

About USA GYMNASTICS

USA Gymnastics is the national governing body for the sport in the United States. It gets this designation from the U.S. Olympic Committee and the International Gymnastics Federation. USA Gymnastics, headquartered in Indianapolis, Ind., sets the rules and policies that govern the sport of gymnastics. USA Gymnastics has many responsibilities, including selecting and training the U.S. Gymnastics Teams for the Olympics and World Championships; promoting and developing gymnastics on a grassroots and national level; and serving as a resource center for member clubs, fans and gymnasts throughout the United States.

USA Gymnastics encompasses six disciplines: Women's Gymnastics, Men's Gymnastics, Trampoline and Tumbling, Rhythmic Gymnastics, Acrobatic Gymnastics and Group Gymnastics.

Today, more than 110,000 athletes and professionals are members of USA Gymnastics. Approximately 3,500 competitions and events throughout the USA are sanctioned annually. USA Gymnastics has more than 91,000 athletes registered to participate in the Junior Olympic or Elite programs.

Below is a chart showing each discipline and how it progresses from beginner to elite level.



The ultimate step in the sport is to become a USA National Gymnastics Team member. To become a member, a gymnast must first work his or her way through a series of qualifying meets. The preliminary meets range from USA Gymnastics-sanctioned competitions organized by private clubs to state, regional and national qualification meets. Each meet gives the athlete the opportunity to meet minimum qualification scores and/or placement requirements established by USA Gymnastics. Gymnasts meeting the requirements are then eligible to compete in the Visa Championships, the most prestigious and significant competition of the year.



Shayla Worley, 2007
World Championships
Gold Medalist.

