

**Part II**  
**Section 3: RHYTHMIC GYMNASTICS COMPETITIVE STRUCTURE**

**I. COMPETITIVE SEASON**

- A. The Rhythmic Gymnastics Individual season begins August 1 of each year.

**II. LOCAL INVITATIONAL MEET**

- A. May be conducted for Level 3-10 individual and for group.
- B. Includes city or county meets, dual or triangular, and invitational meets.

**III. USA GYMNASTICS STATE MEET**

- A. Must be conducted for Levels 4 through 8 in all divisions and for group competition.
- B. All-Around competition is required for Level 4-8 individuals.
- C. To enter a State Meet, all gymnasts and groups must meet score requirements (if any) established by that respective State Committee.

**I. QUALIFICATION TO THE USA GYMNASTICS STATE CHAMPIONSHIPS MEET**

- A. The USA Gymnastics State meet is conducted for all athletes in residence of the defined State.
- B. Guests (any athlete who resides outside of the State) may be accepted into the State Meet if the Meet Director determines that there is a sufficient amount of time. Guests will be given awards as defined in the Rules and Policies.
- C. To enter a State Meet, the gymnast must have competed All-Around in at least one USA Gymnastics sanctioned Local Meet. This applies to Levels 4-8; however, each State may determine its own qualification score regulations.
- D. Injury petitions are accepted for State Meets.

**II. DATE OF THE STATE CHAMPIONSHIPS MEET**

- A. All State Meets must be completed at least two weeks prior to the respective Regional Meet.

**III. MEET INFORMATION AND ENTRY FORMS**

- A. Meet information and entry form, for the State Meet should be sent by the State Meet Director to all State Professional Members and assigned judges eight (8) weeks prior to the competition.
- B. Mailing list can be obtained from State Chairman.
- C. See Entry Regulations for more details.
- D. See Entry Fees for more details.
- E. All D1/D2 forms must be received 3 days prior to competition. A late penalty of \$25.00 per athlete can be required prior to an athletes' participation for any forms received after the deadline.

**IV. MEET FORMAT**

- A. Meet format, meet information and the number of sessions will be dependent upon the number of entries and organized according to the USA Gymnastics Rhythmic Rules and Policies.
- B. The number of competitors judged in one day is limited to 80 competitors when the competition format is one gymnast competing at a time.

#### **IV. USA GYMNASTICS REGIONAL MEET**

- A. Must be conducted for Levels 4-9 in all age divisions and for group competition.
- B. Level 4-8 gymnasts must be all-around competitors and must meet the qualifying scores set forth by the Regional Board.
- C. The regional competition is the qualifying meet for the USA Gymnastics Junior Olympic Compulsory and Optional Championships

#### **I. QUALIFICATION TO THE REGIONAL CHAMPIONSHIPS MEET**

- A. The USA Gymnastics Regional Championships is conducted for all athletes in residence of the defined Region.
- B. Guests (any athlete who resides outside of the Region) may be accepted into the Regional Meet if the Meet Director determines that there is a sufficient amount of time. Guests will be given awards as defined in the Rules and Policies.
- C. Entry qualification: a gymnast must have competed in her State Meet and must have achieved the designated qualifying score in **her** State Meet. Scores – if any—from the State Meet will be determined by the Regional board.
- D. If a gymnast was injured or ill at the time of the State Meet, she may petition the State Chair and the Regional Chair to directly enter the Regional Meet.
- E. There are no score qualifications to enter the Regional Championships for Levels 9 and 10.

#### **II. DATE OF THE REGIONAL CHAMPIONSHIPS MEET**

Based on the Junior Olympic Championships, the Regional Board will determine the dates of the Regional Meet. All Regional Meets must be completed at least two weeks prior to the Junior Olympic Compulsory/Optional Championships.

#### **III. MEET INFORMATION AND ENTRY FORMS**

- A. Meet Information and entry forms for the Regional Meet should be sent by the Regional Meet Director to all Regional Professional Members and assigned judges eight (8) weeks prior to the competition.
- B. Mailing list can be obtained from the Regional Chairman.
- C. See Entry Regulations for more details.
- D. See Entry fees for more details.
- E. All Difficulty (D1D2) forms must be received 3 days prior to competition. A late penalty of \$25 per athlete can be required prior to an athletes' participation for any forms received after the deadline.

#### **IV. MEET FORMAT**

- A. Depending on the number of gymnasts in the Region, it is possible to hold the Regional meet for different Levels on different dates.
- B. The number of competitors judged in one day is limited to 80 competitors when the competition format is one gymnast competing at a time.

## **V. USA GYMNASTICS JUNIOR OLYMPIC COMPULSORY/OPTIONAL CHAMPIONSHIPS**

- A. Junior Olympic Compulsory Championships is an annual competition for Level 4, 5 and 6 individual gymnasts in all age divisions and Junior Olympic Beginner Groups.
- B. Junior Olympic Optional Championships is an annual competition for all Level 7, 8 and 9 individual gymnasts in all age divisions and Junior Olympic Intermediate and Advanced Groups.
- C. Individual Qualification will be through regional championships. All Junior Olympic Groups are eligible to compete as long as they have competed at either the Group Championships or a State or Regional Championship.
- D. The individual qualifying procedures will be set annually.

### **Junior Olympic Compulsory Championships**

#### **I. QUALIFICATION FOR INDIVIDUALS AND GROUPS**

- A. The top 10 Level 4, 5 and 6 individual athletes in rank order (regardless of age division) from each Regional competition will qualify to the Junior Olympic Compulsory Championships. The top 10 comprise the "Regional Team". The "Regional Team" score will be tallied using the top five event scores from each level.
- B. A gymnast may qualify to the Championships only through the Regional Championships held in her region of residence.
- C. If there is an All-Around tie in the 10th position, the gymnast with the highest event score will be named to the Regional Team.
- D. All-Stars: Each region will be allotted a predetermined number of individual All-Star athletes per level to compete for individual rankings but not as part of the Regional team based on the Region's percentage of athletes. Each Region's All-Star numbers will be determined by the Rhythmic Administrative Committee and submitted to each Regional Chair in advance of the Regional Championships.
- E. Injury Petitions: If an athlete is injured or ill at the time of the Regional Championships and cannot compete, she may petition to her Region's board via the Regional Chairman. All injury petitions must be accompanied by a Physician's note.
- F. Beginner Groups may compete at the Junior Olympic Compulsory Championships as long as they have participated in the Group Championships at the end of the preceding year or any State or Regional Championships in the current year.
- G. If an athlete qualifies as part of the Regional Team but is unable to attend or chooses not to attend, the next gymnast in rank order will replace her on the team and the next All-Star in rank order will be invited (in compliance with the total number of allotted All-Stars for that level). The Regional Chair is responsible for ensuring that a complete team is in place.

#### **II. DATE AND SITE OF THE JUNIOR OLYMPIC COMPULSORY CHAMPIONSHIPS**

- A. The dates of the Junior Olympic Compulsory Championships will be determined by the USA Gymnastics Rhythmic Program Director in consultation with the Regional Administrative Committee.
- C. Clubs wishing to host this event must submit a bid to the USA Gymnastics Rhythmic Program Director.

#### **III. MEET INFORMATION AND ENTRY FORMS**

- A. Meet information and entry forms will be sent by the USA Gymnastics office to each Regional Chairman who is responsible for sending the forms to the qualified individual and group athletes.
- B. The Rhythmic Program Director in consultation with the Junior Olympic Program Committee will determine entry fees.

#### **IV. MEET FORMAT**

- A. Individuals will compete in a two-day competition.
  - 1. Regional Team, Individual All-around, and Individual Event awards will be given as follows:
    - a. All-Around Awards - Medals will be awarded to the top 8 all-around winners for Levels 4,5 and 6.
    - b. Event Awards - Medals will be awarded to the top 8 individual event winners for Levels 4,5 and 6.

- c. Regional Team Awards - Trophies will be awarded to each member of the top 3 Regional teams. The top five scores from each event for each Regional team will count toward the Regional team score.
- B. Groups will compete in a one-day competition. The order of the competition will be determined by a pre-meet draw. All group levels are limited to RFX and one other event as designated by the Rhythmic Administrative Committee.
  - 1. Medals will be awarded to 50% up to 6 places in each event. Each athlete in the group will receive a medal.
  - 2. Trophies will be awarded to 50% up to 3<sup>rd</sup> place for All-Around to each group. (The All-Around score will be determined by the two designated events scores added together.)

## **Junior Olympic Optional Championships**

### **I. QUALIFICATION FOR INDIVIDUALS AND GROUPS**

- A. The top 8 Levels 7 and 8 individual athletes in rank order (regardless of age division) from each Regional competition will qualify to the Junior Olympic Compulsory Championships. The top 8 comprise the "Regional Team".
- B. A gymnast may qualify to the Championships only through the Regional Championships held in her region of residence.
- H. If there is an All-Around tie in the 8th position, the gymnast with the highest event score will be named to the Regional Team.
- I. All-Stars: Each region will be allotted a predetermined number of individual All-Star athletes per level to compete for individual rankings but not as part of the Regional team based on the Region's percentage of athletes. Each Region's All-Star numbers will be determined by the Rhythmic Administrative Committee and submitted to each Regional Chair in advance of the Regional Championships.
- J. All Level 9 gymnasts who have participated in the All-Around Regional Championships are eligible to compete in the Junior Olympic Optional Championship Level 9 category. The top 6 (rank order) Juniors/Hopes and the top 4 (rank order) Seniors will comprise the "Regional Team".
- K. If an athlete qualifies as part of the Regional Team but is unable to attend or chooses not to attend, the next gymnast in rank order will replace her on the team and the next All-Star in rank order will be invited (in compliance with the total number of allotted All-Stars for that level). The Regional Chair is responsible for ensuring that a complete team is in place.
- L. Intermediate and Advanced Groups may compete at the Junior Olympic Optional Championships as long as they have participated in the Group Championships at the end of the preceding year or any State or Regional Championships in the current year.
- M. Injury Petitions: If an athlete is injured or ill at the time of the Regional Championships and cannot compete, she may petition to her Region's board via the Regional Chairman. All injury petitions must be accompanied by a Physician's note.

### **II. DATE AND SITE OF THE JUNIOR OLYMPIC OPTIONAL CHAMPIONSHIPS**

- A. The dates of the Junior Olympic Optional Championships will be determined by the USA Gymnastics Rhythmic Program Director in consultation with the Rhythmic Administrative Committee.
- B. Clubs wishing to host this event must submit a bid to the USA Gymnastics Rhythmic Program Director.

### **III. MEET INFORMATION AND ENTRY FORMS**

- C. Meet information and entry forms will be sent by the USA Gymnastics office to each Regional Chairman who is responsible for sending the forms to the qualified individual and group athletes.
- D. The Rhythmic Program Director in consultation with the Rhythmic Administrative Committee will determine entry fees.

#### **IV. MEET FORMAT**

- C. Individuals will compete in a two-day competition.
  - 2. Regional Team, Individual All-around, Individual Event, and Group awards will be given as follows:
    - d. All-Around Awards - Medals will be awarded to the top 8 all-around winners for Levels 7, 8 and 9.
    - e. Event Awards - Medals will be awarded to the top 8 individual event winners for Levels 7, 8 and 9.
    - f. Regional Team Awards - Trophies will be awarded to each member of the top 3 Regional teams by Level (Level 7, 8, and 9). The top four scores from each event (Level 7 & Level 8) for each Regional team will count toward the Regional team score. In Level 9 the top 2 junior scores and the top 2 senior scores by event will count toward the Regional team score.
    - g. Overall Regional Team Awards – Trophies will be awarded to each member of the top 3 Regional Teams (Level 7, 8, 9 combined, using above formulas).
    - h. Group – Medals will be awarded to each member of the top 3 teams in the Intermediate and Advanced categories.

#### **VI. USA GYMNASTICS NATIONAL QUALIFYING COMPETITIONS**

- A. A National Championships qualifying competition will be held annually for Level 10 and Elite individual gymnasts, and Level 9 qualifiers.

#### **I. QUALIFICATION TO THE NATIONAL QUALIFIER:**

- A. One qualifying competition will be held annually for athletes to qualify to the National Championships.
- B. The following athletes are automatically eligible to compete at these two competitions.
  - 1. Elite Juniors and Seniors
  - 2. Current Level 10 Juniors
  - 3. Level 10 Seniors
- C. Level 10 Juniors who become Seniors are automatically eligible for the National Qualifier.
- D. The top ranked athletes in the Junior and Senior division from the Level 9 Championships will be invited. The specific number of athletes to advance will be determined by the Rhythmic Program Director and Rhythmic Program Committee.
- E. Athletes that qualify in the Hopes division will compete in the Junior division but will receive separate awards.

#### **II. DATE OF THE NATIONAL QUALIFIER**

- A. The dates will be determined by the USA Gymnastics Rhythmic Program Director.
- B. The National Qualifier will be at the latest two weeks prior to VISA Championships.
- C. Clubs wishing to host this event must submit a bid to the USA Gymnastics Rhythmic Program Director.

#### **III. MEET ENTRY FORMS**

- A. Entry forms will be supplied by the Rhythmic Program Director to all qualifying athletes.
- B. The Rhythmic Program Director will determine entry fees.

#### **IV. THE DRAW**

- A. For the Senior Division a competitive draw will be conducted for all competitors.
- B. For the Junior Division a competitive draw will be conducted for all competitors.
- C. Session rotations will be determined based upon the number of qualified athletes.

**V. MEET FORMAT**

- A. Individuals will compete in a two day, All-around competition.

**VI. AWARDS**

- A. Separate awards will be presented in the Hopes, Junior and Senior divisions.
- B. Awards are presented to the top 10 in each division.
- D. Non-citizen athletes will be awarded in separate award categories to the top 6 in each division or 50% of the field of competitors.

**VII. TECHNICAL**

- A. The Difficulty forms will be required to be sent to the USA Gymnastics office prior to the competition. The meet information will include the deadline date for the forms to arrive in the office.
- B. The Difficulty forms may be returned to the coaches following the competitions.

**VII. USA GYMNASTICS- NATIONAL CHAMPIONSHIPS**

- A. An annual competition for Level 9, 10 and Elite gymnasts in the junior and senior age divisions and FIG group competitions.
- B. Gymnasts from the Hopes age division who meet the qualifications requirements for juniors will be allowed to compete in the USA National Championships; however, this age division does not compete in a separate division and is not eligible for the Junior National Team.
- C. To enter the USA National Championships, all gymnasts must meet the requirement set forth by the Rhythmic Program Director and Rhythmic Program Committee annually.
- D. The top 8 Seniors and the top 8 Juniors in the All-Around competition will comprise the USA Gymnastics National Rhythmic Gymnastics Team.

**I. QUALIFICATION TO THE USA GYMNASTICS- NATIONAL CHAMPIONSHIPS**

- 1. The athletes will be determined from the National Qualifier. The Rhythmic Program Committee will determine the qualifying numbers annually.
  - A. Hope and Junior gymnasts will be considered together for qualification into the VISA Championships. Hopes will be awarded separately from Juniors and may not earn a place on the Junior National Team. However, Hopes may be invited to the Rhythmic Challenge of the following year at the invitation of the International Elite Coaches Committee.
  - B. Petitions: If a gymnast was injured or ill at the time of the qualifying meet, she may petition the Rhythmic Program Committee to be allowed to compete in another qualifying meet. A copy of the petition is to be sent to the USA Gymnastics Rhythmic Gymnastics Program Director and it will then be forwarded to the Rhythmic Program Committee for action.
  - C. Qualifying Exemptions
    - a) A gymnast who was a member of the USA National Team the previous season as an individual competitor for an FIG Event (i.e. Olympic Games, World Championships, World Cup, Pacific Alliance) may be admitted to the National Championships without competing at a qualifying meet.
    - b) If a gymnast is assigned to an International Competition that is in conflict with the qualifying events, she will be admitted to the National Championships without competing at a qualifying meet.

**II. DATE OF THE NATIONAL CHAMPIONSHIPS**

- A. The National Championships must be held after all State and Regional Meets.
- B. The date of the National Championships is determined by USA Gymnastics.

### III MEET ENTRY FORMS

Entry forms for the National Championships will be supplied by the Rhythmic Program Director to all qualifying athletes.

### IV. THE DRAW

- A. For the Senior Division a single competitive draw will be conducted for all competitors.
- B. For the Junior Division a single competitive draw will be conducted for all competitors.
- C. Session rotations will be determined based upon the number of qualified athletes.
- D. For the Group competition a competitive draw will be conducted for all groups.

### V. MEET FORMAT

The Meet Format will be determined annually by the Rhythmic Program Committee.

- C. Individual: There will be an All-around and Individual Event competition
- D. Group: Will be determined annually by the Rhythmic Program Committee

### VI. SCORE INQUIRIES

- A. A coach may submit a score inquiry on the D1 or D2 score. The inquiry must be submitted to the Program Director before the end of the event rotation. The concerned judges' panel and Program Director will confer and if necessary, conduct a video review. If there is a score adjustment, it will be posted prior to the start of the next rotation.

### VII. AWARDS

- A. Separate awards will be presented in the Junior and Senior divisions.
- B. In the All-Around Competition the top 8 Seniors and the top 8 Juniors will receive awards.
- C. In the Individual Event Competition, the top 6 Seniors and the top 6 Juniors in each event will receive medals based upon rank.
- D. In the Group event awards & recognition are at the discretion of the Program Director.

### VIII. NATIONAL TEAM SELECTION

- A. USA Gymnastics Senior Individual National Team will be comprised of the top 8 Seniors in the Senior All-Around Competition.
- B. USA Gymnastics Junior Individual National Team will be composed of the top 8 Juniors in the Junior All-Around Competition.
- E. The selection process for the USA Gymnastics National Group will be determined by the International Elite Coaches Committee.
- F. A gymnast ranked in the top 3 of the existing National Team who becomes injured at Championships will be named as an unranked member of the National Team. She may participate in any National Team training camps and compete at the Rhythmic Challenge. Any gymnast ranked 4-8 on the existing National team who sustains an injury will be invited to the National Team training camps and the Rhythmic Challenge, but will not be named a National Team member.