



Level 2 New Jersey USA Gymnastics

The Level 2 competitive program in NJ is an introduction to competition. The state board has set specific guidelines that must be followed for this level. As an introductory level, the following aspects should be adhered to: improving performance, building confidence, safety, respect, teamwork and fun for everyone. Please review the rules and use them accordingly.

Timing of the Competition

This should be a 2 hour session and a great way to run the competition. We DO NOT want the sessions to be longer.

- 15 minutes open stretch
- 30 seconds of warm-ups per athlete
- Present event ribbon at the end of each rotation, no awards at the end.
- A maximum of 60 gymnasts per session.
- Children must be 5 years old to compete.

Scoring of the Competition

- One judge panel only
- Every gymnast is rewarded for their attempt
- Even if they forget their routine, miss every element, or balk they still receive a 6.0
- At the end of each event they receive their event ribbon, at the end of the 4th event they receive that event ribbon and an all-around medal.
- A rainbow ribbon will be given to all gymnasts on each event.

Entry Fees

- \$45.00 is the most that can be charged at an invitational.

Season Schedule

- The competitive season will run from December through the month of May

Culminating Event

- In the month of May, the state of NJ will have a state “Showcase of Athletes.”
- There will not be placement or team awards
- Anyone qualifies to this competition, we will NOT have sectionals or any type of qualifier.
- 25% of the profits will be given back to the state of NJ to offset the cost of other state competitions.

Setting the Tone

This is the first time that gymnasts will be competing and we need to make sure that it's a positive experience for all. Review rules and procedures in a positive way, have an inviting atmosphere with music and decorations that make the gymnast feel welcomed, and most importantly emphasize safety and success are our main goals.