



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

Tuesday, May 12, 2026

Sheraton Oklahoma City Downtown – Oklahoma City, Oklahoma

The meeting was called to order by Claudia Kretchmer (National Xcel Committee Chair) and Linda Thorberg (National Technical Committee Chair) at 12:30 pm.

Roll Call:

Position	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	Laurie Reid	Voting
Region 3	Louise Janecky	Marilyn Blilie	Voting
Region 4	Megan Bankole	Windee Weiss	Voting
Region 5	Nancy Gibson	Kathleen Edwards	Voting
Region 6	Gail Caspare (via Zoom)	Pat Panichas	Voting
Region 7	Jen Skorski	Jane Caruso	Voting
Region 8	Pam Kitchen	Evelyn Chandler	Voting
Women's Technical Director	Nichole Otterson		Non-Voting
Xcel Program Manager	Heather Ould		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 2026–2027 season, scheduled to begin August 1, 2026.

- CODE OF POINTS – VAULT (ALL DIVISIONS):** Recommendation to add that the coach may ask for the score of the first vault prior to the second vault.
MOTION: Jill Preston (R1 – Xcel)
SECOND: Marilyn Blilie (R3 – Tech)
PASSED
- CODE OF POINTS – BARS (SAPPHIRE):** Recommendation to modify the Sapphire Special Requirement #3 – Minimum of “B” Turn, or 2nd 360° circling skill (**minimum “B”** & different from SR#2), not in mount or dismount, or **minimum “B”** release, not in the dismount.
MOTION: Dianne Palmer (R2 – Xcel)
SECOND: Evelyn Chandler (R8 – Tech)
PASSED
- CODE OF POINTS – BARS:** Recommendation to modify the skill description for BARS #4.102 (“A”) – **From a cast or clear support on HB** – long hang pullover to front support. **Add to the description a clarification that the cast and pullover may both receive VP to fulfill SR if applicable.**
MOTION: Gail Caspare (R6 – Xcel)
SECOND: Laurie Reid (R2 – Tech)
PASSED



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4. **CODE OF POINTS – BARS:** Recommendation to modify the skill description for BARS #8.006 ("A") sole circle variation –**From squat, straddle, or stoop position** toe-on (sole circle) to stand. (Bronze/Silver)
MOTION: Diane Palmer (R2 – Xcel)
SECOND: Laurie Reid (R2 – Tech)
PASSED
5. **CODE OF POINTS – BARS:** Recommendation to add a variation to BARS #8.010 ("A") – Cast stoop through or swing forward back kip-up to brief rear support (touching HB with back of thighs) salto backward, tucked, piked, or stretched – **also with a ½ (180°) turn.** ("A") (Gold/Platinum/Diamond/Sapphire ONLY)
MOTION: Kathleen Edwards (R5 – Tech)
SECOND: Loui Janecky (R3 – Xcel)
PASSED

THE FOLLOWING RECOMMENDATIONS WERE BROUGHT FORWARD FROM THE JOINT DEVELOPMENT PROGRAM/TECHNICAL COMMITTEE MEETING.

6. **RULES & POLICIES – VIDEO REVIEW (ALL DIVISIONS):** Recommendation to allow the video review process to review a video in regular, slow motion, or freeze frame to evaluate items that are allowed under video review. This would also apply to the inquiry process where a meet referee may watch a video to determine if the inquiry should move forward.
MOTION: Megan Bankole (R4 – Xcel)
SECOND: Jane Caruso (R7 – Tech)
PASSED
7. **CODE OF POINTS – UNEVEN BARS:** Recommendation to add a variation to BARS #7.203 ("B") – sole circle backward piked with flight from high bar to regrasp low bar.
MOTION: Dianne Palmer (R2 – Xcel)
SECOND: Jane Caruso (R7 – Tech)
PASSED
8. **CODE OF POINTS/RULES & POLICIES (as applicable) (ALL DIVISIONS):** Recommendation to adopt the following changes as passed by the Joint Development Program/Technical Committee.
- **GENERAL – SCORE VERIFICATION SHEETS** – Recommendation to remove the requirement of written back up (verification heat sheets) to be used at State meets and above and instead allow State and Regional committees the option to use (or not use) for State and Regional championships.
If a verification sheet is not used, the Chief Judge must document all individual scores, the average score, and any neutral deductions.
 - **PETITION (Applies to any Xcel Division that qualifies to Regional Championships – Divisions may vary by Region):** Recommendation to update petitioning process to Regional Championships as it relates to an athlete injured at State meet:
Athlete injured at State Meet:
If an athlete is injured at state meet:
 - **Athlete competed 2 or less events** – Use the regular injury petition procedure.
 - **Athlete competed 3 events** – Use the regular injury petition procedure **OR** utilize the process for athletes unable to complete their fourth event.



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Coach must follow the below 2-step process when petitioning an athlete who is unable to complete her fourth event:

1. Complete Injury Petition Form and provide required documentation; and
2. Complete "Petition Form to Regional Championships" and provide the following required documentation.
 - a. The athlete's score from her first three (3) events is provided and must be equal to or greater than 75% of the required petition score.

Regional qualifying score + 1.00 = Regional petition score

- b. Documentation of a score for the 4th event (that was not competed) from a meet during the current competitive season that is equal to or greater than the remaining score to meet the total petition requirement.

Example:

Regional petition score =35.00

Three (3) event score at state meet = 27.2 (for vault, bars, and beam)

Provides documentation for a floor score that is 7.8 or higher.

- c. Documentation provided from the state meet injury report form to verify injury at the state meet.

- **VAULT** – Recommendation to require the Chief Judge to notify the coach if any judge on the panel voided the Vault performed.
- **BEAM** – Recommendation to require competitions using a draw for individual competitive order, the first athlete scheduled to compete must begin the beam warm-up, regardless of whether she chooses to block warm-up time or warm up individually. Athletes may then be grouped by beam height setting for the remainder of the warm-up. If the first athlete elects to block warm-up time with additional athletes, those athletes must warm up with the first competing athlete.
- **BEAM** – Recommendation to require Meet Directors (at State meets and above) to provide an audible sound device (bell, whistle, etc.) to signal Warning and Time.
- **FLOOR – MATTING** – Recommendation to permit removal of floor mats during a routine, regardless of their placement on the floor exercise area. When removal is required, coach may enter the floor exercise area to remove the matting.
- **FLOOR – MUSIC FAILURE** – Recommendation to update floor music regulations to reflect that music failure (stoppage and/or malfunction) during the routine is NOT considered equipment failure. The athlete must continue without the music and no deduction will be taken for:
 - Absence of music
 - Failure to show synchronization of music with ending pose
 - Musicality-during the section performed without music

MOTION: Megan Bankole (R4 – Xcel)

SECOND: Kathleen Edwards (R5 – Tech)

PASSED



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THE FOLLOWING RECOMMENDATIONS WERE MADE TO ALIGN WITH THE 2026–2030 DEVELOPMENT PROGRAM CODE OF POINTS.

9. CODE OF POINTS – ELEMENTS: Recommendation to make the following element modification on the Xcel Code of Points.

- **Remove BARS #5.403 Variation** – HS on HB-swing down forward (back facing LB) in reverse grip, backward swing, release and 1/2 (180°) turn in flight between the bars to catch LB in hang (Ejova) **(Old Value “D” / New Value “E” in DEV)**
- **BEAM #2.201** – From Cross position-jump with a ¼ (90°) turn to Split jump in side position **(Old Value “C” / New Value “B”)**
- **BEAM #2.202** –
 - From Cross position jump with a ¼ (90°) turn to straddle-pike jump or side-split in side position – (180°) leg separation **(Old Value “C” / New Value “B”)**
 - Straddle-pike jump or side split jump in side position – (180°) leg separation with ¼ (90°) turn to finish in cross position **(Old Value “C” / New Value “B”)**
- **BEAM #2.302** – From Cross position jump with ½ (180°) turn to straddle-pike jump or side-split in cross position – (180°) leg separation **(Old Value “D” / New Value “C”)**
- **BEAM #2.207** – Sissonne, take off from both legs, land on one leg (legs in a diagonal position with 180° leg separation; front leg a minimum of 45°) **(Old Value “A” / New Value “B”)**
- **BEAM #9.406** – Salto backward tucked, piked, or stretched with 2/1 (720°) twist dismount **(Old Value “C” / New Value “D”)**

MOTION: Evelyn Chandler (R8 – Tech)

SECOND: Nancy Gibson (R5 – Xcel)

PASSED

10. CODE OF POINTS – DEDUCTION (ALL DIVISIONS): Recommendation to modify the squat on landing deduction to include; knee compression less than 90 angle / extreme knee bend extending past the toes.

Up to 0.30	Squat on landing • hips lower than knees OR knee compression less than a 90° angle / extreme knee bend extending past the toes
+ 0.50	Lands Acro element / Dismount in squat / compressed position, then falls

MOTION: Jill Preston (R1 – Xcel)

SECOND: Windee Weiss (R4 – Tech)

PASSED



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- 11. CODE OF POINTS – DEDUCTION (ALL DIVISIONS):** Recommendation to modify the deductions for additional trunk movement / arm swing(s) to maintain balance / control upon landing.

V, UB / BB dismounts, and FX Acro elements.	
up to 0.20	Additional trunk movement(s) / arm swing(s) to maintain balance / control upon landing: • Applies to stuck landings • Applies to landings that involve step(s) and trunk movement / arm swing(s) used to prevent further step(s) • Do NOT apply if trunk movement / arm swing(s) lead to step(s) on landing; ONLY deduct for step(s)

MOTION: Gail Caspare (R6 – Xcel)

SECOND: Kathleen Edwards (R5 – Tech)

PASSED

- 12. CODE OF POINTS – DEDUCTION (ALL DIVISIONS):** Recommendation to modify the Specific Artistic Performance Deductions Throughout the routine on Beam and Floor replacing applicable current deductions and/or descriptions.

BALANCE BEAM

SPECIFIC ARTISTIC PERFORMANCE DEDUCTIONS THROUGHOUT THE ROUTINE (Applies to Non-VPs)

Up to 0.40 Up to 0.20 Up to 0.10 Up to 0.10	CHOREOGRAPHY Lack Of Purposeful Choreography • Excessive preparation; unnecessary steps/adjustments without choreography (tapping the end of the Balance Beam) • All body parts should be involved in creating interesting positions and movement Choreography Performed In All DIRECTIONS • Missing connections of movements sideward and backward (0.05 for each missing direction) Lack Of Variety Of Focus Changes, Poses, Phrases/Connections • Routine should contain different focus points off and away from the beam
Up to 0.20 Up to 0.10 Up to 0.10	RHYTHM AND TEMPO Insufficient variation in rhythm and tempo in non-VP's A series of disconnected movements; appears fragmented and lacks continuity
Up to 0.20	SURENESS Lacking sureness of performance throughout (performs cautiously/tentatively)
Up to 0.30	BODY POSTURE (Head, shoulders, trunk) • Consider: shoulders down, chin lifted when appropriate, neck long, core straight and pulled in
Up to 0.30	FOOTWORK (Feet not pointed/relaxed/turned in) • Use of relevé and high toe throughout, feet are tight/extended when leaving beam for kicks, balance movements, etc. • Feet should not be sickled on the beam or in the air • Steps go through toe-ball-heel
Up to 0.20 Up to 0.10 Up to 0.10	DYNAMICS Insufficient Amplitude Of Choreographed Movements • Consider: Movements done to the fullest; through maximum range of motion, tight and controlled; energy coming off fingertips Energy Maintained Throughout Routine • The energy demonstrated at the end of the routine should be similar to the level of energy demonstrated at the beginning.



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FLOOR

SPECIFIC ARTISTIC PERFORMANCE DEDUCTIONS THROUGHOUT THE ROUTINE (Applies to Non-VPs)

Up to 0.40 Up to 0.15 Up to 0.15 Up to 0.10	CHOREOGRAPHY Lack of Purposeful Choreography - More than one step to close the feet together (<i>without choreography</i>) in preparation for an Acro pass (0.05 ea. pass) - All steps and arm movements should be choreographed (not just moving) Lack of Focus Changes/Projection - Focus should be down only when consistent with choreography - Head should focus in different directions other than where body is facing Lack of Variety Of Poses, Phrases / Connections - All body parts should be involved in creating interesting positions and movement
Up to 0.20	MUSICALITY - Gymnast movements should be congruent with the music - Gymnast should convey a theme with music/movements - Gymnast should demonstrate changes in tempo/rhythm
Up to 0.20	EXPRESSION - Performance quality conveys emotion and engages audience/judge - Facial expressions are consistent with the character of the choreography and music
Up to 0.30	BODY POSTURE (Head, shoulders, trunk) Consider: shoulders down, chin lifted where appropriate, neck long, core straight and pulled in
Up to 0.30	FOOTWORK (Feet relaxed / turned in / not pointed) - Use of relevé and high toe throughout, feet are tight/extended when leaving floor for kicks, balance movements, etc. - Feet should be extended, not sickled or flexed, on the floor or in the air - Steps go through toe-ball-heel (unless matching character of routine)
Up to 0.20 Up to 0.10 Up to 0.10	DYNAMICS Insufficient Amplitude of Choreographed Movements - Consider: Movements done to the fullest; through maximum range of motion, tight and controlled; energy coming off fingertips Energy Maintained Throughout Routine - The energy demonstrated at the end of the routine should be similar to the level of energy demonstrated at the beginning

MOTION: Evelyn Chandler (R8 – Tech)

SECOND: Nancy Gibson (R5 – Xcel)

PASSED

13. **CODE OF POINTS – DEDUCTION (ALL DIVISIONS):** Recommendation to modify the Vault deduction – Incorrect foot form (flexed/sickled) throughout.

up to 0.10	Incorrect foot form (flexed / sickled) throughout
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MOTION: Nancy Gibson (R5 – Xcel)

SECOND: Laurie Reid (R2 – Tech)

PASSED



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14. CODE OF POINTS – BARS: All release elements performed from high bar to low bar must touch or grasp with both hands to receive VP credit.

MOTION: Gail Caspare (R6 – Xcel)

SECOND: Pat Panichas (R6 – Tech)

PASSED

CLARIFICATIONS – The committee is clarifying the following items (No vote required).

- **FLOOR #5.104 ("A")** – Clarify hand support in flight phase – Cartwheel on one or both arms with or without flight phase (**before or after hand support**), also aerial cartwheel.
- **BEAM –Page 10** – Modify text to clarify within the Examples of Elements Considered Different for the Counting of VP – #7.104 Back walkover and ~~right~~ back walkover that lowers down onto the **first right** knee.
- **BEAM/FLOOR** – Clarification to include the word "pivot" into examples that break a connection.
- **FLOOR #5.106** – Clarify that Backhandspring – Two foot and step out considered the same element on floor

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

- Requirement of Xcel Course completion for judges.
- Beam – Split requirement if walkover type elements are performed in an Acro series.
- Floor – Athletes be guaranteed a minimum of 30 seconds when warming up between competitive routines on floor. Warm-up may extend beyond 30 seconds until judges are ready to proceed. Coaches may request additional warm-up time from the Chief Judge if needed.
- Floor #3.003 – Handstand (Vertical mark)
- Bars – Sole Circle – No hip lift straddle on.
- Next Xcel Code of Points – Floor Bronze – Consider requiring an element to pass through vertical.

ADJOURN: Recommendation to adjourn at 5:10pm.