

# USA Gymnastics Team A&T 2016 - 19 Event Structure

## ***Youth Division***

10 - 15 athletes per squad / Minimum age of 5 as of September 1st of the year prior to Nationals  
 Minimum of 8 years old to be a base / Maximum of 6 year spread from youngest to oldest per squad

| <b>EVENT</b>   |   |
|--|---|
| <b>Stunting / Acro</b><br><i>2 groups</i><br><i>in sync</i>  | 3 bases 1 top, straight up to 2 feet<br>Power Press<br>Cradle / lateral 180 to belly / swing out<br>Calf mount<br>Shoulder stand<br>Jump down to floor  |
| <b>Balance / Pyramid</b>   | 2 Groups (Group 1 main bases, Group 2 Tosses)<br>Group 1 to Prep & sit on back spot at prep level, bases lower feet to belly level<br>Group 2 Top places Hands on Group 1 Top's legs<br>Group 2 Toss Top to hand stand, Top holds handstand 5 counts<br>Group 2 Top 180 to back caught by Group 2<br>Group 1 Top Dismounts to Floor |
| <b>Dynamic / Toss</b><br><i>2 groups</i><br><i>in sync</i>   | 2 bases form a basket with Back Spot and Front Base to Toss Top<br>3/4 front toss to basket catch<br>3/4 back toss to stand from cradle   |
| <b>Tumbling</b><br><i>two rows</i><br><i>in sync</i>   | two rows of 3 athletes = 6 total + 1 counter<br>standing back handspring, stick<br>handstand, snap down, straddle jump, stick<br>front HS - RO - back HS, stick<br>Run 2-3 steps - RO - BHS - BHS, stick  |
| <b>Floor Exercise / Team Event - Refer to Team A&amp;T Highlight Sheet and Floor Content Chart</b> |   |

# USA Gymnastics Team A&T 2016 - 19 Event Structure

## ***Junior Division***

10 - 15 athletes per squad / Minimum age of 10 as of Nationals

Minimum of 12 years old to be a base / Maximum of 6 year spread from youngest to oldest per squad

| <b>EVENT</b>   |   |
|--|---|
| <b>Stunting / Acro</b><br><i>2 groups</i><br><i>in sync</i>  | 3 bases one top toe pitch 180 turn up to 2 feet on shoulders<br>1/2 turn to arabesque<br>3/4 Front tuck dismount to floor<br>Straight up to vertical 2 feet position<br>Power press through shoulder position to toss 3/4 front salto to catch<br>back 3/4 to floor   |
| <b>Balance / Pyramid</b>   | 2 Groups (Group 1 main bases, Group 2 Tosses)<br>Group 1 goes to Prep and sits on back spot with arms extended<br>Group 2 Top places Hands on Group 1 Top's legs<br>Group 2 Toss Top to hand stand, Top holds handstand 5 counts<br>Group 2 Top 180 to back caught by Group 2<br>Group 1 Top Dismounts to Floor |
| <b>Dynamic / Toss</b><br><i>2 groups</i><br><i>in sync</i>   | 2 bases form basket with Back Spot to Toss Top (Front base optional)<br>5/4 back tuck to basket catch   |
| <b>Tumbling</b><br><i>two rows</i><br><i>in sync</i>   | two rows of 4 athletes = 8 total + 1 counter<br>standing back tuck, stick<br>straddle jump, back handspring step-out, stick<br>Run 2, 3 step- RO, BHS, back tuck stick<br>Power hurdle RO, BHS,BHS, back tuck stick   |
| <b>Floor Exercise / Team Event - Refer to Team A&amp;T Highlight Sheet and Floor Content Chart</b> |   |

# USA Gymnastics Team A&T 2016 - 19 Event Structure

## **Senior Division**

12 - 24 athletes per squad / Minimum age of 15 as of Nationals

No Maximum Age Requirement

| <b>EVENT</b>   |  |
|--|--|
| <b>Stunting / Acro</b><br><i>2 groups</i><br><i>in sync</i>  | Reverse Toss Hands<br>Back tuck Off<br>Step Up to Single Base Straddle Hold, 180 Verticle to 2nd Base<br>1st Base Release Hand for Top to Move Hands to 2nd Base Wrist<br>Pop Off Top to Feet with Base 1 assisting landing to floor<br>Switch Up to Liberty, Turn to Side Arabesque, Toss Double Down       |
| <b>Balance / Pyramid</b>   | 3 Groups (2 Shoulder Sits, 1 Toss)<br>Shoulders Sits Step Up (Top 1 and 2)<br>Top 3 loads in to Belly Button Level<br>Top1 and 2 Grab Top 3 Hands and Shoulders<br>Toss Top 3 to an Inverted Positionholding Top 3's Arms in a T position<br>Top 3 180 Dismount to Toss Group, Top 1 and 2 Dismount to Floor |
| <b>Dynamic / Toss</b><br><i>2 groups</i><br><i>in sync</i>   | 2 X 5 athletes/group = 10 total + 1 counter<br>2 bases form basket with Back Spot to Toss Top<br>5/4 back tuck to basket catch   |
| <b>Tumbling</b><br><i>two rows</i><br><i>in sync</i>   | two rows of 4 athletes = 8 total + 1 counter<br>standing back tuck, stick<br>straddle jump - back tuck, stick<br>Standing BHS - back tuck, stick<br>RO - BHS - back layout, stick  |
| <b>Floor Exercise / Team Event - Refer to Team A&amp;T Highlight Sheet and Floor Content Chart</b> |  |