

# 2009-2010 REGION 5 PREP OPTIONAL VAULT

BRONZE	SILVER	GOLD	PLATINUM
<p><b>Allowable Vaults:</b></p> <p><u><b>9.5 Start Value</b></u> Jump to Handstand onto Mat Stack (L4) (36" Minimum height)</p> <p>Compulsory Deductions Apply</p>	<p><b>Allowable Vaults:</b></p> <p><u><b>10.0 Start Value For All</b></u> Handspring Handspring On - 1/2 Off 1/4 - 1/2 On - Repulsion Off 1/4 - 1/2 On - 3/4 - 1/2 Off 1/4 - 1/2 On - 1 1/4 - 1/1 Off Handspring On - 1/1 Off</p>	<p><b>Allowable Vaults:</b></p> <p><u><b>9.8 Start Value</b></u> <i>Handspring</i> <i>Handspring On - 1/2 Off</i> <i>1/4 - 1/2 On - Repulsion Off</i></p>	<p><b>All vaults are the same value as Level 8 with the following exception.</b></p> <p><u><b>10.0 Start Value</b></u> Tuck Tsukahara</p> <p>NO Yurchenko vaults allowed.</p>
<p><u><b>10.0 Start Value</b></u> Handspring</p> <p><b>L 8-10 Optional Deductions Apply</b></p>	<p><b>L 8-10 Optional Deductions Apply</b></p>	<p><u><b>10.0 Start Value</b></u> 1/4 - 1/2 On - 3/4 - 1/2 Off 1/4 - 1/2 On - 1 1/4 - 1/1 Off Handspring On - 1/1 Off</p> <p><b>L 8- 10 Optional Deductions Apply</b></p>	<p><b>L 8-10 Optional Deductions Apply</b></p>
<p>Spot .5 <b>Bonus</b> - .1 Stuck Handspring Landing Warm Up time 1:00 Touches when applicable -2 max.</p>	<p>Spot .5 <b>Bonus</b> - .1 Stuck Landing Warm Up time 1:00 Touches when applicable -2 max.</p>	<p>Spot .5 <b>Bonus</b> - .1 Stuck Landing Warm Up time <b>1:00</b> Touches when applicable -2 max.</p>	<p>Spot .5 <b>Bonus</b> -.1 Stuck Landing Warm up time 1:30 Touches when applicable -3max.</p>

*Red indicates changes from last year. NLG 7/22*

# 2009-2010 REGION 5 PREP OPTIONAL BARS

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

7/22/09 ngibson

*Red indicates changes from last year*

# 2009-2010 REGION 5 PREP OPTIONAL BEAM

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM
<b>Value Parts</b> 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 code)	1 B, 6 A's	2 B's, 5 A's
<b>Start Value</b>	10.0	10.0	10.0	10.0
<b>Difficulty Restrictions</b>	"B" element - no credit <i>*exception - "B" Split Jump or Straddle Jump counted as "A"</i> "C" Gymnastics elements = 3.0 ded. "C" acro or any "D or E" element =Void Routine Salto Dismt= 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
<b>Special Requirements- Deduct .2 for each missing SR</b>	1. Min. 1/2 on 1 foot. 2. Dance Series - min. 2 elements 3. 1 Non-flight acro element 4. 2 sec. balance hold - <i>on 1 foot or on hands (clear-no vert or !)</i> 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.& 4. 2 acro elements -with or without flight (isolated or in series) 5. 2 sec. balance hold <i>-on 1 foot or on hands (clear-no vert or !)</i> 6. 1 jump or leap -min. 90 degrees (isolated or in series) 7. "A or B" Dismount	1. Min. 1/1 turn on 1 foot (isolated or in series) 2. Dance Series -min. 2 elements 3.& 4. 2 acro elements -with or without flight (isolated or in series) 5. 2 sec. balance hold <i>-on 1 foot or on hands (clear-no vert or !)</i> 6. 1 jump or leap -min. 120 degrees (isolated or in series) 7. 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 a series) 6. Salto or Aerial Dismount
<b>Bonus</b>	.1 Stuck Dismount ^2 Artistry	.1 Stuck Dismount ^2 Artistry .1 Routine with "B" (.1 max)	.1 Stuck Dismount ^2 Artistry <i>.1 Additional "B" (max .2)</i>	.1 Stuck Dismount ^2 Artistry <i>.1 Additional "B" (max .2)</i>
	Spot .5 and <i>NO Value Part</i> Warm up time 1:00 Lack of Rhythm ^2 Time limit 1:20—no undertime	Spot .5 and <i>NO Value Part</i> Warm up time 1:00 Lack of Rhythm ^2 Time limit 1:20—no undertime	Spot .5 and <i>NO Value Part</i> Warm up time <b>1:00</b> Lack of Rhythm ^2 Time limit <b>1:20</b> —no undertime	Spot .5 and <i>NO Value Part</i> Warm up time 1:30 Lack of Rhythm ^2 Time limit 1:30—no undertime <small>7/22/09 ngibson</small>

*Red indicates changes from last year.*

# 2009-2010 REGION 5 PREP OPTIONAL FLOOR

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM
<b>Value Parts</b> 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 code)	1 B, 6 A's	2 B's, 5 A's
<b>Start Value</b>	10.0	10.0	10.0	10.0
<b>Difficulty Restrictions</b>	"B" element - no credit <i>*exception—"B" side leap counted as "A"</i> "C" Gymnastics elements = 3.0 ded. "C" acro or any "D or E" element =Void Routine Salto =Void Routine <i>*Aerials are acceptable</i>	"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
<b>Special Requirements- Deduct .2 for each missing SR</b>	<ol style="list-style-type: none"> <li>1. 1 Acro Series - min. 2 elements -1 with flight</li> <li>2. Dance Series -min. 2 elements</li> <li>3. Min. 1/1 turn on 1 foot (isolated or in series)</li> <li>4. Leap (isolated or in series)</li> <li>5. 1 Forward acro element -with or w/o flight (isolated or in series)</li> </ol>	<ol style="list-style-type: none"> <li>1. 1 Acro Series - min. 3 flight elements</li> <li>2. 2nd acro series -min. 2 flight elements</li> <li>3. 1 Salto or Aerial (isolated or in series)</li> <li>4. Dance series -min. 2 elements</li> <li>5. Min. 1/1 turn on 1 foot (isolated or in series)</li> <li>6. Leap min 120 degrees (isolated or in series)</li> <li>7. 1 Forward acro element -with or w/o flt (isolated or in series)</li> </ol>	<ol style="list-style-type: none"> <li>1. 1 Acro Series - min. 3 flight elements</li> <li>2. 2nd acro series -min. 2 flight elements</li> <li>3. 1 Salto or Aerial (isolated or in series)</li> <li>4. Dance series -min. 2 elements</li> <li>5. Min. "B" turn on 1 foot (isolated or in series)</li> <li>6. Leap min 150 degrees (isolated or in series)</li> <li>7. 1 Forward acro element -with or w/o flt (isolated or in series)</li> </ol>	<ol style="list-style-type: none"> <li>1. &amp; 2. Two different acro series- each with 3 flight elements</li> <li>3. 2 Different saltos within the 2 acro passes.</li> <li>4. Dance series -min. 2 elements</li> <li>5. Min. "B" turn on 1 foot (isolated or in series)</li> <li>6. Leap min 180 degrees (isolated or in series)</li> <li>7. 1 Forward acro element -with or w/o flt (isolated or in series)</li> </ol>
<b>Bonus</b>	.1 Stuck Dismount (last flight series) ^2 Artistry	.1 Stuck Dismount (last flight series) ^2 Artistry <i>.1 Routine with "B" (.1 max)</i>	.1 Stuck Dismount (last flight series) ^2 Artistry <i>.1 Additional "B" (max .2)</i>	.1 Stuck Dismount (last flight series) ^2 Artistry <i>.1 Additional "B" (max .2)</i>
	Spot .5 and <b><i>NO Value Part</i></b> Warm up time 1:00 Lack of Rhythm ^2 Time limit <b><i>1:30</i></b> —no undertime	Spot .5 and <b><i>NO Value Part</i></b> Warm up time 1:00 Lack of Rhythm ^2 Time limit <b><i>1:30</i></b> —no undertime	Spot .5 and <b><i>NO Value Part</i></b> Warm up time <b><i>1:00</i></b> Lack of Rhythm ^2 Time limit 1:30—no undertime	Spot .5 and <b><i>NO Value Part</i></b> Warm up time 1:30 Lack of Rhythm ^2 Time limit 1:30—no undertime <span style="float: right;">7/22/09 ngibson</span>

*Red indicates changes from last year.*