



Sport Specific Guidelines

Artistic

In-person artistic gymnastics will not be permitted for Spring 2021. Due to the close proximity of the spotters we do not believe this sport can be played safely.

Rhythmic

In-person rhythmic gymnastics can return to training and competition in Phase B, C, and D following the requirements outlined in the Return to Activities plan, as well as the specific Sport requirements listed below:

SOPA Requirements

- Must ensure that the venue is following the protocols outlined in the NGB guidance: <https://usagym.org/pages/aboutus/pages/coronavirus.html>
- Must have a dedicated practice time and space, may not share with other groups
- Must ensure that any stored mats (if using a non-gymnastics venue) are cleaned and disinfected appropriately