## 2022 – 2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM - LEVELS 6, 7 & 8

*Effective August 1, 2022 – July 31, 2026* 

SR <u>\</u>	SR 7 V	SR	7 \	SR		SR			Content
Level 8 1. Min. of one bar change 2. & 3. Two B elements, same or different - One with Flight (not in dmt) OR One with LA turn (not in mnt / dmt) - One "B" 360° Clear Circle element from Grp. 3, 6 or 7 (not in Dmt) 4. Salto Dismount - Min. A	turn on one foot	<ol> <li>Acro Series (w. AND</li> <li>b One Acro Fligh /in connection) (both Acro SRs</li> <li>One Leap/Jump or side split (Is</li> <li>Min. of 360° G foot (Isolated /</li> <li>Aerial/Salto Dr</li> <li>Same as Level 7 ex</li> <li>Acro Series – n</li> </ol>	(with or without flight) light element (Isolated on) SRs exclude Mnt/Dmt) ump requiring 180° cross (Isolated/in series) ° Group 3 Turn on one d / in series) Dmt - Min. of A Level 8 except #1. - min. of two elements,	<ol> <li>One Acr directly two with Rolls do</li> <li>2<sup>nd</sup> Acro Salto or (bwd, fw (Isolatec conn.)</li> <li>Dance p of two d elements indirect</li> <li>one a I 180° cro</li> <li>Min. of</li> </ol>	ly connected Elem., ith flight) do not fulfill req. ror Pass w/ one or Aerial fwd or swd) ted / in 2 <sup>nd</sup> different e passage w/ min. o different Group 1 nts (direct or ct connection) a LEAP requiring rorss or side Split of 360° Turn on one lsolated / in	<ul> <li>One with directly</li> <li>One with elements</li> <li>One Salto</li> <li>Dance Pass elements (C - one a LE/split)</li> <li>Min. of 360 (Isolated on Level 8</li> <li>One Acro I direct conn with/without</li> <li>Three Difference and the second sec</li></ul>	Salto backward (min. two connected flight elements) Salto forward (additional s allowed) o must be stretched (bkwdorforw.) sage w/ min. of two diff. Grp. 1 direct/indirect connection) AP requiring 180° cross or side 0° Turn on one foot r in a series) Pass w/ 2 saltos (same or diff.) n. or indirect conn. w/ flight ele. ut hand support erent Saltos (not Aerials) sage w/ min. of two2 different (direct or indirect connection) AP requiring 180° cross / side split		- <u>0.50</u> off SV
	II			I		Conn.	А	VP	
							В	SR	
								SV	
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]							В	SR	
								SV	
	Level 8 1. Min. of one bar change 2. & 3. Two B elements, same or different - One with Flight (not in dmt) OR One with LA turn (not in mnt / dmt) - One "B" 360° Clear Circle element from Grp. 3, 6 or 7 (not in Dmt) 4. Salto Dismount -	Level 81. Min. of one bar change2. & 3. Two B elements, same or different0 me with Flight (not in dmt)OR One with LA turn (not in mnt / dmt)One "B" 360° Clear Circle element from Grp. 3, 6 or 7 (not in Dmt)4. Salto Dismount -	Level 81. Min. of one bar change2. & 3. Two B elements, same or different0 Ro with Flight (not in dmt)One with Flight (not in mmt / dmt)One with LA turn (not in mmt / dmt)One "B" 360° Clear Circle element from Grp. 3, 6 or 7 (not in Dmt)4. Salto Dismount -	Level 8Level 61. Min. of one bar change1. Non-Flight Acro series2. & 3. Two B elements, same or different0R one Acro Flight ele. (Isolated /in connction) (excludes mnt/dmt)- One with Flight (not in dmt)0. One Leap/Jump requiring 180° cross or side split (Isolated /in series)OR One with LA turn (not in mnt / dmt)0. Min. of 360° Group 3 turn on one foot (Isolated / in series)0. me "B" 360° Clear Circle element from Grp. 3, 6 or 7 (not in Dmt)3. Min. of 360° Group 3 turn on one foot (Isolated / in series)4. Salto Dismount -Min. of A	Level 81. Min. of one bar change2. & 3. Two B elements, same or different0. Min. of admit- One with Flight (not in dmt)OR One with LA turn (not in mmt / dmt)One with LA turn (not in Dmt)0. Gr. 3, 6 or 7 (not in Dmt)4. Salto Dismount -	Level 81. Min. of one bar change2. & 3. Two B elements, same or different0. Non-Flight Acro series2. & 3. Two B elements, same or different0. One with Flight (not in dmt)0. One with FLA turn (not in dmt)0. Non with LA turn (not in mmt / dmt)0. One "B" 360° Clear Circle element from Grp. 3, 6 or 7 (not in Dmt)4. Salto Dismount -4. Salto Dismount -	Level 8Level 6Level 7Level 71. Min. of one bar change1. Non-Flight Acro series1. Non-Flight Acro series1. Non-Flight Acro series1. Non-Flight Acro series1. Non-Flight Acro series1. Non-Flight Acro series1. Acro Series (with or without flight) AND1. One Acro Pass (min.3 directly connected Elem., two with flight)1. One Acro Pass (min.3 directly connected Elem., two with flight)1. One Acro Pass (min.3 directly connected Elem., two with flight)1. One Acro Pass (min.3 directly connected Elem., two with flight)2. Same are or different (not in dmt)2. One Leap/Jump requiring 180° cross or side split (Isolated / in series)1. One Acro Flight element (Isolated / in series)2. One Leap/Jump requiring 180° cross or side split (Isolated / in series)3. Min. of 360° Group 3 turn on one foot (Isolated / in series)3. Min. of 360° Group 3 turn on one foot (Isolated / in series)3. Min. of 360° Group 3 turn on one foot (Isolated / in series)4. Aerial/Salto Dmt - Min. of A3. Dance passage w/ min. of two different from one with flight. (excludes mnt/dmt)3. Dance passage w/ min. of two different from one with flight. (excludes mnt/dmt)3. Dance Pass elements (direct or indirect connection) - one a LEA4. Min. of 360° time on one foot (Isolated / in series)4. Aerial/Salto Dmt - Min. of A4. Salto Dismount - Min. AMin. of AAerial/Salto Dmt - Min. of A1. Acro Series - min. of two elements, one with flight. (excludes mnt/dmt)4. Min. of 360° ture on one ture on ea LEA1. One Acro Flight ture on ea LEA5. Danc	Level 5 change     I. Non-Filgh Acro series     I. Acro Series (with or without flight) a. Acro Series (with or without flight) cle. (Isolated in connection)     I. Cone Acro Filgh Acro series     I. Cone Acro series     I. Cone series     I. Cone Acro series     I. Cone series     I. Cone serie	Level 5         Level 5           Am of one bar change 2. & 3. Two B efferent 3. None Acro Flight (b. (Solatad /in or with Flight) . One chart Flight (b. (Solatad /in wor with flight) (not induit)         I. Acro Scrie (with withou thight) in connection)         I. One Acro Flight in connection)         I. Acro Scrie (with withou thight) in connection)         I. One Acro Flight in connection)         I. Acro Scrie (with withou thight) in connection)         I. One Acro Flight in connection)         I. Acro Scrie (with withou thight) in connection)         I. One Acro Flight in connection)         I. Acro Scrie (with withou thight) in connection)         I. One Acro Flight in connection)         I. Acro Scrie (with withou with dialited/in series)         I. Acro Scrie (with withou with without hard withou or side split         I. Acro Scrie (with withou with indiver (withou or side split         I. Acro Scrie (with withou with without hard withou or side split         I. Acro Scrie (with without indiver (connection)         I. Acro Scrie (with without with without hard withou or side split         I. Acro Scrie (with without indiver (connection)         I. Acro Scrie (with without with without hard withou or side split         I. Acro Scrie (with without with without hard withou or side split         I. Acro Scrie (with without with without hard withou or side split         I. Acro Scrie (with without with without hard withou or side split         I. Acro Scrie (with without hard withou with without hard withou or side split         I. Acro Scrie (with without hard withou with without hard withou or side split         I. Acro Scrie (with without hard withou with without hard withou or side split           A