



2025 – 2026 Program Update

### WEBSITE RESOURCES



### **COMMITTEE MEETING MINUTES**



COMMITTEE MEETING MINUTES ARE POSTED ON THE WEBSITE.

### **RULES & POLICIES**



WILL BE UPDATED AND POSTED ON THE WEBSITE

**PUBLICLY ACCESSIBLE TO ALL MEMBERS** 

### **WEBSITE RESOURCES**



### **Xcel WEB PAGE**



- Program philosophy
- Announcements
- Educational materials
- Shortcut to courses
- Appendix
- Xcel Updates

### **OPERATING CODE**



Updated following changes in the August Women's Program Committee Meeting



# ANNOUNCEMENTS



- Established in 2024
- Awarded to a program that demonstrates the Xcel program philosophy



### **Sportsmanship**

- Graciousness in victories and defeats.
- Respecting and supporting opponents.



### Leadership

 Active leadership within the gymnastics and local community through participation and volunteering.



### Teamwork

- Cooperation within your group, team, and the gymnastics community.
- Willingness to work together.



### Fun

- Coaches are supportive of the individual athlete experience regardless of the outcome in competition.
- Creating an enjoyable experience.



# **2025 Regional Nominees**

1

American Gymnastics
Academy

Signal Hill, CA

5

Becca's Place Gymnastics Inc.

Cecilia, KY

2

Palouse Empire Gymnastics

Moscow, ID

6

**Bath YMCA** 

Bath, ME

3

**JET Gymnastics** 

Littleton, CO

7

Metzler's Gymnastics Center

Downingtown, PA

4

**Power and Grace** 

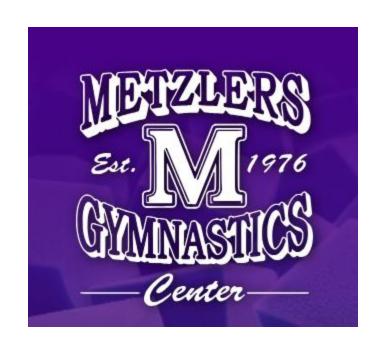
Sioux Falls, SD

8

JamJev Gymnastics Birmingham, AL







# Congratulations!

# Metzler's Gymnastics Center Downingtown, PA



# **Xcel National Competition**

- This year the Xcel committee submitted a proposal to the USA Gymnastics national office to establish a national competition for the Xcel Program.
- Next steps in the process:
  - Finalizing qualification rules
  - Judges selection process
  - Confirming event logistics
  - Determine start date
- Stay tuned! More information to come as details are finalized!



## **Xcel Code of Points - Extended to 2028**

- The 2022-26 Xcel Code of Points will be extended through July 2028
  - Following 2028 the Xcel Code of Points will continue to be published every four years (2028-32, 2032-36, etc.).

#### · Why?

- Distribute workload for the technical committee who works with both the Xcel and Dev programs. Work which includes:
  - Development of the Code/s
  - Judges testing and development of materials
  - Base Scores for State, Regional, and National Meets
  - Updating all appliable online courses
- Stagger production cycles across the Women's Program of all Code of Points/compulsory book.
- Allow coaches that work within both the Xcel and Dev programs to learn one new set of rules at a time when preparing their athletes.



# **Xcel Code of Points - Extended to 2028**

- What should I know leading up to the next Xcel Code?
  - Committees will still meet each May and vote on rule changes each year.
  - The committees have already begun looking at possible changes in 2028.
    - Please share your feedback with Regional Xcel and technical committee chairs.
    - A survey will also be developed to seek feedback from membership.

More information posted on the Xcel Web Page under Updates







# BEGINNING IN 2026, USA GYMNASTICS IS TRANSITIONING TO A DIGITAL ONLY E-BOOK FORMAT FOR ALL WAG MATERIALS.

The Xcel Code of Points will transition to digital only in 2028.

### WHY WAS THIS DECISION MADE???

Printed materials were often out of date shortly after being released, due to frequent updates and corrections.

It was hard for members to know if they had the most current version, and replacing individual pages was timeconsuming and confusing.

The digital format ensures everyone has access to the latest version in one easy-to-find place.

Materials will be available faster—no more waiting for printing or shipping, and no more back orders.

You can access the materials on your phone, tablet, or computer (compatible with both iPhone and Android).

There are no shipping costs for you, and no more issues with binder quality, missing supplies, or delayed shipments.

This change helps us provide accurate, up-to-date information more quickly and efficiently—while making it easier for you to stay informed.

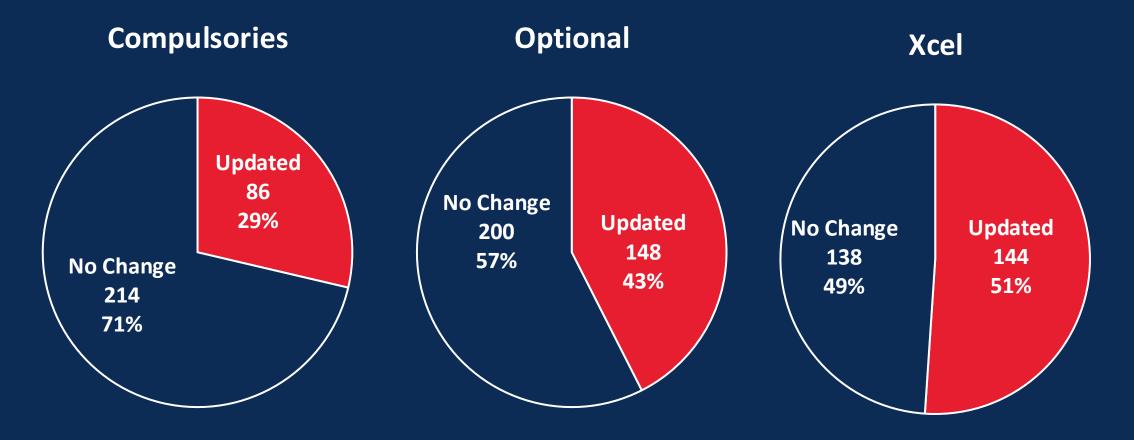
#### STILL WANT YOUR PRINTED COPY? NO PROBLEM!

Users can download and print a PDF from the digital version.



# % of Code that has been updated

(through January 2025)





# 2029-2037 Compulsory Choreography Position

Co-create Level 4 Beam & Floor routines

Application is now open.

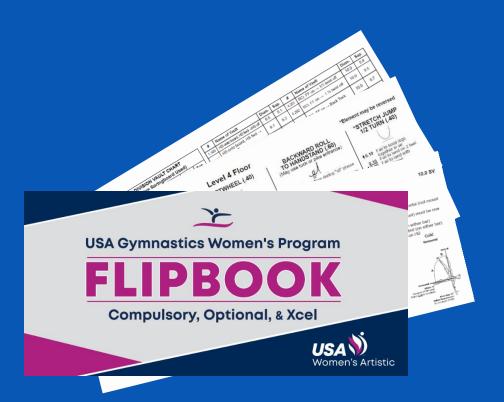




# **Educational Resources Available!**



Errata with summary of changes will be made available this summer!



All Xcel online courses will be updated with changes from the committee meetings this summer!

MEMBERSHIP

**EDUCATION** 

Launched in 2025!

Xcel
Platinum – Sapphire
Course



The following clarifications and recommendations for change are to be effective for the 2025-2026 season, scheduled to begin August 1, 2025.

(Unless otherwise noted)

# WHO MADE THAT RULE???



**ADMINISTRATIVE (ADMIN) COMMITTEE MEETING** 



**DEVELOPMENT PROGRAM (DEV) COMMITTEE MEETING** 



**XCEL COMMITTEE MEETING (XCEL)** 



**TECHNICAL COMMITTEE MEETING (TECH)** 



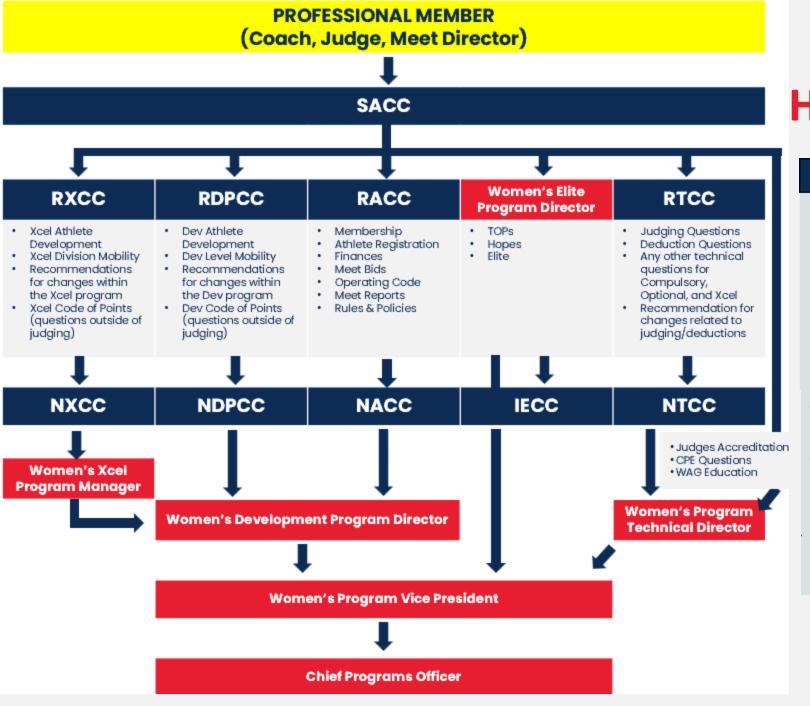
JOINT DEV/TECH COMMITTEE MEETING



JOINT XCEL/TECH COMMITTEE MEETING

Many Motions were passed by BOTH Joint Committees or both Dev and Xcel Committees.





# Utilize the HOTLINE for Questions

#### KEY

#### State

SACC - State Administrative Committee Chair

#### Regional

RXCC - Regional Xcel Committee Chair

RDPCC – Regional Development Program Committee Chair

RACC - Regional Administrative Committee Chair

RTCC - Regional Technical Committee Chair

#### **National**

NXCC - National Xcel Committee Chair

NDPCC - National Development Program

Committee Chair

NACC - National Administrative Committee Chair

IECC - International Elite Committee Chair

NTCC - National Technical Committee Chair

**Committee Chair** 

Staff





# GENERAL

# Meet Director Responsibilities: Pre-Meet Requirements

Meet Directors must notify clubs of any rotation or session splits **prior to the competition start date** to help prevent scheduling conflicts and to allow time for clubs to add additional coaches to the sanction if needed.



### **Verification Heat Sheets**

### At State meets and above -

Verification heat sheets are required to be used.

**At local or invitational meets,** their use is left to the discretion of the Meet Director.

- If a verification sheet is not used, the Chief Judge must document:
  - both individual scores
  - the average score
  - any neutral deductions.





# **Judging Panel Requirements**

### At all Xcel competitions:

- A two (2) judge panel is <u>required</u> at the Platinum, Diamond, and Sapphire Divisions for all mobility and qualifying meets.
- A one (1) judge panel may be used for mobility at Bronze, Silver, and Gold.





# **Regional Judge Selection Process**

Update Officials section regarding Regional Judge Selection process:

• Include the Regional Administrative Committee Chairman (RACC) in the process of receiving judge recommendations submitted by the State Administrative Committee (SAC).



# Photographer role

Clarify restrictions on photographer roles for private clubs or contracted individuals:

Any private club or contracted photographer/videographer
must have an agreement with the Meet Director and is not
permitted to hold a dual role (e.g., coach and photographer)
while present on the field of play.



### Video Review

- Clarify the video review process to address judges' affiliation with an event:
  - At all Xcel sanctioned competitions, a coach may request a video review by the Meet Referee and highest rated judge unaffiliated with that event (if video is available) following an inquiry.
    - If the Meet Referee or highest rated judge is affiliated with the athlete in question, the video review will be conducted by the next two (2) highest rated judges unaffiliated with the athlete, or the highest rated unaffiliated judge and a USA Gymnastics officer.





### **General Deductions**

### **Chief Judge:**

 Add to Acceptable Attire: Sports bra, with exposed straps, may be black, match the leotard, be the athlete's skin tone, or clear in color.



### **Judging Panel:**

• No Dismount: Recommendation to remove the <u>0.30</u> deduction for no dismount.



- Xcel –This affects bars and beam.
- Dev This affects bars, beam, and floor (Levels 6-10)



# **Equipment – Alternate Skill Cushion**

- Alternate Skill Cushion Made of Softer Foam:
  - Recommendation to allow (if available on an event) an alternate skill cushion made of softer foam (minimum of 4 ft. x 6 ft. x 8 in.) to be used in warm-ups at all sanctioned competitions.





### **Medical Assessment**

If an athlete requires medical assessment due to injury, they may complete the routine and resume competition within the same session once medically cleared.

 A 30-second touch warm-up may be allowed upon return.







# VAULT

# Vault Values – New Vault for <u>Platinum</u>

#4.201

Round-off, flic-flac on - 1/1 turn (360°) off

10.0 Start Value







#### **CODE OF POINTS**

# VAULT VALUES PLATINUM, DIAMOND, & SAPPHIRE

The Joint Xcel/Tech committee reviewed the entire vault table and updated values for multiple vaults.

- Sapphire:
  - Raised most vault start values.
  - Increased the number of vaults starting at a 10.0
- **Diamond:** Raised the value for 9 vaults
- Platinum: Raised the value for 3 vaults and added the new vault





#### **CODE OF POINTS**

### **CHANGES**

Old value in **Black** / New Value Shown in **Blue**.

The full updated vault table will be added to the Code and Appendix materials.

This table <u>only</u> shows Vaults that had Changes

Xcel Code #	Name of Specific Allowable Vault	Platinum Start Value	Diamond Start Value	Sapphire Start Value
1.101	Handspring	9.7 / 9.8	9.4 / 9.5	9.0 / 9.2
1.102	Handspring → ½ twist off	9.9	9.6	9.1 / 9.4
1.103	Yamashita	9.7 / 9.8	9.4 / 9.5	9.0 / 9.2
1.104	Yamashita → ½ twist off	9.9	9.6	9.1 / 9.4
1.105	½ twist on → ½ twist off OR ¼ twist on → ¾ twist off	9.9	9.6 / 9.7	9.1 / 9.4
1.106	¼ – ½ (90°–180°) turn on → repulsion off - to land facing the table (Re-word to match the language in the table of elements)	9.7	9.4 / 9.5	9.0 / 9.2
1.108	¼ twist on → ¼ twist off - to land facing away from the table	9.7	9.4 / 9.5	9.0
1.109	Handspring forward onto board – handspring forward on → repulsion off		9.5	9.1 / 9.3
1.110	Handspring forward onto board – handspring forward on → 1/2 (180°) turn off		9.7	9.2 / 9.5
1.111	Handspring forward onto board = ½ – ½ (90°–180°) turn on → repulsion off		9.5	9.1 / 9.3
1.201	Handspring → 1/1 twist	10.0	10.0	9.4 / 9.6
1.202	Handspring → 1 ½ twist		10.0	9.5 / 9.8
1.203	Yamashita → 1/1 twist	10.0	10.0	9.4 / 9.6
1.205	1/2 twist on → 1 1/2 twist off OR 1/4 twist on → 1 3/4 twist off		10.0	9.6 / 9.8
1.206	½ twist on → 1/1 twist off OR ¼ twist on → 1 ¼ twist off	10.0	9.9	9.4 / 9.6
1.207	1/1 twist on → Handspring or Yamashita off	10.0	10.0	9.5 / 9.6
1.208	1/1 twist on → ½ twist off	10.0	10.0	9.6 / 9.8
1.209	Handspring forward onto board – handspring forward on → 1/1 (360°) turn off		10.0	9.5 / 9.7
1.211	Handspring forward onto board $\underline{\underline{}}$ (180°) turn on $\rightarrow$ 1/2 (180°) turn $\underline{}$ off OR ¼ (90°) turn on $\underline{}$ ½ (270°) turn off		9.7	9.2 / 9.5
1.311	Handspring forward onto board $-\frac{1}{2}$ (180°) turn on $\rightarrow$ 1/1 (360°) turn off OR $\frac{1}{2}$ (90°) turn on $\rightarrow$ 1 $\frac{1}{2}$ (450°) turn off		10.0	9.5 / <b>9.7</b>
3.201	Tsukahara → Back Tuck		10.0	9.7 / 9.9
3.303	Tsukahara → Back Pike		10.0	9.8 / 10.0
4.101	RO, FF on → Repulsion (with flight to feet) off	9.7 / 9.8	9.4 / 9.6	9.0 / 9.2
4.102	RO, FF on → Repulsion ½ twist off	9.9	9.6 / 9.8	9.1 / 9.4
4.201	RO, FF on → 1/1 twist off	New - 10.0	10.0	9.4/ 9.6
4.202	RO, FF on → 1 ½ twist off (Allen)		10.0	9.5 / 9.8
4.203	RO, FF on → Back Tuck		10.0	9.7 / 9.9
4.304	RO, FF on → Back Pike		10.0	9.8 / 10.0
5.101	RO, FF ½ on → Handspring		9.6 / 9.8	9.1 / 9.4
5.102	RO, FF ½ on → ½ twist off		9.8 / 9.9	9.2 / 9.6
5.107	RO, FF 1/1 on → ½ twist off			9.6 / 9.8
5.108	RO, FF 1/1 on → repulsion off			9.5 / 9.7
5.201	RO, FF ½ on → 1/1 twist off		10.0	9.6 / 9.8
5.202	RO, FF ½ on → 1 ½ twist off		10.0	9.8 / 10.0



### **Deductions**

• Add: Gymnast fails to punch board simultaneously with two feet. - 0.20 (Bronze-Sapphire / Level 1-10)



 Silver: Add the current Bronze Vault 2 deduction to Silver vault deductions:



Contacting the mat stack with the hands after vertical:

- Contact from 1° to 45° past vertical .05-.50
- Contact from 46° to 89° past vertical .55-1.0



### **Equipment - Vault Mat Stack (Bronze & Silver)**

Allowable Placement of Mat Stack for Bronze and Silver

### The mat stack may be placed:

- on the floor
- on the Vault runway
- or on the competition landing mat (CLM).





### **Equipment - Spring Board on Vault Apparatus**

The placement of a springboard on the vaulting table is **strictly prohibited at all times**, including during open stretch and warm-up periods. The Meet Director is responsible for enforcing this rule.







# BARS

### **CODE OF POINTS**

## **Elements – Value Changes**

Element	Dev	Xcel
6.301 / 6.401		
Variation: Stalder forward to handstand with 1/1 (360°) turn on one arm after handstand phase (Healy) to L or mixed-L grip. (Increase value of BARS 6.301 "C" to 6.401 "D")	Raise to "D"	Raise to "D"
Variation: Stalder forward to handstand, also with $\frac{1}{2}$ (180°)turn in handstand phase to #6.401 ("D").	Raised to "D" <u>last</u> <u>year</u>	Raise to "D"
BARS #6.401 variation: Stalder forward to handstand with 1/1 (360°) turn in handstand phase	Raised to "E" <u>last year</u>	Remove from code
8.401 (Reinstate to "D" for Xcel)  from HB underswing (toe-on or clear) to salto forward tucked with 1/1 (360°) twist to BARS # 8.401 ("D").	No change	Reinstate to "D" (Removed from Code last year)



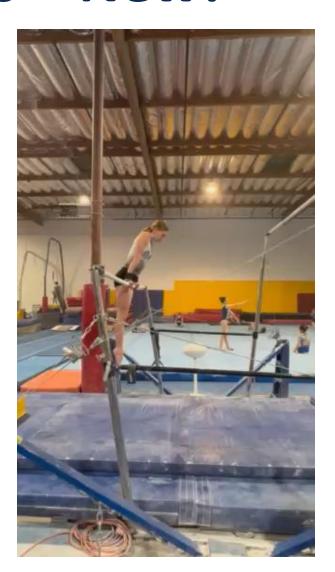


#### **CODE OF POINTS**

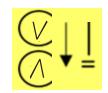
### Elements - New!

#8.008 Silver Only – "A"
From LB sole circle
backward (tucked, piked,
or straddle), circle around
the bar ¾(270°), with
release dismount to stand





#8.009 Gold & Platinum Only - "A"
From HB sole circle backward (piked or straddle), circle around the bar
34(270°), with release dismount to stand



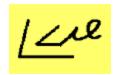


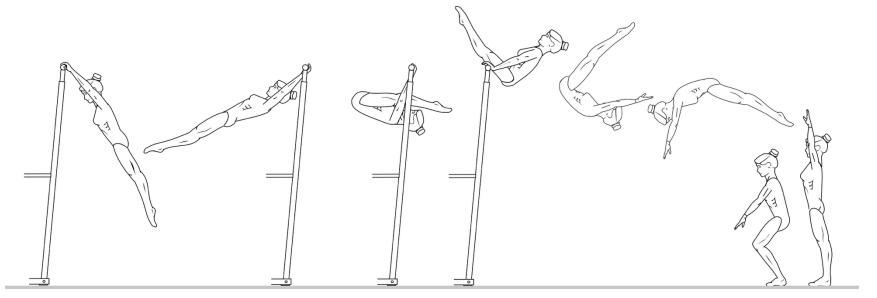


### Elements - New!

#8.010 Gold, Platinum, Diamond, Sapphire – "A"

From HB 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.









### **Deductions – Chief Judge**

### **Add to Chief Judge Deduction:**

A deduction will be applied if a coach applies water or chalk to the uneven bars while the athlete is actively competing on the equipment. No warning is required. This does not apply if the athlete has fallen and is off the equipment.





## **Deduction - Amplitude**

## Provide the guidance when dealing with the <u>0.10</u> amplitude deduction:

- Silver-Sapphire:
  - The <u>0.10</u> amplitude deduction applies to <u>casts only</u>.
  - It does not apply to the amplitude of circling elements. For those elements judges would use the amplitude deductions applicable for each Division.
- Platinum / Diamond / Sapphire:
  - When an extra cast/swing occurs only apply a <u>0.30</u> deduction for extra swing. Do not also apply the additional <u>0.10</u> amplitude deduction.





### **Deduction – Cast**

Cast deductions do NOT apply at Xcel Platinum and Diamond when cast is followed by:

- 1) #2.205 HB facing LB swing down with change to cross grip and ½ turn in range of hang position swing backward with flight over LB to hang on LB ("B")
- 2) #3.203 Underswing (toe-on) with ½ turn and flight over LB to hang on LB ("B")
- 3) #4.204 Long swing forward with ½ turn and flight over LB to hang on LB ("B")
- 4) # 4.306 From HB -swing forward and Salto roll backward to hang ("Peach" Salto) or to clear straddle support ("C")
  - NOT allowed at Platinum Division

(This is similar to the Dev program guidance for Levels 7/8.)





## After a fall – Judging Resumes

After a fall judging resumes with the first element/value part allowed and performed at their division.





## **Equipment Failure**

If the bar cable tension slips while an athlete is competing (after the coach has tightened the tension prior to the start of the routine), it is considered equipment failure. The 0.50 Fall deduction would not apply.







## BEAM

## Sapphire Special Requirement

### Modify the Sapphire special requirement on beam:

• Acro series with a minimum of one (1) flight skill (a minimum of one (1) skill must pass through or achieve vertical or be a salto or aerial).





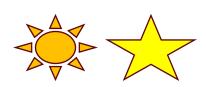
### **Elements – New Variation**

Element	Dev	Xcel
Add a <b>shoulder stand variation</b> to #1.108 Chest or Head Stand mount*	"A"	"A"

\*Mount elements may be performed as elements within the exercise and are considered <u>different</u>.

Xcel – This shoulder stand variation performed as an element in an exercise could meet the vertical requirement if hips are over shoulders.







Examples of Shoulder Stand performed within the exercise

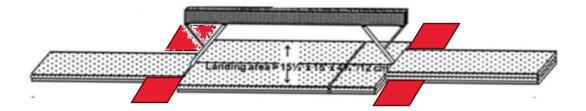




## **Beam Dismount Matting**

Update the Beam dismount matting requirements;

- For competitions held in outside facilities to include a minimum of 4 feet by 4 feet of padding between the end of the Beam and the under-Beam matting.
- This padding may consist of panel mats, carpet-bonded foam, or similar materials.







## **Equipment Failure**

If the Balance Beam end cap detaches while an athlete is in the process of a dismount, it is considered equipment failure. The <u>0.50</u> Fall deduction would not apply.

• The end cap falling off during any other point in the athlete's routine would not be considered equipment failure.







# FLOOR

## Floor Music – Changes to Rules/Process

- The current rules related to music stay in place. (Page. Floor-17 Xcel).
  - The Technical Committee removed the motion from 2024 passed that did not allow the use of human voice or sound starting in 2026.



 The deduction was decreased to <u>0.50</u> for Absence of music or music with words or song / speech"



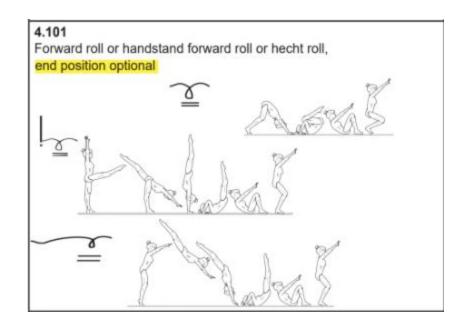
- Music approval
  - Will use the current process for 2025-26
  - A music subcommittee is being established to review and update the process for music approval starting August 1, 2026.

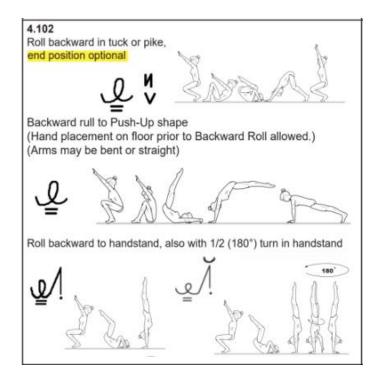




## **Elements – Rolls/Handstand Rolls**

Variations of elements FLOOR #4.101 and FLOOR #4.102 are all considered <u>different elements</u>.









## Leaving the Floor During Routine

**Add Deduction:** A <u>0.50</u> deduction will be applied if a gymnast leaves the floor during the routine.

 This deduction should not be taken in addition to a fall out of bounds or a fall immediately preceding the gymnast leaving the floor for medical evaluation.





### Floor - Additional Matting

• At all sanctioned competitions, two (2) 4-inch mats will be allowed, replacing the previous allowance of one (1) 4-inch mat and one (1) 8-inch mat. The two (2) 4-inch mats may be stacked.



• All matting must be in place **PRIOR** to the start of the routine and cannot be added once the routine has started. A **0.30** unauthorized use of matting deduction will be applied if matting is added after the exercise has begun.



 Mats may be removed during a routine only if taken from the nearest boundary line. The person removing the matting should stay outside the floor area as much as possible. Briefly stepping inside the border marking to remove mats will not result in a deduction.



#### **CODE OF POINTS**

### **Routine Time Limit**

## Modify the floor routine time limit for the following Divisions beginning August 1, 2026:

	New Time Limit	<b>Current Time Limit</b>
Silver	0:45 seconds	1 minute
Platinum	1 minute 15 seconds	1 minute 30 seconds







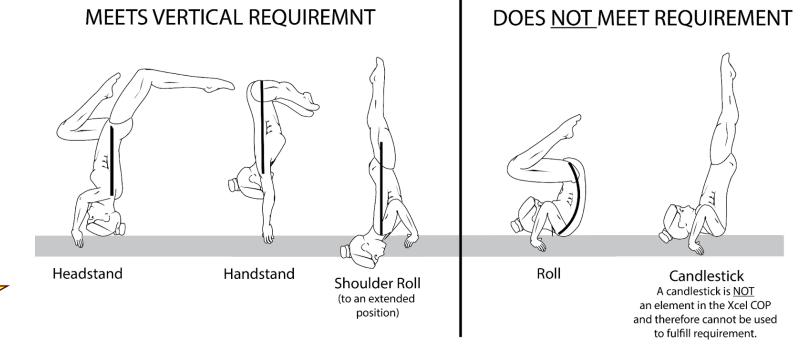


# CLARIFICATIONS & FRIENDLY REMINDERS

### **Code of Points**

### **Beam Vertical**

## Will be adding more clarifications related to "Vertical" elements on Beam to the Code of Points







### Bars, Beam, & Floor

### Specific Individual Element Requirements

Will be developing additional guidance related to elements more often utilized in the Xcel program.

(Similar to the section on Bars-16 & 17)





### **Meet Registration**

### Clarification

An athlete is considered registered or entered in a competition only when her name appears on the club's entry form and the Meet Director has received full payment of all fees (including, but not limited to entry fees, late fees, etc.)



## State/Regional Meets

The Xcel committee at times receives feedback or requests related to establishing subdivisions at championships meets like:

- 1st Year/2nd Year
- Novice/Advanced
- Big Gym / Little Gym

Both the State and Regional Administrative Committees have total jurisdiction over their respective State and Regional Meet.





## MOBILITY NEW RE-ENTRY REQUIREMENTS INTO DEV

Any athlete who has prior competitive experience in the Development Program and then competes in a State meet under an alternative program (e.g., Xcel or another gymnastics organization) must submit a petition to re-enter the Development Program at Level 5 or higher.

**Levels 5–8:** Petitions must be submitted to the SAC.

Levels 9-10: Petitions must be submitted to the RAC.







# Recommendations to the Women's Program Committee (WPC) or National Office

\* These are only <u>recommendations</u>. The WPC meets in August.

### Regional Technical Chair

### **Recommendation to WPC:**

Add language to the eligibility requirements for Regional Technical Chair in addition to holding a National/Brevet rating for 2 cycles;

- 1. Must be a Brevet or hold a National rating for a minimum of two (2) cycles.
- Must have been assigned to judge Level 9 Easterns or Westerns and Level 10 National Championships in the current or previous cycle past 10 years; OR
- 3. Must have coached athletes that competed at E/W and Dev Nationals and are actively judging.





### **Appointment Procedures**

### **Recommendation to WPC:**

To update appointment procedures:

- **Regional Committee Appointments:** Additional members may be appointed by the Regional Administrative Committee Chairman (RACC) with approval from the Regional Administrative Committee (RAC).
- State Committee Appointments: Additional members may be appointed by the State Administrative Committee Chair (SACC) with approval from the State Administrative Committee (SAC).



### **Assistant Committee Chairman**

### **Recommendation to WPC:**

To remove the election requirement of an Assistant Committee Chairman and update to allow for an appointment.

• If the State Administrative Committee Chair (SACC) deems it necessary, an Assistant Committee Chairman may be appointed by the SACC, with approval from the State Administrative Committee (SAC).



### **Removal Procedures**

### **Recommendation to WPC:**

To update removal procedures:

• Grant the National Administrative Committee Chair (NACC) the authority to collaborate with the Women's Program Committee Chair (WPCC) and the USA Gymnastics national office in the removal of a State Administrative Committee Chair (SACC) or Regional Administrative Committee Chair (RACC) in cases of financial negligence, egregious behavior, or similar serious misconduct.



### **Dual Residency**

### **Recommendation to WPC:**

To clarify eligibility criteria for volunteer leadership positions (elected and appointed) in cases of dual residency (e.g., living in one state and working in another):

 Individuals must declare a single state affiliation and are only eligible to run for, be appointed to, and vote on one state committee.



### **Sanction Violation**

Recommendation to USA Gymnastics:

To consider implementing a tiered penalty system for egregious and/or repeated sanction violations.





THE END!