

**Part II**  
**Section 1: INDIVIDUAL COMPETITIVE PROGRAM**

NOTE: Competition and technical rules for Levels 3-8 are defined in the Rhythmic J.O. Technical Handbook.

**I. TYPES OF INDIVIDUAL COMPETITION**

- A. Individual Competition involves a single gymnast performing routines.
- B. Club Competition involves an event at which each club is represented by a predetermined number of athletes whose accumulated scores become the club score.

**II. AGE DIVISIONS FOR INDIVIDUAL COMPETITION**

- A. Competitive Age – Levels 3-8 have age divisions at Local/Invitational, State & Regional. A gymnast's age is determined by how old she will be as of December 31<sup>st</sup> of the year in which the competition takes place.
  - 1. Child A 6 – 7 years of age: a gymnast MUST be 6 years old on the day of competition to be eligible to compete. USA Gymnastics athlete membership will not be processed until the athlete's sixth birthday.
  - 2. Child B 8-9 years of age: a gymnast MUST compete at age 8 in the Child B Division if she will turn 9 by December 31<sup>st</sup> of the year in which the competition takes place
  - 3. Child C 10-11 years of age: a gymnast MUST compete at age 9 in Child C Division if she will turn 10 by December 31<sup>st</sup> of the year in which the competition takes place.
  - 4. Junior A 12-13 years of age: a gymnast MUST compete at age 11 in the Junior Division if she will turn 12 by December 31<sup>st</sup> of the year in which the competition takes place.
  - 5. Junior B 14-15 years of age:
  - 6. Senior 16 and over: a gymnast MUST compete at age 15 in the Senior Division if she will turn 16 by December 31<sup>st</sup> of the year in which the competition takes place.
- B. Competitive Age—Levels 9-10
  - 1. Hope 11-12 years of age: must be 11 years of age by December 31<sup>st</sup> of the calendar year.
  - 2. Junior 13-15 years of age: must be 13 years of age by December 31<sup>st</sup> of the calendar year.
  - 3. Senior 16 and over: a gymnast MUST compete at age 15 in the Senior Division if she will turn 16 by December 31<sup>st</sup> of the year in which the competition takes place.

**III. LEVEL MOBILITY**

- A. A gymnast may not move down a level once she has entered a State Meet, except by petition to the Regional Board.
- B. It is the coaches' discretion to move a Level 3-7 gymnast to another level.
- C. Any gymnast, regardless of her level, may compete as a member of a Junior Olympic Group without detriment to her standing as an individual competitor.

**IV. RESIDENCE RULES**

- A. The geographic location of the club or team or coach determines the residency of the gymnast for Individual competition.
- B. In cases where the gymnast lives in one state and her club or team resides in another neighboring state, the following regulations exist:
  - 1. A gymnast may claim residency based upon the state in which her club is located or the state in which she actually resides.
  - 2. The gymnast may not change her residency once she has entered any USA Gymnastics competition during that competitive season.
- C. A gymnast may claim only one state as her residence for Individual Competition.
- D. In the event that a gymnast moves to another state during the competitive season, she may claim a new state-of-residence only after petitioning to the Regional Director in her new area. Her new coach should notify the State Director, Regional Director and the USA Gymnastics Program Director of her new residential standing.
- E. In the event of combined State Meets, the gymnast must indicate her residency on the entry form for awards.

F. A gymnast may only claim awards from State and Regional Meets in the state and region in which she declares her residence.

**V. FOREIGN, NON-CITIZEN AND GUEST ATHLETES**

- A. Foreign athletes are defined as gymnasts who are non-citizens and who reside in and/or represent a foreign country. The USA Gymnastics National office must be notified and the appropriate sanction obtained for any competition or exhibition featuring foreign athletes whose primary residence is another country.
- B. Non-citizen athletes are defined as gymnasts who do not hold U.S. citizenship, but who reside in the United States. Non-citizens may participate at any sanctioned event up through Junior Olympic Championships and Eastern/Western Qualifier; however they may not take the place, rank or award of a U.S. citizen.
1. The International Gymnastics Federation (FIG) regulations require that all Foreign Athletes (anyone without United States Citizenship), regardless of age or competition level, must gain permission from the gymnastics federation of their country of citizenship and from USA Gymnastics before they may compete in any sanctioned USA Gymnastics event.
- C. Out-of-State or Out-of-Region Guest athletes are defined as gymnasts who live outside of the State or Region hosting the event. Guest athletes are in a separate award category and receive separate awards according to the same number criteria as resident competitors.
- D. All non-citizen athletes that currently hold a Level 10 or Elite designation will also be invited to attend the Eastern/Western competitions. If a non-citizen athlete acquires a score at the Eastern and/or Western competitions that is equal to or above the last qualifier's all-around score to the National Championships, the non-citizen athlete will be designated Level 10 for the following season
- E. Athletes must be U.S. citizens to compete at National Championships.
- F. For the Junior Olympic Championships, at least half of the Group members must be U.S. citizens.