



# AAU TRAMPOLINE & TUMBLING

GETTING STARTED



#WeAreAAU

[www.aautrampolineandtumbling.org](http://www.aautrampolineandtumbling.org)

The AAU Trampoline & Tumbling program offers opportunities for boys and girls in all skill levels to participate in trampoline & tumbling. Events are held throughout the country, including local competitions, invitationals, District Championships and the Junior Olympic Games. Events are conducted under the current AAU Code and the AAU Trampoline & Tumbling Handbook.

## BENEFITS OF COMPETING IN AAU EVENTS

- 1. INSURANCE.** AAU members receive coverage from a multi-million-dollar insurance program.
- 2. NATIONAL CHAMPIONSHIPS.** AAU members have an opportunity to compete in national championship events at world-class facilities across the country.
- 3. SAFETY.** All non-athletes (coaches) must pass a background screening before competing in AAU Events.
- 4. MEMBERSHIP.** Nationally recognized non-profit multi-sport organization that anyone can join and compete.
- 5. EVENTS.** Freedom and flexibility in conducting programs and hosting events.

## AGE DIVISIONS

The AAU Trampoline & Tumbling program provides an avenue of competition from many ages and both genders. For more specific details on age division please visit the website and review the AAU Jump Rope handbook.

**Sub-Beginner:** 4 & Under, 5-6. **Beginner:** 5 & Under, 6-8, 9-11, 12 & Over. **Advanced Beginner:** 5 Under, 6-8, 9-11, 12 & Over. **Sub-Novice:** 5 & Under, 6-8, 9-11, 12 & Over. **Novice:** 5 & Under, 6-8, 9-11, 12 & Over. **Intermediate:** 8 & Under, 9-11, 12-14, 15 & Over. **Sub-Advanced:** 8 & Under, 9-11, 12-14, 15 & Over. **Advanced:** 8 & Under, 9-11, 12-14, 15 & Over. **Elite:** Open Age Group.

## FEATURED EVENTS



### AAU JUNIOR OLYMPIC GAMES

JULY 23 – 26, 2024 – GREENSBORO, NC

Divisions: See website, [aaujrogames.org](http://aaujrogames.org)

## CONTACTS

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