

HOPES

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“Hopes” is a modified Pre-Elite program dedicated to gymnasts, ages 10-12



HOPES... WALKING IN THE FOOTSTEPS OF CHAMPIONS

The USA Gymnastics “Elite” program is a fast-track, highly intense progression system designed to produce champions... The Hopes program is considered the starting gate for athletes interested in getting their foot in that program!

Our sport’s highest level of competition is called Elite. It has two age divisions, Junior (11-15) and Senior (16+). The Juniors are always exciting to watch, packed with fantastic, dynamic gymnastics while the Seniors division is where the prestige and glory dominate, with World and Olympic-bound opportunities at the finish line. Qualification rules to ‘become’ an Elite are simple... get the Optional and Compulsory score, qualify to Classics, and then compete at Championships of the USA!

So what happens to the kids who try to get both scores and fall short of qualifying to the Classic meets? Where do they go? Well, if their scores are high enough, they will qualify to the Challenge competitions, which are hosted in conjunction with the Classic competitions. This is the Pre-Elite level.

But what about the kids, ages 10-12, that just aren’t ready for that Pre-Elite step? Maybe they are active in TOP’s and even compete in the JO Program, but are anxious to take that first Elite step... what about them? This is the perfect scenario for a HOPES bound athlete. HOPES provides athletes with an opportunity to compete the traditional Elite compulsory and a modified FIG Optional routine and includes an opportunity to qualify to the Challenge (HOPES division only). It is a ‘Pre’ Pre-Elite program. Athletes compete in the same qualifiers as their Elite teammates and earn their way up the ranks!

The HOPES program was initiated in the 2006 season and was a tremendous success. We are anxious to see where it goes in 2007, with many new faces!



HOPES Contenders
Gymnasts ready to challenge themselves with Elite, but aren’t yet ready for the FIG Elite Code and are ages 10-12.

HOPE'S BOUND

The "official" rules and code modifications

Hopes athletes compete both Optional and Compulsory routines.

The Compulsory routines are consistent with the current 2007 Elite Compulsory (no change from 2006). The 2006 modifications were 1) allowing all entries on vault and 2) mandating a salto beam dismount, no timers. The necessary Compulsory score for Hopes to qualify to Challenge is a 32.0.

The Optional routines are consistent with the current FIG Elite Code of Points, however the EGR's have been modified, as illustrated below. The necessary Optional score for Hopes to qualify to Challenge is a 46.5.

Once an athlete has attained a 32.0 (compulsory) and a 46.5 (optional), at either a Regional or National Qualifier, they will then be qualified to the American Challenge and US Challenge (Hopes division).



HOPE'S EGR (ELEMENT GROUP REQUIREMENTS) AND ROUTINE DETAILS

-FIG REQUIREMENTS (WITH EGR MODIFICATIONS: INDICATED BY "*")

VAULT	BARS = 2.5 (.5 EACH)	BEAM = 2.5 (.5 EACH)	FLOOR = 2.5 (.5 EACH)
Two competition vaults; same or different (FIG Code) ~ Better score counts	<u>One</u> close bar element (groups 2, 4, 5) excluding: ✓ Flight elements ✓ Cast to handstand	Turn on one foot (will be 1 of the 10 counting elements)	Salto with: ✓ Double flipping ✓ Twisting (360° minimum) (Can be achieved in <u>one</u> or <u>two</u> elements)
	Minimum of a 180° non-flight turn (lack of 360° turn composition deduction will NOT be taken)	<u>One</u> acro series, minimum of 2 elements with one being a salto	Acro elements in different directions (Forward/ Sideward and Backward)
	*2 of the 3 Flight Element Requirements (each of the 2 flights = .5 each) ✓ Flight from HB to LB ✓ Flight from LB to HB ✓ Flight on the same bar	<u>One</u> connection of at least 2 different dance elements, one being a leap, jump, or hop with 180° split (cross position only)	A passage of at least 2 different dance elements, one of them being a leap or hop with 180° split (cross position only)
	*Minimum of a B dismount (will be 1 of the 10 counting elements)	Acro elements in different directions (Forward/Sideward and Backward)	<u>One</u> acro series with 2 different saltos
		*Minimum of a B dismount (will be 1 of the 10 counting elements)	*Minimum of a B dismount (will be 1 of the 10 counting elements)

