HOPES... WALKING IN THE FOOTSTEPS OF CHAMPIONS

The USA Gymnastics “Elite” program is a fast-track, highly intense progression system designed to produce champions... The Hopes program is considered the starting gate for athletes interested in getting their foot in that program!

Our sport’s highest level of competition is called Elite. It has two age divisions, Junior (11-15) and Senior (16+). The Juniors are always exciting to watch, packed with fantastic, dynamic gymnastics while the Seniors division is where the prestige and glory dominate, with World and Olympic-bound opportunities at the finish line. Qualification rules to ‘become’ an Elite are simple... get the Optional and Compulsory score, qualify to Classics, and then compete at Championships of the USA!

So what happens to the kids who try to get both scores and fall short of qualifying to the Classic meets? Where do they go? Well, if their scores are high enough, they will qualify to the Challenge competitions, which are hosted in conjunction with the Classic competitions. This is the Pre-Elite level.

But what about the kids, ages 10-12, that just aren’t ready for that Pre-Elite step? Maybe they are active in TOP’s and even compete in the JO Program, but are anxious to take that first Elite step... what about them? This is the perfect scenario for a HOPES bound athlete. HOPES provides athletes with an opportunity to compete the traditional Elite compulsory and a modified FIG Optional routine and includes an opportunity to qualify to the Challenge (HOPES division only). It is a ‘Pre’ Pre-Elite program. Athletes compete in the same qualifiers as their Elite teammates and earn their way up the ranks!

The HOPES program was initiated in the 2006 season and was a tremendous success. Since, it has been a wonderful asset for some of our countries most aspiring talent.
HOPES BOUND

The “official” rules and code modifications

Hopes athletes compete both Optional and Compulsory routines.

The Compulsory routines are the 2008 Elite Compulsory Routines (effective January 1, 2008).

The necessary Compulsory score for Hopes to qualify to Challenge is a 32.0.

The Optional routines are consistent with the current FIG Elite Code of Points, however the
EGR’s have been modified, as illustrated below. The necessary Optional score for Hopes to qualify
to Challenge is a 46.5.

Once an athlete has attained a 32.0 (compulsory) and a 46.5 (optional), at either a Regional or
National Qualifier, they will then be qualified to the US Challenge (Hopes division).

HOPES EGR (ELEMENT GROUP REQUIREMENTS) AND ROUTINE DETAILS

-FIG REQUIREMENTS (WITH EGR MODIFICATIONS; INDICATED BY “*”)

<table>
<thead>
<tr>
<th>VAULT</th>
<th>BARS = 2.5 (.5 EACH)</th>
<th>BEAM = 2.5 (.5 EACH)</th>
<th>FLOOR = 2.5 (.5 EACH)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two competition vaults; same or different (FIG Code)</td>
<td>One close bar element (groups 2, 4, 5) excluding: ✓ Flight elements ✓ Cast to handstand</td>
<td>Turn on one foot (will be 1 of the 10 counting elements)</td>
<td>Saltos with: ✓ Double flipping ✓ Twisting (360˚ minimum) (Can be achieved in one or two elements)</td>
</tr>
<tr>
<td>~ Better score counts</td>
<td>Minimum of a 180˚ non-flight turn (lack of 360˚ turn composition deduction will NOT be taken)</td>
<td>One acro series, minimum of 2 elements with one being a salto</td>
<td>Acro elements in different directions (Forward/ Sideward and Backward)</td>
</tr>
<tr>
<td></td>
<td><strong>2 of the 3 Flight Element Requirements (each of the 2 flights = .5 each)</strong> ✓ Flight from HB to LB ✓ Flight from LB to HB ✓ Flight on the same bar</td>
<td>One connection of at least 2 different dance elements, one being a leap, jump, or hop with 180˚ split (cross position only)</td>
<td>A passage of at least 2 different dance elements, one of them being a leap or hop with 180˚ split (cross position only)</td>
</tr>
<tr>
<td></td>
<td>*Minimum of a B dismount (will be 1 of the 10 counting elements)</td>
<td>Acro elements in different directions (Forward/Sideward and Backward)</td>
<td>One acro series with 2 different saltos</td>
</tr>
</tbody>
</table>

ELITE HIERARCHY

To Challenge: 33.5 Compulsory & 48.5 Optional

10 YEARS OLD

To Classics: 35.0 Compulsory & 55.0 Optional

11 YEARS OLD

To USA’s: 35.0 Compulsory & 54.0 Optional

12 YEARS OLD

Jr. Elite

13 YEARS OLD

To Classics: 35.0 Compulsory & 53.0 Optional

14 YEARS OLD

To USA’s: 35.0 Compulsory & 54.0 Optional

15 YEARS OLD

Jr. Pre-Elite

To Challenge: 32.0 Compulsory & 46.5 Opt.

16 YEARS OLD

Sr. Elite

To Classics: 35.0 Compulsory & 55.0 Optional

To USA’s: 35.0 Compulsory & 56.0 Optional

*Hopes Age Groups: 10-11 & 12 yr. old