

- c. Level 5 (L5)
- d. Level 4 (L4)
- e. Level 3 (L3)
- f. Club Team Competition available for each Skill Division

### 3. Freestyle Acrobatics Competition

- a. Level 5
- b. Level 4
- c. Level 3
- d. Level 2
- e. Level 1
- f. Small Crew
- g. Large Crew

4. Age Groups at the AAU Winter Nationals: Athletes in each Skill Division will be divided into groups of similar age. Each age group will not exceed 25 Athletes. Single age divisions may be split or combined based on the number of entries.
5. Age Determination: The age of a competitor is determined by the gymnast's age on the first day of competition of the Winter Nationals.
6. Eligibility: All athletes, coaches and judges must own a current AAU Membership card
7. Equipment Specifications
  - a. The AAU Winter Nationals will use the current USA Gymnastics Junior Olympic Apparatus specifications.
  - b. Any AAU modifications will be listed in the Gymnastics National Rules later in this document
8. Determination of Gymnastics Champions (All Around and Individual Event)
  - a. All Around Champions in each age division will be determined by the highest combined score of all events
  - b. Individual Event Champions will be determined by the rank order of each event score from the competition
9. Club Team Champions in each Skill Division will be determined by combining the top 3 scores from each club for each athlete regardless of Age Group
10. Determination of Freestyle Acrobatics Champions (Combined, Speed Run and Freestyle Run)
  - a. Combined Champions in each skill level and age division will be determined by the combined score of their Speed Run and their Freestyle Run
  - b. Individual Run Champions will be determined by the rank order of each run from the competition
11. Awards
  - a. All Around Awards are provided for each gymnastics participant
  - b. Individual Event Awards for each Skill Level and Age Group contested are provided for each session (50% + 1 level of distribution) through 10<sup>th</sup> Place
  - c. One Club Team Award for each Skill Level is presented through 6<sup>th</sup> Place
12. Attire: All medal winners (Team, All Around and Individual) are required to be in complete gymnastics attire (Leotard or warm-up suits) at the awards ceremony

## V. Girls Gymnastics National Rules

AAU Gymnastics for girls offers both Optional and Compulsory Skill Divisions as follows:

### Optional Skill Divisions

- Open Optional (LO)
- Level 8 (L8)
- Level 7 (L7)
- Modified Optional

- Level Advanced (LA)
- Level Intermediate (LI)
- Level Novice (LN)

**Compulsory Skill Divisions**

- Level 6 (L6)
- Level 5 (L5)
- Level 4 (L4)
- Level 3 (L3)
- Level 2 (L2)

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](http://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.

**A. Exceptions to USA Gymnastics Rules**

The “GENERAL FAULTS AND PENALTIES” described in the USA Gymnastics Rules will be followed by AAU with the following exceptions:

**MORE THAN HALF OF THE MAJOR ELEMENTS IN ROUTINE PERFORMED WITH ASSISTANCE OF COACH**

The fourth paragraph, page 161 of USAG Compulsory Book, concerning this assistance does NOT apply to the National AAU Girls Age Group Program.

**SPOTTING DEDUCTIONS – LEVELS 2, 3, 4, 5, 6 - BARS - BEAM - FLOOR**

Coach spotting gymnast during routine (touch) 0.50

Plus deduction for any part of complete element assisted by the coach. The maximum deduction of a single Element performed is not to exceed the value of the element minus .10. Example – Value of an element is .60, maximum deduction of .50 (this does not include deduction for fall, if any)

Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge’s discretion.

If a gymnast falls while being spotted on any element, she will only receive a 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Coach may stand between the bars for the entire routine with no deduction. Do not block view of judge.

Coach may stand next to beam for the entire routine with no deduction. Do not block view of judge.

Coach may stand on the floor with no deduction. Do not block view of judge

### SPOTTING DEDUCTIONS - VAULT

Coach may stand between the mats or vault table and board with no deduction. Do not block view of judge.

Aid of Coach during vault 3.00

Spot by Coach on landing 0.50

Levels, 2, 3, & 4 Gymnasts are allowed one vault. If a repeat vault is allowed if deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Levels 5, 6, 7, 8, and Intermediate Optional & Advanced Intermediate Optional are allowed two vaults.

### FALL DEDUCTIONS

Fall 0.50 Plus deduction for any incomplete part of the element - Not to exceed the value of the element attempted minus .10

In the event a gymnast falls, she will not automatically lose the full value of the element. This will allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

### DELIBERATE OMISSION - Deduct Value of the Element

#### SKILLS PERFORMED OUT OF ORDER

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such as a rhythm, text errors, etc to further separate the athletes.

Skills performed after the dismount will not be evaluated

### DEDUCTIONS TAKEN FROM AVERAGE BY CHIEF JUDGE

(No Warning Given)

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise

(This does not apply to Levels 2 and 3). Each Time 0.10

- Equipment and matting may be adjusted to facilitate the safety of the gymnast.
- Athletes may use an alternative springboard apparatus, provided the apparatus is manufactured by a gymnastics equipment company. The apparatus should resemble the shape of a traditional vaulting board, with a maximum of 15 inches at the high end and a maximum of 4 inches at the low end. The surface producing the "spring" may be other than the traditional coil springs, such as an air bladder or small trampoline bed.
- Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of the elements within a routine may not be changed. Gymnasts may take one extra step or delete a required step if reversing an element.
- It should be noted that there are some choices of elements in the AAU National Age Group Level be rewarded if perceived as more difficult or a higher level than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen. There is no time limit deduction for Beam or Floor for all Levels.
- Warm-up times for Girls:
  - Levels 2 & 3 – 30 seconds
  - Level 4 – 45 seconds
  - Levels 5, 6 & all Modified Optional – 60 seconds
  - Level 7 – 90 seconds
  - Levels 8 & Open Optional – 120 seconds

## **B. Girls National Optional Rules**

### **1. Open Optional**

The current USA Gymnastics Level 9 rules govern the Open Optional Skill Division with two changes:

- a). D & E Level Skills are permitted
- b). USA Gymnastics Level 10 Bonus is in effect

### **2. Level 8**

The current USA Gymnastics Level 8 rules govern this Skill Division

### **3. Level 7**

The current USA Gymnastics Level 7 rules govern this Skill Division

### **4. Modified Optional**

Considered a transition level between Compulsory and Optional Skill Divisions the Modified Optional (MO) Division provides an opportunity for athletes to compete in Optional competition without high level difficulty requirements. The MO Division is comprised of three levels:

- a). Advanced (LA)
- b). Intermediate (LI)
- c). Novice (LN)

Refer to the following Charts for rules specific to the MO Division.

# 2011 - 2012 National AAU Modified Optional Rules

## VAULTING TABLE

2 Vaults allowed - may be same or different

Novice (using stacked mats)		Intermediate		Advanced	
Kick to Handstand Flat Back <small>(Level 2 Vault)</small>	9.0	1/4 - 1/2 Twist On - Repulsion Off	9.0	1/4 - 1/2 Twist On - Repulsion Off	9.0
Run Hurdle and Punch to Forward Roll to Stand on Mat Stack <small>(Level 3 Vault)</small>	9.5	Handspring	9.4	Handspring	9.4
Run Hurdle and Punch to Handstand Flatback <small>(Level 4 Vault)</small>	10.0	Yamashita	9.4	Yamashita	9.4
Handspring over Vaulting Table <small>(Level 5 Vault)</small>	10.0	Handspring - 1/2 Twist Off	9.5	Handspring - 1/2 Twist Off	9.5
		Yamashita - 1/2 Twist Off	9.5	Yamashita - 1/2 Twist Off	9.5
		1/2 Twist On - 1/2 Twist Off	9.6	1/2 Twist On - 1/2 Twist Off	9.6
		1/4 Twist On - 3/4 Twist Off	9.6	1/4 Twist On - 3/4 Twist Off	9.6
		1/2 Twist On - 1/1 Twist Off	9.8	1/2 Twist On - 1/1 Twist Off	9.8
		1/4 Twist On - 1 1/4 Twist Off	9.8	1/4 Twist On - 1 1/4 Twist Off	9.8
		Handspring On - 1/1 Twist Off	10.00	Handspring On - 1/1 Twist Off	10.00
		Yamashita On - 1/1 Twist Off	10.00	Yamashita On - 1/1 Twist Off	10.00

**Difficulty Restrictions:** No Other Vaults Allowed

**General Information:** Coach may stand between board and table  
Athletes may use an alternative springboard apparatus, provided the apparatus is

**Penalties:** Aid of Coach during vault 3.00  
Spot or touch by coach on landing 0.50

	Novice	Intermediate	Advanced
<b>Value Parts</b> <i>A = .1 ea B = .3 ea</i>	None Required	5 A's 1 B	4 A's 2 B's
<b>Start Value</b>	10.00	10.00	10.00
<b>Special Requirements</b> .2 each	Cast (no angle deduction)	Cast to Horizontal	Cast above Horizontal
	5 elements (from Compulsory elements or Code of Points)	1 Bar Change	1 Bar Change
	1 circling element * may come from groups 3, 4, 5, 6 or 7	1 circling element * may come from groups 3, 4, 5, 6 or 7	1 circling element * may come from groups 3, 4, 5, 6 or 7
			Salto Dismount
<b>Difficulty Restrictions:</b>	No "B's"	No "C's"	No "C's"
<b>General Information:</b>	All Value Parts must be listed in the Code of Points Coach may stand between bars for entire routine One Tap Swing/Counter swing is allowed. No Composition		
<b>Penalties:</b>	More than one tap swing/counterswing = .3 deduction each If unallowable elements are performed, no Value Part credit is awarded and a deduction of 1.00 for each is taken from the Start Value.		

	Novice	Intermediate	Advanced
<b>Value Parts</b> <i>A = .1 ea B = .3 ea</i>	None Required	5 A's 1 B	4 A's 2 B's
<b>Start Value</b>	10.00	10.00	10.00
<b>Special Requirements</b> .2 each	1/2 Turn on 1 foot (minimum)	1/1 Turn on 1 foot	1/1 Turn on 1 foot
	5 Elements (from Compulsory elements or Code of Points)	Leap/Jump Series of at least 2 elements (minimum of 60°)	Leap/Jump Series of at least 2 elements (minimum of 90°)
	1 Leap (minimum of 45°) *may be isolated or in a series	1 Acro Skill (Group 6 or 7 only) *Flight Not Required	1 Acro Series *with or without flight
	1 Jump (minimum of 45°) *may be isolated or in a series	Dismount with Flight * with or without hands	*handstand may be used as first acro element. Must be held min. of 2 seconds
			Salto Dismount
<b>Difficulty Restrictions:</b>	No "B's"	No "C's"	No "C's"
<b>General Information:</b>	All Value Parts must be listed in the Code of Points Coach may stand next to beam for entire routine Exercise is not timed No Composition		
<b>Penalties:</b>	If unallowable elements are performed, no Value Part credit is awarded and a deduction of 1.00 for each is taken from the Start Value.		

# 2011 - 2012 National AAU Modified Optional Rules

## FLOOR EXERCISE

	Novice	Intermediate	Advanced
<b>Value Parts</b>	None Required	5 A's	4 A's
<i>A = .1 ea B = .3 ea</i>		1 B	2 B's
<b>Start Value</b>	10.00	10.00	10.00
<b>Special Requirements</b> .2 each	5 Elements (from Compulsory elements or Code of Points)	1/1 Turn on 1 foot	1/1 Turn on 1 foot
	1 Leap (minimum of 45°) <i>*may be isolated or in a series</i>	Leap/ Jump Series of at least 2 elements (minimum of 60°)	Leap/ Jump Series of at least 2 elements (minimum of 90°)
	1 Jump (minimum of 45°) <i>*may be isolated or in a series</i>		
	2 Different Acro (tumbling) Series <i>* each series must have 2 skills with or without flight</i>	2 Acro (tumbling) Series <i>*each series must have 3 skills containing flight</i>	1 Acro (tumbling) Series <i>*series must have 3 skills containing flight</i>
		<i>* the two Acro Series must differ significantly from one another</i>	1 Forward Acro (tumbling)Series <i>*at least 1 skill containing flight</i>
		1 Salto (Forward or Backward) <i>*may be part of series or isolated</i>	1 Salto (Forward or Backward) <i>*may be part of series or isolated</i>
<b>Difficulty Restrictions:</b>	"B" Dance Skills Only	No "C's"	"C" Dance Skills Only
<b>General Information:</b>	All Value Parts must be listed in the Code of Points		
	Coach may stand on floor		
	Exercise is not timed		
	No Composition		
<b>Penalties:</b>	If unallowable elements are performed, no Value Part credit is awarded and a deduction of 1.00 for each is taken from the Start Value.		

## C. Girls National Compulsory Rules

### 1. Level 6

#### a). Level 6 – Vault

##### NATIONAL AAU LEVEL 6 VAULT – 10.0

The AAU Level 6 Vaults shall be the same as described by the USAG Program 2005-2013. Refer to USAG Compulsory Manual, Page 117 **with exception only as stated in the National Supplementary AAU General Deductions and Penalties**

Gymnasts are allowed two vaults. Three running approaches are permitted, if the gymnast has not touched the springboard and/or the vault table. A fourth approach is not permitted.

<b>First Flight</b>			
See General Deductions			
<b>Support Phase</b>			
Incorrect Shoulder Alignment			Up to 0.30
Arms Bent			Up to 0.50
Completely bent arms causing head to contact vault table			2.00
Additional hand placements (taking steps/hops on hands)			Up to 0.30
Too long in support (failure to leave vault table by vertical)			Up to 0.50
Angle of repulsion:			Up to 1.00
By vertical	no deduction		
From 1° to 45°	deduct 0.05 - 0.50		
From 46° to horizontal	deduct 0.55 - 1.00		
Alternate repulsion			Up to 0.20
Touch of only one hand on vault table	Chief Judge		1.00
No hand support on vault table			VOID
<b>Second Flight</b>			
Insufficient height			Up to 0.50
Insufficient distance			Up to 0.30
Brush, touch, or hit of body on far end of vault table			0.30
<b>Landing</b>			
Slight hop, small adjustment of feet			Up to 0.10
Extra arm swing (s)			Up to 0.10
Additional trunk movements to maintain balance			Up to 0.30
Taking steps after landing			Each 0.10
Max 0.40			
Very large step or jump			0.20
Deep squat upon landing			Up to 0.30
Contacting the mat or apparatus with one or both hands or with body			
After landing			
Brush, touch or hit			Up to 0.30
Support on hand(s) or fall onto mat or against apparatus			0.50
Failure to land on the feet first on the mat			2.00 (includes the fall)



*Finishes in a sitting, lying or standing position on the vault table	0.50 (fall on apparatus) +2.00
<b>General</b>	
Body position faults	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Incorrect head alignment	Up to 0.10
Incorrect Foot Form (each phase)	Up to 0.10
Legs bent (each phase)	Up to 0.30
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Headspring performed	2.00
Performing incorrect vault	VOID
Coach between board and vault table	No Penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

## **b). Level 6 – Uneven Parallel Bars**

### **NATIONAL AAU LEVEL 6 BARS VALUE 10.00**

The AAU Level 6 Uneven Parallel Bars is the same as described by the USAG Program 2005-2013 in its entirety. Refer to USAG Compulsory Manual, Page 119 **with exception only as stated in the National Supplementary AAU General Deductions and Penalties**

<b>Mount -- Straddle or Pike Glide Kip (0.80)</b>	
Failure to take off from both feet simultaneously	0.10
Performs run-out glide	0.30
Failure to lead with the feet in the forward glide swing (performs long hang swing)	Up to 0.10
Insufficient extension at end of glide	Up to 0.20
Failure to close legs at end of straddle glide	0.10
<b>Cast to a Minimum of 30° Above Horizontal (0.80)</b>	
Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part-abdomen, hips, knees or feet)	Up to 0.40
1° to 29° above horizontal	0.05 0 0.25
At horizontal	0.30
Below horizontal	0.35 0 0.40
Incorrect body alignment (straight line from shoulders to feet with chest hollow)	Up to 0.20
<b>Clear Hip Circle to 30° Above Horizontal (0.80)</b>	

Excessive arch or pike on downswing or upswing	Each	Up to 0.20
Insufficient height and extension of upswing <i>Use amplitude of cast deduction from Cast Above)</i>		Up to 0.40
Hips touching bar as upswing finishes (back hip circle) <i>(no deduction for thighs brushing bar on upswing)</i>		0.80
Lack of control into glide		Up to 0.10
<b>Straddle or Pike Glide Kip (0.80)</b>		
Failure to lead with the feet in the forward glide swing (performs long hang swing)		Up to 0.10
Insufficient extension at end of glide		Up to 0.20
Failure to close legs at end of straddle glide		0.10
<b>Cast, Squat/Pike On or Back Sole Circle (0.40)</b>		
Insufficient backward swing of legs into cast hip lift only		0.05
Alternate foot placement		0.20
<b>Jump To Long Hang Kip (0.80)</b>		
Failure to swing to near horizontal		Up to 0.20
<b>Cast to 30° Above Horizontal (0.80)</b>		
See Cast to 30° above horizontal on low bar		
<b>Long Hang Pullover (0.80)</b>		
Failure to show slight arched position on bottom of down swing		0.10
Excessive piking of body		Up to 0.20
Failure to maintain over-grip (hands completely release bar)		0.30
Performing a backward giant circle prior to pulling hips toward bar		1.00
<b>Underswing, 1<sup>st</sup> Counterswing (15°) *0.80</b>		
<u>Underswing:</u>		
Failure to contact the bar with the mid to lower thighs between the completion of the Long hang pullover & initiation of the underswing		0.20
Failure to maintain straight-hollow body position		Up to 0.20
Hips contacting bar (no deduction for thighs touching bar)		0.20
<u>1<sup>st</sup> Counterswing:</u>		
Hips not at a minimum of 15° below the level of high bar		Up to 0.20
Failure to show a straight line from hands to hips with chest in hollow position With rounded hip angle		Up to 0.20
Body arched and/or hips open to an extended position with feet over Low bar		0.30
<b>Tap Swing Forward 2<sup>nd</sup> Counterswing (Horizontal) (0.80)</b>		
<u>Tap swing forward:</u>		
Failure to show slight arched position at bottom of swing		0.10
Failure to attain straight hollow body position on upswing		Up to 0.20
Insufficient amplitude (feet not at HB height)		Up to 0.20
<u>2<sup>nd</sup> Counterswing:</u>		
Hips not level with the high bar (at horizontal)		Up to 0.20
Failure to show a straight line from hands to hips with chest in hollow Position with rounded hip angle		Up to 0.20

Body arched and/or hips open to an extended position with feet above low bar.		0.30
<b>Tap Swing Forward To Flyaway Dismount (Tuck, Pike or Stretched (0.80))</b>		
Failure to show slight arched position at bottom of swing		0.10
Failure to attain straight hollow position on upswing		Up to 0.20
Insufficient rise of salto		Up to 0.40
At high bar level or above		No Deduction
1° to 45° below the level of the high bar		Up to 0.20
Greater than 45° below the level of the high bar		0.25 – 0.40
<b>Tuck Flyaway</b>		
Insufficient bend of hips and legs (minimum of 135°)	Each	Up to 0.20
Insufficient stretch prior to landing		Up to 0.20
<b>Pike Flyaway</b>		
Insufficient pike of hips (Minimum of 135°)		Up to 0.20
Insufficient stretch prior to landing		Up to 0.20
<b>Stretched Flyaway</b>		
Failure to maintain straight hollow position throughout		Up to 0.20

Refer to USAG for General Faults and Penalties for additional deductions

## **d). Level 6 – Balance Beam**

### **NATIONAL AAU LEVEL 6 BEAM VALUE 10.00**

The AAU Level 6 Beam shall be the same as described by the USAG Program 2005-2013 in its entirety with exception only as stated in National Supplementary AAU General Deductions and Penalties.

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

No Time Limit

<b>Mount: Scissor Leg Swing with ½ (180°) Turn (0.20)</b>		
Lack of Continuity in ½ (1980) turn to straddle sit		Up to 0.10
<b>Coupe, Side Développé, Rond de Jambe (0.40)</b>		
<u>Side Développé</u>		
Failure to lift free leg sideward to a minimum of 45° below horizontal		Up to 0.10
<u>Rond de Jambe</u>		
Failure to lift free leg in front to a minimum of horizontal		Up to 0.10
Failure to hold the forward leg balance for 1 second		Up to 0.10
<b>½ (180°) Turn in Forward Coupe (Heel Snap) (0.40)</b>		
Failure to lower heel at completion of turn		0.05
<b>Straight Leg Leap (120°) (0.60)</b>		
Bending lead (front leg on take-off)		Up to 0.10
Insufficient leg separation (less than 120°)		Up to 0.20
Failure to pause in low arabesque position on landing		0.05
<b>Weight Transfer (0.20)</b>		
Failure to show “rocking” action through use of plié	Each Time	Up to 0.10

<b>Back Walkover (150° Split or Back Roll to ¾ Handstand (0.60))</b>		
<u>Back Walkover:</u>		
Failure to show continuous leg lift into the walkover		Up to 0.10
Incorrect (staggered or alternate) hand placement		0.10
Insufficient leg separation (less than 150°)		Up to 0.20
<u>Back Roll to a minimum of ¾ handstand:</u>		
Failure to attain minimum of ¾ handstand		Up to 0.20
Performing a backward roll step-out (head stays in contact with beam)		0.60
<b>½ (180°) Pivot Turns (L&amp;R) (0.40)</b>		
Lack of sharpness in pivot turns	Each	Up to 0.10
<b>1/1 (360°) Turn in Forward Passé (0.40)</b>		
See General Faults and Penalties		
<b>Tuck Jump (0.40), Split Jump (120°) (0.40)</b>		
<u>Tuck Jump:</u>		
Insufficient hip/knee closure (minimum of 90° bend is required)	Each Angle	Up to 0.10
Insufficient extension (open) before landing		Up to 0.10
<u>Split Jump:</u>		
Insufficient leg separation (less than 120°)		Up to 0.20
Failure to land with legs/feet close		Up to 0.10
<b>Arabesque (&gt;45°) – Scale (45° above horizontal) (0.40)</b>		
Failure to lift free leg above 45° in arabesque		Up to 0.20
<b>Arabesque Continued</b>		
Failure to hold arabesque 1 second		Up to 0.10
Failure to lift free leg 45° above horizontal in scale		Up to 0.20
Failure to hold scale 2 seconds		Up to 0.20
<b>½ (180°) Pivot Lunge Turn (0.20)</b>		
Lack of sharpness in pivot turn		Up to 0.10
<b>Cross Handstand, ¼ to Side Handstand, ¼ Turn Dismount (1.20)</b>		
Incorrect (staggered) hand placement in cross handstand		0.10
Failure to attain vertical	Each Handstand	Up to 0.30
Failure to hold cross handstand 1 second		Up to 0.10
¼ (90°) turn to side handstand incomplete		Up to 0.10
Failure to hold side handstand 2 seconds		Up to 0.20
¼ (90°) turn off incomplete or overturned		Up to 0.10
Failure to maintain straight body position		Up to 0.20

### **d). Level 6 – Floor Exercise**

#### **NATIONAL AAU LEVEL 6 FLOOR VALUE 10.00**

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

<b>Straddle Jump (150°) (0.40); Stretch Jump with ½ (180°) Turn (0.40)</b>		
<u>Straddle Jump:</u>		
Insufficient leg separation (less than 150°)		Up to 0.20
Failure to land with feet together		0.10
<u>Stretch jump with ½ turn</u> – See General Faults and Penalties		
<b>Flic-Flac Step Out (0.60)</b>		
Failure to step-out (legs together throughout performs flic-flac to two feet)		0.20
<b>Forward Salto Tucked (0.80)</b>		
See General Faults and Penalties		
Failure to perform salto in designated body position (pike or layout)		Up to 0.80
<b>Front Handspring Step Out (0.60) Front Handspring Two Feet, Rebound (0.60)</b>		
Lack of acceleration in series		Up to 0.20
<u>Applies to both Front handsprings:</u>		
Failure to maintain arms next to ears & focus on hands		Up to 0.10
Flight prior to hand contact (dive)		Up to 0.20
Incorrect (alternate) hand placement		0.10
Insufficient repulsion (quickness off hands)		Up to 0.20
Total lack of repulsion (Limber or Front Walkover)		0.60
<u>Front handspring step-out:</u>		
Failure to step out (Legs together throughout)		0.20
Joining legs prior to step-out		0.10
<u>Front handspring to two feet, rebound:</u>		
Failure to land with feet simultaneously		0.10
Failure to immediately rebound		0.10
<b>Straight Leg Leap (150°) (0.60; Side Leap (150°) (0.60)</b>		
<u>Straight leg leap:</u>		
Bending the lead (front) leg on take-off		Up to 0.10
Insufficient leg separation (less than 150°)		Up to 0.20
<u>Side Leap:</u>		
Bending the lead leg (front) leg on take-off		Up to 0.10
Insufficient leg separation (less than 150°)		Up to 0.20
<b>Forward Split (0.20)</b>		
Failure to achieve 180° split position (legs flat on floor)		Up to 0.20
<b>Weight Transfer (0.20)</b>		
Failure to show “rocking” action through use of <b>plié</b>	Each	Up to 0.10
<b>Straight Arm Backward Roll To Handstand (0.60)</b>		
Hands placed on floor during squat phase prior to rolling backward		0.30
Incorrect hand placement		0.10
Failure to pass through vertical		Up to 0.30
Performs a backward roll step out (change element)		0.60
<b>1/1 (360°) Turn in Forward Passé (0.40)</b>		
See General Faults and Penalties		
<b>Hitchkick (0.40)</b> Insufficient height of each leg kick		Up to 0.10
<b>Back Walkover (180°)</b>		

Failure to show continuous leg left into walkover	Up to 0.10
Incorrect (staggered or alternate) hand placement	0.10
Insufficient leg separation (less than 180°)	Up to 0.20
<b>Round Off (0.40) Flic Flac (0.60), Backward Salto Tucked (0.80)</b>	
Lack of acceleration in the series	Up to 0.20
<u>Round off:</u>	
Failure to pass through vertical	Up to 0.30
Failure to land on feet simultaneously	0.10
<u>Flic Flac:</u>	
Deep squat into flic flac	Up to 0.20
Failure to land on feet simultaneously	0.10
<u>Backward salto tucked:</u>	
Failure to perform salto in designated body position (pike or layout)	Up to 0.80
Failure to extend/open prior to landing	Up to 0.20
Failure to pause in “controlled stick”	0.05

2. **Level 5**  
**a). Level 5 – Vault**

**NATIONAL AAU LEVEL 5 VAULT – 10.0**

The AAU Level 5 Vaults shall be the same as described by the USAG Program 2005-2013. Refer to USAG Compulsory Manual, Page 83 **with exception only as stated in the National Supplementary AAU General Deductions and Penalties**

Gymnasts are allowed two vaults. Three running approaches are permitted, if the gymnast has not touched the springboard and/or vault table. A fourth approach is not permitted.

<b>First Flight</b>	
See General Deductions	
<b>Support Phase</b>	
Incorrect Shoulder Alignment	Up to 0.30
Arms Bent	Up to 0.50
Completely bent arms causing head to contact vault table	2.00
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Too long in support (failure to leave vault table by vertical)	Up to 0.50
Angle of repulsion:	Up to 1.00
By vertical	no deduction
From 1° to 45°	deduct 0.05 - 0.50
From 46° to horizontal	deduct 0.55 - 1.00
Alternate repulsion	Up to 0.20
Touch of only one hand on vault table	Chief Judge 1.00
No hand support on vault table	VOID
<b>Second Flight</b>	
Insufficient height	Up to 0.50

Insufficient distance	Up to 0.30
Brush, touch, or hit of body on far end of vault table	0.30
<b>Landing</b>	
Slight hop, small adjustment of feet	Up to 0.10
Extra arm swing (s)	Up to 0.10
Additional trunk movements to maintain balance	Up to 0.30
Taking steps after landing	Each 0.10 Max 0.40
Very large step or jump	0.20
Deep squat upon landing	Up to 0.30
Contacting the mat or apparatus with one or both hands or with body	
After landing	
Brush, touch or hit	Up to 0.30
Support on hand(s) or fall onto mat or against apparatus	0.50
Failure to land on the feet first on the mat	2.00 (includes the fall)
*Finishes in a sitting, lying or standing position on the vault table	0.50 (fall on apparatus) +2.00

<b>General</b>	
Body position faults	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Incorrect head alignment	Up to 0.10
Incorrect Foot Form (each phase)	Up to 0.10
Legs bent (each phase)	Up to 0.30
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Headspring performed	2.00
Performing incorrect vault	VOID
Coach between board and vault table	No Penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

## **b). Level 5 – Uneven Parallel Bars**

### **NATIONAL AAU LEVEL 5 BARS VALUE 10.00**

The AAU Level 5 Bar shall be the same as described by the USAG Program 2005-2013 in its entirety. Refer to USAG Compulsory Manual, Page 85 with exception only as stated in the National Supplementary AAU General Deductions and Penalties

#### **Mount -- Straddle or Pike Glide Kip (0.80)**

Failure to take off from both feet simultaneously	0.10
Performs run-out glide	0.30
Failure to lead with the feet in the forward glide swing (performs long hang swing)	Up to 0.10
Insufficient extension at end of glide	Up to 0.20
Failure to close legs at end of straddle glide	0.10
<b>Front Hip Circle (0.60)</b>	
Failure to show a straight-hollow body position into circle	Up to 0.10
<b>Cast to Horizontal &amp; Return to Front Support (0.80)</b>	
Insufficient amplitude of cast (line from shoulders to feet) (Line from shoulders to mid-point to lowest body part) -1 <sup>0</sup> to 45 <sup>0</sup> below horizontal 0.05 – 0.15 -46 <sup>0</sup> or more below horizontal 0.20 – 0.30	Up to 0.30
Incorrect body alignment (straight line from shoulders to feet with chest hollow)	Up to 0.20
Lack of control in returning to bar	Up to 0.10
<b>Cast, Squat On/Pike On (0.40)</b>	
Alternate foot placement	Up to 0.20
Insufficient backward swing of legs into cast (hip lift only)	0.05
<b>Jump to Long Hang Kip (0.80)</b>	
Failure to swing to near horizontal	Up to 0.20
<b>Cast to Horizontal (0.80)</b>	
See above deductions on Cast to Horizontal	
<b>Back Hip Circle (0.60)</b>	
Failure to maintain a straight-hollow body position throughout circle	Up to 0.20
Failure to maintain hip or upper thigh contact on bar throughout circle	0.20
<b>Underswing, First Counterswing (30°) (0.80)</b>	
<b>Underswing</b>	
Failure to maintain straight hollow body position throughout	Up to 0.20
Hips contacting bar (no deduction for thighs touching bar)	0.20
<b>1<sup>st</sup> Counterswing</b>	
Hips not a minimum of 30° below the level of high bar	Up to 0.20
Failure to show a straight line from hands to hips with chest in hollow position with rounded hip angle	Up to 0.20
Body arched and/or hips open to an extended position with feet over low bar	0.30
<b>Tap Swing Forward, Second Counterswing (15°) (0.80)</b>	
<b>Tap Swing Forward</b>	
Failure to show slight arched position at bottom of swing	0.10
Failure to attain straight-hollow body position on upswing	Up to 0.20
Insufficient amplitude (feet not at HB height)	Up to 0.20
<b>2<sup>nd</sup> Counterswing</b>	
Hips not a minimum of 15° below the level of high bar	Up to 0.20
Failure to show a straight line from hands to hips with chest in hollow position with rounded hip angle	Up to 0.20



Body arched and/or hips open to an extended position with Feet over low bar	0.30
<b>Tap Swing Forward with 1/2 (180°) Turn Dismount * (0.80)</b>	
Failure to show slight arched position at bottom of swing	Up to 0.10
Failure to attain straight hollow position on upswing	Up to 0.20
Beginning turn prior to 45° below height of high bar	Up to 0.20
Failure to complete 1/2 (180°) turn prior to regrasp	Up to 0.20
Failure to re-contact the bar with the free hand as the ½ turn is completed	0.30

### **c). Level 5 – Balance Beam**

#### **NATIONAL AAU LEVEL 5 BEAM VALUE 10.00**

The AAU Level 5 Beam shall be the same as described by the USAG Program 2005-2013 in its entirety with exception only as stated in National Supplementary AAU General Deductions and Penalties. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction. No Time Limit

<b>Mount: Leg Swing with ½ (180) (0.20)</b>	
Lack of continuity in ½ (180°) turn to straddle sit	Up to 0.10
<b>½ (180°) Turn in Forward Coupe (Heel-Snap) (0.40)</b>	
Failure to lower heel at completion of turn	0.05
<b>Straight Leg Leap (90°) (0.60)</b>	
Bending lead (front) leg on take off	Up to 0.10
Insufficient leg separation (less than 90°)	Up to 0.20
Failure to pause in low arabesque position on landing	0.05
<b>Weight Transfer (0.20)</b>	
Failure to show “rocking” action through use of plié (each time)	Up to 0.10
<b>Cross Handstand (0.60)</b>	
Incorrect (staggered) hand placement	0.10
Failure to attain vertical	Up to 0.30
Failure to close (join) legs	0.10
Failure to hold 1 second	Up to 0.10
<b>½ (180°) Pivot Turns (L &amp; R) (0.40)</b>	
Lack of sharpness in pivot turns	Each Up to 0.10
<b>½ (180°) Turn In Forward Coupé (0.40)</b>	
See General Faults and penalties	
<b>Cartwheel 1/4 (90°) Turn Inward (0.60)</b>	
Incorrect (simultaneous) hand placement	0.10
Failure to pass through vertical	Up to 0.30
<b>Stretch Jump (0.40); Split Jump (90°) (0.40)</b>	
Stretch Jump: See general faults and penalties	

<b>Split Jump:</b>	
Insufficient leg separation (less than 90°)	Up to 0.20
Failure to land with legs/feet close	Up to 0.10
<b>Arabesque (&gt;45°) – Scale (above horizontal) (0.40)</b>	
Failure to lift free leg above 45° in arabesque	Up to 0.20
Failure to hold arabesque 1 second	Up to 0.10
Failure to lift free leg above horizontal in scale	Up to 0.20
Failure to hold scale 2 seconds	Up to 0.20
<b>Cartwheel to Side Handstand, 1/4 (90°) Turn Dismount (0.60)</b>	
Incorrect (simultaneous) hand placement	Up to 0.10
Failure to attain vertical	Up to 0.30
Failure to hold 2 seconds	Up to 0.20
1/4 (90°) turn incomplete or overturned	Up to 0.10
Failure to maintain straight body position throughout	Up to 0.20

### **d). Level 5 – Floor Exercise**

#### **LEVEL 5 FLOOR VALUE 10.00**

The AAU Level 5 Floor shall be the same as described by the USAG Program 2005-2013 in its entirety **with exception only as stated in the National Supplementary AAU General Deductions and Penalties.** Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing.

<b>Straddle Jump (120°) (0.40)</b>	
Insufficient leg separation (less than 120°)	Up to 0.20
Failure to land with feet together	0.10
<b>Dive Forward Roll (0.60)</b>	
Failure to maintain straight-hollow position throughout	Up to 0.20
Failure to show flight (dive) prior to hand contact	Up to 0.20
Pushing off floor with hands to arrive in tuck stand	0.30
<b>Front Handspring To Two Feet, Rebound (0.60)</b>	
Failure to maintain arms next to ears & focus on hands throughout	Up to 0.10
Flight prior to hand contact (dive)	Up to 0.20
Incorrect (alternate) hand placement	0.10
Insufficient repulsion (quickness off hands)	Up to 0.20
Total lack of repulsion (Front Limber-change of element)	0.60
Failure to land with feet simultaneously	0.10
Failure to rebound immediately	0.10
<b>Straight Leg Leap (120°) (0.60; Leg Swing with Hop ¼ Turn (0.20)</b>	
<b>Straight leg leap:</b>	
Bending the lead (front) leg on take-off	Up to 0.10
Insufficient leg separation (less than 120°)	Up to 0.20
<b>Leg swing with hop ¼ (90°) turn:</b>	
Failure to swing leg forward to a minimum of horizontal	Up to 0.10

<b>Forward Split (0.20)</b>		
Failure to achieve 180° split position (legs flat on floor)		Up to 0.20
<b>Weight Transfer (0.20)</b>		
Failure to show “rocking” action through use of plié	Each	Up to 0.10
<b>Backward Roll to Handstand with Straight Arms (0.60)</b>		
Hands placed on floor during squat phase prior to rolling backward		0.30
Incorrect hand placement		0.10
Failure to pass through vertical		Up to 0.30
Performs a backward roll step-out (change of element)		0.60
<b>1/1 (360°) Turn in Forward Coupé (0.40)</b>		
See General Faults and Penalties		
<b>Hitchkick (0.40)</b>		
Insufficient height of each leg kick (as specified in text)	Each	Up to 0.10
<b>Back Walkover (150°) (0.60)</b>		
Failure to show continuous leg lift into walkover (leg drops or lifts after Arching backwards has begun)		Up to 0.10
Incorrect (staggered or alternate) hand placement		0.10
Insufficient leg separation (less than 150°)		Up to 0.20
<b>Round-Off (0.40, Flic-Flic, Flic-Flac Rebound (0.60 Each)</b>		
Lack of acceleration in the series		Up to 0.20
<b>Round-off:</b>		
Failure to pass through vertical		Up to 0.30
Failure to land with feet simultaneously		0.10
<b>Flic-flac, Flic-flac, rebound:</b>		
Deep Squat into flic-flac	Each	Up to 0.20
Failure to land with feet simultaneously	Each	0.10
Failure to immediately rebound		0.10
Failure to pause in “controlled stick”		0.05

3. **Level 4**  
**a). Level 4 – Vault**

**NATIONAL AAU LEVEL 4 VAULT – 10.0**

Mat Stack 32” in height Maximum height 48”

Run and accelerate into the hurdle onto the board. Rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing. Keep the body extended, rotating to an inverted position and extending through the shoulders and execute handspring on to stacked mats to back lying position. Execute the handspring vault with good rotation, blocking through the shoulders and maintaining a tight straight-hollow body position with legs together.

Gymnasts perform only one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

<b>First Flight Phase</b>	
Failure to maintain a straight body position:	Up to 0.50
<b>Support Phase</b>	
Failure to show an inverted vertical position from the hands to hips (forward rolling action or failure to show vertical)	Up to 2.00
Incorrect Shoulder Alignment	Up to 0.30
Too long in support (failure to leave mat by vertical)	Up to 0.50
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Angle of repulsion:	Up to 0.50
By vertical	no deduction
From 1° to 45°	deduct 0.05 - 0.25
From 46° to horizontal	deduct 0.25 - 0.50
Alternate repulsion	Up to 0.20
Arms bent	Up to 0.50
Completely bent arms causing head to contact vault table	2.00
<b>Post Flight Phase</b>	
Failure to maintain stretched body position	Up to 0.50
Insufficient Height	Up to 0.50
Insufficient Distance	Up to 0.30
<b>Landing</b>	
Failure to finish in a straight lying position on the back	Up to 0.50
Feet First Landing	Up to 1.00

<b>General Deductions</b>	
Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20

Legs Bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10
Incorrect Head Alignment – Not Neutral (each phase)	Up to 0.10
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Support of only one hand on mat on Vault Table	3.00
No hand support on mat	3.00
Coach between board and mat	No penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

## **b. Level 4 - Uneven Parallel Bars**

### **NATIONAL AAU LEVEL 4 BARS VALUE 10.00**

<b>Mount -- Back Hip Pullover (0.80)</b>		
Failure to lift both legs simultaneously (1 foot take off)		Up to 0.30
Failure to finish in extended front support		Up to 0.10
<b>Front Hip Circle, Small Cast (0.60)</b>		
Failure to maintain straight hollow body position into circle		Up to 0.10
Failure to execute a small cast immediately after Front Hip Circle		0.30
Lack of control in returning to the bar		Up to 0.10
Failure to return to front support (performs immediate squat through)		0.50
<b>Cast, Single Leg Squat Through (0.40)</b>		
Leg/foot contacting bar on squat through		Up to 0.20
Failure to show clear stride support at end of squat through		Up to 0.20
<b>Forward Stride Circle (0.60)</b>		
Failure to show clear stride support at beginning and end of circle	Each	Up to 0.20
Hooking knee on the bar to complete circle		0.50
<b>Single Leg Cut Backward (0.40)</b>		
Failure to lift hand and cut leg simultaneously (lack of cutting action)		Up to 0.30
Failure to change hand grip prior to leg cut backward		0.10
<b>Cast (0.40)</b>		
Incorrect body alignment		Up to 0.20
<b>Back Hip Circle (0.40)</b>		
Failure to maintain straight-hollow body position throughout circle		Up to 0.20
Failure to maintain hip or upper thigh contact on bar throughout circle		0.20
<b>Underswing Dismount (0.80)</b>		
Failure to maintain a straight-hollow body position throughout		Up to 0.20
Hips contacting bar (no deduction for thighs touching bar)		0.20
Insufficient extension of body in flight		Up to 0.20
Insufficient flight		Up to 0.20
<b>Refer to USAG General Faults and Penalties for additional deductions.</b>		

## c). Level 4 – Balance Beam

### NATIONAL AAU LEVEL 4 BEAM VALUE 10.00

Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction. No Time Limit

<b>Mount: Leg Swing with ½ (180°) Turn (0.20)</b>		
Lack of continuity in ½ (180°) turn to straddle sit		Up to 0.10
<b>V-Sit (0.20), Swing To Tuck stand (0.40)</b>		
Early bending of legs into tuck stand (below beam level)		Up to 0.20
<b>Coupé Walk, ½ (180) Turn in Forward Coupé (Heel-Snap) (0.40)</b>		
Failure to lower heel at completion of turn		0.05
<b>Straight Leg Leap (60°) (0.60)</b>		
Bending lead (front) leg on take-off		Up to 0.10
Insufficient leg separation (less than 60°)		Up to 0.20
Failure to pause in low arabesque position on landing		0.05
<b>¾ Cross Handstand (0.60)</b>		
Incorrect (staggered) hand placement		0.10
Failure to achieve ¾ handstand position		Up to 0.30
Failure to close (join) legs		0.10
<b>½ (180°) Turn in Forward Coupé (0.40)</b>		
See General Faults and penalties		
<b>Stretch Jump (0.40); Tuck Jump (0.40)</b>		
Stretch Jump – See General Faults and Penalties		
Tuck jump:		
Insufficient hip/knee closure (minimum of 90° bend)	Each Angle	Up to 0.10
Insufficient extension (open) before landing		Up to 0.10
<b>Arabesque (45°) Scale (At Horizontal) (0.40)</b>		
Failure to lift free leg a minimum of 45° in arabesque		Up to 0.20
Failure to hold arabesque 1 second		Up to 0.10
Failure to lift free leg to horizontal or above in scale		Up to 0.20
Failure to hold scale 2 seconds		Up to 0.20
<b>180° Pivot Turn (0.20)</b>		
Lack of sharpness in pivot turn		Up to 0.10
<b>Cartwheel to Side Handstand, 14 (90°) Turn Dismount (0.60)</b>		
Incorrect (simultaneous) hand placement		0.10
Failure to attain vertical		Up to 0.30
Failure to hold 1 second		Up to 0.10
¾ (90°) turn incomplete or overturned		Up to 0.10
Failure to maintain straight body position throughout dismount		Up to 0.20

**Refer to USAG General Faults and Penalties for additional deductions**

## d). Level 4 Floor Exercise

### NATIONAL AAU LEVEL 4 FLOOR VALUE 10.00

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

<b>Stretch Jump (0.40), Split Jump (90°) (0.40)</b>	
Stretch jump: See General Faults and Penalties	
Split jump:	
Failure to land with legs/feet close	Up to 0.10
Insufficient leg separation (less than 90°)	Up to 0.20
<b>Handstand Forward Roll with Straight Arms (0.60)</b>	
Failure to attain vertical	Up to 0.30
Failure to close (join) legs in handstand	0.10
Failure to hold handstand for 1 second	Up to 0.10
Pushing off floor with hands to arrive in tuck stand	0.30
<b>Handstand to Bridge, Back Kick-Over (.60)</b>	
Failure to maintain arms next to ears & focus on hands	Up to 0.10
Failure to close (join) legs	0.10
Failure to push shoulders behind hand in bridging phase	Up to 0.20
Failure to land with feet simultaneously	0.10
Insufficient leg separation on back kick-over (less than 120°)	Up to 0.20
<b>OR</b>	
<b>Handstand to Bridge Stand (Front Limber) – to Immediate Stretch Jump*(0.60)</b>	
Failure to maintain arms next to ears and focus on hands	Up to 0.20
Failure to close (join) legs	0.10
Failure to push shoulders behind hands in bridging phase	Up to 0.20
Alternate hand push	Up to 0.10
Failure to land with feet simultaneously	0.10
Showing repulsion (flight) instead of flexibility	Up to 0.60
<b>Straight Leg Leap (90°) (0.60); Leg Swing with Hop (0.20)</b>	
<b>Straight Leg Leap:</b>	
Bending the lead (front leg on take-off)	Up to 0.10
Insufficient leg separation (less than 90°)	Up to 0.20
<b>Leg Swing with Hop:</b>	
Failure to swing leg forward to a minimum of horizontal	Up to 0.10
<b>Forward Split (0.20)</b>	
Failure to achieve 180° split position (legs flat on floor)	Up to 0.20
<b>Weight Transfer (0.20)</b>	
Failure to show “rocking” action through use of pli�	Up to 0.10
<b>Backward Roll to Push-Up Position (0.60)</b>	
Hands placed on floor during squat phase prior to rolling backward	0.30
Failure to show push-up position	0.20
<b>1/2 (180°) Turn in Forward Coup� (0.40)</b>	
See General Faults and Penalties	

<b>Round-Off (0.40) Flic-Flac to Two Feet, Rebound (0.60)</b>	
Lack of acceleration in the series	Up to 0.20
<b>Round-off:</b>	
Failure to pass through vertical	Up to 0.30
Failure to land on feet simultaneously	0.10
<b>Flic-flac to two feet, rebound:</b>	
Deep squat into flic-flac	Up to 0.20
Failure to land on feet simultaneously	0.10
Failure to rebound immediately	0.10
Failure to pause in controlled "stick"	0.05
<b>Refer to USAG General Fault and Penalties for Additional Deductions</b>	

4. **Level 3**  
**a). Level 3 – Vault**

**NATIONAL AAU LEVEL 3 VAULT - 10.0**

Run and accelerate to the hurdle onto the board. Gymnast must rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing. Keep the body extended, rotating to an inverted position by driving the legs upward, landing in a handstand position with straight arms. Forcefully extending through the shoulders, the head remains neutral with focus on the hands; arms remain in high position from handstand through the landing on back (no repulsion off mat is required). Maintain a straight-hollow body position with legs together. Gymnast must land on the skill cushion in a straight lying position on the back. Mat Minimum height 16” Maximum height 40”.

Gymnasts perform only one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

<b>First Flight Board to Mat Phase</b>	
Failure to maintain a stretch body position from board to mat	Up to 0.50
<b>Support Phase</b>	
Incorrect Shoulder Alignment	Up to 0.30
Body not extended through vertical	Up to 0.50
Angle of Repulsion:	Up to 0.50
By Vertical	No Deduction
From 1 – 45 degrees	0.05 to 0.25
From 46 to Horizontal	0.25 to 0.50
Arms bent	Up to 0.50
Complete bent arms causing head to contact mat	2.00
Too long in support (holding handstand)	Up to 0.50
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Alternate repulsion	Up to 0.20
<b>Second Flight Phase</b>	
Failure to maintain stretched body position (lack of extension)	Up to 0.50



Insufficient height	Up to 0.50
Insufficient distance	Up to 0.30
<b>Landing</b>	
Failure to finish in a straight lying position on the back	Up to 0.50
Feet first landing	Up to 1.00
Incorrect shoulder alignment (arms should be by or slightly behind the ears)	Up to 0.30
<b>General Deductions</b>	
Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Legs Bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10
Incorrect Head Alignment – Not Neutral (each phase)	Up to 0.10

General Deductions	
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Support of only one hand on mat	3.00
No hand support on mat	3.00
Coach between board and mat	No penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

## **b). Level 3 – Uneven Parallel Bars**

### **NATIONAL AAU LEVEL 3 BARS VALUE 10.00**

<b>Mount -- Back Hip Pullover (0.80)</b>	
Failure to lift both legs simultaneously (1 foot take off)	0.30
Failure to finish in extended front support	Up to 0.10
Lack of continuity	Up to 0.10
<b>Cast (0.60)</b>	
Incorrect body alignment	Up to 0.20
<b>Back Hip Circle (0.60) finish in extended front support</b>	
Failure to maintain straight hollow body throughout circle	Up to 0.20
Failure to maintain hip or upper thigh contact on bar throughout circle	0.20
Lack of continuity of circle	Up to 0.10
<b>Single Leg Cut Forward (0.40)</b>	
Failure to lift hand and cut leg simultaneously (lack of cutting action)	Up to 0.30
Leg/foot contacting bar on squat through	Up to 0.20
Lack of control in re-grasp	Up to 0.10
Failure to show clear stride support at end of squat through	Up to 0.20
<b>Single Leg Cut Backward (0.40)</b>	

Failure to lift hand and cut leg simultaneously (lack of cutting action)	Up to 0.30
Lack of control in re-grasp	Up to 0.10
Leg not clear of bar on cut	Up to 0.20
Failure to finish in an extended front support	Up to 0.10
<b>Cast &amp; Return to Front Support (0.80) no angle requirement</b>	
Insufficient dynamics of the cast	Up to 0.10
Incorrect body alignment (straight line from shoulders to feet With chest hollow)	Up to 0.20
Lack of control return to bar	Up to 0.10
<b>Cast, Squat On; Pike Sole Circle Dismount (0.80)</b>	
Placing feet outside of hands	0.20
Alternate foot placement	0.20
Lack of control in squat on	Up to 0.10
Failure to tuck (pike on)	0.20
Failure to maintain straight-hollow body position	Up to 0.20
Failure to maintain head in neutral position	Up to 0.10
Failure to extend body in flight	Up to 0.20
Lack of distance	Up to 0.10
Lack of amplitude	Up to 0.20
Failure to release bar before landing	1.00
<b>OR</b>	
<b>Cast, Straddle On, Sole Circle Dismount (0.80)</b>	
Placing feet between hands	0.20
Alternate foot placement	0.20
Lack of control in straddle on	Up to 0.10
Failure to show straight hollow body position	Up to 0.20
Failure to maintain head in neutral position	Up to 0.10
Failure to extend body in flight	Up to 0.20
Lack of distance	Up to 0.10
Lack of amplitude	Up to 0.20
Failure to release bar before landing	1.00

<b>OR</b>	
<b>Cast, Underswing Dismount (0.80)</b>	
Failure to maintain a straight-hollow position throughout	Up to 0.20
Hips contacting Bar (no deduction for thighs touching bar)	0.20
Insufficient extension of body in flight	Up to 0.20
Failure to release bar before landing	1.00
<b>Refer to USAG General Faults and Penalties for additional deductions</b>	
Bent arms/legs (Each)	Up to 0.30
Legs separated	Up to 0.20

## c). Level 3 – Balance Beam

### NATIONAL AAU LEVEL 3 BEAM VALUE 10.00

Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

No Time Limit

<b>Mount -- Jump to Front Support (0.20)</b>	
Failure to extend body in front support	Up to 0.10
Lack of continuity in 1/4 (90 <sup>0</sup> ) turn to straddle sit	Up to 0.10
<b>V-Sit (0.02), Swing to Push-Up Position (0.60)</b>	
Lack of amplitude of legs on swing	Up to 0.10
Poor body position	Up to 0.20
Failure to show push-up position	0.20
<b>Arabesque (30°) (0.40)</b>	
Failure to lift free leg a minimum of 30°	Up to 0.20
Failure to hold 1 second	Up to 0.10
<b>Partial Cross Handstand (0.80)</b>	
Incorrect (staggered) hand placement	0.10
Failure to close (join) legs on kick-up	0.10
<b>Running Steps (0.40)</b>	
See General Faults and penalties	
<b>½ (180°) Pivot Turn (0.20)</b>	
Lack of sharpness in pivot turn	Up to 0.10
<b>Split Jump (30°) (0.40)</b>	
Insufficient leg separation (less than 30°)	Up to 0.20
Failure to land with feet/legs close	Up to 0.10
<b>Cartwheel to Side Handstand Dismount (0.60)</b>	
Incorrect (simultaneous) hand placement	0.10
Failure to attain vertical	Up to 0.30
Failure to maintain straight body position throughout dismount	Up to 0.20
<b>OR</b>	
<b>Cartwheel to Side Handstand, ¼ (90°) Turn Dismount (0.60)</b>	
Incorrect (simultaneous) hand placement	0.10
Failure to attain vertical	Up to 0.30
¼ Turn incomplete or overturned	Up to 0.10
Failure to maintain straight body position throughout dismount	Up to 0.20
<b>Refer to USAG General Faults and Penalties for additional deductions</b>	

## d). Level 3 – Floor Exercise

### NATIONAL AAU LEVEL 3 FLOOR VALUE 10.00

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction. Music required and shall be USAG Level 3 Music

Handstand Forward Roll (0.60)	
Failure to attain vertical	Up to 0.30
Failure to close (join) legs	0.10
Failure to hold for 1 second	Up to 0.10
Use of hands to push off floor to arrive at standing position	0.30
Round-Off (0.60)	
Failure to pass through vertical	Up to 0.30
Failure to land on feet simultaneously	0.10
OR	
Round-Off Rebound Stick	
Failure to pass through vertical	Up to 0.30
Failure to land on feet simultaneously	0.10
Failure to rebound immediately	0.10
Failure to stick landing	Up to 0.50
Backward Roll to Pike Stand (0.40) Straight Arms Not Required	
Hands placed on floor during squat phase prior to rolling backward	0.30
Backbend Kick-Over (0.60)	
Failure to maintain arms next to ears and focus on hands	Up to 0.10
Lack of control into backbend	Up to 0.10
Failure to push shoulders behind hands in bridging phase	Up to 0.20
Extra kicks to establish inverted vertical position on kick-over	Each 0.30
OR	
Back Walkover (0.60)	
Failure to show continuous leg lift into walkover (leg drops or lifts after the arching backward has begun)	Up to 0.10
Incorrect staggered or alternate hand placement	0.10
Insufficient leg separation (less than 90°)	Up to 0.20
OR	
Standing Back Handspring Rebound Stick (0.60)	
Deep Squat into Back Handspring	Up to 0.20
Lack of extension	Up to 0.20
Failure to land with feet together simultaneously	0.10
Failure to rebound immediately	0.10
Failure to stick landing	Up to 0.50
Front Leg Balance (0.20)	
Failure to hold balance 2 seconds	Up to 0.20
Forward Chasse (0.40)	
Failure to pass through 4th position demi-plié	Up to 0.10

Failure to join legs together in the air	Up to 0.20
Failure to maintain good body alignment	Up to 0.20
<b>Straight Leg Leap 60° (0.60)</b>	
Bending the (lead) front leg on take off	Up to 0.10
<b>Straight Leg Leap Continued</b>	
Insufficient leg separation less than 60°	Up to 0.20
<b>1/2 Turn In Forward Coupé (Heel-Snap) (0.20)</b>	
See General Faults and Penalties	
<b>Stretch Jump (0.40); Tuck Jump (0.40)</b>	
Stretch jump: See General Faults and Penalties	
Tuck Jump:	
Insufficient hip/knee closure (minimum of 90°) Each angle	Up to 0.10

5. **Level 2**  
**a). Level 2 - Vault**

**NATIONAL AAU LEVEL 2 VAULT - VALUE 10.0**  
**8" Mat Required**

The National AAU Level 2 Vault shall be kick to handstand fall to flat back, hands on 8" matting. Gymnast may take one to three steps forward on to the board, swings the arms forcefully from back to forward; placing the hands on the 8" matting and kick the back leg backward-upward and pushing off the board with the front leg, kick to handstand. Arms remain straight. The legs are together in vertical and the head is neutral. Maintaining a straight hollow body position with legs together rotate to land in a straight lying position on the back on the matting. Arms remain in high position from the handstand through the landing on the back.

Gymnasts perform only one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

<b>First Flight Board To Mat Phase</b>	
Failure to maintain a stretch body position from board to mat:	Up to 0.50
<b>Support Phase</b>	
Failure to place hands on matting	0.50
Incorrect Shoulder Alignment	Up to 0.30
Body not extended through vertical	Up to 0.50
Arms bent	Up to 0.50
Completely bent arms causing head to contact mat	2.00
Failure to contact mat with both hands	3.00
Too long in support (holding handstand)	Up to 0.50
Alternate or additional hand placement (Walks on Hands)	Up to 0.30
<b>Post Hand Stand Phase</b>	

Failure to maintain stretched body position (lack of extension)	Up to 0.50
<b>Landing Phase</b>	
Failure to finish in a straight lying position on the back	Up to 0.50
Feet first landing	Up to 1.00
Incorrect shoulder alignment (arms should be by or slightly behind the ears)	Up to 0.30
<b>General</b>	
Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Legs bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10
Incorrect Head Alignment-not neutral position (each phase)	Up to 0.10
Deviation from straight direction	Up to 0.30
Support of only one hand on mat	3.00
No hand support on mat	3.00

<b>General Deductions Continued</b>	
Coach between board and mat	No Penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

**Definition of Straight Body Landing** – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow position should not present with any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.

## **b). Level 2 - Uneven Parallel Bars**

### **NATIONAL AAU LEVEL 2 BARS VALUE 10.00**

<b>Mount -- Back Hip Pullover (0.80) (1 or 2 Foot Take Off Acceptable)</b>	
Failure to finish in extended front support	Up to 0.10
Lack of continuity	Up to 0.10
<b>Cast (0.60) (no angle requirement – hips free of bar on cast)</b>	
Incorrect body alignment	Up to 0.20
<b>Back Hip Circle (0.60) finish in extended support</b>	
Failure to maintain straight-hollow body throughout circle	Up to 0.20
Failure to maintain hip or upper thigh contact on bar Throughout circle	0.20

Lack of continuity of circle	Up to 0.10
<b>Cast, Straddle On, Sole Circle Dismount (0.80)</b>	
Placing feet between hands	0.20
Alternate foot placement	0.20
Lack of control in straddle on	Up to 0.10
Failure to show straight hollow body position	Up to 0.20
Failure to maintain head in neutral position	Up to 0.10
Failure to extend body in flight	Up to 0.20
Lack of distance	Up to 0.10
Lack of amplitude	Up to 0.20
Failure to release bar before landing	1.00
<b>OR</b>	
<b>Cast, Underswing Dismount (0.80)</b>	
Failure to maintain a straight-hollow body position throughout	Up to 0.20
Hips Contacting Bar (no deduction for thighs touching bar)	0.20
Insufficient extension of body in flight	Up to 0.20
Insufficient flight	Up to 0.20
Failure to release bar before landing	1.00
<b>Refer to USAG General Faults and Penalties for additional deductions</b>	
Bent arms/legs (Each)	Up to 0.30
Legs separated	Up to 0.20

### c). Level 2 - Balance Beam

#### NATIONAL AAU LEVEL 2 BEAM VALUE 10.00

Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

No Time Limit

<b>Mount -- Jump to Front Support (0.20)</b>	
Failure to extend body in front support	Up to 0.10
Lack of continuity in 1/4 (90 <sup>0</sup> ) turn to straddle sit	Up to 0.10
<b>V-Sit to Stand (0.20)</b>	
Lack of amplitude of legs	Up to 0.10
Poor body position	Up to 0.20
<b>Arabesque (30 Degrees) (0.40)</b>	
Failure to lift free leg a minimum of 30 degrees	Up to 0.20
Failure to hold 1 second	Up to 0.10
<b>Leg Swings (0.40 each)</b>	
Failure to swing leg to horizontal	Each Up to 0.10
Failure to maintain straight body alignment	Each Up to 0.20
Failure to maintain squared hips during swings	Each Up to 0.20

<b>Relevé Balance (0.20)</b>	
Failure to hold two seconds	Up to 0.20
<b>Stretch Jump (0.40)</b>	
Failure to maintain straight body alignment	Up to 0.10
Failure to maintain squared hips	Up to 0.10
Failure to land on both feet simultaneously	Up to 0.10
<b>1/4 (90°) Turn to Tuck Jump Dismount (0.60)</b>	
Insufficient height	Up to 0.20
Insufficient hip/knee closure (min of 90 degree bend)	
Each angle	Up to 0.10
Failure to maintain vertical alignment with upper body	Up to 0.20
Insufficient extension (open) of tuck before landing	Up to 0.10
<b>Refer to USAG General Fault and Penalties for Additional Deductions</b>	

### d). Level 2 – Floor Exercise

#### NATIONAL AAU LEVEL 2 FLOOR VALUE 10.00

Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

Music Required – USAG Level 2 Music

<b>Forward Roll to Straddle Stand (0.40)</b>	
Pushing off floor with hands to arrive in tuck stand	0.30
<b>Straddle Tripod Position to Kneel (0.40; Arch Back (0.40)</b>	
Failure to show tripod position	Up to 0.20
Failure to close to pike position	Up to 0.20
Failure to show kneeling position with ankles extended	Up to 0.10
Failure to keep hips extended and pushed forward on arch back	Up to 0.20
<b>Cartwheel, ¼ (90°) Turn Inward (0.60) (Forward or Side Entry)</b>	
Incorrect (simultaneous) hand placement	0.10
Failure to pass through vertical	Up to 0.30
<b>Backward Roll to Pike Stand (0.40)</b>	
Failure to maintain tuck position as buttocks touch floor	Up to 0.20
Hands placed on floor during squat phase prior to rolling backward	0.30
<b>Handstand (0.60) OR ¾ Handstand (No Hold Required)</b>	
Failure to show straight-hollow body position with hip angle straight	Up to 0.20
<b>Front Leg Balance (0.20)</b>	
Failure to hold balance 1 second	Up to 0.10
<b>Split Jump (30°) (0.40)</b>	
Insufficient leg separation (less than 90°)	Up to 0.20



Failure to land with legs/feet close	Up to 0.10
<b>½ (180°) Pivot Turn (0.20)</b>	
Lack of sharpness in pivot turn	Up to 0.10
<b>Forward Chassé (0.40)</b>	
Failure to pass through 4 <sup>th</sup> position demi-plié into chasse	Up to 0.10
Failure to join legs together in air	Up to 0.20
Failure to maintain good body alignment	Up to 0.20
<b>Refer to USAG General Faults and Penalties for Additional Deductions</b>	