

Massachusetts USA Gymnastics - PREP Optional Rules 2010-2011

An alternative optional competitive program for USAG registered athletes. Athletes That have competed in a level 7 sectional or above during the 2010-2011 season Are not eligible to compete in the Massachusetts PREP Optional program.

ROOKIE	REQUIREMENTS	SPECIFICS Warm up—30 seconds per gymnast
VAULT 10.0 SV	Level 3 vault with Level 3 compulsory vault deductions	
UNEVEN BARS 10.0 SV DO NOT DEDUCT ANY COMPOSITION	4 @ 1.0 each <ul style="list-style-type: none"> • Mount • Small cast • Value part • Dismount 	Execution 6.0 <ul style="list-style-type: none"> • Low bar routine only • No kips • No Saltos • 1.0 deduction for the performance of a restricted element
BALANCE BEAM 10.0 SV DO NOT DEDUCT ANY COMPOSITION	5 separate @ 1.0 each <ul style="list-style-type: none"> • 1/2 turn on one foot (minimum) • Dance Series • Minimum of 2 passes • Additional Leap / Jump / Hop • Acro skill (must start and finish on BB) 	Execution 5.0 <ul style="list-style-type: none"> • No salto dismounts • No walkovers or flight on the beam • 1.0 deduction for the performance of a restricted element • Time limit of 50 sec, there is no OT deduction applied
FLOOR EXERCISE 10.0 SV DO NOT DEDUCT ANY COMPOSITION	5 separate @ 1.0 each <ul style="list-style-type: none"> • 1/2 turn on one foot (minimum) • Dance series • Additional leap/jump/hop • Acro series with 2 or more elements • Acro series with backward element 	Execution 5.0 <ul style="list-style-type: none"> • No more than two flight elements with hand support throughout entire routine • No saltos • No B/C acro • No C dance • 1.0 deduction for the performance of a restricted element • Time not to exceed 1 minute (+ 2 sec) (.5 deduction for OT)

GUIDELINES FOR COACHES AND JUDGES

- PREP Optional is a level of participation (not qualification)
- All skills must be value parts listed in the JO Code of Points (2009-2013), supplement, or in the levels 1-6 compulsory routines.
- Extra swings = 2 tap swings are allowed, 0.30 deduction for 3 or more.
- Execution deductions should be modified
- Scoring should not fall below a 7.0 (excluding falls and missing requirements)
- 0.50 deduction for spotting

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NOVICE	REQUIREMENTS	SPECIFICS Warm up—1 minute per gymnast
VAULT 10.0 SV	Level 4 vault with Level 4 compulsory deductions including hand placement deductions if necessary	
UNEVEN BARS 10.0 SV	5 @ 1.0 each <ul style="list-style-type: none"> • Mount • Small cast • Circle element • Value part • Dismount 	Execution 4.5 Composition .5 <ul style="list-style-type: none"> • No B/C elements • No saltos
BALANCE BEAM 10.0 SV	5 separate @ 1.0 each <ul style="list-style-type: none"> • 1/2 turn on one foot (minimum) • Dance Series • Minimum of 2 passes • Additional Leap / Jump / Hop • Acro skill (must start and finish on BB) 	Execution 4.5 Composition .5 <ul style="list-style-type: none"> • Flight not allowed on BB (is allowed in the dismount) • 1.0 deduction for the performance of a restricted element • Time limit of 50 sec, there is no OT deduction applied
FLOOR EXERCISE 10.0 SV	5 separate @ 1.0 each <ul style="list-style-type: none"> • 1/1 turn on one foot (minimum) • Dance series • Additional leap/jump/hop • Acro series with 2 or more flight elements • Acro series with backward element 	Execution 4.5 Composition .5 <ul style="list-style-type: none"> • No more than one A salto in routine • No B/C acro • No C dance • 1.0 deduction for the performance of a restricted element • Time not to exceed 1 minute (+ 2 sec) (.5 deduction for OT)

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- Extra swings = 2 tap swings are allowed, 0.30 deduction for 3 or more
- Execution deductions should be modified
- Scoring should not fall below a 7.0 (excluding falls and missing requirements)
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INTERMEDIATE	REQUIREMENTS	SPECIFICS Warm up—1 minute per gymnast
VAULT	Level 7 Vaults in Group I	
UNEVEN BARS 9.8 SV	5 @ 1.0 each <ul style="list-style-type: none"> • Circle element • Additional circle element • Minimum of a small cast • Bar change • Dismount (long hang pullover is a back circle element)	Execution 4.3 Composition .5 Routines with 0.5 or less of execution errors will be receive 0.2 Bonus <ul style="list-style-type: none"> • Giants are not allowed • B/C dismounts are not allowed • Flight elements are not allowed (1.0 deduction if performed)
BALANCE BEAM 9.8 SV	5 separate @ 1.0 each <ul style="list-style-type: none"> • 1/1 turn on one foot (minimum) • Dance Series • Acro skill at or through vertical (must start and finish on BB) • Additional Leap / Jump / Hop • Aerial or salto dismount 	Execution 4.3 Composition .5 Bonus is valued at up to .2 .1 is reserved for routines with .5 or less in execution errors .1 is reserved for an event requirement performed to the ultimate <ul style="list-style-type: none"> • Handsprings/saltos not allowed on BB (are allowed in the dismount) • 1.0 deduction for the performance of a restricted element • Time limit of 1 minute 15 seconds, there is no OT deduction applied
FLOOR EXERCISE 9.8 SV	5 separate @ 1.0 each <ul style="list-style-type: none"> • 1/1 turn on one foot (minimum) • Dance series • Mixed series • Acro series with at least 1 forward acro element with or without flight • Acro series with 2 or more flight elements 	Execution 4.3 Composition .5 Bonus is valued at up to .2 .1 is reserved for routines with .5 or less in execution errors .1 is reserved for an event requirement performed to the ultimate <ul style="list-style-type: none"> • No B/C acro • Time not to exceed 1 minute 15 seconds (.5 deduction for OT) (+ 2 seconds) • 1.0 deduction for the performance of a restricted element

GUIDELINES FOR COACHES AND JUDGES

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- All skills must be value parts listed in the JO Code of Points (2009-2013), supplement, or in the levels 1-6 compulsory routines.
- Extra swings = 2 tap swings are allowed, 0.30 deduction for 3 or more
- Execution deductions should be modified
- Scoring should not fall below a 7.0 (excluding falls and missing requirements)
- 0.50 deduction for spotting

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ATHLETES COMPETING IN PREP ADVANCED CANNOT HAVE PREVIOUS COMPETITIVE EXPERIENCE IN LEVEL 8 OR ABOVE

ADVANCED	REQUIREMENTS	SPECIFICS Warm up—1 minute per gymnast
VAULT	Level 8 Group I vaults with the Level 8 SV	
UNEVEN BARS 9.8 SV	5 separate @ 1.0 each <ul style="list-style-type: none"> • Kip • Bar change • B element • Cast to horizontal or above • Salto dismount 	Execution 4.3 Composition .5 Routines with 0.5 or less of execution errors will receive 0.2 Bonus <ul style="list-style-type: none"> • No C/D/E elements (with the exception of Allowable C elements for JO Level 8) • Flight elements with a bar change are not allowed • 1.0 deduction for the performance of a restricted element
BALANCE BEAM 9.8 SV	5 separate @ 1.0 each <ul style="list-style-type: none"> • 1/1 turn on one foot (minimum) • Dance or Mixed Series • Acro series (2 non-flight or flight elements) or acro flight element (may not be part of dismount) • B element (dance or acro) • Aerial or salto dismount 	Execution 4.3 Composition .5 Bonus is valued at up to .2 .1 is reserved for routines with .5 or less in execution errors .1 is reserved for an event requirement performed to the ultimate <ul style="list-style-type: none"> • Restricted = C acro elements • 1.0 deduction for the performance of a restricted element
FLOOR EXERCISE 9.8 SV	5 separate @ 1.0 each <ul style="list-style-type: none"> • B turn • Dance or mixed series containing a minimum of 1 B dance element • Acro series with 2 or more flight elements • Acro series with two or more flight elements which includes a salto • Additional aerial or salto performed in a different direction if all other series performed are in one direction 	Execution 4.3 Composition .5 Bonus is valued at up to .2 .1 is reserved for routines with .5 or less in execution errors .1 is reserved for an event requirement performed to the ultimate <ul style="list-style-type: none"> • Restricted = C acro elements • 1.0 deduction for the performance of a restricted element

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- Extra swings = 2 tap swings are allowed, 0.30 deduction for 3 or more
- Execution deductions should be modified
- Scoring should not fall below a 7.0 (excluding falls and missing requirements)
- 0.50 deduction for spotting
- Spotting deduction (0.50)