

GEORGIA AAU PREP OPTIONAL

	PREP OP 1 - Novice/Experienced	PREP OP 2 & TRAINING	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: <ul style="list-style-type: none"> ½ On, Block Off = 9.0 Handspring = 9.7 Handspring, ½ off = 9.8 ½ On, ½ Off = 9.9 ½ On, 1/1 Off = 10.0 Handspring, 1/1 Off = 10.0 	Allowable Vaults: <ul style="list-style-type: none"> Handspring = 9.2 ½ On, ½ Off = 9.4 ½ On, 1/1 Off = 9.6 Handspring, 1/1 Off = 9.6 Tuck/Pike Tsuk = 10.0 Handspring, 1 ½ = 10.0 Handspring Front Tuck = 10.0
BARS	<ol style="list-style-type: none"> 5 elements ("A" or listed skills) 1 cast 15" below horizontal – using AAU 4 casting deductions <ul style="list-style-type: none"> • "B" element = no credit • "C" element VOIDS routine • Salto dismount VOIDS routine 	<ol style="list-style-type: none"> 7 elements ("A" or "B" skills) 1 bar change Dismount of "A" or "B" (Sole circle dismounts allowed=A) <ul style="list-style-type: none"> • "C" elem. = 3.00 ded. (see exceptions) 	<ol style="list-style-type: none"> 2 "B" elements 5 "A" elements 1 bar change Salto Dismount "C", "D" or "E" elements are allowed to replace required "A" or "B" elements
BEAM	<ol style="list-style-type: none"> Minimum of ½ turn on 1 foot Gymnastics series (minimum of 2 elements) 1 NON-flight acro element <u>Leap from 1 foot (min. 90*)</u> 5 Elements ("A" or listed skills) Dismount of Any Jump or dismount off the hands only. <ul style="list-style-type: none"> • "B" element = no credit • Gymnastics "C" elem. = 3.00 deduction • any "C" acro elem. VOIDS routine • any "salto" VOIDS routine 1:00 time limit, no under time 	<ol style="list-style-type: none"> Minimum of 1/1 turn on 1 foot Gymnastics series (Minimum of 2 elements) 1 acro element (With or without flight, in a series or alone) 2nd <u>different</u> acro element (With or without flight, in a series or alone) <p>Note: The same acro element may Receive credit twice (#3 & 4) only if Performed in a directly connected acro series.</p> Leap or Jump (min. 120*) Does not have to be isolated element, can be part of the gym series "A" or "B" dismount 7 elements ("A" or "B" skills) <ul style="list-style-type: none"> • "C" element = 3.00 ded. <p><u>(except Straddle Jump & Switch Leg Leap, counted as a "B")</u></p>	<ol style="list-style-type: none"> Minimum of 1/1 turn on 1 foot Gymnastics series (Minimum of 2 elements) 1 acro element (With or without flight, in a series or alone) 2nd <u>different</u> acro element (With or without flight, in a series or alone) <p>Note: The same acro element may Receive credit twice (#3 & 4) only if Performed in a directly connected acro series.</p> Leap or Jump (min. 180*) Does not have to be isolated element, can be part of the gym series Salto dismount 2 "B" elements 5 "A" elements "C", "D" or "E" elements are allowed to replace required "A" or "B" elements
FLOOR	<ol style="list-style-type: none"> 1.1 acro series - with a minimum of 2 elements - must have 1 <u>flight</u> element Gymnastics series (Minimum of 2 elements) Minimum of 1/1 turn on 1 foot Leap from 1 foot (minimum of 90° required) 1 front acro element - min. "A" (Flight or non-flight) 5 elements ("A" or listed skills) <ul style="list-style-type: none"> • "B" element = no credit • Gymnastics "C" elem. = 3.00 deduction • any "C" acro elem. VOIDS routine • any "salto" VOIDS routine • Round-off is NOT a forward element 	<ol style="list-style-type: none"> 1 acro series with 3 flight elements 2nd acro series w/a minimum of 2 flight elements Salto or aerial element Gymnastics series (minimum of 2 elements) Minimum of 1/1 turn on 1 foot Leap from 1 foot (min. 120°) (Does not have to be an isolated element, can be part of the gym series) 1 front acro element-(min. "A") (flight or non-flight) 7 elements ("A" or "B" skills) <ul style="list-style-type: none"> • Side aerial and round-off are NOT a forward element • "C" element = 3.00 ded. 	<ol style="list-style-type: none"> <u>1 acro series with 3 flight Elements, one of which is a Salto.</u> <u>2nd acro series w/a minimum of 2 flight elements.</u> Gymnastics series (minimum of 2 elements) Minimum of "B" turn on 1 foot Leap from 1 foot (min. 180°) (does not have to be an isolated element, can be part of the gym series) <u>1 forward salto or aerial element (may be part of an acro series)</u> 2 "B" elements 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

All Events: Skills may be used to fulfill special requirements, and Vice-versa

Vault: Spotting = 3.00 deduction

Floor & Beam: Time 1:30 time limit, no under time, except **Prep 1 Beam time limit is 1:00 minute, no under time.**

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

Warm-Up Time: Prep 1 (**Novice & Experienced**) = 1.00, Prep 2/3/Training = 1:30 **for all competitive formats, touch will be allowed for traditional formats. Meet formats will follow all USAG guidelines in regards to session and squad size as well as warm-up procedures. Prep Op 1 follows the compulsory guidelines, prep op 2/T/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 ELEMENTS WILL BE ALLOWED ON ANY EVENT.** No flyaways on bars, no salto dismounts on beam, no saltos of any kind on floor (aerials are considered a salto on floor). The performance of a salto 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
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 (1 foot only, not a pivot turn)
¾ cross handstand
V-sit swing to squat stand
Straight Leg leap at 60 degrees

Floor:

Split Jump to 45 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 & TRAINING DIVISIONS, 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
- Straddle Jump on Beam
- Switch Leg Leap on Beam

