



AAU RHYTHMIC GYMNASTICS

Competitive program for Rhythmic Gymnastics

*Code of Points and
Routine
Composition*

SPORTS FOR ALL, FOREVER

As an AAU rhythmic athlete, each gymnast has a few competitive pathways. Please see pages 2-3 of this handbook for further explanation on all the below options.

Select a Discipline and Level

AAU Pro Levels

Level A
Level B
Level C
Level D
Level E

AAU Open Levels

Copper
Bronze
Silver
Gold
Platinum
Diamond (adult league)

AAU Group

Level A
Level B

AAU Exhibition

Non-competitive; purely performance-based. Athletes are not judged by a panel. May choose up to three (3) routines of choice at any competition, including freehands/floor, or a mix of any apparatus (including non-traditional rhythmic apparatus, such as scarves, poi balls, LED-illuminated equipment, batons, etc).

Athletes may perform as individuals, or in group/duets/trios. Available for all ages.

Competition Disciplines

AAU Disciplines	
AAU Pro	Peer competitive. The rules are based on and modified from the FIG Code of Points. Athletes are evaluated by a panel of judges and are ranked according to all around and/or apparatus finals. The body difficulties and apparatus difficulties have established points values which add up to a start value of difficulty. Deductions chip away at the value of those skills. May choose up to three (3) apparatus of choice at any competition, including freehands/floor. The leotards must follow FIG guidelines. Five levels available based on difficulty: A, B, C, D, E. Age categories determined at each competition based on a two-year span.
AAU Open	Individually competitive; scoring is for the achievement of the athlete's personal best. Athletes are evaluated by a panel of judges. The focus of this track is on the individual performance. Athletes can choose to be ranked if the meet director offers that as an option. Each athlete receives a score based on their own performance, and an award based on the range in which their score falls. The rules are based on and modified from the FIG Code of Points; however, the skills do not follow the established point values based on difficulty level. Their value is pre-set and equal on the scoresheet to create a level playing field. May choose up to three (3) apparatus of choice at any competition, including freehands/floor. The leotards must follow FIG guidelines. Six levels available: Copper, Bronze, Silver, Gold, Platinum. Diamond is the adult league meant for ages 18-plus.
AAU Group	AAU Group is a modified version of FIG with few specifically created for AAU code of points components and their terminology that were properly selected for their purposes. Athletes are evaluated by a panel of judges and are ranked according to all around and/or apparatus finals when applicable. The body difficulties and apparatus difficulties have established points values which add up to a start value of difficulty. Execution is out of 10 points. Deductions chip away at the value of those skills. The leotards must follow FIG guidelines. Groups can consist of duets, trios, quartets, or quintets. There are two levels of difficulty: Group A and B, beginner/intermediate/advanced levels.

Where Can I Find the Rules?

See the following handbook pages for information about AAU rules and routines:

- AAU Pro, pages 4-13.
- AAU Open, pages 26-30.

Apparatus

Apparatus selection and number of routines is by choice (cannot exceed 3 individual total) for AAU Open and Diamond adult league. AAU Pro follows the apparatus scheduling as seen on page 3 of this document. AAU Pro athletes can do fewer than 3 routines but will not be ranked in the All-Around. The apparatus must be appropriate size, length or weight depending on the age and height of the gymnast. The allowable options are: hoop, ball, ribbon, rope, clubs and floor/freehands. Nontraditional apparatus may be used in the AAU Exhibition discipline only, such as scarves, specialty hoops, light-up LED equipment,

batons, poi balls, multiple apparatus (such as one person using several hoops or ribbons), and other juggling or Gymnaestrada-style devices.

Apparatus Scheduling

Discipline	2020-2021	2022-2023
AAU Open (all)	Apparatus of choice	Apparatus of choice
Diamond (Adult League)	Apparatus of choice	Apparatus of choice
AAU Pro Level A	Floor; plus select 2 more: hoop, ball, rope	TBD
AAU Pro Level B	Floor; plus select 2 more: hoop, ball, rope	TBD
AAU Pro Level C	Floor, plus select 2 more: hoop, rope, clubs	TBD
AAU Pro Level D	Floor, plus select 2 more: rope, ball, ribbon	TBD
AAU Pro Level E	Select 3 routines: ball, hoop, clubs, ribbon, floor	TBD

Leotards & Appearances

Leotards should follow FIG rules.

- They may be sleeveless, short-sleeved, or long-sleeved.
- Halter styles are permitted if the neck and shoulder area also contain mesh material.
- No thin dance leotard straps allowed.
- The neckline of the front must not fall below the sternum, and the back neckline must not fall below the shoulder blades.
- The leotard may be with or without a skirt.
- If used, a skirt must be attached, not fall below the pelvic region/upper thigh area and must conform to the hips and not outwardly flare out.
- Creative skirts (fringe, panel strips, tassels, open-front skirts, etc.) are allowed, providing they match all of the above requirements.
- No wrap-on or tie-on ballet/dance skirts permitted.
- Footless tights are always allowed to be worn under the leotard.
- Full-length unitards are allowed, providing that they conform to the body and meet the aforementioned requirements.
- Skirts can also be attached to unitards.
- Hair should be pulled back neatly (bun, etc). and not hang in the eyes. High ponytails are acceptable only if the hair is short. Long hair that may fly and tangle in apparatus should be secured in a bun.
- Large jewelry is discouraged for safety reasons. Small stud earrings are acceptable. Makeup is encouraged. Gymnasts may wear rhythmic half-shoes or go barefoot.

Music

- Musical selections must be between 1:15-1:30 for Individual and 2:15 to 2:30 for Group.
- The music may be instrumental or contain lyrics.
- There is no limit to how many songs per gymnast that may contain lyrics.

- If included, the lyrics must be audience-appropriate. No obscenities, profanities, or explicitly suggestive material allowed.
- Failure to comply with these standards will result in disqualification from the competition.
- A 0.5 penalty will be deducted for music extending past the allotted time (including the cue).
- Coaches should bring emergency back-up for music in case of technical glitches.
- It is up to the meet director to determine what type of music file to accept (mp3, mp4, online electronic submission, etc.) and the required deadline for submission. Programs such as KSIS are encouraged when possible.

Scoresheet

It is the responsibility of the gymnast and/or coach to be certain that all scoresheets are filled out properly before submission to the meet director. Please be sure that the gymnast's full name and level are included on all forms.

AAU Pro

What Makes Up a Routine?

- **Body Difficulties (BD):** the jumps/leaps, rotations, and balances of the sport. Gymnasts must perform some elements on the non-dominant leg to promote muscle strength and prevent injury.
- **Basic Apparatus Requirements (BAR):** all the fundamental apparatus groups of the sport per apparatus, such as skipping through the rope, spirals with ribbon, rolls with ball, etc. Each set of requirements is listed per level.
- **Acrobatic Elements:** the cartwheels, rolls, walkovers, etc. that are used to add dynamic quality to the routine.
- **Dynamic Elements with Rotations (R):** also known as Risk, it is rotating the body under medium/large tosses of the apparatus; either by rotation categories (illusions, etc.), acrobatic elements (forward rolls, etc.) or by any other axis of the body (chainé turns, etc.) either on the floor or standing.
- **Rhythmic Dance Steps (S):** any variety of dance steps, in any genre of style, that last for a full 8 seconds and are performed primarily on the feet (passing briefly to the floor is allowed). The steps may be of an ethnic or cultural background (such as Russian dance steps) or can be from a particular genre of modern dance, such as hip-hop, ballet, lyrical, contemporary, and so on.
- **Body Waves (BW):** a full body arch and contraction with the engagement of arms, spine, abdomen and head to complete a full wave-like motion.
- **Base + Criteria (B+C):** also known as Masteries, this is selecting a Basic Apparatus Requirement and pairing it with a more difficult maneuver, called **criteria**. Adding an element of risk is the basis of criteria, such as catching the apparatus without hands, or not being able to see the apparatus at all while trapping it with the feet, and etc.

Example: Boomerang of the ribbon  outside visual control 

Body Difficulty Categories

- Jumps and Leaps 
- Balances 
- Rotations 

The symbols above are the base symbols. For each unique element, the symbol changes slightly to demonstrate what the skill looks like. These are the notations that judges use to evaluate the routines and their values. Additional difficulties from any country's governing body of gymnastics may also be used. Please make sure to use proper FIG symbol notation. If it is a body difficulty from a domestic federation that may be unfamiliar to AAU judges, then please include an asterisk next to the difficulty in the box and short description of the skill at the bottom of the score sheet for clarification, and see the judges before the start of the event to ensure that all is understood.

Scoring and Points

		Category	Requirements
L E V E L S	E	Fifth level (all age groups) Highest level	See page 13.
	D	Fourth level (all age groups)	See page 12.
	C	Third level (all age groups)	See page 11.
	B	Second level (all age groups)	See page 10.
	A	First level (all age groups) Beginner level	See page 9.

How is the Routine Judged in AAU Pro?

- **Difficulty and Execution (D and E):** the two halves of any routine evaluation that are added together to come up with a final score for that routine. Each routine is evaluated by a Difficulty panel and Execution panel. Both of those scores add up to make one final score for that routine ($D + E = \text{final score}$).
- **Expression:** the beauty, power and aesthetics of the movement of the gymnast; the feeling, amplitude, communication and emotion poured into every move and overall choreography.
- **Music and Movement:** how well the gymnast accompanies the musical selection; melodic sequences that show the fluidity in choreography as well as the dynamic changes in speed, tempo, power, and intensity.
- **Artistic Components/Artistry:** creating a unified, well-planned character or idea throughout the exercise, and the evaluation of connections: how well the gymnast transitions between body difficulties, choreography, and other elements cohesively, along with evaluation of dance steps, change of levels, sufficient use of movement of body parts, arms, head, neck and trunk.
- **Technical Faults:** incorrect handling, heavy landings from BD, poor technique in BD or BC, incomplete or incorrect shapes, drops of the apparatus, losses of balance, imprecise trajectories of tosses, mistakes in catching the apparatus, knots in the apparatus, apparatus malfunctions, etc.

Quick Guide: Basic Apparatus Requirements

Rope	Hoop	Ribbon	Ball	Clubs
Passing through the rope (entire body or part) with rope open or folded; front, side, or backwards; single or double rotation. 	Passing through the hoop with part or whole body. 	Snakes either in the air or floor; ribbon should be tight. 	Bounces below and above knee level; rebounding the ball from body part or floor. 	Asymmetric actions of both clubs. 
Passing through the rope in a jump series or leap or in double rotation; folded or open. 	Rolling the hoop over the body (any direction). 	Spirals either in the air or floor; ribbon should be tight. 	Catch of the ball with one palm. 	Small circles with both clubs either at the same time or irregularly. 
Small tosses 	Rotating the hoop around the hand or freely rotating it around the body. 	Passing through the ribbon; passing over the ribbon in a pattern or shape. 	Rolling the ball over or across the body in some form; 	Mills of any variety. 
Wrapping and unwrapping the rope around a body part. 	Free rotation using the fingers. 	Large/medium tosses 	also a series of rolls on the body. 	Rolling the clubs on the gymnast's body or on the carpet. 
Large/medium tosses 	Roll of the hoop on the floor (boomerang or non-returning rolling motions). 	Small tosses 	Large/medium tosses 	Large/medium tosses 
Catches 	Large/medium tosses 	Catches 	Small tosses 	Small tosses (both clubs) together or alternating 
Rotations with the rope folded; also rotation around the body or in the hand; or rope mills. 	Small tosses 	Rolling the ribbon stick on the body 	Catches 	Small tosses (1 or 2 clubs) 
Release and catch of one end of the rope, without or with a rotation (echappé style); also rotations with the free end of the rope (cyclone). 	Catches 	Boomerang of the ribbon stick. 	Waves or figure-8 motions with the ball. 	Catches (1 club) 
Catching the rope with one knot per hand 	Rotation by the hoop on its own axis on the floor. 	Echappé of the ribbon stick. 	Rotating the ball around the hand; also freely rotating the ball on the gymnast's body. 	Catches (2 clubs) 
Unstable balance of apparatus. 	Wrapping the ribbon or stick around the body. 	Unstable balance of apparatus. 	Unstable balance of apparatus. 	Tapping the clubs, rotating the clubs in one hand, or free rotations of the clubs on the body. 
	Unstable balance of apparatus. 			Unstable balance of apparatus. 

- Source: Pages 27-28, FIG Rhythmic Gymnastics Code of Points, www.fig-gymnastics.com

Quick Guide: Base + Criteria (B+C) to be paired with Basic Apparatus Requirement

Symbol	Criteria
	Without the help of the hands
	Outside of visual control
	with a rotation of (180° and more)
BD	Jump, Balance or Rotation Body Difficulty
	Rope and Hoop turning backward (open or folded) Rope - arms crossed during jumps/leaps or skips/hops
	Under the leg/ legs
	transmission without the help of the hands with at least 2 different body parts
3 →	Performed in series without interruption
	Double (or more) rotation of the apparatus during jumps/leaps or skips/hops
	Position on the floor (also valid with support on the knee)
	Passing through the apparatus during throw or catch
	Throw after bounces on the floor Throw after rolling on the floor Direct re-throw/ re-bound
	Throw of the open and stretched (held by one end or middle of the Rope)
	Throw with rotation around its axis (Hoop) or rotation in the horizontal plane (Club(s))
	Throws of 2 Clubs (): simultaneous, asymmetric, "Cascade" (double or triple)*
	Catch of the Rope with one end in each hand
	Small/medium asymmetric throw of 2 Clubs
	Direct catch with rolling of apparatus over the body
	Catch of the Ball () with one hand
	Direct catch of the in rotation
	Mixed catch of ,
	Catch during a rotation
	Throw on oblique plane
	Apparatus handling (apparatus in motion): • Large circles of the apparatus • Figure eight (not for Ball) • Rebounds (not for Ball) of the apparatus from different parts of the body or from the floor • "Thrust"/ push of the apparatus from different parts of the body • Sliding of the apparatus on any part of the body • Transmission of the apparatus around any part of the body or under the leg(s) • Passing over the apparatus with the whole or part of the body

- **Source:** Pages 27-28, FIG Rhythmic Gymnastics Code of Points, www.fig-gymnastics.com

Quick Guide: Dynamic Elements with Rotation (R)

Symbol	Actions and Descriptions
R (one rotation), R₂ (two rotations), R₃ (three rotations), etc.	1) A large or medium throw 2) Performed with a 360° rotation of the body, without interruption, around any axis, with or without passing to the floor, or with or without passing through the vertical body position. 3) Catch of the apparatus, with (bonuses) or without criteria (see below chart). In AAU, R ₁ (one rotation only) for AAU would count as R for 0.2, and R ₂ and greater would count as 0.3.

Criteria for R

	Passing through the apparatus during throw (U, O)		Passing through the apparatus during catch (U, O)
	Throw after bounces on the floor/ throw after rolling on the floor		Direct re-throw/ re-bounce without any stops – all apparatus
	Throw of the open and stretched U (held by one end or the middle)		Catch of the Rope with one end in each hand
	Throw with rotation around its axis (Hoop O) or rotation in the horizontal plane (Club(s) II)		Direct catch with rolling of apparatus over the body
	Throws of 2 Clubs (II): simultaneous, asymmetric, "Cascade" (double or triple)*		Catch of the Ball (●) with one hand
	Throw on oblique plane O		Direct catch of the O in rotation
			Mixed catch of U, II
	Outside of visual control		Catch during a rotation
	Without the help of the hands		Under the leg/ legs

- **Source:** Pages 27-28, FIG Rhythmic Gymnastics Code of Points, www.fig-gymnastics.com

Requirements for AAU Pro Levels

Level A				
Floor/Freehands Routine				
Difficulty 5 BD (valued 0.1-0.2): 1.0 points max. <i>1 BD must use non-dominant leg</i> 3 S (dance steps series): 0.9 total 2 body waves: 0.3 each 1 acrobatic element: 0.2 Total points available: 3.0		Execution - Expression: 0.5 - Music and Movement: 1.0 - Artistic Components 0.4 - Technical Faults: 5.5 Total points available: 10.0		
				Total: 13 points
Apparatus Routine				
		Basic Apparatus Requirements		
Difficulty 5 BD (valued 0.1-0.2): 1.0 points max. <i>1 BD must use non-dominant leg</i> 5 Basic Apparatus Requirements: 0.2 each, up to 1.0 max 2 S (dance steps series): 0.6 total 1 toss (any height): 0.3 1 acro: 0.2 Total points available: 3.0		Rope	Ball	Hoop
				
				
				
				
Execution - Expression 0.5 - Music and Movement 1.0 - Artistic Components 0.4 - Technical Faults 5.5 Total points available: 10.0		<i>spiral</i> 		
		Medium/large toss 		Small toss 
		Catches 		
				Total: 13 points

Level B			
Floor/Freehands Routine			
Difficulty 5 BD (valued 0.1-0.3): 1.5 points max. <i>1 BD must use non-dominant leg</i> 3 S (dance steps series): 0.9 total 3 body waves: 0.9 total 1 acro: 0.2 Total points available: 3.5	Execution - Expression: 0.5 - Music and Movement: 1.0 - Artistic Components 0.4 - Technical Faults: 5.5 Total points available: 10.0		
Total: 13.5 points			
Apparatus Routine			
	Basic Apparatus Requirements		
Difficulty 5 BD (valued 0.1-0.3): 1.5 points max. <i>1 BD must use non-dominant leg</i> 2 S (dance steps series): 0.6 total 6 Basic Apparatus Requirements: 0.2 each, up to 1.2 total 1 toss: 0.2 Total points available: 3.5	Rope	Ball	Hoop
			
			
			
			
Execution - Expression: 0.5 - Music and Movement: 1.0 - Artistic Components 0.4 - Technical Faults: 5.5 Total points available: 10.0	<i>spiral</i> 		
			
	Medium/large toss 	Small toss 	
		Catches	
	Total: 13.5 points		

Level C			
Floor/Freehands Routine			
Difficulty 7 BD (valued 0.1-0.4): 2.8 points max. 2 BDs must use non-dominant leg 3 S (dance steps series): 0.9 total 3 body waves: 0.9 total 2 acro: 0.4 total Total points available: 5.0	Execution - Expression: 0.5 - Music and Movement: 1.0 - Artistic Components 0.4 - Technical Faults: 5.5 Total points available: 10.0		
Total: 15 points			
Apparatus Routine			
Difficulty 5 BD (valued 0.1-0.4): 2.0 points max 1 BD must use non-dominant leg 2 S (dance steps series): 0.6 total 6 Basic Apparatus Requirements: 0.2 each, up to 1.2 total 3 Basic Apparatus Requirement + criteria: 0.6 total 3 tosses: 0.2 each. 0.6 total* *1 toss with R Total points available: 5.0	Rope	Hoop	Clubs
			
			
			
			
			
	<i>spiral</i> 		
			
	Medium/large toss 	Small toss 	Small tosses (both clubs) together or alternating 
	 Catches	Catches (2 clubs) 	
Total: 15 points			

Level D			
Floor/Freehands Routine			
Difficulty 7 BD (valued 0.1-0.6): 4.2 points max. <i>2 BDs must use non-dominant leg</i> 3 S (dance steps series): 0.9 total 3 body waves: 0.9 total Total points available: 6.0	Execution - Expression: 0.5 - Music and Movement: 1.0 - Artistic Components 0.4 - Technical Faults: 5.5 Total points available: 10.0		
Total: 16 points			
Apparatus Routine			
	Basic Apparatus Requirements		
Difficulty 5 BD (valued 0.1-0.6): 3.0 max. <i>1 BDs must use non-dominant leg</i> 2 S (dance steps series): 0.6 total 8 Basic Apparatus Requirements: 0.2 each, maximum 1.6 points 3 Basic Apparatus Requirement + criteria: 0.2 each 3 tosses: 0.3 each. 0.9 total* <i>*2 tosses R (minimum two rotations)</i> Total points available: 7.0	Rope	Ball	Ribbon
			
			
			
			
			
			
Execution - Expression: 0.5 - Music and Movement: 1.0 - Artistic Components 0.4 - Technical Faults: 5.5 Total points available: 10.0			
	Medium/large toss 	Small toss 	Small tosses (both clubs) together or alternating 
	 Catches	Catches (2 clubs) 	
	Total: 17 points		

Level E				
Floor/Freehands Routine				
Difficulty 8 BD (valued 0.1-0.7): 5.6 max. 2 BDs must use non-dominant leg 3 S (dance steps series): 0.9 total 3 body waves: 0.9 total Total points available: 7.4		Execution - Expression: 0.5 - Music and Movement: 1.0 - Artistic Components 0.4 - Technical Faults: 5.5 Total points available: 10.0		
Total: 17.4 points				
Apparatus Routine				
		Basic Apparatus Requirements		
Difficulty 6 BD (valued 0.1-0.7): 4.2 max. 1 BDs must use non-dominant leg 2 S (dance steps series): 0.6 10 Basic Apparatus Requirements: 0.2 each, total 2.0 points 5 Basic Apparatus Requirement + criteria: 0.2 each, total 1.0 3 tosses:0.3 each. 0.9 total. * * 3 tosses R (minimum two rotations) *With criteria 0.1 each: 0.3 total Total points available: 9.0	Ball	Hoop	Clubs	Ribbon
				
				
				
				
				
				
				
	Medium/large toss 	Small toss 	Small tosses (both clubs) together or alternating 	
	Catches 	Catches (2 clubs) 		
Total: 19 points				

Body Difficulties (BD) Chart

The following charts list the various body difficulties (BD) that make up the construction of a routine. If a gymnast's routine exceeds the maximum difficulty, the judge will stop counting an excessive BDs once the maximum is reached.

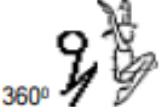
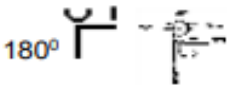
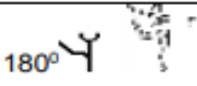
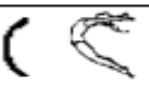
Source for all charts and graphics in this section: page 32-50, FIG Rhythmic Gymnastics Code of Points, www.fig-gymnastics.com

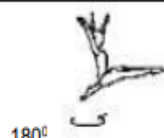
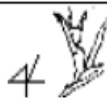
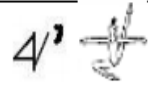
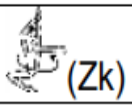
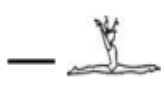
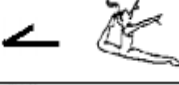
All images of body difficulties included on the following pages are sole property of the FIG and are not claimed in any way by the AAU.

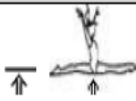
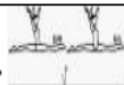
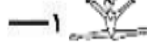
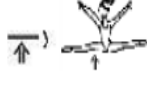
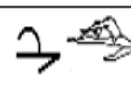
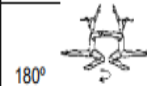
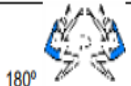
- BD should have a fixed shape, proper amplitude and form, and should begin and finish cleanly.
- Coaches must be sure to use the correct symbol for each jump on any scoresheet.
- BD should have an attached apparatus movement; no static apparatus.
- BD should be performed at an angle on the carpet where the judges can see the movement.
- Do not repeat the same BD and write them on the scoresheet.

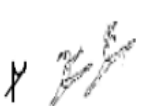
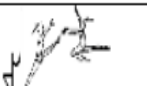
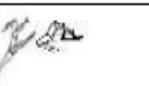
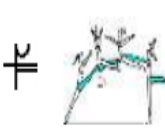
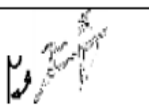
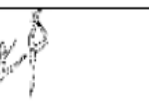
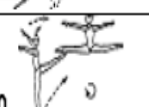
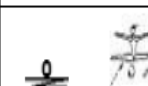
Jumps and Leaps

- Jumps and leaps range from 0.10 (easiest) through 0.60 (hardest), depending on the type.
- All should have a fixed shape, proper amplitude and form, and should begin and finish cleanly.
- Any ring-based elements should have the foot or leg near the head. It is not required for the foot to touch the back of the gymnast's head.
- Any elements with an arched back should show clear flexibility and back bend of the torso.
- The Dive Leap + roll is considered an acrobatic element, not a Jump or Leap BD.

Types of Jumps		
	0,10	0,20
1. Tuck Jump	 360°	
2. «Scissors» with bent legs	 360°	
3. Jump with stretched legs	 360°	
4. Passé jump (free leg bent forward or sideways)	 360°	
5. Jump with free leg stretched in front horizontal position	 180°	
6. Jump with free leg stretched in a side horizontal position	 180°	
7. Jump with free leg stretched in horizontal position of Arabesque	 180°	
8. Jump with free leg in horizontal position of Attitude	 180°	
9. «Cabriole» forward		 180°
10. «Cabriole» sideways		
11. «Cabriole» backwards or with turn (180° or more)		 180°
12. Jump with arch or with turn (180° or more)		 180°

	0.10	0.20	0.30	0.40	0.50
13. "Scissors" leaps with switch of legs forward at horizontal; also above horizontal, take-off leg high up, whole foot higher than head, or with switch of legs backward (at horizontal), or with ring	 	 (whole foot higher than head) 			
14. Pike jump					
15. Cossack, straight leg forward, at horizontal, or with turn (180° or more), or with turn and trunk forward		 180°	 180°		
16. Cossack, straight leg forward, high up, whole foot higher than head, or with turn (180° or more)			 180°		
17. Cossack, straight leg to the side high up, whole foot higher than head, or with support (Zhukova) and/or with turn (180° or more)			 180°  180° (Zk)		
18. Ring with one leg, take off with 1 or 2 feet, or with turn (180° or more)		 180°			
19. Ring with both legs					
20. Split leap, or with ring or with back bend of the trunk, or take-off and landing on the same leg (Zaripova)				  (Zr)	

	0.10	0.20	0.30	0.40	0.50	0.60
21. Split leap, take-off from 2 feet, or with ring or with back bend of the trunk						
22. 2 or more successive split leaps with change of take-off foot					 2 — One Difficulty  3 — (0.70) One Difficulty	
23. Split leap with turn				180° 	180° 	180° 
24. Switch split leap (passing with stretched legs)						
25. Switch split leap with (passing with bent leg)						
26. Side split leap, take-off from 1 foot						
27. Side split leap, take-off from 2 feet						
28. Switch side split leap (passing with bent leg), (passing with stretched legs)						
29. Stag leap, take off from 1-2 feet, with ring or with turn, or with back bend of the trunk						
		180° 	180° 	180° 		

	0.10	0.20	0.30	0.40	0.50	0.60
30. Switch Stag leap (passing with bent or straight leg leg)						
31. Fouetté (landing on a take-off foot), or with ring with one or both legs						
32. Fouetté split leap, with ring or with back bend of the trunk						
33. Fouetté stag leap, or with ring or back bend of the trunk						
34. « Revoltade » passing one leg stretched over the other						
35. "Entrelacé"						
36. "Entrelacé " in split						
37. Turning Stag leap (Jeté en tournant)						
38. Turning split leap (Jeté en tournant)						
39. Turning whit Switch split leap (Jeté en tournant)						
40. Butterfly (free leg passing through the position close to horizontal, take-off leg passing through horizontal. During the flight, trunk position close to horizontal or below horizontal)						

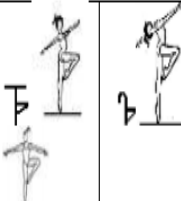
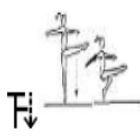
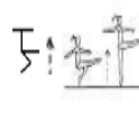
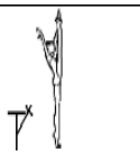
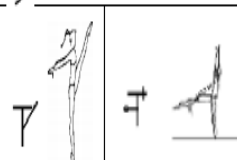
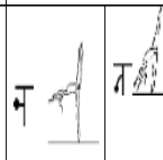
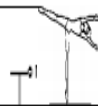
Balances T

- Any balances must be held long enough to show a clear shape and ability to hold the form properly (between 1-3 seconds).
- Balances may be done on flat foot or relevé, depending on the selected balance. However, a flat foot balance is worth 0.10 less. **Please include a drop-down arrow to indicate flat foot.**

Example: in relevé:  = 0.30

on flat foot:  = 0.20

- Fouetté balances may be of any 3 or more shapes as long as there is a heel drop in between each movement. There must be a 90 degree, 180 degree, or 360-degree rotation by the movement's completion.

Types of Balances	Balances on the foot					Value				
	0,10		0,20		0,30		0,40		0,50	
1. Free leg backward, below horizontal, trunk bent backward										
2. Passé front or side (horizontal position) or with bend of the upper back and shoulders										
3. Forward: free leg horizontal (straight or bent), or with the trunk back at the horizontal position										
										
4. With change of gymnast level, support leg bending progressively or/and return to stretch position										
										
5. Split with and without hand support or trunk backward at horizontal or below										
6. Side: Free leg horizontal or trunk side at horizontal										

	0.10	0.20	0.30	0.40	0.50
7. Split with or without hand support or trunk side at horizontal				 	
8. Arabesque: free leg horizontal or with trunk forward or backward at horizontal or below split with or without hand support					
				  	
9. Ring with or without hand support or split with horizontal trunk					
10. Attitude, also with trunk bent backward					
11. Cossack, free leg at horizontal: all directions					
12. Cossack, free leg: front or side (foot higher than head), with or without support					
Balances on other parts of the body					
13. Free leg front (foot higher than head), with or without support					
14. Free leg to the side (foot higher than head), with or without support					
15. Free leg back split (foot higher than head), with or without support.					

	0.10	0.20	0.30	0.40	0.50
15. Free leg back split (foot higher than head), with or without support.					
16. Ring; with or without support					
17. Balance lying on the floor with trunk lifted (legs maybe be separated to shoulder width)					
18. Balance with support on the chest; with (Kabaeva) or without help of hands	Kb				
Dynamic Balances					
19. Passing from the stomach to the chest					
20. Dynamic balances with full body wave in all directions in the standing position (front, side, back) or passing to or from the floor	 			Gz also vice versa Kp also vice versa U2 180° (0.60) with 180 turn in any phase, or vice-versa U3 180° (0.60)	U2 also vice versa U3 (0.50) Gz also vice versa Kp also vice versa
21. Fouetté: min. 3 same or different shapes with the leg at the horizontal for min. 2 shapes; Leg above horizontal for min.2 shapes			Leg at the horizontal for min 2 shapes + min 1 turn		Leg above horizontal for min 2 shapes + min 1 turn
22. Dynamic balances with support on the forearms with or without the movements of legs (Difficulties are considered the same)					

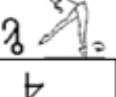
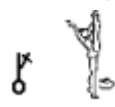
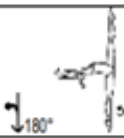
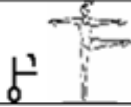
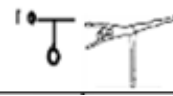
Rotations

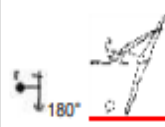
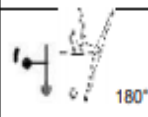
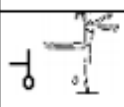
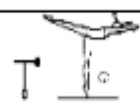
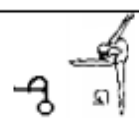
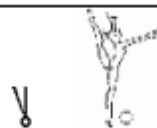
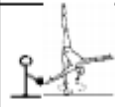
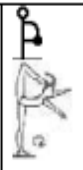
- Rotations may be performed on the foot (pivots) or with the entire body (illusions, etc). There must be at least one full (360 degrees) rotation of the body.
- Pivots with a change of the body shape count as one difficulty. The first shape determines the base value.
- Each additional rotation adds 0.10 to the value.
- If a pivot gradually lowers/raises to ground level), please add an arrow to indicate the change:

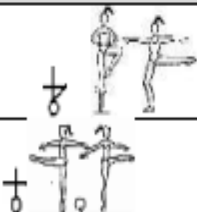
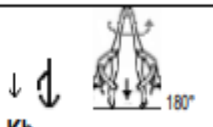
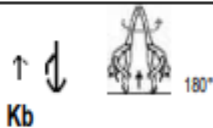
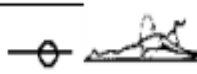
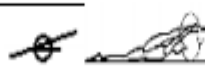
 support leg bending progressively;

 support leg returns to stretch position;

Example:   support leg bending progressively and return to stretch position

Types of Rotations	Value				
	0.10	0.20	0.30	0.40	0.50
	Rotations on the foot				
1. Free leg forward, trunk bent forward					
2. Free leg backward, trunk bent backward					
3. "Passé" (forward or side); or with bend of the upper back and shoulders	 				
4. Spiral turn ("tonneau") partial wave on 1 leg					
5. Forward: free leg horizontal (straight or bent)					
					
6. Split forward with or without support or trunk horizontal			 		
7. Side: Free leg or trunk horizontal					

Types of Rotations	0.10	0.20	0.30	0.40	0.50
8. Split side with or without support					
9. Split side with or without support, trunk horizontal					
10. Arabesque: free leg horizontal or trunk horizontal or backward					
11. Split with or without support					
12. Split with or without support, trunk horizontal or ring					
13. Penché: body bent at the horizontal or below, leg in back split or ring, rotation on flat foot					
14. Attitude or ring with support or backward					

Types of Rotations	0.10	0.20	0.30	0.40	0.50
15. Fouetté: Passé or with leg stretched at the horizontal then the horizontal in front, side, "arabesque", or "attitude"					
16. Cossack					
17. Front split; trunk bent back below horizontal from standing position or from the position on the floor					 
18. Front split with support passing the free leg into back split balance with support (Gizikova)					
19. Illusion: trunk bent forward / side; also backward					
Rotations on other parts of the body					
20. Rotation on the stomach, legs close to ring or legs in split, without support of the hand (Kanaeva) or on the back (Ralenkova)					
21. Rotation in a split with help of the hand, without interruption bent forward or backward					

Acrobatic Elements

- Acrobatic elements vary greatly in style and difficulty. Any level may utilize any acro or pre-acrobatic element.
- The only flight element allowed is the side aerial (no-handed cartwheel) often used in dance. No other flight elements (handsprings, tumbling, back or front tucks, front aerials, etc.) are allowed in competition. AAU athletes will not be able to use the side aerial outside of AAU sanctioned competitions, as it is forbidden in most rhythmic competitions internationally.
- The table below shows examples of acrobatic elements. Please note that there may be other elements out there that also fit this description. Gymnasts are welcome to use acrobatic and contortion elements not mentioned below if they fit the above guidelines.
- Isolated acrobatic elements used in floor or apparatus should be written with the symbol **A**.
- Any acrobatic element from the list below can be used in **R** (dynamic element with rotation).

Cartwheels	Rolls	Walkovers	Forearm Acro
Cartwheel (two-handed)	Forward roll	Backbend	Forearm handstand (straight)
Cartwheel (one-handed)	Backward roll	Front walkover	Forearm handstand (stag)
Cartwheel (side aerial)	Forward straddle roll	Back walkover (foot resting on floor)	Forearm handstand (split)
Cartwheel on the chest	Backward straddle roll	Front walkover from arabesque or penchee	Forearm handstand (middle split)
	Forward pike roll	Back walkover with foot held above the floor	Forearm handstand (combo)
	Backward pike roll	Tinsica	Handstand lowering to forearms with roll onto chest
	Backward stag roll	Front walkover (one arm)	Forearm walkovers and variations
	Forward roll from a dive leap position	Back walkover (one arm)	Forearm cartwheels and variations
	Fish flop (forward)	Front walkover (on the forearms)	
	Fish flop (backward)	Back walkover (on the forearms)	
	Forward donut roll	Onodi walkover	
	Backward donut roll	Valdez back walkover	
	Donut roll out of a preceding acro skill	Shpekt (one arm)	

AAU Open

The AAU Open discipline is a medium pathway to competition, focused on personal best. All the general skills (Body Difficulties, or BDs) are worth the same amount of points on the scoresheet. There are not varying values attached to various BD.

It is a slightly more relaxed discipline for the gymnast to participate in. It is still competitive, but the goal is to strive to beat oneself and better one's personal performance from the previous accomplishments. It is open to athletes of all ages. Ranking by athlete, level or age group for a large meet is optional and may be offered by the meet director as a potential choice but must always remain optional and never forced upon the athlete.

The Open athlete must follow the same Leotard and Music guidelines as the AAU Pro athletes. The levels (in ascending order) are: Copper, Bronze, Silver, Gold, and Platinum. Diamond is the adult league only.

What Makes Up a Routine?

- **Body Difficulties (BD):** jumps/leaps, rotations, and balances (see previous pages for lists of BDs).
- **Basic Apparatus Requirements:** all the fundamental apparatus groups of the sport per apparatus, such as skipping through the rope, spirals with ribbon, rolls with ball, etc.
- **Acrobatic Elements (A):** the cartwheels, rolls, walkovers, etc. that are used to add dynamic quality to the routine. A full chart of potential acrobatics can be found on page 25.
- **Tosses with Rotations (R):** rotating the body under medium/large tosses of the apparatus; either by rotation categories (illusions, etc.), acrobatic elements (forward rolls, etc.) or by any other axis of the body (chainé turns, etc.) either on the floor or standing.
- **Rhythmic Dance Steps (S):** any variety of dance steps, in any genre of style, that last for a full 8 seconds/8 count and are performed primarily on the feet (passing briefly to the floor is allowed). The steps may be of an ethnic or cultural background (such as Russian dance steps) or can be from a genre of modern dance, such as hip-hop, ballet, lyrical, contemporary, and so on.
- **Body Waves (BW):** a full body arch and contraction with the engagement of arms, spine, abdomen and head to complete a full vertical wave-like motion. Can also be performed in second-position with a horizontal motion.
- **Special Catch/Criteria:** pairing a toss with a more difficult maneuver, called criteria. Adding an element of risk is the basis of criteria, such as catching the apparatus without hands, or not being able to see the apparatus at all while trapping it with the feet, and etc.

Body Difficulty Categories

- Jumps and Leaps ^
- Balances T
- Rotations o
- Acro A

Description of AAU Open Levels

Copper Level
The first level of competition, open to all ages. An athlete may participate with any apparatus or floor, with a maximum of 3 individual routines. This level is designed to be the introductory level to the sport. Routines are scored out of 10 points. The BD should be of 0.1 value each.
<i>Requirements for Apparatus Routines</i> • 1 toss (catch with both hands) • 5 body difficulties (must include 1 pivot, 1 balance, 1 jump/leap, 1 acro) • 2 dance step series (8 seconds)
<i>Requirements for Floor Routines</i> • 5 body difficulties (must include 1 pivot, 1 balance, 1 jump/leap, 1 acro) • 3 dance step series (8 seconds) • 2 body waves

Bronze Level
The second level of competition, open to all ages. This level is designed to be slightly more advanced than Copper Level, but still offers the same beginner experience that will prepare the athlete for future difficulty. An athlete may participate with any apparatus or floor, with a maximum of 3 individual routines. Routines are scored out of 10 points. The BD should be of 0.1-0.2 value each.
<i>Requirements for Apparatus</i> • 2 medium tosses (catch with two hands; catch with one hand if possible) • 5 body difficulties (must include 1 pivot, 1 balance, 1 jump/leap, 1 acro) • 2 dance step series (8 seconds)
<i>Requirements for Floor</i> • 5 body difficulties (must include 1 pivot, 1 balance, 1 jump/leap, 1 acro) • 3 dance step series (8 seconds) • 2 body waves

Silver Level

The third level of competition, open to all ages. This level is an intermediate level that opens for more difficulty in apparatus work and skills. An athlete may participate with any apparatus or floor, with a maximum of 3 individual routines. Routines are scored out of 10 points. Aim for bigger, medium-height tosses with more risk. The BD should be of 0.2-0.3 value each.

Requirements for Apparatus

- 3 medium tosses (one should be caught with 1 hand)
- 5 body difficulties (must include 1 pivot, 1 balance, 1 jump/leap, 1 acro)
- 2 dance step series (8 seconds)

Requirements for Floor

- 5 body difficulties (must include 1 pivot, 1 balance, 1 jump/leap, 1 acro). At least 1 BD must use non-dominant leg.
- 3 dance step series (8 seconds)
- 2 body waves

Gold Level

The fourth level of competition, open to all ages. An athlete may participate with any apparatus or floor, with a maximum of 3 individual routines. Routines are scored out of 10 points. This level contains more risk in terms of apparatus, with more specific criteria needed for tosses and catches. Aim for bigger, medium-height tosses with more risk. Gymnasts should strive to do something interesting beneath the toss, or when catching with criteria. The BD should be of 0.2-0.5 value each.

Requirements for Apparatus

- 2 medium tosses, 1 large toss (1 toss must be caught with 1 hand, 1 should include a rotation underneath, and 1 toss should include criteria or a special catch).
- 5 body difficulties (must include 1 pivot, 1 balance, 1 jump/leap, 1 acro)
- 2 dance step series (8 seconds)

Requirements for Floor

- Minimum 5 body difficulties (must include 1 pivot, 1 balance, 1 jump/leap, 1 acro). At least 1 BD must use non-dominant leg.
- 3 dance step series (8 seconds)
- 2 body waves

Platinum Level

The fifth level of competition, open to all ages. An athlete may participate with any apparatus or floor, with a maximum of 3 individual routines. Routines are scored out of 10 points. This level contains higher risk in terms of apparatus, with more specific criteria needed for tosses and catches, as well as the inclusion of rotations underneath large tosses. Aim for large tosses with more risk. Gymnasts should do something interesting beneath the toss, or when catching with criteria. The BD should be of 0.3-0.6 value each.

Requirements for Apparatus

- 3 large tosses (1 special catch with criteria, 2 special tosses with criteria. Two rotations should be included with 1 of the tosses)
- 5 body difficulties (must include 1 pivot, 1 balance, 1 jump/leap, 1 acro)
- 2 dance step series (8 seconds)

Requirements for Floor

- 5 body difficulties (must include 1 pivot, 1 balance, 1 jump/leap, 1 acro). At least 2 BDs must use non-dominant leg.
- 3 dance step series (8 seconds)
- 2 body waves

Diamond Level ~ Adult League

The Diamond Level is the Adult League. All participants must be age 18 and over. An athlete may participate with any apparatus or floor routine, with a maximum of 3 individual routines. Routines are scored out of 10 points. This level contains the highest risk in terms of apparatus catches and tosses, with more specific criteria required, as well as the inclusion of rotations underneath large tosses. Aim for large tosses with higher difficulty. Gymnasts should strive to do something interesting beneath the toss, or when catching with criteria. The BD should be of 0.3-0.7 each.

Requirements for Apparatus

- 4 large tosses (two special catches with criteria, two special tosses with criteria; 1 toss should have 2 rotations underneath)
- Maximum 6 body difficulties (must include 1 pivot, 1 balance, 1 jump/leap, 1 acro)
- 2 dance step series (8 count)

Requirements for Floor

- 7 body difficulties (must include 1 pivot, 1 balance, 1 jump/leap, 1 acro). At least 2 BD must use non-dominant leg.
- 3 dance step series (8 count)
- 2 body waves

Scoring for AAU Open: Execution

The scoring for AAU Open is divided into two categories: Execution and Difficulties. Both categories are worth up to 5 points, and then are added together to create a grand total of 10 points.

Execution is essentially technique in body (pointed feet, straight knees, and proper alignment), musicality (flow and rhythm of the routine and music awareness), expression (the emotion portrayed on the face and carried out by the body movement), the choreography in terms of dance step quality and floor coverage (not remaining in one section for too long), and etc.

If the gymnast is performing a Floor routine, then the last box of **Apparatus ONLY** is crossed out. If the athlete is performing an Apparatus routine only, then the second-to-last box of **Floor ONLY** is crossed out. That keeps the grand total to 5 points.

Scoring for AAU Open: Difficulties

The other half of the score for AAU Open consists of Difficulties.

This section has space for 10 listed Difficulties. Those spaces include not only the Body Difficulties, but should also include apparatus fundamentals (rolling the ball, etc). for the lower levels, tosses, dance steps and acro. Each box is worth 0.5 points. Although not all boxes have to be filled, a gymnast will not be able to gain adequate points if boxes are left empty.

For the lower levels, there may be extra spaces on the sheet left over. If that instance, a gymnast can list the basic apparatus requirements common to the apparatus, such as rolling the ball, bouncing the hoop, and so on, as some of the 10 required items on the sheet.

For the higher levels with more requirements (for example, Diamond Level), the athlete should focus on writing down primarily the BD and apparatus requirements like tosses. If she cannot fit dance steps or acro in writing on the sheet, that doesn't mean that they shouldn't still be included; rather, it simply means that the judge will watch for them (and remove points if not present), but focus on the higher-risk elements written on the scoresheet, such as the 4 tosses and 6 BD. Tosses should be described as accurately and simply in writing as possible, whether in basic rhythmic symbols or written text.

For example, both of the following are acceptable:

1) 

2) Toss, leap, catch

Award Values

Each athlete will receive a certain medal/award based on their personal best in terms of scoring. Scores closer to the 10 point range receive the highest medal placement, and down to merit awards.

Ranking of 1st through 5th placements is also allowed in AAU Open. This is optional, and should be listed as a possibility prior to the meet by the meet director. It is entirely up to the meet director as to whether to include this or not at the competition. No AAU Open athlete may be pushed into this option; it must be asked prior to the event. A gymnast is welcome to skip ranking and simply receive awards based on personal best.

AAU Group

The AAU Group program is designed to be an accessible, easy-to-understand Group program based on the FIG rules and are divided in two categories: A and B.

AAU Group A (beginner/intermediate level)

AAU Group B (intermediate/advance level)

The difference between Group A & B is the use of minimum and maximum elements, exchanges, collaborations, formations in the Difficulty part of the routine. The Difficulty aspect is open in terms of scoring. However, the execution always remains the same of 10.00.

Groups Participants

Group exercise (Group A or Group B) may be performed as Duet, Trio, 4 gymnasts or 5 gymnasts. All groups of the same level will be judged the same regardless of the number of participants.

Attire (see page 3 for full rules)

Group leotards must be identical in style and color. Slight variations are acceptable.

Music Length (see page 3 for full rules)

Group A - 2:00-2:15min

Group B - 2:15-2:30min

What Makes Up a Group Routine?

BD (body difficulty)- the jumps/leaps, rotations, and balances of the sport.

C (collaborations)- A Group exercise is defined by cooperative work where each gymnast enters into a relationship with one or more apparatus and one or more partners. The successful Collaboration depends on a perfect coordination between the gymnasts, performed:

- With or without direct contact
- All 5 gymnasts together or in subgroups
- With a variety of traveling, directions and formations
- With or without rotation
- With possible lifting of one or several gymnasts and/or with support on the apparatus or gymnasts

F (formations) - Formations should be created with a variety in the following:

- Placements in different areas of the floor area: center, corners, diagonals, lines,
- Distribution of the positions within the formations (facing forward, back, one another, etc.)
- Design: circles, lines in all directions, triangles, etc.
- Amplitude: size/depth of the design (wide, closed, etc.).

E (exchanges) – Various types of throws and/ or catches should be used. In an Exchange of apparatus, all gymnasts must participate in two actions: *throwing* her own apparatus to a partner and *receiving* the apparatus from a partner. Exchanges may be performed:

- simultaneously or in very rapid succession
- with the gymnasts in place or traveling
- by all of the gymnasts together or by subgroups
- between 1 type or 2 types of apparatus
- with the same, different or mixed levels of the trajectory of the throws
- Various heights of the throws, including mixed heights where some fly very high and others medium at the same time
- Various techniques of the throws
- Various techniques for the catches
- Various combinations of the same or different criteria

BAR (basic apparatus requirement) - all the fundamental apparatus groups of the sport per apparatus, such as skipping through the rope, spirals with ribbon, rolls with ball, etc.

Rhythmic Dance Steps (S): any variety of dance steps, in any genre of style, that last for a full 8 seconds/8 count and are performed primarily on the feet (passing briefly to the floor is allowed). The steps may be of an ethnic or cultural background (such as Russian dance steps) or can be from a genre of modern dance, such as hip-hop, ballet, lyrical, contemporary, and so on.

Body Waves (BW): a full body arch and contraction with the engagement of arms, spine, abdomen and head to complete a full vertical wave-like motion. Can also be performed in second-position with a horizontal motion.

AAU Group A (beginner/intermediate level)	
Floor/Freehands Routine	
Difficulty • Min. 3, Max. 5 BD (body difficulties) • Max. 6 C (collaborations) 0.3/each - <i>min. 2 collaborations with A (acro)</i> • 3 S (dance steps series): 0.3 each • Min. 6 Formations 0.2/each • 2 BW (body waves) 0.2/each Total points available: open	Execution • Expression • Music and Movement • Artistic Components • Technical Faults Total points available: 10.0
Total: open	
Apparatus Routine	
Difficulty • Min. 3, Max. 5 BD (body difficulties) • Max. 5 C (collaborations) 0.3/each • Min. 5 Formations 0.2/each • Max. 2 Exchanges 0.5/each • Min. 5 BAR (basic apparatus requirement) 0.2/each • 2 S (dance steps series): 0.3 each Total points available: open	Execution • Expression • Music and Movement • Artistic Components • Technical Faults Total points available: 10.0
Total: open	

AAU Group B (intermediate/advanced level)	
Floor/Freehands Routine	
Difficulty • Min. 3, Max. 7 BD (body difficulties) • Max. 7 C (collaborations) 0.3/each - <i>min. 2 collaborations with A (acro)</i> • 3 S (dance steps series): 0.3 each • Min. 7 Formations 0.2/each • 2 BW (body waves) 0.2/each Total points available: open	Execution • Expression • Music and Movement • Artistic Components • Technical Faults Total points available: 10.0
Total: open	
Apparatus Routine	
Difficulty • Min. 3, Max. 7 BD (body difficulties) • Max. 6 C (collaborations) 0.3/each - <i>min. 2 collaborations with A (acro)</i> - <i>min. 1 collaboration with medium throw</i> • Min. 6 Formations 0.2/each • Max. 4 Exchanges 0.5/each • Min. 5 BAR (basic apparatus requirement) 0.2/each • 2 S (dance steps series): 0.3 each Total points available: open	Execution • Expression • Music and Movement • Artistic Components • Technical Faults Total points available: 10.0
Total: open	

Please see the AAU website for all scoresheets, forms, and further information at:

<https://aausports.org/AAU-Sports/Rhythmic-Gymnastics>