



**2011-12 AAU GEORGIA**

**GYMNASTICS**

**RULES AND POLICIES**

**GYMNASTICS EXECUTIVE BOARD**  
**2011-2012**  
**AAU PROGRAM**

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USA National office- 1-800-345-4719

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### **AAU REGISTRATION AND SANCTION INFORMATION**

All athletes, coaches and officials are required to register annually with National AAU on line at <http://aaugymnastics.org/>. To secure the full annual insurance benefits register for the entire season, Sept 1 through Aug 31. You will not have the insurance that is provided to you by your memberships unless you have renewed your club and individual memberships for the current year. This is the most important thing you can do to protect your club, coaches and athletes.

- **If you will be hosting an AAU sanctioned meet**, you must apply for your sanction so that it can be approved before any material can be distributed or put on the competitive calendar.
  1. You must renew your club membership for each season.
  2. You must renew your individual membership if you are listed as the club contact. Whoever is listed as the club contact must have an AAU membership number.
  3. Apply for your sanction on line at <http://www.aausports.org/>. You will need your new club number and your new AAU number. Make sure you have prepared an informational flyer to attach. Sample templates providing the basic information for the flyers are available on the website. You can list a contact person or a link for the entry form. **You cannot get your sanction without the flyer being attached. (Use the template!)**
  4. Fill out the sanction application completely; remember to include all age groups. Just keep adding them –
  5. Pay and submit for approval. You will get a receipt for your submittal - **THIS IS NOT YOUR SANCTION** – you will receive notification of your approved sanction and your sanction number via email as listed on your sanction request.
  6. After the sanction is approved, then material can be distributed by GA AAU to other GA AAU club members and coaches.

If you have any questions regarding the sanctioning of your meet, please contact Denise Jessen [dcjess@bellsouth.net](mailto:dcjess@bellsouth.net) , June Seymour [jkseymour@g-net.net](mailto:jkseymour@g-net.net) or Liz Nichols [aaunichols@bellsouth.net](mailto:aaunichols@bellsouth.net). We will be glad to answer

your questions and assist you.

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- *This event is sanctioned 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.*
- *Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.*

Gymnastics Clubs must register over the internet at [www.aausports.org](http://www.aausports.org).

Registration must be done each season in the following order:

1. Obtain a Club Membership (note: Club membership must be done first)
2. Register the club contact person (note: must use your club number obtained in step one)
3. Register your coaches (non-athletes)-(note: must use your club number obtained in step one)
4. Register your athletes (note: must use your club number obtained in step one)
5. Ensure your Meet Directors have their Meet Director certification

### **AAU CLUB MEMBERSHIP**

Club membership is mandatory to receive AAU insurance, to host Sanctioned events, to participate in Team Awards at Invitational's and State Championships, to have voting rights and to receive AAU mailings or publications. Every Club should register their club first to receive their club membership number which will be needed to register your coaches and athletes. Club membership runs from Sept. 01 through August 31, of each year. It is recommended that you check the National AAU website beginning in mid August for the specified date to begin registration for the coming season. There are three levels of Club Memberships available. The fee varies according to which level best fits your club's needs. Each of these levels is explained in detail. Registration over the internet is outlined below.

- Clubs that practice in separate facilities must have a club membership for each separate location in order to be covered under AAU insurance.
- If a club does not have a current club membership, they may not compete as a team at any sanctioned meet.

## **AAU ATHLETE AND COACH REGISTRATION**

After you obtain a Club membership (above), you will need to make sure your coaches and athletes are registered. You will need to make sure you enter your club number (obtained when you register your club) when registering your coaches and athletes. Please remember to fill out your application completely. No applications will be taken without a complete birth date. Only register one level per sheet. Please be sure to indicate which type of coverage you want- type A or AB. The difference in the coverage is explained on the registration form. You cannot split coverage.

### **Registering over the internet with a credit card:**

1. Go to [www.aausports.org](http://www.aausports.org)- Select "JOIN" and Register your club first. If you plan to host a meet you will need a level 2 membership.
2. Next register your club contact person- remember to use your club membership number obtained in step one.
3. Register all of your coaches (referred to as "non-athletes") Again, remember to use your club membership number from step one.
4. Register your Athletes- remember to use your Club membership number from step one. Register only one level per sheet. Be sure to identify if you would like A or AB coverage.
5. The system will charge your credit card for the total and allow you to print verifications.
6. If you need assistance call National AAU at 407-934-7200.

## **AAU DUES**

Each gymnast entered into an AAU State Championship meet will be charged an additional dollar that will go to the Georgia office to pay Georgia AAU dues. This fee will be built into the State Meet entry fees as set annually by the State Board. The host Clubs of the State Meets will be billed for this fee. AAU dues pay for the management of the website, mailings, etc...

## **SAFETY CERTIFICATION (NEW as of Sept 1, 2010)**

AAU Coaches are no longer required to be USAG Safety Certified in order to participate during AAU sanctioned events. However, in keeping with the standard of past years we strongly encourage our coaches to continue to maintain your Safety Certification for the overall wellbeing of the athletes. For Safety Course dates or to register for a Safety Course, please call USA Member Services at 1-800-345-4719 or visit [www.usa-gymnastics.org](http://www.usa-gymnastics.org).

USAG now offers the Safety Course online for both current and none members.

- Background checks as per USAG are not applicable to AAU Coaches.

### **Routines and Music**

The GA-AAU 2-5 Text and deduction cards can be obtained and downloaded from the GA-AAU Gymnastics website at [www.gaaau.net/gymnastics%20girls.htm](http://www.gaaau.net/gymnastics%20girls.htm). It is recommended that you purchase the USA Gymnastics Compulsory Text as the AAU Text follows the USA Program Text very closely and references the USA Text substantially.

The GA-AAU PREP OP Program material and Requirement Chart are updated annually and posted on the GA-AAU website.

For questions regarding any of this material please contact the Co-Chairs, the AAU Judges Rep or the Individual Level Representatives as listed on the Executive Board page.

- Clarifications and updates pertaining to the GA-AAU Program are distributed throughout the season via the GA-AAU Electronic Clubs Group. If you are not receiving such transmissions please contact Gretchen Connell at [salto.one@cox.net](mailto:salto.one@cox.net). There are no fees for membership into this electronic group and one may unsubscribe at anytime. All messages are delivered via a blind send to protect the privacy of the individual members (National AAU policy.) Individual Coaches may also be included in this electronic message group.

**MUSIC:** AAU utilizes the USA Gymnastics compulsory music. Please purchase your music from USA Gymnastics. Both versions (old and new) of the compulsory music may be used. Coaches are responsible for notifying the Meet Directors of your choice for your athletes at competitions. Optional music should be provided on Compact Discs (CD's) with one piece of music per disc. Clubs providing music through an Mp3 or iPod device to use at competitions should contact the Host Club to insure of this capability.

### **AAU Web Sites**

Please be aware that there are two web sites for AAU. The Georgia site is [www.gaaau.net](http://www.gaaau.net) and the National site is [www.aausports.org](http://www.aausports.org). **When competing in Georgia, please follow all rules, routines, etc..., as listed on the Georgia site as these do vary from the National routines/material.**

## **AAU INSURANCE**

AAU insurance is provided through your valid Club Membership and Athlete and Coach Registrations. AAU provides secondary medical if individuals already have primary insurance. AAU will provide primary Insurance if there is no other insurance but after the deductible is met. In order for the insurance to be valid, you should know the following:

\*Everyone (players, coaches, volunteers, and clubs) should be registered with AAU in order to have valid coverage.

\*Club Membership is to have club practice insurance either Type A or AB. Please read on the Club membership application to understand the different options (A or AB) for coverage.

If you would like a copy of the insurance brochure go to [www.aausports.org](http://www.aausports.org).

## **SURCHARGES**

There will be a \$1 surcharge per athlete for all invitational meets which must be paid to the Georgia AAU office. There will be a \$2 surcharge per athlete for all State Meets. Please read under Meet Director's duties (#13) for details.

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

1. Select a date for your event and apply for your Sanction through National AAU as outlined above under the **AAU REGISTRATION AND SANCTION INFORMATION** section on page 3. Apply for your sanction as early as possible or by at least one month in advance of your event to avoid any additional fees.
2. Sanction every day of your meet that you anticipate, but it is best to under sanction. You can always add a day to be sanctioned, but money cannot be refunded for sanctioned days which are cancelled. If in the event the days change (days added or event dates altered,) it is extremely important that you contact National AAU and the GA AAU Sanction Agent, June Seymour, 912-653-2660, [jkseymour@g-net.net](mailto:jkseymour@g-net.net) prior to the event so that the necessary changes can be reported and covered by insurance. If you do not sanction a day of your meet, it will not be covered by insurance. If any athlete, coach, or club attending your meet is not properly registered with AAU, the sanction and insurance coverage will be void. The approved sanction must be posted in a visible location on the day of your event.
3. Provide your Invitational event dates to Sheila Ragle at [sragle@bellsouth.net](mailto:sragle@bellsouth.net) to be placed on the GA-NAWGJ calendar. Host

clubs should strive to submit your event dates by June 1 of the preceding season or as soon thereafter as possible.

4. Make sure your participating clubs, athletes, and coaches are all properly registered or your sanction will be at risk and your event will not be covered by insurance. Clubs must be registered in order to participate in Team Awards. It is the Meet Director's responsibility to verify that everyone attending is properly registered.
5. Insure that your Meet Director has their Meet Director Certification.
6. If hosting a meet outside of your facility, confirm if a Third Party Certificate of Liability is needed. (See Third Party Certificate of Liability section below.)
7. Prepare and distribute the Invitations to your meets (See the ITEMS TO BE INCLUDED ON MEET INVITATIONS section below.) **All Spring State Meet Invitations are due to the co-chairs by December 15 for placement on the website.**
8. After the deadline to receive meet entries prepare the competition schedule and eventually the rotation schedule. Confirm schedule with your Meet Referee (Judge) and if you need additional assistance preparing your schedule, contact Becky Oppenheimer, State Meets Coordinator/Meet Advisor, at 770-516- 2654 **or at** [becky@ga-allstars.com](mailto:becky@ga-allstars.com).
9. **(IMPORTANT:** See the Rules for Competition section on page 11.) All State Meet Schedules **Must** be approved by Becky Oppenheimer, prior to distribution or posting on the web.
10. **Awards-** Order and distribute your awards according to AAU guidelines listed in this Rules and Policy Book. Host gym is responsible for ordering all medals/awards for their own invitational meets. State Meet awards and athlete t-shirts are only ordered by the State Awards Chair. Your club will be billed for all State Meet awards other than the participant awards which are provided by AAU.
11. Make sure that proper equipment is provided to accommodate all Georgia AAU Rules and Policies. (IMPORTANT: See the Rules for Competition section on page 11 below.) In the event that AAU does not specify something in the current Rules and Policy Book, newsletters, electronic transmissions or website postings, USA guidelines are to be followed or the AAU co-chair can make a ruling. AAU co-chairs always reserve the right to make rulings as they deem appropriate.

12. Be aware of all entry fees, team fees, and door fees as recommended by GA AAU. Gyms hosting State Championships for AAU MUST use the fees as set by the GA-AAU Board for the current year.
13. Display the AAU Coaches Sign-In Sheet for signatures, club affiliation and AAU membership numbers and provide a copy of this in your post meet package to the Sanction Agent. Also include the AAU Judges Sanction form in your post meet package. These forms are posted on the GA-AAU website.
14. Surcharges; There will be a \$1 surcharge payment fee per athlete per invitational meet and a \$2 surcharge payment fee per athlete for State Meets. Meet Directors must submit competition results (event and all-around scores) with the total surcharge payment, the Coaches Sign in Sheet and Judges Sanction Form to the Sanction Agent to be post marked by no later than one week after the conclusion of the competition. A fine of \$100 will be imposed for failure to comply.
  - Clubs participating on the competitive circuit should use one consistent Club name or acronym as the designation of the Club's identity when registering for Meets in order for our Sanction Agent to properly process competition results from the Meet Director's.
  - Results should be submitted by competitive levels. Age divisions can be together but NOT levels.
  - Meet Directors should annotate any out of State competitors to the Sanction Agent.

Post results plus forms with payment to:  
June Seymour  
279 John Coursey Rd.  
Ellabell, Ga. 31308-4509

15. Report any accidents occurring during your meet no later then 24 hours after the incident. See "Reporting an Accident" in this Rules and Policies, page 20.
16. Meet Directors hosting events with competitors from both the AAU and the USAG Federations must schedule athletes in separate sessions. AAU and USAG competitors may not compete together within the same session.
17. On site Sports Trainers (or EMT's) must be available at all State Meets.

### **Third Party Certificate of Liability**

Frequently facilities require a Third Party Certificate of Liability in order to run an event at their facility. They require an actual insurance policy with their name on it. AAU can provide this with the proper request. Each request is \$25. Third party requests require 30 days notice. If you need a request in less than 30 days, the fee will be \$100. If you need to add facilities to an existing request, there will be no charge. All third party requests must be attached to valid and approved sanction forms. To obtain Third Party requests go to [www.aausports.org](http://www.aausports.org) and click on access log in. You will need your club number and current AAU member number to log on. After you log on, you will be able to print a specimen of insurance certificates with your Club name and information on it to give to your facilities.

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

1. Date of Meet-Specify if possibility of Friday sessions
2. Meet site-including site address and mailing address
3. Meet director's name, telephone number, and e-mail address
4. The website with meet information
5. Award information
6. Entry fee- specify if different for different levels (compulsory, optional, etc.) as well as refund policy
7. Entry deadline with late fees information
8. Team fees
9. Misc. fees- Door fees (adults vs. kids), parking fees, etc.
10. Qualifying information
11. Payment information, including to whom the check should be made payable and where it should be sent
12. List type of equipment
13. Lodging information and Host hotel (give a few options/price ranges)
14. State Meets should have AAU Emblem
15. Map/directions to your meet
16. T-shirt order form if needed (Indicate - if size not entered – Meet Director will assign a size)
17. Competition Entry form with place for Gym's name, address, phone numbers, e-mail, fax number, competitors' names, athlete registration number, Level, Athlete's birthdates, T-shirt size, Coaches AAU numbers and Club numbers.
  - GA AAU no longer requires USAG Safety Certification for AAU Coaches to participate in AAU sanctioned events. AAU Meet entry

- forms no longer need to supply this provision for Coaches' on entry forms. USAG Background check dates are also not applicable to AAU.
18. Request for all entries to be submitted electronically or typed. No handwritten entries accepted. No entries accepted without payment.

## **RULES FOR COMPETITION**

1. All USA guidelines will be followed regarding the number of judgments per session/per day, 30 second touch requirements (note: touch can be waived by State Chair if necessary) and equipment unless otherwise stated on AAU routine Cards, Rules and Policies, web site or current Newsletters. Also, AAU Co-chairs reserve the right to make decisions regarding Rules as they deem appropriate at any given time.
2. **Equipment-** Must follow USA guidelines unless otherwise specified. AAU allows the following:
  - Beams and vaults may be lowered as low as possible as long as equipment is safely locked at that height. A gymnast must be able to lower or raise the beam as necessary or two beams must be provided (one lower and one higher).
  - For all levels, the board (or mat mount) may be placed on top of an 8" skill cushion for the purpose of mounting for UB and BB. Mounting aids must be removed as soon as possible after the mount to avoid a deduction.
  - Bar requirements are the same as USA Gymnastics
  - Any size professionally manufactured springboards or Air boards (not mini-tramps) may be used for Vault (at all levels) as long as the same boards are offered for all sessions of that level for a particular meet. Meet directors are required to provide Air boards for all meets.
  - At State meets, only professionally manufactured mats, carpet squares, or Velcro strips or removable tape may be used on the vault runway as a marker. These items may only be placed on the runway and are not allowed to overlap the air board or springboard. No chalk lines, jackets, etc... The allowance of chalk markings on the runway at Invitationals/Intersquads will be at the discretion of the Meet Director.
  - For level 4 Vault- an up to a 4 inch professionally manufactured mat must cover (drape) the gap between the vault table and the stacked mats and is required to overlap at least the end of the vault apparatus onto the stacked mats. The draped mat may cover the entire surface of the vault table but must also extend over the stacked mats for the

purpose of safety for this required extended body landing. The mat stack height may be up to 4 inches above or below the height of the vault table.

- A full floor exercise mat (not floor strip) must be provided at all AAU State Meets during the competition phase for all levels of AAU. A floor strip is allowed during warm ups.
3. **Judging Panel**- AAU must sanction all competitions. In order for all scores to be eligible for qualifying purposes, there must be a two judge panel for each event for both compulsory and Prep Op judgments. For Prep Optional Divisions at least one judge must have a Level 7/8 or higher rating per event.
    - In the event of an extreme shortage of judges permission may be requested from the Co-Chairs to allow a one judge panel for a meet (to exclude State Meets.)
  4. **Competition Times**-All competitions must conclude by 9 P.M. and must not begin before 8 A.M. unless approved by the Co-Chairs. Any meet that runs over the 9:00 P.M. curfew is in violation of the sanction and must report the circumstances of the incident to the Co-Chairs within 24 hours of the meet. Meet directors have the option of offering 20 to 30 minutes for the general stretch time period.

Warm up times:  
Levels 2/3 - 45 seconds per athlete  
Level 4/5 - 1 minute per athlete  
PO Beginners, 1 & 2 - 1 minute per athlete  
PO 3 - 1 1/2 minutes per athlete
  5. **Competition Order**- At invitational meets coaches have the option to select the event order of their competitors on VT, UB, and BB for all levels during competitive rotations. The club listed at the top of the rotation for that event always has the option of going first. The idea is to save time for equipment adjustments. During event warm-ups, coaches are encouraged to work together to place the athletes in such an order which will minimize equipment changes between routines during the competition. Coaches should notify the judges of any changes to the rotation order at the beginning of each competitive event. Note: Order selection is only permitted at Invitational competitions and is not allowed at State Championships.
  6. **Friday sessions**- AAU prohibits competitions beginning before 4:30 P.M. on any weekdays. Only local teams within 20 miles or less may be scheduled for a Friday session without approval from the GA Chairman. The only exception to this rule is State Championships as Friday sessions

may be necessary to accommodate all qualifying gymnasts. State Meet schedules must be approved prior to distribution. For Invitational meets preceding a Monday Federal Holiday competition may be extended for that Monday, but this information must be included in the Pre Meet Invitational package.

7. Prep Opt gymnasts may not compete using Compulsory Music otherwise a hefty deduction will be applied. Prep Opt music is preferred on a single CD per musical selection (routine.) Clubs planning on using Mp3/iPod devices to provide their optional music are responsible for contacting the Host club in advance to insure this capability. It is the responsibility of the coach to contact the host gym to determine if they will have the appropriate equipment to accommodate anything other the CD's.
8. **VAULT:** Levels 2 and 3 are allowed one vault (However if the average score for the one vault falls below a score of 6.0 a second vault should be allowed upon request from the coach to the judge.) Levels 4 and up may perform two vaults but coaches are strongly encouraged to have their athletes perform only one vault. Coaches' discretion for the option of 2 vaults for Levels 4 and up.
9. When an athlete changes gyms, they must compete as an individual for 60 days with the new club prior to being eligible to having their scores count towards the team score of the new club. This rule does not apply if the original gym signs a release permitting an immediate transfer, or if the original gym is no longer in existence or if the gymnast has transferred from a gym out of state.
10. **Minimum score:** AAU participants should receive a minimum score of 3.0 for an attempted routine.

### **ELIGIBILITY**

Please note that Levels 2, 3 & 4, will be comprised of two divisions at the State Championships, Novice and Experienced.

- For the first annual Fall State Meet the Novice and Experienced Divisions will not be employed. The Board will re-evaluate this for future Fall State Meets based on the numbers from subsequent Fall State Meet attendance.

There will be no divisions at invitational meets. **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.** Please read below for further clarification. If you

need further explanation, please contact the appropriate Level Rep listed on the Executive Board page or the Member at Large at [salto.one@cox.net](mailto:salto.one@cox.net).

### **Two Divisions of Level's 2, 3 & 4 for State Meets:**

**1. NOVICE** - Geared towards the more inexperienced gymnast and intended for gymnasts consistently scoring less than a 35.0 AA by the qualification deadline date for the specific State Meet. Any gymnasts scoring more than a 35.0 AA twice prior to the qualification deadline will be **mandated** into the Experienced Division for the specific level. However, Gymnasts whom have scored only one 35 AA (or higher) by the qualification date may still participate in the Novice Division. Athletes with All-around scores less than a 35 are encouraged to participate in the Novice Division but may participate in the Experienced Division at State if desired. **Failure to enter an athlete into the appropriate division for the State Meet will void that athlete's team from participating in the Team Awards for that level during the State Championships.**

**2. EXPERIENCED** – Geared for the more experienced gymnasts but open to any Level 2, 3 or 4 athletes. Any gymnast scoring an AA of 35.0 or higher twice prior to the predetermined qualification deadline will be **MANDATED** to participate in this division at the State Meet. **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.**

**Note:** For compulsory athletes competing in both the USAG and AAU programs at the same level during the same season if she meets the USAG State Meet qualifications prior to the AAU State Meet qualifying deadline she will not be allowed to participate in that AAU State Meet. At anytime during the AAU season once a USAG compulsory athlete merits the USAG qualifications to State she may no longer remain in that same level in the AAU program for the duration of that season.

- If the USAG State Meet qualification stipulates that the qualifying score must be achieved twice and the athlete achieves this score only once, she may remain in the AAU program at that level.
- Athletes meeting the full USAG State qualification may still continue to participate in the AAU program at a higher level or in the AAU PO Program.

AAU athletes competing at more than one level during the season must declare their level for the State Championships by the declaration deadline date. If an athlete competing at more than one level scores a 31 AA or higher once at any Invitational Meet at the higher level prior to the declaration date, she must declare the higher level for the State Championships.

**Prep Opt Beginners** - Geared toward USAG Levels 1, 2 & 3 and AAU Levels 2 & 3.

**Prep Opt 1** - Geared toward USAG and AAU Levels 3 & 4.

**Prep Opt 2**- Geared toward USAG and AAU Levels 5 & 6.

**Prep Opt 3**- Geared toward USAG and AAU Levels 6 and qualified USAG L-7 and above.

1. If a competitor has qualified to compete in a State Meet at USAG level 7 or higher, she cannot compete in the same competitive season in the AAU Prep Optional Program, but may compete at the AAU Optional qualifying session at the State Meet to qualify for the Junior Olympic Nationals.
2. Note: Prep Opt gymnasts may not use Compulsory Music without receiving a deduction. Prep Opt music should be recorded on a CD with one selection per disc. Coaches are advised to bring two copies of each athlete's music in the event one copy might be damaged. Clubs planning on using other media for your optional floor music are responsible for contacting the Host Club to verify their capability.

**Qualification to State Championships:** Compulsory athletes must achieve a 29 AA or higher once prior to the qualification deadline. Prep Opt athletes must participate on at least one event during a sanctioned competition prior to the qualification deadline.

## **AAU AWARD GUIDELINES**

### **Invitationals/Intersquads:**

1. Meet directors provide select and purchase their own awards for Invitational meets but not for State meets
2. Type of award should be included on meet invitations
3. Every athlete should receive an all-around medal or award.

4. Refer to the formula chart to determine number of places to carry out each event awards. The formula chart will specify how many places to go out on each event based on the number of competitors. Any kids that receive an all-around medal below the cut-off for event awards should be called out as “merit awards”.
5. At Invitationals sessions will be run by level and team, not age groups. Individual awards should be given out at the end of each session unless specified differently on the invitation.
6. All team awards will be given at the completion of all competition for a particular level.
7. Tie breaking- If ties for first place, both gymnasts are champions and should receive identical awards. There will be no second place ranking and then a third place award will be granted, etc.
8. All Invitational Meets should specify on invitations whether top 3 or 5 scores will be used to determine team scores for Awards.
9. Team Awards shall be given to 50% of teams entered. If there are an odd number of teams, giving more awards is always better.
10. Age groups listed in Rules and Policy Book

### **State Meets/ Championships Awards Guidelines**

1. The AAU Board will contact the Meet Director of a State Meet to determine how many awards to order. The AAU State Board will order all individual and team awards and t-shirts for the State Meet participants.
2. Every athlete will receive an all-around medal. Awards will be given out according to the Awards Formula sheet. All-around places after the number of allotted event places (refer to chart) will be announced as merit awards.
3. State meet sessions will be run by level and age group. The number of kids permitted per session follows USA guidelines; however, for awards age groups must be divided with no more than 30 kids per age group. Age groups listed in this Rules and Policy Book.
  1. Awards will be given out at the completion of competition for that entire age group, unless the age group is so large that it is split into two groups.
4. If a gymnast competes out of their scheduled session, then they are not eligible for participation in awards and their scores do not count towards their team score.
5. All team awards will be given at the completion of competition

6. Gyms with outstanding club memberships or holding bad debt to another gym are not eligible for team awards.

7. Tie breaking- **First- Third (Gold, Silver, and Bronze) on events and ALL-Around at State Championship meets:**

Do not break ties or skip places for first through third on events and All-around at AAU State Championships. The awards chair will include extra medals to be distributed for First through Third in case of ties.

**Fourth and down on events and All-Around at State Championship meets:**

Distribute the number of medals as indicated on the AAU Awards sheet that will be provided to State Meet directors. Refer to the columns that show the proper number of kids per age group and then cross reference with the columns that read “fourth through down events” to determine the number of medals to award the different events. Please be reminded that first through third will receive different medals. You will not give out any more medals for events, than listed on the formula sheet. If you give out more than indicated, you will run out of medals. You will NOT break ties. For example, if four people tie for fifth place all four will get a fifth place medal, however, you now will only have remaining number of medals to hand out as indicated by the number on the chart. It will reduce the number of places you go out, but not the number of medals. The number on the chart indicates the total number of medals (after first through third) that you will have to distribute. It does not reflect the total number of places.

1. Only Invitational meets have the discretion of breaking ties as indicated in this R&P book.
2. Team awards are given to 50% of teams. Round up for odd number of teams. Both teams will receive a trophy for ties, but we may have to order the extra trophy and mail it to one of the teams. Teams will have to share the presentation of the award on hand. Do Not skip places when distributing team awards to accommodate ties. All ties will be awarded. Meet Directors should immediately notify Awards Chair or AAU Chairmen to let them know in the event extra awards need to be ordered and mailed
3. When applicable, a club may enter as a team in one or both divisions (Novice and/or Experienced) as long as a team fee is paid for each division and a minimum of three kids are entered.

4. When an athlete changes gyms, they must compete as an individual for 60 days with the new club prior to being eligible to having their scores count towards the team score of the new club. This rule does not apply if the original gym signs a release permitting an immediate transfer, if the original gym is no longer in existence or if the gymnast has transferred in from a gym out of state.
5. All Clubs must be properly registered with AAU to be allowed to participate in team finals or team awards.

### **AAU AGE GROUPS FOR COMPETITIONS**

Level 2: 5 and under 6, 7, 8, 9, 10, 11-18, and adult

Level 3: 6 and under, 7, 8, 9, 10, 11, 12-18, and adult

Level 4: 6 and under, 7, 8, 9, 10, 11, 12, 13-18 and adult

Level 5: 7 and under, 8, 9, 10, 11, 12, 13-18, and adult

Prep Op: 6 and Under, 7-8, 9-10, 11-12, 13-14, 15-18 and Adult

**Please Note:** If the meet director would like to break down the age groups into even smaller groups than listed they may. If they would like to enlarge the age groups, they must get approval from all participating clubs that are affected by the change.

At State Meets, whenever there are more than 30 kids in one age group, the kids will be divided chronologically by age and divided into two groups for awards. If there are less than 30 kids in an age group, then the gymnasts will compete in one group. Every child in the meet will receive an AA award.

### **STATE MEET INFORMATION**

1. The minimum qualifying score for State is a 29 all-around for all levels other than Prep Opt. Prep Opt divisions have no qualifying score, but athletes must compete on at least one event in a sanctioned AAU competition, for the appropriate division, prior to the State Meet qualification deadline.
2. Level 2, 3, 4 will have two divisions (Novice and Experienced) for the State Meets. (See details under the ELIGIBILITY section above.) Failure to comply with the score mandates will revoke the team's privileges of participating in Team Awards at State Championships. Divisions must be entered according to guidelines found on the

- Georgia AAU web site. Awards will be distributed according to guidelines in this Rules and Policies Book.
3. Clubs may enter as a team for Team Awards in either of the divisions for Levels 2, 3, 4 at State Meets with team fees to be paid per division. Minimum number of competitors per division for Team Awards should be 3.
  4. The Qualifying, Declaration and Deadline entry dates to the State Championships will coincide to be 4 weeks prior to the specific State Meet. The specific State entry deadline date will be included in the State Meet Invitation packages to the clubs, as well as posted on the AAU web. Fees will be enforced for all late entries and **NO** entries will be accepted less than 10 days prior to the State Meet event date. Clubs entering the State Meets are responsible for ensuring they have received the State Meet invitation to turn in all entries by the deadline. Host clubs are not responsible for mail delivery errors. Late fee penalty will be \$25 per athlete to a maximum of \$200 per club. No club, regardless of circumstances, can waive these late fees if entry is received after the deadline. No entry is accepted without full payment. State Meet entries must be typed or they will be returned and late penalties may apply.
  5. State Meet Fees (entry/door) are set by the AAU Board. **(Subject to change.)**
    - \$47, for all compulsory Levels/ entry fee per athlete
    - \$49, for PO Beginners, 1, 2 & 3/ entry fee per athlete
    - \$40 entry fee per Team, per level (must be paid twice if entering as a team in two divisions at the level 2 3, 4 or prep opt 1 state meets)
    - \$6 Door Fee, Adults (19 to 59 years old)
    - \$3 Door Fee, ages 5-18 - Seniors (60 and over)
    - Free for ages 4 and underOutside facility fees may be increased to:  
No more than \$8 for adults, \$5 for ages 5-18 and senior citizens (60 and older), 4 and under free
  6. Gymnasts will compete in the age group at State Meet based on their age on the first day/first session of the specific State Meet.
  7. All State Meet Awards and participant t-shirts are ordered by the AAU Awards Chairman and paid for by the Host Club. Host Clubs will be contacted by Awards Chair immediately after the entry deadline to receive a breakdown of entries per age group and team so that the proper number can be ordered. State Meet Directors must fill out all of the appropriate inventory and financial statement paperwork

- (provided by State Awards Chair) and return unused medals to Awards Chair.
8. State Meet Directors must pay the \$2 surcharge per competitor. Surcharges and official scores should be sent to June Seymour within one week of the conclusion of the State Meet.
  9. All Clubs participating at the State Meet, or any sanctioned event, should be properly registered with AAU to participate in Team Awards. All athletes must be registered or the sanction will be void and there will be no insurance covering the event. All coaches should be current AAU members. It is the State Meet Director's responsibility to verify this prior to the meet.
  10. Teams with outstanding debt of any kind (bounced checks, AAU club membership, debt with another club, etc...) **will** not be allowed to participate in Team awards at their State Meet.
  11. All coaches should wear proper professional attire and refrain from using cell phones in the competitive arena.
  12. Awards distributed according to the 'Awards Formula Chart' found in Attachment 1, page 24.
  13. Coaches who have Graduating Seniors participating in a State Meet should notify the State Meet Director and complete a "senior" form so that the gymnast can be honored at the meet.
  14. Georgia State Championships are for residents of the State of Georgia only. All other clubs outside of the State of Georgia are welcome and encouraged to attend any Georgia Invitational Meets. Please reference the Georgia NAWGJ website for a full listing of the Sanctioned Georgia AAU Invitationals.

### **REPORTING AN ACCIDENT**

1. Complete an incident report and mail within 48 hours. All claims must be reported within a maximum of 30 days to be valid. Report should be thoroughly completed for participants, spectators, etc. and should be done even if you feel there may be no claim. A copy of incident report should be mailed to appropriate address on the form as well as to Denise Jessen, 124 Cedar Lane, Martinez, Ga. 30907.
2. Forms may be obtained online at [www.aausports.org](http://www.aausports.org)
3. American International Companies can assist with questions/problems 1-800-551-0824.

### **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... may be cause to terminate membership through the AAU program.

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

Blue jeans, worn or dirty clothing, clothing with inappropriate slogans, transparent clothing, exposure of stomach, street shoes, visible piercing of body parts other than ears, dangling earrings, bare feet, short shorts, Spandex.

Only properly AAU registered athletes and coaches and officials are permitted on the competition floor during sanctioned meets. Only athletes participating in the session at hand are allowed on the floor during that session. (No teammates, friends, parents, etc...)

Cell phones are prohibited from use on the competition floor.

Any conduct falling below the above standards should be reported immediately in writing to the AAU Board.

**AAU JUNIOR OLYMPIC NATIONALS**

This is an AAU Multi Sports National Event. Specific Information regarding competition may be found at [www.aausports.org](http://www.aausports.org). All of the sports that are offered under the AAU program are represented at this competition. At the gymnastics competition two levels will be offered. They are as follows:

**Advanced Open Optionals**- Level 9 requirements D's and E's are permitted with full bonus eligibility. Gymnasts must qualify into this competition by participating in the AAU Optional State Competition. Any USA gymnasts may participate in this competition. Age divisions are 8-11, 12-13, 14-15 and 16-19. Gymnasts must compete in the age group they will be as the opening day of the National competition. A total of 12 gymnasts will represent Georgia as Team Georgia 1 and 2 at the National Competition. Individuals who are not placed on Team Georgia 1 or 2, can compete as individuals as all stars. Team awards will be given 1<sup>st</sup> -6<sup>th</sup>, in each age

division. Individual event awards and AA will be given for each session. The first 10 places in each age group for each event will qualify for finals. If you are interested in attending this National AAU event, contact Eleanor Joubert. This level is appropriate for any skilled level 8, 9, or 10 gymnast. Historically, there have been many gymnasts who qualify and do well who fit into the levels of strong Level 8's and 9's. It is really a wonderful event with gymnasts competing from all over the country.

**Intermediate Optionals**- No C Skills are allowed at this level. All AAU gymnasts in Prep Optional Levels 2 and 3 can qualify to this competition. Any USA gymnasts, levels 5 and 6, who are not already participating in the AAU Prep Optional program, may enter into this competition by participating and qualifying in the GA AAU State Meet at the Prep Optional Training Level and Level 7's at the Prep Op 3 level.

Gymnasts will be judged by Prep Optional rules and will compete in a separate session from all other AAU Prep Optional gymnasts and scores cannot be used in overall team championship standings, but used for placing of qualifiers into the National competition. They will receive individual and all around awards as required in all AAU State competitions. Since all sessions will be judged by the same rules, the top twelve in age groups from all of the sessions combined will qualify to represent Georgia as Teams 1 and 2 at the AAU Junior Olympics. (Please note that rules and requirements for Prep Optional 2 and 3 in Georgia and the Intermediate Optional offered at the National level are slightly different). You would need to make the adjustments necessary for each competition entered. You can get the requirements for the Georgia Prep Optional Program at [www.gaaau.net](http://www.gaaau.net), select sports information and then girl's gymnastics. You can print a copy of all requirements for the AAU Intermediate Optional Level from the National Web site at [www.aausports.org](http://www.aausports.org). If you would like to enter the GA AAU State Championship to qualify for this National event, please contact Eleanor Joubert at 770-270-6260. This program offers a great opportunity to give your prep optional gymnasts a national meet experience. Boy's Gymnastics is also available at this event.

### **AAU AGE GROUP NATIONALS**

This competition involves Levels 2 through 8 and Modified Optional. In Georgia, we only compete Levels 2 through 5, and our own Prep Optional program. You should also be aware that the National AAU routines at Level 2, 3, and 4 are slightly different from our Georgia routines. You will be

responsible for identifying these changes and making the appropriate adjustments, if you plan to attend this AAU National Competition. The routines and the Modified Optional Level requirements are on the AAU National Web Site at [www.aausports.org](http://www.aausports.org). Any Prep Optional gymnast (all levels) may also enter this competition at a compulsory level or the Modified Optional level, if they feel they can adjust their routines to meet requirements. Since this is a national invitational with no qualifying requirements to date for Georgia gymnasts, any USA gymnast may attend this National AAU Age Group Competition in their appropriate level, or the Modified Optional level, as long as they have a current AAU membership card. All coaches who attend any of these competitions with gymnasts must also have a current AAU membership card. Awards at this competition are done by single age groups. If you need membership information for athletes or coaches, contact Liz Nichols at the AAU office 770-979-1584 or [aaunichols@bellsouth.net](mailto:aaunichols@bellsouth.net). This competition has no team awards. All participants from our state become “Team Georgia” and are there representing our state. All participants wear a “Team Georgia Leotard” and T-shirt. If you want more information or clarification on this competition, contact Denise at Gymnastics Gold at 706-650-2111, or e-mail her at [dcjess@mindspring.com](mailto:dcjess@mindspring.com).

## Attachment 1

### *AAU AWARDS FORMULA CHART*

# Comp = Number of Competitors in an Age Group

Event = The Number of Placements in each Individual Event

AA = Number of Competitors receiving an All Around Medal (either as Placement or Merit Recognition)

# Comp.	Event	AA	# Comp.	Event	AA	# Comp.	Event	AA
1	1	1	40	28	40	79	54	79
2	2	2	41	29	41	80	56	80
3	3	3	42	29	42	81	57	81
4	4	4	43	30	43	82	57	82
5	5	5	44	30	44	83	58	83
6	4	6	45	31	45	84	58	84
7	5	7	46	31	46	85	59	85
8	5	8	47	32	47	86	59	86
9	6	9	48	32	48	87	60	87
10	7	10	49	33	49	88	60	88
11	8	11	50	35	50	89	61	89
12	8	12	51	36	51	90	63	90
13	9	13	52	36	52	91	64	91
14	9	14	53	37	53	92	64	92
15	10	15	54	37	54	93	65	93
16	10	16	55	38	55	94	65	94
17	11	17	56	38	56	95	66	95
18	12	18	57	39	57	96	66	96
19	12	19	58	39	58	97	67	97
20	14	20	59	40	59	98	67	98
21	15	21	60	42	60	99	68	99
22	15	22	61	43	61	100	70	100
23	16	23	62	43	62	101	71	101
24	16	24	63	44	63	102	71	102
25	17	25	64	44	64	103	72	103
26	17	26	65	45	65	104	72	104
27	18	27	66	45	66	105	73	105
28	18	28	67	46	67	106	73	106
29	19	29	68	46	68	107	74	107
30	21	30	69	47	69	108	74	108
31	22	31	70	49	70	109	75	109
32	22	32	71	50	71	110	77	110
33	23	33	72	50	72	111	78	111
34	23	34	73	51	73	112	78	112
35	24	35	74	51	74	113	79	113
36	24	36	75	52	75	114	79	114
37	25	37	76	52	76	115	80	115
38	25	38	77	53	77	116	80	116
39	26	39	78	53	78	117	81	117