



2017 Wisconsin Hotshots SUMMER SKILLS

(Changes from the regular TOPS
program are listed in RED)

Updated: 3/1/2017



Local state tests will include physical abilities and skills testing.

8 year olds will test physical abilities only.

Coaches are encouraged to use additional 8 inch or 4 inch matting for safety.

Coaches are able to stand near the athlete (without blocking the testers view) for the safety of the athlete.

Vault

9 Year Old Vault

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

1. Athlete should land on their back, flat on the mat with a fully extended body.
2. Arms should remain up throughout the rebound and landing
3. Resi pits and mats must be stacked 115 cm

10 & 11/12 Year Old Vault

Round off, back handspring up onto stacked mats (using a vaulting board)

1. Athlete must land on her feet or back.
2. Athlete must keep arms above head.
3. Mats to be stacked 115 to 125 cm.

Bars

Gymnast may mount on bars with a single panel mat.

Coaches must be present between the bars during the routine. If no coach is present the athlete will receive a zero score.

If a coach spots and assists the skill it will void the skill or sequence of skills and will result in zero points for that section.

Giants for 10 year olds:

There is no deduction for the coach stopping the gymnast but if the coach assists the gymnast during the giant swings the result is an incomplete skill for scoring.

9 Year Old Bars

One Sequence

Two glide kip casts to minimum 45 degrees in a row, clear hip circle to horizontal, to glide kip cast to horizontal, to late drop, legs together to pike back toe circle to jump to high bar to kip cast to horizontal, swing ½ turn **to a mixed grip with the body completing the turn at minimum of horizontal** (level 4 dismount).

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9 Year Old Bars

1. Legs together on all casts
2. First glide legs are together. **Option to straddle on first glide only.**
3. May bend the knees at the end of toe circle to facilitate the jump to the high bar.

Coaches may spot the jump to the high bar with no deduction. (Spotting the sole circle will result in an incomplete skill for scoring).

4. Landing of final skill is not judged. The height of the swing is primary.

10 Year Old Bars

Two separate sequences

Sequence 1: Two glide kip 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 cast to horizontal to a late drop, legs together to pike back toe circle to jump to high bar to kip cast to horizontal, swing $\frac{1}{2}$ turn to a **mixed grip with the body completing the turn above horizontal** (level 4 dismount).

1. Legs together on all casts
2. First glide legs are together. **Option to straddle on first glide only.**
3. May bend the knees on the finish of the toe circle to facilitate jumping to high bar
4. A coach must stand between the bars as the athlete moves to the high bar. Safety spot when needed. Additional matting is also recommended.

Coaches may spot the jump to the high bar with no deduction. (Spotting the sole circle will result in an incomplete skill for scoring).

5. Landing of final skill is not judged. The height of the swing is primary.

Sequence 2: 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.

1. The judgement of this sequence starts with the long hang kip.
2. **There is no deduction for the coach stopping the gymnast but if the coach assists the gymnast during the giant swings the result is an incomplete skill for scoring.**

11/12 Year Old Bars

Two separate sequences

Sequence 1: Glide kip cast $\frac{1}{2}$ pirouette to kip cast to minimum 45 degrees,

Choice of circle: clear hip circle **or** back toe circle **or** stalder circle to above 45 degrees, to glide kip cast to horizontal to late drop, legs together to pike back toe circle to jump to high bar to kip cast **minimal 45 degrees** swing $\frac{1}{2}$ turn to a **mixed grip with body completing the turn at minimum 45 degrees.**

1. Legs together on all casts
2. Legs together on all glides.
3. A coach must stand between the bars as the athlete moves to the high bar. Safety spot when needed. Additional matting is also recommended.
4. Landing of final skill is not judged. The height of the swing is primary.

Sequence 2: Glide kip squat on, jump to high bar, long hang kip cast to handstand, two giant swings to a hollow layout fly away onto the back either onto stack mats or into a pit surface.

1. The coach may spot the athlete at the finish of the fly away.
2. The judgement of this sequence starts with the long hang kip.

Note: It is suggested the $\frac{1}{2}$ turn swings be taught on a single bar with hands on coaching. Move to a regular two bar system only when the athlete is safe to do so.

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Beam

Start anywhere on the beam to accommodate spacing. Low beam matting is at the bottom of the beam height.

9 Year Old Beam Sequence

Handstand with square hips close or lunge. Back walkover to close or lunge. 2 or 3 steps to split leap or switch leap, pivot, front to back cartwheel to close or lunge, standing back tuck dismount to stick. Front walkover on low beam to controlled finish, weight on both feet.

10 Year Old Beam Sequence

Handstand with square hips close or lunge. Back walkover to close or lunge, standing back handspring step out to close or lunge, 2 or 3 steps to switch leap, pivot to front to back cartwheel to close or lunge, standing back tuck dismount to stick. Front walkover on low beam following dismount or high beam before the dismount to controlled finish, weight on both feet.

11/12 Year Old Beam Sequence

Back walkover to close or lunge, handstand with square hips, step down to back handspring step out close or lunge, 2 or 3 steps to 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 – Back Tuck Stick **OR** Roundoff – Back Tuck Stick **OR** 1 or 2 back handsprings to back tuck stick.

Floor

No additional matting available.

Coaches are encouraged to spot the finish of non- sticking skills.

***Note that floor will be performed in 2 separate rounds.**

Round 1: 9 years old will compete sequences 1 & 2
10 year olds will compete sequences 1, 2 & 3
11/12 year olds will compete sequences 1, 2, 3 & 4

Round 2: Then all gymnasts will compete the final sequence.

9 year olds finish with sequence 3
10 years olds finish with sequence 4
11/12 year olds finish with sequence 5.

9 Year Old Floor Sequences

Sequence 1: One to two steps hurdle to 2 front handspring step outs to front handspring feet together rebound (non-sticking). The athlete should be encouraged to be moving forwards at the completion of the final skill.

Sequence 2: From a stand with two feet together on a panel mat jump with two feet hurdle round off to 2 back handsprings to back tuck to stick.

Sequence 3: Start 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 to forward roll to pike up to HS, ½ pirouette to HS pike down to tall stand, tuck sit to back extension handstand lower with straight body to push up position with no pike. Tuck feet under to stand and finish.

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10 Year Old Floor Sequences

Sequence 1: One to two steps 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.

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.

Sequence 3: From a stand with two feet together on a 8" panel mat, jump to the floor with two feet to punch tuck front to stick.

Sequence 4: Starting in pose of choice, 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 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 ½ pirouette to HS pike down to back extension handstand lower with straight body to push up position with no pike. Stoop feet under to stand and finish.

11/12 Year Old Floor Sequences

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

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.

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. Gymnasts are encouraged to finish each snapdown, making the layout travel backwards.

Sequence 4: From a stand with two feet together on a 8" panel mat, jump to the floor with two feet to punch tuck front to stick-

Sequence 5: Starting in pose of choice, 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 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 ½ pirouette to HS pike down to back extension ½ turn forward roll to stand and finish.