



SC AAU Gymnastics Program Overview: Updated August 1, 2021

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 AAU athletes. These clubs typically use both the AAU and USA track in their gym. Several clubs are also using this program for their recreational gymnasts. The benefits of the AAU program include: a positive competition experience, lower entry fees, 100% awards and smaller age groups.

SC AAU Rules:

SC AAU currently uses the same rules for compulsory, optional and Xcel as USA Gymnastics. However there are a few allowances to the Xcel program. These allowances can be found on the SCAAU.org web site. Click on the gymnastics link. The AAU Xcel allowances sheet will be updated once a year in August. We also offer the AAU Ladies Division at any SC AAU Sanctioned Meet. The ladies division rules may be located on the national AAU web site. Warm up times will follow the USA guidelines with the exception of Xcel Silver which will be given 1 minute per athlete. 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.

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 one SC AAU sponsored competition or SC AAU Invitational meet to enter the District meet. Special permission may be granted by the SC AAU Chairman for any extenuating circumstances that might arise.

2. SC AAU Invitational Meets- Meet directors hosting a USA Gymnastics invitational may also offer AAU session(s) with approval of the SC AAU Chairman. Meet directors must agree to adhere to all SC AAU Guidelines including entry fee pricing, awards, judges, admissions and meet tax guidelines in order to be placed on the 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 70 to 200 athletes to your invitational meet!

AAU Membership: New Membership usually opens September 1

Athlete \$14.00 per year

Non athlete \$ 16.00 (for coaches, judges, meet directors- this fee includes a background check)

Club membership \$30.00 (Level 1 membership)

Meet Entry:

The AAU program is specifically designed to be affordable for the athletes.
SC AAU recommends the use of the following meet entry guidelines for any SC AAU sanctioned event.
Please note: These are recommended guidelines. Each Meet Director must publish their pricing in the pre-meet info.

All Levels (per athlete)	In Gym Meet: \$60.00	Outside Facility \$65.00
Team Entry(per level)	In Gym Meet \$45.00	Outside Facility \$50.00
District Championship	Meet Entry: \$70.00	Team Entry \$50.00

Judges:

All AAU Invitational and AAU District meets in an outside facility Recommends use two judge panels for all levels. In Gym meets may use one judge panels (Please include this in your pre meet information) All judges are required to have an AAU membership and must be contracted through NAWGJ

Awards:

The AAU program proudly offers small age groups with 12 or less per age group and recommends 100% awards for event and all Around for all AAU Levels. 50% or more for team award.
It is helpful to publish your award guidelines ahead of time in your pre-meet blasts.

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

ANY SC AAU Sponsored competition will be awarded by a bid process and voted on by the SC AAU Board. Bid forms are sent out in June.

All AAU Host clubs are required to obtain an AAU sanction. In order to purchase a sanction the host club must obtain the following:

1. Non Athlete Membership- \$16.00 (This will be your administrator)
2. Level 2 Club membership- \$60.00 (This is required to obtain your sanction)

3. Cost of the Sanction- \$50.00 per day. (Rush fees apply for applications that are 30 days or less from the event date) Once you complete the Sanction process, it will then be sent to: Vicki Walker, SC AAU Chairman for approval.

4. See page four for Meet flyer details that **must be included** with your sanction request to be approved

Sanction information can be found on the National website.
<http://www.AAUGymnastics.org> (click on host an event)

Please note that all AAU athletes competing must have a current AAU athlete membership \$14.00 per athlete and a minimum of a Level 1 Club membership \$30.00. This information should be provided on the entry form. The SC AAU Chairman will verify memberships for athletes, gym clubs, coaches and judges before the sanctioned event.

SC AAU Competition Meet Tax:

\$1.00 per gymnast for any SC AAU meet or SC AAU session.

Payable to SC AAU at the conclusion of any SC AAU Sanctioned event.

Checks are sent to:

Vicki Walker 919 Farm Quarter Road Florence, SC 29501

Admission Guidelines:

The SC AAU program recommends the following admission pricing.
(Please clearly communicate your pricing ahead of time)

Outside facility:

Adults \$15.00 per weekend
Student/Senior 55+- \$10.00 per weekend
Child 5 and under- Free
Family plan - \$30.00

Home gym facility

Adults \$10.00 per weekend
Student/Senior 55+- \$5.00 per weekend
Child 5 and under- Free
Family plan- \$20.00

Family= 2 adults and up to 3 children

Scheduling AAU Sessions:

Invitational meets with USA and AAU must be sure the AAU sessions are not be combined with any USA sessions unless there are two competitive gyms going on at the same time. Meet directors will be required to submit the AAU Meet schedule and Age group break down to the AAU Chairman for approval before a final schedule is published.

AAU Calendar and Meet info:

The SC AAU Chairman publishes the SC AAU Calendar with all meet information for the entire competitive season at the beginning of August. This will be e-mailed to clubs and placed on the SC AAU.org website. A generic entry form may be found on the web site as well. Clubs are free to create their own club entry form for any SC AAU Sanctioned meet.

Meet Flyer for the Sanction:

To the Meet Director: You must upload a meet flyer 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 flyer 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 to obtain their memberships.

2. **The flyer must not have any USA Gymnastics Meet info on it. You will need to create a separate flyer with just the AAU meet information.**
3. **I will send the AAU District Championship Flyer that you may use as a guide. Please be sure your entry fees and due dates are exactly what I have on the SC AAU Calendar for your meet.**

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. The meet referee will be in charge of making sure the SC AAU rules and guidelines are being followed. Memberships will be verified by the SC AAU Chairman. Please keep in mind the AAU National program does not follow the same USA guidelines when dealing with the affiliation of judges. Whenever possible, an unaffiliated judge will be used for AAU in gym meets with a one judge panel. A separate Meet referee will be required for District, Regional and National Competitions.

AAU Regional and National Competitions:

The AAU National Office plans two great post season competitions for AAU Athletes. The only qualification to attend either of these competitions is to compete in the SC AAU District Championship Meet. **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 to be eligible to attend. Many club 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 clubs needs. Both of these meets use AAU National Rules. The rules are not much different than our SC AAU rules, but they do not include any modifications that are permitted by each SC AAU State Chairman. The National Rules quick reference guide is always available on the State and National web sites.

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. Every other year this meet is hosted at the ESPN wide world of Sports at Walt Disney World In Orlando Florida. 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 does offer Regional/ National Attire. Approximately 90 percent of the Gymnasts wear their State team attire. Please note: gym clubs are not required to purchase this attire but it is a fun way to show our unity as a State. Abby Reid from Lake Murray Gymnastics does an amazing job designing and handling the orders for our apparel. She also does a very good job at keeping the attire affordable. We are one of the few states that keep our Regional Attire for two years so that we can get more than one season out of them before a new design is made.

SC AAU Gymnastics Board:

SC AAU Chairman: Vicki Walker- victory30@aol.com

Board Members:

Louise Peck-louiseweezzie60@aol.com

Susie Vahala- susievahala@icloud.com

Becky Meisel- scmeisel@bellsouth.net

Abby Reid-abbyreidmg@gmail.com

Tricha Tapio- tricha78@hotmail.com

AAU Websites:

SCAAU.org- Click on the gymnastics link to access all SC AAU Gymnastics information

AAUgymnastics.org- National Gymnastics website for membership/sanctions etc