



USA Gymnastics
National TOP Testing
Skills Testing – revised 8/1/2013
Effective for the 2013 TOP Season



Skills Testing notes:

- 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:**
 - 8 Year Olds 50% Physical Abilities – 50% Skills**
 - 9 Year Olds 40% Physical Abilities – 60% Skills**
 - 10 Year Olds 30% Physical Abilities – 70% Skills**



**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 	3 points
Kip Cast, 2 clear hip circles, back toe circles or stalder circles to 45 degrees, to stoop back toe circle, jump to high bar to cast to 3 back giants to layout flyaway	<ul style="list-style-type: none"> Performed on low bar Judged on late drop into the circle skills and the position coming out of the skill If toe circle is performed, the feet MUST leave the bar after each circle 	4 points
From front support cast (minimum horizontal) to 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 	3 points
10 Year Old Bars	Criteria	10 points possible
Kip Cast HS, kip cast HS ½ pivot to kip cast horizontal to stoop back toe circle to long hang kip, cast to handstand , 2 giants to layout flyaway	<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 casts 	5.0 points
2 consecutive clear hips circles and/or toe circles and /or stalder circles to stoop back toe circle, jump to high bar to 3 consecutive tap swings with ½ turn on each swing. Must be above horizontal	<ul style="list-style-type: none"> Judged on late drop into the circle skills and the position coming out of the skill If toe circle is performed, the feet MUST leave the bar after each circle 1 circle must go to a handstand The ½ turns MUST be in sequence 	5.0 points



**USA Gymnastics
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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 	1 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 	1 point
Back handspring on high or low beam	<ul style="list-style-type: none"> Low beam mats level at bottom of beam 	2 points
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
Handstand step down to 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 	1 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 point for front walkover 2 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 1 or 2 back handsprings to salto dismount	<ul style="list-style-type: none"> Salto is in any position 	2 points



USA Gymnastics
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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
From panel mat jump down to punch tuck front to stick.	<ul style="list-style-type: none">Performed from panel mat	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	2 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	2 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	2 points
From panel mat jump down to punch straddle split to punch tuck front to stick	<ul style="list-style-type: none">Must stick the landing	2 points
See appendix floor acro series	<ul style="list-style-type: none">Performed as a series	2 points



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 Passé' full turn in place of the leg up full turn, complete in relevé'• Insert fouette in place of tourjeté	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 passé' full turn in place of the leg up full turn, complete in relevé'	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 Sequences information

- 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 Sequences information

- Immediate pike sole circle (legs 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.
- 0.2 deduction for bending legs at any time in the circle. May bend the knees on the finish of the toe circle to facilitate jumping to high bar
- Swing ½ turn sequence a coach must stand between the bars as the athlete moves to the high bar. Safety spot when needed. Additional matting is also recommended.
- 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, and 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 8 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 passé' 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