



2019-2020 AAU NATIONAL GYMNASTICS PROGRAM ROUTINES AND MODIFICATIONS

Modifications to the USA Gymnastics Compulsory Materials – Xcel – Optional Levels – HUGS Ruby & Ruby Stars
The “GENERAL FAULTS AND PENALTIES” described in the USA Gymnastics Rules will be followed by AAU with the following exceptions as stated for each level in this document

GENERAL

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 National Gymnastics Rules and Policies Modifications as stated in this document. 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 if you have any questions.

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. Athletes will be required to compete at the level competed at district championship; 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.

Coaches Attire – Follow USA Guidelines

Athlete Attire – All athletes may wear form fitting Lycra Spandex gymnastics shorts that do not present any safety risk to the participant (solid color black preferred) with no deduction. There is no deduction for undergarment showing if all undergarments compliment/match the color, style and cut of the leotard. If a gymnast must cover her legs as required by her faith, a unitard is considered acceptable if it is a tight-fitting garment made of leotard appropriate fabric and at the judges and coaches discretion does not present any safety risk to the participant. Regarding head coverings. If a gymnast must wear head covering as required by their faith, it must be a tight-fitting head dress that is adequately secured and at the coach’s discretion does not present a safety risk to the gymnast. It is the coach’s responsibility to notify the meet director of the names/sessions of gymnasts who will wear alternative attire prior to the competition so the meet director can notify the meet referee and judges.

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 – 90 Seconds)
(Xcel Diamond Levels 8 & Open Optional – 120 seconds) (Touch warm up when required determined by competition format)

INQUIRIES AND VIDEO REVIEWS AAU REGIONAL AND NATIONAL EVENTS – Inquiries may be submitted for the following criteria at any AAU Meet. An inquiry must be submitted in writing within 5 minutes following the conclusion of the rotation where the concern is noted. Optional routine inquiries must include a written list of skills performed. Slow motion videos are not permitted. Score may be raised, remain the same OR lowered according to video review determination. Adjustment of score, if necessary, will be made before the awards presentation

- 1) Major Elements (Comp) or Start Value (Opt)
- 2) Neutral Deductions
- 3) Specific Composition (Opt)
- 4) Score Range
- 5) Falls/Unusual Occurrences

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

Gymnasts must qualify from these meets at the same Skill Level and age division if applicable at which the gymnast will enter the Regional or National competition. If participants are unable to participate in their District Championship competitions to meet eligibility requirements to participate in national events or if a skill level is not offered, they must petition to enter into at all national events through their district chair or if no district program, the national chair. Contact the National Gymnastics Chair for this petition process.

Refer to AAU National Gymnastics Handbook for additional Rules and Policies.

COMPULSORY LEVELS 1, 2, 3, 4, 5

Levels, 1, 2, 3, 4, & 5 - The current USA Gymnastics Routines and rules except with modifications as written in this document AAU National Gymnastics Modifications and clarifications listed below.

Vault Compulsory Levels

- All Levels are permitted 2 vaults - but at the discretion of the coach may only compete 1
- **# of Springs - Clarification** – In all AAU Regional and National Events the number of springs used in the vaulting board is left to the coach's discretion to facilitate the safety of the gymnast. There is **no deduction for the number** of springs or their configuration.
- Coach may stand between the mats or vault table and board or landing mat with no deduction for gymnast's safety.
- Athletes may use an alternative springboard apparatus on vault, for **all AAU compulsory 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.
- All 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. If a gymnast balks twice and does not execute the vault, it will result in a zero score.

Bars Compulsory Levels

- **Level 3 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.
- Coach may stand between the bars for the entire routine **with no deduction.** Do not block view of judge.

Beam Compulsory Levels

- Coach may stand next to beam for the entire routine with **no deduction.** Do not block view of judge.
- Balance Beam routines are not timed during competition – all levels, thereby eliminating all time infraction deductions.

Floor Compulsory Levels

- Coach may stand on the floor **with no deduction.** Do not block view of judge
- Floor routines are not timed during competition – all levels, thereby eliminating all time infraction deductions.

Matting Beam and Bar Mounts – All Compulsory Levels 1, 2, 3, 4, 5, and 6

- Bars/beam mounts: A foam block in the shape of a springboard may be placed directly on an 8 mat that is placed on top of a 4" base mat with no deduction. A foam block in the shape of a springboard may NOT be placed on an additional folded panel mat or on an additional 8" mat on top of the base mat. The maximum matting is the 4" base mat, an 8" mat and a foam block in the shape of a springboard. Note this applies to all levels of Xcel as indicated in Xcel portion of this document. Levels 7 through Open Option are excluded from this rule

COMPULSORY ALL LEVELS GENERAL MAXIMUM DEDUCTION “up to the value of the element minus .10 deduction” See Below.

SPOTTING DEDUCTIONS COMPULSORY LEVELS 1, 2, 3, 4, 5 – BARS – BEAM – FLOOR

- Coach spotting gymnast during routine (spot/touch) 0.50 – Any and all touches
- In the event a gymnast receives a spot, a .5 deduction will be taken but 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 on her own before and after the spot AT THE JUDGES DISCRETION. The deduction for any incomplete part of the element is not to exceed the value of the element minus .1 plus the spot deduction. Clarification: A judge has the discretion to take less than the maximum deduction depending on how much of the value part was completed without assistance.
 - Example Spot = -.50 Element value = .60 (Maximum deduction for Value Element .5) $.50 + .50 = 1.0$ Maximum Deduction
 - Example Spot = -.50 Element value = .60 (Judge takes .03 of the value of the element at their discretion) $.50 + .30$ Total Deduction is .80
 - If the gymnast falls during the spot, she will receive the spot deduction -.50 and also the -.50 deduction for the fall.

SPOTTING DEDUCTIONS – VAULT COMPULSORY LEVELS

- AAU vault will follow USA for all spotting deductions except as noted below
- Level 4 & 5 spotting in the 1st flight, support or 2nd flight phase is a 2.0 deduction.

FALL DEDUCTIONS COMPULSORY LEVELS

- 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 JUDGES DISCRETION. The deduction for any incomplete part of the element is not to exceed the value of the element minus .1. Clarification: A judge has the discretion to take less than the maximum deduction depending on how much of the value part was completed.
 - Example Fall = -.50 Element value = .60 $.50 + .60 = 1.1$ Maximum deduction 1.0
 - Example Spot = -.50 Element value = .60 (Judge takes .03 of the value of the element at their discretion) $.50 + .30$ Total Deduction is .80
 - If the gymnast falls during the spot, she will receive the spot deduction -.50 and also the -.50 deduction for the fall.

DELIBERATE OMISSION COMPULSORY LEVELS

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.

ALL COMPULSORY LEVELS

- 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.

MINIMUM SCORING COMPULSORY LEVELS

- 3.00 is the lowest an athlete may score in competition after competing an event on Bars, Beam and Floor – **this does not apply to touch or scratches**. There are no void vaults due to spotting. See deductions – however if a gymnast balks twice and did not perform a vault, the score will be a zero. The gymnast can be awarded for any part of a routine that was completed if above a 3.0.

LEVELS 6 AND 7

The current USA Gymnastics Routines and rules and deductions with exception of modifications as written in this document AAU National Gymnastics Modifications and Clarifications listed below.

Vault

- All Levels are permitted 2 vaults - but at the discretion of the coach may only compete 1
- **# of Springs - Clarification** – In all AAU Regional and National Events the number of springs used in the vaulting board is left to the coach's discretion to facilitate the safety of the gymnast. There is **no deduction for the number** of springs or their configuration.
- Coach may stand between the mats or vault table and board or landing mat with no deduction for gymnast's safety.
- Athletes may use an alternative springboard apparatus on vault with no penalty **except for Yurchenko style vaults or timers**. This vaulting board variation **may not be used for any Yurchenko style vaults or timers (vault group #4 at any licensed event district or nationals)**. **Round Off Entry vaults and timers, the vaulting board must have the Safety Zone Matt in place or vault will be Void** 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.

Bars

- Coach may stand between the bars for the entire routine **with no deduction**. Do not block view of judge.

Beam

- Coach may stand next to beam for the entire routine with **no deduction**. Do not block view of judge.
- Balance Beam routines are not timed during competition – all levels, thereby eliminating all time infraction deductions.

Floor

- Coach may stand on the floor **with no deduction**. Do not block view of judge
- Floor routines are not timed during competition – all levels, thereby eliminating all time infraction deductions.

Matting Bars and Beam Mounts Level 6 Only

- Bars/beam mounts: A foam block in the shape of a springboard may be placed directly on an 8 mat that is placed on top of a 4" base mat with no deduction. A foam block in the shape of a springboard may NOT be placed on an additional folded panel mat or on an additional 8" mat on top of the base mat. The maximum matting is the 4" base mat, an 8" mat and a foam block in the shape of a springboard. Note this rule applies to all levels of Xcel as stated in the Xcel portion of this document. **Levels 7 through Open Opt is excluded from this rule.**

Spotting and Fall Deductions – Follow USA Rules and Policies

Unallowable Skills - 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

LEVEL 8 - The current USA rules with modifications as written in this document stated below in reference to specific events.

- Up to Competition Level – Composition deduction for Level 8 USA Rules will be applied

Vault

- Coach may stand between the mats or vault table and board or landing mat with no deduction for gymnast's safety.
- 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.*
- Athletes may use an alternative springboard apparatus on vault with no penalty **except for Yurchenko style vaults**. This vaulting board variation **may not be used for any Yurchenko style vault (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** 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.
- **Spotting and Fall Deductions – Follow USA Rules and Policies**

Bars

- Coach may stand between the bars for the entire routine **with no deduction**. Do not block view of judge.

Beam

- Coach may stand next to beam for the entire routine with **no deduction**. Do not block view of judge.
- Balance Beam routines are not timed during competition – all levels, thereby eliminating all time infraction deductions.

Floor

- Coach may stand on the floor **with no deduction**. Do not block view of judge
- Floor routines are not timed during competition – all levels, thereby eliminating all time infraction deductions.

Unallowable Skills Level 8 - 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 OPTIONALS

- AAU Open Optional Level applies the USA Level 9 rules
- Coach may stand between the mats or vault table and board or landing mat with no deduction for gymnast's safety.
- applying Level 10 Bonus
- D & E Level Skills are permitted
 - Clarification Level 9 rules is 9.7 start value with .3 bonus – with full Level 10 bonus any skill combination that earns bonus at Level 10 is eligible – example E skills receives .2 bonus and are not disqualified. If gymnast does a C D D combination of le aps, they will also receive .3 bonus or 10.0 start value with no disqualification.
- Gymnasts may use an alternative springboard apparatus without penalty on all vaults except Yurchenko style vaults
- Up to Competition Level – Composition deduction for Level 9 USA Rules will be applied to Open Optional
- 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.
- **Spotting and Fall Deductions – Follow USA Rules and Policies**

XCEL ALL LEVELS

The current USA Gymnastics Xcel rules govern these Skill Division deductions with exception of modifications as written in this document AAU National Gymnastics Modifications and Clarifications listed below.

- Coach may stand between the mats or vault table and board or landing mat with no deduction for gymnast's safety.
- Xcel Vault Values – will **follow USA vault values**
- Equipment and matting can be adjusted to facilitate the safety of the gymnast.
 - Bars/beam mounts: A foam block in the shape of a springboard may be placed directly on an 8 mat that is placed on top of a 4" base mat with no deduction. A foam block in the shape of a springboard may NOT be placed on an additional folded panel mat or on an additional 8" mat on top of the base mat. The maximum matting is the 4" base mat, an 8" mat and a foam block in the shape of a springboard.
- No deductions for slight height variances due to stacking of matting available.
- 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.
- Athletes may use an alternative springboard apparatus on vault with **no penalty except for Yurchenko style vaults or timers**. This vaulting board variation **may not be used for any Yurchenko style vaults or timers (vault group #4 at any licensed event district or nationals)**. **Round Off Entry vaults and timers, the vaulting board must have the Safety Zone Matt in place or vault will be Void** 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.
- 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.
- Balance Beam routines are not timed during competition – all levels, thereby eliminating all time infraction deductions.
- Coach may stand on the floor **with no deduction**. Do not block view of judge
- Floor routines are not timed during competition – all levels, thereby eliminating all time infraction deductions
- **Spotting and Fall Deductions All Levels Xcel – Refer to USA rules and policies**

Vault Xcel Diamond

- 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*

Bars Xcel Silver

- 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.
- **SPECIAL REQUIREMENT: CAST TO MINIMUM OF 45 DEGREES BELOW HORIZONTAL**
 - Special Requirement **WILL** be awarded with the following execution deductions:
 - *Below 45 degrees: 0.05 - 0.2
- **CLARIFICATIONS XCEL SILVER BARS:**
 - *Only one cast/skill needs to fulfill SR.
 - ALL casts, including casts preceding skills leading to a dismount will receive "A" value part unless hips do not leave the bar (no VP), with the following exceptions: Cast squat, stoop or straddle on low bar TO JUMP TO HIGH BAR; cast shoot through and cast off to stand dismount will receive ONE (1) "A" value part.
 - *General execution deductions may apply to all skills. Total deductions **cannot exceed the value of the SR.**

Bars Xcel Gold

- **SPECIAL REQUIREMENT: A SKILL FINISHING IN A CLEAR SUPPORT (NOT MOUNT OR DISMOUNT)**
 - Special Requirement **WILL** be awarded with the following execution deductions:
 - *1 - 45 degrees below horizontal: 0.05 - 0.15
 - *46 degrees or more below horizontal: 0.20 - 0.30
- **CLARIFICATIONS XCEL GOLD BARS:**
 - *Only one cast/skill needs to fulfill SR.
 - ALL casts, including casts preceding skills leading to a dismount will receive "A" value part unless hips do not leave the bar (no VP), with the following exceptions: Cast squat, stoop or straddle on low bar TO JUMP TO HIGH BAR; cast shoot through and cast off to stand dismount will receive ONE (1) "A" value part.
 - *General execution deductions may apply to all skills. Total deductions **cannot exceed the value of the SR.**

MINIMUM SCORING XCEL ALL LEVELS

- 3.00 is the lowest an athlete may score in competition after competing an event on Bars, Beam and Floor – **this does not apply to touch or scratches**. There are no void vaults due to spotting. See deductions – however if a gymnast balks twice and did not perform a vault, the score will be a zero. The gymnast can be awarded for any part of a routine that was completed if above a 3.0.

Unallowable Xcel - 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.