

2016-2017 SC AAU Gymnastics Information

AAU Membership Required for all SC AAU Sanctioned Events

Non Athlete Membership (Required for all coaches, meet directors & officials) \$16.00

Youth Membership (Required for all athletes) \$14.00

Club Membership Level 1- \$30.00 Required for all gym clubs

*Apply for Club Membership Level 2 if you are hosting an AAU sanctioned event
You must apply and pay for the non athlete memberships before you will be able to
proceed with Club and Youth memberships. A free background screening is
required for all Non Athlete memberships. You will need your SS #.
You will not receive an AAU number until the background screening is complete.
Go to AAUgymnastics.org to obtain memberships*

SC AAU Rules & Modifications

General Vault:

Air-o- board can be use for ALL LEVELS: (Exception: Yurchenko vaults)

Compulsory Program Level 1-5

**Will follow the USA Gymnastics routines and guidelines
with the following general modifications:**

No Timing for Beam or Floor

**Penalty for omitting an element will be the value of the element (not double)
A Maximum of up to 3.00 will be deducted should a gymnast be spotted
through the entire vault.**

3.00 courtesy score-the lowest an athlete can score in a competition

Optional Program Level 6-10

**Will follow the USA Gymnastics Rules and Guidelines
No Timing for Beam or Floor**

AAU Open Optional Division will be offered at District Championship meet only

Xcel Program:

**SC AAU will use the USA Gymnastics National Xcel program with a few
modifications. See SC AAU Xcel Modification sheet.**

Ladies Division:

**The ladies division will be offered at SC AAU Sponsored events only.
Ladies Division athletes may choose to compete any level from the Xcel
Program. Ladies Division athletes must compete in a separate age division.**

Team Competition:

Allowed for all levels



***2016-2017 SC AAU Xcel Modifications:
Rules and Requirements not listed below will follow the
USA Gymnastics National Xcel Program rules and guidelines.***

General:

Warm up time for Xcel Bronze– 30 seconds

Warm up time for Xcel Silver and Gold – 1 Minute

Warm up time for Xcel Platinum- 1 1/2 minutes

Warm up time for Xcel Diamond– 2 minutes

Missing Special requirements = . 5 tenth deduction

Performing an unallowable skill = .3 tenth deduction

Competition: No timing for any level on Beam or Floor

Mobility:

SC AAU athletes are not required to achieve a mobility score to move to the next Xcel level. Please note: If SC athletes compete USA **AND** AAU competitions, there is a new 31.00 mobility score to move from Silver to Gold for USA Gymnastics. This score must be obtained at a USA Sanctioned event.

Vault:

All Vault Start Values will follow the same as USA Gymnastics Xcel Code

New for USA Gymnastics **Xcel Platinum only -SV 9.8 for the following vaults:**

Handspring, Yamashita and 1/4 & 1/2 turn on– Repulsion off

Silver Vault Matting: **May be equal to** or up to 8 inches above the vault table.

Vault Modification:

The Air-o-board can be used for all levels without penalty except for Yurchenko style vaults.

August 10, 2016



***2016-2017 SC AAU Xcel Modifications:
Rules and Requirements not listed below will follow the
USA Gymnastics National Xcel Program rules and guidelines.***

Bars:

Special Requirement Casts:

Special requirement casts may be awarded if they are within 20 degrees of the required angle with an up to .2 tenth deduction applied for insufficient cast.

Value Parts may be performed in the exact same connection and still receive VP And SR credit .

Balance Beam:

No timing of the beam routine for any level of Xcel

Value Parts may be performed in the exact same connection and still receive VP And SR credit

Floor:

No timing of the floor routine for any level of Xcel

Bronze: No penalty for more performing more than two flight skills in a routine.

Value Parts may be performed in the exact same connection and still receive VP And SR credit

XCEL UPDATES:

Please be sure to read all of the Xcel Updates and Changes to the Xcel Code. These can be found in the Xcel updates on the USA Gymnastics Web site SC AAU will follow all changes listed in the Xcel updates unless otherwise noted in the above SC AAU Xcel modifications.

August 10, 2016