



**AAU NATIONAL BOYS  
GYMNASTICS PROGRAM  
RULES & ROUTINES  
2014-2015**

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## I. AAU Sport Policies and Procedures

**Refer to Gymnastics Handbook for all rules and policies regarding National Sport Committee Governance and Administration, Licensing of Events, Membership and Code Requirements.**

- A. Girls Gymnastics, Boys Gymnastics, Team Gymnastics and Freestyle Acrobatics are all disciplines of AAU Gymnastics and are collectively referred to as AAU Gymnastics
- B. All AAU Gymnastics disciplines and sanctioned events are conducted indoors in a controlled, safe traditional gymnastics environment
- C. Adult Men (ages 19 and older) use the current International Code of Points (FIG) with current USA Gymnastics Elite modifications as their rules
- D. General Rules regarding Attire:
  - 1. The rules regarding attire at AAU Gymnasts events are designed to provide for a level of professionalism for coaches, act as a guide for athletes and judges, and to ensure safety for all.
  - 2. Exceptions for religious and cultural concerns will be honored so long as the meet director and meet referee are notified in writing prior to the beginning of timed warm ups.
  - 3. Exceptions for Clubs, Teams and District uniforms and garments designed to demonstrate unity within said groups will be made so long as the intent of the rules regarding attire is honored.
- E. All AAU Coaches must:
  - 1. Maintain a current AAU Membership
  - 2. Be a minimum of 21 years old (Head Coach); assistant coaches should be at least 18 years old
  - 3. Complete the Positive Coaching Alliance curriculum
  - 4. Be certain that their athletes are properly prepared for competition and entered in the correct age and skill division
  - 5. Demonstrate behavior which reflects the Professionalism required of our sport while in the presence of athletes and parents
  - 6. The accepted attire for coaches and officials at AAU District, Regional and National Events is:
    - i. Closed toe shoes (no bare feet or sandals)
    - ii. Slacks, warm-up pants or hemmed shorts (no denim material or sewn on pockets)
    - iii. Shirts with collars (polo type)
    - iv. No hats
  - 7. Cell phones must be placed on vibrate once warm-ups have begun
- F. Rules for Boys Gymnastics Attire
  - 1. No undergarments should be visible
  - 2. Athletes must cover their chest at all times while in the competitive arena
  - 3. Levels 3 through 6 may wear a "T" shirt and shorts, with or without footwear or socks
  - 4. Open Optional athletes are required to wear a singlet, muscle shirt or compression shirt, socks and long pants. Short pants with or without socks may be worn on Floor Exercise and Vaulting events

5. Approved Gymnastics Footwear is permitted on all events
6. One pair of stud earrings is permitted – all other jewelry must be removed prior to the beginning of warm-ups
7. Hair must be secured away from the athlete's face so as not to interfere with the athlete's safe performance of gymnastics skill

## II. Boys Gymnastics National Rules

The National AAU Boys Age Group Program is comprised of the following Skill Levels:

- Level 9
- Level 8
- Level 6
- Level 5
- Level 4
- Level 3

The AAU National Gymnastics Executive Committee (NGEC) embraces and respects the governing body of USA Gymnastics and the knowledge and support that it provides to the entire gymnastics community. The AAU NGEC acknowledges the tremendous effort and knowledge that it takes for USA Gymnastics to produce the USA Gymnastics JO Compulsory Gymnastics Programs for boys and girls. The AAU NGEC also acknowledges the intellectual and copyright protection afforded USA Gymnastics for its educational materials. These include, but are not limited to the Compulsory Handbook, the JO Code of Points, the USAG Compulsory Floor Music CD and the Skill Level DVD which all serve as invaluable tools in teaching and instructing gymnasts. Therefore, it is the AAU policy that all USA Gymnastics materials, music and DVD must be purchased through USAG ([www.usagym.sportgraphics.biz](http://www.usagym.sportgraphics.biz) / 800-345-4719). The only source for the AAU National Gymnastics Routines, other than AAU exceptions listed in these rules, is the written text as provided by USAG Compulsory Handbook. Any AAU written material is considered supplemental material that has been created to teach only the modifications and adaptations that will be incorporated into the AAU National Gymnastics program. Each club must also check with their District Chairperson for additional materials or modifications that are pertinent to their local districts or leagues.

These AAU National Rules, as described here, will be used as the official rules at all AAU National Level competitions and their qualification meets.

### A. Exceptions to Rules

- I. AAU will sanction competition at the following USAG levels
  - a. Compulsory levels 3, 4, 5, and 6
  - b. Optional Level 8
  - c. Optional Level 9

- II. Age is determined on the first day of competition
- III. Compulsory Age Groups:
  - a. 5 and 6                      Level 3 only
  - b. 6-7                              Level 3-4 only
  - c. 7-8                              Levels 3, 4, 5, and 6
  - d. 9-10                            Levels 3, 4, 5, and 6
  - e. 11 & up                        Levels 3, 4, 5, and 6
  - f. Age groups may be broken down into smaller groups as needed
- IV. Optional Age Groups
  - a. 8-12                            Level 8 rules
  - b. 13-18                          Level 9 rules
  - c. Age groups may be broken down into smaller groups as needed
- V. Level 3 Exceptions
  - a. USAG Rules provide for competition at this level to be held with no scores and an evaluation only. Any Sanctioned AAU competition may also be held using this format.
  - b. Meet Directors wishing to run an event using direct competition and scores must use these exceptions
    - 1. The base score for each routine is 10.0
    - 2. No bonus is awarded
    - 3. Up to 0.5 virtuosity may be awarded for skills performed in an excellent manner
    - 4. 0.2 stick bonus may be awarded.

### **III. Rules for Licensed National Competitions**

The following skill divisions will be contested at the Age Group National Championships.

- 1. Boys Competition:
  - a. Level 9 (L9)
  - b. Level 8 (L8)
  - c. Level 6 (L6)
  - d. Level 5 (L5)
  - e. Level 4 (L4)
  - f. Level 3 (L3)

2. Qualification to National Events  
To qualify for any AAU National event offered gymnasts should participate in their local District Championship. If no District Championships are offered Athletes may compete at bordering Districts' Championships. Participants who are unable to attend district championships or if the district does not offer a skill level as part of their district program, a petitioning process is available for entry. Contact the boys AAU national coordinator.
3. Age Groups For National Events:  
Athletes in each Skill Division will be divided into groups of similar age. Each age group will not exceed 20 Athletes. Single age divisions may be split or combined based on the number of entries.
4. Age Determination:  
The age of a competitor is determined by the athlete's age on the first day of the event.
5. Eligibility:  
All athletes, coaches and judges must possess a current AAU Membership card. .  
Gymnast must have turned 5 years old by the date of competition in order to be eligible to compete.
6. Equipment Specifications:  
AAU National events will use the current USA Gymnastics Junior Olympic Apparatus specifications.
7. Determination of Gymnastics Champions (All Around and Individual Event)
  - a. All Around Champions in each age division will be determined by the highest combined score of all events.
  - b. Individual Event Champions will be determined by the rank order of each event score from the competition.
8. Awards
  - a. All Around Awards are provided for each gymnastics participant
  - b. Individual Event Awards for each Skill Level and Age Group contested are provided for each session (50% + 1 level of distribution)
9. Attire:  
All medal winners (All Around and Individual) are required to be in complete competitive attire (Leotard, competitive jersey or warm-up suits) at the awards ceremony.

## **IV. Appendix**

### **A. National Boys Gymnastics Administration**

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## B. District Map



Map #	District
3	Adirondack (AD)
56	Alaska (AK)
23	Arkansas (AR)
48	Arizona (AZ)
46	Central California (CC)
21	Central (CE)
32	Colorado (CO)
5	Connecticut (CT)
14	Florida (FL)
50	Florida Gold Coast (FG)
45	Georgia (GA)
25	Gulf (GU)
39	Hawaii (HI)
40	Iowa (IA)
35	Inland Empire (IE)
16	Indiana (IN)
41	Kentucky (KY)
18	Lake Erie (LE)



9	Maryland (MD)
19	Michigan (MI)
8	Middle Atlantic (MA)
30	Minnesota (MN)
28	Missouri Valley (MV)
31	Montana (MT)
29	Nebraska (NB)
2	New England (NE)
7	New Jersey (NJ)
42	New Mexico (NM)
6	NY Metropolitan (MP)
4	Niagara (NI)
13	North Carolina (NC)
52	North Dakota (ND)
17	Ohio (OH)
27	Oklahoma (OK)
37	Oregon (OR)
22	Ozark (OZ)
38	Pacific (PA)
36	Pacific Northwest (PN)
44	Pacific Southwest (PS)
10	Potomac Valley (PV)
55	South Carolina (SC)
54	South Dakota (SD)
15	Southeastern (SE)
24	Southern (SO)
49	Southern Nevada (SN)
33	Southern Pacific (SP)
43	South Texas (ST)
26	Southwestern (SW)
34	Utah (UT)
12	Virginia (VA)
11	Western Pennsylvania (WP)
47	West Texas (WT)
51	West Virginia (WV)
20	Wisconsin (WI)
58	Wyoming (WY)

### C. Dates for the 2015 National Championships

Event	Date	Location
AAU Age Group National Championship	June 10-14	Las Vegas, Nevada