

Rules and Policies

PART THREE

P.R.E.P. OPTIONAL PROGRAM

I. PURPOSE

The P.R.E.P. Optional Program is designed to offer a broad-based, affordable competitive experience outside the traditional Junior Olympic Program to attract and retain a diverse group of athletes. The program gives an opportunity for:

- Class students to participate in organized gymnastics events.
- Those who have competed in the USA Gymnastics Junior Olympic Program and have qualified to Level 7 or above but need a more basic introduction to optional competition.
- Those who have competed in the USA Gymnastics Junior Olympic Program at the Compulsory level and would like to experience a basic optional program during their "off" season.
- Athletes who have either "retired" from the Junior Olympic Program or do not wish to train or compete at Level 7 or 8.
- Athletes not previously involved, wishing to enter the program.

II. GENERAL REGULATIONS

A. Membership Requirements

- A MINIMUM of an Introductory Coach Membership is required in order to coach on the floor of a USAG-sanctioned P.R.E.P. Optional competition.
- Athletes participating in sanctioned competitions must be a registered USA Gymnastics Athlete or an Introductory Athlete member.
 - If a gymnast has never competed in the USA Gymnastics Junior Olympic Program (Levels 1-10) but wishes to compete in the P.R.E.P. Optional Program, she must register as an Introductory Athlete Member. If at a later time in the same competitive year she wishes to move to Level 4 or 5, she must upgrade her membership by submitting a regular Athlete Membership application and paying the difference in price.
 - If a gymnast already has a regular athlete membership, she does not have to change or purchase a new membership for P.R.E.P. Optional.

B. Mobility

This program is an alternative program that is outside of the traditional Junior Olympic Development Program structure.

- There is **NO OPPORTUNITY FOR MOBILITY** into or within the Junior Olympic Levels.
- Mobility within the P.R.E.P. Optional Program is determined by the State/Regional Administrative Committee.

C. Equipment

P.R.E.P. Optional competitions must follow the current *Women's Rules and Policies* in regards to the Equipment Specifications, using the compulsory competition specifications as a minimum standard.

D. Competitive Divisions - Divisions (A-E) can be renamed (i.e., Division A - Rookie or Bronze)

Division A – Comparable to Compulsory Levels 1 - 3
 Division B – Comparable to Compulsory Levels 3 - 4
 Division C – Comparable to Compulsory Levels 5 - 6
 Division D - Comparable to Compulsory Levels 5 -6 and JO Level 7
 Division E – Comparable to J.O. Optional Level 7 or above

A State or Region may use any or all of the levels to suit their needs.

E. Age Divisions

Division	Minimum Age
A	Reached 4 th Birthday
B	Reached 5 th Birthday
C	Reached 6 th Birthday
D	Reached 7 th Birthday
E	Reached 8 th Birthday

F. Meet Entry Fees

In-Gym Sanctioned P.R.E.P. Optional Only	\$35.00 or less
State Meet Entry Fee	\$40.00 unless otherwise approved by the Regional Administrative Chair
Regional Meet Fee	\$75.00 unless otherwise approved by the Regional Administrative Chair

G. Officials Fee Schedule (Prep Optional Competitions or Sessions within Invitationals)

Division	# of Judges per Panel	Judges Rating	Rate
A & B	Minimum of 1	Professional Member	\$15.00 per hour
		Level 5&6 and Level 7&8	\$15.00 per hour
		Level 9	\$18.00 per hour
		Level 10	\$22.00 per hour
		National and Brevet	\$25.00 per hour
C,D,E	Minimum of 1	Level 5&6 and Level 7&8	\$15.00 per hour
		Level 9	\$18.00 per hour
		Level 10	\$22.00 per hour
		National and Brevet	\$25.00 per hour

If a meet has a combined session with Level 5 through 10 in the Junior Olympic Program the regular Judges' Compensation Package will be applied.

III. ASPECTS TO BE DETERMINED BY THE USAG STATE/REGIONAL ADMINISTRATIVE COMMITTEE

If the USA Gymnastics State/Regional Administrative Committee does not organize a P.R.E.P. Optional program, individual clubs and/or leagues may use this program to suit their needs (and sanction their competitions) provided they adhere to the General Regulations as listed.

A. QUALIFYING PROCEDURES

B. SUB-DIVISIONS AND/OR AGE DIVISIONS

C. MAXIMUM START VALUE

D. WARM-UP TIME

E. TIMING OF BEAM AND FLOOR ROUTINES

F. ALLOWABLE VAULTS AND START VALUES

G. COMPETITION FORMAT

Recommended that total time in the gym (including warm-up) for Divisions A & B sessions should not exceed 2 ½ hours. Total time in gym for Divisions C, D & E should not exceed 3 ½ hours.

H. DIFFICULTY – SPECIAL REQUIREMENTS – RESTRICTIONS - BONUS

When developing a P.R.E.P. Optional Program refer to the charts below as a guideline.

Event requirements must be fulfilled using value parts listed in the J.O. Code of Points (2009-2013), Supplement or elements in the compulsory routines.

Division	A	B	C	D	E
Suggested Elements	Comparable to Level 1-3 elements and/or A elements in the Code of Points	Comparable to Level 3-4 elements and/or A elements in the Code of Points	Comparable to Level 5/6 elements and/or A/B elements in the Code of Points	Comparable to Level 5/6 or 7 elements and/or A/B elements in the Code of Points	Comparable to Level 6 & above elements and/or A/B/C elements in the Code of Points
Vault - Suggested Vaults for each Division					
Division	A	B	C	D	E
	Level 1-4	Level 4 and/or Handspring over table to flat back on stack mats	Front Handspring	Level 7 Group 1	Level 8 Group 1
Suggested Special					
Requirements	Uneven Bars	Balance Beam	Floor Exercise		
	Mount Kips Casts Circles Bar Changes Dismount	Dance Series, Jump or Leap Turns Balance Hold Acro Element or Series Mixed Series Dismount	Dance Series, Jump or Leap Turns Acro Element or Series (forward and/or backward) Acro Flight Elements or Saltos		

Refer to www.usa-gymnastics.org for links to state and regional models for developing specific event requirements. The rules, regulations and format used by a specific state and/or region must be published and/or posted on the Internet.