



AAU GIRLS NATIONAL GYMNASTICS HANDBOOK AND OPERATING CODE 2022-2023

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I. **Mission Statement and Ethical Conduct**

The AAU Gymnastics National Committee and Program has been established to promote the benefits of participation included in the sport of artistic gymnastics. The AAU National Program's purpose is to provide competitive opportunities to all of its AAU gymnasts regardless of their age, ability level, or training commitment in terms of hours and/or finances. Members of the Amateur Athletic Unions affirm their duty to promote a positive culture that supports the athletes' safety and well-being. Membership is inclusively responsible in diligently promoting the program which will provide a positive experience to all. The AAU Gymnastics Program includes the AAU National Code written for athlete protection and implemented through the AAU Athlete Protection Policies and Handbook found at www.aausports.org. All AAU gymnastics members are expected to implement and adhere to the AAU Code. The following gymnastics rules are conditional to the bylaws, rules, policies, guidelines, and practices of the Amateur Athletic Union, Sports For All Forever.

II. National Sport Committee Governance and Administration

A. National Committee Structure and Procedures

1. National Gymnastics Chair

The National Gymnastics Chair shall be elected by the Gymnastics National Sports Committee (District Chairs) at the committee meeting during National Conventions in which National Officers are elected. The term will be four years and national election policies shall apply per AAU Code. The National Gymnastics Chair may be removed for cause by a majority vote of the National Officers, subject to the Right of Appeal to the National Board of Review. The President, with the approval of a majority of the Officers, may appoint a person to fill a vacant National Gymnastics Chair position. The appointee will serve until the next regular or special meeting called by the National Sport Committee, at which time an election shall be held to complete the term.

2. National Executive Committee Composition

The National Executive Committee shall conduct its business in accordance with the rules and regulations of the AAU generally, and specifically, the Gymnastics National Program. It shall include the National Gymnastics Chair, Vice Chair, Treasurer, Secretary, Meet Management Liaison, Judging Liaison, and other positions as needed and appointed by the National Gymnastics Chair in agreement with National Gymnastics officers.

3. National Sport Committee Composition

The National Sport Committee will consist of the National Gymnastics Chair, members of the National Executive Committee who are elected and/or appointed as provided by the sport's operating rules, and the elected or appointed Gymnastics Chair of each District (or a representative designated by the District Governor). The President of the AAU may appoint up to two (2) Members-at-Large.

4. District Gymnastics Chairs

District Gymnastics Chairs are elected or appointed positions in compliance with the AAU National Code. Specific election requirements and procedures for these elections and appointments can be found in the AAU National Code. The district Nominations and Election Chair is a resource for information regarding District Gymnastics Chair appointments and/or elections.

5. Voting at National Elections

In compliance with the AAU National Code, only members of the National Sport Committee are permitted to vote at national elections. There shall be no voting by proxy. Each member of the National Sport Committee will have one vote. Only representatives from districts which registered a minimum of 0.5% (a half percent) of the total number of athletes in that sport in the previous year shall be allowed to vote in the National Sport Committee meeting.

B. Sport Committee Meetings

1. National Sport Committee Regular Meetings

Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.

2. Non-Regular Sport Committee Meetings

National Sport Committees may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:

- a. The meeting is called by the chair with the approval of the National Office.
- b. The National Office must approve meeting dates and locations.

3. National Sport Committee Special Meetings

Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee Members. Ten (10) days' notice is required, and notice shall state the purpose of the meeting.

4. National Sport Executive Committee Meetings

The National Chair shall determine the date and location of the Executive Committee Meetings.

5. Meeting Agenda

All Sport Committee Meetings will follow the meeting order (agenda format) as established in the AAU National Code (Bylaw 9.5).

III. Sport Policies and Procedures

The AAU understands that the National Governing Body (NGB) is a valued and respected for setting the industry standards for all gymnastics programs. Therefore, the NGB may be referred to in this document for clarification of industry standards and guidelines in the development of the AAU National Gymnastics Program.

A. General Rules and Procedures

1. Girls Gymnastics and Boys Gymnastics operate under their own rules and policies.
2. **All AAU Gymnastics disciplines and licensed events** are conducted indoors in a controlled, safe traditional gymnastics environment – providing equipment that meets industry standards – under an AAU licensing agreement.
3. Adult Women - Ladies Divisions (ages 18 and older) use the same rules and skill divisions as the AAU Girls Gymnastics Program.

B. Gender Eligibility

1. To be eligible to compete in the female divisions of any AAU Gymnastics levels/divisions, the participant must be female.
2. To be eligible to compete in the male divisions of any AAU Gymnastics Level/division, the participant must be male.
3. If an athlete wishes to participate as a gender other than the birth gender, he or she must make an application to do so through AAU compliance. Contact the AAU Compliance Department.

C. Attire

1. General rules regarding attire

- a. The rules regarding attire at AAU gymnastics events are designed to provide a level of professionalism for coaches, act as a guide for athletes and judges, and to ensure safety for all.
- b. Exceptions for religious and cultural concerns will be honored as long as the exceptions requested are deemed safe for the gymnasts and coach's well-being. The meet director and meet referee must be notified in writing prior to the beginning of the start of the competition.
- c. Exceptions for clubs, teams and district uniforms and garments designed to demonstrate unity within said groups will be made as long as the intent of the rules regarding attire is honored.

2. Coaches and Officials

- a. The accepted attire for coaches and officials at all licensed AAU District, Regional and National Events is:
 - Athletic (closed toe) shoes with rubberized soles or approved sport sandals that are secured with straps (no bare feet or flip flops).
 - Slacks or warm-up pants, dress jeans (no holes), or athletic or tailored, hemmed shorts that are an appropriate length. No holes, tears, or short shorts. Lycra and yoga pants are acceptable if worn properly.
 - Shirts with collars (polo type) or appropriate business casual shirt or T-

shirt (with or without gym logo). No low-cut spaghetti straps, low-cut or open back tops, or midriff/undergarment revealing shirts.

3. Girls and Adult Women Athletes

All athletes may wear form fitting Lycra Spandex gymnastics shorts, capris and leggings that do not present any safety risk to the participant (solid color, black preferred) with no deduction. There is no deduction for undergarment showing if all undergarments compliment/match the color, style, and cut of the leotard. A unitard is considered acceptable if it is a tight-fitting garment made of leotard appropriate fabric and, at the judge's and coach's discretion, does not present any safety risk to the participant. Head covering as required by their faith, must be a tight-fitting head dress that is adequately secured and at the coach's discretion does not present a safety risk to the gymnast. It is the coach's responsibility to notify the meet director of the names/sessions of gymnasts who will wear alternative attire prior to the competition so the meet director can notify the meet referee and judges.

- a. There is no deduction for undergarment showing if all undergarments compliment/match the color, style, and cut of the leotard. The leg opening for competitive leotards must not be cut or rolled above the athlete's hip bone
- b. Long sleeve leotards, sleeveless leotards (tanks), and unitards are all acceptable with no deductions.
- c. Gymnastics biker athletic shorts may be worn all levels.
- d. Hair must be secured away from the athlete's face so as not to interfere with the athlete's safe performance of gymnastics skills.
- e. Stud earrings are permitted – all other jewelry must be removed prior to the beginning of warm-ups.
- f. Approved gymnastics footwear is permitted on all events.

D. Coaches Responsibilities and Requirements

1. All AAU coaches must:
 - a. Maintain a minimum current AAU membership. All memberships and information can be obtained on the official AAU website www.aausports.org.
 - b. Be a minimum of 18 years old (head coach); assistant junior coaches should be at least 15 years old and should be supervised by a head coach and have a current AAU Youth Athlete membership.
 - c. Complete the Positive Coaching Alliance curriculum.
 - d. Educate themselves with policies as stated in the AAU Athlete Protection Handbook.
 - e. Be certain that their athletes are properly registered and prepared for competition and are entered in the correct age and skill division and level.
 - f. Demonstrate behavior which reflects the professionalism required of our sport while in the presence of athletes and parents.
2. Siblings of coaches and/or parents are not allowed onto the competitive floor. During a competitive session only the athletes who are competing can be on the competitive floor, ensuring safety of all competitors.
3. Cell phones must be placed on vibrate once warm-ups have begun.

E. Foreign Athletes and Coaches

Contact the AAU National Office for information regarding on how to register foreign athletes and coaches. Foreign athletes may participate in any invitational as provided under the guidelines of the District Gymnastics Chair of the district in which the licensed invitational event is held. The event director is responsible for stating the guidelines by which the international competitors will compete as a separate awards group or inclusive with all other competitors and/or teams. Entry into regional and national licensed events must be approved by the AAU National Executive Committee. Policies and guidelines for awards will be established by the AAU National Executive Committee for awarding foreign athletes participating in those championships.

IV. Sport Operations

A. Current Year Rules

1. AAU Girls Gymnastics National Program

The AAU Girls National Gymnastics Handbook and Operating Code, and the AAU Girls and Adult Ladies Gymnastics Program with AAU Allowance Guide will be posted on the AAU Gymnastics National website www.aaugymnastics.org. All updates or notifications will also be published at this site.

2. AAU Gymnastics District Programs

Districts will follow the AAU National Program. Districts may not modify the AAU National Program in terms of sports operations, program levels, membership, or licensing. However, each district may formulate their own district rules regarding day-to-day district operations involving their method of how to operate their program in terms of qualifying events and expectations in hosting those events, including awards and format, as long as they are not in conflict with the rules and policies specified in the AAU Girls National Gymnastics Handbook and Operating Code. Each district shall have on file with the AAU National Executive Committee their district rules and policies. Contact the District Gymnastics Chair (see **Appendix B** for a directory) for details on their individual program requirements.

B. Membership Requirements

1. All AAU memberships are valid from September 1 through August 31 of any given year. All memberships must be renewed/applied for per AAU code and policies. Refer to www.aausports.org for detailed membership requirements and benefits.
2. To participate in any AAU licensed event, all coaches and athletes are required to have a current AAU athlete membership.
3. For any coach (non-athlete) to be present on the competitive floor of competition, they must have a current AAU non-athlete membership.
4. Junior coaches under the age of 18 must have a Youth Athlete Membership to be present on the floor supervised by a registered AAU coach from their club.
5. All judges must have a current non-athlete membership number.
6. To participate in team awards, a club must have a current AAU Level 1 club membership.
7. To host an AAU licensed event, a club must have a Level 2 club membership.
8. Any staff or those interacting with athletes should also attain a non-athlete membership number.
9. To receive the benefit of practice insurance, the club must have a current AAU club membership and all coaches and athletes at practice must also have current AAU membership.

C. Licensing & Terms of Licensing

1. All licensing is applied for online at www.aausports.org.
2. To host an AAU licensed event, the club must have a valid Level 2 club membership in the district where they are hosting the event. Familiarize yourself with event designation types – invitational, qualifier, league, etc.
3. Event directors listed on the license must have a current AAU membership.
4. The event director will be required to upload a flyer stating the information below. After completion, the application will be sent to the AAU District Gymnastics Chair for review and approval.
 - A. The event should only be licensed for the days that will be used. An event director can change the date at no extra cost or add days with the additional cost of the added days. A new flyer with any changes will need to be submitted. Contact member services for any changes. Invitational competitions may not include on any of its promotional materials or event name any reference or suggestion that the invitational meet is an AAU licensed Regional or National competition/championship. The AAU National Committee may refuse the licensing of any event in direct competition with any AAU Licensed Regional and National Championships within 30 days prior or after the date of any AAU Regional or National Championship.
 - B. Do not include any other organization's information on the AAU flyer if the event host is hosting multi organizational events.
 - C. Information to be included:
 - Name of event and dates of competition
 - Location of venue
 - Entry fee and any team fees if applicable
 - Admission fees
 - Levels offered
 - How/where to register
 - Contact for questions
 - The following verbiage is required on all flyers at the time of the application submission process.

This event is licensed by the Amateur Athletic Union of the U.S., Inc. All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU Youth Athlete membership must be obtained before the competition begins. **BE PREPARED!** Adult and Non-Athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership

- An unaffiliated athlete is not permitted to participate in an AAU gymnastics licensed event.
- It is not allowed for multiple organizations to be competing concurrently **in the same competitive area** with AAU athletes. There cannot be any mixed sessions. If an AAU event is being run concurrently with another organization's event, the AAU area must be clearly marked as the AAU area for all participants and spectators.

D. Meet Director Responsibilities

All meet directors must be familiar with and follow the rules and policies specified in the AAU Girls National Gymnastics Handbook and Operating Code and AAU Youth Protection Policy for all licensed events.

Tasks and responsibilities:

1. Prepare licensing information for licensing application.
2. Review competition rules.
3. Contact local district sports director for any additional rules and policies governing the district program.
4. Follow all AAU meet organization guidelines when planning schedules.
5. All competition must be completed by 9 pm unless approved by the district chair.
6. Verify that all participants and coaches have a current AAU membership
 - Go to www.ausports.org – scroll to the bottom and select ‘Event Director Lookup’ – provide the event license code and meet director AAU membership ID – for more assistance, call the AAU National Office and ask for the Gymnastics National Sports Director.
 - Make sure that all staffing has an AAU membership if appropriate.
7. Verify that all teams participating in team awards have a current AAU club membership.
8. Distribute the schedule in a timely manner.
9. Booking of judges – all judges must have a current AAU membership. Contact the District Gymnastics Chair to identify how AAU judges are booked for their local events.
 - Affiliated judges may be used in circumstances when needed to allow an event to be implemented, rather than cancellation.
10. Distribute to judges all AAU routines, rules, and policies (direct them to the AAU Gymnastics website, www.augymnastics.org).
11. If there are any district rule allowances, make sure that these are confirmed with the District Gymnastics Chair.
12. Make sure equipment is all in compliance with industry standards.
13. Oversee the entire event. The event director on the license should be present for the entire event.
14. Have all coaches sign in.
15. Be prepared to report any incidents or accidents. Official forms can be located at www.ausports.org under ‘Insurance’.
16. Siblings of coaches and/or parents are not allowed onto the competitive floor. During a competitive session only the athletes who are competing can be on the competitive floor ensuring safety of all competitors.
17. No individual team photographers/parents are allowed on the competitive floor. All vendor photographers should be licensed and insured and should have an AAU non-athlete membership to be out on the competitive floor.
18. Send scores and surcharge to the District Gymnastics Chair if appropriate.

E. Judging Officials

1. Judges for all AAU regional and national events must have an appropriate NAWGJ rating to judge to the level of competition in the event.
2. Two judge panels are required at all AAU licensed regional and national events.
3. Judges must have a current AAU membership number.
4. Each district can determine if rated judges from other organizations may judge their district invitationals, qualifiers, and District/State Championships. These judges must have an AAU membership to judge at any AAU licensed event.
5. Each District Gymnastics Chair and their committee and membership shall determine if one or two judge panels are required for their district events.

F. AAU Licensed Meet Organizational Guidelines

Refer to the Chart in **Appendix C**

G. Competition Structure

The National Gymnastics Executive Committee is charged with operating and/or overseeing competitions at the regional and national levels. National and regional licensed competitions use the AAU National Gymnastics rules and policies. Competitions which serve as qualifying opportunities (District Championships/State Meet/District Qualifier) to either regional or national competitions may use the current AAU Gymnastics National rules or district allowances as adopted by their district and approved by the AAU National Committee. **Contact your local district for district rules and or district allowances.** Gymnasts must compete in all regional and national championship events at the same level which they competed at their qualifying events in their designated district. If participants are unable to participate in their District Championship competitions to meet eligibility requirements to participate in regional and national events, or if a skill level is not offered, they must petition to enter any regional and national events through their District Gymnastics Chair. If there is no district program, contact the National Gymnastics Chair for this petition process.

1. AAU Gymnastics National Championship Competitions

All National Championships will be awarded/partnered with the host as approved by the National Executive Committee. All National events will follow rules and requirements as stated by the National Executive Committee. All participants must compete in their District/State Championship to be eligible to participate at the AAU Gymnastics National Championship. A gymnast must compete in all regional and national championship events at the same level which they competed in at their qualifying events in their designated district.

2. AAU Gymnastics Regional Championship Competitions

Regional meets will be awarded and approved by the National Executive Committee on a rotational basis among districts. On all meet license applications, this event will be referred to as a National Regional Event. Regionals will follow rules and requirements as provided as stated by the National Executive Committee. To qualify for a Regional Championship, a gymnast must have participated in their district program's qualifying events and/or District

Championships, as determined by the district. The gymnast must compete in all regional and national championship events at the same level which they competed in at their qualifying events in their designated district. If there is not a district program, the athletes may petition to participate to the National Gymnastics Chair. Contact the National Gymnastics Chair for this petition process.

3. District Championship Competitions

Each AAU district will host an annual District/State Championship. This event can be hosted by the District Chair and their committee, may be assigned through a bid process or an agreed partnership as determined by the District Chair and committee. The annual District Championship serves as the qualification meet for the AAU Gymnastics Regional and National Championships. All meet information must include specific mention of any rule allowances as approved by the National Gymnastics Executive Committee, that are followed by any state/district. All District/State Championship licenses must be approved by the District Chair. If an athlete is unable to participate in their District Championship competitions (required to be eligible to participate in regional or national events), or if a skill level is not offered, they must petition to enter into at all national events through their District Gymnastics Chair. If there is no district program, contact the National Gymnastics Chair for this petition process.

4. Invitational Competitions – Non-Local Professional Event Provider

There are professional companies (event providers) that may apply for a license to host an AAU licensed event in any district. In order to apply for a license, any company or event provider must obtain a club membership for the district in which they plan to offer an event. All invitational events hosted by non-local event providers should be licensed before being added to any district calendars or adding the AAU logo in promotional material for the event. Invitational competitions may not include on any of its promotional materials or event name any reference or suggestion that the invitational meet is an AAU licensed Regional or National competition/championship. The AAU National Committee may refuse the licensing of any event in direct competition with any AAU Licensed Regional and National Championships within 30 days prior or after the date of any AAU Regional or National Championship. These types of events may set their own admission prices and entry fees as long as long as they are clearly published on all event materials. The District Chair may determine if these events can be used as qualifying requirements to the District/State Championship. District Chairs will be sent notification of these events so that they can approve the license.

5. Invitational Competitions – Local AAU Club Members

Local invitational competitions will use AAU national rules. All meet information must include specific mention of any rule allowances as approved by the National Gymnastics Executive Committee that are followed by any state/district. All invitational events should be licensed before being added to any district calendars or adding the AAU logo in promotional material for the event. Invitational competitions cannot include in any of its promotional materials or event name any reference or suggestion that the invitational meet is a Regional or National competition. The District Chair and district committee may choose to set criteria such as admissions, entry fees, judging panel requirements, awards expectations

if these events are used for meeting qualifying requirements to enter into District Championships. Those invitationals who do not follow set criteria can host their invitational as stated by the Code of the National AAU, but the District Chair and committee may choose to not allow the event to be used as a qualifying requirement for District Championships. All license applications will be sent to the District Chair for approval.

6. Local District Preliminary/Qualifying Event Competitions

AAU districts are allowed to adopt allowances to the AAU Gymnastics National Program to serve the needs of the athletes and clubs in their district preliminary/qualifying events. These allowances must be approved by the National AAU Gymnastics Executive Committee. The District Chair may set in their District Rules and Policies which determine all criteria related to even standards and expectations such as maximum admissions, entry fees and awards distribution. All local district preliminary/or qualifiers should be licensed before being added to any district calendars or adding the AAU logo to promotional material for the event. Contact your local District Gymnastics Chair for any allowances for your district as adopted and approved by the District Gymnastics Chair and National Executive Committee. All meet information must include specific mention of any rule allowances that are followed by any district/state, as approved by the National Gymnastics Executive Committee. All license applications will be sent to the District Chair for approval.

7. Licensed League Competitions and League Championships

AAU clubs may form a league where certain invited clubs can be members. Each league may set its own competitive schedule but must use the AAU National gymnastics rules. A club league may host a league championship, but this does not fulfill the qualification requirement to attend the District/State, Regional or AAU National Gymnastics Championship. The District Chair and committee will determine if League Licensed events are eligible to fulfill district qualifying requirements needed to attend District/State Championships. All license applications will be sent to the District Chair for approval.

H. Rules of Competition

1. Eligibility Requirement

All athletes, coaches, judges, and support personnel that has substantial contact with gymnasts must possess a current AAU membership card.

2. Event Participation

Any AAU club that has been granted a license for an invitational or league event may, in their sole discretion, accept or deny any entry of any participant, coach, and/or spectator from any event, practice, or meeting.

3. Qualification to AAU Regional and National Competitions

To qualify for AAU Regional and National Championships, the gymnast must have participated in their district program's qualifying events, and/or District Championships, as determined by the district (no score minimum required). The gymnast must compete in regional and national championship events at the same level which they competed in at their qualifying events in their designated district. If athletes are unable to participate in their District Championship competitions required to be eligible to participate in the regional or national events, or if a skill level is not offered, they must petition to enter through their District Gymnastics Chair. If there is no district program, contact the National Gymnastics Chair for this petition process.

4. Age Groups Divisions Regional and National Events

Athletes in each level will be divided into groups of similar age determined by birthdate, not to exceed a span of more than 24 months. Numbers per age division is not to exceed 14 unless approval is granted from the AAU National Chair. Any deviation from this method for regional events must be approved by the AAU National Executive Committee. A meet director may choose to make age divisions smaller to facilitate a better meet experience for those instances where athletes are a significant age span apart.

5. Qualification to AAU District/State Championship Events

The qualification procedure to attend District/State Championship events shall be determined by the District Gymnastics Chair and their committee and/or membership.

6. Age Groups Divisions, Local and District Events

The District Gymnastics Chair and their committee and membership shall determine what age group division policy will be followed by the district for local invitationals that are considered qualifiers, preliminary/qualifiers, and district/state championships. This may differ from the method used at all licensed regional and national events. A meet director may choose to make age divisions smaller to facilitate a better meet experience for those instances where athletes are a significant age span apart.

7. Age Determination for AAU Regional and National Events

Birthdate determines the age division in all regional and national events unless otherwise approved by the AAU National Executive Committee.

8. Age Determination for AAU District Events

The age determination procedure to be followed by local invitationals, qualifiers and District/State Championship events shall be determined by the District Gymnastics Chair and their committee and/or membership.

9. Age Requirement Recommendation for Entering AAU Levels

Refer to the Chart in **Appendix C**

10. Apparatus and Equipment Specifications

All AAU National competitions will use the current industry equipment standards. Matting and equipment may be adjusted for the safety of the gymnast as stated in the AAU Girls Gymnastics National Rules and Policies.

11. Determination of Gymnastics Champions (All Around and Event)

- a. All Around champions in each age division will be determined by the highest combined score of all events.
- b. Individual event champions will be determined by the rank order of each event score from the competition.

12. Awards for Regional and National Events

Attire - all medal winners (All Around and Individual) are required to be in gymnastics attire (which may include gymnastics T, shorts, leotard, and warmups at the awards ceremony. No inappropriate shoes, such as floppy bed slippers, should be worn to ensure the safety of the athletes.

Individual and All-Around Awards for Regional and National Championship - The minimum numbers and/or types of awards that must be distributed are listed below. Each session will be run by birthdate of individual gymnasts. Therefore, individual team members in any level may be in different sessions as determined by their birthdate. **Individual event and all-around awards will be given at the conclusion of each session.**

- a. **All Around awards** are provided for each gymnastics participant. Placement is determined by the sum of the four individual events.
- b. **Individual event awards** for each skill level and age group are provided for each session (50% plus 1 medal distribution).
- c. Ties are awarded on individual events and All Around by the following method:

Wherever there are ties, all tied gymnasts are given the same award, and no award is given for the subsequent place(s). For example, if there is a 2-way tie for a given place, the tied gymnasts are both given the award for that place, and no award for the subsequent place is given. If there is a 3-way tie for a given place, the tied gymnasts are all given the award for that place, and no awards are presented for the subsequent 2 places.

Example: 12 gymnasts in the age division and assume there are 2-way ties for 1st and 5th. There will be 7 medals awarded (50% plus 1). For the 1st place tie, both athletes are given a 1st place award, and the 2nd place award is not given. 3rd is awarded, 4th is awarded, and for the 5th place tie, both athletes are given the 5th place award, and the 6th place award is not given. 7th place is awarded

(a total of 7 medals). If there had been a tie for 7th, all tied gymnasts would have been awarded.

- d. **All American Award** recognition for both **Regional and National Championship** is awarded to the gymnast with the highest All-Around score in each session, for each level, regardless of age.
- e. **National Team Member Recognition for National Championships** determined by the following method.
 - The top 3 scores in each event in each session of each level in that session regardless of age or District Affiliation will be named a National Team Member and received a **National Team Member Pin and Certificate of Recognition**.
- f. **Regional Team Member Recognition for Regional Championships** determined by the following method.
 - The top 3 scores in each event in each session of each level in that session regardless of age or of District Affiliation will be named a National Team Member and received a **National Team Member Pin and Certificate of Recognition**.
- g. **District Team Placement at Regional Events and National Championship**
 - There are no physical team awards at the Regional or National Events. However, a district team total will be calculated using the top 3 All Around or top scores and will rank the top six districts by District Team Total and posted on the AAU National Web Site.

V. AAU Girls Gymnastics National Program

A. Overview

The levels offered by the AAU Gymnastics Girls and Adult Womens

program for the AAU Girls Gymnastics National Program is established to align with rules the gymnasts, coaches and judges are already familiar with, allowing athletes mobility through levels at a steady pace of safety and progression. Each level bracket has small requirement differences that will help separate athletes from one level to the next, allowing gymnasts to compete against athletes with like ability. This level system encourages incremental, progressive skill growth while mastering basic fundamentals, concepts, terminology, and while improving skill proficiency from the prior level. AAU Gymnastics is a grass roots program geared to develop a strong foundation for athletes while offering individual flexibility to coaches and gymnasts, allowing them to achieve their greatest potential and have a rewarding experience.

B. National Program Levels

(Take it away Jessica) It will be one way or the other TBD

1. **Girls Youth 18 & Under Compulsory– Levels 1, 2, 3, 4, 5**
2. **Adult Women 18 & Over – All Xcel Levels and Open Optional**
3. **Youth Optional Levels- All Xcel Levels, 6, 7, 8, and Open Optional**
4. **Twinkling Stars – Special Needs**
5. **Rules and Program Allowances**
 - a. Posted at www.aaugymnastics.org under 'Rules'
 - b. Described in **Appendix D**

C. Age Requirements, Entry Divisions, and Mobility Scores

In the spirit of the AAU philosophy Sports For All Forever, fairness and achievement for all athletes and competitive balance is the utmost goal of this program. The program should be followed in the manner that it was intended in providing a successful and enjoyable experience to all gymnasts within the AAU Girls Gymnastics National Program.

1. Before entering into any level, each gymnast should be carefully evaluated by their coaches to determine their proper level.
2. Before advancing to the next level, every athlete should show proficiency at her current competitive level as determined by their coach(s).
3. Once a high level of proficiency is achieved at the athlete's current competitive level, she should strive to advance to the next competitive level with safety and readiness always being the main consideration in advancing to the next level.
4. Any coach who encourages an athlete to repeat a competitive division with the primary intent to gain an advantage over other competitors or teams IS NOT complying with the philosophy and goals of this program.
5. No mandate scores are permitted at any competitive level.
6. The AAU National Program's purpose is to provide competitive opportunities to all of its AAU gymnasts regardless of their age, ability level, or training commitment in terms of hours and/or finances.

- D. **Age Requirement** – a gymnasts must have reached 4 years of age to enter into an AAU licensed event.

1. Before entering into any level, each gymnast should be carefully evaluated by their coaches to determine their proper level.
2. Before advancing to the next level, every athlete should show proficiency at her current competitive level as determined by their coach(s).
3. Once a high level of proficiency is achieved at the athlete's current competitive level, she should strive to advance to the next competitive level with safety and readiness always being the main consideration in advancing to the next level.

VI. AAU National Code Book

For information on governance of the National AAU and its districts refer to the AAU National Code Book on www.aausports.org:

- Memberships Requirements
- Use of Logos
- Event Licensing
- District Sport Committee Meeting Requirements and Notices
- District Sport Committee Function Duties and Composition
- Election Criteria
- Eligibility
- Positive Coaching Alliance
- [Athlete Protection Handbook](#)

VII. Appendix A

A. National Gymnastics Officers and Committee Directory

National Chair – Women’s Coordinator

Liz Nichols

aaunichols@bellsouth.net

678-596-1374

Vice Chair/Judging Liaison

Jessica Harris

ncaaugym@gmail.com

Treasurer

Frank Lett

FLett@kcvb.org

Secretary

Denise Gracey

dcjess@bellsouth.net

Equipment/Scoring/Scheduler/Meet Management Liason

Kevin Griffin

lcoachkev@aol.com

Organizational Communications Education

Boys Coordinator

Ben Fox

bhf1161@aol.com

AAU National Sports Director

Alex Wilzbacher

awilzbacher@aausports.org

407-362-8846

Scholarship Coordination

LeaAnn Bohn wiaaugymnastics@gmail.com

Jill Rojas info@gcgym.com

Compliance/Member At Large

Peg Adams

pegaau@msn.com

VIII. Appendix B

A. AAU District Map



B. District Chair Contact Information

Map #	District	District Sport Director	Email Contact
3	Adirondack (AD)	National Office	awilzbacher@ausports.org
56	Alaska (AK)	National Office	awilzbacher@ausports.org
23	Arkansas (AR)	National Office	awilzbacher@ausports.org
48	Arizona (AZ)	Dru Huffington	druhffington@gmail.com
46	Central California (CC)	National Office	awilzbacher@ausports.org
21	Central (CE)	Linda McDonald	aaulindachair@gmail.com
32	Colorado (CO)	National Office	awilzbacher@ausports.org
5	Connecticut (CT)	Jessica Morelli	jmorelli@bbgc.org
14	Florida (FL)	Kathy Stuenkel	teamflorida@comcast.net
50	Florida Gold Coast (FG)	Raul Rojas	info@gcgym.com
45	Georgia (GA)	Denise Jessen	dcjess@bellsouth.net
25	Gulf (GU)	National Office	awilzbacher@ausports.org
39	Hawaii (HI)	National Office	awilzbacher@ausports.org
40	Iowa (IA)	Doug Jonuska	aaujonuska@outlook.com
35	Inland Empire (IE)	National Office	awilzbacher@ausports.org
16	Indiana (IN)	National Office	awilzbacher@ausports.org
41	Kentucky (KY)	Lisa Varmus	tumbletownbgky@aol.com
18	Lake Erie (LE)	Jackie Ferris	jadec41@hotmail.com
9	Maryland (MD)	National Office	awilzbacher@ausports.org
19	Michigan (MI)	Michelle DeHann	raygcoach@gmail.com
8	Middle Atlantic (MA)	Liz Kolter Albert	info@emgym.com
30	Minnesota (MN)	Kathy Nelson	Kaatsgym10@aol.com
28	Missouri Valley (MV)	Gayla Rodenbur	grodinbur3@gmail.com
31	Montana (MT)	National Office	awilzbacher@ausports.org
29	Nebraska (NB)	National Office	awilzbacher@ausports.org
2	New England (NE)	Danielle McKinnon	dmckinnon79@aol.com
7	New Jersey (NJ)	Iya Karade	coachiya@athletic-arts-academy.org
42	New Mexico (NM)	National Office	awilzbacher@ausports.org
6	NY Metropolitan (MP)	National Office	awilzbacher@ausports.org
4	Niagara (NI)	National Office	awilzbacher@ausports.org
13	North Carolina (NC)	Jessica Harris	ncaaugym@gmail.com
52	North Dakota (ND)	National Office	awilzbacher@ausports.org
17	Ohio (OH)	Heather Bessleman	centralohiotrampolineandtumbling@yahoo.com
27	Oklahoma (OK)	Benjamin Fox	bhf1161@aol.com
37	Oregon (OR)	National Office	awilzbacher@ausports.org
22	Ozark (OZ)	Jessica Luce	xtremegymbp1@gmail.com
38	Pacific (PA)	Jennifer Sasso	info@nolimitlv.com
36	Pacific Northwest (PN)	National Office	awilzbacher@ausports.org
44	Pacific Southwest (PS)	Debbie Capelotti	dean.fallbrook.gymnastics@gmail.com
10	Potomac Valley (PV)	National Office	awilzbacher@ausports.org
55	South Carolina (SC)	Susie Vahala	susievahala@icloud.com
54	South Dakota (SD)	Holly Hess	hollygymjudge@gmail.com

15	Southeastern (SE) TN	Kristin Lemons	kristinlemons77@gmail.com
24	Southern (SO)	National Office	awilzbacher@ausports.org
49	Southern Nevada (SN)	Jennifer Sasso	info@nolimitlv.com
33	Southern Pacific (SP)	Lorena Wilson	hollygymjudge@gmail.com
43	South Texas (ST)	National Office	awilzbacher@ausports.org
26	Southwestern (SW)	National Office	awilzbacher@ausports.org
34	Utah (UT)	National Office	awilzbacher@ausports.org
12	Virginia (VA)	National Office	awilzbacher@ausports.org
11	Western Pennsylvania (WP)	National Office	awilzbacher@ausports.org
47	West Texas (WT)	National Office	awilzbacher@ausports.org
51	West Virginia (WV)	National Office	awilzbacher@ausports.org
20	Wisconsin (WI)	LeeAnn Johnson	aauwignastics@gmail.com
58	Wyoming (WY)	National Office	awilzbacher@ausports.org

IX. Appendix C

A. AAU Licensed Meet Organizational Guidelines

Industry Standard

B. Age Requirement Recommendation for Entering AAU Levels

A gymnast must be 4 years of age to enter into the competitive AAU program at Level 1 and Xcel Bronze.

X. Appendix D

A. AAU Girls Gymnastics National Program Level Guide