

AAU Youth Open Optional Rules

2025-2026



Summary.



Mission:

The Open Optional level was created to inspire and prepare the next generation of AAU athletes for future international, and national competitions. Our goal is to encourage gymnasts to challenge themselves with higher-difficulty skills in a supportive and progressive environment.

The rules for this level were thoughtfully designed using modified FIG guidelines, combined with elements of USAG Level 9 composition and Level 10 bonus structure, to provide a balanced pathway that promotes growth, readiness, and success on the international stage.

Through this program, we aim to cultivate confident, resilient athletes who embrace challenge, pursue excellence, and carry their passion for gymnastics into every opportunity ahead.

Scoring:

- Each routine will start from a 9.7 start value
- 10.1 start value is possible has to have all the bonus, SRs, and E acro element
- We are using level 10 bonus chart so the E stands true as an E
- The .3 tenth bonus can come from connective or difficulty bonus **no limit** on either
- Beam and Floor: each routine must be made up of a minimum of 3 acro elements and 3 dance elements
- Vaults are marked on the chart
- Bars: cast angle deductions will be applied
- Beam: Series connections: A connection will be considered broken if:
 - stop between elements
 - loss of balance
 - ****NEW**any deviation of body movemet which is NOT in line with BB**
 - repositioning of foot/feet or pivoting
 - extra step/hop/jump between elements
 - legs straighten between elements
 - 1st element lands in pile' on 2 feet
 - legs totally totally straighten and pile' again to initate jump into next element
 - straightening the legs breaks series
 - Acro series considered broken if kick/leg-swing above 45 degrees leading into 2nd element
 - NOTE- series with 2 of the same elements with broken connection: no VP awarded for 2nd (same) element
- The same element maybe used to to fulfill more than one SR but can't be repeated again to receive another SR
 - Example: UB- low bar kip cast HS ½ pirouette
 - Athlete award SR 3&4 awarded
 - Athlete does same element later in routine cant be awarded any other SR but could be award bonus

****refer to USAG optional code of points if needed****

Vault



Please refer to the vault chart for start values and allowable vaults

Rules/Changes

- Depending on the requirements for the competition phase, the gymnast is required to perform one or two vaults from the Table of Vaults.
- Run distance is a maximum of 25 meters, measured from the front edge of the table to the inner side of the block attached at the end of the vault run up mat.
- The vault begins with a run, an arrival and take-off from the springboard with two feet, from either a forward position or backward position
- No vault with sideward landing may be submitted.
- All vaults must be performed with repulsion from both hands off the vaulting table.
- The gymnast is required to properly use the “safety collar” supplied by the equipment company for round-off entry vaults.
- A hand placement mat may be used only for Yurchenko vaults from groups 1, 4 and 5
- Alternative spring board is **NOT permitted**
- If a gymnast performs the first vault as a Tsukahara or Yurchenko type vault – (flipping) and DOES NOT land on her feet or if the vault is facilitated by the coach resulting in a zero, as decided by the judging panel, the gymnast is only allowed to perform a second NON-SALTO vault for a score.
- **Angle of repulsion(up to 0.50) and too long in support(up to 0.50) deductions will apply to non salto vaults only**
- Spotting during post flight 1.00
- Spotting Landing -.50
- If the coach facilitates the entire vault at the judge’s discretion, the vault can result in a Void Vault



Uneven Bars

Start Value: 9.7 Special requirements (0.50 each)

VP: 3A, 4B, 1C

1. Flight skill HB → LB or LB → HB
2. Minimum B flight skill same bar
3. Different grip (not in mount or dismount)
4. Non flight element with minimum 180° LA turn

Exceptions:

- One element can be used to fulfil more than one SR but can't be repeated to fulfil another SR
- A cast HS ½ pirouette maybe used to fulfill SR #3 for different grip

Bonus: Connection Value CV

0.10	0.20
C+C (1 or both w/o turn/flight, must be different)	C+C (both w/ turn/flight)

D/E Bonus allowed

D=+0.10

E=+0.20

Choice of Dismount not up to competitive level:

NO DEDUCTION	C
0.05	C+B
0.10	A/B+B

Composition

Each:

- 0.10 facing the same direction throughout exercise
- 0.10 uncharacteristic elements
- 0.10 ¾ giant circle forward with or without grip change
- 0.30 No B salto dismount

Choice of Elements:

Fail to perform 2 elements that fulfill 2 out of 4 following requirements(excluding dismounts)

- 1.1 FWD element circle or release minimum B
- 2.1 element from groups 3/6/7, minimum B
- 3.1 element with a min of 180° LA turn with or without flight, minimum C
4. One single bar release minimum D

-0.10 1 out of 4 requirements performed

-0.20 none of 4 requirements performed

Balance Beam



Start Value: 9.7 **Special requirements (0.50 each)**

VP: 3A, 4B, 1C

*Routines must have min 3 Acro elements &

3 Dance elements*

Exceptions:

- One element can be used to fulfil more than one SR but can't be repeated to fulfil another SR

1. One connection of at least 2 different dance elements, 1 being a leap or jump with 180° split (cross or side), or straddle position
2. Min 360° turn on 1 foot (Gr 3)
3. One acro series with 2 flight elements one being a salto
4. Acro elements different directions (FWD, or SWD, BWD)

Composition

- 0.05 if dismount is only fwd/swd or only bwd
- 0.10 overuse of dance elements with same shape
- 0.10 more than 1 pivot turn with straight legs
- †0.10 insufficient level changes throughout exercise
- †0.10 spatial use: entire length of beam
- Each 0.05 choreography: must show 2 out 3 directions
- 0.30 no B salto/aerial dismount

Bonus: Connection Value CV

	0.10	0.20
Acro flight (2 elements) (excludes dismount)	B+C SALTO OR AERIAL	B+D/E C+C/D/E D/E+D/E
Acro flight (3 elements) (dsmt skill must be min C to receive bonus) **+0.10 bonus w/ C salto/aerial in series for series finishing on beam	B+B+C	B+C+C B+B/C+D/E
Dance or mixed series (same or different) (acro elements must have flight) (excludes dsmt)	A+C or C+A	B+D C+C C+D/E

D/E Bonus allowed

D=+0.10

E=+0.20

Choice of Dance not up to competitive level:

NO DEDUCTION	C+C
0.05	B+C
0.10	C
0.15	B+B
0.20	B

Choice of Dismount not up to competitive level:

NO DEDUCTION	C B acro +B C dance +B
0.05	A Arco+B B dance+B
0.10	B isolated A

Choice of Acro not up to competitive level:

	Flight Series	Addl. Acro
NO DEDUCTION	B/C+C (2 flight) B/C+C (2 flight) Series w/ salto/aerial	C salto/aerial D hand support C w/wo hand support
0.05	B+C (2 flight)	C hand support
0.10	B+C (2 flight)	B flight
0.15	A/B+B (1-2 B flight)	C salto/aerial
0.20	A/B+B (1-2 B flight) Broken series or no series	No other B acro

Floor Exercise



Start Value: 9.7

Special requirements (0.50 each)

VP: 3A, 4B, 1C

*Routines must
have min 3 Acro
elements &
3 Dance elements *

Exceptions:

- One element can be used to fulfil more than one SR but can't be repeated to fulfil another SR

- A dance passage composed of two different leaps or hops (from the Code) connected directly or indirectly (with running steps, small leaps, hops, chassé, chaîné turns), one of them with 180° split (cross or side) or straddle position award 0.50 (The objective is to create a large flowing and traveling movement pattern)
- Salto LA turn w/ min 360°
- Acro pass w/ min of 2 saltos (same/diff), directly/indirectly connected with flight elements (w/wo hand support)
- Salto BWD and salto FWD in same or different acro line

Bonus: Connection Value CV

	0.10	0.20
Acro indirect (saltos/aerials)	A/B+A/B+C A+D B+C	C+C A+A+D A+E B/C+D/E
Acro direct (saltos/aerials)	B+B A+C A+A+C	B+C C+C A/B+D/E A+A+D/E
Dance or mixed series (same or different) (acro elements must have flight)	B+D/E C+C D/E salto+A jump	C+D/E

D/E Bonus allowed

D=+0.10

E=+0.20

Choice of Dance not up to competitive level:

NO DEDUCTION	C+C
0.05	B+C
0.10	C
0.15	B+B
0.20	B

Choice of Dismount not up to competitive level:

NO DEDUCTION	C B+B direct
0.05	B+B indirect B+A indirect
0.10	B+A indirect B isolated or less

Composition

- ↑0.10 spatially- floor pattern
- 0.10 Overuse of dance elements with same shape (wolf/tuck or straddle)
- 0.20 Lack of turn on 1 foot min B
- 0.30 Lack min B salto as last isolated salto or within last salto connection
- 0.30 Lacks 3 different saltos (no aerials) within exercise

Choice of Acro (saltos) not up to competitive level:

NO DEDUCTION	C C C A
0.05	C C B B
0.10	C C B A
0.15	C B B B
0.20	No C Saltos

- Tumbling passes maybe in any order
- Based on 4 saltos per routine.
- There will be an additional **0.05 deduction**
for each salto missing from formula not to exceed 0.20 in
acro comp



AAU Youth Open Optional Vault Chart 2025-2026

GROUP I HANDSPRINGS, YAMISHITAS	GROUP II HSP W/WO TURN TO SALTO	GROUP III TSUKAHARAS/ ½ ON W/SALTO	GROUP IV RO, FF ON W/SALTO	GROUP V RO, FF WITH TURN ON- HSP/SALTO OFF
1.101 Handspring 8.6 1.102 Handspring ½ 8.7 1.103 Yamishita 8.6 1.104 Yamishita ½ 8.7 1.105 ½ on ½ off 8.7 OR ¼ on ¾ off 8.7 1.106 ¼ to ½ on w/ repulsion 7.7 1.107 ¼ on- ¼ off 8.5		** Note that all group 3 vaults may be performed with a ¼ to ½ LA in first flight	4.101 RO, FF on repulsion off 8.0 4.102 RO, FF on repulsion ½ 8.7	5.101 RO, FF ½ on- HSP off 8.9
1.201 Handspring Full 9.0 1.202 Handspring 1 ½ 9.4 1.203 Yamishita Full 9.0 1.205 ½ on-1 ½ off OR ¼ on- 1 ¾ off 9.3 1.206 ½ on-full off OR ¼ on-1 ¼ off 8.9 1.207 Full on-H/Y off 9.0 1.208 Full on- ½ off 9.3		3.201 Tsukahara Tuck 9.6	4.201 RO, FF on 1/1 twist off 9.1 4.202 RO, FF on 1 ½ twist off 9.3 4.203 RO, FF ON B tuck off 9.6	5.201 RO, FF ½ on, full off 9.2 5.202 RO, FF on, 1 ½ off 9.4 5.207 RO, FF full on full off 9.3
1.301 Handspring 2/1 9.9 1.306 ½ on-2/1 off OR ¼ on- 2 ¼ off 9.8 1.307 Full on- Full off 9.7	2.301 HSP- Front Tuck 10.0 2.302 HSP- Front Tuck ½ 10.1 2.304 HSP- Front Pike 10.0 2.310 FHSP onto board- HSP- front tuck 10.0 2.311 FHSP onto board HSP- front pike 10.1	3.302 Tsuk Tuck Full 10.0 3.303 Tsuk Pike 9.7 3.304 Tsuk Layout 10.0 3.305 FHSP onto board- ¼ - ½ on-tsuk pike 9.8 3.306 ½ on ½ off Front Tuck OR ¼ on ¼ off Tuck 10.0 3.308 ½ on ½ off, f tuck ½ OR ¼ on ¾ off f tuck ½ 10.0	4.301 RO, FF on 2/1 twist off 9.8 4.303 RO, FF on B tuck full 10.0 4.304 RO, FF on B pike off 9.7 4.305 RO, FF on B Layout 10.0 4.306 RO, FF on layout 1/1 10.1 4.307 RO, FF on ½ front tuck off OR RO, FF on back tuck ½ off 10.0	5.301 RO, FF ½ on-Front Tuck 10.1 5.312 RO, FF ½ on-2/1 twist 9.9
			4.407 RO, FF on- ½ turn off Front tuck ½ 10.1	

AAU Adult Open Optional Rules 2025-2026



Summary.



General: **9.7 Start Value**

+0.30 Connection and Difficulty Bonus (achieved from either or both categories) *Extra +0.10 E Bonus on bars & E acro on floor/beam

No difficulty restrictions

No composition deductions

Warm-up 2 minutes, Routines not timed

Scoring: • 4 Special Requirements (0.50 each)

• Value Parts

- 4 A's
- 4 B's
- 0 C's
- 0 D's

Vault



Please refer to the vault chart for start values and allowable vaults

Rules/Changes

- Depending on the requirements for the competition phase, the gymnast is required to perform one or two vaults from the Table of Vaults.
- The vault begins with a run, an arrival and take-off from the springboard/airboard with two feet, from either a forward position or backward position
- No vault with sideward landing may be submitted.
- All vaults must be performed with repulsion from both hands off the vaulting table.
- The gymnast is required to properly use the “safety collar” supplied by the equipment company for round-off entry vaults.
- A hand placement mat may be used only for Yurchenko vaults from groups 1, 4 and 5
- Alternative spring board is **IS permitted**
- If a gymnast performs the first vault as a Tsukahara or Yurchenko type vault – (flipping) and DOES NOT land on her feet or if the vault is facilitated by the coach resulting in a zero, as decided by the judging panel, the gymnast is only allowed to perform a second NON-SALTO vault for a score.
- **Angle of repulsion(up to 0.50) and too long in support(up to 0.50) deductions will not apply to non salto vaults**
- Spotting during post flight 1.00
- Spotting Landing -.50
- If the coach facilitates the entire vault at the judge’s discretion, the vault can result in a Void Vault



Uneven Bars

Start Value: 9.7

VP: 4A, 4B,

Special requirements (0.50 each)

- 1. Minimum 1 bar change
- 2. Minimum of B 360 degree circle skill
- 3. Minimum of B release, turn, or 2nd 360 degree circle skill different from SR #2
- 4. Salto dismount

NO CAST ANGLE DEDUCTIONS

Bonus: Connection Value CV

0.10	0.20
C+C (w/o turn or flight)	C+C (both with turn/flight)
C+C (with one turn or flight)	C+D(w/o turn or flight))

D/E Bonus allowed
D=+0.10
E=+0.20

Balance Beam



Start Value: 9.7 Special requirements (0.50 each)

VP: 4A, 4B

1. Acro series with min 2 directly connected elements- one with flight (no mount or dismount)
2. Leap/jump that requires 180 degree cross/side split
3. Min 360 degree turn on one foot
4. Salto/Aerial dismount, min A

Bonus: Connection Value CV

	0.10	0.20
Acro flight (2 elements) (excludes dismount)	B+C SALTO OR AERIAL	B+D/E C+C/D/E D/E+D/E
Acro flight (3 elements) (dsmt skill must be min C to receive bonus) **+0.10 bonus w/ C salto/aerial in series for series finishing on beam	B+B+C	B+C+C B+B/C+D/E
Dance or mixed series (same or different) (acro elements must have flight) (excludes dsmt)	A+C or C+A	B+D C+C C+D/E

D/E Bonus allowed

D=+0.10

E=+0.20



Floor Exercise

Start Value: 9.7

VP: 4A, 4B,
*

Special requirements (0.50 each)

1. Acro pass with min. 2 saltos directly or indirectly connected (same or different)
2. Three different saltos within the exercise (no aerials)
3. Dance passage with min. two different group 1 elements (directly or indirectly connected) with leap requiring 180 degree cross/side split
4. Min. A salto performed as last isolated salto or within last salto connection

Bonus: Connection Value CV

	0.10	0.20
Acro indirect (saltos/aerials)	A/B+A/B+C A+D B+C	C+C A+A+D A+E B/C+D/E
Acro direct (saltos/aerials)	B+B A+C A+A+C	B+C C+C A/B+D/E A+A+D/E
Dance or mixed series (same or different) (acro elements must have flight)	B+D/E C+C D/E salto+A jump	C+D/E

D/E Bonus allowed
D=+0.10
E=+0.20



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