

Xcel Program Practice Quiz
(Updated online August 2023)

This open-book self-quiz is designed to help prepare officials for judging Xcel Divisions and for finding the appropriate answers in the *Xcel Code of Points* and appropriate documents. It also provides a review for coaches.

General Questions

- 1. Each event - Bars, Beam, and Floor, has the following number of special requirements:**
 - a. 2
 - b. 3
 - c. 5
 - d. 4
 - e. None of these
- 2. Which of the following is CORRECT concerning unallowable/restricted skills?**
 - a. They may be used to fulfill special requirements.
 - b. Value part credit can be awarded.
 - c. Deduct 0.50 from the Average (C.J.)
 - d. Deduct 0.50 from the Start Value
 - e. None of these
- 3. Which of the following is CORRECT?**
 - a. Incorrect attire is a 0.30 deduction.
 - b. A routine missing one (1) "A" and one (1) Special Requirement on Bars, Beam or Floor would receive a deduction of 0.6 from the Start Value.
 - c. Unauthorized use of mats is a deduction take by all judges on an event.
 - d. Small tape markings are allowed on beam.
- 4. If the mounting apparatus is not removed, the deduction is:**
 - a. None
 - b. 0.20 C.J.
 - c. 0.30 C.J.
 - d. 0.50 C.J.
- 5. TRUE or FALSE. Composition deductions are deducted from the Start Value of the exercise.**
- 6. What is the TOTAL MAXIMUM DEDUCTION for the following general errors?**

Bent arms in support, additional trunk movements upon landing to maintain balance, and large step on landing

 - a. 0.50
 - b. 0.60
 - c. 0.40
 - d. 0.70

7. Which of the following statements is TRUE:

- a. Open scoring is required at all Xcel Meets.
- b. A score change due to a clerical error cannot be made once the score is flashed.
- c. Flashing of Start Values is required at all Xcel competitions.
- d. The lowest score you can give is a 1.0 (courtesy score)

Xcel Vault

1. True or False. A gymnast has two attempts to complete 2 vaults.

2. What is the TOTAL MAXIMUM DEDUCTION FOR SPOT ON ANY VAULT?

- a. 0.50
- b. 1.00
- c. 1.50
- d. 2.00

3. At which divisions is an alternative Springboard allowed without a change in Start Value?

- a. All Divisions
- b. Bronze and Silver
- c. Only Bronze
- d. Bronze, Silver, and Gold

4. BRONZE Vault 2 - What is the TOTAL MAXIMUM DEDUCTION for: Bent legs and Failure to show an inverted vertical position from hands to hips?

- a. 1.00
- b. 2.00
- c. 0.60
- d. 2.30

5. SILVER VAULT – Which of the following is an allowable vault for SILVER?

- a. Handstand on table to flat back
- b. Free jump onto mat stack, handstand to flat back
- c. Front handspring over mat stack sideways
- d. $\frac{1}{4}$ to $\frac{1}{2}$ onto mat stack, landing on stomach on mat stack

6. Which of the following is CORRECT?

- a. Yurchenko timers to a stack mat are allowed at Gold
- b. Use of an alternative springboard at Gold results in a 9.0 SV
- c. Round-off, Flic-Flac on – Repulsion (with flight to feet) is allowed at Platinum
- d. Diamond athletes may perform a Front handspring on – front tuck salto off.

7. GOLD, PLATINUM, DIAMOND and SAPPHIRE VAULT: What is the TOTAL MAXIMUM DEDUCTION for the following errors: Knees bent and legs crossed during the First flight, Too long in support in the repulsion phase, Large step on landing?

- a. 0.90
- b. 1.10
- c. 1.20
- d. 1.30

Xcel Uneven Bars

1. BRONZE BARS- Which of the following is CORRECT regarding Special Requirements?

- a. Cast to horizontal
- b. A minimum of 5 "A" Value Parts from the *Xcel Code of Points*
- c. A 360° circling skill & an "A" mount are 2 of the Special Requirements
- d. A dismount from the High Bar
- e. None of these

2. BRONZE BARS- Which of the following is a RESTRICTED skill?

- a. Stride Circle forward
- b. A dismount consisting of a cast off to Stand
- c. Clear hip circle under horizontal
- d. Jump to front support Mount
- e. None of these

3. ALL DIVISIONS– TRUE or FALSE. A cast to squat on with jump to HB and a cast, shoot through are each considered one skill.

4. What is the TOTAL MAXIMUM DEDUCTION for the following errors?

Lack of extension on a glide kip, Bent arms on a back hip circle, Incorrect body posture on dismount landing.

- a. 0.40
- b. 0.50
- c. 0.60
- d. 0.70

5. SILVER BARS - Which of the following statements is CORRECT?

- a. Silver Division may do skills on HB, but NO giants.
- b. Silver Division may do salto dismounts.
- c. Extra swings result in a 0.30 deduction with a maximum of 0.50 on one skill
- d. A "B" 360-degree circle is required.

6. SILVER BARS– A gymnast performs the following routine:

- Pullover Mount
- Cast to horizontal
- Back Hip Circle
- Cast to squat on
- Jump off forward to stand dismount

Has this gymnast fulfilled all her Special Requirements? YES or NO

7. GOLD BARS- Which of the following is does NOT fulfill Special Requirements 2/3?

- a. A cast, back hip circle, back hip circle connected on Low Bar.
- b. A cast, back hip circle, cast squat on, toe circle on Low Bar.
- c. A cast, back hip circle, cast, back hip circle, stop, cast squat on (all on Low Bar).
- d. A back hip circle on Low Bar and a long hang pullover to High Bar from a long swing.

8. Which of the following is CORRECT regarding cast angles (Silver, Gold, Platinum, Diamond)?

- a. A cast to 40° under horizontal will fulfill the Silver Special Requirement – an up to 0.1 deduction for insufficient amplitude will be applied
- b. A cast to 12° below horizontal will fulfill the Gold Special Requirement – no deduction for insufficient amplitude
- c. A cast to horizontal will fulfill the Diamond Special Requirement – an up to 0.3 deduction for insufficient amplitude will be applied
- d. A cast to 5° below horizontal will fulfill the Special Requirement at Gold and Platinum – a flat 0.10 deduction for insufficient amplitude will be applied.

9. PLATINUM BARS - Which skill is NOT allowed/restricted?

- a. Cast to Handstand ½ turn
- b. Stride circle forward
- c. Giant circle
- d. Clear Hip circle to Handstand

10. What is the TOTAL MAXIMUM DEDUCTION for the following errors:

- Hit on apparatus with feet.
 - Two extra swings on the same skill
 - Fall
- a. 1.00
 - b. 1.10
 - c. 1.20
 - d. 1.30

11. DIAMOND BARS– Which of the following statements is CORRECT?

- a. Developmental Program cast angle deductions are used at the Diamond Division.
- b. A tap swing/counterswing will receive an extra swing deduction
- c. No D value skills are allowed
- d. A horizontal cast is an "A" value part

12. SAPPHIRE BARS– Which of the following statements is CORRECT?

- a. Clear hip handstand + Back giant + Flyaway full twist will receive 0.30 TOTAL BONUS
- b. Bonus may be received from one category (all 0.4 in Skill Bonus or all 0.4 in Combination Bonus)
- c. One of the Special Requirements is a minimum "B" skill to clear support at vertical
- d. Sapphire requires 3 "A", 3 "B" and 1 "C" Value Parts
- e. All of the above are correct

Xcel Balance Beam

- 1. BRONZE BEAM- Which of the following does NOT fulfill the Acro Skill Special Requirement?**
 - a. Forward Roll
 - b. Front handspring dismount
 - c. Partial handstand with both feet off the beam while at least one leg reaches a minimum of 45° from vertical.
 - d. Headstand
- 2. Which of the following is CORRECT?**
 - a. No hold is required for "A" handstands
 - b. In the Lever to touch beam at Bronze Division, touch of the fingertips is sufficient
 - c. A squat turn will fulfill the turn Special Requirement for Bronze Division
 - d. A 180° split jump will receive "A" credit at Bronze Division
 - e. All of the above are correct.
- 3. BRONZE BEAM- Which of the following is a RESTRICTED skill?**
 - a. Lever to touch the beam
 - b. From lying position, push up to bridge (hold 1 second)
 - c. Cartwheel to handstand, ¼ turn dismount
 - d. 1 ½ (540°) turn in relevé
- 4. What is the TOTAL MAXIMUM DEDUCTION for the following errors?**
 - Up to 20° missing from required leap leg separation
 - Insufficient height on one jump
 - Foot remains on mat or board as mount is completed
 - a. 0.50
 - b. 0.60
 - c. 0.70
 - d. 0.80
 - e. None of these
- 5. GOLD BEAM- Which of the following is CORRECT?**
 - a. A forward swing turn will fulfill the turn Special Requirement
 - b. Two forward rolls will satisfy the acro Special Requirement
 - c. A Partial Handstand to 45° from vertical with closed feet is an acceptable acro skill
 - d. A straddle jump dismount is acceptable at the Gold Division
- 6. Which of the following statements is CORRECT?**
 - a. Bronze requires a 60° split for SPECIAL REQUIREMENT credit
 - b. Gold and Platinum require a 150° split in one leap/jump.
 - c. Diamond requires a 155° split in one leap/jump
 - d. Sapphire requires a 170° split in one leap/jump

7. GOLD BEAM- What is the TOTAL MAXIMUM DEDUCTION for the following errors?

- Missing one acro skill that achieves or passes through vertical
- No Full turn
- a. 1.00 from the average
- b. 0.60 from the Start Value
- c. 0.50 from the average
- d. 1.00 from the Start Value

8. Platinum Beam - Which of the following is CORRECT?

- a. "C" Dance Value Parts are allowed
- b. The Acro series must have a flight element
- c. 6 "A" and 2 "B" Value Parts
- d. "C" acro elements are allowed.

9. TRUE or FALSE: Diamond and Sapphire Beam each require an Acro series (one of the Acro skills must achieve or pass through vertical).

10. What is the TOTAL MAXIMUM DEDUCTION for the following errors?

- Bent arms in support on a handstand
- Additional movements to maintain balance after a back walkover
- Concentration pause of 4 seconds before a dismount
- a. 0.70
- b. 0.80
- c. 0.90
- d. 1.0
- e. None of these

11. Which statement is CORRECT if the coach spots the gymnast during an element?

- a. VP and Special Requirement credit are awarded – 0.50 deduction for the spot
- b. No VP or Special Requirement credit are awarded – no deduction for the spot
- c. No VP or Special Requirement credit are awarded – 0.50 deduction for the spot
- d. VP and Special requirement credit are awarded – 0.30 deduction for the spot

12. Which is CORRECT regarding the breaking of a series?

- a. A stop between the elements breaks the series
- b. Loss of balance, causing a stop between the elements breaks the series
- c. Repositioning of a support leg / foot breaks the series
- d. Landing the first element in a plié and then straightens legs, and pliés again breaks the series
- e. All of the above break a series

Xcel Floor Exercise

1. BRONZE FLOOR - Which is CORRECT?

- a. The maximum time limit on floor is 1 minute
- b. A coach on the floor is a 0.50 deduction
- c. A headstand is a Bronze Division skill
- d. A 1½ turn is an allowable skill on Bronze Division Floor

2. BRONZE FLOOR - Which of the following is CORRECT?

- a. Four (4) "A" Value Parts are required
- b. No saltos or aerials
- c. Maximum 2 flight skills per routine
- d. All of the above are correct

3. BRONZE FLOOR - Which of the following would NOT fulfill Special Requirements #1 and #2?

- a. 1st pass – Round-off, rebound, backward roll
2nd pass – Round-off
- b. 1st pass – Round-off, flic-flac
2nd pass – Dive roll
- c. 1st pass – Round-off, flic-flac
2nd pass – Front handspring

4. SILVER FLOOR - Which of the following is an acceptable Value Part skill?

- a. Lever to touch fingertips on the floor
- b. Leg swing hop with free leg at horizontal or above
- c. Switch leg leap with ¼ turn
- d. Front Salto piked

5. SILVER FLOOR - What is the penalty for a routine with NO 1/1 turn?

- a. 0.20
- b. 0.30
- c. 0.50
- d. 1.00

6. What is the TOTAL MAXIMUM DEDUCTION for the following errors?

- Failure to hold ending pose for 1 second
 - Relaxed/incorrect footwork on non-value parts throughout
 - Insufficient dynamics
- a. 0.45
 - b. 0.55
 - c. 0.65
 - d. 0.75

7. GOLD DIVISION FLOOR- Which of the following will fulfill a Special Requirement?

- a. Round-off, straddle jump, back handspring
- b. Cat leap, split jump
- c. Jump 1/1 turn
- d. Run punch front pike salto

8. ALL DIVISIONS FLOOR- A gymnast makes the following errors on a split leap. What would be her TOTAL MAXIMUM deduction?

- Incorrect body alignment
- Insufficient height on leap
- Legs not even on the leap

- a. 0.60
- b. 0.50
- c. 0.55
- d. 0.45
- e. 0.40

9. TRUE OR FALSE. The Platinum Division requires a leap with 180-degree split for Special Requirement in the Dance Passage.

10. FLOOR- What is the total maximum deduction for the following errors?

- Coach on the floor exercise mat
- Lack of projection, focus
- Squat on landing
- Poor relationship of music and movement throughout.

- a. 0.40
- b. 0.50
- c. 0.60
- d. 0.70

11. DIAMOND FLOOR - Which of the following is a DIAMOND Special Requirement?

- a. A turn on one foot, minimum A
- b. 3 different saltos within the routine
- c. 2 separate acro connections, each with a minimum of 2 directly connected acro flight skills; OR One (1) Acro Flight Pass with Two (2) directly connected Acro Flight elements AND one (1) separate/isolated "C" Salto
- d. None of the above

12. SAPPHIRE FLOOR - Which would fulfill Special Requirements #1 & #2?

- a. 1stst pass – Front tuck, front pike
2nd pass –Round-off, flic-flac, back salto stretched with 1 ½ twist
- b. 1st pass – Round-off, flic-flac, back salto stretched
2nd pass –Front salto stretched with 1/1 twist
- c. 1st pass – Front tuck, front tuck
2nd pass – Round-off, flic-flac, layout 1/1

Xcel Program Practice Quiz Answer Sheet

General Information

1. D
2. D
3. B
4. C
5. False
6. D
7. C

Xcel Vault

1. False
2. C
3. B
4. D
5. C
6. C
7. B

Xcel Uneven Bars

1. C
2. C
3. True
4. C
5. A
6. YES
7. C
8. D
9. A
10. C
11. B
12. E

Xcel Beam

1. B
2. E
3. D
4. C
5. C
6. C
7. D
8. A
9. TRUE
10. B
11. C
12. E

Xcel Floor Exercise

1. C
2. D
3. C
4. B
5. C
6. B
7. D
8. B
9. FALSE
10. D
11. C.
12. A