

GEORGIA AAU PREP OPTIONAL

	PREP OP 1 - Novice/Experienced	PREP OP 2	PREP OP 3
VAULT	Allowable Vaults: <ul style="list-style-type: none"> Handspring to Flat Position On the Vault Table onto Stacked Mats (10.0) (AAU Level 4 Deductions) 	Allowable vaults - USAG Level 7 Follow USAG Level 7 deductions	Allowable Vaults: Handspring = 9.2 ½ On, ½ Off = 9.4 ½ On, 1/1 Off = 9.6 Handspring, 1/1 Off = 9.6 Tuck/Pike/LO Tsuk = 10.0 Handspring, 1 ½ = 10.0 Handspring Front Tuck = 10.0 Follow USAG Level 8 deductions
BARS	1. 5 elements ("A" or listed skills) 2. 1 cast 15" below horizontal – using AAU 4 casting deductions • "B" element = VOIDS routine • "C" element VOIDS routine • Salto dismount VOIDS routine	1. 6 elements ("A" or "B" skills) 2. 1 bar change 3. Dismount of "A" or "B" (Sole circle dismounts allowed=A) • "C" elem. = 3.00 ded. (see exceptions) • AAU 5 casting deductions	1. 2 "B" elements 2. 5 "A" elements 3. 1 bar change 4. Salto Dismount "C", "D" or "E" elements are allowed to replace required "A" or "B" elements • Casts to achieve "B" value credit/ all angle deductions apply
BEAM	1. Minimum of ½ turn on 1 foot 2. Gymnastics series (minimum of 2 elements) 3. 1 NON-flight acro element 4. Leap or jump (min. 90°) 5. 5 Elements ("A" or listed skills) 6. Dismount of Any Jump or dismount off the hands only. • "B" gymnastics element = no credit • "B" acro element = VOIDS routine • "C" element VOIDS routine • any "salto" or "aerial" VOIDS routine 1:00 time limit, no under time	1. Minimum of 1/1 turn on 1 foot 2. Gymnastics series (Minimum of 2 elements) 3. 1 acro element (With or without flight, in a series or alone) 4. 2 nd different acro element (With or without flight, in a series or alone) Note: The same acro element may Receive credit twice (#3 & 4) only if Performed in a directly connected acro series. 5. Leap or Jump (min. 120°) • May be included in gym series • No VP unless (min of 135°) 6. "A" or "B" dismount 7. 6 elements ("A" or "B" skills) • "C" element = 3.00 ded.	1. Minimum of 1/1 turn on 1 foot 2. Gymnastics series (Minimum of 2 elements) 3. 1 acro element (With or without flight, in a series or alone) 4. 2 nd different acro element (With or without flight, in a series or alone) Note: The same acro element may Receive credit twice (#3 & 4) only if Performed in a directly connected acro series. 5. Leap or Jump (min. 180°) Does not have to be isolated element, can be part of the gym series 6. Salto dismount 7. 2 "B" elements 8. 5 "A" elements "C", "D" or "E" elements are allowed to replace required "A" or "B" elements
FLOOR	1. 1 acro series - with a minimum of 2 elements - must have 1 flight element 2. Gymnastics (dance passage) (Minimum of 2 elements directly or indirectly connected) 3. Minimum of 1/1 turn on 1 foot 4. Leap from 1 foot (minimum of 90° required) 5. 1 front acro element - min. "A" (Flight or non-flight) 6. 5 elements ("A" or listed skills) • "B" gymnastics element = no credit • "B" acro element = VOIDS routine • any "C" element VOIDS routine • any "salto" or "aerial" VOIDS routine • Round-off is NOT a forward element	1. 1 acro series with 3 flight elements 2. 2 nd acro series w/a minimum of 2 flight elements 3. Salto or aerial element 4. Gymnastics (dance passage) (Minimum of 2 elements directly or Indirectly connected) 5. Minimum of 1/1 turn on 1 foot 6. Leap from 1 foot (min. 120°) • May be included in gym series • No VP unless (min of 135°) 7. 1 front acro element-(min. "A") (flight or non-flight) 8. 6 elements ("A" or "B" skills) • Side aerial and round-off are NOT a forward element • "C" element = 3.00 ded.	1. 1 acro series with 3 flight Elements, one of which is a Salto. 2. 2 nd acro series w/a minimum of 2 flight elements. 3. Gymnastics (dance passage) (Minimum of 2 elements directly or Indirectly connected) 4. Minimum of "B" turn on 1 foot 5. Leap from 1 foot (min. 180°) (does not have to be an isolated element, can be part of the gym series) 6. 1 forward salto or aerial element (may be part of an acro series) 7. 2 "B" elements 8. 5 "A" elements "C", "D" or "E" elements are allowed to replace required "A" or "B" elements

All Events: Any "D" or "E: element Voids routine, except for Prep 3

All Events: Special Requirements are .5 each (missing elements are .5 deduction for each missing element)

All Events: Skills may be used to fulfill special requirements, and Vice-versa *Exceptions PO 2 BB SR # 5 and PO 2 FX SR # 6 above

Vault: Spotting = 3.00 deduction

Beam: Prep 1/2 Beam time limit is 1:00 minute, no under time. Prep 3 time limit is 1:30

Floor: 1.0 Deduction for "No Music" from the average – 3.0 Deduction for using Compulsory Music from the average

Prep 1/2 time limit is 1:10, no under time; Prep 3 time limit is 1:30.

Warm-Up Time: Prep 1 (Novice & Experienced) & Prep 2 = 1.00, Prep 3 = 1:30. Touch will be allowed according to USA guidelines for Prep 2 & 3 only. Meet formats will follow all USAG guidelines in regards to session and squad size as well as warm-up procedures. For Capital Cup Meets with more than 8 athletes per squad the warm-ups will be split. Prep Op 1 and 2 follows the compulsory guidelines, Prep Op 3 follow the optional guidelines.

Note: At the AAU National Intermediate Optional JO Games, NO "C" elements will be allowed to be performed.

In the Prep-Op 1 division, NO SALTO OR AERIAL ELEMENTS WILL BE ALLOWED ON ANY EVENT. No flyaways on bars, no salto dismounts on beam, no saltos or aerials of any kind 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 * Includes forward and backward leg Cuts/Swings
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
Cast to Straddle/Pike circle

Beam:

Jump to Front Support Mount moving to any position down on the beam
Arabesque (minimum 45 degrees below horizontal) 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 (1 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 AND BEAM:

- 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