

2010-2013 Virginia All Stars Optional Program - VAOP



Novice Division - L1-4 Gymnasts, High School(HS) or REC Gymnast
Intermediate Division - Any L4 or L5 Gymnast, High School (HS) or REC Gymnast
Advanced Division - Any L6 to L8 Gymnast, High School (HS) or REC Gymnast

YELLOW HIGHLIGHT - UPDATE AS OF 2/3/10

***Warm-Up: 1 min and 30 sec per gymnast**
***Compete: Follow L7 Session Planning Guidelines**

- *Athletes may compete in one USAG sanctioned State Meet AND the VA All Stars Optional Championship.
- *There is NO Team Competition included for the VA All Stars Optional Program - VAOP
- *No Qualifying Score to VAOP State Championships is required at this time. Entry requires one VA meet participation at designated VAOP level.
- *If an athlete does not compete in the USAG Compulsory or Optional Program, the coach must determine the All Star Level according to guidelines.
- *A gymnast may compete higher than the described divisions, but never lower AND may compete as an Individual Event Specialist.
- *A VAOP gymnast may compete in only ONE All Star Division or JO Level Per Session Per Meet. This pertains to both All Around and IES athletes.
- *A VAOP gymnast may compete in both the JO Program Levels and the All Star Program Levels during the Same Competitive Season.

JUDGING GUIDELINES FOR VAOP:

- *L8 Optional Execution Deductions Only will be used. No Compositional Deductions will be applied. Exceptions are noted on each events clarifications.
- *Any Compulsory Skill / Element OR Code of Points A, B, C Dance and A & B Acro Skill or Element is Acceptable. C, D or E Acro will VOID a Routine.
- *Skill Bonus will be awarded to specific Bonus Skills Listed on each event, regardless of the execution taken, except in the case of a fall or spot, which will negate the Bonus.
- *For Novice & Intermediate Levels, ALL L4-6 skills listed in the JO Compulsory Book will count as an applicable Skill or Element for Requirement & Value Part.
- *Special Requirements & Bonus can be fulfilled at the same time.*Qualified skills may be used for **BONUS MORE THAN ONCE** if used in a different connection.

Novice Division - L1-4, HS or REC Gymnast		Intermediate Division - L4,5 HS or REC Gymnast		Advanced Division - L6-L8, HS or REC Gymnast	
Start Value-	10.0	Start Value	9.40	Start Value	9.40
No Bonus		Bonus Max (3 @ 0.20 each)	0.60	Bonus Max (3 @ 0.20 each)	0.60
Special Requirements - 4 @ 0.50 each	2.00	Special Requirements - 4 @ 0.50 each	2.00	Special Requirements - 4 @ 0.50 each	2.00
Execution	7.50	Execution	6.90	Execution	6.90
Artistry - 0.30 / Dynamics - 0.20	0.50	Artistry - 0.30 / Dynamics - 0.20	0.50	Artistry - 0.30 / Dynamics - 0.20	0.50

NOVICE VAULT	INTERMEDIATE VAULT	ADVANCED VAULT
Level 3 or 4 Vault may be performed ONLY. Level 3 Vault SV - 9.00 Level 4 Vault SV - 10.00 Compulsory Deductions	Any Level 7 or 8 Group 1 Vault Over Resi Turned Sideways OR using Vault Table - 10.0 SV L8 Optional Execution Deductions	Level 7 or 8 Vaults - 10.0 SV Restriction: NO YURCHENKOS ALLOWED L8 Optional Execution Deductions

NOVICE BARS	INTERMEDIATE BARS	ADVANCED BARS
-------------	-------------------	---------------

*BAR CLARIFICATIONS:

YELLOW HIGHLIGHT - UPDATE AS OF 2/3/10

- *A maximum of two consecutive tap swings are allowed in all divisions without a deduction for an extra swing, but the 2nd swing must result in a connection. *Preceding a squat on , two casts may be used without a deduction for an extra swing, except AS Advanced Division.
- *Kip, Cast, Back Hip Circle or Clear Hip on Low Bar and High Bar Fulfills SR of Two Different Circling Skills because it is preceded by a different element.
- *For the Novice Level a Pull Over Mount may count as a circling element. *No Bar Angle Deductions will apply. Any Cast up to 20 degrees Award "A" VP.

Four Skills or Elements	Five Skills or Elements	Six Skills or Elements
One Back Circling Skill or Element	Two Circling Skills or Elements-Front or Back (Same or Different)	Two Different Circling Skills or Elements (Front or Back)
Cast (No Height Requirement)	Cast (No Height Requirement)	Cast to Horizontal
Level 1-4 Dismount	Level 3-6 Dismount (may be done on either bar)	Any "A" Value Dismount

NO BONUS	BONUS SKILLS: +0.20 each (Note: Same skill may be used twice for Bonus in Different Connection)	BONUS SKILLS: +0.20 each (Note: Same skill may be used twice for Bonus in Different Connection)
	Any Kip Front Hip Circle Bar Change (ie-Jump to HB)	Any Cast 30 degrees above Horizontal
	Long Hang Pullover Cast to Horizontal or Above	Any "B" Value Skill or Element
	Any Group 3, 6 or 7 Element Any "B" Value Skill or Element	Flyaway Dismount - Layout or Any B Flyaway
	Flyaway Dismount - Tuck, Pike or Layout	Any Group 3, 6 or 7 Element Cast to Long Hang Pull Over

Any "C or Higher Acro will VOID Routine

Novice Division - L1-4, HS or REC Gymnast		Intermediate Division - L4,5 HS or REC Gymnast		Advanced Division - L6-L8, HS or REC Gymnast	
Start Value-	10.0	Start Value	9.40	Start Value	9.40
No Bonus		Bonus Max (3 @ 0.20 each)	0.60	Bonus Max (3 @ 0.20 each)	0.60
Special Requirements - 4 @ 0.50 each	2.00	Special Requirements - 4 @ 0.50 each	2.00	Special Requirements - 4 @ 0.50 each	2.00
Execution	7.50	Execution	6.90	Execution	6.90
Artistry - 0.30 / Dynamics - 0.20	0.50	Artistry - 0.30 / Dynamics - 0.20	0.50	Artistry - 0.30 / Dynamics - 0.20	0.50
NOVICE BEAM		INTERMEDIATE BEAM		ADVANCED BEAM	

***BEAM CLARIFICATIONS:**

*For Novice & Intermediate Levels, ALL L4-6 skills listed in the JO Compulsory Book will count as an applicable Skill or Element for Requirement & Value Part.
 IE - A 3/4 Handstand will receive Skill or Element Requirement and Value Part Credit.

No minimum tme - MAX Time: 1:20min (-0.10-OT)	No minimum tme - MAX Time: 1:20min (-0.10-OT)	No minimum tme - MAX Time: 1:20min (-0.10-OT)
One Acro Skill or Element (Non-flight) must start and finish on beam.	Two Acro Skills or Elements (Flight or Non-flight / Same or Different) must start and finish on beam.	Two Acro Skills or Elements (Flight or Non-flight / Same or Different) must start and finish on beam.
One Jump - Any Jump	One Dance Series (min 2 elements)	One Dance Series (min of 2 elements)
Minimum Half Turn on One Foot or Two	Minimum Half Turn on One Foot	Minimum Full Turn on One Foot
Level 1-4 Dismount	Level 3-6 Dismount or Minimum "A" Value Dismount	Minimum "A" Value Dismount
NO BONUS	BONUS SKILLS: +0.20 each (Note: Same skill may be used twice for Bonus in Different Connection)	BONUS SKILLS: +0.20 each (Note: Same skill may be used twice for Bonus in Different Connection)
	Vertical Handstand Handstand Forward Roll	Any "B" Dance or Acro. Any "C" Dance.
	Cartwheel Walkover Front or Back	Acro Series Flight or Non Flight - min 2 elements
	Full Turn	Aerial or Salto Dismount
	Any leap or jump min 90 degree Split	Any leap or jump min 120 degree Split
	Any "B" Dance or Acro and Any "C" Dance	"C" or Higher Acro VOIDS Routine
Any "C" or Higher Acro will VOID Routine	Any "C" or Higher Acro will VOID Routine	Any "C" or Higher Acro will VOID Routine
NOVICE FLOOR	INTERMEDIATE FLOOR	ADVANCED FLOOR

***FLOOR CLARIFICATIONS:**

*For Novice & Intermediate Levels, ALL L4-6 skills listed in the JO Compulsory Book will count as an applicable Skill or Element for Requirement & Value Part.

No minimum time - MAX Time: 1:30min	No minimum time - MAX Time: 1:30min	No minimum time - MAX Time: 1:30min
Two Acro Skills or Elements (Flight or Non Flight)	One Acro Series of at least Two Skills or Elements (One Skill must have flight in the series)	Two Different Acro Series: One a Minimum of 3 Elements with Flight.
One Forward Skill or Element	One Forward Skill or Element OR a 2nd Acro Series Flight or Non Flight - minimum of 2 skills or elements.	One Salto is Required. It may be isolated or performed within one of the two required series.
One Dance Passage Series minimum of 2 elements OR One Split or Jump 60 degree minimum (may be split or straddle)	One Dance Passage Series minimum of 2 elements OR One Split or Jump 90 degree minimum (may be split or straddle)	One Dance Passage Series minimum of 2 elements OR One Split or Jump 120 degree minimum (may be split or straddle)
Minimum 1/2 Turn on One Foot	Minimum Full Turn on One Foot	Minimum Full Turn on One Foot
NO BONUS	BONUS SKILLS: +0.20 each (Note: Same skill may be used twice for Bonus in Different Connection)	BONUS SKILLS: +0.20 each (Note: Same skill may be used twice for Bonus in Different Connection)
	Round Off Back Handspring, Back Handspring	Round Off Back Handspring Layout
	Front Handspring or Front Acro Series-Min 2 w/flight	Front Acro Series with flight, one a salto or aerial
	Any Salto or Aerial	Any "B" Acro
	Any Leap with 120 degree Split	Any Leap with 150 degree Split
	Any "B" or "C" Dance	Any "B" or "C" Dance
Any "C" or Higher Acro will VOID Routine	Any "C" or Higher Acro will VOID Routine	Any "C" or Higher Acro will VOID Routine



*Warm-Up: 1 min and 30 sec per gymnast
 *Compete: Follow L7 Session Planning Guidelines

YELLOW HIGHLIGHT - UPDATE AS OF 2/3/10