

# *Region V USAG Prep Optional*

## ***What is it?***

- *An alternative USA Gymnastics competitive program*

## ***Who is it for?***

- *Anyone who desires the challenge of optional routines and competition*
- *Those wanting a limited time commitment*
- *Those who are preparing for a high school team, and or level 7*
- *Those who love gymnastics and want a bit more.*
- *Those that do not fit into the current JO system.*

## ***Why?***

- *Provide a means and a purpose for continued gymnastics participation.*

## ***BENEFITS***

- *Low maintenance way for clubs to maintain students.*
- *Social benefits for participants.*
- *Fosters team work.*
- *Incentive to improve.*
- *Registered USAG Prep-Opt membership.*
- *Participates in USAG Sanctioned meets.*

## ***RECOMMENDATIONS***

- *Workout schedule (2 times per week for 2- 3 hours)*
- *Develop routines (UB, BB, FX) for each level*
- *Modify routines as skills are achieved*
- *Use JO routines as guidelines*

## ***MEETS***

- *Recommended entry fees: in gym invitationals \$35.  
out of gym invitationals \$40-\$50 – to be determined by meet director.*
- *State Meet fee to be determined by State Committee.*

# REGION V USAG PREP OPTIONAL PROGRAM

## General Regulations and Requirements

### GENERAL REGULATIONS

- Athletes must be registered with USAG
- Minimum age is 10 years old to compete.
- Since this program is an alternative program that is outside of the JO Program, there is **NO OPPORTUNITY FOR MOBILITY INTO OR WITH THE JO OLYMPIC LEVELS.**
- If a gymnast has qualified to a State Meet as a USAG Level 7 or higher, she may **NOT** compete in the *same* competitive season in the MI Prep-Opt program. Injuries or extenuating circumstances may be petitioned to the State Committee.
- Special Requirements must be satisfied by elements listed as "A" or higher elements in the *USA Age Group Code* or *USAG Supplement* unless included on the allowable skill list for Prep-Opt.
- **NO** additional compositional deductions besides the listed presentation deductions will be used.
- Once a gymnast has competed at a level (Bronze, Silver, Gold) they may not drop back during the competitive season.
- Prep-Opt competitions must follow the current USAG Women's *Rules & Policies* in regards to the equipment specifications, using as a minimum standard the specifications for compulsory competitions.
- Prep-Opt competitions must follow the current USAG Women's *Rules and Policies* concerning maximum number of gymnasts per session.
- Prep-Opt competitions must be judge by **USAG** officials certified with a minimum of level 7, unless approved by the NAWGJ.
- It is recommended that any gymnast that competes in level 6 compete in the **GOLD** division.

### GENERAL REQUIREMENTS

- Prep-opt gymnasts are not required to compete all-around. If a gymnast chooses not to compete All-Around, she simply touches on the event(s) she is not competing.
- Gymnasts must designate on entry the entry form which division (Bronze, Silver, Gold) they will compete. All events must be competed in the same division.
- If competition squads have gymnasts of different divisions, gymnasts of the same division must compete consecutively. Divisions must be designated on the rotation sheet.
- Qualification to State Meet: A gymnast must compete in one Prep-Opt competition. A gymnast may not compete in more than one USAG sanctioned state meet in the same competitive season.

*Additional rules and regulations are on page 55 of the USAG Rules and Policies.*

# MEET PROCEDURES

## INDIVIDUAL & TEAM SCORES AND AWARDS:

- Individual awards must be given according to divisions (bronze, silver, gold)
- Gymnasts not competing in the All-Around MAY have their scores counted in the team score total.
- Meet director may decide age groups
- Medals will be awarded to a minimum of 50% on each event and the all-around per age group.
- Number of team awards to be determined by meet director. It is recommended that at least 50% be awarded.
- Team awards must be for each level bronze, silver, gold. You may not combine levels for team awards.
- State Meet – all teams receive an award – medals will be awarded to 75% for All-Around per age group.

## PREP-OPT STATE MEET TEAM AWARDS

- Individual awards must be given according to divisions (bronze, silver, gold)
- Gymnasts not competing in the All-Around MAY have their scores counted in the team score total.
- Meet director may decide age groups
- Medals awarded to a minimum of 40% in each age group
- Medals awarded to a minimum of 50% for the all-around.
- Team awards must be for each level bronze, silver, gold. You may not combine levels for team awards.
- Team awards: for State meet it is recommended that at least 40% of each division be awarded.

## TIMING ON BEAM AND FLOOR:

- Minimum time 30 sec. (2.00 deduction for under 30 sec)
- Maximum time 1:30
- Overtime = 0.1 deduction

## WARM-UPS

Timed warm-ups – 1:30 per gymnast

Touch: Traditional format – touch must be offered. Capital Cup format - touch is not required unless the warm-up is on a different set of equipment.

## SAFETY

For the safety of the gymnast there is no deduction for a coach standing on the floor. There is a deduction if the coach assists the gymnast.

## REGION V USAG PREP OPTIONAL

	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>
<b>VAULT</b>	<p>Allowable Vaults:</p> <ul style="list-style-type: none"> <li>● Handspring to flat position on stacked mats (min, 36")</li> <li>● Handspring on table</li> </ul> <p>9.50 SV USAG Level 4 deductions for flat back Bonus .1 – stuck landing</p>	<p>Allowable Vaults:</p> <p>Handspring – 9.50 Handspring 1/2 off – 9.50 ¼ or 1/2 on block off – 9.50 ¼ or 1/2 on 1/2 off 9.60 ¼ or 1/2 on 1/1 off – 9.80 Handspring on 1/1 off 10.0</p> <p>Bonus .1 for stuck landing</p>	<p>Allowable Vaults:</p> <p>Handspring – 9.50 Handspring 1/2 off – 9.50 1/2 on block off – 9.50 1/2 on 1/2 off 9.60 1/2 on 1/1 off – 9.80 Handspring on 1/1 off 10.0</p> <p>Bonus .1 for stuck landing</p>
<b>BARS</b>	<p>5 elements "A" (or any level 2-6 element) Tap swings count as an A element. 1 cast to horizontal – using level 5 casting deductions</p> <ul style="list-style-type: none"> <li>● "B" element-no credit</li> <li>● "C" element VOIDS routine</li> <li>● Salto dismount VOIDS routine</li> <li>● Routine containing a kip 10.0 start value</li> <li>● Routine w/o kip 9.7 start value</li> </ul>	<p>7 elements ("A" or "B" skills) 1 bar change Dismount of "A" or "B"</p> <ul style="list-style-type: none"> <li>● "C" element – 3.00 deduction</li> </ul> <p>Allowable A's any level 2-6 skills.</p>	<p>7 elements 2 "B" elements 5 "A" elements 1 bar change Salto dismount</p> <p>C elements are allowed to replace required "A" or "B" elements Tap swings will count as an extra swing.</p>
<b>BEAM</b>	<p>Minimum of 1/2 turn on 1 ft Dance Series (min 2 elements) 1 NON-flight acro element (includes rolls) 5 elements ("A" skills) 2 sec. 1 foot balance hold Dismount of any jump or off the hands only.</p> <ul style="list-style-type: none"> <li>● "B" element – no credit</li> <li>● gymnastics "C" – 3:00 deduction</li> <li>● acro "C" – VOIDS routine</li> <li>● any salto VOIDS routine</li> </ul> <p>no undertime 1:30 time limit Allowable A's – any level 2-6 skill</p>	<p>Minimum of 1/1 turn on 1 ft. Dance series (minimum 2 ele) 1 acro element (with or without flight, in a series or alone). 2<sup>nd</sup> acro element (with or without flight, in a series or alone). Split leap or jump min 120* (does not have to be an isolated element – can be part of a dance series) 2 sec. 1 foot balance hold "A" or "B" dismount 7 elements – "A" or "B" skills</p> <p>"C" element – 3.00 deduction no undertime 1:30 time limit Allowable A's – any level 2-6 skill</p>	<p>Minimum of 1/1 turn on 1 ft. Dance series (minimum 2 ele) 1 acro element (with or without flight, in a series or alone) 2<sup>nd</sup> acro element (with or without flight, in a series or alone) Leap or jump min 150* (does not have to be an isolated element. Can be part of the dance series) 2 sec 1 foot balance hold Salto dismount 2 "B" elements 5 "A" elements</p> <p>"C" elements are allowed to replace required "A" or "B" elements. no undertime 1:30 time limit</p>
<b>FLOOR</b>	<p>1 acro series – with a min of 2 elements – must have 1 <u>flight</u> element. Dance Series (min 2 elements) Minimum of 1/1 turn on 1 ft. Leap from 1 foot (Does not have to be an isolated ele, can be part of the dance series)</p> <p>1 front acro element – min "A" (flight or non flight does not have to be isolated) 5 elements "A" skills</p> <p>"B" element – NO credit Dance "C" element – 3.0 deduction Any "C" acro VOIDS routine Any "salto" VOIDS routine Round-off is not a forward element</p>	<p>1 acro series with 3 flight ele. 2<sup>nd</sup> acro series min 2 flight ele. Salto or aerial element (can be alone or part of series) Dance series (min 2 ele) Minimum of 1/1 turn on 1 ft Leap from 1 foot min 120* (Does not have to be an isolated ele, can be part of the dance series) 1 front acro element – min "A" flight or non-flight 7 elements "A" or "B" skills * side aerial and round-off are NOT a forward element * Forward or backward salto twisting – 3.00 deduction * "C" element – 3.00 ded.</p>	<p>2 <u>different</u> acro series – each with 3 flight elements Salto or aerial element (can be alone or part of series) Dance series (Minimum of 2 elements) Minimum of "B" turn on 1 ft. Leap from 1 foot min 150* Does not have to be an isolated element. Can be part of the dance series. 1 Front Acro Element (flight or non-flight) 2 "B" elements 5 "A" elements</p> <p>"C" elements are allowed to replace required "A" or "B" elements.</p> <p>.2 deduction if acro series is less than three elements.</p>

**All Events:** Any "D" or "E" element VOIDS routine.

**All Events:** Special Requirements are .2 each

**Floor & Beam Time** – 1:30 time limit, 30 sec. min. (2.00 deduction under 30 sec.)

**Warm-up:** 1:30, Touch offered in traditional format

**Bars and Beam:** Allowable "A's" - any USAG level 2-6 skill      **Vault:** Spotting – 3.00 deduction  
*.1 "Bonus" for any "Stuck" dismount*  
*BB & FX – Bonus up to .2 for Artistry*

## ALLOWABLE SKILLS

### **BARS - "B" Elements include:**

Cast above horizontal  
Sole circle ½ turn kip  
Underswing 1/1 turn dismount  
Back uprise to circling skill  
Sole circle 1/1 turn dismount  
Clear hip  
Switch glide to kip  
Jump ½ or ½ turn kip  
Underswing ½ turn  
Kip to HB mount  
Glide jam  
Flyaway – any body position  
Straddle cut catch  
Sole circle (w/grip change) to HB  
Front sole circle

### **– "A" Elements include**

Any USAG Level 2 -6 skill

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### **BEAM – "B" Elements include:**

Wolf jump  
Switch wolf  
h.s. forward roll  
Any acro series connected on the beam or in a dismount (*e.g. Bwo-bwo or cartwheel back tuck dismount*)

### **– "A" Elements include**

Any USAG Level 2 -6 skill

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### **FLOOR – "B" Elements include:**

**Front salto**  
**Tuck jump full**  
**Torjete'**

### **- "A" Elements include**

Any USAG Level 2-6 skill

Any questions or comments please email Claudia Kretschmer at coachcak@mac.com

# FAQ's

- Can a cartwheel fulfill the front acro element requirement on floor? **Yes in the bronze level.**
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