

## Allowable Elements

Rookies may use A elements from the JO Code of Points and any element from the Level 1-6 routines to satisfy their special requirements. (Exceptions: cast, squat on, jump off dismount on uneven bars and split jump on balance beam are allowed)

Novices may use A elements and acro/strength B elements from the JO Code of Points and any elements from the Level 5 routines to satisfy their special requirements. Level 4 skills may be used to satisfy special requirements on uneven bars only. (Exceptions: clear hip circle and mill circle on uneven bars and flyspring on floor are allowed)

Prep 1 gymnasts must use elements from the JO Code of Points to satisfy special requirements.

If a gymnast uses a compulsory element in her routine, you should apply compulsory deductions.

Example: If a gymnast performs the Level 5 dismount on uneven bars and fails to re-grasp the bar after the half turn, you should apply the failure to re-grasp the bar deduction.

Example: If a gymnast performs a counterswing on uneven bars with legs straddled, you should apply the deduction for leg separation.

## Mounts

There is no requirement for a mount on any event at any level of Prep Op. Therefore, mounts may be skills of no value without incurring a specific deduction. However, this could be considered a lack of dynamics in the overall evaluation of the routine.

## Dismounts

The only special requirement for a dismount occurs on Rookie level uneven bars.

In a Rookie level bar routine, if a gymnast jumps down from the equipment without attempting to perform a dismount, deduct 0.3 from the start value for no dismount and deduct 0.5 from the start value for the dismount special requirement. If the gymnast performs a dismount element of no value, deduct 0.5 from the start value for the dismount special requirement, but do **not** deduct 0.3 for no dismount.

For all other Prep Op levels and events, if a gymnast jumps down from the equipment without attempting to perform a dismount, 0.3 should be deducted from the start value. Do not deduct 0.5 for a fall unless the gymnast actually falls from the equipment.

### **Counting Skills**

A gymnast may receive credit for a skill two times provided that the element occurs in a different connection (has a different entrance or exit). If a gymnast performs an element for a third time, value part credit is not awarded, and the skill may not fulfill any special requirement.

\*\*\*THIS DOES NOT APPLY TO ROUND OFFS, FLIC FLACS, OR FRONT HANDSPRINGS IN ACRO SERIES ON FLOOR EXERCISE\*\*\*

### **Long Hang Pullover**

A long hang pullover is an A element in the JO Code of Points, so it can be used at all levels of Prep Op. A long hang pullover will only fulfill the requirement of a circling skill if it starts **and** finishes on the high bar.

### **Movement Between Levels**

There is no mobility allowed from the Prep Op program into the traditional JO Optional levels. In order to compete at Level 7, a gymnast must meet the mobility requirement of scoring a minimum of 31.00 at Level 6. This can be done at a small mobility meet, but it must occur at a USAG sanctioned event.