USA GYMNASTICS WOMEN'S PROGRAMS · 2026–27 SEASON

Gymnastics Levels Explained

A one-page guide for gym parents

Development Program: Levels 1–10

- **Levels 1–3** (Developmental): the basics, with set routines.
- **Levels 4–5** (Compulsory): set routines that every gymnast performs the same way.
- **Levels 6–10** (Optional): each gymnast's own routines, built to the level's requirements.

Xcel: Bronze to Sapphire

Six divisions, in order: **Bronze, Silver, Gold, Platinum, Diamond and Sapphire**. Coaches design the routines to each division's requirements.

Neither program is "better". They suit different goals and amounts of gym time.

Elite and college (NCAA) gymnastics are separate pathways, not the next step after Level 10 or Sapphire.

Minimum ages and move-up scores

Development Program

LEVEL	MINIMUM AGE	SCORE TO MOVE UP
1	4	None needed
2	5	None needed
3	6	None needed
4	7	34.00 AA to Level 5, or 36.00 AA at two meets to Level 6
5	7	32.00 AA to Level 6 or straight to Level 7
6	7	32.00 AA to Level 7
7	7	32.00 AA to Level 8
8	8	34.00 AA to Level 9
9	8	34.00 AA to Level 10
10	9	Top of the program

Xcel

DIVISION	MINIMUM AGE	SCORE NEEDED TO ENTER
Bronze	5	None
Silver	6	None
Gold	7	None
Platinum	8	32.00 AA at Gold
Diamond	9	32.00 AA at Platinum
Sapphire	12	32.00 AA at Diamond

Good to know

- A move-up score makes a gymnast eligible. Coaches still decide when a gymnast is ready for the next level's skills.
- Many gymnasts are older than the minimum age at each level, and that's normal.
- Boys follow a separate USA Gymnastics ladder with six events, so a boys' level isn't the same as a girls' level.

- **AA** (all-around) is the total of the four event scores at one meet. Only live sanctioned meets count.
- At Levels 7–9 and in Platinum, Diamond and Sapphire, a gymnast who competes only some events can move up with 8.50 on each of those events instead.
- **Minimum age** means the gymnast has reached that birthday before competing at the level. It's a minimum, not a target.
- Gymnasts can move back and forth between Levels 5 and 6. Xcel scores can't be used to move up in the Development Program.

Full guide: gymnastgem.com/gymnastics-levels/

Source: USA Gymnastics 2026–27 Rules & Policies (Chapters 8 and 9). Checked 6 November 2026. Rules can change each season, which starts on 1 August.

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