

AAU Boys 4x4 Rules

2022-2026



Summary.



Mission: To provide an introduction to Men's Gymnastics using equipment already available to existing women's program and to be a possible segway into higher levels of the Men's Program.

Rules: Please use the videos posted on Youtube channel: NC AAU Boys Gymnastics
*Videos are only used as a visual guide only. Refer to the text

Competition Format: Participants will compete in up to 4 events (Vault, Uneven Bars, Circles/Support, Floor Exercise) and the All Around. Boys can be inserted into any session of a women's gymnastics competition either in a separate squad of only boys or mixed in within any other squad. The coach must declare which level routine their athlete will compete during each event warm-up so that the judge has the opportunity to re-familiarize themselves with the routines and deductions.

Equipment: Uneven bars, spring floor, compulsory vaulting mat system (with aeroboard & springboard), standard competition balance beam, balance beam landing mat, tape (for lines on landing mat for circles- see diagram below).

Warm-up time: Boys will receive a 1:00 warm-up on each event regardless of level (meet directors will need to be mindful of this when determining what session to assign boys to).

Awards: Boys will be divided into age groups no more than 5 years apart for awards. Awards will be provided in the 4 events plus All Around and will follow the standard National AAU award guidelines.

Scoring: All routines will start from a 10.0 (exception: Level 1 Vault and Level 1-3 Circles/Support have two parts valued at 5.00 each). Basic execution will be applied: *see each event for execution table**

*Refer to the AAU Women's Ntl Rules for more rules clarifications

Judges: Certified members of the National Association of Women's Gymnastics Judges (NAWGJ) will be used to officiate boys at any AAU gymnastics competition.

Vault

Start Value: 10.0



Gymnasts may perform **two** vault attempts with the better score to count

Level 1 Vault <small>*Use Women's Level 1 Rules*</small>	Stretch jump up to a minimum of 16" tall mats (5.00) and kick handstand to flat back (5.00)
Level 2 Vault <small>*Use Women's Level 2 Rules*</small>	Handstand flat back on mat stack
Level 3 Vault <small>*Use Women's Xcel Silver Rules*</small>	Handspring over mat stack sideways

Basic Execution

Small Faults	up to 0.10
Medium Faults	up to 0.20
Large Faults	up to 0.30
Fall	0.50
Omission	0.50
Spotting	0.50

Bars

Start Value: 10.0



Routines

Level 1 *Performed on Low Uneven Bar*	Mount: Pull over (jump allowed) Cast Back hip circle Dismount: Cast off stand
Level 2 *Performed on High Uneven Bar*	Mount: Pull over Cast Back hip circle Underswing-counterswing 1st Tap swing FWD-counterswing 2nd Tap swing FWD -counterswing Dismount: tpswing FWD with ½ turn
Level 3 *Performed on High Uneven Bar*	Mount: Assisted muscle up Cast long hang pullover cast back hip circle Underswing-counterswing 1st Tap swing FWD-counterswing 2 nd Tap swing FWD-counterswing Dismount: Tap swing FWD to flyaway or ½ turn

Basic Execution

Small Faults	up to 0.10
Medium Faults	up to 0.20
Large Faults	up to 0.30
Fall	0.50
Omission	0.50
Spotting	0.50

Floor



Start Value: 10.0

Routines

Level 1	<p>FWD roll, tuck up to nominal HS, lower to straddle stand Present Reach FWD to the floor and jump from straddle into a HS FWD roll. straddle out to sit in straddle rRoll BWD to candlestick, roll to stand Present FWD kick to cartwheel, step in/close legs Present</p>
Level 2	<p>FWD kick to HS FWD roll, straddle out to straddle L hold (2 sec) Roll BWD to candlestick Roll up through straddle L to straddle stand, reach FWD to straddle press (with slight jump) to nominal HS step down to lunge Cartwheel Oopside side cartwheel Cartwheel step-in over-rotated (with arms landing at horizontal) to quick steps BWD, step in close legs Present Straight jump ½ turn Round off rebound stick (from power hurdle/run)</p>
Level 3	<p>HS hop FWD roll, straddle out through straddle L to straddle stand (press/keep feet clear of floor is optional) Present Reach FWD to the floor and press hips to bring feet back together to pike stand Present FWD kick to cartwheel step-in/close legs Straight arm BWD roll to push-up position, turn over to rear support, lower to pike sit Tuck L support hold (2 sec), lower to sit Roll BWD to candlestick, roll to stand, Step FWD to hitch kick, step side to ½ turn Power hurdle/run RO BHS, rebound to stick</p>

Basic Execution

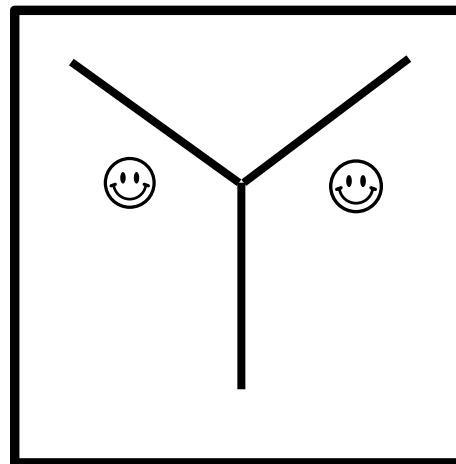
Small Faults	up to 0.10
Medium Faults	up to 0.20
Large Faults	up to 0.30
Fall	0.50
Omission	0.50
Spotting	0.50

Circles/Support



Start Value: 10.0

- **Support (5.00)**-work will be done on the Balance Beam
- **Circles (5.00)**- are performed on a sturdy Balance Beam landing mat by taping down lines to create a “Y” shape that mimics a “mushroom” (lines are $\frac{1}{3}$ of a circle away from each other, approximately 3-4' in length each)



Begin in front support position: hands start near where the smiley faces are pictured and body in a prone position down the center line, shoulders past the hands, hands facing out. Leave both hands on the floor, step to the side and begin the circle in either direction. Body should remain straight, extended position throughout the circle. Across the front of the circle, look for a slight counter turn of the hips (hips should face slightly away from the direction they are circling)

****General execution deductions apply: bent arms, bent legs, feet apart, flexed feet, hip angle, incomplete circle, etc****

Routines

Level 1	<p>Circles (5.00)- Jump to $\frac{1}{3}$ of circle: Body should finish just in front of the first hand (incomplete circle= body not to or past the first tape line. Emphasis is on the body alignment and form)</p> <p>Support (5.00)- Mount jump front support on beam, 2 straddle swings leg cut FWD, leg cut other leg FWD 2 sec tuck hold Dismount</p>
Level 2	<p>Circles (5.00)- Jump to $\frac{2}{3}$ of circle: Body should finish just in front of the 2nd hand back should be facing the second hand (incomplete circle= body not to or past the 2nd tape line. Emphasis is on the body alignment and form through the $\frac{1}{3}$ of circle position to arrive at $\frac{2}{3}$ area)</p> <p>Support (5.00)- Mount jump front support on beam, 2 straddle swings Reverse leg cut FWD, leg cut other leg FWD 2 sec L hold Dismount</p>
Level 3	<p>Circles (5.00)- Jump to full circle: (incomplete circle= body not to or past the 3rd tape line. Emphasis is on the body alignment and form throughout the full circle)</p> <p>Support (5.00)- Mount jump front support on beam Tuck planche hold 1 straddle swing, Leg cut FWD swing to cut same leg back 1 straddle swing, Leg cut other leg FWD swing to cut same leg back Swing leg to wind up to flank dismount</p>

Basic Execution

Small Faults	up to 0.10
Medium Faults	up to 0.20
Large Faults	up to 0.30
Fall	0.50
Omission	0.50
Spotting	0.50