



2018-2019

Gymnastics

Central District

Rules and Policies

AAU Central District Gymnastics Handbook

Rules and Policies

TABLE OF CONTENTS

District Sport Director	*	*	*	Page	3
Duties of the District Sport Director	*	*	*	Page	3
Memberships	*	*	*	Page	4
National Rules	*	*	*	Page	4
Music	*	*	*	Page	5
Rules for Competition	*	*	*	Page	5
Professionalism	*	*	*	Page	6
Meet Director Duties	*	*	*	Page	6
Items to be Included on Meet Invitation	*	*	*	Page	7
Awards Guidelines	*	*	*	Page	7
District/State Championship Awards Guidelines	*	*	*	Page	8
Reporting an Accident	*	*	*	Page	9
Judging Panel and Request for Judges	*	*	*	Page	9
Qualification to District/State Championships	*	*	*	Page	11
Qualification to Regional & National Competition	*	*	*	Page	11
GIJO AAU Gymnastics League	*	*	*	Page	11
Index	*	*	*	Page	12

AAU PROGRAM

Central District Gymnastics Sports Director

Doug Jonuska

608-359-5266

aaujonuska@outlook.com

National Gymnastics Chair

Liz Nichols

770-979-1584

aaunichols@bellsouth.net

DUTIES of the DISTRICT SPORTS DIRECTOR

Create the rules of operation, which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee rules.

Enforce the rules of operation, the AAU Constitution, Bylaws, National Policies and National Sport Committee.

Provide for the conduct of the District Championship(s).

Review and approve, or for a reasonable cause deny, event licenses in the sport.

Additional duties as per AAU Code Book, including budgeting, meetings and record keeping.

MEMBERSHIPS

Visit www.aausports.org for all membership information and online registration.

You will NOT have the insurance that is provided to you by your memberships unless you have purchased for the first time or renewed your athletes and coaches for the current year. You may optionally purchase or renew a club membership.

- Athlete Registration

- All athletes are required to have an AAU membership each year. To secure the full annual insurance benefits register for the entire season, September 1st through August 31st.

- Coaches Registration (Non Athlete)

- All non-athlete members must register individually in order to supply the personal information for the background screening.
- Minimum age is 18.

- Club Membership

- Club membership is optional.
- Club membership is required for an individual event license/sanction.
- For additional information on club membership go to website.

NATIONAL RULES

The Central District follows AAU National Rules and Policies. The Central District provides for all levels of AAU competition both Men and Women. AAU National Rules & Policies will follow USA Gymnastics Rules and Policies unless specifically stated otherwise. You will need to purchase the USA Gymnastics J.O. Compulsory material in order to have access to the full routine as AAU materials are the AAU Companion Text listing only modifications to the program per USA Gymnastics copyright laws. All updates and clarifications provided through USA Gymnastics regarding their J.O. Program will automatically apply to the AAU National Compulsory and Optional Program.

For Xcel purchase the USA Gymnastics Xcel Code of Points (second edition) online, I through USA Gymnastics. All updates and clarifications provided through USA Gymnastics regarding their Xcel Program will automatically apply to the AAU National Xcel Program.

The AAU program follows the USA Gymnastics J.O. and Xcel Program very closely with slight modifications that can be found at www.aaugymnastics.org . NOTE: All AAU licensed REGIONAL AND NATIONAL COMPETITIONS follow AAU National Rules and Policies.

MUSIC

AAU utilizes all versions of the USA GYMNASTICS COMPULSORY music. You must purchase the music from USA Gymnastics. AAU will follow USA Gymnastics optional music policy for music to be played through digital media such as MP3, iPods, tablets, etc.

RULES FOR COMPETITION

AAU District Sports Director reserve the right to make decisions regarding rules as they deem appropriate at any given time.

1. All USA Gymnastics guidelines will be followed regarding the number of judgments per session/ per day.
2. 30 sec touch can be waived by AAU District Sports Director if necessary.
3. Equipment – Must follow USA Gymnastics guidelines.
4. Any size professionally manufactured springboards or Air boards (not mini tramps) may be used for Vault as long as the same boards are offered for all sessions of that level for a particular competition. Meet Directors are required to provide Air boards for all meets.
5. For vault a Velcro strip or tape line may be used on the vault runway as a marker as long as it doesn't overlap the air board or springboard. No chalk lines, jackets, or other items may be used.
6. All competition must conclude by 10 pm and Open Stretch must not begin before 8am. Any meet that runs over 10 pm curfew will be in violation of the event license and must report the circumstances of the incident to the District Sports Director within 24 hrs. Of the competition.
7. Meet Directors have the option of offering between 15 minute up to 30 minute Open Stretch time.
8. Competition Order: At Invitational competitions club order is chosen by the meet director. Coaches have the option to select the event order of their competitors on vault, bars, and beam for all levels during competitions. The coach should notify the judges on any order changes. We encourage coaches to work together to minimize equipment changes between routines or during warm ups. NOTE: Order changes are not permitted at District/State Championships.
9. Friday Sessions are permitted as long as it was advertised on the meet information, otherwise you must notify the clubs and if they choose to not compete refund their monies.

PROFESSIONALISM

All Professional AAU members must hold themselves to the highest standards. Only professional attire should be worn on the floor in any competition. Any misconduct or questionable ethics, involving misconduct, inappropriate behavior, bad debt with another club, negative coaching techniques, etc may be cause to terminate membership through the AAU program.

The following is considered inappropriate professional attire:

Blue jeans, worn or dirty clothing, clothing with inappropriate slogans, transparent clothing, exposure of stomach, visible piercing of body parts other than ears, bare feet, or open toed shoes, dangling jewelry.

MEET DIRECTORS DUTIES

1. Select a date for your event and apply for your event license through National AAU at www.aausports.org. It is advised that you license your event at the start of the competitive AAU membership year Sept 1. Apply for your sanction as early as possible as expensive expedite fees are applicable for licenses not applied for less than 3 weeks prior to the event.
2. License every day of your meet that you anticipate. The number of days on the flyer must match the number of days on the application of your event will be put on hold.
3. If you do not get an event license for a day of your meet, you, athletes, coaches and spectators will not be covered by AAU insurance. If any athlete, coach, club or non – athlete officials attending the meet are not properly registered with AAU, the event license and insurance coverage will be VOID.
4. If hosting a competition outside of your facility, confirm if a Third Party Certificate of Liability is needed. If you need assistance call National Office Member Services 407-934-7200.
5. Report any accidents, no later than 24 hrs after the incident.
6. Meet Directors with competitors from both the AAU and the USA Gymnastics Federations must schedule athletes in separate sessions. AAU and USA Gymnastics competitors may NOT compete together within the same session.

ITEMS TO BE INCLUDED ON MEET INVITATIONS

1. Date of Competition – Specify if possibility of Friday Sessions
2. Competition site – including site address and mailing address
3. Meet Director name, phone number, and email address
4. Website with competition information
5. Awards information
6. Entry fee – specify if different for different levels, team fees, as well as a refund policy.
7. Entry deadline
8. Misc. fees, admission, parking, etc.
9. Payment information including whom to make check to or if registering online
10. List of equipment
11. Hotel information (or have it available on website)
12. Be sure this is on flyer:
 - This event is sanctioned by the Amateur Athletic Union of the U. S., Inc. All participants must have a current AAU membership.
 - AAU membership may not be included as part of the entry fee to the event.
 - AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Be Prepared: Coach and Non-Athlete memberships may not be obtained on site, they are no longer instantaneous. Participants are encouraged to visit the AAU website www.aaugymnastics.org to obtain their membership.

AWARD GUIDELINES

Intersquads / Invitational's:

1. Meet directors provide, select, and purchase their own awards for Invitational' s or Inter squads.
2. Gymnasts are to be listed in chronological order by birthdate to be divided into equal groups of no more than 24. Age groups should NOT exceed more than 3 ages as long as they are made as equal as possible. (For example: Ages 5,6,7 may be grouped together within the 24 grouping parameter)
3. Every athlete will receive an All Around medal or award. Individual Event awards are 50%+1.
4. At Invitational' s sessions may be by team or age groups at the discretion of the meet director.
5. Team Awards shall be given to the number of teams that is described in the meet information.

CENTRAL DISTRICT/STATE CHAMPIONSHIP AWARDS GUIDELINES

1. AAU District Medals and Ribbons are required for the Central District/State Championship.
2. Gymnasts are to be listed in chronological order by birthdate to be divided into equal groups of no more than 15. Age groups should NOT exceed more than 3 ages as long as they are made as equal as possible. (For example: Ages 5,6,7 may be grouped together within the 15 grouping parameter)
3. Sessions will be by level and age group.
4. Individual Events awards 50%+1
5. All Around awards is 100%
6. Team award is 50%

REPORTING AN ACCIDENT

1. Complete an INCIDENT REPORT FORM, which can be found online at www.aausports.org (click insurance on the menu bar) and mail within 48 hrs. This is just to report the accident to the AAU. Always file the INCIDENT REPORT even if the incident does not result in doctor or hospital visit. A copy of the incident report should be mailed to appropriate address on the form as well as to Doug Jonuska, 4113 Whitney St, Janesville WI, 53546.
2. ACCIDENT CLAIM FORM - Give instructions to the guardian of any athlete injured, spectator, and coach to fill out the ACCIDENT CLAIM FORM (this form goes to the AAU insurance provider if the incident involved a trip to doctor, hospital or entity requiring fees) and follow the instructions on the form for filing and mailing. This form must be completed by the guardian, etc., as it contains confidential information such as contact information, other insurance carriers, etc., and filed within a maximum of 30 days to be valid. It is very important that all of you know the importance and responsibilities of proper reporting of any incident and/or accident involved in your AAU activities. Go to www.aausports.org and click on Insurance. All reporting forms and instructions are available on the website.

If you are a coach and one of your athletes suffers an injury at practice, and you have a Club membership, make sure that the injury is properly reported on the incident report form provided on the website listed above in a timely manner. Give the guardian clear instruction on the importance of completing the accident report form provided on the website listed above and sending to the insurance company as instructed on the form.

If you are a meet director hosting and AAU event, first and most important, make sure that you have your AAU approved event license. It is critical that you check to make sure that all your

participants and coaches are properly registered with current AAU memberships. If an athlete, coach, or non AAU individual such as a spectator suffers an injury, make sure you report this in the incident report form as soon as possible and the injured party is given proper instructions on where to get the accident report form for reporting the accident to the insurance company. It is good practice to get the contact information of the involved person so that you can easily follow up with instructions. You should instruct your site directors of the importance of making sure that all incidents are reported properly. If you have questions, please contact your District Sports Director or the AAU National Office Member Services.

JUDGING PANEL and REQUEST FOR JUDGES

There must be a minimum of a one judge panel for each event for all Central District Licensed Events. Central District/State Championship must have a minimum of a two judge panel for each event. Judging request go through the NAWGJ Illinois State Judging Director – Linda McDonald.

Your gym (likely) has already been downloaded into the system. All you have to do is set up your meet or meets. If you have just joined AAU and/or are not in the system, please e-mail me your information at lindailsjd@gmail.com and I will get you set up.

To get started you will need to go to this link: www.gymjas.com/il

- 1) Click on the **Set Up Meet** button
- 2) Double check that the gym information is correct.
- 3) Meet Directors must enter their AAU Non Athlete Number.
- 4) Enter the location and address of your meet.
- 5) Enter the number of days of the meet .
- 6) Enter the meet format.
- 7) Enter the number of expected athletes.
- 8) Levels of gymnasts that may enter.
- 9) Entry fees.
- 10) There is a comment box of 150 characters. **If you have a meet referee preference please state that in the comments. If you wish to bring in out of state judges, you MUST list them in the comment box. E-mailing the assigner is not a valid way to request judges, in state or out of state. Only requests made in the assigning system will be honored.**
- 11) If you have judges you would like on your meet click the **display and select judge's** button and a list of Illinois judges will pop up. Simply click the box next to the names of the judges you would like assigned to your meet. Requesting judges is not a guarantee that the requested judges will be available.
- 12) Illinois will be assigning in state judges before out of state judges unless specific out of state judges have been requested in the assigning system. An e-mail must be sent to the Illinois State Judging Director by September 1st notifying Linda McDonald of any out of judges the meet director has contacted and confirmed to judge their meet or any judges that you do not want to judge your meet. Send the e-mail to Linda McDonald at lindailsjd@gmail.com.
- 13) If your meet is both USA Gymnastics and AAU it will be assigned by the USA Gymnastics assigner for the entire weekend.

Your meet will appear on the calendar with all this information. Please be as specific as possible and list as much information as you can. You can always go back and add information. However, we recommend putting all important information into the system when you register your meet. Assigners will be randomly assigning meets based on the information in the assigning system. Once assignments are made we will NOT be able to honor additions made to judge requests. There is an assigning fee of \$3 per judge assigned. Judges will not be assigned until we receive your assigning fees. Your meet status will be pending in the systems calendar until your assigning fees are received. All assigning fees must be paid by November 1st to retain your judge priority.

Please make checks payable to IL NAWGJ and send \$3 per judge to:

SUE WOLOSZYK

415 HORIZON DR. WEST

ST. CHARLES, IL 60175

You may add your meet immediately. Make sure you click on the drop down menu and list your meet as AAU. Also make sure you list that you need 4 judges as AAU meets are single judge panels.

Illinois NAWGJ will make every effort to assign geographically desirable judges. If you chose to put your meet on a busy weekend and no Illinois judges are available, we will be forced to find you out of state judges. Please note that NAWGJ assigns both USA Gymnastics and AAU so look at the calendar before selecting a meet weekend.

You no longer have to click on an assignor. Illinois NAWGJ is notified when you enter your meet and an assigner will then be notified to assign your meet.

Assigning will start taking place in September for the fall. January, February, and March meets will be assigned by mid November. Once your assigning fees are received and your meet is assigned you will receive e-mails with all your judges contracts and your meet referee will be in contact with you concerning the specifics of your meet, including confirmed report times, event assignments, travel/hotel needs etc. If you are no longer the meet director, will you PLEASE forward this information to the new meet director!

Linda McDonald

Illinois State Judging Director

lindailsjd@gmail.com

QUALIFICATION TO DISTRICT/STATE CHAMPIONSHIPS

The Central District/State Championship is open to all gymnasts who belong to a club in the Central District that have an AAU membership. There are no prerequisites to enter the Central District/State Championships.

QUALIFICATION TO REGIONAL AND NATIONAL CHAMPIONSHIPS

Qualification to the Regional or National Championships is by competing in the AAU Central District/State Championships. There is no requirement to participate in a Regional competition to attend the National Championships.

GIJO AAU GYMNASTICS LEAGUE

Everyone athlete and coach who joins AAU may attend any and all AAU Licensed gymnastics competitions throughout the country including Intersquads, Invitational's, District/State, Regional and National Championships.

Some Districts have "Leagues" within their District. Some Districts have multiple leagues. Central District currently has one League called GIJO. In order for an AAU Gymnast/Coach/Club to participate in an AAU GIJO League event, they must first join AAU, then join the GIJO League. The GIJO League follows the AAU National rules, has membership fees, has a board of directors which chooses which levels they will have competitions for, sets entry fees, sets admission fees, determines awards requirements, and qualification requirements to the GIJO League Championships. The GIJO League is a subset of all the AAU members in the District and GIJO League meets are only open to those who join the league. A League Championship by definition is not a District/State Championship.

IMPORTANT: Member clubs of the GIJO League may attend ANY AAU licensed gymnastics competition throughout the United States. But only GIJO members may attend GIJO events.

No Central District club is required to join the GIJO League, but it does offer many benefits, including the ability to host GIJO league events under the GIJO blanket license.

For more information about the AAU GIJO League contact:

Kim Swan

Acting GIJO League President

kimswann@yahoo.com

INDEX

Awards Guidelines	*	*	*	Page	7
District Sport Director	*	*	*	Page	3
District/State Championship Awards Guidelines	*	*	*	Page	8
Duties of the District Sport Director	*	*	*	Page	3
GIJO AAU Gymnastics League	*	*	*	Page	11
Items to be Included on Meet Invitation	*	*	*	Page	7
Judging Panel and Request for Judges	*	*	*	Page	9
Meet Director Duties	*	*	*	Page	6
Memberships	*	*	*	Page	4
Music	*	*	*	Page	5
National Rules	*	*	*	Page	6
Professionalism	*	*	*	Page	6
Qualification to District/State Championships	*	*	*	Page	11
Qualification to Regional & National Competition	*	*	*	Page	11
Reporting an Accident	*	*	*	Page	8
Rules for Competition	*	*	*	Page	5
Index	*	*	*	Page	12