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North Carolina

AAU GYMNASTICS

2026-2027 RULES & POLICIES

LAST REVISED: 7/7/2026

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WELCOME TO THE FAMILY

AAU Mission Statement

To offer amateur sports programs through a volunteer base for all people to have the physical, mental, and moral development of amateur athletes and to promote good sportsmanship and good citizenship.

Vision Statement

To offer amateur athletes and volunteers opportunities to develop to their highest level through a national and local network of sporting events. Through participation in AAU, we achieve our dreams as athletes and as valued citizens of our communities.

Sports for All, Forever

AAU GYMNASTICS

The AAU Gymnastics National Program has been established to promote the benefits of participation included in the sport of artistic gymnastics. The AAU National Gymnastics Program's purpose is to provide competitive opportunities to all of its AAU Clubs, Coaches and Gymnasts regardless of their age, ability level, or training commitments. Members of the Amateur Athletic Unions affirm their duty to promote a positive culture that supports the athletes' safety and well-being. Membership is inclusively responsible in diligently promoting the program which will provide a positive experience to all. The AAU Gymnastics Program includes the AAU National Code written for athlete protection and implemented through the AAU Athlete Protection Policies and Handbook found at www.aausports.org.

TEAM NORTH CAROLINA

AAU GYMNASTICS

WHO WE ARE

Team North Carolina Gymnastics governs AAU Gymnastics related activities in the state of North Carolina.

OUR HISTORY

North Carolina AAU Gymnastics organized its first District Championship in 2008, bringing together gymnastics programs from the YMCAs of Greater Charlotte, then known as the Blue Ridge YMCA League.

OUR MISSION

Team North Carolina AAU Gymnastics offers a positive, friendly and affordable competitive league with no mobility or eligibility standards, allowing gymnasts of all ages & ability levels the opportunity to enjoy a competitive gymnastics experience.

THE GOALS

Our goal is to provide an environment & culture that supports a holistic approach to the sport of gymnastics focusing on the whole child first, gymnast second. Offering rich lessons in a competitive sport, combined with providing athletes enough time to learn and enjoy experiences outside the gym, creates a healthy balance and encourages long-term participation in gymnastics.

REGISTER WITH THE AAU

Visit www.aausports.org and select "JOIN" to register and find out more information regarding club levels, non-athlete memberships, athlete memberships, and insurance coverage. All memberships run from September 1st through August 31st of each year. It is recommended that you register in early September to take full advantage of having the insurance coverage your club, coaches, and athletes will receive for the full year.

01 CLUB CONTACT

Register the club contact person first (non-athlete Membership).

CLUB 02

Obtain a Club Membership.

If you plan to host a meet inside or outside of your facility, you will need a level B club membership.

03 MEMBERS

Register your coaches (non-athlete) and gymnasts (youth athlete). Assistant coaches/junior coaches should apply for an athlete membership not a non-athlete membership. Be sure to affiliate your coaches with your club number!

GETTING STARTED

01 REGISTER WITH AAU

Follow instructions on the AAU website to obtain AAU club, coaches & athlete memberships.

02 JOIN TEAM NORTH CAROLINA

Once you have obtained membership numbers, you will need to register your gymnasts, coaches, and club with Team North Carolina. These league fees pay for our AAU Senior Gymnast Scholarships, training camps, clinics, judges education, judges assigning fees, elite pins, apparel, and more!

Pay the 2026-2027 Team NC league fees HERE.

All registration and payments are due by 12/31/2026. Registrations received after this deadline will receive a $10 per athlete late fee. It is the coach's responsibility to keep their team roster up to date and register all new gymnasts prior to registering them in their first AAU competition. Visit meetmaker.com to register under the "dues/fees" tab listed as "Team NC AAU League Fees" and follow the instructions in the listing on how to register.

Fees are: $15/gymnast, $15/coach, $30/club

03 REGISTER FOR A COMPETITION

Most gymnastics competitions have registration listed on Meetmaker.com in North Carolina and a full list of events can be found at www.NC-NAWGJ.org. Please email the District Gymnastics Director to be included to our email distribution list to receive updates, event flyers, and other information.

COACHES

North Carolina AAU Gymnastics promotes a positive competition experience for every member. All professional AAU members must hold themselves to the highest standards at AAU Licensed Events & practices. Any misconduct, questionable ethics, inappropriate behavior, bad debt with other clubs, negative coaching techniques, etc. may be cause to terminate membership through the AAU and/or Team NC Gymnastics.

COACHES ATTIRE

Coaches must dress to safely navigate a gym and should not wear: jeans, worn/ripped/dirty clothing, clothing with inappropriate slogans/comments, transparent clothing or undergarments showing.

PARENT EDUCATION

Club Owners & Coaches are expected to educate their gymnastics team parents & guardians about the etiquette of gymnastics meets. Parents should be instructed to only contact their club with questions & to not contact meet directors, approach judges at competitions, speak poorly or publicly about scores, competitors, gym clubs, etc. It is the coach's responsibility to make parents aware of required meet admissions, parking, etc.

TEAMWORK

Coaches support each other by helping other clubs in adjusting mats, setting equipment and following rotations efficiently. Coaches cheer for other gymnasts from competing clubs and should encourage their gymnasts and parents to support other competitors during the competition and awards ceremony as well. Coaches are respectful towards other teams and coaches, judges, scores, and award placements and exhibit that respect for their athletes and team parents as well.

CODE OF ETHICS

Athletes must be properly placed in the appropriate level of gymnastics based on skill level rather than experience. Coaches are responsible for selecting the level each gymnast competes, without compromising safety. This collaborative action supports the integrity of the program while maintaining a fair and level competitive experience.

ETIQUETTE

Coaches should actively educate and encourage both gymnasts and their families to remain in the competition area until the final gymnast has competed, and to stay at the awards area until the ceremony is completely finished. This builds a supportive team culture, demonstrates proper sportsmanship, and prevents avoidable distractions.

SCORE INQUIRIES

Score Inquiries are not permitted at NC AAU Qualifiers or State Meet. Coaches may only ask questions regarding unusual circumstances, start values and major elements. Questions should be directed to the chief judge (or meet referee, typically the chief judge on bars) in a calm, respectful & professional manner. Questions must ONLY be asked at the end of a rotation or session to avoid disrupting the meet schedule and must be brief and direct (competitions are not a time for a judge's clinic).This is a unique opportunity to have open communication with judges and is a privilege that will be taken away from coaches who are unable to follow these guidelines or abuse this opportunity.

PROFESSIONALISM

Coaches are to refrain from posting hurtful or derogatory posts on social media in reference to any AAU clubs, members, judges or events and should direct any issues to the District Gymnastics Director. Coaches should also avoid using their phones on the floor during a competition (unless for photography or video purposes, in which case devices must be in silent/airplane mode). Only coaches actively coaching are permitted onto the competition floor!

MEET DIRECTORS

EVENT LICENSE	Request an event license for your event by visiting www.aausports.org a minimum of 30 days prior to your competition.
JUDGES REQUEST	In North Carolina, professional members of the NAWGJ (National Association of Women's Gymnastics Judges) are assigned to serve as the chief judges to all our events to ensure the highest quality and accruacy of scores. To get judges assigned to your AAU event, you will need to complete the NAWGJ Judges Request Form by visiting www.nc-nawgj.org. Requests are not processed until payment is received! AAU Invitationals require a minimum of a 1 judge panel per event. AAU Qualifiers & State Championship requires 2 judge panels (8 judges total). *Judges request and assigning fee are submitted and paid for by Team North Carolina for all Qualifiers & State Meet.
THIRD PARTY CERTIFICATES	Events hosted outside your facility will require a Third Party Certificate of Liability as the facility will need an insurance policy with their name on it. Each request is an additional fee & requires a 30 day notice- more info at aausports.org
EQUIPMENT	Make sure that proper equipment is provided to accommodate all levels of competition advertised. You must follow industry standard apparatus specifications unless otherwise specified. Any unusual apparatus specs (i.e. floor space not 40'x40') MUST be indicated on the event flyer. *Airboards are required to be provided at all AAU licensed events.*
SCORING	Professional electronic scoring must be used for all state qualifiers.
RULES/ ROUTINES	Competitions held in North Carolina should follow the NC AAU Gymnastics Handbook for all licensed events unless otherwise stated on the meet flyer.

UNCOLLECTED PAYMENTS

It is the meet director's responsibility to confirm that all payments have been cleared before the competition date. If payment is not collected from a club for services rendered (meet fees, etc.) after the event date, the club has 10 business days to submit payment as well as the appropriate late fee as listed in the Rules & Policies. If payment is not received in 10 business days, a cashier check or money order will need to be mailed OVERNIGHT to the meet director. Meet directors will need to inform the District Gymnastics Director of this offense as the team will be restricted from participation in any NC AAU Gymnastics competition until all fees are paid to the appropriate clubs.

SCHEDULE

Competition schedules must follow industry standards for meet format and scheduling guidelines. The meet schedule should be posted/emailed to registered clubs & assigned judges NO LESS THAN 2 weeks out from your event date. All competitions must conclude by 9:00 pm and must not begin before 8:00 am, unless approved by the District Gymnastics Director. Meet directors have the option of offering a 15-30 minute open stretch.

Friday Sessions- If any gym plans to host a meet that will include a Friday session, they must state this in their pre-meet information. Friday sessions are allowed only when Saturday and Sunday competition time slots have been maximized.

AAU Gymnasts and spectators must be completely separated from other non-AAU participants in a dual sanctioned event. It is recommended that AAU gymnasts compete on a separate day from other organizations to avoid conflict with licensing and insurance. Contact the National AAU Office for more information on event licenses & insurance coverage.

COMPETITION ATTIRE

Professional attire should be worn (see Coaches) for all adult & non-athletes on the competition floor. This applies to anyone staffing the meet, including but not limited to: volunteers, timers, floor music personnel, admissions, announcers, etc. Gymnasts may wear short sleeve or long sleeve leotards. Lycra shorts, capris or leggings are always permitted.

REGISTRATION

Add a link to register on your gym website, create a website specific to your event, or register your event on a meet hosting platform (i.e. Meetmaker) and advertise your details about your meet on the listing. You can email your event flyer to the District Sport Director to have emailed out to the NC AAU membership.

VERIFY MEMBERSHIPS

All participants in your event must be current AAU members (club, non-athlete and athlete). As the event host, it is your responsibility to ensure and enforce AAU Membership requirements. Details on verifying memberships are listed in you event license packet emailed to the event director after your AAU event license has been approved.

Only registered AAU athletes and coaches are permitted on the competitive floor during sanctioned meets. Only athletes participating in the current session are allowed on the floor during that session (no teammates, friends, parents, coaches' children, etc.)

SCORE INQUIRIES

Score Inquiry Forms are not provided at NC AAU qualifiers & state meet. ONLY questions regarding unusual circumstances, start values, major elements, etc. may be directed to the chief judge (or meet referee) in a calm, respectful & professional manner. Questions must ONLY be asked at the end of a rotation or session to avoid disrupting the meet schedule and must be brief and direct (competitions are not a time for a judge's clinic). This is a unique opportunity to have open communication with judges and is a privilege that will be taken away from coaches who are unable to follow these guidelines or abuse this opportunity. Judges and coaches are on the same team in AAU, with the gymnasts being the forefront of what we do.

COMPETITION HEAD TAX

Competition Head Tax and Score results must be sent to the District Gymnastics Director within 48 hours of the meet and payments are submitted on Meetmaker under the tab "Dues/Fees" listed as "NC AAU Meet Director Competition Fee". Competition head tax is $2.50/per athlete for any AAU Invitational, Qualifier & State Meet. EMAIL DISTRICT GYMNASTICS DIRECTOR FOR DETAILS.

TEAM NORTH CAROLINA IS NOT RESPONSIBLE FOR ANY AAU INVITATIONALS AND HAS NO JURISDICTION ON THESE COMPETITIONS.

AWARDS & ABILITY DIVISIONS

NC AAU FOLLOWS THE NATIONAL AAU AWARDS GUIDELINE:
50% + 1 AWARDS FOR INDIVIDUAL EVENTS (V, UB, BB, FX)
100% AWARDS FOR THE ALL-AROUND

- Maximum of 12 gymnasts per Division/Age Group (recommended 10)
- Age of the athlete is determined by the last day of the respective competition.
- Age Groups may not have more than a maximum of a 4 year spread in ages. (i.e. A 6 year old gymnast may not be in a division with a 10 year old gymnast, regardless of division).

TEAM AWARDS are given to the top 50% +1 of the registered teams (*clubs must register in team competition to be eligible to be entered into the team competition) per level OR the top 10 teams (whichever is greater).

Ties are to be broken at AAU Qualifiers & State Meet so that the gymnasts do not receive identical placement awards (i.e. tie for 1st place floor exercise, the gymnast with the lower all-around score receives 2nd place award).

Gymnasts competing out of session will not have their scores counted for team awards and will not be recognized during the awards ceremony.

- If the gymnast competes after their designated session, the meet director should pull the scores from that session to see where the gymnast would have placed and the awards will be given to the coach.
- If the gymnast competes before their designated session, awards will be given to the coach after their designated session has completed. AWARDS WILL NOT BE MAILED. It is the coach's responsibility to collect these awards.

TEAM NORTH CAROLINA IS NOT RESPONSIBLE FOR ANY AAU INVITATIONALS AND HAS NO JURISDICTION ON THESE COMPETITIONS.

AWARDS & ABILITY DIVISIONS

OPEN	DIVISION 3 (NOVICE)	DIVISION 2 (ADVANCED)	DIVISION 1 (ELITE)
default division for each gymnast's first qualifier (November-January only)	up to 34.975	35.000-36.975	37.000 and above

ABILITY DIVISIONS ONLY APPLY TO LEVELS XCEL COPPER/BRONZE/SILVER/GOLD AND ARE USED AT STATE QUALIFIERS ONLY.

Gymnasts MUST be placed in the OPEN division until an all-around score has been established.*Open division is offered at the November-January qualifiers only. *Coaches entering gymnasts into their first qualifer after that must indicate the highest AA Score achieved at an invitational or use their best judgement on the proper division placement.*

Ability Divisions are created to ensure gymnasts are competing against gymnasts with like-ability and are determined by the athlete's highest all-around score achieved at an NC AAU State Qualifier (only).

At the AAU State Championship, gymnasts are sorted in each level by their highest all-around score achieved at an NC AAU Qualifier that season, from highest to lowest, and then subdivided by age. This promotes the most fair playing field and accurate competition for each athlete.

The Elite Division is comprised of athletes who score in the top division (37.000+ in XB/XS/XG/XC and a 36.000+ in Level 6-10/XP/XD) at an NC AAU State Qualifier OR at AAU State Meet. Gymnasts who achieve Elite Division status will be individually recognized to receive an AAU Elite Division pin during the awards ceremony *(gymnasts must attend State Meet to receive this pin).*

SCORES ACHIEVED AT QUALIFIERS ARE TRACKED CAREFULLY THROUGHOUT THE SEASON BY A PROFESSIONAL SCORING COMPANY.

MEET EXPENSES

ENTRY FEES

In the effort to keep cost to a minimum for our athletes and clubs, NC AAU Gymnastics has set maximum entry fee restrictions. The fees below are not to be exceeded without approval from the District Gymnastics Director.

Qualifier (In-House) $85 Max per athlete / $50 Max per team
Qualifier (Outside Facility) $105 Max per athlete/ $50 Max per team
State Meet - $125 Max per athlete / $50 Max per team
*Team NC has no jurisdiction over AAU Invitationals

LATE FEES

Registrations submitted after the entry deadline are only accepted at the discretion of the meet director & will incur the following penalty:

Qualifier - $15 max per athlete/ $15 max per team
State Meet - $20 max per athlete/ $20 max per team

REFUNDS

Refunds should be issued for any reason up to the registration deadline. Refunds requested past the registration deadline are at the discretion of the meet director and are subject to a medical validation.

SPECTATOR FEES

Spectator fees are optional and the choice to charge them is at the discretion of the meet director. These fees MUST be disclosed on the event flyer/meet listing information. The below fees are recommendations and are not to be exceeded without approval from the District Gymnastics Director.

IN-HOUSE
Adults = $15 Max door fee
Children (ages 3 & under) = FREE
OUTSIDE FACILITY
Adults = $25 Max door fee
Children (ages 3 & under) = FREE

Judges

As an AAU judge, you have been given the unique, rewarding, yet challenging task of judging fairly while remembering the core values of the AAU. This is a league built on building self-confidence, self-esteem and safe gymnastics. We want to instill that in our athletes by having positive attitudes towards them and their coaches as well as by the ability to score fairly. Please carefully consider the rules and legitimately critique each athlete in a way that is accurate to the routine that they performed but will not break their spirit.

Your acknowledgement of the athlete and their performance can change the way an athlete perceives a score, even when that score is less than desirable. Judges and coaches are one of the same team in AAU, with the gymnasts being the forefront of what we do. If you find it difficult to understand or comply with these rules, please contact the District Sport Director for clarification or contact your State Judging Director or NAWGJ Assigner.

01 Memberships

Judges must be members of NAWGJ and AAU to officiate an AAU competition in North Carolina. To obtain your non-athlete membership, please visit www.aausports.org. Judges must register with the AAU prior to being assigned to officiate at an AAU meet. Please note there is a background check that is part of the registration process that can create a delay in receiving your AAU number. Judges should submit the Club # for Team North Carolina to affiliate themselves with our state league (Team NC Club number will be provided on www.nc-nawgj.org).

02 Uniforms

AAU Judges Attire is the official NAWGJ uniform unless otherwise noted by the meet director. The gymnasts spend a great deal of time and effort into their appearance for the meet to present themselves as polished, prepared and professional as possible for YOU- we ask you do the same for them!

03 AAU Rule Allowances

Rule Modifications can be found on our website at www.teamncgymnastics.org and National AAU Rules can be found at www.aaugymnastics.org. It is important that you print/download, review and understand the AAU National rules and the NC AAU Modifications before you arrive to your judging assignment. The AAU rules modifications are the integrity of our league and MUST be followed carefully to provide consistency from event to event. Please make sure your materials are the most up-to-date prior to your assignment.

04 Assigning Panels

Judges are assigned through the GymJas website for all AAU Qualifiers and State Championship. AAU Invitationals require a minimum of 1 judge panels (4 judges total). AAU Qualifiers & State Championship requires 2 judge panels (8 judges total) per floor.

Judges ratings should cover all the levels included in the competition. Meets offering gymnasts in levels 6-10 and Xcel Platinum-Diamond should assign judges rated minimally at a level 6/7 rating. In the event a lower rated judge is assigned to a competition offering optional/XP/XD level athletes, the lower rated judge should be assigned to vault as a panel judge only.

Team North Carolina is NOT responsible for any AAU Invitationals and has no jurisdiction on these competitions.

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05 Score Inquiries

Score Inquiry Forms are not provided at NC AAU events, so when approached by a coach regarding a score, start values or deductions please graciously give them constructive feedback that will help them improve their athlete's performance and potentially expand their knowledge of the rules. If you have done so and they still have strong opinions or become irritable, please direct them to the meet referee or the meet director.

AAU STATE MEET

Qualification

Gymnasts must score a 29.00 All-Around at an NC AAU Qualifier. Every CLUB must attend **TWO** Qualifiers and every GYMNAST must attend **ONE** Qualifier. It is strongly suggested that gymnasts attend as many qualifiers as possible to ensure every athlete competes in the most accurate division.

Schedule

State Championship is hosted in different locations around the state each year at the end of April or early May. The State Meet schedule spans over Friday through Sunday of a designated weekend.

Level Declaration

Level declaration will be determined by whatever level the gymnast was registered in at their final qualifier. Whatever level a gymnast competes in at the final qualifier of that gymnast's season MUST be the level they enter into State Meet.

Graduating Seniors

Graduating Seniors get recognized and receive a gift from Team North Carolina for their years involved in AAU Gymnastics at State Meet. It is the coach's responsibility to have their Senior gymnast complete the Senior Recognition Form and submit by the designated deadline in order to be eligible for this award. We request coaches and parents attend the awards ceremony for their Senior gymnast.

AAU REGIONALS

When attending the AAU Regional competition, you are representing Team North Carolina. Coaches, gymnasts and parents are held to the highest standards during these events as you wear apparel with our state name on it throughout the event. It is an honor to represent North Carolina at these prestigious events. It is important that there is uniformity between each club by following our code of ethics.

Qualification

Gymnasts must have participated in their State/District Championships to be eligible to participate at AAU Regionals. Clubs are suggested to attend the AAU Regional event closest to them. Participation in Regionals is not required to participate in Nationals. You may submit a petition to your District Gymnastics Director if you have an athlete who cannot attend AAU State Meet but wishes to advance to Regionals.

Schedule

Event Schedule for Regionals is usually Friday-Sunday in mid-May and rotates annually between the Southeast US states. Athletes compete in age groups (not ability divisions) within their level with gymnasts across the Southeast Region.

Rules

Competition Rules strictly follow the National AAU Rules. District modifications we have implemented in North Carolina are not followed! Coaches will need to become familiar with the National rules and begin practicing them immediately following AAU State Meet to be prepared.

Team NC Apparel

Each gymnast will purchase Team North Carolina Apparel and will be worn by all NC gymnasts that attend Regionals and/or Nationals. The cost includes a custom NC leotard and another piece of apparel (shirt, jacket, shorts, leggings, etc.). Apparel orders are due by mid March and are collected online. Orders are shipped directly to each club. Gymnasts & coaches should wear their Team NC apparel throughout the event, including the march in and awards ceremony.

AAU NATIONALS

When attending the AAU National competition, you are representing Team North Carolina. Coaches, gymnasts and parents are held to the highest standards during these events as you wear apparel with our state name on it throughout the event. It is an honor to represent North Carolina at these prestigious events. It is important that there is uniformity between each club by following our code of ethics.

Qualification

Gymnasts must have participated in their State/District Championships to be eligible to participate at AAU Nationals. Participation in Regionals is not required to participate in Nationals.

Schedule

Event Schedule for Nationals can start as early as Wednesday and runs until Sunday in mid/late June. Athletes compete in age groups (not ability divisions) within their level with gymnasts across the country! Nationals often will have an Opening Ceremony/Celebration of Athletes that usually takes place on Friday evening.

Rules

Competition Rules strictly follow the National AAU Rules. District modifications we have implemented in North Carolina are not followed! Coaches will need to become familiar with the National rules and begin practicing them immediately following AAU State Championship to be prepared.

Team NC Apparel

Each gymnast will purchase Team North Carolina Apparel and it will be worn by all NC gymnasts that attend Regionals and/or Nationals. *See Team NC Apparel for AAU Regionals for more info.

Senior Scholarships

Scholarships are awarded every year by the AAU National Office at AAU Nationals. You do not need to attend to apply! Visit www.aaugymnastics.org for more info!

NORTH CAROLINA AAU ADVISORY BOARD CONTACTS

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