



AAU JUNIOR OLYMPIC GAMES GYMNASTICS



LOCATION: Greensboro Coliseum Complex - 1921 W. Gate City Blvd., Greensboro, NC 27403

DATES: *Participants should check-in the day prior to their competition.*

July 27, 2024	Competition	Greensboro Coliseum Complex
July 28, 2024	Competition	Greensboro Coliseum Complex
July 29, 2024	Opening Ceremonies	North Carolina A&T Aggie Stadium

*** YOU MAY CHECK-IN THE DAY BEFORE YOUR COMPETITION. Check Meet Schedule to see when you compete.**

AGE GROUPS: Ages 5-18. Awards groups based on registrations.

QUALIFICATION: Open Division: Level 8-10, Diamond, Sapphire & Open Optional do not require prior participation in AAU or minimum qualification score to register. Gymnasts at these higher levels compete together under one set of rules (modified level 8).

National Team Members: Level 1, 2, 3, 4, 5, 6, 7, Copper, Bronze, Silver, Gold, Platinum must qualify to the AAU Junior Olympic Games by securing a spot as an AAU National Team Member at AAU Nationals. Gymnasts registered to AAU Nationals that achieve the top 3 scores on each individual event, per level, per session at AAU Nationals are identified as the AAU National Team. Gymnasts at these levels **MUST** have qualified to AAU Nationals by prior participation in AAU to attend the AAU Junior Olympic Games. These levels are not open to gymnasts without prior AAU participation.

DECLARATION: Clubs must indicate at Coaches Check-In at AAU Nationals if they wish for some, all or none of their gymnasts to be eligible to register for the AAU Junior Olympic Games prior to their athlete's session. Parents of National Team Members will be asked to register their athlete into the AAU Junior Olympic Games and submit payment after being announced as a National Team Member, immediately following their awards ceremony. *Reminder-gymnasts at level 8, Diamond, Sapphire & Open Optional do not have the same qualification standards and can register for AAU Junior Olympic Games until the stated entry deadline.

AAU MEMBERSHIP: All athletes and coaches must be members of the AAU. AAU membership is \$20.00 per youth athlete and \$75.00 per coach (non-athlete 2 year membership). Join on-line at www.aausports.org. **BE PREPARED and register your coaches early! You can no longer register for non-athlete (coach) membership onsite at the event, background screens are conducted for all non-athletes and adult athletes. Membership is no longer instant.**

ENTRY FEES: The entry fee is \$115.00 per gymnast. Coaches Entry Fee is \$50. On-site Coach Entry Fee is \$60. All athlete and coach entry fees are non-refundable. We will have a coach's hospitality area this year that will be included in your entry fee.

ALL ENTRIES MUST BE COMPLETED ONLINE at www.aaujogames.org.

ONLINE REGISTRATION & ENTRY DEADLINE

Open Division: All individual entries must be completed online at www.aaujogames.org by the deadline of Monday, June 24, 2024. AAU membership is required to register.

Visa, MasterCard, American Express or Discover is accepted. You will need to have your AAU membership at the time of registering. After registering online, you will receive an email confirming your entry and acceptance of payment.

National Team Members: Must register **ON SITE** at AAU Nationals upon receiving AAU National Team Member designation. Registration closes Monday, June 24, 2024. AAU Membership is required to register.

The Local Organizing Committee and the AAU have spent many hours planning and preparing for this AAU Event. In order to make it a great success, we are asking for your cooperation. It is the responsibility of the parent, coach, instructor, and athlete to ensure that the application is in on time and complete in every detail.

HOUSING:

The AAU makes every effort to provide the best quality experience for athletes, coaches and families that participate in AAU events. Athletes, coaches and families can choose from a wide variety of accommodations in various price points and with several levels of amenities. The Local Organizing Committee has carefully selected host hotels for participants with the lowest rates available. The hotels selected for the program not only provide great rates, but also the greatest convenience in regards to location and other amenities.

All reservations are handled through the Local Organizing Committee. DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED RATE. Please visit the website at www.aaujrogames.org and click on **Hotels to make your reservations**. Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel. AAU is not responsible for any refunds from cancellation.

COACHES' EDUCATION:

The AAU is happy to make available **FREE Coaches' Education** for all AAU non-athlete members. This excellent program is for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA). Please visit www.aausports.org and click on PCA COACHES EDUCATION order to enter and take the AAU/PCA coaches educational course.

ONSITE CHECK-IN:

Gymnastics participants must check-in at the Greensboro Coliseum Complex to receive their athlete credential or coach wristband. The appropriate credential or wristband will be needed prior to gaining admittance into the competition venues. Participants can check-in the day prior to competing. You are welcome to check-in the day of. *If that credential or wristband is lost or stolen there will be a replacement fee.* For check-in hours, maps and additional directions please visit www.aaujrogames.org (click on Event Info, then Registration).

COMPETITION FORMAT Modified Capital Cup.

SCHEDULE:

Session times to be determined by 7/1/24 based on registrations. All gymnasts will compete in the all-around/preliminary competition on Saturday and only top scoring gymnasts will advance to the event finals on Sunday.

DAY 1- Preliminary/All-Around Competition

Saturday, June 27th: Gymnasts compete on 1-4 apparatus(es) of their choice (vault, bars, beam, floor) for a chance to win the all-around title for their level in addition to qualifying as a top finalist to advance to Event Finals the following day. Each athlete will compete in one preliminary session on Day 1 for the all-around title/event final preliminaries.

*Only top placing athletes will advance to Event Finals on Day 2.

**Total # of placements OR top percentage of athletes per event advancing to Event Finals on Day 2 will be based on registrations and awards groups.

DAY 2- Event Finals

Sunday, June 28th: Gymnasts who achieved top rankings in Day 1, advance to compete a second time on the event(s) they qualified for, for individual event titles. These sessions showcase the highest ranking athletes on each event nationwide and have a limited number of competitors making this the premier event!

DAY 3- Opening Ceremonies

Monday, July 29: Athletes from all sports will gather at the track & field stadium, lined up by their district marching around the track for the grand JO Games Opening Ceremony (just like the Olympic Games!). This is an exciting event that marks the mid point of the Games & typically involves a variety of performances, cultural displays, and artistic presentations in a captivating display of music, dance, and visual effects to celebrate unity and sportsmanship among districts.

AWARDS:

Individual & all around athletes will receive custom AAU Junior Olympic Games medals awarded to 100% of participants. Awards groups follow AAU Gymnastics policies: maximum of 14 gymnasts per awards group.

ATTIRE:

District or Competition leotards worn for competition. District or Junior Olympic athlete shirt, athletic bottoms to be worn for Opening Ceremonies. Coaches follow apparel requirements per AAU Gymnastics National Rules.

PARKING:

Some locations may have parking fees. Please visit www.aaujrogames.org and click on Maps & Directions for more information. Also, some hotels may charge for parking. Please check with your hotel for specific information as prices vary.

- TRANSPORTATION:** All athletes, coaches, and spectators are responsible for their own transportation to and from all activities, events, and hotels.
- SECURITY:** All AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the AAU Junior Olympic Games.
- FOOD:** All AAU Junior Olympic Games facilities maintain exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the AAU Junior Olympic Games. No coolers at any venue.
- CELEBRATION OF ATHLETES:** The Celebration of Athletes will be held on Monday, July 29, 2024. Athletes from all sports will gather at the track & field stadium, line up by their district with athletes from other sports for the JO Games Opening Ceremony. More information will be posted at <http://www.aaujrogames.org/CelebrationofAthletes> as it becomes available.
- ADMISSION FEE:** Athletes and coaches with a credential will receive admission to all competition venues and the Celebration of Athletes as part of your entry fee. Please note that you must check-in and pick up your credential prior to receiving admittance into any venue, including the Celebration of Athletes. You must have the appropriate wristband or credential.
- Spectators can purchase tickets onsite at the venues. Daily passes are \$20.00 (3 & under free) and includes admission to all competition venues on the designated day only. Event passports are \$50.00 (3 & under free). For more information on ticket options, please visit www.aaujrogames.org.
- DISTRICT PARADE OF CHAMPIONS:** Sunday, July 28 (time TBA)- gymnasts will march in together by district at the beginning of the event finals (athletes who did not advance to event finals are encouraged to attend this as well). Senior recognition as well as other special awards will also be presented at this time.
- SCHEDULE:** Session times to be determined by 7/1/24. Competition will be on Saturday, July 27 - Sunday, July 28 and the multi-sport Opening Ceremonies will be on Monday, July 29, 2024.
- RULES:** Open Division: Gymnasts in levels 8-10, Diamond, Sapphire, Open Optional follow ONE set of rules (see the AAU Gymnastics Junior Olympic Games Rules online for more details) similar to high school gymnastics rules (modified level 8).
- National Team Members: Gymnasts in level 1-7, Copper, Bronze, Silver, Gold, Platinum will follow their level specific rules per the 'rules of the sport' with National AAU modifications & allowances (found at aaugymnastics.org).
- NO GUARANTEE:** The AAU cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has licensed (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.
- INFORMATION:**
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| NATIONAL CHAIR:
Jessica Harris
(704) 966-9406
gymnastics@ausports.org | NATIONAL VICE CHAIR:
Heather Besselman
(614) 314-1550
heatherbesselman@me.com |
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2024 AAU JUNIOR OLYMPIC GAMES WOMEN'S ARTISTIC GYMNASTICS RULES

Modified Level 8 Rules with Level 9/10 Bonus

**Refer to AAU Girls Gymnastics National Program Allowances for additional program rules*

GENERAL	<p>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</p>	<p>Special Requirements @ .20/each</p> <p>Value Parts 4 "A" 4 "B" 0 "C"</p>																											
VAULT	<table border="1" style="width: 100%; border-collapse: collapse; font-size: 0.8em;"> <thead> <tr> <th style="width: 25%;">GROUP I HANDSPRINGS, YAMISHITAS</th> <th style="width: 25%;">GROUP II HSP W/WO TURN TO SALTO</th> <th style="width: 25%;">GROUP III TSUKAHARAS/ ½ ON W/SALTO</th> <th style="width: 25%;">GROUP IV RO, FF ON W/SALTO</th> <th style="width: 25%;">GROUP V RO, FF WITH TURN ON-HSP/SALTO OFF</th> </tr> </thead> <tbody> <tr> <td> 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 OR ¼ on ¼ off 8.7 1.106 ¼ to ½ on w/ repulsion 7.7 1.107 ¼ on- ¼ off 8.5 </td> <td></td> <td style="text-align: center;"> ** Note that all group 3 vaults may be performed with a ¼ to ½ LA in first flight </td> <td> 4.101 RO, FF on repulsion off 8.0 4.102 RO, FF on repulsion ¼ 8.7 </td> <td> 5.101 RO, FF ¼ on- HSP off 8.9 </td> </tr> <tr> <td> 1.201 Handspring Full 9.0 1.202 Handspring 1 ¼ 9.4 1.203 Yamishita Full 9.0 1.205 ½ on- 1 ¼ off OR ¼ on- 1 ¼ 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 </td> <td></td> <td> 3.201 Tsukahara Tuck 9.6 </td> <td> 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 </td> <td> 5.201 RO, FF ¼ on, full off 9.2 5.202 RO, FF on, 1 ¼ off 9.4 5.207 RO, FF full on full off 9.3 </td> </tr> <tr> <td> 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 </td> <td> 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 </td> <td> 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 ¼ OR ¼ on ¼ off f tuck ¼ 10.0 </td> <td> 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 </td> <td> 5.301 RO, FF ¼ on-Front Tuck 10.1 5.312 RO, FF ¼ on-2/1 twist 9.9 </td> </tr> <tr> <td></td> <td></td> <td></td> <td> 4.407 RO, FF on- ½ turn off Front tuck ¼ 10.1 </td> <td></td> </tr> </tbody> </table>				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 OR ¼ on ¼ 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 ¼ 8.7	5.101 RO, FF ¼ on- HSP off 8.9	1.201 Handspring Full 9.0 1.202 Handspring 1 ¼ 9.4 1.203 Yamishita Full 9.0 1.205 ½ on- 1 ¼ off OR ¼ on- 1 ¼ 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 ¼ on, full off 9.2 5.202 RO, FF on, 1 ¼ 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 ¼ OR ¼ on ¼ off f tuck ¼ 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 ¼ on-Front Tuck 10.1 5.312 RO, FF ¼ on-2/1 twist 9.9				4.407 RO, FF on- ½ turn off Front tuck ¼ 10.1	
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BARS	<p>1.) Minimum 1 Bar Change 2.) Minimum of "B" 360 degree circling skill 3.) Minimum of "B" release, turn or 2nd 360 degree circling skill (different from #2) 4.) Salto dismount</p> <p>*NO CAST ANGLE DEDUCTIONS</p>	<p>BONUS +0.10 C+C without turn/flight</p> <hr/> <p>+0.10 C+C with one turn/flight</p> <hr/> <p>+0.20 C+C both with turn/flight</p> <hr/> <p>+0.20 C+D without turn/flight</p>																											
BEAM	<p>1.) Acro series with min. 2 directly connected elements- one with flight (no mount/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</p>	<p>BONUS +0.10 B+C Acro (C must be salto/aerial)</p> <hr/> <p>+0.20 B+B+C Acro (C must be salto, includes dismount)</p> <hr/> <p>Follow Level 10 Bonus</p>																											
FLOOR	<p>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 a leap requiring 180 degree cross/side split 4.) Min. A salto performed as last isolated salto or within last salto connection</p>	<p>BONUS Follow Level 10 Bonus</p>																											