

Connecticut USA Gymnastics - PREP Optional Rules 2011-2012

An alternative optional competitive program for USAG registered athletes. Athletes eligible to compete in the CT PREP Opt program must have reached their 6th birthday and may have previously competed any level up to USAG JO Level 7. Gymnasts are not eligible to compete if they have participated in any sanctioned USAG JO compulsory or optional competitions during the same season in which they intend to compete PREP OPT.

	NOVICE	INTERMEDIATE	ADVANCED
VAULT	<p>Level 4 Vault - 10.0 Start Value</p> <p>No Vault Table & Judged to include all level 4 compulsory deductions</p>	<p>Level 7 Vaults in Group I</p> <p>All vaults are 10.0 Start Value. All other vaults are not permitted & if performed, VOID the event.</p>	<p>Level 8 Vaults in Group I*</p> <p>*0.50 added to SV of Lvl 8 Gr. 1 Chart w/ max of 10.0 SV for PO Adv only</p>
BARS	<p>5 Special Req. @ .5 Each</p> <ol style="list-style-type: none"> Mount Small Cast (Can be Iso or connected to additional element) Circle Element 2nd Value Part Dismount <p>* No High Bar Allowed (Void routine)</p> <p>* No B/C elements (1.0 ded if performed)</p>	<p>5 Special Req. @ .5 Each</p> <ol style="list-style-type: none"> Forward Circle Element Backward Circle Element Min of Small Cast (Can be Iso or connected to additional element) Bar Change Dismount <p>* No B/C elements (1.0 ded if performed) Exception - Clear hips are allowed</p> <p>* Long hang pullover is a back circle element</p>	<p>5 Special Req. @ .5 Each</p> <ol style="list-style-type: none"> Kip Bar Change "B" Element (Separate from Dismount) El. That circles HB Salto Dismount <p>* No "C" elements w/ exception of allowable "C" from Level 7 (1.0 ded if performed)</p> <p>* All clear hip circles are evaluated as "B" element</p>
BEAM	<p>5 Special Req. @ .5 Each</p> <ol style="list-style-type: none"> 1/2 Turn on one foot (Minimum) Isolated Leap/Jump/Hop Minimum of 2 Passes Dance Series (Min. 2 elements) Acro skill (Must start & finish on BB) <p>* No Flight elements allowed on BB (1.0 ded if performed)</p> <p>* No Salto or Aerial elements allowed in the dismount (1.0 ded if performed)</p> <p>* FWD HSP El. ARE allowed for Dismount</p> <p>* "B" Dance Allowed</p> <p>* Time Limit of 55 Sec. (.1 ded for OT) Warning at 45 Sec.</p>	<p>5 Special Req. @ .5 Each</p> <ol style="list-style-type: none"> 1/1 Turn on one foot (Minimum) Isolated Leap/Jump/Hop Acro skill at or through vertical (Must start & finish on BB) Dance Series (Min. 2 elements) Mixed Series (Min. 2 elements) <p>* No "B/C" Flight elements allowed on BB (Saltos ARE allowed in the dismount) (1.0 ded if performed)</p> <p>* No "C" elements (1.0 ded if performed)</p> <p>* "B" Dance Allowed</p> <p>* Time Limit of 1 Min. (.1 ded for OT) Warning at 50 Sec.</p>	<p>5 Special Req. @ .5 Each</p> <ol style="list-style-type: none"> 1/1 Turn on one foot (Minimum) Dance or Mixed Series (Min. 2 elements) Additional Leap/Jump/Hop (Iso or in Series) Acro skill through Vertical (Must start & finish on BB - Iso or in Series) "B" Element (Dance or Acro) <p>* No "C" Acro elements including Dismounts (1.0 ded if performed)</p> <p>* "B/C" Dance Allowed</p> <p>* Time Limit of 1:20 (.1 ded for OT) Warning at 1:10</p>
FLOOR	<p>5 Special Req. @ .5 Each</p> <ol style="list-style-type: none"> 1/2 Turn on one foot (Minimum) Dance Passage or Series (Min. 2 VP Elements) Additional Leap/Jump/Hop (Iso or in 2nd Series) Acro Series w/ 2 or more elements with or without flight Acro series w/2 or more el w/wo ft must include Bkwd El. w/wo ft <p>* No B/C Acro elements (1.0 ded if performed)</p> <p>* No "C" Dance Allowed (1.0 ded if performed)</p> <p>* "B" Dance Allowed</p> <p>* No Salto or Aerial elements (1.0 ded if performed)</p> <p>* Time Limit of 1 Min. (.1 ded for OT)</p>	<p>5 Special Req. @ .5 Each</p> <ol style="list-style-type: none"> 1/1 Turn on one foot (Minimum) Dance Passage or Series (Min. 2 VP Elements) Mixed Series (Min. 2 elements) Acro series w/2 or more el w/wo ft must include Fwd El. w/wo ft Acro Series w/ 2 or more flight el must include Bkwd El. w/ ft <p>* No B/C Acro elements (1.0 ded if performed)</p> <p>* No "C" Dance Allowed (1.0 ded if performed)</p> <p>* "B" Dance Allowed</p> <p>* Time Limit of 1:10 (.1 ded if OT)</p>	<p>5 Special Req. @ .5 Each</p> <ol style="list-style-type: none"> Minimum "B" Turn Dance Passage/Series or Mixed Series (Min. 2 VP Elements) Additional "B" Dance Element Acro series w/2 or more flight el must include min 1 Fwd El. Acro Series w/ 2 or more flight elements which includes a salto <p>* No "C" Acro elements (1.0 ded if performed)</p> <p>* "C" Dance Allowed</p> <p>* Time Limit of 1:30 (.1 ded for OT)</p>

**CT PREP OPT Competition Warm-Up Time is 1 minute per gymnast for All Levels
TWO warm-up vaults for PO Nov & Int. THREE warm-up vaults for PO Adv.**

