



SECTION I: USA GYMNASTICS OVERVIEW

I. Purpose

The purpose of USA Gymnastics as defined under Article 2 of the USA Gymnastics By-Laws is to serve as the National Governing Body for the sports of Artistic Gymnastics, Rhythmic Gymnastics, Trampoline & Tumbling, and Acrobatic Gymnastics in the United States and to fulfill the other non-profit purposes stated in the Corporation's Certificate of Formation, as it may be amended or restated from time to time.

II. Mission & Core Values

*To build a **community** and **culture** of **health, safety, and excellence**, where athletes can **thrive** in sport and in life.*

With all of our actions, we are guided by a collective and unwavering commitment to ethical conduct and our core values of:

- SAFETY – We promote a safe and inclusive environment for our athletes and our community.
- ACCOUNTABILITY – We hold ourselves responsible and accountable for all of our actions.
- INTEGRITY – We act with absolute integrity through values-based actions.
- TRANSPARENCY – We operate and communicate with transparency.
- LISTENING – We treat our community with the utmost respect, and listen to their challenges and perspectives.

III. Code of Ethical Conduct

All members are required to adhere to both the USA Gymnastics Code of Ethical Conduct, and the USA Gymnastics Safe Sport Policy. It is the responsibility of each member to review these documents independently and to follow these policies. The USA Gymnastics Safe Sport Policy includes the SafeSport Code for the U.S. Olympic and Paralympic Movement.

The Code of Ethical Conduct and the USA Gymnastics Safe Sport Policy are available online:

- Code of Ethical Conduct: [https://usagym.org/PDFs/About USA Gymnastics/code_ethical_conduct_071018.pdf](https://usagym.org/PDFs/About%20USA%20Gymnastics/code_ethical_conduct_071018.pdf)

- USA Gymnastics Safe Sport Policy:
https://usagym.org/PDFs/About%20USA%20Gymnastics/safesportpolicy_032318.pdf

IV. USA Gymnastics Membership and Responsibilities

A. Athlete Memberships

Only a parent/guardian of a minor or the adult athlete may apply for membership with USA Gymnastics on behalf of an athlete. Athletes who wish to participate in USAG sanctioned events MUST be affiliated with a current Member Club.

1. Athlete membership is effective once a USAG Athlete member number has been assigned to the competitive athlete.
2. Membership registration must be completed prior to participating in any USAG sanctioned competition event. The additional requirement of the Athlete membership is:
 - a. U110: U.S. Center for SafeSport Core Training for athletes 18 years of age or older.
 - b. If an Athlete member turns 18 during the competition season, they must complete the U110: SafeSport Core Training 180 days after they turn 18.
3. All gymnasts must meet the level requirements, score and age requirements as designated in the Code of Points, in order to compete in each level and discipline.
4. Athlete member numbers are assigned only after:
 - a. Payment of the Athlete Membership fee ([click here](#) for membership overview) in full is received.
 - b. The Athlete membership online registration fully completed with all required information and signature.
 - c. Member benefits are paid out upon receipt of application; therefore, memberships are nonrefundable and nontransferable.
 - d. The Athlete membership is valid for one competitive year, from August 1st through the following July 31st.
 - e. Members joining at any time during the year will receive benefits for the remainder of the competitive year.
 - f. All Athlete memberships are automatically null and void each July 31.
 - g. For more information regarding Athlete membership terms, conditions and registration, please contact Member Services at (800) 345-4719 or via email at membership@usagym.org.
 - h. In order for an athlete to compete they must be affiliated with a USAG Member Club and must be accompanied by a Competitive Coach Member during competition and training at any sanctioned event.

B. Memberships and Responsibilities

1. Membership is open to anyone that is a minimum of 14 years of age. Minimum age is dependent on the type of membership. There are additional requirements of the Membership based on the type of membership they are:

- a. Competitive Coach 16+
 - i. U100: Fundamental Gymnastics Instruction course
 - ii. U101: Safety and Risk Management Course
- b. Competitive Coach 18+
 - i. Background Check
 - ii. U100: Fundamentals of Gymnastics Instruction
 - iii. U101: Safety and Risk Management Course
 - iv. U110: U.S. Center for SafeSport Course
 - v. U112: Tough Coaching or Emotional Abuse Course
 - vi. U113: Safe Sport Policy Course
 - vii. Concussion education acknowledgement
- c. Judges 16+
 - i. U101: Safety and Risk Management Course
- d. Judges 18+ additional requirements
 - i. Background Check
 - ii. U101: Safety and Risk Management Course
 - iii. U110: U.S. Center for SafeSport Course
 - iv. U113: Safe Sport Policy Course
- e. Meet Director
 - i. Background check
 - ii. U101: Safety and Risk Management Course
 - iii. U110: U.S. Center for SafeSport Course
 - iv. U113: Safe Sport Policy Course
 - v. Concussion education acknowledgement
- f. Organization Owner/Managing Director
 - i. Background check
 - ii. U101: Safety and Risk Management Course
 - iii. U110: U.S. Center for SafeSport Course
 - iv. U112: Tough Coaching or Emotional Abuse Course
 - v. U113: Safe Sport Policy Course
 - vi. Concussion education acknowledgement
- g. Recreational Coach 14 years of age or older
 - i. Background check (18+)
 - ii. U110: U.S. Center for SafeSport Course (18+)
 - iii. U112: Tough Coaching or Emotional Abuse Course (18+)
 - iv. U113: Safe Sport Policy Course (18+)
 - v. Concussion education acknowledgement (18+)
- h. Photographer/Videographer
 - i. Background check
 - ii. U110: U.S. Center for SafeSport Course
 - iii. U113: Safe Sport Policy Course
- i. Medical
 - i. Background check
 - iv. U110: U.S. Center for SafeSport Course
- j. Volunteer
 - i. U110: U.S. Center for SafeSport Course

- ii. Background check (18+) – a background check consistent with the USA Gymnastics background check policy must be completed for Volunteer members 18 years of age and older. It is the responsibility of both the individual and the Member Club/Meet Director to confirm the completion of the background check for Volunteer members.
- 2. Minor members that turn 18 years old during the membership season must complete the adult member requirements for their roles within 180 days after they turn 18.
- 3. An adult Competitive Coach must accompany a minor Competitive Coach in order to be on the field of play as a coach.
- 4. [Click here](#) for the membership pricing and online registration.
- 5. USAG members must hold a membership for each and every discipline in which he or she is participating.
- 6. Membership is valid for one competitive year, from August 1 through the following July 31.
 - a. Members joining at any time during the year will receive benefits for the remainder of the competitive year.
 - b. Memberships are automatically null and void each July 31.
- 7. Member benefits are paid out upon receipt of application; therefore, memberships are nonrefundable and nontransferable.
- 8. Additional competition floor access requirements: In order to be on the floor at a sanctioned event, Competitive Coach members must meet education requirements:
 - a. Coaches must complete:
 - i. U100 Fundamentals of Gymnastics Instruction
 - ii. T210 Annual Update
 - b. Judges must complete:
 - i. T210 Annual Update
- 9. Information about various certifications, programs, and accreditations for members is offered in the USA Gymnastics University available online at www.usagymnasticsuniversity.org.

C. Residency

- 1. U.S. Citizens
 - a. The location of the club or team that the athlete is registered with determines the state and region in which the gymnast competes. If a gymnast lives in one state but competes for a club or team located in another state, the following regulations apply:
 - i. 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 Program Director for permission to compete in the State Championships in which he/she lives.
 - ii. The gymnast must compete in the Regional Championships based on the State Championships in which he/she competed. He/she may, under special circumstances, petition the Program Director

for permission to compete in the Regional Championships in which he/she lives.

D. Foreign Athletes

1. USA Gymnastics recognizes the positive benefits of having foreign athletes who reside in the United States participate in its sanctioned competitive events. However, USA Gymnastics has an obligation to observe all rules & regulations regarding the participation of foreign athletes as set forth by the International Gymnastics Federation (FIG).
 - a. 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 USAG event.
 - b. In order to fulfill the FIG requirements foreign athletes must acquire written approval from the gymnastics federation from their respective native country (for which he/she holds a passport) before he/she may compete in competitions held in the United States. If a gymnast who is not a U.S. citizen competes without the written permission from his/her national federation, it is a violation of the International Gymnastics Federation's (FIG) regulations. Getting approval from that federation is the responsibility of the athlete, and this rule applies to all levels of competition in all five programs (men's and women's artistic gymnastics, rhythmic gymnastics, trampoline & tumbling, and acrobatic gymnastics). To make it easier, a draft letter that the gymnast may send to the appropriate national gymnastics federation is available on the Forms page of the USAG website (usagym.org). A copy of the letter of approval from the appropriate national gymnastics federation must be provided to the gymnast's club.
 - c. Non-citizen USAG athlete members who are residents, living and training in this country are allowed to compete/participate in USAG sanctioned events with full privilege and receive awards up to and including selection events, Elite Challenge and USA Gymnastics Championships (Development Program only).
 - d. Only athletes who are eligible to become members of the Junior or Senior National Team may participate in the following events:
 - Elite Divisions at USA Gymnastics Championships
 - National Team training camps, World Championships and/or Olympic Games preparation camps
 - Olympic Team Trials (event run in partnership between USAG and the USOPC)
 - e. Resident non-citizen athletes at Elite Challenge and selection events will be eligible for duplicate podium places, and finals berths in addition to the 8 spots provided to U.S. athletes.
 - f. Non-citizen athletes may not become members of the Junior National Team or Senior National Team.

E. Foreign Participants

The US Olympic and Paralympic Committee recognizes USA Gymnastics as the governing body for the sport of gymnastics in the United States. As such, USA Gymnastics has authority over all gymnastics competitions, exhibitions, and training exchanges hosted in the United States.

USA Gymnastics is a member of the Federation of International Gymnastics (FIG), the International governing body for gymnastics. As such, USA Gymnastics and all its members are subject to the FIG rules and regulations governing gymnastics exchanges between countries. All exchanges involving foreign athletes are under the jurisdiction of the FIG and the host Federation.

With the increased opportunities for participation in events involving foreign athletes, both in the United States and abroad, USA Gymnastics has the responsibility to inform its Competitive Coach, Judges and Meet Director members of the FIG regulations governing these activities. The FIG and its member federations have jurisdiction over international events (events involving more than one country's athletes). Violations of the FIG regulations can result in the restrictions of the member federation and/or its athletes. While USA Gymnastics realizes the cultural enrichment that these types of events provide to our members, strict compliance to the FIG Regulations must be followed.

The USAG Program Director must be notified of any competitions in the U.S. involving athletes, coaches, and/or judges who are non-citizens and also reside in and/or represent a foreign country.

F. Foreign Memberships

1. Athletes, coaches, and/or judges from countries other than the United States.
2. If they wish to participate in a USA sanctioned event, they must be USAG Foreign members.
3. USA Gymnastics provides a discounted, insurance-only membership at the rate of \$50.00 per person strictly for foreign athletes and coaches competing in USAG sanctioned competitions.
4. Foreign memberships do NOT receive benefits of membership other than the required insurance coverage at the sanctioned event(s).

[Click here](#) for the Foreign Participant Membership form.