

# GEORGIA AAU PREP OPTIONAL PROGRAM

## (Poise, Rhythm, Execution, and Presentation)

The purpose of this program is to provide an alternative Optional program to serve any or all of the following:

- Athletes who desire a basic introduction to optional competition.
- Compulsory level athletes who would like to experience a basic optional program during their “off” season.
- USAG athletes who have finished competing in the compulsory program, but aren’t quite ready for the USAG optional levels.
- Jr./Sr. High school athletes who want to participate in club programs but are not competitive at Level 7/8 or who do not wish to commit to Level 7/8 training hours.
- Athletes who have “retired” from competing in the USAG JO Optional Program but wish to continue competing in gymnastics in a less demanding competitive environment.
- Athletes who have not yet entered the USA Gymnastics program or who are involved in programs that have not traditionally used the USAG Junior Olympic program.

### GENERAL REGULATIONS

1. Athletes must be registered with Georgia AAU.
2. Since this program is an alternative program that is outside of the USA Gymnastics JO developmental system, there is NO OPPORTUNITY FOR MOBILITY into or within the USAG JO Program Levels.
  - A gymnast who has never competed in the USA Gymnastics JO program (Levels 2-10) may compete in the AAU Prep Optional program. In order to move into the USAG JO developmental system, she must complete the Level 1-4 skill evaluation requirements to enter the competitive program at Level 5.
  - A gymnast who has competed in the USA Gymnastics JO program (Levels 2 -10) may compete in the AAU Prep Optional program. She may return to the USAG JO system according to the mobility rules listed in the USAG Women’s *Rules & Policies*. In order to move up in USAG JO competitive Level, she must still meet the mobility requirements listed in the *Rules & Policies*.
3. AAU Prep Optional competitions must follow the current USAG Women’s *Rules & Policies* in regards to the equipment specifications, using as a minimum standard the specifications for compulsory competitions. Gymnasts may mount off a board or a block on a landing mat, or may stand on an up to 8” skill cushion. ***A change from the USA guidelines is that AAU will allow the mounting board or block to be placed on top of the 8” skill cushion, but it must be removed after the gymnast has mounted the equipment.***
4. AAU Prep Optional competitions must follow the current USAG Women’s *Rules & Policies* concerning maximum number of gymnasts per session. Prep Op 1 and 2 may follow the guidelines for compulsory competitions, Prep Op 3 should follow the guidelines for optional competitions.
5. AAU Prep Op 1 competitions must be judged by JCI/USAG officials certified with a minimum of Level 5/6 rating. For AAU Prep Op 2 and 3 competitions, at least one of the judges per event must hold a JCI/USAG rating of 7/8.

### SPECIFIC REQUIREMENTS FOR GEORGIA AAU PREP OPTIONAL

#### GENERAL REQUIREMENTS:

1. Gymnast must be 6 years old by the date of the State Meet to compete.
2. There will be an entry fee set by the host gym for all meets. If a gymnast chooses not to compete All-Around, she simply touches on the event(s) she is not competing.
3. Gymnasts must designate on entry form in which division they will compete. (All events must be competed in the same division.)
4. If a gymnast has qualified to a State Meet at USAG Level 7 or higher, she CANNOT compete in the *same* competitive season (Sept. – Aug.) in the AAU Prep Optional program.
5. Gymnasts who have qualified to the State Meet in the USA Gymnastics JO program at **Level 6** in the same competitive season (Sept. – Aug.) **must compete in the Prep Op 2 or 3 division.**

\*\* (Revised 5/4-09)

6. Gymnasts who have competed in the USA Gymnastics JO Program at **Level 5 may only compete in the Prep Op 2 or Prep Op 3 divisions.**
7. **Gymnasts who have competed in the USA Gymnastics JO Program at Level 4 and below may compete in the Prep Op 1 (experienced) or Prep Op 2 divisions.**
8. If competition squads have gymnasts of different divisions, gymnasts of the same division must compete consecutively. Division (Prep Op 1,2,or 3) must be designated on the rotation sheet. **Prep Op 1 (Novice and Experienced) may be intermingled since the requirements are the same.**

### COMPETITIVE DIVISIONS:

Prep Op 1 – geared to beginner optional gymnasts, level 2-4 skills (AAU and USAG competitors at **Level 4** or below). **There will be 2 divisions of Prep Op 1 at the state meet (Novice and Experienced). The “Novice” level will be for those gymnasts with no competitive experience, or those who have never been in the USAG program. The “Experienced” level will be for gymnasts with some competitive experience, or those who have already competed in the USA program in the same competitive season (Sept. – Aug.)**

Prep Op 2 – geared to gymnasts with some competitive experience, and USAG competitors at **Level 6** and below.

Prep Op 3 – geared to the experienced gymnastics competitor (AAU competitors or **USA Level 7 \* see page 1, # 4 under General Requirements.** **Gymnasts who have competed in USA Level 6 in the same competitive season (Sept – Aug) must compete in the Prep Op 2 or 3 division.**

### AGE GROUPS:

6, 7-8, 9-10, 11-12, 13-14, and 15+

### INDIVIDUAL & TEAM SCORES AND AWARDS:

#### Invitational Meets:

- Individual awards must be given according to division (Prep Op 1,2,and 3)
- A gymnast is eligible to receive event awards only on the event(s) she competes.
- Gymnasts not competing in the All-Around CAN have their scores counted in the team score total.
- **Team awards will be given for each division separately.**

#### State Meets:

- Individual awards will be given according to division (Prep Op 1 Novice, Prep Op 1 Experienced , 2, or 3)
- Team awards will be given by Division.

### TIMING ON BEAM AND FLOOR:

- **Beam - Prep Op 1/2 = 1:00 Prep Op 3 = 1:30**
- **Floor – Prep Op 1/2 = 1:10 Prep Op 3 = 1:30**
- Under time – there is NO UNDERTIME DEDUCTION
- Overtime = 0.1 deduction

### WARM-UPS:

- Timed warm-ups: **Prep Op 1/2 = 1:00 Prep Op 3 = 1:30 (for all competitive formats)**
- During competition touch warm-ups must be offered for **Prep Op 2 & 3** Divisions only

### START VALUE:

- **Vault:** Prep Op 1 = 10.0 Start Value and uses the AAU Level 4 Vault deductions  
 Prep Op 2 = USAG Level 7 values and deductions  
 Prep Op 3 = USAG Level 8 Vault Deductions, start value as listed. Only the listed vaults may be performed.

**\*\* (revised 5-4-09)**

- **Bars, Beam, & Floor:** Will start from 10.00.

### DIFFICULTY VALUE PART REQUIREMENTS:

- **Prep Op 1** – 5 elements are required on bars, beam and floor. All 5 elements must be of “A” value or listed as an allowable element. There are no specific difficulty requirements.
- **Prep Op 2** – 6 elements are required on bars, beam and floor. All 6 elements must be of “A” or “B” value. “C” elements will receive a 3.00 deduction. There are no specific difficulty requirements.

For Prep Op 2, the following elements on uneven bars will be counted as a “B” element, and will not receive the 3.00 deduction:

1. Clear Hip circle to Handstand
2. Straddle Back to Handstand
3. Stalder circle to handstand
4. Back uprise to immediate clear hip circle to handstand will count as two “B” elements – (also for the Prep Op 3 division)
5. Sole circle to handstand

- **Prep Op 3** – 7 elements are required on bars, beam and floor. In general will follow the guidelines for the AAU National Intermediate Optional Level with the following exceptions:
  1. “C”, “D” and “E” elements will be allowed in the Georgia AAU Prep Op 3 level, however these elements will **NOT** be allowed in the AAU National Intermediate Optional Level.
  2. “C”, “D” or “E” elements will be allowed to replace the required “A” or “B” elements.
  3. Vault differences – In the Georgia AAU Prep Op 3 level, the following vaults will be allowed:
    - ½ on, 1/1 off = 9.6
    - Handspring on, 1 ½ off = 10.0
    - Pike/Layout Tsuk = 10.0
    - Handspring Front Tuck = 10.0

These vaults are NOT allowed in the AAU National Intermediate Optional Level.

4. Bars differences – There are no differences other than “C”, “D” and “E” elements being allowed.
5. Beam differences – In the Georgia AAU Prep Op 3 level, the following are additional requirements:
  - Two acrobatic tumbling skills will be required, National only requires 1 element
  - Dismount must be a salto, National requires a dismount with flight with or without hands
6. Floor differences – In the Georgia AAU Prep Op 3 level, the following are additional requirements:
  - A leap from 1 foot showing 180\* split, National does NOT have this requirement
  - In the Georgia Prep Op 3 level, there is a 1.00 deduction for the coach walking onto the floor, National does NOT have this deduction.
7. Other Differences:
  - Special Requirements are worth .5 each, for National they are worth .2 each
  - A & B requirements are worth .5 each, for National, A’s are worth .2 each and B’s are worth .3 each

Note: If you are planning to attend the AAU National Intermediate Optional Meet, please be sure to review the previously listed differences and make adjustments as necessary. In general, the Georgia requirements are more difficult than the National requirements, and therefore no adjustments are needed. The major change is that at the National meet, no “C”, “D” or “E” elements will be allowed.

## SPECIAL REQUIREMENTS:

- Special Requirements are worth 0.5 each.
- Special Requirements vary for each division - see chart.
- Special Requirements may include the required number of skills, and vice-versa.

## PRESENTATION:

The following general deductions will apply to Prep Optional:

### Vault:

- Insufficient dynamics up to 0.3

### Bars, Beam, Floor:

- Insufficient dynamics up to 0.2
- Overall rhythm up to 0.2
- Insufficient artistry of presentation up to 0.3
- Repetitive skill choice up to 0.3

NO other compositional deductions will be taken.

## SPOTTING:

### Vault:

- Any spot (assistance from coach) during any flight or Support phase of the vault 3.00 deduction  
(Not cumulative – if coach spots only the first flight there is a 3.00 deduction. If coach spots both sides of the vault the deduction would still be 3.00.)
- Spot on landing only 0.50 deduction
- The minimum score to be awarded for an attempted vault is 3.00 (this assumes the gymnast ran down the runway, hit the board or airboard and made an attempt to go over the table)

### Bars, Beam, Floor:

- Coach spotting gymnast during routine (touch) 0.50
- Plus deduction for any part of completed element assisted by the coach not to exceed the value of the element

\*\* Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

\*\* If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element.

- Coach on the Floor Exercise mat 1.00 (Prep 2 & 3 Only)  
(No deduction for coach inadvertently stepping onto FX mat to remove a skill cushion)
- The minimum score to be awarded for an attempted routine is 3.00 (this assumes the gymnast mounted the equipment or took the floor and performed at least 1 skill of at least "A" value or one of the allowable skills for PO 1)

## TERMS:

**Acro element:** Acrobatic / tumbling elements -- saltos, handsprings, walkovers, rolls, etc.

**Gymnastics element:** Dance-type element -- leaps, jumps, turns, waves, scales, etc.

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## ELEMENT RESTRICTIONS:

- **Vault:** Allowable vaults vary for each division - see chart.
- **Bars:** Any “B”, “C”, “D”, or “E” element VOIDS the routine for the Prep Op 1 Division.  
Salto or aerial elements will VOID the routine in the Prep Op 1 division (flyaway dismount, etc.)  
Any “D” or “E” element VOIDS the routine for the Prep Op 2 Division.  
Any “C” element will receive a 3.00 deduction in the Prep Op 2 divisions with the exception of the allowable skills.
- **Beam:** Any “B” acro, “C”, “D”, or “E” element VOIDS the routine for the Prep Op 1 Division.  
Any “B” gymnastics element will receive no credit, but will receive execution deductions in the Prep Op 1 division.  
Salto or aerial elements will VOID the routine in the Prep Op 1 division (salto dismount, etc.)  
Any “D” or “E” element VOIDS the routine for the Prep Op 2 Division.  
Any “C” element will receive a 3.00 deduction in the Prep Op 2 divisions.
- **Floor:** Any “B” acro, “C”, “D”, or “E” element VOIDS the routine for the Prep Op 1 Division.  
Any “B” gymnastics element will receive no credit, but will receive execution deductions in the Prep Op 1 division.  
Salto or aerial elements will VOID the routine in the Prep Op 1 division (salto, aerial etc.)  
Any “D” or “E” element VOIDS the routine for the Prep Op 2 Division.  
Any “C” element will receive a 3.00 deduction in the Prep Op 2 divisions

## CLARIFICATIONS:

- **General:** The counting of elements follows USAG guidelines. An element may be counted twice for one of the required skills as long as it is in a different combination. No credit is given for an element performed a third time. The same elements performed on the low and high bar are considered different.
  - For the Special Requirements of the number of elements (5, 6 or 7) on Bars, Beam and Floor the deduction is cumulative. If a gymnast performs less than the required number of elements, there is a 0.5 deduction for each missing element.
- **Vault:**
  - If a vault is performed not allowed on the chart, the vault would be VOID. If a gymnast performs an illegal vault on either of her two vaults, she would receive a score of 0.00 for the event. This is an obvious attempt at a vault not allowed, not a mistake.
- **Bars:**
  - If a counterswing is performed leading to NO element, it would be considered an extra swing and receive 0.3 deduction. If a counterswing leads to an element, NO DEDUCTION is taken. In the Prep Op 1 division, a counterswing to straight drop dismount is allowed, however if there is an additional tap swing performed it would be considered an extra swing. (An underswing, to a counterswing to straight drop dismount is fine. An underswing to tap swing to counterswing to straight drop would be considered an extra swing.) (In Prep Op 2 & 3, an underswing to counterswing to flyaway is fine. An underswing to counterswing to a tap swing to counterswing to flyaway would be considered an extra swing.)
- **Floor:**
  - Adding or subtracting a back handspring does NOT make an acro series different.

\*\* (Revised 5-4-09)

## The 2006 - 2007 Georgia AAU Prep Optional Program

There have been some changes made to reflect the growth in the Georgia AAU Prep Optional Program. Please review this information thoroughly. The committee hopes that these changes and this program will continue to serve the needs of our AAU gymnasts.

Some of the major points of the program and changes in the program have been noted below:

- Minimum age is 6 years old by the date of the State Meet
- USA Level 7 or higher gymnasts who have qualified to the State Meet cannot compete in the Prep Op program in the *same* competitive season (Sept. – Aug.)
- USAG Level 6 gymnasts who have qualified to the USA gymnastics JO State Meet and compete in the AAU program the same competitive season (Sept-Aug) **must compete in the Prep Optional 2 or 3 division.**
- **USAG Level 5 gymnasts who compete in the AAU Prep Op program the same competitive season (Sept-Aug) must compete in the Prep Op 2 or PO 3 division.**
- **USAG Level 4 and below gymnasts who compete in the AAU Prep Op program the same competitive season (Sept-Aug) may compete in the Prep Op 1 (Experienced) or Prep Op 2 divisions.**
- Any spot on any vault (in any or all phases) will still carry a 3.0 deduction
- Special Requirements must be satisfied by elements listed as “A” or higher elements in the *FIG Code* or *USA Supplement* unless included on the allowable skills list for Prep-Op 1.
- NO additional compositional deductions besides the listed presentation deductions will be used.
- Prep Op 1 Level is designed for the Level 2, 3, and 4 athletes; Prep Op 2 is designed for the Level 5 and above athlete, and Prep Op 3 is designed for the experienced optional level competitor only competing in the AAU program or those who have competed in **USA Level 7 in a previous year.**
- There have been some additions / revisions to the special requirements for each Level and event.
- A gymnast **must** compete in at least one sanctioned event at the level she declares prior to the AAU Prep Optional State Association Championship **qualification deadline date**. Gymnasts cannot go back and forth between the different prep levels or change levels after declaring level. **A gymnast must compete in at least one event** in at least one **sanctioned** meet at the level she plans to compete in order to qualify to the Georgia AAU Prep Optional State meet. A gymnast may only compete in one Prep Op State Meet per year (can’t compete in both the Prep Op 1 and Prep Op 2 & 3 State Meets).

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In the Prep-Op 1 division, **NO SALTO OR AERIAL ELEMENTS WILL BE ALLOWED ON ANY EVENT**. No flyaway's on bars, no salto or aerial dismounts on beam, no saltos or aerials of any kind on floor (aerials are considered a salto on floor). The performance of a salto or aerial will "VOID" the routine.

In addition to any "A" element, the following skills may be used in the Prep-Op 1 division to count as one of the required 5 skills on bars, beam or floor:

**Bars:**

Back Hip Pullover (low or high bar)  
Single Leg Cut/Shoot/Swing  
Forward Stride Circle  
Cast on to Sole circle dismount  
Counter Swing to Straight Drop Dismount  
Counter Swing to Forward Swing with ½ Turn (Level 5 Dismount)  
Cast to 15 degrees below (use AAU 4 casting deductions)  
Cast to squat on jump to HB (listed "A" element)  
Cast to Straddle/Pike circle

**Beam:**

Jump to Front Support Mount moving to any position down on the beam  
Arabesque (minimum 45 degrees) held for 2 seconds.  
Straddle Jump Dismount  
Any Dismount off the Hands  
180 degree squat turn  
Split Jump to 45 degrees  
½ turn on toe (one foot only, not a pivot turn)  
¾ cross handstand  
V-sit swing to squat stand  
Straight Leg leap at 60 degrees

**Floor:**

**Straight Jump**

Split Jump to 90 degrees  
Split Leap to 90 degrees  
Back Limber  
Front Limber  
Tic-Toc  
Handstand to vertical  
Straddle Jump to 90 degrees

**IN THE PREP OP 2 DIVISION, THE FOLLOWING "C" ELEMENTS WILL BE ALLOWED AND COUNT AS ONE OF THE REQUIRED ELEMENTS ON BARS:**

- Clear Hip Circle to Handstand
- Straddle Back to Handstand
- Back Uprise to immediate Clear Hip Circle to Handstand will count as two "B" elements (this is also true in the Prep Op 3 division)
- Stalder Circle to Handstand
- Sole Circle to Handstand

\*\* (Revised 10-13-09)