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2026 YMCA National Gymnastics Championships and Invitational

COMPETITION RULES

Celebrating the YMCA Gymnastics Community
and its Commitment to Excellence
in Gymnastics and Beyond.

Greensboro Complex | Greensboro, NC | June 27–July 1, 2026



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CHAMPIONSHIP AND INVITATIONAL GENERAL INFORMATION

The National Championship and Invitational is authorized by and is conducted under the supervision of the YMCA of the USA and the YMCA National Gymnastics Advisory Committee. The 2026 event is hosted by the YMCA of the USA.

This event is conducted according to the Rules That Govern YMCA Competitive Sports (updated 2025) and operates according to USA Gymnastics (USAG) Rules with modifications approved by the YMCA of the USA National Gymnastics Advisory Committee (NGAC).

The YMCA is a community-serving organization made up of people of all ages, from all backgrounds, working side-by-side to strengthen communities. Together, we work to ensure that everyone can reach their full potential with dignity. Our core values are caring, honesty, respect and responsibility – they guide everything we do.

The YMCA National Championship & Invitational offers support for everyone. The Y is a place where all people are respected and welcome and receive what they need to thrive.

PURPOSE

- To provide a national level competitive gymnastics event through which all athletes can reach their full potential.
- To celebrate achievement, build supportive relationships and foster a sense of belonging for all participants.
- To inspire gymnasts and coaches to continue their development in the sport of gymnastics.
- To have fun while demonstrating the YMCA core values.

ELIGIBILITY RULES

- All athletes must meet these criteria:
- Be members in good standing of the YMCA they represent for at least 90 days before June 29, 2026.
- Not have competed or trained with another YMCA, USAG, college or other private club during the past four months.
- Have represented their YMCA in a formal competition at least once since August 1, 2025.
- Have met the qualifying score required for their division in the 2026 YMCA National Gymnastics Championship and Invitational Competition Rules.
- Have met the eligibility requirements as set forth in the YMCA Rules That Govern Competitive Sports.

QUALIFYING INFORMATION

- Score must be achieved in a meet setting while representing the athletes YMCA program, judged by USAG Certified Gymnastics judges per USAG rules beginning August 1, 2025. The last day to submit qualifying scores for verification is May 24, 2026. No scores from a previous YMCA national championship and invitational may count as qualifying scores.
- Meet results must be dated and submitted per individual gymnast as requirements for eligibility. No signatures are required. (Any submitted score that has not been verified with official meet results by May 24, 2026 will result in gymnast's ineligible status to compete and no refund will be issued.
- An individual gymnast qualifying score must be highlighted in yellow and an asterisk (*) on the meet result form along with dates and level of competition.
- Gymnast's petitions including division mobility, injuries, etc. will be reviewed on a case-by-case basis by the committee. Coaches may access the petition form: **COMING SOON**



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WOMEN'S EQUIPMENT QUALIFYING SCORES REQUIRED TO COMPETE:

2021–2029 USAG rules apply. USAG age requirements are in effect.

Individual event specialists permitted in Levels 6, 7–Championship, Xcel Platinum, Diamond, and Sapphire, with a score of 8.5. Must be indicated during registration.

- **Championship Division is 32.0 All-Around** at Level 9, 10, Elite or 33.0 All-Around at Level 8.
- **Level 8 Division is 32.0 All-Around** at Level 8 or 33.0 at Level 7 or 35.0 at Sapphire or Diamond.
- **Level 7 Division: 32.0 All-Around** at Level 7 or 33.0 at Level 5 or 6.
- **Level 6 Division: 32.0 All-Around** at Level 6 or 33.0 at Level 5 or 36.0 twice at Level 4.
- **Level 5 Division: 31.0 All-Around** at Level 5 or 33.0 at Level 4.
- **Level 4 Division: 32.0 All-Around** at Level 4 or 35.0 at Level 3.
- **Level 3 Division: 32.0 All-Around** at Level 3 or 35.0 at Level 2.
- **Level 2 Division: 32.0 All-Around** at Level 2 or 35.0 at Level 1.
- **Level 1 Division: 32.0 All-Around** at Level 1.
- **Xcel Sapphire Division: 33.0 All-Around** at Sapphire or 35.0 at Diamond, Level 8, 9 or 10.
- **Xcel Diamond Division: 33.0 All-Around** at Diamond or 35.0 at Level 7, 8 or Platinum.
- **Xcel Platinum Division: 33.0 All-Around** at Platinum or 35.0 at Level 5, 6, 7 or Gold.
- **Xcel Gold Division: 33.0 All-Around** at Xcel Gold or 35.0 at level 4 or Silver.
- **Xcel Silver Division: 33.0 All-Around** at Xcel Silver or 35.0 at level 3 or Bronze.
- **Xcel Bronze Division: 33.0 All-Around** at Xcel Bronze or 35.0 at level 2.
- **HUGS all divisions: must have represented their YMCA where competition exists.**

MEN'S EQUIPMENT QUALIFYING SCORES REQUIRED TO COMPETE:

2025–2028 USAG rules apply. USAG age requirements are in effect.

Individual event specialists permitted in Levels 7–Championship, Xcel Platinum, Diamond, and Sapphire, with a score of 8.5. Must be indicated during registration.

- **The Championship Division consisting of optional gymnasts must compete in one meet at Level 8, 9 or 10. (Event specialists are permitted with a minimum score of 8.5)**
- **Level 7: 40.0 All-Around** or 42.0 at Level 6.
- **Level 6 Division 1 or 2: 40.0 All-Around** or 42.0 at Level 5.
- **Level 5 Division 1 or 2: 40.0 All-Around** or 42.0 at Level 4.
- **Level 4 Division 1 or 2: 40.0 All-Around** or 42.0 at Level 3.
- **Level 3 Division 1 or 2: 40.0 All-Around.**
- **Club Division (Bronze, Silver, Gold, Platinum, Diamond and Sapphire): 40.0 All-Around**
- **HUGS all divisions: must have represented their YMCA where competition exists.**



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REGISTRATION PROCESS

**2026
REGISTRATION:
February 15 – March 15.**

Registration begins February 15 and ends March 15, 2026.

The link for registration will be available starting February 15, 2026.

Late registrations will be accepted ONLY if space is available.

Late fees will apply to registrations submitted between March 16 and May 1.

Absolutely no registrations will be accepted after May 1, 2026, at 11:59 pm Eastern time.

1. The team contact registers the team.
2. The meet contact registers themselves.
3. The team contact sends the link to the assistant coaches and parents to register.
4. The parent enters Level, Equipment/Events, Birthdate, Sex, Graduating Senior status, T-shirt size and signs waivers and attestations.
5. The team contact will verify the individual registrations and provide qualifying scores.
6. Competitive divisions are set by equipment, level, and age.

ENTRY FEES

All payments are made electronically, using the online event registration system.

All payments are non-refundable.

Late registrations will be accepted ONLY if space is available.

Absolutely no registrations will be accepted after May 1, 2026.



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REGISTRATION TYPE	FEE (FEB. 15–MAR. 15)	LATE FEE (MAR. 16–MAY 1)
TEAM REGISTRATION	\$100	\$150
COACH REGISTRATION	\$75	\$75
All Men’s Levels & HEROS Women’s Levels 1–3, Bronze, Silver & HUGS	\$130	\$180
Women’s Levels 4–7, Gold & Platinum	\$140	\$190
Women’s Diamond, Sapphire, Level 8 & Championship	\$155	\$205

^If a late registration is submitted and space is not available, the registration fee will be returned.

GYMNAST REGISTRATION

Fees include competition, commemorative event t-shirt and pin, athlete mementos, and admission to all sessions and the Opening Ceremony.

COACH REGISTRATION

Fee includes commemorative event shirt, admission to all sessions including access to the competition floor and coach’s hospitality room, Opening Ceremony credentials. Additional coaches may be added with no late fee up to 10 days after the competition schedule is posted. The head coach fee includes one senior reception ticket.



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EQUIPMENT

- All equipment will be USAG/FIG approved.
- AAI equipment will be used from the competition supplier.
- Teams are **NOT PERMITTED** to bring springboards or other equipment to this meet.
- Springboards will be labeled and not moved from their designated events.
- USAG age group equipment settings will be allowed.
- There will be optional workout/equipment sets in 2026 for:
 - Female equipment Levels 6, 7, 8, Championship and Platinum, Diamond, Sapphire.

PARTICIPATION REQUIREMENTS

Liability Waivers and Consent Forms – All Participants

- Each Coach, Volunteer, Adult Athlete (age 18 and older) and Parent of Minor Athlete (age 17 and younger) is required to electronically sign and attest to the liability waivers and consent forms listed in the chart below.
- Coaches, Volunteers and Adult Athletes are also required to:
 - Complete and have current certification in Athlete Protection Training since July 1, 2025, and upload their certificate or Coaches' USAG card

Coaches

Coaches must abide by the following governing rules and policies:

- YMCA Rules that Govern that YMCA Competitive Sports
- YMCA National Gymnastics Championship & Invitational Competition Rules
- USAG Rules and Policies
- YMCA Approved Athlete Protection Training
- USAG Safety and Risk Management
- At least one coach from each participating YMCA team must be certified in USAG Safety and Risk Management.
- Cleared a YMCA Background Screening since July 1, 2024 – will be verified by the CEO
 - Any violation of these policies may result in removal from the event and notification to the coach's YMCA supervisor.

CEOs/Executive Directors of Competing YMCAs

YMCA CEOs or Executive Directors are required to sign and attest to the following for their coaches, athletes, and volunteers:

- Each coach has cleared a Background Screening performed by the YMCA within the past two years.
- Coaches have met and currently maintain all required safety certifications.
- All athletes are current YMCA members and meet all eligibility requirements.
- The YMCA possesses the required minimum insurance coverage valid through July 1, 2026 and an insurance certificate on file with Y-USA by June 1, 2026.
- All coaches and athletes are aware of and will adhere to Safe Sport policies.
 - Each coach, volunteer, and adult athlete (age 18 and older) has completed Athlete Protection Training in the past 12 months.
 - [CEO ATTESTATION LINK](#)



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	Coaches	Adult (18&Older) Athletes	Parents of Minor (17&Under) Athletes	Volunteers
Included in Electronic Document Link:				
Participation Liability Waiver	✓	✓	✓	✓
YMCA Code of Conduct with Youth	✓	✓	✓	✓
Photo/Video Release	✓	✓	✓	✓
Concussion Protocol	✓	✓	✓	
COVID-19 Participant Disclaimer	✓	✓	✓	✓
Completed Separately:				
Athlete Protection Training*	✓	✓		✓
YMCA Background Screening**	✓			✓

*Must upload certificate(s) or USAG card as proof of completion since July 1, 2025.

**Completed since July 1, 2024, and confirmed by CEO of coach's YMCA or by Volunteer's YMCA.

COMPETITION LEVEL AND CATEGORY SPECIFIC RULES

Registrant will indicate Birthdate, Sex, Graduating Senior status, Level, and Equipment (Male or Female) during registration. Gymnasts will be entered into competition based on these selections. Gymnast age is determined as age on the last day of formal competition (July 1, 2026).

Some YMCAs do not have a full complement of both women's and men's equipment. Male gymnasts at these YMCAs can only practice and compete on the equipment available. Therefore, there may be some boys who compete on women's equipment.

If a male gymnast must compete on women's equipment, he will be judged and receive scores for each event but his scores will not be awarded with the female gymnasts in that level. He will receive a separate award for that level, under Women's Equipment, Men's Division. Male and female gymnasts will not compete against one another.

Masters:

- Any gymnast at any level who competes beyond the summer of their high school graduation. A Masters gymnast:
 - Is not currently competing (2025–2026 season) for an NCAA-recognized college gymnastics program, and
 - Meets all other eligibility and qualifying requirements as laid out in this rules document.



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Individual Championship Divisions: (Women's and Men's)

- Xcel Diamond, Sapphire, Level 8 and Championship Division (Levels 9 &10) will determine National All-around Champions.
- Championship (Levels 9 &10) Division will determine Individual Event National Champions.

One National Team Champions banner will be awarded in each of the following at the Championship Awards Ceremony.

Individual Invitational Divisions: (Women's and Men's)

- Levels 1-7, Xcel Bronze, Silver, Gold, Platinum and HEROS and HUGS divisions will not be awarded individual championship titles.

Team Invitational Division banners will be awarded by session at the awards ceremony following their session.

Competition Information:

- Sessions determined by blind draw.
- Meet format is modified Capitol Cup for All Levels/Divisions (warm-up event; compete event)
- Age groups will be determined following these guidelines (determined by individual session numbers)
 - Xcel levels Bronze, Silver, Gold and Platinum and Levels 1-7
 - 1-20 gymnasts 1 age group (discretion of meet director to be used regarding age gaps)
 - 21-50 gymnasts 2 equal-size age groups
 - 51-75 gymnasts 3 equal-size age groups
 - 76-100 gymnasts 4 equal-size age groups
- Women's Level 8 and Xcel Diamond:
 - 2 equal-size age groups (Jr./Sr.) over all entrants, not by session
 - Age groups remain the same through the entire competition
- Men's Level 8:
 - One age group up to 9 gymnasts.
 - 2 equal-size age groups (Jr./Sr.) over all entrants, not by session
 - Age groups remain the same through the entire competition
- Women's Championship Levels 9 & 10:
 - 2 equal-size age groups (Jr./Sr.) over all entrants
 - Age groups remain the same through the entire competition
- Men's Championship:
 - One age group up to 9 gymnasts.
 - 2 equal-size age groups (Jr./Sr.) over all entrants
 - Age groups remain the same through the entire competition



Women's Championship Division (Levels 9 & 10) Specific Competition Rules:

- Athletes must compete in the All-around during the first round of competition unless designated as an event specialist.
- USAG Level 9 rules in effect with the following modifications:
 - A connection bonus will be awarded as per the L10 bonus rules.
(Exception: uneven bars - C+C use L9 and all events - C+D = +.2)
Connective bonus is calculated to the athlete's maximum benefit.
 - May perform unlimited D (+.1) & E (+.2) skills with applicable Difficulty bonus.
 - Bar Special Requirements:
 - Minimum 1 bar change – successful completion of a second bar change results in +.2 bonus
 - One flight element minimum B value
 - LA turn minimum of 180° OR different 2nd release minimum of B
 - B dismount
- No vault restrictions. Level 9 Vault chart will be used. Vaults not included on the L9 chart should be submitted no later than four weeks before competition starts for value clarification.
- Event Finals will be judged using the rules as stated above except:
 - Start Value 9.5, with .5 bonus possible. All .5 may come from Connective or difficulty bonus.

Men's Championship Division (Levels 9&10) Specific Competition Rules:

- USAG level 9 rules apply. FIG Vault Chart will be used. Event specialist qualifying score is 9.0.
- Consistent with USAG policies, Event Specialists are allowed in the Championship Division.
- This will be a Championship Meet with no advancement to finals.



COMPETITION AWARDS

- Ties will be broken according to USAG Rules & Policies.
- Master's gymnasts will receive a duplicate award and will not replace a Men's or Women's age group place for individual events and all around. Event scores will not be counted in the team score.
- To support the dignity of our event, all gymnasts must be in competition uniform to receive awards.
 - A. **No** - shoes, (women bare feet, men socks with pants or bare foot with shorts).
 - B. **No** - sleeves hanging down under a shirt or jacket.
 - C. **Yes** - Competition uniform or team warm up suits.
- **Invitational Women's Xcel Bronze, Silver, and Levels 1-3**
 - Individual Event and All-Around Awards. Gymnasts compete with gymnasts in their session only.
 - 50% of competitors will be awarded in each of the age groups.
 - Medals will be awarded for each event and All-Around after each session.
 - Team Awards-Teams compete with all teams at their session.
 - Top 3 scores on each event count for a team score
 - Places 1 – 3 will receive banners
 - Gymnasts must be in competition uniform to receive team awards.
- **Invitational Women's Gold, Platinum, and Levels 4-7**
 - Individual Event and All-Around Awards. Gymnasts compete with gymnasts in their session only.
 - One-third of competitors will be awarded in each of the age groups.
 - Medals will be awarded for each event and All-Around after each session.
 - Places determined and awarded after each session of Invitational Divisions.
 - Team Awards Levels Gold, 4, and 5-Teams compete with all teams at their session.
 - Top 3 scores on each event count for team score
 - Places 1 – 3 will receive banners
 - Gymnasts must be in competition uniform to receive team awards
 - Team Awards Levels 6, 7, and Xcel Platinum -Teams compete with all teams at their level regardless of session.
 - Top 3 scores on each event count for team score
 - Places 1 – 10 will receive banners
 - Team awards will be presented at the end of the LAST session of that level.
This will be identified on the rotation schedule.
 - Gymnasts must be in competition uniform to receive team awards.



- **Invitational Men's Xcel Levels and Levels 3-8**

- Individual Event and All-Around Awards. Gymnasts compete with gymnasts in their session only.
 - A minimum of 50% of competitors will be awarded in each of the age groups.
 - Medals will be awarded for each event and All-Around after each session.
 - Places determined and awarded after each session of Invitational Divisions.
 - Gymnasts must be in competition uniform to receive team awards.
- Team Awards Levels 3, 4, 5, and 6-Teams compete with all teams at their session.
 - Top 3 scores on each event count for team score
 - Places 1 – 3 will receive banners
 - Gymnasts must be in competition uniform to receive team awards
- Men's Level 7, 8 Team Awards
 - Top 3 scores on each event count for team score
 - Places 1 – 10 will receive banners
 - Team awards will be presented at the competition's end.
- Gymnasts must be in competition uniform to receive team awards.

- **Women's Xcel Diamond, Sapphire and Level 8**

- First Day scores determine Individual Event winners, All-Around Finalists, and National Team winners
- Individual Event winners will be awarded for each session, no All-Around awards will be given at that time.
 - One-third of competitors will be awarded in each age group.
 - Medals will be awarded after each session for events
 - The top 25 all-around scores in each age division from the combined sessions after Day 1 will be used to identify the gymnasts who will advance to All-around Finals. Ties for 25th place will also advance; ties will not be broken to determine finalists.
 - In case of scratches, the 26th and 27th placing gymnasts should be ready to compete.
- Gymnasts must be in competition uniform to receive team awards.

- **All-around Finals/Day 2 MAY take place one of the following days of the competition. If registration numbers allow, a Finals/Day 2 will be announced by May 1st.**

- Scores from Day 1 will be combined with All-around Finals/Day 2 scores to determine the National All-around winners.
- All-around Awards will be presented at the end of the All-around Finals/Day 2 session.
 - ALL Finalists will receive an award.
 - Places 1-10 will receive trophies, 11-25 will receive medals.
- Gymnasts must be in competition uniform to receive team awards.



- Team Awards
 - Top 3 scores on each event count for the team score
 - Teams Placing 1 – 10 will receive banners
 - Team awards will be presented at the conclusion of Level 8 All-around Finals.
 - Gymnasts must be in uniform to receive team awards.
- Men's Level 8 Team Awards
 - Top 3 scores on each event count for team score
 - Places 1 – 10 will receive banners
 - Team awards will be presented at the conclusion of the competition.
- Gymnasts must be in competition uniform to receive team awards.

- **Women's Championship Division (L9/10)**
 - ALL gymnasts compete first day of competition
 - First Day scores determine All-Around winners, Team winners, and Individual Event Finalists.
 - All Championship Division gymnasts will receive a certificate of recognition in the coaches' packet.
 - All awards will be announced and presented following Individual Event Finals/Day 2.
 - Individual Event Finals will take place on Day 2 of the competition.
 - Top Junior, top Senior gymnasts competing in the women's competition receiving a score that ranks them in the top 2/3 of their age division on any event will compete.
 - In case of scratches, the next two placing gymnasts should be ready to compete.
 - Age groups will be clarified by the NGAC once registration is received.
 - Competition order may be drawn by top 4 and bottom 4 and according to coaches' ability to coach finalists. Juniors compete bars, vault, floor, and beam. Seniors compete vault, bars, beam, and floor.
 - Event scores from Day 1 competition will be added to Day 2 scores.
 - All finalists on each event in Junior and Senior age groups will be awarded medals.
 - Gymnasts must be in competition uniform to receive team awards.
 - All-around Awards
 - 1st through 8th place will receive trophies; 9th through 25th will receive medals in Junior and Senior age groups.
 - 1st through 8th place in Junior and Senior age groups will be recognized as YMCA All Americans with a Jacket.
 - Gymnasts must be in competition uniform to receive team awards.
 - Team Awards
 - Top 3 scores on each event count for team score
 - Places 1 – 10 will receive banners
 - Team awards will be presented at the conclusion of the Event Finals.
 - Gymnasts must be in uniform to receive team awards.



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- **Men's Championship Division (Levels 9 & 10)**
 - Individual Event and All-Around Awards. Gymnasts compete with gymnasts in their session only. All awards will be determined by the National Gymnastics Committee based on the number of gymnasts entered.
 - Gymnasts will receive awards from their individual session only.

	Individual Medal by Session	Team Banner by Session	National Individual Award	National Team Title Banner
Women's Level 1	✓	✓		
Women's Level 2	✓	✓		
Women's Level 3	✓	✓		
Women's Level 4	✓	✓		
Women's Level 5	✓	✓		
Women's Level 6	✓			✓
Women's Level 7	✓			✓
Women's Level 8 (AA Finals)	✓		✓	✓
Women's Championship Level (Event Finals)			✓	✓
Women's Xcel Bronze	✓	✓		
Women's Xcel Silver	✓	✓		
Women's Xcel Gold	✓	✓		
Women's Xcel Platinum	✓			✓
Women's Xcel Diamond (AA Finals)	✓		✓	✓
Women's Xcel Sapphire (AA Finals)	✓		✓	✓
HUGS	✓	✓		
Men's Level 3	✓	✓		
Men's Level 4	✓	✓		
Men's Level 5	✓	✓		
Men's Level 6	✓	✓		
Men's Level 7	✓			✓
Men's Level 8			✓	✓
Men's Level Championship (If warranted AA Finals)			✓	✓
Men's Xcel	✓	✓		
HEROS	✓	✓		