



Massachusetts USA Gymnastics
PREP OP RULES 2010 - 2011
Superior Division

	VAULT	BARS	BALANCE BEAM	FLOOR EXERCISE
START VALUE		9.8	9.8	9.8
VALUE PARTS		4 A's, 3 B's, 1 C [1.8]	4 A's, 3 B's, 1 C [1.8]	4 A's, 3 B's, 1 C [1.8]
		8 elements are required – A deduction of 0.5 is taken for each missing element.	8 elements are required – A deduction of 0.5 is taken for each missing element.	8 elements are required – A deduction of 0.5 is taken for each missing element.
VAULTS ALLOWED	<i>Group I and III Vaults listed on the Level 9 Vault chart with a SV of 9.7 or below</i>			
SPECIAL REQUIREMENTS		5 @ 0.5 each 1. Kip 2. [2] Elements on each bar 3. Element that passes through vertical 4. 'B' Release or element w/ an LA Turn of 180 degrees or more 5. Salto Dismount	5 @ 0.5 each 1. 1/1 turn on one foot 2. Acro flight element on BB 3. acro series of '2' or more elements* 4. dance or mixed series* 5. Aerial / Salto Dismount	5 @ 0.5 each 1. [2] Acro series with [2] or more flight elements 2. Last acro series must contain a salto 3. Dance series* 4. Mixed Series * 5. Leap, jump or turn , minimum 'B'
EXECUTION		4.7	4.7	4.7
		2 'B' elements directly connected will = B + C [ie uprise + uprise = B + C]	* a series is defined as '2' directly connected elements	* a series is defined as '2' directly connected elements
COMPOSITION		0.8	0.8	0.8
BONUS		Ut - 0.2 0.1 Routine with 0.5 or less in execution errors 0.1 Event requirement is performed to the ultimate	Ut - 0.2 0.1 Routine with 0.5 or less in execution errors 0.1 Event requirement is performed to the ultimate	Ut - 0.2 0.1 Routine with 0.5 or less in execution errors 0.1 Event requirement is performed to the ultimate

