



Wisconsin

2017 Wisconsin Hotshots

DECEMBER SKILLS

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

Updated: 4/29/2017



Skills testing notes:

- Uneven bars can be set to any setting in the following ranges
 - Low bar = 155 cm to 185 cm
 - High bar = 235 cm to 265 cm
 - Width = 90 cm to 200 cm

Each event will be given a value of 10 points

- Each skill within the event will be given a value to add up to 10 points
- Elements (or combinations) on any event will be given ½ credit if spotted or touched during then performance
- Beam Skills
 - Beam elements will be given 25% credit if performed on low beam (mats stacked level to bottom of beam)
 - Mats can no longer be stacked level to bottom of high beam
- One eight-inch mat may be placed under bars and beam
- There will be **NO** retests permitted except vault
 - A one-time retest will be allowed on VAULT that receives a zero A .5 deduction is taken on the second try.
- **Wisconsin** TOPS Testing Skills will be weighted as the following
 - Vault = 10 points
 - Bars = 10 points
 - Beam = 10 points (Beam Dance = 20% and Beam Acro = 80% of the Beam score)
 - Floor = 10 points (Floor Dance = 20% and Floor Acro = 80% of the Floor score)
- **Wisconsin** TOPS Testing Physical Abilities/Skills Percentages:
 - 9 year olds 50% physical abilities/50% skills
 - 10 year olds 40% physical abilities/60% skills
 - 11/12 year olds 30% physical abilities/70% skills

2017 Wisconsin Hotshots - DECEMBER SKILLS

Vault

9-Year-Old Vault	Criteria	10 points possible
Round off onto the board with rebound up and backwards to land on the stack mats (115 cm) onto the back.	<ul style="list-style-type: none"> • Athlete should land on their back flat on the mat with a fully extended body • Arms should remain up throughout the rebound and landing • Resi pit and mats must be stacked 115 • Hand placement mat will have marked a 12-inch corridor for hand placement 	10 Points Emphasis on Round off <ul style="list-style-type: none"> • Hand placement • Body position on the board and throughout the flight

10-Year-Old Vault	Criteria	10 points possible
Round off, back handspring up onto stacked mats (using a vaulting board)	<ul style="list-style-type: none"> • Athlete must land on her feet or back • Athlete must keep arms above head • Mats must be stacked 115 to 125 cm • Hand placement mat will have marked a 12-inch corridor for hand placement 	10 points Deductions to include <ul style="list-style-type: none"> • Arms not up – up to .5 • Body Piked/Arched - up to .5 • Dynamics – up to .5

11/12-Year-Old Vault	Criteria	10 points possible
Yurchenko timer from vaulting table onto stacked mats	<ul style="list-style-type: none"> • Must be performed on vaulting table set at 115 to 125 cm & may place sting mat on table • Mats are stacked to the height of vault table • Athlete can land on feet or back • Hand placement mat will have marked a 12-inch corridor for hand placement 	10 points Deductions to include <ul style="list-style-type: none"> • Arms not up – up to .5 • Body Piked/Arched - up to .5 • Dynamics – up to .5

Bars

9-Year-Old Bars	Criteria	10 points possible
Section 1 3 glide kip casts the first two glide kips to 45 degrees in a row (option to straddle on 1 st glide only) on the 3 rd glide kip – cast to horizontal to clear, toe or stalder circle to horizontal; glide kip cast to horizontal to stoop back toe circle to stand – jump off	<ul style="list-style-type: none"> • Section one to be done on low bar • Performed on the low bar set from 155 cm to 185 cm • Legs must be together on all casts 	7 points
Section 2 Coach may place gymnast on high bar and swing gymnast forward to begin long hang kip or gymnast may jump from low bar to high bar to long hang kip to front support immediate kip cast to horizontal to swing ½ turn to horizontal	<ul style="list-style-type: none"> • Section two to be performed on high bar (or single rail) • Athlete will only change one hand for the turn 	3 points

10-Year-Old Bars	Criteria	10 points possible
Section 1 5 glide kip cast to 45 degrees or higher Option to straddle on 1st glide only	<ul style="list-style-type: none"> Performed on the low bar set from 155 cm to 185 cm Legs must be together on cast 	3 points
Section 2 Kip Cast, 2 clear hip, back toe or stalder circles to 45 degrees, glide kip cast to late drop stoop back toe circle, jump to high bar to cast to 3 back giants to layout flyaway to the back.	<ul style="list-style-type: none"> Performed on low bar Judged on late drop into the circle skills and the position coming out of the skill If toe circle is performed, the feet MUST leave the bar after each circle 	4 points
Section 3 Kip cast (minimum horizontal) to 3 tap swings with ½ turn on each swing	<ul style="list-style-type: none"> Performed on high bar (or single rail) Prefer the ½ turns be in sequence, however, can have 1 swing in between ½ turn swings 	3 points

11/12-Year-Old Bars	Criteria	10 points possible
Section 1 Kip cast to handstand, kip cast to handstand ½ pirouette to kip cast horizontal to stoop back toe circle to long hang kip, cast to handstand, 2 giants to layout flyaway	<ul style="list-style-type: none"> Performed on the low bar Must show a good body shape on all casts Legs must be together on casts 	5.0 points
Section 2 2 consecutive clear and/or toe and /or stalder circles to handstands to glide kip cast to late drop stoop back toe circle jump kip cast to handstand to 3 consecutive tap swings with ½ turn on each swing. Must be above 45° degrees.	<ul style="list-style-type: none"> Judged on late drop into the circle skills and the position coming out of the skill If toe circle is performed, the feet MUST leave the bar after each circle 1 circle must go to a handstand The ½ turns MUST be in sequence 	5.0 points

Low Bar Sequences information – based on age group 10 and 11/12 year olds requirement two circles

- Clear hip circles in a row, OR
- Stalders backward in a row, OR
- Toe shoots backward in a row, OR
- Any two-skill combination of the circles listed above
 - 0.2 bonus will be awarded if two different circles elements are performed

High Bar Sequences information

- Immediate pike sole circle (legs together) on low bar to stand and then jump to HB
- If athlete does not perform an immediate toe on, she must then do a kip cast to handstand and then a toe on.
- 0.2 deduction for bending legs at any time in the circle. May bend the knees on the finish of the toe circle to facilitate jumping to high bar
- Swing ½ turn sequence a coach must stand between the bars as the athlete moves to the high bar. Safety spot when needed. Additional matting is also recommended.
- Layout flyaway. A coach is allowed to assist (spot) the landing. Backwards motion or over rotation to the back is permitted and not judged. Additional matting is suggested.

Beam Acro

9-Year-Old Beam Acro	Criteria	10 points possible
Handstand	<ul style="list-style-type: none"> • Square hips in handstand step down to close or lunge 	1 point
Back walkover	<ul style="list-style-type: none"> • Close or lunge 	2 points
Front walkover	<ul style="list-style-type: none"> • Performed on low beam for full credit 	2 points
Front to back cartwheel	<ul style="list-style-type: none"> • Start forwards and land with legs closed 	1 point
Back handspring step out	<ul style="list-style-type: none"> • Close or lunge 	2 points
Standing back salto dismount	<ul style="list-style-type: none"> • Standing at end of beam to stick 	2 points

10-Year-Old Beam Acro	Criteria	10 points possible
Back walkover	<ul style="list-style-type: none"> • Close or lunge 	2 points
Front walkover	<ul style="list-style-type: none"> • Close 	2 points
Front to back cartwheel	<ul style="list-style-type: none"> • Close or lunge 	1 point
Handstand with square hips step down to back handspring step out close or lunge	<ul style="list-style-type: none"> • Square hips are the priority 	3 points
Cartwheel (or better) to back salto dismount stick	Dismount Choices: Round off or 1 or 2 back handsprings	2 points

11-Year-Old Beam Acro	Criteria	10 points possible
Front walkover or front aerial	<ul style="list-style-type: none"> • Controlled finish, weight on both feet 	1 point for front walkover 2.5 points for front aerial
Back handsprings series	<ul style="list-style-type: none"> • 2 back handsprings step outs to close or lunge 	2.5 points
Standing back tuck	<ul style="list-style-type: none"> • Tight tuck shape 	2.5 points
Round off or 1 or 2 back handsprings to salto dismount stick	<ul style="list-style-type: none"> • Salto is in any position 	2.5 points

Beam Dance

9-Year-Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none"> • See below for routine • May perform split leap or switch leap 	10 points

10-Year-Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none"> • See below for routine 	10 points

11/12-Year-Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none"> • See below for routine 	10 points

Begin in third position high relevé at end of the beam

1st Section:

- 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 & side kicks. Arms circle down then up during back kicks. Arms upwards in needle kick and high relevé position.
- Execute a sissoné connected immediately step forward to a split jump finish.
- One or two steps to a 2-foot pivot, arms overhead. Then 1 or 2 steps to horizontal hold for 2 seconds in high relevé with arms overhead.

2nd Section:

- One or three steps to a 180° switch split leap (legs must be straight, not a stag split) (9 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.

Beam Dance

9-Year-Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none"> • See below for routine • May perform split leap or switch leap 	10 points
10-Year-Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none"> • See below for routine 	10 points
11/12-Year-Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none"> • See below for routine 	10 points

Begin in third position high relevé at end of the beam

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

2nd Section:

- One or three steps to a 180° switch split leap (legs must be straight, not a stag split) (9 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.

Beam Dance

9-Year-Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none"> • See below for routine • May perform split leap or switch leap 	10 points

10-Year-Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none"> • See below for routine 	10 points

11/12-Year-Old Beam Dance	Criteria	10 points possible
National Elite Beam Dance Section	<ul style="list-style-type: none"> • See below for routine 	10 points

Begin in third position high relevé at end of the beam

1st Section:

- 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 & side kicks. Arms circle down then up during back kicks. Arms upwards in needle kick and high relevé position.
- Execute a sissoné connected immediately step forward to a split jump finish.
- One or two steps to a 2-foot pivot, arms overhead. Then 1 or 2 steps to horizontal hold for 2 seconds in high relevé with arms overhead.

2nd Section:

- One or three steps to a 180° switch split leap (legs must be straight, not a stag split) (9 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.

Floor Acro

9-Year-Old Floor Acro	Criteria	10 points possible
Jump hurdle to 2 front handspring step outs to front handspring feet together	<ul style="list-style-type: none"> Performed from a jump (power) hurdle 	3 points
Jump hurdle to round off to 2 flip-flops to back tuck salto to stick.	<ul style="list-style-type: none"> Performed from a jump (power) hurdle 	3 points
From an 8" panel mat, standing back tuck to stick	<ul style="list-style-type: none"> Performed off panel mat to land on spring floor, stick landing 	2 points
Acro series	<ul style="list-style-type: none"> Performed as a series 	2 points

10-Year-Old Floor Acro	Criteria	10 points possible
2-3 running steps, front handspring step out, front handspring, front tuck	<ul style="list-style-type: none"> Performed on the diagonal of the floor exercise area 	3 points
Jump hurdle from board, round off 3 flip-flops to layout	<ul style="list-style-type: none"> Goal is to complete the snap downs, making layout travel backwards 	3 points
From an 8" panel mat, standing back tuck to stick. From panel mat jump down to punch tuck front to stick.	<ul style="list-style-type: none"> Proper posture, stuck landing position. 	1.5 points
Jump hurdle from board, round off, flip-flop, 1 whip	<ul style="list-style-type: none"> Coach may spot the rebound and landing 	1.5 points
Acro series	<ul style="list-style-type: none"> Performed as a series 	1 point

11/12-Year-Old Floor Acro	Criteria	10 points possible
2-3 running steps front handspring step out, front handspring, front salto	<ul style="list-style-type: none"> Salto can be tuck, pike or layout 	2 points
Jump hurdle from board, round off flip-flop to 2 whips, bounce	<ul style="list-style-type: none"> Coach may spot the rebound and landing 	2 points
Jump hurdle from board, round off 3 flip-flops to layout	<ul style="list-style-type: none"> Goal is to complete the snap downs, making layout travel backwards 	2 points
From an 8" panel mat, standing back tuck to stick. From panel mat jump down to punch tuck front to stick	<ul style="list-style-type: none"> Proper posture, stuck landing position. 	2 points
Acro series	<ul style="list-style-type: none"> Performed as a series 	2 points

Acro series:

Note that the tumbling will be performed in 2 separate rounds. First round, all gymnasts will compete the tumbling passes, outlined in the boxes. Second round, all gymnasts will compete the "Acro Series" written below.

9-year-old - 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 and show straight body before pike down to back extension to HS, to another back extension to HS ½ turn on hands, finish in HS to straight body (no pike) lever down to hollow push up position. Bring feet under in a tuck to stand and finish.

10-year-old - 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, front pike roll, pike up to HS show straight body then ½ pirouette, straddle down from HS without the feet touching the ground to back roll extension to HS, to another back extension to HS ½ turn on hands, finish in HS to straight body (no pike) lever down to hollow push up position. Bring feet under in a tuck to stand and finish.

11/12-year-old - 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, front pike roll, pike up to HS show straight body then 1½ pirouette, straddle down from HS without the feet touching the ground to back roll extension to HS, to another back extension to HS full (1/1) turn on hands, finish in HS to straight body (no pike) lever down to hollow push up position. Bring feet under in a tuck to stand and finish.

Floor Dance

9-Year-Old Floor Dance	Criteria	10 points possible
National Testing Floor Dance section	<ul style="list-style-type: none"> • See below for routine • Insert passé full turn in place of the leg up full turn, complete in relevé • Insert fouette in place of tour jete 	10.0 points
10-Year-Old Floor Dance	Criteria	10 points possible
National Testing Floor Dance section	<ul style="list-style-type: none"> • See below for routine • Insert passé full turn in place of the leg up full turn, complete in relevé 	10.0 points
11/12-Year-Old Floor Dance	Criteria	10 points possible
National Testing Floor Dance section	<ul style="list-style-type: none"> • See below for routine 	10.0 points

First passage:

- Begin in a pose of your choice, chassé or take 2 to 3 steps into a 180° switch-split leap (legs must be straight, not a stag split) arms optional. With continuous movement one step forwards into a large single leg hop (free leg horizontal) to immediate large single leg hop on opposite leg (free leg horizontal) arms swinging upwards. With continuous movement one step to tour jete (8-year-old performs a fouette only). Arms upwards oblique.

Second passage:

- One to two steps forward to a horizontal leg up full turn (**9 and 10**-year-old perform a passé full turn instead) or double toe turn. One to two steps ring kick. Arms optional. Step together swing arms down to a jump full turn stick. Arms swinging upward. Then execute a split jump (arms upward oblique) connected to an immediate straddle jump (arms optional) to stick.