



AAU GIRLS GYMNASTICS NATIONAL PROGRAM ALLOWANCES

Complete Rules and Policies Handbook can be located at www.augymnastics.org

**Please refer to any district modifications for local events.*

<h2 style="margin: 0;">AAU COPPER RULES</h2> <p style="font-size: small; margin: 0;">Follow bronze skill chart/restrictions, general rules & execution deductions.</p>			
VAULT	BARS	BEAM	FLOOR
<u>OPTION 1 (9.5 SV)</u> Straight jump onto mat	Minimum 4 VP (.10 each) Special Requirements (.50 each)	Minimum 4 VP (.10 each) Special Requirements (.50 each)	Minimum 4 VP (.10 each) Special Requirements (.50 each)
<u>OPTION 2 (10.0 SV)</u> Straight jump onto mat, kick to handstand flat back	<ol style="list-style-type: none"> 1. Mount 2. Cast (no dismount) 3. Circling Skill (mount/dismount ok) 4. Dismount 	<ol style="list-style-type: none"> 1. Jump or Leap (no angle requirement) 2. Acro Skill 3. ½ Turn (one or two feet) 4. Dismount 	<ol style="list-style-type: none"> 1. Split Jump or Leap (no angle requirement) 2. Roll 3. ½ Turn (one or two feet) 4. Acro Skill
<u>OPTION 3 (10.0 SV)</u> Jump to handstand, flat back on mat			
Clarifications			
Minimum Mat Height: 8" Spot on any phase -.50 (max -1.5)	Hips must leave bar on cast	Jump or leap not required to have leg separation (No angle requirements on split jumps/leaps)	Split jump or leap is required to have leg separation (no angle requirement)
Additional Allowable "A" Skills			
		<ul style="list-style-type: none"> ● Lever/"T" (levering action not required to touch the beam, no angle requirement) 	<ul style="list-style-type: none"> ● Partial Handstand (both feet off floor, legs do not need to close, no angle required) ● Bridge ● Candlestick
10.0 SV Examples			
	<ul style="list-style-type: none"> ● Glide swing ● Jump to front support ● Cast ● Forward roll dismount 	<ul style="list-style-type: none"> ● Straight jump ● Lever ● Pivot turn ● Tuck jump dismount 	<ul style="list-style-type: none"> ● Split jump ● Forward straddle roll ● ½ turn on one foot ● Bridge
	<ul style="list-style-type: none"> ● Pullover ● Cast ● Cast ● Sole circle dismount 	<ul style="list-style-type: none"> ● Split jump ● Forward Roll ● Heel snap turn ● Straight Jump Dismount 	<ul style="list-style-type: none"> ● Split leap ● Backward roll ● Pivot turn ● Partial Handstand
9.5 SV Examples			
	<ul style="list-style-type: none"> ● Jump to front support ● Cast ● Cast ● Cast, push away dismount 	<ul style="list-style-type: none"> ● Straight jump ● Partial Handstand ● Relevé hold ● Roundoff dismount 	<ul style="list-style-type: none"> ● Tuck jump ● Forward roll ● Heel snap ● Cartwheel
	*Missing circling skill	*Missing ½ turn	*Missing split jump/leap