



ELITE COMPULSORY PROGRAM

8th Edition 2010 – revised 11/1/2009

Under the direction of the International Elite Program Committee and in cooperation with the National Team Coordinator, the International Elite Committee and the National Coaching Staff and the Athlete Development Committee, 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.

VAULT

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

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.
2. Vaulting may be tested into a 'pit' with a resi-surface or level matting over loose foam. The height of the landing must be at FIG competition level. Several layers of mats may be stacked to the FIG competition height.

Pre-Flight (Form, extension, shape) 2.0

- Straight arms onto the table

Flight (Amplitude – air time) 2.5

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

Position in Flight (Tightness, form & shape) 2.0

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

Landing 2.5

- 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

BARS

From a stand inside 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 ½ pirouette directly or indirectly connected to the following sequence. Indirect connection will require an additional kip cast to handstand (with no deduction for adding extra elements).
- 0.2 bonus will be awarded if directly connected to the following

- 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
- 0.2 bonus will be awarded if two different circles elements are performed

After completion of the second close bar circle skill, the gymnasts must do

- 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)
 - 0.2 deduction for bending legs at any time in the circle
6. Long hang kip and cast to handstand
7. Back giant 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 must be together throughout.
9. Back giant
10. 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.

Uneven Bars

10.00 SV

- 1&2 - Glide Kip Cast Handstand, Glide Kip Cast Handstand ½ pirouette** **1.0 each**
(2.0 total)
- Extension of the glide (stretched hip angle)
 - Legs can be either together or straddled in the glide
 - Straight arms throughout the cast
 - Straight body throughout the cast, legs together
 - Finishing in handstand with straight body

- 3&4 - Circle Elements** **1.0 each**
(2.0 total)
- Straight arms throughout
 - Finishing in handstand with straight body
 - Laboring or struggling to handstand *.02 each time
 - 0.2 bonus will be awarded if directly connected from cast handstand ½ pirouette
 - 0.2 bonus will be awarded if two different circles elements are performed

- 5 - Pike toe circle to long hang kip cast handstand** **1.0**
- Up to 0.2 deduction if legs are bend at any part of the circle or in standing up on low bar
 - Extension of the glide
 - Straight arms throughout the cast
 - Straight body throughout the cast, legs together
 - Finishing in handstand with straight body
- 6 - Back Giant (blind change or Higgins)** **1.0**
- Straight arms throughout the giant
 - Legs together and straight during the turn
 - Show open hips in the bottom of the swing (tap) 0.2 deduction if piked
 - Finish ½ turn in or before handstand with straight body and open shoulder angle
- 7 - One straight body front or inverted giant followed by a second straight front giant ½ or invert giant ½** **1.0 (each giant)
(2.0 total)**
- Straight arms and open shoulders throughout
 - Legs together on downswing *0.3 deduction for straddle
 - If straddled or hips piked on upswing *0.5 deduction
 - Finish ½ turn in handstand with straight body
 - Laboring or struggling to handstand *.0.2 each time
- 8 - Back Giant** **1.0**
- Straight arms and open shoulder angle throughout
 - Show open hips in the bottom of the swing (tap) *0.2 deduction if piked
 - Legs together or straddled on tap allowed with no bent legs
 - Hollow body shape is accepted
- 9 - Layout Dismount** **1.0**
- Show open hips in the bottom of the swing (tap) *0.2 deduction if piked
 - Straight or hollow body throughout
 - Peak of salto **ABOVE** the bar - *up to 0.5 deduction

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, 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 developé 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). *Arms optional.* Immediately connected split jump to connected back tuck salto. Close the back leg from switch to a strong base before salto. Show a strong finish with arms oblique upwards at the end of salto. 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.*

3rd Section:

- With leg lifted high forward, execute a back walkover passing through handstand. Finish in high relevé arms upwards feet together.
- Front walkover (or front handspring) to immediate arms circle overhead (2) back handsprings directly connected. Both handsprings are step out and finish in a controlled lunge landing, arms up.
- 0.2 Bonus: If the gymnast performs the front handspring directly connected to the back handsprings.

4th Section:

- Perform a round off and or back handspring connected to a salto dismount onto landing surface. The dismount used, must be the “root skill” of an optional dismount.
- Gymnast may move forwards or backwards (or ½ turn for back handspring series) to start position for dismount.
- 0.2 Bonus: If the gymnast performs (2) directly connected back handsprings or round off back handspring into the dismount.

Beam

10.0 SV

Two (2) alternating Dynamic kicks forward	0.5 combined
Two (2) alternating Dynamic kicks sideward	0.5 combined
Two (2) alternating Dynamic kicks backward	0.5 combined

Total of 1.5 value for all kicks combined

All kicks must be:

- All kicks are dynamic and in relevé
- Legs straight
- Body posture and arms extended throughout
- Height (above shoulder)

Needle Kick (with hand support) to lever lift	0.5
<ul style="list-style-type: none"> • Dynamics of the backward kick to 180° degree • Straight legs • Straight body line from hands to feet throughout (lever) (step in) 	
Sissoné (2)	0.5 (total)
<ul style="list-style-type: none"> • 180° split on a diagonal line • Upper body posture with extended arms and legs • Amplitude & Dynamics 	
Forward passé turn (.3) to horizontal leg hold (.2)	0.5 (total)
<ul style="list-style-type: none"> • Start and finish in high relevé • Correct body alignment with extended arms • Leg hold at or above horizontal in relevé for 2 counts 	
180° Switch Split Leap	1.0
<ul style="list-style-type: none"> • Amplitude & Dynamics • Upper body posture with extended arms and legs • Straight leg entry into leap 	
180° Split Jump	0.5
<ul style="list-style-type: none"> • Amplitude & Dynamics • Upper body posture with extended arms and legs • Legs split in horizontal line 	
Standing Back Tuck	1.0
<ul style="list-style-type: none"> • Amplitude and extension of jump with hip lift • Shape of salto • Dynamics • Controlled landing with body posture • <u>Relevé turn is not an element</u> 	
Full Turn (360°)	0.5
<ul style="list-style-type: none"> • Body posture • Exactness of the turn • High relevé • Control at finish 	
Back Walkover	0.5
<ul style="list-style-type: none"> • Leg lifted and extended to horizontal or above • 180° split with control thru handstand phase • Straight body line from hands to feet. <u>Finish in high relevé</u> 	
Front Walkover or Front Handspring	1.0
<ul style="list-style-type: none"> • Dynamics (handspring) • 180° split with control in handstand phase (walkover) • Straight arms throughout (open shoulder angle) • Finish in a tall open position arms upwards • 0.2 Bonus: If the gymnast performs the front handspring directly connected to the back handsprings 	

Back handspring Series

**.75 each
(1.5 Total)**

- Legs extended from feet to hand contact
- Straight arms throughout
- Continuous connection
- Body posture throughout
- Controlled landing

Dismount

1.0

- Amplitude of salto
- Clearly defined body position (tuck, pike or layout)
- Body posture upon landing
- Must land on feet
 - No deduction for up to 3 steps
 - 0.3 deduction for a fall upon landing
- 0.2 Bonus: If the gymnast performs (2) directly connected back handsprings or round off back handspring into the dismount. The final back handspring must be feet together.

FLOOR

Tumbling passes can be performed on the diagonal and are performed before the dance sequences. Extra steps into any of the tumbling passes will be a 0.3 deduction each time.

1st Pass: From a stand, one or two steps, hurdle to two front handspring step outs to front handspring (legs together) finishing with a rebound.
A coach is allowed to assist (spot) the landing of the rebound without penalty.
0.2 Bonus will be awarded if the gymnast connects a front salto tucked at the end of the series.

2nd Pass: Perform ONE of the following from a max of 3 running steps and hurdle.

- Front handspring, layout front to 2nd front salto in pike or layout
- Punch layout front to a second front in pike or layout

3rd 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.

4th Pass: Choice of ONE of the following from a max of 3 running steps:

- Round off layout with ½ twist rebound or a step out
- Round off layout with 1 ½ twist rebound or a step out

A coach is allowed to assist (spot) the landing of the rebound without penalty.
Forward motion from ½ & 1 ½ into a run or skill (such as a cartwheel) is permitted and not judged.

***Optional Stick Pass: .2 for sticking a round off BHS layout full
May be done as first pass or last pass
NO movement in feet
.1 may be deducted based on execution, body posture and lack of control on landing

Dance Portion

First passage:

- Begin in a pose of your choice, chasé 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. Arms upwards oblique

Second passage:

- One to two steps forward to a horizontal leg up full turn 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

Floor

10.0 SV

Front Handsprings series

1.5

- Amplitude and distance traveled across the floor
- Body extension throughout
- Lightness of all skills

Front handspring layout front to a second front (piked or layout salto) Or punch layout front to a second front (either piked or layout)

(.75 each salto)
1.5 total

- Amplitude and distance traveled across the floor
- Body extension throughout
- Lightness of all skills

Round Off, Two Whips, Rebound

(0.5 each skill)
1.5 total

- Amplitude and distance traveled across the floor
- Extended arms and legs throughout
- Body extension and speed of rotation
- Lightness of all skills

Round off layout ½ or 1 ½

(0.5 for round off)
(1.0 for twist)
1.5 total

- Amplitude and distance traveled across the floor
- Body extension and speed of rotation
- Lightness of all skills

180°Switch Split Leap

0.5

- Straight leg entry into leap
- Swing leg to 45 degrees
- Amplitude
- Legs in alignment
- Upper body posture – extended arms and legs throughout

Straight leg hops	0.5 total
<ul style="list-style-type: none"> • Straight leg swing • Flat hips • Amplitude • Smooth rhythm 	
Tourjeté	0.5
<ul style="list-style-type: none"> • Amplitude • Squared hips on take-off with clearly defined ½ turn in the air • 180° split at the height of the jump • Controlled landing with arms and leg extended 	
Full Turn (360°) leg horizontal or double toe turn (720°)	0.5
<ul style="list-style-type: none"> • Body posture • Exactness of the turn • High relevé • Control at finish 	
Ring Kick	0.5
<ul style="list-style-type: none"> • Body posture and balance • Height and dynamics in Ring Kick 	
Jump 1/1 Turn	0.5
<ul style="list-style-type: none"> • Body posture and balance • Exactness of the turn 	
Split jump to Straddle jump	1.0
<ul style="list-style-type: none"> • Amplitude • Dynamics • Upper body posture • Height of jump 	

Optional Stick Pass - 0.2 - Round Off, BHS, Layout full twist STICK

- May be done as first pass or last pass
- NO movement in feet
- .1 may be deducted based on execution, body posture and lack of control on landing

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.
- “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
- Vault, 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 and Beam dismounts are allowed with NO deduction
- Falls on connections or elements will receive a 0.5 deduction (see bars exception)
- Falls on bonus skills or connections will receive a 0.5 deduction. When it is clear the athlete has attempted a bonus they will be awarded the 0.2 (Optional stick pass on floor not included in this 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 0.3 deduction
- Failure to connect a dance series when noted is 0.2; acro series 0.3
- All casts to handstand are performed with stretched straight body with legs together
- 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