

Louisiana Prep Op Program 2006-2007

(Taken from Alabama Prep Op Program)

05/28/06

Gymnasts may enter the prep op program according to their skill level and move through levels at he coaches' descretion irregardless of whether they have competed at compulsory levels.

Prep Op 1 – Level 1, 2 or 3 gymnasts.

Prep Op 2 – Level 4 gymnasts. Level 5 gymnasts that have not qualified to state meet.

Prep Op 3 – Level 5 gymnasts. Level 6 gymnasts that have not qualified to state meet.

Prep Op 4 – Level 6 gymnasts. Level 7 gymnasts that have not qualified to state meet.

General

Any compulsory skill/element or code of points element of any value or comparable is acceptable.

SR: One element/skill cannot fulfill 2 special requirements unless specifically noted.

BONUS: Qualified skills can only receive bonus once even if performed more than once. (Ex. Side leap on floor will get .2 bonus. If done a second time, it will not be awarded another .2 for a B dance)

More than .25 in deductions results in no bonus being awarded. Deductions in series are not cumulative per skill – i.e. round-off (-.1), back handspring (.2)

PREP OP 1		PREP OP 2		PREP OP 3		PREP OP 4	
Special Requirements	2.00	Special Requirements	2.00	Special Requirements	2.00	Special Requirements	2.00
Execution	6.9	Execution	6.9	Execution	6.9	Execution	6.9
Aristry-.3, Dynamics-.20	.50	Aristry-.3, Dynamics-.20	.50	Aristry-.3, Dynamics-.20	.50	Aristry-.3, Dynamics-.20	.50
Free Bonus	.60	Bonus	.60	Bonus	.60	Bonus	.60
Start Value	10.00	Start Value	10.00	Start Value	10.00	Start Value	10.00

PREP OP 1 VAULT	PREP OP 2 VAULT	PREP OP 3 VAULT	PREP OP 4 VAULT
ALL VAULTS START FROM A 10.00			
Level 1, 2 or 3 Vault	Level 4 Vault	Front Handspring	Any Level 7 Vault
Compulsory deductions	Compulsory deductions	Optional deductions	Optional deductions

PREP OP 1 BARS	PREP OP 2 BARS	PREP OP 3 BARS	PREP OP 4 BARS
SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea
Minimum four skills or elements (Skills used to fulfill other SR are counted toward this minimum)	Minimum five skills or elements (Skills used to fulfill other SR are counted toward this minimum)	Minimum six skills or elements (Skills used to fulfill other SR are counted toward this minimum)	Minimum six skills or elements (Skills used to fulfill other SR are counted toward this minimum)
One back circling skill or element (Can not be fulfilled with the mount or dismount)	Two circling skills or elements	Two different circling skills or elements (front or back)	Two different circling skills or elements (front or back)
Cast-45 degrees below horizontal Ded: 44-29 - .05-.25 28-0 - .30-.50	Cast-45 degrees below horizontal Ded: 44-29 - .05-.25 28-0 - .30-.50	Cast to horizontal Ded: 1-45 below horizontal - .05-.25 46 & below horizontal - .30-.50	Cast to 30 degrees above horizontal Ded: 1-29 above horizontal - .05-.25 At horizontal - .30 Below horizontal - .35-.50
Level 1-4 dismount	Level 2-5 dismount (sole circle may be done on high bar)	Level 2-6 dismount (sole circle may be done on the high bar)	Salto dismount
NO BONUS	BONUS .20 each MAXIMUM .60		
	Kip	Clear hip	Any B
	Bar change (show flight)	Long hang pullover	
	Long hang pullover	Cast to minimum 30 degrees above horizontal	
Cast to minimum horizontal	Flyaway dismount		

A maximum of two tap swings are allowed in all divisions. The second swing must result in a connection.

Preceding a squat on, two casts may be used without a deduction for an extra swing, except Prep Op 4.

There is no deduction for extra swing if a gymnast casts following uprise to clear support or back hip circle.

PREP OP 1 BEAM	PREP OP 2 BEAM	PREP OP 3 BEAM	PREP OP 4 BEAM
Min time-45 sec. - .5 ded. Max. time 1:00 - .1 ded.	Min time-45 sec. - .5 ded. Max. time 1:10 - .1 ded.	Min time-45 sec. - .5 ded. Max. time 1:10 - .1 ded.	Min time-45 sec. - .5 ded. Max. time 1:20 - .1 ded.
SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea
One acro skill or element (non-flight)	One acro skill or element (flight or non-flight)	Two different acro skills or elements (flight or non-flight)	Acro series with two skills or elements (flight or non-flight)
One jump (straight, split or tuck)	Split leap (60 degrees min.)	Split leap (90 degrees min.)	Split leap (120 degrees min)
½ turn (one or two feet)	½ turn on one foot (min.)	½ turn on one foot (min)	Full turn on one foot (min)
Level 1-4 Dismount	One dance series	One dance series	One dance series
NO BONUS	BONUS .20 each MAXIMUM .60		
	Handstand	Any "B" dance	Any "B" dance
	Cartwheel	Walkover (front or back)	Any "B" acro
	Full turn on one foot	Full turn on one foot	Split leap > 150 degrees
	Split leap 90 degrees min.	Split leap > 120 degrees	Aerial or salto dismount
PREP OP 1 FLOOR	PREP OP 2 FLOOR	PREP OP 3 FLOOR	PREP OP 4 FLOOR
Min time-45 sec. - .5 ded. Max. time 1:00 - .1 ded.	Min time-45 sec. - .5 ded. Max. time 1:10 - .1 ded.	Min time-45 sec. - .5 ded. Max. time 1:30 - .1 ded.	Min time-45 sec. - .5 ded. Max. time 1:30 - .1 ded.
SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea
One acro skill or element (Flight or non-flight)	One acro series (min. two flight skills or elements)	One acro series (min. three flight skills or elements)	Two different acro series (One a min. of two skills or elements, one a min. of three skills or elements)
One forward skill or element	One forward skill or element	One forward skill or element	One forward skill or element (may be part of acro series)
One dance series (min. two skills) OR One split leap (30 degrees minimum) or jump	One dance series (min. two skills) OR Split leap (90 degrees min.)	One dance series (min. two skills) OR Split leap (120 degrees min.-may be side or switch)	One dance series (min. two skills) OR Split leap (150 degrees min.- may be side or switch)
½ turn minimum	½ turn minimum	Full turn	Full turn (min.)
NO BONUS	BONUS .20 each MAXIMUM .60		
	Round-off, back handspring, back handspring	Round-off, back handspring, back tuck	Round-off, back handspring, layout
	Front handspring	Front acro series with flight, one a salto or aerial	Front acro series with flight, one a salto or aerial
	Split leap > 120 degrees	Split, side, or switch leap (min. 150 degrees)	Split, side or switch leap (min. 180 degrees)
	Full turn	Any "B" dance	Any "B" dance or acro