



**AAU NATIONAL GIRLS
GYMNASTICS
ROUTINES & MODIFICATIONS
QUICK REFERENCE
2015-2016**

Revised February 23, 2016

I. **Girls Gymnastics National Competition Rules & Skill Divisions**

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)
- Level 6 (L6)
- Xcel Diamond (LD)
- Xcel Platinum (LP)
- Xcel Gold (LG)
- Xcel Silver (LS)
- Xcel Bronze (LB)
- Ladies Divisions All

Compulsory Skill Divisions

- Level 5 (L5)
- Level 4 (L4)
- Level 3 (L3)
- Level 2 (L2)
- Level 1 (L1)

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 / 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. Any and all modifications to the routines must be sent to the National Chair to insure that these modifications are acceptable and are in conjunction with the agreement usage policy with USA Gymnastics. Only the Modifications specifically approved by the AAU National Committee in conjunction with USA gymnastics will be used during sanctioned AAU Events at the district level. AAU Gymnastics District Sport

Chairs are responsible for informing the members of their District which, if any, modifications will be used within their district. AAU Gymnastics District Sport Chairs are required to complete the AAU District Modifications Report and send it to the AAU Gymnastics National Office. All questions should be directed to the National AAU chair. These AAU National Rules, as described here, will be used as the official rules at all **AAU National Level competitions.**

II. **Girls AAU National Compulsory Rules**

The AAU Girls National Compulsory Gymnastics Program will use the current compulsory rules outlined in the USA Gymnastics Girls JO Compulsory Program with AAU national modification as stated in AAU Gymnastics Handbook and reference chart included in this material. Only AAU National rules will be used in AAU licensed Regional and National events. Use of the USA Gymnastics Compulsory Materials by AAU Members and any Modifications to the Compulsory Materials are governed by the copyright agreement between AAU and USA Gymnastics. Only the Modifications specifically approved by the AAU National Committee in conjunction with USA gymnastics will be used during sanctioned AAU Events at the district level. AAU Gymnastics District Sport Chairs are responsible for informing the members of their District modifications, if any that will be used within their district. AAU Gymnastics District Sport Chairs are required to complete the AAU District Modifications Report and send it to the AAU Gymnastics National Office. All questions should be directed to the National AAU chair. **Please refer to AAU National Program Chart Pages 4 & 5.**

III. **Girls AAU Optional Levels and All Xcel Levels Rules**

The AAU Girls National Optional Program including all Xcel Levels will use the current USA rules with AAU national modifications as in AAU Gymnastics Handbook and reference chart included in this material. Only AAU National rules will be used in AAU licensed Regional and National events. **Please refer to AAU National Chart Pages 4 & 5.**



AAU NATIONAL GYMNASTICS PROGRAM

Modifications to the USA Gymnastics Compulsory Materials - Xcel - Optional Levels Quick Reference All Levels
The "GENERAL FAULTS AND PENALTIES" described in the USA Gymnastics Rules will be followed by AAU with the following exceptions:

SPOTTING DEDUCTIONS – LEVELS 1, 2, 3, 4, 5, Xcel Levels Bronze, Silver and Gold BARS - BEAM – FLOOR

- Coach spotting gymnast during routine (touch) 0.50
- 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.
- AAU vault will follow USA for all spotting deductions except as noted below
 - Level 4 spotting in the 1st flight, support or 2nd flight phase is a 2.0 deduction. For all other compulsory vaults, there will be no VOID VAULT for spotting; judge should therefore take maximum execution deductions plus the spotting deduction as stated in USA Rule and Policies.
 - Spotting deductions for Xcel levels – refer to USA Rules and Policies.
 - All Levels are permitted 2 vaults - but at the discretion of the coach may only compete 1

FALL DEDUCTIONS

- Fall 0.50 Plus deduction for any incomplete part of the element
- 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. The deduction for any incomplete part of the element is not to exceed the value of the element minus 1.0.
- Example Fall = -.50 Element value = .60 .50 +.60 = 1.1 Maximum deduction 1.0

DELIBERATE OMISSION

- Deduct Value of the Element Only (No double the value of the element) But taking all other appropriate deductions that may apply (example) the proper deductions for text, tempo, rhythm, & artistry

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 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 1 and 2). Each Time 0.10

ALL LEVELS COMPULSORY AND/OR OPTIONAL/XCEL QUICK REFERENCE

- 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.
- 3.00 is the lowest an athlete may score in competition after competing an event – this does not apply to touch or scratches.
- Balance Beam and Floor Exercise routines are not timed during competition – all levels, thereby eliminating all time infraction deductions.
- Athletes may use an alternative springboard apparatus on vault, for **all AAU levels** with no penalty. 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. This vaulting board variation **may not be used for any Yurchenko style vaults (vault group #4 at any licensed event district or nationals)**. Round Off Entry vaults, the vaulting board must have the Safety Zone Matt in place or vault will be Void

Levels, 1, 2, 3, 4, & 5

The current USA Gymnastics Routines and rules except with modifications as written in General Faults and Penalties & Quick Reference section of this document and clarifications listed below.

- **Clarification Level 3 Bars and XS** - A gymnast may perform a glide return while standing on a panel mat, a springboard or a block. The mat/board/block may be left in place until the gymnast swings backward finishing glide standing on the mat/board **OR** the mat/board may be removed as soon as the gymnast begins the glide. **No deduction.** However, the mat/block/board must be removed after the gymnast performs a pullover onto the bar.

Levels 6 and 7 - The Current USA rules with modifications as written in Quick Reference section of this document.

Level 8 – The current USA rules with modifications as written in Quick Reference section of this document or stated below in reference to specific events.

- **Clarification Vault** - If a gymnast performs as her first vault a Tsukahara or Yurchenko type vault and DOES NOT land on her feet resulting in a zero as decided by the judging panel, the gymnast is allowed to perform a second NON-SALTO vault for a score.
- If a gymnast performs as her first vault, a Tsukahara or Yurchenko type vault and lands on the soles of her feet and receives a score, she may perform a second vault, salto or non salto, the better of the two scores will count

Allowable Skills Clarification Xcel and Optional Levels

Note the deduction for unallowable skill is .5 off the Start Value and no value part is awarded for the skill and the skill does not count for special requirements. The penalty will come off the start value of the routine.

Open Optional – AAU Open Optional Level applies the USA Level 9 rules

- applying Level 10 Bonus
- D & E Level Skills are permitted
- Gymnasts may use an alternative springboard apparatus without penalty on all vaults except Yurchenko style vaults

Excel All Levels - The current USA Gymnastics Xcel rules govern this Skill Division except with modifications as written in General Faults and Penalties & Quick Reference section of this document or stated below in reference to specific events.

- **Clarification - Xcel Silver Vault.** Per USA there are two options: Stretch jump from board onto vault table – kick to handstand, fall to flat back (SV 9.5); and Handspring onto the vault table, repulsion to flat back landing on mats stacked – (AAU modification) - at least two inches (2”) above table with a maximum 10” above the table (SV 10.0) note no sting mat may be put on vault table but can be used on stacked mats. Both vaults may be performed at all national events
- **Clarification – X Silver Bars** A gymnast may perform a glide return while standing on a panel mat, a springboard or a block. The mat/board/block may be left in place until the gymnast swings backward finishing glide standing on the mat/board **OR** the mat/board may be removed as soon as the gymnast begins the glide. **No deduction.** However, the mat/block/board must be removed after the gymnast performs a pullover onto the bar.
- **Clarification – Xcel Diamond Vault** - If a gymnast performs as her first vault a Tsukahara or Yurchenko type vault and DOES NOT land on her feet resulting in a zero as decided by the judging panel, the gymnast is allowed to perform a second NON-SALTO vault for a score. If a gymnast performs as her first vault, a Tsukahara or Yurchenko type vault and lands on the soles of her feet and receives a score, she may perform a second vault, salto or non salto, the better of the two scores will count.

WARM-UP TIMES FOR GIRLS:

(Levels 1, 2, XB – 30 seconds) (Level 3, XS – 45 seconds) (Levels, 4,5, XG – 60 seconds) (Levels 6, 7, XP, XD – 90 seconds)
(Levels 8 & Open Optional – 120 seconds) (Touch warm up when required determined by competition format)

Note: The AAU National Program will follow USA rules and policies and changes instituted throughout the competitive year for any and all levels unless specifically modified in the AAU Rules and Policies. Any modifications will be recorded and noted in the AAU Rules and Policies and this Quick Reference Card. Therefore all coaches should be aware of this policy and is their responsibility to monitor any changes within the USA program and apply them to their current program unless specifically modified by AAU. Contact aaunichols@bellsouth.net or frances.wishart@snet.net if you have any questions.

Coaches Attire – Follow USA Guidelines

Only National Rules will be used at all Regional and National licensed AAU events. No District Modifications.

Participation in district championship is required for eligibility into Age Group National Event; contact your local district chair for all eligibility information and petition process. If a district does not have an AAU program, please contact national chair for petitioning process.

All Participants and Coaches must have a current AAU membership number in order to participate in any AAU licensed event. Go to www.aausports.org for membership information.

Check with your local district chair for any district modifications in regards to your district local programs available.

