

North Carolina Prep Opt Rules 2008-09

Vault	Rookie 1 & 2	Novice	Prep 1
Vaults Allowed	Level 4 Vault Start Value 10.0	Handspring Flatback over vault table to back lying position onto stacked mats level w/ table (+/- 8")	Same as Level 7 Vault Chart Group 1 Vaults that have no more than 360° turn in one flight and 540° turn in total. Start value 10.0
Uneven Bars	Rookie 1 & 2	Novice	Prep 1
Special Requirements . 50 deduction for missing SR	<ol style="list-style-type: none"> 1. Circling Element (360°) 2. 2nd Circling Element (360°) <i>Maybe same or different</i> 3. Casting Element 4. Dismount 	<ol style="list-style-type: none"> 1. A kip must be performed 2. Casting Element to Horizontal 3. Forward Circling Element (360°) 4. Backward Circling Element (360°) 5. Bar Change 	<ol style="list-style-type: none"> 1. Casting Element (min. 30°) 2. Bar Change 3. A "B" Element 4. & 5. 2 Circling Elements from 2 of the following groups: Forward, Backward or Free Support
Clarifications	<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 the belly leaving the bar. • No bar change or salto dismount is allowed, deduct 2.0 • Cast Squat on Jump off may be used as a dismount in the Rookie Level 	<ul style="list-style-type: none"> • Back Hip Circle to immediate cast squat on (or comparable) is not an extra swing. • Level 5 dismount and clear hip are 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. 	<ul style="list-style-type: none"> • Cast must be at least to horizontal for SR credit. • Back hip circle, underswing, counter swing, flyaway is an extra swing as is a back hip circle followed by a casting element, follow JO rules for Level 7 deductions. • 2 Free Hips or 2 Giants, fulfills both circling requirements; Backward & Free. • Cast/Cast will be considered an extra swing. • Clear hip handstand & handstand 1/2 = "B"
Balance Beam	Rookie 1 & 2	Novice	Prep 1
Special Requirements . 50 deduction for missing SR	<ol style="list-style-type: none"> 1. Gym Series 2. Split Leap or Jump (min. 60°) 3. Turn on 1 foot (min. 180°) 4. Acro Element that starts and finishes on the beam 5. 2nd Different Acro element that may finish on beam or be a dismount 	<ol style="list-style-type: none"> 1. Gym Series 2. Split Leap or Jump (min. 90°) 3. Turn on 1 foot (min. of 180°) 4. Acro Element that starts and finishes on beam 5. Different Acro element that starts and finishes on beam 	<ol style="list-style-type: none"> 1. Gym Series 2. Split Leap or Jump (min. 135°) 3. Turn on 1 foot (min. of 360°) 4. Backward Acro Element that starts and finishes on beam 5. Forward or Side Acro element that starts and finishes on beam 6. A "B" element
Clarifications	<ul style="list-style-type: none"> • No Salto dismount allowed, deduct 2.0 • Split Leaps & Jumps follow Level 4 split angle requirements • No angle deduction taken if meets requirement • Split Jump = A 	<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 and jumps follow the level 5 split angle requirements • No angle deduction taken if meets requirement 	<ul style="list-style-type: none"> • 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 and receive no angle deductions • A handstand will be counted as a forward element at Prep 1
Floor Exercise	Rookie 1 & 2	Novice	Prep 1
Special Requirements . 50 deduction for missing SR	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. Gym Series 2. Leap (min. 120°) 3. Turn on 1 foot (min. 360°) 4. Acro Series of 3 or more flight elements 5. Different Acro series of 2 or more flight elements 	<ol style="list-style-type: none"> 1. Gym Series 2. Leap (min. 135°) 3. Turn on 1 foot (min. 360°) 4. Acro Series w/ min. of 2 forward flight elements 5. 2nd Different acro series w/ min. of 3 flight elements 6. A salto must be performed in 1 of the 2 acro series 7. A "B" Element
Clarifications	<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 • No salto or aerials allowed, deduct 2.0 • Flight element w/ a controlled rebound to a non flight element • Split Leaps and Jumps follow the Level 4 Split angle requirements • No angle deduction taken if meets requirement 	<ul style="list-style-type: none"> • Any "A" or "B" Leap or Jump may be used to fulfill the 120° split requirement • All "A" & "B" leaps and 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 • Flyspring = A 	<ul style="list-style-type: none"> • One flight element in one of the 2 acro series must be backwards, deduct .2 • The addition or deletion of a front handspring or back handspring will not make the series different • A 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

	Rookie 1 & 2	Novice	Prep 1
State Qualify Scores	Rookie 1 - 30.00 AA Rookie 2 - 32.00 AA	31.00 AA	31.00 AA
What Level do you compete?	Rookie 1 & 2 Rookie 1... Any gymnast that has never competed Rookie or Level 4 Rookie 2... Any gymnast that has competed Rookie or Level 4 a prior season	Novice Any gymnast that has had a strong Rookie season 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	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
Time Limits, Warm-ups & Touches	Rookie 1 & 2 Time limits for Beam/Floor: Max. 1:00 deduct .1 for going overtime Warm-up: 1:00 per gymnast, no 30 sec. touch except for 16+ per rotation or capital cup	Novice Time limits for Beam/Floor: Max. 1:00 deduct .1 for going overtime Warm-up: 1:00 per gymnast, no 30 sec. touch except for 16+ per rotation or capital cup	Prep 1 Time limits for Beam/Floor: Max. 1:30 deduct .1 for going overtime Warm-up: 1:30 per gymnast, no 30 sec. touch except for 9+ per rotation or capital cup
General Rules & Information	Rookie 1 & 2 <ul style="list-style-type: none"> • May use any compulsory Level 1-6 skill or code of points "A" elements to fulfill SR • If a "B" element is performed, deduct 2.0, exception for beam, a split jump performed above the requirement • "C", "D" or "E" elements are not allowed and would void the exercise • Rookie 1 & 2 will compete as 2 different team in team competitions • There is no deduction for a coach standing on the floor exercise • If no dismount is performed, deduct .30 	Novice <ul style="list-style-type: none"> • May use A's & Gym/Acro Strength B's • Any Level 4 (bars Only) or Level 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 or lower = "A" Exception for Floor: Flyspring = "A") • "C", "D" or "E" elements are not allowed and would void the exercise • There is no deduction for a coach standing on the floor exercise • If no dismount is performed, deduct .30 	Prep 1 <ul style="list-style-type: none"> • May use "A", "B" & Gym/Acro Strength "C" • 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 is performed. deduct 2.0 (Exception on Bars: Free Hip Circle within 20° from vertical or Handstand 1/2 pirouette • "D" or "E" elements are not allowed and will void the exercise • Deduct 1.0 for a coach standing on the floor exercise during a routine • If no dismount is performed, deduct .30
General Deductions for all Prep Levels	General Deductions for all Prep Levels Each Level will be judged on the following: Artistry: >.30 Dynamics: >.20 Follow execution, technique and amplitude deductions from optional JO technical handbook unless otherwise clarified. No composition deduction is allowed to be taken.		
		Judges Clarification	
Leap & Jump Split Angle Chart		Receives Credit w/ Angle Deductions	No Angle Deductions
	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.		
		Judges Clarification	
Casting Angle Chart		Receives Credit w/ Angle Deductions	No Angle Deductions
	Rookie Bars:	N/A	Belly Leaves Bar
	Novice Bars:	Belly Leaves Bar	Horizontal
	Prep 1 Bars:	Horizontal	30°
		Judges Clarification	
Handstand Angle Chart		Receives Credit w/ Angle Deductions	No Angle Deductions
	Rookie Beam:	Kicks to Horizontal	45° from Vertical
	Novice Beam:	20° from Vertical	Vertical
	Prep 1 Beam:	20° from Vertical	Vertical
	You may deduct up to .2 for not holding for 2 second at Novice & Prep 1		