

<p style="text-align: center;">NORTH CAROLINA AAU GIRLS AGE GROUP LEVELS 7 & 8</p>

The NC AAU Age Group Program Levels 7 and 8 routines rules and requirements shall be the same as the USAG Levels 7 and 8 routine rules and requirements in their entirety with exceptions that apply to general deductions and penalties as listed on the NC AAU Supplementary General Deductions and Information.

No time limit on beam and floor.

Gymnast may perform two vaults.

The start values for vaults in AAU Level 7 shall be as follows. No other vaults allowed.

- Handspring 10.0
- $\frac{1}{2}$ On – $\frac{1}{2}$ Off 10.0
- $\frac{1}{4}$ On – $\frac{3}{4}$ Off 10.0
- $\frac{1}{2}$ On – 1/1 Off 10.0
- $\frac{1}{4}$ On – 1 $\frac{1}{4}$ Off 10.0
- Handspring 1/1 10.0

For Requirements and Deductions refer to USAG Code.

LADIES DIVISION

This division is intended for athletes 18 years of age and older. Athletes in this division have the choice of following the modified optional rules or the USAG level 8 rules. Gymnasts must indicate which level of rules they will be following on their entry form. Gymnasts will only compete against other gymnasts in the “Ladies Division” at that respective competition.