

All Around News



Toni Rand, RECC

ELITE NEWS TOPS

MAILING ADDRESS
7957 Steeplechase Court
Port St. Lucie, FL 34986
9772-489-5982 Phone/Fax
AmTwist@aol.com E-mail

Our committee had a conference call meeting in February of 2007 where we made changes to the TOPS program as described below. Our next meeting will be at the National team training center in November 2007.

ELITE UPDATE – FIG code has had a few changes and skill additions since January 2007. I have sent any information that I have received to the email list that I have of interested judges/coaches. If you did not receive this information please go to the FIG website or email me at AmTwist@aol.com. If you wish to be added to the email list, please email me.

QUALIFICATION PROCEDURES FOR ELITE: Please note that any athlete that wishes to qualify to Classic (Elite level) must compete optionals at a National qualifier. Regional qualifiers may not be used for qualification to Classic. Regional meets may be used to pass Elite testing and/or to qualify to Challenge (pre-elite competition for JO athletes)

US CLASSIC INFORMATION - This will be held in Battlecreek, Michigan in late July. Information is available at the USAG website – www.usa-gymnastics.org

Go to Program then to TOPS for elite and TOPS updates. Please note that the Elite testing information has not been updated with the latest changes from 2006

HOPES DIVISION: In late 2006, there were some changes made to the HOPES division for athletes ages 10-12 years of age. These athletes compete as pre-elite athletes only (may not use scores to qualify to Classic (Elite level)) They have different EGR requirements from FIG however all values of skills are the same as Elite athletes (FIG) Hopes information may be found at the USAG website. CHECK USAG AND FIG WEBSITES OFTEN IF YOU ARE INVOLVED IN THE ELITE PROGRAM—

TOPS STATE MANAGERS AND TESTING SITES/DATES: There is a list of all State TOPS managers and 2007 testing sites and dates at the USA Gymnastics website. TOPS State manager's e-mails are listed in this newsletter. Please contact your State TOPS managers for information regarding tests for TOPS. All participants in TOPS testing **must** register on line at USA Gymnastics.

TOPS – Our committee accepted the changes made to the TOPS program in February 2007 for the following:

PHYSICAL ABILITIES:

- ❖ Eliminated the shoulder flexibility test and added a Bridge test
- ❖ Changed the leg lift test to a maximum of 20 attempts (not for time) & must start and finish in horizontal position with toes touching or passing under bar to count
- ❖ Rope climb – must start with feet off of the mat (high V)
- ❖ Leg flexibility test will remain the same for REGIONAL/STATE testings only – National testing of flexibility will use the National team leg flexibility test of leg kicks front, side, back and hold front, side, back (both legs)
- ❖ Excessive coaching/giving technical corrections will NOT be permitted during test
- ❖ No retests will be permitted (except where specified in description of test)

There is a video/manual available from USAG demonstrating all tests.

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TOP Skills Testing for National Testing

TOP SKILLS

1. Vault

- a. 9 year old
 - i. RO, FF up on to stacked mats (using a vaulting board)
 1. Land on feet
 2. 120-125 cm high
 - ii. Trampoline layout $\frac{1}{2}$ or $\frac{1}{1}$
- b. 10 year old
 - i. Yurchenko timer (land on feet)
 1. On vault table @ 125 cm
 2. Mats stacked at height of vault table (or higher) in the landing area behind the table
 - ii. Trampoline layout $\frac{1}{1}$
- c. 11 Year old
 - i. Yurchenko vault (any body position)
 1. On vault table at 125 cm
 2. In to loose foam (or resi) pit with mats at floor level

2. Bars

- a. 9 year old
 - i. 2 glide kip cast to 45 degrees or higher, with legs together on the glide and the cast
 - ii. Cast, 1 clear hip circle or toe circle around the bar
 - iii. 3 tap swings with $\frac{1}{2}$ turn on 3rd swing
 - iv. 1-3 back giants
 - v. Layout flyaway (from cast or giant)
- b. 10 year old
 - i. 3 consecutive tap swings or giants with $\frac{1}{2}$ turn on each swing
 - ii. 2 consecutive clear hips circle and/or toe circles and/or stalder circles, one must be to handstand
 - iii. Giant $\frac{1}{2}$ turn (blind change) to front giant (Front giant can be done separately)
 - iv. Long hang, kip cast to handstand (legs together), 2 giants to layout flyaway
- c. 11 year old
 - i. National Elite Testing Low Bar sequence
 - ii. National Elite Testing High Bar sequence
 - iii. Double salto dismount any position (prefer a double back)
 - iv. "One" of the following release moves
 1. Low to high
 2. High to low
 3. Same bar release (will receive added credit)

3. **Beam Acro** ** Note: ALL beam skills are expected to be done on a high beam (mats allowed up to 10 inches under the bottom of the beam) in order to receive full credit for any beam skill. Low beam will have mats stacked to the BOTTOM of the beam.

- a. 9 year old
 - i. Scale to handstand hold

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1. Legs together 2 seconds
 2. Legs apart 1 sec (split position)
 3. Step down to lunge
 - ii. Back walkover to lunge
 - iii. Front handspring or front walkover
 - iv. Front to back cartwheel to lunge
 - v. Back handspring step out, land in lunge
 - vi. Cartwheel (or better) to back salto dismount
 - b. 10 year old
 - i. Scale to handstand hold
 1. Legs together 2 seconds
 2. Legs apart 2 seconds
 3. Step down to lunge
 - ii. Front Walkover, or front handspring or front Aerial
 - iii. Flip flop series
 1. 1st FF is step out
 2. 2nd FF allowed with legs step out or legs together
 - iv. Standing back tuck
 - v. Round off or back handspring to salto dismount (any position)
 - c. 11 year old
 - i. Front aerial or front tuck
 - ii. Side aerial or side somi
 - iii. Flip flop series
 1. 1st FF is step out
 2. 2nd FF allowed with legs step out or legs together
 - iv. Standing back tuck or pike (land on 2 feet)
 - v. FIG salto EGR
 1. Acro series with 1 element being a salto
 - vi. Dismount of at least a layout – from either a round off, round flip flop or flip flop series
- 4. Beam Dance**
 - a. 9 year old
 - i. National Elite Testing 1st pass
 - ii. National Elite Testing 2nd pass
 - b. 10 year old
 - i. National Elite Testing 1st pass
 - ii. National Elite Testing 2nd pass
 1. will perform a full turn instead of the releve hold (leg position optional)
 - c. 11 year old
 - i. National Elite Testing 1st pass
 - ii. National Elite Testing 2nd pass
 1. will perform a full turn instead of the releve hold (leg position optional)
- 5. Floor Acro**
 - a. 9 year old

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- i. 2-3 running steps, front handspring step out, front handspring, front tuck salto
 - ii. Jump hurdle from board, round off 3 flip flops to layout, rebound
 - iii. Standing back tuck or pike
 - iv. Back extension roll (with straight arms) to handstand
 - b. 10 year old
 - i. 2-3 running steps, front handspring step out, front handspring, front salto (tuck, pike or layout)
 - ii. Jump hurdle, round off 3 flip flops to layout salto, rebound
 - iii. 2-4 running steps, round off, flip flop layout 1/1 salto
 - iv. Back extension roll with ½ turn to handstand
 - c. 11 year old
 - i. From a front handspring or a run punch, perform a front salto with 1/1 twist (any position)
 - ii. Run to round off, 1-2 flip flops to layout salto with 1 ½ twist
 - iii. FIG double salto EGR (Acro series with 2 elements being a salto)
 - iv. Double salto (forward or backward) from flip flops or front handspring or punch (performed into a resi pit surface at floor height)
- 6. Floor Dance**
 - a. 9 year old
 - i. Pas Marche
 - ii. Full turn (leg position optional)
 - iii. Split jump, straddle jump, tuck jump (any order)
 - iv. Run in to 3 split leaps in a row
 - b. 10 year old
 - i. 1/1 turn
 - ii. FIG B leap or hop
 - iii. ERG dance passage
 - 1. A dance passage with at least 2 dance elements with 1 of the elements being a 180 degree split taking off of 1 foot and landing on 1 foot
 - c. 11 year old
 - i. 1 ½ turn (or more) leg position optional
 - ii. FIG C leap or hop
 - iii. ERG dance passage
 - 1. A dance passage with at least 2 dance elements with 1 of the elements being a 180 degree split taking off of 1 foot and landing on 1 foot
- 7. Skills testing notes**
 - a. Each Event will be given a value of 10 points
 - b. Each skill within the event will be given a value to add up to 10 points
 - c. Elements (or combinations) on any event will be given ½ credit if spotted or touched during the performance
 - d. Beam elements will be given ½ credit if performed on low beam
 - e. There will be a .5 deduction from the skill for any retests.
 - f. Retests will be offered at the discretion of the evaluator only. The athlete and coach will be given the opportunity to accept or decline the retest.