

2013 COMPULSORY 1ST DRAFT:

Submitted for USA Gymnastics Community by
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The JO compulsories can be characterized as having two missions. One is that they are a 'developmental' foundation for higher level gymnastics. The second is that they are a format for 'grass roots' participation which is essential to the growth of the sport. It is difficult to find the balance in these two missions because they tend to diverge from one another, however, that is the task at hand. We must strive to maintain the balance in our platform that allows as many boys as possible to participate successfully at all levels. This has been the guiding mission that the committee has used to measure the design of the program from within each routine and each level. How best can we meet both these needs and maintain this balance?

I believe you will see from the care that has been taken in developing this first draft the committee dedicated itself to an extensive amount of time in considering each and every aspect of the program and its possible impact. We welcome and encourage your comments and suggestions. Please e-mail these to me at dustyritter@gmail.com in care of: Dusty Ritter, Men's Junior Olympic Program Coordinator, USA Gymnastics. We understand there is much work to be done and your suggestions will help to complete that process.

It is exciting to envision the many positive changes and the growth in our sport as we move forward and adapt to an ever more 'modern era' in men's gymnastics. It is also a blessing that we have the ability to adapt our own programs to the growing needs and changing landscape of both our athlete base and the club business climate. The more successful we are in providing programs which can attract interest and promote growth in our numbers for the future the better the environment will be all of us who love men's gymnastics ... the best sport in the world!

2013 Age Group Compulsory Program Draft Proposal (4-1-11):

Program Overview:

This committee acknowledges and has relied on the valuable work of the previous committee that was very comprehensive and made our job much easier. Indeed, the previous committee presided over one of the most dramatic changes in recent history – the advent of the open scoring era. They had the difficult and controversial task of devising a compulsory program that would not only meet the needs of the athlete and coach but also make sense from a scoring standpoint and be educational as well as comprehensible to the parent and spectators. By all accounts, they provided a platform that met their goals and has been successful.

Continuing to build on this foundation, this committee seeks to evolve the program with continued refinement aimed at the needs of the community as well the vision of the future of the sport of gymnastics. Our vision is to promote growth in the number of boys who can both be exposed to gymnastics and become successful and enjoying doing gymnastics. Providing a program that is both fun and achievable for the recreational participant is central to this goal. The use of tools at our disposal to reinforce, reward and encourage the unique artistic and technical qualities central to our sport is part of this evolution as well.

Evolving the program in a progressive manner to better prepare boys to continue and be successful in the sport as optional gymnasts in an ever more challenging gymnastics world is a responsibility this committee weighed with a great deal of creative thought and practical experience. Once again, we relied on the system the previous committee put in place and expanded on that in ways that we feel would benefit the community of athletes as a whole. The changes that you will see in this program reflect the continued striving for excellence to be the best program in the world from top to bottom. We hope the proposed changes also offer new excitement, variety and challenge to the athletes and coaches in our community.

“Essential Elements” Program (Levels 1, 2 & 3):

In order to promote and retain growth in boys gymnastics the committee has chosen to re-design and incorporate the former Basic Skills program into Level 1 & 2 along with the introduction of Level 3 ‘performance exercises’ as part of the new “Essential Elements” program to produce a cohesive and developmental Age Group Compulsory Program from Level 1 through Level 7.

At Levels 1 & 2 boys will learn basic skills, acquire physical fitness and agility, engage in games and contests which are challenging, fun and motivate them to work as a team while tracking their performance. At Level 3 they combine the skills into ‘performance exercises’ that will be the basis of their routines at Level 4. Level 3 becomes the first ‘*informal*’ competitive level. They will be provided with multiple opportunities at Level 3 to perform their routines in a format that rewards their effort yet does not require standardized scoring, traditional uniforms, or excessive hourly commitment or cost. The emphasis is on ‘joining the team’ the day you start,

having fun, and creating opportunity. Level 3 routines would not include any bonus or virtuosity elements. At Level 4 boys will do very much the same routines they have already learned to perform at Level 3 while being introduced to the traditional structured scoring format and learning the standards of evaluation for execution in their performance. The “Essential Elements” program will provide for both traditional and non-traditional event activities as well as an introductory equipment package that will allow any facility to implement a boys gymnastics competitive program at a very minimal cost. The details of this “Essential Elements” program will be contained in a separate document. Levels 1 through 4 will be accessible to all boys who enter gymnastics regardless of hourly commitment or cost.

Basic Compulsory Competition Scoring System Chart:

Level	Base Score	Bonus	Virtuosity	Awards	Receive
3	Range based	None Offered	None Offered	Colored Ribbons	Each Event

Level	Base Score	Bonus	Virtuosity	Stick	Max Score
4	13.0	2 @ .5 each	Up to .5	.2	14.7
5	13.0	3 @ .5 each	Up to .5	.2	15.2
6	13.0	3 @ .5 each	Up to .5	.2	15.2
7	13.0	4 @ .5 each	Up to .5	.2	15.7

- *Note: Vault has its own table of value including bonus.*

General Format Scoring Overview:

Base Score:

The compulsory program is designed with a dual purpose. Base routines are constructed to encourage participation, promote growth, and provide opportunity for the recreational participant to continue to progress. At the same time, it provides the talented athlete with the opportunity to challenge his development and mastery at each plateau with additional benchmarks. In a compulsory exercise the base score is an arbitrary number from which execution deductions are taken during performance. The base score should be set at a high enough value that the recreational participant can achieve a respectable score. The basic routines are designed so that they are achievable and would not result in falls or excessive deductions for the average recreational participant. At the same time, it allows for upward mobility of the gymnast’s score potential as he progresses in his development. The program shown in the table above sets the base score at a level that allows for the achievement of these goals along with the progressive opportunity for bonus development as a gymnast grows. The end result is to create a range of scoring that will adequately separate a diverse field of gymnasts and reflect the diverse ability levels within the program.

Performance Bonus:

The use of performance bonus offers the perfect tool for the ability of the program to provide basic fundamental compulsory routines suitable and achievable for the recreational participant and, at the same time, provide developmental goals for the more talented athlete who is progressing in his development at his own rate. The use of specified performance bonus has proven to be a very successful and well-received addition to the age group competition program. Rather than require all gymnasts to meet the same advanced development goals at any given competition level we can provide basic routines for everyone and gradually increase the opportunity for bonus as an athlete's development progresses.

Every gymnast develops at his own pace. At each level of competition we provide a set of basic skills that provides the foundation of fundamental ability and fitness. When the compulsory skills at that level reach a certain level of mastery the gymnast can matriculate to the next level that offers new challenges. In order to allow for growth and challenge within each level and competitive age group we offer options for achieving a 'specified performance bonus'. This bonus rewards athletes for aspiring to a higher standard based upon achieving different benchmarks of skill mastery that are appropriate for that level. These skills are also designed to meet a pattern of 'progression-oriented' development that will lead towards and ultimately assist the gymnast with his transition to optional gymnastics. As the gymnast progresses to higher levels of compulsory competition he gains a larger and larger repertoire, background of experience, and a higher level of fitness. A greater opportunity for 'performance bonus' can be offered as the level of performance increases for two reasons. First, his increased level of fitness and foundation warrants making greater opportunity accessible. Second, the expanded opportunity for 'performance bonus' helps to prepare the individual for the transition to the next level and/or to optional competition. In addition, an attempt has been made to design the routines in such a fashion that at least one of the bonus skills is a little easier to achieve than the others in order to encourage each athlete's development.

The value of the 'specified bonus' skills in this program has been increased to (.5) each. This also comes with the caveat that it cannot be rewarded if there is a single "large error" (.5) or greater in the execution of the skill. There is a purposeful balance between encouraging a talented athlete's development and clean execution of basics. If a gymnast can successfully perform the skill with a "medium" (.3) or less deduction he should be rewarded slightly for his higher level of achievement. Poor execution will negate the advantage. Therefore, this program is designed to encourage an athlete's skill development and provide opportunity for this bonus in each routine while maintaining a standard of risk vs. reward that is equitable within the overall context of the program.

The transition to optional competition is a difficult one for most gymnasts. When a gymnast becomes 'age eligible' for optional competition he may lack both the variety of optional skills as well as the level of difficulty that would allow him to be competitive as an optional gymnast. The result, in many cases, is the jump from compulsory to optional competition is a big one and can be daunting for some boys. In addition, in the early teen years, male athletes are entering a period of rapid physical growth and this transition can take even longer. The program is designed to provide more opportunity for the growth and development of the gymnast's skill repertoire as well as provide a core construction that can serve as the basis of an optional routine. The Level 7 compulsories have been designed as a tool to help bridge the gap between compulsory and optional competition that has always been a little wider than we would like it to be in practice and encourage each athlete to make the transition at a time that is appropriate.

Virtuosity:

Virtuosity is at the foundation of the very basis of the name of our sport -“Artistic Gymnastics”. The ultimate goal of every performance is technical excellence, artistic style, and the pursuit of perceived perfection. These elements define virtuosity. Virtuosity is not a fleeting subjective concept rarely applied, impossible to define, and of little use to us. On the contrary, we believe that young gymnasts should be educated in their compulsory gymnastics how to apply this standard of excellence to their performance. The athlete’s ability to understand what virtuosity is depends upon our ability to communicate and provide meaningful feedback regarding how we define it and when a gymnast can be rewarded for displaying it. The compulsories offer us an excellent platform with which to groom our athletes to virtuous performance at every stage of their development. This compulsory program seizes the opportunity to not only expand the latitude for virtuosity but to offer the direction to apply this valuable and essential tool in development of the *quality* of our sport’s performance. At the same time it will offer a great deal of encouragement and motivation to the young athlete to know he has been rewarded for artistic and technical excellence.

This program, therefore, has been designed to increase the potential for virtuosity to a maximum of (.5) in each routine. In order to help the coach, athlete, and judge set standards for this reward, specific benchmarks for performance have been identified in each routine. This bonus is generally intended for ‘levels of artistic or technical excellence or amplitude’ rather than for doing a more difficult skill. There may be ‘up to 5’ specified virtuosity elements identified in any one routine, however, only (.1) can awarded for each specified element. The standard is applied as “up to (.5) available” (V) tenths for the routine as a whole. These (V) values have been identified both to encourage the athlete and coach to seek this benchmark as well as to give our officials a clear path and objective standard to use in awarding this bonus. In designing this program our officials may still retain at their discretion, as they have in the past, the ability to reward a gymnast for demonstrating any special impression of artistic excellence that may set him apart from other athletes assuming the potential in the “up to (.5)” has not been exhausted. In all cases, virtuosity can be awarded for any qualified execution of a skill with (.1) ‘small or less’ in execution deduction.

Reading the Event Format Draft:

- The routines have been placed in an abbreviated ‘table’ format to make the sequences easy to read for draft presentation as well as for the committee to see the routines in a working draft format.
- Column # 1 – Numerals for skills listed are a suggested general guideline and subject to change based upon future editing.
- Column # 2 – These are abbreviated skill descriptions for draft description *only* and should not be considered accurate from a criteria standpoint.
- Column # 3 – This column is for ‘suggested bonus skills’ and to identify possible skills where amplitude or criteria may be defined for virtuosity. These would be more accurately developed in final draft editing.

Event Overviews:

Floor Exercise:

This set of routines on Floor Exercise emphasizes the gymnast working rhythmically and continuously through the exercise. A “hold”, usually a handstand and a scale, are the only designed stops. The remaining tumbling and corner sequences are designed to promote rhythm and have been developed to promote variety in different types of transitional movements as well as to avoid unnecessary repetition of elements. As a result, these routines can all be executed in 45 to 60 seconds depending on the level. The basic exercise is designed to help the recreational level participant focus on the quality of the execution. Benchmarks for virtuous execution will be included to guide the gymnast. In addition, since so many boys struggle with flexibility skills, this content is focused on more as a virtuosity element to reward gymnasts for showing it while making it a little easier for the recreational gymnast to execute. Bonus elements tend to be skills that will be included or required in routines at the next level and hold to a pattern of consistent progression. All compulsory floor routines are designed so they can be done on a strip. Level 7 includes 4 tumbling passes and is patterned similar to an optional composition.

Floor Exercise - Level 3		
	(Point A to point B)	
1	Arabesque Scale, Kick thru to lunge position and continuously	
2	Kick to handstand to straight arm forward roll to	
3	Jump hurdle to cartwheel, (cartwheel)	
4	¼ turn rearward, roll backward & extend to prone support	
5	Lower to arch support and lift to straddle stand (momentary)	
6	Straddle press to headstand	
7	Forward roll to tuck jump to stand	
	(Point B to point A)	
8	Run and hurdle to Round off Rebound to stand	

Floor Exercise - Level 4		
	(Point A to point B)	
1	Arabesque (Scale) 2 second hold, Kick thru to lunge position and continuously	(V)
2	Kick to Handstand (<i>momentary</i>), straight arm forward roll to	
3	Jump hurdle to cartwheel, cartwheel ¼ turn to stand	(V)
4	Roll backward & extend to prone support	(V)
5	Lower to arch support and lift to straddle stand. (<i>Lower to split and press back to straddle stand for bonus.</i>)	(V) Any split (<i>momentary</i>)
6	Straddle press to headstand (2 second hold)	Bonus Press HS (<i>momentary</i>)
7	Forward roll to tuck jump to stand	
	(Point B to point A)	
8	Run and hurdle to Round off Rebound to stand	Bonus Back HS

Floor Exercise - Level 5		
	(Point A to point B)	
1	Run to hurdle to Front handspring (<i>rebound allowed</i>)	(V)
2	Step forward through lunge and kick to Handstand	Bonus full pirouette
3	Forward roll to Straddle stand momentary (<i>Lower to split and press back to straddle stand from bonus.</i>)	(V) Any split (<i>momentary</i>)
4	Jump or Straight arm press to HS (Momentary)	Bonus St. arm press and hold 2 seconds
5	Roll out and jump to Stag jump, step ½ turn to corner	
	(Point B to Point A)	
6	2-3 steps, hurdle punch dive roll straight body	(V)
7	Jump ½ turn to back extension straight arms to prone, arch and tuck or pike to stand and ¼ turn to	(V)
8	Cartwheel to forward lunge facing (A), ½ turn facing (B)	
9	Scale (2 seconds)	(V)
	(Point A to point B)	
10	Run to round-off, back handspring rebound to stand	Bonus 2 Back HS

Floor Exercise - Level 6 Compulsory		
	(Point A to point B)	
1	Run, hurdle handspring step out, handspring <i>(Rebound allowed)</i>	(V)
2	Step and kick thru lunge to Handstand 360 pirouette	
3	Forward roll to Stag jump, step forward and turn to (A)	
4	Scale (hold)	(V)
	(Point B to point A)	
5	Run and punch to Front tuck	Bonus Pike front
	Forward roll through candlestick to pike up ½ pirouette	
6	Pike down & tuck to back extension straight arm	(V)
7	Lower to prone position, arch & press to straddle stand <i>(Lower to split, press back to straddle stand for bonus.)</i>	(V) <i>Any Split (momentary)</i>
8	Straight-arm straddle press to HS (hold) <i>(Stalder roll for bonus may be done from splits.)</i>	Bonus Stalder roll HS
9	Step down ¼ turn cartwheel to corner and face (B)	
	(Point A to point B)	
10	Run, hurdle to round off back handspring, back tuck	Bonus 2 BHS
		(V)

Floor Exercise - Level 7		
	(Point A to point B)	
1	Run, hurdle to round off back handspring Layout	Bonus: Full Twist
2	Land in control and straight-arm back extension roll to HS, pike down into corner and stand facing (A)	(V)
	(Point B to point A)	
3	Run, hurdle, Handspring to Front Flip (control landing) <i>* Tuck, pike, or layout front flip is allowed.</i>	Bonus: Add Bounder HS before Front Flip
		(V)
4	Fall to Prone support, press to Straddle stand <i>(Lower to any split, press to straddle stand or stalder for bonus)</i>	(V) <i>Any Split in #4</i>
5	Press to Handstand (hold), step down & step forward with ½ turn to corner facing (B)	Bonus: Stalder (hold)
	(Point A to point B)	
6	2-3 steps to Handspring Step-out, Round-off rebound ½ turn to punch straight body dive roll	(V)
7	Stag Jump and step turn 180 to face (A)	
8	Any Scale	(V)
	(Point B to point A)	
9	2-3 steps to Round off, 2 back handsprings to Tuck open <i>(Bonus: RO, BHS, Whip to, BHS, Tuck open)</i>	Bonus: Whip to BHS

Pommel Horse:

Single leg swings on the pommel horse will continue to emphasize rhythm and pendulum swing mechanics. An effort has been made to limit unnecessary repetition that can result in 'double jeopardy' and excessive execution deductions as well as the realization that the apparatus itself is generally too large for the young gymnast to swing on effectively. Still, there is recognition for virtuosity on this portion of the exercise.

The basic format of the mushroom exercises is to keep the routines geared to the average recreational participant. The overriding emphasis is on good circle technique and a reward for this is reflected in the virtuosity bonus. The program format uses Levels 4 through 6 to progressively introduce, one by one, each of the different categories of circle skills through the use of performance bonus elements. By the completion of Level 6 the gymnast has had an opportunity to perform all of the types of skill movements that might be used in an optional routine.

We believe the step from the mushroom to the pommel horse is too large for the ability level, and once again the size of the apparatus, for most gymnasts in this age group. The great majority of athletes experience a rapid degradation of circle technique attempting this transition to the pommel horse. This can initiate a downward spiral on this event from which only the best athletes are able to recover over the next few years. The remedy for this pitfall requires a new approach. The transition to the horse from the mushroom needs to be more gradual ... a smaller, more negotiable, and perhaps more encouraging step for the average gymnast. On no other event is the gymnast required to learn a new set of skills on an entirely different apparatus in one season. For this reason, this program's transition to Level 7 asks the gymnast to perform the same skillset he has *already* mastered on a new apparatus ... a horse with no pommels. The benefits of this approach include the ability to maintain and continue to refine circle technique as well as the opportunity to continue to work the same, more relevant repertoire of skills on the horse that can be used to transfer to optional gymnastics when the gymnast is ready. The basic routine is well within reach of the average gymnast yet the bonus elements offer great variety for the diverse ability levels of the competitive athlete.

The single leg swing component has been deliberately left out of this level for obvious reasons ... there are no pommels on the horse. More importantly, the full complement of the gymnast's training time can be devoted to making this transition to mastering a variety of circle skills on the horse. We believe that this approach will give the average gymnast more time to develop the level of skill mastery necessary to be competitive as an optional gymnast.

Note: Level 3 Program - Pommel Horse/Mushroom Optional (Not required)

Pommel Horse - Level 4		
1	2-3 front support (pendulum) swings on each side	
2	Leg cut forward either leg	
3	Leg cut forward other leg to dismount to stand in front	
	<i>*Arms must be straight, weight must shift to side</i>	(V) .1 each side

Pommel Horse - Level 5		
1	2-3 straddle front support (pendulum) swings	
2	Right Leg cut forward	
3	Left Leg cut forward	
4	Right Leg cut backward	
5	Left Leg cut backward	
6	Right leg cut forward	
7	Left Leg cut forward to dismount to stand in front	
	<i>*Routine may be reversed</i>	(V) .1 each side

Pommel Horse - Level 6 Compulsory		
1	Jump to support on end while cutting left leg forward(right hand on pommel),	
2	Single leg travel uphill to front support on pommels	
3	1-2 straddle front support swings, cut left leg forward to	
4	Right front false scissor	(V) .1 each side
5	One full front support swing, cut right leg forward to	
6	Left front false scissor	(V) .1 each side
7	Front support swing to Feint in support	
8	½ double leg circle, ¼ counter turn to dismount	

Mushroom - Level 4		
1	1 circle and ¼ turn forward to flank dismount	
2	2 extra circles (Total of 3 to dismount) <i>*Bonus for 3 circles is .5</i>	Bonus*
3	2 extra circles (Total of 5 to dismount) <i>*Bonus for 5 circles is 1.0</i>	Bonus*
		(V) .1 or less error on each numbered part

Mushroom - Level 5		
1	3 circles and ¼ turn forward to flank dismount	(V)
2	2 extra circles (5 total circles in routine)	Bonus: No large <
3	½ spindle in 2 circles	Bonus Spindle
4	2 flair circles	Bonus Flairs
5	* 1 or 2 circles may be performed after bonus #3 - #4 or prior to the ¼ turn flank dismount	(V) .1 or less error on each bonus part

Mushroom - Level 6 Compulsory		
1	2 circles to	(V)
2	Czechkehre (Moore)	
3	<i>*Bonus: Add Direct Stockli "A" after Czechkehre</i>	Bonus Dir. Stockli A
4	2 circles	
5	3 flair circles (<i>Bonus: spindle within 2 flairs</i>)	Bonus 180 Spindle
6	1 circle with ¼ turn forward to flank dismount	
7	<i>*Add 360 Russian (prior to ¼ turn flank dismount)</i>	Bonus: Russian 360
		(V) .1 or less error each numbered part

Pommel Horse (no pommels) - Level 7		
1	Jump to 2 front loops on end	(V)
2	2 more front loops on end	*Bonus: 2 Flairs
	<i>* Note: Any bonus element can replace 2 loops #2</i>	(V)
3	Loop with ¼ turn	
4	2 side support circles	(V)
5	¼ kehre turn back loop to flank dismount	
	<i>Added Bonus Elements:</i>	
6	2 back loops with 180 spindle	Bonus
7	Any Russian (180 or more)	Bonus
8	Magyar or Sivado 3/3 of horse	Bonus
	<i>(Bonus skills can be done in any order)</i>	(V) .1 or less error

Still Rings:

There is a limited set of skills that can be done on the rings and the emphasis remains primarily on the execution of the basic swing. Two of the changes in this format involve how to best introduce the inlocate or dislocate. The average recreational gymnast has a difficult time executing these skills safely. In addition, unnecessary repetition of these elements can further penalize the average gymnast. To answer these concerns we have chosen to emphasize basic swing more and give the coach and athlete the choice of introducing the inlocate as a bonus element at Level 5 before making it a required skill at Level 6. The dislocate is introduced at Level 6 as a pike dislocate because it is easier to spot and the focus can be directed towards correct dislocate technique initially. The basic swing continues to be refined and the stretched dislocate is introduced at Level 7. The emphasis throughout is more on the basic swing quality and less on the repetition of the inlocate and dislocate thereby helping the recreational level gymnast with the basic routine.

Another change involves how the press handstand is introduced into the program. The committee felt strongly neither the press nor the handstand should be required from the recreational gymnast. In particular, the athletes who benefit most from the handstand at the compulsory level are the stronger athletes who are more capable of doing the press with straight-arm technique. Therefore, since we have a format that can encourage this, we have chosen to make the press and handstand a bonus element and reward the athletes who can perform these correctly. In addition, the shoulder stand bail gives us the opportunity to introduce the forward bail action that even the recreational gymnast can perform.

While the requirements and emphasis on basic swing with the opportunity for virtuosity are achievable for the average participant, the bonus elements particularly at Level 7 give the stronger gymnasts the opportunity to prepare for optional routines.

Still Rings - Level 4		
1	Pull-up to flexed arm hang - momentary	
2	Lower to hang, lift legs to 'L' position (<i>momentary at 90</i>)	Bonus - hold 2 secs.
3	Swing backward, swing forward	(V)
4	Swing backward, swing forward to	(V)
5	Straight body inverted hang - momentary	
6	Lower to pike inverted hang - momentary <i>*Bonus extending to horizontal and lowering slowly to hang position.</i>	Bonus: Lower through back lever (<i>Momentary</i>)
7	Lower and extend to German hang	(V)
8	Drop to landing	

*** Note: Still Rings - Level 3: Same Routine as Level 4 (No Bonus or Virtuosity)**

Still Rings - Level 5		
1	Muscle up to support (with assistance)	Bonus: - no assist
2	Straight arm, straight body support	2 seconds hold
3	Lift legs thru 'L' and roll back to pike inverted hang	
4	Lower and extend to German hang	Bonus: Back lever 2s
		(V)
5	Pull out thru pike inverted hang, cast forward to swing backward	
6	Swing forward, swing backward	(V)
7	<i>Straight body inlocate, swing backward (Bonus <u>not</u> given for large deduction per FIG)</i>	Bonus: Straight body inlocate (V)
8	Swing forward, swing backward	(V)
9	Swing forward to straddle flyaway dismount	(V)

Still Rings - Level 6 Compulsory		
1	From hang pull to Pike and extend to back lever (<i>momentary</i>) and Lower to German hang (<i>extending to horizontal and lowering slowly to hang position.</i>)	Bonus: Hold Lever (V)
2	Pull thru pike to straight body inverted hang, Pike and kip backward to dislocate to swing forward	
3	Swing backward, swing forward	
4	Swing backward to back up-rise to support	(V)
5	"L" (hold), Press to Shoulder stand (<i>momentary</i>) <i>* From Handstand Bonus lower back to shoulder stand</i>	Bonus: Press to HS (straps allowed)
6	Forward bail to swing backward	(V)
7	Swing forward, swing backward	
8	Inlocate straight body to swing backward	(V)
9	Swing forward to tuck flyaway	Bonus: Layout

Rings - Level 7		Criteria
1	Pull to inverted hang, pike & cast to back rise to	
2	Support swing forward, backward and lift to straddle 'L'	
	Straight arm press to shoulder stand (<i>momentary</i>) (<i>Return to shoulder stand after Bonus Press HS</i>)	Bonus: Press to HS (<i>momentary</i>) (V) HS
3	<i>* Bonus (shoulder stand bail and return to shoulder stand)</i>	Bonus: Back rise return to shoulders
4	Bail forward from shoulders to inlocate	(V)
5	Back uprise to 'L' (hold 2 seconds)	(V)
6	Press to tucked planche (hold)	
7	Straighten legs and support swing forward, backward, bail to	Bonus: Bail stretched from tuck planche
8	Dislocate stretched	(V)
9	Layout flyaway	Bonus: Double back or full twist

Vault:

Most of the performance criteria will remain the same in this program as relates to the run, hurdle, arm swing approach to the board. There is no reason for change with regard to running and rebounding from the board. In terms of skill emphasis, the lower compulsory levels are designed to focus on skills that are fun to do for the majority of recreational participants. The committee chose to present the vault as a 'conceptual' draft of options at each level in order to stimulate feedback from the community and because there are probably a few different ways to go on this event. Two noticeable differences are the possible removal of the table for Level 6 and the application of a Vault Table for Level 7 with bonus options. The same performance bonus system for virtuosity has been retained otherwise.

Vault - Level 3 & Level 4		
1	Straddle vault over panel/dome apparatus (buck) (Level 3 vault)	<i>(V) Performance bonus</i>
2	Punch to Handstand fall to back on stack mat	
3	Flank over mushroom/buck apparatus (Level 3 vault)	

Vault - Level 5		
1	Run, punch to Front Flip on safety cushion/mat	<i>(V) Performance bonus</i>
2	Run, punch to Forward Bounder Handspring (mats)	

Vault - Level 6		
1	Run, hurdle, punch to Front Handspring – Table <i>Front layout to stack mats</i>	<i>(V) Performance bonus</i>
2	<i>Round off to spring board back handspring on mats</i>	

Vault - Level 7 (All Vaults on Table)		Value	
1	Handspring	13.0	<i>(V) Performance bonus</i>
2	¼ cartwheel on ¼ off	13.0	
3	Yamashita	13.5	
4	Tsukahara tucked	14.0	
5	Handspring Front tuck	14.0	

Parallel Bars:

A priority on this event was to design a Level 4 routine that could be done on stack mats in order to promote the growth of boys programs into facilities that do not currently have boy's equipment. The ability to start new programs that are cost-effective is crucial and a Level 1 to 4 programs is needed for this purpose. There is a continuing emphasis on basic swing mechanics at all levels. The committee felt there should be a stronger emphasis on the front uprise. To that end, a progression-oriented pattern to develop this skill is part of the routine format.

Obviously, the support swing to handstand is one of the most important elements on parallel bars. At the same time, the program emphasizes basic swing with good technique and avoids encouraging gymnasts to get to the handstand with excessive use of strength. The emphasis on the giant swing and bail are important to develop. However, many gymnasts as they get older move away from this skill for various reasons. Options are available in this format for choices of alternative skills for the taller gymnast as well as lessening requirements for the giant swing for the average recreational participant while including bonus options for further development of this skill.

Once again, Level 7 offers a number of bonus elements that are intended to give the gymnast the opportunity to perform skills he would use in an optional routine. An effort has been made to construct the routines in a way that would eliminate the potential for a fall unless the risk vs. reward is chosen by the athlete to perform a bonus element. Since a great many gymnasts still have difficulty achieving a press to handstand the hold is not required but the importance of being able to control the handstand position is still emphasized in the routine. In addition, since most gymnasts will use a flipping dismount at the next level we have included this as a basic skill.

Parallel Bars - Level 3		
1	Jump to support swing forward, swing backward to	
2	Swing forward to straddle rear support on mats	
3	Push up to support, lift legs to forward straddle 'L' position (momentary)	
4	Bring legs together thru 'L' support and	
5	Swing backward, swing forward	
6	Swing backward, swing forward	
7	Swing backward and drop to stand between mats	

Parallel Bars - Level 4		
1	Jump to support swing forward, swing backward to	(V)
2	Swing forward to straddle rear support on mat/bar	
3	Pike and Lift legs to *Forward Straddle 'L' (momentary) * Lifting legs straight in straddle position off mat/bar	(V) Bonus: Hold 2 secs
4	Bring legs together thru 'L' support and	
5	Swing backward, swing forward	
6	Swing backward, swing forward	Bonus: Swing 45 >
7	Swing backward and drop to stand between bars/mats	(V)

Parallel Bars - Level 5		
1	From stand or run jump to long hang tap swing forward	
2	Swing backward, swing forward with long hang tap	
3	Swing backward, uprise to upper arm support	(V)
4	Swing forward, swing backward in upper arm support *Maintain 90 or > arm angle/pike allowed in front	(V)
5	Swing forward to straight legs straddle on bars in front, push or bounce off to support and swing backward	Bonus: Front uprise
6	Swing forward to 'L' (2 second hold)	Bonus for "V"
7	Swing backward, swing forward	
8	Swing backward, swing forward	(V)
9	Swing backward to nominal handstand and	Bonus: HS hold 2 seconds
10	Push off bars to either side dismount to stand	

Parallel Bars - Level 6 Compulsory		
1	Stand or run to glide kip to support	
2	Swing backward, swing forward	
3	Swing backward & bail to Moy to upper arm support (Option: Taller gymnast can do cast to upper arm support)	Bonus: Giant to upper arm support* (V) Bail
4	Swing backward, swing forward to front uprise straddle on bars, push or bounce off bars	*Bonus: Front uprise
5	Swing backward to straddle 'L'	
6	Press out above horizontal	Bonus press to HS (momentary)
7	Swing forward, swing backward to	(V)
8	Swing forward, swing backward to Hop to one bar and push off to flank dismount	(V)
*Note: Coach may place hand on gymnasts hand for giant		

Parallel Bars - Level 7		
1	Stand or run to glide kip to support	
2	Swing backward, layaway to front uprise	(V)
3	Swing backward to bail to Moy to upper arm support Or drop cast to upper arm support	Bonus: Giant or peach to support (V) Giant
4	Back rise to 'L' (hold)	
5	Straddle Press to handstand (momentary)	
6	Swing forward, swing backward	Bonus for pirouette (V)
7	Swing forward, swing backward (#6 & #7 Bonus skills may be in either order)	Bonus: Stutz (V)
8	Back tuck dismount <u>or</u> swing forward to front tuck dismount	Bonus: Back Layout or Front Pike

High Bar:

Once again, in addition to Stack Mats, Floor Strip, Vault, & the Low Bar has been included as one of the “Essential Elements” at the first Level 3 of performance exercises. In order to stimulate and encourage the growth of new programs the committee developed a Low Bar routine that could be used for recreational competition through Level 4. The routine can be performed with a ‘bent knee’ swing on a low bar or a straight leg swing on a regular competition bar. More emphasis is given to the kipping and casting actions. Otherwise the same basic fundamental elements are retained throughout the levels.

The primary difference in this program is the additional bonus elements. Introduction of basic optional elements as bonus skills are designed to help create opportunity for development of a core optional base routine as the gymnast reaches Level 7.

Horizontal Bar - Level 3		
1	Pullover to support	
2	Cast to Backward hip circle to support	
3	Swing leg over either side to stride support and	
4	Drop back to single leg kip, return to stride support (Kip can be done with bent top leg on bar)	
5	Swing leg back to front support	
6	Cast to horizontal and dismount to stand	

Horizontal Bar - Level 4		
1	Jump to swing forward and backward	
2	Swing forward and stoop one leg to knee on bar	
3	Swing backward, swing forward	(V)
4	Kick straight leg down, single leg kip to stride support	Bonus: Free of bar
5	Lift hand and cut forward leg back to front support	
6	Pike and cast to back hip circle	Bonus: Free hip (V)
7	Undershoot forward and release to stand	(V)

Horizontal Bar - Level 5		
1	Pullover to support	
2	Cast horizontal to back hip circle undershoot	Bonus: Free hip (V)
3	Swing backward, tap and swing forward to ½ turn to mixed grip	(V)
	Swing forward, swing back ward & change hand to over grip, swing forward to	
4	Kip to support (spot allowed)	Bonus: Kip no assist (V)
5	Cast to undershoot swing backward	
6	Swing forward, swing backward	
7	Swing forward, swing backward and push off to stand	
8	<i>*Bonus: Swing forward with tap to flyaway after #7</i>	Bonus: Flyaway (V)

Horizontal Bar - Level 6 Compulsory		
1	Pullover to support in under grip	(V)
2	Cast to ¾ forward giant	Bonus 2¾ front giant
3	Hop to over grip and	
4	Swing forward to ½ turn to mixed grip	(V)
5	Swing forward, swing backward and change hand to	
6	Kip to support (stop allowed)	(V)
7	Cast to ¾ back giant	Bonus 2¾ back giant
8	Undershoot swing backward	
9	Swing forward, swing backward,	
10	Swing forward to tucked flyaway	(V) Bonus: Layout

Horizontal Bar - Level 7		
1	Hi start to stem rise, swing forward to	
2	½ turn to mixed grip (blind turn) or hop ½ turn	(V)
3	Swing forward to any kip (stop + hand change allowed)	(V)
4	Cast to 2-3 front giants to	Bonus: Endo or Toe on Toe off
5	Pirouette	(V)
6	2-3 back giants <i>*Note: 2-3 giants may be added before flyaway if bonus is performed.</i>	Bonus: Stalder or Toe on Toe off Bonus: Free Hip
7	Tucked Flyaway	Bonus: Layout (V)
	<i>*Note: ¾ giant, undershoot, swing backward may be performed after #6, before the flyaway</i>	