

2010-11 Regional Prep Optional Rules

	Bronze	Silver	Gold	Platinum
What Level do you compete?	Level 1 or 2 (Closed to Level 3 and up) Must have reached 4th birthday	Level 1- 5 (Closed to gymnasts who have attained a 31.00 AA at Level 5) Must have reached 5th birthday	Levels 5 - 6 Must have attained 31.00 AA at Level 5 (Closed to gymnasts who have attained a 31.00 AA at Level 6) Must have reached 7th birthday	Levels 5 & up Must have attained 31.00 AA at Level 5 Must have reached 7th birthday
Vault	Bronze	Silver	Gold	Platinum
Vaults Allowed	Level 3 or 4 Vault = Start Value 10.0 <i>Level 3 or 4 mat height may be used for both, Air-o-board OK for both. NO Mini Tramp.</i>	Handspring Flatback over vault table to back lying position on stacked mats level w/ table (+/- 8") = Start Value 10.0 Air-o-board OK for both. NO Mini Tramp.	Front Handspring = Start Value 10.0 Level 7 deductions apply NO Air-o-Board	Same as Level 7 Vault Chart Start Value = 10.0 NO Air-o-Board
Uneven Bars	Bronze	Silver	Gold	Platinum
All Levels must do all 4 SR .50 deduction for missing SR	<ol style="list-style-type: none"> One Bkwd Circling element or VP (360°) Cast (Hips must leave front support position - No degree requirement) One additional element and/or "A" VP Level 1-4 dismount 	<ol style="list-style-type: none"> Mount Pullover OR Kip One Circling element or VP (360°) Cast (Hips must leave front support position - No degree requirement) Level 2-5 dismount 	<ol style="list-style-type: none"> Mount with kip Two circling elements and/or VPs (360°) (Same or different) Cast to horizontal A Dismount from high bar - Level 4-6 OR "A" V P. 	<ol style="list-style-type: none"> An "A" or higher clear hip or "B" VP from group 3,4,6,7 Cast to 60° below vertical Long Hang Kip An "A" VP salto dismount (minimum) from the High Bar ** "B" VP is required **
Clarifications	<p>*Two casts may be used without an extra swing deduction as long as the two casts precede an element or VP.</p> <p>*A cast back hip circle, cast is not an extra swing at Bronze, Silver & Gold.</p> <p>*A max of two consecutive tap swings are allowed in Bronze, Silver and Gold. The 2nd swing must result in a connection to an element or "A" VP.</p>	<p>*Two casts may be used without an extra swing deduction as long as the two casts precede an element or VP.</p> <p>*A cast back hip circle, cast is not an extra swing at Bronze, Silver & Gold.</p> <p>*A max of two consecutive tap swings are allowed in Bronze, Silver and Gold. The 2nd swing must result in a connection to an element or "A" VP.</p>	<p>*Two casts may be used without an extra swing deduction as long as the two casts precede an element or VP.</p> <p>*A cast back hip circle, cast is not an extra swing at Bronze, Silver & Gold.</p> <p>*A max of two consecutive tap swings are allowed in Bronze, Silver and Gold. The 2nd swing must result in a connection to an element or "A" VP.</p> <p>*Cast 1°-20° below horz. = up to 0.20</p> <p>*21° or more from requirement = no credit</p>	<p>*Two consecutive Casts or Tap Swings receives a 0.30 deduction</p> <p>*Cast 61°-80° from vertical = up to 0.20</p> <p>81° or more from vertical = no credit</p> <p>*If missing "B" VP deduct 0.30</p>
Balance Beam	Bronze	Silver	Gold	Platinum
Bronze must do all 4 SR Silver, Gold, Platinum must do 4 of 6 SR .50 deduction for missing SR	<ol style="list-style-type: none"> One acro element or "A" VP (non-flight) must start and finish on beam One jump 180° turn (one or two feet) Level 1-4 Dismount as written in Compulsory Routines 	<ol style="list-style-type: none"> One acro element or "A" VP (non-flight) must start and finish on BB Inverted element or "A" VP attaining or passing through vertical (must start and finish on BB) One leap or jump (60° split min) (in a series or isolated) 180° turn or more on one foot One dance series (min two elem. or "A" VP) Level 3-6 or "A" VP dismount 	<ol style="list-style-type: none"> Two acro elements and/or "A" VPs (non-flight, same or different, attaining or passing through vertical) must start and finish on BB (in a series or isolated) One leap or jump (90° split min) (in a series or isolated) 360° turn or more on one foot One dance series (min two elem. or VP) One "B" dance VP (in a series or isolated) Aerial or salto dismount 	<ol style="list-style-type: none"> Two acro VPs (with or without flight, same or different, attaining or passing through vertical) must start and finish on BB (in a series or isolated) One "B" flight acro VP (in a series or isolated) One leap or jump (120° split min.) (in a series or isolated) 360° turn or more on one foot One dance series (min two VPs) Aerial or Salto dismount ** "B" VP is required **
Clarifications		<p>*Must do 1 Acro SR and 1 Dance SR minimum</p> <p>* Leap or Jump within 20° of requirement = up to 0.20</p> <p>21° or more from requirement = no SR credit</p>	<p>*Must do 1 Acro SR and 1 Dance SR minimum</p> <p>* Leap or Jump within 20° of requirement = up to 0.20</p> <p>21° or more from requirement = no SR credit</p>	<p>*Must do 1 Acro SR and 1 Dance SR minimum</p> <p>* Leap or Jump within 20° of requirement = up to 0.20</p> <p>21° or more from requirement = no SR credit</p> <p>*If missing "B" VP deduct 0.30</p>
Notes	<p>*No athlete may compete in 2 USAG State Meets in the same season. For unlisted Value Parts refer to value of root skill or submit skill to RTC & RJOCC.</p> <p style="text-align: center;">Element = Any Compulsory Element with value VP = JO Code of Points Value Part</p>			

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Floor Ex	Bronze	Silver	Gold	Platinum
Bronze must do all 4 SR Silver, Gold, Platinum must do 4 of 6 SR .50 deduction for missing SR	<ol style="list-style-type: none"> 1. One acro element or "A" VP 2. A different forward acro element or "A" VP 3. Dance passage w/ a min. of two (2) different Group 1 elements and/or VPs directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 60° cross split position OR Split Leap or Jump (60° split) 4. 180° turn on one foot (minimum) 	<ol style="list-style-type: none"> 1. One acro series of at least two elements and/or "A" VPs (one must have flight) 2. 2nd acro series (flight or non-flight, min. two element and/or "A" VP) 3. One different forward acro element or "A" VP 4. Round-off, BHS, BHS 5. Dance passage with a minimum of two (2) different Group 1 elements and/or VPs, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 90° cross split position. 6. 360° turn on 1 foot 	<ol style="list-style-type: none"> 1. One acro series (min. 3 elements and/or "A" VPs all w/ flight) 2. One different forward acro element and/or "A" VP OR a 2nd acro series (min. two elements and/or "A" VP all w/ flight) 3. One "A" VP salto or aerial 4. 360° turn or more on one foot 5. Dance passage with a min. of two different Gr 1 elements and/or "A" VPs, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 120° cross or side split position. 6. One "B" dance VP 	<ol style="list-style-type: none"> 1. One Acro series with 2 or more VPs including "A" salto VP 2. One Acro series of 2 or more VPs containing a forward acro VP 3. One forward salto VP 4. Dance passage with a minimum of two (2) different Group 1 VPs, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 150° cross or side split position. 5. One "B" dance VP 6. 360° turn or more on one foot ** "B" VP is required **
Clarifications	* Leap or Jump within 20° of requirement = up to 0.20 21° or more from requirement = no SR credit	*1 acro series SR and 1 dance series SR minimum * Leap or Jump within 20° of requirement = up to 0.20 21° or more from requirement = no SR credit	*1 acro series SR and 1 dance series SR minimum * Leap or Jump within 20° of requirement = up to 0.20 21° or more from requirement = no SR credit	*1 acro series SR and 1 dance series SR minimum * Leap or Jump within 20° of requirement = up to 0.20 21° or more from requirement = no SR credit *If missing "B" element or VP deduct .30
	Bronze	Silver	Gold	Platinum
Time Limits, Warm-ups & Touches	Time limits for Beam/Floor: Max. 1:00 deduct 0.10 for going overtime Warm-up: 30 sec per gymnast, no 30 sec touch except for 16+ per squad or capital cup	Time limits for Beam/Floor: Max. 1:00 deduct 0.10 for going overtime Warm-up: 1:00 per gymnast, no 30 sec touch except for 16+ per squad or capital cup	Time limits for Beam/Floor: 1:10 deduct 0.10 for going overtime Warm-up: 1:00 per gymnast, no 30 sec touch except for 9+ per squad or capital cup	Time limits for Beam/Floor: 1:10 deduct 0.10 for going overtime Warm-up: 1:00 per gymnast, no 30 sec touch except for 9+ per squad or capital cup
General Rules & Information	<p>*If a "B" or Higher VP is performed, deduct 2.00 and no SR. Exceptions – Beam: Split jump = A Floor: Straddle Jump = A.</p> <p>*A single element/ Value Part can only be used to fulfill one Special Requirement.</p> <p>*There is no deduction for a coach standing on the floor exercise.</p> <p>*If no dismount is performed, deduct 0.30 (bars and beam).</p>	<p>*If a "B" or Higher VP is performed, deduct 2.00 and no SR. Exceptions – Beam: Split Jump = A Floor: Straddle Jump = A.</p> <p>*A single element/ Value Part can only be used to fulfill one Special Requirement.</p> <p>*Level 1 compulsory elements will not count as elements/value parts.</p> <p>*There is no deduction for a coach standing on the floor exercise.</p> <p>*If no dismount is performed, deduct 0.30 (must be a specified dismount)(bars and beam).</p>	<p>*If a "B" acro elem. or VP or any "C" or Higher is performed, deduct 2.00 and no SR. Exceptions – Bars – Clear Hip to 21° from vertical or lower="A" Beam - Split jump less than 135° = "A" VP Floor - Flyspring = "A" VP and Straddle Jump less than 135° = "A" VP</p> <p>*Level 1 compulsory elements will not count as elements/value parts.</p> <p>*A single element/ Value Part can only be used to fulfill one Special Requirement.</p> <p>*If no dismount is performed, deduct 0.30 (must be a specified dismount)(bars and beam).</p>	<p>*May use "A" & "B" VPs, if "C" or Higher VP is performed, deduct 2.00 and no SR. Exceptions are the same as Level 7 Bars: Handstand ½ pirouette, Clear hip circle to handstand w/ or w/out ½ turn, Back staldler to handstand, w/ or w/out ½ turn, Piked sole circle backward to handstand, w/ or w/out ½ turn .</p> <p>*A single element/ Value Part can only be used to fulfill one Special Requirement.</p> <p>*Deduct 0.5 for a coach standing on the Floor Exercise mat during routine.</p> <p>*If no dismount is performed, deduct 0.30 (must be a specified dismount) (bars and beam).</p>
	Bronze	Silver	Gold	Platinum
State Qualify Scores	To be determined by State Board	To be determined by State Board	To be determined by State Board	To be determined by State Board
General Deductions	General Deductions for all Prep Levels			
	<p>Each Level will be judged on the following: Start Value 10.00 SR=0.50 each Artistry: >.30 (BB & FX) Dynamics: >.20 (UB, BB, FX) Continuity of movement/Swingfulness: >.30 (UB) Rhythm: >.20 (UB, BB, FX) Follow execution, technique and amplitude deductions from JO Code of Points unless otherwise clarified. No composition deduction are allowed to be taken. Score Ranges will follow Optional Score Range</p>			

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Judging Clarification								
Leap & Jump Split Angle Chart		Receives no SR Credit	Receives Credit w/ Angle Deductions	No Angle Deductions				
	Bronze Beam:	N/A	No Angle Requirement	No Angle Requirement				
	Bronze Floor:	Less than 40°	40°	60°				
	Silver Beam:	Less than 40°	40°	60°				
	Silver Floor:	Less than 70°	70°	90°				
	Gold Beam:	Less than 70°	70°	90°				
	Gold Floor:	Less than 100°	100°	120°				
	Platinum Beam:	Less than 100°	100°	120°				
	To Receive B:		135°	180°				
	Platinum Floor:	Less than 130°	130°	150°				
To Receive B:		135°	180°					
Judging Clarification								
Casting Angle Chart		Receives no SR Credit	Receives Credit w/ >.20 Deductions	No Angle Deductions				
	Bronze Bars:	Hips fail to leave bar	N/A	Hips Leaves Bar				
	Silver Bars:	Hips fail to leave bar	N/A	Hips Leaves Bar				
	Gold Bars:	More than 20° below Horizontal	1°-20° below Horizontal	Horizontal				
	Platinum Bars:	More than 80° from vertical	61°- 80° From Vertical	60° below Vertical				
Judging Clarification								
Handstand Angle Chart		Receives no SR Credit	Receives Credit w/ Angle Deductions of up to 0.30	No Angle Deductions				
	Bronze Beam:	Below Horizontal	Horizontal	45° from Vertical				
	Silver Beam:	More than 20° From Vertical	20° from Vertical	Vertical				
	Gold Beam:	Not Vertical	Must Attain Vertical	Vertical				
	Platinum Beam:	Not Vertical	Must Attain Vertical	Vertical				
You may deduct up to 0.20 for not holding for 2 second at Gold & Platinum								
Silver Vault Deductions - Handspring Flatback								
Silver Vault Deductions Handspring Flatback	First Flight Phase:	Support Phase: Body position faults		Landing Phase:				
	Failure to maintain straight body position from board to mat stack	Pike	up to 0.50	Alternate repulsion	up to 0.20	Failure to maintain straight body position from support to back lying position		
		Arch	up to 0.30	Arms bent	up to 0.30			
		Shoulders/head out of alignment	up to 0.20	Legs bent	up to 0.30			
	Pike	up to 0.50	Too long in support	up to 0.50	Additional hand placement (taking steps on hands)	up to 0.30	Pike	up to 0.50
	Arch	up to 0.30	Angle of repulsion (point which gymnast leaves table)	up to 0.50	Support of one hand only	1.00	Arch	up to 0.30
	Legs Bent	up to 0.30	Height	up to 0.50	No hand support	VOID	Legs bent	up to 0.30
	Legs separated	up to 0.30					Legs separated	up to 0.30
	Poor foot form	up to 0.20					Poor foot form	up to 0.20
							Failure to finish in straight lying position	up to 0.50
						Distance	up to 0.30	
General:								
Deviation from straight line up to .30		Insufficient Dynamics up to .30		Aid of coach on first flight 2.0		Performing a headspring 2.0		
Sting mat may be placed on top of table. Stacked Mats level to Vault Table +/- 8".				Air-O-Boards are allowed. NO MINI TRAMPS				