



NATIONAL AAU GYMNASTICS HANDBOOK

JUNIOR OLYMPIC GAMES PROGRAM & NATIONAL AAU AGE GROUP PROGRAM



**NATIONAL AAU GYMNASTICS
JUNIOR OLYMPIC GAMES PROGRAM AND
NATIONAL AAU GIRLS AGE GROUP PROGRAM HANDBOOK**

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SECTION I



NATIONAL AAU GYMNASTICS EXECUTIVE BOARD MEMBERS GENERAL PROVISIONS, INFORMATION & MISSION STATEMENT



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NATIONAL AAU GENERAL PROVISIONS, INFORMATION & MISSION STATEMENT GIRLS GYMNASTICS PROGRAM

This will be the governing handbook for the National AAU Girls Program for the sport of gymnastics. National competitions consist of three programs or divisions, the National AAU Girls Junior Olympic Games **Open Optional Division**, National AAU Girls Junior Olympic Games **Intermediate Optional Division** and the **National AAU Girls Age Group Program**.

The AAU program embraces and respects the governing body of USA Gymnastics and the knowledge and support that they give the entire gymnastics community all over the nation. The AAU Program acknowledges the tremendous effort and knowledge that it takes for USA Gymnastics to produce their compulsory program. We also acknowledge their educational materials, including their Compulsory Handbook, the JO Code of Points, the Music CD and the Level DVD as an instrumental invaluable tool in teaching and instructing gymnasts. Therefore it is the AAU policy that the USA materials, music and DVD be purchased through USAG (www.usa-gymnastics.org 800-345-4719)- The primary resource for learning AAU National Routines should be written text as provided by USAG Compulsory Handbook. Any AAU written material is considered supplemental material that has been created to teach only the modifications and adaptations that will be incorporated into the National AAU program. Each club should also check with their District Chairperson to inquire if there are additional materials or modifications only pertinent to their local association.

1. QUALIFYING TO NATIONAL GYMNASTICS CHAMPIONSHIPS

All gymnasts must qualify to the National Championships by qualifying at his/her local AAU District Championship Meet or by provisions as stated by each local association district chairperson. For further information and clarifications regarding your local district qualifying event, contact your local district chairperson.

2. ATHLETE REGISTRATION

Each competitor must be registered and have a current membership number in order to compete in any AAU sanctioned event. Registrations numbers are valid from September 1 through August 31 of any given year regardless of when the competitor registered in that year. You can register over the Internet at www.aausports.org immediately by clicking on JOIN NOW. You can contact and register at your local district office by contacting 1-800-AAU-4USA. Athlete membership numbers must be listed on all entry forms for an AAU sanctioned event.

3. COACH REGISTRATION

All coaches must have a current AAU membership number. Registrations numbers are valid from September 1 through August 31 of any given year regardless of when the competitor registered in that year. You can register over the Internet at www.aausports.org immediately by clicking on JOIN NOW. You can contact and register at your local district office by contacting 1-800-AAU-4USA. Athlete membership numbers must be listed on all entry forms for an AAU sanctioned event.

4. ***CLUB MEMBERSHIP***

Each club (team) should have a current valid club membership. Athletes who do not belong to an AAU club may participate as unattached provided they have a current AAU membership number and have qualified in accordance with their District requirements. Club memberships are valid from September 1 until August 31 of any given year regardless of when the club registered in that year. There are three levels of club membership provided by the AAU. You can read about these three levels and their benefits at www.aausports.org. In order to host an AAU sanctioned event, you must hold a current Level 2 club membership.

5. ***INSURANCE***

A benefit of the AAU membership is the athlete accident and liability insurance programs. For specific information regarding insurance coverage, visit the AAU National Web Site www.aausports.org. There is a full explanation of all benefits provided with your membership.

6. ***HOSTING A SANCTIONED EVENT***

You should contact your local district gymnastics chairperson to let them know of your interest in hosting a sanctioned event. In order to host a sanctioned event, you will need to complete an AAU Sanction Application and send to your local district registration chair. You may also apply for a sanction on line at www.aausports.org. You will not receive your approved sanction until it has been approved by the local district registration and gymnastics chairperson.

SECTION II



**NATIONAL AAU GIRLS GYMNASTICS
JUNIOR OLYMPIC GAMES PROGRAM
OPEN OPTIONAL
INTERMEDIATE OPTIONAL
&
NATIONAL CHAMPIONSHIPS**



NATIONAL AAU GIRLS GYMNASTICS JUNIOR OLYMPIC GAMES PROGRAM AND NATIONAL GYMNASTICS CHAMPIONSHIPS

The National AAU Girls Junior Olympic Games Program is comprised of two different divisions of competition at the Junior Olympic Games National Championship. They are the National AAU Junior Olympic Games **Open Optional Division** and the National AAU Junior Olympic Games **Intermediate Optional Division**.

1. NATIONAL AAU OPEN OPTIONALS DIVISION – JUNIOR OLYMPIC GAMES

A. COMPETITION RULES - Level 9 requirements with D's and E's permitted with full bonus eligibility.

B. QUALIFYING COMPETITIONS – Contact your local district gymnastics chairperson to locate information on District Championships. If your district does not host a qualifier and you would like to participate in this National Championship, notify the Rules and Policies Coordinator as listed in this handbook.

C. QUALIFICATION STANDARDS

- a.** To qualify for the National AAU Junior Olympic Open Optional Championship, a gymnast must place first through twelfth place in All Around at their respective District Championships in their respective age division, 8-11, 12-13, 14-15 or 16-19 age division. The top six finishers in each age group shall be designated as Team 1 and the second six finishers shall be designated as Team 2. (It only takes 3 to compete as a team.
- b.** Individual qualifiers beyond twelfth in all age divisions may qualify to the Open Optional competition providing that the gymnast obtains a minimum score of 29.00 All Around.
- c.** Individual qualifiers are not included in team competition. They can however receive individual awards.
- d.** In the event that any of the qualifiers are unable to attend, replacements may be made upon approval of the National Event Director in the order of their finish at the District Championship.

D. AGE GROUPS – There are four (4) age divisions; 8-11, 12-13, 14-15, 16-19 and 20 & Up years of age.

E. AGE DETERMINATION - The age of a competitor is determined by the gymnast's age as of the day of the Junior Olympic Games Celebration Ceremonies. If a competitor is qualifying through her District Championship, she must compete in the age division she will be in at the time of the Junior Olympic Gymnastics Championship

F. ELIGIBILITY – Optional Gymnasts Only. Current Elite Level gymnasts are ineligible to compete.

G. EQUIPMENT SPECIFICATIONS – Current USA Gymnastics Junior Olympic Apparatus specifications and AAU modifications apply to all competitions.

H. DETERMINATION OF CHAMPIONS (TEAM, ALL AROUND AND INDIVIDUAL EVENTS) - Team Champions in each age division will be determined by adding the top three scores in each event for the gymnasts representing a District team. The highest total score will be the Team Champion in that age group. All Around Champions in each age division will be determined by the highest total score of all events. Individual Event Champions will be determined by the score in that event from the FINAL day of competition. The top ten (10) individual event scores in each division from the first round will compete in the finals. Only if there is a tie for 10th place will there be more than ten (10) competitors. All event finalists will receive medals.

I. AWARDS – Team Awards will be provided for the 1st through 6th place District Teams in each age division. Each member of the placing District team will receive an award. All-Around Awards shall be provided for all places. Individual Event Awards shall be provided for each session. The first 10 places in each age group for each event will qualify for finals.

J. ALL AMERICAN – Top 6 all around scores and the top score in each event regardless of age group, will be honored as AAU/USA All Americans.

K. ATTIRE – All medal winners (Team, All-Around and Individual) are required to be in complete gymnastics attire (Leotard or warm-up suites) at the awards ceremony.

2. AAU NATIONAL GIRLS GYMNASTICS INTERMEDIATE OPTIONAL DIVISION JUNIOR OLYMPIC GAMES

A. COMPETITION RULES – This level is an introduction to the Optional Level – Refer to detailed chart for all requirements

B. QUALIFYING COMPETITIONS – Contact your local district gymnastics chairperson to locate information on District Championships. If your district does not host a qualifier and you would like to participate in this National Championship, notify the Rules and Policies Coordinator as listed in this handbook.

C. QUALIFICATION STANDARDS

- a.** To qualify for the National AAU Junior Olympic Intermediate Optional Championship, a gymnast must place first through twelfth place in All Around at their respective District Championships in their respective age division, 8-9, 10-11, 12-13, 14-15 or 16-19 age division. The top six finishers in each age group shall be designated as Team 1 and the second six finishers shall be designated as Team 2. It takes only 3 to compete as a team.

- b. Individual qualifiers beyond twelfth in all age divisions may qualify to the Intermediate Optional competition providing that the gymnast obtains a minimum score of 29.00 All Around.
- c. Individual qualifiers are not included in team competition. They are can however receive individual awards.
- d. In the event that any of the qualifiers are unable to attend, replacements may be made upon approval of the National Event Director in the order of their finish at the District Championship.

D. AGE GROUPS – There are five (5) age divisions for team placement, 8-9, 10-11, 12-13, 14-15 and 16-19 years of age. (Gymnasts can be 19 years of age and still complete as long as they are not currently enrolled in college. For individual event placement age groups will be single digit age groups with no more than 15 athletes per group based on birthday. The meet director reserves the right to combine single digit age groups if numbers are less than 15 per age group.

E. AGE DETERMINATION - The age of a competitor is determined by the gymnast's age as of the day of the Junior Olympic Games for that year on the day of Celebration Ceremonies. If a competitor is qualifying through her District Championship, she must compete in the age division she will be at the time of the Junior Olympic Gymnastics Championship.

F. INTERMEDIATE OPTIONAL – This is a level created to introduce gymnasts to the optional level. Refer to the requirement chart to determine if this level is appropriate for your gymnasts.

G. EQUIPMENT SPECIFICATIONS – Current USA Gymnastics Junior Olympic Apparatus specifications and AAU modifications apply to all competitions.

H. DETERMINATION OF CHAMPIONS (TEAM, ALL AROUND AND INDIVIDUAL EVENTS) - Team Champions in each combined age division, 8-9, 10-11, 12-13, 14-15 and 16-19 will be determined by adding the top three scores in each event for the gymnasts representing a District team in their respective age groups. The highest total score will be the Team Champion in that age group. All Around Champions in each single digit age division will be determined by the highest total score of all events. Individual Event Champions will be determined by the score in that event from the FINAL day of competition.

I. AWARDS – Team Awards will be provided for the 1st through 6th place District Teams in each age division. Each member of the placing District team will receive an award. All-Around Awards shall be provided for all places. Individual Event Awards shall be provided for each session.

J. ATTIRE – All medal winners (Team, All-Around and Individual) are required to be in complete gymnastics attire (Leotard or warm-up suites) at the awards ceremony.



**NATIONAL AAU GIRLS INTERMEDIATE OPTIONAL DIVISION
JUNIOR OLYMPIC PROGRAM COMPETITION RULES & REQUIREMENTS**

VAULT		BARS		BEAM (No Time Limit)		FLOOR (No Time Limit)	
		There will be a .20 deduction for missing any special requirements listed below on these events.					
Allowed Vaults		Special Requirement	Value	Special Requirements	Value	Special Requirements	Value
Handspring	9.40	1 Bar Change	.20	1/1 Turn on One Foot	.20	“B” Level Turn on One Foot	.20
Handspring ½ Off	9.50			Leap or Jump Series of at Least Two Elements	.20	Two Acro (Tumbling Passes) of at least three skills, all skills must contain flight	.20
½ On – ½ Off	9.60			One Leap or Jump of 180° (may be part of series or isolated)	.20		
¼ On – ¾ Off	9.60					Leap or Jump Series of at Least Two Elements	.20
½ On – 1/1 Off	9.80			One Acro (Tumbling) Skill, Flight not Required	.20	One Salto (may be part of series or isolated)	.20
¼ On – 1 ¼ Off	9.80						
Handspring 1/1	10.0			Dismount with Flight, with or without Hands	.20		
No Other Vaults Allowed							
		BARS		BEAM		FLOOR	
		Skill Requirements as per USAG Code of Points 2005 to 2013	Value	Skill Requirements as per USAG Code of Points 2005 to 2013	Value	Skill Requirements as per USAG Code of Points 2005 to 2013	Value
		ONE B Level Skills (may be the same B’s)	.30 ea	ONE B Level Skills (may be the same B’s)	.30	ONE B Level Skills (may be the same B’s)	.30 ea
		Five “A” Level Skills	.20 ea	Five “A” Level Skills	.20 ea	Five “A” Level Skills	.20 ea
		No “C” Level Skills Allowed (Dance or Acro) Void Routine		No “C” Level Skills Allowed (Dance or Acro) Void Routine		No “C” Level Skills Allowed (Dance or Acro) Void Routine	
Coach may stand between the vault table and board with no deduction		Coach may stand between bars for the entire routine with no deduction				The coach may stand on the floor with no deduction.	
(Spot (touch) of gymnast deduction is .50).		(Spot (touch) of gymnast deduction is .50).		(Spot (touch) of gymnast deduction is .50).		(Spot (touch) of gymnast deduction is .50).	

GENERAL INFORMATION AND DEDUCTIONS

1. There will be no composition deductions;
2. If a judge recognizes a C level skill, the **routine will be voided**. The judge **will not “devalue”** the skill for the benefit of the gymnast. A good rule of thumb is, if a judge would give a skill a C if it was needed for Level 9, then that skill in Intermediate Optional will void the routine. Coaches should not include any skills that could be recognized as a C into an Intermediate Optional Routine.
3. Missing special requirement .20 deduction for each missing requirement.
4. Equipment and matting may be adjusted to facilitate the safety of the gymnast.
5. The coach may stand on the floor with no deduction. Spot (touch) of gymnast deduction is .50).
6. Coach may stand between bars for the entire routine with no deduction.
7. Coach may stand between the vault table and board with no deduction.
8. Spring boards or Air-o Boards are allowed for all levels except level 9 & 10.

SECTION III



**NATIONAL AAU
GIRLS GYMNASTICS
AGE GROUP PROGRAM
LEVELS 2, 3, 4, 5, 6, 7, 8,
INTERMEDIATE OPTIONALS
AND
NATIONAL CHAMPIONSHIPS**



NATIONAL AAU GIRLS GYMNASTICS AGE GROUP PROGRAM AND NATIONAL CHAMPIONSHIPS

The National AAU Girls Age Group Program is comprised the following levels of competition: Levels 2, 3, 4, 5, 6, 7, 8, Intermediate Optional, Ladies Division Intermediate, Ladies Division Level 8. There is a National AAU Girls Age Group National Championship each year. For specific information about the location and dates of this competition, refer to the National AAU Web Site www.aausports.org and click on gymnastics. The AAU program embraces and respects the governing body of USA Gymnastics and the knowledge and support that they give the entire gymnastics community all over the nation. The AAU Program acknowledges the tremendous effort and knowledge that it takes for USA Gymnastics to produce their compulsory program. We also acknowledge their educational materials, including their Compulsory Handbook, the JO Code of Points, the Music CD and the Level DVD as an instrumental invaluable tool in teaching and instructing gymnasts. Therefore it is the AAU policy that the USA materials, music and DVD be purchased through USAG (www.usa-gymnastics.org 800-345-4719). The primary resource for learning AAU National Routines should be written text as provided by USAG Compulsory Handbook. Any AAU written material is considered supplemental material that has been created to teach only the modifications and adaptations that will be incorporated into the National AAU program. Each club should also check with their District Chairperson to inquire if there are additional materials or modifications only pertinent to their local association.

1. NATIONAL AAU GIRLS GYMNASTICS AGE GROUP PROGRAM

- A. COMPETITION RULES** – Refer to Specific Routines for each Level and Supplementary General Deductions and Penalties for those levels as published by the National AAU Age Group Program. It should be noted that there are some choices of elements in the National AAU Age Group Level Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher level than others. However, execution deductions will apply. The emphasis is on correctness of the skill that is chosen.
- B. QUALIFYING COMPETITIONS** – Contact your local district gymnastics chairperson to locate information on District Championships. If your district does not host a qualifier and you would like to participate in the National AAU Girls Age Group Championship, notify the Rules and Policies Coordinator as listed in this handbook.
- C. AGE GROUPS** – Each level will be divided into single age groups. This will be true, unless competitive numbers are not sufficient to allow single age groups. This arrangement will be made prior to the final information. The gymnast's age is determined by the age of the gymnast on the first day of the National Championships.
- D. ATTIRE** – All medal winners are required to be in competitive attire for the awards ceremony.

- E. EQUIPMENT** - Equipment and matting may be adjusted to facilitate the safety of the gymnast.
- F. AWARDS** – For National AAU Girls Age Group National Championship, event placement shall be determined by the following formula: $\frac{1}{2}$ the number of gymnasts plus 1. If a single gymnast is left after the formula has been followed, that placement will also be awarded.
- G. HOSTING AN AAU LOCAL MEET** – Contact your local AAU District Gymnastics Chairperson or registrar for local information. You must have a current AAU Club Membership in order to apply for a sanction to host an AAU sanctioned event. You will be required to make sure that all athletes and coaches have a current AAU membership number. Contact your local District Chairperson for information on award requirements for your local district.
- **Important** – each time in these documents that it refers to **USAG Compulsory Book**; it refers to the current **USAG routines for that specific element**. For local meet information and any modifications that each District may be incorporating into their program, contact the **Local District Chairperson**.



**SUPPLEMENTARY GENERAL DEDUCTIONS AND PENALTIES
NATIONAL AAU GIRLS LEVELS 2, 3, 4, 5, AND 6
7, 8, AND INTERMEDIATE OPTIONALS WHERE APPLICABLE**

The GENERAL FAULTS AND PENALTIES as followed by USAG will apply to the National AAU Girls Age Group Program with the following exceptions:

**MORE THAN HALF OF THE MAJOR ELEMENTS IN ROUTINE
PERFORMED WITH ASSISTANCE OF COACH**

The fourth paragraph, page 161 of USAG Compulsory Book, concerning this assistance does NOT apply to the National AAU Girls Age Group Program.

SPOTTING DEDUCTIONS - LEVELS 2, 3, 4, 5, 6 - BARS - BEAM - FLOOR

Coach spotting gymnast during routine (touch) 0.50

Plus deduction for any part of complete element assisted by the coach. The maximum deduction of a single Element performed is not to exceed the value of the element minus .10. Example – Value of an element is .60, maximum deduction of .50 (this does not include deduction for fall, if any)

Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

If a gymnast falls while being spotted on any element, she ~~would~~ will only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

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

Coach may stand next to beam for the entire routine with do deduction. Do not block view of judge.

Coach may stand on the floor with no deduction. Do not block view of judge

SPOTTING DEDUCTIONS - VAULT

Coach may stand between the mats or vault table and board with no deduction. Do not block view of judge.

Aid of Coach during vault 3.00

Spot by Coach on landing 0.50

Levels, 2, 3, & 4 Gymnasts are allowed one vault. If a repeat vault is allowed if deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Levels 5, 6, 7, 8, and Modified Optionals are allowed two vaults.

FALL DEDUCTIONS

Fall 0.50 Plus deduction for any incomplete part of the element - Not to exceed the value of the element attempted minus .10

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 judge's discretion.

DELIBERATE OMISSION - Deduct Value of the Element

SKILLS PERFORMED OUT OF ORDER

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes.

Skills performed after the dismount will not be evaluated.

DEDUCTIONS TAKEN FROM AVERAGE BY CHIEF JUDGE

(No Warning Given)

Failure to begin exercise within 30 seconds after being signaled by Chief Judge	0.20
Failure to observe specified warm-up time	0.20
Lack of presentation by gymnast before and/or after exercise (this does not apply to Levels 2 and 3).	Each Time 0.10

Equipment and matting may be adjusted to facilitate the safety of the gymnast.

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element.

It should be noted that there are some choices of elements in the AAU National Age Group Level Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher level than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.

There is no time limit deduction for Beam or Floor for all Levels.

Supplementary General Deductions and Penalties shall also pertain to Levels 7, 8, and Modified Optional where applicable.

SECTION IV



NATIONAL AAU GIRLS AGE GROUP PROGRAM LEVEL 2 TEXT AND DEDUCTIONS



NATIONAL AAU GIRLS AGE GROUP PROGRAM LEVEL 2 ROUTINES

Only changes to USAG Compulsory regarding text or element order will be listed with description and text. Otherwise, you will need to refer to your USAG Compulsory Book 2005-2013 Edition for descriptions and text.

It should be noted that there are some choices of elements in the AAU National Age Group Level Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher level than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element.

NATIONAL AAU GIRLS AGE GROUP LEVEL 2 VAULT – VALUE 10.0

The National AAU Level 2 Vault shall be to place the hands on an 8” thick mat and from a lunge standing on a vaulting board, kick to a handstand continuing the motion fall to flat back. Gymnast may take one to three steps forward on to the board, swings the arms forcefully from back to forward, placing the hands on the 8” matting and kick the back leg backward-upward and pushing off the board with the front leg, kick to handstand. Arms remain straight. The legs are together in vertical and the head is neutral. Maintaining a straight hollow body position with legs together rotate to land in a straight lying position on the back on the matting. Arms remain in high position from the handstand through the landing on the back.

Any type of professionally manufactured spring board or registered air board may be used for all age group level vaults. Gymnast may perform one vault. A repeat vault will be allowed if it is deemed necessary by the Chief Judge due to extreme or unusual circumstances. **Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.**

NATIONAL AAU GIRLS AGE GROUP LEVEL 2 BARS

The National AAU Level 2 Bar routine shall be as follows. (Where there is no modification to USAG elements, only the elements and values are listed and referenced to the USAG compulsory book).

1. **Mount -- Back Hip Pullover (0.80)** - Refer to USAG Level 2 Element #1 page 25
Exception (1 or 2 foot take off is acceptable)
2. **Cast (0.60)** - Refer to USAG Level 2 Element #2 page 25
3. **Back Hip Circle (0.60)** - Refer to USAG Level 2 Element #3 page 25
4. **Cast, Straddle On, Sole Circle (0.80)** - Refer to USAG Level 2 Element #4 page 26

OR

Cast Underswing Dismount (0.80)

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a cast with legs together. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral. As the hips return to the bar, immediately press the Bar downward to contact the mid to lower thigh, keeping the head neutral, check and torso hollow and the arms straight. Maintain this position while leaning the shoulders backward and circling

the bar with the hips away from the bar. As the hips rise, completely open the shoulder angle while pressing the bar backward. Maintain a straight hollow body position with the arms and legs straight throughout and the head neutral. Release the hands to execute an underswing dismount. Maintain a tight body position in flight and land in demi plie in a balanced and controlled position

NATIONAL AAU GIRLS AGE GROUP LEVEL 2 BEAM

The National AAU Level 2 Beam routine shall be as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book).

No Time Limit

- 1. Mount -- Jump to Front Support (0.20)** -Refer to USAG Level 2 Element #1 Page 29
- 2. V-Sit to Stand (0.20)**
Shift weight back onto the buttocks. Bend both legs to place the toes on the top of the beam. Immediately straighten the legs and lift to show a V-Sit with the torso extended. Arms – grasp the beam behind the hips with the arms bent or straight. Bend the legs to step out onto the left foot, then the right foot to arrive in a tuck stand. Immediately straighten both legs, extending the legs to end in a releve' stand. Arms – move through forward-middle while rising to squat; then continue moving forward-upward to crown; then open supply to sideward-diagonally-upward. Lower heels to beam – arms remain high.
- 3. Arabesque (0.40)** - Refer to USAG Level 2 Element #4 Page 30 If element #3 was reversed step right and begin text as written.
- 4. Leg Swings (0.40)** - Refer to USAG Level 2 Element #5 Page 30
- 5. Releve Balance (0.20)** - Refer to USAG Level 2 Element #6 Page 30
- 6. Straight Jump (0.4)**
Demi-plié both legs with the heels down on the beam. Push off the beam, extending both legs through the hips, knees, ankles and toes with legs together, extending the hips and legs in the air to a stretched position before landing. Land on both feet in demi-plie, pressing through the balls of the feet to lower the heels onto the beam, right foot in front of the left foot with the feet slightly turned out. Arms on the demi-plié lower the arms sideward-downward to low position. During the jump, lift arms forward-upward to crown. Arms remain in crown upon landing.

Extend the legs to finish in a straight stand (not in releve). Arms open to sideward-diagonally-upward.
- 7. Tuck Jump Dismount (0.60)** - Refer to USAG Level 2 Element #8 Page 31

NATIONAL AAU GIRLS AGE GROUP LEVEL 2 FLOOR

The National AAU Level 2 Floor routine shall be as follows. Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book).

Music is required and shall be the USAG Level 2 music.

- 1. Forward Roll To Straddle Stand (0.40)** – Refer to USAG Level 2 Element 1 Page 33
- 2. Straddle Tripod Position to Kneel (0.40); Arch Back (0.40)** – Refer to USAG Level 2 Element 2 Page 33

From a straddle stand, place top of head on the floor with palms of hands on floor and elbows bent. Keeping legs straight and in straddle position, lift soles of feet enough to place the TOPS of toes and feet onto the floor, and then pull straight legs together to assume a pike position with the tops of toes and feet on floor. Immediately bend the knees and sit back onto the heels with ankles extended. Knees may be slightly separated in the kneeling position. Lift torso to finish in an upright kneeling position with the hips extended.

Arms lift forward-upward to high position as the torso lifts.

Continue Arch Back as described in USAG Level 2 text page 33 with the exception that the arch back is not required to touch floor.

3. **Cartwheel, ¼ (90°) Turn Inward (0.60) Entry may be Forward or Sideward Entry** - Refer to USAG Level 2 Element 3 Page 34 for Side Entry. For forward entry kick the straight right leg forward-upward keeping the hips square. Finish as stated.
4. **Backward Roll To Pike Stand (0.40)** Refer to USAG Level 2 Element #4 Page 34
5. **Handstand (0.06)** - Refer to USAG Level 2 Element #5 Page 34 (Exception no hold required – only ¾ handstand required the emphasis being on body position of lever, straight body and legs - feet should however touch side by side.)
6. **Front Leg Balance(0.20)** - Refer to USAG Level 2 Element #6 Page 35
7. **Split Jump (30°) (0.40)** - Refer to USAG Level 2 Element #7 Page 35
8. **½ (180°) Pivot Turn (0.20)** - Refer to USAG Level 2 Element #8 Page 35
9. **Forward Chasse Right (0.40)** - Refer to USAG Level 2 Element #9 Page 35
10. **Pose** - Refer to USAG Level 2 Element #10 Page 35



NATIONAL AAU LEVEL 2 VAULT - VALUE 10.0
8" Mat Required

The National AAU Level 2 Vault shall be kick to handstand fall to flat back, hands on 8" matting. Gymnast may take one to three steps forward on to the board, swings the arms forcefully from back to forward; placing the hands on the 8" matting and kick the back leg backward-upward and pushing off the board with the front leg, kick to handstand. Arms remain straight. The legs are together in vertical and the head is neutral. Maintaining a straight hollow body position with legs together rotate to land in a straight lying position on the back on the matting. Arms remain in high position from the handstand through the landing on the back.

Any type of professionally manufactured spring board or registered air board may be used for all age group level vaults. Gymnast may perform one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

First Flight Board To Mat Phase	
Failure to maintain a stretch body position from board to mat:	Up to 0.50
Support Phase	
Failure to place hands on matting	0.50
Incorrect Shoulder Alignment	Up to 0.30
Body not extended through vertical	Up to 0.50
Arms bent	Up to 0.50
Completely bent arms causing head to contact mat	2.00
Failure to contact mat with both hands	3.00
Too long in support (holding handstand)	Up to 0.50
Alternate or additional hand placement (Walks on Hands)	Up to 0.30
Post Hand Stand Phase	
Failure to maintain stretched body position (lack of extension)	Up to 0.50
Landing Phase	
Failure to finish in a straight lying position on the back	Up to 0.50
Feet first landing	Up to 1.00
Incorrect shoulder alignment (arms should be by or slightly behind the ears)	Up to 0.30
General	
Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Legs bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10
Incorrect Head Alignment-not neutral position (each phase)	Up to 0.10
Deviation from straight direction	Up to 0.30
Support of only one hand on mat	3.00
No hand support on mat	3.00

General Deductions Continued	
Coach between board and mat	No Penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

Definition of Straight Body Landing – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the

torso (belly button pulled in toward the spine with buttocks tucked under). The hollow position should not present with any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.



NATIONAL AAU LEVEL 2 BARS VALUE 10.00

Mount -- Back Hip Pullover (0.80) (1 or 2 Foot Take Off Acceptable)	
Failure to finish in extended front support	Up to 0.10
Lack of continuity	Up to 0.10
Cast (0.60) (no angle requirement – hips free of bar on cast)	
Incorrect body alignment	Up to 0.20
Back Hip Circle (0.60) finish in extended support	
Failure to maintain straight-hollow body throughout circle	Up to 0.20
Failure to maintain hip or upper thigh contact on bar	
Throughout circle	0.20
Lack of continuity of circle	Up to 0.10
Cast, Straddle On, Sole Circle Dismount (0.80)	
Placing feet between hands	0.20
Alternate foot placement	0.20
Lack of control in straddle on	Up to 0.10
Failure to show straight hollow body position	Up to 0.20
Failure to maintain head in neutral position	Up to 0.10
Failure to extend body in flight	Up to 0.20
Lack of distance	Up to 0.10
Lack of amplitude	Up to 0.20
Failure to release bar before landing	1.00
OR	
Cast, Underswing Dismount (0.80)	
Failure to maintain a straight-hollow body position throughout	Up to 0.20
Hips Contacting Bar (no deduction for thighs touching bar)	0.20
Insufficient extension of body in flight	Up to 0.20
Insufficient flight	Up to 0.20
Failure to release bar before landing	1.00
Refer to USAG General Faults and Penalties for additional deductions	
Bent arms/legs (Each)	Up to 0.30
Legs separated	Up to 0.20

It should be noted that there are some choices of elements in the AAU National Age Group Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher value than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Girls Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.

Coach may stand between the bars for the entire routine with no deduction. Avoid blocking view of the judge.

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .01)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .01.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .01)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission - Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such as rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20



NATIONAL AAU LEVEL 2 BEAM VALUE 10.00

Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

No Time Limit

Mount -- Jump to Front Support (0.20)		
Failure to extend body in front support		Up to 0.10
Lack of continuity in 1/4 (90 ^o) turn to straddle sit		Up to 0.10
V-Sit to Stand (0.20)		
Lack of amplitude of legs		Up to 0.10
Poor body position		Up to 0.20
Arabesque (30 Degrees) (0.40)		
Failure to lift free leg a minimum of 30 degrees		Up to 0.20
Failure to hold 1 second		Up to 0.10
Leg Swings (0.40 each)		
Failure to swing leg to horizontal	Each	Up to 0.10
Failure to maintain straight body alignment	Each	Up to 0.20
Failure to maintain squared hips during swings	Each	Up to 0.20
Relevé Balance (0.20)		
Failure to hold two seconds		Up to 0.20
Stretch Jump (0.40)		
Failure to maintain straight body alignment		Up to 0.10
Failure to maintain squared hips		Up to 0.10
Failure to land on both feet simultaneously		Up to 0.10
1/4 (90^o) Turn to Tuck Jump Dismount (0.60)		
Insufficient height		Up to 0.20
Insufficient hip/knee closure (min of 90 degree bend)		
Each angle		Up to 0.10
Failure to maintain vertical alignment with upper body		Up to 0.20
Insufficient extension (open) of tuck before landing		Up to 0.10
Refer to USAG General Fault and Penalties for Additional Deductions		

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.

Coach may stand next to the beam for the entire routine with no deduction. Avoid blocking view of the judge.

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus 0.10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed -1.0 less the value of the element minus .01)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission – Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such as rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise Each Time 0.10



NATIONAL AAU LEVEL 2 FLOOR VALUE 10.00

Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

Music Required – USAG Level 2 Music

Forward Roll to Straddle Stand (0.40)	
Pushing off floor with hands to arrive in tuck stand	0.30
Straddle Tripod Position to Kneel (0.40); Arch Back (0.40)	
Failure to show tripod position	Up to 0.20
Failure to close to pike position	Up to 0.20
Failure to show kneeling position with ankles extended	Up to 0.10 Failure to keep hips extended and pushed forward on arch back
	Up to 0.20
Cartwheel, ¼ (90°) Turn Inward (0.60) (Forward or Side Entry)	
Incorrect (simultaneous) hand placement	0.10
Failure to pass through vertical	Up to 0.30
Backward Roll to Pike Stand (0.40)	
Failure to maintain tuck position as buttocks touch floor	Up to 0.20
Hands placed on floor during squat phase prior to rolling backward	0.30
Handstand (0.60) OR ¾ Handstand (No Hold Required)	
Failure to show straight-hollow body position with hip angle straight	Up to 0.20
Front Leg Balance (0.20)	
Failure to hold balance 1 second	Up to 0.10
Split Jump (30°) (0.40)	
Insufficient leg separation (less than 90°)	Up to 0.20
Failure to land with legs/feet close	Up to 0.10
½ (180°) Pivot Turn (0.20)	
Lack of sharpness in pivot turn	Up to 0.10
Forward Chasse (0.40)	
Failure to pass through 4 th position demo-plie into chasse	Up to 0.10
Failure to join legs together in air	Up to 0.20
Failure to maintain good body alignment	Up to 0.20
Refer to USAG General Faults and Penalties for Additional Deductions.	

It should be noted that there are some choices of elements in the AAU National Age Group Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher value than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.

Coach may stand on floor with no deduction. Do not block view of judge.

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission - Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such as rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20



NATIONAL AAU LEVEL 2 VAULT - VALUE 10.0
8" Mat Required

The National AAU Level 2 Vault shall be kick to handstand fall to flat back, hands on 8" matting. Gymnast may take one to three steps forward on to the board, swings the arms forcefully from back to forward; placing the hands on the 8" matting and kick the back leg backward-upward and pushing off the board with the front leg, kick to handstand. Arms remain straight. The legs are together in vertical and the head is neutral. Maintaining a straight hollow body position with legs together rotate to land in a straight lying position on the back on the matting. Arms remain in high position from the handstand through the landing on the back.

Any type of professionally manufactured spring board or registered air board may be used for all age group level vaults. Gymnast may perform one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

First Flight Board To Mat Phase	
Failure to maintain a stretch body position from board to mat:	Up to 0.50
Support Phase	
Failure to place hands on matting	0.50
Incorrect Shoulder Alignment	Up to 0.30
Body not extended through vertical	Up to 0.50
Arms bent	Up to 0.50
Completely bent arms causing head to contact mat	2.00
Failure to contact mat with both hands	3.00
Too long in support (holding handstand)	Up to 0.50
Alternate or additional hand placement (Walks on Hands)	Up to 0.30
Post Hand Stand Phase	
Failure to maintain stretched body position (lack of extension)	Up to 0.50
Landing Phase	
Failure to finish in a straight lying position on the back	Up to 0.50
Feet first landing	Up to 1.00
Incorrect shoulder alignment (arms should be by or slightly behind the ears)	Up to 0.30
General	
Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Legs bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10
Incorrect Head Alignment-not neutral position (each phase)	Up to 0.10
Deviation from straight direction	Up to 0.30
Support of only one hand on mat	3.00
No hand support on mat	3.00

General Deductions Continued	
Coach between board and mat	No Penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

Definition of Straight Body Landing – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow position should not present with any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.



NATIONAL AAU LEVEL 2 BARS VALUE 10.00

Mount -- Back Hip Pullover (0.80) (1 or 2 Foot Take Off Acceptable)	
Failure to finish in extended front support	Up to 0.10
Lack of continuity	Up to 0.10
Cast (0.60) (no angle requirement – hips free of bar on cast)	
Incorrect body alignment	Up to 0.20
Back Hip Circle (0.60) finish in extended support	
Failure to maintain straight-hollow body throughout circle	Up to 0.20
Failure to maintain hip or upper thigh contact on bar	
Throughout circle	0.20
Lack of continuity of circle	Up to 0.10
Cast, Straddle On, Sole Circle Dismount (0.80)	
Placing feet between hands	0.20
Alternate foot placement	0.20
Lack of control in straddle on	Up to 0.10
Failure to show straight hollow body position	Up to 0.20
Failure to maintain head in neutral position	Up to 0.10
Failure to extend body in flight	Up to 0.20
Lack of distance	Up to 0.10
Lack of amplitude	Up to 0.20
Failure to release bar before landing	1.00
OR	
Cast, Underswing Dismount (0.80)	
Failure to maintain a straight-hollow body position throughout	Up to 0.20
Hips Contacting Bar (no deduction for thighs touching bar)	0.20
Insufficient extension of body in flight	Up to 0.20
Insufficient flight	Up to 0.20
Failure to release bar before landing	1.00
Refer to USAG General Faults and Penalties for additional deductions	
Bent arms/legs (Each)	Up to 0.30
Legs separated	Up to 0.20

It should be noted that there are some choices of elements in the AAU National Age Group Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher value than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Girls Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.

Coach may stand between the bars for the entire routine with no deduction. Avoid blocking view of the judge.

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .01)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .01.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .01)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission - Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such as rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20
Failure to observe specified warm-up time 0.20



NATIONAL AAU LEVEL 2 BEAM VALUE 10.00

Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

No Time Limit

Mount -- Jump to Front Support (0.20)		
Failure to extend body in front support		Up to 0.10
Lack of continuity in 1/4 (90 ⁰) turn to straddle sit		Up to 0.10
V-Sit to Stand (0.20)		
Lack of amplitude of legs		Up to 0.10
Poor body position		Up to 0.20
Arabesque (30 Degrees) (0.40)		
Failure to lift free leg a minimum of 30 degrees		Up to 0.20
Failure to hold 1 second		Up to 0.10
Leg Swings (0.40 each)		
Failure to swing leg to horizontal	Each	Up to 0.10
Failure to maintain straight body alignment	Each	Up to 0.20
Failure to maintain squared hips during swings	Each	Up to 0.20
Relevé Balance (0.20)		
Failure to hold two seconds		Up to 0.20
Stretch Jump (0.40)		
Failure to maintain straight body alignment		Up to 0.10
Failure to maintain squared hips		Up to 0.10
Failure to land on both feet simultaneously		Up to 0.10
1/4 (90⁰) Turn to Tuck Jump Dismount (0.60)		
Insufficient height		Up to 0.20
Insufficient hip/knee closure (min of 90 degree bend)		
Each angle		Up to 0.10
Failure to maintain vertical alignment with upper body		Up to 0.20
Insufficient extension (open) of tuck before landing		Up to 0.10
Refer to USAG General Fault and Penalties for Additional Deductions		

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.

Coach may stand next to the beam for the entire routine with no deduction. Avoid blocking view of the judge.

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus 0.10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed -1.0 less the value of the element minus .01)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission – Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise Each Time 0.10



NATIONAL AAU LEVEL 2 FLOOR VALUE 10.00

Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

Music Required – USAG Level 2 Music

Forward Roll to Straddle Stand (0.40)	
Pushing off floor with hands to arrive in tuck stand	0.30
Straddle Tripod Position to Kneel (0.40); Arch Back (0.40)	
Failure to show tripod position	Up to 0.20
Failure to close to pike position	Up to 0.20
Failure to show kneeling position with ankles extended	Up to 0.10 Failure to keep hips extended and pushed forward on arch back
	Up to 0.20
Cartwheel, ¼ (90°) Turn Inward (0.60) (Forward or Side Entry)	
Incorrect (simultaneous) hand placement	0.10
Failure to pass through vertical	Up to 0.30
Backward Roll to Pike Stand (0.40)	
Failure to maintain tuck position as buttocks touch floor	Up to 0.20
Hands placed on floor during squat phase prior to rolling backward	0.30
Handstand (0.60) OR ¾ Handstand (No Hold Required)	
Failure to show straight-hollow body position with hip angle straight	Up to 0.20
Front Leg Balance (0.20)	
Failure to hold balance 1 second	Up to 0.10
Split Jump (30°) (0.40)	
Insufficient leg separation (less than 90°)	Up to 0.20
Failure to land with legs/feet close	Up to 0.10
½ (180°) Pivot Turn (0.20)	
Lack of sharpness in pivot turn	Up to 0.10
Forward Chasse (0.40)	
Failure to pass through 4 th position demo-plie into chasse	Up to 0.10
Failure to join legs together in air	Up to 0.20
Failure to maintain good body alignment	Up to 0.20
Refer to USAG General Faults and Penalties for Additional Deductions.	

It should be noted that there are some choices of elements in the AAU National Age Group Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher value than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.

Coach may stand on floor with no deduction. Do not block view of judge.

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission - Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such as rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20

SECTION V



NATIONAL AAU GIRLS AGE GROUP PROGRAM LEVEL 3 TEXT AND DEDUCTIONS



NATIONAL AAU GIRLS AGE GROUP LEVEL 3 ROUTINES

Only changes to USAG Compulsory regarding text or element order will be listed with description and text. Otherwise, you will need to refer to your USAG Compulsory Book 2005-2013 Edition for descriptions and text. .

It should be noted that there are some choices of elements in the AAU National Age Group Level Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher level than others. However, execution deductions will apply. The emphasis is on correctness of the skill that is chosen.

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element.

NATIONAL AAU GIRLS AGE GROUP LEVEL 3 VAULT (Mat minimum height 16" Maximum height 40")

Run and accelerating to the hurdle onto the board. Gymnast should rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing. Keep the body extended, rotating to an inverted position by driving the legs upward, landing in a handstand position with straight arms. Forcefully extending through the shoulders, the head remains neutral with focus on the hands; arms remain in high position from handstand through the landing on back. Maintain a straight-hollow body position with legs together. Gymnast must land on the skill cushion in a straight lying position on the back.

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults

Gymnast may perform one vault. A repeat vault will be allowed if it is deemed necessary by the Chief Judge due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

NATIONAL AAU GIRLS AGE GROUP LEVEL 3 BARS:

The National AAU Level 3 Bar routine shall be as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book). * Indicates that element can be reversed.

1. **Mount -- Back Hip Pullover (0.80)** - Refer to USAG Level 3 Element #1 Page 39
2. **Cast (0.60)** - Refer to USAG Level 3 Element #2 Page 39
3. **Back Hip Circle (0.60)** - Refer to USAG Level 3 Element #3 Page 39
4. **Single Leg Cut Forward (0.40)** – Refer to USAG Level 3 Element 4 page 40
Finish in a stride support in overgrip. Maintain straight arms and legs throughout. **Exception** – do not change both ands simultaneously to an undergrip. There is no forward stride circle.

5. **Single Leg Cut Backward (0.40)** – Refer to USAG Level 3 Element 6 page 40
Lower to a stride sit on the bar. **Exception** - the hands will already be in the overgrip position.

6. **Cast and Return to Front Support (0.80) no angle requirement**
With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a cast with legs together. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral. Upon completion of the cast, maintain the forward shoulder lean while executing a controlled return of the hips to the bar.

7. **Cast, Squat On, Pike Sole Circle Dismount (0.40)** - Refer to USAG Level 3 Element #7 Page 41

OR

Cast, Straddle On, Sole Circle Dismount (0.80) – Refer to USAG Level 2 Element #4 Page 26

OR

Cast, Underswing Dismount (0.80) - Refer to USAG Level 4 Elements 6 & 8 Page 62

NATIONAL AAU GIRLS AGE GROUP LEVEL 3 BEAM

The AAU Level 3 Beam routine shall be the same as the USAG Level 3 Beam routine in its entirety with exceptions that apply to general deductions and penalties as listed on routine cards and choice of dismount. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book). No Time Limit

1. **Mount - Jump to Front Support (0.20)** - Refer to USAG Level 3 Element #1 Page 43
2. **V-Sit (0.20), Swing To Push-Up Position (0.60)** - Refer to USAG Level 3 Element #2 Page 43
3. **Arabesque (0.40)** - Refer to USAG Level 3 Element #3 Page 44
4. **Partial Cross Handstand (0.80)** - **Refer to USAG Level 3 Element #4 Page 44**
5. **Running Steps (0.40)** - Refer to USAG Level 3 Element #5 Page 44
6. **½ (180°) Pivot Turn (0.02)** - Refer to USAG Level 3 Element #6 Page 44
7. **Split Jump (30°) (0.40)** - Refer to USAG Level 3 Element #7 Page 45
8. **Cartwheel To Side Handstand Dismount (0.60)** - Refer to USAG Level 3 Element #8 Page 45
Exception No Hold Required

OR

Cartwheel to Side Handstand, *1/4 (90°) Turn Dismount (0.60) – Refer to Level 4 Element 15 Page 70. Exception – No Hold Required

NATIONALAAU GIRLS AGE GROUP LEVEL 3 FLOOR

The AAU Level 3 Floor routine shall be as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book). Music is required and shall be the USAG Level 3 Music.

1. **Handstand Forward Roll (0.60)** – Refer to USAG Level 3 Element #1 Page 49

2. **Round-off (0.60)** - Refer to USAG Level 3 Element #2 Page 50

OR

Round-off Rebound Stick (0.60) – Refer to USAG Level 3 Element #2 Page 50 for description of round-off. Follow with the following text – After snapping the legs down and under to land on both feet in an upright hollow body position, immediately rebound with a stretched body, land in demi plie in a balanced controlled position (stick). Arms are in high position throughout. As the landing of the rebound occurs, lower the arms sideward-downward to a forward diagonally low position. Extend the legs to finish in a straight stand, arms in high position.

3. **Backward Roll to Pike Stand (0.40)** -Refer to USAG Level 3 Element 3 Page – Exception Element may be performed with our without straight arms with no deduction.

4. **Backbend Kick-Over (0.60)** – Refer to USAG Level 3 Element 4 Page 51

OR

Back Walkover (0.60)

Follow text; begin with feet flat on the floor, legs together. Arms remain in high. Extend the right leg forward, pointing the right foot on the floor. Lift the right leg forward-upward, pressing the hips forward. As the leg lifts, arch the upper back as the arms reach backward to place the hands on the floor side by side, shoulder-width apart. As the left foot pushes off the floor, push the shoulders over the hands to execute a back walkover, passing through a handstand position with a minimum of 90° leg separation, shoulders extended, and focus on the hands. Step down using a lever action to finish in a right lunge, pressing the right knee and both hips forward. Arms – finish the step down with arms in high position; then open to sideward-diagonally-upward. (If the backbend kick-over or back walk over was reversed, continue with the text as written in Element #5.

OR

Standing Back Handspring Rebound Stick (0.60)

Begin with the feet flat on the floor, legs together. Lean backward, bending and extending the knees to jump backward onto the hands in an inverted stretch body position to execute a back handspring. Push explosively off the floor with the arms and shoulders while simultaneously snapping the legs under to land on both feet in an upright hollow body position. Arms - Swing the arms forward-downward as the legs bend, then forward-upward to high position on the jump backward. Immediately rebound with a stretched body, land in demi plie in a balanced controlled position (stick). Arms are high throughout. On landing, arms lower sideward-downward to forward-diagonally-low. Extend legs to finish in a straight stand, arms in high position.

5. **Front Leg Balance (0.20)** - Refer to USAG Level 3 Element #5 Page 51

6. **Forward Chasse (0.40)** - Refer to USAG Level 3 Element #6 Page 51

7. **Straight Leg Leap (60°) (0.60)** - Refer to USAG Level 3 Element #7 Page 51

8. **½ (180°) Turn in Forward Coupe (Heel-Snap) (0.20)** - Refer to USAG Level 3 Element #-8 Page 52
9. **Stretch Jump (0.40), Tuck Jump (0.40)** - Refer to USAG Level 3 Element #9 Page 52
10. **Pose** - Refer to USAG Level 3 Element #10 Page 53



NATIONAL AAU LEVEL 3 VAULT - 10.0

Run and accelerating to the hurdle onto the board. Gymnast must rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing. Keep the body extended, rotating to an inverted position by driving the legs upward, landing in a handstand position with straight arms. Forcefully extending through the shoulders, the head remains neutral with focus on the hands; arms remain in high position from handstand through the landing on back. Maintain a straight-hollow body position with legs together. Gymnast must land on the skill cushion in a straight lying position on the back. Mat Minimum height 16" Maximum height 40

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults

Gymnast may perform one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

First Flight Board to Mat Phase		
Failure to maintain a stretch body position from board to mat		Up to 0.50
Support Phase		
Incorrect Shoulder Alignment		Up to 0.30
Body not extended through vertical		Up to 0.50
Angle of Repulsion:		Up to 0.50
By Vertical		No Deduction
From 1 – 45 degrees	0.05 to 0.25	
From 46 to Horizontal	0.25 to 0.50	
Arms bent		Up to 0.50
Complete bent arms causing head to contact mat		2.00
Too long in support (holding handstand)		Up to 0.50
Additional hand placements (taking steps/hops on hands)		Up to 0.30
Alternate repulsion		Up to 0.20
Second Flight Phase		
Failure to maintain stretched body position (lack of extension)		Up to 0.50
Insufficient height		Up to 0.50
Insufficient distance		Up to 0.30
Landing		
Failure to finish in a straight lying position on the back		Up to 0.50
Feet first landing		Up to 1.00
Incorrect shoulder alignment (arms should be by or slightly behind the ears)		Up to 0.30
General Deductions		
Failure to maintain a straight body position:		
Arch (each phase)		Up to 0.30
Pike (each phase)		Up to 0.50
Legs separated (each phase)		Up to 0.20
Legs Bent (each phase)		Up to 0.30
Incorrect Foot Form (each phase)		Up to 0.10
Incorrect Head Alignment – Not Neutral (each phase)		Up to 0.10

General Deductions		
Deviation from straight direction		Up to 0.30
Lack of dynamics (speed/power)		Up to 0.30
Support of only one hand on mat		3.00
No hand support on mat		3.00
Coach between board and mat		No penalty
Aid of coach during vault		3.00
Aid of coach on landing		0.50

Definition of Straight Body Landing – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow position should not present with any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.



NATIONAL AAU LEVEL 3 BARS VALUE 10.00

Mount -- Back Hip Pullover (0.80)	
Failure to lift both legs simultaneously (1 foot take off)	0.30
Failure to finish in extended front support	Up to 0.10
Lack of continuity	Up to 0.10
Cast (0.60)	
Incorrect body alignment	Up to 0.20
Back Hip Circle (0.60) finish in extended front support	
Failure to maintain straight hollow body throughout circle	Up to 0.20
Failure to maintain hip or upper thigh contact on bar throughout circle	0.20
Lack of continuity of circle	Up to 0.10
Single Leg Cut Forward (0.40)	
Failure to lift hand and cut leg simultaneously (lack of cutting action)	Up to 0.30
Leg/foot contacting bar on squat through	Up to 0.20
Lack of control in Regrasp	Up to 0.10
Failure to show clear stride support at end of squat through	Up to 0.20
Single Leg Cut Backward (0.40)	
Failure to lift hand and cut leg simultaneously (lack of cutting action)	Up to 0.30
Lack of control in re-grasp	Up to 0.10
Leg not clear of bar on cut	Up to 0.20
Failure to finish in an extended front support	Up to 0.10
Cast & Return to Front Support (0.80) no angle requirement	
Insufficient dynamics of the cast	Up to 0.10
Incorrect body alignment (straight line from shoulders to feet With chest hollow)	Up to 0.20
Lack of control return to bar	Up to 0.10
Cast, Squat On; Pike Sole Circle Dismount (0.80)	
Placing feet outside of hands	0.20
Alternate foot placement	0.20
Lack of control in squat on	Up to 0.10
Failure to tuck (pike on)	0.20
Failure to maintain straight-hollow body position	Up to 0.20
Failure to maintain head in neutral position	Up to 0.10
Failure to extend body in flight	Up to 0.20
Lack of distance	Up to 0.10
Lack of amplitude	Up to 0.20
Failure to release bar before landing	1.00
OR	
Cast, Straddle On, Sole Circle Dismount (0.80)	
Placing feet between hands	0.20
Alternate foot placement	0.20
Lack of control in straddle on	Up to 0.10
Failure to show straight hollow body position	Up to 0.20
Failure to maintain head in neutral position	Up to 0.10
Failure to extend body in flight	Up to 0.20
Lack of distance	Up to 0.10
Lack of amplitude	Up to 0.20
Failure to release bar before landing	1.00

OR

Cast, Underswing Dismount (0.80)

Failure to maintain a straight-hollow position throughout	Up to 0.20
Hips contacting Bar (no deduction for thighs touching bar)	0.20
Insufficient extension of body in flight	Up to 0.20
Failure to release bar before landing	1.00

Refer to USAG General Faults and Penalties for additional deductions

Bent arms/legs (Each)	Up to 0.30
Legs separated	Up to 0.20

It should be noted that there are some choices of elements in the AAU National Age Group Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher value than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by The National AAU Girls Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.

Coach may stand between the bars for the entire routine with no deduction. Avoid blocking view of the judge.

Spotting Deductions Levels, 2, 3, 4, 5 6, Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission - Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20



NATIONAL AAU LEVEL 3 BEAM VALUE 10.00

Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

No Time Limit

Mount -- Jump to Front Support * (0.20)	
Failure to extend body in front support	Up to 0.10
Lack of continuity in 1/4 (90 ⁰) turn to straddle sit	Up to 0.10
V-Sit (0.02), Swing to Push-Up Position (0.60)	
Lack of amplitude of legs on swing	Up to 0.10
Poor body position	Up to 0.20
Failure to show push-up position	0.20
Arabesque (30°) (0.40)	
Failure to lift free leg a minimum of 30°	Up to 0.20
Failure to hold 1 second	Up to 0.10
Partial Cross Handstand* (0.80)	
Incorrect (staggered) hand placement	0.10
Failure to close (join) legs on kick-up	0.10
Running Steps (0.40)	
See General Faults and penalties	
½ (180°) Pivot Turn (0.20)	
Lack of sharpness in pivot turn	Up to 0.10
Split Jump (30°) (0.40)	
Insufficient leg separation (less than 30°)	Up to 0.20
Failure to land with feet/legs close	Up to 0.10
Cartwheel to Side Handstand Dismount * (0.60)	
Incorrect (simultaneous) hand placement	0.10
Failure to attain vertical	Up to 0.30
Failure to maintain straight body position throughout dismount	Up to 0.20
OR	
Cartwheel to Side Handstand, ¼ (90°) Turn Dismount (0.60)	
Incorrect (simultaneous) hand placement	0.10
Failure to attain vertical	Up to 0.30
¼ Turn incomplete or overturned	Up to 0.10
Failure to maintain straight body position throughout dismount	Up to 0.20
Refer to USAG General Faults and Penalties for additional deductions	

Failure to complete dismount (these deductions do not include body position faults): When gymnast attempts, but fails to complete dismount, apply the specific deductions as listed for those phases not performed.

It should be noted that there are some choices of elements in the AAU National Age Group Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher value than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.

Coach may stand next to the beam for the entire routine with no deduction. Avoid blocking view of the judge.

Spotting Deductions Levels, 2, 3, 4, 5, Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission – Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such as a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20



NATIONAL AAU LEVEL 3 FLOOR VALUE 10.00

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction. Music required and shall be USAG Level 3 Music

Handstand Forward Roll (0.60)		
Failure to attain vertical		Up to 0.30
Failure to close (join) legs		0.10
Failure to hold for 1 second		Up to 0.10
Use of hands to push off floor to come to standing position		0.30
Round-Off (0.60)		
Failure to pass through vertical		Up to 0.30
Failure to land on feet simultaneously		0.10
OR		
Round-Off Rebound Stick		
Failure to pass through vertical		Up to 0.30
Failure to land on feet simultaneously		0.10
Failure to rebound immediately		0.10
Failure to stick landing		Up to 0.50
Backward Roll to Pike Stand (0.40) Straight Arms Not Required		
Hands placed on floor during squat phase prior to rolling backward		0.30
Backbend Kick-Over (0.60)		
Failure to maintain arms next to ears and focus on hands		Up to 0.10
Lack of control into backbend		Up to 0.10
Failure to push shoulders behind hands in bridging phase		Up to 0.20
Extra kicks to establish inverted vertical position on kick-over	Each	0.30
OR		
Back Walkover (0.60)		
Failure to show continuous leg lift into walkover (leg drops or lifts after the arching backward has begun)		Up to 0.10
Incorrect staggered or alternate hand placement		0.10
Insufficient leg separation (less than 90°)		Up to 0.20
OR		
Standing Back Handspring Rebound Stick (0.60)		
Deep Squat into Back Handspring		Up to 0.20
Lack of extension		Up to 0.20
Failure to land with feet together simultaneously		0.10
Failure to rebound immediately		0.10
Failure to stick landing		Up to 0.50
Front Leg Balance (0.20)		
Failure to hold balance 2 seconds		Up to 0.20
Forward Chasse ((0.40)		
Failure to pass through 4h position demi-plie		Up to 0.10
Failure to join legs together in the air		Up to 0.20
Failure to maintain good body alignment		Up to 0.20
Straight Leg Leap 60° (0.60)		
Bending the (lead) front leg on take off		Up to 0.10
Straight Leg Leap Continued		
Insufficient leg separation less than 60°		Up to 0.20
1/2 Turn In Forward Coupe (Heel-Snap) (0.20)		
See General Faults and Penalties		
Stretch Jump (0.40); Tuck Jump (0.40)		
Stretch jump: See General Faults and Penalties		
Tuck Jump:		
Insufficient hip/knee closure (minimum of 90°)	Each angle	Up to 0.10

Refer to USAG General Faults and Penalties for additional deductions

It should be noted that there are some choices of elements in the AAU National Age Group Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher value than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.
Coach may stand on floor with no deduction. Do not block view of judge.

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus 10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission – Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such as rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20

SECTION VI



NATIONAL AAU GIRLS AGE GROUP PROGRAM LEVEL 4 TEXT AND DEDUCTIONS



NATIONALAAU GIRLS AGE GROUP LEVEL 4 ROUTINES

Only changes to USAG Compulsory regarding text or element order will be listed with description and text. Otherwise, you will need to refer to your USAG Compulsory Book 2005-2013 Edition for descriptions and text. .

It should be noted that there are some choices of elements in the AAU National Age Group Level Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher level than others. However, execution deductions will apply. The emphasis is on correctness of the skill that is chosen.

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element.

NATIONAL AAU GIRLS AGE GROUP LEVEL 4 VAULT

Mat Stack 32” in height Maximum height 48” Run and accelerating into the hurdle onto the board. Rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing. Keep the body extended, rotating to an inverted position and extending through the shoulders and execute handspring on to stacked mats to back lying position. Execute the handspring vault with good rotation, blocking through the shoulders and maintaining a tight straight-hollow body position with legs together.

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults. Gymnast may perform one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

NATIONALAAU GIRLS AGE GROUP LEVEL 4 BARS:

The AAU Level 4 Bar routine shall be as described in the following text. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book).

1. **Mount -- Back Hip Pullover (0.80)** – Refer to USAG Level 4 Element #1B Page 59 Glide Kip is not a choice for mount.
2. **Front Hip Circle, Small Cast (0.60)** – Refer to USAG Level 4 Element #2 Page 50
3. **Cast, Single Leg Squat Through (0.40)** - Refer to USAG Level 4 Element #3 Page 60
4. **Forward Stride Circle (0.60)** – Refer to USAG Level 4 Element #4, Page 61
5. **Single Leg Cut Backward (0.40)** – Refer to USAG Level 4 Element #5 Page 61
6. **Cast (0.40)** - Refer to USAG Level 4 Element #6 Page 62
7. **Back Hip Circle (0.40)** – Refer to USAG Level 4 Element #7 Page 62

8. **Underswing Dismount (0.80)** – Refer to Level 4 Element #8 Page 62

NATIONALAAU GIRLS AGE GROUP LEVEL 4 BEAM

The AAU Level 4 Beam routine shall be as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book). No Time Limit

1. **Leg Swing Mount with ½ (180°) (0.20)** – Refer to USAG Level 4 Element #1 Page 65
2. **V-Sit (0.20), Swing to Tuck Stand (0.40)** - Refer to USAG Level 4 Element #2 Page 65
3. **Coupe Walk, ½ (180°) Turn in Forward Coupe (Heel-Snap Turn) (.40)** - Refer to USAG Level 4 Element #3 Page 66
4. **Straight Leg Leap (60°) (0.60)** - Refer to USAG Level 4 Element #4 Page 66
5. **Pose** - Refer to USAG Level 4 Element #5 Page 66
6. **¾ Handstand in Cross Position (0.60)** - Refer to USAG Level 4 Element #6 Page 67
7. **Leg Swing** - Refer to USAG Level 4 Element #7 Page 67
8. **½ (180°) Turn in Forward Coupe (0.40)** - Refer to USAG Level 4 Element #8 Page 67
9. **Fish Pose** - Refer to USAG Level 4 Element #9 Page 68
10. **Stretch Jump (0.40), Tuck Jump (0.40)** - Refer to USAG Level 4 Element #10 Page 68
11. **Pose, Releve Steps** - Refer to USAG Level 4 Element #11 Page 68
12. **Arabesque (45°); Scale (at Horizontal) (0.40)** - Refer to USAG Level 4 Element #12 Page 69
13. **½ (180°) Pivot Turn (0.20)** - Refer to USAG Level 4 Element #13 Page 69
14. **Bow** - Refer to USAG Level 4 Element #14 Page 69
15. **Cartwheel to Side Handstand, ¼ (90°) Turn Dismount (0.60)** – Refer to USAG Level 4 Element #15 Page 70

NATIONALAAU GIRLS AGE GROUP LEVEL 4 FLOOR

The AAU Level 4 Floor routine shall as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book). Music Required and shall be the USAG Level 4 music.

1. **Arm Wave** – Refer to Level 4 Element #1 Page 73
2. **Small Bounces** - Refer to Level 4 Element #2 Page 73
3. **Stretch Jump (0.40); Split Jump (90°) (0.40)** - Refer to Level 4 Element #3 Page 74

4. **Handstand Forward Roll with Straight Arms (0.60)** - Refer to Level 4 Element #4 Page 74
5. **¼ (90°) Pivot Turn** - Refer to Level 4 Element #5 Page 75
6. **Side Chasse with ¼ (90°) Turn, ½ (180°) Pivot Turn** - Refer to Level 4 Element #6 Page 75
7. ***Handstand To Bridge, Back Kick Over (0.60)** – Refer to USAG Level 4 Element #7 Page 76

OR

Handstand To Bridge Stand (Front Limber) to Immediate Stretch Jump (0.60)

(1, 2) Step forward onto a straight left leg (flat foot or releve). Kick the right leg forward-upward to horizontal or above. *(If reversing the Handstand to bridge, step right and kick left)* Arms lift to high position.

(3, 4, 5, 6, 7, 8) Step forward through the ball of the right foot and execute a right lunge (straight leg entrance is also acceptable). Lift the left leg backward-upward maintaining a straight line from the hands, torso, and left leg while reaching for the floor. Continue this levering action and lift the left leg backward-upward as the torso lowers. Place the hands shoulder-width apart on the floor while pushing off with the right leg to arrive in a handstand with legs together. With the head neutral, maintain a straight, extended handstand position. Focus on the hands. Continue to open the shoulder angle past the hands and arch the upper back, lowering the legs toward the floor. Place the feet flat on the floor shoulder-width apart or closer to complete Handstand Bridge. Immediately push the hips forward to enable stand keeping arms in alignment with head, finish in stand, feet slightly apart, arms high, palms facing inward.

(1, 2, 3, 4) Pull right leg in close to left leg, (feet are side by side) demi-plié and immediately push from both feet to execute a stretch jump, landing feet together in demi-plié to stretch stand. Arms remain high, palms inward during jump and landing.

8. **Straight Leg Leap (90°) (0.60), Leg Swing with Hop (0.20)** - Refer to Level 4 Element #8 Page 77
9. **Slide to Floor, ½ (180°) Turn** - Refer to Level 4 Element #9 Page 77
10. **Forward Split (0.20)** - Refer to Level 4 Element #10 Page 78
11. **½ (180) Floor Turn to Stand** - Refer to Level 4 Element #11 Page 78
12. **Prance Steps** - Refer to Level 4 Element #12 Page 78
13. **Weight Transfer (0.20)** - Refer to Level 4 Element #13 Page 78
14. **Backward Roll to Push-Up Position (0.60)** - Refer to Level 4 Element #14 Page 79
15. **½ (180°) Turn In Forward Coupe (0.40)** - Refer to Level 4 Element #15 Page 79
16. **Round-Off (0.40), Flic-Flac To Two Feet, Rebound (0.60)** - Refer to Level 4 Element #16 Page 80
17. **Pose** - Refer to Level 4 Element #17 Page 81



NATIONAL AAU LEVEL 4 VAULT – 10.0

Mat Stack 32” in height Maximum height 48”

Run and accelerating into the hurdle onto the board. Rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing. Keep the body extended, rotating to an inverted position and extending through the shoulders and execute handspring on to stacked mats to back lying position. Execute the handspring vault with good rotation, blocking through the shoulders and maintaining a tight straight-hollow body position with legs together.

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults

Gymnast may perform one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

First Flight Phase	
Failure to maintain a straight body position:	Up to 0.50
Support Phase	
Failure to show an inverted vertical position from the hands to hips (forward rolling action or failure to show vertical)	Up to 2.00
Incorrect Shoulder Alignment	Up to 0.30
Too long in support (failure to leave mat by vertical)	Up to 0.50
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Angle of repulsion:	Up to 0.50
By vertical	no deduction
From 1° to 45°	deduct 0.05 - 0.25
From 46° to horizontal	deduct 0.25 - 0.50
Alternate repulsion	Up to 0.20
Arms bent	Up to 0.50
Completely bent arms causing head to contact vault table	2.00
Post Flight Phase	
Failure to maintain stretched body position	Up to 0.50
Insufficient Height	Up to 0.50
Insufficient Distance	Up to 0.30
Landing	
Failure to finish in a straight lying position on the back	Up to 0.50
Feet First Landing	Up to 1.00

General Deductions	
Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Legs Bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10
Incorrect Head Alignment – Not Neutral (each phase)	Up to 0.10
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Support of only one hand on mat on Vault Table	3.00
No hand support on mat	3.00
Coach between board and mat	No penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

Definition of Straight Body Landing – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow position should not present with any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.



NATIONAL AAU LEVEL 4 BARS VALUE 10.00

Mount -- Back Hip Pullover (0.80)	
Failure to lift both legs simultaneously (1 foot take off)	Up to 0.30
Failure to finish in extended front support	Up to 0.10
Front Hip Circle, Small Cast (0.60)	
Failure to maintain straight hollow body position into circle	Up to 0.10
Failure to execute a small cast immediately after Front Hip Circle	0.30
Lack of control in returning to the bar	Up to 0.10
Failure to return to front support (performs immediate squat through)	0.50
Cast, Single Leg Squat Through (0.40)	
Leg/foot contacting bar on squat through	Up to 0.20
Failure to show clear stride support at end of squat through	Up to 0.20
Forward Stride Circle (0.60)	
Failure to show clear stride support at beginning and end of circle	Each Up to 0.20
Hooking knee on the bar to complete circle	0.50
Single Leg Cut Backward (0.40)	
Failure to lift hand and cut leg simultaneously (lack of cutting action)	Up to 0.30
Failure to change hand grip prior to leg cut backward	0.10
Cast (0.40)	
Incorrect body alignment	Up to 0.20
Back Hip Circle (0.40)	
Failure to maintain straight-hollow body position throughout circle	Up to 0.20
Failure to maintain hip or upper thigh contact on bar throughout circle	0.20
Underswing Dismount (0.80)	
Failure to maintain a straight-hollow body position throughout	Up to 0.20
Hips contacting bar (no deduction for thighs touching bar)	0.20
Insufficient extension of body in flight	Up to 0.20
Insufficient flight	Up to 0.20
Refer to USAG General Faults and Penalties for additional deductions.	

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Girls Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.
Coach may stand between the bars for the entire routine with no deduction. Avoid blocking view of the judge.

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.
*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10..

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission – Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional

deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise Each Time 0.10



NATIONAL AAU LEVEL 4 BEAM VALUE 10.00

Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction. No Time Limit

Mount: Leg Swing with ½ (180°) Turn (0.20)		
Lack of continuity in ½ (180°) turn to straddle sit		Up to 0.10
V-Sit (0.20), Swing To Tuckstand (0.40)		
Early bending of legs into tuck stand (below beam level)		Up to 0.20
Coupe Walk, ½ (180) Turn in Forward Coupé (Heel-Snap) (0.40)		
Failure to lower heel at completion of turn		0.05
Straight Leg Leap (60°) (0.60)		
Bending lead (front) leg on take-off		Up to 0.10
Insufficient leg separation (less than 60°)		Up to 0.20
Failure to pause in low arabesque position on landing		0.05
¾ Cross Handstand (0.60)		
Incorrect (staggered) hand placement		0.10
Failure to achieve ¾ handstand position		Up to 0.30
Failure to close (join) legs		0.10
½ (180°) Turn in Forward Coupe (0.40)		
See General Faults and penalties		
Stretch Jump (0.40); Tuck Jump (0.40)		
Stretch Jump – See General Faults and Penalties		
Tuck jump:		
Insufficient hip/knee closure (minimum of 90° bend)	Each Angle	Up to 0.10
Insufficient extension (open) before landing		Up to 0.10
Arabesque (45°) Scale (At Horizontal) (0.40)		
Failure to lift free leg a minimum of 45° in arabesque		Up to 0.20
Failure to hold arabesque 1 second		Up to 0.10
Failure to lift free leg to horizontal or above in scale		Up to 0.20
Failure to hold scale 2 seconds		Up to 0.20
180° Pivot Turn (0.20)		
Lack of sharpness in pivot turn		Up to 0.10
Cartwheel to Side Handstand, 14 (90°) Turn Dismount (0.60)		
Incorrect (simultaneous) hand placement		0.10
Failure to attain vertical		Up to 0.30
Failure to hold 1 second		Up to 0.10
¼ (90°) turn incomplete or overturned		Up to 0.10
Failure to maintain straight body position throughout dismount		Up to 0.20
Refer to USAG General Faults and Penalties for additional deductions.		

Failure to complete dismount (these deductions do not include body position faults):
When gymnast attempts, but fails to complete dismount, apply the specific deductions as listed for those phases not performed.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Girls Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.

Coach may stand next to the beam for the entire routine with no deduction. Avoid blocking view of the judge.

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission - Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such as rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise Each Time 0.10



NATIONAL AAU LEVEL 4 FLOOR VALUE 10.00

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

Stretch Jump (0.40), Split Jump (90°) (0.40)		
Stretch jump: See General Faults and Penalties		
Split jump:		
Failure to land with legs/feet close	Up to 0.10	
Insufficient leg separation (less than 90°)	Up to 0.20	
Handstand Forward Roll with Straight Arms* (0.60)		
Failure to attain vertical	Up to 0.30	
Failure to close (join) legs	0.10	
Failure to hold handstand for 1 second	Up to 0.10	
Pushing off floor with hands to arrive in tuck stand	0.30	
Handstand to Bridge, Back Kick-Over (.60)		
Failure to maintain arms next to ears & focus on hands	Up to 0.10	
Failure to close (join) legs	0.10	
Failure to push shoulders behind hand in bridging phase	Up to 0.20	
Failure to land with feet simultaneously	0.10	
Insufficient leg separation on back kick-over (less than 120°)	Up to 0.20	
OR		
Handstand to Bridge Stand (Front Limber) – to Immediate Stretch Jump*(0.60)		
Failure to maintain arms next to ears and focus on hands		Up to 0.20
Failure to close (join) legs	0.10	
Failure to push shoulders behind hands in bridging phase	Up to 0.20	
Alternate hand push	Up to 0.10	
Failure to land with feet simultaneously	0.10	
Showing repulsion (flight) instead of flexibility	Up to 0.60	
Straight Leg Leap (90°) (0.60); Leg Swing with Hop (0.20)		
Straight Leg Leap:		
Bending the lead (front leg on take-off)	Up to 0.10	
Insufficient leg separation (less than 90°)	Up to 0.20	
Leg Swing with Hop:		
Failure to swing leg forward to a minimum of horizontal	Up to 0.10	
Forward Split (0.20)		
Failure to achieve 180° split position (legs flat on floor)	Up to 0.20	
Weight Transfer (0.20)		
Failure to show "rocking" action through use of plie	Up to 0.10	
Backward Roll to Push-Up Position (0.60)		
Hands placed on floor during squat phase prior to rolling backward	0.30	
Failure to show push-up position	0.20	
1/2 (180°) Turn in Forward Coupe (0.40)		
See General Faults and Penalties		

It should be noted that there are some choices of elements in the AAU National Age Group Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher value than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.

Round-Off (0.40) Flic-Flac to Two Feet, Rebound (0.60)		
Lack of acceleration in the series	Up to 0.20	
Round-off:		
Failure to pass through vertical	Up to 0.30	
Failure to land on feet simultaneously	0.10	
Flic-flac to two feet, rebound:		
Deep squat into flic-flac	Up to 0.20	
Failure to land on feet simultaneously	0.10	
Failure to rebound immediately	0.10	
Failure to pause in controlled "stick"	0.05	
Refer to USAG General Fault and Penalties for Additional Deductions		

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Girls Age Group Program. Equipment and matting may be adjusted to facilitate the safety of the gymnast. Coach may stand on floor with no deduction. Do not block view of judge

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission -Deduct the Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge.

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise Each Time

SECTION VII



NATIONAL AAU GIRLS AGE GROUP PROGRAM LEVELS 5 & 6 DESCRIPTION & DEDUCTIONS



NATIONAL AAU GIRLS AGE GROUP PROGRAM LEVELS 5 AND 6 ROUTINES

The National AAU Age Group Program Levels 5 and 6 routines shall be the same as the USAG Levels 5 and 6 routines in their entirety with exceptions that apply to supplementary general deductions and penalties as listed on the National AAU Supplementary General Deductions and Information sheet. For descriptions of routines refer to your USAG 2005-2013 Compulsory Program Manual.

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element.

No time limit on beam and floor.

Gymnast may perform two vaults.

Refer to 5 & 6 Routine Deduction Cards for specific deductions.



NATIONAL AAU LEVEL 5 VAULT – 10.0

The AAU Level 5 Vaults shall be the same as described by the USAG Program 2005-2013. Refer to USAG Compulsory Manuel, Page 83 **with exception only as stated in the National Supplementary AAU General Deductions and Penalties**

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults. Gymnast is allowed two vaults. Three running approaches are permitted, if the gymnast has not touched the springboard and/or vault table. A fourth approach is not permitted.

First Flight	
See General Deductions	
Support Phase	
Incorrect Shoulder Alignment	Up to 0.30
Arms Bent	Up to 0.50
Completely bent arms causing head to contact vault table	2.00
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Too long in support (failure to leave vault table by vertical)	Up to 0.50
Angle of repulsion:	Up to 1.00
By vertical	no deduction
From 1° to 45°	deduct 0.05 - 0.50
From 46° to horizontal	deduct 0.55 - 1.00
Alternate repulsion	Up to 0.20
Touch of only one hand on vault table	Chief Judge 1.00
No hand support on vault table	VOID
Second Flight	
Insufficient height	Up to 0.50
Insufficient distance	Up to 0.30
Brush, touch, or hit of body on far end of vault table	0.30
Landing	
Slight hop, small adjustment of feet	Up to 0.10
Extra arm swing (s)	Up to 0.10
Additional trunk movements to maintain balance	Up to 0.30
Taking steps after landing	Each 0.10 Max 0.40
Very large step or jump	0.20
Deep squat upon landing	Up to 0.30
Contacting the mat or apparatus with one or both hands or with body	
After landing	
Brush, touch or hit	Up to 0.30
Support on hand(s) or fall onto mat or against apparatus	0.50
Failure to land on the feet first on the mat	2.00
	(includes the fall)
*Finishes in a sitting, lying or standing position on the vault table	0.50 (fall on apparatus) +2.00

General

Body position faults	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Incorrect head alignment	Up to 0.10
Incorrect Foot Form (each phase)	Up to 0.10
Legs bent (each phase)	Up to 0.30
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Headspring performed	2.00
Performing incorrect vault	VOID
Coach between board and vault table	No Penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50



NATIONAL AAU LEVEL 5 BARS VALUE 10.00

The AAU Level 5 Bar shall be the same as described by the USAG Program 2005-2013 in its entirety. Refer to USAG Compulsory Manuel, Page 85 with exception only as stated in the National Supplementary AAU General Deductions and Penalties

Mount -- Straddle or Pike Glide Kip (0.80)	
Failure to take off from both feet simultaneously	0.10
Performs run-out glide	0.30
Failure to lead with the feet in the forward glide swing (performs long hang swing)	Up to 0.10
Insufficient extension at end of glide	Up to 0.20
Failure to close legs at end of straddle glide	0.10
Front Hip Circle (0.60)	
Failure to show a straight-hollow body position into circle	Up to 0.10
Cast to Horizontal & Return to Front Support (0.80)	
Insufficient amplitude of cast (line from shoulders to feet)	Up to 0.30
(Line from shoulders to mid-point to lowest body part)	
-1° to 45° below horizontal	0.05 – 0.15
-46° or more below horizontal	0.20 – 0.30
Incorrect body alignment (straight line from shoulders to feet with chest hollow)	Up to 0.20
Lack of control in returning to bar	Up to 0.10
Cast, Squat On/Pike On (0.40)	
Alternate foot placement	Up to 0.20
Insufficient backward swing of legs into cast (hip lift only)	0.05
Jump to Long Hang Kip (0.80)	
Failure to swing to near horizontal	Up to 0.20
Cast to Horizontal (0.80)	
See above deductions on Cast to Horizontal	
Back Hip Circle (0.60)	
Failure to maintain a straight-hollow body position throughout circle	Up to 0.20
Failure to maintain hip or upper thigh contact on bar throughout circle	0.20
Underswing, First Counterswing (30°) (0.80)	
Underswing	
Failure to maintain straight hollow body position throughout	Up to 0.20
Hips contacting bar (no deduction for thighs touching bar)	0.20
1st Counterswing	
Hips not a minimum of 30° below the level of high bar	Up to 0.20
Failure to show a straight line from hands to hips with chest in hollow position with rounded hip angle	Up to 0.20
Body arched and/or hips open to an extended position with feet over low bar	0.30
Tap Swing Forward, Second Counterswing (15°) (0.80)	
Tap Swing Forward	
Failure to show slight arched position at bottom of swing	0.10
Failure to attain straight-hollow body position on upswing	Up to 0.20
Insufficient amplitude (feet not at HB height)	Up to 0.20
2nd Counterswing	

Hips not a minimum of 15° below the level of high bar	Up to 0.20
Failure to show a straight line from hands to hips with chest in hollow position with rounded hip angle	Up to 0.20
Body arched and/or hips open to an extended position with feet over low bar	0.30
Tap Swing Forward with 1/2 (180°) Turn Dismount * (0.80)	
Failure to show slight arched position at bottom of swing	Up to 0.10
Failure to attain straight hollow position on upswing	Up to 0.20
Beginning turn prior to 45° below height of high bar	Up to 0.20
Failure to complete 1/2 (180°) turn prior to regrasp	Up to 0.20
Failure to re-contact the bar with the free hand as the ½ turn is completed	0.30

Refer to USAG for General Faults and Penalties for additional deductions Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Girls Age Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast. Coach may stand between the bars for the entire routine with no deduction. Avoid blocking view of judge.

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10) Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10) In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission - Deduct Value of the Element

Skills Performed Out of Order

Flat 0.3 – impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise Each Time 0.10



NATIONAL AAU LEVEL 5 BEAM VALUE 10.00

The AAU Level 5 Beam shall be the same as described by the USAG Program 2005-2013 in its entirety with exception only as stated in National Supplementary AAU General Deductions and Penalties. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction. No Time Limit

Mount: Leg Swing with ½ (180°) (0.20)	
Lack of continuity in ½ (180°) turn to straddle sit	Up to 0.10
½ (180°) Turn in Forward Coupe (Heel-Snap) (0.40)	
Failure to lower heel at completion of turn	0.05
Straight Leg Leap (90°) (0.60)	
Bending lead (front) leg on take off	Up to 0.10
Insufficient leg separation (less than 90°)	Up to 0.20
Failure to pause in low arabesque position on landing	0.05
Weight Transfer (0.20)	
Failure to show “rocking” action through use of plie (each time)	Up to 0.10
Cross Handstand (0.60)	
Incorrect (staggered) hand placement	0.10
Failure to attain vertical	Up to 0.30
Failure to close (join) legs	0.10
Failure to hold 1 second	Up to 0.10
½ (180°) Pivot Turns (L & R) (0.40)	
Lack of sharpness in pivot turns	Each Up to 0.10
½ (180°) Turn In Forward Coupe (0.40)	
See General Faults and penalties	
Cartwheel 1/4 (90°) Turn Inward (0.60)	
Incorrect (simultaneous) hand placement	0.10
Failure to pass through vertical	Up to 0.30
Stretch Jump (0.40); Split Jump (90°) (0.40)	
Stretch Jump: See general faults and penalties	
Split Jump:	
Insufficient leg separation (less than 90°)	Up to 0.20
Failure to land with legs/feet close	Up to 0.10
Arabesque (>45°) – Scale (above horizontal) (0.40)	
Failure to lift free leg above 45° in arabesque	Up to 0.20
Failure to hold arabesque 1 second	Up to 0.10
Failure to lift free leg above horizontal in scale	Up to 0.20
Failure to hold scale 2 seconds	Up to 0.20
Cartwheel to Side Handstand, 1/4 (90°) Turn Dismount (0.60)	
Incorrect (simultaneous) hand placement	Up to 0.10
Failure to attain vertical	Up to 0.30
Failure to hold 2 seconds	Up to 0.20
1/4 (90°) turn incomplete or overturned	Up to 0.10
Failure to maintain straight body position throughout	Up to 0.20

Failure to complete dismount (these deductions do not include body position faults):

When gymnast attempts, but fails to complete dismount, apply the specific deductions as listed for those phases not performed.

Refer to USAG for General Faults and Penalties for additional deductions Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Girls Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.

Coach may stand next to the beam for the entire routine with no deduction. Avoid blocking view of the judge.

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission- Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise Each Time 0.10



LEVEL 5 FLOOR VALUE 10.00

The AAU Level 5 Floor shall be the same as described by the USAG Program 2005-2013 in its entirety **with exception only as stated in the National Supplementary AAU General Deductions and Penalties**. Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing.

Straddle Jump (120°) (0.40)			
Insufficient leg separation (less than 120°)		Up to 0.20	
Failure to land with feet together		0.10	
Dive Forward Roll (0.60)			
Failure to maintain straight-hollow position throughout		Up to 0.20	
Failure to show flight (dive) prior to hand contact		Up to 0.20	
Pushing off floor with hands to arrive in tuck stand		0.30	
Front Handspring To Two Feet, Rebound (0.60)			
Failure to maintain arms next to ears & focus on hands throughout		Up to 0.10	
Flight prior to hand contact (dive)		Up to 0.20	
Incorrect (alternate) hand placement		0.10	
Insufficient repulsion (quickness off hands)		Up to 0.20	
Total lack of repulsion (Front Limber-change of element)		0.60	
Failure to land with feet simultaneously		0.10	
Failure to rebound immediately		0.10	
Straight Leg Leap (120°) (0.60; Leg Swing with Hop ¼ Turn (0.20)			
Straight leg leap:			
Bending the lead (front) leg on take-off		Up to 0.10	
Insufficient leg separation (less than 120°)		Up to 0.20	
Leg swing with hop ¼ (90°) turn:			
Failure to swing leg forward to a minimum of horizontal		Up to 0.10	
Forward Split (0.20)			
Failure to achieve 180° split position (legs flat on floor)		Up to 0.20	
Weight Transfer (0.20)			
Failure to show "rocking" action through use of plie	Each	Up to 0.10	
Backward Roll to Handstand with Straight Arms (0.60)			
Hands placed on floor during squat phase prior to rolling backward		0.30	
Incorrect hand placement		0.10	
Failure to pass through vertical		Up to 0.30	
Performs a backward roll step-out (change of element)		0.60	
1/1 (360°) Turn in Forward Coupe (0.40)			
See General Faults and Penalties			
Hitchkick (0.40)			
Insufficient height of each leg kick (as specified in text)	Each	Up to 0.10	
Back Walkover (150°) (0.60)			
Failure to show continuous leg lift into walkover (leg drops or lifts after Arching backwards has begun)		Up to 0.10	
Incorrect (staggered or alternate) hand placement		0.10	

Insufficient leg separation (less than 150°)

Up to 0.20

Round-Off (0.40, Flic-Flic, Flic-Flac Rebound (0.60 Each)

Lack of acceleration in the series		Up to 0.20	
Round-off:			
Failure to pass through vertical		Up to 0.30	
Failure to land with feet simultaneously		0.10	
Flic-flac, Flic-flac, rebound:			
Deep Squat into flic-flac	Each	Up to 0.20	
Failure to land with feet simultaneously	Each	0.10	
Failure to immediately rebound		0.10	
Failure to pause in "controlled stick"		0.05	

Refer to USAG for General Faults and Penalties for additional deductions Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Girls Age Group Program. Equipment and matting may be adjusted to facilitate the safety of the gymnast. Coach may stand on floor with no deduction. Do not block view of judge

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission -Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise Each Time 0.10



NATIONAL AAU LEVEL 6 VAULT – 10.0

The AAU Level 6 Vaults shall be the same as described by the USAG Program 2005-2013. Refer to USAG Compulsory Manuel, Page 117 **with exception only as stated in the National Supplementary AAU General Deductions and Penalties**

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults. Gymnast is allowed two vaults. Three running approaches are permitted, if the gymnast has not touched the springboard and/r the vault table. A fourth approach is not permitted.

First Flight	
See General Deductions	
Support Phase	
Incorrect Shoulder Alignment	Up to 0.30
Arms Bent	Up to 0.50
Completely bent arms causing head to contact vault table	2.00
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Too long in support (failure to leave vault table by vertical)	Up to 0.50
Angle of repulsion:	Up to 1.00
By vertical	no deduction
From 1° to 45°	deduct 0.05 - 0.50
From 46° to horizontal	deduct 0.55 - 1.00
Alternate repulsion	Up to 0.20
Touch of only one had on vault table	Chief Judge 1.00
No hand support on vault table	VOID
Second Flight	
Insufficient height	Up to 0.50
Insufficient distance	Up to 0.30
Brush, touch, or hit of body on far end of vault table	0.30
Landing	
Slight hop, small adjustment of feet	Up to 0.10
Extra arm swing (s)	Up to 0.10
Additional trunk movements to maintain balance	Up to 0.30
Taking steps after landing	Each 0.10 Max 0.40
Very large step or jump	0.20
Deep squat upon landing	Up to 0.30
Contacting the mat or apparatus with one or both hands or with body	
After landing	
Brush, touch or hit	Up to 0.30
Support on hand(s) or fall onto mat or against apparatus	0.50
Failure to land on the feet first on the mat	2.00
	(includes the fall)
*Finishes in a sitting, lying or standing position on the vault table	0.50 (fall on apparatus) +2.00

General	
Body position faults	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Incorrect head alignment	Up to 0.10
Incorrect Foot Form (each phase)	Up to 0.10
Legs bent (each phase)	Up to 0.30
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Headspring performed	2.00
Performing incorrect vault	VOID
Coach between board and vault table	No Penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50



NATIONAL AAU LEVEL 6 BARS VALUE 10.00

The AAU Level 5 Bar shall be the same as described by the USAG Program 2005-2013 in its entirety. Refer to USAG Compulsory Manuel, Page 119 **with exception only as stated in the National Supplementary AAU General Deductions and Penalties**

Mount -- Straddle or Pike Glide Kip (0.80)		
Failure to take off from both feet simultaneously		0.10
Performs run-out glide		0.30
Failure to lead with the feet in the forward glide swing (performs long hang swing)		Up to 0.10
Insufficient extension at end of glide		Up to 0.20
Failure to close legs at end of straddle glide		0.10
Cast to a Minimum of 30° Above Horizontal (0.80)		
Insufficient amplitude of cast		Up to 0.40
(line from shoulders to mid-point of lowest body part-abdomen, hips, knees or feet)		
1° to 29° above horizontal		0.05 0 0.25
At horizontal		0.30
Below horizontal		0.35 0 0.40
Incorrect body alignment		Up to 0.20
(straight line from shoulders to feet with chest hollow)		
Clear Hip Circle to 30° Above Horizontal (0.80)		
Excessive arch or pike on downswing or upswing	Each	Up to 0.20
Insufficient height and extension of upswing		Up to 0.40
<i>Use amplitude of cast deduction from Cast Above)</i>		
Hips touching bar as upswing finishes (back hip circle)		0.80
<i>(no deduction for thighs brushing bar on upswing)</i>		
Lack of control into glide		Up to 0.10
Straddle or Pike Glide Kip (0.80)		
Failure to lead with the feet in the forward glide swing (performs long hang swing)		Up to 0.10
Insufficient extension at end of glide		Up to 0.20
Failure to close legs at end of straddle glide		0.10
Cast, Squat/Pike On or Back Sole Circle (0.40)		
Insufficient backward swing of legs into cast hip lift only		0.05
Alternate foot placement		0.20
Jump To Long Hang Kip (0.80)		
Failure to swing to near horizontal		Up to 0.20
Cast to 30° Above Horizontal (0.80)		
See Cast to 30° above horizontal on low bar		
Long Hang Pullover (0.80)		
Failure to show slight arched position on bottom of down swing		0.10
Excessive piking of body		Up to 0.20
Failure to maintain overgrip (hands completely release bar)		0.30
Performing a backward giant circle prior to pulling hips toward bar		1.00
Underswing, 1st Counterswing (15°) *0.80)		

Underswing:		
Failure to contact the bar with the mid to lower thighs between the completion of the Long hang pullover & initiation of the underswing		0.20
Failure to maintain straight-hollow body position		Up to 0.20
Hips contacting bar (no deduction for thighs touching bar)		0.20
1st Counterswing:		
Hips not at a minimum of 15° below the level of high bar		Up to 0.20
Failure to show a straight line from hands to hips with chest in hollow position		
With rounded hip angle		Up to 0.20
Body arched and/or hips open to an extended position with feet over Low bar		0.30
Tap Swing Forward 2nd Counterswing (Horizontal) (0.80)		
Tap swing forward:		
Failure to show slight arched position at bottom of swing		0.10
Failure to attain straight hollow body position on upswing		Up to 0.20
Insufficient amplitude (feet no at HB height)		Up to 0.20
2nd Counterswing:		
Hips not level with the high bar (at horizontal)		Up to 0.20
Failure to show a straight line from hands to hips with chest in hollow position with rounded hip angle		Up to 0.20
Body arched and/or hips open to an extended position with feet over low bar.		0.30
Tap Swing Forward To Flyaway Dismount (Tuck, Pike or Stretched) (0.80)		
Failure to show slight arched position at bottom of swing		0.10
Failure to attain straight hollow position on upswing		Up to 0.20
Insufficient rise of salto		Up to 0.40
At high bar level or above		No Deduction
1° to 45° below the level of the high bar		Up to 0.20
Greater than 45° below the level of the high bar		0.25 – 0.40
Tuck Flyaway		
Insufficient bend of hips and legs (minimum of 135°)	Each	Up to 0.20
Insufficient stretch prior to landing		Up to 0.20
Pike Flyaway		
Insufficient pike of hips (Minimum of 135°)		Up to 0.20
Insufficient stretch prior to landing		Up to 0.20
Stretched Flyaway		
Failure to maintain straight hollow position throughout		Up to 0.20

Refer to USAG for General Faults and Penalties for additional deductions Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Girls Age Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast. Coach may stand between the bars for the entire routine with no deduction. Avoid blocking view of judge.

Refer to AAU Level 5 Bar for remaining Supplementary Deductions and information – Same as National AAU Level 5



NATIONAL AAU LEVEL 6 BEAM VALUE 10.00

The AAU Level 6 Beam shall be the same as described by the USAG Program 2005-2013 in its entirety with exception only as stated in National Supplementary AAU General Deductions and Penalties.

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction. No Time Limit

Mount: Scissor Leg Swing with ½ (180°) Turn (0.20)		
Lack of Continuity in ½ (1980) turn to straddle sit		Up to 0.10
Coupe, Side Developpe, Rond De Jambe (0.40)		
<u>Side Developpe</u>		
Failure to lift free leg sideward to a minimum of 45° below horizontal		Up to 0.10
<u>Rond de Jambe</u>		
Failure to lift free leg in front to a minimum of horizontal		Up to 0.10
Failure to hold the forward leg balance for 1 second		Up to 0.10
½ (180°) Turn in Forward Coupe (Heel Snap) (0.40)		
Failure to lower heel at completion of turn		0.05
Straight Leg Leap (120°) (0.60)		
Bending lead (front leg on take-off)		Up to 0.10
Insufficient leg separation (less than 120°)		Up to 0.20
Failure to pause in low arabesque position on landing		0.05
Weight Transfer (0.20)		
Failure to show "rocking" action through use of plie	Each Time	Up to 0.10
Back Walkover (150° Split0 or Back Roll to ¾ Handstand (060)		
<u>Back Walkover:</u>		
Failure to show continuous leg lift into the walkover		Up to 0.10
Incorrect (staggered or alternate) hand placement		0.10
Insufficient leg separation (less than 150°)		Up to 0.20
<u>Back Roll to a minimum of ¾ handstand:</u>		
Failure to attain minimum of ¾ handstand		Up to 0.20
Performing a backward roll step-out (head stays in contact with beam)		0.60
½ (180°) Pivot Turns (L&R) (0.40)		
Lack of sharpness in pivot turns	Each	Up to 0.10
1/1 (360°) Turn in Forward Passe (0.40)		
See General Faults and Penalties		
Tuck Jump (0.40), Split Jump (120°) (0.40)		
<u>Tuck Jump:</u>		
Insufficient hip/knee closure (minimum of 90° bend is required)	Each Angle	Up to 0.10
Insufficient extension (open) before landing		Up to 0.10
<u>Split Jump:</u>		
Insufficient leg separation (less than 120°)		Up to 0.20
Failure to land with legs/feet close		Up to 0.10
Arabesque (>45°) – Scale (45° above horizontal) (0.40)		
Failure to lift free leg above 45° in arabesque		Up to 0.20
Arabesque Continued		

Failure to hold arabesque 1 second		Up to 0.10
Failure to lift free leg 45° above horizontal in scale		Up to 0.20
Failure to hold scale 2 seconds		Up to 0.20
½ (180°) Pivot Lunge Turn (0.20)		
Lack of sharpness in pivot turn		Up to 0.10
Cross Handstand, ¼ to Side Handstand, ¼ Turn Dismount (1.20)		
Incorrect (staggered) hand placement in cross handstand		0.10
Failure to attain vertical	Each Handstand	Up to 0.30
Failure to hold cross handstand 1 second		Up to 0.10
¼ (90°) turn to side handstand incomplete		Up to 0.10
Failure to hold side handstand 2 seconds		Up to 0.20
¼ (90°) turn off incomplete or overturned		Up to 0.10
Failure to maintain straight body position		Up to 0.20

Failure to complete dismount (these deductions do not include body position faults): When gymnast attempts, but fails to complete dismount, apply the specific deductions as listed for those phases not performed.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Girls Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast. Coach may stand next to the beam for the entire routine with no deduction. Avoid blocking view of the judge.

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10

.Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission- Deduct Value of the Element

Performed Out of Order – Same as Level 5

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise Each Time 0.10



NATIONAL AAU LEVEL 6 FLOOR VALUE 10.00

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

Straddle Jump (150°) (0.40); Stretch Jump with ½ (180°) Turn (0.40)		
<u>Straddle Jump:</u>		
Insufficient leg separation (less than 150°)		Up to 0.20
Failure to land with feet together		0.10
<u>Stretch jump with ½ turn</u> – See General Faults and Penalties		
Flic-Flac Step Out (0.60)		
Failure to step-out (legs together throughout performs flic-flac to two feet)		0.20
Forward Salto Tucker (0.80)		
See General Faults and Penalties		
Failure to perform salto in designated body position (pike or layout)		Up to 0.80
Front Handspring Step Out (0.60) Front Handspring Two Feet, Rebound (0.60)		
Lack of acceleration in series		Up to 0.20
<u>Applies to both Front handsprings:</u>		
Failure to maintain arms next to ears & focus on hands		Up to 0.10
Flight prior to hand contact (dive)		Up to 0.20
Incorrect (alternate) hand placement		0.10
Insufficient repulsion (quickness off hands)		Up to 0.20
Total lack of repulsion (Limber or Front Walkover)		0.60
<u>Front handspring step-out:</u>		
Failure to step out (Legs together throughout)		0.20
Joining legs prior to step-out		0.10
<u>Front handspring to two feet, rebound:</u>		
Failure to land with feet simultaneously		0.10
Failure to immediately rebound		0.10
Straight Leg Leap (150°) (0.60); Side Leap (150°) (0.60)		
<u>Straight leg leap:</u>		
Bending the lead (front)leg on take-off		Up to 0.10
Insufficient leg separation (less than 150°)		Up to 0.20
<u>Side Leap:</u>		
Bending the lead leg (front) leg on take-off		Up to 0.10
Insufficient leg separation (less than 150°)		Up to 0.20
Forward Split (0.20)		
Failure to achieve 180° split position (legs flat on floor)		Up to 0.20
Weight Transfer (0.20)		
Failure to show “rocking” action through use of plie	Each	Up to 0.10
Straight Arm Backward Roll To Handstand (0.60)		
Hands placed on floor during squat phase prior to rolling backward		0.30
Incorrect hand placement		0.10
Failure to pass through vertical		Up to 0.30
Performs a backward roll step out (change element)		0.60
1/1 (360°) Turn in Forward Passe (0.40)		
See General Faults and Penalties		
Hitchkick (0.40)		
Insufficient height of each leg kick		Up to 0.10
Back Walkover (180°)		
Failure to show continuous leg left into walkover		Up to 0.10
Incorrect (staggered or alternate) hand placement		0.10
Insufficient leg separation (less than 180°)		Up to 0.20
Round Off (0.40) Flic Flac (0.60), Backward Salto Tucker (0.80)		
Lack of acceleration in the series		Up to 0.20
<u>Round off:</u>		
Failure to pass through vertical		Up to 0.30
Failure to land on feet simultaneously		0.10
<u>Flic Flac:</u>		
Deep squat into flic flac		Up to 0.20
Failure to land on feet simultaneously		0.10
<u>Backward salto tucked:</u>		
Failure to perform salto in designated body position (pike or layout)		Up to 0.80

Failure to extend/open prior to landing
Failure to pause in "controlled stick"

Up to 0.20
0.05

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the National AAU Program with the exceptions that are published by the National AAU Girls Age Group Program. Equipment and matting may be adjusted to facilitate the safety of the gymnast. Coach may stand on floor with no deduction. Do not block view of judge

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission -Deduct Value of the Element

Skills Performed Out of Order – Refer to Level 5

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise Eac

SECTION VIII



**NATIONAL AAU GIRLS
AGE GROUP PROGRAM
LEVELS
7, 8 AND
INTERMEDIATE OPTIONALS
LADIES DIVISION
REQUIREMENTS**



NATIONAL AAU GIRLS AGE GROUP PROGRAM LEVELS 7 AND 8

The NATIONAL AAU Age Group Program Levels 7 and 8 routines rules and requirements shall be the same as the USAG Levels 7 and 8 routine rules and requirements in their entirety with exceptions that apply to general deductions and penalties as listed on the AAU Supplementary General Deductions and Information.

No time limit on beam and floor.

Gymnast may perform two vaults.

The start values for vaults in AAU Level 7 shall be as follows. No other vaults allowed.

- Handspring 9.40
- Handspring $\frac{1}{2}$ Off 9.50
- $\frac{1}{2}$ On – $\frac{1}{2}$ Off 9.60
- $\frac{1}{4}$ On – $\frac{3}{4}$ Off 9.60
- $\frac{1}{2}$ On – 1/1 Off 9.80
- $\frac{1}{4}$ On – 1 $\frac{1}{4}$ Off 9.80
- Handspring 1/1 10.0

For Requirements and Deductions refer to USAG Code.

LADIES DIVISION INTERMEDIATE

Athletes in this division will follow the same rules as listed for Intermediate Optional athletes.

LADIES DIVISION LEVEL 8

Athletes in this division will compete under level 8 rules.

Ladies Division Athletes must follow competitive attire rules as all other gymnasts with exception that they may wear biker length lycra/velvet shorts during competition.



**NATIONAL AAU GIRLS INTERMEDIATE OPTIONAL DIVISION
NATIONAL AGE GROUP PROGRAM COMPETITION RULES & REQUIREMENTS**

VAULT		BARS		BEAM (No Time Limit)		FLOOR (No Time Limit)	
There will be a .20 deduction for missing any special requirement listed below on these events.							
Allowed Vaults		Special Requirement	Value	Special Requirements	Value	Special Requirements	Value
Handspring	9.40	1 Bar Change	.20	1/1 Turn on One Foot	.20	“B” Level Turn on One Foot	.20
Handspring ½ Off	9.50			Leap or Jump Series of at Least Two Elements	.20	Two Acro (Tumbling Passes) of at least three skills, all skills must contain flight	.20
½ On – ½ Off	9.60						
¼ On – ¾ Off	9.60			One Acro (Tumbling) Skill, Flight not Required	.20	Leap or Jump Series of at Least Two Elements	.20
½ On – 1/1 Off	9.80						
¼ On – 1 ¼ Off	9.80			Dismount with Flight, with or without Hands	.20	One Salto (may be part of series or isolated)	.20
Handspring 1/1	10.0						
No Other Vaults Allowed							
		BARS		BEAM		FLOOR	
		Skill Requirements as per USAG Code of Points 2005 to 2013	Value	Skill Requirements as per USAG Code of Points 2005 to 2013	Value	Skill Requirements as per USAG Code of Points 2005 to 2013	Value
		One B Level Skill	.30 ea	One B Level Skill	.30	One B Level Skill	30 ea
		Five “A” Level Skills	.20 ea	Five “A” Level Skills	.20 ea	Five “A” Level Skills	.20 ea
		No “C” Level Skills Allowed (Dance or Acro) Void Routine		No “C” Level Skills Allowed (Dance or Acro) Void Routine		No “C” Level Skills Allowed (Dance or Acro) Void Routine	
Coach may stand between the vault table and board with no deduction		Coach may stand between bars for the entire routine with no deduction				The coach may stand on the floor with no deduction.	
(Spot (touch) of gymnast deduction is .50).		(Spot (touch) of gymnast deduction is .50).		(Spot (touch) of gymnast deduction is .50).		(Spot (touch) of gymnast deduction is .50).	

GENERAL INFORMATION AND DEDUCTIONS

9. There will be no composition deductions; “higher” level B skills will not be rewarded, however, execution deductions will apply.
10. If a judge recognizes a C level skill, the routine will be voided. The judge will not “devalue” the skill for the benefit of the gymnast. A good rule of thumb is, if a judge would give a skill a C if it was needed for Level 9, then that skill in Intermediate Optional will void the routine. Coaches should not put any skills that could be recognized as a C, even if performed poorly.
11. Missing any of the special requirement .20 deduction each missing requirement.
12. Equipment and matting may be adjusted to facilitate the safety of the gymnast.
13. The coach may stand on the floor with no deduction. Spot (touch) of gymnast deduction is .50).
14. Coach may stand between bars for the entire routine with no deduction.
15. Coach may stand between the vault table and board with no deduction.