



AAU SPECIAL STARS

GENERAL INFORMATION

Category	Notes	Details
Program	<ul style="list-style-type: none"> This program has been developed to support AAU athletes with special needs The program is modeled after general AAU Level 7 or 8 guidelines 	<ul style="list-style-type: none"> Program adjustments support established capabilities for athletes in each division
Levels	<ul style="list-style-type: none"> AAU Special Stars consists of three (3) levels 	<ul style="list-style-type: none"> Twinkle Stars for beginner gymnasts Shining Stars for intermediate gymnasts Super Stars for advanced gymnasts
Events	<ul style="list-style-type: none"> This program will support all four (4) events: Vaulting, Uneven Bars, Balance Beam and Floor Exercise A Unified competition may be included 	<ul style="list-style-type: none"> Event specific guidelines are included herein Unified Competition <ul style="list-style-type: none"> Pairs two athletes performing the same routine. One athlete has a disability and one athletes does not have a disability. Each athlete performs the routine separately and the scores are added together Teams are ranked by total score
Special Requirements	<ul style="list-style-type: none"> Each event contains designated special requirements Each requirement has a specified value 	<ul style="list-style-type: none"> Both Difficulty and Execution will be evaluated <ul style="list-style-type: none"> Special Requirements satisfy the Difficulty component Special Requirement values differ Execution details are included herein
Scoring	<ul style="list-style-type: none"> Fundamentally, routine evaluation is modified somewhat from AAU Level 7 & 8 Special Requirement deviate, having unique values per requirement 	<ul style="list-style-type: none"> Maximum Start Value = 10.00 <ul style="list-style-type: none"> Special Requirements Maximum = 5.00 Execution Maximum = 5.00 Courtesy Score = 2.00 Start Values will be displayed Difficulty and Execution details are included herein



GENERAL INFORMATION

Category	Notes	Details
Equipment & Coaching	<ul style="list-style-type: none"> • Additional equipment is approved for use with this program • Coach must be in spotting position (vault, uneven bars, high beam) • Spotting deductions apply if coach assists 	<ul style="list-style-type: none"> • Approved equipment <ul style="list-style-type: none"> ○ Alternate Springboard or Junior Board ○ Adjustable Uneven Bars & Balance Beam ○ Floor Balance Beam on short legs ○ Folded Panel Mat used as a Balance Beam ○ Large/Extra Large spotting block • Event specific details are included herein
Matting	<ul style="list-style-type: none"> • Existing AAU matting guidelines apply 	<ul style="list-style-type: none"> • Event specific details are included herein
Medical Equipment	<ul style="list-style-type: none"> • Certain medical equipment may be utilized for Twinkle Stars only • Shoes are approved for Twinkle and Shining Stars 	<ul style="list-style-type: none"> • Twinkle Stars approve Medical Equipment <ul style="list-style-type: none"> ○ Walkers, Wheelchairs ○ Shoes on Vaulting and Balance Beam
Uniform	<ul style="list-style-type: none"> • Adhere to approved AAU uniform guidelines 	<ul style="list-style-type: none"> • In addition, Flesh colored leggings/tights without feet may be worn under the leotard
Routine Times	<ul style="list-style-type: none"> • Adhere to approved AAU timing guidelines 	<ul style="list-style-type: none"> • Routines will not be timed



VAULTING

Twinkle Stars		Shining Stars		Super Stars	
Value	Special Requirements	Value	Special Requirements	Value	Special Requirements
1.25	Salute	0.5	Salute	1.0	Run
1.25	Run or walk onto Springboard, Jump off (any body position)	1.0	Run onto springboard	1.0	Hurdle onto springboard
1.25	Landing	1.0	Two (2) foot jump off springboard (any body position)		Choice:
1.25	Salute	1.0	Handstand (switch legs, feet together) or Handstand to flatback	1.0	- Handstand flat back onto stacked mats
Note: May use walker for support		2.0	Handstand (switch legs, feet together) or Handstand to flatback	1.5	- Handspring over stacked mats
Wheelchair Vault		0.5	Salute	1.5	- Handspring on table to flat back on stacked mats
Value	Special Requirements				
1.25	Salute				
1.25	Move to a designated point				
1.25	"Stick" Landing				
1.25	Salute				
Matting					
Minimum matting height is 4" Maximum height is 8"		Minimum matting height is 16" Maximum height is 24"		<ol style="list-style-type: none"> 1. Vaults on or over a mat: Minimum matting height is 24" 2. Vaults over table to land on mats: Landing mats must be a minimum of 2 inches higher than the table 3. Vaults over table: Minimum matting height is 12" 	
General Information					
<ol style="list-style-type: none"> 1. Two allowable vaults, both on same setup 2. Alternative springboard or Jr. board allowed. 3. May perform same or different vaults. 					



EXECUTION DEDUCTIONS VAULTING

0.1	0.2	0.3	0.5	>0.5
Foot Form	Serpentine Run Direction	Maintain Run Speed	Spot (Max 4.0 if spotted on entire vault)	2.00 - Forward Roll
Handstand – Walking on Hands	Legs Separated	Additional Jumps on Springboard	Fall (Max 4.0, regardless of number of falls)	VOID – Unallowable Vault
Steps on Landing (max deduction .4)	Arms Bent	Legs Bent	Posture Piked	1.00 – Coach not in spotting position
	Overall Lack of Body Control	Posture Arched	Extra Kicks to Handstand	2.00 – Incorrect use of walker, wheelchair
		Handstand Shoulder Angle		
		Improper Attire		
		Verbal Coaching – specific requirement instructions		



UNEVEN BARS

Twinkle Stars		Shining Stars		Super Stars		
Value	Special Requirements	Value	Special Requirements	Value	Special Requirements	
1.0	Salute		Low Bar:	1.0	Mount	
1.0	Mount	0.5	- Salute	1.0	Low Bar Element	
1.0	Additional Element	1.0	- Front Support	1.0	High Bar Element	
1.0	Dismount	0.5	- Cast	1.0	Circling Element (on either bar)	
1.0	Salute	0.5	- Dismount	1.0	Dismount	
			High Bar:			
		0.5	- Long Hang			
		1.0	- Long Hang Swing			
		0.5	- Dismount			
		0.5	- Salute			
Matting / Apparatus Expectations / Equipment						
<ol style="list-style-type: none"> 1. May sit on large/extra large spotting block as needed 2. May be performed on low or high bar 3. May climb on large/extra large spotting block to mount or re-mount high bar, with coach assistance without a deduction 4. Alternative springboard or Junior board allowed 5. Coach must be in spotting position. Spotting deductions apply if coach assists. 		<ol style="list-style-type: none"> 1. May be performed on 1 or 2 bars 2. All elements may be performed on one bar 3. Gymnast may dismount one bar and re-mount the other bar without a deduction for a fall. No spotting deduction for assistance to high bar mount. 4. Alternative springboard or Junior board allowed 5. Maximum landing mats – 2 8” mats 6. Coach must be in spotting position. Spotting deductions apply if coach assists. 		<ol style="list-style-type: none"> 1. Must be performed on low and high bar 2. Required to move between bars 3. Alternative springboard or Junior board allowed 4. Coach must be in spotting position. Spotting deductions apply if coach assists. 		



UNEVEN BARS ALLOWABLE ELEMENTS

Twinkle Stars	Shining Stars	Super Stars
<p>Mounts:</p> <ul style="list-style-type: none"> • Reach Up and Grab LB/HB Bar in Overgrip • Straight Arm Long Hang • Jump to Long Hang • Jump to Front Support <p>Additional Elements</p> <ul style="list-style-type: none"> • Tuck/Straddle/Pike position in Long Hang or from Sitting on block (2 seconds) • Attempt a Chin Up • Grip Change for Seated Athletes <p>Dismounts:</p> <ul style="list-style-type: none"> • Tap Swing, Counterswing • Underswing to Stand • Straight Drop to Stand • Release Bar, for seated athletes 	<p>Mounts:</p> <ul style="list-style-type: none"> • Reach Up and Grab LB/HB Bar in Overgrip • Straight Arm Long Hang • Pullover • Jump to Front Support • Jump to Long Hang • Tuck/Straddle/Pike position in Long Hang (2 seconds) • Attempt a Chin Up <p>Casts:</p> <ul style="list-style-type: none"> • Cast, hips leave bar, no angle <p>Circles:</p> <ul style="list-style-type: none"> • Front Hip Circle, tucked or straight legs • Back Hip Circle, tucked or straight legs <p>Dismounts:</p> <ul style="list-style-type: none"> • Tap Swing, Counterswing • Tuck Forward Roll to Stand • Underswing to Stand • Straight Drop to Stand • Cast off to Stand • Tap Swing ½ turn, Underswing to Stand • Tap Swing, Counterswing ½ turn to Stand 	<p>Any Element approved for the AAU Level 1 – 8 Women's Gymnastics program may be performed.</p> <p>In addition, the following elements are allowed:</p> <p>Mounts:</p> <ul style="list-style-type: none"> • Jump to Front Support • Cast, hips leave bar, no angle • Dismount - Tuck Forward Roll to Stand • Dismount - Cast off to Stand
General Information		
<ol style="list-style-type: none"> 1. Choice of elements may be selected from the list of allowable elements, AAU Women's Program Levels 1 & 2 or Bronze & Silver approved elements 2. To receive credit for a Cast, hips must leave the bar 3. No angle requirement for Casts, Tap Swing / Counterswings or any allowable element 4. No extra swing deductions apply 	<ol style="list-style-type: none"> 1. Choice of elements may be selected from the list of allowable elements, AAU Women's Program Levels including "A" Value Elements 2. No "B" Value element or salto dismounts are allowed 3. To receive credit for a Cast, hips must leave the bar 4. No angle requirement for Casts, Tap Swing / Counterswings or any allowable element 5. No extra swing deductions apply 	<ol style="list-style-type: none"> 1. Choice of elements may be selected from any recognized element in any accredited program 2. To receive credit for a Cast, hips must leave the bar 3. No angle requirement for Casts, Tap Swing / Counterswings or any allowable element 4. No extra swing deductions apply



EXECUTION DEDUCTIONS UNEVEN BARS

0.1	0.2	0.3	0.5	>0.5
Foot Form	Legs Separated	Hit foot on mat	Spot (Max 4.0 if spotted on entire routine)	1.00 – Coach not in spotting position (each time)
Steps on Landing (max 4)	Arms Bent	Arched Cast	Fall (Max 4.0, regardless of number of falls)	
Arm Swings on Landing	Overall Lack of Body Control	Legs Bent	Piked Cast	
		Lack of Continuity	Failure to land dismount feet first	
		Verbal Coaching – specific requirement instructions		
		Failure to remove springboard (other mats excluded)		



BALANCE BEAM

Twinkle Stars		Shining Stars		Super Stars	
Value	Special Requirements	Value	Special Requirements	Value	Special Requirements
1.0	Salute	0.5	Salute	1.0	Mount
1.0	Mount	1.0	Locomotor Steps (minimum 3 in any direction)	1.0	Minimum 180° turn on 1 foot
1.0	Locomotor Steps (minimum 3 in any direction)		Locomotor Steps (minimum 3 in a different direction)	1.0	Jump, Leap or Hop
	Wheelchair Athlete: Move from on designated point to another designated point	1.0	Balance Element	1.0	Balance Element with 1 leg extended
1.0	Dismount	0.5	Dismount	1.0	Acro element
1.0	Salute	0.5	Salute		
		0.5	Bonus (performing on high beam)		
Matting / Apparatus Expectations / Equipment					
<ol style="list-style-type: none"> 1. May be performed on a standard floor beam, a wide floor beam, or a folded panel mat. 2. Walkers are permitted. 3. For athletes in wheelchairs, markers should be placed for 2 designated points. A line on the floor is appropriate. 		<ol style="list-style-type: none"> 1. May be performed on standard floor (low) or high beam 2. Alternative springboard, Junior board, panel mat or spotting block may be used to mount high beam 3. Matting under the beam allowed as needed for safety 4. Coach must be in spotting position (high beam) 		<ol style="list-style-type: none"> 1. Must be performed on high beam 2. Alternative springboard, Junior board, panel mat or spotting block may be used to mount high beam 3. Matting under the beam allowed as needed for safety 4. Coach must be in spotting position (high beam) 	



BALANCE BEAM ALLOWABLE ELEMENTS

Twinkle Stars	Shining Stars	Super Stars
<p>Mounts:</p> <ul style="list-style-type: none"> Step onto Beam <p>Locomotor Elements:</p> <ul style="list-style-type: none"> Walking Steps Fwd/ Sidewd/ Bkwd Walk in Releve Arabesque Steps Coupe Steps Fwd/Bkwd Passe/Marching Steps Fwd/Bkwd <p>Additional Elements</p> <ul style="list-style-type: none"> Balance on 1 foot (1 second hold, any free leg position) Releve (1 second hold) Arm Waves Pose <p>Dismounts:</p> <ul style="list-style-type: none"> Any Jump from Feet Wheelchair Athlete: Salute 	<p>Mounts:</p> <ul style="list-style-type: none"> Step onto Beam Any Mount with Hand Support <p>Steps/Kicks/Jumps:</p> <ul style="list-style-type: none"> Walking Steps Fwd/ Sidewd/ Bkwd Walk in Releve Arabesque Steps Coupe Steps Fwd/Bkwd Leg Swings Fwd / Bdwd (90°) Passe/Marching Steps Fwd/Bkwd Stretched Jump Cross Split Jump (any angle) Cross Straddle Jump (any angle) <p>Turns:</p> <ul style="list-style-type: none"> ¼ or ½ Pivot Turn ½ Pivot Turn in Releve ¼ or ½ Turn on 1 Foot in Coupe/ Passe ½ Heel Snap Turn Forward or Backward Swing Turn <p>Balance:</p> <ul style="list-style-type: none"> Balance on 1 foot (1 sec, any free leg position) Scale/Arabesque, min. 45° Coupe/Passe Balance Releve Balance on 1 or 2 feet Lever Balance <p>Acro Elements:</p> <ul style="list-style-type: none"> Partial Handstand (no requirement to join legs, lead leg a min. of 45° from vertical) Lever to touch beam <p>Dismounts:</p> <ul style="list-style-type: none"> Any Jump From Feet Cartwheel (or any entrance) to partial handstand, 45° from vertical, no hold required 	<p>Any Element approved for the AAU Level 1 – 8 Women's Gymnastics program may be performed.</p> <p>In addition, the following elements are allowed:</p> <p>Steps/Kicks/Jumps:</p> <ul style="list-style-type: none"> Arabesque <p>Steps Turns:</p> <ul style="list-style-type: none"> ½ Pivot Turn in Releve ½ Turn on 1 Foot in Coupe/ Passe ½ Heel Snap Turn Forward or Backward Swing Turn Balance: Scale/Arabesque, min. 45° Lever Balance <p>Acro Elements:</p> <ul style="list-style-type: none"> Partial Handstand (no requirement to join legs, lead leg a min. of 45° from vertical) Lever to touch beam
General Information		
<ol style="list-style-type: none"> Choice of elements may be selected from the list of allowable elements, AAU Women's Program Levels 1 & 2 or Bronze & Silver approved elements Excludes elements requiring hand support (example Level 1 & 2 mount/dismounts) 	<ol style="list-style-type: none"> Choice of elements may be selected from the list of allowable elements, AAU Women's Program Levels including "A" Value elements No "B" Value elements or salto/aerial dismounts are allowed 	<ol style="list-style-type: none"> Choice of elements may be selected from any recognized element in any accredited program A 90° angle is required for any leap or jump requiring leg separation



EXECUTION DEDUCTIONS BALANCE BEAM

0.1	0.2	0.3	0.5	>0.5
Foot Form	Legs Separated	Legs Bent	Spot (Max 4.0 if spotted on entire routine)	1.00 – Coach not in spotting position on high beam (each time)
Balance Error (small)	Arms Bent	Balance Error (large)	Fall (Max 4.0, regardless of number of falls)	2.00 – Incorrect use of walker, wheelchair
Steps on Landing (max 4)	Overall Lack of Body Control	Lack of Continuity	Failure to land feet first	
Arm Swings on Landing	Balance Error (medium)	Grab Beam to Avoid a Fall		
		Posture (not stretched)		
		Verbal Coaching – specific requirement instructions		
		Failure to remove springboard (other mats excluded)		



FLOOR EXERCISE

Twinkle Stars		Shining Stars		Super Stars	
Value	Special Requirements	Value	Special Requirements	Value	Special Requirements
1.0	Salute	0.5	Salute	Max: 2.0	Minimum 2 Acro Elements directly connected
	Locomotor Steps (minimum 3 in any direction)	1.0	Acro Element without flight	1.0	- Both elements without flight
	Wheelchair Athlete: Move the chair in any direction, or arm movements	1.0	Additional Acro Element without flight	1.5	- 1 element with flight & 1 element without flight
1.0	Roll Wheelchair Athlete: Move the chair in any direction, or arm movements (must be different direction or arm movement from element listed above)	1.0	Balance Element	2.0	- 2 or more elements with flight
		1.0	Jump, Hop, Skip, Marching Steps	Max: 1.0	Additional Acro Element
		0.5	Salute	0.5	- Without flight
1.0	Ending Pose			1.0	- With flight
1.0	Salute			1.0	Dance Passage (minimum 2 different elements, 1 must be a jump or leap)
				1.0	360° Turn on 1 foot
Matting					
1. A walker may be used for support		1. Up to two manufactured mats (maximum thickness of 8"/20 cm) may be placed separately on the Floor Exercise area. If the skill cushion is 8" in thickness, it must be a minimum of 5' x 10'. A "sting" mat may also be used on top of the up to 8" mat.		1. Up to two manufactured mats (maximum thickness of 8"/20 cm) may be placed separately on the Floor Exercise area. If the skill cushion is 8" in thickness, it must be a minimum of 5' x 10'. A "sting" mat may also be used on top of the up to 8" mat.	



FLOOR EXERCISE ALLOWABLE ELEMENTS

Twinkle Stars	Shining Stars	Super Stars
<p>Leaps/Jumps/Hops:</p> <ul style="list-style-type: none"> • Stretched Jump • Stretched Jump ½ • Step Hop in Passe, Fwd/Bkwd • Stride Leap (no angle required) • Leg Swing Hop (no angle required) <p>45° Turns:</p> <ul style="list-style-type: none"> • ¼ or ½ Pivot Turn • ½ Pivot Turn in Releve <p>Acro Elements:</p> <ul style="list-style-type: none"> • Log Rolls • Forward / Backward Roll • Back Rock • Candlestick • Partial Handstand, no angle required, legs together, stag or split • ¾ Handstand • Bridge <p>Balance:</p> <ul style="list-style-type: none"> • Balance on 1 foot (1 sec, any leg position) • Scale/Arabesque, (no angle required) • Coupe/Passe <p>Balance Steps/Kicks/Jumps:</p> <ul style="list-style-type: none"> • Walking Steps Fwd/ Sidewd/ Bkwd • Steps in Releve • Arabesque Steps • Coupe Steps Fwd/Bkwd • Passe/Marching Steps Fwd/Bkwd • Leg Swings Fwd / Bkwd <p>Additional Elements: Wheelchair Athletes</p> <ul style="list-style-type: none"> • Arm Waves • Pose • Moving chair in any direction 	<p>Leaps/Jumps/Hops:</p> <ul style="list-style-type: none"> • Stretched Jump • Stretched Jump ½ or ¾ • Step Hop in Passe, Fwd/Bkwd • Stride Leap, min. 90° • Split Jump, min. 90° • Side Leap, min. 60° • Straddle Jump, min. 60° • Leg Swing Hop, free leg above <p>45° Turns:</p> <ul style="list-style-type: none"> • ¼ or ½ Pivot Turn • ½ Pivot Turn in Releve • ¼, ½ or ¾ Turn on 1 Foot in Coupe/ Passe • Forward or Backward Swing Turn <p>Acro Elements:</p> <ul style="list-style-type: none"> • Log Rolls • Forward / Backward Roll • Back Rock • Candlestick • Partial Handstand, min. 45°, legs together, stag or split • ¾ Handstand • Handstand to Vertical • Cartwheel (vertical not required) • Headstand in any position • Bridge, Kickover • Round-Off <p>Balance:</p> <ul style="list-style-type: none"> • Balance on 1 foot (1 sec, any leg position) • Scale/Arabesque, min. 45° • Coupe/Passe <p>Balance Steps/Kicks/Jumps:</p> <ul style="list-style-type: none"> • Walking Steps Fwd/ Sidewd/ Bkwd • Steps in Releve • Arabesque Steps • Coupe Steps Fwd/Bkwd • Passe/Marching Steps Fwd/Bkwd • Leg Swings Fwd / Bkwd (45°) 	<p>Any Element approved for the AAU Level 1 – 8 Women's Gymnastics program may be performed.</p> <p>In addition, the following elements are allowed:</p> <p>Leaps/Jumps/Hops:</p> <ul style="list-style-type: none"> • Stretched Jump • Step Hop in Passe, Fwd/Bkwd • Leg Swing Hop, free leg above horizontal <p>Acro Elements:</p> <ul style="list-style-type: none"> • Headstand in any position

General Information

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| <ul style="list-style-type: none">5. Choice of elements may be selected from the list of allowable elements, AAU Women's Program Levels 1 & 2 or Bronze & Silver approved elements6. Elements do not require a hold | <ul style="list-style-type: none">6. Choice of elements may be selected from the list of allowable elements, AAU Women's Program Levels including "A" Value elements7. No "B" Value elements are allowed8. Elements do not require a hold unless specifically noted in the Allowable Elements list. | <ul style="list-style-type: none">3. Choice of elements may be selected from any recognized element in any accredited program4. A 90° angle is required for any leap or jump requiring leg separation |
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EXECUTION DEDUCTIONS FLOOR EXERCISE

0.1	0.2	0.3	0.5	>0.5
Foot Form	Legs Separated	Legs Bent	Spot (Max 4.0)	2.00 – Incorrect use of walker, wheelchair
Balance Error (small)	Arms Bent	Balance Error (large)	Fall (Max 4.0, regardless of number of falls)	
Failure to finish with music	Overall Lack of Body Control	Lack of Continuity	Failure to land feet first on acro elements	
Out of Bounds (each)	Balance Error (medium)	Posture (not stretched)		
Incomplete acro element	Insufficient Height of Leaps & Jumps	Verbal Coaching – specific requirement instructions		
	Uneven Split on Leaps			