



# ***PRE-ELITE COMPULSORY PROGRAM***

7th Edition 2008 – revised 4/27/2009  
Changes for 2009 Elite Season are in Red

## **USAG PRE-ELITE COMPULSORY PROGRAM**

Under the direction of the National Pre Elite Committee and in cooperation with the National Team Coordinator, the International Elite Committee and the National Coaching Staff, USA Gymnastics has produced this developmental program to assist our coaches in the training and preparation of our elite athletes. These complexes and skills are designed to be implemented into the daily training schedule to improve the fundamental movement quality of our athletes with the goal of reaching the expectations of international gymnastics.

### **National Elite Committee**

<u>Chairman</u>	<u>Gary Anderson</u>
Jack Carter	
Chris Burdette	Bart Roskoski
Enrique Trabanino	Barb Tiess
Dena Walker	Kelly Pitzen

### **National Team Coordinator**

Martha Karolyi

### **International Elite Committee**

<u>Chairman</u>	<u>Steve Rybacki</u>
Mary Lee Tracy	Valeri Liukin
Donna Strauss	Kim Zmeskal
Liang Qiao	

### **National Coaching Staff**

Tammy Biggs	Muriel Grossfeld
Tatiana Perskaia	Ivan Ivanov
Antonia Markova	Steve Rybacki

**Produced By  
USA GYMNASTICS WOMEN'S PROGRAM**

**VAULT**

1. The gymnast will perform any vault with a salto in any body position. **Only one compulsory vault will be permitted.** The Vault entry and shape must be announced prior to each vault.
2. Vaulting may be tested into a 'pit' with a resi-surface or level matting over loose foam. The minimum height of the landing will be floor level. Several layers of mats may be stacked to any desired height above the floor level.

**BARS**

From a stand outside the bars (on the mat or a board) facing the low bar:

1&2 Glide kip and cast to handstand, Glide kip and cast to handstand, then do

3&4 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

- **.2 bonus will be awarded if two different circles are performed**

*After completion of the second "inbar" skill the gymnasts must do an*

5 Immediate pike sole circle (legs apart or 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 (with no deduction for adding extra elements)**

- **.2 deduction for bending legs at any time in the circle**

6. Long hang kip and cast to handstand

7. Back giant **or any circle skill** with a ½ turn (pirouette) in handstand **to any grip to immediate,**

8. Front giant (grip optional) **OR** an inverted giant (L grip), **followed by a second front giant**

**(same or different grip)** with ½ turn (pirouette) to a handstand (legs may be together or straddled when passing the LB **but MUST** be together in the upward part of the giant swing).

9. Back giant

10. Layout flyaway.

**BEAM**

*Begin in a fifth position high relevé at end of the beam*

**1<sup>st</sup> PASS:** with continuous, **dynamic and traveling** forward movement, step and execute two high alternate kicks forward (L&R), to two alternating side kicks, and two alternating back kicks and finish in a dynamic needle kick (not held); immediately returning to high relevé with foot closing in back, step(s) to the end of the beam and pivot ½ turn.

2nd PASS: 180° split jump directly connected to a 180° sissoné (2 foot take off with any foot position); one or two steps to a 180° switch split leap (legs must be straight, not a stag split); one or two steps to relevé position on one leg (balance stand), HOLD for 2 seconds with free leg in **forward horizontal** position. If the athlete does not have enough space to perform the relevé hold, she may take steps backward or perform a ½ pivot at the end of the beam prior to the hold element.

**3<sup>rd</sup> PASS:** begin with leg lifted high forward and execute a back walkover passing through handstand. Land on a bent or straight leg arabesque to a lunge position; Take a step to prepare for 2 Back Handsprings directly connected – each BHS may be a 1 or 2 foot or a combination to a controlled landings. (If you elect to use a two foot BHS on the second BHS, you must rebound first before coming to a control landing).

**4<sup>th</sup> PASS:** Step(s) to prepare for front handspring to a one or two foot landing or front walkover to finish position, step(s) to prepare for and then execute standing back tuck.

**5<sup>th</sup> PASS:** Perform a salto dismount. The gymnast must “turn” a salto dismount onto landing surface. The dismount used, must be the “root skill” of an optional dismount.

\*AT any time, extra steps may be added to utilize the entire beam.

## FLOOR

*All floor passes (both dance and acro) are to be done in a line back and forth across the floor (routine may NOT be performed across the diagonal)*

**1<sup>st</sup> PASS:** Begin in a pose of your choice, take 2 to 3 steps **OR chasse'** into a 180° switch-split leap (legs must be straight, not a stag split) to a finish position; **then take 2-3 steps and perform a Fouette'** and hold the ending position (with rear leg at horizontal or higher) for 2 seconds.

2nd PASS: **Prepare and lunge, on a flat foot, brush to side and hold leg at horizontal for 1 sec., bring leg to front without changing level and hold for 1 sec., then releve' bringing arms to crown and hold for 1 sec., step forward and finish. Step forward and perform a ring kick (leg can swing forward before to the kick)**

**3<sup>rd</sup> PASS: Split Jump OR with 2-3 steps into a cat leap 1/1 turn, then chasse or take 2-3 steps and do a straight leg 180 degree split leap, then step and finish.**

**4<sup>th</sup> Pass: Prepare and do a full turn with leg held horizontal (front, side or back) OR do a 2/1 turn with leg optional. Then take 2-3 steps into a tour jete' landing on one foot, step with ¼ turn (90°) to face judge, perform a forward straddle jump to finish.**

**5<sup>th</sup> Pass: Perform ONE of the following from a max of 3 running steps and hurdle. A rebound ending is recommended for each pass:**

- 1) Front handspring pike front**
- 2) Front handspring layout front**
- 3) Punch front layout with 1/1 twist**
- 4) Punch layout front to a second front in pike or layout**

**6<sup>th</sup> PASS:** From a stand, jump hurdle Round-off, BHS, layout **STICK**

**7<sup>th</sup> PASS:** 1-2 steps hurdle Round-off, 2 whips to rebound –

A coach is allowed to assist (spot) the landing of the rebound without penalty.

**8th Pass – Choice of ONE of the following from a max of 3 running steps:**

- 1) Round off layout full twist rebound**
- 2) Round off layout with ½ twist rebound or a step out**
- 3) Round off layout with 1 ½ twist rebound or a step out**

\* Extra steps into any of the tumbling passes will be a -.30 deduction **each time**.

## ***ELEMENT VALUES***

### ***POINTS OF EMPHASIS FOR EVALUATION***

#### **Vault Any Salto Vault – Tuck, Pike or Layout (w/o twist) 10.00 SV**

**Pre-Flight (Form, extension, shape) 2.0**

- Straight arms onto the table

**Flight (Amplitude – air time) 2.0**

- Amplitude of repulsion phase
- Height of Salto
- Head in “neutral” position (eyes following the hands) throughout

**Position in Flight (Tightness, form & shape) 3.0**

- Finishing salto by vertical – (early open to stretched body position prior to landing)

**Landing 2.0**

- Controlled landing to the feet.
  - No deduction for up to 3 steps
  - .30 deduction for a fall upon landing
- Body Posture
- Direction

**Dynamics 1.0**

#### **Uneven Bars 10.00 SV**

**Glide Kip Cast Handstand 1.0 each (2.0 total)**

- Extension of the glide (stretched hip angle)
- Legs straight (either together or straddled) in the glide
- Straight arms throughout the cast
- Straight body throughout the cast
- Finishing in handstand with straight body

**Circle Elements 1.0 each (2.0 total)**

- Straight arms throughout
- Straight or hollow body throughout
- Finishing in handstand with straight body
- **.2 bonus to final bar score if two different circles are performed**

**Piked toe circle to long hang kip cast handstand 1.0**

- **Up to .2 deduction if legs bend at any part of the circle or in standing up on low bar**
- Extension of the glide
- Legs straight and together in the glide.
- Straight arms throughout the cast
- Straight body throughout the cast
- Finishing in handstand with straight body

**Back Giant (blind change or Higgins) OR any complete bar circle with 1/2 turn 1.0**

- Straight arms throughout the circle
- Legs together and straight during the turn
- Legs together or straddled allowed on the downswing of a giant
- Finish ½ turn in handstand with straight body and open shoulder angle

**One front or inverted giant followed by a second front giant ½ or invert giant ½ 1.0 (each giant)  
(2.0 total)**

- Straight arms and open shoulders throughout
- Legs together or straddled on downswing allowed
- Legs together and straight throughout turn
- Finish ½ turn in handstand with straight body

**Back Giant 1.0**

- Straight arms and open shoulder angle throughout
- Show open hips in the bottom of the swing (tap)
- Legs together or straddled on tap allowed
- Finish in handstand with straight or hollow body

**Layout Dismount 1.0**

- Show open hips in the bottom of the swing (tap)
- Straight or hollow body throughout
- Peak of salto **ABOVE** the bar
- Maintain open body shape upon landing
- Must land on feet
- No deduction for up to 3 steps upon landing
- .30 deduction for a fall upon landing

**Beam 10.0 SV**

**Two (2) alternating kicks forward 0.5 combined**

**Two (2) alternating kicks sideward 0.5 combined**

**Two (2) alternating kicks backward 0.5 combined**

**(Total of 1.5 value for all kicks combined)**

All kicks must be:

- On relevé
- **Must travel and be continuous**

- Legs straight
- Body posture and arms extended throughout
- Dynamics
- Height (above shoulder)
- Rhythm

**Needle Kick (with hand support) to Lever lift 0.5**

- Dynamics of the backward kick to 180° degree
- Straight legs
- Straight body line from hands to feet throughout (lever)

**180° Split Jump 0.5**

- Amplitude
- Dynamics
- Upper body posture with extended arms and legs
- Legs split in horizontal line

**Sissoné 0.5**

- 180° split on a diagonal line
- Upper body posture with extended arms and legs
- Dynamics
- Amplitude

**180° Switch Split Leap 1.0**

- Amplitude
- Dynamics
- Upper body posture with extended arms and legs
- Straight leg entry into leap

**Hold 0.5**

- 2 second hold in relevé
- **Free leg must be held at a forward/horizontal position**
- Body posture and balance

**Back Walkover - Finish in Lunge 0.5**

- Leg lifted and extended to horizontal or above
- 180° split with control thru handstand phase
- Straight body line from hands to feet on arabesque out
- Weight over the front foot in the finished lunge position

**Back handspring Series 1.0 each (2.0 Total)**

- Legs extended from feet to hand contact
- Straight arms throughout (open shoulder angle)
- Dynamics
- Continuous connection
- Body posture throughout
- Controlled landing

**Front Handspring 1.0**

- Dynamics
- Amplitude of repulsion

- Body posture
- Straight arms throughout (open shoulder angle)
- Controlled landing

**OR**

**Front Walkover**

- Leg lift into
- 180° split with control in handstand phase
- Arms straight and extended throughout
- Controlled landing

**Standing Back Tuck 1.0**

- Amplitude and extension of jump with hip lift
- Dynamics
- Controlled landing with body posture

**Dismount 1.0**

- Amplitude of salto
- Dynamics
- Clearly defined body position (tuck, pike or layout)
- Body posture upon landing
- Must land on feet
  - No deduction for up to 3 steps
  - .30 deduction for a fall upon landing

**\*\*Note: 4.5 total points for dance; 5.5 possible points for tumbling**

**Floor 10.0 SV**

**180°Switch Split Leap + Fouette and hold 1.0**

- Straight leg entry into leap
- Amplitude
- Dynamics
- Legs in alignment
- Upper body posture – extended arms and legs throughout

**Leg holds and ring kick 0.5**

- 2 second hold in each position
- 1 second hold in relevé
- Body posture and balance
- Height and dynamics in Ring Kick

**Sheep Jump or Cat Leap 360° 0.5**

- Amplitude
- Dynamics
- Upper body posture
- Cat Leap - Legs in “diamond” position at the height of jump
- Exactness of the turn

<b>180 degree Split Leap</b>	<b>0.5</b>
<ul style="list-style-type: none"> <li>• Amplitude</li> <li>• Dynamics</li> <li>• Upper body posture</li> </ul>	
<b>Full Turn (360°) leg horizontal OR 2/1 turn</b>	<b>0.5</b>
<ul style="list-style-type: none"> <li>• Body posture</li> <li>• Exactness of the turn</li> <li>• High relevé</li> <li>• Control at finish</li> </ul>	
<b>Tourjeté</b>	<b>0.5</b>
<ul style="list-style-type: none"> <li>• Amplitude</li> <li>• Dynamics</li> <li>• Squared hips on take-off with clearly defined ½ turn in the air</li> <li>• 180° split at the height of the jump</li> <li>• Controlled landing with arms and leg extended</li> </ul>	
<b>Forward Straddle Jump</b>	<b>0.5</b>
<ul style="list-style-type: none"> <li>• Amplitude</li> <li>• Dynamics</li> <li>• Upper body posture – extended arms and legs throughout</li> </ul>	
<b>Front Handspring Front (piked or layout)</b>	<b>1.5</b>
<b>Front handspring layout front</b>	
<b>Punch front in layout with 1/1 twist</b>	
<b>Punch layout front to a second front (either piked or layout)</b>	
<ul style="list-style-type: none"> <li>• Dynamics</li> <li>• Straight arms and body extension</li> <li>• Body extension and amplitude of hip rise</li> <li>• Body shape throughout salto</li> </ul>	
<b>Round Off, BHS, Layout STICK</b>	<b>1.5</b>
<ul style="list-style-type: none"> <li>• Dynamics</li> <li>• Extended arms and legs throughout</li> <li>• Body extension and amplitude of hip rise into salto</li> <li>• Amplitude and control of landing</li> </ul>	
<b>Round Off, Two Whips, Rebound</b>	<b>1.5</b>
<ul style="list-style-type: none"> <li>• Dynamics</li> <li>• Extended arms and legs throughout</li> <li>• Body extension and speed of rotation</li> <li>• Amplitude and body control</li> </ul>	
<b>Round off layout ½ or 1/1, or 1 ½</b>	<b>1.5</b>
<ul style="list-style-type: none"> <li>• Dynamics</li> <li>• Extended arms and legs throughout</li> <li>• Body extension and speed of rotation</li> <li>• Amplitude and body control</li> </ul>	

- **Must rebound on 1/1 and rebound or step out on 1/2 and 1 1/2**

**\*\*Note: 4.0 total points for dance; 6.0 possible points for tumbling**

### **General Comments/Judging Guidelines:**

- The evaluation emphasis will be on technique, form, execution, body shape throughout the major elements and not on transitions or choreography.
- “Points of Emphasis” as listed, are to be considered the guidelines for the desired technique and the emphasis for evaluation/deductions.
- Deductions for execution MAY NOT exceed the assigned Value of the Element. Falls will be in addition to execution errors.
- Bars and beam dismount landing will be evaluated based only on body position at the point of arrival on the mat.
- Failure to land on feet first on Vaulting will VOID the vault.
- Up to 3 steps upon landing on Vault, Bars and Beam dismounts are allowed with NO deduction.
- In order to encourage dynamics, falls on ANY dismount, connection or element will receive a 0.3 deduction.
- Deduction for “Incomplete element” is up to the value of the element.
- Omitting a listed element will receive a penalty equal to the value of that element. Changing or adding an element, or not performing the elements in the order listed is a 0.30 deduction.
- Failure to connect a dance series when noted is 0.20; acro series 0.30
- Glides on the low bar may be performed with legs together or straddled.
- All casts to handstand are performed with stretched straight body with legs together.
- On Floor and Beam dance elements, the arm and head positions are always optional and may be used to accent the element and enhance the lines of the athlete.
- Athletes may walk to the end of the Beam or to the edge of the Floor with no deduction, in order to accommodate the performance of the next sequence in the routine.
- Spotting to assist the completion of an element or vault will result in the loss of the value of the element or vault.