



2021-2022 AAU NATIONAL GYMNASTICS PROGRAM ROUTINES AND ALLOWANCES

Allowances to the USA Gymnastics Compulsory Materials – Xcel – Optional Levels – HUGS

The “GENERAL FAULTS AND PENALTIES” described in the National Governing Rules will be followed by AAU with the following exceptions/allowances as stated for each level in this document.

GENERAL ALL LEVELS

Note: The AAU National 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 National AAU Rules and Policies. 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. Contact aaunichols@bellsouth.net if you have any questions. **Only AAU National Gymnastics Rules will be used at all Regional and National licensed events – no district allowances over and above national program.**

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.

QUALIFICATION TO REGIONAL AND NATIONAL EVENTS

Participation in District Championship/State is required for eligibility into any AAU Regional Championship and AAU Gymnastics National Championship. Athletes will be required to compete **at the same level competed at district/state championship**; contact your local district chair for all eligibility information and petition process. All participants and coaches must have a current AAU membership attached to participate in any AAU licensed event. Go to www.aausports.org for membership information. Check with your local district chair for any district allowances in regard to your local district program. Refer to AAU Gymnastics Handbook for additional rules and policies.

COACHES ATTIRE – attire at AAU Gymnastics events should provide for a level of professionalism for coaches, act as a guide for athletes and judges, and to ensure safety for all. Closed toe shoes or approved sport sandals (no bare feet or flip flops). Slacks, warm-up pants or hemmed shorts appropriate length. Shirts with collars (polo type) or appropriate dress T-shirt. No hats.

ATHLETE ATTIRE – All athletes may wear form fitting Lycra Spandex gymnastics shorts, capris 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 compliment/match the color, style, and cut of the leotard. A unitard is considered acceptable if it is a tight-fitting garment made of leotard appropriate fabric and at the judges and coaches’ discretion does not present any safety risk to the participant. Head Coverings: If a gymnast must wear head covering, 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.

WARM-UP TIMES FOR GIRLS:

(Levels 1, 2, XB – 30 seconds) (Level 3, XS – 45 seconds) (Levels, 4,5, XG – 60 seconds) (Levels 6, 7, XP – 90 Seconds)
(Xcel Diamond Levels 8 & Open Optional – 120 seconds) (Touch warm up when required determined by competition format)

INQUIRIES AND VIDEO REVIEWS AAU REGIONAL AND NATIONAL EVENTS – Inquiries may be submitted for the following criteria at any AAU Meet. An inquiry must be submitted in writing within 5 minutes following the conclusion of the rotation where the concern is noted. Optional routine inquiries must include a written list of skills performed. Slow motion videos are not permitted. Score may be raised, remain the same OR lowered according to video review determination. Adjustment of score, if necessary, will be made before the awards presentation.

- 1) Major Elements (Compulsory) or Start Value (Optional) 2) Neutral Deductions 3) Specific Composition (Optional) 4) Score Range 5) Falls/Unusual Occurrences

DEDUCTIONS TAKEN FROM AVERAGE BY CHIEF JUDGE

(No Warning Given) No deduction for 1, 2, and Bronze for lack of presentation.

MINIMUM SCORING ALL LEVELS this does not apply to touch or scratches. 3.00 is the lowest an athlete may score in competition after competing all events. The gymnasts can be awarded for any part of a routine that was completed if above a 3.0. Any attempt at performing the correct vault will be rewarded a complimentary score of 3.0. **This does not apply to touch or scratches.**

EQUIPMENT AND MATTING

- 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.

COMPULSORY LEVELS 1, 2, 3, 4, 5

Levels, 1, 2, 3, 4, & 5 - The governing body rules with the exception of AAU national gymnastics allowances, listed below. The compulsories may not be modified structurally per AAU National Rules and Policies.

Vault Compulsory Levels

- All Levels are permitted 2 vaults - but at the discretion of the coach may only compete 1
- **# 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.
- 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, for **all AAU compulsory levels** with no penalty. The apparatus 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.

Level 3 Vault

- 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.

Bars Compulsory Levels

- 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 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 view of judge.
- Bars mounts: A foam block 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

Beam Compulsory Levels

- Coach may stand next to beam for the entire routine with **no deduction.** Do not block view of 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 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

Floor Compulsory Levels

- 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.

SPOTTING DEDUCTIONS – COMPULSORY LEVELS

VAULT COMPULSORY LEVELS

- Spot 2.0 Deduction

COMPULSORY LEVELS 1, 2, 3, 4, 5 – BARS – BEAM – FLOOR

- **COMPULSORY ALL LEVELS GENERAL MAXIMUM DEDUCTION “up to the value of the element minus .10 deduction” See Below.**
 - 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.
 - Example Spot = -.50 Element value = .60 (Maximum deduction for Value Element .5) $.50 + .50 = 1.0$ Maximum Deduction
 - Example Spot = -.50 Element value = .60 (Judge takes .03 of the value of the element at their discretion) $.50 + .30$ Total Deduction is .80
 - If the gymnast falls during the spot, she will receive the spot deduction -.50 and also the -.50 deduction for the fall.

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.
 - Example Fall = -.50 Element value = .60 $.50 + .60 = 1.1$ Maximum deduction 1.0
 - Example Spot = -.50 Element value = .60 (Judge takes .03 of the value of the element at their discretion) $.50 + .30$ Total Deduction is .80
 - If the gymnast falls during the spot, she will receive the spot deduction -.50 and also the -.50 deduction for the fall.

DELIBERATE OMISSION COMPULSORY LEVELS

Deduct Value of the Element Only (No double the value of the element)

LEVELS 6 AND 7

The current governing body rules and deductions with exception of allowances as written in this document AAU NATIONAL GYMNASTICS PROGRAM ROUTINES AND ALLOWANCES

Vault

- All Levels are permitted 2 vaults - but at the discretion of the coach may only compete 1
- **# 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.
- 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**. The apparatus 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.

Bars

- Coach may stand between the bars for the entire routine **with no deduction**. Do not block view of judge.

Beam

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

Floor

- 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.

Matting Bars and Beam Mounts Level 6 Only

- Bars/beam mounts: A foam block 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.
- **Levels 7 through Open Optional is excluded from this rule.**

Unallowable Skills - 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

LEVEL 8 - The current governing body rules with allowances as written in this document stated below in reference to specific events.

- Up to Competition Level will apply.

Vault

- Coach may stand between the mats or vault table and board or landing mat with no deduction for gymnast's safety.
- A gymnast may take two vaults, the better score counts. If a gymnast performs as her first vault a Tsukahara or Yurchenko type vault – (flipping) and DOES NOT land on her feet or if vault is facilitated by the coach resulting in a zero as decided by the judging panel, the gymnast is allowed to perform a second non-salto vault for a score.
- If a gymnast performs as her first vault, a Tsukahara or Yurchenko type vault and lands on the soles of her feet and receives a score, she may perform a second vault, SALTO or NON-SALTO, the better of the two scores will count
- **Spotting Post Flight is same as governing body -1.00 (not void) – Spotting Landing -.50**
 - *If the coach facilitates the entire vault at the judge's discretion, the vault will result in a Void Vault.*
- Athletes may use an alternative springboard apparatus on vault with no penalty **except for Yurchenko style vaults**. This vaulting board variation **may not be used for any Yurchenko style vault (vault group #4 at any licensed event district or nationals)**. **Round Off Entry vaults, the vaulting board must have the Safety Zone Matt in place or vault will be Void**. The apparatus 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.
- **All other Spotting and Fall Deductions – Follow governing body rules and policies.**

Bars

- Coach may stand between the bars for the entire routine **with no deduction**. Do not block view of judge.

Beam

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

Floor

- 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.

Unallowable Skills Level 8 - 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.

OPEN OPTIONALS

- AAU Open Optional Level applies the governing body Level 9 rules.
- Coach may stand between the mats or vault table and board or landing mat with no deduction for gymnast's safety.
- applying Level 10 Bonus
- D & E Level Skills are permitted
 - Clarification Level 9 rules is 9.7 start value with .3 bonus – with full Level 10 bonus any skill combination that earns bonus at Level 10 is eligible – example E skills receives .2 bonus and are not disqualified. If gymnast does a C D D combination of le aps, they will also receive .3 bonus or 10.0 start value with no disqualification.
- Gymnasts may use an alternative springboard apparatus without penalty on all vaults except Yurchenko style vaults.
- Up to Competition Level – Composition deduction for Level 9 governing body rules will be applied to Open Optional.
- 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.

XCEL ALL LEVELS

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

- 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.

MINIMUM SCORING XCEL ALL LEVELS

- 3.00 is the lowest an athlete may score in competition after competing all events. The gymnasts can be awarded for any part of a routine that was completed if above a 3.0. Any attempt at performing the correct vault will be rewarded a complimentary score of 3.0. **This does not apply to touch or scratches.**

Vault

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

Bars

- Bars/beam mounts: A foam block 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 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.
- 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.** The apparatus 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.
- Coach may stand between the bars for the entire routine **with no deduction.** Do not block view of judge.

Beam

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

Floor

- 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

Spotting and Fall Deductions All Levels Xcel – Refer to governing body rules and policies

Vault Xcel Bronze -

- 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.

Vault Xcel Diamond

- A gymnast may take two vaults, the better score counts. If a gymnast performs as her first vault a Tsukahara or Yurchenko type vault – (flipping) and DOES NOT land on her feet or if vault is facilitated by the coach resulting in a zero as decided by the judging panel, the gymnast is allowed to perform a second non-Salto vault for a score.
- If a gymnast performs as her first vault, a Tsukahara or Yurchenko type vault and lands on the soles of her feet and receives a score, she may perform a second vault, Salto, or Non-Salto, the better of the two scores will count
- **Spotting Post Flight -1.00 (not void) – Spotting Landing -.50**
 - *If the coach facilitates the entire vault at the judge's discretion, the vault will result in 3.0 complimentary score.*

Bars Xcel Silver

- 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 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.**

Bars Xcel Gold

- **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.**

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.

HUGS SAPPHIRE, RUBY, EMERALD

- <https://usagym.org/pages/group/pages/hugs.html>

**AAU Youth Protection Handbook

[http://image.aausports.org/pdf/AAU Youth Protection Protection Handbook rev 713.pdf](http://image.aausports.org/pdf/AAU_Youth_Protection_Protection_Handbook_rev_713.pdf)

****All materials routines and/or educational materials shall be purchased from USA Gymnastics, the governing body. AAU National Gymnastics and all District Programs will not violate any copyright of materials.**