



**AAU ARTISTIC GYMNASTICS SPECIAL STARS COMPETITIVE  
PROGRAM FOR ATHLETES WITH SPECIAL NEEDS  
RULES, AGE DIVISIONS, AND AWARDS CRITERIA**

**LEVELS TWINKLE STARS, SHINING STARS, SUPER STARS**





# AAU SPECIAL STARS

## GENERAL INFORMATION



Category	Notes	Details
AAU Membership	<ul style="list-style-type: none"> <li>All Athletes and Coaches must have a valid individual membership.</li> </ul>	<ul style="list-style-type: none"> <li>Visit <a href="http://www.ausports.org">www.ausports.org</a> for membership information and register on line as a youth athlete, adult athlete or non-athlete (coach)</li> </ul>
Program	<ul style="list-style-type: none"> <li>This program has been developed to support AAU athletes with special needs</li> <li>The program is modeled after general AAU Level 7 or 8 guidelines</li> </ul>	<ul style="list-style-type: none"> <li>Program adjustments support established capabilities for athletes in each division</li> </ul>
Levels	<ul style="list-style-type: none"> <li>AAU Special Stars consists of three (3) levels</li> </ul>	<ul style="list-style-type: none"> <li><b>Twinkle Stars</b> for beginner gymnasts</li> <li><b>Shining Stars</b> for intermediate gymnasts</li> <li><b>Super Stars</b> for advanced gymnasts</li> </ul>
Events	<ul style="list-style-type: none"> <li>This program will support all four (4) events: Vaulting, Uneven Bars, Balance Beam and Floor Exercise</li> <li>A Unified competition may be included</li> </ul>	<ul style="list-style-type: none"> <li>Event specific guidelines are included herein</li> <li>Unified Competition               <ul style="list-style-type: none"> <li>○ Pairs two athletes performing the same routine. One athlete has a disability and one athletes does not have a disability.</li> <li>○ Each athlete performs the routine separately and the scores are added together</li> <li>○ Teams are ranked by total score</li> </ul> </li> </ul>
Special Requirements	<ul style="list-style-type: none"> <li>Each event contains designated special requirements</li> <li>Each requirement has a specified value</li> </ul>	<ul style="list-style-type: none"> <li>Both Difficulty and Execution will be evaluated               <ul style="list-style-type: none"> <li>○ Special Requirements satisfy the Difficulty component</li> <li>○ Special Requirement values differ</li> <li>○ Execution details are included herein</li> </ul> </li> </ul>
Scoring	<ul style="list-style-type: none"> <li>Special Requirements deviate, having unique values per requirement</li> </ul>	<ul style="list-style-type: none"> <li>Maximum Start Value = 10.00               <ul style="list-style-type: none"> <li>○ Special Requirements Maximum = 5.00</li> <li>○ Execution Maximum = 5.00</li> </ul> </li> <li>Courtesy Score = 2.00</li> <li>Start Values will be displayed</li> <li>Difficulty and Execution details are included herein</li> </ul>



# AAU SPECIAL STARS

## GENERAL INFORMATION



Category	Notes	Details
<b>Equipment &amp; Coaching</b>	<ul style="list-style-type: none"> <li>• Additional equipment is approved for use with this program</li> <li>• Coach must be in spotting position (vault, uneven bars, high beam)</li> <li>• Spotting deductions apply if coach assists</li> </ul>	<ul style="list-style-type: none"> <li>• Approved equipment               <ul style="list-style-type: none"> <li>○ Alternate Springboard or Junior Board</li> <li>○ Adjustable Uneven Bars &amp; Balance Beam</li> <li>○ Floor Balance Beam on short legs</li> <li>○ Folded Panel Mat used as a Balance Beam</li> <li>○ Large/Extra Large spotting block</li> <li>○ Event specific details are included herein</li> </ul> </li> </ul>
<b>Matting</b>	<ul style="list-style-type: none"> <li>• Existing AAU Matting guidelines apply for safety of the athlete first and foremost</li> </ul>	<ul style="list-style-type: none"> <li>• Event specified details are included herein</li> </ul>
<b>Medical Equipment</b>	<ul style="list-style-type: none"> <li>• Certain medical equipment may be utilized for Twinkle Stars only</li> <li>• Shoes are approved for Twinkle and Shining Stars</li> </ul>	<ul style="list-style-type: none"> <li>• Twinkle Stars approve Medical Equipment               <ul style="list-style-type: none"> <li>○ Walkers, Wheelchairs</li> <li>○ Shoes on Vaulting and Balance Beam</li> </ul> </li> </ul>
<b>Uniform</b>	<ul style="list-style-type: none"> <li>• Adhere to approved AAU uniform guidelines</li> </ul>	<ul style="list-style-type: none"> <li>• In addition, Flesh colored leggings/tights without feet may be worn under the leotard</li> </ul>
<b>Routine Times</b>	<ul style="list-style-type: none"> <li>• Adhere to approved AAU timing guidelines</li> </ul>	<ul style="list-style-type: none"> <li>• Routines will not be timed</li> </ul>



# VAULTING



Twinkle Stars		Shining Stars		Super Stars	
Value	Special Requirements	Value	Special Requirements	Value	Special Requirements
1.25 1.25	Salute Run or Walk onto SB	0.5	Salute	1.0	Run
1.25	Landing (jump off SP any body position)	1.0	Run on to springboard	1.0	Hurdle onto springboard
1.25	Salute	1.0	Two (2) foot jump off springboard (any body position)	1.0	<b>Jump</b> to Handstand flatback onto stacked mats
Note: may use walker for support		2.0	<b>Step to Handstand</b> (switch legs, feet together) or step to Handstand flatback	1.5	<b>Jump</b> to Handstand over stacked mats
<b>Wheelchair Vault</b>		0.5	Salute	1.5	Handspring on table to flat back on stacked mats
1.25	Salute			2.0	Handspring over table
1.25	Move to a designated point			2.5	Handspring with ½ turn on or off stacked mats
1.25	“Stick” Landing			3.0	Handspring with ½ turn on or off table
1.25	Salute			3.0	Vault of same or higher value as ½ on ½ off (per AAU Rules)
<b>Matting</b>					
Minimum matting height is 4” Maximum height is 8”		Minimum matting height is 16” Maximum height is 24”		1. Vaults on or over a mat: Minimum matting height is 24” 2. Vaults over table to land on mats: Landing mats must be a minimum of 2 inches higher than the table 3. Vaults over table: Minimum matting height is 12:	
<b>General Information</b>					
1. <b>Two allowable vaults, both on same set up</b> 2. <b>Alternative springboard or Jr. board allowed</b> 3. <b>May perform same or different vaults</b>					



# EXECUTION DEDUCTIONS VAULTING



<b>0.1</b>	<b>0.2</b>	<b>0.3</b>	<b>0.5</b>	<b>&gt;0.5</b>
Foot Form	Serpentine Run Direction	Maintain Run Speed	Spot (Max 4.0 if spotted on entire vault)	2.00 – Forward Roll
Handstand – Walking on Hands	Legs Separated	Additional Jumps on Springboard	Fall (Max 4.0, regardless of number of falls)	VOID Unallowable Vault
Steps on Landing (Max deduction .4)	Arms bent	Legs Bent	Posture Piked	1.00 – Coach not in spotting position
	Overall Lack of Body Control	Posture Arched	Extra Kicks to Handstand	2.00 – Incorrect use of walker, wheelchair
		Handstand Shoulder Angle		
		Improper Attire		
		Verbal Coaching – specific requirements instructions		



# UNEVEN BARS



Twinkle Stars		Shining Stars		Super Stars	
Value	Special Requirements	Value	Special Requirements	Value	Special Requirements
1.0	Salute	0.5	Salute at beginning of routine	1.0	Mount
1.0	Mount	0.5	Salute at end of routine	1.0	Low Bar Element
1.0	Additional Element		<b>Low Bar</b>	1.0	High Bar Element
1.0	Dismount	1.0	<ul style="list-style-type: none"> <li>• Front Support</li> </ul>	1.0	Circling Element (on either bar)
1.0	Salute	0.5	<ul style="list-style-type: none"> <li>• Cast</li> </ul>	1.0	Dismount
		0.5	<ul style="list-style-type: none"> <li>• Dismount</li> </ul>		
			<b>High Bar</b>		
		0.5	<ul style="list-style-type: none"> <li>• Long Hang</li> </ul>		
		1.0	<ul style="list-style-type: none"> <li>• Long Hang Swing</li> </ul>		
		0.5	<ul style="list-style-type: none"> <li>• Dismount</li> </ul>		
Matting/Apparatus Expectations/Equipment					
<ol style="list-style-type: none"> <li>1. May sit on large/extra-large spotting block as needed</li> <li>2. May be performed on low or high bar</li> <li>3. May climb on large/extra-large spotting block to mount or re-mount high bar, with coach assistance without a deduction</li> <li>4. Alternative springboard or Junior board allowed</li> <li>5. Coach must be in spotting position. Spotting deductions apply if coach assists.</li> </ol>		<ol style="list-style-type: none"> <li>1. May be performed on 1 or 2 bars</li> <li>2. All elements may be performed on one bar</li> <li>3. Gymnasts may dismount one bar and re-mount the other bar without a deduction for a fall. No spotting deduction for assistance to high bar mount.</li> <li>4. Alternative springboard or Junior board allowed</li> <li>5. Maximum landing mats – 2 8" mats</li> <li>6. Coach must be in spotting position. Spotting deductions apply if coach assists.</li> </ol>		<ul style="list-style-type: none"> <li>• Must be performed on low and high bar</li> <li>• Required to move between bars to attain a start value of 10.0</li> <li>• Alternative springboard or Junior board allowed</li> <li>• Coach must be in spotting position. Spotting deductions apply if coach assists.</li> </ul> <p>Clarifications:</p> <ul style="list-style-type: none"> <li>• Routine may be performed entirely on the low bar but will have a start value of 9.5</li> <li>• If a gymnast dismounts from one bar and mounts the other bar, instead of moving between the bars, there will be a .5 deduction therefore giving the start value of the routine a 9.5.</li> </ul>	



# UNEVEN BARS ALLOWABLE ELEMENTS



Twinkle Stars	Shining Stars	Super Stars
<p>Mounts:</p> <ul style="list-style-type: none"> <li>Reach Up and Grab LB/HB Bar in Over grip</li> <li>Straight Arm Long Hang</li> <li>Jump to Long Hang</li> <li>Jump to Front Support</li> </ul> <p>Additional Elements</p> <ul style="list-style-type: none"> <li>Tuck/Straddle/Pike position in Long Hang or from Sitting on block (2 seconds)</li> <li>Attempt a Chin Up</li> <li>Grip Change for Seated Athletes</li> </ul> <p>Dismounts:</p> <ul style="list-style-type: none"> <li>Tap Swing, Counter Swing</li> <li>Under Swing to Stand</li> <li>Straight Drop to Stand</li> <li>Release Bar, for seated athletes</li> </ul>	<p>Mounts:</p> <ul style="list-style-type: none"> <li>Reach Up and Grab LB/HB Bar in Over grip</li> <li>Straight Arm Long Hang</li> <li>Pullover</li> <li>Jump to Front Support</li> <li>Jump to Long Hang</li> <li>Tuck/Straddle/Pike position in Long Hang (2 seconds)</li> <li>Attempt a Chin Up</li> </ul> <p>Casts:</p> <ul style="list-style-type: none"> <li>Cast, hips leave bar, no angle</li> </ul> <p>Circles:</p> <ul style="list-style-type: none"> <li>Front Hip Circle, tucked or straight legs</li> <li>Back Hip Circle, tucked or straight legs</li> </ul> <p>Dismounts:</p> <ul style="list-style-type: none"> <li>Tap Swing, Counter swing</li> <li>Tuck Forward Roll to Stand</li> <li>Under swing to Stand</li> <li>Straight Drop to Stand</li> <li>Cast off to Stand</li> <li>Tap Swing ½ turn, Under swing to Stand</li> <li>Tap Swing, Counter swing ½ turn to Stand</li> </ul>	<p>Any Element approved for the AAU Level 1 – 8 Women’s Gymnastics program may be performed.</p> <p>In addition, the following elements are allowed:</p> <p>Mounts:</p> <ul style="list-style-type: none"> <li>Jump to Front Support</li> <li>Cast, hips leave bar, no angle</li> <li>Dismount - Tuck Forward Roll to Stand</li> <li>Dismount – Cast off to Stand</li> </ul>
<h2>GENERAL INFORMATION</h2>		
<ol style="list-style-type: none"> <li>Choice of elements may be selected from the list of allowable elements, AAU Women’s Program Levels 1 &amp; 2 or Bronze &amp; Silver approved elements</li> <li>To receive credit for a Cast, hips must leave the bar</li> <li>No angle requirement for Casts, Tap Swing / Counter swings or any allowable element</li> <li>No extra swing deductions apply</li> </ol>	<ol style="list-style-type: none"> <li>Choice of elements may be selected from the list of allowable elements, AAU Women’s Program Levels including “A” Value Elements</li> <li>No “B” Value element or salto dismounts are allowed</li> <li>To receive credit for a Cast, hips must leave the bar</li> <li>No angle requirement for Casts, Tap Swing / Counter swings or any allowable element</li> <li>No extra swing deductions apply</li> </ol>	<ol style="list-style-type: none"> <li>Choice of elements may be selected from any recognized element in any accredited program</li> <li>To receive credit for a Cast, hips must leave the bar</li> <li>No angle requirement for Casts, Tap Swing / Counter swings or any allowable element</li> <li>No extra swing deductions apply</li> </ol>



# UNEVEN BARS EXECUTION DEDUCTIONS



<b>0.1</b>	<b>0.2</b>	<b>0.3</b>	<b>0.5</b>	<b>&gt;0.5</b>
Foot Landing	Legs Separated	Hit foot on mat	Spot (Max 4.0 if spotted on entire routine)	1.0 Coach not in spotting position (each time)
Steps on Landing (Max 4)	Arms Bent	Arched Cast	Fall (Max 4.0 regardless of number of falls)	
Arm Swings on Landing	Overall Lack of Body Control	Legs Bent	Piked Cast	
		Lack of Continuity	Failure to land dismount feet first	
		Verbal Coaching – specific requirement instructions		
		Failure to remove springboard (other mats excluded)		





# BALANCE BEAM



Twinkle Stars		Shining Stars		Super Stars	
Value	Special Requirements	Value	Special Requirements	Value	Special Requirements
1.0	Salute	0.5	Salute	0.5	Mount
1.0	Mount			1.0	Minimum 180 degree turn on 1 foot
1.0	Locomotor Steps (minimum 3 in any direction) Wheelchair Athlete: Move from one designated point to another designated point	1.0	Locomotor Steps (minimum 3 any direction)	1.0	Jump, Leap or Hop
1.0	Dismount	1.0	Locomotor Steps (minimum of 3, in another direction)	1.0	Balance Element with 1 leg extended
1.0	Salute	1.0	Balance Element	1.0	Acro Element
		0.5	Dismount	0.5	Dismount
		0.5	Salute		
		0.5	Bonus (performing on high beam)		

## Matting/Apparatus Expectations/Equipment

<ol style="list-style-type: none"> <li>1. May be performed on a standard floor beam, a wide floor beam, or a folded panel mat.</li> <li>2. Walkers are permitted.</li> <li>3. For athletes in wheelchairs, markers should be placed for 2 designated points. A line on the floor is appropriate.</li> </ol>	<ol style="list-style-type: none"> <li>1. May be performed on standard floor (low) or high beam</li> <li>2. Alternative springboard, Junior board, panel mat or spotting block may be used to mount high beam</li> <li>3. Matting under the beam allowed as needed for safety</li> </ol> <p>Coach must be in spotting position (high beam)</p>	<ol style="list-style-type: none"> <li>1. Must be performed on high beam</li> <li>2. Alternative springboard, Junior board, panel mat or spotting block may be used to mount high beam</li> <li>3. Matting under the beam allowed as needed for safety</li> </ol> <p>Coach must be in spotting position (high beam)</p>
---	--	---



# BALANCE BEAM ALLOWABLE ELEMENTS



Twinkle Stars	Shining Stars	Super Stars
<p><b>Mounts:</b></p> <ul style="list-style-type: none"> <li>• Step onto Beam</li> </ul> <p><b>Locomotor Elements:</b></p> <ul style="list-style-type: none"> <li>• Walking Steps Fwd/ Sidewd/ Bkwd</li> <li>• Walk in Releve</li> <li>• Arabesque Steps</li> <li>• Coupe Steps Fwd/Bkwd</li> <li>• Passe/Marching Steps Fwd/Bkwd</li> </ul> <p><b>Additional Elements</b></p> <ul style="list-style-type: none"> <li>• Balance on 1 foot (1 second hold, any free leg position)</li> <li>• Releve (1 second hold)</li> <li>• Arm Waves</li> <li>• Pose</li> </ul> <p><b>Dismounts:</b></p> <ul style="list-style-type: none"> <li>• Any Jump from Feet</li> <li>• Wheelchair Athlete: Salute</li> </ul>	<p><b>Mounts:</b></p> <ul style="list-style-type: none"> <li>• Step onto Beam</li> <li>• Any Mount with Hand Support</li> </ul> <p><b>Steps/Kicks/Jumps:</b></p> <ul style="list-style-type: none"> <li>• Walking Steps Fwd/ Sidewd/ Bkwd</li> <li>• Walk in Releve</li> <li>• Arabesque Steps</li> <li>• Coupe Steps Fwd/Bkwd</li> <li>• Leg Swings Fwd / Bkwd (90°)</li> <li>• Passe/Marching Steps Fwd/Bkwd</li> <li>• Stretched Jump</li> <li>• Cross Split Jump (any angle)</li> <li>• Cross Straddle Jump (any angle)</li> </ul> <p><b>Turns:</b></p> <ul style="list-style-type: none"> <li>• ¼ or ½ Pivot Turn</li> <li>• ½ Pivot Turn in Releve</li> <li>• ¼ or ½ Turn on 1 Foot in Coupe/ Passe</li> <li>• ½ Heel Snap Turn</li> <li>• Forward or Backward Swing Turn</li> </ul> <p><b>Balance:</b></p> <ul style="list-style-type: none"> <li>• Balance on 1 foot (1 sec, any free leg position)</li> <li>• Scale/Arabesque, min. 45°</li> <li>• Coupe/Passe Balance</li> <li>• Releve Balance on 1 or 2 feet</li> <li>• Lever Balance</li> </ul> <p><b>Acro Elements:</b></p> <ul style="list-style-type: none"> <li>• Partial Handstand (no requirement to join legs, lead leg a min. of 45° from vertical)</li> <li>• Lever to touch beam</li> </ul> <p><b>Dismounts:</b></p> <ul style="list-style-type: none"> <li>• Any Jump From Feet</li> <li>• Cartwheel (or any entrance) to partial handstand, 45° from vertical, no hold required</li> </ul>	<p>Any Element approved for the AAU Level 1 – 8 Women’s Gymnastics program may be performed.</p> <p>In addition, the following elements are allowed:</p> <p><b>Steps/Kicks/Jumps:</b></p> <ul style="list-style-type: none"> <li>• Arabesque</li> </ul> <p><b>Steps Turns:</b></p> <ul style="list-style-type: none"> <li>• ½ Pivot Turn in Releve</li> <li>• ½ Turn on 1 Foot in Coupe/ Passe</li> <li>• ½ Heel Snap Turn</li> <li>• Forward or Backward Swing Turn Balance:</li> <li>• Scale/Arabesque, min. 45°</li> <li>• Lever Balance</li> </ul> <p><b>Acro Elements:</b></p> <ul style="list-style-type: none"> <li>• Partial Handstand (no requirement to join legs, lead leg a min. of 45° from vertical)</li> <li>• Lever to touch beam</li> </ul>
<b>General Information</b>		
<ol style="list-style-type: none"> <li>1. Choice of elements may be selected from the list of allowable elements, AAU Women’s Program Levels 1 &amp; 2 or Bronze &amp; Silver approved elements</li> <li>2. Excludes elements requiring hand support (example Level 1 &amp; 2 mount/dismounts)</li> </ol>	<ol style="list-style-type: none"> <li>1. Choice of elements may be selected from the list of allowable elements, AAU Women’s Program Levels including “A” Value elements</li> <li>2. No “B” Value elements or salto/aerial dismounts are allowed</li> </ol>	<ol style="list-style-type: none"> <li>1. Choice of elements may be selected from any recognized element in any accredited program</li> <li>2. A 90° angle is required for any leap or jump requiring leg separation</li> </ol>



# EXECUTION DEDUCTIONS BALANCE BEAM

<b>0.1</b>	<b>0.2</b>	<b>0.3</b>	<b>0.5</b>	<b>&gt;0.5</b>
Foot Landing	Legs Separated	Legs Bent	Spot (Max 4.0 if spotted on entire routine)	1.0 Coach not in spotting position on high beam (each time)
Balance Error (small)	Arms Bent	Balance Error (large)	Fall (Max 4.0 regardless of number of falls)	2.00 – Incorrect use of walker, wheelchair
Steps on Landing (max 4)	Overall Lack of Body Control	Lack of Continuity	Failure to land feet first	
Arms Swings on Landing	Balance Error (medium)	Grab Beam to Avoid Fall		
		Posture (not stretched)		
		Verbal Coaching – specific requirement instructions		
		Failure to remove springboard (other mats excluded)		



# FLOOR EXERCISE



Twinkle Stars		Shining Stars		Super Stars	
Value	Special Requirements	Value	Special Requirements	Value	Special Requirements
1.0	Salute	0.5	Salute	Max 2.0	Minimum 2 Acro Elements directly connected
1.0	Locomotor Steps (Minimum 3 in any direction)  Wheelchair Athlete Move the chair in any direction or arm movements	1.0	Acro Element without flight	1.0	<ul style="list-style-type: none"> <li>Both element without flight</li> </ul>
		1.0	Additional Acro Element without flight	1.5	<ul style="list-style-type: none"> <li>1 element with flight &amp; 1 element without flight</li> </ul>
		1.0	Balance Element	2.0	<ul style="list-style-type: none"> <li>2 or more elements with flight</li> </ul>
1.0	Roll Wheelchair Athlete: Move the chair in any direction, or arm movements (must be different direction or arm movement from element listed above)	1.0	Jump, Hop, Skip, Marching Steps	Max 1.0	Additional Acro Element
		0.5	Salute	0.5	<ul style="list-style-type: none"> <li>Without Flight</li> </ul>
				1.0	<ul style="list-style-type: none"> <li>With Flight</li> </ul>
				1.0	Dance Passage (minimum 2 different elements, 1 must be a jump or hop)
1.0	Ending Pose			1.0	360 degree Turn on 1 foot
1.0	Salute				
<b>Matting</b>					
A walker may be used for support		Up to two manufactured mats (maximum thickness of 8"/20 cm) may be placed separately on the Floor Exercise area. If the skill cushion is 8" in thickness, it must be a minimum of 5' x 10'. A "sting" mat may also be used on top of the up to 8" mat.		Up to two manufactured mats (maximum thickness of 8"/20 cm) may be placed separately on the Floor Exercise area. If the skill cushion is 8" in thickness, it must be a minimum of 5' x 10'. A "sting" mat may also be used on top of the up to 8" mat.	



# FLOOR EXERCISE ALLOWABLE SKILLS



Twinkle Stars	Shining Stars	Super Stars
<p>Leaps/Jumps/Hops:</p> <ul style="list-style-type: none"> <li>• Stretched Jump</li> <li>• Stretched Jump ½</li> <li>• Step Hop in Passe, Fwd/Bkwd</li> <li>• Stride Leap (no angle required)</li> <li>• Leg Swing Hop (no angle required)</li> </ul> <p>45° Turns:</p> <ul style="list-style-type: none"> <li>• ¼ or ½ Pivot Turn</li> <li>• ½ Pivot Turn in Releve</li> </ul> <p>Acro Elements:</p> <ul style="list-style-type: none"> <li>• Log Rolls</li> <li>• Forward / Backward Roll</li> <li>• Back Rock</li> <li>• Candlestick</li> <li>• Partial Handstand, no angle required, legs together, stag or split</li> <li>• ¾ Handstand</li> <li>• Bridge</li> </ul> <p>Balance:</p> <ul style="list-style-type: none"> <li>• Balance on 1 foot (1 sec, any leg position)</li> <li>• Scale/Arabesque, (no angle required)</li> <li>• Coupe/Passe Balance</li> </ul> <p>Steps/Kicks/Jumps:</p> <ul style="list-style-type: none"> <li>• Walking Steps Fwd/ Sidewd/ Bkwd</li> <li>• Steps in Releve</li> <li>• Arabesque Steps</li> <li>• Coupe Steps Fwd/Bkwd</li> <li>• Passe/Marching Steps Fwd/Bkwd</li> <li>• Leg Swings Fwd / Bkwd</li> </ul> <p>Additional Elements: Wheelchair Athletes</p> <ul style="list-style-type: none"> <li>• Arm Waves</li> <li>• Pose</li> <li>• Moving chair in any direction</li> </ul>	<p>Leaps/Jumps/Hops:</p> <ul style="list-style-type: none"> <li>• Stretched Jump</li> <li>• Stretched Jump ½ or ¾</li> <li>• Step Hop in Passe, Fwd/Bkwd</li> <li>• Stride Leap, min. 90°</li> <li>• Split Jump, min. 90°</li> <li>• Side Leap, min. 60°</li> <li>• Straddle Jump, min. 60°</li> <li>• Leg Swing Hop, free leg above</li> </ul> <p>45° Turns:</p> <ul style="list-style-type: none"> <li>• ¼ or ½ Pivot Turn</li> <li>• ½ Pivot Turn in Releve</li> <li>• ¼, ½ or ¾ Turn on 1 Foot in Coupe/ Passe</li> <li>• Forward or Backward Swing Turn</li> </ul> <p>Acro Elements:</p> <ul style="list-style-type: none"> <li>• Log Rolls</li> <li>• Forward / Backward Roll</li> <li>• Back Rock</li> <li>• Candlestick</li> <li>• Partial Handstand, min. 45°, legs together, stag or split</li> <li>• ¾ Handstand</li> <li>• Handstand to Vertical</li> <li>• Cartwheel (vertical not required)</li> <li>• Headstand in any position</li> <li>• Bridge, Kickover</li> <li>• Round-Off</li> </ul> <p>Balance:</p> <ul style="list-style-type: none"> <li>• Balance on 1 foot (1 sec, any leg position)</li> <li>• Scale/Arabesque, min. 45°</li> <li>• Coupe/Passe</li> </ul> <p>Balance Steps/Kicks/Jumps:</p> <ul style="list-style-type: none"> <li>• Walking Steps Fwd/ Sidewd/ Bkwd</li> <li>• Steps in Releve</li> <li>• Arabesque Steps</li> <li>• Coupe Steps Fwd/Bkwd</li> <li>• Passe/Marching Steps Fwd/Bkwd</li> <li>• Leg Swings Fwd / Bkwd (45°)</li> </ul>	<p>Any Element approved for the AAU Level 1 – 8 Women’s Gymnastics program may be performed.</p> <p>In addition, the following elements are allowed:</p> <p>Leaps/Jumps/Hops:</p> <ul style="list-style-type: none"> <li>• Stretched Jump</li> <li>• Step Hop in Passe, Fwd/Bkwd</li> <li>• Leg Swing Hop, free leg above horizontal</li> </ul> <p>Acro Elements:</p> <ul style="list-style-type: none"> <li>• Headstand in any position</li> </ul>
<p>General Information FX See Next Page</p>	<p>General Information FX See Next Page</p>	<p>General Information FX See Next Page</p>

Twinkle Stars	Shining Stars	Super Stars
<b>General Information Floor Exercise</b>		
<ol style="list-style-type: none"> <li>Choice of elements may be selected from the list of allowable elements, AAU Women's Program Levels 1 &amp; 2 or Bronze &amp; Silver approved elements</li> <li>Elements do not require a hold</li> </ol>	<ol style="list-style-type: none"> <li>Choice of elements may be selected from the list of allowable elements, AAU Women's Program Levels including "A" Value elements</li> <li>No "B" Value elements are allowed</li> <li>Elements do not require a hold unless specifically noted in the Allowable Elements list.</li> </ol>	<ol style="list-style-type: none"> <li>Choice of elements may be selected from any recognized element in any accredited program</li> <li>A 90° angle is required for any leap or jump requiring leg separation</li> </ol>



## FLOOR EXERCISE EXECUTION SKILLS



0.1	0.2	0.3	0.5	>0.5
Foot Form	Legs Separated	Legs Bent	Sot (Max 4.0)	2.00 – Incorrect use of walker, wheelchair
Balance Error (Small)	Arms Bent	Balance Error (large)	Fall (Max 4.0 regardless of number of falls)	
Failure to finish with music	Over Lack of Body Control	Lack of Continuity	Failure to land feet first on acro elements	
Out of Bounds (each)	Balance Error (medium)	Posture (not stretched)		
Incomplete Acro element	Insufficient Height of Leaps and Jumps	Verbal Coaching – specific requirement instructions		
	Uneven Split on Leaps			



# AGE DIVISION & AWARDS CRITERIA



## Special Stars Age Divisions and Awards Protocol Individual and Team

1. Special Stars Age Divisions will be 8-11, 12-15, 16-21, 22-29, 30+ - It is an expectation that all athletes will receive an award on each event and All Around.
2. These are the minimum guidelines, therefore if an age group is large, it is recommended that the age group be broken down into smaller groups for a better experience for the athletes.
  - a. Example if there are 8 athletes in 8-11 age division, then it may be appropriate to break awards into groups of 4 awarding all places on each event and all around. If it is decided not to break down a group, all athletes should receive an award on each event and all around regardless of the number in the age group.
  - b. Awards do not have to be medals for all places on events but an appropriate award, ribbon, etc. should be given for all places. Every athlete should receive an All-Around medal regardless of place.
  - c. If there is only one athlete in a division, they will receive an award for all 4 events and all around.

## AAU Special Stars Team Awards Protocol

1. There are three levels within the Special Stars Program, Twinkle Stars, Shining Stars and Super Stars.
2. Top three scores in the level shall determine the team score. Even if there is only one team, this team should be invited to participate in team awards.