

2023 TOPS TESTING BARS

Updated-July 14, 2023

- Physical Abilities will be done via Zoom from September - November 2023.
- Skills testing will take place at invitational competitions, Elite national Qualifiers, and selected Nastia Liukin Cup qualifiers across the country. Each state will have the opportunity to host a TOPS qualifier at an invitational competition in their state. The process to determine the invitational will be the responsibility of the State Administrative Committee (SAC).
- No AWARDS for TOPS competitions.
- There is no longer testing for SEVEN (7) year old gymnasts.
- The figures are a GUIDELINE to assist with learning the routines.
- General Faults and Penalties are listed at the end of this document.
- Coaches are allowed to stand near the gymnast (without blocking the view of the tester).
- The figures are a GUIDELINE to assist with learning the routines. There is flexibility within the text of the routines to allow for choices. NOT ALL of the choices are shown in the pictures. When in doubt, follow the written word of the text.
- The evaluation emphasis will be on technique, form, execution, and body shape throughout the major elements.
- When elements are listed as “a. b. c.” etc. it means the gymnast has a choice of which element to perform.
- Gymnasts may mount from a “raised surface” i.e. spring board or panel mat, mount trainer.
- The bars may be set at or closer than the FIG specifications, but not farther. Height of the low/high bar must be FIG specifications.
- Coaches **MUST** be present between the bars during the warm up **AND** the routine. Failure to be present will result in a zero score. A safety spot will be allowed when needed with no deduction.
- Additional matting is recommended.


NINE (9) / TEN (10) YEARS OLD TESTING SKILLS- UNEVEN BARS

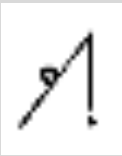
1. GLIDE KIP (0.40), CAST TO HANDSTAND (0.60)



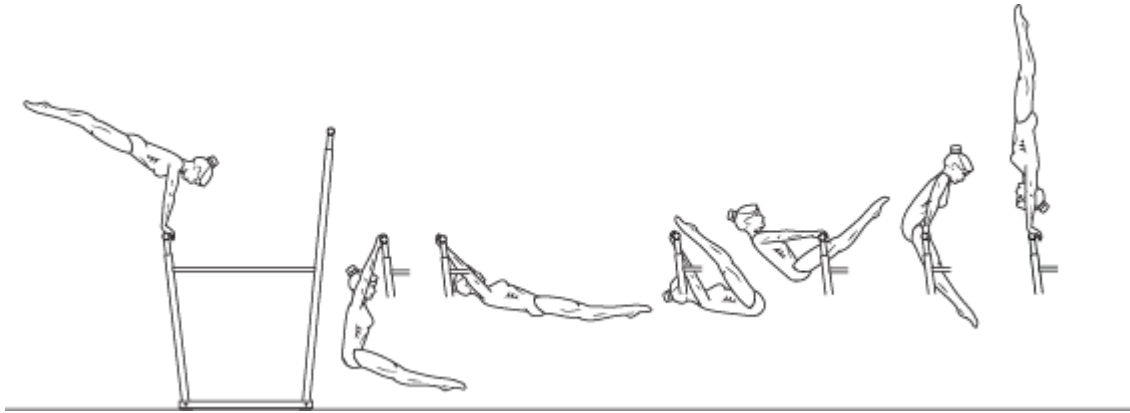
Jump from both feet and swing the body forward with legs together (**PIKED**) or **STRADDLED** to execute a **GLIDE KIP**.

With the shoulders slightly in front of the bar, immediately execute a **CAST TO HANDSTAND** with legs together showing a straight body position with the head neutral at the completion of the **HANDSTAND**.

	GLIDE KIP (0.40)	
	Up to 0.20	Insufficient hip extension of the glide (stretched hip angle)
	<u>0.10</u>	Failure to take off from both feet simultaneously
	<u>0.30</u>	Performs run-out glide
	Each Up to 0.30	Bent arms / legs

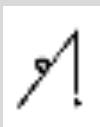
	CAST TO HANDSTAND (0.60)	
	Each Up to 0.30	Bent arms / legs
	Up to 0.20	Leg separation
	<u>0.50</u>	Performing a straddled cast
	Up to 0.20	Failure to maintain straight body throughout
		Failure to complete Handstand (Up to vertical)
	No deduction	<ul style="list-style-type: none"> Up to 10° from Vertical
	<u>0.10</u>	<ul style="list-style-type: none"> 11° - 20° from Vertical
	<u>0.20</u>	<ul style="list-style-type: none"> 21° - 30° from Vertical
	<u>0.30</u>	<ul style="list-style-type: none"> 31° or more from Vertical

2. SECOND GLIDE KIP (0.40), SECOND CAST TO HANDSTAND (0.60)



At the completion of the **CAST TO HANDSTAND**, lower down from vertical to execute a forward **GLIDE** swing, **PIKED** or **STRADDLED**. Maintain flat hips while lowering out of the **HANDSTAND** (figure 1). At the completion of the **GLIDE** swing, lift the feet to the bar to execute a **SECOND GLIDE KIP**.

With the shoulders slightly in front of the bar, immediately execute a **SECOND CAST TO HANDSTAND** with legs together showing a straight body position with the head neutral with legs together.

L	SECOND GLIDE KIP (0.40)	
	Up to 0.10	Insufficient hip extension of the glide (stretched hip angle)
	Each Up to 0.30	Bent arms / legs
	SECOND CAST TO HANDSTAND (0.60)	
	Each Up to 0.30	Bent arms / legs
	Up to 0.20	Leg separation
	<u>0.50</u>	Performing a straddled cast
	Up to 0.20	Failure to maintain straight body throughout
		Failure to complete Handstand (Up to vertical)
	No deduction	<ul style="list-style-type: none"> Up to 10° from Vertical
	<u>0.10</u>	<ul style="list-style-type: none"> 11° - 20° from Vertical
	<u>0.20</u>	<ul style="list-style-type: none"> 21° - 30° from Vertical
	<u>0.30</u>	<ul style="list-style-type: none"> 31° or more from Vertical

3a. CLEAR HIP CIRCLE TO HANDSTAND (0.60), CLEAR HIP CIRCLE TO HANDSTAND (0.60)



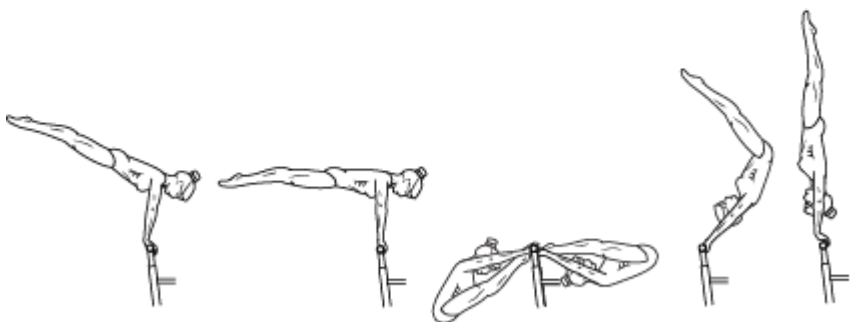
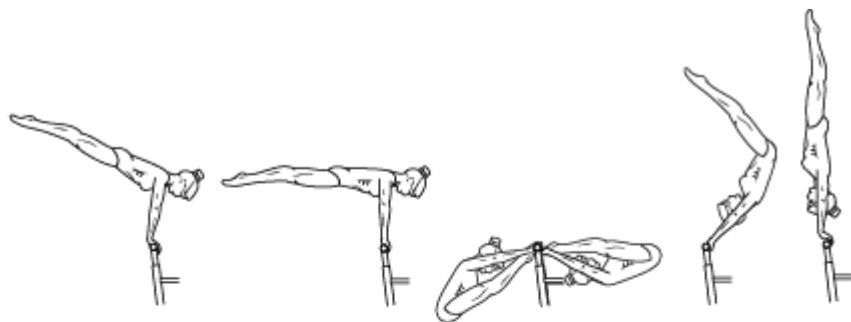
Execute a **CLEAR HIP CIRCLE**, finishing in a **HANDSTAND** with the body extended. Maintain straight arms and legs throughout.

Initiate a second **CLEAR HIP CIRCLE**, finishing in a **HANDSTAND** with the body extended. Maintain straight arms and legs throughout.

If the gymnast does not directly connect the two circles and performs a Glide Kip Cast to Handstand BETWEEN the two circles, deduct 0.30 for adding an extra element.

	CLEAR HIP CIRCLE TO HANDSTAND (0.60), CLEAR HIP CIRCLE TO HANDSTAND (0.60)	
	Each Up to 0.30	Bent arms / legs
	Each Up to 0.20	Laboring or struggling to vertical
	Each Up to 0.20	Failure to maintain straight body throughout
	Each Up to 0.40	Failure to complete element to Handstand (Up to vertical)
	No deduction	• Up to 10° from Vertical
	<u>0.10</u>	• 11° - 20° from Vertical
	<u>0.20</u>	• 21° - 30° from Vertical
	<u>0.30</u>	• 31° - 45° from Vertical
	<u>0.40</u>	• 46° or more from Vertical


3b. BACKWARD SOLE CIRCLE TO HANDSTAND (0.60), BACKWARD SOLE CIRCLE TO HANDSTAND (0.60)



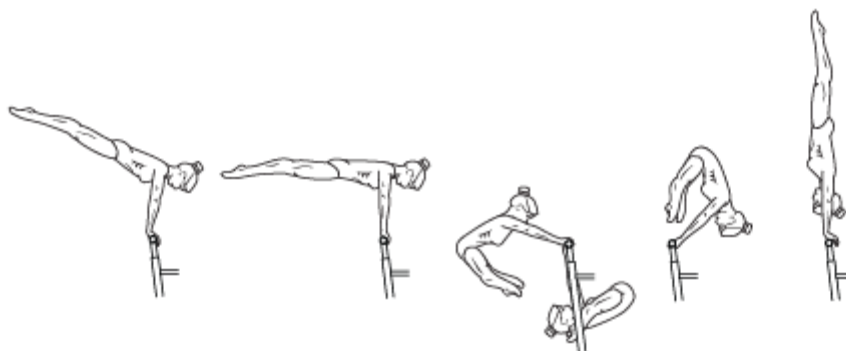
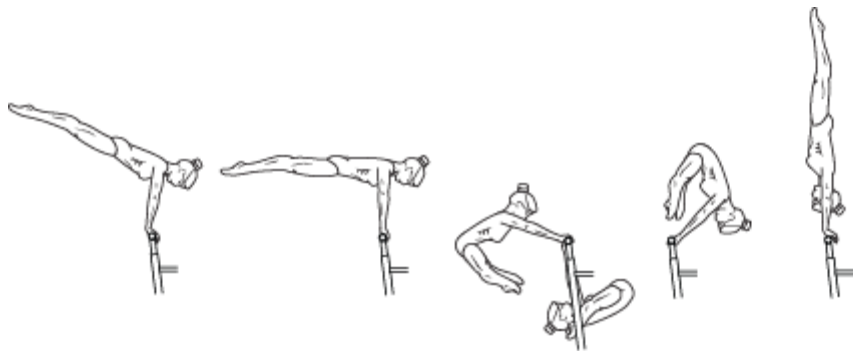
Execute a **BACKWARD SOLE CIRCLE**, finishing in a **HANDSTAND** with the body extended. Maintain straight arms and legs throughout.

Initiate a second **BACKWARD SOLE CIRCLE**, finishing in a **HANDSTAND** with the body extended. Maintain straight arms and legs throughout.

If the gymnast does not directly connect the two circles and performs a glide kip Cast to Handstand BETWEEN the two circles, deduct 0.30 for adding an extra element.

	BACKWARD SOLE CIRCLE TO HANDSTAND (0.80), BACKWARD SOLE CIRCLE TO HANDSTAND (0.60)	
	Each Up to 0.30	Bent arms / legs
	Each Up to 0.20	Laboring or struggling to vertical
	Each Up to 0.20	Failure to attain straight body in vertical
	Each Up to 0.40	Failure to complete element to Handstand (Up to vertical)
	No deduction	<ul style="list-style-type: none"> Up to 10° from Vertical
	<u>0.10</u>	<ul style="list-style-type: none"> 11° - 20° from Vertical
	<u>0.20</u>	<ul style="list-style-type: none"> 21° - 30° from Vertical
	<u>0.30</u>	<ul style="list-style-type: none"> 31° - 45° from Vertical
	<u>0.40</u>	<ul style="list-style-type: none"> 46° or more from Vertical


3c. STALDER CIRCLE BACKWARD TO HANDSTAND (0.60), STALDER CIRCLE BACKWARD TO HANDSTAND (0.60)



Execute a **BACKWARD STALDER CIRCLE**, finishing in a **HANDSTAND** with the body extended. Maintain straight arms and legs throughout.

Initiate a second **BACKWARD STALDER CIRCLE**, finishing in a **HANDSTAND** with the body extended. Maintain straight arms and legs throughout.

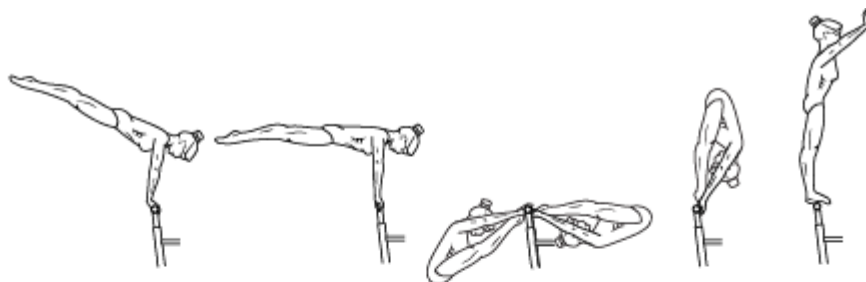
If the gymnast does not directly connect the two circles and performs a glide kip Cast to Handstand BETWEEN the two circles, deduct 0.30 for adding an extra element.

	STALDER CIRCLE BACKWARD TO HANDSTAND (0.60), STALDER CIRCLE BACKWARD TO HANDSTAND (0.60)	
	Each Up to 0.30	Bent arms / legs
	Each Up to 0.20	Laboring or struggling to vertical
	Each Up to 0.20	Failure to attain straight body in vertical
	Each Up to 0.40	Failure to complete element to Handstand (Up to vertical)
	No deduction	<ul style="list-style-type: none"> Up to 10° from Vertical
	<u>0.10</u>	<ul style="list-style-type: none"> 11° - 20° from Vertical
	<u>0.20</u>	<ul style="list-style-type: none"> 21° - 30° from Vertical
	<u>0.30</u>	<ul style="list-style-type: none"> 31° - 45° from Vertical
	<u>0.40</u>	<ul style="list-style-type: none"> 46° or more from Vertical

3d. TWO (2) DIFFERENT CIRCLE ELEMENTS FROM ABOVE (3a or 3b or 3c) (Each 0.60)
Refer to 3a, 3b, 3c for illustrations and deductions.

If the gymnast does not directly connect the two circles and performs a glide kip Cast to Handstand *BETWEEN* the two circles, deduct 0.30 for adding an extra element.

4. BACKWARD SOLE CIRCLE (0.40), LONG HANG KIP (0.40), CAST TO HANDSTAND (0.60)






If not directly connected from the Circle element, the gymnast is allowed an additional Glide Kip Cast to Handstand with no deduction for adding extra elements. However, appropriate execution and amplitude deductions of the Cast will be applied.

Execute a **BACKWARD SOLE CIRCLE**.

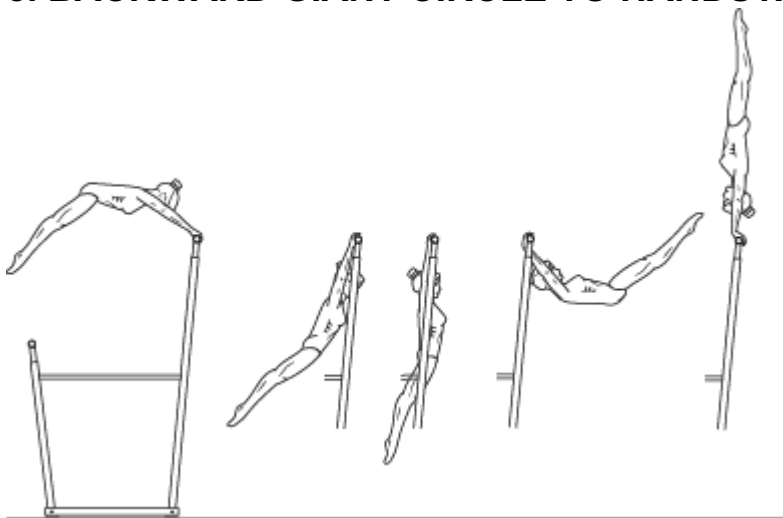
From the pike position on the low bar, immediately jump forward to execute a **LONG HANG KIP**.

With the shoulders slightly in front of the bar, immediately execute a **CAST TO HANDSTAND** with legs together showing a straight body position with the head neutral at the completion of the **HANDSTAND**.

	BACKWARD SOLE CIRCLE (0.40)	
	No deduction. Deduct only execution.	Adding a Glide Kip cast Handstand before the Backward Sole Circle
	<u>0.20</u>	Bent legs before the bottom of the circle
	LONG HANG KIP (0.40)	
	Up to 0.10	Insufficient extension of forward swing (stretched hip angle)
	Each Up to 0.30	Bent arms / legs

	CAST TO HANDSTAND (0.60)	
	Each Up to 0.30	Bent arms / legs
	Up to 0.20	Leg separation
	<u>0.50</u>	Performing a straddled cast
	Up to 0.20	Failure to maintain straight body throughout
		Failure to complete element to Handstand (Up to vertical)
	No deduction	• Up to 10° from Vertical
	<u>0.10</u>	• 11° - 20° from Vertical
	<u>0.20</u>	• 21° - 30° from Vertical
	<u>0.30</u>	• 31° or more from Vertical

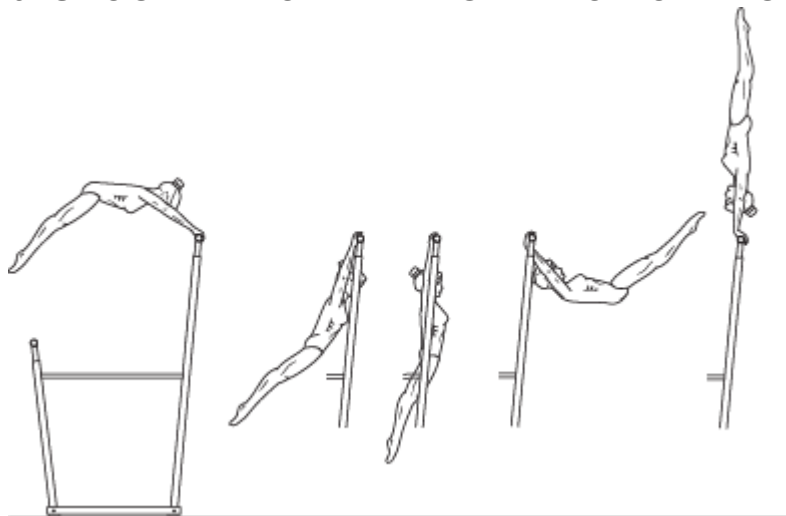
5. BACKWARD GIANT CIRCLE TO HANDSTAND (0.60)



While maintaining an open shoulder angle, push backward, maintaining a hollow-body position as the downward-forward swing begins. The legs are allowed to remain together or straddled on the downward swing. Either above the low bar OR as the feet pass the low bar, relax the hollow position to an arch.


Maintain this arched position through the bottom (under the high bar) and aggressively kick forward-upward toward vertical to execute a **BACKWARD GIANT CIRCLE TO HANDSTAND**. The head remains neutral. The technique of performing the element as an “accelerated **GIANT CIRCLE**” with a hollow body shape through vertical is acceptable.

6. SECOND BACKWARD GIANT CIRCLE TO HANDSTAND (0.60)

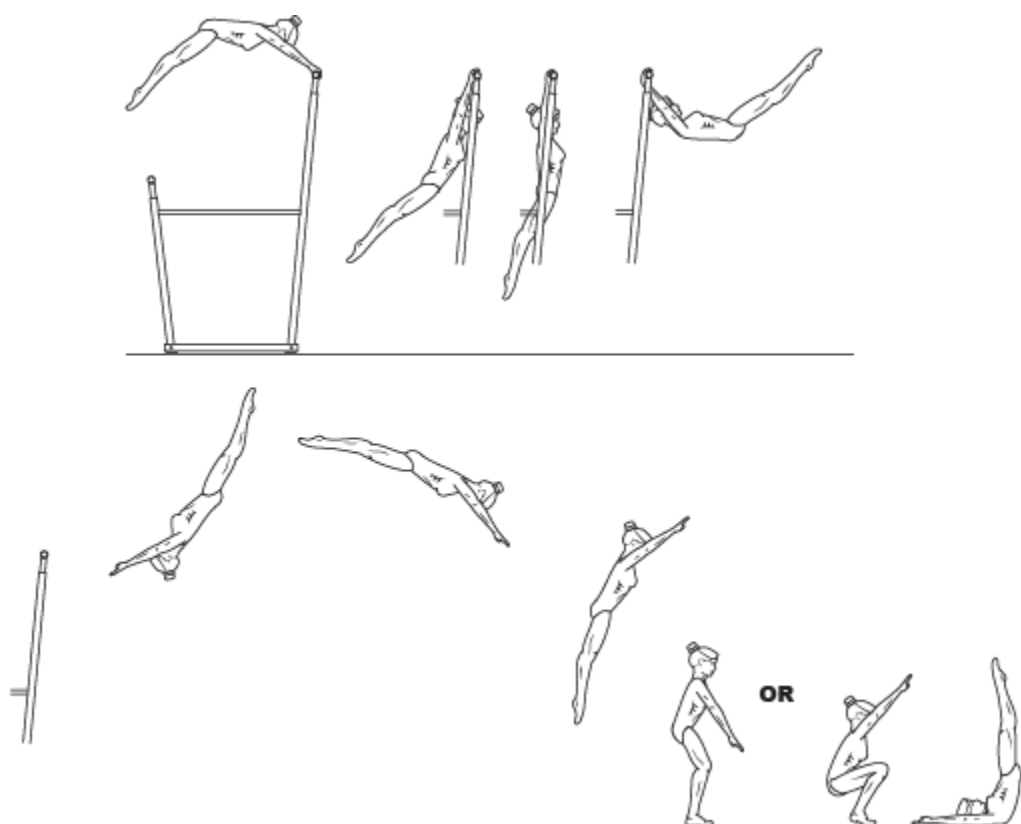


While maintaining an open shoulder angle, push backward, maintaining a hollow-body position as the downward-forward swing begins. The legs are allowed to remain together or straddled on the downward swing. Either above the low bar OR as the feet pass the low bar, relax the hollow position to an arch.

Maintain this arched position through the bottom (under the high bar) and aggressively kick forward-upward toward vertical to execute a **SECOND BACKWARD GIANT CIRCLE TO HANDSTAND**. The head remains neutral. The technique of performing the element as an “accelerated **GIANT CIRCLE**” with a hollow body shape through vertical is acceptable.

BACKWARD GIANT CIRCLE (S) TO HANDSTAND (0.60)		
	Each Up to 0.30	Bent arms / legs
	<u>0.20</u>	Failure to show open hips in the bottom of the swing (piked)
	Up to 0.20	Failure to finish with a straight body in vertical
	Up to 0.40	Failure to complete element to Handstand (Up to vertical)

7. FLYAWAY STRETCHED / HOLLOW DISMOUNT (0.60)



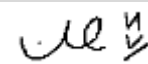
Additional matting is suggested.

While maintaining an open shoulder angle, push backward, maintaining a hollow-body position as the downward-forward swing begins. The legs are allowed to remain together or straddled on the downward swing. Either above the low bar OR as the feet pass the low bar, relax the hollow position to an arch.

Maintain this arched position through the bottom (under the high bar) and aggressively kick forward-upward with legs/feet together to a hollow-body position with the head neutral, focusing on the toes.

As the feet approach the level of the high bar, release the bar with an open shoulder angle, maintaining a neutral head position. The body continues to rise to execute a **FLYAWAY DISMOUNT**, with the hips performed at a minimum of high bar height in a **STRETCHED / HOLLOW POSITION**. **Land two-feet first and then roll to the back onto stack mats OR Land on both feet in demi-plié.**

Upon landing: A coach must be there to assist (spot) the landing.

FLYAWAY STRETCHED / HOLLOW DISMOUNT (0.60)		
 <p>Have to fix the symbol</p>	Up to 0.30	Bent legs
	<u>0.20</u>	Failure to show open hips in the bottom of the swing (piked)
	Up to 0.50	Failure to maintain straight or hollow body throughout (no arch allowed)
	Up to 0.30	Insufficient height of FLYAWAY (hips should be above bar height)

	LANDING DEDUCTIONS-Evaluated based only on body position at the point of arrival on the mat.	
	Up to 0.20	Incorrect posture on landing
	No deduction	Backward motion or over rotation to the back is allowed
	No deduction	Coach spots on landing

<h2 style="text-align: center;">UNEVEN BARS</h2> <h3 style="text-align: center;">General Deductions / Judging Guidelines</h3> <p style="text-align: center;">Refer to the DP Code of Points for additional General Execution Deductions</p>	
Deductions for form / execution MAY NOT exceed the assigned Value of the Element. Falls will be in addition to execution errors.	
<u>0.50</u>	Falls
Value of the element PLUS <u>0.50</u>	Omitting an element
Value of the element	Substituting or Changing a major element
Up to the value of the element	Incomplete element. See individual boxes for specifics.
<u>0.30</u>	Adding an element (when not allowed) or performing elements out of order
Up to the value of the element plus <u>0.50</u> for the spot	Spotting to assist the completion of an element (Deduct for how much assistance is given to perform the skill.) <u>Exceptions:</u> Up to the value of the element deduction will NOT be applied; however, still deduct <u>0.50</u> for the spot: <ul style="list-style-type: none"> Spotting a Jump to high bar for 8 years old Spotting the landing of a dismount for 9 years old
<u>0.20</u>	Verbal coaching an athlete during a routine.
<u>0.30</u>	Not performing the routine according to FIG apparatus specifications
No deduction for repetition AND no execution deductions on repeated elements	Repeating element(s) after a FALL (i.e. Cast Handstand-FALL past vertical, Cast Handstand, Backward Giant)
<u>Each 0.30</u>	Repeating an element without a FALL (i.e. Glide Kip-Cast Handstand, Glide Kip-Cast , Glide Kip-Cast Handstand) Only count Glide Kip Cast Handstand as One (1) element if repeated.
Up to 0.40	Amplitude of Circle skills (Use DP deductions for Clear Hip Circle.)