

2010 – 2011 FLORIDA Prep Optional Rules

DIVISIONS

- OPEN Division: Open to any USAG athlete 6 years of age or older that has scored a 31.00 AA at Level 5.
- NOVICE Division: Restricted to USAG Level 5 athletes and below (age 5 or older).

Any athlete that has scored a 31.00 AA in a Level 6 competition may not enter the NOVICE division.

GENERAL RULES FOR FLORIDA PO COMPETITIONS

- 2 judge panels must be used with a minimum of a 7/8 judges rating
- All Florida qualifiers that offer PO competition must offer both levels of Florida PO rules
- State qualification scores:
 - o OPEN Division: 32.00 AA
 - o NOVICE Division: NOVICE Division will qualify to the State Meet if they compete AA in a Florida NOVICE qualifier (no score required)
 - o Score must be achieved at a Florida USAG PO qualifier using Florida PO rules
 - Scores from out of state meets may not be used for state qualification
- Regional qualification scores:
 - o Athletes must qualify and compete in the Florida State PO meet
 - o No score required to compete at the Regional meet
- There is NO mobility from the PO program into the JO program
 - o Athletes that wish to enter Level 7 **MUST** have achieved mobility scores at Level 5 & 6 before being allowed to compete Level 7

CLARIFICATION OF RULES

VAULT:

- Touch warm-up would receive 2 vaults but timed warm-up should be allowed 1 minute per athlete in the group

BARS:

- Cast to handstands will receive a "B" value part for 30 degrees from vertical and an "A" for casts within 30 – 90 degrees from vertical (horizontal).
- Casts below horizontal will not receive value part credit.
- All casts will receive the following deductions:
 - o 0 – 30 degrees from vertical – no deduction ("B" value part)
 - o 30 – 60 degrees from vertical – up to .10 deduction ("A" value part)
 - o 60 – 90 degrees from vertical – up to .20 deduction ("A" value part)
- Cast deductions will not apply to cast before squat on
- Clear hip circles:
 - o 0 – 45 degrees from vertical – no deduction ("B" value part)
 - o 45 – 90 degrees from vertical (horizontal) – up to .2 deduction ("B" value part)
 - o Below horizontal – up to .2 deduction ("A" value part)
- NOVICE Division:
 - o Any compulsory skill in Levels 2 – 6 is allowed for "A" value even if not listed in the JO Code of Points
 - o Compulsory deductions will be used for compulsory skills not in the JO Code
 - o Level 5 deductions will be used for compulsory skills appearing in the Level 5 & 6 bar routine.
 - Rational - a gymnast may only compete in NOVICE if she has not qualified out of Level 5
 - o JO Optional deductions and rules will be used for all elements listed in the JO Code
- OPEN Division:
 - o All JO Level 7 rules apply

BEAM:

- Handstand skills are Acro non-flight skills

FLOOR:

- Handstand skills are Acro non-flight skills
- NOVICE Division:
 - o Rolls may be used for Value Part and Special Requirements (forward roll is considered a forward acro element)
 - o No deduction for coach on the floor
- OPEN Division

- o Coach on the floor will receive a -0.50 deduction (a one-time deduction for the entire routine)

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	NOVICE DIVISION	RESTRICTIONS
DIVISION RULES	<ul style="list-style-type: none"> - USAG Level 5 athletes and below - Minimum of 5 years of age - Athletes scoring a 31.0 or higher at Level 6 are not eligible to compete at this level 	<ul style="list-style-type: none"> - No deduction for coach on floor - 0.5 deduction for missing Special Requirements (each)
VALUE PARTS	<ul style="list-style-type: none"> - 4 "A" value parts (0.10 each) - All skills must come for the JO Optional Code of Points except on Bars - The following "B" skills will be allowed for the NOVICE level: <ul style="list-style-type: none"> o "B" dance skills on Beam & Floor o Cast Handstand & Clear Hip Circle on Bars o "B" acro skills without flight will be allowed on Beam & Floor - All other "B" value skills will receive a 0.5 deduction - "C" or higher value skills will void routine (except a clear hip to HS on Bars) 	<ul style="list-style-type: none"> - Level 5 Compulsory deductions will be used for any compulsory skill - There are no composition deductions
START VALUE	<ul style="list-style-type: none"> - 10.0 Start Value 	
VAULT	<ul style="list-style-type: none"> - Front Handspring (with compulsory deductions) – 10.0 SV OR - Flat Back Level 4 Vault (with compulsory deductions) – 8.50 SV 	<ul style="list-style-type: none"> - Any other vault will VOID event
BAR	<ol style="list-style-type: none"> 1. Minimum of 6 skills 2. Minimum cast to horizontal ("A" value part awarded) 3. 2 circling skills (same or different) 4. "A" value dismount OR Level 4 or 5 dismount (will be awarded "A" value) 	<ul style="list-style-type: none"> - Any compulsory skill in Levels 2 – 6 is allowed for "A" value even if not listed in the JO Code of Points - Compulsory deductions will be used for compulsory skills not in the JO Code (Level 5 deductions for bar skills found in the Level 5 & 6 routines) - JO Optional deductions and rules will be used for all elements listed in the JO Code - Tap swings are allowed with a max. of 2 <ul style="list-style-type: none"> o After 2 tap swings extra swing deductions will be taken
BEAM	<ol style="list-style-type: none"> 1. 2 Acro "A" elements <ul style="list-style-type: none"> o Must be done on beam o Same (with different connection in or out) or different o A series is not required 2. Split Leap to minimum of 120 degree split 3. ½ turn on one foot (minimum) 4. Dance series with minimum of 2 "A" skills <ul style="list-style-type: none"> o Same or different 	<p align="center">Timing: 1 minute maximum</p> <p align="center">Warning at 50 seconds</p> <p align="center">0.1 deduction for overtime</p>
FLOOR	<ol style="list-style-type: none"> 1. Full turn on one foot 2. Dance series with 2 different Group 1 elements directly or indirectly connected with 1 skill a leap with 150 degree split 3. Acro series with 3 flight elements 4. One forward element (flight not required) OR 2nd acro series forward or backward of 2 or more skills (flight not required) 	<p align="center">Timing: 45 seconds to 1:30</p> <p align="center">Warning at 1:20</p> <p align="center">0.1 deduction for over or under time</p>

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	OPEN DIVISION	RESTRICTIONS
DIVISION RULES	<ul style="list-style-type: none"> - USAG athletes 6 years or older - Athletes must have scored a 31.0 or higher at Level 5 	<ul style="list-style-type: none"> - 0.5 deduction for coach on floor - 0.5 deduction for missing Special Requirements
VALUE PARTS	<ul style="list-style-type: none"> - 3 "A" value parts (0.10 each) - 1 "B" value part (0.30 each) - All skills must come from the JO Optional Code of Points - No "C" skills are allowed on any event except Bars <ul style="list-style-type: none"> o Level 7 "C" Bars skills are allowed per the exception list for Level 7: <ul style="list-style-type: none"> ▪ Clear Hip to handstand ▪ Stalder to handstand ▪ Piked Sole Circle to handstand ▪ All of the above with a 1/2 turn - "C" or higher value skills will receive a 0.5 deduction - "D" or "E" skills will void the routine 	<ul style="list-style-type: none"> - Execution deductions per JO Optional rules will apply - There are no composition deductions
START VALUE	<ul style="list-style-type: none"> - 10.0 Start Value 	
VAULT	<ul style="list-style-type: none"> - Any Vault from the Level 7 vault chart is allowed 	<ul style="list-style-type: none"> - All Vaults have a 10.0 Start Value - Deductions are the same as Level 7
BARS	<ol style="list-style-type: none"> 1. Minimum of 6 skills <ul style="list-style-type: none"> o Must be listed in the JO Code 2. Cast to 60 degrees below vertical (minimum) 3. 1 skill from Group 3, 6, 7 OR One "B" circle skill from Group 4 4. "A" value dismount from the high bar 	<ul style="list-style-type: none"> - All JO Level 7 rules apply
BEAM	<ol style="list-style-type: none"> 1. 2 Acro skill series with or without flight OR 1 "B" flight skill 2. Leap or jump with 180 degree split 3. 1/1 turn on one foot 4. Minimum of "A" salto or aerial dismount 	<p>Timing: 1 minute maximum</p> <p>Warning at 50 seconds</p> <p>0.1 deduction for overtime</p>
FLOOR	<ol style="list-style-type: none"> 1. Full turn on one foot 2. Dance series with 2 different Group 1 elements directly or indirectly connected with 1 skill a leap with 180 degree split 3. Acro series backward with 2 or more skills containing at least 1 salto 4. 2nd acro series with at least one forward skill OR 1 front salto 	<p>Timing: 45 seconds to 1:30</p> <p>Warning at 1:20</p> <p>0.1 deduction for over or under time</p>