

Mobility Rules for the Women's Junior Olympic Program (Levels 1-10)

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The USA Gymnastics Jr. Olympic Program Committee has established **MINIMUM** standards for upward mobility in the Jr. Olympic program for Levels 1-10. Ultimately, each individual gym and/or coach will determine any additional standards for their own program, since the ability to achieve the minimum score does not necessarily insure that the athlete is capable of mastering the skills at the next level.

Many gyms have a higher score standard, or require that the athlete score the minimum score more than just once, while some programs require mastery of specific skills which would make the athlete capable of successfully competing at the next higher level. Clubs that have a large optional (Levels 7-10) program may have higher standards for moving compulsory athletes up in order to maintain a smaller and safer athlete to coach ratio for their optional gymnasts, due to the complexity of the skills required at those levels.

Competitors in Levels 5 through 10 may advance ONE LEVEL AT A TIME by scoring the minimum All-Around mobility score (or by meeting their club's criteria for advancement). No athlete is allowed to "skip" a level.

MANDATE SCORES are not permitted in the Jr. Olympic program; that is to say, no athlete is required to move up to the next level based upon achieving a certain score. There are many factors to be considered when moving up to a higher level, and the ability to score high at one level does not necessarily indicate readiness to move to the next. Some of the factors which would indicate that an athlete should stay at their present level despite their score achievement at their present level are: fear of performing skills required at the next level, the inability or lack of desire to commit to more training hours and/or higher costs as a result of increased hours of training and possibly the inability of the club to provide a knowledgeable and experienced coaching staff for the higher levels.

Since there are no mandate scores, it often appears that some clubs are holding athletes back with the prime intent to win the state's team championships. It sometimes appears unjust (especially to those programs that use the "minimum" standards) that a first-year competitor has to compete against athletes who have competed at that level for more than one year and are scoring 36.00 or better in the All-Around. The fallacy in that line of thinking is that all athletes have an equal right to receive an award. While many athletes may be able to successfully compete one season at a level and be ready to move up, the reality is that most athletes spend more than one year at a level. Perhaps the first year competing at a specific level will bring success at the smaller local meets, but no awards at the State meet. This is not a bad thing; it only means that the athlete

must continue training and perfecting her routines. By the second season, the athlete may be capable of placing at the State meet and will be rewarded for her perseverance and higher level of ability.

If a state has a large number of competitors at a specific level, the USAG State Boards are allowed to sub-divide levels into first-year competitors (Novice) and veteran competitors. This allows those new competitors a more even playing field and, therefore, a better chance at placing high enough for an award.

The minimum USA Gymnastics standards are as follows:

Present Level	Advance to	Minimum Standard
Level 1 - 4	Level 5	Must pass with 75% proficiency on the sequences at each level; 100% flexibility and 5 out of 6 conditioning exercises. A coach who is certified as a Skill Evaluator must sign the Level 5 registration form verifying that the athlete has successfully completed the Level 1 - 4 developmental program
Level 5	Level 6	31.00 AA one time at a USAG-sanctioned competition
Level 6	Level 7	31.00 AA one time at a USAG-sanctioned competition
Level 7	Level 8	31.00 AA one time at a USAG-sanctioned competition
Level 8	Level 9	34.00 AA one time at a USAG-sanctioned competition
Level 9	to Level 10	34.00 AA one time at a USAG-sanctioned competition
Level 9	to Elite	Qualifiers to Level 9 Regionals or East/West Championships may enter either the National or International level at the Regional Elite meet, without petitioning.

Level 10	Elite	Qualifiers to Level 10 Regionals or Nationals may enter either the National or International level at the Regional Elite meet, without petitioning.
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