

*2023-2024*

*AAU GEORGIA GYMNASTICS*

*RULES AND POLICIES*





# GA AAU GYMNASTICS HANDBOOK

## RULES, POLICIES, ROUTINES

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**Gymnastics Executive Board**  
**2023-2024 GA AAU Program**

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## **MEMBERSHIPS - INSURANCE - LICENSING**

Visit [www.aausports.org](http://www.aausports.org) for all membership pricing information and online registration – questions you can contact the GA AAU Office 678-596-1374.

You will **NOT** have the insurance that is a benefit of your memberships unless you have valid and current memberships from the AAU year September 1 through August 31 of any given year. **This is the most important thing you can do to protect your club, coaches, and athletes. Your AAU memberships allow you to participate in all AAU licensed events if all qualifications to enter have been met.**

- **Coaches Registration (Non-Athlete) Online [www.aausports.org](http://www.aausports.org)**
  - Coaches are considered Non-Athlete in the AAU registration system.
  - [www.aausports.org](http://www.aausports.org) – Select JOIN – select GET A MEMBERSHIP – select Non-Athlete – you will be sent to the new AAU registration site <https://aau.rsportz.com/>. Select Non-Athlete. Select your sport and if you want extended benefit or standard coverage. Next you must **create a new account** since this is a new site. Enter your name, email and pw. You may use your pw from your previous Member Log In if you wish. Select create a new account and proceed to fill out information to receive your new membership number. You should then check out and pay and your membership will show pending.
  - All non-athlete members must register individually to supply the personal information for the background screening which is included in the cost of your membership.
  - The minimum age is 18 – if you have an assistant coach (junior coach) **that is under the age of 18, do not register them as a non-athlete (coach)**. Purchase them a youth athlete membership. Junior Coaches are required to have a registered adult (non athlete) with them at all licensed events.
  - You must have a club membership in order to have practice insurance as a benefit of your AAU membership and to enter into team competitions at all GA AAU licensed events.
- **Club Membership – Level 1, 2, or 3 [www.aausports.org](http://www.aausports.org) for more detailed information. (Note: If you are going to host events that include adults, you must select both youth and adult categories).**
  - Club membership is mandatory to receive AAU practice insurance, to participate in **Team** awards at invitationals, state district championships and to have voting rights at any AAU meetings. To host Licensed events a club must purchase a **Level 2** club membership.
  - Clubs that practice in separate facilities must have a club membership for each location to be covered under AAU insurance.
  - To register your club log back in either through JOIN or at the <https://aau.rsportz.com/>. Select Club and proceed. You can go ahead and apply for your club even if your membership is pending. Your club will be listed as pending until your individual membership has cleared the background check.

- **Athlete Registration Online** [www.aausports.org](http://www.aausports.org)
  - Log in to <https://aau.rsportz.com/>. All athletes are required to have an AAU membership each year. To secure the full annual insurance benefits register for the entire season, September 1st through August 31st. **Attach your athlete to your club number** when registering so that all your athletes will be listed under your club for easy verification.
- **Licensing (Sanction) Events** - There are no fees to license an event that is applied for 15 days prior to the start date of the event. All **events not licensed prior to the 15 days period before the start date of the event, will be assessed license fee, along with late and expedite fees**
  - To apply for your event license, log in to your club file with your username and pw. If you are hosting an event that will include Adult Athletes, make sure you select both youth and adult categories. Select all levels that are planned for your event.
  - Make sure you have prepared an informational flyer to attach. This flyer should list **ONLY** the day (s) of the event, location, levels, contact information, entry fee, number of judges per panel, refund policy and refund policy regarding any special circumstances. Do not reference any other organization or other organizational logos on your AAU flyer to be submitted to receive your license. Your entire meet package can be sent out once you have received your license number.
  - Only list intended day(s) of competition. If you need to change, add, or delete a day, the national office can assist you with this process at no charge.
  - Event Flyer must include the following information to be approved and **cannot** mention any other organizational licensing.
    - **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 events. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their membership.**
  - It is the responsibility of clubs and event directors to ensure that all participating in their programs and events have current valid AAU memberships. Verification is of the utmost importance in protecting your club, event and athletes.

## **REPORTING AN ACCIDENT**

### **1. INCIDENT REPORT FORM**

**Incident Report** can be found online at [www.aausports.org](http://www.aausports.org) (click insurance on the menu bar) and mail within 48hrs. This is just to report the accident to the AAU. Always file the **INCIDENT REPORT** even if the incident does not result in doctor or hospital visit or any other type of

altercation. A copy of the incident report should be mailed to the appropriate address on the form and a digital copy sent as well as to Denise Gracey 124 Cedar Lane Martinez, GA 30907.

## 2. **ACCIDENT CLAIM FORM**

**Accident Claim Form** can be found online at [www.aausports.org](http://www.aausports.org) (click insurance on the menu bar). Give instructions to the guardian of any athlete injured, spectator, and coach to fill out the **ACCIDENT CLAIM FORM** (this form goes to the AAU insurance provider if the incident involved a trip to doctor, hospital or entity requiring fees). Follow the instructions on the form for filing and mailing. This form must be completed by the guardian, etc., as it contains confidential information such as contact information, other insurance carriers, etc., and filed within a maximum of 30 days to be valid. It is very important that all of you know the importance and responsibilities of proper reporting of any incident and/or accident involved in your AAU activities. Go to [www.aausports.org](http://www.aausports.org) and click on Insurance. All reporting forms and instructions are available on the web site.

If you are a coach and one of your athletes suffers an injury at practice, make sure that the injury is properly reported on the incident report form provided on the web site listed above in a timely manner. Give the guardian clear instructions on the importance of completing the accident report form provided on the web site listed above and sending to the insurance company as instructed on the form. If you are a meet director hosting and AAU event, **first and most important**, make sure that you have your **AAU approved event license and all athletes, coaches, judges and volunteers involved on your meet management team have a current AAU registration**. It is critical that you check to make sure that all your participants and coaches are properly registered with current AAU memberships. If an athlete, coach, or non-AAU individual such as a spectator suffers an injury, make sure you report this in the **incident report form** as soon as possible and the injured party is given proper instructions on where to get the **accident report form** for reporting the accident to the insurance company. It is good practice to get the contact information of the involved person so that you can easily follow up with instructions. You should instruct your site directors of the importance of making sure that all incidents are reported properly. If you have questions, please contact your State Chair or the AAU National Office Member Services.

## **SAFETY CERTIFICATION / RISK MANAGEMENT/POSITIVE COACHING ALLIANCE COURSES**

GA AAU strongly encourages our coaches to continue to maintain safety certification for the overall wellbeing of the athletes. Positive Coaching Alliance/AAU Courses can be found at <https://aausports.org/Positive-Coaching-Alliance> on the AAU [www.aausports.org](http://www.aausports.org) web site. All AAU members should take the first course free of charge as stated in the AAU National Membership requirements for membership. Thousands of AAU members have taken the PCA Positive Coaches Alliance courses through the years. We strongly encourage coaches and parents to take the course today! Choose the Power of Positive! Available at [www.aausports.org](http://www.aausports.org)

## GA AAU Levels Overview

Georgia AAU will offer the following levels of competition as needed and requested for the 2023-2024 season. All levels are an option at invitationals events (contact meet director and host gym to find out availability). There must be at least 3 paid teams participating in team awards for any team awards to be offered at a state meet.

- Level 1, Level 2, Level 3, Level 4, Level 5
- Level 6, 7, 8, Open Optional
- Copper – (New Division, rules posted at [www.aaugymnastics.org](http://www.aaugymnastics.org) )
- Bronze, Silver, Gold, Platinum, Diamond, Sapphire
- Adult Ladies Divisions (Xcel Only and Open Optional)
- Special Stars – Twinkle, Shining and Super Stars for athletes with special needs. (This program is comparable to Special Olympic Rules and HUGS rules. Rules are posted at [www.gymnastics.org](http://www.gymnastics.org).)
- Note AAU at the national level does offer Boys Gymnastics Programming. To learn about the Boys 4x4 Program and other competitive levels refer to the AAU National Handbook posted at [www.aaugymnastics.org](http://www.aaugymnastics.org).

The GA AAU Gymnastics program will follow the AAU National Rules and Policies for all levels with allowances as stated in the **2024 AAU NATIONAL GYMNASTICS PROGRAM ROUTINES AND ALLOWANCES** posted at [www.aaugymnastics.org](http://www.aaugymnastics.org) or specifically stated in the GA AAU Rules and Policies. No changes can be made to the **actual structure of the compulsory routines**.

## All Levels General

- The GA AAU Program will follow the governing body's rules and policies and changes instituted throughout the competitive year for all levels unless specifically stated with allowance clarifications in the AAU NATIONAL GYMNASTICS PROGRAM ROUTINES AND ALLOWANCES [www.aaugymnastics.org](http://www.aaugymnastics.org). All clubs, program directors, judges, and coaches should be aware of this policy **and is their responsibility to monitor any changes within the governing body and apply them to their current program unless specifically recorded as allowances**. All compulsory materials must be purchased through the National Governing Body and shall not be reproduced, printed, sold or distributed by any AAU member.
- There will be three divisions (Novice, Experienced and Advanced) offered at the GA AAU State Championship only if the numbers warrant the implementation of three divisions in each level. There is more specific information explaining these divisions in the Eligibility and Qualification to State Championship section of this document.
- Clubs and Coaches will need to purchase the National Governing Body materials to have access to the full routines and programs as AAU does not publish or distribute these materials per copyright laws.
- Beam and Floor routines are not timed during competition – all levels, thereby eliminating all time infraction deductions.
- The decision to have timed warmups is the discretion of the host gym although it is their **responsibility to ensure each athlete gets the required minimum warm up regardless of format**. It is suggested that if you are running a warmup/compete warmup/compete that you provide a designated timer for timed warmups.
- **MINIMUM SCORING ALL LEVELS this does not apply to touch or scratches**. 4.00 is the lowest an athlete may score in competition. The gymnasts can be awarded for any part of a routine that

was completed if above a 4.0. Any attempt at performing the correct vault will be awarded a complimentary score of 4.0.

- Exiting and Advancing to Levels - **Coaches** will be responsible for determining/assuring that their gymnast has reached satisfactory competency/proficiency at any level therefore determining the gymnast 's proficiency and ability to advance to another level.
- Equipment and Matting may be adjusted for the safety of the gymnast – all apparatus must lock per equipment specifications. No deductions for slight height variances due to stacking of matting available. All equipment should be professionally manufactured equipment meeting industry standards.
- INQUIRIES AND VIDEO REVIEWS allowed only at State Championships
  - Prior to Inquiry: A Meet Referee may watch a video (if available) prior to the submission of an inquiry to determine if that inquiry should move forward.
  - Video Review: At the State Meet for all Xcel and Optional Levels, a coach can request a video review by the Meet Ref and the highest rated unaffiliated judge (if video is available) in the event that the inquiry involved an instance that would affect the start value.
  - Meet Referee: At a State meet and above, a Meet Referee has the authority to allow a judging panel to review a routine to verify that Special Requirements were fulfilled and restricted elements were not performed.

**NOTE:** All AAU licensed REGIONAL AND NATIONAL COMPETITIONS, national rules and policies are followed, no allowances. Go to [www.aaugymnastics.org](http://www.aaugymnastics.org) to access AAU NATIONAL GYMNASTICS PROGRAM ROUTINES AND ALLOWANCE

## **Compulsory Levels General**

### **MUSIC**

- **Music: for compulsory meets, the event director must provide the compulsory music.** For optional meets you must be able to play music from a phone, tablet, iPad, iPod or MP3. It is suggested that you have connectors available for both Apple and Android devices.
- Beam and Floor routines are not timed during competition – all levels, thereby eliminating all time infraction deductions
- Level 1 and 2 No deduction for lack of presentation.
- **DELIBERATE OMISSION COMPULSORY LEVELS** - Deduct Value of the Element Only (No double the value of the element)
- **SPOTTING DEDUCTIONS COMPULSORY LEVELS**
  - **VAULT COMPULSORY ALL LEVELS** - Spot 2.0 Deduction
  - **COMPULSORY LEVELS 1, 2, 3, 4, 5 – BARS – BEAM – FLOOR**  
**ALL LEVELS GENERAL MAXIMUM DEDUCTION “up to the value of the element minus .10 deduction”** Coach spotting gymnast during routine (spot/touch) 0.50 – Any and all touches. In the event a gymnast receives a spot, a .5 deduction will be taken but she will not automatically lose the full value of the element. This will allow the gymnast to receive credit for any part of the element that she completed on her own before and after the spot AT THE JUDGES DISCRETION. The deduction for any incomplete part of the element is not to exceed the value of the element minus .1

plus the spot deduction. Clarification: A judge has the discretion to take less than the maximum deduction depending on how much of the value part was completed without assistance

- **FALL DEDUCTIONS COMPULSORY LEVELS**

- Fall 0.50 Plus deduction for any incomplete part of the element. In the event a gymnast falls, she will not automatically lose the full value of the element. This will allow the gymnast to receive credit for any part of the element that she completed before the fall at THE JUDGES DISCRETION. **The deduction for any incomplete part of the element is not to exceed the value of the element minus .1.** Clarification: A judge has the discretion to take less than the maximum deduction depending on how much of the value part was completed.

### **Compulsory Levels Vault**

- Athletes may use an alternative springboard apparatus on vault, for **all AAU compulsory levels** with no penalty. The apparatus should resemble the shape of a traditional vaulting board and be a professionally manufactured device meeting industry standards with a maximum of 15 inches at the high end and a maximum of 4 inches at the low end. The surface producing the “spring” may be other than the traditional coil springs, such as an air bladder or small trampoline bed. The two back or lowest springs in the board shall not ever be removed.
- Spotting Deduction All Vault Compulsory Levels - Spot 2.0 Deduction
- # of Springs - Clarification – In all AAU Regional and National Events the number of springs used in the vaulting board is left to the coach’s discretion to facilitate the safety of the gymnast. There is no deduction for the number of springs or their configuration. The two back or lowest springs in the board shall not ever be removed.
- **Level 1 and 2** are allowed two (2) vaults. However, only one vault is required and encouraged if the first vault is satisfactory. All other compulsory levels will receive two vaults although only one is required.
- **Level 3** The MINIMUM mat stack height requirement is 24" (lowered from the original 32") to facilitate the safety of the gymnast. The mat stack may go higher than 24", but not lower. A training block may not be used in competition.

### **Compulsory Levels Bars**

- A gymnast may perform a glide return while standing on a panel mat, a springboard, or a block. The mat/board/block may be left in place until the gymnast swings backward finishing the glide standing on the mat/board **OR** the mat/board may be removed as soon as the gymnast begins the glide. **No deduction.** However, the mat/block/board must be removed after the gymnast performs a pullover onto the bar.
- Coach may stand between the bars for the entire routine **with no deduction.** Do not block the view of the judge.
- Bars mounts: A foam block (must be a professional manufactured piece of equipment or device meeting industry standards) in the shape of a springboard may be placed directly on an 8" mat that is placed on top of a 4" base mat with no deduction. A foam block in the shape of a springboard may NOT be placed on an additional folded panel mat or on an additional 8" mat on top of the base mat. The maximum matting is the 4" base mat, an 8" mat and a foam block in the shape of a springboard.

### Compulsory Levels Beam

- Coach may stand next to beam for the entire routine with **no deduction**. Do not block the view of the judge.
- Balance Beam routines are not timed during competition – all levels, thereby eliminating all time infraction deductions.
- Beam mounts: A foam block in the shape of a springboard (must be a professional manufactured block or device meeting industry standards) may be placed directly on an 8" mat that is placed on top of a 4" base mat with no deduction. A foam block in the shape of a springboard may NOT be placed on an additional folded panel mat or on an additional 8" mat on top of the base mat. The maximum matting is the 4" base mat, an 8" mat and a foam block in the shape of a springboard

### Compulsory Levels Floor

- Coach may stand on the floor **with no deduction**. Do not block the view of the judge. Floor routines are not timed during competition – all levels, thereby eliminating all time infraction deductions.

### XCEL Program Copper XB XS XG XP XD Sapphire - All Levels General

2023-2034 GA-AAU will follow the AAU National Gymnastics Program. All updates and clarifications as issues by the National Governing Body regarding their Xcel Program will automatically apply to the GA-AAU Program unless otherwise stated in the **AAU NATIONAL GYMNASTICS PROGRAM ROUTINES AND ALLOWANCES**. **GA-AAU reserves the right to make allowances during the current season and future seasons as approved by the AAU National Program.**

The current governing body Xcel rules govern these Skill Division deductions with exception of allowances as written in this document and the AAU National Gymnastics Program Routines and Allowances.

- Equipment and Matting must be professionally manufactured equipment meeting industry standards. Equipment may be adjusted for the safety of the gymnast – all apparatus must lock per equipment specifications. No deductions for slight height variances due to stacking of matting available.
- Minimum Scoring - 4.00 is the lowest an athlete may score in competition. The gymnasts can be awarded for any part of a routine that was completed if above a 4.0. Any attempt at performing the correct vault will be awarded a complimentary score of 4.0. **This does not apply to touch or scratches.**
- **Unallowable Skills Xcel** - Note the deduction for unallowable skill is .5 off the Start Value and no value part is awarded for the skill and the skill does not count for special requirements. The penalty will come off the start value of the routine.
- **Spotting and Fall Deductions All Levels Xcel – Refer to governing body rules and policies**

### Xcel Vault

- Coach -may stand between the mats or vault table and board or landing mat with no deduction for gymnast's safety.

- Athletes may use an alternative springboard apparatus on vault with **no penalty except for Yurchenko style vaults or timers**. This vaulting board variation **may not be used for any Yurchenko style vaults or timers (vault group #4 at any licensed event district or nationals)**. **Round Off Entry vaults and timers, the vaulting board must have the Safety Zone Matt in place or vault will be Void**. Any alternative apparatus (must be professionally manufactured equipment with industry standards) should resemble the shape of a traditional vaulting board, with a maximum of 15 inches at the high end and a maximum of 4 inches at the low end. The surface producing the “spring” may be other than the traditional coil springs, such as an air bladder or small trampoline bed.

### **Xcel Bars**

- Bars/beam mounts: A foam block (must be professionally manufactured equipment meeting industry standards) in the shape of a springboard may be placed directly on an 8 mat that is placed on top of a 4" base mat with no deduction. A foam block in the shape of a springboard may NOT be placed on an additional folded panel mat or on an additional 8" mat on top of the base mat. The maximum matting is the 4" base mat, an 8" mat and a foam block in the shape of a springboard.
- No deductions for slight height variances due to stacking of matting available.
- A gymnast may perform a glide return while standing on a panel mat, a springboard, or a block. The mat/board/block may be left in place until the gymnast swings backward finishing the glide standing on the mat/board **OR** the mat/board may be removed as soon as the gymnast begins the glide. **No deduction**. However, the mat/block/board must be removed after the gymnast performs a pullover onto the bar.
- Coach may stand between the bars for the entire routine **with no deduction**. Do not block the view of the judge.

### **Xcel Silver Bars**

- A gymnast may perform a glide return while standing on a panel mat, a springboard, or a block. The mat/board/block may be left in place until the gymnast swings backward finishing the glide standing on the mat/board **OR** the mat/board may be removed as soon as the gymnast begins the glide. **No deduction**. However, the mat/block/board must be removed after the gymnast performs a pullover onto the bar.
- **SPECIAL REQUIREMENT: CAST TO MINIMUM OF 45 DEGREES BELOW HORIZONTAL**
  - Special Requirement **WILL** be awarded with the following execution deductions:
    - \*Below 45 degrees: 0.05 - 0.2
- **CLARIFICATIONS XCEL SILVER BARS:**
  - \*Only one cast/skill needs to fulfill SR.
  - ALL casts, including casts preceding skills leading to a dismount will receive "A" value part unless hips do not 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 (1) "A" value part.
  - General execution deductions may apply to all skills. Total deductions **cannot exceed the value of the SR**.

### **Xcel Gold Bars**

- **SPECIAL REQUIREMENT: A SKILL FINISHING IN A CLEAR SUPPORT (NOT MOUNT OR DISMOUNT)**
  - Special Requirement **WILL** be awarded with the following execution deductions:
    - \*1 - 45 degrees below horizontal: 0.05 - 0.15
    - \*46 degrees or more below horizontal: 0.20 - 0.30

- **CLARIFICATIONS XCEL GOLD BARS:**

- \*Only one cast/skill needs to fulfill SR.
- ALL casts, including casts preceding skills leading to a dismount will receive "A" value part unless hips do not 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 (1) "A" value part.
- \*General execution deductions may apply to all skills. Total deductions **cannot exceed the value of the SR.**

### **Xcel Beam General**

- Coach may stand next to beam for the entire routine with **no deduction**. Do not block the view of the judge.
- Balance Beam routines are not timed during competition – all levels, thereby eliminating all time infraction deductions.

### **Xcel Floor General**

- Coach may stand on the floor **with no deduction**. Do not block view of judge
- Floor routines are not timed during competition – all levels, thereby eliminating all time infraction deductions

### **MEET DIRECTORS DUTIES FOR AAU LICENSED EVENTS**

1. Select a date for your event and apply for your event license at [www.aausports.org](http://www.aausports.org) using user and pw for the member club. Make sure if you include Adult Athlete participants in your event that you include both categories, youth and adult. Only license the day(s) that you are going to offer AAU participants. You can add or change the date of a license with no charge as long as it is done 15 days prior to the start date of the event. It is advised that you license your event at the start of the competitive AAU membership year Sept 1, so that your event can be added to the GA calendar. Your event information cannot be distributed without a license number.
2. There are no license fees if licenses are applied for and approved within 15 days of the start of the event. **However, if you do not apply for your license a minimum of 15 days prior to the start date of the event, licensing fees, late fees and expedite fees will be applied and charged.**
3. Your event must be licensed before E blasting it out to clubs.
4. Only license the day(s) that you intend to use. The number of days on the flyer must match the number of days on the application or your event will be put on hold. You can add, edit, or change the date of a license at no charge by calling member services at the national office.
5. If you do not get an event license for the day of your competition, the event host, athletes, coaches, and spectators will not be covered by AAU insurance. If any athlete, coach, club or non-athlete officials attending the meet are not properly registered with AAU, the event license and insurance coverage will be VOID.
6. If a coach or athlete is entered into an AAU licensed event and found not to have current membership, a \$200 fine will be charged to the club and the club is at risk of suspension.
7. Verify all AAU memberships. Require that all AAU coaches sign in and have AAU membership available at all times (on phone or copy of membership ID at all times). If AAU memberships are not verified properly, the host/club will be in jeopardy of not being allowed to host any future events.

8. Ensure that your event director understands all rules and policies that govern AAU competition rules and policies and guidelines.
9. If hosting a competition in our outside of your facility, confirm if a Third-Party Certificate of Liability Insurance is needed. You will request any certificates during the license application process at no charge. If you need assistance call National Office Member Services 407-934-7200.
10. Report Scores and send Athlete Surcharge (see specific instruction as described in the next section of this document).
11. Report any accidents occurring during your competition no later than 24 h after the incident. Fill out the appropriate Incident Form and distribute Accident Claim Form to the guardian or parent for submittal to insurance company. [www.aausports.org](http://www.aausports.org) for forms.
12. Meet Directors with competitors from both the AAU and any other organizations must schedule athletes in separate sessions. **AAU must NOT co-mingle athletes within different organizations within the same session. It is advisable that you do not alternate sessions but run all your AAU athletes simultaneously before or after any other organizational events.**
13. On-site Sports Trainers (or EMT's) must be available at all State Championships and are highly recommended for Invitational.

### **GA AAU PER ATHLETE SURCHARGE**

There will be a \$1 surcharge per athlete for all invitational competitions which must be paid to GA AAU and a \$2 surcharge per athlete for all State Championships.

Send copy of sanction and competition fee (\$1 per AAU gymnast - made payable to GA AAU Gymnastics) by mail within five days to Cindy Furman, all surcharge fees made payable to Georgia AAU Gymnastics to: **Cindy Furman, 38 Hill Street, suite 100, Roswell, Georgia 30075 within 48 hours of the meet.**

### **REPORTING SCORES**

1. Email electronically official scores and judges signed sanction to Score Recorder, Eleanor Jorbert within 24 hours after the completion of your event. [eleanorjoubert@gmail.com](mailto:eleanorjoubert@gmail.com).
2. It is the coaches responsibility to submit out of state scores to Eleanor by NO LATER THAN 1 week prior to the state meet entry deadline. Scores not submitted by this date will be charged a \$50 late fee per athlete if the out of state meets are used for state meet qualification requirement of having competed in two meets. All scores received in or out of state will be used to determine the division entered for the state meet.
3. Must be xcel or csv file.
4. Sort scores by gym and then by level.
5. Include in the text of the email the sanction number of the event.
6. When using Pro Score, place an X before all AAU Xcel Bronze, Silver, Gold, and Platinum gymnasts (ex: XB). If possible, delete any Out-of-State and other organizational gymnasts before sending to AAU score reporter. Make sure all AAU gymnasts have been verified before sending scores.

### **ITEMS TO BE INCLUDED ON MEET INVITATIONS**

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GA AAU Rules and Policies Revised 08/10/2023

1. Date of Competition – Specify if Friday sessions will be held
2. Rules (Example – GA Routines Only) (National Rules Only)
3. Competition site – including site address and mailing address
4. Meet Director name, phone number, and email address
5. Website with competition information
6. One or two judge panels
7. Specific meet format
8. General Refund Policy
9. Awards information
10. Entry fee – specify if different for different levels, team fees, as well as a refund policy.
11. Entry deadline
12. Misc. fees, admission, parking, etc.
13. Payment information including whom to make check to or if registering online
14. List of equipment
15. Hotel information (or have it available on website)
16. Be sure this is on flyer:
17. This event is sanctioned by the Amateur Athletic Union of the U.S. Inc
  - **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 event. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their membership.**

### **COMPETITION RULES AND WARMUPS**

**AAU Co-Chairs reserve the right to make decisions regarding rules as they deem appropriate at any given time.**

1. Industry standard guidelines will be followed regarding the number of judgments per session/ per day unless approved by the GA AAU District Chairs.
2. Equipment – All Equipment must meet industry standards and be professionally manufactured equipment. All equipment must be provided by meet host. No individual equipment can be brought into the event by any club, coach or athlete.
3. Meet Directors are required to provide alternative springboard (air boards) for vault for all meets. Jr Boards, Preschool Boards are not required.
4. Beams, Bars, and vault may be lowered as low as possible if equipment is safely locked
5. For all levels the board or mounting mat (professionally manufactured) may be placed on top of an 8” mat for the purpose of mounting for Bars and Beam, however, should be removed as soon as possible after the mount to avoid a deduction. Be sure that the entire mounting mat is on top of the 8” mat.
6. Any size professionally manufactured springboards or Air boards (not mini tramp) may be used for Vault provided the same boards are offered for all sessions of that level for a competition. (Exception cannot use air board for round off entry on Yurchenko style vaults or timers). For vault a Velcro strip or tape line may be used on the vault runway as a marker if it does not overlap the air board or springboard. No chalk lines, jackets, or other items may be used.

7. If a child arrives late, the meet director will allow them to warm up and join into the competition.
8. All competitions must conclude by 9 pm and must not begin before 8am. Any meet that runs over 9 pm curfew will be in violation of the event license and must report the circumstances of the incident to the Co-Chairs within 24 hrs. of the competition. Meet Directors have the option of offering a 10-minute to 30-minute general stretch time.
9. An individual timer is not required to time warmups. It is the hosts responsibility to ensure that the minimum warm-up time is given to each athlete. The total time per number of athletes in a squad will be available. The floor manager should be in charge and will work with coaches to ensure every athlete has adequate warm-up time. We encourage coaches to work together to minimize equipment changes between routines or during warmups. An event warm up timer is encouraged for those meets using a format of warmup/compete warmup/compete.
10. Routines will not be timed therefore eliminating personnel to time and eliminating overtime deduction at all levels.

#### **Warmup Times: Youth and Adult Program**

- Levels 1/2 – 30 seconds per athlete
  - Level 3 – 45 minute per athlete
  - Level 4/5 - 1 minute
  - Copper – 30 seconds
  - Bronze – 30 seconds
  - Silver – 45 seconds
  - Gold – 1 minute
  - Platinum – 1:30
  - Diamond – 2:00
  - Sapphire – 2:00
11. **Competition Order:** At Invitational competitions coaches have the option to select the event order of their competitors on vault, bars, and beam for all levels during competitions; however, the gymnast listed first on that event must compete first and then changes made from there. The coach should notify the judges on any order changes. We encourage coaches to work together to minimize equipment changes between routines or during warmups.
  12. **Friday Sessions** are permitted if it was advertised on the meet information, otherwise you must notify the clubs and if they choose to not compete refund their monies.

#### **JUDGING PANELS/ENTRY FEE**

For all scores to be eligible for qualifying purposes, the event must be licensed by AAU. One judge panel can be used and will follow the guidelines below.

1. **For in house competition** a meet director can use a one judge panel and entry fee can **NOT exceed \$60 per athlete.**
2. Must follow current awards of 50% plus 1 medals (not places) for events and everyone will receive an AA medal. A host may round up or down as long as the required number of medals are given. The host can determine the method of breaking ties for their invitational events.
3. Two judge panels may be used at the meet director's discretion for in-house meets. Those meet directors who choose to use two judge panels may select their own entry fee.

4. **MUST** use two judge panel for outside facilities unless otherwise approved by the District Chairs and reflected in the entry fee. Follow current rules and policies for awards.
5. The number of Judges on each panel of your event must be listed on your invite.
6. State Championships will be required to have a two (2) judge panel and a separate meet ref.

### **QUALIFICATION TO STATE CHAMPIONSHIP AND ELIGIBILITY**

1. **Novice Division: Scores below 36.475** Geared towards the more inexperienced gymnast and intended for those gymnasts consistently scoring less than 36.475 AA by the qualification deadline date for the specific State Championship.
2. **Experienced Division: Scores 36.5 - 37.975** Geared for the more experienced gymnasts scoring 36.5 to 37.975 or higher two or more times prior to the qualification deadline must compete in the experienced division.
3. **Advanced Division: Score 38.0 and above** Geared for the very accomplished gymnasts scoring 38.0 or higher two or more times prior to the qualification deadline must compete in the Advanced Division.
  - A coach can choose to place all their athletes in experienced or advanced if they wish to even if they have not scored the designated score.
  - There will be no divisions at Invitational Competitions.
4. Team Awards at the State Championship will be awarded per division, and you must have 3 athletes in that division to enter for team awards. Team awards will only be offered in divisions that have a minimum of 3 teams entered.
5. No qualification score to enter in District State Championship. You must participate in two licensed events prior to the entry deadline
6. Gymnasts will be placed in one of the three stated divisions according to their scores recorded twice prior to the entry deadline assuming minimum number of participants warrants a division. A petition form to participate in the GA AAU State Meet can be found at [www.gaaau.net](http://www.gaaau.net). A gymnast who only participated in one licensed event will automatically be placed in the Advanced Division.
7. Failure to enter an athlete into the appropriate division at the State Meet will void that athlete's team from participating in the Team Awards for that level during the State Championships.

### **QUALIFICATION TO REGIONAL AND NATIONAL CHAMPIONSHIPS**

IMPORTANT: All Regional and National Events will use AAU National Rules, Policies and Routines. Any athletes that wish to participate in the Regional or National Championships must compete at the Georgia AAU State Championships, unless it is a level in which Georgia does not offer. A Completed Petition Form is required for any athlete who wants to participate in a regional or national championship that did not participate in the GA AAU State Championship. This form is posted at [www.gaaau.net](http://www.gaaau.net), click individual sports and then gymnastics.

### **AAU AWARD GUIDELINES**

Intersquads / Invitationals:

1. Meet directors provide, select, and purchase their own awards for Invitationals or Intersquads.
2. Gymnasts are to be listed in chronological order by birthdate to be divided into equal groups of recommended no more than 14. Age groups should NOT exceed more than 30 months (2.5

Years). Age group division should be made to be as equal as possible. (For example: Ages 5,6,7 may be grouped together within the 14-grouping parameter). If larger groups contain a significant number of athletes that are a wide range of age, it is suggested that the group be broken down into possible two groups. Example a group of 14 could be broken down into two groups of 7 so that a younger athlete would not be competing with a significantly older athlete providing a better competitive experience.

3. Every athlete should receive an All-Around medal or award.
4. Events shall be half plus one medals or designated awards for events.
5. **Invitationals sessions** will be run by level and team, not age groups. Individual awards should be given out at the end of each session.
6. Team Awards shall be given to at least 50% of paid teams entered. If there is an odd number of teams, giving more is always better.

**\*\*\*AAU State Championship**, sessions will be run by level/division, not team, therefore team awards will not be calculated until all in each level (notice, experienced and advanced) has been completed.

### **AAU AWARDS GUIDELINES STATE/DISTRICT CHAMPIONSHIP**

Complete and detailed information will be provided to the hosts who are awarded the State Championships. State Championship sessions will be run by level and division, not team, therefore team awards will not be calculated until all in one level (novice, experienced, advanced) has been completed. Awards will use the formula of half plus (1) medals on events (rounding up) and all places will be recognized in the All Around. Teams will be awarded 50% of entries. Gymnasts are to be listed in chronological order by birthdate to be divided into equal groups of no more than 14. Age groups should NOT exceed more than 30 months (2.5 Years). Age group division should be made to be as equal as possible. (For example: Ages 5,6,7 may be grouped together within the 14-grouping parameter). If larger groups contain a significant number of athletes that are a wide range of age, it is suggested that the group be broken down into possible two groups. Example a group of 14 could be broken down into two groups of 7 so that a younger athlete would not be competing with a significantly older athlete providing a better competitive experience.

### **PROFESSIONALISM**

All Professional AAU members must hold themselves to the highest standards. Only professional attire should be worn on the floor in any competition. Any misconduct or questionable ethics, involving misconduct, inappropriate behavior, bad debt with another club, negative coaching techniques, etc. could result in termination of membership through the AAU Board of Review.

### **The following is considered inappropriate professional attire:**

Blue jeans, worn or dirty clothing, clothing with inappropriate slogans or political statements, transparent clothing, exposure of spaghetti straps, midriff, and muscle shorts are not allowed. Bare feet, or open toed shoes, dangling jewelry that could be deemed dangerous to the athlete are not allowed. No hats.

**Professional Attire Coaches** include appropriate team warmups, athletic shoes, athletic wear with team logo. Athletic shoes only. Gym Logo or official state of GA athletic wear or shirts are encouraged.

### **ATHLETE ATTIRE**

Athlete Attire – All athletes may wear form fitting Lycra Spandex gymnastics shorts, capris, unitard or leggings that do not present any safety risk to the participant (solid color black preferred) with no deduction. There is no deduction for undergarment showing if all undergarments complement/match the color, style and cut of the leotard (in appropriate taste). Regarding head coverings. If a gymnast must wear head covering as required by their faith, it 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. It is the coach's responsibility to notify the meet director of the names/sessions of gymnasts who will wear alternative attire prior to the competition so the meet director can notify the meet referee and judges

**AAU Youth Protection Handbook** – please acquaint yourself with the AAU Youth Protection Handbook

[http://image.aausports.org/pdf/AAU Youth Protection Protection Handbook rev 713.pdf](http://image.aausports.org/pdf/AAU%20Youth%20Protection%20Handbook%20rev%20713.pdf)

### **GA AAU Gym Stars Program**

The Gym Stars program is designed for hard working and more advanced recreational students. This unique program allows gymnasts to be part of a competitive team while working at a more relaxed pace than other competitive options. Gym Stars is offered to female gymnast ages 5 years and older.

- Web Site <http://gymstargymnasticsga.com/>
- Contact: Suzy Lumus Davis [suzy@gymworldofga.com](mailto:suzy@gymworldofga.com)
- Office 770-757-9019 - Cell 404-379-938

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