

Part II

Section 2: DESCRIPTION OF LEVELS

I. GENERAL DESCRIPTION OF COMPETITIVE LEVELS

- A. Level 3 is the first “evaluation” stage in an athlete’s competitive development. The goals of the Level 3 program are to focus attention on skill development not the score. Gymnasts compete Floor and apparatus routines, which are compulsory by club. Up to 4 gymnasts compete on the floor at the same time from the same club.
- B. Level 4 is for the gymnast who can successfully perform the skills and routines from Level 3. Gymnasts compete Floor and apparatus routines, which are compulsory by club. Up to two gymnasts from the same club will compete at the same time.
- C. Level 5 is for the gymnast who can successfully perform the skills from Level 4. The Floor and 3 apparatus routines are optional. Gymnasts will compete one at a time.
- D. Level 6 is for the gymnast who can successfully perform the skills from Level 5. They compete optional Floor and 3 other optional apparatus routines. Gymnasts compete one at a time.
- E. Level 7 & 8 optional program is designed to prepare gymnasts for the advanced skills of the FIG program. They compete optional Floor and three other optional apparatus routines.
- F. Level 9 is for the accomplished rhythmic gymnast who has demonstrated that she can perform basic FIG requirements and is ready for the challenge of full FIG optional routine requirements.
- G. Level 10 is the level for those gymnasts who qualify to the USA National Championships.
 - 1. Any senior that attains a Level 10 status will remain a Level 10 regardless of their qualification to National Championships each following year.
 - 2. A Level 10 senior will be eligible to enter the National Qualifier each year once they attain this status.
- H. The top 12 athletes (junior and senior) in the All-Around competition at USA National Championships earn Elite status.

II. LEVEL 3 AND LEVEL 4 COMPETITION

- A. The Level 3 and Level 4 competitive program will follow the rotation chart for apparatus (as per Coaches & Judges Handbook).
- B. The Level 3 competition will be held at local & invitational events **only**.
- C. Level 4 competition will be held at local, state, and regional events. Level 4 competition will compete at JO Compulsory Championships.

Local competitions

- A. Gymnasts may perform one to three routines. Coach is responsible for music properly labeled at all meets.
- B. There is no minimum score requirement for entry.

State Competitions - Level 4 ONLY

- A. To enter a State Meet, a gymnast must have competed All-Around in at least one USAG sanctioned local meet.
- B. Minimum score requirements for entry into a State Meet may be established by each State Committee. Gymnasts may compete in any State Meet (provided the meet is open); however, competition in the State of a gymnast’s residence must take precedence over out-of- residence meets.

Regional Competition – Level 4 ONLY

- A. All-Around Competition is required at the Regional meet.
- B. Minimum qualifying score to advance into Regional Competition may be established by the Rhythmic Administrative Committee. Note: Each Regional Board has the authority to lower this score if deemed necessary.
- C. To enter a Regional Meet, a gymnast must have competed All-around in her State Meet and must have achieved the designated qualifying score in her State Meet. If a State Meet is not held in a gymnast’s state-of-residence, the gymnast must compete All-around in a State Meet outside of her state-of-residence.
- D. Gymnasts may compete in any Regional Meet (provided the meet is open); however, competition in the Regional Meet of a gymnast’s residence must take precedence over out-of-residence Regional Meets.

III. LEVEL 5 AND LEVEL 6 COMPETITION

- A. The Level 5 & Level 6 competitive program will follow the rotation chart for apparatus (as per JO Handbook).
- B. Level 5 & Level 6 competition will be held at local, state, regional and championship events
- C. Level 5 & 6 will compete at JO Compulsory Championships.

Local Competitions

- 1. Level 5 & Level 6 gymnasts may perform one to four events at the local level, however; a gymnast must perform the RFX routine in order to compete any of the additional events. Coach is responsible for music properly labeled at all meets.
- 2. There is no required minimum qualifying score for Local Meets.

State Competitions

- 1. Minimum score requirements for entry into a State Meet may be established by each State Committee.
- 2. To enter the State Meet, a gymnast must have competed All-Around in at least one USAG sanctioned local meet.
- 3. Gymnasts may compete in any State Meet (provided the meet is open) however; competition in the State Meet of a gymnast's residence must take precedence over out-of-residence State competitions.

F. Regional Competitions

- 1. All-around competition is required at the Regional level
- 2. Minimum qualifying score to advance into Regional Competition is established by the Junior Olympic Program Committee. Note: Each Regional committee has the authority to lower these scores if deemed necessary.
- 3. To enter a Regional Meet, a gymnast must have competed All-around in her State Meet and must have achieved the designated qualifying score in her State Meet. If a State Meet is not held in a gymnast's state-of-residence, the gymnast must compete All-around in a State Meet outside of her state-of-residence.

G. See Junior Olympic Championships Section.

VI. LEVEL 7 AND LEVEL 8 COMPETITION

- A. The Level 7 & 8 competitive program will follow the rotation chart for apparatus (as per JO Handbook).
- B. Level 7 & 8 competition will be held at local, state, regional and championship events.
- C. Local Competition
 - 1. Level 7 & 8 gymnasts may perform one to four events at local meets; however, a gymnast must perform the Floor routine in order to compete any of the additional events. The Coach is responsible for music properly labeled at all meets.
 - 2. There is no required minimum qualifying score for Local Meets.
- D. State Competitions
 - 1. Minimum score requirements for entry into a State Meet may be established by each State Committee.
 - 2. To enter a State Meet, a gymnast must have competed All-Around in at least one USAG sanctioned local meet.
- E. 3. Gymnasts may compete in any State Meet (provided the meet is open); however, competition in the State Meet of a gymnast's residence must take precedence over out-of-residence State competitions.
- F. Regional Competitions
 - 1. All-around competition is required at the Regional level.
 - 2. Minimum qualifying score to advance into Regional Competition may be established by the Rhythmic Administrative Committee. Note: Each regional board has the authority to lower these scores if deemed necessary.
 - 3. To enter a Regional competition, a gymnast must have competed All-around in her state meet and must have achieved the designated qualifying score in her state meet. If a state meet is not held in gymnast's state of residence, the gymnast must compete All-around in a state meet outside her state of residence which has been designated by the Regional Board.
- G. See Junior Olympic Championship Section.

VII. LEVEL 9, 10 & ELITE COMPETITION

- A. The Level 9, 10 & Elite competitive program is determined by the FIG program.
- B. **A gymnast may only compete in Level 9 Hope division after having competed at least one year in the USA Gymnastics Junior Olympic Program.**
- C. A gymnast may compete with less than four events at Local and state meets; however, she will not be eligible for All-around awards.
- D. There is no minimum qualifying score for entry into local, state, and regional meets.
- E. Level 9 gymnasts must qualify to the National Qualifying competition by attending their Regional Championships and the Junior Olympic Optional Championship. The qualifying will be determined by the USA Gymnastics Rhythmic Program Director.
- F. Level 9, 10 and Elite gymnasts may qualify to the USA National Championships only from the designated qualifying competitions, as determined by the Rhythmic Program Director and the Rhythmic Program Committee.