

- d. Level 5 (L5)
 - e. Level 4 (L4)
 - f. Level 3 (L3)
 - g. Club Team Competition available for each Skill Division
3. Freestyle Acrobatics Competition
 - a. Level 5
 - b. Level 4
 - c. Level 3
 - d. Level 2
 - e. Level 1
 - f. Small Crew
 - g. Large Crew
 4. Age Groups at the AAU Winter Nationals: Athletes in each Skill Division will be divided into groups of similar age. Each age group will not exceed 25 Athletes. Single age divisions may be split or combined based on the number of entries.
 5. Age Determination: The age of a competitor is determined by the gymnast's age on the first day of competition of the Winter Nationals.
 6. Eligibility: All athletes, coaches and judges must own a current AAU Membership card. . Gymnast must have turned 5 years old by the date of competition in order to be eligible to compete.
 7. Equipment Specifications
 - a. The AAU Winter Nationals will use the current USA Gymnastics Junior Olympic Apparatus specifications.
 - b. Any AAU modifications will be listed in the Gymnastics National Rules later in this document
 8. Determination of Gymnastics Champions (All Around and Individual Event)
 - a. All Around Champions in each age division will be determined by the highest combined score of all events
 - b. Individual Event Champions will be determined by the rank order of each event score from the competition
 9. Club Team Champions in each Skill Division will be determined by combining the top 3 scores from each club for each athlete regardless of Age Group
 10. Determination of Freestyle Acrobatics Champions (Combined, Speed Run and Freestyle Run)
 - a. Combined Champions in each skill level and age division will be determined by the combined score of their Speed Run and their Freestyle Run
 - b. Individual Run Champions will be determined by the rank order of each run from the competition
 11. Awards
 - a. All Around Awards are provided for each gymnastics participant
 - b. Individual Event Awards for each Skill Level and Age Group contested are provided for each session (50% + 1 level of distribution) through 10th Place
 - c. One Club Team Award for each Skill Level is presented through 6th Place
 12. Attire: All medal winners (Team, All Around and Individual) are required to be in complete gymnastics attire (Leotard or warm-up suits) at the awards ceremony

VI. Girls Gymnastics National Rules

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)

- Modified Optional
 - Level Advanced (LA)
 - Level Intermediate (LI)
 - Level Novice (LN)

Compulsory Skill Divisions

- Level 6 (L6)
- Level 5 (L5)
- Level 4 (L4)
- Level 3 (L3)
- Level 2 (L2)

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Individual Districts may choose to modify these rules to suit the needs of their athletes and coaches. These AAU National Rules, as described here, will be used as the official rules at all AAU National Level competitions and their qualification meets.

A. Exceptions to USA Gymnastics Rules

The “GENERAL FAULTS AND PENALTIES” described in the USA Gymnastics Rules will be followed by AAU with the following exceptions:

MORE THAN HALF OF THE MAJOR ELEMENTS IN ROUTINE PERFORMED WITH ASSISTANCE OF COACH

The fourth paragraph, page 161 of USAG Compulsory Book, concerning this assistance does NOT apply to the National AAU Girls Age Group Program.

SPOTTING DEDUCTIONS – LEVELS 2, 3, 4, 5, 6 - BARS - BEAM - FLOOR

Coach spotting gymnast during routine (touch) 0.50

Plus deduction for any part of complete element assisted by the coach. The maximum deduction of a single Element performed is not to exceed the value of the element minus .10. Example – Value of an element is .60, maximum deduction of .50 (this does not include deduction for fall, if any)

Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

If a gymnast falls while being spotted on any element, she will only receive a 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

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 do 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.

Aid of Coach during vault 3.00

Spot by Coach on landing 0.50

Levels, 2, 3, & 4 Gymnasts are allowed one vault. If a repeat vault is allowed if deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Levels 5, 6, 7, 8, and Intermediate Optional & Advanced Intermediate Optional are allowed two vaults.

FALL DEDUCTIONS

Fall 0.50 Plus deduction for any incomplete part of the element - Not to exceed the value of the element attempted minus .10

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.

DELIBERATE OMISSION - Deduct Value of the Element

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 2 and 3).

Each Time 0.10

- Equipment and matting may be adjusted to facilitate the safety of the gymnast.
- Balance Beam and Floor Exercise routines are not timed during competition, thereby eliminating all time infraction deductions.
- Athletes may use an alternative springboard apparatus, provided the apparatus is manufactured by a gymnastics equipment company. 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)
- 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.
- It should be noted that there are some choices of elements in the AAU National Age Group Level be rewarded if perceived as more difficult or a higher level than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen. There is no time limit deduction for Beam or Floor for all Levels.
- Warm-up times for Girls:
 - Levels 2 & 3 – 30 seconds
 - Level 4 – 45 seconds
 - Levels 5, 6 & all Modified Optional – 60 seconds

- Level 7 – 90 seconds
- Levels 8 & Open Optional – 120 seconds

B. Girls National Optional Rules

1. Open Optional

The current USA Gymnastics Level 9 rules govern the Open Optional Skill Division with two changes:

- a). D & E Level Skills are permitted
- b). USA Gymnastics Level 10 Bonus is in effect

2. Level 8

The current USA Gymnastics Level 8 rules govern this Skill Division

3. Level 7

The current USA Gymnastics Level 7 rules govern this Skill Division

4. Modified Optional

Considered a transition level between Compulsory and Optional Skill Divisions the Modified Optional (MO) Division provides an opportunity for athletes to compete in Optional competition without high level difficulty requirements. The MO Division is comprised of three levels:

- a). Advanced (LA)
- b). Intermediate (LI)
- c). Novice (LN)

Refer to the following Charts for rules specific to the MO Division.

2012 - 2013 National AAU Modified Optional Rules

VAULTING TABLE

2 Vaults allowed - may be same or different

Novice (using stacked mats)		Intermediate		Advanced	
Kick to Handstand Flat Back <small>(Level 2 Vault)</small>	9.0	1/4 - 1/2 Twist On - Repulsion Off	9.0	1/4 - 1/2 Twist On - Repulsion Off	9.0
Run Hurdle and Punch to Forward Roll to Stand on Mat Stack <small>(Level 3 Vault)</small>	9.5	Handspring	9.4	Handspring	9.4
Run Hurdle and Punch to Handstand Flatback <small>(Level 4 Vault)</small>	10.0	Yamashita	9.4	Yamashita	9.4
Handspring over Vaulting Table <small>(Level 5 Vault)</small>	10.0	Handspring - 1/2 Twist Off	9.5	Handspring - 1/2 Twist Off	9.5
		Yamashita - 1/2 Twist Off	9.5	Yamashita - 1/2 Twist Off	9.5
		1/2 Twist On - 1/2 Twist Off	9.6	1/2 Twist On - 1/2 Twist Off	9.6
		1/4 Twist On - 3/4 Twist Off	9.6	1/4 Twist On - 3/4 Twist Off	9.6
		1/2 Twist On - 1/1 Twist Off	9.8	1/2 Twist On - 1/1 Twist Off	9.8
		1/4 Twist On - 1 1/4 Twist Off	9.8	1/4 Twist On - 1 1/4 Twist Off	9.8
		Handspring On - 1/1 Twist Off	10.00	Handspring On - 1/1 Twist Off	10.00
		Yamashita On - 1/1 Twist Off	10.00	Yamashita On - 1/1 Twist Off	10.00

Difficulty Restrictions: No Other Vaults Allowed

General Information: Coach may stand between board and table
Athletes may use an alternative springboard apparatus, provided the apparatus is

Penalties: Aid of Coach during vault 3.00
Spot or touch by coach on landing 0.50

2012 - 2013 National AAU Modified Optional Rules

UNEVEN PARALLEL BARS

	Novice	Intermediate	Advanced
Value Parts	None Required	5 A's	4 A's
<i>A = .1 ea B = .3 ea</i>		1 B	2 B's
Start Value	10.00	10.00	10.00
Special Requirements .2 each	Cast (no angle deduction)	Cast to Horizontal	Cast above Horizontal
	5 elements (from Compulsory elements or Code of Points)	1 Bar Change	1 Bar Change
	1 circling element <i>* may come from groups 3, 4, 5, 6 or 7</i>	1 circling element <i>* may come from groups 3, 4, 5, 6 or 7</i>	1 circling element <i>* may come from groups 3, 4, 5, 6 or 7</i>
			Salto Dismount
Difficulty Restrictions:	No "B's"	No "C's"	No "C's"
General Information:	All Value Parts must be listed in the Code of Points		
	Coach may stand between bars for entire routine		
	One Tap Swing/Counter swing is allowed.		
	No Composition		
Penalties:	More than one tap swing/counterswing = .3 deduction each		
	If unallowable elements are performed, no Value Part credit is awarded and a deduction of 1.00 for each is taken from the Start Value.		

2012 - 2013 National AAU Modified Optional Rules

BALANCE BEAM

	Novice	Intermediate	Advanced
Value Parts	None Required	5 A's	4 A's
<i>A = .1 ea B = .3 ea</i>		1 B	2 B's
Start Value	10.00	10.00	10.00
Special Requirements .2 each	1/2 Turn on 1 foot (minimum)	1/1 Turn on 1 foot	1/1 Turn on 1 foot
	5 Elements (from Compulsory elements or Code of Points)	Leap and / or Jump Series of at least 2 elements (minimum of 60°)	Leap and /or Jump Series of at least 2 elements (minimum of 90°)
	1 Leap (minimum of 45°) <i>*may be isolated or in a series</i>	From any of the following: Leap/ Jump, Jump / Leap, Jump / Jump, Leap /Leap	From any of the following: Leap/ Jump, Jump / Leap, Jump / Jump, Leap /Leap
	1 Jump <i>*may be isolated or in a series</i>	1 Acro Skill (Group 6 or 7 only) <i>*Flight Not Required</i>	1 Acro Series <i>*with or without flight</i>
		Dismount with Flight <i>* with or without hands</i>	<i>*handstand may be used as first acro element. Must be held min. of 2 seconds</i>
			Salto Dismount
Difficulty Restrictions:	No "B's" (except "B" Split Jump)	No "C's"	No "C's"
General Information:	All Value Parts must be listed in the Code of Points		
	Coach may stand next to beam for entire routine		
	Exercise is not timed		
	No Composition		

2012 - 2013 National AAU Modified Optional Rules

FLOOR EXERCISE

	Novice	Intermediate	Advanced
Value Parts	None Required	5 A's	4 A's
<i>A = .1 ea B = .3 ea</i>		1 B	2 B's
Start Value	10.00	10.00	10.00
Special Requirements .2 each	5 Elements (from Compulsory elements or Code of Points)	1/1 Turn on 1 foot	1/1 Turn on 1 foot
	1 Leap (minimum of 45°) *may be isolated or in a series	Leap and /or Jump Series of at least 2 elements (minimum of 60°)	Leap and / or Jump Series of at least 2 elements (minimum of 90°)
	1 Jump *may be isolated or in a series	From any of the following: Leap/ Jump, Jump / Leap, Jump / Jump, Leap /Leap	From any of the following: Leap/ Jump, Jump / Leap, Jump / Jump, Leap /Leap
	2 Different Acro (tumbling) Series * each series must have 2 skills with or without flight	2 Acro (tumbling) Series *each series must have 3 skills containing flight	1 Acro (tumbling) Series *series must have 3 skills containing flight
		* the two Acro Series must differ significantly from one another	1 Forward Acro (tumbling)Series *at least 1 skill containing flight
		1 Salto (Forward or Backward) *may be part of series or isolated	1 Salto (Forward or Backward) *may be part of series or isolated
Difficulty Restrictions:	"B" Dance Skills Only	No "C's"	"C" Dance Skills Only
General Information:	All Value Parts must be listed in the Code of Points		
	Coach may stand on floor		
	Exercise is not timed		
	No Composition		
Penalties:	If unallowable elements are performed, no Value Part credit is awarded and a deduction of 1.00 for each is taken from the Start Value.		

C. Girls National Compulsory Rules

The AAU Girls Gymnastics Program will use the rules of the USA Gymnastics Girls JO Compulsory Program and the USA Gymnastics JO Code of Points for all competitive events, with the exceptions listed below. The rules are available for purchase from the USA Gymnastics technical materials store (Items #1111 & #1117 respectively) available on the web at: [USAGYM.ORG](http://usagym.org) (<http://usagym.sportgraphics.biz/c-17-rules-jo-materials.aspx>)

The following are AAU Exceptions to the USA Gymnastics Rules:

Level 2 Vault

- 8" matting required
- No push or block required

Level 3 Vault

- Not a roll on vault but rather a jump to handstand to a raised mat landing in a straight body position
- No repulsion required

Level 4 Vault

- No repulsion required
- Height of mat is 16" to 40"
- Run is not judged

Level 5 & 6 Vaults-See USA Gymnastics Compulsory Handbook

Level 2 Bars

Choice of dismount

- Cast, straddle sole circle **OR** Cast, underswing dismount

Level 3 Bars

- Omit the stride circle
- Add a cast, return to front support (no angle requirement) after the single leg cut backward (0.80)

Choice of Dismount

- Cast, squat on, pike sole circle **OR** Cast, straddle on sole circle **OR** Cast, underswing

Level 4 Bars

- Pull over mount---omit the glide return

Levels 5 & 6 Bars-See USA Gymnastics Compulsory Handbook

Level 2 Beam

- Omit the forward roll
- Replace the tuck jump with a stretch jump

Level 3 Beam

Choice of Dismount

- Cartwheel to side handstand **OR** Cartwheel to side handstand ¼ turn

Levels 4, 5 & 6 Beam—See USA Gymnastics Compulsory Handbook

Level 2 Floor

- Replace the headstand, kneel, hinge with a straddle tripod position to kneel; arch back
- May do either a handstand **OR** a $\frac{3}{4}$ handstand

Level 3 Floor

- Replace the bridge kick-over with a backbend kick-over **OR** a back walkover **OR** a standing back handspring rebound stick.

Level 4 Floor

- May do a handstand to bridge back kick-over **OR** a handstand to bridge stand (front limber)-to immediate stretch jump.

Levels 5 & 6 Floor—See USA Gymnastics Compulsory Handbook

Levels 7 & 8--No changes-see USA Gymnastics Code of Points

Level 9 (AAU Open Division)

- USA Gymnastics level 9 special requirements
- No skill restrictions
- May earn level 9 or 10 bonus
- May use either the USA Gymnastics level 9 or level 10 vault chart

General

- Aid of coach during any vault is a 3.0 deduction-**NOT** a void
- The use of an air-o-board is allowed at all levels with the exception of the Yurchenko vault. The air board **MAY NOT** be used for Yurchenko vaults.
- Coach may stand on the floor at any level without penalty
- Beam routines will not be timed at any level

VII. Boys Gymnastics National Rules

A. AAU National Boys Age Group Program

The National AAU Boys Age Group Program is comprised of the following Skill Levels:

- Level 9
- Level 8
- Level 6
- Level 5
- Level 4
- Level 3

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