

# Tennessee Prep Optional Rules 2008-2009

**Start Values flashed/Equipment Specs same as compulsories.**

Version 7-08

Prep Op 1 - Levels 1-4 gymnasts only. (Closed to level 5 & up)  
 Prep Op 2 - Levels 4 & 5 gymnasts only. (Closed to Level 6 & up)  
 Prep Op 3 - Levels 4 & up gymnasts may enter. (Open to all levels)

Prep Ops Timed warm ups are 1 minute per gymnast  
 PO3 - Coach on Floor 1.00 deduction  
 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 clear hip to handstand.**

*Artistry: only beam/floor*

*Dynamics: vault, bars, beam, floor*

*Rhythm: bars, beam, floor*

Compulsory major elements or code of points elements are 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. **Special requirements cannot be fulfilled with skills below the allowable level.**

### PREP OP 1 (Level 1-5 skills allowed)

### PREP OP 2 (Level 5/6 skills allowed)

### PREP OP 3 (Level 6 skills allowed)

<b>PREP OP 1 VAULT</b> Level 4 Vault Compulsory Deductions	<b>PREP OP 2 VAULT</b> Front Handspring Compulsory Deductions	<b>PREP OP 3 VAULT</b> Level 7 Vault table Level 7 Rules
<b>PREP OP 1 BARS</b> 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	<b>PREP OP 2 BARS</b> Special Requirements .5 each 1) 6 skills min. with an "A" mount (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	<b>PREP OP 3 BARS</b> Special Requirements .5 each 1) 6 skills min. with an "A" mount (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
<b>PREP OP 1 BEAM (No min time, max time 1:00)</b> Special Requirements .5 each 1) One acro element (non-flight) and a dismount 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	<b>PREP OP 2 BEAM (No min time, max time 1:10)</b> Special Requirements .5 each 1) Two acro element (may be same) and a dismount 2) Dance Series min 2 A's 3) Full turn on one foot (min) 4) Split Leap 120 deg min--Level 6 ded ^ 0.20	<b>PREP OP 3 BEAM (No min time, max time 1:30)</b> Special Requirements .5 each 1) Two acro elements connected (fit or non fit) 2) Split Leap or jump w/180 deg min-- opt ded ^ 0.20 3) Full turn on one foot (min) 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
<b>PREP OP 1 FLOOR (No min time, max time 1:10)</b> Special Requirements .5 each 1) Two tumbling series of 2 fit 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	<b>PREP OP 2 FLOOR (no min time, max time 1:10)</b> Special Requirements .5 each 1) Two tumbling series: One forward series with at least 2 fit elements and 1 back series with 3 fit elems. A Salto/Aerial element either isolated or in a series. 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)	<b>PREP OP 3 FLOOR (no min time, max time 1:30)</b> Special Requirements .5 each 1) One acro series with at least 3 fit 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)
<b>PO1 &amp; 2 Beam/Floor - Leap can be in the dance series.</b>		

**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.**