

**Mississippi Prep Op Program 2006-07**



Prep Op 1 - Level 1, 2, or 3 gymnasts. Any gymnasts may enter the prep op program according to their skill level.

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.

A gymnast may compete higher than the described levels, but never lower. A gymnast may compete in the same prep op division for two years without advancing in accordance with prep op level requirement. Example: Gymnast qualifies to state meet at level 5, must move to Prep Op 3. Gymnasts desiring to remain in a level more than two years must petition to the SAC. Higher level gymnasts interested in competing must petition the SAC.

OPTIONAL DEDUCTIONS WILL BE USED (EXCEPTIONS NOTED)

SPECIAL REQUIREMENTS AND BONUS CAN BE FULFILLED AT THE SAME TIME - BONUS CAN FULFILL SPECIAL REQUIREMENTS AND VICE VERSA. BONUS IS AWARDED TO A SKILL ONLY ONCE.

PREP OP 1 - SV 10.00		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
Artistry ^.30, Dynamics ^.20, Rhythm ^.20		Artistry -.30, Dynamics -.20, Rhythm -.20		Artistry ^.30, Dynamics ^.20, Rhythm ^.20		Artistry ^.30, Dynamics ^.20, Rhythm ^.20	
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
<b>ALL VAULTS START FROM A 10.00</b>			
Any Level 1-4 vault	Level 3 or 4 vault	Front Handspring	Any Level 7 vault
Compulsory deductions	Compulsory deductions	Level 7 deductions	Level 7 deductions

PREP OP 1 BARS - SV 10.00	PREP OP 2 BARS	PREP OP 3 BARS	PREP OP 4 BARS
<b>SPECIAL REQUIREMENTS - .50 ea</b>	<b>SPECIAL REQUIREMENTS - .50 ea</b>	<b>SPECIAL REQUIREMENTS - .50 ea</b>	<b>SPECIAL REQUIREMENTS - .50 ea</b>
Four skills or elements	Five skills or elements	Six skills or elements	Six skills or elements
One back circling skill or element	Two circling skills or elements	Two different circling skills or elements (front or back)	Two different circling skills or elements (front or back)
Cast (no height required)	Cast (no height requirement)	Cast to horizontal	Cast to 30° ↑ horizontal
Level 1-4 dismount	Level 2-5 dismount (sole circle may be done on the high bar)	Level 2-6 dismount (sole circle may be done on the high bar)	Salto dismount
<b>NO BONUS</b>	<b>BONUS .20 each    MAXIMUM .60</b>		
	Kip	Any "B"	Any "B"
	Bar change (show flight)	Long hang pullover	Layout Flyaway
	Long hang pullover	Cast to 30° ↑ horizontal	
	Cast to 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.

PREP OP 1 BEAM	PREP OP 2 BEAM	PREP OP 3 BEAM	PREP OP 4 BEAM
No min. time Max time 1:00	No min. time Max time 1:10	No min. time Max time 1:10	No min. time Max time 1:20
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 acros skills or elements - same or different (flight or non-flight)	Two acros skills or elements - same or different (flight or non-flight)
One jump (straight, split or tuck)	Split leap (60° min.)	Split leap (90° min)	Split leap (120° min)
Minimum ½ turn on (one or two feet)	Minimum ½ turn on one foot	Minimum ½ turn on one foot	Minimum full turn on one foot
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)	Acro series (flight or non-flight)
	Full turn on one foot	Full turn on one foot	Split leap >150°
	Split leap 90° min.	Split leap >120°	Aerial or salto dismount

PREP OP 1 FLOOR	PREP OP 2 FLOOR	PREP OP 3 FLOOR	PREP OP 4 FLOOR
No min. time Max time 1:00	No min. time Max time 1:10	No min. time Max time 1:30	No min. time Max time 1:30
SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea	SPECIAL REQUIREMENTS - .50 ea
One acro skill or element	One acro series (min two skills or elements)	One acro series (min three 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
One dance series (min two skills) OR One split leap (30° min) or jump	One dance series (min two skills) OR Split leap (90° min)	One dance series (min two skills) OR Split leap (120° min. – may be side or switch)	One dance series (min two skills) OR Split leap (150° min. – may be side or switch)
Minimum ½ turn on one foot	Minimum ½ turn on one foot	Full turn	Full turn (min)
NO BONUS	BONUS .20 each MAXIMUM .60		
	Round-off, back handspring, back handspring	Any salto or aerial (series not required)	Round-off, back handspring, layout
	Front handspring	Front acro series (min two elements) one with flight	Front acro series with flight, one a salto or aerial
	Split leap >120°	Split, side, or switch leap (min 150°)	Split, side, or switch leap (min 180°)
	Full turn	Any "B" dance	Any "B" dance or acro

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Any compulsory skill/element or code of points element is acceptable.  
More than .25 in deductions results in no bonus being awarded. Deductions in series are not cumulative per skill, i.e. round-off (-.10), back handspring (-.20) - bonus awarded.  
Qualified skills can only receive bonus once.