

Ohio USAG Prep Optional

	Bronze	Silver	Gold
VAULT	Allowable Vaults:	Allowable Vaults:	Allowable Vaults:
	<p>*Handspring to flat back on stacked mats 36" min</p> <p>*Handspring on Table</p> <p>USAG deductions for flat back</p>	<p>*Handspring</p> <p>*Handspring 1/2 off</p> <p>*1/4 or 1/2 on block off</p> <p>*1/4 or 1/2 on, 1/2 off</p> <p>*no vault will be allowed that has a 360 twist in one flight phase</p>	<p>*Handspring</p> <p>*Handspring ? off</p> <p>*1/4 or 1/2 on block off</p> <p>*1/4 or 1/2 on, 1/2 off</p> <p>*1/4 or 1/2 on , 1/1 off</p> <p>*Handspring on, 1/1 off</p>
	9.5 SV FLATBACK	10.0 SV (all vaults)	10.0 SV (all vaults)
	10.0 SV HANDSPRING		
BARS	5 Elements	7 Elements	7 Elements
	("A" Elements)	("A" OR "B" Elements)	5 "A" and 2 "B" Elements
	1 cast to horizontal using 5 cast deductions	1 Bar change	1 Bar change
		Dismount of "A" or "B" value	Salto Dismount
	*C element - void routine		*C elements are allowed to replace required A or B
	*Salto dismount - void routine	*C Element - 3.0 deduction	
	"B" element - no credit		
	*Tap swings count as A	*Tap swing may count for 1 A element	*Tap swing count as extra swing
	* Routine w/out any kip 9.7 SV	* Routine w/o any kip 9.7 SV	*Routine w/out any kip 9.7 SV
BEAM	5 "A" Elements	7 Elements (A or B)	5 "A" and 2 "B" Elements
	Minimum of 1/2 turn on 1 foot	Minimum 1/1 turn on 1 foot	Minimum 1/1 turn on 1 foot
	Dance Series (min 2 elements)	Dance Series (min 2 elements)	Dance Series (min 2 elements)
	2 sec. 1 foot balance hold	2 sec. 1 foot balance hold	2 sec. 1 foot balance hold
	Leap or jump min 90 (can be part of series or isolated)	Leap or jump min 120 (can be part of series or isolated)	Leap or jump min 150 (can be part of series or isolated)
	Dismount of any jump or off hands only; Salto DM 2.0 deduction	Dismount of A value from Group 9 of the JO Code of Points (2005-2009)	Aerial or Salto Dismount
	1 NON flight acro element (rolls can be used)		2 acro elements directly connected (with or w/o flight) OR 1 acro w/o flight isolated AND 1 acro element with flight isolated
	"C" acro - voids routine	2 different isolated acro skills with or without flight	
	"B" element - no credit		
	"C" gym element 3.0 deduction	"C" element 3.0 deduction	"C" element may replace A or B
	Max time 1:00; min time 30 sec	Max time 1:10; min time 30 sec	Max time 1:20; min time 30 sec
FLOOR	5 "A" elements	7 elements (A or B)	5 "A" and 2 "B" Elements
	Minimum 1/1 turn on 1 foot	Minimum 1/1 turn on 1 foot	Minimum "B" turn
	Dance Series (min 2 elements)	Dance series (min 2 elements)	Dance series (min 2 elements)
	Leap from 1 foot - min 90 (isolated or in a series)	Leap from 1 foot - min 120 (isolated or in a series)	Leap from 1 foot - min 150 (isolated or in a series)
	1 Acro series w/min of 2 elements; 1 element must have flight	1 acro series w/ 3 flight elements	1 acro series w/ 3 flight elements
		1 acro series with 2 flight elements	2nd <i>different</i> acro series with 3 flight elements
	Any Salto VOIDS routine	Salto or aerial (isolated or in series) .1 bonus	Salto or aerial (isolated or in series)
	1 front acro element - min "A" flight or non flight isolated	1 front acro element - min "A" flight or non flight isolated or in a series	1 front acro element - min "A" flight or non flight (isolated or in a series)
	"B" Element - no credit	"C" Element - 3.0 deduction	
	Dance "C" element 3.0 deduction	Fwd or bckwd salto twisting - 3.0 deduction	"C" elements may replace A or B
	Any "C" acro VOIDS routine		

