



USA Gymnastics  
National Camp TOP Testing  
Skills Testing

**Effective for the 2016 TOPS 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  $\frac{1}{2}$  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)
  - Mats can no longer be stacked level to bottom of high Beam
- One Eight inch mat may be placed under bars and beam
- 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

## Vault

8 Year Old Vault	Criteria	10 points possible
Round off onto the board with rebound up and backwards to land on the stack mats (115 cm) onto the back.	<ul style="list-style-type: none"> <li>Athlete should land on their back flat on the mat with a fully extended body</li> <li>Arms should remain up throughout the rebound and landing</li> <li>Resi pit and mats must be stacked 115</li> <li>Hand placement mat will have marked a 12 inch corridor for hand placement</li> </ul>	6 points Emphasis on Round off <ul style="list-style-type: none"> <li>Hand placement</li> <li>Body position on the board and throughout the flight</li> </ul>
On trampoline 2 or 3 jumps to connected back tuck to straight jump to back tuck	<ul style="list-style-type: none"> <li>Athlete should do 2 or 3 strong jumps prior to the first back tuck</li> <li>Open tuck position is preferred</li> </ul>	4 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"> <li>Athlete must land on her feet or back</li> <li>Athlete must keep arms above head</li> <li>Mats must be stacked 115 to 125 cm</li> <li>Hand placement mat will have marked a 12 inch corridor for hand placement</li> </ul>	6 points Deductions to include <ul style="list-style-type: none"> <li>Arms not up – up to .5</li> <li>Body Piked/Arched -up to .5</li> <li>Dynamics – up to .5</li> </ul>
On trampoline 2 or 3 jumps to 3 connected back tucks	<ul style="list-style-type: none"> <li>Athlete should do 2 or 3 strong jumps prior to the first back tuck</li> <li>Open tuck position is preferred</li> </ul>	4 points
10 Year Old Vault	Criteria	10 points possible
Yurchenko timer from vaulting table onto stacked mats	<ul style="list-style-type: none"> <li>Must be performed on vaulting table set at 115 to 125 cm &amp; may place sting mat on table</li> <li>Mats are stacked to the height of vault table</li> <li>Athlete can land on feet or back</li> <li>Hand placement mat will have marked a 12 inch corridor for hand placement</li> </ul>	6 points Deductions to include <ul style="list-style-type: none"> <li>Arms not up – up to .5</li> <li>Body Piked/Arched -up to .5</li> <li>Dynamics – up to .5</li> </ul>
On trampoline 2 or 3 jumps to 3 connected back layouts	<ul style="list-style-type: none"> <li>Athlete should do 2 or 3 strong jumps prior to the first layout</li> </ul>	4 points

## Bars

8 Year Old Bars	Criteria	10 points possible
3 glide kip casts the first two glide kips to 45 degrees in a row (option to straddle on 1 <sup>st</sup> glide only) on the 3 <sup>rd</sup> glide kip – cast to horizontal to clear, toe or stalder circle to horizontal; glide kip cast to horizontal to stoop back toe circle to stand – jump off	<ul style="list-style-type: none"> <li>Section one to be done on low bar</li> <li>Performed on the low bar set at FIG height</li> <li>Legs must be together on all casts</li> </ul>	7 points
Coach may place gymnast on high bar and swing gymnast forward to begin long hang kip or gymnast may jump from low bar to high bar to long hang kip to front support immediate kip cast to horizontal to	<ul style="list-style-type: none"> <li>Section two to be performed on high bar (or single rail)</li> <li>Athlete will only change one hand for the turn</li> </ul>	3 points

swing ½ turn to horizontal		
<b>9 Year Old Bars</b>	<b>Criteria</b>	<b>10 points possible</b>
5 glide kip cast to 45 degrees or higher <b>Option to straddle on 1st glide only</b>	<ul style="list-style-type: none"> <li>Performed on the low bar set at FIG height</li> <li>Legs must be together on cast</li> </ul>	3 points
Kip Cast, 2 clear hip, back toe or stalder circles to 45 degrees, <b>glide kip cast to late drop stoop back toe circle</b> , jump to high bar to cast to 3 back giants to layout flyaway.	<ul style="list-style-type: none"> <li>Performed on low bar</li> <li>Judged on late drop into the circle skills and the position coming out of the skill</li> <li>If toe circle is performed, the feet <b>MUST</b> leave the bar after each circle</li> </ul>	4 points
<b>Kip cast (minimum horizontal) to 3 tap swings with ½ turn on each swing</b>	<ul style="list-style-type: none"> <li>Performed on high bar (or single rail)</li> <li>Prefer the ½ turns be in sequence, however, can have 1 swing in between ½ turn swings</li> </ul>	3 points
<b>10 Year Old Bars</b>	<b>Criteria</b>	<b>10 points possible</b>
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"> <li>Preformed on the low bar</li> <li>Must show a good body shape on all casts</li> <li>Legs must be together on casts</li> </ul>	5.0 points
<b>2 consecutive clear and/or toe and /or stalder circles to glide kip cast to late drop stoop back toe circle jump to high bar ,jump to high bar to 3 consecutive tap swings with ½ turn on each swing. Must be above horizontal</b>	<ul style="list-style-type: none"> <li>Judged on late drop into the circle skills and the position coming out of the skill</li> <li>If toe circle is performed, the feet <b>MUST</b> leave the bar after each circle</li> <li>1 circle must go to a handstand</li> <li>The ½ turns <b>MUST</b> be in sequence</li> </ul>	5.0 points

Low Bar Sequences information – **based on age group 9 and 10 year olds requirement two circles**

- Clear hip circles in a row, OR
- Stalders backward in a row, OR
- 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.

## Beam Acro

<b>8 Year Old Beam Acro</b>	<b>Criteria</b>	<b>10 points possible</b>
Scale to handstand hold	<ul style="list-style-type: none"> <li>• Legs together then legs split to step down, land in lunge</li> </ul>	1 point
Back walkover	<ul style="list-style-type: none"> <li>• Land in lunge</li> </ul>	2 points
Front walkover	<ul style="list-style-type: none"> <li>• Performed on Low Beam for full credit</li> </ul>	2 points
Front to back cartwheel	<ul style="list-style-type: none"> <li>• Start forwards and land in lunge facing the opposite direction</li> </ul>	1 point
Back handspring on high or low beam	<ul style="list-style-type: none"> <li>• Low beam mats level at bottom of beam</li> </ul>	2 points
Standing back salto dismount	<ul style="list-style-type: none"> <li>• Standing at end of Beam</li> </ul>	2 points

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

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

## Beam Dance

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

  

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

  

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

Begin in third position high relevé at end of the beam

### 1<sup>st</sup> 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.

### 2<sup>nd</sup> 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.

## 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"> <li>Performed from a jump (power) hurdle</li> </ul>	3 points
Jump hurdle to Round Off to 2 flip flops to back tuck salto	<ul style="list-style-type: none"> <li>Performed from a jump (power) hurdle</li> </ul>	3 points
Standing back tuck	<ul style="list-style-type: none"> <li>Performed off an 8 inch panel mat to land on spring floor</li> </ul>	2 points
Acro series	<ul style="list-style-type: none"> <li>Performed as a series</li> </ul>	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"> <li>Performed on the diagonal of the floor exercise area</li> </ul>	3 points
Jump hurdle from board, round off 3 flip flops to layout stick	<ul style="list-style-type: none"> <li>Must stick the landing</li> </ul>	3 points
Standing back tuck or pike	<ul style="list-style-type: none"> <li>Performed on the floor</li> </ul>	1.5 points
From panel mat jump down to punch tuck front to stick.	<ul style="list-style-type: none"> <li>Performed from panel mat</li> </ul>	1.5 points
Acro series	<ul style="list-style-type: none"> <li>Performed as a series</li> </ul>	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"> <li>Salto can be tuck, pike or layout</li> </ul>	2 points
Jump hurdle from board, round off flip flop to 2 whips, bounce OR round off to 2 whips, bounce	<ul style="list-style-type: none"> <li>Coach may spot the rebound and landing</li> </ul>	2 points
2-4 running steps, round off, flip flop, layout salto 1/1 twist stick	<ul style="list-style-type: none"> <li>Must stick the landing</li> </ul>	2 points
From panel mat jump down to punch straddle split to punch tuck front to stick	<ul style="list-style-type: none"> <li>Must stick the landing</li> </ul>	2 points
Acro series	<ul style="list-style-type: none"> <li>Performed as a series</li> </ul>	2 points

### 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.

### Floor Dance

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

**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 tour jete (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 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.