

Women's Artistic Gymnastics

Xcel Code of Points

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**Xcel Code of Points
TABLE OF CONTENTS**

UNEVEN BAR ELEMENT SECTION

UNEVEN BAR ELEMENTS.....	UNEVEN BAR ELEMENTS - 1
---------------------------------	--------------------------------

BALANCE BEAM SECTION

BALANCE BEAM RULES.....	BALANCE BEAM - 1
--------------------------------	-------------------------

CHAPTER 1: REQUIREMENTS & RESTRICTIONS	BALANCE BEAM - 2
---	-------------------------

I. SPECIAL REQUIREMENTS.....	BALANCE BEAM - 2
II. VALUE PART REQUIREMENTS.....	BALANCE BEAM - 2
III. SPECIAL REQUIREMENT CLARIFICATIONS	BALANCE BEAM - 3
IV. DIFFICULTY RESTRICTIONS	BALANCE BEAM - 3
V. ROUTINE EXAMPLES.....	BALANCE BEAM - 4

CHAPTER 2: GENERAL INFORMATION	BALANCE BEAM - 9
---	-------------------------

I. RECOGNITION (COUNTING) OF VALUE PARTS (VP)	BALANCE BEAM - 9
II. CLARIFICATIONS REGARDING SERIES	BALANCE BEAM - 15
III. APPARATUS SPECIFICATIONS	BALANCE BEAM - 16
IV. ATTIRE REGULATIONS	BALANCE BEAM - 17
V. TIMING REGULATIONS	BALANCE BEAM - 17
VI. BEAM FALL REGULATIONS.....	BALANCE BEAM - 18
VII. SPOTTING REGULATIONS	BALANCE BEAM - 19
VIII. MOUNT AND DISMOUNT REGULATIONS	BALANCE BEAM - 19

CHAPTER 3: EXECUTION & ARTISTRY DEDUCTIONS	BALANCE BEAM - 21
---	--------------------------

I. EXECUTION AND ARTISTRY FAULTS	BALANCE BEAM - 21
--	-------------------

CHAPTER 4: ADDITIONAL SAPPHIRE INFORMATION.....	BALANCE BEAM - 23
--	--------------------------

I. ROUTINE EXAMPLES.....	BALANCE BEAM - 23
--------------------------	-------------------

BALANCE BEAM ELEMENT SECTION

BALANCE BEAM ELEMENTS	BALANCE BEAM ELEMENTS - 1
------------------------------------	----------------------------------

FLOOR EXERCISE SECTION

FLOOR EXERCISE RULES	FLOOR EXERCISE - 1
-----------------------------------	---------------------------

CHAPTER 1: REQUIREMENTS & RESTRICTIONS	FLOOR EXERCISE - 2
---	---------------------------

I. SPECIAL REQUIREMENTS.....	FLOOR EXERCISE - 2
II. VALUE PART REQUIREMENTS.....	FLOOR EXERCISE - 2
III. SPECIAL REQUIREMENT CLARIFICATIONS	FLOOR EXERCISE - 3
IV. DIFFICULTY RESTRICTIONS	FLOOR EXERCISE - 3
V. ROUTINE EXAMPLES.....	FLOOR EXERCISE - 4

CHAPTER 2: GENERAL INFORMATION	FLOOR EXERCISE - 9
---	---------------------------

I. RECOGNITION (COUNTING) OF VALUE PARTS (VP)	FLOOR EXERCISE - 9
II. APPARATUS SPECIFICATIONS	FLOOR EXERCISE - 15
III. ATTIRE REGULATIONS	FLOOR EXERCISE - 15
IV. TIMING REGULATIONS	FLOOR EXERCISE - 15
V. SPOTTING REGULATIONS	FLOOR EXERCISE - 16
VI. OBSTRUCTING VIEW.....	FLOOR EXERCISE - 16
VII. MUSIC REGULATIONS.....	FLOOR EXERCISE - 17
VIII. LINE VIOLATIONS (OUT OF BOUNDS).....	FLOOR EXERCISE - 17

**Xcel Code of Points
TABLE OF CONTENTS**

CHAPTER 3: EXECUTION & ARTISTRY DEDUCTIONS	FLOOR EXERCISE - 18
I. EXECUTION AND ARTISTRY FAULTS	FLOOR EXERCISE - 18
II. CLARIFICATIONS REGARDING CONNECTIONS.....	FLOOR EXERCISE - 20
CHAPTER 4: ADDITIONAL SAPPHIRE INFORMATION.....	FLOOR EXERCISE - 22
I. ROUTINE EXAMPLES.....	FLOOR EXERCISE - 22

FLOOR EXERCISE ELEMENTS SECTION

FLOOR EXERCISE ELEMENTS	FLOOR EXERCISE ELEMENTS - 1
--------------------------------------	------------------------------------

APPENDIX

APPENDIX 1: EVENT RULES CHARTS
APPENDIX 2: ALLOWABLE VAULTS & VALUES (GOLD-SAPPHIRE)
APPENDIX 3: SHORTHAND SYMBOLS
APPENDIX 4: SCORE SHEETS (ALL EVENTS)

**Xcel Code of Points
VAULT**

VAULT RULES							
	Allowable Vaults		Start Value (SV)	Alternative Springboard Allowed?	Additional Clarifications	Timed Warm-Ups <i>Total time per squad determined by number of gymnasts in largest squad</i>	
	No other vaults, other than those listed in each Division are permitted. If another vault is unintentionally performed, it will be a "VOID" vault.					Warm-Up Time Per Gymnast	Guaranteed Min. # of Touch Warm-Up Vaults
Bronze	Vault Option 1	1A (SV 4.5) Stretch Jump onto mat THEN 1B (SV 4.5) Kick to Handstand (hands placed on board or mat) fall to flat back.	9.0 total Start Value	Yes	If a gymnast lands in a flat-back position and then slides off the end of the mat, there is no penalty for a fall.	30 seconds	1
	Vault Option 2	Jump to Handstand - fall to flat back on mat. (no repulsion required).	10.0 Start Value				
	Mat Stack	Minimum: 16" (±1") Maximum: 48" (±1")					
Silver	Vault Option 1	Handspring over the sideways mat stack.	10.0 Start Value	Yes	Unfolded panel mat or sting mat may be placed on top of the mat stack Sting mat may be used on the landing mat	45 seconds	2
	Vault Option 2	¼ - ½ (90-180°) turn on – Repulsion off to feet, landing facing mat stack. (Additional twist results in a VOID vault.)	10.0 Start Value				
	Mat Stack	Mat stack sideways. Minimum: 24" (± 1") Maximum: 48" (± 1") Landing Mat: A minimum 6'x12'x4" mat must be placed on the floor behind the mat stack.					
Gold	Xcel Gold Vault Chart		10.0 Start Value 9.5 SV if using alternative springboard	Yes 9.5 Start value if used		1:00 minute	2
Platinum	Xcel Platinum Vault Chart		Xcel Platinum SV Chart	NO If used, the vault will be VOID.		1:30 minute	2
Diamond	Xcel Diamond Vault Chart		Xcel Diamond SV Chart	NO If used, the vault will be VOID.		2:00 minutes	3
Sapphire	Xcel Sapphire Vault Chart		Xcel Sapphire SV Chart	NO If used, the vault will be VOID.		2:00 minutes	3
Clarifications applied to ALL Xcel Divisions							
Spotting	(0.50) Spot on landing		Guaranteed Warm-Up Vault Clarification	If the guaranteed number of vaults per gymnast has not been provided to some of the gymnasts in a squad before the time expires, those gymnasts may continue to finish their guaranteed number of vaults.			
	(1.00) Spot during any other phase						
	(1.50) Max. Total Spot deduction		Fall Time 45 Seconds	The Chief Judge must monitor the Vault Fall time. Time Starts: when the gymnast is standing up on her feet after the fall. If an injury occurs, fall time begins after the medical assessment is complete. Time Stops: when gymnast salutes for her second vault.			
				Revised September 2022	Revised August 2023	Revised January 2024	

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CHAPTER 1: VALUES AND DEDUCTIONS

I. BRONZE DIVISION

A. There are Two Allowable Vaults in this Division.

1. The gymnast may perform the same vault twice or one of each vault, provided the mat stack does not have to be moved or changed in height by more than 8".
2. Performance of a restricted vault will result in an event score of "0" (VOID).
3. Spotting deductions apply to all phases of Bronze vaults 1 & 2.

B. Bronze Vaults:

1. **Bronze Vault 1: Vault 1A:** Stretch Jump onto mat stack; (SV 4.5) **THEN Vault 1B:** Kick to Handstand, fall to flat back (SV = 4.5).
 - a. Gymnast may step back onto board to kick to handstand with hands on mat stack or board.
 - b. Each part of Vault 1 is evaluated separately and is worth 4.5; total the two scores to arrive at the final score (max. 9.00).
2. **Bronze Vault 2:** Jump to Handstand – Fall to Flat Back (SV = 10.0)
 - a. No repulsion required.

C. Mat Stack: Minimum of 16" (± 1 "), maximum of 48" (± 1 ") mat stack.

D. Use of Alternative Trampoline-Like Springboard Apparatus: The Alternative trampoline-like springboard apparatus **is and manufactured "Junior" vault board are** allowed.

II. SILVER DIVISION

A. There are Two Allowable Vaults in this Division.

1. The gymnast may perform the same vault twice or one of each vault.
2. Performance of a restricted vault will result in an event score of "0" (VOID).
 - a. Any vault with more than $\frac{1}{4}$ twist in 2nd flight phase is a VOID

B. Silver Vaults:

1. **Silver Vault 1:** Handspring over mat stack
2. **Silver Vault 2:** $\frac{1}{4}$ - $\frac{1}{2}$ (90-180°) turn on – repulsion off to feet, landing facing the mat stack.

C. Mat Stack:

1. Minimum 24" (± 1 "), maximum 48" (± 1 ") mat stack sideways.
2. A mat, minimum 6'x12'x4", must be placed on the floor behind the mat stack.

D. Use of Alternative Trampoline-Like Springboard Apparatus: The use of the alternative trampoline-like springboard apparatus is allowed.

III. GOLD / PLATINUM / DIAMOND/**SAPPHIRE** DIVISION

A. Allowable Vaults: The Vaults listed within the vault chart are allowed as noted.

B. Start Value:

1. Gold Division: All Vaults for Gold Division are Valued at 10.0.
2. Platinum/Diamond/**Sapphire** Divisions: See Platinum, and Diamond, **and Sapphire** Vault Chart for Start Values.

C. Use of Alternative Trampoline-Like Springboard Apparatus:

1. Gold Division: Start Value will be 9.50.
2. Platinum/-& Diamond/Sapphire Divisions: Not Allowed. If used, the vault will be VOID.

D. Performance of a Restricted Vault will result in an EVENT score of "0" (VOID).

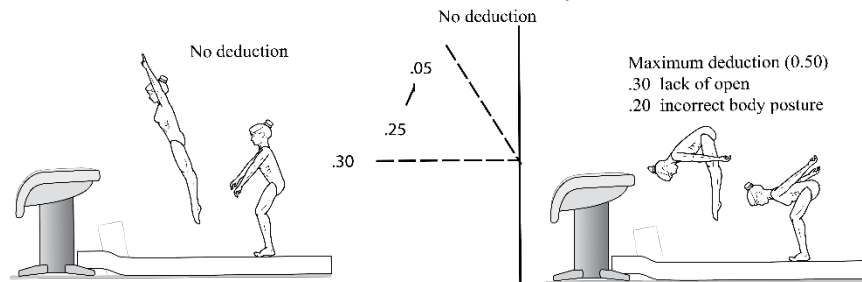
1. If a Gymnast attempts a Vault listed on the Vault Chart for her Division, but does not complete it, resulting in a Vault that is not found on the Chart, the Vault is scored "0" (VOID).
 - a. However, the gymnast does NOT receive a "0" (VOID) as the Final Score for the event if the other Vault is a legitimate Vault.
2. If either of the two Vaults performed are Vaults that are not allowed at the gymnast's Division, the gymnast receives a Final Score of "0" (VOID) for that event, because a Restricted Vault was performed.

Xcel Code of Points VAULT

1. If neither hand makes contact with the vault table, the Vault is scored "0" (VOID).
2. The Chief Judge takes the 1.00 deduction from the Average Score for the performance of a one-arm vault, if at least half of the vault panel saw that only one hand touched the vault table.

C. Insufficient / Late Opening and Total Absence of Extension

1. Opening deduction should reflect body shape prior to landing. Deduction applied according to small, medium, and large errors. Illustration refers to degree of closure of upper body towards the legs.
2. Example:
 - a. Gymnast begins to extend or completely extends hips prior to landing, but upon landing cannot maintain upper body posture and closes upper torso downward toward the legs (compresses), apply up to 0.20 deduction for "incorrect body posture on landing".
 - b. Gymnast never opens, lands in a full squat position, and proceeds to fall. Deduct 0.50 for the fall. In addition, deduct 0.30 for total absence of extension and up to 0.20 for incorrect body posture.



D. Landings

1. **Feet First Landings:** All Vaults in the Silver, Gold, Platinum, ~~and~~ Diamond, **and Sapphire** Divisions must land on the feet first on the landing mat.
 - a. Landing on the feet first is defined as "any part of the bottom of the foot touching the mat first."
 - b. Any vault that fails to land on the feet first will be scored "0" (VOID).
 - 1) Exception: Silver vaults receive a 2.00 deduction, which includes the 0.50 for a fall.
 - c. At all sanctioned meets, all Void Vaults should be unofficially scored, but not submitted, unless a video review is decisive in determining the vault was complete.
2. **Landing on the Mat Stack or Vault Table for**
 - a. **Gold, Platinum, ~~and~~ Diamond, and Sapphire Divisions:** If the gymnast lands sitting, standing, or lying on the ~~Mat Stack or~~ Vault Table, the score for that Vault will be "0" (VOID).
 - b. **Silver:** If Silver gymnast lands in a sitting, lying, or standing position on the top of mat stack after passing through the vertical plane (handstand), deduct 2.00 + 0.50 for the fall = 2.50.
3. **Deep Squat:** Squat on landing deduction guideline



E. Whenever a Zero score is one of the counting scores, the allowable score range does NOT apply.

F. Restricted Vaults:

1. If a gymnast attempts a Vault listed on the Vault chart for her Division, resulting in a Vault that is not found on the chart, the vault is scored "0" (VOID).
2. The gymnast does NOT receive a "0" (VOID) as the Final Score if the second Vault is an Allowable Vault.
3. If either of the two Vaults performed are Vaults that are not allowed at the gymnast's Division, the gymnast would receive a Final Score of "0" (VOID), because a Restricted vault was performed.

G. Warm-up Procedures: ~~Vault Touch Warm-up is not regulated by time.~~

1. Timed Warm-Up

- a. Run Back: After presenting to the Judges, gymnasts are allowed one (1) "run-back" from the board before the Vault attempts are counted.
- b. Jump Off: Each gymnast (Silver, Gold, Platinum, Diamond, **and Sapphire**) is allowed to stand on the Mat Stack or Vault Table and jump off (or salto-Diamond/**Sapphire** only) one (1) time only, in addition to their specific number of guaranteed Vaults.

Xcel Code of Points
VAULT

- c. Guaranteed Vaults: Each gymnast is guaranteed a specific number of warm-up Vaults, depending upon her Division.
 - 1) Diamond and Sapphire: gymnasts are guaranteed three (3) Vaults.
 - 2) Silver, Gold and Platinum: gymnasts are guaranteed two (2) Vaults.
 - 3) Bronze: gymnasts are guaranteed one (1) Vault.
- d. Timed warm-up: (Platinum and above)
 - 1) During competition, it is NOT considered additional warm-up time if a gymnast who is next to compete on Vault runs or jumps on the Vault runway following the previous competitor's final Vault.
 - 2) The gymnast may NOT run or jump in front of the Vault judges' table.
 - A warning would be given in this instance for exceeding warm-up time.
- 2. Touch warm-up: Vault Touch Warm-up is not regulated by time. Each gymnast is guaranteed a maximum specific number of warm-up Vaults per gymnast, depending on her Division.

H. Vault Clarifications

- 1. Bronze Division
 - a. Vault 1
 - 1) (Vault 1A), If the gymnast performs the Straight Jump and fails to land on the bottom of the feet first, that part of the vault will be scored "0".
 - 2) (Vault 1B), The gymnast may then continue to perform the kick to handstand, fall to flat back for a maximum score of 4.50.
 - b. Vault 2
 - 1) If the gymnast fails to complete the handstand flat back vault and comes to a rest on the floor, board, or Mat Stack, she may continue to perform Bronze Vault 1B for a maximum score of 4.50.
- 2. Group 1 (Handsprings):
 - a. Pre-Flight Turns: Vaults may be performed with $\frac{1}{4}$ (90°) to $\frac{1}{2}$ (180°) LA (long axis) turn.
 - b. Twisting Directions: In both the First and Second flight phase, the twist may be performed in either direction.
- 3. Group 3 (Tsukahara Entry):
 - a. Slight Arm Bend of the Lead Arm: Is allowed for all Group 3 Vaults.
 - b. Pre-Flight Turn: May be performed with $\frac{1}{4}$ (90°) to $\frac{1}{2}$ (180°) LA turn in the first flight phase. There is NO deduction for incomplete turn.

I. Maximum Execution Deduction is 4.00:

- 1. For Bronze Vault #1, this maximum deduction would be for both parts of the vault 1-A & 1-B combined.
- 2. Maximum execution deductions apply to Bronze Vault 2, Silver, Gold, Platinum, Diamond, and Sapphire.

J. Courtesy Score:

- 1. A Courtesy Score of 4.00 may be awarded for unusual circumstances, including injury.
 - a. This does not apply if a gymnast has earned a "zero" for the vault or the event for balking, Restricted vault or a landing position (not feet first or on the table).

K. Vault Fall Timing:

- 1. If a gymnast falls on her first vault attempt and an injury is being assessed, once she is standing on her feet, she has 45 seconds to salute for the second vault.
 - a. If an injury occurs, fall time begins when medical assessment is complete.
- 2. If the allotted fall time is exceeded, a second vault will not be allowed.
- 3. The Chief Judge must monitor the Vault Fall time. The watch:
 - a. Starts when the gymnast is standing up on her feet after the fall.
 - b. Stops when gymnast salutes for her second vault.
- 4. Announcing:
 - a. After 25 seconds have passed, announces "20 seconds remaining".
 - b. After 35 seconds have passed, announces "10 seconds remaining".
 - c. At 45 seconds, announces "Time".
- 5. A second vault is not allowed after "Time" is announced.

V. UNUSUAL JUDGING SITUATIONS

A. Bronze Division - Vault Option 1:

- 1. Vault 1-A (Part 1): If the gymnast fails to hurdle and do a Stretch Jump onto the Vault apparatus (i.e., runs off the board and onto the mat or jumps on board and fails to land on feet first on Mat Stack) she would receive a "0" (VOID) for Part 1 (deduction of 4.50 for Bronze)
- 2. Vault 1-B (Part 2): The gymnast is still permitted to do the Kick to Handstand, fall to flat back. Her maximum score would be 4.50.
 - a. The courtesy score of 4.0 may still be applied in this situation.

Xcel Code of Points
BALANCE BEAM

BALANCE BEAM RULES					
	Special Requirements (SR) Deduct 0.50 for Each Missing SR	Value Part (VP) Required	Difficulty Restrictions <i>Restricted Skills</i> 0.50 deduction - off SV	Timing	
				Warm-Up Time Per Gymnast	Time Limit (No min. time)
	Bronze - Diamond: 10.0 SV Sapphire: 9.60 SV + Up to 0.40 Bonus				
BRONZE	1. Minimum ½ Turn on one (1) Foot or two (2) Feet 2. One (1) Jump or Leap (not mount or dismount) - No split angle required 3. One (1) Acro element – Non-Flight 4. Dismount – No Saltos or Aerials	Minimum of 4 “A” VP (0.10 each)	<ul style="list-style-type: none"> No “B” or higher VP. No Salto or Aerial Dismounts No Walkovers 	30 seconds	45 seconds
SILVER	1. Minimum ½ Turn on one (1) Foot 2. One (1) Jump or Leap with a minimum 90° Cross or Side Split (not mount or dismount) 3. One (1) Acro element – Non-Flight 4. Dismount	Minimum of 5 “A” VP (0.10 each)	<ul style="list-style-type: none"> No “B” Acro VP. No “C” or higher VP. 	45 seconds	50 seconds
GOLD	1. Minimum 1/1 Turn on one (1) Foot 2. Two (2) different Group 2 elements – One (1) with a min. 120° cross or side split (isolated or in a series). 3. Two (2) Acro elements – with or without Flight (Isolated or Series) – One (1) must achieve or pass through inverted Vertical 4. Dismount	Minimum of 6 “A” VP (0.10 each)	<ul style="list-style-type: none"> No “C” or higher VP. 	1:00 minute	1:00 minute
PLATINUM	1. Minimum 1/1 Turn on one (1) Foot 2. Dance Series – Two (2) Group 1*, 2, or 3* elements (same or different) – AND one (1) Jump or Leap with a minimum 120° Cross or Side Split (Isolated or Series) 3. One (1) Acro Flight element OR Acro Series – with or without Flight – Minimum of one skill must achieve or pass through vertical (excluding Mount or Dismount) 4. Dismount	Minimum of 6 “A” VP (0.10 each), 1 “B” VP (0.30)	<ul style="list-style-type: none"> No “C” Acro VP. No “D” or higher VP 	1:30 minutes	1:15 minutes
DIAMOND	1. Minimum 1/1 Turn on one (1) Foot 2. Dance Series – Two (2) Group 1*, 2, or 3* elements (same or different) – AND one (1) Jump or Leap with a minimum 155° 450 3. Acro Series – with or without Flight – Minimum of one skill must achieve or pass through vertical (excluding mount or dismount); AND one (1) Acro Flight element (Isolated or Series) 4. Dismount – Salto or Aerial	Minimum of 5 “A” VP (0.10 each), 2 “B” VP (0.30 each)	<ul style="list-style-type: none"> Maximum of 1 “D” VP allowed. No bonus. No “E” VP. 	2:00 minutes	1:15 minutes
SAPPHIRE	1. Minimum 1/1 (360°) turn on one (1) foot 2. Dance series and a leap or jump requiring 180° split (in series or isolated) 3. Acro series with a minimum of one (1) flight skill (a minimum of one (1) skill must pass through or achieve vertical) 4. Min “B” Dismount OR an acro flight skill directly connected to an “A” salto/aerial dismount	Minimum of 3 “A” VP (0.10 each), 3 “B” VP (0.30 each), 1 “C” VP (0.50)	<ul style="list-style-type: none"> No “E” VP. 	2:00 minutes	1:30 minutes
Clarifications					
Clarifications applied to ALL Xcel Divisions					
Fall Time: 45 Seconds - The fall time begins when the gymnast is standing on her feet after the fall to the mat. If an injury occurs, fall time begins after the medical assessment is complete.					
SR#3: All Acro Skills/Series must start and finish on the beam to receive credit for SR#3.					
SR#4: If a restricted element is competed as the dismount, in addition to no SR#4 credit, also deduct 0.30 for No Dismount.					
Split Angle (within 20°/45°): SR and VP credit will be awarded for Cross or Side Split Leaps or Jumps that are within 20° (Silver-Diamond) or 45° (Sapphire) of the Division's specified Split angle. (See Beam Chapter 2, I Recognition of Value Parts) Deduction of up to 0.20 for Insufficient Split will be applied.					
Handstands: A hold is not required for any “A” VP handstand. Any “B” VP or higher handstand requires a 2 second hold if noted within the Table of Elements.					
Value Parts: Any skills listed in the Xcel Code of Points and allowed at the respective Division. (Bronze: Any “A” VP; Silver: Any “A” VP or “B” Dance VP, Gold: Any “A” or “B”; Platinum: Any “A”, “B” or “C” Dance VP; Diamond: Any “A”, “B”, “C” VP & 1 “D”)					
Platinum/Diamond/Sapphire					
Dance Series: * Group 1 Dance VP – Group 1 Mounts that are considered Dance VP are indicated with a (D) next to the illustration within the Code of Points, are eligible to be used in the dance series. / * Group 3 Turns on one (1) Foot are eligible to be used in the dance series.					

CHAPTER 1: REQUIREMENTS & RESTRICTIONS

I. SPECIAL REQUIREMENTS

Special Requirements (SR) each worth 0.50.

A. Bronze Division

1. Minimum ½ Turn on One (1) or Two (2) Feet
2. One (1) Jump or Leap (not mount or dismount)
3. One (1) Acro element – Non-Flight
4. Dismount – No Saltos or Aerials

B. Silver Division

1. Minimum ½ Turn on One (1) Foot
2. One (1) Jump or Leap with a minimum 90° Cross or Side Split (not mount or dismount)
3. One (1) Acro element – Non-Flight
4. Dismount

C. Gold Division

1. Minimum 1/1 Turn on One (1) Foot
2. Two (2) Different Group 2 elements – one (1) with a minimum 120° Cross or Side Split (Isolated or Series)
3. Two (2) Acro elements – with or without Flight (Isolated or Series)
 - a. One (1) must achieve or pass through inverted vertical. Support on hands (through handstand position) is not required.
4. Dismount

D. Platinum Division

1. Minimum 1/1 Turn on one (1) Foot
2. Dance Series - minimum Two (2) Group 1*, 2 or 3* elements (same or different) – AND one (1) Leap or Jump with a minimum 120° Cross or Side Split (Isolated or Series)
 - * Group 1 Dance VP – Group 1 Mounts that are considered Dance VP are indicated with a (D) next to the illustration within the Code of Points, are eligible to be used in the dance series.
 - * Group 3 Turns on one (1) Foot are eligible to be used in the dance series.
3. One (1) Acro Flight element OR Acro Series – with or without Flight – Minimum. of one skill must achieve or pass through vertical (excluding Mount or Dismount)
4. Dismount

E. Diamond Division

1. Minimum 1/1 Turn on one (1) Foot
2. Dance Series – minimum Two (2) Group 1*, 2 or 3* elements (same or different) – AND one (1) Leap or Jump with a minimum **155° 150°** Cross or Side Split (Isolated or Series)
 - * Group 1 Dance VP – Group 1 Mounts that are considered Dance VP are indicated with a (D) next to the illustration within the Code of Points, are eligible to be used in the dance series.
 - * Group 3 Turns on one (1) Foot are eligible to be used in the dance series.
3. Acro Series – with or without Flight - Minimum of one skill must achieve or pass through vertical (excluding mount or dismount); AND one (1) Acro Flight element (Isolated or Series)
4. Dismount – Salto or Aerial

F. Sapphire Division (9.60 Start Value + up to 0.40 max Bonus)

1. Minimum 1/1 (360°) turn on one (1) foot
2. Dance series and a leap or jump requiring a 180° split (in series or isolated)
3. Acro series with a minimum of one (1) flight skill (a minimum of one (1) skill must pass through or achieve vertical)
4. Min "B" Dismount OR an acro flight skill directly connected to an "A" salto/aerial dismount
(Refer to the General / Judges section for further clarification on Bonus categories and applying Bonus.)

II. VALUE PART REQUIREMENTS

Value Part requirements for Xcel are provided in the following chart. Refer to the General/Judges Section for further clarification on value parts and deductions related to missing value parts.

Value Part Requirement					
Bronze	4 "A" VP	(0.10 each)	Platinum	6 "A" VP	(0.10 each)
Silver	5 "A" VP	(0.10 each)		1 "B" VP	(0.30 each)
Gold	6 "A" VP	(0.10 each)	Diamond	5 "A" VP	(0.10 each)
				2 "B" VP	(0.30 each)
				Sapphire	3 "A" VP (0.10 each)
					3 "B" VP (0.30 each)
					1 "C" VP (0.50 each)

Xcel Code of Points
BALANCE BEAM

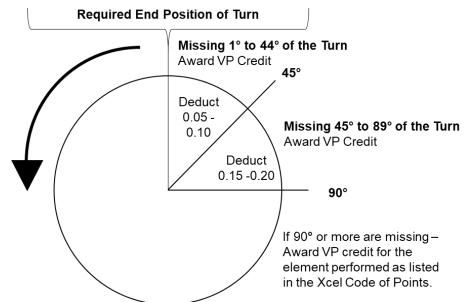
E. Considerations for awarding Value Part credit when a Fall occurs:

1. When the gymnast completes an element by landing, making contact with the bottom of the feet / foot on the top on the beam, but then falls:
 - a. Value Part credit is awarded.
 - b. Special Requirements are fulfilled, if applicable.
 - c. If the fall occurs on the second element in an Acro or Dance Series, the Special Requirement is fulfilled.
 - d. Deduct for execution and amplitude errors, in addition to the 0.50 deduction for the fall, but not the balance errors which resulted in the fall.
2. If the gymnast does not land or make contact with the bottom of the feet / foot on the top of the beam at all:
 - a. Value Part credit is not awarded.
 - b. Special Requirement credit is not awarded.
 - c. If the fall occurs on the second element in an Acro or Dance Series, the Special Requirement is not fulfilled.
 - d. Deductions for execution and amplitude errors are taken in addition to the 0.50 deduction for the fall.
 - e. Exception to a, b, and c above are mounts that achieve vertical and a press handstand to vertical within the routine.
3. If the gymnast fails to land on the bottom of the feet / foot first on the Dismount:
 - a. Value Part credit is not awarded.
 - b. Dismount Special Requirement credit is not awarded.
 - c. If Salto action was initiated, do not deduct 0.30 for No Dismount from the Start Value.
 - d. If No Salto action was initiated, deduct 0.30 for No Dismount from Start Value.
 - e. Deductions for execution and amplitude errors are taken, in addition to the 0.50 deduction for the fall.

F. Required Technique for the Recognition of Value Parts

1. Leg positions, posture / body position, and/or amplitude requirements as indicated in the Xcel Code of Points / Xcel Updates must be fulfilled in order to award the Value Part as listed.
2. In some cases, appropriate execution and amplitude deductions would be taken rather than recognizing it as a different element.
3. Turns of 360° or more on one(1) foot and leaps / jumps / hops with Turns of 360° or more:
 - a. Missing degree of turn:

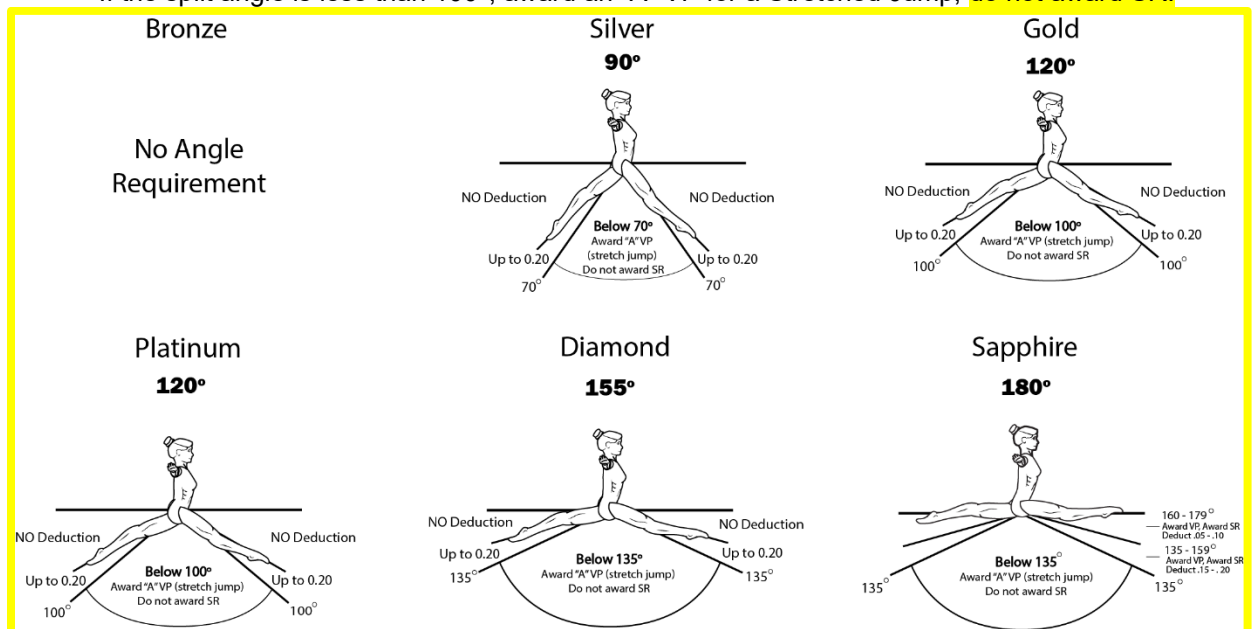
INCOMPLETE TURN - TURNS OF 360° OR MORE		
Missing Degree of Turn	Deduction	VP Credit
If missing 1° to 44° of the turn	Deduct 0.05 – 0.10	Award VP
If missing 45° to 89° of the turn	Deduct 0.15 – 0.20	Award VP credit
If missing 90° or more of the turn		Award VP credit for the element performed



- b. Deductions for balance, execution and amplitude errors are also applied.
 - c. Clarification regarding completion of turns: Once the heel drops onto the beam during a turn, it is considered complete. Appropriate Value Part credit is awarded for the degree of turn completed prior to the heel drop.
4. **Turns of less than 360° on one (1) or two (2) feet and Jumps/Leaps/Hops with less than 360° Turn**
 - a. Jumps, leaps, and hops that have values based upon less than a 360° Turn (example, tuck jump $\frac{3}{4}$), the gymnast must finish a minimum of 1° past the halfway mark between the two Value Parts.
 - 1) Examples:
 - A $\frac{1}{2}$ turn on one or two feet must finish at a minimum of 91° to receive VP and SR credit.
 - 2) Since there is a Value Part listed for the tuck jump $\frac{1}{2}$, $\frac{3}{4}$, and $\frac{1}{1}$ on Beam, the degree of Turn completion, upon landing determines the value awarded.
 - If the Turn is completed to within 44° or less of the designated degree of turn, it is awarded the higher Value Part.
 - (i) In order to receive the higher value, the turn must be finished closer to the higher degree of turn.
 - b. Execution deductions for incomplete turn are applied.
5. **Holds**
 - a. “A” VP Handstands and Headstands do not require a hold for any Division. Any “B” VP or higher handstand requires a 2-second hold if noted within the Table of Elements.
 - b. If an element requiring a hold is not held for 2 seconds, award the value of the root element.

Xcel Code of Points BALANCE BEAM

- 1) Example: #1.311 Press to Side Handstand – Lower to Planche.
 - If the Planche position is not held for 2 seconds, award “B” VP credit for the Press Handstand.
- c. Exception: #5.003 Bridge from laying position - A bridge from a lying position requires only a one second hold.
6. **Leaps and Jumps**
 - a. For VP and SR credit each Division has a specific required minimum Degree of Split for leaps and jumps with a cross or side split. This split angle is specified in the Division's dance SR (SR #2) and listed in Group 2 Elements.
 - b. **Deficiency of required split angle:**
 - 1) **Silver-Diamond:** Deficiency of up to 20° from the Division-specific required Split is allowed to still receive VP and SR credit but a deduction of up to 0.20 for insufficient split is applied.
 - 2) **Sapphire:** Deficiency of up to 45° from the Division-specific required Split is allowed to still receive both VP and SR credit but a deduction of up to 0.20 for insufficient split is applied. This deduction may be applied for any leap/jump requiring 180° split, whether the skill is used to meet a Special Requirement or not.
 - i. 160 - 179° (Missing 1-20° of split) - Deduct 0.05-0.10
 - ii. 135-159° (Missing 21-45° of split) -Deduct 0.15-0.20
 - c. Lower VP or NO VP credit (as applicable) would be given for the element if the Split is more than 20°(Silver-Diamond) or 45°(Sapphire) from the required split angle in the Division. Award an “A” VP for a Stretched Jump.
 - d. To receive “B”, “C” or “D” Value Part as listed in the Xcel Code of Points, a Leap or Jump requiring a 180° cross or side split must show a minimum of 135° split.
 - 1) A split below 135° and within 20°(Silver-Diamond) of the SR requirement for the Division will receive an “A” Value Part.
 - 2) If the Division split angle is not met, award VP or No VP for the skill actually performed.
 - 3) For “B” leaps/jumps and higher: Once the athlete achieves a minimum of 135° AND her division requirement, she receives the appropriate Value Part with no further Insufficient Split deduction (Excluding Bronze which receive “A” VP for certain splits up to 180°).
 - e. Examples:
 - 1) Split Jump in the Silver Division the split requirement is 90°
 - If the gymnast has less than 70° leg separation, the Split Jump will be considered a Stretch Jump “A” Value Part credit and will not receive Special Requirement credit for a Split Jump.
 - 2) Split Leap in the Platinum Division the split requirement is 120°
 - If the gymnast has between 100° - 119° leg separation, the split leap will receive VP credit and will fulfill the split angle portion of the Special Requirement credit with an up to 0.20 deduction.
 - 3) Cross Straddle Jump (#2.202) in the Platinum Division achieves less than 135° Split, “B” Value Part is not awarded.
 - If the split angle is within the 20° of the Division's Split angle requirement of 120°, award an “A” VP credit and **SR credit** for the straddle jump.
 - If the split angle is less than 100°, award an “A” VP for a Stretched Jump, **do not award SR.**



**Xcel Code of Points
FLOOR EXERCISE**

C. Elements/Pass Considered the Same:

In the following instance, elements listed under the same number will be considered the same:

1. Salto/flight with 2-foot landing or step-out:

Examples of Elements Considered the Same for the Counting of VP	
Criteria	Example
Salto with 2-foot landing or step-out	<ul style="list-style-type: none"> Front Salto Tucked step-out "A" / Front Salto with 2-foot landing considered same element.

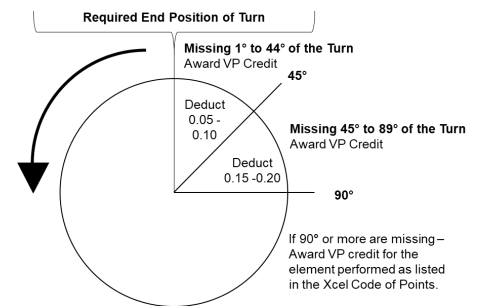
D. Considerations for awarding Value Part credit when a Fall occurs:

1. Salto Element: Fail to land on any part of bottom of feet first when performing Salto element:
 - a. No VP credit awarded.
 - b. No SR awarded.
 - c. Deduct 0.50 for fall.
 - d. Deduct for execution and amplitude errors in addition to the fall.

E. Required Technique for the Recognition of Value Parts

1. Leg positions, posture / body position, and/or amplitude requirements as indicated in the Xcel Code of Points must be fulfilled in order to award the Value Part as listed.
2. Required technique must be fulfilled in order to award the VP as listed.
3. In some cases, appropriate execution and amplitude deductions would be taken rather than recognizing it as a different element.
4. Turns of 360° or more on one(1) foot and leaps / jumps / hops with Turns of 360° or more:
 - a. If missing:

INCOMPLETE TURN - TURNS OF 360° OR MORE		
Missing Degree of Turn	Deduction	VP Credit
If missing 1° to 44° of the turn	Deduct 0.05 – 0.10	Award VP
If missing 45° to 89° of the turn	Deduct 0.15 – 0.20	Award VP credit
If missing 90° or more of the turn		Award VP credit for the element performed

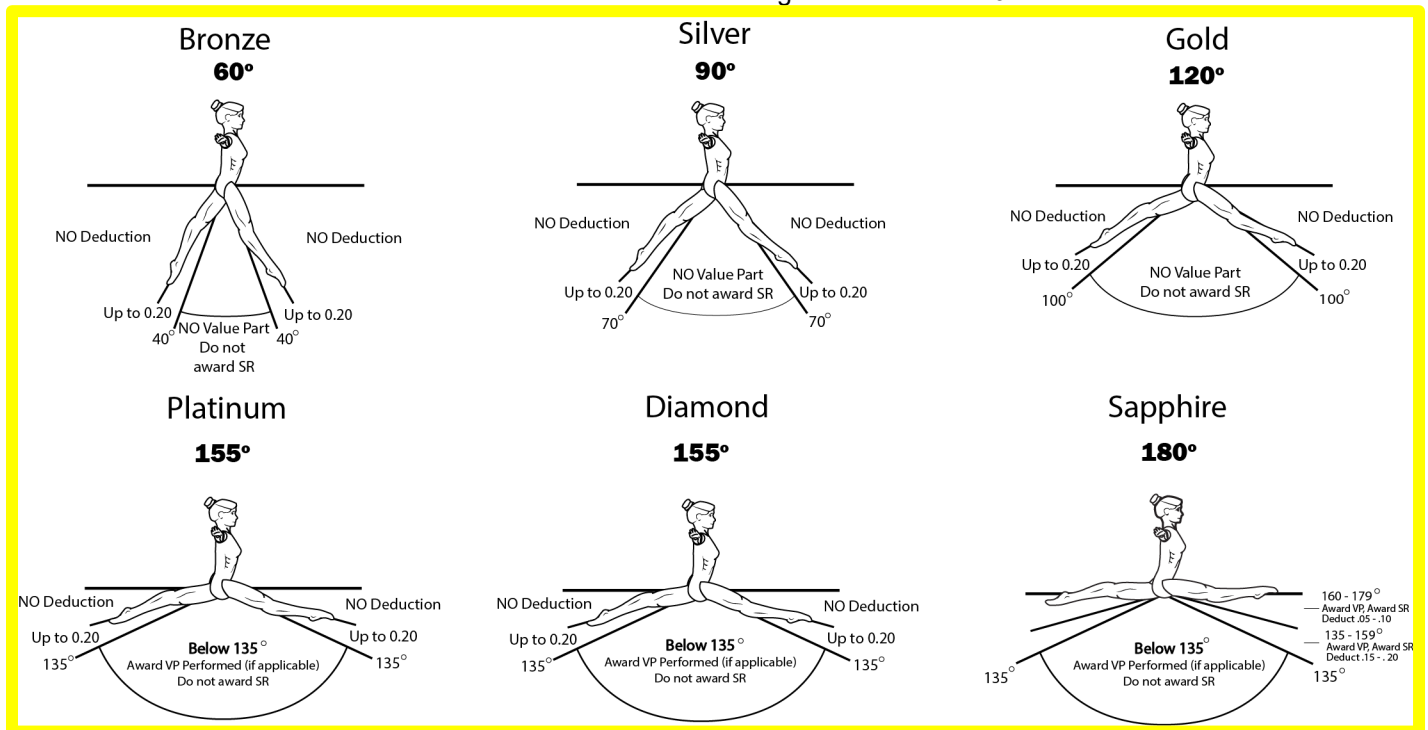


- b. Deductions for balance, execution and amplitude errors are also applied.
- c. Clarification regarding completion of turns:
 - 1) Once the heel drops onto the floor during a turn, it is considered complete.
 - 2) Appropriate Value Part credit is awarded for the degree of turn completed prior to the heel drop.
5. **Jumps / Leaps / Hops with ½ (180°) Turn and ½ (180°) Turns on one (1) foot:**
 - a. Jumps / Leaps / Hops: values based upon completion of the ½ (180°) Turn. Must finish minimum of 1° past half-way mark between the two (2) VP to receive the higher value. Wolf Jump = "A" and Wolf Jump ½ = "B"
 - 1) Degree of Turn completion determines value awarded.
 - 2) Evaluate how much of Turn was completed to determine value to award.
 - 3) Turn completed to within 89° or less of designated Degree of Turn, award higher VP.
 - 4) Turn must finish closer to higher Degree of Turn.
 - 5) Execution deductions applied for Incomplete Turn.
 - b. ½ Turns on One (1) foot must finish at minimum of 91°
 - 6) To receive VP credit and SR credit.
 - 7) Use deductions listed in Chapter 3 for Full Turns.
6. **Split Leaps and Jumps**
 - a. Each Division has a specific required minimum Degree of Split for Leaps and Jumps with a cross or side split. This split angle is specified in the Division's Dance SR (SR #2).
 - b. Deficiency of up to 20° (Bronze-Diamond) or 45°(Sapphire) from the Division-specific required Split is allowed to still receive VP and SR credit but a deduction of up to 0.20 for insufficient split will be applied.
 - 1) Example: Split Leap: Platinum Division, Split requirement 155° 450°.
 - A Split at 130° leg separation, Split Leap (#1.101) will receive "A" VP credit and Special Requirement credit with "up to 0.20" deduction.

Revised August 2023

Xcel Code of Points FLOOR EXERCISE

- 2) **Sapphire:** This deduction may be applied for any leap/jump requiring 180° split, whether the skill is used to meet a Special Requirement or not.
 - 160 - 179° (Missing 1-20° of split) - Deduct 0.05-0.10
 - 135 - 159° (Missing 21-45° of split) – Deduct 0.15-0.20
- c. Lower VP or NO VP credit (as applicable) would be given for the element if the Split is more than 20° (**Bronze-Diamond**) or 45° (**Sapphire**) from the required split angle in the Division. Example:
 - 1) Straddle Jump 1/1 Turn: Platinum Division, Split at 120°.
 - “A” VP credit for Jump 1/1 Turn.
- d. To receive “B”, “C” or “D” Value Part as listed in the Xcel Code of Points, a Leap or Jump requiring a 180° split must show a minimum of 135° split.
 - 1) For “B” leaps/jumps and higher: Once the athlete achieves a minimum of 135° AND her division requirement, she receives the appropriate Value Part with no further Insufficient Split deduction (Excluding Bronze which receive “A” VP for certain splits up to 180°).
- e. Elements are designated as Restricted elements based on their value as listed in the Xcel Code of Points, NOT on the quality/amplitude of the performance.
- f. Examples:
 - 1) NOTE: Where applicable deductions for Insufficient Amplitude (Height) and Execution may be taken, in addition to Insufficient Split deduction.
 - 2) Split Leaps: Platinum Division, Split requirement **155° 160°**.
 - **135° – 154° 130° – 149°** leg separation, Split Leap will receive “A” VP credit and Special Requirement credit with “up to 0.20” deduction.
 - 3) Straddle Jump 1/1 Turn: Platinum Division, Split at 120°.
 - “A” VP credit for Jump 1/1 Turn.
 - 4) Leg swing Hop with free leg horizontal or above:
 - Deduct up to 0.20 for Insufficient Amplitude if free leg is below horizontal (using 20° variance).
 - No “A” Value Part credit awarded if free leg lifted less than 70° from floor.



7. Flight Elements:

- a. Flight element that fails to show Flight (moment when both hands and feet are free of floor), award VP credit for actual element performed.
 - 1) Acro skill / element without Flight, may not fulfill Acro Special Requirement requiring Flight.
- b. Dive Forward Roll does not fulfill Flight requirement, (due to support on shoulders and back).

APPENDIX

Xcel Code of Points VAULT

VAULT RULES							
	Allowable Vaults		Start Value (SV)	Alternative Springboard Allowed?	Additional Clarifications	Timed Warm-Ups <i>Total time per squad determined by number of gymnasts in largest squad</i>	
	No other vaults, other than those listed in each Division are permitted. If another vault is unintentionally performed, it will be a "VOID" vault.					Warm-Up Time Per Gymnast	Guaranteed Min. # of Touch Warm-Up Vaults
Bronze	Vault Option 1	1A (SV 4.5) Stretch Jump onto mat THEN 1B (SV 4.5) Kick to Handstand (hands placed on board or mat) fall to flat back.	9.0 total Start Value	Yes	If a gymnast lands in a flat-back position and then slides off the end of the mat, there is no penalty for a fall.	30 seconds	1
	Vault Option 2	Jump to Handstand - fall to flat back on mat. (no repulsion required).	10.0 Start Value				
	Mat Stack	Minimum: 16" (±1") Maximum: 48" (±1")					
Silver	Vault Option 1	Handspring over the sideways mat stack.	10.0 Start Value	Yes	Unfolded panel mat or sting mat may be placed on top of the mat stack Sting mat may be used on the landing mat	45 seconds	2
	Vault Option 2	¼ - ½ (90-180°) turn on – Repulsion off to feet, landing facing mat stack. (Additional twist results in a VOID vault.)	10.0 Start Value				
	Mat Stack	Mat stack sideways. Minimum: 24" (± 1") Maximum: 48" (± 1") Landing Mat: A minimum 6'x12'x4" mat must be placed on the floor behind the mat stack.					
Gold	Xcel Gold Vault Chart		10.0 Start Value 9.5 SV if using alternative springboard	Yes 9.5 Start value if used		1:00 minute	2
Platinum	Xcel Platinum Vault Chart		Xcel Platinum SV Chart	NO If used, the vault will be VOID .		1:30 minute	2
Diamond	Xcel Diamond Vault Chart		Xcel Diamond SV Chart	NO If used, the vault will be VOID .		2:00 minutes	3
Sapphire	Xcel Sapphire Vault Chart		Xcel Sapphire SV Chart	NO If used, the vault will be VOID .		2:00 minutes	3
Clarifications applied to ALL Xcel Divisions							
Spotting	(0.50) Spot on landing		Guaranteed Warm-Up Vault Clarification	If the guaranteed number of vaults per gymnast has not been provided to some of the gymnasts in a squad before the time expires, those gymnasts may continue to finish their guaranteed number of vaults.			
	(1.00) Spot during any other phase						
	(1.50) Max. Total Spot deduction		Fall Time 45 Seconds	The Chief Judge must monitor the Vault Fall time. Time Starts: when the gymnast is standing up on her feet after the fall. If an injury occurs, fall time begins after the medical assessment is complete. Time Stops: when gymnast salutes for her second vault.			
				Revised September 2022	Revised August 2023	Revised January 2024	

Xcel Code of Points
UNEVEN BARS

UNEVEN BARS RULES					
	Special Requirements (SR) Deduct 0.50 for Each Missing SR	Value Part (VP) Required	Difficulty Restrictions Restricted Skills 0.50 deduction - off SV	Extra Swing Deduction Taken	Warm-Up Time Per Gymnast
	Bronze-Diamond: 10.0 SV Sapphire: 9.60 SV + Up to 0.40 Bonus				
BRONZE	1. Mount – Low bar only 2. Cast (hips must leave bar) (<u>not</u> mount or dismount) 3. 360° Circling skill (not mount or dismount) 4. Dismount – Low bar only (no saltos)	Minimum of 4 “A” VP (0.10 each)	<ul style="list-style-type: none"> No “B” or higher VP. No skills on High Bar. No Salto dismounts. No LB Giants. 	No	30 seconds
SILVER	1. Mount 2. Cast to a minimum of 45° below horizontal (<u>not</u> mount or dismount) 3. 360° Circling skill (<u>not</u> mount or dismount) 4. Dismount - from Low bar or High Bar (no saltos)	Minimum of 5 “A” VP (0.10 each)	<ul style="list-style-type: none"> No “B” or higher VP. No Giants (LB or HB) No Salto dismounts. 	No	45 seconds
GOLD	1. A skill finishing in clear support at a minimum of horizontal (<u>not</u> mount / dismount) 2/3. Two (2) 360° circling skills (not mount or dismount) must be one of the following: <ul style="list-style-type: none"> Two (2) directly connected same circling elements (performed on either bar); or Two (2) different circling elements connected or isolated (performed on either bar); or Two (2) of the same circling element; one performed on low bar and one performed on high bar. 2. 360° Circling skill (<u>not</u> mount or dismount) 3. 2 nd 360° Circling skill (<u>not</u> mount or dismount), same or different from SR# 2 4. Dismount – High Bar	Minimum of 6 “A” VP (0.10 each)	<ul style="list-style-type: none"> No “C” or higher VP. B Exceptions: <ul style="list-style-type: none"> No Giants (LB or HB) No Release Skills with bar change. 	No	1:00 minute
PLATINUM	1. A skill finishing in a clear support above horizontal (<u>not</u> mount or dismount) 2. 360° Circling skill (<u>not</u> mount or dismount) 3. Kip 4. Dismount – High Bar (minimum “A”)	Minimum of 6 “A” VP (0.10 each), 1 “B” VP (0.30)	<ul style="list-style-type: none"> No “C” or higher VP. Exceptions: Clear Hip HS, Stalder Bkwd to HS, Pike Sole Circle Bkwd to HS (All without turn) 	Yes - Exception: Only one (1) tap/underswing-counterswing may receive an “A” VP and be performed without a 0.30 Extra Swing deduction.	1:30 minutes
DIAMOND	1. Skill finishing in a clear support at a min. of 45° from vertical (not mount or dismount) 2. Minimum “B” 360° Circling Skill 3. Additional Min. “B” skill - either a Release, Turn, or 2nd 360° Circling Skill, same as or different from SR#2 4. Salto or Hecht Dismount – High Bar (minimum “A”), or any dismount (minimum “B”) from the high bar	Minimum of 5 “A” VP (0.10 each), 2 “B” VP (0.30 each)	<ul style="list-style-type: none"> Maximum of one (1) “D” VP allowed (No bonus) No “E” VP. 	Yes	2:00 minutes
SAPPHIRE	1. Minimum of a “B” skill finishing in clear support at vertical (not mount or dismount) 2. Minimum of “B” 360° circling skill 3. Minimum of “B” release, turn, or 2 nd 360° circling skill (different from #2) 4. Minimum of “B” dismount OR “C” skill directly connected to an “A” salto dismount	Minimum of 3 “A” VP (0.10 each), 3 “B” VP (0.30 each), 1 “C” VP (0.50 each)	<ul style="list-style-type: none"> No “E” VP. 	Yes	2:00 minutes
Clarifications					
Clarifications applied to ALL Xcel Divisions					
Fall Time: 45 Seconds The fall time begins when the gymnast stands back up on her feet. If an injury occurs, fall time begins after the medical assessment is complete.					
Cast Angle: The Dev Program cast angle deductions will not be used in any Division.					
Value Parts: Any skills listed in the Xcel Code of Points and allowed at the respective Division. (Bronze/Silver: Any “A” VP; Gold/Platinum: Any “A” or “B”; Diamond: Any “A”, “B”, “C” VP & 1 “D”; Sapphire: Any “A”, “B”, “C”, “D”)					
Element Clarifications					
Skill preceded by a Cast: When a skill is preceded by a cast, both cast & skill may receive separate VP/skill credit, if cast achieves Division’s angle requirement with the following exceptions: <u>Exceptions:</u> cast squat, stoop, or straddle on–also with or without jump to HB, cast shoot through, & cast off to stand dismount (bronze only) receive 1 “A” VP in all Divisions. These skills may not be used to fulfill the cast SR.					
Long Hang Pullover: A long hang pullover is considered a 360° circling skill only if preceded by a cast for Platinum & Diamond.					

Xcel Code of Points
BALANCE BEAM

BALANCE BEAM RULES					
	Special Requirements (SR) Deduct 0.50 for Each Missing SR Bronze - Diamond: 10.0 SV Sapphire: 9.60 SV + Up to 0.40 Bonus	Value Part (VP) Required	Difficulty Restrictions <i>Restricted Skills</i> 0.50 deduction - off SV	Timing	
				Warm-Up Time Per Gymnast	Time Limit (No min. time)
BRONZE	1. Minimum ½ Turn on one (1) Foot or two (2) Feet 2. One (1) Jump or Leap (not mount or dismount) - No split angle required 3. One (1) Acro element – Non-Flight 4. Dismount – No Saltos or Aerials	Minimum of 4 "A" VP (0.10 each)	• No "B" or higher VP. • No Salto or Aerial Dismounts • No Walkovers	30 seconds	45 seconds
SILVER	1. Minimum ½ Turn on one (1) Foot 2. One (1) Jump or Leap with a minimum 90° Cross or Side Split (not mount or dismount) 3. One (1) Acro element – Non-Flight 4. Dismount	Minimum of 5 "A" VP (0.10 each)	• No "B" Acro VP. • No "C" or higher VP.	45 seconds	50 seconds
GOLD	1. Minimum 1/1 Turn on one (1) Foot 2. Two (2) different Group 2 elements – One (1) with a min. 120° cross or side split (isolated or in a series). 3. Two (2) Acro elements – with or without Flight (Isolated or Series) – One (1) must achieve or pass through inverted Vertical 4. Dismount	Minimum of 6 "A" VP (0.10 each)	• No "C" or higher VP.	1:00 minute	1:00 minute
PLATINUM	1. Minimum 1/1 Turn on one (1) Foot 2. Dance Series – Two (2) Group 1*, 2, or 3* elements (same or different) – AND one (1) Jump or Leap with a minimum 120° Cross or Side Split (Isolated or Series) 3. One (1) Acro Flight element OR Acro Series – with or without Flight – Minimum of one skill must achieve or pass through vertical (excluding Mount or Dismount) 4. Dismount	Minimum of 6 "A" (0.10 each), 1 "B" VP (0.30)	• No "C" Acro VP. • No "D" or higher VP	1:30 minutes	1:15 minutes
DIAMOND	1. Minimum 1/1 Turn on one (1) Foot 2. Dance Series – Two (2) Group 1*, 2, or 3* elements (same or different) – AND one (1) Jump or Leap with a minimum 155° 450 3. Acro Series – with or without Flight – Minimum of one skill must achieve or pass through vertical (excluding mount or dismount); AND one (1) Acro Flight element (Isolated or Series) 4. Dismount – Salto or Aerial	Minimum of 5 "A" (0.10 each), 2 "B" VP (0.30 each)	• Maximum of 1 "D" VP allowed. No bonus. • No "E" VP.	2:00 minutes	1:15 minutes
SAPPHIRE	1. Minimum 1/1 (360°) turn on one (1) foot 2. Dance series and a leap or jump requiring 180° split (in series or isolated) 3. Acro series with a minimum of one (1) flight skill (a minimum of one (1) skill must pass through or achieve vertical) 4. Min "B" Dismount OR an acro flight skill directly connected to an "A" salto/aerial dismount	Minimum of 3 "A" (0.10 each), 3 "B" VP (0.30 each), 1 "C" (0.50)	• No "E" VP.	2:00 minutes	1:30 minutes
Clarifications					
Clarifications applied to ALL Xcel Divisions					
Fall Time: 45 Seconds - The fall time begins when the gymnast is standing on her feet after the fall to the mat. If an injury occurs, fall time begins after the medical assessment is complete.					
SR#3: All Acro Skills/Series must start and finish on the beam to receive credit for SR#3.					
SR#4: If a restricted element is competed as the dismount, in addition to no SR#4 credit, also deduct 0.30 for No Dismount.					
Split Angle (within 20°/45°): SR and VP credit will be awarded for Cross or Side Split Leaps or Jumps that are within 20° (Silver-Diamond) or 45° (Sapphire) of the Division's specified Split angle. (See Beam Chapter 2, I Recognition of Value Parts) Deduction of up to 0.20 for Insufficient Split will be applied.					
Handstands: A hold is not required for any "A" VP handstand. Any "B" VP or higher handstand requires a 2 second hold if noted within the Table of Elements.					
Value Parts: Any skills listed in the Xcel Code of Points and allowed at the respective Division. (Bronze: Any "A" VP; Silver: Any "A" VP or "B" Dance VP, Gold: Any "A" or "B"; Platinum: Any "A", "B" or "C" Dance VP; Diamond: Any "A", "B", "C" VP & 1 "D")					
Platinum/Diamond/Sapphire					
Dance Series: * Group 1 Dance VP – Group 1 Mounts that are considered Dance VP are indicated with a (D) next to the illustration within the Code of Points, are eligible to be used in the dance series. / * Group 3 Turns on one (1) Foot are eligible to be used in the dance series.					

**Xcel Code of Points
FLOOR EXERCISE**

FLOOR EXERCISE RULES

	Special Requirements (SR) Deduct 0.50 for Each Missing SR Bronze - Diamond: 10.0 SV Sapphire: 9.60 SV + Up to 0.40 Bonus	Value Part (VP) Required	Difficulty Restrictions <i>Restricted Skills</i> 0.50 deduction - off SV	Timing	
				Timed Warm-Ups^	Time Limit
BRONZE	1. *Minimum 2 directly connected Acro elements (with or without Flight). 2. *2 nd Acro Pass – Minimum one (1) Acro element (with/without Flight). 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 60° Cross or Side Split. 4. Minimum 1/2 Turn on one (1) foot.	Minimum of 4 "A" VP (0.10 each)	<ul style="list-style-type: none"> No "B" or higher VP. Exceptions: Straddle jump & Side leap 60°–180° receive "A" VP No Saltos or Aerials Max of two (2) Acro flight elements per routine 	30 sec.	45 sec.
SILVER	1. *Minimum 2 directly connected Acro elements, 1 must have Flight. 2. *2 nd Acro Pass – either: A 2 nd Minimum two (2) directly connected elements (with or without Flight), OR One (1) Acro Flight element 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one of which is a Leap with a minimum 90° Cross or Side Split. 4. Minimum 1/1 Turn on one (1) foot.	Minimum of 5 "A" VP (0.10 each)	<ul style="list-style-type: none"> No "B" Acro VP. No "C" or higher VP. Maximum one (1) Salto or Aerial per routine. 	45 sec.	1:00 min.
GOLD	1. *Minimum 2 directly connected Acro Flight elements. 2. *2 nd Acro Pass – either: A 2 nd connection with minimum two (2) directly connected Acro Flight elements OR One (1) Aerial or Salto 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one of which is a Leap with a minimum 120° 4. Minimum 1/1 Turn on one (1) foot.	Minimum of 6 "A" VP (0.10 each)	<ul style="list-style-type: none"> No "B" VP Twisting Saltos. No "C" or higher VP. 	1:00 min.	1:00 min.
PLATINUM	1. *Minimum 2 directly connected Acro Flight elements with "A" or "B" Salto. 2. *2 nd Acro Pass – either: A 2 nd connection with minimum two (2) directly connected Acro Flight elements OR One (1) "B" Salto 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 155° 450° Cross or Side Split. 4. Minimum 1/1 Turn on one (1) foot.	Minimum of 6 "A" VP (0.10 each) 1 "B" VP (0.30)	<ul style="list-style-type: none"> No "C" Acro VP. No "D" or higher VP. 	1:30 min.	1:30 min.
DIAMOND	1. Two (2) separate Acro Flight Passes, each with a Minimum of 2 directly connected Acro Flight elements OR One (1) Acro Flight Pass with Two (2) directly connected Acro Flight elements AND One (1) separate/isolated "C" Salto. 2. Two (2) Different Saltos (Isolated or in connection) One (1) must be a Minimum "B" (May be included in SR#1) 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 155° 450° Cross or Side Split. 4. Minimum "B" Turn on one (1) foot.	Minimum of 5 "A" VP (0.10 each) 2 "B" VP (0.30 each)	<ul style="list-style-type: none"> Maximum of 1 "D" VP allowed. No bonus. No "E" VP. 	2:00 min.	1:30 min.
SAPPHIRE	1. One (1) acro pass with two (2) saltos, same or different. 2. Three (3) different saltos, one (1) is a minimum of a "B". 3. Dance passage with a minimum of two different elements from Group 1 (Leap, Jump, Hop), directly or indirectly connected, one of which is a leap requiring a 180° split. 4. Minimum of a "B" turn on one (1) foot	Minimum of 3 "A" VP (0.10 each) 3 "B" VP (0.30 each) 1 "C" (0.50)	<ul style="list-style-type: none"> No "E" VP. 	2:00 min.	1:30 min.

Clarifications

***SR#1/SR#2:** SR#1/SR#2 may not be combined in the same pass. (Bronze, Silver, Gold, Platinum)

^Timed Warm-Ups: Based on the number of athletes in the largest squad in the session.

No Minimum Time: Floor routines within Xcel do NOT have a minimum time limit.

Flight Skills/Elements: Acro flight skills/elements with hand support are eligible to receive Value Part credit, regardless of the number of times performed and may also fulfill Special Requirements, provided that the Acro Pass in which they are performed is different.

Split Angle (within 20°): SR/VP credit will be awarded for Cross or Side Split Leaps and Jumps that are within 20° (Bronze-Diamond) or 45° (Sapphire) of the Division's specified Split angle as listed under the special requirement (See Floor, Chapter 2, Recognition of Value Parts). For splits within 1°-20° (Bronze-Diamond) or 45° (Sapphire) of the specified split angle a deduction of up to 0.20 for Insufficient Split may be applied.

Dive Roll: A dive roll does NOT fulfill Flight Special Requirement. **Bronze/Silver:** Round off Rebound – Backward Roll is an Acro Connection.

Value Parts: Any skills listed in the Xcel Code of Points and allowed at the respective Division. (Bronze: Any "A" VP; Silver: Any "A" VP or "B" Dance, Gold: Any "A" or "B" (excluding "B" Twisting Saltos); Platinum: Any "A", "B" VP, and any "C" Dance VP; Diamond: Any "A", "B", "C" VP & 1 "D"; Sapphire: Any "A", "B", "C" & "D" VP)

Clarifications Regarding Connections: Refer to Floor Exercise – 20.

**Xcel Code of Points
VAULT**

GOLD, PLATINUM, DIAMOND, & SAPPHIRE DIVISION VAULT CHART					
Xcel Code #	Name of Specific Allowable Vault	Gold Allowable Vault (10.0 SV) (9.5 SV if Alternative Springboard Used)	Platinum Start Value	Diamond Start Value	Sapphire Start Value
1.101	Handspring	Allowed	9.7	9.4	9.0
1.102	Handspring → ½ twist off	Allowed	9.9	9.6	9.1
1.103	Yamashita	Allowed	9.7	9.4	9.0
1.104	Yamashita → ½ twist off	Allowed	10.0	9.6	9.1
1.105	½ twist on → ½ twist off OR ¼ twist on → ¾ twist off	Allowed	9.9	9.6	9.1
1.106	¼ twist on → Repulsion (with flight to feet) off OR ½ twist on → Repulsion (with flight to feet) off	Allowed	9.7	9.4	9.0
1.108	¼ twist on → ¼ twist off - to land facing away from the table (Vault re-numbered to 1.108)	Allowed	9.7	9.4	9.0
4.109	Handspring forward onto board – handspring forward on → repulsion off			9.5	9.1
1.110	Handspring forward onto board – handspring forward on → 1/2 (180°) turn off			9.7	9.2
1.111	Handspring forward onto board – ¼ – ½ (90°–180°) turn on → repulsion off			9.5	9.1
1.201	Handspring → 1/1 twist	Allowed	10.0	10.0	9.4
1.202	Handspring → 1 ½ twist			10.0	9.5
1.203	Yamashita → 1/1 twist	Allowed	10.0	10.0	9.4
1.205	½ twist on → 1 ½ twist off OR ¼ twist on – 1 ¾ twist off			10.0	9.6
1.206	½ twist on → 1/1 twist off OR ¼ twist on – 1 ¼ twist off	Allowed	10.0	9.9	9.4
1.207	1/1 twist on → Handspring or Yamashita off	Allowed	10.0	10.0	9.5
1.208	1/1 twist on → ½ twist off	Allowed	10.0	10.0	9.6
1.209	Handspring forward onto board – handspring forward on → 1/1 (360°) turn off			10.0	9.5
1.211	Handspring forward onto board – ½ (180°) turn on → 1/2 (180°) turn off OR ¼ (90°) turn on → ¾ (270°) turn off			9.7	9.2
1.301	Handspring → 2/1 twist off			10.0	10.0
1.306	½ twist on → 2/1 twist off OR ¼ twist on → 2 ¼ twist off			10.0	10.0
1.307	1/1 twist on → 1/1 twist off				10.0
1.311	Handspring forward onto board – ½ (180°) turn on → 1/1 (360°) turn off OR ¼ (90°) turn on → 1 ¼ (450°) turn off			10.0	9.5
3.201	Tsukahara → Back Tuck			10.0	9.7
3.303	Tsukahara → Back Pike			10.0	9.8
3.304	Tsukahara → Back Layout			10.0	10.0
4.101	RO, FF on → Repulsion (with flight to feet) off		9.7	9.4	9.0
4.102	RO, FF on → Repulsion ½ twist off		9.7	9.6	9.1
4.201	RO, FF on → 1/1 twist off			10.0	9.4
4.202	RO, FF on → 1 ½ twist off (Allen)			10.0	9.5
4.203	RO, FF on → Back Tuck			10.0	9.7
4.301	RO, FF on → 2 /1 twist off				10.0
4.304	RO, FF on → Back Pike			10.0	9.8
4.305	RO, FF on → Back Layout			10.0	10.0
5.101	RO, FF ½ on → Handspring			9.6	9.1
5.102	RO, FF ½ on → ½ twist off			9.8	9.2
5.107	RO, FF 1/1 on → ½ twist off				9.6
5.108	RO, FF 1/1 on → repulsion off				9.5
5.201	RO, FF ½ on → 1/1 twist off			10.0	9.6
5.202	RO, FF ½ on → 1 ½ twist off			10.0	9.8
5.207	RO, FF 1/1 on → 1/1 twist off				10.0
5.312	RO, FF ½ on → 2/1 twist off			10.0	10.0

UNEVEN BARS				V	A - .100	B - .200	C - .300	D - .400
A - .000 (the Division Allowed is provided)								
	#	Symbol	Division Allowed					
Group 1	1.001		B	1. ↑	01			
	1.002		Si→D		02			
	1.003a	 LB	B→G		03			
	1.003b	 HB	Si→G		04			
	1.004		B→G		05			
	1.005		B→G		06			
	1.006		B→G		07			
Group 2	2.001	 Hips leave bar -21" from Vert	B	2. ↓	08			
		 Hor - 21" from Vert	Si		09			
		 Hor - 21" from Vert	G		10			
		 89° - 21" from Vert	P		11			
		 45° - 21" from Vert	D		12			
	2.002		B→G		13			
	2.003		Si→P		14			
Group 7	7.001		B→Si	3. P	15			
	7.002		B→Si		16			
	7.003		B→G		01			
	7.004		B→G		02			
	7.005	 (from long swing)	Si→G		03			
	7.006		B→Sa		04			
					05			
Group 8	8.001		B	4. U	06			
	8.002		B		01			
	8.003		Si		02			
	8.004		B→Si		03			
	8.005		Si→G		04			
	8.006	 LB	B→Si		05			
	8.007		G→P		06			
Division Key				07				
B=Bronze		Si=Silver		08				
G=Gold		P=Platinum		01				
D=Diamond		Sa=Sapphire		02				
Ex. B→G Indicates allowed at Bronze through Gold - Bronze, Silver, and Gold				03				
				04				
				05				
				06				
				07				
2022-2026 Xcel Code of Points (Effective August 1, 2022 - July 31, 2026)				08				

UNEVEN BARS				V	A - .100	B - .200	C - .300	D - .400
A - .000 (the Division Allowed is provided)								
	#	Symbol	Division Allowed					
Group 1	1.001		B	1. ↑	01			
	1.002		Si→D		02			
	1.003a	 LB	B→G		03			
	1.003b	 HB	Si→G		04			
	1.004		B→G		05			
	1.005		B→G		06			
	1.006		B→G		07			
Group 2	2.001	 Hips leave bar -21" from Vert	B	2. ↓	08			
		 Hor - 21" from Vert	Si		09			
		 Hor - 21" from Vert	G		10			
		 89° - 21" from Vert	P		11			
		 45° - 21" from Vert	D		12			
	2.002		B→G		13			
	2.003		Si→P		14			
Group 7	7.001		B→Si	3. P	15			
	7.002		B→Si		16			
	7.003		B→G		01			
	7.004		B→G		02			
	7.005	 (from long swing)	Si→G		03			
	7.006		B→Sa		04			
					05			
Group 8	8.001		B	4. U	06			
	8.002		B		01			
	8.003		Si		02			
	8.004		B→Si		03			
	8.005		Si→G		04			
	8.006	 LB	B→Si		05			
	8.007		G→P		06			
Division Key				07				
B=Bronze		Si=Silver		08				
G=Gold		P=Platinum		01				
D=Diamond		Sa=Sapphire		02				
Ex. B→G Indicates allowed at Bronze through Gold - Bronze, Silver, and Gold				03				
				04				
				05				
				06				
				07				
2022-2026 Xcel Code of Points (Effective August 1, 2022 - July 31, 2026)				08				

BALANCE BEAM

A-.000
(the Division Allowed is provided)

#	Symbol	Division Allowed
Group 2	Any Split Angle (Split not required)	B
	Min 90°	Si
	Min 120°	G
	Min 120°	P
	Min 155°	D
	Min 180°	Sa
Group 3	3.001	B
	3.002	B
	3.003	B→Si
	3.004	B→Si
Group 5	5.001	B
	5.002	B→G
	5.003	B
Group 5	9.001	B→Si
	9.002	B→Si
	9.003	B→G

Division Key	
B=Bronze	Si=Silver
G=Gold	P=Platinum
D=Diamond	Sa=Sapphire

Ex. B→G Indicates allowed at Bronze through Gold
Bronze, Silver, and Gold

		A-.100	B-.200	C-.300	D-.400
1.	01				
	02				
	03				
	04				
	05				
	06				
	07				
	08				
	09				
	10				
	11				
	12				
	13				
	14				
	15				
	16				
2.	01				
	02				
	03				
	04				
	05				
	06				
	07				
	08				
	09				
	10				
	11				

		A-.100	B-.200	C-.300	D-.400
3.	01				
	02				
	03				
	04				
	05				
	06				
	07				
	08				
	09				
4.	01				
	02				
	03				
	04				
5.	01				
	02				
	03				
	04				
	05				
6.	01				
	02				
	03				
	04				
	05				








		A-.100	B-.200	C-.300	D-.400
7.	01				
	02				
	03				
	04				
	05				
	06				
	07				
	08				
	09				
	10				
	11				
	12				
8.	01				
	02				
	03				
	04				
	05				
9.	01				
	02				
	03				
	04				
	05				
	06				
	07				
	08				
	09				
	10				

* #7.402, 7.403 & 8.402-From a step and from a stand on one leg-swing through are considered different elements

WOMEN'S XCCEL PROGRAM

FLOOR EXERCISE

A - .000
(the Division Allowed is provided)

	#	Symbol	Division Allowed
Group 1	Split Angle	Min 60°	B
		Min 90°	Si
		Min 120°	G
		Min 155°	P
		Min 155°	D
		Min 180°	Sa
	1.001		B→G
Group 2	2.001		B
	2.002		B
Group 3	3.001		B→G
	3.002		B
	3.003		B→G
Gr. 5	5.001		B→G

Division Key

B=Bronze

Sj=Silver

G=Gold

P=Platinum

D=Diamond

Sa=Sapphire

Ex. B→G Indicates allowed at Bronze through Gold - Bronze, Silver, and Gold

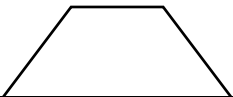
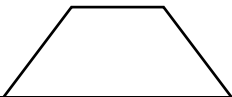
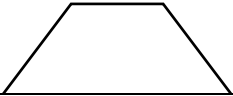


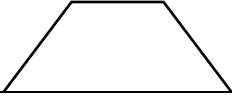






		A - .100	B - .200	C - .300	D - .400
1.	01				
	02				
	03				
	04				
	05				
	06				
	07				
	08				
	09				
	10				
	11				
	12				
	13				
	14				
	15				
	16				
2.	01				
○	02				
	03				
	04				
	05				
	06				
	07				
	08				

		A - .100	B - .200	C - .300	D - .400
3.	01				
4.	01				
5.	01				
6.	01				
7.	01				
8.	01				
9.	01				
10.	01				
11.	01				
12.	01				

2022-2026 Xcel Code of Points (Effective August 1, 2022 - July 31, 2026)

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: ¼ - ½ (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. Min. of "B" 360° circling skill 3. Min. of "B" release, turn, or 2nd 360° circling skill (different from #2) 4. Min. of "B" dismount OR "C" skill directly connected to an "A" salto 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	
	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 •Two different circling elements connected or isolated (performed on either bar); or •Two of the same circling element; one performed on low bar and one performed on high bar.	2. 360° Circling Skill (not in the mount or dismount)	2. Min. "B" 360° Circling Skill		
	3. 360° Circling skill (not in the mount or dismount)	3. 360° Circling Skill (not in the mount or dismount)		3. Kip	3. Additional Min. "B" skill - either a Release, Turn, or 2nd 360° Circling Skill, (same as or different from SR#2)		
	4. Dismount (from LB only; No saltos)	4. Dismount (from low bar or high bar - No saltos)	4. Dismount (from the 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		
						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	