

## REGION V USAG PREP OPTIONAL

	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>	<b>PLATINUM</b>
<b>VAULT</b>	Allowable Vaults: <ul style="list-style-type: none"> <li>• Handspring to flat position on stacked mats (min, 36") 9.6 SV</li> <li>• Handspring on table 10.0 SV</li> </ul> USAG Level 4 deductions for flat back	Allowable Vaults: <ul style="list-style-type: none"> <li>Handspring – 9.50</li> <li>Handspring 1/2 off – 9.50</li> <li>¼ or 1/2 on block off – 9.50</li> <li>¼ or 1/2 on 1/2 off 9.60</li> <li>¼ or 1/2 on 1/1 off – 9.80</li> <li>Handspring on 1/1 off 10.0</li> </ul>	Allowable Vaults: <ul style="list-style-type: none"> <li>Handspring – 9.50</li> <li>Handspring 1/2 off – 9.50</li> <li>¼ or 1/2 on block off – 9.50</li> <li>¼ or 1/2 on 1/2 off 9.60</li> <li>¼ or 1/2 on 1/1 off – 9.80</li> <li>Handspring on 1/1 off 10.0</li> </ul>	All vaults are the same value as L8. L8 deductions would apply.  Exception: a ½ on and a ¼ on would be the same value with no deduction.  Tuck Tsuk – 9.8 Pike Tsuk 10.0  No Yurchenko vaults are allowed.
	Bonus - .1 for stuck landing (except for flat back) Special Requirements are .2 each <b>Warm-up:</b> Bronze & Silver 1:00 / Gold & Platinum 1:30 <b>Vault:</b> Spotting – 3.00 deduction			
<b>BARS</b>	5 elements “A” (or any level 2-6 element) Tap swings count as an A element. 1 cast to horizontal – using level 5 casting deductions <ul style="list-style-type: none"> <li>• “B” element-no credit</li> <li>• “C” element VOIDS routine</li> <li>• Salto dismount VOIDS routine</li> <li>• Routine containing a kip -10.0 start value</li> <li>• Routine w/o kip - 9.7 start value</li> </ul>	7 elements (“A” or “B” skills) 1 bar change Dismount of “A” or “B” <ul style="list-style-type: none"> <li>• “C” element – 3.00 deduction</li> </ul> Allowable A’s any level 2-6 skills.  Tap swings will not count as an extra swing.  Tap swings may count for 1 A element.	7 elements 2 “B” elements 5 “A” elements 1 bar change Salto dismount is not required  “C” elements are allowed to replace required “A” or “B” elements Tap swings will count as an extra swing.	7 elements 3 “B” elements 4 “A” elements 1 bar change One cast at 45 degrees or above “B” circle element (free hip, giants) Salto dismount is not required  “C” elements are allowed to replace required “A” or “B” elements.  Tap swings will count as an extra swing.
	Bonus .1 for stuck dismount Bronze, Silver & Gold - Allowable “A’s” - any USAG level 2-6 skill Special Requirements are .2 each Any “D” or “E” element VOIDS routine. <b>Warm-up:</b> Bronze & Silver 1:00 / Gold & Platinum 1:30 <b>Spotting</b> – 3.00 deduction			

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<b>BEAM</b>	Minimum of 1/2 turn on 1 ft Dance Series (min 2 elements) 1 NON-flight acro element (includes rolls) 5 elements (“A” skills) 2 sec. 1 foot balance hold Dismount - any jump or dismt from the hands only. <ul style="list-style-type: none"> <li>• “B” element – no credit</li> <li>• gymnastics “C” – 3:00 deduction</li> <li>• acro “C” – VOIDS routine</li> <li>• any salto on the beam VOIDS routine. Salto dismount 2.00 ded.</li> </ul> no under time 1:30 time limit	Minimum of 1/1 turn on 1 ft. Dance series (minimum 2 elements) 1 acro element (with or without flight, in a series or alone). 2 <sup>nd</sup> acro element (with or without flight, in a series or alone). Split leap or jump min 120* (does not have to be an isolated element – can be part of a dance series) 2 sec. 1 foot balance hold “A” or “B” dismount 7 elements – “A” or “B” skills  “C” element – 3.00 deduction no under time 1:30 time limit	Minimum of 1/1 turn on 1 ft. Dance series (minimum 2 elements) 1 acro element (with or without flight, in a series or alone) 2 <sup>nd</sup> acro element (with or without flight, in a series or alone) Leap or jump min 150* (does not have to be an isolated element. Can be part of the dance series) 2 sec 1 foot balance hold Aerial or Salto dismount 2 “B” elements 5 “A” elements  “C” elements are allowed to replace required “A” or “B” elements. no under time 1:30 time limit	Minimum of a 1/1 turn on 1 ft. Dance Series (minimum of 2 elements) 180-degree leap or jump (does not have to be an isolated element – can be part of a dance series) One flight element Flight or non-flight series Aerial or salto dismount  3 B’s 4 A’s  C” elements are allowed to replace required “A” or “B” elements. no under time 1:30 time limit  May not use level 2-4 skills as allowable A’s
	Bonus .1 for stuck dismount Special Requirements are .2 each For Bronze, Silver & Gold – Allowable “A” any level 2-6 skill Any “D” or “E” element VOIDS routine. <b>Warm-up:</b> Bronze & Silver 1:00 / Gold & Platinum 1:30 Spotting – 3.00 deduction			
<b>FLOOR</b>	1 acro series – with a min of 2 elements – must have 1 <u>flight</u> element. Dance Series (min 2 elements) Minimum of 1/1 turn on 1 ft. Leap from 1 foot (Does not have to be an isolated element, can be part of the dance series)  1 front acro element – (flight or non flight- does not have to be isolated) 5 elements (“A” skills)  “B” element – NO credit Dance “C” element – 3.0 deduction Any “C” acro VOIDS routine Any “salto” VOIDS routine Round-off is not a forward element	1 acro series with 3 flight elements. 2 <sup>nd</sup> acro series (min 2 flight elements) Salto or aerial element (can be alone or part of series) Dance series (min 2 elements) Minimum of 1/1 turn on 1 ft Leap from 1 foot min 120* (Does not have to be an isolated element, can be part of the dance series) 1 front acro element – (flight or non-flight-does not have to be isolated)  7 elements (“A” or “B” skills) * side aerial and round-off are NOT forward elements * Forward or backward salto twisting – 3.00 ded. * “C” element – 3.00 ded.	2 <u>different</u> acro series – each with 3 flight elements Salto or aerial element (can be alone or part of series) Dance series (Minimum of 2 elements) Minimum of “B” turn on 1 ft. Leap from 1 foot min 150* (Does not have to be an isolated element. Can be part of the dance series.) 1 front acro element (flight or non-flight)  2 “B” elements 5 “A” elements  “C” elements are allowed to replace required “A” or “B” elements.  .2 deduction if acro series is less than three elements.	A minimum of 2 tumbling passes: one pass with 3 skills one with a minimum of 2 skills 2 different salto’s within the two tumbling passes. “B” dance skill 2 dance combination 180* leap or jump (Does not have to be an isolated element. Can be part of the dance series.) 1 front acro element (flight or non-flight) Minimum of 1/1 turn on 1 ft.  3 B’s 4 A’s “C” elements are allowed to replace required “A” or “B” elements.  May not use level 2-4 skills as allowable A’s
	Bonus .1 for stuck dismount Bonus .2 for Artistry Special Requirements are .2 each For Bronze, Silver & Gold – Allowable “A” any level 2-6 skill Any “D” or “E” element VOIDS routine. <b>Warm-up:</b> Bronze & Silver 1:00 / Gold & Platinum 1:30 Spotting – 3.00 deduction			