



2023/24 Integrity Athletics

Rhythmic Team Competition Schedule

Competition	Xcel A/B	Xcel C/D	L3	L4	L5	L6	L7-8	L9	L10
	2 Required Exhibitions	2 Required Exhibitions	3 Required Competitions	4 Required Competitions	4 Required Competitions (4 extra opportunities)	5 Required Competitions (4 extra opportunities)	6 Required Competitions (3extra opportunities)	6 Required Competitions (4extra opportunities)	7 Required Competitions (2 extra opportunities)
Winter Cup Mid Jan Tyngsboro, MA	x	x	x	x	Optional	Optional	Required	Required	Required
Orlando Cup Early Feb Orlando, FL	x	x	Required	Required	Required	Required	Required	Required	Required
Ohio State Late Feb Ohio State	Required	Required	Required	Required	Required	Required	Required	Optional	Optional
San Diego Cup Late Feb San Diego, CA	x	x	x	x	Optional	Optional	Optional	Required	Required
Vitry Stars Early March Niles, IL	x	x	x	x	Optional	Required	Required	Required	Required
Chicago Cup Late March Chicago, IL	Required	Required	Required	Required	Required	Required	Required	Required	Required
Tamara Cup May 29-June 2 Las Vegas, NV	x	x	x	x	Optional	Optional	Optional	Optional	Optional
Level 6-8 Regional Late April TBD	x	x	x	x	x	Required	Required	x	x
Level 9 Classic Late April TBD	x	x	x	x	x	x	x	Required	x
Level 4/5 Regional Early May TBD	x	x	x	Required	Required	x	x	x	x
Elite Qualifier Mid May TBD	x	x	x	x	x	x	x	Optional (by qualification)	Required
JO Nationals Early June TBD	x	x	x	x	x	Optional (by qualification)	Optional (by qualification)	x	x
USAG Gym Champs June 22-26 Minneapolis, MN	x	x	x	x	x	x	x	Optional (by qualification)	Required

Dates and Meets subject to change

updated 9/27/23