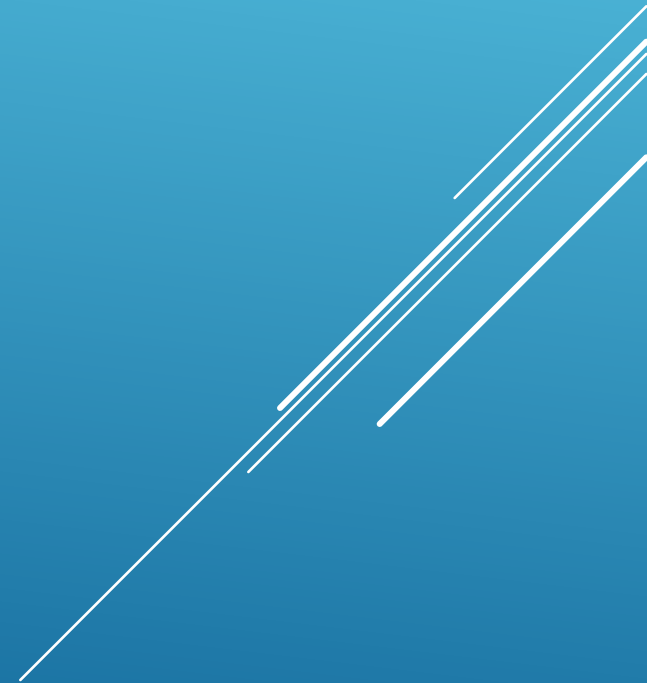




# USA Gymnastics Webinar TOPS 2017 Changes to State and Regional Testing



# TOPS 2017



**T**ALENT

**O**PPORTUNITY

**P**ROGRAM



# Ages of TOPS Athletes

## 7 – 10 Years Old

Based on the age of the gymnast on  
December 31<sup>st</sup> of the testing year.

# TOPS 2017

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# TOPS TESTING

- ▶ **Physical Abilities**
  - ▶ **Basic Skills**

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# Physical Abilities Testing

\*Flexibility

\*Rope Climb

\*Handstand Hold

\*Press To Handstand

\*Leg Lifts

\*Cast to Handstand

\*Sprint (National Testing only)

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# Physical Abilities

Manual

Videos

Women's Program – TOPS/Hopes

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# 7 Year Olds

- Physical abilities only
- No skill testing at state level
- Not eligible for TOPS National Testing

# TOPS 2017



# 7 Year Olds

## TOPS DIAMOND TEAM

Top 50 Highest Scores Nationally for 7 year olds

Not eligible for TOPS Camps

TOPS Diamond Team Coach to attend TOPS  
Camp

# TOPS 2017

# 8-9-10 Year Olds

- Physical Abilities Testing
- Basic Skill Testing
  - All four events
    - NEW – Vault at State Testing

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**TOPS State Testing**

**8-9-10 Year Olds**

**60% Skills**

**40% Physical Abilities**

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# TOPS State Testing

## 8-9-10 Year Olds

The top 100 scores per age group qualifies to TOPS National Testing.

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# TOPS STATE TESTING

## June and July

Dates & sites will be listed on our website.

Registration is through club-online registrations with USA Gymnastics.

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# TOPS STATE TESTING

**COST: \$50 per test**

**Must register one week prior to test.**

**\$25.00 late fee**

**Gymnasts may test multiple times.**

**Gymnasts may test in any state.**

# TOPS 2017

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# TOPS STATE MANAGERS

TOPS 2017

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# TOPS 2017 State Testing

## New Changes

### TOPS 2017





**TOPS 2017 State Testing**

**New – 2017**

**Vault**

**TOPS 2017**

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# TOPS 2017 State Testing

## Vault – 8 year olds

Round off onto the board with rebound up and backwards to land on the stack mats (115 cm) onto their back

# TOPS 2017

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# TOPS 2017 State Testing

## Vault – 9 -10 year olds

Round off, back handspring up onto  
stacked mats

Same as 9 year olds vault at TOPS National Testing.

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**TOPS 2017 State Testing**

**New – 2017**

**Bars**

**TOPS 2017**



# TOPS 2017 State Testing

## Bars – 8 year olds

Only change – option to straddle on  
the first glide only.

# TOPS 2017

# TOPS 2017 State Testing

Bars – 9 -10 year olds

New

Adding giants to state testing

# TOPS 2017



# TOPS 2017 State Testing

## Bars – 9 year olds

- Tested in two sections – NEW
- Sequence One – same as before
  - Sequence Two – NEW

# TOPS 2017



# TOPS 2017 State Testing

## Bars – 9 year olds

- Sequence One – same as before

Two glide kips casts to minimum 45 degrees in a row. Choice of circle: clear hip circle or back toe circle or stalder circle to 45 degrees, to glide kip horizontal to a late drop, legs together to pike back toe circle to jump to high bar to kip to cast to horizontal, swing  $\frac{1}{2}$  turn with feet minimum horizontal with the bar changing one hand at a time with final swing a single hand change (level 4 dismount).

- Option to straddle on first glide only.

# TOPS 2017



# TOPS 2017 State Testing

## Bars – 9 year olds

### Sequence Two – NEW

Glide kip squat on, jump to high bar, long hang kip cast to two giant swings, the coach stops the athlete under the bar after the second giant.

# TOPS 2017



# TOPS 2017 State Testing

## Bars – 10 year olds

- Tested in two sections – NEW
  - Sequence Two – NEW

# TOPS 2017

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# TOPS 2017 State Testing

## Bars – 10 year olds

- Sequence One – same as before

Glide kip cast  $\frac{1}{2}$  pirouette to kip cast to minimum 45 degrees in a row. Choice of circle: clear hip circle or back toe circle or stalder circle to 45 degrees, to glide kip horizontal to a late drop, legs together to pick back toe circle to jump to high bar to kip to cast to horizontal, swing  $\frac{1}{2}$  turn with feet minimum horizontal with the bar changing one hand at a time with final swing a single hand change (level 4 dismount).

# TOPS 2017

# TOPS 2017 State Testing

## Bars – 10 year olds

### Sequence Two – NEW

Glide kip squat on, jump to high bar, long hang kip cast to handstand, two giant swings to hollow layout fly away on to the back.

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**TOPS 2017 State Testing**

**New – 2017**

**Beam**

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# TOPS 2017 State Testing

## Beam – All ages - New

All Handstands, Cartwheels, Back Walkovers and Back Handsprings

Option to finish – close or lunge

## State and National Testing

# TOPS 2017

# TOPS 2017 State Testing

## Beam – 8 Year Olds - New

Handstand with square hips close or lunge. Back walkover to close or lunge. Two or three steps into split leap or switch leap, pivot, front to back cartwheel close or lunge, standing back tuck dismount to stick. Front walkover on low beam to controlled finish, with weight on both feet.

# TOPS 2017

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# TOPS 2017 State Testing

## Beam – 9 Year Olds - New

Handstand with square hips close or lunge. Back walkover to close or lunge. Standing back handspring step out to close or lunge. Two or three steps into switch leap, pivot, front to back cartwheel close or lunge, standing back tuck dismount to stick. Front walkover on low beam to controlled finish, with weight on both feet.

# TOPS 2017



# TOPS 2017 State Testing

## Beam – 10 Year Olds - New

Back walkover to **close or lunge**, handstand with square hips to step down to back handspring step out to **close or lunge**. Two or three steps into switch leap, **front walkover to a controlled finish, weight on both feet**.

**Dismount Choice:** Handstand with square hips to step down to back tuck stick **OR** Cartwheel to back tuck stick **OR** Round off to back tuck stick **OR** 1 or 2 back handsprings to back tuck stick.

# TOPS 2017

**TOPS 2017 State Testing**

**New – 2017**

**FLOOR**

**TOPS 2017**

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# TOPS 2017 State Testing

## Floor New – 2017

Floor will be performed in two separate rounds.

All gymnasts – all ages, will test the first round then the second round will be tested.

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# TOPS 2017 State Testing

## Floor New – 2017

### Round 1:

8 Year Olds will test sequences 1 and 2.

9 Year Olds will test sequences 1, 2 and 3.

10 Year Olds will test sequences 1,2, 3 and 4.

# TOPS 2017



# TOPS 2017 State Testing

## Floor New – 2017

### Round 2:

8 Year Olds will finish with sequence 3.

9 Year Olds will finish with sequence 4.

10 Year Olds will finish with sequence 5.

# TOPS 2017

# TOPS 2017 State Testing

## Floor - 8 Year Olds

Sequence 1, 2 and 3

Same as last year – no changes

# TOPS 2017

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# TOPS 2017 State Testing

## Floor - 9 Year Olds

### Sequence 1

One to two steps to hurdle to 1 front handspring feet together to front tuck landing. **The athlete should be encouraged to be moving forwards at the completion of the final skill.**

# TOPS 2017



# TOPS 2017 State Testing

## Floor - 9 Year Olds

### Sequence 2:

Jump hurdle from a board, round off, **back handspring**, whip, rebound. The athlete is encouraged to finish each snap down and travel backwards. Coaches are encouraged to spot the rebound.

# TOPS 2017

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# TOPS 2017 State Testing

## Floor - 9 Year Olds

### Sequence 3:

From a stand with two feet together on a 8" panel mat, jump to the floor with two feet and punch tuck front to stick.

# TOPS 2017

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# TOPS 2017 State Testing

## Floor - 9 Year Olds

### Sequence 4:

Starting in pose of choices, execute a passé full turn to finish. Then take 1 – 3 running steps into 2 immediately connected single leg brush hops with free leg at/above horizontal (one on each leg), immediately followed by a fouette hop, showing the arabesque prior to stepping backwards to a pointed front foot finish. Arms kick up....same finish sequence as last year.

# TOPS 2017



# TOPS 2017 State Testing

## Floor - 9 Year Olds

### Finish of Sequence 4: Same as last year

Arms up, kick through scale to HS, show for 2 seconds. Extend shoulders to front limber, stand up from limber with arms and head staying back and connected, finish through tall position, front pike roll, pike up to HS show straight body then  $\frac{1}{2}$  pirouette to HS pike down to back extension handstand lower with straight body to push up position with no pike. Stoop feet to stand and finish.

# TOPS 2017

# TOPS 2017 State Testing

## Floor - 10 Year Olds

### Sequence 1

One to two steps to hurdle to 1 front handspring feet together to front tuck landing. **The athlete should be encouraged to be moving forwards at the completion of the final skill.**

# TOPS 2017



# TOPS 2017 State Testing

## Floor - 10 Year Olds

### Sequence 2:

Jump hurdle from a board, round off, back handspring, whip, rebound. The athlete is encouraged to finish each snap down and travel backwards. Coaches are encouraged to spot the rebound.

# TOPS 2017

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# TOPS 2017 State Testing

## Floor - 10 Year Olds

### Sequence 3:

From a stand with two feet together on a panel mat, jump with two feet hurdle round off, 2 back handsprings, to back layout. The gymnast is encouraged to finish each snap down, making the layout travel backwards.

# TOPS 2017

# TOPS 2017 State Testing

## Floor - 10 Year Olds

### Sequence 4:

From a stand with two feet together on a 8" panel mat, jump to the floor with two feet and punch tuck front to stick.

# TOPS 2017

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# TOPS 2017 State Testing

## Floor - 10 Year Olds

### Sequence 5:

Starting in pose of choices, execute a passé full turn to finish. Then take 1 – 3 running steps into 2 immediately connected single leg brush hops with free leg at/above horizontal (one on each leg), immediately followed by a fouette hop, showing the arabesque prior to stepping backwards to a pointed front foot finish. Arms kick up....same finish sequence as last year.

# TOPS 2017



# TOPS 2017 State Testing

## Floor - 10 Year Olds

### Finish of Sequence 5: Same as last year

Arms up, kick through scale to HS, show for 2 seconds. Extend shoulders to front limber, stand up from limber with arms and head staying back and connected, finish through tall position, front pike roll, pike up to HS show straight body then  $\frac{1}{2}$  pirouette to HS pike down to back extension  $\frac{1}{2}$  turn forward roll to stand and finish.

# TOPS 2017

**TOPS 2017 National Testing**

**New – 2017**

**TOPS 2017**

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# TOPS 2017 National Testing

New – 2017

VAULT

Same vault testing as in 2016.

# TOPS 2017



# TOPS 2017 National Testing

New – 2017

VAULT

**NO TRAMPOLINE AT  
NATIONAL TESTING**

# TOPS 2017



# TOPS 2017 National Testing

**New – 2017**

**BARS**

Same bars testing as in 2016.

# TOPS 2017



**TOPS 2017 National Testing**

**New – 2017**

**BEAM – ACROBATICS**

**TOPS 2017**

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# TOPS 2017 National Testing

## BEAM – ACROBATICS – 8 YEAR OLDS

- Handstand (**square hips in handstand – close or lunge**)
- Back Walkover (**close or lunge**)
- Front Walkover (may be performed on low beam)
- Front to back cartwheel (**starts forwards and land with legs closed**)
- Back handspring step out (**close or lunge**)
- Standing back salto dismount (**standing at end beam to stick**)

# TOPS 2017

# TOPS 2017 National Testing

## BEAM – ACROBATICS – 9 YEAR OLDS

- Back Walkover (**close or lunge**)
- Front Walkover (controlled finish, weight on both feet)
- Front to back cartwheel (**close or lunge**)
- Handstand **with square hips** step down to back handspring step out (**close or lunge – 3 points**)
- Cartwheel or better to back salto dismount **stick**.
- Dismount Choices: Cartwheel, Round off or 1 or 2 back handsprings into back salto dismount **stick**.

# TOPS 2017



# TOPS 2017 National Testing

## BEAM – ACROBATICS – 10 YEAR OLDS

- Front Walkover or Front Aerial (**1.0 point for front walkover and 2.5 pts for front aerial**)
- Back handsprings series (**close or lunge – 2.5 points**)
- Standing back tuck (**2.5 points**)
- Round off or 1 or 2 back handsprings into back salto dismount **stick**. (**2.5 points**)

# TOPS 2017

**TOPS 2017 National Testing**

**New – 2017**

**BEAM – DANCE**

**TOPS 2017**

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# TOPS 2017 National Testing

## BEAM – DANCE – 8 Year Olds

May perform a split leap or switch leg leap

Same as TOPS State Testing

# TOPS 2017

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# TOPS 2017 National Testing

## BEAM – DANCE – All Ages - Section 1:

- 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 and side kicks. Arms circle down then up during back kicks. Arms upwards in needle kick and high relevé position.

**Same as last year**

# TOPS 2017

# TOPS 2017 National Testing

## BEAM – DANCE – All Ages

### Section 1 continued

- Execute a *sissoné* connected immediately step forward to a split jump finish.
- One or two steps to a 2-foot pivot turn, arms overhead. Then 1 or 2 steps to horizontal hold for 2 seconds in high *relevé* with arms overhead.

# TOPS 2017

# TOPS 2017 National Testing

## BEAM – DANCE – All Ages - Section 2:

- One or three steps to a 180° switch split leap (legs must be straight, not a stag split) (8 year olds may perform a split leap or switch leap. Arms optional. Immediately step forward to a straight leg skip, arms swinging overhead, landing in plie while increasing the split on the landing.
- One or two steps to prepare for a high relevé full turn on one leg with free leg optional, arms overhead.

# TOPS 2017

**TOPS 2017 National Testing**

**New – 2017**

**FLOOR – ACROBATICS**

**TOPS 2017**

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# TOPS 2017 National Testing

## FLOOR – ACROBATICS – All Ages

### New for 2017

Floor acrobatics will be performed in two separate rounds. First round, all gymnasts will test the tumbling passes.

Second round, all gymnasts will test the “Acrobatic Series” for their age groups.

# TOPS 2017





# TOPS 2017 National Testing

## FLOOR – ACROBATICS – 8 Year Olds

- Jump hurdle to 2 front handsprings step outs to front handspring feet together
- Jump hurdle to round off to 2 back handsprings to back tuck salto **to stick**.
- From an 8” panel mat, standing back tuck **to stick**.
- Acrobatic Series

# TOPS 2017

# TOPS 2017 National Testing

## FLOOR – ACROBATICS – 9 Year Olds

- 2 to 3 running steps, front handspring step out to front handspring, front tuck.
- Jump hurdle from board, round off to 3 back handsprings to back layout salto.
- From an 8” panel mat, standing back tuck **to stick**.
- Acrobatic Series

# TOPS 2017

# TOPS 2017 National Testing


## FLOOR – ACROBATIC – 10 Year Olds

- 2 to 3 running steps, front handspring step out to front handspring, front tuck.
- Jump hurdle from board, round off to back handspring to two whips, bounce
- Jump hurdle from board, round off to 3 back handsprings to back layout salto.
- From an 8” panel mat, standing back tuck **to stick**.  
From panel mat, jump down to punch tuck front to stick.
- Acrobatic Series

# TOPS 2017

**TOPS 2017 National Testing**  
**FLOOR – ACROBATIC – All Ages**  
**Acrobatic Series**  
**Same as 2016**

**TOPS 2017**

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# TOPS 2017 National Testing

New – 2017

FLOOR – DANCE

# TOPS 2017

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**TOPS 2017 National Testing**

**FLOOR – DANCE – All Ages**

**Same as 2016**

**TOPS 2017**

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# **TOPS 2017 State and National Testing**

**Videos coming soon!**

**April 2017**

# **TOPS 2017**

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**TOPS 2017 National Testing**

**October 13 – 15, 2017**

**USA Gymnastics National  
Team Training Center**

**Huntsville, Texas**

**TOPS 2017**

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# **TOPS 2017 National Testing**

**October 13 – 15, 2017**

**Testing is done in two days.**

**Physical Abilities**

**Basic Skills Testing**

# **TOPS 2017**

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# TOPS 2017 National Testing

## For Beam and Floor:

- Acrobatics counts to 80% of the final event score.
- Dance counts to 20% of the final event score.

Each event counts 10 points or 40 points maximum.

# TOPS 2017

# TOPS 2017 National Testing

8 Year Olds: 50% Physical Abilities – 50% Skill Testing

9 Year Olds: 40% Physical Abilities – 60% Skill Testing

10 Year Olds: 30% Physical Abilities – 70% Skill Testing

# TOPS 2017



# **TOPS 2017 National Testing**

**All age groups are  
combined for final scoring.**

**Top 50 – TOPS A NATIONAL TEAM**

**Next 60 – TOPS B TEAM**

# **TOPS 2017**

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**Kim Riley**

**Managing Director of Athlete Programs**

**Women's Program**

**USA Gymnastics**

**[kriley@usagym.org](mailto:kriley@usagym.org)**

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1992-2017

# TOPS

*25 Years of Success*

