

VI. Boys Gymnastics National Rules

A. Boys National Team Championships

The AAU Boys National Team Championships take place at the AAU Age Group National Championships.

1. Team Championship Rules

USA Gymnastics Level 9 Rules are in effect for all athletes competing in the National Team Championships. Teams are comprised of no fewer than four (4) and no more than ten (10) competitors

- Teams are typically from the same Club
- Teams may also represent their District as an “All Star Team”
- Clubs may enter more than one team

a). Qualification

All Team Members must be entered in the AGNC

b). Age Groups

There is only one age group – Ages 8 through 19

2. Team Championship Scoring

a). Each Team may enter no more than six (6) gymnasts on each event

b). The top four (4) scores from each event are added together to determine the over all Team Score.

c). Each team should have only one All Around competitor, however for smaller teams this rule may be waived. An All Around competitor is not required in the Team Championships.

d). Team Awards are provided through 6th Place. There are no individual or All Around awards during the National Team Championship competition.

B. AAU National Boys Age Group Program

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

- Open Optional
- Level 6
- Level 5
- Level 4
- Level 3

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. These AAU National Rules, as described here, will be used as the official rules at all AAU National Level competitions and their qualification meets.

1. Open Optional Rules

Current USA Gymnastics Level 9 Rules govern the AAU Boys Open Optional Skill Division.

2. Levels 6, 5 & 4 Rules

Current USA Gymnastics Level 6, 5 & 4 Rules govern the AAU Boys Level 6, 5 & 4 Skill Divisions

3. Level 3 Rules

a). FLOOR EXERCISE

START VALUE:	
BASE SCORE -	15.0
[] = Value of each part	
SPECIFIED BONUS =	.6
VIRTUOSITY =	.3
STICK BONUS =	<u>.1</u>
TOTAL =	16.0

Begin approximately 5 feet from corner of floor facing diagonal or approximately 5 feet from either end of tumbling strip facing the long end and:

- High kick [1.0] to side cartwheel (may perform front / back technique with no deduction) [1.0]
- Turn to face direction of travel [1.0] and close legs together and forward roll (remain in squat) [1.0]
- Press to Tripod and momentary hold [1.0]. Extend hips and legs to pass through headstand [1.0]
 - Bonus Skill #1
- Roll forward to stand [1.0]
- Jump ½ turn [1.0], squat and roll backward to candle stick momentary hold [1.0]
 - Bonus Skill #2
- Roll forward to stand [1.0]
- Kick and lunge [1.0] continuing up into a Handstand (no hold required) [1.0] and return to lunge
- Run 2 or 3 steps [1.0] and Round Off [1.0] and rebound to stand [1.0]

Bonus Skill #1- Hold headstand 2 seconds +.3

Bonus Skill #2 - Hold candle stick for 2 seconds +.3

b). **POMMEL HORSE / MUSHROOM (may go in either order)**

START VALUE:	Pommel Horse	Mushroom
BASE SCORE -	7.0	8.0
[] = Value of each part		
SPECIFIED BONUS =	.0	.6
VIRTUOSITY =	.1	.1
STICK BONUS =	<u>.1</u>	<u>.1</u>
TOTAL =	7.2	+ 8.8 = 16.0

POMMEL HORSE

- Jump to front support on two pommels [1.0]
- Straddle swing left [1.0], Straddle swing right [1.0]
- Straddle swing left [1.0], Straddle swing right [1.0]
- Travel support walk left to end of horse (left hand on leather, right on pommel) [1.0]
- Push back to stick landing [1.0]

MUSHROOM

- Step to the side and jump into a circling action finishing with ¼ spindle turn arriving in a standing position [2.0]
- Step to the side and jump into a circling action finishing with ¼ spindle turn arriving in a standing position [2.0]
 - Bonus Skill #1
- Step to the side and jump into a circling action finishing with ¼ spindle turn arriving in a standing position [2.0]
- Step to the side and jump into a circling action finishing with ¼ spindle turn arriving in a standing position [2.0]
 - Bonus Skill # 2

BONUS SKILL # 1: Connect the 1st & 2nd circles together without a stop = +.3

BONUS SKILL # 2: Connect any two of the remaining circles together without a stop (circle 2 & 3 or circle 3 & 4) = +.3

c). **STILL RINGS**

BASE SCORE -	15.0
[] = Value of each part	
SPECIFIED BONUS =	.6
VIRTUOSITY =	.3
STICK BONUS =	<u>.1</u>
TOTAL =	16.0

- From hang pull legs to straddled “L” position (momentary hold) [2.0]
 - Bonus skill # 1
- Close legs and swing backward [2.0], then swing forward [2.0]
- Swing backward [2.0] then swing forward to straight body inverted hang (hold 2 seconds) [2.0]
- Bend hips to piked inverted hang (hold 2 seconds) [2.0]

- Extend body long hang (skin cat) hold 2 seconds [2.0]
 - Bonus skill # 2
- Drop to stick landing [1.0]

Bonus Skill #1 – Straddled “L” hold 2 seconds = +.3

Bonus Skill #2 – Demonstrate a momentary straight body position at horizontal = +.3

d). **VAULTING**

BASE SCORE -	15.0
[] = Value of each part	
SPECIFIED BONUS =	.6
VIRTUOSITY =	.2
STICK BONUS =	<u>.2</u>
TOTAL =	16.0

- Run no less than 20 feet and no more than 60 feet [5.0]
 - Bonus skill # 1
- Hurdle onto Vaulting Board and punch [5.0]
 - Bonus skill # 2
- Stretch jump to land [5.0]

Bonus skill #1 = Demonstrate a smooth continuous acceleration during run = +.3

Bonus skill #2 = Demonstrate an underarm swing technique during hurdle phase = +.3

e). **PARALLEL BARS**

BASE SCORE -	15.0
[] = Value of each part	
SPECIFIED BONUS =	.6
VIRTUOSITY =	.3
STICK BONUS =	<u>.1</u>
TOTAL =	16.0

- Jump to straight arm support between bars [1.0]
- Swing forward [1.5], swing backward [1.5]
- Swing forward [1.5], and straddle legs lowering into straddle sit on bar [1.0]
- Lift and close legs to “L” momentary hold [2.0]
 - Bonus skill #1
- Swing backward [1.5], swing forward [1.5]
- Swing backward [1.5] and continue to rear flank dismount [2.0] stick
 - Bonus Skill #2

Bonus Skill #1 - “L” support 2 second hold = +.3

Bonus Skill #2 - Dismount with hips at or above shoulder height = +.3

f). **HORIZONTAL BAR**

BASE SCORE -	15.0
[] = Value of each part	

SPECIFIED BONUS =	.6
VIRTUOSITY =	.3
STICK BONUS =	<u>.1</u>
TOTAL =	16.0

- From hang assisted pull over to front support [2.0]
 - Bonus skill #1
- Cast [2.0] to back hip circle [2.0] Immediately perform an undershoot to a long hang swing [2.0]
 - Bonus skill #2
- Swing backward [2.0], swing forward [2.0]
- Swing backward [2.0] and at the end of the swing release the bar and dismount to stand [1.0]

Bonus Skill #1: Unassisted pullover = +.3

Bonus Skill #2: No stop between the back hip circle and undershoot while keeping the bar positioned between the hips and the thighs. = +.3