



Photo © Grace Chiu

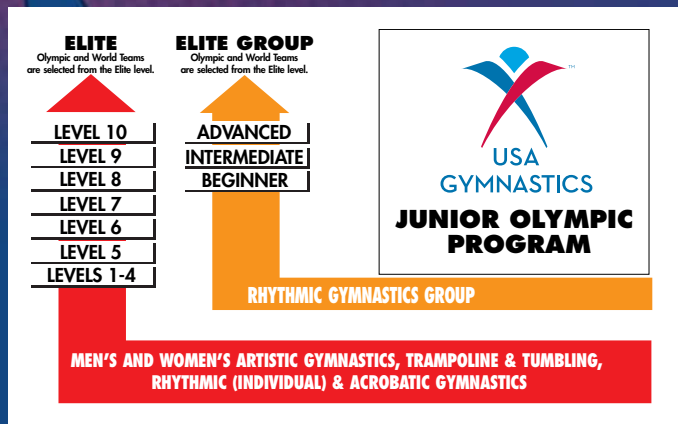
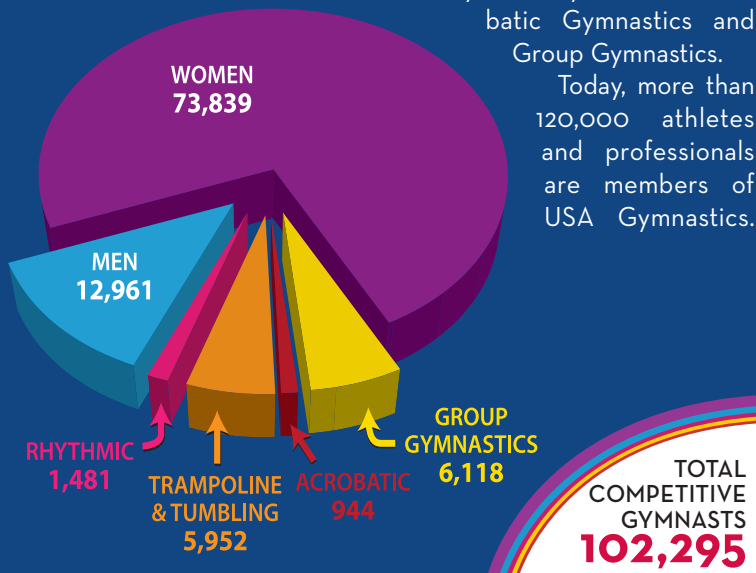
The 2011 World Championships Team Gold Medalists:  
(L-R) Alexandra Raisman, McKayla Maroney, Jordyn Wieber, Sabrina Vega, Alicia Sacramone, Gabrielle Douglas and Anna Li.

# 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 the grassroots and national levels; and serving as a resource center for members, clubs, fans and gymnasts throughout the United States. USA Gymnastics also provides continuing education resources for new and experienced coaches and instructors in the sport.

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

Today, more than 120,000 athletes and professionals are members of USA Gymnastics.



More than 4,000 competitions and events are sanctioned annually throughout the USA. USA Gymnastics has more than 97,000 athletes registered to participate in the Junior Olympic and elite programs.

The chart above shows each discipline and how it progresses from beginner to elite level.

The ultimate goal in the sport is to become a USA National Gymnastics Team member. To become a national team 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, USA Gymnastics' national championships and the most prestigious and significant competition of the year.