



North Carolina AAU Gymnastics

JUDGES INFO



AAU Gymnastics offers a positive and friendly competitive league that provides gymnasts of all ability levels the opportunity to compete against other gymnasts with like ability. AAU Gymnastics serves as an alternative league with no mobility or eligibility standards, therefore allowing more athletes the opportunity to gain a competitive gymnastics experience.

AAU gymnasts compete in "ability divisions" based upon their highest all-around score achieved prior to that competition. If the gymnasts are "over scored" or scored inconsistently, the athlete's all-around score will inaccurately inflate and she will be incorrectly placed in a higher division for the remainder of the season. Since most AAU meets have single judging panels, it is very important that judges review the AAU rules, text, deduction, and revisions prior to their assignment.

Rules & Routines

The AAU compulsory routines are derived from the USAG compulsory routines with various revisions to certain prescribed skills at both the national and state levels. NCAAU Gymnastics prefers to follow the National AAU Handbook closely, making only minor revisions to the text and skills.

- Judges will need to review the **North Carolina AAU Gymnastics Handbook** for rules, text, and deductions. *(found on the website below)*
- Optional rules and requirements remain the same as USAG.

Judges Attire

Standard AAU judging attire for all AAU meets is dark (black/navy) bottoms (skirt/slacks) and a white top (blouse/dress shirt). Dress is business casual. Tennis shoes, jeans, halter tops, etc. are not acceptable attire. The official NAWGJ uniform is always acceptable and is the encouraged attire for the AAU state meet.

Contact

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Please visit the website for rules & policies, meet schedule, handbooks, and other helpful links.

Thank you for helping promote the growth of our sport in North Carolina!