (both a 10.0 SV)	Mount: Glide Kip (straddle or pike)	Mount: Glide Kip (straddle or pike)
Front hip circle, small cast	Cast to horizontal and return to support	Cast to above horizontal (no specific degree)
Cast, single leg shoot thru	Cast squat or pike on	Clear hip circle to above horizontal (no specific degree)
Stride circle forward OR Single leg basket swing (both legs straight throughout)	Long hang kip	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
Single leg cut the leg backward	Cast to horizontal, Back hip circle	Long hang kip, Cast to above horizontal (no specific degree)
Cast	Underswing	Long hang pullover
Back hip circle	Counter swing to 30° below horizontal	Underswing
Dismount: Underswing	Tap Swing forward	Counterswing to 15° below horizontal
	Counter swing to 30° below horizontal	Tap Swing forward
	Dismount: Tap swing forward with ½ turn	Counterswing to 15° below horizontal
		Dismount: Tap swing forward to Flyaway in tuck, pike, or layout

BALANCE BEAM

	LEVEL 1 Min. 4 yrs	LEVEL 2 Min. 5 yrs
	Mount: Jump to front support	Mount: Jump to front support
	Lie back to pike (L) position with legs straight - roll forward into tuck stand	Swing to push up - jump to tuck stand
	Arabesque (show - no hold)	Arabesque (>30° below horizontal)
	Step, Leg swing, step, Leg swing	Front leg swing –close; back leg swing - close to stand.- relevé lock
	Lever - mark T position	Lever to beam- touch beam and return to stand
	Leg balance in forward passé on flat foot (mark)	Leg balance in forward passé (hold 2 seconds)
	Relevé - lock position – hold	Pivot turn (180°)
	Stretch jump	Stretch jump, pull to lock position
	Dismount: From kneel on one leg, Cartwheel to partial handstand, lower to stand facing beam	Dismount: Cartwheel to Handstand, lower to stand facing beam
LEVEL 3 Min. 6 yrs.	LEVEL 4 Min. 7 yrs.	LEVEL 5 Min. 7 yrs
Mount: Leg swing to cross sit	Mount: Leg swing to cross sit	Mount: Leg swing to cross sit
	Cartwheel	Back walkover OR Back extension OR Back handspring step-out
Arabesque (>45° below horizontal)	Arabesque (>45° below horiz.) – lift to Scale (at horizontal-hold 1 sec.).	Arabesque slightly below horiz. - Lift to Scale (above horizontal-hold 1 sec.),
Straight leg leap (90°) to plié arabesque – hold.	Straight leg leap (120°) to plié to lock position	Straight leg leap (150°), stretch jump
Cross Handstand with legs in split position. Mark (no angle requirement).	Cross Handstand with legs together - hold 1 second	Cross Handstand with legs together - hold 2 seconds, step down -backward relevé walks
Pivot turn – step, Pivot turn	Leg swing forward-backward -close to pivot turn	Backward swing turn (min. of horiz.)
Stretch jump, Stretch jump, pull to lock position	Split jump (120°) to stretched jump	Split jump (150°) , Sissonne
½ (180°) heel snap turn in forward passé	½ (180°) turn in forward passé	Full (360°) turn in forward passé. Arms in crown
Dismount: Cartwheel to side handstand, (mark the position), ¼ turn	Dismount: Cartwheel to side handstand, (hold 1 second), ¼ turn	Dismount: Cartwheel to side handstand, (hold 2 seconds) - ¼ turn

FLOOR EXERCISE

	LEVEL 1 4 yrs.	LEVEL 2 5 yrs.
	¾ Handstand (legs do not join) - step down to lunge	Handstand with legs together-step down to lunge
	Forward entry- Cartwheel ¼ turn in	1-3 steps – hurdle, round-off
	Backward roll tuck	Backward roll tuck with bent arms to pike stand
	Candlestick	Candlestick, lie down, push up to bridge - kick over
	Forward roll tuck	
	Walks Right and Left	Pivot turn – step, Pivot turn
	Forward passé balance -mark/press to relevé	2 (two) ¼ (90°+ 90°) heel snap turns -leg position in forward passé... arms in forward-middle.
	Forward Chassé Leg swing	Forward Chassé – Straight leg leap (60°)
	Relevé balance Split jump	Split jump press to relevé lock position
LEVEL 3 6 yrs	LEVEL 4 7 yrs	LEVEL 5 7 yrs.
Split jump (90°), Stretch jump	Straddle jump (120°), stretched jump ½ (180°)	Straddle Jump (150°), Stretched jump with full (360°) turn
Handstand forward roll (with arms straight)	Front handspring , rebound (no stick) No specific # of running steps	Front handspring step-out, front handspring to 2 feet, rebound No specific # of running steps
Handstand Bridge - Back Kickover	Back walkover (120°)	Forward salto tucked
Leg swings to the side R and L	Running steps, Passé hop	
Backward roll tuck with straight arms to push up position	Backward roll with straight arms to Handstand	Backward roll with straight arms to Handstand
Forward split	Forward split	Forward split
Chassé, Split leap (90°) to large step, leg swing in relevé	Sissonne, chassé, Split leap (120°) large step, leg swing hop	Sissonne, chasse, step Split leap (150°) OR Switch-leg leap (150°), large step to leg swing hop
½ (180°) turn in forward passé... arms in forward-middle or crown.	Full (360°) turn in forward passé... arms in forward-middle or crown	Full (360°) turn in forward passé... arms in crown
Backward Swing turn		
Round-off, Flic-flac, rebound-stick No specific # of running steps	Round-off, 2 flic-flacs – rebound to stick. No specific # of running steps	Round-off , flic-flac , back salto tuck - stick No specific # of running steps