

Connecticut 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 Connecticut PREP Optional program.

	<u>NOVICE</u>	<u>INTERMEDIATE</u>	<u>ADVANCED</u>
VAULT	Level 4 - 9.0 SV (No table vaulting) Fhsp to feet on resi 10.0 SV	Level 7 Vaults in Group I	Level 8 Group I vaults with the level 8 SV
BARS	4 @ 1.0 each > Mount > Small Cast > Value Part > Dismount Execution 4.5 Composition 1.5	5 @ 1.0 each > Forward Circle Element > Backward Circle Element > Minimum of a Small Cast > Bar Change > Dismount Execution 3.5 Composition 1.5 (long hand pullover is a back circle element) Restriction - No Flight elements between the bars. (1.0 deduction if performed)	5 @ 1.0 each > Kip > Bar Change > B Element > Element on the high bar > Salto Dismount Execution 3.5 Composition 1.5 Restriction - No C elements (1.0 deduction if performed)
BEAM	5 (separate) @ 1.0 each > 1/2 turn (min) on one foot > Isolated leap/jump/hop > Minimum of 2 passes > Dance Series > Acro Skill (must start & finish on BB) Execution 3.5 Composition 1.5 Restrictions - Handsprings/Saltos not allowed on BB (allowed for dismount) (1.0 deduction if performed) RECOMMENDED time limit 50sec	5 (separate) @ 1.0 each > 1/1 turn (min) on one foot > Isolated leap/jump/hop > Mixed Series > Dance Series > Acro skill through vertical (must start and finish on BB) Execution 3.5 Composition 1.5 Restrictions - Handsprings/Saltos not allowed on BB (allowed for dismount) (1.0 deduction if performed) RECOMMENDED time limit 1 min	5 (separate) @ 1.0 each > 1/1 turn (min) on one foot > Isolated leap/jump/hop B value > Dance or Mixed series > Additional B element(dance or acro) > Acro skill through vertical (must start and finish on BB) Execution 3.5 Composition 1.5 Restrictions - No C acro elements (1.0 deduction if performed)
FLOOR	5 (separate) @ 1.0 each > 1/2 turn (min) on one foot > Dance Series > Additional leap/jump/hop > Acro series w/2 or more elements with or without flight > Acro series w/backward element with or without flight Execution 3.5 Composition 1.5 Restrictions: No B/C acro No C gym (1.0 deduction if performed) Time not to exceed 1 minute deduct 0.5 for overtime >2 sec over	5 (separate) @ 1.0 each > 1/1 turn (min) on one foot > Dance Series > Mixed Series > Acro series w/at least 1 forward acro elements w/or w/o flight > Acro series w/2 or more flight elements Execution 3.5 Composition 1.5 Restrictions: No B/C acro (1.0 deduction if performed) Time not to exceed 1 min 10 sec deduct 0.5 for overtime >2 sec over	5 (separate) @ 1.0 each > B Turn > Dance or Mixed Series > B dance element > Acro series w/2 or more flight elements > Acro series w/2 or more flight elements which includes a salto Execution 3.5 Composition 1.5 Restrictions: No C acro (1.0 deduction if performed)

GUIDELINES FOR COACHES AND JUDGES

PREP Optioanl is a level of participation (not qualification)
 All skills must be value parts listed in the JO Code(red book), supplement or in the levels 1-6 compulsory routines
 Extra Swings = 0.30 deduction for each swing - a max of (2) tap swings are allowed before applying this deduction
 Execution deductions should be modified
 Scoring should not fall below a 7.0 (excluding falls - and missing requirements)
 No overlapping requirements Spotting deduction (0.5)