

All Around News



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Regional Elite Competitions: The region has scheduled an elite qualifying competition for challenge/Classic for June 24 & 25th at the Gym Company in North Carolina. Entry deadline was May 20th, 2005. We will offer both testing and optional sessions. Elites will continue to use the current code of points through Worlds 05.

New Code Of Points: After Worlds 05 (November) the new code of points will go into effect. If the current proposal goes through as is expected, it will be a dramatic change from our current system. Athletes will receive 2 scores that will be added together for their final score. There will be a difficulty score comprised of the 10 elements in their routine with the highest value and there will be an execution and composition score. Deductions will be subtracted from 10.00. There is discussion that the execution deductions may be doubled. The difficulty score and the execution score will be added together for the final score. Since we are not sure if this will be passed and since we do not have all the details, it is going to be hard to set qualifying scores and procedures for the 2006 season until we have a lot more information. If you are currently in the elite program or planning on entering in 2006, please be prepared for major changes and please read all newsletters and check the USAG National website often. At this time the *USAGJO Code* will not follow or change to the new Elite code.

If you have any questions about the TOPS or Elite program please contact me at AmTwist@aol.com TOPS Update:



The **TOPS program** will now be organized and administered by **State TOPS managers**. We have seven Managers in our region at this time. The TOPS managers will set up, organize TOPS testings in their state as well as answer any questions that you may have about the TOPS program. Athletes may attend a TOPS testing anywhere in the region and may attend as many as they want to. To register for a TOPS testing, please **send your entry fee and paperwork to the State TOPS manager of the site**

that you will be attending. All sites, forms and information are available at the www.usa-gymnastics.com (go to Womens program then TOPS) or visit the Region 8 website for sites.

Region 8 State TOPS Managers:

| | | | |
|--------------|---|--------------|---------------------------|
| Alabama | Kathy Chambers | 205-979-7969 | Kathy@JFJElite.com |
| | MAIL: Kathy Chambers, 3314 Old Columbiana Road, Birmingham, AL 35216 | | |
| Florida | Kathy Semok | 954-659-8717 | ksemok@juno.com |
| | MAIL: Park Avenue Gymnastics, 12239 SW 53rd Street, Cooper City, FL 33330 | | |
| Georgia | Judy Prestigiacom | 770-962-5867 | jprestomiller@charter.net |
| | MAIL: Georgia Gymnastics. Academy., 98 Patterson Rd., Lawrenceville, GA 30044 ATTN: Judy Prestigiacom | | |
| Mississippi | Tamara Collins Patterson | 662-844-6585 | TAGTWISTERS@aol.com |
| | MAIL: Tamara Patterson, 42 Ashley Street, Tupelo, MS 38801 | | |
| No. Carolina | Kristie Phillips Bannister | 704-872-2888 | kristiepb@yahoo.com |
| | MAIL: KPAC, 304 Leitz Place, Statesville, NC 28677 | | |
| So. Carolina | Davita Ivey | 846-875-5489 | iveygy@bellsouth.net |
| | MAIL: Davita A. Ivey, 9549 Hamburg Road, Ladson, SC 29456 | | |
| Tennessee | Emily Hubbuch | 423-238-5258 | emilyhubbuch@yahoo.com |
| | MAIL: Emily Hubbuch, Gymnastics Center of Chattanooga, 6855 Mountain View Road, Ooltewah, TN 37363 | | |

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The fee for testing has been increased to \$40 per test. There have been changes in the Testing from last year. The push ups have been eliminated and a handstand hold has been added. Athletes 10 & 11 years old will need to hold their handstand for 60 minutes— all other age groups for 30 seconds. The leg flexibility tests have also been changed. Please visit the National TOPS website for full details. We are also working very hard to provide consistent testing criteria. The TOPS managers attended a 3- day training session at the National Team training center in Texas. They reviewed proper testing criteria and received information on administering the program in their state. Special thanks to the region for providing airfare for our TOPS managers and to the national office for covering room/board and the expense of the clinic.

New TOPs manual is available online at <http://www.usa-gymnastics.org/women/tops/topmanualcontents.html>

TOPs Information from Gary Warren

The National Elite Program Committee has approved the following change to the Handstand Hold Test.

The 10 and 11 year olds will hold the handstand for 60 seconds.

The 7, 8 and 9 year olds will remain the same as before at 30 seconds.

The following is the wording that will be in the manual for the Handstand Hold and the Leg Flexibility Tests.

Handstand Hold

The athlete kicks up into a handstand using a hard or padded non spring floor, a padded spring floor, a low beam or a high beam. The handstand CANNOT be performed on parallelles. She must hold the handstand without any walking of the hands during the handstand. 7-9 year olds will hold the handstand for a maximum of 30 seconds and 10-11 year olds will hold the handstand for a maximum of 60 seconds. If the athlete falls (or there is hand walking) within the first 5 seconds for a 7-9 year old or the first 10 seconds for a 10-11 year old, she may have a second attempt. Once 5 or 10 seconds have passed, the handstand test must continue and a second attempt will NOT be given. A “start value” will be given for the amount of time the handstand is held.

Deductions will be taken for:

- Body piked = 1
- Body arch = 1
- Arms bent = 1
- Head out = 1
- Bouncing during handstand = 1
- Legs bent = 1
- Feet not pointed = 1

Forward Splits-Left and Right

Two regulation vaulting boards (20-22 cm at the crown of the board) are placed low end to low end. The gymnast begins by placing herself into a split position with one leg on the front board and the other leg on the back board. The upper torso should be directly over where the two boards meet. The gymnast must go down on the boards as far as possible. Her hands cannot touch the floor or the vaulting boards during the actual evaluation. Deductions will be made from 15 points using the following criteria:

Height off of the boards: 0 - 5 points
0"=0, 1"=1, 2"=2, 3"=3, 4"=4, 5"=5

Squared Hips: 0 - 4 points
0°=0, <22°=1, 45°=2, 67°=3, >67°=4

Squared Shoulders: 0 - 2 points
0°=0, <22°=1, >22°=2

Body Posture: 0 - 2 points
Back slightly arched=1, Back arched=2

Leg Form: 0 - 2 point
Leg Form=1, Leg Alignment=1