

NORTH CAROLINA AAU LEVEL 2 FLOOR – 10.0

Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

Music Required – USAG Level 2 Music (either version)

Forward Roll to Straddle Stand (0.40)	
Pushing off floor with hands to arrive in tuck stand	0.30
Headstand to kneel (.40)	
Failure to hold 2 seconds	Up to 0.20
-OR- Straddle Tripod Position to Kneel (0.40)	
Failure to show tripod position	Up to 0.20
Failure to close to pike position	Up to 0.20
Arch Back (0.40)	
Failure to show kneeling position with ankles extended	Up to 0.10
Failure to keep hips extended and pushed forward on arch back	Up to 0.20
Cartwheel, ¼ (90°) Turn Inward (0.60) (Forward or Side Entry)	
Incorrect (simultaneous) hand placement	0.10
Failure to pass through vertical	Up to 0.30
Backward Roll to Pike Stand (0.40)	
Failure to maintain tuck position as buttocks touch floor	Up to 0.20
Hands placed on floor during squat phase prior to rolling backward	0.30
Handstand (0.60) OR ¾ Handstand (No Hold Required)	
Failure to show straight-hollow body position with hip angle straight	Up to 0.20
Front Leg Balance (0.20)	
Failure to hold balance 1 second	Up to 0.10
Split Jump (30°) (0.40)	
Insufficient leg separation (less than 90°)	Up to 0.20
Failure to land with legs/feet close	Up to 0.10
½ (180°) Pivot Turn (0.20)	
Lack of sharpness in pivot turn	Up to 0.10
Forward Chasse (0.40)	
Failure to pass through 4 th position demo-plie into chasse	Up to 0.10
Failure to join legs together in air	Up to 0.20
Failure to maintain good body alignment	Up to 0.20
Refer to USAG General Faults and Penalties for Additional Deductions.	

It should be noted that there are some choices of elements in the NC AAU Age Group Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher value than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the NC AAU Program with the exceptions that are published by the NC AAU Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.

Coach may stand on floor with no deduction. Do not block view of judge.

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission - Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such as rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by C.J. 0.20
Failure to observe specified warm-up time 0.20

Revised 12/22/09



NORTH CAROLINA AAU LEVEL 3 FLOOR – 10.0

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

Music required and shall be USAG Level 3 Music (either version)

Handstand Forward Roll (0.60)	
Failure to attain vertical	Up to 0.30
Failure to close (join) legs	0.10
Failure to hold for 1 second	Up to 0.10
Use of hands to push off floor to come to standing position	0.30
Round-Off Rebound Stick	
Failure to pass through vertical	Up to 0.30
Failure to land on feet simultaneously	0.10
Failure to rebound immediately	0.10
Failure to stick landing	Up to 0.50
Backward Roll to Pike Stand (0.40) Straight Arms Not Required	
Hands placed on floor during squat phase prior to rolling backward	0.30
Backbend Kick-Over (0.60)	
Failure to maintain arms next to ears and focus on hands	Up to 0.10
Lack of control into backbend	Up to 0.10
Failure to push shoulders behind hands in bridging phase	Up to 0.20
Extra kicks to establish inverted vertical position on kick-over	Each 0.30
OR	
Back Walkover (0.60)	
Failure to show continuous leg lift into walkover (leg drops or lifts after the arching backward has begun)	Up to 0.10
Incorrect staggered or alternate hand placement	0.10
Insufficient leg separation (less than 90°)	Up to 0.20
OR	
Standing Back Handspring Rebound Stick (0.60)	
Deep Squat into Back Handspring	Up to 0.20
Lack of extension	Up to 0.20
Failure to land with feet together simultaneously	0.10
Failure to rebound immediately	0.10
Failure to stick landing	Up to 0.50
Front Leg Balance (0.20)	
Failure to hold balance 2 seconds	Up to 0.20
Forward Chasse ((0.40)	
Failure to pass through 4h position demi-plie	Up to 0.10
Failure to join legs together in the air	Up to 0.20
Failure to maintain good body alignment	Up to 0.20
Straight Leg Leap 60° (0.60)	
Bending the (lead) front leg on take off	Up to 0.10
Insufficient leg separation less than 60°	Up to 0.20
1/2 Turn In Forward Coupe (Heel-Snap) (0.20)	
See General Faults and Penalties	

Stretch Jump (0.40); Tuck Jump (0.40)

Stretch jump: See General Faults and Penalties

Tuck Jump:

Insufficient hip/knee closure (minimum of 90°) Each angle Up to 0.10

Refer to USAG General Faults and Penalties for additional deductions

It should be noted that there are some choices of elements in the NC AAU Age Group Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher value than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the NC AAU Program with the exceptions that are published by the NC AAU Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast. Coach may stand on floor with no deduction. Do not block view of judge.

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus 10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission – Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such as rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by C.J. 0.20
Failure to observe specified warm-up time 0.20

Revised 12/22/09



NORTH CAROLINA AAU LEVEL 4 FLOOR – 10.0

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

Music required and shall be USAG Level 4 Music (either version)

Stretch Jump (0.40), Split Jump (90°) (0.40)	
Stretch jump: See General Faults and Penalties	
Split jump:	
Failure to land with legs/feet close	Up to 0.10
Insufficient leg separation (less than 90°)	Up to 0.20
Handstand Forward Roll with Straight Arms* (0.60)	
Failure to attain vertical	Up to 0.30
Failure to close (join) legs	0.10
Failure to hold handstand for 1 second	Up to 0.10
Pushing off floor with hands to arrive in tuck stand	0.30
Handstand to Bridge, Back Kick-Over (.60)	
Failure to maintain arms next to ears & focus on hands	Up to 0.10
Failure to close (join) legs	0.10
Failure to push shoulders behind hand in bridging phase	Up to 0.20
Failure to land with feet simultaneously	0.10
Insufficient leg separation on back kick-over (less than 120°)	Up to 0.20
Straight Leg Leap (90°) (0.60); Leg Swing with Hop (0.20)	
Straight Leg Leap:	
Bending the lead (front leg on take-off)	Up to 0.10
Insufficient leg separation (less than 90°)	Up to 0.20
Leg Swing with Hop:	
Failure to swing leg forward to a minimum of horizontal	Up to 0.10
Forward Split (0.20)	
Failure to achieve 180° split position (legs flat on floor)	Up to 0.20
Weight Transfer (0.20)	
Failure to show “rocking” action through use of plie	Up to 0.10
Backward Roll to Push-Up Position (0.60)	
Hands placed on floor during squat phase prior to rolling backward	0.30
Failure to show push-up position	0.20
1/2 (180°) Turn in Forward Coupe (0.40)	
See General Faults and Penalties	
Round-Off (0.40) Flic-Flac to Two Feet, Rebound (0.60)	
Lack of acceleration in the series	Up to 0.20
Round-off:	
Failure to pass through vertical	Up to 0.30
Failure to land on feet simultaneously	0.10
Flic-flac to two feet, rebound:	
Deep squat into flic-flac	Up to 0.20
Failure to land on feet simultaneously	0.10
Failure to rebound immediately	0.10
Failure to pause in controlled “stick”	0.05

Refer to USAG General Fault and Penalties for Additional Deductions

It should be noted that there are some choices of elements in the NC AAU Age Group Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher value than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the NC AAU Program with the exceptions that are published by the NC AAU Girls Age Group Program. Equipment and matting may be adjusted to facilitate the safety of the gymnast. Coach may stand on floor with no deduction. Do not block view of judge

Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission -Deduct the Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such as rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated

Deductions Taken From Average by Chief Judge.

Failure to begin exercise within 30 seconds after being signaled by C.J. 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise Each Time 0.10

Revised 12/22/09



NORTH CAROLINA AAU LEVEL 5 FLOOR – 10.0

The AAU Level 5 Floor shall be the same as described by the USAG Program 2005-2013 in its entirety **with exception only as stated in the NC AAU Supplementary General Deductions and Penalties**. Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing.

Music required and shall be USAG Level 5 Music (either version)

Straddle Jump (120°) (0.40)		
Insufficient leg separation (less than 120°)		Up to 0.20
Failure to land with feet together		0.10
Dive Forward Roll (0.60)		
Failure to maintain straight-hollow position throughout		Up to 0.20
Failure to show flight (dive) prior to hand contact		Up to 0.20
Pushing off floor with hands to arrive in tuck stand		0.30
Front Handspring To Two Feet, Rebound (0.60)		
Failure to maintain arms next to ears & focus on hands throughout		Up to 0.10
Flight prior to hand contact (dive)		Up to 0.20
Incorrect (alternate) hand placement		0.10
Insufficient repulsion (quickness off hands)		Up to 0.20
Total lack of repulsion (Front Limber-change of element)		0.60
Failure to land with feet simultaneously		0.10
Failure to rebound immediately		0.10
Straight Leg Leap (120°) (0.60; Leg Swing with Hop ¼ Turn (0.20)		
Straight leg leap:		
Bending the lead (front) leg on take-off		Up to 0.10
Insufficient leg separation (less than 120°)		Up to 0.20
Leg swing with hop ¼ (90°) turn:		
Failure to swing leg forward to a minimum of horizontal		Up to 0.10
Forward Split (0.20)		
Failure to achieve 180° split position (legs flat on floor)		Up to 0.20
Weight Transfer (0.20)		
Failure to show “rocking” action through use of plie	Each	Up to 0.10
Backward Roll to Handstand with Straight Arms (0.60)		
Hands placed on floor during squat phase prior to rolling backward		0.30
Incorrect hand placement		0.10
Failure to pass through vertical		Up to 0.30
Performs a backward roll step-out (change of element)		0.60
1/1 (360°) Turn in Forward Coupe (0.40)		
See General Faults and Penalties		
Hitchkick (0.40)		
Insufficient height of each leg kick (as specified in text)	Each	Up to 0.10
Back Walkover (150°) (0.60)		
Failure to show continuous leg lift into walkover (leg drops or lifts after Arching backwards has begun)		Up to 0.10
Incorrect (staggered or alternate) hand placement		0.10
Insufficient leg separation (less than 150°)		Up to 0.20

Round-Off (0.40, Flic-Flic, Flic-Flac Rebound (0.60 Each)		
Lack of acceleration in the series		Up to 0.20
Round-off:		
Failure to pass through vertical		Up to 0.30
Failure to land with feet simultaneously		0.10
Flic-flac, Flic-flac, rebound:		
Deep Squat into flic-flac	Each	Up to 0.20
Failure to land with feet simultaneously	Each	
		0.10
Failure to immediately rebound		0.10
0.10 Failure to pause in “controlled stick”		0.05

Refer to USAG General Fault and Penalties for Additional Deductions

Supplementary AAU General Deductions, Penalties, Clarifications

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Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge’s discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge’s discretion.

Deliberate Omission -Deduct Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by C.J. 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise Each Time .10

Revised 12/22/09



NORTH CAROLINA AAU LEVEL 6 FLOOR – 10.0

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

Straddle Jump (150°) (0.40); Stretch Jump with ½ (180°) Turn (0.40)		
<u>Straddle Jump:</u>		
Insufficient leg separation (less than 150°)	Up to 0.20	
Failure to land with feet together	0.10	
<u>Stretch jmp with ½ turn – See General Faults and Penalties</u>		
Flic-Flac Step Out (0.60)		
Failure to step-out (legs together throughout performs flic-flac to two fee)	0.20	
Forward Salto Tucker (0.80)		
See General Faults and Penalties		
Failure to perform salto in designated body position (pike or layout)	Up to 0.80	
Front Handspring Step Out (0.60) Front Handspring Two Feet, Rebound (0.60)		
Lack of acceleration in series	Up to 0.20	
<u>Applies to both Front handsprings:</u>		
Failure to maintain arms next to ears & focus on hands	Up to 0.10	
Flight prior to hand contact (dive)	Up to 0.20	
Incorrect (alternate) hand placement	0.10	
Insufficient repulsion (quickness off hands)	Up to 0.20	
Total lack of repulsion (Limber or Front Walkover)	0.60	
<u>Front handspring step-out:</u>		
Failure to step out (Legs together throughout)	0.20	
Joining legs prior to step-out	0.10	
<u>Front handspring to two feet, rebound:</u>		
Failure to land with feet simultaneously	0.10	
Failure to immediately rebound	0.10	
Straight Leg Leap (150°) (0.60; Side Leap (150°) (0.60)		
<u>Straight leg leap:</u>		
Bending the lead (front)leg on take-off	Up to 0.10	
Insufficient leg separation (less than 150°)	Up to 0.20	
<u>Side Leap:</u>		
Bending the lead leg (front) leg on take-off	Up to 0.10	
Insufficient leg separation (less than 150°)	Up to 0.20	
Forward Split (0.20)		
Failure to achieve 180° split position (legs flat on floor)	Up to 0.20	
Weight Transfer (0.20)		
Failure to show “rocking” action through use of plie	Each Up to 0.10	
Straight Arm Backward Roll To Handstand (0.60)		
Hands placed on floor during squat phase prior to rolling backward	0.30	
Incorrect hand placement	0.10	
Failure to pass through vertical	Up to 0.30	
Performs a backward roll step out (change element)	0.60	
1/1 (360°) Turn in Forward Passe (0.40)		
See General Faults and Penalties		

Hitchkick (0.40)	
Insufficient height of each leg kick	Up to 0.10
Back Walkover (180°)	
Failure to show continuous leg left into walkover	Up to 0.10
Incorrect (staggered or alternate) hand placement	0.10
Insufficient leg separation (less than 180°)	Up to 0.20
Round Off (0.40) Flic Flac (0.60), Backward Salto Tucker (0.80)	
Lack of acceleration in the series	Up to 0.20
<u>Round off:</u>	
Failure to pass through vertical	Up to 0.30
Failure to land on feet simultaneously	0.10
<u>Flic Flac:</u>	
Deep squat into flic flac	Up to 0.20
Failure to land on feet simultaneously	0.10
<u>Backward salto tucked:</u>	
Failure to perform salto in designated body position (pike or layout)	Up to 0.80
Failure to extend/open prior to landing	Up to 0.20
Failure to pause in “controlled stick”	0.05

Supplementary AAU General Deductions, Penalties, Clarifications

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Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge’s discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge’s discretion.

Deliberate Omission -Deduct Value of the Element

Skills Performed Out of Order – Refer to Level 5

a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by C.J. 0.20

Failure to observe specified warm-up time 0.20

Lack of presentation by gymnast before and/or after exercise Each Time .10

Revised 12/22/09

