

1. PO 1

- Bars: Special Requirement - Back circling element can not be fulfilled with the mount or dismount.

2. PO 1 & 2

- Bars: Special Requirement – Cast – Require a cast of 45 degrees **below horizontal**.
Deductions:
 - 44°-29° 0.05-0.25 deduction
 - 28°-0° 0.30-0.50 deduction

3. PO 3

- Bars: Special Requirement – Cast to **Horizontal**
Deductions:
 - 1°-45° below horizontal 0.05-0.25 deduction
 - 46° and below horizontal 0.30-0.50 deduction

4. PO 4

- Bars: Special Requirement – Cast to 30 degrees **above Horizontal**
Deductions:
 - 1°-29° above horizontal 0.05-0.25 deduction
 - At horizontal 0.30 deduction
 - Below horizontal 0.35-0.50 deduction

- 5. One element/skill cannot fulfill 2 Special Requirements.** The exception to this rule is the SR on PO 1 & 2 bars of 4/5 elements required. The gymnast will not be expected to perform 4/5 skills/elements in addition to the other SR. The 4/5 elements include the other SR.

Special Note:

Since the Special Requirements for Prep Optional routines are based on Optional rules the above deductions will be up to the value of the Special Requirement.