



**TENNESSEE/SOUTHEASERN AAU GYMNASTICS
2018-2019 HANDBOOK**



TENNESSEE/SOUTHEASTERN AAU GYMNASTICS RULES AND POLICIES



TABLE OF CONTENTS

1. Contact Information	Page 3
2. Relationship with USA Gymnastics	Page 3
3. Tennessee/Southeastern AAU Program Rules & Policies	
a. Levels Offered	Page 4
b. Modifications	Page 4
4. AAU Memberships and Resources	Page 4
5. Getting Registered	Page 5
6. Licensing Events	Page 5
7. Incident & Accident Reporting	Page 6
8. Competition Guidelines	Page 6
a. Facilities	
b. Equipment	
c. Entry Fees	
d. Age Divisions	
e. Awards	
f. Verification of Memberships	
9. Regional and National Championships	Page 8



AAU Tennessee/Southeastern Gymnastics Rules and Policies



Key Information: All membership registration www.aausports.org – See detail below (Lets, Get Started Summary of Memberships and Licensing)

AAU Gymnastics National Website www.aaugymnastics.org

- National AAU Program – Rules and Policies – www.aaugymnastics.org
- Tennessee/Southeastern AAU Program Contact: Liz Nichols, National Chair 678-596-1374
aaunichols@bellsouth.net
- Tennessee/Southeastern AAU Program Contact: Kristin Lemons, District Chair – Tennessee
kristinlemons77@gmail.com

AAU clubs, coaches and members should have an understanding of the agreement between USA, the NGB, and AAU, and the contractual agreement with USA by which AAU Gymnastics operates and administers its programs at the national and district level. It is the mission goal of all AAU programs to offer quality competitive opportunities and options for gymnasts at the grass roots level regardless of skill level/and or placement.

The AAU National Gymnastics Program and its Executive Officer and District Chairs embraces and respects the governing body of USA Gymnastics and the knowledge and support that it provides to the entire gymnastics community. The AAU acknowledges the tremendous effort and knowledge that it takes for USA Gymnastics to produce the USA Gymnastics JO Compulsory Gymnastics Programs for boys and girls, Optional Levels and Xcel Programs. The AAU also acknowledges the intellectual and copyright protection afforded USA Gymnastics for its educational materials. These include, but are not limited to the Compulsory Handbook, the JO Code of Points, the USAG Compulsory Floor Music CD and the Skill Level DVD which all serve as invaluable tools in teaching and instructing gymnasts. Therefore, it is the AAU policy that all USA Gymnastics materials, music and DVD must be purchased through USAG (www.usagym.sportgraphics.biz / 800-345-4719). The only source for the AAU National Gymnastics Program and Routines, other than AAU exceptions listed in the AAU National Handbook, is the written text as provided by USA Compulsory Handbook. Any AAU written material is considered supplemental material that has been created to teach only the modifications and adaptations that will be incorporated into the AAU National Gymnastics program. Each club must also check with their District Chairperson for additional materials or modifications that are pertinent to their local districts or leagues.

AAU Tennessee/Southeastern Gymnastics Program will follow AAU National Program

- Levels 1, 2, 3, 4, Xcel Bronze, Silver and Gold
- Follow USA Routines, Rules and Policies unless noted in AAU Modifications to the USA gymnastics compulsory materials and Xcel Levels Bronze, Silver and Gold

Tennessee/Southeastern Modifications to the USA Gymnastics **Compulsory Materials and Xcel Levels Bronze, Silver and Gold – Refer to the national web site www.aaugymnastics.org for modifications as followed by the national program and all Tennessee/Southeastern licensed events.**

Let's Get Started – Quick Tutorial On AAU Memberships and Resources

Resources – www.aausports.org - detailed information and online registration

Our first priority is you and your athletes. Before registering check with your local office or sports district director liaison to see if our program **will meet your needs and goals in regards to insurance and events available for your sport and athletes.** We are ready to assist you. It is important to understand that all AAU memberships are valid from September 1 through August 31 of any given year. All memberships must be renewed each year in order to maintain any benefits offered through these memberships.

Things to determine before registering:

- **Determine which level of club membership is right for you.** An AAU club can consist of one team or 100 teams. You can designate yourself as a youth club, an adult club or both depending on your membership needs.
 - If you purchase any level club membership, you then also have practice insurance as long as your gymnasts have an individual membership. If you do not purchase a Club Membership, your gymnasts may still participate in AAU licensed events with an individual membership number and you will only have accident insurance in the event only, not at practice.
 - Level 1 – If you plan to participate in AAU events but not host any events, this is the level for you.
 - Level 2 – If you want to both participate in and host AAU events such as Invitational, Leagues, etc., then this is the level for you.
 - Level 3 – If you would like to host events and to be classified as a 501(c)3 organization under the AAU organization, this is the level for you. Contact the AAU National Office to discuss requirements and procedures for attaining this level.
- **Familiarize yourself with the different individual membership options** available for insurance and participation in AAU licensed events. Once you have your AAU club membership, you want to make sure **that each of your athletes and non-athletes (coaches) become individual members** of the AAU. Go to www.aausports.org and click of insurance. **If you have any questions, contact the national office member services.**

LET'S GET STARTED – Getting Registered (Memberships)

1. **Register yourself first.** You must have an individual ID before you can apply for a club membership. All Adult Memberships include a background check in the cost of the membership. You may have other non-athletes listed on your club membership as alternative contacts but they too must have an individual membership.
 - a. Go to www.aausport.org and select JOIN. Establish your **log in and password**. This is important as all of your information will be stored in your own personal club files accessible only to you using your login and password.
 - b. All coaches, meet directors, club personnel are considered non-athletes.
 - c. You will not have a club number at this time so continue and your club number can be attached to your individual membership after your individual membership is approved.
 - d. After the clearance of the background check you will receive your individual Membership ID and now you are ready to purchase your club membership.
2. **Purchase Your Club Membership. Using your log in and password**, log in and select purchase a club membership. Fill in all appropriate fields. You will be asked for your individual AAU membership number. Complete and pay and check out. You will be issued your new Club Number immediately.
3. Now is the time to go back and associate your individual ID with your club ID. You can do this online by selecting the reprint card function, chose edit and input your club number. If you experience challenges, Member Services at the National Office would be happy to assist you. They can be reached at 407-934-7200.
4. Now you are ready to register your individual athletes and non-athletes coaches – we urge you to make sure that you use your club number on all registrations. This will insure that all are listed in your club files and you will have easy access to lists and membership information using your log in and password.
5. If a member of your club forgets to include the club number while registering, it can be added in the same manner as above by reprinting a card and editing to include the club number or you can call Member Services, they will be happy to assist you.
6. Now you are ready to enter into AAU licensed events. If you need assistance finding events, contact your local district sports director or go to the national website www.aausports and select Find An Event. It is up to each individual club, coach or representative to enter their membership into any AAU licensed event.

How Do I License An Event? First - Familiarize yourself with the different types of Events to determine what kind of event you would like to offer. Also familiarize yourself with the duties and responsibilities of being an event director. The person who is applying for the licensing must have an individual membership and club number in order to apply.

- Using the log in and password, to your club files. Scroll down until you see Apply New Event License – you will be prompted for pertinent information.

Types of Events:

- Invitational – offered to membership in your district with a Level 2 Club Membership – such as a weekend tournament – one day event – these events after completion of on line application will be forwarded to the district chair for approval.
- League – an event offered to AAU club members hosted by a member club to include a group of teams or individuals over an extended period of time that are members of the league. Leagues in most cases have set schedules for their participants with a structured set of dates for members of the league.

These licenses also will be sent to the district chair for approval. A league championship does not take the place of a District Championship.

- Preliminary – designated competition for entry into other events such as District Championship.
- District Championship – these events take prior approval from the district sports chair. You should contact your sports chair and direct all questions to them.
- Regional – this requires national approval – event offered to bordering districts as approved by the national office and criteria as required by national rules and policies.

It is our goal to help our members understand the licensing process and aid them by answering any questions about licensing an event. Your local district chair of your sport is an excellent place to start when planning. They will be able to provide you with helpful information regarding other events being held therefore helping you determine the best time to offer your event. All licensing is applied for on line. You will be required to provide a flyer with general information about your event, such as dates, location, cost, rules, type of awards and award standards, sport specific information and contact information for event director. **The below text must be included on any flyer which will be included on any licensing application: flyers without this information will hold up your licensing process.**

- This event is sanctioned by the Amateur Athletic Union of the U. S., 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

Injuries or Accident Reporting – the procedure for reporting an accident to the AAU and insurance company is explained in detail on the national web site under insurance. All forms are also there for your reference and use. Reporting in a timely manner is extremely important. Visit the website and familiarize yourself with these very important procedures to protect you and your members if an injury should occur. **Go to www.aausports.org** and select Resources – Insurance Overview – Sports Accident – and select the forms needed.

- Sports Accident Claim Form – give to athlete’s guardian or parent
- Incident Reporting – this is for the event director or coach to report the accident to AAU
- Non Member Injury Claim Form – example spectator – at a licensed event
- Property Damage

COMPETITION GUIDELINES

USA competition guidelines should be followed in regards to length of competitions, number of athletes allowable per session and rotation.

Facility – the facility shall be appropriate for the number of participants and spectators providing adequate seating and viewing area, restrooms, changing area for athletes, adequate parking and competitive area for the gymnasts. The meet may be held in house if numbers are not adequate to support rental of outside facilities as long as standards are maintained.

Equipment – all equipment shall meet the standards as specified by USA gymnastics (appropriate for all levels that are invited to the competition).

Competition Fees: This entry fee shall be set by the individual host who has licensed the event. This fee may vary depending on the venue of the event, the awards and location. This usually applies to Invitationals not hosted by any league license.

Competition Fees League: A group of clubs may wish to form a league where by specific rules of operation and competition, entry fees and awards will be standard among all league participants.

Competition Fees District Championships – The implementation of this championship is overseen by the District Director. The director may run the event or assign/and or bid the completion out to other AAU member clubs. Entry Fees and Admission Fees are set by the District Chair.

Judges: All licensed AAU licensed events should use at least one NAWGJ judge on each event at the appropriate rating to judge all the levels included in the event. If you are not using NAWGJ rated judges, this must be state on your competition flyer and entry packet.

Age Division:

- The age of the gymnast will be determined by the first day of the competition.
- Age division can be determined by one of the following methods which best accommodate the athletes for a positive experience.
 - Grouping the closes birthdays together not to exceed 15 athletes in a division and birthdays not reach a span of over 2 years
 - By age – not to exceed 15 athletes in a division. If the number exceeds the limit it should be divided into two groups – example 24 10 year olds – could be broken into 10A and 10B.

Awards:

The number of awards and type of awards should be stated on entry application. Example – ribbons, medals, trophies, banners, etc.

- Minimum Standards
- Event ½ plus 1 for each age division
- AA – all placement
- Club Team Awards – Half plus 1 for each level
- Achievement Awards as approved by District Chair

Verification of Memberships

- It is the responsibility of the host to verify that all participants and coaches have current AAU memberships. Insurance and License are not valid unless all participants and coaches are registered.
- Go to www.aausports.org and select the little red Membership/Join AAU button on the top right corner of the picture and under EVENT LICENSING SELECT EVENT DIRECTOR'S LOOK UP.
- You will have to enter the Event Code (on your license) and Individual Membership Number (the person who applied for the license)
- Select the District, the program code (Youth), Sport (Gymnastics)

- Select by last name or by Club – NOTE: if you sort by club and a name is not there, sort by last name. Their name will only be listed under the club if they actually put in their valid club number at the time of application. So many may be floating in AAU land of unattached memberships!☹
- Check the memberships and if you need additional assistance contact Member Services at the National Office, 407-934-7200.
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Regional and National Championship Events

- In order for your athletes to participate in the AAU Regional and the AAU Gymnastics National Championship, they must participate in the District State Championship. There is no qualification score mandated by AAU. Contact your District Chair to find out more information about your District State Championship.
- Go to www.aaugymnastics.org to find all dates and entry information on the Regional Championships.