

b). The National Office has the right to coordinate the meeting and pick the site.

**3. National Sport Committee Special Meetings**

Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee Members. The purpose of the Special meeting must be stated in the Notice for the meeting.

**4. National Sport Executive Committee Meetings**

The National Chair shall determine the date and location of the Executive Committee Meetings.

**5. Agenda Additions**

All Sport Committee Meetings will follow the meeting order (agenda format) as established in the AAU Code (Bylaw 9.5).

## **IV. Sport Policies and Procedures**

- A. Girls Gymnastics, Boys Gymnastics, Team Gymnastics and Freestyle Acrobatics are all disciplines of AAU Gymnastics and are collectively referred to as AAU Gymnastics
- B. All AAU Gymnastics disciplines and sanctioned events are conducted indoors in a controlled, safe traditional gymnastics environment
- C. The AAU Gymnastics minimum age to participate corresponds with the lowest age permitted to register on line for an AAU Membership Card
- D. Adult Women (ages 20 and older) use the same rules as girls gymnastics
- E. Adult Men (ages 19 and older) use the current International Code of Points (FIG) with current USA Gymnastics Elite modifications as their rules
- F. 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 USAG Compulsory Handbook, the USAG JO Code of Points, the USAG Compulsory Floor Music CD and the USAG 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.
- G. General Rules regarding Attire:
  - 1. The rules regarding attire at AAU Gymnasts events are designed to provide for a level of professionalism for coaches, act as a guide for athletes and judges, and to ensure safety for all.
  - 2. Exceptions for religious and cultural concerns will be honored so long as the meet director and meet referee are notified in writing prior to the beginning of timed warm ups.

3. Exceptions for Clubs, Teams and District uniforms and garments designed to demonstrate unity within said groups will be made so long as the intent of the rules regarding attire is honored.
- H. All AAU Coaches must:
1. Maintain a current AAU Membership
  2. Head Coach should be a minimum of 21 years old and assistant coaches should be at least 18 years old
  3. Complete the Positive Coaching Alliance curriculum
  4. Be certain that their athletes are properly prepared for competition and entered in the correct age and skill division
  5. Demonstrate behavior which reflects the Professionalism required of our sport while in the presence of athletes and parents
  6. The accepted attire for coaches and officials at AAU District, Regional and National Events is:
    - i. Closed toe shoes (no bare feet or sandals)
    - ii. Slacks, warm-up pants or hemmed shorts (no denim material or sewn on pockets)
    - iii. Shirts with collars (polo type)
    - iv. No hats
  7. Cell phones must be placed on vibrate once warm-ups have begun
- I. Rules for Girls Gymnastics Attire
1. No undergarments should be visible
  2. The leg opening for competitive leotards must not be cut or rolled above the athlete's hip bone
  3. Long Sleeve Leotards, Sleeveless Leotards, and Unitards are all acceptable with no deductions
  4. Hair must be secured away from the athlete's face so as not to interfere with the athlete's safe performance of gymnastics skills
  5. One pair of stud earrings is permitted – all other jewelry must be removed prior to the beginning of warm-ups
  6. Approved Gymnastics Footwear is permitted on all events
  7. Ladies division may wear "Biker" type shorts made of leotard type materials
- J. Rules for Boys Gymnastics Attire
1. No undergarments should be visible
  2. Athletes must cover their chest at all times while in the competitive arena
  3. Levels 3 through 6 may wear a "T" shirt and shorts, with or without footwear or socks
  4. Open Optional athletes are required to wear a singlet, muscle shirt or compression shirt, socks and long pants. Short pants with or without socks may be worn on Floor Exercise and Vaulting events
  5. Approved Gymnastics Footwear is permitted on all events
  6. One pair of stud earrings is permitted – all other jewelry must be removed prior to the beginning of warm-ups
  7. Hair must be secured away from the athlete's face so as not to interfere with the athlete's safe performance of gymnastics skills
- K. Rules for Freestyle Acrobatics Attire (available at [www.gym-crew.com](http://www.gym-crew.com))
1. Each Athlete must wear a style and color of uniform that matches the other members of his / her team
  2. Athletes must wear an acrobatic jersey or leotard (step-in) at all times while in the competitive arena
  3. Each Athlete must wear acrobatic shorts

4. Each Athlete has the option of wearing acrobatic shoes, socks or going barefoot during their runs
5. Each Athlete must wear only those logos, advertising and sponsorship identifiers that are permitted by AAU regulations
6. Each Athlete must wear the correct acrobatic number when supplied by the competition organizers
7. Freestyle Acrobatic athletes may also wear traditional Gymnastics uniforms as described above.

## V. 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 at which the gymnast will enter the Regional or National competition. All petitions to AAU Regional and National events must be submitted to the National Chair within 24 hours of the qualifying event.

#### 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.