

# Prep-Optional Rules for the 2010 Y Nationals Competition

## RULE CLARIFICATIONS:

1. Special Requirements must be met by completed skill or value parts as defined by the J.O. Code of Points for skill criteria. At Bronze Level 3-6 elements and at Silver Level 4-6 elements may also be recognized. Skills not meeting criteria may not be used as value parts, used for Special Requirements, or used for bonus.
2. Special Requirements may be fulfilled if skill criteria is met before a fall. For example, dismounts and saltos on floor land on the sole of the foot prior to falling, if hands touch the bar on a release, if the sole of the foot touches the top of the beam before a fall, then value part credit may be given. No bonus may be given on a skill with a fall.
3. Any element listed in the J.O. Code of Points can be recognized as a Value Part two times in a routine, provided the element occurs in a different connection (i.e., preceded or followed by a different skill). If the element is performed a third time, or is performed a second time in the exact same connection: Value Part is NOT awarded, and it CANNOT be used to fulfill Special Requirements. Please refer to pg. 15 in the Code of Points for further information and some exceptions.
4. Higher value parts can replace lower value parts. Therefore, a "B" may be used to replace an "A" value part. It may also be used for bonus if it meets criteria needed.
5. On each event there are certain exceptions given for performing an element with higher technical requirement met than is allowed at that level.

### **BARS**

Bronze – a "B or C" clear hip performed will receive "A" value part credit.

Silver – a "C" clear hip performed will receive "B" value part credit.

The level 4 mount "glide and return" is allowed for an "A" skill for bronze and silver

### **BEAM**

Bronze – a "B" split or straddle jump performed will receive "A" value part credit.

### **FLOOR**

Bronze – Aerials are acceptable and will receive "A" value part credit.

a "B" side leap performed will receive "A" value part credit.

6. No additional compositional deductions besides the listed deductions will be used.  
There is a deduction for ^2 Rhythm on Beam and Floor.  
.1 Bonus for stuck landings will be given, however, a body posture fault can be taken.  
.1 Bonus for extra "B/s" will only be given if skill received value part credit, no fall and/or spot.
7. On Beam:  
Acro elements must start and finish on the beam.  
The 2 sec. balance hold does not have to be a recognized element in the J.O. code to fulfill the SR. It must be on 1 foot or on hands in clear support. No handstand holds.  
Handstands must be held for 2 sec. to receive value part credit in Gold and Platinum. A 2 sec hs hold at vertical can be used for the acro series. If criteria is not met series will not be awarded.  
  
2 dance series may be the same or different skill.  
  
On Floor:  
Bronze, Silver & Gold - Dive rolls are allowed to be used as forward acro flight skills.  
  
On Bars:  
In the counting of elements, a cast to a squat on, stoop on, or straddle on is an "A" value part in the code. Therefore, a Bronze gymnast performing the Level 3 dismount would receive 1 "A" for the cast to a squat on, pike sole circle dismount.  
  
For Bronze, Silver, Gold and Platinum the JO angle deductions will not be used.

## TIMING ON BEAM AND FLOOR:

- Minimum time 30 sec. (No deduction for under time)

- Maximum time 1:30 for all levels on Floor
- Overtime = 0.1 deduction
- Bronze, Silver and Gold maximum beam time is 1:20
- Platinum – maximum beam time is 1:30

**SAFETY:**

- For the safety of the gymnast there is no deduction for a coach standing on the floor. There is a deduction of .5 if the coach spots or assists the gymnast and no credit for the skill.

**VAULT**

<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>	<b>PLATINUM</b>
Allowable vaults:  <b>9.5 Start Value</b> Jump to handstand onto Mat Stack (L4) (36" Minimum height)  Compulsory Deductions Apply	Allowable vaults:  <b>10.0 Start Value for All</b> Handspring Handspring On – ½ off ¼ - ½ On – Repulsion Off ¼ - ½ On – ¾ - ½ Off ¼ - ½ On – 1 ¼ - 1/1 Off Handspring On – 1/1 Off	Allowable vaults:  <b>9.8 Start Value</b> Handspring Handspring On – ½ Off ¼ - ½ On – Repulsion Off	Allowable vaults:  <b>10.0 Start Value</b> Tuck Tsukahara  No Yurchenko vaults allowed.
<b>10.0 Start Value</b> Handspring  L 8-10 Optional Deductions Apply		<b>10.0 Start Value</b> ¼ - ½ On – ¾ - ½ Off ¼ - ½ On – 1 ¼ - 1/1 Off Handspring On – 1/1 Off  L 8-10 Optional Deductions Apply	
Spot .5 <b>Bonus</b> - .1 Stuck Handspring Landing Warm Up time 1:00 Touches when applicable – 2 max.	Spot .5 <b>Bonus</b> - .1 Stuck Landing Warm Up time 1:00 Touches when applicable – 2 max.	Spot .5 <b>Bonus</b> - .1 Stuck Landing Warm Up time 1:00 Touches when applicable – 2 max.	Spot .5 <b>Bonus</b> - .1 Stuck Landing Warm Up time 1:30 Touches when applicable – 3 max.

**BARS**

<b>REQUIREMENTS</b>	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>	<b>PLATINUM</b>
Value Parts A=.1, B=.3, C=.5	5 A's (Also any Level 3-6 skills not listed in the code)	7 A's and/or B's (Also any Level 4-6 skills not listed in the code)	1 B, 6 A's	2 B's, 5 A's
Start Value	10.0	10.0	10.0	10.0
Difficulty Restrictions	"B" element – no credit *exception – "B or C" clear hip counted as "A", will not void rs "C,D, or E" elements = Void Routine Counter/Tap swings may count for 2 "A's". More than 2 C/T = .3 each – extra swing	"C" element = 3.0 deduction *exception – "C" clear hip counted as "B" "D or E" elements = Void Routine Counter/Tap swing may count for 1 "A". More than 1 C/T = .3 each – extra swing	"C" elements allowed to replace "A or B" elements.  "D or E" elements = Void Routine Counter/Tap swings = 3 each – extra swing	"C" elements allowed to replace "A or B" elements.  "D or E" elements = Void Routine Counter/Tap swings = 3 each – extra swing
Special Requirements – Deduct .2 for each missing SR	1. Cast – No angle requirement 2. Circling Skill 3. "A" Dismount	1. Cast to Horizontal 2. Circling Skill 3. Kip – may be mt. or in routine 4. 1 Bar Change 5. "A or B" Dismount	1. Cast to Above Horizontal 2. Circling Skill 3. Kip – may be mt. or in routine 4. 1 Bar Change 5. "A or B" Dismount	1. Cast to 45 Degrees or above 2. "B" Circling Skill 3. Kip – may be mt. or in routine 4. 1 Bar Change 5. "A or B" Dismount
Bonus	.1 Routine with kip (max .1) .1 Stuck Dismount	.1 Routine with "B" (max .1) .1 Stuck Dismount	.1 Additional "B" (max .2) .1 Stuck Dismount	.1 Additional "B" (max .2) .1 Stuck Dismount
	Spot .5 and NO Value Part Warm up time 1:00	Spot .5 and NO Value Part Warm up time 1:00	Spot .5 and NO Value Part Warm up time 1:00	Spot .5 and NO Value Part Warm up time 1:30

## BEAM

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM
Value Parts A=.1, B=.3, C=.5	5 A's (Also any Level 3-6 skills not listed in the code)	7 A's and/or B's (Also any Level 4-6 skills not listed in the code)	1 B, 6 A's	2 B's, 5 A's
Start Value	10.0	10.0	10.0	10.0
Difficulty Restrictions	"B" element – no credit *exception – "B" Split Jump or Straddle Jump counted as "A" "C" Gymnastics elements = 3.0 deduction "C" acro or any "D or E" element = Void Routine Salto Dismount = 2.0 Deduction	"C" element = 3.0 deduction "D or E" elements = Void Routine	"C" elements allowed to replace "A or B" elements "D or E" elements = Void Routine	"C" elements allowed to replace "A or B" elements "D or E" elements = Void Routine
Special Requirements Deduct .2 for each missing SR	1. Min. ½ on 1 foot 2. Dance Series – min. 2 elements 3. 1 Non-flight acro element 4. 2 sec. balance hold – on 1 foot or on hands (clear – no vert or !) 5. Dismt – jump or from hands	1. Min. 1/1 turn on 1 foot (isolated or in series) 2. Dance Series – min. 2 elements 3. 2 acro elements – with or without flight (isolated or in series) 4. 2 sec. balance hold – on 1 foot or on hands (clear – no vert or !) 5. 1 jump or leap – min. 90 degrees (isolated or in series) 6. "A or B" Dismount	1. Min. 1/1 turn on 1 foot (isolated or in series) 2. Dance Series – min 2 elements 3. 2 acro elements – with or without flight (isolated or in series) 4. 2 sec. balance hold – on 1 foot or on hands (clear – no vert or !) 5. 1 jump or leap – min. 120 degrees (isolated or in series) 6. Salto or Aerial Dismount	1. Min. 1/1 turn on 1 foot (isolated or in series) 2. Dance Series – min. 2 elements 3. 1 acro element – with flight (isolated or in series) 4. Acro series with or w/o flight 5. 1 jump or leap – min. 150 degrees (isolated or in series) 6. Salto or Aerial Dismount
Bonus	.1 Stuck Dismount ^2 Artistry	.1 Stuck Dismount ^2 Artistry .1 Routine with "B" (.1 max)	.1 Stuck Dismount ^2 Artistry .1 Additional "B" (max .2)	.1 Stuck Dismount ^2 Artistry .1 Additional "B" (max .2)
	Spot .5 and NO Value Part Warm up time 1:00 Lack of Rhythm ^2 Time limit 1:20 – no undertime	Spot .5 and NO Value Part Warm up time 1:00 Lack of Rhythm ^2 Time limit 1:20 – no undertime	Spot .5 and NO Value Part Warm up time 1:00 Lack of Rhythm ^2 Time limit 1:20 – no undertime	Spot .5 and NO Value Part Warm up time 1:30 Lack of Rhythm ^2 Time limit 1:30 – no undertime

## FLOOR

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM
Value Parts A=.1, B=.3, C=.5	5 A's (Also any Level 3-6 skills not listed in the code)	7 A's and/or B's (Also any Level 4-6 skills not listed in the code)	1 B, 6 A's	2 B's, 5 A's
Start Value	10.0	10.0	10.0	10.0
Difficulty Restrictions	"B" element – no credit *exception – "B" side leap counted as "A" "C" Gymnastics elements = 3.0 deduction "C" acro or any "D or E" element = Void Routine Salto = Void Routine *Aerials are acceptable	"C" element = 3.0 deduction "D or E" elements = Void Routine Forward or Backward Salto with twist = 3.0 deduction	"C" elements allowed to replace "A or B" elements. "D or E" elements = Void Routine	"C" elements allowed to replace "A or B" elements. "D or E" elements = Void Routine
Special Requirements – Deduct .2 for each missing SR	1. 1 Acro Series – min. 2 elements – 1 with flight 2. Dance Series – min. 2 elements 3. Min 1/1 turn on 1 foot (isolated or in series) 4. Leap (isolated or in series) 5. 1 Forward acro element with or w/o flight (isolated or in series)	1. 1 Acro Series – min. 3 flight elements 2. 2 <sup>nd</sup> acro series – min. 2 flight elements 3. 1 Salto or Aerial (isolated or in series) 4. Dance series – min. 2 elements 5. Min. 1/1 turn on 1 foot (isolated or in series) 6. Leap min 120 degrees (isolated or in series) 7. 1 Forward acro element – with or w/o flight (isolated or in series)	1. 1 Acro Series – min. 3 flight elements 2. 2 <sup>nd</sup> acro series – min. 2 flight elements 3. 1 Salto or Aerial (isolated or in series) 4. Dance series – min. 2 elements 5. Min. "B" turn on 1 foot (isolated or in series) 6. Leap min 150 degrees (isolated or in series) 7. 1 Forward acro element – with or w/o flight (isolated or in series)	1. Two different acro series – each with 3 flight elements 2. 2 Different saltos within the 2 acro passes 3. Dance series – min. 2 elements 4. Min. "B" turn on 1 foot (isolated or in series) 5. Leap min 180 degrees (isolated or in series) 6. 1 Forward acro element – with or w/o flight (isolated or in series)
Bonus	.1 Stuck Dismount (last flight series) ^2 Artistry	.1 Stuck Dismount (last flight series) ^2 Artistry .1 Routine with "B" (.1 max)	.1 Stuck Dismount (last flight series) ^2 Artistry .1 Additional "B" (max .2)	.1 Stuck Dismount (last flight series) ^2 Artistry .1 Additional "B" (max .2)
	Spot .5 and NO Value Part Warm up time 1:00 Lack of Rhythm ^2 Time limit 1:30 – no undertime	Spot .5 and NO Value Part Warm up time 1:00 Lack of Rhythm ^2 Time limit 1:30 – no undertime	Spot .5 and NO Value Part Warm up time 1:00 Lack of Rhythm ^2 Time limit 1:30 – no undertime	Spot .5 and NO Value Part Warm up time 1:00 Lack of Rhythm ^2 Time limit 1:30 – no undertime

