

- Level 3 OPTION #1 - Replace bridge, back kick-over with front limber OR OPTION #2 - Replace bridge, back kick-over with front walkover
 - Level 4 - NO CHANGES
 - Level 5 - NO CHANGES
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VII. Boys Gymnastics National Rules

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

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

The AAU National Gymnastics Executive Committee (NGEC) embraces and respects the governing body of USA Gymnastics and the knowledge and support that it provides to the entire gymnastics community. The AAU NGEC acknowledges the tremendous effort and knowledge that it takes for USA Gymnastics to produce the USA Gymnastics JO Compulsory Gymnastics Programs for boys and girls. The AAU NGEC also acknowledges the intellectual and copyright protection afforded USA Gymnastics for its educational materials. These include, but are not limited to the Compulsory Handbook, the JO Code of Points, the USAG Compulsory Floor Music CD and the Skill Level DVD which all serve as invaluable tools in teaching and instructing gymnasts. Therefore, it is the AAU policy that all USA Gymnastics materials, music and DVD must be purchased through USAG (www.usagym.sportgraphics.biz / 800-345-4719). The only source for the AAU National Gymnastics Routines, other than AAU exceptions listed in these rules, is the written text as provided by USAG Compulsory Handbook. Any AAU written material is considered supplemental material that has been created to teach only the modifications and adaptations that will be incorporated into the AAU National Gymnastics program. Each club must also check with their District Chairperson for additional materials or modifications that are pertinent to their local districts or leagues.

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

EXCEPTIONS TO THESE RULES ARE LISTED BELOW.

- I. AAU will sanction competition at the following USAG levels
 - a. Compulsory levels 3, 4, 5, and 6
 - b. Optional Level 8
 - c. Optional Level 9
- II. Age is determined on the first day of competition

III. Compulsory Age Groups:

- a. 5 and 6 Level 3 only
- b. 6-7 Level 3-4 only
- c. 7-8 Levels 3, 4, 5, and 6
- d. 9-10 Levels 3, 4, 5, and 6
- e. 11 & up Levels 3, 4, 5, and 6
- f. Age groups may be broken down into smaller groups as needed

IV. Optional Age Groups

- a. 8-12 Level 8 rules
- b. 13-18 Level 9 rules
- c. Age groups may be broken down into smaller groups as needed

V. LEVEL 3 EXCEPTIONS

- a. USAG Rules provide for competition at this level to be held with no scores and an evaluation only. Any Sanctioned AAU competition may also be held using this format.
- b. Meet Directors wishing to run an event using direct competition and scores must use these exceptions
 - 1. The base score for each routine is 10.0
 - 2. No bonus is awarded
 - 3. Up to 0.5 virtuosity may be awarded for skills performed in an excellent manner
 - 4. 0.2 stick bonus may be awarded.
 - 5.

VII. Freestyle Acrobatics National Rules

A. Introduction