

State of Minnesota Prep Optional Program 2010-2011 revised 3/4/11

1. Head Tax is \$5 per athlete due January 1st for this year, and August 1st each year after this year
2. Athletes are required to register through USAG at the introductory athlete member level (\$15)
3. Coaches are required to have a minimum of an introductory coach membership (\$15) as well as safety certification and background check through USAG
4. Athletes or coaches with USAG pro member numbers or a regular athlete membership do NOT also have to get the introductory memberships
5. There will be 4 levels for mobility through the prep optional program. There are no score requirements but will be based on coaches' discretion
6. The levels will be bronze, silver, gold and platinum comparable to levels 1-4, 5-6, 7 and 8+, respectively
7. There is no qualification score to participate in the State Meet Invitational. The board recommends that state awards are given per level and that competition will run by level rather than team to help create a special state meet experience. Follow State guidelines for % of awards to be distributed.
8. In-gym meet entries are limited to \$35 and out of gym and state entries will be \$40
9. Warm-ups (stretch) for meets are to be a minimum of 15 and maximum of 20 minutes
10. Warm-up time is 1 minute per gymnast for bronze/silver and 1.5 minutes for gold/platinum
11. Sessions for the bronze level only should not exceed 2.5 hours and sessions with silver and above gymnasts should not exceed 3.5 hours
12. That the state recommends keeping the teams together for all meets other than the state invitational for the benefit of cost reduction and team togetherness.
13. Meets are only required to use 1 judge panels for meets and the state will help support the costs for a 2 judge panel at the state invitational only
14. Any professional member can judge the bronze level, for all other levels, a minimum of a level 7/8 rating is required
15. There is an alternate judge fee schedule that is to be used for sessions of only prep op per USAG rules and policies. In the case that a session is mixed (level 5+ and prep op), the regular fee schedule would be used
16. Requirements for each level are posted on www.mnusag.com