

Regional Prep Bronze Rules Check List - *Warm-up Time :30*

Bronze Vault

Choice of Vaults		Start Value
<input type="checkbox"/>	Level 3 Vault - Dive Forward Roll	10.0
<input type="checkbox"/>	Level 2 Vault -	9.6
<input type="checkbox"/>	Level 1 Vault -	9.2

Vault Start Value: _____

Bronze Uneven Bars

Requirements - Start Value 10.00 if all requirements are met		No Bonus	
<input type="checkbox"/>	4 Skills	<input type="checkbox"/>	Level 1 Dismount - Cast Push Away
<input type="checkbox"/>	1 Back Circling Element	<input type="checkbox"/>	Level 2 Dismount - Cast Straddle Sole Circle
<input type="checkbox"/>	Cast (no height requirement)	<input type="checkbox"/>	Level 3 Dismount - Cast Squat on Pike Sole
<input type="checkbox"/>	Level 1-4 Dismount	<input type="checkbox"/>	Level 4 Dismount - Underswing Dismount

Uneven Bars Start Value: _____

Bronze Balance Beam

Requirements - Start Value 10.00 if all requirements are met		No Bonus	
<input type="checkbox"/>	One Acro Element (non-flight) must start & finish on beam	<input type="checkbox"/>	Level 1 Dismount - Straight Jump
<input type="checkbox"/>	One Jump (Straight, Tuck, Split)	<input type="checkbox"/>	Level 2 Dismount - Tuck Jump Off
<input type="checkbox"/>	1/2 turn on one or 2 feet (min.)	<input type="checkbox"/>	Level 3 Dismount - Cartwheel Side HS
<input type="checkbox"/>	Level 1-4 Dismount	<input type="checkbox"/>	Level 4 Dismount - CW Side HS 1/4 Off
<input type="checkbox"/>	Time Limit is 1:00 (-.10 OT)		

Balance Beam Start Value: _____

Bronze Floor Exercise

Requirements - Start Value 10.00 if all requirements are met		No Bonus	
<input type="checkbox"/>	One Acro Skill or Element		
<input type="checkbox"/>	One Forward Skill or Element		
<input type="checkbox"/>	1/2 Turn Min.		
<input type="checkbox"/>	One dance series (min. of 2 elements) or split leap (30 min.)		
<input type="checkbox"/>	Time Limit is 1:00 (-.10 OT)		

Floor Start Value: _____

Regional Prep Silver Rules Check List - Warm-up Time 1:00

Silver Vault

Choice of Vault		Start Value
<input type="checkbox"/>	Level 4 Vault	10.0

Vault Start Value: _____

Silver Uneven Bars

Requirements - Start Value 9.40 if all requirements are met		.20 for each bonus - max of .60	
<input type="checkbox"/>	5 Elements (level 2-5)	<input type="checkbox"/>	Kip
<input type="checkbox"/>	2 Circling Skills (Same or Different)	<input type="checkbox"/>	Bar Change (Show Flight)
<input type="checkbox"/>	Cast (No Height Requirement)	<input type="checkbox"/>	Long Hang Pullover
<input type="checkbox"/>	Level 2-5 Dismount (may be done on either bar)	<input type="checkbox"/>	Cast to Horizontal
		<input type="checkbox"/>	Front Hip Circle

Uneven Bars Start Value: _____

Silver Balance Beam

Requirements - Start Value 9.40 if all requirements are met		.20 for each bonus - max of .60	
<input type="checkbox"/>	1 Acro Element (flight or Non) must start & finish on beam	<input type="checkbox"/>	Handstand to Vertical
<input type="checkbox"/>	Any Leap or jump (60 min.)	<input type="checkbox"/>	Inverted element that passes through vertical
<input type="checkbox"/>	1/2 turn on one foot (min.)	<input type="checkbox"/>	Full turn on one foot
<input type="checkbox"/>	One dance series (min. of 2 elements)	<input type="checkbox"/>	Split Leap or Split Jump (90 degrees min.)
<input type="checkbox"/>	Max Time - 1:00 (-.10 OT)		

Balance Beam Start Value: _____

Silver Floor Exercise

Requirements - Start Value 9.40 if all requirements are met		.20 for each bonus - max of .60	
<input type="checkbox"/>	One Acro Series (min. of 2 elements, min. 1 w/ flight)	<input type="checkbox"/>	R.off BHS BHS
<input type="checkbox"/>	One forward element or a 2nd acro series (min. of 2 elements w/ or w/out flight)	<input type="checkbox"/>	Front Handspring
<input type="checkbox"/>	1/2 turn (min.)	<input type="checkbox"/>	Split Leap (120 min.)
<input type="checkbox"/>	One dance series (min. of 2 elements) or split leap (90 min.)	<input type="checkbox"/>	Full Turn
<input type="checkbox"/>	Max Time - 1:00 (-.10 OT)	<input type="checkbox"/>	

Floor Start Value: _____

Regional Prep Gold Rules Check List - Warm-up Time 1:00

Gold Vault

Choice of Vaults

<input type="checkbox"/>	Front Handspring on Table to Flat Back SV 9.50	<input type="checkbox"/>	Front handspring SV 10.0
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Vault Start Value: _____

Gold Uneven Bars

Requirements - Start Value 9.40 if all requirements are met

.20 for each bonus - max of .60

<input type="checkbox"/>	6 Skills	<input type="checkbox"/>	Any "B"
<input type="checkbox"/>	2 Circling Skills (Same or Different)	<input type="checkbox"/>	A Cast Long Hang Pullover
<input type="checkbox"/>	Cast to Horizontal	<input type="checkbox"/>	Cast to 30 degrees or higher
<input type="checkbox"/>	Level 4-6 dismount (may be done on either bar)	<input type="checkbox"/>	Flyaway Dismount
		<input type="checkbox"/>	Long Hang Kip

Uneven Bars Start Value: _____

Gold Balance Beam

Requirements - Start Value 9.40 if all requirements are met

.20 for each bonus - max of .60

<input type="checkbox"/>	2 Acro skills (flight or non flight) must start and finish on beam	<input type="checkbox"/>	Any "B" dance
<input type="checkbox"/>	Any Leap or Jump (90 degrees min.)	<input type="checkbox"/>	Inverted Element passing through vertical
<input type="checkbox"/>	1/2 turn on one foot (min.)	<input type="checkbox"/>	Full turn on one foot
<input type="checkbox"/>	One dance series (min. of 2 elements)	<input type="checkbox"/>	Split Leap or Split Jump (120 degrees min.)
<input type="checkbox"/>	Max Time - 1:10 (-.10 OT)	<input type="checkbox"/>	Aerial or Salto Dismount

Balance Beam Start Value: _____

Gold Floor Exercise

Requirements - Start Value 9.40 if all requirements are met

.20 for each bonus - max of .60

<input type="checkbox"/>	One Acro Series (min. of 3 elements all with flight)	<input type="checkbox"/>	Any Salto or Aerial
<input type="checkbox"/>	One forward element (with flight) or a 2nd acro series (min. of 2 elements all with flight)	<input type="checkbox"/>	Front Acro Series (min. 2 with flight)
<input type="checkbox"/>	Full Turn (min.)	<input type="checkbox"/>	Split, Side or Switch Leap (150 min.)
<input type="checkbox"/>	One dance series (min. of 2 elements) or split leap (120 min. - may be side or switch)	<input type="checkbox"/>	Any "B" dance
<input type="checkbox"/>	Max Time - 1:10 (-.10 OT)	<input type="checkbox"/>	

Floor Start Value: _____

Regional Prep Platinum Rules Check List - Warm-up 1:00

Platinum Vault

Choice of Vaults		Start Value 10.0 for both	
<input type="checkbox"/>	Any Level 7 Vault	<input type="checkbox"/>	

Vault Start Value: _____

Platinum Uneven Bars

Requirements - Start Value 9.40 if all requirements are met		.20 for each bonus - max of .60	
<input type="checkbox"/>	6 Skills	<input type="checkbox"/>	Any "B"
<input type="checkbox"/>	2 Circling Skills (Same or Different)	<input type="checkbox"/>	Layout Flyaway
<input type="checkbox"/>	Cast to 30 degrees above Horizontal	<input type="checkbox"/>	Long Hang Kip
<input type="checkbox"/>	Salto Dismount	<input type="checkbox"/>	

Uneven Bars Start Value: _____

Platinum Balance Beam

Requirements - Start Value 9.40 if all requirements are met		.20 for each bonus - max of .60	
<input type="checkbox"/>	2 Acro skills (flight or non flight) must start and finish on beam	<input type="checkbox"/>	Any "B" dance or Acro/ Any "C" Dance
<input type="checkbox"/>	Any Leap or Jump (120 degrees min.)	<input type="checkbox"/>	Acro Series (flight or non flight, 2 skills)
<input type="checkbox"/>	Full turn on one foot (min.)	<input type="checkbox"/>	Aerial or Salto Dismount
<input type="checkbox"/>	One dance series (min. of 2 elements)	<input type="checkbox"/>	Any Leap or Jump (150 degrees min.)
<input type="checkbox"/>	Max Time - 1:10 (-.10 OT)	<input type="checkbox"/>	

Balance Beam Start Value: _____

Platinum Floor Exercise

Requirements - Start Value 9.40 if all requirements are met		.20 for each bonus - max of .60	
<input type="checkbox"/>	2 diff. Acro Series (1 min. of 3 elements, one a min. of 2 elements, 1 must have salto)	<input type="checkbox"/>	Round-off BHS Layout
<input type="checkbox"/>	One forward element with flight	<input type="checkbox"/>	Front acro series w/ flight, one a salto or aerial
<input type="checkbox"/>	Full Turn (min.)	<input type="checkbox"/>	Split, Side or Switch Leap (180 min.)
<input type="checkbox"/>	One dance series (min. of 2 elements) or split leap (150 min. - may be side or switch)	<input type="checkbox"/>	Any "B" dance or acro/Any "C" Dance
<input type="checkbox"/>	Max Time - 1:10 (-.10 OT)	<input type="checkbox"/>	

Floor Start Value: _____

Regional Prep Open Rules Check List - Warm-up 1:00

Open Vault

Choice of Vaults		Start Value 10.0 for both	
<input type="checkbox"/>	Any Level 7 Vault	<input type="checkbox"/>	

Vault Start Value: _____

Open Uneven Bars

Requirements - Start Value 10.0 if all requirements are met		No Bonus	
<input type="checkbox"/>	6 Skills - Must be listed in Code Unless Specified		
<input type="checkbox"/>	One Skill from groups 3, 6, 7 or "B" Circling Skill from Group 4 (Giants)		
<input type="checkbox"/>	Cast to 60 degrees below Vertical (minimum) - "A" Value Part		
<input type="checkbox"/>	"A" Value Salto Dismount from High Bar		

Uneven Bars Start Value: _____

Open Balance Beam

Requirements - Start Value 10.0 if all requirements are met		No Bonus	
<input type="checkbox"/>	2 Acro skill series (flight or non flight) or 1 "B" Flight element		
<input type="checkbox"/>	Leap or Jump (180 degrees min.)		
<input type="checkbox"/>	Full turn on one foot (min.)		
<input type="checkbox"/>	Minimum of "A" Salto or Aerial Dismount		
<input type="checkbox"/>	Max Time - 1:00 (-.10 OT)		

Balance Beam Start Value: _____

Open Floor Exercise

Requirements - Start Value 10.0 if all requirements are met		No Bonus	
<input type="checkbox"/>	Acro Pass backwards w/ 2 or more skills containing at least 1 salto		Note: Aerials are allowed as saltos & can be used in a tumbling pass. All "C" Dance/Acro Strength/Hold skill are allowed Acro "C" and "D"/"E" skills void the routines
<input type="checkbox"/>	Acro Pass of 2 or more skills containing a front skill or a single front salto		
<input type="checkbox"/>	Full Turn (min.)		
<input type="checkbox"/>	Dance series w/ 2 elements direct or indirectly connected w/ 1 skill a leap w/ 180 split		
<input type="checkbox"/>	Max Time - 1:30 (-.10 OT)		

Floor Start Value: _____