



# AAU JUNIOR OLYMPIC GAMES TRAMPOLINE & TUMBLING



**LOCATION:** George R. Brown Convention Center - 1001 Avenida De Las Americas, Houston, TX 77010

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

Tuesday, July 22 (10:00 am-6:00 pm)	Registration	George R. Brown Convention Center
Tuesday, July 22 (6:00 pm-8:00 pm)	Open Workout – <b>FREE</b>	George R. Brown Convention Center
Wednesday, July 23	Competition	George R. Brown Convention Center
Wednesday, July 23 (6:00 pm-8:00 pm)	Open Workout*	George R. Brown Convention Center
Thursday, July 24	Competition	George R. Brown Convention Center
Friday, July 25	Competition	George R. Brown Convention Center
Saturday, July 26	Competition	George R. Brown Convention Center

\*Open Workout on Wednesday will cost \$10/athlete. Athletes must check-in and pay for the open workout at the competition floor (cash only).

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

**AGE DIVISIONS:** *Please take note of age groups. (You must be 3 years of age by 7/22/2025 to compete)*

A. <b>TUMBLING</b>	
<i>Sub-Beginner</i>	Girls: 5 & Under, 6-8, 9-11, 12 & Over Boys: 5 & Under, 6-8, 9-11, 12 & Over
<i>Beginner</i>	Girls: 5 & Under, 6-8, 9-11, 12 & Over Boys: 5 & Under, 6-8, 9-11, 12 & Over
<i>Advanced Beginner</i>	Girls: 5 & Under, 6-8, 9-11, 12 & Over Boys: 5 & Under, 6-8, 9-11, 12 & Over
<i>Sub-Novice 1</i>	Girls: 5 & Under, 6-8, 9-11, 12 & Over Boys: 5 & Under, 6-8, 9-11, 12 & Over
<i>Sub-Novice</i>	Girls: 5 & Under, 6-8, 9-11, 12 & Over Boys: 5 & Under, 6-8, 9-11, 12 & Over
<i>Novice</i>	Girls: 5 & Under, 6-8, 9-11, 12 & Over Boys: 5 & Under, 6-8, 9-11, 12 & Over
<i>Intermediate</i>	Girls: 8 & Under, 9-11, 12-14, 15 & Over Boys: 8 & Under, 9-11, 12-14, 15 & Over
<i>Sub-Advanced</i>	Girls: 8 & Under, 9-11, 12-14, 15 & Over Boys: 8 & Under, 9-11, 12-14, 15 & Over
<i>Advanced</i>	Girls: 8 & Under, 9-11, 12-14, 15 & Over Boys: 8 & Under, 9-11, 12-14, 15 & Over
<i>Elite</i>	Boys & Girls: Open Age Groups

- B. TRAMPOLINE**  
*Sub-Beginner* Girls: 5 & Under, 6-8, 9-11, 12 & Over  
Boys: 5 & Under, 6-8, 9-11, 12 & Over
- Beginner* Girls: 5 & Under, 6-8, 9-11, 12 & Over  
Boys: 5 & Under, 6-8, 9-11, 12 & Over
- Novice* Girls: 5 & Under, 6-8, 9-11, 12 & Over  
Boys: 5 & Under, 6-8, 9-11, 12 & Over
- Intermediate* Girls: 8 & Under, 9-11, 12-14, 15 & Over  
Boys: 8 & Under, 9-11, 12-14, 15 & Over
- Sub-Advanced* Girls: 8 & Under, 9-11, 12-14, 15 & Over  
Boys: 8 & Under, 9-11, 12-14, 15 & Over
- Advanced* Girls: 8 & Under, 9-11, 12-14, 15 & Over  
Boys: 8 & Under, 9-11, 12-14, 15 & Over
- Elite* Boys & Girls: Open Age Groups
- C. DOUBLE MINI TRAMP** Divisions and age groups, the same as the trampoline above.
- D. SYNCHRO TRAMP** \*\*Intermediate, Sub-Advanced, Advanced, Elite only  
(Girls/Boys/Coed Age groups 12&Under, 13&Over).  
**NO FINALS FOR SYNCHRO TRAMP**  
**Participants compete in age division of oldest competitor**
- E. MINI TRAMP** Age groups same as trampoline above (Levels: Sub Beginner, Beginner, Novice, Intermediate, and Sub-Advanced). (NO FINALS for Single Mini)

*\*The National Competition Committee reserves the right to combine single age groups together at levels where less than ten athletes are entered. We also will split age groups by birthdate to ensure that no one group has more than twenty athletes.*

**AGE/LEVEL DETERMINATION:** Athlete's age is determined by the age as of July 22, 2025. Athletes MUST compete at their AAU District Championship in the level in which they will be at the AAU National Championships. **You must be 3 years of age by July 22, 2025, to compete.**

**QUALIFICATION:** All competitors must compete in the AAU District Championships and compete in at least 1 (one) AAU licensed meet prior to the district. A competitor can compete in only one level/one age group in trampoline and only one level/one age group in tumbling. If you are unable to attend the District Championship, a petition may be submitted to the Meet Director for approval. You may attend another District's Championship IF both District Chairs grant APPROVAL. Please contact Heather Besselman, [heatherbesselman@me.com](mailto:heatherbesselman@me.com), National Chair to obtain approval to compete in another District's Championship.

**AAU MEMBERSHIP:** All athletes and coaches must be members of the AAU. AAU added benefit membership is \$22.00 per youth athlete and \$79.00 per coach (non-athlete 2 year membership). Join on-line at [ausports.org](http://ausports.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:**

1 Event	2 Events	3 Events	4 Events	All Events
\$75.00	\$85.00	\$95.00	\$105.00	\$115.00

Coach Entry Fee is \$50. On-site Coach Entry Fee is \$60. All athlete and coach entry fees are non-refundable. We will have a coaches hospitality area this year that will be included in your entry fee.

**ALL ENTRIES MUST BE COMPLETED ONLINE at [www.aaujrogame.org](http://www.aaujrogame.org).**

**ONLINE REGISTRATION & ENTRY DEADLINE**

Entries must be completed online by **Friday, June 13<sup>th</sup>, 2025**. Late entry deadline **Monday, June 30<sup>th</sup>, 2025**.

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.

Athlete entries received after the deadline will be charged a \$25 late fee per athlete. Late entry deadline is Monday, July 1, 2025. No athlete entries will be accepted 20 days prior to the first day of the competition.

The Local Organizing Committee and the AAU have spent many hours planning and preparing for this AAU Event. 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 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 [aausports.org](http://aausports.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 **MANDATORY** for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA). Please visit [www.aausports.org](http://www.aausports.org) and click on PCA COACHES EDUCATION order to enter and take the MANDATORY AAU/PCA coaches' educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

**ONSITE CHECK-IN:**

Trampoline and Tumbling participants must check-in at the George R. Brown Convention Center 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 should check-in at least the day prior to competing. *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.aaujroames.org](http://www.aaujroames.org) (click on Event Info, then Registration).

**WORKOUT RULES AND DRESS CODE:**

**Foot covering for TR/DBL/SM must be worn – athletes must wear competition attire during workouts. Coaches be prepared to spot trampoline. There must be a minimum of four spotters at all times a trampoline is utilized (six for advanced and elite).**

**COACHES: During workouts and the competition, the following dress code must be followed:**

1. Warm-up (with or without a jacket, long/capri pants) short or long-sleeved team/event t-shirts or polo shirts
2. No hats or denim are allowed.
3. Violators will be asked to leave the floor.

**(\*\*Appropriate length shorts may be worn during the first open workout on Tuesday, July 22, 2025\*\*)**

**MEET SCHEDULE:**

The schedule is subject to change. An updated schedule will be online by **July 6, 2025. The top ten (10) scores qualify for finals.**

**Tuesday, July 22**

Athlete and Coach Check-In (12:00 pm to 6:00 pm)

**\*Open Work-Out (6:00 pm to 8:00 pm, Free) \***

**Wednesday, July 23  
Prelims/Finals**

**TUMBLING:** Sub-Beginner, Beginner, Advanced Beginner

**TRAMPOLINE:** Sub-Advanced, Advanced, Elite

**DOUBLE MINI:** Novice, Intermediate

**SINGLE MINI:** All - **No Final**

**\*Open Work-Out (6:00 pm to 8:00 pm, \$10.00 per athlete cash at the entrance to the competition floor) \***

**Thursday, July 24  
Prelims/Finals**

**TUMBLING:** Sub-Novice 1, Sub-Novice, Novice

**TRAMPOLINE:** Sub-Beginner, Beginner, Intermediate

**DOUBLE MINI:** Sub-Advanced, Advanced, Elite

**Friday, July 25  
Prelims/Finals**

**TUMBLING:** Intermediate, Sub-Advanced, Advanced, Elite

**TRAMPOLINE:** Novice

**DOUBLE MINI:** Sub-Beginner, Beginner

**Saturday, July 26**

**PARADE OF CHAMPIONS**

**OUTGOING NATIONAL TEAM PERFORMANCE**

**SPECIAL AWARDS**

**PRESENTATION OF THE 2025-2026 SEASON NATIONAL TEAM**

**ALL SYNCHRO TRAMPOLINE - No Finals**

**Monday, July 28**

**Full AAU Junior Olympic Games Celebration of Athletes - Details to follow**

- SPOTTERS;** Coaches be prepared to spot when your athletes are at trampoline if needed. There will be a sign up genius when schedule is posted for parent/gym volunteers to sign up for spots in exchange for admission bands for the event. These volunteers must have their AAU memberships.
- PROTESTS:** A \$50 protest fee must accompany any protest. If you win the protest, the fee will be returned to you.
- CHANGE FEE:** After the Coaches Report is sent out, there will be a \$25.00 fee associated with any changes. Check should be made payable to *AAU Trampoline and Tumbling*. It will be charged only if it is the entry's mistake. If after the coach receives their report and they do not correct any mistakes by July 6, then they will pay the change fee no matter who makes the mistake.
- PARKING:** Some locations may have parking fees. Please visit [www.aaujrogames.org](http://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 28, 2025. More information will be posted at <https://ausports.org/junior-olympic-games/> 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.
- 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.
- VOLUNTEERS:** Contact [heatherbesselman@me.com](mailto:heatherbesselman@me.com). All volunteers must be AAU members.
- INFORMATION:**
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| <b>MEET DIRECTOR:</b><br>Heather Besselman<br>(614) 314-1550<br><a href="mailto:heatherbesselman@me.com">heatherbesselman@me.com</a> | <b>AAU NATIONAL OFFICE STAFF:</b><br>Jennifer Miles<br>407-934-7200 (O)<br><a href="mailto:jennifer@ausports.org">jennifer@ausports.org</a> |
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