



- Oldest Sanctioning Body
- Includes only gymnastics
- Governing body of US National Team

2 RULE BOOKS
SEPARATE COMPETITIONS IN
SEPARATE EVENTS

USAG Events

- Includes Compulsory Levels 2-5 (routines are all the same and no changes can be made) and Optional Levels 6-10
- National Team Members complete all levels 2-10, and then must qualify through Elite Qualifying Events before they can be considered for the National Team
- Judging is strict and competitions are highly competitive

XCEL Events

- Includes 5 Optional Levels (Bronze, Silver, Gold, Platinum, and Diamond) as well as Compulsory Levels 2-5
- Program was designed to serve a broader range of gymnasts in terms of abilities and commitment levels - allows lower level gymnasts to perform optional routines earlier in their careers
- Judging is less strict, competitions are slightly less competitive, and the rules are more loosely written in order to fit the needs of broader range of gymnasts



- Newer Sanctioning Body
- Includes all sports
- Larger gymnastics association of the two

GIJO
Greater Illinois Junior Olympics
*Name of the Illinois Chapter of
AAU Gymnastics*

2 RULE BOOKS
BOTH COMPETITIONS ARE PROVIDED AT
A SINGLE EVENT

USAG
compulsories
XCEL
optionals

*Both competition formats
are included in all AAU
Gymnastics Events*

- Same 2 Rule Books as USAG
- The focus is on providing a fun competitive experience for all athletes in every sport
- Judging is much less strict
- Provides many more scholarships and opportunities for athletes at any level

UNDERSTANDING THE DIFFERENT LEVELS IN GYMNASTICS

Beginner Levels

Most Advanced Levels



USAG Rule Book



XCEL Rule Book

