



## **AAU TEAM PERFORMANCE NATIONAL RULES**

### **A. Introduction**

#### **Purpose and Goals of the Team Performance Program**

- The objective of Team Performance is to perform a theme based routine which should include a combination of dance and tumbling skills, props, and costumes and should be choreographed to music.
- Team Performance will be divided into two divisions that may consist of all girls, all boys or a mixed group, ages 5 through adult. If the number of entries at any national event warrants the need for a third division or consideration of numbers within a division, it will be considered.
  - Small division 2 to 12 performers
  - Large Division 13 and over performers

### **B. Team Performance Rule**

#### **Routine Requirements**

- All Team Performance routines will be performed indoors in a controlled setting using the typical gymnastics sprint floor.
- The theme of the routine should tell a story through the use of costumes and props.
  - Props may be used in any or all of the performance.
  - Props may be moveable (signs, banners, flags, batons, etc.,) or stationary (background scenery, etc.)
- Music can be with or without voice and should reflect the theme and should not have duration of over 3 minutes.
- Dance and tumbling should be equally distributed within the routine.
- Attire may be gymnastics wear such as leotard, unitards, etc. and/or costumes may be worn as additional props and/or to reflect the themes of the routine.

## C. Scoring System

### Evaluation By The Judges

- Team Performance will be evaluated by a panel of 5-9 judges
- Team Performance judges are certified through NAWGJ and are rated level 8 and above.
- Judging panels must evaluate Team Performance using a combination of the objective and subjective criteria outlined in these rules.

## D. Criteria For Judging

### Maximum of 100 Points can be achieved using the following categories

- **Choreography = 30** Possible Points From the categories as described below – Choreography includes creative movements, great use of floor, visual formations and transitions
  - **Creativity = 10 Points** (unique, clever, diverse)
  - **Use of Props = 10 Points** (to enhance theme of routine)
  - **Formation and Transitions = 10 Points** (seamless movements of tumbling and dance)
- **Group Execution = 20** Possible Points from the categories as described below – Group Execution includes clean execution, good spacing and timing
  - **Synchronization & Timing = 10 points** (sharp, clear skills, performed in unity)
  - **Spacing = 10 points** (use of floor)
- **Dance and Tumbling/Acro = 30** Possible Points from the categories as described below based on clean and precise tumbling/acro and dance.
  - **Tumbling/Acro = 10 points** (execution and variety of skills. Tumbling/Acro skills include rolls, cartwheels, aerials, flips and twists)
  - **Dance = 10 Points** (execution and variety of skills)
  - **Balance of Tumbling/Acro and Dance = 10 Points** (relatively equal amount of tumbling/acro and dance skills)
- **Overall Artistry & Dynamics = 20** Possible Points from the categories below and to include great variety of crowd pleasing movements with routine complimenting theme.
  - **Artistry/Showmanship = 10 Points** (quality of movement, style and expression)
  - **Dynamics/Crowd Appeal = 10 Points** (high energy entertainment value)

#### **E. Penalties/Neutral Deductions (taken off the average of the final score)**

<b>Out of Bounds</b>	<b>-1 Point Each</b>
<b>Any Balance Error</b>	<b>-1 Point Each</b>
<b>Any Touch of Floor To Avoid Fall</b>	<b>-2 Points Each</b>
<b>Any Fall</b>	<b>-3 Points Each</b>
<b>Safety Violations</b>	<b>-5 Points Each</b>
<b>Absence of Music</b>	<b>-5 Points</b>

#### **F. General Safety Rules**

- All athletes must be supervised during warm-ups and competition by a qualified director/coach.
- Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
- Costumes and props must not interfere with the safe performance of any skill.
- For the safety of the athlete, a coach may be on the floor during the performance.
- All competitors must remain on the floor throughout the entire routine.

#### **G. Competitive Opportunities**

- **AAU Junior Olympic Games**
- Check with the AAU National Gymnastics Chair for other national events that may be offering this program as a competitive opportunity.