**WGV Gymnastics Team Rules 2016-2017**

1. Attend all team workouts on the days scheduled for your team level. No make-up days.
2. Girls determined to be ready for competition should attend **all meets** scheduled for your team level. The coaches plan for the WGV team (all levels) to compete as a strong, cooperative, and unified group this season.
3. Advancement will occur at the end of the meet season unless an accelerated mobility plan is in place with the team coach.

**Level and Meet Season Requirements 2016-2017**

**Levels 1 – 3/Excel**

AAU Fall Meet (Gymnastics Around the World)

WGV In-house meets

Spring AAU Season

Spring AAU State Meet

Mobility score required to advance: 35 AA or an average of 26.5 on three events\*

**Level 4**

USAG Fall Meet (Gymnastics Around the World)

WGV In-house meets

Spring USAG Season

Attend at least one AAU qualifier in order to attend AAU state (not mandatory)

Spring AAU State Meet (not mandatory)

Mobility score required to advance: 35 AA or an average of 26.5 on three events at either a USAG or AAU meet and a score of at least 31.0 at a USAG sanctioned meet\*

**Level 5**

USAG Fall Meet (Gymnastics Around the World)

WGV In-house meets

Spring USAG Season

Attend at least one AAU qualifier in order to attend AAU state (not mandatory)

Spring AAU State Meet (not mandatory)

Mobility score required to advance: 35 AA or an average of 26.5 on three events at either a USAG or AAU meet and a score of at least 31.0 at a USAG sanctioned meet\*

**Level 6**

USAG Fall Meet (Starlight Invite)

WGV In-house meets

Spring USAG Season

Attend at least one AAU qualifier in order to attend AAU state (not mandatory)

Spring AAU State Meet (not mandatory)

Mobility score required to advance: 35 AA or an average of 26.5 on three events at either a USAG or AAU meet and a score of at least 31.0 at a USAG sanctioned meet\*

36 AA or higher required to attend USAG State Meet

**Levels 7 & Up**

USAG Fall Meet (Starlight Invite)

WGV In-house meets

Spring USAG Season

Attend at least one AAU qualifier in order to attend AAU state (not mandatory)

Spring AAU State Meet (not mandatory)

Mobility requirements: Skill development evaluation by head coach determines advancement\*

36 AA or higher required to attend USAG State Meet

**\*Advancement will occur at the end of the meet season unless an accelerated mobility plan is in place with the team coach.**

**Budgeting for Competitions**

AAU – Estimated Meet fees: $325 + Estimated Coaches’ fees: $250 + Travel expenses

USAG – Estimated Meet fees: $500 + Estimated Coaches’ fees: $400 + Travel expenses