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# *Pacific District*

**AAU GYMNASTICS**

## 2022-2026 RULES & POLICIES

LAST REVISED:06/26/2024

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# WELCOME TO THE FAMILY



## AAU Mission Statement

To offer amateur sports programs through a volunteer base for all people to have the physical, mental, and moral development of amateur athletes and to promote good sportsmanship and good citizenship.

## Vision Statement

To offer amateur athletes and volunteers opportunities to develop to their highest level through a national and local network of sporting events. Through participation in AAU, we achieve our dreams as athletes and as valued citizens of our communities.

Sports for All, Forever

## AAU GYMNASTICS

The AAU Gymnastics National Program has been established to promote the benefits of participation included in the sport of artistic gymnastics. The AAU National Gymnastics Program's purpose is to provide competitive opportunities to all of its AAU Clubs, Coaches and Gymnasts regardless of their age, ability level, or training commitments. Members of the Amateur Athletic Union affirm their duty to promote a positive culture that supports the athletes' safety and well-being. Membership is inclusively responsible in diligently promoting the program which will provide a positive experience to all. The AAU Gymnastics Program includes the AAU National Code written for athlete protection and implemented through the AAU Athlete Protection Policies and Handbook found at [www.aausports.org](http://www.aausports.org).



# Pacific District

## AAU GYMNASTICS

### WHO WE ARE

The Pacific District includes: The State of California, north of but not including the counties of Fresno, Madera, Mariposa, Merced, Mono and San Luis Obispo and the Counties of Churchill, Douglas, Humboldt, Lander, Lyon, Mineral, Ormsby, Pershing, Storey and the State of Nevada except the counties of Elko, Eureka and White Pine.

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### OUR HISTORY

Pacific District AAU Gymnastics was formed in 2016 in NV, in order to offer more opportunities for all in the sport of gymnastics. The first District Championship was held in 2018 and athletes from the District have participated in regional and national competitions every year since.

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### OUR MISSION

Pacific AAU Gymnastics offers a positive, friendly and affordable competitive league with no mobility or eligibility standards, allowing gymnasts of all ages & ability levels the opportunity to enjoy a competitive gymnastics experience.

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### THE GOALS

Our goal is to provide an environment & culture that supports a holistic approach to the sport of gymnastics focusing on the whole child first, gymnast second. Offering rich lessons in a competitive sport, combined with providing athletes enough time to learn and enjoy experiences outside the gym, creates a healthy balance and encourages long-term participation in gymnastics.



# REGISTER WITH THE AAU

Visit [www.aausports.org](http://www.aausports.org) and select "JOIN" to register and find out more information regarding club levels, non-athlete memberships, athlete memberships, and insurance coverage. All memberships run from September 1st through August 31st of each year. It is recommended that you register in early September to take full advantage of having the insurance coverage your club, coaches, and athletes will receive for the full year.



## 01 CLUB CONTACT

Register the club contact person first (non-athlete Membership).

## CLUB 02

Obtain a Club Membership.

If you plan to host a meet inside or outside of your facility, you will need a level 2 club membership.



## 03 MEMBERS

Register your coaches (non-athlete) and gymnasts (youth athlete). Assistant coaches/junior coaches should apply for an athlete membership not a non-athlete membership. Be sure to affiliate your coaches with your club number!

# GETTING STARTED

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01

## REGISTER WITH AAU

Follow instructions on previous page to obtain AAU club, coaches & athlete memberships.

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02

## JOIN THE PACIFIC DISTRICT

Once you have obtained membership numbers, you will need to register your gymnasts, coaches, and club. Please make sure to email [info@aaupacificgym.com](mailto:info@aaupacificgym.com) to let us know you are participating in the district. We will keep you posted on all upcoming events in the district and at the regional and national level.

It is the club's responsibility to keep their team roster up to date and register all new gymnasts prior to registering them in their first AAU competition. Visit [meetmaker.com](http://meetmaker.com) and add your club to easily enter them into competitions.

03

## REGISTER FOR A COMPETITION

Most AAU gymnastics competitions have registration listed on [Meetmaker.com](http://Meetmaker.com) and a full list of events can be found at [www.aaupacificgym.com](http://www.aaupacificgym.com) Please subscribe to the email list on the site to receive updates, event flyers, and other information.



# COACHES

*Pacific District AAU Gymnastics promotes a positive competition experience for every member. All professional AAU members must hold themselves to the highest standards at AAU Licensed Events & practices. Any misconduct, questionable ethics, inappropriate behavior, bad debt with other clubs, negative coaching techniques, etc. may be cause to terminate membership through the AAU.*



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## COACHES ATTIRE

Coaches must dress to safely navigate a gym and should not wear: jeans, worn/ripped/dirty clothing, clothing with inappropriate slogans/comments, transparent clothing or undergarments showing.

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## PARENT EDUCATION

Club Owners & Coaches are expected to educate their gymnastics team parents & guardians about the etiquette of gymnastics meets. Parents should be instructed to only contact their club with questions & to not contact meet directors, approach judges at competitions, speak poorly or publicly about scores, competitors, gym clubs, etc. It is the coach's responsibility to make parents aware of required meet admissions, parking, etc.

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## TEAMWORK

Coaches support each other by helping other clubs in adjusting of equipment, mat setting, following rotations efficiently. Coaches cheer for other gymnasts from competing clubs and should encourage their gymnasts and parents to support other competitors during the competition and awards ceremony as well. Coaches are respectful towards other teams and coaches, judges, scores, and award placements and exhibit that respect for their athletes and team parents as well.

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## CODE OF ETHICS

Athletes must be properly placed in the appropriate level of gymnastics based on skill level rather than experience. Coaches are responsible for selecting the level each gymnast competes, without compromising safety. This collaborative action supports the integrity of the program while maintaining a fair and level competitive experience.

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## ETTIQUETTE

Coaches should educate & encourage gymnasts and families to remain in the competition area until the final gymnast is done competing. This also applies to remaining in the awards area until the awards ceremony is complete.

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## SCORE INQUIRIES

Score Inquiry Forms are not provided at Pacific District AAU events. ONLY questions regarding unusual circumstances, start values, major elements, etc. may be directed to the chief judge (or meet referee, typically the chief judge on bars) in a calm, respectful & professional manner. Questions must ONLY be asked at the end of a rotation or session to avoid disrupting the meet schedule and must be brief and direct (competitions are not a time for a judge's clinic). This is a unique opportunity to have open communication with judges and is a privilege that will be taken away from coaches who are unable to follow these guidelines or abuse this opportunity.

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## PROFESSIONALISM

Coaches are to refrain from posting hurtful or derogatory posts on social media in reference to any AAU clubs, members, judges or events and should direct any issues to the District Gymnastics Director. Coaches should also avoid using their phones on the floor during a competition (unless for photography or video purposes, in which case devices must be in silent/airplane mode). Only coaches actively coaching are permitted onto the competition floor!



# MEET DIRECTORS

## EVENT LICENSE

Request an event license for your event by visiting [www.aausports.org](http://www.aausports.org) a minimum of 30 days prior to your competition.

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## JUDGES REQUEST

In the Pacific District, professional members of the NAWGJ (National Association of Women's Gymnastics Judges) are assigned to serve as the chief judges for all our events to ensure the highest quality and accuracy of scores. To get judges assigned to your AAU event, you will need to complete the NAWGJ Judges Request Form by visiting [www.gymjas.com](http://www.gymjas.com). Requests are not processed until payment is received! AAU Invitationals require a minimum of a 1 judge panel per event. AAU Qualifiers require 2 judge panels (8 judges total). \*Judges request and assigning fee are submitted and paid for by the hosting club.

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## THIRD PARTY CERTIFICATES

Events hosted outside your facility will require a Third Party Certificate of Liability as the facility will need an insurance policy with their name on it. Each request is an additional fee & requires a 30 day notice- more info at [aausports.org](http://aausports.org)

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## EQUIPMENT

Make sure that proper equipment is provided to accommodate all levels of competition advertised. You must follow industry standard apparatus specifications unless otherwise specified. Any unusual apparatus specs (i.e. floor space not 40'x40') MUST be indicated on the event flyer. *Airboards are required to be provided at all AAU licensed events.*

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## SCORING

Professional electronic scoring must be used for all qualifiers.

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## RULES/ ROUTINES

Competitions held in the Pacific District should follow the National Rules in AAU Gymnastics Handbook for all licensed events unless otherwise stated on the meet flyer.



## UNCOLLECTED PAYMENTS

It is the meet director's responsibility to confirm that all payments have been cleared before the competition date. If payment is not collected from a club for services rendered (meet fees, etc.) after the event date, the club has 10 business days to submit payment as well as the appropriate late fee as listed in the Rules & Policies. If payment is not received in 10 business days, a cashier check or money order will need to be mailed OVERNIGHT to the meet director. Meet directors will need to inform the District Gymnastics Director of this offense as the team will be restricted from participation in any District AAU Gymnastics competition until all fees are paid to the appropriate clubs.

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## SCHEDULE

Competition schedules must follow industry standards for meet format and scheduling guidelines. The meet schedule should be posted/emailed to registered clubs & assigned judges NO LESS THAN 2 weeks out from your event date. All competitions must conclude by 9:00pm and must not begin before 8:00am, unless approved by the District Gymnastics Director. Meet directors have the option of offering a 15-30 minute open stretch.

Friday Sessions- If any gym plans to host a meet that will include a Friday session, they must state this on the invitation.

AAU Gymnasts and spectators must be completely separated from other non-AAU participants in a dual sanctioned event. It is illegal to allow the gymnasts to compete against one another when they are registered under different competitive leagues. It is recommended that AAU gymnasts compete on a separate day from other organizations to avoid conflict with licensing and insurance. Contact the National AAU Office for more information on event licenses & insurance coverage.

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## COMPETITION ATTIRE

Professional attire should be worn (see Coaches) for all adult & non-athletes on the competition floor. This applies to anyone staffing the meet, including but not limited to: volunteers, timers, floor music personnel, admissions, announcers, etc. Gymnasts may wear short sleeve or long sleeve leotards and lycra shorts, capris or leggings are always permitted.

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## REGISTRATION

Add a link to register on your gym website, create a website specific to your event, or register your event on a meet hosting platform (I.e. Meetmaker) and advertise your details about your meet on the listing. You can email your event flyer to the District Chair to have it posted on the District Website.



## VERIFY MEMBERSHIPS

All participants in your event must be current AAU members (club, non-athlete and athlete). As the event host, it is your responsibility to ensure and enforce AAU Membership requirements. Details on verifying memberships are listed in your event license packet emailed to the event director after your AAU event license has been approved.

Only registered AAU athletes and coaches are permitted on the competitive floor during sanctioned meets. Only athletes participating in the current session are allowed on the floor during that session (no teammates, friends, parents, coaches' children, etc.)

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## SCORE INQUIRIES

Score Inquiry Forms are not provided at AAU qualifiers. ONLY questions regarding unusual circumstances, start values, major elements, etc. may be directed to the chief judge (or meet referee) in a calm, respectful & professional manner. Questions must ONLY be asked at the end of a rotation or session to avoid disrupting the meet schedule and must be brief and direct (competitions are not a time for a judge's clinic). This is a unique opportunity to have open communication with judges and is a privilege that will be taken away from coaches who are unable to follow these guidelines or abuse this opportunity. Judges and coaches are on the same team in AAU, with the gymnasts being the forefront of what we do.

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## COMPETITION HEAD TAX

A Competition Head Tax of \$3 per athlete may be assessed for District Championships if deemed necessary to cover the costs of the event or special awards.

**THE PACIFIC DISTRICT IS NOT RESPONSIBLE FOR ANY INDIVIDUAL INVITATIONAL AND HAS NO JURISDICTION OVER THEM**



# AWARDS & ABILITY DIVISIONS

**AAU FOLLOWS THE NATIONAL AAU AWARDS GUIDELINE:  
50% + 1 AWARDS FOR INDIVIDUAL EVENTS (V, UB, BB, FX)  
100% AWARDS FOR THE ALL-AROUND**

- Maximum of 12 gymnasts per Division/Age Group (recommended 10)
- Age of the athlete is determined by the last day of the respective competition.
- Age Groups may not have more than a maximum of a 4 year spread in ages. (I.e. A 6 year old gymnast may not be in a division with a 10 year old gymnast, regardless of division).

TEAM AWARDS are given to the top 50% +1 of the registered teams (\*clubs must register in team competition to be eligible to be entered into the team competition) per level OR the top 10 teams (whichever is greater).

Ties are to be broken at AAU Qualifiers so that the gymnasts do not receive identical placement awards (i.e. tie for 1st place floor exercise, the gymnast with the lower all-around score receives 2nd place award).

Gymnasts competing out of session will not have their scores counted for team awards and will not be recognized during the awards ceremony.

- If the gymnast competes after their designated session, the meet director should pull the scores from that session to see where the gymnast would have placed and the awards will be given to the coach.
- If the gymnast competes before their designated session, awards will be given to the coach after their designated session has completed. AWARDS WILL NOT BE MAILED. It is the coach's responsibility to collect these awards.

**AAU PACIFIC DISTRICT IS NOT RESPONSIBLE FOR ANY AAU INVATIONALS  
AND HAS NO JURISDICTION ON THESE COMPETITIONS.**

# MEET EXPENSES

## ENTRY FEES

In the effort of keeping costs to a minimum for our athletes and clubs, Pacific AAU Gymnastics has set maximum entry fee restrictions. The fees below are not to be exceeded without approval from the District Gymnastics Director.

Qualifier (In-House) \$115 Max per athlete / \$50 Max per team

Qualifier (Outside Facility) \$135 Max per athlete/ \$55 Max per team

\*Invitationals - \$135 Max per athlete/\$55 per team

District Championship Meet - \$100 Max per athlete / \$50 Max per team

\*AAU Pacific District has no jurisdiction over AAU Invitationals

## LATE FEES

Registrations submitted after the entry deadline are only accepted at the discretion of the meet director & will incur the following penalty:

Qualifier - \$25 max per athlete/ \$15 max per team

District Championships - \$25 max per athlete/ \$20 max per team

## REFUNDS

Refunds should be issued for any reason, for any scratched gymnasts up to the registration deadline. Refunds submitted past the registration deadline are at the discretion of the meet director & are subject to a doctor's note.

## SPECTATOR FEES

Spectator fees are optional and the choice to charge them is at the discretion of the meet director. These fees MUST be disclosed on the event flyer/meet listing information. The below fees are recommendations and are not to be exceeded without approval from the District Gymnastics Director.

### IN-HOUSE

Adults = \$15 Max door fee

Children (ages 3 & under) = FREE

### OUTSIDE FACILITY

Adults = \$25 Max door fee

Children (ages 3 & under) = FREE



# Judges

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**As an AAU judge, you have been given the unique, rewarding, yet challenging task of judging fairly while remembering the core values of the AAU. This is a league built on building self-confidence, self-esteem and safe gymnastics. We want to instill that in our athletes by having positive attitudes towards them and their coaches as well as by the ability to score fairly. Please carefully consider the rules and legitimately critique each athlete in a way that is accurate to the routine that they performed but will not break their spirit.**

**Your acknowledgement of the athlete and their performance can change the way an athlete perceives a score, even when that score is less than desirable. Judges and coaches are on the same team in AAU, with the gymnasts being the forefront of what we do. If you find it difficult to understand or comply with these rules, please contact the District Sport Director for clarification or contact your State Judging Director or NAWGJ Assigner.**

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## 01 Memberships

Judges must be AAU Members of both NAWGJ and have an AAU Member # to officiate an AAU competition in the Pacific District. To obtain your non-athlete membership, please visit [www.aausports.org](http://www.aausports.org). Judges must register with the AAU prior to being assigned to officiate at an AAU meet. Please note there is a background check that is part of the registration process that can create a delay in receiving your AAU number.

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## 02 Uniforms

AAU Judges Attire is the official AAU National Judges uniform (black bottoms and a white top) unless otherwise noted by the meet director. Dress is business casual. Jeans, halter tops, etc. are not acceptable and all improper attire should be reported to the District Gymnastics Director. The gymnasts spend a great deal of time and effort into their appearance for the meet to present themselves as polished, prepared and professional as possible for YOU- we ask you do the same for them!

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## 03 AAU Rule Allowances

Any Rule Modifications can be found on our website [www.aaupacificgym.com](http://www.aaupacificgym.com) and National AAU Rules can be found at [www.aaugymnastics.org](http://www.aaugymnastics.org). It is important that you print/download, review and understand the AAU National rules and the modifications before you arrive to your judging assignment. The AAU rules modifications are the integrity of our league and MUST be followed carefully to provide consistency from event to event. Please make sure your materials are the most up-to-date prior to your assignment.

## 04 Assigning Panels

Judges are assigned through the GymJas website for all AAU Qualifiers and District Championships. AAU Invitationals require a minimum of 1 judge panels (4 judges total). AAU Qualifiers & State Championship requires 2 judge panels (8 judges total) per floor. There are no Judges Affiliation guidelines when considering event assignments.

Judges ratings should cover all the levels included of the competition. Meets offering gymnasts in levels 6-10 and Xcel Platinum-Diamond should assign judges rated minimally at a level 6/7 rating. In the event a lower rated judge is assigned to a competition offering optional/XP/XD level athletes, the lower rated judge should be assigned to vault as a panel judge only.

AAU Pacific District *is NOT responsible for any AAU Invitationals and has no jurisdiction on these competitions.*

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## 05 Score Inquiries

Score Inquiry Forms are not provided at Pacific District AAU events, so when approached by a coach regarding a score, start values or deductions please graciously give them constructive feedback that will help them improve their athlete's performance and potentially expand their knowledge of the rules. If you have done so and they still have strong opinions or become irritable, please direct them to the meet referee or the meet director.

*Our goal is that each athlete walks away from every AAU meet feeling proud of their performance, no matter what scores they were given. You as a judge play a critical part in that. Failure to follow these ethics and the mission of the AAU may result in being placed on a probationary status.*

**THANK YOU FOR SUPPORTING  
AAU GYMNASTICS!**

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# AAU District Championships

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## Qualification

Gymnasts must compete in at least one AAU licensed event in the Pacific District to qualify to Districts. In case of injury, you may petition to Districts. Please email your district chair and attach a doctor's note.



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## Schedule

District Championships is hosted in Southern NV each year in May. The meet is only to be held on Saturday & Sunday to avoid gymnasts missing school, parents missing work, etc. Friday sessions are prohibited without the prior approval from the District Gymnastics Chair.



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## Level Declaration

Level declaration will be determined by whatever level the gymnast was registered in at their final qualifier. Whatever level a gymnast competes in at the final qualifier of that gymnast's season MUST compete at Districts.



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## Graduating Seniors

Graduating Seniors get recognized and receive a gift from the AAU Pacific District for their years involved in AAU Gymnastics at Districts. It is the coach's responsibility to have their Senior gymnast complete the Senior Recognition Form and submit by the designated deadline in order to be eligible for this award. We request coaches and parents attend the awards ceremony for their Senior gymnast.



# AAU REGIONALS

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*When attending the AAU Regional competition, you are representing the Pacific District. Coaches, gymnasts and parents are held to the highest standards during these events as you wear apparel with our district name on it throughout the event. It is an honor to represent Pacific at these prestigious events. It is important that there is uniformity between each club by following our code of ethics.*



## Qualification

Gymnasts must have participated in their District Championships to be eligible to participate at AAU Regionals. Clubs are suggested to attend the AAU Regional event closest to them. Participation in Regionals is not required to participate in Nationals. You may submit a petition to your District Gymnastics Director if you have an athlete who cannot attend their AAU District Meet but wishes to advance to Regionals.

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## Schedule

Event Schedule for Regionals is usually Friday-Sunday at the end of May in California, but may be held in any other western state to include AZ, NV, UT.

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## Rules

Competition Rules strictly follow the National AAU Rules. District modifications that may have been implemented are not followed! Coaches will need to become familiar with the National rules and begin practicing them immediately following AAU District Meet to be prepared.

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## Team Pacific Apparel

Each club will have the option to purchase Team Pacific Apparel to be worn at Regionals and/or Nationals. The cost is under \$90 (tax & shipping included) and includes a custom leotard and another piece of apparel (shirt, jacket, shorts, leggings, etc.). Apparel orders are due in March. Orders are picked up at the AAU District Championships.



# AAU NATIONALS

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*When attending the AAU National competition, you are representing the Pacific District. Coaches, gymnasts and parents are held to the highest standards during these events as you wear apparel with our district/team name on it throughout the event. It is an honor to represent the Pacific District at these prestigious events. It is important that there is uniformity between each club by following our code of ethics.*



## Qualification

Gymnasts must have participated in their District Championships to be eligible to participate at AAU Nationals. Participation in Regionals is not required to participate in Nationals.

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## Schedule

Event Schedule for Nationals can start as early as Wednesday and runs until Sunday in mid/late June. Athletes compete in age groups (not ability divisions) within their level with gymnasts across the country! Nationals have an Opening Ceremony/Celebration of Athletes that usually takes place on Thursday or Friday evening.

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## Rules

Competition Rules strictly follow the National AAU Rules. District modifications we have implemented in the Pacific are not followed! Coaches will need to become familiar with the National rules and begin practicing them immediately following AAU State Championship to be prepared.

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## Team Pacific Apparel

Each gymnast will purchase Team Pacific District Apparel and it will be worn by all Pacific gymnasts that attend Regionals and/or Nationals. \*See Team Pacific Apparel for AAU Regionals for more info.

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## Senior Scholarships

Scholarships are awarded every year by the AAU National Office at AAU Nationals. You do not need to attend to apply! Visit [www.aaugymnastics.org](http://www.aaugymnastics.org) for more info!

# PACIFIC AAU

## ADVISORY BOARD CONTACTS

DESCRIPTION	PHONE	EMAIL
<b>JENNIFER SASSO</b> District Gymnastics Chair	702-228-1340 702-596-5204	INFO@AAUPACIFICGYM.COM INFO@NOLIMITLV.COM
<b>ALICIA SASSO</b> Senior Recognition Chair	702-228-1340	INFO@AAUPACIFICGYM.COM INFO@NOLIMITLV.COM
<b>ALEX HAMMOND</b> NV State Judging Director	702-302-6160	BITSOFLACE@AOL.COM
<b>JESSICA HARRIS</b> National Gymnastics Chair	704-966-9406	GYMNASTICS@AAUSPORTS.ORG

[www.aaupacificgym.com](http://www.aaupacificgym.com)