

WHAT'S NEW

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PREVIEW 2021-2029 ELEMENTS FOR THE WOMEN'S COMPULSORY PROGRAM

This article provides the community with a “sneak preview” of the proposed elements for the 2021-2029 elements for the Women’s Compulsory Program. The information in this article is very tentative as the official text and finalization of the routines will not be completed until 2020. The Junior Olympic Committee will be finalizing the list of elements in the fall of 2017 after you have opportunity to share your ideas. The system will continue with 5 levels of compulsory exercises (and 5 levels of optional) with the new cycle.

Current level of routine	2021-2029 level of routine
NO CHANGE IN THE LEVEL SYSTEM	
Level 1	Level 1
Level 2	Level 2
Level 3	Level 3
Level 4	Level 4
Level 5	Level 5

ELEMENTS FOR THE 2021-2029 JUNIOR OLYMPIC COMPULSORY EXERCISES FOR WOMEN

5 LEVELS OF COMPULSORY EXERCISES

Level 1 gymnasts must be a minimum of 4 years of age to compete.

Level 2 gymnasts must be a minimum of 5 years of age to compete.

Level 3 gymnasts must be a minimum of 6 years of age to compete.

*Level 4 gymnasts must be a minimum of 7 years of age to compete.

Level 5 gymnasts must be a minimum of 7 years of age to compete.

*First required entry level in the J.O. Program.

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) Fall to flat back	
LEVEL 3 Min. 6 yrs.	LEVEL 4 Min. 7 yrs.	LEVEL 5 min, 7 yrs.
Handspring over min. 32" mat stack w/mat stack turned sideways	Handspring over vault table	Onto a Mat stack... Choice of 3: -Handspring -Tsuk timer -Yurchenko timer

BARS

LEVEL 1 Min. 4 yrs. old	LEVEL 2 Min. 5 yrs old
Back Hip Pullover	Back Hip Pullover
Cast	Cast
Back hip circle	Back hip circle
	Single leg cut forward
	Forward stride circle OR
Dismount: Cast Straddle on sole circle dismount OR Underswing dismount	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 OR Pike on, piked sole circle OR underswing dismount

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 — Back Hip 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, return to support	Cast to horizontal and return to support... LEGS together	Cast to above horizontal (no specific degree) Option to straddle cast... ONLY in Level 5
Cast, single leg shoot through	Cast squat or pike on	Clear hip circle to above horizontal (no specific degree) OR Backward Sole Circle to Clear Support OR Backward Stalder Circle to Clear Support
Stride circle forward OR Single leg basket swing (both legs must be 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 (legs together) Back Hip Circle	Long hang kip, Cast to above horizontal (no specific degree) Option to straddle cast... ONLY in Level 5
Cast		Cast to above horizontal (no specific degree) Option to straddle cast... ONLY in Level 5
		Long hang pullover
Back hip circle	Underswing	Underswing
Dismount: Underswing	Counter swing to 30° below horizontal Straddle allowed on the back swing	Counter swing to 15° below horizontal Straddle allowed on the back swing
	Tap Swing forward	Tap Swing forward
	Counter swing to 30° below horizontal Straddle allowed on the back swing	Counter swing to 15° below horizontal Straddle allowed on the back swing
	Dismount: Tap swing forward with ½ turn	Dismount: Tap swing forward to Flyaway in tuck, pike, or layout position



BALANCE BEAM

LEVEL 1 Min. 4 yrs	LEVEL 2 Min. 5 yrs
Mount: Jump to front support	Mount without a board
Relevé – lock position – hold	Swing to push up – jump to tuck stand
Arabesque– 30° below horizontal (show-no hold)	Arabesque- 30° below horizontal (hold)
Stretch jump	Stretch jump
Lever – Hold position	Lever to beam– “Hiccup”
Step, Leg swing, step Leg swing	Front leg swing – close – back leg swing – close to stand, plié relevé lock
Leg balance in forward passé on flat foot (mark)	Leg balance in forward passé (hold 2 seconds)
	Pivot (180°) turn
From kneel on one leg, Cartwheel to partial handstand lower to stand facing beam dismount	Cartwheel to Handstand lower to stand facing beam dismount

LEVEL 3 Min. 6 yrs.	LEVEL 4 Min. 7 yrs.	LEVEL 5 Min. 7 yrs
Mount without a board	Mount without a board	Mount without a board
Pivot turn – step, Pivot turn	½ (180°) turn forward passé	Full turn in forward passé. Arms in crown
Arabesque (>45°) below horizontal	Cartwheel	Back walkover or Back extension or back handspring step-out
Straight leg leap (90°) to plié arabesque – hold.	Scale (at horizontal)	Scale (above horizontal)
Cross Handstand Mark (no angle requirement)	One step entrance, Straight leg leap (120°)	One step entrance, Straight leg leap (150°), stretch jump
½ (180°) heel snap turn in forward passé	Cross Handstand with legs together - hold 1 second	Cross Handstand with legs together (hold 2 sec.) step down backward relevé walks
Stretch jump, Stretch jump	Split jump (120°), stretch jump	Split jump (150°), Sissonne
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 dismount

FEATURE

2021-2029 ELEMENTS PREVIEW
FOR THE WOMEN'S COMPULSORY PROGRAM ... CONTINUED

FLOOR EXERCISE

LEVEL 1 Min. 4 yrs		LEVEL 2 Min. 5 yrs		LEVEL 3 Min. 6 yrs.	LEVEL 4 Min. 7 yrs.	LEVEL 5 Min. 7 yrs
¾ Handstand		Handstand		Handstand Bridge, Back Kick-over	Back walkover (150°)	Forward salto tucked OR Front or Side Aerial
Forward entry Cartwheel ¼ turn in		Power hurdle OR 1 step hurdle, round-off		Forward split	Forward split	Forward split
Backward roll tuck		Backward roll to push-up position		Chassé, split leap (90°)	Split leap (120°) dance passage	Split leap (150°) or switch-leg leap (150°) dance passage
Candlestick		Candlestick		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 roll tuck		Bridge — Back kick-over		½ (180°) turn in forward passé... arms in forward-middle or crown.	Full turn in forward passé... arms in forward- middle or crown. Turn direction optional.	Full turn in forward passé... arms in crown. Turn direction optional.
Forward passé balance –mark/press to relevé		Passé, relevé, Heel snap ½ turn		Handstand forward roll (with arms straight)		
Forward Chassé		Forward Chassé – straight leg leap (60°)		Round-off, Flic-flac, rebound-stick No specific # running of steps.	Round-off, 2 flic-flacs – rebound to stick No specific # of running steps	Round-off, flic-flac, back salto tucked stick No specific # of running steps
Stretch jump		Split jump (60°)				
LEVEL 3 Min. 6 yrs.	LEVEL 4 Min. 7 yrs.	LEVEL 5 Min. 7 yrs				
Split jump (90°)	Straddle jump (120°), stretch jump ½ (180°) Not connected	Straddle Jump (150°), Stretch jump 1/1 Not connected				
Stretch jump	Front handspring step- out, Cartwheel step-out running steps backward to lunge finish	Two Front handspring step-outs, Cartwheel step-out running steps backward to lunge finish				

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