

## Massachusetts USA Gymnastics - PREP Optional Rules 2008-2009

An alternative optional competitive program for USAG registered athletes. Athletes That have competed in a level 7 sectional or above during the 2008-2009 season Are not eligible to compete in the Massachusetts PREP Optional program.

ROOKIE	REQUIREMENTS	SPECIFICS
<b>VAULT</b> <b>9.0 SV</b>	Level 3 - 9.0 SV  No table vaulting	
<b>UNEVEN BARS</b> <b>9.0 SV</b>  <b>DO NOT DEDUCT ANY COMPOSITION</b>	4 @ 1.0 each <ul style="list-style-type: none"> <li>• Mount</li> <li>• Small cast</li> <li>• Value part</li> <li>• Dismount</li> </ul>	Execution 5.0  Low bar routine only Maximum 5 elements No kips
<b>BALANCE BEAM</b> <b>9.0 SV</b>  <b>DO NOT DEDUCT ANY COMPOSITION</b>	5 separate @ 1.0 each <ul style="list-style-type: none"> <li>• 1/2 turn on one foot (minimum)</li> <li>• Isolated leap/jump/hop</li> <li>• Minimum of 2 passes</li> <li>• Dance series</li> <li>• Acro skill (must start and finish on BB)</li> </ul>	Execution 4.0 No salto dismounts No walkovers or handsprings on the beam <ul style="list-style-type: none"> <li>• Restricted elements will receive 1.0 deduction if performed</li> <li>• <b>RECOMMENDED</b> time limit of 50 sec</li> </ul>
<b>FLOOR EXERCISE</b> <b>9.0 SV</b>  <b>DO NOT DEDUCT ANY COMPOSITION</b>	5 separate @ 1.0 each <ul style="list-style-type: none"> <li>• <b>1/2 turn on one foot (minimum)</b></li> <li>• Dance series</li> <li>• Additional leap/jump/hop</li> <li>• Acro series with 2 or more elements with or without flight</li> <li>• Acro series with backward element with or without flight</li> </ul>	Execution 4.0 Allowable = round off backhandspring No more than 2 connected flight elements No saltos <ul style="list-style-type: none"> <li>• No B/C acro</li> <li>• No C dance</li> <li>• Restricted elements will receive 1.0 deduction if performed</li> <li>• <b>Time not to exceed 1 minute (+ 2 sec) (.5 deduction for OT)</b></li> </ul>

### 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 (red book), 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
<b>VAULT</b>	Level 4 - 10.0 SV  No table vaulting	
<b>UNEVEN BARS</b>	4 @ 1.0 each <ul style="list-style-type: none"> <li>• Mount</li> <li>• Small cast</li> <li>• Value part</li> <li>• Dismount</li> </ul>	Execution 4.5  Composition 1.5
<b>BALANCE BEAM</b>	5 separate @ 1.0 each <ul style="list-style-type: none"> <li>• 1/2 turn on one foot (minimum)</li> <li>• Isolated leap/jump/hop</li> <li>• Minimum of 2 passes</li> <li>• Dance series</li> <li>• Acro skill (must start and finish on BB)</li> </ul>	Execution 3.5  Composition 1.5  <ul style="list-style-type: none"> <li>• Handsprings/saltos not allowed on BB (are allowed in the dismount)</li> <li>• Restricted elements will receive 1.0 deduction if performed</li> <li>• <b>RECOMMENDED</b> time limit of 50 sec</li> </ul>
<b>FLOOR EXERCISE</b>	5 separate @ 1.0 each <ul style="list-style-type: none"> <li>• <b>1/2 turn on one foot (minimum)</b></li> <li>• Dance series</li> <li>• Additional leap/jump/hop</li> <li>• Acro series with 2 or more elements with or without flight</li> <li>• Acro series with backward element with or without flight</li> </ul>	Execution 3.5  Composition 1.5  <ul style="list-style-type: none"> <li>• No B/C acro</li> <li>• No C dance</li> <li>• Restricted elements will receive 1.0 deduction if performed</li> <li>• <b>Time not to exceed 1 minute (+ 2 sec) (.5 deduction for OT)</b></li> </ul>

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- PREP Optional is a level of participation (not qualification)
- All skills must be value parts listed in the JO Code of Points (red book), 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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INTERMEDIATE	REQUIREMENTS	SPECIFICS
<b>VAULT</b>	Level 7 Vaults in Group I	
<b>UNEVEN BARS</b>	5 @ 1.0 each <ul style="list-style-type: none"> <li>• Forward circle element</li> <li>• Backward circle element</li> <li>• Minimum of a small cast</li> <li>• Bar change</li> <li>• Dismount</li> </ul> (long hang pullover is a back circle element)	Execution 3.5  Composition 1.5 <ul style="list-style-type: none"> <li>• Flight elements between the bars are not allowed (1.0 deduction if performed)</li> </ul>
<b>BALANCE BEAM</b>	5 separate @ 1.0 each <ul style="list-style-type: none"> <li>• 1/1 turn on one foot (minimum)</li> <li>• Isolated leap/jump/hop</li> <li>• Acro skill at or through vertical (must start and finish on BB)</li> <li>• Dance series</li> <li>• Mixed series</li> </ul>	Execution 3.5  Composition 1.5 <ul style="list-style-type: none"> <li>• Handsprings/saltos not allowed on BB (are allowed in the dismount)</li> <li>• Restricted elements will receive 1.0 deduction if performed</li> <li>• <b>RECOMMENDED</b> time limit of 1 minute</li> </ul>
<b>FLOOR EXERCISE</b>	5 separate @ 1.0 each <ul style="list-style-type: none"> <li>• 1/1 turn on one foot (minimum)</li> <li>• Dance series</li> <li>• Mixed series</li> <li>• <b>Acro series with at least 1 forward acro element with or without flight</b></li> <li>• Acro series with 2 or more flight elements</li> </ul>	Execution 3.5  Composition 1.5 <ul style="list-style-type: none"> <li>• No B/C acro</li> <li>• <b>Time not to exceed 1 minute 10 seconds (.5 deduction for OT) (+ 2 seconds)</b></li> <li>• Restricted elements will receive 1.0 deduction if performed</li> </ul>

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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

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

<b>ADVANCED</b>	<b>REQUIREMENTS</b>	<b>SPECIFICS</b>
<b>VAULT</b>	Level 8 Group I vaults with the Level 8 SV	
<b>UNEVEN BARS</b>	5 separate @ 1.0 each <ul style="list-style-type: none"> <li>• Kip</li> <li>• Bar change</li> <li>• B element</li> <li>• Element on the high bar</li> <li>• Salto dismount</li> </ul>	Execution 3.5 Composition 1.5 Restricted = C elements (1.0 deduction if performed)
<b>BALANCE BEAM</b>	5 separate @ 1.0 each <ul style="list-style-type: none"> <li>• 1/1 turn on one foot (minimum)</li> <li>• Isolated leap/jump/hop of B value</li> <li>• Acro skill that passes through vertical (must start and finish on BB)</li> <li>• Dance or mixed series</li> <li>• Additional B element (dance or acro)</li> </ul>	Execution 3.5 Composition 1.5 Restricted = C acro elements (1.0 deduction if performed)
<b>FLOOR EXERCISE</b>	5 separate @ 1.0 each <ul style="list-style-type: none"> <li>• B turn</li> <li>• Dance or mixed series</li> <li>• B dance element</li> <li>• Acro series with 2 or more flight elements</li> <li>• Acro series with two or more flight elements which includes a salto</li> </ul>	Execution 3.5 Composition 1.5 Restricted = C acro elements (1.0 deduction if performed)

**GUIDELINES FOR COACHES AND JUDGES**

- PREP Optional is a level of participation (not qualification)
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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