AAU Gymnastics National Handbook and Operating Code

2026-2027

Sports for all, forever!

Last Revised 10/28/2026.

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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.

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

OFFICERS AND ADVISORS DIRECTORY

AAU NATIONAL OFFICE		
Physical Address and Overnight Deliveries	Mailing Address	Phone and Fax Numbers
	PO Box 22409	Phone
1910 Hotel Plaza Blvd	Lake Buena Vista, FL	407-934-7200
Lake Buena Vista, FL 32830	32830	Fax
		407-934-7242

NATIONAL GYMNASTICS OFFICERS, EXECUTIVE COMMITTEE AND ADVISORY BOARD

DISTRICT INFORMATION

AAU District Map



Click [here] for more information regarding districts.

DISTRICT CHAIR INFORMATION

Map #	District	District Sport Director	Email Contact
3	Adirondack (AD)	National Office	gymnastics@aausports.org
56	Alaska (AK)	National Office	gymnastics@aausports.org

23	Arkansas (AR)	Mandy Wilson	mwmag7@gmail.com
48	Arizona (AZ)	Brandee Proffit	brandeeproffit@gmail.com
46	Central California (CC)	National Office	gymnastics@aausports.org
21	Central (CE)	Linda McDonald	aaulindam@gmail.com
32	Colorado (CO)	Stephanie Martin	gymstarzelite@yahoo.com
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	gymnastics@aausports.org
39	Hawaii (HI)	National Office	gymnastics@aausports.org
40	Iowa (IA)	Trisha Black	info@kcelitegym.com
35	Inland Empire (IE)	National Office	gymnastics@aausports.org
16	Indiana (IN)	National Office	gymnastics@aausports.org
41	Kentucky (KY)	Ashley Stratton	Cegymnastics@gmail.com
18	Lake Erie (LE)	Tina Snyder	msnyder9@columbus.rr.com
9	Maryland (MD)	National Office	gymnastics@aausports.org
19	Michigan (MI)	Michelle DeHann	raygcoach@gmail.com
8	Middle Atlantic (MA)	Liz Kolter Albert	info@emgym.com
30	Minnesota (MN)	Heather Loomis	heather.malone@mac.com
28	Missouri Valley (MV)	Gayla Rodenbur	grodenbur3@gmail.com
31	Montana (MT)	National Office	gymnastics@aausports.org
29	Nebraska (NB)	National Office	gymnastics@aausports.org
2	New England (NE)	Jessica Morelli	jmorelli@bbgc.org

7	New Jersey (NJ)	National Office	gymnastics@aausports.org
42	New Mexico (NM)	National Office	gymnastics@aausports.org

6	NY Metropolitan (MP)	Jessica Morelli	jmorelli@bbgc.org
4	Niagara (NI)	National Office	gymnastics@aausports.org
13	North Carolina (NC)	Portia Propst	portia.propst@gmail.com
52	North Dakota (ND)	National Office	gymnastics@aausports.org
17	Ohio (OH)	Joseph Dunn	findlayelite1@yahoo.com
27	Oklahoma (OK)	Benjamin Fox	bhf1161@aol.com
37	Oregon (OR)	National Office	gymnastics@aausports.org
22	Ozark (OZ)	Jessica Luce	xtremegympb1@gmail.com
38	Pacific (PA)	Jennifer Sasso	info@nolimitlv.com
36	Pacific Northwest (PN)	National Office	gymnastics@aausports.org
44	Pacific Southwest (PS)	National Office	gymnastics@aausports.org
10	Potomac Valley (PV)	National Office	gymnastics@aausports.org
55	South Carolina (SC)	Susie Vahala	susievahala@icloud.com
54	South Dakota (SD)	National Office	gymnastics@aausports.org
15	Southeastern (SE)	Jessica Lane	jessica@gymnasticscounts.com
24	Southern (SO)	Reg Shurden	rshurden@gmail.com
33	Southern Pacific (SP)	Lorena Wilson	lorena@stars-gymnastics.com
43	South Texas (ST)	National Office	gymnastics@aausports.org
26	Southwestern (SW)	National Office	gymnastics@aausports.org
34	Utah (UT)	National Office	gymnastics@aausports.org
12	Virginia (VA)	Tracy Counts	gymnasticscounts@gmail.com
11	Western Pennsylvania (WP)	National Office	gymnastics@aausports.org
47	West Texas (WT)	National Office	gymnastics@aausports.org
51	West Virginia (WV)	Tracy Counts	gymnasticscounts@gmail.com
20	Wisconsin (WI)	LeeAnn Johnson	aauwigymnastics@gmail.com
58	Wyoming (WY)	National Office	gymnastics@aausports.org
	Trinidad & Tobago - Ambasador	Marty & Donna Lettelleir	flip4fun@msn.com

SECTION 1: NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION

I. NATIONAL COMMITTEE STRUCTURE AND PROCEDURES

A. National Gymnastics Chair

1. 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.
2. The term will be four years and national election policies shall apply per AAU Code.
3. 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.
4. The President, with the approval of a majority of the Officers, may appoint a person to fill a vacant National Gymnastics Chair position.
5. 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.

B. National Executive Committee

1. The National Gymnastics Chair oversees the National Executive Committee.
2. 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.
3. The Executive Committee may include, but is not limited to, the following positions: Vice Chair, Secretary, Treasurer/Budget Director, Rules Committee Chair, Policies/Code (Handbook) Committee Chair, Scholarship Committee Chair, District Development Director, Regional Committee Chair, Adult Gymnastics Coordinator, Scoring/Data Manager, Judging Liaison, and other positions as needed and appointed by the National Gymnastics Chair.
4. The Executive Committee acts on behalf of the National Sport Committee between meetings, subject to the Committee's approval.
5. A current list of Executive Committee members, showing whether each position is elected or appointed, shall be kept on file with AAU Compliance.

C. National Sport Committee Composition

1. 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).

2. The President of the AAU may appoint up to two (2) Members-at-Large.

D. District Gymnastics Chairs

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

E. Voting at National Elections

1. In compliance with the AAU National Code, only members of the National Sport Committee are permitted to vote at national elections.
2. There shall be no voting by proxy.
3. Each member of the National Sport Committee will have one vote. 4. 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.

II. SPORT COMMITTEE MEETINGS

A. National Sport Committee Regular Meetings

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

B. 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:

1. The meeting is called by the chair with the approval of the National Office.
2. The National Office must approve meeting dates and locations.

C. National Sport Committee Special Meetings

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

D. National Executive Committee Meetings

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

E. Meeting Agenda

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

SECTION 2: SPORT POLICIES AND PROCEDURES

The AAU understands that the National Governing Body (NGB) is 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.

I. GENERAL RULES AND PROCEDURES

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.

A. AAU Gymnastics National Program Rule Allowances

1. AAU Gymnastics follows the rules of the sport with several allowances. 2. The AAU National Gymnastics Handbook and Operating Code, AAU Girls' Program Allowances, AAU Boys' Program Allowances, AAU Adult Gymnastics Program Allowances and AAU Special Stars Program (for athletes with special needs) as well as any updates or notifications will be posted on the AAU Gymnastics National website https://aausports.org/gymnastics/.

B. AAU Gymnastics District Program Rules

1. Districts should follow the AAU National Program.
2. 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
   - the district's qualifying events/procedures for nationals
   - expectations in hosting those events
   - awards and format, as long as they are not in conflict with the rules and policies specified in the AAU National Gymnastics Handbook and Operating Code.
3. Districts shall have their district rules and policies on file with the AAU National Executive Committee.
4. Contact the District Gymnastics Chair for details on their individual program requirements and what levels the local district program offers.

II. 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 Gymnastics National Rules and Policies. All apparatus must follow equipment manufacturer specifications.

III. MEET ORGANIZATIONAL GUIDELINES

All AAU Event Directors and events should follow industry standard guidelines in reference to the allowable session length, number of gymnasts per session and equipment standards. See "Event Director" section of this handbook for more info.

IV. MEMBERSHIP REQUIREMENTS

A. 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.

B. To participate in any AAU licensed event, all coaches and athletes are required to have a current AAU membership.

C. To receive the benefit of practice insurance, the club must have a current AAU club membership and all coaches and athletes in the designated practice group must also have current AAU memberships.

D. Any staff or those with regular interaction with athletes must obtain an AAU non-athlete membership.

E. For any coach (non-athlete) to be present on the floor of the competition, they must have a current AAU non-athlete membership and be registered as a coach for the event.

- Junior coaches under the age of 18 must have a current AAU Youth Athlete Membership to be present on the floor and be supervised by a registered adult AAU coach from their club.

F. All professional photographer vendors should be licensed and insured and are strongly encouraged to obtain an AAU membership.

G. Club Membership

1. Each athlete must hold a current individual AAU athlete membership to compete in any AAU licensed event. A club membership is not required for an individual athlete to compete. An athlete who does not represent an AAU member club may compete unattached.
2. To be eligible for team awards, a club must hold a current AAU club membership, and each team member must be a current AAU member attached to that club (AAU Bylaw 6.2)
3. A gym without a current AAU club membership may enter its athletes as individuals but is not eligible for team awards.
4. Districts may not require a club membership for individual athletes to enter district events (AAU Constitution Art. II.E.6.b; Bylaw 5.1.3).

H. To host an AAU licensed event, a club must have a current AAU Level B or Level C Club membership.

I. All adult gymnasts who will compete at any AAU Gymnastics licensed event

in the Adult Program must have a non-athlete membership. This will also suffice as their Adult Athlete Membership with all insurance coverage intact.

- This is required because the Adult Gymnast is competing alongside Youth Athletes. It is a priority that AAU must provide due diligence in ensuring a safe environment for our youth athletes at all times during competition and any practice where there is contact between youth and adult gymnastic AAU registered athletes. Therefore, a non-Athlete membership is required of all adult gymnasts since it includes a more intensive and comprehensive background check.
- The insurance coverage is effective for all non-Athlete Memberships.
- If an adult gymnast has purchased an adult athlete membership in error, they will be refunded by the national office.

V. GENDER ELIGIBILITY

A. To be eligible to compete in the girls/womens divisions of any AAU Gymnastics level/division, the participant must be female.

B. To be eligible to compete in the boys/mens divisions of any AAU Gymnastics level/division, the participant must be male.

C. 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 for further guidance.

D. Any participant, regardless of gender assignment or affiliation, may enter into the co-ed gender division at any level. Co-ed athletes will be in a separate, mixed gender awards group.

VI. ATTIRE

A. General Rules Regarding Attire

The rules regarding attire at AAU gymnastics events are designed to provide a level of professionalism for volunteers, staff, coaches, and officials and act as a guide for athletes to ensure safety for all. Event volunteers and staff (timers, music personnel, awards, announcers, admissions, etc) are required to follow the same attire standards.

B. Non-Athletes/Coaches

The accepted attire for coaches and officials at all licensed AAU District, Regional and National Events is as follows:

- Coaches are required to visibly wear their current AAU membership credentials at AAU licensed events. Lanyards and/or clip-on credential holders with a printed membership card or competition credential must be visible at all times while on the competition floor.

Coach Attire

All coaches on the competition floor must dress in professional athletic attire that reflects the best image of AAU Gymnastics. Coaches may not wear any item that could hinder their ability to safely spot or assist an athlete; such items must be removed before entering the field of play.

Appropriate Attire:

- Athletic shoes with rubberized soles
- Athletic warm-up style pants, Docker-style pants, or dress jeans (no holes)
- Athletic or tailored shorts or skorts of reasonable length
- Collared shirts, business casual shirts, or T-shirts (with or without club logo)

Inappropriate Attire:

- Clothing with holes or tears
- Jeans
- Short shorts or short skorts
- Skirts or dresses
- Spaghetti strap, low-cut, or open-back shirts
- Shirts that reveal the midriff or undergarments
- Hats or visors
- Clothing that promotes drugs or alcohol, or is vulgar or obscene The Meet Director or Meet Referee may require a coach to change attire that does not meet these standards before coaching on the competition floor.

C. Judges

- Athletic shoes, dress sandals or business-casual footwear

- Black or navy bottoms (slacks, capris, skirts, etc.)
- White top/blouse
- NAWGJ Uniform is always acceptable for women's competitions
- NGJA Uniform is always acceptable for men's competitions **D. Athletes**
- All athletes may wear form fitting lycra spandex gymnastics shorts, capris, leggings and unitards that do not present any safety risk to the participant (solid color, black preferred).
- Female athletes may wear long sleeve leotards, tank style leotards and unitards.
    - The leg opening for competitive leotards must not be cut or rolled above the athlete's hipbone.
    - Leotards may not be racerback, spaghetti strap or backless. Leotard specifications default to the NGB.
    - There is no penalty for visible sports bras/briefs.
- Male athletes may wear a t-shirt and shorts, long pants or competition step in with shorts/pants.
- Head covering as required by their faith is acceptable (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).
- Hair must be secured away from the athlete's face so as not to present a safety risk to the participant.
- Stud earrings are permitted- all other jewelry must be removed prior to the beginning of warm-ups. Medical jewelry is acceptable.
- Approved gymnastics footwear is permitted at all events.

SECTION 3: SPORT OPERATIONS

I. AGE REQUIREMENT

Athletes must be 4 years of age by the start date of the AAU National Championships.

II. DIVISIONS and MOBILITY

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 Gymnastics National Program.

A. Before entering into any level, each gymnast should be carefully evaluated by their coaches to determine their proper level.

B. Before advancing to the next level, every athlete should show proficiency at her current competitive level as determined by their coach(es).

C. Once a high level of proficiency is achieved at the athlete's current competitive level, the athlete should strive to advance to the next competitive level with safety and readiness always being the main consideration in advancing to the next level.

D. 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.

E. No mandate score or age are permitted at any competitive level. F. Any athlete that has competed at a level, either inside or outside, of the AAU organization should not compete at a lower level at an AAU competition without petitioning the National Executive Committee.

G. 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.

III. COMPETITION STRUCTURE

Gymnasts participate through the competition year in AAU invitationals and/or AAU District preliminary/qualifying events before participating in their AAU District/State Championships. Clubs must follow their District qualification requirements to participate in their AAU District/State Championships to be eligible to advance to AAU Regional and/or National Championships.

ALL ATHLETES MUST BE ACCOMPANIED BY A COACH AT ALL AAU EVENTS. IT IS NOT THE RESPONSIBILITY OF THE MEET DIRECTOR, HOST GYM OR EXECUTIVE COMMITTEE TO PROVIDE A COACH FOR AN ATHLETE.

A. AAU National Championship

The National Gymnastics Meet Director is responsible for operating and/or overseeing competitions at the national level. National licensed competitions follow the AAU National Gymnastics Rules and Policies.

1. All National events will follow rules and requirements as stated by the National Executive Committee.
2. Qualification to National Championships

a. A gymnast must compete in all regional and national championships at the same level which they competed in at their qualifying events in their designated district.

b. All participants must compete in their District/State Championship to be eligible to participate at the AAU Gymnastics National Championship. i. If an athlete is unable to participate in their District/State Championship (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 all national and regional events through their District Gymnastics Chair.

ii. If there is not a district program, the athletes may petition the National Gymnastics Chair to participate in Regionals or Nationals. Contact the National Gymnastics Chair for this petition process.

c. Participation in Regional Championships is not required to attend National Championships.

3. Age Group Divisions at National Events

a. Age determination date is the first day of competition of the annual AAU Gymnastics National Championship.

b. Birthdate determines the age division in all regional and national events unless otherwise approved by the AAU National Executive Committee. c. 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 at levels 6 and below and Xcel Platinum and below; and not to exceed 36 months at levels 7 and above and Xcel Diamond and above.

d. Numbers per age division is not to exceed 14 unless approval is granted from the AAU National Chair.

e. Any deviation from this method for regional events must be approved by the AAU National Executive Committee.

f. Event directors may choose to make age divisions smaller to facilitate a better experience for those instances where athletes are a significant age span apart.

B. AAU Regional Championship

1. Regional licensed competitions follow the AAU National Gymnastics Rules and Policies.
2. Regional Championships will be awarded and approved by the National Executive Committee on a rotational basis and will be awarded/partnered with the host as approved by the National Executive Committee.
3. All Regional events will follow rules and requirements as stated by the National Executive Committee.
4. Clubs have the option of selecting which Regional Championship location they wish to attend.
5. Qualification to Regional Championships
   a. 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.
   b. All participants must compete in their District/State Championship to be eligible to participate at the AAU Gymnastics Regional Championship. i. If an athlete is unable to participate in their District/State Championship (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 all regional/national events through their District Gymnastics Chair.

ii. If there is not a district program, the athletes may petition the National Gymnastics Chair to participate in Regionals or Nationals. Contact the National Gymnastics Chair for this petition process.

c. Age Group Divisions Regional Events

i. Age determination date is the first day of each individual Regional event.

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

iii. Athletes at each level will be divided into groups of similar ages determined by birthdate, not to exceed a span of more than 24 months at levels 6 and below and Xcel Platinum and below; and not to exceed 36 months at levels 7 and above and Xcel Diamond and above.

iv. Numbers per age division is not to exceed 14 unless approval is granted from the AAU National Chair.

v. Any deviation from this method for regional events must be approved by the AAU National Executive Committee.

vi. Event directors may choose to make age divisions smaller to facilitate

a better experience for those instances where athletes are a significant age span apart.

C. AAU District/State Championship

1. Each AAU District Chair is responsible for hosting an annual District/State Championship.
2. This event can be hosted by the District Chair and their committee, assigned through a bid process to a club or event provider, or an agreed partnership as determined by the District Chair and committee.
3. The annual District/State Championship serves as the qualification meet for the AAU Gymnastics Regional and National Championships.
4. All meet information must include specific mention of any district rule allowances as approved by the National Gymnastics Executive Committee. 5. All District/State Championship licenses must be approved by the District Chair.
6. Qualification to District/State Championships
   a. The qualification procedure to attend District/State Championship events shall be determined by the District Gymnastics Chair and their committee. b. Qualification requirements must be included in their District rules and policies.
   c. If an athlete is unable to participate in their District Championship (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 all national events through their District Chair.
   d. If there is not a district program, the athletes may petition to participate via the National Gymnastics Chair. Contact the National Gymnastics Chair for this petition process
7. Age Group Divisions District/State Championships
   a. The District Gymnastics Chair and their committee and membership shall determine what age group division policy will be followed by the district/state championships.
   b. This may differ from the method used at all licensed regional and national events.

   c. Event directors may choose to make age divisions smaller to facilitate a better experience for those instances where athletes are a significant age span apart.

D. Local District Preliminary/Qualifying 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.
- 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.

1. 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.
2. All local district preliminaries/qualifiers must be licensed before being added

to any district calendar or adding the AAU logo to promotional material for the event.

3. All meet information must include specific mention of any district rule allowances as approved by the National Gymnastics Executive Committee. 4. All license applications will be sent to the District Chair for approval. **E. Invitational Competitions**

1. Any AAU club, professional event management company, or event provider may apply for a license to host an AAU licensed event in any district. ● In order to apply for a license, any club, company or event provider must obtain a Level B AAU club membership for the district in which they plan to offer an event.
2. All invitationals must be licensed before being added to any district calendar or adding the AAU logo in promotional material for the event.
3. Invitationals will follow the AAU National rules (unless otherwise stated in the event flyer).
4. All event information must include specific mention of any rule allowances as approved by the National Gymnastics Executive Committee that are followed by any District/State. All flyers must state whether the event follows National rules or District rules and must provide a QR code or link to those rules.
5. Invitationals 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.
6. 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.
7. Invitationals may set their own admission prices and entry fees and must be clearly published on all event materials and must also be within the guidelines of their district policies.
8. The District Chair may determine if these events can be used as qualifying requirements to the District/State Championship.
9. District Chairs will be sent notification
10. 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.

F. Licensed League Competitions and League Championships

1. AAU clubs may form a league where certain invited clubs can be members.
2. Each league may set its own competitive schedule but should use the AAU National Gymnastics rules.
3. A league may host a league championship, but this does not fulfill the qualification requirement to attend the District/State, Regional or National AAU Gymnastics Championship.
4. The District Chair and committee will determine if League Licensed events are eligible to fulfill district qualifying requirements needed to attend District/State Championships.
5. All league competitions must be licensed separately by the respective event director of each event. (No blanket event licenses).
   a. All license applications will be sent to the District Gymnastics Chair for approval.

IV. COMPETITION AWARDS

Regional and National Events

Each session will be run by the birthdate of individual gymnasts based on the age determination date of each event. Therefore, individual team members at any level may be in different sessions as determined by their birthdate. *Individual events and all-around awards will be given at the conclusion of each session.* The minimum numbers and/or types of awards that must be distributed are listed below.

a. All Around awards are provided at 100% for every gymnastics participant. b. Individual event awards for each level and age group are provided for each session (50% plus 1 medal distribution).

c. Awards groups are recommended to be composed of 12 athletes and may not exceed 15 athletes.

d. Awards groups composed of 4 gymnasts (or less) will be provided 100% awards for individual events and all-around.

e. Wherever there are ties, all tied gymnasts are given the same award, and no award is given for the subsequent place(s). Ties are awarded on individual events and All Around by the following method

- EXAMPLE A: 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.
- EXAMPLE B: 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 C: 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.

f. **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.

g. **Junior Olympic Qualifiers** *f*or National Championships is determined by the top 8 scores in each event in each session of each level in that session, regardless of

age or District Affiliation along with the All American award winner. These athletes will receive a National Team Member Pin and/or Certificate of Recognition, and qualify to participate in the AAU Junior Olympic Games. Placement ties will be broken.

h. **Qualifications for Event Finals at Junior Olympics** the top 4 athletes per event per level will advance to event finals.

i. **Regional Team Member Recognition** *for Regional Championships* is determined by the top 3 scores in each event in each session of each level in that session, regardless of age or of District Affiliation. These athletes will be named a Regional Team Member and receive a *Regional Team Member Pin. Placement ties will be broken.*

j. **National Team**: The AAU Gymnastics National Team will consist of 40 athletes selected through the AAU Junior Olympic Games and the AAU National Gymnastics Championships. Athletes are selected by All-Around score, regardless of age.

1. Selections at the AAU Junior Olympic Games: the top 4 All-Around athletes in Level 6, Level 7, Xcel Platinum, and Xcel Diamond, and the top 6 All-Around athletes in Level 8, Open Optional, and Xcel Sapphire.
2. Additional selections at the AAU National Gymnastics Championships: the top 2 All-Around athletes in Level 8, Open Optional, and Xcel Sapphire. k.

International Competition Opportunities: National Team members in Level 8, Open Optional, and Xcel Sapphire may be eligible for selection to represent AAU Gymnastics in international competition opportunities.

SECTION 4: NON-ATHLETE MEMBERS

I. COACHES

A. Maintain a minimum current AAU membership. Memberships information can be found 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 must be supervised by a adult coach and have a current AAU Youth Athlete membership.

C. Coaches are responsible to take all courses and certifications as required by the national office.
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 group, skill division and level. F. Demonstrate behavior which reflects the professionalism required of our sport while in the presence of athletes and parents.
G. Siblings or children of coaches, athlete parents or other family members 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.
H. Silence cell phones when on the competition floor.

II. JUDGES

A. AAU contracts credentialed officials through the National Association of Women's Gymnastics Judges (NAWGJ).
B. Judges for all AAU events must have an appropriate rating to judge the level of competition in the event.
C. Judges must adhere to the NAWGJ Cannons.
D. Each district can determine if rated judges from other organizations may judge their AAU district events.
E. Officials credentialed through other organizations (aside from the National Governing Body) must obtain an AAU membership to judge at any AAU licensed event if not assigned through NAWGJ
F. Each District Gymnastics Chair and their committee shall determine if one or two judge panels are required for their district/local events.
    1. One judge panel may be approved for district championships when requested in writing to the AAU Gymnastics National Chair.
    2. Judges assigned outside of NAWGJ for district/state championships may be approved when requested in writing to the AAU Gymnastics National Chair.
G. Two judge panels with NAWGJ officials are required at all AAU licensed regional and national events.

Code of Conduct:

Vulgar language, disrespectful behavior or body language, inappropriate social media posts, confrontations with judges regarding scores, etc. are not consistent with the spirit of our sport and do not promote the professional and positive competitive environment that is the synergy of the AAU. It is at the discretion of

the event director to remove any athlete or their coach from the competition for continued inappropriate behavior without a refund.

- The AAU National Gymnastics Chair must be notified in writing within 24 hours after removing an athlete/coach. Removed members may be restricted from registering to AAU District, Regional or National events.

SECTION 5: EVENT DIRECTORS

I. EVENT DIRECTOR RESPONSIBILITIES

All event directors must be familiar with event directing industry standards and

follow the rules and policies specified in the AAU National Gymnastics Handbook and Operating Code and AAU Youth Protection Policy for all licensed events. Responsibilities are as follows:

A. Prepare licensing information for licensing application (see below).

B. Review competition rules.

C. Follow all AAU meet organization guidelines when planning schedules. D. The competition start time should be no earlier than 8am and be completed by 9:30pm (unless requested approval by the district chair). E. Verify that all participants, coaches and event staff (if appropriate) have a current AAU membership

- Go to www.aausports.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 Manager.

F. Verify that all teams participating in team awards have a current AAU club membership.

G. Secure credentialed judges. Contact the District Chair to identify how AAU judges are booked for their local events. (Affiliated judges may be used in circumstances when needed

H. Ensure judges have all updated AAU routines, rules, and policies (direct them to the AAU Gymnastics website, www.aausports.org).

- If there are any district rule allowances, make sure that these are confirmed with the District Chair.

I. Make sure the equipment is all in compliance with industry standards.

J. Oversee the entire event. The event director on the license must be present for the entire event.

K. Have all coaches sign in. Sign in sheet may be found on the website under meet director tools. All coaches must sign in with their name, AAU number, club name, and signature.

L. Be prepared to care for, address and report any incidents or accidents to the AAU. Medical personnel are suggested to be present at all AAU Licensed Events.

1. Incident Report Forms must be sent to the AAU National Office to report any injuries or incidents. Official forms can be located at www.aausports.org under 'Insurance'.
2. Follow instructions on the incident report form for any injuries and confirm the injured party has a copy of the completed form.
3. It is the event director's responsibility to keep completed accident report forms on file.

M. Maintain control of members allowed on the competition floor. 1. Children or siblings of coaches, athlete parents or family members 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.

2. Only coaches actively involved in coaching of that session are permitted onto the competition floor each session. No individual team photographers/parents are allowed on the competitive floor.

3. Only photographers contracted by the Meet Director are allowed on the competition floor. They are required to be licensed and insured and to hold a current AAU non-athlete membership.

N. Send scores, coaches sign-in and any applicable competition fees to the District Gymnastics Chair.

II. SCHEDULE

A. Distribute and publish the schedule in a timely manner.

B. Adult athletes should be grouped together in their own squad(s) in a single session.

C. Athletes may only compete out of the assigned sessions at the discretion of the event director.

III. AWARDS

A. All-Around awards are provided at 100% for every gymnastics participant.

B. Individual event awards for each level and age group are provided for each session at a minimum of 50% plus 1.

1. Awards groups composed of 4 gymnasts (or less) should be provided with 100% awards for individual events and all-around.

C. Awards groups are recommended to be composed of 12 athletes and should not exceed 15 athletes.

IV. LICENSING and TERMS OF LICENSING

A. All licensing is applied for online at www.aausports.org.

B. To host an AAU licensed event, the club must have a valid Level B or Level C AAU Club Membership in the district where they are hosting the event. Familiarize yourself with event designation types – invitational, qualifier, league, etc.

C. Event directors listed on the license must have a current AAU non-athlete membership and be present throughout the event.

D. Event licenses must be applied for at a minimum 30 days prior to the start of the event or an expedited fee will be charged.

E. The event should only be licensed for the days that will be used. An event director can change the date or add days (additional fees may apply). A new flyer with any changes will need to be submitted. Contact member services for any changes.

F. Event directors must select "adults" on their event license to include adult athletes in their event.

G. Do not include any other organization's information on the AAU flyer for multi-organizational events.

H. It is not allowed for multiple organizations to be competing concurrently *in the same competitive area* with AAU athletes.

I. Sessions may not be mixed with non-AAU athletes and coaches. J. 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.

K. Events may not include on any of its promotional materials or event name any reference or suggestion that the event is an AAU Licensed Regional or National competition/championship unless it is an approved 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 before or after the date of any AAU Regional or National Championship.

L. After completion, the application is sent to the AAU District Gymnastics Chair for review and approval.

M. The event director will be required to upload a flyer stating the information below.

1. Name of event and dates of competition
2. Registration deadline date
3. Location of venue
4. Athlete entry fee (adult gymnast entry fees should be consistent with those of youth competition).
5. Other applicable fees (team fees, spectator admission, parking, etc.)
6. Levels offered
7. Rules followed (district or national)
8. How/where to register
9. Event Director contact name, email and phone number
10. AAU Shield (contact National Office for image)
11. 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 the 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.

SECTION 6: AAU GIRLS GYMNASTICS PROGRAM

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 has small requirement differences that will help separate athletes from one level to the next, allowing gymnasts to compete against athletes with similar 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 grassroots 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.

NATIONAL PROGRAM LEVELS

The levels offered by the AAU National Gymnastics Program are listed below.

1. Girls Youth (18 and Under)
    - Levels 1, 2, 3, 4, 5, 7, 8, Open Optional, Copper, Bronze, Silver, Gold, Platinum, Diamond, Sapphire
    - Athletes 18 or 19 years of age as of the date of a competition have the option of competing as a youth or adult.
2. Adult Women (18 and Over) – Bronze, Silver, Gold, Platinum, Diamond, Sapphire and Open Optional
3. Special Stars – For athletes with special needs

Note: not all levels are offered at the District/State Level. Contact your local district chair to find out what levels are offered within your district.

- Rules and Program Allowances posted at www.aausports.org

All athletes and coaches must have an individual AAU membership. Ages 17 and under will obtain an athlete membership. Ages 18 and over will need to obtain a non-athlete membership which includes background check.

SECTION 7: AAU BOYS GYMNASTICS PROGRAM

The AAU Boys Gymnastics Program the Boys 4x4 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. The goal of this program is to develop boys classes and teams, providing an avenue for growth in clubs that do not have all or any men's gymnastics equipment. The structure of this boys program helps clubs to easily implement a boys program, while engaging their athletes to continue enthusiastically in gymnastics for a longer duration as a result of implementing these programs and participating in competitions.

I. NATIONAL PROGRAM LEVELS

The levels offered by the AAU National Gymnastics Program are listed below. 1. Boys 4x4 (Levels 1-3)

2. Boys Open Compulsories (Levels 3-6)
3. Six Event All-Around (Levels 3-7)
4. Special Stars – For athletes with special needs

Note: not all levels are offered at the District Level. Contact your local district chair to find out what levels are offered within your district.

- Rules and Program Allowances posted at www.aaugymnastics.org under 'Rules'.

Note: an athlete that is 18 or 19 years of age as of the date of a competition may compete at youth or adult levels.

II. TYPES OF COMPETITIONS

A. Boys 4x4 (Four Event All-Around)- Levels 1-3 (these levels are unique to four event all-around). Competition is designed for clubs that do not have boys' equipment but would like to offer a boys program. Rules found at www.aausports.org under 'Rules'. Video reference: https://youtube.com/@ncaauboysgymnastics6597?si=GLOwTaqVDH5mQjJj

1. Vault
2. Floor Exercise
3. Bars (low bar or top rail)
4. Circles/Support (use high beam and marked landing mat)

B. Open Compulsory- Level 3-6

1. Rules per standard of the sport apply (NGB)
2. Need not perform the same level on each event
3. Suggested age group for open compulsory is age 10+
4. The level of the routine is added to the event score:
    - Level 5 floor routine score is 10.2; then add 5.0= 15.2

C. Six Event All-Around- Level 3-7

- Rules of the standard of the sport apply (NGB)

III. FEES

The goal of this program is to provide easy entry and access to the sport by keeping costs low. This approach makes the sport more accessible to a wider range of athletes. Entry fees and spectator admission fees are up to the discretion

of the event director. However, the goal is to have lower fees than a standard invitational as there are fewer awards.

All athletes and coaches must have an individual AAU membership. Ages 17 and under will obtain an athlete membership. Ages 18 and over will need to obtain a non-athlete membership which includes background check.

IV. AWARDS

A. All-Around awards are provided at 100% for every gymnastics participant. The remainder of awards is at the discretion of the event director, but should follow district policies.

B. Team awards are at the discretion of the event director but should follow district policies.

V. COMPETITION STRUCTURE

ALL ATHLETES MUST BE ACCOMPANIED BY A COACH AT ALL AAU EVENTS. IT IS NOT THE RESPONSIBILITY OF THE MEET DIRECTOR, HOST GYM OR EXECUTIVE COMMITTEE TO PROVIDE A COACH FOR AN ATHLETE.

A. Open stretch- 10 minute minimum

B. Open Event Warm-Up- 45 seconds per athlete, per event for levels 3-4

C. Modified Capital Cup- Levels 5-7

D. Recommended session length- 2 hours

VI. DISTRICT CHAMPIONSHIPS

Qualifying to District Championships is determined by the District Gymnastics Chairs. Please refer to the directory on page 5 in this handbook for contact information.

VII. RULE ALLOWANCES

A. Vault- air boards are allowed at all levels (except round-off entry vaults) (no penalty)
B. Allow speaking to gymnast by coach (no penalty)
C. Spotting deduction up to a maximum of .50 (judge's discretion)

VIII. JUDGES

A. Every effort should be made to have NGJA judges. One judge per event is acceptable. However, depending on the meet, it would be acceptable to have NAWGJ judges evaluate (especially for boys 4x4). Judges not contracted through NGJA must have an AAU membership.
B. Arrive 30 minutes prior to the start of the competition
C. Attend pre-meet judges meeting
D. Study in advance all information pertaining to the event(s) you are assigned
E. Know AAU rule modifications
F. Judge fairly and impartially

SECTION 8: ADULT GYMNASTICS PROGRAM

"Sports for all, forever" means gymnastics should be enjoyed at all ages and ability levels, specifically for post graduate athletes who have aged out of the youth developmental program. The AAU Adult Gymnastics Program will facilitate equitable opportunities for long-term participation in gymnastics, creating an inclusive environment for all members of AAU Gymnastics.

I. REQUIREMENTS

A. Gymnasts who are 18+ years of age
    - Gymnasts who are 19 years of age and still in high school may choose to participate in the youth or adult program.
B. Adult gymnasts that compete at any AAU Gymnastics Licensed Event in the Adult Program must have a non-athlete membership that includes a background check. This will also suffice as their Adult Athlete Membership with all insurance coverage intact.
    1. This is required because the Adult Gymnast is competing alongside Youth Athletes. It is a priority that AAU must provide due diligence in ensuring a safe environment for our youth athletes at all times

during competition and any practice where there is contact between youth and adult gymnastic AAU registered athletes. Therefore, a non-Athlete membership is required of all adult gymnasts since it includes a much more intensive and comprehensive background check.

2. The insurance coverage is effective for all non-athlete memberships.
3. If an adult gymnast has purchased an adult athlete membership in error, they can be refunded by the national office.
4. Registration and payment submitted to AAU licensed event director by the entry deadline

C. **ALL ATHLETES MUST BE ACCOMPANIED BY A COACH AT ALL AAU EVENTS. IT IS NOT THE RESPONSIBILITY OF THE MEET DIRECTOR, HOST GYM OR EXECUTIVE COMMITTEE TO PROVIDE A COACH FOR AN ATHLETE**

1. **The name and AAU number of a non-participating, adult non athlete AAU member (coach) should be submitted to the event director at time of registration.**
   - **Registration can be denied for athletes registering without a coach.**
   - **Registered athletes can NOT serve as their own coach OR serve as a teammates coach in the same session they are competing in (per AAU insurance).**
2. One coach can coach several (or all) adult athletes in a squad.
   - Minimum 1 coach per squad of adult athletes.
4. Coaches should be familiar with the adjusting of gymnastics equipment and gymnastics competitions.

5. Coaches need to be familiar with specified warm-up times per the level of competition.

D. Male athletes participating in AAU Adult Program will register as co-ed.
E. All AAU National Gymnastics rules and allowances must be followed. F. Entry fees should be consistent with those of youth competition. G. Meet directors must select "adults" on their event license to allow adult athletes in their competition.

II. SCHEDULE

A. Adult athletes should be grouped together in their own squad(s) in a single session.
B. Athletes may compete out of the assigned sessions for adults at the discretion of the event director with approval from the AAU National Chair.

III. AWARDS

A. Awards are distributed and announced similarly to youth athletes, and they should follow the same guidelines posted for the youth athletes at the

competition.

B. If adult athletes request not to be announced at awards, they must inform the meet director at the beginning of the meet and may forfeit their awards.

C. Gymnast gifts should be consistent with what youth athletes receive.

IV. ETIQUETTE

AAU Adult Gymnasts are an inspiration to so many. Younger athletes look up to AAU Adult Gymnasts and may aspire to participate in the sport longer because of them. It is expected that our AAU Adult Gymnasts model behavior that sets a positive example for our youth athletes at all times, both in person and through social media.

A. Adult athletes are not subject to coach's gifts or coach's hospitality unless they serve as an affiliated and pre-registered coach to youth athletes in another session.

B. Coaches hospitality is only to be accessed by coaches that are pre registered by the club, to coach athletes at the present session.

C. Adult athletes may not have any spectators/members of their family (i.e. babies and children) out on the competitive floor space at any time (including but not limited to the awards ceremony).

D. Equipment must be set and adjusted in a timely manner and require a coach to assist with equipment needs during the competition.

E. Athletes need to be aware of the specified warm-up times per their level of competition.

SECTION 9: SPECIAL STARS PROGRAM

I. REQUIREMENTS

A. Artistic gymnastics competitive program for athletes with special needs. ● Applicable to athletes with either intellectual or physical disabilities. B. All athletes and coaches must have a valid individual AAU membership. Ages 17 and under will obtain an athlete membership. Ages 18 and over will need to obtain a non-athlete membership which includes background check.

II. LEVELS

Special Stars is modeled after the Special Olympics Program and includes three (3) levels.

1. Twinkle Stars- beginner gymnast
2. Shining Stars- intermediate gymnast
3. Super Stars- advanced gymnast

III. EQUIPMENT

A. This program supports all four (4) artistic gymnastics events: vault, bars, beam, and floor.

B. Existing AAU matting guidelines apply for the safety of the athlete first and foremost.

C. Additional approved equipment for use with this program:

1. Alternate springboard
2. Adjustable uneven bars/balance beam
3. Floor balance beam on short legs
4. Folded panel mat used as a balance beam
5. Large/extra-large spotting blocks
6. Event specific details are included in the rules found online

D. Certain medical equipment may be utilized. Approved Medical Equipment includes:

1. Walkers, wheelchairs (Twinkle Stars)
2. Shoes on vault and beam (Twinkle & Shining Stars)

IV. RULES

Rules can be found at www.aausports.org

V. AWARDS

A. Age divisions will be 8-11, 12-15, 16-21, 22-29, 30+

B. It is an expectation that all athletes will receive an award on each event and the all-around.

C. These are minimum guidelines, therefore if an age group is larger than 10, it is recommended that the age group be broken down into smaller groups. 1. Example: if there are 7 athletes in the 8-11 age division, it may be appropriate to break awards into groups of 4 awarding all places

on each event and all-around. If it is decided not to break down a group, all athletes should receive an award on each event and all around, regardless of the number in the age group.

2. Awards do not have to be medals for all places on events, but an appropriate award (ribbon, etc.) should be given for all places. 3. Every athlete should receive an all-around medal regardless of placement.

4. If there is only one athlete in a division, they will receive an award for all 4 events and the all-around.