

# COACHES & JUDGES HANDBOOK

Wisconsin

# PREP- OPTIONAL

RULES AND POLICIES

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February 2010

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Wisconsin's Rules and Policies are based off Region 5 rules and policies with a few modifications implemented by the Wisconsin State Board. Many changes have been made please read everything over carefully. If you have any questions, please contact your State board. Your questions and suggestions have been incredibly helpful. Please keep them coming. This is the only way we can continue to improve this program. All of your questions and suggestions have been carefully considered in the updated program.

## **PREP – OPTIONAL PROGRAM DESCRIPTION**

### **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 participation but with a limited time commitment.
- Those that want a competitive gymnastics experience.
- Those that enjoy and love the sport.

### **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.
- A gymnast does not have to have competed previously in the JO program.
- Fosters team work.
- Incentive to improve.
- Registered USAG Prep-Opt membership which is at a discounted rate.
- Participation in USAG Sanctioned meets.

### **RECOMMENDATIONS**

- Wisconsin's "suggested" training schedule (2 times per week for 2-3 hours) Bronze and Silver.
- Develop routines (UB, BB, FX) for each level
- Modify routines as skills are achieved.

### **MEETS**

- The state board has set the price for entry to in-gym invitational to be equal to Level 5 and 6, (currently \$35).
- The board has allowed out-of-gym invitational entry fees to be determined by meet director.
- State Meet – To be determined by SAC (State Administrative Committee) Currently the rate is \$40

## GENERAL REGULATIONS AND REQUIREMENTS

1. Athletes must be registered with USAG
2. Minimum age of participation is 10 years old. Since this program is an alternative program it CANNOT BE USED TO SATISFY MOBILITY REQUIREMENTS IN THE JO PROGRAM.
3. A gymnast may compete in ONE State Meet per season. She may compete in two state meets per competitive year as stated in R & P.
4. Prep-Opt competitions must follow the current USAG Women's Rules and Policies in regards to the apparatus specifications, using as a minimum standard the specifications for compulsory competitions.
5. Prep-Opt competitions must follow the current USAG Women's Rules and Policies concerning maximum number of gymnasts per session. Bronze, Silver & Gold will follow compulsory numbers allowed.
6. Prep-Opt competitions must be judged by USAG officials certified with a minimum of Level 7/8 rating, unless approved by the NAWGJ. The number of judges per panel used will be 1 per event.
7. Level recommendations: Bronze Level 4 or below, Silver Level 5, Gold Level 6+.
8. Prep-Opt gymnasts are not required to compete All-Around. If a gymnast chooses not to compete All-Around, she touches on the event(s) she is not competing.
9. Gymnasts must designate on the entry form which division (Bronze, Silver, Gold) they will compete. All events must be competed in the same division.
10. If competition squads have gymnasts of different divisions, gymnasts of the same division must compete consecutively. Divisions must be designated on the rotation sheet.
11. To qualify to the State Meet a gymnast must compete in a minimum of 2 sanction Wisconsin PREP Opt. meets, or petition to the state board for acceptance to the meet.
12. Age grouping for a competition will be decided by the meet director and must be divided if there are more than 14 in a given level.
13. Traditional format meets must allow gymnasts a touch warm-up.
14. Awards at a PREP opt. meet must follow the state policies for awards for Junior Olympic Level 5s: (currently recognition on each event and all around for 50%. Team awards may be given if teams are entered. A team is defined as having 3 scores per event at the given level. If team awards are to be given, the entering team has the option to enter as a team.
15. Wisconsin PREP opt. season will run concurrently with, and extend past Wisconsin's JO Optional season (January to May)

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

## **GENERAL REGULATIONS AND REQUIREMENTS**

### **MEET PROCEDURES**

#### **TIMING ON BEAM AND FLOOR:**

- Minimum time 30 sec. (No deduction for under time)
- Maximum time 1:30 for all levels on Floor
- Overtime = 0.1 deduction
- Bronze, Silver and Gold maximum beam time is 1:20

#### **WARM-UPS**

- Timed warm-ups – Bronze, Silver and Gold minimum of 1:00 per gymnast
- Touch: Follow Rules and Policies for guidelines. Bronze, Silver and Gold follow compulsory 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 and no credit for the skill.

## RULE CLARIFICATIONS

1. Special Requirements must be met by completed skill or value parts as defined by the J.O. Code of Points for skill criteria. At Bronze Level 3-6 elements and at Silver Level 4-6 elements may also be recognized. Skills not meeting criteria may not be used as value parts, used for Special Requirements, or used for bonus.
2. Special Requirements may be fulfilled if skill criteria is met before a fall. For example, dismounts and saltos on floor land on the sole of the foot prior to falling, if hands touch the bar on a release, if the sole of the foot touches the top of the beam before a fall, then value part credit may be given. No bonus may be given on a skill with a fall.
3. Any element listed in the J.O. Code of Points can be recognized as a Value Part two times in a routine, provided the element occurs in a different connection (i.e., preceded or followed by a different skill). If the element is performed a third time, or is performed a second time in the exact same connection: Value Part is NOT awarded, and it CANNOT be used to fulfill Special Requirements. Please refer to pg. 15 in the Code of Points for further information and some exceptions.
4. Higher value parts can replace lower value parts. Therefore, a "B" may be used to replace an "A" value part. It may also be used for bonus if it meets criteria needed.
5. On each event there are certain exceptions given for performing an element with higher technical requirement met than is allowed at that level.

### **BARS**

Bronze – a "B or C" clear hip performed will receive "A" value part credit. Silver – a "C" clear hip performed will receive "B" value part credit. The level 4 mount "glide and return" is allowed for an "A" skill for bronze and silver. In the counting of elements, a cast to a squat on, stoop on, or straddle on is an "A" value part in the code. Therefore, a Bronze gymnast performing the Level 3 dismount would receive 1 "A" for the cast to a squat on, pike sole circle dismount. For Bronze, Silver, and Gold the JO angle deductions will not be used.

### **BEAM**

Bronze – a "B" split or straddle jump performed will receive "A" value part credit. Acro elements must start and finish on the beam. The 2 sec. balance hold does not have to be a recognized element in the J.O. code to fulfill the SR. It must be on 1 foot or on hands in clear support. No handstand holds.

Handstands must be held for 2 sec. to receive value part credit in Gold and Platinum. A 2 sec. HS hold at vertical can be used for the acro series. If criteria is not met series will not be awarded. 2 dance series may be the same or different skill.

### **FLOOR**

Bronze – Aerials are acceptable and will receive "A" value part credit. A "B" side leap performed will receive "A" value part credit Bronze, Silver & Gold – Dive rolls are allowed to be used as forward acro flight skills

6. No additional compositional deductions besides the listed deductions will be used.  
There is a deduction for ^.2 Rhythm on Beam and Floor.  
.1 Bonus for stuck landings will be given, however, a body posture fault can be taken.



## 2010-2011 Wisconsin PREP Optional

# BARS

Req.	Bronze	Silver	Gold
Value Parts: A=.1, B=.3,C=.5	5 As, (Also any Level 3-6 skills not listed in the code)	7As and/or Bs (Also any Level 4-7 skills not listed in the code)	1 B, 6 As
Start Value	10.0	10.0	10.0
Difficulty Restrictions	B element=no credit, (*exception is a B or C clear hip counted as an A and will not void rt.) C,D or E elements, Salto Dismount will void routine. Counter/tap swings may count for 2 As, more than 2 C/T=.3 deduction each extra swing	C element=.3 deduction (*exception is C clear hip counted as B) D or E elements void rt. Counter/Tap swing count for 1 "A" More than 1 C/T =.3 each extra swing	C elements allowed to replace A or B elements D or E elements void rt. Counter/Tap swings count as .3 extra swing
Special Req. (deduct .2 for each missing SR)	1 Cast (no angle req.) 2 Circling Skill 3 "A" dismount	1. Cast to Horizontal 2. Circling skill 3. Kip 4. 1 bar change 5. "A" or "B" dismount	1. Cast above horizontal 2. Circling skill 3. Kip 4. 1 bar change 5. "A" or "B" dismount
Bonus	.1 Routine with kip (max .1) .1 Stuck Dismount	.1 Routine with "B" (max .1) .1 Stuck Dismount	.1 Additional "B" (max .2) .1 Stuck Dismount
	Spot .5 and No value part Warm up= 1:00	Spot .5 and No value part Warm up= 1:00	Spot .5 and No value part Warm up= 1:00

## 2010-2011 Wisconsin PREP Optional

# BEAM

Req.	Bronze	Silver	Gold
Value Parts: A=.1, B=.3 and C=.5	5 As, (Also any Level 3-6 skills not listed in the code)	7As and/or Bs (Also any Level 4-7 skills not listed in the code)	1 B, 6 As
Start Value	10.0	10.0	10.0
Difficulty Restrictions	B element=no credit (*exception B Split Jump or straddle jump counted as "A") C Gymnastics elements=3.0 deduction C,D or E acro elements void rt. Salto Dsmt=2.0 deduction	C element=.3 deduction D or E elements void rt.	C elements allowed to replace A or B elements D or E elements void rt.
Special Req. (deduct .2 for each missing SR)	<ul style="list-style-type: none"> <li>Min. ½ turn on 1 foot</li> <li>Min. 2 element dance series</li> <li>1 non-flight acro element</li> <li>2 second balance on foot or hands (clear no vert or !)</li> <li>Dsmt=Jump or from hands</li> </ul>	<ul style="list-style-type: none"> <li>Min. 1/1 turn on 1 foot (isolated or in series)</li> <li>Min. 2 element dance series</li> <li>2 acro elements with or without flight isolated or in series</li> <li>2 second balance on foot or hands (clear no vert or !)</li> <li>1 leap or jump – 120 degrees (isolated or in series)</li> <li>A or B dismount</li> </ul>	<ul style="list-style-type: none"> <li>Min. 1/1 turn on 1 foot (isolated or in series)</li> <li>Min. 2 element dance series</li> <li>2 acro elements with or without flight isolated or in series</li> <li>2 second balance on foot or hands (clear no vert or !)</li> <li>1 leap or jump – 120 degrees (isolated or in series)</li> <li>A or B dismount</li> </ul>
Bonus	.1 Stuck Dismount ^ .2 Artistry	.1 Stuck Dismount ^ .2 Artistry .1 Routine with "B" (.1 max)	.1 Stuck Dismount ^ .2 Artistry .1 Additional "B" (max .2)
	Spot .5 and No value part Warm up= 1:00 Lack of Rhythm up to .2 Time limit 1:20 (no undertime)	Spot .5 and No value part Warm up= 1:00 Lack of Rhythm up to .2 Time limit 1:20 (no undertime)	Spot .5 and No value part Warm up= 1:00 Lack of Rhythm up to .2 Time limit 1:20 (no undertime)

## 2010-2011 Wisconsin PREP Optional

# FLOOR

Req.	Bronze	Silver	Gold
Value Parts: A=.1, B=.3 and C=.5	5 As, (Also any Level 3-6 skills not listed in the code)	7As and/or Bs (Also any Level 4-7 skills not listed in the code)	1 B, 6 As
Start Value	10.0	10.0	10.0
Difficulty Restrictions	B element=no credit (*exception B Side leap counted as "A") C Gymnastics elements=3.0 deduction Salto, C,D or E acro elements void rt. <ul style="list-style-type: none"> <li>• Aerials are acceptable</li> </ul>	C element=.3 deduction D or E elements void rt. Forward or backward twisting =3.0 deduction	C elements allowed to replace A or B elements D or E elements void rt.
Special Req. (deduct .2 for each missing SR)	<ul style="list-style-type: none"> <li>• Acro series –min. 2 elements, 1 w/flight</li> <li>• Dance series, min. 2 elements</li> <li>• Min. full turn on 1 foot, isolated or in series</li> <li>• Leap isolated or in series</li> <li>• 1 forward element with or without flight, isolated or in series</li> </ul>	<ul style="list-style-type: none"> <li>• Acro series –min. 3 flight elements,</li> <li>• Second acro series min. 2 flight elements</li> <li>• 1 salto or aerial, isolated or in series</li> <li>• Dance series, min. 2 elements</li> <li>• Min. full turn on 1 foot, isolated or in series</li> <li>• Leap (min. 120 degrees) isolated or in series</li> <li>• 1 forward element with or without flight, isolated or in series</li> </ul>	<ul style="list-style-type: none"> <li>• Acro series –min. 3 flight elements,</li> <li>• Second acro series min. 2 flight elements</li> <li>• 1 salto or aerial, isolated or in series</li> <li>• Dance series, min. 2 elements</li> <li>• Min. B turn on 1 foot, isolated or in series</li> <li>• Leap (min. 150 degrees) isolated or in series</li> </ul> <p>1 forward element with or without flight, isolated or in series</p>
Bonus	.1 Stuck Dismount (last flight series) ^ .2 Artistry	.1 Stuck Dismount (last flight series) ^ .2 Artistry <i>.1 Routine with "B" (.1 max)</i>	.1 Stuck Dismount (last flight series) ^ .2 Artistry <i>.1 Additional "B" (max .2)</i>
	Spot .5 and No value part Warm up= 1:00 Lack of Rhythm up to .2 Time limit 1:30 (no undertime)	Spot .5 and No value part Warm up= 1:00 Lack of Rhythm up to .2 Time limit 1:30 (no undertime)	Spot .5 and No value part Warm up= 1:00 Lack of Rhythm up to .2 Time limit 1:30 (no undertime)