

National Junior Olympic Committee Chair, USA Gymnastics

This article provides the community with an updated “sneak preview” of the proposed elements for the 2021-2029 elements for the Women’s Compulsory program. The information in this article is still tentative as the official text and finalization of the routines will not be completed until the year 2020. The JO Committee has finalized the list of elements after YOUR surveys containing your ideas. The system will continue with 5 levels of compulsory exercises (and 5 levels of optional) with the new cycle.

Current level of routine	2021-2029 level of routine
<b>NO CHANGE IN THE LEVEL SYSTEM</b>	
Level 1	Level 1
Level 2	Level 2
Level 3	Level 3
Level 4	Level 4
Level 5	Level 5

**ELEMENTS FOR THE  
2021-2029 JR. OLYMPIC COMPULSORY EXERCISES FOR WOMEN 5 Levels of Compulsory  
Exercises**

Level 1 gymnasts must be a minimum of 4 years of age to compete.

Level 2 gymnasts must be a minimum of 5 years of age to compete.

Level 3 gymnasts must be a minimum of 6 years of age to compete.

\*Level 4 gymnasts must be a minimum of 7 years of age to compete.

Level 5 gymnasts must be a minimum of 7 years of age to compete.

\*First required entry level in the JO Program.

**VAULT**

LEVEL 1 Min. 4 yrs. old		LEVEL 2 Min. 5 yrs. old	
Straight jump onto min. of 16” mat, then Kick up to Handstand fall to flat back		Jump to Handstand onto min. of 16” mat stack (no block required)	
LEVEL 3 Min. 6 yrs.		LEVEL 4 Min. 7 yrs.	LEVEL 5 min, 7 yrs.
Handspring over min. 32” mat stack w/mat stack turned sideways	Handspring over vault table	Handspring over vault table	

## BARS

LEVEL 1	LEVEL 2
Min. 4 yrs. old	Min. 5 yrs
Back Hip Pullover Cast Back hip circle  Dismount: Cast Straddle on sole circle dismount OR Underswing dismount	Glide swing out (straddle or pike) and return to stand with feet together. Back Hip Pullover  Cast (no angle requirement) Cast (no angle requirement)  Back hip circle  Dismount: Underswing dismount

LEVEL 3	LEVEL 4	LEVEL 5
Min. 6 yrs.	Min. 7 yrs.	Min. 7 yrs.
Mount: Glide swing out (straddle or pike) and return to stand with feet together – Back Hip Pullover <b>OR</b> Glide kip (both a 10.0 SV)	Mount: Glide Kip (straddle or pike)	Mount: Glide Kip (straddle or pike)
Cast (no angle requirement)	Cast to horizontal and return to support...LEGS together	Cast to above horizontal (no specific degree) Option to straddle cast... <b>ONLY</b> in Level 5
Back hip circle		Clear hip circle to above horizontal (no specific degree) OR Backward Sole Circle to Clear Support OR Backward Stalder Circle to Clear Support
Back hip circle	Cast squat or pike on back tuck sole circle jump to high bar <b>OR</b> Squat or pike on/jump to high bar	Glide kip (straddle or pike), Cast squat or pike on back tuck sole circle jump to high bar <b>OR</b> Squat or pike on/jump to high bar
Front hip circle	Long hang kip	Long hang kip
Cast (no angle requirement) Return to support	Cast to horizontal (legs together)	Cast to above horizontal (no specific degree) Option to straddle cast... <b>ONLY</b> in Level 5
Cast, Squat on Stretch jump dismount	Back Hip Circle	Long hang pullover
	Underswing	Underswing
	Counter swing to 30o below horizontal Straddle allowed on the back swing	Counter swing to 15o below horizontal Straddle allowed on the back swing
	Tap Swing forward	Tap Swing forward
	Counter swing to 30o below horizontal Straddle allowed on the back swing	Counter swing to 15o below horizontal Straddle allowed on the back swing
	Dismount: Tap swing forward with 1/2 turn	Dismount: Tap swing forward to Flyaway in tuck, pike, or layout position

## BALANCE BEAM

LEVEL 1 Min. 4 yrs	LEVEL 2 Min. 5 yrs
Mount: Jump to front support	Mount not requiring a board
Relevé - lock position - hold	Swing to push up - jump to tuck stand
Arabesque- 30o below horizontal (show-no hold)	Arabesque- 30o below horizontal (hold)
Stretch jump	Stretch jump
Tuck stand, pike stand, needle kick, tuck stand straight stand	Tuck stand, pike stand, single leg kick up to straight stand
Step, Leg swing, step Leg swing	Front leg swing –close - back leg swing - close to stand, plié relevé lock
Leg balance in forward passé on flat foot (mark)	Leg balance in forward passé press to relevé, return to flat, then (hold 2 seconds)
	Pivot (180°) turn
From kneel on one leg, Cartwheel to partial handstand lower to stand facing beam dismount	Cartwheel to Handstand lower to stand facing beam dismount

LEVEL 3 Min. 6 yrs.	LEVEL 4 Min. 7 yrs.	LEVEL 5 Min. 7 yrs
Mount not requiring a board	Mount not requiring a board	Mount not requiring a board
Pivot turn – step, Pivot turn	1/2 (180°) turn forward passé	Full turn in forward passé. Arms in crown
Arabesque (>45o) below horizontal	Cartwheel	Back walkover or Back roll to 3/4 handstand or back handspring step-out or back handspring to 2 feet or front walkover
Straight leg leap (90o) to plié arabesque – hold.	Scale (at horizontal)	Scale (above horizontal)
Cross Handstand Mark (no hold requirement)	One step entrance, Straight leg leap (120o)	One step entrance, Straight leg leap (150o), stretch jump
1/2 (180°) heel snap turn in forward passé	Cross Handstand with legs together - hold 1 second	
Stretch jump, Stretch jump	Stretch jump, Split jump (120o)	Split jump (150o), Sissonne
		Cartwheel, Stretch Jump
Cartwheel to side handstand, (mark the position), 1/4 turn dismount	Cartwheel to side handstand, (hold 1 second) 1/4 turn dismount	Back salto tuck dismount

## FLOOR EXERCISE

LEVEL 1 Min. 4 yrs	LEVEL 2 Min. 5 yrs
Minimum ¾ Handstand	Handstand
Forward entry Cartwheel ¼ turn in	Cartwheel step in
Backward roll tuck	Straight arm Backward roll to push up position
Candlestick	Candlestick to sit
Forward roll tuck	Bridge – Back kick over
Forward passé balance -mark/press to relevé	Passé, relevé, Heel snap ½ turn
Forward Chassé	Forward Chassé – straight leg leap (60°)
Stretch jump	Split jump (60°)

LEVEL 3 Min. 6 yrs.	LEVEL 4 Min. 7 yrs.	LEVEL 5 Min. 7 yrs
Split jump (90°)	Straddle jump (120o), stretch jump ½ (180°) Not connected	Straddle Jump (150°), Stretch jump 1/1 Not connected
Stretch jump	Power hurdle or one step, Front handspring step out, Cartwheel step IN backward roll with straight arms to handstand	Two Front handspring step outs, Cartwheel step IN backward roll with straight arms to handstand
Handstand Bridge, Back Kick-over	Back walkover (150°)	Forward salto tucked OR Front or Side Aerial
Forward split	Forward split	Forward split
Chassé, split leap (90°)	Split leap (120°) dance passage	Split leap (150°) or switch-leg leap (150°) dance passage
Backward roll tuck with straight arms open to 45° above horizontal, lower to push up position		
½ (180°) turn in forward passé... arms in forward middle or crown.	Full turn in forward passé... arms in forward middle or crown. Turn direction optional.	Full turn in forward passé... arms in crown. Turn direction optional.
Handstand forward roll (with arms straight)		
Round-off, Flic-flac, rebound-stick No specific # running of steps.	Round-off, 2 flic-flacs – rebound to stick No specific # of running steps	Round-off, flic-flac, back salto tuck stick No specific # of running steps