

Ysa Gymnastics Compulsory Routines

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Ysa Gymnastics Compulsory Routines

The text, illustrations and routine videos for the 2013-2021 USA Gymnastics Women's Compulsory Program are now available for Android, Kindle and Apple tablets. The app sells for \$29.99 and allows gymnastics professionals, coaches and judges alike to take the complete program for reference wherever they go.

USA Gymnastics | 2013-2021 Junior Olympic Compulsory Program

The big change in the Level 3 routine is that the straight arm backward roll is now required to open to 45°. The rest of the skills in this routine remain the same, although we will, at long last, get new music and choreography! Level 3 Floor Skills: Split jump; Stretch jump; Handstand bridge, back kickover; Forward split; Chasse, Split leap 90°

Preview of 2021-2029 Compulsory Skills - The Gymnastics Guide

Download USA Gymnastics Women's Compulsory Program and

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enjoy it on your iPhone, iPad, and iPod touch. USA Gymnastics Women's Junior Olympic Compulsory Program for 2013-2021, which includes routine descriptions with the full text, interactive illustrations and videos of each of the routines.

USA Gymnastics Women's Compulsory Program on the App Store

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. OR. 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)

Tom Koll National Junior Olympic ... - USA Gymnastics

Level 5 Compulsory Routines - Women's Pair. Level 5 Women's Pair; Level 5 Men's Pair; ... USA Gymnastics is the National Governing Body (NGB) for the sport of gymnastics in the United States, consistent with the Ted Stevens Olympic & Amateur Sports Act, the Bylaws of the United States Olympic Committee and the International Gymnastics ...

USA Gymnastics | Level 5 Compulsory Routine Videos - Women-

USA Gymnastics has established a new set of Compulsory routines for the next eight years, 2005 – 2013. This is of interest to young gymnasts who are interested in competition and making their gymnastics team, parents of young gymnasts and Compulsory coaches.

The New USA Gymnastics Compulsories - Gymnastics Zone

USA Gymnastics is the National Governing Body (NGB) for the sport of gymnastics in the United States, consistent with the Ted Stevens Olympic & Amateur Sports Act, the Bylaws of the United States Olympic Committee and the International Gymnastics Federation.

USA Gymnastics | Elite Compulsory Videos

Compulsory gymnastics consists of specific routines that the gymnast must learn exactly. This is done in gymnastics

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levels 1-5. USA gymnastics created the routines with the goal that the gymnasts have a strong gymnastics foundation before advancing to the optional levels. All of the skills in compulsory gymnastics are progressive.

What's the Difference Between Compulsory ... - Gymnastics HQ

Level 6 routines from 2016 USA Gymnastics Championships
Level 6 Women's Pair - Earl/Koenig, BGC - Combined 18.467 - 1st place (12-13)
Level 6 Women's Pair - Bess-Bader/Varma, ATA - Combined 18.367 - 1st place (14-15)

USA Gymnastics | J.O. Compulsory Routine Videos

About Us. Reorganized 2001: The new USAIGC administration moved in a new competitive direction when it eliminated the compulsory program, replacing it with a six level Optional Only Competitive Program that provides our Gymnasts and Coaches with a large variety of gymnastic skills to work on instead of mandatory restrictive compulsory skills.

USAIGC

Level 4 Gymnastics Requirements: Floor. Straddle jump with 120 degree split; Front handspring to two feet; Back extension roll; Back walkover; Round-off back-handspring back-handspring*
Once a gymnast can perform all of these skills and she has learned the Level 4 gymnastics compulsory routines, she is ready to compete in a Level 4 meet.

Level 4 Gymnastics Requirements

CARA Gymnastics Meets; Regional Qualifying Scores and Mandate Rule; Compulsory Routines *New 2019; Understanding CARA. Participation Waiver; Parents' 10 Commandments; Parents' Code of Conduct; Competition Preparation; CARA Scholarship; Competitions. Competition schedules; Girls and Boys Leagues. Directions to Meets - Boys; Directions to ...

Compulsory Routines | CARA Gymnastics League

2016-2020 USA Gymnastics Men's Junior Olympic Age Group Competition Program iii Chapter 3 - Floor Exercise I. Compulsory Levels 4 -7 Overview and Education A. General B. Definitions C.

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Basic Technique D. Level 4 E. Level 5 F. Level 6 G. Level 7 II.
Compulsory Levels 4 -7 Routines Chapter 4 - Pommel Horse

2016-2020 Men's Junior Olympic Age Group Competition Program

Victoria Perez aka Tori, age 8, from Kennett School of Gymnastics. I Love NY Cup Invitational 02/01/2015 @ First Arena, Elmira, NY.

Tori - USAG Level 4 Beam Routine 2015

On the compulsory teams, up to and including level 5, each gymnast must learn a specific routine for each event. Competitive levels up.

Compulsory Team - Southern Tier Gymnastics Academy USA ...

Alizé Lee performs her compulsory floor routine for the Illinois USA Women's Gymnastics Level 5 State Championship at North Central College in Naperville, IL...

Alizé Lee | USA Gymnastics Level 5 Floor Routine - YouTube

In the United States, the Junior Olympic system governed by USA Gymnastics is the reigning competitive system for young competitors. The system is divided into 10 levels - five compulsory and five more advanced optional levels. Each compulsory level establishes minimum performance requirements to ensure the safety of young gymnasts 6 □

Level Requirements for USAG Gymnastics | How To Adult

The full text, illustrations and videos for the 2013-21 USA Gymnastics Women's Junior Olympic Compulsory Program. The app includes videos of each routine in all five of the compulsory levels, along with the text, including deductions, and illustrations of each element.

USA Gymnastics Compulsories - Apps on Google Play

(The team competition is a total of the scores from compulsory routines, identical sets of required movements on each piece of apparatus performed by all competitors, and optional routines,

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the ...

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