# Women's Artistic Gymnastics Xcel Code of Points

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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.

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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.

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Revised August 2023

**Revised January 2024** 

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## CHAPTER 3: SCORING

#### I. DETERMINING AVERAGE SCORE

Determining Average Score (By Panel Size)		
	Four (4) Judge Panel	Two (2) Judge Panel
Fotoblich Final	<ul> <li>a. Highest and Lowest scores are eliminated.</li> </ul>	<ul><li>a. Two scores added.</li><li>b. Divided by two.</li></ul>
Average Score	<ul> <li>Add the middle two scores together</li> </ul>	
	c. Divide by two	
Example	Chief Judge 1: 9.40 High eliminated Judge 2: 9.00 Low eliminated Judge 3: 9.20 <u>Judge 4: 9.30</u> 9.20 + 9.30 = 18.50 / 2 = 9.25 Average Score	Chief Judge 1: 7.80 Judge 2: 7.50 7.80 + 7.50 = 15.30 / 2 = 7.65 Average Score
Allowable Range	Average Score determines allowable range between two counting scores.	Average Score determines allowable range between two (2) scores.
If out of Range	Two counting scores out of range, Chief Judge calls a conference.	Two (2) scores out of range, Chief Judge calls a conference.
Out of Range Example	Example: CJ 8.80, Panel Judge 8.00, Average = 8.40 Allowable range for this score is 0.70. Difference between scores is 0.80. Conference must be called.	

#### **II. RANGE OF SCORES**

#### A. Range of Scores is allowable difference between the two (2) counting scores.

#### 1. The score range does NOT apply:

- a. Whenever a Zero score is one of the counting scores, the allowable score range does NOT apply.
- b. Whenever a <u>1.00</u> deduction or greater flat deduction is applied, the allowable score range does NOT apply, and the scores will be averaged. Examples include, but are not limited to, performance of a one-arm Vault, or a spotting deduction during the Vault.
- B. Average Score, not the Chief Judge's score, determines the Range.
- C. USA Gymnastics Xcel competitions, allowable Range of Scores between two middle scores, or two (2) scores, when only two (2) Judges are used:

Allowable Range of Scores		
Average Score Between	Allowable Range Between Two Counting Scores	
9.50 - 10.00	0.20 pt.	
9.00 - 9.475	0.50 pt.	
8.00 - 8.975	0.70 pt.	
Below 8.000	1.0 pt.	

- **D.** Too great a difference between the two scores, a conference of Judges is called. Discrepancy is resolved by one of the following procedures:
  - 1. Start Value discussed.
  - 2. Mathematical procedures checked for accuracy.
  - 3. Adjustments made in scores to conform to allowable range.
  - 4. Professional responsibility of Judges to come to an agreement if scores are initially out of range.
  - 5. Judges unable to compromise, Chief Judge may mandate scores be brought into allowable range.
- E. Judges may evaluate in 0.05 increments at all competitions.

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## F. Final Courtesy Score of 4.00 will be awarded for any exercise that results in a score equal to or less than four (4.00) points.

- 1. Exception on Vault: certain circumstances will result in a Void Vault. Refer to Vault chapter.
- **G.** Open Scoring is not allowed at competitions below State Championships. Only the Average score is listed on gymnast's card and / or flashed on audience scoreboard.
  - 1. State Administrative Committee determines if Open Scoring is allowed at Xcel State Championships.
  - 2. Regional Administrative Committee determines if Open Scoring is allowed at Xcel Regional Championships.

#### H. Flashing of Start Values at Competitions

- 1. Required at all Divisions of Xcel competitions.
- 2. Start Values can be flashed or written on Gymnast's competition card.
- 3. Judge's responsibility to provide Start Value flashing units, unless provided by meet host.
- 4. Procedures for Flashing Start Values:
  - a. Each Judge independently determines Start Value.
  - b. Start Value and Final Score recorded on judging slip and sent via runner or electronic scoring device to Chief Judge.
  - c. Each Judge displays Start Value on flashing unit, when Chief Judge receives ALL Judges' scores.
  - d. Judges do not have to agree on Start Value, but an impossible SV requires a conference.
  - e. Conference may be called to determine if Start Value needs to be adjusted, either up or down.
  - f. Start Value changed as a result of a conference, adjusted Start Value flashed as "Corrected Start Value".

#### I. Time Frame for Changing a Score

- 1. Final Average Score submitted to scoring system:
  - a. May not be changed unless there is an inquiry.
  - b. Chief Judge allowed to change a score after submission to scoring system:
    - If neutral deduction was inadvertently not applied (example: out of bounds / overtime) (This change MUST occur prior to the end of the rotation.) or
    - 2) If data entry error was made (This change MUST occur within five (5) minutes of end of session)
    - 3) Score change must occur:
      - Prior to end of rotation, or
      - Within five (5) minutes of end of session (example: data entry error).
  - 4) Coach must be notified of score change and if possible, new score should be displayed to the public.
- 2. Routine mistakenly judged using Incorrect Division Rules
  - a. May be re-evaluated using appropriate rules, based on Judges' shorthand or notes.
    - 1) Re-evaluation must occur within five (5) minutes of end of session.
    - 2) Judging Panel must notify Meet Referee and scoring personnel of the Re-evaluation.
  - b. Coach must be notified of score change and if possible, new score should be displayed to the public.
- 3. At State and above Championships, in extenuating circumstances, Meet Referee has the authority to allow a judging panel to review a routine to verity that SR(s) were fulfilled, and any restricted elements were not performed.
  - a. The coach MUST be notified that a review will occur.
  - b. No additional deductions are allowed to be taken by a judge after review if the SR(s) in question is(are) awarded.

## **CHAPTER 4: UNUSUAL JUDGING SITUATIONS**

#### I. INCOMPLETE EXERCISE / EXTREMELY SHORT ROUTINE (VT / UB / BB / FX)

## A. Courtesy Score of 4.0 may be awarded for an extremely Short Routine due to injury or unusual circumstances.

- 1. No routine will be awarded less than 4.0.
- 2. Exception: if a "0" (VOID) is earned on Vault.

#### B. Common sense should prevail.

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#### 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.
    - a. 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.
    - b. Permission granted, perform after reasonable amount of rest time from the point of interruption or the series/combination when equipment/music failure occurred.
    - c. No score would be given for the partial routine.
    - d. 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.
  - 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

Refer to the Rules & Policies Chapter 6 for further information, rules, and process for an inquiry.

- A. Coach is entitled to see the four (or two) scores of individual Gymnast.
- B. A Meet Referee may watch a video (if available) prior to the submission of an inquiry to determine if an inquiry should move forward. A video would follow the same criteria questions listed below.
- C. 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.

#### D. Inquiries are limited to questions regarding:

- 1. Start Value
- 2. Neutral deductions
- 3. Falls
- 4. Unusual Occurrences

#### E. 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.
- F. 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). Only applies to all-around athletes.
  - 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.

#### G. 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 predefined inquiry return procedure.
- 2. Coach may not approach Judge(s) regarding inquiry during competition.

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#### IV. VIDEO REVIEW

This section has been reorganized, and further edited to better align with the Rules & Policies. Due to the volume of changes, items that would normally have been strike throughs have been deleted.

#### Refer to the Rules & Policies Chapter 6 for further information, rules, and process for a Video Review.

#### A. Video Review is completed by the Meet Referee and highest rated unaffiliated Judge.

- 1. 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.
- 2. Meet Referee must inform Judging Panel that a video review will be initiated, as well as the final decision.
- B. Video Review must be viewed at regular speed. Slow-motion will not be considered.
- C. Video Review is allowed at any Xcel competition
  - 1. At all sanctioned Xcel competitions for all Divisions: A coach can request Video Review in the event that the Inquiry involves :
    - a. Possibility the Judges missed an element that would affect the Start Value.
    - b. Neutral deduction was applied.
    - <mark>c. Examples:</mark>
      - 1) All events: Verification that Gymnast was Spotted/Assisted by Coach.
      - 2) Vault: Whether Gymnast lands on bottom of feet first.
        - 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.
      - 3) Bars:
        - Verification that Gymnast grasps or touches the bar with one (1) or two (2) hands before falling on a release element.
        - Verification that the dismount landed on the feet first prior to falling.
      - 4) Beam:
        - To determine if gymnast landed on bottom of the feet on top of the beam prior to falling.
        - Verification that the dismount landed on the feet first prior to falling.
      - 5) Floor:
        - Verification that an element landed on bottom of the feet first on Saltos prior to falling.
        - Verification that the gymnast did not touch outside of the Floor Exercise boundary line.
        - 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.
    - d. 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.
    - 2. At Xcel State Meet and above: A coach can request a video review in the event that the inquiry involved an instance that would affect the Start Value.

#### D. Judging Panel Review of the Video

- 1. The judging panel is allowed to review the submitted video once the video review process has been finalized.
- 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 execution deductions are not applied.

#### V. JURY OF APPEALS

Refer to the Rules & Policies Chapter 6 for further information, rules, and process for the Jury of Appeals.

A. If a coach does not feel the procedures of the inquiry process or video review were properly followed, they may petition for a Jury of Appeals for a review within 5 minutes of receiving the results of the inquiry or video review. Jury decision should occur within 15 minutes after the conclusion of meet and before the awards are presented.

#### Xcel Code of Points GENERAL / JUDGES

#### VI. 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.

#### VII. PROCEDURES FOR FALLS / INJURIES RESULTING IN BLEEDING

- A. Take steps to stop bleeding immediately and cover wound as soon as possible.
- B. Bleeding wound (or any other injury due to a fall) does not give the right to repeat exercise or resume from interruption.
- C. 45-second Beam or Bars Fall Time exceeded before wound can be covered, then exercise is terminated.
- **D. Blood on any equipment or mats after routine finishes:** Blood must be removed prior to beginning the next Gymnast's routine.
- E. Coach and Gymnast have the right to determine if Gymnast can continue the routine after the fall (within Fall Time limits).

#### VIII. ADDITIONAL WARM-UP TIME DUE TO A DELAY

A. Any situation regarding additional warm-up time due to a delay of competition on the field of play (ie. Equipment failure, athlete injury, unforeseen circumstances, etc.); the Meet Director in conjunction with the Meet Referee, will assess the situation to make an appropriate call regarding additional warm-up time.

### **CHAPTER 5: DUTIES & RESPONSIBILITIES OF MEET OFFICIALS**

#### I. GENERAL DUTIES OF ALL OFFICIALS

- A. Individual Judges shall perform their function as a Judge of the Meet according to USA Gymnastics Rules and Policies, membership policies and USA Gymnastics Code of Ethics.
- B. Individual Judges shall be limited to judging, evaluating, and scoring the competition.
  - 1. Shall not involve herself / himself with the conduct of Gymnast during warm-ups or training.
  - 2. Comments to Gymnast should be made only if requested from Coach or Gymnast.
- C. Individual Judges will be bound by terms of individual contract agreed upon for the meet.
- D. Judges are responsible, according to all appropriate laws and jurisdiction, for all financial reporting and identification of payment / reimbursements received to the appropriate agencies (i.e., IRS).
- E. Each individual Judge shall sign and return contract to Meet Director and contracting official.
- F. Judges are not allowed to accept gifts in addition to USA Gymnastics Judges' Compensation Package fees / expenses unless the gift does not exceed retail value of \$20.00.
- **G.** Judges are not allowed to act in dual capacity (i.e., Coach / Judge, Parenting / Judge, Meet Director / Judge, Announcer/Judge).
- H. Must act in a Professional Manner.
  - 1. Must not leave their seat during competition without permission of Meet Referee or Chief Judge.
  - 2. Must remain at their event station until entire competition has been 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.

#### I. Must wear correct uniform.

- 1. Judges must dress appropriately, regardless of the level of competition, in the required uniform (Navy skirt/pants and jacket, white blouse/shirt, NAWGJ navy dress/sweater).
  - a. Suit jackets are required for State meets and above.
  - b. Leggings are not acceptable attire to officiate a competition.
- 2. Theme meets: Judges may wear the official uniform or dress in the theme of the meet.

#### J. Chief Judge and Panel Judge(s) are responsible for:

- 1. Flashing Start Value at all Xcel meets or write the SV on Gymnast's score card.
- 2. Must provide SV flashing unit, unless provided by meet host.

### Xcel Code of Points

- GENERAL / JUDGES ctronic Devices (including: cell phones, tablets, etc.) only fo
- K. Judges may use Electronic Devices (including: cell phones, tablets, etc.) only for Gymnastics purposes on the Field of Play.

#### II. MEET REFEREE (may also act as Chief Judge)

- A. Meet Referee, or acting Meet Referee, must be designated at all Xcel sanctioned competitions.
- B. If Meet Referee also serves as Chief Judge at State Championships with four-judge panels or any Regional championships, regardless of number of judges per panel, receives Chief Judge's fee and Meet Referee's fee (total of \$20/day).

#### C. Meet Referee Duties and Responsibilities:

- 1. If requested, assists in conducting the draw prior to / at Coaches' meeting (depending on organization of meet in accordance with the Rules & Policies) at State / Regional competitions, in conjunction with:
  - a. Appropriate USA Gymnastics Officer, and / or
  - b. Meet Director
- 2. Liaison between Coaches and Judges: must attend Coaches meeting (or designate a proxy) at State / Regional competitions.
- 3. Conducts Judges' meeting prior to competition using the Meet Referee Check List.
  - a. Presents Base Score videos (if available) for analysis at State and above meets.
  - b. Reviews procedures with Judges:
    - 1) Logistics of the meet / scoring system, meet mechanics, etc.
    - 2) Rule changes
    - 3) Equipment issues
    - 4) Information from Meet Director
    - 5) Professional protocol reminders
- 4. Assigns Chief Judge and Panel Judges to respective events, as requested by State / Regional Administrative Committee for State / Regional meets.
  - a. Recommended that State / Regional Administrative Committee assign the duty of event assignments to designated Meet Referee.
  - b. Criteria for assignment must be followed.
    - 1) If Meet Referee is also Chief Judge, assigning official may make event assignments.
    - 2) Local, Pre-sectional and Sectional meets: assigning official may make event assignments.
- **D.** During Conferences: May observe and/or give opinion during conferences.
- E. Available for counsel, upon request of Chief Judge.
- F. May counsel Chief Judge when, in her / his opinion, Average Score and / or Score of Chief Judge seems out of line with scoring in the competition.
- G. May recommend, but never force, a change of any score.
- H. Corrects and signs official score sheets after any change of score.
- I. Gives any technical or judging information pertinent to competition to Meet Director or Organizing Committee for distribution.
- J. Acts as final authority in all technical matters involving Judges, Timers, Line Judges, Flashers, individual event, and AA Tabulators.

#### K. Notates Warning(s) given by the Chief Judge concerning:

- 1. Incorrect Attire or Signaling with Verbal Cue.
- 2. Notifies Chief Judges on other events, a warning has been given and appropriate deductions may be applied.

#### L. Issues warning to Coach for Unsportsmanlike Conduct: upon notification from Judge(s).

- 1. Follow USA Gymnastics' Safe Sport Policy and Coaches Behavior Policy in Rules and Policies.
- 2. Applied for excessive cheers and / or behavior of Teammates, or
- 3. Applied for Coach who is disruptive to competition.

#### Xcel Code of Points GENERAL / JUDGES

#### VI. JURY OF APPEALS

#### A. Comprised of the following individuals:

- 1. Meet Referee / Technical Director President of the Jury
- 2. Meet Director (non-voting, if the question relates to her / his Gymnast)
- 3. Chief Judges of all four (4) events (or of the event involved, whichever would be appropriate)
- 4. USA Gymnastics personnel (State / Regional Administrative Committee Chairman and / or Regional / National Xcel Committee Chairman)

#### B. Regional Competitions, the Jury of Appeals is comprised of:

- 1. Meet Director (unless affiliated with the Inquiry)
- 2. Meet Referee
- 3. USA Gymnastics elected Xcel / Administrative officer

#### C. Rights and Duties of the Jury of Appeals

- 1. Governs all technical and organizational matters of the competition.
- 2. Makes the final decision regarding any unusual situations.
  - a. Deduction taken from All-Around score by Meet Referee challenged,
  - b. Jury of Appeals would convene to make final decision.
- 3. Reviews improperly handled Inquiries:
  - a. Administrative procedures not followed properly on submitted inquiry:
    - 1) Coach may petition Jury of Appeals for a review
    - 2) Within five (5) minutes of end of rotation / competition / return of inquiry form, whichever occurs later.
- 4. State meets and above, Video Review (if available),
  - a. May be considered by the Jury of Appeals.
  - b. Jury decision should occur within fifteen (15) minutes after conclusion of meet and before awards are presented.
- 5. Methods of settling a case by the Jury of Appeals
  - a. Discussion
    - b. Vote on a Decision
    - c. Majority vote dictates the final decision

#### Procedures for Inquiries has been removed from the Jury of Appeals section.

Refer to the *Xcel Code of Points* - Chapter 4: Unusual Judging Situations for information related to the Inquiry or Video Review process. Further information is also available in the *Rul*es & Policies.

## **CHAPTER 6: APPARATUS SPECIFICATIONS**

#### A. Refer to the following information for Apparatus Specifications

- 1. Refer to the current USA Gymnastics Women's Rules and Policies book. Requirements are subject to change every competitive year, beginning August 1.
- 2. Specific information/clarifications for each apparatus (related to deductions) are provided within each event chapter (see Event *Chapter 2 II. Apparatus Specifications*).
- B. Conversions Inches to Centimeters: Approx. <sup>3</sup>/<sub>4</sub> inch = 2 cm.

Conversion of Inches to Centimeters (1 in. = 2.54 cm.)		
Inches	Centimeters	
Approx. ¾ inch	2 cm.	
4 inches	10 cm.	
8 inches	20 cm.	
9 inches	24 cm.	

## **CHAPTER 7: ATTIRE REGULATIONS**

- **A.** Specific information/clarifications for each apparatus are provided within each event chapter (see Event *Chapter 2 Attire Regulations*).
- B. Incorrect Attire includes jewelry (on the event after warning was issued)
- C. Warning issued by Meet Referee / Chief Judge.
  - 1. Deduction applied to first event competed after warning. MR must inform CJ at subsequent events, no further penalty taken. Deduction taken one (1) time only.
- D. Acceptable Apparel: Acceptable attire is one-piece leotard with / without sleeves and no bare midriff. Unitards with long legs to the ankle, or short length with / without sleeves are acceptable. In addition to leotard or ankle-length unitard, acceptable attire would also include:
  - Shorts or tights (capri length or longer) that are black, match the leotard, or match the athlete's skin tone. Shorts
    or tights may be worn under or over the leotard. A small manufacturer's branding allowed, with no
    embellishments.
    - a. Ankle-length tights worn under OR over the leotard (that match leotard or are skin tone).
    - b. Solid black Lycra shorts (small manufacturer's branding allowed) with no embellishments. Must be worn over the leotard and length must be above the knee or shorter.
  - 2. Head covering is acceptable, if attached to the leotard or unitard and fits snugly over the head, not to impose a safety hazard to the Gymnast.

#### E. Medical

- 1. Medically necessary bandages are allowed.
- 2. Medical bracelets are allowed.

#### F. Unacceptable Attire:

- 1. Leotard Cut/ Backless
  - a. Leg cut of leotard must be below pelvis / hip bone.
  - b. Backless leotards are not acceptable.
    - 1) Unless the open area is filled in with mesh or flesh-colored fabric, a leotard is considered backless when the open area visually extends:
      - Lower than two (2) inches (approximately) below the bottom of the scapula (shoulder blade)
      - Wider than the vertical midpoint of the scapula.

#### 2. Underwear (including sports bras) should not be visible.

- a. Visible underwear due to cut of leotard, warning given. No correction made, take deduction on subsequent event.
- b. Underwear should not be <u>intentionally</u> visible throughout entire routine.
  - 1) Clear bra strap is acceptable.
  - 2) Briefs / Bra straps show due to activity, do not take deduction.

#### Xcel Code of Points GENERAL / JUDGES

Very	<u>0.50</u>	Support on Mat / Apparatus with 1 or 2 hands upon landing element or dismount
	<u>0.50</u>	Fall Onto or Off the Apparatus, or upon landing dismount, Fall Against the apparatus or onto Mat to knee(s) or Hips
Larg ( <u>0.5</u>	<u>0.50</u>	<ul> <li>Fall / Failure to land on bottom of feet first on Aerial/Salto elements or Dismounts</li> <li>No Value Part / No Special Requirement</li> </ul>
0 e	<u>0.50</u>	Spotting Assistance during an element or dismount: No Value Part / No Special Requirement / No Bonus
au		<mark>(Sapphire)</mark>
IIS	<u>0.50</u>	Spotting Assistance upon landing of Dismount element: Award VP / Award SR / No Bonus (Sapphire)
	Additional 0.50	Fall after Spotting Assistance on element or dismount landing

#### A. Clarification on Steps on Landing:

- 1. Deduct <u>0.10</u> for small step-close, considered one (1) step.
  - a. Examples: one (1) step
    - 1) Lands with feet together, takes one (1) step forward / sideward / backward on Right foot; then returns Right foot to join Left foot, OR
    - 2) Lands with feet together, takes one (1) step forward / backward / sideward on Right foot; then steps with Left foot to join Right foot.

#### 2. Deduct 0.15 for medium step-close.

- 3. Deduct 0.05 for very small step-close or other small foot movement.
- 4. Out of control / additional movements to maintain balance after step(s), additional deductions may be applied.
- 5. Maximum deduction of 0.40 for any number of Steps (small / large). Steps out of control, leading to a fall, only apply the <u>0.50</u> deduction for a fall.
- If Gymnast lands with feet apart / staggered and then continues to take step(s), deduct only for the step(s). Deductions for landing with feet apart / staggered are to be applied only when Gymnast "Sticks" the landing.

**Revised August 2023** 

#### Xcel Code of Points GENERAL / JUDGES

II. CHIEF JUDGE DEDUCTIONS			
	CHIEF JUDGE DEDUCTS FROM AVERAGE SCORE		
No Deduction	Coach standing between the Bars or next to Beam, throughout the entire exercise		
No Deduction	Coach on Floor Exercise mat inside border marking		
0.10	<u>)</u> Overtime		
	Any part of the body touching outside of the Fleer Exercise border marking		
	Any part of the body touching outside of the Floor Exercise border marking		
each time <u>0.10</u>	Fallure to present before and after exercise. Refore: It is required to present to the Chief, Judge before the exercise		
	After: Gymnast required to present, either to the apparatus or judge. Presentation to a judge is not required at the		
	end of the exercise.		
<u>0.10</u>	Failure to Mark Boundary Line on additional matting, which covers Boundary Line (FX)		
0.20	Incorrect Attire – includes jewelry (on the event after warning was issued)		
	<ul> <li>Refer to the previous section – Chapter 7: Attire Regulations for attire descriptions.</li> </ul>		
0.20	Failure to begin exercise within 30 seconds after Chief Judge signals to begin		
<u>0.20</u>	Unsportsmanlike Conduct of Gymnast (after warning)		
<u>0.20</u>	Incorrect padding (wearing Heel / Hip pads on Bars)		
	<ul> <li>Chief Judge observes Heel / Hip pads prior to mount, Warning must be given.</li> </ul>		
	Heel / Hip pads worn during exercise (whether warning given or not), deduction must be taken.		
<u>0.20</u>	Technical verbal cues by Coach or Teammate(s) to own Gymnast (after warning)		
	The Judge(s) must hear the words. Deduction taken only once, regardless of number of cues given.		
	Examples: • Technical Cuca "hollow" "null" "hroothe" etc		
	<ul> <li>Technical Gues – Hollow, pull, breather, etc.</li> <li>Cympast competing, Coach gives specific information on what to do next, deduct without warning given.</li> </ul>		
0.20	Coach sprays water or adds chalk to the bar once the exercise has begun. No warning will be given		
0.20	Failure to observe specified Warm-up Time (after warping)		
0.20	<ul> <li>Deduction taken from the gymnast's Event score or Team score at Team competitions.</li> </ul>		
	<ul> <li>Deduction applies only to the practice of an element(s).</li> </ul>		
	<ul> <li>Preparing for Skill / Dismount, when time called, continue to finish without penalty.</li> </ul>		
	<ul> <li>No deduction for jumping on board / briefly touching apparatus immediately prior to competition on UB / BB.</li> </ul>		
	• If the gymnast fails to leave apparatus, when "Time" is called, the timer must warn the gymnast by announcing		
	"Time Exceeded".		
	<ul> <li>If the gymnast remains on the apparatus, Timer reports infraction to the Chief Judge, who deducts <u>0.20</u> from average score.</li> </ul>		
0.20	Excessive Use of Magnesia (chalk) or Incorrect Use of Tape		
0.20	Vault: Use of Tape or Excessive Chalk not permitted on Vault Table.		
	<ul> <li>Athletic Tape or Velcro strips (No chalk) may be used on Vault runway.</li> </ul>		
	<ul> <li>Markings (no more than 2 inches wide) must be removed by end of rotation.</li> </ul>		
	<ul> <li>Warning before deduction, if measurement exceeded / markings not removed.</li> </ul>		
	• Athletic Tape is allowed on the Mat stack for Bronze/Silver Divisions.		
	<ul> <li>Beam: Small chaik markings may be placed on Beam (tape markings NOT allowed)</li> <li>Elever, Spreading magnesis on EX mat net allowed, only amall marks are allowed.</li> </ul>		
	<ul> <li>Floor. Spreading magnesia of FA mat not allowed, only small marks are allowed.</li> <li>Single-Line Arc in corner of Floor is acceptable.</li> </ul>		
	<ul> <li>Velcro / Tape markings not allowed within Floor mat area.</li> </ul>		
	<ul> <li>Tape markings allowed at corners to indicate Boundary Line with carpet using two (2) colors.</li> </ul>		
0.20	Performing an element on the mat after a fall from the beam prior to re-mounting		
	(Additional warm-up; Deduction applied-No warning required)		
<u>0.30</u>	Use of Unauthorized or Additional Mats, Springboard on Unauthorized Surface,		
0.20	or use of Hand Placement Mat for traditional approach Vaults		
0.30	Failure to remove Board Aner mount Failure to remove Board / Authorized Spotting Device after a release element		
0.30	Ising Incorrect Annaratus Specifications – including incorrect spring configuration		
0.30	Land UB/BB dismount or FX Acro Salto in Solid or Loose Foam Pit (No VP / SR)		
0.50	Starting before Signal given		
	<ul> <li>Starts before signal given, asked to stop and repeat performance immediately.</li> </ul>		
	Deduct from repeated performance score.		
1.05	See Vault Chapter for specifics on Vault.		
<u>1.00</u>	Absence of Music / Music with words / song / speech		
<u>1.00</u>	Performance of one-arm vault: half of vault Panel saw only one-hand touch VI - Lable		
2.00	Short Exercises: Short Exercise with rewer than three (3) value parts (including those attempted of spotted)		

	GOLD, PLATINUM, DIAMOND, & SAPPHIRE	<b>DIVISION VAL</b>	ILT CHAF	RT	
Xcel Code #	Name of Specific Allowable Vault	Gold Allowable Vault (10.0 SV) (9.5 SV if Alternative Springboard Used)	Platinum Start Value	Diamond Start Value	Sapphire Start Value
1.101	Handspring	Allowed	9.7	9.4	9.0
1.102	Handspring $\rightarrow$ ½ twist off	Allowed	9.9	9.6	9.1
1.103	Yamashita	Allowed	9.7	9.4	9.0
1.104	Yamashita $\rightarrow \frac{1}{2}$ twist off	Allowed	9.9 <del>- 10.0</del>	9.6	9.1
1.105	$\frac{1}{2}$ twist on → $\frac{1}{2}$ twist off <b>OR</b> $\frac{1}{4}$ twist on → $\frac{3}{4}$ twist off	Allowed	9.9	9.6	9.1
1.106	<sup>1</sup> ⁄ <sub>4</sub> twist on → Repulsion (with flight to feet) off <b>OR</b> <sup>1</sup> ⁄ <sub>2</sub> twist on → Repulsion (with flight to feet) off	Allowed	9.7	9.4	9.0
1.108 <u>1.109</u>	$\frac{1}{4}$ twist on $\rightarrow \frac{1}{4}$ twist off - to land facing away from the table (Vault re-numbered to 1.108)	Allowed	9.7	9.4	9.0
1.109	Handspring forward onto board – handspring forward on → repulsion off			9.5	9.1
1.110	Handspring forward onto board – handspring forward on $\rightarrow 1/2$ (180°) turn off			9.7	9.2
1.111	Handspring forward onto board $-\frac{1}{4} - \frac{1}{2} (90^{\circ} - 180^{\circ})$ turn on $\rightarrow$ repulsion off		40.0	9.5	9.1
1.201	Handspring $\rightarrow$ 1/1 twist	Allowed	10.0	10.0	9.4
1.202	Handspring $\rightarrow 1 \frac{1}{2}$ twist		10.0	10.0	9.5
1.203	Yamashita $\rightarrow$ 1/1 twist	Allowed	10.0	10.0	9.4
1.205	$\frac{1}{2}$ twist on $\rightarrow 1$ $\frac{1}{2}$ twist off <b>UR</b> $\frac{1}{4}$ twist on $-1$ $\frac{9}{4}$ twist off		40.0	10.0	9.6
1.206	$\frac{1}{2}$ twist on $\rightarrow 1/1$ twist off <b>UR</b> $\frac{1}{4}$ twist on $-1$ $\frac{1}{4}$ twist off	Allowed	10.0	9.9	9.4
1.207	$1/1$ twist on $\rightarrow$ Handspring or Yamashita off	Allowed	10.0	10.0	9.5
1.208	$1/1$ twist on $\rightarrow \frac{1}{2}$ twist off	Allowed	10.0	10.0	9.6
1.209	Handspring forward onto board – nandspring forward on $\rightarrow 1/1$ (360°) turn off Handspring forward onto board – $\frac{16}{180°}$ turn on $\rightarrow 1/2$ (180°)			10.0	9.5
1.211	turn off OR $\frac{1}{2}$ (90°) turn on $\frac{1}{2}$ (270°) turn off			9.7	9.2
1.301	$\frac{1}{14} \text{ twist on } \rightarrow \frac{2}{11} \text{ twist off } \mathbf{OP} \frac{1}{14} \text{ twist on } \rightarrow \frac{2}{14} \text{ twist off}$			10.0	10.0
1.300	$\frac{1}{2}$ twist of $\frac{1}{2}$ / twist of $\frac{1}{2}$ / twist of $\frac{1}{2}$ / twist of $\frac{1}{2}$			10.0	10.0
1.311	Handspring forward onto board $-\frac{1}{2}$ (180°) turn on $\rightarrow$ 1/1 (360°) turn off OB 1/2 (90°) turn on $\rightarrow$ 1.1/2 (450°) turn off			10.0	9.5
3 201	Tsukahara $\rightarrow$ Back Tuck			10.0	97
3 303	Tsukahara $\rightarrow$ Back Pike			10.0	9.8
3 304	Tsukahara → Back Lavout			10.0	10.0
4 101	RO FE on $\rightarrow$ Repulsion (with flight to feet) off		97	9.4	9.0
4.102	RO, FF on $\rightarrow$ Repulsion ½ twist off		9.9 <u>97</u>	9.6	9.1
4.201	RO, FF on $\rightarrow$ 1/1 twist off			10.0	9.4
4.202	RO, FF on $\rightarrow$ 1 ½ twist off (Allen)			10.0	9.5
4.203	RO, FF on $\rightarrow$ Back Tuck			10.0	9.7
4.301	RO, FF on $\rightarrow$ 2 /1 twist off				10.0
4.304	RO, FF on $\rightarrow$ Back Pike			10.0	9.8
4.305	RO, FF on → Back Layout			10.0	10.0
5.101	RO, FF $\frac{1}{2}$ on $\rightarrow$ Handspring			9.6	9.1
5.102	2 RO, FF $\frac{1}{2}$ on $\rightarrow \frac{1}{2}$ twist off			9.8	9.2
5.107	RO, FF 1/1 on $\rightarrow \frac{1}{2}$ twist off				9.6
5.108	RO, FF 1/1 on $\rightarrow$ repulsion off				9.5
5.201	RO, FF $\frac{1}{2}$ on $\rightarrow$ 1/1 twist off			10.0	9.6
5.202	RO, FF $\frac{1}{2}$ on $\rightarrow$ 1 $\frac{1}{2}$ twist off			10.0	9.8
5.207	RO, FF 1/1 on $\rightarrow$ 1/1 twist off				10.0
5.312	RO, FF $\frac{1}{2}$ on $\rightarrow 2/1$ twist off			10.0	10.0
	VAULT - 3	Revised Au	igust 2023	Revised A	ugust 2024

## **CHAPTER 2: GENERAL INFORMATION**

#### I. GENERAL INFORMATION

- A. Final Score: Determination for all Divisions
  - 1. The gymnast has the right to perform two (2) Vaults. A total of three (3) attempts allowed (see supplemental approaches).
  - 2. For ALL Divisions, the Vaults may be the same or different.
  - 3. Each Vault is scored and averaged separately.
  - 4. The better score is counted.
- **B.** Supplemental Approaches: The gymnast is allowed three (3) attempts (running approaches) to successfully complete one or both Vaults.
  - 1. A Balk: a running approach that results in a fall during the run, stopping mid-run, running off the runway, or making contact with the springboard or vault apparatus without coming to rest or support on top of the mat stack or vault table.
    - a. One balk is allowed in the three attempts without penalty. Any additional balk will be considered a Void vault.
  - 2. Contact with Hand Placement Mat, Safety Zone Mat, Springboard and/or Mat Stack or Vault Table
    - a. If the gymnast runs over or touches the Hand Placement Mat, the Safety Zone Mat, or the springboard or runs into the front of the Mat Stack or Vault Table WITHOUT coming to rest or support on top of the Mat Stack or Vault Table, it is considered one of the three Vault approaches (a balk) but is NOT considered a Void Vault.
  - 3. If the gymnast falls during her running approach to the vault, it is considered a balk and is counted as one of the three Vault approaches.
  - 4. Performance of an Incorrect / Incomplete Vault = VOID
    - a. Vault #2 for Bronze Division: If the gymnast rebounds from the springboard and comes to rest or support on her hands on the top of the mat stack without passing through the vertical plane, it is considered a Void Vault. Example of Void Vault:
      - 1) Gymnast jumps from board to arrive in support on hands on top of mat, then either places her feet on the mat (or Table) or falls back onto board or runway.
      - 2) Refer to Unusual Judging Situations for an option to perform Bronze Vault 1B, instead of taking a zero score (Void) on Bronze Vault 2.
    - b. Silver, Gold, Platinum, and Diamond, and Sapphire Divisions: If the gymnast rebounds from the springboard and comes to rest or support on her hands but does not go over the Mat Stack or Vault Table to complete the vault, it is considered VOID. Examples of Void vault:
      - 1) Gymnast jumps from the board to arrive in support on her hands on the Mat Stack or Vault Table but fails to invert resulting in her stepping down onto the table or falling down onto the board or the floor.
      - 2) Gymnast's steps are off on the run, and she cannot slow down her horizontal speed and ends up in a "belly slide" on top of the Mat Stack or Vault Table.

#### **C.** Fourth Attempt is not allowed: Examples for determining final score.

Exa	Examples				
	Vault Attempts	Score			
a.	Attempt #1: Gymnast runs and Balks. Attempt #2: Gymnast runs and Balks - Considered as first Vault with "0" (VOID). Attempt #3: Gymnast runs and completes a Vault.	Gymnast receives score for the one Vault performed.			
b.	Attempt #1: Gymnast runs and completes first Vault Attempt #2: Gymnast runs and Balks. Attempt #3: Gymnast runs and completes second Vault.	Gymnast receives score of the higher scoring Vault.			
C.	Attempt #1: Gymnast runs, rebounds from board, comes to support on top of Vault table or Mat Stack without going over Table and completing the Vault - Score of "0" (VOID) on first Vault. Attempt #2: Gymnast runs and Balks. Attempt #3: Gymnast runs and Balks - Considered as second Vault with a "0" (VOID) score.	Gymnast receives a final score of "0" (VOID). No Fourth Attempt is allowed.			

#### D. Announcement of Intended Vault and Performance of the Wrong Vault:

- Designate the Vault: Before beginning the approach, the gymnast or coach must announce the name of the 1. 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 yault to be performed instead of flashing the number.
  - a. For Gold, Platinum, and Diamond, and Sapphire Divisions, the Vault Number must be visually displayed at any sanctioned competition utilizing a 4-judge panel. 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.
  - b. At all other competitions, the Vault name OR number may be audibly communicated to judges.
  - 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) Use the following guidance based on how many judges see the vault:
      - If both judges see the vault: The vault is scored.
      - If only one judge sees the vault: Refer to General /Judges 12 Judge inadvertently misses the exercises for options.
    - If both judges do not see the yault: The gymnast has the opportunity to repeat this yault.
    - 2) The Chief Judge applies a 0.50 penalty to the average of the next completed vault.
    - 3) 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 9.20, 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, or Sapphire 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:

- Hand Placement Mat may be placed on runway (but not on vaulting board). Clubs may NOT bring their own 1. hand placement mats to be used by athletes during a competition.
  - a. Platinum, and Diamond, and Sapphire 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.
  - e. Chalk only (no tape) on the hand placement mat.
- 2. Hand Placement Mat slips on runway:

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- a. Mat is <u>not</u> 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, and Sapphire 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.
    - 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 <u>not</u> 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 <u>0.30</u> 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 <u>0.50</u> 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: <u>1.50</u> 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.
- May occur from a run with backward arrival on the board with both feet from a Round-off (Platinum, and Diamond, and Sapphire 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)

	If neither hand makes contact with the vault table or mat stack	If a one-arm vault is performed
Bronze (Vault Option 1)	(Vault 1b) <u>1.00</u> deduction for failure to contact mat with both hands	
Bronze (Vault Option 2)	3.00 deduction for failure to contact mat	with both hands (performs a salto or
	touch with only one hand).	
Silver - Sapphire	The Vault is scored "0" (VOID)	Each judge applies a <u>1.00</u> deduction.

The Chief Judge takes the <u>1.00</u> 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 <u>0.50</u> for the fall. In addition, deduct <u>0.30</u> 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, and Sapphire 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

- a. Gold, Platinum, and Diamond, and Sapphire 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).
- b. Silver: 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:

- If a gymnast <u>attempts</u> a Vault listed on the Vault chart for her Division, <u>but does not complete it</u>, resulting in a Vault that is not found on the chart, the vault is scored "0" (VOID).
- a. The gymnast does NOT receive a "0" (VOID) as the Final Score if the second Vault is an Allowable Vault.2. 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. Timed Warm-Up

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

- c. Guaranteed Vaults: Each gymnast is guaranteed a specific number of warm-up Vaults, depending upon her Division.
  - 1) Diamond and Sapphire: gymnasts are guaranteed three (3) Vaults.
  - 2) Silver, Gold and Platinum: gymnasts are guaranteed two (2) Vaults.
  - 3) Bronze: gymnasts are guaranteed one (1) Vault.
- d. Timed warm-up: (Platinum and above)
  - During competition, it is NOT considered additional warm-up time if a gymnast who is next to compete on Vault runs or jumps on the Vault runway following the previous competitor's final Vault.
  - 2) The gymnast may NOT run or jump in front of the Vault judges' table.
    - A warning would be given in this instance for exceeding warm-up time.
- Touch warm-up: Vault Touch Warm-up is not regulated by time. Each gymnast is guaranteed a maximum specific number of warm-up Vaults per gymnast, depending on her Division.

#### 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 1/4 (90°) to 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, Platinum, Diamond, and Sapphire.

#### 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:

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 <u>not</u> allowed after "Time" is announced.

#### V. UNUSUAL JUDGING SITUATIONS

#### A. Bronze Division - Vault Option 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.

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#### B. Bronze Division - Vault Option 2:

- 1. If a gymnast attempts Bronze Vault Option #2: Jump to Handstand Fall to Flat Back, but performs an incomplete or incorrect vault:
  - a. instead of taking a 0 score (VOID) on Bronze Vault option #2
  - b. use that attempt as a VOID for Bronze Vault Option 1A (deduction of 4.50) and perform Vault 1B to achieve a Score.

Vault A	ttempts
Gymnas	t designates intent to perform Vault Option 2 - Handspring onto Mat Stack - to finish in lying position
on flat b	ack and:
Attempt	# <b>1:</b> Gymnast runs and Balks.
Attemp	#2: Gymnast runs and jumps from board, arrives in 3/4 handstand, and comes back down onto
board	VOID
Attemp	: <b>#3:</b> Gymnast jumps to support on hands but comes back down to squat stand on Mat Stack
•	Since there is no deduction for calling the wrong vault, gymnast is allowed to perform Part 2 of
	Bronze Vault Option #1 (kick up to handstand-fall to flat back). Her maximum score would be 4.50.
•	If she does not continue to perform Vault 1-B, she will receive a zero "0" score for the event.
•	This choice to perform Vault 1B would be available to this gymnast in attempt #2 above

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.

## **CHAPTER 3: DEDUCTIONS**

		BRONZE VAULT 1A: STRETCH JUMP (SV = 4.5)
		Minimum of 16", maximum 48" (+1") mat stack
⊳	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
ppro	<u>4.50</u>	Runs onto board & steps up onto Mat Stack or rebounds from board to come to rest or support on
bach	(VOID 1A)	Mat Stack on body parts other than feet first
	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50	Pailure to maintain a stretched body position during jump     Pike
ې ا	2 Up to 0.50	• Tuck
leic	Up to 0.30	Arch
È	Up to 0.30	Incorrect arm and head alignment
to 1	Up to 0.20	Legs separated
Mat	Up to 0.10	Incorrect foot form (flexed/sickled)
	Up to 0.50	Failure to land in demi-plie with control and proper body position
	<u>0.05</u>	apart
	Up to 0.10	Entire foot/feet slide or lifted off the mat to join on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Landing with feet staggered (one in front of the other)
	<u>0.10</u>	Landing with feet further than hip-width apart
	Up to 0.30	Insufficient dynamics (speed/power)
	0.50	Fall (onto hands, knees and/or hips) after landing stretch jump on feet first
Fau	(CJ) <u>0.50</u>	Vaults without signal from Chief Judge (CJ deduct 0.50 from Average of next completed Vault)
Its	No deduction	1st Balk
	VOID (1A)	Performing a 2nd or 3rd Balk
	No deduction	Tape or Chalk Mark placed on Mat Stack
	BRONZE	= VAULT 1B: KICK TO HANDSTAND, FALL TO FLAT BACK (SV = 4.5)
		Gymnast may step back onto board to kick to handstand with hands on mat stack or board.
Ą	Each up to	Failure to maintain arms next to ears, while reaching for the mat or board
pro	0.20	
ach	Each <u>0.50</u>	Extra Kick-up to Handstand
	Up to 0.50	Bent arms
	Up to 0.30	Deni legs
Ŧ	00100.20	Incorrect alignment in the Handstand
and	Up to 0.30	<ul> <li>Incorrect shoulder alignment (Showing a shoulder angle less than 180°)</li> </ul>
sta	Up to 0.50	Pike     Arch
nd	Up to 0.30	<ul> <li>Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)</li> </ul>
	<u>1.00</u>	Failure to contact mat with both hands
	Each 0.10	Additional hand placements (taking steps/hops on the hands) Max. 0.30
	Up to 0.10	Incorrect foot form
ᅳ포	Up to 1.00	Failure to land in a straight-lying position on the back
and	No deduction	I a gymnast lands in a flat-back position and then slides off the end of the mat, there is no penalty for a fall. She does not get back on the mat stack to complete the vault
star ding	st-	
ЪГ		

	BRONZE VAULT 2: JUMP TO HANDSTAND – FALL TO FLAT BACK (SV = 10.0)				
	Minimum of 16", maximum 48" (+1") mat stack, no repulsion required.				
Approach	Each <u>0.30</u>	Additional jumps on the board (double bouncing)			
	Each phase up to 0.30 Each phase up to 0.50 Each phase up to 0.30	<ul> <li>Failure to maintain a straight body position</li> <li>Arch</li> <li>Pike</li> </ul>			
	Each phase up to 0.00	Legs bent			
	Each phase up to 0.20	Incorrect foot form (flexed/sickled)			
	Each phase up to 0.10	Failure to maintain neutral head position			
	Up to 0.30	Deviation from a straight direction			
	Up to 0.30	Insufficient dynamics (speed/power)			
ъđ	0.50	Assistance (spot) of coach on the landing			
ene aul	<del>(CJ) <u>0.50</u></del>	Vaults without signal from Chief Judge (CJ deduct 0.50 from Average of next Vault)			
ral ts	<u>1.00</u>	Spot during any phase of Vault (Maximum spot deduction = 1.50)			
	*VOID	Run approach which results in gymnast coming to rest or support on top of the mat stack without execution of the vault (Example: Rebounds from board, jumps to place hands on mat, does not pass through the vertical plane and returns to the board or lands on the mat stack between the board and hand placement)			
	*VOID	Performing incorrect vault (i.e., squat on)			
	No Deduction *VOID	1 <sup>st</sup> Balk Performing a 2 <sup>nd</sup> or 3 <sup>rd</sup> Balk			
	No deduction	Tape or Chalk Mark placed on Mat Stack			
	No deduction	Coach standing between board and mat stack or leaning against / bearing weight on the Mat Stack			
First Flight	See Vault General Faults above				
	Up to 0.50	Arms bent			
	<u>2.00</u>	Head contacting mat stack in support phase (includes 0.50 deduction for extreme arm bend)			
Su P	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward reling action)			
pport hase	.05 – 0.50 0.55-1.00 Each <u>0.10</u>	Contacting the mat stack with the hands after vertical <ul> <li>Contact from 1° to 45° past vertical</li> <li>Contact from 46° to 89° past vertical</li> </ul> <li>Additional hand placements (taking steps/hops on hands) Max. 0.30 Eailure to contact mat with both hands (performs a salte or touch with only one hand)</li>			
	<u>5.00</u>				
Post Handstand	Up to 1.00 <u>1.00</u> <u>0.50</u> Clarification: If the gymna DEDUCTION for failure t errors while the gymnast	<ul> <li>Failure to land in a straight-lying position on the back</li> <li>Examples for applying this deduction:</li> <li>Gymnast lands on her feet, salutes, &amp; steps off mat.</li> <li>Gymnast lands on her seat (90° hip angle), salutes &amp; steps off mat.</li> <li>Gymnast lands on her back with an arch &amp; bent legs, salutes, &amp; steps off mat.</li> <li>ast makes any of the above execution errors, then lies back to a straight-lying position, NO</li> <li>o finish in a straight-lying position is taken; however, execution deductions may be applied for the is falling to her back (Post-Handstand Phase).</li> </ul>			
Pha	The evaluation ends whe	en in a straight-lying position.			
ISe	No deduction	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. She does not get back on the mat stack to complete the vault.			

		SILVER DIVISION VAULT DEDUCTIONS
1.	Silver Vaul	t 1: Handspring over mat stack or;
2.	Silver Vaul	t 2: $\frac{1}{4}$ - $\frac{1}{2}$ (90-180°) turn on – repulsion off to feet, landing facing the mat stack.
		Minimum 24" ( <u>+</u> 1"), maximum 48" ( <u>+</u> 1") mat stack sideways.
		A mat, minimum 6'x12'x4", must be placed on the floor behind the mat stack.
	Up to 0.10	Failure to maintain neutral head position
П	Up to 0.10	Incorrect foot form (flexed, sickled)
irst	Up to 0.10	legs crossed
<u> </u>	Up to 0.20	Legs separated
igh:	Up to 0.30	Knees bent
Ę		Failure to maintain stretched body position
าลร	Up to 0.30	Arcn     Pike
e	Up to 0.30	Incomplete LA turn (Option 2 Vault)
	Up to 0.30	Failure to pass through vertical on Option 2 Vault
		Poor technique
	Up to 0.10	Staggered/alternate hand placement on the handspring vault (option 1)
	Up to 0.10	<ul> <li>Failure to maintain neutral head position</li> <li>Incorrect shoulder alignment (showing shoulder angle less than 180°)</li> </ul>
S	Up to 0.20	<ul> <li>Alternate repulsion from hands on the handspring vault (option 1)</li> </ul>
qu		Failure to maintain stretched body position
por	Up to 0.30	• Arch
с <del>с</del> Л	Up to 0.50	• Pike
Repi	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands)
ulsi	(Max <u>0.30</u> )	<b>Bont arms</b> (00° or more = may, deduction)
on	00100.00	• a slight arm bend of the lead arm is allowed on the $\frac{1}{4}$ - $\frac{1}{2}$ on vault (option 2)
Pha	Up to 0.30	Too long in support
se	<mark>(CJ)</mark> - <u>1.00</u>	Touch with only one hand on the mat stack
		<ul> <li>Chief Judge deduction, if at least ½ of panel sees only ONE hand touch</li> </ul>
	VOID	No hand contact on the mat stack
	<u>2.00</u>	Head contacting the mat stack in support phase (includes 0.50 deduction for extreme arm bend)
	Up to 0.10	Incorrect foot form (flexed, sickled)
	Up to 0.10	Under-rotation of vault
Se	Up to 0.10	Failure to maintain neutral head position
со С		Incorrect leg form
nd	Up to 0.10	Legs crossed
Flig	Up to 0.30	Knees bent
ght		Eailure to maintain stratched body position
Ph	Up to 0.30	Arch
ase	Up to 0.50	• Pike
	Up to 0.20	Brush or hit of body/head on mat stack table during post-flight
	Up to 0.30	Incomplete twist (Option 2 Vault)

		SILVER DIVISION VAULT DEDUCTIONS (Continued)						
		Lands with Feet Apart						
		There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the						
	0.05	controlled extension. Lands with feet hip-width apart or closer, but never joins feet (heels) together						
	0.10	Lands with feet further than hip-width apart						
	<u></u>	Clarifications:						
	0.10	<ul> <li>If upon landing with the feet apart / staggered the gymnast takes a step(s), deduct only for the step(s).</li> <li>If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step.</li> </ul>						
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet						
	Each 0.10 <mark>-</mark>	Small or medium Steps (per step)						
	<u>0.15</u>							
	(Max. 0.40)							
	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>	Large step or jump (approximately 3 feet or more)						
and	(Max. 0.40)							
din	Up to 0.30	Squat on landing (hips <del>even with or</del> lower than knees)						
ß	+ <u>0.50</u>	Lands Vault in squat position, then falls						
		No -0.10 -0.20 -0.30 Deduction						
	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)						
	0.50	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> =	Landing in a sitting, lying, or standing position on top of the mat stack after passing through the vertical						
	2.50	plane (handstand)						
	(Fall on							
	apparatus)	Assistance of each upon landing						
	<u>0.50</u> 0.50	Additional deduction for Fall after assistance by coach						
	(CJ) 0.50	Vaults without signal from Chief Judge						
		<ul> <li>CJ deducts 0.50 from average of next completed vault</li> </ul>						
	<u>2.00</u>	Failure to land on any part of the bottom of the feet first						
	(includes the	<ul> <li>Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously</li> </ul>						
	fall)							
Ger	<u>1.00</u>	Spotting assistance during the vault						
ıer		(Maximum total Spot deduction not to exceed 1.50)						
al	No deduction	1st Balk-run approach without coming to rest or support on top of mat stack						
	VOID	Periorning 2nd or 3rd Balk						
	VOID	board and hand placement (Considered an "incorrect vault")						
	VOID	Any vault with more than ¼ twist in 2 <sup>nd</sup> 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						

	GOLD	, PLATINUM, DIAMON	D, AND SAPPHIRE DI	VISION VAULT DE	DUCTIONS				
	Up to 0.10	Incorrect foot form (flexed,	sickled)						
п		Incorrect Leg Form							
irs	Up to 0.10	<ul> <li>Legs crossed</li> </ul>							
Ŧ	Up to 0.20	<ul> <li>Legs separated</li> </ul>							
lig	Up to 0.30	<ul> <li>Knees bent</li> </ul>							
ht		Poor Technique							
P	Up to <mark>0.30</mark>	<ul> <li>Hip angle (Up to 0.20)</li> </ul>							
าลร	Up to 0.20	<ul> <li>Excessive Arch Arched boo</li> </ul>	<mark>dy</mark>						
ë	Up to 0.30	Incomplete LA turn							
	Up to 0.30	Failure to pass through ver	tical on Vaults with LA turn in	n pre-flight					
		Poor Technique							
	Up to 0.10	<ul> <li>Staggered/alternate hand p</li> </ul>	placement on all vaults, except	Diamond <mark>/Sapphire</mark> Tsukal	nara vaults				
	Up to 0.20	<ul> <li>Shoulder angle</li> </ul>							
	Up to 0.20	<ul> <li>Excessive Arch Arched boo</li> </ul>	<del>dy</del>						
	Up ιο 0.20	<ul> <li>Alternate repulsion from has</li> </ul>	ands on all vaults, except Diamo	ond <mark>/Sapphire</mark> Tsukahara v	aults				
Su	Up to 0.30	Prescribed LA turn begun t	oo early						
ldr	Each <u>0.10</u>	Additional hand placements	<b>s</b> (taking steps/hops on hands)	Maximum 0.30					
or	<u>0.30</u>	Hops with both hands simu	Itaneously						
ťF	Up to 0.30	Legs bent (in support) or ea	arly tuck (Salto vaults)						
۲e	Up to 0.50	Bent arms (90° or more = ma	ax. deduction)						
pu		<ul> <li>A slight arm bend of the lease</li> </ul>	ad arm is allowed on Tsukahara	a vaults					
lsio	Up to 0.50	Angle of Repulsion applies	to Non-Salto Vaults only. The	e angle of repulsion is dete	ermined by the angle				
ň	<b>N N N N</b>	created from the hands to the	body part that is furthest past	vertical. Il the gymnast lea	ves the vault rable.				
Ph	No deduction	• By Vertical							
as	0.05 - 0.25 0.30 - 0.50	<ul> <li>1° to 45° past Vertical</li> <li>46° past Vertical to Herizer</li> </ul>							
e	0.50 = 0.50	Too long in support (Applie	ila						
		Touch with only one hand a	an the yoult table						
	<del>(60)</del> -1.00	Chief Judge deduction if a	t least 1/ of panel sees only ON	IE hand touch					
		Uniel Judge deduction, if at least ½ of panel sees only UNE hand touch No hand contact on the vault table							
	2 00	Head contacting the table in support phase (includes 0.50 deduction for extreme arm bend)							
	Lin to 0.10	Incorrect foot form (fleved							
	Up to 0.10	Insufficient exactness of L	turn						
	Up to 0.10	Under-rotation of salto vau	t <mark>s</mark>						
	<u>0.10</u>								
		Incorrect Leg Form							
	Up to 0.10	<ul> <li>Legs crossed</li> </ul>							
	Up to 0.20	<ul> <li>Legs separated</li> </ul>							
	Up to 0.30	<ul> <li>Knees bent</li> </ul>							
Se	Up to 0.20	Brush or hit of body/head o	n vault table during post-flig	ht					
ĉ	Up to 0.30	Insufficient Length							
nc		When evaluating length, cons	sider size of the athlete, type of	vault, where the hands co	ntact the table and				
Π		where the feet land and overa	all trajectory (amplitude) of the 2	2nd flight phase; not just th	he distance from where				
lig		the gymnast lands in relation	to the end of the vault table.	d versite to fooilitate landing	*)				
ht	Up to 0.30	Failure to maintain stretche	a body (pike down of stretched	d vaults to facilitate landing	])				
Ph		Insumicient exactness of bo	bay position:	niko - mir 00° karadia ti	) )				
as	Up to 0.30	Insufficient tuck/pike (tuck)	= min. 90 bend in nip & knee;	pike = min. 90 bend in nip	os)				
Ô	Up to 0.30	Insufficient stretch (Ideal =	$180^\circ$ , but > than $135^\circ$ is consid	lered stretched position)					
	Up to 0.30	<ul> <li>Insufficient stretched positi</li> </ul>	on (hip angle $136^\circ - 179^\circ$ )						
	Up to 0.30	Arch							
	Up to 0.30	Late completion of the twis	l ) of body bofore law dimer (0 )						
	Up to 0.25	Insufficient extension (oper	1) Of body before landing (Sa	ILO VAUILS ONL F	No of shockers No of the sum way way way in the state of the sum way way way in the state of the sum way way in the state of the sum way way in the state of the sum way way in the sum way in the s				
	00 10 0.25	Total absonce of systematics		~	20 20 20 20 20 20 20 20 20 20 20 20 20 2				
	0.00		i (tuck & pike vault)	P.					
	Up to 0.50	Insufficient height		<del>، 1992ع</del>					
				]					
		Revised September 2022	VAULT - 14	Revised August 2023	Revised August 2024				

		Lands with Feet Apart							
		There is no deduction for feet a	maximum of hip-width apart,	provided the heels join (sl	ide) together on the				
	0.05	Lands with feet hip-width apar	rt or closer, but never ioins	feet (heels) together					
	0.10	Lands with feet further than hi	ip-width apart	····· (····· , ··· <b>J</b> ·····					
		Clarifications:							
	<u>0.10</u>	<ul> <li>If upon landing with the feet a If the entire foot/feet are sliding of</li> </ul>	part / staggered the gymnast or lifting off the floor to join, it	t takes a step(s), deduct o is considered a small step	nly for the step(s). o.				
	Up to 0.10	Slight hop, small adjustments	of feet or *staggered feet						
	Each <u>0.10</u> <mark>–</mark>	Small or medium Steps (per st	ep)						
	<u>0.15</u>								
	(Max. 0.40)								
	Up to 0.10	Arm swings to maintain balan	ce						
	Up to 0.20	Incorrect body posture on landing							
	Up to 0.20	Additional trunk movements to	o maintain balance						
	Each <u>0.20</u>	Large step or jump (approxima	tely 3 feet or more)						
Lar	(Max. 0.40)								
ndi	Up to 0.30	Squat on landing (hips even wi	th or lower than knees)						
ng	+0.50	Lands Vault in squat position,	then falls						
				77	7 1				
			No -0.10 Deduction	-0.20 -0.30					
	Lin to 0.30	Slight brush/touch of 1 or both	hands on mat (no suppor	+)					
	00 10 0.00	Prescribed I A turn incomplete		()					
	Up to 0.10	• 1° - 30° missing							
	0.15 - 0.20	• 31° - 60° missing							
	0.25 - 0.30	• 61° - 89° missing							
	Award lower	<ul> <li>90° or more missing</li> </ul>							
	value	Deviation from a straight direction (determined by initial cartest with rest)							
	Up to 0.30	Deviation from a straight direction (determined by initial contact with mat)							
	0 50	Support on the landing mat with 1 or 2 hands							
	0.50	Fall on mat to knee(s) or hips							
	0.50	Fall against the apparatus							
	<u>0.00</u> VOID	I anding on top of the Vault Ta	ble in a sitting lying or st	anding position					
	No deduction	1st Balk-run approach without	t coming to rest or support	on ton of Table					
	0.50 VOID	Performing 2nd or 3rd Balk	coming to rest of support						
	(CI) 0.50	Vaults without signal from Chi	ief Judge						
	(00) <u>0.00</u>	<ul> <li>CJ deducts 0.50 from average</li> </ul>	e of next completed vault						
		Eailure to land on any part of the bottom of the feet first							
	VOID	<ul> <li>Yaure to rand on any part of the bottom of the feet first</li> <li>Yault is scored if dymnast falls, landing on hands and bottoms of feet simultaneously</li> </ul>							
	1 00	Spotting assistance during the	e vault	;					
0	1.00	<ul> <li>Maximum total Spot deduction</li> </ul>	n not to exceed 1.50 (Includi	ng all spotting inclusive of	spotting assistance on				
3en		landing)	(	5 1 5	1 5				
iera	<u>0.50</u>	Spotting assistance on landin	g						
a	0.50	Additional deduction for Fall after	r assistance by coach						
	VOID	Run approach which results in without execution of the vault	the gymnast coming to re	est or support on top of t	ne vauit l'adie				
		Example: Rebounds from board	, places hands on Table, arri	ves in 3/4 handstand posit	tion, loses momentum				
		and steps down onto Table or fa	lls back onto board.	•					
	VOID	Failure to use Safety Zone ma	t for Round-off Entry Vault	S					
	VOID	Use of alternative springboard	l for Platinum, <mark>and</mark> Diamon	d, <mark>and Sapphire</mark> Divisior	<b>ns</b> (If an alternative				
		springboard is used in the Gold	Division, the Start Value is 9.	.50.)					
	No deduction	Coach standing between boar	d and Table	1					
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	UNEVE	N BARS R	ULES		
	Special Requirements (SR) Deduct <u>0.50</u> for Each Missing SR Bronze-Diamond: 10.0 SV Sapphire: 9.60 SV + Up to 0.40 Bonus	Value Part (VP) Required	Difficulty Restrictions Restricted Skills <u>0.50</u> deduction - off SV	Extra Swing Deduction Taken	Warm-Up Time <b>Per</b> <b>Gymnast</b>
BRONZE	<ol> <li>Mount – Low bar only</li> <li>Cast (hips must leave bar) (<u>not</u> mount or dismount)</li> <li>360° Circling skill (not mount or dismount)</li> <li>Dismount – Low bar only (no saltos)</li> </ol>	Minimum of 4 "A" VP (0.10 each)	<ul> <li>No "B" or higher VP.</li> <li>No skills on High Bar.</li> <li>No Salto dismounts.</li> <li>No LB Giants.</li> </ul>	No	30 seconds
SILVER	<ol> <li>Mount</li> <li>Cast to a minimum of 45° below horizontal (<u>not</u> mount or dismount)</li> <li>360° Circling skill (<u>not</u> mount or dismount)</li> <li>Dismount - from Low bar or High Bar (no saltos)</li> </ol>	Minimum of 5 "A" VP ( <u>0.10</u> each)	<ul> <li>No "B" or higher VP.</li> <li>No Giants (LB or HB)</li> <li>No Salto dismounts.</li> </ul>	No	45 seconds
GOLD	<ol> <li>A skill finishing in clear support at a minimum of horizontal (<u>not</u> mount / dismount)</li> <li>Z/3. Two (2) 360° circling skills (not mount or dismount) must be one of the following:         <ul> <li>Two (2) directly connected same circling elements (performed on either bar); or</li> <li>Two (2) different circling elements connected or isolated (performed on either bar); or</li> <li>Two (2) of the same circling element; one performed on low bar and one performed on high bar.</li> </ul> </li> <li>Dismount – High Bar</li> </ol>	Minimum of 6 "A" VP ( <u>0.10</u> each)	<ul> <li>No "C" or higher VP.</li> <li>B Exceptions: <ul> <li>No Giants (LB or HB)</li> <li>No Release Skills with bar change.</li> </ul> </li> </ul>	No	1:00 minute
PLATINUM	<ol> <li>A skill finishing in a clear support above horizontal (<u>not</u> mount or dismount)</li> <li>360° Circling skill (<u>not</u> mount or dismount)</li> <li>Kip</li> <li>Dismount – High Bar (minimum "A")</li> </ol>	Minimum of 6 "A" ( <u>0.10</u> each), 1 "B" VP ( <u>0.30</u> )	<ul> <li>No "C" or higher VP.</li> <li>Exceptions: Clear Hip HS, Stalder Bkwd to HS, Pike Sole Circle Bkwd to HS (All without turn)</li> </ul>	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	<ol> <li>Skill finishing in a clear support at a min. of 45° from vertical (not mount or dismount)</li> <li>Minimum "B" 360° Circling Skill (not in the mount or dismount)</li> <li>Additional Min. "B" skill - A Turn or 2nd 360° Circling Skill (same as or different from SR#2), not in the mount or dismount, or Release, not in the dismount</li> <li>Salto or Hecht Dismount – High Bar (minimum "A"), or any dismount (minimum "B") from the high bar</li> </ol>	Minimum of 5 "A" ( <u>0.10</u> each), 2 "B" VP ( <u>0.30</u> each)	<ul> <li>Maximum of one (1) "D" VP allowed (No bonus)</li> <li>No "E" VP.</li> </ul>	Yes	2:00 minutes
SAPPHIRE	<ol> <li>Minimum of a "B" skill finishing in clear support at vertical (not mount or dismount)</li> <li>Minimum of "B" 360° circling skill (<u>not</u> in the mount or dismount)</li> <li>Minimum of "B" turn or 2<sup>nd</sup> 360° circling skill (different from SR#2), <u>not</u> in the mount or dismount, or release, <u>not</u> in the dismount</li> <li>Minimum of "B" dismount OR "C" skill directly connected to an "A" salto dismount</li> </ol>	Minimum of 3 "A" ( <u>0.10</u> each), 3 "B" VP ( <u>0.30</u> each), 1 "C" VP ( <u>0.50</u> each)	• No "E" VP.	Yes	2:00 minutes
	Clarifications au	larifications	Col Divisions		
Fa	all Time: 45 Seconds The fall time begins when the gymnast	stands back up of	on her feet. If an injury occu	urs, fall time begins after	r the
	edical assessment is complete.	e used in any Div	ision		
V A	alue Parts: Any skills listed in the Xcel Code of Points and all ny "A" or "B"; Diamond: Any "A", "B", "C" VP & 1 "D", Sapphire:	owed at the resp Any "A","B","C","	ective Division. (Bronze/Sil D")	lver: Any "A" VP; Gold/P	'latinum:
	Elem	ent Clarificatio	ns		
Sk ang thr	III preceded by a Cast: When a skill is preceded by a cast, budge requirement with the following exceptions: Exceptions: cast ough, & cast off to stand dismount (bronze only) receive 1 "A"	oth cast & skill m st squat, stoop, o VP in all Divisior	ay receive separate VP/sk r straddle on–also with or v ns. <b>These skills may not k</b>	III credit, if cast achieves vithout jump to HB, cast <b>be used to fulfill the ca</b>	3 Division's shoot I <b>st SR.</b>
LO	ng Hang Pullover: A long hang pullover is considered a 360°	circling skill only	/ IT preceded by a cast for F	riatinum <mark>-&amp; Diamond</mark> .	

## **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)

2/3. Two (2) 360° circling skills (not mount or dismount) must be one of the following:

- Two (2) directly connected same circling elements (performed on either bar); or
- Two (2) different circling elements connected or isolated (performed on either bar); or
- Two (2) of the same circling element; one performed on low bar and one performed on high bar.
- 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 (not in the mount or dismount)
- Additional Min. "B" skill A Turn or 2nd 360° Circling Skill (same as or different from SR#2), not in the mount or dismount, or Release, not in the dismount
- 4. Salto or Hecht Dismount (from the high bar) (minimum "A"), or any dismount (minimum "B") from the high bar

#### F. Sapphire Division (9.60 Start Value + up to 0.40 max Bonus)

- 1. Minimum of a "B" skill finishing in clear support at vertical (not mount or dismount)
- 2. Minimum of "B" 360° circling skill (not in the mount or dismount)
- Minimum of "B" turn, or 2<sup>nd</sup> 360° circling skill (different from #2), not in the mount or dismount, or release, not in the dismount

Minimum of "B" dismount OR "C" skill directly connected to an "A" salto dismount

(Refer to the General / Judges section for further clarification on Bonus categories and applying Bonus.)

#### 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.

			Va	lue Part F	Requirement	i		
Bronze	4 "A" VP	( <u>0.10</u> each)	Blotinum	6 "A" VP	( <u>0.10</u> each)		3 "A" VP	( <u>0.10</u> each)
Silver	5 "A" VP	( <u>0.10</u> each)	Flatinum	1 "B" VP	( <u>0.30</u> each)	Sapphire	3 "B" VP	( <u>0.30 </u> each)
Gold	6 "A" VP	( <u>0.10</u> each)	Diamand	5 "A" VP	( <u>0.10</u> each)		1 "C" VP	( <u>0.50 </u> each)
			Diamonu	2 "B" VP	( <u>0.30</u> each)			
					Г			

#### 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 <u>not</u> 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.
- Cast/Clear Support Special Requirement Angle: A <u>0.10</u> amplitude deduction is applied to any cast/clear support element that does not meet the Division angle requirement. Any cast/clear support element that is within 10° of the Division angle requirement will receive VP and SR.
  - a. Bronze: Division does not have an angle requirement. The <u>0.10 amplitude deduction does not apply.</u>
  - b. Silver-Diamond: SR credit will be awarded for the cast/clear support angle within 10° of the Division's specified angle. A deduction of <u>0.10</u> will be applied for amplitude will be applied for 1-10° below the requirement.
    - 1) 11° or more below the requirement will not receive SR credit. <del>No</del> The angle deduction will apply.
  - Sapphire: SR credit will be awarded for the cast/clear support angle within 20° of the Sapphire specified angle.
     1) No deduction will be applied for 1-10° below the requirement and is considered meeting the Division angle requirement.
    - 2) A deduction of 0.10 will be applied for amplitude for 11-20° below the requirement.
    - 3) 21° 20° or more below the requirement will not receive SR credit. A deduction of <u>0.10</u> will be applied for No deduction will be applied for Insufficient amplitude of Cast/Clear Support for the Angle Special Requirement. The element may receive other amplitude deductions related to the specific element (for clear hips, other circles, etc.). Refer to Bars Chapter 3 Deductions for further information.
  - d. The Development Program (Dev 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						
	<ol> <li>SR #2/3: Two (2) 360° circling skills (not mount or dismount) must be one of the following:</li> </ol>						
	<ul> <li>Two (2) directly connected same circling elements (performed on either bar); or</li> </ul>						
	<ul> <li>Two (2) different circling elements connected or isolated (performed on either bar); or</li> </ul>						
	<ul> <li>Two (2) of the same circling element; one performed on low bar and one performed on high bar.</li> </ul>						
	a) Since SR 2/3 are listed together, a deduction of <u>0.50</u> is applied for each missing circle up to a maximum of						
	1.00 deduction.						
Gold	b) The same 360° circling skill, if performed more than one time, may only be used to fulfill SR #2 and #3 if they						
	are directly connected OR with one performed on LB and one performed on HB. Two back hip circles on the						
	same par that are <u>NOT</u> directly connected would <u>NOT</u> fulfill the SR.						
	considered different for meeting SR 2/3. Example: Element #7 101 Front hip circle / Back hip circle						
	2 No gights are allowed (I B or HB)						
	2. No release skills with a har change are allowed						
	<ol> <li>A long hang pullover is considered a 360° circling skill only if preceded by a cast</li> </ol>						
	2. Clear hip circle to handstand, back stalder to handstand and pike sole circle to handstand receive "B" VP credit (All						
Platinum	without turn).						
	3. One (1) tap or underswing - counterswing is allowed for VP credit. Any others will incur an extra swing dedu						
	0 <u>.30.</u>						
	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)						
Diamond	turn turnilis SR #1 and #3.						
	D. Special Requirement #0.						
	a. Release. Release can occur in the mount of his mount.						
	D. Turn. Turn cannot occur in either the mount of the dismount. A turn can also include a pirouelle.						

	CLARIFICATION BY DIVISION (Continued)
Sapphire	<ol> <li>Special Requirement #3:         <ul> <li>a. Circling Skill</li> <li>1) Different from SR#2:                 <ul> <li>A Clear hip circle on the low bar and a Clear hip circle on the high bar are NOT considered different skills for Special Requirement fulfillment, even if they have different exit or entrance.</li> <li>Different circling skills have either a different number in the <i>CoP</i>, or are performed with a different degree of turn, or are performed on 1 or both arms.</li> <li>2) Not the mount or the dismount.</li> <li>B. Release: Release can occur in the mount but not dismount.</li> <li>C. Turn:</li></ul></li></ul></li></ol>

#### 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.

	DIFFICULT RESTRICTIONS BY DIVISION
Division	Restrictions
Bronze	<ul> <li>Only allowable "A" elements are allowed.</li> <li>The following "A" VPs are <u>NOT</u> Allowed in the Bronze Division:</li> <li>LB Giants</li> </ul>
	<ul> <li>Salto Dismounts</li> <li>Skills on the high bar</li> <li>"B" or higher VP elements are <u>NOT</u> allowed.</li> </ul>
	Only allowable "A" elements are allowed.
	The following "A" VPs are <u>NOT</u> Allowed in the Silver Division:
Silver	<ul> <li>LB Giants</li> </ul>
	<ul> <li>Salto Dismounts</li> </ul>
	"B" or higher VP elements are <u>NOT</u> allowed.
	Only "A" elements, and allowable "B" elements are allowed.
	<ul> <li>The following "B" VPs are <u>NOT</u> allowed in the Gold Division:</li> </ul>
Gold	<ul> <li>Giants (LB or HB)</li> </ul>
	<ul> <li>Release moves with bar change</li> </ul>
	"C" or higher VP elements are <u>NOT</u> allowed.
	Only "A" and "B" VP elements are allowed.
	"C" or higher VP elements are <u>NOT</u> allowed.
Platinum	<ul> <li>Exceptions: The following "C" circle skills are allowed, receive "B" value and may fulfill Special Requirement:</li> </ul>
i latinam	Clear Hip Handstand (no turn) #3 304
	<ul> <li>Stalder backward to Handstand (no turn) #6.304</li> </ul>
	■ Pike Sole Circle backward to Handstand (no turn) #7.309
Diamond	Only "A", "B", "C" and one (1) "D" VP elements are allowed. No bonus is awarded for a "D" element.
	• "E" VP elements and/or more than one "D" VP elements are <u>NOT</u> allowed.
Sapphire	Only "A", "B", "C", and "D" VP elements are allowed. • "E" VP elements are NOT allowed.

	GOLD - ROUTINE EXAMPLES MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)						
	Routine Elements	Element #	VP	SR	Start Value		
	Glide swing to stand (I B)	1 004	Δ				
	Pullover	1.001 1.003a	A				
	Cast (to horizontal)	2.001	A	SR1			
	Back Hip Circle	7.101	A	SR2	<ul> <li>Meet Special Requirements- Yes</li> </ul>		
1	Back Hip Circle	7.101	A	SR3	Meet Value Parts – Yes		
	Cast to Squat on, jump to high bar	2.102	A	0.10	• Start Value - 10.0		
	Tap Swing, Counter Swing	2.003	Α				
	Tap swing ½ turn dismount	8.005	Α	SR4			
	Pullover (LB)	1.003a	А				
	Cast (to horizontal)	2.001	Α	SR1	Meet Special Requirements – Yes		
'	Clear hip circle to clear support	3.204	В	SR2	Should the clear hip circle element end in clear		
	(ending below horizontal)				support at horizontal it may have also been used to		
2.	Glide kip	1.101	Α		fulfill SR2.		
	Cast to Squat on, jump to high bar	2.102	Α		• Meet Value Parts – Yes, the "B" element may also		
	Long Hang Pullover	7.005	Α	SR3	be used to fulfill a lower VP if needed		
	Cast (to 30° below horizontal)	Not an element			• Start Value - 10.0		
	Fly away (tucked)	8.103	Α	SR4			
	Glide kip (LB)	1.101	Α		<ul> <li>Meet Special Requirements – Yes</li> </ul>		
	Cast (to 5° below horizontal)	2.001	Α	SR1	(SR1 is met because the cast can be within 10° of the		
	Back Hip Circle	7.101	A	SR2	amplitude deduction of 0.10 will be applied - not taken from		
3	Cast to Squat on, jump to high bar	2.102	A		start value.) (SR3 - A long hang pullover from the low bar is		
	Long Hang Pullover	7.005	A	SR3	considered a circling skill for Gold.)		
	Underswing (clear support) dismount	8.101	A	SR4	Meet Value Parts – Yes		
	to stand (from HB)	-	-		• Start Value - 10.0		
	Pullover (LB)	<u>1.003a</u>	A	0.54			
	Cast (to horizontal)	<del>2.001</del> 7.101	A	SR1 SP2	Meet Special Requirements- Yes (Note: Both back hip		
4	Cast (to horizontal)	2.001		<del>onz</del>	circles receive VP and SR because there is a different exit)		
-	Back Hip Circle	<del>7.101</del>	A	SR3	Meet Value Parts – Yes		
	Cast to Squat on, jump to high bar	<del>2.102</del>	A		• Start value - 10.0Kemove		
	Tap swing ½ turn dismount	<del>8.005</del>	A	SR4			
	DO NOT MEET		REME	NTS (SI	R) AND/OR VALUE PART (VP)		
	Routine Elements	Element #	VP	SR	Start Value		
	Pullover (LB)	1.003a	A				
	Cast (to 25° below horizontal)	Not an element					
	Back Hip Circle	7.101	A	SR2	• Most Special Requirements No missing SD 1		
	Cast (to 15° below horizontal)	Not an element			• Meet Special Requirements – No, missing SR 1.		
1	Cast to Squat on, jump to high bar	2.102	Α		• Start Value – 9.40.00 50 for each missing SR 0.10		
	Long hang pullover	7.005	А	SR3	for missing "A")		
	Cast (to 30° below horizontal)	Not an element			······································		
	Underswing (clear support) dismount	8.101	Α	SR4			
	to stand (on HB)						
	Glide kip (LB)	1.101	Α				
	Cast (to horizontal)	2.001	Α	SR1	• Meet Special Requirements – No, missing SR 2/3		
2	Back Hip Circle	7.101	Α	SR2	Only one circling element		
2	Cast to Squat on, jump to high bar	2.102	Α		Meet Value Parts – Yes		
	Tap Swing, Counter Swing	2.003	Α		<ul> <li>Start Value – 9.50 (<u>0.50</u> for missing SR)</li> </ul>		
	Tap swing ½ turn dismount	8.005	Α	SR4			
	Glide kip (LB)	1.101	Α		• Meet Special Requirements – No, missing SR1		
	Cast to Squat, jump to high bar	2.102	Α		and SR 2/3 – Only one circling element		
	Long Hang Kip	1.101	Α		Meet Value Parts – No, missing 1 "A" elements		
3	Cast (to 15° below horizontal)	Not an element			• Start Value – 8.90 ( <u>0.50</u> for each missing SR, <u>0.10</u>		
	Back Hip Circle	7.101	A	SR2	for missing "A")		
	Cast (to 30° below horizontal)	Not an element					
1	Fly away (tucked)	8.103	Α	SR4			

Revised August 2023

	PLATINUM - ROUTINE EXAMPLES MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)						
	Routine Elements	Element #	VP	SR	Start Value		
	Glide kin (LB)	1 101	Δ	SR3			
	Cast to Squat on jump to high bar	2 102	A	0110			
	Long Hang Kip	1.101	A		All Special Requirements- Yes		
1	Cast (above horizontal)	2.001	A	SR1	All Value Parts – Yes		
	Long hang pullover (from clear support)	4 102	A	SR2	• Start Value - 10.0		
	Underswing Tan Swing Counter Swing	2 003	A	0112			
	Fly away (tucked) with 180° twist	8.203	B	SR4			
	Glide kip (LB)	1 101	A	SR3	All Special Requirements – Ves		
	Cast (above horizontal)	2.001	A	SR1	All Value Parts – Yes, the clear hip circle for		
	Clear hip circle to handstand	3.304	В	SR2	Platinum receives "B" VP credit. The glide kip as a		
	Glide kip	1.101	Α		mount is considered a different element from a glide		
2.	Cast to Squat, jump to high bar	2.102	A		kip within the exercise. Therefore, the kips within the		
	Long Hang Kip	1.101	A		exercise may both be counted as "A" VP.		
	Cast (above horizontal)	2.001	A		Start Value - 10.0		
	Underswing, Counter Swing	2.003	Α				
	Fly away (layout)	8.103	Α	SR4			
	Glide kip (LB)	1.101	Α	SR3			
	Cast (to above horizontal)	2.001	А	SR1			
	Back Hip Circle	7.101	А	SR2			
2	Cast to Squat on, jump to high bar	2.102	Α		All Special Requirements – Yes		
3	Long Hang Kip	1.101	Α		• All value Parts – Yes		
	Cast (to above horizontal)	2.001	А		• Start value - 10.0		
	Toe on Underswing (clear support) with 1	9 201	Б	004			
	1/2 twist dismount to stand	0.201	D	384			
			БЕМЕ	ITO (OD			
1	DO NOT WILL I SI			IS (SR	) AND/OR VALUE PART (VP)		
	Routine Elements	Element #	VP	SR	Start Value		
	Routine Elements           Glide Kip (LB)	Element #	VP A	SR3	Start Value		
	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)	Element # 1.101 Not an	VP A	SR3	Start Value		
	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle	Element # 1.101 Not an element	VP A	SR3	Start Value		
	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle	Element # 1.101 Not an element 7.101	A	SR3	AILI Special Requirements – No, missing SR1		
	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)	Element # 1.101 Not an element 7.101 Not an element	A A	SR3	AND/OK VALUE PART (VP)     Start Value     All Special Requirements – No, missing SR1     All Value Parts – No, missing 1 "A" and 1 "B"		
1	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on jump to high har	Element # 1.101 Not an element 7.101 Not an element 2.102		SR3 SR2	All Special Requirements – No, missing SR1     All Value Parts – No, missing 1 "A" and 1 "B"     element		
1	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on, jump to high bar         Long Hang Kip	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101		SR3	<ul> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for</li> </ul>		
1	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on, jump to high bar         Long Hang Kip	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an	A A A A A A	SR3 SR2	<ul> <li>AND/OK VALUE PART (VP) Start Value</li> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> </ul>		
1	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on, jump to high bar         Long Hang Kip         Cast (to 30° below horizontal)	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element	A A A A A	SR2	<ul> <li>AND/OK VALUE PART (VP) Start Value</li> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> </ul>		
1	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on, jump to high bar         Long Hang Kip         Cast (to 30° below horizontal)         Underswing (clear support) dismount to	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element		SR3 SR2	<ul> <li>AND/OK VALUE PART (VP) Start Value</li> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> </ul>		
1	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on, jump to high bar         Long Hang Kip         Cast (to 30° below horizontal)         Underswing (clear support) dismount to stand (from HB)	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element 8.101	A A A A A A	SR2 SR4	<ul> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> </ul>		
1	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on, jump to high bar         Long Hang Kip         Cast (to 30° below horizontal)         Underswing (clear support) dismount to stand (from HB)         Glide kip (LB)	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element 8.101 1.101		SR2 SR4 SR3	<ul> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> </ul>		
1	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on, jump to high bar         Long Hang Kip         Cast (to 30° below horizontal)         Underswing (clear support) dismount to stand (from HB)         Glide kip (LB)         Cast (to above horizontal)	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element 8.101 1.101 2.001		SR2 SR4 SR3	<ul> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> </ul>		
1	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on, jump to high bar         Long Hang Kip         Cast (to 30° below horizontal)         Underswing (clear support) dismount to stand (from HB)         Glide kip (LB)         Cast (to above horizontal)	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element 8.101 1.101 2.001 7.101		SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2	<ul> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> <li>All Special Requirements – Yes</li> <li>All Value Parts – No, missing "B" element</li> </ul>		
2	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on, jump to high bar         Long Hang Kip         Cast (to 30° below horizontal)         Underswing (clear support) dismount to stand (from HB)         Glide kip (LB)         Cast (to above horizontal)         Back Hip Circle         Cast to Squat on, jump to high bar	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element 8.101 1.101 2.001 7.101 2.102	A A A A A A A A A A A A	SR2 SR2 SR4 SR4 SR3 SR1 SR3	<ul> <li>All Special Requirements – No, missing SR1</li> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> <li>All Special Requirements – Yes</li> <li>All Value Parts – No, missing "B" element</li> <li>Start Value = 9.7 (0.30 for missing "B")</li> </ul>		
2	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on, jump to high bar         Long Hang Kip         Cast (to 30° below horizontal)         Underswing (clear support) dismount to stand (from HB)         Glide kip (LB)         Cast (to above horizontal)         Back Hip Circle         Cast to Squat on, jump to high bar         Tap Swing, Counter Swing	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element 8.101 1.101 2.001 7.101 2.102 2.003	A A A A A A A A A A A A A A A	SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2	<ul> <li>AII Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> <li>All Special Requirements – Yes</li> <li>All Value Parts – No, missing "B" element</li> <li>Start Value – 9.7 (0.30 for missing "B")</li> </ul>		
1	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on, jump to high bar         Long Hang Kip         Cast (to 30° below horizontal)         Underswing (clear support) dismount to stand (from HB)         Glide kip (LB)         Cast (to above horizontal)         Back Hip Circle         Cast to Squat on, jump to high bar         Tap Swing, Counter Swing         Fly away (tuck)	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element 8.101 1.101 2.001 7.101 2.102 2.003 8.103	A A A A A A A A A A A A A A A A A	SR2 SR2 SR2 SR2 SR2 SR4 SR4 SR3 SR1 SR3 SR1 SR3 SR1 SR3	<ul> <li>AII Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> <li>All Special Requirements – Yes</li> <li>All Value Parts – No, missing "B" element</li> <li>Start Value – 9.7 (0.30 for missing "B")</li> </ul>		
2	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on, jump to high bar         Long Hang Kip         Cast (to 30° below horizontal)         Underswing (clear support) dismount to stand (from HB)         Glide kip (LB)         Cast (to above horizontal)         Back Hip Circle         Cast to Squat on, jump to high bar         Tap Swing, Counter Swing         Fly away (tuck)         Glide kip (LB)	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element 8.101 1.101 2.001 7.101 2.102 2.003 8.103 1.101	A A A A A A A A A A A A A A A A A A	SR2 SR2 SR2 SR2 SR2 SR4 SR3 SR1 SR3 SR1 SR3 SR1 SR3 SR1 SR3 SR4 SR3	<ul> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> <li>All Special Requirements – Yes</li> <li>All Value Parts – No, missing "B" element</li> <li>Start Value – 9.7 (0.30 for missing "B")</li> </ul>		
2	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on, jump to high bar         Long Hang Kip         Cast (to 30° below horizontal)         Underswing (clear support) dismount to stand (from HB)         Glide kip (LB)         Cast to Squat on, jump to high bar         Tap Swing, Counter Swing         Fly away (tuck)         Glide kip (LB)         Cast (to above horizontal)	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element 8.101 1.101 2.001 7.101 2.102 2.003 8.103 1.101 2.001	NHM           N           A	SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2	<ul> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> <li>All Special Requirements – Yes</li> <li>All Value Parts – No, missing "B" element</li> <li>Start Value – 9.7 (0.30 for missing "B")</li> </ul>		
2	Bortor niccl forRoutine ElementsGlide Kip (LB)Cast (to 25° below horizontal)Back Hip CircleCast (to 15° below horizontal)Cast to Squat on, jump to high barLong Hang KipCast (to 30° below horizontal)Underswing (clear support) dismount to stand (from HB)Glide kip (LB)Cast to Squat on, jump to high barTap Swing, Counter SwingFly away (tuck)Glide kip (LB)Cast (to above horizontal)Back Hip CircleCast to Squat on, jump to high barTap Swing, Counter SwingFly away (tuck)Glide kip (LB)Cast (to above horizontal)Cast to Squat on, jump to high bar	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element 8.101 1.101 2.001 7.101 2.102 2.003 8.103 1.101 2.001 2.102	A A A A A A A A A A A A A A A A A A A	SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2	<ul> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> <li>All Special Requirements – Yes</li> <li>All Value Parts – No, missing "B" element</li> <li>Start Value – 9.7 (0.30 for missing "B")</li> <li>All Special Requirements – No, missing SR2</li> <li>All Value Parts – No, missing 2 "A" elements</li> </ul>		
2	Bortor nicci ofRoutine ElementsGlide Kip (LB)Cast (to 25° below horizontal)Back Hip CircleCast (to 15° below horizontal)Cast to Squat on, jump to high barLong Hang KipCast (to 30° below horizontal)Underswing (clear support) dismount to stand (from HB)Glide kip (LB)Cast to Squat on, jump to high barTap Swing, Counter SwingFly away (tuck)Glide kip (LB)Cast (to above horizontal)Back Hip CircleCast to Squat on, jump to high barTap Swing, Counter SwingFly away (tuck)Glide kip (LB)Cast (to above horizontal)Cast to Squat on, jump to high barTap Swing, Counter SwingFly away (tuck)Glide kip (LB)Cast to Squat on, jump to high barLong Hang Kip	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element 8.101 1.101 2.001 7.101 2.102 2.003 8.103 1.101 2.001 2.102 1.101 2.001 2.102 1.101	A A A A A A A A A A A A A A A A A A A	SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2	<ul> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> <li>All Special Requirements – Yes</li> <li>All Value Parts – No, missing "B" element</li> <li>Start Value – 9.7 (0.30 for missing "B")</li> <li>All Special Requirements – No, missing "B")</li> </ul>		
1 2 3	Bortor niccl forRoutine ElementsGlide Kip (LB)Cast (to 25° below horizontal)Back Hip CircleCast (to 15° below horizontal)Cast to Squat on, jump to high barLong Hang KipCast (to 30° below horizontal)Underswing (clear support) dismount to stand (from HB)Glide kip (LB)Cast to Squat on, jump to high barTap Swing, Counter SwingFly away (tuck)Glide kip (LB)Cast (to above horizontal)Back Hip CircleCast to Squat on, jump to high barTap Swing, Counter SwingFly away (tuck)Glide kip (LB)Cast (to above horizontal)Cast to Squat on, jump to high barTap Swing, Counter SwingFly away (tuck)Glide kip (LB)Cast (to above horizontal)Cast (to above horizontal)Cast (to above horizontal)Cast (to Bove horizontal)Cast (below horizontal)	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element 8.101 1.101 2.001 7.101 2.102 2.003 8.103 1.101 2.001 2.102 1.101 Not an element Not an element	A A A A A A A A A A A A A A A A A A A	SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2	<ul> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> <li>All Special Requirements – Yes</li> <li>All Value Parts – No, missing "B" element</li> <li>Start Value – 9.7 (0.30 for missing "B")</li> <li>All Special Requirements – No, missing SR2</li> <li>All Value Parts – No, missing 2 "A" elements</li> <li>Start Value – 9.30 (0.50 for missing SR, 0.10 for each missing "A")</li> </ul>		
1 2 3	Routine Elements         Glide Kip (LB)         Cast (to 25° below horizontal)         Back Hip Circle         Cast (to 15° below horizontal)         Cast to Squat on, jump to high bar         Long Hang Kip         Cast (to 30° below horizontal)         Underswing (clear support) dismount to stand (from HB)         Glide kip (LB)         Cast to Squat on, jump to high bar         Tap Swing, Counter Swing         Fly away (tuck)         Glide kip (LB)         Cast (to above horizontal)         Back Hip Circle         Cast to Squat on, jump to high bar         Tap Swing, Counter Swing         Fly away (tuck)         Glide kip (LB)         Cast to Squat on, jump to high bar         Long Hang Kip         Cast (below horizontal)         Cast (below horizontal)         Cast (below horizontal)         Cast (below horizontal)	Element # 1.101 Not an element 7.101 Not an element 2.102 1.101 Not an element 8.101 1.101 2.001 7.101 2.102 2.003 8.103 1.101 2.001 2.102 1.101 Not an element Not an element	A A A A A A A A A A A A A A A A A A A	SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2 SR2	<ul> <li>All Special Requirements – No, missing SR1</li> <li>All Value Parts – No, missing 1 "A" and 1 "B" element</li> <li>Start Value – 9.10 (0.50 for missing SR, 0.10 for missing "A", 0.30 for missing "B")</li> <li>All Special Requirements – Yes</li> <li>All Value Parts – No, missing "B" element</li> <li>Start Value – 9.7 (0.30 for missing "B")</li> <li>All Special Requirements – No, missing SR2</li> <li>All Value Parts – No, missing 2 "A" elements</li> <li>Start Value – 9.30 (0.50 for missing SR, 0.10 for each missing "A")</li> </ul>		
	DIAMOND - ROUTINE EXAMPLES MEET SPECIAL REQUIREMENTS (SR) AND VALUE PART (VP)						
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	Routine Elements	Element #	VP	SR	Start Value		
	Glide kip (LB)	1.101	А				
	Cast to handstand	2.201	В	SR1			
	Clear hip circle to handstand	3.304	С	SR2	All Special Pequirements Ves		
1	Underswing (pike sole circle) on LB, release and counter movement forward in flight to hang on HB	7.310	С	SR3	<ul> <li>All Value Parts – Yes, higher VP may be used to fulfill lower VP</li> <li>Start Value, 40.0</li> </ul>		
	Long Hang Kip	1.101	Α				
	Cast (to 45° above horizontal)	2.001	Α				
	Fly away (layout)	8.103	Α	SR4			
	Glide kip (LB)	1.101	Α				
	Cast (to horizontal)	Not an element					
	Clear hip circle to 45° from vertical	3.204	В	SR1 & SR2			
2	Glide kip	1.101	Α		All Special Requirements – Yes		
Ζ.	Cast to Squat, jump to high bar	2.102	Α		All Value Fails - Tes		
	Long Hang Kip	1.101	Α				
	Cast (to 30° above horizontal)	Not an element					
	Backward giant	4.202	В	SR3			
	Fly away (layout)	8.103	Α	SR4			
	DO NOT MEET SPECIAL REQUIREMENTS (SR) AND/OR VALUE PART (VP)						
	Routine Elements	Element #	VP	SR	Start Value		
	Glide kip (LB)	1.101	Α				
	Cast to Squat on, jump to high bar	2.102	Α		• All Special Requirements – No, missing SR3		
1	Long Hang Kip	1.101	Α		• All Value Parts – No, missing 1 "A" element		
	Cast (to handstand)	2.201	В	SR1	<ul> <li>Start Value – 9.40 (<u>0.50</u> for missing SR, <u>0.10</u></li> </ul>		
	Backward giant	4.202	В	SR2	for missing "A")		
	Tuck double fly away	8.304	С	SR4			
	Glide kip (LB)	1.101	Α		<ul> <li>All Special Requirements – Yes</li> </ul>		
	Cast (to handstand) full pirouette	2.401	D	SR1 & SR3	<ul> <li>All Value Parts – Yes</li> <li>Restricted Element VP- Only (1) "D" VP</li> </ul>		
	Glide kip	1.101	Α		element is allowed, the 2 <sup>nd</sup> "D" element does		
	Cast to Squat, jump to high bar	2.102	Α		not receive VP credit and not used to fulfill SR		
2	Long Hang Kip	1.101	Α		• Start Value – 9.50 SV (Deduct 0.50 from Start		
2	Cast (to handstand)	2.201	В		Value for restricted element)		
	Clear hip circle to handstand	3.304	С	SR2	J		
	Back giant with full pirouette	No value- Restricted (2 <sup>nd</sup> "D")					
	Fly away (layout) with 360° twist	8.203	В	SR4			

# **CHAPTER 2: GENERAL INFORMATION**

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

#### A. Uneven Bar Skills

- 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 <u>(i.e., preceded or followed by a different element)</u>. 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.
  - 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 (as applicable to the Division SR). To meet Gold SR 2/3 – the back hip circles would either need to be directly connected OR one back hip circle performed on the LB and one on the HB.
- 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. This sequence would <u>NOT</u> meet the Gold SR 2/3	
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. This sequence would <u>NOT</u> meet the Gold SR 2/3.	
Pullover (A), Cast (A), Back Hip Circle (A), Cast (A), Back Hip Circle (No VP-exact same connection), Cast (No VP), Back Hip		

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.
  - 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  $(\frac{1}{2}, 1/1, 1\frac{1}{2})$ .
  - c. If the support is on one or both arms.

2.

- d. If saltos are performed with different body positions.
- e. If the legs are together or straddled in saltos.
- Cast (receiving VP) or short cast (not receiving VP) prior to same element will be considered a different connection.

## g. If the element is performed in a different direction. (Ex. #7.101 Hip circle backward or forward)

Examples of Elements Considered Different for the Counting of VP				
Criteria	Example			
If they have the same number - If Mount eleme performed as elements within the exercise	<ul> <li>nts are</li> <li>1.101 Glide kip mount and;</li> <li>Glide kip on the LB (for example out of a clear hip)</li> </ul>			
If the element is performed with different degree turn ( $\frac{1}{2}$ , 1/1, 1 $\frac{1}{2}$ ).	<ul> <li>#4.303 Giant circle backward to Handstand with ½ turn and;</li> <li>#4.303 Giant circle backward to Handstand with ½ - ½ turn in different directions.</li> </ul>	<ul> <li>#4.303 Giant circle backward to Handstand with ½ turn and;</li> <li>#4.303 Giant circle backward to Handstand with ½ - ½ turn in different directions.</li> </ul>		
If the support is on one or both arms.	<ul><li>Giant circle backward and;</li><li>Giant circle backward on one arm</li></ul>			
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- **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	<ul> <li>#2.301 Cast handstand with ½ turn in handstand and Cast to handstand with ½ turn in handstand to L-grip are considered the same element.</li> </ul>			
a different grip position.	<ul> <li>Finishing in a different grip does <u>not</u> make an element different ((Unless listed as a different number in the code)</li> </ul>			
If the elements are	<ul> <li>#5.302 Giant circle forward with legs straddled with ½ turn and Giant circle forward with legs together and ½ turn are considered the same element.</li> </ul>			
together or separated (not to include saltos)	<ul> <li>Cast to handstand with legs together or cast to handstand with legs straddled are considered the same element.</li> </ul>			
	A Glide kip with leas 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 <u>0.50</u> deduction is taken for missing the dismount SR.
- Fall on a Salto dismount without landing on the bottom of the feet first for Gold, Platinum, and Diamond, and Sapphire Divisions:
  - a. Do NOT award Value Part credit and deduct 0.50 for the Fall
  - b. If salto was initiated, do not take additional <u>0.30</u> 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 uprises 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.
- 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.
  - Angle Requirements: (Silver-Diamond: within 10° of the requirement will receive VP/SR credit / Sapphire: within 20° 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)



#### 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

For elements listed within sections **4-7** below. The deductions listed are in addition to the <u>0.10</u> amplitude deduction applied to any cast/clear support element that does not meet the Division angle requirement.

#### 4. Uprises to Handstand (#2.303)

- a. The uprise skill includes the tap swing forward to counter swing (or underswing to counterswing) to initiate the uprise.
- b. Back Uprise to handstand must be completed to within 20° of vertical to receive "C" VP credit. If the handstand finished within 11° to 20°, deduct <u>0.05</u>. (Diamond/Sapphire Only)
- c. When an attempt at a Back Uprise to Handstand fails to finish within 20° of vertical and:
  - 1) The gymnast is able to create a closed shoulder angle, finishing in a clear support, recognize it as a Back Uprise to clear support (#2.203) and award "B" VP credit.
  - 2) If the Back Uprise to clear support (#2.203) is directly connected to a Group 3, 6 or 7 circling element, award one or two skills, to the benefit of the gymnast.
  - 3) If the body finishes in a clear support but below horizontal, an up to 0.20 deduction for insufficient amplitude would be applied.
  - 4) If, from the clear support, the gymnast pulls the hips to the high bar and performs either an immediate cast or a back hip circle followed by a cast, a <u>0.30</u> deduction is applied for an Extra Swing/Cast for the Platinum, and Diamond, and Sapphire Divisions.
  - 5) If the gymnast does not show a closed shoulder angle, (pulling the shoulders in over the high bar to a clear support) do not award VP credit, since there is no such element listed in the Xcel Code of Points.
- 5. Elements with Flight arriving in support (not in handstand) on the Low Bar (#2.205, 3.203, 3.303, 4.204, 4.304, & 5.303)
  - a. The up to 0.20 insufficient amplitude deduction is used to evaluate the height of the release over the low bar, not necessarily the angle of arrival.
  - b. Elements from a counterswing or forward giant swing on the HB, straddle (or pike) with flight backward over low bar to grasp LB:
    - 1) Proper technique is to catch LB in an extended body position from shoulders to hips; however, it is acceptable to maintain a pike in the hips.
  - c. Underswing, clear hip circle or long swing elements on HB with ½ (180°) turn and flight over LB to grasp LB:
    - 1) Proper technique is to catch in an extended body position (shoulders to feet) at horizontal or above for no deduction for insufficient amplitude.
    - 2) Once both hands contact the LB, the element is considered complete and VP credit is awarded.

#### 6. Elements with Flight arriving in Handstand on Low Bar

- a. The handstand position on low bar must finish within 20° of vertical to receive the higher VP credit. If the release element does not finish within 10° of vertical, but is within 20°, deduct 0.05.
- b. If it finishes at 21° or more from vertical, recognize it as the lower valued element.
  - 1) Example: a counterswing to straddle back to handstand on low bar ("C" #2.305), but arrives at a 30° angle upon making hand contact on the low bar (award "B" for straddle back to grasp low bar (#2.205).
  - 2) No deduction for insufficient amplitude would be applied.

#### 7. Circles to Handstand and Circles/Swings to Handstand

- (Circles: Clear Hip, Stalder, Pike Sole Circle, Clear Pike Sole Circle, Weiler Kip, etc.)
- a. If the handstand position is achieved within 20° of vertical, award the VP as listed in the Xcel Code of Points.
  - 1) 0° 10° from vertical No deduction (Restricted Skill at Gold)
  - 2) Deduct 0.05 if the handstand is between 11° to 20° of vertical (Diamond/Sapphire Divisions Only).
  - 3) No angle deduction in Platinum Division, when higher VP is a "C" because they can only receive credit for "B" VP Circles.
  - 4) Deduct <u>0.50</u> for a restricted element. Exceptions: Clear Hip to handstand, Stalder backward to handstand and Pike sole circle backward to handstand (All with no turn) are allowable "C's."
- b. If the angle achieved is between 21° 45° of vertical, award the lower VP (if applicable) as listed in the Xcel Code of Points.
  - 1) No deduction for insufficient handstand angle would be applied.
    - Example: Gymnast performs a Clear Hip Circle backward, finishing at 45° from vertical. Award "B" VP credit for a Clear Hip Circle backward. No deduction for insufficient amplitude would be applied at any Division.
- c. If the circle finishes below 45° from vertical, award the same lower VP as in (b.) above (if applicable) and:
  - 1) Deduct Up to 0.20 for insufficient amplitude:
    - A "rule of thumb" is to take the full 0.20 if the body is at 90° (Horizontal) or below.

- 2) Exception: "B" Clear hip circle (#3.204): deduct Up to 0.40 for insufficient amplitude.
  - These deductions apply ONLY to Platinum, and Diamond, and Sapphire Divisions. Gold Division has NO amplitude deductions for clear hip circles.
  - 0° 10° from vertical No deduction (Restricted Skill at Gold)
  - 11° 20° from vertical 0.05 for Diamond Division ONLY (Restricted Skill at Gold)
  - 21° 45° from vertical No deduction
  - 46°- 89° from vertical 0.05 0.25. Do not deduct for a restricted element in Gold Division.
  - at Horizontal (90°) <u>0.30</u>
  - Below Horizontal 0.35 0.40
- 3) If the hips contact the bar, it is considered a back hip circle and receives "A" VP (#7.101). It will not meet the SR of a 360° "B" circling element for the Diamond Division.
- 4) Circle or Circle/Swing elements that do not finish within 20° of vertical on the upswing are considered incomplete elements and no VP credit is awarded.
  - Any Circle element (Clear Hip, Stalder, Pike Sole Circle, etc.) that does not pass over the bar, but finishes short of 20° from vertical and falls off.
  - (i) No VP credit awarded + 0.50 for a fall.

#### 8. Circle/Swings: Backward (#4.202) and Forward Giants (#5.302)

- a. The Backward/Forward Giant Circle must be completed to within 20° of vertical in order to receive the "B" VP credit as listed in the Xcel Code of Points.
  - 1) Even if the starting position is not in handstand, VP credit will be awarded, if the element is completed to within 20° of vertical.
  - 2) If the Backward giant circle does not reach 20° and falls = No VP credit awarded; deduct 0.50 for fall.
  - 3) If a Front Giant Circle is not completed to within 20° of vertical, no VP credit is awarded (a <sup>3</sup>/<sub>4</sub> Front Giant circle is not listed as an element).
    - A <sup>3</sup>/<sub>4</sub> front giant has a hop-grip change and continues with exercise = no VP credit awarded.

#### 9. Tap Swing or Underswing - Counterswings: (Considered the same skill)

- a. Bronze Division: Gymnasts are not allowed to perform skills on the high bar.
- b. Silver and Gold Divisions:
  - 1) Two (2) Tap swings or Underswing Counterswings are allowed for "A" VP credit provided they are in different connections.
  - 2) A third Tap swing or Underswing Counterswing would not receive VP credit
  - 3) All Tap swings or Underswing Counterswings are subject to execution deductions.
  - 4) Do <u>not</u> deduct for an extra swing.
- c. Platinum Division:
  - 1) One Tap swing or Underswing Counterswing may be used for "A" VP credit.
  - 2) Any subsequent Tap swing or Underswing Counterswings will receive an extra swing deduction of 0.30 with a maximum deduction of 0.50 for multiple extra swings following an element.
  - All Tap swing or Underswing Counterswings are subject to execution deductions.
- d. Diamond/Sapphire Divisions:
  - 1) Tap swing or Underswing Counterswing is not a VP at Diamond and Sapphire Divisions.
  - 2) All Tap swing or Underswing Counterswings will receive an extra swing deduction of <u>0.30</u> with a maximum deduction of <u>0.50</u> for multiple extra swings following an element.
    - Exception: Tap swing counterswing performed prior to salto forward dismount (front fly away) = no deduction for extra swing.
  - 3) All Tap swing or Underswing Counterswings are subject to execution deductions.

# 10. Casts, Uprises, and Circle Elements performed with $\frac{1}{2}$ (180°) turn on the Upswing – to Descend on the Same Side of the bar

- a. In order to receive the value as listed in the Xcel Code of Points, a Cast, Back uprise, or Circle element must first reach within 20° of vertical on the upswing.
- b. The timing of the initiation of the turn is irrelevant as long as the long swing/circle is completed to within 20° of vertical.
- c. If the element never swings/circles up into the handstand phase (within 20° of vertical), but still completes a  $\frac{1}{2}$  (180°) turn, the value will be based on the value of the root skill.
- d. Depending upon the angle of completion of the turn, deductions for late completion may be appropriate.

- 1) When the catch occurs, the body should be in an extended position (from shoulders to feet) at horizontal or above for no deduction for insufficient amplitude.
- 2) Once the hands contact the bar, the element is considered complete.
- 3) See #4 regarding contacting the bar or mat with the feet.

#### 6. **#3.207 Weiler Kip (B)**

- a. Ideally, the Weiler Kip should be performed in reverse grip (undergrip), starting from a near handstand position. It usually follows a front giant or a cast to handstand with hop-grip change. It should demonstrate the reverse circling pattern of a clear hip circle to handstand.
- b. It is acceptable for the mid-to-lower thighs to touch the bar on the ascending phase of the circle. The Weiler Kip should not resemble a kip, cast handstand, which allows for the upper thighs, hips, and abdomen to contact the bar.
- c. The inherent difficulty in performing the Weiler Kip is the "dropping in" phase from a handstand. If the element prior to the initiation of the Weiler Kip does not achieve handstand phase (within 20° of vertical), then that element will not receive the VP credit as listed in the Xcel Code of Points.
- d. If the Weiler Kip does circle to within 20° of vertical, it is element #3.407-Weiler Kip to handstand and is only allowed at the Diamond and Sapphire Divisions.

#### 7. #6.204 Stalder Circle Backward and #7.209 Pike Sole Circle Backward (B's)

- a. The "B" Stalder Circle Backward and Pike Sole Circle Backward to clear support do not require an open hip angle at the completion but should show an opening of the shoulder angle on the upward part of the circle.
  - Consider the line from the shoulders to the hips, when evaluating the amplitude of the body. This is an
    exception to the principle for determining the angle by the line from the shoulders through hips and
    feet.
  - 2) #6.104 Clear Straddle Circle Backward to clear support is an "A" element and is described as a straddle seat circle to straddle "L" position, with no opening of the shoulder angle.
- 8. Flyaway dismounts: All flyaway dismounts must be initiated from the High Bar in order to receive VP credit.
- 9. 3/4 Forward Circle to Stand Dismount Bronze only (in addition to the up to 0.30 deduction for bent legs)

3/4 Forward Circle to Stand Dismount (Bronze only)			
Landing Position	Deduction		
Feet land behind the bar	No deduction		
Feet land under the bar	<u>0.10</u>		
Feet land in front of the bar	<u>0.20</u>		

# II. APPARATUS SPECIFICATIONS

Refer to the current USA Gymnastics Women's Rules and Policies book. Requirements are subject to change every competitive year, beginning August 1.

#### A. Height of Bar measured from floor to top of rail:

- 1. Measurement not based on length of upright, but actual distance from rail to floor, using a plumb line.
- 2. <u>0.30</u> deduction for competing on apparatus using incorrect specifications.
- 3. Chief Judge must take deduction from Average Score before next Gymnast begins.

#### B. 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) in two separate areas (under Bars / Dismount area.)
- 2. 8-inch thick Skill Cushion must be minimum of 5' x 10'.
- 3. 4-inch throw mat (Skill Cushion) placed on Competition Landing Mat(s) for Dismount purposes may have an up to 8-inch Skill Cushion placed on top for protection on a Release Element and must be removed immediately after release element performed.
- 4. An alternate skill cushion made of softer foam (Manufactured "Pit Pillow") is allowed at invitationals but is <u>REQUIRED</u> to be provided at Xcel State meet and above for the Diamond and Sapphire Division athletes who wish to use it when performing a "C" or higher release move. The mat must be a minimum of 4 ft. x 6 ft. and eight (8) inches. It may be used for bar releases <u>ONLY</u> (to be placed under the gymnast during the release and immediately removed). It is <u>NOT</u> allowed for dismounts or landing on any event.
- 5. Unauthorized type of matting will receive a deduction of <u>0.30</u> from Average Score by Chief Judge.

6. Conversions – Inches to Centimeters: Approx.  $\frac{3}{4}$  inch = 2 cm.

Conversion of Inches to Centimeters (1 in. = 2.54 cm.)			
Inches	Centimeters		
Approx. ¾ inch	2 cm.		
4 inches	10 cm.		
8 inches	20 cm.		
9 inches	24 cm.		

#### C. 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 1<sup>1</sup>/<sub>2</sub> 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 1<sup>1</sup>/<sub>2</sub> 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.
    - Chief Judge deducts <u>0.30</u> from Average Score, if mounting apparatus placed on unauthorized surface (e.g., 8-inch Skill Cushion / floor / plywood).
  - f. Mounting Apparatus Exception for Bronze / Silver / Gold Divisions:
    - 1) Any combination of competition Landing Mats, Skill Cushions and Panel Mats may be used to facilitate the Mount on the <u>low bar</u>. Spotting blocks may not be used to mount the high bar.
    - 2) 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.
      - 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.
      - Inflatable rebounding device cannot be used for mounting purposes.

#### Example

Mount with glide swing, then back hip pullover:

May stand on panel mat / spotting block / mount mat / board placed on above specified matting to initiate jump into glide swing. Mat / Board must be removed as soon as possible after jump into glide swing.

#### D. Warm-up Regulations

1. Only one (1) Gymnast at a time allowed on Bars during any warm-up (general / open, timed or 30-second touch)

# III. ATTIRE REGULATIONS

- A. Hip or Heel Padding: Hip or heel padding is not allowed. The Chief Judge deducts 0.20 from the average score if hip/heel padding is used.
  - 1. If the Chief Judge notices the heel/hip pads prior to the gymnast's mount, a warning must be given. However, if the gymnast wears the heel/hip pads during her exercise (whether or not the Chief Judge warned her previously), the deduction must be taken.

- 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.
  - Bandages, etc. that become loose or unfastened do not constitute equipment failure; therefore, no option to continue the exercise from point of interruption 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 <u>0.20</u>, 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 <u>0.20</u> 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 <u>0.20</u> 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  $\overline{0.30}$  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.
  - In order to resume the routine after a fall, a coach may assist the gymnast onto the bar, regardless if the remounting skill was a value part listed in the *Xcel Code of Points*, with no deduction.
  - 2. Maximum of 2 pump swings to initiate momentum to resume the exercise without penalty.
  - If more than two pump swings are taken, a <u>0.30</u> deduction would be applied to the third and to the fourth pump (extra) swing(s). (Applies to Platinum, and Diamond, and Sapphire only.)
  - 4. The maximum deduction for consecutive extra swings is <u>0.50</u>.
  - 5. If the gymnast jumps or is lifted to the high bar, the coach may push the gymnast to initiate her swing without penalty.

**Revised September 2022** 

- E. Judging Resumes: After a fall from the bars, a coach may assist the gymnast onto the bar, regardless if the remounting skill was a value part listed in the Xcel Code of Points, with no deduction. Judging resumes with the subsequent skill. 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 <u>0.10</u> 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 <u>NOT</u> consider it a fall. Apply applicable execution deductions, such as bent arms/legs, touch of mat with feet, etc.

# X. SPOTTING REGULATIONS

#### A. If the coach assists/spots the gymnast during an element:

- 1. Each judge deducts <u>0.50</u> for the spot.
- 2. If the gymnast falls after the spot, an additional <u>0.50</u> deduction is taken for the fall.
- 3. No VP credit awarded.
- 4. No SR credit awarded.
- 5. No Bonus awarded (Sapphire).
- 6. If the spot occurs on the dismount element, even though it receives no VP credit, do not deduct <u>0.30</u> from the Start Value for no dismount.

#### B. If the coach spots the gymnast upon landing of the dismount:

- 1. Each judge deducts <u>0.50</u> for the spot.
- 2. If the gymnast falls after the spot, an additional <u>0.50 is taken for the fall.</u>
- 3. VP credit is awarded.
- 4. SR credit is awarded.
- 5. No Bonus awarded (Sapphire).
- 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.
  - 4. No Bonus awarded (Sapphire).
- 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 <u>0.30</u> 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 <u>0.30</u> 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).

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#### B. Deduction: This deduction is only applied at Platinum, and Diamond, and Sapphire Divisions - 0.30

- 1. The maximum deduction for more than one extra swing following an element is 0.50.
- 2. If after an intermediate (extra) swing(s) is taken, the athlete jumps down from the bars, apply only the deduction of <u>0.50</u> for the fall.

#### C. Successive (Multiple) Casts: before or after a skill/VP

- 1. Bronze, Silver and Gold Divisions: No extra swing deductions are taken.
  - a. Two casts are allowed for "A" VP credit, provided they are in different connections and meet the angle requirements to count as an "A".
  - b. A third cast would not receive VP credit.
  - c. All casts are subject to execution deductions.
  - d. Do not deduct for an extra swing.
  - e. An up to 0.10 deduction may possibly be applied for poor rhythm in connections.
- 2. Platinum, and Diamond, and Sapphire Divisions:
  - a. Each extra swing is a <u>0.30</u> deduction with a maximum deduction of <u>0.50</u> for multiple extra swings following an element.
  - b. If a gymnast performs an "A" or "B" cast that meets the Special Requirement amplitude for that Division but then returns to a front support, it still receives a <u>0.30</u> extra swing/cast deduction.
    - 1) Example: Platinum cast above horizontal, cast squat on is an intermediate swing.

#### D. Tap Swing-Counterswing or Underswing - Counterswings: (Considered the same skill)

- 1. Emphasis:
  - a. Underswing: During the underswing, the emphasis is straight arms and legs and straight hollow body position and a neutral head. The completion of the underswing should show an open arm angle.
  - b. Counterswing: At the high point of the counterswing the chest should be hollow with a rounded hip angle body position. The head remains neutral, and the legs remain together.
  - c. Tap swing: The tap swing should show a slight arch at the bottom of the tap swing through vertical (under the bar) and kick legs forward-upward with the legs together with a good hollow body position on the forward swing.
  - d. Counterswing: At the high point of the counterswing the chest should be hollow with a rounded hip angle body position. The head remains neutral, and the legs remain together.

TAP SWING-COUNTERSWING OR UNDERSWING-COUNTERSWING						
	All Tap swing - Counterswing or Underswing - Counterswing are subject to execution deductions.					
Division	Allowed as a Value Part	Number Allowed for "A" VP	Subsequent Tap Swing-Counterswing or Underswing - Counterswing			
Bronze	No, not allowed to perform skills on high bar	N/A	N/A			
Silver Yes		Two (2) are allowed provided they are in different connections.	A third will not receive VP Credit Do not deduct for extra swing			
Gold	Yes	Two (2) are allowed provided they are in different connections.	A third will not receive VP Credit Do not deduct for extra swing			
Platinum	Yes	One (1) may be used for "A" VP credit.	Any subsequent Tap swing - Counterswing or Underswing - Counterswing will receive an extra swing deduction of <u>0.30</u> with a maximum deduction of <u>0.50</u> for multiple extra swings following an element.			
DiamondNo, not a VP in DiamondN/A - All Tap swing - Counterswing or Underswing - Counterswing will receive an deduction of 0.30 with a maximum deduction of 0.50 for multiple extra swings folic element.		terswing or Underswing - Counterswing will receive an extra swing aximum deduction of <u>0.50</u> for multiple extra swings following an				
Sapphire	No, not a VP in Sapphire	This is not considered a VP in Sapphire and would receive an extra swing deduction with the following exception: If a tap swing or counterswing is inherently part of the entry into an element. (See examples)				
Diamond/Sa	Diamond/Sapphire Examples					
Extra Swing Deduction Applied		<u>Tap Swing-Counterswing</u> + Tap swing fly away dismount .30 extra swing deduction for the tap swing-counterswing				
	Тар	swing - counterswing perfor	med prior to salto forward dismount (front flyaway)			
No Extra S	wing Deduction Tap	Tap swing – counterswing performed prior to a release straddle back over low bar				
	Tap	Tap swing – counterswing performed prior to a back uprise				

#### V. AMPLITUDE

#### A. Elements used to fulfill the Angle Special Requirement

1. Casts



CASTS					
Division	Angle Requirement	Cast Height	Amplitude Deduction	VP/SR	
_	No angle requirement, hips must leave bar	0° - 20° from Vertical	RESTRICTED	Do not award VP/SR	
Bronze		Hips off the bar - 21° from Vertical Hips remain on bar as legs swing	No amplitude deduction No amplitude deduction	Award "A" VP/SR Do not award VP/SR	
		0° - 20° from Vertical	RESTRICTED	Do not award VP/SR	
Cilver	Minimum 45° below	45° Below horizontal - 21° from Vertical	No amplitude deduction	Award "A" VP/SR	
Silver	horizontal requirement	46° - 55° from horizontal	0.10 amplitude deduction	Award "A" VP/SR	
	·	56° or more Below horizontal	0.10 amplitude deduction	Do not award VP/SR	
		0° - 20° from vertical	No amplitude deduction	Award "B" VP/SR	
Gold	Horizontal requirement	21° - 90° from vertical	No amplitude deduction	Award "A" VP/SR	
Golu		1° - 10° Below horizontal	0.10 amplitude deduction	Award "A" VP/SR	
		11° or more below horizontal	0.10 amplitude deduction	Do not award VP/SR	
	n Above Horizontal requirement	0° - 20° from vertical	No amplitude deduction	Award "B" VP/SR	
Platinum		21° - 89° from vertical	No amplitude deduction	Award "A" VP/SR	
i latinum		Horizontal - 9° Below horizontal	0.10 amplitude deduction	Award "A" VP/SR	
		10° Below horizontal	0.10 amplitude deduction	Do not award VP/SR	
	45° from Vertical or Above requirement	0° to 20° from vertical	No amplitude deduction	Award "B" VP/SR	
Diamand		21° to 45° from vertical	No amplitude deduction	Award "A" VP/SR	
Diamond		46° to 55° from vertical	0.10 amplitude deduction	Award "A" VP/SR	
		More than 55° from vertical	0.10 amplitude deduction	Do not award VP/SR	
		Vertical	No amplitude deduction	Award "B" VP/SR	
		1° to 10° from vertical	No amplitude deduction	Award "B" VP/SR	
Sapphire	Vertical	11° to 20° from vertical	0.10 amplitude deduction	Award "B" VP/SR	
		21°- and below	0.10 amplitude deduction	No VP/ Does not meet vertical SR	
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#### 2. Clear Support:

- a. Gold-Diamond: Elements in clear support must be within 10° of the specified angle requirement for the respective Division to receive SR credit.
  - Clear support elements that are 1° 10° below specified angle requirement will receive a <u>0.10</u> deduction for insufficient amplitude related to the Angle Special Requirement.
  - 2) <u>In addition, any Amplitude and Value Part would be applied to the specific element as applicable (as specified within the Amplitude section that follows).</u>
- b. Sapphire: Elements in clear support must be within 20° of Vertical for Sapphire to receive SR credit.
  - 1) No deduction for amplitude will be applied for 1-10° below the requirement.
  - Clear support elements that are 11° or more 20° below vertical will receive a 0.10 deduction for insufficient amplitude related to the Angle Special Requirement.
  - In addition, any Amplitude and Value Part would be applied to the specific element as performed (as specified within the Amplitude section that follows).
- B. Amplitude of flights to handstand on low bar (Applies to Diamond & Sapphire Divisions Only)

#### Amplitude of Flights to Handstand on Low Bar (Applies to Diamond/Sapphire Divisions Only)

Angle Requirement	Amplitude Deduction	Value Part
0° - 10° from vertical	No amplitude deduction	Award higher VP
11° - 20° from vertical	0.05 amplitude deduction	Award higher VP
21° or more from vertical	No amplitude deduction	Award lower VP

#### C. Amplitude of Circling Elements

1. Amplitude deductions of circling elements are specified by clear hips and all other circling elements within the chart below.

#### 2. Clear Hip Circle (Only):

- a. Clear hip circles receive either "B" or "C" VP credit, depending upon the degree from vertical achieved once the hands shift to the top of the bar.
- b. The following deductions for Insufficient Amplitude apply ONLY to Diamond, and Sapphire Divisions.
  - 1) Gold and Platinum Divisions have NO amplitude deductions for clear hip circles.
    - Platinum Division: The gymnast only receives "B" credit for any clear hip circle, regardless of whether it achieves handstand phase or not.

#### Amplitude of Circling Elements

The deductions listed below are in addition to the <u>0.10</u> amplitude deduction applied to any cast/clear support element that does not meet the Division angle requirement.

	Angle	Amplitude Deduction	Value Part	
Circling	0° - 10° from vertical	No amplitude deduction	Award higher VP	
	11° - 20° from vertical	0.05 amplitude deduction*	Award higher VP	
Elements	21° - 45° from vertical	No amplitude deduction	Award lower VP	
(excluding	More than 45° from vertical Up to 0.20 amplitude deduction		Award lower VP	
Clear Hip Circle)	*No angle deduction in Platinum Division, when higher VP is a "C", because they can only receive credit for "B" VP Circles. Deduct 0.50 for a "restricted" element. Exception: Clear Hip- to Handstand.			
Clear Hin	0° - 10° from vertical	No amplitude deduction	Award "C" VP	
Circle	11° - 20° from vertical	0.05 amplitude deduction^	Award "C" VP	
Circle	21° - 45° from vertical	No amplitude deduction	Award "B" VP	
(Diamond, &	46° - 89° from vertical	0.05 – 0.25 amplitude deduction	Award "B" VP	
Sapphire Sapphire	Horizontal	0.30 amplitude deduction	Award "B" VP	
ONLY)	Below horizontal	0.35 - 0.40 amplitude deduction	Award "B" VP	

#### D. Amplitude of Body at Turn Completion

- 1. For all elements that require a Turn in handstand phase:
  - a. The angle of completion is determined when the second hand re-grasps the bar. This applies to:
    - 1) All elements with a 180° turn (regardless of technique or grip)
      - Examples: Cast Handstand with 1/2 turn; Clear Hip Circle to Handstand with 1/2 turn
    - 2) Any element with 360° turn in handstand phase that is not performed on one arm (regular pirouettes; not using a Healy technique):
      - Example: Back giant on LB with 1/1 turn
- 2. For all Handstand elements with a 1/1 (360°) Turn AFTER handstand and all 1½ Pirouettes. This applies to:
  - a. All elements that include a 1/1 turn completed on one arm (after handstand phase) in the descent phase (Healy technique)
  - b. Any element with  $1\frac{1}{2}$  (540°) turn or more (using ANY turn technique)

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Amplitude of Body at Turn Completion				
	Angle of Completion	Amplitude Deduction	Value Part	
	0° - 20° from vertical	No amplitude deduction	Award VP	
Turn <u>In</u> Handstand	21° - 30° from vertical	0.05 - 0.10 amplitude deduction	Award VP	
Phase	31° - 45° from vertical	0.15 -0.20 amplitude deduction	Award VP	
	More than 45° from vertical	0.25 -0.30 amplitude deduction	Award VP	
Turn Aftor	Up to 30° from vertical	No amplitude deduction	Award VP	
Turn <u>Arter</u>	31° - 45° from vertical	0.05 - 0.15 amplitude deduction	Award VP	
Handstand Phase	More than 45° from vertical	0.20 -0.30 amplitude deduction	Award VP	

#### E. Insufficient Amplitude of Uneven Bar Elements

- 1. Insufficient Amplitude on Elements (Including Releases) Each Up to 0.20
  - a. Exceptions:
    - 1) "B" Clear hip circle Up to 0.40
      - Apply ONLY to Platinum, and Diamond, and Sapphire Divisions.
      - Gold Division and Platinum Divisions have has NO amplitude deductions for clear hip circles.
      - Clear Hip to 0° 20° from vertical is a Restricted Skill at Gold.
    - 2) Height of salto dismounts Up to 0.30
    - 3) Refer to the General faults and penalties.

#### VI. **BAR DEDUCTIONS**

	BAR FAULTS					
•	<ul> <li>Execution deductions CANNOT exceed 4.0. This includes falls but does not include spot deductions.</li> </ul>					
•	Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances.					
٠	No routine will be awarded less than 4.0. Common sense should prevail.					
	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				
	<u>0.10</u>	Failure to maintain hand contact on the bar between glide swing mount and 2nd part of mount (nulleyer or jump to clear support)				
		Insufficient amplitude of Cast/ Clear Support for Angle Special Requirement				
	No Deduction	Bronze				
	0.10	Silver-Diamond: (1° or more - 10° below specified angle requirement)				
	No Deduction	Sapphire: 1° to 10° from vertical				
	<u>0.10</u>	11° to 20° from vertical				
		Clarification: The 0.10 angle deduction for is applied to any cast/clear support element that does not				
(C Sn		meet the Division angle requirement. <del>cast/skill angles is ONLY applied to the element that is being</del>				
nall  p t		<mark>used to fulfill a special requirement. It is not applied to every attempted cast/skill on bars.</mark>				
0 0		Lands with Feet Apart				
. 10	<u>0.05</u>	Failure to join (slide) heels together on controlled extension of dismount landing when feet				
.) s	0.40	are a maximum of nip-width apart				
	<u>0.10</u>	Lands dismount with teet turther than hip-width apart				
		for the sten(s)				
	Up to 0 10	Slight hop, small adjustments of feet or staggered feet (one in front of the other) on landing				
	op 10 0110	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)				
	eacn <u>0.10 – 0.15</u> (Max_0.40)	Small or medium Step(s) on landing				
	(IVIAX. 0.40)	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				
	<u>0.10</u>	Lands too close to the bar on dismount (when applicable)				
	No Deduction	Swing forward or backward below norizontal				
	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)				
	0.20	Exception: Clear Hip Circles & salto dismounts (see large faults)				
	<u>0.20</u>					
Ξ	each time up to 0.20	Insufficient exactness of stretched position				
(U)	up to 0.20	• Hip angle (136°-179°)				
iun p tc	up to 0.20	Filum to maintain structured hads negitien (niles strum diamount)				
י F	up to 0.20					
ault 20)	up to 0.20	Incorrect body posture on dismount landing				
ts	up to 0.20	Additional trunk movements to maintain balance/control upon landing dismount				
	up to 0.20	Additional trunk movements to maintain balance/control upon landing dismount				
	(Max_0.40)	Large step or jump on landing (approximately 3 feet or more)				
	un to 0.20	Insufficient dynamics throughout exercise				
	up to 0.20	Insufficient swingful execution throughout exercise				
		Energy not maintained throughout exercise				
		Gymnast fails to make difficult look effortless				
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	each up to 0.30	Bent arms in support or bent leas (90° bend or greater receives 0.30)
		Maximum on any one element = 0.30 bent arms & 0.30 bent legs
	0.30	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	<b>Squat on landing</b> (hips <mark>even with or</mark> lower than the knees)
~ -	+ <u>0.50</u>	Lands dismount in squat position, then falls
(Up	up to 0.30	Brush/touch of one or both hands on the landing mat (no support)
ge to	<u>0.30</u>	Intermediate (extra) swing (Platinum/Diamond/Sapphire only)
o.Fa	(Max. 0.50)	More than one extra swing following an element
40)		Clarification: Fails (jumps down) after extra swing(s), deduct <u>0.50</u> for Fail only
- 0		Tan swing – counterswing performed prior to salto forward dismount (front fly away)
		Tap swing – counterswing performed prior to a release straddle back over low bar
		Tap swing – counterswing performed prior to a back uprise
	0.30	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
	up to 0.40	Insufficient amplitude of "B" clear hip circle (Platinum/and Diamond/Sapphire Only)
		(Refer to Amplitude of Circling Elements chart on Uneven Bars – 25)
	<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
ery	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall on or against the apparatus
rge ).50	<u>0.50</u>	Spotting assistance during an element Do <u>not</u> award VP or SR credit / <mark>No Bonus (Sapphire)</mark>
) Faul	<u>0.50</u>	Spotting assistance upon landing the dismount Award VP and SR credit / <mark>No Bonus</mark> <mark>(Sapphire)</mark>
ts	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 dismount
	<u>0.50</u>	Salto initiated No VP, No SR     Salto reversi initiated No VP, No SR
	<u>0.50</u>	Saito never initiated No VP, No SR and take the deduction 0.30 No Dismount

#### Xcel Code of Points UNEVEN BAR ELEMENTS

	BARS								
		Additional "A" Elements & Elements modified from the Development Program							
		Elements Limited by Division – Receiving "A" VP.							
	#	Element Name	Bronze	Silver	Gold	Platinum	Diamond	Sapphire	
	1.001	Jump to Front Support	✓			_			
Gr	1.002	Jump to Squat on		✓	✓	✓	✓		
qnd	1.003a	Pullover on Low Bar (from 1 or 2 feet or run)	✓	✓	✓				
1	1.003b	Pullover on High Bar		$\checkmark$	✓				
	1.004	Glide Swing to Stand	✓	✓	✓				
	1.005	Run out Glide Kip	$\checkmark$	$\checkmark$	$\checkmark$				
	1.006	Single leg jam Kip (from Glide or Run Out)	✓	✓	✓				
	1.109	Jump to Clear Support, immediate back hip circle	✓	✓	✓	✓	✓	$\checkmark$	
		<b>Cast (up to 21° from Vertical)</b> [ <b>Silver - Diamond:</b> Casts Within 10° of the requirement receives SR/VP credit (Deduct <u>0.10 f</u> or amplitude) ]	Bronze	Silver	Gold	Platinum	Diamond	Sapphire	
	2.001	Cast - Hips must leave bar	$\checkmark$						
Group 2		Cast to minimum of 45° below Horizontal		$\checkmark$					
		Cast to a minimum of Horizontal			$\checkmark$				
		Cast 89° to 21° from Vertical				✓			
		Cast 45° to 21° from Vertical					$\checkmark$		
	2.002	Cast Shoot Through	$\checkmark$	$\checkmark$	✓				
	2.003	Tap swing - counterswing or Underswing - counterswing		$\checkmark$	~	~			
		Platinum Only one (1) allowed							
	2.102	Cast to squat, stoop, or straddle - Modified from Dev Program: Add option on HB	<ul> <li>✓</li> </ul>	✓	✓	<ul> <li>✓</li> </ul>	<ul> <li>✓</li> </ul>	<b>√</b>	
Gro	6.301	Stalder forward, also with ½ turn in handstand phase ("C") - Modified from Dev Program: This element remains a "C" in Xcel. Dev raised it to a "D" in 2024	R	R	R	R	✓	✓	
onb e	6.401	Stalder forward with 1/1 turn in handstand phase - <i>Modified from Dev Program: This element remains a "D" in Xcel, Dev raised it to an "E" in 2024</i>	R	R	R	R	~	✓	
	7.001	Single leg swing forward or backward	$\checkmark$	$\checkmark$					
	7.002	Single leg cut forward or backward	✓	✓	✓				
ŋ	7.003	Single leg basket swing (bent knee ok - Bronze/Silver, straight leg only - Gold)	✓	✓	✓				
lno.	7.004	Stride Circle forward or backward	✓	✓	✓				
7 0	7.005	Long Hang Pull-Over (from long swing) [Eligible for Circling Skill SR at these Divisions levels- only]		~	~				
	7.006	Basket Swing	✓	✓	✓	✓	✓	✓	
	8.001	Cast off with release of bar prior to arriving at stand [One (1) single element, not eligible for cast SR or cast VP]	~						
	8.002	¾ Fwd. Circle to Stand	$\checkmark$						
0	8.003	<sup>3</sup> ⁄ <sub>4</sub> back seat circle dismount (pike, straddle, or stretched) from Low Bar		$\checkmark$					
iro	8.004	From squat, straddle, or stoop position on low bar - Stretched Jump off forward to a stand	~	$\checkmark$					
d	8.005	Tap Swing Fwd. with ½ turn		$\checkmark$	$\checkmark$				
	8.006	From LB – underswing (toe-on or clear) to stand. Toe-on to stand includes a straddle position (sole circle). (The low bar version of this element was re-numbered to 8.006, LB was previously included in 8.101)	~	~					
	8.007	Tap Swing – $\frac{1}{2}$ , $\frac{1}{2}$ dismount (twisting in one direction, touch of hand is required)			$\checkmark$	$\checkmark$			
		R=Restricted							



	Gro	oup 2 – Casts/Counterswin	sßı
A	ß	ပ	D
2.102 Cast to squat, stoop or straddle on LB or HB, also with jump to grasp HB (One "A" VP in all Divisions)	2.202 Front support on LB - free squat, stoop, or straddle over LB with grip change to hang on HB かし、 かし、 かし、 かし、 かし、 かし、 かし、 かし、 かし、 かし、 かし、 かし、 かし、	2.302 Hang on HB – uprise back- ward with straddle flight (Schier straddle) or with rear vault in flight (Schier Kehre) over HB to L-hang or hang	2.402 Cuter front support on LB - cast with salto roll forward to hang on HB, also from inner front support - Radochla roll to hang (Brause) Physical Physical PhysicaPhysi
			Revised August 2024







ap Swing Fwd. with ½ (180°) turn, ½ (180°) turn (Twisting in one direction, touch of hand A Revised August 2024 3/4 back seat circle dismount (pike, straddle, or stretched) from Low Bar Revised August 2023 QC. ∢ Group 8 – Dismounts (limited by Division) straddle position (sole circle) **Toe-on to stand includes a GOLD/PLATINUM ONLY** toe-on or clear) to stand From LB – underswing (No Visual Availabl<mark>e)</mark> **BRONZE/SILVER** SILVER ONLY 8.003 s required  $\vec{\langle}$ 8.007 **8.006** Cast off with release of bar prior to arriving at stand (1 single element, not eligible for cast SR or cast VP) 8.004 From squat, straddle, or stoop position on low bar - Stretched Jump off forward to a stand ∢ 180° right Tap Swing Fwd. with ½ turn 34 Fwd. Circle to Stand SILVER/GOLD ONLY 8.005 **BRONZE/SILVER** BRONZE ONLY 8.002 BRONZE ONLY 8.001 ⋪  $\mathbf{\Sigma}$ 9

		o forward piked with 1/2 0°) twist (Celestine) or alto forward stretched (180°) turn (180°) turn	Revised August 2024
		-underswing (toe-on or clear) to salt er to salto forward tucked w/1/2 (18 er to salto forward tucked w/1/2 (18 underswing (toe-on or clear) to se - underswing (toe-on or clear) to se - clear pike circle - clear pike circle - clear pike circle - clear pike circle - forward stretched with 1/2 ated) - from Code of Points - from Code of Points - from Code of Points	Revised August 2023
		8.401 From HB- (180°) twis Back stald piked (Kennedy (Kennedy (Kennedy (not illustr (not illustr (not illustr (a60°) twis (360°) twis	
Group 8 – Dismounts	ပ	8.301 From HB – underswing (toe-on or clear) or back stalder (not illustrated) to salto forward tucked or piked          P	
	ß	8.201 From HB - underswing (toe-on or clear) with 11/2 (540°) or 2/1 (720°) twist	
	٩	<b>8.101</b> From HB <del>or LB</del> – underswing (toe-on or clear) to stand (Refer to element 8.006 for LB option) or LB option)	

				BAL	ANCE BEAM R	ULES				
		<b>Sp</b> e Dedu	ecial F ct <u>0.50</u>	Requirements (S ) for Each Missin	<b>R)</b> g SR	Value Part	Difficult Restrictio	y ns	Tim	ing
		Bro Sapphire	onze - e: 9.60	Diamond: 10.0 \$ ) SV + Up to 0.40	SV ) Bonus	(VP) Required	Restricted St <u>0.50</u> deduction off SV	kills on -	Warm-Up Time <b>Per</b> <b>Gymnast</b>	Time Limit (No min. time)
BRONZE	1. 2. 3. 4.	Minimum ½ Turn o One (1) Jump or Le required One (1) Acro eleme Dismount – No Sal	n one ( eap (no ent – N tos or /	1) Foot or two (2) F t mount or dismour on-Flight Aerials	Feet nt) - No split angle	Minimum of 4 "A" VP ( <u>0.10</u> each)	<ul> <li>No "B" or hig VP.</li> <li>No Salto or Aerial Dismo</li> <li>No Walkover</li> </ul>	her unt	30 seconds	45 seconds
SILVER	1. 2. 3. 4.	Minimum ½ Turn o One (1) Jump or Le (not mount or dism One (1) Acro eleme Dismount	n one ( eap wit ount) ent – N	1) Foot n a minimum 90° C on-Flight	ross or Side Split	Minimum of 5 "A" VP ( <u>0.10</u> each)	<ul> <li>No "B" Acr VP.</li> <li>No "C" or higher VP.</li> </ul>	0	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								1:00 minute	
PLATINUM	<ol> <li>Minimum 1/1 Turn on one (1) Foot</li> <li>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)</li> <li>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)</li> <li>Minimum of 6 "A" (<u>0.10</u> each), 1 "B" VP (<u>0.30</u>)</li> <li>No "C" Acro VP.</li> <li>No "D" or higher VP</li> </ol>							1:15 minutes		
DIAMOND	<ol> <li>Minimum 1/1 Turn on one (1) Foot</li> <li>Dance Series – Two (2) Group 1*, 2, or 3* elements (same or different) – AND one (1) Jump or Leap with a minimum 155° 150 Cross or Side Split (Isolated or Series)</li> <li>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)</li> <li>Minimum of 5 "A" (0.10 each), 2 "B" VP (0.30 each)</li> <li>No "E" VP.</li> </ol>						1:15 minutes			
SAPPHIRE	<ol> <li>Minimum 1/1 (360°) turn on one (1) foot</li> <li>Dance series – Two (2) Group 1*,2, or 3* elements (same or different) - AND one (1) leap or jump with a minimum requiring 180° Cross or Side split (Isolated or Series)</li> <li>Acro series with a minimum of one (1) flight skill (a minimum of one (1) skill must pass through or achieve vertical)</li> <li>Minimum of 3 "A" (<u>0.10</u> each), 3 "B" VP (<u>0.30</u> each), 1 "C" (<u>0.50</u>)</li> <li>No "E" VP.</li> </ol>					1:30 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/Series 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°/45°): SR and VP credit will be awarded for Cross or Side Split Leaps or Jumps that are within 20°(Silver-Diamond) or 45°         (Sapphire) 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.										
Ha Ele Val	ndstai ments ue Pa	nds: A hold is not requ s. arts: Any skills listed in	the Xce	any "A" VP handstan I Code of Points <u>and</u>	d. Any "B" VP or higher har allowed at the respective D	ndstand requires a Division. (Bronze: A	2 second hold	if no er: /	oted within the Any "A" VP or "	Table of 'B"
Dai	nce VF	P, Gold: Any "A" or "B"	; Platinu	Im: Any "A", "B" or "C PI	<u>" Dance VP; Diamond: Any</u> atinum/Diamond/ <mark>Sann</mark>	"A", "B","C" VP & hire	1 "D")	_		
Da of F	nce Se Points,	eries: * Group 1 Dance , are eligible to be used	e VP – 0 d in the	Group 1 Mounts that a dance series. / * Grou	are considered Dance VP a up 3 Turns on one (1) Foot	re indicated with a are eligible to be u	(D) next to the used in the danc	illu: e se	stration within teries.	the Code
Revi	sed S	eptember 2022	Revi	sed August 2023	BALANCE BEAM - 1	Revised Jan	uary 2024	F	Revised Augu	ıst 2024

# **CHAPTER 1: REQUIREMENTS & RESTRICTIONS**

# I. SPECIAL REQUIREMENTS

Special Requirements (SR) each worth 0.50.

# A. Bronze Division

- 1. Minimum <sup>1</sup>/<sub>2</sub> 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 <sup>1</sup>/<sub>2</sub> 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
- Dance Series minimum Two (2) Group 1\*, 2 or 3\* elements (same or different) AND one (1) Leap or Jump with a minimum 155° 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

# F. Sapphire Division (9.60 Start Value + up to 0.40 max Bonus)

- 1. Minimum 1/1 (360°) turn on one (1) foot
- Dance series Two (2) Group 1\*,2, or 3\* elements (same or different) and one (1) leap or jump with a minimum requiring 180° Cross or Side split (Isolated or Series)
- Acro series with a minimum of one (1) flight skill (a minimum of one (1) skill must pass through or achieve vertical)
- 4. Min "B" Dismount OR an acro flight skill directly connected to an "A" salto/aerial dismount

(Refer to the General / Judges section for further clarification on Bonus categories and applying Bonus.)

# 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	( <u>0.10</u> each)	Blotinum	6 "A" VP	( <u>0.10</u> each)		3 "A" VP		( <u>0.10</u> each)
Silver	5 "A" VP	( <u>0.10</u> each)	ch) 1 "B" VP ( <u>0.30</u> each)		Sapphire	3 "B" VP		( <u>0.30 </u> each)	
Gold	6 "A" VP	( <u>0.10</u> each)	Diamond	5 "A" VP	( <u>0.10</u> each)		1 "C'	" VP	( <u>0.50 </u> each)
		Diamond 2 "B" VP ( <u>0.30</u> each)							
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#### 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 <u>0.50</u> 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 <sup>3</sup>/<sub>4</sub>), the gymnast must finish a minimum of 1° past the halfway mark between the two Value Parts.
    - 1) Examples:
      - A <sup>1</sup>/<sub>2</sub> 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 ½, ¾, and 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.

- 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

- a. 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. 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.
- b. Deficiency of required split angle:
  - 1) Silver-Diamond: 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.
  - 2) Sapphire: Deficiency of up to 45° from the Division-specific required Split is allowed to still receive both VP and SR credit but a deduction of up to 0.20 for insufficient split is applied. This deduction may be applied for any leap/jump requiring 180° split, whether the skill is used to meet a Special Requirement or not.
    - i. 160 179° (Missing 1-20° of split) Deduct 0.05-0.10
    - ii. 135-159° (Missing 21-45° of split) -Deduct 0.15-0.20
- c. Lower VP or NO VP credit (as applicable) would be given for the element if the Split is more than 20°(Silver-Diamond) or 45°(Sapphire) from the required split angle in the Division. Award an "A" VP for a Stretched Jump. Apply appropriate deduction for the VP performed.
- d. 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.
  - A split below 135° and within 20°(Silver-Diamond) 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.



- 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 <u>0.30</u> from the Start Value for No Dismount.
  - c. Deduct <u>0.50</u> for the Fall from the apparatus, if applicable.
  - d. Courtesy Score of <u>4.00</u> 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 <u>0.50</u> 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 <u>0.20</u> 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 <u>0.50</u> for the spot.
- 2. If the gymnast falls after the spot, an additional <u>0.50</u> deduction is taken for the fall.
- 3. No VP credit awarded.
- 4. No SR credit awarded.
- 5. No Bonus awarded (Sapphire).
- 6. If the spot occurs on the dismount element, even though it receives no VP credit, do not deduct <u>0.30</u> from the Start Value for no dismount.

#### B. If the coach spots the gymnast upon landing of the dismount:

- 1. Each judge deducts <u>0.50</u> for the spot.
- 2. If the gymnast falls after the spot, an additional <u>0.50 is taken for the fall</u>.
- 3. VP credit is awarded.
- 4. SR credit is awarded.
- 5. No Bonus awarded (Sapphire).

#### 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.
- 4. No Bonus awarded (Sapphire).
- D. If the coach catches a falling gymnast, do not deduct for the spot; deduct <u>0.50</u> 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.
- 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 <u>0.30</u> 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.
- 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 <u>0.30</u> deduction from the Average Score.

- 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 <u>0.50</u> deduction.
  - c. A Fourth Approach is not permitted

Exa	amples	
	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 <u>0.50</u> 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 <u>0.50</u> 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 <u>0.30</u> 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 <u>0.50</u> for missing the Dismount Special Requirement.
  - b. Deduct  $\overline{0.30}$  from the Start Value for No Dismount.
  - c. Deduct an additional <u>0.50</u> 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<mark>/Sapphire</mark> 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 <u>0.50</u> from the Start Value for missing the Dismount Special Requirement.
    - 4) Deduct <u>0.30</u> from the Start Value for No Dismount.
    - 5) Deduct <u>0.50</u> 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 <u>0.50</u> from the Start Value for missing the Dismount Special Requirement.
    - 4) Deduct <u>0.50</u> for the Fall.
    - 5) Deduct for any other execution / amplitude errors.

# **CHAPTER 3: EXECUTION & ARTISTRY DEDUCTIONS**

#### **EXECUTION AND ARTISTRY FAULTS** Ι.

- A. Composition deductions are not applied in the Xcel Program.
  1. Emphasis is on the performance of allowable skills, not the routine construction

•										
•	Execution deduction	ecution deductions CANNOT exceed 4.00. This does not include Artistry or Spotting deductions. urtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances.								
•	Courtesy Score of 4	.0 may be awarded for an extremely short routine due to injury or unusual circumstances.								
٠	No routine will be av	varded less than 4.0. Common sense should prevail.								
	each time <u>0.05</u>	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								
		Lands with Feet Apart								
	<u>0.05</u>	Failure to join (slide) heels together on controlled extension of dismount landing when feet								
	0.40	are a maximum of hip-width apart								
	<u>0.10</u>	Lands dismount with feet further than hip-width apart								
<u> </u>		for the step(s).								
Up ma	Lin to 0.10	I lie step(s).								
all Faults b to 0.10)	Up to 0.10	Slight hop, small adjustments of feet or staggered feet (one in front of the other) on landing of								
		Entire footlige a life of the entry is a controlled outproise of discovery londing when								
	Up to 0.10	Entire foot/feet slide or lift off floor to join on controlled extension of dismount landing when								
		Small as madium Stan(a) an landing								
	each <u>0.10</u> – <u>0.15</u> May 0.40	Sinal of medium Step(s) on landing								
	Max. 0.+0	Landing								
	Up to 0.10	Deviation from straight direction on landing								
	Up to 0.10	Arm swings to maintain balance on landing								
		Dismounts								
	Up to 0.10	Legs crossed during salto dismounts with a twist								
	. <u>0.10</u>	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 <del>page 10</del> ) Deviation from exiting an environt for the Division								
		Deviation from split degree required for the Division								
	up to 0.20	• $1^\circ - 20^\circ$ missing								
	Award Lesser or No VP	<ul> <li>21° or more missing ("A" VP for stretched jump)</li> </ul>								
	<mark>up to 0.20</mark>	Sapphire: Deviation from split degree required for the Division. This deduction may also be applied to								
		any other leap/jump preformed requiring 180° split.								
2	0.05-0.10	<ul> <li>Missing 1 - 20° of split</li> </ul>								
(⊂ la	0.15-0.20	• Missing 21 - 45° of split								
p t liu	Awalu A VP	<ul> <li>Less than 135° split</li> <li>Non Elight wolkovers and wolkover type elements (All wolkovers forward or backward and</li> </ul>								
οл	up to 0.20	walkover-type elements must demonstrate the split angle corresponding to the Division's degree of								
-au		split requirement (on that that event) at some point during the execution of the element.)								
)) Its	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								
	each time up to 0.20	Insufficient exactness of stretched position								
	up to 0.20	• Arch								
	up to 0.20	• Hip angle (136°-179°)								
	0.05.0.40	Dance: Incomplete Turn – Group 2 & 3 elements with 360° or more turn								
	0.05-0.10	• $1 - 44$ missing • $45^\circ - 80^\circ$ missing								
	Award Lesser or No VP	90° or more missing								
		Dismount: Incomplete Twist on Dismounts with 360° or more turn								
	0.05-0.10	• 1° – 44° missing								
	0.15-0.20	• 45° – 89° missing								
	Award Lesser or No VP	• 90° or more missing								

BALANCE BEAM - 21

	(Medium Faults Cor	ntinued)
	up to 0.20	Insufficient Variation in Rhythm and Tempo throughout the exercise
	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> <li>Energy maintained throughout exercise</li> </ul>
		Makes difficult look effortless
	up to 0.20	Insufficient Sureness of performance throughout exercise
	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
	Up to 0.30	Additional movements to maintain balance on the beam
<u>ک</u> ۳	<u>0.30</u>	Use of Supplemental Support (Examples)
arg Up		<ul> <li>Foot / Feet remain on mat or board as mount is completed;</li> </ul>
to e		<ul> <li>Foot / Feet contact the mat in cross straddle sit during exercise</li> </ul>
0. ₽		Foot / feet using Base of Beam for support on Mount
ult:	up to 0.30	Insufficient extension (open) of the body prior to landing of Acro or dismount elements
° s	up to 0.30	Insufficient height (amplitude) of salto dismounts
	up to 0.30	Squat on landing (hips <del>even with or</del> lower than the knees)
-	+ <u>0.50</u>	Lands Acro element / Dismount in squat position, then falls
	up to 0.30	Brush/touch of one or both hands on the landing mat (no support)
	<u>0.50</u>	Third run approach on mount
Very	<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 onto or off the Beam, or upon landing dismount, Fall against the beam/ or onto mat to
( <u>o</u>		Knee(s) or Hips
.50	<u>0.50</u>	Spotting assistance during an element or dismount - Do <u>not</u> award VP or SR credit / No Bonus (Sapphire)
<u>)</u> •	0.50	Spotting assistance upon landing an element or dismount Award VP and SR credit / No Bonus (Sappnire)
au	<u>0.50</u>	Fail after spot on element or on landing of dismount
Its	<u>0.50</u>	Fall/Failure to land on the bottom of the feet first on
	NO VP/NO SR	<ul> <li>Aerials, Sailos of Dismounts dismount - Note. If the gymnast lands on the bolloms of reel and bands or knoos simultaneously, award VP credit and SP credit, if appropriate.</li> </ul>
		<ul> <li>Salto never initiated on dismount - Take the deduction 0.30 for No Dismount</li> </ul>
	Insufficient Artistry	throughout the evercise * 0.10 is the maximum that can be taken in each category
Þ	*0.05 – 0.10	Lack of variety in choreography (poses, phrases, connections)
tis	0.00 - 0.10	Examples: unnecessary adjustments and/or steps without choreography
ij	*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)
	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 in SIDE position
Sp	each up to 0.10	Failure to perform turns in high relevé
ec	·	Concentration Pauses
ifi	Each <u>0.10</u>	Two (2) seconds
Ē	Each <u>0.20</u>	More than 2 seconds
Xe	Up to 0.30	Relaxed/incorrect footwork on non-value parts throughout exercise
cu	Up to 0.30	Incorrect body alignment, position, or posture in non-VPs throughout exercise
tio		Lack of Tempo / Poor Rhythm between elements
n	0.05-0.10	Body continues moving in line with the beam, but arms swing between elements, AND/OR
	0 15 0 20	Legs slightly extend but do not completely straighten, and slightly bend again to initiate take-off
or		Backward Acro Series OR Sideward to Backward Acro series with one (1) or more Elight Elements in
S	EAGEPHON	either connected or not connected; tempo deduction does not apply
	Fach 0 20	Support of one leg against side surface of the beam to maintain balance
	Un to 0.30	Directional error on Gainer Salto Dismount off the end of the Beam
	0 20 10 0.30	Grasp of the Beam to Avoid a Fall
	0.00	

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#### Xcel Code of Points BALANCE BEAM ELEMENTS

# **BALANCE BEAM ELEMENTS**

	BEAM										
		Additional "A" Elements & Elements modified from the Development Program									
		Elements Limited by Division - Receiving "A" VP									
			B	~		Plat	Diar	Sap			
<b>P</b>	<u> </u>		ronz	Silve	Gol	inu	non	phii			
- E	#	Liement Name Ream mounts for all Divisions are valued as "A" unless listed as another value in the Yeal Code of Points	ie V	er 🗸	<u>م</u>	3	ā	e V			
	1 109	Beach hip pullover to front support - Modified from Dev Program: Added take-off from knee, or seat	v V	v V	v V	v V	v V	v v			
	1.105					-	_	(0)			
			Br	s		olati	Dian	Sapp			
Split Angles by Division							non	ohir			
	Any Sp	ligtes by Division	e ✓	Ť	<u>a</u>	3	<u>a</u>	e			
0	Minimu	<b>Im 90° -</b> Stag or Stride Leap: Split Jump: Cross Straddle Jump	•	✓							
ğ	Minimu	Im 120° - Leaps & Jumps with Cross or Side Split*			$\checkmark$	✓					
d d	Minimu	<b>Im 155° <del>150</del>° -</b> Leaps & Jumps with Cross or Side Split*									
	Leaps	& Jumps with a 135°-155° or more split the element will receive Value-Part credit as listed in the Xcel Code of					~				
	Minimu	In 180° - Leaps & Jumps with Cross or Side Split* (element will receive Vaule-part credit as listed in the Xcel									
	Code o	f Points) Leaps & Jumps with a 135°-180° split the element will receive Value-Part credit as listed in the Xcel						✓			
	Code o	f Points.									
			m			PI۵	Dia	Sa			
			3ror	Sil	ଜ	tinu	mo	pph			
<b>O</b>	#	Element Name	١ze	ver	bid	m	nd	ire			
<mark>q 1</mark>	3.001	Pivot Turn (180°)	✓				<b> </b>				
ω	3.002	Squat Turn (180°)	✓				<u> </u>				
	3.003	½ Turn on one Foot (180°) - Leg position optional (including a heel snap 1/2 turn)	✓	✓			<u> </u>				
	3.004	Forward or Backward Swing Turn (180°)	$\checkmark$	$\checkmark$							
	5 001	From lunge or stand Lever to touch Beam ( <b>Free leg at horizontal or above</b> , <del>No angle requirements,</del> Body	1								
	5.001	shape deductions may apply, Lever back foot need not return to beam to receive VP credit)	•				<u> </u>				
		Partial Handstands				<u> </u>					
<u>_</u>	5.002	Partial Handstands: Both feet off the Beam while at least one leg reaches a minimum of 45° from Vertical.	✓			<u> </u>	<u> </u>				
Pol		Partial Handstands: Feet must close together and be a minimum of 45° from Vertical – both criteria must be	✓	$\checkmark$	$\checkmark$						
ъ 5	5 003	Ridge from lying position, push up to hold 1sec	<u>√</u>	1		<u> </u>					
	5 106a	Cross Handstand - Modified from Dev Program: cross and side handstand are separate elements (5 106a/5 106b)	•	•	$\checkmark$	<ul> <li>Image: A second s</li></ul>	1	<ul> <li>✓</li> </ul>			
	5 106b	· ~	· ~	· ~	· ~	✓	· ~				
	5.107	Head Stand	✓	√ -	<ul> <li>✓</li> </ul>	<ul> <li>✓</li> </ul>		· ✓			
	0.001						<b></b>				
<u>9</u>	9.001	Any Jump from one (1) or two (2) feet, also with up to 360° Turn	<ul><li>✓</li></ul>	<ul><li>✓</li></ul>		<u> </u>					
2	9.002	Cartwheel (or any entrance) to Handstand 1/ Turn	▼ √	▼ √	1	<u> </u>					
9	9.003	Handspring forward, Modified from Dev Program: Includes a headspring variation	• •	•	× ✓	1	1	<u>√</u>			
	0.101	Split Angles by Division									
Fac	h Divisi	on has a specific required minimum Degree of Split for Leaps and Jumps with a cross or side split. This split a	nale	is sr	ecifi	ed ir	the				
Divi	sion's D	ance SR (SR #2). Deficiency of up to <b>20° (Silver-Diamond)</b> or <b>45° (Sapphire)</b> from the Division-specific requi	ired	Split	is al	lowe	d to				
Suii	receive										
*Le	aps & J	umps with a 135° or more Split angle will receive Value-Part credit as listed in the Xcel Code of Points. Refe	r to	Xcel	Cod	e for					
app	ropriate	application of insufficient Split deductions and awarding of value-Part credit. If the athlete achieves the angle r	equi		n nei		ISIO	,			
		più deductione are taken. Evanipie. A Diamond penorme a switch leg leap to 100 400. E ve is awalded with no a	angie			'. 					
LOV	ver VP ( n tho re	or NO VE credit (as applicable) would be given for the element if the Split is more than 20° (Silver-Diam	nono mo ir	) or	45°(	Sap	pnir	e)			
(spl	it require	ement is 90°). If the avmnast has less than 70° leg separation, the Snill actually performed, For example, Spill Jur	nρ ir n "A'	' Val		art c	redi	/11			
and	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.										

Removed: For a deficiency resulting in a split between 130° - 134° the element would receive "A" VP

"A" VP Headstands and Handstands

Modified from Dev Program:"A" Handstands/Head Stands - "A" VP Handstands and Headstands do not require a hold for any Division. (Refer to Balance Beam - 3)

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**BALANCE BEAM ELEMENTS - 2** 



**BALANCE BEAM ELEMENTS - 13** 


	٥	2.411 Wolf hop or jump from side or cross position with 1/1 (360°) turn	
Jumps, and Hops	ပ	2.31 Wolf hop or jump from side or cross position with 3/4 (270°) turn, also landing in front support	M FI FMFNTS - 21
Group 2 – Leaps,	Δ	2.211 Wolf hop or jump from side or cross position with 1/2 (180°) turn, also landing in front support	BALANCE BEA
	A	2.11 Wolf hop or jump (one leg tucked, one leg extended leg & thigh of bent leg at or above horizon- tal) from side or cross position	



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	D	3.405	<b>3.406</b> 2/1–2% (720°–900°) turn in tuck stand on one leg, free leg in forward or sideward horizontal (Humphrey), also rising to finish turn in stand (Swartzentruber) (not illustrated)
l – Turns	C	<b>3.305</b> 1/2 (180°) Illusion turn through standing split without touch- ing beam with free leg (brief touching of beam with one hand permitted	<ul> <li>3.306</li> <li>3.306</li> <li>1½ (540°) turn in tuck stand on one leg, free leg in forward or sideward horizontal</li> <li>1<sup>3/4</sup> (630°) turn in tuck stand on one leg, free leg in forward or sideward horizontal, to finish in tuck/kneeling position (Ferguson)</li> </ul>
Group 3	В	3.205	<b>3.206</b> 1/1 (360°) turn in tuck stand on one leg, free leg in forward or sideward horizontal
	Α	3.105	3.106

	Group 3	: - Turns	
А	В	ပ	۵
3.107 1/2 (180°) turn in prone position – hand support alternate	3.207 1/1 to 1½ (360° - 540°) turn in prone position –alternate hand support permitted of	3.307 1 <u>1/4 (450°) turn on back in kip posi-</u> t <del>ion (hip-leg angle closed) (LiLi)</del> Element value raised to 3.407	3.407 11/1 (450°) turn on back in kip position (hip-leg angle closed) (Li(L))
3.108	3.208 1/1 (360°) turn flank circle, legs together	3.308 One leg circle with "flair" (legs separated) (Talavera)	3.408
3.109	3.209	3.309 1/1 turn (360°) with hand(s) holding leg upward in 180° split position throughout turn	3.409 11/2 (540°) turn with hand(s) holding leg upward in 180° split position throughout turn
	RALANCE REAM	M FI FMFNTS - 26	Revised August 2024

	Group 4 – Waves	All Wave elements are cons	sidered Dance V	alue Parts
A	ß		ပ	۵
<b>4.101</b> ( <i>D</i> ) Body wave forward to balance stand (2 sec.) on both legs	<b>4.201</b> (D) Body wave forward to balance stand (2 sec.) on one leg		4.303	4.403
		Balance s on the ba	stand indicates all of the foot ir	a stand high relevé.
<b>4.102</b> ( <i>D</i> ) Body wave backward to balance stand (2 sec.) on both legs	<b>4.202</b> <i>(D)</i> Body wave backward to balance stand (2 sec.) on one leg		4.304	4.404
A second	S			
<b>4.103 (D)</b> Body wave sideward to balance stand (2 sec.) on both legs	<b>4.203 (D)</b> Body wave sideward to balance stand (2 sec.) on one leg			
	<b>4.204 (D)</b> From kneeling sit position, rise upward with body wave through toe-balance stand (Toe rise) (No hold required)			
	BALANCE BEAM ELEMENTS - 27			





	Group 6 – Rolls			
A	8	ပ	٥	
6.101 Roll forward with hand support: start and end position as well as hand position is optional	6.201 Dive roll forward	6.301	6.401	
		Rolls forwa grasp bean neath durin or describe	rd: It is permi 1 on top, side g roll, unless d as "free".	ssable to or under- specified
Roll forward from backward swing (Whip forward roll)	Shoulder roll forward with hand support and extension of body through vertical to arrive in a tuck stand or stand (Garrison roll with hand support) $\phantom{aaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaa$			
	BALANCE BEAM ELEMENTS - 34			



Revised August 2024 stand also with 1/4 turn or to land on one knee and one foot simultaneously (Hawthorne); 8.401 Salto forward tucked, take-off from one leg to through backward to front salto tucked (Rowe -also from a stand on one leg, swing free leg Group 8 – Saltos forward tucked to an extended tuck sit with hand support From a straddle-sit, cast and whip to front salto in straddle position to land on the hands in a cross straddle sit (Kivisto) From a one or a two-foot (Puolin) take-off, salto also, without hand support (Portocarrero) C 0e 8.301 8.201 Ω 8.101 ∢





### Xcel Code of Points FLOOR EXERCISE CHAPTER 2: GENERAL INFORMATION

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

### A. Floor Exercise Skills

- Any floor exercise skill / element listed in the Xcel Code of Points may receive Value Part credit two (2) times in an exercise, provided that the element occurs in a different connection (i.e., preceded or followed by different VP element).
- 2. Any element 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 JO Code of Points.
- 3. If a Dance or Acro 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. This would include variations of leg position, as well as landing position of any previously valued leap / jump / hop.
- 4. Any new element not listed in the 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 in order 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 Regional websites.
- 5. 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.
    - 1) Exceptions:
      - VP credit can be awarded for an element that is performed for the third time, IF it was not previously awarded VP credit because:
        - (i) The element lacked completion the first (1<sup>st</sup>) or second (2<sup>nd</sup>) time it was performed, OR
        - (ii) The element was performed in the exact same connection.
        - Acro flight skills/elements with hand support (see item number 7)
  - b. All applicable execution and amplitude deductions are applied.
  - c. It cannot be used to fulfill SR. An element must receive VP credit in order to fulfill SR.
- 6. All Saltos and Aerials must land on any part of bottom of feet first to receive VP credit. If the hands and bottom of the feet land simultaneously, award VP credit and deduct <u>0.50</u> for the fall.
  - a. Simultaneously landing bottoms of feet and hands,
    - 1) Deduct 0.50 for Fall.
    - 2) Award VP/SR credit.
  - b. Bottoms of feet do not land first,
    - 1) Deduct <u>0.50</u> for Fall.
    - 2) Do not award VP or SR.
- 7. Acro Flight elements with hand support are eligible:
  - a. To receive Value Part credit regardless of the number of times performed (provided the Pass/connection is different).
  - b. May fulfill Special Requirements.
- 8. Acro elements such as rolls, cartwheels and walkovers that have an optional ending position not specifically listed in the Xcel Code of Points are still eligible for Acro VP credit.

### 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 / Xcel Updates.
- 2. If they have the same number in the Xcel Code of Points / Xcel Updates, but meet the following criteria:
  - a. If the element is performed with different degrees of turn  $(\frac{1}{2}, \frac{1}{1}, \frac{1}{2})$ .
    - The addition of a ¼ turn does not make an element different, unless specifically listed in the Xcel Code of Points
  - b. If saltos are performed with different body positions.

- 1) Tuck / Pike / Stretched Saltos considered different elements.
- 2) Body shape maintained during majority of Salto determines recognized element body position.
- c. If the support is on one or both arms.
- d. If the take-off for a leap / jump / hop is from one or both legs.
- e. Xcel Acro Passes will receive credit as Different Passes when at least one of the following occurs:
  - Different number of Acro VP elements receiving credit in 2<sup>nd</sup> pass, OR
     Acro VP elements in the second 2<sup>nd</sup> pass in a Different order, OR
     Different Acro VP element in first 1<sup>st</sup> or second 2<sup>nd</sup> pass.
- f. Addition / deletion of a Dance Value Part element following and directly connected to the last element in an Acro Pass will make the Acro Pass different.

Examples	s of Elements Considered Different for the Counting of VP				
Criteria	Exan	ample			
If the element is performed with different degrees of turn $(\frac{1}{2}, \frac{1}{1}, \frac{1}{2})$ .	• 1.2 but	206 A pike jump, and a pike jump half turn have the same skill number in the Xcel CoP, t are considered different because of the additional half turn.			
If the take-off for a leap / jump / hop is from one or both legs.	• #1	.101 Split Leap / Split Jump considered Different elements.			
	a.)	<ul> <li>First Pass: Front Salto Tucked step-out, Front Handspring, Front Salto Stretched</li> <li>Second Pass: Front Salto Tucked step-out, Front Handspring, Flyspring, Front Salto stretched.</li> <li>Considered Two Different Acro Passes due to addition of Flyspring.</li> <li>VP credit awarded to all elements.</li> </ul>			
	b)	<ul> <li>First Pass: Front Salto Tucked step-out, Round-off, Flic-Flac, Salto Backward 1/1 twist.</li> <li>Second Pass: Round-off, Flic-Flac, Salto Backward 1/1 twist.</li> <li>Considered Two Different Passes due to deletion of Front Salto Tucked.</li> <li>VP credit awarded to all elements.</li> </ul>			
Xcel Acro Passes	c)	<ul> <li>First Pass: Front Aerial, Round-off, Flic-Flac, Back Salto Tucked</li> <li>Second Pass: Round-off, Flic-Flac, Back Salto Tucked</li> <li>Considered Two Different Passes due to deletion of Front Aerial.</li> <li>VP credit awarded to all elements.</li> </ul>			
	d)	<ul> <li>First Pass: Front Handspring step-out, Round-off, Flic-Flac, Back Salto Tucked</li> <li>Second Pass: Round-off, Flic-Flac, Back Salto Tucked</li> <li>Considered Two Different Passes because of addition of Front Handspring</li> <li>VP credit awarded to all elements.</li> </ul>			
	e)	<ul> <li>First Pass: Round-off, Flic-Flac</li> <li>Second Pass: Round-off, Flic-Flac, Flic-Flac</li> <li>Considered Two Different Passes with addition of Flic-Flac in second pass.</li> <li>VP credit will be awarded to all elements.</li> <li>In reverse order, they would also be considered Two Different Passes due to different number of elements in the pass</li> <li>Note: Acro Flight elements with hand support are eligible to receive Value Part credit regardless of the number of times performed (provided the Pass/connection is different). [See Recognition (Counting of Value Parts – Letter A. #7]</li> </ul>			
Addition/deletion of a Dance VP following and	a)	<ul> <li>First Pass: Round-off, flic-flac, back salto stretched</li> <li>Second Pass: Round-off, flic-flac, Back salto stretched, sissonne</li> <li>Considered Two Different Passes due to addition of Sissonne</li> <li>VP credit awarded to all elements.</li> </ul>			
last element in an Acro Pass	b)	<ul> <li>First Pass: Round-off, flic-flac, Straddle jump</li> <li>Second Pass: Round-off, flic-flac</li> <li>Considered Two Different Passes due to the deletion of the Dance element</li> <li>VP credit is awarded to all elements.</li> </ul>			

### 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> <li>Front Salto Tucked step-out "A" / Front Salto with 2-foot landing considered same element.</li> </ul>		

### 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 <u>0.50</u> 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	60° 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 $\frac{1}{2}$ (180°) Turn and $\frac{1}{2}$ (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. <sup>1</sup>/<sub>2</sub> Turns on One (1) foot must finish at minimum of 91°
    - 6) To receive VP credit and SR credit.
    - 7) 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). 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.
- b. Deficiency of up to 20° (Bronze-Diamond) or 45° (Sapphire) 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.
  - 1) Example: Split Leap: Platinum Division, Split requirement 155° 150°.
    - A Split at <u>135°</u> leg separation, Split Leap (#1.101) will receive "A" VP credit and Special Requirement credit with "up to 0.20" deduction.

- 2) Sapphire: This deduction may be applied for any leap/jump requiring 180° split, whether the skill is used to meet a Special Requirement or not.
  - 160 179° (Missing 1-20° of split) Deduct 0.05-0.10
  - 135 159° (Missing 21-45° of split) Deduct 0.15-0.20
- c. Lower VP or NO VP credit (as applicable) would be given for the element if the Split is more than 20° (Bronze-Diamond) or 45°(Sapphire) 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.
  - 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 155° 150°.
    - <u>135° 154° <del>130° 149°</del> leg separation, Split Leap will receive "A" VP credit and Special Requirement credit with "up to 0.20" deduction.</u>
  - 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).

<b>Revised September 2022</b>		Revised August 2023	FLOOR EXERCISE - 12	<b>Revised January 2024</b>		Revised August 2024
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### II. APPARATUS SPECIFICATIONS

Refer to the current USA Gymnastics Women's Rules and Policies book. Requirements are subject to change every competitive year, beginning August 1.

### A. Clarifications for Additional Matting:

- 1. Up to two (2) manufactured mats (maximum thickness of 8 inches / 20cm) may be placed separately on Floor Exercise area.
- 2. 8-inch thick Skill Cushion must be minimum of 5' x 10'.
- 3. Only one (1) Skill Cushion / 4" Throw mat per tumbling pass:
  - a. No more than two (2) mats on floor exercise area at any one point in time.
  - b. Sting mat may be placed on top of skill cushion / throw mat() or may be used in place of Skill Cushion or Throw mat. s
  - c. Additional matting may be used as take-off / landing surface.
- 4. Additional matting covering any portion of Boundary Line(s),
  - a. Must be clearly marked with tape / chalk to indicate actual Boundary Line(s).
  - b. Failure to mark mat results in <u>0.10</u> neutral deduction taken from Average Score by Chief Judge.
- 5. No requirement to remove mats from floor area during the exercise.
- 6. Unauthorized type of matting will receive a deduction of <u>0.30</u> from Average Score by Chief Judge.

### B. Conversions – Inches to Centimeters:

1. Conversions – Inches to Centimeters: Approx. <sup>3</sup>/<sub>4</sub> inch = 2 cm.

Conversion of Inches to Centimeters $(1 \text{ in } -2.54 \text{ cm})$				
(1 in. = 2.54 cm.)				
Inches	Centimeters			
Approx. ¾ inch	2 cm.			
4 inches	10 cm.			
8 inches	20 cm.			
9 inches	24 cm.			

### III. ATTIRE REGULATIONS

No attire regulations specific to Floor Exercise.

### IV. TIMING REGULATIONS

- A. Touch Warm-Up (When required by meet format)
  - 1. The gymnast is allowed a 30-second touch warm-up time unless timed warm-up immediately precedes competition, as in modified traditional and non-traditional formats.
    - a. Squad members warm up at same time, unless number in squad is 9 or more,
      - 1) Squad MAY be Split into two (2) groups for touch warm-up.
      - 2) First half would touch and compete; then second half would touch and compete.
      - 3) Option to alternate competition with touch warm-ups (staggered touch) may also be used, at discretion of Meet Director.
    - b. Touch warm-up period for Floor Exercise determined by multiplying number of athletes in the largest squad by 30 seconds.
    - c. No Block Time by team / club is allowed.
    - d. A warning will be given at "10 seconds remaining." When the touch warm-up time is exceeded, time is called.
    - e. If athlete continues to exceed Warm-up Time, Chief Judge deducts 0.20 from Average Score.
      - 1) Note: If gymnast is preparing for an element / skill, allow to complete element / series.

### V. Timing of the Exercise

- a. Timing:
  - i. Timing begins with first movement and stops with final movement.
    - 1. Entire exercise is evaluated, regardless of Overtime.
    - No warning signal for time is given on Floor Exercise.
  - ii. If Overtime:
    - 1. Chief Judge takes Overtime Deduction of
      - 0.10 from Average Score.
  - Deduction must be indicated to Coach (verbal or visual means).
     iii. If within a Fraction of a Second: No Overtime Deduction taken if time is within fraction of second over the time allotment. Do not take Overtime Deduction.
    - 1. Example: 1:30.01 1:30.99 (less than 1:31.00).
  - iv. No Undertime: No Deduction for Undertime.
- b. Courtesy Score of 4.00 may be awarded for an extremely Short Routine due to injury or unusual circumstances.
  - i. No routine will be awarded less than 4.00.
  - ii. Common sense should prevail.

### VI. SPOTTING REGULATIONS

### A. Coach is allowed on floor exercise mat without deduction.

### B. If the coach assists/spots the gymnast during an element:

- 1. Each judge deducts <u>0.50</u> for the spot.
- 2. If the gymnast falls after the spot, an additional <u>0.50</u> deduction is taken for the fall.
- 3. No VP credit awarded.
- 4. No SR credit awarded.
- 5. No Bonus awarded (Sapphire).

### C. If the coach spots the gymnast upon landing of an element:

- 1. Each judge deducts <u>0.50</u> for the spot.
- 2. If the gymnast falls after the spot, an additional <u>0.50 is taken for the fall</u>.
- 3. VP credit is awarded.
- 4. SR credit is awarded.
- 5. No Bonus awarded (Sapphire).

### D. If the coach touches (or pushes) the gymnast to stop momentum on or after the landing:

- 1. Only one <u>0.50</u> deduction (for the spot) would be applied.
- 2. If gymnast falls, do not deduct an additional 0.50 for the fall.
- 3. Gymnast steps over boundary line, Chief Judge deducts <u>0.10</u> from Average Score.
- 4. No Bonus awarded (Sapphire).
- E. If the coach catches a falling gymnast, do not deduct for the spot; deduct <u>0.50</u> for the fall ONLY.
- F. There is no penalty if the gymnast inadvertently touches the coach.

### VII. OBSTRUCTING VIEW

- A. Gymnasts and Coaches are permitted to stand around Floor Exercise area (and cheer), provided they do not obstruct the view of Judges and / or spectators.
  - 1. Chief Judge would first warn Teammates / Coaches if there is obstruction.
    - a. If obstruction continues, deduct <u>0.20</u> for "unsportsmanlike conduct" to either:
      - 1) All- Around score of individual Gymnast creating obstruction OR
      - 2) Team score of Team in violation.

TIMING OF THE EXERCISE		
Division	Maximum Time Limit	
Bronze	45 seconds	
Silver	1 minute	
Gold	1 minute	
Platinum	1 minute 30 seconds	
Diamond	1 minute 30 seconds	
Sapphire	1 minute 30 seconds	

	(Medium Faults Cor	ntinued)		
N N N	up to 0.20	Incorrect body posture on landing of elements/VP		
ordic	up to 0.20	Additional Trunk Movements to maintain balance / control upon landing of an Acro element		
	<u>0.20 (</u> Max. 0.40)	Large step or jump on landing (approximately 3 feet or more) Clarification on Landing Acro		
<b>Le</b>		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:		
	each up to 0.30	Bent arms in support		
	Max 0.30	• (90° bend or greater receives 0.30)		
~ -	Max 0.50	<ul> <li>Maximum on any one element = 0.30 bent arms &amp; 0.30 bent legs</li> </ul>		
Up	up to 0.30	Insufficient extension (open) of the body prior to landing an Acro element		
to le	up to 0.30	Insufficient height of salto elements		
0.		<ul> <li>Does not apply to accelerating element in directly connected Forward Acro series.</li> </ul>		
30)		<ul> <li>Example: Front Handspring – Front Layout – Front Tuck.</li> </ul>		
		<ul> <li>Front Layout is accelerating element, do not deduct for Insufficient Height.</li> </ul>		
	up to $0.30$	Squat on landing (nips <del>even with or</del> lower than the knees)		
	un to 0.30	Brush/touch landing surface with one (1) or two (2) hands (no support)		
Ve	up to 0.50	Support on mat with one (1) or two (2) hands		
	0.50	Fall on mat to knee(s) or hips		
2	0.50 Fall + 0.50 Spot	Fall after spotting assistance during or upon landing an element		
	0.50	Fail/Failure to land on the bottom of the feet first on Aerials/Saltos:		
nge ).5(	No VP/No SR	No VP / No SR / Deduct for Fall		
	<u>0.50</u>	Simultaneously landing on bottoms of feet and hands or knees:		
aul		Award VP / Award SR / Deduct for Fall.		
ts	<u>0.50</u>	Spotting assistance during an element - Do <u>not</u> award VP or SR credit / No Bonus (Sapphire)		
	0.50	Spotting assistance upon landing an element - Award VP and SR credit / No Bonus (Sapphire)		
⊳	Insufficient Artistry	throughout the exercise. * 0.10 is the maximum that can be taken in each category.		
in ti	*0.05 – 0.10	Lack of variety in choreography (poses, phrases, connections)		
str	*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)		
	0.05 - 0.10	Eailure to hold anding page for 1 accord		
	<u>0.05</u>	Failure to show eventsetization of music with anding page		
	<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		
6	each up to 0.10	Lack of Precision in Dance Elements or VP Elements		
sþe		Lack of definite arm or leg position on turns / leaps		
)cit		Degree of turn not exact		
ic	a a a h um ta 0.10			
E E	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 land with feet/legs together on jumps/leaps that land on 2 feet Failure to perform turns in high relevé		
ecu	each up to 0.10 each up to 0.10 Each <u>0.10</u>	Failure to land with feet/legs together on jumps/leaps that land on 2 feet Failure to perform turns in high relevé Concentration Pauses (2 seconds or more)		
ecutio	each up to 0.10 each up to 0.10 Each <u>0.10</u> up to <u>0.30 <del>0.20</del></u>	Failure to land with feet/legs together on jumps/leaps that land on 2 feet Failure to perform turns in high relevé Concentration Pauses (2 seconds or more) Poor relationship of Music and Movement throughout		
ecution I	each up to 0.10 each up to 0.10 Each <u>0.10</u> up to <u>0.30 <del>0.20</del></u> Up to 0.30	Failure to land with feet/legs together on jumps/leaps that land on 2 feet Failure to perform turns in high relevé Concentration Pauses (2 seconds or more) Poor relationship of Music and Movement throughout Relaxed/incorrect footwork on non-value parts throughout exercise		
ecution Err	each up to 0.10 each up to 0.10 Each <u>0.10</u> up to <u>0.30 <del>0.20</del></u> Up to 0.30 Up to 0.30	Failure to land with feet/legs together on jumps/leaps that land on 2 feet         Failure to perform turns in high relevé         Concentration Pauses (2 seconds or more)         Poor relationship of Music and Movement throughout         Relaxed/incorrect footwork on non-value parts throughout exercise         Incorrect body alignment, position or posture on non-VP's (throughout exercise)		
ecution Errors	each up to 0.10 each up to 0.10 Each <u>0.10</u> up to <u>0.30 <del>0.20</del></u> Up to 0.30 Up to 0.30 <del>up to 0.30</del>	Failure to land with feet/legs together on jumps/leaps that land on 2 feet         Failure to perform turns in high relevé         Concentration Pauses (2 seconds or more)         Poor relationship of Music and Movement throughout         Relaxed/incorrect footwork on non-value parts throughout exercise         Incorrect body alignment, position or posture on non-VP's (throughout exercise)         Missing Synchronization of Movement with Musical Beat throughout the exercise		
ecution Errors	each up to 0.10 each up to 0.10 Each <u>0.10</u> up to <u>0.30 <del>0.20</del></u> Up to 0.30 Up to 0.30 <del>up to 0.30</del> <u>0.05</u>	Failure to land with feet/legs together on jumps/leaps that land on 2 feet         Failure to perform turns in high relevé         Concentration Pauses (2 seconds or more)         Poor relationship of Music and Movement throughout         Relaxed/incorrect footwork on non-value parts throughout exercise         Incorrect body alignment, position or posture on non-VP's (throughout exercise)         Missing Synchronization of Movement with Musical Beat throughout the exercise         • each time		
ecution Errors	each up to 0.10 each up to 0.10 Each <u>0.10</u> up to <u>0.30 <del>0.20</del></u> Up to 0.30 Up to 0.30 <u>up to 0.30</u> <u>0.05</u> <u>0.10</u>	Failure to land with feet/legs together on jumps/leaps that land on 2 feet         Failure to perform turns in high relevé         Concentration Pauses (2 seconds or more)         Poor relationship of Music and Movement throughout         Relaxed/incorrect footwork on non-value parts throughout exercise         Incorrect body alignment, position or posture on non-VP's (throughout exercise)         Missing Synchronization of Movement with Musical Beat throughout the exercise            • at the end of the music		
ecution Errors	each up to 0.10 each up to 0.10 Each <u>0.10</u> up to <u>0.30 0.20</u> Up to 0.30 Up to 0.30 <del>up to 0.30</del> <u>0.05</u> <u>0.10</u> <u>1.00</u>	Failure to land with feet/legs together on jumps/leaps that land on 2 feet         Failure to perform turns in high relevé         Concentration Pauses (2 seconds or more)         Poor relationship of Music and Movement throughout         Relaxed/incorrect footwork on non-value parts throughout exercise         Incorrect body alignment, position or posture on non-VP's (throughout exercise)         Missing Synchronization of Movement with Musical Beat throughout the exercise         - each time         - at the end of the music         Absence of Music or Music with Words / Song (whistles, animal or human sounds are allowed)		
ecution Errors	each up to 0.10 each up to 0.10 Each <u>0.10</u> up to <u>0.30 <del>0.20</del></u> Up to 0.30 <u>up to 0.30</u> <u>0.05</u> <u>0.10</u> <u>1.00</u> CJ deducts off Ave.	Failure to land with feet/legs together on jumps/leaps that land on 2 feet         Failure to perform turns in high relevé         Concentration Pauses (2 seconds or more)         Poor relationship of Music and Movement throughout         Relaxed/incorrect footwork on non-value parts throughout exercise         Incorrect body alignment, position or posture on non-VP's (throughout exercise)         Missing Synchronization of Movement with Musical Beat throughout the exercise         - each time         - at the end of the music         Absence of Music or Music with Words / Song (whistles, animal or human sounds are allowed)		

### II. CLARIFICATIONS REGARDING CONNECTIONS

### A. Acro Pass

- 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:
  - <mark>a. Aerials</mark>
  - b. Salto-like elements landing in sitting, prone or split-sit position.
  - c. Element #7.101: A one-foot take-off will appear as an aerial/side salto but will NOT be considered a salto for Special Requirement purposes.
- 2. No Special Requirement awarded.

### D. Dance Passage

- 1. Elements may be directly or indirectly connected.
- 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.
- 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:
    - 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.

Revised December 2022

### CHAPTER 4: ADDITIONAL SAPPHIRE INFORMATION

### I. BONUS - Refer to General/Judges Chapter 9 for additional information on Sapphire Bonus.

- A. Connection Bonus: "B"+"B" combination (or higher) is eligible for 0.10 in Bonus for each occurrence.
  - Applies to any inherently connectable skills (as well as indirect acro passes on Floor).
  - 2. "B"+"B" (or higher) may include any combination of mounts, dismounts, dance and acro.

### II. ROUTINE EXAMPLES

The following provides sample floor routines for the Sapphire Division. The Value part (VP) and Special Requirement (SR) is provided for each routine element as applicable.

- Fulfilling multiple Special Requirements: 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.
- Bonus: The first elements achieving the Bonus up to the maximum of 0.40 are indicated. Any additional Bonus elements/connections are shown with an \* to indicate the maximum Bonus is already reached.

	SAPP	HIRE - R	ОШТ	INF EXA	MPLE	S	
	MEET SPECIAL REQU		S (SR)		RTS ()	(P). ANI	BONUS
	Poutino Elemento	Element #		<u>e</u> D	Во	nus	Start Value
	Routine Elements	Liement #	VF	31	C/D	Conn.	
	Round-off +	5.105	A	Part			
	Flic-flac +	5.106	Α	SR2			All Special Requirements: Yes
	Back layout ½ twist (180°)	8.201	В	0112			• All Value Parts: Yes, higher VP may
1	2/1 turn (720°) on one foot	2.301	С	SR4	+.1		be used to fulfill lower VP
	Switch-leg leap (180°) (direct connection) +	1.204	В	SR3		<b>}</b> +.1	• All Bonus: Yes
	Split jump with 1/1 (360°) turn	1.302	С	0110	+.1	J	• Start Value: 9.60 + 0.40 Bonus =
	Front Layout 1/1 (360°) twist +	6.301	С	SR1/	+.1		10.0
	Front Tuck	6.101	A	Part SR2			
	Front Tuck +	6.101	Α	SR1/			
	Front Pike	6.201	В	Part SR2			
	Tuck jump with 1 ½ (540°) turn	1.315	С		+.1		All Special Requirements: Yes
	Full (360°) turn on one foot in tuck stand	2.206	В	SR4			All Value Part: Yes
2.	Split leap (180°) -run –	1.101	Α				All Bonus: Yes
	Wolf hop 1/1 (360°) (direct connection) +	1.316	С	SR3	+.1	<b>7_+.1</b>	• Start Value: 9.60 + 0.40 Bonus =
	Split jump 1/1 (360°)	1.302	С		+.1	J	10.0
	Round-off +	5.105	Α	Part SR2			
	Back layout	8.101	Α				
	DO NOT MEET SPECIAL REQUI	REMENTS	(SR). '	VALUE PAR	T (VP).	AND/O	R MAXIMUM BONUS
			(,,	-	- ( //		
	Routine Elements	Element #	VP	SR	C/D	Conn.	Start Value
	Routine Elements Front Handspring +	Element # 5.102	VP A	SR Part SR2	C/D	Conn.	Start Value
	Routine Elements Front Handspring + Front Pike	Element # 5.102 6.201	VP A B	SR Part SR2	C/D	Conn.	Start Value
	Routine Elements Front Handspring + Front Pike Switch-leg leap (180°) -	Element # 5.102 6.201 1.204	VP A B B	SR Part SR2	C/D	Conn.	• All Special Requirements – No,
	Routine Elements Front Handspring + Front Pike Switch-leg leap (180°) - Wolf hop	Element # 5.102 6.201 1.204 1.116	VP A B B A	SR Part SR2 SR3	C/D	Conn.	Start Value     All Special Requirements – No, missing SR2- 3 different saltos     All Value Parts – Yes
1.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one foot	Element # 5.102 6.201 1.204 1.116 2.301	VP A B B A C	SR Part SR2 SR3 SR4	C/D +.1	Conn.	<ul> <li>Start Value</li> <li>All Special Requirements – No, missing SR2- 3 different saltos</li> <li>All Value Parts – Yes</li> <li>All Bonus – No + 10</li> </ul>
1.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one footFront pike step-out +	Element # 5.102 6.201 1.204 1.116 2.301 6.201	VP A B B A C B	SR Part SR2 SR3 SR4	C/D +.1	Conn.	<ul> <li>Start Value</li> <li>All Special Requirements – No, missing SR2- 3 different saltos</li> <li>All Value Parts – Yes</li> <li>All Bonus - No, +.10</li> <li>Start Value - 9.60 - 0.50 for missing</li> </ul>
1.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one footFront pike step-out + Round-off +	Element # 5.102 6.201 1.204 1.116 2.301 6.201 5.105	VP A B B A C B A A	SR Part SR2 SR3 SR4 SR1/	C/D +.1	Conn.	<ul> <li>Start Value</li> <li>All Special Requirements – No, missing SR2- 3 different saltos</li> <li>All Value Parts – Yes</li> <li>All Bonus - No, +.10</li> <li>Start Value - 9.60 - 0.50 for missing SR + 0.10 Bonus = 9.20 SV</li> </ul>
1.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one footFront pike step-out + Round-off + Flic-flac +	Element # 5.102 6.201 1.204 1.116 2.301 6.201 5.105 5.106	VP A B B A C B B A A A	SR Part SR2 SR3 SR4 SR1/ Part SR2	C/D +.1	Conn.	<ul> <li>Start Value</li> <li>All Special Requirements – No, missing SR2- 3 different saltos</li> <li>All Value Parts –Yes</li> <li>All Bonus - No, +.10</li> <li>Start Value - 9.60 - 0.50 for missing SR + 0.10 Bonus = 9.20 SV</li> </ul>
1.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one footFront pike step-out + Round-off + Flic-flac + Back tuck	Element # 5.102 6.201 1.204 1.116 2.301 6.201 5.105 5.106 8.101	VP A B A C C B A A A A	SR Part SR2 SR3 SR4 SR1/ Part SR2	C/D +.1	Conn.	Start Value         • All Special Requirements – No, missing SR2- 3 different saltos         • All Value Parts –Yes         • All Bonus - No, +.10         • Start Value - 9.60 - 0.50 for missing SR + 0.10 Bonus = 9.20 SV
1.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one footFront pike step-out + Round-off + Flic-flac + Back tuckRound-off +	Element # 5.102 6.201 1.204 1.116 2.301 6.201 5.105 5.106 8.101 5.105	VP A B B A C B A A A A A	SR Part SR2 SR3 SR4 SR1/ Part SR2	+.1	Conn.	Start Value         • All Special Requirements – No, missing SR2- 3 different saltos         • All Value Parts –Yes         • All Bonus - No, +.10         • Start Value - 9.60 - 0.50 for missing SR + 0.10 Bonus = 9.20 SV         • All Special Requirements – No,
1.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one footFront pike step-out + Round-off + Flic-flac + Back tuckRound-off + Flic-flac+Flic-flac + Back tuck	Element # 5.102 6.201 1.204 1.116 2.301 6.201 5.105 5.106 8.101 5.105 5.106	VP A B A A C B A A A A A A	SR Part SR2 SR3 SR4 SR1/ Part SR2	+.1	Conn.	<ul> <li>Start Value</li> <li>All Special Requirements – No, missing SR2- 3 different saltos</li> <li>All Value Parts –Yes</li> <li>All Bonus - No, +.10</li> <li>Start Value - 9.60 - 0.50 for missing SR + 0.10 Bonus = 9.20 SV</li> <li>All Special Requirements – No, Missing SR4 – Turn must be a</li> </ul>
1.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one footFront pike step-out + Round-off + Flic-flac + Back tuckRound-off + Flic-flac+ Double back salto	Element # 5.102 6.201 1.204 1.116 2.301 6.201 5.105 5.106 8.101 5.105 5.106 8.403	VP A B A C B A A A A A A A D	SR Part SR2 SR3 SR4 SR1/ Part SR2	+.1 +.1	Conn.	<ul> <li>Start Value</li> <li>All Special Requirements – No, missing SR2- 3 different saltos</li> <li>All Value Parts –Yes</li> <li>All Bonus - No, +.10</li> <li>Start Value - 9.60 - 0.50 for missing SR + 0.10 Bonus = 9.20 SV</li> <li>All Special Requirements – No, Missing SR4 – Turn must be a minimum "B"</li> <li>All Value Parts – Yes</li> </ul>
1.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one footFront pike step-out + Round-off + Flic-flac + Back tuckRound-off + Flic-flac+ Double back salto1/1 turn (360°) on one foot	Element # 5.102 6.201 1.204 1.116 2.301 6.201 5.105 5.106 8.101 5.105 5.106 8.403 2.101	VP A B A C B A A A A A A A A A A A A A A A	SR Part SR2 SR3 SR4 SR1/ Part SR2 Part SR2	+.1 +.1	Conn.	<ul> <li>Start Value</li> <li>All Special Requirements – No, missing SR2- 3 different saltos</li> <li>All Value Parts –Yes</li> <li>All Bonus - No, +.10</li> <li>Start Value - 9.60 - 0.50 for missing SR + 0.10 Bonus = 9.20 SV</li> <li>All Special Requirements – No, Missing SR4 – Turn must be a minimum "B"</li> <li>All Value Parts – Yes</li> <li>All Bonus – No, +0.20</li> </ul>
1.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one footFront pike step-out + Round-off + Flic-flac + Back tuckRound-off + Flic-flac+ Double back salto1/1 turn (360°) on one footSwitch-leg leap (180°) (direct connection) +	Element # 5.102 6.201 1.204 1.116 2.301 6.201 5.105 5.106 8.101 5.105 5.106 8.403 2.101 1.204	VP A B B A C B A C B A A A A A A A A B B	SR Part SR2 SR3 SR4 SR1/ Part SR2 Part SR2	+.1 +.1		<ul> <li>Start Value</li> <li>All Special Requirements – No, missing SR2- 3 different saltos</li> <li>All Value Parts – Yes</li> <li>All Bonus - No, +.10</li> <li>Start Value - 9.60 - 0.50 for missing SR + 0.10 Bonus = 9.20 SV</li> <li>All Special Requirements – No, Missing SR4 – Turn must be a minimum "B"</li> <li>All Value Parts – Yes</li> <li>All Bonus – No, +0.20</li> <li>Start Value – 9.60 SV = 0.50 for</li> </ul>
1.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one footFront pike step-out + Round-off + Flic-flac + Back tuckRound-off + Flic-flac+ Double back salto1/1 turn (360°) on one footSwitch-leg leap (180°) (direct connection) + Straddle jump (180°) ^	Element # 5.102 6.201 1.204 1.116 2.301 6.201 5.105 5.106 8.101 5.105 5.106 8.403 2.101 1.204 1.207	VP A B A C B A C B A A A A A A A A B B B B	SR Part SR2 SR3 SR4 SR1/ Part SR2 Part SR2	+.1 +.1	Conn.	<ul> <li>Start Value</li> <li>All Special Requirements – No, missing SR2- 3 different saltos</li> <li>All Value Parts –Yes</li> <li>All Bonus - No, +.10</li> <li>Start Value - 9.60 - 0.50 for missing SR + 0.10 Bonus = 9.20 SV</li> <li>All Special Requirements – No, Missing SR4 – Turn must be a minimum "B"</li> <li>All Value Parts – Yes</li> <li>All Bonus – No, +0.20</li> <li>Start Value – 9.60 SV – 0.50 for missing SR + 0.20 Bonus = 9.30 SV</li> </ul>
1.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one footFront pike step-out + Round-off + Flic-flac + Back tuckRound-off + Flic-flac+ Double back salto1/1 turn (360°) on one footSwitch-leg leap (180°) ^ Straddle jump (180°) ^Front Layout +	Element # 5.102 6.201 1.204 1.116 2.301 6.201 5.105 5.106 8.101 5.105 5.106 8.403 2.101 1.204 1.207 6.201	VP A B A C B A C B A A A A A A B B B B B	SR Part SR2 SR3 SR4 SR1/ Part SR2 Part SR2 SR3	+.1	Conn.	<ul> <li>All Special Requirements – No, missing SR2- 3 different saltos</li> <li>All Value Parts –Yes</li> <li>All Bonus - No, +.10</li> <li>Start Value - 9.60 - 0.50 for missing SR + 0.10 Bonus = 9.20 SV</li> <li>All Special Requirements – No, Missing SR4 – Turn must be a minimum "B"</li> <li>All Value Parts – Yes</li> <li>All Value Parts – Yes</li> <li>All Bonus – No, +0.20</li> <li>Start Value – 9.60 SV – 0.50 for missing SR + 0.20 Bonus = 9.30 SV</li> </ul>
1.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one footFront pike step-out + Round-off + Flic-flac + Back tuckRound-off + Flic-flac+ Double back salto1/1 turn (360°) on one footSwitch-leg leap (180°) (direct connection) + Straddle jump (180°) ^Front Layout + Front Tuck	Element # 5.102 6.201 1.204 1.116 2.301 6.201 5.105 5.106 8.101 5.105 5.106 8.403 2.101 1.204 1.207 6.201 6.101	VP A B A C B A A A A A A A B B B B B A	SR Part SR2 SR3 SR4 SR1/ Part SR2 Part SR2 SR3	+.1 +.1	Conn.	<ul> <li>Start Value</li> <li>All Special Requirements – No, missing SR2- 3 different saltos</li> <li>All Value Parts –Yes</li> <li>All Bonus - No, +.10</li> <li>Start Value - 9.60 - 0.50 for missing SR + 0.10 Bonus = 9.20 SV</li> <li>All Special Requirements – No, Missing SR4 – Turn must be a minimum "B"</li> <li>All Value Parts – Yes</li> <li>All Value Parts – Yes</li> <li>All Bonus – No, +0.20</li> <li>Start Value – 9.60 SV – 0.50 for missing SR + 0.20 Bonus = 9.30 SV ^To receive connection bonus - The two dance elements must be directly</li> </ul>
1.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one footFront pike step-out + Round-off + Flic-flac + Back tuckRound-off + Flic-flac+ Double back salto1/1 turn (360°) on one footSwitch-leg leap (180°) (direct connection) + Straddle jump (180°) ^Front Layout + Front Tuck	Element # 5.102 6.201 1.204 1.116 2.301 6.201 5.105 5.106 8.101 5.105 5.106 8.403 2.101 1.204 1.207 6.201 6.101	VP A B A C B A A A A A A A B B B B B A	SR Part SR2 SR3 SR4 SR1/ Part SR2 Part SR2 SR3 SR1/ Part SR2	+.1	Conn.	<ul> <li>Start Value</li> <li>All Special Requirements – No, missing SR2- 3 different saltos</li> <li>All Value Parts –Yes</li> <li>All Bonus - No, +.10</li> <li>Start Value - 9.60 - 0.50 for missing SR + 0.10 Bonus = 9.20 SV</li> <li>All Special Requirements – No, Missing SR4 – Turn must be a minimum "B"</li> <li>All Value Parts – Yes</li> <li>All Bonus – No, +0.20</li> <li>Start Value – 9.60 SV – 0.50 for missing SR + 0.20 Bonus = 9.30 SV</li> <li>Aro receive connection bonus - The two dance elements must be directly connected, an assemble after the switch</li> </ul>
1. 2.	Routine ElementsFront Handspring + Front PikeSwitch-leg leap (180°) - Wolf hop2/1 (720°) turn on one footFront pike step-out + Round-off + Flic-flac + Back tuckRound-off + Flic-flac+ Double back salto1/1 turn (360°) on one footSwitch-leg leap (180°) (direct connection) + Straddle jump (180°) ^Front Layout + Front Tuck	Element # 5.102 6.201 1.204 1.116 2.301 6.201 5.105 5.106 8.101 5.105 5.106 8.403 2.101 1.204 1.207 6.201 6.101	VP A B A C B A A A A A A A B B B B B A	SR Part SR2 SR3 SR4 SR1/ Part SR2 Part SR2 SR3 SR1/ Part SR2	+.1	Conn.	<ul> <li>Start Value</li> <li>All Special Requirements – No, missing SR2- 3 different saltos</li> <li>All Value Parts –Yes</li> <li>All Bonus - No, +.10</li> <li>Start Value - 9.60 - 0.50 for missing SR + 0.10 Bonus = 9.20 SV</li> <li>All Special Requirements – No, Missing SR4 – Turn must be a minimum "B"</li> <li>All Value Parts – Yes</li> <li>All Bonus – No, +0.20</li> <li>Start Value – 9.60 SV – 0.50 for missing SR + 0.20 Bonus = 9.30 SV</li> <li>ATo receive connection bonus - The two dance elements must be directly connected, an assemblé after the switch leap into the Straddle jump would break the connection</li> </ul>

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### Xcel Code of Points FLOOR EXERCISE ELEMENTS

### FLOOR EXERCISE ELEMENTS

		FLOOR						
		Additional "A" Elements & Elements modified from the Development Program						
		Elements Limited by Division—Receiving "A" VP						(0)
			Br	s		Plat	Diar	Sapi
	Split Ar	adaa by Division	onz	ilve	Gol	inur	non	phir
	Minimu	<b>m 60° -</b> Split Jump: Stride Lean: Side Lean (60° - 180°): Straddle Jump (60° - 180°)	e √	7	٩	n	d	e
	Minimu	<b>m 90° -</b> Split Jump: Stride Leap: Side Leap: Straddle Jump		✓				
	Minimu	<b>m 120° -</b> Split Jump: Stride Leap: Side Leap: Straddle Jump: Switch Leg Leap			✓			
	Minimu	m 155° 1 <del>50° -</del> All Leaps / Jumps Cross / Side Split						
Gro	Leap	s & Jumps with a 135°- 155° <del>150°</del> or more split the element will receive Value-Part credit as listed in the Xcel Code of Points.				~	✓	
up :	Minimu	m 180° - All Leaps / Jumps Cross / Side Split (element will receive Vaule-part credit as listed in the						
	Xcel Co	de of Points)						~
			в			Pla	Dia	Sa
			fron	Silv	G	atini	amo	pph
	#	Element Name	ize	/er	old	um	nd	ire
	1.001	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	~	~	~			
	1 1 1 2	Chassé with 1/1 (360° turn) - Modified from Dev Program: Added variation for Passé hon 1/1 (360°)	✓	<ul> <li>✓</li> </ul>	✓	<b>√</b>	<b>√</b>	<b>√</b>
	1.112							
Grou	2.001	½ Turn on one (1) Foot (any leg position)	✓					
p 2	2.002	Forward or Backward Swing Turn	✓					
G	3.001	Headstand	$\checkmark$	$\checkmark$	✓			
lno,	3.002	Partial Handstand: minimum. 45°, feet <del>legs</del> together	$\checkmark$					
3	3.003	Handstand (Vertical – Mark)	$\checkmark$	✓	✓			
Group 4	4.102	Backward roll - Modified from Dev Program: Added variation for backward roll to Push-up shape	~	~	✓	✓	✓	✓
Gr								
oup 5	5.001	Bridge, Kick-over (from Stand or Lying position)	~	~	~			
		Split Angles by Division						
Ead	h Divisio	on has a specific required minimum Degree of Split for Leaps and Jumps with a cross or side split.	This	split	ang	e is		
spe req	cified in uired Sp	the Division's Dance SR (SR #2). Deficiency of up to <b>20° (Bronze-Diamond)</b> or <b>45° (Sapphire)</b> fro it is allowed to still receive VP and SR credit but a deduction of up to 0.20 for insufficient split will be	om th appl	ie Di lied.	visic	on-sp	ecifi	с
All I	_eaps &	Jumps with cross/side split of 135° or more Split angle will receive Value-Part credit as listed in the X	(cel	Code	e of	Poin	ts. I	f
the lear	athlete a	chieves the angle required in her Division, no further split deductions are taken. Example: A Diamon 4 <del>50°.</del> "B" VP is awarded with no angle deduction.	d pe	rforn	ns a	swite	ch le	g
Lov	ver VP o	or NO VP credit (as applicable) would be given for the element if the Split is more than 20° (Br	onz	e-Di	amo	nd)	or	
<mark>45°</mark>	(Sapphi	re) from the required split angle in the Division. Award VP or No VP for the skill actually performe	ed.					
Rer	noved:	For a deficiency resulting in a split between 130° - 134° the element would receive "A" VP				≁	≁	

**Revised August 2023** 

Ê	Group 1 – Lea	aps, Jumps, and Hops (Limite	ed by Division) Shla andla for each Divisio		,,
BRONZE (minimum 60°)	SILVER (minimum 90°)	GOLD (minimum 120°)	PLATINUM* (minimum <mark>155° <del>150°</del>)</mark>	DIAMOND* (minimum <mark>155° 450°</mark> )	
Split Jump (min. 60°) Split Leap (min. 60°) Side Leap (60° - 180° or ore) Straddle Jump (60° - 180° or ore)	• Split Jump (min. 90°) • Split Leap (min. 90°) • Side Leap (min. 90°) • Straddle Jump (min. 90°)	<ul> <li>Split Jump (min. 120°)</li> <li>Split Leap (min. 120°)</li> <li>Side Leap (min. 120°)</li> <li>Straddle Jump (min. 120°)</li> <li>Switch Leg Leap (min. 120°)</li> </ul>			
eaps & Jumps with a 135° or more eductions and awarding of Value-P	e Split angle will receive Value-Part art credit.	credit as listed in the Xcel Code of Poin	ts. Refer to Xcel Code for appropria	te application of insufficient Split	
eficiency of up to 20° <mark>(Bronze- D</mark> r insufficient split will be applied.	<mark>iamond) or 45° (Sapphire)</mark> from th	e Division-specific required Split is all	owed to still receive VP and SR cr	edit but a deduction of up to 0.20	
RONZE/SILVER/GOLD ONLY		14			
<b>001</b> Beg Swing Hop with free leg horizo free leg is within 20° of horizont at a deduction of up to 0.20 for in	ontal or above al an "A" VP is awarded sufficient amplitude is applied)				

Revised August 2024	
Revised August 2023	

	٩	<b>1.416</b> Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) with a 1½ (540°) turn – take-off from one or both legs		
Jumps and Hops	U	<b>1.316</b> Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) with a 1/1 (360°) turn – take-off from one or both legs	In the second se	
Group 1 – Leaps,	B	<b>1.216</b> Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) with 1/2 (180°) turm – take-off from one or both legs		
	A	1.116 Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) – take-off from one or both legs	NI CONTRACTOR	



				-	ם د	301 3.401				
IITED BY DIVISION)	A	BRONZE/SILVER/GOLD ONLY 3.003 Handstand (Vertical – Mark) Leg position optional		lstands	B	<b>3.</b> adstand $-1\%$ (540°+) turn or more in handstand – return				
Group 3 – Handstands (LIM	A	BRONZE ONLY 3.002 Handstands Partial: minimum. 45°, <mark>feet <del>legs</del> together <del>(No visual available)</del></mark>		Group 3 – Hand	A	a.201 ient optional or kick or press to hand- h, return movement optional movement optional	× - ×			
	A	BRONZE/SILVER/GOLD ONLY 3.001 Headstand <del>(No visual available)</del>			-	<b>3.101</b> Jump to handstand – return movem stand with $1/2 - 1/1$ (180° – 360°) tur	z: Z	کر	••	0.5

Revised August 2023 Revised August 2024





### Xcel Code of Points VAULT

		V	AULT RUL	ES			
	No oth	Allowable Vaults er vaults, other than those listed in each Division are permitted.	Start Value	Alternative Springboard	Additional	Timed V Total time determined of gymnas sq	Varm-Ups e per squad d by number sts in largest juad
	If anothe	er vault is unintentionally performed, it will be a "VOID" vault.	(SV)	Allowed?	Claimcations	Warm-Up Time <b>Per</b> Gymnast	Guaranteed Min. # of <mark>Touch</mark> Warm-Up Vaults
₽	Vault Option 1	<ul> <li>1A (SV 4.5) Stretch Jump onto mat</li> <li>THEN</li> <li>1B (SV 4.5) Kick to Handstand (hands placed on board or mat) fall to flat back.</li> </ul>	9.0 total Start Value	Yes	If a gymnast lands in a flat- back position		
ronze	Vault Option 2	Jump to Handstand - fall to flat back on mat. (no repulsion required).	10.0 Start Value	105	and then slides off the end of the mat, there is	30 seconds	1
	Mat Stack	Minimum: 16" ( <u>+</u> 1") Maximum: 48" ( <u>+</u> 1")			fall.		
	Vault Option 1	Handspring over the sideways mat stack.	10.0 Start Value		Unfolded panel		
Silve	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 <b>VOID</b> vault.)	10.0 Start Value	Yes	mat or sting mat may be placed on top of the mat stack	45 seconds	2
9r	Mat Stack	Mat stack sideways. Minimum: 24" (± 1") Maximum: 48" (± 1") Landing Mat: A minimum 6'x12'x4" mat must be placed on the floor behind the mat stack.			Sting mat may be used on the landing mat		
(	Gold	Xcel <b>Gold</b> Vault Chart	10.0 Start Value 9.5 SV if using alternative springboard	<b>Yes</b> 9.5 Start value if used		1:00 minute	2
Pla	atinum	Xcel <b>Platinum</b> Vault Chart	Xcel <b>Platinum</b> SV Chart	NO If used, the vault will be VOID.		1:30 minute	2
Dia	amond	Xcel <b>Diamond</b> Vault Chart	Xcel <b>Diamond</b> SV Chart	NO If used, the vault will be VOID.		2:00 minutes	3
Sa	pphire	Xcel <b>Sapphire</b> Vault Chart	Xcel <b>Sapphire</b> SV Chart	NO If used, the vault will be VOID.		2:00 minutes	3
		Clarifications a	oplied to AL	L Xcel Div	visions		
		(0.50) Spot on landing	Guaranteed	If the guarant	eed number of vau	lts per gymn	ast has not
0	ottina	(1.00) Spot during any other phase	Vault Clarification	before the tim	ne expires, those gy aranteed number o	mnasts may mnasts may f vaults.	continue to
Sp	σπη	(1.50) Max. Total Spot deduction	Fall Time 45 Seconds	The Chief Jud Time Starts: feet after the the medical a Time Stops:	age must monitor the when the gymnast fall. If an injury occu assessment is comp when gymnast salu	ie vauit Fall is standing u urs, fall time lete. ites for her s	ume. up on her begins after econd vault.
				Revised Septem	nber 2022 📗 Revised Augu	st 2023 📗 Rev	ised January 2024

### Xcel Code of Points UNEVEN BARS

	UNEVE	N BARS R	ULES		
	Special Requirements (SR) Deduct <u>0.50</u> for Each Missing SR Bronze-Diamond: 10.0 SV Sapphire: 9.60 SV + Up to 0.40 Bonus	Value Part (VP) Required	Difficulty Restrictions Restricted Skills <u>0.50</u> deduction - off SV	Extra Swing Deduction Taken	Warm-Up Time <b>Per</b> Gymnast
BRONZE	<ol> <li>Mount – Low bar only</li> <li>Cast (hips must leave bar) (<u>not</u> mount or dismount)</li> <li>360° Circling skill (not mount or dismount)</li> <li>Dismount – Low bar only (no saltos)</li> </ol>	Minimum of 4 "A" VP (0.10 each)	<ul> <li>No "B" or higher VP.</li> <li>No skills on High Bar.</li> <li>No Salto dismounts.</li> <li>No LB Giants.</li> </ul>	No	30 seconds
SILVER	<ol> <li>Mount</li> <li>Cast to a minimum of 45° below horizontal (<u>not</u> mount or dismount)</li> <li>360° Circling skill (<u>not</u> mount or dismount)</li> <li>Dismount - from Low bar or High Bar (no saltos)</li> </ol>	Minimum of 5 "A" VP ( <u>0.10</u> each)	<ul> <li>No "B" or higher VP.</li> <li>No Giants (LB or HB)</li> <li>No Salto dismounts.</li> </ul>	No	45 seconds
GOLD	<ol> <li>A skill finishing in clear support at a minimum of horizontal (<u>not</u> mount / dismount)</li> <li>Z/3. Two (2) 360° circling skills (not mount or dismount) must be one of the following:         <ul> <li>Two (2) directly connected same circling elements (performed on either bar); or</li> <li>Two (2) different circling elements connected or isolated (performed on either bar); or</li> <li>Two (2) of the same circling element; one performed on low bar and one performed on high bar.</li> </ul> </li> <li>Dismount – High Bar</li> </ol>	Minimum of 6 "A" VP ( <u>0.10</u> each)	<ul> <li>No "C" or higher VP.</li> <li>B Exceptions: <ul> <li>No Giants (LB or HB)</li> <li>No Release Skills with bar change.</li> </ul> </li> </ul>	No	1:00 minute
PLATINUM	<ol> <li>A skill finishing in a clear support above horizontal (<u>not</u> mount or dismount)</li> <li>360° Circling skill (<u>not</u> mount or dismount)</li> <li>Kip</li> <li>Dismount – High Bar (<u>minimum "A"</u>)</li> </ol>	Minimum of 6 "A" ( <u>0.10</u> each), 1 "B" VP ( <u>0.30</u> )	<ul> <li>No "C" or higher VP.</li> <li>Exceptions: Clear Hip HS, Stalder Bkwd to HS, Pike Sole Circle Bkwd to HS (All without turn)</li> </ul>	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	<ol> <li>Skill finishing in a clear support at a min. of 45° from vertical (not mount or dismount)</li> <li>Minimum "B" 360° Circling Skill (<u>not</u> in the mount or dismount)</li> <li>Additional Min. "B" skill - either a Turn or 2nd 360° Circling Skill (same as or different from SR#2), <u>not</u> in the mount or dismount, or Release, <u>not</u> in the dismount</li> <li>Salto or Hecht Dismount – High Bar (minimum "A"), or any dismount (minimum "B") from the high bar</li> </ol>	Minimum of 5 "A" ( <u>0.10</u> each), 2 "B" VP ( <u>0.30</u> each)	<ul> <li>Maximum of one (1) "D" VP allowed (No bonus)</li> <li>No "E" VP.</li> </ul>	Yes	2:00 minutes
SAPPHIRE	<ol> <li>Minimum of a "B" skill finishing in clear support at vertical (not mount or dismount)</li> <li>Minimum of "B" 360° circling skill (<u>not</u> in the mount or dismount)</li> <li>Minimum of "B" turn or 2<sup>nd</sup> 360° circling skill (different from SR#2), <u>not</u> in the mount or dismount, or release, <u>not</u> in the dismount</li> <li>Minimum of "B" dismount OR "C" skill directly connected to an "A" salto dismount</li> </ol>	Minimum of 3 "A" ( <u>0.10</u> each), 3 "B" VP ( <u>0.30</u> each), 1 "C" VP ( <u>0.50</u> each)	• No "E" VP.	Yes	2:00 minutes
	Clarifications ar	arifications	Col Divisions		
Fa	all Time: 45 Seconds The fall time begins when the gymnast	stands back up o	on her feet. If an injury occu	urs, fall time begins after	the
Ca	edical assessment is complete. ast Angle: The Dev Program cast angle deductions will not be	e used in any Div	ision.		
V A	alue Parts: Any skills listed in the Xcel Code of Points and all ny "A" or "B"; Diamond: Any "A"."B"."C" VP & 1 "D" <mark>. Sapphire:</mark>	owed at the resp	ective Division. (Bronze/Sil <mark>D"</mark> )	ver: Any "A" VP; Gold/P	latinum:
	Elem	ent Clarificatio	ns		
Sk ang thre	<b>iII preceded by a Cast:</b> When a skill is preceded by a cast, bug requirement with the following exceptions: <u>Exceptions</u> : casough, & cast off to stand dismount (bronze only) receive 1 "A"	oth cast & skill m it squat, stoop, o VP in all Divisior	ay receive separate VP/sk r straddle on–also with or v ns. <b>These skills may not k</b>	Ill credit, if cast achieves vithout jump to HB, cast be used to fulfill the ca	s Division's shoot <b>st SR.</b>
Lo	ng Hang Pullover: A long hang pullover is considered a 360°	circling skill only	<i>i</i> f preceded by a cast for F	Platinum <mark>-&amp; Diamond</mark> .	

### Xcel Code of Points BALANCE BEAM

				BAL	ANCE BEAM R	ULES				
		<b>Sp</b> e Dedu	ecial F ct <u>0.50</u>	Requirements (S ) for Each Missin	<b>R)</b> g SR	Value Part	Difficult Restrictio	y ns	Tim	ing
		Bro Sapphire	onze - e: 9.60	Diamond: 10.0 \$ ) SV + Up to 0.40	SV ) Bonus	(VP) Required	Restricted St <u>0.50</u> deduction off SV	kills on -	Warm-Up Time <b>Per</b> <b>Gymnast</b>	Time Limit (No min. time)
BRONZE	1. 2. 3. 4.	Minimum ½ Turn o One (1) Jump or Le required One (1) Acro eleme Dismount – No Sal	n one ( eap (no ent – N tos or /	1) Foot or two (2) F t mount or dismour on-Flight Aerials	Feet nt) - No split angle	Minimum of 4 "A" VP ( <u>0.10</u> each)	<ul> <li>No "B" or hig VP.</li> <li>No Salto or Aerial Dismo</li> <li>No Walkover</li> </ul>	her unt	30 seconds	45 seconds
SILVER	1. 2. 3. 4.	Minimum ½ Turn o One (1) Jump or Le (not mount or dism One (1) Acro eleme Dismount	n one ( eap wit ount) ent – N	1) Foot n a minimum 90° C on-Flight	ross or Side Split	Minimum of 5 "A" VP ( <u>0.10</u> each)	<ul> <li>No "B" Acr VP.</li> <li>No "C" or higher VP.</li> </ul>	0	45 seconds	50 seconds
GOLD	1. 2. 3. 4.	Minimum 1/1 Turn Two (2) different G cross or side split ( Two (2) Acro eleme – One (1) must ach Dismount	on one roup 2 isolate ents – v nieve o	(1) Foot elements – One (1 d or in a series). with or without Fligh pass through inve	) with a min. 120° nt (Isolated or Series) rted Vertical	Minimum of 6 "A" VP ( <u>0.10</u> each)	<ul> <li>No "C" or higher VP.</li> </ul>		1:00 minute	1:00 minute
PLATINUM	1. 2. 3. 4.	Minimum 1/1 Turn Dance Series – Tw different) – AND or Cross or Side Split One (1) Acro Flight – Minimum of one s (excluding Mount o Dismount	on one to (2) G ne (1) J (Isolat : eleme skill mu or Dism	(1) Foot group 1*, 2, or 3* el- ump or Leap with a ed or Series) nt OR Acro Series list achieve or pass ount)	ements (same or a minimum 120° – with or without Flight through vertical	Minimum of 6 "A" ( <u>0.10</u> each), 1 "B" VP ( <u>0.30</u> )	<ul> <li>No "C" Acro VP.</li> <li>No "D" or higher VP</li> </ul>		1:30 minutes	1:15 minutes
DIAMOND	1. 2. 3. 4.	Minimum 1/1 Turn Dance Series – Tw different) – AND or Cross or Side Split Acro Series – with achieve or pass thr AND one (1) Acro F Dismount – Salto o	on one o (2) G ne (1) J (Isolat or with rough v Flight e or Aeria	(1) Foot froup 1*, 2, or 3* el- ump or Leap with a ed or Series) out Flight – Minimu ertical (excluding n lement (Isolated or l	ements (same or a minimum <mark>155° <del>150</del> m of one skill must nount or dismount); Series)</mark>	Minimum of 5 "A" ( <u>0.10</u> each), 2 "B" VP ( <u>0.30</u> each)	<ul> <li>Maximum 1 "D" VP allowed. N bonus.</li> <li>No "E" VP.</li> </ul>	of o	2:00 minutes	1:15 minutes
SAPPHIRE	1. 2. 3. 4.	Minimum 1/1 (360° Dance series – Two different) - AND on 180° Cross or Side Acro series with a r (1) skill must pass f Min "B" Dismount C "A" salto/aerial dism	) turn o o (2) G e (1) le split (I minimu through DR an a nount	on one (1) foot roup 1*,2, or 3* ele ap or jump with a r solated or Series) m of one (1) flight s n or achieve vertica acro flight skill direc	ments (same or ninimum <del>requiring</del> skill (a minimum of one l) ctly connected to an	Minimum of 3 "A" ( <u>0.10</u> each), 3 "B" VP ( <u>0.30</u> each), 1 "C" ( <u>0.50</u> )	• No "E" VP.		2:00 minutes	1:30 minutes
				Clarificati	Clarifications	Divisions				
Fal afte SR	I Time or the I #3: All	e: <b>45 Seconds</b> - The fa medical assessment is I Acro Skills/ <mark>Series</mark> mu	all time comple st start	begins when the gym ete. and finish on the bea	mast is standing on her feet m to receive credit for SR#3	after the fall to the	e mat. If an injur	<mark>y o</mark>	ccurs, fall time	begins
SR Spl (Sa be	#4: If a lit Ang pphire applie	a restricted element is gle (within 20°/45°): S a) of the Division's spe- d.	compet R and V cified S	ed as the dismount, in /P credit will be awar blit angle. (See Beam	n addition to no SR#4 credi ded for Cross or Side Split Chapter 2, I Recognition o	t, also deduct <u>0.30</u> Leaps or Jumps th f Value Parts) Ded	for No Dismou lat are within 20 luction of up to (	nt. ° <mark>(S</mark> ).20	ilver-Diamond) ) for Insufficien	or 45° t Split will
Ha Ele Val	ndstai ments ue Pa	nds: A hold is not requ s. arts: Any skills listed in	the Xce	any "A" VP handstan I Code of Points <u>and</u>	d. Any "B" VP or higher har allowed at the respective D	ndstand requires a Division. (Bronze: A	2 second hold	if no er: /	oted within the Any "A" VP or "	Table of 'B"
Dai	nce VF	P, Gold: Any "A" or "B"	; Platinu	Im: Any "A", "B" or "C PI	<u>" Dance VP; Diamond: Any</u> atinum/Diamond/ <mark>Sann</mark>	"A", "B","C" VP & hire	1 "D")	_		
Da of F	nce Se Points,	eries: * Group 1 Dance , are eligible to be used	e VP – 0 d in the	Group 1 Mounts that a dance series. / * Grou	are considered Dance VP a up 3 Turns on one (1) Foot	re indicated with a are eligible to be u	(D) next to the used in the danc	illu: e se	stration within teries.	the Code
Revi	sed S	eptember 2022	Revi	sed August 2023	BALANCE BEAM - 1	Revised Jan	uary 2024	F	Revised Augu	ıst 2024

	FLOOR EXERCISE F	RULES			
	Special Requirements (SR) Deduct <u>0.50</u> for Each Missing SR	Value Part	Difficulty Restrictions	Tim	ing
	Bronze - Diamond: 10.0 SV Sapphire: 9.60 SV + Up to 0.40 Bonus	(VP) Required	Restricted Skills <u>0.50</u> deduction - off SV	Timed Warm- Ups^	Time Limit
BRONZE	<ol> <li>*Minimum 2 directly connected Acro elements (with or without Flight).</li> <li>*2<sup>nd</sup> Acro Pass – Minimum one (1) Acro element (with/without Flight).</li> <li>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.</li> <li>Minimum 1/2 Turn on one (1) foot.</li> </ol>	Minimum of 4 "A" VP ( <u>0.10</u> each)	<ul> <li>No "B" or higher VP. Exceptions: Straddle jump &amp; Side leap 60°– 180° receive "A" VP</li> <li>No Saltos or Aerials</li> <li>Max of two (2) Acro flight elements per routine</li> </ul>	30 sec.	45 sec.
SILVER	<ol> <li>*Minimum 2 directly connected Acro elements, 1 must have Flight.</li> <li>*2nd Acro Pass – either: A 2nd Minimum two (2) directly connected elements (with or without Flight), OR One (1) Acro Flight element</li> <li>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.</li> <li>Minimum 1/1 Turn on one (1) foot.</li> </ol>	Minimum of 5 "A" VP ( <u>0.10</u> each)	<ul> <li>No "B" Acro VP.</li> <li>No "C" or higher VP.</li> <li>Maximum one (1) Salto or Aerial per routine.</li> </ul>	45 sec.	1:00 min.
GOLD	<ol> <li>*Minimum 2 directly connected Acro Flight elements.</li> <li>*2nd Acro Pass – either: A 2nd connection with minimum two (2) directly connected Acro Flight elements OR One (1) Aerial or Salto</li> <li>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°</li> <li>Minimum 1/1 Turn on one (1) foot.</li> </ol>	Minimum of 6 "A" VP ( <u>0.10</u> each)	<ul> <li>No "B" VP Twisting Saltos.</li> <li>No "C" or higher VP.</li> </ul>	1:00 min.	1:00 min.
PLATINUM	<ol> <li>*Minimum 2 directly connected Acro Flight elements with "A" or "B" Salto.</li> <li>*2nd Acro Pass – either: A 2nd connection with minimum two (2) directly connected Acro Flight elements OR One (1) "B" Salto</li> <li>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 155° 150° Cross or Side Split.</li> <li>Minimum 1/1 Turn on one (1) foot.</li> </ol>	Minimum of 6 "A" ( <u>0.10</u> each) 1 "B" VP ( <u>0.30</u> )	<ul> <li>No "C" Acro VP.</li> <li>No "D" or higher VP.</li> </ul>	1:30 min.	1:30 min.
DIAMOND	<ol> <li>Two (2) separate Acro Flight Passes, each with a Minimum of 2 directly connected Acro Flight elements OR One (1) Acro Flight Pass with Two (2) directly connected Acro Flight elements AND One (1) separate/isolated "C" Salto."</li> <li>Two (2) Different Saltos (Isolated or in connection) One (1) must be a Minimum "B" (May be included in SR#1)</li> <li>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 155°150° Cross or Side Split.</li> <li>Minimum "B" Turn on one (1) foot.</li> </ol>	Minimum of 5 "A" ( <u>0.10</u> each) 2 "B" VP ( <u>0.30</u> each)	<ul> <li>Maximum of 1 "D" VP allowed. No bonus.</li> <li>No "E" VP.</li> </ul>	2:00 min.	1:30 min.
SAPPHIRE	<ol> <li>One (1) acro pass with two (2) saltos, same or different.</li> <li>Three (3) different saltos, one (1) is a minimum of a "B".</li> <li>Dance passage with a minimum of two different elements from Group 1 (Leap, Jump, Hop), directly or indirectly connected, one of which is a leap requiring a 180° split.</li> <li>Minimum of a "B" turn on one (1) foot</li> </ol>	Minimum of 3 "A" ( <u>0.10</u> each) 3 "B" VP ( <u>0.30</u> each) 1 "C" ( <u>0.50</u> )	<ul> <li>No "E" VP.</li> </ul>	2:00 min.	1:30 min.
*SR	Children         Children           R#1/SR#2: SR#1/SR#2 may not be combined in the same pass.(Bronze, Silver, Gol	d, Platinum)			
^Ti No	<b>Minimum Time:</b> Floor routines within Xcel do <u>NOT</u> have a minimum time limit.	on.			
Flig per	Jht Skills/Elements: Acro flight skills/elements with hand support are eligible to rec formed and may also fulfill Special Requirements, provided that the Acro Pass in whether the acro Pass in	eive Value Part cl hich they are perfo	redit, regardless of the number prmed is different.	of times	
Spl (Sa with	It Angle (within 20°): SR/VP credit will be awarded for Cross or Side Split Leaps a pphire) of the Division's specified Split angle as listed under the special requiremer in 1°-20°(Bronze-Diamond) or 45°(Sapphire) of the specified split angle a deductio	nd Jumps that are it (See Floor, Cha <u>n of up to 0.20 for</u>	within 20° (Bronze-Diamond) of patent 2, Recognition of Value Para Insufficient Split may be applied.	o <mark>r 45°</mark> irts). For s :d.	plits
Div Val Gol	e Roll: A dive roll does <u>NOT</u> fulfill Flight Special Requirement. Bronze/Silver: ue Parts: Any skills listed in the Xcel Code of Points <u>and</u> allowed at the respective d: Any "A" or "B" (excluding "B" Twisting Saltos); Platinum: Any "A", "B" VP, and an	Round off Rebou Division. (Bronze: y "C" Dance VP; D	nd – Backward Roll is an Acro Any "A" VP; Silver: Any "A" VP Diamond: Any "A","B","C" VP &	<u>Connectio</u> or "B" Da 1 "D";	n. nce,
Sap Cla	phire: Any "A", "B", "C" & "D" VP) rifications Regarding Connections: Refer to Floor Exercise – 20.				

### Xcel Code of Points VAULT

	GOLD, PLATINUM, DIAMOND, & SAPPHIRE	<b>DIVISION VAL</b>	ILT CHAF	RT	
Xcel Code #	Name of Specific Allowable Vault	Gold Allowable Vault (10.0 SV) (9.5 SV if Alternative Springboard Used)	Platinum Start Value	Diamond Start Value	Sapphire Start Value
1.101	Handspring	Allowed	9.7	9.4	9.0
1.102	Handspring $\rightarrow$ ½ twist off	Allowed	9.9	9.6	9.1
1.103	Yamashita	Allowed	9.7	9.4	9.0
1.104	Yamashita $\rightarrow \frac{1}{2}$ twist off	Allowed	9.9 <del>- 10.0</del>	9.6	9.1
1.105	$\frac{1}{2}$ twist on → $\frac{1}{2}$ twist off <b>OR</b> $\frac{1}{4}$ twist on → $\frac{3}{4}$ twist off	Allowed	9.9	9.6	9.1
1.106	<sup>1</sup> ⁄ <sub>4</sub> twist on → Repulsion (with flight to feet) off <b>OR</b> <sup>1</sup> ⁄ <sub>2</sub> twist on → Repulsion (with flight to feet) off	Allowed	9.7	9.4	9.0
1.108 <u>1.109</u>	$\frac{1}{4}$ twist on $\rightarrow \frac{1}{4}$ twist off - to land facing away from the table (Vault re-numbered to 1.108)	Allowed	9.7	9.4	9.0
1.109	Handspring forward onto board – handspring forward on → repulsion off			9.5	9.1
1.110	Handspring forward onto board – handspring forward on $\rightarrow 1/2$ (180°) turn off			9.7	9.2
1.111	Handspring forward onto board $-\frac{1}{4} - \frac{1}{2} (90^{\circ} - 180^{\circ})$ turn on $\rightarrow$ repulsion off		40.0	9.5	9.1
1.201	Handspring $\rightarrow$ 1/1 twist	Allowed	10.0	10.0	9.4
1.202	Handspring $\rightarrow 1 \frac{1}{2}$ twist		10.0	10.0	9.5
1.203	Yamashita $\rightarrow$ 1/1 twist	Allowed	10.0	10.0	9.4
1.205	$\frac{1}{2}$ twist on $\rightarrow 1$ $\frac{1}{2}$ twist off <b>UR</b> $\frac{1}{4}$ twist on $-1$ $\frac{9}{4}$ twist off		40.0	10.0	9.6
1.206	$\frac{1}{2}$ twist on $\rightarrow 1/1$ twist off <b>UR</b> $\frac{1}{4}$ twist on $-1$ $\frac{1}{4}$ twist off	Allowed	10.0	9.9	9.4
1.207	$1/1$ twist on $\rightarrow$ Handspring or Yamashita off	Allowed	10.0	10.0	9.5
1.208	$1/1$ twist on $\rightarrow \frac{1}{2}$ twist off	Allowed	10.0	10.0	9.6
1.209	Handspring forward onto board – nandspring forward on $\rightarrow 1/1$ (360°) turn off Handspring forward onto board – $\frac{16}{180°}$ turn on $\rightarrow 1/2$ (180°)			10.0	9.5
1.211	turn off OR $\frac{1}{2}$ (90°) turn on $\frac{1}{2}$ (270°) turn off			9.7	9.2
1.301	$\frac{1}{14} \text{ twist on } \rightarrow \frac{2}{11} \text{ twist off } \mathbf{OP} \frac{1}{14} \text{ twist on } \rightarrow \frac{2}{14} \text{ twist off}$			10.0	10.0
1.300	$\frac{1}{2}$ twist of $\frac{1}{2}$ / twist of $\frac{1}{2}$ / twist of $\frac{1}{2}$ / twist of $\frac{1}{2}$			10.0	10.0
1.311	Handspring forward onto board $-\frac{1}{2}$ (180°) turn on $\rightarrow$ 1/1 (360°) turn off OB 1/2 (90°) turn on $\rightarrow$ 1.1/2 (450°) turn off			10.0	9.5
3 201	Tsukahara $\rightarrow$ Back Tuck			10.0	97
3 303	Tsukahara $\rightarrow$ Back Pike			10.0	9.8
3 304	Tsukahara → Back Lavout			10.0	10.0
4 101	RO FE on $\rightarrow$ Repulsion (with flight to feet) off		97	9.4	9.0
4.102	RO, FF on $\rightarrow$ Repulsion ½ twist off		9.9 <u>97</u>	9.6	9.1
4.201	RO, FF on $\rightarrow$ 1/1 twist off			10.0	9.4
4.202	RO, FF on $\rightarrow$ 1 ½ twist off (Allen)			10.0	9.5
4.203	RO, FF on $\rightarrow$ Back Tuck			10.0	9.7
4.301	RO, FF on $\rightarrow$ 2 /1 twist off				10.0
4.304	RO, FF on $\rightarrow$ Back Pike			10.0	9.8
4.305	RO, FF on → Back Layout			10.0	10.0
5.101	RO, FF $\frac{1}{2}$ on $\rightarrow$ Handspring			9.6	9.1
5.102	RO, FF $\frac{1}{2}$ on $\rightarrow \frac{1}{2}$ twist off			9.8	9.2
5.107	RO, FF 1/1 on $\rightarrow \frac{1}{2}$ twist off				9.6
5.108	RO, FF 1/1 on $\rightarrow$ repulsion off				9.5
5.201	RO, FF $\frac{1}{2}$ on $\rightarrow$ 1/1 twist off			10.0	9.6
5.202	RO, FF $\frac{1}{2}$ on $\rightarrow$ 1 $\frac{1}{2}$ twist off			10.0	9.8
5.207	RO, FF 1/1 on $\rightarrow$ 1/1 twist off				10.0
5.312	RO, FF $\frac{1}{2}$ on $\rightarrow 2/1$ twist off			10.0	10.0
	VAULT - 3	Revised Au	igust 2023	Revised A	ugust 2024

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2022 (Effei	-2026 Xc	cel Code of P	oints	90			)	e. ay w.	Ja	0	6	لارمو	you are	
1	31	yuse 1, 2026)	,	07			_	المحفين كمحر	in ink		C	artiza	en un un un vale - E .:	XILLE " Integration of the
## 2022 – 2026 USA GYMNASTICS WOMEN'S XCEL PROGRAM

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Division	Start Value	grann v	Vault	Sheet (All Divisions)		
Bronzo	9.0 (4.5+4.5)		Vault 1	A: Stretch Jump onto mat stack	(SV 4.5); <b>THEN</b>	
BIOIIZe	10.0		Vault 1 Vault 2	B: Kick to Handstand, fall to flat : Jump to Handstand – Fall to Fla	back (SV 4.5). at Back	
Silvor	10.0		Vault 1	Handspring over mat stack		
Silver	10.0		Mault 2 mat sta	: ¼ - ½ (90-180°) turn on – repul: ck.	sion off to feet, lai	nding facing the
Gold	10.0 / 9.5 (Alternative Springboard	d Used)	See Va	ult Chart		
Platinum-Sapphire	See Vault Chart	/	See Va	ult Chart		
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Missing SR = - <u>0.50</u> off SV	/ + up to .40 Bonus	'A", 3 "B", 1 "C"	" skill finishing in clear ertical (not in the mt or 360° circling skill (not mt or urn or 2nd 360° circling skill om #2), not mt or dismt, or clismt. dismount OR "C" skill directi dismount OR "C" skill directi o an "A" salto dismount e achieved from either or s. us (C/D): +0.10 (max of 1 - us) onus: "B"+"B" (or higher)	VP	SR	SV	Bonus		VP	SR	SV	Bonus		VP	SR	SV	Bonus	
	1S 9.6	" E	<ol> <li>Min. of a "B" support at v dismt)</li> <li>Min. of "B" 3 dismt)</li> <li>Min. of "B" 4</li> <li>Min. of "B" 6</li> <li>Min. of "B" 6</li> <li>Connected t</li> <li>Bonus: may b both categories</li> <li>Dir VP for Bon</li> <li>Connection B</li> </ol>	A	В	U	D	FIN	A	В	U	Ω	FIN	A	В	С	D	FIN
livisions) = no VP credit -0.50 off SV	10	5 "A", 2 "B"	<ol> <li>Skill finishing in a clear support at a min. of 45° from vertical (not in the mount or dismount)</li> <li>Min. "B" 360° Circling Skill (not in the mt or dismt)</li> <li>Additional Min. "B" skill - either a Turn or 2nd 360° Circling Skill, (same as or different from SR#2) not in the mt or dismt, or Release (not in the dismt)</li> <li>Salto or Hecht Dismount (from the high bar) (min. "A"), or any dismount (min. "B")</li> </ol>															
Restricted elements (All D		6 "A", 1 "B"	<ol> <li>Skill finishing in a clear support above horizontal (not in the mount or dismount)</li> <li>360° Circling Skill (not in the mount or dismount)</li> <li>Kip</li> <li>Dismount (from the high bar) (min. "A")</li> </ol>															
	305E0 10	" <b>X</b> ", 9	<ol> <li>Skill finishing in a clear support at a min. of horizontal (not in the mount or dismount)</li> <li>Z/3. Two 360° circling skills (not mount or dismount) must be one of the following: -Two directly connected same circling elements (performed on either bar); or •Two different circling elements connected or isolated (performed on either bar); or</li> <li>•Two of the same circling element; one performed on low bar and one performed on high bar.</li> <li>Dismount (from the high bar)</li> </ol>															
ated August 2024)		5 "A"	<ol> <li>Mount</li> <li>Cast to a min. of 45° below horizontal (not in the mount or dismount)</li> <li>360° Circling Skill (not in the mount or dismount)</li> <li>Dismount (from low bar or high bar - No saltos)</li> </ol>															
EVEN BARS (Upde PDON7E		4 "A"	<ol> <li>Mount (from LB only)</li> <li>Cast (hips must leave the bar) (not in the mount or dismount)</li> <li>360° Circling skill (not in the mount)</li> <li>Dismount (from LB only; No saltos)</li> </ol>															
N	SV	Ą	Special Requirement (SR)															

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Missing SR = - <u>0.50</u> off SV SAPPHIRE	SV + up to .40 Bonus	3 "A", 3 "B", 1 "C"	360°) turn on one foot ries – Two Group 1, 2 or 3 (same or different) – AND one ump with a min. 180° Cross or (Isolated or Series) se with a min. of one flight skill (a e skill must pass through or estimount OR an acro flight skill ismount OR an acro flight skill onnected to an "A" salto/aerial	be achieved from either or both <b>onus (C/D)</b> : +0.10 (max of 1 - "D' s) <b>Bonus</b> : "B"+"B" (or higher)	VP	SR	SV	Bonus		٨P	SR	SV	Bonus		VP	SR	SV	Bonus	
	9.6		<ol> <li>Min. 1/1 (( 2. Dance set elements. Leap or Ju Side Split</li> <li>Acro serie min. of on achieve v achieve v directly co dismount</li> </ol>	Bonus: may categories. Difficulty Bc VP for Bonus Connection +0.10	A	В	ပ	Ω	FIN	∢	В	ပ	Ω	AIN FIN	A	В	ပ	D	FIN
Divisions) = no VP credit <u>-0.50</u> off SV DIAMOND	10	5 "A", 2 "B"	<ol> <li>Min. 1/1 Turn on one Foot</li> <li>Dance Series - Two Group 1,</li> <li>or 3 elements (same or different) - AND one Leap or Jump with a min. 155° Cross or Stele Split (Isolated or Series)</li> <li>Acro Series - with or without Flight - Min. of one skill must achieve or pass through vertical (excluding mount or</li> </ol>	dismount); AND one Acro Flight element (Isolated or Series) 4. Dismount – Salto or Aerial															
Restricted elements (All PLATINUM	10	6 "A", 1 "B"	<ol> <li>Min. 1/1 Turn on one Foot</li> <li>Dance Series - Two Group 1, 2 or 3 elements (same or different) - AND one Leap or Jump with a min. 120° Cross or Side Split (Isolated or Series)</li> <li>One Acro Flight element OR Acro Series - with or without Flight - Min of one skill must achieve or pass through</li> </ol>	vertical (excluding Mount or Dismount) 4. Dismount															
GOLD	10	"A" ð	<ol> <li>Min. 1/1 Turn on One Foot</li> <li>Two (2) Different Group 2 elements - one with a min.</li> <li>120° Cross or Side Split (Isolated or Series)</li> <li>Two Acro elements - with or without Flight (Isolated or Series) One must achieve or pass through inverted vertical. Support on hands (through handstand position)</li> </ol>	is not required. 4. Dismount															
ated August 2024) SILVER	10	5 "A"	<ol> <li>1. Min. ½ Turn on One Foot</li> <li>2. One Jump or Leap with a min. 90°</li> <li>Cross or Side Split (not mount or dismount)</li> <li>3. One Acro element – Non-Flight</li> <li>4. Dismount</li> </ol>																
LANCE BEAM (Upda BRONZE	10	4 "A"	<ol> <li>Min. ½ Turn on One or Two Feet</li> <li>One Jump or Leap (not mount or dismount)</li> <li>One Acro element – Non-Flight</li> <li>Dismount – No Saltos or Aerials</li> </ol>																
BA	S۷	۷P	Special Requireme	ent (SR)															

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Missing SR = - <u>0.50</u> off SV	SAPPHIRE	9.6 SV + up to .40 Bonus	3 "A", 3 "B", 1 "C"	<ol> <li>One acro pass with two saltos, same or different.</li> <li>Three different saltos, one is min. of a "B".</li> <li>Dance passage with a min. o two different elements from Group 1, directly or indirectly connected, one of which is a Leap requiring a 180° split.</li> <li>Min. of a "B" turn on one foot.</li> <li>Bonus: may be achieved from</li> </ol>	either or both categories. Difficulty Bonus (C/D): +0.10 (max of 1 - "D" VP for Bonus) Connection Bonus: "B"+"B" (or higher) +0.10	٨P	SR	SV	Bonus		VP	SR	SV	Bonus		VP	SR	SV	Bonus	
ns) = no VP credit - <u>0.50</u> off	DIAMOND	10	5 "A", 2 "B"	<ol> <li>Two separate Acro Flight Passes, each with a Min. of two directly connected Acro Flight elements OR One Acro Flight elements OR One Acro Flight Pass with Two directly connected Acro Flight elements AND One separate/isolated "C" Salto.</li> <li>Two Different Saltos (Isolated or in Connection) One must be a Min. "B" (May be included in SR#1).</li> <li>Dance Passage – Min. two Different</li> </ol>	elements from Group 1(directly or indirectly connected), one of which is a Leap with a min. 155° Cross or Side Split. 4. Min. "B" Turn on one foot.	A	Δ	U	D	FIN	A	Δ	U	D	FIN	A	B	U	D	FIN
Restricted elements (All Divisior	PLATINUM	10	6 "A", 1 "B"	<ol> <li>Min. two directly connected Acro Flight elements with "A" or "B" Salto.</li> <li>2.2nd Acro Pass – either: A 2nd connection with min. two directly connected Acro flight elements OR One "B" Salto</li> <li>3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly Group 1 (directly or indirectly Control of indirectly</li> </ol>	connected), one of which is a Leap with a min. 155° Cross or Side Split. 4. Min. 1/1 Turn on one foot.															
	GOLD	10	6 "A"	<ol> <li>Min. two directly connected Acro Flight elements.</li> <li>2. 2nd Acro Pass – either: A 2nd connection with min. two directly connected Acro Flight elements OR One Aerial or Salto</li> <li>3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected) one</li> </ol>	of which is a Leap with a min. 120° 4. Min. 1/1 Turn on one foot.															
	SILVER	10	5 "A"	<ol> <li>Min. two directly connected Acro elements, one must have Flight.</li> <li>2. 2nd Acro Pass – either: A 2nd Min. two directly connected elements (with or without Flight), OR One Acro Flight element</li> <li>3. Dance Passage – Min. two Different elements from Group 1 (directly or indirectly or</li> </ol>	indirectly connected), one of which is a Leap with a min. 90° Cross or Side Split. 4. Min. 1/1 Turn on one foot.															
<b>DOR EXERCISE</b>	BRONZE	10	4 "A"	<ol> <li>Min. two directly connected Acro elements (with or without Flight).</li> <li>2.2<sup>nd</sup> Acro Pass – Min. one Acro element (with/without Flight).</li> <li>3.Dance Passage – Min. two Different elements from Group 1 (directly or indirectly connected),</li> </ol>	one of which is a Leap with a min. 60°Cross or Side Split. 4. Min. 1/2 Turn on one foot.															
FLO		S۷	۲P	Special Requirement	nt (SR)															

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USA GYMNASTICS WOMEN'S XCEL PROGRAM - DANCE TEC	HNIQUE Effective August 1, 2022 - July 31, 2026 (UPDA	TED AUGUST 2024)
<ul> <li>SPLIT CLARIFICATION: To receive "B", "C" or "D" Value Part as listed in the <i>Xcel Code of Poir</i>.</li> <li>A split below 135° and within 20° (Bronze-Diamond) of the SR requirement for the Division w</li> <li>If the Division split angle is not met, award VP or No VP for the skill actually performed. App</li> <li>For "B" leaps/jumps and higher: Once the athlete achieves a minimum of 135° AND her divi</li> <li>deduction (Excluding Bronze which receive "A" VP for certain splits up to 180°).</li> </ul>	ts, a Leap or Jump requiring a 180° cross or side split must show a m ill receive an "A" Value Part. Iy appropriate deductions to applicable VP performed. sion requirement, she receives the appropriate Value Part with no furt	iinimum of 135° split. .her Insufficient Split
TUCK JUMP		
Evaluation: 90° Hip and knee angle required • Insufficient tuck position (up to 0.20) • Greater than 135° angle at the hips - award VP performed (if applicable) <b>OK</b> Up to 20 Different Element	<ul> <li>Evaluation: Minimum of 90° hip angle required.</li> <li>Insufficient pike (up to 0.20)</li> <li>Greater than 135° hip angle - award VP performed (if applicable)</li> <li>OK OK U</li> </ul>	Award as applicable p to .20
WOLF HOP/JUMP	CAT LEAP	
<ul> <li>Evaluation: Both extended leg and thigh of bent leg at horizontal or above</li> <li>at horizontal or above</li> <li>Below horizontal with either leg (up to 0.10 each)</li> <li>Greater than 135° angle - award VP performed (if applicable)</li> <li>OK Up to .10 Up to .10 Award as each leg applicable</li> </ul>	<ul> <li>Evaluation: Thighs at horizontal with 90° hip angle and knees bent in turr or parallel</li> <li>Failure to reach horizontal with both legs (up to 0.10 each)</li> <li>Incorrect leg position (lack of knee bend) (up to 0.20)</li> <li>Lack of alternated leg lift - award VP performed (if applicable)</li> </ul>	1-out
<ul> <li>Evaluation-Side split jump: Legs required to have even leg separation with degree of split in alignment with the Division's split requirement.</li> <li>Insufficient split (up to 0.20)</li> <li>Legs not parallel to beam/floor (up to 0.20)</li> <li>Less than 135° split - Refer to split clarification at top of page Evaluation-Straddle pike jump: Legs required to be at horizontal and slightly forward with hips piked</li> <li>Failure to reach horizontal with both legs (up to 0.10 each)</li> </ul>	<ul> <li>Evaluation: Sissonne - Take-off from 2 feet/land on 1 foot -</li> <li>Evaluation: Sissonne - Take-off from 2 feet/land on 1 foot -</li> <li>legs in a diagonal position - Front leg should be a minimum of 45°</li> <li>Split Jump - Take-off and land on 2 feet - with even leg separation</li> <li>Insufficient split (up to 0.20)</li> <li>Legs not parallel to beam/floor in split jump (up to 0.20)</li> <li>Less than 135° split - Refer to split clarification at top of page</li> </ul>	
SWITCH-LEG LEAP	RING LEAP/JUMP	
<ul> <li>Evaluation:</li> <li>If the swing leg is bent (never extends), credit as Stag-Split leap ("A" VP)</li> <li>If the swing leg is less than 45° before the switch, award VP as listed &amp; deduct Insufficient Height of Leg Swing (up to 0.10)</li> <li>Insufficient split after leg change (up to 0.20)</li> <li>Less than 135° split after leg change - Refer to split clarification at top of page</li> </ul>	<ul> <li>Evaluation:</li> <li>Head release backward past the vertical line is required. If no head release - credit as another element in Code</li> <li>Rear foot at head height is required</li> <li>Rear foot at shoulder or upper back (up to 0.10)</li> <li>Rear foot at hip height - credit as a split leap/jump or sissone with bent back leg</li> <li>Front leg should be a minimum of 45° (up to 0.10)</li> <li>Insufficient arch (up to 0.10)</li> </ul>	OK ferent Element head head
SHEEP JUMP		Required end position of turn/twist
<ul> <li>Evaluation:</li> <li>Head release backward past the vertical line is required.</li> <li>Feet expected to be at head height Feet at shoulder or upper back (up to 0.10)</li> <li>Feet at hip height or no backward head release (regardless of leg height), or award VP performed (if applicable)</li> <li>Insufficient arch (up to 0.10)</li> </ul>	Different Element Award as applicable INCOMPLETE TURNS Insufficient leg height No head release	45 