

Florida Prep Optional Rules
Revised July 2010

Divisions

OPEN Division: Open to any USAG athlete 6 years or older that has scored a 31.00 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 – OPEN & NOVICE Divisions

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

All Florida qualifiers that offer PO competition must offer both levels of Florida PO rules

State Qualification Score: set by Florida committee every season for Open Division (32.00AA)

Novice Division will qualify to State meet if they compete AA in a Florida Novice qualifier – no score required

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
(No score required to compete at the Regional meet)

There is NO MOBILITY from the PO program into the JO program –athletes that wish to enter level 7 must have achieved mobility scores at level 5 & 6 before being allowed to compete Level 7

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

exception: Novice Vault 8.50 start value for flat back vault

Missing Special Requirements - .5 deduction

No Composition deductions – refer to Level 7 JO rules as guideline when needed

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

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

Floor: Novice – no deduction for coach on floor OPEN – .5 deduction for coach on floor

NOVICE DIVISION RULES FOR FLORIDA PO COMPETITION

Restricted to USAG Level 5 Athletes and Below (minimum of 5 years of age)
(Athletes scoring a 31.00 or higher at level 6 are not eligible to compete at this level)

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 Tap swings are allowed with a maximum of 2 – after 2 tap swings extra swing deduction will be taken

Use Level 5 Compulsory deductions for any compulsory skill

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 8.5 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 – 8.50 SV

Any other vault will VOID event

Bars -

6 skills minimum

Minimum Cast to horizontal (A value part awarded)

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(must be done on beam) – same(with different connection in or out) or different (a series is NOT required)

Split leap to minimum 120 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 .1 deduction for overtime

Floor –

Full turn on one foot

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

Acro series with 3 flight elements

One forward element(flight not required) OR

2nd acro series fwd or backward of 2 or more skills (flight not required)

Time: 45 minutes to 1:30 .1 deduction for over or under time

Revised July 2010

OPEN DIVISION RULES for Florida PREP Optional Program

OPEN to all USAG athletes 6 years or older (must have scored a 31.00AA at level 5)

All elements must be listed in the JO Code of Points to receive value part credit –Execution deductions per JO optional rules will apply - there are no composition deductions

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

No C skills are allowed on any event except Bars: Athletes may use any C Bar skill that is allowed at level 7
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
Overtime deduction .10 (no under time)

1 minute time
warning at 50 seconds

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) different 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

Revised July 2010