

2011-2012 Missouri Prep-Optional Rules

Qualification for Missouri Prep Optional State Procedures

- All competitions must be USAG sanctioned.
- All competitions will use a 2 judge panel for qualifier and state meets.
- One judge must have a minimum Level 7/8 rating and one judge must have a minimum Level 5/6 rating.
- Athletes must compete at Missouri qualifiers (5 offered each year Fall & Spring) & must use Missouri rules to qualify to the Missouri State Championship.
- There will be a Fall and Spring State Championship.
- Missouri State Qualifying Score to be determined by Missouri State Committee each season.

OPEN division rules for Missouri Prep Optional Program

- OPEN to all USAG athletes 6 years or older.
- All elements must be listed in the JO Code of Points.
- Execution deductions per JO optional rules.
- All events except vault require a minimum of 3 "A" (0.10) and 1 "B"(0.30) Skill value parts
- C dance skills & clear hip to handstand allowed—all other C skills will void routine
- "D" or "E" elements will void the routine
- Warm up time is 1 minute

Missouri USAG Prep Optional Event Special Requirements

- 0.50 deduction for missing Special Requirements (SR)

VAULT

- All Vaults from Group 1 with or without twist, valued at 9.4 or less
- All Vaults have a 10.00 Start Value with deductions the same as Level 7

UNEVEN BARS

- Six (6) elements - must be listed in the JO code
- One cast, min. 60 degrees from vertical
- One skill from Group 3, 6, or 7 OR a B from Group 4
- Salto dismount from High Bar, minimum A value

BEAM

- Minimum of 360 degree turn on one foot
- One leap/jump requiring 180 degree split
- 2 acro skill series with or without flight OR 1 B flight skill
- Aerial or salto dismount-minimum A
- Time: 1 minute Warning at 50 seconds Overtime deduction: .10 (no under time)

FLOOR

- Acro pass backward with 2 or more skills containing at least 1 salto
- Acro pass of 2 or more skills containing a front skill OR a single front salto
- Minimum of 360 degree turn on one foot
- Dance passage with two(2) elements (directly or indirectly connected)-one a LEAP w/ 180 degree split
- Time: 45 seconds to 1:30