

Women's Artistic Gymnastics

Xcel Code of Points

First Edition: Effective August 1, 2022 – July 31, 2026 (Code Extended to July 31, 2028)

REVISED AUGUST 2026

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.

National Xcel Committee

Claudia Kretschmer	Chairman
Jill Preston	Region 1
Dianne Palmer / Allison Reed	Region 2
Louise Janecky	Region 3
Megan Bankole	Region 4
Nancy Gibson	Region 5
Gail Caspare / Bill Kane	Region 6
Jen Skorski	Region 7
Pam Kitchen / Elaine Wulf	Region 8

National Technical Committee

Cheryl Hamilton / Linda Thorberg	Chairman
Gigi Iavarone	Region 1
Jeanine Henneford / Laurie Reid	Region 2
Marilyn Blilie	Region 3
Linda Thorberg / Windee Weiss	Region 4
Sue Kane / Kathleen Edwards	Region 5
Pat Panichas	Region 6
Jane Caruso	Region 7
Evelyn Chandler	Region 8

Tom Koll	Women's Development Program Committee Chairman
Annie Heffernon	Women's Vice President
Connie Maloney	Women's Judging Accreditation Manager
Nichole Otterson	Women's Program Technical Director
Christy Naik	Women's Development Program Director
Heather Ould	Women's Xcel Program Manager

Revision History	
September 2022	August 2024
January 2023	January 2025
August 2023	August 2025
January 2024	August 2026

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/women/xcel/#updates>

Check this site each year, for any recent updates
and/or replacement pages.

This document is available in print and electronic format.

Copyright © 2022 by USA Gymnastics Publications

First Edition 2022

All rights reserved.

Use of this publication is expressly subject to the USA Gymnastics TERMS OF USE, a copy of which appears on the USA Gymnastics website under Women's, Xcel Program.

No part of this publication may be reproduced, translated, or transmitted in any form or by any means without permission in writing from USA Gymnastics. All requests for permission should be made in writing to:

USA Gymnastics
1099 North Meridian Street, Suite 800
Indianapolis, IN 46204

Executive Editors: Heather Ould, USA Gymnastics Women's Xcel Program Manager
Connie Maloney, USA Gymnastics Women's Development Program Technical Director
Christy Naik, USA Gymnastics Women's Development Program Director

Printed by Sport Graphics, Inc., Indianapolis, IN

Revised January 2025

**Xcel Code of Points
GENERAL / JUDGES**

V. EXECUTION (Technique / Amplitude / Posture) and ARTISTRY

A. Characteristics of excellent execution / amplitude would include:

1. Maximum amplitude or range of movement of the body:
 - a. Externally – relationship of body to apparatus or ground.
 - b. Internally – focuses upon range of motion within joints of the body. Range through which one or more individual body segments move relative to each other.
2. Turns in Saltos (breadth axis, longitudinal axis, or combination turns) completed at highest point of flight trajectory.
3. Optimal body lines, extension, and posture.

B. Characteristics of excellent Artistry include:

1.	Lack of variety in choreography (poses, phrases, connections)	up to 0.10 *
2.	Quality of Gymnast's movement to reflect Personal Style	up to 0.10 *
3.	Quality of Expression (i.e., projection, focus)	up to 0.10 *
* maximum deduction of 0.10 in each category		

VI. ROUTINE REQUIREMENT FORMULA

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	SAPPHIRE
Value Parts (VP)	0.40	0.50	0.60	0.90	1.10	1.70
Special Requirements (SR)	2.00	2.00	2.00	2.00	2.00	2.00
Bonus	N/A	N/A	N/A	N/A	N/A	0.40
Execution / Artistry	7.60*	7.50*	7.40 *	7.10*	6.90*	5.90*

* Maximum amount of Execution Deductions = 4.00, which includes Falls.
Deduct for Artistry and Spotting Assistance in addition to Maximum Execution.
Compositional deductions are not applied to any Division in the Xcel Program.

See General/Judges – Page 25 for information on Bonus in Sapphire.

VII. CALCULATING START VALUES

A. All Judges independently determine the Start Value.

B. Not mandatory that Judges agree on Start Value, but an impossible Start Value requires a Conference.

C. Steps in determining the Start Value:

1. **Bronze – Diamond All-routines in Xcel begin at 10.00 SV**
 - a. **Deduct from Start Value:**
 - 1) Missing Value Parts (“A” – 0.10; “B” – 0.30)
 - 2) Missing Special Requirements (0.50 each)
 - 3) ~~Exercise is without a Dismount (0.30)~~
 - 4) Performance of Restricted Elements (0.50 each)
2. **Sapphire routines begin at a 9.60 SV**
 - a. **Add to Start Value:** Bonus achieved (Up to 0.40) - **See General/Judges – Page 25 for information on Bonus in Sapphire.**
 - b. **Deduct from Start Value:**
 - 1) Missing Value Parts (“A” – 0.10; “B” – 0.30, “C” – 0.50)
 - 2) Missing Special Requirements (0.50 each)
 - 3) ~~Exercise is without a Dismount (0.30)~~
 - 4) Performance of Restricted Elements (0.50 each)

**Xcel Code of Points
GENERAL / JUDGES**

D. Examples of Determining Start Value:

Bronze Division	
Value Part Requirement:	4 "A"
Gymnast performs	4 "A", and missing 1 SR (- <u>0.50</u>)
Initial Start Value	10.0
Missing SR	-0.5
Start Value	9.50 SV
Silver Division	
Value Part Requirement:	5 "A"
Gymnast performs	5 "A", and all special requirements, and performs a restricted element (does not receive VP)
Initial Start Value	10.0
Restricted Element	-0.50
Start Value	9.5 SV
Gold Division	
Value Part Requirement:	6 "A"
Gymnast performs	On Bars, Gymnast performs: 4 "A" + 1 "B" / missing the Circling Skill SR
Initial Start Value	10.0
Missing "A" VP	- 0.10
Missing Circling Skill SR	- 0.50 SR # 3
Start Value	9.4 SV
Platinum Division	
Value Part Requirement:	6 "A" 1 "B"
Gymnast performs	6 "A", 1 "C" Acro (Restricted), and 1 "C" Dance and meets all SR all VP requirements are met
Initial Start Value	10.0
Restricted Element	-0.5
Start Value	9.5 SV
Diamond Division	
Value Part Requirement:	5 "A", 2 "B"
Gymnast performs	8 "A" 1 "B" and missing 1 SR (- <u>0.50</u>)
Initial Start Value	10.0
Missing 1 "B"	- 0.30
Missing SR	- 0.50
Start Value	9.2 SV
Sapphire Division	
Value Part Requirement:	3 "A", 3 "B", 1 "C"
Gymnast performs	3 "A", 4 "B", and 2 "C" - All SR and all VP requirements are met. Bonus: Gymnast has Difficulty Bonus for 2 different "C" elements valued at 0.10 each (total 0.20) AND one Connection Bonus for a B+B connection at 0.10.
Initial Start Value	9.60
Bonus Achieved	+0.30
Start Value	9.9 SV

**Xcel Code of Points
GENERAL / JUDGES**

II. EQUIPMENT FAILURE / REPETITION OF AN EXERCISE

- A. In situations where there is an equipment failure, either competitive apparatus, or personal equipment (including broken or completely torn handgrips), or music failure, occurring through no fault of Gymnast or Coach, Gymnast may choose to:**
1. Stop immediately and request permission from Chief Judge to continue from the point of interruption/music failure. Once permission is granted:
 - a. Chief judge, in consultation with Meet Referee, decides at what point the exercise must resume. Judging will resume at the point of interruption or the series / combination when equipment failure occurred.
 - b. Permission granted, perform after reasonable amount of rest time from the point of interruption or the series/combination when equipment/music failure occurred.
 - c. No score would be given for the partial routine.
 - d. All deductions prior to the equipment/music failure will still be applied.
 2. On floor exercise, continue to complete routine. At the completion of the routine:
 - a. Gymnast and Coach must decide whether to resume routine at the point of music failure or accept the score given.
 - b. Judges will not post score until that decision is made
 - c. No deduction taken for music failure, if the decision is to accept the score.
 3. Equipment failure does not include: unfastening of bandages / handgrips, loss / partial loss of footwear, incorrect bar setting, failure to tighten cables/T-handles on Bars and Beam, or music failure.
- B. Flash/light from a camera is not a reason to repeat a routine.**
- C. Examples of equipment failure include:**
1. Broken or completely torn handgrips
 2. Music failure
 3. The UB cable tension slips while an athlete is competing (AFTER the coach has tightened the tension prior to the start of the routine)
 4. The BB end cap detaches while an athlete is in the process of a dismount (the end cap falling off during any other point in the athlete's routine would not be considered equipment failure)

III. INQUIRIES

Refer to the Rules & Policies Chapter 6 for further information, rules, and process for an inquiry.

- A. Coach is entitled to see the four (or two) scores of individual Gymnast.**
- B. A Meet Referee may watch a video (if available) prior to the submission of an inquiry to determine if an inquiry should move forward. A video would follow the same criteria questions listed below. The video may be watched in regular speed, slow motion, or freeze frame.**
- C. Coach has a question regarding an exercise during competition:**
1. Chief Judge / Meet Referee should advise Coach to submit Inquiry Form to officially receive information.
 2. No casual conversation during competition between Coach and Judge regarding evaluation of an exercise.
- D. Inquiries are limited to questions regarding:**
1. Start Value
 2. Neutral deductions
 3. Falls
 4. Unusual Occurrences
- E. Inquiries must be legibly written on official Inquiry Form by the Coach:**
1. Submitted within five (5) minutes of completion of event rotation to Meet Director or Meet Referee.
 2. Meet Director will forward to Meet Referee, who gives inquiry to Chief Judge of apparatus in question.
 3. No fee may be charged to submit an inquiry.
 4. Coaches need to be aware that an inquiry allows for a second evaluation, which may result in:
 - a. No change in score.
 - b. Score being raised.
 - c. Score being lowered.
- F. Score Review at Sectional / State / Regional Meets: after completion of the last event:**
1. All-Around score = Maximum of 0.10 less than qualifying score to State / Regional Championships,
 - a. Coach may submit an inquiry for Gymnast's lowest scoring event.
 - b. This does not apply to Individual Event Specialists (IES). Only applies to all-around athletes.
 2. Change of Score is official and included in official results.
 3. Process does not apply:
 - a. For mobility purposes.
 - b. If qualification to State / Regional meet is by percentage or designated number per age Division.

**Xcel Code of Points
GENERAL / JUDGES**

G. Chief Judge and Panel Judge(s) will respond, providing only information requested.

1. Chief Judge completes inquiry, Meet Referee / Meet Director returns form to Coach, either by hand / by pre-defined inquiry return procedure.
2. Coach may not approach Judge(s) regarding inquiry during competition.

IV. VIDEO REVIEW

This section has been reorganized, and further edited to better align with the Rules & Policies. Due to the volume of changes, items that would normally have been strike throughs have been deleted.

Refer to the Rules & Policies Chapter 6 for further information, rules, and process for a Video Review.

A. Video Review is completed by the Meet Referee and highest rated judge unaffiliated with that event.

1. If the Meet Referee / highest rated Judge is affiliated with the gymnast concerned with the video review:
 - 1) Video Review will be conducted by the two highest rated Judges **unaffiliated with the athlete**, OR
 - 2) Highest rated non-affiliated Judge and a USA Gymnastics officer.
2. Meet Referee must inform Judging Panel that a video review will be initiated, as well as the final decision.

B. Video Review may ~~must~~ be viewed at regular speed, slow motion, or freeze frame to evaluate items that are allowed under the video review. ~~Slow motion will not be considered.~~

C. Video Review is allowed at any Xcel competition

1. **At all sanctioned Xcel competitions for all Divisions:** A coach can request Video Review in the event that the Inquiry involves:
 - a. Possibility the Judges missed an element that would affect the Start Value.
 - b. **Neutral deduction was applied.**
 - c. **Examples:**
 - 1) All events: Verification that Gymnast was Spotted/Assisted by Coach.
 - 2) Vault: Whether Gymnast lands on bottom of feet first.
 - **Immediate video review is allowed (if available and decisive) when the first vault is awarded a zero (0) for failure to land on any part of the bottom of the feet first. Review must be completed prior to attempting the second (2nd) vault.**
 - 3) Bars:
 - Verification that Gymnast grasps or touches the bar with one (1) or two (2) hands before falling on a release element.
 - Verification that the dismount landed on the feet first prior to falling.
 - 4) Beam:
 - To determine if gymnast landed on bottom of the feet on top of the beam prior to falling.
 - Verification that the dismount landed on the feet first prior to falling.
 - 5) Floor:
 - Verification that an element landed on bottom of the feet first on Saltos prior to falling.
 - Verification that the gymnast did not touch outside of the Floor Exercise boundary line.
 - **To consider floor exercise overtime deductions. In order to submit an inquiry for an overtime deduction, a coach MUST provide a video of the routine in question.**
 - d. Video Review process may not be used to appeal a judgement of degree assessment
 - 1) Examples: degree of casts/handstands / incomplete turns / direct connection of elements / or leg separation in leaps, as well as other like skills.
2. **At Xcel State Meet and above:** A coach can request a video review in the event that the inquiry involved an instance that would affect the Start Value.

D. Judging Panel Review of the Video

1. The judging panel is allowed to review the submitted video once the video review process has been finalized.
2. If a video review results in the awarding of a special requirement or value part: The judging panel may apply deductions related only to the reason for the video review. Additional execution deductions are not applied.

V. JURY OF APPEALS

Refer to the Rules & Policies Chapter 6 for further information, rules, and process for the Jury of Appeals.

- A. If a coach does not feel the procedures of the inquiry process or video review were properly followed, they may petition for a Jury of Appeals for a review within 5 minutes of receiving the results of the inquiry or video review. Jury decision should occur within 15 minutes after the conclusion of meet and before the awards are presented.**

**Xcel Code of Points
GENERAL / JUDGES**

- M. Available for minimum of five (5) minutes following last competitors' exercises to deal with questions or concerns with technical decisions and / or Judges' scores.**
- N. Serves as President of the Jury of Appeal.**
- O. May be an Affiliated Judge.**
- P. Indicates any violations of Rules and Policies on Sanction Report Form or Notifies USA Gymnastics Member Services directly in writing by e-mail.**
- Q. Judges' fees and expenses:** Is responsible for compiling and checking information regarding judges' fees and expenses for the Meet Director.
- R. Checks with scoring personnel to verify all scores for Gymnasts are entered and all inquiries have been resolved.**
- S. Coach Issues warning to coach and notifies Meet Director if she/he observes more than one gymnast on Uneven Bars at the same time during any warm-up (pre-meet or 30-second touch).**
- T. Monitors Judging Panels to ensure the appropriate use of Electronic Tablets for judging and reference purposes.**

III. CHIEF JUDGE

- A. Prepares Panel Judges for correct evaluation of exercises at Judges' meeting prior to competition.**
- B. Advises the Meet Director of any equipment safety concerns or non-approved equipment and checks that all materials necessary are available and functioning properly.** This could include:
 - 1. Light or Time Signals
 - 2. Stopwatches
 - 3. Electronic scoring devices
- C. Instructs Judging Assistants to assure:**
 - 1. Correct use of signal to indicate Line Violations.
 - 2. Correct use of Stopwatch and Timing Device to indicate Time Limitations.
 - 3. Proper reporting procedures for the following Violations:
 - a. Exceeding Time allowed
 - b. Stepping out of floor exercise Boundary Area
 - 4. Correct method of Scoring.
 - 5. Correct procedures for Flashing of Start Values, Individual Score and / or Average Score.
- D. Responsible for correct work of Panel Judges / Assistant Judges.**
- E. Uses green flag / hand signal to acknowledge the Gymnast.**
- F. Must evaluate the exercises:**
 - 1. Accurately without bias.
 - 2. Must first write / enter electronic score, before reviewing scores from other Judges.
- G. Must record number of "A" "B" "C" "D" VPs / Special Requirements / Start Value, and record deductions for Execution / Amplitude, Artistry and Neutral Deductions.**
- H. Verifies proper range of scores.**

**Xcel Code of Points
GENERAL / JUDGES**

- I. Verifies properly recording:** Chief Judge score, Panel Judge(s) score, Average Score and Time / Line deductions.
- Note: It is not necessary to sign official score sheet.
 - Heat Sheets:**
 - For State meets and above, Verification sheets (heat sheets) are not required to be used.
 - State and Regional Championships: State and regional committees have the option to use (or not use) verification sheets (heat sheets). If a verification sheet is not used, the Chief Judge must document all individual scores, the average score, and any neutral deductions.
 - At local or invitational meets, their use is left to the discretion of the Meet Director. If a verification sheet is not used, the Chief Judge must document both individual scores, the average score, and any neutral deductions.
- J. Confirms when Gymnast may continue the repeat an exercise (or portion of the exercise) due to technical failure and determines when repetition (or continuation) will occur. (Chief Judge in consultation with the Meet Referee)**
- Camera flash/light is not a valid reason to allow Gymnast to repeat exercise.
 - Decisions must be made in consultation with Meet Referee prior to score being flashed.
- K. Responsible for calling Conference if impossible Start Value awarded and / or to assist Judges in arriving at common basis for scoring during competition.** During the Conference:
- Start Value differences clarified.
 - Meet Referee may be notified / included in the discussion.
 - Judges may change scores, but are not obliged:
 - Scores are out of allowable range, adjustments must be made.
 - Professional responsibility to come to agreement, if scores are initially out of range.
 - Judges unable to compromise, Chief Judge may mandate scores be brought into allowable range.
- L. Chief Judge deducts from Average Score:**
- Neutral Deduction must be indicated to Coach either verbally or visually, at conclusion of exercise.
(See table of *Chief Judge Deductions- Chapter 6: Deductions, item II. Chief Judge Deductions*)
- M. Terminates an Exercise after a fall exceeds allotted Fall Time:**
- If an injury occurs, fall time begins when medical assessment is complete.
- Uneven Bars: 45 seconds once gymnast is standing up on her feet
 - Balance Beam: 45 seconds once gymnast is standing up on her feet
 - Bleeding wound (or any other injury due to a fall) does not give the right to repeat exercise or resume from interruption. Fall Time (BB / UB respectively) exceeded before wound can be covered, routine terminated.
- N. Reports to Meet Referee / Jury if:**
- Gymnast's attire is incorrect.
 - Unsportsmanlike conduct of Coach (after warning).
 - Excessive cheers / behavior disruptive to competition by Teammates / Coaches.
 - Example: standing around FX area, blocking view of Judges / spectators.
 - Failure to observe Warm-up Time by Team (after warning).
 - Deduction applied to Team Event score, where infraction occurred.
 - Coach / Teammates were warned about Technical Verbal Cues.
- O. Responsible for responding, in conjunction with Panel Judge(s), to inquiry in professional manner.**
- P. May not be affiliated at any sanctioned qualifying meets.**
- Exceptions:
 - State Administrative Committee determines if any additional criteria / change in criteria will be used for State organized competitions.
 - Affiliated Judge(s) can be used for one-Judge Panel for Bronze / Silver / Gold Divisions.
 - In extenuating circumstances, Meet Director may request permission from SAC to allow Affiliated one-Judge Panel for Platinum, and Diamond, and Sapphire Divisions.
 - Shall not involve herself / himself with conduct of Gymnast during warm-ups or training. Comments to gymnast should be made only if requested from Coach or Gymnast.

**Xcel Code of Points
GENERAL / JUDGES**

- c. Common sense should prevail.
- 3. **Jewelry:**
 - a. Only Stud Earrings allowed in any part of ear. All other piercings must be removed and not covered with tape or bandage.
 - b. Jewelry is not allowed to be worn during warm-ups or competition.
 - c. Necklaces / Bracelets not allowed. (Exception: medical bracelets)
- 4. **Other:**
 - a. Spaghetti Straps considered inappropriate attire – minimum of 2cm (7/8") wide.
 - b. Elastic Waistbands considered incorrect attire.
- 5. **Competitor Number:** Failure to wear Competitor Number, when required.
- 6. **Failure to secure Hair away from the face,** may not obscure vision of apparatus.

CHAPTER 8: DEDUCTIONS

I. GENERAL DEDUCTIONS

General deductions for faults in Technique, Execution, Amplitude, and Artistry on Bars, Beam and Floor

GENERAL DEDUCTIONS		
Small Faults (up to 0.10)	each time <u>0.05</u>	Flexed / Sickled feet during Value Part elements
	<u>0.05</u>	Failure to hold ending pose for 1 second. (Floor exercise)
	<u>0.05</u> <u>0.10</u> up to 0.10	Lands with Feet Apart Lands Vault or UB/BB dismount with Feet Hip-width apart or closer, but Never Joins Heels Lands Vault / Dismount with feet further than Hip-width apart Entire Foot / Feet slide or lifted off floor to join on controlled extension of Vault / Dismount landing, when feet are maximum of Hip-width apart (small step)
	up to 0.10 No deduction	Slight Hop, small adjustment of feet, or feet staggered * (one in front of the other) on landing of elements or Dismounts FX Acro elements: small, controlled step after landing to finish in lunge is allowed.
	up to 0.10	Deviation from straight Direction on landing
	up to 0.10	Arm Swings on landing to maintain balance
	up to 0.10	Legs Crossed during Value Part elements with a Twist
	up to 0.10	Brush / Touch of Foot / Feet on Apparatus or Mat
	each <u>0.10</u> – <u>0.15</u> Max. 0.40	Small or medium Step(s) on Landing
Medium Faults (up to 0.20)	up to 0.20	Leg or Knee separations
	up to 0.20 up to 0.20 up to 0.20 up to 0.20 up to 0.20	Insufficient Exactness of Body Positions - Insufficient Tuck (Ideal = min. of 90° bend in both Hips and Knees) - Insufficient Pike (Ideal = min. of 90° bend in Hips, 91° - 135° = insufficient pike) - Insufficient Stretch (Ideal = straight 180° position (136° to 180° is stretched) - Arch - Hip angle = 136° - 179°
	up to 0.20	Failure to maintain Stretched body position (Pikes down)
	up to 0.20	Incorrect Body Posture on landing of Elements and Dismount
	up to 0.20 <u>up to 0.20</u>	Insufficient Split when required (Dance / Non-flight Acro elements) Non-Flight walkovers and walkover-type elements (All walkovers forward or backward and walkover-type elements must demonstrate the split angle corresponding to the Division's degree of split requirement (on that that event) at some point during the execution of the element.)
	<u>0.20</u> Max. 0.40	Large Step / Jump on landing (approximately 3 feet or more)
	up to 0.20	Additional Trunk movements to maintain balance / control upon landing UB / BB Dismounts or Floor Acro elements. Applies to "stuck" landings, using trunk movements to avoid steps.
	up to 0.20	Incomplete Turn / Twist
	up to 0.30 up to 0.30 max. 0.60	Bent Arms in Support (90° or more = <u>0.30</u>) Bent Legs (90° or more = <u>0.30</u>) Maximum on any one element (0.30 bent arms & 0.30 bent legs)
	up to 0.30	Additional Movements to maintain balance / control on the Beam
Large Faults (up to 0.30)	up to 0.30 <u>+0.50</u>	Squat on Landing hips lower than knees OR knee compression less than a 90° angle / extreme knee bend extending past the toes 
		Lands Acro element / Dismount in squat / compressed position, then falls
	up to 0.30	Brushes / Touches landing surface with one (1) or two (2) hands (No Support)
	up to 0.30	Insufficient Extension (open) of body prior to landing – UB / BB dismounts and BB / FX Acro Elements
	up to 0.30	Insufficient Height of Salto Dismount (UB / BB) or Salto element (FX)
	<u>0.30</u>	Use of Supplemental Support (BB) – Examples in specific apparatus chapter

CHAPTER 9: ADDITIONAL SAPPHIRE INFORMATION

I. BONUS

A. Maximum Bonus: 0.40

1. **There are two (2) bonus categories – Difficulty Bonus and Connection Bonus.** Bonus may be achieved from either or both categories. **All 0.40 may be achieved in one category or a combination of both.**
 - a. **Difficulty Bonus (C/D):** An element may receive Difficulty Bonus only one time.
 - 1) Each “C” is eligible to receive 0.10 in Bonus
 - The required “C” VP is eligible to receive Bonus (+.10)
 - The same “C” skill may receive “C” Bonus only 1 time.
 - 2) Maximum of One (1) “D” skill is eligible for 0.10 in Difficulty Bonus on each event.
 - Additional “D’s” are allowed but not rewarded with Bonus.
 - b. **Connection Bonus:** “B”+“B” combination (or higher) is eligible for 0.10 in Bonus for each occurrence.
 - 1) Applies to any inherently connectable skills (as well as indirect acro passes on Floor).
 - 2) “B”+“B” (or higher) may include any combination of mounts, dismounts, dance and acro.
2. **Eligible elements:**
 - a. Only elements listed in the *Xcel Code of Points* may be used for Bonus.
 - b. Only elements that receive Value Part credit may be used for Bonus.
 - c. Element **MUST** be performed without a fall or spotting deduction to receive Bonus.

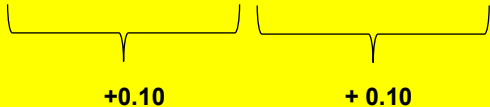
The following provides clarifications and examples related to Bonus. This is not intended as an all-encompassing list of possible occurrences but rather examples of scenarios which may occur.

BONUS CLARIFICATIONS AND EXAMPLES	
Clarification	Example
Same element may be used for Difficulty Bonus and Connection Bonus: An element is eligible for both Difficulty Bonus (C/D) and used in the Connection Bonus.	Floor: 1.305 Switch-side leap (C) + 1.307 Popa (C) Total Bonus for this combination = 0.30 • Connection Bonus: +0.10 for C+C Connection • Difficulty Bonus: +0.20 total = +0.10 for Switch-side leap (“C” element) +0.10 for Popa (“C” element)
Same “C” Element performed more than once: • Can receive VP twice only if performed with a different entrance or exit • Can receive Difficulty (C/D) Bonus only one time • May be used a second time as part of a Bonus connection.	Beam: • Performs 2.305 Switch-Leg Leap (C) - Award 0.10 Difficulty Bonus • Then later performs a 2.305 Switch-Leg Leap (C) + 2.201 Split Jump (B) - Connection Bonus: +0.10 – Switch-Leg Leap may be performed again in connection. - Difficulty Bonus: The Switch-Leg Leap does <u>NOT</u> get Difficulty Bonus the second time.
Fall/Spot	Any element performed with a fall or a spot is not eligible for bonus.
• Fall/Spot on a “D” element	A gymnast attempts a “D” element and falls. That element does not receive Bonus. The gymnast is not restricted on the number of “D” elements they may perform in a routine. She may perform a “D” element successfully within another portion of the routine and receive the 0.10 Difficulty Bonus. Difficulty Bonus may only be awarded only one (1) time for a “D” element.
• A 2-element connection series that ends with a fall will not be awarded Connection Bonus. If the first skill in that series is eligible for Difficulty Bonus, that would be awarded.	Beam: 7.403 Aerial (D) + 7.210 Flic-flac (B) – Gymnast falls on the Flic-flac • The series would not receive Connection Bonus due to the fall on the 2nd element • The first element – 7.403 Aerial cartwheel (D) would receive 0.10 for Difficulty Bonus.
• In a 3-element series that ends with a fall, if the first 2 elements are connectable “B” or higher skills, the first 2 elements will be awarded Connection Bonus. The middle and third element connection will not be awarded Connection Bonus due to the fall on the third element. Elements performed successfully as element 1 or 2 are eligible for Difficulty Bonus (C/D) as applicable.	Beam – $\begin{array}{c} 7.210 \text{ Flic-flac (B)} + 7.210 \text{ Flic-flac (B)} + 8.303 \text{ Back tuck (C)} \\ \underbrace{\hspace{10em}} \\ +0.10 \\ \text{Connection Bonus} \end{array}$ (FALL)

Revised August 2023

**Xcel Code of Points
GENERAL / JUDGES**

BONUS CLARIFICATIONS AND EXAMPLES (Continued)

DIFFICULTY BONUS	The same element receive Difficulty Bonus only one time.	Floor: 1.316 Wolf Jump Full (C) + 1.316 Wolf Jump Full (C). Total Bonus = 0.20 - The first Wolf Jump Full would receive the 0.10 Difficulty Bonus (C/D) for a "C". The second would not. - The combination would receive Connection Bonus of 0.10. Exception: Same C/D element performed a second time - First time NOT performed successfully – No VP credit awarded - Second time with successful performance – VP credit awarded – Difficulty Bonus awarded +.10
	An element performed a second time may receive a Connection Bonus.	Bars: 4.202 Giant (B) + 4.202 Giant (B). If both Giant circles have a different entrance or exit (i.e., preceded or followed by a different element), they will both receive VP credit and Connection Bonus is awarded.
CONNECTION BONUS	Connection Bonus with three (3) or more elements - The second (2nd) element and those following may be used two times: - First as last element of the connection - Second as the first element of a new connection - This is applied only if all elements receive VP credit	Bars: <u>2.201 Cast Handstand (B)</u> + <u>4.202 Giant #1 (B)</u> + <u>4.202 Giant #2 (B)</u>  +0.10 + 0.10
	Exact same connection may be used only one time for Connection Bonus.	Beam: 2.202 Straddle Jump (B) + 7.210 Flic-Flac (B) - A second Straddle Jump + Flic-flac performed in the exact same connection would not receive Bonus again. - If the same skills were performed a second time in a different order (Flic-flac + Straddle Jump), it would receive Connection Bonus.
	Direct connection between dance elements	To receive Connection Bonus, dance elements must be <u>directly</u> connected. The following examples would break a connection if they occurred between the two elements - running steps, small leaps, hops, chassés, assemblés, pivot, turns on one or two feet. This is not an all-inclusive list, but is to be used as examples. An Indirect dance passage would not be eligible for Connection Bonus.
	Indirect Acro Connections on Floor are eligible for Connection Bonus	Floor Acro (tumbling) pass: 6.201 Front Pike (B) step-out + 5.105 Round-off (A) + 8.201 Back Layout Full Twist (B) The pass would receive a Connection Bonus of +0.10 for the indirect connection of the 6.201 Front Pike (B) and the 8.201 Back layout full twist (B)

**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	9.8 9.7	9.5 9.4	9.2 9.0
1.102	Handspring → ½ twist off	Allowed	9.9	9.6	9.4 9.1
1.103	Yamashita	Allowed	9.8 9.7	9.5 9.4	9.2 9.0
1.104	Yamashita → ½ twist off	Allowed	9.9 10.0	9.6	9.4 9.1
1.105	½ twist on → ½ twist off OR ¼ twist on → ¾ twist off	Allowed	9.9	9.7 9.6	9.4 9.1
1.106	¼ - ½ (90-180°) twist on → Repulsion off – to land facing the table	Allowed	9.7	9.5 9.4	9.2 9.0
1.108 4.109	¼ twist on → ¼ twist off - to land facing away from the table (Vault re-numbered to 1.108)	Allowed	9.7	9.5 9.4	9.0
1.109	Handspring forward onto board – handspring forward on → repulsion off			9.5	9.3 9.1
1.110	Handspring forward onto board – handspring forward on → 1/2 (180°) turn off			9.7	9.5 9.2
1.111	Handspring forward onto board – ¼ – ½ (90°–180°) turn on → repulsion off			9.5	9.3 9.1
1.201	Handspring → 1/1 twist	Allowed	10.0	10.0	9.6 9.4
1.202	Handspring → 1 ½ twist			10.0	9.8 9.5
1.203	Yamashita → 1/1 twist			10.0	9.6 9.4
1.205	½ twist on → 1 ½ twist off OR ¼ twist on – 1 ¾ twist off			10.0	9.8 9.6
1.206	½ twist on → 1/1 twist off OR ¼ twist on – 1 ¼ twist off	Allowed	10.0	9.9	9.6 9.4
1.207	1/1 twist on → Handspring or Yamashita off	Allowed	10.0	10.0	9.6 9.5
1.208	1/1 twist on → ½ twist off	Allowed	10.0	10.0	9.8 9.6
1.209	Handspring forward onto board – handspring forward on → 1/1 (360°) turn off			10.0	9.7 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	9.5 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	9.7 9.5
3.201	Tsukahara → Back Tuck			10.0	9.9 9.7
3.303	Tsukahara → Back Pike			10.0	10.0 9.8
3.304	Tsukahara → Back Layout			10.0	10.0
4.101	RO, FF on → Repulsion (with flight to feet) off			9.8 9.7	9.6 9.4
4.102	RO, FF on → Repulsion ½ twist off			9.9 9.7	9.4 9.1
4.201	RO, FF on → 1/1 twist off			10.0	9.6 9.4
4.202	RO, FF on → 1 ½ twist off (Allen)			10.0	9.8 9.5
4.203	RO, FF on → Back Tuck			10.0	9.9 9.7
4.301	RO, FF on → 2 /1 twist off				10.0
4.304	RO, FF on → Back Pike			10.0	10.0 9.8
4.305	RO, FF on → Back Layout			10.0	10.0
5.101	RO, FF ½ on → Handspring			9.8 9.6	9.4 9.1
5.102	RO, FF ½ on → ½ twist off			9.9 9.8	9.6 9.2
5.107	RO, FF 1/1 on → ½ twist off				9.8 9.6
5.108	RO, FF 1/1 on → repulsion off				9.7 9.5
5.201	RO, FF ½ on → 1/1 twist off			10.0	9.8 9.6
5.202	RO, FF ½ on → 1 ½ twist off			10.0	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

CHAPTER 2: GENERAL INFORMATION

I. GENERAL INFORMATION

A. Final Score: Determination for all Divisions

1. The gymnast has the right to perform two (2) Vaults. A total of three (3) attempts allowed (see supplemental approaches).
2. For ALL Divisions, the Vaults may be the same or different.
3. Each Vault is scored and averaged separately.
 - a. The coach may ask for the score of the first vault prior to competing the second vault.
4. The better score is counted.

B. Supplemental Approaches: The gymnast is allowed three (3) attempts (running approaches) to successfully complete one or both Vaults.

1. A Balk: a running approach that results in a fall during the run, stopping mid-run, running off the runway, or making contact with the springboard or vault apparatus without coming to rest or support on top of the mat stack or vault table.
 - a. One balk is allowed in the three attempts without penalty. Any additional balk will be considered a Void vault.
2. Contact with Hand Placement Mat, Safety Zone Mat, Springboard and/or Mat Stack or Vault Table
 - a. If the gymnast runs over or touches the Hand Placement Mat, the Safety Zone Mat, or the springboard or runs into the front of the Mat Stack or Vault Table WITHOUT coming to rest or support on top of the Mat Stack or Vault Table, it is considered one of the three Vault approaches (a balk) but is NOT considered a Void Vault.
3. If the gymnast falls during her running approach to the vault, it is considered a balk and is counted as one of the three Vault approaches.
4. Performance of an Incorrect / Incomplete Vault = VOID
 - a. Vault #2 for Bronze Division: If the gymnast rebounds from the springboard and comes to rest or support on her hands on the top of the mat stack without passing through the vertical plane, it is considered a Void Vault. Example of Void Vault:
 - 1) Gymnast jumps from board to arrive in support on hands on top of mat, then either places her feet on the mat (or Table) or falls back onto board or runway.
 - 2) Refer to Unusual Judging Situations for an option to perform Bronze Vault 1B, instead of taking a zero score (Void) on Bronze Vault 2.
 - b. Silver, Gold, Platinum, ~~and~~ Diamond, ~~and~~ Sapphire Divisions: If the gymnast rebounds from the springboard and comes to rest or support on her hands but does not go over the Mat Stack or Vault Table to complete the vault, it is considered VOID. Examples of Void vault:
 - 1) Gymnast jumps from the board to arrive in support on her hands on the Mat Stack or Vault Table but fails to invert resulting in her stepping down onto the table or falling down onto the board or the floor.
 - 2) Gymnast's steps are off on the run, and she cannot slow down her horizontal speed and ends up in a "belly slide" on top of the Mat Stack or Vault Table.

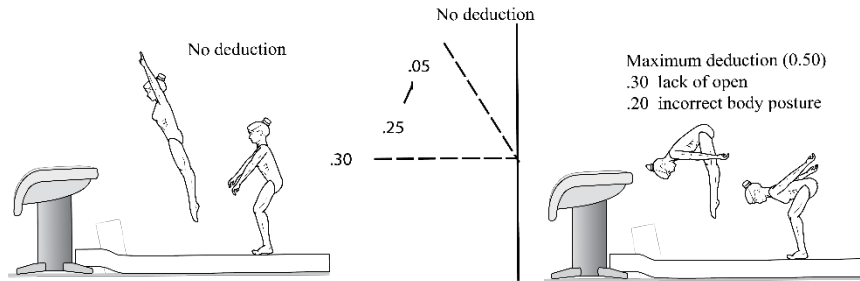
C. Fourth Attempt is not allowed: Examples for determining final score.

Examples		
	Vault Attempts	Score
a.	Attempt #1: Gymnast runs and Balks. Attempt #2: Gymnast runs and Balks - Considered as first Vault with "0" (VOID). Attempt #3: Gymnast runs and completes a Vault.	Gymnast receives score for the one Vault performed.
b.	Attempt #1: Gymnast runs and completes first Vault Attempt #2: Gymnast runs and Balks. Attempt #3: Gymnast runs and completes second Vault.	Gymnast receives score of the higher scoring Vault.
c.	Attempt #1: Gymnast runs, rebounds from board, comes to support on top of Vault table or Mat Stack without going over Table and completing the Vault - Score of "0" (VOID) on first Vault. Attempt #2: Gymnast runs and Balks. Attempt #3: Gymnast runs and Balks - Considered as second Vault with a "0" (VOID) score.	Gymnast receives a final score of "0" (VOID). No Fourth Attempt is allowed.

Xcel Code of Points VAULT

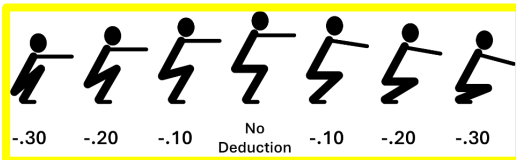
C. Insufficient / Late Opening and Total Absence of Extension

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.

1. The chief judge notifies the coach if any judge on the panel voided the vault performed.

F. Restricted Vaults:

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. The gymnast does NOT receive a "0" (VOID) as the Final Score if the second Vault is an Allowable Vault.
2. 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
VAULT**

B. Bronze Division - Vault Option 2:

1. If a gymnast attempts Bronze Vault Option #2: Jump to Handstand - Fall to Flat Back, but performs an incomplete or incorrect vault:
 - a. instead of taking a 0 score (VOID) on Bronze Vault option #2
 - b. use that attempt as a VOID for Bronze Vault Option 1A (deduction of 4.50) and perform Vault 1B to achieve a Score.

Example
Vault Attempts
Gymnast designates intent to perform Vault Option 2 - Handspring onto Mat Stack - to finish in lying position on flat back and: Attempt #1: Gymnast runs and Bails. Attempt #2: Gymnast runs and jumps from board, arrives in 3/4 handstand, and comes back down onto board.- VOID Attempt #3: Gymnast jumps to support on hands but comes back down to squat stand on Mat Stack • Since there is no deduction for calling the wrong vault, gymnast is allowed to perform Part 2 of Bronze Vault Option # 1 (kick up to handstand-fall to flat back). Her maximum score would be 4.50. • If she does not continue to perform Vault 1-B, she will receive a zero "0" score for the event. • This choice to perform Vault 1B would be available to this gymnast in attempt #2 above.

- 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.**

**Xcel Code of Points
VAULT**

CHAPTER 3: DEDUCTIONS

BRONZE VAULT 1A: STRETCH JUMP (SV = 4.5)		
Minimum of 16", maximum 48" (+1") mat stack		
Approach	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>0.20</u>	Gymnast fails to punch the board/tramp simultaneously with two (2) feet
	4.50 (VOID 1A)	Runs onto board & steps up onto Mat Stack or rebounds from board to come to rest or support on Mat Stack on body parts other than feet first
Stretch Jump from Board to Mat	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50 Up to 0.50 Up to 0.30	Failure to maintain a stretched body position during jump • Pike • Tuck • Arch
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form (flexed/sickled) throughout
	Up to 0.50	Failure to land in demi-plié with control and proper body position
	<u>0.05</u>	Failure to join (slide) heels together on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Entire foot/feet slide or lifted off the mat to join on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Landing with feet staggered (one in front of the other)
	<u>0.10</u>	Landing with feet further than hip-width apart
	Up to 0.20	Additional trunk movement(s) / arm swing(s) to maintain balance / control upon VT landing: • Applies to stuck landings • Applies to landings that involve step(s) and trunk movement / arm swing(s) used to prevent further step(s) • Do NOT apply if trunk movement / arm swing(s) lead to step(s) on landing; deduct ONLY for step(s)
General Faults	Up to 0.30	Insufficient dynamics (speed/power)
	<u>0.50</u>	Fall (onto hands, knees and/or hips) after landing stretch jump on feet first
	No deduction VOID (1A)	1st Balk Performing a 2nd or 3rd Balk
	No deduction	Tape or Chalk Mark placed on Mat Stack
BRONZE VAULT 1B: KICK TO HANDSTAND, FALL TO FLAT BACK (SV = 4.5)		
Gymnast may step back onto board to kick to handstand with hands on mat stack or board.		
Approach	Each up to 0.20	Failure to maintain arms next to ears, while reaching for the mat or board
	Each <u>0.50</u>	Extra Kick-up to Handstand
Handstand	Up to 0.50	Bent arms
	Up to 0.30	Bent legs
	Up to 0.20	Legs separated
	Up to 0.30 Up to 0.50 Up to 0.30 Up to 2.00 <u>1.00</u>	Incorrect alignment in the Handstand • Incorrect shoulder alignment (Showing a shoulder angle less than 180°) • Pike • Arch • Failure to show an inverted vertical position from hands to hips (performing a forward rolling action) • Failure to contact mat with both hands
	Each 0.10	Additional hand placements (taking steps/hops on the hands) Max. 0.30
	Up to 0.10	Incorrect foot form (flexed/sickled) throughout
Post-Handstand Landing	Up to 1.00 No deduction	Failure to land in a straight-lying position on the back 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. She does not get back on the mat stack to complete the vault.

**Xcel Code of Points
VAULT**

BRONZE VAULT 2: JUMP TO HANDSTAND – FALL TO FLAT BACK (SV = 10.0)

Minimum of 16", maximum 48" (+1") mat stack, no repulsion required.

Approach	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>0.20</u>	Gymnast fails to punch the board/tramp simultaneously with two (2) feet
General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position • Arch • Pike
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form (flexed/sickled) <u>throughout</u>
	Each phase up to 0.10	Failure to maintain neutral head position
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>0.50</u>	Assistance (spot) of coach on the landing
	(CJ) 0.50	Vaults without signal from Chief Judge (CJ deduct 0.50 from Average of next Vault)
	<u>1.00</u>	Spot during any phase of Vault (Maximum spot deduction = 1.50)
	*VOID	Run approach which results in gymnast coming to rest or support on top of the mat stack without execution of the vault (Example: Rebounds from board, jumps to place hands on mat, does not pass through the vertical plane and returns to the board or lands on the mat stack between the board and hand placement)
	*VOID	Performing incorrect vault (i.e., squat on)
	No Deduction *VOID	1st Balk Performing a 2nd or 3rd Balk
	No deduction	Tape or Chalk Mark placed on Mat Stack
	No deduction	Coach standing between board and mat stack or leaning against / bearing weight on the Mat Stack
First Flight	See Vault General Faults above	
Support Phase	Up to 0.50	Arms bent
	<u>2.00</u>	Head contacting mat stack in support phase (includes 0.50 deduction for extreme arm bend)
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	.05 – 0.50 0.55-1.00	Contacting the mat stack with the hands after vertical • Contact from 1° to 45° past vertical • Contact from 46° to 89° past vertical
	Each 0.10	Additional hand placements (taking steps/hops on hands) Max. 0.30
	<u>3.00</u>	Failure to contact mat with both hands (performs a salto or touch with only one hand)
Post Handstand Phase	Up to 1.00	Failure to land in a straight-lying position on the back Examples for applying this deduction: • Gymnast lands on her feet, salutes, & steps off mat. • Gymnast lands on her seat (90° hip angle), salutes & steps off mat. • Gymnast lands on her back with an arch & bent legs, salutes, & steps off mat.
	<u>1.00</u> <u>0.50</u> <u>0.50</u>	
	Clarification: If the gymnast makes any of the above execution errors, then lies back to a straight-lying position, NO DEDUCTION for failure to finish in a straight-lying position is taken; however, execution deductions may be applied for the errors while the gymnast is falling to her back (Post-Handstand Phase). The evaluation ends when in a straight-lying position.	
	No deduction	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. She does not get back on the mat stack to complete the vault.

**Xcel Code of Points
VAULT**

SILVER DIVISION VAULT DEDUCTIONS

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

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

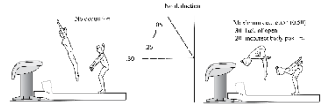
	<u>0.20</u>	Gymnast fails to punch the board/tramp simultaneously with two (2) feet
First Flight Phase	Up to 0.10	Failure to maintain neutral head position
	Up to 0.10 Up to 0.20 Up to 0.30	Incorrect leg form • Legs crossed • Legs separated • Knees bent
	Up to 0.30 Up to 0.50	Failure to maintain stretched body position • Arch • Pike
	Up to 0.30 Up to 0.30	Incomplete LA turn (Option 2 Vault) Failure to pass through vertical on Option 2 Vault
Support/ Repulsion Phase	Up to 0.10 Up to 0.10 Up to 0.20 Up to 0.20	Poor technique • Staggered/alternate hand placement on the handspring vault (option 1) • Failure to maintain neutral head position • Incorrect shoulder alignment (showing shoulder angle less than 180°) • Alternate repulsion from hands on the handspring vault (option 1)
	Up to 0.30 Up to 0.50	Failure to maintain stretched body position • Arch • Pike
	Each 0.10 (Max 0.30)	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Bent arms (90° or more = max. deduction) • a slight arm bend of the lead arm is allowed on the $\frac{1}{4}$ - $\frac{1}{2}$ on vault (option 2)
	.05 – 0.50 0.55-1.00	Contacting the mat stack with the hands after vertical • Contact from 1° to 45° past vertical • Contact from 46° to 89° past vertical
	Up to 0.30	Too long in support
	(CJ) 1.00	Touch with only one hand on the mat stack • Chief Judge deduction, if at least $\frac{1}{2}$ of panel sees only ONE hand touch
	VOID	No hand contact on the mat stack
	<u>2.00</u>	Head contacting the mat stack in support phase (includes 0.50 deduction for extreme arm bend)
	Up to 0.10	Under-rotation of vault
	Up to 0.10	Failure to maintain neutral head position
	Up to 0.10 Up to 0.20 Up to 0.30	Incorrect leg form • Legs crossed • Legs separated • Knees bent
	Up to 0.30 Up to 0.50	Failure to maintain stretched body position • Arch • Pike
	Up to 0.20	Brush or hit of body/head on mat stack table during post-flight
	Up to 0.30	Incomplete twist (Option 2 Vault)

**Xcel Code of Points
VAULT**

SILVER DIVISION VAULT DEDUCTIONS (Continued)

Landing	0.05 0.10 0.10	Lands with Feet Apart There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension. Lands with feet hip-width apart or closer, but never joins feet (heels) together Lands with feet further than hip-width apart Clarifications: • If upon landing with the feet apart / staggered the gymnast takes a step(s), deduct only for the step(s). If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step.
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each 0.10 – 0.15 (Max. 0.40)	Small or medium Steps (per step)
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movement(s) / arm swing(s) to maintain balance / control upon VT landing: • Applies to stuck landings • Applies to landings that involve step(s) and trunk movement / arm swing(s) used to prevent further step(s) • Do NOT apply if trunk movement / arm swing(s) lead to step(s) on landing; deduct ONLY for step(s)
	Each 0.20 (Max. 0.40)	Large step or jump (approximately 3 feet or more)
	Up to 0.30 +0.50	Squat on landing • hips lower than knees OR knee compression less than a 90° angle / extreme knee bend extending past the toes Lands vault in squat position / compressed position, then falls
		 -.30 -.20 -.10 No Deduction -.10 -.20 -.30
	Up to 0.30	Slight brush/touch of 1 or both hands on mat (no support)
	Up to 0.30	Deviation from a straight direction (determined by initial contact with mat)
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Failure to land facing the mat stack (Option 2 Vault)
	0.50	Support on the landing mat with 1 or 2 hands
	0.50	Fall on mat to knee(s) or hips
	0.50	Fall against the mat stack
	0.50 + 2.00 = 2.50 (Fall on apparatus)	Landing in a sitting, lying, or standing position on top of the mat stack after passing through the vertical plane (handstand)
General	Up to 0.10	Incorrect foot form (flexed, sickled) throughout
	0.50 0.50	Assistance of coach upon landing Additional deduction for Fall after assistance by coach
	2.00 (includes the fall)	Failure to land on any part of the bottom of the feet first • Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously
	1.00	Spotting assistance during the vault • (Maximum total Spot deduction not to exceed 1.50)
	No deduction VOID	1st Balk-run approach without coming to rest or support on top of mat stack Performing 2nd or 3rd Balk
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement (Considered an "incorrect vault")
	VOID	Any vault with more than ¼ twist in 2nd flight phase
	No deduction	Tape or chalk place on the Mat Stack
	No deduction	Coach standing between board and mat stack or leaning against / bearing weight on the Mat Stack

**Xcel Code of Points
VAULT**

GOLD, PLATINUM, DIAMOND, AND SAPPHIRE DIVISION VAULT DEDUCTIONS		
	0.20	Gymnast fails to punch the board (/tramp-gold only) simultaneously with two (2) feet
Support/ Repulsion Phase	Up to 0.10 Up to 0.20 Up to 0.30	Incorrect Leg Form - Legs crossed - Legs separated - Knees bent
	Up to 0.30	Poor Technique - Hip angle (Up to 0.20) - Excessive Arch Arched body
	Up to 0.30	Incomplete LA turn
	Up to 0.30	Failure to pass through vertical on Vaults with LA turn in pre-flight
	Up to 0.10 Up to 0.20 Up to 0.20 Up to 0.20	Poor Technique - Staggered/alternate hand placement on all vaults, except Diamond/Sapphire Tsukahara vaults - Shoulder angle - Excessive Arch Arched body - Alternate repulsion from hands on all vaults, except Diamond/Sapphire Tsukahara vaults
	Up to 0.30	Prescribed LA turn begun too early
	Each 0.10	Additional hand placements (taking steps/hops on hands) Maximum 0.30
	0.30	Hops with both hands simultaneously
	Up to 0.30	Legs bent (in support) or early tuck (Salto vaults)
	Up to 0.50	Bent arms (90° or more = max. deduction) A slight arm bend of the lead arm is allowed on Tsukahara vaults
	Up to 0.50 No deduction 0.05 – 0.25 0.30 – 0.50	Angle of Repulsion applies to Non-Salto Vaults only. The angle of repulsion is determined by the angle created from the hands to the body part that is furthest past vertical. If the gymnast leaves the Vault Table: - By Vertical 1° to 45° past Vertical 46° past Vertical to Horizontal
	Up to 0.50	Too long in support (Applies to non-Salto Vaults only)
	(CJ) 1.00	Touch with only one hand on the vault table
	VOID	No hand contact on the vault table
	2.00	Head contacting the table in support phase (includes 0.50 deduction for extreme arm bend)
	Up to 0.10	Insufficient exactness of LA turn
	Up to 0.10	Under-rotation of salto vaults
	Up to 0.10 Up to 0.20 Up to 0.30	Incorrect Leg Form - Legs crossed - Legs separated - Knees bent
	Up to 0.20	Brush or hit of body/head on vault table during post-flight
	Up to 0.30	Insufficient Length When evaluating length, consider size of the athlete, type of vault, where the hands contact the table and where the feet land and overall trajectory (amplitude) of the 2nd flight phase; not just the distance from where the gymnast lands in relation to the end of the vault table.
	Up to 0.30	Failure to maintain stretched body (pike down of stretched vaults to facilitate landing)
	Up to 0.30 Up to 0.30 Up to 0.30 Up to 0.30	Insufficient exactness of body position: - Insufficient tuck/pike (tuck = min. 90° bend in hip & knee; pike = min. 90° bend in hips) - Insufficient stretch (ideal = 180°, but > than 135° is considered stretched position) - Insufficient stretched position (hip angle 136° - 179°) - Arch
	Up to 0.30	Late completion of the twist
	Up to 0.25 0.30	Insufficient extension (open) of body before landing (Salto Vaults ONLY) - Insufficient and/or late extension (tuck & pike vault) - Total absence of extension (tuck & pike vault) 
	Up to 0.50	Insufficient height

Revised Sept. 2022/Aug. 2023/Aug. 2024/Aug. 2025/Aug. 2026

**Xcel Code of Points
VAULT**

Landing	0.05 0.10 0.10	Lands with Feet Apart There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension. Lands with feet hip-width apart or closer, but never joins feet (heels) together Lands with feet further than hip-width apart Clarifications: • If upon landing with the feet apart / staggered the gymnast takes a step(s), deduct only for the step(s). If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step.
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each 0.10 - 0.15 (Max. 0.40)	Small or medium Steps (per step)
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movement(s) / arm swing(s) to maintain balance / control upon VT landing: • Applies to stuck landings • Applies to landings that involve step(s) and trunk movement / arm swing(s) used to prevent further step(s) • Do NOT apply if trunk movement / arm swing(s) lead to step(s) on landing; deduct ONLY for step(s)
	Each 0.20 (Max. 0.40)	Large step or jump (approximately 3 feet or more)
	Up to 0.30 +0.50	Squat on landing • hips lower than knees OR knee compression less than a 90° angle / extreme knee bend extending past the toes Lands vault in squat position / compressed position, then falls
		
	Up to 0.30	Slight brush/touch of 1 or both hands on mat (no support)
	Up to 0.10 0.15 - 0.20 0.25 - 0.30 Award lower value	Prescribed LA turn incomplete • 1° - 30° missing • 31° - 60° missing • 61° - 89° missing • 90° or more missing
	Up to 0.30	Deviation from a straight direction (determined by initial contact with mat)
	Up to 0.30	Insufficient dynamics (speed/power)
	0.50	Support on the landing mat with 1 or 2 hands
	0.50	Fall on mat to knee(s) or hips
	0.50	Fall against the apparatus
General	VOID	Landing on top of the Vault Table in a sitting, lying, or standing position
	Up to 0.10	Incorrect foot form (flexed, sickled) throughout
	No deduction 0.50 VOID	1st Balk-run approach without coming to rest or support on top of Table Performing 2nd or 3rd Balk
	VOID	Failure to land on any part of the bottom of the feet first • Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously
	1.00	Spotting assistance during the vault • Maximum total Spot deduction not to exceed 1.50 (Including all spotting inclusive of spotting assistance on landing)
	0.50 0.50	Spotting assistance on landing Additional deduction for Fall after assistance by coach
	VOID	Run approach which results in the gymnast coming to rest or support on top of the Vault Table without execution of the vault Example: Rebounds from board, places hands on Table, arrives in 3/4 handstand position, loses momentum and steps down onto Table or falls back onto board.
	VOID	Failure to use Safety Zone mat for Round-off Entry Vaults
	VOID	Use of alternative springboard for Platinum, and Diamond, and Sapphire Divisions (If an alternative springboard is used in the Gold Division, the Start Value is 9.50.)
	No deduction	Coach standing between board and Table

THIS PAGE LEFT BLANK INTENTIONALLY

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)	- 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)	- 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: - 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. 4. Dismount – High Bar	Minimum of 6 “A” VP (0.10 each)	- No “C” or higher VP. - B Exceptions: - 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” (0.10 each), 1 “B” VP (0.30)	- 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 (not in the mount or dismount) 3. Additional Min. “B” skill - A Turn or 2nd 360° Circling Skill (same as or different from SR#2), not in the mount or dismount , or Release, not in the dismount 4. Salto or Hecht Dismount – High Bar (minimum “A”), or any dismount (minimum “B”) from the high bar	Minimum of 5 “A” (0.10 each), 2 “B” VP (0.30 each)	- 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 (not in the mount or dismount) 3. Minimum of “B” turn or 2 nd 360° circling skill (minimum “B” & different from SR#2), not in the mount or dismount , or minimum “B” release, not in the dismount 4. Minimum of “B” dismount OR “C” skill directly connected to an “A” salto dismount	Minimum of 3 “A” (0.10 each), 3 “B” VP (0.30 each), 1 “C” VP (0.50 each)	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: Exceptions: 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.

CHAPTER 1: REQUIREMENTS & RESTRICTIONS

I. SPECIAL REQUIREMENTS

Special Requirements (SR) each worth 0.50.

A. Bronze Division

1. Mount (from LB only)
2. Cast (hips must leave the bar) (not in the mount or dismount)
3. 360° Circling skill (not in the mount or dismount)
4. Dismount (from LB only; No saltos)

B. Silver Division

1. Mount
2. Cast to a minimum of 45° below horizontal (not in the mount or dismount)
3. 360° Circling Skill (not in the mount or dismount)
4. Dismount (from low bar or high bar - No saltos)

C. Gold Division

1. Skill finishing in a clear support at a minimum of horizontal (not in the mount or dismount)
- 2/3. Two (2) 360° circling skills (not mount or dismount) must be one of the following:
 - 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 (not in the mount or dismount)
3. 2nd 360° Circling skill (not mount or dismount), same or different from SR 2
4. Dismount (from the high bar)

D. Platinum Division

1. Skill finishing in a clear support above horizontal (not in the mount or dismount)
2. 360° Circling Skill (not in the mount or dismount)
3. Kip
4. Dismount (from the high bar) (minimum "A")

E. Diamond Division

1. Skill finishing in a clear support at a minimum of 45° from vertical (not in the mount or dismount)
2. Minimum "B" 360° Circling Skill (not in the mount or dismount)
3. Additional Min. "B" skill - A Turn or 2nd 360° Circling Skill (same as or different from SR#2), not in the mount or dismount, or Release, not in the dismount
4. Salto or Hecht Dismount (from the high bar) (minimum "A"), or any dismount (minimum "B") from the high bar

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

1. Minimum of a "B" skill finishing in clear support at vertical (not mount or dismount)
2. Minimum of "B" 360° circling skill (not in the mount or dismount)
3. Minimum of "B" turn, or 2nd 360° circling skill (minimum "B" & different from #2), not in the mount or dismount, or minimum "B" release, not in the dismount
4. Minimum of "B" dismount OR "C" skill directly connected to an "A" salto dismount
(Refer to the General / Judges section for further clarification on Bonus categories and applying Bonus.)

II. VALUE PART REQUIREMENTS

- A. 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	(<u>0.10</u> each)	Platinum	6 “A” VP	(<u>0.10</u> each)	Sapphire	3 “A” VP	(<u>0.10</u> each)
Silver	5 “A” VP	(<u>0.10</u> each)		1 “B” VP	(<u>0.30</u> each)		3 “B” VP	(<u>0.30</u> each)
Gold	6 “A” VP	(<u>0.10</u> each)	Diamond	5 “A” VP	(<u>0.10</u> each)		1 “C” VP	(<u>0.50</u> each)
				2 “B” VP	(<u>0.30</u> each)			

Xcel Code of Points
UNEVEN BARS

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

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

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)

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, 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.

All release elements performed from high bar to low bar must touch or grasp with both hands to receive VP credit. This includes items under 5 and 6 below.

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 **with both hands**:
 - 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 **with both hands** 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.

Xcel Code of Points
UNEVEN BARS

- 2) 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.
 - 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° - 45° 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 $\frac{3}{4}$ Front Giant circle is not listed as an element).
 - A $\frac{3}{4}$ 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. **Cast, Uprises, and Circle Elements performed with $\frac{1}{2}$ (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 $\frac{1}{2}$ (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.

Xcel Code of Points UNEVEN BARS

- 1) When the catch occurs, the body should be in an extended position (from shoulders to feet) at horizontal or above for no deduction for insufficient amplitude.
 - 2) Once the hands contact the bar, the element is considered complete.
 - 3) See #4 regarding contacting the bar or mat with the feet.
6. **#3.207 Weiler Kip (B)**
- a. Ideally, the Weiler Kip should be performed in reverse grip (undergrip), starting from a near handstand position. It usually follows a front giant or a cast to handstand with hop-grip change. It should demonstrate the reverse circling pattern of a clear hip circle to handstand.
 - b. It is acceptable for the mid-to-lower thighs to touch the bar on the ascending phase of the circle. The Weiler Kip should not resemble a kip, cast handstand, which allows for the upper thighs, hips, and abdomen to contact the bar.
 - c. The inherent difficulty in performing the Weiler Kip is the “dropping in” phase from a handstand. If the element prior to the initiation of the Weiler Kip does not achieve handstand phase (within 20° of vertical), then that element will not receive the VP credit as listed in the Xcel Code of Points.
 - d. If the Weiler Kip does circle to within 20° of vertical, it is element #3.407-Weiler Kip to handstand and is only allowed at the Diamond and Sapphire Divisions.
7. **#6.204 Stalder Circle Backward and #7.209 Pike Sole Circle Backward (B's)**
- a. The “B” Stalder Circle Backward and Pike Sole Circle Backward to clear support do not require an open hip angle at the completion but should show an opening of the shoulder angle on the upward part of the circle.
 - 1) Consider the line from the shoulders to the hips, when evaluating the amplitude of the body. This is an exception to the principle for determining the angle by the line from the shoulders through hips and feet.
 - 2) #6.104 Clear Straddle Circle Backward to clear support is an “A” element and is described as a straddle seat circle to straddle “L” position, with no opening of the shoulder angle.
8. **Flyaway dismounts:** All flyaway dismounts must be initiated from the High Bar in order to receive VP credit.
9. **#8.001 Cast off with release of bar prior to arriving at stand (Bronze only):** The cast off should be done with straight arms and show a straight body position in the air before landing.
10. **#8.002 3/4 Forward Circle to Stand Dismount (Bronze only):** Two acceptable techniques. In both techniques, legs should remain straight throughout, and the feet should land behind the bar.
- a. ¾ forward circle without chin at the bar. Bend of the arms is acceptable.
 - b. ¾ forward circle slow and controlled rotation with a chin hang at the bar height to lower down to the mat. Chin should not rest on the bar. Bend of the arms is acceptable.
- | 3/4 Forward Circle to Stand Dismount (Bronze only) | |
|--|--------------|
| Landing Position | Deduction |
| Feet land behind the bar | No deduction |
| Feet land under the bar | 0.10 |
| Feet land in front of the bar | 0.20 |
11. **#8.004 Stretched jump off forward to a stand (Bronze and Silver only):** The stretched jump forward may be done from a squat, straddle or stoop position on the low bar. The stretched jump forward should show enough height to maintain a stretched body position with straight legs and pointed feet.
12. **#8.008 ¾ Sole Circle Dismount LB (Silver Only):** From a squat, straddle or pike position on the LB, perform a ¾ sole circle backwards in a tuck, straddle or pike position around the bar to release to a stand on the mat. The cast squat, straddle, or pike on receives “A” VP and the ¾ sole circle release to stand on the mat dismount receives “A” VP.
13. **#8.009 ¾ Sole Circle Dismount HB (Gold and Platinum Only):** From a straddle or pike position on the HB, perform a ¾ sole circle backwards in a straddle or pike position around the bar to release to a stand on the mat. The cast straddle or pike on receives “A” VP and the ¾ sole circle release to stand on the mat dismount receives “A” VP.

II. APPARATUS SPECIFICATIONS

Refer to the current USA Gymnastics Women's Rules and Policies book. Requirements are subject to change every competitive year, beginning August 1.

A. Height of Bar measured from floor to top of rail:

1. Measurement not based on length of upright, but actual distance from rail to floor, using a plumb line.
2. 0.30 deduction for competing on apparatus using incorrect specifications.
3. Chief Judge must take deduction from Average Score before next Gymnast begins.

B. Combinations of *Skill Cushions (maximum of 9 inches):

1. *Sting mats / *4-inch Throw mats / *8-inch Skill Cushions may be placed on top of allowable Competition Landing Mats (9 inches) in two separate areas (under Bars / Dismount area.)
2. 8-inch thick Skill Cushion must be minimum of 5' x 10'.
3. 4-inch throw mat (Skill Cushion) placed on Competition Landing Mat(s) for Dismount purposes may have an up to 8-inch Skill Cushion placed on top for protection on a Release Element and must be removed immediately after release element performed.

Xcel Code of Points
UNEVEN BARS

4. An alternate skill cushion made of softer foam (Manufactured "Pit Pillow") is allowed at invitationals but is **REQUIRED** to be provided at Xcel State meet and above for the Diamond **and Sapphire** Division athletes who wish to use it when performing a "C" or higher release move. The mat must be a minimum of 4 ft. x 6 ft. and eight (8) inches. It may be used for bar releases **ONLY** (to be placed under the gymnast during the release and immediately removed). It is **NOT** allowed for dismounts or landing on any event.
5. Unauthorized type of matting will receive a deduction of 0.30 from Average Score by Chief Judge.
6. 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.

C. Matting Regulations for Mounts

1. Mounts without use of board / other mounting apparatus:
 - a. May stand on one (1) 12 cm / 20 cm mat or two (2) 12 cm Competition Landing Mats, with / without 1½ inch base mat (unfolded panel mat).
 - b. May stand on additional up to 8-inch of mats (Sting mats / 4-inch Throw mats / 8-inch Skill Cushions) placed on Competition Landing Mat(s).
2. Mounting Apparatus:
 - a. May be placed on one (1) 12 cm / 20 cm mat or two (2) 12 cm Competition Landing Mats, with / without 1½ inch base mat (unfolded panel mat). Panel mat be placed under / on top of Competition Landing Mat.
 - b. May be placed on top of Sting mat / 4-inch Throw mat that is placed on Competition Landing Mats.
 - c. Plywood not permitted underneath mounting apparatus.
 - d. For all Divisions, a Mount trainer/mount mat **or springboard** MAY be placed on an 8-inch skill cushion.
 - 1) **A springboard may NOT be placed on an 8-inch skill cushion.**
 - e. Must be removed as soon as possible after mount is completed.
 - 1) Chief Judge deducts 0.30 from Average Score, if mounting apparatus placed on unauthorized surface (e.g., 8-inch Skill Cushion / floor / plywood).
 - f. Mounting Apparatus – Exception for Bronze / Silver / Gold Divisions:
 - 1) Any combination of competition Landing Mats, Skill Cushions and Panel Mats may be used to facilitate the Mount on the **low bar**. **Spotting blocks may not be used to mount the high bar.**
 - 2) A Mount trainer/mount mat, folded panel mat or padded spotting/skill block may be placed on top of the Competition Landing Mats (CLMs) and skill cushions used for the purpose of mounting.
 - A springboard MAY be used on any combination of Competition Landing Mats, sting mats or 4-inch skill cushions (throw mat), **or but a springboard is NOT allowed directly** on an 8-inch skill cushion.
 - Inflatable rebounding device cannot be used for mounting purposes.

Example

Mount with glide swing, then back hip pullover:
May stand on panel mat / spotting block / mount mat / board placed on above specified matting to initiate jump into glide swing. Mat / Board must be removed as soon as possible after jump into glide swing.

D. Warm-up Regulations

1. Only one (1) Gymnast at a time allowed on Bars during any warm-up (general / open, timed or 30-second touch)

III. ATTIRE REGULATIONS

A. Hip or Heel Padding: Hip or heel padding is not allowed. The Chief Judge deducts 0.20 from the average score if hip/heel padding is used.

1. If the Chief Judge notices the heel/hip pads prior to the gymnast's mount, a warning must be given. However, if the gymnast wears the heel/hip pads during her exercise (whether or not the Chief Judge warned her previously), the deduction must be taken.

VI. BAR DEDUCTIONS

BAR FAULTS		
- Execution deductions CANNOT exceed 4.0. This includes falls but does not include spot deductions. - Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances. - No routine will be awarded less than 4.0. Common sense should prevail.		
Small Faults (Up to 0.10)	each time 0.05	Flexed/sickled feet on Value Part or Skill elements
	each up to 0.10	Under-rotation of release/flight elements
	each up to 0.10	Insufficient extension of glides/swings into kips
	each up to 0.10	Poor rhythm in elements/connections
	each up to 0.10	Hesitation during jump to HB or swing to handstand
	each up to 0.10	Touch/brush on apparatus or mat with foot/feet
	0.10	Failure to maintain hand contact on the bar between glide swing mount and 2nd part of mount (pullover or jump to clear support)
	No Deduction	Insufficient amplitude of Cast for Angle Requirement
	0.10	Bronze
	No Deduction	Silver-Diamond: (1° or more below specified angle requirement)
	0.10	Sapphire: 1° to 10° from vertical
	0.10	11° to 20° from vertical / More than 21° from vertical
		Clarification:
		- The 0.10 angle deduction for is applied to any cast that does not meet the Division angle requirement. - Platinum-Sapphire: When an extra cast/swing occurs only apply a 0.30 deduction for extra swing. - Do not apply the additional 0.10 amplitude deduction
	0.05	Lands with Feet Apart
	0.10	Failure to join (slide) heels together on controlled extension of dismount landing when feet are a maximum of hip-width apart
		Lands dismount with feet further than hip-width apart
		Clarification: If upon landing with the feet apart / staggered the gymnast takes a step(s), deduct only for the step(s).
	Up to 0.10	Slight hop, small adjustments of feet or staggered feet (one in front of the other) on landing of dismount
	Up to 0.10	Entire foot/feet slide or lift off floor to join on controlled extension of dismount landing when feet are a maximum of hip-width apart (small step)
	each 0.10 – 0.15 (Max. 0.40)	Small or medium Step(s) on landing
	Up to 0.10	Dismount
	Up to 0.10	Deviation from straight direction on landing of dismount
	0.10	Legs crossed during twisting dismounts
Medium Faults (Up to 0.20)	0.10	Lands too close to the bar on dismount (when applicable)
	No Deduction	Swing forward or backward below horizontal
	each up to 0.20	Leg or knee separations
	each up to 0.20	Insufficient exactness of body shape: tuck or pike position
	each up to 0.20	Insufficient amplitude of bar elements (including releases)
		Exception: Clear Hip Circles & salto dismounts (see large faults)
	0.20	Hit on apparatus with foot/feet
	each time up to 0.20	Insufficient exactness of stretched position
	up to 0.20	• Arch
	up to 0.20	• Hip angle (136°-179°)
	up to 0.20	Failure to maintain stretched body position (pikes down dismount)
	up to 0.20	Incomplete turn or twist
	up to 0.20	Incorrect body posture on dismount landing
	up to 0.20	Additional trunk movement(s) / arm swing(s) to maintain balance / control upon landing UB dismount:
		- Applies to stuck landings - Applies to landings that involve step(s) and trunk movement / arm swing(s) used to prevent further step(s) - Do NOT apply if trunk movement / arm swing(s) lead to step(s) on landing; deduct ONLY for step(s)

Xcel Code of Points
UNEVEN BARS

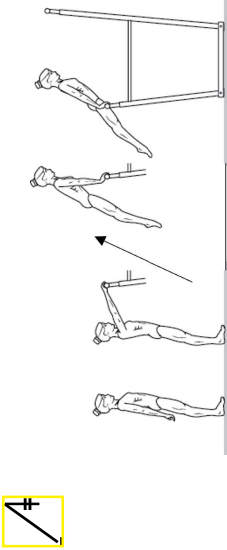
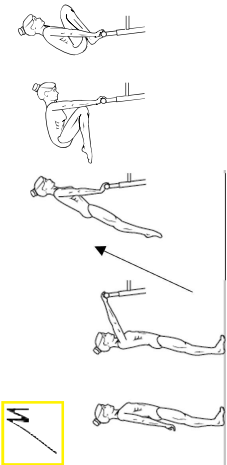
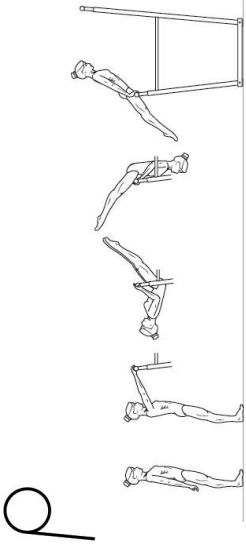
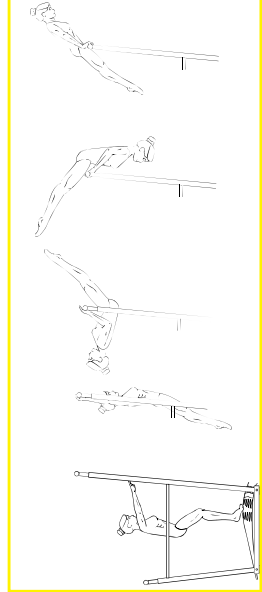
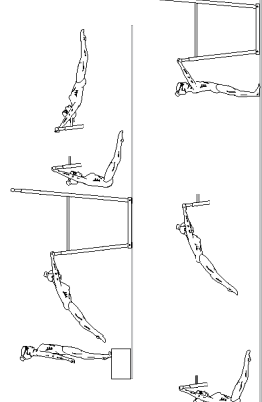
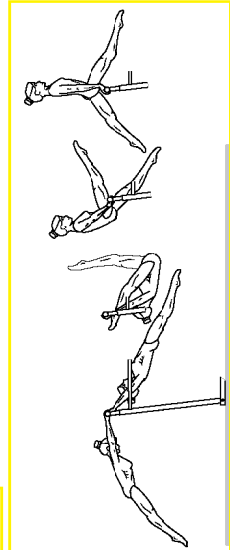
	(Medium Faults continued)	
	<u>0.20</u> (Max. 0.40)	Large step or jump on landing (approximately 3 feet or more)
	up to 0.20	Insufficient dynamics throughout exercise - Insufficient swingful execution throughout exercise - Energy not maintained throughout exercise - Gymnast fails to make difficult look effortless
Large Faults (Up to 0.40)	each up to 0.30	Bent arms in support or bent legs (90° bend or greater receives <u>0.30</u>) Maximum on any one element = 0.30 bent arms & 0.30 bent legs
	<u>0.30</u>	Hit on mat with foot/feet
	<u>0.30</u>	Grasp of bar apparatus to avoid a fall
	up to 0.30	Insufficient extension (open) of the body prior to landing the dismount (tuck/pike)
	up to 0.30	Insufficient height (amplitude) of salto dismounts
	up to 0.30	Squat on landing hips lower than knees OR knee compression less than a 90° angle / extreme knee bend extending past the toes
	<u>+0.50</u>	Lands Acro element / Dismount in squat / compressed position, then falls 
	up to 0.30	Brush/touch of one or both hands on the landing mat (no support)
	<u>0.30</u> (Max. 0.50)	Intermediate (extra) swing (Platinum/Diamond/Sapphire only) More than one extra swing following an element Clarification: - Falls (jumps down) after extra swing(s), deduct 0.50 for Fall only - When an extra cast/swing occurs only apply a <u>0.30</u> deduction for extra swing. Do not also apply the additional <u>0.10</u> amplitude deduction Exceptions: = no deduction for extra swing. - Tap swing – counterswing performed prior to salto forward dismount (front fly away) - Tap swing – counterswing performed prior to a release straddle back over low bar - Tap swing – counterswing performed prior to a back uprise - Consecutive sole circles on LB in attempt to jump to HB. - Swing down to glide kip and cast again (one or more times) after failed attempt to perform element.
	<u>0.30</u>	On counterswing, body arched and/or hips open to extended position with feet over the low bar
	<u>0.30</u>	Lack of release of the bar, prior to landing dismount, when indicated
	up to 0.40	Insufficient amplitude of “B” clear hip circle (Platinum/and Diamond/Sapphire Only) (Refer to Amplitude of Circling Elements chart on Uneven Bars – 25)
Very Large Faults (0.50)	<u>0.50</u>	Third run approach on mount
	<u>0.50</u>	Full support on foot/feet on mat during exercise
	<u>0.50</u>	Support on mat with 1 or 2 hands upon landing dismount
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall on or against the apparatus
	<u>0.50</u>	Spotting assistance during an element Do <u>not</u> award VP or SR credit / No Bonus (Sapphire)
	<u>0.50</u>	Spotting assistance upon landing the dismount Award VP and SR credit / No Bonus (Sapphire)
	<u>0.50</u>	Fall after spot on element or on landing of dismount
	<u>0.50</u> <u>0.50</u> <u>0.50</u>	Fall/Failure to land on the bottom of the feet first on dismount - Salto initiated No VP, No SR - Salto never initiated No VP, No SR and take the deduction 0.30 No Dismount

**Xcel Code of Points
UNEVEN BAR ELEMENTS**

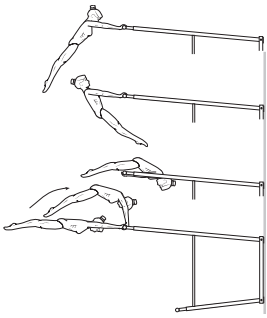
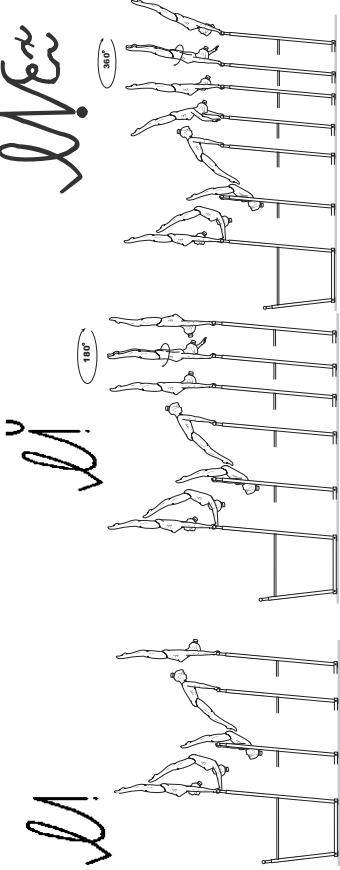
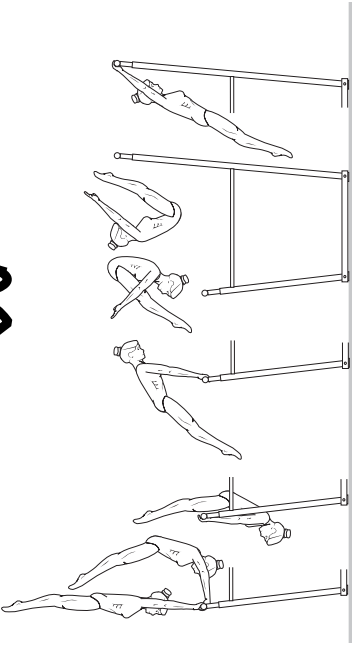
UNEVEN BAR ELEMENTS

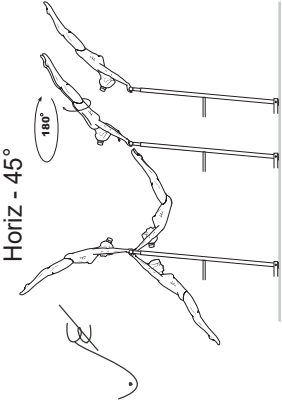
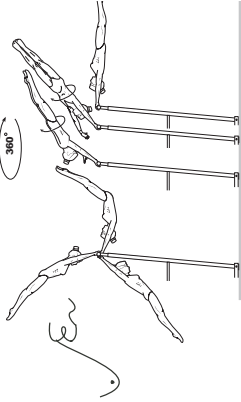
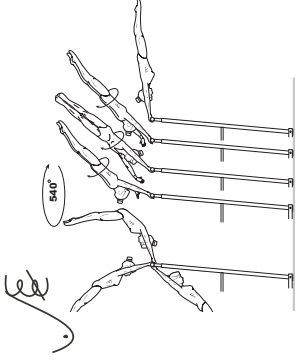
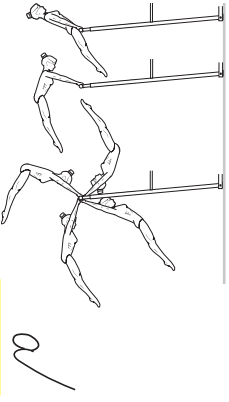
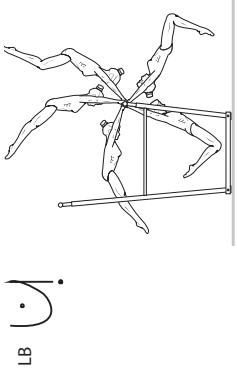
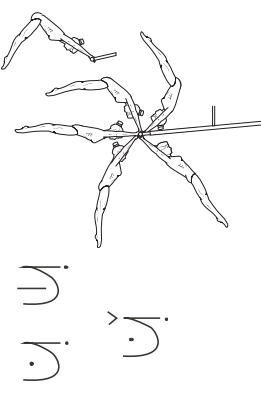
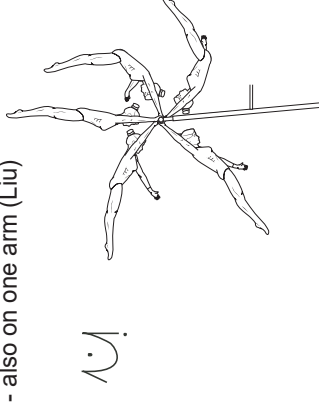
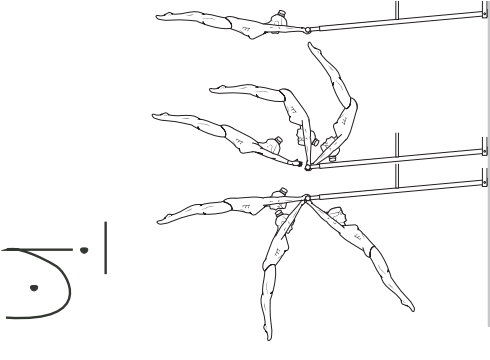
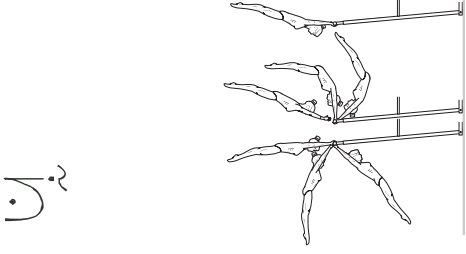
BARS								
Additional "A" Elements & Elements modified from the Development Program								
Group 1	#	Element Name	Bronze	Silver	Gold	Platinum	Diamond	Sapphire
	1.001	Jump to Front Support	✓					
	1.002	Jump to Squat on		✓	✓	✓	✓	
	1.003a	Pullover on Low Bar (from 1 or 2 feet or run)	✓	✓	✓			
	1.003b	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)	✓	✓	✓			
	1.109	Jump to Clear Support, immediate back hip circle	✓	✓	✓	✓	✓	✓
Group 2	2.001	Cast (up to 21° from Vertical) [Silver - Diamond: Casts Within 10° of the requirement receives SR/VP credit (Deduct 0.10 for amplitude)]	Bronze	Silver	Gold	Platinum	Diamond	Sapphire
		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		✓	✓	✓		
		Platinum Only one (1) allowed						
2.102	Cast to squat, stoop, or straddle - Modified from Dev Program: Add option on HB	✓	✓	✓	✓	✓	✓	
Gr. 4	4.102	From a cast or clear support on HB - Long hang pullover to clear support - Modified from Dev Program: Add option from clear support	✓	✓	✓	✓	✓	✓
	Group 7	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) [Eligible for Circling Skill SR at these Divisions only]		✓	✓			
7.006		Basket Swing	✓	✓	✓	✓	✓	✓
Group 8	8.001	Cast off with release of bar prior to arriving at stand [One (1) single element, not eligible for cast SR or cast VP]	✓					
	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		✓	✓			
	8.006	From LB – underswing (toe-on or clear) to stand. Toe-on to stand includes a squat, stoop, or straddle position (sole circle). (The low bar version of this element was re-numbered to 8.006, LB was previously included in 8.101)	✓	✓				
	8.007	Tap Swing – ½ , ½ dismount (twisting in one direction, touch of hand is required)			✓	✓		
	8.008	From LB - sole circle backward (tucked, piked or straddled), circle around the bar ¾ (270°), with release and dismount to stand.		✓				
	8.009	From HB - sole circle backward (piked or straddled), circle around the bar ¾ (270°), with release and dismount to stand.			✓	✓		
	8.010	From HB - cast stoop through or swing forward back kip-up to brief rear support (touching HB with back of thighs), salto backward tucked, piked, or stretched. Also with 1/2 (180°) turn.			✓	✓	✓	✓

Revised Jan 2023/Aug. 2023/Aug. 2024/Aug. 2025/Aug. 2026

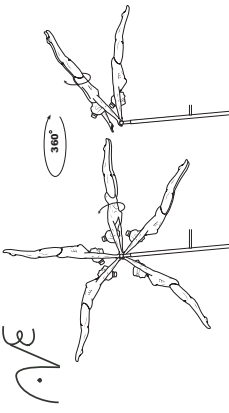
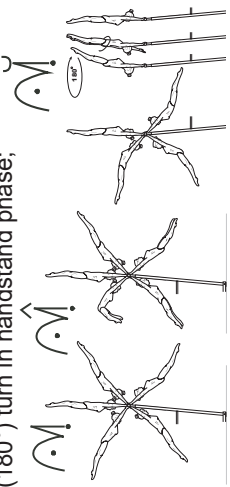
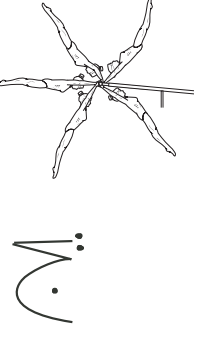
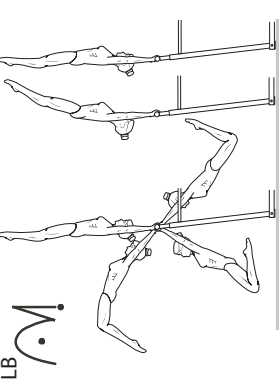
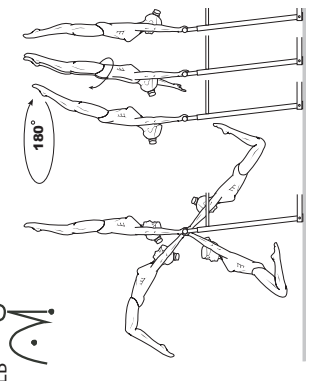
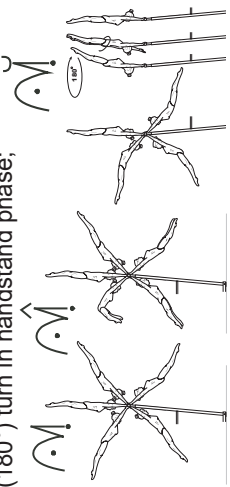
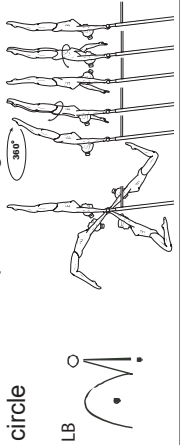
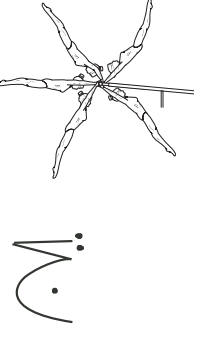
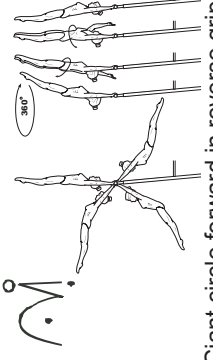
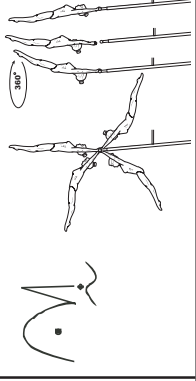
Group 1 – Mounts (limited by Division)		
A	A	A
BRONZE ONLY 1.001 Jump to Front Support 	SILVER/GOLD/PLATINUM/DIAMOND ONLY 1.002 Jump to Squat on 	
BRONZE/SILVER/GOLD ONLY 1.003a Pullover on Low Bar (from 1 or 2 feet or run) 	SILVER/GOLD ONLY 1.003b Pullover on High Bar 	
BRONZE/SILVER/GOLD ONLY 1.004 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) 

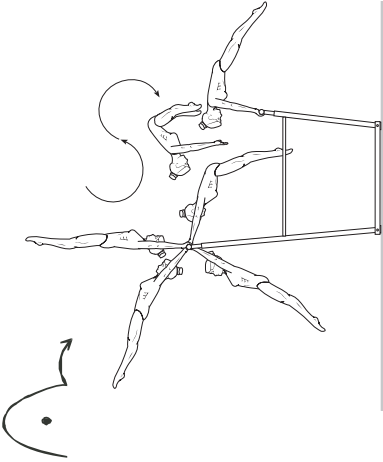
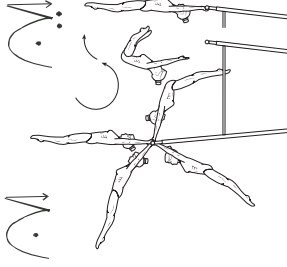
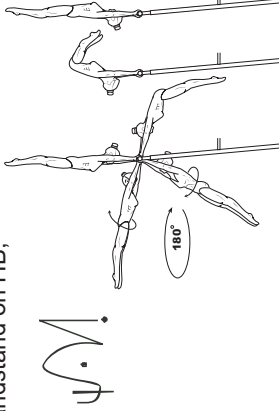
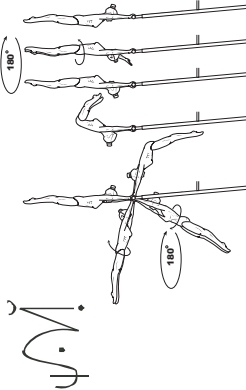
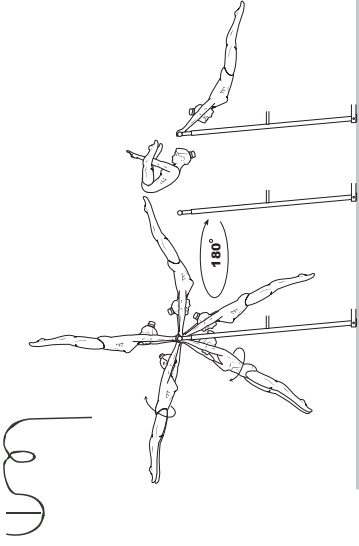
Revised August 2024

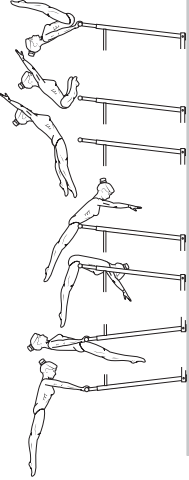
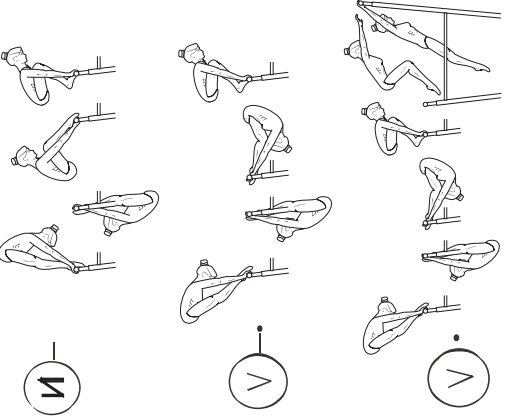
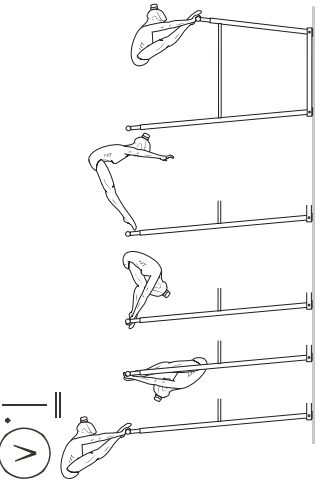
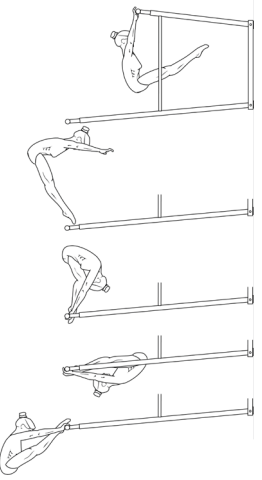
Group 3 – Underswings/Clear hips circles			
A	B	C	D
3.107	3.207 Clear hip circle forward to clear support (Weiler-kip), also with legs straddled (hips bent) on upswing 	3.307	3.407 Clear hip circle forward to handstand, also with legs straddled (hips bent) on up-swing (Weiler-kip to handstand) - also with 1/2 (180°) turn in handstand phase - also with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip (McAllister) 
3.108	3.208	3.308	3.408 On LB facing HB – Clear hip circle forward to immediate salto forward piked over LB to catch HB (Pelaez) 

Group 4 – Giant Swings Backward			
A	B	C	D
4.101 Handstand on HB - swing down between bars, swing forward with 1/2 (180°) turn at horizontal (HB height) to 45° from vertical  Horiz - 45°	4.201 Handstand on HB - swing down between bars, swing forward with 1/1 (360°) turn to L hang at height of HB (at horizontal), also swing forward with 1/2 (180°) turn at 21° to 44° from vertical (not illustrated) 	4.301 Handstand on HB - swing down between bars, swing forward with 1 1/2 (540°) turn, circa 45° deviation from vertical to hang on HB 	4.401
4.102 From a cast or clear front support on HB-cast to long hang pullover to front support (The cast and pullover may both receive VP to fulfill SR if applicable)  On LB - giant circle backward to handstand (either side) (with legs tucked at bottom of circle)  LB	4.202 Handstand on HB – giant circle backward to handstand, in regular or cross grip (Dussier) or with bending of hip joints in upper vertical  - also on one arm (Liu) 	4.302 Handstand on HB – giant circle backward to handstand with hop-grip change in handstand phase 	4.402 Giant circle backward on HB -hop from regular grip to L grip in handstand phase (Dochney) 
All LB giants performed with extended body/legs will retain same value as corresponding HB giant.			

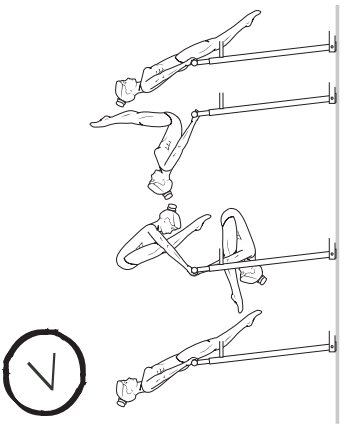
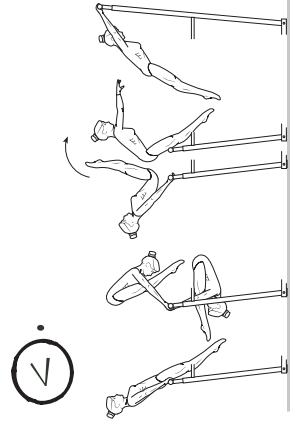
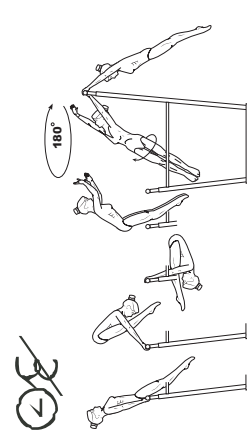
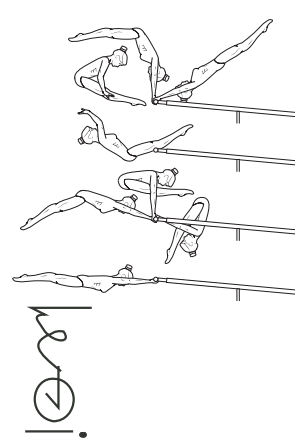
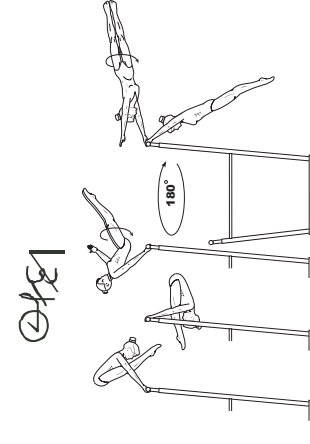
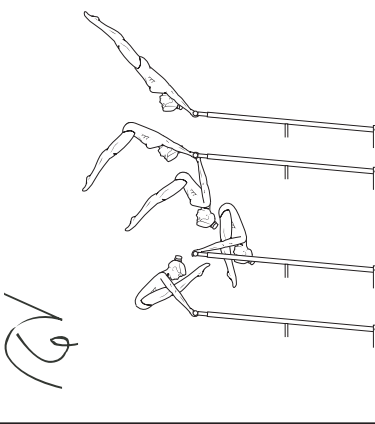
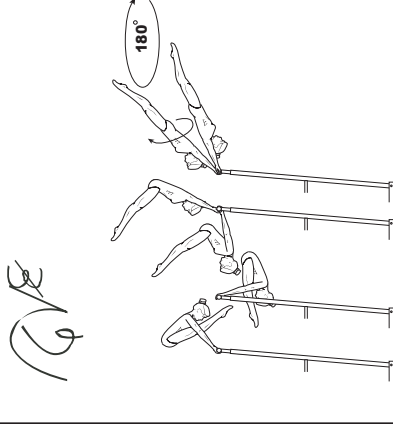
Revised Aug. 2026

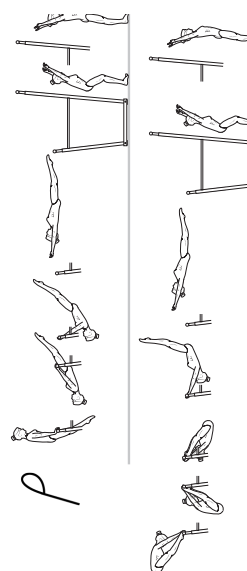
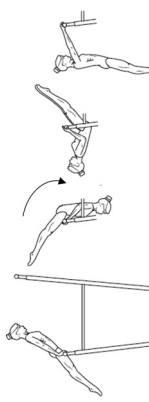
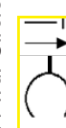
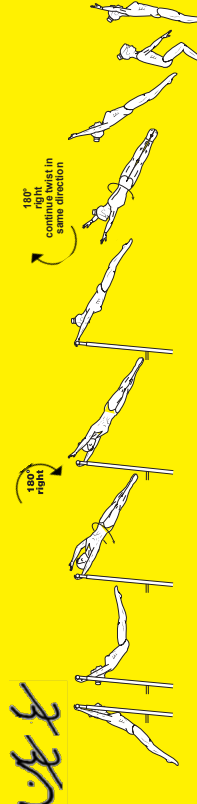
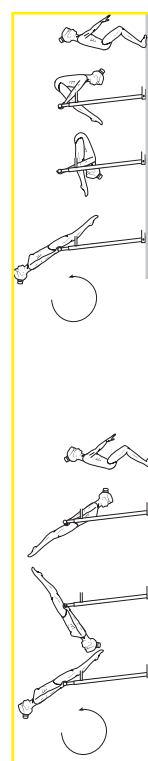
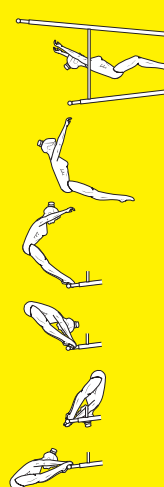
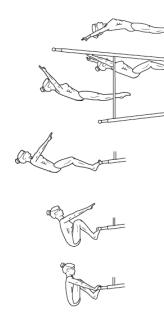
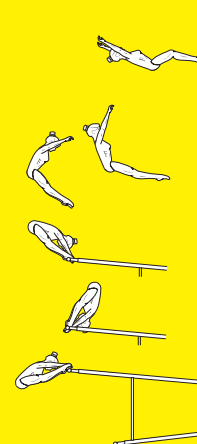
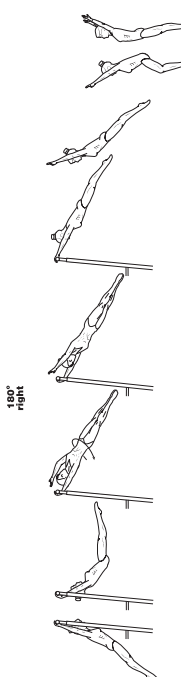
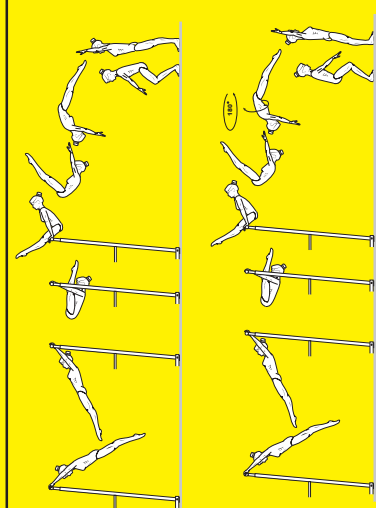
Group 5 – Giant swings–Circles forward			
A	B	C	D
5.101 5.201 Handstand on HB - swing down forward between bars, swing backward and 1/1 (360°) turn at height of HB 	5.301 	5.401 	
5.102 5.202 Handstand on LB – Giant circle swing forward in reverse grip with legs tucked at bottom of circle LB  also with 1/2 (180°) turn in handstand phase (start & finish in HS) LB  All LB Giants performed with extended body/legs will retain same value as corresponding HB element.	5.302 Handstand on HB – giant circle swing forward in reverse grip to handstand, also with legs straddled or hips bent in upswing phase, also with 1/2 (180°) turn in handstand phase;  also with hop-grip change to regular grip (overgrip) - not illustrated  also with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip  From Handstand on LB – Giant circle swing forward in reverse grip to handstand with 1/1 (360°) turn in handstand phase - legs tucked at bottom of circle LB 	5.402 Handstand on HB – giant circle swing forward in regular grip to handstand (Slip-grip front giant - Galloway)  Handstand on HB – giant circle swing forward in reverse grip to handstand with 1/1 (360°) turn in handstand phase (Portocarrero)  Giant circle forward in reverse grip, hop to L grip in handstand phase (hands must release simultaneously) (Estella) 	

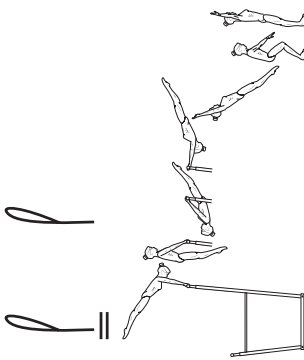
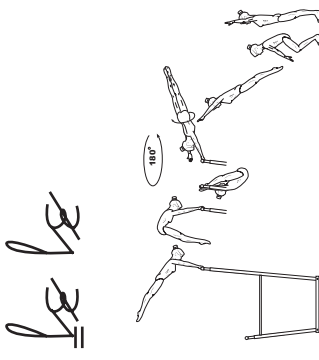
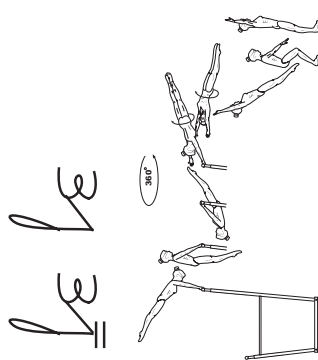
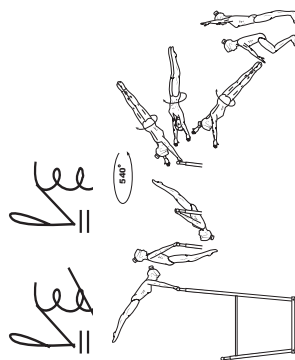
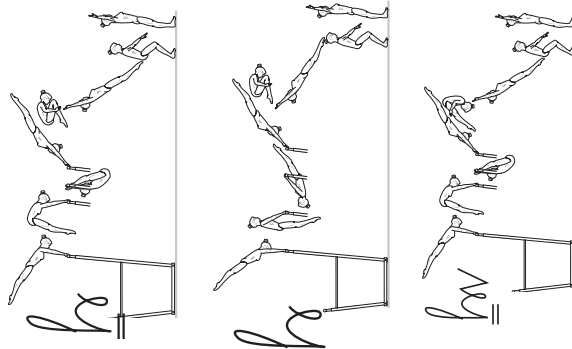
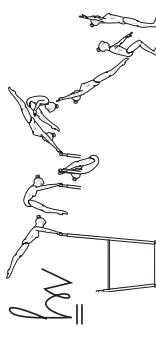
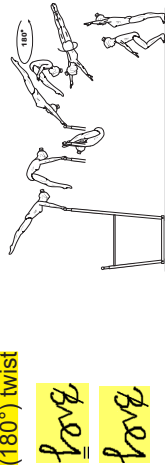
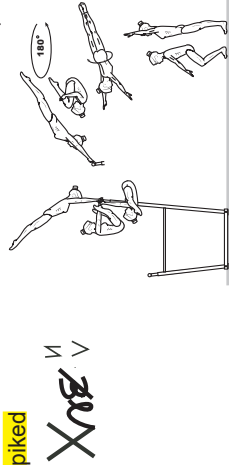
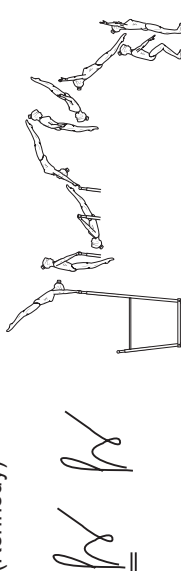
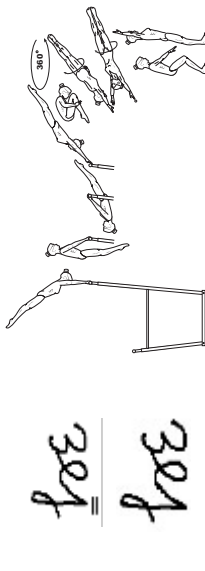
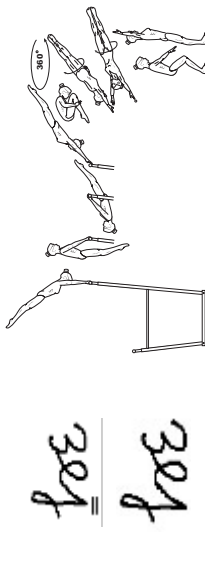
Group 5 – Giant swings–Circles forward			
A	B	C	D
5.103	5.203	5.303 Handstand on HB - swing down forward (back facing LB) in regular or reverse grip - straddled or piked flight backward over LB to hang on LB 	5.403 Handstand on HB - swing down forward (back facing LB) in regular or reverse grip – straddled or piked flight backward to handstand on LB Handstand-on-HB–swing-down-forward-(back-facing-LB) in reverse-grip- backward swing- release and 1/2 (180°) turn in-flight between-the-bars to-catch LB-in-hang-(Ejova) Removed from Xcel COP/ Elevated to “E” Element in DEV 
5.104	5.204	5.304 Handstand on HB - swing down between bars with grip change to cross grip and 1/2 (180°) turn in range of hang position and swing upward to handstand on HB,  with 1/2 (180°) turn in handstand phase (Shahaf) 	5.404 Handstand on HB - swing down between bars with 1/2 (180°) turn through brief hang in cross grip or change to regular grip, swing backward with salto forward straddled or tucked to hang on HB (Mixed-grip Deltchev) 

Group 7 – Circle Swings/Hechts			
A	B	C	D
7.102 From cast on LB, free hip circle backward – hip repulsion – flight with regrip on LB to glide (“false-Pop”)  	7.202 From cast on LB, free hip circle backward – hip repulsion – with free straddle forward over LB to rear support (Korbut)  	7.302	7.402
7.103 Sole circle forward or backward (tucked or piked) on LB or HB to stand, also with grip change to hang on HB  	7.203 Sole circle backward piked with flight from HB to stand on LB   Sole circle backward piked with flight from HB to regrip LB  	7.303	7.403

Revised Aug. 2026

Group 7 – Circle Swings/Hechts			
A	B	C	D
7.104 Rear support on LB or HB - seat (pike) circle forward through clear rear support  on LB with grip change to hang on HB 	7.204 Rear support on LB – seat (pike) circle forward through clear rear support with 1/2 (180°) turn to hang on HB  Handstand on HB – stoop in to seat (pike) circle forward through clear support – (with beat of lower legs on HB) salto forward to catch in reverse grip in hang on HB  Hang or rear support on HB – stoop through, back kip or seat (pike) circle forward-through clear rear support with 1/2 (180°) turn to hang on HB 	7.304	7.404 From stoop in or from rear support on HB – seat (pike) circle forward through clear extended support in L grip (greater than 30° from vertical) (Adler)  - also with 1/2 (180°) turn 

Group 8 – Dismounts (limited by Division)	
A	A
BRONZE ONLY 8.001 Cast off with release of bar prior to arriving at stand (1 single element, not eligible for cast SR or cast VP)  	BRONZE/SILVER 8.006 From LB – underswing (toe-on or clear) to stand  From LB - from squat, straddle, or stoop position toe-on (sole circle) to stand. to stand includes a straddle position (sole circle) 
BRONZE ONLY 8.002 $\frac{3}{4}$ Fwd. Circle to Stand  	GOLD/PLATINUM ONLY 8.007 Tap Swing Fwd. with $\frac{1}{2}$ (180°) turn, $\frac{1}{2}$ (180°) turn (Twisting in one direction, touch of hand is required)  
SILVER ONLY 8.003 $\frac{3}{4}$ back seat circle dismount (pike, straddle, or stretched) from Low Bar  	SILVER ONLY 8.008 From LB - sole circle backward (tucked, piked or straddled), circle around the bar $\frac{3}{4}$ (270°), with release and dismount to stand  
BRONZE/SILVER 8.004 From squat, straddle, or stoop position on low bar - Stretched Jump off forward to a stand  	GOLD/PLATINUM ONLY 8.009 From HB - sole circle backward (piked or straddled), circle around the bar $\frac{3}{4}$ (270°), with release and dismount to stand.  
SILVER/GOLD ONLY 8.005 Tap Swing Fwd. with $\frac{1}{2}$ turn  	GOLD/PLATINUM/DIAMOND/SAPPHIRE ONLY 8.010 From HB - cast stoop through or swing forward back kip-up to brief rear support (touching HB with back of thighs), salto backward tucked, piked, or stretched. Also with $\frac{1}{2}$ (180°) turn  
Revised Aug. 2023/Aug. 2024/Aug. 2025/Aug. 2026 UNEVEN BAR ELEMENTS - 45	

Group 8 – Dismounts				
A	B	C	D	
8.101 From HB or LB – underswing (toe-on or clear) to stand (Refer to element 8.006 for LB option)  also with 1/2 (180°) or 1/1 (360°) twist to both sides  	8.201 From HB - underswing (toe-on or clear) with 1 1/2 (540°) or 2/1 (720°) twist 	8.301 From HB – underswing (toe-on or clear) or back stalder (not illustrated) to salto forward tucked or piked  also with tucked 1/2 (180°) twist 	8.401 From HB – underswing (toe-on or clear) to salto forward piked with 1/2 (180°) twist  Back stalder to salto forward tucked w/ 1/2 (180°) twist (Celestine) or piked  From HB - underswing (toe-on or clear) to salto forward stretched (Kennedy)  From HB - clear pike circle backward to salto forward stretched with 1/2 (180°) turn (not illustrated)  Underswing (toe-on or clear) to salto forward tucked with 1/1 (360°) twist  Removed from Code of Points Underswing (toe-on or clear) to salto forward piked with 1/1 (360°) twist 	

CHAPTER 2: GENERAL INFORMATION

I. RECOGNITION (COUNTING) OF VALUE PARTS (VP)

A. Balance Beam Elements

1. Any Balance Beam Element listed in the Xcel Code of Points may receive VP credit two (2) times in an exercise, provided that the element occurs in a different connection (i.e., preceded or followed by a different element).
 - a. Any element that is listed in the Xcel Code of Points is given the value that is listed even if it is different than the value listed in the Development Program Code of Points.
2. If a Dance or Acro is performed that cannot be specifically found in the Xcel Code of Points, the Judge may award comparable Value Part credit if they can recognize the “root” element. This would include variations of leg position, as well as landing position of any previously valued leap / jump / hop.
3. Any new element not listed in the Xcel Code of Points:
 - a. Must be evaluated by the Regional Technical Committee Chair and the Regional Xcel Committee Chair.
 - b. Element Evaluation Forms can be found on the www.usagym.org website in the Forms section under Women.
 - c. A copy of this evaluation must be presented to the Meet Referee or Chief Judge prior to the competition in order to insure proper awarding of difficulty.
 - d. Evaluations will be valid for one current Xcel quadrennium (Xcel quadrennium begins August 1 two years following the Summer Olympics and ends four years later on July 31) and will be posted on Regional websites.
4. If the same element is performed a third time, or is performed a second time in the exact same connection:
 - a. The VP credit is not awarded.
 - 1) Exception: VP credit can be awarded for an element that is performed for the third time, IF it was not previously awarded VP credit because:
 - The element lacked completion the first or second time it was performed, OR
 - The element was performed in the exact same connection the second time performed.
 - b. All applicable execution and amplitude deductions are applied.
 - c. It cannot be used to fulfill SR. An element must receive VP credit in order to fulfill SR.

Examples	
1.	Flic-flac step-out – STOP - flic-flac step-out / straddle jump - flic-flac step-out “B” No VP “B”
2.	Back walkover step-out, STOP, Back walkover step-out, Back walkover step-out connected “A” “A” No VP (No SR for an Acro Series)

5. In the attempt to perform any element that is required to land on the feet first, the gymnast must land on any part of the bottom of the foot / feet first to receive VP credit.
 - a. If the hands and bottom of the feet land simultaneously, award VP credit and deduct 0.50 for the fall.
 - b. If the gymnast fails to land on the bottom of the feet first, VP credit is not awarded, and a 0.50 deduction is taken for the fall.
 - 1) Exceptions:
 - If gymnast attains vertical in a mount including a vertical handstand and falls off without touching a foot/body part to the top of the beam, VP credit is still awarded.
 - Press handstand to vertical within the exercise that falls off without touching a foot/body part to the top of the beam will also receive VP credit.
6. When performing a handstand involving more than one position, such as a Planche moving to a Reverse Planche, only one (1) VP will be awarded, unless the gymnast returns to a sitting or standing support on the beam in between the different positions.
7. Acro elements such as rolls, cartwheels and walkovers that have an optional ending position not specifically listed in the Xcel Code of Points are still eligible for Acro VP credit.

Xcel Code of Points
BALANCE BEAM

B. Elements Considered Different:

In the following instance, elements will be considered different for the counting of VP.

1. If they have a different number in the Xcel Code of Points / Xcel Updates.
2. If they have the same number in the Xcel Code of Points / Xcel Updates, but meet the following criteria:
 - a. If mount elements are performed as elements within the exercise.
 - b. If the element is performed with different degrees of turn ($1/2$, $1/1$, $1\frac{1}{2}$).
 - 1) The addition of a $1/4$ turn does not make an element different, unless specifically listed in the Xcel Code of Points / Xcel Updates.
 - c. If the support is on one or both arms.
 - d. If saltos are performed with different body positions.
 - e. If the take-off for a leap / jump / hop is from one or both legs.
 - f. If the Acrobatic elements (with or without flight) take-off or land on one or both legs.
 - g. An Acro element that lands directly in a kneeling position on the first leg.
 - h. If the handstand is performed in different direction on the beam (Cross vs Side)
 - 1) Cross handstands and Side handstands are considered a different elements for all Divisions.

Examples of Elements Considered Different for the Counting of VP	
Criteria	Example
If mount elements are performed as elements within the exercise.	Press handstand performed as a mount and later in the exercise. Both would receive "B" VP.
If the element is performed with different degrees of turn ($1/2$, $1/1$, $1\frac{1}{2}$).	#2.108 Straight Jump and Straight jump with $1/2$ turn are different elements due to the degree of turn.
If the take-off for a leap / jump / hop is from one or both legs.	#2.201 Split leap w/ $1/4$ turn and Split jump w/ $1/4$ turn will be considered different elements.
If the Acrobatic elements (with or without flight) take-off or land on one or both legs.	#7.202 Front handspring step-out and front handspring to two feet are considered as different elements and both will receive "B" credit. #5.106 Cross Handstand step-down to lunge and Side Handstand straddle down are considered as different elements.
If the Acro element lands directly in a kneeling position on the first leg.	#7.104 Back walkover and right back walkover that lowers down onto the first right knee.

C. Elements Considered the Same: In the following instance, elements listed under the same number will be considered the same:

1. Elements with the same number but performed with different leg positions will be considered the same element.
2. The partial handstand and vertical handstand are considered the same element.
 - a. Cross handstands with the same entrance & exit, regardless of the angle achieved, are considered the same Skill.
3. The following landings (exits) of an Acro element are all considered the same element:
 - a. Step-out on first foot to stand.
 - b. Step-out on first foot to a lunge.
 - c. Step-out on the first foot to kneel on the second (back) leg.

Examples of Elements Considered the Same for the Counting of VP	
Criteria	Example
Elements with the same number but performed with different leg positions	#2.108 Stretched jump with or without arch and stretched jump with change / beat of legs are considered the same "A" element.
Exits of an Acro element (Step-out to stand, step-out to lunge, step-out to kneel on second leg)	Back Walkover that steps down on the first leg to kneel on the <u>second leg</u> is considered the same element as a Back Walkover that steps down on one foot after the other to a stand or lunge.

D. All Acro elements must start and finish on the beam to receive Special Requirement credit.

1. Mounts
 - a. Acro elements performed as a mount will receive Value Part credit.
 - b. Acro Mounts cannot be used to fulfill an Acro Special Requirement.

Xcel Code of Points
BALANCE BEAM

- d. If the correct leg position is missing for more than 45° of the turn or is not maintained throughout the remaining 7/8th (315°) of the turn, recognize it as another element, dependent upon the height of the leg (#3.203) "B" or (#3.101) "A" Value Part credit.
11. **#5.306 Reverse Planche ("C")**
- Legs must be in the same plane, either together or straddled.
 - A handstand with a split position used for counterbalance or any other handstand with overarch and legs separated receives "B" Value Part credit (#5.206)
12. **#7.310 Flic-Flac with ¼ (90°) turn to Side Handstand ("C")**
- Must show flight to the handstand position, with the body stretched in vertical, leg position optional. 2-second hold is not required.
 - If there is insufficient flight, recognize the element as a back walkover with turn and award appropriate Value Part credit.
13. **#7.312 Tucked Chen Flic ("C")**
- Must show a 90° angle in both the hips and the knees; then open the legs and body to a stretched position prior to the swing down.
14. **Beam Dismounts #9.209, #9.309 – Gainer Back Saltos off the end of the Beam**
- The required technique is a take-off from one foot, facing outward off the end of the beam, with the salto performed similar to a reverse dive. The salto rotates backward toward the end of the beam (not along the side of the beam). If there is a directional error, an up to 0.30 deduction is applied.
15. **Non-flight walkovers and walkover-type elements**
- All walkovers forward or backward and walkover-type elements must demonstrate the split angle corresponding to the Division's degree of split requirement (on that that event) at some point during the execution of the element.
 - Deduct up to 0.20 for Insufficient split.
16. **#5.001 From lunge or stand lever to touch beam (Bronze only)**
- Back foot need not return to the beam to receive value part credit.
 - The torso and back leg tilt, forming a straight line from fingertips to toes.
 - Body shape/execution deductions may apply. The expectation is a straight body line—no bent knee, no pike at hips.
 - May not be performed from a squat.

II. CLARIFICATIONS REGARDING SERIES

- A. Continuous Connection Between Elements:** In an Acrobatic, Dance Series, or Mixed Series, the connection between the elements must be continuous. The landing leg or the free leg of the first element must be the take-off leg for the next element. If both feet land at the same time, the next element must take off from two feet.
1. **Broken Acro Series:**
- Backward Acro Series and Sideward to Backward Acro series with one (1) or more Flight elements** is considered broken whenever there is a delay in the immediate take-off of the second element. Deduct 0.50 for missing the SR, if applicable. This delay could be caused by:
 - Arms moving to thighs or further back after the landing of the first element in the connection.
 - If the second element in the connection is a gainer flic-flac or gainer back layout, the arms are allowed to continue circling forward-upward and backward-downward without automatically breaking the connection. The circling action is an inherent arm pattern for the gainer type elements.
 - A cautious slow-moving attempt to connect one or more backward flight elements, or a sideward element with or without flight to a backward flight element. In this case, the Acro Series would be considered broken. A rhythm / tempo deduction is not applied.
 - Examples of series that fall under this series connection principle of either connected or not connected:
 - Back walkover to Flic-flac
 - Flic-flac to Back Walkover
 - Cartwheel to flic-flac
 - Round-off to Flic-flac
 - Side Aerial to Flic-flac
 - Flic-flac to Flic-flac
- B. Non-Flight Acro Series (any direction), Acro Flight Series with ONLY Forward and/or Sideward Elements (minimum of one (1) flight), and Counter Acro Flight Series (minimum of one (1) flight):**
- If there is a lack of tempo / poor rhythm between the elements performed in a Series, apply up to 0.20 for the lack of tempo between elements.
 - This refers to a continuous, but slow connection in line with the beam.
 - Examples of series that fall under this series connection principle of using a tempo deduction for a continuous, but slow connection:
 - Non-flight: Back Walkover-Back Walkover, Cartwheel step through - Cartwheel, Front Walkover - Cartwheel
 - Only Forward and/or Sideward (minimum One (1) flight): Front Handspring - Front Walkover, Front Walkover-Dive Cartwheel, Front Aerial-Cartwheel
 - Counter (minimum One (1) flight): Front Walkover - Flic-flac, Front Handspring - Back Tuck Salto, Flic-flac step-out step through - Cartwheel or Round- off, Front Tuck Salto - Flic-flac.

Xcel Code of Points
BALANCE BEAM

C. Dance or Mixed Series:

1. Lack of tempo / poor rhythm between the elements performed in a dance or mixed Series; apply up to 0.20 deduction. This refers to continuous, but slow connection.
2. When evaluating the continuity of a dance connection or a mixed connection of dance to acro, the height of the free leg at the finish of the first element (such as a cat leap or hitch kick) will not be the sole cause for breaking the dance or mixed series; however, if the free leg position drops and lifts again or if the trunk stops forward movement, the series would be considered broken.
3. If the body continues its movement, an arm circle does not necessarily break the connection.

D. All Series are considered broken if any of the following occurs:

1. A stop between the elements.
2. Loss of balance
3. Any deviation of body movement which is NOT in line with the beam.
4. Repositioning of a support leg.
5. Extra step, hop / jump, pivot between the elements.
6. If the gymnast lands the first element in plié on two feet, then completely straightens her legs, and plies again to initiate the jump into the next element (the straightening of the legs will break the Series).
7. Performing a kick above 45° leading into the second element will break the series.
 - a. Example: When a cartwheel lands on one leg and the free leg lifts above 45° before stepping into the second cartwheel, the series is broken.

Note: In any type of Series in which the two elements are exactly the same and the connection is broken, the second element will not receive VP credit.

E. Some Acro Elements are Inherently “Non-Connectable”

1. The following is an example of an Acro Series that is considered non-connectable, regardless of how quickly the elements are performed:
2. Example: Back walkover (or flic-flac step-out) to a lunge, then round-off (or cartwheel)
 - a. In this example, the first element lands in a lunge on two feet. It cannot be connected to the 2nd forward element for Acro Series credit.
 - b. The only way these two elements could legitimately connect is by landing the first element on one leg and stepping through with the second leg into the round-off (or cartwheel).
 - 1) Performing a kick above 45° leading into the second element will break the Series.

F. Repetition of a Failed Series:

1. Examples:
 - a. Gymnast performs a Flic-flac step-out and stops (or falls), then does a series of two flic-flac step-outs. The Acro Series SR is not fulfilled because the third flic-flac does not receive VP credit.
 - b. At Platinum and Diamond: Gymnast attempts two back walkovers, but the second back walkover never lands on the beam (no VP credit awarded) (A + “0”).
 - 1) If the gymnast then kicks up to a handstand, reaching vertical, then steps down to a back walkover (A + A), the series part of the Acro SR has been met.
 - 2) Any handstand (no hold required) that reaches vertical will receive VP and SR credit and may be used as either the 1st or 2nd skill in the acro series (not if it is the 3rd time performed).

III. APPARATUS SPECIFICATIONS

Refer to the current USA Gymnastics Women’s Rules and Policies book. Requirements are subject to change every competitive year, beginning August 1.

A. Manufactured Beams:

1. Manufactured Padded Beams required at all USA Gymnastics sanctioned competitions.
2. See Women’s Rules and Policies for Height requirement.
 - a. Deduct 0.30 for competing on apparatus using incorrect specifications.
 - b. Chief Judge must take deduction from Average Score before next Gymnast begins.

B. Balance Beam must be placed on floor / stable surface.

Xcel Code of Points
BALANCE BEAM

C. Small Chalk Marking: Small chalk markings allowed to be placed on the Beam / Tape markings are not allowed.

D. Combinations of *Skill Cushions (maximum of 9 inches):

1. If available (not required): Maximum of nine (9) inches using sting mats, 4-inch throw, and/or 8-inch skill cushions may be placed on top of allowable CLMs in ALL matted areas (under the Beam and/or dismount area). ~~*Sting mats / *4-inch Throw mats / *8-inch Skill Cushions may be placed on top of allowable competition landing mats (9 inches).~~
2. 8-inch thick Skill Cushion must be minimum of 5' x 10'.
3. Unauthorized type of matting will receive a deduction of 0.30 from Average Score by Chief Judge.
4. 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.

E. Matting Regulations for Mounts

1. Mounts without use of board / other mounting apparatus:
 - a. May stand on one (1) 12 cm / 20 cm mat or two (2) 12 cm Competition Landing Mats, with / without 1½ inch base mat (unfolded panel mat).
 - b. May stand on additional up to 8-inch of mats (Sting mats / 4-inch Throw mats / 8-inch Skill Cushions) placed on Competition Landing Mat(s).
2. Mounting Apparatus:
 - a. May be placed on one (1) 12 cm / 20 cm mat or two (2) 12 cm Competition Landing Mats, with / without 1½ inch base mat (unfolded panel mat). Panel mat be placed under / on top of competition landing mat.
 - b. May be placed on top of Sting mat / 4-inch Throw mat that is placed on Competition Landing Mats.
 - c. Plywood not permitted underneath mounting apparatus.
 - d. For all Divisions, a mount trainer/mount mat **or a spring board** MAY be placed on an 8-inch skill cushion.
~~1) A springboard may NOT be placed on an 8-inch skill cushion.~~
 - e. Must be removed as soon as possible after mount is completed.
 - 1) Chief Judge deducts 0.30 from Average Score, if mounting apparatus placed on unauthorized surface (e.g., 8-inch Skill Cushion / floor / plywood).
3. Mounting Apparatus – Exception for Bronze / Silver / Gold Divisions:
 - a. Any combination of competition landing mats, skill cushions and panel mats may be used to facilitate the mount.
 - b. A mount trainer/mount mat, folded panel mat or padded spotting/skill block may be placed on top of the competition landing mats (CLMs) and skill cushions used for the purpose of mounting.
 - 1) A springboard MAY be used on any combination of Competition Landing Mats, sting mats or 4-inch skill cushions (throw mat), **or but a springboard is NOT allowed directly on an 8-inch skill cushion.**
 - 2) An Inflatable rebounding device cannot be used for mounting purposes.

IV. ATTIRE REGULATIONS

No attire regulations specific to Balance Beam.

V. TIMING REGULATIONS

A. Touch Warm-Up (When required by meet format)

1. The gymnast is allowed a 30-second touch warm-up time.
 - a. Marking of the beam, setting of the mounting apparatus, and raising / lowering of the beam are not included in the 30-second touch warm-up time.
 - b. A warning will be called with 10 seconds remaining. Time will be called at 30 seconds.
 - c. If the gymnast continues to warm-up after a warning is issued, the Chief Judge deducts 0.20 from the average score.
 - 1) Note: If the gymnast is preparing for an element, allow her to complete the element / series / dismount.
2. Immediately prior to performing the exercise, the gymnast may run and jump onto the mounting apparatus, or briefly touch the apparatus without penalty.

Xcel Code of Points
BALANCE BEAM

- a. If the gymnast practices an actual element on the mat after the signal from the Chief Judge, it is considered exceeding the warm-up time and the Chief Judge applies a deduction of 0.20 from the Average Score.
- b. Example: Chief Judge signals gymnast to begin; gymnast does a flic-flac on the mat and then mounts. Chief Judge deducts 0.20 from the Average for exceeding the warm-up time. No warning is issued. All elements, including the dismount, performed after the final time signal will be evaluated.

B. Timing of the Exercise

1. The evaluation and timing of Beam begins with the take-off from the board or mat.
 - a. This refers to running mounts, such as saltos, as well as mounts from stand.
 - b. Time is stopped when the gymnast arrives on the mat at the completion of her dismount.
 - c. If the gymnast falls from the beam, the routine watch is stopped.
 - d. Following a fall, the evaluation and timing of the routine resumes with the first movement to continue the routine (choreography or movement).
 - 1) Exception: Additional fall while remounting the beam will receive an additional 0.50 deduction.
2. If the gymnast is on the Beam or in the air at the final time signal, the Judges continue to evaluate the exercise. All elements performed after the final time signal will be evaluated.
 - a. The Chief Judge deducts 0.10 for Over Time from the Average Score. This deduction **MUST** be indicated to the Coach either verbally or by visual means.
 - b. No Over Time deduction is taken if the time is within a fraction of a second over the time allotment.
 - 1) Example: Routine is clocked at 1:15.01 to 1:15.99 (less than 1:16) for Platinum or Diamond. Do not take the Over Time deduction.
 - c. Value Parts and Special Requirements are awarded.
3. The warning and final time signal should be a special device such as a bell, whistle, or gong.
 - a. If this is unavailable, a verbal "Warning" and "Time" must be audible to the gymnast.
 - b. It is the responsibility of the Chief Judge to review the timing procedures with the Timers.
 - c. **At state meets and above meet directors are required to provide an audible sound device (bell, whistle, etc.) to signal warning and time.**
4. Courtesy Score of 4.00 may be awarded for an extremely Short Routine due to injury or unusual circumstances.
 - a. No routine will be awarded less than 4.00.
 - b. Common sense should prevail.

TIMING OF THE EXERCISE		
Division	Maximum Time Limit	Warning Signal @
Bronze	45 seconds	35 seconds
Silver	50 seconds	40 seconds
Gold	1 minute	50 seconds
Platinum	1 minute 15 seconds	1 minute 5 seconds
Diamond	1 minute 15 seconds	1 minute 5 seconds
Sapphire	1 minute 30 seconds	1 minute 20 seconds

VI. BEAM FALL REGULATIONS

- A. During the fall, the coach may speak to the gymnast without penalty.** Once the gymnast remounts, the coach may not give verbal assistance without penalty.
- B. The gymnast is allowed 45 seconds to re-mount the beam once she is standing up on her feet after a fall. If an injury occurs, fall time begins after the medical assessment is complete.**
 1. The Fall Time must be timed separately; therefore, two watches are necessary.
- C. If the gymnast does not re-mount within 45 seconds, the exercise is terminated.**
 1. The fall time begins when the gymnast is standing on her feet after the fall to the mat.
 - a. If an injury occurs, fall time begins after the medical assessment is complete.
 2. The 45-second fall period stops when the gymnast leaves the floor to re-mount in preparation to resume her routine.
- D. While the gymnast is off the apparatus following a fall:**
 1. The Fall Timer gives notification of "20 seconds remaining" and "10 seconds remaining" in the Fall Time. "Time" is called at 45 seconds.
 2. If the 45-second Fall Time is exceeded, the exercise is Terminated.

CHAPTER 3: EXECUTION & ARTISTRY DEDUCTIONS

I. EXECUTION AND ARTISTRY FAULTS

A. Composition deductions are not applied in the Xcel Program.

- Emphasis is on the performance of allowable skills, not the routine construction.

BALANCE BEAM FAULTS		
- Execution deductions CANNOT exceed 4.00. This does not include Artistry or Spotting deductions. - Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances. - No routine will be awarded less than 4.0. Common sense should prevail.		
Small Faults (Up to 0.10)	each time 0.05	Flexed/sickled feet on Value Part elements
	Up to 0.10	Hesitation during jump, swing, or press to handstand
	Up to 0.10	Incorrect body posture/alignment during Dance element VP
	0.05	Lands with Feet Apart Failure to join (slide) heels together on controlled extension of dismount landing when feet are a maximum of hip-width apart
	0.10	Lands dismount with feet further than hip-width apart Clarification: If upon landing with the feet apart / staggered the gymnast takes a step(s), deduct only for the step(s).
	Up to 0.10	Slight hop, small adjustments of feet or staggered feet (one in front of the other) on landing of elements or dismount
	Up to 0.10	Entire foot/feet slide or lift off floor to join on controlled extension of dismount landing when feet are a maximum of hip-width apart (small step)
	each 0.10 – 0.15 Max. 0.40	Small or medium Step(s) on landing
	Up to 0.10	Landing Deviation from straight direction on landing
Medium Faults (Up to 0.20)	Up to 0.10	Dismounts Legs crossed during salto dismounts with a twist
	0.10	Lands too close to the beam on dismount
	each up to 0.20	Leg or knee separations
	up to 0.20	Insufficient Height
	up to 0.20	Insufficient Height on leaps, jumps and hops
	up to 0.20	Insufficient Height of Aerials, Saltos, & Acro flight with hand support
	up to 0.20 Award Lesser or No VP up to 0.20	Insufficient Split Position (see Balance Beam - 12 page 40) Deviation from split degree required for the Division Silver-Diamond: 1° – 20° missing 21° or more missing ("A" VP for stretched jump) Sapphire: Deviation from split degree required for the Division. This deduction may also be applied to any other leap/jump preformed requiring 180° split. - Missing 1 - 20° of split - Missing 21 - 45° of split - Less than 135° split Non-Flight walkovers and walkover-type elements (All walkovers forward or backward and walkover-type elements must demonstrate the split angle corresponding to the Division's degree of split requirement (on that that event) at some point during the execution of the element.)
	0.05-0.10 0.15-0.20 Award "A" VP up to 0.20	
	each up to 0.20	Legs not parallel to beam in Split or Straddle pike leap/ jump
	each up to 0.20	Insufficient exactness of body shape: tuck or pike position in element/VP
	each time up to 0.20 up to 0.20 up to 0.20	Insufficient exactness of stretched position - Arch - Hip angle (136°-179°)
	0.05-0.10 0.15-0.20 Award Lesser or No VP	Dance: Incomplete Turn – Group 2 & 3 elements with 360° or more turn 1° – 44° missing 45° – 89° missing 90° or more missing
	0.05-0.10 0.15-0.20 Award Lesser or No VP	Dismount: Incomplete Twist on Dismounts with 360° or more turn 1° – 44° missing 45° – 89° missing 90° or more missing

Xcel Code of Points
BALANCE BEAM

	(Medium Faults Continued)	
	up to 0.20	Incorrect body posture on landing of elements and dismount
	up to 0.20	Additional trunk movement(s) / arm swing(s) to maintain balance / control upon landing BB dismount: • Applies to stuck landings • Applies to landings that involve step(s) and trunk movement / arm swing(s) used to prevent further step(s) • Do NOT apply if trunk movement / arm swing(s) lead to step(s) on landing; deduct ONLY for step(s)
	0.20 (Max. 0.40)	Large step or jump on landing (approximately 3 feet or more)
	up to 0.20	Insufficient Sureness of performance throughout exercise
Large Faults (Up to 0.30)	each up to 0.30	Bent arms in support or bent legs on any one element (90° bend or greater receives 0.30) Maximum on any one element = 0.30 bent arms & 0.30 bent legs
	Up to 0.30	Additional movements to maintain balance on the beam
	0.30	Use of Supplemental Support (Examples) • Foot / Feet remain on mat or board as mount is completed; • Foot / Feet contact the mat in cross straddle sit during exercise • Foot / feet using Base of Beam for support on Mount
	up to 0.30	Insufficient extension (open) of the body prior to landing of Acro or dismount elements
	up to 0.30	Insufficient height (amplitude) of salto dismounts
	up to 0.30	Squat on landing • Hips lower than knees OR knee compression less than a 90° angle / extreme knee bend extending past the toes
	+0.50	Lands Acro element / Dismount in squat / compressed position, then falls
	up to 0.30	Brush/touch of one or both hands on the landing mat (no support)
Very Large Faults (0.50)	0.50	Third run approach on mount
	0.50	Support on mat with 1 or 2 hands upon landing dismount
	0.50	Fall on mat to knee(s) or hips
	0.50	Fall onto or off the Beam, or upon landing dismount, Fall against the beam/ or onto mat to Knee(s) or Hips
	0.50	Spotting assistance during an element or dismount - Do <u>not</u> award VP or SR credit / No Bonus (Sapphire)
	0.50	Spotting assistance upon landing an element or dismount Award VP and SR credit / No Bonus (Sapphire)
	0.50	Fall after spot on element or on landing of dismount
	0.50	Fall/Failure to land on the bottom of the feet first on • Aerials, Saltos or Dismounts dismount - Note: if the gymnast lands on the bottoms of feet and hands or knees simultaneously, award VP credit and SR credit, if appropriate. • Salto never initiated on dismount - Take the deduction 0.30 for No Dismount
Specific Execution Errors	No VP/No SR	
	each up to 0.10	Lack of Precision in Dance Elements or VP Elements (Examples) • Lack of definite arm or leg position on turns / leaps • Degree of turn not exact
	each up to 0.10	Failure to land with feet/legs together on jumps/leaps that land on 2 feet in SIDE position
	each up to 0.10	Failure to perform turns in high relevé
	Each 0.10 Each 0.20	Concentration Pauses • Two (2) seconds • More than 2 seconds
	0.05-0.10 0.15-0.20 EXCEPTION	Lack of Tempo / Poor Rhythm between elements • Body continues moving in line with the beam, but arms swing between elements, AND/OR Legs slightly extend but do not completely straighten, and slightly bend again to initiate take-off • Torso/trunk deviation in line with the beam with/without arm swing between elements Backward Acro Series OR Sideward to Backward Acro series with one (1) or more Flight Elements is either connected or not connected: tempo deduction does not apply.
	Each 0.20	Support of one leg against side surface of the beam to maintain balance
	Up to 0.30	Directional error on Gainer Salto Dismount off the end of the Beam
	0.30	Grasp of the Beam to Avoid a Fall



Revised Aug. 2023/Aug. 2024/Aug. 2025/Aug. 2026

Xcel Code of Points
BALANCE BEAM

Specific Artistic Performance Deductions Throughout the Routine (Applies to Non-VPs)	Up to 0.40	Choreography
	Up to 0.20	Lack Of Purposeful Choreography - Excessive preparation; unnecessary steps/adjustments without choreography (tapping the end of the Balance Beam) - All body parts should be involved in creating interesting positions and movement
	Up to 0.10	Choreography Performed In All DIRECTIONS Missing connections of movements sideward and backward (0.05 for each missing direction)
	Up to 0.10	Lack Of Variety Of Focus Changes, Poses, Phrases/Connections Routine should contain different focus points off and away from the beam
	Up to 0.20	Rhythm and Tempo
	Up to 0.10	Insufficient variation in rhythm and tempo in non-VP's
	Up to 0.10	A series of disconnected movements; appears fragmented and lacks continuity
	Up to 0.20	Sureness
		Lacking sureness of performance throughout (performs cautiously/tentatively)
	Up to 0.30	Body Posture (Head, shoulders, trunk) Consider: shoulders down, chin lifted when appropriate, neck long, core straight and pulled in
	Up to 0.30	Footwork (Feet not pointed/relaxed/turned in) - Use of relevé and high toe throughout, feet are tight/extended when leaving beam for kicks, balance movements, etc. - Feet should not be sickled on the beam or in the air - Steps go through toe-ball-heel
	Up to 0.20	Dynamics
	Up to 0.10	Insufficient Amplitude Of Choreographed Movements Consider: Movements done to the fullest; through maximum range of motion, tight and controlled; energy coming off fingertips
	Up to 0.10	Energy Maintained Throughout Routine The energy demonstrated at the end of the routine should be similar to the level of energy demonstrated at the beginning.

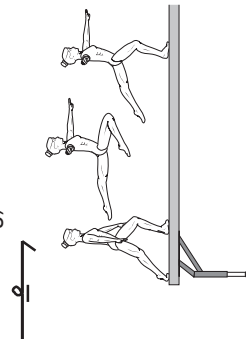
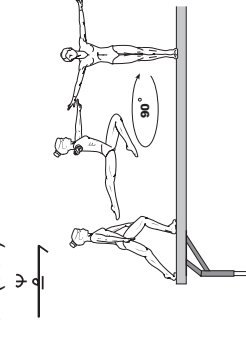
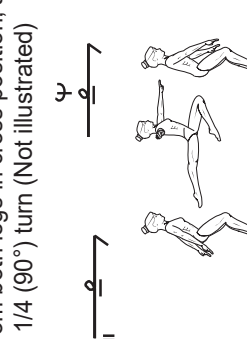
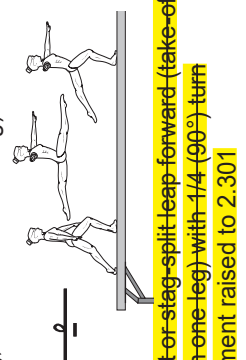
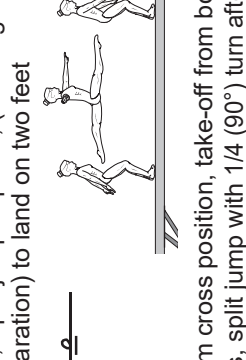
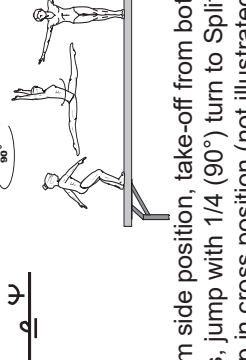
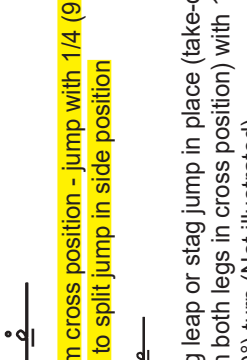
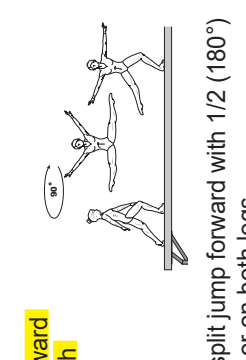
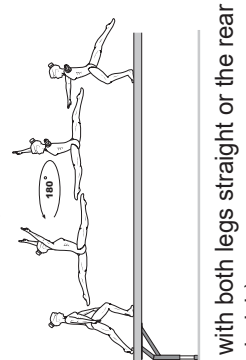
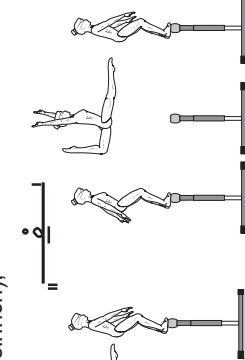
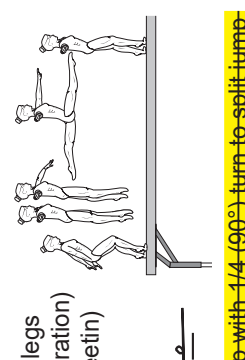
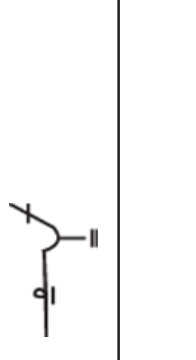
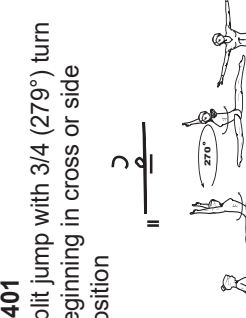
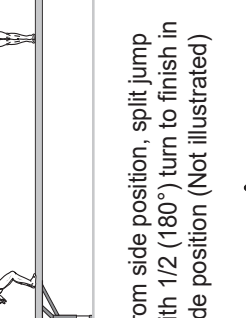
CHAPTER 4: ADDITIONAL SAPPHIRE INFORMATION

I. ROUTINE EXAMPLES

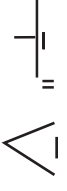
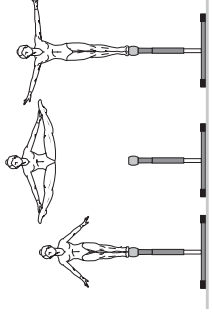
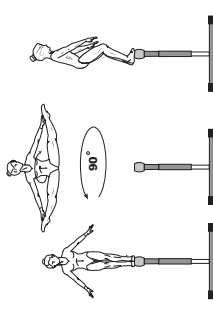
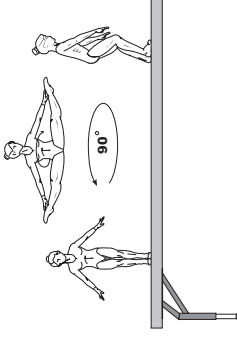
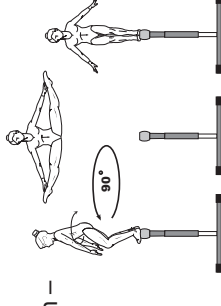
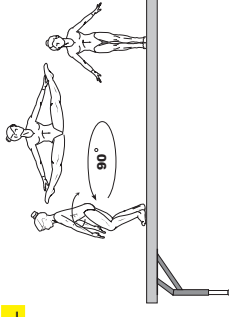
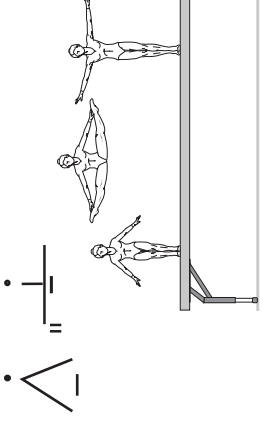
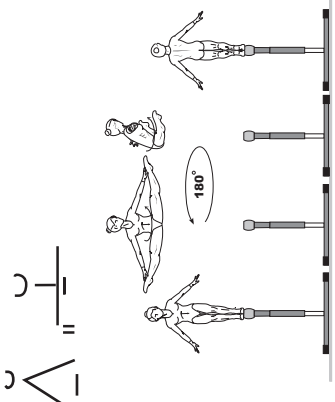
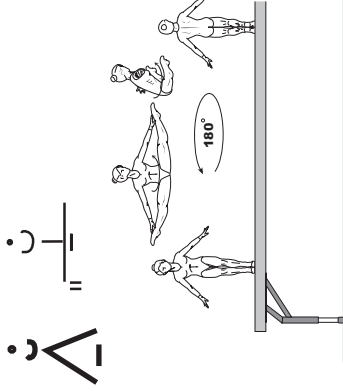
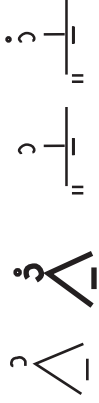
The following provides sample beam routines for the Sapphire Division. The Value part (VP) and Special Requirement (SR) is provided for each routine element as applicable.

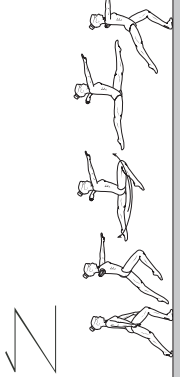
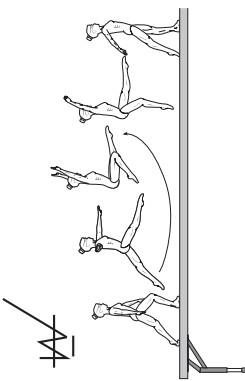
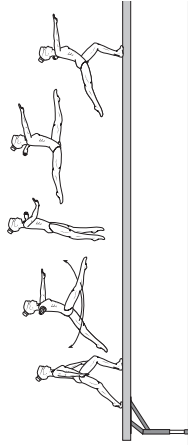
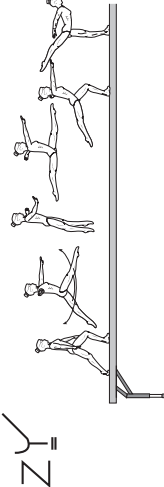
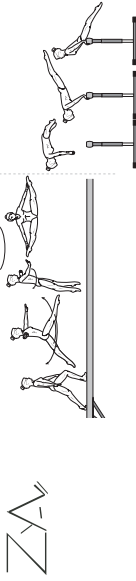
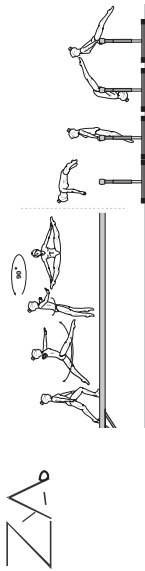
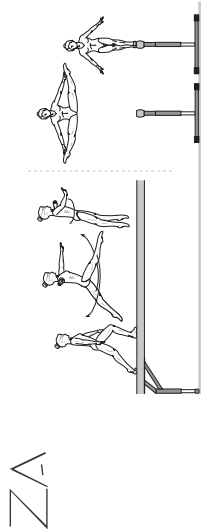
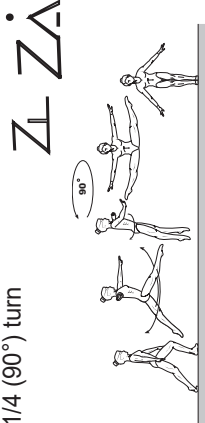
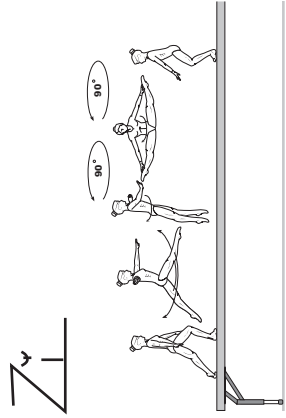
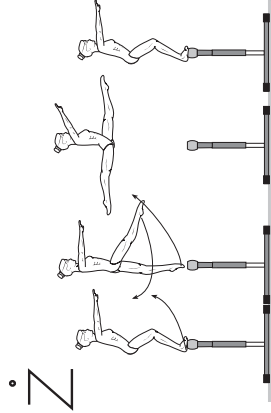
- **Fulfilling Multiple Special Requirements:** In some instances, there are multiple elements within the routine which may fulfill one Special Requirement. The first element to fulfill the Special Requirement is noted with the Special Requirement (SR).
- **Bonus:** The first elements achieving the Bonus up to the maximum of 0.40 are indicated. Any additional Bonus elements/connections are shown with an * to indicate the maximum Bonus is already reached.
- **Connection/Series:** Elements with a "+" indicates a connection/series.

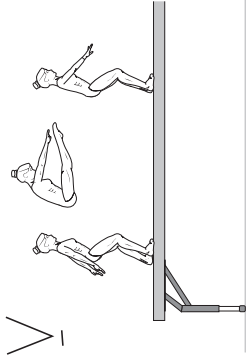
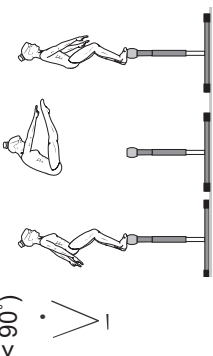
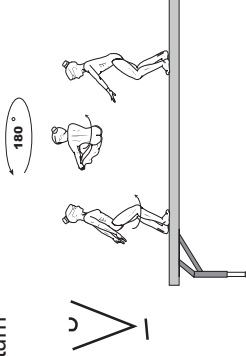
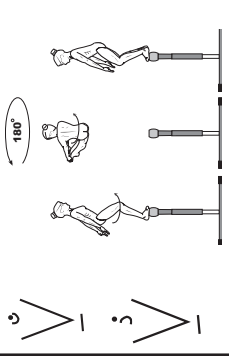
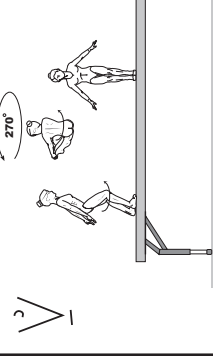
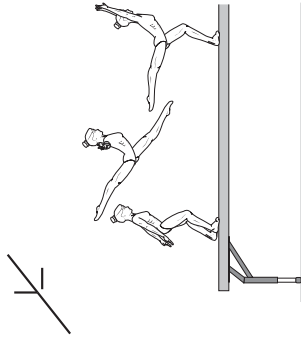
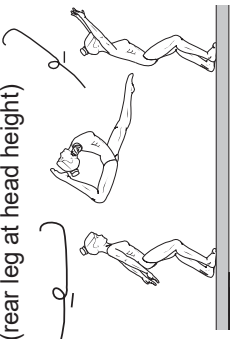
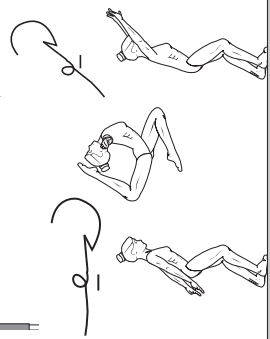
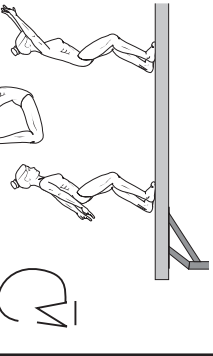
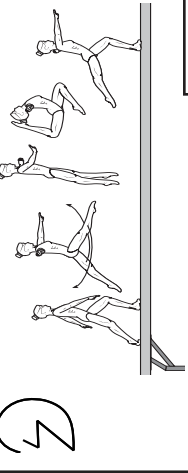
SAPPHIRE - ROUTINE EXAMPLES							
MEET SPECIAL REQUIREMENTS (SR), VALUE PARTS (VP), AND BONUS							
	Routine Elements	Element #	VP	SR	Bonus		Start Value
					C/D	Conn.	
1	Free roll at end of beam (mount)	1.207	B				• All Special Requirements: Yes • All Value Parts: Yes (Higher VP may replace lower VP) • All Bonus: Yes (*Additional elements in the routine were eligible for Bonus, but maximum Bonus already achieved) • Start Value: 9.60+0.40 Bonus = 10.0
	1/1 (360°) Wolf turn on one (1) foot	3.206	B	SR1			
	Split Jump (180°) + Sheep Jump	2.201	B	SR2		} +.1	
		2.407	D		+.1		
	One (1) arm Front Handspring + Back Tuck	7.302	C	SR3	+.1	} +.1*	
		8.303	C		+.1		
Gainer salto stretched with 1/1 (360°) twist to side of beam (dismount)	9.308	C	SR4	+.1*			
2.	From side, jump to straddle stand mount	1.104	A				• All Special Requirements: Yes • All Value Parts: Yes • All Bonus: Yes (*Could have received a Connection Bonus for the dismount but maximum Bonus was already achieved.) • Start Value: 9.60+0.40 Bonus = 10.0
	1½ (540°) turn on one foot	3.201	B	SR1			
	Switch-leg Leap (180°) + Cross straddle jump	2.305	C	SR2	+.1	} +.1	
		2.202	B				
	From sit, swing to cross handstand forward roll + Flic-flac	6.203	B	SR3		} +.1	
		7.208	B				
Straddle jump from side position + Back tuck with 1/1 (360°) twist (dismount)	2.302	C		+.1	} +.1*		
	9.206	B	SR4				
DO NOT MEET SPECIAL REQUIREMENTS (SR), VALUE PART (VP), AND/OR MAXIMUM BONUS							
	Routine Elements	Element #	VP	SR	Bonus		Start Value
					C/D	Conn.	
1	Leap to cross split sit mount (1 foot take-off)	1.105	A				• All Special Requirements: Yes • All Value Parts: Yes • All Bonus: No, +0.30 total • Start Value: 9.60 + 0.30 Bonus = 9.90 SV
	1/1 (360°) turn with leg horizontal	3.303	C	SR1	+.1		
	Switch-leg Leap (180°) + Split Jump (180°)	2.305	C	SR2	+.1	} +.1	
		2.201	B				
	Tic-toc + Flic-flac	7.105	A	SR3			
	7.208	B					
	Cartwheel + Back Tuck with ½ (180°) twist	7.103	A				
9.206	B	SR4					
2	Jump to press handstand – lower to end in clear straddle support	1.210	B				• All Special Requirements: No, Missing SR 4 (minimum “B” or acro flight skill directly connected to an “A” salto/aerial dismount) • All Value Parts: No, Missing “C”, Higher VP “B” can replace lower “A” VP to meet 3 “A” requirement. • All Bonus: No, +0.20 total • Start Value: 9.60 SV – 0.50 (Missing “C”) – 0.50 (Missing SR4) +0.20 Bonus = 8.80 SV
	1/1 (360°) turn on one foot	3.101	A	SR1			
	Split Jump (180°) + Split Jump (180°)	2.201	B	SR2		} +.1	
		2.201	B				
	Dive Cartwheel (step through) + Round-off	7.203	B	SR3		} +.1	
		7.203	B				
	Aerial walkover forward with ½ (180°) twist (Barani dismount)	9.102	A				

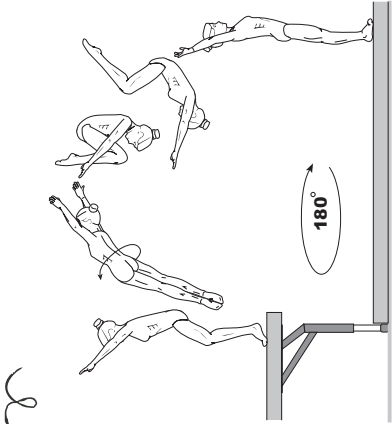
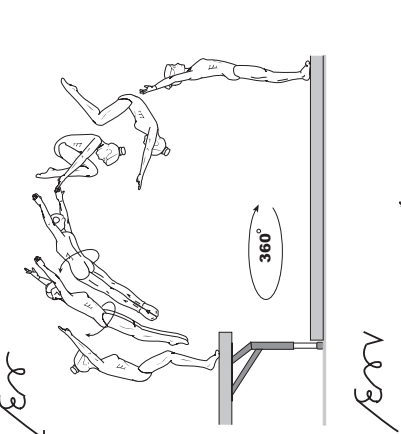
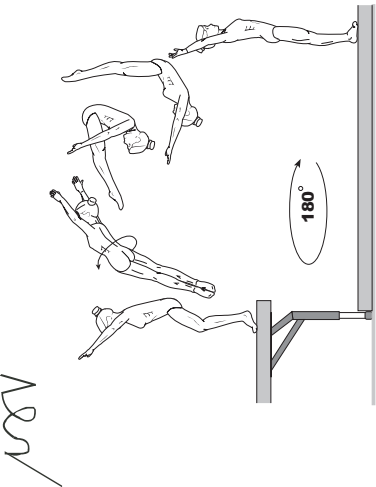
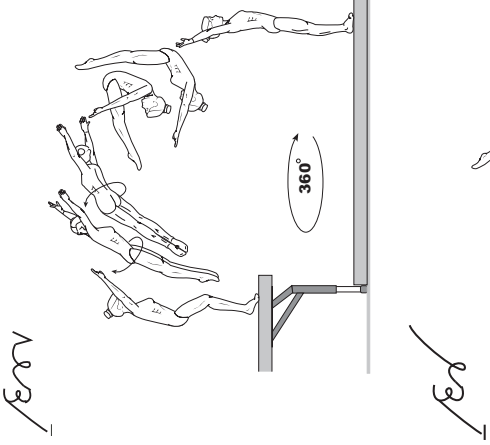
Group 2 – Leaps, Jumps, and Hops			
A	B	C	D
2.101 Stag leap or stag-split leap forward (take-off from one leg)  Stag leap forward (take-off from one leg) with 1/4 (90°) turn  Stag or double stag jump in place (take-off from both legs in cross position, also with 1/4 (90°) turn (Not illustrated)  Note: Stag or double stag jump are considered the same element.	2.201 Split leap forward (straight-leg entry-no stag; take-off from one leg)  Split or stag-split leap forward (take-off from one leg) with 1/4 (90°) turn Element raised to 2.301 From cross position, take-off from both legs, Split jump in place, (180° leg separation) to land on two feet  From cross position, take-off from both legs, split jump with 1/4 (90°) turn after split to land in side position on two feet  From side position, take-off from both legs, jump with 1/4 (90°) turn to Split jump in cross position (not illustrated)  From cross position - jump with 1/4 (90°) turn to split jump in side position  Stag leap or stag jump in place (take-off from both legs in cross position) with 1/2 (180°) turn (Not illustrated) 	2.301 Split or stag-split leap forward (take-off from one leg) with 1/4 (90°) turn  Split or stag-split leap or split jump forward with 1/2 (180°) turn – landing alternately or on both legs  Split jump in side position with both legs straight or the rear leg upward, backward (Heinrich),  Split jump with change of legs (minimum of 30° leg separation) prior to split position (Sweetin)  From cross position--jump with 1/4 (90°) turn to split jump in-side-position Element lowered to 2.201 Leap forward (minimum 135° leg separation) to land on one leg with grasp of rear leg prior to landing, free leg held in vertical split (180°) with hand above head, free hand optional - not illustrated (Dillman) 	2.401 Split jump with 3/4 (279°) turn beginning in cross or side position  From side position, split jump with 1/2 (180°) turn to finish in side position (Not illustrated) 

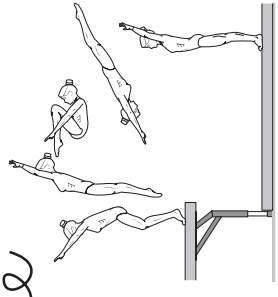
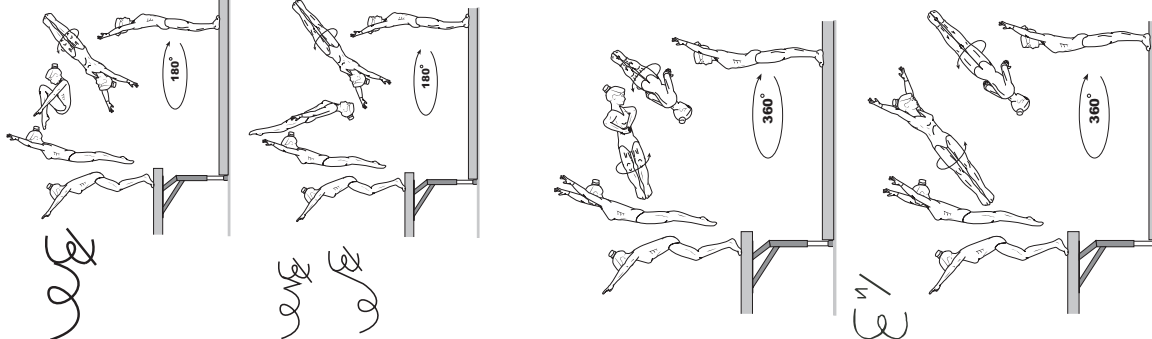
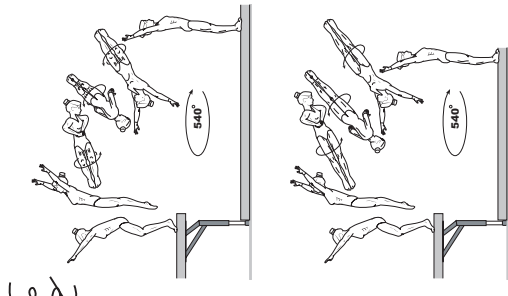
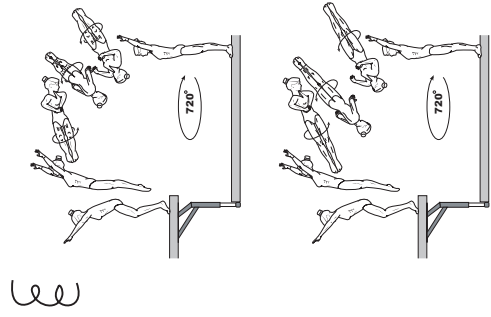
Revised Aug. 2024 /
Aug. 2026

Group 2 – Leaps, Jumps, and Hops			
A	B	C	D
2.102 Straddle-pike jump (Hill) or side-split jump from in cross position – (180°) leg separation 	Straddle-pike jump or side-split jump from in cross position – (180°) leg separation  Straddle pike-jump or side-split jump in cross position – (180°) leg separation, with a 1/4 (90°) turn to finish in side position  Straddle-pike jump or side-split jump in side position – (180°) leg separation, with a 1/4 (90°) turn to finish in cross position  From side position, jump with a 1/4 (90°) turn to straddle-pike jump or side-split in cross position – (180°) leg separation  From cross position, jump with a 1/4 (90°) turn to straddle-pike jump or sidesplit in side position – (180°) leg separation 	2.302 Straddle-pike jump or side-split jump from side position – (180°) leg separation  Straddle-pike-jump or side-split jump in side position – (180°) leg separation, with a 1/4 (90°) turn to finish in cross position Element lowered to 2.202 From cross position, jump with a 1/4 (90°) turn to straddle-pike jump or sidesplit in side position – (180°) leg separation Element lowered to 2.202 From cross position, Straddle-pike jump or side-split jump (180° leg separation) with 1/2 (180°) turn 	2.402 From side position, Straddle-pike jump or side-split jump (180° leg separation) with 1/2 (180°) turn (Borden) (Element from cross position with 1/2 (180°) lowered to 2.302)  From cross or side position, Straddle-pike jump or side-split jump with 3/4 (270°) turn from (180°) leg separation 

Group 2 – Leaps, Jumps, and Hops			
A	B	C	D
2.105 Stag leap forward with leg change  Stride leap forward with change of legs to wolf position 	2.205	2.305 Split leap forward with change of legs (180° separation after leg change), also to scale forward (2 sec.)   Split leap forward with leg change and 1/4 (90°) turn to front support, also with hip circle backward   Split leap with leg change to straddle - take off and finish in cross position (Clauson) 	2.405 Split leap forward with leg change (180° separation after leg change) and 1/4 (90°) turn to side-split or straddle-pike position (Johnson), also with additional 1/4 (90°) turn   From a side stand, take off on one foot—swinging free leg forward to a minimum of 45°, then swing leg backward to show 180° leg separation in the air (switch-leg) land on one or two feet (Concannon) 

Group 2 – Leaps, Jumps, and Hops				
A	B	C	D	
2.106	2.206 Pike jump from cross position (hip < 90°) 	2.306 Pike jump from side position (hip < 90°)  Pike jump (Sekerova) from cross position (hip < 90°) with 1/2 (180°) turn 	2.406 Pike jump from side position (hip < 90°) with 1/2 (180°) or 3/4 (270°) turn (not illustrated)  Pike jump from cross position (hip < 90°) with 3/4 (270°) turn 	
2.107 Sisienne, take-off from both legs, land on one leg (legs in a diagonal position with 180° leg separation; front leg a minimum of 45°) Element raised to 2.207	2.207 Sisienne, take off from both legs, land on one leg (legs in a diagonal position with 180° leg separation; front leg a minimum of 45°) 	2.307 Ring or stag-ring leap or jump (rear leg at head height)  	2.407 Tuck jump with arch (Sheep jump), feet at head eight  Split leap forward with leg change to stag-ring leap (180° separation < after leg change) Switch-leg stag ring leap 	Revised Aug. 2026

Group 9 – Dismounts			
A	B	C	D
9.105	9.205 Arabian salto tucked or piked (jump backward, 1/2 (180°) twist, salto forward) 	9.305	9.405 Stretched jump forward with 1/1 (360°) twist and salto forward tucked, piked or stretched 
			

Group 9 – Dismounts				
A	B	C	D	
9.106 From one foot (swing through) or two-foot take-off, salto backward tucked, piked, or stretched 	9.206 Salto backward tucked, piked or stretched with 1/2 (180°) or 1 1/1 (360°) twist 	9.306 Salto backward tucked, piked or stretched with 1 1/2 (540°) twist Salto with 2/1 (720°) twist raised to 9.406 	9.406 Salto backward tucked, piked or stretched with 2/1 (720°) twist 	

**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)	- 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)	- No "B" Acro VP. - No "C" or higher VP. - Maximum one (1) Salto or Aerial per routine.	45 sec.	45 sec. 4:00 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)	- 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" (0.10 each) 1 "B" VP (0.30)	- No "C" Acro VP. - No "D" or higher VP.	1:30 min.	1:15 min. 4:30 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" (0.10 each) 2 "B" VP (0.30 each)	- 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" (0.10 each) 3 "B" VP (0.30 each) 1 "C" (0.50)	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
FLOOR EXERCISE**

CHAPTER 1: REQUIREMENTS & RESTRICTIONS

I. SPECIAL REQUIREMENTS

Special Requirements (SR) each worth 0.50.

A. Bronze Division

1. Minimum two (2) directly connected Acro elements (with or without Flight).
2. 2nd 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 of which is a Leap with a minimum 60° Cross or Side Split.
4. Minimum 1/2 Turn on one (1) foot.

B. Silver Division

1. Minimum two (2) directly connected Acro elements, one (1) must have Flight.
2. 2nd Acro Pass – either: A 2nd 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.

C. Gold Division

1. *Minimum two (2) directly connected Acro Flight elements.
2. *2nd Acro Pass – either: A 2nd 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.

D. Platinum Division

1. *Minimum two (2) directly connected Acro Flight elements with “A” or “B” Salto.
2. *2nd Acro Pass – either: A 2nd 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.

E. Diamond Division

1. Two (2) separate Acro Flight Passes, each with a Minimum of two (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.

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

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 (2) 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.

(Refer to the General / Judges section for further clarification on Bonus categories and applying Bonus.)

II. VALUE PART REQUIREMENTS

- A. 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	(<u>0.10</u> each)	Platinum	6 “A” VP	(<u>0.10</u> each)	Sapphire	3 “A” VP	(<u>0.10</u> each)
Silver	5 “A” VP	(<u>0.10</u> each)		1 “B” VP	(<u>0.30</u> each)		3 “B” VP	(<u>0.30</u> each)
Gold	6 “A” VP	(<u>0.10</u> each)	Diamond	5 “A” VP	(<u>0.10</u> each)		1 “C” VP	(<u>0.50</u> each)
				2 “B” VP	(<u>0.30</u> each)			

**Xcel Code of Points
FLOOR EXERCISE**

II. APPARATUS SPECIFICATIONS

Refer to the current USA Gymnastics Women's Rules and Policies book. Requirements are subject to change every competitive year, beginning August 1.

A. Clarifications for Additional Matting:

1. Up to two (2) 4" manufactured mats (maximum thickness of 8 inches / 20cm) may be placed separately on Floor Exercise area or the two (2) 4" mats may be stacked.
2. 8-inch thick Skill Cushion is allowed but not required. Skill Cushion must be minimum of 5' x 10'.
3. Only one (1) 8" Skill Cushion / 4" Throw mat or 2 stacked 4" Throw mats per tumbling pass:
 - a. No more than two (2) mats on floor exercise area at any one point in time.
 - b. Sting mat may be placed on top or under the skill cushion / throw mat or may be used in place of Skill Cushion or Throw mat.
 - c. The Additional matting allowed may be used as take-off / landing surface.
4. Additional matting covering any portion of Boundary Line(s),
 - a. Must be clearly marked with tape / chalk to indicate actual Boundary Line(s).
 - b. Failure to mark mat results in 0.10 neutral deduction taken from Average Score by Chief Judge.
5. No requirement to remove mats from floor area during the exercise.
6. Unauthorized Matting:
 - a. All matting must be in place PRIOR to the start of the routine and cannot be added once the routine has started. A 0.30 unauthorized use of matting deduction will be applied if matting is added after the exercise has begun.
 - 1) Mats may be removed during the routine regardless of their placement on the floor exercise area. When removal is required, coach may enter the floor exercise area to remove the matting. Only if taken from the nearest boundary line. The person removing the matting should stay outside the floor area as much as possible. Briefly stepping inside the border marking to remove mats will not result in a deduction.
 - b. Unauthorized type of matting will receive a deduction of 0.30 from Average Score by Chief Judge.

B. Conversions – Inches to Centimeters:

1. 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.

III. ATTIRE REGULATIONS

No attire regulations specific to Floor Exercise.

IV. TIMING REGULATIONS

A. Touch Warm-Up (When required by meet format)

1. The gymnast is allowed a 30-second touch warm-up time unless timed warm-up immediately precedes competition, as in modified traditional and non-traditional formats.
 - a. Squad members warm up at same time, unless number in squad is 9 or more,
 - 1) Squad MAY be Split into two (2) groups for touch warm-up.
 - 2) First half would touch and compete; then second half would touch and compete.
 - 3) Option to alternate competition with touch warm-ups (staggered touch) may also be used, at discretion of Meet Director.
 - b. Touch warm-up period for Floor Exercise determined by multiplying number of athletes in the largest squad by 30 seconds.
 - c. No Block Time by team / club is allowed.
 - d. A warning will be given at "10 seconds remaining." When the touch warm-up time is exceeded, time is called.
 - e. If athlete continues to exceed Warm-up Time, Chief Judge deducts 0.20 from Average Score.
 - 1) Note: If gymnast is preparing for an element / skill, allow to complete element / series.

**Xcel Code of Points
FLOOR EXERCISE**

V. TIMING OF THE EXERCISE

a. Timing:

- 1) Timing begins with first movement and stops with final movement.
 1. Entire exercise is evaluated, regardless of Overtime.
 2. No warning signal for time is given on Floor Exercise.
- 2) If Overtime:
 1. Chief Judge takes Overtime Deduction of 0.10 from Average Score.
 2. Deduction must be indicated to Coach (verbal or visual means).
- 3) If within a Fraction of a Second: No Overtime Deduction taken if time is within fraction of second over the time allotment. Do not take Overtime Deduction.
 1. Example: 1:30.01 – 1:30.99 (less than 1:31.00).
- 4) No Undertime: No Deduction for Undertime.

TIMING OF THE EXERCISE	
Division	Maximum Time Limit
Bronze	45 seconds
Silver	45 seconds 1-minute
Gold	1 minute
Platinum	1 minute 15 seconds 30
Diamond	1 minute 30 seconds
Sapphire	1 minute 30 seconds

- b. Courtesy Score of 4.00 may be awarded for an extremely Short Routine due to injury or unusual circumstances.
- 1) No routine will be awarded less than 4.00.
 - 2) Common sense should prevail.

VI. SPOTTING REGULATIONS

A. Coach is allowed on floor exercise mat without deduction.

B. If the coach assists/spots the gymnast during an element:

1. Each judge deducts 0.50 for the spot.
2. If the gymnast falls after the spot, an additional 0.50 deduction is taken for the fall.
3. No VP credit awarded.
4. No SR credit awarded.
5. No Bonus awarded (Sapphire).

C. If the coach spots the gymnast upon landing of an element:

1. Each judge deducts 0.50 for the spot.
2. If the gymnast falls after the spot, an additional 0.50 is taken for the fall.
3. VP credit is awarded.
4. SR credit is awarded.
5. No Bonus awarded (Sapphire).

D. If the coach touches (or pushes) the gymnast to stop momentum on or after the landing:

1. Only one 0.50 deduction (for the spot) would be applied.
2. If gymnast falls, do not deduct an additional 0.50 for the fall.
3. Gymnast steps over boundary line, Chief Judge deducts 0.10 from Average Score.
4. No Bonus awarded (Sapphire).

E. If the coach catches a falling gymnast, do not deduct for the spot; deduct 0.50 for the fall ONLY.

F. There is no penalty if the gymnast inadvertently touches the coach.

VII. OBSTRUCTING VIEW

A. Gymnasts and Coaches are permitted to stand around Floor Exercise area (and cheer), provided they do not obstruct the view of Judges and / or spectators.

1. Chief Judge would first warn Teammates / Coaches if there is obstruction.
 - a. If obstruction continues, deduct 0.20 for "unsportsmanlike conduct" to either:
 - 1) All- Around score of individual Gymnast creating obstruction OR
 - 2) Team score of Team in violation.

**Xcel Code of Points
FLOOR EXERCISE**

VIII. MUSIC REGULATIONS

B. Musical accompaniment

1. Must be recorded with orchestra, piano or other instruments (without singing / voice). Human sounds are allowed, provided there are no words spoken or sung.
 - a. Deduct 0.50 for absence of music or music with words / song, Chief Judge deducts from Average Score.
 - b. No deduction for music with whistles / animal sounds.
 - c. Questions about music containing words should be sent to the Music Approval Subcommittee including the music approval form and music. Regional Technical Committee Chairman (RTCC), who will forward the form and music to the Women's Development Program Director (WDPD). The WDPD will forward to the National Technical Committee Chairman, and Women's Development Program Technical Director (WDPTD). The WDPD will send final decision on the official Music Approval Form to the RTCC for forward to the requesting coach.
 - 1) Music approval forms can be obtained on the USA Gymnastics website or through the Regional Technical Committee Chairman.
 - 2) Coach should carry Music Approval Form to all competitions.
 - 3) Verification that music has been approved and should not receive a deduction.

C. Procedures for music failure due to technical failure:

1. Gymnast ~~must may~~ continue the routine without the music. Music failure is NOT considered equipment failure.
 - a. No deduction will be taken for:
 - 1) Absence of music
 - 2) Failure to show synchronization of music with ending pose.
 - 3) Musicality – during the section performed without music.*(Text that is no longer applicable has been removed.)*
2. Floor Exercise music must be recorded digitally.
 - a. Meet Directors of all sanctioned events must provide options to play only digital copies of music (MP3 players, computers, tablets, etc.)
 - b. No longer required to provide compact disc players.
 - c. Floor music must be downloaded onto a mobile device for competitions to avoid interruptions/failure to play/errors. Accessing music via cellular, internet, or Bluetooth at competitions is not allowed.

IX. LINE VIOLATIONS (Out of Bounds)

A. Gymnast touches any part of body outside of prescribed area, deduct 0.10 each time.

1. Floor area with two different colors, any part of body that touches the outside color, considered out of bounds.
 - a. Permissible to place small pieces of tape (same color as floor area carpet) at the inside corners of the boundary to assist Gymnast's awareness of actual boundary.
2. Gymnast steps on (but not over) the line, Gymnast is not out of bounds.

B. Chief Judge deducts 0.10 for line violation from Average Score.

C. Gymnast falls, while out of bounds:

1. Each Judge must deduct 0.50 for the fall.
2. Chief Judge deducts 0.10 for line violation from Average Score.

D. Elements or Connections completed out of bounds are recognized.

1. Take-off for element performed while inside boundary line, VP credit awarded.
2. Take-off for element performed while outside boundary line, No VP credit awarded, No SR awarded.

E. Auxiliary Line Judges:

1. Seated at opposite corners on the diagonal
2. View of two (2) lines each.

F. If No Auxiliary Line Judges, Chief Judge and Panel Judge(s):

1. Must watch for line violations, and
2. Indicate violations by raising a hand.

G. Line Violations should be indicated in writing:

1. By Line Judge (or Panel Judge) and submitted to Chief Judge.
2. Deduction must be communicated to the Coach (verbally / visually).

Xcel Code of Points
FLOOR EXERCISE

CHAPTER 3: EXECUTION & ARTISTRY DEDUCTIONS

I. EXECUTION AND ARTISTRY FAULTS

A. Composition deductions are not applied in the Xcel Program.

1. Emphasis is on the performance of allowable skills, not the routine construction.

FLOOR EXERCISE FAULTS		
- Execution deductions CANNOT exceed 4.00 including Falls. This does not include Artistry or Spotting deductions. - Courtesy Score of 4.00 may be awarded for an extremely short routine due to injury or unusual circumstances. - No routine will be awarded less than 4.0. Common sense should prevail.		
Small Faults (Up to 0.10)	each time 0.05	Flexed/sickled feet on Value Part or Skill elements
	Up to 0.10	Legs Crossed during Saltos with Twist
	each up to 0.10	Incorrect Body Posture / Alignment during Dance Skills / VP
	Up to 0.10	Slight hop, small adjustments of feet or staggered feet (one in front of the other) on landing of elements or dismount
	each 0.10 – 0.15 Max. 0.40	Small or medium Step(s) on landing Clarification on Landing Acro elements: Small step after landing continuing in the direction of the skill to finish in lunge or on one (1) knee is acceptable. Do not deduct unless landing appears to be out of control.
	Up to 0.10	Landing Deviation from straight direction on landing
Medium Faults (Up to 0.20)	each up to 0.20	Leg or knee separations
	up to 0.20 up to 0.20	Insufficient Height Insufficient Height on leaps, jumps and hops Insufficient Height of Aerials & Acro flight elements with hand support
	up to 0.20 Award Lesser or No VP	Insufficient Split Position (see <i>Floor Chapter 2, I. Recognition of Value Parts, E. Required Technique for the Recognition of Value Parts, #6</i>) Deviation from split degree required for the Division Bronze-Diamond: 1° – 20° missing 21° or more missing Sapphire: Deviation from split degree required for the Division. This deduction may also be applied to any other leap/jump preformed requiring 180° split. - Missing 1 - 20° of split - Missing 21 - 45° of split - Less than 135° of split
	up to 0.20 0.05-0.10 0.15-0.20 Award VP performed, if applicable up to 0.20	Non-Flight walkovers and walkover-type elements (All walkovers forward or backward and walkover-type elements must demonstrate the split angle corresponding to the Division's degree of split requirement (on that that event) at some point during the execution of the element.)
	each up to 0.20	Legs not parallel to floor in Split or Straddle pike leap/ jump
	each up to 0.20	Insufficient exactness of body shape: tuck or pike position in element/VP
	each time up to 0.20 up to 0.20 up to 0.20	Insufficient exactness of stretched position - Arch - Hip angle (136°-179°)
	0.05-0.10 0.15-0.20 Award Lesser or No VP	Dance: Incomplete Turn – Group 1 & 2 elements with 360° or more turn, and 180° turn on one (1) foot 1° – 44° missing 45° – 89° missing 90° or more missing
	0.05-0.10 0.15-0.20 Award Lesser or No VP	Acrobatics: Incomplete Twist 1° – 44° missing 45° – 89° missing 90° or more missing
	up to 0.20	Incorrect body posture on landing of elements/VP

Revised Aug. 2023 / Aug. 2026

**Xcel Code of Points
FLOOR EXERCISE**

(Medium Faults Continued)		
	up to 0.20	Additional trunk movements / arm swings to maintain balance / control upon landing Acro elements: • Applies to stuck landings • Applies to landings that involve step(s) and trunk movement / arm swing(s) used to prevent further step(s) • Do NOT apply if trunk movement / arm swing(s) lead to step(s) on landing; deduct ONLY for step(s)
	<u>0.20</u> (Max. 0.40)	Large step or jump on landing (approximately 3 feet or more) Clarification on Landing Acro elements: Small step after landing continuing in the direction of the skill to finish in lunge or on one (1) knee is acceptable. Do not deduct unless landing appears to be out of control.
Large Faults (Up to 0.30)	each up to 0.30 each up to 0.30 Max 0.30 Max 0.60	Bent arms in support Bent legs • (90° bend or greater receives <u>0.30</u>) • Maximum on any one element = <u>0.30</u> bent arms & <u>0.30</u> bent legs
	up to 0.30	Insufficient extension (open) of the body prior to landing an Acro element
	up to 0.30	Insufficient height of salto elements • Does not apply to accelerating element in directly connected Forward Acro series. • Example: Front Handspring – Front Layout – Front Tuck. ◦ Front Layout is accelerating element, do not deduct for Insufficient Height.
	up to 0.30 +0.50	Squat on landing • hips lower than knees OR knee compression less than a 90° angle / extreme knee bend extending past the toes
		Lands Acro element / Dismount in squat / compressed position, then falls
	up to 0.30	Brush/touch landing surface with one (1) or two (2) hands (no support)
Very Large Faults (0.50)	0.50	Support on mat with one (1) or two (2) hands
	0.50	Fall on mat to knee(s) or hips
	0.50 Fall + 0.50 Spot	Fall after spotting assistance during or upon landing an element
	0.50 No VP/No SR	Fall/Failure to land on the bottom of the feet first on Aerials/Saltos: • No VP / No SR / Deduct for Fall
	0.50	Simultaneously landing on bottoms of feet and hands or knees: Award VP / Award SR / Deduct for Fall.
	0.50	Spotting assistance during an element - Do <u>not</u> award VP or SR credit / No Bonus (Sapphire)
Specific Execution Errors	0.50	Spotting assistance upon landing an element - Award VP and SR credit / No Bonus (Sapphire)
	<u>0.05</u>	Failure to hold ending pose for 1 second.
	<u>0.10</u>	Failure to show synchronization of music with ending pose.
	each up to 0.10	Incorrect Rhythm during execution of Direct Connections
	each up to 0.10	Lack of Precision in Dance Elements or VP Elements Examples: • Lack of definite arm or leg position on turns / leaps • Degree of turn not exact
	each up to 0.10	Failure to land with feet/legs together on jumps/leaps that land on 2 feet
	each up to 0.10	Failure to perform turns in high relevé
	Each <u>0.10</u>	Concentration Pauses (2 seconds or more)
	<u>0.50</u>	Gymnast leaving the Floor Exercise mat during routine. • This would not be in addition to a fall out of bounds or a fall immediately preceding the gymnast leaving the floor for medical evaluation.
	<u>0.50</u> 4.00 CJ deducts off Avg.	Absence of Music or Music with Words / Song (whistles, animal or human sounds are allowed)
	No Deduction	Coach on the Floor Exercise mat

Revised Sept. 2022/Aug. 2023/Aug. 2024/Aug. 2025/Aug. 2026

**Xcel Code of Points
FLOOR EXERCISE**

Specific Artistic Performance Deductions Throughout the Routine (Applies to Non-VPs)	Up to 0.40 Up to 0.15 Up to 0.15 Up to 0.10	Choreography Lack of Purposeful Choreography • More than one step to close the feet together (without choreography) in preparation for an Acro pass (0.05 ea. pass) • All steps and arm movements should be choreographed (not just moving) Lack of Focus Changes/Projection • Focus should be down only when consistent with choreography • Head should focus in different directions other than where body is facing Lack of Variety Of Poses, Phrases / Connections • All body parts should be involved in creating interesting positions and movement
	Up to 0.20	Musicality • Gymnast movements should be congruent with the music • Gymnast should convey a theme with music/movements • Gymnast should demonstrate changes in tempo/rhythm
	Up to 0.20	Expression • Performance quality conveys emotion and engages audience/judge • Facial expressions are consistent with the character of the choreography and music
	Up to 0.30	Body Posture (Head, shoulders, trunk) • Consider: shoulders down, chin lifted where appropriate, neck long, core straight and pulled in
	Up to 0.30	Footwork (Feet relaxed / turned in / not pointed) • Use of relevé and high toe throughout, feet are tight/extended when leaving floor for kicks, balance movements, etc. • Feet should be extended, not sickled or flexed, on the floor or in the air • Steps go through toe-ball-heel (unless matching character of routine)
	Up to 0.20 Up to 0.10	Dynamics Insufficient Amplitude of Choreographed Movements • Consider: Movements done to the fullest; through maximum range of motion, tight and controlled; energy coming off fingertips
	Up to 0.10	Energy Maintained Throughout Routine • The energy demonstrated at the end of the routine should be similar to the level of energy demonstrated at the beginning

Revised August 2026

**Xcel Code of Points
FLOOR EXERCISE**

II. CLARIFICATIONS REGARDING CONNECTIONS

A. Acro Pass

1. An Acro Pass is defined as an Approach (usually, but not required, to be initiated by a step, hurdle or run) resulting in the performance of one or more acro elements (with or without hand support). An Acro Pass with two or more elements must be directly connected. An Acro Pass with two or more saltos may be directly or indirectly connected with flight elements with hand-support.
2. Acro Pass broken and not eligible to fulfill SR, if any one of the following occur:
 - a. Stop between elements.
 - b. Loss of Balance, causing a Stop between elements.
 - c. Repositioning of Support Leg.
 - d. Extra Step / Hop / Jump / Pivot of feet between elements.
 - e. Performing a kick between the elements will break the series if the leg swing forward is higher than 45°.
3. Bronze / Silver Divisions:
 - a. Exception: Round-off rebound, Backward Roll is an allowable Acro connection.

B. Dance Element performed within Acro Pass:

1. Will break direct connection.
2. No Special Requirement awarded.
3. Example: Bronze Division: Round-off, Tuck Jump, Backward Roll
 - a. Tuck Jump breaks Acro Pass.
 - b. No Special Requirement #1 awarded.

C. Saltos for: (Platinum SR #1 & SR #2) — (Diamond SR #2)

1. Acro Flight elements (without hand support) not considered Saltos:
 - a. Aerials
 - b. Salto-like elements landing in sitting, prone or split-sit position.
 - c. Element #7.101: A one-foot take-off will appear as an aerial/side salto but will NOT be considered a salto for Special Requirement purposes.
2. No Special Requirement awarded.

D. Dance Passage

1. Elements may be directly or indirectly connected.
2. Indirect connection allows running Steps / Small Hops / Skips / Chassés / Assemblés / Turns on one (1) or two (2) feet between dance elements.
3. No pauses or stops allowed within Dance Passage; Plié allowed provided no pause or stop.
 - a. Example: using lunge preparation with a pause prior to Turn on one (1) foot; Dance Passage broken.
4. Split Leap requiring designated Split requirement may be Cross (Front-to-Back) or Side (Split / Straddle).
 - a. Cross-position, Leap must be completed with forward leg extended.
 - b. In a Dance Passage of (2) two Leaps, SR met when at least one (1) Leap finishes with front leg extended.
 - c. Rear Leg in Stag position with front leg extended, SR awarded.
 - d. Stride Leap forward with change of legs to Wolf position, no SR awarded.
5. Group 1 (Leaps / Jumps / Hops) in Dance Passage:
 - a. May land on one (1) or two (2) feet on first, second, or last element.
 - b. Rebounding out of Leap / Jump is allowed and does not constitute a pause or stop.
6. Second / Last element may also land in prone or split position.
7. Acrobatic elements or Restricted Dance elements:
 - a. May not be performed between elements in Dance Passage (SR#3)
 - b. Will break the Dance Passage
 - c. Example:
 - 1) Switch Leap + Flic-Flac + Straddle Jump
 - Flic-Flac breaks Dance Passage.
 - No SR #3 awarded.
 - 2) Gold Division: Switch Leap + Switch-Side Leap + Straddle Jump
 - Switch-Side Leap is Restricted "C" element
 - Dance Passage broken.

Revised Dec. 2022/Aug. 2023/Aug. 2025/Aug. 2026

**Xcel Code of Points
FLOOR EXERCISE**

CHAPTER 4: ADDITIONAL SAPPHIRE INFORMATION

I. BONUS - Refer to *General/Judges Chapter 9* for additional information on Sapphire Bonus.

A. Connection Bonus: "B"+"B" combination (or higher) is eligible for 0.10 in Bonus for each occurrence.

1. Applies to any inherently connectable skills (as well as indirect acro passes on Floor).
2. "B"+"B" (or higher) may include any combination of mounts, dismounts, dance and acro.

II. ROUTINE EXAMPLES

The following provides sample floor routines for the Sapphire Division. The Value part (VP) and Special Requirement (SR) is provided for each routine element as applicable.

- **Fulfilling multiple Special Requirements:** In some instances, there are multiple elements within the routine which may fulfill one Special Requirement. The first element to fulfill the Special Requirement is noted with the Special Requirement.
- **Bonus:** The first elements achieving the Bonus up to the maximum of 0.40 are indicated. Any additional Bonus elements/connections are shown with an * to indicate the maximum Bonus is already reached.
- **Connection/Series:** Elements with a "+" indicates a connection/series.

SAPPHIRE - ROUTINE EXAMPLES

MEET SPECIAL REQUIREMENTS (SR), VALUE PARTS (VP), AND BONUS

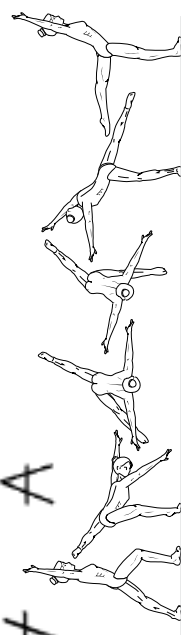
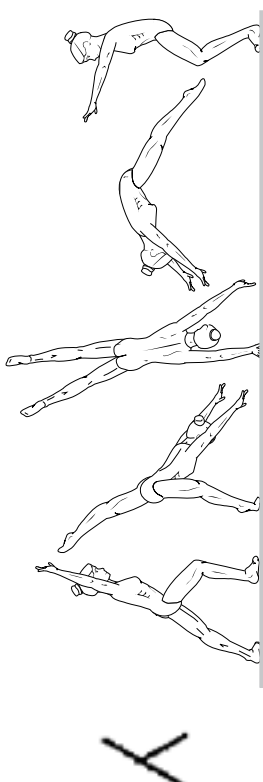
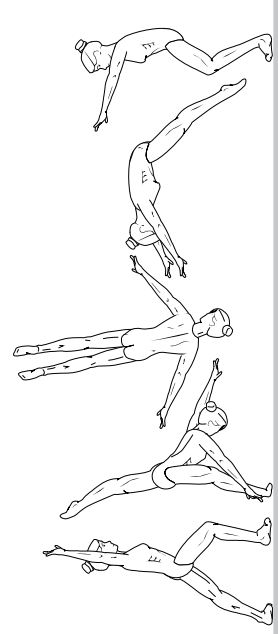
	Routine Elements	Element #	VP	SR	Bonus		Start Value
					C/D	Conn.	
1	Round-off +	5.105	A	Part SR2			• All Special Requirements: Yes • All Value Parts: Yes, higher VP may be used to fulfill lower VP • All Bonus: Yes • Start Value: 9.60 + 0.40 Bonus = 10.0
	Flic-flac +	5.106	A				
	Back layout ½ twist (180°)	8.201	B				
	2/1 turn (720°) on one foot	2.301	C	SR4	+ .1		
	Switch-leg leap (180°) (direct connection) +	1.204	B	SR3	+ .1	} + .1	
	Split jump with 1/1 (360°) turn	1.302	C				
	Front Layout 1/1 (360°) twist +	6.301	C	SR1/	+ .1		
	Front Tuck	6.101	A	Part SR2			
2.	Front Tuck +	6.101	A	SR1/			• All Special Requirements: Yes • All Value Part: Yes • All Bonus: Yes • Start Value: 9.60 + 0.40 Bonus = 10.0
	Front Pike	6.201	B	Part SR2			
	Tuck jump with 1 ½ (540°) turn	1.315	C		+ .1		
	Full (360°) turn on one foot in tuck stand	2.206	B	SR4			
	Split leap (180°) -run –	1.101	A	SR3	+ .1	} + .1	
	Wolf hop 1/1 (360°) (direct connection) +	1.316	C				
	Split jump 1/1 (360°)	1.302	C				
	Round-off +	5.105	A	Part SR2			
Back layout	8.101	A					

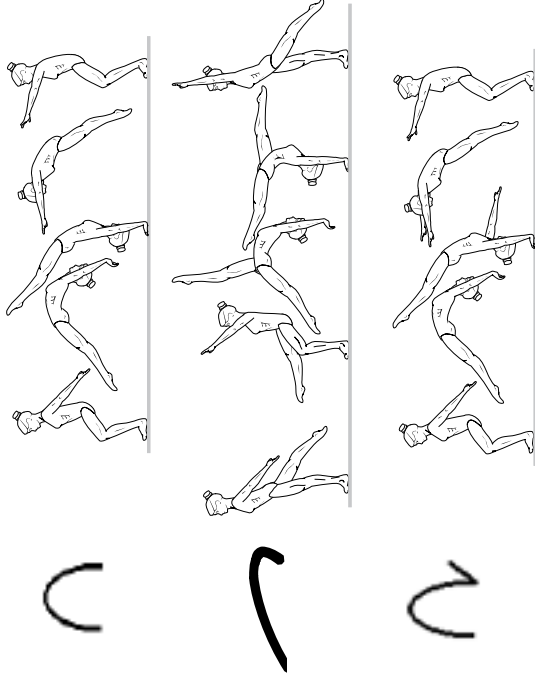
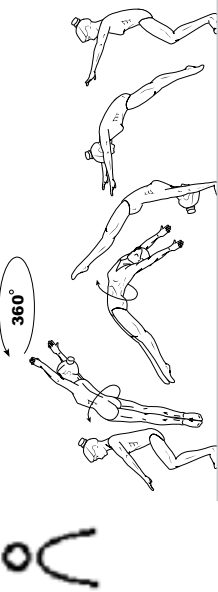
DO NOT MEET SPECIAL REQUIREMENTS (SR), VALUE PART (VP), AND/OR MAXIMUM BONUS

	Routine Elements	Element #	VP	SR	C/D	Conn.	Start Value
1.	Front Handspring +	5.102	A	Part SR2			• All Special Requirements – No, missing SR2- 3 different saltos • All Value Parts –Yes • All Bonus - No, +.10 • Start Value - 9.60 - 0.50 for missing SR + 0.10 Bonus = 9.20 SV
	Front Pike	6.201	B				
	Switch-leg leap (180°) -	1.204	B	SR3			
	Wolf hop	1.116	A				
	2/1 (720°) turn on one foot	2.301	C	SR4	+.1		
	Front pike step-out +	6.201	B	SR1/ Part SR2			
	Round-off +	5.105	A				
	Flic-flac +	5.106	A				
	Back tuck	8.101	A				
2.	Round-off +	5.105	A	Part SR2			• All Special Requirements – No, Missing SR4 – Turn must be a minimum “B” • All Value Parts – Yes • All Bonus – No, +0.20 • Start Value – 9.60 SV – 0.50 for missing SR + 0.20 Bonus = 9.30 SV <i>^To receive connection bonus - The two dance elements must be directly connected, an assemblé after the switch leap into the Straddle jump would break the connection.</i>
	Flic-flac+	5.106	A				
	Double back salto	8.403	D		+.1		
	1/1 turn (360°) on one foot	2.101	A				
	Switch-leg leap (180°) (direct connection) +	1.204	B	SR3		}+.1	
	Straddle jump (180°) ^	1.207	B				
	Front Layout +	6.201	B	SR1/ Part SR2			
	Front Tuck	6.101	A				

^To receive connection bonus - The two dance elements must be directly connected, an assemblé after the switch leap into the Straddle jump would break the connection.

Revised Aug. 2023 / Aug. 2024 / Aug. 2026

Group 5 – Walkovers, Cartwheels, etc...				
A		B	C	D
5.104	Cartwheel on one or both arms, with or without flight phase (before or after hand support), also aerial cartwheel.	5.204	5.304	5.404
 		 One butterfly forward or backward		
5.105	Round-off or free aerial round-off	5.205	5.305	5.405
 		 Considered as different elements.		
All considered as different elements.				Revised Aug. 2026

Group 5 – Walkovers, Cartwheels, etc...			
A	B	C	D
5.106 All flic-flac and gainer flic-flac variations, also with support of one arm (Considered as different elements) (Flic-flac to two (2) feet and step out are considered the same element) 	5.206 Flic-flac with 1/1 (360°) twist before hand support 	5.306	5.406
5.107 All head or neck kips 	5.207	5.307	5.407

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" ($\pm 1"$) Maximum: 48" ($\pm 1"$)					
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	$\frac{1}{4}$ - $\frac{1}{2}$ (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" ($\pm 1"$) Maximum: 48" ($\pm 1"$) 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	

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)	- 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)	- 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: - 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. 4. Dismount – High Bar	Minimum of 6 “A” VP (0.10 each)	- No “C” or higher VP. - B Exceptions: - 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” (0.10 each), 1 “B” VP (0.30)	- 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 (not in the mount or dismount) 3. Additional Min. “B” skill - A Turn or 2nd 360° Circling Skill (same as or different from SR#2), not in the mount or dismount , or Release, not in the dismount 4. Salto or Hecht Dismount – High Bar (minimum “A”), or any dismount (minimum “B”) from the high bar	Minimum of 5 “A” (0.10 each), 2 “B” VP (0.30 each)	- 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 (<u>not</u> in the mount or dismount) 3. Minimum of “B” turn or 2 nd 360° circling skill (minimum “B” & different from SR#2), <u>not</u> in the mount or dismount, or minimum “B” release, <u>not</u> in the dismount 4. Minimum of “B” dismount OR “C” skill directly connected to an “A” salto dismount	Minimum of 3 “A” (0.10 each), 3 “B” VP (0.30 each), 1 “C” VP (0.50 each)	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: Exceptions: 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 ELEMENTS

BALANCE BEAM RULES					
	Special Requirements (SR) Deduct <u>0.50</u> 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> <u>0.50</u> 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 (<u>0.10</u> 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 (<u>0.10</u> 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 (<u>0.10</u> 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” (<u>0.10</u> each), 1 “B” VP (<u>0.30</u>)	• 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 Cross or Side Split (Isolated or 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	Minimum of 5 “A” (<u>0.10</u> each), 2 “B” VP (<u>0.30</u> 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 – Two (2) Group 1*, 2, or 3* elements (same or different) - AND one (1) leap or jump with a minimum requiring 180° Cross or Side split (Isolated or Series) 3. Acro series with a minimum of one (1) flight skill (a minimum of one (1) skill must pass through or achieve vertical or be a salto or aerial) 4. Min “B” Dismount OR an acro flight skill directly connected to an “A” salto/aerial dismount	Minimum of 3 “A” (<u>0.10</u> each), 3 “B” VP (<u>0.30</u> each), 1 “C” (<u>0.50</u>)	• 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 <u>and</u> 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)	- 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)	- No "B" Acro VP. - No "C" or higher VP. - Maximum one (1) Salto or Aerial per routine.	45 sec.	45 sec. 4:00 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)	- 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" (0.10 each) 1 "B" VP (0.30)	- No "C" Acro VP. - No "D" or higher VP.	1:30 min.	1:15 min. 4:30 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" (0.10 each) 2 "B" VP (0.30 each)	- 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" (0.10 each) 3 "B" VP (0.30 each) 1 "C" (0.50)	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.

UNEVEN BARS			
A - 000	(file Division Allowed is provided)		
#	Symbol	Division Allowed	
1.001	A	B	
1.002	M	SI→D	
1.003a	P	B→G LB	
1.003b	P	SI→G HB	
1.004	L	B→G	
1.005	→L	B→G	
1.006	L	B→G	
Group 1			
Group 2			
2.001	4e bar	B	
	He	SI	
	He	G	
	He	P	
	He	D	
2.002	4e	B→G	
2.003	U	SI→P	
7.001	✓	B→SI	
7.002	A	B→SI	
7.003	△	B→G	
7.004	△	B→G	
7.005	✓	SI→G	
7.006	✓	B→Sa	
8.001	→	B	
8.002	→	B	
8.003	→	SI	
8.004	→	B→SI	
8.005	→	SI→G	
8.006	→	B→SI	
8.007	→	G→P	
8.008	→	SI	
8.009	→	G→P	
8.010	→	G→Sa	
Group 8			
Division Key			
B=Bronze G=Gold D=Diamond Sa=Sapphire			
SI=Silver P=Platinum Sa=Sapphire			
Ex. B→G Indicates allowed at Bronze through Gold - Bronze, Silver, and Gold			
(Effective August 1, 2022 - July 31, 2026)			

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

A - 100	B - 200	C - 300	D - 400
01	L	L	L
02	L	L	L
03	L	L	L
04	L	L	L
05	L	L	L
06	L	L	L
07	L	L	L
01	L	L	L
02	L	L	L
03	L	L	L
04	L	L	L
05	L	L	L
01	L	L	L
02	L	L	L
03	L	L	L
04	L	L	L
05	L	L	L
06	L	L	L
07	L	L	L
08	L	L	L
09	L	L	L
10	L	L	L
11	L	L	L
12	L	L	L
13	L	L	L
01	L	L	L
02	L	L	L
03	L	L	L
04	L	L	L
05	L	L	L
06	L	L	L
07	L	L	L
08	L	L	L
09	L	L	L
10	L	L	L
11	L	L	L
12	L	L	L
13	L	L	L
01	L	L	L
02	L	L	L
03	L	L	L
04	L	L	L
05	L	L	L
06	L	L	L
07	L	L	L
08	L	L	L
09	L	L	L
10	L	L	L

Code is extended to July 31, 2026
UPDATED AUGUST 2026

WOMEN'S XCEL PROGRAM

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 135°	D																						
Group 3	Min 180°	Sa																						
	3.001	B																						
	3.002	B																						
	3.003	B→SI																						
Group 5	3.004	B→SI																						
	5.001	B																						
	5.002	B→G																						
Group 5	5.003	B																						
	9.001	B→SI																						
	9.002	B→SI																						
Group 5	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																								
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																								

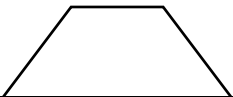
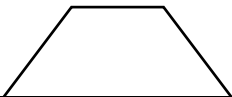
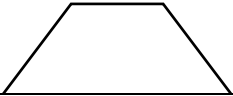
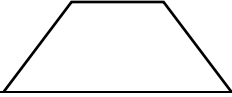
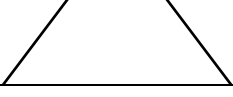
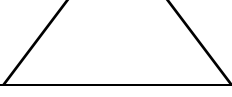
* #7.402, 7.403 & 8.402-From a stand and from a stand on one leg-swing through are considered different elements

2022-2026 Xcel Code of Points (Effective August 1, 2022 - July 31, 2026) Code extended to July 31, 2028.

UPDATED AUGUST 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: $\frac{1}{4}$ - $\frac{1}{2}$ (90-180°) turn on – repulsion off to feet, landing facing the mat stack.
Gold	10.0 / 9.5 (Alternative Springboard Used)	See Vault Chart
Platinum-Sapphire	See Vault Chart	See Vault Chart

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

Effective August 1, 2022 – July 31, 2026

[illegible]