



AAU GIRLS GYMNASTICS NATIONAL PROGRAM ALLOWANCES AND

PENALTIES Complete Rules and Policies found at www.aausports.org

Please direct questions about modifications, petitions, and district rule allowances to the district sports director.

MOBILITY AND ELIGIBILITY: Coaches must ensure gymnasts are proficient before advancing. Athletes must be at least 4 years old. See the AAU handbook for details. Participants and coaches need current AAU memberships for all AAU licensed events; visit www.aausports.org for membership information.

QUALIFICATION TO REGIONAL AND NATIONAL EVENTS: Athletes are required to participate in an AAU district/state championship to be eligible for Regional and/or National competition. **Gymnast must compete at the same level they competed in the district/state championship.**

COACHES ATTIRE: Coaches must dress for professionalism and safety. Closed-toe shoes or approved sport sandals are required; bare feet are not allowed. Warm-up pants, appropriate shorts, and gym/district shirts or polos are acceptable. Coaches should always present a professional image.

ATHLETES ATTIRE:

FEMALE athletes may wear long sleeve leotards, tank style leotards and unitards. Gymnasts may wear shorts, capris or leggings in solid black, the color of the leo or the skin color of the athlete over or under the leotard. Headgear is acceptable if safely secured. There is no penalty for visible sports bra/undergarments.

MALE athletes may wear a t-shirt and shorts, long pants, or competition step in with shorts/pants.

INQUIRIES AND VIDEO REVIEW -AAU REGIONAL AND NATIONAL EVENTS: Coaches may submit inquiries within 5 minutes after a rotation for Start Value, Neutral Deductions, Score Range, and Falls/Unusual Occurrences. Video review follows industry standards if requested after inquiry.

MINIMUM SCORE: The gymnast will be rewarded for any part of a routine completed, with a minimum score of 4.0

WARM-UP TIME: Coaches are encouraged to follow the industry standard for warm-up time during meets, based on the gymnast's level. If additional time is necessary, speak with the chief judge or meet referee.

OF GYMNASTS PER SESSION: Meet directors should use common sense concerning the number of gymnasts and time allotted per session. It is highly recommended to follow industry standards concerning the number of gymnasts assigned to a session.



NO PENALTY (applies to all levels unless otherwise noted)

GENERAL

- Coach standing next to the apparatus for the entire routine or on the floor area. (not blocking view of judges)
- Overtime. (Beam and Floor routines are not timed)
- No fall time.
- No attire, medical bracelets, or jewelry deductions. (unless it imposes a safety hazard to the gymnast)
- **Equipment and matting may be adjusted for the safety of the gymnast- all apparatus must follow equipment manufacturers specifications.** No deduction for slight height variances due to stacking of matting available at the competition.
- Failure to present before or after exercise. (Level 1-3 and XC XB, XS)
- Starts before signal or vaults without signal. Ask the gymnast to stop and repeat the event. (Level 1-3 and XC, XB, XS)
- Verbal cues by coaches or teammates. (Level 1-3 and XC, XB, XS)
- Incomplete/extremely short routine for unusual circumstances. (may repeat if no injury has occurred)

VAULT

- Use of an alternative springboard is allowed on all vaults **EXCEPT** round off entry vaults.
- The number of springs and configurations used is left to the coaches discretion to facilitate the safety of the gymnast.
- Displaying vault numbers is not required.

UNEVEN BARS

- Bar mount: Gymnast may perform glide return from a panel mat, a springboard, or a mounting block. Mat/board/block may remain in place while the gymnast returns but must be removed after the gymnast mounts.

BARS AND BEAM

- Additional falls when trying to remount after a fall without a skill being performed. (Level 1-3 and XC, XB, XS)

FLOOR EXERCISE

- No more than one out of bounds error can be taken on the same skill, pass/series/connection. (Level 1-3 and XC, XB, XS)



LEVELS 1, 2,3, 4, 5

- Gymnasts may take two vaults.
- Level 5 Vault- Spotting deductions are the same as Level 4 (No voided vault for spotting)
- Omission of Element: Deduct only the value of the element (not double the value) • The maximum execution deductions for any element attempted is not to exceed the value of the element minus .10.
- In the event a gymnast falls or is spotted and incompletes a skill, she will not lose the full value of the element. This allows the gymnast to receive credit for any part of the element she completed before the fall/spot. The amount completed is up to the judges evaluation of the requirement.

LEVELS 6-8

- Gymnasts may take two vaults.
- Level 8 vault- Spotting post flight 1.00 (will not void the vault)
- Spotting on landing- .50
- If the coach facilitates the entire vault the vault will result in a void vault.

COPPER, BRONZE, SILVER, GOLD, PLATINUM, DIAMOND, SAPPHIRE • Gymnasts may take two vaults.

- Copper follows bronze skill chart, general rules, and execution deductions (check Copper rules chart for additional information)
- Copper Bronze and Silver will use ONLY up to .20 rhythm and up to .20 dynamics as Artistic Performance deductions on beam and floor.
- Gold, Platinum, Diamond, and Sapphire will use ALL the Artistic Performance deductions on beam and floor.
- Coaches should choreograph routines to fit with the industry standard timing requirements per level and event.

OPEN OPTIONAL

- A separate rules packet is available at www.aausports.org.

BOYS 4X4

- A separate rules packet is available at www.aausports.org.

SPECIAL STARS

- A separate rules packet is available at www.aausports.org.



SILVER BARS

SPECIAL REQUIREMENT: Cast minimum of 45 degrees (no mount or dismount) •

Cast below 45 degrees: .05-.20 (Only one cast needed to fulfill Special Requirement) •

ALL casts, including casts preceding skills leading to a dismount will receive A value part

credit, unless hips do not leave the bar (no VP), with the following exceptions:

Cast squat, stoop, or straddle on low bar TO JUMP TO THE HIGH BAR; CAST SHOOT THROUGH AND CAST OFF TO STAND DISMOUNT WILL RECEIVE one a Value Part credit.

- Execution deductions apply to all skills. Total deductions cannot exceed the value of the Special Requirement
- **Special Requirement WILL be given, if the hips leave the bar, with the following execution deductions:**
 - 46 degrees or more below horizontal up to .20

GOLD BARS

SPECIAL REQUIREMENT: Two (2) 360-degree circling skills (no mount/dismount)

- Clarification: Back hip circles can receive VP/SR credit two times. Any stops, pauses, readjustments, etc. will be deducted for rhythm errors only and does not negate either circle regarding VP/SR.

CAST BACK HIP CIRCLE, CAST BACK HIP CIRCLE- OK (regardless of each cast angle OR entry/exit elements)

SPECIAL REQUIREMENT: Skill finishing in clear support at a minimum of horizontal (no mount/dismount)

- **Special requirement WILL be awarded if the hips leave the bar, with the following execution deductions:**
 - 1-45 degrees below horizontal 0.05- 0.15
 - 46 degrees or more below horizontal 0.20-0.30
- All casts, including casts preceding skills leading to a dismount will receive A value part unless hips don't leave the bar (no VP), with the following exceptions:
Cast squat, stoop, or straddle on low bar TO JUMP TO HIGH BAR; cast shoot through and cast off to stand dismount will receive ONE A value part.

General execution deductions apply to all skills. Total deductions cannot exceed the value of the Special Requirement.

SPECIAL REQUIREMENT Dismount (routine on High Bar ONLY)

- The coach may lift the gymnast to a still hang on the high bar to begin the routine with no penalty.
- **0.50** will be deducted if the coach assists the gymnast to a front support on the high bar or initiates a large swing when lifting the gymnast to the bar.