

2022-2026

AAU GYMNASTICS BOYS 4X4 PROGRAM

LEVEL 1-3 BOYS GYMNASTICS ON 4 EVENTS



Summary

Mission

To provide an introduction to Men's Gymnastics using equipment already available to existing women's program and to be a possible segway into higher levels of the Men's Program.

Rules

Please use the videos posted on Youtube channel: NC AAU Boys Gymnastics
*Videos are only used as a visual guide only. Refer to the text below for official rules/routines.

Competition Format

Participants will compete in up to 4 events (Vault, Uneven Bars, Circles/Support, Floor Exercise) and the All Around. Boys can be inserted into any session of a women's gymnastics competition either in a separate squad of only boys or mixed in within any other squad.

*Boys will be able to choose which level routine they wish to compete on each event. The coach must declare which level routine their athlete will compete during each event warm-up so that the judge has the opportunity to re-familiarize themselves with the routines and deductions.

Equipment

uneven bars, spring floor, compulsory vaulting mat system (with aeroboard & springboard), standard competition balance beam, balance beam landing mat, tape (for lines on landing mat for circles- see diagram below).

Attire

Boys can choose to wear either a tank, competition pants (Uneven Bars & Circles/Supports) and shorts (Vault, Floor), or Gym T-shirt and shorts. They must wear socks on Uneven Bars and Circles/Support.

Warm-up Time

Boys will receive a 1:00 warm-up on each event regardless of level (meet directors will need to be mindful of this when determining what session to assign boys to).

Awards

Boys will be divided into age groups no more than 5 years apart for awards. Awards will be provided in the 4 events plus All Around and will follow the standard National AAU award guidelines.

Scoring

All routines will start from a 10.0 (exception: Level 1 Vault and Level 1-3 Circles/Support have two parts valued at 5.00 each). Basic execution will be applied:

Small faults = up to -.10

Medium faults = up to -.20

Large faults = up to -.30

Fall = -.50

Omission = -.50

Spotting = .50

*Refer to the AAU Women's Ntl Rules for more rules clarifications

Judges

Certified members of the National Association of Women's Gymnastics Judges (NAWGJ) will be used to officiate boys at any AAU gymnastics competition.

ROUTINES

VAULT

Gymnasts may perform two vault attempts with the better score to count.

Level 1: Stretch Jump up to a minimum of 16" tall mats (5.00) AND Kick Handstand to Flat Back (5.00) (Women's Level 1 Rules)

Level 2: Handstand to Flat Back on Mat Stack (Women's Level 2 Rules)

Level 3: Handspring over Mat Stack Sideways (Women's Xcel Silver Rules)

BARS

Level 1: (Performed on Low Uneven Bar Rail) Mount: Pull Over (jump allowed), Cast, Back Hip Circle, Cast off stand Dismount

Level 2: (Performed on High Uneven Bar Rail) Mount: Pull Over, Cast, Back Hip Circle, Underswing- Counterswing, First Tap Swing FWD- Counterswing, Second Tap Swing FWD- Counterswing, Tap Swing FWD with $\frac{1}{2}$ Turn Dismount

Level 3: (Performed on High Uneven Bar Rail) Mount: Assisted Muscle Up, Cast, Long Hang Pullover, Cast, Back Hip Circle, Underswing- Counterswing, First Tap Swing FWD- Counterswing, Second Tap Swing FWD- Counterswing, Tap Swing FWD to Flyaway Dismount OR $\frac{1}{2}$ Turn Dismount

FLOOR

Level 1: Forward Roll, tuck up to nominal handstand, lower to straddle stand, present, reach forward to the floor and jump from straddle into a handstand forward roll, straddle out to sit in straddle, roll backward to candlestick, roll to stand, present. Forward kick to cartwheel, step-in/close legs, present.

Level 2: Forward kick to handstand forward roll, straddle out to straddle L hold (2 sec), roll backward to candlestick, roll up through straddle L to straddle stand, reach forward to straddle press (with slight jump) to nominal handstand, step down to lunge, cartwheel, opposite side cartwheel, cartwheel step-in over-rotated (with arms landing at horizontal) to quick steps backward, step-in/close legs, present, straight jump $\frac{1}{2}$ turn, power hurdle/run to round off, rebound to stick.

Level 3: Handstand hop forward roll, straddle out through straddle L to straddle stand (press/keeping feet clear of floor is optional), present, reach forward to the floor and press hips up to bring feet back together to pike stand, stand, present. Forward kick to cartwheel step-in/close legs, straight arm backward roll to push-up position, turn over to rear support, lower to pike sit, tuck L support hold (2 sec), lower to sit, roll backward to candlestick, roll to stand, steps forward to hitch kick, step side to $\frac{1}{2}$ turn, power hurdle/run to round off backhandspring, rebound to stick.

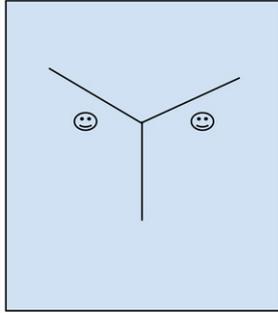
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ROUTINES

CIRCLES/SUPPORT



Support (5.00) work will be done on the Balance Beam.

Circles (5.00) are performed on a sturdy Balance Beam Landing Mat by taping down lines to create a "Y" shape that mimics a "mushroom" (lines are $\frac{1}{3}$ of a circle away from each other, approx. 3'-4' in length each).

Begin in front support position: hands start near where the smiley faces are pictured and body in a prone position down the center line, shoulders past the hands, hands facing out. Leaving both hands on the floor, step to the side and begin the circle in either direction. Body should remain in a straight, extended position throughout the circle. Across the front of the circle, look for a slight counter turn of the hips (hips should face slightly away from the direction they are circling. General execution deductions apply: bent arms, bent legs, feet apart, flexed feet, hip angle, incomplete circle, etc.)

Level 1:

CIRCLES (5,00) Jump to $\frac{1}{3}$ of circle: Body should finish just in front of the first hand (incomplete circle= body not to or past the first tape line. Emphasis is on body alignment and form.)



SUPPORT (5.00) Mount: Jump Front Support on Beam, 2 Straddle Swings, Leg Cut forward, Leg Cut other leg Forward, 2 second Tuck Hold, Dismount.

Level 2:

CIRCLES (5,00) Jump to $\frac{2}{3}$ of circle: Body should finish just in front of second hand, back should be facing the second hand. (incomplete circle= body not to or past the second tape line. Emphasis is on body alignment and form through the $\frac{1}{3}$ of circle position to arrive in the $\frac{2}{3}$ area.)



SUPPORT (5.00) Mount: Jump Front Support on Beam, 2 Straddle Swings, Reverse Leg Cut forward, Leg Cut other leg forward, 2 Second L Hold, Dismount.

Level 3:

CIRCLES (5,00) Jump Full Circle (incomplete circle= body not to or past the third tape line. Emphasis is on body alignment and form throughout the full circle.)



SUPPORT (5.00) Mount: Jump Front Support on Beam, Tuck Planche Hold, 1 Straddle Swings, Leg Cut Forward swing to cut same leg back, 1 Straddle Swing, Leg cut other leg forward swing to cut same leg back, swing leg to wind up to Flank Dismount

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