



**2008-09 AAU GEORGIA**

**GYMNASTICS**

**RULES AND POLICIES**

# **GYMNASTICS EXECUTIVE BOARD**

**2007-08**

## **AAU PROGRAM**

Denise Jessen, co-chair: Gymnastics Gold

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Level 2 Rep: Hope Spivey, 770-586-5797 [hope@spiveygyim.com](mailto:hope@spiveygyim.com)

Level 3 Rep: Laurie Marches, 770-834-3259 [lmarches@carrollton-ga.gov](mailto:lmarches@carrollton-ga.gov)

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Level 4 Experienced representative: Contessa Marquis 770-623-8212

Level 5 Rep. Eleanor Joubert 770-270-6227, [tuckertucks@yahoo.com](mailto:tuckertucks@yahoo.com)

### **Prep Opt Representative Committee**

Becky Oppenheimer, PO coordinator 770-516-2654 [becky@ga-allstars.com](mailto:becky@ga-allstars.com)

Prep 1 –Tina Washington, 706-613-3589- [christinawashington@clarke.ga.us](mailto:christinawashington@clarke.ga.us)

Prep 2 & training-Jim Mousseau 706-650-2111 [mrmoose2046@bellsouth.net](mailto:mrmoose2046@bellsouth.net)

Prep 3- Becky Oppenheimer 770-516-2654 [becky@ga-allstars.com](mailto:becky@ga-allstars.com)

**Education Materials (DVD's, etc...)** Cynthia Davis, Rockdale- 770-483-0229

[drewcynthiadavis@earthlink.net](mailto:drewcynthiadavis@earthlink.net)

**GA JUDGES REPRESENTATIVE** Gretchen Connell- 478-955-2837 or

478-328-6020 [salto.one@cox.net](mailto:salto.one@cox.net)

**Scoring and Sanctioning** June Seymour-912-653-2660 [jkseymour@g-net.net](mailto:jkseymour@g-net.net)

**State Meet Awards** Cindy Furman, 770-641-3987 [cfurman@ci.roswell.ga.us](mailto:cfurman@ci.roswell.ga.us)

### **Age Group Nationals Coordinator**

Denise Jessen, 706-650-2111

### **JO Games Coordinator**

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### **USA Gymnastics**

USA Gymnastics Georgia Chair- Jon Aardema, 770-975-8337

[jona@gymnasticsacademyofatlanta.com](mailto:jona@gymnasticsacademyofatlanta.com)

USA National office- 1-800-345-4719

### **AAU REGISTRATION INFORMATION**

All Gymnastics Clubs must register over the internet at [www.aausports.org](http://www.aausports.org). (instructions below under “registering over the internet”. Registration must be done each season in the following order:

1. Obtain a Club Membership (note: Club membership must be done first)
2. Register the club contact person (note: must use your club number obtained in step one)
3. Register your coaches (non-athletes)-(note: must use your club number obtained in step one)
4. Register your athletes (note: must use your club number obtained in step one)
5. Ensure your coaches are Safety Certified and your meet directors have their meet director certification

### **AAU CLUB MEMBERSHIP**

Club membership is mandatory to receive AAU insurance, to host Sanctioned events, to participate in Team Awards at Invitational’s and State Championships, to have voting rights and to receive AAU mailings or publications. Every Club should register their club first to receive their club membership number which will be needed to register your coaches and athletes. Club membership runs from Sept. 01 through August 31, of each year. It is recommended you register in early September to take advantage of having the insurance coverage that you will receive after you are registered in place for the full year. There are three levels of Club Memberships available. The fee varies according to which level best fits your club needs. Each of these levels is explained in detail. Registration over the internet is outlined below.

- Clubs that practice in two separate facilities must have a club membership for each separate location in order to be covered under AAU insurance.
- If a club does not have a club membership, they may not compete as a team at any sanctioned meet.

### **AAU ATHLETE AND COACH REGISTRATION**

After you obtain a Club membership (above), you will need to make sure your coaches and athletes are registered. You will need to make sure you enter your club number (obtained when you register your club) when registering your coaches and athletes. Please remember to fill out your application completely. No applications will be taken without a complete

birth date. Only register one level per sheet. Please be sure to indicate which type of coverage you want- type A or AB. The difference in the coverage is explained on the registration form. You cannot split coverage.

**Registering over the internet with a credit card:**

1. Go to [www.aausports.org](http://www.aausports.org)- Select “JOIN” and Register your club first. If you plan to host a meet you will need a level 2 membership.
2. Next register your club contact person- remember to use your club membership number you obtained in step one.
3. Register all of your coaches (referred to as “non-athletes”) Again, remember to use your club membership number from step one.
4. Register your Athletes- Remember to use your Club membership number from step one. Register only one level per sheet. Be sure to identify if you would like A or AB coverage.
5. The system will charge your credit card for the total and allow you to print verifications.
6. If you need assistance, call Liz Nichols at 770-979-1584

**AAU DUES**

Each gymnast entered into an AAU State Championship meet will be charged an additional dollar that will go to the Georgia office to pay Georgia AAU dues. This fee will be built into the State Meet entry fees that are set by the board. The host Gym of the State meet competitions will be billed for this fee. AAU dues pay for the management of the website, mailings, etc.

**SAFETY CERTIFICATION**

All coaches must have their Safety Certification to be on the competitive floor during any GA AAU or USA sanctioned events. Credentials no longer need to be visible at competitions but proof of Safety Certification must be available (produced) upon request at meets. For Safety Course dates or to register for a Safety Course, please call USA Member Services at 1-800-345-4719. USAG now offers the Safety Course online for both current and new members.

## **Routines and Music**

The GA-AAU 2-5 Text and deduction cards can be obtained and downloaded at [www.gaaau.net/gymnastics%20girls.htm](http://www.gaaau.net/gymnastics%20girls.htm). Please check this site often for updates and clarifications throughout the year. It is recommended that you purchase the USA Gymnastics Compulsory Text as the AAU Text follows the USA Program very closely and references the USA Text substantially.

The 2-4 GA-AAU DVD (\$10) is available for purchase. Please contact Cynthia Davis (Rockdale Gymnastics) at 770-483-0229 or at [drewcynthiadavis@earthlink.net](mailto:drewcynthiadavis@earthlink.net) if interested.

Important: Always refer to the written text not the DVD if there is a discrepancy. If something is not specified on the current year's routine cards, on the AAU web, in the current year's AAU newsletters, or in the current Rules and Policies, follow USA Gymnastics guidelines. Please contact Co-chairs or AAU Judges Rep for any clarifications. At times AAU makes changes or clarifications during the season. Please watch the web and group e-mails for notification.

AAU utilizes the USA Gymnastics compulsory music. Please purchase your music from USA Gymnastics.

Optional Music; Cassette tapes will no longer be acceptable media for use at competitions. Music should be provided on Compact Discs (CD's) with one piece of music per disc. Mp3 or iPod devices will be allowed if the host club has this capability. Participating Clubs are responsible for contacting the Meet Directors regarding their media capability.

## **AAU Web Sites**

Please be aware that there are two web sites for AAU. The Georgia site is found at [www.gaaau.net](http://www.gaaau.net) and the National site is found at [www.aausports.org](http://www.aausports.org). When competing in Georgia, please follow all rules, routines, etc. as listed on the Georgia site as they may vary slightly from the National material.

## **AAU INSURANCE**

AAU insurance is provided through your valid Club Membership and Athlete and Coach Registrations. AAU provides secondary medical if individuals already have primary insurance. AAU will provide primary Insurance if there is no other insurance but after the deductible is met. In order for the insurance to be valid, you should know the following:

\*Everyone (players, coaches, volunteers, and clubs) should be registered with AAU in order to have valid coverage.

\*Club Membership is to have club practice insurance either Type A or AB. Please read on the Club membership application to understand the different options (A or AB) of coverage.

If you would like a copy of the insurance brochure go to [www.aausports.org](http://www.aausports.org)

## **SURCHARGES**

There is a \$1 surcharge per athlete for all invitational meets that must be paid to the Georgia AAU office. There is a \$3 surcharge (increase from previous season, due to elimination of Georgia Club Dues) per athlete for all State Meets. Please read under Meet director's duties (#13) for details.

## **MEET DIRECTORS DUTIES FOR AAU SANCTIONED EVENTS**

1. Make sure your club, athletes, and coaches are all properly registered. Also, athletes attending your meet should have a current AAU membership number, or your sanction will be at risk and your event will not be covered by insurance. All Coaches should have a current membership number. Clubs should be registered in order to participate in Team Awards. It is the meet director's responsibility to verify that everyone attending is properly registered. A current list of clubs and athletes may be obtained from Liz Nichols, Advisor Registrar at [aaunichols@bellsouth.net](mailto:aaunichols@bellsouth.net).
2. Insure that all coaches from participating clubs provide proof of current Safety Certification and that your Meet Director has their Meet Director Certification.

3. Select a date for your event and insure it is given to Brock White [DecaturDog@aol.com](mailto:DecaturDog@aol.com) to be placed on the NAWGJ calendar and to Liz Nichols [aaunichols@bellsouth.net](mailto:aaunichols@bellsouth.net) to be placed on the AAU web site. Normally, this needs to be turned in for the next year's calendar around the time of the previous years state meets.
4. After securing the date, contact the NAWGJ Booking Agent to complete an AAU request for Judges Form to secure Judges for your event.
5. Send in a request for Sanction Form and the appropriate sanctioning fees. Form may be obtained by going to [www.gaau.net](http://www.gaau.net) or by contacting June Seymour at 912-653-2660 [jkseymour@g-net.net](mailto:jkseymour@g-net.net). (Note: Effective Aug. 2008 sanctions can only be acquired online. Sanction every day of your meet that you anticipate, but it is best to under sanction. You can always add a day to be sanctioned, but money cannot be refunded for sanctioned days that are cancelled. If in the event the days change (days added or changed, etc), it is extremely important that you contact June prior to the event so that the necessary changes can be reported and covered by insurance. If you do not sanction a day of your meet, it will not be covered by insurance. If any athlete, coach, or club that attends your meet is not properly registered with AAU, the sanction and insurance coverage will be void. Current Sanction fees may be found on the forms on the AAU web site. Approved sanction must be posted in a visible location on the day of your event.
6. If hosting a meet outside of your facility, confirm if a Third Party Certificate of Liability is needed. (Explanation of Third Party Certificate of Liability is in this Rules and Policies Book)
7. Prepare and Distribute your Invitations to your meets (See Items to be included on your invitation in this Rules and Policies Book) All State Meet Invitations are due to the co-chairs by December 15 for placement on the website.
8. After the deadline to receive meet entries, prepare the competition schedule and eventually the rotation schedules. Confirm schedule with your Meet Referee (Judge) and if you need additional assistance preparing your meet schedule contact Becky Oppenheimer, Meet Coordinator, at 770-516-2654. (IMPORTANT: See Rules for Competition in this Rules and Policies book) All State Meet Schedules **Must** be approved by Becky Oppenheimer, prior to distribution or posting on the web.

9. **Awards**- Order and distribute your awards according to AAU guidelines listed in this Rules and Policy Book. Host gym is responsible for ordering all medals, awards for their own invitational meets. State Meet awards and athlete t-shirts are only ordered by the State Awards Chair. Your club will be billed for all State Meet awards other than the participant awards that are provided by AAU.
10. Make sure that proper equipment is provided to accommodate all Georgia AAU Rules and Policies. (IMPORTANT: See Rules for Competition in this Rules and Policies book) In the event that AAU does not specify something in the current Rules and Policy Book, newsletters, or web, USA guidelines are to be followed or the AAU co-chair can make a ruling. AAU co-chairs always reserve the right to make rulings as they see fit.
11. Be aware of all entry fees, team fees, and door fees as recommended by GA AAU. Gyms hosting State Championships for AAU MUST use the fees that are set by the AAU board for the current year.
12. Report any accidents that occurred during your meet no later than 24 hours after occurrence. See “Reporting an Accident” in this Rules and Policies Book.
13. **Surcharges**-There is a \$1 surcharge fee for athletes that competed in your invitational meet. All-around competition results (scores) and surcharge fees must be sent to June Seymour within 48 hours of your sanctioned event. Score sheet should be signed by all judges. Send \$1 per athlete for all Invitational meets or \$3 per athlete for all State Meets. Meet directors are reminded to notify June of any out of state competitors when you submit your meet results. Results should be submitted by competitive levels. Age divisions can be together, but NOT levels.

June Seymour  
279 John Coursey Rd.  
Ellabell, Ga. 31308-4509
14. Meet Directors hosting events with competitors from both the AAU and the USAG Federations must schedule athletes in separate sessions.  
AAU and USAG competitors may not compete together within the same session.

### **Third Party Certificate of Liability**

Frequently facilities require a Third Party Certificate of Liability in order to run an event at their facility. They require an actual insurance policy with their name on it. AAU can provide this with the proper request. Each request is \$25. Third party requests require 30 days notice. If you need a request in less than 30 days, the fee will be \$100. If you need to add facilities to an existing request, there will be no charge. All third party requests must be attached to valid and approved sanction forms. To obtain Third Party requests go to [www.aausports.org](http://www.aausports.org) and click on access log in. You will need your club number and current AAU member number to log on. After you log on, you will be able to print a specimen of insurance certificates with your Club name and information on it to give to your facilities.

### **ITEMS TO BE INCLUDED ON MEET INVITATIONS**

1. Date of Meet-Specify if possibility of Friday session
2. Meet site-including site address and mailing address
3. Meet director's name, telephone number, and e-mail address
4. The website with meet information
5. Award information
6. Entry fee- specify if different for different levels (compulsory, optional, etc.) as well as refund policy
7. Entry deadline with late fees
8. Team fees
9. Misc. fees- Door fees (adults vs. kids), parking fees, etc.
10. Qualifying information
11. Payment information, including whom the check should be made out to and the address it should be sent to
12. List type of equipment
13. Lodging information and Host hotel ( give a few options/price ranges)
14. State Meets should have AAU Emblem
15. Map/directions to your meet
16. T-shirt order form if needed (Indicate if size not entered, Meet Director will assign a size)

17. Competition Entry form with place for Gyms name, address, phone numbers, e-mail, fax number, competitors names, athlete registration number, Level, Athlete's birthdates, T-shirt size, Coaches AAU numbers, Club numbers, and Safety Certification Expiration
18. Request for all entries to be submitted electronically or typed. No handwritten entries accepted. No entries accepted without payment.

## **RULES FOR COMPETITION**

1. All USA guidelines will be followed in regards to number of judgments per session/ per day, 30 second touch requirements (note: touch can be waived by State Chair if necessary) and equipment unless otherwise stated on AAU routine Cards, Rules and Policies, web site or current News letters. Also, AAU co-chairs reserve the right to make decisions regarding Rules as they see fit at any given time.
2. **Equipment-** Must follow USA guidelines unless otherwise specified. AAU allows the following:
  - Beams and vaults may be lowered as low as possible as long as equipment is safely locked at that height. A gymnast must be able to lower or raise the beam as necessary or two beams must be provided (one lower and one higher).
  - For all levels, the board (or mat mount) may be placed on top of an 8" skill cushion for the purpose of mounting for UB and BB. Mounting aids must be removed as soon as possible after the mount to avoid a deduction.
  - Bar requirements are the same as USA Gymnastics
  - Any size professionally manufactured springboards or Air boards (not mini-tramps) may be used for Vault as long as the same boards are offered for all sessions of that level for a particular meet. Meet directors are required to provide Air-o-boards for all meets.
  - At state meets, only professionally manufactured mats, carpet squares, or Velcro strips or removable tape may be used on the vault run way as a marker. These items may only be placed on the runway and are not allowed to overlap the air board or spring board. No chalk lines, jackets, etc. The allowance of chalk markings on the runway at

Invitationals/Intersquads will be at the discretion of the Meet Director (MD).

-For level 4 Vaults- up to a 4 inch professionally manufactured mat must cover the gap between the vault table and the stacked mats and is required to overlap the end of the vault apparatus onto the stacked mats.

-A full floor exercise (not floor strip) must be provided at all AAU State Meets for all levels of AAU.

3. **Judging Panel**- AAU must sanction all competitions. In order for all Scores to be eligible for qualifying purposes, there must be a two judge panel for each event.
4. **Competition Times**-All competitions must be over by 9 p.m. and must not occur before 8 a.m. unless approved by co-chairs. Any meet that runs over the 9:00 curfew is in violation of the sanction and must report the circumstances of the incident to the co-chairs within 24 hours of the meet.  
Meet directors have the option of offering 20 to 30 minutes of stretch time. Level 2 and 3 may have 45 seconds or one minute (discretion of meet director) for timed warm-ups. Level 4 and 5 follow USA Guidelines. Prep Opt requirements outlined on routine cards.
5. **Competition Order**- At invitational meets, coaches have the option to select the event order of their competitors on VT, UB, and BB for all levels during competitive rotations. The club listed at the top of the rotation for that event always has the option of going first. The idea is to save time for equipment adjustments. During event warm-ups, coaches are encouraged to work together to place the athletes in such an order which will minimize equipment changes between routines during the competition. Coaches should notify the judges of any changes to the rotation order at the beginning of each competitive event. Note: Order selection is only permitted at invitationals and is not allowed at State Championships.
6. **Friday sessions**- AAU prohibits competitions beginning before 4:30 p.m. on Fridays or any school days. Only local teams within 20 miles or less should be scheduled on a Friday session without chairman approval. The only exception to this rule is State Championships as Friday sessions may be necessary to accommodate all qualifying

- gymnasts. State Meet schedules must be approved prior to distribution.
7. Prep Opt gymnasts may not compete using Compulsory Music without a deduction applied. Prep opt music must be on a CD. Cassettes are not accepted. Music must be labeled. Mp 3 and Ipod devices may be used, but are at the discretion of the meet director and availability must be verified in advance of the meet.
  8. **VAULT-** At levels 2 and 3, coaches are strongly encouraged to have their athletes perform only one vault. However, coaches can use their option of 2 vaults if desired.
  9. When an athlete changes gyms, they must compete as an individual for 60 days with the new club prior to being eligible to having their scores count towards the team score of the new club. This rule does not apply if the original gym signs a release permitting an immediate transfer, if the original gym is no longer in existence or if the gymnast has transferred in from a gym out of state.
  10. Minimum score: AAU participants should receive a minimum score of 3.0 for an attempted routine.

## **ELIGIBILITY**

Please note that AAU 3, AAU 4, and Prep Opt 1 will have two divisions only at the state meet. There will be no divisions at regular invitational meets.. **Intentional and obvious disregard to the appropriate divisions that your gymnasts should be entered into at State Competitions will void your teams eligibility to participate in team awards at State Meets.** Please read below for further clarification. If you need further explanation, please contact the appropriate level rep listed in the front of this book.

There are four levels of Prep Opt outlined below.

### **Two Divisions of Level 3 and Level 4 for State Meet:**

**1. NOVICE** - Geared towards the more inexperienced gymnast and intended for gymnasts scoring less than a 35 AA by the specific qualification date to the appropriate state meet. However, Gymnasts who have scored only one score of 35 (or above) will be allowed to participate in this division (should it be desired) as they have not proven to be consistent with this level of success. All-around scores less than a 35.0 are encouraged to participate in the Novice Division

but a coach may still opt to put their athlete into the higher Experienced division if desired. Any gymnasts scoring more than a 35.0 AA twice prior to the qualification deadline will be **mandated** into the experienced division. Intentional and obvious violation of this rule will invalidate teams' participation in team awards at state competitions.

**2. EXPERIENCED** – Gymnasts scoring an AA score of 35.0 or higher twice prior to the predetermined qualification deadline will be MANDATED to participate in the experienced division at State Meet. Evidence of obviously ignoring this rule may invalidate teams' ability to receive team awards at state competitions.

**Note:** Any USA gymnast who has qualified for her USA State Meet or has participated in her USA State Meet will not be eligible to enter into that respective level at any GA AAU sanctioned competitions during the same competitive year.

### **Four levels of Prep Opt:**

**Prep Opt 1-** geared to beginner optional gymnasts, level 2-4 skills (AAU and USAG Level 2-4 competitors)

There will be two divisions for Prep Opt 1's at their State Meet only. The divisions will be Novice and Experienced. There will be no divisions at regular invitational meets. All athletes that have competed in USAG Levels 2-4 in the same season (Sept.1-Aug.31) must be entered into the Experienced division for PO1 at State. All others may enter into either division.

**Prep Opt 2-** geared to gymnasts with some competitive experience, level 5-6 skills (AAU competitors only)

**Prep Opt 3-** geared to the experienced gymnastics competitor, level 6 and above (AAU competitors or USA level 6 only)

Level 6 USA athletes who have qualified to their state meet (AA score of 32 or higher twice) must compete in the PO3 division.

**Prep Opt training-** geared toward gymnasts still participating in the USAG JO program (AAU and USAG competitors at Level 6 and below) Athletes who have not met the USAG Level 6 qualification score to their State Meet may compete in Prep Opt Training.

- If a competitor has qualified to compete in a State Meet at USAG level 7 or higher, she cannot compete in the same competitive season in the AAU prep optional level, but may compete at the AAU Optional qualifying session at the State Meet to qualify for Junior Olympic Nationals.
- Note: Prep Opt gymnasts may not use Compulsory Music without receiving a deduction. Prep opt music should be recorded on a CD with only one song per CD. Coaches should always bring two copies of gymnasts music to be used in the event one copy is damaged. For use of Mp3 or iPod devices see the ‘Routines and Music’ section.

**Invitational Awards Guidelines-(note: State meet guidelines on next page) .**

- = Meet directors provide select and purchase their own awards for invitational meets but not for state meets
- = Type of award should be included on meet invitations
- = Every athlete should receive an all-around medal or award.
- = Refer to the formula chart to determine number of places to carry out each event awards. The formula chart will specify how many places to go out on each event based on the number of competitors. Any kids that receive an all-around medal below the cut-off for event awards should be called out as “merit awards”.
- = At Invitationals, sessions will be run by level and team, not age groups. Individual awards should be given out at the end of each session, unless specified differently on the invitation.
- = All team awards will be given at the completion of all competition for a particular level.
- = Tie breaking- If ties for first place, both gymnasts are champions and should receive identical awards. There will be no second place ranking and then a third place award will be granted, etc.(note: for State Meet all gymnasts would receive awards. All ties are awarded for appropriate place. No places are skipped. Invitational meets may break the tie or award them all)

- = All meet Invitational Meets should specify on invitations whether top 3 or 5 scores will be used to determine team score.
- = Team Awards shall be given to 50% of teams entered. If there are an odd number of teams, giving more awards is always better.
- = Age groups listed in Rules and Policy Book

### **State Meets/ Championships Awards Guidelines**

- = The AAU Board will contact the meet director of a state meet to determine how many awards to order. The AAU state board will order all individual and team awards and t-shirts for the state meet participants.
- = Every athlete will receive an all-around medal. Awards will be given out according to the Awards Formula sheet. All-around places after the number of allotted event places (refer to chart) will be announced as merit awards.
- = State meet sessions will be run by level and age group. The number of kids permitted per session follows USA guidelines; however, for awards age groups must be divided with no more than 30 kids per age group. Age groups listed in this Rules and Policy Book.
- = Awards will be given out at the completion of competition for that entire age group, unless the age group is so large that it is split into two groups.
- = If a gymnast competes out of their scheduled session, then they are not eligible for participation in awards and their scores do not count towards their team score.
- = All team awards will be given at the completion of competition
- = Gyms with outstanding club memberships or holding bad debt to another gym are not eligible for team awards.
- = -Tie breaking- All ties at AAU state meets will be awarded and no places will be skipped. Only Invitational meets have the discretion of breaking ties as indicated in this R&P book.
- = Team awards are given to 50% of teams. Round up for Odd number of teams. Both teams will receive a trophy for ties, but we may have to order the extra trophy and mail it to one of the teams. Teams will have to share the presentation of the award on hand. Do Not skip places when distributing team awards to

accommodate ties. All ties will be awarded. Meet directors should immediately notify awards chair or AAU chairmen to let them know in the event extra awards need to be ordered and mailed

- = When applicable, a club may enter as a team in one or both divisions (novice and/or experienced) as long as a team fee is paid for each and a minimum of three kids are entered.
- = When an athlete changes gyms, they must compete as an individual for 60 days with the new club prior to being eligible to having their scores count towards the team score of the new club. This rule does not apply if the original gym signs a release permitting an immediate transfer, if the original gym is no longer in existence or if the gymnast has transferred in from a gym out of state.
- = All Clubs must be properly registered with AAU to be allowed to participate in team finals or team awards.

### **AAU AGE GROUPS FOR COMPETITIONS**

Level 2: 5 and under 6, 7, 8, 9, 10, 11-18, and adult

Level 3: 6 and under, 7, 8, 9, 10, 11, 12-18, and adult

Level 4: 6 and under, 7, 8, 9, 10, 11, 12, 13-18 and adult

Level 5: 7 and under, 8, 9, 10, 11, 12, 13-18, and adult

Prep Opt: 6, 7, 8-10, 11-12,13-14,15-18, and adult

Please Note: If the meet director would like to break down the age groups into even smaller groups then listed they may. If they would like to enlarge the age groups, they must get approval from all participating clubs that are affected by the change.

At State meet, whenever there are more than 30 kids in one age group, the kids will be divided chronologically by age and divided into two groups for awards. If there are less than 30 kids in an age group, then the gymnasts will compete in one group. Every child in the meet will receive an AA award.

### **STATE MEET INFORMATION**

1. The minimum qualifying score for State meet is a 29 all-around for all levels other than prep opt. Prep opt divisions have no qualifying score, but must compete on at least one event in a sanctioned AAU competition, for the appropriate division, prior to the State Meet entry deadline.
2. Level 3, 4 and Prep opt 1 will have two divisions for State meet. The two divisions are Novice and Experienced. There is a score outlined in this book that mandates participation in the experienced divisions. Failure to comply with the mandate score will revoke the teams' privileges of participating in team awards at State competitions. Divisions must be entered according to guidelines found on the Georgia AAU web site. Awards will be distributed according to guidelines in this Rules and Policies Book.
3. For the Level 3, 4, and Prep Opt 1 divided State Meets Clubs may enter as a team in either one or both divisions as long as they have enough kids to form a team and as long as they pay a team fee for each division they enter.
4. The qualifying, Declaration and Deadline for entry dates into state competitions will be on the same date which is 4 weeks prior to each State meet. The specific State entry deadline date will be included in the State Meet Invitation packages to the clubs, as well as posted on the AAU web. Fees will be enforced for late entries and clubs could be shut out of the meet after the entry deadline. Clubs entering the State Meets are responsible for ensuring they have received the State Meet invitation and turned it in by the deadline. Host clubs are not responsible for mail delivery errors, etc. Late fee penalty is \$25 per athlete to a maximum of \$100 per level. No club, regardless of circumstances, can waive these late fees if entry is received after the deadline. No entry is accepted without full payment. State Meet entries must be typed or they will be returned and late penalties may apply.
5. State Meet Fees (entry and door) are set by the AAU Board. Fees for the 2009 season are:
  - \$47, for compulsory Levels and PO 1 Division/ entry fee per athlete

- \$49, for PO 2, Training, and Prep 3 Divisions/ entry fee per athlete
  - \$40 entry fee per Team, per level (must be paid twice if entering as a team in two divisions at the level 3, 4 or prep opt 1 state meets)
  - \$6 Door Fee, Adults (19 to 59 years old)
  - \$3 Door Fee, ages 5-18
  - Free for ages 4 and under
8. Gymnasts will compete in the age group at State Meet based on their age on the first day/first session of the specific State Meet.
  9. All State Meet Awards and participant t-shirts are ordered by the AAU Awards Chairman and paid for by the Host Club. Host Clubs will be contacted by awards chair immediately after the entry deadline to receive a breakdown of entries per age group and team so that the proper number can be ordered. State Meet directors must fill out all of the appropriate inventory and financial statement paperwork (provided by State Awards chair) and return unused medals to Awards Chair.
  10. State Meet Directors must pay the \$3 surcharge per competitor. Surcharges and official scores signed by judges should be sent to June Seymour within 48 hours of the meet.
  11. All Clubs participating at State Meet, or any sanctioned event, should be properly registered with AAU to participate in team awards. All athletes must be registered or the sanction will be void and there will be no insurance covering the event. All coaches should be current AAU members with Safety Certification. It is the State Meet Director's responsibility to verify this prior to the meet.
  12. Teams with outstanding debt of any kind (bounced checks, AAU club membership, debt with another club, etc.) will not be allowed to participate in Team awards at their State Meet.
  13. All coaches should wear proper professional attire with Safety Certification and AAU Professional Numbers available for display upon request. Cell Phones are prohibited from use on the competition floor.
  14. Awards distributed according to the State Meet Awards Guidelines found in this book.

15. Coaches that have Graduating Seniors participating in a state meet should notify the State Meet Director and complete a “senior” form so that the gymnast can be honored at the meet

### **REPORTING AN ACCIDENT**

1. Complete an incident report and mail in within 48 hours. All claims must be reported within a maximum of 30 days to be valid. Report should be thoroughly completed for participants, spectators, etc. and should be done even if you feel there may be no claim. A copy of incident report should be mailed to appropriate address on the form as well as to Denise Jessen, 124 Cedar Lane, Martinez, Ga. 30907.
2. Forms may be obtained online at [www.aausports.org](http://www.aausports.org)
3. American International Companies can assist with questions/problems 1-800-551-0824.

### **PROFESSIONALISM**

All Professional AAU members must hold themselves to the highest standards. Only Professional Attire should be worn on the floor in any competition. Safety Credentials must be visible at all times. Any misconduct or questionable ethics, involving misconduct, inappropriate behavior, bad debt with another club, negative coaching techniques, etc... may be cause to terminate membership through the AAU program.

#### **The following is considered inappropriate professional attire:**

Blue jeans, worn or dirty clothing, clothing with inappropriate slogans, Transparent clothing, exposure of stomach, street shoes, visible piercing Of body parts other than ears, dangling earrings, bare feet, short shorts, Spandex.

Only properly AAU registered and Safety Certified athletes and coaches are permitted on the competitive floor during sanctioned meets. Only athletes participating in the session at hand are allowed on the floor during that session. (No teammates, friends, parents, coaches, kids, etc.)

Cell phones are prohibited from use on the competition floor

Any conduct falling below the above standards should be reported immediately in writing to the AAU Board.

### **AAU JUNIOR OLYMPIC NATIONALS**

This is an AAU Multi Sports National Event. Specific Information regarding competition may be found at [www.aausports.org](http://www.aausports.org). All of the sports that are offered under the AAU program are represented at this competition. At the gymnastics competition two levels will be offered. They are as follows:

**Advanced Open Optionals**- Level 9 requirements D's and E's are permitted with full bonus eligibility. Gymnasts must qualify into this competition by participating in the AAU Optional State Competition. Any USA gymnasts may participate in this competition. Age divisions are 8-11, 12-13,14-15 and 16-19. Gymnasts must compete in the age group they will be as the opening day of the National competition. A total of 12 gymnasts will represent Georgia as Team Georgia 1 and 2 at the National Competition. Individuals who are not placed on Team Georgia 1 or 2, can compete as individuals as all stars. Team awards will be given 1<sup>st</sup> -6<sup>th</sup>, in each age division. Individual event awards and AA will be given for each session. The first 10 places in each age group for each event will qualify for finals. If you are interested in attending this National AALU event, contact Eleanor Jorbet. This level is appropriate for any skilled level 8,9, or 10 gymnast. Historically, there have been many gymnasts who qualify and do well who fit into the levels of strong Level 8's and 9's. It is really a wonderful event with gymnasts competing from all over the country.

**Intermediate Optionals**- No C Skills are allowed at this level. All AAU gymnasts in Prep Optional Levels 2 and 3 can qualify to this competition. Any USA gymnasts, levels 5 and 6, who are not already participating in the AAU Prep Optional program, may enter into this competition by participating and qualifying in the GA AAU State Meet at the Prep Optional Training Level and Level 7's at the prep opt 3 level.

Gymnasts will be judged by Prep Optional rules and will compete in a separate session from all other AAU Prep Optional gymnasts and scores cannot be used in overall team championship standings, but used for placing of qualifiers into the National competition. They will receive individual and all around awards as required in all AAU State competitions. Since all sessions will be judged by the same rules, the top twelve in age groups from all of the sessions combined will qualify too represent Georgia as Teams 1 and 2 at the AAU Junior Olympics. (Please note that rules and requirements for Prep Optional 2 and 3 in Georgia and the Intermediate Optional offered at the National level are slightly different). You would need to make the adjustments necessary for each competition entered. You can get the requirements for the Georgia Prep Optional Program at [www.gaaau.net](http://www.gaaau.net), select sports information and then girls gymnastics. You can print a copy of all requirements for the AAU Intermediate Optional Level from the National Web site at [www.aausports.org](http://www.aausports.org). If you would like to enter the GA AAU State Championship to qualify for this National event, please contact Eleanor Joubert at 770-270-6260. This program offers a great opportunity to give your prep optional gymnasts a national meet experience. Boy's Gymnastics is also available at this event.

### **AAU AGE GROUP NATIONALS**

This competition involves Levels 2 through 8 and Modified Optional. In Georgia, we only compete Levels 2 through 5, and our own Prep Optional program. You should also be aware that the National AAU routines at Level 2,3, and 4 are slightly different from our Georgia routines. You will be responsible for identifying these changes and making the appropriate adjustments, if you plan to attend this AAU National Competition. The routines and the Modified Optional Level requirements are on the AAU National Web Site at [www.aausports.org](http://www.aausports.org). Any Prep Optional gymnast (all levels) may also enter this competition at a compulsory level or the Modified Optional level, if they feel they can adjust their routines to meet requirements. Since this is a national invitational with no qualifying requirements to date for Georgia gymnasts, any USA gymnast may attend this National AAU Age Group Competition in their appropriate level, or the Modified Optional level, as long as they have a current AAU membership card. All coaches who attend any of these competitions with gymnasts must also have a current AAU membership card. Awards at this competition are done by single age groups. If you need membership information for athletes

or coaches, contact Liz Nichols at the AAU office 770-979-1584 or [aaunichols@bellsouth.net](mailto:aaunichols@bellsouth.net). This competition has no team awards. All participants from our state become “Team Georgia” and are there representing our state. All participants wear a “Team Georgia Leotard” and T-shirt. If you want more information or clarification on this competition, contact Denise at Gymnastics Gold at 706-650-2111, or e-mail her at [dcjess@mindspring.com](mailto:dcjess@mindspring.com).