

Gymnastic Levels

Level 2: This is the entry level pre-team level for USA Gymnastics competition program.

Level 3: This is a pre-team and recreation team level.

Level 4: This is the entry level for gymnastics competition with compulsory routines on all four events.

Level 5: This is the beginning competition level with compulsory routines only. These routines are simplified versions of the Level 6 routines.

Level 6: This is a compulsory only level. All gymnasts compete the exact same routines which are designed to develop specific skills and technique.

Level 7: This is a compulsory/optional level. The gymnasts create their own routines that must include certain compulsory elements.

Level 8: This is the beginning optional level. There are restrictions on difficulty. Competitions are held at the local, state, and regional levels.

Level 9: This is an optional level only. Competitions are held at the local, state, regional, and Eastern National levels.

Level 10: This is the advanced optional only level. Competitions are held at the local, state, regional, and national levels.

ELITE: This is the top level in gymnastics. Only 2% of all gymnasts will compete at this level. Competitions are held at the National and International levels. The gymnasts at this level represent the USA in most international competitions including the Olympics.