



## **Gymnastics Rules**

All gymnasts must be assisted by a coach during the competition.

Coaches assisting gymnasts during USAG sanctioned events must hold and have available USAG professional membership to present at competition check-in. All gymnasts will be entered in the all-around competition. The meet will be governed by USAG rules and will be judged accordingly. Level 1- 10 & Xcel Bronze, Xcel Silver, Xcel Gold, Xcel Platinum, & Xcel Diamond Current USA gymnastics membership is required to compete.