

NORTH CAROLINA AAU GYMNASTICS

Modifications to the AAU National Gymnastics Compulsory & Optional Program Materials

Compulsory Rules

NC AAU Gymnastics will follow the AAU National Rules & Routines which uses the 2013-2021 USAG Compulsory routines in its entirety with modifications to the General Faults & Penalties. AAU Districts may modify the AAU National Rules to serve the needs of the athletes and clubs in their district as approved by the National Chair. NC AAU has incorporated the following rule modifications & choice skills for our district:

VAULT- *Only ONE vault is permitted for Level 1, Level 2, Level 3 & Xcel Bronze. **(Two vaults are permitted for Xcel Silver)**. A second vault will be allowed if the one vault receives an average score below 4.00. The Chief Judge should inform the coach in this instance for the option of a second vault attempt. There is no maximum mat height for handstand flat-back vaults.

BARS- Level 2: Option to replace the single leg cut forward with a single leg shoot through *(Refer to level 3 text and deductions for Single Leg Shoot Through on pg. 57)*

Level 4: Option to replace long hang kip with long hang pullover *(Refer to text and deductions for Long Hang Pullover on pg. 121)*

BEAM- Level 1: Replace pike lying position with a v-sit to tuck stand *(From the jump to support straddle sit, immediately lift both legs upward to close to show a v-sit with the torso extended. Lower the arms backward downward to momentarily grasp the beam- arms are allowed to bend or remain straight. Bend the left knee then the right knee to step out on the left foot then the right foot to arrive in a tuck stand- Arms move forward upward to crown during the tuck stand. Then return to USAG text on pg. 17 to continue with the releve balance.)*

- Failure to join legs together in v-sit 0.10
- Lack of amplitude of legs up to 0.10
- Poor body position up to 0.10

LEVEL 1: Option to replace cartwheel to $\frac{3}{4}$ side handstand dismount with a tuck jump off side of beam dismount. *(After straight jump, $\frac{1}{4}$ turn in releve to face the side- arms lift forward upward to high position to execute a tuck jump dismount.)*

- Insufficient Height up to 0.20
- Insufficient hip/knee closure (min. 90 degree bend) up to .10 (each angle)
- Failure to maintain upper body vertical alignment up to 0.20
- Insufficient extension (open) of tuck before landing up to 0.10

Level 2: Option to replace cartwheel to side handstand dismount with cartwheel to side handstand $\frac{1}{4}$ turn OR tuck jump off side of beam dismount. *(Follow USAG text after the fish pose. After circling arms downward upward and stepping left then kicking*

right, close legs to releve and perform a 1/4 turn in releve to face the side- arms remain in high position to execute a tuck jump dismount.) (Refer to USAG text and deductions for cartwheel to side handstand 1/4 turn dismount on pg. 69)

Level 3: *Minimum* 3/4 cross handstand (no vertical required)

FLOOR-Level 2: Option to replace bridge, back kick-over with back walkover OR back bend kick-over *(From the candlestick position, roll out to bend the *left leg to step out of the candlestick onto the left foot then the right foot finishing with the right foot pointed in front and support on the left leg- it is acceptable for the right leg to bare weight during the step-out to finish. Arms finish in high position at completion of stand. Return to the USAG text on pg. 48 once skill has been completed.) (Refer to USAG text and deductions for back walkover on pg. 109)*

- Lack of control into backbend position up to 0.10
- Failure to maintain arms next to ears and focus on hands up to 0.10
- Shoulders not over hands in bridge position up to 0.30

Level 3: Option to replace handstand to bridge, back kick-over with front limber OR front walkover (pull free leg in to close to stand) *(Finish either skill with legs closed together at the completion of the landing with arms remaining in high position throughout. Then return to the USAG text on pg. 74.)*

Front Limber

- Failure to maintain arms next to ears and focus on hands up to 0.10
- Failure to push shoulders behind hands in bridging phase up to 0.20
- Failure to land on both feet simultaneously 0.10
- Feet landing more than shoulder width apart up to 0.20
- Alternate hand push to stand 0.10

Front Walkover

- Failure to maintain arms next to ears and focus on hands up to 0.10
- Uneven leg separation during walkover (no min. angle) up to 0.10
- Alternate hand push to stand 0.10

Xcel Rules

NC AAU Gymnastics will follow the AAU National Rules & Routines which uses the USA Gymnastics Xcel rules and the 2018-2022 USA Gymnastics Code of Points with modifications to the General Faults & Penalties. AAU Districts may modify the AAU National Rules to serve the needs of the athletes and clubs in their district as approved by the National Chair. NC AAU only follows Xcel levels with *no modifications to event requirements.

VAULT- Xcel Gold vaults will start from a 10.0 regardless of the gymnast's choice of springboard. Springboard must be used for all round-off entry vaults. All Xcel level vaults are permitted two attempts, EXCEPT Xcel Bronze (A second vault will be allowed if the one vault receives an average score below 4.00. The Chief Judge should inform the coach in this instance for the option of a second vault attempt.)

BARS- Xcel Silver & Gold (see Nationals Rules for Special Requirement Cast Modification)

Optional Rules

NC AAU Gymnastics will follow the AAU National Rules & Routines which uses the 2018-2022 USA Gymnastics Code of Points with modifications to the General Faults & Penalties. AAU Districts may modify the AAU National Rules to serve the needs of the athletes and clubs in their district as approved by the National Chair. NC AAU offers levels 6-10 with *no modifications to event requirements.

VAULT- Springboard must be used for all round-off entry vaults

**NATIONAL AAU RULES & HANDBOOKS
CAN BE FOUND AT: <https://aaugymnastics.org>**