

# 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**

**\*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 Stars 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.

\*L8 Optional Deductions will be used. Any Exceptions are noted.

\*Any Compulsory Skill / Element OR Code of Points A, B, C Dance and A & B Acro Skill or Element is Acceptable. C Acro will VOID a Routine.

\*More than .25 total deductions on one skill results in NO Bonus being awarded. Deductions in series are not cumulative per skill. I.E. - Round Off (-0.10), Back Handspring (-0.20) - Bonus Awarded.

\*Special Requirements and Bonus can be fulfilled at the same time.

ORANGE HIGHLIGHT - UPDATE AS OF 12/9/08

\*Qualified skills may be used for BONUS more than once if used in a different connection.

REV.12/9/08

Novice Division - L1-4, HS or REC Gymnast		Intermediate Division - L4,5 HS or REC Gymnast		Advanced Division - L6-L8, HS or REC Gymnast	
<b>Start Value-</b>	<b>10.0</b>	<b>Start Value</b>	<b>9.40</b>	<b>Start Value</b>	<b>9.40</b>
<b>No Bonus</b>		<b>Bonus Max (3 @ 0.20 each)</b>	<b>0.60</b>	<b>Bonus Max (3 @ 0.20 each)</b>	<b>0.60</b>
<b>Special Requirements - 4 @ 0.50 each</b>	<b>2.00</b>	<b>Special Requirements - 4 @ 0.50 each</b>	<b>2.00</b>	<b>Special Requirements - 4 @ 0.50 each</b>	<b>2.00</b>
<b>Execution</b>	<b>7.50</b>	<b>Execution</b>	<b>6.90</b>	<b>Execution</b>	<b>6.90</b>
<b>Artistry - 0.30 / Dynamics - 0.20</b>	<b>0.50</b>	<b>Artistry - 0.30 / Dynamics - 0.20</b>	<b>0.50</b>	<b>Artistry - 0.30 / Dynamics - 0.20</b>	<b>0.50</b>
<b>NOVICE VAULT</b>		<b>INTERMEDIATE VAULT</b>		<b>ADVANCED VAULT</b>	
Level 3 or 4 Vault may be performed 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 Deductions		Any Level 7 or 8 Vaults - 10.0 SV Restriction: NO YURCHENKOS ALLOWED L8 Optional Deductions	
<b>NOVICE BARS</b>		<b>INTERMEDIATE BARS</b>		<b>ADVANCED BARS</b>	
<b>SPECIAL REQUIREMENTS: 4 @ 0.50 each</b>		<b>SPECIAL REQUIREMENTS: 4 @ 0.50 each</b>		<b>SPECIAL REQUIREMENTS: 4 @ 0.50 each</b>	
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	
<b>NO BONUS</b>		<b>BONUS SKILLS: +0.20 each</b> (Note: Same skill may be used twice for Bonus in Different Connection)		<b>BONUS SKILLS: +0.20 each</b> (Note: Same skill may be used twice for Bonus in Different Connection)	
		Kip	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	
		Front Hip Circle	Any "B" Value Skill or Element	Flyaway Dismount - Layout or Any B Flyaway	
		Flyaway Dismount - Tuck, Pike or Layout			

## Bar Clarifications:

\*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.

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