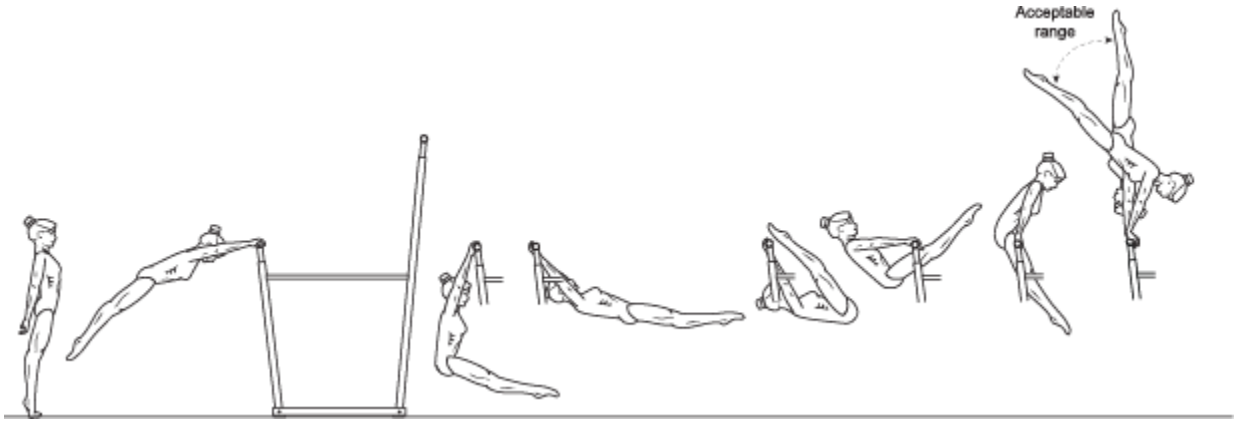
2026 TOPS TESTING
9 Year Old BARS

Updated – October 2026

- Physical Abilities will be done via Zoom from May- July 2025.
- 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) YEARS OLD TESTING SKILLS - UNEVEN BARS

1. GLIDE KIP (0.40), CAST (Minimum of 45° ABOVE HORIZONTAL) (0.60)



Jump from both feet, lifting the hips backward-upward to grasp the low bar with an overgrip, hands shoulder-width apart. Maintain a hollow body position with the legs straight and the head neutral. Swing the body forward with legs together or STRADDLED. At the completion of the forward glide swing, the legs are together, and the hips are fully extended. (The shoulder angle is NOT required to be open.) Quickly lift the feet to the bar and pull the bar up the legs to the hips to execute a GLIDE KIP. While pushing downward, shift the hands to the top of the bar to arrive in a front support with the legs/feet in front of the bar (body slightly piked), shoulders forward, and the head neutral. Maintain straight arms and legs throughout.

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, by extending through the shoulders, to lift the body off the bar to execute a **CAST to a minimum of 45° ABOVE HORIZONTAL** with legs together. The gymnast must show a straight body position with the buttocks and abdominals tight, the arms and legs straight, and the head neutral at the completion of the **CAST**.

L	STRADDLE OR PIKE GLIDE KIP MOUNT (0.40)	0.10	Failure to take off from both feet simultaneously
		0.30	Performs run-out glide
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient hip extension at end of glide swing
		0.10	Failure to close legs at end of straddle glide swing

	CAST TO MINIMUM OF 45° ABOVE HORIZONTAL (0.60)	Up to 0.30 No deduction 0.05 – 0.25 <u>0.30</u>	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part-abdomen, hips, knees or feet) ● 45° or Above horizontal ● 46° from vertical to horizontal ● Below horizontal
		Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)

2. GLIDE KIP (0.40), CAST (Minimum of 45° ABOVE HORIZONTAL) (0.60)



At the completion of the **CAST**, push the bar away, continuing to open the shoulder angle and pike at the hips to execute a forward glide swing, with legs together or STRADDLED. Quickly lift the feet to the bar and pull the bar up the legs to the hips to execute a second **GLIDE KIP**.

While pushing downward, shift the hands to the top of the bar to arrive in a front support with the legs/feet in front of the bar (body slightly piked), shoulders forward, and the head neutral. Maintain straight arms and legs throughout.

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, by extending through the shoulders, to lift the body off the bar to execute a second **CAST to a minimum of 45° ABOVE HORIZONTAL** with legs together. The gymnast must show a straight body position with the buttocks and abdominals tight, the arms and legs straight, and the head neutral at the completion of the **CAST**.

	STRADDLE OR PIKE GLIDE KIP (0.40)	Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient hip extension at end of glide swing
		<u>0.10</u>	Failure to close legs at end of straddle glide swing

	CAST TO MINIMUM OF 45° ABOVE HORIZONTAL (0.60)	Up to 0.30 No deduction 0.05 – 0.25 <u>0.30</u>	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part-abdomen, hips, knees or feet) ● 45° or Above horizontal ● 46° from vertical to horizontal ● Below horizontal
		Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)

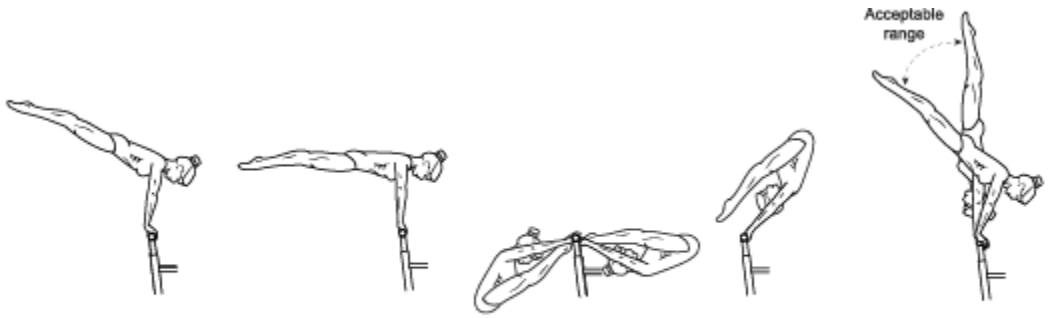
3a. CLEAR HIP CIRCLE (Minimum of 45° ABOVE HORIZONTAL) (0.60)



Lean / drop / push the shoulders backward to initiate the circle around the bar and maintain tension throughout the body while pushing. Push the bar towards the lower thighs as the circle continues. Maintain a hollow-body position, with the head neutral throughout the circle. As the hips rise, push on the bar, opening the shoulder angle slightly. Shift the hands to the top of the bar to execute a **CLEAR HIP CIRCLE**, finishing in a clear support with the body extended **with a minimum amplitude (angle) of 45° ABOVE HORIZONTAL**. Maintain straight arms and legs throughout.

	CLEAR HIP CIRCLE TO A MINIMUM OF 45° ABOVE HORIZONTAL (0.60)	Each Up to 0.20	Excessive arch or pike on downswing or upswing
		Up to 0.30	Insufficient height and extension of upswing (use amplitude of cast deductions)
		<u>0.60</u>	Hips touching bar as upswing finishes (performs a back hip circle). No deduction for thighs brushing bar on upswing
		Up to 0.10	Lack of control into glide

3b. BACKWARD SOLE CIRCLE (Minimum of 45° ABOVE HORIZONTAL) (0.60)

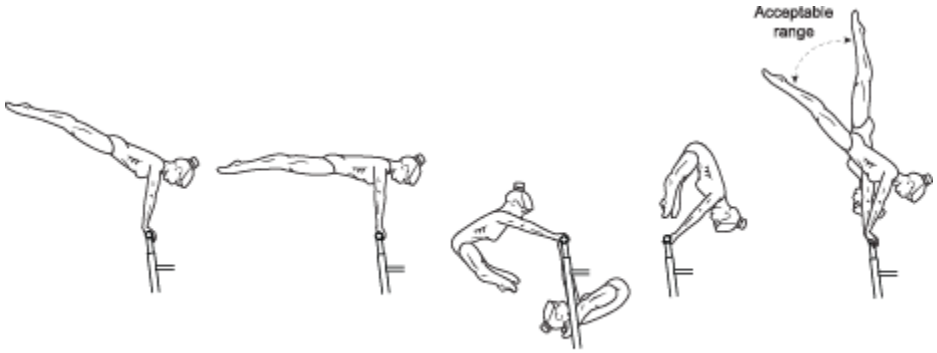


Lean / drop / push the shoulders backward to initiate the circle around the bar and maintain tension throughout the body while pushing. The technique for the drop is optional. The feet should be placed on the bar as late as possible.

Close the hip angle under the bar bringing the feet inside of the arms to achieve a compressed, inverted pike position with a rounded torso at the bottom of the circle. Maintain the rounded torso with head neutral and legs straight throughout the circle. As the hips rise (upswing), push on the bar, opening the shoulder angle, taking the feet off the bar. Shift the hands to the top of the bar to execute a **BACKWARD SOLE CIRCLE with a minimum amplitude (angle) of 45° ABOVE HORIZONTAL.**

	BACKWARD SOLE CIRCLE TO A MINIMUM OF 45° ABOVE HORIZONTAL (0.60)	Each Up to 0.20	Excessive arch or pike on downswing or upswing
		Up to 0.30	Insufficient height and extension of upswing (use amplitude of cast deductions)
		0.60	Support of weight on feet as upswing finishes (gymnast jumps from bar to glide or never achieves clear support)
		Up to 0.30	Legs bending during circle

3c. BACKWARD STALDER CIRCLE (Minimum of 45° ABOVE HORIZONTAL) (0.60)



Lean / drop / push the shoulders backward to initiate the circle around the bar and maintain tension throughout the body while pushing.

Close the hip angle under the bar bringing the feet outside of the arms to achieve a compressed, inverted straddle position with a rounded torso at the bottom of the circle. Maintain the rounded torso with head neutral throughout the circle. As the hips rise (upswing), push on the bar, opening the shoulder angle. Shift the hands to the top of the bar to execute a **BACKWARD STALDER CIRCLE with a minimum amplitude (angle) of 45° ABOVE HORIZONTAL.**

> Note #1: A clear straddle circle backward (#6.104 in the *DP Code of Points*) is considered a straddle seat circle to a straddle "L" position and will not meet the requirement of a **BACKWARD STALDER CIRCLE TO CLEAR SUPPORT** (#6.204).

	BACKWARD STALDER CIRCLE TO A MINIMUM OF 45° ABOVE HORIZONTAL (0.60)	Each Up to 0.20	Excessive arch or pike on downswing or upswing
		Up to 0.30	Insufficient height and extension of upswing (use amplitude of cast deductions)
		0.60	Arriving in support with legs in a straddle "L" position (see Note #1)

4. GLIDE KIP, CAST (Minimum of 45° ABOVE HORIZONTAL)

These elements can be eliminated if the gymnast connects the Circle to 45° directly to the Backward Sole Circle. Therefore, there is no value for these elements. However, execution and amplitude deductions should be applied, if applicable.



At the completion of the **CIRCLE**, push the bar away, continuing to open the shoulder angle and pike at the hips to execute a forward glide swing, with legs together or STRADDLED. Quickly lift the feet to the bar and pull the bar up the legs to the hips to execute a third **GLIDE KIP**.

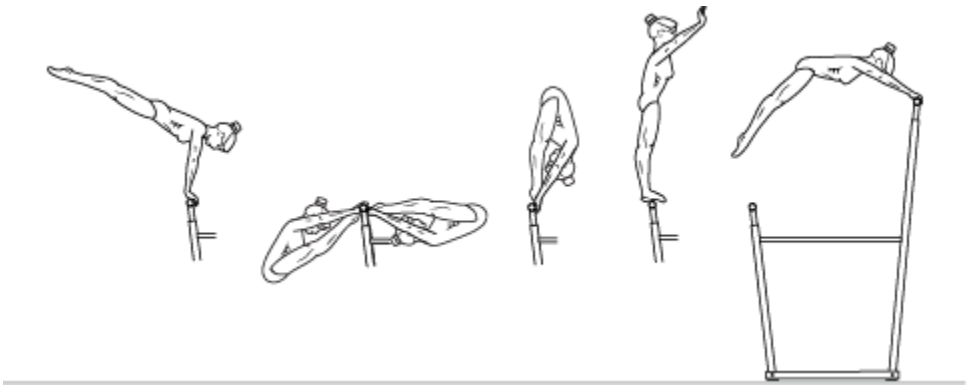
While pushing downward, shift the hands to the top of the bar to arrive in a front support with the legs/feet in front of the bar (body slightly piked), shoulders forward, and the head neutral. Maintain straight arms and legs throughout.

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, by extending through the shoulders, to lift the body off the bar to execute a second **CAST to HORIZONTAL** with legs together. The gymnast must show a straight body position with the buttocks and abdominals tight, the arms and legs straight, and the head neutral at the completion of the **CAST**.

L	STRADDLE OR PIKE GLIDE KIP	Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient hip extension at end of glide swing
		0.10	Failure to close legs at end of straddle glide swing

	CAST TO 45° ABOVE HORIZONTAL	Up to 0.30 No deduction 0.05 – 0.25 0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part-abdomen, hips, knees or feet) • Above 45 ° horizontal • 46° from vertical to horizontal • Below horizontal
		Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)

5. BACKWARD SOLE CIRCLE (0.40), JUMP TO HIGH BAR



Lean / drop / push the shoulders backward to initiate the circle around the bar and maintain tension throughout the body while pushing. The technique for the drop is optional. Feet should be placed on the bar as late as possible.

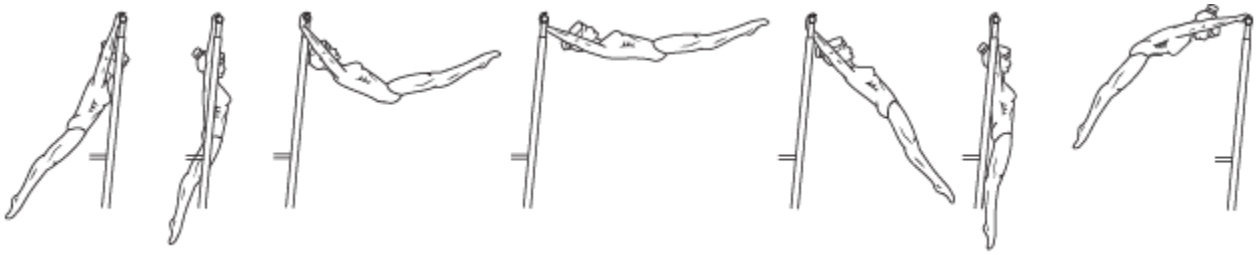
Close the hip angle under the bar bringing the feet inside of the arms to achieve a compressed, inverted pike position with a rounded torso at the bottom of the circle. Maintain the rounded torso with head neutral and legs straight throughout the circle. As the hips rise (upswing), shift the hands to the top of the bar to execute a **BACKWARD SOLE CIRCLE**. It is acceptable to bend the knees <u>at the end of the **CIRCLE**</u> to facilitate the completion of the circle.

Note: The coach may spot the jump to the high bar with NO DEDUCTION.

From the tuck (or pike) position on the low bar immediately **JUMP** up to grasp the high bar while maintaining a straight-hollow body position.

	BACKWARD SOLE CIRCLE (0.40)	
	No deduction. Deduct only execution and amplitude of cast.	Adding a Glide Kip cast Handstand before the Backward Sole Circle
	<u>0.20</u>	Bent legs **at the bottom of the circle**

6. TAP SWING FORWARD, FIRST COUNTERSWING (0.60)



Maintain the hollow-body position as the body begins the downward-forward swing. Anytime during the downward swing, relax the hollow-body position to a slight arch.

Maintain this position through the bottom (under the high bar) and aggressively kick forward-upward with the legs/feet together to execute a **TAP SWING FORWARD** with a straight-hollow body position, finishing with the feet at the level of the high bar.

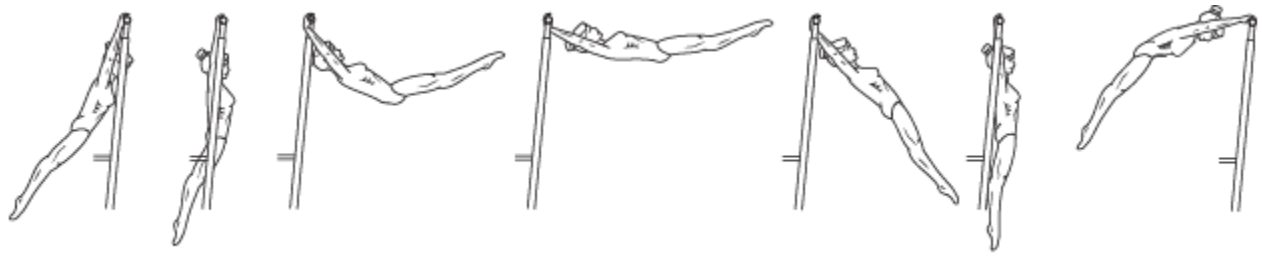
	TAP SWING FORWARD (0.60) value combined with First Counterswing	0.10	Failure to show slight arched position through the bottom of the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.20	Insufficient amplitude (feet not at high bar height)

Continue to press the bar backward. Swing downward, leading slightly with the heels to execute a **COUNTERSWING**. Maintain this slight heel drive through vertical (under the bar), at which point the body is shortened by pulling downward on the bar and lifting the hips backward-upward to a hollow-body position with the legs together. The hips rise to a **minimum of 15° below** the level of the high bar (**horizontal**) with the feet pointed downward.

The intended technique is to show a hollow chest position with a rounded hip angle. The hips should not open to an extended or arched position with the feet over the low bar with the toes pointing upward above horizontal during the **COUNTERSWING**. The head remains neutral between the arms, with the chest hollow. The legs remain together with feet pointed downward.

	FIRST COUNTERSWING (a minimum of 15° below horizontal) (0.60) value combined with Tap Swing Forward	Up to 0.20	Hips not at a minimum of 15° below the level of the high bar (horizontal)
		Up to 0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)
		0.30	Body arching or hips opening to an extended position with the feet over low bar during counterswing

7. SECOND TAP SWING FORWARD, SECOND COUNTERSWING (0.60)



Maintain the hollow-body position as the body begins the downward-forward swing. The legs are allowed to remain together or straddle on the downward swing. Anytime during the downward swing, relax the hollow-body position to a slight arch.

Maintain this position through the bottom (under the high bar) and aggressively kick forward-upward with the legs/feet together to execute a **SECOND TAP SWING FORWARD** with a straight-hollow body position, finishing with the feet at the level of the high bar.

	SECOND TAP SWING FORWARD (0.60) value combined with Second Counterswing	0.10	Failure to show slight arched position through the bottom of the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.20	Insufficient amplitude (feet not at high bar height)

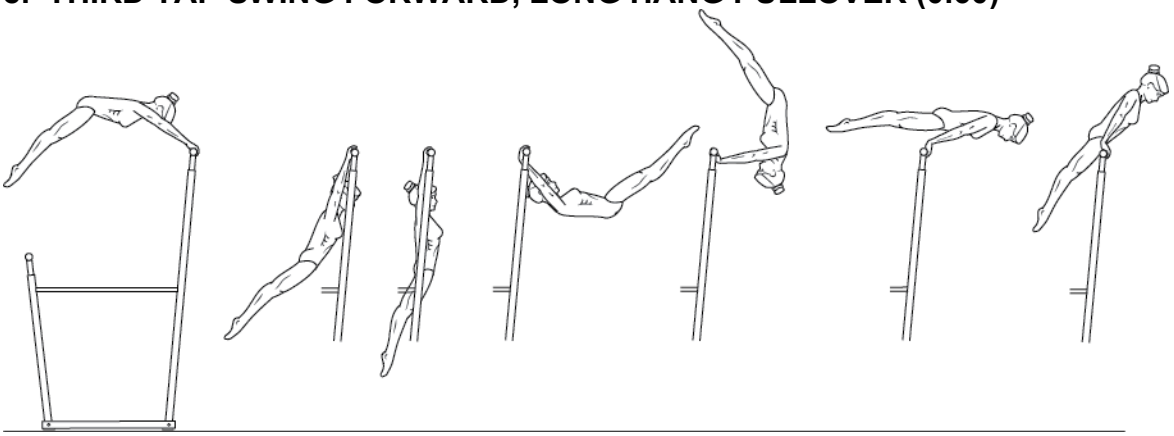
Continue to press the bar backward. Swing downward, leading slightly with the heels to execute a **SECOND COUNTERSWING**. Maintain this slight heel drive through vertical (under the bar), at which point the body is shortened by pulling downward on the bar and lifting the hips backward-upward to a hollow-body position with the legs together. The hips rise to a **minimum of 15° below** the level of the high bar (**horizontal**) with the feet pointed downward.

The intended technique is to show a hollow chest position with a rounded hip angle. The hips should not open to an extended or arched position with the feet over the low bar with the toes pointing upward above horizontal during the **COUNTERSWING**. The head remains neutral between the arms, with the chest hollow. The legs remain together with feet pointed downward.

	SECOND COUNTERSWING (a minimum of 15° below horizontal) (0.60)	Up to 0.20	Hips not at a minimum of 15° below the level of the high bar (horizontal)
		Up to 0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)

	value combined with SECOND Tap Swing Forward	0.30	Body arching or hips opening to an extended position with the feet over low bar during counterswing

8. THIRD TAP SWING FORWARD, LONG HANG PULLOVER (0.60)



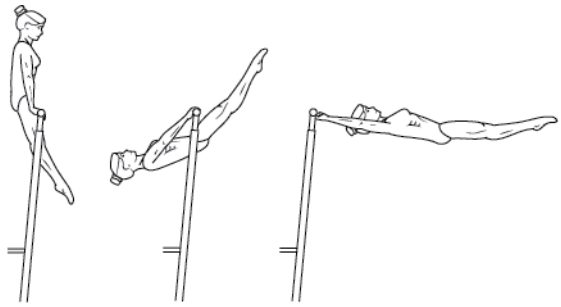
Maintain the hollow-body position as the body begins the downward-forward swing. The legs are allowed to remain together or straddle on the downward swing. Anytime during the downward swing, relax the hollow-body position to a slight arch.

Maintain this position through the bottom (under the high bar) and aggressively kick forward-upward and over the high bar. The head remains neutral. As the hips rise up and over the bar, maintain an overgrip and shift the hands to the top of the bar to execute a **LONG HANG PULLOVER.**

	LONG HANG PULLOVER (0.60)	0.10	Failure to show slight arched position through the bottom of the downward swing
		Up to 0.20	Excessive piking of body
		0.30	Failure to maintain overgrip (hands completely release bar)
		1.00	Performing a backward giant circle prior to pulling hips toward bar

9. UNDERSWING, THIRD COUNTERSWING (0.60)

(a minimum of 15° below horizontal)

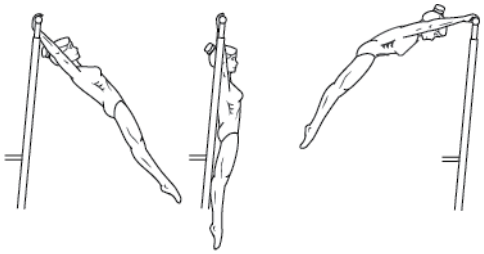


Immediately press the bar downward to contact the mid to lower thighs, while keeping the head neutral, chest and torso hollow, and the arms straight. Maintain this position while leaning the shoulders backward and circling the bar with the hips away from the bar. A slight touch of the thighs on the bar is acceptable. As the hips rise, completely open the shoulder angle while pressing the bar backward to execute an **UNDERSWING**.

Maintain a straight-hollow body position, with the arms and legs straight and the head neutral throughout. More emphasis should be placed on the correct body position than the height of the **UNDERSWING**.

ρ	UNDERSWING (0.60) value combined with Third Counterswing	0.20	Failure to contact the bar with the mid to lower thighs between the completion of the long hang pullover and the initiation of the underswing
		Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain straight-hollow body position throughout
		0.20	Hips contacting bar (no deduction for thighs touching bar)

10. THIRD COUNTERSWING (0.60) value combined with UNDERSWING



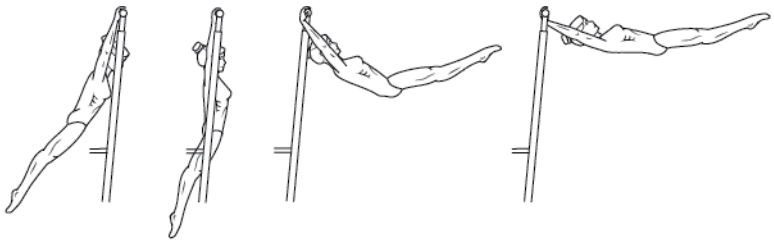
Continue to press the bar backward. Swing downward, leading slightly with the heels to execute a **THIRD COUNTERSWING**. Maintain this slight heel drive through vertical (under the bar), at which point the body is shortened by pulling downward on the bar and lifting the hips backward-upward to a hollow-body position with the legs together. The hips rise to a **minimum of 15° below** the level of the high bar (**horizontal**) with the feet pointed downward.

The intended technique is to show a hollow chest position with a rounded hip angle. The hips should not open to an extended or arched position with the feet over the low bar with the toes pointing upward above horizontal during the **COUNTERSWING**. The head remains neutral between the arms, with the chest hollow. The legs remain together with feet pointed downward.

	THIRD COUNTERSWING (a minimum of 15° below horizontal) (0.60) value combined with Underswing	Up to 0.20	Hips not at a minimum of 15° below the level of the high bar (horizontal)
		Up to 0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)
		0.30	Body arching or hips opening to an extended position with the feet over low bar during counterswing

11. FOURTH TAP SWING FORWARD, FOURTH COUNTERSWING (0.60)

(a minimum of 15° below horizontal)



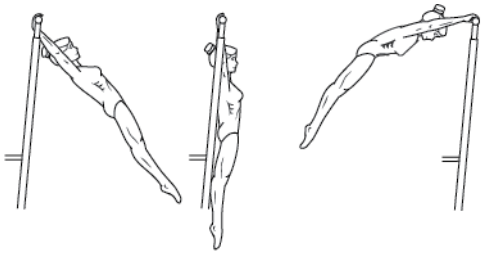
Maintain the hollow-body position as the body begins the downward-forward swing. The legs are allowed to remain together or straddle on the downward swing. Anytime during the downward swing, relax the hollow-body position to a slight arch.

Maintain this position through the bottom (under the high bar) and aggressively kick forward-upward with the legs/feet together to execute a **FOURTH TAP SWING FORWARD** with a straight-hollow body position, finishing with the feet at the level of the high bar.

	FOURTH TAP SWING FORWARD (0.60) value combined with Fourth Counterswing	0.10	Failure to show slight arched position through the bottom of the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.20	Insufficient amplitude (feet not at high bar height)

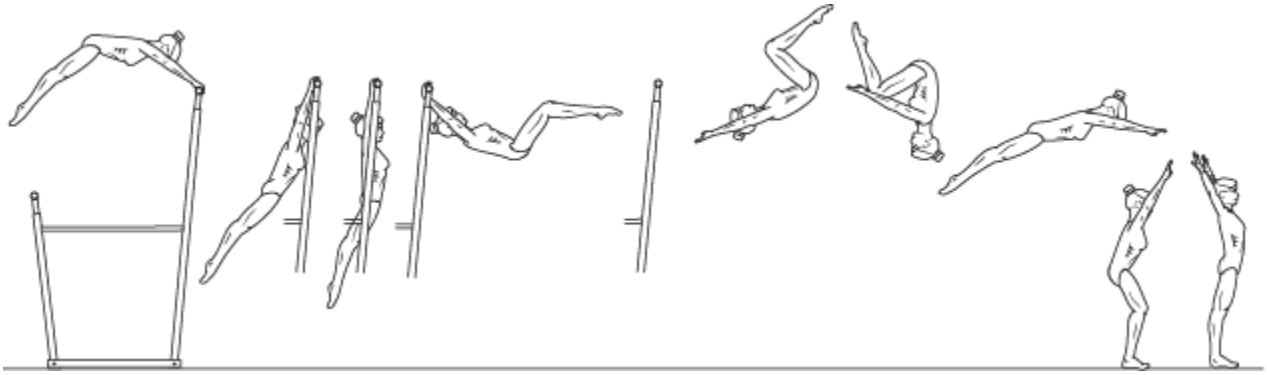
12. FOURTH COUNTERSWING (0.60)

(value combined with the FOURTH TAP SWING FORWARD)



Execute a **FOURTH COUNTERSWING** (see # 9) with the hips rising to a **minimum of 15° below** the level of the high bar (**horizontal**) with the feet pointed downward.

13. FLYAWAY DISMOUNT (0.60)
(Choice of shape is tuck or stretched. Illustration only shows tuck.)



Maintain the hollow-body position as the body begins the downward-forward swing. The legs are allowed to remain together or straddle on the downward swing. Anytime during the downward swing, relax the hollow-body position to a slight arch.

Maintain the slight arch through the bottom (under the high bar) and aggressively kick forward-upward with legs/feet together to a straight-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 salto performed at a minimum of high bar height.

Body position of **FLYAWAY DISMOUNT**: Tuck or stretched

If a **TUCK OR PIKE FLYWAY** is performed, extend the hips (and knees in the tuck) quickly in preparation for landing. If a **STRETCHED FLYAWAY** is performed, maintain a straight-hollow body position throughout. Both feet must contact the floor upon landing. No landing deductions will be incurred after the initial two-foot landing.

Arms: Optional upon landing.

Extend the legs to finish in a straight stand.

Arms: Lift forward-upward to high position.

	TAP SWING FORWARD TO FLYAWAY DISMOUNT (0.60)	0.10	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.30 No deduction 0.05 – 0.15 0.20 0.25 – 0.30	Insufficient height of salto ● At high bar level or above ● 1° to 44° below the level of the high bar ● At 45° below the level of the high bar ● Greater than 45° below the level of the high bar
		0.10	Landing too close to the bar
		0.30	Gymnast never touches feet on landing
	TUCKED Flyaway:	Each Up to 0.20	Insufficient bend of hips and legs (Minimum 135° - ideally 90°)
		Up to 0.20	Insufficient extension (open) prior to landing
		0.30	Gymnast never touches feet on landing
	STRETCHED Flyaway:	Up to 0.20	Insufficient exactness of stretched (straight-hollow) body position (Ideally 180°) ● Arch ● Hip angle (136° - 179°)

		Up to 0.20	Failure to maintain stretched (straight-hollow) body position throughout (pikes down)
		0.30	Gymnast never touches feet on landing

UNEVEN BARS
General Deductions / Judging Guidelines
Refer to the DP Code of Points for additional General Execution Deductions

Deductions for **form / execution** MAY NOT exceed the assigned Value of the Element. Falls will be in addition to execution errors.	
0.50	Falls
Value of the element PLUS 0.50	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.
0.30	Adding an element (when not allowed) or performing elements out of order
Up to the value of the element plus 0.50 for the spot	Spotting to assist the completion of an element (Deduct for how much assistance is given to perform the skill.) Exceptions: Up to the value of the element deduction will NOT be applied; however, still deduct 0.50 for the spot: ● Spotting a Jump to high bar for 8 years old ● Spotting the landing of a dismount for 9 years old
0.20	Verbal coaching an athlete during a routine.
0.30	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)
Each 0.30	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.)