

9. Determination of Gymnastics Champions (All Around and Individual Event)
 - a. All Around Champions in each age division will be determined by the highest combined score of all events
 - b. Individual Event Champions will be determined by the rank order of each event score from the competition
9. Club Team Champions in each Skill Division will be determined by combining the top 3 scores from each club for each athlete regardless of Age Group
10. Determination of Freestyle Acrobatics Champions (Combined, Speed Run and Freestyle Run)
 - a. Combined Champions in each skill level and age division will be determined by the combined score of their Speed Run and their Freestyle Run
 - b. Individual Run Champions will be determined by the rank order of each run from the competition
11. Awards
 - a. All Around Awards are provided for each gymnastics participant
 - b. Individual Event Awards for each Skill Level and Age Group contested are provided for each session (50% + 1 level of distribution) through 10th Place
 - c. One Club Team Award for each Skill Level is presented through 6th Place
12. Attire: All medal winners (Team, All Around and Individual) are required to be in complete gymnastics attire (Leotard or warm-up suits) at the awards ceremony

VI. Girls Gymnastics National Rules

AAU Gymnastics for girls offers both Optional and Compulsory Skill Divisions as follows:

Optional Skill Divisions

- Open Optional (LO)
- Level 8 (L8)
- Level 7 (L7)
- Level 6 (L6)
- Excel Diamond (LD)
- Excel Platinum (LP)
- Excel Gold (LG)
- Excel Silver (LS)
- Excel Bronze (LB)

Compulsory Skill Divisions

- Level 5 (L5)
- Level 4 (L4)
- Level 3 (L3)
- Level 2 (L2)
- Level 1 (L1)

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all USA Gymnastics materials, music and DVD must be purchased through USAG (www.usagym.sportgraphics.biz / 800-345-4719). The only source for the AAU National Gymnastics Routines, other than AAU exceptions listed in these rules, is the written text as provided by USAG Compulsory Handbook. Any AAU written material is considered supplemental material that has been created to teach only the modifications and adaptations that will be incorporated into the AAU National Gymnastics program. Each club must also check with their District Chairperson for additional materials or modifications that are pertinent to their local districts or leagues.

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A. Modifications to the USA Gymnastics Compulsory Materials

The “GENERAL FAULTS AND PENALTIES” described in the USA Gymnastics Rules will be followed by AAU with the following exceptions:

SPOTTING DEDUCTIONS – LEVELS 1, 2, 3, 4, 5 - BARS - BEAM - FLOOR

Coach spotting gymnast during routine (touch) 0.50

Coach may stand between the bars for the entire routine with no deduction. Do not block view of judge.

Coach may stand next to beam for the entire routine with do deduction. Do not block view of judge.

Coach may stand on the floor with no deduction. Do not block view of judge

SPOTTING DEDUCTIONS - VAULT

Coach may stand between the mats or vault table and board with no deduction. Do not block view of judge.

Aid of Coach during vault 3.00

Spot by Coach on landing 0.50

All Levels are permitted 2 vaults

FALL DEDUCTIONS

Fall 0.50 Plus deduction for any incomplete part of the element

In the event a gymnast falls, she will not automatically lose the full value of the element. This will allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

DELIBERATE OMISSION - Deduct Value of the Element

SKILLS PERFORMED OUT OF ORDER

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes.

Skills performed after the dismount will not be evaluated

DEDUCTIONS TAKEN FROM AVERAGE BY CHIEF JUDGE

(No Warning Given)

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise

(This does not apply to Levels 2 and 3). Each Time 0.10

- Equipment and matting may be adjusted to facilitate the safety of the gymnast.
- Balance Beam and Floor Exercise routines are not timed during competition, thereby eliminating all time infraction deductions.
- Athletes may use an alternative springboard apparatus, provided the apparatus is manufactured by a gymnastics equipment company. The apparatus should resemble the shape of a traditional vaulting board, with a maximum of 15 inches at the high end and a maximum of 4 inches at the low end. The surface producing the “spring” may be other than the traditional coil springs, such as an air bladder or small trampoline bed. This vaulting board variation may not be used for any Yurchenko style vaults (vault group #4)
- Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of the elements within a routine may not be changed. Gymnasts may take one extra step or delete a required step if reversing an element.
- It should be noted that there are some choices of elements in the AAU National Age Group Level be rewarded if perceived as more difficult or a higher level than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen. There is no time limit deduction for Beam or Floor for all Levels.
- Warm-up times for Girls:
 - Levels 1, 2 – 30 seconds
 - Level 3 – 45 seconds
 - Levels 4, 5 - 60 seconds
 - Levels Excel – 60 seconds
 - Level 6 – 90 seconds
 - Levels 7, 8 & Open Optional – 120 seconds

Awaiting final approval / verification

B. Girls National Optional Rules

1. Open Optional

The current USA Gymnastics Level 9 rules govern the Open Optional Skill Division with two changes:

- a). D & E Level Skills are permitted
- b). USA Gymnastics Level 10 Bonus is in effect

2. Level 8

The current USA Gymnastics Level 8 rules govern this Skill Division

3. Level 7

The current USA Gymnastics Level 7 rules govern this Skill Division

4. Level 6

The current USA Gymnastics Level 6 rules govern this Skill Division

5. Excel Levels

The current USA Gymnastics Excel rules govern this Skill Division with the following AAU Modifications:

- Balance Beam and Floor Exercise routines will not be timed.
- No routine will be awarded less than 3.0 (applies to all events).
- Gymnasts may use an alternative springboard apparatus without penalty on all vaults except Yurchenko style vaults.
- The Silver level vault requirement will be modified to the following:

- **handstand to flat back on stacked mats only
USAG levels 2 or 3 vaults {16 vs. 32 in. mat}
- ** All other Xcel levels will use the corresponding Xcel vault charts

C. Girls National Compulsory Rules

The AAU Girls Gymnastics Program will use the current compulsory rules outlined in the USA Gymnastics Girls JO Compulsory Program for all competitive events. Use of the USA Gymnastics Compulsory Materials by AAU Members and any Modifications to the Compulsory Materials are governed by the copyright agreement between AAU and USA Gymnastics. Only the Modifications specifically listed below may be used during sanctioned AAU Events. AAU Gymnastics District Sport Chairs are responsible for informing the members of their District which, if any, Modifications will be used within their district. AAU Gymnastics District Sport Chairs are required to complete the AAU District Modifications Report and send it to the AAU Gymnastics National Office.

The USA Gymnastics Compulsory Materials are available for purchase from the USA Gymnastics technical materials store (Items #1111 & #1117 respectively) available on the web at:

[USAGYM.ORG](http://usagym.sportgraphics.biz/c-17-rules-jo-materials.aspx) (<http://usagym.sportgraphics.biz/c-17-rules-jo-materials.aspx>)

1. Modifications to the USA Gymnastics Compulsory Program Materials for the 2013 - 2014 Season

FINAL AGREEMENT version 082813c

Section 1 - National Rules

AAU Gymnastics will use the 2013 - 2014 USAG Compulsory Program Materials (Levels 1 through 5, 1st edition and any errata published by USAG) with the following modifications:

- A Coach may be present on the floor with no deductions
- Balance Beam and Floor Exercise routines will not be timed
- An athlete must have celebrated her 5th birthday prior to entering an AAU Gymnastics Competition
- The penalty (deduction) for omitting an element will be the value of the element
- A maximum of 3.00 will be deducted should a gymnast be spotted by her coach through a vault
- 3.00 is the lowest an athlete may score in competition

Section 2 - District Rules

Each AAU District may include all or part of the following modifications to the USAG Compulsory Program Materials for its local and District competitions:

General

- Athletes may enter a competition at the youngest age allowed by the AAU registration process

VAULTING

- Level 1 OPTION #1 - kick to handstand, fall to straight lying position (minimum of 8" mat) OR
OPTION #2 - Omit the Hurdle Stretch Jump (causing the vault value to double to 10.0)
- Level 3 OPTION #1 - Athletes have the option to vault into a handstand on the table and then continue to fall flat across the vault table onto mats stacked to the height of the table **
A coach should be positioned to render assistance should an athlete fail to clear the vault table. A "sting" mat may be used to cover the vault table
- Level 4 - NO CHANGES
- Level 5 - NO CHANGES

UNEVEN PARALLEL BARS

- Level 1 OPTION #1 -Take off from either one or two feet on the back hip pullover mount
OPTION #2 - Perform cast, squat-on, sole circle as a third dismount choice
OPTION #3 - Perform the dismount with or without a cast prior to the underswing
- Level 2 OPTION #1 - Perform single leg squat through in lieu of single leg cut forward
OPTION #2 - Perform cast, straddle sole circle as third dismount choice
- Level 3 OPTION #1 - Perform the bar routine as described in the USA Gymnastics Compulsory Materials with no changes
OPTION #2 - Those athletes and coaches who chose to do so may perform the following routine (known as the Georgia Option) which was not developed by the USA Gymnastics JO Compulsory Committee and is not endorsed by the USA Gymnastics JO Compulsory Committee: Pull over, cast and return to support, cast back hip circle, cast to squat on, jump to high bar and long hang pull over, under swing to counter swing with tap and straight drop dismount behind high bar ** the athlete's coach must be in a position which permits the coach to provide a spot for the athlete during the routine should the need arise
- Level 4 OPTION #1 -Perform long hang pullover in lieu of long hang kip
- Level 5 - NO CHANGES

BALANCE BEAM

- Level 1 OPTION #1 - Replace pike lying position with V-sit to tuck stand
OPTION #2 - Perform tuck jump off side of beam dismount in lieu of cartwheel to ¾ side handstand dismount
- Level 2 OPTION #1 - Replace cartwheel to side handstand dismount with either cartwheel to handstand ¼ turn
OPTION #2 - Perform tuck jump off side of beam as dismount
- Level 3 OPTION #1 - Replace cross handstand with ¾ cross handstand
- Level 4 - NO CHANGES
- Level 5 - NO CHANGES

FLOOR EXERCISE

- Level 2 OPTION #1 - Replace the bridge, back kick-over with back walkover OR OPTION #3 - Perform back bend kick-over

- Level 3 OPTION #1 - Replace bridge, back kick-over with front limber OR OPTION #2 - Replace bridge, back kick-over with front walkover
 - Level 4 - NO CHANGES
 - Level 5 - NO CHANGES
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VII. Boys Gymnastics National Rules

The National AAU Boys Age Group Program is comprised of the following Skill Levels:

- Level 9
- Level 8
- Level 6
- Level 5
- Level 4
- Level 3

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EXCEPTIONS TO THESE RULES ARE LISTED BELOW.

- I. AAU will sanction competition at the following USAG levels
 - a. Compulsory levels 3, 4, 5, and 6
 - b. Optional Level 8
 - c. Optional Level 9
- II. Age is determined on the first day of competition