

2013 Technical Sequences – First Draft

Submitted to USA Men's Gymnastics Community
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Technical Sequences and Optional Rules Committee Members:

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Dear USA Men's Gymnastics Community –

Please find below the first draft of the Technical Sequences for the 2013 Junior Elite program.

I would like to thank the members of the Technical Sequences and Optional Rules Committee who have put a tremendous amount of thought and effort in to creating these Technical Sequences. The intention of the sequences is to help reinforce sound technical execution and exercise presentation throughout an athlete's career and development. Working the Technical Sequences can help **every** athlete sustain a solid technical foundation and achieve their highest potential. Additionally, putting the Technical Sequences into a competitive environment helps increase the awareness and importance of consistently training them.

The goal of the committee was to construct the sequences with the elements that we felt had the highest importance for sustained technical success on each event. We were faced with the challenge of maintaining the balance of keeping the sequences basic enough and yet including key skills we felt necessary for technical reinforcement. The committee understands the sequences cannot cover every area of emphasis on each event, nonetheless these sequences can provide a solid foundation for continued development.

We wanted to get the first draft of the Technical Sequences out now, with the value of each part and a more detailed performance criterion forthcoming. We also understand this is our first draft and there is more work to be done. Please send us your comments and feedback of the Technical Sequences to kevinmazeika@yahoo.com - we welcome your ideas and input!

I invite you all to keep in mind the goals of our Men's Program – domestically to maximize the potential and performance for all of our competitive athletes and, internationally, to be the best team in the world and create a dynasty for years to come. We consider that the implementation of the Technical Sequences is a positive step in the achievement of these goals. We understand this is a paradigm shift and it will take a lot of work, but we believe the additional efforts will be worth it as we continue to build and evolve our outstanding Men's Program and when the USA Men's Team is standing on top of the podium at the World Championships and Olympic Games!

Respectfully,

Kevin Mazeika

2013 Technical Sequences

Level 8 (12-13) Technical Sequences First Draft

Floor Exercise		
Description	Value	Performance Criteria
1. Starting at middle side; Power Hurdle RO, BHS, Arabian front tucked		
2. Single leg prone fall, return to front support, lift hips up to extended forward roll to jump and stag leap, lunge, 270 degree turn backwards		
3. RO, whip x 3		Rebound after 3rd whip may be spotted by coach
4. Front handspring, bounder, bounder, dive roll, step 180 degree turn backwards		
5. RO, BHS, pike open back		

Pommel Horse		
Description	Value	Performance Criteria
1. Jump to 3 Circles in the saddle to		
2. 1/3 forward side travel to		
3. 3 downhill circles to 1/4 turn to		
4. 3 front loops to 1/4 turn to		
5. 3 uphill circles to 1/4 turn to		
6. 3 back loops to flank dismount		

Level 8 (12-13) Technical Sequences
First Draft

Still Rings		
Description	Value	Performance Criteria
1. Pull with straight body to inverted hang		
2. Cast to 2 full basic swings (4 half swings) to		
3. Back uprise straddle L		3 second hold of straddle L
4. Press to straddle planche		3 second hold of planche
5. Return to L, straight arm press HS		3 second hold of both L and handstand
6. Bail to dislocate through nominal HS		
7. Open tuck double back		No grabbing of legs

Vault		
Description	Value	Performance Criteria
Yamashita		Landing is FIG 30 cm + two 8 inch skill cushions No landing deductions

**Level 8 (12-13) Technical Sequences
First Draft**

Parallel Bars		
Description	Value	Performance Criteria
1. Glide kip, swing HS		
2. Swing forwards and backwards to		Swing forward with straight body above horizontal, bail from horizontal or higher
3. Giant		Performed with straight arms finishing in handstand
4. Front uprise, swing backwards to		
5. Peach to support		Early drop must be shown and straight arms throughout Peach
6. Swing forwards and backwards to HS hold (full extra swing allowed)		
7. Back tuck open dismount		

Horizontal Bar		
Description	Value	Performance Criteria ALL TURNS FINISH IN HANDSTAND
1. In OG, stemme to hecht tap back uprise HS		
2. 1 backward giant to free hip HS		
3. Swing ½ turn		
4. Swing ½ turn		
5. Giant, blind change, 2 front giants		
6. Pirouette to 2 backward giants		
7. Early toe on – toe off w/ feet together		Chinese tap drill
8. 2 giants to layout flyaway		

**Level 9 (14-15) Technical Sequences
First Draft**

Floor Exercise		
Description	Value	Performance Criteria
1. Starting at middle side; Power Hurdle RO, BHS, Arabian front tucked		
2. Single leg prone fall, return to front support, lift hips up to extended forward roll to jump and stag leap, lunge, 270 degree turn backwards		
3. RO, whip x 3		Rebound after 3rd whip may be spotted by coach
4. Front HS, bounder, layout front, step 180 degree turn backwards		
5. RO, BHS, pike open back		

Pommel Horse – Sequence 1		
Description	Value	Performance Criteria
1. Jump to 2-3 front loops		
2. 1-2 Magyar, 1 pommel loop,		
3. Step to saddle and 2 full loops between pommels		
3. 4-5 Magyar, 2 back loops		
4. ½ spindle, 2 front loops, flank off		

Pommel Horse – Sequence 2		
Description	Value	Performance Criteria
1. Jump to 1/2 circle and leg cuts to 1 forward scissor, leg cuts to reverse scissor		
2. Pick Up to minimum 2 circles		
3. Checkehre to minimum 2 circles		
4. DSA to minimum 2 circles		
5. DSB to minimum 2 circles		
6. Loop around to 2 circles to HS dismount		No pirouette

Level 9 (14-15) Technical Sequences
First Draft

Still Rings		
Description	Value	Performance Criteria
1. Pull with straight body to inverted hang		
2. Cast to 2 full basic swings (4 half swings) to		
3. Back uprise straddle L		3 second hold of straddle L
4. Press to straddle planche		3 second hold of planche
6. Return to L, straight arm press HS		3 second hold of L and handstand
7. Back giant to HS		3 second hold
8. Bail to dislocate through nominal HS		
9. Open tuck double back		No grabbing of legs

Athlete performs option 1 or 2, not both vaults

Vault – Option 1		
Description	Value	Performance Criteria
Handspring tuck front		Landing is FIG 30 cm + two 8 inch skill cushions No over-rotation landing deductions

Vault – Option 2		
Description	Value	Performance Criteria
Yurchenko layout		Landing is FIG 30 cm + two 8 inch skill cushions No over-rotation landing deductions

Level 9 (14-15) Technical Sequences
First Draft

Parallel Bars		
Description	Value	Performance Criteria
1. Glide kip to swing hop HS		
2. Swing forwards and backwards		Swing forwards with straight body above horizontal
3. Peach to support		Early drop must be shown and straight arms throughout Peach
4. Swing forwards and backwards to bail to		Bail from horizontal or higher
5. Giant, immediate		Straight arms throughout giant
6. Giant		Straight arms throughout giant
7. Front uprise to swing pirouette		Pirouette must show early pirouette technique
8. Pike open back dismount		

Horizontal Bar		
Description	Value	Performance Criteria ALL TURNS FINISH IN HANDSTAND
1. In OG, stemme to back uprise pirouette		
2. 1 back giant to free hip circle		Free hip circle finishes in handstand
3. Swing ½ turn		
4. Swing to hop ½ turn		
5. Giant, blind change, giant		
6. Early reverse pirouette to 1 front giant		
7. Endo to front giant to giant with hecht tap to immediate early pirouette		Endo finishes in handstand
8. 2 back giants		
9. Early toe on – toe off w/ feet together		(Chinese Tap Drill) Finishes in handstand
10. 2 giants to layout flyaway		

**Level 10 (16-17) Technical Sequences
First Draft**

Floor Exercise		
Description	Value	Performance Criteria
1. Starting at middle side; power hurdle RO, BHS, Arabian front piked		
2. Single leg prone fall, return to front support, lift hips up to extended forward roll to jump and stag leap, lunge, 270 degree turn backwards		
3. RO, whip x 3		Rebound after 3rd whip may be spotted by coach
4. Handspring, layout + layout, step 180 degree turn backwards		2nd layout must be higher than first
5. RO, BHS, pike open back		

Pommel Horse – Sequence 1		
Description	Value	Performance Criteria
1. Jump to 2-3 front loops		
2. 1-2 Magyar, pommel loop,		
3. Step to saddle and 3 full loops between pommels		
4. 4-5 Magyar, 2 back loops		
5. ½ spindle, 2 front loops, flank off		

Pommel Horse – Sequence 2		
Description	Value	Performance Criteria
1. Jump to 1/2 circle and leg cuts to 1 forward scissor, leg cuts to reverse scissor		
2. Pick up to 2 circles		
3. Checkehre to 1/2 circle immediate		
4. Checkehre to minimum 2 Circles		
5. DSA to minimum 2 Circles		
6. DSB to minimum 2 Circles		
7. Loop around to minimum 2 Circles to HS dismount		No pirouette

Level 10 (16-17) Technical Sequences
First Draft

Still Rings		
Description	Value	Performance Criteria
1. Pull with straight body and straight arms to inverted hang		
2. Cast back uprise to straddle planche		5 second hold of Planche
3. Lower through cross position and pull to inverted hang		Piking allowed after cross going to inverted hang
4. Kip "L"		3 second hold of L
5. Straddle and straight arm press to HS		3 second hold of Handstand
6. Front giant		Handstand hold
7. Back giant		Handstand hold
8. Double layout turnover drill or double layout		Turnover drill evaluation completed after body passes through support Double layout to be performed with hollow 1st flip, tight arch on 2nd flip

Athlete performs option 1 or 2, not both vaults

Vault – Option 1		
Description	Value	Performance Criteria
Handspring piked front		Landing is FIG 30 cm + two 8 inch skill cushions No over-rotation landing deductions

Vault – Option 2		
Description	Value	Performance Criteria
Yurchenko Layout		Landing is FIG 30 cm + two 8 inch skill cushions No over-rotation landing deductions

Level 10 (16-17) Technical Sequences
First Draft

Parallel Bars		
Description	Value	Performance Criteria
1. Jump to support to immediate layaway to front uprise to immediate back uprise handstand		Arms must straighten at top of front uprise
2. Swing forwards and backwards to		Swing forward with straight body above horizontal
3. Peach HS		Early drop must be shown and straight arms throughout Peach
4. Giant		Straight arms throughout and finish in or through handstand
5. Front uprise hop to HS		
6. Stutz or Diamidov to HS		
7. Pike open back dismount		

Horizontal Bar		
Description	Value	Performance Criteria ALL TURNS FINISH IN HANDSTAND
1. In OG, stemme back uprise pirouette to immediate free-hip to HS		
2. Swing to ½ turn		
3. Swing to hop ½ turn		
4. Back giant, blind change, front giant		
5. Early reverse pirouette, immediate Endo, 1 front giant to giant with hecht tap to immediate early pirouette		Endo finishes in handstand
6., 2 back giants		
7. 2 back giants to layout flyaway		