

Women's Artistic Gymnastics Xcel Code of Points

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As changes are made or errors identified,
Xcel Updates are posted on the USA Gymnastics
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3. Counting Casts for VP Credit

- a. When a skill is preceded by a cast, both the cast and the skill receive separate VP credit.
- 1) Exceptions: The following will count as one (1) "A" VP:
- Cast squat, stoop, or straddle on – with or without jump to HB
 - Cast shoot through (Bronze, Silver, Gold)
 - Cast off to stand dismount (Bronze Only)

For elements listed within sections 4-7 below. The deductions listed are in addition to the 0.10 amplitude deduction applied to any cast/clear support element that does not meet the Division angle requirement.

4. Uprises to Handstand (#2,303)

- a. The uprise skill includes the tap swing forward to counter swing (or underswing to counterswing) to initiate the uprise.
- b. Back Uprise to handstand must be completed to within 20° of vertical to receive "C" VP credit. If the handstand finished within 11° to 20°, deduct 0.05. (Diamond/Sapphire Only)
- c. When an attempt at a Back Uprise to Handstand fails to finish within 20° of vertical and:
- 1) The gymnast is able to create a closed shoulder angle, finishing in a clear support, recognize it as a Back Uprise to clear support (#2.203) and award "B" VP credit.
 - 2) If the Back Uprise to clear support (#2.203) is directly connected to a Group 3, 6 or 7 circling element, award one or two skills, to the benefit of the gymnast.
 - 3) If the body finishes in a clear support but below horizontal, an up to 0.20 deduction for insufficient amplitude would be applied.
 - 4) If, from the clear support, the gymnast pulls the hips to the high bar and performs either an immediate cast or a back hip circle followed by a cast, a 0.30 deduction is applied for an Extra Swing/Cast for the Platinum, and Diamond, and Sapphire Divisions.
 - 5) If the gymnast does not show a closed shoulder angle, (pulling the shoulders in over the high bar to a clear support) do not award VP credit, since there is no such element listed in the Xcel Code of Points.

5. Elements with Flight arriving in support (not in handstand) on the Low Bar (#2.205, 3.203, 3.303, 4.204, 4.304, & 5.303)

- a. The up to 0.20 insufficient amplitude deduction is used to evaluate the height of the release over the low bar, not necessarily the angle of arrival.
- b. Elements from a counterswing or forward giant swing on the HB, straddle (or pike) with flight backward over low bar to grasp LB:
- 1) Proper technique is to catch LB in an extended body position from shoulders to hips; however, it is acceptable to maintain a pike in the hips.
- c. Underswing, clear hip circle or long swing elements on HB with ½ (180°) turn and flight over LB to grasp LB:
- 1) Proper technique is to catch in an extended body position (shoulders to feet) at horizontal or above for no deduction for insufficient amplitude.
 - 2) Once both hands contact the LB, the element is considered complete and VP credit is awarded.

6. Elements with Flight arriving in Handstand on Low Bar

- a. The handstand position on low bar must finish within 20° of vertical to receive the higher VP credit. If the release element does not finish within 10° of vertical, but is within 20°, deduct 0.05.
- b. If it finishes at 21° or more from vertical, recognize it as the lower valued element.
- 1) Example: a counterswing to straddle back to handstand on low bar ("C" - #2.305), but arrives at a 30° angle upon making hand contact on the low bar (award "B" for straddle back to grasp low bar (#2.205).
 - 2) No deduction for insufficient amplitude would be applied.

7. Circles to Handstand and Circles/Swings to Handstand

- (Circles: Clear Hip, Stalder, Pike Sole Circle, Clear Pike Sole Circle, Weiler Kip, etc.)
- a. If the handstand position is achieved within 20° of vertical, award the VP as listed in the Xcel Code of Points.
- 1) 0° - 10° from vertical – No deduction (Restricted Skill at Gold)
 - 2) Deduct 0.05 if the handstand is between 11° to 20° of vertical (Diamond/Sapphire Divisions Only).
 - 3) No angle deduction in Platinum Division, when higher VP is a "C" because they can only receive credit for "B" VP Circles.
 - 4) Deduct 0.50 for a restricted element. Exceptions: Clear Hip to handstand, Stalder backward to handstand and Pike sole circle backward to handstand (All with no turn) are allowable "C's."
- b. If the angle achieved is between 21° - 45° of vertical, award the lower VP (if applicable) as listed in the Xcel Code of Points.
- 1) No deduction for insufficient handstand angle would be applied.
 - Example: Gymnast performs a Clear Hip Circle backward, finishing at 45° from vertical. Award "B" VP credit for a Clear Hip Circle backward. No deduction for insufficient amplitude would be applied at any Division.
- c. If the circle finishes below 45° from vertical, award the same lower VP as in (b.) above (if applicable) and:
- 1) Deduct Up to 0.20 for insufficient amplitude:
 - A "rule of thumb" is to take the full 0.20 if the body is at 90° (Horizontal) or below.

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- 2) Exception: "B" Clear hip circle (#3.204): deduct Up to 0.40 for insufficient amplitude.
 - These deductions apply ONLY to **Platinum, and Diamond, and Sapphire** Divisions. Gold and Platinum Divisions have NO amplitude deductions for clear hip circles.
 - ~~0° - 10° from vertical - No deduction (Restricted Skill at Gold)~~
 - ~~11° - 20° from vertical - 0.05 for Diamond Division ONLY (Restricted Skill at Gold)~~
 - ~~21° - 46° from vertical - No deduction~~
 - 46° - 89° from vertical - 0.05 - 0.25. Do not deduct for a restricted element in Gold Division.
 - at Horizontal (90°) - 0.30
 - Below Horizontal - 0.35 - 0.40
 - 3) If the hips contact the bar, it is considered a back hip circle and receives "A" VP (#7.101). It will not meet the SR of a 360° "B" circling element for the Diamond Division.
 - 4) Circle or Circle/Swing elements that do not finish within 20° of vertical on the upswing are considered incomplete elements and no VP credit is awarded.
 - Any Circle element (Clear Hip, Stalder, Pike Sole Circle, etc.) that does not pass over the bar, but finishes short of 20° from vertical and falls off.
 - (i) No VP credit awarded + 0.50 for a fall.
8. **Circle/Swings: Backward (#4.202) and Forward Giants (#5.302)**
- a. The Backward/Forward Giant Circle must be completed to within 20° of vertical in order to receive the **"B"** VP credit as listed in the Xcel Code of Points.
 - 1) Even if the starting position is not in handstand, VP credit will be awarded, if the element is completed to within 20° of vertical.
 - 2) If the Backward giant circle does not reach 20° and falls = No VP credit awarded; deduct 0.50 for fall.
 - 3) If a Front Giant Circle is not completed to within 20° of vertical, no VP credit is awarded (a ¼ Front Giant circle is not listed as an element).
 - A ¼ front giant has a hop-grip change and continues with exercise = no VP credit awarded.
9. **Tap Swing or Underswing - Counterswings:** (Considered the same skill)
- a. Bronze Division: Gymnasts are not allowed to perform skills on the high bar.
 - b. Silver and Gold Divisions:
 - 1) Two (2) Tap swings or Underswing - Counterswings are allowed for "A" VP credit provided they are in different connections.
 - 2) A third Tap swing or Underswing - Counterswing would not receive VP credit
 - 3) All Tap swings or Underswing - Counterswings are subject to execution deductions.
 - 4) Do not deduct for an extra swing.
 - c. Platinum Division:
 - 1) One Tap swing or Underswing - Counterswing may be used for "A" VP credit.
 - 2) Any subsequent Tap swing or Underswing - Counterswings will receive an extra swing deduction of 0.30 with a maximum deduction of 0.50 for multiple extra swings following an element.
 - 3) All Tap swing or Underswing - Counterswings are subject to execution deductions.
 - d. Diamond/**Sapphire** Divisions:
 - 1) Tap swing or Underswing - Counterswing is not a VP at Diamond **and Sapphire** Divisions.
 - 2) All Tap swing or Underswing - Counterswings will receive an extra swing deduction of 0.30 with a maximum deduction of 0.50 for multiple extra swings following an element.
 - Exception: Tap swing – counterswing performed prior to salto forward dismount (front fly away) = no deduction for extra swing.
 - 3) All Tap swing or Underswing - Counterswings are subject to execution deductions.
10. **Casts, Uprises, and Circle Elements performed with ½ (180°) turn on the Upswing – to Descend on the Same Side of the bar**
- a. In order to receive the value as listed in the Xcel Code of Points, a Cast, Back uprise, or Circle element must first reach within 20° of vertical on the upswing.
 - b. The timing of the initiation of the turn is irrelevant as long as the long swing/circle is completed to within 20° of vertical.
 - c. If the element never swings/circles up into the handstand phase (within 20° of vertical), but still completes a ½ (180°) turn, the value will be based on the value of the root skill.
 - d. Depending upon the angle of completion of the turn, deductions for late completion may be appropriate.