



USA Gymnastics
National TOP Testing
Skills Testing – revised 1/27/2010
Effective for the 2010 TOP Season
Red – Changes for 2010 TOP season



Skills Testing notes:

- Skill Testing will only be performed at the National TOP Testing.
- Each Event will be given a value of 10 points
- Each skill within the event will be given a value to add up to 10 points
- Elements (or combinations) on any event will be given ½ credit if spotted or touched during then performance
- Beam Skills
 - Beam elements will be given 25% credit if performed on low beam
 - Beam elements will be given 50% credit if performed on high beam with mats stacked under the beam
 - Beam elements will be given 100% credit only if performed on high beam with regulation matting
- There will be No retests permitted except Vault
 - A one time retested will be allowed on VAULT only for zero vaults with a .5 deduction taken
- National TOP Testing Skills will be weighted as the following
 - Vault = 10 points
 - Bars = 10 points
 - Beam = 10 points (Beam Dance = 20% and Beam Acro = 80% of the Beam score)
 - Floor = 10 points (Floor Dance = 20% and Floor Acro = 80% of the Floor score)
- National TOP Testing Physical Abilities/Skills Percentages
 - 9 year old = 60% skills testing and 40% physical abilities
 - 10 year old = 70% skills testing and 30% physical abilities
 - 11 year olds = 80% skills testing and 20% physical abilities



**USA Gymnastics
National TOP Testing
Skills Testing
Vault**



9 Year Old Vault	Criteria	10 points possible
Round off, Flip Flop up onto stacked mats (using a vaulting board)	<ul style="list-style-type: none"> • Athlete must land on her feet then to her back • Athlete must keep arms above head • Mats must be stacked 115 to 125 cm 	6 points Deductions to include <ul style="list-style-type: none"> • Arms not up – up to .5 • Body Piked -.up to .5
Trampoline Layout ½ or 1/1	<ul style="list-style-type: none"> • Using a trampoline or a Tumble Track athlete performs a Layout ½ or Layout 1/1 	4 points
10 Year Old Vault	Criteria	10 points possible
Yurchenko timer from vaulting table onto stacked mats	<ul style="list-style-type: none"> • Must be performed on vaulting table set at 115 to 125 cm & may place sting mat on table • Mats are stacked to the height of vault table (can be stacked higher than table) • Athlete must land on feet then to her back 	6 points
Trampoline Layout 1/1	<ul style="list-style-type: none"> • Using a trampoline or a Tumble Track athlete performs a Layout 1/1 	4 points
11 Year Old Vault	Criteria	10 points possible
Yurchenko vault (any body position)	<ul style="list-style-type: none"> • Must be performed on vaulting table set at 120 to 125 cm & may place sting mat on table • Must be performed in to a loose foam or resi pit with mats stacked at floor level 	6 points
Tumble Track double back	<ul style="list-style-type: none"> • Can be performed from a Round Off or a Round Off, Flip Flop • Land in Resi Pit • Resi pit must be the level of the Tumble Track with a 10 cm mat placed on top 	4 points



**USA Gymnastics
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Skills Testing
Bars**



9 Year Old Bars	Criteria	10 points possible
5 glide kip cast to 45 degrees or higher	<ul style="list-style-type: none"> Performed on the low bar set at FIG height Legs must be together on glide and cast 	2 points
Cast, 2 clear hip circles or 2 toe circles around the bar	<ul style="list-style-type: none"> Performed on low bar Judged on drop into the skills and the position coming out of the skill If toe circle is performed, the feet MUST leave the bar after each circle 	2 points
3 tap swings with ½ turn on each swing	<ul style="list-style-type: none"> Performed on high bar (or single rail) Prefer the ½ turns be in sequence, however, can have 1 swing in between ½ turn swings 	2 points
3 back giants to layout flyaway	<ul style="list-style-type: none"> Can be performed on high bar or single rail 	4 points

10 Year Old Bars	Criteria	10 points possible
Kip Cast HS, kip cast HS ½ pivot to kip cast	<ul style="list-style-type: none"> Performed on the low bar Must show a good body shape on all casts No straddle cast permitted 	2.0 points
3 consecutive tap swings with ½ turn on each swing. Must be above horizontal	<ul style="list-style-type: none"> Can be performed on high bar or single rail The ½ turns MUST be in sequence 	2.0 points
3 consecutive clear hips circles and/or toe circles and /or stalder circles	<ul style="list-style-type: none"> Performed on low bar 1 circle must go to a handstand 	2.0 points
Giant ½ turn (blind change) to front giant	<ul style="list-style-type: none"> Can be performed on high bar or single rail Front giant can be done separately Legs can be together or apart on front giant MUST show a proper front giant tap 	2.0 points
Long hang kip, cast to handstand , 2 giants to layout flyaway	<ul style="list-style-type: none"> Legs must be together on cast handstand 	2.0 points

11 Year Old Bars	Criteria	10 points possible
National Elite Testing low bar sequence	<ul style="list-style-type: none"> See Appendix A for routine 	2.5
National Elite Testing high bar sequence	<ul style="list-style-type: none"> See Appendix A for routine 	2.5
Double salto dismount or layout to the back	<ul style="list-style-type: none"> Double Back, any position can be performed Can be performed in pit 	2.5
1 of the following release moves	<ul style="list-style-type: none"> Low to high bar High to low bar Same bar release (same bar release will receive extra credit (can be spotted and in pit) 	1.5 = for low bar to high bar or high bar to low bar 2.5 = for same bar release



**USA Gymnastics
National TOP Testing
Skills Testing
Beam**



9 Year Old Beam Acro	Criteria	10 points possible
Scale to handstand hold	<ul style="list-style-type: none"> • Legs together for 2 seconds • Legs apart for 1 second (split position) • Step down 	1 point
Back walkover	<ul style="list-style-type: none"> • Land in lunge 	2 points
Front handspring or front walkover	<ul style="list-style-type: none"> • 	2 points
Front to back cartwheel	<ul style="list-style-type: none"> • 	1 point
Back handspring step out	<ul style="list-style-type: none"> • Land in lunge 	2 points
Cartwheel (or better) to back salto dismount	<ul style="list-style-type: none"> • 	2 points

10 Year Old Beam Acro	Criteria	10 points possible
Scale to handstand hold	<ul style="list-style-type: none"> • Legs together 2 seconds • Legs apart 2 seconds (split position) • Step down to lunge 	2 points
Front walkover, front handspring or front aerial	<ul style="list-style-type: none"> • 1.0 awarded for Walkover • 2.0 awarded for front handspring or front aerial 	1.0 point for front walkover 2.0 points for front handspring or front aerial
Flip flop series	<ul style="list-style-type: none"> • 1st flip flop is step put • 2nd flip flop allowed with legs step out or legs together 	2 points
Standing back tuck	<ul style="list-style-type: none"> • 	2 points
Round off or back handspring to salto dismount	<ul style="list-style-type: none"> • Salto is in any position 	2 points

11 Year Old Beam Acro	Criteria	10 points possible
Front aerial or front tuck	<ul style="list-style-type: none"> • 	2 points
Side aerial or side salto	<ul style="list-style-type: none"> • 	2 points
Flip flop series	<ul style="list-style-type: none"> • 1st flip flop allowed with legs step out or legs together • 2nd flip flop lands with legs together 	1 point
Standing back tuck or pike	<ul style="list-style-type: none"> • 	1 point
FIG Salto EGR	<ul style="list-style-type: none"> • Acro series with one element being a salto 	2 points
Dismount of at least a layout	<ul style="list-style-type: none"> • From either a round off, round off flip flop, or flip flop series 	2 points



USA Gymnastics
National TOP Testing
Skills Testing
Beam Dance



9 Year Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none">• See Appendix B for routine	10 points
10 Year Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none">• See Appendix B for routine	10 points
11 Year Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none">• See Appendix B for routine	10 points



**USA Gymnastics
National TOP Testing
Skills Testing
Floor Acro**



9 Year Old Floor Acro	Criteria	10 points possible
2-3 running steps, front handspring step out, front handspring, front tuck	<ul style="list-style-type: none"> Performed on the diagonal of the floor exercise area 	3 points
Jump hurdle from board, round off 3 flip flops to layout stick	<ul style="list-style-type: none"> Must stick the landing 	3 points
Standing back tuck or pike	<ul style="list-style-type: none"> Performed on the floor 	1.5 points
Standing front tuck	<ul style="list-style-type: none"> Performed from panel mat on to 8 inch skill cushion Mat and skill cushion are at the same level 	1.5 points
Kick to HS, front pike roll, pike up to HS, ½ pirouette, straddle down from HS through, to back extension to HS, to another back extension to HS ½ turn on hands, finish in HS	<ul style="list-style-type: none"> Straddle down from HS ½ turn, feet should not hit the floor 	1 point

10 Year Old Floor Acro	Criteria	10 points possible
2-3 running steps front handspring step out, front handspring, front salto	<ul style="list-style-type: none"> Salto can be tuck, pike or layout 	3 points
Jump hurdle from board, round off flip flop to 1 or 2 whips, bounce OR round off to 1 or 2 whips, bounce	<ul style="list-style-type: none"> Coach may spot the rebound and landing 	3 points
2-4 running steps, round off, flip flop, layout salto 1/1 twist stick	<ul style="list-style-type: none"> Must stick the landing 	3 points
Kick to HS, front pike roll, pike up to HS, <u>1 ½</u> pirouette, straddle down from HS through, to back extension to HS, to another back extension to HS <u>full</u> turn on hands, finish in HS	<ul style="list-style-type: none"> Straddle down from HS ½ turn, feet should not hit the floor 	1 point

11 Year Old Floor Acro	Criteria	10 points possible
From a front handspring or a run to punch, perform a layout front to front salto	<ul style="list-style-type: none"> Second salto can be in any position 	2.5 points
2-3 running steps, round off to a whip, whip, bounce (can add flip flop before the whips)	<ul style="list-style-type: none"> Coach may spot the rebound and landing 	2.5 points
FIG double salto EGR	<ul style="list-style-type: none"> Acro series with 2 elements being a salto 	2.0 points
Double salto	<ul style="list-style-type: none"> Can be performed from flip flops, or front handspring or punch front Performed into a resi pit surface at floor height 	2.0 points
Kick to HS, front pike roll, pike up to HS, <u>1 ½</u>	<ul style="list-style-type: none"> Straddle down from HS ½ turn, feet 	1 point

pirouette, straddle down from HS through, to back extension to HS, to another back extension to HS <u>full</u> turn on hands, finish in HS	should not hit the floor	
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USA Gymnastics
National TOP Testing
Physical Abilities
Floor Dance



9 Year Old Floor Dance	Criteria	10 points possible
National Testing Floor Dance section	<ul style="list-style-type: none"> See Appendix C for routine Insert Passe' full turn in place of the leg up full turn, complete in releve' 	10.0 points
10 Year Old Floor Dance	Criteria	10 points possible
National Testing Floor Dance section	<ul style="list-style-type: none"> See Appendix C for routine 	10.0 points
11 Year Old Floor Dance	Criteria	10 points possible
National Testing Floor Dance section	<ul style="list-style-type: none"> See Appendix C for routine 	9.0 points
Tourjete ½ turn	<ul style="list-style-type: none"> Performed after the dance routine 	1.0 point

Appendix A

BARS

Low Bar Sequence

- 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
- 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

High Bar Sequence

- 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
- Long hang kip and cast to handstand
- Back giant with a ½ turn (pirouette) in handstand to any grip to immediate,
- 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.
- Back giant
- 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.

Appendix B

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 sauté, close leg front, connected immediately to a second sauté, swing the rear leg forward to finish position rear leg extended with toe pointed. Move or step to lunge position. Travel forward during sautés 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 développé 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 split jump. 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.

Appendix C

FLOOR

First passage:

- Begin in a pose of your choice, chassé 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 (9 year old perform a passe' full turn instead) 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