

Prep Optional Summary Sheet

	Novice (2.0 deduction for any "C" or "D" element)	Intermediate (2.0 deduction for any "C" or "D" element)	Advanced (2.0 deduction for any "D" element)
Vault	Handspring = 10.0	Use Level 7 Vault Chart	Use Level 8 Vault Chart
Bars	7 "A"s @ .5 each Two Special Requirements @ .5 each: 1. Must do an element on each bar 2. Must have an "A" dismount There is a 1.0 deduction for performing "B" releases, Giants, or "B" dismounts Swingful execution & rhythm = .3 Dynamics = .2	6 "A"s & 1 "B" @ .5 each Three Special Requirements @ .5 each: 1. Must do an element on each bar 2. One kip (LB or HB) 3. Any "A" or "B" dismount There is a 1.0 deduction for a "B" release. Swingful execution & rhythm = .3 Dynamics = .2	5 "A"s and 2 "B"s @ .5 each Four Special Requirements @ .5 each: 1. Must do an element on each bar 2. One kip (LB or HB) 3. One circling skill minimum of "A" 4. Minimum "A" salto dismount Swingful execution & rhythm = .3 Dynamics = .2
Beam	7 "A"s @ .5 each Three Special Requirements @ .5 each: 1. A dance series with any two Group 2 elements 2. One Acro Element, not mount or dismount 3. Any "A" dismount There is a 1.0 deduction for performing a "B" acro element or "B" dismount Artistry = .3 Dynamics = .2	5 "A"s and 2 "B"s @ .5 each Three Special Requirements @ .5 each 1. A dance series with two Group 2 elements, minimum 135 degree split in 1 element 2. One acro element, not mount or dismount, that passes thru vertical. 3. Any "A" or "B" dismount Artistry = .3 Dynamics = .2	4 "A"s and 3 "B"s @ .5 each Four Special Requirements @ .5 each: 1. A dance series with two Group 2 elements, minimum 150 degree split in one element 2/3. Two acro elements connected or alone, thru vertical, not mount or dismount 4. Minimum "A" salto/aerial dismount Artistry = .3 Dynamics = .2
Floor	7 "A"s @ .5 each Two Special Requirements @ .5 each: 1. A USAG dance passage w/90 degree leap 2. An acro series with 2 or more flight or non-flight elements There is a 1.0 deduction for performing a "B" acro element Artistry = .3 Dynamics = .2	5 "A"s and 2 "B"s @ .5 each Three Special Requirements @ .5 each: 1. A USAG dance passage w/120 degree leap 2. A fast flight acro series with a minimum of 3 acro elements 3. Minimum one "A" salto alone or in series Artistry = .3 Dynamics = .2	4 "A"s and 3 "B"s @ .5 each Four Special Requirements @ .5 each: 1. A USAG dance passage w/180 degree leap 2. A fast flight acro series with a minimum of 3 acro elements 3. A 2nd acro series with a minimum of 2 flight elements 4. Minimum of two "A" saltos, 1 of which must be in one of the required acro series Artistry = .3 Dynamics = .2

Beam and Floor times are maximum 1:30. Warm up time is 1:30. Follow Level 7 rules for other competition regulations.

Bars: In addition to the "A" elements listed in the code, the **novice** gymnast may also perform the following 5 skills for "A" credit:

- 1 Pull over the low bar
- 2 Single leg shoot thru
- 3 Single leg cut back to front support
- 4 Mill circle
- 5 Cast above horizontal

There are no cast deductions on bars at any level.

There are no angle deductions on vault at any level

All levels use USAG definition of FX "dance passage" w/noted modifications in the degree of split in the leap element

There are no additional composition deductions taken other than those listed above.