

The **movement** starts here.





2024 – 2025
Development Program
Update



2024 Women's Development Program of the Year

REGIONAL NOMINEES

- REGION 1:
Olympus Gymnastics – UT
- REGION 2:
Pacific Reign – WA
- REGION 3:
Metroplex Gymnastics – TX
- REGION 4:
Twin City Twisters – MN
- REGION 5:
Cincinnati Gymnastics Academy – OH
- REGION 6:
Connecticut Gymnastics Academy – CT
- REGION 7:
Capital Gymnastics – VA
- REGION 8:
Brandy Johnson's Global Gymnastics – FL



Congratulations

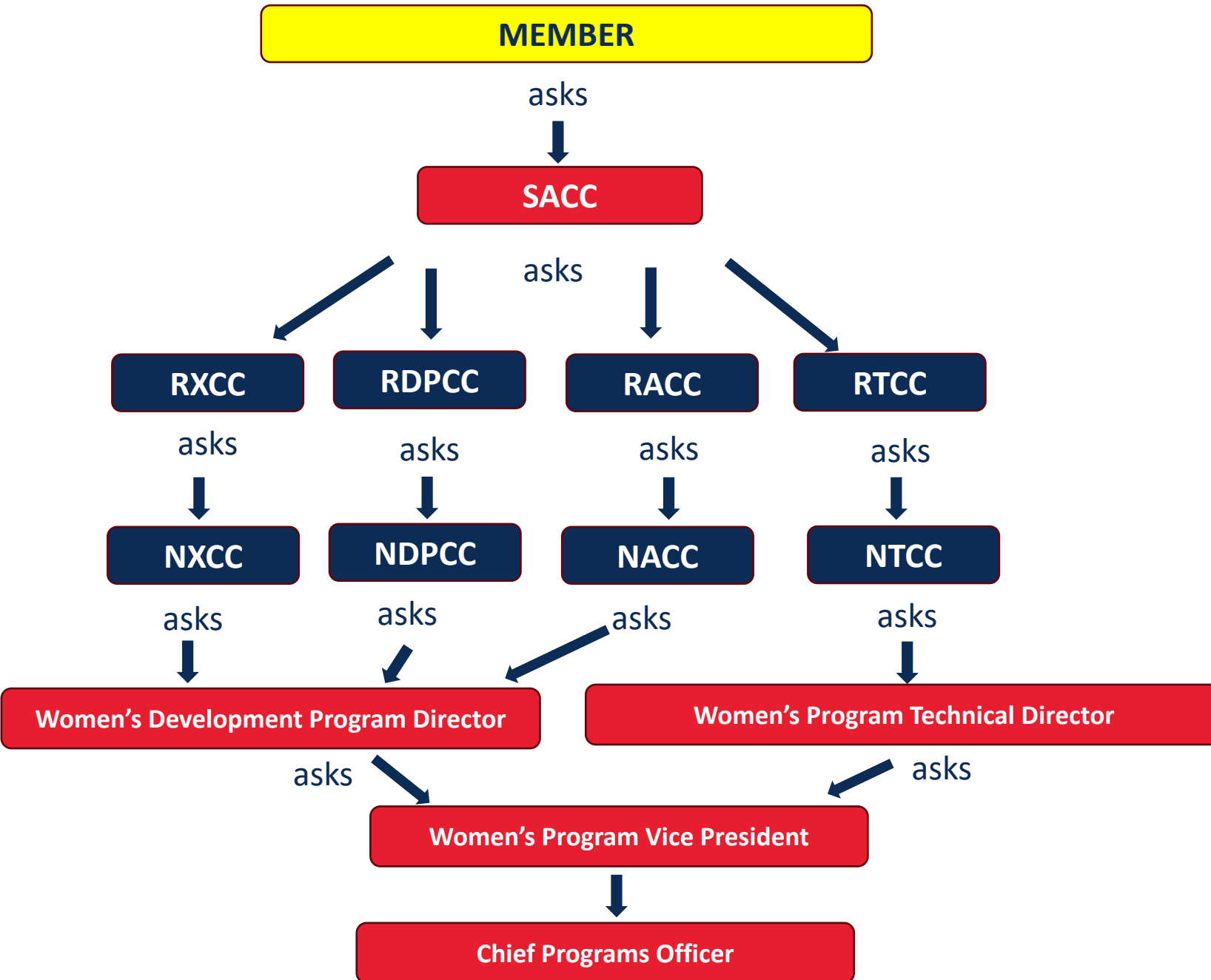
**BRANDY JOHNSON'S
GLOBAL GYMNASTICS**



WHO MADE THAT RULE???

	ADMINISTRATIVE (ADMIN) COMMITTEE MEETING
	DEVELOPMENT PROGRAM (DEV) COMMITTEE MEETING
	TECHNICAL COMMITTEE MEETING (TECH)
	JOINT DEV/TECH COMMITTEE MEETING





Women's Program Hotline

Should members have questions, they should utilize the Hotline starting with contact to the State Administrative Committee Chair

State

SACC – State Administrative Committee Chair

Regional

- RXCC – Regional Xcel Committee Chair
- RDPC – Regional Development Program Committee Chair
- RACC – Regional Administrative Committee Chair
- RTCC – Regional Technical Committee Chair

National

- NXCC – National Xcel Committee Chair
- NDPC – National Development Program Committee Chair
- NACC – National Administrative Committee Chair
- NTCC – National Technical Committee Chair

USAG Staff

See Hotline published within the Rules & Policies for further information.





COMMITTEE MEETING MINUTES

**APPROVED
MINUTES CAN
BE FOUND HERE**



**ALL INFORMATION CONTAINED IN THIS
PRESENTATION IS OFFICIAL.**



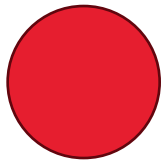
The following clarifications and recommendations for change are to be effective for the 2024-2025 season, scheduled to begin August 1, 2024.



RULES & POLICIES

- TO BE UPDATED AND POSTED ON THE WEBSITE BY 8/1/24
- PUBLICLY ACCESSIBLE DOCUMENT





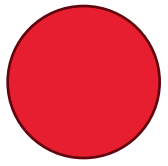
MEMBERS ALLOWED ON FIELD OF PLAY

Membership roles that are allowed on the field of play.

1. Athlete
2. Competitive Coach
2. Judge
3. Meet Director
4. Volunteer*
5. Photographer/Videographer*
6. Medical*

***Must be contracted by the Meet Director**



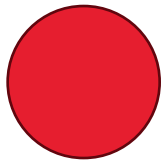


MEMBER CONDUCT

No nicotine products (**cigarettes**, e-cigarettes, chewing tobacco, etc.), **vapes or any other smoking paraphernalia** are allowed **in the venue**.

No firearms or dangerous weapons are allowed **in the venue**.





ATHLETE RELOCATION

Athlete relocates residences between state and regional meets (placing them in a different region):

- ONLY DEV Level 8 and below athletes and ALL Xcel divisions - ALLOWED to compete in new region, but MUST meet qualifying requirements of that region and qualification was by score, not rank of athletes.
- DEV Level 9 or 10 athlete must compete in region they qualified in, regardless of new residence.





ALLOWABLE ATHLETE APPAREL

Shorts or **tights allowed**

- Can be capri length or longer that match the leotard, are black, or match the athletes skin tone.
- May be worn under or over the leotard.
- A small manufacturer's branding allowed, but no embellishments.

Unitards may have long legs to the ankle or short length and may be with or without sleeves.



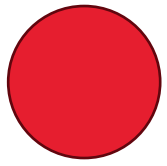


OFFICIALS

~~Level 1, 2, and 3 competitions may be judged by any non-rated competitive coach member or rated judge members.~~

Contact your SACCC for specific State requirements and appropriate numbers of judges per panel.





DEFINING IES ATHLETES

Individual Event Specialist/IES

- An athlete who competes 3 events or less

All-Around athletes

- An athlete who competes all 4 events

*Exceptions as written still apply





IES DESIGNATION

RULES & POLICIES

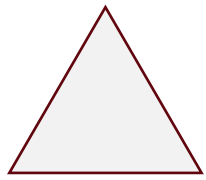
State meet All-Around qualified gymnasts do NOT have to designate as IES.

- If their scores do not qualify in the AA, may still have qualified on an individual event.

State meet IES qualified gymnasts MUST designate events

- Not eligible to compete on events in which they did not qualify.





INJURED ATHLETES

Only competing gymnasts and coach(es) allowed onto field of play, only during session they are competing.

At Meet Director's discretion and at invitationals ONLY, may include gymnasts who were entered / scheduled for session but scratched due to injury.





FORMAT / MAX ATHLETES ALLOWED

Clarification

If competition runs 2 events at a time:

- Number of competitors per session= half of maximum allowable competitors for that level or division.





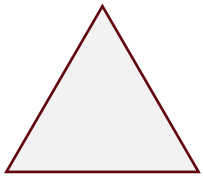
BYE ROTATIONS

RULES & POLICIES

CURRENT: At DEV State meets and above: Meet Directors are REQUIRED to utilize a bye rotation when there are 5 or less athletes per squad.

UPDATE: **If a Meet Director is aware of any rotation that will have 5 or less athletes prior to the start of competition, a bye rotation is required to be utilized.**



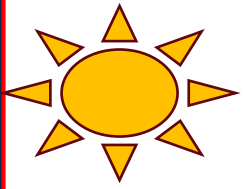


TIMED WARM-UPS (LEVEL 9/10 BARS)

At all sanctioned events on Uneven Bars ONLY:

- if a Level 9/10 squad has less than 5 athletes (4 or less) due to onsite scratches or unforeseen circumstances, **an additional 2 ½ minutes timed warm-up may be provided.**
- This WILL include the bar settings.





DELAY OF COMPETITION PROCEDURES

Any situation regarding delay of competition on the field of play (i.e. equipment failure, athlete injury, unforeseen circumstances, etc.):

- Meet Director, in conjunction with Meet Referee, will assess the situation to make appropriate call regarding additional warm-up time.





OFFICIALS

When assigning judges to a competition with multiple days:

- Rotate the assigned events each day **ONLY IF** meet has separate awards ceremonies for each session.





OFFICIALS COMPENSATION

4 - Judge Panel:

At all Dev and Xcel Regional Championship meets, the daily rate, (min 4 hours–up to 8 hours) will increase \$20.00 per day for Brevet and National rated judges, and \$10.00 per day for Levels 8–10 rated judges.

This would bring the Championship fees to:

	Full Day	Half Day
Brevet	\$250.00	\$125.00
National	\$240.00	\$120.00
Level 10	\$220.00	\$110.00
Level 9	\$210.00	\$105.00
Level 7/8	\$200.00	\$100.00

The regular hourly rate after 8 hours remains the same.





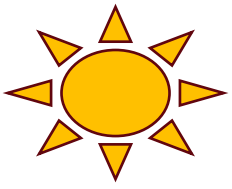
OFFICIALS COMPENSATION

2-Judge Panel:

At all Dev and Xcel Regional Championship Meets that utilize a 2-judge panel, Championship fees (the daily rate) **does not** apply. Regular hourly fees will be calculated.

- The additional \$10.00 per day Chief Judge fee remains in effect.

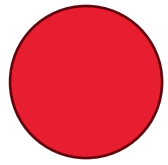




VIDEO REVIEW

Judging panel is allowed to review the submitted video once the video review process has been finalized.

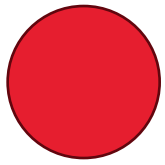




MANDATE SCORE

USA Gymnastics CANNOT require/mandate a gymnast to move up to a higher level/division.





DECLARATION DATE

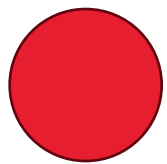
Friendly reminder

An athlete may **NOT** drop back to a lower level/division in a competitive season **AFTER** the declaration date.

SAC determines prior to the beginning of the competitive year, a designated "declaration" date for each level for this purpose.

The highest level/division competed at a sanctioned competition after the "declaration" date will determine the program (Dev / Xcel) for which the athlete can compete for the remainder of that season. It does NOT matter if an athlete competed in 1 event or as an All-Around, if they competed a higher level/division after the declaration date they are bound by the qualification rules of that level/division for the rest of the season. DO NOT MAKE THIS MISTAKE!!!



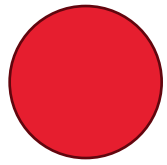


DEFINING UNFORESEEN CIRCUMSTANCES

Unforeseen = **Unpredictable** circumstances

If 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 for State Championships** and **RACC for Regional Championships**.



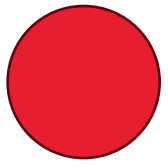


DEFINING UNFORESEEN CIRCUMSTANCES

Competition schedules are set using available dates without regard to the diversity of religious and cultural practices of potential participants.

USA Gymnastics acknowledges and regrets that athletes may have to choose to opt out of participation in any specific competition due to religious practices or scheduling conflicts.





ENTRY FEES – STATE & REGIONAL

Consistency between State and Regional entry fee maximums:

- State Championships: determined by SAC and MUST be approved by RACC, may NOT exceed Regional Championship meet entry fee.
- Regional Championships: determined by RAC and MUST be approved by NACC, may NOT exceed National Championship meet entry fee.



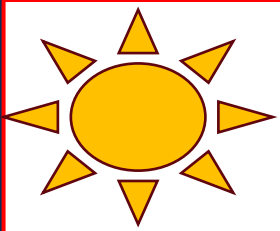


INJURY PETITION

If an athlete is injured prior to competing her 4th event, she may utilize:

- Regular injury petition procedure **OR**
- **may elect to utilize her 3-event score if it is equal to or greater than 75% of required petition score.**





ALLOWED MATS ON FLOOR

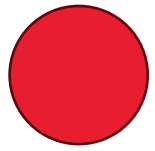
CLARIFICATION

Currently in R&P: Only 1 skill cushion/throw mat (4 inch or 8 inch) per tumbling pass may be used, with no more than 2 mats on the Floor Exercise area at any one point in time. Matting may be used as a take-off / landing surface.

CLARIFICATIONS TO BE ADDED:

- An athlete may NOT utilize the 2 mats end to end on any one tumbling pass, i.e., punch off one mat to land on another.
- If using a sting mat in addition to the 2 supplemental mats, the sting mat must be under or on top of the 4" throw mat or 8" skill cushion.





ADDITIONAL STATE REPRESENTATION

USA Gymnastics Women's Program is excited to offer additional competitive opportunities to identified overseas military bases starting in 2025! In conjunction with the National Office and our volunteer leadership, identified military bases will be assigned to appropriate state/region based on their proximity to the US.

Military bases will follow rules of each respective state, with any possible exception requests made at the discretion of the SAC.





Coming in 2024-25!

MEMBERSHIP

EDUCATION

Optional Level 6/7 Course

Xcel Platinum – Sapphire Course

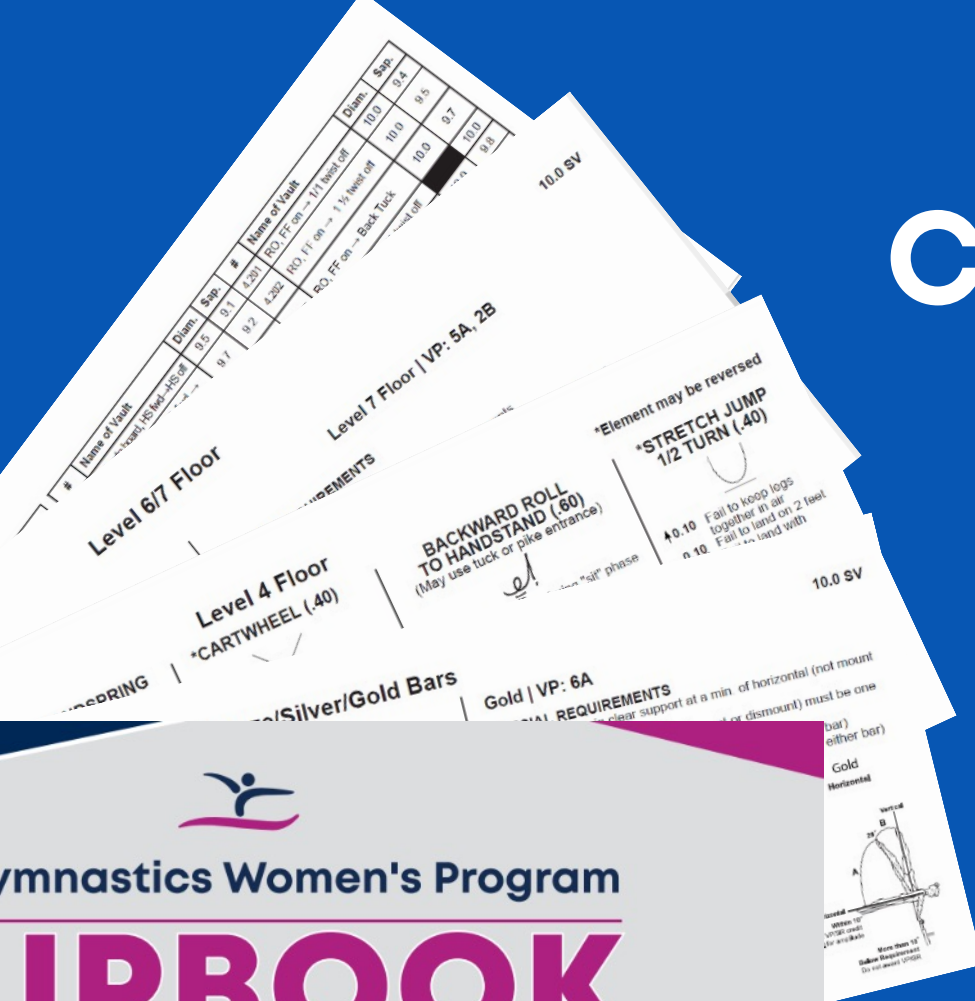
USA Gymnastics Women's Program

FLIPBOOK

Compulsory, Optional, & Xcel



Compulsory, Optional, & Xcel in one book!





COMPULSORY PROGRAM

Here you can find:

- Links to purchase Compulsory Book (physical, eBook & W316)
- Floor routine music
- Replacement pages (+ how to print)



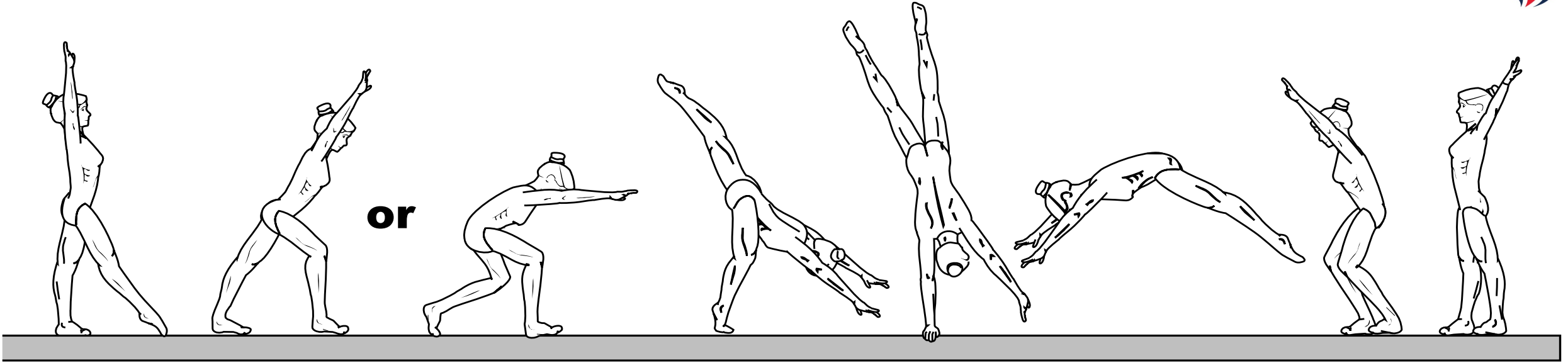


LEVEL 5 BEAM:

Round-off added as
additional option

COMPULSORY





*Points of emphasis:
Stretched body alignment through vertical, straight
arms and legs, flight off hands*

Rt. or Lt. foot in front

COMPULSORY





DEDUCTIONS: Level 5 ROUND-OFF

Failure to pass through vertical *up to 0.30*

Failure to land on both feet simultaneously *0.10*

*Failure to show flight from hands to feet
(i.e., hands and feet on beam at the same time)* *0.30*
+ See general faults and penalties



COMPULSORY



OPTIONAL CODE OF POINTS

Here you can find:

- Links to purchase Code of Points (physical and electronic)
- All appendix items
- Replacement pages (+ how to print)
- Google Play resources





VAULT



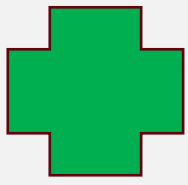
GENERAL - DEDUCTIONS

CODE OF POINTS - VAULT

Whenever 1.00 or greater flat deduction is applied, the allowable score range does NOT apply, instead, **scores will be averaged.**

Examples include but are not limited to performance of a one-arm Vault (all Levels), not landing on the bottom of the feet first (Level 6), or a spotting deduction during the Vault (Level 8).





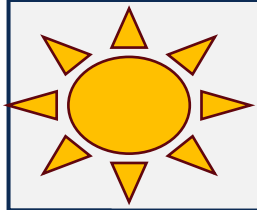
GENERAL - DEDUCTIONS

CODE OF POINTS - VAULT

Chief Judge (CJ) deduction of 1.00
REMOVED for the performance of a
Vault with only one hand.

- The 1.00 deduction will now be applied by all judges under the Support phase.



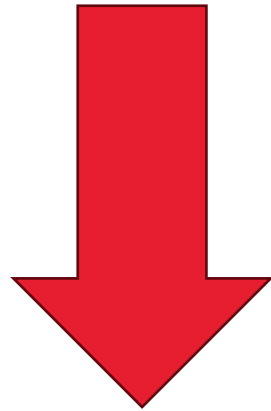


LEVEL 6/7 - DEDUCTIONS

CODE OF POINTS - VAULT

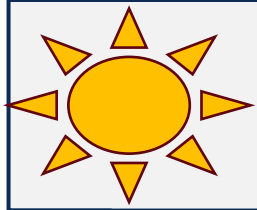
Level 6/7 Vault:

- if the first point of contact on the mat stack is the neck or head..



VOID





LEVEL 6/7 - DEDUCTIONS

Angle of repulsion deduction **REDUCED:**

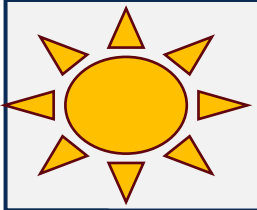
~~up to 1.00~~



up to 0.50

CODE OF POINTS - VAULT





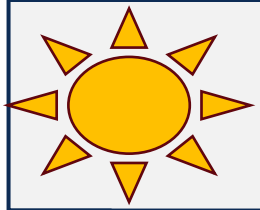
LEVEL 6/7 – MAT STACK DEDUCTIONS

CODE OF POINTS – VAULT

Level 6/7 Vault mat stack height MUST be equal to or higher than the underside of the top of the table.

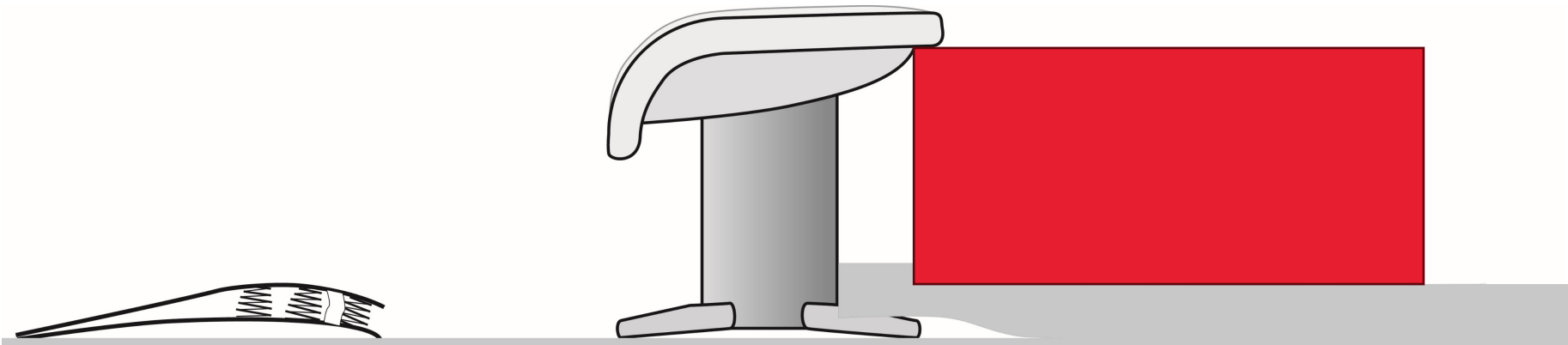
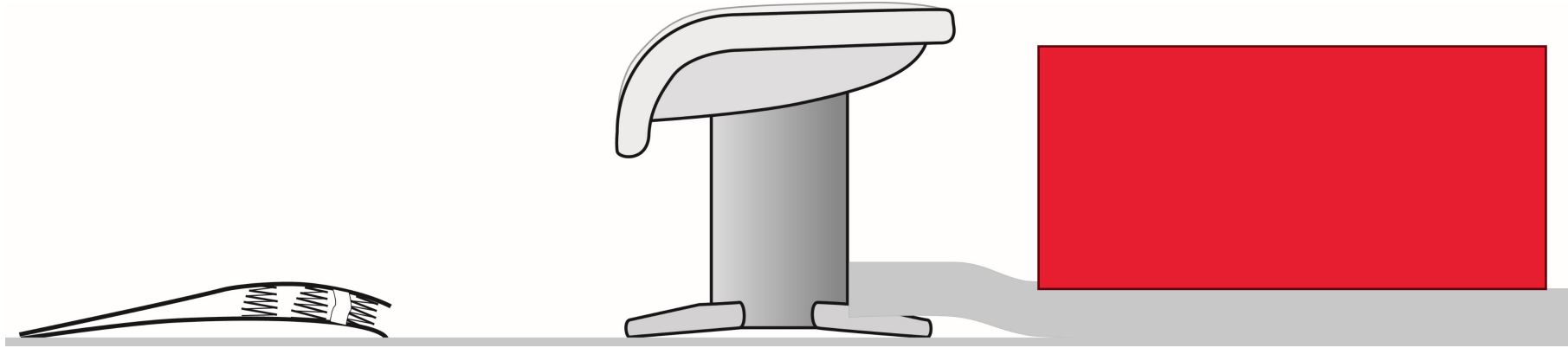
- There is no maximum height for the mat stack.
- Chief Judge (CJ) to apply 0.30 for insufficient mats if the minimum height of the mat stack is not equal to or higher than the height of the underside of the top of the table.

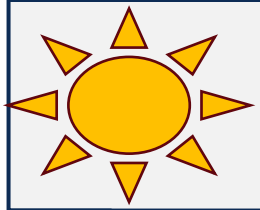




LEVEL 6/7 – MAT STACK

• CODE OF POINTS – VAULT



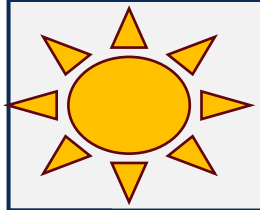


LEVEL 8-10 DEDUCTIONS

CODE OF POINTS - VAULT

Up to 0.10 deduction
will be applied for
UNDER ROTATION to
ALL Level 8-10 Vaults.



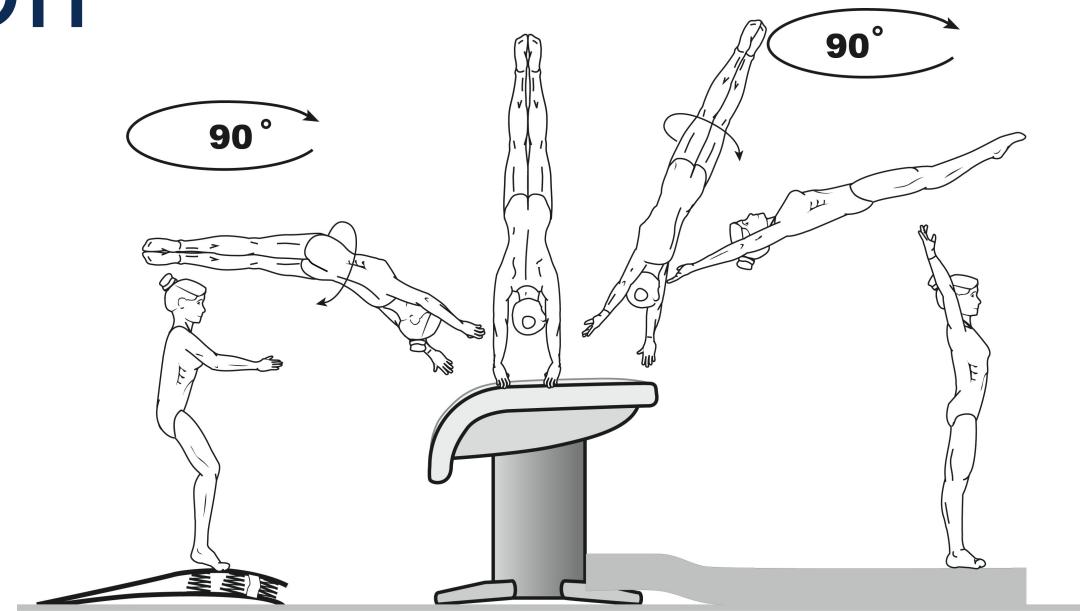


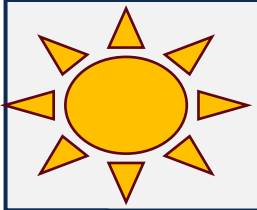
LEVEL 8 ONLY – NEW VAULT

CODE OF POINTS – VAULT

1.108 – $\frac{1}{4}$ -on $\frac{1}{4}$ -off
to face outward

- 9.0 SV





LEVEL 9 & 10 – NEW VAULT

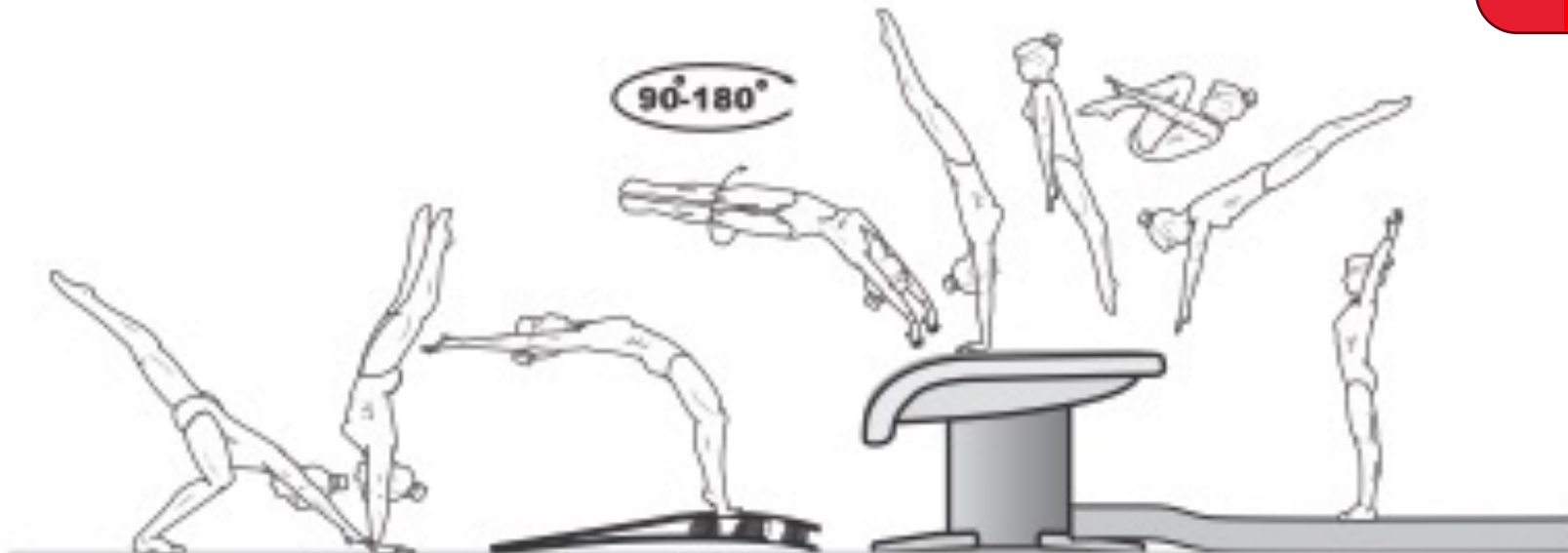
CODE OF POINTS – VAULT

3.301

- Front handspring onto board, $\frac{1}{4}$ – $\frac{1}{2}$ on, back tuck salto off

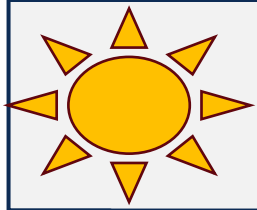
START VALUE

- Level 9 – 9.7 SV
- Level 10 – 9.5 SV





BARs



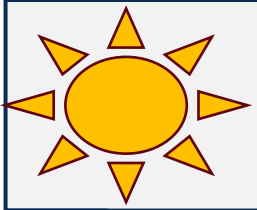
GENERAL - DEDUCTIONS

CODE OF POINTS - BARS

A coach sprays water or chucks the bar once the exercise has begun:

- 0.20 Chief Judge (CJ) deduction
- No warning will be given

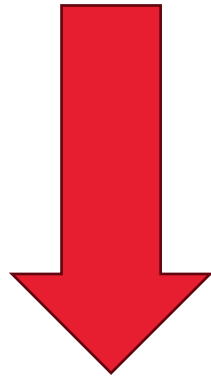




STALDER CIRCLES – VALUE CHANGE

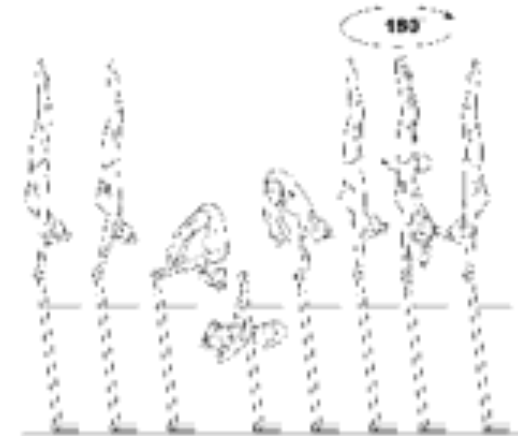
CODE OF POINTS – BARS

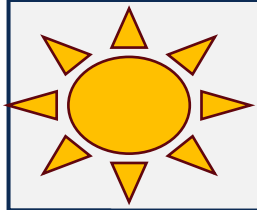
**Increase value of
BARS #6.301 ("C")**



BARS #6.401 ("D")

Stalder forward to handstand, also with 1/2 (180°)
turn in handstand phase





STALDER CIRCLES – VALUE CHANGE

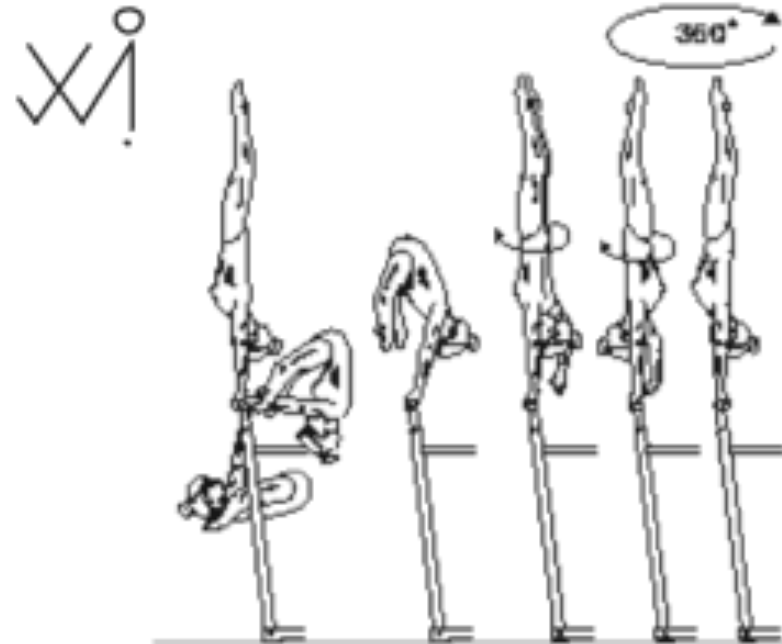
CODE OF POINTS – BARS

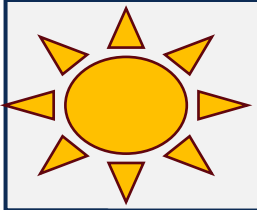
Increase value of
BARS #6.401 ("D")



BARS # 6.501 ("E")

Stalder forward to handstand with 1/1
(360°) turn in handstand phase

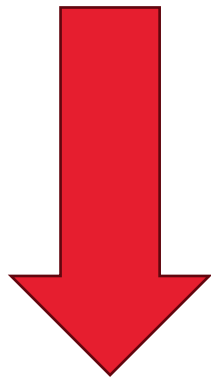




DISMOUNTS – VALUE CHANGE

CODE OF POINTS – BARS

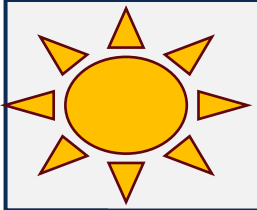
Increase value of
BARS #8.301 ("C")



BARS #8.401 ("D").

Back stalder to salto forward
tucked w/ 1/2 twist (Celestine)

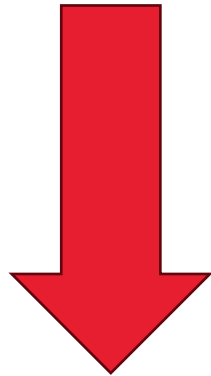




DISMOUNTS – VALUE CHANGE

CODE OF POINTS – BARS

Increase value of
BARS #8.301 ("C") *
front pike with 1/2 twist variation

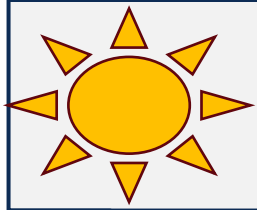


BARS #8.401 ("D")

From HB – underswing (toe-on or clear) or back stalder (not illustrated) to salto forward tucked or piked

also with 1/2 (180°) twist

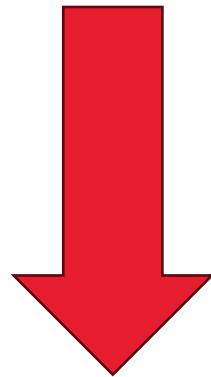




DISMOUNTS – VALUE CHANGE

CODE OF POINTS – BARS

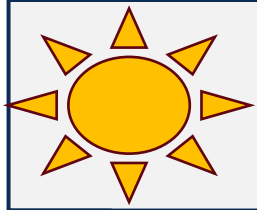
**Increase value of
BARS #8.401 ("D")**
front pike with 1/1 twist variation



BARS #8.501 ("E")

From HB – underswing (toe-on or clear) to salto forward tucked or piked with 1/1 (360°) twist





RESTRICTED ELEMENT PERFORMED

CODE OF POINTS – BARS, BEAM, FLOOR

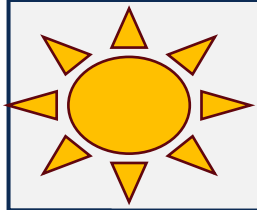
If 2 **different** restricted elements are performed in the same routine regardless of whether **either** element receives VP credit or not, (due to spot, failure to land on feet, not touching the hands on a release element, etc.) the gymnast will receive:

0.50 deduction for performing the 2nd restricted element.





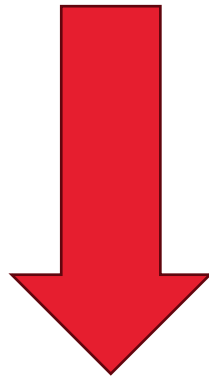
BEAM



LEAPS, JUMPS, HOPS – VALUE CHANGE

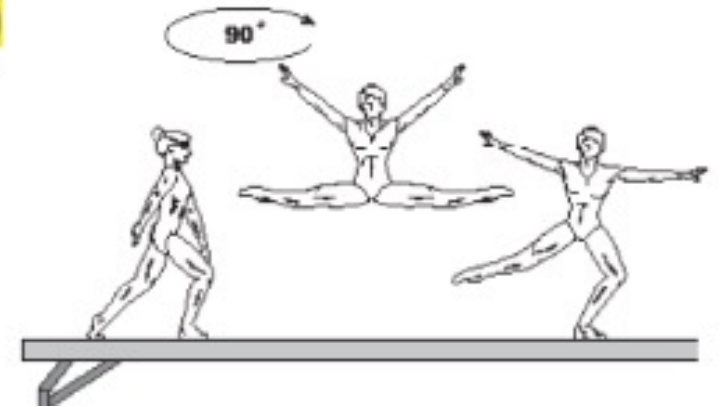
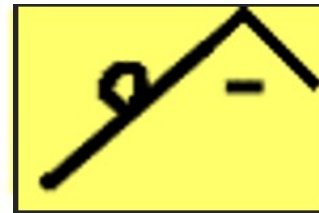
CODE OF POINTS – BEAM

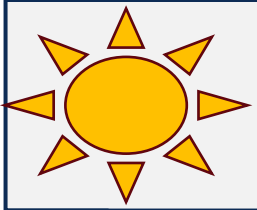
Increase value of
BEAM #2.201 ("B")



BEAM #2.301 ("C")

Split or stag-split leap forward
(take-off from one leg) with 1/4
(90°) turn to straddle position
(Side leap)

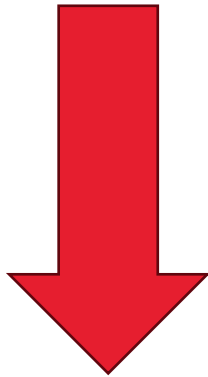




TURNS – VALUE CHANGE

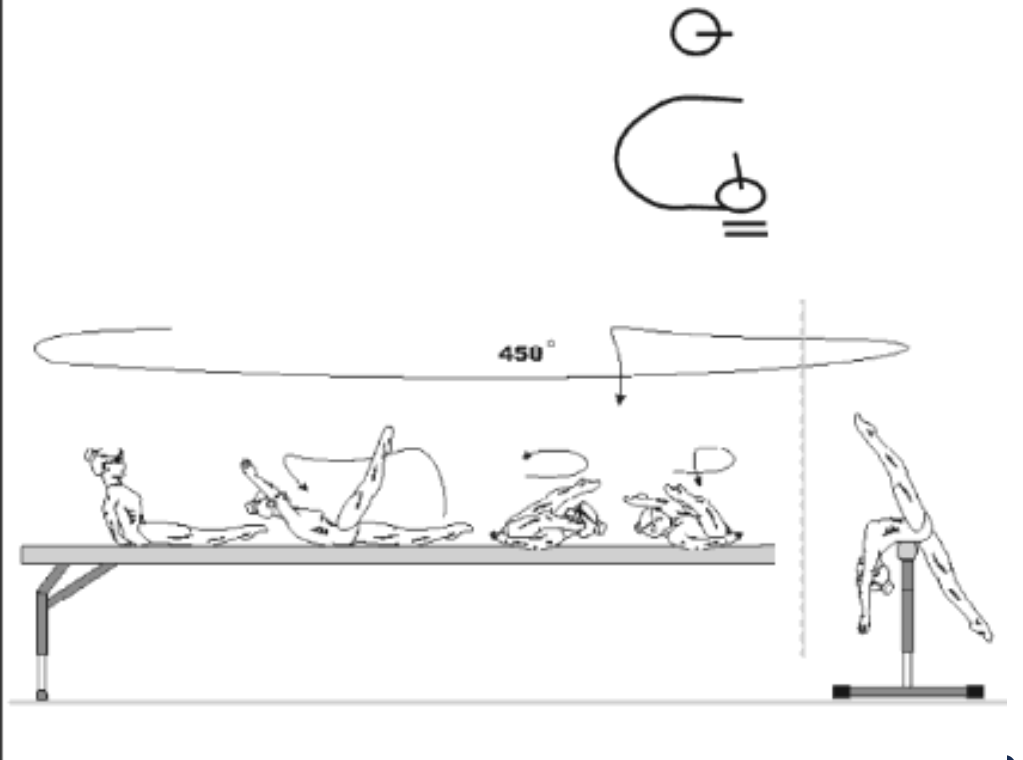
CODE OF POINTS – BEAM

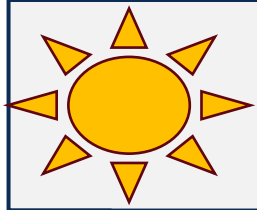
Increase value of
BEAM #3.307



BEAM #3.407 ("D")

1¼ (450°) turn on back in kip position (hip-leg angle closed) (LiLi)





NEW SALTO VARIATION

CODE OF POINTS - BEAM

#8.401:

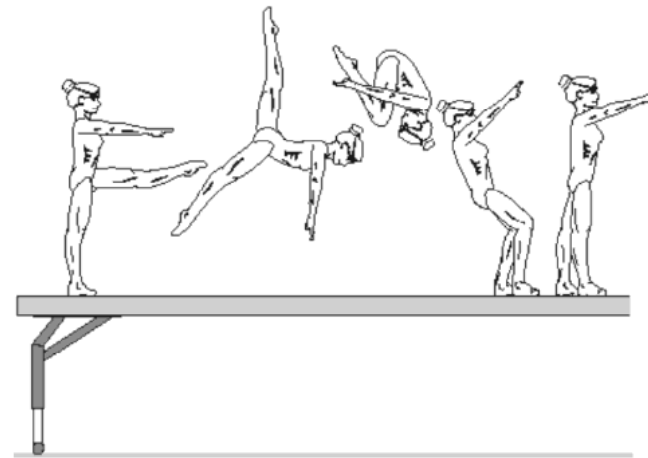
ADD variation

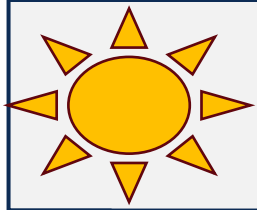
- *Also with ¼ turn*

8.401

Salto forward tucked, take-off from one leg to stand or to land on one knee and one foot simultaneously (Hawthorne);

-also from a stand on one leg, swing free leg through backward to front salto tucked (Rowe)



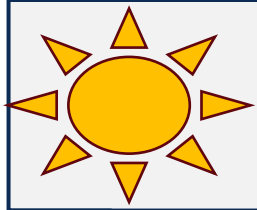


ROOT ACRO SKILLS

CODE OF POINTS – BEAM, FLOOR

All variations of root Acro skills will receive an “A” Value Part, regardless of entrance, exit, or final position.





DEDUCTION ADJUSTMENT

CODE OF POINTS – BEAM, FLOOR

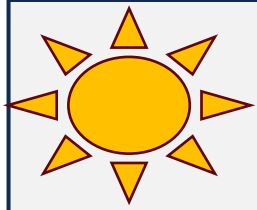
~~REMOVE: up to 0.20 deduction for insufficient leg separation for a Switch-leg leap, Sissonne/Split Jump that achieves less than 135° split~~

UPDATING with: **Appropriate deductions to applicable VP performed will be applied**





FLOOR



ACRO SALTO ELEMENTS

Not up to the Competitive Level MODIFICATION

CODE OF POINTS – FLOOR

- Formulas are based on 4 Acro (Saltos) within a routine; regardless of Direct/Indirect connections or whether the Saltos are isolated or within an Acro pass.
- There will be an additional 0.05 deduction for each Salto missing from the formula.
- Saltos may be performed in any order.

DEDUCTION	LEVEL 8				LEVEL 9				LEVEL 10									
No deduction (if all criteria met)	B	B	B	A	C	C	C	A	D	D	D	A	OR		D	D	C	B
0.05	B	B	A	A	C	C	B	B	D	D	C	A						
0.10	B	A	A	A	C	C	B	A	D	C	C	B						
0.15	B	A	A	-	C	B	B	B	D	C	C	A						
0.20	No "B" Saltos				No "C" Saltos				No "D or E" Saltos									



GENERAL - DEDUCTIONS

Beginning **August 1, 2026:**

CODE OF POINTS - FLOOR

The use of human or synthesized voice in floor music to create words, sounds, chanting, etc. will **no longer be allowed.**

- A 1.00 CJ deduction will be taken for any floor music with voice.

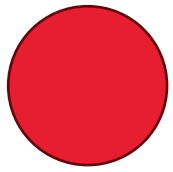




OPERATING CODE

- All items are recommendations to and must be voted on by the Women's Program Committee (WPC) prior to implementation
- WPC meeting scheduled to take place 6/29/24 at National Congress





STATE ADMINISTRATIVE COMMITTEE CHAIR ELIGIBILITY REQUIREMENTS

Recommendation to the Women's Program Committee:

OPERATING CODE

ADD – Additional criteria for SACC eligibility requirements:

- Must have served on a State, Regional or National Committee.





DUTIES AND RESPONSIBILITIES

Recommendation to the Women's Program Committee:

Regional Technical Committee (2-3 of the highest rated judges): **Assist in the organization of clinics, camps, petitions, administrative work, newsletters, and correspondence.**

OPERATING CODE





NOMINATION ELIGIBILITY CRITERIA

Recommendation to the Women's Program Committee:

OPERATING CODE

REGIONAL TECHNICAL COMMITTEE CHAIR

ADD – Must have been assigned to judge East/West and Development National Championships (formerly JO National Championships) in the current or previous cycle.





2025-2028 Regional Colors

2025-2028 REGIONAL COLORS

WEST REGIONS



REGION 1
GK SUB Peach - 76B



REGION 2
GK SUB Sage - 42H



REGION 3
GK SUB Electric Blue - Y43



REGION 4
GK SUB Hot Pink - Y62



2025-2028 REGIONAL COLORS

EAST REGIONS



REGION 5
GK SUB Light Pink - 23H



REGION 6
GK SUB Ultra Violet - Y56



REGION 7
GK SUB Cherry - Y32



REGION 8
GK SUB Bright Turq - Y57





THE END!