

Foreign Clubs Information

The Palm Springs Gymnastics Cup is an USAG Sanctioned event that follows USAG Women's JD & Xcel Rules and Code of Points, not F.I.G. rules for all women's optional competitions. To enter your Team into the Palm Springs Gymnastics Cup please complete the following:

1. Submit Foreign Athlete and Coach Membership Application forms directly to USA Gymnastics. Application forms may be found at the following link: [foreignathlete_coach_judge.pdf \(usagym.org\)](https://usagym.org/pages/women/pages/foreignathlete_coach_judge.pdf) Payment will be made directly to USAG.
2. Submit a copy of the completed Foreign Athletes, Coaches & Judges form and your Team's non-refundable deposit of \$250 to hold your Team's spot in the competition. Mail the form and payment to Sports and Beyond, 5816 Arrowhead Dr., Virginia Beach, VA 23462. Make the check payable to Sports and Beyond.
3. Once your form is received we will provide you with the balance due for your Team's entry into the competition. The balance must be paid prior to the early or regular registration deadline.
4. Please provide the USAG membership numbers to Sports and Beyond when received.

To learn more about the JO & Xcel program please click on the following links:

JD Overview:

https://usagym.org/pages/women/pages/overview_jo.html

JD Compulsories:

<https://usagym.org/pages/women/events/jocompulsories/>

JD Updates:

<https://usagym.org/pages/women/updates/jo.html>

Xcel Overview:

<https://usagym.org/pages/women/pages/xcel.html>

Should you have further questions please contact **Marina Moure** at orders@sportsandbeyond.com (English & Spanish)