AAU ARTISTIC GYMNASTICS SPECIAL STARS COMPETITIVE PROGRAM FOR ATHLETES WITH SPECIAL NEEDS RULES, AGE DIVISIONS, AND AWARDS CRITERIA

LEVELS TWINKLE STARS, SHINING STARS, SUPER STARS & MEGA STARS

AAU SPECIAL STARS – General Information

Category Notes Details

AAU Membership
- All Athletes and Coaches must have a valid individual membership.

Program
- This program has been developed to support AAU athletes with special needs
- The program is modeled after general AAU Level 7 or 8 guidelines

Levels
- AAU Special Stars consists of three (4) levels

Events
- This program will support all four (4) events: Vaulting, Uneven Bars, Balance Beam and Floor Exercise
- A Unified competition may be included
- Visit www.aausports.org for membership information and register online as a youth athlete, adult athlete or non-athlete (coach)

Special Requirements
- Each event contains designated special requirements
- Each requirement has a specified value
- Both Difficulty and Execution will be evaluated
  - Special Requirements satisfy the Difficulty component
  - Special Requirement values differ
  - Execution details are included herein

Scoring
- Special Requirements deviate, having unique values per requirement
- Maximum Start Value = 10.00
  - Special Requirements Maximum = 5.00
  - Execution Maximum = 5.00
- Courtesy Score = 2.00
- Start Values will be displayed
- Difficulty and Execution details are included herein

- Program adjustments support established capabilities for athletes in each division

- **Twinkle Stars** for beginner gymnasts
- **Shining Stars** for intermediate gymnasts
- **Super Stars** for intermediate/advanced
- **Mega Stars** for advanced
- Event specific guidelines are included herein
- Unified Competition
  - Pairs two athletes performing the same routine. One athlete has a disability and one athletes does not have a disability.
  - Each athlete performs the routine separately and the scores are added together
  - Teams are ranked by total score

AAU SPECIAL STARS – General Information

Category Notes Details

Equipment & Coaching

- Additional equipment is approved for use with this program
- Coach must be in spotting position (vault, uneven bars, high beam)
- Spotting deductions apply if coach assists
- Approved equipment
- Springboard or Junior Board (trampette or mini tramp allowed only at Super and Mega Stars, with lower start value)
- Adjustable Uneven Bars &
- Balance Beam
- Floor Balance Beam on short legs
- Folded Panel Mat used as a Balance Beam
- Large/Extra Large spotting block
- Event specific details are included herein

Matting

- Existing AAU Matting guidelines apply for safety of the athlete first and foremost
- Event specified details are included herein

Medical Equipment

- Certain medical equipment may be utilized for Twinkle Stars only
- Shoes are approved for Twinkle and Shining Stars

Twinkle Stars approve Medical Equipment

- Walkers, Wheelchairs
- Shoes on Vaulting and Balance Beam

Uniform

- Adhere to approved AAU uniform guidelines
- In addition, Flesh colored leggings/tights without feet may be worn under the leotard

Routine Times

- Adhere to approved AAU timing guidelines - For falls and warm ups
- **Routines will not be timed**

Judge's Guidelines: All routines start at 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions - 0.50 for each spot and max 2.00 deduction per routine for 4 spots or more. Use discretion regarding special circumstances.

VAULTING

Twinkle Stars Shining Stars

Value Special Requirements Value Special Requirements 1.0 Salute 0.5 Salute

1.0 Run 1.0 Run onto Springboard

1.0 Run or Walk onto Springboard 1.0 Two (2) foot jump off Springboard (any body position) 1.0 Landing (jump off SP any body position 2.0 Step Handstand (switch legs, feet together) or step to Handstand Flat Back

1.0 Salute 0.5 Salute

Note: may use walkers for support

Wheelchair Vault

1.25 Salute

1.25 Move to a designated point

1.25 “Stick” Landing

1.25 Salute

Matting

Minimum matting height is 4”
Maximum height is 8”

Minimum matting height is 16”
Maximum height is 24”

General Information

1. **Two allowable vaults, both on same set up**
2. **Springboard or Jr. board allowed – mini trap and trampette not allowed**
3. **May perform same or different vaults**

EXECUTION DEDUCTIONS VAULTING

0.1 0.2 0.3 0.5 >0.5

Foot Form Serpentine Run Direction Maintain Run Speed Spot (Max vault)
4.0 if spotted on entire
2.00 – Forward Roll

Walking on Hands
Legs Separated Additional Jumps on Springboard
Fall
(Max 4.0, regardless of number of falls)
VOID Unallowable Vault

Handstand –

Posture Arched Extra Kicks to Handstand 2.00 – Incorrect use of walker, wheelchair

Steps on Landing (Max deduction .4)
Arms bent Legs Bent Posture Piked 1.00 – Coach not in spotting position

Handstand Shoulder Angle

Overall Lack of Body Control

Improper Attire

Verbal Coaching – specific requirements instructions

UNEVEN BARS

Twinkle Stars Shining Stars Value Special Requirements Value Special Requirements 1.0 Salute 0.5

Salute at beginning of routine 1.0 Mount 0.5 Salute at end of routine 1.0 Additional Element **Low Bar or High Bar** 1.0 Dismount

0.5 • Mount 1.0 Salute 1.0 • Element From List Below 1.0 • Additional Element

1.0 • Additional Element

0.5 • Dismount

Matting/Apparatus Expectations/Equipment

1. May sit on large/extra-large spotting block as needed
2. May be performed on low or high bar
3. May climb on large/extra-large spotting block to mount or re-mount high bar, with coach assistance without a deduction
4. Springboard or Junior board allowed - mini tramp and trampette not allowed
5. Coach must be in spotting position. Spotting deductions apply if coach assists.

1. May be performed on 1 or 2 bars
2. All elements may be performed on one bar
3. Gymnasts may dismount one bar and re-mount the other bar without a deduction for a fall. No spotting deduction for assistance to high bar mount. 4. Springboard or Junior board allowed - mini tramp and trampette not allowed
5. Maximum landing mats – 2 8” mats
6. Coach must be in spotting position. Spotting deductions apply if coach assists.

Judge's Guidelines: All routines start at 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions - 0.50 for each spot and max 2.00 deduction per routine for 4 spots or more. Use discretion regarding special circumstances.

UNEVEN BARS ALLOWABLE ELEMENTS

Twinkle Stars Shining Stars

Mounts:

- Reach Up and Grab LB/HB Bar in Over grip
- Straight Arm Long Hang
- Jump to Long Hang
- Jump to Front Support

Additional Elements

- Tuck/Straddle/Pike position in Long Hang or from Sitting on block (2 seconds)
- Attempt a Chin Up

Mounts:

- Grip Change for Seated Athletes

Dismounts:

- Tap Swing, Counter Swing
- Under Swing to Stand
- Straight Drop to Stand
- Release Bar, for seated athletes
- Reach Up and Grab LB/HB Bar in Over grip • Straight Arm Long Hang
- Pullover
- Jump to Front Support
- Jump to Long Hang

Elements

- Tuck/Straddle/Pike position in Long Hang (2 seconds) • Attempt a Chin Up
- Casts:
- Cast, hips leave bar, no angle
- Front Hip Circle, tucked or straight legs
- Back Hip Circle, tucked or straight legs
- Leg Cut
- Stride Circle
- Tap Swing, Counter swing

Dismounts:

- Tuck Forward Roll to Stand
- Underswing to Stand
- Straight Drop to Stand
- Cast off to Stand
- Tap Swing ½ turn, swing to Stand
- Tap Swing, Counter swing ½ turn to Stand

GENERAL INFORMATION

1. Choice of elements may be selected from the list of allowable elements, AAU Women's Program Levels 1 & 2 or Bronze & Silver approved elements
2. To receive credit for a Cast, hips must leave the bar
3. No angle requirement for Casts, Tap Swing / Counter swings or any allowable element
4. No extra swing deductions apply
1. Choice of elements may be selected from the list of allowable elements,

AAU Women's Program Levels including "A" Value Elements 2. No "B" Value element or salto dismounts are allowed
3. To receive credit for a Cast, hips must leave the bar
4. No angle requirement for Casts, Tap Swing / Counter swings or any allowable element
5. No extra swing deductions apply

UNEVEN BARS EXECUTION DEDUCTIONS

0.1 0.2 0.3 0.5 >0.5

Foot Landing Legs Separated Hit foot on mat Spot (Max 4.0 if spotted on entire routine) 1.0 Coach not in spotting position (each time)

Arms Bent Arched Cast Fall (Max 4.0 regardless of number of falls)
2.00 – Incorrect use of walker, wheelchair

Steps on Landing (Max 4)

Arm Swings on Landing Overall Lack of Body Control

Verbal Coaching – specific requirement instructions

Legs Bent Piked Cast

Failure to remove springboard (other mats excluded)

Lack of Continuity Failure to land dismount feet first

BALANCE BEAM

Twinkle Stars Shining Stars **Value Special Requirements** **Value Special Requirements** 1.0 Salute 0.5 Salute

1.0 Mount 0.5 Mount

Locomotor Steps (minimum 3 in any direction)

1.0 designated point

Wheelchair Athlete: Move from one designated point to another 1.0 Locomotor Steps (minimum 3 any direction)

1.0 Dismount 1.0 Locomotor Steps (minimum of 3, in another direction) 1.0 Salute 1.0 Balance Element 0.5 Dismount

0.5 Salute

0.5 Bonus (performing on high beam)

1. May be performed on a standard floor beam, a wide floor beam, or a folded panel mat.
2. Walkers are permitted.
3. For athletes in wheelchairs, markers should be placed for 2 designated points. A line on the floor is appropriate.

1. May be performed on standard floor (low) or high beam 2. Springboard, Junior board, panel mat or spotting block may be used to mount high beam – mini tramp and trampette not allowed 3. Matting under the beam allowed as needed for safety 4. Coach must be in spotting position (high beam)

Matting/Apparatus Expectations/Equipment

1. May be performed on a standard floor beam, a wide floor beam, or a folded panel mat.
2. Walkers are permitted
3. For athletes in wheelchairs, markers should be placed for 2 designated points. A line on the floor is appropriate.

1. May be performed on standard floor (low) or high beam
2. Springboard, Junior board, panel mat or spotting block may be used to mount high beam – mini tramp and trampette not allowed
3. Matting under the beam allowed as needed for safety
4. Coach must be in spotting position (high beam)

Judge's Guidelines: All routines start at 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions - 0.50 for each spot and max 2.00 deduction per routine for 4 spots or more. Use discretion regarding special circumstances.

Stars

Mounts:
• Step onto Beam Locomotor Elements:

BALANCE BEAM ALLOWABLE

Mounts:
• Step onto Beam
• Any Mount with Hand Support

ELEMENTS **Twinkle Stars Shining**

• Walking Steps Fwd/ Sidewd/ Bkwd
• Walk in Releve
• Arabesque Steps
• Coupe Steps Fwd/Bkwd
• Passe/Marching Steps Fwd/Bkwd

Additional Elements

• Balance on 1 foot (1 second hold, any free leg position) • Releve (1 second hold)
• Arm Waves
• Pose

Dismounts:
• Any Jump from Feet
• Wheelchair Athlete: Salute

Steps/Kicks/Jumps:
• Walking Steps Fwd/ Sidewd/ Bkwd
• Walk in Releve
• Arabesque Steps
• Coupe Steps Fwd/Bkwd
• Leg Swings Fwd / Bdwd (90°)
• Passe/Marching Steps Fwd/Bkwd
• Stretched Jump
• Cross Split Jump (any angle)
• Cross Straddle Jump (any angle)

Turns:
• ¼ or ½ Pivot Turn
• ½ Pivot Turn in Releve
• ¼ or ½ Turn on 1 Foot in Coupe/ Passe
• ½ Heel Snap Turn
• Forward or Backward Swing Turn

Balance:
• Balance on 1 foot (1 sec, any free leg position)
• Scale/Arabesque, min. 45°
• Coupe/Passe Balance
• Releve Balance on 1 or 2 feet
• Lever Balance

Acro Elements:
• Partial Handstand (no requirement to join legs, lead leg a min. of 45° from vertical) • Lever to touch beam

Dismounts:
• Any Jump From Feet
• Cartwheel (or any entrance) to partial handstand, 45° from vertical, no hold required

General Information

1. Choice of elements may be selected from the list of allowable

1. Choice of elements may be selected from the list of allowable elements, AAU elements, AAU Women's Program Levels 1 & 2 or Bronze & Silver approved elements
2. Excludes elements requiring hand support (example Level 1 & 2 mount/dismounts)
Women's Program Levels including "A" Value elements 2. No "B" Value elements or salto/aerial dismounts are allowed



EXECUTION DEDUCTIONS BALANCE BEAM



0.1 0.2 0.3 0.5 >0.5

Foot Landing Legs Separated Legs Bent Spot (Max 4.0 if spotted on entire routine) regardless of number of falls)

1.0 Coach not in spotting position on high beam (each time)

2.00 – Incorrect use of walker, wheelchair

Balance Error (small) Arms Bent Balance Error (large) Fall (Max 4.0

Control

Steps on Landing (max 4) Overall Lack of Body Lack of Continuity Failure to land feet first

Arms Swings on Landing Balance Error (medium) Grab Beam to Avoid Fall Posture

(not stretched)

Verbal Coaching – specific requirement instructions

Failure to remove springboard (other mats excluded)



FLOOR EXERCISE



Twinkle Stars Shining Stars Value Special Requirements Value Special Requirements 1.0

Salute 0.5 Salute

element listed above)

Locomotor Steps (Minimum 3 in any direction)

1.0 Acro Element without flight 1.0 Additional Acro Element

1.0

Wheelchair Athlete Move the chair in any direction or arm movements

without flight

1.0 Balance Element

Roll

Wheelchair Athlete: Move the chair in any direction, or arm 1.0

1.0 Jump, Hop, Skip, Marching Steps 0.5 Salute

movements (must be different direction or arm movement from

1.0 Ending Pose

1.0 Salute

Matting

A walker may be used for support .

Judge's Guidelines: All routines start at 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions - 0.50 for each spot and max 2.00 deduction per routine for 4 spots or more. Use discretion regarding special circumstances.

Leaps/Jumps/Hops:
- Stretched Jump
- Stretched Jump ½

FLOOR EXERCISE

ALLOWABLE SKILLS **Twinkle Stars Shining Stars**

Leaps/Jumps/Hops:
- Stretched Jump
- Stretched Jump ½ or ¾
  - Step Hop in Passe, Fwd/Bkwd
  - Stride Leap (no angle required)
  - Leg Swing Hop (no angle required)

45° Turns:
  - ¼ or ½ Pivot Turn
  - ½ Pivot Turn in Releve

Acro Elements:
  - Log Rolls
  - Forward / Backward Roll
  - Back Rock
  - Candlestick
  - Partial Handstand, no angle required, legs together, stag or split • ¾ Handstand
  - Bridge

Balance:
  - Balance on 1 foot (1 sec, any leg position)
  - Scale/Arabesque, (no angle required)
  - Coupe/Passe Balance Steps/Kicks/Jumps:
  - Walking Steps Fwd/ Sidewd/ Bkwd
  - Steps in Releve
  - Arabesque Steps
  - Coupe Steps Fwd/Bkwd
  - Passe/Marching Steps Fwd/Bkwd
- Leg Swings Fwd / Bkwd Additional Elements: Wheelchair Athletes • Arm Waves • Pose
  - Moving chair in any direction
  - Step Hop in Passe, Fwd/Bkwd
  - Stride Leap, min. 90°
  - Split Jump, min. 90°
  - Side Leap, min. 60°
  - Straddle Jump, min. 60°
  - Leg Swing Hop, free leg above

45° Turns:
  - ¼ or ½ Pivot Turn
  - ½ Pivot Turn in Releve
- ¼, ½ or ¾ Turn on 1 Foot in Coupe/ Passe
  - Forward or Backward Swing Turn

Acro Elements:
  - Log Rolls
  - Forward / Backward Roll
  - Back Rock
  - Candlestick
  - Partial Handstand, min. 45°, legs together, stag or split • ¾ Handstand
  - Handstand to Vertical
  - Cartwheel (vertical not required)
  - Headstand in any position
  - Bridge, Kickover
  - Round-Off

Balance:
- Balance on 1 foot (1 sec, any leg position)
  - Scale/Arabesque, min. 45°
  - Coupe/Passe

Balance Steps/Kicks/Jumps:
  - Walking Steps Fwd/ Sidewd/ Bkwd
  - Steps in Releve
  - Arabesque Steps

- Coupe Steps Fwd/Bkwd
- Passe/Marching Steps Fwd/Bkwd
- Leg Swings Fwd / Bdwd (45°)

General Information FX See Next Page General Information FX See Next Page

Twinkle Stars Shining Stars General Information

1. Choice of elements may be selected from the list of allowable elements, AAU Women's Program Levels 1 & 2 or Bronze & Silver approved elements 2. Elements do not require a hold

1. Choice of elements may be selected from the list of allowable elements, AAU Women's Program Levels including "A" Value elements
2. No "B" Value elements are allowed
3. Elements do not require a hold unless specifically noted in the Allowable Elements list.



FLOOR EXERCISE EXECUTION SKILLS



0.1 0.2 0.3 0.5 >0.5

Foot Form Legs Separated Legs Bent Sot (Max 4.0) 2.00 – Incorrect use of walker, wheelchair

Balance Error (Small) Arms Bent Balance Error (large) Fall (Max 4.0 regardless of number of falls)

Failure to finish with music Over Lack of Body Control Lack of Continuity Failure to land feet first on acro elements

Out of Bounds (each) Balance Error (medium) Posture (not stretched)

Verbal Coaching – specific requirement instructions

Incomplete Acro element Insufficient Height of Leaps and Jumps

Uneven Split on Leaps

VAULTING

Super Stars Mega Stars

Value Allowable Vaults Value Allowable Vaults 8.0 Run Hurdle on to springboard. Tuck, Straddle or Straight Jump on to mat. 2-3 Steps. Handstand to flat back. 9.0 Handspring over stacked mats 9.5 Handstand to flat back onto stacked mats 9.0 Handspring over stacked mats with ½ turn on 9.5 Handstand onto table. Flat back onto stacked mats 9.5 Handspring over stacked mats with ½ turn on & off • Handspring over table 10.0 Handspring over stacked mats 10.0 10.0 Handspring over stacked mats with ½ turn on (preflight) • Handspring with ½ turn on & off over table • Any vault over table in Xcel, DP or FIG Code

Matting/Apparatus Expectations/Equipment/Additional Information Super and Mega Stars

1. Two vaults allowed - Both vaults (same or different) need to be performed onto the same vault set-up. May perform same vault twice or two different vaults.
2. Springboard or "Jr." vault board allowed
3. If mini tramp or trampette is used, SV is 1.0 lower.
4. Vaults over a mat: Minimum matting height is 24”
5. Performance of unallowable vault results in event score of "0" (VOID)
6. Spotting deductions apply to all phases of Super Star Vaults, max spotting deductions 2.00
7. Vaults on or over a mat minimum matting height 24”
    1. Two vaults allowed - Both vaults (same or different) need to be performed onto the same vault set-up. Gymnast may perform same vault twice or two different vaults.
    2. Springboard or "Jr." vault board allowed
    3. If mini tramp or trampette is used, SV is 1.0 lower.

4. Vaults over a mat: minimum matting height is 24”
5. Performance of unallowable vault results in event score of "0" (VOID)
6. Spotting deductions apply to all phases of Super Star Vaults, max spotting deductions 2.00
7. Vaults on or over a mat minimum matting height 24”

General Information Super and Mega Stars

1. Shoes may be worn if medically required.
2. Flesh colored leggings/tights without feet may be worn under the leotard.

4. Shoes may be worn if medically required
5. Flesh colored leggings/tights without feet may be worn under the leotard



EXECUTION DEDUCTIONS VAULTING



0.1 0.2 0.3 0.5 >0.5 Spot

Foot Form Serpentine Run Direction Maintain

Run Speed

Additional Jumps on

(Max deduction .4) Arms bent Legs Bent Posture Piked

Overall Lack of Body

Control

Walking on Hands Legs Separated

Handstand –

Springboard

Steps on Landing
(Max 4.0 if spotted on entire vault)

1.00 – Coach not in spotting position

Posture Arched Extra Kicks to Handstand

Fall
(Max 4.0, regardless of number of falls)
2.00 – Forward Roll VOID Unallowable Vault

Handstand Shoulder Angle

Improper Attire

Verbal Coaching – specific requirements instructions

UNEVEN BARS

Super Stars Mega Stars Value Special Requirements Value Special Requirements 1.0 Mount 1.0 Mount

1.0 Cast or Swing 1.0 Cast or Swing 1.0 Circling Element (on either bar) 1.0 Circling Element 1.0 Additional Element 1.0 Additional Element

1.0 Dismount 1.0 Dismount **Matting/Apparatus Expectations/Equipment/Additional Information**

Routine can be performed on the low or high bar but will have a start value of **9.5**. Gymnast required to perform element on low and high bar to attain a start value of 10.0.

- Gymnast may dismount one bar and re-mount the other bar without a deduction for a fall. No spotting deduction for assistance to high bar mount therefore giving the start value of the routine 10.0.
- Springboard or Junior board allowed- mini tramp and trampette not allowed
- Coach must be in spotting position. Spotting deductions apply if coach assists.
- Short exercise deduction applies to routines with fewer than 5 skills • Choice of skill may be selected from any recognized skill in any accredited program.
- No angle requirement for Casts, Tap Swing/ Counter swings or any other allowable skill
- No extra swing deductions will apply

• Execution / Amplitude deductions apply to all elements

Routine Must be performed on low and high bar

- •Required to move between bars to attain a start value of 10.0
- •Springboard or Junior board allowed – mini tramp and trampette not allowed
- • Coach must be in spotting position. Spotting deductions apply if coach assists.

Clarifications:

- • If a gymnast dismounts from one bar and mounts the other bar, instead of moving between the bars, there will be a 0.5 deduction therefore giving the start value of the routine a 9.5.
- • Choice of skill may be selected from any recognized skill in any accredited program.
- • No extra swing deduction will apply.
- • Execution/amplitude deductions apply to all elements.

Matting

1. One 4” competition landing mat is required. A second 4” mat may be placed on top of the required mat 2. Maximum height is 8”

3. Up to 9" of any combination of supplemental matting is allowed in addition to the maximum allowable competition landing surface of 8”. 4. This includes skill cushion(s), a throw mat and/or sting mat(s).



UNEVEN BARS ALLOWABLE ELEMENTS



Super Stars Mega Stars

Any Element approved for the AAU Level 1 – 8 AAU Gymnastics Women’s program may be performed. This includes all Xcel levels.

In addition, the following elements are allowed:

Mounts:

- • Jump to Front Support
- • Cast, hips leave bar, no angle Dismounts • Tuck Forward Roll to Stand • Cast off to Stand

Any Element approved for the AAU Level 1-8 AAU Gymnastics Women’s programs may be performed. This includes all Xcel levels.

In addition, the following skills are allowed:

Mounts:

- • Jump to Front Support Cast:
- • Cast, minimum 45°

Dismounts:

- • Tuck Forward Roll to Stand

GENERAL INFORMATION

1. Flesh colored leggings/tights without feet may be worn under the leotard 2. The routine may be executed according to the athlete's capabilities. 3. The routine may be performed on the low and/or high bar noting appropriate deductions for routines executed on one bar only. 4. The routine must have elements performed on both low and high bar to achieve start value of 10.0.

1. Flesh colored leggings/tights without feet may be worn under the leotard 2. The routine may be executed according to the athlete's capabilities. 3. The routine must have elements performed on the low & high bar, moving from one bar to the other to achieve start value of 10.0,

Judge's Guidelines: All routines start at 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions - 0.50 for each spot and max 2.00 deduction per routine for 4 spots or more. Use discretion regarding special circumstances.

UNEVEN BARS EXECUTION DEDUCTIONS

0.1 0.2 0.3 0.5 >0.5

Foot Landing Legs Separated Hit foot on mat Spot (Max 4.0 if spotted on entire routine)

Steps on Landing

(Max 4) Arms Bent Arched Cast Fall (Max 4.0 regardless of number of falls)

Arm Swings on Landing Overall Lack of Body

Control Legs Bent Piked Cast

Lack of Continuity Failure to land dismount feet

Verbal Coaching – specific requirement instructions

Failure to remove springboard (other mats excluded)
1.0 Coach not in spotting position (each time)

first

BALANCE BEAM

Super Stars Mega Stars Value Special Requirements Value Special Requirements 0.5 Mount 0.5 Mount

1.0 Minimum 90°turn on 1 foot 1.0 Min 180°turn on one foot 1.0 Jump, Leap or Hop 1.0 Jump, Leap or Hop 1.0 Balance Element 1.0

Balance Element with 1 leg extended 1.0 Acro Element 1.0 Acro Element 0.5 Dismount 0.5 Dismount **Matting/Apparatus**

Expectations/Equipment/Additional Information

1. Must be performed on high beam
2. Springboard, Junior board, panel mat or spotting block may be used to mount high beam – mini tramp and trampette not allowed 3. Coach must be in spotting position (high beam)
4. Choice of skill may be selected from any accredited program. 5. Execution/amplitude deductions apply to all elements. 6. Short exercise deduction applies to routines with fewer than 5 skills 7. A min. 45° angle is required for all Jumps/Leaps with a degree of split component
8. Suggested max. time 1:15. No deduction for overtime.
1. Must be performed on high beam
2. Springboard, Junior board, panel mat or spotting block may be used to mount high beam – mini tramp and trampette not allowed
3. Coach must be in spotting position (high beam)
4. Choice of skill may be selected from any accredited program.
5. Execution/amplitude deductions apply to all elements.
6. Short exercise deduction applies to routines with fewer than 5 skills 7. A min. 90° angle is required for all Jumps/Leaps with a degree of split component
8. Suggested max. time 1:15. No deduction for overtime.

Matting under the beam allowed as needed for safety

- Board, mount trainer, panel mat, spotting block may be used to mount the high beam.
- One 4” competition landing mat is required. A second 4” mat may be placed on top of the required mat.
- Maximum height is 8”
- Up to 9" of any combination of supplemental matting is allowed in addition to the maximum allowable competition landing surface of 8”. This includes skill cushion(s), a throw mat and/or sting mat(s)

BALANCE BEAM ALLOWABLE ELEMENTS

Super Stars Mega Stars

Any Element approved for the AAU Level 1 – 8 Gymnastics Women’s Program may be performed. Choice of skill may be selected from any accredited program

In addition, the following elements are allowed:

Steps/Kicks/Jumps
- Arabesque

Steps Turns:
- ½ Pivot Turn
- ½ Pivot Turn in Releve
- ½ Turn on 1 Foot in Coupe/ Passe
- ½ Heel Snap Turn
- Forward or Backward Swing Turn

Balance:
- Scale/Arabesque, min. 45°
- Lever Balance

Acro Skills:
- Partial Handstand (no requirement to join legs, lead leg a min. of

45° from vertical)
Lever to touch beam
Any Element approved for the AAU Level 1 -8 Gymnastics Women's programs may be performed. Choice of skill may be selected from any accredited program.

In addition, the following elements are allowed:
Steps/Kicks/Jumps
- Arabesque

Steps Turns:
- ½ Pivot Turn
- ½ Pivot Turn in Releve
- ½ Turn on 1 Foot in Coupe/ Passe
- ½ Heel Snap Turn
- Forward or Backward Swing Turn

Balance:
- Scale/Arabesque, min. 45°
- Lever Balance

Acro Skills:
- Partial Handstand (no requirement to join legs, lead leg a min. of 45° from vertical)

Lever to touch beam

General Information

1. Choice of elements may be selected from any recognized element in any accredited program
2. The routine may be executed according to the athlete's capabilities. 3. Must be performed on a high beam at any setting.
4. Flesh colored leggings/tights without feet may be worn under the leotard

1. Choice of elements may be selected from any recognized element in any accredited program
2. The routine may be executed according to the athlete's capabilities. 3. Must be performed on a high beam at any setting. 4. Flesh colored leggings/tights without feet may be worn under the leotard

Judge's Guidelines: All routines start at 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions - 0.50 for each spot and max 2.00 deduction per routine for 4 spots or more. Use discretion regarding special circumstances

EXECUTION DEDUCTIONS BALANCE BEAM

0.1 0.2 0.3 0.5 >0.5

Foot Landing Legs Separated Legs Bent Spot (Max 4.0 if spotted on entire routine)

Balance Error (small) Arms Bent Balance Error (large) Fall (Max 4.0 regardless of number of falls)

Steps on Landing (max 4) Overall Lack of Body Control Lack of Continuity Failure to land feet first

Arms Swings on Landing Balance Error (medium) Grab Beam to Avoid Fall

Posture (not stretched)

Verbal Coaching – specific requirement instructions

Failure to remove springboard (other mats excluded)

1.0 Coach not in spotting position on high beam (each time)



FLOOR EXERCISE



Super Stars Mega Stars

Value Special Requirements Value Special Requirements 1.0 Acro Element with or without flight 1.0 Acro series (2 elements

with or without flight) 1.0 Additional Acro Element 1.0 Additional Acro Element 1.0 Hop Jump or Leap with minimum of 90° split 1.0 360° minimum turn on one foot 1.0 180° minimum turn on 1 foot 1.0 Dance Series (min 2 Hops, Jumps, or leaps with 120° Split) 1.0 Balance Element on 1 foot (1 second hold) 1.0 Balance Element on 1 foot (2 second hold)

Start Value 10.0 Start Value 10.0

Matting/Apparatus Specifications/ Additional Information

For additional matting placed on the Floor-X carpet, follow AAU guidelines. • Suggested max time 1:15. No deduction for overtime • All rolls are considered Acro skills.

• Choice of skill may be selected from any recognized skill in any accredited program.

• Execution/amplitude deductions apply to all elements

For additional matting placed on the Floor-X carpet, follow AAU guidelines. • Suggested max time 1:30. No deduction for overtime • Choice of skill may be selected from any recognized skill in any accredited program.

• Execution/amplitude deductions apply to all elements

FLOOR EXERCISE ALLOWABLE SKILLS

Super Stars Mega Stars

Any Element approved for the AAU Level 1 – 8 AAU Women's Gymnastics program may be performed. This includes all xcel levels.

In addition, the following skills are allowed:

Leaps/Jumps/Hops:

Stretched Jump
Step Hop in Passe, Fwd/Bkwd
Leg Swing Hop, free leg above horizontal
Acro Skills:
¾ Handstand
Headstand in any position

- The following skills are not allowed:
- Saltos
- Aerials

Short exercise deduction applies to routines with fewer than 5 skills

Any Element approved for the AAU Level 1 – 8 AAU Women's Gymnastics program may be performed. This includes all xcel level.

Short exercise deduction applies to routines with fewer than 5 skills

General Information Floor Exercise

The routine may be executed according to the athlete's capabilities. Flesh colored leggings/tights without feet may be worn under the leotard

The routine may be executed according to the athlete's capabilities. Flesh colored leggings/tights without feet may be worn under the leotard

Judge's Guidelines: All routines start at 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions - 0.50 for each spot and max 2.00 deduction per routine for 4 spots or more. Use discretion regarding special circumstance



FLOOR EXERCISE EXECUTION SKILLS



0.1 0.2 0.3 0.5 >0.5 Foot Form Legs Separated Legs Bent Sot (Max 4.0)

Balance Error (Small) Arms Bent Balance Error (large) Fall (Max 4.0 regardless of number of falls)

Failure to finish with music Over Lack of Body Control Lack of Continuity Failure to land feet first on acro elements

Out of Bounds (each) Balance Error (medium) Posture (not stretched)

Verbal Coaching – specific requirement instructions

Incomplete Acro element Insufficient Height of Leaps and Jumps

Uneven Split on Leaps

AGE DIVISION & AWARDS CRITERIA

Special Stars Age Divisions and Awards Protocol Individual and Team

1. Special Stars Age Divisions will be 8-11, 12-15, 16-21, 22-29, 30+ - It is an expectation that all athletes will receive an award on each event and All Around.

2. These are the minimum guidelines, therefore if an age group is large, it is recommended that the age group be broken down into smaller groups for a better experience for the athletes.
    a. Example if there are 8 athletes in 8-11 age division, then 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.
    b. Awards do not have to be medals for all places on events but an appropriate award, ribbon, etc. should be given for all places. Every athlete should receive an All-Around medal regardless of place.
    c. If there is only one athlete in the division, they will receive an award for all 4 events and all around.

AAU Special Stars Team Awards Protocol

1. There are three levels within the Special Stars Program, Twinkle Stars, Shining Stars, Super Stars and Mega Stars.

2. Top three scores in the level shall determine the team score. Even if there is only one team, this team should be invited to participate in team awards.