



2024-2025
Florida Gold AAU
Gymnastics Competition Handbook



Florida Gold District Competition Handbook

Welcome to the 2024/2025 competition season. Thank you for your continued support.
Enclosed you will find information pertaining to the season.

GENERAL ALL LEVELS

The AAU girls gymnastics national program will follow national governing body rules and updates unless specifically stated otherwise on the 2024-2025 AAU national girls program allowance guide. AAU members are responsible for changes within the national governing body program unless otherwise stated in the AAU gymnastics national program allowances. AAU and its members will not publish, reproduce, copy, distribute, or sell any national governing body materials as stated in the AAU gymnastics national rules and policies.

Florida Gold District will follow AAU National rules that will be posted on the AAU National website. <https://aaugymnastics.org/Rules> 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.

***NEW* In 2024-2025 Florida Gold will now have Copper Level as an option.**

<https://image.aausports.org/sports/gymnastics/AAUCOPPERRULES.pdf>

Meet Protocol Reminders!!

- Coaches need to be aware of time restrictions on all events. When athletes take too long or take additional turns the result is other athletes may only get partial/insufficient time for warm-ups. Coaches need to work together to ensure all athletes get their ample warm-up.
- **Hospitality at meets.** Athletes and coaches' children should not be in the hospitality area. If you have your child/athlete at the meet-- PACK and bring them their own food. This is to ensure that there is enough food for Judges and coaches who are not able to leave the meet site. Do not put the host club in an awkward position to ask someone to leave.
- **Kids/gymnasts/parents on the competition floor.** This is not allowed. If you are a coach and have a child/they are not permitted to remain with you while the competition is going. This also includes having a non-competing athlete staying with the team when they are not actively competing in the session --- to video/ score keep. They need to stay in the stands.

AAU Age Group Nationals will be held, June 18th – 21st in Ft. Lauderdale, Fl.

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 District shine! If you have any questions, please contact me.

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

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1. AAU Membership

Please make certain to register your club, Beginning AUGUST 15 your coaches and your athletes via AAU National office online at www.ausports.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!

Athletes and coaches must have current/active membership to be on the floor.

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 Licensed events.

In the fairness of competition for athletes and coaches, who may be competing in both the USA 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 USA/AAU competition as a level 4 – May not compete at an AAU/USA competition as a level 3. This is NOT permitted!

2. Florida Gold AAU Qualifier Competition Calendar

Events listed on the calendar are designate Licensed qualifiers to the FL Gold AAU District Championships. Only the events listed are licensed qualifying competitions. **ATHLETES** must compete in a minimum of 2 AAU licensed competitions to participate at Fl. Gold Championships. -Athletes need to compete at Fl. Gold District Championships to compete at Age Group Nationals

<http://www.gcgym.com/florida-gold-aau-gymnastics>

****All AAU Licensed event hosts on the calendar have signed the Host Agreement, which states that the host will follow Florida Gold AAU award guidelines (outlined below)**

Coaches attire:

Please dress professionally while on the floor coaching.

- * Tennis shoes must be worn during the competition. Closed toe shoes are appropriate.
 - Flip flops are not allowed
- * Appropriate length shorts.
- * Females: tops that cover mid-drift and upper areas, no strapless/tank or spaghetti strap tops
- * No Hats
- * No backpack on while spotting athletes

3. Competition Guidelines

- a. FL Gold will follow AAU National rules. Currently, we do not have any District allowances
All competitions will be judged by NAWGJ contracted judges.
Level 1,2, Copper, Bronze, Silver may be judged by a one judge panel.
Level 3 and up and Gold 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!
Event hosts must include awards structure on all meet information sheets

Level 1 & Copper

- Provide achievement Score Cards with Ribbons awards for all events
- Provide 100% all around awards in the form of a trophy
- Provide all athletes goody bags and/or gifts

Level 2

- Provide achievement Score Cards with Ribbons awards for all events
- Provide all around placement awards*
***(Maximum 14 athletes per age group)**
- Provide 100% all around awards in the form of a trophy
- Provide all athletes goody bags and/or gifts

Achievement Ribbons for Levels 1, 2 and Copper

- 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)

Level(s) 3-10 and All Xcel Levels

- Award individual placement 50% + 1 per awards group
- Athletes may be divided equally by birthdate within each session

4. Ages for athletes for competition: Per USA Gymnastics, changes were made to the x-cel program-

- Athletes who compete Bronze may enter Level 1,2—and have also reached 5th birthday
- Athletes who compete Silver may enter Level 1,2,3—and have also reached 6th birthday
- Athletes who compete Gold may enter Level 3,4—and have also reached 7th birthday
- Athletes who compete Platinum may enter Level 5,6—and have also reached 8th birthday
- Athletes who compete Diamond may enter Level 7,8,9,10—and have also reached 9th birthday

5. Athletes competing out of session:

It is at the discretion of the meet Director to permit/add athletes to compete out of session. It is **not required** for a Meet Director to add an athlete to the meet. If an athlete is permitted to compete out of session, they are **not eligible** for individual or team awards. However, they may be recognized and be given a participation award.

If an athlete arrives to meet at the incorrect session time. It is at the discretion of the meet Director to permit/add athletes to compete out of session. If added, athletes are **not eligible** for individual or team awards. However, they may be recognized and be given a participation award.

6. Qualifications to Florida Gold District Championships are as follows:

1. Athlete, coach & club AAU memberships must be in good standing.
2. *Athlete must compete* in a minimum of **two (2) FG qualifiers** in current season.
Only meets listed on the calendar in this FL Gold Handbook are designated as FG qualifiers.
3. Completed entry form and accompanying entry fees must be received by the deadline.
4. Any athlete not meeting qualification criteria may be petitioned by the entry deadline and must include all supporting documentation and Return to Activity date by Doctor/Physician
Petition must be submitted to Florida Gold Chairman for consideration.
5. **Petitions are for injury/ sickness** and will NOT be granted for inconvenient competition date/times, out of town, party, Weddings, etc.

7. Qualifications to AAU Nationals are as follows:

1. Athlete, coach & club AAU memberships must be in good standing.
2. **Athletes and club must compete in the Florida Gold District Championships**
3. Club are responsible for submitting their athletes to AAU Nationals via the AAU website/link.
4. Any athlete not meeting qualification criteria must be petitioned by the entry deadline and include any supporting documentation. Petition must be submitted to Florida Gold Chairman for approval.
5. **Petitions are for injury/ sickness** and will NOT be granted for inconvenient competition date/times, out of town, party, Weddings, etc.

8. Additional Information

The AAU girl's gymnastics national program will follow national governing body rules and updates unless specifically stated otherwise on the 2024-2025 AAU national girls program allowance guide. AAU members are responsible for changes within the national governing body program unless otherwise stated in the AAU gymnastics national program allowances. AAU and its members will not publish, reproduce, copy, distribute, or sell any national governing body materials as stated in the AAU gymnastics national rules and policies.

GENERAL ALL LEVELS

- **Vaulting Boards:**

FG will continue to use the aero board for all levels with the exception for Yurchenko vaults.

- **Entries** Clubs must make sure that they are sending their meet entry to the Host on time. Once the schedule is published, please do not call and harass the MD to change/adjust the schedule for you- asking for multiple changes is very difficult. PLEASE remind your parents NOT to contact the MD asking about the meet or for schedules/accommodations. Clubs should have 2 ways to contact the gym/coach. Email and phone number. / coaches direct number.

- **Coaches Attire:** Please dress professionally while on the floor coaching. Tennis shoes must be always worn during the competition. Appropriate length shorts. No tank or sleeveless shirts. No Hats, No backpacks while spotting. Please make your coaches and Jr coaches aware of this rule.

- **Hospitality at meets:** Only coaches are permitted in Hospitality area Athletes and coaches' children should not be in the hospitality area. If you have your child/athlete at the meet-- PACK and bring them their own food. This is to ensure that there is enough food for Judges and coaches who are not able to leave the meet site. Do not put the host club in an awkward position to ask someone to leave.

- **Kids/gymnasts/parents on the competition floor.** If you are a coach and have a child/they are not permitted to remain with you on the competition area/floor. This also includes having a non-competing athlete stay with the team when they are not actively competing in the session to video/ score keep. This is not permitted. They need to stay in the stands.

Meet Host Agreement

In order to host a Florida Gold Licensed event the member club must be current/up-to-date with any/all fees due associated with hosting competition, is a member in good standing and follow the event guidelines.

*** In order to keep in-line with USA meets for assigning judges and to be placed on the FI. Gold District calendar, All Meet hosting agreement forms, flyers, and judges request forms- need to be submitted starting January 1st-May 1st for the following season.**

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

I. Meet Information

Event Hosting forms, including all meet information, competition date(s), levels, event site, entry fees, spectator admission fees, how you will do awards.

Event information sheets must be submitted to FI Gold Chairman by deadline. PDF or link to the gym website where info is listed.

Hosting Information:

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

LINK for MEMBERSHIP INFORMATION → https://aasports.org/page.php?page_id=99977

Youth Athlete Fees: \$20.00 or \$22.00

Non-Athlete Fees: (coaches)

\$55.00 or \$57.00 Extended Benefit (1-year option)

\$75.00 or \$79.00 Extended Benefit (2-year option)

CLUB MEMBERSHIP LEVEL 2

YOUTH CLUB PER MEMBERSHIP YEAR

\$60 / year

Adult Club or Both Youth and Adult Club Per Membership Year **\$80 / year**

- Eligible to participate in events
- Eligible to vote at appropriate district biennial meetings
- Eligible to apply for practice insurance certificate
- Eligible to apply for a license to host an event
- Eligible to use the AAU logo & Name in AAU licensed events
- **Level 2** is for incorporated or unincorporated clubs and has the same benefits a Level 1. In addition the Level 2 Club may host an AAU licensed event, other than practice, and may use the AAU name and trademarks for licensed events only.

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.aasports.org to obtain their membership.*

AAU Florida Gold Award guidelines & National Rules

IV. Fee to FI. Gold District .

Event hosts are assessed **\$1.50 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 **Florida Gold Gymnastics**

Send to: Gold Coast Gymnastics

1420 Rupp Lane

Lake Worth Beach, Fl. 33460

V. Post Competition Report & fees

Along with the check payable to Florida Gold Gymnastics, Inc. The event host must submit a copy of the scores to the AAU Chair. Send payment of \$1.50 per athlete

VI. AAU Registration

All qualifiers/invitational are open to ALL REGISTERED AAU ATHLETES / CLUBS. The Event Host/meet director 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 5-6 weeks prior to the event. Event Host must release their competition schedule 3 weeks prior to the event via, email, website

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 District Rules, Policies & Regulations.

IX. Awards

All AAU Licensed FL Gold District 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 all must be adhered to. There will be no placement awards for Copper and level 1. Level 2 will only have placement in the All Around, and there is to be no award group larger than 14 athletes.

There are four ribbons and score divisions for Achievement awards for Copper, Level 1 & 2:

9.5—10.0 Super Blue

9.0—9.475 Blue

8.0—8.975 Red

Below 8.0 White

Level 3- 10 and All Xcel levels: 50% +1 for events. 100% placement for All-Around.

X. Athlete gifts

It is recommended that athletes receive a gift item at each competition.

The Florida Gold District by continued preference of our District members, we will follow the rules set forth by the 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.

AAU Rules Handbook- <https://aaugymnastics.org/Rules>

Code Book- <https://aausports.org/Governance-Policies/AAU-Codebook>

Please send completed forms by email to: info@gcgym.com