

2018 Amateur Athletic Union

AAU Trampoline & Tumbling Handbook



Sports for all, forever

AAU TRAMPOLINE & TUMBLING RULE BOOK & REGULATIONS

PREAMBLE

The AAU Trampoline & Tumbling National Committee has been established in order to promote the benefits of participation in athletics and hereby adopts these rules & regulations for the advancement of that purpose. The AAU sport of T&T will conduct its activities to promote the purposes for which it was organized as set forth in the guidelines of the AAU. No part of the net earnings of T&T shall inure to the benefit of or be distributable to its directors, officers or other private persons, except that T&T shall be authorized and empowered to pay reasonable compensation for services rendered and to make payments and distributions in furtherance of the purposes and objectives. No substantial part of the activities of T&T shall be for carrying on of propaganda, or otherwise attempting to influence legislation, and T&T shall not participate in, or intervene in (including the publishing or distribution of statements) any political campaign on behalf of any candidate for public office. Notwithstanding any other provisions in these By-laws, T&T shall not carry on any activities not permitted to be carried on.

I. NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION

A. National Committee Structure and Procedures

- 1. National Chair.** The President of the AAU appoints the Chair from the recommendations of the National Sport Committee after approval of a majority of the National Officers.
- 2. Executive Committee Composition.** The Executive Board shall consist of the National Sports Chairperson, Vice Chairperson, Technical Chairperson, Volunteer Coordinator, Judging Coordinator, Equipment Coordinator, Secretary, Treasurer, Safety and Ethics Chairperson.
 - a. Terms.** The National Sports Chairperson, Vice Chairperson, Technical Chairperson, Volunteer Coordinator, Judging Coordination, Equipment Coordinator, Secretary, Treasurer, and Ethics Chairperson shall be elected every four years during the bi-annual meeting that takes place during the National Convention.
 - b. Nominations.** Nominations for all the Executive Board shall be made from the floor of the National Convention. Only one individual may speak on behalf of each such nominee; however, nominees may speak for themselves if they so desire.
 - c. Election.** All elections shall take place at the annual meeting that takes place during the National Convention.
 - d. Qualifications.** All nominees for office must have a current AAU T&T membership and have been AAU T&T registered team members for at least the previous two years.
 - e. Vacancies** Any vacancy occurring in the Board of Directors or any directorship to be filled due to an increase in the number of directors, may be filled by the election of an individual by a majority of the then sitting Directors of the sport of T&T. A director so elected shall serve the unexpired term of his or her predecessor in office or the full term of such new directorship, as the case may be.
 - f. Resignation and Removal.** Any director may at any time resign by serving written notice thereof on the remaining directors. Membership on the Board of Directors may also be terminated for good cause by passage of a removal

resolution by a 3/4 of the remaining Board of Directors. Upon removal, the removed person must be notified by the Board, through the National Chairperson, of such action within one week of the vote taken, which if by mail shall be the due date of the ballots. The removed person shall have 30 days to file a written appeal with the National Chairperson who shall take the appeal back to the Board of Directors for possible consideration and re-vote.

g. Duties.

- a.** District and National Competitions. The general conduct of the T&T AAU Junior Olympic Games Competition shall be the responsibility of the Executive Board. The general conduct of the Association Qualification Competitions shall be the responsibility of the meet directors who shall be subject to the control and directives of the Executive Board. All licensed competitions (Invitationals, Associations, Nationals, and AAU Junior Olympic Games) must abide by the rules and regulations of the T&T handbook. The Executive Board shall have the power to revoke or rescind a decision of the meet directors concerning the conduct of said meets.
- b. Powers and Responsibilities.** The Executive Board, as identified below, shall have the following duties in addition to those set forth elsewhere in these By-laws and in addition to those duties normally incident to the respective office.
- c. National Sports Chairperson.** The National Sports Chairperson shall be the principal executive officer of the AAU sport of T&T and, subject to the control of the Executive Board, shall generally supervise the business and affairs of the T&T. Call and preside at the meetings of the Executive Board and T&T members. He or she may sign, with any other proper officer of T&T thereunto authorized by the Executive Board, any instrument that the Executive Board has authorized to be executed. Shall also perform all duties incident to the office of National Chairperson and such other duties as may be prescribed by the Executive Board from time to time. May retain other persons to assist him or her in performance of the National Chairpersons duties. The National Chairperson shall also be responsible for updating the addendum for the Local Organizing Committee (referred to herein as the LOC) annually to assure the needs of the sport of T&T at the Junior Olympic Games. The National Chairperson may retain other persons to assist him or her in updating the addendum. May also conduct polls or surveys through any form of communication available. In the absence of the National Chairperson, the Vice National Chairperson shall take his or her place and perform his or her duties. See that all notices are duly given in accordance with the provisions of the Operating Rules and Procedures or as required. Be custodian of the corporate records; Keep a register of the post office address of each member of the AAU T&T which shall be furnished to the National T&T Chairperson by each such member; Compile and distribute annually to each member a report of the activities of T&T; Compile a file of all resolutions passed by the Executive Board and report to the T&T membership on such resolutions; In general, perform all the duties incident to the office of the T&T National Chairperson and such other duties as are prescribed herein or which may be assigned to him or her by the Executive Board from time to time.
- d. Vice Chairperson.** The Vice Chairperson shall be responsible for overseeing all Association Chairpersons and shall ensure all Association

State Meets are held and operated under the current T&T handbook rules. Also assist the Chairperson in the function of his or her duties whenever reasonably requested. Must also review, approve and/or deny any exceptions to the T&T handbook for AAU licensed competitions. All exceptions must be directed to the Vice Chairperson and Association Registration Chairperson with a written explanation for the exception(s) prior to the competition. Has the right (with the agreement of the National Chairperson) to declare any licensed competition that is not conducted by the AAU T&T handbook not valid as a qualifying competition.

- e. **Technical Chairperson.** The Technical Vice Chairperson shall promote all T&T. competitions and the sport of T&T. Shall also assist the National Chairperson in the function of his or her duties whenever reasonably requested. All petitions shall be sent to the Technical Vice Chairperson. Is responsible for handling all technical matters in connection with the programs of the sport. This responsibility shall include, but not be limited to, clarifying terminology by conducting a poll of the Executive Board members when such an issue arises, except when the National Convention is in session.
- f. **Volunteer Coordinator.** The Volunteer Coordinator shall Work with the Executive Board to determine the number of volunteers needed for the T&T competition during the AAU Junior Olympic Games and AAU National Team Trials. Is also responsible for communicating with the LOC/AAU Volunteer Coordinator for the AAU Junior Olympic Games to determine the number of volunteers being provided and to conduct a survey to attain any additional volunteers necessary from the T&T membership.
- g. **Judging Coordinator.** The Judging Coordinator shall Develop (yearly) an updated open book testing certification to be approved by the National Chairperson or the Executive Board and test all applicants Issue judges certification to all judges who meet the requirements by Passing the current test(s) by the proper percentage (determined by the Executive Board) in an assigned length of time Presenting verification of being an NTJA Certified Judge in good standing for at least two years and paying the required fee. Maintain a current address/phone listing of all judges who are certified per event. Notify certified judges when their certification needs to be renewed. Recommend certified judges for all licensed competitions and all the District Championships. Provide a list of judges (who are qualified in all three events) for the Junior Olympic Games Competition and the AAU National Team Trials for the approval of the Executive Board. For the AAU Junior Olympic Games Competition and AAU National Team Trials, the Judging Coordinator shall:
 - i. Set judges fees and travel allowances with the National Chairperson.
 - ii. Send out a survey for judging the Junior Olympic Games.
 - iii. Send out a contract to all Junior Olympic Games judges.
 - iv. Attain expense forms from the AAU National Office and give to all Junior Olympic Games judges before the last day of the competition.
 - v. Verify expenses and check receipts.

- vi. Send in all verified expenses and receipts to the AAU National Headquarters. Verify all approved expenses are paid in a timely manner.
- h. **Equipment Coordinator.** The equipment coordinator shall work with the Executive Board to determine the specifications and equipment needed for the T&T competition during the AAU Junior Olympic Games. He or she is also responsible for communicating with the LOC and the equipment company for the AAU Junior Olympic Games to determine a blueprint, a time frame for setting up, a time frame for tearing down, and the number of volunteers needed to assist with the same.
- i. **Secretary.** The Secretary shall keep the minutes of the T&T meetings in one or more books provided for that purpose. Keep a special file of all the resolutions passed by the AAU T&T Board and shall report to the membership on each resolution. Perform any additional duties as appointed by the National Chairperson.
- j. **Treasurer.** The Treasurer shall have charge and custody of the budget and be responsible for all funds and property of the AAU T&T and receive and provide receipts for monies due and payable to from any source whatsoever, and deposit all such monies in the name of T&T with the AAU National Headquarters. In general, the Treasurer shall perform all duties incident to the office of Treasurer and work to ensure the financial stability of T&T. The Treasurer shall also present to the T&T Executive Board, prior to the end of each fiscal year, a proposed operating budget for the upcoming fiscal year. Shall make an annual financial report and a report of all business transactions of the T&T Board.
- k. **Ethics Chairperson.** The Ethics Chairperson shall direct his or her actions as outlined by the AAU. The Ethics Chairperson shall serve in an advisory capacity to the Executive Board and help develop a specific T&T Code of Behavior for Coaches and Athletes which will include but is not limited to:
 - i. Swearing
 - ii. Drug usage
 - iii. Poor sportsmanship
 - iv. Abusive treatment of judges, volunteers, coaches, athletes, LOC and/or AAU Officials
 - v. Vandalism

The Chairperson shall review documentation and investigate alleged violations of the AAU Code of Conduct, guidelines, or any general misconduct deemed injurious to the AAU and T&T. The Ethics Chairperson shall seek resolution and may advise the Executive Board recommended penalties to impose. Promote and encourage participation at the highest possible standards for the enjoyment and the personal and professional development of all those associated with the AAU sport of T&T. The Ethics Chairperson must enforce the AAU Code of Conduct and the T&T Code of Behavior.

3. **National Sport Committee Composition.** The Board shall consist of the National Sports Chairperson, Vice Chairperson, Technical Chairperson, Volunteer Coordinator, Judging Coordinator, Equipment Coordinator, Secretary, Treasurer, and Ethics Chairperson, designated Allied Body voting member(s), and T&T Association Sport Chairpersons who meet the voting requirements. Also included are the elected or

appointed Sport Director of each District, or a representative designated by the District Governor and one appointed representative from each affiliated member that registers members in the sport. The President may appoint up to five (5) members-at-large.

- a. Duties.** The Board is entrusted with the development, promotion and general welfare of the AAU sport of T&T. The Board has the power, authority and responsibility to manage the business and affairs of the AAU T&T and to take the action necessary to carry forward the purposes and objectives of AAU T&T.
- b. Vacancies.** Any vacancy occurring in the Board of Directors or any directorship to be filled due to an increase in the number of directors, may be filled by the election of an individual by a majority of the then sitting Directors of the sport of T&T. A director so elected shall serve the unexpired term of his or her predecessor in office or the full term of such new directorship, as the case may be.
- c. Resignation and Removal.** Any director may at any time resign by serving written notice thereof on the remaining directors. Membership on the Board of Directors may also be terminated for good cause by passage of a removal resolution by a 3/4 of the remaining Board of Directors. Upon removal, the removed person must be notified by the Board, through the National Chairperson, of such action within one week of the vote taken, which if by mail shall be the due date of the ballots. The removed person shall have 30 days to file a written appeal with the National Chairperson who shall take the appeal back to the Board of Directors for possible consideration and re-vote.
- d. Principle Office.** The Principle Office of the sport of T&T shall be located at that of the National Chairperson. The registered office of the sport of T&T is that of the Amateur Athletic Union National Headquarters, PO Box 22409, Lake Buena Vista FL 32830.

4. Other Committee Positions. Such as Commissioners, Regional Directors, Disciplinary Committee, Bid Committees, etc. (Description of how positions are filled, purpose of the committee, composition, how vacancies are filled, removal provisions, etc.)

- a. Committees.** The Board of Directors may form and utilize additional committees as deemed appropriate and necessary to carry out the Board's duties and responsibilities. The Executive Board of Directors shall have authority to determine the size and responsibilities of said committees so long as any such determination is not inconsistent with other provisions of these bylaws.

5. Voting. Persons eligible to vote shall be the National Sport Chair, elected or appointed officers, chairs of Committees as defined by the sport's operating rules, the elected or appointed District sports director or a representative from each Affiliated member that registers members in the sport, and any members- at-large. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year shall be allowed to vote in the National Sport Committee meeting.

- a. Action by Written Consent.** Any action required to be taken at a meeting of the directors, or any other action which may be taken at a meeting of the directors, may be taken without a meeting if a consent in writing, setting forth the action so taken, shall be signed by all of the directors entitled to vote with respect to the subject matter thereof. For purposes hereof, facsimile signatures shall be adequate to show consent.

B. Sport Committee Meetings

- 1. National Sport Committee Regular Meetings.** Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.
- 2. Non-Regular Sport Committee Meetings.** National Sport Committee may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:
 - a.** The meeting is called by the Chair following approval of the National Office.
 - b.** The National Office has the right to coordinate the meeting and pick the site for the meeting.
- 3. National Sport Committee Special Meetings.** Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee members. The purpose of the Special meeting must be stated in the Notice for the meeting.
- 4. National Sport Executive Committee Meetings.** The National Chair shall determine the date and location of Executive Committee Meetings.
- 5. Agenda Additions.**
 - a. Sport Committee Meeting Order (Agendas).** The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as established by Code (Bylaw 9.5).

II. SPORT POLICIES AND PROCEDURES

A. General Information

- 1. Athlete Registration.** Every athlete must be a registered athlete to compete in an AAU Trampoline and Tumbling meet. The membership fee is \$14. It can be used for all youth sports of the AAU.
- 2. Club Registration.** Each Trampoline and Tumbling club may become a full voting member in their District by becoming a registered AAU Trampoline and Tumbling Club. A Club membership is necessary to host a competition and receive a license.
- 3. Hosting an AAU Competition.** AAU Youth competitions may be held for all levels and all age divisions (see levels and divisions or contact the Technical Chairman). All competing Trampoline and Tumbling competitors must be AAU Youth registered athletes and the event must be AAU licensed using the T&T Rules in the current Sport Handbook. Contact your Sport Chairman to see what meets are being held in your District. If there are none, then please consider hosting meets of your own. For information to host our own competition contact the AAU National Office.

B. Paperwork

- 1.** Following the completion of your meet, the following items must be sent to the National AAU:
 - a.** A copy of your license
 - b.** A copy of your championship report form (financial report)
 - c.** A copy of all score sheets for all events.

The above items should be sent within five (5) days after the completion of your meet to the National AAU office. For all District meets, a copy of all score sheets for all events must be sent to the National AAU Trampoline and Tumbling Chairman.

C. General Provisions at all AAU License Competitions

1. Competitors must be current AAU members. A competitor can enter and compete in only one level/one age group in tumbling, only one level/one age group in trampoline, only one level/one age group in double-mini trampoline, and only one level/one age group in synchronized trampoline.
2. When a competitor moves up a level, they may not revert down to a lower level, i.e., a competitor competes at the novice level of tumbling at a licensed invitational meet, the competitor may not compete at any lower levels of tumbling than novice at any AAU licensed meet.

D. Age Determination

1. The age of the athlete competition will be determined by the age of the athlete as of December 31st of the prior year. You must be 3 years of age by December 31st of the previous year to compete. For example, at the 2018 AAU Junior Olympic Games, age will be determined by the athletes age as of December 31, 2017. If an athletes birthday is June 25th, 2006 – their age for competition at the AAU Junior Olympic Games would be 11.
2. Athletes age 6 and under will no longer be mandated in any level or discipline.
3. Refer to D-Mini, Trampoline and Tumbling Sections for specific Age Determination information.

E. Code of Ethics: General Information Conduct.

- a. Coaches and/or competitors will:
 - a. Conduct themselves in a manner with respect to coaches, judges, athletes, spectators, and meet officials.
 - b. Display the highest level of sportsmanship, including no abusive language or abusive gestures.
 - c. Not delay the competition.
 - d. Not be allowed to approach the officials judging competition at any time to discuss scores, other than to ask the difficulty scores.
 - e. Turn off cell phones and pagers while on the competition floor.
 - f. No use walkie-talkies and/or cellular phones on the competition floor.
- b. The competitor shall acknowledge the Superior Judge by raising their hand at the start of a pass after they have been signaled by the Superior Judge.
- c. Conduct and Dress Code deductions, taken from each pass a competitor performs on the advice of the Superior Judge.
 - a. Showing displeasure and/or unsportsmanlike like conduct (1st occurrence) verbal warning.
 - b. Showing displeasure and/or unsportsmanlike like conduct (2nd occurrence) 0.5 pts.
 - c. Using profanity (1st occurrence) 0.3 pts and verbal warning.
 - d. The use of profanity (2nd occurrence) Official must bring the situation to the attention of the executive committee for consideration and action up to and including disqualification.

- e. Verbal abuse and/or gestures toward an official. Official must bring the situation to the attention of the executive committee for consideration and action up to and including disqualification.
 - f. Wearing of jewelry, hair beads, or watches 1.0 pts.
 - g. Improper attire (dress code) 1.0 pts.
 - h. Distracting dress, such as undergarments 0.3 pts.
 - i. Visible tattoos not covered with flesh colored or athletic tape 0.3 pts.
- d. Video Taping**
- a. Coaches may be allowed to view judges score sheets at the head scoring table after they have been turned in and recorded. (A coach may inquire about difficulty or mathematical error(s) to the Meet Director only).
 - b. Any complaints are to be presented to the Meet Director only.
 - c. The Meet Director will then discuss the situation with the appropriate Superior Judge.
 - d. If an error does exist in difficulty or a mathematical computation, a score may then be changed by the Superior Judge.
 - e. Spectators, Coaches, Competitors, or a Representative of a Federation may not go directly to the judges to justify scores. Coaches may inquire about difficulty or skill positions of their pass with no discussion allowed. All other score inquiries must go through the Meet Director.
 - f. If a scoring error results in a change of award placement after awards have been announced to the public or in the award room, no award shall be taken away from any competitor. The correct award shall also be given to the correct athlete.
 - g. If an athlete's entry fee is late he/she will not be eligible for any Team Awards or All American Awards. Article 5: A competitor who is rendered unconscious or apparently unconscious during competition shall not resume participation that day without written authorization from a physician or athletic trainer.
- e. HIV/HBV Prevention.** A variety of precautions can be taken during or prior to athletic training and/or competition to reduce the risk of HIV and HBV transmission.
- a. Voluntary testing for HIV and HBV can be made available to all athletes in the highest and moderate risk sports. Other athletes perceived to be at risk should also have testing made available to them.
 - b. Educational information regarding activities that place individuals at high risk because of lifestyle, geographic location, or a specific sport should be made available to participants and others (i.e., coaches, trainers).
 - c. All blood and body fluids must be treated as if they are infected. Gloves should be worn at all times when in contact with blood or other bodily fluids including, touching mucous membranes or non-intact skin (i.e., abrasion, dermatitis), of all athletes and for handling items or surfaces soiled with blood or body fluids. Gloves should be safely discarded after contact with each athlete. A report should be filed.
 - d. Hands and other skin washed immediately and thoroughly if contaminated with blood and/or other body fluids. Hands should also be washed after gloves are removed. Athletes should shower immediately after competition.
 - e. Surfaces contaminated with blood or body fluid should be cleaned after each use, or more often if needed, with a solution known to inactivate the virus (sodium hypochlorite, better known as household bleach, at 1:10 dilution).
 - f. To minimize contact, emergency mouth-to-mouth resuscitation bags or other ventilation devices should be available in first aid kits for use in emergencies.
 - g. Soiled linen, towels, uniforms, and so forth should be tagged and washed in hot water with a detergent this is known to inactivate HIV and HBV. When possible,

disposable towels should be used and proper disposal procedures employed for soiled materials.

- h.** All athletes in high-risk sports should be required to wear mouthpieces, and it should be strongly recommended for athletes competing in moderate risk sports.
- i.** Spittoons or similar receptacles where bloody sputum or saliva may be spit should contain a solution known to inactivate the virus.
- j.** Competitions should be interrupted when an athlete has a wound in which a large amount of exposed blood is present, to allow the bleeding to be stopped, and the area and athlete to be cleaned.
- k.** Athletes, who have open lesions, wounds, dermatitis, etc., should cover the area with a dressing that will prevent contamination from other sources.
- l.** Review the athlete's medical history to make sure that all routine vaccinations including tetanus and MMR (measles, mumps, rubella) are up to date.
- f.** Coaches and athletes are responsible for proper stretch and warm-up prior to practice or competition.
 - a.** Stretch-out mats at competition: If a competitor is doing at or above their level on stretch out mats, 3 coaches/judges would have to sign a complaint with the competitor's name/age/level competing/ and team and turn it into the National Office after the meet to then be dealt with for the welfare and fairness of the competitor as well as fairness to all to make sure it is investigated and reviewed before a mandate is decided.

III. SPORT OPERATIONS

A. Current Year Rule Changes

1. 2014 Rule Changes

- a.** Coach Attire: Warm up suit with or without jacket and long pants, short or long sleeved team/event t-shirts or polo shirts and ID badge must be worn by all coaches. Must wear closed toed athletic shoes. No hats, no denim pants or shorts allowed.
- b.** Athlete Attire: Sports Bras. All sports bras if visible must be neutral color (any shade of beige) -0.3 deduction.
- c.** Trampoline – Boys must wear trampoline pants – Long white or solid team colored trousers which must come from a gymnastics supplier (no sweat pants allowed). Deduction 2.0 pts. per pass.
- d.** Intermediate Trampoline – a $\frac{3}{4}$ somi does NOT count as the extra somi in meeting compulsory requirements.
- e.** Double-Mini Trampoline Landing Zone
 - a.** Replace the existing distance and deviation (grid) deductions with the FIG DMT landing zones A, B, & C.
 - b.** The following zone deductions for distance and deviation from center are cumulative and will be taken IN ADDITION to any applicable landing deduction, as determined by the Superior Judge:
 - i.** Landing inside Zone A (Red) – 0.0
 - ii.** Landing inside Zone B (Yellow) – 0.3
 - iii.** Landing inside Zone C (Blue) – 0.5
 - iv.** Moving from Zone A to B, Zone B to C, or Zone A to C -0.1 (maximum)

- c. Landing in Zone C (currently “out of bounds”) will result in a 0.5 major zone deduction. This landing will NOT constitute a termination or loss of skill.
 - d. Completed passes landing in Zone C will be scored out of 10.0 – 1.4 (0.9 landing deduction + 0.5 zone deduction) = 8.6 (additional major deductions may be taken on the advice of the Superior Judge).
 - f. Remove the disqualification rule for landing in the penalty zone on the double-mini.
 - g. Double-mini – 6 & Under Athletes or physical handicap (who have submitted a letter of appeal to the National Committee) may use 1 ¼” x 6 x 12’ folded mat placed lying flat in front of the double-mini mounting bed with narrow end running long wise with the Run-up Mat without penalty. All other athletes using a mat to mount the double-mini will receive a 0.5 pt. deduction from each aesthetic judge.
 - h. Double-Mini – Under levels, eliminate for Beginner level: Each pass will run consecutively.
 - i. Double-Mini Advanced athletes pass cards are required for all competitions.
- 2. Handbook Rule Amendments**
- a. Rules. All T&T Handbook competition rule changes will be proposed and voted on during the annual sports committee meeting that is held during the AAU National Convention as follows:
 - a. Competition rule changes will be made every two (Even) years.
 - b. Voting. T&T Association Sport Chairpersons who meet the voting requirements all the Executive Board Members, and any designated Allied Member Association. A 3/4 majority of those voting shall be necessary to adopt any resolution by mail, telephone, or telegraph.

IV. EXCERPTS FROM AAU CODE BOOK

- A. AAU Membership.** All participants must be a member of the AAU in order to participate in any AAU Licensed Event. Event Operators may not collect AAU membership money at any AAU licensed event.

Membership Requirements. Membership in the AAU is a privilege granted by the AAU. The AAU at its sole discretion reserves the right to accept or reject applicants for membership.

- 1. Conditions for Membership.** Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the Constitution, Bylaws, policies, procedures and rules of the AAU.
- 2. Categories of Membership.** Classes of membership in the AAU are as follows:
 - a. District Member.** The organization chartered by the Congress to provide administrative services within a designated geographic area.
 - b. Club Member.** An organization or group that has been approved for membership after meeting the registration requirements of the Code.
 - c. Individual Member.** A person who has been approved for membership after meeting the registration requirements of the Code. Individual membership categories are:
 - i. Youth Athlete
 - ii. Adult Athlete

iii. Non-Athlete

d. **Allied Member.** An organization or group approved by Congress which is engaged in athletics or sports-related activities.

B. Use of Logos and Trademarks

1. AAU Registered Marks. The AAU name, mark, seal, logo, and other insignia (all "AAU marks") are protected through trademark registration and are defined as the intellectual property of the AAU. Only those subordinates and affiliated organizations which are expressly authorized by the National AAU may use the intellectual property of the AAU. The National AAU may withdraw its approval to use its marks, in its sole discretion. Members shall immediately comply with notice to cease and desist from the use of the AAU's intellectual property. The unauthorized use of any of the intellectual property of the AAU is a violation of this policy and may subject the member/entity to penalties set out in the AAU Code.
2. Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.
3. There are three (3) levels of AAU club membership. Level 1 AAU Clubs acquire no rights to use the AAU's intellectual property. Level 2 and Level 3 Clubs may use AAU's intellectual property for the promotion of its organization and/or licensed AAU events only. Member clubs may not use the name AAU in their legal name.
4. In the event of a dispute or conflict as to a member's/entity's claim(s) to use any of the intellectual property of the AAU.

C. Event Licenses

1. No event shall be conducted under the auspices of the AAU unless a written license has been issued for the activity. A license is the written approval of the AAU for the conduct of the activity.
2. Only AAU members may participate in licensed events unless otherwise provided in the Bylaws.
3. Licenses may be issued to any club in good standing. Any license may be reviewed within 15 days of submission by the District Sport Committee Director. If the license is reviewed and rejected, the Registrar shall notify the organization submitting the license.
4. No license shall take effect until the 15-day review period has expired, or until the Registrar processes the license following approval of the District Sport Committee Director. Beginning with the 2009 Membership year, all applications for licenses must be completed and submitted through the online process or the AAU National Office.
5. The National Registration Executive Committee has the authority to issue licenses as follows:
 - a. For events in locations where there is no active District member.
 - b. For events in Districts where there is no current active participation. (No District Championship in the prior membership year).
 - c. For events directly sponsored by the National AAU or National Sports Committee.
 - d. For inter-District league play.
 - e. Review and approve any license rejected by the District.
 - f. Licenses issued to one organization cannot be transferred to another organization.
 - g. No license will be issued for any event where the word "Olympic" or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.

- h. Licenses must be reviewed and processed by the District Registrar and reported to the National Headquarters. A record shall be kept by each District of all licenses issued.

D. District Sport Committee Biennial Meeting

1. **District Sport Committee Biennial Meeting.** It is the duty of the District Sport Committee to hold a bi-annual meeting, the date of which shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]
2. **Notice of District Sport Meetings.** Notice of the Biennial or special meetings of the District Sport Committee shall be issued (or issue approved) by the District Secretary, to clubs eligible to vote as of 30 days prior to the scheduled Biennial meeting.
 - a. **Quorum.** Five (5) member clubs must be present to constitute a quorum of the Annual Sport Committee meeting.
 - b. **Voting.** Each member of a Committee shall have one vote unless the operating rules of the Committee provide for weighted voting. There shall be no voting by proxy. [A club may designate another representative for the club.]

E. Functions of District Sport Committees

1. **District Sport Committees.** In each approved AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.
2. **Composition.** The District Sport Committee shall include the following:
 - a. Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee;
 - b. District Sport Committee Officers and Chairmen of Committees as defined by that sport's operating rules. [Added 10/07].
 - c. The Governor may appoint five (5) at-large members.
3. **Duties.** The duties of the District Sport Committee are to:
 - a. In even years, hold a Biennial meeting, the date, time and location of which shall be approved by the District Executive Committee. [Added 10/08]
 - b. Adopt at the Biennial Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee rules.
 - c. Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.
 - d. Conduct of the District championships.

F. Functions of the District Sport Director

1. **District Sport Director.** In each sport in which five or more club members have designated the sport as its primary sport, the Director shall be elected by the Committee at its Biennial Meeting. When there are fewer than five clubs registered to the Sport, the Chair may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon election or upon appointment.
 - a. **Term.** The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. The term of office for an appointed District Sport Director shall be one year or until such time as the Sport Committee meets the criteria to elect a Chair.
 - b. **Vacancies.** A vacancy occurring in an elected District Sport Director position shall be filled in accordance with the Sport Committee operating rules. A

vacancy occurring in an appointed District Sport Director position shall be filled by the Governor with the approval of the National Sport Committee Chair.

2. **Duties.** The Sport Committee Director shall:
 - a. Develop a budget for the Sport Committee to file with the District Executive Committee.
 - b. Perform the duties set forth in the Committee Rules of Operation.
 - c. Approve event licenses in the sport.
 - d. Preside at Sport Committee meetings.
3. **Removal.** District Sport Directors may be removed as follows:
 - a. **By District Sport Committee.** An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Biennial meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda. [Rev. 10/07]
 - b. **By National Sport Chair.** Each National Sport Chair shall annually review the number of events held in their sport. If the number of licensed events, excluding practice licenses, is below five (5), the National Sport Chair may remove the District Director. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision. [Rev. 10/07]
 - c. **By National Board of Review.** An elected Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings. [Added 10/07]

G. Membership and Residency

1. Adult members will not be bound by residence requirements.
2. Youth members must register in the District of their bona fide residency, except as follows:
 - a. A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.
 - b. A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.
 - c. A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
 - d. Persons living outside the U.S. may register online or through the AAU National Office. The respective National Sports Committee rules shall govern their participation in AAU competitions.

H. Eligibility

1. A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team events the National Sports Committee shall determine the number of youth members permitted to participate on a team from an adjoining District.
2. **Club Attachment.** A youth member becomes attached to a club member when he/she competes with that club in any AAU licensed event (practice not included). A youth member may be attached to only one club with the following exceptions: An athlete may attach to additional clubs (one in each sport) if he/she participates in additional sports.
 - a. Participants in an AAU licensed league does not create club attachment.

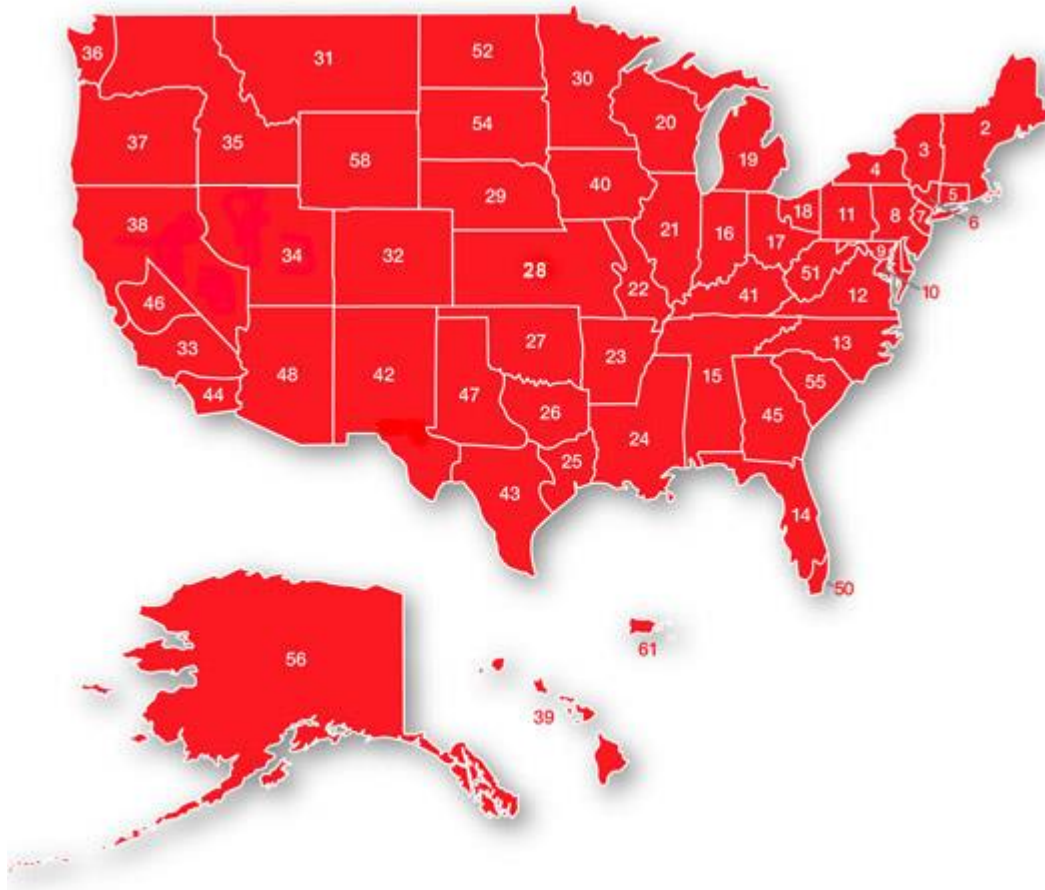
- 3. Transfers.** Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by the National Sport Committee. After a youth member becomes attached to a club, he/she may only transfer to another club in the same sport as follows:
- a.** If the youth member has not competed in any AAU licensed events in that Sport for a period of sixty (60) days.
 - b.** If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by National Sport Committees.) [Added 10/07]
 - c.** When the transfer is for the purpose of competing with a team which has qualified for a National Championship as provided by National Sport Committee rules.
 - d.** If the Registrar determines there is good cause to believe that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

V. APPENDIX (*Examples Below – All Additional Misc. Information*)

- A. District Sport Director Contacts**
- B. Executive Committee Directory**
- C. National Chairman Information**
- E. Dates for National Championships**
- F. Definitions/Glossary**
- G. Clarifications**
- H. Athlete Honor Oath**

APPENDIX A

District Map and Alignment with District Sport Directors



3 - ADIRONDACK DISTRICT (Organized January 31, 1920). That portion of New York State east and north of Broome, Cortland, Dutchess, Onondaga, Orange, Oswego and Sullivan Counties.
Neighboring Districts: Connecticut, Middle Atlantic, New England, New York Metropolitan and Niagara.

56 - ALASKA DISTRICT (Organized December 3, 1965). State of Alaska.
Neighboring Districts: None

48 - ARIZONA DISTRICT (Organized March 10, 1956). State of Arizona.
Neighboring Districts: Colorado, New Mexico, Pacific Southwest, Southern Nevada, Southern Pacific and Utah

23 - ARKANSAS DISTRICT (Organized February 16, 1936). State of Arkansas and (added December, 1948) Bowie County, Texas.
Neighboring Districts: Southeastern, Southern, Southwestern, Oklahoma, Missouri Valley and Ozark

12 -CENTRAL DISTRICT (Organized 1890). Illinois, except Calhoun, Greene, Jersey, Madison, Monroe and St. Clair Counties (counties of Calhoun, Greene, Jersey, Madison, Monroe and St. Clair given to Ozark District, with reservation that all judo therein to be controlled by Central District).
Neighboring Districts: Wisconsin, Iowa, Ozark, Kentucky and Indiana

46 - CENTRAL CALIFORNIA DISTRICT (Organized 1952). Counties of Fresno, Inyo, Kern, Kings, Madera, Mariposa, Merced, Mono, Tulare in the State of California. (Territory re-aligned, December, 1963).
Neighboring Districts: Pacific, Southern Nevada and Southern Pacific

32 - COLORADO DISTRICT (Organized November, 1906). State of Colorado. (Territory re-aligned December, 1963, 1965, 1968. Renamed October, 2004.)
Neighboring Districts: Wyoming, Nebraska, Missouri Valley, Oklahoma, New Mexico, Arizona and Utah

5 - CONNECTICUT DISTRICT (Organized September 17, 1929). State of Connecticut.
Neighboring Districts: Adirondack, New England and New York Metropolitan

14 - FLORIDA DISTRICT (Organized January, 1925). Florida, except Miami-Dade (official county name has been changed to Miami-Dade), Broward, that part of Hendry County West of Route 833 and Palm Beach Counties. (Territory re-aligned, December 1958, 1959, 1963, 1972, and 1999.)
Neighboring Districts: Florida Gold Coast, Georgia and Southeastern

50 - FLORIDA GOLD COAST DISTRICT (Organized December 30, 1959). Counties of Broward, Miami-Dade (official county name has been changed to Miami-Dade), that part of Hendry County East of Route 833, and Palm Beach Counties. (Territory re-aligned, December 1958, 1959, 1963, 1972 and 1999.)
Neighboring Districts: Florida

45 - GEORGIA DISTRICT (territory realigned September, 1989). State of Georgia
Neighboring Districts: Florida, North Carolina, Southeastern and South Carolina

25 - GULF DISTRICT (Organized March 6, 1931). That part of the State of Texas bounded on the North and including the counties of Angelina, Houston, Leon, Nacogdoches, Robertson and Shelby; on the East by the State of Louisiana; on the South by the Gulf of Mexico and on the West by and including the counties of Austin, Brazos, Colorado, Fort Bend, Grimes, Matagorda, Robertson, Waller, Washington and Wharton. (Territory re-aligned September, 1992.)
Neighboring Districts: Southern, Southwestern and South Texas

39 - HAWAIIAN DISTRICT (Organized November, 1910). State of Hawaii.
Neighboring Districts: None

16 - INDIANA DISTRICT (Organized August 22, 1919). All of State of Indiana excepting Clark, Dearborn and Floyd Counties with the reservation that all wrestling therein be controlled by the Indiana District.
Neighboring Districts: Central, Kentucky, Michigan and Ohio

35 - INLAND EMPIRE DISTRICT (Organized April 25, 1937). State of Washington, counties of Adams, Asotin, Benton, Chelan, Columbia, Douglas, Ferry, Franklin, Garfield, Grant, Kittitas, Klickitat, Lincoln, Okanogan, Spokane, Stevens, Walla Walla, Whitman and Yakima County. State of Idaho, State of Nevada, counties of Elko, Eureka and White Pine. (Territory re-aligned September, 1987.)
Neighboring Districts: Pacific Northwest, Pacific, Oregon, Southern Nevada, Utah, Wyoming and Montana

40 - IOWA DISTRICT (Organized January 15, 1939). State of Iowa.
Neighboring Districts: Minnesota, South Dakota, Wisconsin, Missouri Valley, Nebraska, Ozark and Central

41 - KENTUCKY DISTRICT (Organized February 27, 1939). The Commonwealth of Kentucky and Clark and Floyd County in the State of Indiana (except for the sports of wrestling, boys and girls basketball). (Territory re-aligned, September, 1987; October 2003).
Neighboring Districts: Central, Indiana, Ohio, Ozark, Southeastern, Virginia and West Virginia

18 - LAKE ERIE DISTRICT (Organized January 5, 1931 As Northeastern Ohio District. Name changed at 1956 Convention). The Counties of Ashland, Ashtabula, Belmont Columbiana, Crawford, Cuyahoga, Erie, Geauga, Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawus and Wayne. (Territory re-aligned December, 1960 and September, 1991.)
Neighboring Districts: Ohio and Western Pennsylvania

9 - MARYLAND DISTRICT (Organized, 1981). State of Maryland (except the counties of Montgomery and Prince Georges.) (Territory re-aligned December, 1968.)
Neighboring Districts: Potomac, Virginia, West Virginia, Western Pennsylvania and Middle Atlantic

19 - MICHIGAN DISTRICT (Organized November, 1923). State of Michigan. (Territory re-aligned December, 1962 and October, 1971.)
Neighboring Districts: Indiana and Ohio

8 - MIDDLE ATLANTIC DISTRICT (Organized 1906). New Jersey, south of Mercer and Monmouth County; all of the State of Delaware and the Commonwealth of Pennsylvania, east of and including Bedford, Centre, Clinton and Potter Counties (Territory re-aligned December, 1962.)
Neighboring Districts: Adirondack, New Jersey, New York Metropolitan, Niagara, Western Pennsylvania and Maryland

30 - MINNESOTA DISTRICT (territory realigned September, 1989). State of Minnesota.
Neighboring Districts: Iowa, North Dakota, South Dakota and Wisconsin

28 - MISSOURI VALLEY DISTRICT (Organized February 14, 1931). All of Kansas and that portion of the western part of the state of Missouri including and bounded by Adair, Audrain, Benton, Callaway, Christian, Cole, Greene, Hickory, Macon, Montineau, Morgan, Polk, Randolph, Schuyler and Taney. (Territory re-aligned December, 1962.)
Neighboring Districts: Iowa, Nebraska, Colorado, Oklahoma, Arkansas and Ozark

31 - MONTANA DISTRICT (Organized February 15, 1936). State of Montana.
Neighboring Districts: Inland Empire, North Dakota, South Dakota and Wyoming

29- NEBRASKA DISTRICT (Organized June 26, 1922). State of Nebraska. (Territory re-aligned September, 1986.)
Neighboring Districts: South Dakota, Wyoming, Colorado, Missouri Valley and Iowa

2 - NEW ENGLAND DISTRICT (Organized, 1890). New Hampshire, Maine, Massachusetts, Rhode Island and Vermont. (Territory re-aligned September, 1987.)
Neighboring Districts: Adirondack and Connecticut

7 - NEW JERSEY DISTRICT (Organized April 21, 1930). New Jersey north of and including Hudson, Mercer and Monmouth Counties.
Neighboring Districts: Middle Atlantic and New York Metropolitan

42 - NEW MEXICO DISTRICT (Organized May 29, 1947). State of New Mexico and the counties of Brewster, Culbertson, Crockett, El Paso, Hudspeth, Jeff Davis, Presidio and Terrell in the State of Texas. (Territory re-aligned September, 1988.)
Neighboring Districts: Colorado, Utah, Arizona, West Texas, South Texas and Oklahoma

6 - NEW YORK METROPOLITAN DISTRICT (Organized, 1890). New York, south of and including Dutchess, Orange, Sullivan and Ulster Counties; also the Canal Zone. (Renamed October, 2004)
Neighboring Districts: Adirondack, Connecticut, Middle Atlantic and New Jersey

4 - NIAGARA DISTRICT (Organized September 27, 1919). State of New York west of and including Broome, Cortland, Onondaga and Oswego Counties.
Neighboring Districts: Adirondack, Middle Atlantic and Western Pennsylvania

13 - NORTH CAROLINA DISTRICT (Organized December 5, 1965). State of North Carolina.
Neighboring Districts: Georgia, South Carolina, Southeastern and Virginia

52 - NORTH DAKOTA DISTRICT (Organized December 1, 1962). State of North Dakota
Neighboring Districts: Minnesota, Montana and South Dakota

17 - OHIO DISTRICT (Organized May 1, 1923). State of Ohio (except the counties of Ashland, Ashtabula, Belmont, Columbiana, Crawford, Cuyahoga, Erie, Geauga, Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawas and Wayne); and the Dearborn County in the State of Indiana. (Territory re-aligned, December, 1959, 1960, 1962, 1963, and October, 2003).
Neighboring Districts: Indiana, Lake Erie, Michigan, Kentucky, West Virginia and Western Pennsylvania

27 - OKLAHOMA DISTRICT (Organized February 23, 1936). State of Oklahoma.
Neighboring Districts: Missouri Valley, Colorado, New Mexico, West Texas, Southwestern and Arkansas

37 - OREGON DISTRICT (Organized September 23, 1935). State of Oregon and the following counties of Washington: Clark, Cowlitz and Skamania. (Territory re-aligned September, 1987.)
Neighboring Districts: Inland Empire, Pacific and Pacific Northwest

22 - OZARK DISTRICT (Organized, 1935). Missouri east of and including the following counties, Camden, Dallas, Douglas, Knox, Miller, Monroe, Montgomery, Osage, Ozark, Pike, Scotland, Shelby, including the city of St. Louis, and Webster. Counties of Calhoun, Greene, Jersey, Madison, Monroe and St. Clair in Illinois with reservation that all judo therein be controlled by Central DISTRICT. (Territory re-aligned December, 1962.)
Neighboring Districts: Arkansas, Central, Kentucky, Iowa, Missouri Valley and Southeastern

38 - PACIFIC DISTRICT (Organized, 1890). The State of California, north of but not including the counties of Fresno, Madera, Mariposa, Merced, Mono and San Luis Obispo and the Counties of Churchill, Douglas, Humboldt, Lander, Lyon, Mineral, Ormsby, Pershing, Storey and Washoe in the State of Nevada. (Territory re-aligned December, 1961 and December, 1962 and 1963.)
Neighboring Districts: Central California, Inland Empire, Oregon, Southern Nevada and Southern Pacific

36 - PACIFIC NORTHWEST DISTRICT (Organized June, 1905). Washington, west of but not including Chelan, Kittitas, Okanogan and Yakima Counties and north of but not including Cowlitz, Klickitat and Skamania Counties.
Neighboring Districts: Inland Empire and Oregon

44 - PACIFIC SOUTHWEST DISTRICT (Organized December 10, 1949, as Southwest Pacific Border DISTRICT. Name changed at 1956 Convention). Imperial and San Diego Counties, California.
Neighboring Districts: Arizona and Southern Pacific

10 - POTOMAC VALLEY DISTRICT (Organized October 15, 1929). All territory within the District of Columbia, counties of Montgomery and Prince Georges in the State of Maryland, and counties of Arlington and Fairfax and cities of Alexandria and Falls Church in the Commonwealth of Virginia. (Territory re-aligned December 1968. Formerly District of Columbia District. Renamed December, 1972.)
Neighboring Districts: Maryland and Virginia

61 - PUERTO RICO DISTRICT (Organized September 8, 1984). Puerto Rico and U.S. Virgin Islands.
Neighboring Districts: None

55 - SOUTH CAROLINA DISTRICT (Organized December 5, 1965). State of South Carolina.
Neighboring Districts: Georgia and North Carolina

54 - SOUTH DAKOTA DISTRICT (Organized December 4, 1964). State of South Dakota.
Neighboring Districts: Iowa, Minnesota, Montana, Nebraska, North Dakota and Wyoming

43 - SOUTH TEXAS DISTRICT (Organized November 12, 1945). That part of the State of Texas bounded on the East by and including the counties of Burleson, Fayette, Jackson, Lavaca, Lee, Milam and; on the South by the Gulf of Mexico and the Republic of Mexico; on the West by and including the counties of Schleicher, Sutton and Val Verde, and on the North by and including the counties of Bell, Burnett, Coryell, Falls, Lampasas, Llano, Mason and Menard. (Territory re-aligned December, 1961, 1963 and September, 1992.)
Neighboring Districts: Gulf, Southwest, South Texas, New Mexico and West Texas

District Sport Directory

Map #	District	District Sport Director
12	Central (CE)	Guy Merker
46	Central California (CC)	Guy Fowler
45	Georgia (GA)	Jim Dowling
16	Indiana (IN)	John Truelove
40	Iowa (IA)	Deb Whitmore
41	Kentucky (KY)	Henry Young
50	Ohio (OH)	Brittany Maynard
27	Oklahoma (OK)	Raymond Looney
15	Ozark (OZ)	Jeri Inman

APPENDIX B

DISTRICT EXECUTIVE COMMITTEE CONTACT

Executive Committee

National Chair

Steve Landon

Phone:

606-271-8674

Email:

trampoline2003@gmail.com

Treasurer

Jeri Inman

Phone:

314-845-3714

Email:

jeri@gymstars-stl.com

Judging

OPEN

Phone:

N/A

Email:

N/A

Equipment

OPEN

Phone:

N/A

Email:

N/A

Safety Coordinator

Henry Young

Phone:

606-791-8030

Email:

gyrocopter@live.com

Vice Chairman

Lee Whitmore

Phone:

319-234-6550

Email:

lee.whitmore@waterlootrampoline.com

Secretary

Linda Whitmore

Phone:

319-239-4361

Email:

linda.whitmore@waterlootrampoline.com

Volunteer Coordinator

Stella Sponsler

Phone:

217-438-9067

Email:

attc1996@aol.com

Technical

OPEN

Phone:

N/A

Email:

N/A

Ethics

OPEN

Phone:

N/A

Email:

N/A

APPENDIX C

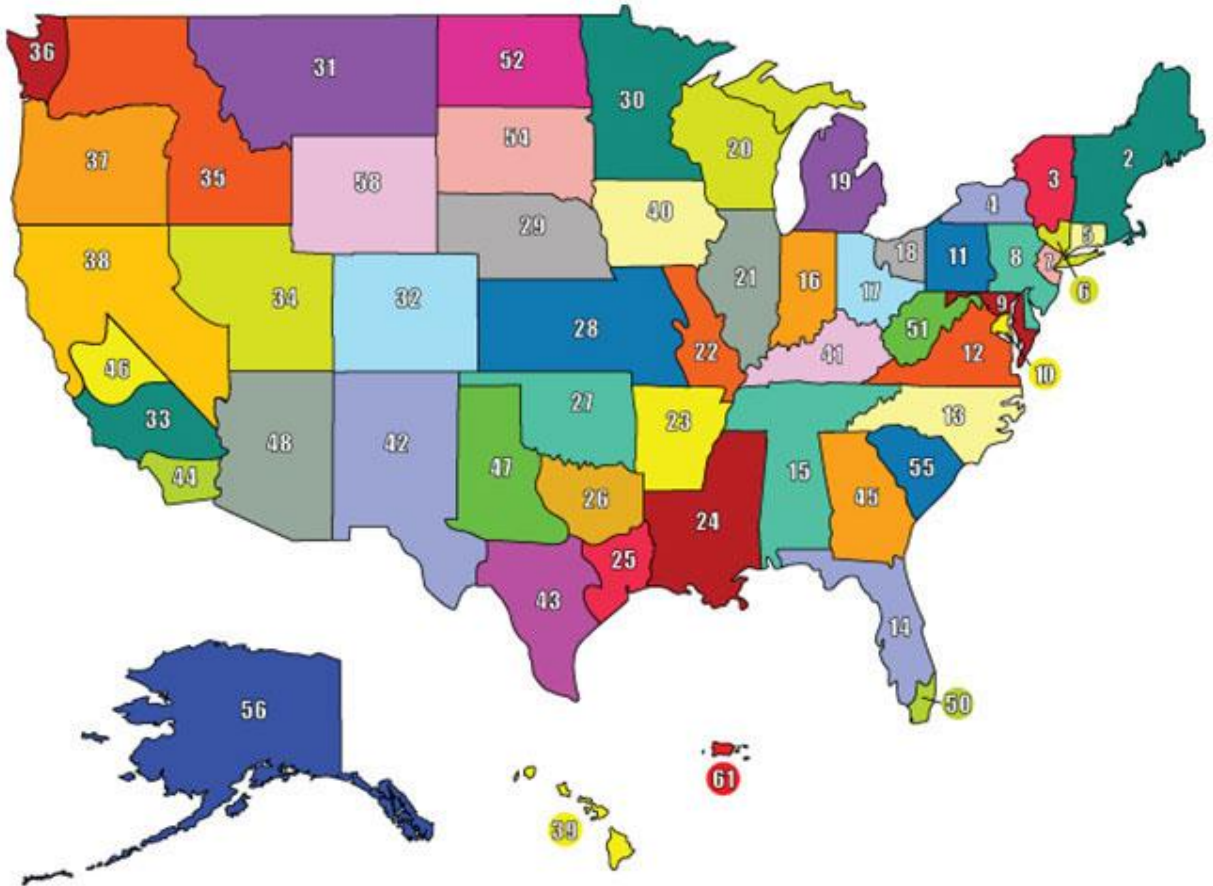
DISTRICT MAP

A. Zone Alignment Bylaw 8.6 (pgs. 39-40)

There shall be four (4) Zones of the AAU. The Districts which comprise the Zones of the AAU are:

- a. **Zone A Bylaw 8.6.1 (pg. 39) Yellow**
Adirondack, Connecticut, Lake Erie, Maryland, Middle Atlantic, New England, New Jersey, New York Metropolitan, Niagara, Ohio, Potomac Valley, Virginia, Western Pennsylvania
- b. **Zone B Bylaw 8.6.2 (pg. 39) Red**
Florida, Florida Gold Coast, Georgia, Gulf, Kentucky, North Carolina, Puerto Rico, South Carolina, South Texas, Southeastern Southern, Southwestern, West Texas, West Virginia
- c. **Zone C Bylaw 8.6.3 (pg. 40) Blue**
Arkansas, Central, Indiana, Iowa, Ozark, Oklahoma, Michigan, Minnesota, Missouri Valley, Montana, Nebraska, North Dakota, South Dakota, Wisconsin, Wyoming
- d. **Zone D Bylaw 8.6.4 (pg. 40) Green**
Alaska, Arizona, Central California, Colorado, Hawaiian, Inland Empire, New Mexico, Oregon, Pacific, Pacific Northwest, Pacific Southwest, Southern Pacific, Southern Nevada, Utah

AAU DISTRICT MAP



- | | | |
|-------------------------|----------------------|-----------------------|
| 2 New England | 22 Ozark | 42 New Mexico |
| 3 Adirondack | 23 Arkansas | 43 South Texas |
| 4 Niagara | 24 Southern | 44 Pacific Southwest |
| 5 Connecticut | 25 Gulf | 45 Georgia |
| 6 New York Metropolitan | 26 Southwestern | 46 Central California |
| 7 New Jersey | 27 Oklahoma | 47 West Texas |
| 8 Middle Atlantic | 28 Missouri Valley | 48 Arizona |
| 9 Maryland | 29 Nebraska | 50 Florida Gold Coast |
| 10 Potomac Valley | 30 Minnesota | 51 West Virginia |
| 11 Western Pennsylvania | 31 Montana | 52 North Dakota |
| 12 Virginia | 32 Colorado | 54 South Dakota |
| 13 North Carolina | 33 Southern Pacific | 55 South Carolina |
| 14 Florida | 34 Utah | 56 Alaska |
| 15 Southeastern | 35 Inland Empire | 58 Wyoming |
| 16 Indiana | 36 Pacific Northwest | 61 Puerto Rico |
| 17 Ohio | 37 Oregon | |
| 18 Lake Erie | 38 Pacific | |
| 19 Michigan | 39 Hawaiian | |
| 20 Wisconsin | 40 Iowa | |
| 21 Central | 41 Kentucky | |

APPENDIX D

DATES FOR NATIONAL CHAMPIONSHPS

AAU Junior Olympics Games

2018 – Des Moines, Iowa

2019 – Greensboro, NC

2020 – Hampton Roads, VA

2021 – Houston, TX

2022 – Detroit, MI

APPENDIX E

GLOSSARY DEFINITIONS

- 1. Fiscal year:** The fiscal year of the Corporation shall begin on the 1st day of September in each year and end on the last day of August in the following year.
- 2. Membership year:** The fiscal year of the Amateur Athletic Union is September 1 through August 31 of the following year.
- 3. Parade of Champions:** The Parade of Champions will take place on the last day of T&T Competition at the AAU Junior Olympic Games at a time designated on the schedule of events. All T&T athletes, coaches, and judges who take part in the T&T competition will march in by association. All T&T athletes, coaches, and judges who march in will be required to be dressed in the proper attire - competition attire, warm-ups, appropriate shoes, etc. (Refer to rules in handbook) An exhibition of the AAU T&T National Team and Stars of Tomorrow will be given during the Parade of Champions The Awards Presentation will be held during the Parade of Champions.
- 4. Practice:** For the purpose of AAU licensing, A practice is organized and/or regularly scheduled sessions supervised at all times by a registered AAU coach or instructors and conducted for the purpose of preparing, training, instructing, and conditioning only AAU registered athletes for AAU competitions. Tryouts and scrimmages are included as long as they meet all the requirements of the above definition.
- 5. Scrimmage:** A practice of an AAU club or with AAU athletes or another club. A scrimmage does not qualify as a practice if an admission fee is charged, or the officials are paid. Scrimmage results must not affect the teams club=s standing or rankings.
- 6. Supervision:** Supervision requires that an AAU registered coach/instructor be physically present at all times at the practice premises or site during each practice session.

APPENDIX F

CLARIFICATIONS

11/26/08

1. BEGINNER & ADVANCED-BEGINNER. New Round-off rule.

The rule says IF a round-off is used - it must be the last skill in the pass. If a round-off is performed anywhere else in the pass, you would take a 2.0 major deduction for not meeting pass requirements.

If the athlete performs a round-off anywhere else in the pass, they should NOT rebound. If they do rebound out of it - you would deduct for the number of steps taken. A straight up and down rebound is two feet, so you would take two 0.5 step deductions...if more steps are taken, you take 0.5 for each step up to the termination number; i.e. 3 steps for Beginner, 2 steps for Adv-Beginner. There are many other things that may happen - reversal of motion, etc.; however, if the athlete rebounds and continues without interruption of the pass - you take for steps and continue to judge the pass.

If the athlete performs a round-off anywhere else in the pass - they do not need to rebound and you do not judge the rebound. You only judge the rebound (or lack of) on the last round-off of a completed pass as in sub-novice, novice, and intermediate.

2. ADVANCED. The new rule states that at least one pass must have three somies. Failure to have three somies in one pass results in a 2.0 major deduction as a two pass requirement.

If an athlete performs the 1st pass with 2 somies and the second pass with one somi - you would deduction 2.0 on the 2nd pass for not having 2 somies and 2.0 for one pass not having at least 3 somies. The 1st 2.0 is for not meeting pass requirements and the 2nd 2.0 is for not meeting the combined pass requirements. This is the same as in Sub-Advanced where at least one pass must have two somies.

04/30/08

1. FOOT WEAR. When shoes are worn (tumbling, trampoline, & double-mini), although the rules state they must be white - we will accept "off-white" and tan. Many of the major shoe manufacturers have begun making various shades of white.

2. SYNCRHO DRESS. The rules remain the same; however, the deduction for failure to wear identical attire will result in each member of the synchro pair receiving a 2.0 pt. aesthetic deduction per aesthetic judge upon the advice of the Superior Judge.

02/04/08

1. WARM-UPS. Warm-ups. Warm-ups must start after the scheduled coaches & judges' meeting (not during or before).

11/07

1. INSTABILITY DEDUCTION, ALL EVENTS, Re-clarified by the Technical Committee. Counting to 3. Regardless of the size of the step(s), taking one step results in a 0.1 deduction; taking two steps results in a 0.2 deduction; and taking three or more steps results in a 0.3 deduction. THIS STRESSES THE SIZE OF THE LACK OF STABILITY OR NUMBER OF STEPS TAKEN.
2. Although "instability" includes arm waving and/or body movement, the Technical Committee agreed to exclude those from these clarifications. If an aesthetic judge feels there is too much movement, they can increase the deduction on the last skill - the movement is probably a direct result of how they completed that skill anyway. I will state this in the clarification.
3. HARD HAIR BALLS will be considered the same as "Hair Beads" and will not be allowed in competition. 2.0 deduction.

10/07

GENERAL

1. SKILL POSITION - The position for skills will be determined between 10:00 and 2:00 (tuck, pike, or straight).
2. LANDING DEDUCTIONS, ALL EVENTS - As previously clarified, will be taken on incomplete and/or completed passes.
3. TERMINATIONS & DEDUCTIONS - Once a pass is terminated, you do not take additional deductions for anything that happens after the point of termination. Example: On trampoline, the athlete lands on one foot (termination) and then the other foot hits the side pad...you take the 0.3 for landing on one foot, but not the 0.9 for the side pad (athlete also loses that skill)

However, remember, if the pass is terminated due to a landing deduction which concludes in a greater landing deduction - you take the greater of the two. The example I used before - if an athlete falls to their seat (termination), rolls to their back, rolls off the floor - you take the greater landing deduction of 0.9 for going off the floor. This is a different scenario & we have a rule defining this.

TRAMPOLINE

1. A 3/4 back (or front) done in a different position will be considered a different skill in determining repeats, but will not receive different difficulty. All positions will receive a 0.3 difficulty.

11/06 & 4/07

GENERAL

1. ATHLETE ATTIRE

- 1.1 Leotards may have holes in the back as long as they are above the waist. 04/07 1.2
Socks may be rolled down without deduction. 04/07

2. JEWELRY - The wearing of jewelry or watches in competition will result in a 1.2 pt. deduction per pass to be taken on the advice of the Superior Judge. Jewelry must be removed, taping over will result in deduction. 11/06

3. HAIR

3.1 The wearing of hair beads will result in a 2.0 pt. deduction per pass to be taken on the advice of the Superior Judge. NOTE: Not a termination. 04/07

3.2 Hair pins, barrettes, etc. that fall out of the hair will result in a 0.3 pt. deduction (same as scrunchies) to be taken on the advice of the Superior Judge. 04/07

4. THE COACHING DEDUCTION SHOULD READ - Talking to or giving any signal to a competitor by his own spotters or coach during the routine. (Maximum deduction - 0.3 pt. per pass). NOTE: This includes clapping, gesturing, etc. Wait at least three (3) seconds after the competitor completes their pass. 11/06

TUMBLING

1. SUB-BEGINNER, BEGINNER, ADV-BEGINNER LEVELS.

1.1 The pass does not start until the hands touch the mat. 11/06

1.2 A cartwheel is a front skill only. If performed in a back tumbling pass, a 2.0 deduction will be taken.

2. INTERMEDIATE LEVEL REPEAT RULE - Round-offs and hand-springs can be repeated without deduction. With the exception of handsprings and round-offs, only one difficulty skill may be repeated in an optional pass; otherwise, the difficulty of the repeated skill will not be awarded.

11/06

DOUBLE-MINI

1. FOOT COVERING - An athlete must wear foot covering or they will not be allowed to compete.

Termination. NOTE: If an athlete wears black or colored foot covering, they will be allowed to compete; however, a 2.0 pt deduction per pass will be taken on the advice of the Superior Judge.

11/06

2. If an athlete lands after their mounter skill, stops, and then touches the blue side pad - you would not take a 0.9 pt. deduction because the stop terminated the pass. 04/07

3. When a double-mini athlete lands their dismount skill out of the landing zone, the skill does not count and you take the 0.9 pt. deduction because landing out is what terminated the pass. 04/07

TRAMPOLINE

1. FOOT COVERING - An athlete must wear foot covering or they will not be allowed to compete.

Termination. 11/06

2.1 If an athlete does not get completely around when performing swivel hips - you just take an aesthetic deduction. NOTE: It will probably also affect the next skill's aesthetics. 04/07

OCTOBER 2006

GENERAL CLARIFICATION - There is no deduction for glasses & hearing aids that fall off during competition.

TUMBLING

1. Landing Deductions:

- 1a. When judging instability at the end of a pass, the competitor should stop and hold the landing for three seconds prior to turning to salute.
- 1b. If a pass has too many skills, the deduction for not holding the landing for three seconds is taken on the last skill performed, not at the point where the pass was to have stopped.

2. In the beginner levels, during the execution of some skills, the elbows may touch the tumbling mat. If there is smooth continuation of the skill, then there is no deduction (termination) for the elbow. If the athlete is unstable or off-balance and falls to or pushes off the elbow, then the pass will be terminated at that point, no credit would be given for the skill, and a 0.6 pt. deduction would be taken for the elbow.

3. At the beginner levels, if the competitor performs the wrong pass, a 2.0 deduction will be taken. This is not a termination. NOTE: Performing an illegal skill will result in a termination.

4. A cartwheel is a front skill only. If performed in a back tumbling pass, a 2.0 deduction will be taken.

5. If a reversal (punch) somi is performed at the end of an incomplete pass (not enough skills), the athlete will still receive that skill & difficulty.

6. Any backward non-twisting single somersault executed at shoulder height or below and performed in the middle of a pass, regardless of position, will be considered a whip back.

7. Any backward non-twisting, single somersault at the end of a tumbling pass must be defined by position as a tuck, pike, or straight somersault including the last somersault prior to the reversal skill. If not performed above shoulder height, a deduction of 0.3 will be taken.

8. At the sub-advanced, advanced, and elite levels, if a pass has too many skills and the last required skill is not a somersault, a 0.5 pt. deduction will be taken for not ending the pass in a somersault.

9. There is no height deduction for a twisting somersault (such as a full, double-full, etc.) executed below shoulder height at the end of the pass; however, an aesthetic deduction should be taken.

DOUBLE-MINI

1. Landing Deductions - Instability landing deduction will be taken on the last skill performed.

NOTE: Whatever terminates a pass will receive the appropriate deduction, i.e., fall to the seat.

2. A tuck jump forward or backward is the same skill and will be considered a repeat if performed more than once as a mounter, spotter, or dismount skill. A 0.5 pt. deduction will be taken for the repeated skill.

3. At the novice level, if a competitor fails to have two passes with difficulty and one somersault in a pass, a 4.0 deduction will be taken on the last pass.
4. At the sub-advanced level, if a competitor fails to have one pass with two somersaults and to have one pass with a spotter somersault, a 4.0 deduction will be taken on the last pass.
5. An initial contact with the double-mini in which one foot strikes the bed before the other (ta-dump) will result in a 0.1 to 0.5 pt. deduction taken on the instruction of the superior judge.
6. Mounting Deduction - The deduction for instability when mounting the double-mini and for lack of form, control, and lift on the straight jump mount is 0.1 to 0.3 pts. A maximum deduction of 0.3 can be taken on the straight jump mount.

TRAMPOLINE

1. Landing Deductions - Instability landing deduction will be taken on the last skill performed.
NOTE: Whatever terminates a pass will receive the appropriate deduction, i.e., fall to the seat.
 2. Twisting skills must start facing one of the end decks and end facing one of the end decks to receive twisting credit. Starting early or late and under or over-rotating do not get full credit.
 3. Landing a trampoline skill on one foot will result in termination of the pass at that point, even if the last skill. No credit will be given for the skill and a deduction of 0.3 pt. will be taken.
 4. Twisting skills must start facing one of the end decks and end facing one of the end decks to receive credit. Starting early or late and under- or over-rotating does not get full credit.
1. SUB-ADVANCED D-MINI. POSSIBLE TO HAVE TWO (2) 2.0 DEDUCTIONS (LIKE NOVICE).
- 2.0 FOR NO SPOTTER SOMI & -2.0 FOR NOT MEETING PASS REQUIREMENTS.
 2. TRAMPOLINE. TWISTING SKILLS MUST START FACING ONE OF THE END DECKS AND END FACING ONE OF THE END DECKS TO RECEIVE CREDIT. STARTING EARLY OR LATE & UNDER OR OVER ROTATING DO NOT GET FULL CREDIT.
 3. THERE WILL NOT BE A DEDUCTION TAKEN FOR GLASSES & HEARING AIDS THAT FALL OFF DURING COMPETITION.
 4. IF A REVERSAL SOMI (PUNCH) IS PERFORMED AT THE END OF AN UNCOMPLETED PASS (NOT ENOUGH SKILLS), THE ATHLETE WILL STILL RECEIVED THE DIFFICULTY OF THE SKILL.

5/30/05

1. Beginner Tumbling Levels. The athlete rocks forward to the knees before performing their 1 st skill - what should be done?

Answer: No deduction.

2. Beginner Tumbling Levels. The athlete salutes the judges, turns around, and tumbles toward the athletes (reverse direction). What should be done?

Answer: Score the skills performed on the mat. Terminate if and when the athlete goes off the mat.

3. Sub-Advanced - Elite Level Tumbling. The athlete performs an extra skill; i.e., performs 9 skills for the 8 skill pass....the 8th skill is a somi in the straight position (or pike). Does the athlete receive the difficulty for a straight (or pike)?

Answer: Yes; however, if it is below shoulder height - deduct the 0.3 height deduction. Also if the 8th skill is not a somi, deduct 0.5 for not ending in a somi.

4. Double-Mini. The athlete performs their 1st skill (spotter) and intends to do a gainer off, but does a tuck back instead. Do you judge out of 1 skill (5.0 pts) and deduct 2.0 for pass requirements or is this a termination?

Answer: Score 1 skill (5.0 pts) and take the 2.0 deduction for pass requirements.

5. Double-Mini. The athlete performs their 1st skill and falls to their hands and knees on the double-mini bed....do we terminate after the 1st skill, judge out of 5.0, take 0.6 for the hands and knees, and 2.0 for pass requirements.

Answer: Terminate after the P skill, judge out of 5.0, take 0.6 for the hands and knees, and 2.0 for pass requirements.

6. Double-Mini. The athlete performs their 1st skill, lands on the blue side pad and automatically continues on to perform their 2nd skill. According to our rules, we take the deduction for hitting the side pad and score the 2nd skill...however, there is some confusion on this...sometimes, judges terminate because the feet were all on the side pad; but, our rules do not define how much of the feet touch.

Answer: Give the skill if they use the elasticity of the double-mini. Superior Judge decides.

7. Double-Mini. When do you take two separate 2.0 deductions.

Clarification states in the Novice & Sub-Advanced levels.

-2.0 for not having difficulty in 2 passes

-2.0 for not having a somi in one pass

-4.0 pt total deduction will be taken on the last pass.

8. Double-Mini. The athlete mounts the double-mini, hits the spotter bed and does a gainer off. Do we score out of 1 skill (5.0) or does the athlete get a "0?"

Answer: The athlete gets the one skill if it starts from the dismount bed.

9. Double-Mini. The athlete's dismount skill lands outside the landing zone. Does the athlete get that skill and do you take 0.9 pt. deduction for going out?

Answer: The athlete does NOT get the dismount skill (judge out of 1 skill - 5.0), take the 2.0 pt deduction for pass requirements, and take the 0.9 pt deduction for going out.

2. Advanced Double-Mini. Repeating a skill results in the loss of difficulty and a 0.5 deduction. Should there be the added 0.5 deduction?

Answer: Take the 0.5 deduction for a repeat.

3. Trampoline. Can a coach ask for no spotters for their competitor? What does this do to liability if the athlete flies off the trampoline at that spot and is injured (this applies to spotters at the end of the end-decks for Advanced and Elite)?

Answer: There must be a spotter as described in the handbook. The Superior judge shouldn't call the athlete if the spotters aren't in the described positions. An athlete will not be allowed to warmup or compete without the determined number of recommended spotters.

1. Intermediate Trampoline. Our rules differ in several places...

Correct Info:

- a. maximum number of somies - 5
- b. 3/4 can count as an optional front or back contact
- c. 3/4 can count as the 3rd optional somi

09/04

1. Advanced Beginner Tumbling - No deduction on Front Limbers for landing with feet shoulder width apart or less.

2. Same deductions apply for Sub-Beginner, Beginner, and Adv-Beginner when competing on the rod floor as on panel mats.

3. For Beginner if the athlete takes 3 steps, the pass will be terminated and 1.5 will be taken for the three steps.

4. For Advanced Beginner if the athlete takes 2 steps, the pass will be terminated and 1.0 will be taken for the two steps.

APPENDIX H

Rule Changes as of 10/20/2009

1. The age of athlete competition will be determined by the age the athlete as of December 31st of the prior year.
2. Athletes age 6 and under will no longer be mandated in any level or discipline.
3. Trampoline – Skills that begin or end facing the side (vertical) of the trampoline will result in loss of skill and termination, except for the last skill.
4. Sub-Advanced Trampoline – A repeated skill will lose difficulty of the skill.
5. The maximum difficulty for Sub-Advanced Trampoline will be 4.6.
6. The minimum difficulty for Advanced Trampoline will be 4.7.
7. Double-mini – Skills that begin or end facing the side (vertical) of the Double-mini will result in loss of skill and termination.
8. Double-Mini - ALL 6 year old and under athletes will be allowed to use a mounting mat no matter the level of athlete.
9. Double-Mini Advanced athletes warm-ups will be as follows... Preliminaries – 7 warm-up passes “NO STRETCH JUMP”... Finals – 5 Warm-up passes “NO STRETCH JUMP”
10. Sub-Advanced Trampoline - During Competition Finals: one of the two passes must contain a spotter and one pass must contain two somersaults. Both of these requirements may be met in one pass.

APPENDIX I

AAU Athlete's Honor Oath

I promise that I shall participate in AAU Trampoline and Tumbling Competitions

Respecting and abiding by the rules which govern it

In the true spirit of sportsmanship, for the glory of sport,

And the honor of my team.