



USA Gymnastics
National TOP Testing
Skills Testing – revised 3/1/2011
Effective for the 2011 TOP Season
Red – Changes for 2011 TOP season



Skills Testing notes:

- Skill Testing will only be performed at the National TOP Testing.
- Each Event will be given a value of 10 points
- Each skill within the event will be given a value to add up to 10 points
- Elements (or combinations) on any event will be given ½ credit if spotted or touched during then performance
- Beam Skills
 - Beam elements will be given 25% credit if performed on low beam (mats stacked level to bottom of Beam)
 - Beam elements will be given 50% credit if performed on high beam with mats stacked 6 inches from the bottom of the beam
 - Beam elements will be given 100% credit only if performed on high beam with regulation matting
- There will be No retests permitted except Vault
 - A one time retested will be allowed on VAULT only for zero vaults with a .5 deduction taken
- National TOP Testing Skills will be weighted as the following
 - Vault = 10 points
 - Bars = 10 points
 - Beam = 10 points (Beam Dance = 20% and Beam Acro = 80% of the Beam score)
 - Floor = 10 points (Floor Dance = 20% and Floor Acro = 80% of the Floor score)
- National TOP Testing Physical Abilities/Skills Percentages - TBA
- Effective for the 2011 TOP season, 11 year olds will be eliminated from the TOP Program.
- Other programs in place to allow 11 year olds to continue to progress which are developed with them in mind.
- Developmental Training Camps - Open to athletes ages from 11-15. Athletes wanting to be invited to these camps need to submit a video to Marta Karolyi showing their best 2 skills on each event and show that they are working on the Elite Compulsories. Marta reviews the video and will make a recommendation to the National Office as to if the athlete should be invited to the Developmental camps.
- Hopes Program - This is the entry level of competition for an aspiring Elite athlete. Athletes will need to perform the Elite Compulsories and modified Elite Optional routines at an Elite Zone competition and/or a National Elite Qualifier. These competitions are qualifiers for the Hopes athletes for entry into the American and/or the US Challenge competitions, competitions that are conducted on the same weekend and the same place as the International Classic competitions.
- The ADC has taken all of these programs in to account and has created a more liner program for all of the athletes.



**USA Gymnastics
National TOP Testing
Skills Testing
Vault**



8 Year Old Vault	Criteria	10 points possible
Handspring vault onto to 115 cm high resi mat (and additional mats to stack to 115 cm) set crossway. Land on feet on landing mat.	<ul style="list-style-type: none"> • Athlete must land on her feet on landing mat set on the far side of the crossway resi pit • Resi pit and mats must be stacked 115 	10 points
9 Year Old Vault	Criteria	10 points possible
Round off, Flip Flop up onto stacked mats (using a vaulting board)	<ul style="list-style-type: none"> • Athlete must land on her feet then to her back • Athlete must keep arms above head • Mats must be stacked 115 to 125 cm 	6 points Deductions to include <ul style="list-style-type: none"> • Arms not up – up to .5 • Body Piked -.up to .5
Trampoline Layout ½ or 1/1	<ul style="list-style-type: none"> • Using a trampoline or a Tumble Track athlete performs a Layout ½ or Layout 1/1 	4 points
10 Year Old Vault	Criteria	10 points possible
Yurchenko timer from vaulting table onto stacked mats	<ul style="list-style-type: none"> • Must be performed on vaulting table set at 115 to 125 cm & may place sting mat on table • Mats are stacked to the height of vault table (can be stacked higher than table) • Athlete must land on feet then to her back 	6 points
Trampoline Layout 1/1	<ul style="list-style-type: none"> • Using a trampoline or a Tumble Track athlete performs a Layout 1/1 	4 points



**USA Gymnastics
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Skills Testing
Bars**



8 Year Old Bars	Criteria	10 points possible
3 glide kip casts to 45 degrees in a row Option to straddle on 2 nd & 3 rd glide	<ul style="list-style-type: none"> Performed on the low bar set at FIG height Legs must be together on cast 	3 points
1 glide kip cast to 45 degrees to clear hip circle to horizontal	<ul style="list-style-type: none"> Performed on low bar 	4 points
Cast to horizontal to swing ½ turn to horizontal changing one hand only	<ul style="list-style-type: none"> Performed on high bar (or single rail) Athlete will only change one hand for the turn 	3 points

9 Year Old Bars	Criteria	10 points possible
5 glide kip cast to 45 degrees or higher Option to straddle on 2 nd to 5 th glide	<ul style="list-style-type: none"> Performed on the low bar set at FIG height Legs must be together on cast 	2 points
Cast, 2 clear hip circles or 2 toe circles around the bar	<ul style="list-style-type: none"> Performed on low bar Judged on drop into the skills and the position coming out of the skill If toe circle is performed, the feet MUST leave the bar after each circle 	2 points
3 tap swings with ½ turn on each swing	<ul style="list-style-type: none"> Performed on high bar (or single rail) Prefer the ½ turns be in sequence, however, can have 1 swing in between ½ turn swings 	2 points
3 back giants to layout flyaway	<ul style="list-style-type: none"> Can be performed on high bar or single rail 	4 points

10 Year Old Bars	Criteria	10 points possible
Kip Cast HS, kip cast HS ½ pivot to kip cast	<ul style="list-style-type: none"> Performed on the low bar Must show a good body shape on all casts Legs must be together on cast 	2.0 points
3 consecutive tap swings with ½ turn on each swing. Must be above horizontal	<ul style="list-style-type: none"> Can be performed on high bar or single rail The ½ turns MUST be in sequence 	2.0 points
3 consecutive clear hips circles and/or toe circles and /or stalder circles	<ul style="list-style-type: none"> Performed on low bar 1 circle must go to a handstand 	2.0 points
Giant ½ turn (blind change) to front giant	<ul style="list-style-type: none"> Can be performed on high bar or single rail Front giant can be done separately Legs can be together or apart on front giant MUST show a proper front giant tap 	2.0 points
Long hang kip, cast to handstand , 2 giants to layout flyaway	<ul style="list-style-type: none"> Legs must be together on cast handstand 	2.0 points



**USA Gymnastics
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Skills Testing
Beam**



8 Year Old Beam Acro	Criteria	10 points possible
Scale to handstand hold	<ul style="list-style-type: none"> Legs together then legs split to step down, land in lunge 	2 point
Back walkover	<ul style="list-style-type: none"> Land in lunge 	2 points
Front walkover	<ul style="list-style-type: none"> Performed on Low Beam for full credit 	2 points
Front to back cartwheel	<ul style="list-style-type: none"> Start forwards and land in lunge facing the opposite direction 	2 point
Standing back salto dismount	<ul style="list-style-type: none"> Standing at end of Beam 	2 points

9 Year Old Beam Acro	Criteria	10 points possible
Scale to handstand hold	<ul style="list-style-type: none"> Legs together for 2 seconds Legs apart for 1 second (split position) Step down 	1 point
Back walkover	<ul style="list-style-type: none"> Land in lunge 	2 points
Front handspring or front walkover	<ul style="list-style-type: none"> 	2 points
Front to back cartwheel	<ul style="list-style-type: none"> 	1 point
Back handspring step out	<ul style="list-style-type: none"> Land in lunge 	2 points
Cartwheel (or better) to back salto dismount	<ul style="list-style-type: none"> 	2 points

10 Year Old Beam Acro	Criteria	10 points possible
Scale to handstand hold	<ul style="list-style-type: none"> Legs together 2 seconds Legs apart 2 seconds (split position) Step down to lunge 	2 points
Front walkover, front handspring or front aerial	<ul style="list-style-type: none"> 1.0 awarded for Walkover 2.0 awarded for front handspring or front aerial 	1.0 point for front walkover 2.0 points for front handspring or front aerial
Flip flop series	<ul style="list-style-type: none"> 1st flip flop is step out 2nd flip flop allowed with legs step out or legs together 	2 points
Standing back tuck	<ul style="list-style-type: none"> 	2 points
Round off or back handspring to salto dismount	<ul style="list-style-type: none"> Salto is in any position 	2 points



USA Gymnastics
National TOP Testing
Skills Testing
Beam Dance



8 Year Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none">• See Appendix B for routine• Insert Split Leap instead of Switch Split Leap	10 points

9 Year Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none">• See Appendix B for routine	10 points

10 Year Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none">• See Appendix B for routine	10 points



**USA Gymnastics
National TOP Testing
Skills Testing
Floor Acro**



8 Year Old Floor Acro	Criteria	10 points possible
Jump hurdle to 2 front handspring step outs to front handspring feet together	<ul style="list-style-type: none"> Performed from a jump (power) hurdle 	3 points
Jump hurdle to Round Off to 2 flip flops to back tuck salto	<ul style="list-style-type: none"> Performed from a jump (power) hurdle 	3 points
Standing back tuck	<ul style="list-style-type: none"> Performed off an 8 inch panel mat to land on spring floor 	2 points
See appendix floor acro series	<ul style="list-style-type: none"> Performed as a series 	2 points

9 Year Old Floor Acro	Criteria	10 points possible
2-3 running steps, front handspring step out, front handspring, front tuck	<ul style="list-style-type: none"> Performed on the diagonal of the floor exercise area 	3 points
Jump hurdle from board, round off 3 flip flops to layout stick	<ul style="list-style-type: none"> Must stick the landing 	3 points
Standing back tuck or pike	<ul style="list-style-type: none"> Performed on the floor 	1.5 points
Standing front tuck	<ul style="list-style-type: none"> Performed from panel mat on to 8 inch skill cushion Mat and skill cushion are at the same level 	1.5 points
See appendix floor acro series	<ul style="list-style-type: none"> Performed as a series 	1 point

10 Year Old Floor Acro	Criteria	10 points possible
2-3 running steps front handspring step out, front handspring, front salto	<ul style="list-style-type: none"> Salto can be tuck, pike or layout 	3 points
Jump hurdle from board, round off flip flop to 1 or 2 whips, bounce OR round off to 1 or 2 whips, bounce	<ul style="list-style-type: none"> Coach may spot the rebound and landing 	3 points
2-4 running steps, round off, flip flop, layout salto 1/1 twist stick	<ul style="list-style-type: none"> Must stick the landing 	3 points
See appendix floor acro series	<ul style="list-style-type: none"> Performed as a series 	1 point



USA Gymnastics
National TOP Testing
Physical Abilities
Floor Dance



8 Year Old Floor Dance	Criteria	10 points possible
National Testing Floor Dance section	<ul style="list-style-type: none">• See Appendix C for routine• Insert Passe' full turn in place of the leg up full turn, complete in releve'• Insert fouette in place of tourjette	10.0 points
9 Year Old Floor Dance	Criteria	10 points possible
National Testing Floor Dance section	<ul style="list-style-type: none">• See Appendix C for routine• Insert passe' full turn in place of the leg up full turn, complete in releve'	10.0 points
10 Year Old Floor Dance	Criteria	10 points possible
National Testing Floor Dance section	<ul style="list-style-type: none">• See Appendix C for routine	10.0 points

Appendix A

BARS

Low Bar Sequence

- Glide kip and cast to handstand, Glide kip and cast to handstand ½ pirouette directly or indirectly connected to the following sequence. 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 connected to the following
- 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

High Bar Sequence

- 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
- Long hang kip and cast to handstand
- Back giant with a ½ turn (pirouette) in handstand to any grip to immediate,
- 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.
- Back giant
- Layout flyaway. 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.

Appendix B

BEAM

Begin in third position high relevé at end of the beam

1st Section:

- 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 & side kicks. Arms circle down then up during back kicks. Arms upwards in needle kick and high relevé position.
- Execute a sissoné, close leg front, connected immediately to a second sissoné, swing the rear leg forward to finish position rear leg extended with toe pointed. Move or step to lunge position. Travel forward during sissonés with arms in oblique up position (45 degrees).
- From lunge position execute a ½ turn in forward passé (foot by knee); start and finish in high relevé. Arms; start the turn with same arm forward as lunge leg. Other arm in side position. During turn arms move sideward, upward, finishing in crown. Lower from relevé to an immediate forward passé développé to horizontal leg hold back to relevé or; 1 or 2 steps forward to horizontal leg hold in relevé. Leg hold is held for 2 counts. From ½ turn the arms move from crown to side as lowering to heel and circle to crown as they arrive in the horizontal hold. Arms lower to side stepping forwards from hold.

2nd Section:

- One or two steps to a 180° switch split leap (legs must be straight, not a stag split) (8year olds perform a split leap only). Arms optional. Immediately connected split jump to a stretched jump (arms by ears during the jump). Close the back leg from switch to a strong base before split jump. Show a strong finish with arms oblique upwards at the end of stretched jump. Execute a relevé ½ turn. Arms optional.
- One or two steps forwards to a full turn on one leg in high relevé finishing in a balance position. Free leg optional. Arms; start the turn with same arm forward as lunge leg. Other arm in side position. During turn arms move sideward, upward, finishing in crown.

Appendix C

FLOOR

Acro series:

8 year old - Start 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 to forward roll to pike up to HS, ½ pirouette and show straight body before pike down to back extension to HS, to another back extension to HS ½ turn on hands, finish in HS to straight body (no pike) lever down to hollow push up position. Bring feet under in a tuck to stand and finish.

9 year old - Start 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, straddle down from HS without the feet touching the ground to back roll extension to HS, to another back extension to HS ½ turn on hands, finish in HS to straight body (no pike) lever down to hollow push up position. Bring feet under in a tuck to stand and finish.

10 year old - Start 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 1½ pirouette, straddle down from HS without the feet touching the ground to back roll extension to HS, to another back extension to HS full (1/1) turn on hands, finish in HS to straight body (no pike) lever down to hollow push up position. Bring feet under in a tuck to stand and finish.

Dance

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 9 year old performs a fouette only). Arms upwards oblique

Second passage:

- One to two steps forward to a horizontal leg up full turn (8 and 9 year old perform a passe' full turn instead) or double toe turn. One to two steps ring kick. Arms optional. 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