

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.

7. Age Determination:  
The age of a competitor is determined by the athlete's age on the first day of the AGNC. At qualifying events, Athletes must compete in the age division which will match the correct age of the athlete at the AGNC.
8. Eligibility:  
All athletes, coaches and judges must own a current AAU Membership card
9. Equipment Specifications:  
The AAU Junior Olympic Games will use the current USA Gymnastics Junior Olympic Apparatus specifications. Any AAU modifications will be listed in the Girls Gymnastics National Rules later in this document.
10. 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.
11. 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
12. 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)
13. Attire:  
All medal winners (All Around and Individual) are required to be in complete competitive attire (Leotard, competitive jersey or warm-up suits) at the awards ceremony.

## **E. Rules for the AAU Winter Nationals**

The following Skill Divisions will be contested at the AAU Winter Nationals (WN):

1. Girls Competition:
  - a. Open Optional (LO)
  - b. Level 8 (L8)
  - c. Level 7 (L7)
  - d. Level 6 (L6)
  - e. Modified Optional Level Advanced (LA)
  - f. Modified Optional Level Intermediate (LI)
  - g. Modified Optional Level Novice (LN)
  - h. Level 5 (L5)
  - i. Level 4 (L4)
  - j. Level 3 (L3)
  - k. Level 2 (L2)
  - l. Club Team Competition available for each Skill Division
2. Boys Competition:
  - a. Open Optional (LO)
  - b. Level 6 (L6)

- 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