



**2024-2025 AAU GYMNASTICS
INFORMATION PACKET**

TO COACHES, GYM OWNERS AND DIRECTORS-

I hope you all had an amazing summer and are now busy preparing your gymnasts for the upcoming season. As always, the health and well-being of our athletes, coaches, and their families remain the top priority for AAU..

We are looking forward to the days ahead, filled with exceptional gymnastics, intense workouts, thrilling competitions, and invaluable life lessons that the sport of gymnastics offers. As I step into my twelfth year as District Chair of New England AAU Gymnastics, I am incredibly excited about the growth we have witnessed in AAU New England and hope you continue to become more involved!

I want to remind everyone that AAU and USAG or other governing bodies can work in harmony if you choose to participate in both. For many clubs, AAU has proven to be a fantastic way to keep gymnasts sharp and prepared for their regular USAG competitive season. While AAU meets are hosted throughout the year, the option to compete in both the USAG season and AAU gives gyms the flexibility to cater to their gymnasts' needs. Some gyms participate exclusively in AAU, while others may incorporate it as a supplemental program alongside USAG.

Should you have any questions or wish to explore how your gym can get involved in AAU, please don't hesitate to reach out to me. I am more than happy to assist and support you in any way I can. Wishing you all a successful and rewarding gymnastics season ahead!

Best regards,

Danielle McKinnon
AAU N.E. GYMNASTICS DISTRICT CHAIR

ABOUT AAU:

The Amateur Athletic Union (AAU) has been raising champions for more than a Century. Since its inception in 1888, the AAU has set the standard for amateur sports in the United States with one goal in mind “Sports for all, forever”. It's more than a motto- it has been the focus and drive for AAU for 130 years and counting for sports in the United States and throughout the world.

AAU is one of the largest non-profit, volunteer, multi-sport organizations in the world, the AAU is dedicated exclusively to the promotion and development of Amateur sports and physical fitness programs. The AAU philosophy of “sports for all, forever” is now shared by nearly 700,000 members and 150,000 volunteers across 41 sports programs and 55 U.S. districts.

LEVEL COMPARISON TO USAG

AAU follows USAG rules with a few modified rules. The modified rules and the complete National AAU handbook can be found at: [AAU rules and regulations](#) After level 8, Open combines levels 9 & 10

AAU COPPER

Copper level was added to AAU in 2024 to further open competition to a more diverse group of athletes: [COPPER RULES](#)

AAU MEMBER REGISTRATION DETAILS

ATHLETE REGISTRATION: Each competitor must be registered in order to compete in any sanctioned event. The current cost of the athlete registration for this season is \$20. Athletes may Register online at www.aausports.org. Athlete AAU numbers should accompany all meet entries and also any tracking you send us.

COACHES REGISTRATION: Coaches may also register online and registration is currently \$55.00. Coaches must be registered to be on the floor at any AAU Sanctioned Event.

Meet directors should make sure they have the coaches and gymnasts AAU Numbers verified prior to the competition.

CLUB REGISTRATION: Each gymnastic club or team must have a current and valid club membership in order to register all athletes with AAU. Clubs may register online at [Join AAU](#)

Explanation of different level member clubs is listed on the website.

Hosting a Meet- Any registered club can host a meet.

SANCTION:

Sanctions are mandatory if you plan to host an AAU event. The sanction form must be filed online prior to hosting your event (30 days is sufficient). Your sanction will be approved by the District Chair and a sanction number will be issued at the same time. This sanction number should accompany any tracking you send us.

AAU Meet Entry Fees

Local Qualifier	\$75.00
Theme Meets	\$85.00
Invitational	\$100.00
*Meets should not exceed the amounts listed.	

Admission Charges- Should not exceed \$7 for children, \$13 for adults for in-person spectators.

Once the meet is sanctioned please copy info@[pioneergymnastics.com](mailto:info@pioneergymnastics.com) and your meet will be added to the master meet schedule.

The local AAU qualifying competition scores are used to qualify athletes into the District Championships. Local qualifying meet scores should be exported from Proscore or an excel spreadsheet and sent to: info@pioneergymnastics.com

New England meet schedule as of 8-1-2025:

Date	Meet	Location
3/1 & *3/2, 2025	District Qualifier	East Longmeadow, MA
5/17 & *5/18, 2025	New England District Championship	East Longmeadow, MA
6/18-21, 2025	Age Group Nationals	Ft. Lauderdale, FL
7/23-8/2, 2025	Junior Olympics	Houston, TX

*second day will depend on registration

New England District Championship Qualifier

Date	March 1st & 2nd, 2025
Levels	ALL
Full Roster & Payment due	January 1st, 2025 via www.meetmaker.com Must be a member and have a AAU number before registering. * After this date a \$20 late fee will incur per athlete.
Venue	Pioneer Gymnastics, 21 Baldwin St., East Longmeadow, MA 01028
Cost	All Levels & Xcel 75.00

New England District Championship Meet

Date	May 17 & 18, ,2025
Levels	ALL
Full Roster & Payment due	March 5th, 2024-via www.meetmaker.com Must be a member and have a AAU number before registering. * After this date a \$20 late fee will incur per athlete.
Venue	Pioneer Gymnastics, 21 Baldwin St., East Longmeadow, MA 01028
Cost	All Levels & Xcel 100.00
Team Fee	45.00 per level

AAU District Championships Qualification Requirements

Athletes must compete in one AAU sanctioned meet prior to Championships OR in certain circumstances give proof from any USAG sanctioned meet to petition an athlete in. Athletes are not required to compete in the All Around.

Age is determined by the gymnast's age on the date of the District Championship

Meet specific age divisions will be determined by dividing the total # of athletes competing in the District Championships into proportional age groups for the championships. It is important to enter your athletes by deadline so that everyone can get the championship times as early as possible.

Age Group Nationals – June

<https://aaugymnastics.org/national-championship>

The 2025 age group nationals will be held in Ft. Lauderdale, FL. Athletes must compete in the District

Championship to participate in Age Group Nationals. Athletes must compete in Age groups and place to earn a spot at Junior Olympics.

We will all collectively represent Team New England, not our individual gyms at Nationals. You will enter the District Championship meet in the age group that they will compete at the National Championships.

AAU Nationals program also has a Collegiate/Adult Division for gymnasts over the age of 19!

Apparel for Nationals - There will be a universal leotard and warm up for team New England. Information on costs will be communicated in the Spring of 2025

Junior Olympics- Qualification is held at age group nationals. The current 2024 qualification guidelines are as follows:

https://image.aausports.org/sports/JO_Games/entry/2024/2024GYEntryInfo.pdf

Your AAU contact

New England AAU District Gymnastics Chair:
Danielle McKinnon
Pioneer Gymnastics

info@pioneergymnastics.com

413-525-1291