

The **movement** starts here.





**2023 – 2024**

**Development Program Update**

# 2023 Women's Development Program of the Year

## Regional nominees

Region 1: Olympus – UT

Region 5: Buckeye – OH

Region 2: Ascend – WA

Region 6: Elite Gymnastics Academy – MA

Region 3: Metroplex – TX

Region 7: World Class – VA

Region 4: Flips – MN

Region 8: Sunshine – NC



2023 Women's Development Program of the Year

**Congratulations**

**World Class  
Gymnastics**

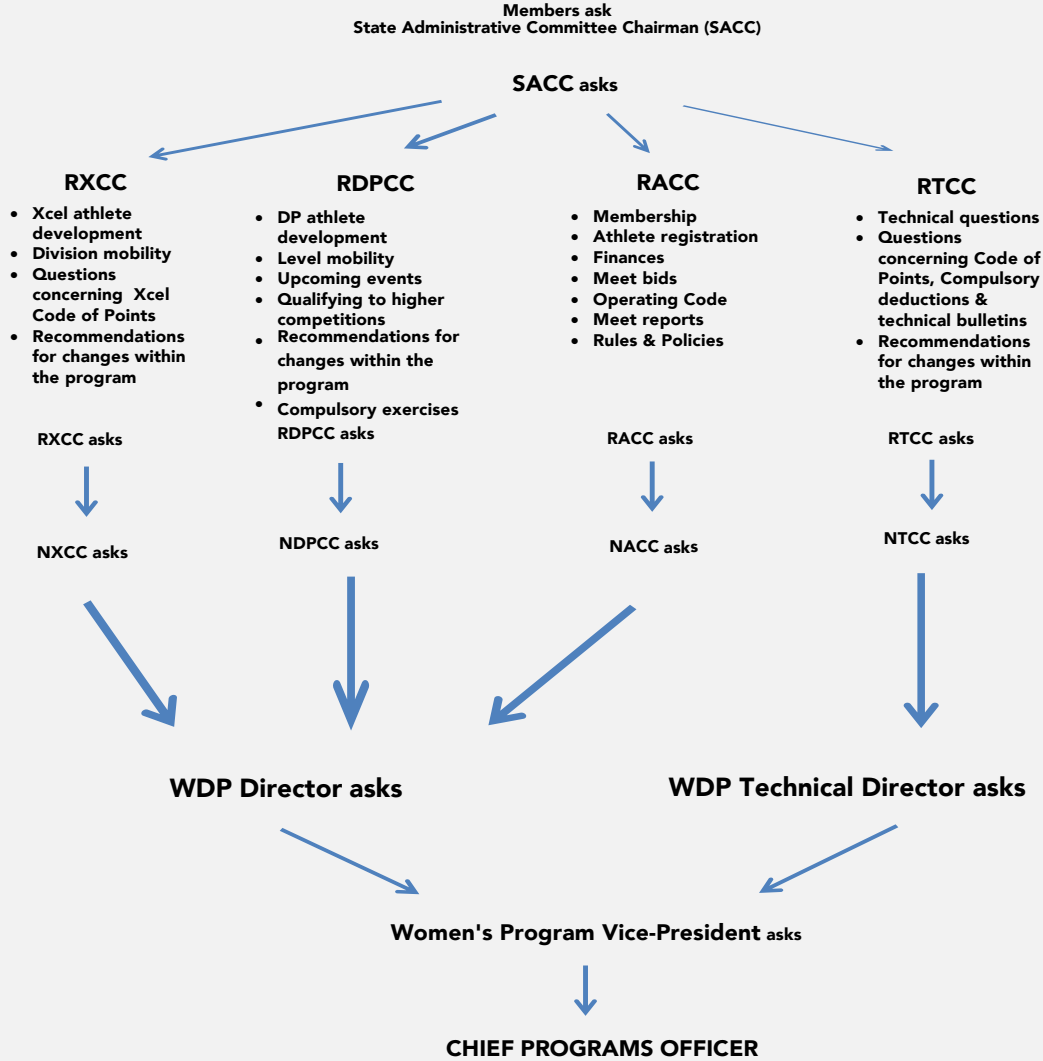




The Women's Program is composed of the Women's Program Committee (WPC) and its sub-committees. These sub-committees are charged with specific Women's programs and are as follows: Administrative Committee (AC), Development Program Committee (DPC), International Elite Committee (IEC), Technical Committee (TC), and Xcel Committee (XC).

# "Women's Program HOT LINE"

Should questions arise, members should seek answers by following the "Chain of Command" described below:



INTERPRETATION OF THE *RULES & POLICIES* IS THE RESPONSIBILITY OF THE  
WOMEN'S PROGRAM COMMITTEE & THE PRESIDENT OF USA GYMNASTICS





# **PHILOSOPHY OF THE PROGRAM**

**The Women's Development Program was created 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 in more than one level in a year, if she so chooses.**

# What does this mean?

- **This program is a linear structure and is meant to provide for strong skill development and MASTERY at each level.**
- **This program will provide a strong foundation for moving successfully through the levels.**





# The DEDUCTIONS are created to...

**Provide a standard by which all judges across the country can apply the rules set forth in each level to provide consistency when competing.**

**Provide tools to be able to separate the best of the best while keeping in mind the philosophy of an equal playing field...i.e composition**



# The RULES...

**Must be made for the masses, not for any individual state or region. These rules have to govern 51 states and allow for a fair playing field across the entire United States.**

**Are not meant to cater to the "TOP" clubs, rather to provide a standardization for all clubs wanting to offer and train gymnasts at a given level.**





# COMMITTEE MEETING MINUTES



ALL INFORMATION CONTAINED IN THIS PRESENTATION IS NOW "**OFFICIAL**" AS ALL COMMITTEE MEETING MINUTES HAVE BEEN APPROVED AND POSTED ON THE WEBSITE.



**The following clarifications and  
recommendations for change are to be  
effective for the  
2023-2024 season, scheduled to begin  
August 1, 2023.**



# OPERATING CODE





When there is a current or forthcoming vacancy in any given office:

- Call for nominations period will be **shortened from 30 days to 14 days**
- Election to take place immediately following close of nomination period
- Election period to remain 15 days
- Term of office to begin either immediately following close of election or once position becomes vacant

**OPERATING CODE**



State and Regional Chair OFFICIAL  
communication MUST be sent via email  
and posting to official websites  
**PRIOR to posting on social media.**

**OPERATING CODE**



State and Regional chairs **MUST**  
respond to all communication  
within ~~14 days~~ **48 hours.**

**OPERATING CODE**





# RULES & POLICIES



# MOBILITY

Level 4 athletes are ALLOWED to move directly to Level 6 (skip Level 5) by:

- Obtaining a minimum All-Around score of 36.00 at **two separate** Level 4 sanctioned competitions.



# DECLARATION DATE

The program (Dev or Xcel) and Level/Division a gymnast enters in the first meet following the declaration date determines the program and Level/Division in which they must compete for the remainder of the season.



# FORMAT

## *At State meets and above:*

- When there are 5 or less athletes in any given squad, a Meet Director is required to utilize a “bye”.



# LEVEL 10 ALL-STAR SESSION

Replacement athletes (both AA and event) **will be accepted** up until 12:00 am EST Thursday morning, the day prior to competition

- If one of the original qualified athletes must scratch for any reason, the next available qualified athlete will be offered the invite to compete.



# CRITERIA FOR SELECTION OF COMPETITION HOSTS

Meet Director **and host club MUST be in good standing** with USA Gymnastics.



# OFFICIALS

Only ½ of the required CPE Clinic credits can be earned from a “live” virtual/online clinic (not recorded). The other ½ of the required clinic hours **must be earned from an in-person clinic setting.**



# OFFICIALS

## **National / USA Brevet course eligibility form**

2022 & 2023 NCAA sponsored Conference, Regional, or National competitions **WILL BE ALLOWED** to fulfill the volunteer credit requirements on form.

After August 1, 2023, **only USA Gymnastics sanctioned events will fulfill the volunteer credit requirements on the form.**





# CONTRACTING OF OFFICIALS

## Assigning fee:

Increasing from \$3.00  **\$5.00/judge**

Any assigning fees collected prior to 8/1/23 will reflect the current \$3.00/per judge fee.

Any assigning fees collected 8/1/23 and after will reflect the new fee of \$5.00/per judge fee.

\* A request for Judges Form that is received by the Contractor within 30 days of the competition will be charged ~~\$5.00~~ **\$7.00** per judge.



# JUDGES HOURLY RATE INCREASE

**Increase of \$1.00 per hour for all judges' ratings (Dev and Xcel)**



# SCORING

*At a State meet and above:*

A Meet Referee has the authority to allow a judging panel to review a routine to verify:

- that Special Requirements were fulfilled
- **that Restricted elements were NOT performed.**



# INQUIRY REGULATIONS

*At any sanctioned competition:*

A Meet Referee may watch a video **(if available)** prior to the submission of an inquiry to determine if that inquiry should move forward.

\*The video would follow the same criteria for submission of an inquiry, as stated in the *R&P*.



# INQUIRY REGULATIONS

Any inquiry to raise a score .10 or less on the lowest event score to qualify to the State or Regional meet **applies ONLY to All Around athletes.**

\* Cannot be used at Regionals to qualify to East/West or Nationals, nor does it apply to IES.



# IES DESIGNATION

**For Levels 9 & 10 – athletes are NO LONGER REQUIRED to designate as an Individual Event Specialist prior to State Meet.**

- Will allow true IES AND All-Around athletes ability to qualify to Regionals on 1, 2 or 3 events (provided they achieve the qualification score)
- Will allow L10 athletes to move on to Regionals and have a chance to qualify to All-Star session at Dev Nationals



# PETITIONS

**NO PETITIONS** to Development Program  
Regional Championships **(at any level)** if  
qualification is by a percentage OR by a  
specific number of athletes.



# PETITIONS

## Level 9 & 10:

IES (Individual Event Specialist) athletes allowed to petition to Regionals with an event score that is **at least 0.25 greater than the current Regional qualifying score.**





# VAULT NUMBERS

## Levels 6 – 10:

Vault numbers **MUST be visually displayed** at any sanctioned competition utilizing a **4-judge panel**.

At **all other competitions**, the Vault name OR number may be **audibly communicated** to judges.



# EQUIPMENT

**Additional warm-up and spotting equipment may be brought** to a USA Gymnastics sanctioned competition.

Exception: Bringing your own alternate skill cushion made of softer foam "Pit Pillow" is NOT ALLOWED.

- \* Additional equipment is NOT required to remain at any specified event.
- \* Additional equipment MUST be manufactured by a recognized gymnastics equipment manufacturer.



# EQUIPMENT-HAND PLACEMENT MAT

**Chalk ONLY** (no tape) may be placed on hand placement mat.

- Reminder: Vault runway only allows for athletic tape or Velcro strips (no chalk).
- All (chalk, tape, Velcro) must be removed by end of rotation.



# EQUIPMENT - BOARD

A small “junior board” / preschool type board (35-5/8"x23-5/8"x9-1/2") is **NO LONGER ALLOWED** for all Development Program levels.

- Levels 1 – 3 may use an alternative (trampoline-type) springboard.



# EQUIPMENT - LEVEL 7 VAULT

**If available**, a "pit pillow" (4 ft. x 6 ft. x 8 in.) is **ALLOWED** to be used as a landing surface on the mat stack.

*Allowed at invitationals and REQUIRED at State and above*

**Reminder:** a sting mat IS ALLOWED to be used on top of the mat stack for a softer landing surface.



## EQUIPMENT - LEVEL 8, 9, & 10 VAULT

**If available**, a “pit pillow” (4 ft. x 6 ft. x 8 in.) is **ALLOWED for WARM-UPS ONLY** to perform a “timer” for a Salto Vault.

*Allowed at all sanctioned competitions*



# EQUIPMENT - BARS

Effective starting **2025-2026 season**:

AAI EVO-ELITE Uneven Bars may be used at Level 9 Eastern and Westerns and **are required** at Level 10 National Championships



# EQUIPMENT – LANDING SURFACE

UB and BB apparatus set up over a loose foam pit is NOT ALLOWED FOR COMPETITIONS, unless the entire area (mount / dismount) is covered by a stable (wooden or metal) surface.

- Exception: **UB and BB apparatus set up over a Resi pit is allowable if the landing surface is deemed firm by both Meet Referee and Meet Director prior to competition.**
- All competition matting specs must be met when utilizing either of these options.





# EQUIPMENT – BARS

Chalk OR water **may NOT be added to the rails or mats** once the exercise has begun / while athlete is on the competitive equipment.



# ATTIRE

Shorts are ALLOWED to be worn over **OR under** the leotard.



# ATTIRE

Coaches and Judges shall NOT wear Earbuds / EarPods while on the field-of-play.

Athletes may NOT wear Ear Buds while competing.





# COMPULSORY BOOK





No deduction for coach standing  
between the Bars throughout exercise.

**COMPULSORY BARS**

**Two (2) options allowed** for the Level 5 Uneven Bar dismount; 

- can perform the current Level 5 dismount of a flyaway, allowing a 10.0 Start Value (SV)

OR

- **can perform the Level 4 dismount of TAP SWING FORWARD WITH ½ (180°) TURN, only allowing a 9.5 SV.**

**COMPULSORY BARS  
LEVEL 5**



Athletes can choose from either a tuck or pike entrance into the backward roll progressions.

**COMPULSORY FLOOR  
LEVEL 1 - 5**



# OPTIONAL CODE OF POINTS





# SQUAT ON LANDING CLARIFICATION



No  
Deduction



-0.10



-0.20



-0.30



# SQUAT ON LANDING CLARIFICATION

*For Vault, UB/BB dismounts, and BB/FX Acro*

Squat on landing (~~hips even with or lower than knees~~)



**(hips lower than knees)** = Up to 0.30

*\*Applies to both compulsory and optional*



# SQUAT ON LANDING CLARIFICATION

To be *added/updated to Vault, UB/BB dismounts, and FX Acro*

Up to 0.30  
+0.50

Squat on landing (**hips lower than knees**)  
Lands in squat position, then falls



CODE OF POINTS + COMPULSORY BOOK

# STEP DEDUCTION ADDED

*To be **added to** Vault, UB/BB dismounts, and BB/FX Acro*

An option for a **0.15 medium step deduction** to be added to the current “step(s) on landing” deduction.





**VAULT**

CODE OF POINTS

# DEDUCTION CHANGE - VAULT

Under-rotation of Salto vaults:

~~0.10~~ → Up to 0.10



CODE OF POINTS

# DEDUCTION CHANGE - VAULT

Prescribed LA turn begun too early

~~Up to 0.50~~



Up to 0.30

*\*Applies to ALL Vaults*



CODE OF POINTS

# NEW VAULTS

<b>Vault # Name</b>	<b>Level 8</b>	<b>Level 9</b>	<b>Level 10</b>
1.109 Front Handspring onto board-Handspring off	<b>9.1</b>	<b>8.6</b>	<b>8.2</b>
1.110 Front Handspring onto board-Handspring ½ off	<b>9.2</b>	<b>8.7</b>	<b>8.3</b>
1.209 Front Handspring onto board- Handspring 1/1 turn off	<b>9.6</b>	<b>9.1</b>	<b>8.9</b>
1.111 Front Handspring onto board- 1/2 turn on - repulsion off	<b>9.1</b>	<b>7.1</b>	<b>7.1</b>
1.211. Front Handspring onto board- 1/2 turn on - 1/2 turn off	<b>9.3</b>	<b>8.7</b>	<b>8.3</b>
1.311 Front Handspring onto board- 1/2 turn on - 1/1 turn off	<b>9.5</b>	<b>9.0</b>	<b>8.8</b>
5.108 RO-FF 1/1 turn on - repulsion off	<b>N/A</b>	<b>8.2</b>	<b>8.2</b>







**BARS**

CODE OF POINTS

# BAR: LEVELS 7-10

**Values of elements with ½ turns that finish on the same side of the bar (short side ½ turns).**

**3.105** Clear hip circle with ½ (180°) turn on the upswing at horizontal (HB height) to 45° from vertical

**3.205** Clear hip circle with ½ (180°) turn on the upswing at 21° to 44° from vertical

**6.104** Clear stalder circle backward with ½ (180°) turn on the upswing at horizontal (HB height) to 45° from vertical

**6.204** Clear stalder circle backward with ½ (180°) turn on the upswing at 21° to 44° from vertical

**7.109** Pike sole circle backward (toe one & off) with ½ (180°) turn on the upswing at horizontal (HB height) to 45° from vertical

**7.209** Pike sole circle backward (toe one & off) with ½ (180°) turn on the upswing at 21° to 44° from vertical



CODE OF POINTS

# BARS #2.205

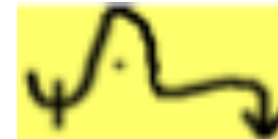
Hang on HB - Counterswing backward in straddle or pike with flight over LB to hang on LB



\* Receives "C" if it directly follows (without forward counterswing) a "D" or "E" release element

**ADD** TO ELEMENT DESCRIPTION:

***"From cast in regular grip on HB, swing down with grip change to cross grip and ½ turn in range of hang position and swing backward in straddle or pike with flight over LB to hang"***



\*If performed from cast at Level 7/8, no deduction for insufficient amplitude of cast is applied.



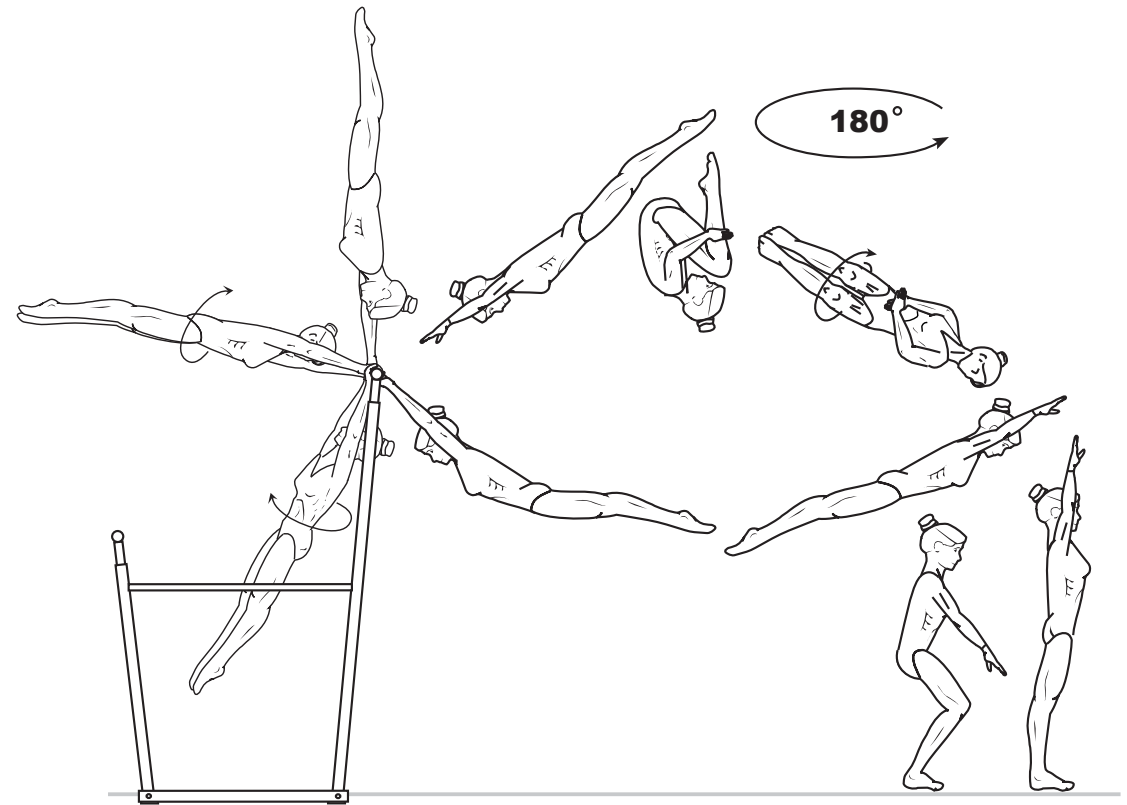
CODE OF POINTS

# BARS #8.207 (B)

From HB - swing down between bars in regular grip, with grip change to cross grip and 1/2 (180°) turn in range of hang position and swing backward-upward to salto forward tucked, piked or stretched with 1/2 (180°) turn

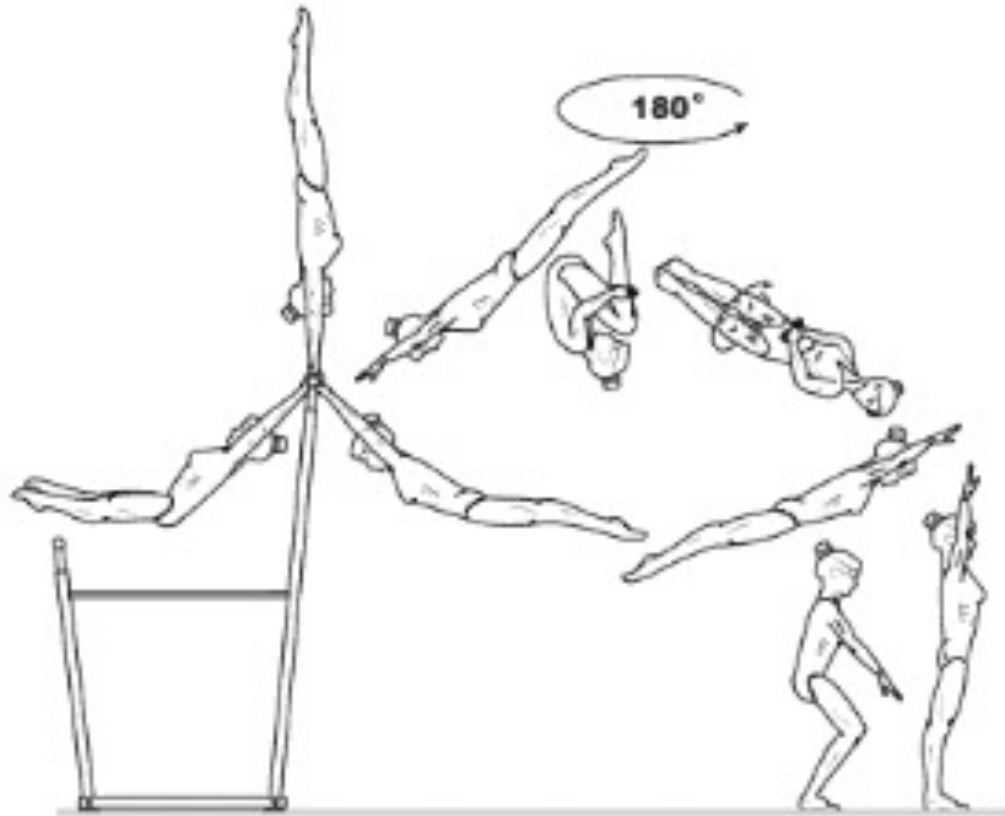


## NEW ELEMENT



CODE OF POINTS

# BARS #8.207 (B)



**Add** to element description:

*“From HB – clear straddle circle forward on HB to salto forward tucked – or swing down forward between bars in reverse grip, salto forward tucked, piked or stretched with 1/2 (180°) or 1/1 (360°) twist – **also from counterswing**”*



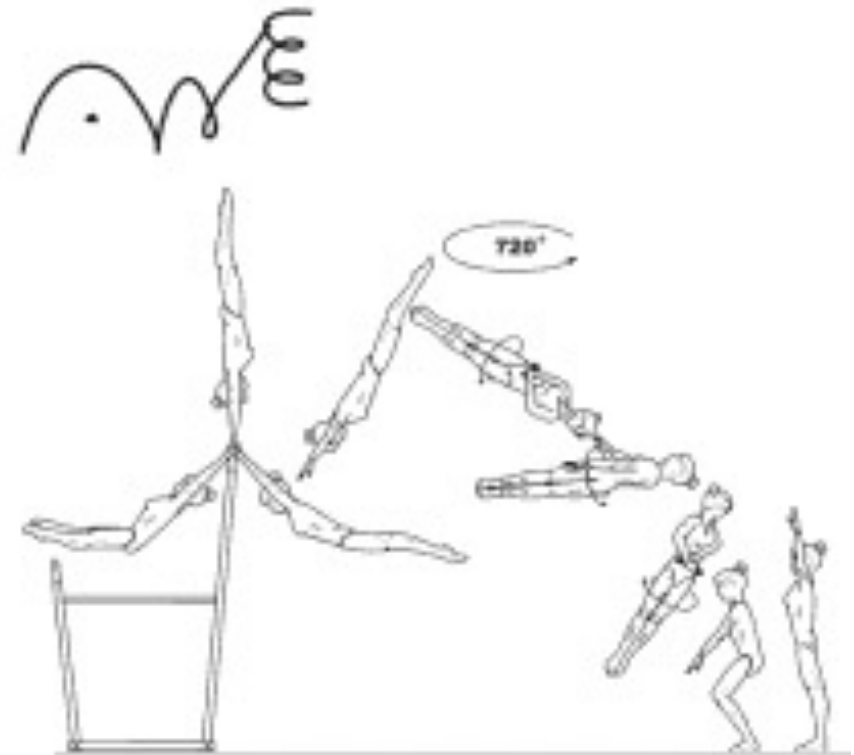
CODE OF POINTS

# BARS #8.407 (D)

**Value change** from  
BARS #8.307 (C)

***\*Only applies to 2/1 twist,  
NOT 1½***

From HB – swing down forward  
between bars in reverse grip,  
salto forward tucked or stretched  
with 1½ (540°) or 2/1 (720°) twist  
(Stretched 1½ - Pechstein)



CODE OF POINTS

# BARS #8.507 (E)

**Value change** from  
BARS #8.407 (D)

From HB – swing down forward  
between bars with reverse grip  
- or clear straddle circle forward  
between bars to a salto forward  
tucked, piked, or stretched with  
 $2\frac{1}{2}$  ( $900^\circ$ ) twist





**BEAM**



# BEAM #1.210

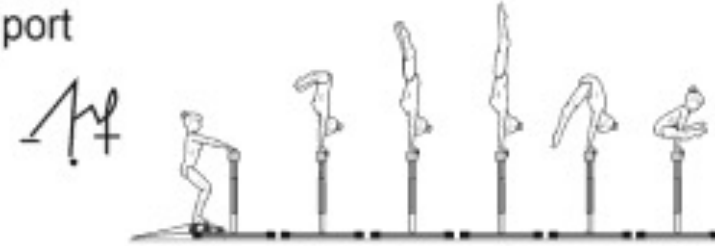
**ADD** TO ELEMENT DESCRIPTION:

**“Or from cross handstand to front walkover exit”**

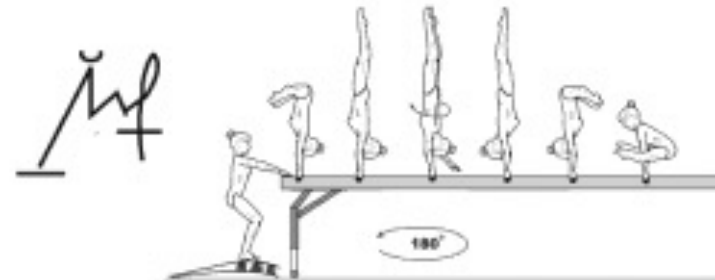
This variation would receive designation as a forward Acro element.

1.210

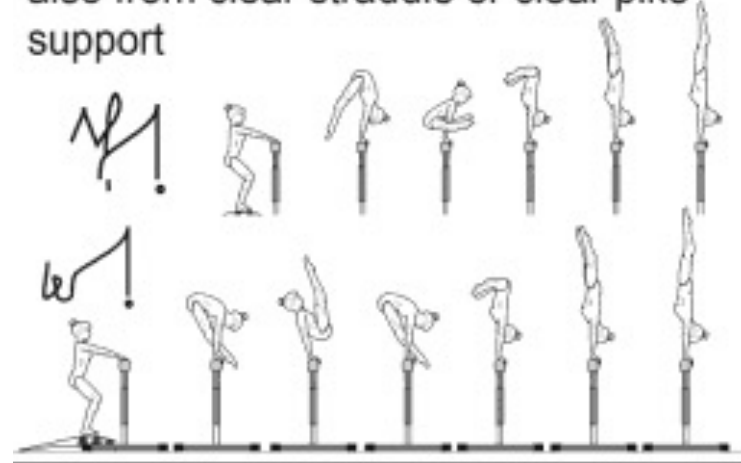
Jump, press or swing to side or cross handstand – lower to end position touching beam or clear straddle support



also with 1/2 (180°) turn in handstand

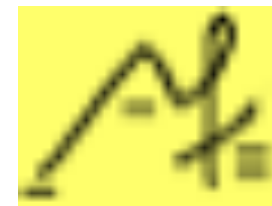
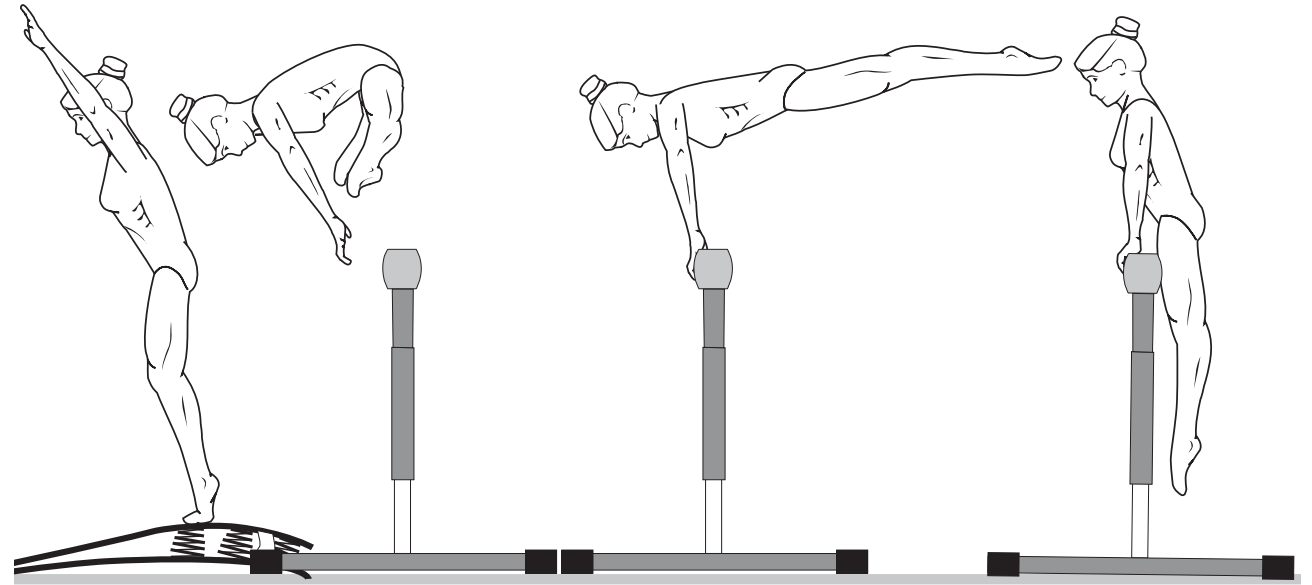


also from clear straddle or clear pike support



# BEAM #1.204 (B)

**Variation added** –  
From rear stand  
(back toward beam),  
jump to clear  
straddle flight over  
the Beam to land in  
front support.



# NEW ELEMENT – BEAM #2.501 (E) RADER:

Jump with change of legs (minimum of 30° leg separation) and  $\frac{1}{4}$  (90°) turn to straddle-pike or side-split in side position (180° leg separation) with additional  $\frac{1}{4}$  (90°) turn to finish in cross position.



CODE OF POINTS

# BEAM / FLOOR: LEVEL 6-10

## *Specific Element Technique Clarification*

Non-flight walkover-type elements are **REQUIRED to show 180° split** of the legs at one point during the element.

**Insufficient split = Up to 0.20**





**FLOOR**

CODE OF POINTS

# FLOOR: LEVEL 6-10

*Deduction change*

Coach on FX area (inside the border marking)

~~0.50~~



0.30



CODE OF POINTS

# FLOOR: LEVEL 6-10

*Value clarification*

All forward and backward roll variations will receive an "A" Value Part – **regardless of final position.**



CODE OF POINTS

# FLOOR: LEVEL 7

## *Clarification - Special Requirements 1 & 2*

**A deduction of 0.50 each is applied for any of the four specifications that are missing, up to a maximum of 1.00.**

1. Two passes
2. Backward salto in direct connection with another flight element
3. Forward salto (isolated or with other elements)
4. One layout salto, either forward or backward, to land on 2 feet.

\*If someone did only one pass with Front tuck, RO, FF, Back layout, they have met three things, but did not do 2 passes.





# FLOOR: LEVEL 8-10

When last Salto does not receive VP credit due **to a spot, no deduction of 0.30 will be taken from Start Value (SV) for no attempt to perform last Salto with VP credit.**



CODE OF POINTS

## FLOOR: LEVEL 8

### *Composition chart change*

“Non-salto Acro flight” **REMOVED** from the Level 8 Floor Exercise composition chart for Value of Salto(s) performed as Last isolated salto or within the last Acro connection not up to the competitive level.



CODE OF POINTS

# FLOOR #1.314 (C)

Hop with 1/1 turn (360°), free leg extended above horizontal – take-off from one leg

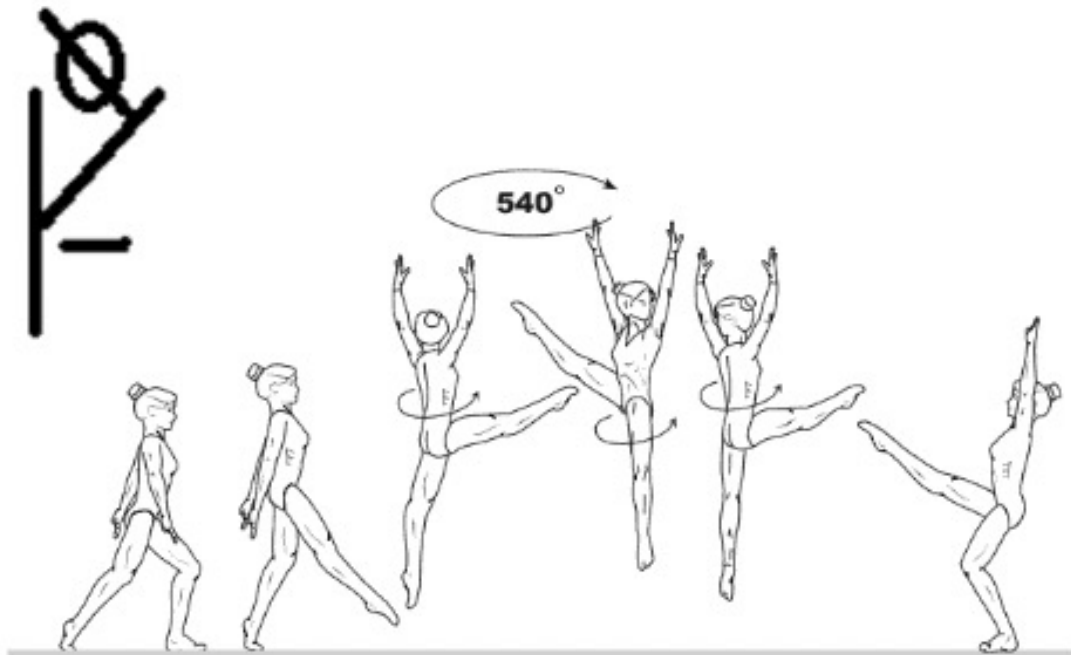
**Value change from #1.214 (B) – 2<sup>nd</sup> element**



CODE OF POINTS

# FLOOR #1.414 (D)

Hop with  $1\frac{1}{2}$  turn ( $540^\circ$ ), free leg extended above horizontal – take-off from one leg



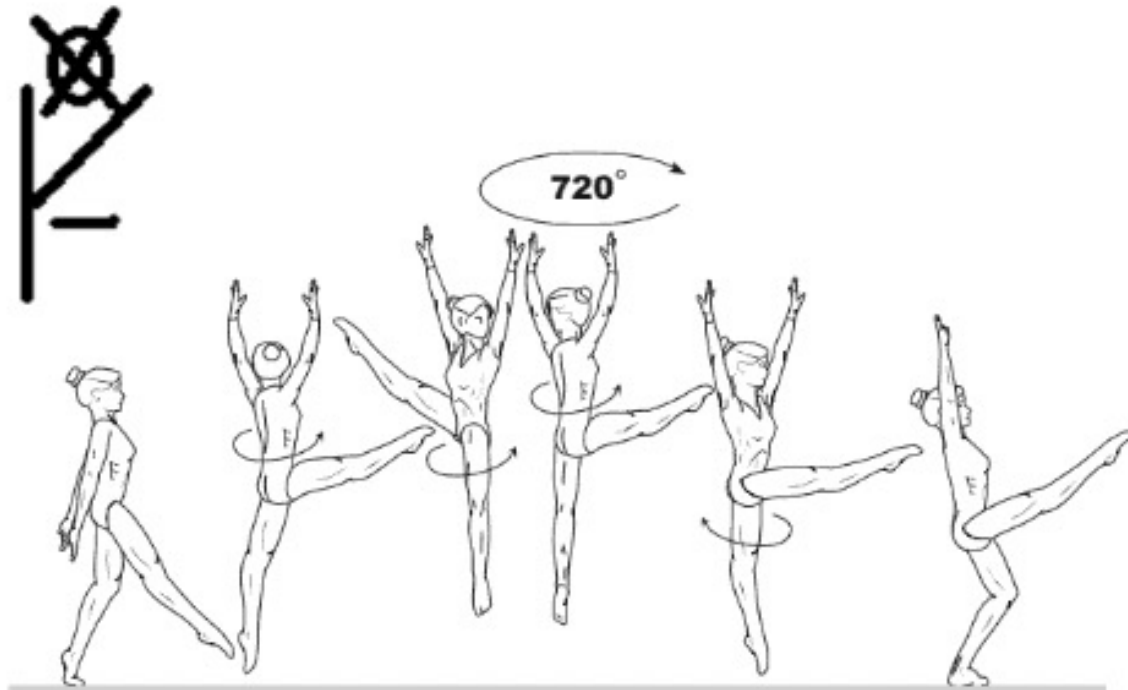
**Value change from  
#1.314 (C)**



CODE OF POINTS

# FLOOR #1.514 (E)

Hop with 2/1 turn (720°), free leg extended above horizontal – take-off from one leg



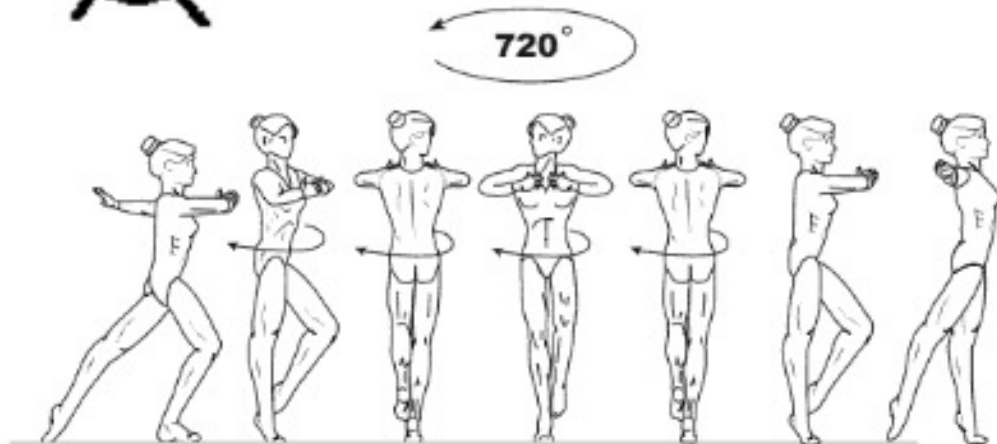
**Value change from  
#1.414 (D)**



CODE OF POINTS

# FLOOR #2.301 (C)

2/1 (720°) turn on one leg (free leg optional)



**Add** to element description:

*"or 2½ (900°) turn"*



CODE OF POINTS

# FLOOR #7.101

From take-off forward from one or both legs – salto sideward tucked, piked, or stretched



## ADD TO ELEMENT DESCRIPTION:

*“A one-foot take-off will appear as an aerial/side salto but will NOT be considered a Salto for Special Requirement or Composition purposes”*





TM

THE END!