

AAU Updates Dec 15, 2006
Event order by level

The following are clarifications and explanations to the Georgia AAU Routines for the 2006-2007 season.

General:

All AAU Compulsory Levels – There is no longer a 0.10 coaching deduction for “Coach standing between the bars or next to the beam throughout the entire exercise.”

Optional divisions – Start Values should be flashed at Invitational competitions. Judges attending AAU PO levels at Invitational’s should have your SV flip charts available for use. If you do not possess one, hand signals work too.

VAULT

AAU Vault scoring tabulations (whether electronic or paper) should reflect the results of **both** vault attempts from **all** judges to include **both** averages along with the final score. (As per USAG vault scoring requirements.)

Level 2 & 3

A taped line at the 32” mark from the top mat’s leading edge is required. “Do not deduct 0.5 unless both hands land entirely beyond the tape line.” (2005 Women’s Compulsory Exercises Q & A, Nov 4, 2005)

Levels 2, 3, and 4

Please note the description of the straight hollow body landing position. These vaults should land in a straight lying position on the back. The hollow position should not be exaggerated so that only the gymnast’s torso is in contact with the mat.

PO

PO 2/T & 3 divisions utilize the USAG Optional Level 8 and above deductions. The USAG Level 7 Vault deductions which include the "too long in support" and the "angle of repulsion" deductions **should not** be applied for the PO 2/T/3 divisions.

PO 1 VT utilizes the AAU Level 4 VT deductions.

BARS

Level 3

Back Leg Swing – This skill for AAU is different than the USA single leg cut backward. The USA single leg cut backward is a simultaneous hand placement/leg cut action. The AAU hand placement is not simultaneous. Judges should follow the Georgia AAU text as written. If a gymnast performs a backward leg cut with simultaneous hand placement the deduction will be 0.30; not an assessment of substituting a major element.

BEAM

Level 2 –

V-Sit to Stand – Hands may remain on the beam until both feet are planted. Gymnast may push off the beam to facilitate the entry into the squat stand. There is only a deduction if the hands return to the beam after they have initially left the beam to begin the tuck stand. The deduction for hands returning to the beam will be 0.30.

Weight Transfer after Lever/Lunge – Follow the text as written. Though this weight transfer is initiated from a lunge position with the front leg already bent (in plie), this is a forward moving weight transfer (not backward) with a simple plie rocking action to finish on a straight front leg prior to lifting the rear leg into the arabesque.

PO 1 Dismounts

The specifics for the Prep Op 1 BB dismount as listed on the PO Routine Requirements Chart; SR 5, "Dismount of Any Jump or dismount off the hands only" to include the listed "N" skill exceptions of "Any Dismount off the Hands" **are** explicit as published.

Judges should not anticipate **only** compulsory type dismounts (3-6) off the hands as the exclusive "N" type hand dismounts for PO 1. Variations of the compulsory hand dismounts should also be awarded as fulfilling the PO 1 BB dismount SR along with any other handstand type dismounts that don't otherwise appear as "A" skills in the JO Code.

Though the USAG 4-6 BB dismounts indicate hold requirements, no such hold requirements exist for any AAU PO 1 BB off the hands. BUT an inverted vertical position should be anticipated with applicable deductions of up to .2 for lack of vertical amplitude (body position errors would be in addition to lack of vertical achievement.)

PO 2/T & 3

Special Requirements (as presented in the online material)

3. 1 acro element
(With or without flight, in a series or alone)
- 4 2nd " acro element
(With or without flight, in a series or alone)

Note: The same acro element may
Receive credit twice only if
Performed in a directly connected acro series.

The above "Note" portion is intended to denote that two **different** acro elements are anticipated unless the same acro elements are directly connected in a series. But as no **series** is required there should be **no** deductions for a break in an attempted acro (same or different skills) connection. However, in the circumstance where the only two acro skills performed within the routine are the same and

performed within an obvious yet slow/sluggish series, judges may choose to take a tempo error to award the connection to give full credit for both SR's 3 and 4. (Foot shifts/ balance errors, stops and falls should break any connection for credit.)

Examples:

1. Cartwheel, Back walkover (BWO) directly connected - Both SR's 3 & 4 are met.
2. Cartwheel, slight balance error, BWO. Both SR's 3 & 4 met. No deductions for a break in a connected series (no series required.) But balance errors would be applicable.
3. Two Back walkovers directly connected. Both SR's 3 & 4 met.
4. Back walkover, stop, BWO. Only one of the SR's for acro credit would be fulfilled. A 0.5 deduction reflected in the Start Value (for a missing SR) would accrue.
5. BWO directly connected to a straight jump. Later in the routine a single BWO. Only one of the acro SR's is fulfilled. (No two different acro's performed. Same acro's must be directly connected to fulfill both acro SR's.)

For the fulfillment of the requirement for 7 elements ('A' or 'B' for PO 2/T and 2 B's/5 A's for PO 3, same skills will obtain credit twice if performed in different connections. (No credit for a third performance of a skill.) **The JO Code of points for element value credit applies for these PO divisions.**

Judges should evaluate the entirety of a routine for the maximum SV to the benefit of the gymnast.

PO BB, all divisions

Handstands (cross or side) may be used to fulfill an acro SR as well as for element value credit. Though handstands are required to reach vertical and to be held for 2 seconds, credit should be given for handstands which arrive within 20 degrees of vertical (such as the 20 degree rule for UB handstands) but with applicable amplitude and lack of hold deductions (benefit of doubt to the athlete to obtain a .5 SR and .5 element value.)

Handstands may be performed with abstract leg arrangements, such as splits, straddles, stags or the legs may continue to move through different positions as part of the HS skill. But the torso should arrive in the inverted vertical position (or within 20 degrees of vertical.)

As per USAG, BB acro skills for SR credit should start and finish on the beam. Mounts and dismounts are excluded. However, credit for an acro SR may be awarded under certain mounting situations. For press to HS or planches, if the athlete leaves the mat to arrive in a straddle/pike/tuck sit or clear straddle/pike/tuck position on the beam prior to initiating the pressing action, credit may be given here as having begun on the BB.

FLOOR

Level 4 -

Backward Roll to Push-Up Position – If the gymnast passes through a handstand during this element it will not be assessed as changing a major element as long as the skill finishes in control in a hollow body push-up position. It will assess a text deduction. If a gymnast goes to handstand she **should not be rewarded if perceived as more difficult. However, execution deductions will apply.**

Handstand to Bridge Stand (Front Limber) to Immediate Stretch Jump OR Front Walkover (Pull Free Leg In) To Immediate Stretch Jump - Failure to execute the straight jump after the Limber or Walkover will not be an assessment of deliberate omission of a major element. The deduction for failure to execute the straight jump will be 0.20. If **both** the Limber/Walkover and straight jump are omitted the deduction would be double the value of this combined skill performance, $0.6 \times 2 = 1.20$. If there is a pause/break between the chosen acro and the straight jump combo, deductions should be taken from the rhythm category.

PO Divisions

There is now a deduction of 3.00 for the use of Compulsory music on floor. But there is no deduction for a routine being **too similar** to a compulsory routine. In fact, if an exact compulsory routine is performed in one of the PO divisions it is to be scored as an optional routine. If it merits all the Special Requirements (SR's) for the specific division it should be judged accordingly as per that PO division. Though judges may be tempted to utilize the up to 0.30 deduction in the Artistry category, and given this is a subjective area for deductions, please keep in mind that the AAU PO program promotes compulsory athletes to participate in an optional setting to prepare for their next competitive level. **Therefore**, if an optional routine contains compulsory choreography to include a small series, whole passes, or an entire routine it should be judged according to the individual performance within the confines of the PO parameters per division.

Chief Judges on **PO 2, Training (T) and 3 FX** routines **should** be taking the 1.00 deduction from the final average if the coach moves onto the floor in order to spot a skill. This deduction will be taken whether the coach actually ends up spotting the athlete or not, just as in the USA JO Code. All judges on the event would take the spot deduction if a spot occurs. There would be no 1.00 deduction for a coach stepping onto the floor to remove a dropped article or for inadvertently stepping on the floor to remove a mat.

PO 1 FX goes by the USA compulsory allowance for the coach to be on the floor with **no** 1.00 deduction whether a spot occurs or not. If the athlete is assisted/spotted the 0.5 deduction is taken by all floor Judges.