

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 Execution Deductions Only will be used. No Compositional Deductions will be applied. 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 1/12/09

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

REV.1/12/09

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 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		Any Level 7 or 8 Vaults - 10.0 SV Restriction: NO YURCHENKOS ALLOWED L8 Optional Execution Deductions	
NOVICE BARS		INTERMEDIATE BARS		ADVANCED BARS	
SPECIAL REQUIREMENTS: 4 @ 0.50 each		SPECIAL REQUIREMENTS: 4 @ 0.50 each		SPECIAL REQUIREMENTS: 4 @ 0.50 each	
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)	
		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.

REV.1/12/09

NOVICE BEAM	INTERMEDIATE BEAM	ADVANCED BEAM
No minimum time - MAX Time: 1:20min (-0.10-OT)	No minimum time - MAX Time: 1:20min (-0.10-OT)	No minimum time - MAX Time: 1:20min (-0.10-OT)
SPECIAL REQUIREMENTS: 4 @ 0.50 each	SPECIAL REQUIREMENTS: 4 @ 0.50 each	SPECIAL REQUIREMENTS: 4 @ 0.50 each
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 - Straight, Split or Tuck	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 Any "A" Value Dismount	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)
	Handstand	Any "B" Dance or Acro. Any "C" Dance.
	Handstand Forward Roll	Acro Series Flight or Non Flight - min 2 elements
	Cartwheel	Walkover Front or Back
	Full Turn	Aerial or Salto Dismount
	Any leap or jump min 90 degrees	Any leap or jump min 120 degrees
	Any "B" Dance or Acro and Any "C" Dance	"C" or Higher Acro VOIDS Routine
NOVICE FLOOR	INTERMEDIATE FLOOR	ADVANCED FLOOR
No minimum time - MAX Time: 1:30min	No minimum time - MAX Time: 1:30min	No minimum time - MAX Time: 1:30min
SPECIAL REQUIREMENTS: 4 @ 0.50 each	SPECIAL REQUIREMENTS: 4 @ 0.50 each	SPECIAL REQUIREMENTS: 4 @ 0.50 each
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 with 2 Forward Acro Elements with or with out 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 Series minimum of 2 elements OR One Split Leap or Jump 60 degree minimum	One Dance Series minimum of 2 elements OR One Split Leap or Jump 90 degree minimum	One Dance 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 150 degrees
	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
<p>*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. *Qualified skills may be used for BONUS more than once if used in a different connection.</p>		

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