

Minutes from NC State Meeting on Prep OP

It was announced that Prep-Op Regionals would be in NC, hosted by Southeastern and held in the Cabarrus County arena.

The following items were discussed to gain memberships thought before making a final rule decision.

Darlene Rose moved that we accept a choice at the Rookie Level of either the Level 3 or the Level 4 vault with a score difference. Kristie Phillips was second. The motion passed.

Amy moved to make the difference 9.5 for the Level 3 vault and 10.0 for the level 4 vault. It was seconded by Jason Braun. Motion Passed

Kristie Phillips moved that the Novice vault be the HS Flat back (same as last year) over the Table. Colin seconded and the motion passed.

Kristie Phillips moved that the Premiere Vault be a Handspring like level 5/6 Margaret seconded and the motion passed.

The membership liked that Premiere and Prep I would be allowed to do a tapswing/counterswing without the penalty of an extra swing.

Karen Hughes moved that Novice may perform an "A" salto dismount from Beam, Darlene Rose seconded and the motion passed.

Colin moved that Novice allow "A" salto on Floor, Rebecca seconded. There was much discussion about restrictions and the differentiation of levels. This motion failed.

There was open discussion on Preb changes

Novice floor a front walkover to round off & a round off (controlled rebound) to back roll & front roll(as long as the roll is a step-out) to round off will all fulfill the non-flight acro series.

Premiere Floor a round off is a side element and it will not fulfill the forward requirement. However, a handstand forward roll is a forward element and it will fulfill that requirement.

Rookie, Novice, and Premiere bars will allow a front hip circle cast (like level 5) it will not be considered an extra swing. It will be considered an extra swing at Prep I.

Prep I athletes from last season will be allowed to be Prep I or Premiere based on where their skill level allows them to be successful following the changes.

Prep I must do an A or B skill listed in the code of points to count as an allowable dismount. An under-swing off is ok. A cast push away (not in the code) will result in .3 off the Start Value

In fact in any level for Bars & Beam the athlete must use an allowable skill for that level to dismount. If an unallowable skill or a fall with no dismount will both receive .3 deductions to be taken off the Start Value.

Athletes must declare what level they will compete at Regionals when they compete/qualify at their State Meet.

Athletes must qualify to North Carolina Prep- op State Meets using the North Carolina Prep- op Rules at an in State qualifying meet.