



DEVELOPMENTAL PROGRAM

USAG Developmental Program (DP) consists of Levels 1-10. Junior Compulsory (levels 1-2), Compulsory (levels 3-5) and Junior Optional (levels 6-7), Optional (level 8-10). Each level has its own set of unique rules that ascend in difficulty level to level. Junior Compulsory and Compulsory gymnastics basically means that all the athletes perform the same routines, unique to each event. These routines were chosen by USAG to develop a strong foundation in comprehensive gymnastics basics, strength and flexibility. Junior Optional and Optional gymnastics is more advanced and allows gymnasts to perform unique routines on each event. To advance from one level to a higher level, the gymnast must achieve, in competition, the USAG minimum All Around score. "All Around" refers to the sum of the scores achieved on each event (Vault, Bars, Beam, Floor). Level movement is, ultimately, per the discretion of the coaches. Participation on the DP team is a year-round commitment.

XCEL PROGRAM

USAG introduced the Xcel Program in 2013 as an additional way to involve more girls in competitive gymnastics. Prior to this introduction, many girls were not given the opportunity to compete due to the rigor and requirements expected in the Developmental Program. The Xcel Program has Six levels: Bronze, Silver, Gold, Platinum, Diamond and Sapphire. Girls compete at the level that matches their skill set, which is why they can compete almost immediately. There are no mobility scores required to compete at the Bronze level. Movement from Bronze to Silver is at the discretion of both the coaches and the decision of the families. Moving to Gold, Platinum, Diamond and Sapphire requires the gymnast to achieve, in competition, the particular minimum All Around score in their current level. Movement is, ultimately, at the discretion of the coaches.