



2018-19 National Acrobatic Gymnastics Handbook

Table of Contents	
Competition Levels	3
Membership Information	4
Qualifying Meet Fees, State/National Meet Fees	4
General Routine Information AAU Levels 2,3,4, Womens/Men	5
Women's Pair Levels 2,3,4	10
Women's Group (Trio) Levels 2,3,4	13
Mens Pair Levels 2,3,4	16
Womens/Men Pair, Trio, Quad, Mixed Levels 5,6,7	22
Women's Pair AAU Modified Level 8	35
Womens Group (Trio) AAU Modified Level 8	41
Team Performance Gymnastics	50
Entry Forms	52
General Judging Guidelines	58

Competition Levels

Women:

Level 2 Pair/Group (trio)
Level 3 Pair/Group (trio)
Level 4 Pair/Group (trio)
Level 5 Pair/Group (trio)/Quad
Level 6 Pair/Group (trio)/Quad
Level 7 Pair/Group (trio)
Modified 8 Pair/Group (trio)

Men:

Level 2 Pair
Level 3 Pair
Level 4 Pair

Mixed Pair (male/female)

Quad – minimum of one gymnast of either gender, the remaining partners may be opposite gender)

Level 2
Level 3
Level 4
Level 5

Team Performance

How to join AAU Acrobatic Gymnastics (Acro)

Memberships required:

AAU National Membership must be obtained for:

- Club
- Competitive Coaches
- Athletes

Memberships are valid Sept 1 – Aug 31

Memberships may be obtained : www.aausports.org

NOTE:

Clubs, coaches and athletes who have already registered membership with NATIONAL AAU in another sport (artistic gymnastics, soccer, volleyball etc), need not register with NATIONAL AAU again. One registration in AAU covers an individual, coach and club in all sports.

WOMEN'S & MENS

AAU LEVEL 2, 3, 4

General Routine Information

Pairs and Groups perform in one combined exercise that contain balance, dynamic (with flight) and individual elements.

Level 2,3,4 Only: Elements can be performed in any order. Elements performed other than the listed compulsory skills are not permitted. Creativity is encouraged in choreographing entry and exit of elements.

Walk-out and exit:

Athletes may line up anyway they choose, all together, side by side, one behind the other or on opposite sides of floor mat. One gymnast is designated to salute the judges. Walk-out must be done as quickly as possible to form beginning pose on floor mat. At the completion of the routine, all athletes will salute the judges and all will walk off mat in the same direction. After athletes arrive at the outer perimeter of the floor mat, they may so choose to present a final salute again or not.

It is highly encouraged for all Pairs/Groups to show appreciation to their partner (s) via handshakes, high fives, embraces etc. This show of good sportsmanship will occur after the gymnasts leave the floor mat.

NOTE: Levels 2,3,4 USAG Videos on USAG Website are not the AAU Official Routines. Official AAU Level 2 – 4 videos and text may be found on AAU Acrobatic Gymnastics You Tube.

To view: AAUACROBATIC GYMNASTICS YOUTUBE

Athletes Competing In More than One Group

An athlete may compete in a maximum of three (3) total exercises. Either Pairs, Group (Trio), or Quad (Four) regardless of position performed (Top, Middle, Bottom) or level.

Attire/Appearance

Women:

Partners must wear identical or complimentary attire

(Example: same leotard design, but in different color from partner (s) is permitted)

Women's skirted competitive acrobatic gymnastics leotards can be ordered through:

Lisa Mint

Gymcostumes.com

Hamburg Germany

Email: lisaeiskunst@yahoo.de

WhatsApp: 17684736786

Choice Of:

- A. Skirted leotard with or without sleeves. Wrist length sleeves may not have finger attachments. Skirt must be proper length, be of the same fabric and permanently attached to the body of the leotard. No feathers, netting or theatrical adornment/accessories permitted. Stones/crystals are permitted anywhere on the leotard. See-through mesh is not permitted as undergarment straps must not be visible. Flesh colored lycra spandex is permitted, however, it should not be the majority of the leotard.
NOTE: Skirts must be tacked with thread to the bottom elastic leg edge of the side seam of the leotard to prevent the skirt from flipping totally upside down while athlete is in an inverted position and then not returning to original position when athlete returns to upright position.
- B. Leotard with/without sleeves without skirt, similar to artistic gymnastics style. Stones/crystals are permitted anywhere on the leotard
- C. One piece footless unitard or leotard worn with lycra spandex footless tights worn under the leotard are permitted. Tights may be either flesh color or matching color of the leotard. Larger stones/crystals are permitted anywhere on the unitard. Smaller crystals are permitted on the tights.
- D. Jewelry of any kind is not permitted.
- E. Competitors may perform with or without gymnastics footwear. Footwear must be white or flesh color

Men:

Partners must wear identical or complimentary attire

Example: same leotard design, but in different color from partner (s) is permitted

Choice Of:

- A. One piece leotard cut in men's style with or without sleeves. Stones/crystals are permitted on the body of the leotard. Dark color gymnastics/tumbling type shorts or long gymnastics pants must be worn over the leotard.

- B. One piece footless unitard with or without sleeves. Stones/crystals are permitted
- C. Lycra spandex form fitting compression/pullover shirt with or without sleeves. Shirt must completely cover the lower torso at all times. Stones/crystals are permitted. Dark color gymnastics/tumbling short or long gymnastics pants must be worn.
- D. Jewelry of any kind is not permitted.
- E. Competitors may perform with or without gymnastics footwear. Footwear must be white or flesh color

Hair

Hair must be completely secured close to the head in some fashion. No ponytail, looped or free, hanging braid etc is permitted. Buns, tight braids with no hanging free ends are recommended for long hair regardless of gender. Flat hair clips that snap flat on the head with no protruding parts are permitted. Hair adornments that hang away from the head in any fashion are not permitted. Scrunchies that secure around a bun, ribbons that are interwoven within the hair that have no loose ends hanging free are permitted. Hair that is short must be short enough so that no free part of the hair can swing away from the head.

Musical Accompaniment

Music must accompany all exercises

Choice of music is at the discretion of the coach/athlete

Music may not contain recognizable words

Music may be manually faded out at end of exercise. It is the coach's responsibility to either instruct the staff member playing music when to fade out or the coach can do so with permission of staff member

The exercise is to contain all element requirements listed for each level. There will be no substitutions or modifications. Exercise must begin in a pose/formation on the floor mat before music begins. Athletes walking onto the mat with music is not permitted.

Exercise Information

Length of Exercise:

Level 2,3,4

There is no timing of exercise during competition. However, the maximum time is 2:00 minutes.

Open Training/Touch Warm Up Procedures:

An open training of 30 minutes including stretch and practice of elements prior to the beginning of competition will be held for each session of competitors on the competition floor unless there is a similar floor available. Additionally, a touch warm up of one (1) minute for Levels 2,3,4 prior to each set of partners competition will be offered. Several groups may warm up simultaneously based on number of groups.

Repeat of Exercise:

An exercise may be repeated at the discretion of the Chief of the Judging Panel (CJP).

Awards

Awards presentation:

Athletes must be in their competitive attire to stand on the podium. An athlete who is not wearing his/her competitive attire will not be permitted on the podium. Awards are to be accepted graciously and with gratitude.

VIDEO & TEXT FOR LEVEL 2,3,4

Videos and text description (written description under “comments”) may be found on YouTube at AAU Acrobatic Gymnastics

WOMENS PAIR

LEVELS 2,3,4

LEVEL 2 PAIR:

INDIVIDUAL ELEMENT REQUIREMENTS:

1. PASSE'-Top and Base face each other, joined together or apart, performing a Passe' (toe pointed on side of knee, bent knee facing forward, flat foot support. Hold 2 seconds.
2. TRIPOD-Both athletes start from position of sitting back on heels, arms in crown position. Athletes place hands and head on mat and place knees on top of the elbows (tripod position). Hold tripod 2 seconds. Knees/feet then lower to floor and return to sitting back on heels.
3. TUMBLING-One forward roll in tucked position starting and ending in starting position with arms in crown. Performed by both athletes, either simultaneously or one at a time.
4. FLEXIBILITY-Both athletes kneel on one leg with opposite leg in bent position in front of athlete with flat foot on floor. Extend front leg to straight position and slide to floor in split. Hold 2 seconds. (Athlete's hands may touch floor to assist in slide; however, use of hands on floor to assist balance in split is not permitted).

PAIR ELEMENT REQUIREMENTS:

5. PRE-DYNAMIC-Base and Top face each other. Both raise arms to crown position. Base grasps Top's waist and "boosts" Top to relieve' position. Top holds relieve' for 1 second. Both Base and Top lower to plie' position and base moves her hands from Top's waist to support Top under the upper arms. Both athletes finish in plie' position, then extend to straight legs.
6. BALANCE-Base sits back on floor onto top of the heels. Top stands in front of base facing her and places hands on the top of Base's head. Top steps up onto Base's knees, one foot at a time and stands on Base's thighs with straight legs, keeping hands on Base's head. Base supports Top by holding Top's waist or back of thighs. Hold 2 seconds. Top then steps down, one foot at a time and while doing so, lowers arms to side middle position. Base rises to kneeling position on both knees as Top steps down and supports Top under upper arms. Top finishes in plie' position, then to stand with straight legs.

LEVEL 3 PAIR:

INDIVIDUAL ELEMENT REQUIREMENTS:

1. ARABESQUE-Top and Base face each other, joined together or apart. Both athletes point one foot to rear in tendu'. Raise rear leg to low arabesque. Hold 2 seconds.
 2. TRIPOD TO TUCKED HEADSTAND-Both athletes start from position of sitting back on floor onto top of heels, arms in crown position. Athlete place hands and head on floor and place knees onto the back of upper arms (tripod position). Hold tripod 1 second. Raise seat and knees to tucked headstand position. Hold 2 seconds. Knees are then lowered back to tripod position. Hold 1 second. Knees/feet are then lowered to floor and athletes assume sitting back on heels position.
 3. TUMBLING-Two forward rolls in tucked position starting first forward roll in standing position and ending last forward roll in standing position. The first and second roll must be linked (connected) with no stops or standing between roll.
 4. FLEXIBILITY CHOICE 1-From a back lying position with straight legs, Top and Base bend knees and push to a bridge position, straightening legs. Hold 2 seconds. Lower back to floor. (Legs May straighten directly into bridge or feet may be moved to straighten legs). Legs can be together or apart.
- FLEXIBILITY CHOICE 2-Both athletes kneel on one leg with opposite leg in bent position in front of athlete with flat foot on floor. Extend front leg to straight position and slide to floor into split. Hold 3 seconds. (Athlete's hands may not touch floor in slide or in split position).

PAIR ELEMENT REQUIREMENTS:

5. DYNAMIC-Base and Top face each other. Both raise arms to crown position. Base grasps Top's waist and boosts Top straight up. Top's feet must leave floor. Base's hands remain on Top's waist. Both Base and Top lower to plie' position and Base moves her hands from Top's waist to catch Top under the upper arms as Top lowers her arms to side middle before landing, then both extend to straight legs.
6. BALANCE-Base sits back on floor onto top of the heels. Top stands in front of Base facing her and places hands on top of Base's head. Top steps up onto bases knees, one foot at a time and stands on base's knees with straight legs. Base supports Top by holding Top's waist or back of thighs. Top raises arms to crown position and holds for 2 seconds. Top lowers hands to top of Base's head and steps down one foot at a time and while doing so, lowers arms to side middle. At same time, Base rises to kneeling position on both knees and supports Top by grasping under her upper arms. Top steps to plie' position then to stand with straight legs.

LEVEL 4 PAIR:

INDIVIDUAL ELEMENT REQUIREMENTS:

1. REAR SCALE-Top and Base face each other, joined together or apart. Both athletes perform a rear scale. Rear scale. Leg may be slightly below horizontal. Hold 2 seconds.
2. HEADSTAND-Both athletes start from position of sitting back onto top of heels, arms in crown position. Athletes place hands and head on floor and place knees onto the elbows (tripod position). Hold tripod position. Raise seat and knees to tucked headstand position and extend legs to straight headstand. Hold 2 seconds. Tuck knees and lower back to tripod position. Hold 1 second. Knees and feet are then lowered to floor and athletes assume sitting back onto heels position.
3. TUMBLING-One cartwheel starting in a lunge and finishing in a lunge performed by each athlete, at same time or one at a time.
4. FLEXIBILITY-From back lying position with straight legs, Top and Base bend knees and press to a bridge position, straightening legs. Hold 3 seconds. Legs may straighten directly in bridge or feet may be moved to straighten legs. Lower back to floor. Feet can be together or apart.

PAIR ELEMENT REQUIREMENTS

5. DYNAMIC-base and Top face each other. Both raise arms to crown position. Base grasps Top's waist and boosts Top straight up. Top's feet must leave floor and show minimal flight. As Top descends out of boost, Top lowers arms to side middle and Base catches Top under the upper arms. Both land in plie' then extend and straighten legs.
6. BALANCE-Base sits back on floor onto top of heels. top stands to side of base and performs cartwheel to handstand onto Base's thighs facing Base. Base assists Top at waist. Hold handstand 2 seconds. Top lowers to cartwheel out or pike down out to side of Base. Base assists.
7. BALANCE-Base lies on floor on back with knees bent and arms reaching upward from chest. Top stands behind Base's head facing her, arms in crown position. Top leans forward over Base and places her hands on Top's knees and extending straight arms. Top assumes a tight hollow position. Hold 2 seconds. Base then lowers Top's legs to floor in a straddle on either side of Base and Top comes to a standing position.

WOMEN'S GROUP (TRIO)

LEVELS 2,3,4

LEVEL 2 Women's Group (trio):

INDIVIDUAL ELEMENT REQUIREMENTS

1. PASSE'-All partners stand, joined together or apart. All partners perform a passe ' (toe pointed on side of knee, bent knee facing forward, flat foot support). Hold 2 seconds.
2. FLEXIBILITY-All partners kneel on one knee with opposite leg in bent position in front with flat foot on floor. Extend front leg to straight position and slide to floor into split. Hold 2 seconds. (Athlete's hands may touch floor to assist in the slide; however, use of hands on floor to assist balance in split will result in a deduction.
3. TUMBLING-One forward roll in tucked position starting and ending in standing position with arms in crown.

GROUP ELEMENT REQUIREMENTS

4. PRE-DYNAMIC-Bases sit back on floor onto top of heels with hands on thighs, one atop the other. Top stands with arms in crowd position then places hands on Bases heads. Top steps off floor one foot at a time into Bases hands. Hold 2 seconds. Top steps down from Bases hands one foot at a time into plie' position, lowering arms to side middle. As Top steps last foot off, Bases rise to kneeling position and support Top under upper arms.
5. BALANCE-Base sits back onto floor onto tops of heels, arms in crown position. Top stands in front of Base with her back toward Base. Top steps backward onto Base's knees as Base lowers arms to support Top by grasping Top's thighs. Middle stands behind base with arms in crown. When Top is balanced on Base's knees, Middle places hands on Base's shoulders or head and performs a passe' position. Hold 2 seconds. Top then steps off Base's knees one foot at a time to finish.

LEVEL 3 Womens Group (trio):

INDIVIDUAL ELEMENT REQUIREMENTS

1. ARABESQUE-All partners face each other joined together or apart. Partners point one foot to rear in tendu'. Raise rear leg to low arabesque. Hold 2 seconds.
2. FLEXIBILITY-All partners lie on floor with legs straight, arms overhead. Press up to bridge with straight legs. Legs may go directly straight or feet may move to allow legs to straighten. Hold 2 seconds. Feet may be together or apart.
3. TUMBLING-Two forward rolls in tucked position starting first forward roll in standing position and ending second forward roll in standing position. The first and second roll must be linked (connected) with no stops or standing in between the rolls. Performed by each partner either simultaneously or any combination of the three partners.

GROUP ELEMENT REQUIREMENTS

4. PRE-DYNAMIC-Bases stand facing each other in platform position with basket hands. Top stands in front of Bases, facing away from Bases. Base's bend at knees and Top sits on hands of Bases, Top's leg position optional. Bases rise to straight legs and hold for 2 seconds with Top's arms rising to crown position. Base's bend knees and Top places hands on Base's shoulders to arrive to a standing position.
5. BALANCE-Base sits back on floor onto top of heels. Top stands behind Base and placing hands on Base's head, climbs onto Base's shoulders. Middle stands in front of Base, reaches for Top's hands and Top grasps Middle's hands. Base holds waist of Middle. Hold 2 seconds.
6. DYNAMIC-Bases sit back on floor onto tops of heels, side by side, with hands placed on thighs, one atop the other. Top, facing Bases, places hands on top of Bases heads and steps one foot at a time into Bases hands. Top bends knees and Bases boost Top as Top's arms reach overhead. Top's feet must leave Bases hands and show minimal flight. Upon descent, Top's arms lower to side middle. Immediately after boost, Bases rise to kneeling position and catch Top under upper arms to support Top's landing. Top lands in plie', then straighten.

LEVEL 4 Womens Group (trio):

INDIVIDUAL ELEMENT REQUIREMENTS

1. REAR SCALE-All partners face each other joined together or apart. All perform a rear scale minimum below horizontal. Hold 3 seconds.
2. FLEXIBILITY-From back lying position with straight legs, all partners bend knees and press to bridge position, straightening legs. Hold 3 seconds. Lower back to floor. Legs may straighten directly into bridge or feet may be moved to straighten legs. Feet can be together or apart.
3. TUMBLING-one cartwheel starting in a lunge and finishing in a lunge performed by all partners, either simultaneously or in a combination of the 3 partners.

GROUP ELEMENT REQUIREMENTS

4. PRE-DYNAMIC-Bases face each other. Top steps or runs and jumps to forearm catch on her stomach, caught by Bases. Minimal flight. Base's then lower Top to feet.
5. BALANCE-Base sits back on floor onto top of the heels. Top stands to side of Base then cartwheels to handstand facing Base, placing hands on Base's knees with legs straight and together, then splits legs. Middle stands in lunge position in front of Base and Top, facing Top and grasps Top under ankle of split leg. Hold 3 seconds.
6. PRE-DYNAMIC-Bases in platform position, hands in basket hold. Base's bend at knees and Top steps into basket to a squat position, hands on Bases heads. Base's rise to stand with straight legs, hold one second, then bend knees again. Top steps off.

MENS PAIR

LEVELS 2,3,4

LEVEL 2 Men's Pair:

INDIVIDUAL ELEMENT REQUIREMENTS:

1. PASSE'-Top and Base face each other, joined or separate, performing a passe' (toe pointed on side of knee, bent knee facing forward, flat foot support. Hold 2 seconds.
2. TRIPOD-Both athletes start from position of sitting back on heels, arms in crown position. Athletes place hands and head on mat and place knees on top of the elbows (tripod position). Hold tripod 2 seconds. Knees/feet then lower to floor and return to sitting back on heels.
3. TUMBLING: one forward roll in tucked position starting and ending in standing position with arms in crown. Performed by both athletes, either simultaneously or one at a time.
4. FLEXIBILITY-starting in a tucked position, hands on floor, slight jump to straddle and slide to straddle split. Hold 2 seconds.

PAIR ELEMENT REQUIREMENTS:

PRE-DYNAMIC:

5. Base and Top face each other. Both raise arms to crown position. Base grasps Top's waist and "boosts" Top to relieve'. Top holds relieve' for 1 second. Both Base and Top lower to plie' position and Base moves hands from Top's waist to support Top under upper arms, then both Top and Base extend to straight legs.
6. BALANCE: Base sits back on mat onto top of heels. Top stands in front of Base facing Base and places hands on top of Base's head. Top steps up onto Base's thighs, one foot at a time and stands on Base's thighs with straight legs, keeping hands on Base's head. Base supports Top by holding Top's waist or back of thighs. Hold 2 seconds. Top then steps down, one foot at a time and while doing so, lowers arms to side middle. Base rises to kneeling position as Top steps down and supports Top under upper arms. Top finishes in plie' position, then straightens legs to a stand.

LEVEL 3 Men's Pair:

INDIVIDUAL ELEMENT REQUIREMENTS:

1. REAR SCALE-Top and Base face each other, joined or separate. Both athletes point one foot to rear in tendu'. Raise rear leg to low rear scale. Hold 2 seconds.
2. TRIPOD TO TUCKED HEADSTAND-both athletes start from position of sitting back on mat onto tops of heels, arms in crown. Athletes place hands and head on mat and place knees on top of elbows (tripod position). Hold 1 second. Raise bottom and knees to tucked headstand position. Hold 2 seconds. Knees are then lowered back to tripod position. Hold 1 second. Knees/feet are then lowered to mat and athletes sit back onto tops of heels.
3. TUMBLING-two forward rolls linked, either simultaneously or one partner at a time starting and ending in standing position. The first and second roll must be linked (connected) with no stops/standing between each roll.
4. FLEXIBILITY-From a back lying position with straight legs, Top and Base bend knees and push to Bridge position, straightening legs. Hold 2 seconds. Lower back to mat. (Legs May straighten directly into bridge or feet may be moved to straighten legs). Legs can be together or apart.

PAIR ELEMENT REQUIREMENTS:

5. PRE-DYNAMIC-base sits on heels, hands one on top of the other on base's thighs. Top places hands on base's shoulders and steps into base's hand with one foot, extending other foot behind. Hold 1 second. Top steps to floor, free foot then front foot. Base rises to knees and supports Top under
6. DYNAMIC-Base and Top face each other. Both raise arms to crown position. Base grasps Top's waist and boosts Top straight up. Top's feet must leave floor. Base's hands remain on Top's waist. Both Base and Top lower to plie' position as Base moves his hands from Top's waist and catches Top under the upper arms as Top lowers his arms to side middle position before landing, then both extend to straight legs.
7. BALANCE-
Choice 1:
Base sits or kneels on mat. Top climbs to sit on shoulders, feet tucked under bases arms, grasp arms in crown. Hold 2 seconds. Base grasps Top's hands to assist Top's dismount.

Choice 2:
Base stands with feet together, then steps into straddle stand. Base plies and assists Top as he steps up onto either of Bases thighs to a straight position on support leg. Top's free leg closes next to support leg, both legs in straight position. Top then steps down, assisted by base.

LEVEL 4 Men's Pair:

INDIVIDUAL ELEMENT REQUIREMENTS:

1. REAR SCALE-Partners turn to face each other and perform a rear scale. hold 2 seconds. Scale does not need to be horizontal for credit.
2. FLEXIBILITY-both athletes begin in a back lying position with legs straight. Press up to bridge position with straight legs. Hold 3 seconds. Legs may be together or apart. Lower to back lying position same as level 2, legs may straighten directly into bridge or feet may be moved one foot at a time to straighten legs.
3. TUMBLING-One cartwheel from lunge to lunge. Both partners simultaneously or one at a time.

PAIR ELEMENT REQUIREMENTS:

4. BALANCE-Top stands in front of Base both facing forward.. Base bends knees and grasps Top at waist as top steps up backward one foot at a time onto Base's knees, Top straightening knees as he arrives in a standing position on Base's knees. Top's arms arrive in crown. Hold 3 seconds.
5. PRE-DYNAMIC-Base assumes toe pitch position with hands and legs. Top places hands on Base's shoulders and foot in base's hands. Base lifts Top and straightens knees as Top is lifted to a toe pitch position but Tops foot does not leave Base's hands and there is no flight. Extended position must be marked. Base then lowers Top to mat and Top steps off Base's hands.
6. DYNAMIC-Front forward boost straight jump. Top steps or runs toward base, jumps feet together as Base grasps Tops waist and boosts Top upward. Minimal flight. Base catches Top under arms as Top descends and assists with landing.

General Routine Information

Pairs and Group perform combined exercises that contain balance, dynamic (skills with flight) and individual skills.

For walk-out, athletes may line up anyway they choose, all together, side by side, one behind the other or on opposite sides of floor mat. One gymnast is designated to salute the judges. Walk out must be done as quickly as possible to form beginning pose on floor mat. At the completion of the exercise, all athletes will salute the judges and all will walk off mat in the same direction. After athletes arrive at the outer perimeter of the floor mat, they may choose to present a final salute again or not.

It is highly encouraged for all Pairs/Groups to show appreciation to their partner (s) via handshakes, high fives, embraces etc. This show of good sportsmanship will occur after the gymnasts leave the floor mat.

Athletes Competing In More than One Group

An athlete may compete in a maximum of three (3) total exercises. Either Pairs, Group (Trio), or Quad (Four) regardless of position performed (Top, Middle, Bottom) or level.

Attire/Appearance

Men:

Partners must wear identical or complimentary attire

Example: same leotard design, but in different color from partner (s) is permitted

Choice Of:

- F. One piece leotard cut in men's style with or without sleeves. Stones/crystals are permitted on the body of the leotard. Dark color gymnastics/tumbling type shorts or long gymnastics pants must be worn over the leotard.
- G. One piece footless unitard with or without sleeves. Stones/crystals are permitted
- H. Lycra spandex form fitting compression/pullover shirt with or without sleeves. Shirt must completely cover the lower torso at all times. Stones/crystals are permitted. Dark color gymnastics/tumbling short or long gymnastics pants must be worn.
- I. Jewelry of any kind is not permitted.
- J. Competitors may perform with or without proper gymnastics footwear. Footwear must be white or flesh color

Hair

Hair must be completely secured close to the head in some fashion. No ponytail, looped or free, hanging braid etc is permitted. Buns, tight braids with no hanging free ends are recommended for long hair regardless of gender. Flat hair clips that snap flat on the head with no protruding parts are permitted. Hair adornments that hang away from the head in any fashion are not permitted. Scrunchies that secure around a bun, ribbons that are interwoven within the hair that have no loose ends hanging free are permitted. Hair that is short must be short enough so that no free part of the hair can swing away from the head.

Musical Accompaniment

Music must accompany all exercises

Choice of music is at the discretion of the coach/athlete

Music may not contain recognizable words

Music may be manually faded out at end of exercise. It is the coach's responsibility to either instruct the music person/staff member playing music when to fade out or the coach can do so with permission of music person/staff member

The exercise is to contain all element requirements listed for each level. There will be no substitutions or modifications. Exercise must begin in a pose/formation on the floor mat before music begins. Athletes walking onto the mat with music is not permitted.

Exercise Information

Length of Exercise:

There is no timing of exercise during competition. However, the maximum time is two (2) minutes.

Open Training/Touch Warm Up Procedures:

An open training of 30 minutes including stretch and practice of elements prior to the beginning of competition will be held for each session of competitors on the competition floor unless there is a similar floor available. Additionally, a touch warm up on one (1) minute for Levels 2,3,4 prior to each set of partners competition will be offered. Several groups may warm up simultaneously based on number of groups.

Repeat of Exercise:

An exercise may be repeated at the discretion of the Chief of the Judging Panel (CJP).

Awards

Awards presentation:

Athletes must be in their competitive attire to stand on the podium. An athlete who is not wearing his/her competitive attire will not be permitted on the podium. Awards are to be accepted graciously and with gratitude.

WOMENS/MENS LEVEL 5,6,7

Pair, Trio, Quad, Mixed

WOMENS & MENS LEVEL 5:

This program is compulsory elements with compulsory choreography

Please refer to USAG Junior Olympics Code of Points-

Demo Video on USA Acrobatic Website

Acrobatic Junior Olympic

J.O. Program

J.O. Compulsory Routine & Videos

Music can be downloaded from USAG Website

AAU WOMEN'S QUAD: LEVEL 5

Must use USAG MEN'S GROUP Level 5 elements with the Men's compulsory music (may download from USAG website) but with optional choreography. Elements must be performed in order listed in code of points for Men's Level 5 Group.

General Routine Information

Pairs, Group (trio) and Women's Quad perform combined exercises that contain balance, dynamic (skills with flight) and individual skills.

For walk-out, athletes may line up an way they choose, all together, side by side, or one behind the other or on opposite sides of floor mat. One gymnast is designated to salute the judges. Walk out must be done as quickly as possible to form beginning pose on floor mat. At the completion of the routine, all athletes will salute the judges and all will walk off mat in the same direction. After athletes arrive at the outer perimeter of the floor mat, they may choose to present a final salute again or not.

It is highly encouraged for all Pairs/Groups to show appreciation to their partner (s) via handshakes, high fives, embraces etc. This show of good sportsmanship will occur after the gymnasts leave the floor mat.

Athletes Competing In More than One Group

An athlete may compete in a maximum of three (3) total exercises. Either Pairs, Group (Trio), or Quad (Four) regardless of position performed (Top, Middle, Bottom) or level.

Attire/Appearance

Women:

Partners must wear identical or complimentary attire

Example: same leotard design, but in different color from partner (s) is permitted

Choice Of:

- A. Skirted leotard with or without sleeves. Wrist length sleeves may not have finger attachments. Skirt must be proper length, be of the same fabric and permanently attached to the body of the leotard. No feathers, netting or theatrical adornment/accessories permitted. Stones/crystals are permitted anywhere on the leotard. See-through mesh is not permitted as undergarment straps must not be visible. Flesh colored lycra spandex is permitted, however, it should not be the majority of the leotard.
NOTE: Skirts must be tacked with thread to the bottom elastic leg edge of the side seam of the leotard to prevent the skirt from flipping totally upside down while athlete is in an inverted position and then not returning to original position when athlete returns to upright position.
- B. Leotard with/without sleeves without skirt, similar to artistic gymnastics style. Stones/crystals are permitted anywhere on the leotard
- C. One piece footless unitard or leotard worn with lycra spandex footless tights worn under the leotard are permitted. They may be either flesh color or matching color of the leotard. Larger stones/crystals are permitted anywhere on the unitard. Smaller crystals are permitted on the tights.
- D. Jewelry of any kind is not permitted.
- E. Competitors may perform with or without proper gymnastics footwear. Footwear must be white or flesh color

Men:

Partners must wear identical or complimentary attire

Example: same leotard design, but in different color from partner (s) is permitted

Choice Of:

- A. One piece leotard cut in men's style with or without sleeves. Stones/crystals are permitted on the body of the leotard. Dark color gymnastics/tumbling type shorts or long gymnastics pants must be worn over the leotard.
- B. One piece footless unitard with or without sleeves. Stones/crystals are permitted
- C. Lycra spandex form fitting compression/pullover shirt with or without sleeves. Shirt must completely cover the lower torso at all times. Stones/crystals are permitted. Dark color gymnastics/tumbling short or long gymnastics pants must be worn.
- D. Jewelry of any kind is not permitted.
- E. Competitors may perform with or without proper gymnastics footwear. Footwear must be white or flesh color

Hair

Hair must be completely secured close to the head in some fashion. No ponytail, looped or free, hanging braid etc is permitted. Buns, tight braids with no hanging free ends are recommended for long hair regardless of gender. Flat hair clips that snap flat on the head with no protruding parts are permitted. Hair adornments that hang away from the head in any fashion are not permitted. Scrunchies that secure around a bun, ribbons that are interwoven within the hair that have no loose ends hanging free are permitted. Hair that is short must be short enough so that no free part of the hair can swing away from the head.

Musical Accompaniment

Level 5 is a compulsory level and compulsory routine and music can be downloaded from the USAG Acro website for both women's and men's program.

Exercise Information

Open Training/Touch Warm Up Procedures:

An open training of 30 minutes including stretch and practice of elements prior to the beginning of competition will be held for each session of competitors on the competition floor unless there is a similar floor available. Additionally, a touch warm up on one (1) minute for Levels 2,3,4 prior to each set of partners competition will be offered. Several groups may warm up simultaneously based on number of groups.

Repeat of Exercise:

An exercise may be repeated at the discretion of the Chief of the Judging Panel (CJP).

Awards

Awards presentation:

Athletes must be in their competitive attire to stand on the podium. An athlete who is not wearing his/her competitive attire will not be permitted on the podium. Awards are to be accepted graciously and with gratitude.

LEVEL 6:

This program is compulsory elements with optional choreography

Please refer to USAG Junior Olympics Code of Points for required elements

Demo Video on USA Acrobatic Website

Acrobatic Junior Olympic

J.O. Program

J.O. Compulsory Routine & Videos

AAU WOMEN'S QUAD LEVEL6:

Must use USAG MEN'S GROUP Level 6 elements with both optional music and choreography. Elements must be performed in order listed in code of points for Men's Level 6 Group. Maximum time is 2:45.

Pairs or Group (trio) or Quad

Elements must be performed in order listed in Code of Points starting with ID =I1 (11 boxes total) – Page 13

General Routine Information

Pairs and Group perform combined exercises that contain balance, dynamic (skills with flight) and individual skills.

For walk-out, athletes may line up an way they choose, all together, side by side, or one behind the other or on opposite sides of floor mat. One gymnast is designated to salute the judges. Walk out must be done as quickly as possible to form beginning pose on floor mat. At the completion of the routine, all athletes will salute the judges and all will walk off mat in the same direction. After athletes arrive at the outer perimeter of the floor mat, they may choose to present a final salute again or not.

It is highly encouraged for all Pairs/Groups to show appreciation to their partner (s) via handshakes, high fives, embraces etc. This show of good sportsmanship will occur after the gymnasts leave the floor mat.

Athletes Competing In More than One Group

An athlete may compete in a maximum of three (3) total exercises. Either Pairs, Group (Trio), or Quad (Four) regardless of position performed (Top, Middle, Bottom) or level.

Attire/Appearance

Women:

Partners must wear identical or complimentary attire

Example: same leotard design, but in different color from partner (s) is permitted

Choice Of:

- A. Skirted leotard with or without sleeves. Wrist length sleeves may not have finger attachments. Skirt must be proper length, be of the same fabric and permanently attached to the body of the leotard. No feathers, netting or theatrical adornment/accessories permitted. Stones/crystals are permitted anywhere on the leotard. See-through mesh is not permitted as undergarment straps must not be visible. Flesh colored lycra spandex is permitted, however, it should not be the majority of the leotard.
NOTE: Skirts must be tacked with thread to the bottom elastic leg edge of the side seam of the leotard to prevent the skirt from flipping totally upside down while athlete is in an inverted position and then not returning to original position when athlete returns to upright position.
- B. Leotard with/without sleeves without skirt, similar to artistic gymnastics style. Stones/crystals are permitted anywhere on the leotard
- C. One piece footless unitard or leotard worn with lycra spandex footless tights worn under the leotard are permitted. They may be either flesh color or matching color of the leotard. Larger stones/crystals are permitted anywhere on the unitard. Smaller crystals are permitted on the tights.
- D. Jewelry of any kind is not permitted.
- E. Competitors may perform with or without gymnastics footwear. Footwear must be white or flesh color

Men:

Partners must wear identical or complimentary attire

Example: same leotard design, but in different color from partner (s) is permitted

Choice Of:

- A. One piece leotard cut in men's style with or without sleeves. Stones/crystals are permitted on the body of the leotard. Dark color gymnastics/tumbling type shorts or long gymnastics pants must be worn over the leotard.
- B. One piece footless unitard with or without sleeves. Stones/crystals are permitted
- C. Lycra spandex form fitting compression/pullover shirt with or without sleeves. Shirt must completely cover the lower torso at all times. Stones/crystals are permitted. Dark color gymnastics/tumbling short or long gymnastics pants must be worn.
- D. Jewelry of any kind is not permitted.
- E. Competitors may perform with or without gymnastics footwear. Footwear must be white or flesh color

Hair

Hair must be completely secured close to the head in some fashion. No ponytail, looped or free, hanging braid etc is permitted. Buns, tight braids with no hanging free ends are recommended for long hair regardless of gender. Flat hair clips that snap flat on the head with no protruding parts are permitted. Hair adornments that hang away from the head in any fashion are not permitted. Scrunchies that secure around a bun, ribbons that are interwoven within the hair that have no loose ends hanging free are permitted. Hair that is short must be short enough so that no free part of the hair can swing away from the head.

Musical Accompaniment

Music must accompany all exercises

Choice of music is at the discretion of the coach/athlete

Music may not contain recognizable words

Music may be manually faded out at end of exercise. It is the coach's responsibility to either instruct the music person/staff member playing music when to fade out or the coach can do so with permission of music person/staff member

The exercise is to contain all element requirements listed for each level. There will be no substitutions or modifications. Exercise must begin in a pose/formation on the floor mat before music begins. Athletes walking onto the mat with music is not permitted.

Exercise Information

Length of Exercise:

There is no timing of exercise during competition. However, the maximum time is 2:45 minutes.

Open Training/Touch Warm Up Procedures:

An open training of 30 minutes including stretch and practice of elements prior to the beginning of competition will be held for each session of competitors on the competition floor unless there is a similar floor available. Additionally, a touch warm up on one (1) minute for Levels 2,3,4 prior to each set of partners competition will be offered. Several groups may warm up simultaneously based on number of groups.

Repeat of Exercise:

An exercise may be repeated at the discretion of the Chief of the Judging Panel (CJP).

Awards

Awards presentation:

Athletes must be in their competitive attire to stand on the podium. An athlete who is not wearing his/her competitive attire will not be permitted on the podium. Awards are to be accepted graciously and with gratitude.

LEVEL 7

Please refer to USAG Junior Olympics Code of Points-

Acrobatic Junior Olympic
J.O. Program

Elements may be performed in any order.

One (1) element must be selected from each #’d box 1,2,3

Example: 1A, 2A, 3A or

1B, 2B, 3B or

1A, 2B, 3 B, 4A

Individual element requirement – please refer to Page 5 in Code of Points

NOTE: AAU Acro does not require tariff sheet

General Routine Information

Pairs and Group perform combined exercises that contain balance, dynamic (skills with flight) and individual skills.

For walk-out, athletes may line up an way they choose, all together, side by side, or one behind the other or on opposite sides of floor mat. One gymnast is designated to salute the judges. Walk out must be done as quickly as possible to form beginning pose on floor mat. At the completion of the routine, all athletes will salute the judges and all will walk off mat in the same direction. After athletes arrive at the outer perimeter of the floor mat, they may choose to present a final salute again or not.

It is highly encouraged for all Pairs/Groups to show appreciation to their partner (s) via handshakes, high fives, embraces etc. This show of good sportsmanship will occur after the gymnasts leave the floor mat.

Athletes Competing In More than One Group

An athlete may compete in a maximum of three (3) total exercises. Either Pairs, Group (Trio), or Quad (Four) regardless of position performed (Top, Middle, Bottom) or level .

Attire/Appearance

Women:

Partners must wear identical or complimentary attire

Example: same leotard design, but in different color from partner (s) is permitted

Choice Of:

- A. Skirted leotard with or without sleeves. Wrist length sleeves may not have finger attachments. Skirt must be proper length, be of the same fabric and permanently attached to the body of the leotard. No feathers, netting or theatrical adornment/accessories permitted. Stones/crystals are permitted anywhere on the leotard. See-through mesh is not permitted as undergarment straps must not be visible. Flesh colored lycra spandex is permitted, however, it should not be the majority of the leotard.
NOTE: Skirts must be tacked with thread to the bottom elastic leg edge of the side seam of the leotard to prevent the skirt from flipping totally upside down while athlete is in an inverted position and then not returning to original position when athlete returns to upright position.
- B. Leotard with/without sleeves without skirt, similar to artistic gymnastics style. Stones/crystals are permitted anywhere on the leotard
- C. One piece footless unitard or leotard worn with lycra spandex footless tights worn under the leotard are permitted. They may be either flesh color or matching color of the leotard. Larger stones/crystals are permitted anywhere on the unitard. Smaller crystals are permitted on the tights.
- D. Jewelry of any kind is not permitted.
- E. Competitors may perform with or without proper gymnastics footwear. Footwear must be white or flesh color

Men:

Partners must wear identical or complimentary attire

Example: same leotard design, but in different color from partner (s) is permitted

Choice Of:

- A. One piece leotard cut in men's style with or without sleeves. Stones/crystals are permitted on the body of the leotard. Dark color gymnastics/tumbling type shorts or long gymnastics pants must be worn over the leotard.

- B. One piece footless unitard with or without sleeves. Stones/crystals are permitted
- C. Lycra spandex form fitting compression/pullover shirt with or without sleeves. Shirt must completely cover the lower torso at all times. Stones/crystals are permitted. Dark color gymnastics/tumbling short or long gymnastics pants must be worn.
- D. Jewelry of any kind is not permitted.
- E. Competitors may perform with or without gymnastics footwear. Footwear must be white or flesh color

Hair

Hair must be completely secured close to the head in some fashion. No ponytail, looped or free, hanging braid etc is permitted. Buns, tight braids with no hanging free ends are recommended for long hair regardless of gender. Flat hair clips that snap flat on the head with no protruding parts are permitted. Hair adornments that hang away from the head in any fashion are not permitted. Scrunchies that secure around a bun, ribbons that are interwoven within the hair that have no loose ends hanging free are permitted. Hair that is short must be short enough so that no free part of the hair can swing away from the head.

Musical Accompaniment

Music must accompany all exercises

Choice of music is at the discretion of the coach/athlete

Music may not contain recognizable words

Music may be manually faded out at end of exercise. It is the coach's responsibility to either instruct the music person/staff member playing music when to fade out or the coach can do so with permission of music person/staff member

The exercise is to contain all element requirements listed for each level. There will be no substitutions or modifications. Exercise must begin in a pose/formation on the floor mat before music begins. Athletes walking onto the mat with music is not permitted.

Exercise Information

Length of Exercise:

There is no timing of exercise during competition. However, the maximum time is 2:45 minutes.

Open Training/Touch Warm Up Procedures:

An open training of 30 minutes including stretch and practice of elements prior to the beginning of competition will be held for each session of competitors on the competition floor unless there is a similar floor available. Additionally, a touch warm up on one (1) minute for Levels 2,3,4 prior to each set of partners competition will be offered. Several groups may warm up simultaneously based on number of groups.

Repeat of Exercise:

An exercise may be repeated at the discretion of the Chief of the Judging Panel (CJP).

Awards

Awards presentation:

Athletes must be in their competitive attire to stand on the podium. An athlete who is not wearing his/her competitive attire will not be permitted on the podium. Awards are to be accepted graciously and with gratitude.

AAU WOMEN'S QUAD

LEVEL 5

Must use USAG Men's Group Level 5 elements with optional choreography and compulsory music
Elements must be performed in order listed in Code of Points

LEVEL 6

Must use USAG Men's Group Level 6 elements with optional choreography and music
Elements must be performed in order listed in Code of Points

AAU MODIFIED LEVEL 8

WOMEN'S PAIR

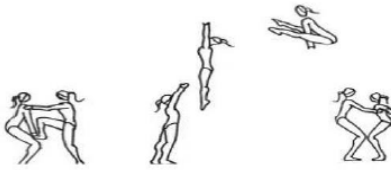
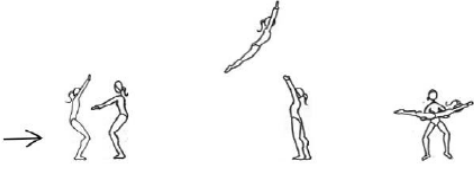
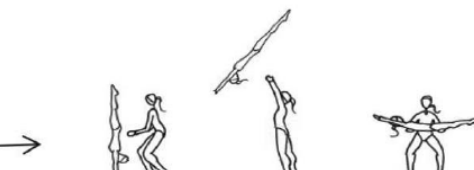
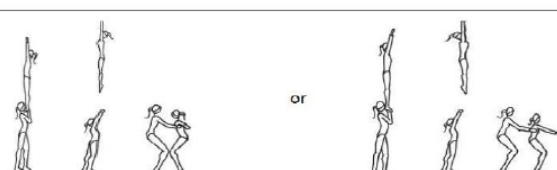
Elements shown are compulsory

Compulsory elements both pair, group, individual with optional choreography



AAU MODIFIED Level 8 Women's Pair

1.	
2.	
3.	
4.	

5.	
6.	
7.	
8.	

Modified Level 8 Individual Skill Requirements		
Balance	Flexibility	Tumbling/Agility
Handstand 360° Pirouette, Straddle/Pike/Croc Hold (2")	Front/Back Walkover swim through to split, Valdez swim through to split	Back Handspring- lunge/ knee/ split, Front Handspring- knee/split, RO, Flic, Flic. RO, Flic, Back Tuck. RO, Tuck. FHS Step out, FHS step out, RO

General Routine Information

Pairs and Group perform combined exercises that contain balance, dynamic (skills with flight) and individual skills.

For walk-out, athletes may line up an way they choose, all together, side by side, or one behind the other or on opposite sides of floor mat. One gymnast is designated to salute the judges. Walk out must be done as quickly as possible to form beginning pose on floor mat. At the completion of the routine, all athletes will salute the judges and all will walk off mat in the same direction. After athletes arrive at the outer perimeter of the floor mat, they may choose to present a final salute again or not.

It is highly encouraged for all Pairs/Groups to show appreciation to their partner (s) via handshakes, high fives, embraces etc. This show of good sportsmanship will occur after the gymnasts leave the floor mat.

Athletes Competing In More than One Group

An athlete may compete in a maximum of three (3) total exercises. Either Pairs, Group (Trio), or Quad (Four) regardless of position performed (Top, Middle, Bottom) or level.

Attire/Appearance

Women:

Partners must wear identical or complimentary attire

Example: same leotard design, but in different color from partner (s) is permitted

Choice Of:

- A. Skirted leotard with or without sleeves. Wrist length sleeves may not have finger attachments. Skirt must be proper length, be of the same fabric and permanently attached to the body of the leotard. No feathers, netting or theatrical adornment/accessories permitted. Stones/crystals are permitted anywhere on the leotard. See-through mesh is not permitted as undergarment straps must not be visible. Flesh colored lycra spandex is permitted, however, it should not be the majority of the leotard.

NOTE: Skirts must be tacked with thread to the bottom elastic leg edge of the side seam of the leotard to prevent the skirt from flipping totally upside down while athlete is in an inverted position and then not returning to original position when athlete returns to upright position.

- B. Leotard with/without sleeves without skirt, similar to artistic gymnastics style. Stones/crystals are permitted anywhere on the leotard
- C. One piece footless unitard or leotard worn with lycra spandex footless tights worn under the leotard are permitted. They may be either flesh color or matching color of the leotard. Larger stones/crystals are permitted anywhere on the unitard. Smaller crystals are permitted on the tights.
- D. Jewelry of any kind is not permitted.
- E. Competitors may perform with or without gymnastics footwear. Footwear must be white or flesh color

Men:

Partners must wear identical or complimentary attire

Example: same leotard design, but in different color from partner (s) is permitted

Choice Of:

- A. One piece leotard cut in men's style with or without sleeves. Stones/crystals are permitted on the body of the leotard. Dark color gymnastics/tumbling type shorts or long gymnastics pants must be worn over the leotard.
- B. One piece footless unitard with or without sleeves. Stones/crystals are permitted
- C. Lycra spandex form fitting compression/pullover shirt with or without sleeves. Shirt must completely cover the lower torso at all times. Stones/crystals are permitted. Dark color gymnastics/tumbling short or long gymnastics pants must be worn.
- D. Jewelry of any kind is not permitted.
- E. Competitors may perform with or without proper gymnastics footwear. Footwear must be white or flesh color

Hair

Hair must be completely secured close to the head in some fashion. No ponytail, looped or free, hanging braid etc is permitted. Buns, tight braids with no hanging free ends are recommended for long hair regardless of gender. Flat hair clips that snap flat on the head with no protruding parts are permitted. Hair adornments that hang away from the head in any fashion are not permitted. Scrunchies that secure around a bun, ribbons that are interwoven within the hair that have no loose ends hanging free are permitted. Hair that is short must be short enough so that no free part of the hair can swing away from the head.

Musical Accompaniment

Music must accompany all exercises

Choice of music is at the discretion of the coach/athlete

Music may not contain recognizable words

Music may be manually faded out at end of exercise. It is the coach's responsibility to either instruct the music person/staff member playing music when to fade out or the coach can do so with permission of music person/staff member

The exercise is to contain all element requirements listed for each level. There will be no substitutions or modifications. Exercise must begin in a pose/formation on the floor mat before music begins. Athletes walking onto the mat with music is not permitted.

Exercise Information

Length of Exercise:

There is no timing of exercise during competition. However, the maximum time is 2:45 minutes.

Open Training/Touch Warm Up Procedures:

An open training of 30 minutes including stretch and practice of elements prior to the beginning of competition will be held for each session of competitors on the competition floor unless there is a similar floor available. Additionally, a touch warm up on one (1) minute for Levels 2,3,4 prior to each set of partners competition will be offered. Several groups may warm up simultaneously based on number of groups.

Repeat of Exercise:

An exercise may be repeated at the discretion of the Chief of the Judging Panel (CJP).

Awards

Awards presentation:

Athletes must be in their competitive attire to stand on the podium. An athlete who is not wearing his/her competitive attire will not be permitted on the podium. Awards are to be accepted graciously and with gratitude.

AAU MODIFIED LEVEL 8

Women's GROUP (TRIO)

Elements shown are compulsory. No other elements are permitted.

Compulsory elements both pair, group, individual with optional choreography



AAU Modified Level 8 Women's Group

1.	
2.	
3.	
4.	

5.	
6.	
7.	

Modified Level 8 Individual Skill Requirements		
Balance	Flexibility	Tumbling/Agility
Handstand 360° Pirouette, Straddle/Pike/Croc Hold (2")	Front/Back Walkover swim through to split, Valdez swim through to split	Back Handspring- lunge/ knee/ split, Front Handspring- knee/split, RO, Flic, Flic. RO, Flic, Back Tuck. RO, Tuck. FHS Step out, FHS step out, RO

Athletes Competing In More than One Group

An athlete may compete in a maximum of three (3) total exercises. Either Pairs, Group (Trio), or Quad (Four) regardless of position performed or level (Top, Middle, Bottom)

Attire/Appearance

Women:

Partners must wear identical or complimentary attire

Example: same leotard design, but in different color from partner (s) is permitted

Choice Of:

- F. Skirted leotard with or without sleeves. Wrist length sleeves may not have finger attachments. Skirt must be proper length, be of the same fabric and permanently attached to the body of the leotard. No feathers, netting or theatrical adornment/accessories permitted. Stones/crystals are permitted anywhere on the leotard. See-through mesh is not permitted as undergarment straps must not be visible. Flesh colored lycra spandex is permitted, however, it should not be the majority of the leotard.
NOTE: Skirts must be tacked with thread to the bottom elastic leg edge of the side seam of the leotard to prevent the skirt from flipping totally upside down while athlete is in an inverted position and then not returning to original position when athlete returns to upright position.
- G. Leotard with/without sleeves without skirt, similar to artistic gymnastics style. Stones/crystals are permitted anywhere on the leotard
- H. One piece footless unitard or leotard worn with lycra spandex footless tights worn under the leotard are permitted. They may be either flesh color or matching color of the leotard. Larger stones/crystals are permitted anywhere on the unitard. Smaller crystals are permitted on the tights.
- I. Jewelry of any kind is not permitted.
- J. Competitors may perform with or without proper gymnastics footwear. Footwear must be white or flesh color

Hair

Hair must be completely secured close to the head in some fashion. No ponytail, looped or free, hanging braid etc is permitted. Buns, tight braids with no hanging free ends are recommended for long hair regardless of gender. Flat hair clips that snap flat on the head with no protruding parts are permitted. Hair adornments that hang away from the head in any fashion are not permitted. Scrunchies that secure around a bun, ribbons that are interwoven within the hair that have no loose ends hanging free are permitted. Hair that is short must be short enough so that no free part of the hair can swing away from the head.

Musical Accompaniment

Music must accompany all exercises

Choice of music is at the discretion of the coach/athlete

Music may not contain recognizable words

Music may be manually faded out at end of exercise. It is the coach's responsibility to either instruct the music person/staff member playing music when to fade out or the coach can do so with permission of music person/staff member

The exercise is to contain all element requirements listed for each level. There will be no substitutions or modifications. Exercise must begin in a pose/formation on the floor mat before music begins. Athletes walking onto the mat with music is not permitted.

Exercise Information

Length of Exercise:

There is no timing of exercise during competition. However, the maximum time is 2:45 minutes.

Open Training/Touch Warm Up Procedures:

An open training of 30 minutes including stretch and practice of elements prior to the beginning of competition will be held for each session of competitors on the competition floor unless there is a similar floor available. Additionally, a touch warm up on one (1) minute for Levels 2,3,4 prior to each set of partners competition will be offered. Several groups may warm up simultaneously based on number of groups.

Repeat of Exercise:

An exercise may be repeated at the discretion of the Chief of the Judging Panel (CJP).

Awards

Awards presentation:

Athletes must be in their competitive attire to stand on the podium. An athlete who is not wearing his/her competitive attire will not be permitted on the podium. Awards are to be accepted graciously and with gratitude.

General Routine Information

Pairs and Group perform combined exercises that contain balance, dynamic (skills with flight) and individual skills.

For walk-out, athletes may line up an way they choose, all together, side by side, or one behind the other or on opposite sides of floor mat. One gymnast is designated to salute the judges. Walk out must be done as quickly as possible to form beginning pose on floor mat. At the completion of the routine, all athletes will salute the judges and all will walk off mat in the same direction. After athletes arrive at the outer perimeter of the floor mat, they ma choose to present a final salute again or not.

It is highly encouraged for all Pairs/Groups to show appreciation to their partner (s) via handshakes, high fives, embraces etc. This show of good sportsmanship will occur after the gymnasts leave the floor mat.

Athletes Competing In More than One Group

An athlete may compete in a maximum of three (3) total exercises. Either Pairs, Group (Trio), or Quad (Four) regardless of position performed (Top, Middle, Bottom)or level.

Attire/Appearance

Women:

Partners must wear identical or complimentary attire

Example: same leotard design, but in different color from partner (s) is permitted

Choice Of:

- A. Skirted leotard with or without sleeves. Wrist length sleeves may not have finger attachments. Skirt must be proper length, be of the same fabric and permanently attached to the body of the leotard. No feathers, netting or theatrical adornment/accessories permitted. Stones/crystals are permitted anywhere on the leotard. See-through mesh is not permitted as undergarment straps must not be visible. Flesh colored lycra spandex is permitted, however, it should not be the majority of the leotard.

NOTE: Skirts must be tacked with thread to the bottom elastic leg edge of he side seam of the leotard to prevent the skirt from flipping totally upside down while athlete is in an inverted position and then not returning to original position when athlete returns to upright position.

- B. Leotard with/without sleeves without skirt, similar to artistic gymnastics style. Stones/crystals are permitted anywhere on the leotard
- C. One piece footless unitard or leotard worn with lycra spandex footless tights worn under the leotard are permitted. They may be either flesh color or matching color of the leotard. Larger stones/crystals are permitted anywhere on the unitard. Smaller crystals are permitted on the tights.
- D. Jewelry of any kind is not permitted.
- E. Competitors may perform with or without proper gymnastics footwear. Footwear must be white or flesh color

Men:

Partners must wear identical or complimentary attire

Example: same leotard design, but in different color from partner (s) is permitted

Choice Of:

- A. One piece leotard cut in men's style with or without sleeves. Stones/crystals are permitted on the body of the leotard. Dark color gymnastics/tumbling type shorts or long gymnastics pants must be worn over the leotard.
- B. One piece footless unitard with or without sleeves. Stones/crystals are permitted
- C. Lycra spandex form fitting compression/pullover shirt with or without sleeves. Shirt must completely cover the lower torso at all times. Stones/crystals are permitted. Dark color gymnastics/tumbling short or long gymnastics pants must be worn.
- D. Jewelry of any kind is not permitted.
- E. Competitors may perform with or without proper gymnastics footwear. Footwear must be white or flesh color

Hair

Hair must be completely secured close to the head in some fashion. No ponytail, looped or free, hanging braid etc is permitted. Buns, tight braids with no hanging free ends are recommended for long hair regardless of gender. Flat hair clips that snap flat on the head with no protruding parts are permitted. Hair adornments that hang away from the head in any fashion are not permitted. Scrunchies that secure around a bun, ribbons that are interwoven within the hair that have no loose ends hanging free are

permitted. Hair that is short must be short enough so that no free part of the hair can swing away from the head.

Musical Accompaniment

Music must accompany all exercises

Choice of music is at the discretion of the coach/athlete

Music may not contain recognizable words

Music may be manually faded out at end of exercise. It is the coach's responsibility to either instruct the music person/staff member playing music when to fade out or the coach can do so with permission of music person/staff member

The exercise is to contain all element requirements listed for each level. There will be no substitutions or modifications. Exercise must begin in a pose/formation on the floor mat before music begins. Athletes walking onto the mat with music is not permitted.

Exercise Information

Length of Exercise:

There is no timing of exercise during competition. However, the maximum time is two (2) minutes.

Open Training/Touch Warm Up Procedures:

An open training of 30 minutes including stretch and practice of elements prior to the beginning of competition will be held for each session of competitors on the competition floor unless there is a similar floor available. Additionally, a touch warm up on one (1) minute for Level s 2,3,4 prior to each set of partners competition will be offered. Several groups may warm up simultaneously based on number of groups.

Repeat of Exercise:

An exercise may be repeated at the discretion of the Chief of the Judging Panel (CJP).

Awards

Awards presentation:

Athletes must be in their competitive attire to stand on the podium. An athlete who is not wearing his/her competitive attire will not be permitted on the podium. Awards are to be accepted graciously and with gratitude.

AAU TEAM PERFORMANCE GYMNASTICS

A competitive group program that incorporates tumbling, balance and dynamic elements along with dance elements choreographed in a unique, highly creative presentation

Rules and Requirements

- A. A team may consist of 5-20 athletes, all female, all male or co-ed
- B. The ages of the competitors must be from 5-18 years of age
- C. All competitors within a team must be current registered members of the AAU
- D. The Team Performance exercise may not exceed 3:00 minutes in length
- E. The exercise must contain the following required elements:
 - o Pair or group balance skills (not more than 25% of the exercise)
 - o Dynamic pair or group skills such as boosts, tosses etc (not more than 25% of the exercise)
 - o Tumbling, either simultaneously or intermittently. Skills that show both flight and non-flight. (not more than 25% of the exercise)
 - o Single and connected dance elements such as leaps, jumps, turns as well as acrobatic elements that demonstrate flexibility in various parts of the body (not more than 25% of the exercise)
- F. Music: may contain words. Words must be in good taste, suitable for a family atmosphere. Any words that are deemed unsuitable will result in a void (zero score).
- G. Attire: must fit securely to the body. Creativity is encouraged with attire reflecting the mood or theme of the exercise. Attire may be gymnastics related, acro related or theatrical in nature. Headpieces and attachments to the basic body of the leotard/costume must be securely fastened. There will be a deduction of .30 for each leotard costume piece that detaches from the gymnast. Footwear must be either gymnastics type or barefoot.
- H. Jewelry: no metal jewelry is permitted (rings, ankle/wrist bracelets etc). Plastic costume type jewelry used to enhance the theme of the exercise is allowed but must be permanently attached to the leotard/costume
- I. Hair/Headpieces: Must be pulled away from the face so as not to obstruct a gymnast's view. Headpieces/hair ornaments are permitted provided they are securely attached to the head and do not have any sharp points or protrusions. Glitter in the hair is not permitted due to it adhering to the floor mat carpeting.
- J. Make Up: Is permitted, both general and theatrical. Make up must be done in an area that is not in the field of play and all residue etc must be thoroughly cleaned up from the area that is used to apply the make up. Face glitter is not permitted due to it adhering to the floor mat carpeting
- K. Props: are permitted for enhancing the theme/presentation of the exercise. Props must be set on the floor mat area or beside floor mat prior to the start of the exercise. If props are removed during the exercise, they must be physically placed onto the outer boundaries, not tossed or thrown. A deduction of 1.00 point will be taken for the first prop improperly removed. If a second prop is removed incorrectly, the exercise will be void (zero score). At the conclusion of the exercise, all props must be immediately moved from the floor area and boundaries.

- L. Acrobatic hand blocks are permitted.
- M. Springboards, airboards or other rebounding devices are not permitted on the competitive floor
- N. Exercise is judged on creativity, interpretation of theme and music, artistry and presentation will be evaluated. Difficulty of elements does not necessarily put a routine at an advantage, but the technique and execution of all elements throughout the exercise will be subject to execution deductions
- O. Not all athletes must be on the competitive floor at the beginning of the exercise. Athletes are free to move on and off the mat throughout the exercise
- P. Walk out and exit: one designated athlete will salute the judges. The team will quickly move in an organized fashion to their starting positions. At the conclusion of the exercise, all competitors will salute the judges, quickly gather any props and walk off the at in an organized fashion. No other salute is permitted



AAU ACROBATIC GYMNASTICS ENTRY FORM WOMENS PAIRS
Please Print Clearly OR Fill Word Doc Using Tab Key Only To Blank Blocks



COMPETITION NAME:							
DATE (S):							
VENUE SITE ADDRESS:							
ENTRY FEES	Per Athlete, 1 st Event	\$	Per Athlete Additional Event(s) Max of 3 Events	\$			
ONE CLUB CHECK PAYABLE TO							
CLUB NAME:							
CLUB ADDRESS:							
PHONE#:				CELL#:			
EMAIL ADDRESS:							
COACH NAME:					AAU#		
COACH NAME:					AAU#		
COACH NAME:					AAU#		
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 MOD LEVEL 8							
1. Athlete Name				DOB		AAU#	
2. Athlete Name				DOB		AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 MOD LEVEL 8							
1. Athlete Name				DOB		AAU#	
2. Athlete Name				DOB		AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 MOD LEVEL 8							
1. Athlete Name				DOB		AAU#	
2. Athlete Name				DOB		AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 MOD LEVEL 8							
1. Athlete Name				DOB		AAU#	
2. Athlete Name				DOB		AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 MOD LEVEL 8							
1. Athlete Name				DOB		AAU#	
2. Athlete Name				DOB		AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 MOD LEVEL 8							
1. Athlete Name				DOB		AAU#	
2. Athlete Name				DOB		AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 MOD LEVEL 8							
1. Athlete Name				DOB		AAU#	
2. Athlete Name				DOB		AAU#	

AAU ACROBATIC GYMNASTICS ENTRY FORM WOMENS GROUP TRIO										
Please Print Clearly OR Fill Word Doc Using Tab Key Only To Blank Blocks										
COMPETITION NAME:										
DATE (S):										
VENUE SITE ADDRESS:										
ENTRY FEES	Per Athlete, 1 st Event	\$	Per Athlete Additional Event(s) Max of 3 Events	\$						
ONE CLUB CHECK PAYABLE TO										
CLUB NAME:										
CLUB ADDRESS:										
PHONE#:					CELL#:					
EMAIL ADDRESS:										
COACH NAME:				AAU#						
COACH NAME:				AAU#						
COACH NAME:				AAU#						
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL MOD 8										
1. Athlete Name					DOB				AAU#	
2. Athlete Name					DOB				AAU#	
3. Athlete Name					DOB				AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL MOD 8										
1. Athlete Name					DOB				AAU#	
2. Athlete Name					DOB				AAU#	
3. Athlete Name					DOB				AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL MOD 8										
1. Athlete Name					DOB				AAU#	
2. Athlete Name					DOB				AAU#	
3. Athlete Name					DOB				AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL MOD 8										
1. Athlete Name					DOB				AAU#	
2. Athlete Name					DOB				AAU#	
3. Athlete Name					DOB				AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL MOD 8										
1. Athlete Name					DOB				AAU#	
2. Athlete Name					DOB				AAU#	
3. Athlete Name					DOB				AAU#	

**AAU ACROBATIC GYMNASTICS ENTRY FORM WOMENS GROUP QUAD**

Please Print Clearly OR Fill Word Doc Using Tab Key Only To Blank Blocks

COMPETITION NAME:

DATE (S):

VENUE SITE ADDRESS:

ENTRY FEES	Per Athlete, 1 st Event	\$	Per Athlete Additional Event(s) Max of 3 Events	\$
------------	------------------------------------	----	---	----

ONE CLUB CHECK PAYABLE TO

CLUB NAME:

CLUB ADDRESS:

PHONE#:

CELL#:

EMAIL ADDRESS:

COACH NAME:

AAU#

COACH NAME:

AAU#

COACH NAME:

AAU#

CIRCLE LEVEL: LEVEL 5 LEVEL 6 LEVEL 7

1. Athlete Name		DOB		AAU#	
2. Athlete Name		DOB		AAU#	
3. Athlete Name		DOB		AAU#	
4. Athlete Name		DOB		AAU#	

CIRCLE LEVEL: LEVEL 5 LEVEL 6 LEVEL 7

1. Athlete Name		DOB		AAU#	
2. Athlete Name		DOB		AAU#	
3. Athlete Name		DOB		AAU#	
4. Athlete Name		DOB		AAU#	

CIRCLE LEVEL: LEVEL 5 LEVEL 6 LEVEL 7

1. Athlete Name		DOB		AAU#	
2. Athlete Name		DOB		AAU#	
3. Athlete Name		DOB		AAU#	
4. Athlete Name		DOB		AAU#	

CIRCLE LEVEL: LEVEL 5 LEVEL 6 LEVEL 7

1. Athlete Name		DOB		AAU#	
2. Athlete Name		DOB		AAU#	
3. Athlete Name		DOB		AAU#	
4. Athlete Name		DOB		AAU#	

CIRCLE LEVEL: LEVEL 5 LEVEL 6 LEVEL 7

1. Athlete Name		DOB		AAU#	
2. Athlete Name		DOB		AAU#	
3. Athlete Name		DOB		AAU#	
4. Athlete Name		DOB		AAU#	

AAU ACROBATIC GYMNASTICS ENTRY FORM MENS PAIRS									
Please Print Clearly OR Fill Word Doc Using Tab Key Only To Blank Blocks									
COMPETITION NAME:									
DATE (S):									
VENUE SITE ADDRESS:									
ENTRY FEES		Per Athlete, 1 st Event		\$		Per Athlete Additional Event(s) Max of 3 Events		\$	
ONE CLUB CHECK PAYABLE TO									
CLUB NAME:									
CLUB ADDRESS:									
PHONE#:						CELL#:			
EMAIL ADDRESS:									
COACH NAME:						AAU#			
COACH NAME:						AAU#			
COACH NAME:						AAU#			
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7									
1. Athlete Name						DOB		AAU#	
2. Athlete Name						DOB		AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7									
1. Athlete Name						DOB		AAU#	
2. Athlete Name						DOB		AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7									
1. Athlete Name						DOB		AAU#	
2. Athlete Name						DOB		AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7									
1. Athlete Name						DOB		AAU#	
2. Athlete Name						DOB		AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7									
1. Athlete Name						DOB		AAU#	
2. Athlete Name						DOB		AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7									
1. Athlete Name						DOB		AAU#	
2. Athlete Name:						DOB		AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7									
1. Athlete Name						DOB		AAU#	
2. Athlete Name						DOB		AAU#	
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7									
1. Athlete Name						DOB		AAU#	
2. Athlete Name						DOB		AAU#	

AAU ACROBATIC GYMNASTICS ENTRY FORM MENS GROUP QUAD	
Please Print Clearly OR Fill Word Doc Using Tab Key Only To Blank Blocks	
COMPETITION NAME:	
DATE (S):	
VENUE SITE ADDRESS:	
ENTRY FEES	Per Athlete, 1 st Event \$ Per Athlete Additional Event(s) Max of 3 Events \$
ONE CLUB CHECK PAYABLE TO	
CLUB NAME:	
CLUB ADDRESS:	
PHONE#:	CELL#:
EMAIL ADDRESS:	
COACH NAME:	AAU#
COACH NAME:	AAU#
COACH NAME:	AAU#
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL 8 LEVEL 9	
1. Athlete Name	DOB AAU#
2. Athlete Name	DOB AAU#
3. Athlete Name	DOB AAU#
4. Athlete Name	DOB AAU#
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL 8 LEVEL 9	
1. Athlete Name	DOB AAU#
2. Athlete Name	DOB AAU#
3. Athlete Name	DOB AAU#
4. Athlete Name	DOB AAU#
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL 8 LEVEL 9	
1. Athlete Name	DOB AAU#
2. Athlete Name	DOB AAU#
3. Athlete Name	DOB AAU#
4. Athlete Name	DOB AAU#
CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL 8 LEVEL 9	
1. Athlete Name	DOB AAU#
2. Athlete Name	DOB AAU#
3. Athlete Name	DOB AAU#
4. Athlete Name	DOB AAU#



AAU ACROBATIC GYMNASTICS ENTRY FORM MIXED PAIRS
Please Print Clearly OR Fill Word Doc Using Tab Key Only To Blank Blocks



COMPETITION NAME:

DATE (S):

VENUE SITE ADDRESS:

ENTRY FEES	Per Athlete, 1 st Event	\$	Per Athlete Additional Event(s) Max of 3 Events	\$
------------	------------------------------------	----	---	----

ONE CLUB CHECK PAYABLE TO

CLUB NAME:

CLUB ADDRESS:

PHONE#:

CELL#:

EMAIL ADDRESS:

COACH NAME:

AAU#

COACH NAME:

AAU#

COACH NAME:

AAU#

CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL MOD 8

1. Athlete Name		DOB		AAU#	
2. Athlete Name		DOB		AAU#	
3. Athlete Name		DOB		AAU#	
4. Athlete Name		DOB		AAU#	

CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL MOD 8

1. Athlete Name		DOB		AAU#	
2. Athlete Name		DOB		AAU#	
3. Athlete Name		DOB		AAU#	
4. Athlete Name		DOB		AAU#	

CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL MOD 8

1. Athlete Name		DOB		AAU#	
2. Athlete Name		DOB		AAU#	
3. Athlete Name		DOB		AAU#	
4. Athlete Name		DOB		AAU#	

CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL MOD 8

1. Athlete Name		DOB		AAU#	
2. Athlete Name		DOB		AAU#	
3. Athlete Name		DOB		AAU#	
4. Athlete Name		DOB		AAU#	

CIRCLE LEVEL: LEVEL 2 LEVEL 3 LEVEL 4 LEVEL 5 LEVEL 6 LEVEL 7 LEVEL MOD 8

1. Athlete Name		DOB		AAU#	
2. Athlete Name		DOB		AAU#	
3. Athlete Name		DOB		AAU#	
4. Athlete Name		DOB		AAU#	

GENERAL JUDGING GUIDELINES

At Levels 2-4 pairs/groups perform one combined exercise. The combined exercise contains balance, dynamic and individual elements.

At Levels 1-7, pairs and groups perform one combined exercise. The combined exercise contains balance skills (static holds), dynamic skills (with flight), and individual elements (choreography and tumbling elements). Level 5 exercises consist of compulsory skills along with compulsory music. Music is assigned to each event.

The maximum recommended length of the exercise for Levels 2-4 is 2:00. The maximum recommended length of the exercise for Levels 6-7 is 2:45. The maximum length of the exercise for Level 8 is 2:00.

Stylistic variations of compulsory skills are permitted as long as they do not change the character of the skill. This leniency pertains mostly to handstands, for which legs may be together, split, straddle, stag, or double stag but may not be in overarch, deep arch, reverse planche, or yogi positions. On occasion, a specific leg position is required and must be performed (e.g., front attitude). In a pair/group skill for which an arch position is performed, a leg variation is allowed, such as one leg bent at the knee. In Levels 5-7 skills, support for an arch is allowed anywhere from the top's waist/hips to the seat; support is not allowed on the legs or thighs.

Conversing with your partner or group during the competitive exercise is a -0.3 deduction taken by the CJP.

If the routine finishes prior to the end of the music, then there is no deduction applied to fading the music or finishing early.

DIFFICULTY

The maximum possible difficulty score is 10.0. The Difficulty Judge (DJ) reduces the difficulty score by the value of any skills that are not credited. If an illegal skill is performed in an exercise, no difficulty or special requirement credit is given for that incorrect skill; credit for the missed skill is deducted with a maximum deduction of -1.0.

If a pair/group skill or individual element is spotted (physical assistance by a coach or third party not included in the pair or group) for any reason, a -1.0 CJP deduction applies and the skill will not receive difficulty credit. Therefore, that skill cannot be used to satisfy special requirements. Physical assistance can also will impact the artistry score, since it distracts from the overall performance quality of the routine.

CJP and DJ deductions are taken from the difficulty score to determine the adjusted difficulty score.

Required holds for pair balance skills and fixed pyramids for Women's Groups in Levels 5-7 are 3 seconds. The penalty for short holds is -0.3 per second for all levels. If a pair/group static hold skill is attempted but not completed or is held for less than 1", then a -1.0 deduction is taken from the DJ. There are no execution deductions in this circumstance unless a fall occurs, in which case a -1.0 deduction is taken by the execution panel.

In pairs, some balance skills require motion of the base and in groups, some skills are transitional, meaning there is motion by the base and/or middle. These skills require a 3 second hold in the finish position. The static hold is required prior to the motion for some compulsory skills at Levels 5–7. Static hold requirements are noted in the drawings and descriptions of the skills. The penalty for a short hold in any part of the skill is –0.3 per second, taken by the execution panel.

If the skill is attempted but not completed, a –0.3 time-fault penalty applies per second for short holds and/or incomplete portions through the entire skill, up to a maximum deduction of –1.0. Examples of time faults for skills requiring a 1 second hold followed by a 3 second hold are listed below:

1. If the 1 second hold is performed but the 3 second hold is not passed through, and the pair/group loses difficulty credit. (ie: if the second half of the element is not attempted).
2. If the 1 second hold is not held, but one second of the 3 second hold is performed, the execution panel deducts -0.5. Difficulty is credited.
3. If the 1 second hold is not completed, but 3 second of the next hold are held, the execution panel deducts –0.3. Difficulty is credited.
4. If the pair or group falls and does not receive any difficulty credit, then the max deduction from the DJ is -1.0, and the mass deduction from the execution panel is -1.0.

For Levels 5–7, time-fault penalties apply to pair and group balance skills only, not to individual elements. Balance individual elements must be held for 2 second, which is noted in the element drawings. If one or more partners hold less than 2 second of the element, credit for the element is lost but no time-fault penalties apply. (Taken by the DJ).

For Levels 5–7, the landing of ALL dynamic skills must be supported. This includes dismounts and landings of dynamic elements such as back tuck over head. The deduction of –0.5 is taken if the landing is not supported by at least one base.

FINAL SCORE

The final score is the sum of the adjusted difficulty score plus the average execution score plus the artistry bonus.

Levels 1-7:

- Final score = execution average, doubled + difficulty – CJP/DJ penalties.
- Maximum difficulty is 10.0 if all skills and rows are performed. All levels receive Artistry bonus with a minimum of 1.0 bonus as long as the routine is completed in its entirety.
- The “Courtesy Score” for 2017 is a 19.0



AAU ACROBATIC GYMNASTICS - LEVEL 2 WOMEN'S PAIR – JUDGING SHEET (Page 1 of 2/Front)

- Element requirements (may be performed in any order, to music/choreography of choice).
- Elements should be performed so that judges do not have a rear view of the athletes. Entire routine may be performed on a regulation size gymnastics floor exercise mat or on a strip mat of at least 8 ft. in width and 30 ft. in length. A spring floor is not required for Level 2.
- No timing for routine, but it is suggested that routine should be approximately 1:20 or less.

FALL DEDUCTIONS

- Fall with full weight 1.0 deduction – Touch of floor or partner to prevent a fall .50 deduction - Plus deduction for any incomplete part of the element
- In the event a gymnast falls, she will not automatically lose the full value of the element. This will allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion. The deduction for any incomplete part of the element is not to exceed the value of the element maximum deduction 1/10th less than the value of the element.
 - Example Fall = -1.0 Element value = .4 -1.0 + -.3 = Maximum deduction -1.3 (This is the maximum – could be less depending on partial credit given)
 - Example Touch = -.50 Element value = 1.0 -.50 + -.90 = Maximum deduction -2.4 (This is the maximum – could be less depending on partial credit given)

#1 Gymnast Name

#2 Gymnast Name

Club Name

INDIVIDUAL ELEMENTS REQUIREMENTS – LEVEL 2 WOMEN'S PAIR JUDGING SHEET

ELEMENT	DESCRIPTION	DEDUCTIONS		
		Judge #1	Judge #2 Deductions	Notes/Comments
1. Passe Element Value .4	Top and Base face each other, holding hands or apart. Both athletes perform a passe (toe pointed on side of knee, free knee facing forward, flat foot support). Hold 2 seconds.	Attempted _____ Completed _____		
2. TRIPOD Element Value .4	Both athletes start from position of sitting back on floor onto top of heels, arms in crown position. Athletes place hands and head on floor and place knees onto the backs of upper arms (tripod position). Hold tripod position for 2 seconds. Knees/feet are then lowered to floor and sit back onto heels position as in beginning.	Attempted _____ Completed _____		
3. TUMBLING Element Value .4	ONE FORWARD ROLL - in tucked position starting and ending in standing position with arms in crown. Performed by each athlete, either simultaneously or one at a time. *(ONE PARTNER AT A TIME) OR (SIMULTAINOUSLY)*	Attempted _____ Completed _____		
4. FLEXIBILITY Element Value .4	SPLIT - Both athletes kneel on one leg with opposite leg in bent position in front of athlete with flat foot on floor. Extend front leg to straight position and slide to floor into split. Hold 2 seconds. (Athlete's hands may touch floor to assist in the slide; however, use of hands on floor to assist balance in split is not allowed). *(ONE PARTNER AT A TIME) OR (SIMULTAINOUSLY)*	Attempted _____ Completed _____		



AAU ACROBATIC GYMNASTICS - LEVEL 2 WOMEN'S PAIR – JUDGING SHEET (Page 2 of 2/Back)

#1 Gymnast

#2 Gymnast

Club Name

PAIR ELEMENT REQUIREMENTS – LEVEL 2 WOMEN'S PAIR JUDGING SHEET

ELEMENT	DESCRIPTION	DEDUCTIONS		
5. PRE-DYNAMIC Element Value 1.0	(BOOST) Base and Top face each other. Both raise arms to crown position. Base grasps Top's waist and "boosts" Top to releve' position. Top holds releve' for 1 second. Both Base and Top lower to plie' position and Base moves her hands from Top's waist to support Top under the upper arms. Both athletes finish in plie' position, and then extend to straight legs.	Judge #1	Judge #2 Deductions	Comments/Notes
		Attempted _____		
		Completed _____		
6. BALANCE Element Value 1.0	(TOP STEP UP INTO BALANCE ON THIGHS) Base sits back on floor onto top of the heels. Top stands in front of Base facing her and places hands on top of Base's head. Top steps up onto Base's thighs, one foot at a time, and stands on Base's thighs with straight legs, keeping hands on Base's head. Base supports Top by holding Top's waist or back of thighs. Hold 2 seconds. Top then steps down, one foot at a time and while doing so, lowers arms to side middle. Base rises to kneeling position on both knees as Top steps down and supports Top under upper arms. Top finishes in plie' position, then to stand with straight legs.	Attempted _____		
		Completed _____		
	Additional Notes or Comments		TOTAL DEDUCTIONS FRONT AND BACK	FINAL SCORE



AAU ACROBATIC GYMNASTICS - LEVEL 3 WOMEN'S PAIR JUDGING SHEETS (Page 1 of 2/Front)

- Element requirements (may be performed in any order, to music/choreography of choice).
- Elements should be performed so that judges do not have a rear view of the athletes. Entire routine may be performed on a regulation size gymnastics floor exercise mat or on a strip mat of at least 8 ft. in width and 30 feet in length. A spring floor is not required for Level 3.
- No timing for routine, but it is suggested that routine should be approximately 1:35 or less.

FALL DEDUCTIONS

- Fall with full weight 1.0 deduction – Touch of floor or partner to prevent a fall .50 deduction - Plus deduction for any incomplete part of the element
- In the event a gymnast falls, she will not automatically lose the full value of the element. This will allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion. The deduction for any incomplete part of the element is not to exceed the value of the element maximum deduction 1/10th less than the value of the element.

○ Example Fall = -1.0 Element value = .4 -1.0 + -.3 = Maximum deduction -1.3 (This is the maximum – could be less depending on partial credit given)

Example Touch = -.50 Element value = 1.0 -.50 + -.90 = Maximum deduction -2.4 (This is the maximum – could be less depending on partial credit given)

#1 Gymnast Name

#2 Gymnast Name

Club Name

INDIVIDUAL ELEMENTS REQUIREMENTS – LEVEL 3 WOMEN'S PAIR JUDGING SHEET

ELEMENT	DESCRIPTION	DEDUCTIONS		
		Judge #1	Judge #2 Deductions	Notes/Comments
1. ARABESQUE Element Value .4	Top and Base face each other, holding hands or apart. Both athletes point one foot to rear in tendu'. Raise rear leg to low arabesque. Hold 2 seconds.	Attempted _____ Completed _____		
2. TRIPOD TO TUCKED HEADSTAND Element Value .4	Both athletes start from position of sitting back on floor onto top of heels, arms in crown position. Athletes place hands and head on floor and place knees onto the back of upper arms (tripod position). Hold tripod 1 second. Raise seat and knees to tucked headstand position. Hold 2 seconds. Knees are then lowered back to tripod position. Hold 1 second. Knees/feet are then lowered to floor and athletes assume sitting back on heels position.	Attempted _____ Completed _____		
3. TUMBLING Element Value .4	TWO FORWARD ROLLS (linked) in tucked position starting first forward roll in standing position and ending last forward roll in standing position. The first and second roll must be linked (connected) with no stops/standing between the rolls. *(ONE PARTNER AT A TIME) OR (SIMULTANEOUSLY)*	Attempted _____ Completed _____		



AAU ACROBATIC GYMNASTICS - LEVEL 3 WOMEN'S PAIR JUDGING SHEETS (Page 2 of 2/Back)

#1 Gymnast Name		#2 Gymnast Name		Club Name	
INDIVIDUAL ELEMENTS REQUIREMENTS – LEVEL 3 WOMEN'S PAIR JUDGING SHEET CONTINUED					
ELEMENT	DESCRIPTION	DEDUCTIONS			
4. FLEXIBILITY CHOICE 1 BRIDGE Element Value .4	BRIDGE - From a back lying position with straight legs, Top and Base bend knees and push to a bridge position, straightening legs. Hold 2 seconds. Lower back to floor. (Legs may straighten directly into bridge or feet may be moved to straighten legs). Legs can be together or apart.	Judge #1	Judge #2 Deductions	Comments/Notes	
		Attempted _____			
		Completed _____			
4. FLEXIBILITY CHOICE 2 SPLIT Element Value .4	SPLIT - Both athletes kneel on one leg with opposite leg in bent position in front of athlete with flat foot on floor. Extend front leg to straight position and slide to floor into split. Hold 3 seconds. (Athletes hands may not touch floor in slide or in split position).	Attempted _____			
		Completed _____			
PAIR ELEMENT REQUIREMENTS – LEVEL 3 WOMEN'S PAIR JUDGING SHEET					
5. DYNAMIC Element Value 1.0	(BOOST) Base and Top face each other. Both raise arms to crown position. Base grasps Top's waist and boosts Top straight up. Top's feet must leave floor. Base's hands remain on Top's waist. Both Base and Top lower to plie' position and Base moves her hands from Top's waist to catch Top under the upper arms as Top Lowers her arms to side middle before landing., then both extend to straight legs.	Attempted _____			
		Completed _____			
6. BALANCE Element Value 1.0	(TOP STEP UP INTO BALANCE ON THIGHS) Base sits back on floor onto top of the heels. Top Stands in front of Base facing her and places hands on top of Base's head. Top steps up onto Base's thighs, one foot at a time and stands on Base's thighs with straight legs. Base supports Top by holding Top's waist or back of thighs. Top raises arms to crown position and holds for 2 seconds. Top lowers hands to top of Base's head and steps down, one foot at a time and while doing so, lowers arms to side middle. At same time, Base rises to kneeling position on both knees and supports Top by grasping under her upper arms. Top steps to plie' position then to stand with straight legs.	Attempted _____			
		Completed _____			
Additional Notes or Comments			TOTAL DEDUCTION (Front and Back)	FINAL SCORE	



AAU ACROBATIC GYMNASTICS - LEVEL 4 WOMEN'S PAIR JUDGING SHEETS (Page 1 of 2/Front)

- Element requirements (may be performed in any order, to music/choreography of choice).
- Elements should be performed so that judges do not have a rear view of the athletes. Entire routine may be performed on a regulation size gymnastics floor exercise mat or on a strip mat of at least 8 ft. in width and 30 feet in length. A spring floor is not required for Level 3.
- No timing for routine, but it is suggested that routine should be approximately 1:35 or less.

FALL DEDUCTIONS

- Fall with full weight 1.0 deduction – Touch of floor or partner to prevent a fall .50 deduction - Plus deduction for any incomplete part of the element
- In the event a gymnast falls, she will not automatically lose the full value of the element. This will allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion. The deduction for any incomplete part of the element is not to exceed the value of the element maximum deduction 1/10th less than the value of the element.

○ Example Fall = -1.0 Element value = .4 -1.0 + -.3 = Maximum deduction -1.3 (This is the maximum – could be less depending on partial credit given)

Example Touch = -.50 Element value = 1.0 -.50 + -.90 = Maximum deduction -2.4 (This is the maximum – could be less depending on partial credit given)

#1 Gymnast Name

#2 Gymnast Name

Club Name

INDIVIDUAL ELEMENTS REQUIREMENTS – LEVEL 4 WOMEN'S PAIR JUDGING SHEET

ELEMENT	DESCRIPTION	DEDUCTIONS		
		Judge #1	Judge #2 Deductions	Notes/Comments
1. REAR SCALE Element Value .4	Top and Base face each other, holding hands or apart. Both athletes perform a rear scale. Rear scale leg may be slightly below horizontal. Hold 2 seconds.	Attempted _____ Completed _____		
2. HEADSTAND Element Value .4	Both athletes start from position of sitting back on floor onto top of heels, arms in crown position. Athletes place hands and head on floor and place knees onto the back of upper arms (tripod position). Hold 1 second. Raise seat and knees to tucked headstand position and extend legs to straight handstand. Hold 2 seconds. Tuck knees and lower back to tripod position. Hold 1 second. Knees/feet are then lowered to floor and athletes assume sitting back onto heels position.	Attempted _____ Completed _____		
3. TUMBLING Element Value .4	ONE CARTWHEEL starting in a lunge and finishing in a lunge performed by each athlete, at same time or one at a time. *(ONE PARTNER AT A TIME) OR (SIMULTAINOUSLY)*	Attempted _____ Completed _____		
4. FLEXIBILITY Element Value .4	BRIDGE - From back lying position with straight legs, Top and Base bend knees and press to a bridge position, straightening legs. Hold 3 seconds. Legs may straighten directly in bridge or feet may be moved to straighten legs. Lower back to floor. Feet can be together or apart.	Attempted _____ Completed _____		



AAU ACROBATIC GYMNASTICS - LEVEL 4 WOMEN'S PAIR JUDGING SHEETS (Page 2 of 2/Back)

#1 Gymnast

#2 Gymnast

Club Name

PAIR ELEMENT REQUIREMENTS – LEVEL 4 WOMEN'S PAIR JUDGING SHEET

ELEMENT	DESCRIPTION	DEDUCTIONS		
		Judge #1	Judge #2 Deductions	Comments/Notes
5. DYNAMIC Element Value 1.0	(BOOST) - Base and Top face each other. Both raise arms to crown position. Base grasps Top's waist and boosts Top straight up. Top's feet must leave the floor and show minimal flight. As Top descends out of boost, Top lowers arms to side middle and Base catches Top under the upper arms. Both land in plie' then extend and straighten legs.	Attempted _____ Completed _____		
6. BALANCE Element Value 1.0	TOP CARTWHEEL TO HANDSTAND TO BASES THIGHS - Base sits back on floor onto top of the heels. Top stands to side of Base and performs cartwheel to handstand onto Base's thighs, facing Base. Base assists Top at waist. Hold handstand 2 seconds. Top lowers to cartwheel out or pike down out to side of Base. Base assists.	Attempted _____ Completed _____		
7. BALANCE Element Value 1.0	TOP HOLLOW HOLD OVER BASE - Base lies on floor on back with knees bent and arms reaching upward from chest. Top stands behind Base's head facing her, arms in crown position. Top leans forward over Base and places her hands on Base's knees while base lifts Top and supports her by placing hands under Tops knees and extending straight arms. Top assumes a tight hollow position. Hold 2 seconds. Base then lowers Top's legs to floor in a straddle on either side of Base and Top comes to a standing position.	Attempted _____ Completed _____		
	Additional Notes or Comments		TOTAL DEDUCTION (Front and Back)	FINAL SCORE



AAU ACROBATIC GYMNASTICS - LEVEL 2 WOMEN'S GROUP TRIO – JUDGING SHEET (Page 1 of 2/Front)

- Element requirements (may be performed in any order, to music/choreography of choice.
- Elements should be performed so that judges do not have a rear view of the athletes. Entire routine may be performed on a regulation size gymnastics floor exercise mat or on a strip mat of at least 8 ft. in width and 30 ft. in length. A spring floor is not required for Level 2.
- No timing for routine, but it is suggested that routine should be approximately 1:20 or less.

FALL DEDUCTIONS

- Fall with full weight 1.0 deduction – Touch of floor or partner to prevent a fall .50 deduction - Plus deduction for any incomplete part of the element
- In the event a gymnast falls, she will not automatically lose the full value of the element. This will allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion. The deduction for any incomplete part of the element is not to exceed the value of the element maximum deduction 1/10th less than the value of the element.
 - Example Fall = -1.0 Element value = .4 -1.0 + -.3 = Maximum deduction -1.3 (This is the maximum – could be less depending on partial credit given)
 - Example Touch = -.50 Element value = 1.0 -.50 + -.90 = Maximum deduction -2.4 (This is the maximum – could be less depending on partial credit given)

#1 Gymnast

#2 Gymnast

#3 Gymnast

Club Name

INDIVIDUAL ELEMENTS REQUIREMENTS – LEVEL 2 WOMEN'S GROUP TRIO JUDGING SHEET

ELEMENT	DESCRIPTION	DEDUCTIONS		
		Judge #1	Judge #2 Deductions	Notes/Comments
1. PASSE Element Value .4	All athletes stand and join hands or apart. All athletes perform a passe (toe pointed on side of knee, free knee facing forward, flat foot support). Hold 2 seconds.	Attempted _____ Completed _____		
2. FLEXIBILITY Element Value .4	SPLIT - All athletes kneel on one leg with opposite leg in bent position in front of athlete with flat foot on floor. Extend front leg to straight position and slide to floor into split. Hold 2 seconds. (Athlete's hands may touch floor to assist in the slide; however, use of hands on floor to assist balance in split is not allowed).	Attempted _____ Completed _____		
3. TUMBLING Element Value .4	ONE FORWARD ROLL in tucked position starting and ending in standing position with arms in crown. Performed by each athlete, either simultaneously or a combination of the three partners. *(ONE PARTNER AT A TIME) OR (SIMULTAINOUSLY)*	Attempted _____ Completed _____		



AAU ACROBATIC GYMNASTICS - LEVEL 2 WOMEN'S PAIR – JUDGING SHEET (Page 2 of 2/Back)

#1 Gymnast		#2 Gymnast		Club Name	
PAIR ELEMENT REQUIREMENTS – LEVEL 2 WOMEN'S PAIR JUDGING SHEET					
ELEMENT	DESCRIPTION	DEDUCTIONS			
5. PRE-DYNAMIC Element Value 1.0	(BOOST) Base and Top face each other. Both raise arms to crown position. Base grasps Top's waist and "boosts" Top to releve' position. Top holds releve' for 1 second. Both Base and Top lower to plie' position and Base moves her hands from Top's waist to support Top under the upper arms. Both athletes finish in plie' position, and then extend to straight legs.	Judge #1	Judge #2 Deductions	Comments/Notes	
		Attempted _____			
		Completed _____			
6. BALANCE Element Value 1.0	(TOP STEP UP INTO BALANCE ON THIGHS) Base sits back on floor onto top of the heels. Top stands in front of Base facing her and places hands on top of Base's head. Top steps up onto Base's thighs, one foot at a time, and stands on Base's thighs with straight legs, keeping hands on Base's head. Base supports Top by holding Top's waist or back of thighs. Hold 2 seconds. Top then steps down, one foot at a time and while doing so, lowers arms to side middle. Base rises to kneeling position on both knees as Top steps down and supports Top under upper arms. Top finishes in plie' position, then to stand with straight legs.	Attempted _____			
		Completed _____			
			Additional Notes or Comments		TOTAL DEDUCTIONS FRONT AND BACK



AAU ACROBATIC GYMNASTICS - LEVEL 3 WOMEN'S GROUP TRIO – JUDGING SHEET (Page 1 of 2/Front)

- Element requirements (may be performed in any order, to music/choreography of choice).
- Elements should be performed so that judges do not have a rear view of the athletes. Entire routine may be performed on a regulation size gymnastics floor exercise mat or on a strip mat of at least 8 ft. in width and 30 ft. in length. A spring floor is not required for Level 2.
- No timing for routine, but it is suggested that routine should be approximately 1:20 or less.

FALL DEDUCTIONS

- Fall with full weight 1.0 deduction – Touch of floor or partner to prevent a fall .50 deduction - Plus deduction for any incomplete part of the element
- In the event a gymnast falls, she will not automatically lose the full value of the element. This will allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion. The deduction for any incomplete part of the element is not to exceed the value of the element maximum deduction 1/10th less than the value of the element.
 - Example Fall = -1.0 Element value = .4 -1.0 + -.3 = Maximum deduction -1.3 (This is the maximum – could be less depending on partial credit given)
 - Example Touch = -.50 Element value = 1.0 -.50 + -.90 = Maximum deduction -2.4 (This is the maximum – could be less depending on partial credit given)

#1 Gymnast Name

#2 Gymnast Name

#3 Gymnast

Club Name

INDIVIDUAL ELEMENTS REQUIREMENTS – LEVEL 3 WOMEN'S GROUP TRIO JUDGING SHEET

ELEMENT	DESCRIPTION	DEDUCTIONS		
		Judge #1	Judge #2 Deductions	Notes/Comments
1. ARABESQUE Element Value .4	All partners face each other holding hands or apart. Partners point one foot to rear in Tendu'. Raise rear leg to low arabesque. Hold 2 seconds.	Attempted _____ Completed _____		
2. FLEXIBILITY Element Value .4	BRIDGE - All partners sit on floor legs straight, arms overhead. Press up to bridge with straight legs. Legs may go directly into straight or feet may move to allow legs to straighten. Hold 2 seconds. Feet may be together or apart.	Attempted _____ Completed _____		
3. TUMBLING Element Value .4	TWO FORWARD ROLLS LINKED - Two forward rolls in tucked position starting first forward roll in standing position and ending last forward roll in standing position. The first and second roll must be linked (connected) with no stops/standing in between the rolls. Performed by each athlete either simultaneously or any combination of the three partners. *(ONE PARTNER AT A TIME) OR (SIMULTANEOUSLY)*	Attempted _____ Completed _____		



AAU ACROBATIC GYMNASTICS - LEVEL 3 WOMEN'S GROUP TRIO – JUDGING SHEET (Page 2 of 2/Back)

#1 Gymnast	#2 Gymnast	#3 Gymnast	Club Name	
PAIR ELEMENT REQUIREMENTS – LEVEL 3 GROUP TRIO JUDGING SHEET				
ELEMENT	DESCRIPTION	DEDUCTIONS		
4. PRE-DYNAMIC Element Value 1.0	BASKET PLATFORM - Bases stand facing each other in platform position with basket hands. Top stands in front of bases, facing away from Bases. Bases bend at knees and Top sits on hands of Bases, Top's leg position optional. Bases rise to stand and hold for 2 seconds with Top's arms rising to crown position. Bases bend knees and Top places hands on Bases shoulders to arrive to a standing position.	Judge #1	Judge #2 Deductions	Comments/Notes
		Attempted _____ Completed _____		
5. BALANCE Element Value 1.0	TOP STEP UP TO SHOULDERS, MIDDLE HOLDS - Base sits back on floor onto top of heels. Top stands behind Base and placing hand on Base's head, climbs onto Base's shoulders. Middle stands in front of Base, reaches for Top's hands and Top grasps Middle's hands. Base holds waist of middle. Hold 2 seconds.	Attempted _____ Completed _____		
6. DYNAMIC Element Value 1.0	BOOST - Bases sit back on floor onto tops of heels, side by side with hands placed on thighs, one atop the other. Top, facing bases, places hands on top of Bases heads and steps one foot at a time into Bases hands. Top bends knees and bases boost Top with Top's arms reaching overhead. Top's feet must leave Bases hands and show minimal flight. Upon descent, Top's arms lower to side middle. Immediately after boost, Bases rise to knees and catch Top under upper arms to support Top's landing. Top lands in plie'.	Attempted _____ Completed _____		
	Additional Notes or Comments		TOTAL DEDUCTIONS FRONT AND BACK	FINAL SCORE



AAU ACROBATIC GYMNASTICS - LEVEL 4 WOMEN'S GROUP TRIO – JUDGING SHEET (Page 1 of 2/Front)

- Element requirements (may be performed in any order, to music/choreography of choice.
- Elements should be performed so that judges do not have a rear view of the athletes. Entire routine may be performed on a regulation size gymnastics floor exercise mat or on a strip mat of at least 8 ft. in width and 30 ft. in length. A spring floor is not required for Level 2.
- No timing for routine, but it is suggested that routine should be approximately 1:20 or less.

FALL DEDUCTIONS

- Fall with full weight 1.0 deduction – Touch of floor or partner to prevent a fall .50 deduction - Plus deduction for any incomplete part of the element
- In the event a gymnast falls, she will not automatically lose the full value of the element. This will allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion. The deduction for any incomplete part of the element is not to exceed the value of the element maximum deduction 1/10th less than the value of the element.
 - Example Fall = -1.0 Element value = .4 -1.0 + -.3 = Maximum deduction -1.3 (This is the maximum – could be less depending on partial credit given)
 - Example Touch = -.50 Element value = 1.0 -.50 + -.90 = Maximum deduction -2.4 (This is the maximum – could be less depending on partial credit given)

#1 Gymnast Name

#2 Gymnast Name

#3 Gymnast

Club Name

INDIVIDUAL ELEMENTS REQUIREMENTS – LEVEL 4 WOMEN'S GROUP TRIO JUDGING SHEET

ELEMENT	DESCRIPTION	DEDUCTIONS		
		Judge #1	Judge #2 Deductions	Notes/Comments
1. REAR SCALE Element Value .4	REAR SCALE: all partners face each other holding hands or apart. All perform a rear scale below horizontal. Hold 3 seconds.	Attempted _____ Completed _____		
2. FLEXIBILITY Element Value .4	BRIDGE - From back lying position with straight legs, all partners bend knees and press to bridge position, straightening legs. Hold 3 seconds. Lower back to floor. Legs may straighten directly into bridge or feet may be moved to straighten legs. Feet can be together or apart.	Attempted _____ Completed _____		
3. TUMBLING Element Value .4	CARTWHEEL - One cartwheel starting in a lunge and finishing in a lunge performed by all partners, either simultaneously or in a combination of the three partners. *(ONE PARTNER AT A TIME) OR (SIMULTANEOUSLY)*	Attempted _____ Completed _____		



AAU ACROBATIC GYMNASTICS - LEVEL 4 WOMEN'S GROUP TRIO – JUDGING SHEET (Page 2 of 2/Back)

PAIR ELEMENT REQUIREMENTS – LEVEL 4 GROUP TRIO JUDGING SHEET

#1 Gymnast Name	#2 Gymnast Name	#3 Gymnast	Club Name	
ELEMENT	DESCRIPTION	DEDUCTIONS		
4. PRE-DYNAMIC Element Value 1.0	SUPERMAN - Middle and base face each other. Tops runs and jumps to forearm catch on her stomach, caught by middle and base. Minimal flight. Base and middle then lower Top to feet.	Judge #1	Judge #2 Deductions	Comments/Notes
		Attempted _____		
		Completed _____		
5. BALANCE Element Value 1.0	GROUP BALANCE - Base sits back on floor onto top of the heels. Top stands to side of Base then cartwheels to handstand facing Base, placing hands on Base's thighs with legs straight and together, then splits legs. Middle stands in lunge position in front of Base and Top facing Top, and grasps Top under ankle of split leg. Hold 3 seconds.	Attempted _____		
		Completed _____		
6. DYNAMIC Element Value 1.0	BASKET - Bases in platform position, hands in basket hold. Bases bend at knees and Top Steps onto basket to a squat position, hands on Bases heads. Bases rise to stand with straight legs, hold 1 second and then bend knees again. Top steps off.	Attempted _____		
		Completed _____		
	Additional Notes or Comments		TOTAL DEDUCTIONS FRONT AND BACK	FINAL SCORE

2019 AAU Acrobatic Gymnastics Handbook & Regulations

The AAU Acrobatic Gymnastics National Committee has been established in order to promote the benefits of participation in athletics and hereby adopts the aforementioned rules & regulations for the advancement of that purpose. The AAU Acrobatic Gymnastics Committee operates under the governance of the AAU Code in addition to rules herein.

I. NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION

a. National Committee Structure and Procedures

i. National Sport Chair.

1. National Sports Chairs shall be elected National Sport Committee at the committee meeting during National Conventions in which National Officers are elected.
2. Terms are four years.
3. National election policies shall apply.
4. National Sport Chairs can be removed for cause by a majority vote of the National Officers, subject to the Right of Appeal to the National Board of Review. The President, with the approval of a majority of the officers, may appoint a person to fill a vacant Sport Chair position. The appointee will serve until the next regular or special meeting of the Sport Committee, at which time an election shall be held to complete the term. (Updated 11/14)

- ##### **ii. National Sport Committee Composition.**
- The Committee will consist of the National Sports Chair, members of the Executive Committee who are elected as provided by the sport's operating rules, the elected or appointed Sport Director of each District, or a representative designated by the District Governor, and one appointed representative from each Allied member that registers members in the sport. The President may appoint up to two (2) members-at-large (Updated 11/14).

1. **Voting.** Only members of the Committee are permitted to vote. There shall be no voting by proxy. Each member of the Committee will have one vote. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year shall be allowed to vote in the National Sport Committee meeting.

- ##### **iii. Other Committee Positions.**
- The National Chair may appoint additional committee positions, including members of an Executive Committee.

b. Sport Committee Meetings

- i. **National Sport Committee Regular Meetings.** Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.
- ii. **Non-Regular Sport Committee Meetings.** National Sport Committee may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:
 - 1. The meeting is called by the Chair following approval of the National Office.
 - 2. The National Office has the right to coordinate the meeting and pick the site for the meeting.
- iii. **National Sport Committee Special Meetings.** Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee members. Ten (10) days' notice is required and notice shall state the purpose of the meeting.
- iv. **National Sport Executive Committee Meetings.** The National Chair shall determine the date and location of Executive Committee Meetings.
- v. **Agenda Additions**
 - 1. **Sport Committee Meeting Order (Agendas)-** The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as established by Code (Bylaw 9.5).

II. SPORT POLICIES AND PROCEDURES

- a. **Sportsmanship.** It is the obligation of coaches, players, administrators, volunteers and other representatives of the AAU to practice the highest principles of sportsmanship and to observe the ethics of competition. Good sportsmanship is defined as qualities of behavior, which are characterized by courtesy and genuine concern for others. The display of good sportsmanship is a statement of the individual's understanding and commitment to fair play, ethical behavior and integrity.
- b. **Program Violations.** Disciplinary action may be considered by the Districts, Sport Committee or the Executive Committee for any violations bringing discredit upon the AAU, including, but not limited to, passing "bad" checks, participation of athletes in an improper age division, or any violation of any part of this Handbook or the AAU Code. In instances of alleged violations, Board of Review action may be taken against athletes, coaches, parents and/or clubs according to AAU Code.
- c. **No Guarantee Policy.** The AAU cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor

reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

- d. **Cross Boundary Athletes:** The Acrobatic Gymnastics Committee does not have limit on the number of cross boundary athletes.

III. EXCERPTS FROM AAU CODE BOOK

- a. **AAU Membership.** All participants must be a member of the AAU in order to participate in any AAU licensed Event. Event Operators may not collect AAU membership money at any AAU licensed event.

Membership Requirements. Membership in the AAU is a privilege granted by the AAU. It is not a right. The AAU at its sole discretion reserves the right to accept or reject applicants for membership.

- i. **Conditions for Membership.** Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the AAU Code, including its Constitution, Bylaws, policies, procedures and rules of the AAU.

- ii. **Categories of Membership**

- 1. **District Member.** The organization chartered by the Congress to provide administrative services within a designated geographic area.
- 2. **Club Member.** An organization or group that has been approved for membership after meeting the registration requirements of the Code.
- 3. **Individual Member.** A person who has been approved for membership after meeting the registration requirements of the Code. Individual membership categories include:
 - a. Youth Athlete
 - b. Adult Athlete
 - c. Non-Athlete
- 4. **Allied Member.** An organization or group approved by Congress which is engaged in athletics or sports-related activities.

- b. **Membership and Residency**

- i. Adult members will not be bound by residence requirements.
- ii. Youth members must register in the District of their bona fide residency, except as follows:
 - 1. A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.
 - 2. A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.

3. A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
 4. The National Board of Review will determine issues of residency.
- iii. Persons living outside the U.S. may register online or through the AAU National Office. The respective National Sports Committee rules shall govern their participation in AAU competitions.

c. Eligibility

- i. A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team events the National Sports Committee shall determine the number of youth members permitted to participate on a team from an adjoining District.
- ii. **Club Attachment.** A youth member becomes attached to a club member when he/she competes with that club in any AAU licensed event (practice not included). A youth member may be attached to only one club with the following exceptions:
 1. An athlete may attach to additional clubs (one in each sport) if he/she participates in additional sports.
 2. Participation in an AAU licensed league does not create club attachment.
- iii. **Transfers.** Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by the National Sport Committee. After a youth member becomes attached to a club, he/she may only transfer to another club in the same sport as follows:
 1. If the youth member has not competed in any AAU authorized events in that Sport for a period of sixty (60) days no permission is necessary.
 2. If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by National Sport Committees.)
 3. When the transfer is for the purpose of competing with a team which has qualified for a National Championship as provided by National Sport Committee rules.
 4. If the Registrar determines there is good cause to believe that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

iv. Use of Logos and Trademarks

1. **AAU Registered Marks.** The AAU name, mark, seal, logo, and other insignia (all "AAU marks") are protected through trademark registration and are defined as the intellectual property of the AAU. No person or entity may use the AAU's intellectual property without the prior and continued approval of the National AAU. Only those subordinates and affiliated organizations which are expressly

authorized by the National AAU may use the intellectual property of the AAU. The National AAU may withdraw its approval to use its marks, in its sole discretion. Members shall immediately comply with notice to cease and desist from the use of the AAU's intellectual property. The unauthorized use of any of the intellectual property of the AAU is a violation of this policy as well as the (Federal) Lanham Act and may subject the member/entity to penalties set out in the AAU Code. If granted approval/permission to use any of the AAU marks, the limited right to use the marks shall be non-exclusive and the user shall not acquire any ownership in or of such mark(s).

2. Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.
3. There are three (3) levels of AAU club membership. Level 1 AAU Clubs acquire no rights to use the AAU's intellectual property. Level 2 and Level 3 Clubs may use AAU's registered marks only as follows:
 - a. For the purpose of promoting an AAU licensed event.
 - b. For the purpose of promoting the club's AAU related activities.
 - c. Neither members nor clubs may use the name AAU in their legal name, domain name, email or any other name without the express written consent of the National AAU.
4. In the event of a dispute or conflict as to a member's/entity's claim(s) to use any of the intellectual property of the AAU, the Officers of the AAU shall decide and determine the dispute in their sole discretion.
5. No license will be granted by the AAU for any event where the word "Olympic" or any derivative thereof is used in any advertisement or notice in any manner in connection with AAU competitions.

v. Event Licenses

1. No event shall be conducted under the auspices of the AAU unless a written license has been issued for the activity. A license is the written approval of the AAU for the conduct of the activity.
2. Only AAU members may participate in licensed events unless otherwise provided in the Bylaws.
3. Licenses may be issued to any club in good standing and which meets the membership criteria. A license should be reviewed by the District Sport Committee Director or Governor if there is no District Sport Director. If the license is reviewed and rejected, the organization submitting the license application shall be notified.
4. No license shall take effect until approved or until the 15-day review period has expired.
5. The National Registration Executive Committee has the authority to:

- a. Issue a license for events in locations where there is no active District member.
 - b. Issue a license for events in Districts where there is no current active participation. (No District Championship in the prior membership year).
 - c. Issue a license for events directly sponsored by the National AAU or National Sports Committee (The National Sport Committee shall consult with the District Sports Director and Governor prior to seeking an event license.)
 - d. Review and approve any sanction license rejected by the District.
 - e. Issue a license in an unchartered District.
 - f. Revoke an approved license for good cause.
- 6. Event licenses issued to one organization cannot be transferred to another organization.
 - 7. No event license will be issued for any event where the word "Olympic" or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.

vi. District Sport Committee Biennial Meeting

- 1. **District Sport Committee Biennial Meeting.** It is the duty of the District Sport Committee to in even years hold a biennial meeting, the date, time and location shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]
- 2. **Notice of District Sport Meetings.** Notice of the biennial meetings of the District Sport Committee will be given to all clubs with members registered in the sport. Notice shall be sent not less than 30 or more than 60 days prior to the scheduled meeting. In election years, the notice of election must be sent 60 days prior to the meeting.
 - a. **Quorum.** Five (5) member clubs with voting eligibility must be present to constitute a quorum of the Biennial Sport Committee meeting.
 - b. **Voting.** Each club that has registered at least five (5) individual members in the sport during the current year shall appoint one (1) representative to serve on the District Sport Committee. The representative shall be designated on the club membership application.
 - i. There shall be no voting by proxy.
 - ii. A club may designate another representative for the club by written notice to the District Sport Director. Replacements in writing must be received 7 days prior to the meeting.

- iii. Each member of the Sport Committee shall have one vote.
- c. Minutes of the meeting must be written and filed with the District Secretary and the National AAU Compliance Department.

vii. Functions of District Sport Committees

- 1. **District Sport Committees.** In each approved AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.
- 2. **Composition.** The District Sport Committee shall include the following:
 - a. Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee.
 - b. District Sport Committee Officers as defined by that sport's operating rules.
 - c. The Governor may appoint up to two (2) at-large members.
- 3. **Duties.** The duties of the District Sport Committee are to:
 - a. In even years, hold a Biennial meeting, the date, time and location of which shall be approved by the District Executive Committee.
 - b. Adopt at the Biennial Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee rules.
 - c. Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.
 - d. Provide for the conduct of the District championships.
 - e. If the District Sport Committee is organized as an administrative club under the AAU, it shall annually file the Location of Assets Report with the District Office, and forward a copy to the National Office.

viii. Functions of the District Sport Director

- 1. **District Sport Director.** In each approved sport in which the District has athletes actively participating, there may be a Director.
 - a. **Election.** In each sport in which five or more club members have designated the sport as its primary sport, the Director shall be elected by the Committee at its Biennial Meeting. When there are fewer than five clubs registered to the Sport, the Chair may be appointed by the Governor with the

approval of the National Sport Committee Chair. The District Sport Director takes office upon election or upon appointment.

- b. Term.** The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. Once elected, each District Sport Director is required to purchase a four (4)-year membership that will complete their term. The term of office for an appointed District Sport Director shall be one year or until removed by the Governor, or until the Sport Committee meets the criteria to elect a Director.
- c. Vacancies.** A vacancy occurring in an elected District Sport Director shall be filled by the Governor with approval of the National Sport Committee Chair.

2. Duties. The Sport Committee Director shall:

- a.** Develop a budget for the Sport Committee to file with the District Treasurer.
- b.** Perform the duties set forth in the Committee Rules of Operation.
- c.** Review and approve, or for a reasonable cause deny event licenses in the sport.
- d.** Preside at Sport Committee meetings.
- e.** Maintain records of the District Sport Committee, including but not limited to the minutes of all meetings, the budget, location of assets report (if required), and the District Sports Committee operating rules.
- f.** Prepare, or have prepared, meeting minutes (which shall be approved at all District Sports Committee meetings). Forward a copy of all minutes to the National Office and District Secretary no later than 30 days following the District Sport Committee meeting.
- g.** File a copy of all records requested by the District Secretary and the AAU National Office Compliance Department no later than 30 days following District Sport Committee meetings.
- h.** At the conclusion of service as Sport Director, turn over all records to the successor to the position.

3. Removal. District Sport Directors may be removed as follows:

- a. By District Sport Committee.** An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Biennial meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda.

- b. By National Sport Chair.** Each National Sport Chair shall annually review the number of events held in their sport. If the minimum number of licensed days of activity events, excluding practice sanctions, are below five (5), the National Sport Chair may remove the District Director. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision
- c. By National Board of Review.** A Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings.
- d. By the National Board of Review Chair** after the failure of the District Sports Director to file minutes, reports and records as required by this article.