



2020-2021 Iowa Gymnastics Rules and Policies

AAU Iowa Gymnastics Handbook

Rules and Policies

TABLE OF CONTENTS

District Sport Director	*	*	*	Page	3
Duties of the District Sport Director	*	*	*	Page	3
Memberships	*	*	*	Page	4
AAU National Rules	*	*	*	Page	5
Music	*	*	*	Page	6
Rules for Competition	*	*	*	Page	6
Professionalism	*	*	*	Page	7
Athlete Attire	*	*	*	Page	7
Meet Director Duties	*	*	*	Page	7
Items to be Included on Meet Invitation	*	*	*	Page	8
Awards Guidelines	*	*	*	Page	9
District/State Championship Awards Guidelines	*	*	*	Page	9
Reporting an Accident	*	*	*	Page	9
Judging Panel and Request for Judges	*	*	*	Page	10
Qualification to District/State Championships	*	*	*	Page	11
Qualification to Regional & National Competition	*	*	*	Page	12
Regional & National Attire	*	*	*	Page	12
Index	*	*	*	Page	13

AAU PROGRAM

Iowa Gymnastics Sports Director (AAU Iowa State Chairman)

Douglas Jonuska

608-359-5266

aaujonuska@outlook.com

National Gymnastics Chair

Liz Nichols

770-979-1584

aaunichols@bellsouth.net

DUTIES of the DISTRICT SPORTS DIRECTOR

Create the rules of operation, which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee rules.

Enforce the rules of operation, the AAU Constitution, Bylaws, National Policies and National Sport Committee.

Provide for the conduct of the District Championship(s).

Review and approve, or for a reasonable cause deny, event licenses in the sport.

Additional duties as per AAU Code Book, including budgeting, meetings and record keeping.

MEMBERSHIPS

Visit www.aausports.org for all membership information and online registration.

You will NOT have the insurance that is provided to you by your memberships unless you have purchased for the first time or renewed your athletes and non-athlete coaches for the current year. You may optionally purchase or renew a club membership. It is important that you understand that you must have a club membership (any level 1, 2, or 3) to be eligible for practice insurance as provided as part of your membership benefit at no extra cost. Also, you must have a club membership to be eligible for team awards at the Iowa District Championships.

Order protocol for memberships.

1. Register yourself first – individual non-athlete. You will have to have a valid individual registration to be eligible to purchase your club membership.
2. Purchase your club membership after you have received your individual membership
3. Register all your athletes and non-athlete coaches, officials, and volunteers.
4. If you have a junior coach/assistant coach – under the age of 18 do not register them as a non-athlete – they should apply for a athlete registration if under the age of 18.

Athlete Registration

- All athletes are required to have an AAU membership each year. To secure the full annual insurance benefits register for the entire season, September 1st through August 31st.

Coaches Registration (Non-Athlete)

- All non-athlete members must register individually in order to supply the personal information for the background screening. It is important to include your club number on each application so that your athlete information is attached to your club.
- Minimum age is 18.
- Assistant coaches/junior coaches should apply for an athlete membership not a non-athlete membership.

Club Membership

- Club membership is optional.
- You must have a club membership (level 1, 2, or 3) to be eligible to receive practice insurance offered to clubs as a membership benefit at no added extra cost.
- You must have a club membership to be eligible for team awards.
- Club membership (Level 2) is required for an individual event license/sanction.
- For additional information on club membership go to website www.aausports.org.

NATIONAL RULES

The Iowa District follows AAU National Rules and Policies. Go to www.aaugymnastics.org for rules and policies and all AAU National Modifications. The Iowa District provides for all levels of AAU competition both Men and Women. AAU National Rules & Policies will follow USA Gymnastics Rules and Policies unless specifically stated otherwise. You will need to purchase the USA Gymnastics J.O. Compulsory material in order to have access to the full routine as AAU materials are the AAU Companion Text listing only modifications to the program per USA Gymnastics copyright laws. All updates and clarifications provided through USA Gymnastics regarding their J.O. Program will automatically apply to the AAU National Compulsory and Optional Program unless stated otherwise in the AAU Modifications updated at <https://aaugymnastics.org/girls-rules>.

For Xcel purchase the USA Gymnastics Xcel Code of Points (second edition) online, through USA Gymnastics. All updates and clarifications provided through USA Gymnastics regarding their Xcel Program will automatically apply to the AAU National Xcel Program unless otherwise stated on the AAU Gymnastics Modification updated at <https://aaugymnastics.org/girls-rules>.

The AAU program follows the USA Gymnastics compulsory, optional and, Xcel Program very closely with slight modifications that can be found at <https://aaugymnastics.org/girls-rules>.

NOTE: All AAU licensed REGIONAL AND NATIONAL COMPETITIONS follow AAU National Rules and Policies.

MUSIC

AAU utilizes all versions of the USA GYMNASTICS COMPULSORY music. You must purchase the music from USA Gymnastics. AAU will follow USA Gymnastics optional music policy for music to be played through digital media such as MP3, iPods, tablets, etc.

RULES FOR COMPETITION

AAU District Sports Director reserve the right to make decisions regarding rules as they deem appropriate at any given time.

1. All USA Gymnastics guidelines will be followed regarding the number of judgments per session/ per day unless approved otherwise by the district director.
2. 30 sec touch can be waived by AAU District Sports Director if necessary.
3. Equipment – Must follow USA Gymnastics guidelines.
4. Any size professionally manufactured springboards or Air boards (not mini tramps) may be used for Vault (except for Yurchenko style vaults and timers) as long as the same boards are offered for all sessions of that level for a particular competition. Meet Directors are required to provide Air boards for all meets.
5. For vault a Velcro strip or tape line may be used on the vault runway as a marker as long as it doesn't overlap the air board or springboard. No chalk lines, jackets, or other items may be used.
6. All competition (does not include awards) must conclude by 9 pm and Open Stretch must not begin before 8am unless approved by the district director. Any meet that runs over 9 pm curfew will be in violation of the event license and must report the circumstances of the incident to the District Sports Director within 24 hrs. Of the competition.
7. Meet Directors have the option of offering between 15 minutes up to 30-minutes Open Stretch time.
8. Competition Order: At Invitational competitions club order is chosen by the meet director. Coaches have the option to select the event order of their competitors on vault, bars, and beam for all levels during competitions. The coach should notify the judges on any order changes. We encourage coaches to work together to minimize equipment changes between routines or during warmups. NOTE: Order changes are not permitted at District/State Championships.
9. Friday Sessions are permitted provided it was advertised on the meet information, otherwise you must notify the clubs and if they choose to not compete refund their monies.

PROFESSIONALISM

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 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, visible piercing of body parts other than ears, bare feet, or open toed shoes, dangling jewelry.

ATHLETE ATTIRE

All athletes may wear form fitting Lycra Spandex gymnastics shorts that do not present any safety risk to the participant (solid color black preferred) with no deduction. There is no deduction for undergarment showing if all undergarments compliment/match the color, style, and cut of the leotard. If a gymnast must cover her legs as required by her faith, a unitard is considered acceptable if it is a tight-fitting garment made of leotard appropriate fabric and at the judges and coaches discretion does not present any safety risk to the participant. Regarding head coverings. If a gymnast must wear head covering as required by their faith, it must be a tight-fitting head dress that is adequately secured and at the coach's discretion does not present a safety risk to the gymnast. It is the coach's responsibility to notify the meet director of the names/sessions of gymnasts who will wear alternative attire prior to the competition so the meet director can notify the meet referee and judges.

MEET DIRECTORS DUTIES FOR AAU LICENSED EVENTS

1. Select a date for your event and apply for your event license through National AAU at www.aausports.org. It is advised that you license your event at the start of the competitive AAU membership year Sept 1, so that your event can be added to the GA calendar. Your meet information cannot be distributed without a license number. Apply for your sanction as early as possible as expensive expedite fees are applicable for licenses not applied for less than 3 weeks prior to the event. These expedite fees are charged by the national office when applying online for your license.
2. Your event must be licensed before we are able to E-blast it out to clubs
3. License every day of your meet that you anticipate. The number of days on the flyer must match the number of days on the application of your event will be put on hold.
4. If you do not get an event license for a day of your meet, you, athletes, coaches, and spectators will not be covered by AAU insurance. If any athlete, coach, club or non-athlete

officials attending the meet are not properly registered with AAU, the event license and insurance coverage will be VOID.

5. If a coach or athlete is entered into an AAU licensed event and found not to have current membership, a \$200 fine will be charged to the club.
6. If AAU memberships are not verified properly, the host/club will be in jeopardy of not being allowed to host any future events.
7. Ensure that your meet director understands all rules and policies that govern AAU competition rules and policies and guidelines.
8. If hosting a competition outside of your facility, confirm if a Third-Party Certificate of Liability is needed. If you need assistance call National Office Member Services 407-934-7200.
9. Report any accidents occurring during your competition no later than 24 h after the incident. (See Filing Insurance Claims in this document).
10. Meet Directors with competitors from both the AAU and the USAG Federations must schedule athletes in separate sessions. AAU and USA competitors may NOT compete together within the same session.
11. On site Sports Trainers (or EMT's) must be available at all State Championships and are recommended for Invitational events

ITEMS TO BE INCLUDED ON MEET INVITATIONS

1. Date of Competition – Specify if possibility of Friday Sessions
2. Routines and Rules for Event (National Rules Only)
3. Competition site – including site address and mailing address
4. Meet Director name, phone number, and email address
5. Website with competition information
6. One or two judge panels
7. Specific meet format due to extenuation circumstances such as Covid restrictions
8. General Refund Policy
9. Refund policy due to cancellation of event due to Covid related activities
10. Awards information
11. Entry fee – specify if different for different levels, team fees, as well as a refund policy.
12. Entry deadline
13. Misc. fees, admission, parking, etc.
14. Payment information including whom to make check to or if registering online
15. List of equipment
16. Hotel information (or have it available on website)
17. Be sure this is on flyer:
 - This event is sanctioned by the Amateur Athletic Union of the U.S. Inc. All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

AWARD GUIDELINES

Intersquads / Invitational's:

1. Meet directors provide, select, and purchase their own awards for Invitational' s or Inter squads.
2. Gymnasts are to be listed in chronological order by birthdate to be divided into equal groups of no more than 15. Age groups should NOT exceed more than 30 months apart and made as equal as possible. (For example: Ages 5,6,7 may be grouped together within the 15-grouping parameter). Groups may be split into smaller groups to avoid a wide span of ages within an awards group to facilitate a better award experience.
3. Every athlete will receive an All-Around medal or award. Individual Event awards are 50%+1.
4. At Invitationals sessions may be by team or age groups at the discretion of the meet director.
5. Team Awards shall be given to the number of teams that is described in the meet information.

AAU IOWA DISTRICT STATE CHAMPIONSHIP AWARDS GUIDELINES

1. AAU District Medals and Ribbons are required for the Iowa State Championship.
2. Gymnasts are to be listed in chronological order by birthdate to be divided into equal groups of no more than 15. Age groups should NOT exceed more than 2.5 years and made as equal as possible. (For example: Ages 5,6,7 may be grouped together within the 15-grouping parameter) Consideration should be given to smaller groups to avoid considerable age difference to facilitate a better award experience.
3. Sessions will be by level and age group.
4. Individual Events awards 50%+1
5. All Around awards is 100%
6. Team award is 50%

REPORTING AN ACCIDENT

1. Complete an INCIDENT REPORT FORM – Complete and mail within 48 hrs. This is just to report the accident to the AAU. Always file the INCIDENT REPORT even if the incident does not result in doctor or hospital visit. A copy of the incident report should be mailed to appropriate address on the form as well as to Doug Jonuska, 4113 Whitney St, Janesville WI, 53546. Incident Reporting Form
http://image.aausports.org/pdf/Insurance/incident_report_form.pdf
2. ACCIDENT CLAIM FORM - Give instructions to the guardian of any athlete injured,

spectator, and coach to fill out the ACCIDENT CLAIM FORM (this form goes to the AAU insurance provider if the incident involved a trip to doctor, hospital or entity requiring fees) and follow the instructions on the form for filing and mailing. This form must be completed by the guardian, etc., as it contains confidential information such as contact information, other insurance carriers, etc., and filed within a maximum of 30 days to be valid. It is particularly important that all of you know the importance and responsibilities of proper reporting of any incident and/or accident involved in your AAU activities. All reporting forms and instructions are available on the website. Sport Accident Claim Form.

http://image.aausports.org/pdf/Insurance/AccidentClaimForm9_1_17.pdf

3. PROPERTY DAMAGE FORM

http://image.aausports.org/pdf/Insurance/PropertyDamageForm_.pdf

If you are a coach and one of your athletes suffers an injury at practice, and you have a Club membership, make sure that the injury is properly reported on the incident report form provided on the website listed above in a timely manner. Give the guardian clear instruction on the importance of completing the accident report form provided on the website listed above and sending to the insurance company as instructed on the form.

If you are a meet director hosting and AAU event, first and most important, make sure that you have your AAU approved event license. It is critical that you check to make sure that all your participants and coaches are properly registered with current AAU memberships. If an athlete coach, or non-AAU individual such as a spectator suffers an injury, make sure you report this in the incident report form as soon as possible and the injured party is given proper instructions on where to get the accident report form for reporting the accident to the insurance company. It is good practice to get the contact information of the involved person so that you can easily follow up with instructions. You should instruct your site directors of the importance of making sure that all incidents are reported properly. If you have questions, please contact your District Sports Director or the AAU National Office Member Services.

JUDGING PANEL and REQUEST FOR JUDGES

There must be a minimum of a one judge panel for each event for all Iowa Licensed Events. Iowa District/ State Championship must have a minimum of a two-judge panel for each event. Judging request go through the NAWGJ Iowa State Judging Director – Chrissy Ervasti.
gymnastcd@hotmail.com

Meet Director's Request for Judges website: gymjas.com/ia

Then choose Meet Directors Menu.

On that page you will see the already submitted meets on the schedule.

To create a new request: Follow the Create a New Meet request link at the top of the page, then fill out the form with the information about your meet as best you can. *You will be able to make updates later if some things change. Many gyms have been pre-loaded in the system and will therefore be present in the dropdown box to preload your address information.

However, if you do not see your gym in the list, just type the information in yourself. (If you let me know that it was not in the list, we will get it added for next time!)

Once you submit the form, it will show up immediately on the schedule, but it will be marked as "pending" until your \$3 per judge fee is submitted. Once the fee has been received, it will be marked "Accepted".

The form allows you to submit comments to the Judge Assigner, provide information about the levels of gymnasts (and therefore the required level of judges), the type of meet (USAG, AAU), etc. You can select your requested judges from the checkboxes provided. Be advised that they may or may not be available and may not work out depending on the levels of judges that you require for your meet.

You will provide either your USAG professional member number or other PIN code to use as a password that can be used at a later time to make updates to the meet information.

To UPDATE MEET FORM:

1. Put your USAG number or PIN code in the yellow input field.
2. Select your meet in the list of meets in the table.
3. Double click on that row or select the row and then push the submit button. You will be shown an update form for making changes.

QUALIFICATION TO AAU IOWA DISTRICT/STATE CHAMPIONSHIPS

The AAU Iowa State Championship is open to all gymnasts who belong to a club in the Iowa District that have an AAU membership. There are no prerequisites to enter the AAU Iowa State Championships.

QUALIFICATION TO REGIONAL AND NATIONAL CHAMPIONSHIPS

You must participate in the Iowa District Championships to be eligible in the AAU Regional and National Championships. There is not qualification score, only participation is required.

REGIONAL AND NATIONAL APPAREL

Regional and National Apparel is not required, although these events emphasis District Representation so many districts choose to invest in a regional leotard so that all gymnasts are recognizable from a certain district. It is the goal for the district to be able to provide a purchase opportunity at an affordable cost for participants if they would like to be unified as a district at these competitions. Contact your district director for more information.

INDEX

Athlete Attire	*	*	*	Page	7
Awards Guidelines	*	*	*	Page	9
District Sport Director Contact Information	*	*	*	Page	3
Duties of District Sports Chairman	*	*	*	Page	3
Iowa State Championship Awards Guidelines	*	*	*	Page	9
Items to be Included on Meet Invitation	*	*	*	Page	8
Judging Panel and Request for Judges	*	*	*	Page	10
Meet Director Duties	*	*	*	Page	7
Memberships	*	*	*	Page	4
Music	*	*	*	Page	6
National Rules	*	*	*	Page	5
Professionalism	*	*	*	Page	7
Qualification to District/State Championships	*	*	*	Page	11
Qualification to Regional & National Competition	*	*	*	Page	12
Regional and National Apparel	*	*	*	Page	12
Reporting an Accident	*	*	*	Page	9
Rules for Competition	*	*	*	Page	6
Index	*	*	*	Page	13