

# AAU Open Optional Rules 2025-2026



# 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**
- 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. 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 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

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

## 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+D B+C	
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

## Composition

- 0.10 fail to perform acro elements in 2 different directions
- 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
- 0.20 lack of dance series with min 2 dance elements (groups 1,2, or 3)
- ↑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

## 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 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, chainé 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** Fail to perform saltos elements in 2 different directions (bwd and fwd/swd)
- ↑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