

RED = NEW or REWORDED for 2011-12 9/30/2011	NOVICE DIVISION	INTERMEDIATE DIVISION	ADVANCED DIVISION
VAOP Eligibility USA Gymnastics Membership Requirement	Minimum of USA Gymnastics Introductory Membership is required. Register with USA Gymnastics at www.usa-gymnastics.org or call 1-800-345-4719 for Member Services assistance.	Minimum of USA Gymnastics Introductory Membership is required. Register with USA Gymnastics at www.usa-gymnastics.org or call 1-800-345-4719 for Member Services assistance.	Minimum of USA Gymnastics Introductory Membership is required. Register with USA Gymnastics at www.usa-gymnastics.org or call 1-800-345-4719 for Member Services assistance.
VAOP Minimum Age Requirement	Must have reached 6th Birthday	Must have reached 7th Birthday	Must have reached 7th Birthday
Level Placement Guidelines	Level 1-4, High School Gymnast or Rec Gymnast ▪ If an All Star athlete does not have a Junior Olympic level placement, it is up to the individual club coach to place the athlete at the appropriate VAOP level.	Level 4 or 5, High School or Rec Gymnast ▪ If an All Star athlete does not have a Junior Olympic level placement, it is up to the individual club coach to place the athlete at the appropriate VAOP level.	Level 6,7 or 8, High School or Rec Gymnast ▪ If an All Star athlete does not have a Junior Olympic level placement, it is up to the individual club coach to place the athlete at the appropriate VAOP level.
Participation Guidelines: General, Regular Competition Season and VAOP State Meet	Novice Level VAOP athletes may participate in BOTH Junior Olympic Levels 1-4 <b>AND</b> VAOP Novice Level during the SAME regular competitive season. All Around <u>OR</u> Individual Event Specialist participation is allowed.	Intermediate Level VAOP athletes may participate in BOTH Junior Olympic Levels 4 or 5 <b>AND</b> VAOP Intermediate Level during the SAME regular competitive season. All Around <u>OR</u> Individual Event Specialist participation is allowed.	Advanced Level VAOP athletes may participate in BOTH Junior Olympic Levels 6, 7 or 8 <b>AND</b> VAOP Advanced Level during the SAME regular competitive season.
	<b>REGULAR SEASON MEET GUIDELINES:</b> 1- A VAOP gymnast may compete higher than the described divisions, but never lower. 2- VAOP athletes may compete in only 1 All Star or 1 JO Level per session per meet.	<b>REGULAR SEASON MEET GUIDELINES:</b> 1- A VAOP gymnast may compete higher than the described divisions, but never lower. 2- VAOP athletes may compete in only 1 All Star or 1 JO Level per session per meet.	<b>REGULAR SEASON MEET GUIDELINES:</b> 1- A VAOP gymnast may compete higher than the described divisions, but never lower. 2- VAOP athletes may compete in only 1 All Star or 1 JO Level per session per meet.
	<b>STATE MEET GUIDELINES:</b> 1- Novice Level VAOP's must choose only 1 VA State Meet to participate. 2- No qualifying score is required for VAOP State Meet participation. 3- Entry to States requires participation in ONE VA sanctioned meet at their designated VAOP Level. 4- No Team Competition is held at VAOP State Meet.	<b>STATE MEET GUIDELINES:</b> 1- Intermediate Level VAOP's must choose only 1 VA State Meet to participate. 2- No qualifying score is required for VAOP State Meet participation. 3- Entry to States requires participation in ONE VA sanctioned meet at their designated VAOP Level. 4- No Team Competition is held at VAOP State Meet.	<b>STATE MEET GUIDELINES:</b> 1- Advanced Level VAOP's must choose only 1 VA State Meet to participate. 2- No qualifying score is required for VAOP State Meet participation. 3- Entry to States requires participation in ONE VA sanctioned meet at their designated VAOP Level. 4- No Team Competition is held at VAOP State Meet.
Mobility	This program is an alternative program that is outside of the the JR Olympic Development Program structure. There is NO OPPORTUNITY FOR MOBILITY into or within the JR Olympic Levels. Mobility within the PREP Optional Program is determined by the State/Regional Administrative Committee.		
For Meet Directors	Level 7 Session Planning Meet Guideline MAX # of competitors should be used. It is highly recommended that VAOP athletes compete in sessions with L4-7 only. See timing guidelines for each All Star Level.	Level 7 Session Planning Meet Guideline MAX # of competitors should be used. It is highly recommended that VAOP athletes compete in sessions with L4-7 only. See timing guidelines for each All Star Level.	Level 7 Session Planning Meet Guideline MAX # of competitors should be used. It is highly recommended that VAOP athletes compete in sessions with L4-7 only. See timing guidelines for each All Star Level.
Timing Guidelines	Warm Up - 45 seconds per gymnast	Warm Up - 1:00 minute per gymnast	Warm Up - 1:30 minute per gymnast
Balance Beam Timing	1:00 minute MAX routine time 10 second warning	1 minute 20 seconds MAX routine time 10 second warning	1 minute 20 seconds MAX routine time 10 second warning
Floor Exercise Timing	1:00 minute MAX routine time	1:00 minute 30 seconds MAX routine time	1:00 minute 30 seconds MAX routine time



	NOVICE DIVISION	INTERMEDIATE DIVISION	ADVANCED DIVISION
<b>DIVISION GUIDELINES &amp; RESTRICTIONS</b> USE GENERAL DEDUCTIONS ON PREVIOUS PAGE	START VALUE - 10.00	START VALUE - 9.40	START VALUE - 9.40
	NO BONUS	0.60 BONUS - 3 BONUS SKILLS @ 0.20 EACH	0.60 BONUS - 3 BONUS SKILLS @ 0.20 EACH
	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH
	ANY "C" OR HIGHER ACRO WILL VOID ROUTINE.	ANY "C" OR HIGHER ACRO WILL VOID ROUTINE.	ANY "C" OR HIGHER ACRO WILL VOID ROUTINE. Exception: Allowable L8 "C" Elements ONLY
<b>BALANCE BEAM</b>	<b>BB NOVICE DIVISION</b>	<b>BB INTERMEDIATE DIVISION</b>	<b>BB ADVANCED DIVISION</b>
Special Requirements	1 - One Non Flight Acro Skill or Element which starts and ends on the beam. 2 - Any 1 Jump - must have a 2 footed take off. 3 - Minimum of 180° Turn on 1 foot or 2 4 - Level 1-4 or Minimum of an "A" Value Dismount - NO SALTOS ALLOWED	1 - Two Flight or Non Flight Acro Elements which start and end on the beam. May be the same or different. 2 - A Large Leap or Jump - 90° minimum 3 - Minimum of 180° Turn on 1 Foot 4 - Level 3-6 or Minimum of an "A" Value Dismount	1 - Two Flight or Non Flight Acro Elements which start and end on the beam. May be the same or different. 2 - A Large Leap or Jump - 120° minimum 3 - Minimum of 360° Turn on 1 Foot 4 - Minimum of an "A" Value Dismount
Beam Bonus	NO BONUS	BONUS of 0.20 each, up to 0.60 Total awarded to SV	BONUS of 0.20 each, up to 0.60 Total awarded to SV
Bonus Skills	NA	Vertical HS HS Forward Roll Cartwheel Front or Back Walkover Full Turn Any 2 Dance Elements or Skills Directly Connected Any B or C Dance Any B Acro	Acro Series w/Flight or Non Flight of 2 Directly Conn Elements Any Leap or Jump min 150° Split Front or Back Walkover Any B or C Dance Any B Acro Any 2 Dance Elements or Skills Directly Conn
Beam Clarifications	a - Novice Beam Handstand Angle Requirements: *Below 60° from Vertical results in NO Acro SR *60°-21° from Vertical receives credit w/ an > 0.20 Ded *20° from Vertical receives NO Angle Deductions. Note: Nov & Inter HS's performed below vertical MUST join feet together to receive Acro SR credit. b - Novice Leap & Jump Split Angle Requirements: NA c - Any C Acro will VOID the routine.	a - Intermediate Beam Handstand Angle Requirements: *Below 20° from Vertical will result in NO Acro SR *20°-1° from Vertical receives credit w/ an > 0.20 Ded *Vertical receives NO Angle Deductions. Note: Nov & Inter HS's performed below vertical MUST join feet together to receive Acro SR credit. b - Intermediate Leap & Jump Split Angle Deductions apply to all in routine. c - Any C Acro will VOID the routine.	a - Advanced Beam Handstand Angle Requirements: *Not Vertical will result in NO Acro SR *Must attain Vertical to receive credit w/ an > 0.20 Ded *Vertical receives NO Angle Deductions. *You may deduct > 0.20 for not holding HS for 2 sec Adv ONLY. b - Advanced Leap & Jump Split Angle Deductions apply to all in routine. c - Any C Acro will VOID the routine.
<b>FLOOR EXERCISE</b>	<b>FX NOVICE DIVISION</b>	<b>FX INTERMEDIATE DIVISION</b>	<b>FX ADVANCED DIVISION</b>
Special Requirements	1 - Two Flight or Non Flight Acro Skills or Elements 2 - One Forward Skill or Element 3 - Minimum 180° Turn on 1 Foot 4 - One Dance Passage Series with a minimum of 2 Group 1 elements (directly or indirectly connected) - one a leap with 90 degrees side or cross split	1 - One Acro Series of at least of at least 2 skills or elements (One must have Flight in the Series) 2 - One Forward Skill or Element OR a 2nd Acro Series with Flight or Non Flight - minimum of 2 skills or elements. 3 - Minimum 360° Turn on 1 Foot 4 - One Dance Passage Series with a minimum of 2 Group 1 elements (directly or indirectly connected) - one a leap with 120 degrees side or cross split	1 - Two Different Acro Series: 1 a minimum of 3 elements or skills with Flight. 2 - One Salto is Required. Salto may be isolated or performed within 1 of the 2 Series. 3 - Minimum 360° Turn on 1 Foot 4 - One Dance Passage Series with a minimum of 2 Group 1 elements (directly or indirectly connected) - one a leap with 150 degrees side or cross split
Floor Bonus	NO BONUS	BONUS of 0.20 each, up to 0.60 Total awarded to SV	BONUS of 0.20 each, up to 0.60 Total awarded to SV
Bonus Skills	NA	Round Off, Back Handspring, Back Handspring Series Front HS or Front Acro Series-Min 2 elements w/Flight Any Salto or Aerial Any Leap w/ 150° Split Any B/C Dance	Round Off, Back Handspring, Salto Stretch to 2ft Front Acro Series w/Flight including 1 Salto or Aerial Any B Acro Any B/C Dance Any Leap with 180° split
Floor Clarifications Specific to Level	a - Novice Leap & Jump Split Angle Deductions apply to all in routine. b - Any C Acro will VOID the routine.	a - Intermediate Leap & Jump Split Angle Deductions apply to all in routine. b - Any C Acro will VOID the routine.	a - Advanced Leap & Jump Split Angle Deductions apply to all in routine. b - Any C Acro will VOID the routine.

## VA All Star Optional Program Judging Guidelines & Clarifications

Beam & Floor Leap & Jump Split Angle Chart	Applies to all in routine	Receives NO SR Credit	Receives SR Credit w/ Angle Deduction >.20	No Deduction
	Novice Beam	N/A	No Angle Requirement	No Angle Requirement
	Novice Floor	Less 60°	60°-89°	90°
	Inter Beam	Less than 90°	90°-119°	120°
	Inter Floor	Less than 120°	120°-149°	150°
	Advanced Beam	Less than 120°	120°-149°	150°
	Advanced Floor	Less than 135°	135°-179°	180°

\* BM & FX Split : Award Special Requirements for all divisions to according to the angle chart above. For Advanced award the Value part performed as listed in JO Code of Points.

Bars Casting Angle Chart	Applies to all in routine	Receives NO SR Credit	Receives SR Credit w/ >.20 Deductions	No Angle Deductions
	Novice	Hips fail to leave bar	21° or more below Horizontal	1°-20° below Horizontal
	Intermediate	More than 20° below Horizontal	1° - 20° below Horizontal	Horizontal
	Advanced	Below Horizontal	61° - 90° from Vertical	60° below Vertical

Beam Handstand Angle Chart	Applies to all in routine	Receives NO Acro SR Credit	Receives Acro SR Credit w/ >.20 Deductions	No Deduction
	Novice	Below 60° from Vertical	60°- 21° from Vertical	20° from Vertical
	Intermediate	Below 20° from Vertical	20° - 1° from Vertical	Vertical
	Advanced	Not Vertical	Must Attain Vertical	Vertical

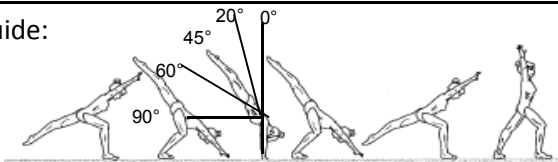
Nov & Inter HS's performed below vertical must join feet together to receive Acro SR.

Advanced HS: You may deduct up to 0.20 for not holding for 2 seconds at Advanced (only)

- Additional General Guidelines for Judging VAOP Routines**
- 1- For unlisted Value Parts refer to the value of the root skill or submit skill to the State Judging Director for review.
  - 2- All JO Code of Points A's, B's & indicated allowable C's(bars only) may be used as a VP.
  - 3- Novice & Intermediate may use any Level 4-6 element with VALUE as a Skill/Element that counts towards Special Requirement.
  4. A 1.00 Deduction will be applied to any All Star Beam or Floor Routine performed with the exact choreography of the JO L 1-6 Compulsory Routines. Compulsory music MAY be used.
  5. Performance of C, D or E elements will VOID the routine. (Indicated allowable C's on bars only)
  - 6- Level 7 Deductions will apply to all VAOP Bar, Beam and Floor routines. See Novice, Intermediate & Advanced Vault Chart for specific Judging Guidelines.
  - 7- NO Composition Deductions are allowed to be taken.
  - 8 - Special Requirements & Bonus may be fulfilled at the same time.
  - 9 - Bonus Clarification: Qualified skills may be used for Bonus two times if used in a different connection.
  - 10- Bonus will be awarded to bonus skills listed for each VAOP event regardless of the execution taken, except in the case of a Fall or Spot which will negate the bonus.
  - 11- See VAOP categories and each VAOP event clarifications for additional judging guidelines.

9/30/2011

Beam HS Guide:



Novice: Must join feet together at or above 30° to receive SR.



Vertical HS: NO Deduction for Intermediate or Advanced