



Team Florida AAU  
Club Handbook  
Judges Handbook  
2014-15

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## Changes for 2014-15

### Team Florida Fees for Clubs, Coaches

Meet Entry Fee:	\$48.00/athlete
State Meet Entry Fee:	\$65.00/athlete
Coaches Registration:	\$10.00/coach
Club Registration:	\$15.00
Gym Achiever Registration:	\$120.00
Includes: Qualifier entry fee, state entry fee, leotard, AAU Membership Number	
Judges Registration:	\$10.00/judge

### NO TEAM FLORIDA REGISTRATION FOR ATHLETES

Athletes, Coaches and Judges will need to register with AAU for membership cards:  
[www.aausports.org](http://www.aausports.org) (this cannot be done until 8/31/14)

**Qualifying and State Meet Coaches Notice:** All coaches attending an AAU Qualifying and State Meet as a coach need to be listed on the State Meet Entry Form and they will be **required to bring & wear their AAU Membership numbers**. No coach will be allowed on the floor or gain access as a coach unless they have their number displayed at all times. Coaches will be required to check in and show card upon entry.. **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.

### Meet Directors/Host Clubs:

- All clubs hosting meets must be an **active** member of Team Florida
- Host club must attend 2 Qualifiers within season hosting
- Within **one week** of the conclusion of meet, Meet Directors will send the following:
  - \$7.00/athlete
  - \$3.00/judge
  - \$75.00 Sanction fee reimbursement
  - Meet Results by level (1 report for each level...NOT by age or divisions).

Please read directions in handbook or contact Debbie Ponczoch for instructions as to how to do this. (239) 455-3700 or [dponczoch@aol.com](mailto:dponczoch@aol.com)

- Coaches sign in sheet

## How to send Meet Results

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 & 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 sessions 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 only to [horizontandt@aol.com](mailto:horizontandt@aol.com)

There will be a **late fee of \$300.00** for failure to comply with the above Meet Director/Host Club requirements. Athletes will not be permitted to compete in meets until payment has been received. No email reminder will be sent.

### All payments and registration forms are to be sent to:

Terry Doster  
Team Florida  
2 Adalia Ave #703  
Tampa FL 33606  
[terry-doster@msn.com](mailto:terry-doster@msn.com)

Please **DO NOT SEND REGISTERED MAIL OR SIGNATURE REQUIRED. IT WILL BE SENT BACK TO YOU BY THE POST OFFICE OR FED EX.**

### Insufficient Checks 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 \$50.00 to \$300.00 but does not exceed \$300.00; \$40.00 if the face value exceeds \$300.00, 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:      <http://www.teamfloridagymnastics.org>

## IMPORTANT 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

\* 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 music table with AAU Number. They will be required to bring & wear their AAU Membership numbers. No coach will be allowed on the floor or gain access as a coach unless they have their number displayed at all times. Coaches will be required to check in and show card upon entry. **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.**

### Meet Directors/Host Clubs:

- All clubs hosting meets must be an active & current member of Team Florida
- Host club must attend 2 Qualifiers within season hosting
- Within one week of the conclusion of meet, Meet Directors will send the following:
  - \$7.00/athlete
  - \$3.00/judge
  - \$75.00 Sanction fee reimbursement
  - Meet Results by level (1 report, not by age or division)
  - Coaches sign in form

There will be a **late fee of \$300.00** for failure to comply with the above Meet Director/Host Club requirements. Athletes & host club will not be permitted to compete in meets until payment has been received.

### All Clubs: Club Eligibility Requirements for Team Florida State Championships:

- Club must enter and COMPETE in a minimum two of the three offered qualifiers in their designated section
- 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
- It is not mandatory to have all athletes attend 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 at least one qualifier to be eligible for the state championship.

- 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.
- 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 is scratched, that qualifier will NTO count towards the two meet rule. Three qualifiers are offered for this reason. The club may then enter and COMPETE in the following qualifier is one is offered, thereby fulfilling their two-meet obligation. If not other qualifiers are offered, the club is ineligible to enter the state championship.
- 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, meet director must make note of this situation when sending scores/results to Terry Doster for recording.
- When planning your schedule, take the above rules into consideration and make every effort to compete enough of your athletes and compete n enough qualifiers to that there are no issues about meeting club eligibility requirements for entering the state championship.

## Judges Information

- Judges need to be a member of Team Florida and hold a current AAU Membership. Please refer to page 8 for registration forms and costs.
- AAU Rules, Routines & Updates can be obtained from the website: see below
- AAU Judges Attire:
  - Judges must wear official AAU Judges Shirt. **SHIRT INFORMATION** (see page 7)
  - New AAU judges' shirts may be ordered as follows:
    - \$20.00/shirt includes shipping costs
    - Shirts will be ready for shipping by the 1<sup>st</sup> week in September
    - Shirts have little to no shrinkage, machine wash/dry
    - Shirts sizes: Small, Medium, Large, x-Large, 2x, 3x. Run true to size or a little large as they are unisex. Color: Maroon
  - Black or navy or khaki (beige) full length pants
  - Tasteful shoes- no flip flops, sneakers are allowed
  - AAU Judges jacket: Hoodies are available for \$30.00
- AAU Judges Shirts will be required by September 21-22 meet (1st qualifier). You will be pulled from the meet if shirt has not been ordered.
- Refer to the Team Florida website for continual updates and information:  
[www.teamfloridagymnastics.org](http://www.teamfloridagymnastics.org)
- In a competition where a situation arises that is not easily resolved by the chief judge on an event, the activating meet ref should be consulted. If a solution still cannot be resolved or if there are questions regarding Team Florida rules and policies, Kathy Stuenkel, the Florida AAU gymnastics Chair should be contacted by text or phone (941) 457-6131 for final decision. If the district chair 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 the district chair after the meet regarding the situation and any resulting decisions.
- All judges who officiate at a competition using Team Florida AAU rules must have a copy of the current 2014-15 Team Florida AAU Handbook with them to refer to along with any other information guides published on the website: [www.teamfloridagymnastics.org](http://www.teamfloridagymnastics.org)



TEAM FLORIDA REGISTRATION FORM

**CLUBS, COACHES ONLY**  
(no athlete registration required)

Club Name			
Club Address			
	City:	Zip Code:	
Club Contact Name			
Email Address	@		
Phone Numbers	Club Number (    )	Cell Number (    )	
<b>Coach Name</b>	<b>Email Address</b>	<b>AAU Number</b>	<b>\$10.00/coach</b>
	@		
	@		
	@		
	@		
	@		
	@		
	@		
	@		
	@		
		<b>TOTAL</b>	\$
<b>Team Florida Club Registration</b>			\$15.00
		<b>TOTAL</b>	\$
<b>Please make check payable to Team Florida &amp; mail to:</b> <b>Terry Doster, 2 Adalia Ave #703 Tampa FL 33606</b> <b>DO NOT SEND REGISTERED MAIL OR SIGNATURE REQUIRED</b>			



TEAM FLORIDA REGISTRATION FORM

## JUDGES ONLY

Name			
Address			
	City:	Zip Code:	
Email Address	@		
Phone Numbers	Home Number (    )	Cell Number (    )	
<b>Judges Name</b>	<b>Email Address</b>	<b>AAU Number</b>	<b>\$10.00/ judge</b>
	@	Need copy	
	@		
	@		
<b>Shirt Order</b>	<b>Size</b>	<b>NUMBER</b>	<b>\$20.00/shirt</b>
	Adult Small		
	Adult Medium		
	Adult Large		
	Adult X-Large		
	Adult XX Large		
<b>Hoodies Order</b>	<b>Size</b>	<b>NUMBER</b>	<b>\$30.00/hoodie</b>
	Adult Small		
	Adult Medium		
	Adult Large		
	Adult X-Large		
	Adult XX Large		
		<b>TOTAL</b>	<b>\$</b>
<b>Please make check payable to Team Florida &amp; mail to:          Terry Doster, 2 Adalia Ave #703 Tampa FL 33606          DO NOT SEND REGISTERED MAIL OR SIGNATURE          REQUIRED</b>			



TEAM FLORIDA REGISTRATION FORM

**GYM ACHIEVERS**

**SPRING SEASON ONLY**

Club Name			
Club Address			
	City:	Zip Code:	
Club Contact Name			
Email Address	@		
Phone Numbers	Club Number (    )	Cell Number (    )	
<b>ATHLETE NAME</b>	<b>BIRTHDATE</b>	<b>LEOTARD SIZE (Circle)</b>	<b>\$120.00 PER ATHLETE</b>
		Child: XS S M L XL Adult: XS S M L XL	
		Child: XS S M L XL Adult: XS S M L XL	
		Child: XS S M L XL Adult: XS S M L XL	
		Child: XS S M L XL Adult: XS S M L XL	
		Child: XS S M L XL Adult: XS S M L XL	
		Child: XS S M L XL Adult: XS S M L XL	
		Child: XS S M L XL Adult: XS S M L XL	
		Child: XS S M L XL Adult: XS S M L XL	
		Child: XS S M L XL Adult: XS S M L XL	
		Child: XS S M L XL Adult: XS S M L XL	
		<b>TOTAL</b>	\$
<b>Please make check payable to Team Florida &amp; mail to:</b> <b>Debbie Ponczoch, Naples Progressive</b> <b>Gymnastics, 4795 Mercantile Ave #3, 34104</b> <b>DO NOT SEND REGISTERED MAIL OR</b> <b>SIGNATURE REQUIRED</b>			

## Levels, Divisions & Age Groups

### **IMPORTANT CHANGES**

#### Levels:

1,2,3,4,5,7,8,9,10, Intermediate Modified Optional, Advanced Modified Optional

#### Divisions:

Level 1,2: No divisions until State Meet. All gymnasts who score a 36.000 during the season and/or state will receive an elite pin at the state championship.

#### Level 3,4 Ability Divisions:

Novice: 32.00 and below

Advanced: 32.025-33.975

Open: 34.000-35.975

Elite: 36.000-above

#### Level 5, Intermediate Modified Optional, Intermediate and Advanced Modified Optional Ability Divisions:

Novice: 32.975 and below

Open: 33.000-35.975

Elite: 36.000 and above

Level 6: Team Florida will not be offering this level

#### Level 7,8 Ability Divisions:

Advanced: 33.950 and below

Elite: 34.000 and above

Level 9, 10: No Ability Divisions. All gymnasts who score a 34.000 during the season and/or state meet will receive an elite pin at the State Championship.

#### Important Reminders:

#### Levels 3,4,5, Intermediate Modified Optional and Advanced Modified Optional:

Because Elite division score has been raised one (1) point, 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.

See examples on next page

Example 1: 12 elite athletes. No age groups

Example 2: 13 elite athletes. Two age groups of 6-7 athletes, based on dates of birth

Example 3: 18 elite athletes. Two age groups of 9 athletes based on dates of birth

Example 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 and Intermediate and Advanced Modified Optional levels' Elite division by scoring a minimum of 36.000; outstanding ability is the basis of this level, not age of gymnast. It is the club director's duty to thoroughly explain this rule to parents so there is no misunderstanding.

### Age Groups :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 3 years between the youngest and oldest competitor. If there is more than a 3 year age difference for a group of twelve, that group will be sub-divided so that there is no more than a 3 year age difference. Be sure when entering athletes, list the correct birthdate.

Levels 1 & 2: Achievement awards

Level 3-10: Placement awards, ½ plus 1 per division, per age group, per level

### 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 12 gymnasts per age group. NOTE: this rule does NOT apply to the Elite Division

### Age Groups: For Competition

Level 1,2: no age minimum

Level 3,4,5: age 5 by meet

Level Intermediate Modified Optional: age 5 by meet

Level Advanced Modified Optional: age 6 by meet

All other levels as per USA Gymnastics

### Ladies Division Information and Rules:

Any athlete from high school age 14 years or older.

This division is offered in the Spring Season only.

Ladies division currently may compete in the Team Florida Program:

Intermediate Optional (xcel silver rules)

Advanced Optional (xcel gold rules with some modifications)

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

Ladies division athlete is not required to attend a qualifier to be eligible to compete in the Spring State Championships. She may directly enter the State Championships either with her club affiliation, or if she is independent of a club, as an individual. It is the responsibility of the athlete to contact the director of the met (s) the athlete wishes to enter if she is an independent. She may use the entry form provided in the handbook and mail to the meet director before the entry deadline.

Entry fees for a Ladies Division athlete are the same as for all Team Florida optional gymnasts.

Awards for Ladies Division will be 100% in individual events and in all around. All around competition is not required.

Awards 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 may also 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.

May complete Team Florida Level 7 & Level 8

## Routines Clarifications

Please refer to the Team Florida Website for the most up to date information regarding routine clarifications. [www.teamfloridagymnastics.org](http://www.teamfloridagymnastics.org)

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:

#### Level 1:

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.

#### Vault:

From one, two or three steps, step onto a springboard or air board and while doing so, perform a hurdle (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.

This is the same vault that was performed in old level 2 with same deductions

Use of an alternative board may be used

#### 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 pike 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.

#### 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 2<sup>nd</sup> vault is allowed.

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

No repulsion off hands/arms required

Use of an alternative board may be used

#### Bars:

As per USAG routine, with the following modifications:

Additional choice of dismount 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 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.

Vault:

As per USAG with the following exceptions:

A springboard or airboard may be used

Only 1 vault allowed unless the gymnast does not pass through the vertical plane. Chief judge will indicate whether a 2<sup>nd</sup> vault is allowed

There will be no tape line required, therefore no tape line deduction

Use of an alternative board may be used

Bars:

As per USAG with the following modifications:

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 PIKE 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 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 she 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 complete 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. 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 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.

#### Vault:

As per USAG

A springboard or airboard may be used

Two vaults are allowed, the better score counting

Use of an alternative board may be used

#### 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. 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.

### Vault:

As per USAG

A springboard or airboard may be used

Two vaults are allowed, the better score counting

Use of an alternative board may be used

### Bars:

As per USAG 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. 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 in its entirety

There will be no time limit

### Floor:

As per USAG in its entirety

Level 6:

IMPORTANT NOTES: Level 6 will not be offered, as it is extremely close to our current Modified Optional Level.

Level 7

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

Vault:

Vault values will be consistent with Team Florida Modified Optional level. Deductions will be as per optional levels, NOT Level 7.

Level 7 has the option of using an airboard or springboard

Use of an alternative board may be used

Vault Values:

½-1/2, ¼-1 ¼	9.60
½-1/1, ¼-1 ¼	9.80
Handspring 1/1	10.0

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. 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:

#### Vault:

Use of an alternative board may be used

#### Bars:

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. 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:

There will be no timing on any event

#### Floor:

There will be no timing on any event

### Level 9/10:

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

#### Bars:

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. 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:

There will be no timing on any event

Floor:

There will be no timing on any event

### INTERMEDIATE MODIFIED OPTIONAL PROGRAM:

This level is geared for gymnasts at a lower level of ability than the current Modified Optional Program. Team Florida Intermediate Optional Program is suited for the equivalent of Level 3 athletes or perhaps advanced Level 2 athletes.

The current Modified Optional Program will now be known as Advanced Modified Optional.

Team Florida Intermediate Optional will adopt the USAG Silver Program (please refer to rules and policies regarding the Silver Program with the following Team Florida Modifications:

1. 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.
2. Deduction for any missing special requirement will be .30
3. 1 minute warm up time
4. The following will VOID the routine (Zero Score):
  - Any B or C skills on bars
  - Any B or C Acro Skills on beam/floor
  - Any C dance skills on beam/floor
5. No timing for routines
6. Two vaults are allowed
7. Additional matting may be used to facilitate the safety of the gymnast
8. 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 pulled after glide. Board may not be left in place throughout the routine.
9. There are no composition deductions
10. Two tap swings are allowed and will receive VP credit providing they are in different connections. A third tap swing will result in a .30 deduction for extra swing.
11. Gymnast is not required to go to the high bar in the routine
12. Bars: There are NO angle deductions on casts. The cast requirement is a minimum of 45 degrees below horizontal

### ADVANCED MODIFIED OPTIONAL PROGRAM:

The current Modified Optional Program will now be known as Advanced Modified Optional and suited for gymnasts coming out of Levels 4 or 5, or gymnasts who are close to competing Level 7, but not quite proficient in all necessary skills.

The current rules will remain in place for the 2015 competitive season with the following additions/changes:

1. Any C Skill will result in a VOID routine (Zero Score). This rule has not changed.
2. No timing of routines
3. Only skills listed in the USAG Code of Points will be recognized and awarded value part credit.
4. Deduction for any missing Special Requirement will be .30

#### Vault:

½-1/2, ¼-1 ¼	9.60
½-1/1, ¼-1 ¼	9.80
Handspring 1/1	10.0

#### 5. Uneven Bars:

New special requirement on bars: Cast to a minimum of 20° below horizontal.

New special requirement on bars: Dismount must come from high bar

Giants are allowed in Team Florida Advanced Modified Optional

There are no angle deductions on casts. The cast requirement is a minimum of 20 degrees below horizontal.

#### 6. Balance Beam:

New special requirement on beam: Two Acro skills are now required. One must achieve or go through vertical. The skills may be the same or may be different. They may be flight or non-flight. If the same, they must have different entry or finish

Examples:

Skill 1: Backward roll, Skill 2: Cartwheel = OK because cartwheel goes through vertical and the skills are different

Skill1: Back walkover to lunge Skill 2: Back walkover to lunge = Not connected to first back walkover. "A" credit for first back walkover, no credit for 2<sup>nd</sup> back walkover as it was exactly the same entry and finish. Deduction - .30 for missing the special requirement plus possible .1 for missing an "A".

Skill 1 and 2: Back walkover directly connected to another back walkover. = OK because entry/finish of each back walkover is different.

Skill 1: Backward roll, Skill 2: kick to  $\frac{3}{4}$  handstand. = Deduction of .30 for missing a special requirement as neither skill went to or through vertical, plus a possible .1 for missing an "A". NOTE: A handstand must achieve vertical and have 1 second hold to get credit for "A" skill.

Skill 1: Back walkover to lunge, Skill 2: Cartwheel to lunge = OK because of two different skills

Skill 1: Cartwheel to lunge, Skill 2: Cartwheel directly connected to a back tuck dismount = OK because each cartwheel has a different entry/exit.

7. Floor Exercise:

The current special requirement for a jump series has been deleted.

New special requirement for floor exercise: A dance passage must be performed that includes a group 1 leap with a minimum split of 130\*. Leap may be forward, side and may or may not be connected to another required dance skill of A or B value within passage. If leap is less than 110\* and no other group 1 leap with required degree is in dance passage, gymnast will be deducted .30 for missing special requirement.

8. Courtesy Score: A courtesy score of 4.00 (as per USAG Xcel rules apply). May not be awarded if gymnast has "earned" a zero for vault/event for balking, unallowable vault, not landing fee first, or unusual circumstances such as injury.

## STATE QUALIFYING SCORES

Levels 1-8:

28.00 AA

8.0 Individual event

Level 9:

30.00 AA

8.3 Individual event

Level 10:

31.00 AA

8.4 Individual event





Competitive Schedule

**Fall 2014**

<b>Date</b>	<b>Host Club Contact Info</b>	<b>Section</b>
September 20-21	Palm Coast Kelly Hesbeens 303 Old Moody Blvd Palm Coast FL 32164 (386) 446-9221, (386) 437-1478 pcgymnastics@aol.com	North
September 20-21	Horizon Gymnastics Shelly Proa 285 Adalia Terrace Port Charlotte FL 33953 (941) 627-5342, (941) 627-3907 tumbleathorizon@aol.com	South
October 18-19	Fit Club Ken Pfeifauf 196 Industrial Drive Orange City FL 32763 (386) 774-4348, (386) 744-8770 kpfeifauf@cfl.rr.com	North
October 18-19	Golden City Tonie Campbell 930 Lithia Pinecrest Rd Brandon FL 33511 (813) 685-7770, (813) 657-0321 coachtonie@aol.com	South
November 15-16	Suncoast Gymnastics Arnold Gwinn 10240 Hilltop Drive New Port Richey FL 34654 (727) 919-4149, (727) 372-2003 Sungymnast@aol.com	North
November 15-16	Naples Progressive Debbie Ponczoch 4795 Mercantile Ave Naples FL 34104 (239) 455-3700, (239) 261-6405 dponczoch@aol.com	South
December 13-14	Golden City Tonie Campbell Osceola Heritage Park 1875 Silver Spur Lane Kissimmee FL 34744 (813) 685-7770, (813) 657-0321 coachtonie@aol.com	State Meet

Competitive Schedule  
Spring 2015

Date	Host Club Contact Info	Section
January 17-18	Gym Force Kevin Standriff 2860 Industrial Plaza Tallahassee FL 32301 (850) 877-4255 Kevnole88@aol.com	North
January 17-18	Aerial Stars Jill Bosack 23633 Venezia Drive Land O Lakes FL 34635 (813) 949-7875 jmbosack@gmail.com	Central
January 17-18	Naples Progressive Debbie Ponczoch 4795 Mercantile Ave Naples FL 34104 (239) 455-3700, (239) 261-6405 dponczoch@aol.com	South
February 21-22	SunCountry Linda Bennett 333 SW 140 <sup>th</sup> Terrace Jonesville FL 32669 (352) 494-6415 linda@suncountrysports.com	North
February 21-22	Aerial Stars Jill Bosack 23633 Venezia Drive Land O Lakes FL 34635 (813) 949-7875 jmbosack@gmail.com	Central
February 21-22	Golden City Tonie Campbell 930 Lithia Pinecrest Rd Brandon FL 33511 (813) 685-7770, (813) 657-0321 coachtonie@aol.com	South

March 21-22	Taylor Gymnastics Lisa Arrowood 216 E main St Perry FL 32347 (850) 584-7382 taylorgymnastics@fairpoint.net	North
March 21-22	Suncoast Gymnastics Arnold Gwinn 10240 Hilltop Drive New Port Richey FL 34654 (727) 919-4149, (727) 372-2003 <a href="mailto:Sungymnast@aol.com">Sungymnast@aol.com</a>	Central
March 21-22	Horizon Gymnastics Shelly Proa 285 Adalia Terrace Port Charlotte FL 33953 (941) 627-5342, (941) 627-3907 tumbleathorizon@aol.com	South
April 24-26	Tampa Gymnastics Patti Gross Tampa Convention Center 333 S Franklin St Tampa FL 33602 (813) 975-2794 Patricia.gross@tampagov.net	State Meet

To all Meet Bid winners for the Fall and Spring of 2014-2015 AAU seasons.

Please be mindful of the following requirements as meet directors for the qualifiers and state championships:

1. You must be an active member of Team Florida and your club must participate in at least 2 of the 3 qualifiers and the state championships.
2. You must adhere to the guidelines of hosting a qualifier that is set forth in the rules and policies book that Terry Doster will email to you once she receives your Team Florida Dues.
3. You MUST provide a substantial gift for the athletes that will be attending your qualifier. Please send a picture of your potential gift item to [teamflorida@comcast.net](mailto:teamflorida@comcast.net) and [patricia.gross@tampagov.net](mailto:patricia.gross@tampagov.net) for prior approval. We have received several complaints as to the insignificant gift for the athletes that the gift now must be pre approved by Kathy.
4. You must send a copy of your meet results to Terry Doster in the following format: 1 report per level. NOT by age group NOT by division.
5. If your athlete is staying in the same level, on the entry form, you must provide the highest all around score they competed in the last season. They do not all start at novice again. Only those that are competing in the level for the very first time are considered novice athletes.
6. All coaches attending your meet must sign in at the music table and have a current AAU membership. There will be a \$200 fine to the club they work for if they do not have an AAU number and are on the floor coaching. AAU numbers must be worn during the meet.

If you have questions or need help with your competitions, please do not hesitate to contact any one of the board members or any club that has hosted a meet before as we all want the meets to run efficiently and for the athletes and spectators to have an enjoyable experience while under your care.

Contact Page

<b>Team Florida Board of Directors</b>		
Kathy Stuenkel, President	4287 LaFrance Ave North Port FL 34286	<a href="mailto:teamflorida@comcast.net">teamflorida@comcast.net</a> (941) 429-5777 H (941) 457-6131 C
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Tim Keckler	Lightning City Gymnastics 15482 N. Nebraska Ave Lutz FL 33549	<a href="mailto:lcgymnasts@aol.com">lcgymnasts@aol.com</a> (813) 558-0035
Shelly Proa	Horizon Gymnastics 285 Adalia Terrace Port Charlotte FL 33953	<a href="mailto:tumbleathorizon@aol.com">tumbleathorizon@aol.com</a> (941) 627-5342
<b>Non-Voting Volunteers</b>		
Patti Gross: Meet Coordinator	1223 Barmere Lane Brandon FL 33511	<a href="mailto:Patricia.Gross@tampagov.net">Patricia.Gross@tampagov.net</a> (813) 390-6631
Debbie Ponczoch: Gym Achievers	Naples Progressive Gymnastics 4795 Mercantile Ave #3 Naples FL 34104	<a href="mailto:dponczoch@aol.com">dponczoch@aol.com</a> (239) 455-3700
Terry Doster: Administration	2 Adalia Ave #703 Tampa FL 33606	<a href="mailto:Terry-doster@msn.com">Terry-doster@msn.com</a>
Patti Oaks: Treasurer	407 E Marion Dr Suite 101 Punta Gorda FL 33950	<a href="mailto:pattioakslaw@comcast.net">pattioakslaw@comcast.net</a> (941) 639-7627