AAU Boys 4x4 Rules

2026-2027

Summary

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

Rules: Please use the videos posted on Youtube channel: NC AAU Boys Gymnastics

*Videos are only used as a visual guide only. Refer to the text

Competition Format: Participants will compete in up to 4 events (Vault, Uneven Bars, Circles/Support, Floor Exercise) and the All Around. Boys can be inserted into any session of a women's gymnastics competition either in a separate squad of only boys or mixed in within any other squad.
New* 4x4 competiors must enter meets at one level only*

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

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

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

Equipment: Uneven bars, spring floor, compulsory vaulting mat system (with aeroboard & springboard), standard competition balance beam, balance beam landing mat, tape (for lines on landing mat for circles- see diagram below).**New* Mushrooms may be used by level 3 gymnasts if available by the meet director***

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

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

General Rules Clarifications

Allowance for a single athlete to compete at differing levels based on skills obtained on each event

Example: An athlete may complete level 1 bars and floor, and level 2 vault and beam as long as the level to be competed per event is communicated to the judge

****NEW* -**Socks maybe worn on bars and beam

Vault

Start Value: 10.0

Gymnasts may perform **two** vault attempts with the better score to count ***NEW* Gymnasts have 3 runs to complete a vault**

Level 1 Vault

Use Women's Level XB Rules

Level 2 Vault

Use Women's XB Rules

Level 3 Vault

Stretch jump up to a minimum of 16" tall mats (5.00) **and** kick handstand to flat back (5.00)

Handstand flat back on mat stack

Handspring over mat stack sideways

Basic Execution

Use Women's Xcel Silver Rules

Specific Clarifications

All levels (1-3):

Use of airboard or springboard is permitted

Jumping to board with feet making non-simultaneous contact is considered a **medium fault (up to -0.20)**

No jump on board present is considered an **omission (-0.50)**

Small Faults Medium Faults Large

Faults Fall

Omission

Spotting
up to 0.10 up to 0.20 up to 0.30 0.50

0.50

0.50

Ba

rs

Start Value: 10.0

Level 1

Routines

Mount: Pull over (jump allowed)

Basic Execution



Cast
Back hip circle
*Performed on Low Uneven Bar*Dismount: Cast off stand

Mount: assisted muscle up (or assisted pullover)

Small Faults
up to 0.10

1st Tap swing FWD-counterswing
2nd Tap swing FWD -counterswing
Dismount: tapswing FWD with ½ turn

up to 0.20 up to 0.30 0.50

Level 2

Performed on High Uneven Bar

Mount: pullover
Cast
long hang pullover
cast
back hip circle
Underswing-counterswing
1st Tap swing FWD-counterswing
2nd Tap swing FWD-counterswing
Dismount: Tap swing FWD to flyaway or ½ turn

0.50

Level 3

Performed on High Uneven Bar
Cast
Back hip circle
Underswing-counterswing

Medium Faults Large Faults Fall Omission

Specific Clarifications

1.Level 1:
a.Jump to pullover must be performed with feet together, once feet leave the ground, standard deductions for legs/feet apart, bent knees, and flexed feet should be applied
b.Cast to 45 degrees below horizontal is the height requirement for both casts, small or medium faults may be deducted for lack of cast height for both casts performed
2.Level 2:
a.Pullover may be attempted independently, and if missed causing a spotter assist, -**0.50 max** should be taken, plus additional deductions for loss of form on initial attempt and spotted attempt
b.Cast to 45 degrees below horizontal is the height requirement cast, with small or medium faults being deducted for lack of cast height c.Swing height requirements in both front and back swings are 45 degrees below horizontal
d.Half turn dismount should be performed at 45 degrees below horizontal or above for no deduction
e.Any additional swings added to routine will result in a one-time large fault (up to -0.30) being taken globally
f.Any missing swings will result in an **omission (-0.50)** being taken for each missing swing
3.Level 3:
a.Cast height requirement is to horizontal, with between horizontal and 45 degrees below being a small fault and 45 degrees below horizontal or lower being a medium fault
b.Long hang pullover may be performed with hips contacting bar prior to completion to front support position or with “baby giant” technique with no deductions for rhythm
c.Swing height requirements in both front and back swings are 45 degrees below horizontal
d.Half turn dismount should be performed at 45 degrees below horizontal or above for no deduction
e.Any additional swings added to routine will result in a **one-time large fault (up to -0.30)** being taken globally
f.Any missing swings will result in an **omission (-0.50)** being taken for each missing swing
g.Flyaway height cannot incur deductions, but if judge or meet referee feels flyaway is unsafe to perform due to lack of height, athlete must not perform and should instead complete half turn dismount

Level 1 FWD roll, tuck up to nominal HS**(+/- 15 degrees vertical)**, lower to straddle stand
Present ***missing present .10***
Reach FWD to the floor and jump from straddle into a HS**(HS must hit vertical no hold required)** FWD roll. straddle out to straddle sit
rRoll BWD to candlestick, roll to stand
Present ***missing present .10n***

Spotting 0.50

Basic Execution

Floor

Start Value: 10.0

FWD kick to cartwheel, step in/close legs ***incorrect step up to .10, missing step .10)** Omission 0.50

Present ***missing present .10*** Spotting up to 0.10 0.50

Small Faults Medium Faults up to 0.20 up to 0.30

Large Faults Fall 0.50

Floor

Start Value: 10.0

Level 2 FWD kick to HS**(vertical)** FWD roll, straddle out directly to straddle L hold (2 sec)

failure to hit vertical up to .20

failure to hold HST up t0 .20

failure to hold L up - up to .20 no hold flat .30

Roll BWD to candlestick

Roll up through straddle L to straddle stand, present **(*failure to present .10)**

reach FWD to straddle press (with slight jump) to

Basic Execution

nominal HS no hold step down to lunge **(*+/- 15 degrees of vertical)**

Cartwheel

Opposite side cartwheel **(*if CW replaced with typical CW flat .30)**

Cartwheel step-in over-rotated (with arms landing at horizontal) to quick steps BWD, step in close legs ***less than 2 steps up to .10***

arms not finishing at horizontal in step in up to .10

incorrect step in up to .10

Present **(*missing present .10)**

Straight jump ½ turn Round off rebound stick (from power hurdle/run)

Small Faults Medium Faults

Large Faults Fall

up to 0.20 up to 0.30 0.50

Omission

0.50 0.50

Spotting
up to 0.10

Floor

Reach FWD to the floor and press hips to bring feet back together to pike stand
Present **(*missing present .10)**

Start Value: 10.0

Level 3 HS hop FWD roll, straddle out through straddle L to straddle stand (press/keep feet clear of floor is optional

Present **(*missing present .10)**

Basic Execution

FWD kick to cartwheel step-in/close legs Straight arm BWD roll to push-up position, turn over to rear support, lower to pike sit ***bent arms in roll up to .20***

lack of hip extension on rear support up to .20

Tuck L support hold (2 sec), lower to pike sit ***failure to hold L position up to .20 no hold flat .30***

Roll BWD to candlestick, roll to stand, Step FWD to hitch kick, step side to ½ turn Power hurdle/run RO BHS, rebound to stick

Small Faults Medium Faults

Large Faults Fall

Omission

Spotting
up to 0.10

0.50

up to 0.20 up to 0.30 0.50

0.50

Floor

Specific Clarifications

Level 1:

1.Present following straddle down from handstand must include full stand in straddle position with arms straight and elevated to at least shoulder height.
2.In straddle stand to handstand forward roll, handstand must be completed, but there is no hold requirement 3.Cartwheel must be finished in a lunge position, and rear leg must come forward to step together, otherwise a small fault will occur both for missing the step together and for stepping front foot back to rear foot

Level 2:

1.Handstand forward roll should show momentary hold, no hold would be **-0.20**
2.Clarification in description of straddle out of handstand forward roll is needed. Currently, the routine may be read as “straddle out: allowing a sit in straddle on the ground prior to lifting into the 2 second straddle L sit hold
3.Straddle L hold requires 2 seconds, short hold is a **(up to -0.20),** and no hold is **.30**
4.Jump straddle handstand requires no hold and nominal position only
5.If opposite cartwheel is replaced with typical cartwheel, large fault should be taken **(0.30)**
6.Cartwheel step-in to over-rotation has no limit on number of steps taken, as least 2 steps are necessary, and less than 2 steps would be a **small fault (up to -0.10)**
7.**Small fault (up to -0.10)** should be applied for arms varying from horizontal position during cartwheel step-in to over-rotated steps
8.Step together must be completed by stepping rear leg to meet front leg after over-rotated steps, small fault for stepping backward **(up to -0.10)**

Level 3:

1.Bent arms on backward roll can be a **small (up to -0.10)** or **medium fault (up to -0.20)** based on severity
2.Lack of hip extension maintained on rear support can be a **small (up to -0.10)** or **medium fault (up to -0.20)** based on degree of hip bend
3.Tuck L support short hold is a **medium fault (up to -0.20)** and no hold is a **large fault (up to -0.30)**
4.After Tuck L support, routine should say “lower to pike sit” to clarify position
5.No limit on steps forward prior to hitchkick

6.Hitchkick has no height requirement but should be deducted for form breaks

Circles/Support

Start Value: 10.0

Support (5.00)-work will be done on the Balance Beam
Circles (5.00)- are performed on a strudy Balance Beam landing mat by taping down lines to create a "Y" shape that mimics a "mushroom" (lines are ⅓ of a circle away from each other, approximately 3-4' in length each

Circles (5.00)- Jump to ⅓ of circle: Body should finish just in front of the first hand (**incomplete circle= body not to or past the first tape line. Emphasis is on the body alignment and form)**

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

Routines

Support (5.00)- Mount jump front support on beam, 2 straddle swings

Basic Execution

Level 1

leg cut FWD, leg cut other leg FWD 2 sec tuck hold
Dismount

Support (5.00)- Mount jump front support on beam,
2 straddle swings
Reverse leg cut FWD, leg cut other leg FWD 2 sec L hold
Dismount

Circles (5.00)- Jump to full circle: (**incomplete circle= body not to or past the 3rd tape line. Emphasis is on the body alignment and form throughout the full circle)**

Level 2 Level 3

Circles (5.00)- Jump to ⅔ of circle: Body should finish just in front of the 2 hand back should be facing the second hand (**incomplete circle= body not to or past the 2nd tape line. Emphasis is on the body alignment and form through the ⅓ of circle position to arrive at ⅔ area)**

Support (5.00)- Mount jump front support on beam
Tuck planche hold
1 straddle swing, Leg cut FWD swing to cut same leg back
1 straddle swing, Leg cut other leg FWD swing to cut same leg back Swing leg to wind up to flank dismount

Small Faults	up to 0.10
	up to 0.20
Medium Faults Large Faults	up to 0.30 0.50
Fall	0.50
Omission	0.50
Spotting	

Circles/Support

Specific Clarifications

General guidelines:

a. A swing is defined as a kick of both left and right legs maintaining a straddle position throughout. A straddle of 45 degrees or greater are required for all swings for no deduction (small-large fault may be taken if feet are not maintained in straddle, large for if feet come completely together at or near bottom of swing). If only one leg kick is completed instead of a full swing, a **medium fault (up to -0.20)** will be deducted. Added swings will be a **medium fault (up to -0.20)** for added half swing (single leg kick) and a **large fault (up to -0.30**) for added full swing (Two leg kicks) as a global, one time per routine deduction

b. Athletes at all levels are expected to maintain support position with straight arms and only hands placed on top of beam. Sliding off hips or thighs on side of beam is allowed with no deduction as long as rhythm is maintained. Use of torso or chest on beam during skills is considered a **fall (-0.5)**, with additional deductions for form loss also able to be taken.

c. Sit on beam or on ground during circle is considered a **fall (-0.5)**

d. Counter-rotation: athletes should attempt to counter-rotation hips prior to assuming rear support during circle skills for all levels. Inability to complete counter-rotation as well as early or late timing of rotation may be deducted as **small (up to -0.10) or medium (up to -0.20) faults**

e. Floor circle set-up: athletes should maintain front support position with hips slightly low and arch of low back below a typical plank/push-up position, with counter step taken into a straddle stance prior to circle completion. Set up deductions may including lifting of hand (small fault), piking of hips (small-large fault), missing counter step (medium fault), inadequate amplitude of counter step (small fault), and other aesthetic or form errors

f. Rhythm: slight pause of break in flow is a **small fault (up to -0.10)**, with 1-2 second pauses being **medium faults (up to -0.20)**, and a pause of greater than 2 seconds being a large fault (up to -0.30). Accidental hit of equipment that is not considered a previously defined fall is a **medium fault (up to -0.20)** separate from rhythm deductions (ex - foot hitting side of beam during swing)

g. **Circle Angle deductions:**

At or past required line (based on level)- no deduction
1-15 degrees short of line: small fault (up to -0.10)
16-30 degrees short of line: medium fault (up to -0.20)
31-60 degrees short of line: large fault (up to -0.30)
Greater than 60 degrees short of line: Omission (-0.5)

Level 1:

a. Swing and Leg Cut height must be heel of foot to height of top of beam for no deduction

b. Short hold for tuck sit is a **medium fault (up to -0.20), large fault for no hold (up to -0.30)**

c. Legs are expected to remain straight until second leg cut is complete prior to tuck sit. Slight pause in rhythm is allowed to maintain form prior to pulling legs into tuck position

Level 2:

a. Swing and Leg Cut height must be heel of foot above height of top of beam for no deduction

b. Additional swing(s) following reverse leg cut prior to second leg cut are allowed to maintain rhythm

c. Slight pause in rhythm is allowed to maintain form from second leg cut into L sit

d. Short hold for L sit is a **medium fault (up to -0.20), large fault for no hold (up to -0.30)**

Level 3:

a. Swing and Leg Cut height must be heel of foot to horizontal for no deduction

b. Tuck planche hold should be a momentary pause, no hold would then be a **medium deduction** (**up to -0.20).** Tuck planche should be performed with hips to horizontal, and small-large faults may be taken for hip heights below horizontal

c. Slight pause upon return to front support following tuck planche is allowed with no deduction, as well as in straddle wind up position prior to flank dismount