

Women's Artistic Gymnastics

Xcel Code of Points

First Edition: Effective August 1, 2022 – July 31, 2026

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

National Xcel Committee

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

National Technical Committee

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

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

Revised September 2022

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

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

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

This document is available in print and electronic format.

Copyright © 2022 by USA Gymnastics Publications

First Edition 2022

All rights reserved.

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

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

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

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

Printed by Sport Graphics, Inc., Indianapolis, IN

II. EQUIPMENT FAILURE / ~~REPITITION 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. ~~Repeat routine or to continue from point of interruption.~~
 - b. 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.
 - c. Permission granted, perform after reasonable amount of rest time from the point of interruption or the series/combination when equipment/music failure occurred.
 - d. No score would be given for the partial routine.
 - e. 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.
 4. ~~Any decision regarding repetition of an exercise must be made by Chief Judge, in consultation with Meet Referee.~~
- B. Flash/light from a camera is not a reason to repeat a routine.**

III. INQUIRIES

- A. Coach is entitled to see the four (or two) scores of individual Gymnast.**
- B. 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.
- C. Inquiries are limited to questions regarding:**
1. Start Value
 2. Neutral deductions
 3. Falls
 4. Unusual Occurrences
- D. 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.
- E. 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).
 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.
- F. 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.

Revised September 2022

**Xcel Code of Points
GENERAL / JUDGES**

G. Video Review is allowed at any Xcel competition during the processing of an inquiry if the following criteria is met:

1. At all sanctioned Xcel competitions for all Divisions, a coach can request Video Review by Meet Referee and highest rated unaffiliated Judge (if video is available) in the event that the Inquiry involves:
 - a. Possibility the Judges missed an element that would affect the Start Value.
 - b. All events: Verification that Gymnast was Spotted/Assisted by Coach.
 - c. Vault: Whether Gymnast lands on bottom of feet first.
 - 1) 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.
 - d. Bars:
 - 1) Verification that Gymnast grasps or touches the bar with one (1) or two (2) hands before falling on a release element.
 - 2) Verification that the dismount landed on the feet first prior to falling.
 - e. Beam:
 - 1) To determine if gymnast landed on bottom of the feet on top of the beam prior to falling.
 - 2) Verification that the dismount landed on the feet first prior to falling.
 - f. Floor:
 - 1) Verification that an element landed on bottom of the feet first on Saltos prior to falling.
 - 2) Verification that the gymnast did not touch outside of the Floor Exercise boundary line.
 - 3) 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.
 - g. 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.
 - h. 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 non-affiliated Judges, OR
 - 2) Highest rated non-affiliated Judge and a USA Gymnastics officer.
 - i. Meet Referee must inform Judging Panel that a video review will be initiated, as well as the final decision.
 - j. Video Review must be viewed in normal speed.
 - 1) Slow motion viewing is not allowed.

H. If procedures stated above (under "F.") are not properly followed on a submitted inquiry:

1. Coach may petition the Jury of Appeals for a review within five (5) minutes of the end of rotation / competition or return of Inquiry Form, whichever occurs later.
2. Video Review, if available, may be considered by the Jury of Appeals.
3. Jury decision should occur within 15 minutes after conclusion of meet and before awards are presented.

IV. 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.

Revised September 2022

**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.
- J. Confirms when Gymnast may repeat an exercise (or portion of the exercise) due to technical failure and determines when repetition (or continuation) will occur.**
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 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.

Revised September 2022

IV. PANEL JUDGE

- A. Must evaluate the exercises quickly and accurately, without bias.**
- B. Must record the number of skills “A” “B” “C” “D” VP / Special Requirements / Start Value, and deductions for Execution / Amplitude and Artistry.**
- C. Must include on Score Slip sent to Chief Judge (when electronic score input is not available):**
 - 1. Signature and Assigned Number
 - 2. Start Value
 - 3. Special Requirement deductions
 - 4. Skills “A” “B” “C” VP missing
 - 5. Notification of deduction taken for Coach spotting Gymnast
 - 6. Notification that Gymnast exceeded border marking on Floor Exercise.
 - a. If No Line Judges are present, attempt to signal by raising a hand.
 - 7. Should write European 7.
- D. Responsible for Flashing Score and Start Value.**
 - 1. Must provide SV flashing unit, unless provided by meet host.
- E. When changing a score, must cross out first score, initial change, and write in new score. Do not erase.**
- F. Must act in a Professional Manner.**
 - 1. Must not leave seat, during competition without permission of Chief Judge.
 - 2. Must remain at event station, until entire competition 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.
- G. May be Affiliated: may not be more than one (1) Judge per Panel with the same affiliation.**

V. JUDGING ASSISTANTS

- A. Do not evaluate or score the exercise.**
- B. Signal and record specific faults and penalties to assist Chief Judge.**
- C. Types of Judging Assistants and Responsibilities:**
 - 1. Line Judges for Floor Exercise
 - a. Must be a USA Gymnastics Judge member with a current rating.
 - b. Signal by raising hand or flag when Gymnast steps (or touches some part of body) beyond Boundary Line.
 - c. Inform Chief Judge in writing of Line Violations.
 - 2. Timers
 - a. Vault – Fall Timer
 - 1) Chief Judge monitors Vault Fall Time on first vault.
 - 2) The watch: The fall time is 45 seconds
 - Starts when Gymnast is standing up on her feet.
 - (i) If an injury occurs, fall time begins after the medical assessment is complete.
 - Stops when Gymnast salutes for second vault.
 - 3) Announcing Time:
 - Announces “20 seconds remaining” at 25 seconds.
 - Announces “10 seconds remaining” at 35 seconds.
 - Announces “Time” at 45 seconds.
 - (i) A second vault not allowed after “Time” is announced.
 - b. Uneven Bar – Fall Timer
 - 1) The watch: The fall time is 45 seconds
 - Time Starts when Gymnast is standing up on her feet after a fall.
 - (i) If an injury occurs, fall time begins after the medical assessment is complete.
 - Time Stops when Gymnast leaves mat to re-mount.

**Xcel Code of Points
GENERAL / JUDGES**

- 2) Announcing Time:
 - Announces “20 seconds remaining” at 25 seconds.
 - Announces “10 seconds remaining” at 35 seconds.
 - Announces “Time” at 45 seconds.
- c. Balance Beam – Routine Timer
 - 1) The watch:
 - Time Starts when Gymnast leaves the floor or mount apparatus to mount.
 - Time Stops when Gymnast arrives on mat on her dismount.
 - If the Gymnast Falls:
 - (i) Time Stops when the Gymnast lands on the floor after a fall.
 - (ii) Time Re-starts with the first movement to continue routine.
 - 2) Signals with an acoustic instrument (or verbally):
 - “Warning” at 10 seconds remaining.
 - “Time” at final time.
 - 3) Informs Chief Judge, verbally or in writing, of any Time Violation.
- d. Balance Beam – Fall Timer
 - 1) The watch: The fall time is 45 seconds
 - Time Starts when Gymnast is standing up on her feet after a fall.
 - (i) **If an injury occurs, fall time begins after the medical assessment is complete.**
 - Time Stops when Gymnast leaves the floor to re-mount.
 - 2) Announcing Time:
 - Announces “20 seconds remaining” at 25 seconds.
 - Announces “10 seconds remaining” at 35 seconds.
 - Announces “Time” at 45 seconds.
- e. Floor Exercise – Timer
 - 1) The watch:
 - Time Starts with the first movement of the Gymnast.
 - Time Stops with the final movement of the Gymnast.
 - Informs Chief Judge of Time Violation verbally or in writing, indicating the actual time.
- f. Additional Timers and Assistants:
 - 1) Control of Warm-up periods: during timed warm-up / 30-second touch warm-up
 - See the Rules & Policies for complete warm-up regulations.
 - Timer should begin when Gymnast is prepared to mount (within reasonable time).
 - Adjustments not included in 30-second touch warm-up time:
 - (i) Adjustment (setting) of Bars
 - (ii) Adjustment / marking of Beam
 - (iii) Setting Board for Beam / Bars
 - Procedures for 30-second Touch Warm-ups:
 - (i) Announces “20 seconds remaining” at 10 seconds.
 - (ii) Announces “10 seconds remaining” at 20 seconds.
 - (iii) Announces “Time” at 30 seconds.
 - Exceeding Warmup Time:
 - (i) “Time” called, if preparing for skill / dismount, may continue to finish without penalty.
 - (ii) “Time” called, fails to leave apparatus, Timer must announce “Time exceeded”.
 - (iii) Fails to leave apparatus, Timer reports infraction to Chief Judge,
 - (iv) Chief Judge deducts 0.20 from Average Score.
 - 2) Control beginning of exercise after flashing of Green Light / Signal from Chief Judge (Fall Timer may keep time).
 - 3) Assistant to operate instrument or flashboard that indicates Vault Numbers.
 - 4) Other Assistants as required by Chief Judge, Jury of Appeals, or Meet Organizers

Revised September 2022

**Xcel Code of Points
VAULT**

VAULT RULES							
	Allowable Vaults		Start Value (SV)	Alternative Springboard Allowed?	Additional Clarifications	Timed Warm-Ups <i>Total time per squad determined by number of gymnasts in largest squad</i>	
	No other vaults, other than those listed in each Division are permitted. If another vault is unintentionally performed, it will be a "VOID" vault.					Warm-Up Time Per Gymnast	Guaranteed Min. # of Warm-Up Vaults
Bronze	Vault Option 1	1A (SV 4.5) Stretch Jump onto mat THEN 1B (SV 4.5) Kick to Handstand (hands placed on board or mat) fall to flat back.	9.0 total Start Value	Yes	If a gymnast lands in a flat-back position and then slides off the end of the mat, there is no penalty for a fall.	30 seconds	1
	Vault Option 2	Jump to Handstand - fall to flat back on mat. (no repulsion required).	10.0 Start Value				
	Mat Stack	Minimum: 16" ($\pm 1''$) Maximum: 48" ($\pm 1''$)					
Silver	Vault Option 1	Handspring over the sideways mat stack.	10.0 Start Value	Yes	Unfolded panel mat or sting mat may be placed on top of the mat stack Sting mat may be used on the landing mat	45 seconds	2
	Vault Option 2	$\frac{1}{4}$ - $\frac{1}{2}$ (90-180°) turn on – Repulsion off to feet, landing facing mat stack. (Additional twist results in a VOID vault.)	10.0 Start Value				
	Mat Stack	Mat stack sideways. Minimum: 24" ($\pm 1''$) Maximum: 48" ($\pm 1''$) Landing Mat: A minimum 6'x12'x4" mat must be placed on the floor behind the mat stack.					
Gold		Xcel Gold Vault Chart	10.0 Start Value 9.5 SV if using alternative springboard	Yes 9.5 Start value if used		1:00 minute	2
Platinum		Xcel Platinum Vault Chart	Xcel Platinum SV Chart	NO If used, the vault will be VOID .		1:30 minute	2
Diamond		Xcel Diamond Vault Chart	Xcel Diamond SV Chart	NO If used, the vault will be VOID .		2:00 minutes	3
Clarifications applied to ALL Xcel Divisions							
Spotting		(0.50) Spot on landing	Guaranteed Warm-Up Vault Clarification	If the guaranteed number of vaults per gymnast has not been provided to some of the gymnasts in a squad before the time expires, those gymnasts may continue to finish their guaranteed number of vaults.			
		(1.00) Spot during any other phase					
		(1.50) Max. Total Spot deduction	Fall Time 45 Seconds	The Chief Judge must monitor the Vault Fall time. Time Starts: when the gymnast is standing up on her feet after the fall. If an injury occurs, fall time begins after the medical assessment is complete. Time Stops: when gymnast salutes for her second vault.			

Revised September 2022

**Xcel Code of Points
VAULT**

CHAPTER 1: VALUES AND DEDUCTIONS

III. BRONZE DIVISION

B. There are Two Allowable Vaults in this Division.

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

C. Bronze Vaults:

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

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

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

IV. SILVER DIVISION

A. There are Two Allowable Vaults in this Division.

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

B. Silver Vaults:

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

C. Mat Stack:

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

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

V. GOLD / PLATINUM / DIAMOND DIVISION

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

F. Start Value:

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

G. Use of Alternative Trampoline-Like Springboard Apparatus:

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

**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.
 - b. For Gold, Platinum and Diamond Divisions, the Vault Number must be 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.
 - 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) Vault is ignored, even if both judges see it.
 - 2) Gymnast has the opportunity to repeat this Vault.
 - 3) The Chief Judge applies a 0.50 penalty to the average of the next completed vault.
 - 4) 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 9.0, 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.

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 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 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.
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 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 only).

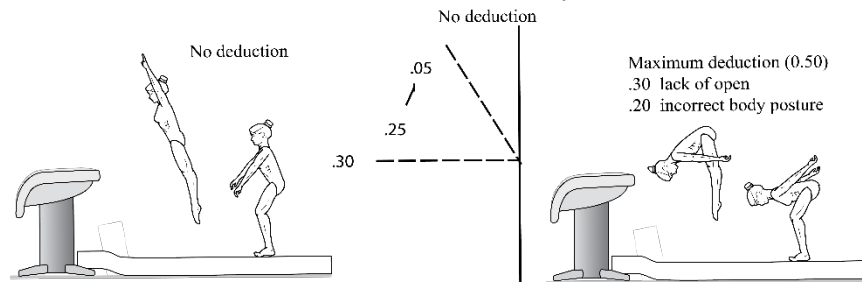
B. Two Hands: All vaults must be performed with support of both hands on the Mat Stack or Vault Table. (Exception: Deduction for Bronze Division Vault 1A is different; refer to the Bronze Vault deduction table)

Xcel Code of Points VAULT

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

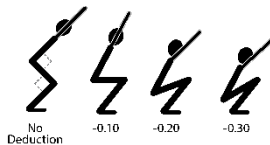
C. Insufficient / Late Opening and Total Absence of Extension

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



D. Landings

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



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

F. Restricted Vaults:

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

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

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

**Xcel Code of Points
VAULT**

3. Guaranteed Vaults: Each gymnast is guaranteed a specific number of warm-up Vaults, depending upon her Division.
 - a. Diamond: gymnasts are guaranteed three (3) Vaults.
 - b. Silver, Gold and Platinum: gymnasts are guaranteed two (2) Vaults.
 - c. Bronze: gymnasts are guaranteed one (1) Vault.

H. Vault Clarifications

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

I. Maximum Execution Deduction is 4.00:

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

J. Courtesy Score:

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

K. Vault Fall Timing:

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

V. UNUSUAL JUDGING SITUATIONS

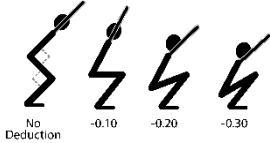
A. Bronze Division - Vault Option 1:

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

Revised September 2022

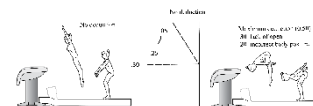
**Xcel Code of Points
VAULT**

SILVER DIVISION VAULT DEDUCTIONS (Continued)

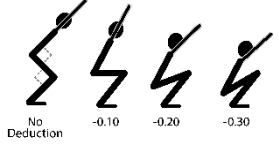
Landing	<u>0.05</u> <u>0.10</u> <u>0.10</u>	Lands with Feet Apart There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension. Lands with feet hip-width apart or closer, but never joins feet (heels) together Lands with feet further than hip-width apart Clarifications: <ul style="list-style-type: none"> If upon landing with the feet apart / staggered the gymnast takes a step(s), deduct only for the step(s). If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step.
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> (Max. 0.40)	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	Squat on landing (hips even with or lower than knees) 
	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
	(CJ) <u>0.50</u>	Additional deduction for Fall after assistance by coach Vaults without signal from Chief Judge <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously
	<u>1.00</u>	Spotting assistance during the vault <ul style="list-style-type: none"> (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
	VOID	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, AND DIAMOND DIVISION VAULT DEDUCTIONS		
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	• 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 Tsukahara vaults • Shoulder angle • Arched body • Alternate repulsion from hands on all vaults, except Diamond Tsukahara vaults
	Up to 0.20	
	Up to 0.20	
	Up to 0.20	
	Up to 0.20	
	Up to 0.30	Prescribed LA turn begun too early
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands) Maximum 0.30
	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	
Second Flight Phase	Up to 0.50	Too long in support (Applies to non-Salto Vaults only)
	(CJ) <u>1.00</u>	Touch with only one hand on the vault table • Chief Judge deduction, if at least ½ of panel sees only ONE hand touch
	VOID	No hand contact on the vault table
	<u>2.00</u>	Head contacting the table in support phase (includes 0.50 deduction for extreme arm bend)
	Up to 0.10	Incorrect foot form (flexed, sickled)
	Up to 0.10	Insufficient exactness of LA turn
Second Flight Phase	<u>0.10</u>	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 <u>0.30</u>	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



**Xcel Code of Points
VAULT**

Landing	<p><u>0.05</u> <u>0.10</u> <u>0.10</u></p>	<p>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.</p> <p>Lands with feet hip-width apart or closer, but never joins feet (heels) together</p> <p>Lands with feet further than hip-width apart Clarifications: <ul style="list-style-type: none"> 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. </p>
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> (Max. 0.40)	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	<p>Squat on landing (hips even with or lower than knees)</p> 
	Up to 0.30	Slight brush/touch of 1 or both hands on mat (no support)
	<p>Up to 0.10 0.15 - 0.20 0.25 - 0.30 Award lower value</p>	<p>Prescribed LA turn incomplete</p> <ul style="list-style-type: none"> 1° - 30° missing 31° - 60° missing 61° - 89° missing 90° or more missing
	Up to 0.30	Deviation from a straight direction (determined by initial contact with mat)
	Up to 0.30	Insufficient dynamics (speed/power)
	<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 apparatus
	VOID	Landing on top of the Vault Table in a sitting, lying, or standing position
General	No deduction <u>0.50</u> VOID	1st Balk-run approach without coming to rest or support on top of Table Performing 2nd or 3rd Balk
	(CJ) <u>0.50</u>	<p>Vaults without signal from Chief Judge</p> <ul style="list-style-type: none"> CJ deducts 0.50 from average of next completed vault
	VOID	<p>Failure to land on any part of the bottom of the feet first</p> <ul style="list-style-type: none"> Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously
	<u>1.00</u>	<p>Spotting assistance during the vault</p> <ul style="list-style-type: none"> Maximum total Spot deduction not to exceed 1.50 (Including all spotting inclusive of spotting assistance on landing)
	<u>0.50</u> <u>0.50</u>	<p>Spotting assistance on landing</p> <p>Additional deduction for Fall after assistance by coach</p>
	VOID	<p>Run approach which results in the gymnast coming to rest or support on top of the Vault Table without execution of the vault</p> <p><u>Example:</u> Rebounds from board, places hands on Table, arrives in 3/4 handstand position, loses momentum and steps down onto Table or falls back onto board.</p>
	VOID	Failure to use Safety Zone mat for Round-off Entry Vaults
	VOID	Use of alternative springboard for Platinum and Diamond Divisions (If an alternative springboard is used in the Gold Division, the Start Value is 9.50.)
	No deduction	Coach standing between board and Table

THIS PAGE LEFT BLANK INTENTIONALLY

Xcel Code of Points
UNEVEN BARS

UNEVEN BARS RULES

	Special Requirements (SR) Deduct <u>0.50</u> for Each Missing SR	Value Part (VP) Required	Difficulty Restrictions <i>Restricted Skills</i> <u>0.50</u> deduction - off SV	Extra Swing Deduction Taken	Warm-Up Time Per Gymnast
BRONZE	1. Mount – Low bar only 2. Cast (hips must leave bar) (<u>not</u> mount or dismount) 3. 360° Circling skill (not mount or dismount) 4. Dismount – Low bar only (no saltos)	Minimum of 4 "A" VP (0.10 each)	<ul style="list-style-type: none"> No "B" or higher VP. No skills on High Bar. No Salto dismounts. No LB Giants. 	No	30 seconds
SILVER	1. Mount 2. Cast to a minimum of 45° below horizontal (<u>not</u> mount or dismount) 3. 360° Circling skill (<u>not</u> mount or dismount) 4. Dismount - from Low bar or High Bar (no saltos)	Minimum of 5 "A" VP (0.10 each)	<ul style="list-style-type: none"> No "B" or higher VP. No Giants (LB or HB) No Salto dismounts. 	No	45 seconds
GOLD	1. A skill finishing in clear support at a minimum of horizontal (<u>not</u> mount / dismount) 2. 360° Circling skill (<u>not</u> mount or dismount) 3. 2 nd 360° Circling skill (<u>not</u> mount or dismount), same or different from SR# 2 4. Dismount – High Bar	Minimum of 6 "A" VP (0.10 each)	<ul style="list-style-type: none"> No "C" or higher VP. B Exceptions: <ul style="list-style-type: none"> No Giants (LB or HB) No Release Skills with bar change. 	No	1:00 minute
PLATINUM	1. A skill finishing in a clear support above horizontal (<u>not</u> mount or dismount) 2. 360° Circling skill (<u>not</u> mount or dismount) 3. Kip 4. Dismount – High Bar (minimum "A")	Minimum of 6 "A" (0.10 each), 1 "B" VP (0.30)	<ul style="list-style-type: none"> No "C" or higher VP. Exceptions: Clear Hip HS, Stalder Bkwd to HS, Pike Sole Circle Bkwd to HS (All without turn) 	Yes Exception: Only one (1) tap/underswing-counterswing may receive an "A" VP and be performed without a <u>0.30</u> Extra Swing deduction.	1:30 minutes
DIAMOND	1. Skill finishing in a clear support at a min. of 45° from vertical (not mount or dismount) 2. Minimum "B" 360° Circling Skill 3. Additional Min. "B" skill - either a Release, Turn, or 2 nd 360° Circling Skill, same as or different from SR#2 4. Salto or Hecht Dismount – High Bar (minimum "A"), or any dismount (minimum "B") from the high bar	Minimum of 5 "A" (0.10 each), 2 "B" VP (0.30 each)	<ul style="list-style-type: none"> Maximum of one (1) "D" VP allowed (No bonus) No "E" VP. 	Yes	2:00 minutes

Clarifications

Clarifications applied to ALL Xcel Divisions

Fall Time: 45 Seconds

The fall time begins when the gymnast stands back up on her feet. If an injury occurs, fall time begins after the medical assessment is complete.

Cast Angle: The DP cast angle deductions will not be used in any Division.

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

Element Clarifications

Skill preceded by a Cast: When a skill is preceded by a cast, both cast & skill may receive separate VP/skill credit, if cast achieves Division's angle requirement with the following exceptions:

Exceptions: cast squat, stoop, or straddle on—also with or without jump to HB, cast shoot through, & cast off to stand dismount (bronze only) receive 1 "A" VP in all Divisions. **These skills may not be used to fulfill the cast SR.**

Long Hang Pullover: A long hang pullover is considered a 360° circling skill only if preceded by a cast for Platinum & Diamond.

Revised September 2022

CHAPTER 1: REQUIREMENTS & RESTRICTIONS

I. SPECIAL REQUIREMENTS

Special Requirements (SR) each worth 0.50.

A. Bronze Division

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

B. Silver Division

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

C. Gold Division

1. Skill finishing in a clear support at a minimum of horizontal (not in the mount or dismount)
2. 360° Circling Skill (not in the mount or dismount)
3. 2nd 360° Circling skill (not mount or dismount), same or different from SR 2
4. Dismount (from the high bar)

D. Platinum Division

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

E. Diamond Division

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

II. VALUE PART REQUIREMENTS

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

Value Part Requirement					
Bronze	4 "A" VP	(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)

Revised September 2022

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:
 - a. 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 will be applied for 1-10° below the requirement. **Clarification: The 0.10 angle deduction for cast/skill angles on bars is ONLY applied to the element that is being used to fulfill a special requirement. It is not applied to every attempted cast/skill on bars.**
 - 1) 11° or more below the requirement will not receive SR credit. No angle deduction will apply.
 - b. The Development Program (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	<ol style="list-style-type: none">1. The same 360° circling skill, if performed more than one time, may be used to fulfill SR #2 and #3.2. No giants are allowed (LB or HB).3. No release skills with a bar change are allowed.
Platinum	<ol style="list-style-type: none">1. A long hang pullover is considered a 360° circling skill only if preceded by a cast.2. Clear hip circle to handstand, back staldler 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.
Diamond	<ol style="list-style-type: none">1. The same minimum "B" 360° circling skill, if performed more than one time, may be used to fulfill SR #2 and #3.2. A long hang pullover is considered a 360° circling skill only if preceded by a cast.3. Any tap or underswing - counterswing will receive an extra swing deduction.4. 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 #3.5. Special Requirement #3:<ol style="list-style-type: none">1. Release: Release can occur in the mount but not dismount.2. Turn: Turn can NOT occur in either the mount or the dismount. A turn can also include a pirouette.

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
 4. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value Part credit.

Xcel Code of Points
UNEVEN BARS

DIFFICULTY RESTRICTIONS BY DIVISION	
Division	Restrictions
Bronze	<p>Only allowable "A" elements are allowed.</p> <ul style="list-style-type: none"> The following "A" VPs are <u>NOT</u> Allowed in the Bronze Division: <ul style="list-style-type: none"> LB Giants Salto Dismounts Skills on the high bar "B" or higher VP elements are <u>NOT</u> allowed.
Silver	<p>Only allowable "A" elements are allowed.</p> <ul style="list-style-type: none"> The following "A" VPs are <u>NOT</u> Allowed in the Silver Division: <ul style="list-style-type: none"> LB Giants Salto Dismounts "B" or higher VP elements are <u>NOT</u> allowed.
Gold	<p>Only "A" elements, and allowable "B" elements are allowed.</p> <ul style="list-style-type: none"> The following "B" VPs are <u>NOT</u> allowed in the Gold Division: <ul style="list-style-type: none"> Giants (LB or HB) Release moves with bar change "C" or higher VP elements are <u>NOT</u> allowed.
Platinum	<p>Only "A" and "B" VP elements are allowed.</p> <ul style="list-style-type: none"> "C" or higher VP elements are <u>NOT</u> allowed. <ul style="list-style-type: none"> Exceptions: The following "C" circle skills are allowed, receive "B" value and may fulfill Special Requirement: <ul style="list-style-type: none"> 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	<p>Only "A", "B", "C" and one (1) "D" VP elements are allowed. No bonus is awarded for a "D" element.</p> <ul style="list-style-type: none"> "E" VP elements and/or more than one "D" VP elements are <u>NOT</u> allowed.

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		<ul style="list-style-type: none">• 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		<ul style="list-style-type: none">• 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		<ul style="list-style-type: none">• 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		<ul style="list-style-type: none">• 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
	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		<ul style="list-style-type: none">• 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		<ul style="list-style-type: none">• Meet Special Requirements – No, missing SR 3• 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		<ul style="list-style-type: none">• Meet Special Requirements – No, missing SR1 and SR3• 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		

Revised September 2022

Revised September 2022

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	<ul style="list-style-type: none">• 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	
	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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• All Special Requirements – Yes• All Value Parts – Yes• Start Value - 10.0
	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	<ul style="list-style-type: none">• 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”)
	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	<ul style="list-style-type: none">• All Special Requirements – Yes• All Value Parts – No, missing “B” element• Start Value – 9.7 (0.30 for missing “B”)
	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	<ul style="list-style-type: none">• 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”)
	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

DIAMOND - ROUTINE EXAMPLES					
MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)					
	Routine Elements	Element #	VP	SR	Start Value
1	Glide kip (LB)	1.101	A		<ul style="list-style-type: none">• All Special Requirements- Yes• All Value Parts – Yes, higher VP may be used to fulfill lower VP• Start Value - 10.0
	Cast to handstand	2.201	B	SR1	
	Clear hip circle to handstand	3.304	C	SR2	
	Underswing (pike sole circle) on LB, release and counter movement forward in flight to hang on HB	7.310	C	SR3	
	Long Hang Kip	1.101	A		
	Cast (to 45° above horizontal)	2.001	A		
	Fly away (layout)	8.103	A	SR4	
2.	Glide kip (LB)	1.101	A		<ul style="list-style-type: none">• All Special Requirements – Yes• All Value Parts – Yes• Start Value - 10.0
	Cast (to horizontal)	Not an element			
	Clear hip circle to 45° from vertical	3.204	B	SR1 & SR2	
	Glide kip	1.101	A		
	Cast to Squat, jump to high bar	2.102	A		
	Long Hang Kip	1.101	A		
	Cast (to 30° above horizontal)	Not an element			
	Backward giant	4.202	B	SR3	
	Fly away (layout)	8.103	A	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		<ul style="list-style-type: none">• All Special Requirements – No, missing SR3• All Value Parts – No, missing 1 “A” element• Start Value – 9.40 (<u>0.50</u> for missing SR, <u>0.10</u> for missing “A”)
	Cast to Squat on, jump to high bar	2.102	A		
	Long Hang Kip	1.101	A		
	Cast (to handstand)	2.201	B	SR1	
	Backward giant	4.202	B	SR2	
	Tuck double fly away	8.304	C	SR4	
2	Glide kip (LB)	1.101	A		<ul style="list-style-type: none">• All Special Requirements – Yes• All Value Parts – Yes• Restricted Element VP- Only (1) “D” VP element is allowed, the 2nd “D” element does not receive VP credit and not used to fulfill SR• Start Value – 9.50 SV (Deduct <u>0.50</u> from Start Value for restricted element)
	Cast (to handstand) full pirouette	2.401	D	SR1 & SR3	
	Glide kip	1.101	A		
	Cast to Squat, jump to high bar	2.102	A		
	Long Hang Kip	1.101	A		
	Cast (to handstand)	2.201	B		
	Clear hip circle to handstand	3.304	C	SR2	
	Back giant with full pirouette	No value- Restricted (2 nd “D”)			
Fly away (layout) with 360° twist	8.203	B	SR4		

CHAPTER 2: GENERAL INFORMATION

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

A. Uneven Bar Skills

1. Any Uneven Bar Skill listed in the Xcel Code of Points may receive VP credit two (2) times in an exercise, provided that the element occurs in a different connection (**i.e., preceded or followed by a different element**). Any skill that is listed in the Xcel Code of Points is given the value that is listed, even if it is different than the value listed in the DP Code of Points.
 - a. **Clarification: Back hip circles can receive VP/SR credit two (2) times. Any stops, pauses, readjustments, etc. will be deducted for rhythm errors only and does not negate either Back Hip Circle VP/SR.**
2. If an element is performed that cannot be specifically found in the Xcel Code of Points, the Judge may award comparable Value Part credit if they can recognize the "root" element.
3. Any new element not listed in Xcel Code of Points;
 - a. Must be evaluated by the Regional Technical Committee Chair and the Regional Xcel Committee Chair.
 - b. Element Evaluation Forms can be found on the www.usagym.org website in the Forms section under Women.
 - c. A copy of this evaluation must be presented to the Meet Referee or Chief Judge prior to the competition to insure proper awarding of difficulty.
 - d. Evaluations will be valid for one current Xcel quadrennium (Xcel quadrennium begins August 1 two years following the Summer Olympics and ends four years later on July 31) and will be posted on the Regional websites.
4. If the same element is performed a third time, or is performed a second time in the exact same connection:
 - a. The VP credit is not awarded.
 - b. All applicable execution and amplitude deductions are applied.
 - c. It cannot be used to fulfill SR. An element must receive VP credit to fulfill SR.
 - d. Exception: VP credit can be awarded for an element that is performed for the third time, if it was not previously awarded VP credit because the element:
 - 1) Lacked completion the first or second time it was performed, or
 - 2) Was performed in the exact same connection the second time it was performed.

Examples	Rationale
Gold gymnast performs the following sequence: Short cast (No VP), Back Hip Circle (A), Cast to horizontal (A), Back Hip Circle (A)	Both Back hip circles receive VP because of a different entrance.
Gold gymnast performs the following sequence: Cast to horizontal (A), Back Hip Circle (A), Cast to horizontal (A), Back Hip Circle (A), Cast Squat On (A)	Both Back hip circles receive VP because of a different exit.
Pullover (A), Cast (A), Back Hip Circle (A), Cast (A), Back Hip Circle (No VP exact same connection), Cast (No VP), Back Hip Circle (A), Underswing Dismount (A)	

B. Elements Considered Different: In the following instance, elements will be considered different for the counting of VP:

1. If they have a different number in the Xcel Code of Points.
2. If they have the same number in the Xcel Code of Points, but meet the following criteria:
 - a. If Mount elements are performed as elements within the exercise.
 - b. If the element is performed with different degrees of turn ($\frac{1}{2}$, $1\frac{1}{2}$, $1\frac{1}{2}$).
 - c. If the support is on one or both arms.
 - d. If saltos are performed with different body positions.
 - e. If the legs are together or straddled in saltos.
 - f. **Cast (receiving VP) or short cast (not receiving VP) prior to same element will be considered a different connection.**

Examples of Elements Considered Different for the Counting of VP	
Criteria	Example
If they have the same number - If Mount elements are performed as elements within the exercise	<ul style="list-style-type: none"> 1.101 Glide kip mount and; Glide kip on the LB (for example out of a clear hip)
If the element is performed with different degrees of turn ($\frac{1}{2}$, $1\frac{1}{2}$, $1\frac{1}{2}$).	<ul style="list-style-type: none"> #4.303 Giant circle backward to Handstand with $\frac{1}{2}$ turn and; #4.303 Giant circle backward to Handstand with $\frac{1}{2}$ - $\frac{1}{2}$ turn in different directions.
If the support is on one or both arms.	<ul style="list-style-type: none"> Giant circle backward and; Giant circle backward on one arm

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.	<ul style="list-style-type: none"> • #2.301 Cast handstand with $\frac{1}{2}$ turn in handstand and Cast to handstand with $\frac{1}{2}$ 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)	<ul style="list-style-type: none"> • #5.302 Giant circle forward with legs straddled with $\frac{1}{2}$ turn and Giant circle forward with legs together and $\frac{1}{2}$ 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:

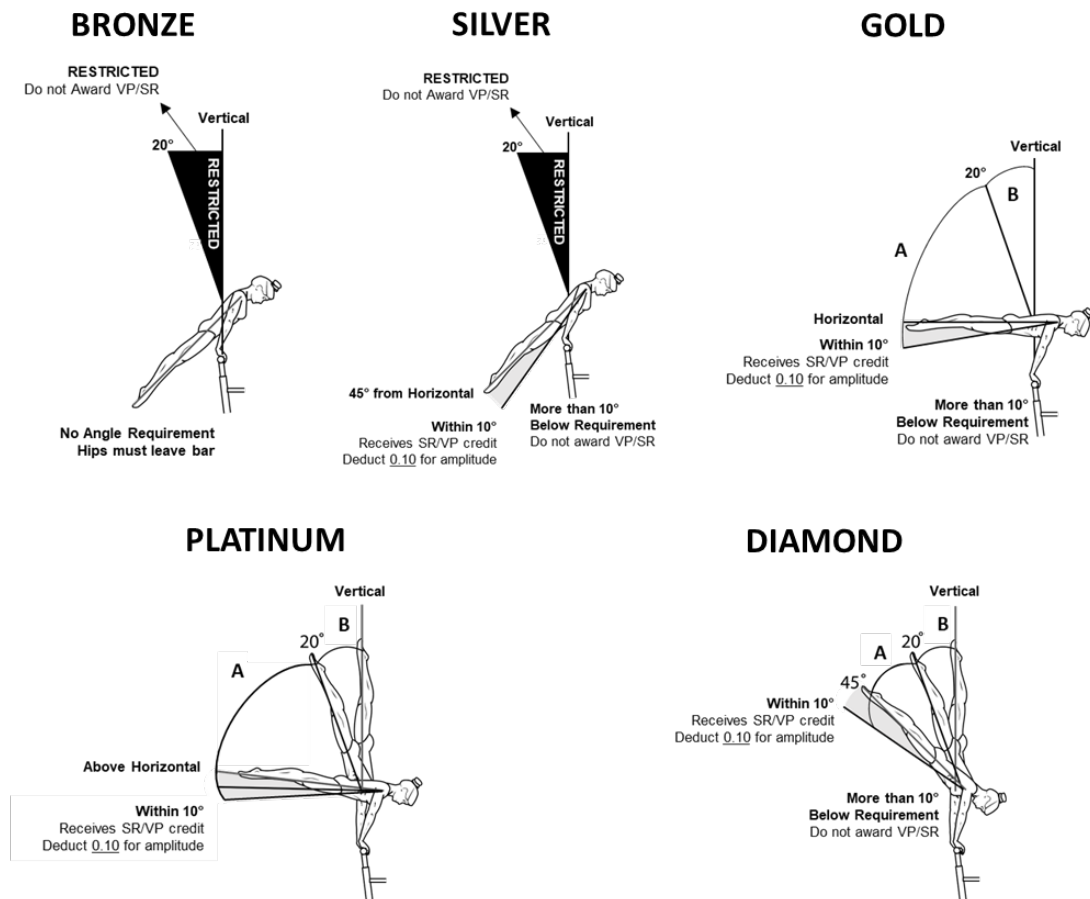
1. If the gymnast lands on the hands and bottoms of the feet simultaneously, award VP credit and deduct 0.50 for the fall.
2. If the gymnast falls on the dismount without landing on the bottom of the feet first, Value Part credit is not awarded, and a 0.50 deduction is taken for missing the dismount SR.
3. Fall on a Salto dismount without landing on the bottom of the feet first for Gold, Platinum and Diamond 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.

Xcel Code of Points UNEVEN BARS

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: (within 10° 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)
 - b. A cast within 10° of the requirement will receive VP/SR credit.
 - 1) A 0.10 deduction will be applied for amplitude for 1-10° below the requirement.
 - Clarification: The 0.10 angle deduction for cast/skill angles on bars is ONLY applied to the element that is being used to fulfill a special requirement. It is not applied to every attempted cast/skill on bars.
 - 2) 11° or more below the requirement will not receive VP/SR. No angle deduction will apply.
 - c. DP Cast Angle Deductions will NOT be used in any 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)

Revised September 2022

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.
1. Bandages, etc. that become loose or unfastened do not constitute equipment failure; therefore, no 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)

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

1. The gymnast is allowed 45 seconds to re-mount the bar after a fall.
2. If the gymnast does not re-mount within 45 seconds, the exercise is terminated.
 - a. The fall time begins when the gymnast stands back up on her feet.
 - 1) **If an injury occurs, fall time begins after medical assessment is complete.**
 - b. The 45-second fall period stops when the gymnast leaves the floor to re-mount in preparation to resume her routine
3. While off the apparatus following a fall and once the gymnast is standing on her feet, a warning will be communicated at:
 - a. The Timer gives notification of "20 seconds remaining" and "10 seconds remaining" in the Fall Time.
 - b. "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:
1. Deduct 0.50 for the fall.
 2. Deduct 0.50 from the Start Value for the missing Dismount Special Requirement.
 3. Deduct 0.30 from the Start Value for No Dismount.
 4. Deduct for any other missing Special Requirements.
 5. Deduct for VPs missing, if applicable.
 6. 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.**
1. Maximum of 2 pump swings to initiate momentum to resume the exercise without penalty.
 2. 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 only.)
 3. The maximum deduction for consecutive extra swings is 0.50.
 4. 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 performance of an element that is listed in the Xcel Code of Points.
1. If, after a fall, the 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. 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.
- 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.
- 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).

VI. BAR DEDUCTIONS

BAR FAULTS		
<ul style="list-style-type: none"> 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)
	0.10	Insufficient amplitude of Cast/ Clear Support for Angle Special Requirement (1° - 10° below specified angle requirement) Clarification: The 0.10 angle deduction for cast/skill angles on bars is ONLY applied to the element that is being used to fulfill a special requirement. It is not applied to every attempted cast/skill on bars.
	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
	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 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)
Medium Faults (Up to 0.20)	each 0.10 Max. 0.40	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
	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 up to 0.20 up to 0.20	Insufficient exactness of stretched position • Arch • 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

Revised September 2022

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)
	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 only) More than one extra swing following an element Clarification: Falls (jumps down) after extra swing(s), deduct <u>0.50</u> for Fall only Exception: Tap swing – counterswing performed prior to salto forward dismount (front fly away) = no deduction for extra swing.
	<u>0.30</u>	On counterswing, body arched and/or hips open to extended position with feet over the low bar
	<u>0.30</u>	Lack of release of the bar, prior to landing dismount, when indicated
Very Large Faults (0.50)	up to 0.40	Insufficient amplitude of “B” clear hip circle (Platinum and Diamond Only)
	<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
	<u>0.50</u>	Spotting assistance upon landing the dismount Award VP and SR credit
	<u>0.50</u>	Fall after spot on element or on landing of dismount
	<u>0.50</u> <u>0.50</u> <u>0.50</u>	Fall/Failure to land on the bottom of the feet first on dismount <ul style="list-style-type: none"> • Salto initiated No VP, No SR • Salto never initiated No VP, No SR and take the deduction 0.30 No Dismount

Xcel Code of Points
BALANCE BEAM

BALANCE BEAM RULES

	Special Requirements (SR) Deduct <u>0.50</u> for Each Missing SR	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)	<ul style="list-style-type: none"> No "B" or higher VP. No Salto or Aerial Dismounts No Walkovers 	30 seconds	45 seconds
SILVER	1. Minimum ½ Turn on one (1) Foot 2. One (1) Jump or Leap with a minimum 90° Cross or Side Split (not mount or dismount) 3. One (1) Acro element – Non-Flight 4. Dismount	Minimum of 5 "A" VP (<u>0.10</u> each)	<ul style="list-style-type: none"> No "B" Acro VP. No "C" or higher VP. 	45 seconds	50 seconds
GOLD	1. Minimum 1/1 Turn on one (1) Foot 2. Two (2) different Group 2 elements – One (1) with a min. 120° cross or side split (isolated or in a series). 3. Two (2) Acro elements – with or without Flight (Isolated or Series) – One (1) must achieve or pass through inverted Vertical 4. Dismount	Minimum of 6 "A" VP (<u>0.10</u> each)	<ul style="list-style-type: none"> No "C" or higher VP. 	1:00 minute	1:00 minute
PLATINUM	1. Minimum 1/1 Turn on one (1) Foot 2. Dance Series – Two (2) Group 1*, 2, or 3* elements (same or different) – AND one (1) Jump or Leap with a minimum 120° Cross or Side Split (Isolated or Series) 3. One (1) Acro Flight element OR Acro Series – with or without Flight – Minimum of one skill must achieve or pass through vertical (excluding Mount or Dismount) 4. Dismount	Minimum of 6 "A" (<u>0.10</u> each), 1 "B" VP (<u>0.30</u>)	<ul style="list-style-type: none"> No "C" Acro VP. No "D" or higher VP 	1:30 minutes	1:15 minutes
DIAMOND	1. Minimum 1/1 Turn on one (1) Foot 2. Dance Series – Two (2) Group 1*, 2, or 3* elements (same or different) – AND one (1) Jump or Leap with a minimum 150° 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)	<ul style="list-style-type: none"> Maximum of 1 "D" VP allowed. No bonus. No "E" VP. 	2:00 minutes	1:15 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 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°): SR and VP credit will be awarded for Cross or Side Split Leaps or Jumps that are within 20° 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

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 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

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)

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° of the 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	<p>Only "A" elements are allowed with the following restrictions.</p> <ul style="list-style-type: none"> • Restrictions: The following "A" VPs are <u>NOT</u> Allowed in the Bronze Division: <ul style="list-style-type: none"> ○ Salto or Aerial Dismounts ○ Walkovers • "B" or higher VP elements are <u>NOT</u> allowed with the following exceptions: <ul style="list-style-type: none"> ○ Cross Split Jump (any angle) = "A" ○ Straddle Jump (any angle) = "A" ○ Split leap (any angle) = "A"
Silver	<p>Only "A" elements, and "B" Dance elements are allowed.</p> <ul style="list-style-type: none"> • "B" Acro elements are <u>NOT</u> allowed. • "C" or higher elements are <u>NOT</u> allowed.
Gold	<p>Only "A" elements, and "B" elements are allowed.</p> <ul style="list-style-type: none"> • "C" or higher VP elements are <u>NOT</u> allowed.
Platinum	<p>Only "A", "B" elements, and "C" Dance elements are allowed.</p> <ul style="list-style-type: none"> • "C" or higher Acro elements are <u>NOT</u> allowed. • "D" or higher elements are <u>NOT</u> allowed.
Diamond	<p>Only "A", "B", "C" and one (1) "D" elements are allowed. No bonus is awarded for a "D" element.</p> <ul style="list-style-type: none"> • More than one "D" element is <u>NOT</u> allowed. • "E" 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.

- 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		<ul style="list-style-type: none">• 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		<ul style="list-style-type: none">• 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		<ul style="list-style-type: none">• 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		<ul style="list-style-type: none">• 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 (0.50 for missing SR, 0.50 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		<ul style="list-style-type: none">• 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 (0.50 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		<ul style="list-style-type: none">• Meet Special Requirements – No, missing SR 1 – Turn must be on one or two feet.• Meet Value Parts – Yes• Start Value – 9.50 (0.50 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

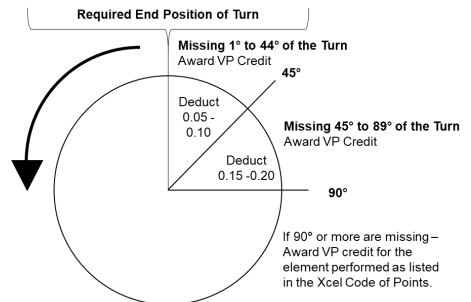
E. Considerations for awarding Value Part credit when a Fall occurs:

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

F. Required Technique for the Recognition of Value Parts

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

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



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

Xcel Code of Points BALANCE BEAM

1) Example: #1.311 Press to Side Handstand – Lower to Planche.

- If the Planche position is not held for 2 seconds, award “B” VP credit for the Press Handstand.

c. Exception: #5.003 Bridge from laying position - A bridge from a lying position requires only a one second hold.

6. Leaps and Jumps

- 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.
- 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.
- Lower VP or NO VP credit (as applicable) would be given for the element if the Split is more than 20° from the required split angle in the Division.
- 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° 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°

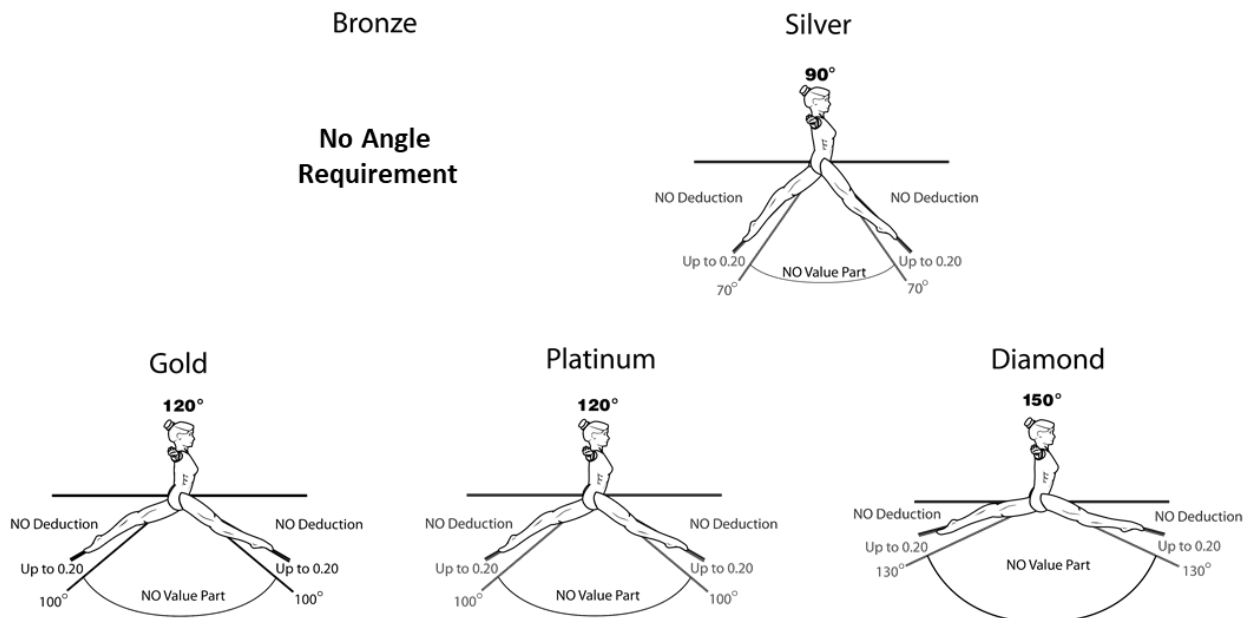
- If the gymnast has less than 70° leg separation, the Split Jump will be considered a Stretch Jump “A” Value Part credit and will not receive Special Requirement credit for a Split Jump.

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 for the straddle jump.
- If the split angle is less than 100°, award an “A” VP for a Stretched Jump.



7. Flight Elements

- 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.

Xcel Code of Points
BALANCE BEAM

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

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

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

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

E. Matting Regulations for Mounts

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

IV. ATTIRE REGULATIONS

No attire regulations specific to Balance Beam.

V. TIMING REGULATIONS

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

1. The gymnast is allowed a 30-second touch warm-up time.
 - a. Marking of the beam, setting of the mounting apparatus, and raising / lowering of the beam are not included in the 30-second touch warm-up time.
 - b. A warning will be called with 10 seconds remaining. Time will be called at 30 seconds.
 - c. If the gymnast continues to warm-up after a warning is issued, the Chief Judge deducts 0.20 from the average score.
 - 1) Note: If the gymnast is preparing for an element, allow her to complete the element / series / dismount.
2. Immediately prior to performing the exercise, the gymnast may run and jump onto the mounting apparatus, or

Xcel Code of Points
BALANCE BEAM

briefly touch the apparatus without penalty.

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

B. Timing of the Exercise

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

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

VI. BEAM FALL REGULATIONS

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

Revised September 2022

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. 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.
- 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.
- 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

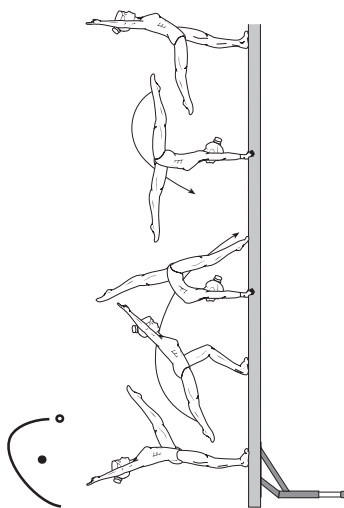
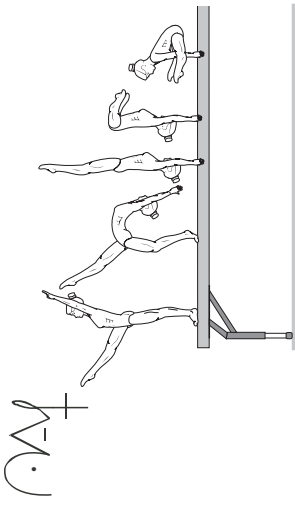
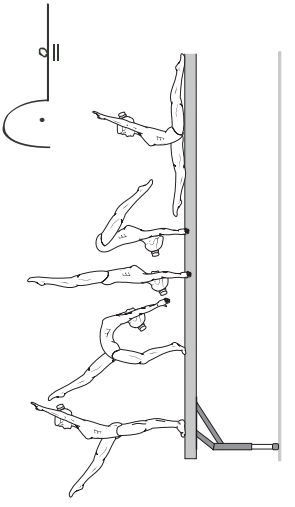
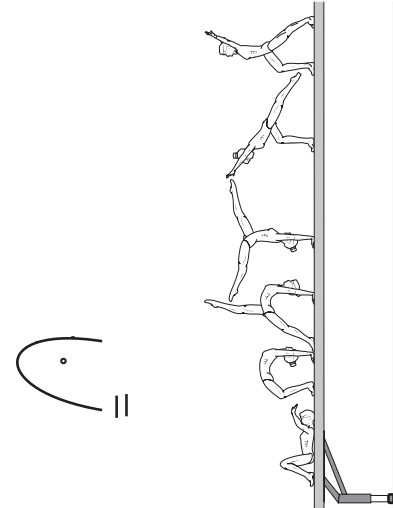
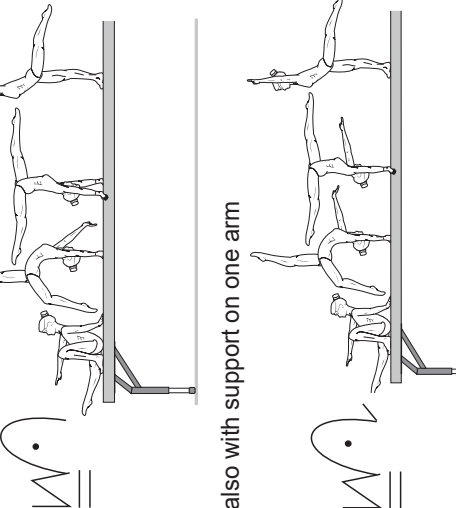
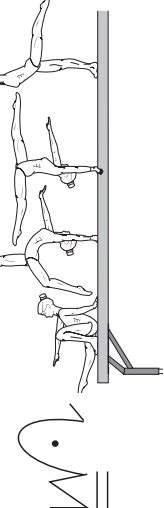
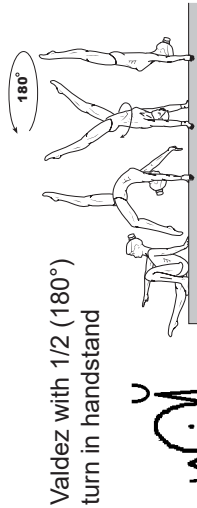
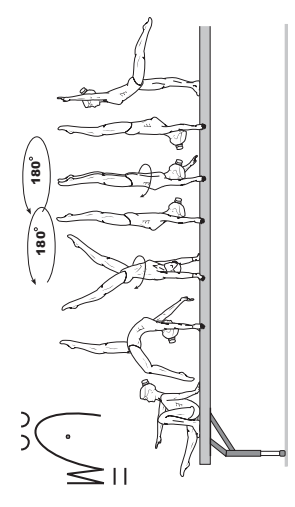
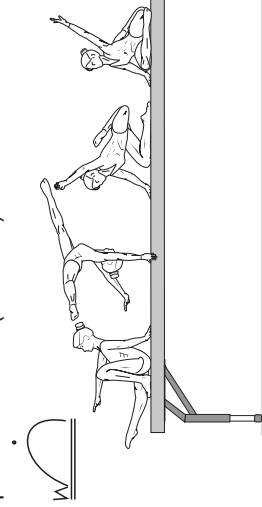
3. Mounts that are preceded by one (1) element prior to take-off from the mounting apparatus will be allowed. Only the movement done after the feet leave the mounting apparatus will be evaluated.
4. Mount Attempts
 - a. The gymnast may have two (2) Attempts to mount the Beam without penalty, provided 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. Do not 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 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.

Group 7 – Walkovers, Cartwheels, etc...			
A	B	C	D
<p>7.105 Walkover forward, backward (Tic-toc)</p> 	<p>7.205 Walkover backward – lower to clear straddle support</p> 	<p>7.305 Walkover backward with stoop through of one leg to cross split-sit</p> 	<p>7.405</p>
<p>7.106 From back lying position, push up to bridge (support on head and/or hands), kickover backward Note: This is NOT a walkover</p> 	<p>7.206 From extended tuck sit – walkover backward (Valdez)</p>  <p>also with support on one arm</p>  <p>Valdez with 1/2 (180°) turn in handstand</p> 	<p>7.306 From extended tuck sit – walkover backward with 1/1 (360°) turn – 1/2 (180°) turn in handstand on one arm, second 1/2 (180°) turn with late support of second arm (Diamidov)</p>  <p>From extended tuck sit – "Valdez" swing over backward through horizontal plane with support on one arm (Garrison)</p> 	<p>7.406</p>

Revised September 2022

Group 7 – Walkovers, Cartwheels, etc...			
A	B	C	D
<p>7.107 Walkover backward to handstand, 1/2 (180°) turn in handstand – lower to end position touching beam</p>	<p>7.207 Walkover forward or backward with 1/2 (180°) turn in handstand and continuation of movement to walkover forward or forward roll</p>	<p>7.307 All Walkovers forward, backward or cartwheels with 1/1 – 2/1 (360° - 720°) turn in handstand</p>	<p>7.407</p>
<p>7.108</p>	<p>7.208 Flic-flac with step-out</p>	<p>7.308 Flic-flac with step-out, with support on one arm or flic-flac with 1/2 (180°) turn after hand support</p>	<p>7.408</p>

**Xcel Code of Points
FLOOR EXERCISE**

C. Elements/Pass Considered the Same:

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

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

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

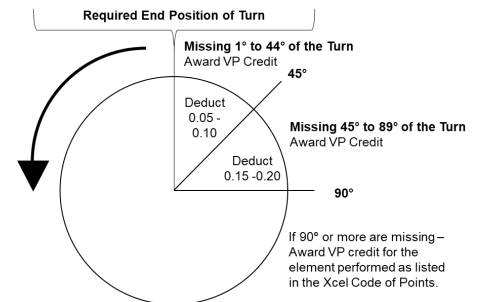
D. Considerations for awarding Value Part credit when a Fall occurs:

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

E. Required Technique for the Recognition of Value Parts

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

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

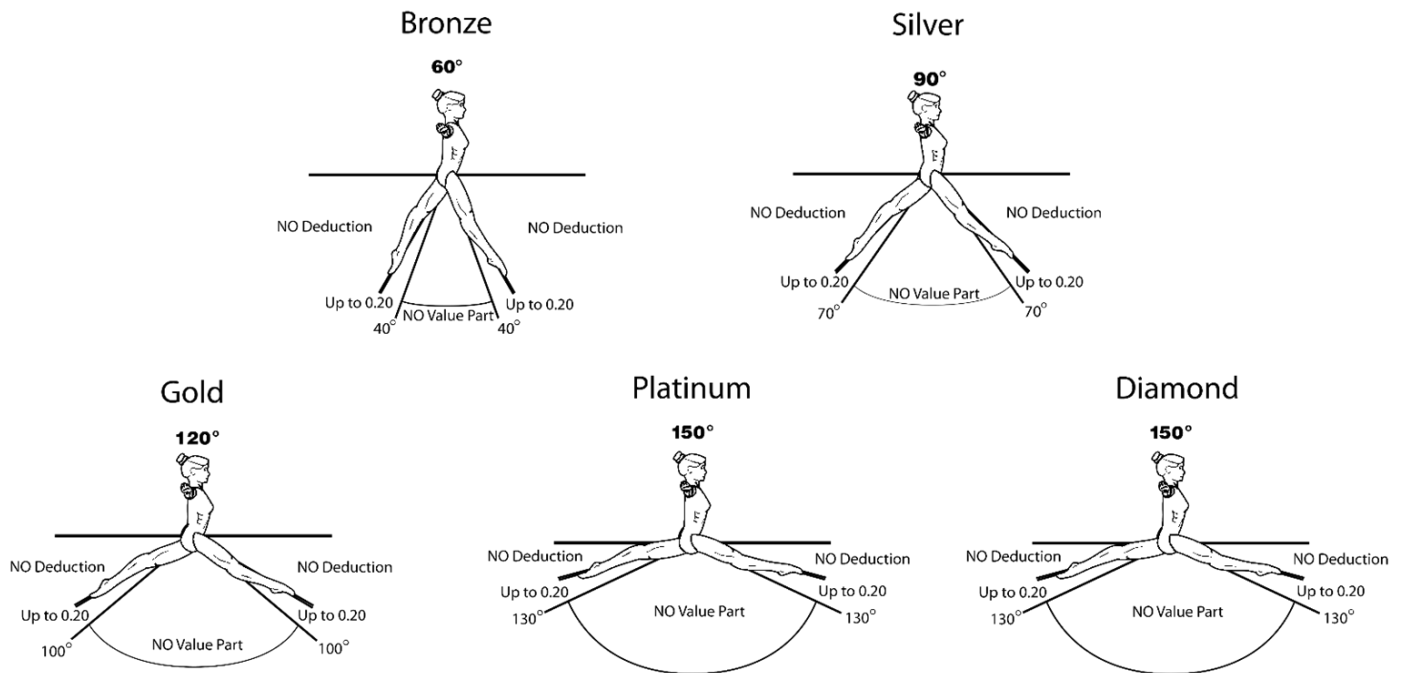


- b. Deductions for balance, execution and amplitude errors are also applied.
 - c. Clarification regarding completion of turns:
 - 1) Once the heel drops onto the floor during a turn, it is considered complete.
 - 2) Appropriate Value Part credit is awarded for the degree of turn completed prior to the heel drop.
5. **Jumps / Leaps / Hops with ½ (180°) Turn and ½ (180°) Turns on one (1) foot:**
 - a. Jumps / Leaps / Hops: values based upon completion of the ½ (180°) Turn. Must finish minimum of 1° past half-way mark between the two (2) VP to receive the higher value. Wolf Jump = "A" and Wolf Jump ½ = "B"
 - 1) Degree of Turn completion determines value awarded.
 - 2) Evaluate how much of Turn was completed to determine value to award.
 - 3) Turn completed to within 89° or less of designated Degree of Turn, award higher VP.
 - 4) Turn must finish closer to higher Degree of Turn.
 - 5) Execution deductions applied for Incomplete Turn.
 - b. ½ Turns on One (1) foot must finish at minimum of 91°
 - 1) To receive VP credit and SR credit.
 - 2) Use deductions listed in Chapter 3 for Full Turns.
6. **Split Leaps and Jumps**
 - a. Each Division has a specific required minimum Degree of Split for Leaps and Jumps with a cross or side split. This split angle is specified in the Division's Dance SR (SR #2).
 - b. Deficiency of up to 20° 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. Example:
 - 1) Split Leap: Platinum Division, Split requirement 150°.
 - A Split at 130° leg separation, Split Leap (#1.101) will receive "A" VP credit and Special

Xcel Code of Points FLOOR EXERCISE

Requirement credit with "up to 0.20" deduction.

- c. Lower VP or NO VP credit (as applicable) would be given for the element if the Split is more than 20° 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 150°.
 - 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).

VII. MUSIC REGULATIONS

A. 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 1.00 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.

B. 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.

VIII. LINE VIOLATIONS (Out of Bounds)

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

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

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

C. Gymnast falls, while out of bounds:

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

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

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

E. Auxiliary Line Judges:

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

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

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

G. Line Violations should be indicated in writing:

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

Xcel Code of Points
FLOOR EXERCISE

CHAPTER 3: EXECUTION & ARTISTRY DEDUCTIONS

I. EXECUTION AND ARTISTRY FAULTS

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

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

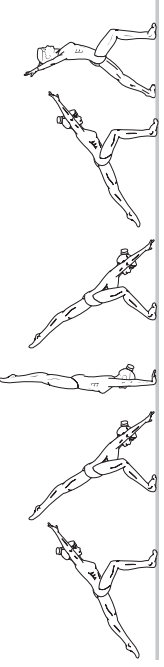
FLOOR EXERCISE FAULTS		
<ul style="list-style-type: none"> Execution deductions CANNOT exceed 4.00 including Falls. This does not include Artistry or Spotting deductions. Courtesy Score of 4.00 may be awarded for an extremely short routine due to injury or unusual circumstances. No routine will be awarded 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 Max. 0.40	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 <ul style="list-style-type: none"> 1° – 20° missing 21° or more missing
	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 <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 1° – 44° missing 45° – 89° missing 90° or more missing
	up to 0.20	Insufficient Variation in Rhythm and Tempo throughout the exercise Consider: <ul style="list-style-type: none"> Insufficient variation in rhythm / tempo in non-VP movements Lack of fluid connection / series of disconnected elements or movements
	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

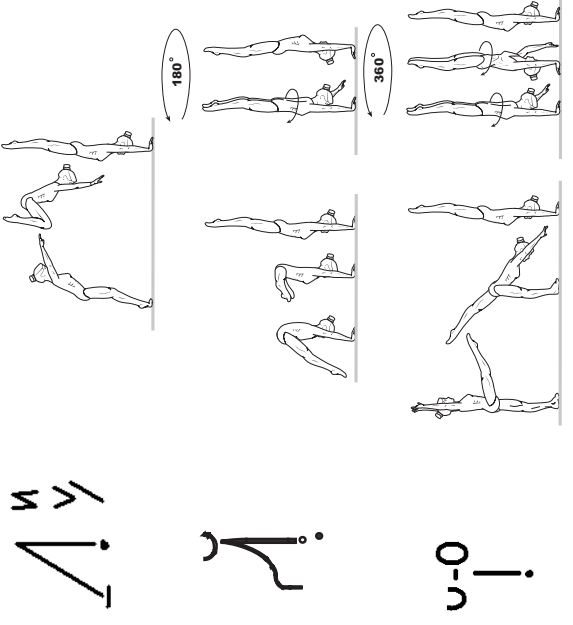
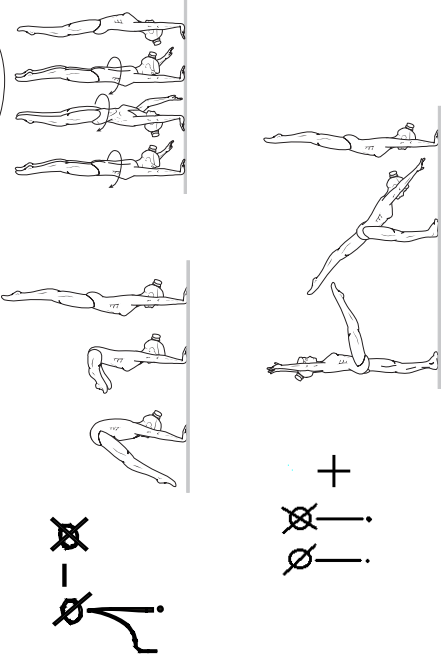
**Xcel Code of Points
FLOOR EXERCISE**

	(Medium Faults Continued)	
	<u>0.20</u> (Max. 0.40)	Large step or jump on landing (approximately 3 feet or more) Clarification on Landing Acro elements: Small step after landing continuing in the direction of the skill to finish in lunge or on one (1) knee is acceptable. Do not deduct unless landing appears to be out of control.
	up to 0.20	Insufficient Dynamics throughout exercise – Consider: • Energy maintained throughout exercise / Makes difficult look effortless
Large Faults (Up to 0.30)	each up to 0.30 each up to 0.30 Max 0.30 Max 0.60	Bent arms in support Bent legs • (90° bend or greater receives <u>0.30</u>) • Maximum on any one element = <u>0.30</u> bent arms & <u>0.30</u> bent legs
	up to 0.30	Insufficient extension (open) of the body prior to landing an Acro element
	up to 0.30	Insufficient height of salto elements • Does not apply to accelerating element in directly connected Forward Acro series. • Example: Front Handspring – Front Layout – Front Tuck. ◦ Front Layout is accelerating element, do not deduct for Insufficient Height.
	up to 0.30	Squat on landing (hips even with or lower than the knees)
	up to 0.30	Brush/touch landing surface with one (1) or two (2) hands (no support)
	<u>0.50</u>	Support on mat with one (1) or two (2) hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
Very Large Faults (0.50)	0.50 Fall + 0.50 Spot	Fall after spotting assistance during or upon landing an element
	<u>0.50</u> No VP/No SR <u>0.50</u>	Fall/Failure to land on the bottom of the feet first on Aerials/Saltos: • No VP / No SR / Deduct for Fall
	<u>0.50</u>	Simultaneously landing on bottoms of feet and hands or knees: Award VP / Award SR / Deduct for Fall.
	<u>0.50</u>	Spotting assistance during an element - Do not award VP or SR credit
	<u>0.50</u>	Spotting assistance upon landing an element Award VP and SR credit
Artistry		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
	*0.05 – 0.10	Quality of Expression (i.e., projection, focus)
Specific Execution Errors	0.05	Failure to hold ending pose for 1 second.
	<u>0.10</u>	Failure to show synchronization of music with ending pose.
	each up to 0.10	Incorrect Rhythm during execution of Direct Connections
	each up to 0.10	Lack of Precision in Dance Elements or VP Elements Examples: • Lack of definite arm or leg position on turns / leaps • Degree of turn not exact
	each up to 0.10	Failure to land with feet/legs together on jumps/leaps that land on 2 feet
	each up to 0.10	Failure to perform turns in high relevé
	Each <u>0.10</u>	Concentration Pauses (2 seconds or more)
	up to 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)
	up to 0.30 <u>0.05</u> <u>0.10</u>	Missing Synchronization of Movement with Musical Beat throughout the exercise • each time • at the end of the music
	<u>1.00</u> CJ deducts off Ave.	Absence of Music or Music with Words / Song (whistles, animal or human sounds are allowed)
	No Deduction	Coach on the Floor Exercise mat

Revised September 2022

THIS PAGE LEFT BLANK INTENTIONALLY

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°, 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 1/2 – 1/1 (180° – 360°) turn, return movement optional 	3.201 Kick or press to handstand – 1 1/2 (540°+) turn or more in handstand – return movement optional 	3.301	3.401

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

Revised September 2022