



AAU GIRLS GYMNASTICS NATIONAL PROGRAM ALLOWANCES

Complete Rules and Policies Handbook can be located at www.aaugymnastics.org

**Please refer to any district modifications for local events.*

MOBILITY & ELIGIBILITY: Coaches will be responsible for determining/assuring that their gymnast has reached satisfactory competency/proficiency at any level therefore determining the gymnast's proficiency and ability to advance to another level. Athletes must be 4 years of age. Refer to AAU Gymnastics Handbook for more detailed information. All participants and coaches must have a current AAU membership to participate in any AAU licensed event. Go to www.aausports.org for membership information.

QUALIFICATION TO REGIONAL AND NATIONAL EVENTS: Participation in AAU District/State Championship is required for eligibility into AAU Regional and/or National Championship. Athletes must compete **at the same level they competed at district/state championship**. Contact your local district sport director for eligibility information, petition process and any district rule allowances.

COACHES ATTIRE: Attire should provide for a level of professionalism for coaches, act as a guide for athletes and judges, that ensures safety for all. Closed toe shoes or approved sport sandals (no bare feet). Warm-up pants or shorts at an appropriate length and gym/district shirts or polo type shirts are acceptable. No low cut tops, spaghetti strap or crop tops.

ATHLETE ATTIRE: All athletes may wear form fitting lycra spandex gymnastics shorts, capris, leggings or unitard made of appropriate fabric that does not present any safety risk to the participant. Visible sports bras/briefs are acceptable.

INQUIRIES AND VIDEO REVIEWS AAU REGIONAL AND NATIONAL EVENTS: Inquiries may be submitted for the following criteria & must be submitted in writing within 5 minutes to the Meet Director or Meet Referee following the conclusion of the rotation where the concern is noted: Start Value, Neutral Deductions, Score Range, Falls/Unusual Occurrences. Slow motion videos not permitted.

MINIMUM SCORING ALL LEVELS- does not apply to touch or scratches- The gymnast will be awarded for any part of a routine that was completed, a **minimum score of a 4.00**. This does not apply to touches/scratches.

NO PENALTY (applies to all levels unless otherwise noted)

GENERAL

- Coach standing next to the apparatus for the entire routine or on the floor area (do not block the view of judges)
- Overtime (Beam and Floor routines are not timed)
- No fall time
- Attire- visible sports bra, lycra leggings/capris, unitards, tank or sports back leotards, medical bracelets, any jewelry that does not impose a safety hazard to the gymnast.
- **Equipment and matting may be adjusted for the safety of the gymnast- all apparatus must follow equipment manufacturer specifications.** No deduction for slight height variances due to stacking of matting available.
- Failure to present before or after exercise (Levels 1-3 & XC, XB, XS)
- Starts before signal or vaults without signal. Ask to stop and repeat the performance. (Level 1-3 & XC, XB, XS)
- Verbal cues by coach or teammates (Level 1-3 & XC, XB, XS)
- Incomplete/extremely short routine for unusual circumstances (may be allowed to repeat only if an injury has not occurred)

VAULT

- Use of an alternative trampoline-like springboard (i.e. Airboard), **except for round-off entry style vaults**
- Number of springs & configuration of springs used in the vaulting board is left to the coaches discretion to facilitate the safety of the gymnast. *Junior Springboard NOT PERMITTED.
- Vault numbers not required to be visually displayed.

BARS & BEAM

- Bar Mount- A gymnast may perform a glide return while standing on a panel mat, a springboard, or a block. The mat/board/block may be left in place until the gymnast swings backward finishing glide standing on the mat/board/block but must be removed after the gymnast performs a pullover onto the bar. (Level 1-3 & XC, XB, XS, XG)
- Additional falls when trying to remount the beam or bars after a fall without a skill being performed (Level 1-3 & XC, XB, XS)

FLOOR

- More than one out of bounds error on the same skill, connection, pass/series (Level 1-3 & XC, XB, XS)



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LEVELS 1, 2, 3, 4, 5

- Gymnasts may take two vaults
- Level 5 Vault- Spotting deductions are the same as Level 4 (No voided vault for spotting)
- **Omission- Deduct Value of the Element Only (Not double the value of the element)**
- **The maximum execution deductions for any element attempted is not to exceed the value of the element minus .10**
- In the event a gymnast falls and incompletes a skill, she will not lose the full value of the element. This allows the gymnast to receive credit for any part of the element that she completed before the fall at THE JUDGES DISCRETION.
 - Example Fall = -.50 Element value = .60 .50 +.60 = 1.1 Maximum deduction 1.0
 - Example Spot = -.50 Element value = .60 .50 + up to .50 = Max Deduction 1.0
 - If the gymnast falls during the spot, she will receive the spot deduction -.50 and the -.50 deduction for the fall

LEVELS 6-8

- Gymnasts may take two vaults. If a gymnast performs the first vault as a Tsukahara or Yurchenko type vault (flipping) and DOES NOT land on her feet or if the vault is facilitated by the coach resulting in a zero, as decided by the judging panel, the gymnast is only allowed to perform a second NON-SALTO vault for a score.
- **Spotting Post Flight -1.00 (not void)**
- **Spotting Landing -.50**
 - *If the coach facilitates the entire vault at the judge's discretion, the vault will result in a Void Vault.*

OPEN OPTIONAL

GENERAL

- Level 8 Special Requirements & Value Part Requirements
- Level 9 Start Value (9.7)
- Level 9 Connection Bonus
- Level 10 D/E Bonus (No Difficulty Restrictions)
- No Composition Deductions

VAULT

- Modified Level 8/9 Vault Chart (See Below)
- Gymnasts may take two vaults. If a gymnast performs the first vault as a Tsukahara or Yurchenko type vault – (flipping) and DOES NOT land on her feet or if the vault is facilitated by the coach resulting in a zero, as decided by the judging panel, the gymnast is only allowed to perform a second NON-SALTO vault for a score.
- **Spotting Post Flight -1.00 (not void)**
- **Spotting Landing -.50**
- *If the coach facilitates the entire vault at the judge's discretion, the vault will result in a Void Vault*

BARS

- C+C= .10, C+C (one with turn/flight) = .20

COPPER, BRONZE, SILVER, GOLD, DIAMOND, PLATINUM, SAPPHIRE

- Gymnasts may take two vaults.
- Copper follows Bronze skill chart, general rules & execution deductions.
- Coaches should choreograph routines to fit within the industry standard timing requirements per level
- If a gymnast performs the first vault as a Tsukahara or Yurchenko type vault – (flipping) and DOES NOT land on her feet or if the vault is facilitated by the coach resulting in a zero, as decided by the judging panel, the gymnast is only allowed to perform a second NON-SALTO vault for a score.



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SILVER BARS

SPECIAL REQUIREMENT: Cast min. 45 degrees (no mount/dismount)

- Cast Below 45 degrees: 0.05 - 0.20
 - Only one cast/skill needs to fulfill SR
- ALL casts, including casts preceding skills leading to a dismount will receive "A" value part unless hips do not leave the bar (no VP), with the following exceptions: Cast squat, stoop, or straddle on low bar TO JUMP TO HIGH BAR; cast shoot through and cast off to stand dismount will receive ONE (1) "A" value part.
 - General execution deductions may apply to all skills. Total deductions **cannot exceed the value of the SR.**

GOLD BARS

SPECIAL REQUIREMENT: Two (2) 360 degree circling skills (no mount/dismount)

- Clarification: Back hip circles can receive VP/SR credit two (2) times. Any stops, pauses, readjustments, etc. will be deducted for rhythm errors only and does not negate either circle VP/SR.
 - Cast Back Hip Circle, Cast Back Hip Circle= OK (regardless of each cast angle OR entry/exit elements)

SPECIAL REQUIREMENT: Skill finishing in clear support min. horizontal (no mount/dismount)

- 1- 45 degrees below horizontal: 0.05 – 0.15, 46 degrees or more below horizontal: 0.20 – 0.30
 - Only one cast/skill needs to fulfill SR
- ALL casts, including casts preceding skills leading to a dismount will receive "A" value part unless hips do not leave the bar (no VP), with the following exceptions: Cast squat, stoop, or straddle on low bar TO JUMP TO HIGH BAR; cast shoot through and cast off to stand dismount will receive ONE (1) "A" value part.
 - General execution deductions may apply to all skills. Total deductions **cannot exceed the value of the SR.**

SPECIAL REQUIREMENT: Dismount- High Bar

- Coach may lift the gymnast to a still hang on the high bar to begin the routine with no penalty.
 - -0.50 will be deducted if the coach assists the gymnast to a front support on high bar or a large swing upon lifting to the high bar.



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<h2 style="margin: 0;">AAU COPPER RULES</h2> <p style="font-size: small; margin: 0;">Follow bronze skill chart/restrictions, general rules & execution deductions.</p>			
VAULT	BARS	BEAM	FLOOR
<p>OPTION 1 (9.5 SV) Straight jump onto mat</p> <p>OPTION 2 (10.0 SV) Straight jump onto mat, kick to handstand flat back</p> <p>OPTION 3 (10.0 SV) Jump to handstand, flat back on mat</p>	<p>Minimum 4 VP (.10 each)</p> <p>Special Requirements (.50 each)</p> <ol style="list-style-type: none"> 1. Mount 2. Cast (no dismount) 3. Circling Skill (mount/dismount ok) 4. Dismount 	<p>Minimum 4 VP (.10 each)</p> <p>Special Requirements (.50 each)</p> <ol style="list-style-type: none"> 1. Jump or Leap (no angle requirement) 2. Acro Skill 3. ½ Turn (one or two feet) 4. Dismount 	<p>Minimum 4 VP (.10 each)</p> <p>Special Requirements (.50 each)</p> <ol style="list-style-type: none"> 1. Split Jump or Leap (no angle requirement) 2. Roll 3. ½ Turn (one or two feet) 4. Acro Skill
Clarifications			
<p>Minimum Mat Height: 8"</p> <p>Spot on any phase -.50 (max -1.5)</p>	<p>Hips must leave bar on cast</p>	<p>Jump or leap not required to have leg separation (No angle requirements on split jumps/leaps)</p>	<p>Split jump or leap is required to have leg separation (no angle requirement)</p>
Additional Allowable "A" Skills			
		<ul style="list-style-type: none"> ● Lever/"T" (levering action not required to touch the beam, no angle requirement) 	<ul style="list-style-type: none"> ● Partial Handstand (both feet off floor, legs do not need to close, no angle required) ● Bridge ● Candlestick
10.0 SV Examples			
	<ul style="list-style-type: none"> ● Glide swing ● Jump to front support ● Cast ● Forward roll dismount 	<ul style="list-style-type: none"> ● Straight jump ● Lever ● Pivot turn ● Tuck jump dismount 	<ul style="list-style-type: none"> ● Split jump ● Forward straddle roll ● ½ turn on one foot ● Bridge
	<ul style="list-style-type: none"> ● Pullover ● Cast ● Cast ● Sole circle dismount 	<ul style="list-style-type: none"> ● Split jump ● Forward Roll ● Heel snap turn ● Straight Jump Dismount 	<ul style="list-style-type: none"> ● Split leap ● Backward roll ● Pivot turn ● Partial Handstand
9.5 SV Examples			
	<ul style="list-style-type: none"> ● Jump to front support ● Cast ● Cast ● Cast, push away dismount 	<ul style="list-style-type: none"> ● Straight jump ● Partial Handstand ● Relevé hold ● Roundoff dismount 	<ul style="list-style-type: none"> ● Tuck jump ● Forward roll ● Heel snap ● Cartwheel
	<p>*Missing circling skill</p>	<p>*Missing ½ turn</p>	<p>*Missing split jump/leap</p>