

Developmental Program (formerly known as Junior Olympic Program)
Compulsory Level 1-5 VAULT

Maximum SV 10.00	Level 1	Level 2	Level 3	Level 4	Level 5
	Only Vaults listed for each Level are allowed- All others = Void Vault If one of the vaults performed is restricted, then both vaults=void				
Compulsory Vault: See DP USAG Level 1-5 Compulsory Manual (2021-2029) for specific technical requirements of Vaults	STRETCH JUMP ONTO A RAISED MAT SURFACE (min. of 40 cm) and then HANDSTAND, FALL TO STRAIGHT-LYING POSITION ON THE BACK	JUMP TO HANDSTAND ONTO A RAISED MAT SURFACE (a min. of 40 cm) FALL TO STRAIGHT-LYING POSITION ON THE BACK	HANDSPRING OVER A RAISED MAT SURFACE (min. 80 cm mat) s	HANDSPRING OVER VAULT TABLE	HANDSPRING OVER VAULT TABLE
Balk	A balk in Level 1 is described as a running approach that results in a fall during the run, stops mid-run, runs off the runway before or after making contact with the board	In Level 2 & 3 a balk is described as a running approach that results in a fall during the run, stops mid-run, runs off the runway or makes contact the board or mat stack without coming to rest or support on top of the mat stack		In Level 4 & 5 a balk is described as a running approach that results in a fall during the run, stops mid-run, runs off the runway or makes contact the board or mat stack without coming to rest or support on top of the Vault table	
Restrictions: See “Changes in Prescribed Routines/Elements” for specific deductions	Each phase of the vault is worth 5.0 points with the score of each phase added together.				
	The gymnast may perform the vault (both skills in Level 1) two times. The highest total score of the two vaults will count Three attempts are permitted to successfully complete one or two vaults. One balk is allowed in the three attempts without penalty A 2nd or 3 rd Balk= Void. A fourth attempt is not permitted				
Equipment Specifications	Stacked Mats- 40 cm (*plus or minus 3 cm)	Stacked Mats- 40, 60 or 80 cm (*plus or minus 3 cm)	Stacked Mats- 80, 100 or 120 cm (*plus or minus 3 cm)	Vault height 105, 115, 125 cm	Vault height 105, 115, 125 cm
	Up to 20 cm additional mats allowed, this includes MANDATORY 10 cm mat for landing Only Springboard permitted (no mini-tramp or tramp-board) Allowed				
Warm Up	Level 1 – 5: 1 minute per gymnast, blocked running time by stacked mat/vault height				
Fall Times	1 minute- Timer will announce a 10 second count down (If a gymnast falls on her first vault attempt) if the time is exceeded a second vault will not be allowed				

Developmental Program (formerly known as Junior Olympic Program)
Compulsory Level 1-5 BARS

Maximum SV 10.00	Level 1	Level 2	Level 3	Level 4	Level 5
<p>Compulsory Routine This chart is an overview only See USAG DP Level 1-5 Compulsory Manual (2021-2029) for specific technical requirements of elements and sequences</p> <p>Restrictions: See "Changes in Prescribed Routines/Elements" for specific deductions</p>	<p>MOUNT: BACK HIP PULLOVER (0.60)</p> <p>CAST (0.40)</p> <p>BACK HIP CIRCLE (0.40)</p> <p>CAST STRADDLE ON, SOLE CIRCLE DISMT (0.60) OR UNDERSWING DISMT (0.60)</p>	<p>MOUNT: GLIDE SWING OUT & RETURN (0.20) BACK HIP PULLOVER (0.40)</p> <p>CAST (0.40)</p> <p>CAST (0.40)</p> <p>BACK HIP CIRCLE (0.40)</p> <p>UNDERSWING DISMOUNT (0.60)</p>	<p>MOUNT: GLIDE SWING & RETURN (0.20) BACK HIP PULLOVER (0.40) OR STRADDLE OR PIKE GLIDE KIP MOUNT (0.60)</p> <p>CAST (0.20)</p> <p>BACK HIP CIRCLE (0.40)</p> <p>BACK HIP CIRCLE (0.40)</p> <p>FRONT HIP CIRCLE, SMALL CAST, RETURN TO FRONT SUPPORT (0.40)</p> <p>CAST, SQUAT ON STRETCH JUMP DISMOUNT (0.60)</p>	<p>MOUNT: STRADDLE OR PIKE GLIDE KIP (0.60)</p> <p>CAST TO HORIZONTAL AND RETURN TO FRONT SUPPORT (0.40)</p> <p>CAST SQUAT ON OR PIKE-ON OR CAST, 360° BACKWARD SOLE CIRCLE (0.20)</p> <p>JUMP TO LONG HANG KIP (0.60)</p> <p>CAST TO HORIZONTAL (0.40)</p> <p>BACK HIP CIRCLE (0.40)</p> <p>UNDERSWING</p> <p>FIRST COUNTERSWING (0.60) (a min of 30° below horizontal)</p> <p>TAP SWING FORWARD, SECOND COUNTERSWING (0.60) (a min of 30° below horizontal)</p> <p>TAP SWING FORWARD WITH (*) ½ (180°) TURN DISMOUNT (0.60)</p>	<p>MOUNT: STRADDLE OR PIKE GLIDE KIP (0.60)</p> <p>CAST TO ABOVE HORIZONTAL (0.40)</p> <p>CLEAR HIP CIRCLE TO ABOVE HORIZONTAL (0.60) OR BACKWARD SOLE CIRCLE TO CLEAR SUPPORT (0.60) OR BACKWARD STALDER CIRCLE TO CLEAR SUPPORT (0.60)</p> <p>STRADDLE OR PIKE GLIDE KIP (0.60)</p> <p>CAST SQUAT-ON OR PIKE-ON (0.20) OR CAST, 360 BACKWARD SOLE CIRCLE (0.20)</p> <p>JUMP TO LONG HANG KIP (0.60)</p> <p>CAST TO ABOVE HORIZONTAL (0.40)</p> <p>LONG HANG PULLOVER (0.60)</p> <p>UNDERSWING, FIRST COUNTERSWING (0.60) (a min of 15° below horizontal)</p> <p>TAP SWING FORWARD, 2ND COUNTERSWING (0.60)(a min of 15° below horizontal)</p> <p>TAP SWING FORWARD TO FLYAWAY DISMOUNT (0.60) (TUCK, PIKE OR STRETCHED)</p>
Equipment Specifications	FIG Bar Heights, adjustable width to a maximum of 190 cm. Up to 20 cm additional mats allowed, this includes MANDATORY 10 cm mat for landing , Small board permitted under springboard. For mounts, a 30 cm block may be used instead of springboard. The block must be moved after mount (same rule as springboard).				
Warm- Up	Level 1 – 5: 1 minute per gymnast, running time.				
Fall Times	45 seconds-Timer will announce 10 seconds countdown				

Developmental Program (formerly known as Junior Olympic Program)
Compulsory Level 1-5 BEAM

Maximum SV 10.00	Level 1	Level 2	Level 3	Level 4	Level 5
<p>Compulsory Routine-This chart is an overview only See USAG Level 1-5 Compulsory Manual (2021-2029) for specific technical requirements of elements/ choreography</p> <p>Restrictions: See "Changes in Prescribed Routines/Elements" for specific deductions</p> <p>ONLY MAJOR ELEMENTS ARE CAPITALIZED TEXT. All other headings are connections</p> <p>Text Errors-2021-2022 season - text error deductions will not be applied</p>	<p>JUMP TO FRONT SUPPORT MOUNT (0.20)</p> <p>Single leg V sit; Tuck stand, Pike stand, (*) NEEDLE LEG KICK (0.40), Tuck stand, RELEVÉ BALANCE "LOCK STAND (0.20)</p> <p>FORWARD PASSÉ BALANCE (0.20)</p> <p>STRETCH JUMP (0.40) Relevé "Lock" Stand</p> <p>ARABESQUE (30°) (0.40)</p> <p>RIGHT LEG SWING (0.20), LEFT LEG SWING (0.20) Relevé "Lock" Stand</p> <p>Lunge Pose, Lunge Pose, (*) CARTWHEEL TO ¾ HANDSTAND DISMOUNT (0.60)</p>	<p>JUMP TO FRONT SUPPORT MOUNT (0.20)</p> <p>Single leg V sit; Tuck stand, Pike stand, (*) SINGLE LEG KICK-UP TO STAND (0.40)</p> <p>FORWARD PASSÉ BALANCE (0.20)</p> <p>Relevé "lock" stand, plié, relevé, plié STRETCH JUMP (0.40) Relevé "Lock" Stand</p> <p>ARABESQUE (30°) (0.40)</p> <p>FORWARD LEG SWING (0.20), BACKWARD LEG SWING (0.20) Relevé "Lock" Stand</p> <p>Relevé "Lock" Stand, ½ (180°) PIVOT TURN (0.20), Lunge Pose, Lunge Pose</p> <p>(*) CARTWHEEL TO SIDE HANDSTAND DISMOUNT (0.60)</p>	<p>FRONT SUPPORT FISH POSE MOUNT (0.20), Stag Sit to Stand</p> <p>Forward Passé Pose, (*) CROSS HANDSTAND (0.60)</p> <p>Back Lunge, Forward Passé Pose, Back Lunge, Relevé "Lock" Stand</p> <p>(*) 1/2 (180°) TURN IN FORWARD PASSÉ (HEEL SNAP TURN (0.40), Relevé "Lock" Stand</p> <p>STRETCH JUMP (0.40), STRETCH JUMP (0.40) Relevé "Lock" Stand</p> <p>ARABESQUE (45°) (0.40)</p> <p>STRAIGHT LEG LEAP (90°) (0.60) Relevé "Lock" Stand</p> <p>Relevé "Lock" Stand, TWO (2) ½ (180°) PIVOT TURNS (Each 0.20) Lunge Pose, Lunge Pose</p> <p>(*) CARTWHEEL TO SIDE HANDSTAND (*) ¼ (90°) TURN DISMOUNT (0.60)</p>	<p>FRONT SUPPORT FISH POSE MOUNT (0.20), Stag Sit to Stand</p> <p>Forward Passé Pose, (*) CARTWHEEL (0.60)</p> <p>Side lunge, Forward Passé Pose, Side Lunge, Relevé "Lock" Stand</p> <p>(*) 1/2 (180°) TURN IN FORWARD PASSÉ (0.40), Relevé "Lock" Stand</p> <p>Backward Kick, Forward Passé Pose, Dip Pose, Stand</p> <p>STRETCH JUMP (0.20), SPLIT JUMP (120°) (0.40)</p> <p>(*) CROSS HANDSTAND (0.60)</p> <p>Relevé "Lock" Stand, 180° Squat Turn, SCALE (HORIZONTAL) (0.40)</p> <p>STRAIGHT LEG LEAP (120°) (0.60), Relevé "Lock" Stand</p> <p>Lunge Pose, Lunge Pose, (*) CARTWHEEL TO SIDE HANDSTAND (*) ¼ (90°) TURN DISMOUNT (0.60)</p>	<p>FRONT SUPPORT FISH POSE MOUNT (0.20), Stag Sit to Stand</p> <p>Forward Passé Pose, (*) BACK WALKOVER (150°) (0.60) OR (*) BACKWARD ROLL TO MIN OF ¾ HANDSTAND (0.60) OR (*) FLIC-FLAC STEP OUT (0.60) OR (*) FLIC-FLAC TO TWO FEET (0.60) OR (*) FRONT WALKOVER (150°) (0.60)</p> <p>Side lunge, Forward Passé Pose, Side Lunge, Relevé "Lock" Stand</p> <p>(*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40), Relevé "Lock" Stand</p> <p>Backward Kick, Forward Passé Pose, Dip Pose, Stand</p> <p>SPLIT JUMP (150°) (0.40), SISSONNE (0.20), Relevé "Lock" Stand, 180° Squat Turn</p> <p>SCALE (ABOVE HORIZONTAL) (0.40), STRAIGHT LEG LEAP (150°) (0.60), STRETCH JUMP (0.20)</p> <p>Lunge Pose, Lunge Pose, (*) Cartwheel (0.60), STRETCH JUMP (PUNCH) (0.20)</p> <p>Side Relevé Stand, Side Lunge Pose, Forced Arch Pose, Forced Arch Pose, BACK SALTO TUCK DISMOUNT (0.60)</p>
Equipment Specifications	Ages 7 – 11yrs: 110 or FIG, 12 yrs+: FIG only. Up to 20 cm additional mats allowed, this includes MANDATORY 10 cm mat for landing , For mounts, a 30 cm block may be used instead of springboard. The block must be moved after mount (same rule as springboard).				
Warm- Up	Level 1 – 5: 1 minute per gymnast, blocked by beam height, Warm-Up compete format- Split at 8				
Routine Max. time	35 secs	40 secs	55 secs	1 minute 5 secs	1 min 10 secs
Fall Times	45 seconds - Timer will announce a 10 second count down				

Developmental Program (formerly known as Junior Olympic Program)
Compulsory Level 1-5 FLOOR

Max SV 10.00	Level 1	Level 2	Level 3	Level 4	Level 5
<p>Compulsory Routine- This chart is an overview only See USAG Level 1-5 Compulsory Manual (2021-2029) for specific technical require of elements/chor eography</p> <p>Restrictions: See "Changes in Prescribed Routines/Elements" for specific deductions</p> <p>ONLY MAJOR ELEMENTS ARE CAPTIALIZED TEXT. All other headings are connections</p> <p>Text Errors- 2021-2022 season - text error deductions will not be applied</p>	<p>Pose, (*) CARTWHEEL (0.60)</p> <p>BACKWARD ROLL TUCKED (0.60), Straight Stand</p> <p>CANDLESTICK ROLL (0.20), Straight Stand</p> <p>FORWARD PASSÉ BALANCE (0.40) Relevé "Lock" Stand, 1/2 (180°) Pivot turn</p> <p>FORWARD CHASSÉ (0.20) Pose</p> <p>STRETCH JUMP (0.40)</p> <p>FORWARD ROLL TUCK (0.40)</p> <p>(*) 3/4 HANDSTAND (0.40)</p> <p>Pose</p>	<p>Pose, (*) CARTWHEEL (0.60)</p> <p>BACKWARD ROLL TO PUSH UP POSITION (0.60), 1/2 Kneeling Pose, Straight Stand</p> <p>Forward Passé Pose, (*) 1/2 (180°) TURN IN FORWARD PASSÉ (HEEL SNAP TURN (0.40), Relevé "Lock" Stand</p> <p>FORWARD CHASSÉ (0.20), STRAIGHT LEG LEAP (60°) (0.60), Pose</p> <p>SPLIT JUMP (60°) (0.40)</p> <p>(*) HANDSTAND (0.40)</p> <p>CANDLESTICK (0.20)</p> <p>BRIDGE (*) BACK KICK- OVER (60°)</p> <p>Relevé Stand, Pose</p>	<p>Side Lunge, Forward Passé Pose, Side Lunge, 1/4 (90°) Turn</p> <p>HANDSTAND FORWARD ROLL (0.60)</p> <p>Forward Chassé, Lunge Pose, 1/2 (180°) Pivot Turn, Lunge Pose</p> <p>Forward Chassé, STRAIGHT LEG LEAP (90°) (0.60), Fish Pose</p> <p>Pose, STRETCH JUMP (0.20), SPLIT JUMP (90°) (0.40)</p> <p>(*) HANDSTAND TO BRIDGE, BACK KICK-OVER (120°) (0.60)</p> <p>Kneeling/Sitting Pose, FORWARD SPLIT (0.20)</p> <p>1/2 (180°) Prone Spin to Log Roll/Turn to Stand</p> <p>Relevé "Lock" Stand (*) 1/2 (180°) TURN IN FORWARD PASSÉ (0.40), Relevé "Lock" Stand, Straight Stand</p> <p>BACKWARD ROLL OPEN TO 45° ABOVE HORIZONTAL, LOWER TO PUSH UP POSITION (0.40)</p> <p>1/2 Kneeling Pose, Relevé "Lock" Stand, Straddle Stand, Straight Stand</p> <p>(*) ROUND-OFF (0.40), FLIC-FLAC, (0.60), rebound</p> <p>Kneeling Pose, 1/2 Kneeling Side Pose, Final Pose</p>	<p>Beginning pose and dance phrase</p> <p>(*) BACK WALKOVER (150°) (0.40)</p> <p>Relevé Pose, Side Lunge, Forward Passé Contraction Pose, Side Lunge</p> <p>Side Chassé 1/4 turn, Lunge Pose, Pivot 1/2 Turn, Lunge Pose, Straddle Stand, Lunge Pose</p> <p>(*) FRONT HANDSPRING STEP-OUT (0.60), (*) CARTWHEEL (0.40) STRAIGHT ARMS BACKWARD ROLL TO HANDSTAND (0.40)</p> <p>Pose, Step Kick, Pose, (*) STRETCH JUMP WITH 1/2 TURN (0.40), 1/2 Kneeling Pose, Relevé "Lock" Stand</p> <p>Forward Passe Hop, Sideward Chasse, Passe Hop With 3/4 Turn, Forward Chasse</p> <p>STRAIGHT LEG LEAP (120°) (0.60), Fish Pose</p> <p>STRADDLE JUMP (120°) (0.40), Kneeling/Sitting Pose, 1/2 Kneeling Pose, Tucked Sit Turn/Roll</p> <p>1/2 Kneeling Pose, FORWARD SPLIT (0.20)</p> <p>1/2 Prone Spin to Log Roll/Turn to Stand</p> <p>Relevé "Lock" Stand (*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40), Relevé "Lock" Stand, Straddle Stand, Straight Stand</p> <p>(*) ROUND-OFF (0.40), FLIC-FLAC, (0.60), FLIC-FLAC, (0.60), Rebound</p>	<p>Beginning pose and dance phrase</p> <p>FORWARD SALTO TUCKED (0.60) OR (*) FREE (AERIAL) CARTWHEEL (0.60) OR (*) FREE (AERIAL) WALKOVER FORWARD (0.60)</p> <p>Relevé Pose, Side Lunge, Forward Passé Contraction Pose, Side Lunge</p> <p>Chain é 1/2 (180°) + 3/4 (270°) Turn, Lunge Pose, Pivot 1/2 (180°) Turn, Lunge Pose, Straddle Stand, Lunge Pose</p> <p>(*) FRONT HANDSPRING STEP- OUT (0.60), (*) FRONT HANDSPRING STEP- OUT (0.60), (*) CARTWHEEL (0.40), STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)</p> <p>Pose, Step Kick Pose, (*) STRETCH JUMP WITH 1/1 TURN (0.40), 1/2 Kneeling Pose, Relevé "Lock" Stand</p> <p>Backward Passé Hop, Sideward Chassé, Passé Hop With 3/4 Turn, Forward Chassé</p> <p>STRAIGHT LEG LEAP (150°) (0.60), Fish Pose OR SWITCH LEG LEAP (150°) (0.60), Fish Pose</p> <p>STRADDLE JUMP (150°) (0.40), Kneeling/Sitting Pose, 1/2 Kneeling Pose, Tucked Sit Turn/Roll</p> <p>1/2 Kneeling Pose, FORWARD SPLIT (0.20)</p> <p>1/2 Prone Spin to Log Roll/Turn to Stand</p> <p>Relevé "Lock" Stand (*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40), Relevé "Lock" Stand, Straddle Stand, Straight Stand</p> <p>(*) ROUND-OFF (0.40), FLIC-FLAC, (0.40), BACKWARD SALTO TUCKED, (0.60)</p> <p>Toe Fall to Kneeling/Sitting Pose, 1/2 Kneeling Side Pose, Final Pose</p>
Equipment	on the Diagonal	on the Diagonal	Full Floor	Full Floor	Full Floor
Warm- Up	Level 1 – 5: 4-minute warm-up with a maximum of ten gymnasts. Then the floor is cleared for the routine. One of the coaches of the first three athletes may request an additional min.				