

Tennessee Prep Optional Rules 2009-2010

Start Values flashed/Equipment Specs same as compulsories.

Bronze - Levels 1-3 gymnasts only. (Closed to level 4 & up)
Silver - Levels 1-4 gymnasts only. (Closed to level 5 & up)
Gold - Levels 4 & 5 gymnasts only. (Closed to Level 6 & up)
Open - Levels 4 & up gymnasts may enter. (Open to all levels)
 Competing in the wrong level will result in a 2.00 deduction per event.

Optional range will be used. Age requirements in accordance with USAG R&P
Prep Ops Timed warm ups are 1 minute per gymnast
Open - Coach on Floor 1.00 deduction
 Must compete in 1 TN meet to qualify to State / **Must compete at state championships to qualify to Regionals.**

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

Artistry: only beam/floor

Dynamics: vault, bars, beam, floor

Rhythm: bars, beam, floor

Coaches must report to Meet Referee before decision is made to penalize.

RESTRICTIONS

Bronze: Dance B will receive 2.00 deduction, all acro B,C,D & E skills void routine.

Silver: All 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)

Gold: Acro "B" skills will receive 2.00 deduction.

Example: (On beam press hstd, bhs, fhs, fwo, ro)

Exception on bars clear hip circles & cast handstands

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

Exception on bars for clear hip to handstand.

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.

BRONZE (Level 1-4 skills allowed)	SILVER (Level 1-5 skills allowed)	GOLD (Level 5/6 skills allowed)	OPEN (Level 6 skills allowed)
Bronze Vault (comp ded) Level 3 Vault Compulsory Deductions	SILVER - Vault Level 4 vault 10.00 SV Compulsory Deductions	GOLD - Vault Front Handspring Compulsory Deductions	Open- Vault Level 7 Vault table Level 7 Rules
Bronze Bars Spec Requirements .5 ea 1) 4 skills min. 2) One back circling skill 3) Cast (no height req) 4) Level 1-4 dismt	SILVER - 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 (either bar)	GOLD BARS 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 OR Level 5 dismount	OPEN BARS 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
Bronze Beam (max 1:00) Spec Requirements .5 ea 1) One acro non flight skill 2) Leap or jump 3) 1/2 turn (1 or 2 ft) 4) Level 1-4 dismt Overtime: .20 deduction from average beam/floor	SILVER - BEAM (No min time, max time 1:00) 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 Overtime: .20 deduction from average beam/floor	GOLD BEAM (No min time, max time 1:10) 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 Overtime: .20 deduction from average beam/floor	OPEN BEAM (No min time, max time 1:30) 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
Bronze Floor (No Min time, max time 1:10) Spec Requirements .5 ea 1) One acro skill that passes through hand st 2) One forward skill 3) Dance series min 2 A's & split leap 60 deg min. ^ .2 4) 1/2 turn on one foot One skill cannot fulfill SR 1&2 Leap can be in dance series.	SILVER FLOOR (No min time, max time 1:10) Special Requirements .5 each 1) Two tumbling series w/2 ft elmts (may be same) OR one tumbling series with 2 ft elements AND one forward flight element either isolated or in another series. 2) Split Leap 90 deg min--Level 4 ded ^0.20 3) Dance Series min 2 A's 4) Full turn on one foot Bronze, Silver & Gold Beam/Floor - Leap can be in the dance series.	GOLD 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. 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)	OPEN 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 passage or series with min of 2 elem, 1 a leap off of 1 foot 180 degree split min-- opt ded ^0.20 4) Full turn on one foot (min)

BARS: A maximum of 2 consecutive tap swings is allowed in all divisions. The second swing must result in a connection. At **Bronze, Silver & Gold**, 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 **Bronze, Silver & Gold**.

FLOOR Gold & Open: Aerials are allowed as saltos & can be used in a tumbling series. **Gold** No tumbling series or only one series or no salto / ariel element = 0.50 deduction.

Gold / Silver Floor - Front handspring step out, Round off is a forward series. **Bronze, Silver, Gold & Open: No attempt or deliberate omission of a Special Requirement = 0.50 deduction.**

Passes through handstand implies skills that move forward or backward and pass through a handstand position ie cartwheels / back walkovers / round off etc.

as opposed to stationary handstands ie handstand holds / step downs