

Prep-Optional Region 1 RULES

Intermediate - 1 min. w.u. per event				Advanced 1.5 min w.u. per event					
Vault	Bars	Beam	Floor	Vault	Bars	Beam	Floor		
Handspring to flat back - 10.0 start value compulsory deductions	Special Requirements 2.0, Start Value 9.6 Bonus .4	Max time 1:10 (-.1OT) Special Requirements 2.0, SV 9.6 Bonus .4	Max time 1:30(-.1OT) Special Requirements 2.0, SV 9.6 Bonus .4	Vault - Any Level 7 vaults compulsory deductions apply for spotting, otherwise optional deductions	Special Requirements 2.0, Start Value 9.2 Bonus .8	Max time 1:10(-.1OT) Special Requirements 2.0, SV 9.2 Bonus .8	Max time 1:30 (-.1OT) Special Requirements 2.0, SV 9.2 Bonus .8		
	<u>Special Requirements .5 each</u>	<u>Special Requirements .5 each</u>	<u>Special Requirements .5 each</u>		<u>Special Requirements .5 each</u>	<u>Special Requirements .5 each</u>	<u>Special Requirements .5 each</u>	<u>Special Requirements .5 each</u>	
	1. Five elements	1. 1 acro skill (non-flight) must start and finish on beam	1. 1 acro series at least 2 elements one must have flight		1. 1 acro series at least 2 elements one must have flight		1. Six elements - tap swings are not elements but don't receive extra swing deduction	1. 2 acro skill or 1 acro element with flight - if 2 acro connected they can be same skill or diff, if not connected need to be different skills	1. a 3 element acro series with flight, a 2nd pass that has flight - no req. # of elements
	2. 2 circling elements	2. split leap/jump 60 degrees	2. 1 acro forward skill can include front limber, handstand roll, walkover or forward elements with flight		2. 1 acro forward skill can include front limber, handstand roll, walkover or forward elements with flight		2. 2 different circling elements	2. split leap/jump 120 minimum and 1 dance series min. 2 elements (split jump/leap may be included in dance series)	2. 1 acro forward skill with flight
	3. Any height cast	3. 1/2 turn on 1 foot (min)	3. 1/2 turn on 1 foot min		3. 1/2 turn on 1 foot min		3. Cast to horizontal	3. 1/1 turn on 1 foot min.	3. 1/1 turn on 1 foot min
	4. Level 2-5 dismount either bar	4. 1 dance series (min 2 elements) (split leap/jump may be included in dance series)	4. 1 dance series (min 2 elements) and split leap/jump min. 90 degrees (dance series may include split leap or jump)		4. 1 dance series (min 2 elements) and split leap/jump min. 90 degrees (dance series may include split leap or jump)		4. Kip	4. Dismount- must be level 4 or higher or in j.o. code as an element	4. 1 dance series (min 2 elements) and split leap/jump min. 150 degrees (dance series may include split leap or jump)
	Bonus .2 each	Bonus .2 each	Bonus .2 each		Bonus .2 each		Bonus .2 each max .8	Bonus .2 each max .8	Bonus .2 each max .8
	Kip	Any handstand held at vertical for 2 seconds	Round off 2 ff		Round off 2 ff		Any B or flipped dmt	Any B dance or acro	Round off back handspring layout
	Bar change	Cartwheel or any extra acro skill	any salto with no hands including aerial		any salto with no hands including aerial		a sole circle around	back handspring or round off .4 bonus	2 somi pass
	Long hang pullover	Full turn	any B dance skill		any B dance skill		a baby giant missing hips to kip, tap swing or flip	any connected acro series	Any B acro or dance
No deductions for Extra tap swings. All skills in level 2-5 are considered elements	jump or leap that is 180 degrees				any 1/2 turn that ends on the bar	flipping dismount			
					2 tap swings max before extra swing deduction is taken	bonus is only given if skill is completed without a fall.			

Spotting deductions are similar to compulsory level deductions, no bonus is awarded for skills that fall or are spotted.

All skills need to be listed in the compulsory or optional code or be submitted for evaluation to the board at least 30 days before the competition.