

2017

AAU GEORGIA GYMNASTICS

RULES AND POLICIES





GA AAU GYMNASTICS HANDBOOK

RULES, POLICIES, ROUTINES

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Gymnastics Executive Board

2017

AAU Program

Co- Chair: Cindy Furman, Roswell Gymnastics -770-641-3987

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Co-Chair: Denise Gracey, Gymnastics Gold -706-650-2111

dcjess@bellsouth.net

Secretary: Gretchen Connell – 478-955-2837

salto.one@cox.net

Scoring & Event Licensing: June Seymour, 912-653-2660

jkseymour@g-net.net

Xcel Representative: Becky Oppenheimer becky@ga-allstars.com (770) 516-2654

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866-558-8254 meetmanager24@yahoo.com

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404-663-1096 Mhpomerantz@gmail.com

MEMBERSHIPS - INSURANCE - LICENSING

Visit www.aausports.org for all membership information and on line registration

You will **NOT** have the insurance that is provided to you by your memberships unless you have renewed your club, athletes, and coaches for the current year. **This is the most important thing you can do to protect your club, coaches, and athletes.**

- **Athlete Registration**
 - All athletes are required to have an AAU membership each year. To secure the full annual insurance benefits register for the entire season, September 1st through August 31st.
- **Coaches Registration (Non Athlete)**
 - You must obtain a club membership before registering your non athletes (coaches) to ensure they are attached to your club.
 - All non-athlete members must register individually in order to supply the personal information for the background screening.
 - Minimum age is 18
- **Club Membership**
 - Club membership is mandatory to receive AAU practice insurance, to host licensed (Sanctioned) events, to participate in Team awards at Invitational and State Championships, to have voting rights.
 - Clubs that practice in separate facilities must have a club membership for each location in order to be covered under AAU insurance.
 - For additional information on club membership go to website
- **Licensing (Sanction)**
 - To apply for your event license / sanction you will need your new club number and your new AAU number.
 - Make sure you have prepared an informational flyer to attach. Limit information to day (s) of the event, location, levels, contact information. Your entire meet package can be sent out once you have received your license number. **IMPORTANT:** The date span on your flyer must agree with the dates you put in on the license application. If you need to change, add or delete a day, the national office can assist you with this process.
 - Event Flyer must include the following information to be approved and can NOT mention USA.
 - 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 to obtain their membership

REPORTING AN ACCIDENT

1. Complete an INCIDENT REPORT FORM, which 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. A copy of the incident report should be mailed to appropriate address on the form as well as to Denise Gracey 124 Cedar Lane Martinez, GA 30907
2. ACCIDENT CLAIM FORM - 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) and 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 instruction on the importance of completing the accident report form provided on the web site listed above and sending to the insurance company as instructed on the form.

If you are a meet director hosting and AAU event, **first and most important**, make sure that you have your **AAU approved event license**. 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 involved person 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

AAU coaches are no longer required to be USAG 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 safety certification for the overall wellbeing of the athletes. For safety course dates or to register for the course please call USA MEMBER SERVICES at 1-800-345-4719 or visit www.usagym.org

ROUTINES

AAU will follow USA Rules and Policies unless specifically stated otherwise in GA AAU Rules and Policies. The GA-AAU Level 1-3 and deductions cards can be obtained and downloaded from the GA AAU Gymnastics website at www.gaaau.net. You will need to purchase the USA Compulsory material in order to have access to the full routine as AAU materials are the AAU Companion Text listing only modifications to the program per USA copyright laws. The AAU program follows the USA Program very closely with modification as listed on the AAU deductions cards. Go to the www.gaaau.net website for any variations in routines and modifications as followed by GA AAU competitive program. **Vault:** Level 1 and 2 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. The judge would need to ask the coach if they wish to take a second vault. Level 3 may perform two vaults. NOTE: All AAU licensed REGIONAL AND NATIONAL COMPETITIONS, national rules and policies are followed, no district modifications. Go to www.aaugymnastics.org to access the AAU National Program rules, policies and routines.

MUSIC

AAU utilizes all versions of the USA GYMNASTICS COMPULSORY music. You must purchase the music from USA Gymnastics. AAU will follow USAG optional music policy for music to be played through digital media such as MP3, iPods, tablets, etc. HOWEVER you may contact the meet director to see what they are requiring and if they still support CD's.

XCEL Program

*For 2016-2017 GA-AAU Xcel will follow the USAG Xcel Program
(See exceptions bullets below)*

All vaults (except for Round-off entry vaults; see additional bullet below) in each of the GA-Xcel Divisions (Bronze through Diamond) will be allowed to use the air board with no penalty. The allowance of the air board applies to all GA-AAU Compulsory level vaults as well.

- ***For the Diamond Division (exclusive for Yurchenko entry vaults, only the spring board and collar may be used.) Use of the air board for these type vaults will void that vault.***

NOTE: AAU Xcel follows the USAG Xcel matting requirements for all vaults. This includes that when using both the Table and stacked matting arrangement the mat stack must be 8 inches above the Table height, plus or minus 2 inches. Failure to comply will result in a 0.3 equipment deduction for that vault.

Due to copyright agreement laws and agreement with USA Gymnastics, GA-AAU is limited to what we can display on this website regarding the USAG Xcel Program. For the full USAG Xcel package it is highly recommended that clubs purchase the USAG Xcel Code of Points (second edition) on line through USAG. All updates and clarifications provided through USAG regarding their Xcel Program will automatically apply to the GA-AAU Xcel Program for the season. GA-AAU reserves the right to make modifications during future seasons.

MEET DIRECTORS DUTIES FOR AAU LICENSED EVENTS

1. Select a date for your event and apply for your event license through National AAU at www.aausports.org. 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 meet information cannot be distributed without a license number. Apply for your sanction as early as possible as expensive expedite fees are applicable for licenses not applied for less than 3 weeks prior to the event. These expedite fees are charged by the national office when applying on line for your license.
2. Your event must be licensed before we are able to E-blast it out to clubs
3. License every day of your meet that you anticipate. The number of days on the flyer must match the number of days on the application of your event will be put on hold.
4. If you do not get an event license for a day of your meet, you, 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.

5. Insure that your meet director has their Meet Director Certification.
6. If hosting a competition outside of your facility, confirm if a Third Party Certificate of Liability is needed. If you need assistance call National Office Member Services 407-934-7200.
7. There will be a \$1 surcharge per athlete for all invitational competitions which must be paid to GA AAU and a \$2 surcharge per athlete for all State Championships.
8. Mail surcharges to:
June Seymour 279 John Coursey Road Ellabell, GA 31308-4509
9. Report any accidents occurring during your competition no later than 24 hrs after the incident.
10. Meet Directors with competitors from both the AAU and the USAG Federations must schedule athletes in separate sessions. AAU and USA competitors may NOT compete together within the same session.
11. On site Sports Trainers (or EMT's) must be available at all State Championships and are highly recommended for Invitational.

ITEMS TO BE INCLUDED ON MEET INVITATIONS

1. Date of Competition – Specify if possibility of Friday Sessions
2. Routines used (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. Awards information
7. Entry fee – specify if different for different levels, team fees, as well as a refund policy.
8. Entry deadline
9. Misc. fees, admission, parking, etc.
10. Payment information including whom to make check to or if registering online
11. List of equipment
12. Hotel information (or have it available on website)
13. Be sure this is on flyer:
 - 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 to obtain their membership
14. Along with surcharge send copy of AAU Scores to June Seymour.

RULES FOR COMPETITION

AAU Co-Chairs reserve the right to make decisions regarding rules as they deem appropriate at any given time.

1. All USA guidelines will be followed regarding the number of judgments per session/ per day.
2. 30 sec touch can be waived by State Chair if necessary
3. Equipment – Must follow USA guidelines unless otherwise specified
4. Beams, Bars, and vault may be lowered as low as possible as long as equipment is safely locked
5. For all levels the board or mounting mat 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 as long as the same boards are offered for all sessions of that level for a particular competition.
7. Meet Directors are required to provide Air boards for all meets.
8. For vault a Velcro strip or tape line may be used on the vault runway as a marker as long as it doesn't overlap the air board or springboard. No chalk lines, jackets, or other items may be used.
9. If a child arrives late the meet director will allow them to warm up and join into the competition.

JUDGING PANEL

In order for all scores to be eligible for qualifying purposes, the event must be licensed by AAU. There must be a two judge panel for each event for both compulsory and xcel sessions. In the event of an extreme shortage of judges permission may be requested from the Co-Chairs to allow a one judge panel, but should be requested through the judging booking agent. (Excludes State Championships) All judges must have an AAU membership to judge in Georgia.

COMPETITION & WARM UP TIMES

All competition must conclude by 9 pm and must not begin before 8am. 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 20 minute or 30 minute general stretch time.

Warm up times:

Levels 1/2 – 45 seconds per athlete
Level 3/4 – 1 minute per athlete
Xcel Bronze – 30 seconds; (Guaranteed 1 warm-up vault)
Xcel Silver – 45 seconds; (Guaranteed 1 warm-up vault)
Xcel Gold – 1 minute; (Guaranteed 2 warm up vaults)
Xcel Platinum – 1:30; (Guaranteed 2 warm-up vaults)
Xcel Diamond – 2:00; – (Guaranteed 3 warm up vaults)

Competition Times:

Beam

Level 1 – Time 30 seconds, warning 20 seconds
Level 2- Time 35 seconds, warning 25 seconds
Level 3 – Time 55 seconds, warning 45 seconds
Level 4 – Time 1 minute 5 seconds, warning 55 seconds
Xcel Bronze – Time 45 seconds, warning 35 seconds
Xcel Silver – Time 50 seconds, warning 40 seconds
Xcel Gold – Time 1:00, warning 50 seconds
Xcel Platinum – Time 1:15, warning 1:05
Xcel Diamond – Time 1:15, warning 1:05

Floor

Xcel Bronze – Time 45 seconds
Xcel Silver – Time 1:00
Xcel Gold – Time 1:00
Xcel Platinum – Time 1:30
Xcel Diamond – Time 1:30

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 warm ups. NOTE: Order changes are not permitted at State Championships.

Friday Sessions are permitted as long as it was advertised on the meet information, otherwise you must notify the clubs and if they choose to not compete refund their monies.

Minimum Score: AAU participants should receive a minimum score of 3.0 for an attempted routine.

Vault: Level 1 and 2 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. The judge would need to ask the coach if they wish to take a second vault. Level 3 may perform two vaults.

ELIGIBILITY

Please note that Levels 1, 2, & 3 will be comprised of two divisions at the State Championships, Novice & Experienced. There will be no divisions at Invitational Competitions. **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.**

- 1. Novice Division:** Geared towards the more inexperienced gymnast and intended for those gymnast consistently scoring less than 36 AA for Level 1 and 2 by the qualification deadline date for the specific State Championship.
Level 3 is gymnasts scoring a 35 AA or below
- 2. Experienced Division:** Geared for the more experienced gymnasts but open to any Level 1, 2, or 3 athletes. All athletes for Level 1& 2 scoring an AA of 36 or higher two or more times prior to the qualification deadline must compete in the experienced division. Level 3 gymnasts that score a 35AA two or more times prior to the qualification deadline must compete in the experienced division. A coach can choose to place all their athletes in experienced if they wish to even if they haven't scored the mandated score.

Team Awards will be awarded per division and you must have 3 athletes in that division to enter for team.

QUALIFICATION TO STATE CHAMPIONSHIPS

Compulsory athletes must achieve a 29AA or higher two times prior to the qualification deadline. Xcel athletes must compete in at least two competitions prior to the qualification deadline to participate in the State Championships.

QUALIFICATION TO REGIONAL AND NATIONAL CHAMPIONSHIPS

IMPORTANT: All Regional and National Events will use AAU National Rules, Policies and Routines only NO STATE MODIFICATIONS – go to www.augymnastics.org for that information. Any athletes that wish to participate in the Regional or National Championships must compete at the Georgia AAU State Championships, unless it is a level in which Georgia doesn't offer for AAU (Level 4, 5, and optional levels 6 7, 8, Open Optional)

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 no more than 24. Age groups should NOT exceed more than 3 ages as long as they are made as equal as possible. (For example: Ages 5,6,7 may be grouped together within the 24 grouping parameter)
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.
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.
6. Team Awards shall be given to at least 50% of teams entered. If there is an odd number of teams, giving more is always better.

STATE CHAMPIONSHIP AWARDS GUIDELINES

This information is provided the state meet packet provided to those who are awarded the State Championships.

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, visible piercing of body parts other than ears, bare feet, or open toed shoes, dangling jewelry.

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