

PART TWO

JUNIOR OLYMPIC COMPETITIVE PROGRAM

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.

NOTE: All italicized bold type indicates a change from or an addition to the 2006-2007 *Rules and Policies*.

**PART TWO
JR. OLYMPIC PROGRAM**

**SECTION I
REQUIREMENTS FOR LEVEL ELIGIBILITY & ADVANCEMENT**

I. ENTRY REQUIREMENTS AND MOBILITY SCORES OVERVIEW

Level	Minimum Age Requirement	Pre-requisite Scores	Previous Experience	Suggested Age Divisions	Mobility Score to Advance to the Next Level
1 – 4	L. 1 & 2 - Reached 4 th birthday L. 3 - Reached 5 th birthday L. 4 - Reached 6 th birthday	None		Children 4-5 (L. 1 & 2 only) 5 (L.3 only) 6-8 9-11 Junior/Senior 12 & up	None
5	Reached 7 th birthday	75% proficiency at Level 1-4 on Vault, Bars, Beam, Floor	Level 5 or 6*	Children 7 - 8 9 –11 Junior/Senior 12 & up	31.00 AA at Level 5
6	Reached 7 th birthday	31.00 AA at Level 5	Level 6 or 7*	Children 7 - 11 Juniors 12 - 14 Senior 15 & up	31.00 AA at Level 6
7	Reached 7 th birthday	31.00 AA at Level 6	Level 7 or 8*	Children 7 - 11 Juniors 12 - 14 Senior 15 & up	31.00 AA at Level 7
8	Reached 8 th birthday	31.00 AA at Level 7	Level 8 or 9*	Juniors 8 - 11 12 - 13 Senior 14 - 15 16 & up	34.00 AA at Level 8
9	Reached 8 th birthday	34.00 AA at Level 8	Level 9 or 10*	To be determined in March 4 Junior Divisions 4 Senior Divisions	34.00 AA at Level 9 to move to Level 10
10	Reached 9 th birthday	34.00 AA at Level 9	Level 10 or Elite*	To be determined in March 4 Junior Divisions 4 Senior Divisions	None

* See II. C. for specifics of dropping back

II. GENERAL POLICIES AND PROCEDURES FOR ENTRY/MOBILITY IN THE JUNIOR OLYMPIC PROGRAM

A. Entry Regulations and advancement

1. In order to compete in a sanctioned competition, an athlete must be a registered USA Gymnastics Athlete Member or Introductory Athlete Member (Levels 1-3 & PREP Optional).
2. A new gymnast must enter at the Jr. Olympic Developmental Level 1.
3. Athletes may not skip any level. They must advance one level at a time by scoring the minimum mobility score at any USA Gymnastics sanctioned competition (Exception: Levels 1- 4 do not have a mobility score)
4. Any athlete who has previously competed in the Jr. Olympic Program, but has been inactive for one or more years, must contact their State Administrative Committee Chairman for proper entry regulations. The options are:
 - a. Remain at the level at which they last competed.
 - b. Move up one level if they achieved the minimum mobility score during their last season,
 - c. Move down one numerical level, without petitioning.
5. Athletes whose competitive experience has been outside of the USA Gymnastics structure may petition the State Administrative Committee for entry into Level 6 or below and must prove their proficiency at that level.
6. Any gymnast who has had previous competitive experience in any system (including USA Gymnastics) and who is a minimum of 14 years of age (and is also at least a freshman in High School) is eligible to petition the State Administrative Committee for entry into Level 7. The petition must be accompanied by a video that demonstrates her skill level.
7. T.O.P. (Talent Opportunity Program) National Team athletes who have been designated (in writing) by the National staff may enter the Jr. Olympic Program at Level 8 or below. The names of these athletes will be forwarded to the State Administrative Committee Chairman.
8. There are no minimum scores to advance to Level 5, only the Level 4 proficiency requirements as stated in the chart on page 19.

9. No mandate scores are permitted at any level. The Jr. Olympic program's purpose is to provide competitive opportunities for all athletes, regardless of their age, ability level, or training commitment in terms of hours and/or finances.
10. States may incorporate sub-divisions within levels (such as first-year competitors and veterans or divisions based on scores achieved) or they may provide a team competition that is conducted separately from the state individual competition.
11. Individual Event Specialists
Even if Individual Event Specialist competition is conducted, (up to and including State), the mobility score for advancement to the next level remains as an All-Around score.
12. A gymnast may compete in a maximum of two (2) State meets per competitive year (one per season), either at the same or higher Level.
13. Refer to the *Jr. Olympic Code of Points* for more specific information.
14. Refer to page 35. I. B. 2 for procedures regarding athletes with physical handicaps which prevent them from competing in the All-Around.

B. Age Determination

1. All gymnasts must reach the minimum age for the level in order to compete (see chart on page 19).
2. For invitationals and qualifying meets below the State Championships, the Meet Director may determine the age divisions and must publish such information in the pre-meet information.
3. For all meets under the jurisdiction of the State or Regional Administrative Committees, the respective committee may determine the method of determining age divisions. There are basically two options:
 - a. Age groups for the season: established by specific ages (i.e., 8-10 yr. olds, 11-12, etc.).
 - 1) In this case, the age divisions should be determined and published PRIOR to the competitive SEASON and the only adjustments that may be made during the season are sub-divisions of the age groups.
 - Exception: At Level 9 or 10 State meet and below, age divisions may be combined if the number of athletes is small.
 - 2) The gymnast must compete with the age division as designated for the entire season. Provided that the gymnast has reached the minimum age for her level, the gymnast's age for the competitive season is determined by the date of the final day of competition at the culminating championship meet for that level.
 - a) For Levels 1, 2 & 3 – age is determined by the date of the culminating competition as directed by the State Administrative Committee.
 - b) For Levels 4, 5, 6 & 7 - age is determined by the date of the last day of the State Meet (or Sectional, if no State meet is held).
 - c) For Level 8 – age is determined by the date of the last day of the Regional Meet.
 - d) For Levels 9 & 10 State meets and below– age is determined by the date of the last day of the State meet.
 - 3) All results must include the gymnast's birth date.
 - b. Age groups for each competition: established by dividing the athletes by actual birth date into approximately equal groups according to a pre-determined number of age divisions or by a pre-determined maximum number of athletes per age division.
 - Meet Directors must publish or post online the meet schedule/age divisions as soon as possible after the entry deadline.
4. Age divisions for the Level 9 and 10 Regional, Level 9 East/West and Level 10 Jr. Olympic National Championships will be determined by the National Office.
 - 1) The State Administrative Chairmen must report the names of all qualifiers to Level 9 and 10 State Meet to their Regional Administrative Chairman by the date of their state meet entry deadline.
 - 2) The Regional Administrative Committee Chairmen will compile the data for their region and forward it to the National Jr. Olympic Program Manager.
 - 3) The Women's Jr. Olympic Program Manager will then determine the age divisions by dividing the athletes by birth date into approximately equal groups according to the designated number of prescribed age divisions.
 - 4) The age divisions will be published on the USA Gymnastics web site and will also be sent directly to all State and Regional Administrative Committee Chairmen.
5. If a gymnast competes in the wrong age division, her scores are invalid for the meet (may not be used for All-Around, Individual Events or Team awards); however, the score achieved may be used for level mobility.
 - If, due to religious reasons or valid extenuating circumstances, a gymnast is unable to compete with her designated age group, she may compete on another day (or in another session) with the approval of the SACC.

She will not be eligible for ANY awards. Her score may be used for mobility or qualification purposes (if qualification is by score, not placement or percentage) to the next meet.

C. Dropping Back through the Levels

1. Once a gymnast has competed in a Sectional meet, she may NOT drop back to a lower level in the same competitive season.
 - If no Sectional meet is held, then the State Administrative Committee must determine prior to the beginning of the competitive year, a designated "declaration" date for each level for such purpose.
2. If a gymnast does not qualify to the State Championships, she may petition to drop back one Level at the beginning of the next competitive season.
 - a. For Levels 7 and below, petition is sent to the State Administrative Committee Chairman.
 - b. For Levels 8, 9 & 10, petition is sent to the Regional Technical Committee Chairman.
3. Once an athlete competes in the State Championships, she is not allowed to drop back. Valid reasons would be considered by the State Administrative Committee Chairman (for Levels 7 & below) or the Regional Technical Committee Chairman (for Levels 8, 9 & 10) for dropping back an athlete who has competed in a State Championships.
 - a. These reasons would include injury, illness, or other extenuating circumstances that would have prevented the athlete from continuing to train at the level at which they previously competed.
 - b. If a valid reason does exist, the athlete would be able to drop back only one NUMERICAL level (i.e. competed Level 8, permission to drop back one numerical level to Level 7.)
4. An Elite gymnast may petition to the Regional Technical Committee Chairman (who will confer with the Regional JO and Pre-Elite Committee Chairmen) to drop back to Level 10 provided that she has not competed in the American Classic in the same calendar year in which she wishes to compete as a Level 10.
 - The RTCC will notify the coach of the acceptance/denial of the petition and will copy the respective State Administrative Committee Chairman.
5. Any gymnast who competed at the Pre-Elite level (at a Regional or National qualifier and/or Challenge competition) may chose to compete as a Level 10 in the following season, since she is considered as a Pre-Elite athlete. No petition is necessary.

