

Alabama Prep Op Program 2005-06

Prep Op 1 - Level 1, 2, or 3 gymnasts. Any gymnasts may enter the prep op program according to their skill level.

Prep Op 2 - Level 4 gymnasts. Level 5 gymnasts that have not qualified to state meet.

Prep Op 3 - Level 5 gymnasts. Level 6 gymnasts that have not qualified to state meet.

Prep Op 4 - Level 6 gymnasts. Level 7 gymnasts that have not qualified to state meet.

A gymnast may compete higher than the described levels, but never lower. A gymnast may compete in the same prep op division for two years without advancing in accordance with prep op level requirement. Example: Gymnast qualifies to state meet at level 5, must move to Prep Op 3. Gymnasts desiring to remain in a level more than two years must petition to the SAC. Higher level gymnasts interested in competing must petition the SAC.

OPTIONAL DEDUCTIONS WILL BE USED (EXCEPTIONS NOTED)

SPECIAL REQUIREMENTS AND BONUS CAN BE FULFILLED AT THE SAME TIME - BONUS CAN FULFILL SPECIAL REQUIREMENTS AND VICE VERSA. BONUS IS AWARDED TO A SKILL ONLY ONCE.

PREP OP 1		PREP OP 2		PREP OP 3		PREP OP 4	
Special Requirements	2.00	Special Requirements	2.00	Special Requirements	2.00	Special Requirements	2.00
Execution	6.9	Execution	6.9	Execution	6.9	Execution	6.9
Artistry -.30, Dynamics -.20	.50	Artistry -.30, Dynamics -.20	.50	Artistry -.30, Dynamics -.20	.50	Artistry -.30, Dynamics -.20	.50
Free Bonus	.60	Bonus	.60	Bonus	.60	Bonus	.60
Start Value	10.0	Start Value	10.0	Start Value	10.0	Start Value	10.0

PREP OP 1 VAULT		PREP OP 2 VAULT		PREP OP 3 VAULT		PREP OP 4 VAULT	
ALL VAULTS START FROM A 10.00							
Level 3 Vault	Level 4 Vault	Front Handspring	Any Level 7 Vault				
Compulsory deductions	Compulsory deductions	Optional deductions	Optional deductions				

PREP OP 1 BARS		PREP OP 2 BARS		PREP OP 3 BARS		PREP OP 4 BARS	
SPECIAL REQUIREMENTS - .50 ea		SPECIAL REQUIREMENTS - .50 ea		SPECIAL REQUIREMENTS - .50 ea		SPECIAL REQUIREMENTS - .50 ea	
Four skills or elements	Five skill or elements	Six skills or elements	Six skills or elements				
One back circling skill or element	Two circling skills or elements	Two different circling skills or elements (front or back)	Two different circling skills or elements (front or back)				
Cast (no height required)	Cast (no height requirement)	Cast to horizontal	Cast to 30° ↑ horizontal				
Level 1-4 dismount	Level 2-5 dismount (sole circle may be done on the high bar)	Level 2-6 dismount (sole circle may be done on the high bar)	Salto dismount				
NO BONUS	BONUS .20 each MAXIMUM .60						
	Kip	Clear hip	Any "B"				
	Bar change (show flight)	Long hang pullover					
	Long hang pullover	Cast to 30° ↑ horizontal					
	Cast to horizontal	Flyaway dismount					

A maximum of two tap swings are allowed in all divisions. The second swing must result in a connection.

Preceding a squat on, two casts may be used without a deduction for an extra swing, except Prep Op 4.

PREP OP 1 BEAM	PREP OP 2 BEAM	PREP OP 3 BEAM	PREP OP 4 BEAM
No min. time Max time 1:00	No min. time Max time 1:10	No min. time Max time 1:10	No min. time Max time 1:20
SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea
One acro skill or element (non-flight)	One acro skill or element (flight or non-flight)	Two different acros skill or element (flight or non-flight)	Acro series skill or element (flight or non-flight)
One jump (straight, split or tuck)	Split leap (60° min.)	Split leap (90° min)	Split leap (120° min)
½ turn (one or two feet)	½ turn on one foot (min)	½ turn on one foot (min)	Full turn on one foot (min)
Level 1-4 Dismount	One dance series	One dance series	One dance series
NO BONUS	BONUS .20 each MAXIMUM .60		
	Handstand	Any "B" dance	Any "B" dance
	Cartwheel	Walkover (front or back)	Any "B" acro
	Full turn on one foot	Full turn on one foot	Split leap >150°
	Split leap 90° min.	Split leap >120°	Aerial or salto dismount

PREP OP 1 FLOOR	PREP OP 2 FLOOR	PREP OP 3 FLOOR	PREP OP 4 FLOOR
No min. time Max time 1:00	No min. time Max time 1:10	No min. time Max time 1:30	No min. time Max time 1:30
SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea
One acro skill or element	One acro series (min two skills or elements)	One acro series (min three skills or elements)	Two different acro series (One a min of two skills or elements, one a min of three skills or elements)
One forward skill or element	One forward skill or element	One forward skill or element	One forward skill or element
One dance series (min two skills) OR One split leap (30° min) or jump	One dance series (min two skills) OR Split leap (90° min)	One dance series (min two skills) OR Split leap (120° min. – may be side or switch)	One dance series (min two skills) OR Split leap (150° min. – may be side or switch)
½ turn minimum	½ turn minimum	Full turn	Full turn (min)
NO BONUS	BONUS .20 each MAXIMUM .60		
	Round-off, back handspring, back handspring	Round-off, back handspring, back tuck	Round-off, back handspring, layout
	Front handspring	Front acro series with flight, one a salto or aerial	Front acro series with flight, one a salto or aerial
	Split leap >120°	Split, side, or switch leap (min 150°)	Split, side, or switch leap (min 180°)
	Full turn	Any "B" dance	Any "B" dance or acro

Any compulsory skill/element or code of points element is acceptable.
More than .25 in deductions results in no bonus being awarded. Deductions in series are not cumulative per skill, i.e. round-off (-.10), back handspring (-.20) - bonus awarded.
Qualified skills can only receive bonus once.