

2007-08 North Carolina Prep Optional Rules

Rookie 1 & 2

<p><u>Vault:</u> Level 4 Vault Start Value: 10.0</p>	<p><u>Uneven Bars:</u> 1. Circling Element (360°) 2. 2nd Circling Element (360°) May be same or different 3. Casting Element 4. Dismount</p> <p><u>Clarifications:</u></p> <ul style="list-style-type: none"> • Back Hip Circle to immediate cast squat on (or comparable) is not an extra swing. • To receive SR credit on cast, gymnast must show the cast action with belly leaving the bar. • No Bar Change or Salto Dismount allowed, deduct 2.0 	<p><u>Balance Beam:</u> 1. Gym Series 2. Split Leap or Jump (min. 60°) 3. Turn on 1 Foot (min of 180°) 4. Acro Element that starts & Finishes on Beam 5. 2nd Different Acro Element May finish on beam or be a dismount</p> <p><u>Clarifications:</u></p> <ul style="list-style-type: none"> • No Salto dismount allowed, deduct 2.0 • Split Leaps & Jumps follow the Level 4 split angle requirements. • No angle deduction taken if meets requirement. 	<p><u>Floor Exercise:</u> 1. Gym Series 2. Split Leap (min. 90°) 3. Turn on 1 Foot (min of 180°) 4. Acro Series of 2 or more elements 5. 2nd Different Acro series of 2 or more elements</p> <p><u>Clarifications:</u></p> <ul style="list-style-type: none"> • 1 element of 1 series must have flight • The addition of a BHS will not make the series different <ul style="list-style-type: none"> • No Saltos or aerials allowed, deduct 2.0 • Flight element w/ a controlled rebound may be connected to a non flight element. • Split Leaps & Jumps follow the Level 4 split angle requirements. • No angle deduction taken if meets requirement.
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<p><u>Rookie 1 & 2 General Rules & Information</u></p> <ul style="list-style-type: none"> • State Qualifying Score: Rookie 1—30.00AA Rookie 2—32.00AA • May use any N's & A's listed in the NC Rookie Prep Optional Allowable N's & A's List <p>Please remember that this list is to be used as a guideline for allowable skills. Any element that fulfills a SR is an allowable element.</p> <ul style="list-style-type: none"> • If a "B" element is performed, deduct 2.0 Exception for beam, a split jump performed above the requirement up to 180 will be allowed. <ul style="list-style-type: none"> • "C", "D", or "E" elements are not allowed and would void the exercise if performed. <ul style="list-style-type: none"> • Deduction .5 for each missing Special Requirement • No Bar Change or Salto/aerial on any event is allowed, if performed 2.0 deduction • Rookie 1 & Rookie 2 will compete as 2 different Teams in team competitions

<p><u>Warm-up & Touches</u></p> <p>Time Limits for beam & Floor: Max. 1:00 deduct .1 for going overtime</p> <p>Rookie 1, Rookie 2: 1:00 per gymnast warm-up No 30 second touch except 16+ per rotation</p>

<p><u>Who can compete Rookie 1 & 2?</u></p> <p>Rookie 1's: Any gymnast that has never competed Rookie or Level 4</p> <p>Rookie 2's: Any gymnast that has competed Rookie or Level 4 a prior season.</p>
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<p><u>General Deductions</u></p> <p>Each Level will be judged on the following: Artistry: >0.3 Dynamics: >0.2</p> <p>Follow execution, technique and amplitude deductions from optional JO Technical Handbook unless otherwise clarified. No composition deduction is allowed to be taken.</p>
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2007-08 North Carolina Prep Optional Rules

Novice

<p><u>Vault</u> Handspring Flat Back over vault table to back lying position onto stacked mats level w/ table (^ + -8") Start Value: 10.0 May have sting to cover gap between table and mat</p>	<p><u>Uneven Bars:</u></p> <ol style="list-style-type: none"> 1. A Kip must be performed 2. Casting Element to Horizontal 3. Forward Circling Element (min. of 360°) 4. Backward Circling Element (min. of 360°) 5. Bar Change <p><u>Clarifications:</u></p> <ul style="list-style-type: none"> • Back Hip Circle to immediate cast squat on (or comparable) is not an extra swing. <ul style="list-style-type: none"> • Level 5 dismount is allowable "A" • Forward Mill Circle will be allowed as a forward element and given "A" credit at Novice Only. • To receive SR credit on cast, the gymnast must show the cast action and her belly must come away from the bar, deduct up to .2 for lack of amplitude. 	<p><u>Balance Beam:</u></p> <ol style="list-style-type: none"> 1. Gym Series 2. Split Leap or Jump (min of 90°) 3. Turn on 1 foot (min of 180°) 4. Acro Element that starts & Finishes on Beam 5. Different Acro Element that starts & finishes on the beam <p><u>Clarifications:</u></p> <ul style="list-style-type: none"> • Any "A" or "B" Leap or Jump may be used to fulfill the 90° split requirement and is considered an allowable skill. • All "A" & "B" Leaps & Jumps follow the level 5 split angle requirements & no angle deduction taken if meets requirement. 	<p><u>Floor Exercise:</u></p> <ol style="list-style-type: none"> 1. Gym Series 2. Split Leap (min. 120°) 2. Turn on 1 Foot (min of 360°) 3. Acro Series of 3 or more flight elements 4. Different Acro series of 2 or more flight elements <p><u>Clarifications:</u></p> <ul style="list-style-type: none"> • Any "A" or "B" Leap or Jump may be used to fulfill the 120° split requirement and is considered an allowable skill. • All "A" & "B" Leaps & Jumps follow the Level 5 split angle requirements & No angle deduction taken if meets requirement. • The addition or deletion of a BHS will not change the series.
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Novice General Rules & Information

- State Qualifying Score: 31.00AA
 - May use A's & Gym/Acro Strength B's
- Any Level 4 (bars only) or 5 Element is recognized as an Allowable A for this level and follow the Level 4 & 5 deductions
- If a "B" Acro element is performed, deduct 2.0 Exception for Bars: Free Hip Circle to 21 from vertical & lower = "A"
 - "C", "D" or "E" elements are not allowed and would void the exercise if performed.
 - Deduction .5 for each missing Special Requirement

Warm-up & Touches

Time Limits for Beam & Floor: Max. 1:00 deduct .1 for going overtime
 Novice: 1:00 per gymnast warm-up
 No 30 second touch except 16+ per rotation

Who can compete Novice?

Any gymnast that has had a strong Rookie or Level 4 season or any gymnast that has competed Level 5 previously
 Any gymnast that has competed Level 6 or higher should be a Prep 1

General Deductions

Each Level will be judged on the following:
 Artistry: >0.3 Dynamics: >0.2
 Follow execution, technique and amplitude deductions from optional JO Technical Handbook unless otherwise clarified.
 No Composition deduction is allowed to be taken.

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Prep 1

Vault:

Same as Level 7 Chart
Group 1 Vaults that have no more
360 turn in one flight and 540 turn
total and all receive a 10.0 SV

Allowable Vaults:

- 1.101 Handspring
- 1.102 Handspring 1/2
- 1.103 Yamashita
- 1.104 Yamashita 1/2
- 1.105 1/4 to 1/2 on & 3/4 to 1/2 off
- 1.106 1/4 to 1/2 on to Repulsion Off
- 1.201 Handspring 1/1 Off
- 1.204 Yamashita 1/1 Off
- 1.205 1/4-1/2 on Handspring 1 1/4-1/1 Off
- 1.206 1/4 to 1/2 on to 1 1/4 to 1/1 Off
- 1.207 1/1 twist on to HS or Yama Off
- 1.208 1/1 twist on 1/2 Twist Off

Uneven Bars:

1. Casting Element (min. 30°)
- 2 & 3. Two Circling Elements from 2 of the following groups: forward, backward or free support
4. Bar Change

Clarifications:

- Cast must be at least to horizontal for SR credit
- Back Hip Circle, Underswing, Counterswing, Flyaway is an extra swing as is a back hip circle followed by a casting element—follow JO rules for Level 7 for deductions
- 2 Free hips fulfills both circling requirements

Balance Beam:

1. Gym Series
2. Split Leap or Jump (min. 135°)
3. Turn on 1 Foot (min of 360°)
4. Backward Acro Element that starts & Finishes on Beam
5. Forward or Side Acro Element that starts & finishes on the beam

Clarifications:

- A split leap or jump between 135°—90° will fulfill the SR but w/ a possible angle deduction.
- Any "B" Leap or Jump must be a min. of 135° to fulfill the "B" requirement & receive no angle deductions
- A Handstand will be counted as a forward element at Prep 1

Floor Exercise:

1. Gym Series
2. Split Leap (min. 135°)
3. Turn on 1 Foot (min of 360°)
4. Acro Series w/ min. of 2 forward flight elements
5. 2nd Different Acro Series w/ min. of 3 flight elements

Clarifications:

- A salto element must be included in one of the 2 acro series, if omitted .3 deduction
- One flight element in one of the 2 acro series must be backwards, if omitted .2 deduction
- The addition or deletion of front handspring or back handspring will not make the series different
- A split leap between 135°-90 °will fulfill the SR but w/ possible angle deduction.
- Any "B" Leap or Jump must be a min. of 135° to fulfill the "B" requirement & receive no angle deductions

Prep 1 General Rules & Information

- State Qualifying Score: 31.00AA
- May use A's, B's & Gym/Acro Strength C's Any Element that fulfills a SR is recognized as an Allowable A for this level
Any "C" Gym/Acro Strength element may be used to fulfill "B" requirement
 - If a "C" Acro element or a "C" on bars is performed, deduct 2.0
- Exception for Bars: Free Hip Circle within 20 from vertical or Handstand 1/2 pirouette
 - "D" or "E" elements are not allowed and would void the exercise if performed.
 - Deduction .5 for each missing Special Requirement

Warm-up & Touches

Time Limits for Beam & Floor: Max. 1:30 deduct .1 for going overtime
Prep 1: 1:30 per gymnast warm-up
No 30 second touch except 9+ per rotation

Who can compete Prep 1?

Any gymnast that has had a strong Novice season or has competed Level 6 previously.
If a gymnast has competed Level 8 or higher and wants to return to the Prep program, must submit a petition to the NC Board

General Deductions

Each Level will be judged on the following:

Artistry: >0.3 Dynamics: >0.2

Follow execution, technique and amplitude deductions from optional JO Technical Handbook unless otherwise clarified

No Composition deduction is allowed to be taken.

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Judges Clarifications

Split Leap Angle Chart:

	<u>Receives Credit w/ Angle Deductions</u>	<u>Receives Credit No Angle Deductions</u>
Rookie Beam:	45?	60?
Rookie Floor:	60?	90?
Novice Beam:	60?	90?
Novice Floor:	90?	120?
Prep 1 Beam:	100?	135?
To Receive B:		135?
Prep 1 Floor:	100?	135?
To Receive B:		135?

General Rule

To receive the VP credit on leaps and jumps subtract about ¼ of the angle requirement.

Casting Angle Chart:

	<u>Receives Credit w/ Angle Deductions</u>	<u>Receives Credit No Angle Deductions</u>
Rookie Bars:	N/A	Belly Leaves Bar
Novice Beam:	Belly Leaves Bar	Horizontal
Prep 1 Beam:	Horizontal	30?

Handstand Angle Chart:

	<u>Receives Credit Receives Credit w/ Angle Deductions</u>	<u>Receives Credit No Angle Deductions</u>
Rookie Beam:	Kicks to Horizontal	45? from Vertical
Novice Beam:	20? from Vertical	Vertical
You may deduct up to .2 for not holding for 2 seconds		
Prep 1 Beam:	20? from Vertical	Vertical
You may deduct up to .2 for not holding for 2 seconds		

Prep Optional Novice Vault Deductions

Handspring Flat Back over the vault to a back lying position on stack mat
10.0 Start Value

First Flight Phase: Failure to maintain straight body position from board to mat
stack

Pike	up to .5
Arch	up to .3
Legs bent	up to .3
Legs Separated	up to .3
Poor Foot Form	up to .2

Support Phase: Body Positions Faults

Pike	up to .5
Arch	up to .3
Shoulders/head out of alignment	up to .3
Too long in support phase	up to .5
Angle of repulsion (when gymnast leaves table)	up to .5
Height	up to .5
Alternate Repulsion	up to .2
Arms Bent	up to .3
Legs Bent	up to .3
Additional hand placement (taking steps on hands)	up to .3
Support of only one hand	1.0
No Hand Support	VOID

Landing Phase: Failure to maintain straight body position from support to lying
position

Pike	up to .5
Arch	up to .3
Legs Bent	up to .3
Legs Separated	up to .3
Poor Foot Form	up to .2
Failure to finish in straight lying position	up to .5
Distance	up to .3

General:

Deviation from straight direction	up to .3
Insufficient dynamics	up to .3
Aid of coach on first flight	2.0
Performing a handspring	2.0