

Team

COMPETITIVE TRACK

USAG

10 Competitive Levels

Principally geared to athletes who display the skills necessary to participate in the team experience. Athletes compete across ten levels under USA Gymnastics.

LEVELS 1-5 • COMPULSORY

Junior Olympic Program

Required skills for each event and level. Routines are choreographed by USA Gymnastics — every gymnast performs the same routine. Judged on execution and exactness.

XCEL / AGES 5+

Beginning Optional Program

An alternative USAG program with no set routines. Coaches design and choreograph routines to each athlete's ability based on specific program requirements.

LEVELS 6-10 / AGES 7+

Advanced Optional

A more serious regimen requiring high commitment and discipline. Athletes must achieve mobility scores to advance. Each gymnast has individual choreographed routines per event.

• VAULT

- Running jump to handstand flat back (32ft or more mat)
- Handspring and/or round-off over the Resi to land on feet

• BEAM

- Leg swing half turn mount, whip swing to balance stand
- Half turn
- Pivot turns both directions (good form)
- Straight leg leap (90 degrees)
- Split jump (minimum 70 degrees)
- Stretch jump, stretch jump (combination)
- Cross handstand (minimum 3/4)
- Cartwheel to handstand 1/4 turn dismount

• BARS

- Back hip circle
- Squat on
- Cast to 25 degrees to horizontal, return to bar with control
- Cast straddle / pike or squat dismount
- Glide swing, pull-over
- Squat on to jump to block or off the bar

• FLOOR

- 120-degree split jump
- 180-degree split
- Beginning a split leap 90-degree
- Full turn
- Cartwheel
- Forward roll or beginning handstand to forward roll
- Backward roll to push-up position
- Handstand to bridge and/or front walkover
- Back walkover
- Round-off from 2-3 running steps
- Working on or have a back handspring with or without a spot

• CONDITIONING

- 6 pull-ups
- 4 rope climbs
- 3x10 full range pike-up on the bar in a row