AAU COPPER RULES

AAU GIRLS GYMNASTICS NATIONAL PROGRAM ALLOWANCES

VAULT	BARS	BEAM	FLOOR
OPTION #1 9.5 SV Straight jump onto mat OPTION #2 10.0SV Straight jump onto mat, kick up to handstand flat back	Min. 4 value parts Special Requirements (.50) 1. Mount 2. Cast- no dmt 3. Circling skill mt/dmt OK 4. Dismount	Min. 4 value parts Special Requirements (.50) 1. Jump/leap (no angle) 2. Acro skill 3. ½ Turn (one or two feet) 4. Dismount	Min. 4 value parts Special Requirements (.50) 1. Split jump or leap (no angle) 2. Roll 3. ½ Turn (one or two feet 4. Acro skill

CLARIFICATIONS			
Min. mat 8 inches Spot on any phase .50- max 1.50	Hips must leave bar on cast	Jump or leap not required to have leg separation	Jump or leap is required to have leg separation No flight skill allowed

10.0 START VALUE EXAMPLES			
	Glide Swing Jump to Support Cast Forward Roll Dmt	Straight Jump Lever Pivot Turn Tuck Jump Dmt	Split jump Forward straddle roll ½ turn on one foot Bridge
	Pullover Cast Cast Dismount	Split Jump Forward Roll Heel Snap Turn Straight Jump Dmt	Split leao Backward roll Pivot turn Partial Handstand
9.5 START VALUE EXAMPLES			
	Jump to support Cast Cast Cast push away dmt **no circling skill	Straight jump Partial Handstand Releve hold Roundoff dismount ** no ½ turn	Tuck jump Forward roll Heel snap turn Cartwheel ** no split leap/jump

ADDITIONAL ALLOWABLE “A” VALUE PART SKILLS			
		Lever/T action not required touch the beam, no angle req. Candlestick Lunge	Candlestick Bridge Partial Handstand- both feet must leave floor (no angle or closure required)