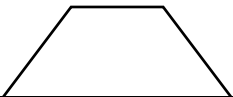
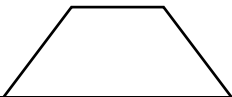
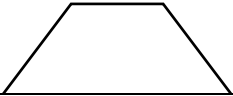


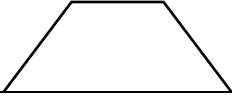








2022 – 2026 USA GYMNASTICS WOMEN'S XCEL PROGRAM
Effective August 1, 2022 – July 31, 2026
Xcel Program Vault Score Sheet (All Divisions)

Division	Start Value	Vault
Bronze	9.0 (4.5+4.5)	Vault 1A: Stretch Jump onto mat stack (SV 4.5); THEN Vault 1B: Kick to Handstand, fall to flat back (SV 4.5).
	10.0	Vault 2: Jump to Handstand – Fall to Flat Back
Silver	10.0	Vault 1: Handspring over mat stack Vault 2: $\frac{1}{4}$ - $\frac{1}{2}$ (90-180°) turn on – repulsion off to feet, landing facing the mat stack.
Gold	10.0 / 9.5 (Alternative Springboard Used)	See Vault Chart
Platinum-Sapphire	See Vault Chart	See Vault Chart

# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score

UNEVEN BARS			Restricted elements (All Divisions) = no VP credit -0.50 off SV			Missing SR = -0.50 off SV		
	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	SAPPHIRE		
SV	10	10	10	10	10	9.6 SV + up to .40 Bonus		
VP	4 “A”	5 “A”	6 “A”	6 “A”, 1 “B”	5 “A”, 2 “B”	3 “A”, 3 “B”, 1 “C”		
Special Requirement (SR)	1. Mount (from LB only)	1. Mount	1. Skill finishing in a clear support at a min. of horizontal (not in the mount or dismount)	1. Skill finishing in a clear support above horizontal (not in the mount or dismount)	1. Skill finishing in a clear support at a min. of 45° from vertical (not in the mount or dismount)	1. Min. of a “B” skill finishing in clear support at vertical (not mount or dismount)		
	2. Cast (hips must leave the bar) (not in the mount or dismount)	2. Cast to a min. of 45° below horizontal (not in the mount or dismount)	2/3. Two 360° circling skills (not mount or dismount) must be one of the following: •Two directly connected same circling elements (performed on either bar); or	2. 360° Circling Skill (not in the mount or dismount)	2. Min. “B” 360° Circling Skill	2. Min. of “B” 360° circling skill		
	3. 360° Circling skill (not in the mount or dismount)	3. 360° Circling Skill (not in the mount or dismount)	•Two different circling elements connected or isolated (performed on either bar); or	3. Kip	3. Additional Min. “B” skill - either a Release, Turn, or 2nd 360° Circling Skill, (same as or different from SR#2)	3. Min. of “B” release, turn, or 2nd 360° circling skill (different from #2)		
	4. Dismount (from LB only; No saltos)	4. Dismount (from low bar or high bar - No saltos)	•Two of the same circling element; one performed on low bar and one performed on high bar.	4. Dismount (from the high bar) (min. “A”)	4. Salto or Hecht Dismount (from the high bar) (min. “A”), or any dismount (min. “B”) from the high bar	4. Min. of “B” dismount OR “C” skill directly connected to an “A” salto dismount		
			4. Dismount (from the high bar)			Bonus: may be achieved from either or both categories. Difficulty Bonus (C/D): +0.10 (max of 1 - “D” VP for Bonus) Connection Bonus: “B”+“B” (or higher) +0.10		
							A	VP
							B	SR
							C	SV
							D	Bonus
							FIN	
							A	VP
							B	SR
							C	SV
							D	Bonus
							FIN	
							A	VP
							B	SR
							C	SV
							D	Bonus
							FIN	

BALANCE BEAM				Restricted elements (All Divisions) = no VP credit -0.50 off SV		Missing SR = -0.50 off SV	
	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	SAPPHIRE	
SV	10	10	10	10	10	9.6 SV + up to .40 Bonus	
VP	4 "A"	5 "A"	6 "A"	6 "A", 1 "B"	5 "A", 2 "B"	3 "A", 3 "B", 1 "C"	
Special Requirement (SR)	1. Min. ½ Turn on One or Two Feet 2. One Jump or Leap (not mount or dismount) 3. One Acro element – Non-Flight 4. Dismount – No Saltos or Aerials	1. Min. ½ Turn on One Foot 2. One Jump or Leap with a min. 90° Cross or Side Split (not mount or dismount) 3. One Acro element – Non-Flight 4. Dismount	1. Min. 1/1 Turn on One Foot 2. Two (2) Different Group 2 elements – one with a min. 120° Cross or Side Split (Isolated or Series) 3. Two Acro elements – with or without Flight (Isolated or Series) One must achieve or pass through inverted vertical. Support on hands (through handstand position) is not required. 4. Dismount	1. Min. 1/1 Turn on one Foot 2. Dance Series - min. Two Group 1, 2 or 3 elements (same or different) – AND one Leap or Jump with a min. 120° Cross or Side Split (Isolated or Series) 3. One Acro Flight element OR Acro Series – with or without Flight – Min of one skill must achieve or pass through vertical (excluding Mount or Dismount) 4. Dismount	1. Min. 1/1 Turn on one Foot 2. Dance Series – min. Two Group 1, 2 or 3 elements (same or different) – AND one Leap or Jump with a min. 155° Cross or Side Split (Isolated or Series) 3. Acro Series – with or without Flight - Min. of one skill must achieve or pass through vertical (excluding mount or dismount); AND one Acro Flight element (Isolated or Series) 4. Dismount – Salto or Aerial	1. Min. 1/1 (360°) turn on one foot 2. Dance series and a Leap or Jump requiring a 180° split (in series or isolated) 3. Acro series with a min. of one flight skill (a min. of one skill must pass through or achieve vertical) 4. Min "B" Dismount OR an acro flight skill directly connected to an "A" salto/aerial dismount Bonus: may be achieved from either or both categories. Difficulty Bonus (C/D): +0.10 (max of 1 - "D" VP for Bonus) Connection Bonus: "B"+"B" (or higher) +0.10	
						A	VP
						B	SR
						C	SV
						D	Bonus
						FIN	
						A	VP
						B	SR
						C	SV
						D	Bonus
						FIN	
						A	VP
						B	SR
						C	SV
						D	Bonus
						FIN	

2022 – 2026 USA GYMNASTICS WOMEN’S XCEL PROGRAM

Effective August 1, 2022 – July 31, 2026

FLOOR EXERCISE				Restricted elements (All Divisions) = no VP credit -0.50 off		Missing SR = -0.50 off SV	
	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	SAPPHIRE	
SV	10	10	10	10	10	9.6 SV + up to .40 Bonus	
VP	4 “A”	5 “A”	6 “A”	6 “A”, 1 “B”	5 “A”, 2 “B”	3 “A”, 3 “B”, 1 “C”	
Special Requirement (SR)	1. Min. two directly connected Acro elements (with or without Flight).	1. Min. two directly connected Acro elements, one must have Flight.	1. Min. two directly connected Acro Flight elements.	1. Min. two directly connected Acro Flight elements with “A” or “B” Salto.	1. Two separate Acro Flight Passes, each with a Min. of two directly connected Acro Flight elements OR One Acro Flight Pass with Two directly connected Acro Flight elements AND One separate/isolated “C” Salto.	1. One acro pass with two saltos, same or different. 2. Three different saltos, one is a min. of a “B”. 3. Dance passage with a min. of two different elements from Group 1, directly or indirectly connected, one of which is a Leap requiring a 180° split. 4. Min. of a “B” turn on one foot. Bonus: may be achieved from either or both categories. Difficulty Bonus (C/D): +0.10 (max of 1 - “D” VP for Bonus) Connection Bonus: “B”+“B” (or higher) +0.10	
	2. 2 nd Acro Pass – Min. one Acro element (with/without Flight).	2. 2 nd Acro Pass – either: A 2 nd Min. two directly connected elements (with or without Flight), OR One Acro Flight element	2. 2 nd Acro Pass – either: A 2 nd connection with min. two directly connected Acro Flight elements OR One Aerial or Salto	2. 2 nd Acro Pass – either: A 2 nd connection with min. two directly connected Acro Flight elements OR One “B” Salto	2. Two Different Saltos (Isolated or in Connection) One must be a Min. “B” (May be included in SR#1).		
	3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 60° Cross or Side Split.	3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 90° Cross or Side Split.	3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 120°	3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 155° Cross or Side Split.	3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 155° Cross or Side Split.		
	4. Min. 1/2 Turn on one foot.	4. Min. 1/1 Turn on one foot.	4. Min. 1/1 Turn on one foot.	4. Min. 1/1 Turn on one foot.	4. Min. “B” Turn on one foot.		
						FIN	
						A	VP
						B	SR
						C	SV
						D	Bonus
						FIN	
						A	VP
						B	SR
						C	SV
						D	Bonus
						FIN	