



Fall 2015/Spring 2016
Florida Gold Association
South Florida
Gymnastics Competition Handbook



**Florida Gold Association
Fall 2015/Spring 2016 Competition Handbook**

Welcome to the 2015/2016 competition season. Thank you for your continued support. Enclosed you will find information pertaining to the coming season.

Florida Gold League Rules: The Florida Gold League will follow AAU National rules that will be posted on the AAU National website. <http://aaugymnastics.org/Rules/RulesHandbook.aspx>

A copy of those rules will also be posted on the FL Gold website at www.gcgym.com

This AAU FL Gold handbook will be also posted on the FL Gold website.

Compulsory program: AAU will be following USAG compulsory routines as written, without modification. Release of the AAU rulebook will verify if there are any differences in deductions/ penalties between AAU and USAG. <http://aaugymnastics.org/Rules/RulesHandbook.aspx>

Note:

In the fairness of competition for athletes and coaches, who may be competing in both the USAG and AAU programs. Once a gymnast competes in a level, they **MAY NOT** drop down to a lower level for a competition.

Example:

Gymnast competes in USAG/AAU competition as a level 4 – May not compete at an AAU/USAG competition as a level 3. **This is NOT permitted!!**

I look forward to having a successful year! Coaches, keep up all the hard work you do with your athletes. Let's make our Florida Gold League shine! If you have any questions, please contact me.

Thank you,
Raul Rojas
FL Gold AAU Chair
561-585-2700
info@gcgym.com

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I. AAU Membership

Please make certain to register your club, your coaches and your athletes via AAU National office online at www.aausports.org. Memberships must be renewed each year beginning in August. With the AAU registration process and background screening that is in place for adults, membership approval is no longer instant. Although the delay is not lengthy, please take this factor into account and register early!

Meet Directors must verify all coach and athlete AAU memberships prior to each competition. Be sure to submit membership numbers with every meet entry. Entering an AAU competition creates an expressed understanding that all athletes registered are current AAU members prior to competition. Only currently registered AAU athletes, coaches, judges & clubs are permitted to participate in AAU sanctioned events.

II. Florida Gold AAU Qualifier Competition Calendar (see attached meet information)

Events listed on the calendar below are designated sanctioned qualifiers to the 2016 FL Gold AAU District Championships. Only the events listed are sanctioned qualifying competitions. No other events will be considered. If a **club** has representation in a minimum of two (2) qualifiers in the current season, **all of their athletes** will then be eligible to participate in the 2015 FL Gold AAU Championship meet (*the 2 qualifiers must be listed on each club's Championship entry form upon submission*).

2015-16 Sanctioned Meet Schedule for Florida Gold

ALL Meets listed on this Schedule are AAU Sanctioned Qualifiers to Championships

	Date	Competition	Host Club	Location
2015	October 3-4	Celebrate America	Genies	Wellington
	October 11-12	Under the Sea	Coral Reef	Weston
	October- 17-18	Gold Rush Invite	Gold Coast	Lantana
	November 14-15	Novemberfest	Rising Stars	Boca
2016	January 23-24	Winter In Paradise	Gold Coast	Lake Worth
	February 6-7	Coral Reef Invite	Coral Reef	Weston
	February 27-28	Arabian Nights	Genies	Wellington
	April 9-10	Rock Superstar	Ft Lauderdale	Ft Lauderdale
	April 9-10	Beach Blast	Cats- Jupiter	Jupiter
	April 16-17	Spring Color World	Twins	Coral Springs
April 30-May 1	Spring Spectacular	Rising Star	Boca	
	May 21-22	FG Championships	Gold Coast	FAU
	June 30-July 3	AAU Age Group Nationals	AAU	ESPN Orlando

****All AAU sanctioned event hosts on the above calendar have signed the Host Agreement, which states that the host must follow Florida Gold AAU award guidelines (outlined below) without exception.**

III. Competition Guidelines

- a. FL Gold League will follow AAU National rules as stipulated on page 1. All competitions will be judged by NAWGJ certified and contracted judges. Level 1 and 2 may be judged by a one judge panel. **Level 3 and up must be judged by two judge panels.**
- b. Awards – ALL QUALIFIERS & FL GOLD CHAMPIONSHIPS ARE OBLIGATED TO FOLLOW THE OUTLINED GUIDELINES LISTED BELOW FOR AWARDS! There is NO individual event placement awarded at levels 1 & 2 (achievement only). Level 2 allows All Around placement. Level 1 does not! Event hosts must include awards structure on all pre-meet information sheets, including meet info page for AAU Handbook.

Level 1 Provide achievement awards for all events
Provide 100% all around awards
Provide all athletes goody bags and/or gifts
Award team placement 100%

Level 2 Provide achievement awards for all events
Provide all around placement awards*
**(Maximum 16 athletes per age group)*
Provide 100% all around awards
Provide all athletes goody bags and/or gifts
Award team placement 100%

Level(s) 3 & up Award individual placement 50% + 1 per awards group
Award team placement 100%

- c. **Divisions**
Florida Gold Association (FGA) will not separate athletes into divisions (novice, intermediate, advanced) at any level. Athletes may be divided equally by birth date within each session for levels 3 and up, in order to keep awards groups small and awards percentages generous. A maximum of 20 – 25 athletes per award group is recommended. For level 2 All Around awards, there is to be no more than 16 athletes per award group.

- d. **Achievement Ribbons for levels 1 and 2**
9.5 – 10.0 “Super Blue” (rainbow blues)
9.0 – 9.475 Blue
8.0 – 8.975 Red
Below 8.0 White

(If using alternate color ribbons, follow the above score guidelines, using 4 different colors)

IV. 2015-16 Qualifications to Florida Gold Association Championships are as follows:

1. Athlete, coach & club AAU memberships must be in good standing.
2. **Club** must have athlete representation in a minimum of **two (2) FGA qualifiers** in current season. Only meets listed on the calendar in this FL Gold Handbook are designated as FGA qualifiers. The 2 qualifying meets attended must be listed on the club’s FL Gold AAU Championship entry.
3. Completed entry form and accompanying entry fees must be received by the deadline.
4. Any athlete/club not meeting qualification criteria must be petitioned in-writing by the entry deadline and include any supporting documentation.

V. 2015-16 Qualifications to AAU Nationals are as follows:

1. Athlete, coach & club AAU memberships must be in good standing.
2. **Athlete and club must compete in the Florida Gold Association (FGA) Championships** in current season.
3. Completed entry form and accompanying entry fees must be received by the deadline.
4. Any athlete not meeting qualification criteria must be petitioned in-writing by the entry deadline and include any supporting documentation.
5. 2014 AAU National information: http://aausports.org/sprt_Gymnastics.asp

VI. Bid Host Form see attached

FL Gold AAU Event Bid Form & Hosting Agreement

(Deadline Friday, July 24, 2015)

Please complete this form and add any and all information that would be pertinent in detailing your bid

Host Information

Competition Name _____

Date(s) of Competition _____

Host Club _____ Meet Director _____

Club Phone _____ Fax _____

Email _____

AAU Club # _____

AAU Professional # _____

How many competitions have you hosted in the last 2 years? _____

Site Details

Facility Name _____

Facility Address: _____

City _____ Zip _____

Size of Competition Area _____

Size of Warm-Up Area _____

Spectator Capacity _____

Is Facility Air Conditioned _____

Please describe parking availability _____

Number of Restrooms _____ Number of available meeting rooms _____

Please attach a letter of intent from the host facility (if using an outside facility)

Equipment Manufacturer: Vault _____ Bars _____ Beam _____ Floor _____

Bid/Host Agreement Form

As a FL Gold AAU Gymnastics event host, I agree to abide by the following:

I. Meet Information & Event Hosting Forms

Event Hosting forms, including all meet information, competition date(s), levels, event site (along with a map to the facility), entry fees, spectator admission fees, etc must be submitted to the AAU Chair via email to info@gcgyim.com

Event information sheets must be submitted to by 7/24/15. Information must be in either pdf, Microsoft Publisher or Microsoft Word format.

Hosting Information:

- 1) Host club must have an AAU "Club Membership" of Level 2 or 3 - BE PREPARED!

<https://play.aausports.org/Clublevels.aspx>

To purchase a club membership you must **first obtain the memberships of the representatives** or contacts that will be listed on the club application. **"RENEWALS"** for club membership are no longer available. To continue a membership from a previous year, complete the corresponding application below. For Level 3 clubs, please use the same EIN number used last year.

The AAU membership year runs from Sept 1 to Aug 31. AAU membership is required to participate in all AAU events.

AAU Club Memberships- LEVEL 2

- Eligible to participate in events
- Eligible to vote at appropriate district bi-annual meetings
- Eligible to receive certificate for practice insurance
- Eligible to receive sanction to host an event
- Eligible to use the AAU logo & Name in AAU sanctioned events
- \$60.00 - Youth Club Per Membership Year

AAU Club Memberships- LEVEL 3

- Eligible to participate in events
- Eligible to vote at appropriate district bi-annual meetings
- Eligible to receive certificate for practice insurance
- Eligible to receive sanction to host an event
- Eligible to use the AAU logo & Name in AAU sanctioned events
- \$60.00 - Youth Club Per Membership Year
- Eligible for tax - exempt status
- Eligible to receive tax-exempt donations
- Eligible to become sales tax exempt in your state
- \$300.00 - Youth Club Per Membership Year

- 2) After obtaining Club Membership you must then "license" (formerly called sanction) your event. On AAU website go to – Event License Application
<https://play.aausports.org/Default.aspx?TabId=11922&returnurl=%2fInsurance%2fSanctioning%2fClubSanction.aspx&flushed=t>
- 3) On meet information/flyer: It only should show AAU information and must include the following information-:

***This event is licensed by the Amateur Athletic Union of the U. S., Inc.**

***All participants must have current AAU Membership. AAU membership may not be included as a part of the entry fee to the event.**

***AAU Youth Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Be Prepared: Adult and Non Athlete Memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed. Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.**

AAU Florida Gold Award guidelines & National Rules

**Meet Director Signature of
Agreement: _____**

II. Recommended Entry Fees

In-house meet \$55-65 per level
Out of facility \$70-125 per level
Championships \$70-105 per level

III. Recommended Spectator Admission Fees

In-house meet \$10 adults/\$5 children
Out of facility \$10-22 adults/\$5-12.50 children

IV. Fee to AAU Association

Event hosts are assessed \$2 per athlete. This assessment is due no later than 30 days post event. Assessments received later than 30 days will incur an additional \$100 late fee. Make all checks payable to **FL Gold AAU**.

Send to: Gold Coast Gymnastics
1420 Rupp Lane
Lake Worth, Fl. 33460

V. Post Competition Report

Along with the check payable to FL Gold AAU, the event host must submit a copy of the scores to the AAU Chair.

VI. AAU Registration

All qualifiers/invitational are open to ALL REGISTERED AAU ATHLETES / CLUBS. The Event Host is responsible for verifying all club, coaches & athlete AAU Numbers prior to competition.

VII. Competition Deadline & Competition Schedule

Competition Deadlines are recommended to be a minimum of 3-4 weeks prior to the event. Event Host must release their competition schedule 2 weeks prior to the event via US Mail, email, website, or Fax.

VIII. AAU Rules, Policies & Regulations

ALL AAU Rules, Policies & Regulations must be followed by the Event Host. This includes, but is not limited to, both National and Local Association Rules, Policies & Regulations.

IX. Awards

All AAU sanctioned qualifying FL Gold League events must follow the complete athlete award guidelines published in the FL Gold AAU Handbook distributed to all clubs and posted online. Achievement award guidelines for levels 1 and 2 must be adhered to. There will be no placement awards for level 1. Level 2 will only have placement in the All Around, and there is to be no award group larger than 16 athletes.

There are four ribbons and score divisions for Achievement awards:

9.5—10.0 Super Blue
9.0—9.475 Blue
8.0—8.975 Red
Below 8.0 White

X. Athlete gifts

It is recommended that athletes receive a gift or goody bag/ gift at each competition.

Meet Director Signature of Agreement: _____

As per the Florida Gold League tradition, and by continued preference of our league members, we will once again follow the rules set forth by AAU National Office. ***It is each member's responsibility to stay informed of the rules and any changes that AAU National Office may institute during the season.*** AAU National rules may be found on the AAU website at: http://www.aausports.org/sprt_Gymnastics.asp?a=sprt_Gymnastics_Rules.htm

VII. FGA 2015/2016 Sanctioned Qualifiers- Meet Information (see attached)

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