



## AAU National Rules for Boys 2022-2023

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**Purpose:** To encourage participation in competitive gymnastics by providing parents and gymnasts a positive and inexpensive introduction to the sport. We hope this will facilitate the development of larger boys' classes and teams. In addition, it will provide an avenue for growth in gyms that mainly have girl's programs and not all the men's equipment.

We feel that boys in classes can participate comfortably in these competitions and they do not need to do all events. In addition, boy's classes are easier to teach when the boys are working on their routines for the meet. We have found that boys are more enthusiastic and continue in gymnastics longer as a result of meet participation.

We encourage gyms to use this avenue to develop teachers, coaches and judges.

## **Types of Competitions:**

**Please note: Boys competing in AAU Licensed events will follow the boy's program rules.**

### ***Six Event All-Around - Levels 3-7***

- Rules: standard of the sport and/or National Governing Body.

### ***Open Compulsory – Levels 3-6***

- Rules: per standard of the sport and/or National Governing Body.
- Need not perform the same level on each event.
- Suggested age for Open Compulsory: 10+
- The Level of the routine is added to the Event Score  
i.e. A Level **5** Floor routine scores 10.2; then add the **5.0**= 15.2

### ***Boys 4x4 (Four Event All-Around) – Levels 1-3 (these levels are unique to four event all-around)***

- Events
  - Vault
  - Floor Exercise
  - Bars (low bar or top rail)
  - Circles/Support (use high beam & marked landing mat)
- Competition is designed for clubs that do not have boy's equipment but would like to still have a boys program.
- Rules: <https://aaugymnastics.org/boys-program>
- Video references:  
[https://www.youtube.com/channel/UCS\\_kwUMVxjQevOae2TPAjEA](https://www.youtube.com/channel/UCS_kwUMVxjQevOae2TPAjEA)

**Entry fees:** The goal of this program is easy entry and access to the sport. Entry Fee up to the discretion on Meet Director. However, it is our goal to have lower fees than a standard invitational as there are fewer awards.

**Admission Fees:** Goal of program is lower cost for entry into sport. Admission Fee up to the discretion on Meet Director.

**Attire:** T-shirt and shorts (footwear is not required).  
Long pants, competition jersey and footwear is optional.

**Awards:** All-Around awards required. Remainder of awards is at the discretion of the Meet Director

**Team Awards** – Up to the discretion of the Meet Director.

**Recommended Competition Format:**

- Open stretch -10 minutes minimum.
- Open Event Warm-Up:45 seconds per athlete per event for Levels 3 & 4.
- Modified Capital Cup Levels 5 - 7

**Sessions and Events:** Recommended Session Length 2 hours.

**Coaches Dress Code:**

Closed toed shoes, No sandals.

Slacks, warm-up pants or hemmed shorts. (No denim or cargo style)

Collared shirts.

No hats.

**Qualifying to District Championships**-Determined by District Chairman

## **AAU National Rule Allowances**

**AAU Boy's National Program follows the standard of the sport and/or National Governing Body, with the following rule changes:**

**Vault:**

- Air-O-Boards allowed but not required.

**All Boys Competitions:**

- Allow speaking to gymnast by coach (no deduction)
- Spotting Deduction up to a maximum of .5, judge's discretion.

**Judges:**

Every effort should be made to have NGJA judges. One judge per event is acceptable. However, depending on the meet, it would be acceptable to have NAWGJ judges evaluate.

**Men Judging Attire:** As per NGJA Rules

**Women Judging Attire-** As per NAWGJ Rules

**Judges Responsibilities: As per NGJA Rules**

- Arrive 30 minutes prior to competition.
- Attend pre-meet judges meeting
- Study in advance all information pertaining to the event(s) you are assigned.
- Know AAU rule modifications.
- Judge fairly and impartially.

**AAU Membership:**

All coaches and athletes must be members of AAU. It is encouraged, but not required, for all judges to members of AAU. Go to [AAUsports.org](http://AAUsports.org) for membership information.

**Revised: December 15, 2022**