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*Michigan*

AAU GYMNASTICS

2023-2024  
RULES & POLICIES

LAST REVISED: 9/1/2023

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# WELCOME TO THE FAMILY



## AAU Mission Statement

To offer amateur sports programs through a volunteer base for all people to have the physical, mental, and moral development of amateur athletes and to promote good sportsmanship and good citizenship.

## Vision Statement

To offer amateur athletes and volunteers opportunities to develop to their highest level through a national and local network of sporting events. Through participation in AAU, we achieve our dreams as athletes and as valued citizens of our communities.

**Sports for All, Forever**

## AAU GYMNASTICS

The AAU Gymnastics National Program has been established to promote the benefits of participation included in the sport of artistic gymnastics. The AAU National Gymnastics Program's purpose is to provide competitive opportunities to all of its AAU Clubs, Coaches and Gymnasts regardless of their age, ability level, or training commitments. Members of the Amateur Athletic Unions affirm their duty to promote a positive culture that supports the athletes' safety and well-being. Membership is inclusively responsible in diligently promoting the program which will provide a positive experience to all. The AAU Gymnastics Program includes the AAU National Code written for athlete protection and implemented through the AAU Athlete Protection Policies and Handbook found at [www.aasports.org](http://www.aasports.org).



# REGISTER WITH THE AAU

at [www.aausports.org](http://www.aausports.org) and select "JOIN" to register and find out more information regarding club levels, non-athlete memberships, athlete memberships, and insurance coverage. All memberships run from September 1st through August 31st of each year. It is recommended that you register in early September to take full advantage of having insurance coverage your club, coaches, and athletes will receive for the full year.



## 01 CLUB CONTACT

Register the club contact person first (non-athlete Membership).



## CLUB 02

Obtain a Club Membership.

If you plan to host a meet inside or outside of your facility, you will need a level 2 club membership.



## 03 MEMBERS

Register your coaches (non-athlete) and gymnasts (youth athlete). Assistant coaches/junior coaches should apply for an athlete membership not a non-athlete membership. Be sure to affiliate your coaches with your club number!

# COACHES

*Michigan AAU Gymnastics promotes a positive competition experience for every member. All professional AAU members must hold themselves to the highest standards at AAU Licensed Events & practices. Any misconduct, questionable ethics, inappropriate behavior, bad debt with other clubs, negative coaching techniques, etc. may cause to terminate membership through the AAU and/or Michigan AAU Gymnastics.*



## COACHES ATTIRE

Coaches must dress to safely navigate a gym and should not wear: jeans, worn/ripped/dirty clothing, clothing with inappropriate slogans/comments, transparent clothing or undergarments showing.

## PARENT EDUCATION

Club Owners & Coaches are expected to educate their gymnastics team parents & guardians about the etiquette of gymnastics meets. Parents should be instructed to only contact their club with questions & to not contact meet directors, approach judges at competitions, speak poorly or publicly about scores, competitors, gym clubs, etc. It is the coach's responsibility to make parents aware of required meet admissions, parking, etc.

## TEAMWORK

Coaches support each other by helping other clubs in adjusting of equipment, mat setting, following rotations efficiently. Coaches cheer for other gymnasts from competing clubs and should encourage their gymnasts and parents to support other competitors during the competition and awards ceremony as well. Coaches are respectful towards other teams and coaches, judges, scores, and award placements and exhibit that respect for their athletes and team parents as well.

## CODE OF ETHICS

Athletes must be properly placed in the appropriate level of gymnastics based on skill level rather than experience. Coaches are responsible for selecting the level each gymnast competes, without compromising safety. This collaborative action supports the integrity of the program while maintaining a fair and level competitive experience.

## ETTQUETTE

Coaches should educate & encourage gymnasts and families to remain in the competition area until the final gymnast is done competing. This also applies to remaining in the awards area until the awards ceremony is complete.

## SCORE INQUIRIES

Score Inquiry Forms are not provided at Michigan AAU events. ONLY questions regarding unusual circumstances, start values, major elements, etc. may be directed to the chief judge (or meet referee) in a calm, respectful & professional manner. Questions must ONLY be asked at the end of a rotation or session to avoid disrupting the meet schedule and must be brief and direct (competitions are not a time for a judge's clinic). This is a unique opportunity to have open communication with judges and is a privilege that will be taken away from coaches who are unable to follow these guidelines or abuse this opportunity.

## PROFESSIONALISM

Coaches are to refrain from posting hurtful or derogatory posts on social media in reference to any AAU clubs, members, judges or events and should direct any issues to the District Gymnastics Director. Coaches should also avoid using their phones on the floor during a competition (unless for photography or video purposes, in which case devices must be in silent/airplane mode). Only coaches actively coaching are permitted onto the competition floor!



## EVENT LICENSE

Request an event license for your event by visiting [www.aausports.org](http://www.aausports.org) a minimum of 30 days prior to your competition.

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## JUDGES

In Michigan we have always used registered MHSAA (Michigan High School Athletic Association) gymnastics judges. Meets starting this year may have all MHSAA judges, all NAWGJ judges, or a mixture of the two.

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## THIRD PARTY CERTIFICATES

Events hosted outside your facility will require a Third Party Certificate of Liability as the facility will need an insurance policy with their name on it. Each request is an additional fee & requires a 30 day notice- more info at [aausports.org](http://aausports.org)

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## EQUIPMENT

**Make sure that proper equipment is provided to accommodate all levels of competition advertised. You must follow industry standard apparatus specifications unless otherwise specified. Any unusual apparatus specs (i.e. floor space not 40'x40') MUST be indicated on the event flyer.**  
*Airboards are required to be provided at all AAU licensed events.*

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## SCORING

Professional electronic scoring must be used for all state qualifiers.

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## RULES/ ROUTINES

Competitions held in Michigan should follow the National AAU Gymnastics Handbook for all licensed events unless otherwise stated on the meet flyer.

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## SCHEDULE

Competition schedules must follow industry standards for meet format and scheduling guidelines. The meet schedule should be posted/emailed to registered clubs & assigned judges NO LESS THAN 2 weeks out from your event date. All competitions must conclude by 9:00pm and must not begin before 8:00am, unless approved by the District Gymnastics Director. Meet directors have the option of offering a 15-30 minute open stretch.

AAU Gymnasts and spectators must be completely separated from other non-AAU participants in a dual sanctioned event. It is illegal to allow the gymnasts to compete against one another when they are registered under different competitive leagues. It is recommended that AAU gymnasts compete on a separate day from other organizations to avoid conflict with licensing and insurance. Contact the National AAU Office for more information on event licenses & insurance coverage.

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## COMPETITION ATTIRE

Professional attire should be worn (see Coaches) for all adult & non-athletes on the competition floor. This applies to anyone staffing the meet, including but not limited to: volunteers, timers, floor music personnel, admissions, announcers, etc. Gymnasts may wear short sleeve or long sleeve leotards and lycra shorts, capris or leggings are always permitted.

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## REGISTRATION

Event flyers will have deadlines and instructions on how to register for their events. You can email your event flyer to the District Sport Director to have it emailed out to the Michigan AAU membership.

## VERIFY MEMBERSHIPS

All participants in your event must be current AAU members (club, non-athlete and athlete). As the event host, it is your responsibility to ensure and enforce AAU Membership requirements. Details on verifying memberships are listed in you event license packet emailed to the event director after your AAU event license has been approved.

Only registered AAU athletes and coaches are permitted on the competitive floor during sanctioned meets. Only athletes participating in the current session are allowed on the floor during that session (no teammates, friends, parents, coaches' children, etc.)

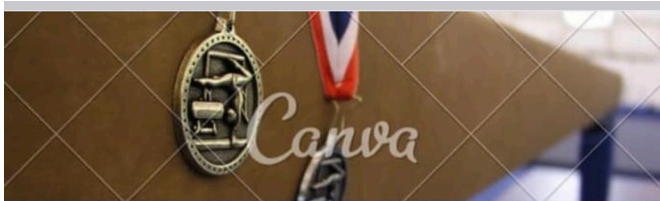
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## SCORE INQUIRIES

Score Inquiry Forms are not provided at Michigan AAU qualifiers & state meet. ONLY questions regarding unusual circumstances, start values, major elements, etc. may be directed to the chief judge (or meet referee) in a calm, respectful & professional manner. Questions must ONLY be asked at the end of a rotation or session to avoid disrupting the meet schedule and must be brief and direct (competitions are not a time for a judge's clinic). This is a unique opportunity to have open communication with judges and is a privilege that will be taken away from coaches who are unable to follow these guidelines or abuse this opportunity. Judges and coaches are on the same team in AAU, with the gymnasts being the forefront of what we do.

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## AWARDS

### MICHIGAN AAU MINIMUM AWARDS:

**50% + 1 AWARDS FOR INDIVIDUAL EVENTS (V, UB, BB, FX)**

**100% AWARDS FOR THE ALL-AROUND**

### **\*EVENT FLYERS WILL CONTAIN SPECIFIC INDIVIDUAL AND TEAM AWARD INFORMATION**

- Maximum of 12 gymnasts per Division/Age Group (recommended 10)
- Age of the athlete is determined by the last day of the respective competition.
- Age Groups may not have more than a maximum of a 4 year spread in ages. (I.e. A 6 year old gymnast may not be in a division with a 10 year old gymnast, regardless of division).

# MEET EXPENSES

## ENTRY FEES

Entry fees will be clearly stated on each event flyer.

## LATE FEES

Registrations submitted after the entry deadline are only accepted at the discretion of the meet director & will incur the following penalty:

Qualifier - \$15 max per athlete/ \$15 max per team  
State Meet - \$20 max per athlete/ \$20 max per team

## REFUNDS

Refunds should be issued for any reason, for any scratched gymnasts up to the registration deadline. Refunds submitted past the registration deadline are at the discretion of the meet director & are subject to a doctor's note.

## SPECTATOR FEES

Spectator fees are optional and the choice to charge them is at the discretion of the meet director. These fees **MUST** be disclosed on the event flyer/meet listing information.

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# AAU STATE MEET

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## Qualification

Every GYMNAST must attend TWO Qualifiers. It is strongly suggested that gymnasts attend as many qualifiers as possible to ensure every athlete competes in the most accurate division.



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## Schedule

State Championship is hosted each year at the end of April or early May. The meet is only to be held on Saturday & Sunday to avoid gymnasts missing school, parents missing work, etc.



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## Level Declaration

Whatever level a gymnast competes in at the final qualifier of that gymnast's season **MUST** be the level they enter into State Meet, Regionals and Nationals. Gymnast may not move down levels after competing.



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## Graduating Seniors

Graduating Seniors get recognized and receive a gift from Michigan AAU for their years involved in AAU Gymnastics at State Meet. It is the coach's responsibility to have their Senior gymnast complete the Senior Recognition Form and submit by the designated deadline in order to be eligible for this award. We request coaches and parents attend the awards ceremony for their Senior gymnast.

# AAU REGIONALS

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## Qualification



Gymnasts must have participated in their State/District Championships to be eligible to participate at AAU Regionals. Clubs are suggested to attend the AAU Regional event closest to them. Participation in Regionals is not required to participate in Nationals. You may submit a petition to your District Gymnastics Director if you have an athlete who cannot attend AAU State Meet but wishes to advance to Regionals.

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## Schedule

Event Schedule for Regionals is usually Friday-Sunday in mid-May and rotates annually between the Southeast US states. Athletes compete in age groups within their level with gymnasts across the Southeast Region.

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## Rules

Competition Rules strictly follow the National AAU Rules. Coaches will need to become familiar with the National rules to be prepared.

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# AAU NATIONALS

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## Qualification



Gymnasts must have participated in their State/District Championships to be eligible to participate at AAU Nationals. Participation in Regionals is not required to participate in Nationals.

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## Schedule

Event Schedule for Nationals can start as early as Wednesday and runs until Sunday in mid/late June. Athletes compete in age groups within their level with gymnasts across the country! Nationals often will have an Opening Ceremony/Celebration of Athletes that usually takes place on Friday evening.

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## Rules

Competition Rules strictly follow the National AAU Rules. Coaches will need to become familiar with the National rules to be prepared.

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## Senior Scholarships

Scholarships are awarded every year by the AAU National Office at AAU Nationals. You do not need to attend to apply! Visit [www.aaugymnastics.org](http://www.aaugymnastics.org) for more info!

## 2023-2024 AAU Michigan District Gymnastics Schedule

### Day-Date-Host Gym-Location

#### **Qualifier Meets:**

Saturday-November 4-Alpena Gymnastics-Alpena  
Saturday-November 11-Flipstar Gymnastics-Ludington  
Sat/Sun-December 9/10-Tatiana Gutsu Gymnastics Academy-Howell  
Saturday-December 16-RAYG Gymnastics-Lowell  
Sunday-January 14-RAYG Gymnastics-Lowell  
Saturday-February 17-Flipstar Gymnastics-Ludington  
Sat/Sun-March 16/17-High Flyers Gymnastics-Howell

#### **AAU District Meet**

(Must compete in 2 Qualifier Meets to qualify for the District Meet)  
Sat/Sun-April 20/21-Flipstar Gymnastics-Vassar

#### **AAU Regionals**

(Must compete in a District Meet \*Michigan or another District\* to qualify for Regionals)  
May 31-June 1, 2-Ohio AAU Gymnastics-Cedar Point/Sandusky Ohio

#### **AAU National Championships**

(Must compete in a District Meet \*Michigan or another District\* to qualify for Nationals)  
June 20, 21, 22, 23-Daytona Beach, Florida