

LEVEL 10 SKILL LIST

Level 10 - The highest **level** in the **JO** program and the first **level** without difficulty restrictions. Each of the optional **levels** prior has a difficulty cap. In **level 10** gymnasts still have set **requirements** (3 A skills, 3 B skills, and 2 C skills), but no restrictions.

This is the level gymnasts seek to reach in order to be accepted on a college team and compete at the collegiate level.