



Fall 2017/Spring 2018
Florida Gold AAU

Gymnastics Competition Handbook



Florida Gold District Fall 2017/Spring 2018 Competition Handbook

Welcome to the 2017/2018 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>

NEW for 2017-2018 season:

***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.**

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 in Tampa, Fl. . Please make sure that you register before the deadline for the meet. Late entries 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!

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 2017-2018 FL Gold AAU District Championships. Only the events listed are sanctioned qualifying competitions. If a club has representation in a minimum of two (2) qualifiers in the current season, all of their athletes will then be eligible to participate in the 2018 FL Gold AAU Championship meet.

2017-18 Meet Schedule for AAU Florida Gold District

	Date	Licensed FL Gold AAU Competitions	Host Club	Location
2017	October 7-8	Celebrate America	Genies	Wellington
	October- 21-22	Gold Rush Invite	Gold Coast	Lantana
	November 11-12	Novemberfest	Rising Stars	Boca
	December 10	Candy Cane Invitational	Twins	Coral Springs
2018	January 27-28	Winter in Paradise	Gold Coast	Lake Worth
	February 10-11	Winter Challenge	Shelton Academy	Doral
	March 3-4	Arabian Nights	Genies	Wellington
	March 16-18	Rock Superstar	Ft Lauderdale	Ft Lauderdale
	April 14-15	Beach Blast	Cats- Wellington	Wellington
	May 5-6	Spring Spectacular	Rising Stars	Boca
	May 19-20	Fl. Gold District Championships	Gold Coast	Boca
	June 28-July 1	AAU Age Group Nationals	AAU	Tampa, Fl.

- 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 must follow Florida Gold AAU award guidelines (outlined below) without exception.**

Coaches attire:

Please dress professionally while on the floor coaching.

* 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 All competitions will be judged by NAWGJ certified and contracted judges. Level 1 and 2 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 (novice, intermediate, advanced) at any level. 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. 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.

5. 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.

Clarification- Directly from USAG R&P- https://usagym.org/PDFs/Women/Junior%20Olympics/compulsory/13comp_pages_071516.pdf

Level 2 MATTING REQUIREMENTS: Mat stack – Minimum of 16 inches in height (+ 1 inch). Any combination of competition landing mats, skill cushions and/or inflatable mat may be used. One or two additional 8” skill cushions may be used to allow for 24” and 32” heights (+ 1 inch). The uppermost landing surface should be a minimum of a 4-inch skill cushion. An unfolded panel mat may be placed on top of the upper most surface of the mat stack/resi-pit if necessary to provide a more stable landing surface. (Refer to #3 below for the required tape line.)

Level 3 MATTING REQUIREMENTS: Mat stack – Minimum of 32 inches in height (+1inch). Any combination of competition landing mats, skill cushions and/ or inflatable mat may be used. One or two additional 8” skill cushions may be used to allow for 40” and 48” heights (+1inch). The uppermost landing surface should be a minimum of a 4 inch skill cushion. An unfolded panel mat may be placed on top of the upper most surface of the mat stack/resi-pit if necessary to provide a more stable landing surface. (Refer to #3 below for the required tape line.)

Florida Gold AAU Event Form & Hosting Agreement

(Deadline July 26th, 2017)

Please complete this form and add any and all information that would be pertinent in detailing your meet

Please send completed forms either by fax to: 561-586-7880, or email to: info@gcgym.com

Competition Name: _____
Date(s) of Competition: _____
Host Club: _____ Meet Director _____
Club Phone: _____ Fax _____
Email _____
AAU Club # _____
AAU Professional # _____
How many competitions have you hosted in the last 2 years? _____

Site Details

Location of competition: _____
Facility Name _____
Facility Address: _____
City _____ Zip _____

As a FL Gold AAU Gymnastics event host, I agree to abide by the following meet hosting agreement outlined for the above Florida Gold District Qualifier. I will obtain a license for this event, verify AAU athlete and coaches numbers, follow the awards guidelines for all level, submit post competition score report to the Fl. Gold Gymnastics Chairman. Submit athlete assessment fee of \$1.50 per athlete payable to Florida Gold Gymnastics, Inc.

Print Name: _____ Title: _____

Signature: _____ Date: _____

Meet Host Agreement

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

I. Meet Information & Event Hosting Forms

Event Hosting forms, including all meet information, competition date(s), levels, event site (along with a map to the facility), entry fees, spectator admission fees, etc must be submitted to the AAU Chair via email to info@gcgym.com

Event information sheets must be submitted to 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.

AAU Club Memberships- LEVEL 2

- Eligible to participate in events
- Eligible to vote at appropriate district bi-annual meetings
- Eligible to receive certificate for practice insurance
- Eligible to receive sanction to host an event
- Eligible to use the AAU logo & Name in AAU sanctioned events
- \$60.00 - Youth Club Per Membership Year

AAU Club Memberships- LEVEL 3

- Eligible to participate in events
- Eligible to vote at appropriate district bi-annual meetings
- Eligible to receive certificate for practice insurance
- Eligible to receive sanction to host an event
- Eligible to use the AAU logo & Name in AAU sanctioned events
- \$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 FL Gold District .

Event hosts are assessed **\$1.50 per athlete**. 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, FL 33460

V. Post Competition Report

Along with the check payable to Florida Gold Gymnastics, Inc. The event host must submit a copy of the scores to the AAU Chair.

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:

9.5—10.0 Super Blue
9.0—9.475 Blue
8.0—8.975 Red
Below 8.0 White

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 either by fax to: 561-586-7880, or email to: info@gcgyim.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, 2017**

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.

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: