



**NATIONAL AAU
GYMNASTICS HANDBOOK
2014-2015**

Revised March 4, 2015

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I. Preamble

The AAU Gymnastics National Committee has been established in order to promote the benefits of participation in Gymnastics and all disciplines included in the sport of gymnastics and hereby adopts these rules and regulations for the advancement of that purpose. The following Gymnastics Rules are conditional to the bylaws, rules, policies, guidelines, and practices of the Amateur Athletic Union.

II. National Sport Committee Governance and Administration

A. National Committee Structure and Procedures

1. National Chair:

The National Chair Sports Chairs shall be elected by their National Sport Committee at the committee meeting during National Conventions in which National Officers are elected. The term will be four years and national election policies shall apply. The President, with the approval of a majority of the officers, may appoint a person to fill a vacant Sport Chair position. The appointee will serve until the next regular or special meeting of the Sport Committee, at which time an election shall be held to complete the term. A sports chair may be removed for cause by a majority vote of the National Officers, subject to the Right of Appeal to the National Board of Review.

2. Executive Committee Composition:

The Executive Committee shall conduct the business of the Gymnastics Committee in accordance with the rules and regulations of the AAU generally, and specifically, the Gymnastics program. It shall include the National Chair, Vice Chair, Treasurer, Secretary, and other positions as needed and appointed by the National Chair in agreement with national gymnastics officers.

3. National Sport Committee Composition

The Committee will consist of the National Sports Chair, the elected or appointed officers or committee chairs as defined by the sports operating rules, the elected or appointed Sport Director of each District, or a representative designated by the District Governor and one appointed representative from each affiliated member that registers members in the sport. Sport Chairs may be removed for cause by a majority vote of the National Offices, subject to the Right of Appeal to the National Board of Review. The President of the AAU may appoint up to five (2) Members-at-Large.

4. Voting

Persons eligible to vote shall be the National Sport Chair, elected or appointed officers, chairs of Committees as defined by the sports operating rules, the elected or appointed District Sport Director or a representative from each affiliated member that registers members in the sport, and any members-at-large. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year shall be allowed to vote in the National Sport Committee Meeting.

B. Sport Committee Meetings

1. National Sport Committee Regular Meetings

Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.

2. Non Regular Sport Committee Meetings

National Sport Committees may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:

- a). The meeting is called by the chair with the approval of the National Office.
- b). The National Office has the right to coordinate the meeting and pick the site.

3. National Sport Committee Special Meetings

Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee Members. The purpose of the Special meeting must be stated in the Notice for the meeting.

4. National Sport Executive Committee Meetings

The National Chair shall determine the date and location of the Executive Committee Meetings.

5. Agenda Additions

All Sport Committee Meetings will follow the meeting order (agenda format) as established in the AAU Code (Bylaw 9.5).

III. Sport Policies and Procedures

- A. Girls Gymnastics, Boys Gymnastics, Team Gymnastics and Freestyle Acrobatics are all disciplines of AAU Gymnastics and are collectively referred to as AAU Gymnastics
- B. All AAU Gymnastics disciplines and sanctioned events are conducted indoors in a controlled, safe traditional gymnastics environment
- C. Adult Women - Ladies Divisions - (ages 19 and older) use the same rules and skill divisions as AAU Girls Optional Gymnastics
- D. Adult Men (ages 19 and older) use the current International Code of Points (FIG) with current USA Gymnastics Elite modifications as their rules
- E. The AAU National Gymnastics Executive Committee (NGEC) embraces and respects the governing body of USA Gymnastics and the knowledge and support that it provides to the entire gymnastics community. The AAU NGEC acknowledges the tremendous effort and knowledge that it takes for USA Gymnastics to produce the USA Gymnastics JO Compulsory Gymnastics Programs for boys and girls. The AAU NGEC also acknowledges the intellectual and copyright protection afforded USA Gymnastics for its educational materials. These include, but are not limited to the USAG Compulsory Handbook, the USAG JO Code of Points, the USAG Compulsory Floor Music CD and the USAG Skill Level DVD which all serve as invaluable tools in teaching and instructing gymnasts. Therefore, it is the AAU policy that 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.
- F. General Rules regarding Attire:
 - 1. The rules regarding attire at AAU Gymnasts events are designed to provide for a level of professionalism for coaches, act as a guide for athletes and judges, and to ensure safety for all.
 - 2. Exceptions for religious and cultural concerns will be honored so long as the meet director and meet referee are notified in writing prior to the beginning of timed warm ups.
 - 3. Exceptions for Clubs, Teams and District uniforms and garments designed to demonstrate unity within said groups will be made so long as the intent of the rules regarding attire is honored.
- G. All AAU Coaches must:
 - 1. Maintain a current AAU Membership
 - 2. Be a minimum of 18 years old (Head Coach); assistant coaches should be at least 16 years old and should be supervised by a head coach
 - 3. Complete the Positive Coaching Alliance curriculum
 - 4. Be certain that their athletes are properly prepared for competition and entered in the correct age and skill division
 - 5. Demonstrate behavior which reflects the Professionalism required of our sport while in the presence of athletes and parents

6. The accepted attire for coaches and officials at AAU District, Regional and National Events is:
 - i. Closed toe shoes (no bare feet or sandals)
 - ii. Slacks, warm-up pants or hemmed shorts (no denim material or sewn on pockets)
 - iii. Shirts with collars (polo type)
 - iv. No hats
 7. Cell phones must be placed on vibrate once warm-ups have begun
- H. Rules for Girls Gymnastics Attire
1. No undergarments should be visible
 2. The leg opening for competitive leotards must not be cut or rolled above the athlete's hip bone
 3. Long Sleeve Leotards, Sleeveless Leotards, and Unitards are all acceptable with no deductions
 4. Hair must be secured away from the athlete's face so as not to interfere with the athlete's safe performance of gymnastics skills
 5. One pair of stud earrings is permitted – all other jewelry must be removed prior to the beginning of warm-ups
 6. Approved Gymnastics Footwear is permitted on all events
 7. Ladies division may wear "Biker" type shorts made of the same materials as leotards
- I. Rules for Boys Gymnastics Attire
1. No undergarments should be visible
 2. Athletes must cover their chest at all times while in the competitive arena
 3. Levels 3 through 6 may wear a "T" shirt and shorts, with or without footwear or socks
 4. Open Optional athletes are required to wear a singlet, muscle shirt or compression shirt, socks and long pants. Short pants with or without socks may be worn on Floor Exercise and Vaulting events
 5. Approved Gymnastics Footwear is permitted on all events
 6. One pair of stud earrings is permitted – all other jewelry must be removed prior to the beginning of warm-ups
 7. Hair must be secured away from the athlete's face so as not to interfere with the athlete's safe performance of gymnastics skills

IV. Sport Operations

A. Current Year Rules

The 2014-2014 Season was a benchmark for AAU and USA Gymnastics Relations. The two organizations have developed a licensing agreement for the USA Gymnastics Women's Compulsory Program Materials that provides copyright protection to USA Gymnastics while continuing to allow AAU athletes, coaches and judges to use the USA Gymnastics Compulsory Materials during AAU Sanctioned Competitions. For details on that agreement, contact the National Gymnastics Chair. This document includes both the AAU National Rules and District modifications which each AAU District may choose to use none, part or all of.

B. Competition Structure

The National Gymnastics Executive Committee is charged with operating and or overseeing competitions at the Regional and National levels. Competitions which serve as qualifying opportunities (District Championships/State Meet/District Qualifier) to either Regional or National competitions must use the current AAU Gymnastics National rules or modified rules as adopted by their district and approved by the AAU National Committee in conjunction with usage agreement with USA. **Contact your local district for district rules.** Gymnasts must qualify from these meets at the same Skill Level and age division at which the gymnast will enter the Regional or National competition. . **If participants are unable to participate in their District Championship competitions or if a skill level is not offered, they may petition to enter into at all national events. Contact the National Gymnastics Chair for this petition process.**

1. National Championship Competitions

There are three different AAU National Level Competitions:

- a). AAU Junior Olympic Games
- b). AAU Age Group National Championships
- c). AAU Winter Nationals.

2. Regional Championship Competitions

Regional meets will be awarded and approved by the national executive committee. On all meet license applications, this event will be referred to as a Regional Event. They will follow rules as provided by the national committee and other requirements as stated by the National Executive Committee.

3. District Championship Competitions

Each AAU District should host an annual District Championship. The annual District Championship serves as the qualification meet for the AAU Junior Olympic Games and the Age Group National Championships. All meet information must include specific mention of which rules (routines) will be in effect for the event, national rules (routines) or modified rules (routines) as adopted by the district and approved by the national committee. **If participants are unable to participate in their District Championship competitions or if a skill**

level is not offered, they may petition to enter into at all national events. Contact the National Gymnastics Chair for this petition process.

4. Invitational Competitions

Invitational Competitions may use either the AAU National Rules or rules developed for the event's host District. No invitational competition may include in any of its promotional materials or event name any reference or suggestion that the invitational meet is a Regional or National competition. All events that are licensed (sanctioned) as Regional events must be approved by the national office. **All meet information must include specific mention of which rules (routines) will be in effect for the event – national or district modifications.**

5. Local Invitational Competitions

AAU Districts may have adopted approved modifications to the AAU National routines and rules to serve the needs of the athletes and clubs in their District. Contact your local district chair for any routine modifications for your district as adopted and approved by the district chair and national office. **All meet information must include specific mention of which rules (routines) will be in effect for the event – national or district modifications.**

C. Rules of Competition AAU Junior Olympic Games

The following girls Gymnastics Skill Divisions will be contested at the AAU Junior Olympic Games:

- Open Optional (LO)
- Level 8 (L8)
- Level 7 (L7)
- Level 6 (L6)
- Xcel Diamond (LD)
- Xcel Platinum (LP)
- Xcel Gold (LG)
- Xcel Silver (LS)
- Xcel Bronze (LB)
- Level 5 (L5)
- Level 4 (L4)
- Level 3 (L3)
- Level 2 (L2)
- Level 1 (L1)
- Coed Team Performance Competition

1. Girls Open Optional Division – AAU JO Games – Rules Refer to Page 17

a. Qualification to the AAU Junior Olympic Games Open Optional Division:

Athletes qualify to the AAU Junior Olympic Games through participation at District Championships. Participants who are unable to attend district championships or if the district does not offer a skill level as part of their district program, a petitioning process is available for entry into the JO Games. Contact the national chair for petitioning process.

b. Age Groups at the AAU Junior Olympic Games Open Optional Division
The five (5) age divisions are: (8 to 11) (12-13) (14-15) (16-18) and (19 & Older Ladies). These age divisions may be revised according to the number of participants to provide numbers within an age division that best benefit the athlete and provide a positive competitive experience at this level.

c. Age Determination:

The age of a competitor is determined by the gymnast's age on the day of the Junior Olympic Games Celebration Ceremony or the first day of competition, whichever comes first

d. Eligibility:

Current Elite Level gymnasts are not eligible to participate. All athletes, coaches and judges must own a current AAU Membership card. Gymnast must have turned 5 years old by the date of competition in order to be eligible to compete.

e. Equipment Specifications:

The AAU Junior Olympic Games will use the current USA Gymnastics Junior Olympic Apparatus specifications. Any AAU modifications will be listed in the AAU Gymnastics National Rules listed later in this document.

f. Determination of Champions All Around and Individual Event.

- All Around Champions in each age division will be determined by the highest combined score of all events.
- Individual Event Champions will be determined by the event score from their age group or age division.

g. Awards

1). All-around Awards are provided for each participant

2). Individual Event Awards are provided for each session (50% + 1 level of distribution)

3). District Awards – District Awards will be given to the top three districts using the top three scores of participants from a district on each individual event, regardless of age division in each level.

4). All American:

The top 6 All Around scores and the top score on each event from the Open Optional Division, regardless of age group, will be honored as AAU/USA All Americans provided there are a minimum of **40 athletes in Open Optional Division.**

5). Attire:

All medal winners All Around and Individual are required to be in complete gymnastics attire (Leotard or warm-up suits) at the awards ceremony

6). Finals:

When the Open Optional Division includes **over 160 entries (40 in each age division)** a Finals format will be placed into effect. The top 10 athletes from each age group or division on each event will qualify to “new life” finals for a second day of competition. The top six finishers on each event in each age division will receive awards in the finals competition.

2. Levels 1 thru 8, All Levels Xcel, JO Games Competition

a. Qualification to the AAU Junior Olympic Games

All Athletes qualify to the AAU Junior Olympic Games through participation at District Championships. Contact your district chair for those dates and specific rules. Participants who are unable to attend district championships or if the district does not offer a skill level as part of their district program, a petitioning process is available for entry into the JO Games. Contact the national chair for petitioning process.

b. Age Groups at the AAU Junior Olympic Games

Athletes in each Skill Division will be divided into **groups of similar age** as determined by the birthdate and by the number of entries. Each age group will not exceed 15 Athletes. Single age divisions may be split or combined based on the number of entries.

c. Age Determination:

The age of a competitor is determined by the gymnast’s age on the day of the Junior Olympic Games Celebration Ceremony or the first day of competition, whichever comes first. At qualifying events, Athletes must compete in the age division which will match the correct age of the athlete at the Junior Olympic Games.

d. Eligibility:

This event is open to any gymnast who has not competed at the Elite Level. All athletes, coaches and judges must own a current AAU Membership card. Gymnast must have turned 5 years old by the date of competition in order to be eligible to compete.

e. Equipment Specifications:

The AAU Junior Olympic Games will use the current USA Gymnastics Junior Olympic Apparatus specifications. Any AAU modifications will be listed in the AAU Gymnastics Equipment Specifications listed later in this document.

f. Determination of Champions All Around and Individual Event

- All Around Champions in each age division will be determined by the highest combined score of all events.
- Individual Event Champions will be determined by their rank order on each event in each age division.

g. Awards

- 1). All-around Awards are provided for each participant
- 2). Individual Event Awards are provided for each session (50% + 1 level of distribution).
- 3). District Awards – District Awards will be given to the top three districts using the top three scores of participants from a district on each individual event, regardless of age division in each level.
- 4) Attire:
All medal winners (Team, All Around and Individual) are required to be in complete gymnastics attire (Leotard, Competitive Jersey or warm-up suits) at the awards ceremony.

D. Rules of Competition AAU Age Group National Championships

The following skill divisions will be contested at the Age Group National Championships

1. Girls Competition:

- a. Open Optional (LO) – Refer to Page 17 of this document
- b. Level 8 (L8)
- c. Level 7 (L7)
- d. Level 6 (L6)
- e. Xcel Diamond (LD)
- f. Xcel Platinum (LP)
- g. Xcel Gold (LG)
- h. Xcel Silver (LS)
- i. Xcel Bronze (LB)
- j. Level 5 (L5)
- k. Level 4 (L4)
- l. Level 3 (L3)
- m. Level 2 (L2)
- n. Level 1 (L1)

2. Boys Competition:

- a. Level 9 (L9)
- b. Level 8 (L8)
- c. Level 6 (L6)
- d. Level 5 (L5)
- e. Level 4 (L4)
- f. Level 3 (L3)

3. Qualification to the AAU Age Group National Championships (AGNC):

To qualify for the AAU AGNC gymnasts should participate in their local District Championship. If no District Championships are offered Athletes may compete at bordering Districts' Championships. Participants who are unable to attend district championships or if the district does not offer a skill level as part of their district program, a petitioning process is available for entry into the JO Games. Contact the national chair for petitioning process.

4. **Age Groups at the AAU AGNC:**
Athletes in each Skill Division will be divided into groups of similar age. Each age group will not exceed 20 Athletes. Single age divisions may be split or combined based on the number of entries.
5. **Age Determination:**
The age of a competitor is determined by the athlete's age on the first day of the AGNC.
6. **Eligibility:**
All athletes, coaches and judges must possess a current AAU Membership card. . Gymnast must have turned 5 years old by the date of competition in order to be eligible to compete.
7. **Equipment Specifications:**
The AAU AGNC will use the current USA Gymnastics Junior Olympic Apparatus specifications. Any modifications are listed in the AAU Gymnastics Equipment Specifications later in this document.
8. **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. **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)
10. **Attire:**
All medal winners (All Around and Individual) are required to be in complete competitive attire (Leotard, competitive jersey or warm-up suits) at the awards ceremony.

E. Rules of Competition AAU Winter Nationals

The following Skill Divisions will be contested at the AAU Winter Nationals (WN):

1. **Girls Competition:**
 - a. Open Optional (LO)
 - b. Level 8 (L8)
 - c. Level 7 (L7)
 - d. Level 6 (L6)
 - e. Xcel Diamond (LD)

- f. Xcel Platinum (LP)
 - g. Xcel Gold (LG)
 - h. Xcel Silver (LS)
 - i. Xcel Bronze (LB)
 - j. Level 5 (L5)
 - k. Level 4 (L4)
 - l. Level 3 (L3)
 - m. Level 2 (L2)
 - n. Level 1 (L1)
 - o. Club Team Competition available for each Skill Division for teams of 3 or more athletes in the same skill division regardless of age
2. Age Groups at the AAU Winter Nationals: Athletes in each Skill Division will be divided into groups of similar age. Each age group will not exceed 20 Athletes. Single age divisions may be split or combined based on the number of entries.
 3. Age Determination: The age of a competitor is determined by the gymnast's age on the first day of competition of the Winter Nationals.
 4. Eligibility: All athletes, coaches and judges must own a current AAU Membership card. . Gymnast must have turned 5 years old by the date of competition in order to be eligible to compete.
 5. Equipment Specifications
 - a. The AAU Winter Nationals will use the current USA Gymnastics Junior Olympic Apparatus specifications.
 - b. Any modifications are listed in the AAU Gymnastics Equipment Standards later in this document
 6. 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. 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)
 - c. One Club Team Award for each Skill Level is presented through 6th Place
 11. 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

V. 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)
- Xcel Diamond (LD)
- Xcel Platinum (LP)
- Xcel Gold (LG)
- Xcel Silver (LS)
- Xcel Bronze (LB)

Compulsory Skill Divisions

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

The AAU National Gymnastics Executive Committee (NGEC) embraces and respects the governing body of USA Gymnastics and the knowledge and support that it provides to the entire gymnastics community. The AAU NGEC acknowledges the tremendous effort and knowledge that it takes for USA Gymnastics to produce the USA Gymnastics JO Compulsory Gymnastics Programs for boys and girls. The AAU NGEC also acknowledges the intellectual and copyright protection afforded USA Gymnastics for its educational materials. These include, but are not limited to the Compulsory Handbook, the JO Code of Points, the USAG Compulsory Floor Music CD and the Skill Level DVD which all serve as invaluable tools in teaching and instructing gymnasts. Therefore, it is the AAU policy that 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.

Individual Districts may choose to modify these rules to suit the needs of their athletes and coaches. Any and all modifications to the routines must be sent to the National Chair to insure that these modifications are acceptable and are in conjunction with the agreement usage policy with USA Gymnastics. Only the Modifications specifically approved by the AAU National Committee in conjunction with USA gymnastics will be used during sanctioned AAU Events at the district level. 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. All questions should be directed to the National AAU chair. These AAU National Rules, as described here, will be used as the official rules at all **AAU National Level competitions**. These AAU National Rules, as described here, will be used as the official rules at all **AAU National Level competitions**.

Modifications AAU National Compulsory & Excel Program Listed Below

**A. Modifications to the USA Gymnastics Compulsory Materials and
Xcel Levels Bronze, Silver and Gold**

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, Xcel Levels Bronze, Silver and Gold
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. AAU vault will follow USA for all spotting deductions. Level 4 spotting in the 1st flight, support or 2nd flight Phase is 2.0 deductions. For all other compulsory vaults, there will be no VOID VUALT for spotting, judges should therefore take maximum execution deductions plus the spotting deduction as stated in USA Rules and Policies. Spotting deductions for Xcel levels – refer to USA Rules and Policies. 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 1 and 2).	Each Time	0.10

ALL LEVELS COMPULSORY AND/OR OPTIONAL

- 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.
- **3.00 is the lowest an athlete may score in competition** after competing an event – this does not apply to touch or scratches.
- 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.
- Balance Beam and Floor Exercise routines are not timed during competition, thereby eliminating all time infraction deductions.
- Athletes may use an alternative springboard apparatus, for **all AAU levels** from compulsory to Xcel, as well as in levels 6, 7, 8, and the open division provided the apparatus is manufactured by a gymnastics equipment company with **no penalty**. 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).
- Warm-up times for Girls:
 - Levels 1, 2 – 30 seconds
 - Level 3 – 45 seconds
 - Levels 4, 5 – 60 seconds
 - Levels Xcel – Bronze 30 seconds, Silver 45 seconds, Gold 60 seconds, Platinum 90 seconds, Diamond 90 seconds
 - Level 6, 7 – 90 seconds
 - Levels 8 & Open Optional – 120 seconds
 - Touch warm up when required determined by competition format

B. Girls AAU National Optional Rules

Clarification All Optional Levels– Allowable Skills – note the deduction for unallowable skill is .5 off the Start Value and no value part is awarded for the skill and the skill does not count for special requirements. The penalty will come off the start value of the routine.

1. Open Optional

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

- a). D & E Level Skills are permitted
- b). USA Gymnastics Level 10 Bonus is in effect
- c). Gymnasts may use an alternative springboard apparatus without penalty on all vaults except Yurchenko style vaults

2. Level 8

The current USA Gymnastics Level 8 rules govern this Skill Division

- Gymnasts may use an alternative springboard apparatus without penalty on all vaults except Yurchenko style vaults

3. Level 7

The current USA Gymnastics Level 7 rules govern this Skill Division

- Gymnasts may use an alternative springboard apparatus without penalty on all vaults except Yurchenko style vaults

4. Level 6

The current USA Gymnastics Level 6 rules govern this Skill Division

- Gymnasts may use an alternative springboard apparatus without penalty on all vaults except Yurchenko style vaults

5. Girls AAU Xcel Levels

Clarification – Allowable Skills – note the deduction for unallowable skill is .5 off the Start Value and no value part is awarded for the skill and the skill does not count for special requirements. The penalty will come off the start value of the routine

The current USA Gymnastics Xcel rules govern this Skill Division with the following AAU Modifications: (Also see Chart Page 4)

- Balance Beam and Floor Exercise routines will not be timed. It is highly recommended that time allowances recommended by USA Gymnastics Xcel program be followed as closely as possible as these times have been selected as appropriate for each Xcel Level.
- 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. Clarification - Xcel Silver Vault. Per USA there are two options: Stretch jump from board onto vault table – kick to handstand, fall to flat back (SV 9.5); and Handspring onto the vault table, repulsion to flat back landing on mats stacked –(AAU modification) - at least two inches (2") above table with a maximum 10" above the table (SV 10.0). Both vaults may be performed at all national events

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 with national

modification as stated in AAU Gymnastics Handbook. 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 approved by the AAU National Committee in conjunction with USA gymnastics will be used during sanctioned AAU Events at the district level. 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. All questions should be directed to the National AAU chair.

1. National Compulsory Rules and Modifications

AAU Gymnastics will use the current USAG Compulsory Program Materials (Levels 1 through 5) as published by USAG with the following modifications: Also see Modification Chart Page 17 of this document.

- 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

2. District Compulsory Rules

AAU Districts (District Chairs) may modify the AAU National Rules to serve the needs of the athletes and clubs in their District as approved by the National Chair. Contact your local district chair for any routine modifications as adopted and approved by your district and national chair.

VI. Excerpts from the AAU Code Book

A. AAU Membership

All participants must be a member of the AAU in order to participate in any AAU Sanctioned Event. Event Operators may not collect AAU membership money at any AAU sanctioned event.

1. Membership Requirements

Membership in the AAU is a privilege granted by the AAU. The AAU at its sole discretion reserves the right to accept or reject applicants for membership.

a). Conditions for Membership: Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the Constitution, Bylaws, policies, procedures and rules of the AAU.

b). Classes of Membership – Classes of membership in the AAU are as follows:

(1) District Member – the organization chartered by the Congress to provide administrative services within a designated geographic area.

(2) Club Member – An organization or group that has been approved for membership after meeting the registration requirements of the Code

(3) Individual Member – A person who has been approved for membership after meeting the registration requirements of the Code. Individual membership categories are:

(a) Youth Athlete

(b) Adult Athlete

(c) Non-Athlete

(4) Affiliate Member – An organization or group approved by Congress which is engaged in athletics or sports-related activities.

B. Use of Logos and Trademarks

1. The AAU name, mark, seal, logo, and other insignia (all "AAU marks") are protected through trademark registration and are defined as the intellectual property of the AAU. A user of the AAU's intellectual property must have prior and continued approval of the National AAU. Only those subordinates and affiliated organizations which are expressly authorized by the National AAU may use the intellectual property of the AAU. The National AAU may withdraw its approval to use its marks, in its sole discretion. Members shall immediately comply with notice to cease and desist from the use of the AAU's intellectual property. The unauthorized use of any of the intellectual property of the AAU is a violation of this policy and may subject the member/entity to penalties set out in the AAU Code

2. Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.

3. There are three (3) levels of AAU club membership. Level 1 AAU Clubs acquire no rights to use the AAU's intellectual property. Level 2 and Level 3 Clubs may use AAU's intellectual property for the promotion of its organization and/or sanctioned AAU events only. Member clubs may not use the name AAU in their legal name.

4. In the event of a dispute or conflict as to a member's / entity's claim(s) to use any of the intellectual property of the AAU, the Officers of the AAU shall decide and determine the dispute in their sole discretion.

C. Event Licenses

1. No event shall be conducted under the auspices of the AAU unless a sanction has been issued for the activity. A sanction is the written approval of the AAU for the conduct of the activity.
2. Only AAU members may participate in sanctioned events unless otherwise provided in the Bylaws.
3. Sanctions may be issued to any club in good standing. Any sanction may be reviewed within 15 days of submission by the District Sport Committee Director. If the sanction is reviewed and rejected, the Registrar shall notify the organization submitting the sanction.
4. No sanction shall take effect until the 15-day review period has expired, or until the Registrar processes the sanction following approval of the District Sport Committee Director. Beginning with the 2009 Membership year, all applications for sanction must be completed and submitted through the on-line process or the AAU National Office.
5. The National Registration Executive Committee has the authority to issue sanctions as follows:
 - a). For events in locations where there is no active District member.
 - b). For events in Districts where there is no current active participation (No District Championships in the prior membership year).
 - c). For events directly sponsored by the National AAU or National Sports Committee.
 - d). For inter-District league play.
 - e). Review and approve any sanction rejected by the District.
 - f). Sanctions issued to one organization cannot be transferred to another organization.
 - g). No Sanction will be issued for any event where the word "Olympic" or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.
 - h). Sanctions must be reviewed and processed by the District Registrar and reported to the National Headquarters. A record shall be kept by each District of all sanctions issued.

D. District Sport Committee Bi-Annual Meeting

1. District Sport Committee Bi-Annual Meeting

It is the duty of the District Sport Committee to hold a bi-annual meeting, the date of which shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]

2. Notice of District Sport Meetings

Notice of the bi-annual or special meetings of the District Sport Committee shall be issued (or issue approved) by the District Secretary, to clubs eligible to vote as of 30 days prior to the scheduled annual meeting.

a). Quorum – Five (5) member clubs must be present to constitute a quorum of the Annual Sport Committee meeting.

b). Voting – Each member of a Committee shall have one vote unless the operating rules of the Committee provide for weighted voting. There shall be no voting by proxy. (A club may designate another representative for the club.)

E. Functions of District Sport Committees

1. District Sport Committees. In each approved AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.

2. Composition. The District Sport Committee shall include the following:

a). Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee

b). District Sport Committee Officers and Chairmen of Committees as defined by that sport's operating rules. [Added 10/07].

c). The Governor may appoint five (5) at-large members.

3. Duties. The duties of the District Sport Committee are to:

a). In even years, hold a Bi-Annual meeting, the date, time and location of which shall be approved by the District Executive Committee. (Added 10/08).

b). Adopt at the Bi-Annual Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee Rules.

c). Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.

- d). Conduct the District Championship.

F. Functions of District Sport Director

1. District Sport Director - In each sport in which five or more club members have designated the sport as its primary sport, the Director shall be elected by the Committee at its Bi-Annual Meeting. When there are fewer than five clubs registered to the Sport, the Chair may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon election or upon appointment.

a). Term - The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. The term of office for an appointed District Sport Director shall be one year or until such time as the Sport Committee meets the criteria to elect a Chair.

b). Vacancies - A vacancy occurring in an elected District Sport Director position shall be filled in accordance with the Sport Committee operating rules. A vacancy occurring in an appointed District Sport Director position shall be filled by the Governor with the approval of the National Sport Committee Chair.

c). Duties – The Sport Committee Director shall:

- 1). Develop a budget for the Sport Committee to file with the District Executive Committee.
- 2). Perform the duties set forth in the Committee Rules of Operation.
- 3). Approve event sanctions in the sport.
- 4). Preside at Sport Committee meetings.

d). Removal – District Sport Directors may be removed as follows:

- 1). By District Sport Committee – An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Bi-Annual meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda. [Rev. 10/07]
- 2). By National Sport Chair - Each National Sport Chair shall annually review the number of events held in their sport. If the number of sanctioned events, excluding practice sanctions, are below five (5), the National Sport Chair may remove the District Director. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision. [Rev. 10/07]
- 3). By National Board of Review - An elected Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings. [Added 10/07]

G. Membership and Residency

1. Adult members will not be bound by residence requirements.
2. Youth members must register in the District of their bona fide residency, except as follows:
 - a). A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District
 - b). A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.
 - c). A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
 - d). Persons living outside the U.S. may register in the closest District or with the District where the competition they are first participating in will take place. The respective National Sports Committee rules shall govern their participation in AAU competition.

H. Eligibility

1. A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team sports a maximum of three (3) members may participate with a team in an adjoining District. [Team sports include baseball, basketball, field hockey, hockey, soccer softball and volleyball.]
2. Club Attachment: A youth member becomes attached to a club member when he/she competes with that club in any AAU sanctioned event (practice not included). An athlete may attach to additional clubs if he/she participates in additional sports.
 - a). For team/club sports only. If an athlete participates in an AAU sanctioned league for one group member (club), that athlete may elect to affiliate immediately with a second group member (club) for the purpose of qualifying for an AAU National Championship. Participation may be simultaneous. A league is made up of teams/clubs that compete only among themselves for a defined period of time.
3. Transfers: An attached youth member may transfer to another club in the same sport under the following conditions:
 - a). If the youth member has not competed in any AAU sanctioned events in that Sport for a period of sixty (60) days.
 - b). If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes released under this provision are subject to National Championship eligibility restrictions as adopted by National Sport Committees.) [Added 10/07]

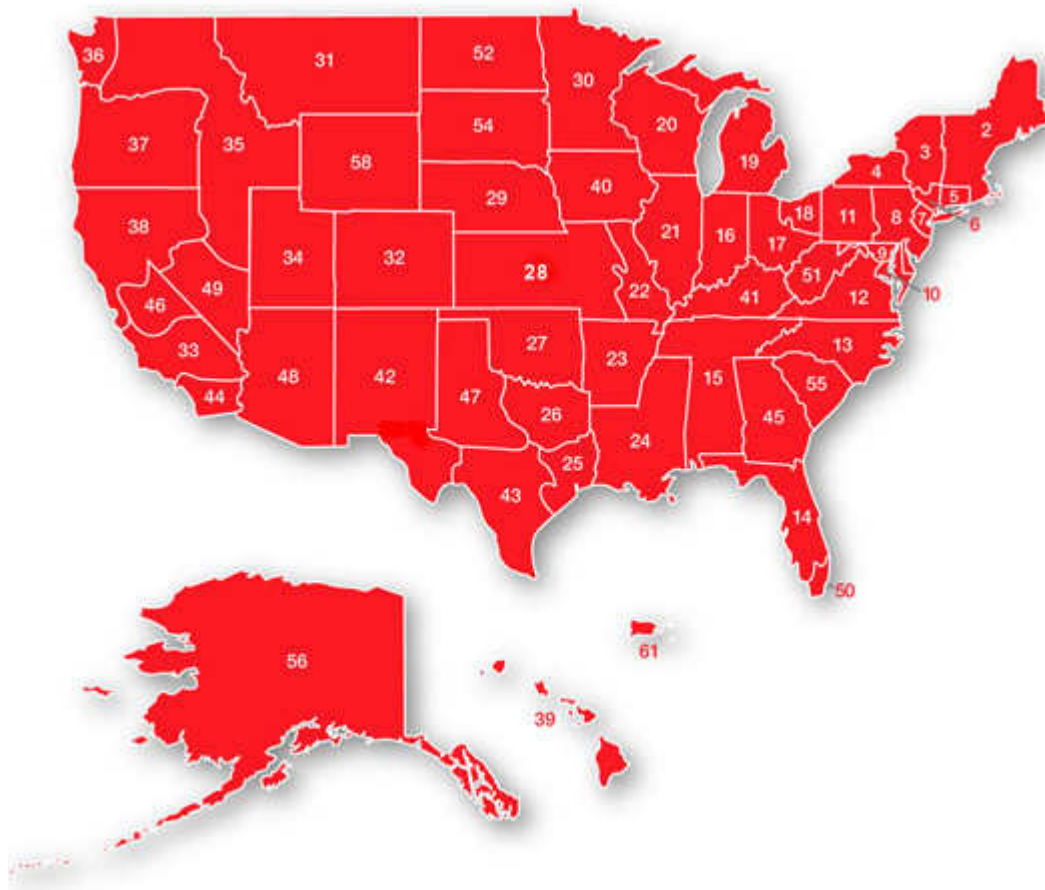
- c). When the transfer is for the purpose of competing with a team which has qualified for a National Championship as provided by National Sport Committee rules.
- d). If the Registrar determines that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

VII. Appendix

A. National Gymnastics Officers Directory

National Chair/Women's Coordinator	Vice Chair/Scholarship
Liz Nichols 678-596-1374 aaunichols@bellsouth.net	Debbie Barta 951-205-2115 Debikay_61@yahoo.com
Treasurer/Compliance	Secretary / Handbook Subcommittee Chair
Frank Lett 423-534-0960 FLett@kcvb.org	Denise Jessen 706-650-2111 dcJess@bellsouth.net
Equipment/Meet Management	Men's Coordinator
Kevin Griffin 813-220-0142 lccoachkev@aol.com	Bill Foster 281-370-2882 mpcbillfoster@aol.com
Freestyle Chair	AAU National Office Liaison
Mubarak Abdullah 888-850-9159 (Phone) gymcrew@hotmail.com	Tony Staley National Headquarters 407-934-7200 tony@aausports.org

B. District Sport Chair Directory



Map #	District	District Sport Director
3	Adirondack (AD)	National Office
56	Alaska (AK)	National Office
23	Arkansas (AR)	Mary Greenfield
48	Arizona (AZ)	Dru Huffington
46	Central California (CC)	National Office
21	Central (CE)	Doug Jonuska
32	Colorado (CO)	National Office
5	Connecticut (CT)	Linda Brown
14	Florida (FL)	Kathy Stuenkel
50	Florida Gold Coast (FG)	Raul Rojas
45	Georgia (GA)	Denise Jessen
25	Gulf (GU)	Bill Foster
39	Hawaii (HI)	National Office
40	Iowa (IA)	Stan Atkinson
35	Inland Empire (IE)	Paul Campbell
16	Indiana (IN)	Nancee Truelove
41	Kentucky (KY)	Vicki Smith
18	Lake Erie (LE)	Jackie Karmecy

9	Maryland (MD)	National Office
19	Michigan (MI)	Nancy Hanes
8	Middle Atlantic (MA)	National Office
30	Minnesota (MN)	Kathy Nelson
28	Missouri Valley (MV)	Angie Curtis
31	Montana (MT)	National Office
29	Nebraska (NB)	Jane Johnson
2	New England (NE)	Danielle McKinnon
7	New Jersey (NJ)	Patricia Wilson
42	New Mexico (NM)	National Office
6	NY Metropolitan (MP)	National Office
4	Niagara (NI)	National Office
13	North Carolina (NC)	Jessica Harris
52	North Dakota (ND)	National Office
17	Ohio (OH)	Debbie Barber
27	Oklahoma (OK)	Benjamin Fox
37	Oregon (OR)	National Office
22	Ozark (OZ)	Jeri Inman
38	Pacific (PA)	National Office
36	Pacific Northwest (PN)	National Office
44	Pacific Southwest (PS)	National Office
10	Potomac Valley (PV)	National Office
55	South Carolina (SC)	Vicki Walker
54	South Dakota (SD)	Arlyn Wohlleber
15	Southeastern (SE)	Wayne Stough
24	Southern (SO)	National Office
49	Southern Nevada (SN)	National Office
33	Southern Pacific (SP)	Debi Barta
43	South Texas (ST)	National Office
26	Southwestern (SW)	National Office
34	Utah (UT)	National Office
12	Virginia (VA)	Paul Feciura
11	Western Pennsylvania (WP)	National Office
47	West Texas (WT)	National Office
51	West Virginia (WV)	Paul Gilmer
20	Wisconsin (WI)	LeeAnn Bohn
58	Wyoming (WY)	National Office

C. Dates for the 2015 National Championships

Event	Date	Location
AAU Gymnastics Winter Nationals	Feb 20-22	Sevierville, Tennessee
AAU Age Group National Championship	June 10-14	Las Vegas, Nevada
AAU Junior Olympic Games	August 3-6	Hampton Rhodes, VA (VA Beach)