

2026 Proficiency Scores

Women's Artistic Proficiency Scores

Proficiency pins will be awarded to athletes who achieve the proficiency scores below in the individual all-around qualifying or final event at the XP Gymnastics Nationals.

STEP	Proficiency Score
STEP 5	52.00
STEP 6	52.00
STEP 7	45.00
STEP 8	45.00
STEP 9	45.00
STEP 10	45.00
Youth International	44.50
Junior International	45.00
Senior International	47.00
Apparatus Specialist (STEPS 8-10, Jnr & Snr Int)	12.00 all apps

Men's Artistic Proficiency Scores

Proficiency pins will be awarded to athletes who achieve the proficiency scores below in the individual all-around qualifying or final event at the 2026 XP Gymnastics Nationals.

All-Around

Level	Proficiency Score
Level 4	64.00
Level 5	63.00
Level 6	64.00
Level 7	72.00
Level 8	72.00
Level 9	75.00
U18	68.00
Senior Open	68.00

Apparatus Specialist

Level	Fx	PH	R	VT	PB	HB
Level 7	13.00	11.00	11.50	11.50	12.00	11.00
Level 8	13.00	11.50	11.50	11.50	12.00	11.50
Level 9	13.50	11.50	12.00	12.00	12.50	11.50
U18	12.00	11.00	11.50	12.70	11.90	11.20
Snr Open	12.70	12.00	12.50	13.30	12.60	12.10

Rhythmic Proficiency Scores

Proficiency Pins will be awarded to the top 25% of athletes in each level/grade, provided they have achieved the required Nationals qualification score for that division. The level of proficiency required is the all-around/overall score in the all-around qualifying or final event. Apparatus Finals are not eligible for proficiency qualification.

Trampoline Proficiency Scores

Proficiency Pins will be awarded to the top 25% of athletes in each age group/level. The top 25% will be calculated using each athlete's total score in the final stage of competition.

Aerobics Proficiency Scores

Proficiency pins will be awarded to athletes who achieve the proficiency scores below in the all-around qualifying or final event at the XP Gymnastics Nationals.

Category	Proficiency Score
ALP Level 7	15.25
ALP Level 8	15.75
ALP Level 9	16.25
ALP Level 10	16.75
Youth International	15.75
Junior International	16.50
Senior International	17.25
ALP Level 7/8 Multiple	15.00
ALP Level 9/10 Multiple	16.00
ALP Level 7-10 Team	15.00
Aerodance ALP Junior Multiple	15.25
Aerodance ALP Senior Multiple	15.50
Aerodance ALP Senior Team	15.50