

Women's Artistic Gymnastics

Xcel Code of Points

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

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

<https://usagym.org/women/xcel/#updates>

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

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GENERAL/JUDGES

CHAPTER 1: GENERAL

I. XCEL PROGRAM

The USA Gymnastics Xcel program was developed as an alternative competitive program offering individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience. The program allows a wide choice in skills to meet requirements so selection may be based on an individual athlete's strengths.

The focus of the Xcel program is sportsmanship, leadership, teamwork, and fun. The emphasis in the Xcel program is on correct technique, form, and performance.

Xcel consists of **6** Divisions – Bronze, Silver, Gold, Platinum, **and** Diamond, **and Sapphire**. Uneven Bars, Balance Beam and Floor Exercise have four (4) Special Requirements in each Division valued at 0.50 each. Special Requirements are fulfilled by Value Parts from the Xcel Code of Points. Additionally, each level has Value Part requirements.

~~A pilot program in Regions 3, 6, 7, and 8 will begin in the 2022-23 competitive year for a 6th Division called Sapphire. Competition rules for this pilot program are available on the USA Gymnastics website within the Xcel Program information. No information related to this Pilot program is published within the current edition of the Code of Points.~~

II. HIERARCHY OF INFORMATION FOR THE XCEL PROGRAM

- A. The Xcel Program rules are found in the official written and published Xcel Code of Points**, as updated by the Xcel Committee minutes and the Women's Technical Committee minutes, as they apply to Xcel. Hereafter these committee minutes are referred to as "Updates".
- B. Xcel rules are also available in an electronic version of the Xcel Code of Points.**
 - 1. The official written and published Xcel Code of Points/Updates has final authority if discrepancies occur between these two versions of the Xcel Code of Points.
 - 2. For technical issues which are not specifically addressed in this Xcel Code, refer to the Development Program Code of Points for clarification. If this procedure is followed at a competition, the Regional Xcel Committee Chair and the Regional Technical Committee Chair are to be notified that this situation occurred.
- C. In these documents, the written text takes precedence over accompanying pictures/illustrations.**
- D. Please realize that every variation of an element cannot be written or depicted in these documents.**
- E. There are many judging/coaching/study aids available.** There are various judging/coaching/study aids available either published by USA Gymnastics or through other individuals within the industry. The Official written and published Xcel Code of Points takes precedence over any judging/coaching/study aids.

**Xcel Code of Points
GENERAL / JUDGES**

III. XCEL AGE/ENTRY REQUIREMENTS AND MOBILITY OVERVIEW

- A. There are **six (6)** ~~five (5)~~ Divisions of Xcel: Bronze, Silver, Gold, Platinum, and Diamond, **and Sapphire**.
- B. For gymnasts entering from the Development Program, follow the chart on the following page.
- C. Gymnasts who have no previous competitive experience may enter at Bronze, Silver, or Gold at their coach's discretion.
- D. Gymnasts currently competing in the Xcel Program must follow the chart on the following page for mobility.
 1. A 2 - judge panel is required at the Platinum, Diamond, and Sapphire Divisions for all mobility and qualifying meets.
 2. A 1 - judge panel may be used for mobility at Bronze, Silver, and Gold.
- E. Any athlete who has previously competed in the Xcel Program, but has been inactive for one or more years, must contact their State Administrative Committee Chairman for proper entry regulations. The options are:
 1. Remain at the Division at which they last competed.
 2. Move up one Division if they achieved the mobility score during their last season.
 3. Move down one Division without petitioning.
- F. Any gymnast who has had previous competitive experience in programs outside of USA Gymnastics must petition to enter at Platinum and above by submitting a formal written request to the State Administrative Committee Chair.
- G. Any gymnast who has had previous competitive experience in USA Gymnastics and who is a minimum of 14 years of age or at least a Freshman in High School is eligible to petition the State Administrative Committee for entry into the Platinum, ~~or Diamond~~, **or Sapphire** Division. The petition must be accompanied by a video that demonstrates her skill level.
- H. Since the Xcel Program is an alternative/separate program, it cannot be used to satisfy mobility requirements into the Development Program.
 1. Any gymnast who has had competitive experience other than USA Gymnastics but including USA Gymnastics Xcel athletes, and who is a minimum of 12 years of age is eligible to petition by submitting a formal written request to the State Administrative Committee for entry into Level 7 and below. The petition must be accompanied by a video that demonstrates her skill level.

XCEL AGE/ENTRY REQUIREMENTS AND MOBILITY OVERVIEW			
Division	Minimum Age Requirement	Pre-requisite Score	Entry Division from Development Program^
Bronze	Reached 5 th Birthday	None	Levels 1 & 2
Silver	Reached 6 th Birthday	None	Levels 1, 2, 3
Gold	Reached 7 th Birthday	None	Levels 1, 2 , 3 & 4
Platinum	Reached 8 th Birthday	31.00 32.00 AA at Gold Division or 8.0 8.50 IES*	Levels 5, 6, 7
Diamond	Reached 9 th Birthday	31.00 32.00 AA at Platinum Division or 8.0 8.50 IES*	Levels 7, 8 — 10
Sapphire	Reached 12 th Birthday~	32.00 AA at Diamond Division or 8.50 IES*	Levels 8, 9 & 10

* IES = Individual Event Specialist

For additional information regarding mobility and dropping back Divisions, refer to the current *Women's Rules and Policies*.

^Must have completed all-around at a minimum of one (1) sanctioned meet at the specified Development Program level to enter in the appropriate Xcel Division.

~Any gymnast who has not reached the Minimum Age Requirement may petition for entry into Xcel Sapphire by submitting a petition to the Regional Xcel Committee Chair and the National Xcel Committee Chair. The petition must be accompanied by a video that demonstrates her skill level.

**Xcel Code of Points
GENERAL / JUDGES**

J. Principles for Leaps and Jumps with Split Angles

1. Each Division has a minimum split angle requirement for Value Part and Special Requirement credit.

MINIMUM SPLIT ANGLE REQUIREMENT						
	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	SAPPHIRE
BEAM	No split required	90°	120°	120°	155° 150°	180°
FLOOR	60°	90°	120°	155° 150°	155° 150°	180°

2. Leaps & Jumps below the Division's minimum split angle requirement

- a. **Bronze – Diamond:** Leaps & Jumps that are within 20° of a Division's split requirement may still receive Value Part and Special Requirement credit
 - 1) If the split angle is less than the Division's split requirement, an up to 0.20 deduction would be applied for insufficient split
 - 2) If the split angle is deficient by more than 20°, award lower Value Part credit or no Value Part credit. The element would not receive the applicable Special Requirement. Examples:
 - Beam - Gold Division (120° split requirement) – The gymnast performs a split leap (#2.201) with 100° of split
 - (i) Award Value Part credit of "A" (Receives "A" VP since it is within 20° of split requirement for Gold, but not to the level to receive a "B")
 - (ii) Award Special Requirement
 - (iii) Deduct up to 0.20 for insufficient split
 - Beam - Diamond Division (155° ~~150°~~ split requirement) – the gymnast performs a split jump (#2.201) with 100°
 - (i) "B" value part credit is not awarded. An "A" Value Part could be awarded for a straight jump (#2.108)
 - (ii) The jump may not be used for Special Requirement of a leap/jump with 155° ~~150°~~ split
 - b. **Sapphire:** Leaps & Jumps that are within 45° from the required split is allowed to still receive Value Part and Special Requirement credit but a deduction of up to 0.20 for insufficient split is applied.
3. To receive "B", "C" or "D" Value Part credit as listed in the Xcel Code of Points a leap/jump requiring a 180° split, must show a minimum of 135° split. However, split angle deductions are based on each Division's split requirement, not 180°.
 - a. Example: Beam - Diamond gymnast performs a switch leap on beam (#2.305 "C") with ~~150°~~155° split.
 - 1) The switch leap receives "C" Value part credit because the split was greater than 135°
 - 2) The deduction for insufficient split is not applied because the gymnast met the Diamond split requirement of 155° ~~150°~~
 - 3) The leap may be used toward Special Requirement credit
 - 4) If the above switch leap had a split of 135°, the leap would receive "C" Value Part credit with a deduction of up to 0.20 for insufficient split

III. ALLOWABLE VALUE PARTS AND DIFFICULTY RESTRICTIONS

- A. Elements are Restricted based upon their Value as listed in the Xcel Code of Points** not based on the quality/amplitude of the performance. If a restricted element is performed (All Divisions):
1. Deduct 0.50 from SV
 2. Do not award Value Part credit
 3. The element cannot be used to fulfill Special Requirements
 4. If the dismount is a restricted element, also deduct 0.30 from SV for no dismount and do not award Value Part or Special Requirement credit.
 5. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value Part credit.

**Xcel Code of Points
GENERAL / JUDGES**

B. Bronze Division Allowable Value Parts and Restrictions

1. Only allowable ("A" / "B") elements.
2. "A" Value Parts not allowed in the Bronze Division
 - a. Bars: Salto Dismounts, any skills on HB, Low Bar Giants
 - b. Beam: Walkovers, Salto / Aerial Dismounts
 - c. Floor:
 - 1) Saltos / Aerials
 - 2) A maximum of two (2) Flight Skills are allowed
3. **Allowable "B" elements receive "A" VP Credit:**
 - a. Beam:
 - 1) Cross Split Jump (135° - 180° split)
 - 2) Cross Straddle Jump (135° - 180° split)
 - 3) Split Leap (135° - 180° split)
 - b. Floor:
 - 1) Side Leap (135° - 180° split)
 - 2) Straddle Jump (135° - 180° split)
 - 3) Other "B" or higher VP elements are not allowed.
4. All other "B" or Higher VP elements are not allowed.

C. Silver Division Allowable Value Parts and Restrictions

1. "A" elements, and "B" Dance elements are allowed.
 - a. Exception: "A" Value Parts not allowed in the Silver Division:
 - 1) Bars: Low Bar Giants / Salto Dismounts
 - 2) Floor: more than one (1) Salto / Aerial.
2. "B" or higher VP elements are not allowed, except "B" Dance elements.

D. Gold Division Allowable Value Parts and Restrictions

1. "A" elements and allowable "B" elements are allowed.
 - a. "B" Value Parts not allowed in the Gold Division:
 - 1) Bars: Giants, Release moves with bar change
 - 2) Floor: "B" Twisting Saltos
2. "C" or higher VP elements are not allowed.

E. Platinum Division Allowable Value Parts and Restrictions

1. Only "A" / "B" VP elements and "C" Dance VP elements.
2. Allowable "C" element receives "B" VP credit
 - a. Bar Circle Skills without turn: #3.304 Clear Hip to Handstand, #6.304 Stalder Backward to Handstand, #7.309 Pike Sole Circle Backward to Handstand
3. "C" or higher VP elements are not allowed, except "C" Dance elements.

F. Diamond Division Allowable Value Parts and Restrictions

1. Only "A", "B", "C" and one (1) "D" VP elements.
 - a. No Bonus awarded for "D" element.
 - b. ("E") VP elements and / or more than one (1) "D" element are not allowed.

G. Sapphire Division Allowable Value Parts and Restrictions

1. Only "A", "B", "C" and "D" VP elements.
 - a. ("E") VP elements are not allowed.

IV. NO COMPOSITION DEDUCTIONS

Composition deductions are not applied to any Xcel Division or Event. The emphasis in Xcel is on the gymnast's performance quality – Execution, Amplitude, Rhythm, Dynamics, and Artistry.

**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, 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, or failure to tighten cables/T-handles on Bars and Beam.
- 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.**
- 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 must be viewed at regular speed. 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**

VI. JUDGE INADVERTENTLY MISSES THE EXERCISE

The following procedures are to be used in the rare occurrence that one (1) Judge misses the exercise:

- A. 2-Judge Panel: Two options after Coach is advised of the score of the Judge who evaluated the whole routine:**
 - 1. Accept that score, OR
 - 2. Repeat the exercise after a reasonable period of rest. Must accept score of second routine.
- B. 4-Judge Panel: Final score is determined**
 - 1. Enter score for Judge who missed routine = highest score given by three other Judges and then averaging two middle scores, as usual.
 - 2. Gives the benefit of having highest possible score and no need to repeat the exercise.
- C. Chief Judge should consult with Meet Referee, who will then notify Coach of the options.**

VII. PROCEDURES FOR FALLS / INJURIES RESULTING IN BLEEDING

- A. Take steps to stop bleeding immediately and cover wound as soon as possible.**
- B. Bleeding wound (or any other injury due to a fall) does not give the right to repeat exercise or resume from interruption.**
- C. 45-second Beam or Bars Fall Time exceeded before wound can be covered, then exercise is terminated.**
- D. Blood on any equipment or mats after routine finishes:** Blood must be removed prior to beginning the next Gymnast's routine.
- E. Coach and Gymnast have the right to determine if Gymnast can continue the routine after the fall (within Fall Time limits).**

VIII. ADDITIONAL WARM-UP TIME DUE TO A DELAY

- A. Any situation regarding additional warm-up time due to a delay of competition on the field of play (ie. Equipment failure, athlete injury, unforeseen circumstances, etc.); the Meet Director in conjunction with the Meet Referee, will assess the situation to make an appropriate call regarding additional warm-up time.**
- B. If an athlete requires medical assessment due to injury, they may complete the routine and resume competition within the same session once medically cleared. A 30-second touch warm-up may be allowed upon return.**

CHAPTER 5: DUTIES & RESPONSIBILITIES OF MEET OFFICIALS

I. GENERAL DUTIES OF ALL OFFICIALS

- A. Individual Judges shall perform their function as a Judge of the Meet according to USA Gymnastics Rules and Policies, membership policies and USA Gymnastics Code of Ethics.**
- B. Individual Judges shall be limited to judging, evaluating, and scoring the competition.**
 - 1. Shall not involve herself / himself with the conduct of Gymnast during warm-ups or training.
 - 2. Comments to Gymnast should be made only if requested from Coach or Gymnast.
- C. Individual Judges will be bound by terms of individual contract agreed upon for the meet.**
- D. Judges are responsible, according to all appropriate laws and jurisdiction, for all financial reporting and identification of payment / reimbursements received to the appropriate agencies (i.e., IRS).**
- E. Each individual Judge shall sign and return contract to Meet Director and contracting official.**
- F. Judges are not allowed to accept gifts in addition to USA Gymnastics Judges' Compensation Package fees / expenses unless the gift does not exceed retail value of \$20.00.**
- G. Judges are not allowed to act in dual capacity (i.e., Coach / Judge, Parenting / Judge, Meet Director / Judge, Announcer/Judge).**
- H. Must act in a Professional Manner.**
 - 1. Must not leave their seat during competition without permission of Meet Referee or Chief Judge.
 - 2. Must remain at their event station until entire competition has been completed.
 - 3. Must avoid conversations with Coaches regarding evaluation of exercises.
 - 4. Must be willing to compromise when the two (2) counting scores are out of range.
- I. Must wear correct uniform.**
 - 1. Judges must dress appropriately, regardless of the level of competition, in the required uniform (Navy skirt/pants and jacket, white blouse/shirt, NAWGJ navy dress/sweater).
 - a. Suit jackets are required for State meets and above.
 - b. Leggings are not acceptable attire to officiate a competition.
 - 2. Theme meets: Judges may wear the official uniform or dress in the theme of the meet.
- J. Chief Judge and Panel Judge(s) are responsible for:**
 - 1. Flashing Start Value at all Xcel meets or write the SV on Gymnast's score card.
 - 2. Must provide SV flashing unit, unless provided by meet host.

**Xcel Code of Points
GENERAL / JUDGES**

- K. Judges may use Electronic Devices (including: cell phones, tablets, etc.) only for Gymnastics purposes on the Field of Play.**

II. MEET REFEREE (may also act as Chief Judge)

- A. Meet Referee, or acting Meet Referee, must be designated at all Xcel sanctioned competitions.**
- B. If Meet Referee also serves as Chief Judge at State Championships with four-judge panels or any Regional championships, regardless of number of judges per panel, receives Chief Judge's fee and Meet Referee's fee (total of \$20/day).**
- C. Meet Referee Duties and Responsibilities:**
1. If requested, assists in conducting the draw prior to / at Coaches' meeting (depending on organization of meet in accordance with the Rules & Policies) at State / Regional competitions, in conjunction with:
 - a. Appropriate USA Gymnastics Officer, and / or
 - b. Meet Director
 2. Liaison between Coaches and Judges: must attend Coaches meeting (or designate a proxy) at State / Regional competitions.
 3. Conducts Judges' meeting prior to competition using the Meet Referee Check List.
 - a. Presents Base Score videos (if available) for analysis at State and above meets.
 - b. Reviews procedures with Judges:
 - 1) Logistics of the meet / scoring system, meet mechanics, etc.
 - 2) Rule changes
 - 3) Equipment issues
 - 4) Information from Meet Director
 - 5) Professional protocol reminders
 4. Assigns Chief Judge and Panel Judges to respective events, as requested by State / Regional Administrative Committee for State / Regional meets.
 - a. Recommended that State / Regional Administrative Committee assign the duty of event assignments to designated Meet Referee.
 - b. Criteria for assignment must be followed.
 - 1) If Meet Referee is also Chief Judge, assigning official may make event assignments.
 - 2) Local, Pre-sectional and Sectional meets: assigning official may make event assignments.
- D. During Conferences:** May observe and/or give opinion during conferences.
- E. Available for counsel, upon request of Chief Judge.**
- F. May counsel Chief Judge when, in her / his opinion, Average Score and / or Score of Chief Judge seems out of line with scoring in the competition.**
- G. May recommend, but never force, a change of any score.**
- H. Corrects and signs official score sheets after any change of score.**
- I. Gives any technical or judging information pertinent to competition to Meet Director or Organizing Committee for distribution.**
- J. Acts as final authority in all technical matters involving Judges, Timers, Line Judges, Flashers, individual event, and AA Tabulators.**
- K. Notates Warning(s) given by the Chief Judge concerning:**
1. Incorrect Attire or Signaling with Verbal Cue.
 2. Notifies Chief Judges on other events, a warning has been given and appropriate deductions may be applied.
- L. Issues warning to Coach for Unsportsmanlike Conduct: upon notification from Judge(s).**
1. Follow USA Gymnastics' Safe Sport Policy and Coaches Behavior Policy in Rules and Policies.
 2. Applied for excessive cheers and / or behavior of Teammates, or
 3. Applied for Coach who is disruptive to competition.

**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.
1. Note: It is not necessary to sign official score sheet.
 2. Heat Sheets:
 - a. For State meets and above, Verification sheets (heat sheets) are required to be used.
 - b. 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)**
1. Camera flash/light is not a valid reason to allow Gymnast to repeat exercise.
 2. 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:
1. Start Value differences clarified.
 2. Meet Referee may be notified / included in the discussion.
 3. Judges may change scores, but are not obliged:
 - a. Scores are out of allowable range, adjustments must be made.
 - b. Professional responsibility to come to agreement, if scores are initially out of range.
 4. Judges unable to compromise, Chief Judge may mandate scores be brought into allowable range.
- L. Chief Judge deducts from Average Score:**
1. 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.
1. Uneven Bars: 45 seconds once gymnast is standing up on her feet
 2. Balance Beam: 45 seconds once gymnast is standing up on her feet
 3. 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:**
1. Gymnast's attire is incorrect.
 2. Unsportsmanlike conduct of Coach (after warning).
 3. Excessive cheers / behavior disruptive to competition by Teammates / Coaches.
 - a. Example: standing around FX area, blocking view of Judges / spectators.
 4. Failure to observe Warm-up Time by Team (after warning).
 - a. Deduction applied to Team Event score, where infraction occurred.
 5. 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.**
1. Exceptions:
 - a. State Administrative Committee determines if any additional criteria / change in criteria will be used for State organized competitions.
 - b. Affiliated Judge(s) can be used for one-Judge Panel for Bronze / Silver / Gold Divisions.
 - c. In extenuating circumstances, Meet Director may request permission from SAC to allow Affiliated one-Judge Panel for Platinum, and Diamond, and Sapphire Divisions.
 - d. 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.

VI. JURY OF APPEALS

A. Comprised of the following individuals:

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

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

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

C. Rights and Duties of the Jury of Appeals

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

Procedures for Inquiries has been removed from the Jury of Appeals section.

Refer to the *Xcel Code of Points* - Chapter 4: Unusual Judging Situations for information related to the Inquiry or Video Review process. Further information is also available in the *Rules & Policies*.

CHAPTER 6: APPARATUS SPECIFICATIONS

A. Refer to the following information for Apparatus Specifications

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

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

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

CHAPTER 7: ATTIRE REGULATIONS

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

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

C. Warning issued by Meet Referee / Chief Judge.

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

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

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

E. Medical

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

F. Unacceptable Attire:

1. Leotard Cut/ Backless

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

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

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

**Xcel Code of Points
GENERAL / JUDGES**

Very Large Faults (0.50)	<u>0.50</u>	Support on Mat / Apparatus with 1 or 2 hands upon landing element or dismount
	<u>0.50</u>	Fall Onto or Off the Apparatus, or upon landing dismount, Fall Against the apparatus or onto Mat to knee(s) or Hips
	<u>0.50</u>	Fall / Failure to land on bottom of feet first on Aerial/Salto elements or Dismounts • No Value Part / No Special Requirement
	<u>0.50</u>	Spotting Assistance during an element or dismount: No Value Part / No Special Requirement / No Bonus (Sapphire)
	<u>0.50</u>	Spotting Assistance upon landing of Dismount element: Award VP / Award SR / No Bonus (Sapphire)
	Additional <u>0.50</u>	Fall after Spotting Assistance on element or dismount landing

A. Clarification on Steps on Landing:

1. Deduct 0.10 for **small** step-close, considered one (1) step.
 - a. Examples: one (1) step
 - 1) Lands with feet together, takes one (1) step forward / sideward / backward on Right foot; then returns Right foot to join Left foot, OR
 - 2) Lands with feet together, takes one (1) step forward / backward / sideward on Right foot; then steps with Left foot to join Right foot.
2. Deduct 0.15 for **medium step-close.**
3. Deduct 0.05 for very small step-close or other small foot movement.
4. Out of control / additional movements to maintain balance after step(s), additional deductions may be applied.
5. Maximum deduction of 0.40 for any number of Steps (small / large). Steps out of control, leading to a fall, only apply the 0.50 deduction for a fall.
6. If Gymnast lands with feet apart / staggered and then continues to take step(s), deduct only for the step(s). Deductions for landing with feet apart / staggered are to be applied only when Gymnast "Sticks" the landing.

**Xcel Code of Points
GENERAL / JUDGES**

II. CHIEF JUDGE DEDUCTIONS

CHIEF JUDGE DEDUCTS FROM AVERAGE SCORE	
No Deduction	Coach standing between the Bars or next to Beam, throughout the entire exercise
No Deduction	Coach on Floor Exercise mat inside border marking
0.10	Overtime
each time 0.10	Any part of the body touching outside of the Floor Exercise border marking
each time 0.10	Failure to present before and after exercise. Before: It is required to present to the Chief Judge before the exercise. After: Gymnast required to present, either to the apparatus or judge.
0.10	Failure to Mark Boundary Line on additional matting, which covers Boundary Line (FX)
0.20	Incorrect Attire – includes jewelry (on the event after warning was issued) • Refer to the previous section – <i>Chapter 7: Attire Regulations</i> for attire descriptions.
0.20	Failure to begin exercise within 30 seconds after Chief Judge signals to begin
0.20	Unsportsmanlike Conduct of Gymnast (after warning)
0.20	Incorrect padding (wearing Heel / Hip pads on Bars) • Chief Judge observes Heel / Hip pads prior to mount, Warning must be given. • Heel / Hip pads worn during exercise (whether warning given or not), deduction must be taken.
0.20	Technical verbal cues by Coach or Teammate(s) to own Gymnast (after warning) The Judge(s) must hear the words. Deduction taken only once, regardless of number of cues given. Examples: • Technical Cues – “hollow”, “pull”, “breathe”, etc. • Gymnast competing, Coach gives specific information on what to do next, deduct without warning given.
0.20	Coach sprays water or adds chalk to the bar while the athlete is actively competing on the equipment. No warning will be given. (This does not apply if the athlete has fallen and is off the equipment.)
0.20	Failure to observe specified Warm-up Time (after warning) • Deduction taken from the gymnast's Event score or Team score at Team competitions. • Deduction applies only to the practice of an element(s). ◦ Preparing for Skill / Dismount, when time called, continue to finish without penalty. ◦ No deduction for jumping on board / briefly touching apparatus immediately prior to competition on UB / BB. • If the gymnast fails to leave apparatus, when “Time” is called, the timer must warn the gymnast by announcing “Time Exceeded”. • If the gymnast remains on the apparatus, Timer reports infraction to the Chief Judge, who deducts 0.20 from average score.
0.20	Excessive Use of Magnesia (chalk) or Incorrect Use of Tape • Vault: Use of Tape or Excessive Chalk not permitted on Vault Table. ◦ Athletic Tape or Velcro strips (No chalk) may be used on Vault runway. ◦ Markings (no more than 2 inches wide) must be removed by end of rotation. ◦ Warning before deduction, if measurement exceeded / markings not removed. ◦ Athletic Tape is allowed on the Mat stack for Bronze/Silver Divisions. • Beam: Small chalk markings may be placed on Beam (tape markings NOT allowed) • Floor: Spreading magnesia on FX mat not allowed; only small marks are allowed. ◦ Single-Line Arc in corner of Floor is acceptable. ◦ Velcro / Tape markings not allowed within Floor mat area. ◦ Tape markings allowed at corners to indicate Boundary Line with carpet using two (2) colors.
0.20	Performing an element on the mat after a fall from the beam prior to re-mounting (Additional warm-up; Deduction applied-No warning required)
0.30	Use of Unauthorized or Additional Mats, Springboard on Unauthorized Surface, or use of Hand Placement Mat for traditional approach Vaults
0.30	Failure to remove Board after mount
0.30	Failure to remove Board / Authorized Spotting Device after a release element
0.30	Using Incorrect Apparatus Specifications – including incorrect spring configuration
0.30	Land UB/BB dismount or FX Acro Salto in Solid or Loose Foam Pit (No VP / SR)
0.50	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.
0.50 4.00	Absence of Music / Music with words / song / speech
4.00	Performance of one-arm Vault: half of vault Panel saw only one hand touch VT Table
2.00	Short Exercises: Short Exercise with fewer than three (3) value parts (including those attempted or spotted)

**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.
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

D. Announcement of Intended Vault and Performance of the Wrong Vault:

1. Designate the Vault: Before beginning the approach, the gymnast or coach must announce the name of the vault or flash the Vault Number on the XCEL Vault Chart for the Specific Division.
 - a. ~~At meets below State Championships, the coach may announce the vault to be performed instead of flashing the number.~~
 - a. For Gold, Platinum, ~~and~~ Diamond, ~~and~~ Sapphire Divisions, the Vault Number must be visually displayed at any sanctioned competition utilizing a 4-judge panel. ~~announced or displayed at all State level and above competitions.~~
 - 1) Vault numbers may be displayed in various ways. Examples: score flashing unit, whiteboard, or chalk board.
 - b. ~~At all other competitions, the Vault name OR number may be audibly communicated to judges.~~
 - c. The Chief Judge will signal the gymnast to vault as soon as the intended vault has been flashed or announced by the coach.
 - 1) Different Vault: No Deduction for performing a Vault that is different than the Vault announced or displayed, provided it is a Vault allowed at the specific Division of the gymnast.
 - 2) Vault Performed Determines the SV: Not the Vault Number displayed or announced.
 - 3) Body Position: Demonstrated for the majority of the Vault will determine which Vault has been executed.
 - d. Performance of a Vault Without a Signal from the Chief Judge
 - 1) Use the following guidance based on how many judges see the vault:
 - If both judges see the vault: The vault is scored.
 - If only one judge sees the vault: Refer to General /Judges – 12 – Judge inadvertently misses the exercises for options.
 - If both judges do not see the vault: The gymnast has the opportunity to repeat this vault.
 - 2) ~~The Chief Judge applies a 0.50 penalty to the average of the next completed vault.~~
 - 3) ~~The penalty may or may not affect the final score.~~ Example:
 - Vault 1 - runs/vaults over table without being signaled to start
 - Vault 2 - completes a vault, scores 9.0, ~~receives penalty of -0.50 for score of 8.5~~
 - Vault 3 - completes a vault, scores 9.20, which will be her final score.

II. APPARATUS SPECIFICATIONS AND RULINGS

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

A. Vault Table and Mat Stack:

1. Vault Table and Mat Stack may be used at any manufactured setting up to maximum height specified in the current USA Gymnastics Women's Rules and Policies book.
2. Specific mat height restrictions for minimum and maximum height are specified within the respective rules for Bronze and Silver Divisions. ~~The mat stack may be placed on the floor, on the Vault runway, or on the competition landing mat (CLM).~~

B. Springboard:

1. ~~Alternative Springboard apparatus / manufactured "Junior" vaulting board~~ may be used at Bronze / Silver / Gold Divisions.
 - a. If used at Platinum, ~~or~~ Diamond, ~~or~~ Sapphire Division, the vault is considered VOID.
2. **Inflatable Rebounding Device:** If an inflatable rebounding device is used at ANY Division, the vault is considered VOID.

C. Tape / Excessive Chalk:

1. Tape/ Excessive Chalk is not permitted on Vault Table
 - a. For Bronze and Silver Divisions, there is no deduction for Tape or a Chalk Mark placed on the Mat Stack.

D. Hand Placement Mat:

1. Hand Placement Mat may be placed on runway (but not on vaulting board). ~~Clubs may NOT bring their own hand placement mats to be used by athletes during a competition.~~
 - a. Platinum, ~~and~~ Diamond, ~~and~~ Sapphire Division only for Round-off entry vaults.
 - b. Manufactured Mat must be placed on runway according to manufacturer's directions (Velcro-side down). Mat must not exceed **39.4 X 51.2 inches in length and** two (2) inches in height.
 - c. Sting mat (or any other type of matting) not allowed on runway.
 - d. Mat may not be placed on runway as visual aid for Forward-entry Vaults in any Division.
 - e. **Chalk only (no tape) on the hand placement mat.**
2. Hand Placement Mat slips on runway:

Xcel Code of Points VAULT

- a. Mat is not considered apparatus / personal equipment failure and not a reason to repeat vault without penalty.
- b. It is the coach's responsibility to ensure mat is placed properly with Velcro secure.

E. Round-off "Safety Zone" Mat:

1. Round-off "Safety Zone" Mat required:
 - a. For Platinum, **and** Diamond, **and** Sapphire Division when Round-off Entry Vaults are performed at Xcel competitions.
 - 1) Failure to use Safety Zone Mat, when performing Round-off Entry Vault, "0" (VOID) score.
 - 2) Round-off Entry Vaults, Safety Zone Mat must be placed in proper direction (around the board) or "0" (VOID) score. Safety Zone Mat designed to protect area between board / vault / sides of board and must fit snugly against board with no space between board and Safety Zone Mat.
2. "Safety Zone" Mat may also be used:
 - a. Safety Zone Mat may also be used (but not required) for any other Vault in Xcel Program.
 - b. Group 1 / 2 / 3 Vaults (forward entry with / without turns in pre-flight), Safety Zone Mat may be placed in either direction behind board and may have space between board and Safety Zone Mat.

F. 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).
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.

G. Vault Runway must be securely fastened to floor with Athletic tape / Velcro.

H. Athletic Tape or Velcro Strips (NO CHALK) placed across width of vault runway:

1. May not exceed two (2) inches in width.
2. Markings should be removed no later than at end of rotation.

III. COACHING DEDUCTIONS

A. Spotting:

1. **Spot the Landing:** All Judges take the 0.50 deduction for Spot (assistance) upon Landing. If a fall occurs after the spot, judges deduct an additional 0.50 for the fall.
2. **Spot During the Vault:** All Judges take the 1.00 deduction for Spot (assistance) during any other phase.
3. **Spot both Vault & Landing:** 1.50 maximum total deduction for Spot (assistance) is per Vault.

B. Coach standing between the Board and Vault apparatus:

1. There is NO deduction if the coach, when standing between the board and the vault apparatus, makes contact with the safety zone mat or inadvertently touches the vault apparatus.
2. For Bronze Vault 2 or Silver Vaults, there is NO deduction if the coach, in the attempt to assist / spot the gymnast, leans against / bears weight on the Mat Stack.

C. Coaching the Gymnast: The coach may speak to the gymnast between vaults without penalty but may not give verbal coaching cues during the Vault.

IV. MISCELLANEOUS VAULT RULES / CLARIFICATIONS

A. Arrival on the Vault Table:

1. May occur from a run with forward arrival on the board with both feet.
2. May occur from a run with backward arrival on the board with both feet from a Round-off (Platinum, **and** Diamond, **and** Sapphire only).

B. Two Hands: All vaults must be performed with support of both hands on the Mat Stack or Vault Table. (Exception: Deduction for Bronze Division Vault 1A is different; refer to the Bronze Vault deduction table)

	If neither hand makes contact with the vault table or mat stack	If a one-arm vault is performed
Bronze (Vault Option 1)	(Vault 1b) <u>1.00</u> deduction for failure to contact mat with both hands	
Bronze (Vault Option 2)	<u>3.00</u> deduction for failure to contact mat with both hands (performs a salto or touch with only one hand).	
Silver - Sapphire	The Vault is scored "0" (VOID)	Each judge applies a <u>1.00</u> deduction.

The Chief Judge takes the 1.00 deduction from the Average Score for the performance of a one-arm vault, if at least half of the vault panel saw that only one hand touched the vault table.

**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 Balks. 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.**

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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
	<u>4.50</u> (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	Failure to maintain a stretched body position during jump - Pike - Tuck - Arch
	Up to 0.50	
	Up to 0.30	
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form (flexed/sickled)
	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
General Faults	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 0.30	Insufficient dynamics (speed/power)
	<u>0.50</u>	Fall (onto hands, knees and/or hips) after landing stretch jump on feet first
	(CJ) 0.50	Vaults without signal from Chief Judge (CJ deduct 0.50 from Average of next completed Vault)
	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	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
	Up to 0.50	
	Up to 0.30	
	Up to 2.00	
	<u>1.00</u>	
	Each 0.10	Additional hand placements (taking steps/hops on the hands) Max. 0.30
	Up to 0.10	Incorrect foot form
Post-Handstand Landing	Up to 1.00	Failure to land in a straight-lying position on the back
	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**

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)
	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	Incorrect foot form (flexed, sickled)
	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)
Second Flight Phase	Up to 0.10	Incorrect foot form (flexed, sickled)
	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)

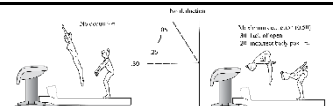
**Xcel Code of Points
VAULT**

SILVER DIVISION VAULT DEDUCTIONS (Continued)

Landing	<u>0.05</u> <u>0.10</u>	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.
	<u>0.10</u>	
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> – <u>0.15</u> (Max. 0.40)	Small or medium Steps (per step)
	Up to 0.10	Arm swings to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Each <u>0.20</u> (Max. 0.40)	Large step or jump (approximately 3 feet or more)
	Up to 0.30 <u>+0.50</u>	Squat on landing (hips even with or lower than knees) Lands Vault in squat position, then falls
		
	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)
	<u>0.50</u>	Support on the landing mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the mat stack
	<u>0.50</u> + <u>2.00</u> = 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	<u>0.50</u> <u>0.50</u>	Assistance of coach upon landing Additional deduction for Fall after assistance by coach
	(CJ) <u>0.50</u>	Vaults without signal from Chief Judge • CJ deducts <u>0.50</u> from average of next completed vault
	<u>2.00</u> (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
	<u>1.00</u>	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
First Flight Phase	Up to 0.10	Incorrect foot form (flexed, sickled)
		Incorrect Leg Form
	Up to 0.10	• Legs crossed
	Up to 0.20	• Legs separated
	Up to 0.30	• Knees bent
		Poor Technique
	Up to 0.30	• Hip angle (Up to 0.20)
	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
Support/ Repulsion Phase	Up to 0.10	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 0.20	
	Up to 0.20	
	Up to 0.20	
	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	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
	No deduction	
	0.05 – 0.25	
	0.30 – 0.50	
	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)
Second Flight Phase	Up to 0.10	Incorrect foot form (flexed, sickled)
	Up to 0.10	Insufficient exactness of LA turn
	Up to 0.10	Under-rotation of salto vaults
		Incorrect Leg Form
	Up to 0.10	• Legs crossed
	Up to 0.20	• Legs separated
	Up to 0.30	• 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)
		Insufficient exactness of body position:
	Up to 0.30	• Insufficient tuck/pike (tuck = min. 90° bend in hip & knee; pike = min. 90° bend in hips)
	Up to 0.30	• Insufficient stretch (ideal = 180°, but > than 135° is considered stretched position)
	Up to 0.30	• Insufficient stretched position (hip angle 136° - 179°)
	Up to 0.30	• 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

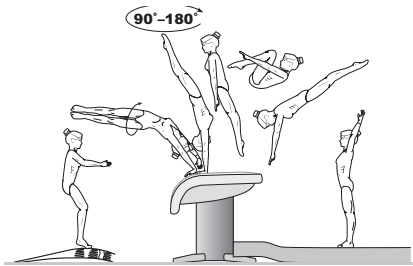
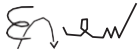


GROUP 3

Handspring with 1/4 to 1/2 turn (90°–180°) in entry phase (Tsukahara entry)

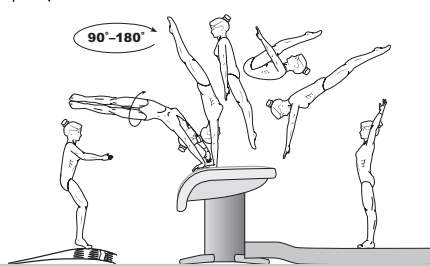
3.201

Tsukahara Tucked



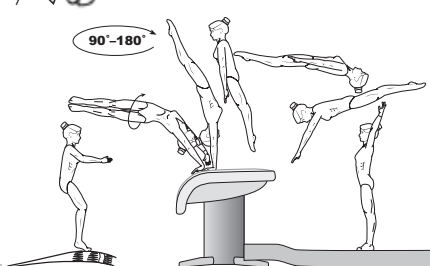
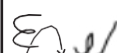
3.303

Tsukahara Piked



3.304

Tsukahara Stretched



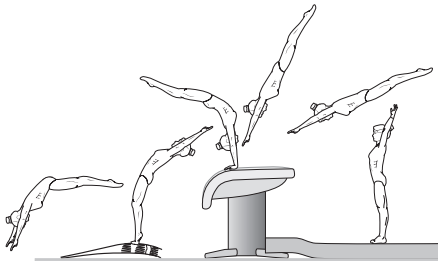
GROUP 4

Round-off entry phase (Yurchenko entry)

Handspring with or without LA turn in second flight phase OR Salto backward in second flight phase.

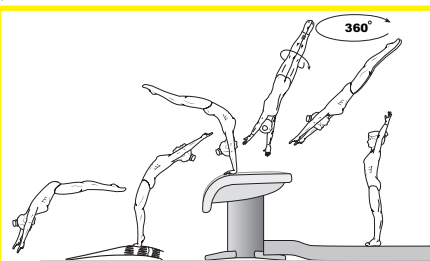
4.101

Round-off, flic-flac on – Repulsion off



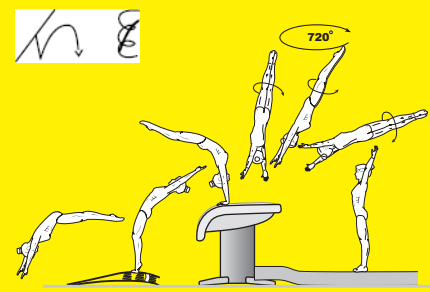
4.201

Round-off, flic-flac on – 1/1 turn (360°) off



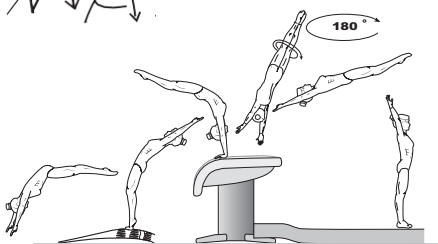
4.301

Round-off, flic-flac on – 2/1 (720°) turn off (Allen - 2/1 turn)



4.102

Round-off, flic-flac on – Repulsion off with 1/2 (180°) turn



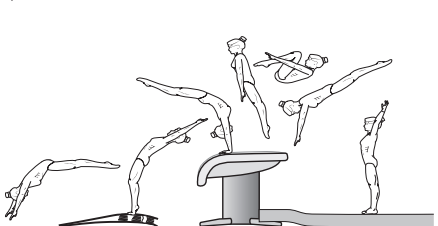
4.202

Round-off, flic-flac on – 1 1/2 turn (540°) off (Allen - 1 1/2 turn)



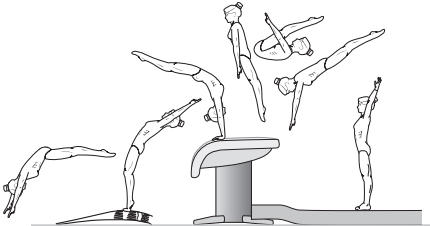
4.203

Round-off, flic-flac on – salto backward Tucked off



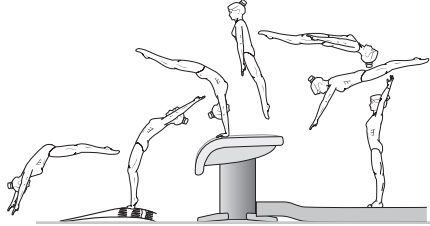
4.304

Round-off, flic-flac on – salto backward Piked off



4.305

Round-off, flic-flac on – salto backward Stretched off



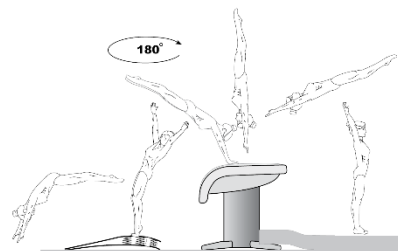
**Xcel Code of Points
VAULT ELEMENTS**

GROUP 5

**Round-off with 1/2 or 1/1 turn (180°–360°) in entry phase
Handspring with or without LA turn in second flight phase.**

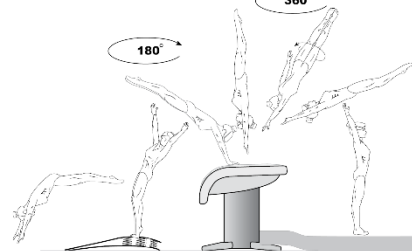
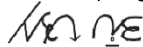
5.101

Round-off, flic-flac with ½ turn (180°) on – Handspring off



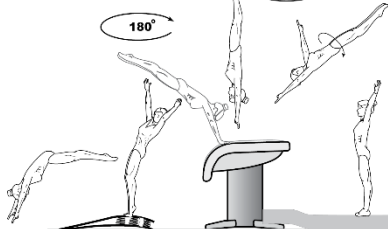
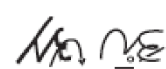
5.201

Round-off, flic-flac with ½ turn (180°) on – Handspring 1/1 turn (360°) off



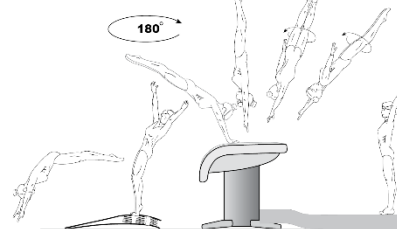
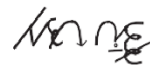
5.102

Round-off, flic-flac with ½ turn (180°) on – Handspring ½ turn (180°) off



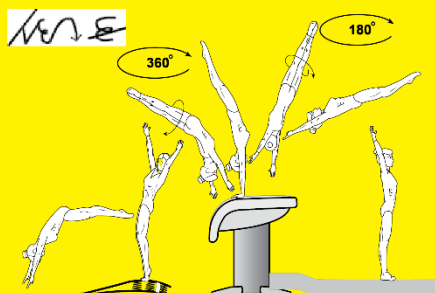
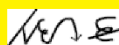
5.202

Round-off, flic-flac with ½ turn (180°) on – Handspring 1½ turn (540°) off



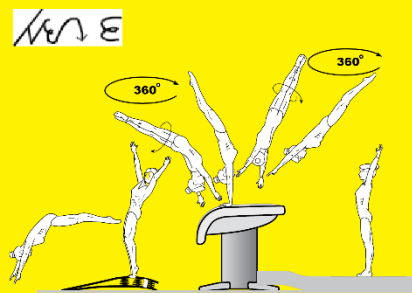
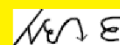
5.107

Round-off, flic-flac with 1/1 (360°) turn on – 1/2 (180°) turn off



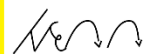
5.207

Round-off, flic-flac with 1/1 (360°) turn on – 1/1 (360°) turn off



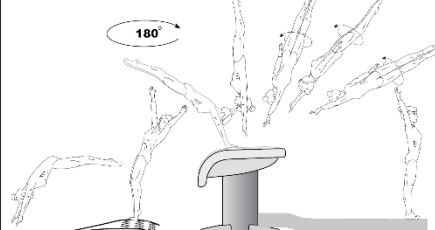
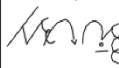
5.108

Round-off, flic-flac with 1/1 (360°) turn on – repulsion off



5.312

Round-off, flic-flac with ½ (180°) turn on – 2/1 (720°) turn off



Xcel Code of Points
UNEVEN BARS

III. SPECIAL REQUIREMENT CLARIFICATIONS

A. Clarifications applied to ALL Divisions

1. Skill preceded by a cast:
 - a. When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit.
 - 1) Exceptions:
 - These skills may **not** be used to fulfill the cast/clear support angle special requirement and receive one (1) "A" Value Part in ALL Divisions.
 - (i) Cast squat, stoop, or straddle on
 - (ii) Cast shoot through
 - (iii) Cast off to stand (An element for Bronze only).
 - A mount or dismount may not be used to fulfill the cast /clear support angle special requirement.
2. Cast/Clear Support Special Requirement Angle: Any cast/clear support element that is within 10° of the Division angle for Bronze-Diamond and 20° of the Sapphire requirement will receive VP and SR. Refer to Bars Chapter 3 Deductions for further information.
 - a. Casts: A 0.10 amplitude deduction is applied to any cast that does not meet the Division angle requirement.
 - b. Clear Support Element: Amplitude deduction and VP applied to the element performed as applicable within the Division.
 - c. By Division
 - 1) Bronze: Division does not have an angle requirement. The 0.10 amplitude deduction does not apply.
 - 2) Silver-Diamond: SR credit will be awarded for the cast/clear support angle within 10° of the Division's specified angle.
 - A deduction of 0.10 will be applied for amplitude of casts 1-10° below the requirement.
 - 11° or more below the requirement will not receive SR credit. The cast angle deduction will apply.
 - Clear support elements may receive amplitude deductions related to the specific element (for clear hips, other circles, etc.) as applicable within the Division.
 - 3) Sapphire: SR credit will be awarded for the cast/clear support angle within 20° of the Sapphire specified angle.
 - No deduction will be applied for 1-10° below the requirement and is considered meeting the Division angle requirement.
 - A deduction of 0.10 will be applied for amplitude of casts for 11-20° below the requirement.
 - Casts of 21° or more below the requirement will not receive SR credit. A deduction of 0.10 will be applied for Insufficient amplitude of Cast for the Angle Special Requirement.
 - Clear support elements may receive amplitude deductions related to the specific element (for clear hips, other circles, etc.) as applicable within the Division.
 - d. The Development Program (Dev DP) cast angle deductions will not be used in any Division.
3. Restricted Skills: Restricted skills receive a deduction of 0.50 each and do not receive VP or SR credit.
 - a. Elements are Restricted based upon their Value as listed in the Xcel Code of Points, not based on the quality/amplitude of the performance.
4. More than one Special Requirement may be fulfilled by one Skill/Value Part element, unless otherwise specified.

B. Clarifications applied to Specific Xcel Divisions

CLARIFICATION BY DIVISION	
Gold	1. SR #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. a) Since SR 2/3 are listed together, a deduction of <u>0.50</u> is applied for each missing circle up to a maximum of <u>1.00</u> deduction. b) The same 360° circling skill, if performed more than one time, may only be used to fulfill SR #2 and #3 if they are directly connected OR with one performed on LB and one performed on HB. Two back hip circles on the same bar that are NOT directly connected would NOT fulfill the SR. c) Circle elements with the same element number (same element box) that are in a different direction are considered different for meeting SR 2/3. Example: Element #7.101 Front hip circle / Back hip circle. 2. No giants are allowed (LB or HB). 3. No release skills with a bar change are allowed.
Platinum	1. A long hang pullover is considered a 360° circling skill only if preceded by a cast. 2. Clear hip circle to handstand, back stalder to handstand and pike sole circle to handstand receive "B" VP credit (All without turn). 3. One (1) tap or underswing - counterswing is allowed for VP credit. Any others will incur an extra swing deduction-<u>0.30</u>.
Diamond	1. The same minimum "B" 360° circling skill, if performed more than one time, may be used to fulfill SR #2 and #3 2. Any tap or underswing - counterswing will receive an extra swing deduction. 3. Two SRs may be fulfilled with one skill, unless stated otherwise. – Example - A cast to handstand with 1/2 (180°) turn fulfills SR #1 and #3. 4. Special Requirement #3: a. Release: Release can occur in the mount but not dismount. b. Turn: Turn CANNOT occur in either the mount or the dismount. A turn can also include a pirouette. c. Circling Skill: Same or Different from SR 2: Not the mount or the dismount

Xcel Code of Points
UNEVEN BARS

CLARIFICATION BY DIVISION (Continued)	
Sapphire	1. Special Requirement #3: a. Circling Skill 1) Different from SR#2: - A Clear hip circle on the low bar and a Clear hip circle on the high bar are NOT considered different skills for Special Requirement fulfillment, even if they have different exit or entrance. - Different circling skills have either a different number in the <i>CoP</i>, or are performed with a different degree of turn, or are performed on 1 or both arms. 2) Not the mount or the dismount. b. Release: Release can occur in the mount but not dismount. c. Turn: 1) Turn CANNOT occur in either the mount or the dismount. 2) A pirouette may fulfill the turn Special Requirement.

IV. DIFFICULTY RESTRICTIONS

A. Restricted Elements: Elements are Restricted based upon their Value as listed in the Xcel Code of Points not based on the quality/amplitude of the performance.

B. If a restricted element is performed: (All Divisions)

- Deduct 0.50 from SV
- Do not award Value Part credit
- The element cannot be used to fulfill Special Requirements
- All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value Part credit.

DIFFICULTY RESTRICTIONS BY DIVISION	
Division	Restrictions
Bronze	Only allowable "A" elements are allowed. - The following "A" VPs are <u>NOT</u> Allowed in the Bronze Division: - LB Giants - Salto Dismounts - Skills on the high bar "B" or higher VP elements are <u>NOT</u> allowed.
Silver	Only allowable "A" elements are allowed. - The following "A" VPs are <u>NOT</u> Allowed in the Silver Division: - LB Giants - Salto Dismounts "B" or higher VP elements are <u>NOT</u> allowed.
Gold	Only "A" elements, and allowable "B" elements are allowed. - The following "B" VPs are <u>NOT</u> allowed in the Gold Division: - Giants (LB or HB) - Release moves with bar change "C" or higher VP elements are <u>NOT</u> allowed.
Platinum	Only "A" and "B" VP elements are allowed. "C" or higher VP elements are <u>NOT</u> allowed. - Exceptions: The following "C" circle skills are allowed, receive "B" value and may fulfill Special Requirement: - Clear Hip Handstand (no turn) #3.304 - Stalder backward to Handstand (no turn) #6.304 - Pike Sole Circle backward to Handstand (no turn) #7.309
Diamond	Only "A", "B", "C" and one (1) "D" VP elements are allowed. No bonus is awarded for a "D" element. "E" VP elements and/or more than one "D" VP elements are <u>NOT</u> allowed.
Sapphire	Only "A", "B", "C", and "D" VP elements are allowed. "E" VP elements are <u>NOT</u> allowed.

Xcel Code of Points
UNEVEN BARS

V. ROUTINE EXAMPLES

The following provides sample bar routines for each Division. The Value part (VP) and Special Requirement (SR) is provided for each routine element as applicable. **Refer to Uneven Bars – 29 for Sapphire routine examples.**

- 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.
- These routines are examples for value part, special requirements, and start value only. They may include other deductions like extra swings.**

BRONZE – ROUTINE EXAMPLES					
MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Pullover (LB)	1.003a	A	SR1	• Meet Special Requirements- Yes • Meet Value Parts – Yes • Start Value - 10.0
	Cast (Hips leave bar)	2.001	A	SR2	
	Back Hip Circle	7.101	A	SR3	
	Underswing clear to stand (dismount from LB)	8.006 8.101	A	SR4	
2	Jump to Front Support (LB)	1.001	A	SR1	• Meet Special Requirements – Yes • Meet Value Parts – Yes • Start Value - 10.0
	Front Hip Circle	7.101	A	SR3	
	Cast (Hips leave bar)	2.001	A	SR2	
	Cast to Squat on	2.102	A		
	From squat position on LB - Stretch jump off to stand	8.004	A	SR4	
3	Single leg jam kip (from glide or run)	1.006	A	SR1	• Meet Special Requirements – Yes • Meet Value Parts – Yes • Start Value - 10.0
	Stride Circle backwards	7.004	A	SR3	
	Single leg swing backward	7.001	A		
	Cast (Hips leave bar)	2.001	A	SR2	
	Cast straddle on	2.102	A		
	Underswing dismount from LB (Sole circle)	8.006 8.101	A	SR4	
DO NOT MEET SPECIAL REQUIREMENTS (SR) AND/OR VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Glide swing to stand	1.004	A		• Meet Special Requirements – No, missing SR2 and SR3 • Meet Value Parts – No, missing 1 “A” VP • Start Value – 8.9 (0.50 for each missing SR, 0.10 for missing “A” VP)
	Jump to Front Support	1.001	A	SR1	
	¾ forward circle to stand	8.002	A	SR4	
2	Single leg jam kip (from glide or run)	1.006	A	SR1	• Meet Special Requirements – No, missing SR 2 – Cast requirement cannot be in the mount or dismount • Meet Value Parts – Yes • Start Value – 9.5 (0.50 for missing SR)
	Stride Circle backwards	7.004	A	SR3	
	Single leg cut backward	7.002	A		
	Cast off to stand dismount	8.001	A	SR4	
3	Jump to clear support, immediate back hip circle	1.109	A	SR1	• Meet Special Requirements – No, missing SR 3. - 360 circling element cannot be in mount or dismount. Missing SR2 – The cast shoot through may not be used to meet SR2 – See Special requirement clarifications (Bars Chapter 1, III. Special Requirement Clarifications - Letter A.) • Meet Value Parts – Yes • Start Value – 9.00 (0.50 for each missing SR)
	Cast shoot thru	2.002	A		
	Single leg basket swing backward	7.003	A		
	Single leg swing backward	7.001	A		
	Cast to Squat on	2.102	A		
	From squat position on LB - Stretch jump off to stand	8.004	A	SR4	

Xcel Code of Points
UNEVEN BARS

SILVER - ROUTINE EXAMPLES					
MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Glide swing to stand (LB)	1.004	A	SR1	• Meet Special Requirements- Yes • Meet Value Parts – Yes • Start Value - 10.0
	Pullover to front support (LB)	1.003a	A		
	Cast (to 45° below horizontal)	2.001	A	SR2	
	Back Hip Circle	7.101	A	SR3	
	Underswing clear to stand (dismount from LB)	8.006 8.104	A	SR4	
2.	Pullover (LB)	1.003a	A	SR1	• Meet Special Requirements – Yes (SR2 is met because the cast can be within 10° of the specified cast angle and receive SR credit and VP credit. An amplitude deduction of <u>0.10</u> will be applied - not taken from start value.) • Meet Value Parts – Yes • Start Value - 10.0
	Cast (to 50° below horizontal)	2.001	A	SR2	
	Back Hip Circle	7.101	A	SR3	
	Cast to Squat, jump to high bar	2.102	A		
	Tap Swing, Counter Swing	2.003	A		
	Tap swing ½ turn dismount	8.005	A	SR4	
3	Single leg jam kip (from glide or run) (LB)	1.006	A	SR1	• Meet Special Requirements – Yes The cast angle exceeds the minimum requirements of silver for SR2. • Meet Value Parts – Yes • Start Value - 10.0
	Stride Circle backwards	7.004	A	SR3	
	Single leg swing backward	7.001	A		
	Cast (to horizontal)	2.001	A	SR2	
	Cast straddle on	2.102	A		
	Underswing dismount from LB with toes on in a straddle position (Sole circle)	8.006 8.104	A	SR4	
DO NOT MEET SPECIAL REQUIREMENTS (SR) AND/OR VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Pullover to front support (LB)	1.003a	A	SR1	• Meet Special Requirements – No, missing SR 2 – The cast shoot through may not be used to meet SR2 – See Special requirement clarifications (Bars Chapter 1, III. Special Requirement Clarifications - Letter A.) • Meet Value Parts – Yes • Start Value – 9.5 (<u>0.50</u> for missing SR)
	Cast shoot through	2.002	A		
	Stride Circle forward	7.004	A	SR3	
	Single leg cut forward	7.002	A		
	¾ back seat circle dismount (piked)	8.003	A	SR4	
2	Single leg jam kip (from glide or run) (LB)	1.006	A	SR1	• Meet Special Requirements – No, missing SR 2 – The cast to squat may not be used to meet SR2 – See Special requirement clarifications (Bars Chapter 1, IV. Special Requirement Clarifications - Letter A. 1. b.) within the next section. • Meet Value Parts – Yes • Start Value – 9.50 (<u>0.50</u> for missing SR)
	Stride Circle backwards	7.004	A	SR3	
	Single leg swing backward	7.001	A		
	Cast squat on	2.102	A		
	Underswing dismount from LB with toes on in a pike position (Pike sole circle)	8.006 8.104	A	SR4	
3	Pullover (LB)	1.003a	A	SR1	• Meet Special Requirements – No, missing SR 3 – No 360° Circling Skill • Meet Value Parts – Yes • Start Value – 9.50 (<u>0.50</u> for missing SR)
	Cast (to 45° below horizontal)	2.001	A	SR2	
	Cast to Squat on, jump to high bar	2.102	A		
	Tap Swing, counter swing	2.003	A		
	Tap swing fwd with ½ turn dismount	8.005	A	SR4	

Xcel Code of Points
UNEVEN BARS

GOLD - ROUTINE EXAMPLES					
MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Glide swing to stand (LB)	1.004	A		• Meet Special Requirements- Yes • Meet Value Parts – Yes • Start Value - 10.0
	Pullover	1.003a	A		
	Cast (to horizontal)	2.001	A	SR1	
	Back Hip Circle	7.101	A	SR2	
	Back Hip Circle	7.101	A	SR3	
	Cast to Squat on, jump to high bar	2.102	A		
	Tap Swing, Counter Swing	2.003	A		
	Tap swing ½ turn dismount	8.005	A	SR4	
2.	Pullover (LB)	1.003a	A		• Meet Special Requirements – Yes Should the clear hip circle element end in clear support at horizontal it may have also been used to fulfill SR2. • Meet Value Parts – Yes, the “B” element may also be used to fulfill a lower VP if needed • Start Value - 10.0
	Cast (to horizontal)	2.001	A	SR1	
	Clear hip circle to clear support (ending below horizontal)	3.204	B	SR2	
	Glide kip	1.101	A		
	Cast to Squat on, jump to high bar	2.102	A		
	Long Hang Pullover	7.005	A	SR3	
	Cast (to 30° below horizontal)	Not an element			
	Fly away (tucked)	8.103	A	SR4	
3	Glide kip (LB)	1.101	A		• Meet Special Requirements – Yes (SR1 is met because the cast can be within 10° of the specified angle and receive SR credit and VP credit. An amplitude deduction of 0.10 will be applied - not taken from start value.) (SR3 - A long hang pullover from the low bar is considered a circling skill for Gold.) • Meet Value Parts – Yes • Start Value - 10.0
	Cast (to 5° below horizontal)	2.001	A	SR1	
	Back Hip Circle	7.101	A	SR2	
	Cast to Squat on, jump to high bar	2.102	A		
	Long Hang Pullover	7.005	A	SR3	
	Underswing (clear support) dismount to stand (from HB)	8.101	A	SR4	
4	Pullover (LB)	1.003a	A		• Meet Special Requirements - Yes (Note: Both back hip circles receive VP and SR because there is a different exit) • Meet Value Parts – Yes • Start Value – 10.0 Remove
	Cast (to horizontal)	2.001	A	SR1	
	Back Hip Circle	7.101	A	SR2	
	Cast (to horizontal)	2.001	A		
	Back Hip Circle	7.101	A	SR3	
	Cast to Squat on, jump to high bar	2.102	A		
	Tap swing ½ turn dismount	8.005	A	SR4	
DO NOT MEET SPECIAL REQUIREMENTS (SR) AND/OR VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Pullover (LB)	1.003a	A		• Meet Special Requirements – No, missing SR 1. • Meet Value Parts – No, missing 1 “A” element • Start Value – 9.40 (0.50 for each missing SR, 0.10 for missing “A”)
	Cast (to 25° below horizontal)	Not an element			
	Back Hip Circle	7.101	A	SR2	
	Cast (to 15° below horizontal)	Not an element			
	Cast to Squat on, jump to high bar	2.102	A		
	Long hang pullover	7.005	A	SR3	
	Cast (to 30° below horizontal)	Not an element			
	Underswing (clear support) dismount to stand (on HB)	8.101	A	SR4	
2	Glide kip (LB)	1.101	A		• Meet Special Requirements – No, missing SR 2/3 – Only one circling element • Meet Value Parts – Yes • Start Value – 9.50 (0.50 for missing SR)
	Cast (to horizontal)	2.001	A	SR1	
	Back Hip Circle	7.101	A	SR2	
	Cast to Squat on, jump to high bar	2.102	A		
	Tap Swing, Counter Swing	2.003	A		
	Tap swing ½ turn dismount	8.005	A	SR4	
3	Glide kip (LB)	1.101	A		• Meet Special Requirements – No, missing SR1 and SR 2/3 – Only one circling element • Meet Value Parts – No, missing 1 “A” elements • Start Value – 8.90 (0.50 for each missing SR, 0.10 for missing “A”)
	Cast to Squat, jump to high bar	2.102	A		
	Long Hang Kip	1.101	A		
	Cast (to 15° below horizontal)	Not an element			
	Back Hip Circle	7.101	A	SR2	
	Cast (to 30° below horizontal)	Not an element			
Fly away (tucked)	8.103	A	SR4		

Xcel Code of Points
UNEVEN BARS

PLATINUM - ROUTINE EXAMPLES					
MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Glide kip (LB)	1.101	A	SR3	• All Special Requirements- Yes • All Value Parts – Yes • Start Value - 10.0
	Cast to Squat on, jump to high bar	2.102	A		
	Long Hang Kip	1.101	A		
	Cast (above horizontal)	2.001	A	SR1	
	Long hang pullover (from clear support)	4.102	A	SR2	
	Underswing Tap Swing, Counter Swing	2.003	A		
	Fly away (tucked) with 180° twist	8.203	B	SR4	
2.	Glide kip (LB)	1.101	A	SR3	• All Special Requirements – Yes • All Value Parts – Yes, the clear hip circle for Platinum receives “B” VP credit. The glide kip as a mount is considered a different element from a glide kip within the exercise. Therefore, the kips within the exercise may both be counted as “A” VP. • Start Value - 10.0
	Cast (above horizontal)	2.001	A	SR1	
	Clear hip circle to handstand	3.304	B	SR2	
	Glide kip	1.101	A		
	Cast to Squat, jump to high bar	2.102	A		
	Long Hang Kip	1.101	A		
	Cast (above horizontal)	2.001	A		
	Underswing, Counter Swing	2.003	A		
Fly away (layout)	8.103	A	SR4		
3	Glide kip (LB)	1.101	A	SR3	• All Special Requirements – Yes • All Value Parts – Yes • Start Value - 10.0 <i>This routine would receive a 0.30 extra swing deduction.</i>
	Cast (to above horizontal)	2.001	A	SR1	
	Back Hip Circle	7.101	A	SR2	
	Cast to Squat on, jump to high bar	2.102	A		
	Long Hang Kip	1.101	A		
	Cast (to above horizontal)	2.001	A		
	Toe on Underswing (clear support) with 1 ½ twist dismount to stand	8.201	B	SR4	
DO NOT MEET SPECIAL REQUIREMENTS (SR) AND/OR VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Glide Kip (LB)	1.101	A	SR3	• All Special Requirements – No, missing SR1 • All Value Parts – No, missing 1 “A” and 1 “B” element • Start Value – 9.10 (0.50 for missing SR, 0.10 for missing “A”, 0.30 for missing “B”) <i>This routine would receive a total of 0.50 deduction for extra swings. See Uneven Bars-23 – C.2.a.</i>
	Cast (to 25° below horizontal)	Not an element			
	Back Hip Circle	7.101	A	SR2	
	Cast (to 15° below horizontal)	Not an element			
	Cast to Squat on, jump to high bar	2.102	A		
	Long Hang Kip	1.101	A		
	Cast (to 30° below horizontal)	Not an element			
Underswing (clear support) dismount to stand (from HB)	8.101	A	SR4		
2	Glide kip (LB)	1.101	A	SR3	• All Special Requirements – Yes • All Value Parts – No, missing “B” element • Start Value – 9.7 (0.30 for missing “B”) <i>This routine would receive a 0.30 extra swing deduction.</i>
	Cast (to above horizontal)	2.001	A	SR1	
	Back Hip Circle	7.101	A	SR3	
	Cast to Squat on, jump to high bar	2.102	A		
	Tap Swing, Counter Swing	2.003	A		
	Fly away (tuck)	8.103	A	SR4	
3	Glide kip (LB)	1.101	A	SR3	• All Special Requirements – No, missing SR2 • All Value Parts – No, missing 2 “A” elements • Start Value – 9.30 (0.50 for missing SR, 0.10 for each missing “A”) <i>This routine would receive a 0.30 extra swing deduction.</i>
	Cast (to above horizontal)	2.001	A	SR1	
	Cast to Squat on, jump to high bar	2.102	A		
	Long Hang Kip	1.101	A		
	Cast (below horizontal)	Not an element			
	Fly away (layout) with 360° twist	8.203	B	SR4	

Xcel Code of Points
UNEVEN BARS

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

1. If the elements finish with a different grip position.
2. If the elements are performed with legs together or separated (not to include saltos)

Examples of Elements Considered the Same for the Counting of VP	
Criteria	Example
If the elements finish with a different grip position.	• #2.301 Cast handstand with ½ turn in handstand and Cast to handstand with ½ turn in handstand to L-grip are considered the same element. • Finishing in a different grip does <u>not</u> make an element different ((Unless listed as a different number in the code)
If the elements are performed with legs together or separated (not to include saltos)	• #5.302 Giant circle forward with legs straddled with ½ turn and Giant circle forward with legs together and ½ turn are considered the same element. • Cast to handstand with legs together or cast to handstand with legs straddled are considered the same element. • A Glide kip with legs straddled or together are considered the same element

D. If a swing forward or backward reaches the handstand phase (within 20° of vertical), it will be considered a separate element. (i.e., Backward Giant, Forward Giant)

E. Awarding VP Credit When a fall occurs while performing a Release Element Consider:

1. During the performance of a release, the gymnast grasps or touches the bar with one or two hands and then falls:
 - a. VP is awarded
 - b. Execution and amplitude errors are taken in addition to the fall.
 - c. SR will be fulfilled, if applicable.
2. During the performance of a release element, the gymnast's hand(s) never grasps or touches the bar:
 - a. Element is considered incomplete; therefore, VP credit is not awarded.
 - b. Execution and amplitude errors are taken in addition to the fall.
 - c. The element cannot be used to fulfill Special Requirements.
 - d. The gymnast may repeat the element. If performed successfully, VP credit is awarded, as well as SR credit, if applicable.

F. Awarding VP credit when a fall occurs while performing dismount element:

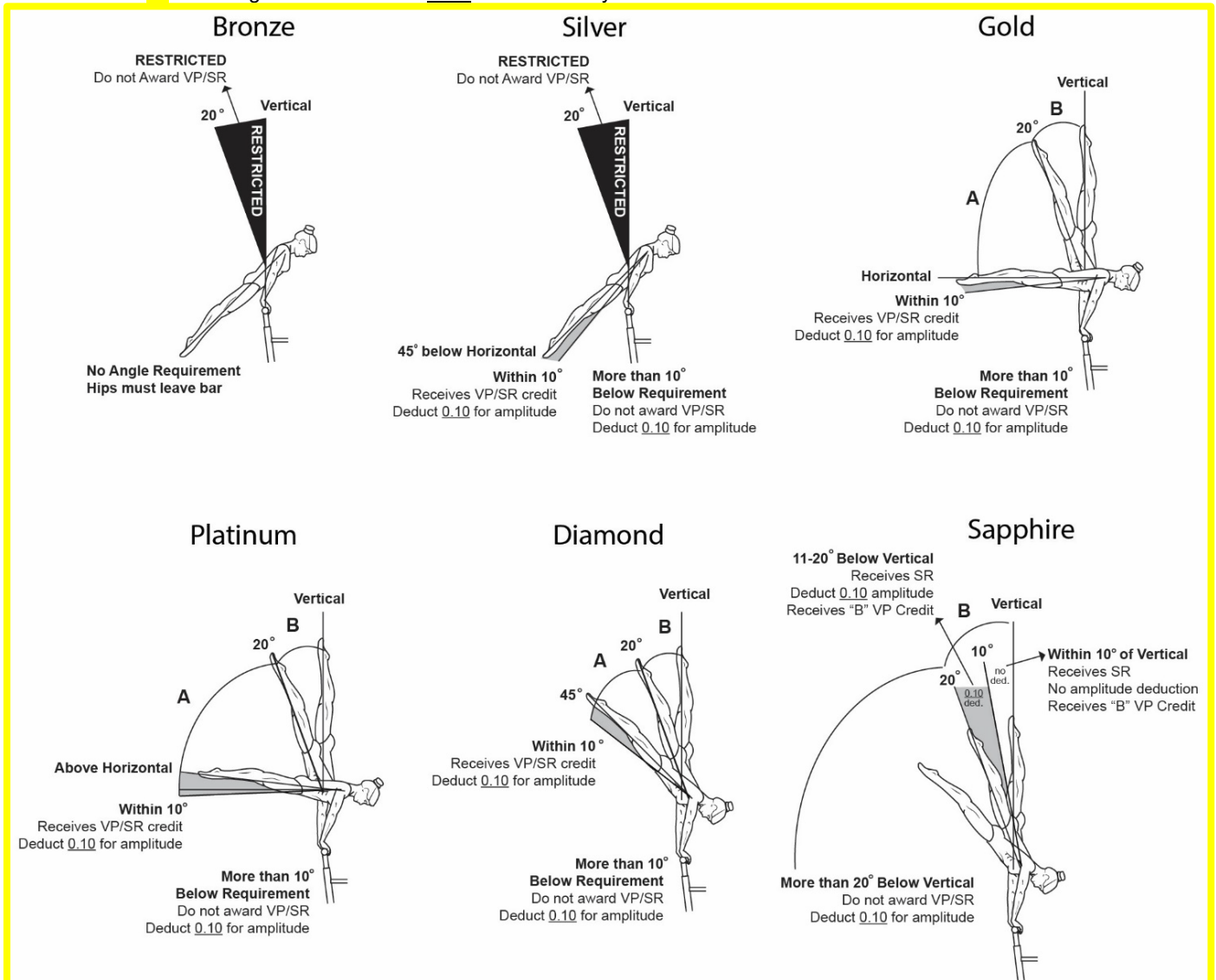
1. If the gymnast lands on the hands and bottoms of the feet simultaneously, award VP credit and deduct **0.50** for the fall.
2. If the gymnast falls on the dismount without landing on the bottom of the feet first, Value Part credit is not awarded, and a **0.50** deduction is taken for missing the dismount SR.
3. Fall on a Salto dismount without landing on the bottom of the feet first for Gold, Platinum, Diamond, and Sapphire Divisions:
 - a. Do NOT award Value Part credit and deduct **0.50** for the Fall
 - b. If salto was initiated, do not take additional **0.30** for No dismount.
 - c. If salto was NOT initiated, deduct an additional **0.30** from Start Value for No Dismount.

G. Required Technique for the Recognition of VPs

1. **Evaluating angle of the body**
 - a. If there is a shoulder angle, look at the line from the shoulders through the mid-point of the lowest body part.
 - b. When there is no shoulder angle (such as the ending of a clear hip circle nearing handstand phase), look at the line from the hands through the mid-point of the lowest body part.
 - c. In the case of casts and back uprisers with straddled legs, the angle of completion is determined when the hips are extended and/or legs are joined.
 - d. If hips are extended, but the legs are not fully together at the peak of the cast or uprise, a deduction for leg separation is applied.
2. **Casts/Skills finishing in clear support:** Refer to Bars Chapter 3: Deductions for further information related to angle deductions and value part credit for casts and skills ending in a clear support.
 - a. Angle Requirements: (Silver-Diamond: within 10° of the requirement will receive VP/SR credit / Sapphire: within 20° of the requirement will receive VP/SR credit)
 - 1) Bronze: Cast, No angle requirement, hips must leave bar (not mount or dismount)
 - 2) Silver: Cast to a minimum of 45° below horizontal (not mount or dismount)
 - 3) Gold: Horizontal requirement - Skill finishing in a clear support at a minimum of horizontal (not in the mount or dismount)
 - 4) Platinum: Above Horizontal requirement - Skill finishing in a clear support above horizontal (not in the mount or dismount)
 - 5) Diamond: 45° from Vertical or Above requirement - Skill finishing in a clear support at a minimum of 45° from vertical (not in the mount or dismount)
 - 6) Sapphire: Vertical - Skill finishing in a clear support at vertical (not in the mount or dismount)

Xcel Code of Points UNEVEN BARS

- b. Amplitude Deduction: A 0.10 amplitude deduction applies to **casts only**. It does not apply to the amplitude of circling elements. For those elements judges would use the amplitude deductions applicable for each Division.
- 1) **Silver-Diamond:** Any cast/clear support element that is within 10° of the Division angle requirement will receive VP and SR credit.
 - **Cast:**
 - (i) A 0.10 deduction will be applied for amplitude for **casts** 1-10° below the **cast/clear support** requirement.
 - (ii) 11° or more below the requirement will not receive VP/SR. **Apply the 0.10 angle deduction.**
 - **Clear support element:**
 - (i) Clear support elements will receive any amplitude and Value Part deduction applied (as applicable to the Division) to the specific element performed only (as specified within the Amplitude section).
 - 2) **Sapphire:** Any cast/clear support element that is within 20° of the Division angle requirement will receive VP and SR credit.
 - **Cast:**
 - (i) No deduction is applied for 1-10° below the requirement.
 - (ii) A 0.10 deduction will be applied for amplitude for casts 11-20° below the requirement.
 - (iii) A 0.10 deduction will be applied for amplitude for casts 21° below the requirement.
 - **Clear Support:**
 - (i) Clear support elements will receive any amplitude and Value Part deduction applied to the specific element performed only (as specified within the Amplitude section).
- c. **Dev** Cast Angle Deductions will **NOT** be used in any Division



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)

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

4. Uprises to Handstand (#2.303)

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

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

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

6. Elements with Flight arriving in Handstand on Low Bar

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

7. Circles to Handstand and Circles/Swings to Handstand

(Circles: Clear Hip, Stalder, Pike Sole Circle, Clear Pike Sole Circle, Weiler Kip, etc.)

- a. If the handstand position is achieved within 20° of vertical, award the VP as listed in the Xcel Code of Points.
 - 1) 0° - 10° from vertical – No deduction (Restricted Skill at Gold)
 - 2) Deduct 0.05 if the handstand is between 11° to 20° of vertical (Diamond/Sapphire Divisions Only).
 - 3) No angle deduction in Platinum Division, when higher VP is a "C" because they can only receive credit for "B" VP Circles.
 - 4) Deduct 0.50 for a restricted element. Exceptions: Clear Hip to handstand, Stalder backward to handstand and Pike sole circle backward to handstand (All with no turn) are allowable "C's."
- b. If the angle achieved is between 21° - 45° of vertical, award the lower VP (if applicable) as listed in the Xcel Code of Points.
 - 1) No deduction for insufficient handstand angle would be applied.

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

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 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), 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.

Xcel Code of Points
UNEVEN BARS

- B. Bandages, Hand/Wrist Guards, etc.** are allowed, but must be securely fastened. A broken or completely torn handgrip will be treated as equipment failure and the gymnast has the right **to repeat the exercise or** continue from the point of interruption.
- Bandages, etc. that become loose or unfastened do not constitute equipment failure; therefore, no **option to continue the exercise from point of interruption repetition of the exercise** is allowed.
- C. Appropriate attire** for gymnasts is found in the Rules and Policies **Chapter one, section two**. The deduction for incorrect attire is 0.20, taken at the next event after the warning has been issued.

IV. TIMING REGULATIONS

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

- The gymnast is allowed a 30-second touch warm-up time.
 - Setting of the bars and/or board is not included in the 30-second touch warm-up time.
 - A warning will be called with 10 seconds remaining. Time will be called at 30 seconds.
 - If the gymnast continues to warm-up after a warning is issued, the Chief Judge deducts 0.20 from the average score.
 - Note: If the gymnast is preparing for a skill, allow her to complete the skill.
- Immediately prior to performing the exercise, the gymnast may run and jump onto the board and briefly touch the bars without penalty.
 - The deduction for exceeding the warm-up time 0.20 would be taken by the Chief Judge only in the instance that the gymnast actually practices an element.

B. Timing of Fall

- The gymnast is allowed 45 seconds to re-mount the bar after a fall.
- If the gymnast does not re-mount within 45 seconds, the exercise is terminated.
 - The fall time begins when the gymnast stands back up on her feet.
 - If an injury occurs, fall time begins after medical assessment is complete.**
 - The 45-second fall period stops when the gymnast leaves the floor to re-mount in preparation to resume her routine
- While off the apparatus following a fall and once the gymnast is standing on her feet, a warning will be communicated at:
 - The Timer gives notification of "20 seconds remaining" and "10 seconds remaining" in the Fall Time.
 - "Time" is called at 45 seconds.

V. BAR FALL REGULATIONS

- A. The gymnast may chalk up and adjust her grips** during the fall time, but she may not go outside of the competition area.
- B. 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.
- C. If the gymnast falls from the apparatus and does not re-mount** to finish the exercise with a dismount element:
- Deduct 0.50 for the fall.
 - Deduct 0.50 from the Start Value for the missing Dismount Special Requirement.
 - ~~Deduct 0.30 from the Start Value for No Dismount.~~
 - Deduct for any other missing Special Requirements.
 - Deduct for VPs missing, if applicable.
 - A Courtesy Score of 4.0 may be awarded for an extremely short routine, due to injury or unusual circumstances. Common sense should prevail.
- D. After a fall, the gymnast is allowed to jump (or be lifted) to the low bar or high bar.**
- In order to resume the routine after a fall, a coach may assist the gymnast onto the bar, regardless if the remounting skill was a value part listed in the Xcel Code of Points, with no deduction.**
 - Maximum of 2 pump swings to initiate momentum to resume the exercise without penalty.
 - If more than two pump swings are taken, a 0.30 deduction would be applied to the third and to the fourth pump (extra) swing(s). (Applies to Platinum, **and** Diamond, **and** Sapphire only.)
 - The maximum deduction for consecutive extra swings is 0.50.
 - If the gymnast jumps or is lifted to the high bar, the coach may push the gymnast to initiate her swing without penalty.

Xcel Code of Points
UNEVEN BARS

- E. Judging Resumes:** After a fall from the bars, judging resumes with the first element/value part allowed and performed at their Division.
1. A coach may assist the gymnast onto the bar, regardless if the remounting skill was a value part listed in the *Xcel Code of Points*, with no deduction.
 2. **Example:** If, after a fall, a **Gold** gymnast re-mounts with a glide kip, then stops in a front support to crawl up to stand on the low bar, take 0.10 for lack of continuity.
- F. Cast Squat On fall backwards:** If, when executing a cast-squat on, the gymnast falls backward, but stays on the bars to continue with a glide kip, do NOT consider it a fall. Apply applicable execution deductions, such as bent arms/legs, touch of mat with feet, etc.

VI. SPOTTING REGULATIONS

- A. 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).
 6. If the spot occurs on the dismount element, even though it receives no VP credit, do not deduct 0.30 from the Start Value for no dismount.
- B. If the coach spots the gymnast upon landing of the dismount:**
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).
- C. If the coach inadvertently touches the gymnast without assisting:**
1. Each judge deducts 0.50 for the spot.
 2. VP credit is awarded.
 3. SR credit is awarded.
 4. No Bonus awarded (Sapphire).
- D. If the coach catches a falling gymnast,** do not deduct for the spot; deduct 0.50 for the fall ONLY.
- E. There is no penalty if the gymnast inadvertently touches the coach.**
- F. When a raised surface is necessary for spotting release moves:** It is recommended that a spotting block(s) or folded mat(s) be used; however, there is no penalty for the coach standing on the mounting apparatus, provided that the mounting apparatus (or spotting device(s)) is/are removed immediately after the release move is performed.
1. If the spotting device is not removed, the Chief Judge takes a deduction of 0.30 from the Average Score.
 2. The coach may not use chairs or other items that are not produced by a gymnastics supply company to stand on for spotting purposes.
 - a. A warning should be given. If the coach continues to use an inappropriate item to stand on, then a 0.30 deduction for use of unauthorized equipment should be taken.
- G. The coach may stand between the bars during the entire exercise without penalty.**
1. Clarification: At all USA Gymnastics sanctioned events, a spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.
- H. There is no penalty for the coach leaning on or touching the bars while spotting** (without touching the gymnast).

VII. MOUNT AND DISMOUNT REGULATIONS

A. Mounts

1. See Bar Chapter 2, II. Apparatus Specifications for specific information on allowable matting for mounts.
2. The Board, Mount Trainer Mat or Panel Mat must be removed as soon as possible after the gymnast has mounted. An inflatable rebounding device cannot be used for mounting purposes.
3. Mount Attempts
 - a. The gymnast may have two attempts to mount the bars without penalty, provided that she has not touched the board and/or bars or run underneath the bars on either attempt. Such an attempt without mounting is considered a "balk."
 - b. If the gymnast balks two times, she may take one more approach; however, on the third attempt, each judge takes a 0.50 deduction.
 - c. A Fourth Approach is not permitted

Examples		
	Mount Attempts	Deduction
a.	Attempt #1: Runs, balks, no mount performed Attempt #2: Run, mount performed	No Deduction
b.	Attempt #1: Run, balk, no mount performed Attempt #2: Run, balk, no mount performed Attempt #3: Runs, performs a mount	Each judge deducts <u>0.50</u> for third approach.
c.	Attempt #1: Run, balk, no mount performed Attempt #2: Run, balk, no mount performed Attempt #3: Run, balk, no mount performed A fourth attempt is not allowed.	Each judge deducts <u>0.50</u> for third approach. A fourth attempt is not allowed, gymnast must climb onto UB to begin exercise.

- d. If the gymnast runs and touches the board and/or bars or runs underneath the bars without mounting, a 0.50 deduction is applied (considered a fall).
 - 1) It is acceptable for the gymnast to walk/run under the bar to mount with a jump to the high bar from between the bars.
- e. If, in the attempt to perform a Round-off entry mount, the gymnast performs only the Round-off, she may repeat the mount and receive appropriate VP credit. A 0.50 deduction for a fall will be applied, since contact was made with the board, which is considered part of the apparatus.
4. If the gymnast mounts the bars and realizes that the setting is incorrect, she may dismount the bars and has 45 seconds to re-adjust the bars. This is treated as a FALL from the apparatus and receives a deduction of 0.50.
5. Mounts that are preceded by one element prior to take-off from the board will be allowed.
 - a. Only the movements done after the feet leave the board will be evaluated.
 - b. If more than one element before the mount is performed, each judge takes a 0.20 deduction.
6. For Bronze, Silver and Gold Divisions:
 - a. The gymnast may perform a mount with one or two elements (two-part mount). The maximum number of elements allowed is two (2).
 - 1) If a third element is performed, the third element will not receive VP credit and will receive execution deductions.
 - 2) Clarification:
 - If a mount element is performed (as listed under Group 1 Mounts in the Table of Elements) then the athlete would receive SR credit for a mount (based on Division rules as applicable).
 - If two glides are performed (without foot touching between glides), it is considered one element.

Example
Acceptable two-part Mount
Element #1: Glide swing to stand
Element #2: Pullover

- b. If the gymnast performs a mount with two parts, she must maintain hand contact on the bar between the two parts.
 - 1) Example: Glide swing mount followed by a pullover or jump to clear support.
 - Failure to maintain hand contact will incur a 0.10 deduction for poor rhythm between the two parts of the mount.

Xcel Code of Points
UNEVEN BARS

B. Dismounts

1. Unless otherwise stated, dismounts may be performed from the Low Bar.
 - a. All Salto must be performed from the High Bar to receive VP credit.
2. All "A", "B", and "C" Flyaway Dismounts will retain their difficulty value regardless of starting position. Appropriate body position must be maintained in order to retain the VP credit, as listed in the Xcel Code of Points.
3. If a gymnast performs a dismount element from the Xcel Code of Points that does not meet Division criteria:
 - a. Deduct 0.50 for missing the Dismount Special Requirement.
 - b. ~~Deduct 0.30 for no dismount.~~
4. If the gymnast performs a Dismount element of No Value – one that is not listed the Xcel Code of Points or performs a restricted element for the Division:
 - a. Deduct 0.50 from the Start Value for missing the dismount SR.
 - b. ~~Deduct 0.30 from the Start Value for no dismount.~~
 - c. Deduct 0.50 from the Start Value if the dismount performed is a restricted element for the Division.
5. If the gymnast leaves the apparatus (terminates the exercise early, intentionally or due to a fall):
 - a. Deduct 0.50 from the Start Value for missing the dismount SR.
 - b. ~~Deduct 0.30 from the Start Value for no dismount.~~
 - c. Deduct 0.50 for the fall from the apparatus, with or without an actual fall onto the mat.
 - d. A 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.
6. Falls on a Salto Dismount (Gold / Platinum / Diamond/ **Sapphire** Divisions):
 - a. If the gymnast never initiates the salto action, and falls without landing on the bottom of the feet first:
 - 1) No VP credit awarded for the dismount.
 - 2) Deduct for any missing value parts, if appropriate, from the Start Value.
 - 3) Deduct 0.50 from the Start Value for missing the dismount SR.
 - 4) ~~Deduct 0.30 from the Start Value for no dismount.~~
 - 5) Deduct 0.50 for the fall.
 - 6) Deduct for any other execution/amplitude errors.
 - b. If the gymnast initiates the salto action and falls without landing on the bottom of the feet first,
 - 1) No VP credit awarded for the dismount.
 - 2) Deduct for any missing value parts, if appropriate, from the Start Value.
 - 3) Deduct 0.50 from the Start Value for missing the dismount SR.
 - 4) Deduct 0.50 for the fall.
 - 5) Deduct for any other execution/amplitude errors.
7. Dismounts initiated from the feet are not allowed unless specifically listed in the Xcel Code of Points.

CHAPTER 3: DEDUCTIONS

I. COMPOSITION DEDUCTIONS

- A. Composition deductions are not applied in the Xcel Program.
- B. Emphasis is on the performance of allowable skills, not the routine construction.

II. THIRD RUN APPROACH (0.50)

III. GRASP APPARATUS TO AVOID A FALL (0.30)

IV. INTERMEDIATE (EXTRA) SWING

- A. **Definition:** The momentum of the element is stopped, and the gymnast must swing forward and backward to restart her routine.
- B. **Deduction:** This deduction is only applied at Platinum, Diamond, **and Sapphire** Divisions - 0.30
 1. The maximum deduction for more than one extra swing following an element is 0.50.
 2. If after an intermediate (extra) swing(s) is taken, the athlete jumps down from the bars, apply only the deduction of 0.50 for the fall.
 3. When an extra cast/swing occurs only apply a 0.30 deduction for extra swing. Do not also apply the additional 0.10 amplitude deduction.

Xcel Code of Points
UNEVEN BARS

C. Successive (Multiple) Casts: before or after a skill/VP

1. Bronze, Silver and Gold Divisions: No extra swing deductions are taken.
 - a. Two casts are allowed for "A" VP credit, provided they are in different connections and meet the angle requirements to count as an "A".
 - b. A third cast would not receive VP credit.
 - c. All casts are subject to execution deductions.
 - d. Do not deduct for an extra swing.
 - e. An up to 0.10 deduction may possibly be applied for poor rhythm in connections.
2. Platinum, and Diamond, and Sapphire Divisions:
 - a. Each extra swing is a 0.30 deduction with a maximum deduction of 0.50 for multiple extra swings following an element.
 - b. When an extra cast/swing occurs only apply a 0.30 deduction for extra swing. Do not apply the additional 0.10 amplitude deduction.
 - c. If a gymnast performs an "A" or "B" cast that meets the Special Requirement amplitude for that Division but then returns to a front support, it still receives a 0.30 extra swing/cast deduction.
 - 1) Example: Platinum – cast above horizontal, cast squat on is an intermediate swing.

D. Tap Swing-Counterswing or Underswing - Counterswings: (Considered the same skill)

1. Emphasis:
 - a. Underswing: During the underswing, the emphasis is straight arms and legs and straight hollow body position and a neutral head. The completion of the underswing should show an open arm angle.
 - b. Counterswing: At the high point of the counterswing the chest should be hollow with a rounded hip angle body position. The head remains neutral, and the legs remain together.
 - c. Tap swing: The tap swing should show a slight arch at the bottom of the tap swing through vertical (under the bar) and kick legs forward-upward with the legs together with a good hollow body position on the forward swing.
 - d. Counterswing: At the high point of the counterswing the chest should be hollow with a rounded hip angle body position. The head remains neutral, and the legs remain together.

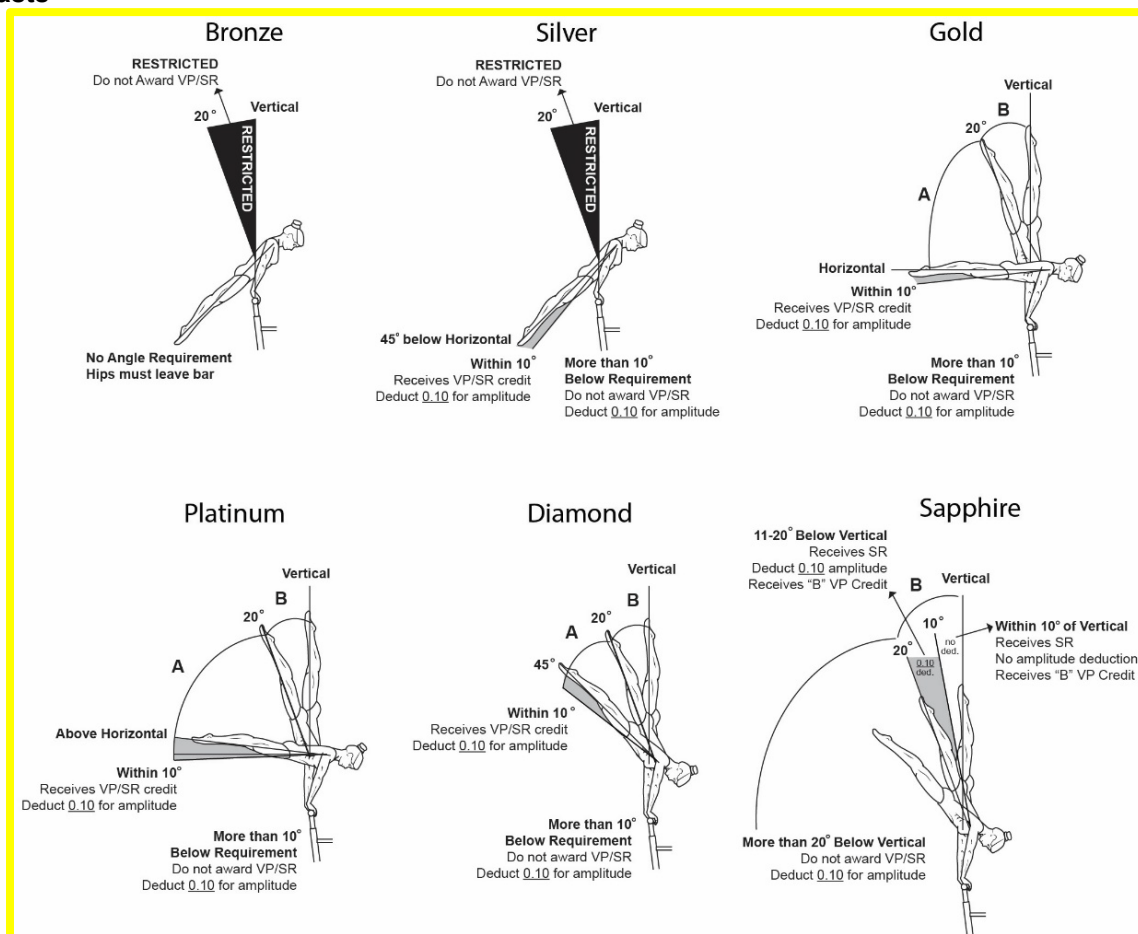
TAP SWING-COUNTERSWING OR UNDERSWING-COUNTERSWING			
All Tap swing - Counterswing or Underswing - Counterswing are subject to execution deductions.			
Division	Allowed as a Value Part	Number Allowed for "A" VP	Subsequent Tap Swing-Counterswing or Underswing - Counterswing
Bronze	No, not allowed to perform skills on high bar	N/A	N/A
Silver	Yes	Two (2) are allowed provided they are in different connections.	A third will not receive VP Credit Do not deduct for extra swing
Gold	Yes	Two (2) are allowed provided they are in different connections.	A third will not receive VP Credit Do not deduct for extra swing
Platinum	Yes	One (1) may be used for "A" VP credit.	Any subsequent Tap swing - Counterswing or Underswing - Counterswing will receive an extra swing deduction of <u>0.30</u> with a maximum deduction of <u>0.50</u> for multiple extra swings following an element.
Diamond	No, not a VP in Diamond	N/A - All Tap swing - Counterswing or Underswing - Counterswing will receive an extra swing deduction of <u>0.30</u> with a maximum deduction of <u>0.50</u> for multiple extra swings following an element.	
Sapphire	No, not a VP in Sapphire	This is not considered a VP in Sapphire and would receive an extra swing deduction with the following exception: If a tap swing or counterswing is inherently part of the entry into an element. (See examples)	
Diamond/Sapphire Examples			
Extra Swing Deduction Applied		Tap Swing-Counterswing + Tap swing fly away dismount 0.30 extra swing deduction for the tap swing-counterswing	
No Extra Swing Deduction		Tap swing – counterswing performed prior to salto forward dismount (front flyaway)	
		Tap swing – counterswing performed prior to a release straddle back over low bar	
		Tap swing – counterswing performed prior to a back uprise	

Xcel Code of Points
UNEVEN BARS

V. AMPLITUDE

A. Elements used to fulfill the Angle Special Requirement

1. Casts



CASTS				
Division	Angle Requirement	Cast Height	Amplitude Deduction	VP/SR
Bronze	No angle requirement, hips must leave bar	0° - 20° from Vertical	RESTRICTED	Do not award VP/SR
		Hips off the bar - 21° from Vertical	No amplitude deduction	Award "A" VP/SR
		Hips remain on bar as legs swing	No amplitude deduction	Do not award VP/SR
Silver	Minimum 45° below horizontal requirement	0° - 20° from Vertical	RESTRICTED	Do not award VP/SR
		45° Below horizontal - 21° from Vertical	No amplitude deduction	Award "A" VP/SR
		46° - 55° from horizontal	0.10 amplitude deduction	Award "A" VP/SR
		56° or more Below horizontal	0.10 amplitude deduction	Do not award VP/SR
Gold	Horizontal requirement	0° - 20° from vertical	No amplitude deduction	Award "B" VP/SR
		21° - 90° from vertical	No amplitude deduction	Award "A" VP/SR
		1° - 10° Below horizontal	0.10 amplitude deduction	Award "A" VP/SR
		11° or more below horizontal	0.10 amplitude deduction	Do not award VP/SR
Platinum	Above Horizontal requirement	0° - 20° from vertical	No amplitude deduction	Award "B" VP/SR
		21° - 89° from vertical	No amplitude deduction	Award "A" VP/SR
		Horizontal - 9° Below horizontal	0.10 amplitude deduction	Award "A" VP/SR
		10° Below horizontal	0.10 amplitude deduction	Do not award VP/SR
Diamond	45° from Vertical or Above requirement	0° to 20° from vertical	No amplitude deduction	Award "B" VP/SR
		21° to 45° from vertical	No amplitude deduction	Award "A" VP/SR
		46° to 55° from vertical	0.10 amplitude deduction	Award "A" VP/SR
		More than 55° from vertical	0.10 amplitude deduction	Do not award VP/SR
Sapphire	Vertical	Vertical	No amplitude deduction	Award "B" VP/SR
		1° to 10° from vertical	No amplitude deduction	Award "B" VP/SR
		11° to 20° from vertical	0.10 amplitude deduction	Award "B" VP/SR
		21° - and below	0.10 amplitude deduction	No VP/ Does not meet vertical SR

Xcel Code of Points
UNEVEN BARS

2. Clear Support:

- a. **Gold-Diamond:** Elements in clear support must be within 10° of the specified angle requirement for the respective Division to receive SR credit.
 - 1) ~~Clear support elements that are 1° - 10° below specified angle requirement will receive a 0.10 deduction for insufficient amplitude related to the Angle Special Requirement.~~
 - 2) ~~In addition,~~ Any Amplitude deduction and Value Part would be applied to the specific element as applicable (as specified within the Amplitude section that follows).
- b. **Sapphire:** Elements in clear support must be within 20° of Vertical for Sapphire to receive SR credit.
 - 1) ~~No deduction for amplitude will be applied for 1-10° below the requirement.~~
 - 2) ~~Clear support elements that are 11° or more - 20° below vertical will receive a 0.10 deduction for insufficient amplitude related to the Angle Special Requirement.~~
 - 3) ~~In addition,~~ Any Amplitude deduction and Value Part would be applied to the specific element as performed (as specified within the Amplitude charts that follow).

B. Amplitude of flights to handstand on low bar (Applies to Diamond & Sapphire Divisions Only)

Amplitude of Flights to Handstand on Low Bar (Applies to Diamond/Sapphire Divisions Only)		
Angle Requirement	Amplitude Deduction	Value Part
0° - 10° from vertical	No amplitude deduction	Award higher VP
11° - 20° from vertical	0.05 amplitude deduction	Award higher VP
21° or more from vertical	No amplitude deduction	Award lower VP

C. Amplitude of Circling Elements

1. Amplitude deductions of circling elements are specified by clear hips and all other circling elements within the chart below.
2. **Clear Hip Circle (Only):**
 - a. Clear hip circles receive either “B” or “C” VP credit, depending upon the degree from vertical achieved once the hands shift to the top of the bar.
 - b. The following deductions for Insufficient Amplitude apply ONLY to Diamond, and Sapphire Divisions.
 - 1) Gold and Platinum Divisions have NO amplitude deductions for clear hip circles.
 - **Platinum Division:** The gymnast only receives “B” credit for any clear hip circle, regardless of whether it achieves handstand phase or not.

Amplitude of Circling Elements			
The deductions listed below are in addition to the 0.10 amplitude deduction applied to any cast/clear support element that does not meet the Division angle requirement.			
	Angle	Amplitude Deduction	Value Part
Circling Elements (excluding Clear Hip Circle)	0° - 10° from vertical	No amplitude deduction	Award higher VP
	11° - 20° from vertical	0.05 amplitude deduction*	Award higher VP
	21° - 45° from vertical	No amplitude deduction	Award lower VP
	More than 45° from vertical	Up to 0.20 amplitude deduction	Award lower VP
	*No angle deduction in Platinum Division, when higher VP is a “C”, because they can only receive credit for “B” VP Circles. Deduct 0.50 for a “restricted” element. Exception: Clear Hip to Handstand.		
Clear Hip Circle (Diamond, & Sapphire ONLY)	0° - 10° from vertical	No amplitude deduction	Award “C” VP
	11° - 20° from vertical	0.05 amplitude deduction^	Award “C” VP
	21° - 45° from vertical	No amplitude deduction	Award “B” VP
	46° - 89° from vertical	0.05 – 0.25 amplitude deduction	Award “B” VP
	Horizontal	0.30 amplitude deduction	Award “B” VP
	Below horizontal	0.35 - 0.40 amplitude deduction	Award “B” VP

D. Amplitude of Body at Turn Completion

1. For all elements that require a Turn in handstand phase:
 - a. The angle of completion is determined when the second hand re-grasps the bar. This applies to:
 - 1) All elements with a 180° turn (regardless of technique or grip)
 - Examples: Cast Handstand with ½ turn; Clear Hip Circle to Handstand with ½ turn
 - 2) Any element with 360° turn in handstand phase that is not performed on one arm (regular pirouettes; not using a Healy technique):
 - Example: Back giant on LB with 1/1 turn
2. For all Handstand elements with a 1/1 (360°) Turn AFTER handstand and all 1½ Pirouettes. This applies to:
 - a. All elements that include a 1/1 turn completed on one arm (after handstand phase) in the descent phase (Healy technique)
 - b. Any element with 1½ (540°) turn or more (using ANY turn technique)

Xcel Code of Points
UNEVEN BARS

Amplitude of Body at Turn Completion			
	Angle of Completion	Amplitude Deduction	Value Part
Turn <u>In</u> Handstand Phase	0° - 20° from vertical	No amplitude deduction	Award VP
	21° - 30° from vertical	0.05 - 0.10 amplitude deduction	Award VP
	31° - 45° from vertical	0.15 -0.20 amplitude deduction	Award VP
	More than 45° from vertical	0.25 -0.30 amplitude deduction	Award VP
Turn <u>After</u> Handstand Phase (Handstand elements w/ 1/1 (360°) turn after handstand & 1½ (540°) Turns/Pirouettes)	Up to 30° from vertical	No amplitude deduction	Award VP
	31° - 45° from vertical	0.05 - 0.15 amplitude deduction	Award VP
	More than 45° from vertical	0.20 -0.30 amplitude deduction	Award VP

E. Insufficient Amplitude of Uneven Bar Elements

1. Insufficient Amplitude on Elements (Including Releases) - Each Up to 0.20

a. Exceptions:

1) "B" Clear hip circle Up to 0.40

- Apply ONLY to Platinum, and Diamond, and Sapphire Divisions.
- Gold Division and Platinum Divisions have NO amplitude deductions for clear hip circles.
- Clear Hip to 0° - 20° from vertical is a Restricted Skill at Gold.

2) Height of salto dismounts Up to 0.30

3) Refer to the General faults and penalties.

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
	Up to 0.10	Arm swings to maintain balance on landing of dismount
Medium Faults (Up to 0.20)	Up to 0.10	Legs crossed during twisting dismounts
	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 movements to maintain balance/control upon landing dismount
	0.20 (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

Xcel Code of Points
UNEVEN BARS

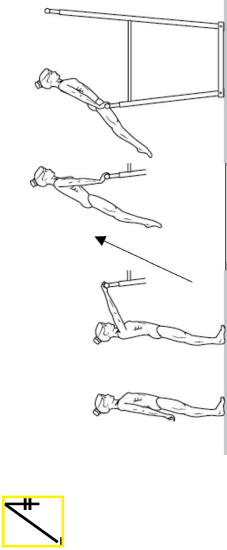
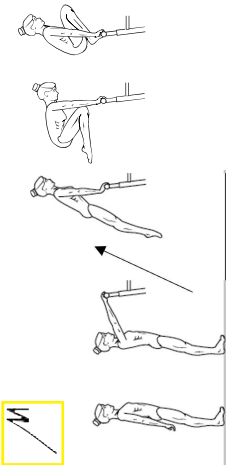
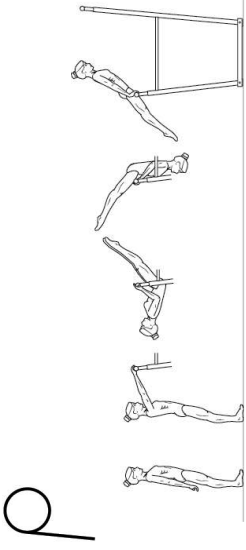
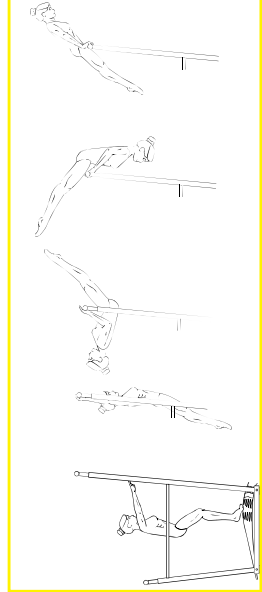
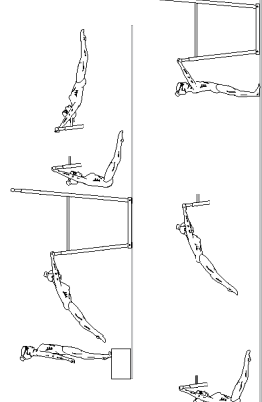
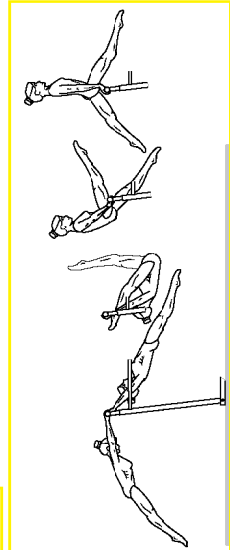
Large Faults (Up to 0.40)	each up to 0.30	Bent arms in support or bent legs (90° bend or greater receives <u>0.30</u>) Maximum on any one element = 0.30 bent arms & 0.30 bent legs
	<u>0.30</u>	Hit on mat with foot/feet
	<u>0.30</u>	Grasp of bar apparatus to avoid a fall
	up to 0.30	Insufficient extension (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 even with or lower than the knees)
	<u>+0.50</u>	Lands dismount in squat 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/ <u>Sapphire</u> 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 0.30 deduction for extra swing. Do not also apply the additional 0.10 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
Very Large Faults (0.50)	<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/ <u>Sapphire</u> Only) (Refer to Amplitude of Circling Elements chart on Uneven Bars – 25)
	<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>	Fall/Failure to land on the bottom of the feet first on dismount
	<u>0.50</u>	Salto initiated No VP, No SR
	<u>0.50</u>	Salto never initiated No VP, No SR and take the deduction 0.30 No Dismount

**Xcel Code of Points
UNEVEN BAR ELEMENTS**

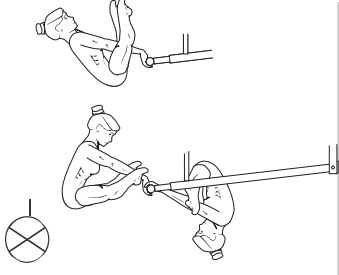
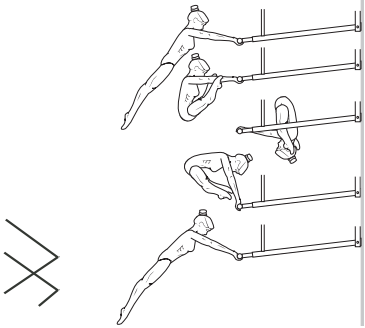
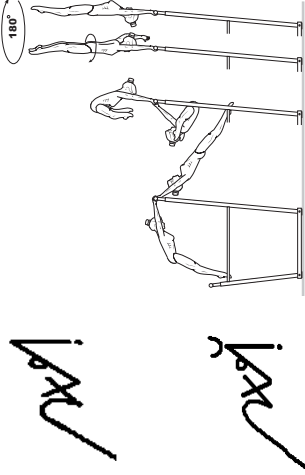
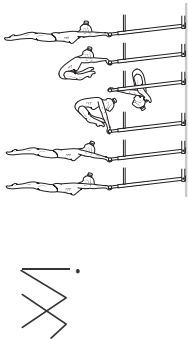
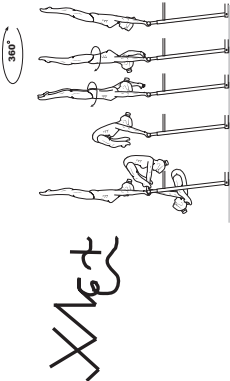
UNEVEN BAR ELEMENTS

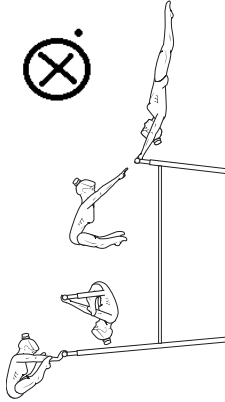
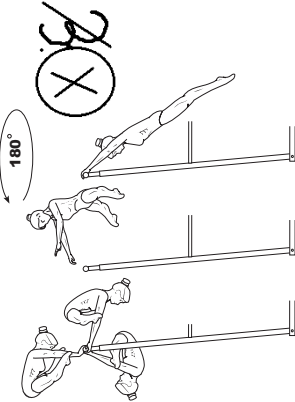
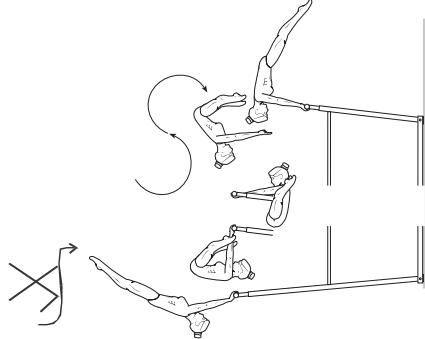
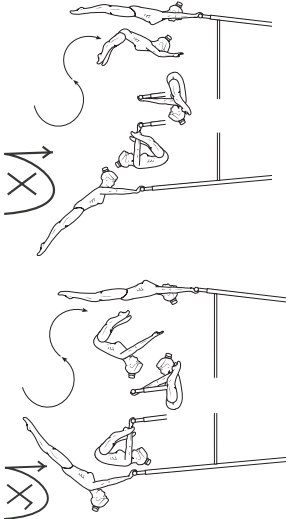
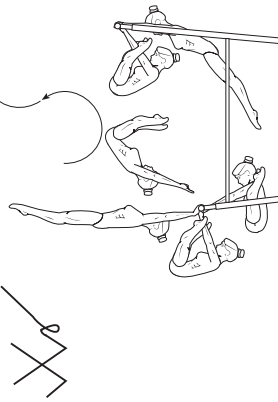
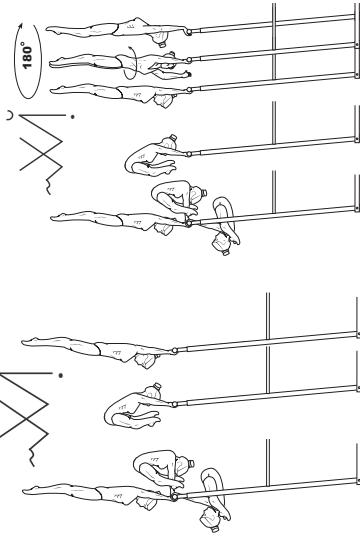
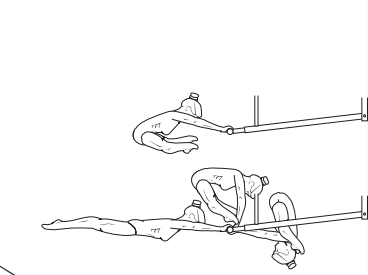
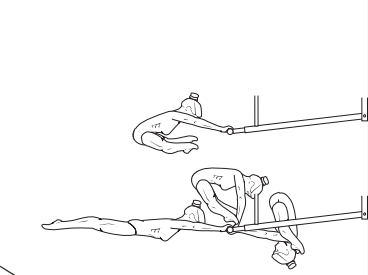
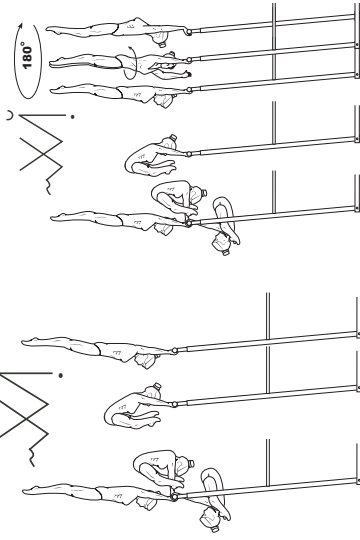
BARS								
Additional "A" Elements & Elements modified from the Development Program								
Group 1	#	Element Name	Bronze	Silver	Gold	Platinum	Diamond	Sapphire
	1.001	Jump to Front Support	✓					
	1.002	Jump to Squat on		✓	✓	✓	✓	
	1.003a	Pullover on Low Bar (from 1 or 2 feet or run)	✓	✓	✓			
	1.003b	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	✓	✓	✓	✓	✓	✓	
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 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.			✓	✓	✓	✓

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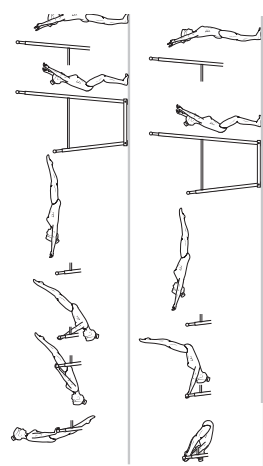
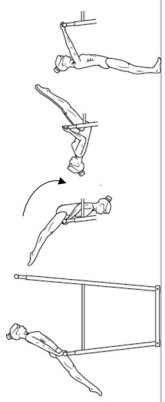
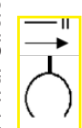
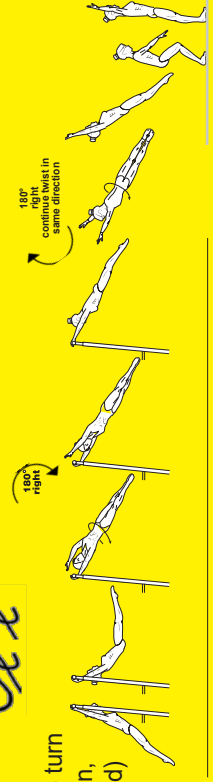
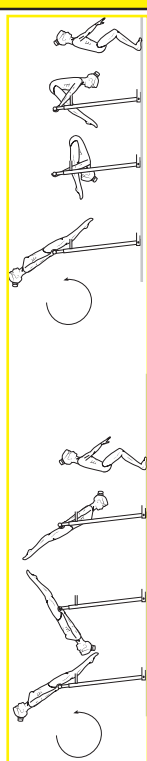
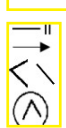
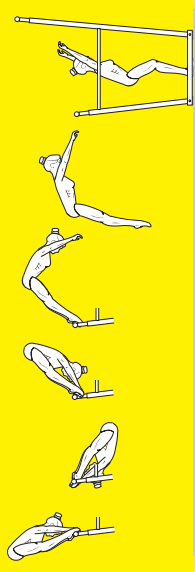
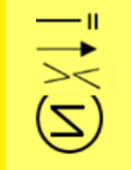
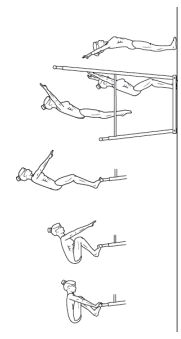
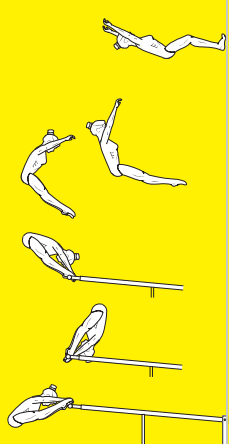
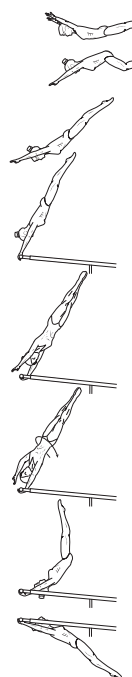
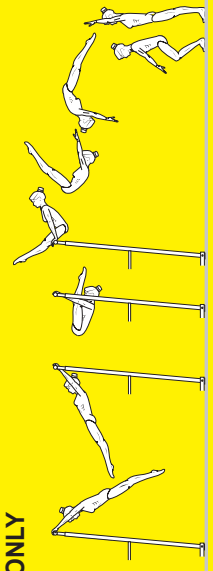
Group 1 – Mounts (limited by Division)		
A	A	A
BRONZE ONLY 1.001 Jump to Front Support 	SILVER/GOLD/PLATINUM/DIAMOND ONLY 1.002 Jump to Squat on 	
BRONZE/SILVER/GOLD ONLY 1.003a Pullover on Low Bar (from 1 or 2 feet or run) 	SILVER/GOLD ONLY 1.003b Pullover on High Bar 	
BRONZE/SILVER/GOLD ONLY 1.004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

Revised August 2024

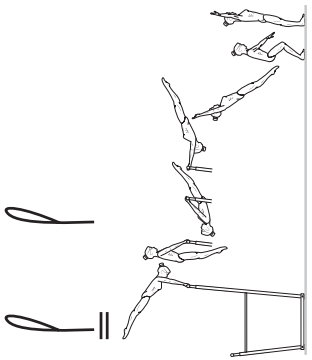
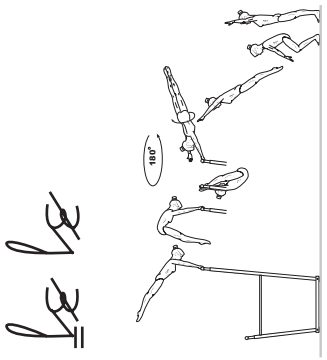
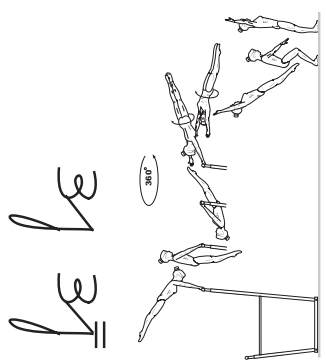
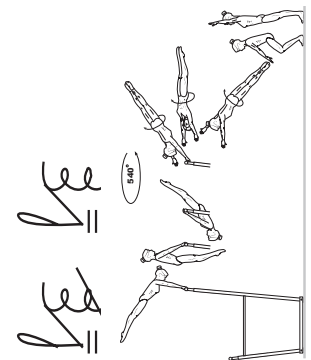
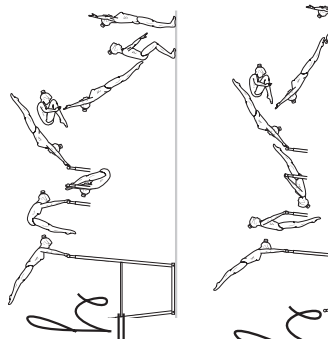
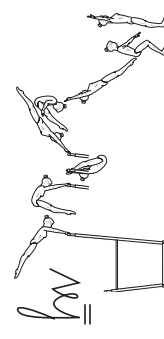
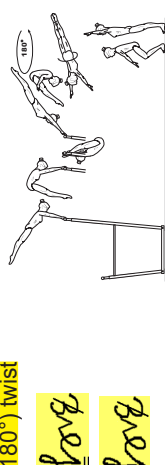
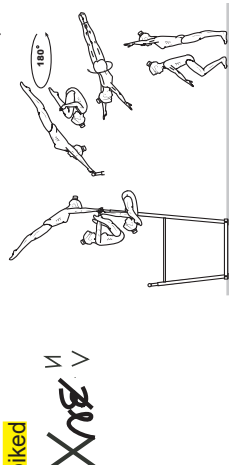
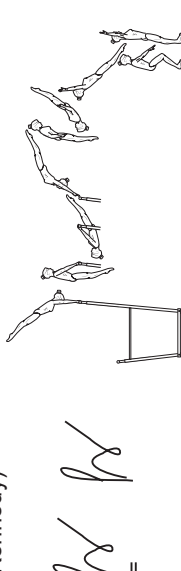
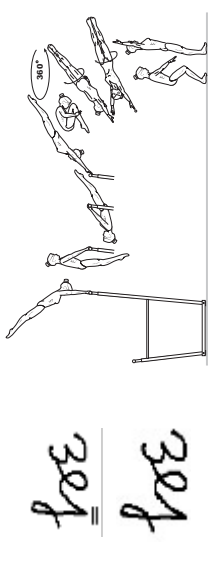
Group 6 – Stalder Circles			
A	B	C	D
6.101 Clear straddle circle forward on LB or HB to clear straddle "L" support 	6.201 Stalder forward to clear support 	6.301 Stalder forward to handstand, also with 1/2 (180°) turn in handstand phase- Elevated to "D" Stalder forward to handstand with 1/1 (360°) turn on one arm after handstand phase (Healy technique) to L or mixed-L grip - Elevated to "D" Long kip on HB, passing through clear straddle support – swing/press to handstand, also with 1/2 (180°) turn in handstand phase (Chow) 	6.401 Stalder forward with regular (over) grip (Boniforti)  Stalder forward to handstand, also with 1/2 (180°) turn in handstand phase  Stalder forward to handstand with 1/1 (360°) turn on one arm after handstand phase (Healy technique) to L or mixed-L grip  Remove from Code of Points Stalder forward to handstand with 1/1 (360°) turn in handstand phase (Elevated to "E" in Dev)

Group 6 – Stalder Circles				
A	B	C	D	
6.102	6.202 Clear straddle circle backward on HB with grip change to hang on LB  Handstand on HB - Clear straddle circle backward on HB with 1/2 (180°) turn to hang on HB 	6.302 Clear straddle circle forward on HB with flight backward over LB to hang on LB 	6.402 Clear straddle circle forward or backward on HB with flight to handstand on LB  Facing outward on LB, Stalder circle forward to salto forward straddled to catch HB 	6.403 Stalder forward in L grip to handstand, also with 1/2 (180°) turn in handstand phase (White) 
6.103	6.203 	6.303 Stalder forward in L grip to clear support 	6.403 Stalder forward in L grip to handstand, also with 1/2 (180°) turn in handstand phase (White) 	

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  Toe-on 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.  

Revised Aug 2023 / Aug 2024 / Aug 2025

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	

Xcel Code of Points
BALANCE BEAM

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.					

CHAPTER 1: REQUIREMENTS & RESTRICTIONS

I. SPECIAL REQUIREMENTS

Special Requirements (SR) each worth 0.50.

A. Bronze Division

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

B. Silver Division

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

C. Gold Division

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

D. Platinum Division

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

E. Diamond Division

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

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

1. Minimum 1/1 (360°) turn on one (1) foot
2. Dance series - 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
(Refer to the General / Judges section for further clarification on Bonus categories and applying Bonus.)

II. VALUE PART REQUIREMENTS

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

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

III. SPECIAL REQUIREMENT CLARIFICATIONS

A. Clarifications applied to ALL Divisions

1. All Acro Skills must start and finish on the beam to receive credit for SR#3.
 - a. Handstands:
 - 1) "A" VP Handstands and Headstands do not require a hold for any Division. Any "B" VP or higher handstand requires a 2-second hold if noted within the Table of Elements.
 - 2) Cross handstands with the same entrance & exit, regardless of angle achieved are considered the Same skill.
 - 3) Cross handstands and Side handstands are considered different elements for all Divisions.
 - 4) Vertical Handstands: Handstands that are within 10° of Vertical will receive SR credit and a 0.10 deduction applied for amplitude.
 - Clarification: The 0.10 deduction for vertical skills on beam is ONLY applied to the element that is being used to fulfill a special requirement. It is not applied to every attempted handstand on beam.
2. SR credit will be awarded for Cross and Side split leaps or jumps that are within 20° (Silver-Diamond) or within 45° of the Sapphire Division's specified split angle. A deduction of up to 0.20 for insufficient split will be applied.
3. Restricted elements receive a deduction of 0.50 each and do not receive VP or SR credit.
 - a. Elements are Restricted based upon their Value as listed in the Xcel Code of Points, not based on the quality/amplitude of the performance.
4. More than one Special Requirement may be fulfilled by one Skill/Value Part, unless otherwise specified.

IV. DIFFICULTY RESTRICTIONS

A. Restricted Elements: Elements are Restricted based upon their Value as listed in the Xcel Code of Points not based on the quality/amplitude of the performance.

B. If a restricted element is performed: (All Divisions)

1. Deduct 0.50 from SV
2. Do not award Value Part credit
3. The element cannot be used to fulfill Special Requirements
 - a. If a restricted element is competed as the dismount, also deduct 0.30 for No Dismount.
4. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value Part credit.

DIFFICULTY RESTRICTIONS BY DIVISION	
Division	Restrictions
Bronze	Only "A" elements are allowed with the following restrictions. • Restrictions: The following "A" VPs are <u>NOT</u> Allowed in the Bronze Division: ○ Salto or Aerial Dismounts ○ Walkovers • "B" or higher VP elements are <u>NOT</u> allowed with the following exceptions: ○ Cross Split Jump (any angle) = "A" ○ Straddle Jump (any angle) = "A" ○ Split leap (any angle) = "A"
Silver	Only "A" elements, and "B" Dance elements are allowed. • "B" Acro elements are <u>NOT</u> allowed. • "C" or higher elements are <u>NOT</u> allowed.
Gold	Only "A" elements, and "B" elements are allowed. • "C" or higher VP elements are <u>NOT</u> allowed.
Platinum	Only "A", "B" elements, and "C" Dance elements are allowed. • "C" or higher Acro elements are <u>NOT</u> allowed. • "D" or higher elements are <u>NOT</u> allowed.
Diamond	Only "A", "B", "C" and one (1) "D" elements are allowed. No bonus is awarded for a "D" element. • More than one "D" element is <u>NOT</u> allowed. • "E" elements are <u>NOT</u> allowed.
Sapphire	Only "A", "B", "C", and "D" VP elements are allowed. "E" VP elements are <u>NOT</u> allowed.

Xcel Code of Points
BALANCE BEAM

V. ROUTINE EXAMPLES

The following provides sample beam routines for each Division. The Value part (VP) and Special Requirement (SR) is provided for each routine element as applicable. **Refer to Balance Beam - 23 for Sapphire routine examples.**

- 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.
- *Other Mounts: Any mount not listed in the Code is considered an "A"
- Elements with a "+" indicates a connection/series.
- Split angle: For leaps and jumps with a split angle the element number is listed and noted that it is considered an "A" VP for that level. – See *Recognition of Value Parts – Leaps and Jumps*, and *Balance Beam Elements -Group 2 – Leaps, jumps, and hops (limited by division)*.

BRONZE – ROUTINE EXAMPLES					
MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Front support mount	*Other Mount	A		• Meet Special Requirements- Yes • Meet Value Parts – Yes • Start Value - 10.0
	Bridge hold 1 second	5.003	A	SR3	
	Straight jump	2.108	A	SR2	
	Pivot turn	3.001	A	SR1	
	Straddle jump dismount	9.001	A	SR4	
2	Straddle/side split mount	1.104	A		• Meet Special Requirements – Yes • Meet Value Parts – Yes • Start Value - 10.0 2.202 Considered an “A” VP
	Lever to touch the beam	5.001	A	SR3	
	Cross straddle jump to 90°	2.202 (Considered an “A” VP)	A	SR2	
	Full turn on one foot	3.101	A	SR1	
	Round off dismount	9.103	A	SR4	
3	Jump to squat on mount	1.106	A		• Meet Special Requirements – Yes • Meet Value Parts – Yes • Start Value - 10.0
	Pivot Turn	3.001	A	SR1	
	Split Leap (60°)	2.201 (Considered an “A” VP)	A	SR2	
	Cartwheel	7.103	A	SR3	
	Cartwheel to partial handstand to 45° from vertical land facing the beam	9.002	A	SR4	
DO NOT MEET SPECIAL REQUIREMENTS (SR) AND/OR VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Jump to front support leg swing over to straddle sit mount	*Other Mount	A		• Meet Special Requirements – No, missing SR3 the Handstand Forward roll is a restricted “B” VP and therefore does not receive SR credit • Meet Value Parts – Yes -Any mount other than what is explicitly listed in Group 1 mounts is considered an “A”, therefore, this “A” helps to fulfill the VP credit • Start Value – 9.00 (<u>0.50</u> for missing SR, <u>0.50</u> for Restricted Element)
	Pivot turn	3.001	A	SR1	
	Handstand forward roll	Restricted (6.203)	No VP		
	Tuck jump	2.110	A	SR2	
	Tuck jump dismount	9.001	A	SR4	
2	Jump to squat through mount	1.106	A		• Meet Special Requirements – No, missing SR2 – The jump to squat through on the mount nor the straddle jump dismount count, as the jump must start and finish on the beam • Meet Value Parts – Yes • Start Value – 9.5 (<u>0.50</u> for missing SR)
	Pivot turn	3.001	A	SR1	
	Headstand with legs straddled	5.107	A	SR3	
	Scale (2 second hold)	5.101	A		
	Straddle jump dismount	9.001	A	SR4	
3	Jump single leg shoot through	*Other Mount	A		• Meet Special Requirements – No, missing SR 1 – Turn must be on one or two feet. • Meet Value Parts – Yes • Start Value – 9.50 (<u>0.50</u> for each missing SR) Note: For the straight jump ¼ turn- the root element is a straight jump – 2.108
	½ turn in prone position	3.107	A		
	Backward shoulder roll	6.104	A	SR3	
	Straight Jump ¼ turn	2.108 (root skill)	A	SR2	
	Front handspring dismount	9.101	A	SR4	

Xcel Code of Points
BALANCE BEAM

SILVER - ROUTINE EXAMPLES					
MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Jump squat on mount	1.106	A		• Meet Special Requirements- Yes, SR2- Elements within 20° of the split angle will receive SR and VP credit. Silver requirement is 90° - an up to 0.20 split angle deduction may be taken. • Meet Value Parts – Yes • Start Value - 10.0
	Partial handstand – legs close at 45° from vertical	5.002	A	SR3	
	Split jump (80°)	2.201 (Considered an "A" VP)	A	SR2	
	½ turn on one foot	3.003	A	SR1	
	Cartwheel to handstand (mark), ¼ turn dismount	9.003	A	SR4	
2.	Leg swing over beam to straddle sit	*Other Mount	A		• Meet Special Requirements – Yes • Meet Value Parts – Yes • Start Value - 10.0
	Cartwheel	7.103	A	SR3	
	Split leap (90°)	2.201 (Considered an "A" VP)	A	SR2	
	Full turn	3.101	A	SR1	
	Front tuck dismount	9.104	A	SR4	
3	Front support mount, leg swing to straddle sit	*Other Mount	A	SR1	• Meet Special Requirements – Yes • Meet Value Parts – Yes • Start Value - 10.0
	Back walkover	7.201	A	SR3	
	1/1 turn (360°) on one foot	3.101	A	SR1	
	Straight jump	2.108	A		
	Split jump (90°)	2.201 (Considered an "A" VP)	A	SR2	
	Standing back tuck dismount	9.106	A	SR4	
DO NOT MEET SPECIAL REQUIREMENTS (SR) AND/OR VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Pullover to front support on beam	1.109	A		• Meet Special Requirements – No, missing SR 1 – The pivot turn is not a turn on one foot. • Meet Value Parts – No, missing 1 "A" VP - the pivot turn is not an "A" for Silver • Start Value – 9.4 (<u>0.50</u> for missing SR, and <u>0.10</u> for missing "A")
	Headstand	5.107	A	SR3	
	Pivot turn	No VP			
	Split jump (90°)	2.201 (Considered an "A" VP)	A	SR2	
	Tuck jump dismount	9.001	A	SR4	
2	Front support mount	*Other Mount	A		• Meet Special Requirements – No, missing SR 2 – the front leg must be extended in the split position • Meet Value Parts – Yes • Start Value – 9.50 (<u>0.50</u> for missing SR)
	Double stag jump	2.101	A		
	Cartwheel	7.103	A	SR3	
	½ turn in coupé (on one foot)	3.003	A	SR1	
	Straight jump	2.108	A		
	Partial handstand – feet closed at 45° from vertical	5.002	A		
	Straddle jump dismount	9.001	A	SR4	
3	Jump to side straddle split mount	1.104	A		• Meet Special Requirements – No, missing SR 3 – The dive cartwheel is a flight element. The SR is non-flight. This element is also restricted. • Meet Value Parts – No, the dive cartwheel is a "B" Acro – which is restricted at Silver • Start Value – 8.90 (<u>0.50</u> for missing SR, <u>0.50</u> for restricted element, <u>0.10</u> for missing "A" VP)
	Dive cartwheel	7.203 (Restricted – "B")	No VP		
	Split leap 90°	2.201 (Considered an "A" VP)	A	SR2	
	Heel snap ½ turn	3.003	A	SR1	
	Gainer back tuck / side of the beam	9.108	A	SR4	

Xcel Code of Points
BALANCE BEAM

GOLD - ROUTINE EXAMPLES					
MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	From side, jump to straddle stand mount	1.104	A		• Meet Special Requirements- Yes • Meet Value Parts – Yes • Start Value - 10.0
	Full turn on one foot	3.101	A	SR1	
	Straight jump +	2.108	A		
	Split jump 120°	2.201 (Considered an "A" VP)	A	SR2	
	Handstand to vertical	5.106	A		
	Cartwheel	7.103	A	SR3	
	Front tuck dismount	9.104	A	SR4	
2.	Jump to forward roll at end of beam mount	1.107	A		• Meet Special Requirements – Yes • Meet Value Parts – Yes • Start Value - 10.0
	Full turn on one foot	3.101	A	SR1	
	Partial handstand – legs close 45° from vertical	5.002	A		
	Back walkover	7.104	A	SR3	
	Cat leap	2.109	A		
	Split leap 120°	2.201 (Considered an "A" VP)	A	SR2	
	Back tuck dismount	9.106	A	SR4	
3	Leg swing over to straddle sit mount	*Other Mount	A		• Meet Special Requirements – Yes, SR2- Elements within 20° of the split angle will receive SR credit. Gold requirement is 120° • Meet Value Parts – Yes • Start Value - 10.0
	1 ½ turn on one leg	3.201	B	SR1	
	Tuck jump +	2.110	A		
	Split jump 100°	2.201 (Considered an "A" VP)	A	SR2	
	Handstand to vertical	5.106	A		
	Forward roll	7.103	A	SR3	
	Front salto stretched (from 2 feet) dismount	9.204	B	SR4	
DO NOT MEET SPECIAL REQUIREMENTS (SR) AND/OR VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	From side, jump to straddle stand mount	1.104	A		• Meet Special Requirements – No, SR3- Need two acro elements • Meet Value Parts – Yes • Start Value – 9.50 (0.50 for missing SR)
	Full turn on one foot	3.101	A	SR1	
	Straight jump +	2.108	A		
	Split jump 120°	2.201 (Considered an "A" VP)	A	SR2	
	Round off	7.203	B		
	Front tuck dismount	9.104	A	SR4	
2	Leg swing over to straddle sit	*Other Mount	A		• Meet Special Requirements – No, missing SR 2 – Neither jump shows the split requirement of 120° • Meet Value Parts – Yes • Start Value – 9.50 (0.50 for missing SR)
	Full turn on one foot	3.101	A	SR1	
	Tuck Jump	2.110	A		
	Wolf Jump	2.111	A		
	Back walkover	7.104	A		
	Partial handstand – legs close 45° from vertical	5.002	A	SR3	
	Roundoff dismount	9.103	A	SR4	
3	Jump to forward roll at end of beam mount	1.107	A		• Meet Special Requirements – No, missing SR 4 – The dismount is restricted. No SR credit. • Meet Value Parts – Yes, the "B" VP may fulfill the "A" VP requirement • Start Value – 9.0 (0.50 for missing SR, 0.50 for restricted element, 0.30 for No Dismount)
	Full turn on one foot	3.101	A	SR1	
	Split jump 120°	2.201 (Considered an "A" VP)	A		
	Pike Jump	2.206	B	SR2	
	Handstand to vertical	5.106	A		
	1 Arm cartwheel (not in a series)	7.103	A	SR3	
	Front layout with 360° twist (from 2 feet)	9.304 (Restricted - "C")	No VP		

Xcel Code of Points
BALANCE BEAM

PLATINUM - ROUTINE EXAMPLES					
MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	From side, jump to straddle stand mount	1.104	A		• All Special Requirements- Yes • All Value Parts – Yes • Start Value - 10.0
	Full turn on one foot	3.101	A	SR1	
	Wolf jump +	2.108	A	SR2	
	Sissonne to 135°	2.107	A		
	Roundoff	7.203	B	SR3	
	Cartwheel +	7.103	A	SR4	
Back tuck dismount	9.106	A			
2.	Jump to stoop through mount	1.106	A		• All Special Requirements – Yes • All Value Parts – Yes • Start Value - 10.0
	Full turn on one foot	3.101	A	SR1	
	Straddle (150°) jump +	2.202	B	SR2	
	Straight Jump	2.108	A		
	Handstand forward roll step out +	6.203	B	SR3	
	Cartwheel	7.103	A		
Front Pike dismount	9.104	A	SR4		
3	Front support mount	*Other Mount	A		• All Special Requirements – Yes • All Value Parts – Yes • Start Value - 10.0
	Cartwheel – swing through - +	7.103	A	SR3	
	Cartwheel	7.103	A		
	Stretch jump with beat of legs +	2.108	A	SR2	
	Tuck jump	2.110	A		
	Switch leg leap (150°)	2.305	C		
	Full turn on one foot (sideways)	3.101	A	SR1	
	Salto forward stretched (from 2 feet) with ½ turn dismount	9.204	B	SR4	
DO NOT MEET SPECIAL REQUIREMENTS (SR) AND/OR VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	From side, jump to straddle stand mount	1.104	A		• All Special Requirements – No, missing SR2, no dance series • All Value Parts – No, missing 1 “A” elements • Start Value – 9.40 (0.50 for missing SR, 0.10 for missing “A” VP)
	Full turn on one foot	3.101	A	SR1	
	Switch Leap to 155°	2.305	C		
	Back extension roll step out +	6.204	B	SR3	
	Back walkover	7.104	A		
	Front pike dismount	9.104	A	SR4	
2	Leg swing over beam to straddle sit	*Other Mount	A		• All Special Requirements – No, Missing SR4 – Dismount completed is restricted. • All Value Parts – No, missing “A” element • Start Value – 8.90 (0.50 for missing SR, 0.50 for restricted element, 0.30 for No Dismount, 0.10 for missing “A” VP)
	Valdez +	7.206	B	SR3	
	Back walkover	7.104	A		
	Full turn in tuck stand on one foot	3.206	B	SR1	
	Split leap (160°) +	2.201	B	SR2	
	Straight jump	2.108	A		
Front tuck with full twist dismount	9.304 (Restricted – “C”)	No VP			
3	Jump to forward roll at end of beam mount	1.107	A		• All Special Requirements – No, missing SR3 - one element in the series must achieve or pass through vertical (excluding Mount or Dismount) • All Value Parts – Yes • Start Value – 9.50 (0.50 for missing SR)
	Free forward roll step out +	6.202	B		
	Forward roll	6.101	A		
	Split leap (160°) +	2.201	B	SR2	
	Straight jump	2.108	A		
	1 ½ turn (540°)	3.201	B	SR1	
Front handspring 1/1 twist dismount	9.201	B	SR4		

Xcel Code of Points
BALANCE BEAM

DIAMOND - ROUTINE EXAMPLES					
MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1.	Free roll at end of beam (mount)	1.207	B		• All Special Requirements- Yes • All Value Parts – Yes, higher VP may be used to fulfill lower VP • Start Value - 10.0
	1 ½ turn on one leg	3.201	B	SR1	
	Back walkover +	7.104	A	SR3	
	Flic-flac step out	7.208	B		
	Switch Leap (180°) +	2.305	C	SR2	
	Straight Jump	2.108	A		
	Roundoff +	7.203	B		
Back layout dismount	9.106	A	SR4		
2.	Leap to cross split sit mount (1 foot take-off)	1.105	A		• All Special Requirements – Yes • All Value Parts – Yes • Start Value - 10.0 The split requirement for Diamond is 155°. Since the split was within 20° of the requirement it will receive SR credit.
	Full turn on one foot	3.101	A	SR1	
	Split Leap (150°)	2.201	B	SR2	
	Beat jump +	2.108	A		
	Tuck jump ½ turn	2.210	B	SR3	
	Back walkover +	7.104	A		
	Back walkover	7.104	A		
	Roundoff +	7.203	B		
Back tuck 1/1 twist dismount	9.206	B	SR4		
3.	Front support mount	*Other Mount	A		• All Special Requirements – Yes • All Value Parts – Yes • Start Value - 10.0
	Tuck jump +	2.110	A	SR2	
	Split jump (180°)	2.201	B		
	Full turn on one foot	3.101	A	SR1	
	Back walkover +	7.104	A	SR3	
	Back extension roll	6.204	B		
	Back handspring step out	7.208	B		
Back tuck dismount	9.106	A	SR4		
DO NOT MEET SPECIAL REQUIREMENTS (SR) AND/OR VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1.	Leap to cross split sit mount (1 foot take-off)	1.105	A		• All Special Requirements – No, missing SR1- The jump 1/1 turn does not fulfill the special requirement because it is not a turn on 1 foot. • All Value Parts – Yes • Restricted Element – Yes, A second "D" element is not allowed • Start Value – 9.00 (0.50 for missing SR, 0.50 for restricted element)
	Aerial Cartwheel	7.403	D		
	Cartwheel -swing through +	7.103	A	SR3	
	Roundoff	7.203	B		
	Tuck jump 1/1 turn	2.410 (Restricted -"D")	No VP		
	Split leap (155° 450°) +	2.201	B	SR2	
	Split jump (135°)	2.201	B		
Free (aerial) walkover forward from 1 foot dismount	9.102	A	SR4		
2.	From side, jump to straddle on stand mount	1.104	A		• All Special Requirements – No, Missing SR2 – no dance series • All Value Parts – Yes • Start Value – 9.50 SV (Deduct 0.50 for missing SR)
	Back walkover +	7.104	A	SR3	
	Flic-Flac step out	7.208	B		
	Full turn on one foot	3.101	A	SR1	
	Split leap (180°)	2.201	B		
	Cross straddle jump (165°) +	2.202	B		
	Salto backward tucked	8.303	C		
Front 1 ½ salto off end of beam from 2 feet	9.304	C	SR4		
3.	Jump to press handstand – lower to end in clear straddle support	1.210	B		• All Special Requirements – No, Missing SR3 – no acro series - The acro series must start and end on the beam. Therefore, the dismount may not be part of an acro series. • All Value Parts – Yes • Start Value – 9.50 SV (Deduct 0.50 for missing SR)
	Front handspring	7.202	B		
	Full turn on one foot	3.101	A	SR1	
	Switch leap (180°) +	2.305	C	SR2	
	Split jump (160°)	2.201	B		
	Flic-flac two feet	7.210	B		
Back tuck dismount	9.106	A	SR4		

Xcel Code of Points
BALANCE BEAM

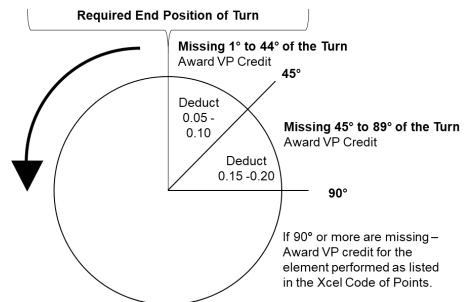
E. Considerations for awarding Value Part credit when a Fall occurs:

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

F. Required Technique for the Recognition of Value Parts

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

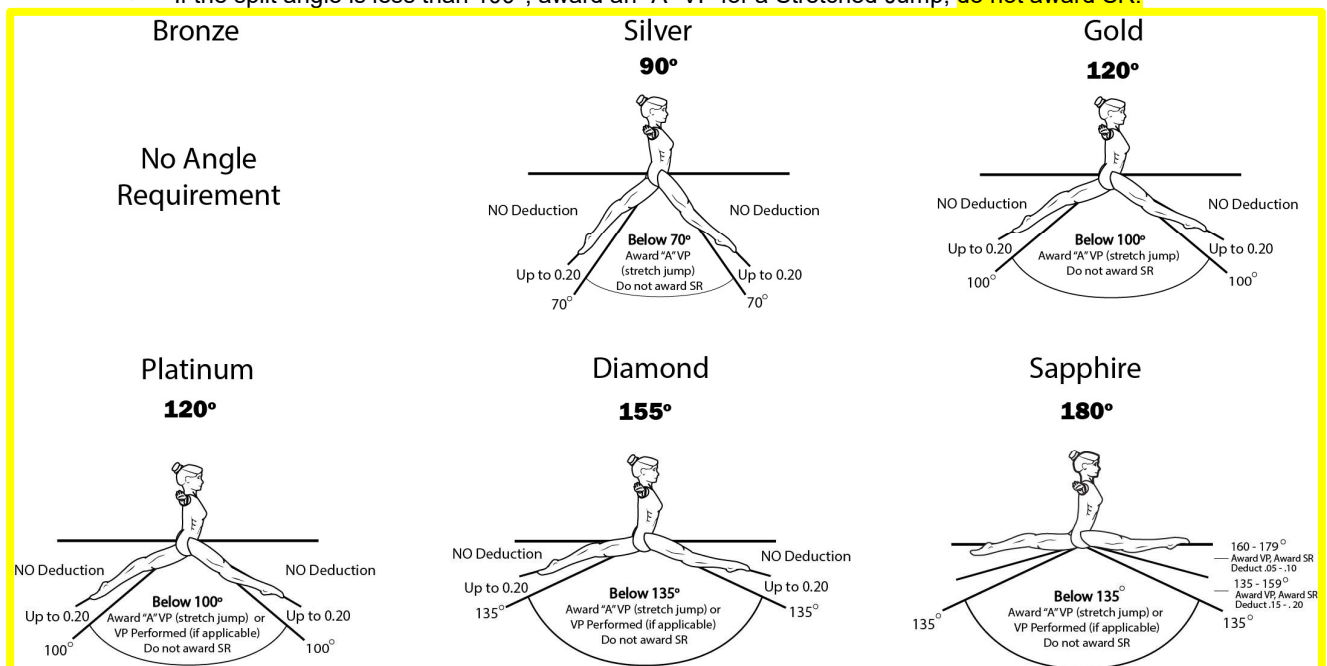
INCOMPLETE TURN - TURNS OF 360° OR MORE		
Missing Degree of Turn	Deduction	VP Credit
If missing 1° to 44° of the turn	Deduct 0.05 – 0.10	Award VP
If missing 45° to 89° of the turn	Deduct 0.15 – 0.20	Award VP credit
If missing 90° or more of the turn		Award VP credit for the element performed



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

Xcel Code of Points BALANCE BEAM

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



Xcel Code of Points
BALANCE BEAM

7. Flight Elements

- a. A flight element that fails to show flight (a moment when both the hands and feet are free of the beam) is awarded Value Part credit for the actual element performed.
 - 1) Example: Flic-flac performed with no flight is recognized as a back walkover and awarded "A" Value Part.

8. Salto Dismounts

- a. Twisting Saltos (Incomplete long axis (LA) turn / twist):

INCOMPLETE LA TURN - TWISTING SALTO DISMOUNTS		
Missing Degree of Twist	Deduction	VP Credit
If missing 1° to 44° of the twist	Deduct 0.05 – 0.10	Award VP credit
If missing 45° to 89° of the twist	Deduct 0.15 – 0.20	Award VP credit
If missing 90° or more of the twist		Award VP credit for the element performed

- b. Example:

- 1) Gymnast attempts a 1½ twist dismount ("C") and is missing 90° of the twist.

- Award "B" Value Part credit for a full twist.
- Deductions for any balance, execution and amplitude errors are also applied.

- c. Clarification regarding the completion of Twists: The placement of the front foot upon landing is decisive in determining the amount of twist completed for the awarding of Value Part credit.

- d. Incomplete Breadth Axis (BA turn) Salto

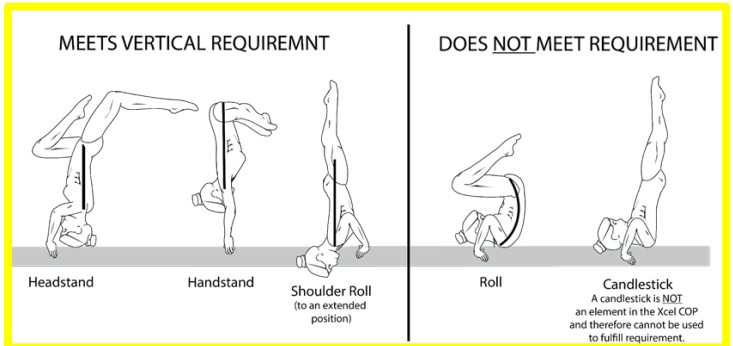
- 1) Any Salto Dismount that does not land with the bottom of the feet first does not receive VP or SR credit.

- ~~Do not deduct 0.30 for No Dismount from the Start Value, unless no salto action was initiated.~~
- If the gymnast lands on the feet and hands or the feet and buttocks simultaneously, then give the benefit of the doubt to the gymnast and award Value Part credit.

G. Specific Element Technique Clarifications

1. Elements must "achieve or pass through inverted vertical" for SR #3 (Gold, Platinum, **and** Diamond, **and** Sapphire)

- a. This element need only reach/achieve vertical (hips over shoulders) as in a handstand or headstand **in an extended body position from shoulders to hips.**
- b. This element does not need to be held.
- c. A partial handstand will not fulfill SR because it does not reach vertical.
- d. An element used to fulfill this SR may also "pass through" vertical as in a back walkover or cartwheel.
- e. **Leg position is optional (E.g. split, straddle, stag, or double-stag, etc.).**
- f. **The skill used to "achieve or pass through vertical" must be an element in the Xcel Code of Points.**



2. **Any Vertical Handstand:**

- a. The body must be within 10° of vertical, with hips over the shoulders in a balanced position to be recognized as a Vertical Handstand.
 - 1) Handstands that are within 10° of Vertical will receive SR credit and a 0.10 deduction applied for amplitude.
 - 2) The legs may be together or in a split, straddle, stag, or double-stag position.
 - 3) "A" VP Handstands do not require a hold for any Division. Any "B" VP or higher handstand requires a 2-second hold if noted within the Table of Elements.
 - 4) If applicable, recognize the actual VP performed (i.e., Partial Handstand)
- b. A press handstand and handstand elements with turn performed within the exercise also do not require 2-second hold to receive VP credit.
- c. If the 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.
 - 5) 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.
- d. Any handstand within the exercise can be used as the first or second element in an Acro Series for all Divisions.
- e. Handstands as a Mount may not be used as the first element of an Acro Series.
- f. Partial handstands must meet requirements as stated in the Table of Elements.

Xcel Code of Points
BALANCE BEAM

3. **#2.110 Tuck Jump ("A")**
 - a. Both knees should be at horizontal or above, with a 90° angle at the hips and knees.
 - b. If the knees are lower than horizontal and/or there is greater than 90° angle at the knees, deduct up to 0.20 (up to 0.10 for each error).
 - c. If there is a greater than 135° angle at the hips and greater than 90° at the knee, then award credit for the actual VP performed. Consider it an "A" Stretch Jump with abstract leg position.
4. **#2.111 Wolf Hop ("A") or Wolf Jump ("A")**
 - a. There is no specific angle of closure required. The criteria for VP consideration is that both the extended leg and the thigh of the bent leg are at or above horizontal and the knees are together.
 - b. If the extended leg or the thigh of the bent leg is below horizontal, deduct up to 0.10 for each error.
 - c. If there is a greater than 135° angle at the hips and greater than 90° at the knee, then award credit for the actual VP performed; consider it an "A" Stretch jump with abstract leg position.
 - d. The Wolf Jump must have a 2-foot take-off but may land on either 1 foot or 2 feet.
 - e. A forward lean of the body is acceptable during the jump.
5. **Split Jump (#2.201) vs. Sissonne (#2.107)**
 - a. Cross Split Jump has a 2-foot take-off and landing, while the Sissonne has a 2-foot take-off and a 1-foot landing.
 - b. Cross Split Jump shows the required split (for the Division) with legs even in the split, parallel to the beam.
 - c. The Sissonne also must show the required split of the legs (for the Division); however, the legs are in a diagonal position with the front leg forward downward at a minimum of 45° from the beam and the back leg backward-upward.
 - 1) The front leg must be a minimum of 45° from the beam; if not, deduct up to 0.10 for insufficient amplitude of the front leg.
6. **#2.202 / #2.302 Straddle Jump or side-Split Jump, also with ¼ (90°) turn**
 - a. Straddle Jump or Side-Split Jump in cross position is awarded "B" Value Part credit (#2.202)
 - 1) Exception: Bronze Division receives "A" Value Part credit.
 - 2) From cross stand, a Straddle Jump or side-Split Jump that shows the straddle position while facing the end of beam and then ¼ turns, closing the legs to finish in a side stand, facing sideward is valued at "B". (#2.202)
 - 3) From cross stand, a Straddle Jump or Side-Split Jump that makes a ¼ turn to finish in a straddle pike or side-split position facing sideward is valued "C". (#2.302).
 - b. Straddle Jump or side-Split Jump in side position is awarded "C" Value Part credit (#2.302).
 - 1) From side position, a Straddle Jump or side-Split Jump that shows the straddle position while facing sideward, then ¼ turns, closing the legs Straddle Jump or Side-Split Jump is valued at a "C" (2.302)
 - 2) From side position, a Straddle jump or side-Split Jump that makes a ¼ turn to show a straddle or side-split position while facing the end of beam is valued at "B" (#2.202).
7. **#2.206 Pike Jump in Cross (B) or #2.306 Pike Jump in Side position ("C")**
 - a. In order to receive "B" or "C" VP credit, the only specific requirement is a minimum of 90° closure. The legs are not required to be at horizontal; however, deductions for lack of height (amplitude) of the jump may be applied.
8. **#2.305 Split Leap forward with leg change (Switch-Leg Leap) ("C")**
 - a. First leg should swing forward to a minimum of 45° prior to swinging backward to the required degree of split.
 - 1) If the first leg does not reach 45°, award "C" VP credit and deduct up to 0.10 for insufficient height of leg swing.
 - 2) If there is insufficient split after the leg change, apply deductions for insufficient split. **Split less than 135° = Award "A" VP credit.**
 - 3) If the gymnast performs a Stag-Switch Leg Leap – stag indicates that the first (swing) leg is bent a minimum of 90° with no extension of the leg prior to the leg switch – award "A" VP credit.
9. **#3.206 / #3.306 / #3.406 Turns in tuck stand**
 - a. Turn is completed when the support foot and hips have reached 360° rotation and the free leg touches the beam.
 - b. If the foot of the free leg lands on the beam prior to the full rotation of the support foot and hips, the turn is considered as completed when the free foot touches the beam.
 - c. Deduct accordingly to the degree of rotation of the support foot and hips, at the time when free leg touches the beam.
10. **#3.303 1/1 (360°) Turn with heel of free leg forward At or Above Horizontal throughout the Turn ("C")**
 - a. The gymnast must have time (up to 45° - 1/8th of the turn) to quickly lift the leg into position without deduction. The free leg may be bent or extended, but the entire leg must be at a minimum of horizontal to receive "C" Value Part credit.
 - b. Once the minimum of horizontal position of the free leg is established, it must be maintained throughout the turn in order to receive Value Part credit as listed.
 - c. The free leg may not be supported with the hand in order to maintain the minimum of horizontal position. See element #3.209 and 3.309 for a variation of the full turn holding the leg with the hand.

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 between the elements.
6. If the gymnast lands the first element in plié on two feet, then completely straightens her legs, and pliés 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

3. If the gymnast leaves the apparatus (Terminates the Exercise early, intentionally or due to a Fall):
 - a. Deduct 0.50 from the Start Value for missing the Dismount Special Requirement.
 - b. ~~Deduct 0.30 from the Start Value for No Dismount.~~
 - c. Deduct 0.50 for the Fall from the apparatus, if applicable.
 - d. 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 4.00. Common sense should prevail.
- E. **If after a fall off the beam, the gymnast attempts to re-mount the beam and falls again** (prior to the timing of the routine resuming), the deduction will be an additional 0.50 for the second fall.
- F. **Warm-up during a fall:** If, after a fall, the gymnast performs an element on the mat prior to re-mounting, the Chief Judge takes a deduction of 0.20 from the Average Score for additional warm-up. No warning is required.

VII. SPOTTING REGULATIONS

- A. **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).~~
 6. If the spot occurs on the dismount element, even though it receives no VP credit, ~~do not deduct 0.30 from the Start Value for no dismount.~~
- B. **If the coach spots the gymnast upon landing of the dismount:**
 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).~~
- C. **If the coach inadvertently touches the gymnast without assisting:**
 1. Each judge deducts 0.50 for the spot.
 2. VP credit is awarded.
 3. SR credit is awarded.
 4. ~~No Bonus awarded (Sapphire).~~
- D. **If the coach catches a falling gymnast**, do not deduct for the spot; deduct 0.50 for the fall ONLY.
- E. **There is no penalty if the gymnast inadvertently touches the coach.**
- F. ~~**When a raised surface is necessary for spotting release moves:** It is recommended that a spotting block or folded mat be used; however, there is no penalty for the coach standing on the mounting apparatus, provided that the mounting apparatus (or spotting device) is removed immediately after the element is performed.~~
 1. ~~If the spotting device is not removed, the Chief Judge takes a deduction of 0.30 from the Average Score.~~
 2. ~~The coach may not use chairs or other items that are not produced by a gymnastics supply company to stand on for spotting purposes.~~
 - a. ~~A warning should be given. If the coach continues to use an inappropriate item to stand on, then a 0.30 deduction for use of unauthorized equipment should be taken.~~
- G. **The Coach may stand by the Beam during the entire exercise without penalty.**

VIII. MOUNT AND DISMOUNT REGULATIONS

- A. **Mounts**
 1. See Beam Chapter 3, III. Apparatus Specifications for specific information on allowable matting for mounts.
 - a. The gymnast may use a springboard to mount or may mount from the mat(s) as described in the Apparatus Specifications section.
 2. The mounting apparatus or spotting block / mat must be removed as soon as possible after the gymnast has mounted. If not removed, the Chief Judge takes a 0.30 deduction from the Average Score.

Xcel Code of Points
BALANCE BEAM

3. Mounts that are preceded by one (1) element prior to take-off from the mounting apparatus will be allowed. Only the movement done after the feet leave the mounting apparatus will be evaluated.
4. Mount Attempts
 - a. The gymnast may have two (2) Attempts to mount the Beam without penalty, provided that she has not touched the mounting apparatus and/or Beam or run underneath the Beam on either attempt. Such an Attempt without mounting is considered a "Balk."
 - b. If the gymnast balks two times, she may take one more approach; however, on the third attempt, each judge takes a 0.50 deduction.
 - c. A Fourth Approach is not permitted

Examples		
	Mount Attempts	Deduction
a.	Attempt #1: Runs, balks, no mount performed Attempt #2: Run, mount performed	No Deduction
b.	Attempt #1: Run, balk, no mount performed Attempt #2: Run, balk, no mount performed Attempt #3: Runs, performs a mount	Each judge deducts <u>0.50</u> for third approach.
c.	Attempt #1: Run, balk, no mount performed Attempt #2: Run, balk, no mount performed Attempt #3: Run, balk, no mount performed A fourth attempt is not allowed.	Each judge deducts <u>0.50</u> for third approach.

- d. If the gymnast runs and touches the mounting apparatus and/or Beam or runs underneath the Beam without mounting, a 0.50 deduction is applied (considered a Fall).
- e. If the gymnast is attempting a Round-off entry mount, and performs only the Round-off, she may repeat the mount and receive appropriate VP credit. A 0.50 deduction for a Fall will be applied, since she made contact with the board, which is considered part of the apparatus.

B. Dismounts

1. All elements, including the Dismount, performed after the final time signal will be evaluated.
2. If a gymnast performs a Dismount that does not meet her Division criteria from the Xcel Code of Points:
 - a. Deduct 0.50 for missing the Dismount Special Requirement.
 - b. ~~Deduct 0.30 for No Dismount.~~
3. If a gymnast performs a Dismount of NO VALUE – one that is not listed in the Xcel Code of Points or performs a Restricted element for the Division:
 - a. Deduct 0.50 for missing the Dismount Special Requirement.
 - b. ~~Deduct 0.30 from the Start Value for No Dismount.~~
 - c. Deduct an additional 0.50 from the Start Value if the Dismount performed is a Restricted element for the Division.
4. Falls on a Salto Dismount (Silver/Gold/Platinum/Diamond/~~Sapphire~~ Divisions):
 - a. If the gymnast never initiates the Salto action, and falls without landing on the bottom of the feet first,
 - 1) Value Part credit is not awarded for the Dismount.
 - 2) Deduct from the Start Value for any missing difficulty requirements, if appropriate.
 - 3) Deduct 0.50 from the Start Value for missing the Dismount Special Requirement.
 - 4) ~~Deduct 0.30 from the Start Value for No Dismount.~~
 - 5) Deduct 0.50 for the Fall.
 - 6) Deduct for any other execution / amplitude errors.
 - b. If the gymnast initiates the Salto action and falls without landing on the bottom of the feet first,
 - 1) Value Part credit is not awarded.
 - 2) Deduct from the Start Value for any missing difficulty requirements, if appropriate.
 - 3) Deduct 0.50 from the Start Value for missing the Dismount Special Requirement.
 - 4) Deduct 0.50 for the Fall.
 - 5) Deduct for any other execution / amplitude errors.

Revised Aug. 2023 / Aug. 2025

CHAPTER 3: EXECUTION & ARTISTRY DEDUCTIONS

I. EXECUTION AND ARTISTRY FAULTS

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

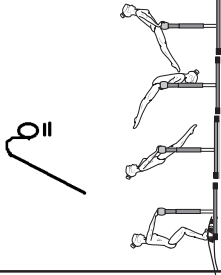
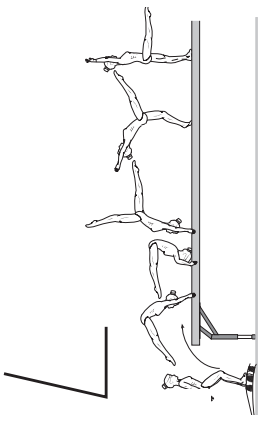
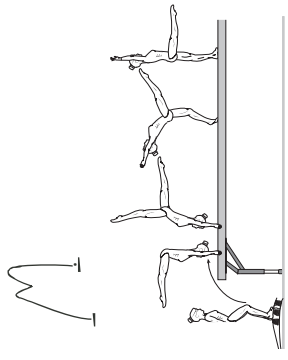
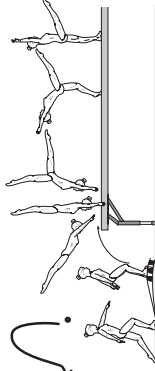
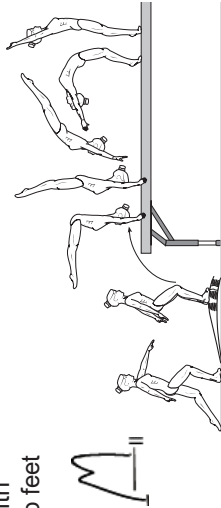
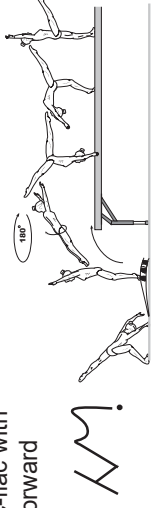
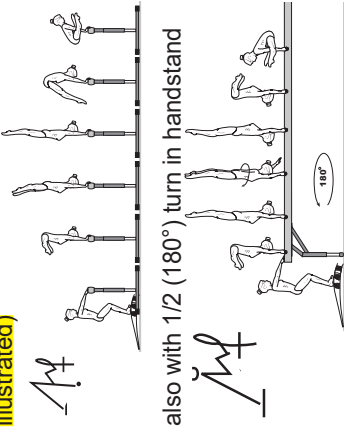
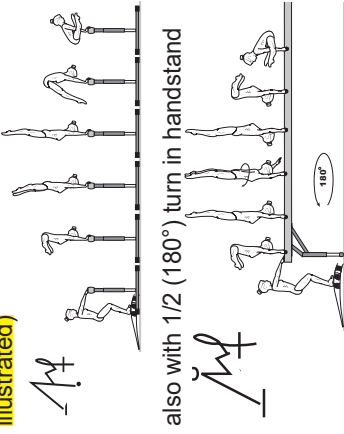
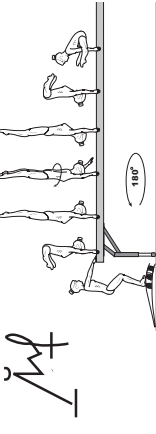
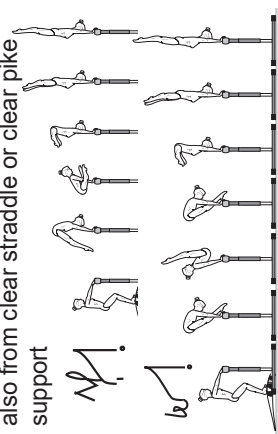
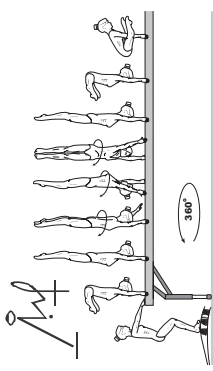
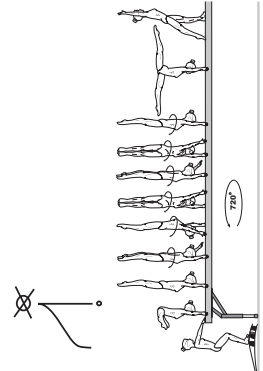
1. Emphasis is on the performance of allowable skills, not the routine construction.

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 Up to 0.10	Landing Deviation from straight direction on landing Arm swings to maintain balance on landing
	Up to 0.10 0.10	Dismounts Legs crossed during salto dismounts with a twist Lands too close to the beam on dismount
Medium Faults (Up to 0.20)	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
	0.05-0.10 0.15-0.20 Award "A" VP 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 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	Insufficient Variation in Rhythm and Tempo throughout the exercise
	up to 0.20	Incorrect body posture on landing of elements and dismount
	up to 0.20	Additional trunk movements to maintain balance/control upon landing dismount
	0.20 (Max. 0.40)	Large step or jump on landing (approximately 3 feet or more)
	up to 0.20	Insufficient Dynamics throughout exercise • Energy maintained throughout exercise • Makes difficult look effortless
	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 even with or lower than the knees)
	+0.50	Lands Acro element / Dismount in squat 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
Artistry	No VP/No SR	
	Insufficient Artistry throughout the exercise. * 0.10 is the maximum that can be taken in each category.	
	*0.05 – 0.10	Lack of variety in choreography (poses, phrases, connections) Examples: unnecessary adjustments and/or steps without choreography
	*0.05 – 0.10	Quality of gymnast's movements to reflect her Personal Style
Specific Execution Errors	*0.05 – 0.10	Quality of Expression (i.e., projection, focus)
	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	Concentration Pauses • Two (2) seconds
	Each 0.20	• More than 2 seconds
	Up to 0.30	Relaxed/incorrect footwork on non-value parts throughout exercise
	Up to 0.30	Incorrect body alignment, position, or posture in non-VPs throughout exercise
	0.05-0.10	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
	0.15-0.20	• Torso/trunk deviation in line with the beam with/without arm swing between elements
	EXCEPTION	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

Group 1 – Mounts			
A	B	C	D
1.107 Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam – swing backward to roll forward	1.207 Free forward roll at end of beam	1.307 Hecht roll (extended hip angle in flight phase) – approach at end or diagonal to beam	1.407
1.108 Chest or head stand Shoulder stand	1.208 Jump to chest stand, 1/2 (180°) turn over shoulder to shoulder stand	1.308 Jump to chest stand, 1/1 (360°) turn (over shoulder to chest stand (Silivas) From a rear stand (back toward beam), jump with a 1/2 (180°) turn to chest stand (candle position), ending in front support with or without backward hip circle or other optional exit.	1.408 From rear stand (back towards beam), flic-flac over beam to candle position, ending in front support with or without bwd hip circle

Group 1 – Mounts				
A	B	C	D	
1.109 From side stand front-ways with take-off from one or two feet, knee, or seat - back hip pull-over to front support 	1.120 From cross stand facing end of beam – head kip 	1.309 From cross stand facing end of beam – jump to handstand with hip angle (pike) to handspring forward with step-out 	1.409 Handspring/flyspring forward with hecht phase (extended hip angle) before and after hand support on beam – approach at end or diagonal to beam  Jump to handspring forward with hip angle (pike) to land on two feet (Flyspring) (McCool)  Round-off at end of beam - flic-flac with 1/2 (180°) turn and walkover forward (Dunn) 	
1.110 	1.210 Jump, press or swing to side or cross handstand – lower to end position touching beam or clear straddle support, also to front walkover exit (Not illustrated)  also with 1/2 (180°) turn in handstand  also from clear straddle or clear pike support 	1.310 Jump, press or swing to side or cross handstand with 1/1 - 2/1 (360°-720°) turn – lower to end position touching beam or clear straddle support  	1.410	

Xcel Code of Points FLOOR EXERCISE

C. Elements/Pass Considered the Same:

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

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

Examples of Elements Considered the Same for the Counting of VP	
Criteria	Example
Salto with 2-foot landing or step-out	• Front Salto Tucked step-out "A" / Front Salto with 2-foot landing considered same element.
Flight with 2-foot landing or step-out	• Flic-Flac step-out / Flic-flac with 2-foot landing considered same element.

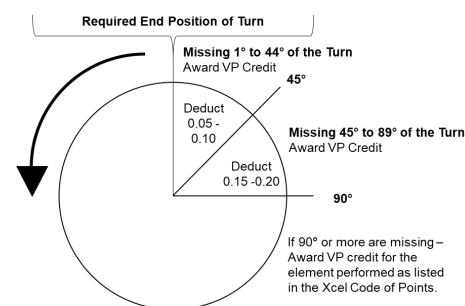
D. Considerations for awarding Value Part credit when a Fall occurs:

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

E. Required Technique for the Recognition of Value Parts

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

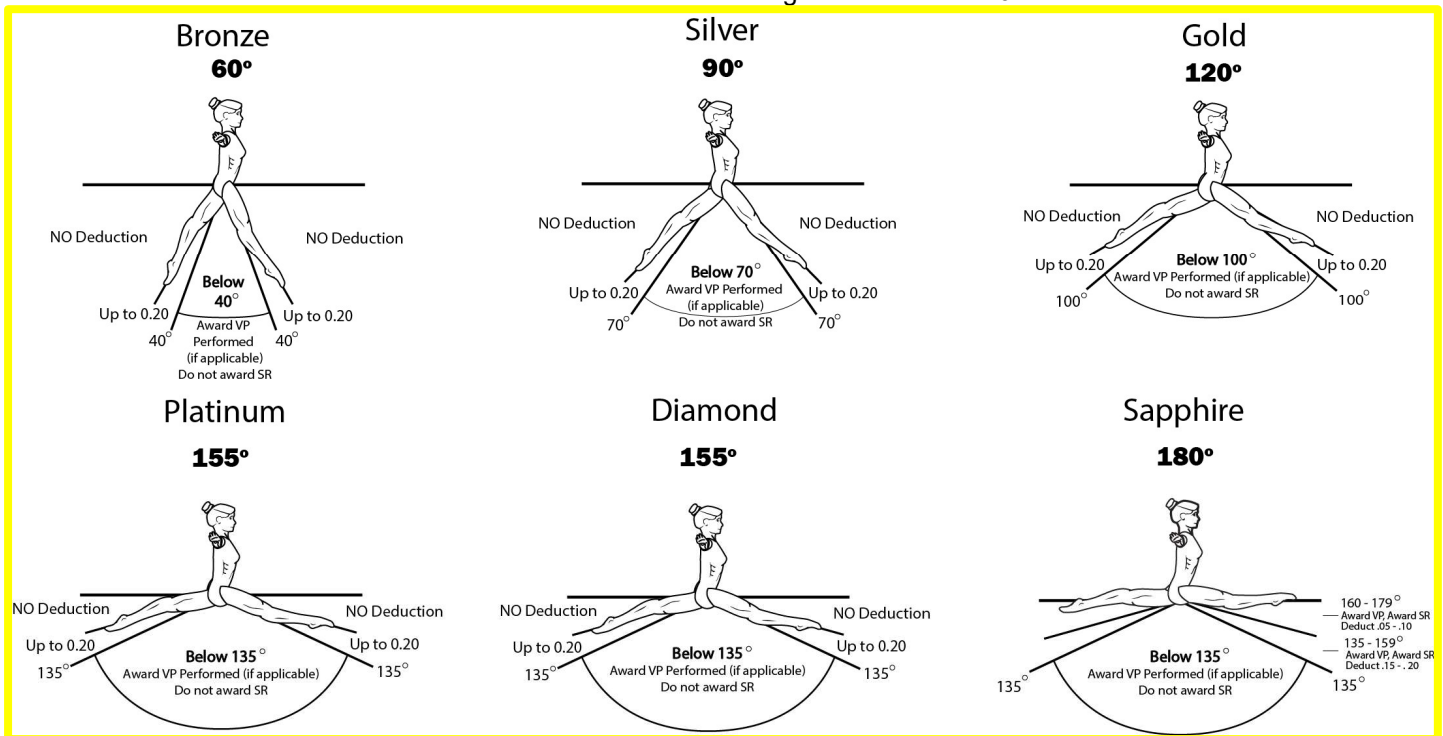
INCOMPLETE TURN - TURNS OF 360° OR MORE		
Missing Degree of Turn	Deduction	VP Credit
If missing 1° to 44° of the turn	Deduct 0.05 – 0.10	Award VP
If missing 45° to 89° of the turn	Deduct 0.15 – 0.20	Award VP credit
If missing 90° or more of the turn		Award VP credit for the element performed



- b. Deductions for balance, execution and amplitude errors are also applied.
- c. Clarification regarding completion of turns:
 - 1) Once the heel drops onto the floor during a turn, it is considered complete.
 - 2) Appropriate Value Part credit is awarded for the degree of turn completed prior to the heel drop.
5. **Jumps / Leaps / Hops with ½ (180°) Turn and ½ (180°) Turns on one (1) foot:**
 - a. Jumps / Leaps / Hops: values based upon completion of the ½ (180°) Turn. Must finish minimum of 1° past half-way mark between the two (2) VP to receive the higher value. Wolf Jump = "A" and Wolf Jump ½ = "B"
 - 1) Degree of Turn completion determines value awarded.
 - 2) Evaluate how much of Turn was completed to determine value to award.
 - 3) Turn completed to within 89° or less of designated Degree of Turn, award higher VP.
 - 4) Turn must finish closer to higher Degree of Turn.
 - 5) Execution deductions applied for Incomplete Turn.
 - b. ½ Turns on One (1) foot must finish at minimum of 91°
 - 6) To receive VP credit and SR credit.
 - 7) Use deductions listed in Chapter 3 for Full Turns.
6. **Split Leaps and Jumps**
 - a. Each Division has a specific required minimum Degree of Split for Leaps and Jumps with a cross or side split. This split angle is specified in the Division's Dance SR (SR #2). When the front leg on a leap is in the stag position it cannot be used for the split SR. Front leg must be extended in the split position.
 - b. Deficiency of up to 20° (Bronze-Diamond) or 45°(Sapphire) from the Division-specific required Split is allowed to still receive VP and SR credit but a deduction of up to 0.20 for insufficient split will be applied.
 - 1) Example: Split Leap: Platinum Division, Split requirement 155° 450°.
 - A Split at 135° leg separation, Split Leap (#1.101) will receive "A" VP credit and Special Requirement credit with "up to 0.20" deduction.

Xcel Code of Points FLOOR EXERCISE

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



7. Flight Elements:

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

**Xcel Code of Points
FLOOR EXERCISE**

8. Twisting Saltos

- a. Twisting Saltos (Incomplete long axis (LA) turn / twist):

INCOMPLETE LA TURN - TWISTING SALTO DISMOUNTS		
Missing Degree of Twist	Deduction	VP Credit
If missing 1° to 44° of the twist	Deduct 0.05 – 0.10	Award "A" VP/SR
If missing 45° to 89° of the twist	Deduct 0.15 – 0.20	Award VP credit
If missing 90° or more of the twist		Award VP credit for the element performed

- b. Example: 1½ Twist "C" missing 90° of Twist.
 1) Award "B" VP credit for 1/1 Twist.
 2) Deductions for any Balance, Execution and Amplitude errors are also applied.
- c. Clarification regarding the completion of Twists:
 1) At the moment the feet land on floor at finish of Salto, twist is considered complete.
 2) Appropriate VP credit awarded for Degree of Twist completed, when feet land on floor, with front foot being decisive.

F. Specific Element Technique Clarifications

1. **#1.101 "A" Split Jump vs. #1.110 "A" Sissonne**
 - a. Cross Split Jump has 2-foot take-off and landing, Sissonne has 2-foot take-off and 1-foot landing.
 - b. Cross Split Jump shows required degree of Split (for each Division) with legs even.
 - c. Sissonne requires a certain degree of Split (for each Division); legs are in diagonal position with Front leg forward-downward at minimum of 45° and Back leg backward-upward.
 - d. Deduct up to 0.10 for Insufficient Amplitude if Front leg of Sissonne is less than 45°.
2. **#1.204 "B" Split Leap forward with leg change (Switch Leap)**
 - a. First Leg should swing forward to minimum of 45° prior to swinging backward to the required degree of Split (for each Division).
 - b. First Leg does not reach 45°, award "B" credit and deduct up to 0.10 for insufficient height of leg swing.
 - c. Deduct up to 0.20 for Insufficient Split after leg change, or credit the actual VP performed.
 1) **Split less than 135° = award "A" VP credit**
 - d. Stag-Switch Leap (Stags, never extends First Leg, prior to Switch) award #1.101 "A" Split Leap.
3. **#1.208 "B" Schuschunova**
 - a. Must show 180° Side Split position and then rotate legs rearward to attain horizontal stretched body position in the air before landing.
 - b. Slight forward lean of body in the initial jump phase, rather than strict vertical torso, is acceptable.
4. **Jump, landing in front lying support (prone)**
 - a. Two Variations of Schuschunova 1/1 – both "C" VP:
 - 1) Straddle Pike Jump ½ (180°) Turn – ½ (180°) Turn over, to land in front lying position.
 - 2) Jump 1/1 Turn to Side-Split position, legs rotate backward finishing in horizontal plane, to land in front lying position.
5. **#1.210 "B" Ring or #1.210 "B" Stag-Ring Leap / Jump**
 - a. A release of Head backward past the vertical line is considered "Ring" position.
 - b. Expected Amplitude of Rear Foot is to top of Head.
 - 1) Insufficient Arch, deduct up to 0.10.
 - 2) Rear Foot at shoulder or upper back height, deduct up to 0.10.
 - 3) Rear Foot at hip height or no backward Head Release, (regardless of the height of the leg), considered Split Leap with bent back leg #1.101 "A" or Sissonne #1.110 "A".
 - c. Ring Jump expectations are:
 - 1) Front Leg must be minimum of 45° from floor, forward-downward diagonal position;
 - 2) Deduct up to 0.10 for Insufficient Amplitude of Front Leg.
 - d. Ring Leap expectations are:
 - 1) Front Leg should first brush / extend close to horizontal.
 - 2) Front Leg is not a minimum of 45° from floor when Ring shape is executed, deduct up to 0.10 for Insufficient Amplitude of Front Leg.
 - e. Stag-Ring Jump or Stag-Ring Leap, expectations are:
 - 1) Front Leg bent minimum of 90° with no extension of leg.
 - 2) Division required leg separation, from Front Knee to Back Knee.

**Xcel Code of Points
FLOOR EXERCISE**

6. **#1.311 “C” Switch-Ring Leap**
 - a. First Leg should swing forward to minimum of 45° prior to swinging backward to 180° Split, with rear foot at head height, upper body arched, and head released backward past vertical line.
 - b. Rear Foot at shoulder or upper back height, deduct up to 0.10.
 - c. Rear Foot at hip height or if no backward head release (regardless of the height of leg), award Switch Leap “B” VP credit.
7. **#1.305 “C” Switch Leap ¼ (90°) Turn (Switch-Side Leap)**
 - a. First Leg should swing forward to minimum of 45°, prior to swinging backward.
 - 1) Fail to swing first leg forward to minimum of 45° but completes ¼ (90°) Turn, award “C” VP credit. Deduct up to 0.10 for insufficient height of leg swing.
 - 2) Fail to swing first leg forward to minimum of 45° and shows an incomplete ¼ (90°) Turn, award “B” VP credit (Switch Leg Leap). Deduct up to 0.10 for insufficient height of leg swing.
 - b. ¼ (90°) Turn must occur in air; not prior to leg swinging backward.
 - 1) Leg swings to Minimum of 45°: ¼ (90°) turn occurs early – before leg begins Backward swing, award “C” VP. Deduct up to 0.10 Lack of Precision in Dance elements.
 - 2) Leg swing to Minimum of 45°, ¼ (90°) turn is incomplete, award “B” VP (Switch leg leap). Deduct up to 0.10 Lack of Precision in Dance elements.
 - c. Side-Split position must show 180°.
 - d. Rond de Jambe technique is acceptable
 - 1) Front leg swings forward to minimum of 45° prior to ¼ (90°) Turn,
 - 2) Then moves across horizontal plane to Side-Split position).
 - e. First Leg in Stag position, award “A” VP credit.
 - 1) First (swing) leg is bent minimum of 90°,
 - 2) No extension of leg prior to leg switch.
8. **#1.309 “C” Tour Jeté with ½ (180°) Turn: / #1.404 “D” Switch-leg leap 1/1 (360°) Turn:**
 - a. These elements are often identified incorrectly.
 - b. Both show Cross Split position and finish facing same direction as take-off.
 - 1) Tour Jeté ½ (180°) turns away from initial swing leg.
 - 2) Switch-leg leap 1/1 turns toward initial swing leg
9. **#1.307 “C” Straddle Pike Jump 1/1 (360°) Turn (Popa) OR #1.307 “C” Side-Split Jump 1/1 (360°) Turn**
 - a. Must show Straddle Pike Jump, cross split or side split position in ANY phase of 1/1 (360°) Turn
10. **#2.202 “B” 1/1 (360°) Turn with free leg at or above horizontal from start to end of Turn**
 - a. Must have time (up to 45° – 1/8th of Turn) to quickly lift leg into position without deduction.
 - b. Free Leg may be bent or extended, but entire leg must be at minimum of horizontal to receive “B” VP credit.
 - c. Once minimum of horizontal position of Free Leg is established, must maintain throughout Turn to receive VP credit.
 - d. Free Leg may not be supported with hand to maintain minimum of horizontal position.
 - e. If correct leg position is missing for more than 45° of Turn or is not maintained throughout remaining 7/8th (315°) of Turn, recognize as “A” 1/1 (360°) Turn.
11. **#2.208 “B” 1/1 (360°) Turn – Free Leg held upward at 180° Split position**
 - a. Leg held at less than 180° Split position, but at least 135°,
 - 1) Award “B” Value Part.
 - 2) Deduct up to 0.20 for Insufficient Split.
 - b. Leg position is less than 135°, award “A” for 360° Turn.
12. **Front Saltos in Direct Connection**
 - a. Forward Salto used as accelerating element in directly connected Forward Salto Series is not subject to up to 0.30 deduction for Insufficient Amplitude.
 - b. Last Salto is expected to have the greater amplitude.
 - c. Example: Front Handspring + Front Salto Stretched + Front Salto Piked
13. **Non-flight walkovers and walkover-type elements**
 - a. 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.
 - 1) Deduct up to 0.20 for Insufficient split.
14. **#2.002 Forward or Backward Swing turn (Bronze only)**
 - a. There is no specific requirement for leg height on this turn. If insufficient leg height award “A” VP for a ½ (180°) turn on one foot (2.001).
15. **#3.002 Partial Handstand, minimum of 45° degrees, feet together (Bronze only)**
 - a. Body line at a minimum of 45° from vertical. Measured from hands to feet.

Revised Aug. 2023 / Aug. 2025

**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 a routine 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:
 - i. 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.
 - ii. 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).
 - iii. 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).
 - iv. No Undertime: No Deduction for Undertime.
- b. Courtesy Score of 4.00 may be awarded for an extremely Short Routine due to injury or unusual circumstances.
 - i. No routine will be awarded less than 4.00.
 - ii. Common sense should prevail.

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

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.

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 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 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 may continue routine.
 - a. Upon completion of the routine, Gymnast and Coach must decide whether to **repeat** **resume routine from the point of music failure** or accept score given.
 - b. Judges will post no score until decision is made.
 - c. No deduction would be taken for absence of music. **If decision is to accept score.**
2. Gymnast may stop her performance immediately:
 - a. Request permission from Chief Judge to **repeat routine or to continue from the point of interruption.**
 - b. **Once permission is given, Gymnast would perform again (either from the point of interruption or the entire exercise) after a reasonable amount of rest time. Once permission is granted, after reasonable amount of rest time, the gymnast may perform from point of interruption or the series / combination when music failure occurred.**
 - c. **No score would be given for a partial routine, all deductions prior to the equipment/music failure will still be applied.**
3. 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).

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 Up to 0.10	Landing Deviation from straight direction on landing Arm swings to maintain balance on landing
Medium Faults (Up to 0.20)	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 & 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 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	Insufficient Variation in Rhythm and Tempo throughout the exercise Consider: - Insufficient variation in rhythm / tempo in non-VP movements - Lack of fluid connection / series of disconnected elements or movements

**Xcel Code of Points
FLOOR EXERCISE**

Medium Faults Continued	(Medium Faults Continued)	
	up to 0.20	Incorrect body posture on landing of elements/VP
	up to 0.20	Additional Trunk Movements to maintain balance / control upon landing of an Acro element
	0.20 (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)	up to 0.20	Insufficient Dynamics throughout exercise – Consider: • Energy maintained throughout exercise / Makes difficult look effortless
	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 0.30) • Maximum on any one element = 0.30 bent arms & 0.30 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	Squat on landing (hips even with or lower than the knees)
	+0.50	Lands Acro element in squat 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 not award VP or SR credit / No Bonus (Sapphire)
Artistry	0.50	Spotting assistance upon landing an element - Award VP and SR credit / No Bonus (Sapphire)
	Insufficient Artistry throughout the exercise. * 0.10 is the maximum that can be taken in each category.	
	*0.05 – 0.10	Lack of variety in choreography (poses, phrases, connections) Examples: unnecessary adjustments and/or steps without choreography
	*0.05 – 0.10	Quality of gymnast's movements to reflect her Personal Style
Specific Execution Errors	*0.05 – 0.10	Quality of Expression (i.e., projection, focus)
	0.05	Failure to hold ending pose for 1 second.
	0.10	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 0.10	Concentration Pauses (2 seconds or more)
	up to 0.30 0.20	Poor relationship of Music and Movement throughout
	Up to 0.30	Relaxed/incorrect footwork on non-value parts throughout exercise
	Up to 0.30	Incorrect body alignment, position or posture on non-VP's (throughout exercise)
	0.50	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.
	0.50 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

**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.

**Xcel Code of Points
FLOOR EXERCISE ELEMENTS**

FLOOR EXERCISE ELEMENTS

FLOOR													
Additional "A" Elements & Elements modified from the Development Program													
Elements Limited by Division — Receiving "A" VP													
Group 1	Split Angles by Division		Bronze	Silver	Gold	Platinum	Diamond	Sapphire					
	Minimum 60° - Split Jump; Split Stride Leap; Side Leap (60° - 180°); Straddle Jump (60° - 180°)		✓										
	Minimum 90° - Split Jump; Split Stride Leap; Side Leap; Straddle Jump			✓									
	Minimum 120° - Split Jump; Split Stride Leap; Side Leap; Straddle Jump; Switch Leg Leap				✓								
	Minimum 155° 450° - All Leaps / Jumps Cross / Side Split					✓	✓						
	Leaps & Jumps with a 135° - 155° 450° or more split the element will receive Value-Part credit as listed in the Xcel Code of Points.												
	Minimum 180° - All Leaps / Jumps Cross / Side Split (element will receive Vaule-part credit as listed in the Xcel Code of Points)							✓					
	#	Element Name	Bronze	Silver	Gold	Platinum	Diamond	Sapphire					
	1.001	Leg Swing Hop with free leg horizontal or above (Deduct up to 0.20 for Insufficient Amplitude, if free leg is below horizontal (using 20° variance). No "A" Value Part credit awarded, if free leg lifted less than 70° from floor.)	✓	✓	✓								
	1.112	Chassé with 1/1 (360° turn) - Modified from Dev Program: Added variation for Passé hop 1/1 (360°)	✓	✓	✓	✓	✓	✓					
Group 2	2.001	½ Turn on one (1) Foot (any leg position)	✓										
	2.002	Forward or Backward Swing Turn	✓										
Group 3	3.001	Headstand	✓	✓	✓								
	3.002	Partial Handstand: minimum. 45°, feet legs together	✓										
	3.003	Handstand (Vertical – Mark)	✓	✓	✓								
Group 4	4.101	Forward roll or handstand forward roll or hecht roll - Modified from Dev Program: All are considered different elements.	✓	✓	✓	✓	✓	✓					
	4.102	Backward roll - Modified from Dev Program: Added variation for backward roll to Push-up shape; All are considered different elements.	✓	✓	✓	✓	✓	✓					
Group 5	5.001	Bridge, Kick-over (from Stand or Lying position)	✓	✓	✓								
Split Angles by Division													
Each Division has a specific required minimum Degree of Split for Leaps and Jumps with a cross or side split. This split angle is specified in the Division's Dance SR (SR #2). Deficiency of up to 20° (Bronze-Diamond) or 45° (Sapphire) from the Division-specific required Split is allowed to still receive VP and SR credit but a deduction of up to 0.20 for insufficient split will be applied.													
All Leaps & Jumps with cross/side split of 135° or more Split angle will receive Value-Part credit as listed in the Xcel Code of Points. If the athlete achieves the angle required in her Division, no further split deductions are taken. Example: A Diamond performs a switch leg leap to 155° 450°. "B" VP is awarded with no angle deduction.													
Lower VP or NO VP credit (as applicable) would be given for the element if the Split is more than 20° (Bronze-Diamond) or 45°(Sapphire) from the required split angle in the Division. Award VP or No VP for the skill actually performed.													
Removed: For a deficiency resulting in a split between 130°-134° the element would receive "A" VP.												✓	✓

Revised Aug. 2023 / Aug. 2025

Group 1 – Leaps, Jumps, and Hops (Limited by Division)

The following receive “A” Value part based on the applicable angle for each Division.

A	A	A	A	A
BRONZE (minimum 60°)	SILVER (minimum 90°)	GOLD (minimum 120°)	PLATINUM* (minimum 155° 450°)	DIAMOND* (minimum 155° 450°)
• Split Jump (min. 60°) • Split Leap (min. 60°) • Side Leap (60° - 180° or more) • Straddle Jump (60° - 180° or more)	• Split Jump (min. 90°) • Split Leap (min. 90°) • Side Leap (min. 90°) • Straddle Jump (min. 90°)	• Split Jump (min. 120°) • Split Leap (min. 120°) • Side Leap (min. 120°) • Straddle Jump (min. 120°) • Switch Leg Leap (min. 120°)		

*Leaps & Jumps with a 135° or more Split angle will receive Value-Part credit as listed in the Xcel Code of Points. Refer to Xcel Code for appropriate application of insufficient Split deductions and awarding of Value-Part credit.

Deficiency of up to 20° (Bronze- Diamond) or 45° (Sapphire) from the Division-specific required Split is allowed to still receive VP and SR credit but a deduction of up to 0.20 for insufficient split will be applied.

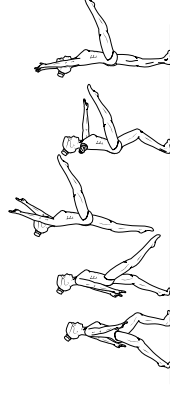
BRONZE/SILVER/GOLD ONLY

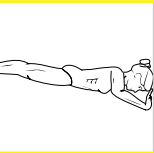
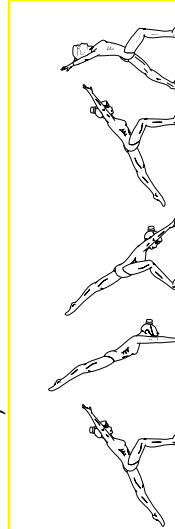
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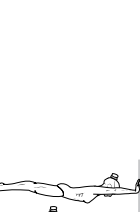
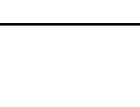
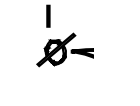
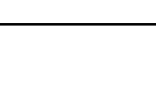
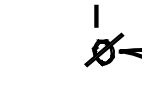
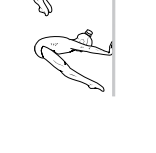
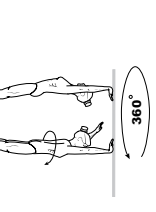
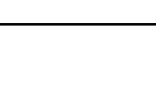
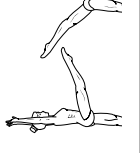
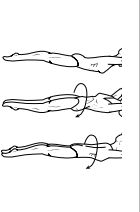
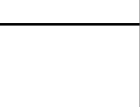
Leg Swing Hop with free leg horizontal or above

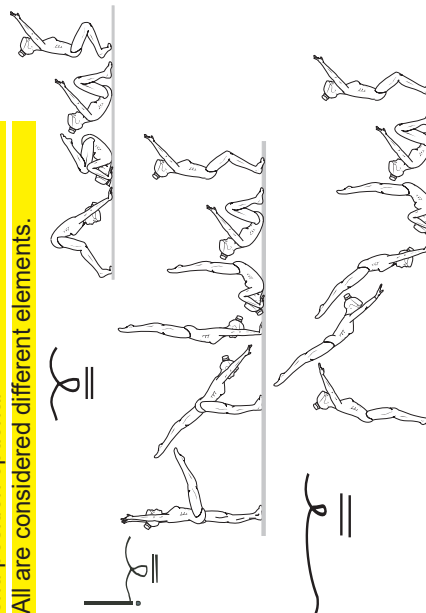
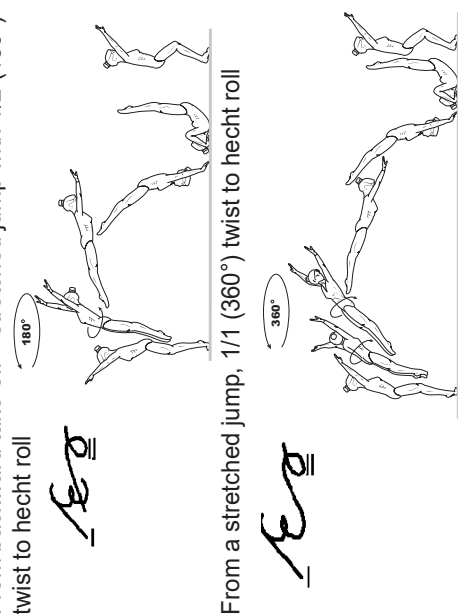
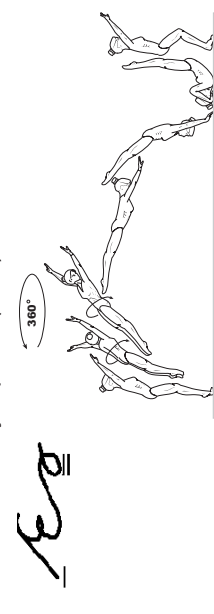
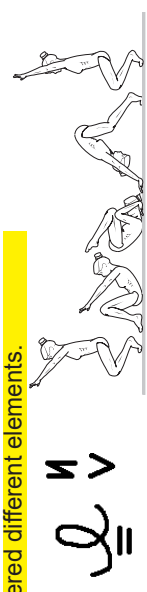
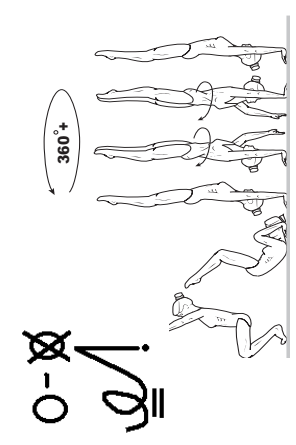
(If free leg is within 20° of horizontal an “A” VP is awarded

but a deduction of up to 0.20 for insufficient amplitude is applied)



Group 3 – Handstands (LIMITED BY DIVISION)		
A	A	A
BRONZE/SILVER/GOLD ONLY 3.001 Headstand (No visual available) 	BRONZE ONLY 3.002 Handstands Partial: minimum. 45°, feet legs together (No visual available)     	BRONZE/SILVER/GOLD ONLY 3.003 Handstand (Vertical – Mark) -- Leg position optional     

Group 3 – Handstands			
A	B	C	D
3.101 Jump to handstand – return movement optional or kick or press to handstand with ½ – 1/1 (180° – 360°) turn, return movement optional     	3.201 Kick or press to handstand – 1½ (540°+) turn or more in handstand – return movement optional     	3.301     	3.401     

Group 4 – Rolls			
A	B	C	D
4.101 Forward roll or handstand forward roll or hecht roll, end position optional All are considered different elements. 	4.201 From backward take-off – stretched jump with 1/2 (180°) twist to hecht roll  From a stretched jump, 1/1 (360°) twist to hecht roll 	4.301 From backward take-off – stretched jump with 1½ (540°) twist to hecht roll (Esslinger) 	4.401
4.102 Roll backward in tuck or pike, end position optional All are considered different elements.  Backward roll to Push-Up shape (Hand placement on floor prior to Backward Roll allowed.) (Arms may be bent or straight) 	4.202 Roll backward (tucked or piked) to handstand with 1/1 (360°+) turn or more in handstand 		4.402

Updated Sept 2022 / Aug 2025

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 and allowed at the respective Division. (Bronze: Any "A" VP; Silver: Any "A" VP or "B" Dance VP; Gold: Any "A" or "B"; Platinum: Any "A", "B" or "C" Dance VP; Diamond: Any "A", "B", "C" VP & 1 "D")					
Platinum/Diamond/Sapphire					
Dance Series: * Group 1 Dance VP – Group 1 Mounts that are considered Dance VP are indicated with a (D) next to the illustration within the Code of Points, are eligible to be used in the dance series. / * Group 3 Turns on one (1) Foot are eligible to be used in the dance series.					

**Xcel Code of Points
FLOOR EXERCISE**

FLOOR EXERCISE RULES

	Special Requirements (SR) Deduct 0.50 for Each Missing SR	Value Part (VP) Required	Difficulty Restrictions <i>Restricted Skills</i> 0.50 deduction - off SV	Timing	
				Timed Warm-Ups^	Time Limit
	Bronze - Diamond: 10.0 SV Sapphire: 9.60 SV + Up to 0.40 Bonus				
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.	1:00 min.
GOLD	1. *Minimum 2 directly connected Acro Flight elements. 2. *2 nd Acro Pass – either: A 2 nd connection with minimum two (2) directly connected Acro Flight elements OR One (1) Aerial or Salto 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one of which is a Leap with a minimum 120° 4. Minimum 1/1 Turn on one (1) foot.	Minimum of 6 "A" VP (0.10 each)	- No "B" VP Twisting Saltos. - No "C" or higher VP.	1:00 min.	1:00 min.
PLATINUM	1. *Minimum 2 directly connected Acro Flight elements with "A" or "B" Salto. 2. *2 nd Acro Pass – either: A 2 nd connection with minimum two (2) directly connected Acro Flight elements OR One (1) "B" Salto 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 155° 450° Cross or Side Split. 4. Minimum 1/1 Turn on one (1) foot.	Minimum of 6 "A" VP (0.10 each) 1 "B" VP (0.30)	- No "C" Acro VP. - No "D" or higher VP.	1:30 min.	1:30 min.
DIAMOND	1. Two (2) separate Acro Flight Passes, each with a Minimum of 2 directly connected Acro Flight elements OR One (1) Acro Flight Pass with Two (2) directly connected Acro Flight elements AND One (1) separate/isolated "C" Salto. 2. Two (2) Different Saltos (Isolated or in connection) One (1) must be a Minimum "B" (May be included in SR#1) 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 155° 450° Cross or Side Split. 4. Minimum "B" Turn on one (1) foot.	Minimum of 5 "A" VP (0.10 each) 2 "B" VP (0.30 each)	- Maximum of 1 "D" VP allowed. No bonus. - No "E" VP.	2:00 min.	1:30 min.
SAPPHIRE	1. One (1) acro pass with two (2) saltos, same or different. 2. Three (3) different saltos, one (1) is a minimum of a "B". 3. Dance passage with a minimum of two different elements from Group 1 (Leap, Jump, Hop), directly or indirectly connected, one of which is a leap requiring a 180° split. 4. Minimum of a "B" turn on one (1) foot	Minimum of 3 "A" VP (0.10 each) 3 "B" VP (0.30 each) 1 "C" (0.50)	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.

GOLD, PLATINUM, DIAMOND, & SAPPHIRE DIVISION VAULT CHART

This chart reflects all value updates through August 2025

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

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

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UNEVEN BARS

A - .000		(the Division Allowed is provided)		(thru)
	#	Symbol	Division Allowed	
Group 1	1.001		B	
	1.002		SI to D	
	1.003a		B to G	LB
	1.003b		SI to G	HB
	1.004		B to G	
	1.005		B to G	
Group 2	1.006		B to G	
	2.001		B	re bar -21° from Vert
			SI	Hor 21° from Vert
			G	Hor - 21° from Vert
			P	89° - 21° from Vert
			D	45° - 21° from Vert
	2.002		B to G	
	2.003		SI to P	
	7.001		B to SI	
	7.002		B to SI	
7.003		B to G		
Group 7	7.004		B to G	
	7.005		SI to G	(from long swing)
	7.006		B to Sa	
	8.001		B	
	8.002		B	
	8.003		SI	
	8.004		B to SI	
	8.005		SI to G	
	8.006		B to SI	LB
	8.007		G to P	
Group 8	8.008		SI	
	8.009		G to P	
	8.010		G to Sa	
Division Key				
B=Bronze G=Gold D=Diamond 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
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BALANCE BEAM				
A - .000 (the Division Allowed is provided)				
#	Symbol	Division Allowed		
Group 2	Any Split Angle (Split not required)	B		
	Min 90°	Si		
	Min 120°	G		
	Min 120°	P		
	Min 155°	D		
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	
	5.003		B	
Group 5	9.001		B → Si	
	9.002		B → Si	
	9.003		B → G	
Division Key				
B=Bronze	Si=Silver			
G=Gold	P=Platinum			
D=Diamond	Sa=Sapphire			
Ex. B → G Indicates allowed at Bronze through Gold - Bronze, Silver, and Gold				

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* #7,402, 7, 403 & 8,402-From a step and from a stand on one leg-swing through are considered different elements

FLOOR EXERCISE

A - .000
(the Division Allowed is provided)

#	Symbol	Division Allowed
Group 1	Min 60°	B
	Min 90°	Si
	Min 120°	G
	Min 155°	P
	Min 155°	D
1.001	Min 180°	Sa
		B→G
2.001		B
2.002		B
3.001		B→G
3.002		B
3.003		B→G
5.001		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		

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Effective August 1, 2022 – July 31, 2026

BALANCE BEAM (Updated August 2025)							Restricted elements (All Divisions) = no VP credit -0.50 off SV		Missing SR = -0.50 off SV	
	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	SAPPHIRE				
SV	10	10	10	10	10	9.6 SV + up to .40 Bonus				
VP	4 "A"	5 "A"	6 "A"	6 "A", 1 "B"	5 "A", 2 "B"	3 "A", 3 "B", 1 "C"				
Special Requirement (SR)	1. Min. ½ Turn on One or Two Feet 2. One Jump or Leap (not mount or dismount) 3. One Acro element – Non-Flight 4. Dismount – No Saltos or Aerials	1. Min. ½ Turn on One Foot 2. One Jump or Leap with a min. 90° Cross or Side Split (not mount or dismount) 3. One Acro element – Non-Flight 4. Dismount	1. Min. 1/1 Turn on One Foot 2. Two (2) Different Group 2 elements – one with a min. 120° Cross or Side Split (Isolated or Series) 3. Two Acro elements – with or without Flight (Isolated or Series) One must achieve or pass through inverted vertical. Support on hands (through handstand position) is not required. 4. Dismount	1. Min. 1/1 Turn on one Foot 2. Dance Series - Two Group 1, 2 or 3 elements (same or different) – AND one Leap or Jump with a min. 120° Cross or Side Split (Isolated or Series) 3. One Acro Flight element OR Acro Series – with or without Flight – Min of one skill must achieve or pass through vertical (excluding Mount or Dismount) 4. Dismount	1. Min. 1/1 Turn on one Foot 2. Dance Series – Two Group 1, 2 or 3 elements (same or different) – AND one Leap or Jump with a min. 155° Cross or Side Split (Isolated or Series) 3. Acro Series – with or without Flight - Min. of one skill must achieve or pass through vertical (excluding mount or dismount); AND one Acro Flight element (Isolated or Series) 4. Dismount – Salto or Aerial	1. Min. 1/1 (360°) turn on one foot 2. Dance series – Two Group 1, 2 or 3 elements (same or different) – AND one Leap or Jump with a min. 180° Cross or Side Split (Isolated or Series) 3. Acro series with a min. of one flight skill (a min. of one 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 Bonus: may be achieved from either or both categories. Difficulty Bonus (C/D): +0.10 (max of 1 - "D" VP for Bonus) Connection Bonus: "B"+"B" (or higher) +0.10				
							A		VP	
							B		SR	
							C		SV	
							D		Bonus	
						FIN				
						A		VP		
						B		SR		
						C		SV		
						D		Bonus		
						FIN				
						A		VP		
						B		SR		
						C		SV		
						D		Bonus		
						FIN				

2022 – 2026 USA GYMNASTICS WOMEN'S XCEL PROGRAM

Effective August 1, 2022 – July 31, 2026

FLOOR EXERCISE				Restricted elements (All Divisions) = no VP credit .050 off		Missing SR = .050 off SV	
	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	SAPPHIRE	
SV	10	10	10	10	10	9.6 SV + up to .40 Bonus	
VP	4 "A"	5 "A"	6 "A"	6 "A", 1 "B"	5 "A", 2 "B"	3 "A", 3 "B", 1 "C"	
Special Requirement (SR)	1. Min. two directly connected Acro elements (with or without Flight). 2. 2 nd Acro Pass – Min. one Acro element (with/without Flight). 3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 60° Cross or Side Split. 4. Min. 1/2 Turn on one foot.	1. Min. two directly connected Acro elements, one must have Flight. 2. 2nd Acro Pass – either: A 2nd Min. two directly connected elements (with or without Flight), OR One Acro Flight element 3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 90° Cross or Side Split. 4. Min. 1/1 Turn on one foot.	1. Min. two directly connected Acro Flight elements. 2. 2nd Acro Pass – either: A 2nd connection with min. two directly connected Acro Flight elements OR One Aerial or Salto 3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 120° 4. Min. 1/1 Turn on one foot.	1. Min. two directly connected Acro Flight elements with "A" or "B" Salto. 2. 2nd Acro Pass – either: A 2nd connection with min. two directly connected Acro Flight elements OR One "B" Salto 3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 155° Cross or Side Split. 4. Min. 1/1 Turn on one foot.	1. Two separate Acro Flight Passes, each with a Min. of two directly connected Acro Flight elements OR One Acro Flight Pass with Two directly connected Acro Flight elements AND One separate/isolated "C" Salto. 2. Two Different Saltos (Isolated or in Connection) One must be a Min. "B" (May be included in SR#1). 3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected), one of which is a Leap with a min. 155° Cross or Side Split. 4. Min. "B" Turn on one foot.	1. One acro pass with two saltos, same or different. 2. Three different saltos, one is a min. of a "B". 3. Dance passage with a min. of two different elements from Group 1, directly or indirectly connected, one of which is a Leap requiring a 180° split. 4. Min. of a "B" turn on one foot.	
						Bonus: may be achieved from either or both categories. Difficulty Bonus (C/D): +0.10 (max of 1 - "D" VP for Bonus) Connection Bonus: "B" + "B" (or higher) +0.10	
						A VP B SR C SV D Bonus FIN	
						A VP B SR C SV D Bonus FIN	
						A VP B SR C SV D Bonus FIN	

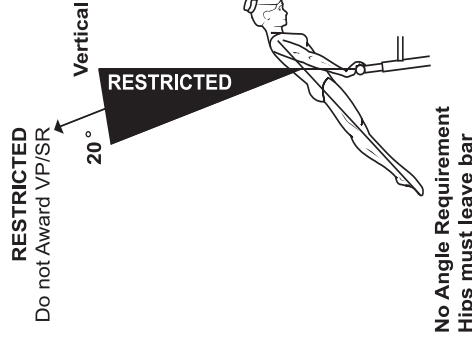
VP and SR credit will be awarded for the cast/clear support angle with a deduction of 0.10 applied for amplitude of casts if:

- Silver - Diamond: 1-10° below the requirement.
- Sapphire: 11-20° below the requirement.

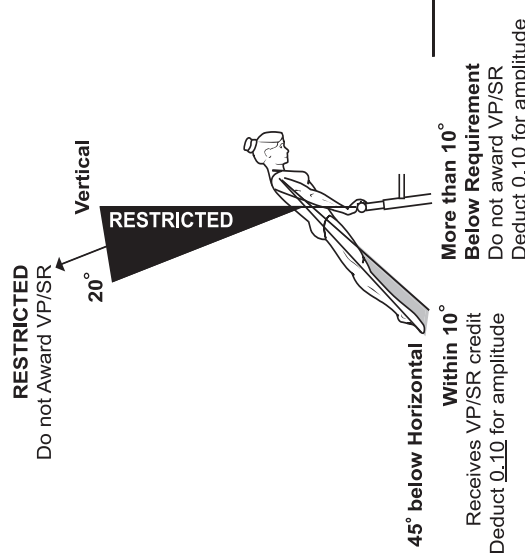
The 0.10 amplitude deduction applies to casts only. It does not apply to the amplitude of circling elements. For those elements use the amplitude deductions applicable for each Division. When an extra cast/swing occurs only apply a 0.30 deduction for extra swing. Do not also apply the additional 0.10 amplitude deduction.

CAST/CLEAR SUPPORT SPECIAL REQUIREMENT ANGLE

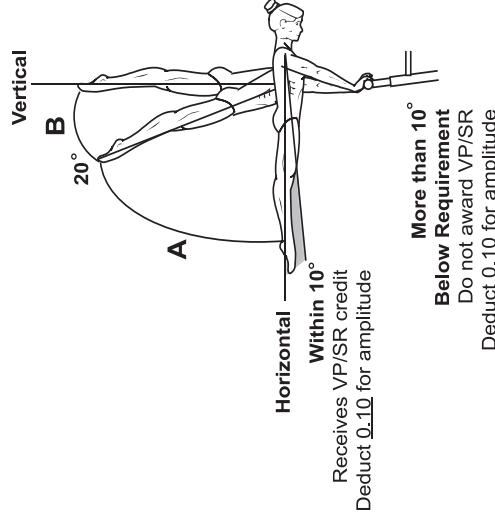
Bronze



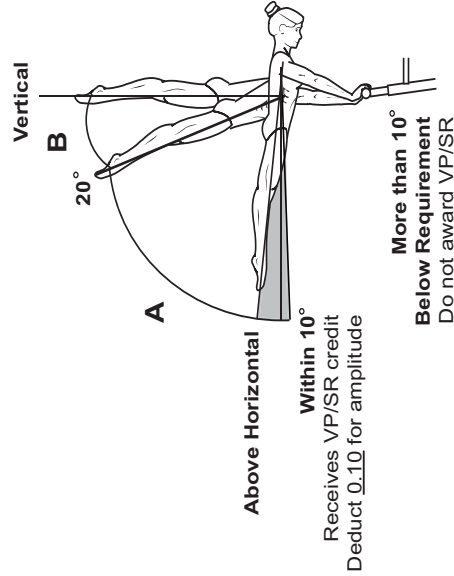
Silver



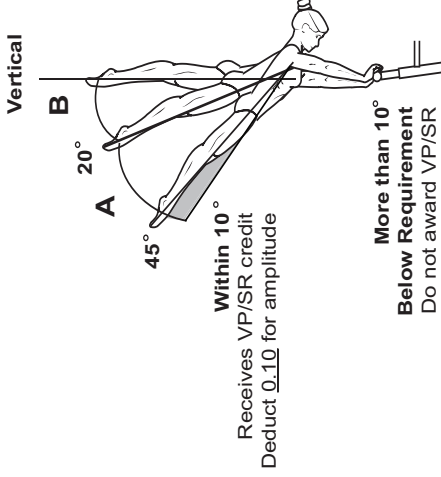
Gold



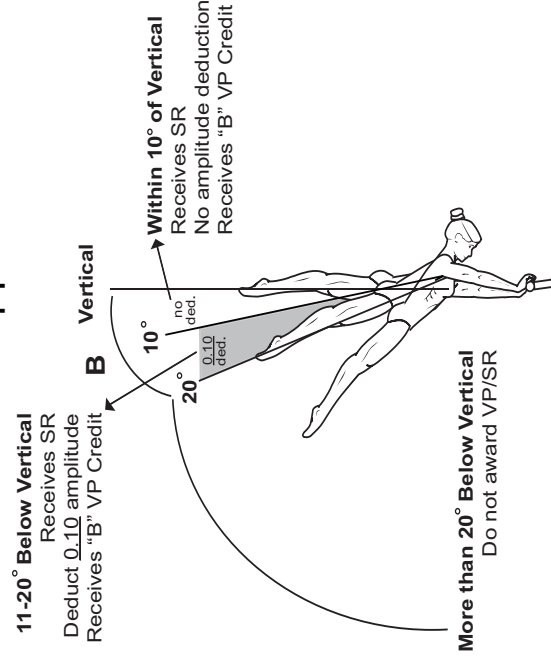
Platinum



Diamond



Sapphire



USA GYMNASTICS WOMEN'S XCEL PROGRAM - BARS TECHNIQUE

Effective August 1, 2022 - July 31, 2026

(Updated August 2024)

INCOMPLETE TWIST ON DISMOUNT		ANGLE OF BODY AT TURN COMPLETION			
Required end position of turn/twist If 90° or more are missing - Award VP credit for the element performed as listed in the Xcel Code of Points.		FOR TURNS IN HANDSTAND 180° pirouettes-all techniques 360° or more pirouettes turning on both arms in handstand phase.		FOR TURNS IN AND AFTER HANDSTAND 540° & more pirouettes-all techniques 360° pirouettes turning on one arm after handstand (Healy technique)	
ANGLE OF ARRIVAL ON FLIGHTS TO HANDSTAND ON LOW BAR		AMPLITUDE/ANGLE OF COMPLETION OF CIRCLING ELEMENTS			
0-10° of Vertical - No Deduction 11-20° of Vertical - 0.05 21° or more from vertical - recognize it as the lower valued element Award higher Value Part		ALL CIRCLE ELEMENTS EXCEPT CLEAR HIP CIRCLES These deduction apply ONLY to Platinum, Diamond, & Sapphire Divisions. Platinum: "C" Value Parts are restricted in the Platinum Division. The following circles are exceptions and receive "B" VP - Stalder Bkwd to HS & Pike Sole Circle Bkwd to HS (Both without turn). No amplitude deductions are applied from 45° to Vertical because gymnasts receive only "B" credit regardless of whether it achieves handstand phase or not. Gold: 0-20° - Restricted skill Award lower Value Part		CLEAR HIP CIRCLES ONLY These deductions apply ONLY to Diamond, & Sapphire Divisions. Gold: NO amplitude deductions for clear hip circles. 0-20° - Restricted skill Platinum: NO amplitude deductions for clear hip circles. Gymnasts receive "B" credit for any clear hip circle, regardless of whether it achieves handstand phase or not. Award "B" Value Part	