

2025-2026

TEAM GEORGIA GYMNASTICS

RULES AND POLICIES



All Additional Information and updates can
be found on

www.teamgagymnastics.com

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Team GA Gymnastics Executive Board
2025-2026 Team GA Gymnastics Program

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Co-Chair: Denise Gracey, Gymnastics Gold -706-650-2111
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Event Licensing: Liz Nichols, GA AAU Office & Sports Information aaunichols@bellsouth.net
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MEMBERSHIPS - INSURANCE - LICENSING

Visit 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. You are required to have a club membership to have practice insurance and participate in GA AAU licensed events. **This is the most important thing you can do to protect your club, coaches, and athletes. Your AAU membership allows you to participate in all AAU licensed events if all qualifications to enter have been met.**

- **Coaches Registration (Non-Athlete) Online www.aausports.org**
 - Coaches are considered Non-Athlete in the AAU Uventex registration system.
 - www.aausports.org – Select JOIN you will be routed to **Uventex** registration platform. If visiting for the first time on **Uventex** – establish your account. Then you are ready to log in and get started. Select MEMBERSHIP – Get started - Select Non-Athlete. Fill out appropriate information. You will be sent an email from **NCSI** to complete your background check. A club may enter in all of their non-athletes but put in their **individual email to ensure they get the email link to complete their background check.**
 - If a non-athlete established their own account to register have them put in the club number – or the club number can be added with an edit option at a later date.
 - 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 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 A, B, C www.aausports.org for more detailed information.**
(Note: If you are going to host events you need a level B club and if you are including 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 Level **B** club membership.
 - You must have an individual AAU membership as described above to register your club. Visit www.aausports.org, Log IN -Sign In - select Select Membership - Select Club and proceed.

- **Athlete Registration Online** www.aausports.org
 - All athletes are required to have an AAU membership each year. To secure the full annual insurance benefits register for the entire season, Sept 1st through Aug 31st.
Attach your athlete to your club number when registering so that all your athletes will be listed under your club for easy verification. (See Instructions on Web of how to look up edit and attach athletes and coaches to your club.)
- **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-day 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 – Sign in. 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 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 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 (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 (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 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 them to the insurance company as instructed on the form. If you are a meet director hosting an AAU event, **first and most importantly**, 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 person involved 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

Team Georgia Gymnastics 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 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

TEAM GEORGIA GYMNASTICS OVERVIEW

Team Georgia Gymnastics will offer the following levels of competition as needed and requested for the 2024-2025 season. All levels are an option at invitationals events (contact meet director and host gym to find out about availability). There must be at least 3 paid teams participating in team awards for 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.aausports.org/gymnastics/ .
- 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.aausports.org/gymnastics/ .
- 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.aausports.org/gymnastics/ .

The Team Georgia Gymnastics program will follow the AAU National Rules and Policies for all levels with allowances as stated in the **2026 AAU NATIONAL GYMNASTICS PROGRAM ROUTINES AND ALLOWANCES** posted at www.aausports.org/gymnastics/ 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

- Team Georgia Gymnastics 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** <https://www.aausports.org/gymnastics/>. All clubs, program directors, judges, and coaches should be aware of this policy **and it 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 event - 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.
- Competition Order: At Invitational and state 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.
- 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.
 - No penalty for failure to present before or after exercise, starts before signal or vaults with signal (ask to stop and repeat the performance), verbal cues by coach or teammates (levels 1, 2, 3, Copper, XB, XS).
 - Incomplete/extremely short routine for unusual circumstances (may be allowed to repeat only if an injury has not occurred).

NOTE: All AAU licensed REGIONAL AND NATIONAL COMPETITIONS, national rules and policies are followed. Go to <https://www.aausports.org/gymnastics/> - to access AAU NATIONAL GYMNASTICS PROGRAM ROUTINES AND ALLOWANCE.

COMPULSORY LEVELS GENERAL

MUSIC

- **Music: for compulsory meets, the event director must provide compulsory music.** For optional levels 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

TIMING

- Beam and Floor routines are not timed during competition – all levels, thereby eliminating all time infraction deductions

FAILURE TO PRESENT

- Level 1,2, and 3 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 competitions.

COMPULSORY LEVEL 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

2025-2026 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 www.aausports.org/gymnastics.

- 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
- **Failure to Present** no deduction for Xcel Copper and Xcel Bronze

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.
- **Cast amplitude on BARS:** The .1 amplitude deduction for casts that are BELOW the requirement for the level **DOES NOT APPLY** at any level in AAU. * Reminder that GOLD in AAU can perform cast backhip-cast backhip and fulfill the special requirement for bars. Follow the allowance deductions as stated on the national allowances

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.**
- Reminder that GOLD in AAU can perform cast backhip-cast backhip and fulfill the special requirement for bars.
- Coach may lift the gymnast to the still hang on the high bar to begin the routine with no penalty.
 - -0.50 will be deducted if the coach assists the gymnast to a front support on high bar or a large swing upon lifting to the high bar.

XCEL 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.

XCEL 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

MEET DIRECTORS DUTIES FOR AAU LICENSED EVENTS

1. Select a date for your event and apply for your event license at www.aausports.org -Log In. Click Memberships at top menu bar. Make sure if you include Adult Athlete participants in your event that you include both **categories, youth and adult**. 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. See Instructions on how to verify memberships posted on Team GA Web Site www.teamgagymnastics.com.
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 under insurance 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.

TEAM GEORGIA GYMNASTICS PER ATHLETE SURCHARGE

There will be a \$2 surcharge per athlete for all invitational and state competitions.

Send copy of license and competition fee (\$2 per AAU gymnast - made payable to GA AAU Gymnastics) by mail within five days to Cindy Furman, **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 48 hours after the completion of your event. eleonorljoubert@gmail.com.
2. Must be xcel or csv file.
3. Sort scores by gym and then by level.
4. Include in the text of the email the sanction number of the event.
5. 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 them to AAU score reporter. Make sure all AAU gymnasts have been verified before sending scores.

ITEMS TO BE INCLUDED ON MEET INVITATIONS

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 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 tramps) 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 in the competition.
8. All competitions must be finished by 9 pm and must not begin before 8 am. 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 in the meet information, otherwise you must notify the clubs and if they choose to not compete refund their monies.

SCORES ELIGIBILITY

For all scores to be eligible for qualifying purposes, the event must be licensed by AAU.

TEAM GA GYMNASTICS QUALIFICATION AND ELIGIBILITY TO STATE CHAMPIONSHIP

A gymnasts must participate in a minimum of two (2) GA AAU licensed events in order to participate in the GA AAU State Championships. Out-of-state events will not be considered as part of the two (2) scores required. Division will be determined by the scores listed below. The two highest scores of the season determine the division placement of the gymnast. The number of divisions and scores may be modified if it is determined that additional or fewer divisions are needed as determined by the number of athletes in each division.

1. Levels 1 & 2 (two divisions) (Novice: Scores 36.95 and below) (Experienced: 37.00 and higher).
2. Level 3 (two divisions) (Novice: Scores 35.95 and below) (Experienced: 36.0 and higher).
3. Xcel Copper, Bronze, Silver (three divisions) (Novice: 36.495 and below) (Experienced 36.5 – 37.495) (Advanced: 37.5 and higher).
4. Xcel Gold (3 divisions) (Novice: 34.95 and below) (Experienced: 35.0 -35.995) (Advanced: 36.0 and higher)
 - 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.
5. 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.
6. No qualification score to enter in District State Championship. You must participate in **two GA licensed events** prior to the entry deadline. Scores from out of state meets do not qualify as one of the 2 meets required.
7. Gymnasts will be placed in one of the divisions according to their scores recorded **twice from a GA licensed** event prior to the entry deadline assuming minimum number of participants warrants a division. A petition form to participate in the Team GA AAU State Meet can be found at www.teagagymnastics.com. A gymnast who only participated in one licensed event will automatically be placed in the Advanced Division.
8. 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 Team 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, 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 ages, 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 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.

TEAM GEORGIA 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) have been completed. Awards will use the formula of half plus (1) **medals** on events (rounding up) and all places will be recognized in 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 ages, 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 www.aausports.org

Team Georgia Gymnastics 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 Office 770-757-9019 - Cell 404-379-938

Special Stars Programing: Cindy Bickman cbickman@earthlink.net (404) 558-2607

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