

The Amateur Athletic Union

The AAU is one of the largest non-profit volunteer organizations in the United States dedicated solely to the promotion and development of amateur sports. Established in 1888 by sports leaders who collectively became the first to define amateurism and create standards for amateur athletes in the country. The AAU continues to operate on the basic principles upon which the organization was founded: to maintain the mutual interests of its members while achieving and improving amateur sports.

Benefits Of The AAU

- An opportunity to follow in the footsteps of former AAU athletes: Mark Spitz, Shaquille O'Neal, Keri Struggs, Chamique Holdsclaw, Greg Louganis, Ryan Klesko, Dan Gable, Carl Lewis, Jackie Joyner Kersee, and many others.
- Membership that includes insurance coverage.
- Ability to participate at the world famous ESPN Wide World of Sports, and other great facilities throughout the country.
- Travel, make new friends, continuing education, and unforgettable memories.
- Membership in an organization long recognized for its position in amateur sports.

Positive Coaching Alliance (PCA)

The AAU has partnered with PCA to become the first national sports organization to require all its coaches to obtain PCA Double-Goal Coach® training and certification. PCA will provide training at no cost. Please visit www.aausports.org in order to get more information on how you can become a PCA Double-Goal Coach.

How To Become A Member

- Visit www.aausports.org and click "JOIN NOW".

Interested in Sports?

Then the AAU is for you! We have athletic programming in over 30 sports for athletes from 4 to 80 years of age and older, male and female, from Basketball to Wrestling, from Gymnastics to Baseball.

We're one of the world's largest non-profit multi-sport organizations. Each year we sanction over 15,000 local, regional and national competitions.

AAU JR Tournament Director

Interested in becoming an AAU Jump Rope Tournament Director? Here are just a few key responsibilities.

***If you need help and/or for more information on hosting an AAU Jump Rope Qualifying Tournament, please contact Jean and John Hodges at 302-945-1627, or e-mail jeanhodges45@verizon.net.**

REQUIREMENTS

1. **MEMBERSHIP:** All Tournament Directors, participating Coaches, Judges, Scorers, Teams and Athletes **MUST** be current AAU members

All membership numbers must be checked by the Tournament Director before Tournament Day.

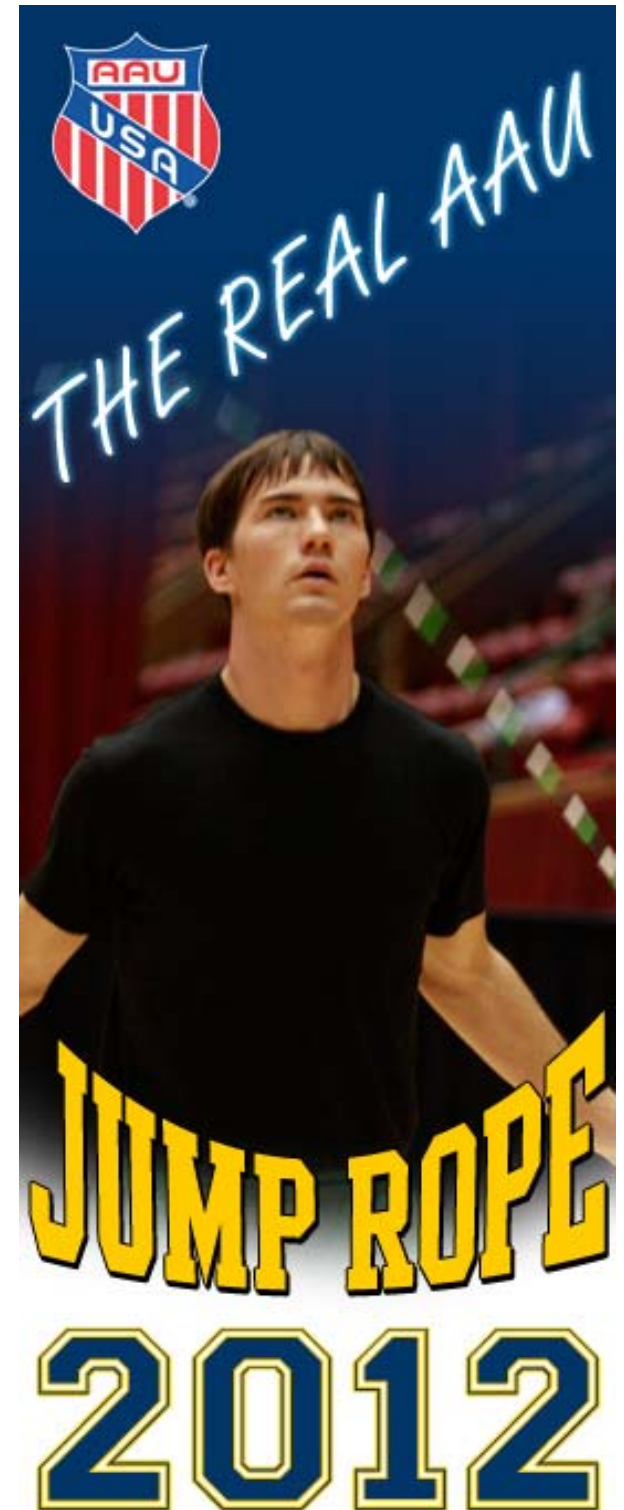
2. **SANCTIONING:** Log on to www.aausports.org, click on the Event Sanction icon and fill out all the pertinent event information. AAU Club Level II or III required.

QUESTIONS: Contact the AAU National Office at 407-934-7200.

3. **RULES:** All AAU tournaments **MUST** be AAU sanctioned and administered according to the AAU Jump Rope rules contained in the 2011 AAU Competition Handbook. These are available on the AAU website at www.aausports.org. Click on Homepage, select Jump Rope and Rules.

4. **ELIGIBILITY:** Remind coaches that all participants, coaches and officials **must** be members of AAU before they may participate. Check AAU number is provided and that age given is correct for year of competition.

5. **PHYSICAL PLANNING FOR THE TOURNAMENT:** A large gym is usually sufficient. Set up the competition areas so that jumpers and judges are separated from the audience. Establish a warm-up area and holding area for the events. Other jumpers, family members and coaches should not be allowed on or very near the competition floor or the judges. Judges should not be able to confer on scores. Floor tape should clearly mark the jumping areas and the judges should be positioned outside the area for freestyle. Be sure you have enough mechanical counters, stop watches, pencils, score-sheets, calculators etc. for your needs.



We Make It Easy to Join!

We make it easy by providing instant on-line registration. No more waiting for administrative paperwork to go through its cycle and the U.S. Postal service to deliver your membership. Just visit www.aausports.org and click on the "Join Now" icon and away you go. It's as easy as 1-2-3.

"Sports For All, Forever"

The AAU offers National Championships in the various sports, sponsors the AAU Junior Olympic Games, the AAU James E. Sullivan Memorial Award along with the AAU Complete Athlete Program. Two of the AAU's flagship programs, which are administered for the President's Council on Physical Fitness and Sports are the President's Challenge and the Presidential Sports Award.

How You Can Learn More

The AAU has developed a dynamic Web Site at www.aausports.org, where you can view up to date AAU news stories, event listings, membership information, individual sport websites and much, much more. It also includes information on events located at the ESPN Wide World of Sports, the home of the Amateur Athletic Union.

Age Divisions

Single: Males 8 & under, 9-10, 11-12, 13-14, 15-17, 18-22

Females 8 & under, 9, 10, 11, 12, 13-14, 15-17, 18-22 (13-14 may be sub-divided)

Pairs: 8 & under, 9-10, 11-12, 13-14, 15-17, 18-22

Double Dutch: 12 & under, 13-14, 15-17, 18-22

Group Synchronized Routine: 13 & Under, 14-22

Competition Events

TRIPLE CROWN EVENTS:

The Triple Crown is a combined Individual Rope Event designed to reward the overall jump rope athlete. Component events of the Triple Crown include Individual Rope Freestyle, Individual Rope Speed and Individual Rope Power.

PENTATHLON EVENT:

The Pentathlon Event is a combined Double Dutch event designed to reward the overall Double Dutch Champions. The Pentathlon Double Dutch team consists of 4 athletes. The athletes must compete within their age group. The component events of the Pentathlon include Double Dutch Single Speed, Single Freestyle, Single Power, Double Dutch Team Speed Relay and Pairs Freestyle.

GROUP ROUTINE:

Group Routine is a synchronized group routine that is performed by at least 6 athletes, but not more than 24, each using his/her own individual jump rope.

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The dates and information posted on this brochure are for informational purposes only and are subject to change without notice. Please check the AAU website www.aausports.org for the most up to date information.

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