



Flips
Gymnastics Team Hand Book

Flips Gymnastics

Team Hand Book

Please read this handbook carefully as it was designed to answer most of your questions about the sport of gymnastics, our training philosophy and the policies we have at Flips.

Pages 13 - 14 are written for the gymnast. They are expected to read these pages and abide by these rules.

Table of Contents

| | |
|---------------------------------|---------|
| Welcome | 3 |
| Team Philosophy | 4 |
| Program Structure | 5 - 6 |
| Team Parent Guide & Policies | 7 - 8 |
| Guide to Competitions | 9 - 10 |
| Team Fees & Expenses | 11 |
| POOF | 12 |
| Gymnastics Etiquette | 13 |
| Suspension and Dismissal | 14 |
| Description of USAG Competitive | 15 - 17 |

Also included in this handbook are the following forms, which need to be completed, signed and returned.

Medical History Form
USAG Athlete Registration
Tuition Agreement

Gymnast Agreement
Gymnast's Goal Sheet

Welcome Team Members

Welcome to the **Flips Gymnastics Team** and the exciting world of competitive gymnastics. We are happy to have your family as a part of the team. We look forward to working with your daughter as she pursues her dream of being a competitive gymnast. As a member of the team you will watch your daughter mature with the characteristics of a gymnast, a gymnast with drive, confidence, self discipline and the appreciation of hard work. Our goal is to make your daughter's experience at **Flips** fun, positive and successful. To ensure that we accomplish this it is important that the gymnast, coaches and parents are able to function as one Team.

At **Flips** we understand that you and your daughter have made a big commitment to this gym. Not all of the answers will be in this handbook. If you have any questions or concerns after reading this handbook, please don't hesitate to talk to your coach or contact Angela. We will do our best to answer all of your questions to your satisfaction. **No Question Is Too Small.**

Team Philosophy

“Only perfect practice makes perfect.”

Our training philosophy is to ensure that practice is educational, challenging, and fun. We believe that if your child is not having a good time overall with gymnastics she will not stay the course. It is our intention to help your daughter reach her full potential and have the opportunity to pursue a college scholarship. It is important to understand that the purpose of *Flips* is not training Olympic hopefuls. It is not worth it to us for your gymnast to give up her childhood for the 30+ hours a week workouts that are required to have the small possibility of getting there. We do our best to make sure that practice is structured so that the girls are working the entire practice. We structure our workout in this manner so that our gymnast can spend less time in the gym to prevent burnout and still be competitive with other gyms in their state. As the levels of gymnastics increase the level of participation decreases, our biggest goal is to keep these upper level gymnasts involved in the sport, whether it's through competition or coaching. There are so many life lessons through the sport of gymnastics and *Flips* takes pride in teaching them.

A few things to remember at Flips

Each gymnast will be challenged at their level and pace.

Your gymnast will not only learn about gymnastics but about themselves as well.

Fear can be a big part of gymnastics; we will do our best to help your child in any way possible to help them conquer it.

Some children may never prosper in a competitive environment.

The relationship between coach and gymnast is a very important part of this sport. Please talk to your daughter's coach with any questions comments or concerns.

Communication is Key.

Program Structure

| Level | Practices a Week | Hours a Week | Competitions |
|--------------|------------------|--------------|--------------|
| Pre-Team | 2 | 6 | N/A |
| Level 4 | 2 - 3 | 10-12 | 7 - 9 |
| Level 5 | 3 | 12 | 7 - 9 |
| Level 6 | 4 | 12 | 7 - 9 |
| Level 7 | 4 | 15 -16 | 7 - 9 |
| Level 8 | 4 | 15 - 20 | 7 - 9 |
| Level 9 & 10 | 4 - 5 | 15 - 20 | 7 - 9 |

* Competitions include all competitions including the State Meet. Regional and Nationals are not included.*

“What it Takes To Be” is a basis for how we determine that your child is ready for the next level of competition. Not only do they need to perform these skills well but they need to be performed without hesitation. This helps ensure that you child is ready to safely compete at the next level. All final decisions will be made by your daughter’s coach/coaches. Some of the aspects that they will be looking at as well as the skills listed below are gymnast’s desire, coachability, age, attendance, confidence level, courage and potential for success at higher level. Please remember that skills your daughter has will not guarantee her placement in the next level. It is important that gymnasts have time to perfect their skills before competing them. If you do not feel satisfied where your daughter is placed please talk to your daughter’s coach to find out why she was placed there. It is our intent that your daughter will be able to participate competitively, safely and happily at the specific level their coach chooses.

What it Takes To Be

| <i>To Be a Level 4</i> | | | |
|-------------------------------------------------------------------------------------|-------------------------------|-----------------------------|-----------------------------------|
| Floor | Bars | Beam | Vault |
| <i>Standing BHS</i> | <i>Front Hip Circle Cast</i> | <i>Vert. Handstand</i> | <i>Hollow Handstand</i> |
| <i>1 Flat Split</i> | <i>Shoot Through</i> | <i>Tuck Jump @ Hor.</i> | <i>Handstand Hop</i> |
| <i>Front Limber</i> | <i>Stride Circle</i> | <i>110° Split Leap</i> | <i>Tight Handstand Fall</i> |
| <i>Back Roll Straight Arms</i> | <i>Pull Over</i> | <i>Side Handstand Dis.</i> | <i>Jump to Straight Handstand</i> |
| <i>To Be a Level 5</i> <i>a score of 35.00AA in level 4 a minimum of 3 times</i> | | | |
| Floor | Bars | Beam | Vault |
| <i>5 BHS in-a-row</i> | <i>Straight Arm Glide Kip</i> | <i>Cartwheel</i> | <i>Handstand Hop</i> |
| <i>FHS</i> | <i>Front Hip Horiz.</i> | <i>2 sec. Hnstd</i> | <i>Straight Hnstd Block</i> |
| <i>Dive Roll</i> | <i>Long Hang Kip Cast</i> | <i>135° Split Jump/Leap</i> | <i>Good Arm Circle</i> |
| <i>Straight Arm Back Ext.</i> | <i>Strong! Tap Swing</i> | <i>2sec. Dismount</i> | <i>FHS over Table</i> |

To Be a Level 6*a score of 35.00 AA in level 5 a minimum of 3 times*

| Floor | Bars | Beam | Vault |
|--------------------------|----------------------------------|-----------------------------|-------------------------------|
| <i>Standing Tuck</i> | <i>Glide Kip Cast above 30°</i> | <i>4 sec. Dismount</i> | <i>Straight Body FHS</i> |
| <i>FHS Step w/Flight</i> | <i>Free Hip above Horizontal</i> | <i>165° Split Jump/Leap</i> | <i>Hnstd Hop on Stack Mat</i> |
| <i>Front Tuck</i> | <i>Swing Over at Horizontal</i> | <i>Back-walk-over</i> | <i>FHS Vault over Resi</i> |
| <i>R-off → Tuck Open</i> | <i>Flyaway Bar Height</i> | <i>Full Turn</i> | <i>½ On to stand on Resi</i> |

To Be a Level 7*a score of 35.00 AA in level 6 a minimum of 3 times or a 35.50 @ 1st Meet*

| Floor | Bars | Beam | Vault |
|------------------------|-----------------------------|------------------------------|--------------------------------|
| <i>R-off → Layout</i> | <i>Free Hip above 30°</i> | <i>BHS</i> | <i>½ on</i> |
| <i>FHS Front Salto</i> | <i>Layout Flyaway</i> | <i>BWO-BHS</i> | <i>R-Off onto Back on Resi</i> |
| <i>B Tumbling Pass</i> | <i>Giant</i> | <i>180° Split Jump/ Leap</i> | <i>R-Off Entry onto Resi</i> |
| <i>180° Split Leap</i> | <i>Glide Kip Cast Hnstd</i> | <i>Ctwbl Back off</i> | <i>Min. Deduction FHS</i> |

To Be a Level 8*a score of 35.50 AA in level 7 a minimum of 3 times*

| Floor | Bars | Beam | Vault |
|-------------------------------|----------------------------|---------------------------|----------------------------|
| <i>R-off → Full</i> | <i>Free Hip Handstand</i> | <i>BHS-BHS</i> | <i>Tuck Tsuck</i> |
| <i>Double Salto Connected</i> | <i>Release Move</i> | <i>Forward Skill</i> | <i>R-Off entry w/ spot</i> |
| <i>3B Skills</i> | <i>Giant Giant Flyaway</i> | <i>Working for B Dis.</i> | <i>Tuck Full off Vault</i> |
| <i>1C Skill</i> | <i>½ Pirouette</i> | <i>Salto</i> | <i>Pike Tsuck</i> |

To Be a Level 9*a score of 35.50 AA in level 8 a minimum of 3 times*

| Floor | Bars | Beam | Vault |
|------------------------------|-------------------------------|------------------------------|---------------------------|
| <i>3 C Passes</i> | <i>All Casts to Handstand</i> | <i>BHS-C Flight (ALB)</i> | <i>Pike/ Lay Salto</i> |
| <i>2 Bonus Tumble Passes</i> | <i>Release to Hand</i> | <i>Salto Connection</i> | <i>Twisting Salto or</i> |
| <i>2 Bonus Jump Series</i> | <i>C Dismount</i> | <i>B/C Mount or Dismount</i> | <i>FHS Front</i> |
| | <i>Twisting Giants</i> | <i>2 B+C Connections</i> | <i>Must be doing 9.5+</i> |

To Be a Level 10*a score of 36.00 AA in level 9 a minimum of 3 times,*

| Floor | Bars | Beam | Vault |
|----------------------------|---------------------------|----------------------|----------------------------|
| <i>Double Back</i> | <i>Single Bar Release</i> | <i>Bonus Series</i> | <i>Lay Salto</i> |
| <i>All Bonus Tumbling</i> | <i>Bonus to Release</i> | <i>Total of + .6</i> | <i>Twisting Salto or</i> |
| <i>2 Bonus Jump Series</i> | <i>D Dismount</i> | <i>1 D/E Skill</i> | <i>FHS Front</i> |
| <i>1 additional D/E</i> | <i>1 additional D/E</i> | <i>C Dismount</i> | <i>Must be doing 9.6+.</i> |

Team Parent Guide & Policies

Parents,

Your daughter is very talented to be a member of this program and you should take great pride in that. Gymnastics is not an easy sport and takes much mental toughness; remember this when your daughter struggles with an irrational fear. It's the coach's job to coach. They have experience dealing with different situations and dilemmas and 9 times out of 10 will know how to motivate your child in the gym better than you do. Feel free to make a suggestion in an appropriate manner to your coach to help them better deal with your child. Your coach will know if your daughter does better with pressure, or praise, or if they need assurance.

Gymnastics is a big time and money commitment. Understand that your child is in the sport because she loves it. Be careful if you get upset yourself or with your child based on a poor performance at competition, and be careful if you make them practice at home. If you take the fun out of the sport, your daughter will not stay the course.

Remember that your daughter will progress in this sport at her own pace; she may thrive in competition or only in practice. Every gymnast has positive and negative attributes to help her through the sport. Do your best not to compare your daughter's progress with anyone else's.

Finally, be a good supportive parent. Make sure that your child gets enough sleep and the proper foods before practice. Take interest in her health. Gymnastics is a very grueling sport which may cause aches and pains. If this occurs it is your job that your daughter sees a physician. Reward your daughter for accomplishing goals, new skills, getting over fears, etc. If you do a good as a parent your daughter will have a very happy stress free career in gymnastics.

It is your responsibility to let the coaches know of any illness, medication or injury that could possibly affect practice at any time.

Meetings:

Every fall there will be a team meeting to discuss the competitive season, and general questions. Your attendance is strongly recommended. Individual meetings with the coach are also recommended and maybe very beneficial to ensuring a good season for your daughter.

Special Activities:

Throughout the year there will be scheduled activities for not only the gymnast but their family as well. There will be: A Holiday Party, Amusement Park Day, Slumber Parties, Exhibitions, Awards Ceremony and hopefully many other fun and family friendly activities.

Vacation:

Artistic Gymnastics is a year-round sport. We must ask that you plan vacations around the competitive season (December thru May) or during gym closings (First week of summer and last week of summer). Practices will be held during Christmas break and Spring Break due to the competition season. In addition, be sure to let your coach know if any planned vacations.

Photo Release:

I understand and acknowledge that from time to time my child's picture or video might be taken while participating in practices or functions involving Flips or POOF. These pictures or videos maybe used for the purpose of illustration, advertisement and publication in any pertaining to Flips or POOF.

Competitions:

Gymnasts are expected to participate in all scheduled meets. If a gymnast misses two practices a week prior to a meet, for any reason, she will not be permitted to compete.

Practices Prior to Competitions:

Gymnasts are expected to be at all practices a week prior to a competition. It is very important that each of our gymnast are well prepared and confident going into each competition. Practices before competitions are very unique and specifically designed to help the gymnast do well, they need to be present for all of them to receive the full benefit.

Practices:

Gymnasts are expected to attend all practices on time. Consistency and punctuality is very important to decrease the likelihood of injury. It is necessary to call the gym to let them know if your daughter will not be at practice. Unexcused absences are strongly discouraged; please help your daughter understand the commitment that she has made to the team.

Make - Ups:

Just like college, your tuition pays for a spot, REGARDLESS OF ATTENDANCE. Flips does not have the space or coaches available to allow for make-ups, in doing so would jeopardize the safety and/or integrity of the practice. If you are concerned about missed practices, lost strength and/or flexibility, it may be best to schedule some private lessons.

Missed Practices:

Due to competitions, holidays, and gym closings there will be some missed practices. In general Flips does not have the space or coaches available to allow for make-up practices. However, we will try to accommodate additional practice time when possible. These missed practices are largely accounted for during additional open practices, team camp, and extended hours during summer and the school year. Missed practices due to Saturday competitions will in most cases will not be considered for make-ups. Remember, your tuition pays for a year of gymnastics and is divided into 12 months.

Injury Policy:

This policy is for the benefit and well being of our gymnast, so that coach, parent, and doctor are all on the same page and working as one team.

1. If your child is in pain for more than the course of 2 weeks needing assignment modification, it is necessary that they get a doctor's note before they can participate in their next practice.
2. If your daughter has seen a doctor and needs a modified practice we will need to have a doctor's note.
3. If your child has been injured we will need a doctor's note to return to a regular work out.

A Guide to Competitions

Gymnastic meets are an exciting and sometimes stressful time for all involved including parents.

Following a few simple rules of thumb will enable the competition season to run smoother.

1. It is important that your daughter get plenty of rest the night before (sleepovers are discouraged).
2. She should also have a small nutritious meal at least 45 minutes prior to competition call time.
3. Parents should have an idea of where it is they're going and allow plenty of time for travel. Rushing stresses out you and your gymnast.
4. Gymnast should come to meets dressed with their hair done, ready to perform. If for some reason you or your gymnast needs help "meet readying" her hair, please come early for assistance so as not to interfere with warm-up time. **Hair should be secured to the head with no loose pony tails, or pony tails longer than the neck line.**

A gymnastics competition usually runs 4-5 hrs. During this time, your daughter will only compete for about four minutes. It's imperative you and your gymnast are prepared for a long and exciting day. Please be advised to bring the following when attending meets:

Gymnasts:

- **Gym Bag**
- **Warm Ups**
- **Competition Leotard**
- **Tape**
- **Hand Sanitizer**
- **Nail Polish Remover Wipes**
- **Make-up (age appropriate)**
- **Lotion**
- **Kleenex**
- **Hair Bands, Clips, Bobby pins, etc.***
- **Brush, Hair Spray, Glitter, Gel**
- **Water**
- **Coin Purse (containing approximately \$5 for snacks and incidentals)**
- **Activity Books & Magazines (sudko, mad libs, crosswords, etc.)**
- **Snacks (preferably nothing that melts or is messy) Cereal/Granola Bars, Trail Mix, Fruit, Veggies**

(These are all good choices and healthy alternatives to chips and cookies)

*Hair Accessories should match or compliment Competition Leo

Parents:

- Dress Comfortably
- Money (cash), meets usually cost around \$5 for adults to enter. In addition parents might choose to purchase food from concessions or congratulatory gifts for their gymnast competing.
- Most meets are held in gym type facilities therefore seating is usually crowded and uncomfortable. Plan accordingly. Alternate seating such as cushions, donuts, chairs with back support etc. are very helpful.
- Digital Camera (**flashes are not allowed in order to keep the environment safe for the gymnast**)
- Video Camera (tripods are a good idea if you're prone to shaking hands when taping your gymnast)
- Water, Snacks

A Guide to Competitions Continued. . .

Competition Behavior & Conduct

Competing in gymnastic competitions is a privilege, not a right. Gymnasts are expected to be on their best behavior at all times. Gymnasts represent not only *Flips*, but themselves as young ladies, therefore rudeness and any other un-sportsman like behavior will not be tolerated. Gymnasts are to remain with their coaches and team members the entire meet. Talking and interacting with parents and others in the audience is considered inappropriate competition behavior. Be sure to direct all questions and concerns to your coach, he/she will be best suited to help you. When rotating events, it's important to remember to clean up after yourselves!

Parents, having your daughter compete is often as nerve wracking as it is exciting. You may find yourself to be more nervous than your gymnast. Please make a concerted effort not to have your nerves rub off on your child. Many of the girls, especially the younger ones or those who are just beginning to compete are enjoying themselves and taking the entire experience in stride. You will do well to adopt this same attitude. During meets it's easy to become overwhelmed if you feel your child isn't doing as well as you think she should. You may be inclined to "coach" her from the sidelines. Please refrain from doing so, as it is confusing to the gymnast and undermines the authority of the coach. Please save any questions or concerns you may have for the coach until after the meet. It's the coaches' job to get your gymnast through the meet physically and emotionally intact. He/she knows best how to do this. It's important to trust that they have your daughter's best interest at heart. It's the parents' responsibility to be morally supportive of their daughter no matter how well she is or isn't doing. When she looks at you before and or after an event, smile, for ultimately it's your approval she seeks!

If you have any questions regarding meets, please feel free to speak to any of the veteran parents or Angela directly. We will all need to work together to have a successful competition season.

Team Fees

Yearly Tuition and Monthly Payments

- The team is a yearly commitment; payment is made on a monthly basis to cover the year's tuition.
- The team commitment is from June through May.
- We require a non refundable deposit of 15% as well as your June's Payment paid by June 1st. This deposit will be credited back to your account in the months of April and May. In the month of April you will be required to pay a percentage of your monthly fee, then in the month of May there will be no payment required as long as your account is up to date. (However it may be a good idea to continue to pay as normal so that you will have a credit in your account for next seasons deposit due in June ☺)
- Payment is due on the 25th of every month for the following month. If payment is not received by the 5th of the next month your daughter will not be able to participate in any Flips practices or activities.
- There is a fee of \$20 for any late payments. Adjustments may be made to your monthly payment due to serious injury or illness.
- NSF transactions (non-sufficient funds) will result in a fee of \$30. If your account is not up to date in 15 days your daughter will not be permitted at practice.

Additional Fees & Expenses

Choreography: \$175

Due upon completion of routines.

Choreographed routines are required for the optional levels of gymnastics (Levels 7 – 10). New Floor routines are \$175. There is a charge for choreographed routines, because they are done in the manner of a private lesson due to the necessity of one on one attention. Every gymnast will need a one on one session yearly for their floor routine (even if they do not get a new routine) to fix, clean up and add or change skills, this charge will be the same as a private lesson.

Floor Music: \$40

Due upon completion of cut.

Flips is capable of cutting most music to make a floor routine for the optional level gymnast. The gymnast is required to provide the music. Please understand that not all music can be cut to fit a 1:15 - 1:30 time frame. This is not the only way to get music but this helps ensure originality.

Private Lessons: \$30 - \$60

Private Lessons are available upon request. A private lesson is good for a gymnast that needs a little additional help on a skill or is someone that may be having difficulty on a particular event. Privates can be split between gymnasts. The price is \$25 for ½ hr and \$60 for an hr.

Additional fees/expenses that are not included are:

- Gymnastics Memberships
- Team Attire,
- Clinics
- Day Trips
- Practice leotards
- Tape
- Grips
- Hair stuff
- Gym Bag
- Woodward Gymnastics Camp (We recommend that all Flips gymnasts attend Woodward) (≈ \$850)

Included in Total Monthly Tuition

Flips Team Camp (≈27 hrs of camp) *Every year *Flips* will host a team camp.

Team Camp is strongly recommended to be successful for the next year.

POOF

“Parents Organization of Flips.”

Flips has a non for profit organization to help benefit all Flips Gymnastics Team Members.

This Organization is to help ease the financial burden of this sport. Parents and gymnasts will have the opportunity to fundraise for what used to be out of pocket expenses. Such as: Competition Leotard, Exhibition Leotard, Warm-ups, Team Camp Fees, Banquet, etc.

To help keep this organization strong and a benefit to all members it will be imperative that all Flips Gymnastics Families participate and volunteer with/for a committee.

Poof will require monthly assessment fees to cover the cost of competition and coaching fees.

There is a required membership fee payable to POOF at the start of the year.

Gymnast Etiquette

Attend every practice.

Even if you are injured there are still things that can be done safely, with no health risk.

Be on the floor ready to practice at the start of practice.

Injuries and Illnesses need to be reported to your coach immediately.

Let your coach know as soon as possible if you know you will have to leave practice early so that they can plan accordingly. Also, let your coach know when you may be late to practice due to an appointment.

Keep a positive attitude; you will struggle in this sport.

When you get negative or frustrated you begin thinking about what you are not doing instead of what you should be doing.

Be realistic.

Be happy when you accomplish even the smallest goals.

Don't set yourself up for failure by setting your goals too high

During Competition

Arrive to the competition in *Flips* attire with hair done ready to compete.

Arrive well rested and fed. Be sure to have healthy snacks that are neat.

Check that you have all necessary belongings before you leave your house and the competition.

You are expected to stay with your team until you have been dismissed.

It is not appropriate to be conversing with your family members or other friends that are not competing.

Cleanup your area at the end of the meet, leave it cleaner than it was before you were there.

Never approach a judge during or after competition.

Perform with pride.

No matter how bad your routine is you must finish with pride and dignity.

If you feel you must cry, you are expected to maintain your composure until you can find a private place.

Treat other coaches, gymnasts, and judges with respect and courtesy.

Negative comments about other teams and gymnasts are not tolerated.

A bad attitude during competition with respect to yourself, your coach or your team mates is grounds for dismissal at the competition. You will not be permitted to come back until you have fixed your attitude.

Gymnastics is a team sport. It is important that you cheer for your team mates during competition and congratulate them with their successes, even if you yourself have not had a successful competition. Remember, we are all working together to accomplish the same goals.

Above all, enjoy yourself.

A good attitude is the key to success and happiness.

Suspension and Dismissal

Unfortunately, this is a necessary part of any organization, and we have no choice but to make this a part of the team handbook. It is our goal that none of our students display any of the actions listed below, and we will do everything possible to see that this is the case. However, if it becomes necessary to enforce this portion of the agreement we will diligently work with the student to get them back on track and ensure that they reach their full potential.

Our most important expectation is that you treat your coach with the same respect as you would your teachers and parents.

Your coach has the right to send you out of practice.
You will not be allowed to return until your behavior or the problem has been resolved.
If this happens before a competition, your coach may take you out of the meet.

If you refuse to do a spotted skill that you have done previously, your coach has the right to refuse to spot you on other skills that you may need or want a spot on.

You will scratch an event if you are balking on skills that you are competing the week of a meet.

Your coach will scratch you from an event if you are not performing your competition skills independently.

Reasons for Dismissal

A continued bad attitude with no attempt for improvement
Refusal to do normal and expected work loads and exercises
Extreme difficult interactions with parent and coach

Detach Here and Hand in with Rest of Documents

The following portion below is intended for the gymnast to sign, so that they are fully aware of what expectations that we have at Flips.

*I _____, have read about gymnastics etiquette and the reasons for suspension and dismissal at **Flips**. I understand these rules and guidelines and will abide by them and understand what the consequences may be if I do not.*

Signature of Gymnast: _____ Date: _____

Signature of Parent: _____ Date: _____

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

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. |

WOMEN'S JUNIOR OLYMPIC COMPETITIVE PROGRAM, USA Gymnastics

This Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnast to advance at her own pace, competing at more than one level in a year, if she so chooses.

The Women's Junior Olympic Program is divided into three major segments.

1. The Developmental Levels 1 through 4 may be used as a non-competitive and achievement-oriented program for use within a gym's pre-team program, or they may be used as an introductory/recreational competitive program. States may also offer State Championships for these levels.

2. The second part consists of Compulsory Levels 5 and 6. Both of these levels are progressive in nature, building upon the skills required at the previous level. Competitive opportunities are provided up to and including the USA Gymnastics State Championships.

3. The third segment is Optional Levels 7-10. Levels 7 and 8 have difficulty restrictions, while Levels 9 and 10 have no restrictions in the skill choice. Composition is evaluated at all Optional Levels, except Level 7.

- Level 7 has competitive opportunities up to and including State Championships.
- Additional competitive opportunities are provided for Levels 8-10, with the Level 10 competitive season culminating at the Jr. Olympic National Championships, Level 9 at the Eastern or Western Championships and Level 8 at the Regional Championships.

A non-competitive educational Jr. Olympic Dance Workout Program (Workouts 1-5) is also available to provide proper dance training for gymnastics. The text, videos and audiocassettes can be ordered through the Member Services Department or from the USA Gymnastics online store at www.usa-gymnastics.org.

Junior Olympic competitions are conducted throughout the United States and are organized by the USA Gymnastics State and Regional Administrative Committees. Each state has the jurisdiction to determine its state calendar, according to the needs of its members.

A Jr. Olympic COMPETITIVE YEAR is defined as the period from August 1 through July 31.

A COMPETITIVE SEASON is defined as that period from the first designated qualifying competition through the culminating Championships at each level.