



Artistic Gymnastics -- Females

Competitive Age Groups / Levels / Exercises Summary

Age	Sokol Novice Level	USAG JO Level 1	USAG JO Level 2	USAG JO Level 3	USAG Xcel Bronze Level	USAG Xcel Silver Level	USAG Xcel Gold Level	USAG Xcel Platinum Level	USAG Xcel Diamond Level	Sokol Garnet Level
Girls 6 - 8	Y	Y	Y	Y		Y	Y	Y	Y	
Girls 9- 11	Y	Y	Y	Y		Y	Y	Y	Y	
Jr.Girls 12 - 14					Y	Y	Y	Y	Y	
Jr.Girls 15 - 18					Y	Y	Y	Y	Y	
Women 17 - 24					Y	Y	Y	Y	Y	
Women 25 -34					Y	Y	Y	Y	Y	
Women 35 - 49					Y	Y	Y	Y	Y	Y
Women 50 - 59					Y	Y	Y	Y	Y	Y
Women 60+					Y	Y	Y	Y	Y	Y

Girls, Jr. Girls, and Women who are Level 4, must compete at least at the Silver Level of Xcel.

NOVICE AND MASTERS:

The Girls Novice and Women’s Garnet Level competitive routines are located elsewhere in this manual.

USA Gymnastics Junior Olympic LEVELS 1 THRU 3:

For Levels 1-3 refer to the ones from the USA Gymnastics Junior Olympic book. To order Women’s JO Compulsory Program 3rd Division go to www.usa-gymnastics.org and order Item 3111 (\$60). Music for these levels can be ordered through item 3110 (\$20).

For all **USAG Xcel** routines order Women’s Xcel Code of Points 3rd Edition, item #3105 (\$45).

ELIGIBILITY OF COMPETITORS:

- Any bona fide member of the American Sokol or other Sokol organizations, shall be eligible to enter the National Slet & Festival.
- For purposes of entering individuals in age group related competitive divisions, the individual's age on the date of Opening Ceremonies – June 22, 2017 - shall be used.



IMPORTANT: The Tournament Rules Section of this Festival Manual should be carefully reviewed for additional guidelines, rules, procedures, practices, etc. associated with the conduct of the gymnastic competitions.

CLOSING CEREMONIES PARTICIPATION:

- ALL SOKOL CHILDREN AND JUNIORS SHALL TAKE PART IN THEIR AGE APPROPRIATE CALISTHENICS IN THE SLET & FESTIVAL CLOSING CEREMONY PROGRAM. Violation of this rule shall forfeit the contestant's individual placement and placement of their team in the meet. Inability to comply must have the approval of his Unit, District and National Directors.
- Adult competitors are not required but are strongly encouraged to take part in the Slet & Festival Closing Ceremony Program.