



# NEBRASKA - USAG

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## Prep-Optional Program

Levels 2 – 6  
&  
Novice Optional



2006-2007

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# General Information

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## Rules and Policies:

The state of Nebraska has chosen to have sub-divisions of Prep Optional. The aspects of the Prep Optional program will be determined by the State Administrative Committee.

The rules governing the Prep Optional divisions will be determined by the State Administrative Committee and must parallel the regulations for competition at comparable USAG Compulsory or Optional levels, as listed in the Rules and Policies. For example: A state using Prep Optional Level 3 would be required to follow rules governing Level 3 competition; i.e. the minimum age of four years, judges' qualifications and compensation, warm-up times, etc. *Effective August 1, 2006.*

The rules, regulations and format used by a specific state must be published and/or posted on the internet, especially for invitationals that may involve the participants from multiple states.

The Prep-Optional program for Nebraska will use the USAG routines with a few exceptions as determined by the Nebraska State Committee. The exceptions for each level were made to enhance the scoring system for this program.

Gymnasts who perform these routines exactly as written in the USAG Compulsory program will not be penalized for not conforming to the listed exceptions.

## Warm-up/Competition Time:

### Levels 1 – 3:

The amount of timed warm-up allotted per athlete will be 15-30 minutes open warm-up; a maximum of a 30 second timed warm-up (**the meet format must be published in the meet information**).

## Competitor Numbers:

Considering the ages of the athletes at these levels, it is recommended that the session be no longer than 2 ½ hours in length, including warm-up time. *Effective August 1, 2006.*

## Athlete Membership Fees:

The annual membership fee for the Prep-Optional Level will be \$15.00 per athlete obtained through USAG at [www.usa-gymnastics.org](http://www.usa-gymnastics.org). The \$15.00 fee provides insurance for the athlete.

In order to register athletes online, a club must have or obtain a club #. Otherwise a form can be obtained online and then faxed to the USAG office.

## Meet Fees:

The meet fees listed are the maximum allowed meet for these levels.

\$20.00 entry fees for Level 2-3

\$25.00 entry fees for Level 4 through Novice Optional

# General Information

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## Fee Structure for Judges:

USAG rated officials may be used to judge Level 1-3 and novice optional. They may be paid at their rating or at a rate negotiated by the meet director.

The hourly judging fee for a professional member of USAG, who is not a rated official and is assigned to judge a sanctioned Level 1-3 competition, may be negotiated by the meet director. The negotiated rate may not exceed the hourly rate for a Level 5/6 judge (\$14.00 per hour).

A USAG Professional or introductory Coach membership is required for a coach to be on the floor of a USAG-sanctioned Prep Optional competition. *Effective August 1, 2006.*

One judge panels are acceptable at all meets except State Meet.

- One judge panels may be used at invitationals; however, the judge must be registered with USAG as a coach, athlete or judge.
- Must have two judge panels at State Championships
  - Chief judge must have a minimum Level 7/8 rating
  - Panel judge must have a minimum Level 5/6 rating

## Mileage allowance:

Mileage will be paid at the NAWGJ/USAG fee structure - \$.48 per mile (as of 8/1/2006).

Judges would be asked to carpool.

## Awards:

100% Participation Ribbons at each Level

Medals could be awarded to 50% (plus 1) on each event for each age group – all levels – up to the discretion of the meet director (more could be awarded if determined by the meet director or host club).

## Scoring:

Level 2 and Level 3 competitions will use the color-coding system. The meet director may choose to have scores written on the score cards, but scores will not be flashed.

Levels 4 through Novice Optional will use the conventional scoring system.

## Minimum score:

A score of **6.5** will be the lowest score given to any gymnast on any event at any level during the Prep-Op season.

## Equipment:

All equipment must meet USA Gymnastics specifications. There are no height requirements.

**No Air-0-board use will be allowed – this must be communicated to the clubs at the time the meet information is sent.**

# General Information

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## GENERAL DEDUCTIONS:

The General Faults and penalties listed in the USAG Compulsory book for execution and amplitude deductions will be applied to this program. There are specific exceptions as listed below that apply to each Level of the Prep-Optional Program.

These rules apply to all Levels 2-6 offered in the Prep-Optional Program. The coaching and spotting deductions would apply to the Novice Optional Program.

- 1) Substitution of major element: Deduction  $\frac{1}{2}$  value of the element
- 2) Omitting a major element: Deduction  $\frac{1}{2}$  value of the element
- 3) Failure to complete a major element: Deduction – up to  $\frac{1}{2}$  value of the element
- 4) Fall on major element – Deduction – up to  $\frac{1}{2}$  value of the element plus .5 for the fall.
- 5) Coach spotting gymnasts during element or on landing: Deduct .5 for spot plus any execution deductions – do not deduct for value of the element.

### Coach/Spotting for Vault:

- Coach is allowed to stand by the horse at all Levels – but must not block the view of the judge.
- Aid of Coach during vault - 2.00 – vault will not be voided.
- Spot by Coach on landing - 0.50

## Prep-Op Level 2

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### **VAULT: Handstand Block Off the Board onto Mat**

The Prep-Op Level 2 vault is the same as the USAG Level 2 vault with the following exception(s).

- Vault may be performed with or without repulsion.

### **UNEVEN BARS:**

Prep-Op Level 2 Uneven Bar routine is the same as USAG with the following exception(s).

- Gymnast may perform an underswing or straddle dismount.

<b>ELEMENTS:</b>	<b>VALUE:</b>
1) Mount – Back Hip Pullover	.8
2) Cast	.6
3) Back Hip Circle	.6
4) Cast, Straddle On, Sole Circle <b>OR</b> Underswing or Straddle Dismount	.6

### **BALANCE BEAM:**

Prep-Op Level 2 Balance Beam routine is the same as USAG with the following exception(s).

- The forward roll **may be** replaced with a lever position to hands touching beam (teeter/totter). Support leg can be straight or bent.
- Gymnast may perform a straight jump or tuck jump in the routine.
- Gymnast may perform a straight jump or tuck jump dismount.

<b>ELEMENTS:</b>	<b>VALUE:</b>
1) Mount – Jump to front support	.2
2) V-Sit	.2
3) Forward Roll <b>OR</b> Lever Position (hands touching beam)	.8
4) Arabesque (30°)	.4
5) Leg Swings	.4
6) Relevé Balance	.4
7) Tuck Jump <b>OR</b> Straight Jump	.4
8) Tuck Jump <b>OR</b> Straight Jump Dismount	.6

### **FLOOR EXERCISE:**

Prep-Op Level 2 Floor Exercise routine is the same as USAG with the following exception(s).

- When performing the arch back after the headstand, the gymnast must show an arch position, but the hands do not have to touch the floor.

<b>ELEMENTS:</b>	<b>VALUE:</b>
1) Forward Roll to Straddle Stand	.4
2) Headstand to Kneel; Arch Back ( <b>hands do not have to touch the floor</b> )	.4
3) Cartwheel, ¼ (90°) Turn Inward	.6
4) Backward Roll to Pike Stand	.4
5) Handstand	.6
6) Front Leg Balance	.4
7) Split Jump (30°)	.4
8) ½ (180°) Pivot Turn	.2
9) Forward Chassé	.4

## Prep-Op Level 3

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### **VAULT: Jump to Handstand onto a Raised Mat Surface**

The Prep-Op Level 3 vault will be similar to the Level 4 USAG vault with the following exception(s).

- Lower mat stack requirement may be used – a minimum of 24” surface. (32” minimum is the requirement for Level 4).
- There is no deduction for the run.

### **UNEVEN BARS:**

The Prep-Op Level 3 Uneven Bar routine is the same as USAG with the following exception(s).

- Gymnast may perform an underswing or straddle dismount.

<b>ELEMENTS:</b>	<b>VALUE:</b>
1) Mount – Back Hip Pullover	.8
2) Cast	.6
3) Back Hip Circle	.6
4) Single Leg Cut Forward	.4
5) Forward Stride Circle	.8
6) Single Leg Cut Backward	.4
7) Cast, Squat on, Pike Sole Circle <b>OR</b> Underswing or Straddle Dismount	.8

### **BALANCE BEAM:**

The Prep-Op Level 3 Balance Beam routine is the same as USAG with the following exception(s).

- Gymnast may perform the cartwheel to handstand dismount falling to either side of the beam with no deduction. If gymnast does not hit vertical prior to the downward movement deductions of up to .3 for lack of vertical would be taken.

<b>ELEMENTS:</b>	<b>VALUE:</b>
1) Mount – Jump to front support	.2
2) V-Sit, Swing to Push-Up Position	.2
3) Arabesque (30°)	.4
4) Partial Cross Handstand	.8
5) Running Steps	.4
6) ½ (180°) Pivot Turn	.2
7) Split Jump (30°)	.4
8) Cartwheel to Side Handstand Dismount ( <i>dismount to either side – must hit vertical</i> )	.6

### **FLOOR EXERCISE:**

The Prep-Op Level 3 Floor Exercise routine is the same as USAG with the following exception(s).

- Gymnast is allowed to perform either a **back-walkover** or a **backbend** kick-over.

<b>ELEMENTS:</b>	<b>VALUE:</b>
1) Handstand Forward Roll (hold 1 second)	.6
2) Round-off	.6
3) Backward Roll with Straight Arms to Pike Stand	.4
4) Backbend Kick-over <b>OR</b> Back Walkover	.6
5) Front Leg Balance	.2
6) Forward Chassé	.4
7) Straight Leg Leap (60°)	.6
8) ½ (180°) Turn in Forward Coupé (heel-snap)	.2
9) Stretch Jump – Tuck Jump	.4 - .4

# Prep-Op Level 4

## **VAULT: Jump to Handstand Onto Mat Stack**

The Prep-Op Level 4 vault is the same as USAG.

- An unfolded panel mat may be placed on top of the resi surface.

## **UNEVEN BARS:**

The Prep-Op Level 4 Uneven Bar routine is the same as USAG with the following exception(s).

- Gymnast is allowed to perform a glide kip mount with no penalty for the attempt.
- If the glide kip mount is **not** made, the gymnast would continue the routine by performing a pull-over mount.
- If the glide kip mount is performed and completed, the maximum deduction allowed is .3.
- Gymnast may also perform the glide out, pull-over as written in USAG.
- If the gymnast performs a pull-over, hangs her chin on the bar and then does the PO - deduct .3 for supplementary support.
- Failure to execute a small cast after the front hip-circle - .3.

ELEMENTS:	VALUE:
1) Mount – Glide & Return, Back Hip Pullover <b>OR</b> Glide Kip ( <i>Maximum ded. .3 on kip</i> )	.8
2) Front Hip Circle, Small Cast	.6
3) Cast, Single Leg Squat Through	.4
4) Forward Stride Circle	.6
5) Single Leg Cut Backward	.4
6) Cast (no angle requirement)	.4
7) Back Hip Circle	.6
8) Underswing Dismount	.8

## **BALANCE BEAM:**

The Prep-Op Level 4 Balance Beam routine is the same as USAG.

ELEMENTS:	VALUE:
1) Mount – Leg Swing with ½ (180°) Turn	.2
2) V-Sit, Swing to Tuck Stand	.4
3) ½ (180°) Turn in Forward Coupe (Heel Snap)	.4
4) Straight Leg Leap (60°)	.6
5) ¾ Cross Handstand	.6
6) ½ (180°) Turn in Forward Coup é	.4
7) Stretch Jump – Tuck Jump	.4 - .4
8) Arabesque (45°) – Scale (at Horizontal)	.4
9) 180° Pivot Turn	.2
10) Cartwheel to Side Handstand, ¼ (90°) Turn Dismount	.6

## **FLOOR EXERCISE:**

The Prep-Op Level 4 Floor Exercise routine is the same as USAG.

ELEMENTS:	VALUE:
1) Stretch Jump – Split Jump (90°)	.4 - .4
2) Handstand Forward Roll with Straight Arms (hold 1 second)	.6
3) Handstand to Bridge, Back Kick-Over	.6
4) Straight Leg Leap (90°) - Leg Swing with Hop	.6 - .2
5) Forward Split	.2
6) Weight Transfer	.2
6) Backward Roll to Push-Up Position	.6
7) ½ (180°) Turn in Forward Coupé	.4
8) Round Off – Rebound	.4 - .6

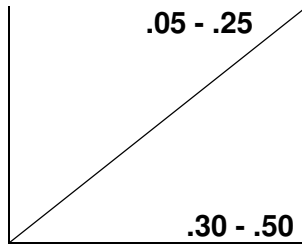
# Prep-Op Level 5

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## **VAULT: Handspring**

The Prep-Op Level 5 vault is the same as USAG with the following exception(s).

- The deduction for angle of repulsion is up to .5 instead of up to 1.0.



## **UNEVEN BARS:**

The Prep-Op Level 5 Uneven Bar routine is the same as USAG.

## **BALANCE BEAM:**

The Prep-Op Level 5 Balance Beam routine is the same as USAG.

## **FLOOR EXERCISE:**

The Prep-Op Level 5 Floor Exercise routine is the same as USAG.

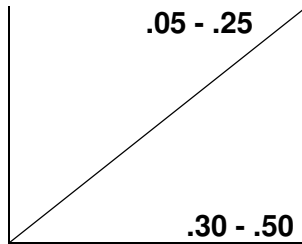
# Prep-Op Level 6

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## **VAULT: Handspring**

The Prep-Op Level 6 vault is the same as USAG with the following exception(s).

- The deduction for angle of repulsion is up to .5 instead of up to 1.0.



## **UNEVEN BARS:**

The Prep-Op Level 6 Uneven Bar routine is the same as USAG.

## **BALANCE BEAM:**

The Prep-Op Level 6 Balance Beam routine is the same as USAG.

## **FLOOR EXERCISE:**

The Prep-Op Level 6 Floor Exercise routine is the same as USAG.

# Novice Optional

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## General:

- Gymnast is required to perform 6 “A” skills valued at .1 each
- “A” skills are listed in the Code of Points
- Gymnast is allowed to do “B” skills with no penalty
- No acro “C” or “D” skills are allowed
  - 2.00 deduction for “C” skill
  - Void routine for “D” skills performed
- Special Requirements are valued a .2 each
- 10.0 start value for Uneven Bars, Balance Beam and Floor Exercise
- Vault start values are listed below

## Vault:

- Only Group 1 vaults are allowed
- Straddle, Squat, Stoop, Flank vaults – 9.0
- Handspring – 9.8
- All other vaults – 10.0

## Uneven Bars:

### Special Requirements - .2 deduction for each missing SR

- 1 bar change
- Salto or twisting dismount

## Balance Beam:

### Special Requirements - .2 deduction for each missing SR

- Full turn (360°)
- Two element gym series
- Leap element, take off from one foot (180° split is not required)
- Two element acro series (flight not necessary)
- Flight dismount

## Floor Exercise:

### Special Requirements - .2 deduction for each missing SR

- Full turn (360°)
- Gym series with 2 elements
- Leap series or jump series with 2 elements
- 2 tumbling passes with at least 2 elements with flight
- Forward acro skill

# Novice Optional

## “A” VALUE ELEMENTS

Listed below are A elements from USAG Code of Points.

### UNEVEN BARS:

#### **MOUNTS:**

Glide Kip  
Glide, ½ turn, glide kip  
Jump ½ turn, kip to support  
Stoop-thru kip, brief rear support  
Jump under LB stoop thru, back kip-up  
Jump to HB – kip up or HB to LB kip  
Jump ½ or 1/1 turn catch HB  
Squat or straddle hand repul. LB to HB

#### **CASTS:**

Cast 21-45° from vertical, also ½  
Cast to squat/stoop/straddle on LB to HB

#### **UNDERSWINGS, CLEAR HIP CIRCLES:**

Underswing with ½ on HB to hang  
HB – dislocate – HB hang

#### **GIANT SWING BACKWARD:**

Swing forward with ½ above HB 45°  
HB long hang pullover or LB giant HS

#### **STALDER CIRCLES:**

Clear straddle circle fwd to clear support  
Clear straddle circle bkwd to clear support

#### **CIRCLE SWINGS, HECHTS:**

Back or front hip circle, also w/o hands  
LB – back free hip to false pop  
Forward/backward sole circle stand to HB  
Fwd seat circle LB or grip change to HB  
Seat circle backward, also hang on HB

#### **DISMOUNTS:**

Underswing, also with ½ or 1/1 turn  
Flyaway tucked, piked or stretched  
Swing forward, salto forward tk/pk/str

### **Novice Optional “A” Elements for Uneven Bars:**

Cast, Single Leg Squat Through  
Forward Stride Circle  
Single Leg Cut Backward  
Cast (no angle requirement)

### BALANCE BEAM:

#### **MOUNTS:**

Free leap/jump, also to scale  
Stride leap ½ turn to front support  
Scissors leap to sit  
Flank over to rear support  
Straddle cut forward to rear support  
Jump to split sit or side straddle stand  
Jump ¼ turn to cross split sit  
Leap to cross split sit, hand support ok  
Switch to straddle split site, hand support  
Jump to tuck stand, squat, stoop thru  
Jump or swing thru to forward roll  
Chest or headstand

#### **URNS:**

1/1 turn on one leg  
1/1 turn in knee scale with hand support  
½ turn in prone position w/ hand support

#### **ROLLS:**

Forward roll or swing to forward roll  
Shoulder roll forward with hand support  
HS forward roll, or HS free forward roll  
Back roll or shoulder roll backward

#### **LEAPS, JUMPS, HOPS**

Split leap or stag leap  
Hop free leg above horizontal  
Stag leap forward with leg change  
Stride leap forward switch legs to wolf  
Sissone, take off both legs  
Stretch jump, with leg change, or ½ turn  
Cat leap or hitch kick  
Cabriole (front or back)  
Tuck jump  
Wolf hop or jump in cross or side

#### **HOLDS, STANDS:**

Forward scale – hold 2 seconds  
Needle scale – hold 2 seconds  
Forward or side scale above 90° (foot)  
Free lying pose w large leg separation  
Planche on 1 or both arms (2 sec)  
Kick to side or cross HS, also w/ ½ turn

#### **WAVES:**

Forward body wave to 2 legs  
Backward body wave to 2 legs  
Side body wave to 2 legs

#### **WALKOVERS/CARTWHEELS**

Front WO, to bridge, 1/1 on 1 foot to sit  
Cartwheel, 1 arm or bent arms  
BWO, 1-arm, tinsica, down to cross sit  
BWO bridge, 1/1 on 1 foot to sit  
Tic-toc  
Valdez, or 1 arm valdez  
Valdez with ½ turn in HS  
Back WO ½ turn – lower to beam

#### **DISMOUNTS:**

Front handspring, also with ½ twist  
Front aerial, or with ½ turn, or barani  
Cartwheel with ¼ or ¾ to cross stand  
Front salto tuck, pike, or with ½ twist  
Back salto tuck/pike/stretch or with ½ twist  
Gainer tuck/ pike/stretch to side, or with ½ twist

# Novice Optional

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## “A” VALUE ELEMENTS

### **FLOOR EXERCISE:**

#### **LEAPS, JUMPS, HOPS**

Split leap or jump  
Stag leap (forward leg finish straight)  
Stride leap, change of legs to wolf  
Hitchkick  
Forward or backward Cabriole  
Sissone  
Stretch jump, also with ½ or 1/1 turn  
Chasse with 1/1 turn (take-off 2 feet)  
Cat leap, also with ½ turn  
Hop ½ leg above horizontal  
Tuck jump, also with ½ turn  
Wolf hop or jump

#### **FRONT SALTOS:**

Front tuck, also with ½ twist

#### **HANDSTANDS:**

Jump to handstand  
Handstand ½ - 1/1 pirouette

#### **ROLLS:**

Forward roll, HS forward roll or hecht roll  
Back extension roll in tuck or pike  
Back extension to HS, also w/ ½ in HS

#### **TURN:**

1/1 turn on one leg

#### **BACK SALTOS:**

Back salto tuck, pike or stretch also w/ step out  
Whip back  
Gainer salto in tuck, pike or stretch

#### **WALKOVERS/CARTWHEELS**

Front or back WO  
Valdez  
Front handspring, also with ½ turn  
Flyspring to 1 foot  
Front aerial walkover  
Cartwheel  
Dive Cartwheel  
Aerial Cartwheel  
1 butterfly, forward or backward  
Round-off  
Flic flac, gainer, also 1 arm  
Head or neck kips

#### **SIDE SALTOS / ARABIANS:**

Forward take-off, side salto tuck/pike/stretch