

# 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 do not want to participate in the USAG Optional Program.
- 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 enter the competitive program at a minimum of USAG 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 USAG *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 Beginner, 1 and 2 may follow the guidelines for compulsory competitions; Prep Op 3 should follow the guidelines for optional competitions.
5. AAU Prep Op competitions must be judged by JCI/USAG officials. For all Prep-Op levels at least one of the judges on each event panel must have a minimum of a Level 7/8 rating.

### SPECIFIC REQUIREMENTS FOR GEORGIA AAU PREP OPTIONAL

#### GENERAL REQUIREMENTS:

1. 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.
2. Gymnasts must designate on entry form in which division they will compete. (All events must be competed in the same division.)
3. 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.
4. 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.**
5. 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.**
6. **Gymnasts who have competed in the USA Gymnastics JO Program at Level 4 may compete in the Prep Op 1 or Prep Op 2 divisions.**

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7. If competition squads have gymnasts of different divisions, gymnasts of the same division must compete consecutively. Division (Prep Op Beginner, 1, 2, or 3) must be designated on the rotation sheet. Divisions within a squad should compete in the order which works best for the flow of the meet.

### **COMPETITIVE DIVISIONS:**

Prep-Op Beginner – geared to beginner optional gymnasts, level 1-3 skills (AAU and USAG competitors at **Level 3** or below).

Prep Op 1 – geared to beginner optional gymnasts, level 3-4 skills (AAU and USAG competitors at **Level 4** or below).

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 and Under, 7-8, 9-10, 11-12, 13-14, 15-18 and Adult

### **INDIVIDUAL & TEAM SCORES AND AWARDS:**

#### **Invitational Meets:**

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

### **TIMING ON BEAM AND FLOOR:**

- Beam - Prep Op B/1/2 = 1:00      Prep Op 3 = 1:30
- Floor – Prep Op B/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 B/1/2 = 1:00      Prep Op 3 = 1:30 (**for all competitive formats**)
- During competition touch warm-ups must be offered for the Prep Op 3 Division only

### **START VALUE:**

- **Vault:**      Prep Op Beginner = 10.0 Start Value and uses the AAU Level 3 Vault deductions.  
                    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.
- **Bars, Beam, & Floor:**      Will start from 10.00.

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## DIFFICULTY VALUE PART REQUIREMENTS:

- **Prep Op Beginner** – 4 elements are required on bars, and 5 elements are required on beam and floor. All elements must be an “A” element or an element in the USAG Level 1-3 or AAU Level 2-3 routines. There are no difficulty 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 element in the USAG/AAU Level 3-4 routines. 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. Clear Hip circle to Handstand with ½ turn
3. Cast Handstand with ½ turn

- **Prep Op 3** – 7 elements are required on bars, beam and floor.

\*For competition information relating to the AAU National Age Group Championships and AAU JO Games please refer to the National AAU Girl's Gymnastics Handbook at <http://image.aausports.org/handbooks/gymnastics/GYHandbook-girls.pdf>.

## SPECIAL REQUIREMENTS:

- Special Requirements are worth 0.5 each.
- Special Requirements vary for each division - see chart.

## ELEMENTS:

- “A” and “N” elements will be worth (.1) each, “B” elements for Prep Op 3 will be worth (.3) each.
- Prep Beginner – any “A” element or any element in the USAG Level 1-3 or AAU Level 2-3 routines may be used as an element.
- Prep 1 – any “A” element or any element in the USAG/AAU Level 3-4 routines may be used as an element.
- Prep 2 – any “A” or “B” element may be used.
- Prep 3 – any “A”, “B”, “C”, “D” or “E” element may be used. “C”, “D” and “E” elements can be used to replace the required “A” and “B” elements.

## 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
- \*\* If a gymnast is spotted they will lose .5 for the spot, and will NOT receive credit for the skill.
- \*\* If a gymnast falls while being spotted on any element, she would only receive one 0.50 deduction for either the fall or the spot, not both. She will NOT receive credit for the skill.
- Coach on the Floor Exercise mat 1.00 (Prep 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 required for the division in which she is competing).

## TERMS:

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

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

## 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 Beginner and 1 Divisions.  
Salto or aerial elements will VOID the routine in the Prep Op Beginner and 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 Beginner Division.  
Any “B Gymnastics” element will receive NO CREDIT in the Prep Op Beginner Division.  
Any “B Acro”, “C”, “D” or “E” element VOIDS the routine for the Prep Op1 Division.  
Any “B” gymnastics element will receive credit in the Prep Op 1 division.  
Salto or aerial elements will VOID the routine in the Prep Op Beginner and 1 divisions (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 Beginner Division. Any “B Gymnastics” element will receive NO CREDIT in the Prep Op Beginner Division. Any “B Acro”, “C”, “D” or “E” element VOIDS the routine for the Prep Op1 Division. Any “B” gymnastics element will receive credit in the Prep Op 1 division. Salto or aerial elements will VOID the routine in the Prep Op Beginner and 1 divisions (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.
- **Vault:**
  - If a vault not allowed on the chart is performed, 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 at Prep Op 2 or 3, it would be considered an extra swing and receive 0.3 deduction. If a counterswing leads to an element, NO DEDUCTION is taken. (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.

## The 2010 - 2011 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:

- There is NO MINIMUM AGE to compete in the AAU Prep Op Program.
- A Prep Op Beginner level has been added targeted to the USAG Level 1-3 and the AAU Level 2-3 athlete.
- There is no longer a Novice and an Experienced division in Prep Op 1 due to the addition of the Prep Op Beginner level.
- Skills will no longer count as special requirements; instead each event in each division has a specific number of skills required. “A” skills and skills from the USAG/AAU compulsories as allowed will be worth (.1) and “B” elements required for Prep Op Level 3 will be worth (.3).
- The allowable skills list has been eliminated, instead the Prep Op Beginner level may use any skill in the USAG Level 1-3 and the AAU Level 2-3 routines as a counting skill; and the Prep Op 1 level may use any skill in the USAG/AAU level 3-4 routines as a counting skill.
- 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 gymnasts who compete in the AAU Prep Op program the same competitive season (Sept-Aug) may compete in the Prep Op 1 or Prep Op 2 divisions.**
- Any spot on any vault (in any or all phases) will still carry a 3.0 deduction
- NO additional compositional deductions besides the listed presentation deductions will be used.
- Prep Op Beginner Level is designated for USAG Levels 1-3 and AAU Levels 2-3. Prep Op 1 Level is designed for the Level 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.