

2010-2011 REGION 5 PREP OPTIONAL BEAM

Range SV Max 10.0
9.5-10 .2
9.0-9.475 .5
8.0-8.975 .7
Below 8.0 1.0
Score Max 10.0

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM
Value Parts A=.1, B=.3, C=.5	5 A's (Also any Level 3-5 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
Start Value	10.0	10.0	10.0	10.0
Difficulty Restrictions	"B" element - no credit *exception -"B" Split Jump or Straddle Jump counted as "A" "C" Gymnastics elements = 3.0 ded. "C" acro or "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
Special Requirements-Deduct .2 for each missing SR	<ol style="list-style-type: none"> Min. 1/2 on 1 foot. Dance Series - min. 2 elements (same or diff) 1 Non-flight acro element 2 sec. balance hold - on 1 foot or on hands (clear -no vert or !) Dismt -jump or from hands 	<ol style="list-style-type: none"> Min. 1/1 turn on 1 foot (isolated or in series) Dance Series -min. 2 elements (same or diff) & 4. 2 acro elements -with or without flight (isolated or in series) 2 sec. balance hold -on 1 foot or on hands (clear-no vert or !) 1 jump or leap -min. 90 degrees (isolated or in series) "A or B" Dismount 	<ol style="list-style-type: none"> Min. 1/1 turn on 1 foot (isolated or in series) Dance Series -min. 2 elements (same or diff) & 4. 2 acro elements -with or without flight (isolated or in series) 2 sec. balance hold -on 1 foot or on hands (clear-no vert or !) 1 jump or leap -min. 120 degrees (isolated or in series) Salto or Aerial Dismount 	<ol style="list-style-type: none"> Min. 1/1 turn on 1 foot (isolated or in series) Dance Series -min. 2 elements (same or diff) 1 acro element -with flight (isolated or in series) Acro series with or w/o flight 1 jump or leap-min.150 degrees (isolated or in a series) Salto or Aerial Dismount
Bonus-not given with fall or spot	.1 Stuck Dismount-however, take body fault deductions	.1 Stuck Dismount Salto/Aerial only—however, take body fault deductions .1 Routine with "B" (.1 max)	.1 Stuck Dismount Salto/Aerial only-however, take body fault deductions .1 Additional "B" (max .2)	.1 Stuck Dismount Salto/Aerial only-however, take body fault deductions .1 Additional "B" (max .2)
Composition Deductions	^1.15 Artistry ^2 Lack of Rhythm	^1.15 Artistry ^2 Lack of Rhythm	^1.15 Artistry ^2 Lack of Rhythm	^1.15 Artistry ^2 Lack of Rhythm
	Spot .5 and NO Value Part Warm up time 1:00 Time limit 1:20—no undertime	Spot .5 and NO Value Part Warm up time 1:00 Time limit 1:20—no undertime	Spot .5 and NO Value Part Warm up time 1:00 Time limit 1:20—no undertime	Spot .5 and NO Value Part Warm up time 1:30 Time limit 1:30—no undertime

6/22/10ngibson

Acro elements must start and finish on beam. The 2 sec. balance hold does NOT have to be a recognized element in the code. Gold and Platinum handstands must be held 2 sec. to receive VP credit. May be used for acro series. SR must be met by completed skill or value parts as defined by the JO Code of Points for skill criteria. Skills not meeting criteria may not be used as VP's, SR, or used for Bonus. Elements may be recognized two times in a routine provided the element occurs in a different connection. Element may not receive VP credit if performed a 3rd time, or is performed a 2nd time in exact same connection.

2010-2011 REGION 5 PREP OPTIONAL FLOOR

Range SV Max 10.0
9.5-10.0 .2
9>0-9.475 .5
8.0-8.975 .7
Below 8.0 1.0
Score Max 10.0

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM
Value Parts A=.1, B=.3, C=.5	5 A's (Also any Level 3-5 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
Start Value	10.0	10.0	10.0	10.0
Difficulty Restrictions	"B" element - no credit "C" Gymnastics elements = 3.0 ded. "C" acro or "D or E" element =Void Rt Salto =Void Routine - Aerials are OK "B" Side leap will rcve "A" credit.	"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
Special Requirements-Deduct .2 for each missing SR	<ol style="list-style-type: none"> 1 Acro Series - min. 2 elements –1 with flight Dance Passage w/2 diff. Grp 1 elements (directly or indirectly connected) – one a LEAP w/60° cross or side split Min. 1/1 turn on 1 foot (isolated or in series) 1 Forward acro element -with or w/o flight (isolated or in series) 	<ol style="list-style-type: none"> 1 Acro Series - min. 3 flight elements 2nd acro series -min. 2 flight elements 1 Salto or Aerial (isolated or in series) Dance Passage w/2 diff. Grp 1 elements (directly or indirectly connected) – one a LEAP w/90° cross or side split Min. 1/1 turn on 1 foot (isolated or in series) 1 Forward acro element -with or w/o flt (isolated or in series) 	<ol style="list-style-type: none"> 1 Acro Series - min. 3 flight elements 2nd acro series -min. 2 flight elements 1 Salto or Aerial (isolated or in series) Dance Passage w/2 diff. Grp 1 elements (directly or indirectly connected) – one a LEAP w/150° cross or side split Min. "B" turn on 1 foot (isolated or in series) 1 Forward acro element -with or w/o flt (isolated or in series) 	<ol style="list-style-type: none"> & 2. Two different acro series- each with 3 flight elements 2 Different saltos within the 2 acro passes. Dance Passage w/2 diff. Grp 1 elements (directly or indirectly connected) – one a LEAP w/180° cross or side split Min. "B" turn on 1 foot (isolated or in series) 1 Forward acro element -with or w/o flt (isolated or in series)
Bonus-not given with fall or spot	.1 Stuck Dismount (last flight series)- however, take body fault deductions	.1 Stuck Dismount (last flight series)- however, take body fault deductions .1 Routine with "B" (.1 max)	.1 Stuck Dismount (last flight series)- however, take body fault deductions .1 Additional "B" (max .2)	.1 Stuck Dismount (last flight series)- however, take body fault deductions .1 Additional "B" (max .2)
Composition Deductions	^1.15 Artistry ^2 Lack of Rhythm	^1.15 Artistry ^2 Lack of Rhythm	^1.15 Artistry ^2 Lack of Rhythm	^1.15 Artistry ^2 Lack of Rhythm
	Spot .5 and _NO Value Part Warm up time 1:00 Time limit 1:30—no undertime	Spot .5 and NO Value Part Warm up time 1:00 Time limit 1:30—no undertime	Spot .5 and NO Value Part Warm up time 1:00 Time limit 1:30—no undertime	Spot .5 and NO Value Part Warm up time 1:30 Time limit 1:30—no undertime <small>6/22/10 ngibson</small>

Bronze, Silver & Gold-Dive Rolls are allowed to be used for forward acro flt. skills and Handstand forward roll may be used as forward acro skill. Roundoff is considered a sideward element. Saltos must land on sole of foot prior to falling to receive VP credit. No deduction for coaching standing on floor. SR must be met by completed skill or value parts as defined by the JO Code of Points for skill criteria. Skills not meeting criteria may not be used as VP's, SR, or used for Bonus. Elements may be recognized two times in a routine provided the element occurs in a different connection. Element may not receive VP credit if performed a 3rd time, or is performed a 2nd time inexact same connection. Ie. Silver—1st acro series—roundoff, flip flop, flip flop 2nd acro series—roundoff, flip flop =.2 ded. SR 3rd flip flop=0 VP so 2nd pass only has 1 element. If passes reversed =.2 ded. As 3rd flip flop=0 VP, both passes the same series.