



NATIONAL XCEL PROGRAM / TECHNICAL COMMITTEE JOINT MEETING-WOMEN'S PROGRAM

Tuesday, May 16, 2023
Omni OKC; Oklahoma City, OK

Meeting was called to order by the National Xcel Committee Chair Claudia Kretschmer and National Technical Committee Chair Linda Thorberg at 1:30pm on May 16, 2023.

Roll Call:

Region	Xcel Committee	Technical Committee	Voting Status
National Committee Chairs	Claudia Kretschmer	Linda Thorberg	Non-Voting*
Region 1	Jill Preston	Gigi Iavarone	Voting
Region 2	Dianne Palmer	Jeanine Henneford	Voting
Region 3	Louise Janecky	Marilyn Blilie	Voting
Region 4	Megan Bankole	Windee Weiss	Voting
Region 5	Nancy Gibson	Sue Kane	Voting
Region 6	Gail Caspare	Pat Panichas	Voting
Region 7	Jen Skorski	Jane Caruso	Voting
Region 8	Pam Kitchen	Evelyn Chandler	Voting
Staff			
Heather Ould	Xcel Program Manager		Non-voting
Nichole Otterson	Women's Technical Director		Non-voting
Connie Maloney	Women's Judges' Accreditation Coordinator		Non-voting
Christy Naik	Development Program Director		Non-voting

*Casts a vote only in the case of a tie or acclamation.

Unless otherwise noted, the following clarifications and recommendations for change are effective for the 2023-2024 season, scheduled to begin August 1, 2023.

- 1. Code of Points (COP) - SAPPHIRE:** Starting August 1, 2023, recommendation to implement the Sapphire Division rules into the Xcel Program as printed.
Motion: Louise Janecky (R3-Xcel)
Second: Pat Panichas (R6-Tech)
PASSED
- 2. Rules & Policies (R&P) - VIDEO REVIEW:** Recommendation to add in the *Rules & Policies* Page 68 after #5 ; In addition, at Xcel State Meet and above, a coach can request a video review by the Meet Ref and the highest rated unaffiliated judge (if video is available) in the event that the inquiry involved an instance that would affect the start value.
Motion: Jill Preston (R1-Xcel)
Second: Sue Kane (R5 - Tech)
PASSED



3. ~~DEDUCTION:~~ Recommendation to remove the language Execution Deductions cannot exceed 4.0.

Motion: Dianne Palmer (R2-Xcel)

Second: No second

FAILED due to lack of a second.

4. COP – DEDUCTION (CHIEF JUDGE): Recommendation to add a Chief Judge Deduction. Takes deduction from average score for Short Exercise with fewer than 3 value parts= 2.00.

Motion: Windee Weiss (R4-Tech)

Second: Louise Janecky (R3-Xcel)

PASSED

5. COP – SPECIAL REQUIREMENT (BEAM/FLOOR): Recommendation to modify the split requirement for Platinum/Diamond (Floor) and Diamond (Beam) from 150° to 155°.

Motion: Megan Bankole (R4-Xcel)

Second: Sue Kane (R5-Tech)

PASSED

6. COP – ELEMENT (BARS): Recommendation to modify Uneven Bars element 8.101 – Underswing (toe-on or clear) to stand – Removing the Low Bar option. Add a new element for this dismount from the Low Bar – Allowable for Xcel Bronze or Silver only.

Motion: Dianne Palmer (R2-Xcel)

Second: Jane Caruso (R7-Tech)

PASSED

7. COP – ELEMENT (BEAM): Recommendation to modify Balance Beam element 1.109 to allow for a sit on the floor to do a back hip pullover to front support mount – change description to “from feet, knee or seat.”

Motion: Jeanine Henneford (R2-Tech)

Second: Nancy Gibson (R5-Xcel)

PASSED

8. COP – DEDUCTION (VAULT): Recommendation to add Vault deduction Approach – Additional Jump on the Board – 0.30 to Bronze Vault 2 (same deduction as Bronze Vault 1)

Motion: Marilyn Blilie (R3-Tech)

Second: Gail Caspare (R6-Xcel)

PASSED

9. COP – DEDUCTION (VAULT): Recommendation to modify Vault deduction First Flight & Support Phase wording of “Arched Body up to 0.20” to “Excessive Arch Up to 0.20”

Motion: Dianne Palmer (R2-Xcel)

Second: Jeanine Henneford (R2-Tech)

PASSED

10. COP – DEDUCTION (VAULT): Recommendation to add Vault deduction for Gold – Sapphire for Support Phase – Hops with both hands simultaneously – 0.30.

Motion: Gail Caspare (R6-Xcel)

Second: Sue Kane (R5 – Tech)

PASSED



- 11. R&P/COP – VAULT:** Recommendation to add Vault Warm-Up procedure for Platinum and above within the *Code of Points* and *Rules & Policies* (as applicable).

Warm-up procedures:

a. Timed warm-up:

1) During competition, it is NOT considered additional warm-up time if a gymnast who is next to compete on Vault runs or jumps on the Vault runway following the previous competitor's final Vault.

2) The gymnast may NOT run or jump in front of the Vault judges' table.

- A warning would be given in this instance for exceeding warm-up time.

b. Touch warm-up: Each gymnast is guaranteed a specific number of warm-up Vaults, depending on her Division.

Motion: Pam Kitchen (R8-Xcel)

Second: Gigi Iavarone (R1 - Tech)

PASSED

- 12. COP – BARS:** Recommendation to modify phrasing for Silver Cast angle to "Cast to a minimum of 45° below horizontal or higher."

Motion: Dianne Palmer (R2-Xcel)

Second: Marilyn Blilie (R3-Tech)

PASSED

- 13. COP – BEAM/FLOOR:** Recommendation that:

- Non-flight walkover-type elements are required to show the split angle corresponding to the Division's degree of split at one point during the element for Beam and Floor.
- Under Insufficient Split Position deduction add- Non-flight walkover-type elements – up to 0.20

Motion: Megan Bankole (R4-Xcel)

Second: Evelyn Chandler (R8-Tech)

PASSED

- 14. COP – ELEMENT (BEAM):** Recommendation to modify the Lever to touch beam (5.001) to require the free leg to be at horizontal or above.

Motion: Gail Caspare (R6-Xcel)

Second: Windee Weiss (R4-Tech)

PASSED

- 15. COP – SPECIAL REQUIREMENT (FLOOR):** Recommendation to modify the Diamond Special Requirement #1 on Floor to "Two (2) separate Acro Flight Passes, each with a minimum of two (2) directly connected Acro Flight elements; OR One (1) Acro Flight Pass with Two (2) directly connected Acro Flight elements AND One (1) separate/isolated "C" Salto."

Motion: Gail Caspare (R6-Xcel)

Second: Pat Panichas (R6-Tech)

PASSED

- 16. COP – DEDUCTION (FLOOR):** Recommendation to Increase the Floor deduction for "Poor relationship of movement and music throughout" from up to 0.20 to up to 0.30.

Motion: Marilyn Blilie (R3-Tech)

Second: Jen Skorski (R7-Xcel)

PASSED

17. COP – SPECIAL REQUIREMENT (BARS): Recommendation to modify the Gold Bars Special Requirements 2 and 3 to:

SR 2/3. Two (2) 360° circling skills (not mount or dismount) must be one of the following:

- Two (2) directly connected same circling elements (performed on either bar); or
- Two (2) different circling elements connected or isolated (performed on either bar); or
- Two (2) of the same circling element; one performed on low bar and one performed on high bar.

Motion: Jill Preston (R1-Xcel)

Second: Windee Weiss (R4 - Tech)

PASSED

18. COP – DEDUCTION (GENERAL): Recommendation to modify the Squat on Landing deduction and corresponding illustration.

Squat on landing (hips lower than knees) up to 0.30



Motion: Jen Skorski (R7 - Xcel)

Second: Jane Caruso (R7 - Tech)

PASSED

19. COP – ELEMENTS (VAULT): Recommendation to make the following changes for vault elements.

- Current Vault 1.109 – ¼ turn on – ¼ turn off (to land facing away from the table) will be re-numbered to 1.108. No change in vault values.
- Add the following vaults for Xcel

Vault # Name	Xcel Diamond	Xcel Sapphire
1.109 Front Handspring onto board-Handspring off	9.5	9.1
1.110 Front Handspring onto board-Handspring ½ off	9.7	9.2
1.209 Front Handspring onto board- Handspring 1/1 turn off	10.0	9.5
1.111 Front. Handspring onto board- 1/2 turn on – repulsion off	9.5	9.1
1.211 Front Handspring onto board- 1/2 turn on – 1/2 turn off	9.7	9.2
1.311 Front Handspring onto board- 1/2 turn on – 1/1 turn off	10.0	9.5
5.108 RO-FF 1/1 turn on – repulsion off	N/A	9.5

Motion: Nancy Gibson (R5 - Xcel)

Second: Gigi Iavarone (R1 - Tech)

PASSED



20. COP – ELEMENTS (BARS/BEAM/FLOOR): Recommendation to make the following changes to the table of elements.

Uneven Bars

- New Element – Tap Swing – $\frac{1}{2}$, $\frac{1}{2}$ dismount (twisting in one direction, touch of hand is required) – Allowable for Gold/Platinum Only as an “A” VP.

Balance Beam

- Add variation of element #1.204 (B) *From rear stand (back toward beam), jump to clear straddle flight over the beam to land in front support*
- Add variation of element #1.210 (B) *Jump, press, swing to side or cross handstand also exit with walkover forward.*

Floor Exercise

- Add variation of element #1.112 (A) – Add Passe’ hop 1/1 as a variation of element 1.112.
- Add variation of element #2.301 a $2\frac{1}{2}$ (900°) turn on one leg (free leg optional)
- Raise 1.214 “B” Leg Swing Hop 1/1 to 1.314 “C”
Raise 1.314 “C” Leg Swing Hop 1 1/2 to 1.414 “D”
Remove – Leg Swing Hop 2/1 (Previously a “D” – this element is now an “E” in Development Program)

Motion: Windee Weiss (R4 – Tech)

Second: Gail Caspare (R6 – Xcel)

PASSED

21. R&P: Recommendation for Uneven Bars that chalk or water may not be added to the rails or mats once the exercise has begun / while on the competitive equipment.

Motion: Windee Weiss (R4 – Tech)

Second: Dianne Palmer (R2 – Xcel)

PASSED

22. R&P: Recommendation to add regarding scoring: At a State meet and above, a Meet Referee has the authority to allow a judging panel to review a routine to verify that Special Requirements were fulfilled and restricted elements were not performed.

Motion: Sue Kane (R5 – Tech)

Second: Gail Caspare (R6 – Xcel)

PASSED

23. R&P: Recommendation to add under Inquiry regulations: Any inquiry to raise a score .10 or less on the lowest event score to qualify to the State or Regional meet applies ONLY to All Around athletes.

Motion: Windee Weiss (R4 – Tech)

Second: Nancy Gibson (R5 – Xcel)

PASSED

24. R&P: Recommendation to add: A Meet Referee may watch a video (if available) prior to the submission of an inquiry to determine if that inquiry should move forward.

Motion: Jane caruso (R7 – Tech)

Second: Pam Kitchen (R8 – Xcel)

PASSED



- 25. R&P, CODE OF POINTS (COP) – VAULT:** Recommendation for Divisions Gold – Sapphire to require Vault numbers to be visually displayed at any sanctioned competition utilizing a 4-judge panel. Vault name OR number may be audibly communicated to judges at all other competitions.

Motion: Dianne Palmer (R2 – Xcel)

Second: Windee Weiss (R4 – Tech)

PASSED

- 26. COP – VAULT / BARS / BEAM / FLOOR / GENERAL:** Recommendation to add an option for a 0.15 deduction for a medium step on landing on Vault, UB/BB dismounts, and BB/FX Acro.

Motion: Sue Kane (R5 – Tech)

Second: Jane caruso (R7 – Tech)

PASSED

- 27. COP – VAULT / BARS / BEAM / FLOOR:** Recommendation to add wording to Vault, UB/BB dismounts, and FX Acro: Squat on landing (hips lower than knees) up to 0.30 + 0.50 “Lands in squat position, then falls”.

Motion: Gigi Iavarone (R1 – Tech)

Second: Gail Caspare (R6 – Xcel)

PASSED

- 28. COP – VAULT:** Recommendation to change the deduction for under-rotation of salto vaults from a flat 0.10 to “Up to 0.10”.

Motion: Gigi Iavarone (R1 – Tech)

Second: Megan Bankole (R4 – Xcel)

PASSED

- 29. COP – BARS:** Recommendation for Diamond and Sapphire to accept the proposal for adding additional examples under COP– Uneven Bars – Page 14/15 – #10 Letter d. with an approved chart for dealing with values of elements with ½ turns that finish on the same side of the bar (short side ½ turns).

Motion: Dianne Palmer (R2 – Xcel)

Second: Marilyn Blilie (R3 – Tech)

PASSED

- 30. COP – BARS:** Recommendation to add:

- to BARS #2.205 element description: From cast in regular grip on HB, swing down with grip change to cross grip and ½ turn in range of hang position and swing backward in straddle or pike with flight over LB to hang.
- an additional example of No deduction for insufficient amplitude of cast at Diamond or Sapphire if cast is followed by #2.205.

Motion: Jane Caruso (R7 – Tech)

Second: Megan Bankole (R4 – Xcel)

PASSED

- 31. COP – BARS:** Recommendation to rearrange Bars element box and add:

- #8.107 b – add a ½ turn to salto and move to B Element column, resulting in a new element #8.207 c.
- #8.207 (now b) – add to end of description “or from a counterswing”.

Motion: Marilyn Blilie (R3 – Tech)

Second: Dianne Palmer (R2 – Xcel)

PASSED



32. COP – BARS: Recommendation to change the value of the following elements:

- a. #8.307 (C) From HB – swing down forward between bars in reverse grip, salto forward tucked, piked, or stretched with 2/1 (720°) twist – Change to #8.407 (D).
- b. Remove from Xcel – #8.407 (D) From HB—swing down forward between bars in reverse grip, salto forward tucked, piked, or stretched with 2 ½ (900°) twist. This is now an “E” in the Development Program.

Motion: Megan Bankole (R4 – Xcel)

Second: Windee Weiss (R4 –Tech)

PASSED

33. COP – FLOOR: Recommendation to add to Floor element # 7.101: “A one-foot take-off will appear as an aerial/side salto but will NOT be considered a salto for Special Requirement purposes.

Motion: Dianne Palmer (R2 – Xcel)

Second: Gigi Iavarone (R1 – Tech)

PASSED

DISCUSSION – The committee discussed the following topics, but **NO ACTION** was taken:

1. Development of a judges course for Platinum, Diamond, and Sapphire.
2. Clarification that New Element Evaluation sheets are valid for only the athlete for which the element was submitted. Additional athletes wishing to compete the element will need to submit their own evaluation sheet to the Region Technical Committee Chair.
3. Platinum: Allow for one (1) ‘C’ Acro or Dismount that would count as a ‘B.’
4. Bars: Coach lifting gymnast to high bar to begin the bar routine would be a 0.50 deduction for spot.
5. Modify Beam element 5.106 to add the partial handstand.

ACTION ITEMS

1. Update New Element Evaluation Form by removing instructions to post any new elements evaluated by the RTCC on the Regional website.
2. *Xcel Code of Points*:
 - a. Add Sapphire rules to the *Xcel Code of Points*.
 - b. Clarifications:
 - i. Add Clarification to the *Xcel Code of Points* that the order of Special Requirements within a routine does not matter.
 - ii. Floor-20 – Clarifications regarding connections. Letter C. Remove Platinum/Diamond reference.
 - c. Appendix: Develop appendix materials for including judging sheets, shorthand cheat sheets.
 - d. Update the first page of the Table of Elements for Uneven Bars, Beam, and Floor referring to them as Additional A's. Will add to this page: :
 - i. Elements that are specific to Xcel which are open to all Divisions
 - ii. Any elements that are modified from the Development Program
 - e. Floor element 3.002 – Update language consistent with the same element on Beam. Change wording to “feet together.”

ADJOURN: Recommendation to adjourn at 7:43 pm on May 16.

Motion: Evelyn Chandler (R8-Tech)

Second: Nancy Gibson (R5-Xcel)

PASSED