



# ELEMENTS FOR THE 2013-2020 JR. OLYMPIC COMPULSORY EXERCISES FOR WOMEN

5 Levels of Compulsory Exercises. Level 5 is comparable to the current level 6.

# STARTING 2013!

OVERVIEW	
CURRENT COMPULSORY LEVEL	2013 COMPULSORY LEVEL
1 and 2 combine to become-->	1
3	2
4	3
5	4
6	5

## DATES TO LEARN THE NEW ROUTINES

May 31 – June 2, 2013..... Orlando, FL  
June 7 – 9, 2013 ..... Reno, NV

### BEAM LEVEL 1

Minimum 4 years old

- Mount: Jump to front support
- Lie back to pike (L) position with legs straight – roll forward into tuck stand
- Arabesque (show – no hold)
- Step, Leg swing, step, Leg swing
- Lever – mark T position
- Leg balance in forward passé on flat foot (mark)
- Relevé – lock position – hold
- Stretch jump
- Dismount: From kneel on one leg, Cartwheel to partial handstand, lower to stand facing beam

### BEAM LEVEL 2

Minimum 5 years old

- Mount: Jump to front support
- Swing to push up – jump to tuck stand
- Arabesque (>30° below horizontal)
- Front leg swing – close; back leg swing – close to stand. – relevé lock
- Lever to beam – touch beam and return to stand
- Leg balance in forward passé (hold 2 seconds)
- Pivot turn (180°)
- Stretch jump, pull to lock position
- Dismount: Cartwheel to Handstand, lower to stand facing beam

### BEAM LEVEL 3

Minimum 6 years old

- Mount: Leg swing to cross sit
- Arabesque (>45° below horizontal)
- Straight leg leap (90°) to plié arabesque – hold.
- Cross Handstand with legs in split position. Mark (no angle requirement).
- Pivot turn – step, Pivot turn
- Stretch jump, Stretch jump, pull to lock position
- ½ (180°) heel snap turn in forward passé
- Dismount: Cartwheel to side handstand, (mark the position), ¼ turn

### BEAM LEVEL 4

Minimum 7 years old

- Mount: Leg swing to cross sit
- Cartwheel
- Arabesque (>45° below horiz.) – lift to Scale (at horizontal – hold 1 sec.).
- Straight leg leap (120°) to plié to lock position
- Cross Handstand with legs together – hold 1 second
- Leg swing forward-backward – close to pivot turn
- Split jump (120°) to stretched jump
- ½ (180°) turn in forward passé
- Dismount: Cartwheel to side handstand, (hold 1 second), ¼ turn

### BEAM LEVEL 5

Minimum 7 years old

- Mount: Leg swing to cross sit
- Back walkover OR Back extension OR Back handspring step-out
- Arabesque slightly below horiz. – Lift to Scale (above horizontal – hold 1 sec.).
- Straight leg leap (150°), stretch jump
- Cross Handstand with legs together – hold 2 seconds, step down – backward relevé walks
- Backward swing turn (min. of horiz.)
- Split jump (150°), Sissonne
- Full (360°) turn in forward passé. Arms in crown
- Dismount: Cartwheel to side handstand, (hold 2 seconds) – ¼ turn

### FLOOR LEVEL 1

Minimum 4 years old

- ¾ Handstand (legs do not join) – step down to lunge
- Forward entry – Cartwheel ¼ turn in
- Backward roll tuck
- Candlestick
- Forward roll tuck
- Walks Right and Left
- Forward passé balance – mark/press to relevé
- Forward Chassé Leg swing
- Relevé balance Split jump

### FLOOR LEVEL 2

Minimum 5 years old

- Handstand with legs together – step down to lunge
- 1-3 steps – hurdle, round-off
- Backward roll tuck with bent arms to pike stand
- Candlestick, lie down, push up to bridge – kick over
- Pivot turn – step, Pivot turn
- 2 (two) ¼ (90°+ 90°) heel snap turns – leg position in forward passé... arms in forward-middle.
- Forward Chassé – Straight leg leap (60°)
- Split jump press to relevé lock position

### FLOOR LEVEL 3

Minimum 6 years old

- Split jump (90°), Stretch jump
- Handstand forward roll (with arms straight)
- Handstand Bridge – Back Kickover
- Leg swings to the side R and L
- Backward roll tuck with straight arms to push up position
- Forward split
- Chassé, Split leap (90°) to large step, leg swing in relevé
- ½ (180°) turn in forward passé... arms in forward-middle or crown.
- Backward Swing turn
- Round-off, Flic-flac, rebound-stick
- No specific # of running steps

### FLOOR LEVEL 4

Minimum 7 years old

- Straddle jump (120°), stretched jump ½ (180°)
- Front handspring, rebound (no stick) No specific # of running steps
- Back walkover (120°)
- Running steps, Passé hop
- Backward roll with straight arms to Handstand
- Forward split
- Sissonne, chassé, Split leap (120°) large step, leg swing hop
- Full (360°) turn in forward passé... arms in forward-middle or crown
- Round-off, 2 flic-flacs – rebound to stick.
- No specific # of running steps

### FLOOR LEVEL 5

Minimum 7 years old

- Straddle Jump (150°), Stretched jump with full (360°) turn
- Front handspring step-out, front handspring to 2 feet, rebound No specific # of running steps
- Forward salto tucked
- Backward roll with straight arms to Handstand
- Forward split
- Sissonne, chassé, step Split leap (150°) OR Switch-leg leap (150°), large step to leg swing hop
- Full (360°) turn in forward passé... arms in crown
- Round-off, flic-flac, back salto tuck – stick
- No specific # of running steps

### VAULT LEVEL 1

Minimum 4 years old

- Straight jump onto min. of 16" mat, then kick up to Handstand fall to flat back

### VAULT LEVEL 2

Minimum 5 years old

- Jump to Handstand onto min. of 16" mat stack (no block required)

### VAULT LEVEL 3

Minimum 6 years old

- Jump to Handstand onto min. 32" mat stack (no block required)

### VAULT LEVEL 4

Minimum 7 years old

- Hand spring over vault table

### VAULT LEVEL 5

Minimum 7 years old

- Handspring over vault table

### BARS LEVEL 1

Minimum 4 years old

- Pullover
- Cast
- Back hip circle
- Cast
- Dismount: Straddle on, sole circle OR Underswing

### BARS LEVEL 2

Minimum 5 years old

- Pullover
- Cast
- Back hip circle
- Single leg cut forward
- Forward stride circle OR Single leg basket swing (hooking knee on the bar on the upswing to complete either element circle is allowable)
- Single leg swing backward, cast
- Dismount: Squat on, piked sole circle OR Underswing

### BARS LEVEL 3

Minimum 6 years old

- Mount: Glide swing out (straddle or pike) and return to stand with feet together – Pullover OR Glide kip (both a 10.0 SV)
- Front hip circle, small cast
- Cast, single leg shoot thru
- Stride circle forward OR Single leg basket swing (both legs straight throughout)
- Single leg cut (leg backwards)
- Cast Back hip circle
- Dismount: Underswing

### BARS LEVEL 4

Minimum 7 years old

- Mount: Glide Kip (straddle or pike)
- Cast to horizontal and return to support
- Cast squat or pike on
- Long hang kip
- Cast to horizontal, Back hip circle
- Underswing
- Counter swing to 30° below horizontal
- Tap Swing forward
- Counter swing to 30° below horizontal
- Dismount: Tap swing forward with ½ turn

### BARS LEVEL 5

Minimum 7 years old

- Mount: Glide Kip (straddle or pike)
- Cast to above horizontal (no specific degree)
- Clear hip circle to above horizontal (no specific degree)
- Glide kip (straddle or pike), Cast, squat or pike on, back tuck sole circle, jump to high bar OR Squat or pike on/jump to high bar
- Long hang kip, Cast to above horizontal (no specific degree)
- Long hang pullover
- Underswing
- Counterswing to 15° below horizontal
- Dismount: Tap swing forward to Flyaway in tuck, pike, or layout

