

# AAU Boys 4x4 Rules

## 2022-2026



# Summary.



## *Mission:*

To provide an introduction to Men's Gymnastics using equipment already available to existing women's program and to be a possible segway into higher levels of the Men's Program.

## *Rules:*

Please use the videos posted on Youtube channel: NC AAU Boys Gymnastics

\*Videos are only used as a visual guide only. Refer to the text

## *Competition Format:*

Participants will compete in up to 4 events (Vault, Uneven Bars, Circles/Support, Floor Exercise) and the All Around. Boys can be inserted into any session of a women's gymnastics competition either in a separate squad of only boys or mixed in within any other squad. The coach must declare which level routine their athlete will compete during each event warm-up so that the judge has the opportunity to re-familiarize themselves with the routines and deductions.

## *Equipment:*

Uneven bars, spring floor, compulsory vaulting mat system (with aeroboard & springboard), standard competition balance beam, balance beam landing mat, tape (for lines on landing mat for circles- see diagram below).

## *Warm-up time:*

Boys will receive a 1:00 warm-up on each event regardless of level (meet directors will need to be mindful of this when determining what session to assign boys to).

## *Awards:*

Boys will be divided into age groups no more than 5 years apart for awards. Awards will be provided in the 4 events plus All Around and will follow the standard National AAU award guidelines.

## *Scoring:*

All routines will start from a 10.0 (exception: Level 1 Vault and Level 1-3 Circles/Support have two parts valued at 5.00 each). Basic execution will be applied: \*see each event for execution table\*\*

## *Judges:*

Certified members of the National Association of Women's Gymnastics Judges (NAWGJ) will be used to officiate boys at any AAU gymnastics competition.

\*Refer to the AAU Women's Ntl Rules for more rules clarifications

# Vault

Start Value: 10.0

Gymnasts may perform **two** vault attempts with the better score to count

<b>Level 1 Vault</b> <small>*Use Women's Level 1 Rules*</small>	Stretch jump up to a minimum of 16" tall mats (5.00) and kick handstand to flat back (5.00)
<b>Level 2 Vault</b> <small>*Use Women's Level 2 Rules*</small>	Handstand flat back on mat stack
<b>Level 3 Vault</b> <small>*Use Women's Xcel Silver Rules*</small>	Handspring over mat stack sideways



## Basic Execution

Small Faults	up to 0.10
Medium Faults	up to 0.20
Large Faults	up to 0.30
Fall	0.50
Omission	0.50
Spotting	0.50

# Bars

Start Value: 10.0



## Routines

<b>Level 1</b> *Performed on Low Uneven Bar*	Mount: Pull over (jump allowed) Cast Back hip circle Dismount: Cast off stand
<b>Level 2</b> *Performed on High Uneven Bar*	Mount: Pull over Cast Back hip circle Underswing-counterswing 1st Tap swing FWD-counterswing 2nd Tap swing FWD-counterswing Dismount: tapswing FWD with ½ turn
<b>Level 3</b> *Performed on High Uneven Bar*	Mount: Assisted muscle up Cast long hang pullover cast back hip circle Underswing-counterswing 1st Tap swing FWD-counterswing 2nd Tap swing FWD-counterswing Dismount: Tap swing FWD to flyaway or ½ turn

## Basic Execution

Small Faults	up to 0.10
Medium Faults	up to 0.20
Large Faults	up to 0.30
Fall	0.50
Omission	0.50
Spotting	0.50

# Floor

Start Value: 10.0

## Routines

<b>Level 1</b>	<p>FWD roll, tuck up to nominal HS, lower to straddle stand</p> <p>Present</p> <p>Reach FWD to the floor and jump from straddle into a HS FWD roll, straddle out to sit in straddle</p> <p>Roll BWD to candlestick, roll to stand</p> <p>Present</p> <p>FWD kick to cartwheel, step in/close legs</p> <p>Present</p>
<b>Level 2</b>	<p>FWD kick to HS FWD roll, straddle out to straddle L hold (2 sec)</p> <p>Roll BWD to candlestick</p> <p>Roll up through straddle L to straddle stand, reach FWD to straddle press (with slight jump) to nominal HS step down to lunge</p> <p>Cartwheel</p> <p>Opposite side cartwheel</p> <p>Cartwheel step-in over-rotated (with arms landing at horizontal) to quick steps BWD, step in close legs</p> <p>Present</p> <p>Straight jump ½ turn</p> <p>Round off rebound stick (from power hurdle/run)</p>
<b>Level 3</b>	<p>HS hop FWD roll, straddle out through straddle L to straddle stand (press/keep feet clear of floor is optional)</p> <p>Present</p> <p>Reach FWD to the floor and press hips to bring feet back together to pike stand</p> <p>Present</p> <p>FWD kick to cartwheel step-in/close legs</p> <p>Straight arm BWD roll to push-up position, turn over to rear support, lower to pike sit</p> <p>Tuck L support hold (2 sec), lower to sit</p> <p>Roll BWD to candlestick, roll to stand,</p> <p>Step FWD to hitch kick, step side to ½ turn</p> <p>Power hurdle/run RO BHS, rebound to stick</p>



## Basic Execution

Small Faults	up to 0.10
Medium Faults	up to 0.20
Large Faults	up to 0.30
Fall	0.50
Omission	0.50
Spotting	0.50

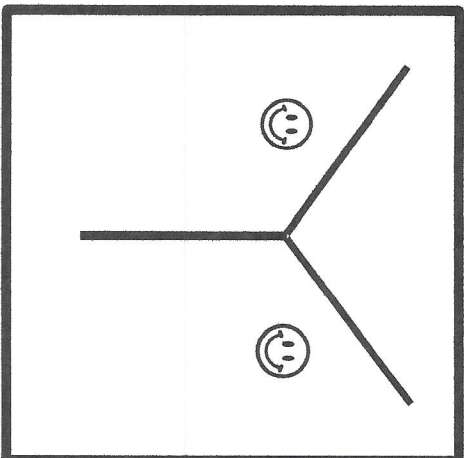
# Circles/Support

Start Value: 10.0

- Support (5.00)-work will be done on the Balance Beam
- Circles (5.00)- are performed on a strudy Balance Beam landing mat by taping down lines to create a "Y" shape that mimics a "mushroom" (lines are  $\frac{1}{3}$  of a circle away from each other, approximately 3-4' in length each

## Routines

<b>Level 1</b>	<p>Circles (5.00)- Jump to <math>\frac{1}{4}</math> of circle: Body should finish just in front of the first hand (incomplete circle= body not to or past the first tape line. Emphasis is on the body alignment and form)</p> <p>Support (5.00)- Mount jump front support on beam, 2 straddle swings leg cut FWD, leg cut other leg FWD 2 sec tuck hold Dismount</p>
<b>Level 2</b>	<p>Circles (5.00)- Jump to <math>\frac{3}{4}</math> of circle: Body should finish just in front of the 2<sup>nd</sup> hand back should be facing the second hand (incomplete circle= body not to or past the 2<sup>nd</sup> tape line. Emphasis is on the body alignment and form through the <math>\frac{1}{4}</math> of circle position to arrive at <math>\frac{3}{4}</math> area)</p> <p>Support (5.00)- Mount jump front support on beam, 2 straddle swings Reverse leg cut FWD, leg cut other leg FWD 2 sec L hold Dismount</p>
<b>Level 3</b>	<p>Circles (5.00)- Jump to full circle: (incomplete circle= body not to or past the 3<sup>rd</sup> tape line. Emphasis is on the body alignment and form throughout the full circle)</p> <p>Support (5.00)- Mount jump front support on beam Tuck planche hold 1 straddle swing, Leg cut FWD swing to cut same leg back 1 straddle swing, Leg cut other leg FWD swing to cut same leg back Swing leg to wind up to flank dismount</p>



Begin in front support position: hands start near where the smiley faces are pictured and body in a prone position down the center line, shoulders past the hands, hands facing out. Leave both hands on the floor, step to the side and begin the circle in either direction. Body should remain straight, extended position throughout the circle. Across the front of the circle, look for a slight counter turn of the hips (hips should face slightly away from the direction they are circling)

**\*\*General execution deductions apply: bent arms, bent legs, feet apart, flexed feet, hip angle, incomplete circle, etc\*\***



## Basic Execution

Small Faults	up to 0.10
Medium Faults	up to 0.20
Large Faults	up to 0.30
Fall	0.50
Omission	0.50
Spotting	0.50



## AAU GIRLS GYMNASTICS NATIONAL PROGRAM ALLOWANCES

Complete Rules and Policies Handbook can be located at [www.aaugymnastics.org](http://www.aaugymnastics.org)

*\*Please refer to any district modifications for local events.*

**MOBILITY & ELIGIBILITY:** Coaches will be responsible for determining/assuring that their gymnast has reached satisfactory competency/proficiency at any level therefore determining the gymnast's proficiency and ability to advance to another level. Athletes must be 4 years of age. Refer to AAU Gymnastics Handbook for more detailed information. All participants and coaches must have a current AAU membership to participate in any AAU licensed event. Go to [www.aausports.org](http://www.aausports.org) for membership information.

**QUALIFICATION TO REGIONAL AND NATIONAL EVENTS:** Participation in AAU District/State Championship is required for eligibility into AAU Regional and/or National Championship. Athletes must compete **at the same level they competed at district/state championship**. Contact your local district sport director for eligibility information, petition process and any district rule allowances.

**COACHES ATTIRE:** Attire should provide for a level of professionalism for coaches, act as a guide for athletes and judges, that ensures safety for all. Closed toe shoes or approved sport sandals (no bare feet). Warm-up pants or shorts at an appropriate length and gym/district shirts or polo type shirts are acceptable. No low cut tops, spaghetti strap or crop tops.

**ATHLETE ATTIRE:** All athletes may wear form fitting lycra spandex gymnastics shorts, capris, leggings or unitard made of appropriate fabric that does not present any safety risk to the participant. Visible sports bras/briefs are acceptable.

**INQUIRIES AND VIDEO REVIEWS AAU REGIONAL AND NATIONAL EVENTS:** Inquiries may be submitted for the following criteria & must be submitted in writing within 5 minutes to the Meet Director or Meet Referee following the conclusion of the rotation where the concern is noted: Start Value, Neutral Deductions, Score Range, Falls/Unusual Occurrences. Slow motion videos not permitted.

**MINIMUM SCORING ALL LEVELS-** does not apply to touch or scratches- The gymnast will be awarded for any part of a routine that was completed, a **minimum score of a 4.00**. This does not apply to touches/scratches.



## AAU GIRLS GYMNASTICS NATIONAL PROGRAM ALLOWANCES

Complete Rules and Policies Handbook can be located at [www.aaugymnastics.org](http://www.aaugymnastics.org)

*\*Please refer to any district modifications for local events.*

### NO PENALTY (applies to all levels unless otherwise noted)

#### GENERAL

- Coach standing next to the apparatus for the entire routine or on the floor area (do not block the view of judges)
- Overtime (Beam and Floor routines are not timed)
- No fall time
- Attire- visible sports bra, lycra leggings/capris, unitards, tank or sports back leotards, medical bracelets, any jewelry that does not impose a safety hazard to the gymnast.
- **Equipment and matting may be adjusted for the safety of the gymnast- all apparatus must follow equipment manufacturer specifications.** No deduction for slight height variances due to stacking of matting available.
- Failure to present before or after exercise (Levels 1-3 & XC, XB, XS)
- Starts before signal or vaults without signal. Ask to stop and repeat the performance. (Level 1-3 & XC, XB, XS)
- Verbal cues by coach or teammates (Level 1-3 & XC, XB, XS)
- Incomplete/extremely short routine for unusual circumstances (may be allowed to repeat only if an injury has not occurred)

#### VAULT

- Use of an alternative trampoline-like springboard (i.e. Airboard), except for round-off entry style vaults
- Number of springs & configuration of springs used in the vaulting board is left to the coaches discretion to facilitate the safety of the gymnast. \*Junior Springboard NOT PERMITTED.
- Vault numbers not required to be visually displayed.

#### BARS & BEAM

- Bar Mount- A gymnast may perform a glide return while standing on a panel mat, a springboard, or a block. The mat/board/block may be left in place until the gymnast swings backward finishing glide standing on the mat/board/block but must be removed after the gymnast performs a pullover onto the bar. (Level 1-3 & XC, XB, XS, XG)
- Additional falls when trying to remount the beam or bars after a fall without a skill being performed (Level 1-3 & XC, XB, XS)

#### FLOOR

- More than one out of bounds error on the same skill, connection, pass/series (Level 1-3 & XC, XB, XS)



## AAU GIRLS GYMNASTICS NATIONAL PROGRAM ALLOWANCES

Complete Rules and Policies Handbook can be located at [www.aaugymnastics.org](http://www.aaugymnastics.org)

*\*Please refer to any district modifications for local events.*

### LEVELS 1, 2, 3, 4, 5

- Gymnasts may take two vaults
- Level 5 Vault- Spotting deductions are the same as Level 4 (No voided vault for spotting)
- Omission- Deduct Value of the Element Only (Not double the value of the element)
- The maximum execution deductions for any element attempted is not to exceed the value of the element minus .10
- In the event a gymnast falls and incompletes a skill, she will not lose the full value of the element. This allows the gymnast to receive credit for any part of the element that she completed before the fall at THE JUDGES DISCRETION.
  - Example Fall = -.50      Element value = .60      .50 + .60 = 1.1 Maximum deduction 1.0
  - Example Spot = -.50      Element value = .60      .50 + up to .50 = Max Deduction 1.0
  - If the gymnast falls during the spot, she will receive the spot deduction -.50 and the -.50 deduction for the fall

### LEVELS 6-8

- Gymnasts may take two vaults. If a gymnast performs the first vault as a Tsukahara or Yurchenko type vault (flipping) and DOES NOT land on her feet or if the vault is facilitated by the coach resulting in a zero, as decided by the judging panel, the gymnast is only allowed to perform a second NON-SALTO vault for a score.
- Spotting Post Flight -1.00 (not void)
- Spotting Landing -.50
  - *If the coach facilitates the entire vault at the judge's discretion, the vault will result in a Void Vault.*

### OPEN OPTIONAL

#### GENERAL

- Level 8 Special Requirements & Value Part Requirements
- Level 9 Start Value (9.7)
- Level 9 Connection Bonus
- Level 10 D/E Bonus (No Difficulty Restrictions)
- No Composition Deductions

#### VAULT

- Modified Level 8/9 Vault Chart (See Below)
- Gymnasts may take two vaults. If a gymnast performs the first vault as a Tsukahara or Yurchenko type vault - (flipping) and DOES NOT land on her feet or if the vault is facilitated by the coach resulting in a zero, as decided by the judging panel, the gymnast is only allowed to perform a second NON-SALTO vault for a score.
- Spotting Post Flight -1.00 (not void)
- Spotting Landing -.50
- *If the coach facilitates the entire vault at the judge's discretion, the vault will result in a Void Vault*

#### BARS

- C+C= .10, C+C (one with turn/flight) = .20



## AAU GIRLS GYMNASTICS NATIONAL PROGRAM ALLOWANCES

Complete Rules and Policies Handbook can be located at [www.aaugymnastics.org](http://www.aaugymnastics.org)

*\*Please refer to any district modifications for local events.*

### COPPER, BRONZE, SILVER, GOLD, DIAMOND, PLATINUM, SAPPHIRE

- Gymnasts may take two vaults.
- Copper follows Bronze skill chart, general rules & execution deductions.
- Coaches should choreograph routines to fit within the industry standard timing requirements per level
- If a gymnast performs the first vault as a Tsukahara or Yurchenko type vault - (flipping) and DOES NOT land on her feet or if the vault is facilitated by the coach resulting in a zero, as decided by the judging panel, the gymnast is only allowed to perform a second NON-SALTO vault for a score.
- Bars: 0.10 amplitude deduction to any cast/clear support element that does not meet the division angle requirement is NOT applied.

### SILVER BARS

#### SPECIAL REQUIREMENT: Cast min. 45 degrees (no mount/dismount)

- Cast Below 45 degrees: 0.05 - 0.20
  - Only one cast/skill needs to fulfill SR
- ALL casts, including casts preceding skills leading to a dismount will receive "A" value part unless hips do not leave the bar (no VP), with the following exceptions: Cast squat, stoop, or straddle on low bar TO JUMP TO HIGH BAR; cast shoot through and cast off to stand dismount will receive ONE (1) "A" value part.
  - General execution deductions may apply to all skills. Total deductions cannot exceed the value of the SR.

### GOLD BARS

#### SPECIAL REQUIREMENT: Two (2) 360 degree circling skills (no mount/dismount)

- Clarification: Back hip circles can receive VP/SR credit two (2) times. Any stops, pauses, readjustments, etc. will be deducted for rhythm errors only and does not negate either circle VP/SR.
  - Cast Back Hip Circle, Cast Back Hip Circle= OK (regardless of each cast angle OR entry/exit elements)

#### SPECIAL REQUIREMENT: Skill finishing in clear support min. horizontal (no mount/dismount)

- Special Requirement WILL be awarded with the following execution deductions
  - \*1 - 45 degrees below horizontal: 0.05 - 0.15
  - \*46 degrees or more below horizontal: 0.20 - 0.30
- ALL casts, including casts preceding skills leading to a dismount will receive "A" value part unless hips do not leave the bar (no VP), with the following exceptions: Cast squat, stoop, or straddle on low bar TO JUMP TO HIGH BAR; cast shoot through and cast off to stand dismount will receive ONE (1) "A" value part.
  - General execution deductions may apply to all skills. Total deductions cannot exceed the value of the SR.

#### SPECIAL REQUIREMENT: Dismount- High Bar

- Coach may lift the gymnast to a still hang on the high bar to begin the routine with no penalty.
  - -0.50 will be deducted if the coach assists the gymnast to a front support on high bar or a large swing upon lifting to the high bar.



# AAU GIRLS GYMNASTICS NATIONAL PROGRAM ALLOWANCES

Complete Rules and Policies Handbook can be located at [www.aaugymnastics.org](http://www.aaugymnastics.org)  
*\*Please refer to any district modifications for local events.*

<h2>AAU COPPER RULES</h2> <p>Follow bronze skill chart/restrictions, general rules &amp; execution deductions.</p>			
VAULT	BARS	BEAM	FLOOR
<b>OPTION 1 (9.5 SV)</b> Straight jump onto mat	Minimum 4 VP (.10 each) Special Requirements (.50 each)	Minimum 4 VP (.10 each) Special Requirements (.50 each)	Minimum 4 VP (.10 each) Special Requirements (.50 each)
<b>OPTION 2 (10.0 SV)</b> Straight jump onto mat, kick to handstand flat back	<ol style="list-style-type: none"> <li>1. Mount</li> <li>2. Cast (no dismount)</li> <li>3. Circling Skill (mount/dismount ok)</li> <li>4. Dismount</li> </ol>	<ol style="list-style-type: none"> <li>1. Jump or Leap (no angle requirement)</li> <li>2. Acro Skill</li> <li>3. ½ Turn (one or two feet)</li> <li>4. Dismount</li> </ol>	<ol style="list-style-type: none"> <li>1. Split Jump or Leap (no angle requirement)</li> <li>2. Roll</li> <li>3. ½ Turn (one or two feet)</li> <li>4. Acro Skill</li> </ol>
<b>OPTION 3 (10.0 SV)</b> Jump to handstand, flat back on mat			
Clarifications			
Minimum Mat Height: 8" Spot on any phase -.50 (max -1.5)	Hips must leave bar on cast	Jump or leap not required to have leg separation (No angle requirements on split jumps/leaps)	Split jump or leap is required to have leg separation (no angle requirement)
Additional Allowable "A" Skills			
		<ul style="list-style-type: none"> <li>● Lever/"T" (levering action not required to touch the beam, no angle requirement)</li> </ul>	<ul style="list-style-type: none"> <li>● Partial Handstand (both feet off floor, legs do not need to close, no angle required)</li> <li>● Bridge</li> <li>● Candlestick</li> </ul>
10.0 SV Examples			
	<ul style="list-style-type: none"> <li>● Glide swing</li> <li>● Jump to front support</li> <li>● Cast</li> <li>● Forward roll dismount</li> </ul>	<ul style="list-style-type: none"> <li>● Straight jump</li> <li>● Lever</li> <li>● Pivot turn</li> <li>● Tuck jump dismount</li> </ul>	<ul style="list-style-type: none"> <li>● Split jump</li> <li>● Forward straddle roll</li> <li>● ½ turn on one foot</li> <li>● Bridge</li> </ul>
	<ul style="list-style-type: none"> <li>● Pullover</li> <li>● Cast</li> <li>● Cast</li> <li>● Sole circle dismount</li> </ul>	<ul style="list-style-type: none"> <li>● Split jump</li> <li>● Forward Roll</li> <li>● Heel snap turn</li> <li>● Straight Jump Dismount</li> </ul>	<ul style="list-style-type: none"> <li>● Split leap</li> <li>● Backward roll</li> <li>● Pivot turn</li> <li>● Partial Handstand</li> </ul>
9.5 SV Examples			
	<ul style="list-style-type: none"> <li>● Jump to front support</li> <li>● Cast</li> <li>● Cast</li> <li>● Cast, push away dismount</li> </ul>	<ul style="list-style-type: none"> <li>● Straight jump</li> <li>● Partial Handstand</li> <li>● Relevé hold</li> <li>● Roundoff dismount</li> </ul>	<ul style="list-style-type: none"> <li>● Tuck jump</li> <li>● Forward roll</li> <li>● Heel snap</li> <li>● Cartwheel</li> </ul>
	*Missing circling skill	*Missing ½ turn	*Missing split jump/leap



**AAU GIRLS GYMNASTICS NATIONAL PROGRAM ALLOWANCES**  
 Complete Rules and Policies Handbook can be located at [www.aaugymnastics.org](http://www.aaugymnastics.org)  
*\*Please refer to any district modifications for local events.*

**Modified Vault Chart for Open Optional**

GROUP I HANDSPRINGS, YAMISHITAS	GROUP II HSP W/WO TURN TO SALTO	GROUP III TSUKAHARAS/ ½ ON W/SALTO	GROUP IV RO, FF ON W/SALTO	GROUP V RO, FF WITH TURN ON-HSP/SALTO OFF
1.101 Handspring 8.6 1.102 Handspring ½ 8.7 1.103 Yamishita 8.6 1.104 Yamishita ½ 8.7 1.105 ½ on ½ off OR ½ on ¼ off 8.7 1.106 ¼ to ¼ on w/ repulsion 7.7 1.107 ¼ on- ¼ off 8.5		** Note that all group 3 vaults may be performed with a ¼ to ½ 1A in first flight	4.101 RO, FF on repulsion off 8.0 4.102 RO, FF on repulsion ½ 8.7	5.101 RO, FF ½ on- HSP off 8.9
1.201 Handspring Full 9.0 1.202 Handspring 1 ½ 9.4 1.203 Yamishita Full 9.0 1.205 ½ on-1 ½ off OR ¼ on- 1 ½ off 9.3 1.206 ½ on-full off OR ¼ on-1 ½ off 8.9 1.207 Full on-H/Y off 9.0 1.208 Full on- ¼ off 9.3		3.201 Tsukahara Tuck 9.6	4.201 RO, FF on 1/1 twist off 9.1 4.202 RO, FF on 1 ½ twist off 9.3 4.203 RO, FF ON B tuck off 9.6	5.201 RO, FF ½ on, full off 9.2 5.202 RO, FF on, 1 ½ off 9.4 5.207 RO, FF full on full off 9.3
1.301 Handspring 2/1 9.9 1.306 ½ on-2/1 off OR ¼ on- 2 ¼ off 9.8 1.307 Full on- Full off 9.7	2.301 HSP- Front Tuck 10.0 2.302 HSP- Front Tuck ½ 10.1 2.304 HSP- Front Pike 10.0 2.310 FHSP onto board- HSP- front tuck 10.0 2.311 FHSP onto board HSP- front pike 10.1	3.302 Tsuk Tuck Full 10.0 3.303 Tsuk Pike 9.7 3.304 Tsuk Layout 10.0 3.305 FHSP onto board- ¼ - ¼ on-tsuk pike 9.8 3.306 ¼ on ¼ off Front Tuck OR ¼ on ¼ off Tuck 10.0 3.308 ¼ on ¼ off, f tuck ¼ OR ¼ on ¼ off f tuck ¼ 10.0	4.301 RO, FF on 2/1 twist off 9.8 4.303 RO, FF on B tuck full 10.0 4.304 RO, FF on B pike off 9.7 4.305 RO, FF on B Layout 10.0 4.306 RO, FF on layout 1/1 10.1 4.307 RO, FF on ¼ front tuck off OR RO, FF on back tuck ¼ off 10.0	5.301 RO, FF ½ on-Front Tuck 10.1 5.312 RO, FF ½ on-2/1 twist 9.9
			4.407 RO, FF on- ¼ turn off Front tuck ¼ 10.1	