



Oklahoma AAU Rules & Policies

2021-2022

District Director

Ben Fox

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District Judging Director

Debbie Simonson
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All judging and rules should be submitted to Debbie.

Girls gymnastics levels 1-Open Optionals and Xcel levels
Boys gymnastics level Up to-6

Mission

To promote recreational, competitive gymnastics in the state of Oklahoma. The organization would fulfill a number of different goals.

- 1) Standardized judging- one certified judge per event
- 2) Lower meet fees
- 3) Low insurance rates
- 4) Liability coverage for all involved.

Athletes and coaches must register at www.ausports.org

Information

All athletes and coaches must register with AAU. They must have a valid membership card to participate in sanctioned events. AAU's membership fee includes a background check. You will not be able to get approved to go on the floor the day of a meet, or the day before.

In addition, all coaches are required to take the Positive Coaching One hour online course. This is free and is a great course. If this is your 2nd year, there is a 2nd course that you need to take and pass. It is also on the web site. You have 30 days to pass the PCA course, once you register.

One person is designated a club contact. They must be an AAU member. Clubs do need to be registered, in order to host a meet. All meets must be sanctioned and the information must be sent to the state director for approval. When you sanction a meet, the director must approve the sanction. DO NOT wait until the last minute to get your sanction. In addition, you cannot have TAG or USAG gymnasts in the same session as AAU.

Rules for hosting a meet

Our goal in Oklahoma AAU is to provide a quality, low cost competitive structure. Meet and door fees will be restricted at AAU meets. They are as follows:

Entry fee

In your facility- \$40.00 maximum, Outside Facility- \$45.00 maximum
For levels 6,7,8 & Open Optional Diamond and Platinum XCEL- \$45.00 inside and \$50.00 outside. This is only if you are having a two judge panel for these levels. It is highly encouraged to have a two judge pane for these levels. If you are only having a one judge panel, then your entry fee must be the same as the compulsory levels.

Door Fee-Regular Season

\$5.00 adult, \$2.00 children- 12 and under. 4 and under free.

Meet Tax-

.50 per gymnast to be sent with the results to the state tabulator. Checks to be made out to Oklahoma AAU. Example- 125 AAU gymnasts- send a check for \$62.50 to Oklahoma AAU. This must be done within 7 days of your competition. Failure to do so will result in no other sanctions being granted and gymnasts not be able to entered into the district championships.

Because of the levels of the AAU Meets, it is HIGHLY recommended that AAU meets begin after 5:00 p.m. on Fridays and younger age groups (ages 5-7) begin before 6 p.m. AAU meets cannot sandwich other sanctioned events between their sessions. This will invalidate your AAU sanction and insurance.

Age as of date during the season

Meets should state in their information as to the age determination date. The general rule in Oklahoma is that the age as of is the last day of the state meet for that level. However, if there are out of state gyms, then it can be as of the meet date. It must be stated on the meet information. Otherwise, all Oklahoma meets, the age is as of the last day of the state meet for that level. For the 2021-22 season, the dates are:

Novice State Championships- April 22-24, 2022

Advanced State Championships - April 29-May 1, 2022

District Championships

All gymnasts must compete in a minimum of two meets in order to qualify to the District Championships. The meets must be in Oklahoma, in order to count. Athletes do not need to compete in the all-around. The meets do not need to be at the same level. These scores will be tabulated. If there is an injury, the athlete can petition to the state meet.

They will be divided as follows:

Novice State Championships- XCEL Bronze, Level 1, 2, 3

Advanced State Championships- XCEL Silver and up, and Levels 4 and up

Gymnasts may compete in only one AAU state championship.

Novice State Championships- April 22-24, 2022

Entry deadline- March 22nd. There can be meets after this date, but they cannot count towards qualifying for state.

Advanced State Championships - April 29- May 1, 2022

Entry deadline- March 29, 2022. There can be meets after this date, but they cannot count towards qualifying for state.

Entry forms received after the deadline have a penalty of \$50.00 per gym. If the form is received less than 2 weeks before the meet, the meet director, in consultation with the District Director, have the ability to not allow the entry.

Gyms must submit a bid form in order to host the District Championships. The requirements for hosting the event are:

State Meet Entry Fees:

\$45.00 for inside facility, \$50.00 for outside facility

Door Fee - \$5.00 adult, \$2.00 children-12 and under, 4 and under free.

\$10.00 per gymnast goes to Oklahoma AAU.

Host is responsible for the following:

Cost of awards The gym that hosts the state meet will purchase their awards from the state board. They will be able to return any unused awards to the board. The AAU national medals and ribbons must be used. This is a national rule. In addition, ages, number of awards, etc. must be approved by the district director.

Awards Guidelines:

Age groups between 10-12 per group

Try to make sure no more than 24 months within an age group

Level 1 participation All-around award only

Level 2, 3 and Bronze XCEL, 1-3 on events, no participation ribbons - All-around all the way out

All other levels- Individual events 50% +1, All-around- all the way out.

Payments to judges – 2 judge panel for state. At novice state, there is only one judge for level 1.

All other expenses

The host gym collects all payments, door fees and any other sales of merchandise.

Fill out the bid form by clicking here:- [Oklahoma District Championships Bid Form](#)

This must be e-mailed to the District Director

Qualification to AAU Gymnastics Nationals

Gymnasts must compete in the District Championships in order to qualify to the national meet. If a team enters 5 or more gymnasts to the AAU Gymnastics Nationals, the state fund will pay \$250.00 towards the coaches' expenses for the meet. This payment will come as a reimbursement of travel expenses after the National Championships. Depending on the year to year budget, the state will donate funds towards the cost of special Oklahoma apparel for the competitors at the Nationals.

AAU All-State Banquet

Qualifications to go to the banquet

Level 3- top 3 in any event or all-around, or 37.0 and higher in the all-around. Ties for 3rd also qualify.

Level 4 & up top 3 in any event or all-around, or 37.0 and higher in all-around, regardless of placement. Ties for 3rd also qualify.

XCEL Silver, Gold, Platinum, Diamond- top 3 in each event or all-around or 37.0 and higher in all-around, regardless of placement.

XCEL Bronze and levels 1, 2 do not attend the banquet.

Dress Code

AAU meets will follow the same dress code as Oklahoma USAG-

Athletic shoes with rubberized soles.

No jeans or cargo pants/shorts/pants.

Pants:- Athletic warm ups or docker style pants- no jeans.

Shorts:- Athletic or tailored shorts with a reasonable seam- 7" or longer. No holes tears or short shorts.

Shirts- Collared shirts or t-shirts with gym logo. NO spaghetti strap, low cut, or midriff revealing shirts.

No hats or visors

Competition format

Alternate spring board allowed for all levels and all vaults, except Yurchenko entry vaults. Meet host must provide an alternate board or make it clear in the meet information that an alternate board is not available.

Warm-ups- Warm-up times will be followed per USAG warm-up rules. If you are hosting a meet- please know these rules!

Level 1- Achievement ribbons on each event, participation medal at the end. Recognize the gymnasts by age group.

Level 2, 3- Achievement ribbons each event, 1-3 on each event. All-around placement by age group- standardized medal for each gymnast- no gold, silvers.

All gymnasts receive an all-around award.

Level 4 and up and all XCEL levels- Placement ribbons on each event. All-around placement by age group. Gold, silver, bronze medals- all gymnasts receive an award. Individual events ribbons for top group. Number would depend on amount in the age group.

The USAG gymnastics rules will be followed in all events. In addition, USAG Oklahoma rules for coaches' behavior and dress will be followed in all AAU competitions.

No team awards allowed at any meet. No trophies to be given out at any meet for individual awards.

Meet Sanctions

All AAU meets must be sanctioned. You must go online and register your meet. There is a late fee if you meet if you do not sanction at least 30 days before the meet. All AAU sanctions must be approved by the district director, so do not wait to sanction. ONLY AAU athletes may compete in an AAU session. One person is designated a club contact. They must be an AAU member. Clubs do need to be registered, in order to host a meet.

Oklahoma State Championships

All awards for the Oklahoma State Gymnastics Championships will be the same as award categories outlined in the handbook. There will be NO team awards at any level. You must compete in the Oklahoma State Championships to qualify to the AAU Junior Olympics or the Age Group Nationals. The gym that hosts the state meet must purchase all their awards from the Oklahoma State Board. In addition, ages, number of awards, etc. must be approved by the district director.

Judging

Only one judge is required on each event for an AAU meet. In addition, judges and coaches will follow all USAG rules and policies for deductions and scoring. No exceptions. The District Championships will use 2 judges per event, except for level 1. Level 1 will use one judge panels.

NO team awards at any meets for AAU

Tank leotards are encouraged. Inexpensive uniforms are encouraged.

Gymnasts must compete in the Oklahoma State Championships, in order to qualify for the AAU Gymnastics Nationals or the AAU Junior Olympics.

With the 2021 USAG routines, AAU has proposed some modifications. In Oklahoma, everything will be straight, USAG rules, except for the following:

No timing of any floor or beam routines. The only time you will see any differences to the USAG routines, will be at a regional or national meet.

AAU Gymnastics will use the 2021-2029 USAG Compulsory Program Materials (Levels 1 through 5, 1st edition and any errata published by USAG) with modifications. Modifications are available on the AAU web site www.aausports.org, or click [HERE](#). For 2021-22 there will be no move up scores for XCEL levels in AAU. You may place your gymnast in the level you feel is appropriate, without having to qualify up to that level.

This is different than USA Gymnastics