



2019-2022
Team North Carolina
AAU Girls Gymnastics
RULES & POLICIES

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****Please Note:***

The NCAAU District Gymnastics Director reserves the right to make changes to this handbook as seen fit with or without notice. All updates made within the stated cycle will be **highlighted** with the revised date noted at the footer of each page.

DISTRICT DIRECTORY

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North Carolina AAU Gymnastics & Team North Carolina Official Website:

www.teamncgymnastics.org OR www.ncaaugymnastics.org

AAU National Website:

www.ausports.org

AAU Gymnastics National Office:

407-934-7200

407-934-7242 (fax)

membership@ausports.org

To purchase USA Gymnastics materials:

www.usa-gymnastics.org

317-237-5050

AAU Mission Statement

To offer amateur sports programs through a volunteer base for all people to have the physical, mental, and moral development of amateur athletes and to promote good sportsmanship and good citizenship.

Vision Statement

To offer amateur athletes and volunteers opportunities to develop to their highest level through a national and local network of sporting events. Through participation in AAU, we achieve our dreams as athletes and as valued citizens of our communities.

Sports for All, Forever

Team North Carolina Mission Statement

Team North Carolina Gymnastics governs AAU Gymnastics related activities in the state of North Carolina. Team North Carolina AAU Gymnastics offers a positive, friendly competitive league with no mobility or eligibility standards, allowing gymnasts of all ability levels the opportunity to gain a competitive gymnastics experience.



REGISTRATION INFORMATION

Welcome to North Carolina AAU Gymnastics! Joining is as easy as **1-2-3!**
Follow the 3 steps below to participate in your first event!

1.) JOIN THE AAU (AMATEUR ATHLETIC UNION) FIRST!

Visit www.aausports.org and select “JOIN” to register and to find out more information regarding club levels, non-athlete memberships, athlete memberships, and insurance coverage. All memberships run from **September 1st through August 31st** of each year. It is recommended that you register in early September to take full advantage of having the insurance coverage your club, coaches, and athletes will receive for the full year.

- a) **Register the club contact person.** (Non-athlete memberships include: *Administrator, Coach, Instructor, Manager, Official, Team Leader, Director, Volunteer, etc.*)
- b) **Obtain a Club Membership.** There are three levels of Club Memberships available and the fees vary according to which level best fits your club needs. (If you plan to host a meet you will need a level 2 club membership.)
- c) **Register your coaches.** (Non-athlete membership) Coaches who will be on the competitive floor during a meet must be registered AAU members or it will violate the sanction. Be sure to affiliate your coaches with your club number.
- d) **Register your athletes.** Be sure to affiliate your gymnasts with your club number. Be sure to identify if you would like A or AB coverage. AAU Athlete Memberships: Youth Athletes & Adult Athletes

i. **Type A Insurance Coverage-** This is an insurance that is issued for every club and is your proof of insurance. A Generic Insurance Certificate does not list facilities or venues but states that as an AAU Member Club you are covered by insurance for any AAU Sanctioned Event or practices. This insurance certificate lists the coverage and limits of the policy. This coverage is included in the membership fee and there is no additional charge for this coverage. This coverage is typically sufficient for gymnastics clubs, coaches, judges and athletes.

Type AB Insurance Coverage- This is an insurance certificate that states an AAU Member Club has chosen the “AB” Membership Fee to register all of its members and has AAU insurance coverage at Non-AAU Events, under certain circumstances. There is an additional cost for this coverage.

If you have questions or need assistance with:

AAU memberships and insurance coverages, contact the AAU National Office’s website or insurance department (407-934-7200).

2.) REGISTER WITH TEAM NORTH CAROLINA

Once you have registered your club, athletes, and coaches with the AAU at www.aausports.org and have obtained membership numbers, you will need to register your gymnasts, coaches, and club with Team North Carolina as well. *You must be registered with both organizations in order to be eligible to compete at the State Championship.* All registration and payments are due by **January 1st**.

- \$10/gymnast
 - \$10/coach
 - \$20/club
- a) Visit meetmaker.com to register under the “event” listed as “Team NC AAU League Fees”
 - b) Clubs, coaches and gymnasts must all be registered members of Team North Carolina to participate in AAU States.
 - c) ***Registrations received after the entry deadline to AAU State Meet will receive a \$20 late fee PER ENTRY!***
 - d) It is the coach’s responsibility to keep their team roster up to date and register all new gymnasts prior to registering them in their first AAU competition.
 - e) **NEW CLUB TEAM NC LEAGUE FEES ARE WAIVED!**

3.) REGISTER FOR A COMPETITION

Once you have registered with both organizations above, go to the website: www.teamncgymnastics.org and select a competition to register for. All AAU qualifiers and AAU state meet will be listed on www.Meetmaker.com.

**If you have questions or need assistance with:
Registering with Team NC or an AAU competition,
contact your District Gymnastics Director (808-351-8358)**

MEET DIRECTORS

**It is highly recommended that coaches become USAG safety certified and meet directors obtain a USAG meet director certification. You can find more information by visiting the USAG website www.usa-gymnastics.org or calling USAG Member Services at 1-800-345-4719.*

- 1.) **Select a date** for your event.
- 2) **Complete the NAWGJ Judges Request Form-** Follow the steps on the NC-NAWGJ website (www.nc-nawgj.org) to complete your judges request and submit payment. AAU Invitationals require a minimum of 1 judge panels (4 judges total). AAU Qualifiers & State Championship requires 2 judge panels (8 judges total). **Judges request and assigning fee are submitted and paid for by Team North Carolina for all **Qualifiers & State Meet**.*
- 3) **Request an event license** for your event by visiting www.aausports.org a minimum of 30 days prior to your competition. Select every day you anticipate your event to run on. If you don't sanction a day of your meet, you will have no insurance coverage. If any athlete, coach, or club that attends your meet is not properly registered with AAU, the sanction and insurance coverage will be void.
- 4) **Request a Third Party Certificate of Liability** if you are hosting your event outside your facility. The outside facility will require an actual insurance policy with their name on it. AAU can provide this with the proper request. Each request is an additional fee and Third Party Requests require a 30 day notice. See www.aausports.org. You will need your club number and current AAU member number to log on and you will be able to print a copy of the "Certificate of Insurance" to give to your outside facility.
- 5) **Publish your meet to Meetmaker and/or distribute your meet flyer.** If you would like your event flyer to be published to our website, please email the District Gymnastics Director. All Qualifiers and State Meet registrations will be available through Meetmaker.

- 6) **Door Fees** are optional and the choice to charge them is at the discretion of the meet director and door fees **MUST** be disclosed on the event flyer/meet listing information. The below fees are recommendations and are not to be exceeded without approval from the District Gymnastics Director.

IN-HOUSE

Adults = \$5 Max door fee

Children (ages 3-18) = \$5 Max door fee

OUTSIDE FACILITY

Adults = \$10 Max door fee

Children (ages 3-18) = \$7 Max door fee

- 7) **AAU Meet Entry Fees** are kept as low as possible in the effort of keeping costs to a minimum for our athletes & clubs. NC AAU Gymnastics sets maximum entry fee restrictions for this reason.

In the effort of keeping costs to a minimum for our athletes and clubs, NCAAU Gymnastics has set maximum entry fee restrictions. The fees below are not to be exceeded without approval from the District Gymnastics Director.

- a) Qualifier (In-House) \$55 Max per athlete / \$35 Max per team
 - b) Qualifier (Outside Facility) \$65 Max per athlete/ \$35 Max per team
 - c) *Invitational - \$70 Max per athlete / \$35 per team
 - d) State Meet - \$75 Max per athlete / \$40 Max per team
- *Team NC has no jurisdiction over AAU Invitationals**

- 8) **Late Fees:** registrations allowed after the entry deadline (ONLY if approved by the meet director) will incur the following penalty:

- a) Qualifier - \$10 max per athlete/ \$10 max per team
- b) State Meet - \$20 max per athlete/ \$20 max per team

- 9) **Refund Policy:** Refunds should be issued for any scratched gymnasts **ONLY** with a written doctor's note up to the entry deadline.

- 10) **Create the competition schedule and rotation schedules** after the meet entry deadline or once you've received your maximum amount of entries. Email final schedule to all judges and clubs **NO LESS THAN 2 weeks** out from your event date.

- a) **Competition Times-** All competitions must be over by 9:00pm and must not begin before 8:00am unless approved by the District Gymnastics Director. Meet directors have the option of offering a 20-30 minute open stretch time. Follow USAG guidelines for meet format and scheduling guidelines found in the USAG Rules & Policies.
- b) **Friday Sessions-** If any gym plans to host a meet that will include a Friday session, they must state this on the invitation. Friday sessions are prohibited for State Qualifiers.

- 11)Verify Memberships:** Make sure all competing clubs, athletes, and coaches are also properly registered with AAU or your sanction will be void and your event will not be covered by insurance. It is the meet director's responsibility to verify everyone is properly registered. You can verify athlete & coach memberships at www.aausports.org. Contact the National AAU Office to request more information on verifying memberships online.
- 12)Order your awards.** (see awards guidelines)
- 13)Make sure that proper equipment is provided** to accommodate all levels of competition advertised. You must follow USAG apparatus specifications unless otherwise specified. *Any unusual apparatus specs (i.e. floor space not 40'x40' or inability to provide an air-o-board) MUST be indicated on the event flyer.*
- 14)Competition Head Tax and Score results website link** must be sent to the District Gymnastics Director within 48 hours of the meet and payments are mailed to the District Sport Director (see directory for address). Web Link to view meet results must be emailed to the District Sport Director. Competition head tax is \$2/per athlete for any AAU Invitational, Qualifier & State Meet.
- 15)Uncollected Payments:** It is the meet director's responsibility to confirm that all payments have been cleared on Meetmaker before the competition date. If payment is not collected from a club for services rendered (meet fees, etc.) after the event date, the club has 10 business days to submit payment as well as the appropriate late fee as listed in the Rules & Policies. If payment is not received in 10 business days, a cashier check or money order will need to be mailed OVERNIGHT to the meet director. Meet directors will need to inform the District Gymnastics Director of this offense as the team will be restricted from participation in any NC AAU Gymnastics competition until all fees are issued to the appropriate clubs.

USAG/AAU INVATIONALS

- 1.) **Routines/Requirements:** should follow what is stated in the current North Carolina AAU Gymnastics Handbook (unless otherwise stated in the meet flyer) for all registered AAU Gymnasts.

- 2.) **Sanctioning** for combined USAG/AAU Invitationals must be covered under both bodies and USAG/AAU sessions must be completely separate. Contact USAG to request your event sanction for the days & number of gymnasts you anticipate (refer to USAG Rules & Policies for more info). Then, go to www.aausports.org and apply for your sanction for the number of days the AAU gymnasts will be competing at your meet. Contact the Meet Director to verify that the event is sanctioned- otherwise your athletes will not be covered under any liability insurance at the competition. Contact the National AAU Office to request more information on your event license.

- 3.) **Sessions:** It is not recommended to combine USAG and AAU gymnasts within the same session for sanctioning purposes. AAU does not allow USAG gymnasts to be competing on the same apparatus as an AAU gymnast. *Ideally, AAU gymnasts should compete on a separate day from the USAG gymnasts (this is to protect your sanction and insurance coverage if something was to happen). Contact the National AAU Office to request more information on event licenses & insurance coverage.

- 4) **Awards:** It is illegal to allow the gymnasts to compete against one another when they are registered under different organizations (i.e. if a gymnast is registered in the AAU competition for your meet, they cannot be placed amongst the USAG competitors).
 - a) Awards guidelines for AAU Invitationals are up to the discretion of the meet directors and details should be published on the meet flyers.
 - b) It is strongly recommended to follow the NC AAU awards formula of 50% + 1 for all events and 100% for the all-around with a max of 12 gymnasts per awards group.

- 5) **Judges:** Judges must be members of both AAU & USAG to officiate dual sanctioned meets.

- 6) **Contact** the national offices of both organizing bodies for any dual sanctioning questions or concerns:
 - AAU National office- 407-934-7200
 - USAG National office- 317-237-5050

*****Team North Carolina is NOT responsible for any AAU Invitationals and has no jurisdiction on these competitions.***

AAU STATE QUALIFIERS

Meet directors hosting an AAU State Qualifier must refer to the Meet Director chapter of this handbook in addition to this chapter.

- 1) **Every CLUB must attend 2 Qualifiers and every GYMNAST must attend 1 Qualifiers.** It is strongly suggested that gymnasts attend as many qualifiers as possible to ensure every athlete competes in the most accurate ability division possible for State Meet. ***Only scores achieved at a designated State Qualifier will be recognized in qualifying/registering for AAU State Meet.***

- 2) **Bidding for a qualifier:** Bids are reviewed and voted on by the current Team North Carolina board based on the following criteria: location, size of facility, number of volunteers, experience hosting AAU competitions, etc. Follow the steps below to bid for a State Qualifier:
 - a) Complete and submit your bid form to the District Gymnastics Director by the indicated deadline (typically bids are open from March-April). The Bid Form can be found at www.teamncgymnastics.org. You may choose to bid for one or all of the designated Qualifier dates to increase your chances in being awarded a Qualifier.

- 3) **Professional electronic scoring** must be used for all state qualifiers.

- 4) **Ability Divisions** are determined by the athlete's highest all-around score achieved at an AAU State Qualifier (only) for each meet. **Gymnasts are subdivided to create awards groups of a maximum of 12 athletes, with a maximum of a 4 year age spread. This applies to all levels EXCEPT level 6-10 & Xcel Diamond. Ability divisions must be used at all State Qualifiers and AAU State Meet.** Please refer to the divisions listed below:

Xcel Bronze, Silver, Gold	Novice	33.000 and below
	Intermediate	33.025-33.975
	Advanced	34.000-35.975
	Elite	36.000 and above
Level 1-5, 6-10, Xcel Platinum & Diamond	No Divisions	

- 5) **First Qualifier:** Coaches entering gymnast into their first qualifier of the season must determine each gymnast's division based on each gymnast's level of proficiency **if an all-around score has not yet been achieved.**
- It is suggested to use the gymnast's all-around score achieved at an invitational that season if applicable OR the highest score that gymnast has achieved previously if repeating the same level.*
 - Once an all-around score has been achieved, it is the coach's responsibility to properly place each gymnast in their correct division matching their current highest all-around score achieved at a State Qualifier.
- 6) **Competition Schedule** is determined by divisions per level to provide the fairest competition experience for every athlete. Coaches should be prepared to be in multiple sessions for any given level at any qualifier.
- 7) **AAU Incident Report Forms & Sports Accident Claim Procedure Forms** should be used in the event of any injury treated at your event and submitted to the National AAU office at the end of your event.
- 8) **Awards** for qualifiers **MUST** follow the guidelines listed below.
- NC AAU follows the National AAU Awards Guideline of 50%+1 for individual events (V, UB, BB, FX) and 100% for the all-around.**
 - Awards will be uniformed for all qualifiers.
 - Awards will be ordered from Team North Carolina's preferred awards company.
 - Age Groups**
 - There is a maximum of 12 gymnasts per Division/Age Group**
 - Divisions of more than 12 athletes will need to be subdivided by age.
 - Age of the athlete is determined by the last day of the respective competition.
 - Age Groups may not have more than a maximum of a 4 year spread in ages. (I.e. A 6 year old gymnast may not be in a division with a 10 year old gymnast regardless of division). *Exception: Levels/Divisions of 6 or less athletes do not require an age group division break-down. All athletes should be placed in the same division regardless of age in this situation.
 - Tied Scores** are to be broken so that the gymnasts do not receive identical placement awards (i.e. tie for 1st place floor exercise, the gymnast with the lower all-around score receives 2nd place award).
 - Gymnasts competing out of session:** will not have their scores counted for team awards.

- i. If their designated session has already taken place, the meet director should pull the scores from that session to see where the gymnast would have placed with her scores.
 - ii. If the gymnast competes before her designated session, she will not attend the awards ceremony and awards will be given to a coach or club representative after her designated session has completed. **AWARDS WILL NOT BE MAILED OUT.** It is the coaches/club rep's responsibility to collect these awards.

- e) **Team Awards** must be offered at all qualifiers. Should be given at the completion of a particular level. Team awards should be based on the top 3 highest scores regardless of divisions and age group. Team awards must be given to the top 50%+1 teams.

AAU STATE MEET

- 1.) **Qualifying Score** for State Meet is a 29.00 All-Around for all levels and must have been achieved at a NC AAU State Qualifier. ***Only scores achieved at a designated State Qualifier will be recognized in qualifying/registering for AAU State Meet.***

- 2.) **Every CLUB must attend two Qualifiers and every GYMNAST must attend one Qualifier.** It is strongly suggested that gymnasts attend as many qualifiers as possible to ensure every athlete competes in the most accurate ability division possible for State Meet.

- 3.) **Elite Division** is comprised of athletes who score a 36.000 all-around or above. All athletes who have received a 36.000 or above at a.) an AAU State Qualifier OR b.) State Meet will be individually recognized to receive their AAU Elite Division pin during the awards ceremony (gymnasts must attend State Meet and be present for the awards ceremony to receive this pin).

- 4.) **Awards:** "District Championship" medals are to be ordered from the National AAU office.

- 5.) **Team Awards:** The top 50% of the registered teams (*clubs must register in team competition to be eligible to be entered into the team competition) per level OR the top 12 teams (whichever is greater).

- 6.) **Ability Divisions:** Throughout the season, our NC AAU gymnasts compete in pre-determined ability divisions. At the conclusion of the season, gymnasts are sorted by all-around scores and birthdates to provide the fairest ground of play for each and every athlete. The highest all-around score each athlete achieved at a NC AAU Qualifier is sorted from highest to lowest, and then subdivided by age (to prevent more than a 4 year range in age) to make divisions no larger than 12.

- 7.) **Graduating Seniors** get recognized and receive a gift from Team North Carolina for their years involved in AAU Gymnastics. It is the coach's responsibility to have their Senior gymnast complete the Senior Recognition Form and send to the District Sport Director by the designated deadline in order to be eligible for this award. We request coaches and parents attend the awards ceremony for their Senior gymnast as she awarded these gifts.

- 8.) **Entry & Qualifying Deadline** for State Meet should be a minimum of four weeks prior to the competition. Refunds are not issued after the entry deadline.

- 9.) Judges:** Judges who have judged NC AAU events in the current competitive year/season are selected and voted on by the Team NC Board. Two judge panels per event are mandatory for AAU State Meet.
- 10.) Level Declaration** will be determined by whatever level they registered in as at their final qualifier. Whatever level a gymnast competes in at the final qualifier of that gymnast's season **MUST** be the level they enter into State Meet as.

AAU REGIONALS & NATIONALS

When attending a Regional or National competition, you are representing Team North Carolina. Coaches, gymnasts and parents are held to the highest standards during these events as you wear apparel with our state name on it throughout the event. It is an honor to represent North Carolina at these prestigious events. It is important that there is uniformity between each club by following our code of ethics (found at the end of this handbook).

1.) Qualifying procedure are as follows:

- a) Must participate at the NC AAU state championship
 - *Gymnasts do not have to participate in Regionals to attend Nationals
 - *Gymnasts have the choice to attend either or both events

2.) Team North Carolina Apparel must be purchased and worn by all gymnasts that attend either or both events.

- a) The cost is \$50 and includes a leotard and another piece of apparel (shirt, jacket, shorts, leggings, etc.) and shipping/taxes.
- b) Apparel orders are due before the entry deadline to Regionals & (typically in January-March).
- c) Orders are picked up at AAU State Meet.
- d) Gymnasts & coaches should arrive to the meet site in their Team NC apparel, wear their apparel for awards ceremony & celebration of athletes ceremony.

3.) Event Schedule for Regionals is usually Friday-Sunday in mid-May and Nationals can start as early as Wednesday and runs until Sunday in mid/late June.

- a) **Nationals Opening Ceremonies/Celebration of Athletes** usually takes place on Friday evening. Admission is free to all spectators. Athletes, families and coaches are strongly encouraged to attend this special ceremony. Team North Carolina apparel (shirt/top/leotard & shorts/pants) is to be worn to the opening ceremonies.

4.) Competition Rules for these events strictly follow the National AAU Rules. District modifications we have implemented in North Carolina are not followed! Coaches will need to become familiar with the National rules and begin practicing them immediately following AAU State Championship to be prepared.

- a) Team NC cheers, claps, and supports other competitors throughout the competition and at the awards ceremony. Coaches are expected to help others set equipment and work well with others.
- b) Formal Written Inquiries are implemented at these events so coaches are not allowed to approach judges about scores or start values.

- 5.) **Awards** ceremonies must be attended in its entirety. Gymnasts are to wear their Team NC apparel (leotard or top/bottoms that was provided), athletic shoes (or no shoes at all) with hair neatly pulled back as it was for the competition.
- a) **Team awards**, Regional team recognition, All American awards, etc. are presented at the end of each session so it is imperative gymnasts stay throughout the duration of the awards ceremony.
 - b) **All American Awards** are also given at the end of each awards ceremony for the highest scoring all-around in that session.
- 6.) **NC AAU Training Camp** is offered to gymnasts attending either of these events for a nominal price. This is usually hosted a week or two before Regionals in early May. Judges are hired to help run through events as a clinic to review deductions, rules, etc. The athletes are encouraged to wear their new Team North Carolina apparel to this.

AAU JUDGES

- 1) Judges must be National AAU Members** to officiate AAU competitions in North Carolina. To obtain your non-athlete membership, please visit www.aausports.org. Judges must register with the AAU prior to being assigned to officiate at an AAU meet as there is a background check that is part of the registration process that can create a delay in receiving your AAU number. Judges should submit the Club # for Team North Carolina to affiliate themselves with our state league (**Team NC Club number will be provided on www.nc-nawgj.org**).
- 2) Panels-** AAU Invitationals require a minimum of 1 judge panels (4 judges total). AAU Qualifiers & State Championship requires 2 judge panels (8 judges total).
- 3) AAU Judges Attire** is the official NAWGJ uniform (navy bottoms and a white top) unless otherwise noted by the meet director. Dress is business casual. Tennis shoes, jeans, halter tops, etc. are not acceptable and all improper attire should be reported to the District Gymnastics Director. *(The gymnasts spend a great deal of time and effort into their appearance for the meet to present themselves as polished, prepared and professional as possible for YOU- we ask you do the same for them!)*
- 4) Judges Ratings** should cover all the levels included of the competition. Compulsory only meets require judges to be rated minimally at a level 4/5 rating. Meets offering gymnasts in levels 6-10 and Xcel Platinum-Diamond require judges to be rated minimally at a level 6/7 rating. In the event a compulsory rated judge is assigned to a competition offering optional/XP/XD level athletes, the compulsory rated judge should be assigned to vault.
- 5) Judges Affiliation** guidelines will follow USAG rules and be considered when assigning the chief judges to any AAU meet (when applicable).
- 6) Rule Modifications** can be found on our website (www.teamncgymnastics.org). It is important that you print, review and understand the AAU National rules and the NC AAU Modifications before you arrive to your judging assignment. These rules are the integrity of our league and MUST be followed carefully to provide consistency from event to event. Please make sure your materials are the most up-to-date prior to your assignment. *(If you find it difficult to understand or comply with these rules, please contact the District Sport Director for clarification or contact the NAWGJ meet assignor to simply be replaced.)*

7) Judges Ethics: *This is a league built on building self-esteem, confidence and safe gymnastics. Judges help instill this in our athletes by having positive attitudes towards them and their coaches. Your acknowledgement of the athlete and their performance (smile, eye contact, head nod, overall interest and attentiveness) can change the way an athlete perceives a score, even when that score is less than desirable.*

Score Inquiry Forms are not provided at NC AAU events, so when approached by a coach regarding a score, start values or deductions please graciously give them constructive feedback that will help them improve their athlete's performance and potentially expand their knowledge of the rules. If you have done so and they still have strong opinions or become irritable, please direct them to the meet referee or the meet director. (Judges and coaches are one of the same team in AAU, with the gymnasts being the forefront of what we do.)

Our goal is that each athlete walks away from every AAU meet feeling proud of their performance, no matter what scores they were given. You as a judge play a critical part in that. Failure to follow these ethics and the mission of the AAU may result in being placed on a probationary status.

CODE OF ETHICS & PROFESSIONALISM

North Carolina AAU Gymnastics promotes a positive competition experience for every member. All professional AAU members must hold themselves to the highest standards. Only professional attire should be worn on the floor in any competition. Any misconduct, questionable ethics, inappropriate behavior, bad debt with other clubs, negative coaching techniques, etc. may be cause to terminate membership through the AAU and/or Team North Carolina Gymnastics.

The following is considered inappropriate professional coaching attire:

- Blue jeans
- Worn/Dirty clothing
- Clothing with inappropriate slogans/comments
- Transparent clothing
- Undergarments showing

Only registered AAU athletes and coaches are permitted on the competitive floor during sanctioned meets. Only athletes participating in the current session are allowed on the floor during that session (no teammates, friends, parents, coaches' children, etc.) Cell phones are prohibited from use on the competitive floor.

Coaches Support each other in North Carolina AAU by helping other teams in adjusting of equipment, mat setting, following rotations efficiently, as well as cheering for other gymnasts from competing teams and encouraging the same behavior from their athletes. Coaches are respectful towards other teams and coaches, judges, scores, and award placements and exhibit that respect for their athletes and team parents as well.

Score Inquiry Forms are not provided at NC AAU events. ONLY questions regarding unusual circumstances, start values, major elements, etc. may be directed to the chief judge (or meet referee) in a calm, respectful & professional manner. Questions must ONLY be asked at the end of a rotation or session to avoid disrupting the meet schedule and must be brief and direct (competitions are not a time for a judge's clinic). This is a unique opportunity to have open communication with judges and is a privilege that will be taken away from coaches who are unable to follow these guidelines or abuse this opportunity. Judges and coaches are one of the same team in AAU, with the gymnasts being the forefront of what we do.

Any conduct falling below the above standards should be reported immediately in writing to the District Gymnastics Director.