



2011-2012 Region 8 PREP/XCEL Rules

What Level do you compete?

Bronze

Level 1, 2 or 3

(Closed to Level 4 and up)

Must have reached 4th birthday

Silver

Level 2- 5

(Closed to Level 1 and gymnasts who have attained a 31.00 AA at Level 5)

Must have reached 5th birthday

Gold

Levels 5 - 6 **Must have attained 31.00 AA at Level 5 and sent documentation to State Chairman.** If a gymnast should choose to compete in 2 or 3 events at Xcel then she must score 15.5 for two events and 23.25 for 3 events competing Level 5. Coach must notify your State Chairman, which events and send gymnast's scores before you can compete as a Xcel Gold. Gymnasts must score above totals at Level 5 on the events they want to compete at Xcel Gold.

(Closed to gymnasts who have attained a 31.00 AA at Level 6)

Must have reached 7th birthday

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Platinum

Levels 5 & up

Must have attained 31.00 AA at **Level 5 and sent documentation to State Chairman**

Must have reached 7th birthday

Vault

Vaults Allowed

Bronze

Level 4 Vault only = Start Value 10.0

Mat height - Level 3 or 4 mat specs

Air-o-board OK for both. NO Mini Tramp.

If a Level 3 vault is performed, it would not be considered void and the Level 4 deductions would be applied.

Silver

Handspring Flatback over vault table to

back lying position on stacked mats

level w/ table (+/- 8") = Start Value 10.0

Air-o-board OK for both. NO Mini Tramp.

4" mat or sting mat(s) may be placed on end of table. Mat width must not exceed width of Level 4 vault system.

Gold

Front Handspring = Start Value 10.0

Level 7 deductions apply

NO Air-o-Board

Platinum

Same as Level 7 Vault Chart

Start Value = 10.0

NO Air-o-Board

Uneven Bars

All Levels must do all 4 SR 0.50 deduction for each missing SR

Bronze

1. One backward circling element or VP (360°)
2. Cast (Hips must leave front support position - No degree requirement)
3. One additional element and/or "A" VP
4. Level 1-4 dismount

Cast deductions apply to all casts

Silver

1. Mount pullover **OR** kip
2. Two circling elements or VP's (360°) (Same or different)
3. Cast (30° below horizontal requirement)
4. Level 2-5 dismount

Cast deductions apply to all casts

Gold

1. Mount with kip
2. Two circling elements and/or VPs (360°) (Same or different)
3. Cast to horizontal
4. A Dismount from high bar -Level 5-6 OR "A" V P.

Cast deductions apply to all casts

Platinum

1. An "A" or higher clear hip or "B" VP from group 3,4,6,7
2. Cast to 60° below vertical
3. Long hang kip
4. An "A" VP salto dismount (minimum) from the High Bar

Cast deductions apply to all casts

"B" VP is required

Clarifications

Bronze

Two casts may be used without an extra swing deduction as long as the two casts precede an element or VP. Per element/VP

A cast back hip circle, cast is not an extra swing at Bronze, Silver & Gold.

A max of two consecutive tap swings are allowed in Bronze, Silver and Gold. The 2nd swing must result in a connection to an element or "A" VP.

Cast deductions apply to all casts.

If the gymnast does not perform a dismount or performs a dismount that does not meet the SR, deduct 0.30 for no dismount + 0.50 missing SR.

Level 5 tap swing deductions for shapes only, not height will be applied at Bronze.

Silver

Two casts may be used without an extra swing deduction as long as the two casts precede an element or VP. Per element/VP

A cast back hip circle, cast is not an extra swing at Bronze, Silver & Gold.

A max of two consecutive tap swings are allowed in Bronze, Silver and Gold. The 2nd swing must result in a connection to an element or "A" VP.

Cast deductions apply to all casts

If the gymnast does not perform a dismount or performs a dismount that does not meet the SR, deduct 0.30 for no dismount + 0.50 missing SR.

Level 5 tap swing deductions for shapes only, not height will be applied at Silver.

Clarifications

Gold

Two casts may be used without an extra swing deduction as long as the two casts precede an element or VP. Per element/VP A cast back hip circle, cast is not an extra swing at Bronze, Silver & Gold.

A max of two consecutive tap swings are allowed in Bronze, Silver and Gold. The 2nd swing must result in a connection to an element or "A" VP.

Cast 1°-20° below horizontal = up to 0.20

21° or more from requirement = no credit

Cast deductions apply to all casts

If the gymnast does not perform a dismount or performs a dismount that does not meet the SR, deduct 0.30 for no dismount + 0.50 missing SR.

Level 5 tap swing deductions will be applied at Gold.

Platinum

Two consecutive Casts or Tap Swings receives a 0.30 deduction

Cast 61°-80° from vertical = up to 0.20

81° or more from vertical = no credit

If missing "B" VP deduct 0.30

Cast deductions apply to all casts

If the gymnast does not perform a dismount or performs a dismount that does not meet the SR, deduct 0.30 for no dismount + 0.50 missing SR.

A non VP dismount would be any compulsory dismount that is not in code.

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Balance Beam

Bronze must do all 4 SR

Silver, Gold, Platinum must do 4 of 6 SR

0.50 deduction for each missing SR

Bronze

1. One acro element or "A" VP (non-flight) – must start and finish on beam. Handstand must be within 45 ° of vertical (within 65 ° from vertical receives SR credit with <0.2 ded) w/ no hold required
2. One leap or jump (30 ° if cross split jump)
3. 180° turn (one or two feet)
4. Level 1-4 Dismount as written in Compulsory Routines

Leap & Jump deductions apply to all leaps & jumps in routine. Exception – Beam: Split jump =A

Silver

1. One acro element or "A" (non-flight) – must start and finish on beam. Handstand must be within 20 ° of vertical (within 40 ° receives SR credit with <0.2 ded) w/ no hold required
2. Inverted element or "A" VP attaining or passing 20 ° of vertical (must start and finish on BB (No hold required))
3. One leap or jump with 60° cross split (in a series or isolated)
4. 180° turn or more on one foot
5. One dance series (min two elem. or "A" VP)
6. Level 3-6 or "A" VP dismount

Leap & Jump deductions apply to all leaps & jumps in routine. Exception – Beam: Split jump =A

Balance Beam

Silver, Gold, Platinum must do 4 of 6 SR

0.50 deduction for each missing SR

Gold

1. Two acro elements or "A's" VP (non-flight, same or different, attaining or passing through or within 20° vertical) – must start and finish on beam, (In series or isolated)

If a compulsory element or Value part has a hold specified in its description, the hold must be shown. If the same element or VP is used two times, they must be connected or one of them must be connected to another element/VP to count as 2nd element/VP.

2. One leap or jump with 90° cross or side split (in series or isolated)

3. 360° turn or more on one foot

4. One dance series (min two elem. or VP's)

5. One "B" dance VP (in a series or isolated)

6. Level 5 or 6 compulsory dismount, Aerial, or salto dismount

Leap & Jump deductions apply to all in routine.

Exception: Split jump less than 135° = "A"

Platinum

1. Two acro "A's" and/or "B" VP's (with or with out flight, same or different, attaining or passing through vertical) (In series or isolated)– must start and finish on beam. If a compulsory element or Value part has a hold specified in it's description, the hold must be shown to receive SR credit. . If the same element or VP is selected they must be connected or one of them must be connected to another element/VP to count as 2nd element/VP.

2. One "B" flight acro VP (in a series or isolated)

3. One leap or jump with 120° cross or side split (in a series or isolated)

4. 360° turn or more on one foot

5. One dance series (min two VPs)

6. Aerial or Salto dismount

Leap & Jump deductions apply to all leaps & jumps in routine. "B" VP is required

Clarifications

Bronze

Handstand within 45 ° of vertical (within 65 ° from vertical receives SR credit with <0.2 ded) w/ no hold required
If the gymnast does not perform a dismount or performs a dismount that does not meet the SR, deduct 0.30 for no dismount
+ 0.50 missing SR

Silver

Handstand within 20 ° of vertical (within 40 ° receives SR credit with <0.2 ded) w/ no hold required
1 acro category SR & 1 dance category SR min. Start & finish on BB
Leap or Jump within 20° of requirement = up to 0.20
21° or more from requirement = no SR credit
Must select four out of six SR's. Not required to select dismount as SR. If the gymnast does not perform a dismount or performs a dismount that does not meet the SR, deduct 0.30 for no dismount. If in addition to this, the gymnast does not fulfill 4 other SR, deduct 0.50 missing SR.

Gold

1 acro category SR & 1 dance category SR min. Start & finish on BB
Leap or Jump within 20° of requirement = up to 0.20
21° or more from requirement = no SR credit
Must select four out of six SR's. Not required to select dismount as SR. If the gymnast does not perform a dismount or performs a dismount that does not meet the SR, deduct 0.30 for no dismount. If in addition to this, the gymnast does not fulfill 4 other SR, deduct 0.50 missing SR. Acro elements or "A's" (non-flight, same or different, attaining or passing through or within 20° handstand/vertical) – must start and finish on beam. (In series or isolated) If a compulsory element or Value part has a hold specified in its description, the hold must be shown. If the same element or VP is used two times, they must be connected or one of them must be connected to another element/VP to count as 2nd element/VP.

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Clarifications

Platinum

1 acro category SR & 1 dance category SR min. Start & finish on BB

Leap or Jump within 20° of requirement = up to 0.20

21° or more from requirement = no SR credit

If missing "B" VP deduct 0.30

Must select four out of six SR's. Not required to select dismount as SR. If the gymnast does not perform a dismount or performs a dismount that does not meet the SR, deduct 0.30 for no dismount. If in addition to this, the gymnast does not fulfill 4 other SR, deduct 0.50 missing SR. A non VP dismount would be any compulsory dismount that is not in code. Acro elements or "A's" (non-flight, same or different, attaining or passing through handstand/vertical) – must start and finish on beam. (In series or isolated) Hold required if Value part requires hold. If the same element or VP is selected they must be connected or one of them must be connected to another element to count as 2nd element. If the same element or VP is used two times, they must be connected or one of them must be connected to another element/VP to count as 2nd element/VP.

Notes

No athlete may compete in 2 USAG State Meets in the same season.

Element = Any Compulsory Element with value

VP = JO Code of Points Value Part

For unlisted Value Parts refer to value of root skill or submit skill to RTC & RJOCC.

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Floor Ex

Bronze must do all 4 SR

Silver, Gold, Platinum must do 4 of 6 SR

0.50 deduction for each missing SR

Bronze

1. One acro element or "A" VP
2. Forward acro element or "A" VP
3. Dance passage w/ a min. of two (2) different Group 1 elements and/or VPs directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 60° cross or side split position OR Split Leap or Jump (60° cross or side split)
4. 180° turn on one foot (minimum)

Leap & Jump deductions apply to all leaps & jumps in routine.

Exceptions – Floor: Straddle Jump = A. Side leap = A

Silver

1. One acro series of at least two elements and/or "A" VPs (one must have flight)
2. One acro series (flight or non-flight, min. two element and/or "A" VP)
3. One forward acro element or "A" VP
4. Round-off, BHS, BHS
5. Dance passage with a minimum of two (2) different Group 1 elements and/or VPs, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 90° cross or side split position.
6. 360° turn on 1 foot

Leap & Jump deductions apply to all leaps & jumps in routine.

Exceptions – Floor: Straddle Jump = A. Side leap = A

Floor Ex

Bronze must do all 4 SR

Silver, Gold, Platinum must do 4 of 6 SR

0.50 deduction for each missing SR

Gold

1. One flight acro series
(min. 3 elements and/or "A" VPs all w/ flight)
2. One forward flight acro element and/or "A" VP OR a 2nd flight acro series (min. two elements and/or "A" VP all w/ flight)
3. One "A" VP salto or aerial
4. 360° turn or more on one foot
5. Dance passage with a min. of two different Gr 1 elements and/or "A" VPs, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 120° cross or side split position.
6. One "B" dance VP

Leap & Jump deductions apply to all leaps & jumps in routine.

Platinum

1. One flight acro series with 2 or more VPs including an "A" salto VP (All VPs w/ flight)
2. One flight acro series of 2 or more VPs containing a forward acro VP (All VPs w/ flight)
3. One forward salto VP
4. Dance passage with a minimum of two (2) different Group 1 VPs, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 150° cross or side split position.
5. One "B" dance VP
6. 360° turn or more on one foot

Leap & Jump deductions apply to all leaps & jumps in routine. "B" VP is required

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Clarifications

Bronze

Leap or Jump within 20° of requirement = up to 0.20
21° or more from requirement = no SR credit
No deduction for coach on the floor exercise mat

Silver

1 acro category SR & 1 dance category SR min.
Leap or Jump within 20° of requirement = up to 0.20
21° or more from requirement = no SR credit
No deduction for coach on the floor exercise mat

Gold

1 acro category SR & 1 dance category SR min.
Leap or Jump within 20° of requirement = up to 0.20
21° or more from requirement = no SR credit
No deduction for coach on the floor exercise mat

Platinum

1 acro category SR & 1 dance category SR min.
Leap or Jump within 20° of requirement = up to 0.20
21° or more from requirement = no SR credit
If missing "B" VP deduct 0.30
Deduct 0.5 for a coach standing on floor exercise mat

Time Limits, Warm-ups & Touches

Bronze

Time limits for Beam/Floor: Max. 1:00

deduct 0.10 for going overtime

Warm-up: 30 sec per gymnast, no 30 sec touch except for 16+ per squad or capital cup

No deduction for short routine

Silver

Time limits for Beam/Floor: Max. 1:00

deduct 0.10 for going overtime

Warm-up: 1:00 per gymnast, no 30 sec touch except for 16+ per squad or capital cup

No deduction for short routine

Gold

Time limits for Beam/Floor: 1:10

deduct 0.10 for going overtime

Warm-up: 1:00 per gymnast, no 30 sec touch except for 9+ per squad or capital cup

Routines under 30 seconds will receive 2.00 short routine deduction.

Platinum

Time limits for Beam 1:10/Floor 1:20

deduct 0.10 for going overtime

Warm-up: 1:00 per gymnast, no 30 sec touch except for 9+ per squad or capital cup

Routines under 30 seconds will receive 2.00 short routine deduction.

General Rules & Information

Bronze

May use any Level 1-5 elements for SR (except as noted for dismounts) and/or any "A" VP

If a "B" or Higher VP is performed,
deduct 0.50 and no SR.

Exceptions – Beam: Split jump =A

Floor: Straddle Jump = A. Side leap = A

An element/ Value Part or series/connection can only be used to fulfill one Special Requirement.

There is no deduction for a coach standing on the floor exercise.

If the gymnast does not perform a dismount or performs a dismount that does not meet the SR, deduct 0.30 for no dismount + 0.50 missing SR.

The only compulsory deductions that may be used are those for compulsory elements not listed in the code.

Silver

May use any Level 2-6 elements for SR (except as noted for dismounts) and/or any "A" VP

Level 1 compulsory elements will not count as elements/value parts unless they are listed in the Code.

If a "B" or Higher VP is performed, deduct 0.50
and no SR.

Exceptions – Beam: Split Jump =A

Floor: Straddle Jump = A. Side leap = A

An element/ Value Part or series/connection can only be used to fulfill one Special Requirement.

There is no deduction for a coach standing on the floor exercise.

If the gymnast does not perform a dismount or performs a dismount that does not meet the SR, deduct 0.30 for no dismount. If in addition to this, the gymnast does not fulfill 4 other SR, deduct 0.50 missing SR.

The only compulsory deductions that may be used are those for compulsory elements not listed in the code.

General Rules & Information

Gold

May use any Level 5-6 elements for SR (except as noted for dismounts) and/or any "A" VP and/or any "B" dance VP.

Level 1-4 compulsory elements will not count as elements/value parts unless listed in the Code

BB & FX: *If a "B" or higher acro elem. or VP or any "C" or Higher is performed.

Exceptions – Beam - Split jump less than 135° = "A" VP

Floor - Flyspring = "A" VP and Straddle Jump less than 135° = "A" VP

Bars *If "B" or higher Giant, release or dismt is performed, deduct 0.50 and no SR

An element/ Value Part or series/connection can only be used to fulfill one Special Requirement.

If the gymnast does not perform a dismount or performs a dismount that does not meet the SR, deduct 0.30 for no dismount.

If in addition to this, the gymnast does not fulfill 4 other SR, deduct 0.50 missing SR.

There is no ded. for a coach standing on the FX mat.

The only compulsory deductions that may be used are those for compulsory elements not listed in the code.

Platinum

May use any "A" VP or "B" VPs.

If "C" or Higher VP is performed, deduct 0.50 and no SR.

Exceptions are the same as Level 7

Bars: Handstand ½ pirouette, Clear hip circle to handstand w/ or w/out ½ turn, Back staldler to handstand, w/ or w/out ½ turn, Piked sole circle backward to handstand, w/ or w/out ½ turn.

An element/ Value Part or series/connection can only be used to fulfill one Special Requirement.

Deduct 0.5 for a coach standing on the Floor Exercise mat during routine.

If the gymnast does not perform a dismount or performs a dismount that does not meet the SR, deduct 0.30 for no dismount. If in addition to this, the gymnast does not fulfill 4 other SR, deduct 0.50 missing SR.

Compulsory elements not listed in the code will not count towards SR or VP.

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State Qualify Scores

Bronze

To be determined by State Committee

Silver

To be determined by State Committee

Gold

To be determined by State Committee

Platinum

To be determined by State Committee

Regional Qualification

Athletes must compete all around at their State Championship. The top 6 athletes from each division will compete on their state team. All other athletes may compete as all stars at PREP/Xcel Regionals. Athletes on state team may also compete for their own team in all star sessions.

General Deductions for all Prep Levels

Each Level will be judged on the following: Start Value 10.00

SR=0.50 each

Artistry: >0.30 (BB & FX)

Dynamics: >0.20 (UB, BB, FX)

Continuity of movement/Swingfulness: >0.30 (UB)

Rhythm: >0.20 (UB, BB, FX)

Follow execution, technique and amplitude deductions from JO Code of Points unless otherwise clarified.

The only compulsory deductions that may be used are those for compulsory elements not listed in the code.

No composition deductions are allowed to be taken.

Score Ranges will follow Optional Score Range

If athlete performs compulsory element, compulsory deductions will be applied if element is not in the Code of Points

No Short routine deduction for Bronze and Silver. Gold and Platinum beam and floor routines must be 30 seconds or more or Short routine deduction of 2.00 will apply.

Value parts/elements must be in different connection to count two times within a routine. In order for a connection to be different it must have a different entrance and/or exit. The third time an element or VP is used it will not be counted.

Examples:

On Beam: Back walkover, stop, Back walkover – only first back walkover gets VP credit.

Handstand stop straight jump and later in routine handstand – only first handstand will receive VP credit, but if gymnast does Handstand directly connected to straight jump and then does another handstand later in routine both handstands will count for VP credit.

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Example: For Silver, Gold or Platinum – 1st pass Round off, Flic Flac, Round off straddle jump, 2nd Round off, back tuck. The third time a round off was used it will not count as a VP, so this athlete does not have two acro series.

On Floor exercise the addition or deletion of Flic Flac will not change the series.

If the first pass is roundoff, flic flac and second pass is roundoff, flic flac, flic flac gymnast will only get credit for one pass because the addition or deletion of flic flac does not change tumbling passes.

	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>	<u>Platinum</u>	<u>Deduction while receiving Special Requirement</u>
Casts	Hips off bar	30°below horizontal	horizontal	30°above horizontal	within 20° >0.2 deduction
Leaps/Jumps	30° beam/60° floor	60°/90°	90°/120°	120°/150°	within 20°>0.2 deduction
Handstands	45° from vertical	20° from vertical	vertical - no hold	vertical and held	
Min. SR for HS	65 ° from vertical	40°from vertical	20°from vertical	vertical – with no hold	
HS deduction	>0.2 angle	>0.2 angle	>0.2 angle	>0.2 hold and >0.2 angle	

Silver Vault Deductions - Handspring Flatback			
<p>First Flight Phase: Failure to maintain straight body position from board to mat stack</p> <p>Pike up to 0.50 Arch up to 0.30 Legs Bent up to 0.30 Legs separated up to 0.30 Poor foot form up to 0.20</p>	<p>Support Phase: Body position faults</p> <p>Pike up to 0.50 Arch up to 0.30 Shoulders/head out of alignment up to 0.20 Too long in support up to 0.50 Angle of repulsion (point which gymnast leaves table) up to 0.50 Height up to 0.50</p>		<p>Landing Phase: Failure to maintain straight body position from support to back lying position</p> <p>Pike up to 0.50 Arch up to 0.30 Legs bent up to 0.30 Legs separated up to 0.30 Poor foot form up to 0.20 Failure to finish in straight lying position up to 0.50 Distance (Landing touching or on Table) up to 0.30</p>
<p>General: Deviation from straight line up to 0.30 Insufficient Dynamics up to 0.30 Aid of coach on first flight 2.0 Performing a headspring 2.0 4" mat or Sting mat(s) may be placed on end of table. Air-O-Boards are allowed. Hands on additional matting = No deduction Stacked Mats level to Vault Table +/- 8". NO MINI TRAMPS</p>			