

Massachusetts USA Gymnastics - PREP Optional Rules 2009-2010

An alternative optional competitive program for USAG registered athletes. Athletes
That have competed in a level 7 sectional or above during the 2009-2010 season
Are not eligible to compete in the Massachusetts PREP Optional program.

ROOKIE	REQUIREMENTS	SPECIFICS Warm up—30 seconds per gymnast
VAULT 9.0 SV	Level 3 - 9.0 SV No table vaulting	
UNEVEN BARS 9.0 SV DO NOT DEDUCT ANY COMPOSITION	4 @ 1.0 each <ul style="list-style-type: none"> • Mount • Small cast • Value part • Dismount 	Execution 5.0 Low bar routine only Maximum 5 elements No kips No Saltos <ul style="list-style-type: none"> • 1.0 deduction for the performance of a restricted element
BALANCE BEAM 9.0 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 4.0 No salto dismounts No walkovers or handsprings on the beam <ul style="list-style-type: none"> • 1.0 deduction for the performance of a restricted element • RECOMMENDED time limit of 50 sec
FLOOR EXERCISE 9.0 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 with or without flight • Acro series with backward element with or without flight 	Execution 4.0 Allowable = round off backhandspring No more than 2 connected flight elements No saltos <ul style="list-style-type: none"> • 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	Level 4 - 10.0 SV No table vaulting	
UNEVEN BARS	4 @ 1.0 each <ul style="list-style-type: none"> • Mount • Small cast • Value part • Dismount 	Execution 4.5 Composition 1.0 Routines with less than 0.5 of execution errors will be receive 0.5 Bonus
BALANCE BEAM	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 3.5 Composition 1.0 Routines with less than 0.5 of execution errors will be receive 0.5 Bonus <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 • RECOMMENDED time limit of 50 sec
FLOOR EXERCISE	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 with or without flight • Acro series with backward element with or without flight 	Execution 3.5 Composition 1.0 Routines with less than 0.5 of execution errors will be receive 0.5 Bonus <ul style="list-style-type: none"> • 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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- 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	5 @ 1.0 each <ul style="list-style-type: none"> • Forward circle element • Backward circle element • Minimum of a small cast • Bar change • Dismount (long hang pullover is a back circle element)	Execution 3.5 Composition 1.0 Routines with less than 0.5 of execution errors will receive 0.5 Bonus <ul style="list-style-type: none"> • Flight elements between the bars are not allowed (1.0 deduction if performed)
BALANCE BEAM	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 • Mixed series 	Execution 3.5 Composition 1.0 Routines with less than 0.5 of execution errors will receive 0.5 Bonus <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 • RECOMMENDED time limit of 1 minute
FLOOR EXERCISE	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 3.5 Composition 1.0 Routines with less than 0.5 of execution errors will receive 0.5 Bonus <ul style="list-style-type: none"> • No B/C acro • Time not to exceed 1 minute 10 seconds (.5 deduction for OT) (+ 2 seconds) • 1.0 deduction for the performance of a restricted element

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- Execution deductions should be modified
- Scoring should not fall below a 7.0 (excluding falls and missing requirements)
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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	5 separate @ 1.0 each <ul style="list-style-type: none"> • Kip • Bar change • B element • Element that circles the High Bar [minimum [A value]] • Salto dismount 	Execution 3.5 Composition 1.0 Routines with less than 0.5 of execution errors will be receive 0.5 Bonus Restricted = C elements <ul style="list-style-type: none"> • 1.0 deduction for the performance of a restricted element
BALANCE BEAM	5 separate @ 1.0 each <ul style="list-style-type: none"> • 1/1 turn on one foot (minimum) • Dance or Mixed Series • Acro skill that passes through vertical (must start and finish on BB) • Additional leap/jump/hop of B value • Additional B element (dance or acro) 	Execution 3.5 Composition 1.0 Routines with less than 0.5 of execution errors will be receive 0.5 Bonus Restricted = C acro elements <ul style="list-style-type: none"> • 1.0 deduction for the performance of a restricted element
FLOOR EXERCISE	5 separate @ 1.0 each <ul style="list-style-type: none"> • B turn • Dance or mixed series • B dance element • Acro series with 2 or more flight elements • Acro series with two or more flight elements which includes a salto 	Execution 3.5 Composition 1.0 Routines with less than 0.5 of execution errors will be receive 0.5 Bonus Restricted = C acro elements <ul style="list-style-type: none"> • 1.0 deduction for the performance of a restricted element

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- Execution deductions should be modified
- Scoring should not fall below a 7.0 (excluding falls and missing requirements)
- 0.50 deduction for spotting