

SECTION VII: ELITE PROGRAM

I. Junior Elite Program

A. Purpose

1. The USA Gymnastics Junior Elite Program is designed to serve as a progression to the Senior Elite level and to provide a pool of talented athletes for national and international competitions.

B. Eligibility

1. Athletes must be at least 12 years old in the year of competition to compete at the Junior Elite level. There is no maximum age.

C. Mobility System

1. In order to compete at the Junior Elite Level, an athlete must achieve the mobility score from Level 10 to Junior Elite (see mobility scores below).
2. Coaches must submit a Mobility Request Form to the Elite Program Chair in order to move an athlete from Level 10 to Junior Elite. The Elite Program Chair must approve mobility before the athlete is eligible to compete at the higher level.
3. Mobility must take place at USA Gymnastics Trampoline & Tumbling sanctioned events.
4. Athletes may NOT skip levels.
5. Junior Elite athletes who have not competed for one year or more may petition the Elite Program Committee for permission to return to their most recent competition level. Petitions must be submitted to the Elite Program Chair 30 days prior to their return to competition.
6. Mobility scores from Level 10 to Junior Elite– Based on preliminary scores

Junior Elite Mobility Scores

Discipline	Level	Total Score	Minimum DD
Trampoline - Men	10 to Jr.	56.5	8.5
Trampoline - Women	10 to Jr.	55.5	7.5
Tumbling	10 to Jr.	80.6	
Double Mini	10 to Jr.	63.5	7.2 (2 passes)

D. Junior National Team Program

1. The Junior National Team Program ultimately exists for the specific purpose of identifying and preparing athletes to compete for the United States in international competition. While the program can and should impact the development of all competitive gymnasts in the United States, the focus of the Junior National Team Program is the development of the elite gymnast. The Junior National Team Program seeks to create a year-round competitive and educational support system for coaches and athletes based on the following objectives:
 - a. Elevation of the importance of successful competition.
 - b. Creation of an educational and evaluation system that emphasizes international competitiveness.
 - c. Involvement of the personal coaches in overall program planning and organization as well as in individualized athlete development.
 - d. Education of coaches on basic coaching principles and development of the elite athlete.

2. Junior National Team Responsibilities

- a. Attend all required USA Gymnastics training and verification camps. Members may be excused from participation only with prior approval of the Senior Program Director or Athlete Development Coordinator. Unauthorized absence from required training camps may result in suspension from the Junior National Team.
- b. Attend any event, competition, etc., assigned by USA Gymnastics, unless excused by the Senior Program Director or Athlete Development Coordinator.
- c. Follow an annual training and competition plan prepared by the athlete, personal coach. The plan must be signed by the athlete, personal coach.
- d. Continue to demonstrate competitive performance consistent with athlete's national ranking and funding status.
- e. Submit all forms and reports as required.
- f. Remain drug free and if required, submit reports to USADA on a timely basis.
- g. Report any injury or major illness to the Senior Program Director or Athlete Development Coordinator.
- h. Undergo fitness testing when required by the Senior Program Director or Athlete Development Coordinator.
- i. Notify the Program Office of address, phone number and e-mail address changes.
- j. Sign the USA Gymnastics Trampoline & Tumbling National Team Funding and Support Agreement.

3. See [Junior National Team Selection](#).

E. Selection Procedures for the Youth Olympic Games

1. The Selection Procedures for the Youth Olympic Games will be determined by the Trampoline & Tumbling Program Committee. The Youth Olympic Games Selection Procedures must be approved by the President of USA Gymnastics and the United States Olympic Committee.
2. USA Gymnastics shall publish the Selection Procedures in *Technique* magazine and on the USA Gymnastics website – www.usa-gymnastics.org.
3. The Selection Procedures are subject to change due to scheduling, competition format and structure of organizing committees.

II. Senior Elite Program

A. Purpose

1. The USA Gymnastics Senior Elite Program is designed to prepare athletes for international competition.

B. Eligibility

1. Senior elite athletes must be 17 years of age or older in the current year.

C. Mobility System

1. In order to compete at the Senior Elite level, an athlete must achieve the mobility score from Junior Elite to Senior Elite (see mobility scores below).
2. Coaches must submit a Mobility Request Form to the Elite Program Chair in order to move an athlete from Junior Elite to Senior Elite. The Elite Program Chair must approve mobility before the athlete is eligible to compete at the higher level.

3. Mobility must take place at USA Gymnastics Trampoline & Tumbling sanctioned events.
4. Athletes may NOT skip levels.
5. Senior Elite athletes who have not competed for one year or more may petition the Elite Program Committee for permission to return to their most recent competition level. Petitions must be submitted to the Senior Program Director 30 days prior to their return to competition.
6. Mobility scores – Based on preliminary scores

Senior Elite Mobility Scores

Discipline	Level	Total Score	Minimum DD
Trampoline – Men	Jr. to Sr.	58.5	10.5
Trampoline – Women	Jr. to Sr.	57.5	9.5
Tumbling - Men	Jr. to Sr.	62.5	10.3 (2 passes)
Tumbling - Women	Jr. to Sr.	61.2	8.9 (2 passes)
Double Mini – Men	Jr. to Sr.	68.4	11.2 (2 passes)
Double Mini- Women	Jr. to Sr.	66.4	9.4 (2 passes)

D. Senior National Team Program

1. The Senior National Team Program provides a pool of athletes for selection to international competitions, including World Championships, World Cups, World Games, Pan American Games and the Olympic Games. The program ultimately exists for the specific purpose of preparing athletes to compete for the United States in international competition. While the program can and should impact the development of all competitive gymnasts in the United States, the focus of the Senior National Team Program is the development of the elite gymnast. The Senior National Team Program seeks to create a year-round competitive and educational support system for coaches and athletes based on the following objectives:
 - a. Elevation of the importance of successful competition.
 - b. Creation of an educational and evaluation system that emphasizes international competitiveness.
 - c. Involvement of the personal coaches in overall program planning and organization as well as in individualized athlete development.
 - d. Education of coaches on basic coaching principles and on the development of the elite athlete.
2. Senior National Team Responsibilities
 - a. Attend all required USA Gymnastics training and verification camps. Members may be excused from participation only with prior approval of the Senior Program Director or Athlete Development Coordinator. Unauthorized absence from required training camps may result in suspension from the Senior National Team.
 - b. Attend any event, competition, etc., assigned by USA Gymnastics, unless excused by the Senior Program Director or Athlete Development Coordinator.
 - c. Follow an annual training and competition plan prepared by the athlete and personal coach.
 - d. Continue to demonstrate competitive performance consistent with athlete's national ranking and funding status.
 - e. Submit all forms and reports as required.
 - f. Submit required reports to USADA on a timely basis and remain drug-free.

- g. Report any injury or major illness to the Senior Program Director or Athlete Development Coordinator.
 - h. Undergo fitness testing when required by the Senior Program Director or Athlete Development Coordinator.
 - i. Notify the Program Office of address, phone number and e-mail address changes.
 - j. Sign a USA Gymnastics Trampoline & Tumbling National Team Funding and Support Agreement.
3. See [Senior National Team Selection](#).
4. Reinstatement to the Senior National Team
- a. To be eligible for reinstatement to the Senior National Team athletes must meet the following criteria:
 - 1) Must have been a USA Gymnastics National team member in the past two years.
 - 2) Must have competed in the past six months at more than 1 USA Gymnastics trampoline and tumbling sanctioned event.
 - 3) Must supply a copy of the official results from the competitions where they competed.
 - 4) Must have maintained or re-mobilized to the senior elite level.
 - b. To be considered for reinstatement to the Senior National Team athletes must complete the following requirements:
 - 1) Submit an application letter to the Athlete Development Coordinator that is accompanied by a reference letter from a member of the National Coaching Staff.
 - 2) Attend verification at a time, date and location set by USA Gymnastics. Athletes are responsible for all of their own expenses for the verification. The verification process will consist of a full demonstration of the athlete's routines based on the preliminary and finals passes. Athletes will be judged using the current FIG/USAG Elite Code of Points.
 - 3) Pass a fitness assessment. This will be based on the National Team fitness assessment guidelines.
 - 4) Provide a medical release from a certified practicing Medical Doctor that they are fit for competition.
 - 5) Provide a copy of their training journal for review.
- E. Selection Procedures for the World Championships, World Games, Pan American Games and Olympic Games
- 1. The Selection Procedures for the World Championships, World Games, Pan American Games, and Olympic Games will be determined by the Trampoline & Tumbling Program Committee. The World Championships and Olympic Games Selection Procedures must be approved by the President of USA Gymnastics and the USA Gymnastics Executive Committee. The Pan American Games and Olympic Games Selection Procedures must also be approved by the United States Olympic Committee.
 - 2. USA Gymnastics shall publish the Selection Procedures in *Technique* magazine and on the USA Gymnastics website – www.usa-gymnastics.org.
 - 3. The Selection Procedures are subject to change due to scheduling, competition format and structure of organizing committees.

III. U.S. Gymnastics Championships (Junior and Senior Elite National Championships)

- A. Only athletes who have met the eligibility and qualifying requirements may enter U.S. Gymnastics Championships.
- B. Athletes may enter the competition by petition, upon approval, if all petition requirements are met as stated in F. Petitions.
- C. Eligibility Competitions
 - 1. An eligibility competition is any USA Gymnastics Trampoline & Tumbling sanctioned competition where the athlete competes in addition to the qualifying competitions for the U.S. Gymnastics Championships.
 - 2. Competitors must compete in at least two (2) USA Gymnastics Trampoline & Tumbling sanctioned competitions during the current competition season other than the qualifiers designated by the Elite Program Committee.
 - 3. The competitive season begins August 1 of each year.
 - 4. The athlete must compete in at least one (1) event at eligibility competitions. He/she does not have to compete in every event that may eventually be entered at the U.S. Gymnastics Championships.
 - 5. Head coaches are responsible for submitting competition results to the State Chairman to determine eligibility.
- D. Junior Elite Qualification to U.S. Championships - All athletes competing are eligible to enter U.S. Championships provided they have met the following criteria:
 - 1. Compete at a minimum of two (2) USA Gymnastics sanctioned competitions other than the designated qualifiers.
 - 2. Must meet the qualifying requirements in preliminaries at one of the designated qualifiers.
 - a. Individual Trampoline and Synchronized Trampoline: Must complete a 10-skill compulsory routine, a 10-skill optional routine and perform the required degree of difficulty in the optional routine at one of the designated qualifiers.
 - b. Tumbling: Must complete two (2) 8-skill passes and perform the required degree of difficulty at one of the designated qualifiers.
 - c. Double Mini-Trampoline: Must complete two (2) 2-skill passes and perform the required degree of difficulty at one of the designated qualifiers.
 - 3. Current Junior Elite National Team members do not have to qualify to the National Championships in the event(s) in which they were named to the team. In other events, they must qualify using the established procedures.
 - a. Junior Elite National Team members must comply with the eligibility requirements (III. C. Eligibility Competitions).
 - 4. Competitors must compete in only one level per discipline. For example, an athlete can compete as a Senior Elite in Trampoline and a Junior Elite in Tumbling, but never as a Senior Elite AND a Junior Elite in Tumbling.
 - 5. Entries to U.S. Gymnastics Championships must be at the same level at which the athlete qualified at the last competition he/she attended. For example, if an athlete qualified as a Junior Elite in the first competition, but competed as a Senior Elite in the next competition and did not reach the qualifying score, then the athlete cannot enter the U.S. Gymnastics Championships as a Junior Elite.

6. Qualifying Scores

Junior Elite National Qualifying Scores

(based on preliminary scores)

Discipline	Minimum DD
Trampoline – Men & Women	9.0
Tumbling – Men	8.9 (2 passes)
Tumbling – Women	7.2 (2 passes)
Double Mini – Men	9.6 (2 passes)
Double Mini – Women	8.0 (2 passes)
Synchro – Men & Women	8.0

- E. Senior Elite Qualification to U.S. Championships - All athletes competing are eligible to enter U.S. Championships provided they have met the following criteria:
1. Compete at a minimum of two (2) USA Gymnastics sanctioned competitions other than the designated qualifiers.
 2. Must meet the qualifying requirements in preliminaries at one of the designated qualifiers.
 - a. Individual Trampoline and Synchronized Trampoline: Must complete a 10-skill compulsory routine, a 10-skill optional routine and perform the required degree of difficulty in the optional routine at one of the designated qualifiers.
 - b. Tumbling: Must complete two (2) 8-skill passes and perform the required degree of difficulty at one of the designated qualifiers.
 - c. Double Mini-Trampoline: Must complete two (2) 2-skill passes and perform the required degree of difficulty at one of the designated qualifiers.
 3. Current Senior Elite National Team members do not have to qualify to the National Championships in the event(s) in which they were named to the team. In other events, they must qualify using the established procedures.
 - a. Senior Elite National Team members must comply with the eligibility requirements (III. C. Eligibility Competitions).
 4. Competitors must compete in only one level per discipline. For example, an athlete can compete as a Senior Elite in Trampoline and a Junior Elite in Tumbling, but never as a Senior Elite AND a Junior Elite in Tumbling.
 5. Entries to U.S. Gymnastics Championships must be at the same level at which the athlete qualified at the last competition he/she attended. For example, if an athlete qualified as a Junior Elite in the first competition, but competed as a Senior Elite in the next competition and did not reach the qualifying score, then the athlete cannot enter the U.S. Gymnastics Championships as a Junior Elite.

6. Qualifying Scores

Senior Elite National Qualifying Degree of Difficulty Scores

(based on preliminary scores)

Discipline	Minimum DD
Trampoline - Men	11.0 (2nd routine)
Trampoline – Women	10.0 (2nd routine)
Tumbling – Men	10.8 (2 passes)
Tumbling – Women	9.1 (2 passes)
Double Mini – Men	11.4 (2 passes)
Double Mini – Women	10.0 (2 passes)
Synchro – Men	10.0 (2nd routine)
Synchro – Women	9.0 (2nd routine)

F. Petitions to U. S. Championships

1. Senior Elite: Only athletes who competed as a Senior Elite in the same event at the previous National Championships will be allowed to petition to participate in the U.S. Championships.
2. Junior Elite: Only athletes who placed 1st, 2nd or 3rd as a Junior Elite in the same event at the previous U.S. Championships or who were in the top fifty (50) percent of Junior Elites who competed in the previous U.S. Championships will be allowed to petition to participate in the current U.S. Championships.
3. The Petition Form must be used for all petitions. Petition forms can be found with the specific event information on the USA Gymnastics website – www.usa-gymnastics.org
4. The original form is mailed to the Senior Program Director of the Trampoline & Tumbling Program. The coach and athlete should each retain a copy of the submitted form.
5. Petitions will be decided by the Chair of the Elite Program Committee (TEPC) and the Trampoline & Tumbling Sr. Program Director. Petitions will be considered as expeditiously as possible. The decision of the TEPC Chair and the Sr. Program Director is final.
6. The petition must be submitted on the Petition Form to the Sr. Program Director prior to the entry deadline. The petition must state the specific injury, illness or unusual circumstance, which prohibits the athlete from participating in the competitive process. In the case of a petition based upon an injury or illness, the petition must be accompanied by a physician's statement. The nature and extent of the injury or illness is subject to verification by a neutral doctor selected by USA Gymnastics.
7. Qualification events and trial events may have different petition requirements. Please refer to the event selection procedures for exact requirements.
8. The petitioner and his/her coach will be immediately notified, once a decision has been reached.

IV. Competition Rules & Equipment Specifications

- A. The *International Gymnastics Federation (FIG) Code of Points* will be used except where superseded by rules found in the *USA Gymnastics Elite Code of Points* (See Appendix 4). Therefore, the order of precedence when determining which rules to use in the event of conflict is:

1. [USA Gymnastics Elite Code of Points.](#)
 2. [FIG Code of Points.](#)
- B. Finals
1. The top-scoring eight (8) competitors from the preliminary rounds may advance to the finals.
 2. New Life Finals will not be held. Scores from the preliminaries and the finals will be added together to determine the final score.
 - a. Exception: If there are 10 or more competitors in preliminaries then new life finals will be held. The competitors start the Final with a score of zero.
 3. The starting order for the final will be in order of merit, with the competitor with the lowest preliminary score going first. In the event of ties, the starting order will be decided by a draw. See C. Tie-Breaking Procedures below.
- C. Tie-Breaking Procedures
1. Tie-breaking procedures are followed according to the [FIG Technical Regulations](#)
 2. In the Preliminary Rounds and qualifying for Finals, in case of a tie at any place, the ranking will be determined by the following criteria in order:
 - a. Individual Trampoline, Tumbling, and Double Mini Trampoline
 - 1) The higher total score in the 2nd routine/pass
 - 2) The total of the counting execution scores in the 2nd routine/pass
 - 3) The total of all of the execution scores of the 2nd routine/pass without eliminating high and low scores
 - 4) The total of the 4 highest execution scores of the 2nd routine/pass
 - 5) The total of the 3 highest execution scores of the 2nd routine/pass and so on until the tie is broken
 - b. Synchronized Trampoline
 - 1) The pair with the higher total score in the 2nd routine.
 - 2) The pair with the higher synchronized score in the 2nd routine.
 - 3) The pair with the higher total of the synchronized scores from the 1st and the 2nd routines.
 3. In the Final Rounds, in case of a tie at any place, the ranking will be determined by the following criteria in order:
 - a. Individual Trampoline, Tumbling, and Double Mini Trampoline
 - 1) The total of the counting execution scores in the Final routine/2nd Final Pass
 - 2) The total of all of the execution scores of the Final routine/2nd Final Pass without eliminating high and low scores
 - 3) The total of the 4 highest execution scores of the Final routine/2nd Final Pass
 - 4) The total of the 3 highest execution scores of the Final routine/2nd Final Pass and so on until the tie is broken
 - b. Synchronized Trampoline
 - 1) The pair with the higher synchronized score in the Final
 - 2) The pair with the higher total score from the qualification round

D. Equipment Specifications

1. The trampoline equipment specifications must be followed. (see [Trampoline](#), [Tumbling](#), [Double Mini](#) equipment specifications)

V. Residency Clause

A. U. S. Citizens

1. The location of the club or team determines the state and regional meet in which the gymnast competes. Therefore, if a gymnast lives in one state but competes for a club or team located in another state, the following regulations apply:
 - a. A gymnast must compete in the State Championships based in the state in which his/her club is located. He/She may, based on special circumstances, petition the Senior Program Director for permission to compete in the State Championships for the state in which he/she lives.
 - b. The gymnast must compete in the Regional Meet based on the State Meet in which he/she competed. He/She may, under special circumstances, petition the Senior Program Director for permission to compete in the Regional Meet for the region in which he/she lives.

B. Resident Non-Citizen Athletes

1. The resident non-citizen athlete participation in USAG events will be as follows for all programs:
 - a. Resident non-citizen USA Gymnastics athlete members are allowed to compete/participate in USA Gymnastics sanctioned events with full privilege and receive awards up to and including the Junior Olympic National Championships.
 - b. USA Gymnastics Junior Olympic, Junior Elite or Senior Elite National Team members must be United States citizens. Therefore, only United States citizens are allowed to be named to the following teams or any other team representing USA Gymnastics at FIG competitions:
 - 1) World Championships
 - 2) Olympic Games
 - 3) Youth Olympic Games
 - 4) World Games
 - 5) Pan American Championships
 - 6) Pan American Age-Group Team
 - 7) Pan American Games
 - 8) World Cup Series
 - 9) World Age-Group Team
 - 10) JumpStart National Team
 - 11) Olympic Development Team
 - 12) Junior National Team
 - 13) Senior National Team

C. Foreign Athletes

1. FIG regulations require that all foreign athletes (anyone without United States citizenship), regardless of age or competition level, must gain permission from the gymnastics federation of their country of citizenship and from USA Gymnastics before they may compete in any sanctioned USA Gymnastics event.
2. It is up to the foreign athlete to obtain permission from his/her federation to compete in the U.S., and to provide such permission to the Trampoline & Tumbling Program Office. If an athlete needs contact information for another federation, the Program Office will provide it.

3. Sanctioning Events with Foreign Athletes
 - a. A foreign sanction is required for any event where athletes who live in another country participate.
 - b. A foreign sanction is not required for an event where all athletes are USAG members living in the U.S.
4. Athletes Training in a Foreign Country
 - a. To train at a gym in the U.S., a foreign athlete/team must obtain permission from USA Gymnastics and the federation of the athlete/team. The same is true for U.S. athletes who train in a foreign country.

VI. Communicable Disease Statement

- A. In order to prevent the transference of communicable diseases:
 1. Athletes with open lesions, wounds, dermatitis, and so forth should cover the area with a dressing that will prevent contamination.
 2. Competition should be interrupted if an athlete has a wound in which blood is present to allow the bleeding to be stopped and the wound to be cleaned.
 3. Surfaces contaminated with blood or bodily fluid should be cleaned with a solution of sodium hypochlorite (household bleach) at 1:10 dilution.