

Pennsylvania P.R.E.P. Optional

Pennsylvania's P.R.E.P. Optional program has been designed to **enhance training** for those athletes finding skill requirements, training time, burnout, or **compulsory** repetition a reason to give up a sport they still enjoy. It is divided into two **divisions in an** effort to meet the needs of the beginner optional levels through levels 8, 9, & 10. Complete elements from the Levels 1-4 will be considered A value (ex. a glide, while considered an element in Levels 1-4 would not be considered a complete element and not receive A value). If a gymnast competes in a Prep Optional Sectional competition, she is ineligible to compete in any other sectional or state meet that season. These are NOT mobility levels, an athlete wishing to reenter the LISAG Levels program must reenter at the level she last qualified to.

Please Note: This is a PA state run program. Various states may have PREP Optional programs but requirements are up to each state's board to govern. Please check out of state requirements for PREP before registering for a PA meet.

NOVICE

- Athletes for the Novice division must be registered with USAG as at least a PREP athlete or as a full member at Level 5, 6, or 7.
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If a gymnast has ever competed in a Level 8, 9, or 10 State Championships she is NOT permitted at the Novice level.

Start Value - 10.00 if difficulty requirements of 6 A and 1 B elements are met. **C, D, or E elements will void the entire exercise!**

Deductions - limited to the following

Missing A element - 0.4 each

Missing B element - 0.8

Execution/Amplitude - up to 6.0 total

Artistry - up to 0.3 total

Rhythm/Tempo - up to 0.3 total

Dynamics - up to 0.2 total

Uneven Bars must use both bars - 0.5 if not

Balance Beam & Floor Exercise total lack of Aero - 0.5

Gymnasts and Coaches conduct/apparel per USAG

Vault - Must use vaults from the current Level 7 Vaulting Chart. Start value 10.0

Uneven Bars - 6 A elements, 1 B element. Must use both bars (see deduction above). A change of direction is permitted but not required.

Balance Beam - 6 A elements, 1 B element. Routine must contain at least one Arco element. Flight not required (see deduction above).

Floor Exercise - 6 A elements, 1 B element. Routine must contain at least one, two or more element Acro series. Flight not required (see deduction list)