



## 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 – all levels**. Do not block view of judge.
- AAU vault will follow USA for all spotting deductions except as noted below
- Level 4 & 5 spotting in the 1<sup>st</sup> flight, support or 2<sup>nd</sup> flight phase is a 2.0 deduction. All compulsory vaults and **XB, XS**, 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 Optionals and Xcel levels – refer to USA with exception as state above and **Level 8 in L8 section of this document.****
- 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 **for compulsory levels, XB, and XS** 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** – A gymnast may take two vaults, the better score counts. If a gymnast performs as her first vault a Tsukahara or Yurchenko type vault – (flipping) and DOES NOT land on her feet or **if vault is facilitated by the coach** 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
- **Spotting Post Flight is same as USA -1.00 (not void) – Spotting Landing -.50**
  - *If the coach facilitates the entire vault at the judge's discretion, the vault will result in a Void Vault.*

#### **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** - **Same as Level 8 – see above.**

#### **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](mailto:aaunichols@bellsouth.net) or [frances.wishart@snet.net](mailto:frances.wishart@snet.net) if you have any questions.

#### **Coaches Attire – Follow USA Guidelines**

**Only AAU 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](http://www.aausports.org) for membership information.**

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