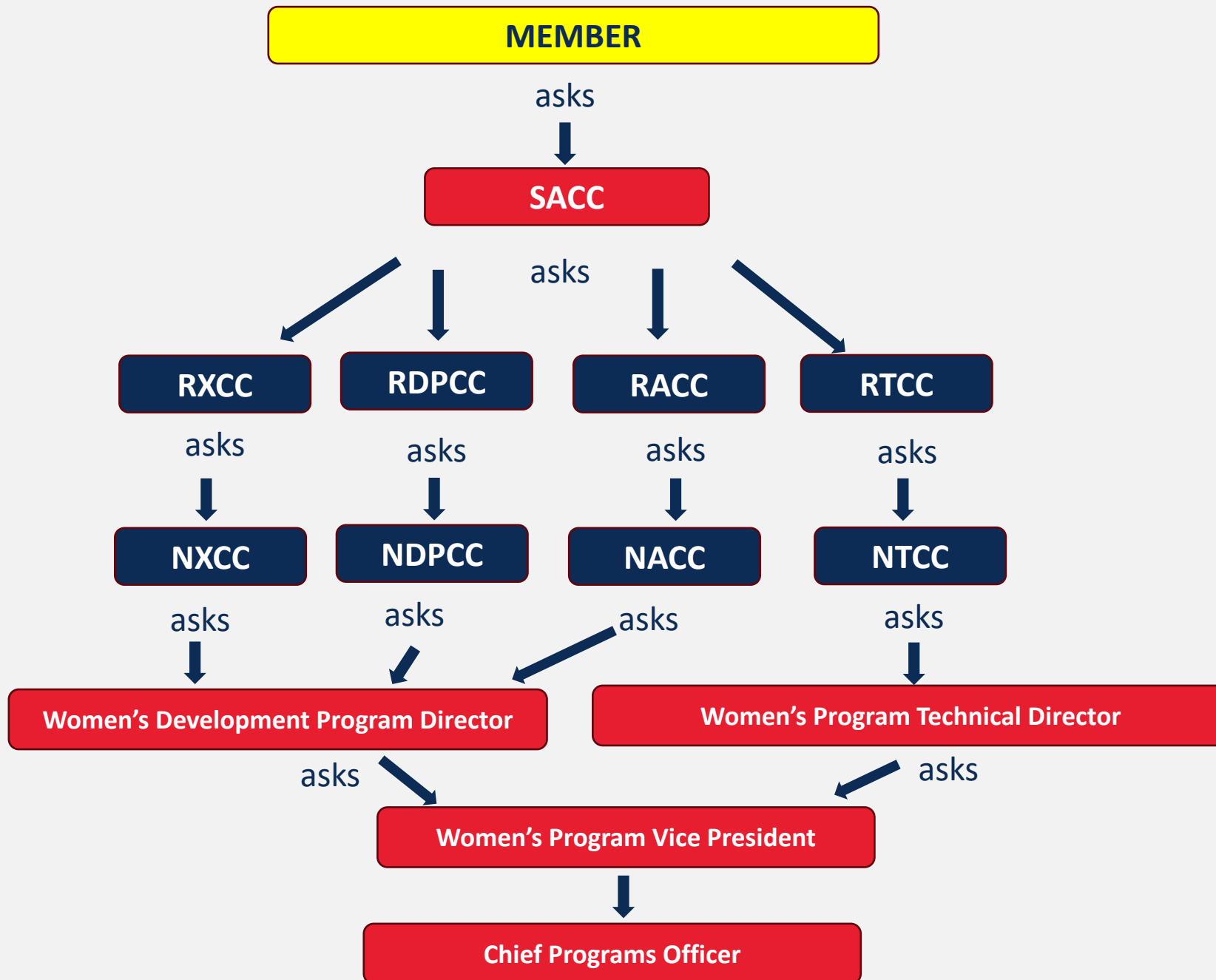


The **movement** starts here.





# **2024 – 2025 Program Update**



## Women's Program Hotline

Should members have questions, they should utilize the Hotline starting with contact to the State Administrative Committee Chair

### State

SACC – State Administrative Committee Chair

### Regional

RXCC – Regional Xcel Committee Chair

RDPC – Regional Development Program Committee Chair

RACC – Regional Administrative Committee Chair

RTCC – Regional Technical Committee Chair

### National

NXCC – National Xcel Committee Chair

NDPC – National Development Program Committee Chair

NACC – National Administrative Committee Chair

NTCC – National Technical Committee Chair

### USAG Staff

*See Hotline published within the Rules & Policies for further information.*



# WHO MADE THAT RULE???

	ADMINISTRATIVE (ADMIN) COMMITTEE MEETING
	DEVELOPMENT PROGRAM (DEV) COMMITTEE MEETING
	XCEL COMMITTEE MEETING (XCEL)
	TECHNICAL COMMITTEE MEETING (TECH)
	JOINT DEV/TECH COMMITTEE MEETING
	JOINT XCEL/TECH COMMITTEE MEETING





# COMMITTEE MEETING MINUTES

**APPROVED  
MINUTES CAN  
BE FOUND HERE**



**ALL INFORMATION CONTAINED IN THIS  
PRESENTATION IS OFFICIAL.**



**The following clarifications and recommendations for change are to be effective for the 2024-2025 season, scheduled to begin August 1, 2024.**



# RULES & POLICIES

**WILL BE  
UPDATED AND  
POSTED ON  
THE WEBSITE**



**PUBLICLY  
ACCESSIBLE  
TO ALL  
MEMBERS**



## DECLARATION DATE (Friendly Reminder)

### R U L E S & P O L I C I E S

**An athlete may NOT drop back to a division/lower level in a competitive season AFTER the declaration date.**

SAC determines prior to the beginning of the competitive year, a designated "declaration" date for each level for this purpose.

*The highest level / division competed at a sanctioned competition after the "declaration" date will determine the program (Dev / Xcel) for which the athlete can compete for the remainder of that season.*





## DROPPING BACK WITHIN DIVISIONS (Friendly Reminder)

### R U L E S & P O L I C I E S

If an athlete competed at an Xcel State Championships (or higher) and wishes to drop back through the divisions, her coach must submit a “reason for change” letter.

- For **Bronze, Silver, and Gold Divisions**, the letter is sent to the SACC to be considered by the SAC (State Administrative Committee).
- For **Platinum, Diamond, and Sapphire Divisions**, the letter is sent to the RTCC to be considered by the RAC (Regional Administrative Committee).

DEV athlete wishes to enter the Xcel Program in a division below the allowable division, her coach must submit a “reason for change” letter:

- **DEV Level 8 and Below** , letter to the SACC for approval.
- **DEV Level 9 or 10 athlete**, letter sent to RTCC for approval.



# ADDITIONAL STATE REPRESENTATION

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Identify all overseas military bases and assign athletes to appropriate state/region, in conjunction with military base contact, NACC and national office. Military bases would follow guidelines of each respective state, with any possible exception requests made at the discretion of the SAC.



# MEMBER CONDUCT

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No cigarettes, e-cigarettes/vapes or any other smoking paraphernalia are allowed in the venue.

No firearms or dangerous weapons are allowed in the venue.



# MANDATE SCORE

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USA Gymnastics CANNOT  
require/mandate a gymnast to move  
up to a higher level/division.



# DEFINING IES ATHLETES

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Individual Event Specialist/IES

- An athlete who competes 3 events or less

All-Around athletes

- An athlete who competes all 4 events

\*Exceptions as written still apply



# DEFINING UNFORESEEN CIRCUMSTANCES

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Unforeseen = **Unpredictable** circumstances

If a gymnast is unable to compete with her designated age group, she may compete on another day (or in another session) with the approval of the **SACC for State Championships** and **RACC for Regional Championships**.



# DEFINING UNFORESEEN CIRCUMSTANCES

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Competition schedules are set using available dates without regard to the diversity of religious and cultural practices of potential participants.

USA Gymnastics acknowledges and regrets that athletes may have to choose to opt out of participation in any specific competition due to religious practices or scheduling conflicts.



# ATHLETE RELOCATION

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Athlete relocates residences between state and regional meets (placing them in a different region):

- ALL Xcel divisions - ALLOWED to compete in new region, but MUST meet qualifying requirements of that region and qualification was by score, not rank of athletes.





# MEMBERS ALLOWED ON FIELD OF PLAY

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Membership roles that are allowed on the field of play.

1. Athlete
2. Competitive Coach
2. Judge
3. Meet Director
4. Volunteer\*
5. Photographer/Videographer\*
6. Medical\*

**\*Must be contracted by the Meet Director**



# ENTRY FEES – STATE & REGIONAL

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Consistency between State and Regional entry fee maximums:

- State Championships: determined by SAC and MUST be approved by RACC, may NOT exceed Regional Championship meet entry fee.
- Regional Championships: determined by RAC and MUST be approved by NACC, may NOT exceed National Championship meet entry fee.



# INJURED ATHLETES

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Only competing gymnasts and coach(es) allowed onto field of play, only during session they are competing.

At Meet Director's discretion and at invitationals ONLY, may include gymnasts who were entered / scheduled for session but scratched due to injury.



# FORMAT / MAX ATHLETES ALLOWED (Clarification)

If a competition runs only 2 events at a time:

- Number of competitors per session= half of maximum allowable competitors for that level or division.



# DELAY OF COMPETITION PROCEDURES

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Any situation regarding delay of competition on the field of play (i.e. equipment failure, athlete injury, unforeseen circumstances, etc.):

- Meet Director, in conjunction with Meet Referee, will assess the situation to make appropriate call regarding additional warm-up time.



# OFFICIALS

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When assigning judges to a competition with multiple days:

- Rotate the assigned events each day ONLY IF meet has separate awards ceremonies for each session.



# OFFICIALS COMPENSATION

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## 4 – Judge Panel:

**At all Dev and Xcel Regional Championship meets**, the daily rate, (min 4 hours–up to 8 hours) will increase \$20.00 per day for Brevet and National rated judges, and \$10.00 per day for Levels 8–10 rated judges.

This would bring the  
Championship fees to:

	Full Day	Half Day
Brevet	\$250.00	\$125.00
National	\$240.00	\$120.00
Level 10	\$220.00	\$110.00
Level 9	\$210.00	\$105.00
Level 7/8	\$200.00	\$100.00

The regular hourly rate after 8  
hours remains the same.



# OFFICIALS COMPENSATION

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## 2-Judge Panel:

At all Dev and Xcel Regional Championship Meets that utilize a 2-judge panel, Championship fees (the daily rate) **does not** apply. Regular hourly fees will be calculated.

- The additional \$10.00 per day Chief Judge fee remains in effect.





# VIDEO REVIEW

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If a video review results in the awarding of a Special Requirement or Value Part: The judging panel may apply deductions related only to the reason for the video review. Additional deductions for execution are not applied.



# VIDEO REVIEW

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Judging panel is allowed to review the submitted video once the video review process has been finalized.



# ALLOWABLE ATHLETE APPAREL

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## Shorts or **tights allowed**

- Can be capri length or longer that **match the leotard, are black, or match the athletes skin tone.**
- May be worn under or over the leotard.
- A small manufacturer's branding allowed, but no embellishments.

Unitards may have **long legs to the ankle or short length and may be with or without sleeves.**



# ALLOWABLE FLOOR MUSIC – 8/1/2026

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Beginning **August 1, 2026:**

The use of human voice in floor music to create words, sounds, chanting, etc. will **no longer be allowed.**

- A 1.00 CJ deduction will be taken for any floor music with voice.



# ESTABLISH AN XCEL PROGRAM OF THE YEAR AWARD

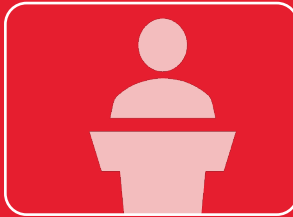
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**Program demonstrates the Xcel program philosophy including:**



## Sportsmanship

- Graciousness in victories and defeats.
- Respecting and supporting opponents.



## Leadership

- Active leadership within the gymnastics and local community through participation and volunteering.



## Teamwork

- Cooperation within your group, team, and the gymnastics community.
- Willingness to work together.



## Fun

- Coaches are supportive of the individual athlete experience regardless of the outcome in competition.
- Creating an enjoyable experience.





# XCEL WEB PAGE

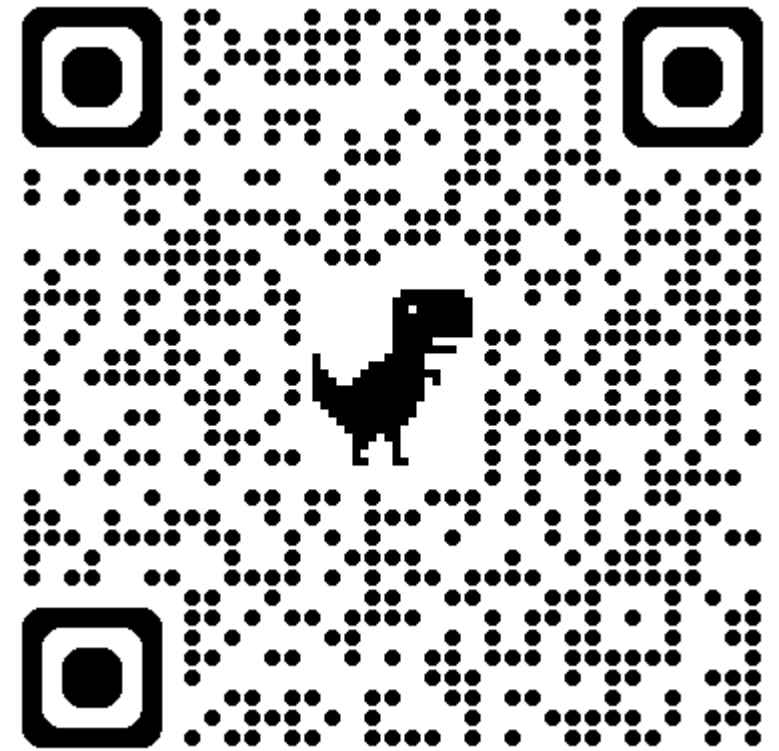
**Includes links and information for:**

## **Coach / Judge Resources**

- **Practice Quiz**
- **Bronze – Gold Course**
- **Appendix**

## **Code of Points**

- **Purchase Code of Points**
- **Print Replacement Pages**





# Coming in 2024-25!

MEMBERSHIP

EDUCATION

Xcel  
Platinum – Sapphire  
Course

Optional  
Level 6/7 Course

USA Gymnastics Women's Program

## FLIPBOOK

Compulsory, Optional, & Xcel

USA  
Women's Artistic

Compulsory, Optional, & Xcel  
in one book!



# GENERAL



CODE OF POINTS

# DEDUCTION

**Remove** the 0.50 Chief Judge deduction for Starting the exercise before signal is given or Vaults without signal from Chief Judge.



# DEDUCTION

Update the Short Exercise deduction to indicate Short exercise with fewer than three (3) **attempted or spotted** value parts. – 2.00 deduction.





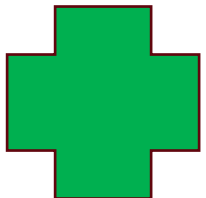
# VAULT

CODE OF POINTS

# VAULT (Deductions)

Remove the 1.00 Chief Judge (CJ) deduction for the performance of a Vault with only one hand.

**The 1.00 deduction will now be applied by all judges under the Support phase.**



# VAULT (ALLOWABLE SCORE RANGE)

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Whenever a 1.00 or greater flat deduction is applied, the allowable score range does NOT apply, instead, **scores will be averaged.**



CODE OF POINTS

# VAULT (Silver – Sapphire)

Apply the up to 0.10 deduction for under rotation – Silver – Sapphire Divisions.



CODE OF POINTS

# VAULT (Platinum)

Modify the start value at **Platinum** to **9.90**

#	Vault	NEW VALUE	OLD VALUE
4.102	RO, FF on - Repulsion off with $\frac{1}{2}$ (180°) turn	9.90	9.70
1.104	Yamashita with $\frac{1}{2}$ (180°) turn off	9.90	10.0





# BARS



# **BARS (After a fall)**

In order to resume the routine after a fall, a coach may assist the gymnast onto the bar **with no deduction, regardless if the remounting skill was a value part listed in the Xcel Code of Points.** Judging resumes with the subsequent skill.



# BARS (Elements considered different)

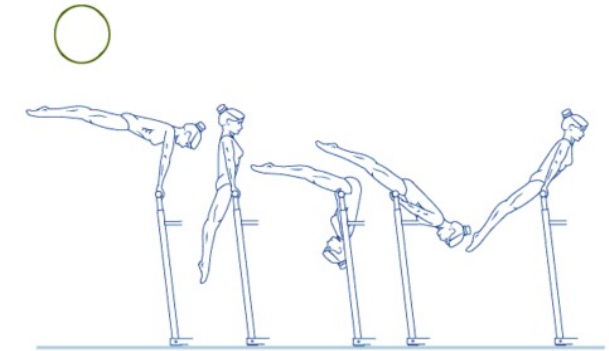
CODE OF POINTS

Elements with the same element number are considered **different when performed in a different direction.**

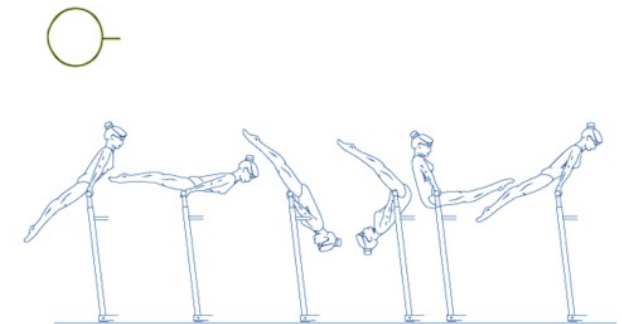
**Example, #7.101**  
**Hip circle backward or forward.**

7.101

Hip circle backward on LB or HB to support



Hip circle forward on LB or HB to support



# BARS (Deduction)

Apply 0.20 Chief Judge (CJ) deduction if a coach sprays water or chalks the bar once the exercise has begun, no warning will be given.



# BARS (Deduction)

**Remove** the **up to .40** amplitude deduction for clear hip circles at the Platinum Division.

Clear hip circles are a “B” VP as long as clear of the bar. This will fulfill SR#2.

*(Remove Platinum from chart on Uneven Bars – 25)*



## BARS (Deduction)

Apply a 0.10 amplitude deduction to **any cast/clear support element that does not meet the Division angle requirement.**

Any cast/clear support element that is within  $10^\circ$  of the Division angle requirement **will receive VP and SR.**



# Rationale for Application By Division

Division	Application
Bronze	Does not apply to Bronze – No angle requirement
Silver - Diamond	Applied to any cast/clear support that does not meet the angle requirement. Any cast/clear support within 10° will receive VP and SR.
Sapphire	<p>The angle requirement will continue to allow for up to 10° without deduction and is considered meeting the Division angle requirement. For this Division apply as follows:</p> <ul style="list-style-type: none"><li>• 0-10°: No amplitude deduction, Receive VP and SR</li><li>• 11-20°: Deduct <u>0.10</u> amplitude, Receive VP and SR</li><li>• Below 20°:<ul style="list-style-type: none"><li>• Deduct <u>0.10</u> amplitude</li><li>• Do not receive SR.</li><li>• Apply VP as applicable based on the element performed.</li></ul></li></ul>



# BARS DISMOUNTS – VALUE CHANGE

CODE OF POINTS

## **RAISE – BARS #8.301 ("C")**

*Underswing toe-on or clear,  
**front pike with  $\frac{1}{2}$  twist**  
variation to*

## **BARS #8.401 ("D")**

## **REMOVE – BARS #8.401 ("D")**

*Underswing toe-on or clear,  
**front pike with  $\frac{1}{1}$  twist**  
variation*

From HB – underswing (toe-on or clear) or back staller (not illustrated) to salto forward tucked or piked

also with  $\frac{1}{2}$  (180°) twist

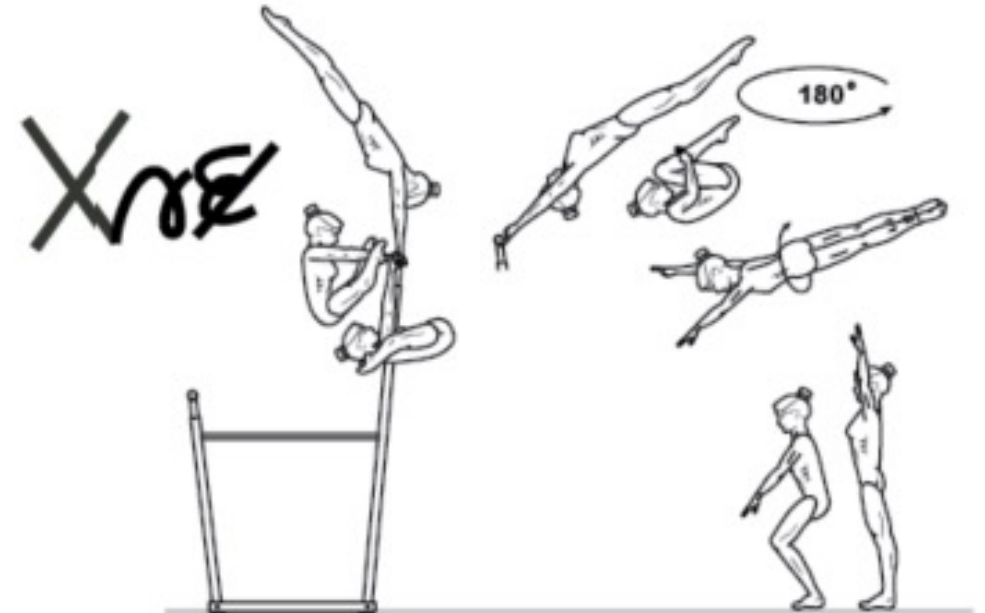


# BARS DISMOUNTS – VALUE CHANGE

CODE OF POINTS

**Raise** – Bars **#8.301**  
**variation** – Back Stalder to front salto tucked (Celestine) or piked with  $\frac{1}{2}$  twist to **#8.401** (“D”).

Back stalder to salto forward tucked w/  $\frac{1}{2}$  twist (Celestine)





# BARS – HIGH BAR

CODE OF POINTS

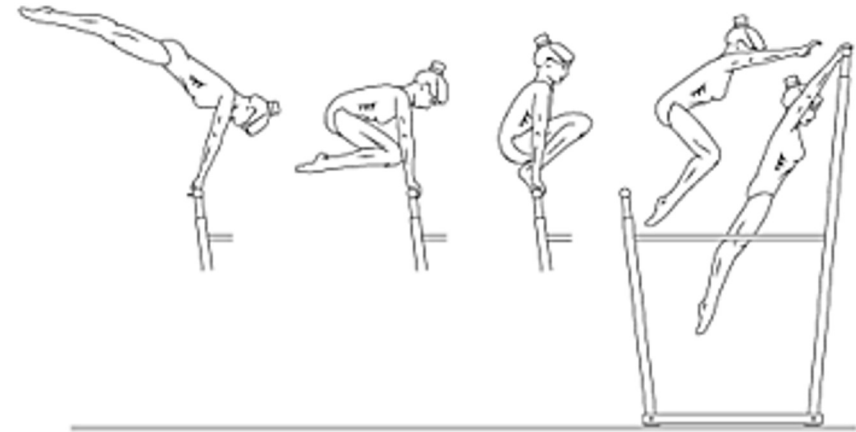
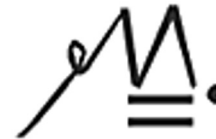
## Add HB option – #2.102

Cast to squat, stoop, or straddle on **LB** or **HB**.

2.102

Cast to squat, stoop or straddle on LB, also with jump to grasp HB

(One “A” VP in all Divisions)



# BARS (**Text Clarifications**)

- Long Hang Pullover: A long hang pullover is considered a 360° circling skill only if preceded by a cast for Platinum ~~& Diamond~~.
- Remove Diamond reference as the Diamond SR is a "B"
- Diamond/Sapphire: SR requirements for circling skills – Clarify Not mount or dismount within SR language.
- **Mount:** Spotting blocks may not be used to mount the high bar.





# BEAM

# BEAM – NEW ELEMENT VARIATION

CODE OF POINTS

**Variation of  
#9.901–  
Head Spring**

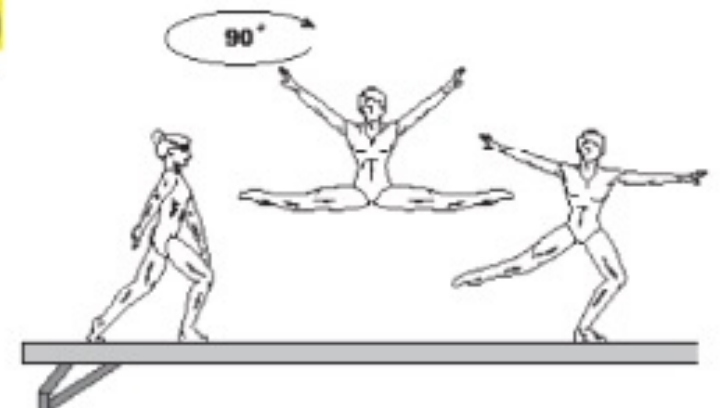
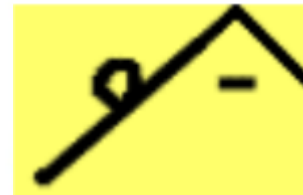


# BEAM – VALUE CHANGE

CODE OF POINTS

**Raise - #2.201** variation – Split or stag-split leap forward (take off from one leg) with  $\frac{1}{4}$  turn ( $90^\circ$ ) turn to straddle position (side leap) (“B”) to **#2.301** (“C”).

Split or stag-split leap forward (take-off from one leg) with  $\frac{1}{4}$  ( $90^\circ$ ) turn to straddle position (Side leap)



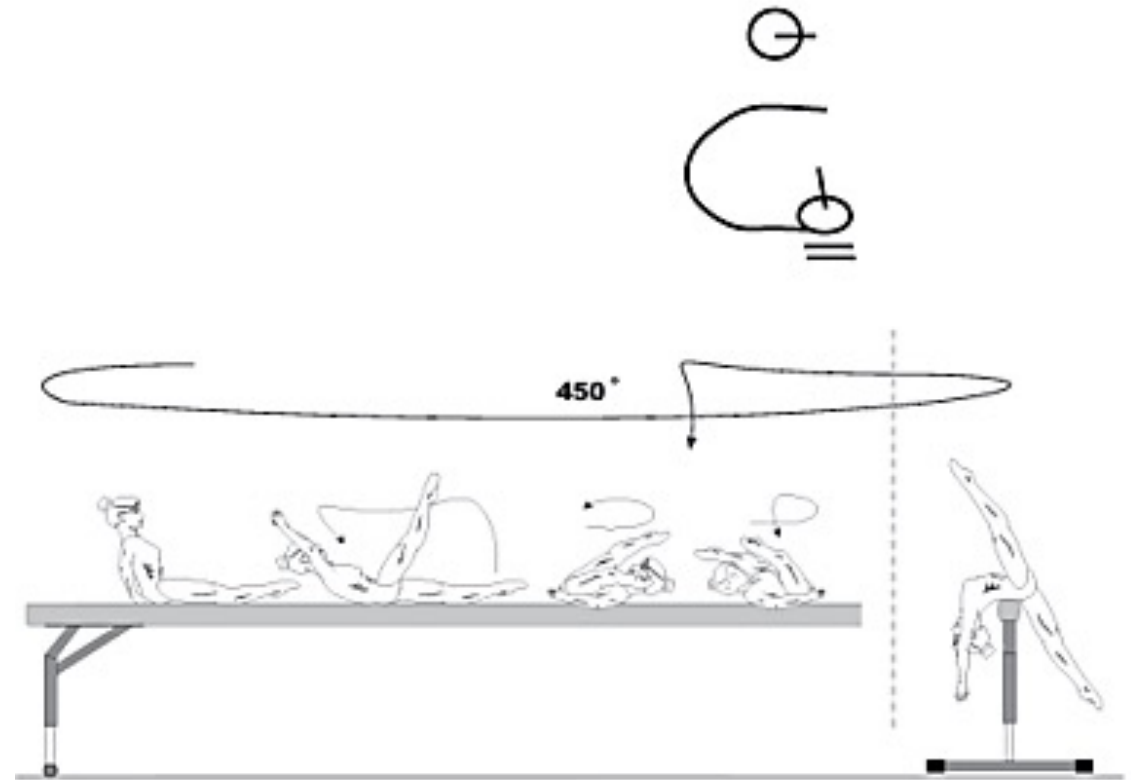
# BEAM – VALUE CHANGE

CODE OF POINTS

**Raise** - **# 3.307** - 1 ¼ turn on back in kip position ("C") to **# 3.407** ("D").

**3.307**

1¼ (450°) turn on back in kip position (hip-leg angle closed) (LiLi)



# BEAM – Description Language

CODE OF POINTS

#9.001 in Xcel COP–  
Dismount – Any jump from  
**one or two** feet, also with  
up to 360° turn.

#5.001 – **From a lunge or  
stand**, Lever to touch  
beam.

## BRONZE/SILVER ONLY

9.001

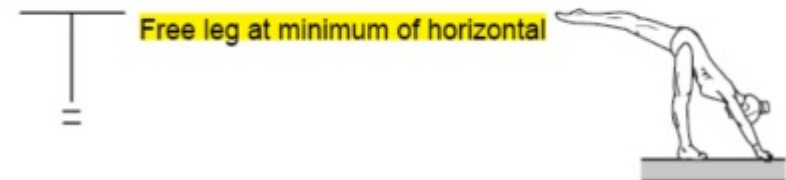
Any Jump from feet, also with up to 360° Turn  
(No visual available)

## BRONZE ONLY

5.001

Lever to touch Beam:

- **Free leg at horizontal or above** No angle requirements
- Body shape deductions may apply
- Lever back foot need not return to beam to receive VP credit





# BEAM (Element Clarifications)

CODE OF POINTS

- #5.002 – Partial Handstand with feet closed together and at a minimum of 45° from Vertical, both criteria to be met simultaneously to receive "A" VP. – **Also allowed for BRONZE Division**
- #8.401 – **ADD** *also with ¼ turn*
- **Stag Leap:** When the front leg on a leap is in the stag position it cannot be used for the split SR. Front leg must be extended in the split position.





# BEAM (Text Clarification)

- Sapphire SR#2 – **Reword** for consistency with other Divisions
  - Dance Series – Minimum **of Two Group 1\*, 2 or 3\* elements** (same or different) – AND **one (1)** Leap or Jump with a **minimum** 180° Cross or Side Split (Isolated or in a Series).





# BEAM/FLOOR

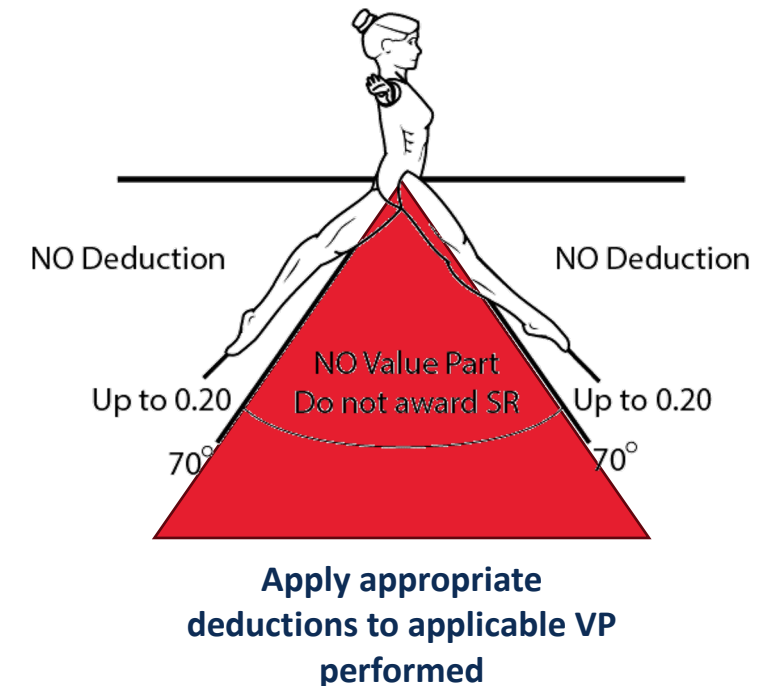
# BEAM, FLOOR

When a Leap / Jump that is more than 20° (Bronze–Diamond) or 45° (Sapphire) from the required split angle in the Division:

- **Update** text with “apply appropriate deductions to applicable VP performed”.
- **Remove** references to the insufficient leg separation of up to 0.20

This change is **ONLY** cleaning up language in the Code/Appendix when the split angle is more than the allowed deficiency.

**EXAMPLE**  
Silver  
When Split is smaller than  
70 °  
Silver  
90°





# OPERATING CODE



# STATE ADMINISTRATIVE COMMITTEE CHAIR (SACC)

## ELIGIBILITY REQUIREMENTS

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Recommendation to the Women's  
Program Committee (WPC):

Additional criteria for SACC eligibility  
requirements:

- Must have served on a State,  
Regional or National Committee.

Requires a Vote  
by the WPC to  
adopt  
(June Meeting)



# REGIONAL TECHNICAL COMMITTEE DUTIES AND RESPONSIBILITIES

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Recommendation to the Women's  
Program Committee (WPC):

**ADD** – Assist in the organization  
of clinics, camps, petitions,  
administrative work, newsletters,  
and correspondence.

Requires a Vote  
by the WPC to  
adopt  
(June Meeting)



# REGIONAL TECHNICAL COMMITTEE CHAIR (RTCC) NOMINATION ELIGIBILITY CRITERIA

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Recommendation to the Women's  
Program Committee (WPC):

**ADD** – Must have been  
assigned to judge East/West  
and Development National  
Championships (formerly JO  
National Championships) in the  
current or previous cycle.

Requires a Vote  
by the WPC to  
adopt  
(June Meeting)





THE END!