

USA GYMNASTICS MASSACHUSETTS

PREP OPTIONAL PROGRAM RULES AND GUIDELINES



Compiled by Kathy Ostberg

Massachusetts Prep Optional Committee

Michele Archer, State Administrative Committee Chairman

Dave Auger, State Administrative Committee Prep Optional Representative

Michelle Hopping

Eric Loizeaux

Cathy Jo Oteri

Jennifer Scannell

Zach Stein

Editors

Daren Renna and Ruth Morse

SECOND EDITION

SECTION I

A. GENERAL DESCRIPTION

1. The Prep Optional Program is an alternative competitive program, consistent with the guidelines established by USA Gymnastics.
2. The goal is to provide a safe, fun, and rewarding competitive gymnastics experience for gymnasts participating in recreational programs. It is expected that many of the participants in this program enjoy gymnastics participation on a seasonal basis as part of a variety of other interests and activities.
3. The Prep Optional Program offers five (5) divisions of participation for gymnasts of various levels. The Rookie, Novice, Intermediate, and Advanced divisions are progressive and offer gymnasts the opportunity to advance at an individual pace. The Superior Division is similar to the rules used by the Massachusetts High School Association. Scoring for the Superior Division is covered in Section VIII.
4. There is no opportunity for mobility into or within the Junior Olympic (J.O.) Program.
5. The Prep Optional Program is a program of participation not qualification. Gymnasts become eligible to compete in the State Championships by participating in two (2) sanctioned competitions that are on the USA Gymnastics-Massachusetts qualifying schedule. Use of out-of-state competitions is at the discretion of the State Administrative Committee.
6. The Prep Optional Program was designed to meet the needs of a diverse group of gymnasts. The philosophy of this program is to provide a competitive experience that does not require the same level of commitment as the traditional Junior Olympic Program. Factors to consider when organizing a Prep Optional Program are the length of workout sessions (practices), the convenience of competitions, and the cost of training and competitions.
7. The following are recommended training hours that are appropriate for Prep Optional participants.
Workout Schedule - two (2) to three (3) times per week for a total of:
 - ◆ 2 - 5 hours Rookie and Novice
 - ◆ 5 - 9 hours Intermediate and Advanced
 - ◆ 6 - 12 hours Advanced and Superior

B. GENERAL REQUIREMENTS

1. Gymnasts must have a USA Gymnastics Athlete Membership or Introductory Athlete Membership in order to participate in a USAG-sanctioned competition.
2. Gymnasts with any Level 8 or higher competitive experience must compete in the Superior Division.
3. Gymnasts who compete in a Level 7 Sectional during the competitive season (September to May) are not eligible to compete in the Prep Optional Program during that season.
4. Gymnasts who compete in Level 5 or 6 and wish to compete in Prep Optional after the L 5/6 season is over must compete at the Intermediate level or higher. They may not compete in any Prep Optional meets for state qualification until after the Level 5/6 State Championship. Gymnasts who competed in a Level 5 or 6 sectional or state meet during the same season that they competed in Prep Optional will be in a separate category at the State Cup and their scores will not count for team score.
5. A gymnast's competitive level is determined as of January 1 of the competitive year.
6. Sanctioned competitions may be organized at the club, local, and invitational level.
7. Coaches must have a minimum of an Introductory Coach Membership in order to coach on the floor of a USAG sanctioned Prep Optional competition.
8. Competitions may be judged by one (1) or two (2) officials per event.

C. AWARD RECOMMENDATIONS

1. Rookie and Novice

Achievement awards should be presented to each gymnast at the awards ceremony. If All-Around awards are given in addition to achievement ribbons, they **must** be presented to all participating gymnasts.

2. Intermediate, Advanced and Superior

It is recommended that individual placement awards be given in each of the events and the all around. The number of places per event should be based upon the number of entries in each division.

D. AGE DIVISIONS

Age divisions for each competition will be determined by the meet director. The minimum age of competitors must be consistent with that of USA Gymnastics.

DIVISION	COMPARATIVE J.O. SKILL LEVEL	MINIMUM AGE
Rookie	Level 1 - 3	Reached 4 th Birthday
Novice	Level 3 - 4	Reached 5 th Birthday
Intermediate	Level 5 - 6	Reached 6 th Birthday
Advanced	Level 6 - 7	Reached 7 th Birthday
Superior	Level 8 or higher	Reached 8 th Birthday

E. MEET ORGANIZATION

1. Prep Optional meets are limited to 60 competitors per session.
2. Prep Optional sessions should not be any longer than 2½ hours, including warm ups and awards.
3. Prep Optional competitions may not be scheduled to begin before 4:00 p.m. on public school days.
4. Prep Optional Rookie, Novice, Intermediate, or Advanced competitors may not be in sessions with USA Gymnastics Level 5-10 competitors. They *may* be in the same sessions as Level 1-4 competitors.
5. Prep Optional Superior competitors may be in the same sessions as J.O. competitors of any level.

F. ENTRY FEES

1. Maximum entry fees for local, theme, and state meets are determined by the State or Regional Administrative Committee.
 - ◆ Local \$36
 - ◆ Theme \$50
 - ◆ State \$45
2. Entry fees for invitational meets (meets held at an outside facility) are determined by the meet director.
3. It is strongly recommended that competitions with one-judge panels have lower entry fees.

G. WARM UPS

1. Pre-Meet Warm Up

A 15–30 minute general warm-up and open stretch time is required. The apparatus is NOT available for use during the general warm-up time.

2. Timed Warm Up

Rookie	30 seconds per gymnast
Novice and Intermediate	1 minute per gymnast
Advanced	1½ minutes per gymnast
Superior	2 minutes per gymnast

SECTION II

A. SCORING

The maximum value of the routine is 10.0. The evaluation of the exercises for uneven bars, balance beam and floor exercise is based on the following point breakdown.

	Rookie	Novice	Intermediate and Advanced
Event Requirements	5.0 (4.0 for bars)	5.0	5.0
Execution, Amplitude, Artistry, Rhythm, and Dynamics	5.0 (6.0 for bars)	4.5	4.3
Composition	0.0	0.5	0.5
Bonus	0.0	0.0	0.2

B. REQUIREMENTS

Each event has five (5) separate requirements. The requirements are worth **1.0** each and may not be combined. If a gymnast attempts a requirement but does not complete the element or series, the deduction is *up to* **0.5**. The **1.0** deduction would be applied only if the gymnast makes no attempt to perform a requirement.

C. DIFFICULTY

There are no difficulty requirements in Prep Optional beyond the Event Requirements unless specifically noted. Event Requirements must be fulfilled using value parts (elements) listed in the 2009-2013 J.O. Code of Points, J.O. supplement, or in the Level 1–6 compulsory routines.

D. SPOTTING REGULATIONS

If a coach spots (aids) a gymnast during an element, the judge will deduct **0.5**. There is no additional deduction for missing an event requirement.

D. EXECUTION, AMPLITUDE, ARTISTRY, RHYTHM and DYNAMICS

This category is used to evaluate the quality of the performance of the routine. Deductions are taken for form breaks, lack of amplitude, and falls. Execution deductions should be applied appropriately for the skill level of the gymnasts in the division. See General Faults and Penalties in the J.O. code.

1. Execution and Amplitude

Small error	0.05 - 0.10
Medium	0.15 - 0.20
Large	0.25 - 0.30
Falls	0.50

2. Artistry up to 0.2

This category is for the evaluation of originality and creativity in elements, combinations of elements, connections, and the quality of performance.

3. Rhythm up to 0.2

The rhythm and tempo should show variation throughout the routine.

4. Dynamics up to 0.1

The routine should maintain energy and look effortless.

E. COMPOSITION

Composition is used to evaluate the construction of the routine. The following categories should be considered when applying composition deductions.

1. Uneven Bars

Choice of Elements	up to 0.2
Use of Apparatus	up to 0.2
Distribution	up to 0.1

2. Balance Beam and Floor Exercise

Choice of acrobatic elements	up to 0.2
Variety of dance elements	up to 0.2
Distribution	up to 0.1

F. BONUS

The Rookie and Novice Divisions are not eligible to receive Bonus. A maximum of **0.2** in Bonus in two categories may be awarded in the Intermediate, Advanced, and Superior Divisions.

Routines that have a total of 0.5 or less in execution deductions	0.1
Routines in which a value part is performed to the ultimate	0.1

SECTION III

A. DIFFICULTY RESTRICTIONS

A deduction of 1.0 will be applied each time an unallowable element is performed.

1. ROOKIE

Uneven Bars

Contact with the high bar is not allowed; the entire routine must be performed on the low bar.
Kips are not allowed.
Saltos are not allowed.

Balance Beam

Walkovers and flight elements that are completed on the beam are not allowed; they may be used as dismounts.
Aerials and saltos are not allowed on the beam or as dismounts.

Floor Exercise

Only **two** (2) flight elements with hand support are permitted throughout the routine.
Aerials and saltos are not allowed.
B, C and higher acrobatic elements are not allowed.
C and higher dance elements are not allowed.

2. NOVICE

Uneven Bars

B and higher elements are not allowed.
Saltos are not allowed.

Balance Beam

Flight elements that are completed on the beam are not allowed; they may be used as dismounts.

Floor Exercise

Only **one** (1) A aerial or salto is allowed in the routine.
B, C and higher acrobatic elements are not allowed.
C and higher dance elements are not allowed.

3. INTERMEDIATE

Uneven Bars

Backward and forward giant circles are not allowed.

Flight elements are not allowed.

B, C and higher dismounts are not allowed.

Balance Beam

Handsprings, saltos and aerials that are completed on the beam are not allowed; they may be used as dismounts.

Floor Exercise

B, C and higher acrobatic elements are not allowed.

4. ADVANCED

Uneven Bars

Flight elements between the bars are not allowed.

C and higher elements are not allowed except for the listed elements that are allowed in J.O. Levels 7 and 8:

Cast handstand with $\frac{1}{2}$ turn

Clear hip circle to handstand

Clear hip circle to handstand with $\frac{1}{2}$ turn

Back Stalder to handstand

Back Stalder to handstand with $\frac{1}{2}$ turn

Piked sole circle backward to handstand

Piked sole circle backward to handstand with $\frac{1}{2}$ turn

Balance Beam

C and higher acrobatic elements are not allowed.

Floor Exercise

C and higher acrobatic elements are not allowed.

SECTION IV

A. VAULT

The Rookie and Novice divisions must vault on a mat stack that is a minimum of 32 inches high. Any combination of competition landing mats, skill cushions, and portable pits may be used.

The vaulting table is required for Intermediate, Advanced, and Superior divisions. The vault table may be used at any height between a minimum of 100 cm (+/- 1 cm) and a maximum of 135 cm (+ / - 1 cm).

The gymnast is allowed two (2) vaults.

The better score is counted.

Touching the board or table is considered the same as performing a vault; therefore it is a vault and it receives a score of 0.0.

The gymnast is allowed three (3) attempts (running approaches) to successfully complete one or both vaults.

1. DIFFICULTY AND RESTRICTIONS

The difficulty value of vaults is listed for each division.

Only listed vaults are allowed. If either of the two (2) vaults performed is not from the list of allowable vaults, the event will be scored 0.0.

ROOKIE	NOVICE	INTERMEDIATE	ADVANCED
10.0 SV	10.0 SV	10.0 SV	Level 8 Vault Chart and SVs
Level 3 Vault or Level 4 Vault Compulsory Deductions	Handspring Flatback over vault table to back lying position on stacked mats level ($\pm 8''$) with table	Level 7 Group I Vaults Optional Vault Deductions <i>Angle of Repulsion up to 0.5</i>	Level 8 Group I Vaults Optional Vault Deductions

Handspring Flatback deductions

First Flight Phase:	Support Phase/ Second Flight Phase	Landing Phase:
Failure to maintain straight body position from board to mat stack	Body position faults	Failure to maintain straight body position from support to back lying position
Pike up to 0.50	Pike up to 0.50	Pike up to 0.50
Arch up to 0.30	Arch up to 0.30	Arch up to 0.30
Legs bent up to 0.30	Shoulder Angle up to 0.30	Legs bent up to 0.30
Legs separated up to 0.20	Too long in support up to 0.50	Legs separated up to 0.20
Poor foot form up to 0.10	Angle of repulsion up to 0.50	Poor foot form up to 0.10
Incorrect head alignment up to 0.1	(<i>point at which gymnast leaves table</i>)	Failure to finish in straight lying position up to 0.10
	Height up to 0.50	Distance up to 0.30
	Alternate repulsion up to 0.20	
	Arms bent up to 0.50	
	Legs bent up to 0.30	
	Additional hand placements up to 0.30	
	(<i>taking steps on hands</i>)	
	Head Contacting Table 2.00	
	Support of one hand only 1.00	
	No hand support VOID	
General		
Air-O-Boards are allowed.		
Mini tramps are NOT allowed.		
Sting mat may be placed on table.	Direction up to 0.30	Aid of coach on first flight 2.00
Stacked mats level with vault table to within +/- 8".	Insufficient dynamics up to 0.30	Performing a handspring 2.00

ALLOWABLE VAULTS

INTERMEDIATE		ADVANCED	
		Vaults from Group 3,4,5 will receive a 0.0 score	
Handspring	10.0	Handspring	9.0
Handspring – ½	10.0	Handspring – ½	9.1
Yamashita	10.0	Yamashita	9.0
Yamashita – ½	10.0	Yamashita – ½	9.1
¼-½ on – ¾-½ off	10.0	¼-½ on – ¾-½ off	9.2
¼-½ on – repulsion off	10.0	¼-½ on – repulsion off	7.0
Handspring – 1/1	10.0	Handspring – 1/1	9.5
Yamashita – 1/1	10.0	Handspring – 1½	9.7
¼-½ on – 1¼-1/1 off	10.0	Yamashita – 1/1	9.5
1/1 twist on – handspring or yamashita off	10.0	¼-½ on – 1¼-1/1 off	9.4
1/1 twist on – ½ twist off	10.0	¼-½ on – 1¾-1½ off	9.6
		1/1 on – handspring or Yamashita off	9.5
		1/1 on – ½ off	9.7
		Handspring – 2/1 off	10.0
		¼-½ on – 2¼-2/1 off	10.0

SECTION V

A. UNEVEN BARS

1. EVALUATION OF THE ROUTINE

The maximum value of the routine is 10.0. The evaluation of the exercise is based on the following point breakdown.

	Rookie	Novice	Intermediate and Advanced
Event Requirements	4.0	5.0	5.0
Execution, Amplitude, Artistry, Rhythm, and Dynamics	6.0	4.5	4.3
Composition	0.0	0.5	0.5
Bonus	0.0	0.0	0.2

2. EVENT REQUIREMENTS

The Rookie division has four (4) and the Novice, Intermediate, and Advanced divisions have five (5) **separate** event requirements. The requirements are worth **1.0** each and may not be combined. If a gymnast attempts a requirement but does not complete the element, the deduction is *up to 0.5*. The **1.0** deduction is applied only if the gymnast makes no attempt to perform a requirement.

Elements must be listed in the J.O. Code of Points (2009 -2013), the J.O. supplement, or the Levels 1-6 compulsory routines. Elements that may not be performed are listed in Section III.

ROOKIE

- Mount
- Small cast
- Value part/element
- Dismount

NOVICE

- Mount
- Small cast
- Circle element
- Value part/element
- Dismount

INTERMEDIATE

- Circle element
- Additional circle element, same or different
- One (1) cast to a minimum of horizontal
- At least one (1) bar change
- Dismount

ADVANCED

Kip

At least one (1) bar change

B Element

One (1) cast to a minimum of 45 degrees above horizontal

Salto dismount

3. CLARIFICATIONS

Extra swings

The deduction for an extra swing is **0.3**. The deduction is applied only when the connection could be executed without the swing. An element that is circling backwards, such as a back pullover or back hip circle, requires that the legs change direction in order to initiate the cast. The connection of such elements is not an extra swing.

The sequence *back pullover to front support, cast, back hip circle, cast, sole circle dismount* does not have any extra swings.

The sequence *back pullover to front support, cast, front support, cast, back hip circle, cast, underswing dismount* has **one** extra swing.

The sequence *front hip circle, cast, front support, cast* is part of the Levels 4 and 5 compulsory routines. No extra swing deduction is taken for this sequence.

The sequence *glide kip, cast, back hip circle* does not have any extra swings.

The sequence *glide kip, cast, front support, cast, handstand* **does** have an extra swing.

Two (2) tap swings are allowed; the extra swing deduction **0.3** will be applied for each additional tap swing.

Clear hip circles

All clear hip circles to clear support (element 3.204) are evaluated as **B** elements. There is no amplitude requirement to receive **B** credit in Prep Optional. A deduction for insufficient amplitude may be taken.

Cast to Horizontal or 45°

In the Intermediate and Advanced divisions, a cast that does not reach horizontal or 45° receives Event Requirement credit, and a deduction of *up to* **0.5** may be taken for the element being incomplete.

SECTION VI

A. BALANCE BEAM

1. EVALUATION OF THE ROUTINE

The maximum value of the routine is 10.0. The evaluation of the exercise is based on the following point breakdown.

	Rookie	Novice	Intermediate and Advanced
Event Requirements	5.0	5.0	5.0
Execution, Amplitude, Artistry, Rhythm, and Dynamics	5.0	4.5	4.3
Composition	0.0	0.5	0.5
Bonus	0.0	0.0	0.2

2. EVENT REQUIREMENTS

Each division has five (5) **separate** requirements. The requirements are worth **1.0** each and may not be combined. If a gymnast attempts a requirement but does not complete the element, the deduction is *up to 0.5*. The **1.0** deduction is applied only if the gymnast makes no attempt to perform a requirement.

Elements must be listed in the J.O. Code of Points (2009 -2013), the J.O. supplement, or the Levels 1-6 compulsory routines. Elements that may not be performed are listed in Section III.

ROOKIE

- Minimum of 180° turn on one foot
- Dance series
- Leap or jump that is not part of the required dance series
- Acrobatic element that starts and finishes on the beam
- Dismount

NOVICE

- Minimum of 180° turn on one foot
- Dance series
- Leap or jump that is not part of the required dance series
- Acrobatic element that starts and finishes on the beam
- Dismount that passes through vertical

INTERMEDIATE

- Minimum of 360° turn on one foot
- Dance series
- Acrobatic element at or through vertical that starts and finishes on the beam
- Leap or jump that is not part of the required dance series
- Aerial or salto dismount

ADVANCED

Minimum of 360° turn on one foot

Dance or mixed series

Acrobatic flight element or an acrobatic series with or without flight

B dance or acrobatic element

Aerial or salto dismount

3. TIME

The recommended time limit on Balance Beam is specific to each division. There is **NO** deduction for a routine being overtime. Routines are not timed in competition.

Rookie and Novice	Intermediate	Advanced
50 seconds	1 minute 15 seconds	1 minute 30 seconds

4. CLARIFICATIONS

A **series** is defined as two (2) directly connected elements. If a gymnast attempts a series, but has a stop or balance error between the elements, a rhythm deduction of *up to 0.5* may be taken.

SECTION VII

A. FLOOR EXERCISE

1. EVALUATION OF THE ROUTINE

The maximum value of the routine is 10.0. The evaluation of the exercise is based on the following point breakdown.

	Rookie	Novice	Intermediate and Advanced
Event Requirements	5.0	5.0	5.0
Execution, Amplitude, Artistry, Rhythm, and Dynamics	5.0	4.5	4.3
Composition	0.0	0.5	0.5
Bonus	0.0	0.0	0.2

2. EVENT REQUIREMENTS

Each division has five (5) **separate** requirements. The requirements are worth **1.0** each and may not be combined. If a gymnast attempts a requirement but does not complete the element, the deduction is *up to 0.5*. The **1.0** deduction is applied only if the gymnast makes no attempt to perform a requirement.

Elements must be listed in the J.O. Code of Points (2009 -2013), the J.O. supplement, or the Levels 1-6 compulsory routines. Elements that may not be performed are listed in Section III.

ROOKIE

- Minimum of 180° turn on one foot
- Dance series
- Leap or jump
- Acrobatic series with two (2) or more elements
- Acrobatic series with a backward element

NOVICE

- Minimum of 360° turn on one foot
- Dance series
- Leap or jump
- Acrobatic series with two (2) or more flight elements
- Acrobatic series with two (2) or more elements

INTERMEDIATE

- Minimum of 360° turn on one foot
- Dance series
- Mixed series
- Acrobatic series with at least one (1) forward acrobatic element, with or without flight
- Acrobatic series with two (2) or more flight elements

ADVANCED

B turn

Dance or mixed series with at least a **B** dance element

Acrobatic flight series with two (2) or more flight elements

Acrobatic flight series with two (2) or more flight elements, one of which is a salto

Aerial or salto, which may be isolated or in a series. If all *saltos* in both of the required acrobatic flight series are in the same direction, this aerial or salto must be in a different direction.

3. TIMING

Floor Exercise routines are timed and there is a **0.1** deduction for routines that exceed the time limit. It is recommended that routines be several seconds shorter than the time limit to avoid the penalty.

Music should be cut to the correct length. Intervention of a coach or teammate to stop the music is not allowed. A routine that does not end with the music is subject to a rhythm deduction.

Rookie and Novice	Intermediate	Advanced
1 minute	1 minute 15 seconds	1 minute 30 seconds

4. CLARIFICATIONS

A **series** is defined as two (2) directly connected elements. If a gymnast attempts a series, but has a stop between the elements, a rhythm deduction of *up to 0.5* may be taken.

A round off followed by a controlled rebound connected to a non-flight element fulfills the acrobatic series requirement. The controlled rebound does not break the series.

SECTION VIII SUPERIOR DIVISION

A. GENERAL

1. Prep Optional Superior competitors must have reached their 8th birthday.
2. Prep Optional Superior competitors may be in the same sessions as J.O. competitors of any level.

B. WARM UPS

1. Pre-Meet Warm Up

A 15-30 minute general warm-up and open stretch time is required. The apparatus is NOT available for use during the general warm-up time.

2. Timed Warm Up

The timed warm up is 2 minutes per gymnast.

C. SCORING

The evaluation of the exercises for uneven bars, balance beam, and floor exercise is based on the following point breakdown.

Value Parts	1.8
Event Requirements	2.5
Execution & Amplitude	4.7
Composition	0.8
Bonus	0.2

1. Value Parts

Routines are composed of elements with different difficulty values. Element values are listed in the Jr. Olympic Code of Points and the J.O. supplement.

Value Part requirements for the Superior Division.

four (4)	A @ 0.1 = 0.4
three (3)	B @ 0.3 = 0.9
one (1)	C @ 0.5 = <u>0.5</u>
	Total 1.8

2. DIFFICULTY RESTRICTIONS

E elements are not allowed.

3. Event Requirements

Each event has five (5) event requirements worth **0.5** each.

A single element MAY fulfill more than one Event Requirement, unless otherwise specified.

Eight (8) elements are required; a deduction of **0.5** is taken for each missing element.

4. Execution and Amplitude

This category is used to evaluate the quality of performance of the routine. Deductions are taken for form breaks, lack of amplitude, and falls. Execution deductions should be applied appropriately for the skill level of the gymnasts in the division. See General Faults and Penalties in the J.O. code.

Small error	0.05 - 0.10
Medium	0.15 - 0.20
Large	0.25 - 0.30
Falls	0.50

Artistry **up to 0.2**

This category is for the evaluation of originality and creativity in elements, combinations of elements, connections and the quality of performance.

Rhythm **up to 0.2**

There should be a variation of rhythm and tempo throughout the routine.

Dynamics **up to 0.1**

The routine should maintain energy and look effortless.

5. Composition

Composition is used to evaluate the construction of the routine. Refer to specific events for compositional categories and deductions.

6. Bonus

A maximum of **0.2** in Bonus in two categories may be awarded in the Superior Division.

Routines that have a total of 0.5 or less in execution deductions	0.1
Routines in which a value part is performed to the ultimate	0.1

B. VAULT

Only specific vaults from Groups I and III are permitted. The vaults listed on the Level 9 Vault chart must have a start value of **9.7** or below.

Only vaults listed are allowed. If either of the two (2) vaults performed is not from the list of allowable vaults, the event will be scored **0.0**.

ALLOWABLE VAULTS

GROUP I			GROUP III	
$\frac{1}{4}$ - $\frac{1}{2}$ on – repulsion off	7.0		Tsukahara tucked	9.6
Handspring	8.6		Tsukahara piked	9.7
Yamashita	8.6			
Handspring – $\frac{1}{2}$	8.7			
Yamashita – $\frac{1}{2}$	8.7			
$\frac{1}{4}$ - $\frac{1}{2}$ on – $\frac{3}{4}$ - $\frac{1}{2}$ off	8.7			
$\frac{1}{4}$ - $\frac{1}{2}$ on – $1\frac{1}{4}$ - $1/1$ off	8.9			
Handspring – $1/1$	9.0			
Yamashita – $1/1$	9.0			
$1/1$ on – handspring or Yamashita	9.0			
$\frac{1}{4}$ - $\frac{1}{2}$ on – $1\frac{3}{4}$ - $1\frac{1}{2}$ off	9.3			
$1/1$ on – $\frac{1}{2}$ off	9.3			
Handspring – $1\frac{1}{2}$ off	9.4			
$1/1$ on – $1/1$ off	9.7			

C. UNEVEN BARS

1. Value Parts

four (4)	A	@	0.1	=	0.4
three (3)	B	@	0.3	=	0.9
one (1)	C	@	0.5	=	0.5
			Total		1.8

Two (2) **B** elements (same or different) that are directly connected will have a value of one **B** and one **C**. For example, back giant circle plus back giant circle has the value **B + C**.

2. Event Requirements

Uneven Bars has five (5) event requirements worth **0.5** each.

A single element MAY fulfill more than one Event Requirement, unless otherwise specified.

Eight (8) elements are required; a deduction of **0.5** is taken for each missing element.

Kip

Two (2) elements on each bar

B Release element or an element with a pirouette of at least 180°

An element that passes through vertical

Salto dismount

3. Composition

Lack of Variety	up to 0.2
Choice of elements	up to 0.2
Rhythm	up to 0.2
Use of apparatus	up to 0.1
Distribution	up to 0.1

4. Execution

Execution deductions should be applied appropriately for the skill level of the gymnasts in the division. See General Faults and Penalties in the J.O. code.

5. Bonus

Bonus may be awarded for:

Routines that have 0.5 or less in execution errors	0.1
Routines in which an event requirement is performed to the ultimate	0.1

6. Fall Time

The gymnast is allowed 45 seconds to remount after a fall. She must be notified when ten seconds remain in the fall. The coach may lift the gymnast into position on the bars. If the gymnast is not on the apparatus after 45 seconds, the routine is terminated.

D. BALANCE BEAM

1. Value Parts

four (4)	A	@	0.1	=	0.4
three (3)	B	@	0.3	=	0.9
one (1)	C	@	0.5	=	<u>0.5</u>
	Total				1.8

2. Event Requirements

Balance Beam has five (5) event requirements worth **0.5** each.

A single element MAY fulfill more than one Event Requirement, unless otherwise specified.

Eight (8) elements are required; a deduction of **0.5** is taken for each missing element.

360° turn on one foot

Acrobatic flight element that starts and finishes on the beam

Acrobatic series that may include the dismount

Dance or mixed series

Aerial or salto dismount

3. Composition

Choice of Elements	up to 0.2
Variety in Dance Elements	up to 0.2
Rhythm	up to 0.2
Use of apparatus	up to 0.1
Distribution	up to 0.1

4. Execution

Execution deductions should be applied appropriately for the skill level of the gymnasts in the division. See General Faults and Penalties in the J.O. code.

5. Bonus

Bonus may be awarded for:

Routines that have 0.5 or less in execution errors	0.1
Routines in which an event requirement is performed to the ultimate	0.1

6. Time

The maximum time is 1 minute 30 seconds.

A warning signal is given at 1 minute 20 seconds.

A second signal is given at 1 minute 30 seconds.

The penalty for exceeding the time limit is **0.1**

7. Fall Time

The gymnast is allowed 30 seconds to remount after a fall. She must be notified when ten seconds remain in the fall. If the gymnast is not on the apparatus after 30 seconds, the routine is terminated. Timing of the routine resumes when the gymnast resumes execution of the routine.

E. FLOOR EXERCISE

1. Value Parts

four (4)	A	@	0.1	=	0.4
three (3)	B	@	0.3	=	0.9
one (1)	C	@	0.5	=	<u>0.5</u>
	Total				1.8

2. Event Requirements

Floor Exercise has five (5) event requirements worth **0.5** each.

A single element **MAY** fulfill more than one Event Requirement, unless otherwise specified.

Eight (8) elements are required; a deduction of **0.5** is taken for each missing element.

Two (2) Acrobatic series with two (2) or more flight elements

The last acrobatic series must contain a salto

Leap, jump or turn with at least **B** value

Dance series

Mixed series

3. Composition

Choice of elements up to **0.2**

Variety in dance elements up to **0.2**

Rhythm up to **0.2**

Spacing and direction up to **0.1**

Distribution up to **0.1**

4. Execution

Execution deductions should be applied appropriately for the skill level of the gymnasts in the division. See General Faults and Penalties in the J.O. code.

5. Bonus

Bonus may be awarded for:

Routines that have **0.5** or less in execution errors **0.1**

Routines in which an event requirement is performed to the ultimate **0.1**

6. Time

The maximum time is 1 minute 30 seconds, and there is a deduction of **0.1** for routines that exceed the time limit. It is recommended that routines be several seconds shorted than the time limit to avoid the penalty.

Music should be cut to the correct length. Intervention of coach or teammate to stop the music is not allowed. A routine that does not end with the music is subject to a rhythm deduction.

