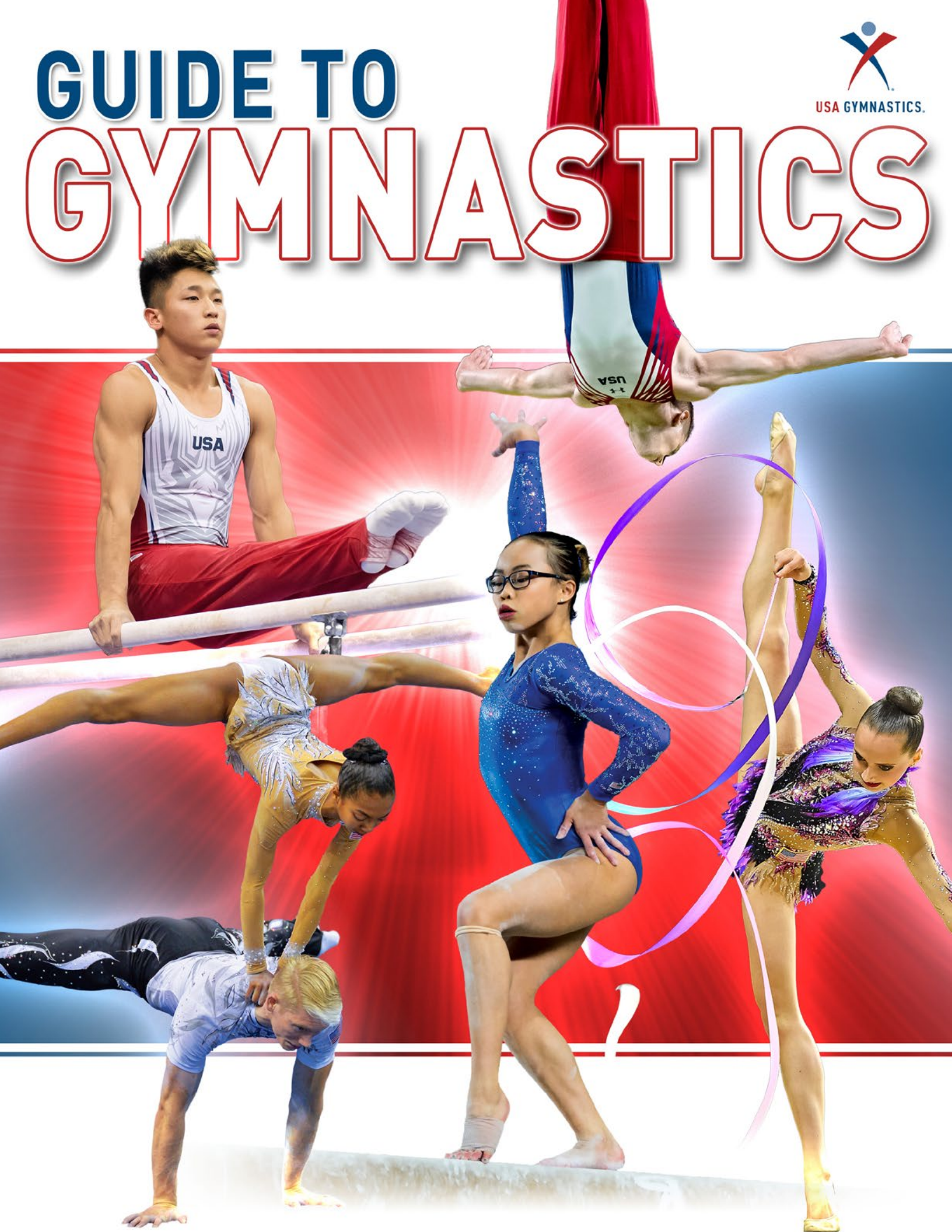


GUIDE TO GYMNASTICS





The 2016 Women's Olympic Gold Medal Team
(L-R) Laurie Hernandez, Aly Raisman, Madison Kocian, Simone Biles, Gabby Douglas

ABOUT USA GYMNASTICS

USA Gymnastics is the national governing body for the sport in the United States. It gets this designation from the U.S. Olympic Committee and the International Gymnastics Federation. USA Gymnastics, headquartered in Indianapolis, Ind., sets the rules and policies that govern the sport of gymnastics. USA Gymnastics has many responsibilities, including selecting and training the U.S. Gymnastics Teams for the Olympics and World Championships; promoting and developing gymnastics on the grassroots through the national levels; and serving as a resource center for members, clubs, fans and gymnasts throughout the United States. USA Gymnastics University provides educational resources for new and experienced coaches and instructors in the sport.

USA Gymnastics encompasses six disciplines: Women's Gymnastics, Men's Gymnastics, Trampoline and Tumbling, Rhythmic Gymnastics, Acrobatic Gymnastics and Gymnastics for All.

Today, more than 200,000 athletes and professionals are members of USA Gymnastics. More than 4,500 competitions and events are sanctioned annually throughout the USA. USA Gymnastics has more than 164,000 athletes registered to participate in the Junior Olympic and elite programs.

One goal in the sport is to become a USA National Gymnastics Team member. To become a national team member, a gymnast must first work his or her way through a series of qualifying meets. The preliminary meets range from USA Gymnastics-sanctioned competitions organized by private clubs to state, regional and national qualification meets. Each meet gives the athlete the opportunity to meet minimum qualification scores and/or placement requirements established by USA Gymnastics. Gymnasts meeting the requirements are then eligible to compete in the national championships and the most prestigious and significant competition(s) of the year.

- USA GYMNASTICS MEMBERSHIP**
200,000+
- USA GYMNASTICS CLUBS**
3,500+
- USA GYMNASTICS EMPLOYEES**
50+
- COMPETITIONS & EVENTS**
4,500+

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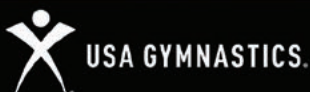


BE PART OF THE TEAM

USAGYMSTORE.COM

Something for every gymnastics fan including men's, women's, junior sizes, accessories and more!

OFFICIAL USA GYMNASTICS ONLINE STORE





GYMNASTICS IS THE ANSWER!

*By Lisa R. Ford, M.D. • Owner of
Diva Gymnastics Academy*

Children in the United States are heavier and less active than ever. Former First Lady Michelle Obama even initiated a campaign against childhood obesity called "Let's Move" (www.letsmove.gov). They report that children between the ages of 8 and 18 spend an average of seven hours per day using television, computers, cell phones, video games and other entertainment media. As school budgets become tighter, the first things to be eliminated are the arts programs, physical education and athletic programs.

The immediate, as well as life long, health consequences of obesity include heart disease, high blood pressure, elevated cholesterol, Type II diabetes and asthma, to name a few. Parents, physicians, and communities must work together to provide regular physical activity for our children, that can begin in early childhood, can be done by any child, and has enough action and variety to be fun. Gymnastics is the answer! Gymnastics education can begin at an early age. Once your child is walking, a parent/toddler class is



Gymnastics not only increases strength, grace and flexibility, but also encourages hard work, discipline and determination.



an excellent place to start. Your child can comfortably learn skills that improve balance and coordination with you right next to him or her. Your child can enjoy being around other children, but with the one-on-one attention they need. Parents also learn skills they can use in developmental play at home.

As your child matures, brain growth is very rapid and new skills can be readily learned. In the preschool years, children continue to improve their gross motor skills and also begin to develop some strength and flexibility. They are now able to participate cooperatively in a group setting and follow directions from a coach/teacher.

Gymnastics for older children is available in a variety of formats including recreational classes and competitive team participation. This allows all children to participate in the sport regardless of their size and/or

ability. Each child can advance at his/her own speed as he/she learns new skills. Gymnastics not only increases strength, grace and flexibility, but also encourages hard work, discipline and determination. Gymnasts learn to tackle challenges and overcome their fears as they advance in the sport. The action, variety of skills and events, and the reward of accomplishment keep the sport of gymnastics fun and exciting for young athletes.

The skills learned in early gymnastics training will allow your child to be successful not only in gymnastics, but also in any other sports he/she may choose. Kids need to develop healthy habits early — to eat healthy foods and be active every day. Give gymnastics a try! Find a club near you at www.usagymclub.com. You and your child will be glad you did.

WOMEN'S ARTISTIC GYMNASTICS



USA GYMNASTICS.



Simone Biles

2016 Olympic Champion

2013-2015 World
All-Around Champion

2013-2016 National
All-Around Champion

There are four events in women's gymnastics — vault, uneven bars, balance beam and floor exercise. Women's gymnastics is one of the most beloved sports in the Olympic Games. Every four years a new star is born as the Olympic all-around champion is crowned. Mary Lou Retton, Carly Patterson, Nastia Liukin, Gabby Douglas and Simone Biles all achieved this prestigious title! This discipline requires incredible strength and flexibility. Although most sports have seasons, gymnastics is a year-round commitment for athletes at the upper levels.

VAULT

A successful vault begins with a strong, accelerated run. The best vaulters explode off the board with tremendous quickness during the preflight phase of the vault. When the gymnast pushes off the vault table, the judges are looking for proper body position and an instantaneous repulsion. Watch for the height and distance traveled, as well as the number of flips and twists. Gymnasts strive to “stick” their landings by taking no extra steps.

UNEVEN BARS

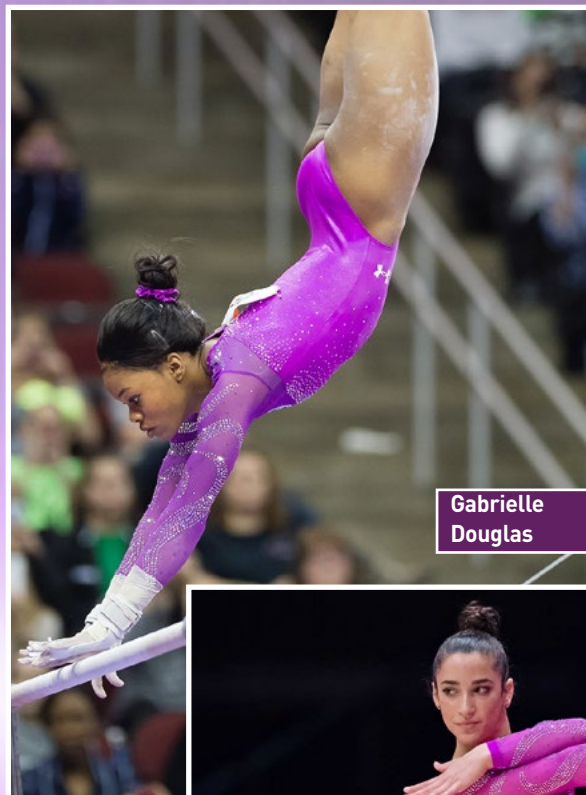
The most spectacular of the women's events, the uneven bars demand strength, as well as concentration, courage, coordination and split-second timing. Watch for the big swings that begin in handstands on the high bar, incorporating multiple hand changes, pirouettes and release elements. The entire routine should flow from one skill to the next without pauses, extra swings or additional supports. Watch for the high flying dismount where the gymnast will attempt to stick her landing.

BALANCE BEAM

The beam is only four inches wide and considered the most difficult event by many gymnasts. The gymnast must use acrobatic, tumbling and dance movements in her routine. Watch for acrobatic series consisting of two or more elements performed in a row. The overall execution should give the impression that the gymnast is performing on the floor, not on a beam. Watch for variations in rhythm, changes in level, and the harmonious blend of dance and acrobatic elements.

FLOOR EXERCISE

Usually a favorite event for the fans, the floor routine must be choreographed to music and cover the entire floor area. The gymnast must use a variety of dance and tumbling elements which reflect her personality. Most gymnasts at the international level will do four tumbling passes, changing both the direction and level of movement throughout the routine. Watch for powerful, yet graceful, routines that are fun and exciting.



Gabrielle Douglas



Alexandra Raisman



2015 Women's World Championships Team



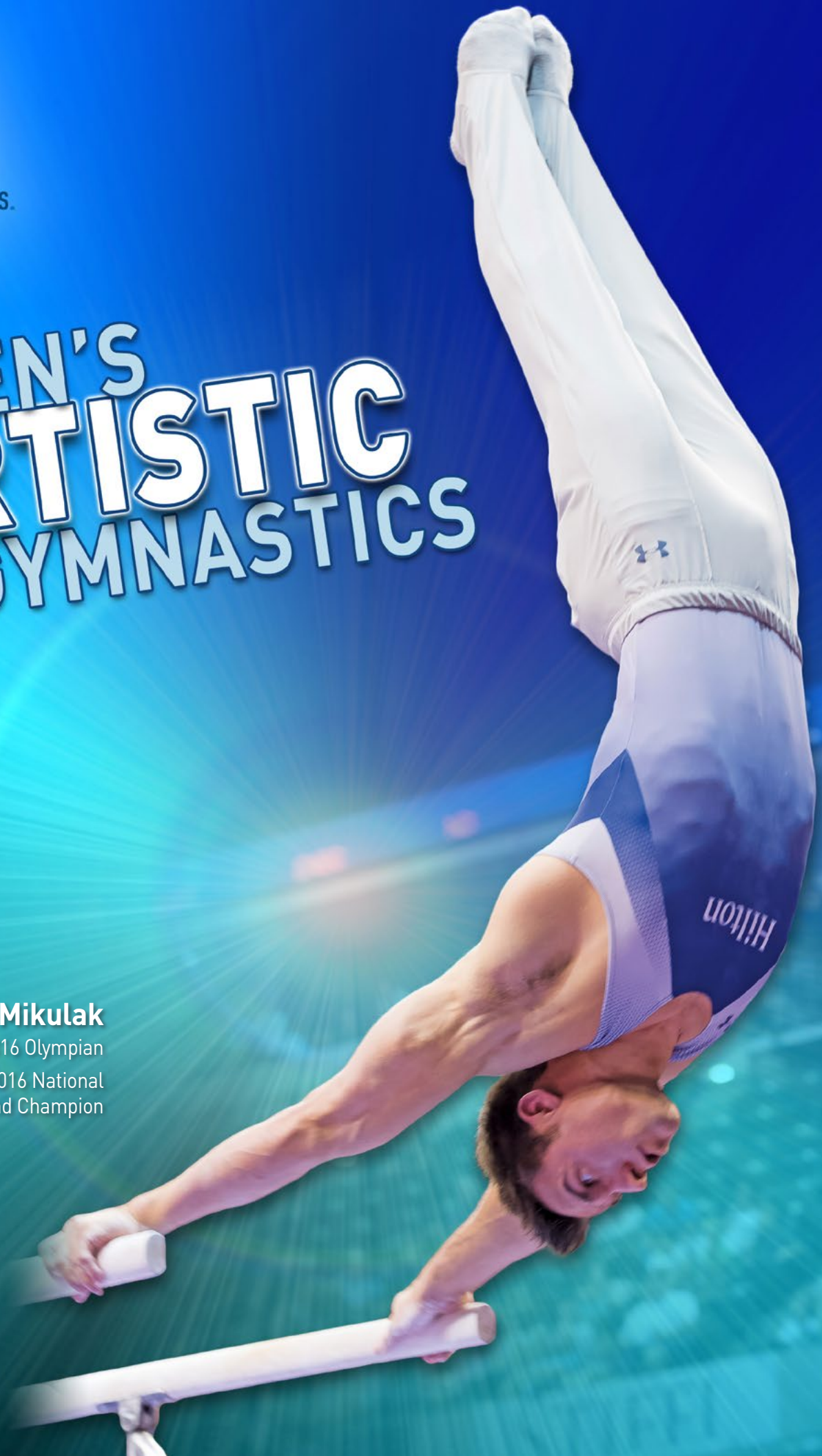
USA GYMNASTICS.

MEN'S ARTISTIC GYMNASTICS

Sam Mikulak

2012 & 2016 Olympian

2013-2016 National
All-Around Champion



There are six events in men's gymnastics — floor exercise, pommel horse, still rings, vault, parallel bars and horizontal bar. This discipline requires an incredible amount of strength and power. Below is information on each of the six events.

FLOOR EXERCISE

Floor routines consist of dynamic tumbling skills. The best gymnasts will incorporate tumbling passes with multiple twisting and flipping, both forward and backward, throughout their routine. A gymnast must show power and control on this event.

POMMEL HORSE

Considered by many to be the most difficult of all men's events, the pommel horse is also the most subtle. Each move is defined by complex hand placements. The gymnast must perform continuous circular movements interrupted only by the required scissors elements. The entire exercise should flow with controlled rhythm. A gymnast must show precise timing and balance throughout the routine.

STILL RINGS

Of all the men's events, rings are the least stable, therefore requiring the greatest amount of strength. Just as its name suggests, the rings must be kept still while the gymnast is performing. There are two types of moves on the rings — strength positions and swing movements. Those with the best command of the event will display extraordinary skill in arriving at all required "holds" with absolute precision.

VAULT

Each vault is categorized in the Code of Points, the official rule book giving the relevant value of each skill performed. A good vault is sometimes described as a "big" vault. The more twists and flips in the "post" flight, the more difficult the vault. The height, the distance of travel, the overall acceleration into the vault and the sudden impact of a no-step, "stuck" landing all create a good impression for the judges.

PARALLEL BARS

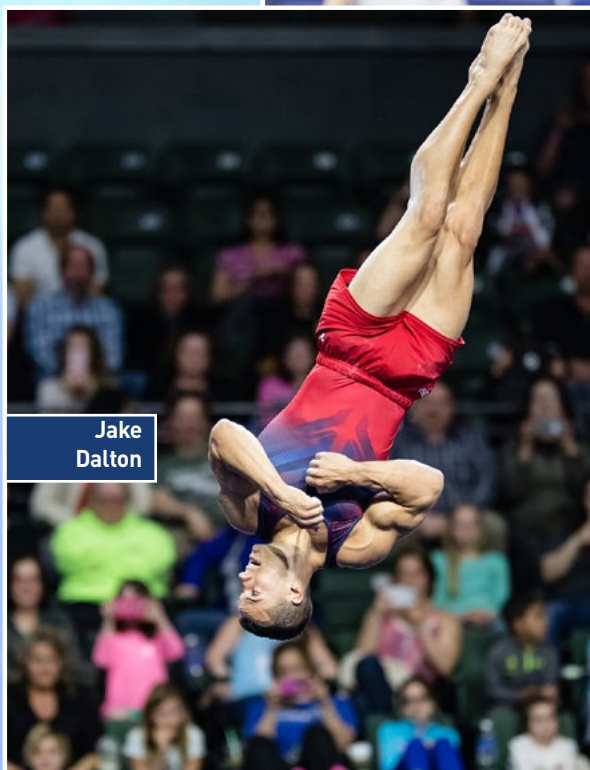
A parallel bar routine consists of predominantly long-hand swing, support and flight elements, which move above and below the bars. Watch for the gymnast to execute swing elements and skills in which both hands release and regrasp the bars. Some gymnasts move outside the two rails, performing press handstands and pirouettes on only one bar.

HORIZONTAL BAR

This event is also known as the high bar, and routines consist exclusively of swinging parts without stops. The parts are generally called giant swings, with more specific terms applying to changes in grip, direction and body position. Watch for the gymnast to execute release moves. Look for high-flying dismounts with multiple flips and twists and, of course, the gymnast aims to land the dismount with no extra steps.



Donnell Whittenburg

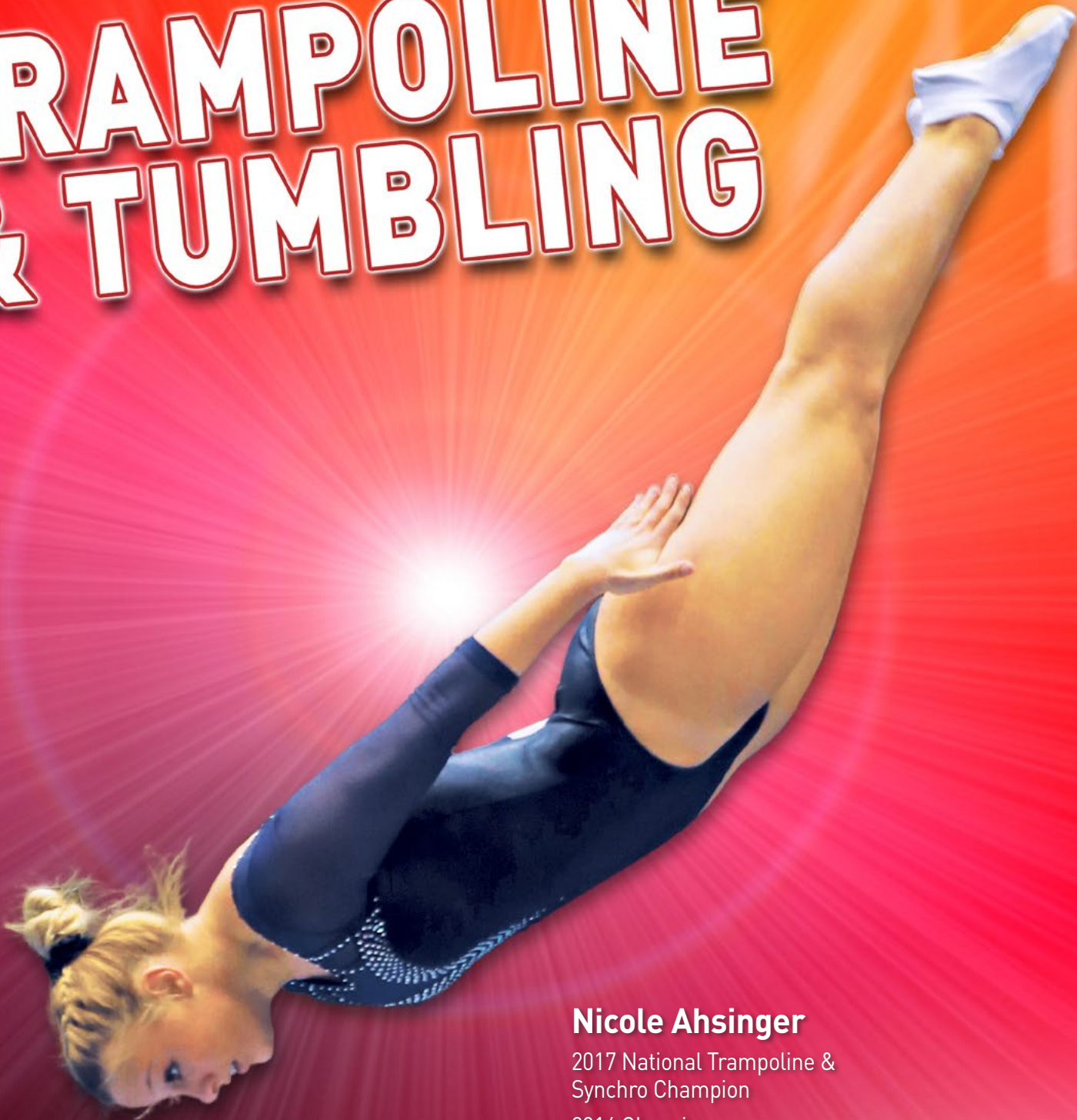


Jake Dalton



2015 U.S. World Championships Team

TRAMPOLINE & TUMBLING



Nicole Ahsinger

2017 National Trampoline &
Synchro Champion

2016 Olympian



USA GYMNASTICS.

Trampoline & tumbling includes four events within its program — trampoline, tumbling, synchronized trampoline and double-mini trampoline. Both men and women may choose to participate in all four events. Some gymnasts choose to focus on just one area, while others participate in two or more.

The first trampoline World Championships event was held in 1964, and trampoline was first recognized as a sport in its own right in the U.S. in 1967. Trampoline made its Olympic debut at the 2000 Olympic Games in Sydney, Australia.



Erin Jauch

TRAMPOLINE

As a sport, trampoline varies greatly from recreational bouncing. International competition trampolines are larger and more powerful than traditional “back-yard” models, propelling trained athletes as high as 30 feet in the air during performances. During competitive routines of 10 skills each, upper-level athletes can easily demonstrate a graceful array of double, triple and quadruple twisting somersaults.



Austin Nacey

TUMBLING

Tumbling is performed on elevated runways, generally designed with fiberglass rods underneath, that help tumblers propel themselves higher than a basketball goal as they demonstrate speed, strength and skill while executing a series of acrobatic maneuvers. Explosive somersaults with multiple flips and twists are performed by the top-level contenders.



Charlotte Drury

SYNCHRONIZED TRAMPOLINE

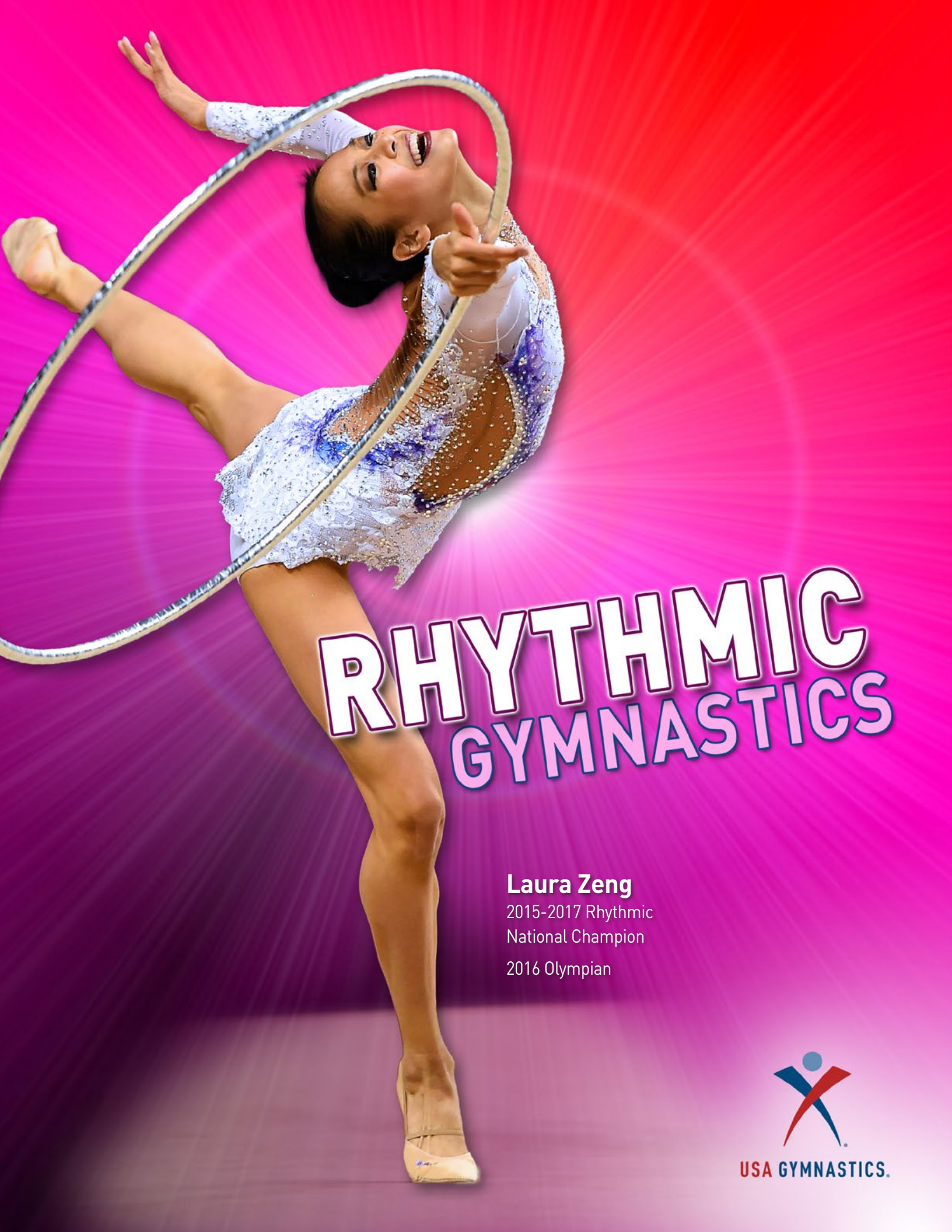
Synchronized trampoline demands the same athletic skill as individual trampoline, while adding the element of precision timing. Using two trampolines, side-by-side, two athletes perform identical 10-skill routines at the same time. In this most artistic event in the sport, athletes mirror each other, doubling the visual beauty of trampoline competition.

DOUBLE-MINI TRAMPOLINE

Double-mini trampoline combines the horizontal run of tumbling with the vertical rebound of trampoline. After a short run, the athlete jumps onto a small two-level trampoline to perform a rebounding trick immediately followed by a dismount element onto a landing mat.



Aliaksei Shostak (front)
& Jeffrey Gluckstein



RHYTHMIC GYMNASTICS

Laura Zeng

2015-2017 Rhythmic
National Champion

2016 Olympian



USA GYMNASTICS.

Rhythmic gymnastics routines are choreographed to music, involving body elements and dance combined with the handling of small equipment including a rope, hoop, ball, clubs or ribbon. The choreography must cover the entire floor and contain a balanced choice of jumps, leaps, pivots, balances and flexibility movements. Four of the apparatus are competed each year for individual competitors. Groups compete one routine with five of the same apparatus and five with mixed apparatus.

Each movement involves a high degree of athletic skill. Physical abilities needed by a rhythmic gymnast include strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination. In the group event, athletes need to develop teamwork, sensitivity, quick adaptation and anticipation, in addition to the aforementioned skills.

RIBBON

Ribbon routines are comprised of snakes, spirals, swings, circles, throws and catches, and figure-eight movements. The ribbon must remain constantly in motion.

ROPE

Look for rotations, spirals, wrapping, unwrapping, figure-eights, throws and catches of the rope. Gymnasts also leap, jump, and skip through the open or folded rope, held by both hands.

HOOP

Common movements include rolls, throws and catches, passing through and over the hoop, rotations of the hoop on the floor, and rotations of the hoop around the hand and other parts of the body. Watch for the high throws and complex techniques for catching the hoop.

BALL

Figure eights, throws and catches, movement with the ball balanced on the hand or other part of the body, bouncing and rolling the ball on the floor and along parts of the body are all key movements.

CLUBS

Asymmetrical movements, small circles, mills, both small and large throws and catches and rhythmical tapping are common apparatus elements.

GROUP

Five athletes work together as one cohesive unit. Group is judged on the ability of the athletes to demonstrate mastery of body and apparatus skills in a synchronized manner. The more interaction between the gymnasts, the more difficult and exciting the exercise.



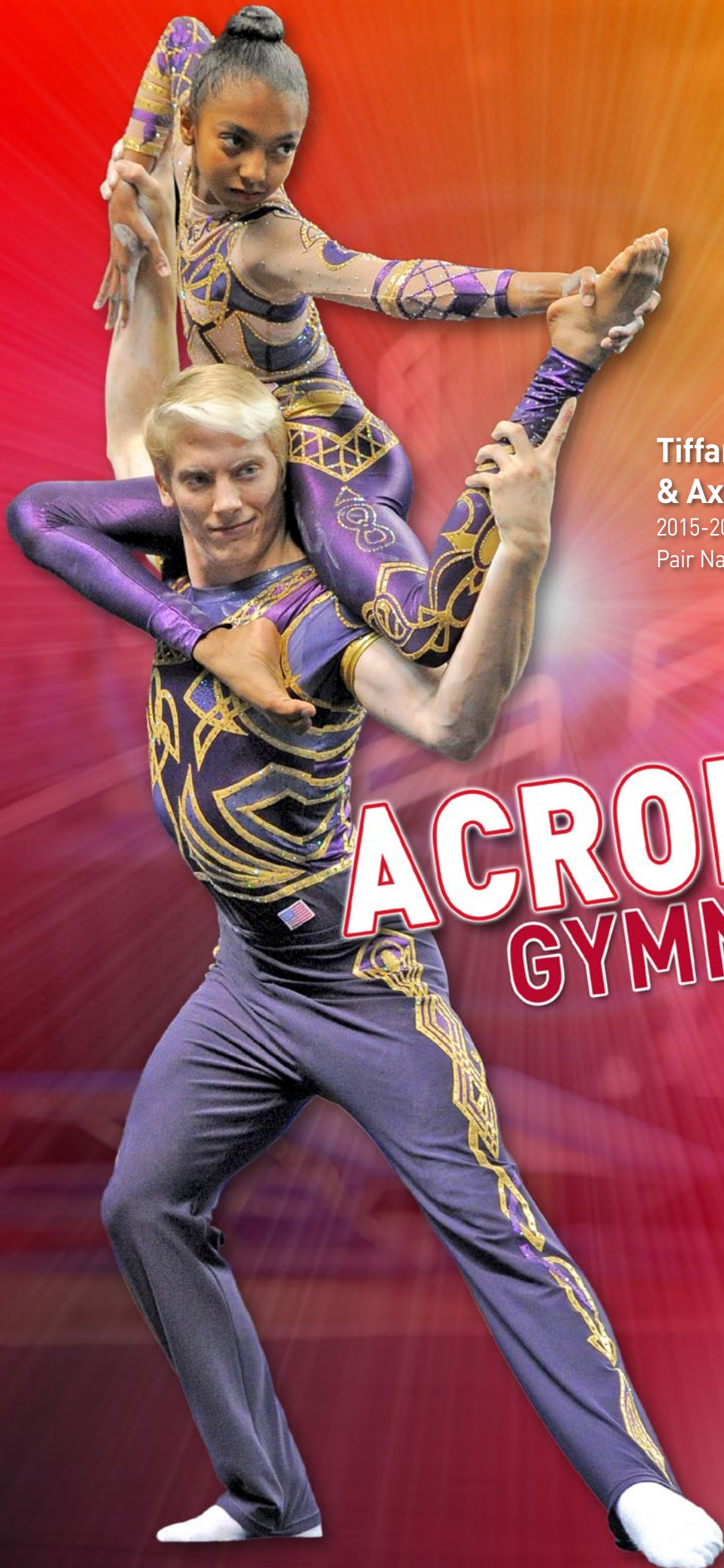
Jazzy Kerber



Serena Lu



Group Rhythmic Team



**Tiffani Williams
& Axel Osborne**
2015-2017 Acro Mixed
Pair National Champions

ACROBATIC GYMNASTICS



USA GYMNASTICS.

Acrobatic Gymnastics combines dance, gymnastics skills, and synchronization. Engaging choreography and brilliant attire are also a part of the sport. The competitors tell a story with their performances, while capturing the audience's attention with thrilling dynamic and graceful balance skills. The magnificent performances could hardly be accomplished without cooperative effort and mentoring among partners.

There are five events incorporated within the Acrobatic Gymnastics discipline. The events are Women's Pair, Men's Pair, Mixed Pair, Women's Group (3), and Men's Group (4). Each pair/group performs routines featuring gymnastics tumbling skills, partner balances, and dynamic skills. Balance skills highlight the athletes' strength and flexibility through pyramids and static positions. Dynamic skills involve saltos and twisting that include landings on the floor or catches by partner(s). Routines are performed on the same 40' x 40' spring floor that Artistic Gymnasts use to perform floor routines.

Athletes of varying heights, weights, and body types are needed for acrobatic gymnastics. Smaller, more flexible athletes are needed as tops, while taller and stronger athletes are ideal for base positions.

ROUTINES

Each Elite pair/group performs three routines: Balance, Dynamic and Combined. All exercises are choreographed and performed to music.

BALANCE EXERCISE

Balance routines consist of static balance elements, intricate pyramids, transitions between balance holds, and individual elements of flexibility, balance, and agility. In a Balance routine, a pair/group is required to perform a variety of balance elements and individual elements. Pair/group tops are typically in handstand, arched handstand, planche, or straddle hold positions supported by a partner. Some balance elements require the top to balance on a partner's head, torso, foot, hands or various points of support.

DYNAMIC EXERCISE

Dynamic routines include skills with partner throws and pitches to catches by partner(s) or landings on the floor. Also included in dynamic routines are individual tumbling skills. Pairs/groups perform a variety of dynamic elements and individual skills. An example of an advanced dynamic skill is a salto with full twist performed from the hands of a partner back to the hands of a partner. Tops may be thrown into the air and perform double and triple saltos, some with twists, and land on the floor.

COMBINED EXERCISE

Combined routines are just that, a combination of balance and dynamic skills in one routine. Balance elements and dynamic elements are required in the Combined exercise. Again, pairs/groups may also perform individual skills.



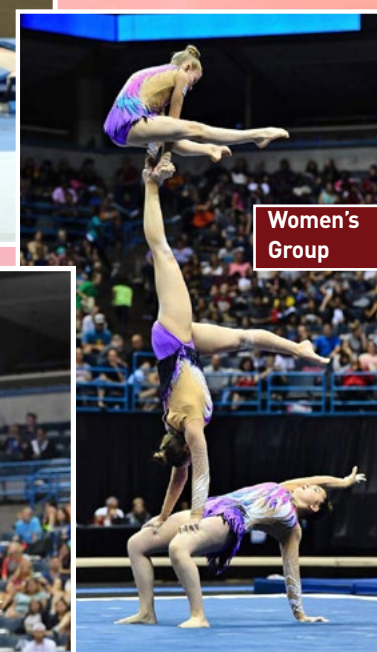
Mixed Pair



Men's Group



Men's Pair



Women's Group



Women's Pair



GYMNASTICS FOR ALL



USA GYMNASTICS.

Gymnastics for All (GfA) is one of the eight gymnastics sport disciplines officially recognized by The International Gymnastics Federation and gymnastics organizations worldwide. This diverse sport program, while being the largest with regards to gymnastics membership worldwide, provides opportunities and activities for all ages and levels of abilities. Gymnastics for All activities contribute to the development of general sport skills, fitness, health, important movement patterns and daily life skills.

Many clubs across the United States regularly participate in Gymnastics for All by hosting exhibitions, performing at local festivals, and end of year shows. Clubs also have the opportunity to participate in Gymnastics for All with USA Gymnastics through local, national and international events. Each year, USA Gymnastics hosts the USA Gymnastics, Gymnastics for All National Championships and GymFest. USA Gymnastics also organizes delegations to the World Gymnaestrada and World Gym For Life Challenge.

The diverse range of activities and opportunities available within Gymnastics for All, is what sets it apart from other disciplines and sports. Regardless of age the opportunity to actively participate in Gymnastics for All is available. This includes Children (5 years & under), Adults (18+ years) and Seniors (50+ years). All ability and skill levels can participate.

Gymnastics for All is a dynamic sport with new forms of movement and/or adaptations of current movement forms being seen continually across the world reflecting unique national cultures and trends.

Gymnastics for All includes three tracks

1. Non-competitive
2. Competitive and
3. HUGS (Hope Unites Gymnastics with Special Athletes) which is a program for Special Needs children.

1. NON-COMPETITIVE GYMNASTICS FOR ALL:

Group Performance

Group Performance is non-competitive and fun! It consists of groups of gymnasts performing to music. Often costumes, themes, props and apparatus are used to enhance the performance. Routines are typically three to fifteen minutes in length depending on the event where they are being performed.

All types of gymnastics can be used to create the choreography with all ages and ability levels participating. Group Performances can be seen in recitals, performances at festivals, local GymFests, the Gymnastics for All National Championships and Gymfest and at the World Gymnaestrada.

2. COMPETITIVE GYMNASTICS FOR ALL:

Power TeamGym

Power TeamGym is a competitive version of Gymnastics for All gymnastics where squads of athletes perform together in two events – Group Floor Exercise and Group Jump (tumbling, vault and mini tramp). Currently there are 10 difficulty levels.

Squads are made up of 6-14 gymnasts and are judged as a team based on difficulty requirements and execution. Power TeamGym can be competed at local invitationals, at the Gymnastics for All National Championships and Gymfest and international invitationals.

Acrobatics and Tumbling

Team A&T is broken into three divisions; Novice, Junior and Senior. All divisions are designed for the competitive athlete to develop the skill set needed to pursue advancement into NCATA; National Collegiate Acrobatics and Tumbling. Teams compete in a head-to-head format in Acro, Pyramid, Toss, Tumbling and Team Routine categories. Team A&T can be competed at local invitationals and the Gymnastics for All National Championships and Gymfest.

USA Gym for Life Challenge

Groups participate in the contest with a routine for 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 at the USA Gymnastics GfA Championships and GymFest by a vote of the other participating groups.

Rhythmic Xpress

Rhythmic Xpress is an achievement-based program for individuals and groups. Anyone can participate and receive a gold, silver, bronze or copper award based on their score. This program is meant to introduce a wider audience to Rhythmic Gymnastics.

3. HUGS:

HUGS goal is to encompass all special needs competitive programs, which at this time include, Women's Artistic, Rhythmic Xpress, and Team Gymnastics.

HUGS – women's artistic

The HUGS women's artistic program for athletes with special needs was unveiled as a pilot program in the 2014-15 competitive season, in the women's Xcel Ruby division at three invitationals. It was a success! Therefore, we are now endorsing the program for nationwide use and the HUGS program has moved to the Gymnastics for All discipline. If you want to add a women's artistic HUGS event to your women's invitational, there is no additional sanction needed, simply check women's meet and HUGS women for one sanction.

HUGS – rhythmic xpress

The rhythmic xpress category for athletes with special needs. If you want to hold a rhythmic xpress event along with your rhythmic or GfA event, there is only one sanction fee required.

HUGS – Power TeamGym

The Power TeamGym category for athletes with special needs. If you are running a GfA competition, this is the sanction you will need to run a HUGS TeamGym competition.

TOGETHER WE CAN...

PROTECT CHILDREN THROUGH A SAFER ENVIRONMENT!



Success is a team effort.

For a team to be successful, every member of the team – clubs, coaches, athletes, parents, administrators, officials – can and must do his/her part. If each of us does our part in creating a safer environment for our athletes and children, together we can reduce the opportunity for abuse.

TO REPORT ABUSE

833.844.SAFE
safesport@usagym.org

FOR MORE INFORMATION

usagym.org/SafeSport

YOUTH-SERVING ORGANIZATIONS/GYMNASTICS CLUBS MUST...

- Establish standards of behavior and protective policies reflective of the USA Gymnastics Safe Sport Policy
- Clearly communicate those standards and policies to coaches, staff, volunteers, parents and participants
- Address any reported or observed violation immediately
- Report suspected abuse immediately to law enforcement and the U.S. Center for SafeSport or USA Gymnastics
- Follow hiring and training best practices for staff/volunteers

COACHES & TEACHERS MUST...

- Read and understand the USA Gymnastics Safe Sport policy
- Never be alone with a child
- Copy parents or include the entire team when communicating electronically with an athlete
- Avoid having physical contact with athletes that is not reasonably intended to coach, teach or demonstrate a gymnastics skill and/or to prevent or lessen injury
- Refrain from having out-of-program contact with athletes, including on social media
- Encourage athlete development and competitive spirit through methods such as positive reinforcements and praise

PARENTS MUST...

- Read and understand the USA Gymnastics Safe Sport Policy
- Talk to their children about appropriate boundaries of interaction with adults
- Choose an activity after carefully screening the organization's child protection and abuse reporting policies
- Observe and monitor their child's participation
- Hold your gym owner and coach accountable for adhering to USA Gymnastics Safe Sport Policy...Don't be afraid to question or challenge

CHILDREN/ATHLETES MUST...

- Know the difference between appropriate and inappropriate touching
- Identify a trusted adult they can talk to
- Trust their GUT, if something feels wrong...tell a trusted adult