

## **IV. Sport Operations**

### **A. Current Year Rule Changes**

Two significant changes with AAU Gymnastics will begin during the 2011 – 2012 season. The first change is the launch of a new discipline of AAU Gymnastics: AAU Freestyle Acrobatics. This new offering incorporates fast moving, challenging skills which are typically seen in traditional Gymnastics events but also includes skills from Martial Arts, Break Dancing and Hip Hop. Freestyle Acrobatics uses gymnastics equipment and mats common to any gymnastics environment to provide an exciting and original platform for our AAU Athletes to enjoy free flowing movement in a safe and controlled environment. The rules for Competitive Freestyle Acrobatics are outlined later in this document. If demand warrants, Freestyle Acrobatics competition will be offered at AAU National Competitions as well as Regional, District and Local events.

The second change for the 2011 - 2012 season is a restructured girls Optional Level division to include six different Levels of Competition:

1. Level Open Optional (LO)
2. Level 8 (L8)
3. Level 7 (L7)
4. Level Modified Optional
  - a. Advanced (LA)
  - b. Intermediate (LI)
  - c. Novice (LN).

### **B. Competition Structure**

The National Gymnastics Executive Committee is charged with operating competitions at the Regional and National levels. Competitions which serve as qualifying opportunities to either Regional or National competitions must use the current AAU Gymnastics National rules. Gymnasts must qualify from these meets at the same Skill Level and age division in which the gymnast enters the Regional or National competition.

#### **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**

#### **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.

#### **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 any reference or suggestion that the invitational meet is a Regional or National competition. All meet information must include specific mention of which rules will be in effect for the event.

## 5. **Local Competitions**

AAU Districts may modify the AAU National Rules to serve the needs of the athletes and clubs in their District.

## C. **Rules for the AAU Junior Olympic Games**

The following **girl's** Gymnastics Skill Divisions will be contested at the AAU Junior Olympic Games:

- Open Optional (LO)
- Level 8 (L8)
- Level 7 (L7)
- Level 6 (L6)
- Modified Optional Level Advanced (LA)
- Modified Optional Level Intermediate (LI)
- Modified Optional Level Novice (LN)
- Level 5 (L5)
- Level 4 (L4)
- Level 3 (L3)
- Level 2 (L2)

The following **boy's** Gymnastics Skill Divisions will be contested at the AAU Junior Olympic Games:

- Open Optional (LO)
- Level 6 (L6)
- Level 5 (L5)
- Level 4 (L4)
- Level 3 (L3)

### **Girl's OPEN OPTIONAL DIVISION**

#### 1. Qualification to the AAU Junior Olympic Games Open Optional Division

a). To qualify for the National AAU Junior Olympic Open Optional Championship, a gymnast must place first through twelfth place in All Around at their respective District Championships in their respective age division, 8-11, 12-13, 14-15 or 16-19 age division. The top six finishers in each age group shall be designated as District Team A and the second six finishers shall be designated as District Team B.

b). Individual qualifiers beyond twelfth in all age divisions may qualify to the Open Optional competition providing that the gymnast obtains a minimum score of 29.00 All Around at the District Championships.

c). Individual qualifiers are not included in District Team competition. Non District Team competitors are eligible for individual event and all around awards.

d). In the event that a District Team qualifier is unable to attend, replacements may be used based on approval of the National Event Director in rank order of the athlete's placing at District Championships.

#### 2. Age Groups at the AAU Junior Olympic Games Open Optional Division

The five (5) age divisions are: