

Regional Prep Optional Guidelines

Bronze - Level 1, 2, or 3 gymnasts. Any gymnasts may enter the prep op program according to their skill level. *Equivalent to AL, LA, MS PO 1 and SC Rookie*

Silver - Level 4 gymnasts. Level 5 gymnasts that have not qualified to state meet. *Equivalent to AL, LA, MS PO 2; GA, TN, SC PO 1; NC Rookie*

Gold - Level 5 gymnasts. Level 6 gymnasts that have not qualified to state meet. *Equivalent to AL, LA, MS PO 3; GA, TN, SC PO 2; NC Novice; some FL athletes*

Platinum - Level 6 gymnasts. Level 7 gymnasts that have not qualified to state meet. *Equivalent to AL, LA, MS PO 4; GA, TN, SC PO 3; NC Prep 1; some FL athletes*

If an athlete does not compete in the compulsory, the coach must determine the Prep Op level according to the guidelines.

A gymnast may compete higher than the described levels, but never lower. Example: Gymnast qualifies to state meet at level 5, must move to Gold. Higher level gymnasts interested in competing must petition the SAC.

OPTIONAL DEDUCTIONS WILL BE USED (EXCEPTIONS NOTED)

SPECIAL REQUIREMENTS AND BONUS CAN BE FULFILLED AT THE SAME TIME - BONUS CAN FULFILL SPECIAL REQUIREMENTS AND VICE VERSA. BONUS IS AWARDED TO A SKILL ONLY ONCE.

BRONZE		SILVER		GOLD		PLATINUM	
Special Requirements	2.00	Special Requirements	2.00	Special Requirements	2.00	Special Requirements	2.00
Execution	7.5	Execution	6.9	Execution	6.9	Execution	6.9
Artistry -.30, Dynamics -.20	.50	Artistry -.30, Dynamics -.20	.50	Artistry -.30, Dynamics -.20	.50	Artistry -.30, Dynamics -.20	.50
Start Value	10.00	Start Value	9.40	Start Value	9.40	Start Value	9.40
		Bonus	.60	Bonus	.60	Bonus	.60

BRONZE VAULT		SILVER VAULT		GOLD VAULT		PLATINUM VAULT	
Level 1 Vault: SV: 9.2 Level 2 Vault: SV: 9.6	Level 3 Vault: SV: 10.00	Level 4 Vault: SV: 10.00		Front Handspring: SV: 10.00 Front Handspring on Table to Flat Back: SV: 9.00	Any Level 7 Vault: SV: 10.00		
Compulsory deductions		Compulsory deductions		Optional deductions		Optional deductions	

BRONZE BARS		SILVER BARS		GOLD BARS		PLATINUM BARS	
SPECIAL REQUIREMENTS - .50 ea		SPECIAL REQUIREMENTS - .50 ea		SPECIAL REQUIREMENTS - .50 ea		SPECIAL REQUIREMENTS - .50 ea	
Four skills or elements		Five skill or elements		Six skills or elements		Six skills or elements	
One back circling skill or element		Two circling skills or elements (same or different)		Two different circling skills or elements (front or back)		Two different circling skills or elements (front or back)	
Cast (no height required)		Cast (no height requirement)		Cast to horizontal		Cast to 30° ↑ horizontal	
Level 1-4 dismount		Level 2-5 dismount (may be done on either bar)		Level 4-6 dismount (may be done on either bar)		Salto dismount	

NO BONUS	BONUS .20 each MAXIMUM .60		
	Kip	Any "B"	Any "B"
	Bar change (show flight)	Long hang pullover	Layout Flyaway
	Long hang pullover	Cast to 30° ↑ horizontal	
	Cast to horizontal	Flyaway dismount	
Front hip circle			

A max of two consecutive tap swings are allowed in all divisions. The second swing must result in a connection.
Preceding a squat on, two casts may be used without a deduction for an extra swing, except Platinum.

Kip, cast, back hip circle or clear hip on low bar and high bar fulfills SR of two different circling skills because it is preceded by a different element.

BRONZE BEAM	SILVER BEAM	GOLD BEAM	PLATINUM BEAM
No min. time Max time 1:00 (-0.1 OT)	No min. time Max time 1:10 (-0.1 OT)	No min. time Max time 1:10 (-0.1 OT)	No min. time Max time 1:20 (-0.1 OT)
SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea
One acro skill or element (non-flight) must start and finish on the beam	One acro skill or element (flight or non-flight) must start and finish on the beam	Two acro skills or elements (flight or non-flight, same or diff.) must start and finish on the beam	Two acro skills or elements (flight or non-flight, same or diff.) must start and finish on the beam
One jump (straight, split or tuck)	Split leap or split jump(60° min.)	Split leap or split jump (90° min)	Split leap or split jump (120° min)
½ turn (one or two feet)	½ turn on one foot (min.)	½ turn on one foot (min.)	Full turn on one foot (min.)
Level 1-4 Dismount	One dance series (min. two elements)	One dance series (min. two elements)	One dance series (min. two elements)
NO BONUS	BONUS .20 each MAXIMUM .60		
	Handstand	Any "B" dance	Any "B" dance/acro. Any "C" dance. "C" acro - voids
	Cartwheel	Walkover (front or back)	Acro series (flight or non-flight, min. two skills or elements)
	Full turn on one foot	Full turn on one foot	Split leap or split jump (150° min.)
	Split leap or split jump (90° min.)	Split leap or split jump (120° min.)	Aerial or salto dismount

BRONZE FLOOR	SILVER FLOOR	GOLD FLOOR	PLATINUM FLOOR
No min. time Max time 1:30	No min. time Max time 1:30	No min. time Max time 1:30	No min. time Max time 1:30
SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea
One acro skill or element	One acro series of at least two skills or elements (one skill must have flight in the series)	One acro series (min. three elements all with flight)	Two different acro series (One a min. of two elements with flight, one a min of three elements with flight) One series MUST contain a salto
One forward skill or element	One forward skill or element OR a 2nd acro series (flight or non-flight min. two skills or elements)	One forward element (with flight) OR a 2nd acro series (min. two elements all with flight)	One forward element with flight
One dance series (min. two elements) OR One split leap or jump (30° min.)	One dance series (min. two elements) OR Split leap (90° min.)	One dance series (min two elements) OR Split leap (120° min. – may be side or switch)	One dance series (min two elements) OR Split leap (150° min. – may be side or switch)
½ turn (min.)	½ turn (min.)	Full turn (min.)	Full turn (min.)
NO BONUS	BONUS .20 each MAXIMUM .60		
	Round-off, back handspring, back handspring	Any salto or aerial	Round-off, back handspring, layout
	Front handspring	Front acro series (min. two with flight)	Front acro series with flight, one a salto or aerial
	Split leap (120° min.)	Split, side, or switch leap (150° min.)	Split, side, or switch leap (180° min.)
	Full turn	Any "B" dance	Any "B" dance or acro, Any "C" dance. "C" acro - void

Any compulsory skill/element or code of points element is acceptable.

More than .25 in deductions results in no bonus being awarded. Deductions in series are not cumulative per skill, i.e. round-off (-.10), back handspring (-.20) - bonus awarded. Qualified skills can only receive bonus once.