

Region 5 USAG Prep Optional

Adopted by Regional Committee 6/12/08

WHAT IS IT?

- An alternative USA Gymnastics competitive program.

WHO IS IT FOR?

- Anyone who desires the challenge of optional routines and competition.
- Those wanting a limited time commitment.
- Those who are preparing for a high school team, and or Level 7.
- Those who are stuck in the JO program and unable to move up, but love gymnastics.

WHY?

- Provide a means and a purpose for continued gymnastics participation.

BENEFITS

- A great way for clubs to maintain students.
- Participants are able to experience optional competition without the huge commitment necessary for the JO program.
- Fosters team work.
- Incentive to improve.
- Registered USAG Prep-Opt membership.
- Participation in USAG Sanctioned meets.

RECOMMENDATIONS

- Workout schedule (2 times per week for 2- 3 hours) Bronze & Silver.
- Develop routines (UB, BB, FX) for each level
- Modify routines as skills are achieved.
- Use JO routines as guidelines.

MEETS-Indiana Ruling

- State Meet fee \$70.

REGION 5 USAG PREP OPTIONAL PROGRAM

General Regulations and Requirements

GENERAL REGULATIONS

- Athletes must be registered with USAG
- Indiana's age requirements: Bronze –Same as Level 4 (must have reached 6th BD), Silver & Gold- Same as Level 5-7 (must have reached 7th BD), Platinum – Same as L8 (must have reached 8th BD) - Since this program is an alternative program it CANNOT BE USED TO SATISFY MOBILITY REQUIREMENTS IN THE JO PROGRAM.
- A gymnast may compete in both a JO State Meet and a PO State Meet within the same season.
- Level 7 & 8 gymnasts may compete in the Platinum Level of Prep-Opt. Level 7 & 8 gymnasts may not compete in Bronze, Silver or Gold level. For special circumstances a Level 7 or 8 gymnast may petition to the SAC to compete at the Gold level.
- Special Requirements must be satisfied by elements listed as "A" or higher elements in the current *USA Age Group Code* or *USAG Supplement* (unless included on the allowable skill list for Prep-Opt).
- NO additional compositional deductions besides the listed presentation deductions will be used. However, a bonus of up to .2 for Artistry and a deduction of up to .2 Rhythm on BB & FX will be used.
- Prep-Opt competitions must follow the current USAG Women's *Rules & Policies* in regards to the apparatus specifications, using as a minimum standard the specifications for compulsory competitions.
- Prep-Opt competitions must follow the current USAG Women's *Rules and Policies* concerning maximum number of gymnasts per session. Bronze & Silver will follow compulsory numbers allowed and Gold & Platinum will follow optional numbers allowed.
- Prep-Opt competitions may be judged by a 1 judge panel if all judges are L8 and above, otherwise a two judge panel must be used. Indiana ruling
- Level recommendations: Bronze Level 4 or below, Silver Level 5, Gold Level 6, Platinum Level 7 & 8.

GENERAL REQUIREMENTS

- Prep-Opt gymnasts are not required to compete All-Around.
- Gymnasts must designate on the entry form which division (Bronze, Silver, Gold, Platinum) they will compete. All events must be competed in the same division.
- If competition squads have gymnasts of different divisions, gymnasts of the same division must compete consecutively. Divisions must be designated on the rotation sheet.
- Indiana ruling- There is NO qualification to the State Invitational.
- *Special Requirements can be met by skill attempts. An attempted Special Requirement that results in a fall will be given credit as long as the skill technique is recognizable.*
- *Traditional format meets must allow Gold & Platinum gymnasts a touch warm-up.*

Additional rules and regulations are on page 55/56 of the current USAG Rules and Policies.

MEET PROCEDURES

INVITATIONAL MEET AWARD RECOMMENDATION FOR TEAM AND INDIVIDUAL:

- Individual awards must be given according to divisions (bronze, silver, gold, platinum).
- Gymnasts not competing in the All-Around MAY have their scores counted in the team score total.
- Meet director may decide age groups.
- Awards will be awarded as per R & P - Indiana
- Number of team awards to be determined by meet director.
- Team awards must be for each level (bronze, silver, gold & platinum). You may not combine levels for team awards.

PREP-OPT STATE MEET AWARDS *to be determined by SAC*

- State Invitational Awards will follow Indiana R & P

TIMING ON BEAM AND FLOOR:

- Suggested minimum time 30 sec. (No deduction for under time)
- Maximum time 1:20 for Bronze & Silver
- Maximum time 1:30 for Gold & Platinum
- Overtime = 0.1 deduction

WARM-UPS

Timed warm-ups – Bronze & Silver minimum of 1:00 per gymnasts. Gold and Platinum minimum of 1:30 per gymnast.

Touch: Follow Rules & Policies for guidelines. Bronze and Silver follow compulsory guidelines. Gold and Platinum follow optional guidelines.

SAFETY

For the safety of the gymnast there is no deduction for a coach standing on the floor. There is a deduction of .5 if the coach spots or assists the gymnast in facilitating the skill.

FLASHING OF START VALUE

Each judge will flash their individual SV with the possibility of having a possible 10.4.