

2007-2008 Prep Optional - Novice – Advanced Optional Errata

12-13-07

1. **General**

- Awards -
- Level 2 – 6 skills to receive “A” value in Novice Optional ONLY unless it already has a higher value.
 - Example – a mill circle, leg cut, pullover, or split jump on beam or floor would all receive “A” value in Novice Optional.
- Novice Optional is now split into 3 different optional levels - Novice Optional, Intermediate Optional, and Advanced Optional – see pages 2, 3, & 4 for the requirements of each level.

Novice Optional

- any gymnast meeting the requirements below may compete at this level

Value Parts

- 6 A skills .1 each
- B skills allowed
- C skills – 2.00 deduction
- D skills – VOID routine

Vault – all vaults start at 10.00 (no flipping vaults allowed)

Bars – special requirements .2 each

1. 1 bar change
2. 1 circling element
3. 1 small cast (no angle required)
4. 1 element on high bar
5. sole circle / underswing / counterswing / salto dismount

Beam – special requirements .2 each, time 1:10 (no minimum)

1. minimum 180 turn on one foot
2. 1 acro element
3. 2 element gym series (may include leap)
4. leap take off 1 foot (90 degree required)
5. flight dismount (with or without hands)

Floor – special requirements .2 each

1. minimum full turn
2. 2 element acro/gym series (flight not required)
3. 2 element leap/jump series
4. tumbling pass with minimum of 2 elements, 1 skill must have flight (examples – rd off, back handspring or front handspring step out, cartwheel)
5. tumbling pass with 1 or more elements, 1 must have side or forward flight (examples of single skill tumbling pass – side aerial, front handspring, dive roll, front flip, front handspring step out, roundoff)

Intermediate Optional

- any gymnast who has previously competed USAG level 6 must compete at this level or at Advanced Optional, any other gymnast meeting the requirements below may compete at this level

Value Parts

- 4 A skills .1 each
- 1 B skills .2
- Only gym “C” allowed
- C acro skills & D skills – VOID routine

Vault – all vaults start at 10.00 (no flipping vaults allowed)

Bars – special requirements .2 each

1. 1 bar change
2. 1 circling element
3. 1 cast – minimum horizontal
4. Minimum of 2 elements on high bar
5. Salto dismount

Beam – special requirements .2 each, time 1:10 (no minimum)

1. minimum full turn on one foot
2. 1 acro element
3. 2 element gym series (may include leap)
4. leap take off 1 foot (120 degree required)
5. salto dismount

Floor – special requirements .2 each

1. minimum of full turn
2. 2 element acro/gym series
3. 2 element leap/jump series
4. 2 tumbling passes with minimum of 2 flight elements
5. 1 salto or aerial (may be part of a tumbling pass)

Advanced Optional

- any gymnast who has previously competed USAG level 7 or above must compete at this level, any other gymnast meeting the requirements below may compete at this level

Value Parts

- 2 A skills .1 each
- 2 B skills .2 each
- C skills & D gym skills allowed
- D acro skills – VOID routine

Vault – follow level 8 vault chart

Bars – special requirements .2 each

1. 1 bar change
2. 2 circling elements – 1 element must be a “B”
3. 1 cast – above horizontal
4. Minimum of 2 elements on high bar
5. Salto dismount

Beam – special requirements .2 each, time 1:20 (no minimum)

1. minimum full turn on one foot
2. 2 element acro series (flight not required)
3. 1 leap or jump with 160 split (may be part of a series)
4. 1 acro element with flight
5. salto dismount

Floor – special requirements .2 each

1. minimum of full turn
2. 2 element acro/gym series
3. 2 element leap/jump series – 1 element must have 180 split
4. 2 tumbling passes with a minimum of 2 flight elements (1 pass must include a salto or aerial)
5. 2 different saltos/aerials in exercise