

Prep Opt Clarifications: (9-20-2010)

Please be sure to check the Region 8 web site for additional and/or new clarifications.

The following clarifications were provided at the Prep Opt session at the Region 8 NAWGJ Symposium. While there were no major changes, there were some clarifications and a couple differed from the presentation at the USAG State Meeting.

General:

Elements- skills that are listed in the compulsory book with a value are called Elements
Bronze is the only level that may do level one compulsory elements

Value Parts-skills that are listed in the Code of points are called Value Parts
Platinum may only use Value parts for the counting of skills

If compulsory elements are performed, there is an expectation that they will be performed as described in the compulsory book, yet optional deductions would be applied.

All dismounts on Bars and Beam must be performed exactly as written in the compulsory book.
For example: A silver athlete may not do the Level 4 dismount from the high bar because it is written from the low bar in the compulsory book and the athletes are required to do a 2-5 dismount. If a silver does the level 5 dismount it must be performed from the high bar since it is written that way in the compulsory book. Please note this is a clarification different from discussed at the USAG State Meeting.

Vault:

For the Silver vault, the handstand flat back from the vault table, the gymnast must demonstrate repulsion/rise from the vault table or will receive up to 0.5 in deductions in each of these three categories height, too long in support and angle of repulsion.

Bars:

Bar Dismounts- If a dismount that is not listed under the acceptable dismounts for each level is performed it will receive a 0.5 Special requirement deduction plus a 0.3 deduction for performing an unallowable dismount equaling 0.8 in deductions.
They will also receive no Value part credit for the skill.

Gold Bars- Dismount requirement has changed to a Level 5-6 or A VP dismount. This means a gold can still do an under swing from the high bar using it as an A Value Part listed in the Code of Points, not the level 4 dismount.

Gold Bars- 2.00 deduction for performing a B Giant, B release or B dismount
The gymnasts may perform other "B" skills on bars such as a cast handstand and a clear hip.

Casting amplitude deductions apply to every cast in the routine not just the Special Requirement cast. Please refer to the casting angle chart included in the Prep Opt Rules.

Beam:

Bronze Beam- change Special Requirement #2 from one jump to: one jump OR leap
This has been updated on the new prep opt guidelines dated 9-11-10.

Silver, Gold and Platinum- to fulfill the acro category Special Requirement the acro element must start and finish on the beam. Therefore an acro mount or dismount will not fulfill the acro category.

Gold beam- when the same acro element is used to fulfill the two acro requirement. Even though they may use the same element it must be directly connected or in a different connection. Please note that this is different from what was allowed last year.

Example- Back walkover stop Back walkover stop

Because both elements were exactly the same and not in a different connection the 2nd back walkover will receive no value and no value part credit, therefore not fulfilling the two acro requirement.

Acceptable connection- Back walkover Back walkover directly connected receives value part credit both times and fulfills the special requirement of two acro skills.

Acceptable connection- Back walkover stop, Back walkover directly connected to a straight jump. Because this ends with a different connection both back walkovers receive value part credit and fulfills the Special requirement.

Dance Elements: For Silver, Gold and Platinum one Special Requirement is a leap or jump of a particular degree that may be isolated or in a series and a second Special Requirement is one dance series. If a gymnast were to perform a leap directly connected to a tuck jump, the gymnast could only receive **one Special Requirement either the leap or the dance series, not both**. This would also be the same for Dance elements on Floor.

Beam Acro skills: A $\frac{3}{4}$ handstand may **only** be used in the **Bronze level**
Please refer to the handstand angle chart included in the Prep Opt Rules.

Beam Dismounts- If a dismount that is not listed under the acceptable dismounts for each level is performed and the routine has met four of the Special requirements not including the dismount, the gymnast will receive a 0.3 deduction for performing an unallowable dismount. The gymnast will also receive no Value part credit for the skill.

Floor:

No deduction for a coach being on the floor in every level but Platinum.

Coach on the floor at the platinum level = 0.5 deduction

Counting tumbling Special Requirements: You may break up the tumbling passes to obtain more Special Requirements as long as they do not overlap.

For example if a Gold athlete performed a Front handspring directly connected to a front tuck, the athlete would meet both Special Requirement #2 for the forward acro and Special Requirement #3 of one "A" VP salto or aerial. Always compute to the benefit of the athlete.

A handstand step down is **no longer considered a forward skill on floor**.
However, a handstand forward roll is a forward element.