



2022-2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM - LEVELS 9 & 10

Conn. Val.	0.1	0.2	SR	FF	SR	0.2	0.1	0.2	SR	Content
Level 10 *Turn/flight C+C *For a connection of two elements from Gr. 3/6/7 - turn/flight is NOT req'd (elements must be different) C+D D+D (C-No turn/flight req.) Level 9 (If no turn/ C+C flight - must be different) Turn/flight C+C	Acro Flight (Two elements, excluding dmt) B + C* * (C must be salto at L10- At Lev 9- C must be salto or aerial) Acro flight B+ B +C (3+ elements, Incl mnt/dmt) B+B+D Add'l +0.1 for 3 ele. Acro flight series (BBC+) w/ min. C salto/aerial or D/E flight w/wo hand support, excluding dmt 2 Dance/Mixed A+D/E B+C (excludes dmt) B+C *Same or different dance Turns A+C (or reverse) All acro elements used for CV must have flight	B+D/E C+C/D/E D/E + D/E B+C+C B+B/C+D/E	Level 10 Acro Series- 2 dir, conn Flight ele, min. of 1 C; OR E-Fight +A non-Fight (excl. mnt/dmt) Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt - Min. C or Min. B w/ C conn. Level 9 Acro Series- 2 directly connected Flight elem Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt-Min. B	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -isolated or in Last Salto conn.	Acro Indirect A/B+ A/B+C B+C A+D Acro Direct B+B A+C A+A+C 2 *Dance/Mix B+D/E *Same or different dance D/E-salto + A-jump (This order only) No CV for a turn followed by a jump	A + A +D A+E B/C+D/E B+C A/B+D/E A+A+D/E C+C C+D/E	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -isolated or in Last Salto conn.	Level 10 Min. of one C-Fight 2 <sup>nd</sup> diff. flight-min. B Min. of C element with LA turn (excludes Mnt/Dmt) Dmt - Min. of C Level 9 Two Bar Changes Min. of one B-Fight 2 <sup>nd</sup> diff. flight-min. C OR min. B element with LA turn (excludes Mnt/Dmt) Salto Dmt - Min. B	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -isolated or in Last Salto conn.	A B C SV L10: Extra +0.10 Bonus (not in SV) if exercise has 10 SV + min. of 0.6 total Bonus + an E (BB/FX-E Acro) L9: allowable D/E's = C +10 D/E Bonus-1 D/D Restricted elements = No VP; -.50 off SV No CV/DV w/ fall or spot Missing SR - -.50 off SV

4	Knee <del>W</del> = "W" & NE					A	CV	VP
5	Knee <del>W</del> = "W" & NE					B	D/E	SR
6	W = Knee <del>W</del> = "W" & NE					C	SV	SR
	Knee					D		FIN
						E		VP
						A	CV	VP
						B	D/E	SR
						C	SV	SR
						D		FIN
						E		VP
						A	CV	VP
						B	D/E	SR
						C	SV	SR
						D		FIN
						E		VP

2022-2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM - LEVELS 9 & 10

Conn. Val.	0.1	0.2	SR	0.2	0.1	SR	0.2	SR	Content	
Level 10 *Turn/flight C+C *For a connection of two elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different) C+D D+D (C-No turn/flight req.) Level 9 (If no turn/ C+C flight - must be different) Turn/flight C+C	Level 10 Min. of one C-Flight 2 <sup>nd</sup> diff. flight, min. B Min. of C element with LA turn (excludes Mnt/Dmt) Dmt - Min. of C Level 9 Two Bar Changes Min. of one B-Flight 2 <sup>nd</sup> diff. flight-min. C OR min. B element with LA turn (excludes Mnt/Dmt) Salto Dmt - Min. B	Acro Flight (Two elements, excluding dmt) B + C* * (C must be salto at L10- At Lev 9- C must be salto or aerial) Acro flight B+B +C (3+ elements, incl mnt/dmt) B+B+D Add'l +0.1 for 3 ele. Acro flight series (BBC+) w/ min. C salto/aerial or D/E flight w/wo hand support, excluding dmt 2 Dance/Mixed A+D/E B+C (excludes dmt) *Same or different dance Turns A+C (or reverse) All acro elements used for CV must have flight	Level 10 Acro Series- 2 dir. conn Flight ele, min. of 1 C; OR E-Flight + A non-Flight (excl. mnt/dmt) Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt - Min. C or Min. B w/ C conn. Level 9 Acro Series- 2 directly connected Flight elem Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt-Min. B	Acro Indirect A/B+ A/B +C B+C A + A +D A+D Acro Direct B+B A +C A+A+C 2 *Dance/Mix B+D/E *Same or different dance D/E-salto + A-jump (This order only) No CV for a turn followed by a jump	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff.) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -Isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -isolated or in Last Salto conn.	Acro Indirect A/B+ A/B +C B+C A + A +D A+D Acro Direct B+B A +C A+A+C 2 *Dance/Mix B+D/E *Same or different dance D/E-salto + A-jump (This order only) No CV for a turn followed by a jump	Level 10 Acro Series- 2 dir. conn Flight ele, min. of 1 C; OR E-Flight + A non-Flight (excl. mnt/dmt) Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt - Min. C or Min. B w/ C conn. Level 9 Acro Series- 2 directly connected Flight elem Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt-Min. B	Acro Indirect A/B+ A/B +C B+C A + A +D A+D Acro Direct B+B A +C A+A+C 2 *Dance/Mix B+D/E *Same or different dance D/E-salto + A-jump (This order only) No CV for a turn followed by a jump	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff.) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -Isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -isolated or in Last Salto conn.	A 10 B 3 C 3 D 4 SV 9.5 9.7 L10: Extra +0.10 Bonus (not in SV) if exercise has 10 SV + min. of 0.6 total Bonus + an E (BB/FX-E Acro) +10 D/E Bonus-1*DD Restricted elements = No VP; -50 off SV No CV/DV w/ fall or spot Missing SR - -0.50 off SV
7	KNEL	KNEL	KNEL	KNEL	KNEL	KNEL	KNEL	KNEL	VP SR FIN	
8	KNEL	KNEL	KNEL	KNEL	KNEL	KNEL	KNEL	KNEL	VP SR FIN	
9	KNEL	KNEL	KNEL	KNEL	KNEL	KNEL	KNEL	KNEL	VP SR FIN	

Conn. Val.	0.1	0.2	SR	FF	SR	0.2	0.1	0.2	SR	Content	
Level 10 *Turn/flight C+C *For a connection of two elements from Gr. 3/6/7 - turn/flight is NOT req'd (elements must be different) C+D D+D (C-No turn/flight req.)	Level 10 Min. of one C-Flight 2 <sup>nd</sup> diff. flight, min. B Min. of C element with LA turn (excludes Mt/Dmt) Dmt - Min. of C Level 9 Two Bar Changes Min. of one B-Flight 2 <sup>nd</sup> diff. flight-min. C OR min. B element with LA turn (excludes Mt/Dmt) Salto Dmt - Min. B	Acro Flight (Two elements, excluding dmt) B + C* D/E + D/E * (C must be salto at L10- At Lev 9- C must be salto or aerial) Acro flight (3+ elements, Incl mnt/dmt) B+B+C B+B+D Add'l +0.1 for 3 ele. Acro flight series (BBC+) w/ min. C salto/aerial or D/E flight w/wo hand support, excluding dmt 2 Dance/Mixed A+D/E B+C (excludes dmt) *Same or different dance Turns A+C (or reverse) All acro elements used for CV must have flight	Level 10 Acro Series- 2 dir, conn. Flight ele, min. of 1 C; OR E-Flight + A non-Flight (excl. mnt/dmt) Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt - Min. C or Min. B w/C conn. Level 9 Acro Series- 2 directly connected Flight elem Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt-Min. B	Acro Indirect A/B+ A/B+C B+C A+D Acro Direct B+B B+C A+C A+A+C 2 *Dance/Mix B+D/E C+C *Same or different dance D/E-salto + A-jump (This order only) No CV for a turn followed by a jump	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff.) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -Isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -Isolated or in Last Salto conn.	Acro Indirect A/B+ A/B+C B+C A+D Acro Direct B+B B+C A+C A+A+C 2 *Dance/Mix B+D/E C+C *Same or different dance D/E-salto + A-jump (This order only) No CV for a turn followed by a jump	Acro Indirect A/B+ A/B+C B+C A+D Acro Direct B+B B+C A+C A+A+C 2 *Dance/Mix B+D/E C+C *Same or different dance D/E-salto + A-jump (This order only) No CV for a turn followed by a jump	Acro Indirect A/B+ A/B+C B+C A+D Acro Direct B+B B+C A+C A+A+C 2 *Dance/Mix B+D/E C+C *Same or different dance D/E-salto + A-jump (This order only) No CV for a turn followed by a jump	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff.) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -Isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -Isolated or in Last Salto conn.	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff.) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -Isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -Isolated or in Last Salto conn.	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff.) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -Isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -Isolated or in Last Salto conn.

1	Knee D Knee D										
2											
3											

Handwritten notes and diagrams for connections:

- Comp
- ALO
- DLO
- DO
- ALO
- DLO
- DO
- ALO
- DLO
- DO

2022-2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM - LEVELS 9 & 10

Effective August 1, 2022 - July 31, 2026

Conn. Val.	0.1	0.2	SR	Content	0.1	0.2	SR	Content
<b>Level 10</b> *Turn/flight C+C *For a connection of two elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different) C+D D+D (C-No turn/flight req.)	<b>Level 10</b> Min. of one C-Flight 2 <sup>nd</sup> diff. flight, min. B Min. of C element with LA turn (excludes Mnt/Dmt) Dmt - Min. of C	<b>Level 9</b> (If no turn/flight - must be different) Turn/flight C+C	<b>Level 10</b> Two Bar Changes Min. of one B-Flight 2 <sup>nd</sup> diff. flight-min. C OR min. B element with LA turn (excludes Mnt/Dmt) Salto Dmt - Min. B	<b>Acro Flight</b> (Two elements, excluding dmt) B + C* D/E + D/E * (C must be salto at L10- At Lev 9- C must be salto or aerial) <b>Acro flight</b> (3+ elements, Incl mnt/dmt) B+B+D Add'l +0.1 for 3 ele. Acro flight series (BBC+) w/ min. C salto/aerial or D/E flight w/wo hand support, excluding dmt <b>2 Dance/Mixed</b> (excludes dmt) *Same or different dance <b>Turns</b> All acro elements used for CV must have flight	<b>Level 10</b> Acro Series- 2 dir, conn. Flight ele, min. of 1 C; OR E-Flight +A non-Flight (excl. mnt/dmt) Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt - Min. C or Min. B w/ C conn. <b>Level 9</b> Acro Series- 2 directly connected Flight elem Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt-Min. B	<b>Acro Indirect</b> A/B+ A/B +C C+C B+C A + A +D A+D A+E B/C+D/E <b>Acro Direct</b> (Saltos/Aerials) B+B B+C A +C A/B+D/E A+A+C A+A+D/E C+C <b>2 *Dance/Mix</b> B+D/E C+D/E *Same or different C+C dance D/E-salto + A-jump (This order only) No CV for a turn followed by a jump	<b>Level 10</b> One Acro Pass w/ min. 2 Saltos (same or diff.) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -Isolated or in Last Salto conn. <b>Level 9</b> Same as L10 except Min. B salto -Isolated or in Last Salto conn.	<b>Content</b> A 10 9 B 3 3 C 3 4 D 2 1 SV 9.5 9.7 L10: Extra +0.10 Bonus (not in SV) if exercise has 10 SV + min. of 0.6 total Bonus + an E (BB/FX-E Acro) L9: allowable D/E's = C +10 D/E Bonus -1 <sup>st</sup> D/D Restricted elements = No VP; -.50 off SV No CV/DV w/ fall or spot Missing SR - .50 off SV

4				<p>Handwritten diagram for skill 4: <i>Knee</i> (D), <i>Swing</i> (C), <i>W</i> (C), <i>W</i> (C), <i>Swing</i> (C), <i>Swing</i> (C). Includes annotations: +1, +2, ALO, DLO, DO.</p>	A	CV.3	VP ✓
					B	D/E.3	SR ✓
					C	SV 10	+1
					D		
					E		FIN
5				<p>Handwritten diagram for skill 5: <i>Knee</i> (D), <i>Swing</i> (C), <i>Swing</i> (C), <i>Swing</i> (C), <i>Swing</i> (C), <i>Knee</i> (D). Includes annotations: +2, +2, ALO, DLO, DO.</p>	A	CV.4	VP ✓
					B	D/E .3	SR ✓
					C	SV 10	
					D		
					E		FIN
6				<p>Handwritten diagram for skill 6: <i>W</i> (D), <i>Knee</i> (D), <i>Swing</i> (C), <i>Swing</i> (C), <i>Swing</i> (C), <i>Swing</i> (C). Includes annotations: +1, +2, ALO, DLO, DO.</p>	A	CV.3	VP ✓
					B	D/E.3	SR ✓
					C	SV 10	
					D		
					E		FIN

2022-2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM - LEVELS 9 & 10

Effective August 1, 2022 – July 31, 2026

Conn. Val.	0.1	0.2	SR	FF	Connection Value	0.1	0.2	SR	FF	Connection Value	0.1	0.2	SR	Content
<b>Level 10</b> *Turn/flight C+C *For a connection of two elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different) C+D D+D (C-No turn/flight req.)  <b>Level 9</b> (If no turn/ C+C flight - must be different) Turn/flight C+C	<b>Level 10</b> Min. of one C-Flight 2 <sup>nd</sup> diff. flight, min. B Min. of C element with LA turn (excludes Mnt/Dmt) Dmt - Min. of C  <b>Level 9</b> Two Bar Changes Min. of one B-Flight 2 <sup>nd</sup> diff. flight-min. C <b>OR</b> min. B element with LA turn (excludes Mnt/Dmt) Salto Dmt - Min. B	<b>Acro Flight</b> (Two elements, excluding dmt) B + D/E C + C/D/E B + C* D/E + D/E * (C must be salto at L10- At Lev 9- C must be salto or aerial) <b>Acro flight</b> (3+ elements, Incl mnt/dmt) B+B+C B+C+C B+B+D B+B/C+D/E Add'l +0.1 for 3 ele. Acro flight series (BBC+) w/ min. C salto/aerial or D/E flight w/wo hand support, excluding dmt <b>2 Dance/Mixed</b> (excludes dmt) A+D/E B+D/E B+C *C+C *Same or different dance C+D/E <b>Turns</b> A+C (or reverse) All acro elements used for CV must have flight	<b>Level 10</b> Acro Series- 2 dir, conn. Flight ele, min. of 1 C; <b>OR</b> E-Flight +A non-Flight (excl. mnt/dmt) Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt - Min. C or Min. B w/ C conn.  <b>Level 9</b> Acro Series- 2 directly connected Flight elem Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt-Min. B	<b>Acro Indirect</b> A/B+ A/B +C C+C B+C A + A +D A+D A+E B/C+D/E  <b>Acro Direct</b> (Saltos/Aerials) B+B B+C A +C A/B+D/E A+A+C A+A+D/E C+C  <b>2 *Dance/Mix</b> B+D/E C+D/E <b>*Same or different</b> C+C dance D/E-salto + A-jump (This order only) No CV for a turn followed by a jump	<b>Level 10</b> One Acro Pass w/ min. 2 Saltos (same or diff.) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -Isolated or in Last Salto conn.  <b>Level 9</b> Same as L10 except Min. B salto -Isolated or in Last Salto conn.	<b>10</b> A 3 B 3 C 2 SV 9.5 <b>9</b> A 3 B 4 C 1 SV 9.7  L10: Extra +0.10 Bonus (not in SV) if exercise has 10 SV + min. of 0.6 total Bonus + an E (BB/FX-E Acro) L9: allowable D/E's = C +.10 D/E Bonus - 1* D/D Restricted elements = No VP; -.50 off SV No CV/DV w/ fall or spot Missing SR - -.50 off SV								

7						A	CV .4	VP ✓
						B	D/E .1	SR ✓
						C	SV 10	
						D		
						E		FIN
8						A	CV .3	VP ✓
						B	D/E .1	SR -.5 last pass same
						C	SV 9.1	-.3 No dsmt
						D		
						E		FIN
9						A	CV .4	VP ✓
						B	D/E .2	SR ✓
						C	SV 10	
						D		
						E		FIN