SECTION M - 2012 ODP COMPETITIVE PROGRAM

OVERVIEW

The ODP competitive division will be offered in 2012 at Elite Challenge Stars and Stripes Cup and the JO National Championships.

Athletes that are currently competing in Levels 9 and 10 between the ages of 11 – 14 as of December 31st, 2012 will be eligible to enter the ODP competitive division.

Athletes can only receive points from 2 of the 3 designated point’s competitions.

These points will count towards their final rank at the completion of the JO National Championships.

Once named the ODP National team will be sent an invitation to attend the ODP National team camp in Houston and to represent USA Gymnastics at the Loule Cup in Loule, Portugal.

1. ODP Age group requirements
   
   1.1 11 – 14 as of December 31st, 2012

2. ODP Pass requirements

   2.1 TRAMPOLINE
       
       2.1.1 First Optional
       2.1.2 10-skill routine
       2.1.3 A maximum of 1 and only 1 skill with no twist or rotation (a position jump)
       2.1.4 1 skill to front or back
       2.1.5 1 skill in combination with requirement # 3 from front or back
       2.1.6 1 skill with 360 of backward rotation combined with only 360 of twist
       2.1.7 No repeated skills
               A position jump can be either of the following: a tuck jump, a pike jump, or a straddle jump.

   2.2 Second Optional and finals
       
       2.2.1 10-skill routine
       2.2.2 DD cap per skill - 1.6
       2.2.3 In the event an athlete exceeds the DD cap of 1.6, the entire routine will receive no score.

   3.1 TUMBLING
       
       3.1.1 First Optional - Straight Pass (prelims and finals)
       3.1.2 8-skill pass
       3.1.3 All skills are non-twisting.
       3.1.4 DD cap per skill 2.4
       3.1.5 In the event an athlete exceeds the DD cap of 2.4, the entire pass will receive no score.
3.2 Second Optional - Twisting Pass (prelims and finals)

3.2.1 8-skill pass

3.2.2 DD cap per skill - 2.6

3.2.3 The last skill must contain a minimum of 360 of twist (full)

3.2.4 In the event an athlete exceeds the DD cap of 2.6, the entire pass will receive no score.

4.1 DOUBLE MINI TRAMPOLINE

Prelims

4.1.1 2 passes

4.1.2 DD cap 3.6 per skill

4.1.3 No repeats over the 2 passes

4.1.4 In the event an athlete exceeds the DD cap of 3.6, the entire routine will receive no score.

4.2 Finals

4.2.1 2 passes

4.2.2 DD cap 3.6 per skill

4.2.3 No repeats over the 4 passes

4.2.4 In the event an athlete exceeds the DD cap of 3.6, the entire routine will receive no score.

Please refer to the Elite code of points for additional rules and competition guidelines.

3. ODP National team selection process

3.1 Designated “points” competitions are the Elite Challenge, Stars and Stripes, and the JO National Championships.

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<tr>
<th>Place</th>
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3.2 Athletes can only receive points from 2 of the 3 designated point’s competitions.

3.3 These points will count towards their final rank at the completion of the JO National Championships.

3.4 Top three ranked 11 – 12 athletes

Top three ranked 13 – 14 athletes

3.5 The ODP committee has the right to name 2 “wild card” athletes to the ODP National team.

3.6 In the event that there are less than 5 athletes per division only the first ranked athlete will be automatically named to the team.