



## SC AAU Gymnastics Program Overview:

The SC AAU Gymnastics program is quickly growing and becoming a great alternative for gym clubs that train less hours than what is required to be successful in the USA Gymnastics program. We currently have 20 SC Clubs with over 600 registered athletes which continues to grow. Several clubs are using this program for their recreational gymnasts to introduce them to larger competition settings, like AAU Regionals and Nationals. The benefits of the AAU program include: a positive competition experience, family atmosphere, the new Ava Boyter scholarship, **a new co-ed division and a Copper division** to offer more opportunities for competitive athletes. AAU also provides another avenue for revenue for your program as well as aiding in retention of athletes who may have struggled or who are struggling in other competitive gymnastics leagues and programs.

## SC AAU Rules:

SC AAU currently uses the same rules for Compulsory, Optional and Xcel as USA Gymnastics. We also offer the Ladies Division at all AAU sanctioned meets. **South Carolina AAU has adopted the AAU National Gymnastics rules**, which may be located on the national AAU website. Warm up times will follow the USAG DEV. Program and Excel guidelines. PLEASE NOTE: There is no competition timing of beam and floor for any level.

## SC AAU Competitions:

There are two types of SC AAU Competitions.

**1. SC AAU Sponsored Competition:** The SC AAU District Championship Meet is awarded to a host club by a bid process and a SC AAU Board Vote. The District Meet requires a facility large enough to hold two full sets of equipment for modified capital cup format, an official scoring system and a qualified floor music manager. Please refer to the other information in this overview regarding judges, awards etc. **Please note a separate Meet Referee is required at District Championships.**

**District Championships:** The National AAU program divides the country into Districts. This allows larger states to have more than one AAU District. SC only has one district. The District Championship meet is equivalent to the USA Gymnastics State Meet.

**Qualification for the District Championship meet:** There is no qualifying score to attend the District Championship meet. **The only requirement is that each AAU athlete must compete in at**

least two sanctioned SC AAU competitions prior to the District Championship. Should an athlete not be able to attend two competitions, special permission may be granted by the SC AAU advisory committee and SC Chairman for any extenuating circumstances. PLEASE NOTE THE LEVEL YOUR ATHLETE COMPETES AT DISTRICT CHAMPIONSHIPS IS THE LEVEL YOUR ATHLETE MUST COMPETE AT REGIONALS AND/OR NATIONALS!

**2. SC AAU Invitational Meets:** Meet directors hosting a USA Gymnastics invitational may also offer AAU session(s) with sanctioned approval of the SC AAU Chairman. Meet directors must agree to adhere to the National Governing Body (USA gymnastics rules and policies) and AAU National competition rules. Please see the Meet Directors Letter. In order for a meet to be added to the final competition calendar for the 2024-2025 season, meet directors must obtain an approved License. License approval must be approved 14 days prior to the event by the SC AAU Gymnastics District Chairman. As per the National AAU rules, all invitationals in SC must obtain license approval by the SC District Chairman prior to being placed on the official SC AAU Gymnastics calendar. Please review all of this information carefully when making a decision to add an AAU session(s) to your invitational meet. This is a growing area of SC AAU Gymnastics and can add anywhere from 100 to 500 or more athletes to your invitational meet!

#### **AAU Membership: New Membership usually opens September 1**

1. Athlete: Membership Card A is \$20.00 per year; Membership Card AB is \$22.00 per year
2. Non athlete: \$55.00 for a one year or \$75 for a two year membership ( for coaches, judges, meet directors- this is a membership that includes an enhanced background screening).
3. Junior Coaches must purchase a Youth Membership.

#### **Meet Entry:**

All SC invitationals are considered qualifiers, however SC AAU cannot dictate entry fees, admission fees, awards, etc.

#### **Judges:**

**All AAU Invitational and AAU District meets in an outside facility Recommends use of one judge panels for levels Bronze, 1 and 2 all other levels require 2 judge panels.** In-Gym meets may use one judge panel (Please include this in your pre meet information). All judges are required to have an AAU membership and must be contracted through NAWGJ. ***Please note, it may be in the best interest of Athletes, Coaches and Judges to use 2 judge panels. Please consider using two judge panels if the AAU meet/sessions has more than 250 competing athletes. Thank you in advance for your consideration regarding judging panels.***

#### **Awards:**

Awards will be at the discretion of the Meet Directors.

**Hosting an AAU Sanctioned event, AAU Sanction and AAU Memberships:**

All AAU Host clubs are required to obtain an AAU License. There are NO fees to license an event that is applied for 15 days prior to the start date of that event. **All events not Licensed 15 days prior to the start date of the event will be assessed a license fee, late fee and expedite fee.**

**The Host Club must obtain the following:**

1. Non Athlete Membership -
2. B Club membership - (This is required to obtain your license)
3. Event Licenses: Now FREE!!

License information can be found on the National website.  
<http://www.AAUGymnastics.org>. (click on Host an Event)

4. Meet flier details that **must be included** with your sanction request to be approved

Please note that all AAU athletes competing must have a current AAU athlete membership and a minimum of a Level 1 Club membership. Please include all of your information on your entry form. The SC AAU Chairman and/or Advisory Committee will verify memberships for athletes, gym clubs, coaches and judges before the sanctioned event.

**SC AAU Competition Meet Fee:**

**\$2.00 per gymnast competition/admin fee for any SC AAU meet or SC AAU session.**

Make checks Payable to Team SC AAU Gymnastics at the conclusion of any SC AAU Sanctioned event.

**Competition fees are required to be submitted no later than 7 days after the final day of competition. There will be a monthly late fee (\$10) automatically assessed should payment not be received prior to the due date.**

**These fees help support our District Championships as well as incidentals that are needed to promote AAU Gymnastics in South Carolina.**

**Send Checks/Payments to:**

Susie Vahala  
 2031 Prospect Hill Drive  
 Mt. Pleasant SC 29464  
 843-324-2305

**OR**

**Advisory Committee who are judging or coaching at a meet are permitted to request a check upon the completion of the last AAU session.**

**Pat Faulkner  
 Becky Meisel  
 Tricha Tapio**

### **Meet Director Duties for Licensed Events:**

- 1) Obtain License 15 days prior to first day of event or Late penalties apply as stated previously. Please note your event can not be E-blasted without an approved license. Licenses are free! Submit early!
- 2) Verify all AAU Memberships. This includes Athletes, Coaches and SC Judges as well as out of State Judges who are judging Invitationals in South Carolina (SC Judges are required to have a current membership in order to judge AAU in our District.) Coaches under 18 must obtain a Youth athlete Membership.
- 3) Coaches and Judges must sign in prior to the beginning of competition.
- 4) HOST CLUBS MAY BE IN JEOPARDY of not obtaining license approval for future events if memberships are not properly verified.
- 5) Ensure Event Directors comprehends and abides by all South Carolina AAU Gymnastics Rules and Policies. ALL OUT OF STATE JUDGES ASSIGNED TO YOUR COMPETITION MUST HAVE A CURRENT AAU MEMBERSHIP. PLEASE COMMUNICATE WITH THE ASSIGNOR WHEN ASSIGNED OUT OF STATE JUDGES!!
- 6) On site Sport/Athletic Trainers are required at District Championships and are highly recommended at ALL Invitationals.
- 7) Follow All of the NGB(National Governing Body, USA Gymnastics) for meet Formats and allowable number of Athletes per session and squad as well as start and end times for completion of meets.
- 8) Infractions must be reported to the District Sport Director/Chairman. Fines will follow the NGB Guidelines for all Infractions.

### **Reporting Scores:**

- 1) Email electronically official scores, coaches sign in and judges signed sanction forms to [susievahala@icloud.com](mailto:susievahala@icloud.com).
- 2) It is the coaches responsibility to submit out of state scores no later than 7 days after the conclusion of the competition to [susievahala@icloud.com](mailto:susievahala@icloud.com).
- 3) Please submit as an EXCEL file.

### **Scheduling AAU Sessions:**

Invitational meets that include USA Gymnastics, NGA and AAU MUST NOT combine AAU sessions with any USAG or NGA sessions unless there are two or three separate competitive gyms running at the same time. Also, Meet Directors must adhere to the NGB Rules and policies regarding total athletes allowed per session and squad/flight. (USAG R&P)

### **AAU Calendar and Meet Info:**

The SC AAU Chairman publishes the SC AAU Gymnastics Final Calendar with all meet information for the entire competitive season at the beginning of the season, between the first of August and end of November. This will be e-mailed to clubs and can also be located on the SC AAU Facebook page.

### **Meet Flier for the Sanction:**

**TO THE MEET DIRECTOR:** You must upload a meet flier with all of your event information when you are applying for your AAU sanction.

1. You **MUST** include the following **exact wording** at the bottom of your flier or it will be rejected by the AAU National Office:

*This event is licensed by the Amateur Athletic Union of the US., 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 memberships must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Coach and Non Athlete memberships may not be obtained on site, they are not instantaneous. Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their memberships.*

2. The flier must not have any USA Gymnastics Meet info on it.

You will need to create a separate flier with just the AAU meet information and submit it to AAU upon application for license. AAU now creates a flier for you with the correct wording when you apply for the license.

3. Please be sure your entry fees and due dates are exactly what was submitted on the SC AAU Calendar.

### **Meet Referee Info for AAU Meets:**

All South Carolina Judges must have a current AAU membership to judge at any SC AAU meet or SC AAU session. Any out of state judges are required to have a current AAU membership. No exceptions. It is the Meet Directors responsibility to ensure Judges memberships are current prior to judging their meet. The meet referee will be in charge of making sure the National AAU Gymnastics competition rules and the NGB (USA Gymnastics) rules and policies are strictly adhered to. All NGB sanction violations must be reported to the SC AAU Sport Director. Whenever possible, an unaffiliated judge will be used for AAU in gym meets with a one judge panel.

A separate Meet referee (District Sport Director if available) will be required for District, Regional and National Competitions.

### **AAU Regional and National Competitions:**

The AAU National Office plans two great postseason competitions for AAU Athletes. **NEW!!!** There are now requirements for qualifying to Regionals and Nationals. Each athlete must compete at two AAU sanctioned meets as well as the District Championship to be eligible to

**compete at the Regional and National Championships. There is NO official qualifying score.**

If for some reason your SC AAU athlete is unable to compete in the District Meet due to an injury or other extenuating circumstances, the gym club can petition the SC AAU State Chairman and Advisory Committee to be eligible to attend. Many clubs choose to set their own personal "qualifying score" just so the athletes earn the right to attend a Regional or National Meet. This is purely at the discretion of each individual gym club. Please note: If you do set a qualifying score, it needs to be during the regular SC AAU Season. If you wait until the District Meet to set a qualifying score, you will miss the entry deadline for Regionals and or Nationals. There is no connection between attending Regionals and Nationals. Your gym club may choose to attend one or both of these meets depending on your gym club's needs. Both of these meets use AAU National Rules. The National Rules quick reference guide is always available on the State and National websites.

#### **AAU Southern Regional Championships:**

Typically the 3rd weekend in May. This regional meet has gym clubs from the Southern Regional Area including: SC, NC, GA, FL, TN. This meet is awarded by bid process and typically changes States each year.

#### **AAU Nationals:**

This meet is typically a summer meet. In mid June or early July. This meet features athletes from all over the country.

#### **SC AAU Regional and National Attire:**

South Carolina is proud to offer Regional/ National attire to be worn at the Regional and/or National meets. This allows us to compete as "Team South Carolina". Each state offers Regional/ National Attire.

**SC AAU Chairman:** Susie Vahala – [susievahala@icloud.com](mailto:susievahala@icloud.com)

#### **SC AAU Advisory Committee Members:**

Becky Meisel - Policy and Procedure [beckymeisel4@gmail.com](mailto:beckymeisel4@gmail.com)

Tricha Tapio - Treasurer and Awards [tricha78@hotmail.com](mailto:tricha78@hotmail.com)

Pat Faulkner - Coaches and Judges Education [pefaulkner@comcast.net](mailto:pefaulkner@comcast.net)

**Beth DeLoach - Ava Elizabeth Boyter Scholarship Development Coordinator**  
[balancepointgym@gmail.com](mailto:balancepointgym@gmail.com)

#### **AAU Websites:**

AAUgymnastics.org - National Gymnastics website for membership/licenses, meet director packets and forms and other pertinent information.

**MEET INTENT FORM:** (Please make copies if you need more space)Email to: [susievahala@icloud.com](mailto:susievahala@icloud.com)

Club Name:

Date	Meet	Athlete	Level

Coaches/Clubs please submit your form no later than Dec. 1st.



