



Fall 2019/Spring 2020
Florida Gold AAU

Gymnastics Competition Handbook





Florida Gold District Fall 2019/Spring 2020 Competition Handbook

Welcome to the 2019/2020 competition season. Thank you for your continued support.
Enclosed you will find information pertaining to the coming season.

Florida Gold District will follow AAU National rules that will be posted on the AAU National website.
<http://aaugymnastics.org/Rules/RulesHandbook.aspx> A copy of those rules will also be posted on the FL Gold website at
www.gcgym.com This AAU FL Gold handbook will be also posted on the FL Gold website.

Compulsory program: AAU will be following USAG compulsory routines as written, without modification. Release of the AAU rulebook will verify if there are any differences in deductions/ penalties between AAU and USAG. <http://aaugymnastics.org/Rules/RulesHandbook.aspx>

For all FL Gold AAU Licensed events X-CEL Bronze & Silver are only required to use a single panel judge.
Meet Directors are not required to provide a CD player for athlete's floor music. Coaches must have music on a device such as an i-phone/i-pod/nano/mp3 player or other similar device. It is recommended that you carry cords/plugs/adapters for that device.

In the fairness of competition for athletes and coaches, who may be competing in both the USAG and AAU programs. Once a gymnast competes in a level, they MAY NOT drop down to a lower level for a competition. Example: Gymnast competes in USAG/AAU competition as a level 4 – May not compete at an AAU/USAG competition as a level 3. This is NOT permitted!!

Remember- all coaches are to share time on events.

Coaches need to be aware of time restrictions on beam, vault and bars. Athletes are taking too long or taking additional chances on a skill - due to coach making additional corrections or athlete not being prepared for her turn. End result is athletes may only get partial/insufficient time for warm-ups. Coaches need to be more aware of time. Coach- DON'T teach! Everyone needs to work together to ensure all athletes get their ample warm-up.

- AAU Age Group Nationals will be held June 17-22 Savannah, GA Civic Center
- Please make sure that you register before the deadline for the meet. Late entries will have an additional late fee applied and possibly may not be accepted.

I look forward to having a successful year! Coaches, keep up all the hard work you do with your athletes.
Let's make our Florida Gold District shine! If you have any questions, please contact me.

Thank you,
Raul Rojas
FL Gold AAU Chair
561-585-2700
info@gcgym.com

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1. AAU Membership

Please make certain to register your club, your coaches and your athletes via AAU National office online at www.aausports.org. Memberships must be renewed each year beginning in August. With the AAU registration process and background screening that is in place for adults, membership approval is no longer instant. Although the delay is not lengthy, please take this factor into account and register early!

Athletes and coaches must have current/active membership to be on the floor.

Meet Directors must verify all coach and athlete AAU memberships prior to each competition. Be sure to submit membership numbers with every meet entry. Entering an AAU competition creates an expressed understanding that all athletes registered are current AAU members prior to competition. Only currently registered AAU athletes, coaches, judges & clubs are permitted to participate in AAU Licensed events.

2. Florida Gold AAU Qualifier Competition Calendar

Events listed on the calendar below are designate Licensed qualifiers to the FL Gold AAU District Championships. Only the events listed are licensed qualifying competitions. **ATHLETES** must compete in a minimum of 2 AAU licensed competitions to participate at Fl. Gold Championships. -Athletes need to compete at Fl. Gold District Championships to compete at Age Group Nationals

2019-20 Meet Schedule for AAU Florida Gold District

Date	Licensed FL Gold AAU Competitions	Host Club	Location
Dates of meet	Name	<i>Host Club</i>	<i>Location</i>
October 5-6	Celebrate America	Genies	Wellington
October 19-20	Gold Rush	Gold Coast	Lantana
November 2-3	Novemberfest	Rising Stars	Boca
January 18-19	Winter in Paradise	Gold Coast	Lake Worth
February 8-9	Shelton Winter Challenge	Shelton Academy	Doral
Feb 29-Mar 1st	Arabian Nights	Genies	Wellington
March 14-15	Rock Superstar	Ft Lauderdale Stars	Ft Lauderdale
April 4-5	Beach Blast	Cats	Wellington
April 27-28	Spring Spectacular	Rising Stars	Boca
May 16-17	Florida Gold Championships	Gold Coast	Boca
June 17-24	AAU Age Group Nationals	AAU	Orlando

ATHLETES must compete in a minimum of 2 AAU licensed competitions to participate at Fl. Gold Championships.
-Athletes need to compete at Fl. Gold District Championships to compete at Age Group Nationals

****All AAU Licensed event hosts on the above calendar have signed the Host Agreement, which states that the host will follow Florida Gold AAU award guidelines (outlined below) without exception.**

Coaches attire:

Please dress professionally while on the floor coaching.

* Shoes must be worn during the competition. Closed toe shoes are appropriate. Flip flops are not allowed

* Appropriate length shorts.

* Females: tops that cover mid-drift and upper areas, no strapless/tank or spaghetti strap tops

3. Competition Guidelines

- a. FL Gold will follow AAU National rules. Currently we do not have any modifications for our District. All competitions will be judged by NAWGJ certified and contracted judges. Level 1,2, **Bronze, Silver** may be judged by a *one* judge panel.

Level 3 and up must be judged by two judge panels.

- b. Awards – ALL QUALIFIERS & FL GOLD CHAMPIONSHIPS ARE OBLIGATED TO FOLLOW THE OUTLINED GUIDELINES LISTED BELOW FOR AWARDS! There is NO individual event placement awarded at levels 1 & 2 (achievement only). Level 2 allows All Around placement. Level 1 does not! Event hosts must include awards structure on all pre-meet information sheets, including meet info page for AAU Handbook.

Level 1 Provide achievement awards for all events

Provide 100% all around awards in the form of a trophy

Provide all athletes goody bags and/or gifts

Award team placement 100%

Level 2 Provide achievement awards for all events

Provide all around placement awards*

**(Maximum 16 athletes per age group)*

Provide 100% all around awards in the form of a trophy

Provide all athletes goody bags and/or gifts

Award team placement 100%

Level(s) 3 & up Award individual placement 50% + 1 per awards group

Award team placement 100%

c. **Divisions**

Florida Gold will not separate athletes into divisions. Athletes may be divided equally by birth date within each session for levels 3 and up, in order to keep awards groups small and awards percentages generous. A maximum of 20 – 25 athletes per award group is recommended. For level 2 All Around awards, there is to be no more than 16 athletes per award group.

d. **Achievement Ribbons for levels 1 and 2**

9.5 – 10.0 “Super Blue” (rainbow blues)

9.0 – 9.475 Blue

8.0 – 8.975 Red

Below 8.0 White

(If using alternate color ribbons, follow the above score guidelines, using 4 different colors)

4. Ages for athletes for competition: Per USAG, changes were made to the x-cel program-

Athletes who compete Bronze may enter Level 1,2—and have also reached 5th birthday

Athletes who compete Silver may enter Level 1,2,3—and have also reached 6th birthday

Athletes who compete Gold may enter Level 3,4—and have also reached 7th birthday

Athletes who compete Platinum may enter Level 5,6—and have also reached 8th birthday

Athletes who compete Diamond may enter Level 7,8,9,10—and have also reached 9th birthday

5. Athletes competing out of session:

It is at the discretion of the meet Director to permit/add athletes to compete out of session. It is **not required** for a Meet Director to add an athlete to the meet. If an athlete is permitted to compete out of session, they are **not eligible** for individual or team awards. However, they may be recognized and be given a participation award.

If an athlete arrives to meet at the incorrect session time. It is at the discretion of the meet Director to permit/add athletes to compete out of session. If added, athlete is **not eligible** for individual or team awards. However, they may be recognized and be given a participation award.

6. Qualifications to Florida Gold District Championships are as follows:

1. Athlete, coach & club AAU memberships must be in good standing.
2. **Club** must have athlete representation in a minimum of **two (2) FG qualifiers** in current season. Only meets listed on the calendar in this FL Gold Handbook are designated as FG qualifiers.
3. Completed entry form and accompanying entry fees must be received by the deadline.
4. Any athlete/club not meeting qualification criteria must be petitioned in-writing by the entry deadline and include any supporting documentation.

7. Qualifications to AAU Nationals are as follows:

1. Athlete, coach & club AAU memberships must be in good standing.
 2. **Athletes and club must compete in the Florida Gold District Championships**
 3. Completed entry form and accompanying entry fees must be received by the deadline.
 4. Any athlete not meeting qualification criteria must be petitioned by the entry deadline and include any supporting documentation. Petition must be submitted to Florida Gold Chairman for approval.
- * **Petitions are for injury, sickness- NOT for inconvenient competition date/times, out of town, party, Weddings, etc.**

8. Additional Information

- Florida Gold will continue to follow USA Gymnastics guidelines.
- We will follow the Rules for Xcel Program 2018-2022 - Effective August 1st, 2018.

Here is the Joint Xcel/Technical Committee minutes from May 15, 2018 for the new X-Silver Vault

https://usagym.org/PDFs/Women/Committee%20Minutes/NXC/nxc_ntc_051518.pdf

WOMEN'S JR. OLYMPIC LEVELS 6 / 7 / 8 VAULT VALUES Effective August 1, 2018-July 31, 2022

https://usagym.org/PDFs/Women/Rules/J.O.%20Code%20of%20Points/appndx03_level6_8vaultvalues_0518.pdf

To have all the latest updates and information for USA Gymnastics- JO program & Xcel, you may want to download the digital apps.

[NEW! Xcel Code of Points iBook now available](#)

2019-2020- Florida Gold AAU Licensed Event Form & Hosting Agreement

Please complete this form and add all information that would be pertinent in detailing your meet
Please send completed forms by email to: info@gcgyim.com (Deadline July 26th, 2019)

As a FL Gold AAU Gymnastics licensed event host, I am current/up-to-date with any/all fees due associated with hosting competitions, member in good standing, I agree to abide by the following meet hosting agreement event guidelines outlined for this Florida Gold District Qualifier. I will: pay and obtain an AAU license for this event, verify AAU athlete and coaches numbers, follow the awards guidelines for all levels, and submit post competition score report to the Fl. Gold Gymnastics Chairman. I will submit athlete assessment fee of \$1.50 per athlete payable to Florida Gold Gymnastics, Inc.

Hosting clubs to submit by check \$50.00 deposit for athlete assessment fee. This deposit will be used toward the balance concluding the competition. This is a non-refundable deposit. Payable to Florida Gold Gymnastics, Inc.

Print Name: _____ Title: _____
Signature: _____ Date: _____

Competition Name: _____
Date(s) of Competition: _____
Host Club: _____ AAU Club # _____
Meet Director _____ AAU Professional # _____
Club Phone: _____
Alternate contact number: (cell) _____
Email _____

Levels being offered:

Level 1 – 5 _____ Level 6 – 10 _____ Level 1 – 10 _____
All XCEL Divisions _____ OR Bronze _____ Silver _____ Gold _____ Platinum _____
Diamond _____ Ladies _____

Site Details

In-House event _____ Outside location _____

Facility Name _____
Address: _____
City _____ Zip _____

Meet Host Agreement

In order to host a Florida Gold Licensed event the member club must be current/up-to-date with any/all fees due associated with hosting competition, is a member in good standing and follow the event guidelines.

*** In order to keep in-line with USAG meets for assigning judges and to be placed on the FI. Gold District calendar, All Meet hosting agreement forms, flyers, deposit and judges request forms- need to be submitted starting March 1st-May 1st for the following season. This will be in effect for the 2019-2020 season**

As a FL Gold AAU Gymnastics event host, I agree to abide by the following:

Hosting clubs will need to submit by **check \$50.00** deposit for athlete assessment fee. This deposit will be used toward the balance concluding the competition. This is a non-refundable deposit.

I. Meet Information & Event Hosting Forms

In the event a meet is cancelled, the following year, it will not be eligible to be a licensed AAU event and will not be placed on the Florida Gold calendar.

Event Hosting forms, including all meet information, competition date(s), levels, event site, entry fees, spectator admission fees, etc must be submitted to the AAU Chair via email to info@gcgyim.com
Event information sheets must be submitted to FI Gold Chairman by deadline. Information must be in either pdf, Microsoft Publisher or Microsoft Word format.

Hosting Information:

- 1) Host club must have an AAU "Club Membership" of Level 2 or 3 - BE PREPARED!
<https://play.aausports.org/Clublevels.aspx> To purchase a club membership you must **first obtain the memberships of the representatives** or contacts that will be listed on the club application. "RENEWALS" for club membership are no longer available. To continue a membership from a previous year, complete the corresponding application below. For Level 3 clubs, please use the same EIN number used last year.

The AAU membership year runs from Sept 1 to Aug 31. AAU membership is required to participate in all AAU events.

<u>AAU Club Memberships- LEVEL</u>	<u>AAU Club Memberships- LEVEL 3</u>
Eligible to participate in events	Eligible to participate in events
Eligible to vote at appropriate district bi-annual meetings	Eligible to vote at appropriate district bi-annual meetings
Eligible to receive certificate for practice insurance	Eligible to receive certificate for practice insurance
Eligible to receive sanction to host an event	Eligible to receive sanction to host an event
Eligible to use the AAU logo & Name in AAU sanctioned events	Eligible to use the AAU logo & Name in AAU sanctioned events
\$60.00 - Youth Club Per Membership Year	\$60.00 - Youth Club Per Membership Year
	Eligible for tax - exempt status
	Eligible to receive tax-exempt donations
	Eligible to become sales tax exempt in your state
	\$300.00 - Youth Club Per Membership Year

- 2) After obtaining Club Membership you must then "license" (formerly called sanction) your event. On AAU website go to – Event License Application
<https://play.aausports.org/Default.aspx?TabId=11922&returnurl=%2fInsurance%2fSanctioning%2fClubSanction.aspx&flushed=t>
- 3) On meet information/flyer: It only should show AAU information and must include the following information-:

*This event is licensed by the Amateur Athletic Union of the U. S., Inc.

*All participants must have current AAU Membership. AAU membership may not be included as a part of the entry fee to the event. *AAU Youth Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Be Prepared: Adult and Non Athlete Memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed. Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.
AAU Florida Gold Award guidelines & National Rules

II. Recommended Entry Fees

In-house meet \$55-65 per level
Out of facility \$70-125 per level
Championships \$70-115 per level

III. Recommended Spectator Admission Fees

In-house meet \$10 adults/\$5 children
Out of facility \$10-20 adults/\$5-10.00 children

IV. Fee to FI. Gold District .

Event hosts are assessed **\$1.50 per athlete**. This fee will be deducted from the **\$ 50.00 deposit**. This assessment is due no later than 30 days post event. Assessments received later than 30 days will incur an additional \$100 late fee. Make all checks payable to **FL Gold Gymnastics, Inc.**

Send to: Gold Coast Gymnastics
1420 Rupp Lane
Lake Worth Beach, Fl. 33460

V. Post Competition Report & fees

Along with the check payable to Florida Gold Gymnastics, Inc. The event host must submit a copy of the scores to the AAU Chair. Send payment of \$1.50 per athlete –deduct deposit amount from total.

VI. AAU Registration

All qualifiers/invitational are open to ALL REGISTERED AAU ATHLETES / CLUBS. The Event Host/meet director is responsible for verifying all club, coaches & athlete AAU Numbers prior to competition.

VII. Competition Deadline & Competition Schedule

Competition Deadlines are recommended to be a minimum of 5-6 weeks prior to the event. Event Host must release their competition schedule 3 weeks prior to the event via, email, website, or Fax.

VIII. AAU Rules, Policies & Regulations

ALL AAU Rules, Policies & Regulations must be followed by the Event Host. This includes, but is not limited to, both National and Local District Rules, Policies & Regulations.

IX. Awards

All AAU Licensed FL Gold District events must follow the complete athlete award guidelines published in the FL Gold AAU Handbook distributed to all clubs and posted online. Achievement award guidelines for levels 1 and 2 must be adhered to. There will be no placement awards for level 1. Level 2 will only have placement in the All Around, and there is to be no award group larger than 16 athletes.

There are four ribbons and score divisions for Achievement awards for Level 1 & 2:

9.5—10.0 Super Blue

9.0—9.475 Blue

8.0—8.975 Red

Below 8.0 White

Level 3 and higher: 50% +1 for events. 100% placement for All-Around.

X. Athlete gifts

It is recommended that athletes receive a gift or goody bag/ gift at each competition.

The Florida Gold District by continued preference of our District members, we will follow the rules set forth by AAU National Office. ***It is each member's responsibility to stay informed of the rules and any changes that AAU National Office may institute during the season.*** AAU National rules may be found on the AAU website.

AAU Rules Handbook- <http://aaugymnastics.org/Rules/RulesHandbook.aspx>

Code Book- <http://www.aaugymnastics.org/Rules/AAUCodebook.aspx>

Please send completed forms by email to: info@gcgy.com

FLORIDA JUDGES REQUEST FORM INSTRUCTIONS FOR USAG & AAU LICENSED MEETS

NAWGJ Florida will assign judges on behalf of USA gymnastics and AAU.

To make a request for judges, please use the JUDGES REQUEST FORM included with this instruction sheet and available on Florida USA Gymnastic website.

For mobility /AAU meets only you should submit the form to Florida NAWGJ with the \$3.00 per judge requested – payable to Florida NAWGJ.

Deadline for Judges request for the 2017-18 season will be **Friday, July 26th, 2019**

Florida Gold AAU qualifiers must have a minimum of **6 week deadline for entries received** and a **schedule of event must be provided at least 3 weeks prior to event date to all participants and judges assigners**. Meet directors may request judges by name or request that a judge not be assigned to their competition. This must be indicated on the judges request form. Requesting a judge does not guarantee that the judge will be assigned.

Meet Directors that don't follow **ALL** rules for hosting a Florida Gold Licensed event or do not pay the \$1.50 required athlete fee within 30 days will not be placed on the Florida Gold AAU calendar for following season.

NAWGJ regulations and requirements for assignment of judges

It will not be possible to assign judges to an event within 30 days of the competition

Requests to change dates must be approved by SC of the organization and by the FL SJD

If contracts need to be re issued to judges an additional \$3.00 per judge will be due to NAWGJ

A minimum of 14 day notice is required for cancellation of judges. Meet Directors will pay 3 hours of judging time per judge(based on rating) as well as any non-refundable expenses incurred by judges if the competition or judge is cancelled within 14 days.

All requests and fees be paid at least 45 days in advance of the meet date or there is a \$100 late fee.

NAWGJ will assign competitions as placed on the calendar by USA Gymnastics and AAU based on criteria set up by these organizations. In the event there are not enough Florida judges for all the meets on a weekend, it may be necessary to bring in judges from out of state. Meet directors will be contacted to obtain approval due to the added expense before out of state judges will be assigned.

Meet information: the schedule, address of site, meal arrangements for judges, hotel information must be sent to the assigners no later than 3 weeks prior to the date of the competition. If you plan to start your meet early on the first report day, plan on providing hotel rooms to judges the night before.

NAWGJ assigners will contact you using the email on the judges request form to provide you with information that you will need concerning judges assignments.

Helpful Information that may be needed from you by the assigners:

Will the competition have Team Awards? If yes, will the awards be given out after each session or at the end of your competition for each level For 3 day competitions, do you plan to schedule lower level optional or compulsory sessions on Friday or Sunday? XCEL –will you be placing xcel divisions of Bronze, Silver and Gold in the compulsory gym with Platinum and Diamond in the optional gym (compulsory judges may be used for Bronze, Silver & Gold while Platinum and Diamond require level 7/8 or higher judges) By submitting the Florida Judges Request form to NAWGJ you are giving Florida NAWGJ the authority to contract judges on your behalf. You and your organization agree to all the regulations and rules as described above.

ADDRESSES AND EMAILS THAT YOU WILL NEED

\$3.00 PER JUDGE REQUESTING payable to NAWGJ FL

SUSAN MONAHAN FLORIDA NAWGJ STATE DIRECTOR

6221 WESTGATE DRIVE #1004

ORLANDO, FL 32835

EMAIL ADDRESS: Susan_78726@hotmail.com

Email copy of all Fl. Gold AAU Licensed events to Susan Monahan with the check to NAWGJ FL for \$3.00 per each judge requested.

South assigner:

Sharyn Strickland at sharyn@usacompetitions.com

AAU/USA GYMNASTIC FLORIDA JUDGES REQUEST FORM

Use this form for all sanctioned USA Gymnastics and licensed AAU competitions to request judges
USA Gymnastic Mobility or AAU only competitions: **MAIL FORM TO SUSAN MONAHAN WITH CHECK FOR
\$3.00 PER JUDGE REQUESTING. Checks payable to: NAWGJ FL
6221 Westgate Dr #1004, Orlando, FL 32835**

Name of Competition:

HOST CLUB OR ORGANIZATION:

Dates of Competition:

Meet Director:

USAG#:

AAU #:

CONTACT EMAIL ADDRESS:

WEBSITE for competition:

Site and Address for competition:

JO Levels/XCEL divisions offered at the Competition (check all that apply)

Level 1 – 5 _____ Level 6 –10 _____ Level 1 –10 _____ Other: All XCEL Divisions _____
OR Bronze _____ Silver _____ Gold _____ Platinum _____ Diamond _____

Organization sanctioning competition: USA Gymnastic _____ **AAU FL GOLD** _____ AAU TEAMFL _____

Number of Judges requesting:

List names of any judges that you wish to be assigned: or attach list

List names of any judges that you would not like assigned: