



Massachusetts USA Gymnastics
PREP OP RULES 2007 - 2008
Superior Division

This division is open to any USA Gymnastics athlete member, regardless of age. This division includes competitors with previous competitive experience in level 8 or above, as well as collegiate athletes looking to remain competitive..

	VAULT	BARS	BALANCE BEAM	FLOOR EXERCISE
VALUE PARTS		4 A's, 3 B's, 1 C	4 A's, 3 B's, 1 C	4 A's, 3 B's, 1 C
START VALUE		10.0	10.0	10.0
VAULTS ALLOWED	Group I and III Vaults listed on the Level 9/10 Vault chart with a SV of 9.5 or below			
SPECIAL REQUIREMENTS		4 @ 0.5 each 1. Min. of 1 bar change 2. circling element 3. kip 4. Dismount, minimum A	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		5.0	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		1.2	1.2	1.2

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