



AAU GIRLS NATIONAL GYMNASTICS HANDBOOK 2020-2021

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I. Preamble

The AAU Gymnastics National Committee has been established to promote the benefits of participation in Gymnastics and all disciplines included in the sport of gymnastics and hereby adopt these rules and regulations for the advancement of that purpose. The following Gymnastics Rules are conditional to the bylaws, rules, policies, guidelines, and practices of the Amateur Athletic Union.

II. National Sport Committee Governance and Administration

A. National Committee Structure and Procedures

1. **National Chair:**

The National Chair Sports Chairs shall be elected by their National Sport Committee 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. National Sport 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 Sport Chair position. The appointee will serve until the next regular or special meeting of the 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 the business of the Gymnastics Committee in accordance with the rules and regulations of the AAU generally, and specifically, the Gymnastics program. It shall include the National Sport Chair, Vice Chair, Treasurer, Secretary, Meet Management Advisor, Judging Liaison, and other positions as needed and appointed by the National Chair in agreement with national gymnastics officers.

3. **National Sport Committee Composition**

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

4. **Voting**

Only members of the National Sport Committee are permitted to vote. There shall be no voting by proxy. Each member of the Committee will have one vote. Only representatives from Districts which registered a minimum of .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. **Agenda Additions**
All Sport Committee Meetings will follow the meeting order (agenda format) as established in the AAU Code (Bylaw 9.5).

III. Sport Policies and Procedures

- A. Girls Gymnastics and Boys Gymnastics operate under their own rules and policies.
- B. All AAU Gymnastics disciplines and licensed events are conducted indoors in a controlled, safe traditional gymnastics environment
- C. Adult Women - Ladies Divisions - (ages 19 and older) use the same rules and skill divisions as AAU Girls Gymnastics Divisions **Xcel and Open Optional Only**.
- D. Adult Men (ages 19 and older) use the current International Code of Points (FIG) with current USA Gymnastics Elite modifications as their rules.
- E. 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 for USA Gymnastics to produce the USA 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 USAG Compulsory Handbook, the USAG JO Code of Points, the USAG Compulsory Floor Music CD and the USAG 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. The only source for the AAU National Gymnastics Routines, other than AAU exceptions/modifications as written in the **AAU NATIONAL GYMNASTICS PROGRAM ROUTINES AND MODIFICATIONS** www.aaugymnastics.org listed **under 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.
- F. General Rules regarding Attire:
 - 1. The rules regarding attire at AAU Gymnastics events are designed to provide for a level of professionalism for coaches, act as a guide for athletes and judges, and to ensure safety for all.
 - 2. Exceptions for religious and cultural concerns will be honored so 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.
 - 3. Exceptions for Clubs, Teams and District uniforms and garments designed to demonstrate unity within said groups will be made so long as the intent of the rules regarding attire is honored.
- G. All AAU Coaches must:
 - 1. Maintain a minimum current AAU Membership
 - 2. 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.
 - 3. Complete the Positive Coaching Alliance curriculum
 - 4. Be certain that their athletes are properly prepared for competition and entered in the correct age and skill division
 - 5. Demonstrate behavior which reflects the Professionalism required of our sport while

in the presence of athletes and parents

6. Siblings of coaches and/or parents should not be allowed onto the competitive floor. During a competitive session only the athletes who are competing should be on the competitive floor. No individual team photographers 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.
 7. The accepted attire for coaches and officials at AAU District, Regional and National Events is:
 - i. Closed toe shoes (no bare feet or sandals)
 - ii. Slacks, warm-up pants or hemmed shorts (no denim material or sewn on pockets)
 - iii. Shirts with collars (polo type) or appropriate dress T-shirt
 - iv. No hats
- H. Cell phones must be placed on vibrate once warm-ups have begun
- I. Rules for Girls Gymnastics Attire - All athletes may wear form fitting Lycra Spandex gymnastics shorts 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. If a gymnast must cover her legs as required by her faith, a unitard is considered acceptable if it is a tight-fitting garment made of leotard appropriate fabric and at the judges and coaches discretion does not present any safety risk to the participant. Regarding head coverings. If a gymnast must wear head covering as required by their faith, it 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.
 - i. No undergarments should be visible
 - ii. The leg opening for competitive leotards must not be cut or rolled above the athlete's hip bone
 - iii. Long Sleeve Leotards, Sleeveless Leotards, and Unitards are all acceptable with no deductions
 - iv. Gymnastics biker athletic shorts may be worn
 - v. Hair must be secured away from the athlete's face so as not to interfere with the athlete's safe performance of gymnastics skills
 - vi. One pair of stud earrings is permitted – all other jewelry must be removed prior to the beginning of warm-ups
 - vii. Approved Gymnastics Footwear is permitted on all events
 - viii. Ladies division may wear "Biker" type shorts made of the same materials as leotards

IV. Sport Operations

A. Current Year Rules

The AAU National Program will follow USA rules and policies and changes instituted throughout the competitive year for all levels **unless specifically modified in the National AAU Rules and Policies** as written in the **AAU NATIONAL GYMNASTICS PROGRAM ROUTINES AND MODIFICATIONS** www.aaugymnastics.org listed under rules. Any modifications will be recorded and noted in the AAU National Gymnastics Rules and Policies Modifications. Therefore, all coaches should be aware of this policy and is their responsibility to monitor any changes within the USA program and apply them to their current program unless specifically modified by AAU. Contact national chair if you have any questions.

AAU and USA Gymnastics have developed a licensing agreement for the use of the USA Gymnastics Women's Compulsory Program Materials that provides copyright protection to USA Gymnastics while continuing to allow AAU athletes, coaches and judges to use the USA Gymnastics Compulsory Materials during AAU Licensed Competitions with approved modifications by the AAU National Gymnastics Committee. District Modifications are not listed as part of this document and are not part of the AAU National Rules, Routines & Modifications. For District modifications to the AAU National Gymnastics Program referred to in this document, contact the District Chair (directory) included in this document for details.

B. Competition Structure

The National Gymnastics Executive Committee is charged with operating and or overseeing competitions at the Regional and National levels. These national and regional competition rules must use the AAU National Gymnastics Rules, Routines & Modifications. 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, Routines & Modified or District Modifications as adopted by their district and approved by the AAU National Committee. **Contact your local district for district rules.** Gymnasts must qualify from these meets at the same Skill Level and age division if applicable at which the gymnast will enter the Regional or National competition. 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 into at all regional and national events through their district chair or if no district program, the national chair. Contact the National Gymnastics Chair for this petition process.

1. AAU Gymnastics National Championship
2. AAU Regional Gymnastics Championship Competitions - Regional meets will be awarded and approved by the national executive committee. On all meet license applications, this event will be referred to as a National

Regional Event. They will follow rules as provided by the national committee and other requirements as stated by the National Executive Committee. To qualify for Regional Competitions, athletes must have participated in their district programs either invitationals, league licensed AAU events and or District Championships as determined by the district. If there is not a district program the athletes may petition to participate to the National Chair. Contact the National Gymnastics Chair for this petition process

3. **District Championship Competitions**
Each AAU District will host an annual District Championship. 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 which rules (routines) will be in effect for the event, national rules (routines) or modified rules (routines) as adopted by the district and approved by the national committee. If athletes are unable to participate in their District Championship competitions required to be eligible to participate in the national events or if a skill level is not offered, they must petition to enter into at all national events through their district chair or if there is no district program the National Chair. Contact the National Gymnastics Chair for this petition process.
4. **Invitational Competitions**
Invitational Competitions may use either the AAU National Rules or rules developed for the event's host District. No invitational competition may include in any of its promotional materials or event name any reference or suggestion that the invitational meet is a Regional or National competition. All events that are licensed as Regional events must be approved by the national office. **All meet information must include specific mention of which rules (routines) will be in effect for the event – national or district modifications.**
5. **Local Invitational Competitions**
AAU Districts may have adopted approved modifications to the AAU National routines and rules to serve the needs of the athletes and clubs in their District. Contact your local district chair for any routine modifications for your district as adopted and approved by the district chair and national office. **All meet information must include specific mention of which rules (routines) will be in effect for the event – national or district modifications.**

C. Rules of Competition

1. **Qualification to AAU National Competition:**
To qualify for AAU Gymnastics National Championship gymnasts must participate in their local District Championship. If athletes are unable to participate in their District Championship competitions required to be eligible to participate in the national events or if a skill level is not offered, they must petition to enter through their district chair or if there is no district program the National Chair. Contact the National Gymnastics Chair for this petition process.

2. **Age Groups Divisions**

Athletes in each Level will be divided into groups of similar age determined by birthdate not to exceed a span of more than 30 months. Recommended numbers per age division is not more than 15. 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.
3. **Age Determination**

The age of a competitor is determined by the athlete's age on the first day of the competition.
4. **Eligibility**

All athletes, coaches and judges must possess a current AAU Membership card. Gymnast must have turned 4 years old by the date of competition to be eligible to compete unless approved.
5. **Equipment Specifications**

All AAU National Competitions will use the current USA Gymnastic Junior Olympic Apparatus specifications. Any modifications regarding equipment are listed in the AAU Gymnastics Rules Policies and Modifications Specifications.
6. **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.
7. **Awards**
 - a. All Around Awards are provided for each gymnastics participant
 - b. Individual Event Awards for each Skill Level and Age Group contested are provided for each session (50% + 1 medals level of distribution)
 - c. All American recognition and award in each session of each level regardless of age at regional and national events.
8. **Attire**

All medal winners (All Around and Individual) are required to be in complete competitive attire (Leotard, competitive jersey, or warm-up suits) at the awards ceremony.

V. Girls Gymnastics National Competition Rules & Levels

The AAU National Program will follow USA rules and policies and changes instituted throughout the competitive year for all levels unless specifically modified in the National AAU Rules and Policies. Any modifications will be recorded and noted in the AAU National Gymnastics Rules and Policies Modifications www.aaugymnastics.org under rules. Therefore, all coaches should be aware of this policy and is their responsibility to monitor any changes within the USA program and apply them to their current program unless specifically modified by AAU. Contact the AAU National Chair if additional information is needed. AAU Gymnastics for girls offers both Optional, Compulsory Skill Levels, Xcel and HUGS as follows:

Optional Levels

- Open Optional (OO)
- Level 8 (L8)
- Level 7 (L7)
- Level 6 (L6)
- Xcel Diamond (XD)
- Xcel Platinum (XP)
- Xcel Gold (XG)
- Xcel Silver (XS)
- Xcel Bronze (XB)
- Ladies Divisions – Xcel and Open Optional Only

Compulsory Levels

- Level 5 (L5)
- Level 4 (L4)
- Level 3 (L3)
- Level 2 (L2)
- Level 1 (L1)

Hugs Levels

- Hugs Sapphire
- Hugs Ruby
- Hugs Emerald

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, The only source for the AAU National Gymnastics Routines, other than AAU exceptions/modifications listed in these rules, is the written text as provided by USAG. 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.

These modifications can be found at www.gymnastics.org. 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. Any modifications to the routines must be sent to the National Chair to ensure that these modifications are acceptable and are in conjunction with the agreement usage policy with USA Gymnastics. Only the Modifications specifically approved by the AAU National Committee in conjunction with USA gymnastics will be used during licensed AAU Events at the district level. **AAU Gymnastics District Sport Chairs are responsible for informing the members of their District which, if any, modifications will be used within their district.** AAU Gymnastics District Sport Chairs are required to complete the AAU District Modifications Report and send it to the AAU Gymnastics National Office. All questions should be directed to the National AAU chair.

AAU National Rules, Routines and Modifications, are posted at www.aaugymnastics.org under rules, the title document AAU National Rules, Routines & Modifications and will be used as the official rules at all **AAU Regional and National Level competitions,**

AAU National Code Book - For information on Governness of the National AAU and its districts refer to the AAU National Code Book.

www.aausports.org

- Memberships Requirements
- Use of Logos
- Event Licensing
- District Sport Committee Meetings Requirements and Notices
- District Sport Committee Function Duties and Composition
- Election Criteria
- Eligibility
- Youth Protection Handbook

[http://image.aausports.org/pdf/AAU Youth Protection Protection Handbook rev 713.pdf](http://image.aausports.org/pdf/AAU_Youth_Protection_Protection_Handbook_rev_713.pdf)

For information on routines, deductions and any modification to the AAU program refer to the

**2020-2021 AAU NATIONAL GYMNASTICS PROGRAM, ROUTINES AND MODIFICATIONS
POSTED AT WWW.AAUGYMNASTICS.ORG UNDER RULES**

National Gymnastics Officers Directory

National Chair/Women's Coordinator	Vice Chair/Scholarship
Liz Nichols 678-596-1374 aaunichols@bellsouth.net	Debbie Barta 951-205-2115 Debikay_61@yahoo.com
Treasurer/Compliance	Secretary / Handbook Subcommittee Chair
Frank Lett 423-534-0960 FLett@kcvb.org	Denise Jessen 706-650-2111 dcJess@bellsouth.net
Equipment/Scoring/Meet Management	Judging Liaison
Kevin Griffin 813-220-0142 lccoachkev@aol.com	Jessica Harris ncaaugym@gmail.com
Member – At – Large/Compliance	AAU National Sports Director
Peg Adams pegaau@msn.com	Alex Wilzbacher awilzbacher@ausports.org 407-362-8846

District Map and District Chairs– See Next Page

A. District Sport Chair Directory



Map #	District	District Sport Director	
3	Adirondack (AD)	National Office	awilzbacher@aausports.org
56	Alaska (AK)	National Office	awilzbacher@aausports.org
23	Arkansas (AR)	National Office	awilzbacher@aausports.org
48	Arizona (AZ)	Dru Huffington	druheffington@gmail.com
46	Central California (CC)	National Office	awilzbacher@aausports.org
21	Central (CE)	Linda McDonald	aalindachair@gmail.com
32	Colorado (CO)	National Office	awilzbacher@aausports.org
5	Connecticut (CT)	Linda Brown	linda5815@comcast.net
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@aausports.org
39	Hawaii (HI)	National Office	awilzbacher@aausports.org
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41	Kentucky (KY)	Lisa Varmus	tumbletownbgky@aol.com
18	Lake Erie (LE)	Jackie Karmecy Ferris	jadec4l@hotmail.com
9	Maryland (MD)	National Office	awilzbacher@aausports.org

19	Michigan (MI)	Nancy Hanes	nlhanes@sbcglobal.net
8	Middle Atlantic (MA)	Liz Kolter Albert	info@emgym.com
30	Minnesota (MN)	Kathy Nelson	Kaatsgym10@aol.com
28	Missouri Valley (MV)	Lisa Thompson	thompson.gymnastics@gmail.com
31	Montana (MT)	National Office	awilzbacher@aausports.org
29	Nebraska (NB)	National Office	awilzbacher@aausports.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@aausports.org
6	NY Metropolitan (MP)	National Office	awilzbacher@aausports.org
4	Niagara (NI)	National Office	awilzbacher@aausports.org
13	North Carolina (NC)	Jessica Harris	ncaaugym@gmail.com
52	North Dakota (ND)	National Office	awilzbacher@aausports.org
17	Ohio (OH)	Heather Bessleman	centralohiotrampolineandtumbling@yahoo.com
27	Oklahoma (OK)	Benjamin Fox	bhf1161@aol.com
37	Oregon (OR)	National Office	awilzbacher@aausports.org
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38	Pacific (PA)	Jennifer Sasso	info@nolimitlv.com
36	Pacific Northwest (PN)	National Office	awilzbacher@aausports.org
44	Pacific Southwest (PS)	Debbie Capelotti	dean.fallbrook.gymnastics@gmail.com
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54	South Dakota (SD)	National Office	awilzbacher@aausports.org
15	Southeastern (SE) TN	Kristin Lemons	kristinlemons77@gmail.com
24	Southern (SO)	National Office	awilzbacher@aausports.org
49	Southern Nevada (SN)	Jennifer Sasso	info@nolimitlv.com
33	Southern Pacific (SP)	Debi Barta	debikay_61@yahoo.com
43	South Texas (ST)	National Office	awilzbacher@aausports.org
26	Southwestern (SW)	National Office	awilzbacher@aausports.org
34	Utah (UT)	National Office	awilzbacher@aausports.org
12	Virginia (VA)	National Office	awilzbacher@aausports.org
11	Western Pennsylvania (WP)	National Office	awilzbacher@aausports.org
47	West Texas (WT)	National Office	awilzbacher@aausports.org
51	West Virginia (WV)	National Office	awilzbacher@aausports.org
20	Wisconsin (WI)	LeeAnn Johnson	aauwigymnastics@gmail.com
58	Wyoming (WY)	National Office	awilzbacher@aausports.org