

Regional Prep Optional Guidelines

Any gymnasts may enter the prep op program according to their skill level.

Bronze - Level 1, 2, or 3 gymnasts.

Silver - Level 4 gymnasts. Level 5 gymnasts that have not qualified to state meet.

Gold - Level 5 gymnasts. Level 6 gymnasts that have not qualified to state meet.

Platinum - Level 6 gymnasts. Level 7 gymnasts that have not qualified to state meet.

If an athlete does not compete in the compulsory program, the coach must determine the Prep Op level according to the guidelines.

A gymnast may compete higher than the described levels, but never lower. Ex: Gymnast qualifies to state meet at level 5, must move to Gold. Higher level gymnasts interested in competing must petition the SAC.

OPTIONAL DEDUCTIONS WILL BE USED (EXCEPTIONS NOTED)

OPTIONAL SCORE RANGE USED AT ALL LEVELS

SPECIAL REQUIREMENTS AND BONUS CAN BE FULFILLED AT THE SAME TIME - BONUS CAN FULFILL SPECIAL REQUIREMENTS AND VICE VERSA. BONUS IS AWARDED TO A SKILL ONLY ONCE.

Open Level - Open to all USAG athletes 6 years or older All elements must be listed in the JO Code of Points to receive value part credit —Execution deductions per JO optional rules will apply

Exception: Cast handstand more than 20 degrees from vertical will receive A value with deductions of up to .3 All events except vault require a minimum of 3 "A" (0.10) and 1 "B"(0.30) Skill value parts. C dance skills & clear hip to handstand allowed—all other C skills will receive .5 deduction. "D" or "E" elements will void the routine.

August 1, 2009

BRONZE - 30 seconds warm-up		SILVER - 1 minute warm-up		GOLD - 1 minute warm-up		PLATINUM - 1 minute warm-up		OPEN - 1 minute warm-up	
Special Requirements	2.00	Special Requirements	2.00	Special Requirements	2.00	Special Requirements	2.00	Special Requirements	2.00
Execution	7.3	Execution	6.7	Execution	6.7	Execution	6.7	Execution	7.30
↑ - Artistry -.30 (BB & FX), Dynamics -.20, Rhythm -.20 (UB, BB, FX)	.70	↑ - Artistry -.30 (BB & FX), Dynamics -.20, Rhythm -.20 (UB, BB, FX)	.70	↑ - Artistry -.30 (BB & FX), Dynamics -.20, Rhythm -.20 (UB, BB, FX)	.70	↑ - Artistry -.30 (BB & FX), Dynamics -.20, Rhythm -.20 (UB, BB, FX)	.70	↑ - Artistry -.30 (BB & FX), Dynamics -.20, Rhythm -.20 (UB, BB, FX)	.70
Start Value	10.00	Start Value	9.40	Start Value	9.40	Start Value	9.40	Start Value	10.00
		Bonus	.60	Bonus	.60	Bonus	.60		

BRONZE VAULT	SILVER VAULT	GOLD VAULT	PLATINUM VAULT	OPEN VAULT
Level 1 Vault: SV: 9.2 Level 3 Vault: SV: 10.00 Level 2 Vault: SV: 9.6	Level 4 Vault: SV: 10.00	Front Handspring: SV: 10.00 Front Handspring on Table to Flat Back: SV: 9.50	Any Level 7 Vault: SV: 10.00	Level 7 Vault Table
Compulsory deductions	Compulsory deductions	Level 7 Deductions	Level 7 Rules & Deductions	Level 7 Rules & Deductions

BRONZE BARS	SILVER BARS	GOLD BARS	PLATINUM BARS	OPEN BARS
SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea
Four skills or elements (Levels 1-4)	Five skill or elements (Levels 2-5)	Six skills or elements	Six skills or elements	Six (6) elements - must be listed in the JO code unless specified
One back circling skill or element	Two circling skills or elements (same or different)	Two circling skills or elements (same or different)	Two circling skills or elements (same or diff)	Cast to 60 degrees below vertical (minimum) "A" Value part
Cast (no height required)	Cast (no height requirement)	Cast to horizontal (within 20°, ↑ .20 ded)	Cast to 30° ↑ horizontal (within 20°, ↑ .20 ded)	One skill from Groups 3, 6, 7 or a "B" circle from Group 4 (giant circles)
Level 1-4 dismount	Level 2-5 dismount (may be done on either bar)	Level 4-6 dismount (may be done on either bar)	Salto dismount	"A" value salto dismount from the High bar
NO BONUS	BONUS .20 each MAXIMUM .60			
Dismounts on bars (Levels 1-6): Level 1 - Cast, Push Away Level 2 - Cast, Straddle on Sole Circle Level 3 - Cast, Squat on Pike Sole Circle Level 4 - Underswing Dismount Level 5 - Tap Swing, 1/2 Turn Level 6 - Tap Swing to Flyaway, Tuck, Pile or Lay-Out	Kip	Any "B"	Any "B"	
	Bar change (show flight)	Long hang pullover (preceded by a cast)	Layout Flyaway	
	Long hang pullover	Cast to 30° ↑ horizontal (may not be below 30° ↑)	Long hang kip	
	Cast to horizontal (may not be below horizontal)	Flyaway dismount		
	Front hip circle	Long hang kip		

A max of two consecutive tap swings are allowed in all divisions. The second swing must result in a connection.

Preceding a squat on, two casts may be used without a deduction for an extra swing at Bronze/Silver . Gold, first cast must go to horizontal. Platinum , two consecutive casts receives a .30 ded. **Fall or spot - no bonus**

BRONZE BEAM		SILVER BEAM		GOLD BEAM		PLATINUM BEAM		OPEN BEAM	
No min. time Max time 1:00 (-0.1 OT)		No min. time Max time 1:00 (-0.1 OT)		No min. time Max time 1:10 (-0.1 OT)		No min. time Max time 1:10 (-0.1 OT)		No min. time Max time 1:00 (-0.1 OT)	
SPECIAL REQUIREMENTS - .50 ea		SPECIAL REQUIREMENTS - .50 ea		SPECIAL REQUIREMENTS - .50 ea		SPECIAL REQUIREMENTS - .50 ea		SPECIAL REQUIREMENTS - .50 ea	
One acro skill or element (non-flight) must start and finish on the beam		One acro skill or element (flight or non-flight) must start and finish on the beam		Two acro skills or elements (flight or non-flight, same or diff) must start and finish on the beam		Two acro skills or elements (flight or non-flight, same or diff) must start and finish on the beam		1/1 turn on one foot	
One jump (straight, split or tuck)		Any leap or jump (60° min) (within 20°, ↑ .20 ded)		Any leap or jump (90° min) (within 20°, ↑ .20 ded)		Any leap or jump (120° min) (within 20°, ↑ .20 ded)		Leap or jump with 180 degree split	
½ turn (one or two feet)		½ turn on one foot (min)		½ turn on one foot (min.)		Full turn on one foot (min.)		2 acro skill series with or without flight OR 1 B flight skill	
Level 1-4 Dismount		One dance series (min two elements)		One dance series (min. two elements)		One dance series (min. two elements)		Minimum of "A" salto or aerial dismount	
NO BONUS		BONUS .20 each MAXIMUM .60							
		Handstand to vertical (no degree exception) must start and finish on beam		Any "B" dance		Any "B" dance/acro. Any "C" dance. "C" acro - voids			
		Inverted element passing through vertical		Inverted element passing through vertical		Acro series (flight or non-flight, min. two skills or elements)			
		Full turn on one foot		Full turn on one foot (no degree exception)		Any leap or jump (150° min.) (may not be less than 150°)			
		Any leap or jump (90° min.) (may not be <90°)		Any leap or jump (120° min.) (may not be <120°)		Aerial or salto dismount			
		Aerial or salto dismount							
BRONZE FLOOR		SILVER FLOOR		GOLD FLOOR		PLATINUM FLOOR		OPEN FLOOR	
No min. time Max time 1:00		No min. time Max time 1:00		No min. time Max time 1:10		No min. time Max time 1:10 (-0.1 OT)		No min. time Max time 1:30 (-0.1 OT)	
SPECIAL REQUIREMENTS - .50 ea		SPECIAL REQUIREMENTS - .50 ea		SPECIAL REQUIREMENTS - .50 ea		SPECIAL REQUIREMENTS - .50 ea		SPECIAL REQUIREMENTS - .50 ea	
One acro skill or element		One acro series of at least two skills or elements (one skill must have flight in the series)		One acro series (min. three elements all with flight)		Two different acro series (One a min. of two elements with flight, one a min. of three elements with flight) One series MUST contain a salto		Acro pass backward with 2 or more skills containing at least 1 salto	
One forward skill or element		One forward skill or element OR a 2nd acro series (flight or non-flight min. two skills or elements)		One forward element (with flight) OR a 2nd acro series (min. two elements all with flight)		One forward element with flight		1/1 or more on one foot	
One dance series (min. two elements) OR One split leap or jump (30° min.)		One dance series (min. two elements) OR Split leap (90° min.) (within 20°, ↑ .20 ded)		One dance series (min two elements) OR Split leap (120° min. – side or switch) (within 20°, ↑ .20 ded)		One dance series (min two elements) OR Split leap (150° min. – side or switch) (within 20°, ↑ .20 ded)		Dance Series with two(2) elements direct or indirectly connected with 1 skill a leap with 180 degree split	
½ turn (min.)		½ turn (min.)		Full turn (min.) on one foot		Full turn (min.) on one foot		Acro pass of 2 or more skills containing a front skill OR a single Front salto	
NO BONUS		BONUS .20 each MAXIMUM .60 (No deduction for coach on floor, but bonus not awarded even if spot does not occur)							
		Round-off, back handspring, back handspring		Any salto or aerial		Round-off, back handspring, layout		Note: Aerials are allowed as saltos & can be used in a tumbling pass. All "C" Dance/Acro Strength/hold skills allowed. Acro "C" & and "D"/"E" skill void the routine.	
		Front handspring		Front acro series (min. two with flight)		Front acro series with flight, one a salto or aerial			
		Split leap (120° min.) (may not be less than 120°)		Split, side or switch leap (150° min.) (may not be <150°)		Split, side, or switch leap (180° min.) (may not be <180°)			
		Full turn		Any "B" dance		Any "B" dance or acro, Any "C" dance. "C" acro - void			
Any compulsory JO skill/element or code of points element is acceptable. Qualified skills can only receive bonus once. Fall or spot - No bonus.									