

Xcel Program Practice Quiz

(Updated online September 2025)

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. GOLDBARS- Which of the following 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. The Lever to touch beam at Bronze Division must show the free leg at horizontal or above.
 - 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. GOLDBEAM- 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.

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 aerals
- 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
2ndnd pass –Round-off, flic-flac, back salto stretched with 1 ½ twist
- b. 1stst pass – Round-off, flic-flac, back salto stretched
2ndnd pass –Front salto stretched with 1/1 twist
- c. 1stst pass – Front tuck, front tuck
2ndnd 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