

Parent Information Document: Levels and Move Up Process

Traditional Gymnastics Levels

Bronze

- **Overview:** Bronze is the first level of competition, designed for gymnasts aged **4 to 6 years**. Gymnasts must be **5 years old by December 31st** of the year they start the team. New team gymnasts start in June.
- **Training Schedule:** **5 hours per week**, split into two sessions of **2.5 hours each**.
- **Skill Requirements:** No minimum skill requirements.
- **Advancement:** Most gymnasts stay in Bronze for **one year** before moving to Silver. The primary difference between Bronze and Silver is that Silver competes in placement.
- **Competition:** All Bronze gymnasts compete in the **achievement division** (see Achievement vs. Placement document).
- **Travel Requirements:** Only local competitions.

Silver

- **Overview:** Silver is the second level of competition or the first level for gymnasts starting at age **7**.
- **Eligibility:** Must be **6 years old by December 31st** of the year they start the team. New team gymnasts begin in June.
- **Training Schedule:** **9 hours per week, three sessions of 3 hours each**.
- **Skill Requirements:** Must demonstrate:
 - Roundoff back roll
 - Handstand
 - Pullover
 - Bridge on beam
- **Advancement:** Gymnasts move to Gold after demonstrating:
 - Pullover back hip circle independently
 - A squat-on jump to the floor dismount
 - Potential for a roundoff back handspring over the summer.
- **Competition:** Competes in placement.
- **Travel Requirements:** Has the option to stay local or travel within the state.

Gold

- **Overview:** Gold is the third level of competition.
- **Eligibility:** Must be **7 years old by December 31st**. New team gymnasts join in June.
- **Training Schedule:** **12 hours per week, four sessions of 3 hours each**.
- **Skill Requirements:** Must demonstrate:
 - Roundoff back handspring
 - Chin-up pullover back hip circle squat on
 - Bridge kickover on beam
- **Advancement:** Gymnasts move to Platinum after demonstrating:

- Kip (or close to achieving it)
- Back tuck on floor
- Back walkover on beam
- Have qualified to regionals as a gold (or in the event they were not able to compete at state have previously made the regional qualifying score).
- **Duration:** Most gymnasts remain in this level for **two to three years** due to the significant skill jump to the next level.
- **Travel Requirements:** Must travel within the state but has the option to travel out of state.

Platinum

- **Overview:** Platinum is the fourth level of competition.
- **Eligibility:** Must be **8 years old by December 31st**, and competed Gold or level 4 DP.
- **Training Schedule: 15 hours per week** (3 hours per day, 5 days a week). In the summer, training increases to **16 hours** (4 hours per day, 4 days a week).
- **Skill Requirements:** Must demonstrate:
 - Back tuck
 - Kip
 - Beam series
 - Yurchenko timer on vault
- **Advancement:** Gymnasts move to Diamond after demonstrating:
 - Cast handstand on the high bar
 - Front handspring front pike
 - Back handspring on beam
 - Flipping vault (have competed the timer vault and have real potential to flip)
 - Have qualified to regionals as a platinum
- **Duration:** Most gymnasts stay in this level for **two years** due to the skill jump to the next level.
- **Travel Requirements:** Required to travel anywhere the team goes.

Diamond

- **Overview:** Diamond is the fifth level of competition.
- **Eligibility:** Must be **9 years old by December 31st**, and competed at a minimum of platinum or Level 5 DP.
- **Training Schedule: 18 hours per week** (3 hours per day, 6 days a week).
- **Skill Requirements:** Must demonstrate:
 - Giants on bars
 - Front handspring front pike
 - Back handspring on beam
 - Flipping vault
- **Advancement:** If not in the homeschool group, Diamond is the highest level a gymnast can compete in.
- **Duration:** Varies based on the gymnast's commitment level.
- **Travel Requirements:** Required to travel anywhere the team goes.

Level 8

- **Overview:** Level 8 is the sixth level of competition. Gymnasts may **skip levels** to reach Level 8.
- **Eligibility:** Must be **8 years old by December 31st** and be in the **homeschool group**.
- **Training Schedule:** **20 hours per week** (4 hours per day, 5 days a week).
- **Skill Requirements:** Must demonstrate:
 - Free hip handstand
 - Handstand pirouette or overshoot
 - Connected back handsprings on beam
 - Two salto pass on floor
 - Flipping vault
- **Duration:** Most gymnasts stay in Level 8 for **one to two years**.
- **Travel Requirements:** Required to travel anywhere the team goes.

Levels 9 & 10

- **Overview:** The highest competitive levels at our gym.
- **Eligibility:** Must be **9 years old by December 31st** and in the **homeschool group**.
- **Skill Requirements:** Vary by gymnast and competition level.
- **Travel Requirements:** Required to travel anywhere the team goes.

For any further questions regarding level placements, advancement criteria, and travel requirements, please speak with your child's coach or a team director.