



AAU TRAMPOLINE & TUMBLING

PROGRAM OVERVIEW



#WeAreAAU

www.aautrampolineandtumbling.org

OVERVIEW

The AAU Trampoline & Tumbling Program offers opportunities for boys and girls, age 3 – 20, in all skill levels to participate. Events are held throughout the country, including local competitions, invitationals, District Championships and the National Championship.

For AAU Junior Olympic Games National Championship qualifying information, refer to the handbook at www.aautrampolineandtumbling.org/rules-handbook.

BENEFITS OF COMPETING IN AAU EVENTS

- 1. INSURANCE.** AAU members receive coverage from a multi-million-dollar insurance program.
- 2. NATIONAL CHAMPIONSHIPS.** AAU members have an opportunity to compete in national championship events at world-class facilities across the country.
- 3. SAFETY.** All non-athletes (coaches) must pass a background screening before competing in AAU Events.
- 4. MEMBERSHIP.** Nationally recognized non-profit multi-sport organization that anyone can join and compete.
- 5. EVENTS.** Freedom and flexibility in conducting programs and hosting events.

AGE DIVISIONS

The AAU Trampoline & Tumbling program provides an avenue of competition for many ages as well as both genders. For more specific details on age divisions, please visit the link above.

Tumbling: Sub-Beginner, Beginner, Advanced Beginner, Sub-Novice, Sub-Novice 1, Intermediate, Sub-Advanced, Advanced, Elite

Trampoline: Beginner, Novice, Intermediate, Sub-Advanced, Advanced, Elite

Synchro Trampoline: Intermediate, Sub-Advanced, Advanced

Double Mini: Beginner, Novice, Intermediate, Sub-Advanced, Advanced, Elite

Single Mini: Beginner, Novice, Intermediate, Sub-Advanced, Advanced, Elite

2020 FEATURED EVENTS



AAU JUNIOR OLYMPIC GAMES NATIONAL CHAMPIONSHIP

JULY 29 – AUGUST 2, 2020 – VIRGINIA BEACH, VA

ALL DIVISIONS OUTLINED ABOVE

CONTACTS

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