

CLUB/COACH QUESTIONS

Q: Between now and the workshop, what should I be working on with my gymnasts?

A: Check out the [web page](#) for the Junior Olympic Program. Take a look at the beam and floor PowerPoint!

Q: How do my athletes move from one level to another?

A: Please see the posted article on [Mobility](#)

Q: Currently, the required entry level is Level 5. What is the required entry level in the new structure?

A: Beginning August 1, 2013, a first-time competitor in USA Gymnastics will need to start competition in Level 4.

Q: If my gymnast is a Level 4 this year, what will she be next season?

A: You have choices here. If you feel she needs an additional season/year to perfect the current skills in Level 4, she should register and compete Level 3 for the next season. If you feel she is ready to move on to the next level, you would have her register and compete as a Level 4 next season.

Q: If my gymnast is a Level 5 this year, what will she be next season?

A: You have choices here. As mentioned above, if you feel she needs an additional season/year to perfect the current skills in Level 5, she should register and compete Level 4 for the next season. If you feel she is ready to move on to the next level, you would have her register and compete as a Level 5 next season provided she has attained a 31.00 in the current Level 5 compulsories.

Q: So is it true that if my gymnast gets a 31.00 this year in Level 5, she only can move up to the new Level 5? Why can't she be a Level 6?

A: Yes, that is correct. In the new system, the Level 5 compulsory routines contain the same core skills presently used in the current Level 6 compulsory routines. Therefore she will be moving up even though the level number does not change.

Q: If my gymnast is a Level 5 right now, how can she enter the new Level 6 next year?

A: Level 6 is an optional level in 2013-2014. Currently, in order for that to happen, your gymnast would need to obtain a minimum of a 31.00 AA score in both Level 5 and 6 compulsories in the 2012-2013 season to move to the new Level 6 optionals. If the score is attained in Level 6 compulsories, she also has the option to move to Level 7 optionals in the 2013-2014 season.

Q: What are the special requirements for Levels 6 and 7? It seems like it is the same level.

A: The differences between Levels 6 and 7 are based largely upon the number of value parts required and the special requirements. All of this information will be available in April 30, 2013 in the new Code of Points.

Q: I hear some of the levels have changed. How do I explain this to the parents, if the athlete is going down a level or remaining the same?

Can you help me with some language or a hand out to use to explain the new system?

A: Check out the [power point](#) of Plan, Organize and Communicate, under Features

Q: What do coaches need to be on the floor in a sanction competition beginning 8/1/13?

A: A current Pro membership which includes back-ground and safety along with being "[Instructor Certified](#)" [New-U100 course](#)



2013-2021 Changes Junior Olympic Women's Program

General Questions

Q: Why does USA Gymnastics change the routines every 8 years?

A: The process for updating the compulsory program is important in order to stay up with the ever changing sport of gymnastics. As with any sport it continues to evolve and improve.

Making changes and improvements is a long process. We begin four years before the new routines are presented, it starts with surveys, gathering input from all the coaches and judges that work with these routines and professions everyday inside the gym. It is about working on the vision, growth and future of the sport. The new routines are met with excitement and possibilities of further success in the future for the athletes, coaches, and clubs embracing the sport of gymnastics.

Q: Why did USA Gymnastics Women's Junior Olympic Program re structure and re number the levels?

A: We needed to bridge the gap between levels, skills, and progressions, allowing for additional ways athletes can succeed and enjoy the sport of gymnastics.

Nothing is ever done without long serious thought, input, discussion, along with aligning and understanding philosophy and goals. The Junior Olympic Committee represents commitment to the safety and well-being of the athlete first and foremost.

Q: Where can I get the new Compulsory materials?

A: You can order online at [Sportsgraphics.biz](#). The Compulsory Materials will be shipped June 10, 2013 (note your credit card will be charged the day of purchase)

Q: When will the Code of Points be available?

A: You may [purchase](#) it today and it will be shipped by April 30, 2013. [Check out](#) the NEW flip-chart booklet too!

Q: What are the opportunities for my coaches to learn the routines?

A: *[National Workshops](#)
*[Regional Compulsory Workshops](#)
Review of the Routines will be:
*[National Congress](#)
*[Regional Congresses](#)

Q: What is the difference between all Regional congresses and the Regional Compulsory Workshops?

A: The master workshops (Orlando and Reno) are the first time and quickest way to learn the routines. They will include all the master clinicians, teaching each event in detail, while the Regional Compulsory Workshops may have only a couple master clinicians teaching. Please note both the National and Regional Workshops include: Compulsory Book, DVD and Competitive Music CD in your fees.

Q: What if I cannot attend any of the workshops, but want to buy the materials? Where do I go to order and when?

A: You can [order](#) today at [www.sportsgraphics.biz](#) OR call 1.800.345.4719 and choose option 1.

Q: When do the new compulsories routines begin for the athletes?

A: August 1, 2013 or when your state competitive compulsory season begins

Q: When will the optional rules change?

