

August 4, 2008

Dear Prep-Opt Coaches and Judges,

I am very excited to present to you the updated Prep-Optional Program. The Prep-Optional Program began with a dream four years ago. With the support of the coaches, judges and gymnasts this program has grown to more than 250 gymnasts in the state of Michigan alone. The Region 5 Committee has officially adopted the rules. Indiana, Ohio and Kentucky have now started Pre-Optional Programs . The Region 5 Prep-Optional Program is off and running!

Your questions and suggestions have been incredibly helpful. Please keep them coming. This is the only way we can continue to improve this program. All of your questions and suggestions have been carefully considered in the updated program.

I would like to thank the Region5 Committee for their support. We will now have a Region5 Prep-Optional Committee. I will be Chairing this Committee and there will be a representative from each State in Region 5. All future changes to the program will go through this Committee. It is very important to me that we keep the philosophy of this program in tack for Region 5.

I wish you all continued success in the Prep-Optional Program. If you have any questions or concerns please feel free to contact me at [claudiakretschmer@mac.com](mailto:claudiakretschmer@mac.com).

Best of luck,  
Claudia Kretschmer  
Region 5 Prep-Optional Committee Chair  
Office 734.971.1667  
Cell 734. 417.1451

## Pre-Optional Rule Changes and Clarifications

As of 07/22/08

### GENERAL REGULATIONS

- The minimum age requirement will be set by each State Administrative Committee.
- A gymnast may compete in a JO and PO State Meet within the same season.
- Level recommendations: If a gymnast is moving from the JO Program to Prep-Optional the recommended levels are: Bronze Level 4 or below, Silver Level 5, Gold Level 6, Platinum Level 7 & 8. However, gymnasts may move directly into the Prep-Optional Program from classes or pre-team levels. They do not have to have competed in the JO program first.

### GENERAL REQUIREMENTS

- Special Requirements can be met by skill attempts. An attempted Special Requirement that results in a fall will be given credit as long as the skill technique is recognizable.
- Traditional format meets must allow Gold & Platinum gymnasts a touch warm-up.

### PREP-OPT STATE MEET TEAM AWARDS *to be determined by SAC*

- It is recommended that Bronze and Silver be held together and Gold and Platinum be held together. Mixing Bronze with Platinum or Gold is not recommended because of the vault logistics.

### TIMING ON BEAM AND FLOOR:

- Suggested minimum time 30 sec. (No deduction for under time)
- Maximum time 1:20 for Bronze & Silver

### SAFETY

- For the safety of the gymnast there is no deduction for a coach standing on the floor. There is a deduction of .5 if the coach spots or assists the gymnast in facilitating the skill.

### Event Rules and Requirements Changes and Clarifications

*All of the additional allowable B's have been taken out.*

*Spotting deduction has been changed to .5 for all events.*

### VAULT

**Bronze** - Handspring flat back 9.5 SV

**Silver** - All Vaults 10.0 SV

**Gold** - All Vaults 10.0 SV

**Platinum** - Tuck Tsuk and Pike Tsuk 10.0 SV

### BARS

**Bronze** SV 10.0 A kip is .2 bonus. Only one .2 bonus is allowed.

**Silver** - A kip has been added to the Special Requirements. Additional allowable A's are and level 4-6 skills.

**Gold** - 1 B Special Requirement Bonus .2 for any additional B. Maximum bonus .4

**Platinum** - 2 B Special Requirements. Bonus .2 for any additional B. Maximum bonus .4 is allowed.

**BEAM** - All levels up to .2 deduction for Rhythm.

**Bronze** - *clarification* - Special Requirement – 2 sec. balance hold must be done on 1-foot with the free leg at horizontal or above OR a L or Straddle hold is allowed.  
1:20 time limit.

**Silver** – Split leap or jump minimum of 90 degrees. 1:20 time limit. *clarification* - Special Requirement – 2 sec. balance hold must be done on 1-foot with the free leg at horizontal or above OR a L/straddle hold is allowed.

**Gold** – Split leap or jump minimum of 120 degrees. Special Requirement of 1 B. *clarification* - Special Requirement – 2 sec. balance hold must be done on 1-foot with the free leg at horizontal or above OR a L or Straddle hold is allowed. Bonus .2 for additional B. Maximum of .4 allowed.

**Platinum** – Split leap or jump 150 degrees. Special Requirement 2 B's. *Clarification* – One flight element can be in series or alone. Example BWO- BWO counts as a non-flight series. Gymnast would still have to do a flight skill. OR BWO-BHS fulfills a series requirement and no additional flight skill is required.

Bonus .2 for any additional B. Maximum bonus of .4 is allowed.

**FLOOR** – All levels up to .2 deduction for Rhythm.

**Bronze** - 1:20 time limit

**Silver** – 1:20 time limit

**Gold** – Special Requirements – 1 acro series with 3 flight elements. 2<sup>nd</sup> acro series with a minimum of 2 flight elements. 1 B Special Requirement. Bonus .2 for additional B. Maximum of .4 allowed. No under time 1:30 time limit.

**Platinum** – Special Requirements - 2 different acro series – each with 3 flight elements. 1 B turn. 2 B's. Bonus .2 for additional B. Maximum of .4 allowed. No under time. 1:30 time limit.