

Women's Artistic Gymnastics

Xcel Code of Points

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REVISED JANUARY 2023

USA Gymnastics extends its deepest appreciation to the following contributors to the Xcel Program for the design, preparation, and presentation of the Xcel Program and Rules.

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The *Xcel Code of Points* is a living document.
As changes are made or errors identified,
Xcel Updates are posted on the USA Gymnastics
website on the Xcel Update page:

<https://usagym.org/pages/women/updates/xcel.html>

Check this site each year, for any recent updates
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VI. JURY OF APPEALS

A. Comprised of the following individuals:

1. Meet Referee / Technical Director – President of the Jury
2. Meet Director (non-voting, if the question relates to her / his Gymnast)
3. Chief Judges of all four (4) events (or of the event involved, whichever would be appropriate)
4. USA Gymnastics personnel (State / Regional Administrative Committee Chairman and / or Regional / National Xcel Committee Chairman)

B. Regional Competitions, the Jury of Appeals is comprised of:

1. Meet Director (unless affiliated with the Inquiry)
2. Meet Referee
3. USA Gymnastics elected Xcel / Administrative officer

C. Rights and Duties of the Jury of Appeals

1. Governs all technical and organizational matters of the competition.
2. Makes the final decision regarding any unusual situations.
 - a. Deduction taken from All-Around score by Meet Referee challenged,
 - b. Jury of Appeals would convene to make final decision.
3. Reviews improperly handled Inquiries:
 - a. Administrative procedures not followed properly on submitted inquiry:
 - 1) Coach may petition Jury of Appeals for a review
 - 2) Within five (5) minutes of end of rotation / competition / return of inquiry form, whichever occurs later.
4. State meets and above, Video Review (if available),
 - a. May be considered by the Jury of Appeals.
 - b. Jury decision should occur within fifteen (15) minutes after conclusion of meet and before awards are presented.
5. Methods of settling a case by the Jury of Appeals
 - a. Discussion
 - b. Vote on a Decision
 - c. Majority vote dictates the final decision

D. Procedures for Inquiries:

1. Properly written inquiry form by the Coach.
2. Inquiry submitted in a timely manner to Meet Referee / Meet Director.
3. Inquiry reviewed / answered by Judging Panel of event in question.
4. Inquiry returned to Meet Referee / Meet Director.

Meet Referee / Meet Director returns inquiry form to Coach by hand or by predefined Inquiry return procedure.
5. **At all sanctioned Xcel competitions for all Divisions, Coach may request video review by the Meet Referee and the highest rated unaffiliated judge (if video is available) if the inquiry involves possibility that the judges missed an element that would affect the Start Value.**
 - a. The video review process may NOT be used to appeal a judgment of degree assessment, i.e., degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps as well as other like skills.
 - b. If the Meet Referee or highest rated judge is affiliated with the athlete in question, the video review will be conducted by the two highest rated unaffiliated judges, or the highest rated unaffiliated judge and a USA Gymnastics officer.
 - c. The Meet Referee must inform the judging panel that a video review will be initiated as well as the final decision.
 - d. Examples of reasons for video review:
 - 1) All judges did not record a full turn on Beam.
 - 2) One or more judges recorded a 1/1 twist instead of 2/1 twist on FX.
 - 3) To verify if the gymnast grasps or touches the bar with one or two hands before falling on a release element.
 - 4) To verify if the gymnast lands on the bottom of the feet first on a Vault, Uneven Bar/Beam dismounts, Beam Acro elements that finish on top of the beam (foot/feet), and Floor Exercise saltos.
 - 5) To consider spotting deductions.
 - 6) To consider floor line violations.

CHAPTER 6: APPARATUS SPECIFICATIONS

A. Refer to the following information for Apparatus Specifications

1. Refer to the current USA Gymnastics Women's Rules and Policies book. Requirements are subject to change every competitive year, beginning August 1.
2. Specific information/clarifications for each apparatus (related to deductions) are provided within each event chapter (see Event - *Chapter 2 – II. Apparatus Specifications*).

B. Conversions – Inches to Centimeters: Approx. $\frac{3}{4}$ inch = 2 cm.

Conversion of Inches to Centimeters (1 in. = 2.54 cm.)	
Inches	Centimeters
Approx. $\frac{3}{4}$ inch	2 cm.
4 inches	10 cm.
8 inches	20 cm.
9 inches	24 cm.

CHAPTER 7: ATTIRE REGULATIONS

A. Specific information/clarifications for each apparatus are provided within each event chapter (see Event - *Chapter 2 – Attire Regulations*).

B. Incorrect Attire – includes jewelry (on the event after warning was issued)

C. Warning issued by Meet Referee / Chief Judge.

1. Deduction applied to first event competed after warning. MR must inform CJ at subsequent events, no further penalty taken. Deduction taken one (1) time only.

D. Acceptable Apparel: Acceptable attire is one-piece leotard with / without sleeves and no bare midriff. Unitards with long legs, with / without sleeves are acceptable. In addition to leotard or ankle-length unitard, acceptable attire would also include:

1. Ankle-length tights worn under **OR over the** leotard (that match leotard or are skin tone).
2. Solid black Lycra shorts (small manufacturer's branding allowed) with no embellishments. Must be worn over the leotard and length must be above the knee or shorter.
3. Head covering is acceptable, if attached to the leotard or unitard and fits snugly over the head, not to impose a safety hazard to the Gymnast.

E. Medical

1. Medically necessary bandages are allowed.
2. Medical bracelets are allowed

F. Unacceptable Attire:

1. Leotard Cut/ Backless

- a. Leg cut of leotard must be below pelvis / hip bone.
- b. Backless leotards are not acceptable.
 - 1) Unless the open area is filled in with mesh or flesh-colored fabric, a leotard is considered backless when the open area visually extends:
 - Lower than two (2) inches (approximately) below the bottom of the scapula (shoulder blade)
 - Wider than the vertical midpoint of the scapula.

2. Underwear (including sports bras) should not be visible.

- a. Visible underwear due to cut of leotard, warning given. No correction made, take deduction on subsequent event.
- b. Underwear should not be intentionally visible throughout entire routine.
 - 1) Clear bra strap is acceptable.
 - 2) Briefs / Bra straps show due to activity, do not take deduction.

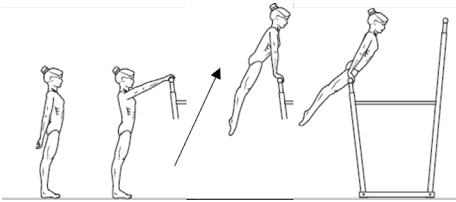
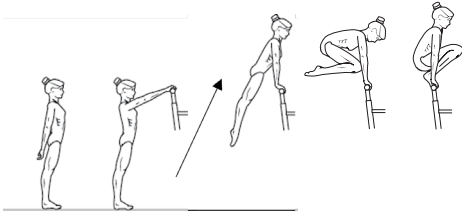
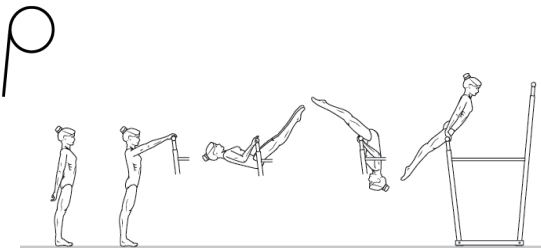
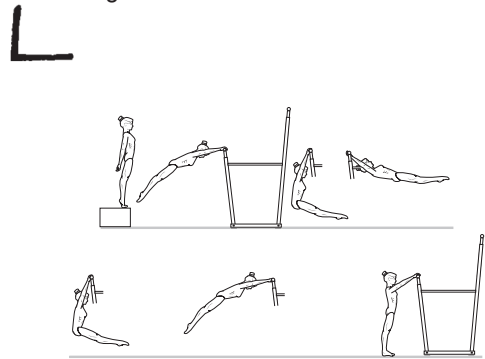
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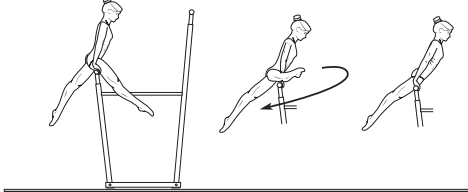

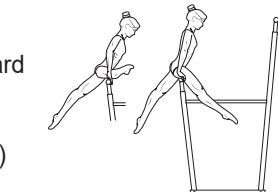

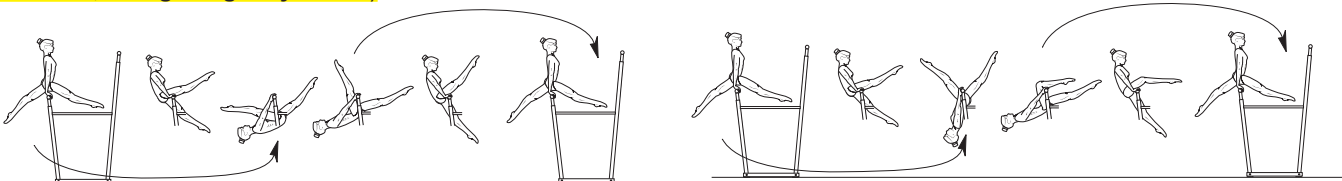

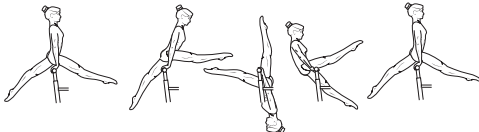
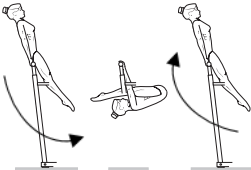
**Xcel Code of Points
UNEVEN BAR ELEMENTS**

UNEVEN BAR ELEMENTS

BARS						
Elements Limited by Division - Receiving "A" VP.						
Group 1 - Mounts		Bronze	Silver	Gold	Platinum	Diamond
#	Element Name					
1.001	Jump to Front Support	✓				
1.002	Jump to Squat on		✓	✓	✓	✓
1.003a	Pullover on Low Bar (from 1 or 2 feet or run)	✓	✓	✓		
1.003b	Pullover on High Bar		✓	✓		
1.004	Glide Swing to Stand	✓	✓	✓		
1.005	Run out Glide Kip	✓	✓	✓		
1.006	Single leg jam Kip (from Glide or Run Out)	✓	✓	✓		
Group 2 - Casts/Counterswings		Bronze	Silver	Gold	Platinum	Diamond
#	Element Name					
2.001	Cast (to 21° from Vertical) [<i>Casts Within 10° of the requirement receives SR/VP credit (Deduct 0.10 for amplitude)]</i>					
	Cast - Hips must leave bar	✓				
	Cast to minimum of 45° below Horizontal		✓			
	Cast to a minimum of Horizontal			✓		
	Cast 89° to 21° from Vertical				✓	
	Cast 45° to 21° from Vertical					✓
2.002	Cast Shoot Through	✓	✓	✓		
2.003	Tap swing - counterswing or Underswing - counterswing <i>Platinum Only one (1) allowed</i>		✓	✓	✓	
Group 7 - Circle Swings/Hechts		Bronze	Silver	Gold	Platinum	Diamond
#	Element Name					
7.001	Single leg swing forward or backward	✓	✓			
7.002	Single leg cut forward or backward	✓	✓	✓		
7.003	Single leg basket swing (bent knee ok - Bronze/Silver, straight leg only - Gold)	✓	✓	✓		
7.004	Stride Circle forward or backward	✓	✓	✓		
7.005	Long Hang Pull-Over (from long swing) [<i>Eligible for Circling Skill SR at these levels only</i>]		✓	✓		
Group 8 - Dismounts		Bronze	Silver	Gold	Platinum	Diamond
#	Element Name					
8.001	Cast off with release of bar prior to arriving at stand [<i>One (1) single element, not eligible for cast SR or cast VP</i>]	✓				
8.002	¾ Fwd. Circle to Stand	✓				
8.003	¾ back seat circle dismount (pike, straddle, or stretched) from Low Bar		✓			
8.004	From squat, straddle, or stoop position on low bar - Stretched Jump off forward to a stand	✓	✓			
8.005	Tap Swing Fwd. with ½ turn		✓	✓		

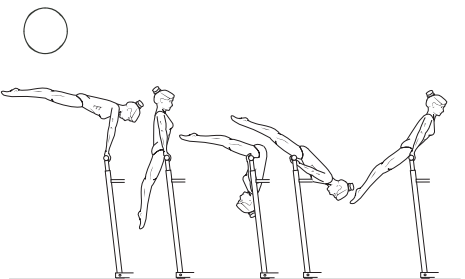
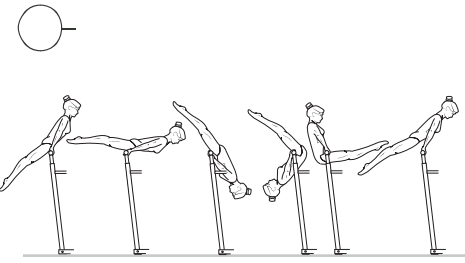
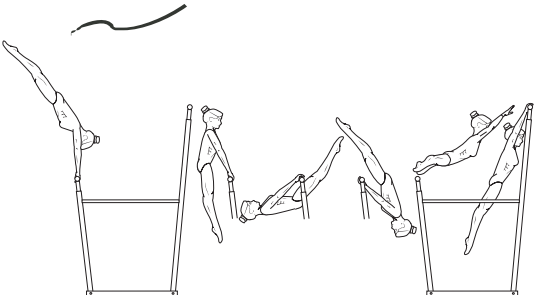
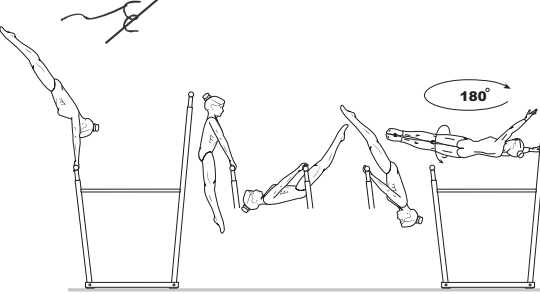
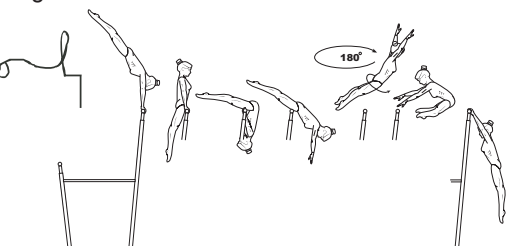
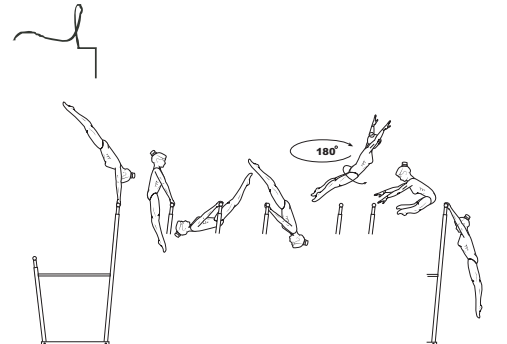
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Group 1 – Mounts (limited by Division)		
A	A	A
BRONZE ONLY 1.001 Jump to Front Support 	SILVER/GOLD/PLATINUM/DIAMOND ONLY 1.002 Jump to Squat on 	
BRONZE/SILVER/GOLD ONLY 1.003a Pullover on Low Bar (from 1 or 2 feet or run) 	SILVER/GOLD ONLY 1.003b Pullover on High Bar 	
BRONZE/SILVER/GOLD ONLY 1.004 Glide Swing to Stand 	BRONZE/SILVER/GOLD ONLY 1.005 Run out Glide Kip (No Visual Available)	BRONZE/SILVER/GOLD ONLY 1.006 Single leg jam Kip (from Glide or Run Out) (No Visual Available)

Group 7 – Circle Swings/Hechts (limited by Division)	
<p>A</p> <p>BRONZE/SILVER ONLY 7.001 Single leg swing forward or backward</p>  <p>(backward shorthand)</p> 	<p>A</p> <p>BRONZE/SILVER/GOLD ONLY 7.002 Single leg cut forward or backward</p>  <p>(forward shorthand)</p> 
<p>BRONZE/SILVER/GOLD ONLY 7.003 Single leg basket swing (bent knee ok - Bronze/Silver; straight leg only - Gold)</p>   <p>Bent knee ok - Bronze/Silver</p>	
<p>BRONZE/SILVER/GOLD ONLY 7.004 Stride Circle forward or backward</p>  	
<p>SILVER/GOLD ONLY 7.005 Long Hang Pull-Over (from long swing) [Eligible for Circling Skill SR at these levels only] (No Visual Available)</p>	
Group 7 – Circle Swings/Hechts (Open to all Divisions)	
<p>7.006 (Open to all Divisions) Basket Swing</p> 	

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Group 7 – Circle Swings/Hechts

A	B	C	D
<p>7.101 Hip circle backward on LB or HB to support</p>  <p>Hip circle forward on LB or HB to support</p> 	<p>7.201</p>	<p>7.301 Outer front support – clear hip circle backward on LB with hecht to hang on HB</p>  <p>also with 1/2 (180°) turn (legs together or straddled)</p> 	<p>7.401 Free hip circle backward on LB or HB, hecht with flight and 1/2 (180°) turn passing over bar to hang on same bar</p>  <p>from clear hip circle backward on HB (free or clear Hechtkehre)</p> 

**Xcel Code of Points
FLOOR EXERCISE**

PLATINUM - ROUTINE EXAMPLES					
MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Switch leap 150° - assemble – Wolf jump	1.204 1.116	B A	SR3	<ul style="list-style-type: none">• All Special Requirements- Yes• All Value Parts – Yes• Start Value - 10.0
	2/1 turn (720°) on one foot	2.301	C	SR4	
	Roundoff +	5.105	A	SR1	
	Flic flac +	5.106	A		
	Back layout	8.101	A		
	Front salto piked	6.201	B	SR2	
2.	Front handspring step out +	5.102	A	SR1	<ul style="list-style-type: none">• All Special Requirements – Yes• All Value Parts – Yes• Start Value - 10.0
	Roundoff +	5.105	A		
	Back tuck	8.101	A		
	1 ½ turn (540°) on one foot	2.201	B	SR4	
	Side leap (150°) -	1.202	B	SR3	
	Straddle jump (150°) with ½ turn	1.207	B		
	Roundoff +	5.105	A	SR2	
	Flic flac	5.106	A		
3	1/1 turn (360°) on one foot	2.101	A	SR4	<ul style="list-style-type: none">• All Special Requirements – Yes• All Value Parts – Yes• Start Value - 10.0
	Roundoff +	5.105	A	SR1	
	Flic flac +	5.106	A		
	Back Tuck	8.101	A		
	Wolf hop – chasse –	1.116	A	SR3	
	Switch leg leap (180°)	1.204	B		
		Roundoff +	5.105	A	
	Flic flac +	5.106	A		
	Flic flac	5.106	A		
DO NOT MEET SPECIAL REQUIREMENTS (SR) AND/OR VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Split leap 150° -run- Roundoff + Schuschunova	1.104 5.105 1.208	A A B	SR1	<ul style="list-style-type: none">• All Special Requirements – No, missing SR3 - Roundoff breaks the Dance passage• All Value Parts – Yes• Start Value – 9.50 (0.50 for missing SR)
	Roundoff +	5.105	A		
	Back layout	8.101	A		
	1/1 turn (360°) on one foot	2.101	A	SR4	
		Front salto piked	6.201	B	
2	Front tuck (step out) +	6.101	A	SR1	<ul style="list-style-type: none">• All Special Requirements – No, Missing SR2 – Cannot combine SR1 & SR2 in the same pass.• All Value Parts – Yes• Start Value – 9.50 (0.50 for missing SR)
	Roundoff +	5.105	A		
	Flic flac+	5.106	A		
	Back layout 1/1 twist (360°)	8.201	B	SR3	
	Cat leap 1/1 – chasse –	1.213	B		
	Split leap (150°)	1.101	A		
	1 ½ turn (540°) on one foot	2.201	B	SR4	
3	Roundoff +	5.105	A	SR1	<ul style="list-style-type: none">• All Special Requirements – No, missing SR4 - The tuck jump 1 1/2 is not a turn on 1 foot• All Value Parts – Yes• Start Value – 9.50 (0.50 for missing SR)
	Flic Flac +	5.106	A		
	Back layout	8.101	A		
	Switch leg leap (150°) –	1.204	B	SR3	
	Straddle jump (150°)	1.207	B		
	Tuck jump 1 ½ (540°)	1.315	C		
		Front handspring +	5.102	A	
	Front Tuck	6.101	A		

**Xcel Code of Points
FLOOR EXERCISE**

DIAMOND - ROUTINE EXAMPLES						
MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)						
	Routine Elements	Element #	VP	SR	Start Value	
1.	Roundoff +	5.105	A	Part SR1/ Part SR2	<ul style="list-style-type: none">• All Special Requirements- Yes• All Value Parts – Yes, higher VP may be used to fulfill lower VP• Start Value - 10.0	
	Flic flac+	5.106	A			
	Back layout 1 ½ twist (540°)	8.3101	C			
	2/1 turn (720°) on one foot	2.301	C	SR4		
	Switch leap (150°) -	1.204	B	SR3		
	Side Leap (150°)	1.202	B			
	Front handspring +	5.102	A	Part SR1/ Part SR2		
	Front Layout 1/1 twist (360°)	6.301	C			
2.	Round off +	5.105	A	Part SR1	<ul style="list-style-type: none">• All Special Requirements – Yes• All Value Parts – Yes• Start Value - 10.0	
	Flic flac	5.106	A			
	1½ turn (540°) on one foot	2.201	B	SR4		
	Full turn on one foot	3.101	A			
	Split Leap (150°) – chasse	1.101	A	SR3		
	cat leap 1 ½	1.313	C			
	Front tuck+	6.101	A	Part SR1/ SR2		
	Front layout	6.201	B			
3.	Front Tuck +	6.101	A	Part SR1/ Part SR2	<ul style="list-style-type: none">• All Special Requirements – Yes• All Value Parts – Yes• Start Value - 10.0	
	Front Pike	6.201	B			
	Full turn (1/1) turn on one foot in tuck stand	2.206	B	SR4		
	Split leap 150 ° -run –	1.101	A	SR3		
	Wolf hop 1/1 –	1.316	C			
	Split jump 1/1	1.302	C			
	Roundoff +	5.105	A	Part SR1/Part SR2 (No"B")		
	Back layout	8.101	A			
DO NOT MEET SPECIAL REQUIREMENTS (SR) AND/OR VALUE PART (VP)						
	Routine Elements	Element #	VP	SR	Start Value	
1.	Front Handspring +	5.102	A	Part SR1	<ul style="list-style-type: none">• All Special Requirements – No, missing SR2- No "B" Salto• All Value Parts –Yes• Start Value – 9.50 (0.50 for missing SR)	
	Front Tuck	6.101	A			
	Switch leap (150°) -	1.204	B	SR3		
	Wolf hop	1.116	A			
	1 ½ toe turn	2.201	B	SR4		
		Front handspring +	5.102	A		Part SR1
Roundoff +		5.105	A			
Flic flac +		5.106	A			
Back tuck		8.101	A			
2.	Roundoff +	5.105	A	Part SR1/ Part SR2	<ul style="list-style-type: none">• All Special Requirements – No, Missing SR3 – no dance pass because the 2nd element is a "D" which is the 2nd "D" in the routine and therefore restricted.• All Value Parts – Yes• Start Value – 9.00 SV (Deduct 0.50 for missing SR, 0.50 for restricted element)	
	Flic flac+	5.106	A			
	Double back salto	8.403	D			
	2/1 turn (720°) on one foot	2.301	C	SR4		
	Switch leap (180°) -	1.204	B			
	Straddle jump (180°) with 1 ½ (540°) turn	Restricted – 2 nd "D"	No VP			
	Front handspring +	5.102	A	Part SR1/ Part SR2		
	Front Layout 1/1 twist (360°)	6.301	C			
3.	1 ½ turn (540°) on one foot	2.201	B	SR4	<ul style="list-style-type: none">• All Special Requirements –No, Missing SR2 - 2 different saltos• All Value Parts – Yes (Note: Pass 1 and 3 are the same -No VP for pass 3, however there are still enough VP within the routine to meet the VP requirement)• Start Value – 9.50 SV (Deduct 0.50 for missing SR)	
	Front handspring +	5.102	A	Part SR1/ Part SR2		
	Front Pike	6.201	B			
	Roundoff	5.105	A	Part SR1		
	Flic-Flac	5.106	A			
		Front handspring +	No VP/No SR			
Front Pike						
	Switch Leap (180°) +	1.204	B	SR3		
	Straddle Jump with 1/1 (360°) turn	1.307	C			

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