



**USA GYMNASTICS®**

*Gymnastics for All*  
Gym for Life Challenge  
Rules and Guidelines  
2020-2023

Updated: September 1, 2019

## USA Gymnastics Performance Gymnastics Objectives

- An opportunity to achieve teamwork and unity with a high level of coordinated gymnastics movement among all the group members.
- An opportunity to be evaluated by a panel of experts and achieve recognition.
- An opportunity to perform routines at the USA Gymnastics, Gym For Life Challenge at the USA Gymnastics for All National Championship and GymFest.
- An opportunity to participate at the World Gym For Life Challenge.

## Program

### USA Gym For Life Challenge

This event takes place during the USA Gymnastics for All National Championships and GymFest held annually. Groups participate in the contest with a routine of a maximum of 5 minutes, incorporating any gymnastics element; with or without apparatus and accompanied by music. These performances are evaluated on entertainment value, overall impression, innovation, originality, variety and technique (quality & skill safety). All groups participating in the contest are awarded either a gold, silver or bronze ranking. A Best in Show is named by the panel of experts.

### World Gym For Life Challenge

Another opportunity is the World Gym For Life Challenge held every 4 years (2 years after the WG). This competition offers groups the opportunity to participate in a contest and have their performance evaluated.

*Requirement: Anyone wishing to represent the USA at a World Gym For Life Challenge must be a part of the official USA Gymnastics Delegation in order to participate.*

## Membership

### Athlete Requirements

All Athletes participating in a USA Gymnastics sanctioned event must have the appropriate and valid USA Gymnastics Membership in one of the following categories: Introductory Athlete, Athlete, Junior Professional or Professional. All of these memberships are available through USA Gymnastics member services on the [www.usagym.org](http://www.usagym.org) website.

### Coach Membership Requirements

Each group must have a designated Coach/Leader who is a USA Gymnastics Professional Member in GfA who may perform and/or serve as a coach. All Coaches are obligated to follow the USA Gymnastics Code of Ethics.

## Performance Guidelines

- USA Gym For Life Challenge – All groups shall be comprised of no less than size (6) active performers.
- World Gym For Life – All groups shall be comprised of no less than two (2) active performers.

### General Times – Clean Floor to Clean Floor

*Note: The times stated below must include the time it may take to gather props, costumes, materials and equipment off of the performance floor and sidelines.*

- USA Gym For Life Challenge – Maximum 5 minutes
- World Gym For Life – Maximum 5 minutes

### Music

- Groups are free to select appropriate, instrumental or lyrical, non-suggestive and non-illicit language music of their choice for their routine.
- Group Leaders must be prepared to submit the composer, performer and arrangement of the music to event organizers prior to event as well as provide either a digital or CD copy of the music depending on the requirements of the event.

### Theme

- Performances should correspond to a theme with their music and costumes.
- It should be clear to the casual observer that the performance develops and expands upon a recognized theme or story.
- It is also permissible for groups to have a “free or abstract” way to display their routines without a particular theme.
- USA Gymnastics committee encourages groups to make the composition interesting by telling a story with a beginning, climax and end.

### Choreography

- Choreography should fit the music.
- The basics for creating an exercise is the use of thoughts, ideas and emotions and to know gymnastics, have imagination and the ability to combine all into an acceptable piece of entertainment.
- Choreography should be age appropriate.
- The theme and the skills (activity) must be continuous and flow with a common thread throughout the entire program.
- The choreography should have variations of repetition of dance, skills and music but not so much as to tire the audience.
- Choreography should delight the audience and entertain.
- Tumbling in the choreography routine should include variations of patterns and the routine should not stress many lines of cross tumbling.
- Proper gymnastics technique should be used.
- The choreography can include elements from dance, gymnastics, acrobatic gymnastics, rhythmic props, mini-tramp, trampoline, wheel, long scarves, gymnastic equipment and any other props related to the theme such as masks, poles, sticks, wings, large balls, etc.
- Transitions between the movements and the different parts of the performance must flow one into the other.

- Entrances and Exits must be a part of the total performance.

#### Costumes

- Costumes can be a surprise element in routines. Participants enjoy the costumes as much as the audience. Theme related, colorful, creative and other accessories can add to your performance. These can be added to your teams' leotards at your discretion.
- There are no curtains or drapes to hide the participants on the sides; do not undress in the view of the public or stand talking or playing while not on the floor; kneel down and use boxes to store and hide your costumes and props.
- Costumes must coordinate with the theme of the routine and be age appropriate
- Coaches and/or spotters must be wearing matching costumes or discreet outfits such as black tops and pants.

#### Props and Equipment

- The performance area is usually a minimum of a 42' x 42' carpet bonded foam on top of a wood floor.
- All varieties of props and equipment can be used such as rhythmic props, long scarves, mini-tramp, trampoline, wheel, gymnastic equipment and any other props related to the themes such as chairs, umbrellas, masks, poles, sticks, wings, large balls, hats, capes, etc.
- Large props are acceptable but must be arranged with the meet hosts prior to the event.
- Security of props is not the responsibility of the event hosts.
- A list of gymnastics equipment must always be published by the events' organizers; any special equipment beyond this list will be the responsibility of the performing group.

#### Safety Guidelines

- See USA Gymnastics Acro Rules and Regulations for safety guidelines: [www.usagym.org](http://www.usagym.org)
- All USA Gymnastics Safety standards and Guidelines should be followed.
- Certified Coaches with USA Gymnastics Professional memberships should be used and are allowed on the floor and/ or equipment when needed for spotting and safety.

#### Evaluation for the USA Gym For Life Challenge

- Performances are evaluated on entertainment value, overall impression, innovation, originality, variety and technique (quality & skill safety).
- A panel of 4 experts will be assigned by the meet director.
- A Best in Show will be determined by the panel of experts.