

## ***Alberta Gymnastics Men's Program Standards Document***

The Alberta Standards are in place to help guide and assist the province towards competitive level gymnastics at every level. The Standards document has set targets in start value and final score for all levels from Provincial 1 A to National Senior.

- Step 1 revolves around setting the standards at an appropriate level that leads towards competitive excellence. These numbers may fluctuate with changes to the C.o.P and any GymCan pathway adjustments.
- From there we want to determine how the standards are in fact used and rewarded. The lower level standards are there for developmental guidance and such have multiple aspects to them, including routine construction and physical preparation targets. The standards in place will be used to determine athletes' eligibility to attend certain **training camps** and potential monetary rewards and acknowledgments.
- Standards will also be used to help identify our Developmental, Provincial and National Coaches of the Year.

### **High Performance **Route** Standards and targets.**

#### **7 years old – Provincial 1 A (see grid for higher age targets)**

- Final score of 50 but focus is more on introduction to competition than results.
- Introduction of competition attitude, attention to detail and respect of officials.

#### **8 years old – Provincial 2 A**

- Difficulty target of 8 points.
- Final score target of **56**. Avg of 9.3 per event
- Total S.V of **68** allows for 12 points in Deductions to achieve score.

#### **9 years old – Provincial 2 B**

- Difficulty target of 11 points.
- Final score target of **60**. Avg of 10 per event
- Total S.V of **71** allows for 11 points in Deductions to achieve score.

#### **10 years old – Provincial 2 C**

- Difficulty target of 14 points
- Final score target of **66**. Avg of 11 per event
- Total S.V of **74** allows for 8 points in Deductions to achieve score.

#### **11 years old – Provincial 2 D**

- Difficulty target of 18 points

- Final score target of **72**. Avg of 12 per event
- Total S.V of **78** allows for 6 points in Deductions to achieve score.

**12 years old** – There are 3 choices (P4, P2 E or P3)

- P2 E – Difficulty target of **20** – Final score target of **75**.
- P3 – Difficulty target of **14** – Final score target of **65**.
- P4 – Difficulty target of **15** – Final score of **65**.

**13 years old** – **P4 or Aspire** (may depend on physical development and growth)

- P4 – Difficulty target of **16** – Final score of **68**.
- Aspire – Difficulty target of **18** – Final score of **68**.

**14 years old** – **Aspire** – This is where we want to make sure proper development of difficulty for dismounts and all element group skills is being achieved or at least in progress.

- Difficulty target of **21** (Achieving all bonus points and element groups on event) Final score of **70**.

**Junior** – The skill difficulty jump will slow down a bit and the consistency of C and higher-level skills needs to be prioritized. C skills should be those that lead to future development towards D and higher. Top athletes on average are taking under 10 points in total deductions.

**15 years old** – **Junior**

- Difficulty target of **17** points - Final score of **66**. GCG Standard - 64

**16 years old** – **Junior**

- Difficulty target of **18** points – Final score of **67**. GCG Standard - 64

**17 years old** – **Junior**

- Difficulty target of **18** points – Final score of **68**. GCG Standard – 66

**18 years old** – **Junior**

- Difficulty target of **19** points – Final score of **69**. GCG Standard – 66

**National Open** – **16+**

- Individual Event targets of a 12.0+ score

**19 and 20 years old** - **N-Gen Senior**

- Difficulty target of **20** points – Final score of **70**. GCG Standard - 68
- Event scores: (total 74.1) \* These are AGF target event scores.
  - Floor – 12.5

- Pommel Horse – 12.2
- Rings – 12.2
- Vault – 13.2
- Parallel Bars – 12.2
- High Bar – 11.8

### **21+ years old – Senior National**

- Difficulty target of **21** points – Final score of **71**. GCG Standard - 70
- Event scores: (total 76)
  - Floor – 12.8
  - Pommel Horse – 12.5
  - Rings – 12.5
  - Vault – 13.5
  - Parallel Bars – 12.5
  - High Bar – 12

Now that the Standards are in place, below is the selection Criteria for participation in National levels.

- **Attending of Elite Canada**
  - Meet GCG final score standard or higher at AGF screening (See handbook for screening rules). This standard is considered ‘Grey’, and scores may be subject to ‘Team Selection Committee’ decisions.
  - Athletes moving up a level must meet the GCG standard. If an athlete is injured at the time of screening an exemption may be granted to attend EC.
- **Beyond Screening**
  - Athletes will have Elite Canada, 1<sup>st</sup> and 2<sup>nd</sup> Trials (or any sanctioned meets in that timeframe) to meet at least 1 of the Alberta Standards for their level to be eligible to be selected for select team camps.
- **Not attaining AGF standards**
  - Athletes meeting GCG but not AGF standards will be eligible to stay in their current level for Trials, Provincials and can attend National Championships but will not be eligible for any ‘Select Team Camps’.
- **AGF Standard Achievement**
  - Meeting any 1 of AGF’s standard Criteria allows the athlete to remain in their level and be eligible for Select Team Camps.
  - It also allows coaches to receive CotY points. (refer to handbook for CotY points)

### **Competition Targets and standards for AGF Men's Program**

**\*\*\*Below is the standard each athlete has to achieve in order to be eligible for Select Team camps\*\*\***

Level	Age	GCG standard	AGF Target/Standard	2024	2025	2026	2027
Provincial 1	7	N/A	50	9			
Provincial 1	8	N/A	54	1			
Provincial 1	9	N/A	60	2			
Provincial 1	10	N/A	66	0			
Provincial 1	11+	N/A	66	14 (8)			
Provincial 2	8	N/A	8 and 56	3			
Provincial 2	9	N/A	11 and 60	1			
Provincial 2	10	N/A	14 and 66	2			
Provincial 2	11	N/A	18 and 72	1			
Provincial 2	12-13	N/A	20 and 75	2			
Provincial 3	12	N/A	14 and 65	1			
Provincial 3	13+	N/A	15 and 68	0			
Provincial 4	12	N/A	15 and 65	2			
Provincial 4	13+	N/A	16 and 68	0			
Provincial Open	14	N/A	16 and 66	0			
Provincial Open	15/16	N/A	18 and 68	2			
Provincial Open	17	N/A	19 and 69	0			
<b>TOTAL MARKS</b>				40 (34)			
<b>National Levels</b>				<b>Criteria 1</b>	<b>Criteria 2</b>	<b>Criteria 3</b>	<b>Criteria 4</b>
Aspire	13	62	18 and 68	AA of 62			
Aspire	14	62	21 and 70	AA of 62			
National Open	15+	N/A	Event scores of 12.0	N/A	N/A	N/A	N/A
Junior	15	64	16 and 66	SV of 76	AA score of 66	Top 6 IE @ EC	NG event scores
Junior	16	64	18 and 67	SV of 78	AA score of 67	Top 6 IE @ EC	NG event scores
Junior	17	66	18 and 68	SV of 78	AA score of 68	Top 6 IE @ EC	Senior event scores
Junior	18	66	19 and 69	SV of 79	AA score of 69	Top 6 IE @ EC	Senior event scores

<b>Senior NG</b>	19-20	11.4 – 12.4 and/or 68	20 and 70	SV of 80	AA score of 70	Top 6 IE @ EC	AGF Event scores
<b>Senior 21+</b>	21+	11.6 – 12.9 and/or 70	21 and 71	SV of 81	AA score of 71	Top 6 IE @ EC	AGF Event scores

- Team Selection Committee can grant an athlete a pass upon review.

Next Gen 12.0 11.6 11.6 12.4 11.6 11.4

Senior 21+ 12.2 11.9 11.9 12.9 11.9 11.6

**Provincial 2 pathway plan.**

**Provincial 2 A:** In order to achieve a start value of 68, here is the proposed pathway through the routines. (+8.1 listed below)

**Floor-** Base routine with emphasis on Press handstand, Side Line and Y-scale. Simpler, technically-sound tumbling lines at this time are sufficient. (+1.0)

**Pommel-** 5 clean long horse circles should be prioritized. (+1.5)

**Rings-** Swings should be efficient enough to perform the 2 dislocates with a back layout. Prioritize building quality support strength and press handstand. (+1.8)

**Vault-** A good clean handstand to feet is preferred here. (+2.0)

**Pbars-** Press to handstand and swing to handstand should be priority 1 and 2. Not much else is needed at this point outside of a tuck dismount. (+1.5)

**Highbar-** Base routine with a back tuck discount is sufficient. (+0.3)

**Provincial 2 B:** In order to achieve a start value of 71, here is the proposed pathway through the routines. (+15.1 – 17.0 listed below)

**Floor-** With a good press handstand and scale in place some improvements in tumbling should have been made as well as building back extension and back walk over. (+2.8)

**Pommel-** All 3 available. The full mushroom routine should be attainable (however better used for training purposes), Long horse routine with 1/3 travels or 5 good 2 handles circles. (+2.3 - 2.7)

**Rings-** Press to handstand with or without hold should be established now. That's the only add in for now. (+3.0 - 3.5)

**Vault-** Staying with handspring is fine. Tsuk with tramp board is good as well (if safe). Perhaps warm-up Tsuk in comp but do not compete, for experience. (+2.0-3.0)

**Pbars**- First half of routine in Prog 1 and 2<sup>nd</sup> half of routine in Prog 2. Don't worry about cast. (+3.1)

**Highbar**- Pull over to 4 back giants is the way to go. Flyaway discount preferred. (+1.4)

**Provincial 2 C**: In order to achieve a start value of 74, here is the proposed pathway through the routines. (+17.9 – 19.2 listed below)

**Floor**- First line Front Layout or FHS Front Tuck and last line back handspring back layout are your only upgrades this year. (+3.3)

**Pommel**- Same options as B but add in flairs and/or russian on long horse. (+2.5-3.0), begin step down on handles. (+4.5)

**Rings**- Keep building swing height and press strength and hold but no upgrades on this event. Clean muscle up is much better than a bad inlocate and back uprise. (+3.5)

**Vault**- Same as B. Handspring with board or tsuk with tramp board. (+2.0-3.0)

**Pbars**- Kip cast should be above 45\* by now and ½ pirouette established. Dismount upgraded to layout as well. (+4.0)

**Highbar**- 2 options now. Pull over to 2 front giants ½ pirouette to 2 back giants or kip cast freehip to 4 back giants. Both should have back layout dismount by now. (+2.6-3.4)

**Provincial 2 D/E**: In order to achieve a start value of 78+, here is the proposed pathway through the routines. (+28.8 – 30.0 listed below)

**Floor**- Full routine in place. Only needed to increase the 2 tumbling passes. (+5.0)

**Pommel**- If D, I recommend long horse routine with full Magyar (+3.8) and for E, I recommend full 2 handle routine. (+5.5) (D – prepares them for P4, E prepared them for PO or Aspire)

**Rings**- Swings should be sufficient enough now to make a good back uprise and add in double back dismount. (+5.5)

**Vault**- Flipping vault should be in place now with or without tramp board. (+4.0 – 4.5)

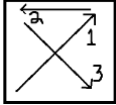
**Pbars**- Full pbar routine should be in place now. (+5.0 – 5.5)

**Highbar**- Full highbar routine should be in place now. Added in blind change and double tuck dismount. (+5.5)

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## LEVEL 2: FLOOR

Element	Base Routine	Progression 1	Progression 2	Progression 3	Progression 4	Deductions
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1	Run, dive roll (body must be slightly arched during flight phase) <b>0.0</b>	Run, front handspring to immediate straight jump and then run to dive roll <b>0.3</b>	Run, front handspring directly connected to dive roll OR Run to front tuck <b>0.5</b>	Run, front handspring direct to front tuck OR Run to front layout <b>1.0</b>	Run, front handspring to front layout <b>1.5</b>	FIG Deductions: 0.1-0.5 Pike in Dive roll: 0.1-0.3 Tucked in dive roll: 0.5 Elements not directly connected: 0.1-0.3
2	Return to stand <b>0.0</b>	Front roll to front handspring <b>0.5</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5 No front handspring after roll: 0.3
3	Prone fall, seal stretch, bring legs forwards to any split for 2 sec. with arms at horizontal. Press to straddled pike stand and then straddle press up to momentary handstand, roll forwards with arms and legs tucked and jump ¾ (135°) turn to face either sideline. <b>0.0</b>	Prone fall, seal stretch, bring legs forwards to any split for 2 sec. with arms at horizontal. Continuous straddle press from the floor to momentary handstand, roll forwards with arms and legs tucked and jump ¾ (135°) turn to face either sideline <b>0.3</b>	Prone fall, seal stretch, bring legs forwards to any split for 2 sec. with arms at horizontal. Straddled press to handstand hold 2 sec, roll forwards with arms and legs tucked and jump ¾ (135°) turn to face either sideline. <b>0.5</b>	<b>N/A</b>	<b>N/A</b> Routine pattern direction (side pass can be down either side) 	FIG Deductions: 0.1-0.5 <2 sec hold in split: 0.1 No hold in split: 0.3 Insufficient flexibility in split: 0.1-0.5 Using hands for support in split: 0.3 No front roll from handstand: 0.3 Using momentum to press to handstand: 0.5
4	Step, scissor kick, 2 cartwheels connected to land in lunge, immediately bringing legs together (back leg to meet the front leg) <b>0.0</b>	Step, scissor kick, 2 cartwheels connected to land in lunge, immediate back-walkover to lunge, immediately bring the legs together (back leg to meet the front leg) <b>0.5</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5 Insufficient flexibility during the scissor kick, cartwheel or back walkover: 0.1-0.3 Only 1 cartwheel: 0.3 Bringing the front leg backwards after the cartwheel or walkover: 0.1 Cartwheels not connected: 0.3
5	Back pike roll with straight arms and legs <b>0.0</b>	Back roll to handstand (tucked or straight legs) with straight arms and then lower legs together to stand <b>0.5</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5 Stepping down one leg after the other after back roll to handstand: 0.3
6	Jump ¼ (45°) turn to face the diagonal <b>0.0</b>	Jump ¼ (45°) turn to face the diagonal, arabesque 2 sec. <b>0.3</b>	Jump ¼ (45°) turn to face the diagonal, Y-scale 2 sec. <b>0.5</b>	<b>N/A</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5 Insufficient flexibility: 0.1-0.3 <2 sec hold: 0.3 No hold: 0.5 but recognized
7	Run, round-off, straight jump <b>0.0</b>	Run, round-off, back handspring, straight jump OR Run, round-off, back tuck <b>0.3</b>	Run, round-off, back handspring, back tuck OR round-off, back layout <b>0.5</b>	Run, round-off, back handspring, back layout OR round-off back layout 1/1 <b>1.0</b>	Round-off, back handspring back layout 1/1 <b>1.5</b>	FIG Deductions: 0.1-0.5 Insufficient height in straight jump: 0.1-0.3 Body position during straight jump: 0.1-0.3 Incorrect rhythm: 0.1-0.5
<b>Start Value</b>	<b>10.0</b>					

## LEVEL 2: POMMEL HORSE

The athlete has the right to choose one of the three routines (mushroom, horse without handles or horse with handles).

### Notes:

- The gymnast can perform the ½ or 1/1 spindle in as many circles as he wants, provided that the spindle is uninterrupted.
- **No deduction for additional circles**, only execution will be evaluated.
- The gymnast can perform the FIVE circles on the horse WITHOUT handles in uphill, downhill or side support.
- In the event of missing element (not attempted), **a penalty of 2.0 per missing element will be applied.**
  - On mushroom, circles are recognized as long as they complete at least 180° and show back support with both hands before a fall.
  - If the gymnast sits on the mushroom or the horse, the element will be considered missing entirely.
  - Deduction for not completing 360° rotation in circle: 0-45°: 0.1 45°-90°: 0.3 90°-180°: 0.5 +180°: NR
- The use of a springboard for the mount on the horse is allowed with or without handles.
- If a Russian starts with ½ Czechkehre, this ¼ turn will not count as rotation for the Russian. Russian missing ¼ turn will be penalized 0.3.

### Mushroom routine. Maximum Start Value = 11.5

Elements	Base routine	Progression 1	Progression 2	Deductions
1	Circle with legs together <b>0.0</b>	<b>N/A</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5 Lack of rotation in circles: 0.1-0.5
2	Circle with legs together <b>0.0</b>	½ spindle uninterrupted (unlimited circles) <b>0.5</b>	1/1 spindle uninterrupted (unlimited circles) <b>1.0</b>	FIG Deductions: 0.1-0.5 Lack of rotation in circles: 0.1-0.5
3	Circle with legs together <b>0.0</b>	<b>N/A</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5 Lack of rotation in circles: 0.1-0.5
4	Circle with legs together <b>0.0</b>	½ turn (any technique other than spindle) <b>0.5</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5 Lack of rotation in circles: 0.1-0.5
5	Circle with legs together and flank dismount to the side <b>0.0</b>	<b>N/A</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5 Lack of rotation in circles: 0.1-0.5
<b>Start value</b>	<b>10.0</b>			



### Horse Routine With Handles. Maximum Start Value = 15.5

Elements	Base routine	Progression 1	Progression 2	Deductions
1	From stand, jump and circle on the handles <b>0.5</b>	From support, swing one leg fwd and pick-up to circle <b>1.0</b>	From support, Complete single leg swing (forwards and backwards) and then cut into forward scissor <b>1.5</b>	FIG Deductions: 0.1-0.5
2	Circle on the handles <b>0.5</b>	Two circles on the handles <b>1.0</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5
3	Circle on the handles <b>0.5</b>	Any 1/3 travel <b>1.5</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5
4	Circle on the handles <b>0.5</b>	¼ turn OR loop <b>0.5</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5
5	Circle on the handles on and dismount on the back <b>0.5</b>	Two loops and Wende dismount <b>1.0</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5 Wende dismount below horizontal: No deduction
<b>Start value</b>	<b>12.5</b>			

### Horse Routine Without Handles: Maximum Start Value = 14.0

Elements	Base routine	Progression 1	Progression 2	Progression 3	Deductions
1	Circle with legs together <b>0.3</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5
2	Circle with legs together <b>0.3</b>	Flair OR any ¼ turn <b>0.5</b>	Russian 360° <b>1.0</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5
3	Circle with legs together <b>0.3</b>	Flair OR 1/3 Magyar <b>0.5</b>	3/3 Magyar <b>1.0</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5
4	Circle with legs together <b>0.3</b>	Flair OR any ¼ spindle <b>0.5</b>	1/3 Sivado OR ½ spindle <b>0.7</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5
5	Circle with legs together and flank dismount on the side <b>0.3</b>	Circle with legs together and Wende dismount <b>0.5</b>	Flair, circle and Wende dismount <b>1.0</b>	Flair and dismount through handstand <b>1.0</b>	FIG Deductions: 0.1-0.5 Wende dismount with only 90° turn= 0.3 Wende dismount below horizontal: no deduction
<b>Start value</b>	<b>11.5</b>				

## LEVEL 2: RINGS

### NOTE:

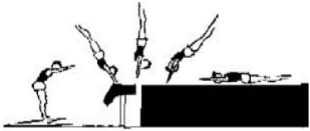




- Flexed arms are permitted in front swing
- The gymnast can press to handstand with straight arms WITHOUT deductions
- No deductions for extra swings, only the performance will be evaluated

Elements	Base routine	Progression 1	Progression 2	Progression 3	Progression 4	Deductions
1	Hanging L-sit 2 sec.  <b>0.0</b>	Lift up to inverted pike hold, extended to straddle back lever 2 sec, lower with control  <b>0.3</b>	Lift up to inverted pike hold, extended to back lever 2 sec, lower with control  <b>0.5</b>	<b>N/A</b>	<b>N/A</b>	Rings turned in: 0.1-0.3 Less than 2 sec: 0.3 No hold: 0.5 but recognized
2	Return to straight body hang OR return to rear hang OR coach lifts athlete to support on rings  <b>0.0</b>	Muscle up  <b>0.5</b>	Return to straight inverted hang, close and open body (pump swing forwards) and back uprise  <b>1.0</b>	Return to straight inverted hang, close and open body (pump swing forwards), inlocate, back uprise  <b>1.5</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5 Shoulders below the rings (inlocate): 0.1-0.5
3	Pull to inverted hang (candle) with rings turned outwards (body slightly arched - secs.)  <b>0.0</b>	L-sit 2 sec. Then drop slowly (forward or backward) with piked body to straight inverted hang (candle)  <b>0.3</b>	L-sit 2 sec, press to shoulder stand 2 sec. Then, drop down slowly with straight body and bent arms and straight inverted hang (candle)  <b>0.5</b>	L-sit 2 secs, straddle press to handstand with bent arms. Then, drop down slowly with straight body and bent arms, to straight inverted hang (candle)  <b>1.0</b>	L-sit 2 secs straddle press to handstand with bent arms and hold 2 sec. Then, drop down slowly with straight body and bent arms to straight inverted hang (candle)  <b>1.5</b>	FIG Deductions: 0.1-0.5 <2 secs: 0.3 No hold: 0.5 but recognized Rings turned in: 0.1-0.3 Body piked in the shoulder stand: 0.1-0.3 Support on ring/cables with arms in shoulder stand: 0.3 Legs wrapped around cables: 0.5 Lower without control: 0.1-0.5 Bent arms: 0.1-0.5
4	Pump swing, swing bwd, swing fwd, swing bwd  <b>0.0</b>	Pump swing, dislocate  <b>0.5</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	Shoulders below the rings in front swing or dislocate: 0.1-0.5 Hips below shoulders in back swing: 0.1-0.5
5	Swing forwards, swing backwards  <b>0.0</b>	dislocate  <b>0.5</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	Shoulders below the rings in front swing or dislocate: 0.1-0.5
6	Back tuck dismount  <b>0.0</b>	Back layout dismount  <b>0.5</b>	Double back tuck dismount  <b>1.0</b>	<b>N/A</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5 Dismount release after vertical: 0°-15° = 0.1   16°-45° = 0.3 >45° - 0.5
<b>Start value</b>	<b>10.0</b>					

## LEVEL 2: VAULT

### Notes:

- Vault table between 1m and 1.35m
- Level 2 (A and B): The gymnast can use a tramp board or mini tramp instead of a springboard. He will receive a deduction of 0.5
- Level 2 (C and D): The gymnast can use a tramp board or mini tramp instead of a springboard. He will receive a deduction of 1.0
- In the case of a poorly executed vault, the gymnast may decide to repeat his vault. He will then receive a deduction of 1.0 on his 2nd vault
- In the case of a failed run without touching the vaulting table, the gymnast can repeat his run WITHOUT deduction

Routine de base	Progression 1	Progression 2	Progression 3	Progression 3	Deductions
<p>Handstand flat back with mats stacked to vault height using the vault table</p> 	<p>Front handspring vault.</p> 	<p>Handspring full with turn</p> 	<p>Tucked Tsukahara</p> 	<p>Front handspring front Tuck</p> 	<p>FIG deductions: 0.1-0.5            Bent arms: 0.1-0.5            Small pike: 0.1-0.3            Medium pike: 0.5            Large pike: 1.0            Lack of twist in full turn:            Up to 30°: 0.1            31° -60°: 0.3            61° -90°: 0.5            &gt;90°: N-R</p>
<b>11.5</b>	<b>13.5</b>	<b>14.0</b>	<b>15.0</b>	<b>15.5</b>	
	<b>With Tramp</b>		<b>With Tramp</b>		
	<b>With Board</b>		<b>With Board</b>		

## LEVEL 2: PARALLEL BARS

### Notes:

- No deduction for extra swings, only the performance will be evaluated.
- After element 2, the gymnast can perform a half-swing or a full swing in support before element 3.
- The gymnast can perform the long hang swing or the Moy with bent or straight.

Elements	Base routine	Progression 1	Progression 2	Progression 3	Deductions
1	Run, jump to straight body long hang swing forward and back uprise to upper arm <b>0.0</b>	Run, kip to support, swing back to horiz. and layaway down to upper arm swing <b>IF</b> performing skill 2 of base routine <b>0.3</b>	Run, kip to support, swing back to 45°, swing down to upper arm <b>IF</b> performing skill 2 of base routine <b>0.5</b>	N/A	Insufficient distance or stretch of body: 0.1-0.3 Knees below the bars in front or back swing: 0.1-0.3 Hips below horizontal in back uprise: 0.1-0.5 Body 30° below horizontal in back swing: 0.3 Body 45° below horizontal in back swing: 0.5
2	Swing forward in upper arm with hips above bars in the front swing <b>0.0</b>	Moy to upper arm <b>0.5</b>	Moy to support and swing back to horizontal <b>1.0</b>	N/A	FIG Deductions: 0.1-0.5 Hips below bars during upper arm swings: 0.1-0.5
3	Swing backwards and uprise to support <b>0.0</b>	Front uprise with legs straddled onto bars, immediate rebound to swing backwards to horizontal <b>0.3</b>	Front uprise with legs together, swing back to horizontal <b>0.5</b>	N/A	Hips below horizontal in back uprise: 0.1-0.5 Hips below bar height in front uprise: 0.1-0.5 Swing with strength: 0.1-0.5 Straddled uprise w/o immediate rebound: 0.1-0.5 Legs bend in rebound: 0.1-0.5 Body below horizontal in back swing: 0.1 Feet below bars in back swing: 0.3 Knees below bars in back swing: 0.5
4	L-sit hold 2 secs. <b>0.0</b>	Cast to upper arm, back uprise to L-sit hold 2 sec. <b>0.5</b>	N/A	N/A	< 2 sec: 0.3 No hold: 0.5 (but recognized) Lowering after vertical in cast: 0.3 Hips below the bar at the end of the basket: 0.1-0.5 Hips below horizontal in the back uprise: 0.1-0.5
5	Straddle the legs and immediately rebound off the bars and swing back to horizontal <b>0.0</b>	Press to momentary handstand <b>0.5</b>	Press to handstand, 2 sec. <b>1.0</b>	Press to hdstd 2 sec, ½ turn forward <b>1.5</b>	Rebound not immediate: 0.1-0.5 Bend legs during rebound: 0.1-0.5 Hips below horizontal on back swing: 0.1-0.5 <u>In progression 1:</u> Angular deviations in press to HS Up to 15° from HS: 0.1 from HS: 16° à 30°: 0.3 from HS: 31° à 45°: 0.5
6	Swing forwards, swing backwards <b>0.0</b>	Swing fwd, swing bwd to handstand (no hold). <b>0.3</b>	Swing fwd, swing bwd to hdstd hold 2 secs. <b>0.5</b>	N/A	Hips below horizontal on swings: 0.1-0.5
7	Swing fwd, swing bwd to side off dismount to 45° (showing support of hands on one bar) <b>0.0</b>	Swing fwd, swing bwd to momentary handstand, Wende dismount <b>0.3</b>	Back or front tuck dismount <b>0.5</b>	Front or back layout dismount <b>1.0</b>	Hips below horizontal on swings: 0.1-0.5 Side dismount below 45°: 0.3 No support of hand on rail: 0.3 Stopping in handstand before Wende: 0.3
Start value	<b>10.0</b>				

## LEVEL 2: HIGH BAR

### Notes:

- No deduction for additional swings, only execution will be evaluated.
- The height of the feet in the rear swings is allowed up to 15 degrees lower than the horizontal WITHOUT deduction, but the deduction will be applied for the hips.
- \*For the dismount after the back giant: the gymnast can do the following WITHOUT deduction
  - From the handstand, return to the bar (with / without hip circle) and do an undershoot, backswing
  - From giant, forward swing, back swing

Elements	Base routine	Progression 1	Progression 2	Progression 3	Deductions
1	From straight body hang, chin-up pullover (any grip) to cast  <b>0.0</b>	From straight body hang, kip cast between horizontal and 45°  <b>0.3</b>	From straight body hang, kip, cast to higher than 45°  <b>0.5</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5 Spot from coach: 0.5 Pausing after kip: 0.3 Cast below horizontal: 0.1 Cast below the bar: 0.3 Additional swing into the cast: 0.1 each
2	Back hip circle, undershoot and swing backwards OR back giant  <b>0.0</b>	Free hip circle between horizontal and 45°  <b>0.3</b>	Free hip circle greater than 45° OR Front giant  <b>0.5</b>	Free hip circle to within 15° of handstand  <b>1.0</b>	FIG Deductions: 0.1-0.5 No freehip before undershoot: 0.5 Undershoot tucked piked: 0.1-0.5 Hips below the bar in undershoot: 0.1-0.5 Hips below the bar in swing: 0.1-0.5 Freehip below horizontal: 0.3
3	Swing forwards, swing backwards  <b>0.0</b>	Back giant  <b>0.5</b>	Front giant with ½ turn  <b>1.0</b>	<b>N/A</b>	FIG Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5
4	Swing forwards, swing backwards  <b>0.0</b>	Swing forward with ½ turn change 1 <sup>st</sup> hand, fwd swing in mixed grip, swing bwd and change the 2nd hand (min. to horizontal). OR back giant  <b>0.3</b>	Swing forward with ½ turn (change both hands with body at horizontal)  <b>0.5</b>	Blind change and ONE front giant  <b>1.0</b>	FIG Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5 Hips below bar height in 1/2 turn: 0.1-0.5

5	Swing forwards, swing backwards  <b>0.0</b>	Swing forward with ½ turn change 1 <sup>st</sup> hand fwd swing in mixed grip, swing bwd and change the 2 <sup>nd</sup> hand (min. horizontal) OR back giant  <b>0.3</b>	Swing forward with ½ turn (change both hands with body at horizontal)  <b>0.5</b>	½ turn on the end of the 2 <sup>nd</sup> front giant and TWO back giants  <b>1.0</b>	FIG Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5 Hips below bar height in 1/2 turn: 0.1-0.5
6	Swing fwd, swing bwd, at horizontal push away from bar OR dismount in back giant to land on feet (body at horizontal).  <b>0.0</b>	Back tuck dismount.  <b>0.3</b>	Back layout dismount.  <b>1.0</b>	Double back tuck dismount.  <b>1.5</b>	Hips below bar on swings: 0.1-0.5 Insufficient extension when releasing bar: 0.1-0.3 Insufficient height in salto: 0.1-0.3 Body below bar during release from bar: 0.1-0.3
<b>Start value</b>	<b>10.0</b>				

## PHYSICAL PREPARATION

Physical Prep is a major component in your athlete's success. The body needs to be prepared to handle the demand of the sport. Below is guidelines and targets from ages 6 to 12 to help build your training plan.

### AGE 6 (pre-competitive)

focuses: Elite competitive identification. Develop elite mindset & training-ethic, shapes & floor fundamentals, and coordination of basic swings and saltos.

<p><b>Off Season</b></p> <p>Floor Fundamentals</p> <ul style="list-style-type: none"> <li>• Shapes</li> <li>• Hanging Inlo-Dislo</li> <li>• HS Bridge Kickover (trap block)</li> <li>• Slide Press HS (off height)</li> <li>• Chest Roll to HS (off trap block)</li> <li>• Fwd Roll</li> </ul>	<p><b>Comp Season</b> (modified P1)</p> <p>Floor</p> <ul style="list-style-type: none"> <li>• Run Beatboard Dive Roll <b>or Front Tuck</b></li> <li>• Forward Roll, Prone Fall, Tuck, Jump to HS Roll</li> <li>• Scissor Kick, Cartwheel, Cartwheel, Lunge, Bwd Roll</li> <li>• Pre-Y Balance</li> <li>• Run Hurdle Round-Off</li> </ul>
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- Kick HS momentary hold
- Cartwheel
- Bwd Roll
- Tuck Planche
- L-Sit & Straddle L-Sit

#### Conditioning

- Tight Leg Pike, Straddle, Splits
- 15 Dips
- 7 Chin-Ups
- 10 Rope Climb Steps
- 5 HS Dip
- 10 Leg Lifts
- Arch Up
- Chin Levers
- Pike Handstand Push-Ups
- Jump to Height (rib height)

#### Floor

- Front Tuck
- Front Handspring (into pit)
- Run Hurdle Round-Off

#### Pommel Horse

- Hang Circles
- Bucket Circles
- Scissor Swings

#### Rings

- Swings
- Jump to Support, lower Dip hold
- Inverted Hang, Skin the Cat, pull to Pike Inverted Hang

#### Vault

- Run, Rebound, Straight Body Rotation to HS timber

#### Parallel Bars

- Support Swing
- Swing Fwd Roll on P Bar blocks

#### High Bar

- Long Hang Swings
- Pull-Over, Casts
- Hip Circle / Undershoot

#### Trampoline & Other

- Donkey Kicks
- Front Drop

#### Pommel Horse

- 5 Bucket Circles

#### Rings

- Lift to Support, Tuck Sit
- Dip to Fwd Roll to Inverted Hang
- Lower Skin to Cat, Pull to Pike Inverted Hang
- Shoot, 3 Swings, Skin The Cat Dismount

#### Vault

- Run, Rebound Straight Body rotation to Handstand, timber to back

#### Parallel Bars

- Upper Arm Swing, Straddle Front Uprise
- 5 Support Swings
- Swing HS on 5, Dismount (with spot)

#### High Bar

- Pull-Over, Cast, Back Hip Circle, Undershoot
- 5 Long Hang Swings
- Dismount in the Back or Fly Away (with spot)

- Back Drop
- Spotted Back Tuck on Trampoline
- Back Tuck into foam pit

## AGE 7 (phase 1 - developmental)

focuses: elite mindset & training ethic, base strength, shapes, floor fundamentals, BASICS

<u>Off Season</u>	<u>Comp Season (Provincial 1)</u>
<p>Universals</p> <ul style="list-style-type: none"> <li>○ Shapes</li> <li>○ Handstand: Hold, Walk, Pirouette</li> <li>○ Hanging Inlo-Dislo</li> <li>○ Slide Press HS</li> <li>○ Endo Roll, Endo Press HS</li> <li>○ Press to Stand &amp; Slide Pike-Thru</li> <li>○ Handstand Bridge Kickover</li> <li>○ Back Bend</li> <li>○ Straddle V-Sit</li> <li>○ Tuck Planche</li> <li>○ Chest Roll HS off Height</li> <li>○ Cartwheel</li> <li>○ Straight Arm Bwd Roll</li> <li>○ Hop HS Stoop Roll</li> </ul> <p>Conditioning</p> <ul style="list-style-type: none"> <li>○ Flat Pike, Straddle, Splits &amp; Comp Bridge</li> <li>○ Active Split Lift (hip height)</li> <li>○ 15 Super Dip</li> <li>○ 15 Chin-Up/Chin-Up Lever</li> <li>○ 10 HS Dip</li> <li>○ 20 Rope Climb steps w/o legs</li> <li>○ 15 Arch-Up</li> </ul>	<p>Floor</p> <ul style="list-style-type: none"> <li>• Run Front Tuck, Fwd Roll, <b>Headspring</b></li> <li>• Prone Fall, Seal, Tuck On, Jump Pike to HS</li> <li>• Scissor Kick, Cartwheel, Cartwheel, Straight Arm Bwd Roll <b>to HS</b></li> <li>• Y Scale</li> <li>• Round Off, <b>Back Handspring</b></li> </ul> <p>Pommel Horse</p> <ul style="list-style-type: none"> <li>• 5 Circles</li> </ul> <p>Rings</p> <ul style="list-style-type: none"> <li>• <b>Muscle Up</b>, L-Sit</li> <li>• Forward Roll to Inverted Hang</li> <li>• Shoot, Swing Back, Swing Forward, Inlocate</li> <li>• Swing Back, Swing Forward, <b>Dislocate</b></li> <li>• Back Layout Dismount</li> </ul> <p>Vault</p> <ul style="list-style-type: none"> <li>• Run, Handspring Bump to Back <b>over Vault table</b></li> </ul> <p>Parallel Bars</p> <ul style="list-style-type: none"> <li>• Jump to Long Hang, Swing Forward, Back Uprise</li> <li>• Upper Arm Swing Forward, Swing Backward, Straddle Front Uprise</li> <li>• L-Sit, Press to Stand on Bars <b>or Press HS</b></li> </ul>



<p>Floor</p> <ul style="list-style-type: none"> <li>○ Front Tuck</li> <li>○ Front Handspring &amp; Flyspring (over/off height)</li> <li>○ Back Handspring (down soft incline)</li> <li>○ Standing Back Tuck (onto resi)</li> </ul> <p>Pommel Horse</p> <ul style="list-style-type: none"> <li>○ 2 Circles</li> <li>○ Scissor Cuts</li> </ul> <p>Rings</p> <ul style="list-style-type: none"> <li>○ Spotted Turn-Over Swings (straps)</li> <li>○ L-Sit, Shoulder Stand</li> <li>○ L Muscle Up</li> <li>○ Back Lever</li> </ul> <p>Vault</p> <ul style="list-style-type: none"> <li>○ Front Tuck onto chest-height</li> <li>○ Front Layout into pit (over block)</li> <li>○ Flyspring bump off incline block</li> <li>○ Handspring rebound to back on portapit</li> </ul> <p>Parallel Bars</p> <ul style="list-style-type: none"> <li>○ 10 spotted swing HS</li> <li>○ Swing HS</li> <li>○ Bail &amp; Peach Drop</li> <li>○ Long Hang Back Uprise</li> </ul> <p>High Bar</p> <ul style="list-style-type: none"> <li>○ 10 Spotted Giants (straps)</li> <li>○ 10 Bar Height Long Hang Swings</li> <li>○ Pull-Over, Cast Back Hip Circle, Undershoot</li> <li>○ Swing ½ Turn and/or Fly Away</li> <li>○ Free-Hip 45 (straps)</li> </ul> <p>Trampoline</p> <ul style="list-style-type: none"> <li>○ Back Tuck on bed</li> <li>○ Front Pike ½ &amp; 1/1 (into pit)</li> </ul>	<ul style="list-style-type: none"> <li>● Swing Forward, Swing Backward to HS <b>hold</b></li> <li>● Swing Forward, Swing Backward, Flank off</li> </ul> <p>High Bar</p> <ul style="list-style-type: none"> <li>● Pull Over, Cast Back Hip Circle, Undershoot</li> <li>● Swing Back, Swing Forward ½ Turn <b>both hands</b></li> <li>● Swing Forward ½ Turn <b>both hands</b></li> <li>● Swing Forward, Swing Backward</li> <li>● <b>Fly Away</b> or Swing Forward, Swing Backward Off</li> </ul>
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## AGE 8 (phase 1 - developmental)

Focuses: elite mindset & training ethic, base strength, shapes, floor fundamentals, BASICS

### Off Season

#### Universals

- Handstand: Hold, Walk, Pirouette
- Hanging Inlo-Dislo
- Endo Press HS
- Pike Press HS (low parallettes)
- 5 Straddle Press HS in a row
- Back Walkover
- Low Straddle Manna
- Straddle Planche
- Chest Roll Hollow Back Press
- Back Extension
- Hop HS Stoop Roll

#### Conditioning

- Flat Pike, Straddle, Splits, Comp Bridge
- 15 Super Dip / 30 Dip
- 15 Chin-Up/Chin-Up Lever
- 10 HS Dip
- Rope Climb steps w/o legs
- 15 Arch-Up
- 15 Leg Lift

#### Floor

- Front Layout (onto soft)
- Front Handspring Front Tuck
- Standing Back Handspring (onto soft)
- RO Back Handspring (on soft)
- Standing Back Tuck (off block)

#### Pommel Horse

- 20 Circles
- 10 Mushroom Loops (up + down)
- Scissors
- 10 Flairs

#### Rings

- Turn-Over Swings (ring height)
- L-Sit, Press HS
- Muscle Up
- Straight Back Lever
- Dislocates

### Comp Season

#### Floor

- Run, Front Tuck or Front Layout or Front Handspring Front Tuck
- Fwd Roll Headspring, Prone Fall Splits Press HS Hold
- Scissor Kick, Cartwheel, Cartwheel, Back Walkover, Back Extension
- Y-Scale
- Round Off Back Handspring

#### Pommel Horse

- 5 Uphill Loops or upgraded routine w/ Magyar

#### Rings

- Straddle Back Lever or Straight Back Lever
- Muscle Up
- L-Sit, Press to Shoulder Stand, lower down
- Shoot, Dislocate, Dislocate, Back Layout

#### Vault

- Handspring (mini-tramp or beatboard)

#### Parallel Bars

- Long Hang Back Uprise or Kip, Moy
- Straddle Front Uprise or Front Uprise
- L-Sit, Press Handstand hold
- Swing Handstand Hold
- Front Off

#### High Bar

- Pull-Over, Cast
- Free-Hip
- 4 Back Giants, kill swing
- Tuck Fly-Away or Layout

<p>Vault</p> <ul style="list-style-type: none"> <li>○ Front Tuck onto chest-height</li> <li>○ Front Layout onto thigh-height</li> <li>○ Handspring over Table (mini-tramp)</li> </ul> <p>Parallel Bars</p> <ul style="list-style-type: none"> <li>○ 10 swing HS</li> <li>○ 5 Swing HS hold</li> <li>○ Kip &amp; Drop Kip</li> <li>○ Moy</li> <li>○ Front Off</li> </ul> <p>High Bar</p> <ul style="list-style-type: none"> <li>○ 10 Front Giants (straps)</li> <li>○ 10 Back Giants</li> <li>○ Free-Hip HS (straps)</li> <li>○ Fly-Away</li> </ul> <p>Trampoline</p> <ul style="list-style-type: none"> <li>○ Back Tuck series / onto portapit</li> <li>○ Porpoise</li> <li>○ Front 1/1 &amp; 3/2</li> <li>○ Double Back</li> <li>○ Double Front</li> </ul>	
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## AGE 9 (phase 1 / 2 - developmental)

<p><b><u>Off Season</u></b></p> <p>Universals</p> <ul style="list-style-type: none"> <li>○ Handstand: Hold, Walk, Pirouette</li> <li>○ Stoop Press HS</li> <li>○ 8 Press HS in a row</li> <li>○ Straddle Low Manna</li> <li>○ Straddle Planche</li> <li>○ Aspire Strength Routine</li> <li>○ Chest Roll Hollow Back Press</li> </ul> <p>Conditioning</p> <ul style="list-style-type: none"> <li>● Flat Pike &amp; Middle Split</li> <li>● Over Straddle + L &amp; R Splits (panel mat)</li> </ul>	<p><b><u>Comp Season</u></b></p> <p>Floor</p> <ul style="list-style-type: none"> <li>● Front Layout or Front Handspring Front Tuck</li> <li>● Fwd Roll Headspring, Prone Fall Splits Press HS Hold</li> <li>● Scissor Kick, Cartwheel, Cartwheel, Back Walkover, Back Extension</li> <li>● Y-Scale</li> <li>● Round Off Back Handspring Back Tuck or Back Layout</li> </ul> <p>Pommel Horse</p> <ul style="list-style-type: none"> <li>● 5 Uphill Loops or 5 2-Handle Circles</li> </ul> <p>Rings</p> <ul style="list-style-type: none"> <li>● Straddle Back Lever or Straight Back Lever</li> </ul>
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- 15 Russian Dip (w/ ankle weight)
- 15 Chin-Up/Chin-Up Lever (w/ ankle weight)
- 10 HS Dip (w/ ankle weight)
- Straddle-L Rope Climb
- 15 Arch-Up (w/ 20 lbs)
- 5 Invert Press w/ 15 lbs / 5 Fly w/ 15 lbs
- 5 Cross Pulls on belt (w/ ankle weight)
- 5 Single Leg Squat (bodyweight)

#### Floor

- Front Layout
- Front Handspring Front Tuck
- Front ½ + 1/1 (beatboard onto pit)
- RO BHS Back Tuck
- Standing Back Tuck (trap block)

#### Pommel Horse

- 40 Circles
- 10 Handle Circles
- 15 Uphill and Downhill Loops
- Scissors
- 10 Floor Mushroom Flairs

#### Rings

- Inlocate (ring height)
- Dislocate (ring height)
- L-Sit, Press HS
- Back Uprise
- Straight Back Lever
- Double Back Tuck (into pit)

#### Vault

- Front Tuck onto head height
- Front Layout (over chest height)
- Tsuk Tuck + HS Front (into pit)

#### Parallel Bars

- 10 swing HS
- 8 Swing HS hold
- Kip & Drop Kip
- Giant
- Peach to stand on throw block

#### High Bar

- 10 Front Giants
- Pirouette

- Muscle Up
- L-Sit, Press to Shoulder Stand **Handstand**, lower down
- Shoot, Dislocate, Dislocate, Back Layout

#### Vault

- Handspring (beatboard)

#### Parallel Bars

- Kip, Moy to upper-arm
- Straddle Front Uprise **or Front Uprise**
- L-Sit, Press Handstand hold
- Swing Handstand Hold
- Front Off

#### High Bar

- Pull-Over Cast HS
- **Free hip or Front Giant, Pirouette**
- 4 Back Giants, kill swing
- Fly-Away

<ul style="list-style-type: none"> <li>○ Free-Hip HS</li> <li>○ Giant Fly-Away</li> </ul> <p>Trampoline</p> <ul style="list-style-type: none"> <li>○ Cruise &amp; Cradle</li> <li>○ Back ¾</li> <li>○ Front 2/1</li> <li>○ Back ½ and 1/1</li> <li>○ Double Pike Front &amp; Back</li> </ul>	
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## AGE 10 (phase 2)

<u>Off Season</u>	<u>Comp Season</u>
<p>Universals</p> <ul style="list-style-type: none"> <li>○ 30 sec Handstand</li> <li>○ Pirouette and Rev Pirouette (parallettes)</li> <li>○ Stoop Press HS</li> <li>○ 10 Press HS in a row / 5 Pike</li> <li>○ Straddle Manna (30' sub-horizontal)</li> <li>○ Bent-Knee Straddle Planche</li> <li>○ Aspire Strength Routine</li> <li>○ Back Extension ½ and 1/1</li> </ul> <p>Conditioning</p> <ul style="list-style-type: none"> <li>● Flat Pike &amp; Middle Split</li> <li>● Over Straddle + L &amp; R Splits (panel mat)</li> <li>● 15 Russian Dip (w/ ankle weight)</li> <li>● 15 Chin-Up/Chin-Up Lever (w/ ankle weight)</li> <li>● 10 HS Dip (w/ ankle weight)</li> <li>● 15 Arch-Up (w/ 20 lbs)</li> <li>● 5 Invert Press w/ 15 lbs / 5 Fly w/ 15 lbs</li> <li>● 5 Cross Pulls on belt (w/ ankle weight)</li> </ul> <p>Floor</p> <ul style="list-style-type: none"> <li>○ Front Handspring Front Layout</li> <li>○ Front Layout 1/1 + 3/2 (onto soft)</li> <li>○ Front Layout Punch Front</li> <li>○ Backspring Series</li> <li>○ RO Whip Whip</li> <li>○ RO BHS Back Layout</li> </ul>	<p>Floor</p> <ul style="list-style-type: none"> <li>● Front Layout or Front Handspring Front Tuck or Front Handspring Layout</li> <li>● Forward Roll, Headspring, Prone, Split, Press HS hold</li> <li>● Scissor Kick, Cartwheel, Cartwheel, Back Walkover, Back Extension</li> <li>● Y-Scale</li> <li>● Round-Off Back Handspring Back Tuck or Back Layout</li> </ul> <p>Pommel Horse</p> <ul style="list-style-type: none"> <li>● Scissor, Pick Up into</li> <li>● 5 2-Handle Circles, Step Down, 3 Uphill Loops, Flank</li> </ul> <p>Rings</p> <ul style="list-style-type: none"> <li>● Straight Back Lever</li> <li>● Muscle Up or Shoot Inlocate, Back Uprise</li> <li>● L-Sit Press HS w/ cables or NO Cables, lower to Inverted Hang</li> <li>● Shoot Dislocate, Dislocate</li> <li>● Back Layout or Double Tuck</li> </ul> <p>Vault</p> <ul style="list-style-type: none"> <li>● Front Handspring or Tsuk or Handspring Front w/ Mini-Tramp</li> </ul> <p>Parallel Bars</p> <ul style="list-style-type: none"> <li>● Kip, Moy to Upper Arm or Support</li> <li>● Front Uprise, Undershoot</li> </ul>

<ul style="list-style-type: none"> <li>○ Standing Back Tuck</li> </ul> <p>Pommel Horse</p> <ul style="list-style-type: none"> <li>○ 70 Circles</li> <li>○ 25 Handle Circles</li> <li>○ 10 Center Loops</li> <li>○ 5 Single Pommel</li> <li>○ Czech / A Step Down</li> <li>○ 10 Floor Flairs</li> </ul> <p>Rings</p> <ul style="list-style-type: none"> <li>○ HS Bail</li> <li>○ Bent Arm Back Giant</li> <li>○ Straight Arm Straddle Press HS</li> <li>○ Back Uprise</li> <li>○ Double Back Tuck 1/1 (into pit)</li> </ul> <p>Vault</p> <ul style="list-style-type: none"> <li>○ Front Tuck onto head height</li> <li>○ Front Layout (onto tummy height)</li> <li>○ Tsuk Tuck + HS Front (onto resi)</li> </ul> <p>Parallel Bars</p> <ul style="list-style-type: none"> <li>○ 10 Swing HS hold</li> <li>○ Front Uprise</li> <li>○ Giant</li> <li>○ Moy to Support</li> <li>○ Peach Support</li> </ul> <p>High Bar</p> <ul style="list-style-type: none"> <li>○ Swing ½ Turn / Blind Change</li> <li>○ Endo Kip / Stalder Sole Circle</li> <li>○ Toe On</li> <li>○ Double Tuck Dismount</li> </ul> <p>Trampoline</p> <ul style="list-style-type: none"> <li>○ Cody ½ and 1/1</li> <li>○ Front Twisting Combo</li> <li>○ Double Front ½</li> <li>○ Back 5/2 + 3/1</li> <li>○ Double Back 1/1 Out</li> </ul>	<ul style="list-style-type: none"> <li>● L-Sit Press HS, Pirouette</li> <li>● Swing HS hold</li> <li>● Front Off or Front Layout</li> </ul> <p>High Bar</p> <ul style="list-style-type: none"> <li>● Pull-Over or Kip</li> <li>● Cast 2 Front Giants, Pirouette</li> <li>● 2 Back Giants, or Blind Change, Pirouette</li> <li>● Layout Fly Away from Giant</li> </ul>
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## AGE 11 (phase 2)

### Off Season

#### Universals

- 45 sec Handstand
- 7 Pike Press HS in a row
- Manna
- Bent-Knee Straight Planche
- Aspire Strength Routine
- Hollow Back Press HS Push-Up

#### Conditioning

- Flat Pike & Middle Split
- Over Straddle + L & R Splits (trap box)
- 15 Russian Dip (w/ ankle weight)
- 15 Chin-Up/Chin-Up Lever (w/ ankle weight)
- 10 HS Dip (w/ ankle weight)
- 1½ Rope
- 15 Arch-Up (w/ 30 lbs)
- 5 Invert Press w/ 20 lbs / 5 Fly w/ 20 lbs
- 5 Cross Pulls on belt (w/ ankle weight)

#### Floor

- Front Handspring Layout 1/1
- Front Layout 2/1 (onto soft)
- Front Layout Punch Layout
- RO Whip ½ Punch Layout
- RO BHS Back Layout 1/1
- RO BHS Double Tuck (into pit)

#### Pommel Horse

- 30 Handle Circles
- 10 Flairs over 1 Handle
- 10 Single Pommel Circles (2 h. colt)
- Magyar
- Sivado
- Gogoladze handstand

#### Rings

- Homna
- Inlocate + Dislocate (strap height)
- Straddle Planche hold
- High Cross hold
- Double Back Tuck 1/1 (onto soft)

#### Vault

### Comp Season

#### Floor

- Run Handspring Front Layout
- Forward Roll, Headspring, Prone, Splits, Press HS hold
- Scissor Kick Cartwheel, Cartwheel, Back Walkover, Back Extension
- Y-Scale
- Round-Off Back Handspring Back Layout **or Back 1/1**

#### Pommel Horse

- Scissor, Pick Up
- 2 2-Handle Circles
- Step Down
- 3 Uphill Loops
- Wende Dismount  
**or 15.5 No-Handle Routine**

#### Rings

- Back Lever
- Shoot Inlocate, Back Uprise
- L-Sit Press HS hold, lower down
- Shoot Dislocate, Dislocate
- Double Back Tuck

#### Vault

- Tsuk or Handspring Front with Mini-Tramp **or Beatboard**

#### Parallel Bars

- Kip, Bail at 45, Moy to Support
- Front Uprise
- Cast to Upper Arm, L-Sit Press HS
- Pirouette
- Swing HS hold
- Back Layout Dismount

#### High Bar

- Kip, Cast Free Hip HS
- Giant, Blind Change
- 2 Front Giants, Pirouette
- 2 Back Giants
- Double Back Tuck Dismount

<ul style="list-style-type: none"> <li>○ Handspring Front Pike</li> <li>○ Tsuk Layout</li> <li>○ Kasamatsu Pike</li> </ul> <p>Parallel Bars</p> <ul style="list-style-type: none"> <li>○ Back Off</li> <li>○ Cast</li> <li>○ Giant</li> <li>○ Moy to Support</li> <li>○ Peach Support</li> </ul> <p>High Bar</p> <ul style="list-style-type: none"> <li>○ Swing ½ Turn / Blind Change</li> <li>○ Endo Kip / Stalder Sole Circle</li> <li>○ Toe On</li> <li>○ Double Tuck Dismount</li> </ul> <p>Trampoline</p> <ul style="list-style-type: none"> <li>○ Kaboom</li> <li>○ Double Front Layout</li> <li>○ Double Front 3/2 out</li> <li>○ Back 7/2 + 4/1</li> <li>○ Double Double</li> <li>○ Double Layout</li> </ul>	
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## AGE 12 (phase 2)

<p><u>Off Season</u></p> <p><u>Universals</u></p> <ul style="list-style-type: none"> <li>● 1 min Handstand</li> <li>● 10 Press Handstand</li> <li>● Manna</li> <li>● Bent Knee Straight / Open Pike Planche</li> <li>● Aspire Strength Routine</li> </ul> <p><u>Conditioning</u></p> <ul style="list-style-type: none"> <li>● 10 Dip (w/ 30 lbs)</li> <li>● 10 Chin-Up/Chin-Up Lever (w/ double ankle weight)</li> <li>● 10 HS Dip (w/ double ankle weight)</li> <li>● Straddle-L Rope Climb to top (w/ 10 lbs vest)</li> </ul>	<p><u>Comp Season</u></p> <p><u>Floor</u></p> <ul style="list-style-type: none"> <li>● RO BHS Back Layout 2/1 or Layout 5/2</li> <li>● Run Front Layout 1/1 or Layout 3/2</li> <li>● Flair or Gogoladze</li> <li>● RO BHS Back Layout or Layout 1/1</li> <li>● Front Punch Layout ½ or Layout 1/1</li> <li>● RO BHS Back Layout 1/1 or Layout 2/1</li> </ul> <p><u>Pommel Horse</u></p> <ul style="list-style-type: none"> <li>● Step Up or Magyar, ½ Spindle, Turn In</li> <li>● Scissor, Pick Up, Czech</li> <li>● Step Down or B Step Down or D Russian Down</li> <li>● Wende or Russian Dismount or Press HS Dismount</li> </ul>
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- 10 Arch-Up (w/ 45 lbs bar)
- 5 Invert Press w/ 25 lbs
- 5 Fly w/ 30 lbs

#### Floor

- RO BHS Back Back Layout 1/1, 2/1, 5/2 (onto soft)
- RO BHS Double Back Tuck
- RO Whip, Whip
- Layout 1/1, 3/2, 2/1 (or from Frontspring)
- Run Double Front
- Layout punch Layout 1/1

#### Pommel

- Magyar, Sivado (on FIG horse)
- Step Up
- B Step Down
- Flair over handles (FIG horse)
- Single Handle D and/or E

#### Rings

- Bent Arm Giants
- Yamawaki / Johnsson
- Kip L, Cross and/or Straddle Planche
- Double Tuck Full Dismount (FIG)
- Double Double Tuck (into pit)

#### Vault

- Handspring Front Pike or Tsuk Layout
- Kasamatsu Layout or Yurchenko Layout

#### Parallel Bars

- 3 Giants in a row
- Giant Diamidov
- Tippelt + Bhavsar
- Peach HS
- Diamidov or Stutz
- Double Tuck Dismount

#### High Bar

- Jam Cast, Reverse Tap
- Stalder & Endo
- Tongfei Double Layout
- Stoop Shoot or Heely
- Tkachev

#### Trampoline

- Double Front Tuck ½ Out (onto hard)

#### Rings

- Kip L-Sit, Cross or Straddle Planche
- Shoot or Press Bail, Inlocate, Yamawaki, Back Uprise or Homna
- L-Sit, Press HS or B Press HS
- Giant, Dislocate, Double Tuck or Double Tuck 1/1

#### Vault

- Handspring Front Pike or Tsuk Layout
- Kasamatsu or Yurchenko Layout

#### Parallel Bars

- Kip Swing HS or Jump Peach HS
- Giant, Giant, Moy Support or Tippelt
- Diamidov or Stutz
- Front Uprise Front Dismount or Swing HS
- Double Back Tuck Dismount

#### High Bar

- Jam Cast, Reverse Tap
- Free Hip or Stalder
- Tkachev
- Giant, Blind Change
- Front Giant, Stoop Shoot, Endo
- Pirouette
- Tong Fei Double Layout

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| <ul style="list-style-type: none"><li>• Double Back Tuck Full (onto hard)</li><li>• Double-Double Tuck (onto hard)</li><li>• Double Layout (onto hard)</li><li>• Cody Double Back</li><li>• Kaboom Double Back</li></ul> |  |
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Skill building at age 12 becomes very important. If your athlete's physical preparation is in good shape than the skill acquisition phase can move quickly and steady. Below is the skill developmental chart for athletes ages 12 to 18.



