

2022 – 2026 USA GYMNASTICS WOMEN’S DEVELOPMENT PROGRAM - LEVELS 6, 7 & 8

Effective August 1, 2022 – July 31, 2026

SR	SR	SR	SR	SR	SR	Content
<p><b>Level 6</b></p> <p>1. One Cast – min. 45° above horizon (Above Horiz. fulfills SR)</p> <p>2. Min. of one bar change</p> <p>3. One 360° Clear Circling element from Grp. 3, 6 or 7 (no hips on bar)</p> <p>4. Salto dismount, min. of A</p> <p><b>Level 7</b></p> <p>1. One cast to handstand (min. 45° fulfills SR)</p> <p>2. &amp; 3. Two 360° clear circling elements (no hips on bar), same or different</p> <p>- One must be a B</p> <p>- One from Grp. 3, 6 or 7</p> <p>4. Salto Dismount – Min. of A</p>	<p><b>Level 8</b></p> <p>1. Min. of one bar change</p> <p>2. &amp; 3. Two B elements, same or different</p> <p>- One with Flight (not in dmt)</p> <p><b>OR</b></p> <p>One with LA turn (not in mnt / dmt)</p> <p>- One “B” 360° Clear Circle element from Grp. 3, 6 or 7 (not in Dmt)</p> <p>4. Salto Dismount - Min. A</p>	<p><b>Level 6</b></p> <p>1. Non-Flight Acro series</p> <p><b>OR</b> one Acro Flight ele. (Isolated /in connection)</p> <p>2. One Leap/Jump (excludes mnt/dmt) requiring 180° cross or side split (Isolated /in series)</p> <p>3. Min. of 360° Group 3 turn on one foot (Isolated / in series)</p> <p>4. Aerial/Salto Dmt. – Min. of A</p>	<p><b>Level 7</b></p> <p>1a. Acro Series (with or without flight) <b>AND</b></p> <p>1.b One Acro Flight element (Isolated /in connection) (both Acro SRs exclude Mnt/Dmt)</p> <p>2. One Leap/Jump requiring 180° cross or side split (Isolated/in series)</p> <p>3. Min. of 360° Group 3 Turn on one foot (Isolated / in series)</p> <p>4. Aerial/Salto Dmt - Min. of A</p> <p><b>Level 8</b></p> <p>Same as Level 7 except #1.</p> <p>1. Acro Series – min. of two elements, one with flight. (excludes mnt/dmt)</p>	<p><b>Level 6</b></p> <p>1. One Acro Pass (min.3 directly connected Elem., two with flight) Rolls do not fulfill req.</p> <p>2. 2<sup>nd</sup> Acro Pass w/ one Salto or Aerial (bwd, fwd or swd) (Isolated / in 2<sup>nd</sup> different conn.)</p> <p>3. Dance passage w/ min. of two different Group 1 elements (direct or indirect connection)</p> <p>- one a LEAP requiring 180° cross or side Split</p> <p>4. Min. of 360° Turn on one foot (Isolated / in series)</p>	<p><b>Level 7</b></p> <p>1 &amp; 2 Minimum of two Acro passes:</p> <p>- One with Salto backward (min. two directly connected flight elements)</p> <p>- One with Salto forward (additional elements allowed)</p> <p>- One Salto must be stretched (bkwd or fwd.)</p> <p>3. Dance Passage w/ min. of two diff. Grp. 1 elements (direct/indirect connection)</p> <p>- one a LEAP requiring 180° cross or side split</p> <p>4. Min. of 360° Turn on one foot (Isolated or in a series)</p> <p><b>Level 8</b></p> <p>1. One Acro Pass w/ 2 saltos (same or diff.) direct conn. or indirect conn. w/ flight ele. with/without hand support</p> <p>2. Three Different Saltos (not Aerials)</p> <p>3. Dance Passage w/ min. of two2 different Grp. 1 ele. (direct or indirect connection)</p> <p>- one a LEAP requiring 180° cross / side split</p> <p>4. Min. of A Salto-Last Isolated/in Last Acro Conn.</p>	<p><b>8 7 6</b></p> <p>A 4 5 5</p> <p>B 4 2 1</p> <p>C 0 0 0</p> <p><b>SV 10 10 10</b></p> <p>Level 6/7/8: Allowed C’s = B</p> <p>All levels: Restricted elements = no VP credit -0.50 off SV</p> <p><b>Missing SR –</b> -0.50 off SV</p>
					A	VP
					B	SR
						SV
						FIN
					A	VP
					B	SR
						SV
						FIN
					A	VP
					B	SR
						SV
						FIN