



**USA GYMNASTICS®**

2021 - 2022  
Women's Program  
Rules and Policies

Governing Competitors and  
Competitions sanctioned by the  
National Women's  
Program Committee

September 2021

## Table of Contents

National Women’s Program Committee Structure .....	1
Staff and Officers Directory .....	2
Women’s Program Hotline .....	9
Women’s Program Regional Map .....	10
<b>Membership Types &amp; Requirements</b> .....	11
Purpose, Code of Ethical Conduct, Safe Sport .....	12
<b>Chapter 1: Membership</b> .....	19
• Athlete Membership .....	19
• <b>Competitive Coach, Judge, Organizational Owner / Director, Meet Director</b> - Membership and Responsibilities .....	21
<b>Chapter 2: Foreign Participants</b> .....	25
<b>Chapter 3: Sanctions</b> .....	29
<b>Chapter 4: Meet Director Responsibilities</b> .....	32
<b>Chapter 5: Meet Officials</b> .....	35
• Criteria for Selection .....	38
• Rating Chart .....	40
• Judge’s Compensation Package .....	43
<b>Chapter 6: Xcel Competitive Program – Overview</b> .....	48
• Age and Entry Requirements .....	49
• General Petition Procedures .....	50
• Types of Competition .....	51
• State Championships .....	52
• Regional Championships .....	53
• Apparatus Requirements .....	54
<b>Chapter 7: Xcel Competitive Program - General Meet Information</b> .....	62
• Meet Format .....	63
• Meet Warm-ups .....	68
• Specific Competition Procedures .....	71
• Awards .....	75
<b>Chapter 8: Development Program (DP) - Overview</b> .....	78
• Age and Entry Requirements .....	78
• General Petition Procedures .....	81
• Types of Competition .....	82
• State Championships .....	83
• Regional Championships .....	84
• Eastern/Western Championships – Level 9 .....	87
• Nationals – Level 10 .....	89
• Apparatus Requirements .....	92
<b>Chapter 9: Development Competitive Program - General Meet Information</b> .....	100
• Meet Format .....	101
• Meet Warm-ups .....	106
• Specific Competition Procedures .....	109
• Awards .....	114
<b>Chapter 10: Elite Program</b> .....	117
• Camps, Age Determination, Mobility .....	119
• Injury Replacement, Petitions .....	120
• Qualifying Scores and Procedures .....	121
• TOPs .....	122
• Foreign Athlete Participation .....	123
• Apparatus .....	124

New Material is highlighted in yellow.