

## 2009-10 North Carolina Prep Optional Rules

	Rookie 1 & 2	Novice	Premier	Prep 1
<b>What Level do you compete?</b>	Rookie 1...Any gymnast that has never competed Rookie or Level 4 & higher Rookie 2...Any gymnast that has competed Rookie or Level 4 a prior season	Any gymnast that has had a strong Rookie or Level 4 season or has competed Level 5 but not scoring consistently above a 34.00. Any gymnast that has competed Level 6 or higher should be a Premier or Prep 1	Any gymnast that has had a strong Novice or Level 5 season or has competed Level 6 but not scoring consistently above a 34.00. Any gymnast that has had a strong Level 6 season should be a 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
<b>Vault</b>	<b>Rookie 1 &amp; 2</b>	<b>Novice</b>	<b>Premier</b>	<b>Prep 1</b>
<b>Vaults Allowed</b>	Level 3 Vault Start Value 9.0 Level 4 Vault Start Value 10.0	Level 4 Vault Start Value 10.0	Level 5/6 Vault Start Value 10.0 or Handspring Flatback over vault table to back lying position onto stacked mats level w/ table (+/- 8") - Start Value 10.0	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
<b>Uneven Bars</b>	<b>Rookie 1 &amp; 2</b>	<b>Novice</b>	<b>Premier</b>	<b>Prep 1</b>
<b>Special Requirements .50 deduction for missing SR</b>	1. Circling Element (360°) 2. 2nd Circling Element (360°) <i>May be same or different</i> 3. Casting Element 4. Dismount	1. Casting Element to Horizontal 2. Forward Circling Element (360°) 3. Backward Circling Element (360°) 4. A Kip must be performed *If a kip is performed, SV is 10.0* *If no kip in routine, SV is 9.5*	1. Casting Element (min. 30°) 2. Bar Change 3. A Kip must be performed 4. & 5. 2 Circling Elements from 2 of the following groups: Forward, Backward or Free Support	1. Casting Element (min. 45°) 2. Bar Change 3. A "B" Element 4. & 5. 2 <b>Different</b> Circling Elements from 2 of the following groups: Forward, Backward or Free Support
<b>Clarifications</b>	*Back Hip Circle to immediate cast squat on (or comparable) is not an extra swing. *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	*Back Hip Circle to immediate cast squat on (or comparable) is not an extra swing. *Level 5 dismount and Forward Mill circle will be allowed and given "A" credit. *No salto dismount is allowed, deduct 2.0 *Bar change is allowed, but not required. *Mount must be a pullover or kip, level 4 mount is not allowed.	*Back Hip Circle to immediate cast squat on (or comparable) is not an extra swing. *Level 5 dismount and Forward Mill circle will be allowed and given "A" credit. <b>*Underswing, Counterswing Flyaway will be allowed and not given extra swing deductions</b>	<b>*Underswing, Counterswing Flyaway will be allowed and not given extra swing deductions</b> *2 Free Hips or 2 Giants, will not fulfill both circling requirements; they must be different. *Clear hip handstand & handstand 1/2 = "B"
<b>Balance Beam</b>	<b>Rookie 1 &amp; 2</b>	<b>Novice</b>	<b>Premier</b>	<b>Prep 1</b>
<b>Special Requirements .50 deduction for missing SR</b>	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	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	1. Gym Series 2. Split Leap or Jump (min. 135°) 3. Turn on 1 foot (min. of 360°) 4. Acro Element that starts and finishes on beam 5. Different Acro element that starts and finishes on beam and must attain or pass through vertical.	1. Gym Series 2. Split Leap or Jump (min. 150°) 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
<b>Clarifications</b>	*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	*All "A" Leaps and jumps follow the level 5 split angle requirements, No angle deduction taken if meets requirement *No salto dismount is allowed, deduct 2.0 *Split Jump = A	*A split leap or jump between 135°-100° will fulfill the SR but w/ a possible angle deduction. *A handstand will be counted as a forward element at Premier & Prep 1.	*A split leap or jump between 150°-120° 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 but will receive angle deductions. *A handstand will be counted as a forward element at Premier & Prep 1.

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Floor Exercise	Rookie 1 & 2	Novice	Premier	Prep 1
Special Requirements .50 deduction for missing SR	<ol style="list-style-type: none"> <li>1. Gym series</li> <li>2. Split Leap (min. 90°)</li> <li>3. Turn on 1 Foot (min. of 180°)</li> <li>4. Acro Series of 2 or more elements</li> <li>5. Different Acro series of 2 or more elements</li> <li>6. 1 element of 1 series must have flight</li> </ol>	<ol style="list-style-type: none"> <li>1. Gym Series</li> <li>2. Leap (min. 120°)</li> <li>3. Turn on 1 foot (min. 360°)</li> <li>4. Acro Series of 2 or more flight elements</li> <li>5. Different Acro series w/ 1 or more flight elements</li> </ol>	<ol style="list-style-type: none"> <li>1. Gym Series</li> <li>2. Leap (min. 150°)</li> <li>3. Turn on 1 foot (min. 360°)</li> <li>4. Acro Series of 3 or more flight elements</li> <li>5. Diff. Acro series of 2 or more flight elements</li> <li>6. A Forward Element, in a series or isolated</li> <li>7. An aerial or salto, in a series or isolated</li> </ol>	<ol style="list-style-type: none"> <li>1. Gym Series</li> <li>2. Leap (min. 180°)</li> <li>3. Turn on 1 foot (min. 360°)</li> <li>4. Acro Series w/ min. 2 forward flight elem.</li> <li>5. Diff. acro series w/ min. of 3 flight elements</li> <li>6. A salto must be performed in 1 of the 2 acro series</li> <li>7. A "B" Element</li> </ol>
Clarifications	<ul style="list-style-type: none"> <li>*The addition of a BHS will not make the series different</li> <li>*No salto or aerials allowed, deduct 2.0</li> <li>*Flight element w/ a controlled rebound to a non flight element is allowed</li> <li>*Split Leaps and Jumps follow the Level 4 Split angle requirements, No angle deduction taken if meets requirement</li> <li>*Straddle Jump = A</li> </ul>	<ul style="list-style-type: none"> <li>*The addition or deletion of a BHS will not change the series</li> <li>*No salto or aerials are allowed, deduct 2.0</li> <li>*Flight element w/ a controlled rebound to a non flight element</li> <li>*All "A" leaps and jumps follow the level 5 split angle requirement, no angle deduction taken if meets requirement</li> <li>*Straddle Jump = A</li> </ul>	<ul style="list-style-type: none"> <li>*The addition or deletion of a BHS will not change the series</li> <li>*Any "A" or "B" Leap or Jump may be used to fulfill the 150° split requirement</li> <li>*All "A" &amp; "B" leaps and jumps follow the level 6 split angle requirements, No angle deduction taken if meets requirement</li> <li>*Flyspring = A</li> </ul>	<ul style="list-style-type: none"> <li>*The addition or deletion of a front or back handspring will not make the series different</li> <li>*One flight element in one of the 2 acro series must be backwards, deduct .2</li> <li>*A leap between 180°-150° will fulfill the SR but w/ possible angle deduction</li> <li>*Any "B" leap or jump must be a min. of 135° to fulfill the "B" requirement but will receive angle deductions</li> </ul>
Time Limits, Warm-ups & Touches	<p>Time limits for Beam/Floor: Max. 1:00 deduct .1 for going overtime</p> <p>Warm-up: :45 per gymnast, no :30 touch except for 16+ per squad or capital cup</p>	<p>Time limits for Beam/Floor: Max. 1:00 deduct .1 for going overtime</p> <p>Warm-up: 1:00 per gymnast, no :30 touch except for 16+ per squad or capital cup</p>	<p>Time limits for Beam: 1:20 &amp; Floor: 1:30 deduct .1 for going overtime</p> <p>Warm-up: 1:00 per gymnast, no :30 touch except for 9+ per squad or capital cup</p>	<p>Time limits for Beam: 1:20 &amp; Floor: 1:30 deduct .1 for going overtime</p> <p>Warm-up: 1:30 per gymnast, no :30 touch except for 9+ per squad or capital cup</p>
General Rules & Information	<ul style="list-style-type: none"> <li>*May use any compulsory Level 1-6 skill or code of points "A" elements to fulfill SR</li> <li>*If a "B" element is performed, deduct 2.0, exception for Beam: Split Jump=A and Floor: Straddle Jump=A</li> <li>**"C", "D" or "E" elements are not allowed and would void the exercise</li> <li>*Rookie 1 &amp; 2 will compete as 2 different teams in team competitions</li> <li>*There is no deduction for a coach standing on the floor exercise</li> <li><b>*If no dismount is performed, deduct .30</b></li> </ul>	<ul style="list-style-type: none"> <li>*May use any compulsory Level 4 (bars only) &amp; 5/6 skills or code of points "A" elements to fulfill SR</li> <li>*If a "B" element is performed, deduct 2.0, exception for Beam: Split Jump=A and Floor: Straddle Jump=A</li> <li>**"C", "D" or "E" elements are not allowed and would void the exercise</li> <li>*There is no deduction for a coach standing on the floor exercise</li> <li><b>*If no dismount is performed, deduct .30</b></li> </ul>	<ul style="list-style-type: none"> <li>*May use A's &amp; Gym/Acro Strength B's and any Level 4 (bars Only) or Level 5/6 skills to fulfill SR</li> <li>*If a "B" Acro element is performed, deduct 2.0, Exception for bars: Free Hip Circle to 21° from vertical or lower = "A" and Floor: Flyspring = "A"</li> <li>**"C", "D" or "E" elements are not allowed and would void the exercise</li> <li><b>*If no dismount is performed, deduct .30</b></li> </ul>	<ul style="list-style-type: none"> <li>*May use "A", "B" &amp; Gym/Acro Strength "C"</li> <li>*Any element that fulfills a SR is recognized as an allowable "A" for this level</li> <li>*Any "C" Gym/Acro strength element may be used to fulfill "B" requirement</li> <li>*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</li> <li>**"D" or "E" elements are not allowed and will void the exercise</li> <li>*Deduct 1.0 for a coach standing on the floor exercise during a routine</li> <li><b>*If no dismount is performed, deduct .30</b></li> </ul>
State Qualify Scores	<p>Rookie 1 - 30.00 AA</p> <p>Rookie 2 - 32.00 AA</p>	<p>31.00 AA</p>	<p>31.00 AA</p>	<p>31.00 AA</p>

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General Deductions for all Prep Levels				
<b>General Deductions</b>	Each Level will be judged on the following: Artistry: >.30    Dynamics: >.20 <b>Except for Bars Dynamics: &gt;.50</b> Follow execution, technique and amplitude deductions from optional JO technical handbook unless otherwise clarified. No composition deduction is allowed to be taken.			
Judges Clarification				
<b>Leap &amp; Jump Split Angle Chart</b>		Receives Credit w/ Angle Deductions	No Angle Deductions	***General Rule*** To receive the VP credit on leaps and jumps subtract about 1/4 of the angle requirement.
	Rookie Beam:	45°	60°	
	Rookie Floor:	60°	90°	
	Novice Beam:	60°	90°	
	Novice Floor:	90°	120°	
	Premier Beam:	100°	135°	
	Premier Floor:	120°	150°	
	Prep 1 Beam:	120°	150°	
	To Receive B:	135°	150°	
	Prep 1 Floor:	150°	180°	
To Receive B:	135°	180°		
Judges Clarification				
<b>Casting Angle Chart</b>		Receives Credit w/ Angle Deductions	No Angle Deductions	
	Rookie Bars:	N/A	Belly Leaves Bar	
	Novice Bars:	Belly Leaves Bar	Horizontal	
	Premier Bars:	Horizontal	30°	
	Prep 1 Bars:	15° Above Horizontal	45°	
Judges Clarification				
<b>Handstand Angle Chart</b>		Receives Credit w/ Angle Deductions	No Angle Deductions	
	Rookie Beam:	Kicks to Horizontal	45° from Vertical	
	Novice Beam:	20° from Vertical	Vertical	
	Premier Beam:	Must Attain Vertical	Vertical	
	Prep 1 Beam:	Must Attain Vertical	Vertical	
You may deduct up to .2 for not holding for 2 second at Novice & Prep 1				