



AAU LADIES DIVISION COMPETITIVE GYMNASTICS PROGRAM

Are you a retired competitive gymnast who misses the challenge and thrill of competition? A high school age gymnast who just doesn't have the time to devote to the sport that you used to? You love competing beam, floor and vault, but the thrill (and stamina) is definitely gone when you train bars? Then the AAU Ladies Division of competitive gymnastics may be just what you're looking for!!!!

This awesome program is geared towards any athlete, high school age and older, who loves the beautiful sport of gymnastics and would still love to stay active in competition, but at a level that can be challenging yet easily maintained. Retired gymnasts, coaches who were gymnasts, athletes who are involved in several sports and cannot spend countless hours of training...the AAU Ladies division is what it's all about!

like many "lifetime" sports, the AAU Ladies Division of gymnastics is a program designed to provide friendly, positive competition for gymnasts who want to stay active in the sport they enjoy and be able to make it part of their life, not their WHOLE life!

The Ladies division is an optional only program with currently two levels of ability:

A) MODIFIED OPTIONAL

All rules for this level is posted on the Gymnastics homepage on ausports.org under "Rules" for the AAU Age Group division.

B) LEVEL 8 WITH MODIFICATIONS

This level is based on the USAG (the national governing body of the sport of gymnastics) and all rules pertaining to level 8 may be found in the USAG handbook, purchased through USAG. However, the following AAU modifications apply:

- 1) The deduction for any missing special requirement is .20
- 2) There is no timing for floor exercise or balance beam.
- 3) The use of an airboard is permitted for vault.

PLEASE NOTE: All around competition in either level is not required.

COMPETITIVE UNIFORM REQUIREMENTS

Gymnast must wear a leotard (tank style or sleeveless). Any length of stretchable, form fitting leg wear is permitted to be worn over the leotard. (IE; "Biker-type wear; ankle length tights, etc.). Legwear must contour to the body-no shorts permitted. Standard gymnastics footwear is permitted or barefoot.



AGE REQUIREMENTS

There are no age requirements; however, a gymnast must be at least high school age to be eligible. Competitors may be equally divided into Older and younger gymnasts if numbers exceed 15 in a level. These divisions will be known as Division A (Older group); Division B (younger group), etc.

NATIONAL CHAMPIONSHIP

The AAU Ladies National Invitational will be held in conjunction with the AAU Gymnastics Age Group National Championship in Tampa, FL on July 4-8, 2007.

The AAU Ladies National Championship will be contested as part of the AAU Junior Olympic Games Gymnastics Venue. There are no eligibility requirements other than the above criteria. The 2007 Ladies Nationals will be held in Knoxville, TN. Information regarding the Junior Olympic Games, Ladies Championship entry forms, etc., may be found at aausports.org under the Junior Olympic Games website.

LOCAL COMPETITIVE PROGRAM

To find out if there is an AAU Ladies Gymnastics program available in your area, contact your local district chair, or contact:

KATHY STUENKEL
AAU GYMNASTICS
LADIES DIVISION COORDINATOR
teamflorida@comcast.net
941-429-5777 (h)
941-457-6131 (c)

Kathy will be glad to work with you on getting a Ladies Division program started in your area, as well as answer any questions you may have about this exciting program!

WHERE DO LADIES DIVISION ATHLETES COMPETE?

If there is an established AAU gymnastics program in your area, contact your district chair to see if Ladies division is offered as part of the entire AAU gymnastics program. If it currently isn't, then contact Kathy Stuenkel, National Program Development Director and she will see about getting the Ladies division included. If an AAU gymnastics program is not available, then you are invited to directly enter the two National events for Ladies gymnasts....for 2007, the AAU Ladies Open Invitational will be held as part of the AAU Age Group National Championships in Tampa, Florida and the AAU Ladies National Championships will be held at the AAU Junior Olympic Games in Knoxville, Tennessee. Both events are in July and all information regarding them can be obtained on the AAU National website, including registration forms. No other requirements other than having an AAU membership is necessary to attend the National competitions.

Gymnastics is a beautiful, challenging, exciting sport and the AAU welcomes athletes such as your self that will add to the experience level and give a maturity and leadership to our sport. Please feel free to contact Kathy Stuenkel with any questions you may have.



**GYMNASTICS
IS NOT JUST
FOR LITTLE GIRLS
ANYMORE!!!!!!**