

L10

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

Effective August 1, 2022 - July 31, 2026

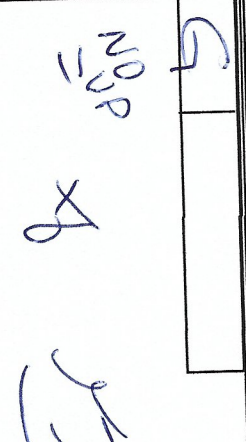
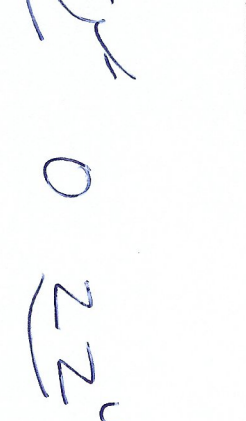
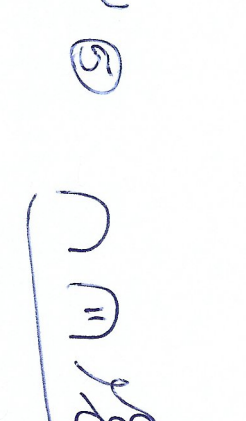
Conn. Val.	0.1	0.2	SR	FF	Connection Value	0.1	0.2	SR	FT	Connection Value	0.1	0.2	SR	SR	Content	
*Turn/flight C+C	*For a connection of two elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different)	C+D D+D	Level 10 Min. of one C-Flight 2nd diff. flight-min. B	Min. of C element with LA turn (excludes Mnt/Dmt)	Dmt - Min. of C	Level 9 Two Bar Changes Min. of one B-Flight 2nd diff. flight-min. C with LA turn OR min. B element (excludes Mnt/Dmt) Salto Dmt - Min. B	Acro Flight (Two elements, excluding dmt) B + C* D/E + D/E	B+D/E C+C/D/E	Level 10 Acro Series- 2 dir. conn. Flight ele, min. of 1 C; OR E-Flight + A non-Flight (excl. mnt/dmt)	Acro Direct (Salto/aerials)	A/B+ A/B+C C+C B+C A + A + D A+E B/C+D/E B+C	A+C A+A+C A+B+D/E C+C	Level 10 One Acro Pass w/ min. 2 Salto's (same or diff.) dir./indir. conn. w/ Flight elem. w/w/o hand support Three Diff. Salto's (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 3 3 B 3 4 C 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's/D/D Restricted elements = No VP; -.50 off SV No CV/DV w/ fall or spot Missing SR - .0.50 off SV
Level 9 (If no turn/ C+C flight - must be different) Turn/flight C+C		C+C	Level 9 Min. of one B-Flight 2nd diff. flight-min. C with LA turn OR min. B element (excludes Mnt/Dmt) Salto Dmt - Min. B	Dmt - Min. of C	Level 9 Two Bar Changes Min. of one B-Flight 2nd diff. flight-min. C with LA turn OR min. B element (excludes Mnt/Dmt) Salto Dmt - Min. B	Acro Flight (Two elements, excluding dmt) B + C* D/E + D/E	B+D/E C+C/D/E	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 C+C B+C A + A + D A+E B/C+D/E B+C	A+C A+A+C A+B+D/E C+C	Level 9 One Acro Pass w/ min. 2 Salto's (same or diff.) dir./indir. conn. w/ Flight elem. w/w/o hand support Three Diff. Salto's (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 3 3 B 3 4 C 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's/D/D Restricted elements = No VP; -.50 off SV No CV/DV w/ fall or spot Missing SR - .0.50 off SV	
																Level 9 Min. of one B-Flight 2nd diff. flight-min. C with LA turn OR min. B element (excludes Mnt/Dmt) Salto Dmt - Min. B
D																
E																
F																

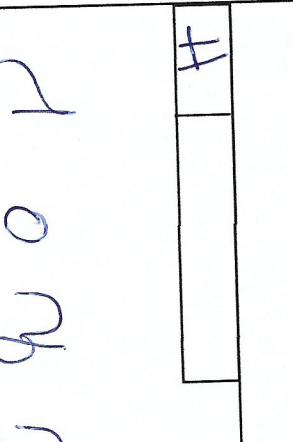
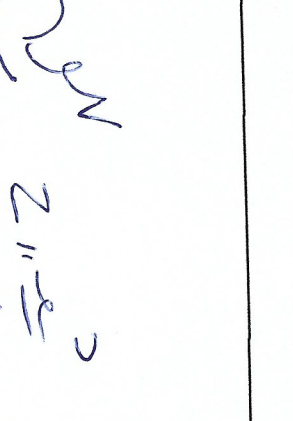
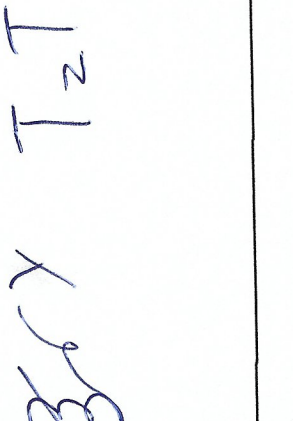
Handwritten notes in blue ink: $211 \equiv Xb$, vr/co , $211 \equiv 0$, Nb , Xb , Y/E

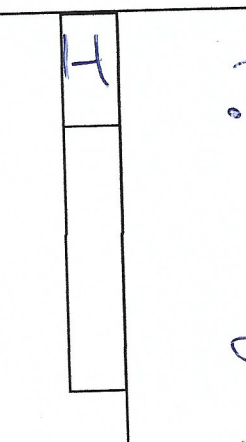
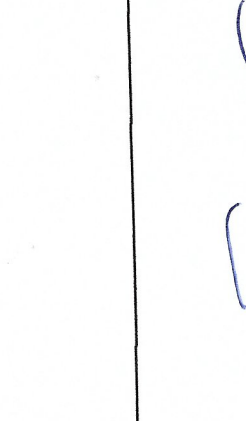
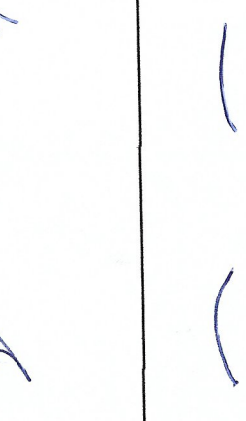
Handwritten notes in blue ink: $211 \equiv 0$, AN , $211 \equiv$, vr , L^2 , K , Y/E

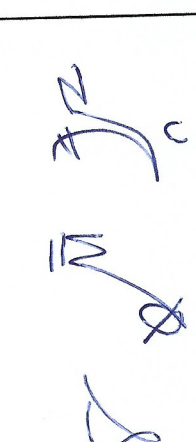
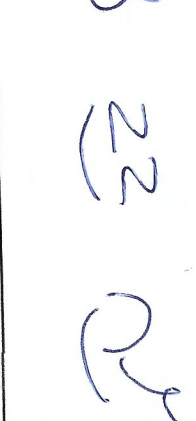
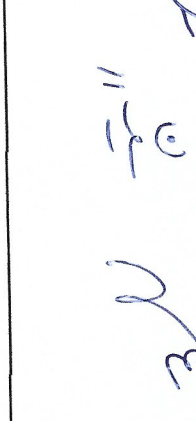
Handwritten notes in blue ink: $211 \equiv$, VR , Y/E , $211 \equiv$, Nb , L^2 , K , Y/E

Com. Val.	0.1	0.2	SR	FT	Connection Value	0.1	0.2	SR	FT	Connection Value	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 2nd 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 2nd 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* D/E + D/E <i>*C must be salto at L10.</i> <i>At Lev 9 - C must be salto or aerial)</i> Acro flight (3+ elements, Incl mnt/dmt) B+B+D B+B+C 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 2 Dance/Mixed (excludes dmt) A+D/E B+C *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 Mnt. 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 C+C B+C A + A + D A+D A+E B/C+D/E B+C A+B A+C A+A+C A+A+D/E C+C	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff.) dir./indir. comm. 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 comm. Level 9 Same as L10 except Min. B salto - isolated or in Last Salto comm.	A/B+ A/B+C C+C B+C A + A + D A+D A+E B/C+D/E B+C A+B A+C A+A+C A+A+D/E C+C	A B C D E	A B C D E	CV D/E SV	VP SR FIN	A B C D E	CV D/E SV	VP SR FIN	10 3 3 3 3 2 2 1 9.5 9.7	9 3 4 4 1 1 1 1 9.7 9.7
Level 9 (If no turn/ C+C flight - must be different) Turn/flight C+C	Level 9 Two Bar Changes Min. of one B-Flight 2nd 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* D/E + D/E <i>*C must be salto at L10.</i> <i>At Lev 9 - C must be salto or aerial)</i> Acro flight (3+ elements, Incl mnt/dmt) B+B+D B+B+C 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 2 Dance/Mixed (excludes dmt) A+D/E B+C *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 Mnt. 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 C+C B+C A + A + D A+D A+E B/C+D/E B+C A+B A+C A+A+C A+A+D/E C+C	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff.) dir./indir. comm. 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 comm. Level 9 Same as L10 except Min. B salto - isolated or in Last Salto comm.	A/B+ A/B+C C+C B+C A + A + D A+D A+E B/C+D/E B+C A+B A+C A+A+C A+A+D/E C+C	A B C D E	A B C D E	CV D/E SV	VP SR FIN	A B C D E	CV D/E SV	VP SR FIN	10 3 3 3 3 2 2 1 9.5 9.7	9 3 4 4 1 1 1 1 9.7 9.7
Level 9 (If no turn/ C+C flight - must be different) Turn/flight C+C	Level 9 Two Bar Changes Min. of one B-Flight 2nd 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* D/E + D/E <i>*C must be salto at L10.</i> <i>At Lev 9 - C must be salto or aerial)</i> Acro flight (3+ elements, Incl mnt/dmt) B+B+D B+B+C 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 2 Dance/Mixed (excludes dmt) A+D/E B+C *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 Mnt. 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 C+C B+C A + A + D A+D A+E B/C+D/E B+C A+B A+C A+A+C A+A+D/E C+C	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff.) dir./indir. comm. 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 comm. Level 9 Same as L10 except Min. B salto - isolated or in Last Salto comm.	A/B+ A/B+C C+C B+C A + A + D A+D A+E B/C+D/E B+C A+B A+C A+A+C A+A+D/E C+C	A B C D E	A B C D E	CV D/E SV	VP SR FIN	A B C D E	CV D/E SV	VP SR FIN	10 3 3 3 3 2 2 1 9.5 9.7	9 3 4 4 1 1 1 1 9.7 9.7

G   

H   

I   

J   

L10

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

Effective August 1, 2022 - July 31, 2026

Comm. Val.		0.1		0.2		SR		Content					
Level 10	Level 10	Level 10	Level 10	Level 10	Level 10	Level 10	Level 10	Level 10	Level 10				
<p>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</p>		<p>Level 10 Min. of one C-Flight 2nd 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-F flight 2nd diff. flight-min. C OR min. B element with LA turn (excludes Mt/Dmt) Salto Dmt - Min. B</p>		<p>Acro Flight (Two elements, excluding dmt) B+C* D/E+D/E *C must be salto at L10. Acro flight (3+ elements, incl mnt/dmt) B+B+D Add 1 +0.1 for 3 ele. Acro flight series (BBC+) w/ min. C salto/aerial or D/E flight w/wwo hand support, excluding dmt 2 Dance/Mixed (excludes dmt) *Same or different dance Turns A+C (or reverse) All acro elements used for CV must have flight</p>		<p>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</p>		<p>Acro Indirect A/B+ A/B+C C+C B+C A+A+D A+D A+D A+E B/C+D/E B+C A+B A+C A/B+D/E A+A+C A+A+D/E C+C</p>		<p>Level 10 One Acro Pass w/ min. 2 Salto (same or diff) dir./indir. comm. w/ Flight elem. w/wwo hand support. Three Diff. Salto (No acritals) 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.</p>		<p>Level 10 A 3 B 3 C 4 SV 2 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^s/D/D Restricted elements = No VP; -.50 off SV No CV/DV w/ fail or spot Missing SR -0.50 off SV</p>	
J	N	QY	O	X	Z	Z	=	K	YE				
K	#	QY	O	X	Z	=	L ²	=	K	YE			
L	NOP	QY	⑤	Z	N	⑤	=	⑤	O	N	K	YE	
	A	CV	VP	B	D/E	SR							
	B	D/E	SR	C	SV								
	C	SV		D									
	D			E									

Com. Val.	0.1	0.2	SR	FF	Connection Value	0.1	0.2	SR	FF	Connection Value	0.1	0.2	SR	Content
<p>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.)</p>														
<p>Level 9 (If no turn/ flight - must be different) Turn/flight C+C</p>														
<p>Level 10 Min. of one C-Flight 2nd 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 2nd diff. flight-min. C with LA turn OR min. B element (excludes Mnt/Dmt) Salto Dmt - Min. B</p>														
<p>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 B + B + C B+C+C (3+ elements, incl mnt/dmt) B+B/C+D/E 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+D/E (excludes dmt) B+C *C+C C+D/E *Same or different dance Turns A+C (or reverse) All acro elements used for CV must have flight</p>														
<p>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 C or Mtn. 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</p>														
<p>Acro Indirect A/B+ A/B + C C+C B+C A + A + D A+D A+E B/C+D/E B+C Acro Direct B+B A+C A/B+D/E (Saltos/Aerials) A+A+C A+A+D/E C+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</p>														
<p>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.</p>														
<p>A 10 9 B 3 3 C 3 4 SV 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/F/X-E Acro) L9: allowable D/E's = C + 1.0/D/E Bonus-1's D/D Restricted elements = No VP, -.50 off SV w/ fail or spot Missing SR -0.50 off SV</p>														
M														A VP
														B D/E SR
														C SV
														D SV
														E FIN
N														A CV VP
														B D/E SR
														C SV
														D SV
														E FIN
O														A CV VP
														B D/E SR
														C SV
														D SV
														E FIN

Handwritten notes and diagrams in blue ink, including a large 'N' and various symbols like 'Z', 'N', 'G', 'X', 'Y', 'E', 'K', 'E'.

Handwritten notes and diagrams in blue ink, including a large 'M' and various symbols like 'Z', 'N', 'G', 'X', 'Y', 'E', 'K', 'E'.

Handwritten notes and diagrams in blue ink, including a large 'O' and various symbols like 'Z', 'N', 'G', 'X', 'Y', 'E', 'K', 'E'.

