

TOPS TESTING CHANGES FOR 2012 SEASON

The following are changes to the STATE LEVEL TESTING program. They will be in affect for the 2012 TOPS season. Updated - 5/30/2012

The International Elite committee, Athlete development committee and National Team coaching staff have directed and contributed to the changes in the TOPS state and national testing program. There are a number of reasons for the current changes, the primary reason being many of our TOPS participants are lacking in a large enough gymnastics skills base. Our country needs our most talented young athletes working on a larger range of basic skills than what our JO compulsories or beginning optional program require. Please view the following skills and combinations as part of our countries elite development program track.

For most coaches and athletes these program changes represent a greater time and effort commitment than previous TOPS participation. We understand we are raising the bar, we are hoping all of you will take this opportunity and rise to the challenge.

Physical abilities changes

All Handstand Holds will be 30 seconds.

Eliminate the Bridge and the Jump Test

Skill testing changes

Local tests will include skill and skill combination testing.

Coaches are encouraged to use additional 8 inch or 4 inch matting for safety.

Coaches are able to stand near the athlete (without blocking the testers view) for the safety of the athlete.

Bars

Gymnast may mount on bars with a single panel mat.

Low and high bar heights are to remain at FIG specifications. Cannot lower or raise the high or low bar. The bars width may be adjusted. Bars cannot be adjusted wider than FIG Specs.

Coaches must be present between the bars during the routine. If no coach is present the athlete will receive a zero score.

8 Year Old Bars

2 glide kip casts to minimum 45 degrees in a row, clear hip circle to horizontal, to glide kip cast to horizontal, to late drop, legs together to pike back toe circle to jump to high bar to kip cast to horizontal, swing ½ turn with feet at minimum horizontal with the bar changing one hand only (level 5 dismount).

1. Legs together on all casts

2. First glide legs are together. **Option to straddle on second glide only.**

3. May bend the knees at the end of toe circle to facilitate the jump to the high bar.

Coaches may spot the jump to the high bar with no deduction. (Spotting the sole circle will result in an incomplete skill for scoring).

4. Landing of final skill is not judged. The height of the swing is primary.

9 Year Old Bars

2 glide kip casts to minimum 45 degrees in a row, **Choice of circle:** clear hip circle **or** back toe circle **or** stalder circle to 45 degrees, to glide kip cast to horizontal to a late drop, legs together to pike back toe circle to jump to high bar to kip cast to horizontal, swing ½ turn with feet minimum horizontal with the bar changing one hand at a time with the final swing a single hand change (level 5 dismount).

1. Legs together on all casts
2. First glide legs are together. **Option to straddle on second glide only.**
3. May bend the knees on the finish of the toe circle to facilitate jumping to high bar
4. A coach must stand between the bars as the athlete moves to the high bar. Safety spot when needed. Additional matting is also recommended.
5. Landing of final skill is not judged. The height of the swing is primary.

10 Year Old Bars

Glide kip cast ½ pivot to kip cast to minimum 45 degrees,

Choice of circle: clear hip circle **or** back toe circle **or** stalder circle to above 45 degrees, to glide kip cast to horizontal to late drop, legs together to pike back toe circle to jump to high bar to kip cast to horizontal, swing ½ turn with feet above horizontal changing one hand at a time with the final swing a single hand change (level 5 dismount).

1. Legs together on all casts
2. Legs together on all glides.
3. A coach must stand between the bars as the athlete moves to the high bar. Safety spot when needed. Additional matting is also recommended.
4. Landing of final skill is not judged. The height of the swing is primary.

Note: It is suggested the ½ turn swings be taught on a single bar with hands on coaching. Move to a regular two bar system only when the athlete is safe to do so.

Beam

Start anywhere on the beam to accommodate spacing. Low beam matting is at the bottom of the beam height.

8 Year Old Beam sequence

Back walkover finish, 2 or 3 steps to split leap or switch leap, front to back cartwheel finish, standing back tuck dismount to stick. Front walkover on low beam to controlled finish, weight on both feet.

9 Year Old Beam

Back walkover finish in lunge, standing back handspring, 2 or 3 steps to switch leap, front to back cartwheel finish, standing back tuck dismount to stick. Front walkover on low beam to controlled finish, weight on both feet.

10 Year Old Beam sequence

Back walkover finish, handstand in split, step down to back handspring, 2 or 3 steps to switch leap,

Dismount Choice: Cartwheel – Back Tuck Stick OR Roundoff – Back Tuck Stick OR 1
or 2 back handsprings to back tuck stick.

Front walkover on low beam to a controlled finish, weight on both feet.

Floor

No additional matting available.

Coaches are encouraged to spot the finish of non-sticking skills.

8 Year Old floor sequences

Sequence 1- 1 to 2 steps hurdle to 2 front handspring step outs to front handspring feet together. Non-sticking. The athlete should be encouraged to be moving forwards at the completion of the final skill.

Sequence 2- From a stand with two feet together on a panel mat jump with two feet hurdle round off to 2 back handsprings to back tuck to stick.

Sequence 3- 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 to HS pike down to tall stand, tuck sit to back extension handstand lower with straight body to push up position with no pike. Tuck feet under to stand and finish.

9 Year Old floor sequences

Sequence 1- 1 to 2 steps hurdle to 1 front handspring feet together to front tuck landing with stick.

Sequence 2- From a stand with two feet together on a panel mat jump with two feet, hurdle to round off 2 back handsprings to back whip to rebound. Coaches are encouraged to spot the rebound of the whip back.

Sequence 3- From a stand with two feet together on a panel mat jump with two feet to punch tuck front to stick. 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 to HS pike down to back extension handstand lower with straight body to push up position with no pike. Stoop feet under to stand and finish.

10 Year Old floor sequences

Sequence 1- 1 to 2 steps hurdle to front handspring step out to front handspring feet together to front tuck landing with stick.

Sequence 2- From a stand with two feet together on a panel mat jump with two feet hurdle round off 2 back handsprings to back layout stick.

Sequence 3- From a stand with two feet together on a panel mat jump with two feet to punch straddle split to punch tuck front to stick. 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 to HS pike down to back extension ½ turn forward roll to stand and finish.