



AAU National Rules for Boys 2019-2020

Men's AAU National Coordinator

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Purpose: To encourage participation in competitive gymnastics by providing parents and gymnasts a positive and inexpensive introduction to the sport. We hope this will facilitate the development of larger boys' classes and teams. In addition, it will provide an avenue for growth in gyms that mainly have girl's programs and not all the men's equipment.

We feel that boys in classes can participate comfortably in these competitions and they do not need to do all events. In addition, boy's classes are easier to teach when the boys are working on their routines for the meet. We have found that boys are more enthusiastic and continue in gymnastics longer as a result of meet participation.

We encourage gyms to use this avenue to develop teachers, coaches and judges.

Types of Competitions:

Six Event All-Around - Levels 4-7, JD1 & JD 2

- Rules as per USA Gymnastics

Open Compulsory – Levels 4-6

- Rules as per USA Gymnastics.
- Need not perform the same level on each event.
- Suggested age for Open Compulsory: 10+
- The Level of the routine is added to the Event Score
i.e. A Level **5** Floor routine scores 10.2; then add the **5.0**= 15.2

Four Event All-Around – Level 4

- Rules as per USA Gymnastics
- Events
 - Vault
 - Floor Exercise
 - High Bar (uneven bar top rail)
 - Parallel Bars (may use panel mats or blocks)
- Competition is designed for clubs that do not have boy's equipment but would like to still have a boys program.

Entry fees: The goal of this program is easy entry and access to the sport. Entry Fee up to the discretion on Meet Director. However, it is our goal to have lower fees than standard invitationals as there are fewer awards.

Admission Fees: Goal of program is lower cost for entry into sport. Admission Fee up to the discretion on Meet Director. However, it is our goal to have lower fees than standard invitationals as there are fewer awards.

Attire: T-shirt and shorts (footwear is not required).
Long pants, competition jersey and footwear is optional.

Awards: All-Around awards required. Remainder of awards is at the discretion of the Meet Director

Team Awards – Up to the discretion of the Meet Director.

Recommended Competition Format:

- Open stretch -10 minutes minimum.
- Open Event Warm-Up:45 seconds per athlete per event for Level 4 & 5.
- Modified Capital Cup Level 6 & 7

Sessions and Events: Recommended Session Length 2 hours.

Coaches Dress Code: USA Gymnastics Guidelines

Closed toed shoes, No sandals.

Slacks, warm-up pants or hemmed shorts. (No denim or cargo style)

Collared shirts.

No hats.

Qualifying to District Championships-Determined by District Chairman

AAU National Rule Modifications from USA Gymnastics

AAU Boy's National Program follows the USA Gymnastics Program Rules with the following rule changes:

Vault:

- Air-O-Boards allowed but not required.

All Boys Competitions:

- Allow speaking to gymnast by coach (no deduction)
- Spotting Deduction up to a maximum of .5, judge's discretion.

Level 4-7, JD1 and JD2:

- Routines will be judged on the Division 1 rules only.

Open Compulsory Competition Levels 4-6:

- Boys need not perform the same level on each event.
- The Level of the routine is added to the Event Score i.e. A Level 5 Floor routine scores 10.2; then add the **5.0= 15.2**

Four Event All-Around – Level 4

- Rules as per USA Gymnastics
- Events
 - Vault
 - Floor Exercise

- High Bar (uneven bar top rail)
- Parallel Bars (may use panel mats or blocks)

Judges:

Every effort should be made to have NGJA judges. One judge per event is acceptable. However, depending on the meet, it would be acceptable to have NAWGJ judges evaluate.

Men Judging Attire: As per NGJA Rules

Women Judging Attire- As per NAWGJ Rules

Judges Responsibilities: As per NGJA Rules

- Arrive 30 minutes prior to competition.
- Attend pre-meet judges meeting
- Study in advance all information pertaining to the event(s) you are assigned.
- Know AAU rule modifications.
- Judge fairly and impartially.

AAU Membership:

All coaches and athletes must be members of AAU. It is encouraged, but not required, for all judges to members of AAU. Go to AAUsports.org for membership information.