

Great Lakes YMCA Zone P.R.E.P. Optional Regulation Proposal

Purpose: The PREP Optional level is designed to be an alternative competitive track for older compulsory & high school gymnasts. This program is not designed for optional level gymnasts who no longer want to train at a regular optional level.

Purpose of Zone Regulation of Prep Optional: To preserve and protect the quality of YMCA gymnastics progression through the USAG levels while still providing an alternative program to those gymnasts who would otherwise struggle through the progressive levels.

Level: Ohio USAG PREP Opt Silver rules will apply

Eligible Participants:

- Any YMCA gymnast (level 5 or higher) who is 12 or older (age as of Dec 1st) and has competed 2 years (facing the 3rd year) in the same level without reaching a mandate score.
- Any High School age (9th grade – 12th grade) gymnast who has not mandated from level 4, 5, or 6
- All placements are based on coach's discretion. This program is intended as a supplemental program to the compulsory & optional levels.

Moving Between Levels:

- Gymnasts who wish to move from PREP Optional back into the traditional level system will have to:
 1. Go back to the point where they left the compulsory system and qualify to the next level. (Example: If they competed Level 5 and did not qualify to Level 6 and then chose to compete PREP Optional Silver for one year, the gymnast would have to compete at Level 5 until the minimum scores were received.)

*Any exceptions to the above prep-op rules may be petitioned through the Zone committee.

- The above rules refer to the zone prep opt program for the 2009-2010 season. Individual networks may have slightly different guidelines.

Additional Information:

- PREP Optionals may be placed in either a compulsory or optional session of a YMCA meet and at the Zone Championships.
- YMCA Zones will include the opportunity for Silver PREP Optionals to compete with no set age groups.
- PREP Optionals are only eligible for an overall team score if they have 3 or more gymnasts.
- Ohio USAG Prep Optional Silver rules will apply.