



Team Florida AAU
Club Handbook
Judges Handbook

July 2011

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Membership Dues

All checklist boxes apply...do not skip a box!

Use the checklist!!

Obtain a National AAU Membership: www.aausports.org to register. Cannot register until Sept. 1st		
<input type="checkbox"/>	Club registration	
<input type="checkbox"/>	Coach registration:	Each coach on the floor at an AAU Meet needs a membership
<input type="checkbox"/>	Gymnast registration	Each gymnast competing needs a membership
<input type="checkbox"/>	Judges registration	
Obtain a Team Florida Membership: use enclosed form to register. Do not send in the Team Florida Membership form WITHOUT AAU numbers...it will not be accepted		
<input type="checkbox"/>	Club registration	\$15.00
<input type="checkbox"/>	Coach registration	\$8.00 per coach
<input type="checkbox"/>	Gymnast registration	\$8.00 per gymnast
<input type="checkbox"/>	Judges registration	\$8.00 per judge

- Team Florida Membership form must be accompanied by ONE team check made payable to:
Team Florida
 c/o Terry Doster
 5866 Fishhawk Ridge Dr
 Lithia Fl 33547
 (813) 643-4260
terry-doster@msn.com

- AAU and Team Florida memberships are good from September 1 – August 31.
- Team Florida Club Memberships are due by September 10th for clubs competing in both Fall & Spring season. There will be a \$50 late fee for all dues that arrive postmarked after the September 10th date. Team Florida Club Memberships are due by December 10th for clubs competing in the Spring season only. There will be a \$50 late fee for all dues that arrive postmarked after the November 10th date.
- Coaches and Gymnasts AAU and Team Florida Memberships are due by the meet deadline date in which they will compete for the first time. There will be a \$50 late fee for all clubs that do not have a gymnast or coach registered. Gymnasts will not be permitted to compete if not registered as an AAU Member or Team Florida Member.

Team Florida Website:

<http://www.teamfloridagymnastics.org>

Levels & Divisions

A complete list of gymnasts' highest All Around score is posted on the Team Florida Website:

www.teamfloridagymnastics.org

Level 2 & 3:

No divisions until State Meet

Level 4 & 5:

Novice: 30.00 and below

Advanced: 30.025 - 31.975

Open: 32.00 – 34.975

Elite: 35.00 – above

Level 6:

No divisions until State Meet

Level 7, 8, Modified Optional:

Novice: 32.00 – Below

Open: 32.025 – 34.975

Elite: 35.00 - above

Level 9 & 10:

No divisions until State Meet

Age Groups

Age groups for each level, each division will now be determined by date of birth rather than pre-determined, specific age groups. The maximum number of competitors in an age group will be twelve (12) and there will be a maximum of 3 years between the youngest and oldest competitor. If there is more than a 3 year age difference for a group of twelve, that group will be sub-divided so that there is no more than a three year age difference. Be sure when entering athletes, the correct birthdate is listed.

Clarification of Rules

Vault

- Use of airboard **is not** allowed at Level 9 and 10.
- Use of airboard **is allowed** at Levels 8 and below
- Use of a sting mat in front of the board is allowed at all levels, likewise, the mat used in round off entry vaults. A sting mat may slightly overlap the board (1 – 2”) with no deduction.
- Modified Optional and Level 7 have the same vault values and general deductions applying to optional levels, not **the Level 7 angles.**

Uneven Bars

- **Level 2 & 3:**
The only acceptable dismounts allowed are the straddle sole circle or the clear underswing. The squat on-pike off **is not allowed**. If performed, a deduction for change of element will be taken.
If a gymnast performs an underswing for a dismount, she may choose to either perform a small cast prior to the underswing or connect the underswing directly to the back hip circle.
- **Level 3:**
If the glide forward return is not performed, there will be a deduction of .30 for missing a portion of the mount.
- **Level 4:**
If a glide forward return is performed, there will be a .30 deduction for adding an extra element.
If the kip is tried and is not completed, the gymnast will be judged on her pullover mount. The kip is ignored and the routine starts at a 9.5. If the kip is completed, the maximum deduction on the kip will be .30 and the routines starts at a 10.00.
- **Modified Optional:**
The straddle sole circle dismount is not listed in the USAG Code of Points, however, it is allowed as a dismount in Modified Optional only and will receive “A” credit.
A kip is not required, therefore, a pullover is allowed. However, it has no value part credit and would not count as one of the required “A’s”.
A swing forward ½ turn as in Level 5 Compulsory is not an acceptable dismount and would receive a deduction for no dismount.
A cast into a dismount **is allowed**, therefore if a gymnast performs a back hip circle then reverses direction by performing a cast immediately after the hip circle, then performs a flyaway, she will not receive a deduction for an extra swing for the cast. If a Level 7 performs the same sequence, a .30 deduction will be applied for the extra swing.
If a Modified Optional gymnast performs a back hip circle on HB, underswing forward, counter swing backward (tap swing) as in the Level 5/6 compulsory routine, a .30 deduction will be applied for the extra swing.

Balance Beam

- Modified Optional:
Jump series does not have to include a 180° leap or jump. It can be any connected jumps/leaps of at least “A” value. There is no requirement for Modified Optionals to have a 180° lead or jump on beam.

Floor Exercise

- Level 2:
In the tripod headstand, the feet must remain in contact with the floor at all times. If a headstand is performed, the deduction of changing the element will apply.
- Level 3:
The backward pike roll must begin with the gymnast squatting and finishing in a pike position. The body must not go to a handstand (within 20° of vertical). This is a backward roll to handstand and the deduction of changing the element will apply. If the body goes to an “open” pike, >.10 less than the value of the element will be deducted.
The gymnast can choose to perform a backbend to a kick-over, a back walkover or a back handspring. General deduction will apply. All 3 elements have the same value.
- Modified Optional:
A 180° leap connected to another dance skill is not required. Only 2 dance skills with a minimum of “A’s” are required.

General

- A maximum of two 4 x 8” single (not stacked) mats may be placed on the floor exercise mat. The boundary lines must be drawn with chalk if mat(s) cover the boundary line. The mats may be left on the floor or removed (coach may step onto the floor) as long as the judges line of vision is not obstructed during removal. Mats must be removed immediately after routine is completed

Modified Optional Special Requirements

- 1 – “B” skill required
- 4 – “A” skills required

Floor Exercise

- **Tumbling Passes: a minimum of 2 passes are required**
.20 deduction for each missing pass
 - One backward tumbling pass of 3 elements containing flight. A salto is not required, but may be performed.
Example: RO, BHS, BHS
Example: RO, BHS, B Tuck
 - Choice of the following for the 2nd tumbling pass:
One forward pass of a minimum of 2 skills, both containing flight
Example: FHS step out, FHS to 2 feet
-or-
One single forward salto of “A” or “B” value
Example: Front salto in tucked position
-or-
One forward pass consisting of a minimum of 2 skills, 1 skill must be a salto
Example: FHS, Front tuck)
- **Salto Special Requirement**
.20 deduction if missing
 - 1 salto performed either forward, backward/isolated or within a series.
Note: both special requirements can be fulfilled if ny tumbling pass contains a salto
 - Example: Pass 1: RO, BHS, Back Tuck
Pass 2: Front salto tucked
 - Example: Pass 1: RO, BHS, BHS
Pass 2: Front salto tucked
 - Example: Pass 1: FHS, Front salto tucked
Pass 2: RO, BHS
Pass 3: RO, BHS
Special requirement not fulfilled..no 3 skill pass = .20 deduction
 - Example: Pass 1: FHS, FHS
Pass 2: RO, BHS
Pass 3: RO, Back salto tucked
Special requirement not fulfilled..no 3 skill pass = .20 deduction
 - Example: Pass 1: RO, BHS
Pass 2: FHS
Special requirement not fulfilled...no 3 skill passes = .40 deduction

- **Turn Requirement**
A minimum of a 360° on one foot (full turn) is required)
- **Dance Series Requirement**
A dance series containing **either** a leap or jump of at least “A” value directly connected to another dance element is required

No timing of the event

Vault:

No changes

Uneven Bars:

Please refer to Clarifications, Page 6

Beam:

Please refer to Clarifications, Page 7

A dance series of **either** a leap or a jump directly connected of at least an “A” value is required

No timing of the event

Level 7 – 10

- As per USAG
- Exception of vault values for Level 7 – use Modified Optional
- No timing of any event

The “C” Rule:

Just a reminder that ANY “C” or above level skill performed in AAU Modified Optional routines will result in a void (0) routine. There will be no exception to this rule and all judges have been reminded and will void a routine if the skill is recognizable as a “C”. There is no such thing as an accidental “C” skill.

ENTRY FEES

Qualifiers: \$38.00 per athlete
State Meet: \$60.00

Any club who pays an entry fee with a check that is returned for insufficient funds will be charged a \$50.00 service fee charge and must immediately cover the check with a certified bank check or money order, payable to the host club. The check must be received by host within three (3) days of notification, requiring overnight payment. Further, the club will be required to pay for all entry fees with a certified bank check or money order ONLY for a period of one (1) year. After one year, any further NSF checks will result in suspension from the Florida AAU gymnastics program and possible criminal prosecution.

IMPORTANT INFORMATION

Floor Music:

Only the new compulsory music will be allowed at the Florida AAU competitions. The old music will not be available, so there will be a deduction of 1.00 for not using music if you choose not to use the new music.

Team Florida Website:

<http://www.teamfloridagymnastics.org>

Information regarding meets, scores, forms, rules can be found on this website.

Dress Code for Coaches:

Please dress professionally while on the floor coaching.

- * Shoes
- * Warm ups
- * Appropriately length shorts
- * Females: tops that cover mid-drift and upper areas, no strapless or spaghetti strap tops
- * T-shirts must be tasteful

MEET DIRECTORS INFORMATION

This information is meant as a guideline for meet directors in the planning and execution of all qualifying meets and state meet competitions. If you have questions on any portion of the palling of your meet, please do not send out printed information without first consulting with Kathy Stuenkel, Florida AAU Gymnastics Chair – teamflorida@comcast.net or Patti Gross, Events Coordinator – patricia.gross@tampagov.net.

Six (6) Weeks prior to meet deadline	
<input type="checkbox"/>	Determine meet deadline for entries
<input type="checkbox"/>	Send out entry form (see attached) and general meet information
<input type="checkbox"/>	Day before deadline, determine if all clubs have responded. If not, send a courtesy email/phone call asking if they are planning to attend
<input type="checkbox"/>	To avoid having to revise meet schedule times due to late entries, wait 2-3 days after the deadline date to do draw and times
<input type="checkbox"/>	When dividing gymnasts into age groups, there are not numerical age groups (6-7 year olds, 8 year olds etc). Divide gymnasts into levels, then abilities, then divide groups equally by birthdates. There CANNOT be more than 12 athletes in one group. There CANNOT be gymnasts in the same group that are separated by more than 3 years in age. You must sub-divide if this occurs. Exception is the Elite division. All athletes can be placed in one group regardless of age, unless there is more than 12 athletes, then you must sub-divide. Call the groups divided by birthdates- Level 4 older, younger etc
Levels 2, 3, Gym Achievers	
<input type="checkbox"/>	Recommended that each session contain 40 gymnasts or less
	<u>Qualifying Meets:</u>
<input type="checkbox"/>	There are no age divisions or abilities. Group sessions by teams. Do not split into age groups. If a Level 2,3, or Gym Achiever team will be divided into 2 squads in a session, notify by either printing on the actual schedule or contacting club to bring enough coaches to cover the squads.
<input type="checkbox"/>	15 minute stretch, blocked warm up will be 45 seconds per gymnast for Level 2,3. 30 seconds per gymnast for Gym Achievers unless they are grouped with Level 2, 3..then everyone receives 45 seconds per gymnast.
<input type="checkbox"/>	Copy event card for each gymnast, staple achievement ribbon on each event.
<input type="checkbox"/>	Ribbons are ordered from Crown as follows: Blue-9.00 & above, Red: 8.00-8.975, White: 7.00-7.975, Yellow: 6.975 and below. For awards, given each athlete an AA medal, card and gift. Each gymnast should come to podium to receive award individually. Announce only AA score, not placement. Do not announce athletes who do not meet 28.00 status nor move into the elite division.
	<u>State Meet:</u>
<input type="checkbox"/>	Follow same as Level 4,5,6 for this level. Gym Achievers receive a “booklet”, ribbons on each event stapled to booklet and AA medal, gift.
<input type="checkbox"/>	Gym Achiever’s state meet entry is paid by Team Florida, not individual clubs. You will need to send Kathy Stuenkel a list of all Gym Achievers to be reimbursed \$25 per athlete. If a club inadvertently sends in entry fee for Gym Achievers, it must be returned to the club.
<input type="checkbox"/>	50% plus one medal for individual events, the remainder of the gymnasts receive rainbow colored ribbons with cardboard backing that says: Florida AAU Gymnastics event champion”. Elite pins: Pins are presented to all athletes who achieve a score of 35.00 or above at any qualifier or state meet. The pins will be given to the meet director at no cost from Team Florida. Pins are to be presented with the AA awards.
Levels 4, 5, 6	
	<u>Qualifying Meets:</u>
<input type="checkbox"/>	20 minute stretch, 1 minute per gymnast for blocked warm ups
<input type="checkbox"/>	Squads for Level 4 cannot exceed 13 athletes, 52 athletes per session.
<input type="checkbox"/>	Squads for Level 5,6 cannot exceed 12 athletes, 48 athletes per session.
<input type="checkbox"/>	50% plus one for ribbons for individual events, 100% medals for AA. No team awards at qualifiers
	<u>State Meet:</u>
<input type="checkbox"/>	20 minute stretch, 1 minute per gymnast for blocked warm ups
<input type="checkbox"/>	Squads for Level 4 cannot exceed 13 athletes, 52 athletes per session.
<input type="checkbox"/>	Squads for Level 5,6 cannot exceed 12 athletes, 48 athletes per session.
<input type="checkbox"/>	50% plus one medals for individual events. 100 medals for AA. Contact Patti Gross for formula to determine ability divisions as state differs from qualifiers. patricia.gross@tampagov.net
<input type="checkbox"/>	Team Awards: Banners for 100% of teams. Banners must be at least 24” in length. You may order these through Crown or another company. They must say Florida AAU State Championship, level and placement. You may further embellish the banner and it must have the grommets to be able to hang the banner. Please check with Patti Gross for information regarding divisions for team awards. If meet director decides to order trophies, these must be pre-approved by Kathy Stuenkel. patricia.gross@tampagov.net All team trophies must be mailed to clubs within 1 ½ week of state meet if team does not take with them. Any club who does not receive banner/trophy by this time frame will be given a full refund of team entry from host club.

Levels 7, Modified Optional, Ladies Modified Optional	
	<u>Qualifying Meets/State Meet:</u>
<input type="checkbox"/>	20-30 minutes stretch, 1 ½ minutes per gymnasts for blocked warm ups. Recommended that a warm up/compete or Capital Cup format be used.
Level 8, 9, 10, Ladies Level 8	
<input type="checkbox"/>	20-30 minute stretch, 2 minutes per gymnast for blocked warm ups. Recommended that a warm up/compete or Capital Cup format be used.
Awards	
	<u>Qualifying Meets:</u>
<input type="checkbox"/>	Ribbons and medals must be ordered through Crown Trophy: Dennis/Elizabeth (Sarasota) 941-925-7372. Team Florida has negotiated a very fair price for awards using our logo and can accommodate hosts quickly. You are responsible for payment of awards.
	<u>State Meet:</u>
<input type="checkbox"/>	NOTE: Meet Directors of the FALL State Meet, must contact Kathy Stuenkel for medals – teamflorida@comcast.net . Do not order medals through Crown without first contacting Kathy.
	<u>Gym Achievers:</u>
	<u>Qualifying Meets:</u>
<input type="checkbox"/>	A booklet will be given to all gymnasts. Copy on cardstock, put name/club on front of booklet.
<input type="checkbox"/>	Order rainbow achievement ribbons (no cardboard backing) from Crown. Ribbons will be the same. Each event in the booklet must have a ribbon stapled to it. After the Gym Achiever competition, award an all around medal and gift. The booklets can either be given to the athlete or coach. Each gymnast comes to stand on podium individually
	<u>State Meet:</u>
<input type="checkbox"/>	A booklet will be given to all gymnasts. Copy on cardstock, put name/club on front of booklet. Booklet can be printed off website under forms. www.teamfloridagymnastics.org or by emailing Terry Doster terry-doster@msn.com
<input type="checkbox"/>	AT awards ceremony, present AA medal, gift and booklet to each athlete individually
Gymnasts Gifts	
<input type="checkbox"/>	The gift must be substantial. A plastic bag with a pencil, free advertising flyer and a piece of candy is not acceptable. Plan on spending a few dollars on each gift.
Due to Team Florida: within ONE WEEK after meet	
	Make check payable to Team Florida and send to Kathy Stuenkel, 4287 LaFrance Ave, North Port FL 34826
<input type="checkbox"/>	\$25.00 for sanction
<input type="checkbox"/>	\$35.00 for 3 rd party insurance if an outside facility is used. Must contact Kathy Stuenkel at least 60 days in advanced if using outside facility.
<input type="checkbox"/>	\$3.00 per judge-assigning fee
<input type="checkbox"/>	\$3.00 per athlete competing in meet – no charge for scratched athletes
<input type="checkbox"/>	Copy of score results for all competing gymnasts need to be emailed to Terry Doster terry-doster@msn.com

Meet information should include:

- Name of meet
- Date of meet
- Meet Director's Name, Phone #
- Location of meet
- Deadline date
- Door fees*
- Parking accommodations
- Food for coaches

Door fee recommendations:

- Gymnastics Facility: \$5/adult, \$3/child up to age 12, under 3 – free
- Outside Facility: \$10/adult (maximum), \$5/child up to age 12, under 3-free
- State Meet in outside facility: \$12/adult (maximum), \$6/child up to age 12, under 3-free (Exception: Disney's Wide World of Sports)



**AAU GIRLS AGE GROUP
PROGRAM**

**LEVELS 2, 3, 4, 5, 6,
MODIFIED OPTIONAL
7, 8, 9, 10**

Routines, Deductions and Updates can be printed:

<http://www.teamfloridagymnastics.org>

Judges Information

- Judges need to be a member of Team Florida and hold a current AAU Membership. Please refer to page 3 & 4 for registration forms and costs.
- AAU Rules, Routines & Updates can be obtain from the website: see below
- AAU Judges Attire:
 - Judges must wear authentic AAU Judges Shirt. **NEW SHIRT INFORMATION!**
 - New AAU judges shirts may be ordered as follows:
 - \$20.00 for one, \$35.00 for two (price includes shipping)
 - Checks are payable to: Team Florida, 4287 La France Ave, North Port FL 34286. Include shipping address & size
 - Shirts will be ready for shipping by the 1st week in September
 - Shirts have little to no shrinkage, machine wash/dry
 - Shirts sizes: Small, Medium, Large, x-Large, 2x, 3x. Run true to size or a little large as they are unisex. Color: Maroon
 - Black or navy or khaki (beige) full length pants
 - Tasteful shoes- no flip flops, sneakers
 - AAU Judges jacket: Hoodies are available for \$25.00
- AAU Judges Shirts will be required by Oct. 15/16 meet (2nd qualifier). You will be pulled from the meet if shirt has not been ordered.
- Refer to the Team Florida website for continual updates and information:
www.teamfloridagymnastics.org

2011-2012 Competitive Schedule
Fall

1st Qualifier	2nd Qualifier	3rd Qualifier	State Meet
September 17-18	October 15-16	November 12-13	December 10-11
NORTH	NORTH	NORTH	Both North and South Combined
Aerial Stars	Suncoast Gymnastics	Bayside Gymnastics	Host Club:Horizon
Contact: Jill Bosack	Contact: Arnold Gwinn	Contact: Ashley Jacobson	Contact: Shelly Proa
2632 Land O Lakes, 34639	8004 Congress Street, Port Richey 34668	4400 34th St N St Petersburg, Fl 33714	285 Adalia Terrace
8139497875	7278495542	7272584981	941 6275732
jmbosack@gmail.com	sungymnast@aol.com	info@baysidegymnastics.com	tumbleathorizon@aol.com

1st Qualifier	2nd Qualifier	3rd Qualifier	State Meet
September 17-18	October 15-16	November 13-14	December 10-11
SOUTH	SOUTH	SOUTH	
Horizon Gymnastics	Golden City	Naples Progressive	Both North and South Combined
Contact: Shelley Proa	Contact: Tonie Campbell	Contact: Debbie Ponczoch	Host Club:Horizon
285 Adalia Terrace Port Charlotte, 33953	930 Lithia Pinecrest Road Brandon, 33511	3275 Pine Ridge Road Naples, 33109	Contact: Kathy Stuenkel
9416275342	8136857770	2395983700	285 Adalia Terrace
tumbleathorizon@aol.com	coachtonie@aol.com	dponczoch@aol.com	9414295777
			teamflorida@comcast.net

2011-2012 Competitive Schedule
Spring

1st Qualifier	2nd Qualifier	3rd Qualifier	State Meet
January 14-15	February 18-19	March 10-11	April 14-15 or April 22-23
NORTH	NORTH	NORTH	Host Club: AAU Florida
Gym Force	Fit Club	Suncountry Gymnastics	Contacts: Kathy Stuenkel
Contact: Kevin Standriff	Contact: Ken Pfeifauh	Contact: Linda Bennett	Disney Wide World of Sports
2860 Industrial Plaza Drive, Tallahassee, 32301	196 Industrial Drive, Orange City,	333 SW 140 Terr Jonesville, FL 32669	Victory Lane
8508774255	3867744348	3523318773	9416275342
Kevnole88@aol.com	kpfeifauf@cfl.rr.com	sungymnast@aol.com	Teamflorida@comcast.net

1st Qualifier	2nd Qualifier	3rd Qualifier	State Meet
January 14-15	February 18-19	March 10-11	April 14-15 or April 22-23
CENTRAL	CENTRAL	CENTRAL	Host Club: AAU Florida
Aerial Stars	Christi's	Suncoast Gymnastics	Contacts: Kathy Stuenkel
Contact: Jill Bosack	Contact: Wade Christie	Contact: Arnold Gwinn	Disney Wide World of Sports
2632 Land O Lakes, 34639	1250 Old Dixie Hwy, Vero Beach, FL 32960	8004 Congress Street, Port Richey 34668	Victory Lane
8139497875	772-563-0905	7278495542	9416275342
jmbosack@gmail.com	wadesc@bellsouth.net	sungymnast@aol.com	Teamflorida@comcast.net

1st Qualifier	2nd Qualifier	3rd Qualifier	State Meet
January 14-15	February 18-19	March 10-11	April 14-15 or April 22-23
SOUTH	SOUTH	SOUTH	Host Club: AAU Florida
Naples Progressive	Tampa Gym	Horizon Gymnastics	Contacts: Kathy Stuenkel
Contact: Debbie Ponczoch	Contact: Patti Gross	Contact: Shelley Proa	Disney Wide World of Sports
3275 Pine Ridge Road Naples, 33109	17302 Commerce Park Blvd, Tampa, FL 33647	285 Adalia Terrace Port Charlotte, 33953	Victory Lane
2395983700	8139752794	9416275342	9416275342
dponczoch@aol.com	Patricia.gross@tampagov.net	tumbleathorizon@aol.com	Teamflorida@comcast.net