





**PREP THREE AND FOUR:**

**GENERAL:**

- \* gymnasts who were registered level 6 must compete prep three or above
- \* gymnasts who were registered level 7 or 8 must compete prep four
- \* 1 1/2 minute warm up prep three and 2 minute warm up prep four
- \* 30 sec touch if more than 9 gymnasts in a rotation
- \* Matting and Board Placement: Follow Compulsory guidelines
- \* No deduction for Coach on the Floor
- \* Difficulty Values: A skills 0.1 B, C and D skills 0.3
- \* Execution and Artistry deductions as per the JO Code of points
- \* Basic skills not included in the code follow compulsory requirements

**VAULT:**

- USAG Level 7 Vault Start Value 10.00**  
**Use USAG Level 7 Vault Rules**  
 \* Spot in pre-flight 1.0 deduction  
 \* Gymnast may perform 2 Vaults

**BARS:**

- PREP THREE:**  
**Start Value 10.00**  
**Difficulty Required 0.7**  
 6- A value skills  
 1- B value skill

- PREP FOUR:**  
**Start Value 10.00**  
**Difficulty Required 0.7**  
 5- A Value Skills  
 2- B Value Skills

- Special Requirements:**  
 1. One Bar Change  
 2. A Value Circling skill Prep 3  
 B Value Circling skill Prep 4  
 3. at least seven elements  
 (deduct 0.5 in addition to difficulty)

- \* Extra swings 0.3 deduction (exception :one cast allowed at the completion of each back hip circle)
- \* two back hip circles ( with or without a cast between) are allowed, both receive "A" credit
- \* tap swing/counter swing – Deduct 0.1 break in routine
- \* deductions for the degree of a cast or cast handstand
  - Cast below horizontal 0.1 deduction and no value part
  - Cast 90 degrees to 46 degrees no deduction and no value part
  - 45 degrees to 21 degrees from vertical no deduction (A Value)
  - 20 degrees to Vertical no deduction (B Value)

**BEAM:**

Beam Time  
 30sec-1:30sec

- PREP THREE:**  
**Start Value 10.00**  
**Difficulty Required 0.7**  
 6- A value skills  
 1- B value skill

- PREP FOUR:**  
**Start Value 10.00**  
**Difficulty Required 0.7**  
 5- A Value Skills  
 2- B Value Skills

- Special Requirements:**  
 1. Jump or Leap series min of 2 elements  
 2. 1/1 turn min on one foot  
 3. 1 Acro element with/without flight  
 4. at least seven elements  
 (deduct 0.5 in addition to difficulty)

- \* routine under time 0.5 deduction
- \* Insufficient split on leaps and jumps: up to 0.2 prep three < 120 degrees prep four < 150 degrees
- \* B Credit for leaps and jumps per USAG guidelines

**FLOOR**

Floor Time  
 30 sec- 1:30 sec

- PREP THREE:**  
**Start Value 10.00**  
**Difficulty Required 0.7**  
 6- A value skills  
 1- B value skill

- PREP FOUR:**  
**Start Value 10.00**  
**Difficulty Required 0.7**  
 5- A Value Skills  
 2- B Value Skills

- Special Requirements:**  
 1. Dance or Mixed series min of 2 elements  
 2. A salto or ariel (may be included in the series)  
 3. Two acro series with 2 flight per series Prep 3  
 Two acro series with 3 flight per series Prep 4  
 4. at least Seven elements  
 (deduct 0.5 in addition to difficulty)

- \* A skill may NOT fulfill more than one special requirement , however a salto or ariel in a series CAN fulfill both requirements
- \* routine under time 0.5 deduction
- \* Insufficient split in leaps or jumps: up to 0.2 prep three < 120 degrees prep four < 150 degrees
- \* B Credit for leaps and jumps per USAG guidelines