

Florida Prep Optional Rules

Revised August 2009

Divisions

OPEN Division: Open to any USAG athlete 6 years or older

NOVICE Division: Restricted to USAG Level 5 athletes and below (age 5 or older)

Any athlete that has COMPETED in a Level 6 competition may not enter this division

General Rules for Florida PO Competitions – OPEN & NOVICE Divisions

2 judge panels must be used with a minimum of 7/8 Judges rating

All Florida qualifiers must offer both levels of Florida PO rules at all competitions

State Qualification Score: set by Florida committee every season

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: Athletes must qualify and COMPETE in the Florida State PO meet

10.00 Start Value with NO Bonus for OPEN & NOVICE on all Events

exception: Novice Vault 8.0 start value for flat back vault

Missing Special Requirements - .5 deduction

Clarifications of Rules:

Bars: Cast to Handstands will receive a B value part for 30 degree 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 at both levels:

0 – 30 degrees from vertical – no deduction (B value)

30 – 60 degrees from vertical – up to .10 deduction (A value)

60 - 90 degrees from vertical – up to .20 deduction (A value)

Below Horizontal – up to .3 deduction and no value part credit

Cast deductions will not apply to cast before squat on

Clear Hip Circles

0 – 45 degrees from vertical – no deduction (B Value part)

45 - 90 degrees from vertical (horizontal) – up to .2 deduction (B Value)

Below Horizontal – up to .2 deduction (A value)

Beam and Floor clarifications:

Handstand skills are Acro/non flight skills

NOVICE DIVISION RULES FOR FLORIDA PO COMPETITION

Restricted to USAG Level 5 Athletes and Below (minimum of 5 years of age)

4-"A" Value Parts worth .10 each required for Bars, Beam and Floor

All Skills must come from JO Optional Code of Points except on Bars

Bars: Any compulsory skill in level 2 – 6 will be allowed for A value part even if not listed in JO code of points. Compulsory deductions will be used for compulsory skills not in JO code. JO Optional deductions and rules will be used for all elements listed in the JO code

The following B value skills will be allowed for Novice PO level

B Dance skills on Beam and Floor will be allowed

Cast Handstand and Clear hip circle on Bars will be allowed

B Acro skills **without** flight will be allowed on Beam and Floor

All other B value skills will receive a .5 deduction

C or higher value skills will void routine (except a clear hip to handstand on bars)

10.00 Start Value on all events: No Bonus

exception: Vault 10.00 for Front Handspring 8.0 for Flat Back Vault

Special Requirements for Florida Novice PO Division - .50 deduction for missing SR

Vault – Front handspring with compulsory deductions - 10.00 SV

Or Flat Back Level 4 Vault with compulsory deductions – 8.00 SV

Any other vault will VOID event

Bars -

6 skills minimum

Minimum Cast 75 degrees from vertical (will be A value)

(15 degrees above horizontal)

2 circling skills – same or different

"A" value dismount or level 4 or 5 dismount (will be given A value)

Beam –

2 Acro A elements – same or different

Split leap to minimum 150 degree split

½ turn on one foot minimum

Dance series with minimum of 2 A skills (same or different)

Time for Beam: 1 minute maximum warning at 50 seconds

Floor –

Full turn on one foot

Dance series direct or indirect of 2 A skills with a Split leap of 150 degrees

Acro series with 3 flight elements

One forward element OR 2nd acro series of 2 or more skills

OPEN DIVISION RULES for Florida PREP Optional Program

OPEN to all USAG athletes 6 years or older

All elements must be listed in the JO Code of Points to receive value part credit –

Execution deductions per JO optional rules will apply

All events except vault require a minimum of 3 "A" (0.10) and 1 "B" (0.30) Skill value parts

C dance skills & clear hip to handstand allowed—all other C skills will receive .5 deduction

"D" or "E" elements will void the routine

10.00 Start Value on all events - No Bonus

Florida USAG PREP Optional Event Special Requirements

0.50 deduction for missing Special Requirements (SR)

VAULT

All Vaults have a 10.00 Start Value with deductions the same as Level 7

Any vault from Level 7 Vault table may be used

UNEVEN BARS

Six(6) elements - must be listed in the JO code

Cast to 60 degrees below vertical (minimum)

One skill from 3, 6, 7 OR a B circle skill from group 4 (giant circles)

"A" value salto dismount from the High bar

BEAM

1/1 turn on one foot

Leap or jump with 180 degree split

2 acro skill series with or without flight OR 1 B flight skill

Minimum of "A" salto or aerial dismount

1 minute time

warning at 50 seconds

Overtime deduction .10 (no under time)

FLOOR

Acro pass backward with 2 or more skills containing at least 1 salto

1/1 or more on one foot

Dance Series with two(2) elements direct or indirectly connected with 1 skill a leap with

180 degree split

Acro pass of 2 or more skills containing a front skill OR a single Front salto

Time: 45 seconds to 1:30

warning at 1:20

overtime or undertime—

.10 deduction