



**Team Florida AAU
Club Handbook
2019-20**

www.TeamFloridaGymnastics.com

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AAU & Team Florida registrations for coaches, athletes, clubs and judges will be available on August 15th.

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Memberships for Team Florida – Athletes, Coaches & Clubs

NEW STARTING THIS YEAR!

On-line Team Florida registration for Clubs, Coaches, Judges.

Instructions: **YOU MUST HAVE A CURRENT AAU # TO REGISTER FOR TEAM FLORIDA & A CREDIT CARD**

- Log into: www.TeamFloridaGymnastics.com
- Select either “Club and Coaches” icon or “Judges” icon
- To register your club & coaches:
 - Select the Club and Coaches Icon
 - Follow the on-line instructions
- To register as a judge:
 - Select judge icon
 - Follow the on-line instructions
 - Judges may also purchase uniforms on this same registration page
- Adding additional coaches: you can do this anytime. Log onto the website, select Clubs and Coaches Icon
 - Use the pulldown menu to find your club
 - Add coach
- Judges Uniforms: You can purchase uniforms at any time by entering the website.
 - Select Judge icon
 - Enter your AAU #
 - Order uniform

Receipts will be emailed automatically and state “Team Florida”. Check your junk email.

Athletes: All athletes must be registered with AAU. www.aausports.org
Athletes do not need to register with Team Florida

Clubs: All clubs must be registered with AAU. www.aausports.org
Once your club has received the Club AAU Membership number:
Go to www.TeamFloridaGymnastics.com
Follow above directions

Coaches: All coaches must be registered with AAU. www.aausports.org
Once the coach has received their AAU Membership number:
Go to www.TeamFloridaGymnastics.com
Register your club first
Follow above direction

Judges: All judges must be registered with AAU. www.aausports.com
Once the judge has received the AAU Membership number:
Go to www.TeamFloridaGymnastics.com
Follow above directions

NOTE: All coaches on the floor at an AAU Qualifying and State Meet will be required to have an AAU membership and Team Florida membership. AAU card must be worn while coaching. No coach will be allowed on the floor or gain meet access as a coach unless they have their number displayed at all times and have their name listed on the meet coaches list. Coaches are required to check in at the meet directors' table. **If a coach attends an AAU meet without an AAU membership, there will be a penalty to the club they work for of \$200.00.** Lanyards or clip-on holders may be used. Sign in sheets are required at all Team Florida AAU sanctioned meets. **A \$200 penalty will be charged to the host club for permitted an unauthorized coach on the floor that is not listed on the coaches sign in sheet.**

Entry Fees for Team Florida - Clubs & Coaches

Qualifier Entry Fee: \$54.00/athlete

State Meet Entry Fee: \$75.00/athlete

Coaches Registration: \$10.00/coach

Club Registration: \$15.00

Judges Registration: \$10.00/judge

NOTE: There is no Team Florida Registration for Athletes

DOOR FEES

In-gym door fee for qualifiers: \$8.00/adult, \$4.00/child (age 4 and up), under 3 years of age – free

Outside facility door fee for qualifiers: \$12.00/adult, \$6.00/child (age 4 and up), under 3 years of age – free

State Championship door fee: \$15.00/adult (10 years of age and up), \$10.00/child (4-9 years of age), under 3 – free

Two Day Pass: \$25.00/adult (10 years of age and up), \$15.00/child (4-9 years of age), under 3-free

BIDDING FOR A QUALIFYING MEET AND/OR STATE MEET

MEET DIRECTORS/HOST CLUBS

Clubs bidding for a meet must be a current **active member** of both AAU and Team Florida.

Club must actively compete a minimum of two (2) levels of gymnastics offered within a given season at their own awarded meet and make a commitment to compete a minimum of two (2) levels at that season's State Championships. gymnastics (Level 1,2,3,4,5,6,7,8,9,10 and all excel levels. Ladies division does not fulfill this stipulation).

NOTE: Prospective bidders – This rule is in effect so that our AAU/Team Florida program and competitions are actively supported by the clubs who profit from the revenue that all Team Florida meets provide. The Team Florida organization is a quality competition to all of athletes, not simply a way for clubs to profit financially with little to no support of the program. We welcome any club to bid for meets if they subscribe to this philosophy.

Host club must attend a minimum of two (2) qualifiers within the season hosting.

MEET DIRECTOR RESPONSIBILITIES

Within seven (7) days of the conclusion of the meet, Meet Directors will send the following to:

Terry Doster, 2 Adalia Ave 703, Tampa FL 33606:

\$7.00/athlete that registered for the meet

\$3.00/judge

\$75.00 sanction fee reimbursement

There will be a \$25.00/day fine for each day payment is not reached after the seven (7) day Period.

Email to Terry Doster: terry-doster@msn.com

Within 24 hours of completion of meet, the meet results by Level (1 report for each level...not by age, not by divisions – refer to directions in handbook) and the coaches sign-in sheet must be emailed to Terry Doster: terry-doster@msn.com

Awards:

Medals will be given for all levels 2-10 including Ladies Division. Level 1 will receive Achievement Awards ribbons on cards. The medals will be identical. You will place your order With Crown Trophy of Sarasota (6119 Clark Center Ave, Sarasota 941.925.7372).

Scoring Staff/Award Presenters:

Presenting awards will go from last place to first place.

Example: If there are 12 athletes in a group, the first awards placement will be 7th place (1/2 plus 1). 6th place, 5th place etc until the 1st place winner is reached.

Awarding Ties:

If two or more athletes tie for the final placement, all athletes receive an award and all are called to the podium. If two or more athletes tie for placement above the final award, all tied athletes receive the placement award for the tie (all receive 5th place or 2nd place or 1st place etc) and all are called onto the podium and stand behind their place. The next award (other than 1st place) will be the placement after the number of skipped places depending on the number of ties.

Example: 3 gymnasts tie for 5th place – all three are awarded and called to the 5th place. The next awards placement called would be 2nd place and the athlete would stand behind the 2nd place card. 4th place and 3rd place on the podium would remain empty. In this way, all athletes receive the correct award for the place in which they finish. It is not the job of judges to try to break ties. Their job is to evaluate routines and award the most accurate score possible. If five people tie on vault, it is what the judges saw in their evaluation.

Mailing Awards:

State Meet Directors are responsible for mailing team awards to winners in a timely manner if they were not present to pick them up at the meet. Waiting to give the award to a coach at another meet is not acceptable. This also goes to placement awards that gymnasts, for whatever reason, did not receive them, or if there was a mistake on placements.

Any gymnast which is injured or becomes ill during competition should receive an all-around medal and an athlete gift and any individual placement she won in the events she did compete. The awards y be given to the coach or ailed to the gym if the coach is not present.

Athlete Gifts:

Please make sure you submit a photo of the athlete gift to Kathy Stuenkel, Team Florida President (teamflorida@comcast.net) and Patti Gross, Team Florida Meet Coordinator (patricia.gross@tampagov.net) so they may be approved. If this is neglected by the meet director and you order the gift that is not approved, you will need to purchase additional gifts compensate, possibly at the last minute.

Please award the athletes gifts along with the all around awards. In this way, the gifts won't be forgotten to be awarded. Do not just pass them out. Awards presenters should remind athletes and parents to make sure they collect all of their belongings, including awards and athlete gift before leaving the awards area. Replacement awards (unless a medal detaches from the ribbon) or gifts will not be given after the awards ceremony is concluded.

Equipment: Hosting a qualifier in your own gym:

If you are holding a qualifier in your own gym, you must inspect your equipment to ensure it is in perfect working order. You must have enough spring boards, air boards, mats, chalk, and space to have a safe meet. Arrange spectator areas so that guests have a clear view of the competition area. The awards area must be large enough to accommodate all athletes and spectators comfortably with seating for spectators. Awards tents may be used outdoors if absolutely necessary but keep in mind temperatures and high and people should have a least shade to stand under. Make sure restrooms are kept clean and replenished.

Equipment: Hosting a qualifier in an outside facility:

If you are hosting your meet in an outside facility, you must email Kathy Stuenkel (teamflorida@comcast.net) all information regarding the venue so that a third party insurance certificate from AAU can be applied for. This is required for all outside facilities. You must furnish the physical address, name of facility and the exact verbiage required by the owners/managers of the venue in the manner of how they wish to be named on the insurance certificate.

This information needs to be sent as soon as the facility is secured. If you wait and the insurance certificate cannot be obtained, then you will not be permitted to host your meet. If you wait and the insurance certificate has to be obtained outside of the AAU parameters, then you will pay the late fee charge (minimum 30 days prior to the event start date).

Coaches AAU Memberships:

It is your responsibility to check each coach before the meet to ensure they have a valid AAU Membership. A coaches list will be sent to you prior to your meet listed all eligible coaches. If a coach is not listed, they cannot be on the floor coaching. This is mandatory. There is no such thing as a “pending AAU Membership”.

If a coach is discovered to be on the floor without an AAU Membership, that coaches club will be fined \$200 as well as the host club for permitting this to happen.

A coach and judge that is on the floor must wear their AAU Membership card. If you see a coach or judge without their membership card in a lanyard or clipped to their shirt and cannot produce one, they must be escorted out of the competitive area immediately. They may only enter the floor as a coach upon producing their AAU Membership card (they will have the option of printing it out)

Coaches and Judges Meals;

If you are using an outside facility to host your meet (whether a qualifier or state meet) that requires you to use the services of their in-house catering service you are not required to provide meals for coaches. However, if you would like to give each coach on the floor a voucher for concessions, that would be very gracious, but not required. Use the coaches sign in sheet to hand out vouchers: 1 voucher per coach.

If your qualifier is in your own facility, then you should provide at least a mid-day meal to coaches and perhaps a snack later in the day. You may choose to provide dinner as well if the meet will run into the late evening. Breakfast is not required for coaches, but a coffee and tea service would be thoughtful.

Please make sure the judges have access to fluids throughout the competition.

If the judges are driving to the meet in the morning of the start of competition, breakfast does not have to be provided. However, if you have judges staying in a hotel the night before and the hotel does not provide complimentary breakfast, you will need to provide breakfast or pay a per diem for the judges to get breakfast on their own (\$15). If you are unsure if you should provide dinner the last day or not, consider how long the judges will have to wait until they can have dinner depending on the meet schedule. Also, confer with the meet referee regarding this.

Judges who need overnight accommodations will be housed two per hotel room for both qualifiers and State Championships. Be sure that judges' rooms have two separate beds in each room. Pull out sofas do not qualify.

Carol Curley, Judges Assignor (curleynawgj1@gmail.com) and/or Kathy Stuenkel, Team Florida President (teamflorida@comcast.net) will help you with any judging questions.

Door Fees:

To avoid any misunderstandings or conflict at the door, please include with your final schedule a very large notice at the top of the schedule that is sent stating it should be copied and given to parents, along with the original information that was sent by you, the meet director, or scoring director. Coaches should not make their own separate schedule or meet information to send to parents. Incorrect information and door fees are often given to parents which causes volunteers at the door having to handle negative feedback. Also, have copies of what was sent out to the clubs and coaches displayed at the door fee table and refer parents to these copies as the official information that was sent to their clubs.

Coaches that are not listed on the official coaches' sign-in sheet must pay the door entry fee. Please provide a copy of this list to the volunteers collecting the door fees.

Please inform your volunteers (especially the door fee folks!) where the judges are supposed to go when they arrive. If the meet is in a large facility, please provide directions.

Meet Times For Judges:

It is your responsibility to communicate to Carol Curley, Judges Assignor (curleynawgj1@gmail.com) any and all information concerning the judges. The time schedule for your meet needs to be sent to Carol as soon as possible along with the hotel name, address, phone number. Also, the attire for the judges – if something other than the AAU Uniform. The name of the venue and the address is also necessary. The Judging Assignor is the liaison between you and the judges. Please do not make the assignor wait for this information. It would also be helpful to include your cell phone number in case of emergencies.

Outside Facilities: Certificate of Insurance:

If you are holding a meet in an outside facility, you must notify Kathy Stuenkel, Team Florida President (teamflorida@comcast.net) with the exact verbiage the venue needs to be placed on the 3rd Party Certificate of Insurance. This must be done as soon as you secure the venue and are awarded the meet. It should be listed in your contract with facility as all require the insurance the certificate provides. The 3rd Part Insurance Certificate is not free from AAU. Team Florida pays the fee for the host clubs, but if a certificate is requested late (less than 3 weeks prior to the meet), or if there is a change in how the certificate is worded, there is a late fee charge that will be given to the host club to pay.

Compliant and Non-Compliant Clubs, Athletes and Coaches:

You will receive a list of clubs and coaches that are compliant to compete in the AAU Qualifiers and/or State Championships from Terry Doster, Team Florida Coordinator (terry-doster@msn.com) regarding entries into your meet. You are obligated to check each and everyone on that list to make sure every person on the competitive floor is an AAU member and Team Florida member. This is for liability insurance purposes in the event of an injury or incident, whether it be an athlete coach, spectator, judge or staff member. Basically, anyone in the building can be included in any potential lawsuit.

In case of an injury/incident in the competitive arena, it becomes even more important that every person is insured through AAU. Anyone who isn't whether they are directly involved or not, can result in a disastrous situation. If you are given a list of compliant clubs, coaches and athletes and fail to check each one, you could be held liable for any suit that may arise. If a club, coach or athlete at your meet is not on the list, please communicate this with Terry Doster, Team Florida Coordinator (terry-doster@msn.com).

Meet Directors Memberships:

All Meet Directors used for AAU Qualifiers and State Championships are required to have an AAU Membership if their name is listed as the Meet Director.

HOW TO SEND MEET RESULTS

How to save meet results using Pro Score V.4

1. In ProScore click on Reports on the top bar
2. Under Available Results, click to open the Results tab
3. Click on Meet Results
4. Choose session, level, and age division just like when printing meet results to be announced
5. Click on Create Web Page on the right
6. Create a new folder titled meet results and save the results under the title of "Session, Level, Age Division"
7. Do steps 4-6 for every session, level and age division in the competition
8. Create a word document for each session's results or combine a few small sessions
9. Open the meet results folder and double click on session 1 results for the first level/age division, this will open as a web page.
10. Highlight the entire web page and copy
11. Paste the results that was just copied from the web page into the word document that was created for the meet results.
12. Do steps 9-11 for each level/age division for the first session. Do the same for each session.
13. Save each sessions' results in a word document titled Session and Level
- 14. Email the word documents to: Terry-doster@msn.com**

There will be a late fee of \$300 for failure to comply with the above Meet Director/Host Club requirements within seven (7) days of the conclusion of the meet. Athletes will not be permitted to compete in meets until payment has been received. No email reminder will be sent.

Questions: Contact Debbie Ponczoch (dponczoch@aol.com) or Michelle Toop (horizontandt@aol.com) for a tutorial on how to send the results correctly. Missing levels and athletes cannot happen.

How to save meet results using ProScore V.5.0

1. In the Reports tab, click on results
2. Click on Meet Results
3. Choose session, level, age group and add by clicking on the green plus button at the bottom
4. Select export type as a JPEG image
5. Click the save button on the bottom right side
6. Click "ok" on the JPEG set up page
7. Save results as JPEG Image. Be sure to label clearly so it is easier to find later
8. Repeat steps 3-7 for each session, level and age group
9. Open a word document
10. Click on Insert Picture
11. Insert the JPEG Image of the results you saved in steps 3-7
12. Add each of the result JPEG images to one word document page
13. Save only 1 word document with all of the results
- 14. Email the word documents only to: Terry-doster@msn.com**

There will be a late fee of \$300 for failure to comply with the above Meet Director/Host Club requirements within seven (7) days of the conclusion of the meet. Athletes will not be permitted to compete in meets until payment has been received. No email reminder will be sent.

Questions: Contact Debbie Ponczoch (dponczoch@aol.com) or Michelle Toop (horizontandt@aol.com) for a tutorial on how to send the results correctly. Missing levels and athletes cannot happen.

PAYMENTS:

All payments for Host Club financial responsibilities are to be sent to:

Terry Doster
2 Adalia Ave 703
Tampa FL 33606
Terry-doster@msn.com

Please do not send registered mail or signature required. It will be returned to you by the Post Office or Fed Ex.

INSUFFICIENT CHECK NOTICE

If a check is returned for insufficient funds, a letter will be sent by our attorney as per Florida law:

....Pursuant to Florida law, you have fifteen (15) days from the date of this notice to tender payment of the full amount of such check plus a service charge of \$25.00, if the face value does not exceed \$50.00.

\$30.00 if the face value is \$50.01-\$300.00 but does not exceed \$300.00

\$40.00 if the face value exceeds \$300.01, or an amount of up to 5% of the face amount of the check, whichever is greater.

Any club who pays an entry fee with a check that is returned for insufficient funds must immediately cover the check with a certified bank check or money order, payable to the host club. The check must be received by host within three (3) days of notification, requiring overnight payment. Further the club will be required to pay for all entry fees with a certified bank check or money order only for a period of one (1) year. After one year any further NSF checks will result in suspension from the Florida AAU Gymnastics Program and possible criminal prosecution.

TEAM FLORIDA WEBSITE

www.TeamFloridaGymnastics.com

Please refer to the website for information regarding addresses, meet information etc.

COACHES INFORMATION

Dress Code for Coaches:

Please dress professionally while on the floor coaching

Shoes, rubber soled flip flops are allowed

Warm Ups

Appropriately length shorts, mid-calf, capri length or long pants are acceptable

Females: tops that cover mid-drift and upper areas, no strapless or spaghetti strap tops

T-Shirts must be tasteful

Females wearing spandex leggings must wear tops that are long enough to cover lower torso

Coaches Notice for All Meets:

All coaches attending an AAU Qualifier must sign in at the Meet Director's table with an AAU number. Coaches are required to bring and wear their AAU Membership numbers. No coach will be allowed on the floor or gain access as a coach unless they have their membership displayed and their name is on the Coaches List.

If a coach attends an AAU meet without an AAU membership there will be a penalty to the club they are employed by of \$200 and a \$200 penalty to the host club for allowing the coach on the floor without proper credentials.

JUDGES INFORMATION

Judges need to be a member of Team Florida and hold a current AAU Membership. Please refer to the membership section of the Team Florida AAU Handbook to obtain membership information. Memberships are now purchased on-line: www.TeamFloridaGymnastics.com

Refer to the Team Florida Website for AAU Rules, routines and updates:
www.TeamFloridaGymnastics.com

AAU Judges Attire:

Judges must wear official AAU Judges Shirt. Shirts/jackets must be ordered a minimum of 4 weeks prior to needing them.

Judges attire may be ordered on-line: www.TeamFloridaGymnastics.com

Cindy Gwinn, AAU Judges Uniform Coordinator, is in charge of sending out the attire once ordered on-line.

Cindy Gwinn: c.gwinn19@gmail.com (727) 919-4148

Judges must wear full length pants. The only acceptable color is black and the pant leg must be ankle length. No length shorter than ankle is permitted such as capris etc. Business casual style pant is acceptable or "track suit" type pants that is, pants that are similar to the style/fabric of pants that are a part of a warm up suit are permitted. However, the color must be solid black, no side stripe or other decoration is allowed. No jeans or denim jean-type fabric are permitted.

Tasteful shoes – sneakers or sandals are allowed

AAU Judges Jacket: The only acceptable jacket is the official Team Florida judges jacket. No other jacket/sweater will be allowed. Please use the enclosed order form located in this handbook.

AAU Judges shirts and jacket will be required for the first qualifier. You will be pulled from the meet if shirt has not been received.

In a competition where a situation arises that is not easily resolved by the Chief Judge on an event, the acting Meet Referee should be consulted. If a solution still cannot be resolved or if there are questions regarding Team Florida rules and policies, please contact Kathy Stuenkel, Team Florida President (teamflorida@comcast.net 941.457.6131) for the final decision. If Kathy cannot be reached the final decision will be made by the meet referee after consulting with the meet director. The meet referee will send a follow up email to Kathy Stuenkel after the meet

regarding the situation and any resulting decisions. Decisions should be made for the benefit of the gymnast.

All judges who officiate at a competition using Team Florida AAU rules must have a copy of the current 2018-19 Team Florida AAU Handbook with them to refer to along with any other information guides published on the website: www.TeamFloridaGymnastics.com

**TEAM FLORIDA AAU GYMNASTICS JUDGES POLICIES FOR QUALIFIERS AND STATE
CHAMPIONSHIPS
Fall 2019- Spring 2020**

ALL MILEAGE REIMBURSEMENT IS BASED ON .45 PER MILE, NOT THE CURRENT IRS RATE

Travel and Mileage Reimbursement – Rideshares

1. Judges assigned to qualifiers and/or State Championships are expected to rideshare to a competition whenever possible.
2. A rideshare is considered as two or more people
3. Judges who rideshare must set up the ride share on their own
4. Drivers of a rideshare will receive full mileage
5. A judge who is the designated driver of a rideshare, in order to receive full mileage is required to indicate on their vouchers who they rideshared with as well
6. If there are only two judges who are local to each other and one of the judges elects to drive solo to the meet, the both judges are considered solo drivers and the mileage cap will apply to both judges.

Solo Drivers: Judges who choose to drive solo to a competition will receive mileage under the following stipulations:

1. A hard copy of Mapquest (not electronic) will be required, showing the shortest distance from home to meet site and back.
2. All solo drivers must deduct 20 miles from their round trip total. Judges who drive back and forth daily from a competition must deduct 30 miles one time only, not per day.
3. Mileage will be capped for solo drivers as follows:
Fall Season: 120 miles maximum
Spring Season: 220 miles maximum
State Championships: 220 miles maximum
4. Solo drivers may not receive mileage if they drive with family members, coaches, team parents or athletes or anyone not judging the competition.

5. Judges who elect to drive solo do not need to receive permission from the Team Florida President, Kathy Stuenkel (teamflorida@comcast.net) to electively drive solo.

Local Judges:

1. Local judges who live within 15 miles of the site may not receive any mileage even if they are a driver in a rideshare.

No Opportunity to Rideshare:

1. Judges who have no opportunity to rideshare due to extreme distances from another judge on the way to a competition only, may be able to receive full mileage minus 20 miles provided the judge's request is made in writing via email to Kathy Stuenkel, (teamflorida@comcast.net) at least seven (7) days prior to the first day of competition. Requests received after this deadline will not be considered. The reason for the request must be stated and mileage from the nearest judge on the competition must be listed. Whether approved or denied, the Team Florida President will notify judge via return email before the competition. A copy of the approval must accompany expense voucher.
2. If a judge does not apply for mileage request at least seven (7) days prior to competition and receive approval from the Team Florida president, he/she will then only receive the maximum mileage that is allowed for that competition as per the caps for the season (see Solo Driver section).

Exceptions:

1. Meet referees are not allowed to make any exceptions to these policies. The only exceptions are those approved in advance by the Team Florida president.
2. Judges who try to claim full mileage when they were not a rideshare driver (unless they have approval of the Team Florida president or drive with anyone other than a judge on the competition) will be reported to the Florida NAWGJ for disciplinary action.

Judging Hours:

Judging hours will be calculated for all competitions from the beginning of the first routine performed of the first session and concludes when the last gymnast of the last session of the day completes her routine. There will be no break time calculations. In other words, judges are paid straight through the day.

Report Times:

The report time for judges will be 15 minutes prior to the start of timed warm ups. If the meet is capital cup or modified capital cup (warm up/compete each event). If format is traditional (warm up all events, then compete all events), report time will be 20 minutes prior to march in. Report times are not compensated. Judges go on the clock when the first gymnast begins her routine. Judges are not to begin judging until warm ups and march in or team intros have been completed. Judges should wait for signal from meet referee to begin judging.

It has been recommended that the meet director have a designated individual recording the start of the first gymnasts' routine and the last gymnast ending her routine. The meet referee should also record these times and confer with the meet director so that the times concur. Ending time of the last session should be based on the printed time schedule. However, if the meet is obviously ahead of time and there are a large number of scratches or some other circumstances that makes it obvious that the last session will end earlier than printed, the meet referee should confer with the meet director and arrive at a mutual decision.

Meals and Per Diem

Breakfast:

1. If you leave your house to travel to the meet the morning of the meet, no breakfast charges may be made on your voucher.
2. If you stay in a hotel overnight and the meet doesn't provide breakfast by the hotel provides complimentary breakfast, you may not charge per diem for breakfast whether you eat breakfast at the hotel or not. Most meets provide a breakfast of some fashion for judges because not all judges will stay the night prior to the meet start. Contact the meet director, if possible, and ask if breakfast will be provided at meet site.

Dinner:

1. Judges who have a 3.5 hour or longer drive to arrive at the hotel the night prior to a meet begins are eligible to provide a receipt for up to \$15.00 for dinner. The driving time must be verified by hard copy to Mapquest.
2. If dinner is not provided at all at the meet site and you will arrive home after 7pm, you are eligible for the \$15.00 per diem. Driving time must be verified by hard copy of Mapquest. Note: due to the fluctuation of session competition times, dinner may have to be provided at a time somewhat earlier than you may be accustomed to. Please be flexible and understanding in these situations. Do not expect to be served four meals in one day.

Judges cannot provide/share meals, snacks, drinks etc with coaches, family members or friends that are meant for the judges only. Family members/friends are not allowed in the judges break room/area.

Hotel Rooms

1. If you have a one (1) hour drive time or longer from your home to the meet site as verified by Mapquest for an 8:00am report time, you may request a hotel room for the night before the meet.
2. If a competition will not be over in time for you to arrive home by 11:00pm as verified by Mapquest, you may request a hotel room.
3. If a meet director offers you a hotel room and you elect instead to drive to and from the meet site you may only receive mileage for one round trip to and from your home and meet site and deduct 20 miles.
4. If you must cancel a hotel night, you must inform the meet director and the assigner before fees are incurred or you will be responsible for the hotel room cost.
5. You cannot have overnight guests or family members stay with you in the hotel room unless they are contracted judges on the meet even if you are in a room by yourself. If you choose to have a non-contracted judge stay in your room, you will incur the total cost of the room night.
6. Mapquest must be provided in hard copy, no electronic verification showing mileage from home to meet site. Mapquest verification must show both mileage and time it takes for you to travel to the site. You must include the hard copy with your expense voucher. This is your responsibility as a contractor. Failure to provide a hard copy of Mapquest will result in no mileage reimbursement whatsoever.
7. Judges will be housed two (2) per room and in two (2) separate beds. Sofa pull outs are not acceptable.

Team Florida AAU Expense Voucher

Meet _____ Date _____

Host Gym _____

Name of Judge _____

Address _____

City _____ State _____ Zip _____

Rating (circle): 4/5 6/7/8 9 10 National Brevet
 Fees: \$18.00 \$22.00 \$26.00 \$30.00 \$33.00 \$36.00

Day 1 _____ (judging hours) x \$ _____ = _____

Day 2 _____ (judging hours) x \$ _____ = _____

Day 3 _____ (judging hours) x \$ _____ = _____

Chief Judge Fee (if applicable) \$ _____ x _____ days = _____

Expenses:

Breakfast # _____ @ \$ _____ = _____

Lunch # _____ @ \$ _____ = _____

Dinner # _____ @ \$ _____ = _____

Mileage verification provided: No Yes Method Provided: _____
(Mapquest, Google Maps, etc.)

Carpool: No Yes Rider(s) _____

Travel (if you elect NOT to carpool you must deduct -20 RT & no To/From Hotel)
 _____ miles x _____ = _____ x .45 (TF) = _____
[-20]

To/From Hotel _____ miles x _____ = _____ x .45 (TF) = _____

Miscellaneous Expenses (please itemize & provide receipts: tolls, parking, etc.)

_____ = _____

Read TF Travel Guideline (in the Handbook) for more travel specifics.

Total Expenses _____

Signature _____

Meet Referee Signature _____

SM 08/17

Team Florida AAU Expense Voucher

Meet _____ Date _____

Host Gym _____

Name of Judge _____

Address _____

City _____ State _____ Zip _____

Rating (circle): 4/5 6/7/8 9 10 National Brevet
 Fees: \$18.00 \$22.00 \$26.00 (\$30.00) \$33.00 \$36.00

Day 1 _____ (judging hours) x \$ _____ = _____

Day 2 _____ (judging hours) x \$ _____ = _____

Day 3 _____ (judging hours) x \$ _____ = _____

Chief Judge Fee (if applicable) \$ _____ x _____ days = _____

Expenses:

Breakfast # _____ @ \$ _____ = _____

Lunch # _____ @ \$ _____ = _____

Dinner # _____ @ \$ _____ = _____

Mileage verification provided: No Yes Method Provided: _____
(Mapquest, Google Maps, etc.)

Carpool: No Yes Rider(s) _____

Travel (if you elect NOT to carpool you must deduct -20 RT & no To/From Hotel)
 _____ miles x _____ = _____ x .45 (TF) = _____
[-20]

To/From Hotel _____ miles x _____ = _____ x .45 (TF) = _____

Miscellaneous Expenses (please itemize & provide receipts: tolls, parking, etc.)

_____ = _____

Read TF Travel Guideline (in the Handbook) for more travel specifics.

Total Expenses _____

Signature _____

Meet Referee Signature _____

SM 08/17

LEVELS, DIVISIONS & AGE GROUPS

Levels:

1,2,3,4,5,6,7,8,9,10, Xcel levels: Bronze, Silver, Gold, Platinum, Diamond, Ladies Division

Ability Divisions:

Level 1,2,3, Xcel Bronze, Xcel Silver Ability Divisions:

Novice: 33.00 and below
Advanced: 33.025-35.000
Open: 35.025-36.975
Elite: 37.000 and above

Level 4,5, Excel Gold Ability Divisions:

Novice: 33.000 and below
Advanced: 33.025 – 35.975
Elite: 36.000 and above

Level 6 Ability Division:

Novice: 34.000 and below
Advanced: 34.025 – 34.975
Elite: 35.000 and above

Level 7, 8, Xcel Platinum Ability Divisions:

Open: 33.975 and below
Elite: 34.000 and above

Level 9, 10, Excel Diamond Ability Divisions:

No ability divisions

All gymnasts who score a 34.000 during the season and/or stat meet will receive an elite pin at the State Championship meet.

Ladies Division:

Level 7,8,9,10, Xcel Silver, Xcel Gold, Xcel Platinum, Xcel Diamond:

No ability Division

No age divisions unless there are more than 12 in a group, per level. When the entries exceed 12 gymnasts, they will be divided equally based on date of birth. Elite scores and awarding of elite pins are based on the level of athlete (refer to elite criteria in age group divisions)

Important Reminders

Levels 2,3,4,5,6,7,8,9,10 , Bronze Xcel, Silver Xcel, Gold Xcel, Platinum Xcel, Diamond Xcel

There will be no age groups within the Elite Division unless there are 13 or more athletes in the division. If there are 13 or more Elite division athletes, the division will be divided into age groups of no more than 12 athletes per age group.

Examples:

1. 12 elite athletes. No age groups
2. 13 elite athletes. Two age groups of 6-7 athletes based on dates of birth
3. 18 elite athletes. Two age groups of 9 athletes based on dates of birth
4. 26 elite athletes. Three age groups of 7-8 athletes based on dates of birth

There will be no exception to this rule. Gymnasts can only advance to the compulsory level Elite Division by scoring a minimum of 36.000 All Around. Level Bronze Xcel, Silver Xcel, Gold Xcel and Platinum Xcel must score a minimum of 34.000 All Around. Outstanding ability is the basis of this level, not age of gymnast. It is the meet director's duty to thoroughly explain this rule to parents so there is no misunderstanding.

Age Group Awards

Age groups for each level, each division will be determined by date of birth rather than pre-determined, specific age groups. The maximum number of competitors in an age group will be twelve (12) and there will be a maximum of three (3) years between the youngest and oldest competitor. If there is more than a 3 year difference for a group of twelve (12), that group will be sub-divided so that there is no more than a three (3) year age difference. Be sure when entering athletes list the correct birthdate.

Levels 1: Achievement Awards/Cards, Medals for All Around

Levels 2-10: Medals for placement, ½ plus 1 per division, per age group, per level
100% Medals for All Around

Rule concerning age groups other than Elite Division:

In the case where dates of birth would create an age group of only 1 or 2 gymnasts these gymnasts will be combined with another age group. Meet directors will arrange age groups so that there will not be more than twelve (12) gymnasts per age group.

NOTE: This rule does not apply to the Elite Division

Age Groups For Competition:

Levels 1,2, Bronze Xcel: No age minimum

Levels 3,4,5, Silver Xcel: Age 5 by meet

Levels Gold Xcel, Platinum Xcel: Age 6 by meet

Level Diamond Xcel: Age 8 by meet

All other levels as per USA Gymnastics

Ladies Division Information and Rules:

Any athlete from High School age and above

This division is offered in the Spring Season only

Ladies division currently may compete in the Team Florida Program:

Xcel Levels – Silver, Gold, Platinum, Diamond

Levels 7,8,9,10

Ladies division athletes can attend any qualifier providing they have a current AAU National Membership. She is not bound by the section boundaries.

Ladies division athletes are not required to attend a qualifier to be eligible to compete in the Spring State Championship meet either with her club affiliation or if she is independent of a club, as an individual as long as she is at least 18 years old. It is the responsibility of the athlete to contact the meet director in which the athlete wishes to enter if she is an independent. She

may use the entry for provided in the handbook and ail to the meet director before the entry deadline.

Entry fees for the Ladies Division will be 100% in individual events and in All Around. All Around competition is not required.

Award groups will be no more than twelve (12) in a group per level. When entries exceed 12, gymnasts will be divided into a second group based on date of birth.

These groups will be known as Group A, B and so on

Apparel: Leotard either long sleeved or tank style. Ladies division athletes are required to wear form-fitting thigh length or ankle length footless tight/leggings or a one piece ankle length unitard. No shorts of any kind, sweatpants or warm up pants.

ROUTINE CLARIFICATIONS

Please refer to the Team Florida website for the most up to date information regarding routine clarifications . www.TeamFloridaGymnastics.com

Video reviews will be allowed at all AAU licensed competitions at Team Florida AAU or National AAU licensed competitions for missing special requirements only. Coaches must turn in a formal inquiry regarding missing requirements and flashed start value of routine by end of the rotation to the meet director who will submit to the meet referee. A video must be ready and waiting if the meet referee decides there is merit in reviewing it. Upon receipt of video, the meet referee will review it and if it is decided that there is a discrepancy, further review with the chief judge of the panel of the event in question will occur. Slow motion video will not be considered. A final decision will be made and the coach will be informed. Adjustment of score, if necessary, will be made before the awards presentation.

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Please refer to the USAG Compulsory Manuel for routines in their entirety.

COMPANION TEXT FOR TEAM FLORIDA AAU TO USA WOMEN'S JO COMPULSORY EXERCISES 2013 – 21: Levels 1 - 10

ALL levels (1 – 10) for Vault may use either:

1. Regulation spring board (board that uses metal springs for rebounding)
2. Alternative board (board that uses a black mesh bed that is designated for vaulting, commonly referred to as an airboard)
3. Exception: Round-off entry vaults

Springs: In all AAU licensed (sanctioned) competitions, the number of springs used in the vaulting board is left to the coach's discretion to facilitate the safety of the gymnast.

LEVEL 1:

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Vault:

From one, two or three steps, step onto a springboard or air board and while doing so, perform a hurdle (small arm circle) motion, kicking one leg to a handstand, joined by other leg. Placing both hands on a mat of at least 8" in height and fall forward to a flat tight body position.

Bars:

As per USAG routine

Mounts: gymnast may use a regulation springboard, a block or mat 8" in height or a block that resembles the shape of a springboard. Any combination, such as putting a springboard on top of a panel mat is not permissible. Deduction for unallowable equipment: .30. Judge should warn the coach, if possible, if this is seen during warm-ups or before gymnast competes.

Gymnasts are allowed to compete out of rotation order if it expedites bar settings and all coaches in the squad agree. Further, in a warm-up/compete format, a group of gymnasts within a squad may warm-up, then compete, then the remainder of the squad can warm-up and compete to expedite bar settings if all coaches in the squad agree.

Beam:

As per USAG routine with the following exception:

After completion of the mount to the straddle sit position, shift the weight back onto the buttocks. Bend both legs to place the toes on top of the beam. Immediately extend both legs to show a V sit with hands grasping the beam behind the hips. Bend either leg and step out onto other foot to arrive in a lock stand with arms in crown position; hold two seconds. Proceed with remainder of routine as per USAG routine.

Explanation: the pick lying position has been eliminated

Floor:

As per USAG routine in its entirety

Level 2:

Not more than .10 less than the value of the element may be taken on any skill. This excludes fall deductions. Deliberate omission of an element is the value of the element.

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Vault:

As per USAG, mat height minimum of 16". Any combination of mats may be used to achieve 16" height.

A spring board may be used.

Only one vault allowed unless gymnast does not pass through vertical plane. Chief judge will indicate whether a 2nd vault is allowed.

There is no required tape line on mat, therefore, no tape line deduction

No repulsion off hands/arms required

Bars:

As per USAG routine with the following modifications

Additional choice of discount is a straddle sole circle

Mounts: Gymnast may use a regulation springboard, a block or mat 8" in height or a block that resembles the shape of a springboard. Any combination, such as putting a springboard on top of a panel mat is not permissible. Deduction for unallowable equipment: .30. Judge should warn the coach, if possible, if this is seen during warm-ups or before gymnast competes.

Gymnasts are allowed to compete out of rotation order if it expedites bar settings and all coaches in the squad agree. Further in a warm-up/compete format, a group of gymnasts within a squad may warm-up, then compete, then the remainder of the squad can warm-up and compete to expedite bar settings if all coaches in the squad agree.

Beam:

As per USAG routine in its entirety.

There will be no time limit

Floor:

As per USAG routine in its entirety

Level 3:

Not more than .10 less than the value of the element may be taken on any skill. This excludes fall deductions. Deliberate omission of an element is the value of the element.

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Vault:

As per USAG with the following modifications:

As per USAG, mat height minimum of 16". Any combination of mats may be used to achieve 16" height.

A spring board may be used.

Only one vault allowed unless gymnast does not pass through vertical plane. Chief judge will indicate whether a 2nd vault is allowed.

There is no required tape line on mat, therefore, no tape line deduction

No repulsion off hands/arms required

Bars:

Mount: the mount that consists of glide swing & return, back hip pullover will have a start value of 9.50

Mount: the mount that consists of straddle or pick glide kip that is completed will have a start value of 10.00 with a maximum execution deduction of .30 for the glide kip. If the glide kip mount is not completed and a fall results, the gymnast may restart the routine with no deduction for the fall beginning with the glide swing return and back hip pullover with a start value of 9.50. The fall will be ignored. If the gymnast fails to perform the glide return and only performs a pullover, half the value of the element will be deducted.

The gymnast may perform the glide while standing on a panel mat, a spring board or a block. The mat/block may be left in place until the gymnast swings backward from the glide and finishes standing on the mat/board -or- the mat/board may be removed as soon as the gymnast begins the glide. There is no deduction for leaving the mat/board in place and allowing the gymnast to swing backward and stand on the mat/block. However, the mat/board must be removed after the gymnast performs the pullover. If a gymnast performs a glide kip as her mount the mat/board must be removed after the gymnast completes the kip. Deduction for failure to move board at proper time: .03.

Mounts: Gymnast may use a regulation springboard, a block or mat 8" in height or a block that resembles the shape of a springboard. Any combination, such as putting a springboard on top of a panel mat is not permissible. Deduction for unallowable equipment: .30. The judge should warn the coach, if possible, if this is seen during warm-ups or before gymnast competes.

Gymnasts are allowed to compete out of rotation order if it expedites bar settings and all coaches in the squad agree. Further in a warm-up/compete format, a group of gymnasts within a squad may warm-up, then compete, then the remainder of the squad can warm-up and compete to expedite bar settings if all coaches in the squad agree.

The remainder of the Level 3 bar routine will be as per USAG

Beam:

As per USAG routine in its entirety.

There will be no time limit

Floor:

As per USAG routine in its entirety

Level 4:

Not more than .10 less than the value of the element may be taken on any skill. This excludes fall deductions. Deliberate omission of an element is the value of the element.

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Vault:

As per USAG

Two vaults are allowed, the better score counting

Bars:

As per USAG routine in its entirety

Mounts: Gymnast may use a regulation springboard, a block or mat 8" in height or a block that resembles the shape of a springboard. Any combination, such as putting a springboard on top of a panel mat is not permissible. Deduction for unallowable equipment: .30. The judge should warn the coach, if possible, if this is seen during warm-ups or before gymnast competes.

Gymnasts are allowed to compete out of rotation order if it expedites bar settings and all coaches in the squad agree. Further in a warm-up/compete format, a group of gymnasts within a squad may warm-up, then compete, then the remainder of the squad can warm-up and compete to expedite bar settings if all coaches in the squad agree.

Beam:

As per USAG routine in its entirety.

There will be no time limit

Floor:

As per USAG routine in its entirety

Level 5

Not more than .10 less than the value of the element may be taken on any skill. This excludes fall deductions. Deliberate omission of an element is the value of the element.

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Vault:

As per USAG

Two vaults are allowed, the better score counting

Bars:

As per USAG in its entirety

Mounts: Gymnast may use a regulation springboard, a block or mat 8" in height or a block the resembles the shape of a springboard. Any combination, such as putting a springboard on top of a panel mat is not permissible. Deduction for unallowable equipment: .30. The judge should warn the coach, if possible, if this is seen during warm-ups or before gymnast competes.

Gymnasts are allowed to compete out of rotation order if it expedites bar settings and all coaches in the squad agree. Further in a warm-up/compete format, a group of gymnasts within a squad may warm-up, then compete, then the remainder of the squad can warm-up and compete to expedite bar settings if all coaches in the squad agree.

Beam:

As per USAG routine in its entirety.

There will be no time limit

Floor:

As per USAG routine in its entirety

Level 6

Rules will remain the same as per USAG with the following exceptions:

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Vault:

All vaults will have a 10.00 SV

Allowable vaults as per USAG regulations

Bars, Beam, Floor:

There will be no timing on any event

Mounts: Gymnast may use a regulation springboard, a block or mat 8" in height or a block the resembles the shape of a springboard. Any combination, such as putting a springboard on top of a panel mat is not permissible. Deduction for unallowable equipment: .30. The judge should warn the coach, if possible, if this is seen during warm-ups or before gymnast competes.

Gymnasts are allowed to compete out of rotation order if it expedites bar settings and all coaches in the squad agree. Further in a warm-up/compete format, a group of gymnasts within a squad may warm-up, then compete, then the remainder of the squad can warm-up and compete to expedite bar settings if all coaches in the squad agree.

Level 7

Rules will remain the same as per USAG with the following exceptions:

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Vault:

Allowable vaults as per USA Gymnastics

Bars, Beam, Floor:

There will be no timing on any event

Mounts: Gymnast may use a regulation springboard, a block or mat 8" in height or a block that resembles the shape of a springboard. Any combination, such as putting a springboard on top of a panel mat is not permissible. Deduction for unallowable equipment: .30. The judge should warn the coach, if possible, if this is seen during warm-ups or before gymnast competes.

Gymnasts are allowed to compete out of rotation order if it expedites bar settings and all coaches in the squad agree. Further in a warm-up/compete format, a group of gymnasts within a squad may warm-up, then compete, then the remainder of the squad can warm-up and compete to expedite bar settings if all coaches in the squad agree.

Level 8

Rules will remain the same as per USAG with the following exceptions:

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Vault:

If a gymnast performs as her first vault a Tsukahara or round-off entry vault and does not land on her feet resulting in a zero as decided by the judging panel, the gymnast is allowed to perform a second non-salto vault for a score.

If a gymnast performs as her first vault, a Tsukahara or Yurcheno type vault and lands on the soles of her feet and receives a score, she may perform a second vault, salto or non-salto and the better of the two scores will count.

Bars:

Mounts: Gymnast may use a regulation springboard, a block or mat 8" in height or a block the resembles the shape of a springboard. Any combination, such as putting a springboard on top of a panel mat is not permissible. Deduction for unallowable equipment: .30. The judge should warn the coach, if possible, if this is seen during warm-ups or before gymnast competes.

Gymnasts are allowed to compete out of rotation order if it expedites bar settings and all coaches in the squad agree. Further in a warm-up/compete format, a group of gymnasts within a squad may warm-up, then compete, then the remainder of the squad can warm-up and compete to expedite bar settings if all coaches in the squad agree.

Beam:

As per USAG regulations
There will be no time limit

Floor:

As per USAG regulations

There will be no timing of floor routines

Level 9,10

Rules will remain the same as per USAG with the following exceptions:

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Vault:

As per USAG regulations

Bars:

Mounts: Gymnast may use a regulation springboard, a block or mat 8" in height or a block the resembles the shape of a springboard. Any combination, such as putting a springboard on top of a panel mat is not permissible. Deduction for unallowable equipment: .30. The judge should warn the coach, if possible, if this is seen during warm-ups or before gymnast competes.

Gymnasts are allowed to compete out of rotation order if it expedites bar settings and all coaches in the squad agree. Further in a warm-up/compete format, a group of gymnasts within

a squad may warm-up, then compete, then the remainder of the squad can warm-up and compete to expedite bar settings if all coaches in the squad agree.

Beam:

As per USAG regulations

There will be no time limit

Floor:

As per USAG regulations

There will be timing of floor routines

XCEL PROGRAM

All levels of Xcel (Bronze, Silver, Gold, Platinum and Diamond) will be offered. All current rules will apply to the current Xcel program, but it will now be offered in every level in both the fall and spring seasons. Some gymnasts compete in other sports during the spring, some would like to go one level in the fall and advance to the next level in the spring. Some would like to compete Xcel in the fall to use as a training ground for a higher level such as level 7/8 or compete a compulsory level in the spring season. Xcel is wonderfully versatile in many ways and athletes and coaches should be able to participate in order to help their athletes.

Rules will be as per USAG with the Team Florida modification stated in the handbook.

All Xcel levels for vault may use either:

- Regulation springboard (board that uses metal springs for rebounding)
- Alternative board (board that uses a black mesh bed that is designed for vaulting/commonly referred to as an airboard)
- Exception: Round-off entry vaults

Bronze:

Each missing special requirement will incur a .30 deduction

Maximum deduction for subtle verbal cues to help gymnast remember routine is .10 for entire routine

Actual verbal coaching cues that create an unfair advantage for the gymnast in the opinion of the Chief Judge will result in a .30 deduction each time. No warning from the judge is required. Encouragement such as “go Susie...c’mon..way to go” and the like is allowed.

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Vault:

Only one (1) vault is allowed unless the Chief Judge deems it necessary for a repeat.

Springs: In all AAU licensed (sanctioned) competitions, the number of springs used in the vaulting board is left to the coaches’ discretion to facilitate the safety of the gymnast.

Important: gymnast must choose one (1) type of vault to compete:

1. Stretch jump onto minimum of 16” of matting and then kick to handstand, fall to flatback (9.0SV)
2. Jump off board to handstand, fall to flat back on minimum of 16” matting (no repulsion required). No line requirement (10.0 SV)

Silver:

Team Florida Silver will adopt the USA Gymnastics Silver Program. Please refer to the rules and policies regarding the Silver Program with the following Team Florida modification:

Each missing special requirement will incur a .30 deduction

Maximum deduction for subtle verbal cues to help gymnast remember routine is .10 for entire routine

Actual verbal coaching cues that create an unfair advantage for the gymnast in the opinion of the Chief Judge will result in a .30 deduction each time. No warning from the judge is required. Encouragement such as “go Susie...c’mon..way to go” and the like is allowed.

Skills listed in the USAG Code of Points will be awarded value part, along with the additional list of skills listed in the USAG Manual for Silver Level.

1 minute warm up time
No timing of routines

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Vault:

Two (2) vaults are allowed. Vault values will follow USA Gymnastics vault value chart.

Springs: In all AAU licensed (sanctioned) competitions, the number of springs used in the vaulting board is left to the coaches’ discretion to facilitate the safety of the gymnast.

Bars:

Mounting board/mat for bars when performing a glide return into a pullover may be left in place until gymnast has completed the pullover or board may be pulled after glide. Board/mat must be pulled after gymnast completes pullover. Board may not be left in place for the entire routine. Deduction for board left in place for entire routine is .30.

AAU XCEL SILVER BARS MODIFICATION SPECIAL REQUIREMENT:

CAST TO MINIMUM OF 45 DEGREES BELOW HORIZONTAL:

Special Requirement WILL be awarded with the following deductions:

*Below 45 degrees: 0.05 - 0.2

CLARIFICATIONS:

*Only one cast/skill needs to fulfill SR.

*General execution deductions may apply to all skills. Total deductions cannot exceed the value of the special requirement.

* SILVER: If hips do not leave the bar in any cast performed, then SR is not rewarded.

Gold:

Team Florida Xcel Gold will adopt the USA Gymnastics Xcel Gold Program. Please refer to the rules and policies regarding the USAG Xcel Gold Program with the following Team Florida modification:

Each missing special requirement will incur a .30 deduction

Maximum deduction for subtle verbal cues to help gymnast remember routine is .10 for entire routine

Actual verbal coaching cues that create an unfair advantage for the gymnast in the opinion of the Chief Judge will result in a .30 deduction each time. No warning from the judge is required. Encouragement such as “go Susie...c’mon..way to go” and the like is allowed.

Skills listed in the USAG Code of Points will be awarded value part, along with the additional list of skills listed in the USAG Manual for Gold Level.

1 minute warm up time

No timing of routines

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Vault:

Two (2) vaults are allowed. Vault values will follow USA Gymnastics vault value chart.

Springs: In all AAU licensed (sanctioned) competitions, the number of springs used in the vaulting board is left to the coaches’ discretion to facilitate the safety of the gymnast.

Bars:

Deduction for missing special requirement is .30

AAU XCEL GOLD BARS MODIFICATION:

SPECIAL REQUIREMENT:

A SKILL FINISHING IN A CLEAR SUPPORT (NOT MOUNT OR DISMOUNT) Special Requirement will be awarded with the following execution deductions:

*1 - 45 degrees below horizontal: 0.05 - 0.15

*46 degrees or more below horizontal: 0.20 - 0.30

CLARIFICATIONS:

*Only one cast/skill needs to fulfill SR.

*General execution deductions may apply to all skills. Total deductions cannot exceed the value of the special requirement.

Beam:

Deduction for missing special requirement is .30

No timing of routine

Floor:

Deduction for missing special requirement is .30

Platinum:

Team Florida Platinum will adopt the USA Gymnastics Platinum Program. Please refer to the rules and policies regarding the Platinum Program with the following Team Florida modification:

Each missing special requirement will incur a .30 deduction

Maximum deduction for subtle verbal cues to help gymnast remember routine is .10 for entire routine

Actual verbal coaching cues that create an unfair advantage for the gymnast in the opinion of the Chief Judge will result in a .30 deduction each time. No warning from the judge is required. Encouragement such as “go Susie...c’mon..way to go” and the like is allowed.

Skills listed in the USAG Code of Points will be awarded value part, along with the additional list of skills listed in the USAG Manual for Platinum Level.

1:30 minute warm up time

No timing of routines

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Vault:

Two (2) vaults are allowed. Vault values will follow USA Gymnastics vault value chart.

Springs: In all AAU licensed (sanctioned) competitions, the number of springs used in the vaulting board is left to the coaches' discretion to facilitate the safety of the gymnast.

Bars:

Deduction for missing special requirement is .30

Beam:

Deduction for missing special requirement is .30

No timing of routine

Floor:

Deduction for missing special requirement is .30

Diamond:

Team Florida Diamond will adopt the USA Gymnastics Platinum Program. Please refer to the rules and policies regarding the Diamond Program with the following Team Florida modification:

Each missing special requirement will incur a .30 deduction

Maximum deduction for subtle verbal cues to help gymnast remember routine is .10 for entire routine

Actual verbal coaching cues that create an unfair advantage for the gymnast in the opinion of the Chief Judge will result in a .30 deduction each time. No warning from the judge is required. Encouragement such as "go Susie...c'mon..way to go" and the like is allowed.

Skills listed in the USAG Code of Points will be awarded value part, along with the additional list of skills listed in the USAG Manual for Diamond Level.

2 minute warm up time

No timing of routines

NOTE: Extra matting beyond USA Gymnastics specs may be used to facilitate the safety of the gymnast. However, matting may not go below USA Gymnastics specs.

Vault:

Two (2) vaults are allowed. Vault values will follow USA Gymnastics vault value chart.

Springs: In all AAU licensed (sanctioned) competitions, the number of springs used in the vaulting board is left to the coaches' discretion to facilitate the safety of the gymnast.

Bars:

Deduction for missing special requirement is .30

Beam:

Deduction for missing special requirement is .30

No timing of routine

Floor:

Deduction for missing special requirement is .30

STATE MEET QUALIFYING SCORES

Levels 1 – 8 & all levels of Xcel

28.00 AA

8.0 Individual Event

8.0 Individual event all levels of compulsory and optional

Level 9:

30.00 AA

8.0 Individual Event

Level 10:

31.00 AA

8.0 Individual Event

All Xcel Levels:

28.00 AA

8.0 Individual event

All scores and start values that are flashed, whether electronically or by hand, are a guide only and are subject to change. The scores announced at awards are correct and final as these scores have been verified by officials and staff

CLUB ELIGIBILITY REQUIREMENT FOR TEAM FLORIDA STATE CHAMPIONSHIPS

1. Club must enter and compete in a minimum of two (2) of the three (3) offered qualifiers in their designated section.
2. Club must pay all entry fees by due date of qualifier in order to be eligible. Late entry fees, even if they are accepted by the qualifier meet director will jeopardize your fulfillment of the two meet rule. Paying entry fees after the completion of the meet will automatically prohibit the club from using that qualifier as one of the two required meets even if the club's athletes competed in the qualifier. Likewise, any entry fee checks returned for NSF will cause that qualifier to not count toward the two meet requirement
3. It is not mandatory to have athletes attend all qualifiers. The club itself must have a minimum of one athlete entered and compete in two qualifiers. Athletes themselves must compete and receive the required qualifying score for their level in a least one qualifier to be eligible for the state championship.
4. It is not permissible to enter a qualifier, pay entry fees and then scratch all athletes or simply not show up. If the club is using the meet as one of the two required qualifiers,

then Rule #1 applies. Having no athletes compete in a qualifier even if they were entered and paid for, negates that qualifier as one of the required two.

5. If only one athlete is entered into one of the two designated qualifiers the club has chosen to attend and the athlete is injured or becomes ill or an emergency occurs and the athlete scratches, that qualifier will not count towards the two meet rule. Three qualifiers are offered for this reason. The club may then enter and compete in the following qualifier if one is offered, thereby fulfilling their two-meet obligation. If no other qualifiers are offered, the club is ineligible to enter the state championship.
6. If only one athlete is entered and paid for into a qualifier and is injured during the warm ups or competition and withdraws the club has fulfilled the requirement for competing in that qualifier even if the athlete does not receive a score. However, the meet director must make note of this situation when sending scores/results to Terry Doster for recording.
7. When planning your schedule, take the above rules into consideration and make every effort to compete enough of your athletes and compete in enough qualifiers that there are no issues about meeting club eligibility requirements for entering the state championships.
8. If you host a meet during the fall or spring season, you must enter a minimum of two levels in the State Championship meet as per your agreement for bidding and accepting a meet to host.



AAU Meet Entry Form

1 Page Per Level

| | | | |
|---------------|-----|-------------|-----|
| Club Name | | | |
| Address | | City/Zip | |
| Coaches Name | | AAU Number | |
| Coaches Name | | AAU Number | |
| Phone Number | () | Cell Number | () |
| Email Address | | | |

___ Level 1 ___ Level 2 ___ Level 3 ___ Level 4 ___ Level 5 ___ Level 6 ___ Level 7
 ___ Level 8 ___ Level 9 ___ Level 10 ___ Bronze ___ Silver ___ Gold ___ Platinum
 ___ Diamond ___ Ladies 7 ___ Ladies 8 ___ Ladies 9 ___ Ladies 10
 ___ Ladies Bronze ___ Ladies Silver ___ Ladies Gold ___ Ladies Platinum

| Gymnast Name | Date of Birth | AAU # | Ability Division | Highest AA Score |
|--------------|---------------|--------------------|--|------------------|
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| | | Qualifier Meet | \$54.00/Gymnasts @ ___ gymnasts = \$ _____ | |
| | | State Meet | \$75.00/Gymnasts @ ___ gymnasts = \$ _____ | |
| | | Team Entry (State) | \$45.00/team @ ___ teams = \$ _____ | |
| | | TOTAL ENCLOSED | \$ _____ | |



COACHES SIGN IN

| <u>Coaches Name</u> | <u>Club</u> | <u>AAU Number</u> |
|---------------------|-------------|-------------------|
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Send with meet scores to:
Terry Doster
terry-doster@msn.com

TEAM FLORIDA AAU GYMNASTICS 2019-20 COMPETITION CALENDAR

2019 FALL SCHEDULE

| North | South |
|--|---|
| <u>1st Qualifier Sept 21-22</u> Suncoast Gymnastics 11131 Cargo Ct Odessa FL 727.372.2211 Meet Director: Sarah Homan Email: sarah@suncoastgymnastics.com | <u>1st Qualifier Sept 21-22</u> Naples Progressive 4795 Mercantile Ave Naples FL 239.455.3700 239.261.6405 Meet Director: Debbie Ponczock Email: dponczoch@aol.com |
| <u>2nd Qualifier Oct 26-27</u> Jackson's Gymnastics 7101 President's Drive #399 Orlando FL 407.888.4750 Meet Director: Kitty Jackson Email: kjack634@gmail.com | <u>2nd Qualifier Oct 26-27</u> Horizon Gymnastics Estero Recreation Center 9200 Corkscrew Palms Blvd Estero FL 33928 941.627.5342 941.627.3907 Meet Director: Shelly Proa Email: tumbleathorizon@aol.com |
| <u>3rd Qualifier November 23-23</u> Bayside Gymnastics 4400 34 th St N St. E St Petersburg FL 727.258.4981 Meet Director: Sommer Menne Email: sommerm@baysidesportsacademy.org | <u>3rd Qualifier November 23-24</u> Sky Gymnastics 701 Center Rd Venice FL 941.375.9121 941.493.9659 Meet Director: Debbie Kotti Email: dkotti@veniceymca.org |

Fall State Championship

December 14-15

Hosted by Team Florida

Meet Director: Kathy Stuenkel

Email: teamflorida@comcast.net

941.627.5342

Venue: Morgan Family Community Center
6207 W Price Blvd
North Port FL 34291

2020 SPRING SCHEDULE

| North | Central | South |
|--|---|---|
| 1st Qualifier: January 18-19 | 1st Qualifier: January 18-19 | 1st Qualifier: January 18-19 |
| Beaches Gymnastics 400 Timberwalk Ct #1321 Ponte Verde FL 904.415.9291 Meet Director: Olivia Gill Email: beachesgymnastics@icloud.com | Jackson's Gymnastics 7101 President's Drive #399 Orlando 407.888.4750 Meet Director: Kitty Jackson Email: kjack634@gmail.com | Sky Gymnastics 701 Center Rd Venice FL 941.375.9121 941.493.9659 Meet Director: Debbie Kotti Email: dkotti@veniceymca.org |
| 2nd Qualifier: February 28-Mar 1 | 2nd Qualifier: February 28-Mar 1 | 2nd Qualifier: February 28-Mar 1 |
| Suncountry Gymnastics Legacy Park Multipurpose Center 15400 Peggy Rd Alachua FL 32615 352.494.6415 Meet Director: Mike Langieri Email: hr@suncountrysports.com | Bayside Gymnastics 4400 34 th St N St. E St Petersburg FL 727.258.4981 Meet Director: Sommer Menne Email: sommerm@baysidesportsacademy.org | Naples Progressive 4795 Mercantile Ave Naples FL 239.455.3700 239.261.6405 Meet Director: Debbie Ponczock Email: dponczoch@aol.com |
| 3rd Qualifier: March 21-22 | 3rd Qualifier: March 21-22 | 3rd Qualifier: March 21-22 |
| Beaches Gymnastics 400 Timberwalk Ct #1321 Ponte Verde FL 904.415.9291 Meet Director: Olivia Gill Email: beachesgymnastics@icloud.com | Suncoast Gymnastics 11131 Cargo Ct Odessa FL 727.372.2211 Meet Director: Sarah Homan Email: sarah@suncoastgymnastics.com | Horizon Gymnastics 285 Adalia Terrace Port Charlotte 941.627.5342 941.627.3904 Meet Director: Shelly Proa Email: tumbleathorizon@aol.com |

State Meet Championships

May 9-10

Host Club: Team Florida Gymnastics

Ocean Center

101 N. Atlantic Ave

Daytona Beach FL

Contact: Kathy Stuenkel

teamflorida@comcast.net

Mail Meet Entries To: Patti Gross

17302 Commerce Park Blvd

Tampa FL 33647

| Team Florida Board of Directors | | |
|--|---|--|
| Kathy Stuenkel, President | 4287 LaFrance Ave North Port FL 34286 | teamflorida@comcast.net (941) 429-5777 H (941) 457-6131 C |
| Heather Erickson, Secretary | 16213 September Dr Lutz FL 33549 | evanbruch@aol.com (813) 966-1012 |
| Cindy Gwinn, Judges Uniform Coordinator | 401 Tuscan Lane Oldsmar FL 34677 | c.gwinn19@gmail.com (727) 919-4148 |
| Tim Keckler | Lightning City Gymnastics 15482 N. Nebraska Ave Lutz FL 33549 | lcgymnasts@aol.com (813) 558-0035 |
| Shelly Proa | Horizon Gymnastics 285 Adalia Terrace Port Charlotte FL 33953 | tumbleathorizon@aol.com (941) 627-5342 |
| Patti Gross: Meet Coordinator | 1223 Barmere Lane Brandon FL 33511 | Patricia.Gross@tampagov.net (813) 390-6631 |
| Non-Voting Volunteers | | |
| Debbie Ponczoch: AAU Licensing | Naples Progressive Gymnastics 4795 Mercantile Ave #3 Naples FL 34104 | dponczoch@aol.com (239) 455-3700 |
| Terry Doster: Administration | 2 Adalia Ave #703 Tampa FL 33606 | terry-doster@msn.com 813.505.4414 |