

Women's Artistic Gymnastics

Xcel Code of Points

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**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

CHAPTER 3: EXECUTION & ARTISTRY DEDUCTIONS

I. EXECUTION AND ARTISTRY FAULTS

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

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

BALANCE BEAM FAULTS	
<ul style="list-style-type: none"> Execution deductions CANNOT exceed 4.00. This does not include Artistry or Spotting deductions. Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances. No routine will be awarded less than 4.0. Common sense should prevail. 	
Small Faults (Up to 0.10)	each time 0.05 Flexed/sickled feet on Value Part elements
	Up to 0.10 Hesitation during jump, swing, or press to handstand
	Up to 0.10 Incorrect body posture/alignment during Dance element VP
	0.05 Lands with Feet Apart Failure to join (slide) heels together on controlled extension of dismount landing when feet are a maximum of hip-width apart
	0.10 Lands dismount with feet further than hip-width apart Clarification: If upon landing with the feet apart / staggered the gymnast takes a step(s), deduct only for the step(s).
	Up to 0.10 Slight hop, small adjustments of feet or staggered feet (one in front of the other) on landing of elements or dismount
	Up to 0.10 Entire foot/feet slide or lift off floor to join on controlled extension of dismount landing when feet are a maximum of hip-width apart (small step)
	each 0.10 Step(s) on landing Max. 0.40
	Up to 0.10 Landing Deviation from straight direction on landing
	Up to 0.10 Arm swings to maintain balance on landing
Medium Faults (Up to 0.20)	Up to 0.10 Dismounts Legs crossed during salto dismounts with a twist
	0.10 Lands too close to the beam on dismount
	each up to 0.20 Leg or knee separations
	Insufficient Height
	up to 0.20 Insufficient Height on leaps, jumps and hops
	up to 0.20 Insufficient Height of Aerials, Saltos, & Acro flight with hand support
	Insufficient Split Position (see Balance Beam - 12 page 10) Deviation from split degree required for the Division
	up to 0.20 • 1° – 20° missing Award Lesser or No VP • 21° or more missing
	each up to 0.20 Legs not parallel to beam in Split or Straddle pike leap/ jump
	each up to 0.20 Insufficient exactness of body shape: tuck or pike position in element/VP
Medium Faults (Up to 0.20)	each time up to 0.20 Insufficient exactness of stretched position
	up to 0.20 • Arch
	up to 0.20 • Hip angle (136°-179°)
	0.05-0.10 Dance: Incomplete Turn – Group 2 & 3 elements with 360° or more turn
	0.15-0.20 • 1° – 44° missing
	• 45° – 89° missing
	Award Lesser or No VP • 90° or more missing
	0.05-0.10 Dismount: Incomplete Twist on Dismounts with 360° or more turn
	0.15-0.20 • 1° – 44° missing
	Award Lesser or No VP • 45° – 89° missing
	• 90° or more missing
Medium Faults (Up to 0.20)	up to 0.20 Insufficient Variation in Rhythm and Tempo throughout the exercise
	(Medium Faults Continued)

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BALANCE BEAM

	up to 0.20	Incorrect body posture on landing of elements and dismount
	up to 0.20	Additional trunk movements to maintain balance/control upon landing dismount
	<u>0.20</u> (Max. 0.40)	Large step or jump on landing (approximately 3 feet or more)
	up to 0.20	Insufficient Dynamics throughout exercise <ul style="list-style-type: none"> • Energy maintained throughout exercise • Makes difficult look effortless
	up to 0.20	Insufficient Sureness of performance throughout exercise
Large Faults (Up to 0.30)	each up to 0.30	Bent arms in support or bent legs on any one element (90° bend or greater receives 0.30) Maximum on any one element = 0.30 bent arms & 0.30 bent legs
	<u>0.30</u>	Use of Supplemental Support (Examples) <ul style="list-style-type: none"> • Foot / Feet remain on mat or board as mount is completed; • Foot / Feet contact the mat in cross straddle sit during exercise • Foot / feet using Base of Beam for support on Mount
	up to 0.30	Insufficient extension (open) of the body prior to landing of Acro or dismount elements
	up to 0.30	Insufficient height (amplitude) of salto dismounts
	up to 0.30	Squat on landing (hips even with or lower than the knees)
	up to 0.30	Brush/touch of one or both hands on the landing mat (no support)
	up to 0.30	Brush/touch of one or both hands on the landing mat (no support)
Very Large Faults (0.50)	0.50	Third run approach on mount
	0.50	Support on mat with 1 or 2 hands upon landing dismount
	0.50	Fall on mat to knee(s) or hips
	0.50	Fall onto or off the Beam, or upon landing dismount, Fall against the beam/ or onto mat to Knee(s) or Hips
	0.50	Spotting assistance during an element or dismount - Do <u>not</u> award VP or SR credit
	0.50	Spotting assistance upon landing an element or dismount Award VP and SR credit
	0.50	Fall after spot on element or on landing of dismount
	0.50	Fall/Failure to land on the bottom of the feet first on <ul style="list-style-type: none"> • Aerials, Saltos or Dismounts dismount - Note: if the gymnast lands on the bottoms of feet and hands or knees simultaneously, award VP credit and SR credit, if appropriate. • Salto never initiated on dismount - Take the deduction <u>0.30</u> for No Dismount
	No VP/No SR	
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	each up to 0.10	Lack of Precision in Dance Elements or VP Elements Examples: <ul style="list-style-type: none"> • Lack of definite arm or leg position on turns / leaps • Degree of turn not exact
	each up to 0.10	Failure to land with feet/legs together on jumps/leaps that land on 2 feet in SIDE position
	each up to 0.10	Failure to perform turns in high relevé
	Each <u>0.10</u> Each <u>0.20</u>	Concentration Pauses <ul style="list-style-type: none"> • Two (2) seconds • More than 2 seconds
	Up to 0.30	Relaxed/incorrect footwork on non-value parts throughout exercise
	Up to 0.30	Incorrect body alignment, position, or posture in non-VPs throughout exercise
	0.05-0.10 0.15-0.20 EXCEPTION	Lack of Tempo / Poor Rhythm between elements <ul style="list-style-type: none"> • Body continues moving in line with the beam, but arms swing between elements, AND/OR Legs slightly extend but do not completely straighten, and slightly bend again to initiate take-off • Torso/trunk deviation in line with the beam with/without arm swing between elements Backward Acro Series OR Sideward to Backward Acro series with one (1) or more Flight Elements is either connected or not connected: tempo deduction does not apply.
	Each <u>0.20</u>	Support of one leg against side surface of the beam to maintain balance
	Up to 0.30	Directional error on Gainer Salto Dismount off the end of the Beam
	<u>0.30</u>	Grasp of the Beam to Avoid a Fall

**Xcel Code of Points
FLOOR EXERCISE**

FLOOR EXERCISE 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 deduction</u> - off SV	Timing	
				Timed Warm-Ups ^A	Time Limit
BRONZE	1. *Minimum 2 directly connected Acro elements (with or without Flight). 2. *2 nd Acro Pass – Minimum one (1) Acro element (with/without Flight). 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 60° Cross or Side Split. 4. Minimum 1/2 Turn on one (1) foot.	Minimum of 4 "A" VP (<u>0.10</u> each)	<ul style="list-style-type: none"> No "B" or higher VP. Exceptions: Straddle jump & Side leap 60°–180° receive "A" VP No Saltos or Aerials Max of two (2) Acro flight elements per routine 	30 sec.	45 sec.
SILVER	1. *Minimum 2 directly connected Acro elements, 1 must have Flight. 2. *2nd Acro Pass – either: A 2nd Minimum two (2) directly connected elements (with or without Flight), OR One (1) Acro Flight element 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one of which is a Leap with a minimum 90° Cross or Side Split. 4. Minimum 1/1 Turn on one (1) foot.	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. Maximum one (1) Salto or Aerial per routine. 	45 sec.	1:00 min.
GOLD	1. *Minimum 2 directly connected Acro Flight elements. 2. *2nd Acro Pass – either: A 2nd connection with minimum two (2) directly connected Acro Flight elements OR One (1) Aerial or Salto 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one of which is a Leap with a minimum 120° 4. Minimum 1/1 Turn on one (1) foot.	Minimum of 6 "A" VP (<u>0.10</u> each)	<ul style="list-style-type: none"> No "B" VP Twisting Saltos. No "C" or higher VP. 	1:00 min.	1:00 min.
PLATINUM	1. *Minimum 2 directly connected Acro Flight elements with "A" or "B" Salto. 2. *2nd Acro Pass – either: A 2nd connection with minimum two (2) directly connected Acro Flight elements OR One (1) "B" Salto 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 150° Cross or Side Split. 4. Minimum 1/1 Turn on one (1) foot.	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 min.	1:30 min.
DIAMOND	1. Two (2) separate Acro Flight Passes, each with a Minimum of 2 directly connected Acro Flight elements. 2. Two (2) Different Saltos (Isolated or in connection) One (1) must be a Minimum "B" (May be included in SR#1) 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 150° Cross or Side Split. 4. Minimum "B" Turn on one (1) foot.	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 min.	1:30 min.
Clarifications					
*SR#1/SR#2: SR#1/SR#2 may not be combined in the same pass. (Bronze, Silver, Gold, Platinum)					
*Timed Warm-Ups: Based on the number of athletes in the largest squad in the session.					
No Minimum Time: Floor routines within Xcel do NOT have a minimum time limit.					
Flight Skills/Elements: Acro flight skills/elements with hand support are eligible to receive Value Part credit, regardless of the number of times performed and may also fulfill Special Requirements, provided that the Acro Pass in which they are performed is different.					
Split Angle (within 20°): SR/VP credit will be awarded for Cross or Side Split Leaps and Jumps that are within 20° of the Division's specified Split angle as listed under the special requirement (See Floor, Chapter 2, Recognition of Value Parts). For splits within 1°-20° of the specified split angle a deduction of up to 0.20 for Insufficient Split may be applied.					
Dive Roll: A dive roll does NOT fulfill Flight Special Requirement.					
Bronze/Silver: Round off Rebound – Backward Roll is an Acro Connection.					
Value Parts: Any skills listed in the Xcel Code of Points and allowed at the respective Division. (Bronze: Any "A" VP; Silver: Any "A" VP or "B" Dance, Gold: Any "A" or "B" (excluding "B" Twisting Saltos); Platinum: Any "A", "B" VP, and any "C" Dance VP; Diamond: Any "A", "B", "C" VP & 1 "D")					
Clarifications Regarding Connections: Refer to Floor Exercise – 20.					

**Xcel Code of Points
FLOOR EXERCISE**

CHAPTER 1: REQUIREMENTS & RESTRICTIONS

I. SPECIAL REQUIREMENTS

Special Requirements (SR) each worth 0.50.

A. Bronze Division

1. Minimum two (2) directly connected Acro elements (with or without Flight).
2. 2nd Acro Pass – Minimum one (1) Acro element (with/without Flight).
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one of which is a Leap with a minimum 60° Cross or Side Split.
4. Minimum 1/2 Turn on one (1) foot.

B. Silver Division

1. Minimum two (2) directly connected Acro elements, one (1) must have Flight.
2. 2nd Acro Pass – either: A 2nd Minimum two (2) directly connected elements (with or without Flight), OR One (1) Acro Flight element
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one of which is a Leap with a minimum 90° Cross or Side Split.
4. Minimum 1/1 Turn on one (1) foot.

C. Gold Division

1. *Minimum two (2) directly connected Acro Flight elements.
2. *2nd Acro Pass – either: A 2nd connection with minimum two (2) directly connected Acro Flight elements OR One (1) Aerial or Salto
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one of which is a Leap with a minimum 120°
4. Minimum 1/1 Turn on one (1) foot.

D. Platinum Division

1. *Minimum two (2) directly connected Acro Flight elements with "A" or "B" Salto.
2. *2nd Acro Pass – either: A 2nd connection with minimum two (2) directly connected Acro Flight elements OR One (1) "B" Salto
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 150° Cross or Side Split.
4. Minimum 1/1 Turn on one (1) foot.

E. Diamond Division

1. Two (2) separate Acro Flight Passes, each with a Minimum of two (2) directly connected Acro Flight elements.
2. Two (2) Different Saltos (Isolated or in Connection) One (1) must be a Minimum "B" (May be included in SR#1)
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 150° Cross or Side Split.
4. Minimum "B" Turn on one (1) foot.

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)

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FLOOR EXERCISE**

III. SPECIAL REQUIREMENT CLARIFICATIONS

A. Clarifications applied to ALL Divisions

1. 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.
2. Dive Roll does not fulfill a flight requirement since it ultimately has support on the shoulders and back.
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.

B. Clarifications applied to Specific Xcel Divisions

CLARIFICATION BY DIVISION					
Br	Si	Go	PI	DI	Clarification
X	X	X	X		<ul style="list-style-type: none"> SR#1/SR#2 may not be combined in the same pass.
X					<ul style="list-style-type: none"> Maximum of two (2) Acro flight elements are allowed in the routine. (No saltos allowed)
	X				<ul style="list-style-type: none"> Maximum of one (1) salto or aerial allowed in the routine.
	X	X			<ul style="list-style-type: none"> Round off rebound – backward roll is an Acro connection. This is the ONLY rebound-type series allowed to fulfill SR. <ul style="list-style-type: none"> Placing hands on floor next to legs/buttocks prior to backward roll is allowed and will NOT receive a deduction. A deduction may be taken for any rhythm errors.
X					<ul style="list-style-type: none"> Straddle jump (60°-180°) = "A" VP Side Leap (60°-180°) = "A" VP

C. Clarifications Regarding Connections: Refer to Floor Exercise – 20.

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.

DIFFICULTY RESTRICTIONS BY DIVISION	
Division	Restrictions
Bronze	<p>Only allowable "A" VP are permitted.</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"> Saltos / Aerials Salto-like elements that land in a sitting, prone, or split-sit position "B" or higher VP elements are NOT allowed with the following exceptions: <ul style="list-style-type: none"> Straddle Jump and Side Leap (60° – 180°) = "A" VP. Maximum of two (2) Acro Flight elements allowed in the routine.
Silver	<p>Only "A" VP, and "B" Dance VP are permitted.</p> <ul style="list-style-type: none"> "B" Acro VP elements are NOT allowed. "C" or higher elements are NOT allowed. Maximum of One (1) Salto or Aerial in the routine.
Gold	<p>Only "A" VP, and allowable "B" VP are permitted.</p> <ul style="list-style-type: none"> "B" Twisting Saltos are NOT allowed. (Front pike and Front layouts are allowed) "C" or higher VP elements are <u>NOT</u> allowed.
Platinum	<p>Only, "A" VP, "B" VP, and "C" Dance VP are permitted.</p> <ul style="list-style-type: none"> "C" or higher Acro elements are NOT allowed. "D" or higher elements are <u>NOT</u> allowed.
Diamond	<p>Only "A" VP, "B" VP, "C" VP, and one (1) "D" VP elements are permitted. 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.

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FLOOR EXERCISE**

V. ROUTINE EXAMPLES

The following provides sample floor 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.
- Elements with a "+" between them within the chart indicate 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	Handstand forward roll + Forward Roll	4.101 4.101	A A	SR1	<ul style="list-style-type: none">• Meet Special Requirements- Yes• Meet Value Parts – Yes• Start Value - 10.0Note: The leg swing hop within 20° of horizontal would receive an amplitude deduction (up to 0.20) if the free leg is below horizontal (using 20° variance).
	Split leap (60°) -run – leg swing hop (free leg within 20° of horizontal)	1.101 1.001	A A	SR3	
	Heel snap ½ turn	2.001	A	SR4	
	Cartwheel	5.104	A	SR2	
	2	Roundoff rebound + Backward roll (end position optional)	5.105 4.102	A A	
Backward swing turn°		2.002	A	SR4	
Roundoff		5.105	A	SR2	
Hitch kick- chasse		1.109	A	SR3	
Split leap 60°		1.001			
3	From lying position – bridge, kickover	5.001	A	SR2	<ul style="list-style-type: none">• Meet Special Requirements – Yes• Meet Value Parts – Yes• Start Value - 10.0
	Split leap 60° - chasse – assemble – straight jump ½ turn	1.101 1.112	A A	SR3	
	1/1 turn	2.101	A	SR4	
	Front walkover + Cartwheel (connected)	5.101 5.104	A A	SR1	
	DO NOT MEET SPECIAL REQUIREMENTS (SR) AND/OR VALUE PART (VP)				
	Routine Elements	Element #	VP	SR	Start Value
1	Roundoff Flic-Flac	5.105 5.106	A A	SR1	<ul style="list-style-type: none">• Meet Special Requirements – No, missing SR2- the front handspring is the 3rd flight element (limited to 2). No SR credit.• Meet Value Parts – Yes• Restricted Element –The 3rd flight element receives a <u>0.50</u> deduction and cannot be used for VP or SR.• Start Value – 9.00 (<u>0.50</u> for missing SR, <u>0.50</u> for Restricted Element)
	Split leap 60° -skips – Split jump 60°	1.101 1.101	A A	SR3	
	Full (1/1) turn	2.101	A	SR4	
	Front Handspring	Restricted (3 rd Flight)			
	2	Sissonne 60° - chasse - Straight jump	1.110 Not an Element	A	
Front walkover + Roundoff		5.101 5.105	A A	SR1	
½ turn on toe in passe		2.001	A	SR4	
Handstand forward roll		4.101	A	SR2	
3		Forward roll + Forward roll	4.101 4.101	A A	SR1
	Pivot ½ turn (on 2 feet)	Not an element			
	Split leap 60° -chasse – Tuck jump	1.101 1.115	A A	SR3	
	Backward roll	4.102	A	SR2	

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

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FLOOR EXERCISE**

II. CLARIFICATIONS REGARDING CONNECTIONS

A. Acro Pass

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

B. Dance Element performed within Acro Pass:

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

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

1. Acro Flight elements (without hand support) not considered Saltos:
 - a. Aerials
 - b. Salto-like elements landing in sitting, prone or split-sit position.
2. No Special Requirement awarded.

D. Dance Passage

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

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