

REGION 5 PREP OPTIONAL VAULT

BRONZE	SILVER	GOLD	PLATINUM
<p>Allowable Vaults:</p> <p><u>9.5 Start Value</u> Jump to Handstand onto Mat Stack (L4) (36" min height)</p> <p>Compulsory Deductions Apply</p> <p><u>10.0 Start Value</u> Handspring</p> <p>L8 -10 Optional Deductions Apply</p>	<p>Allowable Vaults:</p> <p><u>10.0 Start Value for All</u> Handspring Handspring On - 1/2 Off 1/4 - 1/2 On - Repulsion Off 1/4 - 1/2 On - 3/4 - 1/2 Off 1/4 - 1/2 On - 1 1/4 - 1/1 Off Handspring On - 1/1 Off</p> <p>L8 - 10 Optional Deductions Apply</p>	<p>Allowable Vaults:</p> <p><u>10.0 Start Value for All</u> Handspring Handspring On - 1/2 Off 1/4 - 1/2 On - Repulsion Off 1/4 - 1/2 On - 3/4 - 1/2 Off 1/4 - 1/2 On - 1 1/4 - 1/1 Off Handspring On - 1/1 Off</p> <p>L8 - 10 Optional Deductions Apply</p>	<p>All vaults are the same value as Level 8</p> <p><u>10.0 Start Value</u> *Tuck Tsukahara Pike Tsukahara</p> <p>NO Yurchenko vaults allowed.</p> <p>* Note different value from L8</p> <p>L8 - 10 Optional Deductions Apply</p>
<p>Spot .5 Bonus - .1 Stuck Handspring Landing Warm up time 1:00 Touches when applicable - 2 max.</p>	<p>Spot .5 Bonus -.1 Stuck Landing Warm up time 1:00 Touches when applicable—2 max.</p>	<p>Spot .5 Bonus -.1 Stuck Landing Warm up time 1:30 Touches when applicable—3 max.</p>	<p>Spot .5 Bonus -.1 Stuck Landing Warm up time 1:30 Touches when applicable—3 max.</p>

REGION 5 PREP OPTIONAL BARS

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM
Value Parts A=.1, B=.3, C=.5	5 A's (also any Level 2-6 skills not listed)	7 A and/or B's (also and Level 4-6 skills not listed)	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, D or E" elements - VOID routine Salto Dsmt - VOID routine Tap swings = "A" element	"C" element - 3.0 deduction Tap swings may count for 1 "A" Additional tap swings will NOT count as extra swings "D or E" elements VOID routine	Tap Swings = extra swings "C" elements are allowed to replace "A or B" elements "D or E" elements VOID routine	Tap Swings=extra swing "C" elements are allowed to replace "A or B" elements "D or E" elements VOID routine
Special Requirements Deduct .2 for each missing SR	1. Cast to horizontal - use L5 casting deductions.	1. Kip Mount 2. 1 Bar Change 3. "A or B" Dismount	1. Kip Mount 2. 1 Bar Change 3. "A or B" Dismount	1. Kip Mount 2. Cast to 45 degrees or above 3. "B" circling element 4. 1 bar change 5. "A or B" Dismount
Bonus	.2 routine with kip (max .2) .1 stuck dismount	.1 stuck dismount	.1 stuck dismount .2 additional "B" (max .4)	.1 stuck dismount .2 additional "B" (max .4)
	Warm up time 1:00 Spot .5	Warm up time 1:00 Spot .5	Warm up time 1:30 Spot .5	Warm up time 1:30 Spot .5

REGION 5 PREP OPTIONAL BEAM

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM
Value Parts A=.1, B=.3, C=.5	5 A's (also any Level 2-6 skills not listed)	7 A and/or B's (also and Level 4-6 skills not listed)	1 B's, 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 element - 3.0 ded. "C, D or E" acro element - VOID routine Salto Dsmt - 2.0 ded.	"C" element - 3.0 deduction "D or E" elements VOID routine	"C" elements are allowed to replace "A or B" elements "D or E" elements VOID routine	"C" elements are 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. Min. 1/2 turn on 1 foot 2. Dance series - min. 2 elements 3. 1 NON flight acro element 4. 2 sec. balance hold - 1 foot w/ free leg @ min. horizontal OR Pike or Straddle hold 5. Dsmt—jump or from hands only 	<ol style="list-style-type: none"> 1. Min 1/1 turn on 1 foot (isolated or in a series) 2. Dance Series - min. 2 elements 3 & 4 2 acro elements –with or w/o flight– isolated or in series 5. 1 jump/leap min. 90 degrees (isolated or in a series) 6. 2 sec. balance hold - 1 foot w/ free leg @ min. horizontal OR Pke, Strdle or Clear "V" hold 7. "A or B" Dismount 	<ol style="list-style-type: none"> 1. Min 1/1 turn on 1 foot (isolated or in a series) 2. Dance Series - min. 2 elements 3 & 4 2 acro elements –with or w/o flight– isolated or in series 5. 1 jump/leap min. 120 degrees (isolated or in a series) 6. 2 sec. balance hold - 1 foot w/ free leg @ min. horizontal OR Pke, Strdle or Clear "V" hold 7. Salto or Aerial dismount 	<ol style="list-style-type: none"> 1. Min 1/1 turn on 1 foot (isolated or in a series) 2. Dance Series - min. 2 elements 3. 1 acro element –with flight - isolated or in series 4. Acro series with or w/o ft. 5. 1 jump/leap min. 150 degrees (isolated or in a series) 6. Salto or Aerial dismount
Bonus	.1 stuck dismount Up to .2 Artistry	.1 stuck dismount Up to 2 artistry	.1 stuck dismount Up to .2 artistry .2 additional "B" (max .4)	.1 stuck dismount Up to .2 artistry .2 additional "B" (max .4)
	Warm up time 1:00 Spot .5 Lack of Rhythm - up to .2 Time limit 1:20 - no undertime	Warm up time 1:00 Spot .5 Lack of Rhythm - up to .2 Time limit 1:20 - no undertime	Warm up time 1:30 Spot .5 Lack of Rhythm - up to .2 Time limit 1:30 - no undertime	Warm up time 1:30 Spot .5 Lack of Rhythm - up to .2 Time limit 1:30 - no undertime

REGION 5 PREP OPTIONAL FLOOR

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM
Value Parts A=.1, B=.3, C=.5	5 A's (also any Level 2-6 skills not listed)	7 A and/or B's (also and Level 4-6 skills not listed)	1 B's, 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 element - 3.0 ded. "C, D or E" acro element - VOID routine Salto - VOID routine	"C" element - 3.0 deduction "D or E" elements VOID routine Forward or Backward salto with twist—3.0 deduction	"C" elements are allowed to replace "A or B" elements "D or E" elements VOID routine	"C" elements are 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. 1 acro series—min 2 elements, 1 with flight 2. Dance series - min. 2 elements 3. Min. 1/1 turn on 1 foot (isolated or in series) 4. Leap—isolated or in series 5. 1 Forward acro element— with or w/o flight, isolated or in series 	<ol style="list-style-type: none"> 1. 1 acro series with 3 flight elements 2. 2nd acro series –min 2 flight elements 3. 1 salto or aerial (isolated or in series) 4. Dance series - min. 2 elements 5. Min. 1/1 turn on 1 foot (isolated or in series) 6. Leap-120 degrees (isolated or in series) 7. 1 Forward acro element— with or w/o flt, isolated or in series 	<ol style="list-style-type: none"> 1. 1 acro series with 3 flight elements 2. 2nd acro series –min 2 flight elements 3. 1 salto or aerial (isolated or in series) 4. Dance series - min. 2 elements 5. Min."B" turn on 1 foot (isolated or in series) 6. Leap-150 degrees (isolated or in series) 7. 1 Forward acro element— with or w/o flt, isolated or in series 	<ol style="list-style-type: none"> 1 & 2 Two different acro series—each with 3 flight elements 3. 2 Different saltos within the 2 acro passes 4. Dance series –min. 2 elements 5. Min. "B" turn on 1 foot (isolated or in series) 6. Leap-180 degrees (isolated or in series) 7. 1 Forward acro element— with or w/o flt, isolated or in series
Bonus	.1 stuck dismount Up to .2 Artistry	.1 stuck dismount Up to .2 artistry	.1 stuck dismount Up to .2 artistry .2 additional "B" (max .4)	.1 stuck dismount Up to .2 artistry .2 additional "B" (max .4)
	Warm up time 1:00 Spot .5 Lack of Rhythm - up to .2 Time limit 1:20 - no undertime	Warm up time 1:00 Spot .5 Lack of Rhythm - up to .2 Time limit 1:20 - no undertime	Warm up time 1:30 Spot .5 Lack of Rhythm - up to .2 Time limit 1:30 - no undertime	Warm up time 1:30 Spot .5 Lack of Rhythm - up to .2 Time limit 1:30 - no undertime