

Levels 4, 5 & 6 Beam—See USA Gymnastics Compulsory Handbook

Level 2 Floor

- Replace the headstand, kneel, hinge with a straddle tripod position to kneel; arch back
- May do either a handstand **OR** a $\frac{3}{4}$ handstand

Level 3 Floor

- Replace the bridge kick-over with a backbend kick-over **OR** a back walkover **OR** a standing back handspring rebound stick.

Level 4 Floor

- May do a handstand to bridge back kick-over **OR** a handstand to bridge stand (front limber)-to immediate stretch jump.

Levels 5 & 6 Floor—See USA Gymnastics Compulsory Handbook

Levels 7 & 8--No changes-see USA Gymnastics Code of Points

Level 9 (AAU Open Division)

- USA Gymnastics level 9 special requirements
- No skill restrictions
- May earn level 9 or 10 bonus
- May use either the USA Gymnastics level 9 or level 10 vault chart

General

- Aid of coach during any vault is a 3.0 deduction-**NOT** a void
- The use of an air-o-board is allowed at all levels with the exception of the Yurchenko vault. The air board **MAY NOT** be used for Yurchenko vaults.
- Coach may stand on the floor at any level without penalty
- Beam routines will not be timed at any level

VII. Boys Gymnastics National Rules

A. AAU National Boys Age Group Program

The National AAU Boys Age Group Program is comprised of the following Skill Levels:

- Level 9
- Level 8
- Level 6
- Level 5
- Level 4
- Level 3

The AAU National Gymnastics Executive Committee (NGEC) embraces and respects the governing body of USA Gymnastics and the knowledge and support that it provides to the entire gymnastics community. The AAU NGEC acknowledges the tremendous effort and knowledge that it takes for USA Gymnastics to produce the USA Gymnastics JO Compulsory Gymnastics Programs for boys and girls. The AAU NGEC also acknowledges the intellectual and copyright protection afforded USA Gymnastics for its educational materials. These include, but are not limited to the Compulsory Handbook, the JO Code of Points, the USAG Compulsory Floor Music CD and the Skill Level DVD which all serve as invaluable tools in teaching and instructing

gymnasts. Therefore, it is the AAU policy that all USA Gymnastics materials, music and DVD must be purchased through USAG (www.usagym.sportgraphics.biz / 800-345-4719). The only source for the AAU National Gymnastics Routines, other than AAU exceptions listed in these rules, is the written text as provided by USAG Compulsory Handbook. Any AAU written material is considered supplemental material that has been created to teach only the modifications and adaptations that will be incorporated into the AAU National Gymnastics program. Each club must also check with their District Chairperson for additional materials or modifications that are pertinent to their local districts or leagues.

Individual Districts may choose to modify these rules to suit the needs of their athletes and coaches. These AAU National Rules, as described here, will be used as the official rules at all AAU National Level competitions and their qualification meets.

EXCEPTIONS TO THESE RULES ARE LISTED BELOW.

I. AAU will sanction competition at the following USAG levels

- a. Compulsory levels 3, 4, 5, and 6
- b. Optional Level 8
- c. Optional Level 9

II. Age is determined on the first day of competition

III. Compulsory Age Groups:

- a. 5 and 6 Level 3 only
- b. 6-7 Level 3-4 only
- c. 7-8 Levels 3, 4, 5, and 6
- d. 9-10 Levels 3, 4, 5, and 6
- e. 11 & up Levels 3, 4, 5, and 6
- f. Age groups may be broken down into smaller groups as needed

IV. Optional Age Groups

- a. 8-12 Level 8 rules
- b. 13-18 Level 9 rules
- c. Age groups may be broken down into smaller groups as needed

V. LEVEL 3 EXCEPTIONS

- a. USAG Rules provide for competition at this level to be held with no scores and an evaluation only. Any Sanctioned AAU competition may also be held using this format.
- b. Meet Directors wishing to run an event using direct competition and scores must use these exceptions
 - 1. The base score for each routine is 10.0

2. No bonus is awarded
3. Up to 0.5 virtuosity may be awarded for skills performed in an excellent manner
- 4. 0.2 stick bonus may be awarded.**

VIII. Freestyle Acrobatics National Rules

A. Introduction

1. Purpose and Goals of the Freestyle Acrobatics Program

- a. All Freestyle Acrobatic activities and events are held indoors in a controlled setting using the typical Gymnastics environment which may include the traditional six men's apparatus and the traditional four women's apparatus or any combination thereof. Athletes may also use the accompanying mats and mounting boards associated with traditional gymnastics equipment. Nontraditional gymnastics equipment (such as spotting blocks, stacked mats and adaptive equipment) may also be used so long as they are manufactured by an industry recognized company and in good repair.
- b. Athletes train and compete under the rules outlined in one of 5 skill levels which restrict both the difficulty of skills and limit equipment heights that athletes may use to navigate their runs.
- c. The Freestyle Acrobatics Program provides an objective means of evaluating Freestyle Acrobatic runs and jams in a competitive setting and is designed:
 - i. To assure the identification of the finest acrobat in any competition.
 - ii. To guide coaches and acrobats in the composition of competitive runs and jams as defined below.

2. AAU Freestyle Acrobatic Competitions include three types of contests

- a. Free Run:
 - i. The Free Run requires athletes to navigate through an established course using his / her talents to produce a continuous, fluid, efficient, original combination of movements from at least five of the nine Trick / Movement Families which are permitted in the rules defined by his / her skill level
 - ii. Free Run Courses vary from competition to competition but remain constant for each skill level during any given competition
 - iii. Free Run Courses are designed by the meet director and must adhere to all AAU Freestyle Acrobatic Rules
 - v. Athletes are judged on a scale of 100 points maximum. Points are combined from each of the following categories:
 1. Flow - 30 Points
 2. Style & Originality - 20 Points
 3. Variety - 10 Points
 4. Difficulty - 40 Points
 - vi. Free Runs have no minimum time but they may not exceed the time limits established for each skill level