



Massachusetts USA Gymnastics
PREP OP RULES 2009 - 2010
Superior Division

	VAULT	BARS	BALANCE BEAM	FLOOR EXERCISE
START VALUE		10.0	10.0	10.0
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]
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		6 @ 0.5 each 1. Circling Element 2. Kip 3. [2] Elements on each bar 4. Minimum of [1] Bar Change 5. 'B' Release 6. Salto Dismount	6 @ 0.5 each The following requirements may be part of the mount or dismount 1. 360 degree turn on one foot 2. Leap / jump or hop 3. handspring / aerial or salto 4. acro series of '2' or more elements* 5. dismount minimum A The following requirement may NOT be part of the mount / dismount 6. gym or mixed series*	6 @ 0.5 each 1. and 2. Two acro series one of which must contain a salto* 3. Minimum of a 360 degree turn on one foot 4. Gymnastics series* 5. Mixed Series * 6. Leap, jump or hop , minimum 'B'
EXECUTION		4.0	4.0	4.0
		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		0.7	0.7	0.7
BONUS		0.5 Awarded for routines with less than 0.5 deductions in execution	0.5 Awarded for routines with less than 0.5 deductions in execution	0.5 Awarded for routines with less than 0.5 deductions in execution

8 Value parts are required – A deduction of 0.5 is taken for each missing VP.