

**2008 - 2010  
Amateur Athletic Union  
Gymnastics Handbook  
(Boys')**



*Sports for all, forever!*



**2008 - 2012  
NATIONAL AAU BOYS  
GYMNASTICS HANDBOOK**

**NATIONAL AAU  
BOYS AGE GROUP PROGRAM &  
TEAM CHAMPIONSHIPS**



**AAU BOYS GYMNASTICS  
NATIONAL AAU BOYS AGE GROUP PROGRAM AND NATIONAL TEAM  
CHAMPIONSHIPS  
HANDBOOK**

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# SECTION I



## NATIONAL AAU BOYS GYMNASTICS EXECUTIVE BOARD MEMBERS GENERAL PROVISIONS, INFORMATION & MISSION STATEMENT



***AAU NATIONAL GYMNASTICS COMMITTEE***

**NATIONAL CHAIRMAN**

**Joe Gura**  
311 Greenwood Court  
Slyria, OH 44035  
Cell: 440-452-4481  
E-Mail: [jegura@comcast.net](mailto:jegura@comcast.net)

**NATIONAL EVENT DIRECTOR &  
RULES AND POLICY COORDINATOR**

**Shelley Proa**  
285 Adalia Terrace  
Port Charlotte, FL 33953  
Office: 941-627-5342  
E-Mail: [tumbleathorizon@aol.com](mailto:tumbleathorizon@aol.com)

**NATIONAL PROGRAM  
DEVELOPMENT**

**Denise Jessen**  
124 Cedar Lane  
Martinez, GA 30907  
Office: 706-650-2111  
Cell: 706-373-8173  
E-Mail: [dcjess@bellsouth.net](mailto:dcjess@bellsouth.net)

**TREASURER / MENS COORDINATOR**

**Ron Ferris**  
5701 West Webb Road  
Youngstown, OH 44515  
Office: 330-652-4386  
Fax: 330-652-4387  
Cell: 330-518-6774  
E-Mail: [TeamOGI@aol.com](mailto:TeamOGI@aol.com)



## ***NATIONAL AAU GENERAL PROVISIONS, INFORMATION & MISSION STATEMENT BOYS GYMNASTICS PROGRAM***

This document is the governing handbook for the National AAU Boys Program for the sport of Gymnastics. National competitions consist of two programs or divisions: the **AAU Boys Age Group Program** and the **National Team Championships**.

AAU will use the same rules as the USA Gymnastics Junior Olympic Age Group Competition Program rules for Compulsory Levels 4, 5 & 6 and the Level 9 rules for Optional Competition. AAU Boys Gymnastics rules will use the most current USA Gymnastics update as the final word on any changes, modifications or alterations to the USA Gymnastics Junior Olympic Age Group Competition Program. For rules specific to AAU Level 3 and the AAU National Team Championships refer to this document.

It is AAU policy that the USA Gymnastics materials should be purchased from USA Gymnastics by phone at 800-345-4719 ([www.usa-gymnastics.org](http://www.usa-gymnastics.org)) or at ([http://usagym.sportgraphics.biz/index.asp?cmd=showproduct&param\\_0=1202&param\\_1=3](http://usagym.sportgraphics.biz/index.asp?cmd=showproduct&param_0=1202&param_1=3))

While individual Districts may choose to modify these rules to suit the needs of their athletes and coaches, the AAU National Rules, as described here, will be used as the only rules at all AAU National Level competitions and their qualification meets.

### ***1. QUALIFYING TO NATIONAL GYMNASTICS CHAMPIONSHIPS***

All gymnasts must qualify to the National Championships by qualifying at his/her local AAU District Championship Meet or by provisions as stated by each local district chairperson. For further information and clarifications regarding your local district qualifying event, contact your local district chairperson. If your district does not host a qualifier and you would like to participate in this National Championship, notify the National Chairman in order to petition into this event.

### ***2. ATHLETE REGISTRATION***

Each competitor must be registered and have a current membership number in order to compete in any AAU sanctioned event. Registrations numbers are valid from September 1 through August 31 of any given year regardless of when the competitor registered in that year. You can register over the Internet at [www.aausports.org](http://www.aausports.org) immediately by clicking on JOIN NOW. You can contact and register at your local district office by contacting 1-800-AAU-4USA. Athlete membership numbers must be listed on all entry forms for an AAU sanctioned event.

3. ***COACH REGISTRATION***

All coaches must have a current AAU membership number. Registrations numbers are valid from September 1 through August 31 of any given year regardless of when the competitor registered in that year. You can register over the Internet at [www.aausports.org](http://www.aausports.org) immediately by clicking on JOIN NOW. You can contact and register at your local district office by contacting 1-800-AAU-4USA. Athlete membership numbers must be listed on all entry forms for an AAU sanctioned event.

4. ***CLUB MEMBERSHIP***

Each club (team) should have a current valid club membership. Athletes who do not belong to an AAU club may participate as unattached provided they have a current AAU membership number and have qualified in accordance with their District requirements. Club memberships are valid from September 1 until August 31 of any given year regardless of when the club registered in that year. There are three levels of club membership provided by the AAU. You can read about these three levels and their benefits at [www.aausports.org](http://www.aausports.org). In order to host an AAU sanctioned event, you must hold a current Level 2 club membership.

5. ***INSURANCE***

A benefit of the AAU membership is the athlete accident and liability insurance programs. For specific information regarding insurance coverage, visit the AAU National Web Site [www.aausports.org](http://www.aausports.org). There is a full explanation of all benefits provided with your membership.

6. ***HOSTING A SANCTIONED EVENT***

You should contact your local district gymnastics chairperson to let them know of your interest in hosting a sanctioned event. In order to host a sanctioned event, you will need to complete an AAU Sanction Application on line at [www.aausports.org](http://www.aausports.org).

# SECTION II



## **AAU BOYS GYMNASTICS NATIONAL TEAM CHAMPIONSHIPS**



## ***AAU BOYS NATIONAL TEAM CHAMPIONSHIPS***

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

### ***AAU BOYS NATIONAL TEAM CHAMPIONSHIPS RULES***

- A. COMPETITION RULES** – USA Gymnastics Level 9 rules will be in effect. 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
- B. QUALIFYING COMPETITIONS** – Contact your local district gymnastics chairperson to locate information on District Championships. If your district does not host a qualifier and you would like to participate in this National Championship, notify the National Chairman in order to petition into this event.
- C. QUALIFICATION STANDARDS**  
In order to qualify for the AAU Boys Team National Championships participants must satisfy two criteria:
1. All team members must be entered in the Age Group National Championships
  2. All team members must have competed in their AAU District Championships or have met the standards required for participation in the Age Group National Championships
- D. AGE GROUPS** - There is only one age group: Ages 8 - 19
- E. AGE DETERMINATION** - The age of a competitor is determined by the gymnast’s age as of the first day of competition at the AAU Age Group National Championships.
- F. ELIGIBILITY** –Current Elite Level gymnasts are ineligible to compete.
- G. EQUIPMENT SPECIFICATIONS** – Current USA Gymnastics Junior Olympic Apparatus specifications apply to all competitions.
- H. TEAM SCORING**  
Each team may enter no more than six (6) gymnasts on each event. The top four (4) scores from each team, on each event are added together to determine the Team Score. It is recommended that each team have only one All Around competitor, however, this rule is waived for teams with smaller numbers of competitors. An All Around competitor is not required.
- H. AWARDS** – Team Awards will be provided for the 1<sup>st</sup> through 6<sup>th</sup> place Teams There are no individual or All Around awards.
- I. ALL AMERICAN** – The athlete with the highest score on each event will be honored as an AAU/USA All American.

# SECTION III



**NATIONAL AAU  
BOYS GYMNASTICS  
AGE GROUP PROGRAM  
LEVELS 3, 4, 5, 6, & OPTIONAL  
AND  
NATIONAL CHAMPIONSHIPS**



## ***NATIONAL AAU BOYS GYMNASTICS AGE GROUP PROGRAM AND NATIONAL CHAMPIONSHIPS***

The National AAU Boys Age Group Program is comprised the following levels of competition: Levels 3, 4, 5, 6, and Optional. An AAU Boys Age Group National Championship is held each year. For specific information about the location and dates of this competition, refer to the National AAU Web Site [www.aausports.org](http://www.aausports.org) and click on gymnastics.

AAU will use as its rules the USA Gymnastics Junior Olympic Age Group Competition Program rules for Compulsory Levels 4, 5 & 6 and the Level 9 rules for Optional Competition. AAU Boys Gymnastics rules will use the most current USA Gymnastics update as the final word on any changes, modifications or alterations to the USA Gymnastics Junior Olympic Age Group Competition Program. For rules specific to AAU Level 3 and the AAU National Team Championships refer to this document.

It is AAU policy that the USA Gymnastics materials should be purchased from USA Gymnastics by phone at 800-345-4719 ([www.usa-gymnastics.org](http://www.usa-gymnastics.org)) or at ([http://usagym.sportgraphics.biz/index.asp?cmd=showproduct&param\\_0=1202&param\\_1=3](http://usagym.sportgraphics.biz/index.asp?cmd=showproduct&param_0=1202&param_1=3))

While individual Districts may choose to modify these rules to suit the needs of their athletes and coaches, the AAU National Rules, as described here, will used as the only rules at all AAU National Level competitions and their qualification meets.

### ***1. NATIONAL AAU BOYS GYMNASTICS AGE GROUP PROGRAM***

- A. QUALIFYING COMPETITIONS** – Contact your local district gymnastics chairperson to locate information on District Championships. If your district does not host a qualifier and you would like to participate in this National Championship, notify the National Chairman in order to petition into this event.
- B. AGE GROUPS** – Athletes in each skill level will be divided into age groups of 30 or less. The gymnast's age is determined by the age of the gymnast on the first day of the National Championships.
- C. ATTIRE** – All medal winners are required to be in competitive attire for the awards ceremony.
- D. EQUIPMENT** - Equipment and matting may be adjusted to facilitate the safety of the gymnast.
- E. AWARDS** – National Championship awards will be distributed using the 50% + 1 formula. Medals for Individual Event and for All Around placing.
- F. HOSTING AN AAU LOCAL MEET** – Contact your local AAU District Gymnastics Chairperson or registrar for local information. You must have a current AAU Club Membership in order to apply for a sanction to host an AAU sanctioned event. You will be required to make sure that all athletes and coaches have a current AAU membership number. Contact your local District Chairperson for information on award requirements for your local district.

# SECTION IV



## **NATIONAL AAU BOYS AGE GROUP PROGRAM LEVEL 3 TEXT**

# LEVEL 3 – BOYS ROUTINES

## FLOOR EXERCISE

START VALUE:

BASE SCORE -	15.0	[ ] = value of part
SPECIFIED BONUS -	.6	
VIRTUOSITY -	.3	
STICK BONUS -	.1	
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:

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

### Bonus Skills

1. Hold headstand 2 seconds +.3
2. Hold candle stick for 2 seconds +.3

## POMMEL HORSE / MUSHROOM

START VALUE:	Pommel Horse	Mushroom	Total Event
BASE SCORE -	7.0	8.0	15.0 [ ] = value of part
SPECIFIED BONUS -	.0	.6	.6
VIRTUOSITY -	.1	.1	.2
STICK BONUS -	.1	.1	.2



6. Extend body long hang (skin cat) hold 2 seconds [2.0]  
Bonus skill # 2
7. Drop to stick landing [1.0]  
Bonus Skills
  - #1 – Straddled “L” hold 2 seconds = +.3
  - #2 – Demonstrate a momentary straight body position at horizontal = +.3

## **VAULTING**

### START VALUE:

BASE SCORE -	15.0	[ ] = value of part
SPECIFIED BONUS -	.6	
VIRTUOSITY -	.2	
STICK BONUS -	.2	
 TOTAL -	 16.0	

1. Run no less than 20 feet and no more than 60 feet [5.0] (Bonus skill # 1) to
2. Hurdle onto Vaulting Board (Bonus skill # 2) and punch [5.0] to
3. 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

## **PARALLEL BARS**

### START VALUE:

BASE SCORE -	15.0	[ ] = value of part
SPECIFIED BONUS -	.6	
VIRTUOSITY -	.3	
STICK BONUS -	.1	
 TOTAL -	 16.0	

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

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

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

## **HORIZONTAL BAR**

### START VALUE:

BASE SCORE -	15.0	[ ] = value of part
SPECIFIED BONUS -	.6	
VIRTUOSITY -	.3	
STICK BONUS -	.1	
TOTAL -	16.0	

1. From hang assisted pull over to front support [2.0] Bonus skill #1
2. Cast [2.0] to back hip circle [2.0]
3. Immediately perform an undershoot to a long hang swing [2.0] Bonus skill #2
4. Swing backward [2.0], swing forward [2.0]
5. 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 between the hips and the thighs. = +.3

# SECTION V



## **NATIONAL AAUBOYS AGE GROUP PROGRAM LEVELS 4, 5 & 6**

## NATIONAL AAU BOYS AGE GROUP PROGRAM COMPULSORY LEVELS

The AAU rules for the Compulsory Levels 4, 5 & 6 are the same as the USA Gymnastics rules for the respective levels.

These rules and requirements can be purchased from USA Gymnastics either by phone at: 800-345-4719 or on line at either [www.usa-gymnastics.org](http://www.usa-gymnastics.org) or at: [http://usagym.sportgraphics.biz/index.asp?cmd=showproduct&param\\_0=1202&param\\_1=3](http://usagym.sportgraphics.biz/index.asp?cmd=showproduct&param_0=1202&param_1=3)

# SECTION VIII



## NATIONAL AAU BOYS OPTIONAL PROGRAM

## NATIONAL AAU BOYS AGE GROUP PROGRAM OPTIONAL LEVEL

The NATIONAL AAU Age Group Program Optional Level rules are the same as the USA Gymnastics Level 9 rules and requirements.

These rules and requirements can be purchased from USA Gymnastics either by phone at: 800-345-4719 or on line at either [www.usa-gymnastics.org](http://www.usa-gymnastics.org) or at:  
[http://usagym.sportgraphics.biz/index.asp?cmd=showproduct&param\\_0=1202&param\\_1=3](http://usagym.sportgraphics.biz/index.asp?cmd=showproduct&param_0=1202&param_1=3)

For specific Optional Requirements and Deductions refer to the FIG Code of Points. The FIG Code of Points can be downloaded for free at: [www.fig-gymnastics.com](http://www.fig-gymnastics.com)