

Connecticut USA Gymnastics - PREP Optional Rules 2011-2012

Guidelines for Coaches and Judges

The PREP Optional Program is designed to offer a broad-based, affordable competitive experience outside the traditional Jr. Olympic Program to attract and retain a diverse group of athletes. The program gives an opportunity for:

1. Those athletes who have competed in the USA Gymnastics JO Program and have qualified up to Level 7 but need a more basic introduction to optional competition.
2. Those athletes who have competed in the USA Gymnastics JO Program at the Compulsory levels and would like to experience a basic optional program.
3. Athletes not previously involved with USA Gymnastics to enter a competitive program.

- All Gymnasts and Coaches must be USAG Members and follow all competition and Code of Conduct guidelines as stated in the National Rules and Policies.
- PREP OPTIONAL is a level of Participation (Not Qualification) Gymnasts must compete in a minimum of TWO USAG sanctioned event during a season to qualify for Championship Competition. Gymnasts do not need to participate in all 4 events to qualify for Championship Competition.
- Gymnasts may compete in a JO Level during the CT Fall Season (Oct-Dec) and then PREP Optional during CT Winter/Spring Season (Jan-June) as they are considered different seasons in Connecticut.
- Gymnasts may move between Prep Opt levels at any time during the year. Gymnasts must commit to a specific level (Nov., Int. & Adv.) 4 weeks prior to the championship competition. Changes cannot be made after this time.
- Gymnasts who have previously competed as a JO Level 7, can enter into the CT State PO program but must compete in the PREP Optional Advanced Level.
- Gymnasts who previously competed as a level 8 and did not qualify/compete in any state or regional competitions, may petition the State Board for entry into PREP Optional Advanced.
- Gymnasts may not compete in both JO and PREP Opt. levels in the same season.
- Meet fees will be \$ 25.00 for Local Qualifier (\$20.00 for 1 Judge) & \$ 45.00 for Connecticut State PREP Optional Championships
- All skills must be Value parts as listed in the JO Code of Points (2009-2013), JO supplement or in the Level 1-6 compulsory routines.
- Optional Level Connections and elements should be evaluated as listed in the JO Code of Points (2009-2013), when determining whether or not to give the connections or elements on Bars, Beam and Floor.
- Allowable "C" Bar elements for PO Advanced are: Cast Handstand ½ turn, Clear hip circle/Back staldler/Pike sole circle backward to handstand, also with ½ turn.

Refer to General Faults and Penalties in JO Compulsory program book regarding execution deductions for elements used and performed throughout JO Level 1-6.

(Exceptions for CT PREP OPT noted below)

- **No overlapping of Special requirements. Must complete all 5 SR individually on each event.**
- Scoring should not fall below a 7.0 (Excluding falls and missing requirements)
- Extra Swings -
2 Tap Swings are allowed, 0.30 deduction for 3 or more (Max of 0.6)
Cast may be used 1 time as element as in JO Level 5 bar routine, 0.30 for 2 or more (Max of 0.6) if not used in direct combination to skill. (Ex: back hip circle, free hip circle, dismount, etc.)
- Cast Req. in Novice & Intermediate levels can be Isolated or connected to additional element and receive **Value part or fulfill SR.**
- Spotting deduction during the element/Coach facilitates the element (0.50) + **No Value part or SR awarded.**
Spotting deduction on landing only (0.50) + **VP or SR may be awarded based on completion of element before spot.**
- Coaches may be on the floor without penalty to gymnast at all PO Levels.
- 1.0 Deduction for performing restricted elements (B/C) as stated in that level.
D/E elements void routines at all levels.
- JO standards will be implemented for awarding series credit.
- **All clear hip circles to clear support (element #3.204) are evaluated as B elements. Clear hip circles are allowed at PO Int. and Adv. levels. The following amplitude deductions will be applied:**

INTERMEDIATE LEVEL	ADVANCED LEVEL
45 degrees below horizontal and higher = No deduction More than 45 degrees below horizontal = Up to .2	Horizontal and above = No deduction 45 degrees below horizontal to horizontal = Up to .2 More than 45 degrees below horizontal = Up to .3
If any part of the thigh or hip makes contact with the bar, no B credit will be awarded at either level	

- **Handstands**– If performed, requirement must be met at level to receive **Value part or fulfill SR.**

	NOVICE	INTERMEDIATE	ADVANCED
BEAM -	¾ Handstand (Min of 45° to receive VP or SR)	Vertical (No Hold Req.) (Min of 10° from Vertical to receive VP or SR)	Vertical (Min. 1 Sec Hold)

- **Leaps, Splits and Straddles** – If performed, angle requirement should be starting point of execution deductions to receive **Value part or fulfill SR.** “B” and higher VP credit to be determined according to JO Code of Points.

	NOVICE	INTERMEDIATE	ADVANCED
BEAM -	90°	120°	150°
FLOOR-	120°	150°	180°

GENERAL (not specific) EXECUTION & COMPOSITION DEDUCTIONS

MAX 1.0 IN THE FOLLOWING 4 CATEGORIES

Rhythm– Up to 0.3	Artistry/Dynamics – Up to 0.3
Fluidity of Performance - Up to 0.10 Poor rhythm in elements & connections - Up to 0.10 Variations in rhythm/tempo throughout – Up to 0.10	Quality/Continuity of movements - Up to 0.10 Quality of Expression (Swingfulness on Bars) – Up to 0.10 Dynamics of Performance – Up to 0.10
Posture/Internal Amplitude/Foot Position – Up to 0.2	Choice of Elements – Up to 0.20
	BB & F - Balance of Acro & Dance – Up to 0.10 Int. & Adv. Bars - Failure to perform Fwd. & Bwd. Circling Elements – Up to 0.10 Lack of variety – choice, structure groups, direction & up to competitive level – Up to 0.10

