



XCEL BLOCKS CODE OF POINTS

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USA Gymnastics
132 E. Washingtgon St., Suite 700
Indianapolis, IN 46204

Contributors:

Andre Solodor
Dylan Maurer
Sarah Thomas
Kailey Maurer
Vladimir Vladev
Taylor Coombs
Illya Demyanyuk
MacKenzie Helmick
Ronda Francis
Madison Freed
Carisa Laughon

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Program Director Kyla Knights



XCEL Blocks Program - Code of Points

A. Introduction

The Xcel Blocks Program is a coordinated program that is used to promote athlete participation within the Acrobatic Gymnastics discipline and develop skills within many gymnastics' disciplines. A blocks routine is made up of a series of hand balances on blocks or pedestals. This program draws from the Acrobatic Gymnastics Development Code of Points and FIG Tables of Difficulty and promotes work on strong fundamental acrobatics and balance skills. The Xcel Blocks Program is meant to be a progressive program with recreational and competitive opportunities offered across five levels of participation, with incrementally increasing difficulty.

B. Purpose

- a. Retain athletes who lose Acrobatic Gymnastics partnerships.
- b. Provide an opportunity for athlete competition for those who do not have partners.
- c. Strengthen overall skills and preparation in the sport of Acrobatic Gymnastics.
- d. Accessible to dance studios, beginner clubs, and existing clubs with very limited space and equipment requirements.

C. Events and Competition Regulations

- a. There are 5 levels within the Xcel Blocks Program, defined by routine requirements and difficulty maximums: Bronze, Silver, Gold, Platinum, and Diamond.
- b. All athletes may participate and compete head-to-head at a given level.
- c. Competitions can be held at the Local, State, Regional, and National levels. Each region/meet director may decide to include an Xcel Blocks competitive event. Xcel Blocks may also be used as a teaching/training tool within clubs, without formal competition.
- d. An Xcel Blocks competition may be held with another USA Gymnastics sanctioned competition, with no additional sanction. If an Xcel Blocks competition is held as a standalone event, it will require its own USA Gymnastics event sanction. See Section 5 of the Acrobatic Gymnastics Rules & Policies for more information on sanctioning events.
- e. Only registered **Introductory Athlete** or **Athlete members** of USA Gymnastics may participate in a sanctioned Xcel Blocks competition. See the [USA Gymnastics - Membership website](#) for more information on new or renewed memberships.
- f. Registration for an Xcel Blocks competition is done using the [Online Event Registration website](#).
- g. A Participation Fee of \$5/participant is due to the Acrobatics Program for each event. This fee can be paid using the Competition Report Form found in the Acrobatic Gymnastics Rules & Policies Appendix.

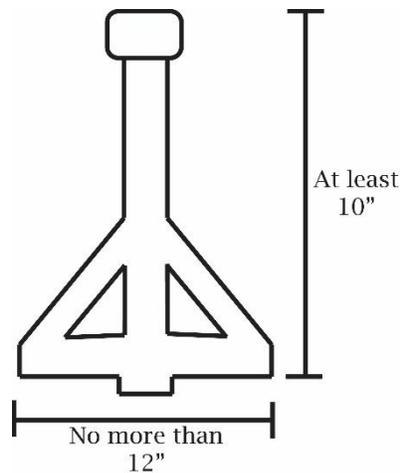
D. Age Groups

- a. Participants at USA Gymnastics Championships follow the same age categories as Regionals. Categories exceeding 15 entries will be divided into smaller competition groups. (i.e., if Bronze Level has 16 entries, it will be divided into two, equal competition divisions.)
- b. Competitors age group is determined by the age of the athlete during that competition year.
- c. Competition divisions are based on the number of entries the day of the entry deadline. Later "scratches" will not affect the previously announced groups or number of competitors in each group.
- d. The following age groups must be used for all competitions. Additional age groups can be added:

- i. Bronze Level: 3 age groups – 8 and under, 9-10 and 11 and over
- ii. Silver Level: 3 age groups – 9 and under, 10-11 and 12 and over
- iii. Gold Level: 3 age groups – 10 and under, 11-12 and 13 and over
- iv. Platinum and Diamond Levels: 3 age groups – 11 and under, 12-13 and 14 and over

E. Apparatus

- a. Meet Director/Hosting Club must provide at least one set of blocks (i.e., stilts, canes, pedestals, etc.).
- b. Athletes may compete with their own personal blocks, which are required to meet specified apparatus regulations (see below).
- c. Apparatus regulations:
 - 1. Blocks must be at least 10 inches tall from base to top.
 - 2. Blocks cannot be connected.
 - 3. Block base must be no more than 12 inches in diameter.
 - 4. Blocks hand grip should be an appropriate size for the athlete’s hand.



F. Judging

- a. A three (3)-judge panel should be used to judge an Xcel Blocks competition:
 - 1. 1 Chair of Judges Panel (CJP), gives an execution score and checks difficulty, special requirements and time faults.
 - 2. 1 Difficulty Judge (DJ), evaluates difficulty, special requirements and time faults.
 - 3. 1 Execution Judge (EJ), gives an execution score.
- b. In cases where necessary, 2 judges may judge an Xcel Blocks competition at a Local or State competition.
 - 1. For a 2-judge panel, the CJP would do the job of both the CJP and DJ. Execution judge would remain the same.
- c. Multiple competitive levels (e.g., Bronze, Silver, Gold, etc.) may compete simultaneously, with a different panel of judges for each level. All competitors in a respective level must be evaluated by the same judging panel.

G. Scoring

- a. Final score = Difficulty score + Execution score – Time Faults – Special Requirements
- b. Difficulty is calculated based on the elements declared on the tariff sheets and what the athlete performs in the blocks routine.
 - 1. Performance of elements and motions declared on the tariff sheet is required for difficulty credit. If a different element is performed than what is declared on the tariff sheet, it may fulfill special requirements, but no difficulty value is awarded for that element.

2. Difficulty score = Sum of skill and motion values (declared & performed) / 10
- c. Execution score is the evaluation of the technical performance of skills (execution) performed in a routine.
 1. Maximum execution score is a 10.000.
 2. Execution deductions are taken from 10.000, in 0.1 increments, for less than ideal performance of elements.
 3. Xcel Blocks Program follows the Table of Execution Faults and execution requirements as listed in the Acrobatics Gymnastics Development Code of Points (except for the penalty for falls, see the next bullet).
 4. A -0.5 penalty applies for all falls (each time), defined as any time the feet touch the floor, hands, pedestals, etc. to provide support between skills or other body parts providing additional support to prevent a fall. A fall can be controlled or uncontrolled and is the same penalty each occurrence.
 5. If there is more than one execution score, the EJ scores are averaged to determine the E-Score used in the Final score calculation.
- d. Time Faults: All blocks skills must be held for 3 seconds (3"). A time fault penalty of -0.3 is applied for each second a skill is short of 3".
- e. Each routine is required to have a certain number of skills, as defined below for each level. There is a penalty of -1.0 for each missing skill. If more than the specified number of skills are performed, only the first 5/7/10, respectively, will count for difficulty.
- f. Special Requirements are specified requirements that must be met in each routine. Special requirements are defined below for each level. A - 1.0 penalty is applied for each special requirement violation.
- g. If a skill is attempted but not held for at least 1 second, it will receive the following penalty:
 1. -1.0 for a missing element, additional -1.0 is NOT taken for skill requirement, and
 2. -1.0 if the skill was a special requirement, and
 3. -0.5 for a fall (if the athlete comes to the floor), and
 4. Applicable execution penalties, and
 5. NO -0.9 time fault is taken.
- h. Final score cannot be less than 0.000.
- i. Scoring can be done by hand or using a computer scoring system.

H. General Rules

- a. All skills in an exercise must be linked, meaning motion from one skill to the next without support of the feet on the floor, hands, pedestals, etc. The motion between skills may or may not have value. A fall penalty (-0.5) is applied each time for support, "unlinked" skills, and/or coming down to the floor.
- b. All skills must be completed on the blocks without any assistance.
- c. No choreography can be done as part of the blocks routine
- d. A position/skill may be repeated 2 times in a routine. Special requirement and difficulty credit will not be awarded for further repeats of the same skill. An identical skill is defined in the Xcel Blocks Tables of Difficulty according to the name of each skill. (e.g., Straight handstand is a skill, which means a straight handstand with legs apart and a straight handstand with legs in stag position are considered an identical skill. Straight handstand with feet together is a different skill. Straddle hold is considered a different skill than pike hold.)
- e. A one arm element can be done an additional time on the non-dominant arm for credit once only. (e.g., 1-arm on the right arm two times and 1-arm on the left, a total of 3, 1-arms will receive credit.)

- f. Identical skills may be repeated in immediate succession as long as they have a different characteristic. (e.g., Handstand with feet apart, followed by handstand in a stag position.)
- g. A 1-second (1") hold is permitted on the first element of the routine (e.g., Straddle 1" then press to Handstand 3"). The 1" hold does not count as an element for special requirement or difficulty credit, just a method to get into the first static hold. There is no penalty for the 1" hold in this case. At no other time in the exercise can a pass-through or 1" hold be performed.
- h. In order to claim a motion value, the athlete cannot change point of support during the motion or immediately preceding/following the motion. Motion values will only be given if the athlete begins with a 3" hold and finishes with a 3" hold on the same point of support. Both holds must be declared on the tariff sheet. The only exception is at the beginning of the blocks routine. At the start of the routine, the athlete may show a position (1" hold) and then motion to a 3" hold with the same point of support and will receive value for the motion where applicable.
- i. Difficulty values from 1-23 are assigned based on the difficulty of each skill in the Xcel Blocks Table of Difficulty. Additional difficulty value can be earned by motioning between skills. The sum of the skill values and motion values determines the difficulty score.
- j. Any One Arm handstand position going into the same characteristics of a one-arm handstand position will receive a transitional value of **3**. (e.g., One-Arm-Handstand to One-Arm-Handstand FT, One-Arm Flag to One-Arm-Split Flag, etc.)
- k. Routines may exceed maximum difficulty, no additional value will be awarded.

I. Level Descriptions and Special Requirements:

Bronze:

- 5 skills required
- Max difficulty is V10 ($10 / 10 = 1.0$)

Silver:

- 7 skills required
- Max difficulty is V25 ($25 / 10 = 2.5$)
- 1 handstand position required

Gold:

- 10 skills required
- Max difficulty is V45 ($45 / 10 = 4.5$)
- Min of 2 different* handstand positions required

Platinum:

- 10 skills required
- Max difficulty is 65 ($65 / 10 = 6.5$)
- Min of 3 different* handstand positions required
- Min of 2 points of support must be used

Diamond:

- 10 skills required
- Minimum difficulty 75
- Max difficulty is unlimited
- Min 4 different* handstand positions required
- Min of one handstand position must be on one arm

*A repeated handstand position cannot fulfill this requirement; it must be different handstand positions according to the Xcel Blocks Tables of Difficulty.

Tariff Sheet Example



Xcel Blocks Program Tariff Sheet

Club: USA Acro	Coach: Coach Klein	LEVEL				
Athletes Name: Bobby Boucher		Bronze <input type="checkbox"/>	Silver <input type="checkbox"/>	Gold <input checked="" type="checkbox"/>	Platinum <input type="checkbox"/>	Diamond <input type="checkbox"/>
Coach E-Mail: coachemail@gmail.com	Competition/Version: A					

	1 2:1 Handstand	2 Handstand	3 Handstand FT	4 Straddle	5 Croc	DIFFICULTY Elements <input type="text" value="37"/> + Links <input type="text" value="8"/> Difficulty Value <input type="text" value="45"/> D-Score <input type="text" value="4.5"/>
Link\Value	6 10	4	5	2 2	3	
	6 1-Arm Croc	7 2:1 Croc	8 Croc	9 Tuck	10 Pike	
Link\Value	3	4	3	1	2	

All elements and links (transitions) to be performed in a routine must be declared on the tariff sheet in the correct order. Elements not declared on the tariff sheet will not receive difficulty or special requirement credit.

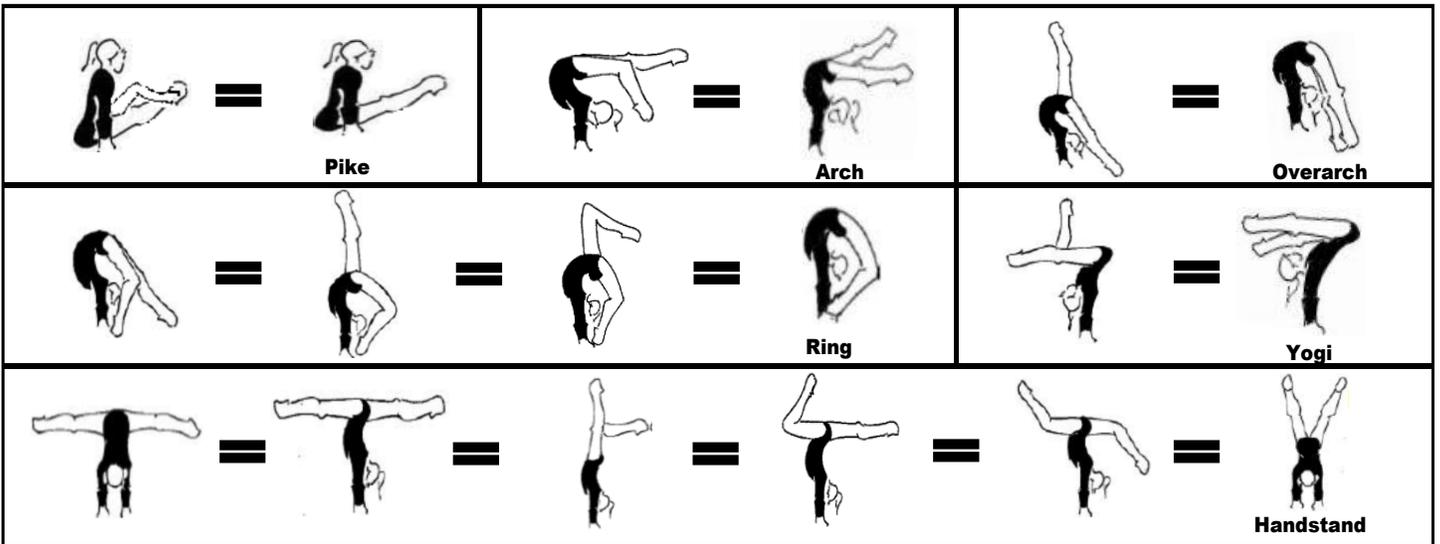
- Fill Out the Header (Club Name, Coach's Name, Athlet's Name, etc.)**
- Select the Level**
- Using the Xcel Blocks skill images drag and drop images in the boxes in the order the routine is performed**
- Fill out the link (transition) and values row with the corresponding value for each transition and element**
- Add up all the elements values and write the total value of the elements into the "Elements" box**
- Add up all the links (transition) values and write the total value of the links in the "Links" box**
- Add the values of the "Elements" and "Links" box together and write it in the "Difficulty Value" box**
- Take the value in the "Difficulty Value" box and divide by 10 and write it in the "D-Score" (Difficulty-Score) box**

Table of Difficulty

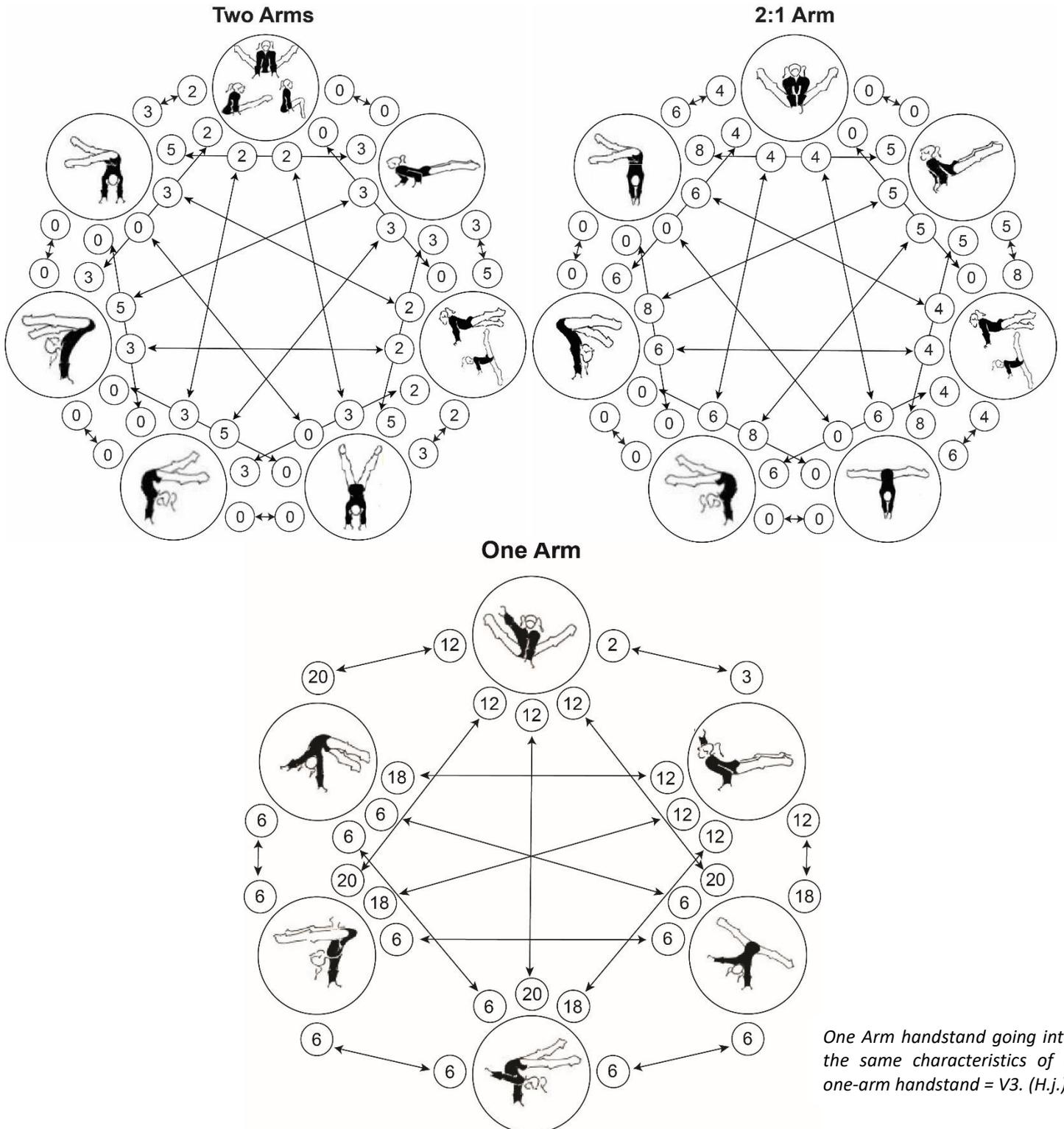
Two Arms						
 Tuck 1	 Straddle 2	 Pike 2	 Croc 3	 Handstand 4	 Russian Lever FT 4	 Croc FT 4
 Handstand FT 5	 Arch 5	 Ring 5	 Yogi 5	 Arch FT 6	 Flag 6	 Overarch 6
 Yogi FT 6	 High Russian Lever FT 7	 Side Flag 7	 Split Planche 7	 Overarch FT 8	 Planche 10	 Flag FT 12
 Overflag 12	 Planche FT 17					
2:1 Arm						
 2:1 Straddle 3	 2:1 Croc 4	 2:1 Croc FT 5	 2:1 Handstand 10	 2:1 Handstand FT 11	 2:1 Arch 11	 2:1 Flag 11
 2:1 Ring 12	 2:1 Arch FT 12	 2:1 Overarch 12	 2:1 Yogi 12	 2:1 Split Planche 13	 2:1 Overarch FT 14	 2:1 Planche 16
 2:1 Planch FT 23						
One Arm						
 1-Arm Croc 5	 1-Arm Split Croc 5	 1-Arm Croc FT 6	 1-Arm Straddle 7	 1-Arm Pike 10	 1-Arm Handstand 12	 1-Arm Yogi 13
 1-Arm Handstand FT 14	 1-Arm Flag 14	 1-Arm Yogi FT 14	 1-Arm Arch 15	 1-Arm Ring 15	 1-Arm Arch FT 16	 1-Arm Split Arch 16
 1-Arm Side Flag 16	 1-Arm Split Flag 17	 1-Arm Split Flag 17	 1-Arm Flag FT 18	 1-Arm Overflag 18	 1-Arm Overarch 19	 1-Arm Overarch FT 20

* FT = Feet together, meaning straight legs together from hips to ankles.

Skill Variations:



Transition Values



One Arm handstand going into the same characteristics of a one-arm handstand = V3. (H.j.)

Two Arms				2:1 Arm			One Arm			
Ring	Overflag	Overarch	Overarch FT	Ring	Overarch	Overarch FT	Ring	Overflag	Overarch	Overarch FT
+1				+2			+3			

Additional transition value is given ONLY ENTERING these positions from any position as long as the point of support is not changed.