

Tennessee Prep Optional Rules 2007-2008

Start Values Flashed

Version 1-08

Prep Op 1 - Levels 1-4 gymnasts only. (Closed to level 5 & up)

Prep Ops Timed warm ups are 1 minute per gymnast

Prep Op 2 - Levels 4 & 5 gymnasts only. (Closed to Level 6 & up)

PO3 - Coach on Floor 1.00 deduction

Prep Op 3 - Levels 4 & up gymnasts may enter. (Open to all levels)

Must compete in 1 TN meet to qualify to State Championships.

Competing in the wrong level will result in a 2.00 deduction per event. Coaches must report to Meet Referee before decision is made to penalize.

RESTRICTIONS

Special Requirements	2.00
Execution	7.30
Artistry [^] .30, Dynamics [^] .20, Rhythm [^] .20	0.70
Start Value	10.00

Prep Op 1: Acro "B" & dance "C" 2.00 deduction, all acro "C", "D" & "E" skills void routine.
No Salto dismounts on bars or beam. (2.00 deduction)

Prep Op 2: Acro "B" skills will receive 2.00 deduction. Example: (On beam bhs, fhs, fwo, ro)

Exception on bars clear hip circles & cast handstands

Prep Op 3: All "C" Dance/Acro Strength skills allowed. Acro "C" & any "D"/"E" skills void routine.

Exception on bars for for clear hip to handstand.

Artistry: only beam/floor

Dynamics: vault, bars, beam, floor

Rhythm: bars, beam, floor

Any compulsory major element or code of points element is acceptable. Compulsory skills would receive execution deductions per compulsory routines if they are not in the Code of Points or are listed below specifically. Optional deductions will be used elsewhere.

PREP OP 1 (Level 1-5 skills allowed)	PREP OP 2 (Level 5/6 skills allowed)	PREP OP 3 (Level 6 skills allowed)
PREP OP 1 VAULT Level 4 Vault Compulsory Deductions	PREP OP 2 VAULT Front Handspring Compulsory Deductions	PREP OP 3 VAULT Level 7 Vault table Level 7 Rules
PREP OP 1 BARS Special Requirements .5 each 1) 5 skills min. 2) Cast to horizontal (Level 5 ded [^] 0.30) 3) Two circling skills (may be the same) 4) Level 2-4 dismount	PREP OP 2 BARS Special Requirements .5 each 1) 6 skills min. 2) Cast 15 degs above horizontal (1-15 degs [^] 0.15, at hor 0.20, below hor 0.25-0.30) 3) Two circling skills (different) 4) "A" dismount from high bar	PREP OP 3 BARS Special Requirements .5 each 1) 6 skills min. 2) Cast 30 deg above horizontal--Level 6 ded [^] 0.40 3) "B" skill from group 3, 6, 7 4) Min. "A" Salto dismount from high bar
PREP OP 1 BEAM (No min time, max time 1:00) Special Requirements .5 each 1) One acro element (non-flight) 2) Dance Series min 2 A's 3) 1/2 turn on one foot 4) Split Leap 60 deg min--Level 4 ded [^] 0.20	PREP OP 2 BEAM (No min time, max time 1:10) Special Requirements .5 each 1) Two acro element (may be same) 2) Dance Series min 2 A's 3) Full turn on one foot 4) Split Leap 120 deg min--Level 6 ded [^] 0.20	PREP OP 3 BEAM (No min time, max time 1:30) Special Requirements .5 each 1) Two acro elements connected (ft or non flt) 2) Split Leap or jump w/180 deg min-- opt ded [^] 0.20 3) Full turn on one foot 4) Min. "A" Salto or aerial dismount
Overtime: .20 deduction from average beam/floor	Overtime: .20 deduction from average beam/floor	Overtime: .20 deduction from average beam/floor
PREP OP 1 FLOOR (No min time, max time 1:10) Special Requirements .5 each 1) Two tumbling series of 2 ft elems each (may be same) 2) Split Leap 90 deg min--Level 4 ded [^] 0.20 3) Dance Series min 2 A's 4) Full turn on one foot	PREP OP 2 FLOOR (no min time, max time 1:10) Special Requirements .5 each 1) Two tumbling series: One forward series with at least 2 ft elements and 1 back series with 3 ft elems containing a salto element. 2) A leap off 1 foot w/ 150 deg split min--Lev 6 ded [^] .2 3) Dance Series min 2 A's 4) Full turn on one foot(min)	PREP OP 3 FLOOR (no min time, max time 1:30) Special Requirements .5 each 1) One acro series with at least 3 ft elements which includes a backward salto. 2) A series of two or more forward acro elements with flight. One element must be a salto or aerial. 3) Dance series with min of 2 elements, one a leap off of 1 foot 180 degree split min-- opt ded [^] 0.20 4) Full turn on one foot(min)

PO1 & 2 Floor - Leap can be in the dance series.

BARS: A maximum of 2 consecutive tap swings is allowed in all divisions. The second swing must result in a connection. At PO1&2, two casts may be used without an extra swing deduction as long as they precede a squat on or single leg shoot through. A cast back hip circle cast is not an extra swing at PO 1 & 2.

FLOOR PO2 & 3: Aerials are allowed as saltos & can be used in a tumbling series. PO2 No tumbling series or only one series = 0.50 deduction.

PO2 Floor - Front handspring, Round off is a forward series. PO1, 2 & 3: No attempt or deliberate omission of a Special Requirement = 0.50 deduction.