



XCEL is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The goal of XCEL is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience.

I. HIERARCHY OF INFORMATION FOR THE XCEL PROGRAM

- A. The Xcel Program rules are found in the official written and published *Xcel Code of Points*, as updated by the Xcel Committee minutes and the Women's Technical Committee minutes (as they apply to Xcel) (Hereafter these committee minutes are referred to as "Updates").
- B. Xcel rules are also available in an iBook version of the *Xcel Code of Points*.
 - The official written and published *Xcel Code of Points/Updates* has final authority if discrepancies occur between these two versions of the *Xcel Code of Points*.
- C. In these documents, the written text takes precedence over accompanying pictures/illustrations.
- D. Please realize that every variation of a skill cannot be written or depicted in these documents.
- E. There are many judging/coaching/study aids available. While these are wonderful tools, errors may occur. In all instances, the official written and published *Xcel Code of Points/Updates* takes precedence over the judging/coaching/study aids.

II. XCEL AGE/ENTRY REQUIREMENTS AND MOBILITY OVERVIEW

- A. There are five divisions of Xcel: Bronze, Silver, Gold, Platinum and Diamond.
- B. For gymnasts entering from the Jr. Olympic Program, follow the chart on the following page.
- C. Gymnasts who have no previous competitive experience may enter at Bronze, Silver or Gold, at their coach's discretion.
- D. Gymnasts currently competing in the Xcel Program must follow the chart on the following page for mobility.
- E. Any athlete who has previously competed in the Xcel Program, but has been inactive for one or more years, must contact their State Administrative Committee Chairman for proper entry regulations. The options are:
 - 1. Remain at the Division at which they last competed.
 - 2. Move up one Division if they achieved the mobility score during their last season.
 - 3. Move down one Division without petitioning.
- F. Gymnasts who have competed in programs outside of USA Gymnastics may enter at any division that is appropriate for their skill level.
- G. Any gymnast who has had previous competitive experience in USA Gymnastics and who is a minimum of 14 years of age OR at least a Freshman in High School is eligible to petition the State Administrative Committee for entry into the Platinum or Diamond Division. The petition must be accompanied by a video that demonstrates her skill level.
- H. Since the Xcel Program is an alternative/separate program, it CANNOT BE USED TO SATISFY MOBILITY REQUIREMENTS IN THE JR. OLYMPIC PROGRAM.

III. XCEL AGE/ENTRY REQUIREMENTS AND MOBILITY OVERVIEW

Division	Minimum Age Requirement	Pre-requisite Score	Previous Experience
Bronze	Reached 5 th Birthday	None	JO Levels 1, 2
Silver	Reached 6 th Birthday	None	JO Levels 2, 3
Gold	Reached 7 th Birthday	None	JO Levels 3, 4, 5, 6
Platinum	Reached 8 th Birthday	31.00 AA at Gold Division or 8.0 IES*	JO Levels 4, 5, 6, 7, 8
Diamond	Reached 9 th Birthday	31.00 AA at Platinum Division or 8.0 IES*	JO Levels 7, 8, 9

* IES = Individual Event Specialist

For additional information regarding mobility and dropping back divisions, refer to the current *Women's Rules and Policies*.

VAULT RULES

VAULT

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Allowable Vaults No other vaults, other than those listed in each Division are permitted. If another vault is unintentionally performed will receive a "VOID".	Vault Option 1: 1A (4.5) Stretch Jump onto min. of 16" ($\pm 1"$) mat AND 1B (4.5) Kick to Handstand (hands placed on board or mat) fall to flat back. (Place board in front of skill cushion) OR Vault Option 2 (10.0): Jump to Handstand - fall to flat back on min. of 16" ($\pm 1"$) mat (no repulsion required).	Vault Option 1: 1A (5.0) Stretch Jump onto vault table AND 1B (4.5) Kick to Handstand (hands placed on vault table or on mat stack); fall to flat back onto mats stacked 8" ($\pm 2"$) above the table. OR Vault Option 2 (10.0): Handspring onto Table with repulsion to flat back landing on mats stacked 8" ($\pm 2"$) above the table.	Xcel Gold Vault Chart	Xcel Platinum Vault Chart	Xcel Diamond Vault Chart
Start Value (SV)	Vault Option 1: <u>9.0 total Start Value</u> Vault Option 2: <u>10.0 Start Value</u>	Vault Option 1: <u>9.5 total Start Value</u> Vault Option 2: <u>10.0 Start Value</u>	<u>10.0 Start Value</u> <u>9.5 Start Value</u> when using Alternative Springboard Apparatus.	<u>10.0 Start Value</u>	<u>Diamond SV Chart</u>
Clarifications	Alternative Springboard Apparatus is allowed. Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5	Alternative Springboard Apparatus is allowed. Sting mat may be used on the landing mat only. Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5	Alternative Springboard Apparatus is allowed.	Alternative Springboard Apparatus is NOT allowed. Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5	Alternative Springboard Apparatus is NOT allowed. Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5
Timing	Warm-up: 30 sec. Guaranteed 1 warm-up vault	Warm-up: 45 sec. Guaranteed 1 warm-up vault	Warm-up: 1:00 Guaranteed 2 warm-up vaults	Warm-up: 1:30 Guaranteed 2 warm-up vaults	Warm-up 1:30 Guaranteed 3 warm-up vaults

BARS

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the Xcel Code of Points. Any Skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points. Any Skills listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Any Skills listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. <u>Exceptions:</u> One Tap Swing = "A" VP. Cast (89° to 21° from vertical) = "A" VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points. 1 "D" element is allowed (No bonus) <u>Exception:</u> Cast (45° to 21° from vertical) = "A" VP.
Clarifications <i>When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit. Exceptions: cast squat on and cast shoot through receive 1 "A" VP in ALL divisions</i> <i>JO cast angle deductions will not be used in any division.</i>		If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP. A long hang pull-over is only considered a circling skill if preceded by a cast. A Tap Swing will receive extra swing deduction.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP. A long hang pull-over is only considered a circling skill if preceded by a cast. A Tap Swing will receive extra swing deduction.
Difficulty Restrictions <i>Unallowable Skills 0.5 deduction - off SV</i>	No "B" or higher VP. No skills on high bar. No Salto dismounts.	No "B" or higher VP. No Giants (LB or HB) No Salto dismounts.	No "C" or higher VP. No Giants. No Release Moves with bar change.	No "C" or higher VP. <u>Exception:</u> Clear Hip Handstand.	Maximum of 1 "D" VP allowed. No "E" VP.
Special Requirements (SR) Deduct 0.5 for Each Missing SR	1. Min. 4 "A" VP /skills 2. Cast (<i>hips must leave bar</i>) 3. Circling skill (<i>no mount or dismount</i>) 4. Dismount	1. Min. of 5 "A" VP /skills 2. Cast to a minimum of 45° below horizontal 3. Circling skill (<i>no mount or dismount</i>) 4. Dismount	1. Min. of 6 "A" VP/ skills 2. Cast to Horizontal 3. Circling skill (<i>no mount or dismount</i>) 4. Dismount – High Bar	1. Cast to above Horizontal 2. Circling skill (<i>no mount or dismount</i>) 3. Kip 4. Dismount –High Bar	1. Cast to 45° from Vertical 2. Min "B" Circling Skill 3. Release, pirouette or 2 nd different Circling Skill, minimum "B" 4. Salto Dismount – High Bar
Timing	Warm-up: 30 sec.	Warm-up: 45 sec.	Warm-up: 1:00	Warm-up: 1:30	Warm-up: 1:30

UNEVEN BARS RULES

BALANCE BEAM RULES

BALANCE BEAM

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the Xcel Code of Points. Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points. Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. Any "C" Dance VP.	5A", 2 "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points. 1 "D" element is allowed (No bonus)
Clarifications All Acro Skills must start and finish on the beam. Handstands, regardless of the angle achieved, are considered the Same Skill.	Cross Split jump = "A" VP. (any split angle) Cross Straddle jump = "A" VP. (any split angle)	"B" Dance VP allowed.	"C" Dance VP allowed.	"C" Dance VP allowed.	
<i>SR credit will be awarded for Cross or Side Split Leaps or Jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient Split will be applied.</i>					
Difficulty Restrictions Unallowable Skills 0.5 deduction - off SV	No "B" or higher VP. No Salto or Aerial Dismounts. No walkovers.	No "B" Acro VP. No "C" or higher VP.	No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	Maximum of 1 "D" VP allowed. No "E" VP.
Special Requirements (SR) Deduct 0.5 for Each Missing SR	1. Min. ½ Turn on 1 or 2 feet 2. One Jump or Leap (no mount or dismount). 3. One Acro Skill non-flight. 4. Dismount (no Saltos or Aerials).	1. Min. ½ Turn on one foot. 2. One Jump or Leap with 90° cross or side split. 3. One Acro Skill non-flight. 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (same or diff.) – AND one Jump or Leap with 90° cross or side split (can be included in the dance series). 3. Two Acro Skills – one must achieve or pass through inverted vertical – with or without flight (isolated or in a series) 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (same or diff.) – AND one Jump or Leap with 120° cross or side split (can be included in the dance series). 3. One Acro Skill with flight OR an Acro series – with or without flight 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (same or diff.) – AND one Jump or Leap with 150° cross or side split (can be included in the dance series). 3. One Acro Skill with flight (isolated or in a series) AND an Acro Series – with or without flight 4. Dismount- Salto or Aerial.
Timing No Minimum Time	Warm-up: 30 sec. Time limit: 45 sec.	Warm-up: 45 sec. Time limit: 50 sec.	Warm-up: 1:00 Time limit: 1:00	Warm-up: 1:30 Time limit: 1:15	Warm-up: 1:30 Time limit: 1:15

FLOOR EXERCISE RULES

FLOOR

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the Xcel <i>Code of Points</i> . Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel <i>Code of Points</i> . Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel <i>Code of Points</i> . Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the Xcel <i>Code of Points</i> . Any "C" Dance VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the Xcel <i>Code of Points</i> . 1 "D" element is allowed (No bonus)
Clarifications	Round-off rebound - backward roll is an acro connection. Straddle Jump & Side Leap (60°-180° or more) = "A" VP	"B" dance VP are allowed Round-off rebound - backward roll is an acro connection.		"C" dance VP are allowed.	

SR credit will be awarded for cross or side split leaps or jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient split will be applied. A Dive Roll does NOT fulfill a flight requirement

Difficulty Restrictions	No "B" or higher VP. No Saltos or Aerials.	No "B" Acro VP. No "C" or higher VP	No "B" VP Saltos. No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	Maximum of 1 "D" VP allowed. No "E" VP.
Unallowable Skills 0.5 deduction-off SV	Maximum 2 flight skills per routine.	Maximum 1 Salto or Aerial per routine.			
Special Requirements Deduct 0.5 for Each Missing SR	<ol style="list-style-type: none"> Min. 2 directly connected acro skills with or without Flight. A 2nd Pass with one Acro Skill with or without Flight. Dance Passage with a min. of 2 Different Group 1 VP or Xcel Bronze chart skills (<i>directly or indirectly connected</i>) one of which is a LEAP w/ a 60° cross or side split. Min. 1/2 Turn on one foot. 	<ol style="list-style-type: none"> Min. 2 directly connected Acro skills one must have Flight. Either a 2nd Acro connection with a min. of two directly connected skills with or without Flight OR One isolated Acro skill with Flight. Dance Passage with a min. of 2 Different Group 1 VP or Xcel Silver chart skills (<i>directly or indirectly connected</i>), one of which is a LEAP with a 90° cross or side split. Min. 1/1 Turn on one foot. 	<ol style="list-style-type: none"> Min. 2 directly connected Flight skills. Either a 2nd Acro connection with a min. of two directly connected Flight skills OR an isolated Aerial or Salto. Dance Passage with a min. of 2 Different Group 1 VP or Xcel Gold chart skills (<i>directly or indirectly connected</i>) one of which is a LEAP with a 120° cross or side split. Min. 1/1 Turn on one foot. 	<ol style="list-style-type: none"> Min. 2 directly connected Flight skills with 1 "A" or "B" Salto. Either a 2nd acro connection with a min. of two directly connected Flight skills OR an isolated "B" Salto. Dance Passage with a min. of 2 Different Group 1 VP (<i>directly or indirectly connected</i>) one of which is a LEAP with a 150° cross or side split. Min. 1/1 Turn on one foot. 	<ol style="list-style-type: none"> Two separate acro connections each with a min. of two directly connected acro Flight skills. Two different Saltos within the routine (<i>isolated or in series</i>) - one must be a min. "B" (<i>may be included in SR#1</i>). Dance Passage with a min. of two different Grp. 1 VP (<i>directly or indirectly connected</i>), one of which is a LEAP with a 150° cross or side split. Turn on one foot min. "B" VP.
Timing No Minimum Time	Warm-up: 30 sec. Time limit: 45 sec.	Warm-up: 45 sec. Time limit: 1:00	Warm-up: 1:00 Time limit: 1:00	Warm-up: 1:30 Time limit: 1:30	Warm-up: 1:30 Time limit: 1:30

VAULT RULES

VAULT

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<p>Allowable Vaults No other vaults, other than those listed in each Division are permitted. If another vault is unintentionally performed will receive a "VOID".</p>	<p>Vault Option 1: 1A. (4.5) Stretch Jump onto min. of 16" (± 1") mat AND 1B. (4.5) Kick to Handstand (hands placed on board or mat) fall to flat back. (Place board in front of skill cushion) OR Vault Option 2 (10.0): Jump to Handstand - fall to flat back on min. of 16" (± 1") mat (no repulsion required).</p>	<p>Vault Option 1: 1A. (5.0) Stretch Jump onto vault table AND 1B. (4.5) Kick to Handstand (hands placed on vault table or on mat stack); fall to flat back onto mats stacked 8" (± 2") above the table OR Vault Option 2 (10.0): Handspring onto Table with repulsion to flat back landing on mats stacked 8" (± 2") above the table.</p>	<p>Xcel Gold Vault Chart</p>	<p>Xcel Platinum Vault Chart</p>	<p>Xcel Diamond Vault Chart</p>
<p>Start Value (SV)</p>	<p>Vault Option 1: <u>9.0 total Start Value</u> Vault Option 2: <u>10.0 Start Value</u></p>	<p>Vault Option 1: <u>9.5 total Start Value</u> Vault Option 2: <u>10.0 Start Value</u></p>	<p><u>10.0 Start Value</u> <u>9.5 Start Value</u> when using Alternative Springboard Apparatus.</p>	<p><u>10.0 Start Value</u></p>	<p><u>Diamond SV Chart</u></p>
<p>Clarifications</p>	<p>Alternative Springboard Apparatus is allowed. Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is allowed. Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is allowed. Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is NOT allowed. Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is NOT allowed. Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>
<p>Timing</p>	<p>Warm-up: 30 sec. Guaranteed 1 warm-up vault</p>	<p>Warm-up: 45 sec. Guaranteed 1 warm-up vault</p>	<p>Warm-up: 1:00 Guaranteed 2 warm-up vaults</p>	<p>Warm-up: 1:30 Guaranteed 2 warm-up vaults</p>	<p>Warm-up 1:30 Guaranteed 3 warm-up vaults</p>

VAULT ~ Chapter 1 ~ Values and Deductions

BRONZE DIVISION

Bronze: There are Two Allowable Vaults in this Division.

- The Alternative springboard apparatus and manufactured “Jr.” vault board are allowed.
- The gymnast may perform the same vault twice or one of each vault provided the mat stack does not have to be moved or changed in height by more than 8”.
- Performance of an unallowable/*restricted* vault will result in an event score of “0” (VOID).
- Spotting deductions apply to all phases of Bronze vaults 1 & 2.

Vault 1A: STRETCH JUMP onto a minimum of 16” (**± 1** ”) mat surface; (**SV = 4.5**). THEN

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.***

Each part of Vault 1 is evaluated separately and is worth **4.5**; total two scores to arrive at the final score (**max. 9.00**).

Vault 2: JUMP TO HANDSTAND – FALL TO FLAT BACK (SV = 10.0)

Minimum of 16” (**± 1** ”) mat, no repulsion required.

Vault 1A: STRETCH JUMP (SV = 4.5)

Approach	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	4.50	Running on the board and stepping up on the mat
Stretch Jump from Board to Mat	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50 Up to 0.50 Up to 0.50 Up to 0.30	Failure to maintain a stretched body position during jump <ul style="list-style-type: none"> • Pike • Tuck • Arch
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form
	Up to 0.50	Failure to land in demi-plié with control and proper body position
	Up to 0.10	<i>Failure to join (slide) heels together on controlled extension of landing with feet a maximum of hip-width apart</i>
	Up to 0.10	<i>Entire foot/feet slide or lifted off floor to join on controlled extension of landing with feet a maximum of hip-width apart</i>
	Up to 0.10	<i>Landing with feet staggered (one in front of the other)</i>
	0.10	<i>Landing with feet further than hip-width apart</i>
General Faults	Up to 0.30	Insufficient dynamics (speed/power)
	No deduction Void	<i>Run-approach without executing the vault (Balk)</i> Touching the springboard or mat stack, when balking.

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.

Approach	Each up to 0.20	Failure to maintain arms next to ears, while reaching for the mat or board
	Up to 0.10	Failure to use levering action into the Handstand
	Each <u>0.50</u>	Extra Kick-up to Handstand
Handstand	Up to 0.50	Bent arms
	Up to 0.30	Bent legs
	Up to 0.20	Legs separated
	Up to 0.50 Up to 0.30 Up to 0.50 Up to 0.30 Up to 2.00	Incorrect alignment in the Handstand <ul style="list-style-type: none"> • Showing a shoulder angle less than 180° • Pike • Arch • <i>Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)</i>
	Each <u>0.10</u>	Additional hand placements (taking steps on the hands)
	Up to 0.10	Incorrect foot form
Post-Handstand Landing	Up to 1.00	Failure to land in a straight lying position on the back

VAULT ~ Chapter 1 ~ Values and Deductions

SILVER DIVISION

Silver: There are Two Allowable Vaults in this Division.

- The Alternative springboard apparatus and manufactured “Jr.” vault board are allowed.
- The gymnast may perform the same vault twice or one of each vault.
- Performance of an unallowable vault will result in an event score of “0” (VOID).
- Spotting deductions apply to all phases of Silver vaults 1 & 2.

Vault 1A: STRETCH JUMP onto Vault Table; (SV = 5.00). THEN

Vault 1B: KICK TO HANDSTAND (hands may be placed on vault table or mat stack); fall to flat back landing on mats stacked 8” (±2”) above Table (SV = 4.5).

Each part of the vault is evaluated separately. Add the two scores from 1A and 1B to arrive at the final vault score (Max. 9.50)

Vault 2: HANDSPRING onto the Vault Table; Repulsion to flat back landing on mats stacked 8” (±2”) above Table, (SV = 10.0).

Vault 1A: STRETCH JUMP ONTO VAULT TABLE (SV = 5.00)

Approach	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u>	Running on the board and stepping up onto Vault Table or performing a squat-on onto the Vault Table
Stretch Jump from Board onto Vault Table	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50	Failure to maintain a stretched body position during jump <ul style="list-style-type: none"> • Pike • Tuck • Arch
	Up to 0.50	
	Up to 0.30	
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form
	Up to 0.50	Failure to land in demi-plie, with control and proper body position
	Up to 0.10	Failure to join (slide) heels together on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Entire foot/feet slide or lifted off floor 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
General Faults	Up to 0.30	Insufficient dynamics (speed/power)
	No deduction Void	Run-approach without executing the vault (Balk) Touching the springboard or mat stack, when balking.

Vault 1B: KICK TO HANDSTAND, FALL TO FLAT BACK (SV = 4.5)

Gymnast may place hands on the vault table or on the mat stack.

Approach	Each up to 0.20	Failure to maintain arms next to ears, while reaching for the mat
	Up to 0.10	Failure to use levering action into the Handstand
	Each <u>0.50</u>	Extra Kick-up to Handstand
Handstand	Up to 0.50	Bent arms
	Up to 0.30	Bent legs
	Up to 0.20	Legs separated
	Up to 0.50	Incorrect alignment in the Handstand <ul style="list-style-type: none"> • Showing a shoulder angle less than 180° • Pike • Arch • Failure to show an inverted position from hands to hips (performing a forward rolling action)
	Up to 0.30	
	Up to 0.30	
Up to 2.00		
Each <u>0.10</u>	Additional hand placements (taking steps on the hands)	
Up to 0.10	Incorrect foot form	
Post-Handstand Landing	Up to 1.00	Failure to land in a straight lying position on the back

VAULT ~ Chapter 1 ~ Values and Deductions

SILVER DIVISION - Vault 2

**VAULT 2: HANDSPRING onto the Vault Table,
Repulsion to flat back, landing on mats stacked 8" (±2") above Table (SV = 10.0)**

General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> • Arch - Failure to maintain a straight body position • Pike - Failure to maintain a straight body position
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>0.50</u>	Assistance (spot) of coach on the landing
	<u>1.00</u>	Spot during any phase of vault (Max. spot deduction = 1.50)
	Void	Gymnast never achieves vertical and returns to the board or lands on the table between the board and hand placement.
	Void	Performing incorrect vault (i.e., squat on)
	No Deduction Void	Run-approach without executing the vault (balk) Touching the springboard or mat stack, when balking.
	First Flight	
Support Phase	Up to 0.50	Arms bent (90° or more = max. deduction)
	<u>2.00</u>	Head contacting the table in support phase (includes 0.50 ded. for extreme arm bend)
	Up to 0.30	Incorrect shoulder alignment (shoulder angle less than 180°)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Up to 1.00 0.05-0.50 0.55-1.00	Contacting the table with the hands after vertical <ul style="list-style-type: none"> • Contact from 1° to 45° past vertical • Contact from 46° to 89° past vertical
	Up to 0.50	Too long in support (lack of repulsion)
	Each <u>0.10</u>	Additional hand placements (steps/hops on hands, max. 0.30)
	<u>1.00</u> VOID	Performing a one-handed vault Failure to touch the table with 2 hands (performs a front layout)
Post Hand-stand Phase	Up to 0.50	Insufficient height
	Up to 0.30	Insufficient distance
Landing Phase	Up to 0.20 Up to 1.00	Body part hitting/brushing table upon landing Failure to finish in a straight lying position on the back Examples or applying this deduction:
	<u>1.00</u>	• Gymnast lands on her feet, salutes, & steps off mat.
	<u>0.50</u>	• Gymnast lands on her seat (90° hip angle), salutes & steps off mat.
	<u>0.50</u>	• Gymnast lands on her back with an arch and bent legs, salutes, & steps off the mat.
		If the gymnast makes any of the above execution errors, then lies back to a straight lying position, NO DEDUCTION for failure to finish in a straight lying position is taken; however, execution deductions may be applied for the errors while the gymnast is falling to her back (Post-Handstand Phase). The evaluation ends when in a straight lying position.
VOID	Gymnast lands standing or sitting on the table	

VAULT ~ Chapter 1 ~ Values and Deductions

GOLD DIVISION and PLATINUM DIVISION

The Vaults listed below are allowed.

Start Values: All Vaults are Valued at 10.0.

Use of Alternative Springboard Apparatus:

- Gold Division: the Start Value will be 9.50.
- Platinum Division: NOT ALLOWED.

Performance of an Unallowable/restricted Vault will result in an EVENT score of "0" (VOID).

1. If a Gymnast attempts a Vault listed on the Vault Chart for her Division, but does not complete it, resulting in a Vault that is not found on the Chart, the Vault is scored "0" (VOID).
 - However, the gymnast does NOT receive a "0" (VOID) as the Final Score for the event if the other Vault is a legitimate 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) for that event, because an Unallowable Vault was performed.

GOLD DIVISION and PLATINUM DIVISION VAULT CHART

Xcel Code #	Name of Specific Allowable Vault
1.101	Handspring
1.102	Handspring → ½ twist off
1.103	Yamashita
1.104	Yamashita → ½ twist off
1.105	½ twist on → ½ twist off ¼ twist on → ¾ twist off
1.106	¼ or ½ twist on → Repulsion (with flight to feet) off
1.201	Handspring → 1/1 twist off
1.203	Yamashita → 1/1 twist off
1.206	½ twist on → 1/1 twist off ¼ twist on → 1-¼ twist off
1.207	1/1 twist on → Handspring or Yamashita off
1.208	1/1 twist on → ½ twist off

VAULT ~ Chapter 1 ~ Values and Deductions

DIAMOND DIVISION

Performance of an Unallowable Vault will result in an EVENT score of “0” (VOID).

- If a Gymnast attempts a Vault listed on the Vault Chart for her Division, but does not complete it, resulting in a Vault that is not found on the Chart, the Vault is scored “0” (VOID).
- However, the Gymnast does NOT receive a “0” (VOID) as the Final Score for the event, if the other Vault is a legitimate Vault.
- 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) for that event, because an Unallowable Vault was performed.

DIAMOND DIVISION VAULT CHART

Xcel Code #	Name of Specific Allowable Vault	Value
1.101	Handspring	9.4
1.102	Handspring → ½ twist off	9.6
1.103	Yamashita	9.4
1.104	Yamashita → ½ twist off	9.6
1.105	½ twist on → ½ twist off ¼ twist on → ¾ twist off	9.6
1.106	¼ twist on → Repulsion (with flight to feet) off OR ½ twist on → Repulsion (with flight to feet) off	9.6
1.201	Handspring → 1/1 twist	10.0
1.202	Handspring → 1-½ twist	10.0
1.203	Yamashita → 1/1 twist	10.0
1.205	½ twist on → 1-½ twist off ¼ twist on → 1-¾ twist off	10.0
1.206	½ twist on → 1/1 twist off OR ¼ twist on → 1-¼ twist off	10.0
1.207	1/1 twist on → Handspring or Yamashita off	10.0
1.208	1/1 twist on → ½ twist off	10.0
1.301	Handspring → 2/1 twist off	10.0
1.306	½ twist on → 2/1 twist off OR ¼ twist on → 2-¼ twist off	10.0
2.301	Handspring → Front salto tucked	10.0
3.201	Tsukahara → Back Tuck	10.0
3.303	Tsukahara → Back Pike	10.0
3.304	Tsukahara → Back Layout	10.0
4.101	RO, FF on → Repulsion (with flight to feet) off	9.6
4.102	RO, FF on → Repulsion ½ off	9.6
4.201	RO, FF on → 1/1 twist off	10.0
4.202	RO, FF on → 1-½ twist off (Allen)	10.0
4.203	RO, FF on → Back Tuck	10.0
4.304	RO, FF on → Back Pike	10.0
4.305	RO, FF on → Back Layout	10.0
5.101	RO, FF ½ on → Handspring	9.6
5.201	RO, FF ½ on → 1/1 twist off	10.0
5.202	RO, FF ½ on → 1-½ twist off	10.0
5.312	RO, FF ½ on → 2/1 twist off	10.0

VAULT ~ Chapter 1 ~ Values and Deductions

Landing	Up to 0.10	Slight hop or small adjustments of feet
	Up to 0.10	Extra arm swings
	Each <u>0.10</u>	Extra steps (maximum of 0.40)
	Up to 0.10	Failure to join (slide) heels together on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Entire foot/feet slide or lifted off floor 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 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	<u>0.20</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or both hands on mat (no support)
	Up to 0.30 Up to 0.10 0.15 - 0.20 0.25 - 0.30 Award lower value	Prescribed LA turn incomplete <ul style="list-style-type: none"> • 1° - 30° missing • 31° - 60° missing • 61° - 89° missing • 90° or more missing
	Up to 0.30	Deviation from a straight direction (determined by initial contact with mat)
	Up to 0.30	Insufficient dynamics
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against apparatus
	VOID	Landing in a sitting, lying or standing position on top of the vault table
	Support/ Repulsion Phase	<u>0.50</u>
(CJ) <u>0.50</u>		Vaults without signal from chief judge <ul style="list-style-type: none"> • CJ deducts 0.50 from average of next vault
VOID		Failure to land on any part of the bottom of the feet first <ul style="list-style-type: none"> • Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously
<u>1.00</u>		Spotting assistance during the vault <ul style="list-style-type: none"> • (Maximum total Spot deduction not to exceed 1.50)
VOID		Run approach without execution of the vault with touch on the springboard or vault table
VOID		Failure to use the safety zone mat for RO entry vaults

I. GENERAL INFORMATION

- A. Final Score: Determination for all divisions
1. The gymnast has the right to perform two (2) Vaults.
 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 does not touch the Springboard or Vaulting Table) is considered an attempt.
 2. Contact with Board or Table:
 - a. If the gymnast makes contact with the Springboard or Vaulting Table, it is considered a Vault and is scored as a Void Vault.
 - b. If the gymnast makes contact with the Springboard during a fall on the running approach to the vault, it also would be considered a Void Vault.
 3. Hand Placement Mat and the Safety Zone Mat: Are NOT considered part of the vault apparatus.
 - a. If the gymnast runs over or touches the Hand Placement Mat or the Safety Zone Mat, without executing a Vault, but does not touch the board or vaulting table, it is considered one of the three Vault approaches (a balk), but is NOT considered a Void Vault.
 - b. If the gymnast falls, during her running approach to the vault and does not touch the springboard, it is considered a balk and is counted as one of the three Vault approaches.
 4. Fourth Attempt is not allowed: Examples:
 - a. Gymnast runs and Balks.
Gymnast runs and Balks - Considered as first Vault with "0" (VOID).
Gymnast runs and completes a Vault.
Gymnast receives score for the one Vault performed.
 - b. Gymnast runs and completes first Vault
Gymnast runs and Balks.
Gymnast runs and completes second Vault.
Gymnast receives score of the higher scoring Vault.
 - c. Gymnast runs, touches Board and does not Vault- Score of "0" (VOID) on first Vault.
Gymnast runs and Balks.
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.
- C. Announcement of Intended Vault and Performance of the Wrong Vault:
1. Designate the Vault: Before beginning the approach, the gymnast or coach must announce the name of the 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 vault to be performed instead of flashing the number.
 - b. For Gold, Platinum and Diamond Divisions, the Vault Number must be flashed at all State level and above competitions.
 - c. The Chief Judge will signal the gymnast to vault as soon as the intended vault has been flashed or announced by the coach.
 2. Different Vault: No Deduction for performing a Vault that is different than the Vault announced or flashed, provided it is a Vault allowed at the specific division of the gymnast.
 3. Vault Performed Determines the SV: Not the Vault Number flashed or announced.
 4. Body Position: Demonstrated for the majority of the Vault will determine which Vault has been executed.

VAULT ~ Chapter 2 ~ General Information

D. Performance of a Vault Without a Signal from the Chief Judge

1. Vault is ignored, even if both judges see it.
2. Gymnast has the opportunity to perform two more Vaults.
3. The Chief Judge applies a 0.50 penalty to the average of the next completed vault.
4. 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 9.0, which will be her final score.

II. COACHING DEDUCTIONS

- A. Spot the Landing: All Judges take the 0.50 deduction for Spot (assistance) upon Landing.
- B. Spot the Vault: All Judges take the 1.00 deduction for Spot (assistance) during any other phase.
- C. Spot both Vault & Landing: The maximum total deduction for Spot (assistance) is 1.50 per Vault.
- D. 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.
- E. Coaching the Gymnast: The coach may speak to the gymnast between vaults without penalty, but may not give verbal coaching cues during the Vault.

III. MISCELLANEOUS VAULT RULES

- A. Arrival on the Vault Table:
 1. May occur from a run with forward arrival on the board with both feet.
 2. May occur from a run with backward arrival on the board with both feet from a Round-off (Diamond only).
- B. Two Hands: All vaults must be performed with support of both hands on the Vault Table. (Exception: Bronze division; refer to the Bronze Vault deduction table)
 1. If neither hand makes contact with the vault table, the Vault is scored "0" (VOID).
 2. The Chief Judge takes the 1.00 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. Feet First Landings: All Vaults in the Gold, Platinum, and Diamond Divisions must land on the feet first on the landing mat.
 1. Landing on the feet first is defined as "any part of the bottom of the foot touching the mat first."
 2. Any vault that fails to land on the feet first will be scored "0" (VOID).
 3. If the gymnast lands standing, sitting, or lying on top of the vault table, it is a "0" (VOID)
- D. Silver Division - Vault 2:
 1. If upon landing the vault, the gymnast has any part/portion of her body on/touching the table, apply the following deduction(s):
 - a. Body part hitting/brushing table upon landing (up to 0.20).
 - b. Other Support Phase and Post Handstand Phase deductions may also apply.
- E. Landing on the Vault Table: If the gymnast lands sitting, standing, or lying on the Vault Table, the score for that Vault will be "0" (VOID).
 - **Not applicable to Silver Vault 1A.**
- F. Bronze Division Vault 1 and Silver Vault 1
 1. Vault 1A (Part 1), 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 (Part 2), The gymnast may then continue to perform the kick to handstand, fall to flat back for a maximum score of **4.50**.

VAULT ~ Chapter 2 ~ General Information

MISCELLANEOUS VAULT RULES (continued)

G. Restricted/Unallowable Vaults:

1. If a gymnast attempts a Vault listed on the Vault chart for her Division, resulting in a Vault that is not found on the chart, the vault is scored "0" (VOID).
2. The gymnast does NOT receive a "0" (VOID) as the Final Score for the event, if the second Vault is an Allowable Vault.
3. 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 an unallowable vault was performed.

H. Touch Warm-ups: Vault Touch Warm-up is not regulated by time.

1. Run Back: After presenting to the Judges, gymnasts are allowed ONE "run-back" from the board before the Vault attempts are counted.
2. Jump Off: Each gymnast is allowed to stand on the Vault Table and jump off (or salto – *Diamond only*) ONE TIME ONLY, in addition to their specific number of guaranteed Vaults.
3. Guaranteed Vaults: Each gymnast is guaranteed a specific number of warm-up Vaults, depending upon her Division.
 - Diamond: athletes are guaranteed three (3) Vaults.
 - Gold and Platinum: athletes are guaranteed two (2) Vaults.
 - Bronze and Silver: Athletes are guaranteed one (1) Vault.

I. Group 1 (Handspring) Vaults ~ Clarifications:

1. Pre-Flight Turns: Vaults may be performed with $\frac{1}{4}$ (90°) to $\frac{1}{2}$ (180°) LA (long axis) turn.
2. Twisting Directions: In both the First and Second flight phase, the twist may be performed in either direction.

J. Group 3 (Tsukahara Entry) Vaults ~ Clarifications:

1. Slight Arm Bend of the Lead Arm: Is allowed for all Group 3 Vaults.
2. Pre-Flight Turn: May be performed with $\frac{1}{4}$ (90°) to $\frac{1}{2}$ (180°) LA turn in the first flight phase. There is NO deduction for incomplete turn.

K. Maximum Execution Deduction is 4.0

For Bronze Vault this would be for both vaults 1A & 1B combined.

A Courtesy Score of 4.0 may be awarded for unusual circumstances, including injury. This does not apply if a gymnast has earned a "zero" for the vault or the event for balking, unallowable vault or a landing position (not feet first or on the table).

IV. UNUSUAL JUDGING SITUATIONS

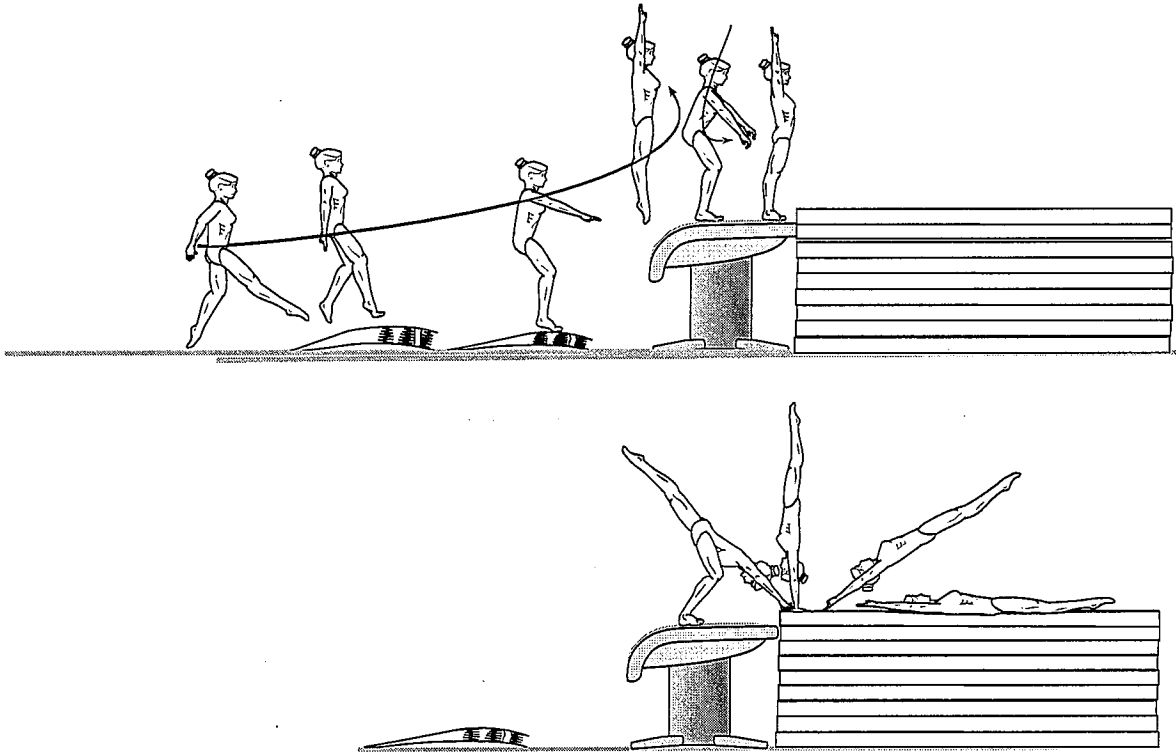
A. Bronze Division:

1. Vault 1A (Part 1): If the athlete fails to hurdle and do a Stretch Jump (i.e. runs off the board and onto the mat), she would receive a "0" VOID for Part 1.
2. Vault 1B (Part 2): The gymnast is still able to do the Kick to Handstand, fall to flat back. Her maximum score would be **4.50**.

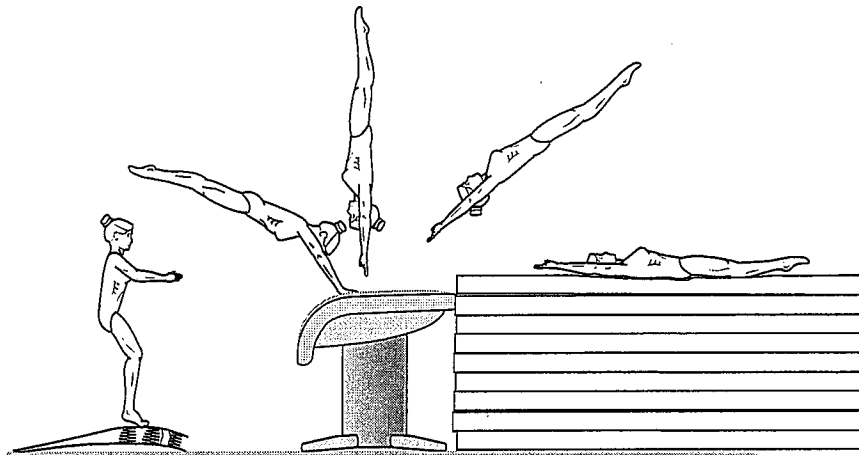
VAULT ~ Skills Chart

SILVER VAULT - Vault 1A & 1B and Vault 2

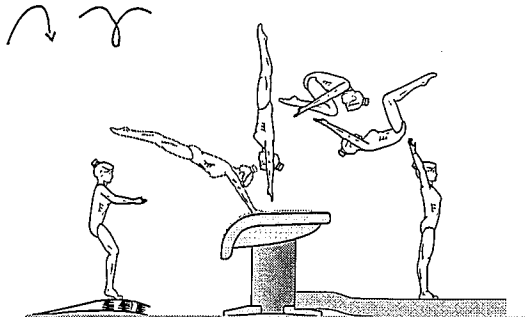
Silver Vault 1A & 1B

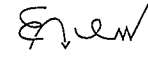
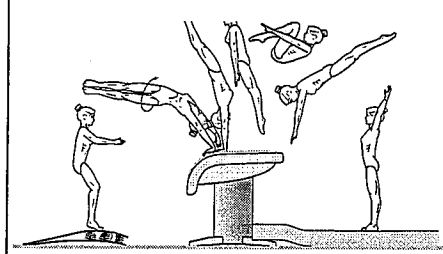
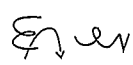
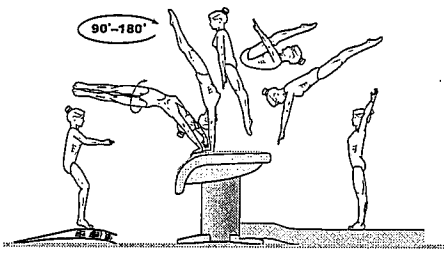
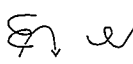
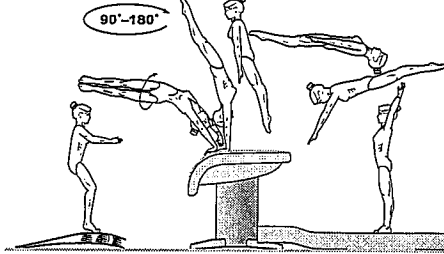


Silver Vault 2



VAULT ~ Skills Chart

Group 2 – Handspring forward with or without 1/1 turn (360°) in entry phase – Salto forward or backward with or without LA turn in second flight phase.		
2.101	2.201	2.301 Handspring forward on - salto forward tucked off 

Group 3 – Handspring with 1/4 to 1/2 turn (90°–180°) in entry phase (Tsukahara entry) – Salto backward in second flight phase.		
3.101	3.201 Tsukahara tucked  	3.301
3.103	3.203	3.303 Tsukahara piked  
		3.303 Tsukahara stretched  

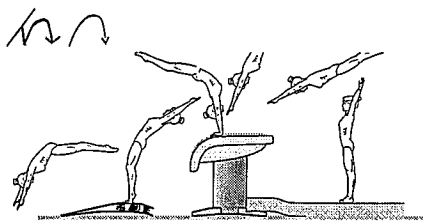
VAULT ~ Skills Chart

Group 4 –

**Round-off entry phase (Yurchenko entry) – Handspring with or without LA turn in second flight phase
OR Salto backward in second flight phase.**

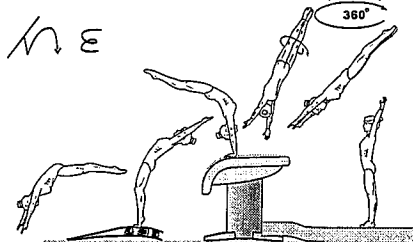
4.101

Round-off, flic-flac on – repulsion off



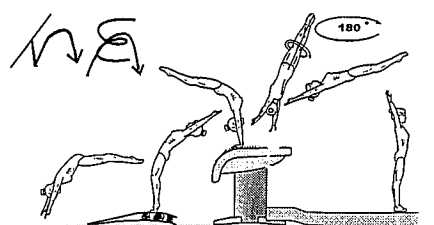
4.201

Round-off, flic-flac on – 1/1 turn (360°) off



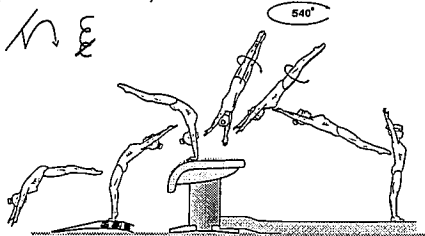
4.102

Round-off, flic-flac on – repulsion off with 1/2 (180°) turn



4.202

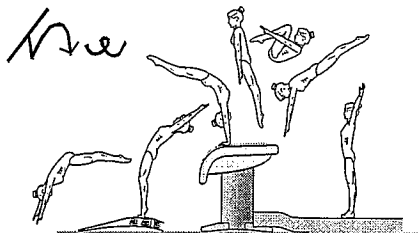
Round-off, flic-flac on – 1 1/2 turn (540°) off (Allen - 1 1/2 turn)



4.103

4.203

Round-off, flic-flac on – salto backward tucked off

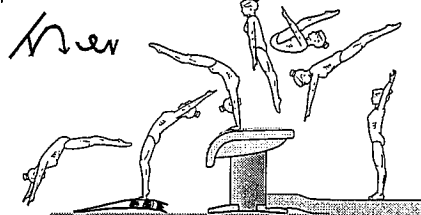


4.104

4.204

4.304

Round-off, flic-flac on – salto backward piked off

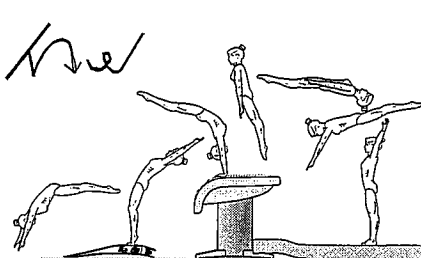


4.105

4.205

4.305

Round-off, flic-flac on – salto backward stretched off



UNEVEN BARS RULES

BARS

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the Xcel Code of Points. Any Skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points. Any Skills listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Any Skills listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. <u>Exceptions:</u> One Tap Swing = "A" VP. Cast (89° to 21° from vertical) = "A" VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points. 1 "D" element is allowed. (No bonus) Exception: Cast (45° to 21° from vertical) = "A" VP.
Clarifications When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit. Exceptions: cast squat on and cast shoot through receive 1 "A" VP in ALL divisions JO cast angle deductions will not be used in any division.		If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP. A long hang pull-over is only considered a circling skill if preceded by a cast. A Tap Swing will receive extra swing deduction.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP. A long hang pull-over is only considered a circling skill if preceded by a cast. A Tap Swing will receive extra swing deduction.
Difficulty Restrictions Unallowable Skills 0.5 deduction - off SV	No "B" or higher VP. No skills on high bar. No Salto dismounts.	No "B" or higher VP. No Giants (LB or HB) No Salto dismounts.	No "C" or higher VP. No Giants. No Release Moves with bar change.	No "C" or higher VP. <u>Exception:</u> Clear Hip Handstand.	Maximum of 1 "D" VP allowed. No "E" VP.
Special Requirements (SR) Deduct 0.5 for Each Missing SR	1. Min. 4 "A" VP /skills 2. Cast (hips must leave bar) 3. Circling skill (no mount or dismount) 4. Dismount	1. Min. of 5 "A" VP /skills 2. Cast to a minimum of 45° below horizontal 3. Circling skill (no mount or dismount) 4. Dismount	1. Min. of 6 "A" VP/ skills 2. Cast to Horizontal 3. Circling skill (no mount or dismount) 4. Dismount – High Bar	1. Cast to above Horizontal 2. Circling skill (no mount or dismount) 3. Kip 4. Dismount –High Bar	1. Cast to 45° from Vertical 2. Min "B" Circling Skill 3. Release, pirouette or 2 nd different Circling Skill, minimum "B" 4. Salto Dismount – High Bar
Timing	Warm-up: 30 sec.	Warm-up: 45 sec.	Warm-up: 1:00	Warm-up: 1:30	Warm-up: 1:30

UNEVEN BARS ~ Chapter 1 ~ Requirements

I. Special Requirements (SR) each worth 0.50

A. BRONZE DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 4 "A" VP from the Code or Skills from the Bronze Skill Chart
2. Cast (hips must leave the bar)
3. Circling skill (not in the mount or dismount)
4. Dismount

B. SILVER DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 5 "A" VP from the Code or Skills from the Silver Skill Chart
2. Cast *to a minimum of 45° below horizontal*
3. Circling Skill (not in the Mount or Dismount)
4. Dismount

C. GOLD DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 6 "A" VP from the Code or Skills from the Gold Skill Chart
2. Cast to Horizontal
3. Circling Skill (not in the Mount or Dismount)
4. Dismount (from the high bar)

D. PLATINUM DIVISION ~ SPECIAL REQUIREMENTS

1. Cast *to Above Horizontal*
2. Circling Skill (*not in the Mount or Dismount*)
3. Kip
4. Dismount (from the high bar)

E. DIAMOND DIVISION ~ SPECIAL REQUIREMENTS

1. Cast to 45° from Vertical or above
2. Minimum "B" Circling Skill
3. One Release, Pirouette, or a 2nd Different Circling Skill, minimum "B"
4. Salto Dismount (from the high bar)

II. Special Requirement Clarification

A. General

1. Apply to All Divisions

- a. When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit.
 - **Exceptions: cast squat on and cast shoot through receive one (1) "A" Value-part in ALL Divisions.**
- b. JO cast angle deductions will not be used in any division.
- c. Unallowable skills receive a deduction of 0.50 each and do not receive VP or SR credit.

2. Apply to Bronze Division

- a. No skills/VP are allowed on the high bar
- b. No salto dismounts are allowed.

3. Apply to Silver Division

- a. If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.
- b. No giants are allowed (LB or HB).**
- c. No salto dismounts are allowed.

4. Apply to Gold Division

- a. If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.
- b. No giants are allowed.
- c. No release moves with a bar change are allowed.

5. Apply to Platinum Division

- a. If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.
- b. A long hang pull-over is only considered a circling skill if preceded by a cast.
- c. Clear hip to handstand receives "B" VP credit.

6. Apply to Diamond Division

- a. If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.
- b. A long hang pull-over is only considered a circling skill if preceded by a cast.
- c. A tap swing will receive extra swing deduction.

UNEVEN BARS ~ Chapter 1 ~ Requirements

Special Requirement Clarifications - (Continued)

B. Examples: These are a few examples of elements that do and do NOT fulfill Special Requirement.

EXAMPLES FOR BRONZE BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Jump to front support, cast, back hip circle, cast off to stand dismount	Glide swing to stand, pullover, cast, 3/4 fwd circle to stand dismount (<i>missing circling skill not in mount or dismount</i>)
Run out glide kip, front hip circle, cast, straddle sole circle dismount	Pullover, cast, cast, underswing dismount (<i>missing circling skill not in mount or dismount</i>)
Glide swing to stand, pullover, cast, back hip circle, underswing dismount	

EXAMPLES FOR SILVER BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Pullover, single leg cut, forward stride circle, single leg cut backward, cast to 45° below horizontal , cast to pike sole circle dismount	Glide swing to stand, pullover, cast squat on, tap swing forward with 1/2 turn dismount (<i>missing cast to minimum 45° below horizontal & circling skill not in mount or dismount; needs 5 VP/skills-missing one VP/skill</i>)
Single leg jam kip, stride circle, leg cut backward, cast to 45° below horizontal , cast squat on, tap swing forward with 1/2 turn dismount	Glide kip, cast to 45° below horizontal , back hip circle, cast squat on, tap swing-counter-swing, flyaway dismount (<i>flyaway is unallowable skill -.0.50</i>)
Glide kip, cast to 45° below horizontal , back hip circle, cast to straddle sole circle dismount	

EXAMPLES FOR GOLD BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Glide kip, cast to horizontal, clear hip circle, glide kip, cast squat on , long hang pullover, underswing dismount	Glide swing to stand, pullover, cast squat on , tap swing, counter-swing, tap swing forward with 1/2 turn dismount (<i>missing cast to horizontal & circling skill not in mount or dismount; needs 6 VP/skills-missing one VP/skill</i>)
Pullover, cast squat on , long pullover, cast to horizontal , back hip circle, cast below horizontal to straddle sole circle dismount	Glide kip, cast horizontal, back hip circle, cast 45° below horizontal, straddle sole circle dismount (<i>needs 6 VP/skills - missing one VP/skills, missing high bar dismount SR</i>)
Pullover, front hip circle, cast horizontal, cast squat on , tap-swing, counter-swing, tuck flyaway dismount	

EXAMPLES FOR PLATINUM BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Glide kip, cast above horizontal, clear hip, glide kip, cast squat on , long hang kip, cast below horizontal, flyaway dismount	Glide kip, cast squat on , long hang pullover, underswing, counter-swing, tap swing, flyaway dismount - Routine is missing 2 "A" VP and 1 "B" VP; missing cast above horizontal & missing circling skill
Glide kip, cast squat on , long hang kip, cast above horizontal, clear hip circle, tap swing-counter swing, flyaway dismount	- Because the long hang pullover from a hang is not an "A" VP for Platinum. The "A" in the Code (#4.102) has to come from a cast. - Underswing is not an 'A' VP by itself. Combines with counter-swing to be one 'A' VP
Glide kip, cast squat on , long hang kip, cast above horizontal, underswing, counter-swing, uprise, back hip circle, underswing dismount.	Glide kip, cast squat on , long hang kip, cast above horizontal, long hang pullover, underswing, counter-swing flyaway dismount (<i>missing a "B" VP</i>)

EXAMPLES FOR DIAMOND BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Glide kip, cast 45° from vertical, clear hip, glide kip, cast squat on , long hang kip, cast more than 45° from vertical, clear hip circle, flyaway	Glide kip, cast squat on , long hang kip, cast 20° from vertical, giant, giant, flyaway dismount (<i>needs a different "B" circling skill, or release or pirouette</i>)
Glide kip, cast squat on , tap swing, counter-swing, straddle back over LB, kip, cast squat on , long hang kip, cast 45° from vertical, giant, flyaway dismount	Glide kip, cast handstand 1/2 pirouette, glide kip, cast squat on , long hang kip, cast 45° from vertical flyaway full dismount (<i>missing "B" circling skill</i>)
Glide kip, cast handstand 1/2 pirouette, glide kip, cast squat on , long hang kip, cast 20° from vertical, giant, flyaway dismount	

UNEVEN BARS ~ Chapter 2 ~ General Information

RECOGNITION (COUNTING) OF VALUE PARTS (VP) (continued)

EXAMPLE:

- Cast to handstand with legs together or cast to handstand with legs straddled are considered the same element.

EXAMPLE:

- A Glide kip with legs 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:

- If the gymnast lands on the hands and bottoms of the feet simultaneously, award VP credit and deduct 0.50 for the fall.

G. Difficulty Restrictions

1. BRONZE DIVISION ~ RESTRICTIONS

- a. Only Skills listed on the Bronze Skill Chart and allowable "A" elements are allowed
 - 1) The following "A" VPs are NOT ALLOWED in the Bronze Division:
 - a) Salto Dismounts
 - b) Skills on the high bar
 - 2) "B" or higher VP elements are NOT ALLOWED.
 - 3) If an unallowable/**restricted** skill is performed:
 - a) Deduct 0.50 **from SV**
 - b) Do NOT award VP credit
 - c) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

2. SILVER DIVISION ~ RESTRICTIONS

- a. Only Skills listed on the Silver Skill Chart and allowable "A" elements are allowed
 - 1) The following "A" VP's are NOT ALLOWED in the Silver Division:
 - a) **No Giants (LB or HB)**
 - b) Salto Dismounts
 - 2) "B" or higher VP elements are NOT ALLOWED.
 - 3) If an unallowable/**restricted** skill is performed:
 - c) Deduct 0.50 **from SV**
 - d) Do Not award VP credit
 - e) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate deductions would be applied to elements, whether or not they receive VP credit.

3. GOLD DIVISION ~ RESTRICTIONS

- a. Only Skills listed on the Gold Skill Chart and "A" elements, and allowable "B" elements are allowed.
 - 1) The following "B" VP's are NOT ALLOWED in the Gold Division:
 - a) **Giants**
 - b) Release moves with bar change
 - 2) "C" or higher VP elements are NOT ALLOWED.
 - 3) If an unallowable/**restricted** skill is performed:
 - a) Deduct 0.50 **from SV**
 - b) Do Not award VP credit
 - c) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

UNEVEN BARS ~ Chapter 2 ~ General Information

Difficulty Restrictions – (continued)

4. PLATINUM DIVISION ~ RESTRICTIONS

- a. Only "A" and "B" VP's are allowed.
 - 1) "C" or higher VP elements are NOT ALLOWED.
 - EXCEPTION: A Clear Hip Handstand is allowed and will receive "B" VP.
 - 2) If an unallowable/*restricted* skill is performed:
 - a) Deduct 0.50 *from SV*
 - b) Do Not award VP credit
 - c) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

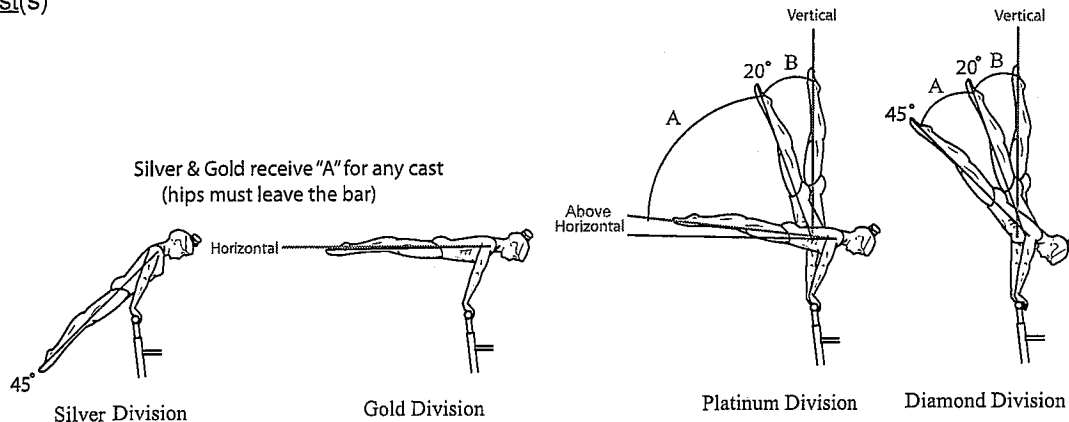
5. DIAMOND DIVISION ~ RESTRICTIONS

- a. Only "A", "B", "C" **and one "D"** VP elements are allowed. **NO BONUS is awarded for a "D" element.**
 - 1) "**E**" VP elements and more than one "D" VP elements are NOT ALLOWED.
 - 2) If an unallowable/*restricted* skill is performed:
 - a) Deduct 0.50 *from SV*
 - b) Do Not award VP credit
 - c) The skill CANNOT be used to fulfill Special Requirements

H. Required Technique for the Recognition of VPs

- When evaluating the angle of the body when there is a shoulder angle, look at the line from the shoulders through the mid-point of the lowest body part.
- 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.
- In the case of casts and back uprisers with straddled legs, the angle of completion is determined when the hips are extended and/or legs are joined.
- 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.

1. Cast(s)



J.O. Cast Angle Deductions will NOT be used in any Division.

- a. Bronze Division: no angle requirement No Amplitude Deduction
- b. Silver Division: **Minimum 45° below horizontal requirement** No Amplitude Deduction
 - **No other casts performed in the routine will have a cast angle requirement and would be subject only to execution deductions.**
- c. Gold Division: Horizontal requirement **No Amplitude Deduction**
 - **No other casts** performed in the routine will have a cast angle requirement and would be subject only to execution deductions.
- d. Platinum Division: **Above Horizontal requirement**
 - 0° - 20° from Vertical award "B" VP/SR, no Amplitude deduction
 - **21° - 89° from Vertical** award "A" VP/SR, no Amplitude deduction
 - **Horizontal and below** do not award VP/SR, no Amplitude deduction
- e. Diamond Division: **45° from Vertical or Above requirement**
 - 0° - 20° from Vertical award "B" VP/SR, no Amplitude deduction
 - 21° - 45° from Vertical award "A" VP/SR, no Amplitude deduction
 - more than 45° from Vertical do not award VP/SR, no Amplitude deduction

UNEVEN BARS ~ Chapter 2 ~ General Information

Difficulty Restrictions – (continued)

2. Uprises to Handstand (#2.303)

- a. 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 0.05.
- b. 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.
 - a) If the body finishes in a clear support but below horizontal, an “up to 0.20” deduction for insufficient amplitude would be applied.
 - b) If, from the clear support, the gymnast pulls the hips to the high bar and either performs an immediate cast or a back hip circle followed by a cast, a 0.30 deduction is applied for an Extra Swing/Cast (Exception: Gold Division)
 - 2) 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*, *Xcel Updates*, or in the Xcel Skill Chart.

3. 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:
 - 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:
 - Proper technique is to catch in an extended body position (shoulders to feet) at horizontal or above for no deduction for insufficient amplitude.
 - Once both hands make contact with the LB, the element is considered complete and VP credit is awarded.

4. 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.
 - 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)).
 - No deduction for insufficient amplitude would be applied.

5. Circles to Handstand and Circles/Swings to Handstand

CIRCLES: Clear Hip, Stalder, Pike Sole Circle, Clear Pike Sole Circle, Weiler Kip, etc.

CIRCLE/SWINGS: Front Giant, Back Giant

- a. If the handstand position is achieved between 1°-20° of vertical, award the VP as listed in the *Xcel Code of Points*, *Xcel Updates*.
 - Deduct 0.05 if the handstand is between 11° to 20° of vertical
 - No angle deduction in Platinum Divisions, when higher VP is a “C” because they can only receive credit for “B” VP Circles. Deduct 0.50 for an unallowable element. Exception: Clear Hip to handstand.
- 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*, *Xcel Updates*.
 - 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.
- 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 divisions. Gold division has NO amplitude deductions for clear hip circles.**
 - 0.05 - 0.25 from 46°-89° from vertical. Do NOT deduct for an unallowable element.
 - 0.30 at Horizontal (90°)
 - 0.35 - 0.40 under Horizontal
 - If the hips make contact with the bar, it is considered a back hip circle and receives “A” VP (#7.101).
 - o It will NOT meet the SR of a 360° “B” circling element for the Diamond Division.

UNEVEN BARS ~ Chapter 2 ~ General Information

MOUNT and DISMOUNT REGULATIONS -- (continued)

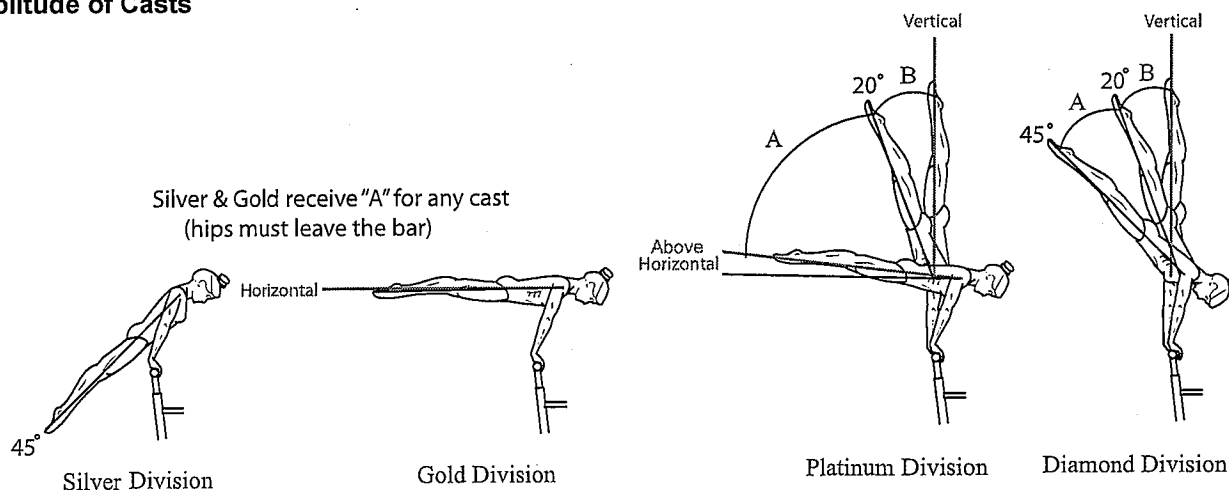
4. If the gymnast mounts the bars and realizes that the setting is incorrect, she may dismount the bars and has 45 seconds to re-adjust the bars. This is treated as a FALL from the apparatus and receives a deduction of 0.50.
5. Mounts that are preceded by one element prior to take-off from the board will be allowed.
 - Only the movements done after the feet leave the board will be evaluated.
 - If more than one element before the mount is performed, each judge takes a 0.20 deduction.

B. Dismounts

1. Unless otherwise stated, dismounts may be performed from the Low Bar.
 - All Flyaway Dismounts must be performed from the High Bar to receive VP credit.
2. All "A", "B", and "C" Flyaway Dismounts will retain their difficulty value regardless of starting position. Appropriate body position must be maintained in order to retain the VP credit, as listed in the *Xcel Code of Points or Xcel Updates*.
3. ***If a gymnast performs a dismount element from any Xcel Skill Chart, the Xcel Code of Points, or Xcel Updates that does not meet division criteria:***
 - a. Deduct 0.50 for missing the Dismount Special Requirement.
 - b. Do NOT deduct 0.30 for no dismount.
4. If the gymnast performs a Dismount element of No Value – ***one that is not listed in ANY Xcel Skill Chart, the Xcel Code of Points, or Xcel Updates or performs a unallowable/restricted element for the Division:***
 - a. Deduct 0.50 from the Start Value for missing the dismount SR.
 - b. Deduct 0.30 from the Start Value for no dismount.
 - c. Deduct 0.50 from the Start Value if the dismount performed is an unallowable element for the Division.
5. 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 SR.
 - b. Deduct 0.30 from the Start Value for no dismount.
 - c. Deduct 0.50 for the fall from the apparatus, with or without an actual fall onto the mat.
 - d. A Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances. No routine will be awarded less than 4.0. Common sense should prevail.
6. Falls on a Salto Dismount (Gold / Platinum / Diamond Divisions):
 - a. If the gymnast never initiates the salto action, and falls without landing on the bottom of the feet first:
 - 1) NO VP credit awarded for the dismount.
 - 2) Deduct for any missing value parts, if appropriate, from the Start Value.
 - 3) Deduct 0.50 from the Start Value for missing the dismount SR.
 - 4) Deduct 0.30 from the Start Value for no dismount.
 - 5) Deduct 0.50 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) NO VP credit awarded for the dismount.
 - 2) Deduct for any missing value parts, if appropriate, from the Start Value.
 - 3) Deduct 0.50 from the Start Value for missing the dismount SR.
 - 4) Deduct 0.50 for the fall.
 - 5) Deduct for any other execution/amplitude errors.

UNEVEN BARS ~ Chapter 3 ~ Execution Deductions

IV. Amplitude of Casts



J.O. cast angle deductions will NOT be used in any Division.

- A. Bronze Division: No angle requirement No Amplitude Deduction
- B. Silver Division: **Minimum of 45° below horizontal requirement** No Amplitude Deduction
 - **No other casts performed in the routine will have a cast angle requirement and would be subject only to execution deductions.**
- C. Gold Division: Horizontal requirement No Amplitude Deduction
 - **No other casts performed in the routine will have a cast angle requirement and would be subject only to execution deductions.**
- D. Platinum Division: **Above Horizontal requirement**

0°-20° from vertical	No amplitude deduction	Award "B" VP/SR
21° - 89° from Vertical	No amplitude deduction	Award "A" VP/SR
Horizontal and below	No amplitude deduction	Do NOT award VP/SR

- E. Diamond Division: 45° from vertical or above requirement

0°-20° from vertical	No amplitude deduction	Award "B" VP/SR,
21° - 45° from vertical	No amplitude deduction	Award "A" VP/SR
More than 45° from vertical	No amplitude deduction	Do not award VP/SR

V. Amplitude of Flights to Handstand on Low Bar

0° - 10° from vertical	No deduction	Award higher VP
11° - 20° from vertical	<u>0.05</u>	Award higher VP
21° or more from vertical		Award lower VP

VI. Amplitude of Circling Elements

- A. All Circling elements EXCEPT the Clear Hip circle:
- B. The following deductions for Insufficient Amplitude apply:

0° - 10° from vertical	No deduction	Award higher VP
11° - 20° from vertical	<u>0.05</u>	Award higher VP
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 an "unallowable" element. Exception: Clear Hip to Handstand.		
21° - 45° from vertical	No deduction	Award lower VP
More than 45° from vertical	Up to 0.20	Award lower VP

UNEVEN BARS ~ Chapter 3 ~ Execution Deductions

Amplitude of Circling Elements (continued)

C. Clear Hip Circle only:

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.

The following deductions for Insufficient Amplitude apply **ONLY to Platinum and Diamond divisions. Gold division has NO amplitude deductions for clear hip circles:**

0 - 10° from vertical	No deduction	Award "C" VP
11° - 20° from vertical	0.05	Award "C" VP
At the <u>Platinum Division</u> , no amplitude deductions are applied from 45° to Vertical because gymnasts receive only "B" credit for any clear hip circle, regardless of whether it achieves handstand phase or not.		
21° - 45° from vertical	No deduction	Award "B" VP
46° - 89° from vertical	0.05 – 0.25	Award "B" VP
Horizontal	0.30	Award "B" VP
Below horizontal	0.35 - 0.40	Award "B" VP

VII. Amplitude of Body at Turn Completion

A. For all elements that require a Turn IN handstand phase:

The angle of completion is determined when the second hand re-grasps the bar.

This applies to:

- All elements with a 180° turn (regardless of technique or grip)
Examples: Cast Handstand with ½ turn; Clear Hip Circle to Handstand with ½ turn
- 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

<u>Angle of Completion</u>	<u>Deduction</u>
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Up to 20° from vertical	No deduction	Award VP
21° - 30° from vertical	Deduct 0.05 – 0.10	Award VP
31° - 45° from vertical	Deduct 0.15 – 0.20	Award VP
More than 45° from vertical	Deduct 0.25 – 0.30	Award VP

B. For all Handstand elements with a 1/1 (360°) Turn AFTER handstand and all 1½ Pirouettes.

This applies to:

- All elements that include a 1/1 turn completed on one arm (after handstand phase) in the descent phase (Healy technique)
- Any element with 1½ (540°) turn or more (using ANY turn technique)

<u>Angle of Completion</u>	<u>Deduction</u>
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Up to 30° from vertical	No deduction	Award VP
31° - 45° from vertical	Deduct 0.05 – 0.15	Award VP
More than 45° from vertical	Deduct 0.20-0.30	Award VP

VIII. Insufficient Amplitude of Uneven Bar Elements

A. Insufficient Amplitude on Elements (Including Releases)

Each Up to 0.20

Exceptions:

- "B" Clear hip circle Up to 0.40
 - **Apply ONLY to Platinum and Diamond divisions.**
 - **Gold division has NO amplitude deductions for clear hip circles.**
- Height of salto dismounts Up to 0.30
- Refer to the General faults and penalties

UNEVEN BARS ~ Chapter 3 ~ Execution Deductions

Execution and Amplitude Faults

- Execution deductions CANNOT exceed 4.0. This includes falls but does not include spot deductions.
- Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances.
- No routine will be awarded less than 4.0. Common sense should prevail.

Slight/Small Faults (Up to 0.1)	each time <u>0.05</u>	Flexed/sickled feet on Value-Part or Skill elements
	up to 0.10	Slight hop, or small adjustment of feet on landing of dismounts
	up to 0.10	Deviation from straight direction on landing
	up to 0.10	Extra arm swings on landing
	up to 0.10	Legs crossed during Salto dismounts with a twist
	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
	each up to 0.10	Under-rotation of release/flight elements
	up to 0.10	Precision of handstand positions throughout exercise
	each up to 0.10	Insufficient extension of glides/swings into kips
	each up to 0.10	Poor rhythm in elements/connections
	<u>0.10</u>	Landing too close to the bar on dismount (when applicable)
	Up to 0.10	Failure to join (slide) heels together on controlled extension of dismount landing
	Up to 0.10	Entire foot/feet slide or lift off floor to join on controlled extension of dismount landing
	Up to 0.10	Landing dismount with feet staggered (one in front of the other)
	0.10	Landing dismount with feet further apart than hip-width
	each <u>0.10</u>	Extra steps on landing (maximum 0.4)
	each <u>0.10</u>	Uncharacteristic elements
No Deduction	Swing forward or backward below horizontal	
Medium Faults (Up to 0.20)	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) Exception: Clear Hip & salto dismounts (see large faults)
	up to 0.20	Failure to maintain stretched body position (pikes down dismount)
	each time up to 0.20 up to 0.20 up to 0.20	Insufficient exactness of stretched position • Arch • Hip angle (136°-179°)
	up to 0.20	Incorrect body posture on landing
	up to 0.20	Insufficient dynamics throughout • Insufficient swingful execution throughout exercise • Energy not maintained throughout exercise • Gymnast fails to make difficult look effortless
	<u>0.20</u>	Hit on apparatus with foot/feet
	<u>0.20</u>	Large step or jump on landing (approximately 3 feet or more)
	up to 0.20	Additional trunk movements to maintain balance/control upon landing dismount
	up to 0.20	Incomplete turn or twist

UNEVEN BARS ~ Chapter 3 ~ Execution Deductions

Execution and Amplitude Faults (continued)

Large Faults (Up to 0.4)	each up to 0.30	Bent arms in support or bent legs (90° bend or greater receives 0.30) Maximum on any one element = 0.30 bent arms & 0.30 bent legs
	up to 0.30	Insufficient height (amplitude) of salto dismounts
	up to 0.30	Squat on landing (hips even with or lower than the knees)
	up to 0.30	Brush/touch the landing surface with one or both hands (no support)
	<u>0.30</u>	Grasp of bar apparatus to avoid a fall
	<u>0.30</u>	Intermediate (extra) swing (Platinum/Diamond only) (Max. 0.60 per skill)
	<u>0.30</u>	Hit on mat with foot/feet
	<u>0.30</u>	<i>On counterswing, body arched and/or hips open to extended position with feet over the low bar</i>
	up to 0.40	Insufficient amplitude of "B" clear hip circle (<i>Platinum and Diamond ONLY</i>)
	up to 0.30	Insufficient extension (open) of the body prior to landing the dismount (tuck/pike)
Very Large Faults (0.5)	<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
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall on or against the apparatus
	<u>0.50</u>	Spotting assistance during an element Do not award VP or <i>SR</i> credit
	<u>0.50</u>	Spotting assistance upon landing the dismount <i>Award VP and SR credit</i>
	<u>0.50</u> <u>0.50</u> <u>0.50</u>	Fall/Failure to land on the bottom of the feet first on dismount • Salto initiated No VP, No SR • Salto never initiated No VP, No SR and take the deduction <u>0.30</u> No Dismount
Chief Judge Deductions Specific to Bars	No Deduction	Coach standing between the bars throughout the exercise
	<u>0.20</u>	Incorrect padding (use of heel/hip pads) <ul style="list-style-type: none"> • If the CJ notices the padding, prior to the gymnast's mount, a warning must be given. • However, if the gymnast wears the heel pads during her exercise (whether or not the CJ warned her previously), the deduction must be taken.
	<u>0.30</u>	Failure to remove board/spotting block after a <i>mount or</i> release element
	Exercise terminated	Gymnast exceeds the 45-second fall time

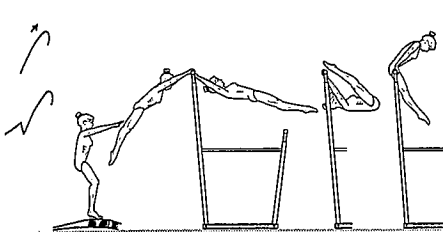
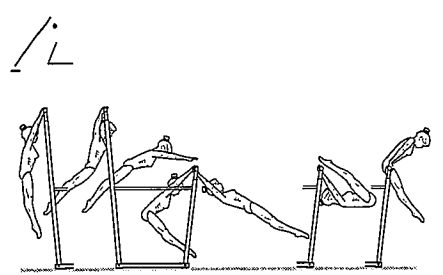
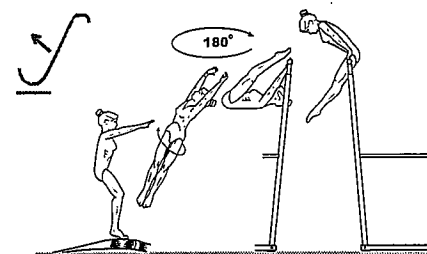
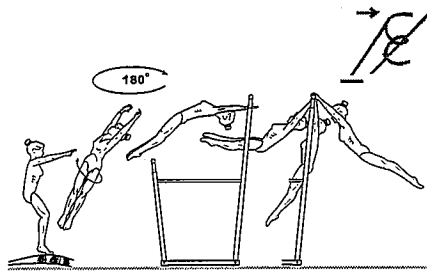
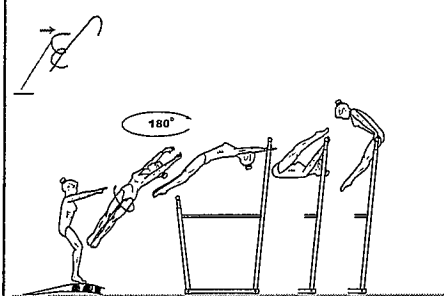
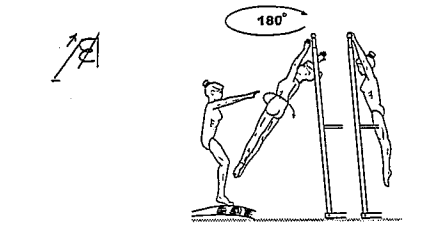
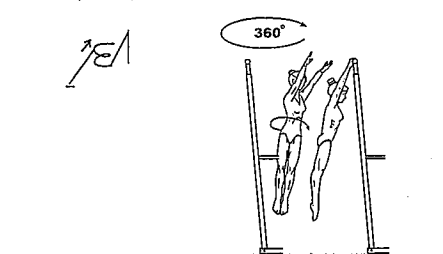
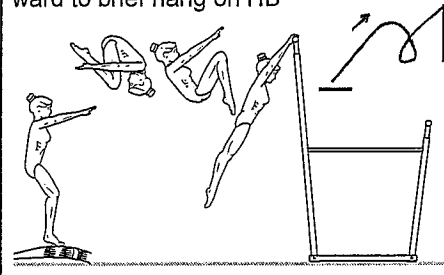
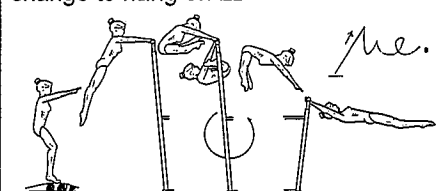
UNEVEN BARS ~ Skills Chart

Additional "A" Value Part Skills

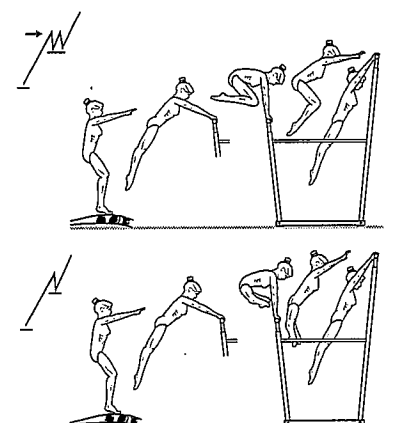
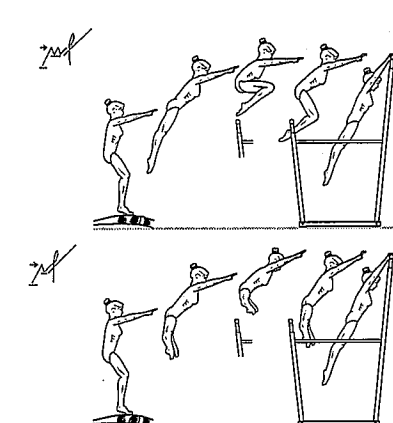
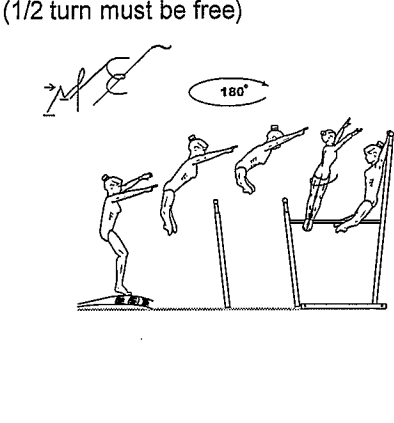
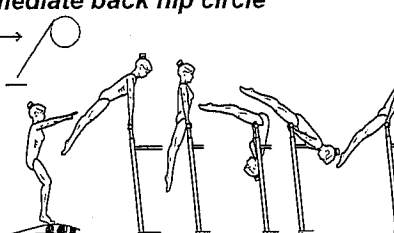
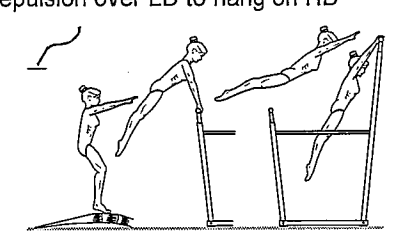



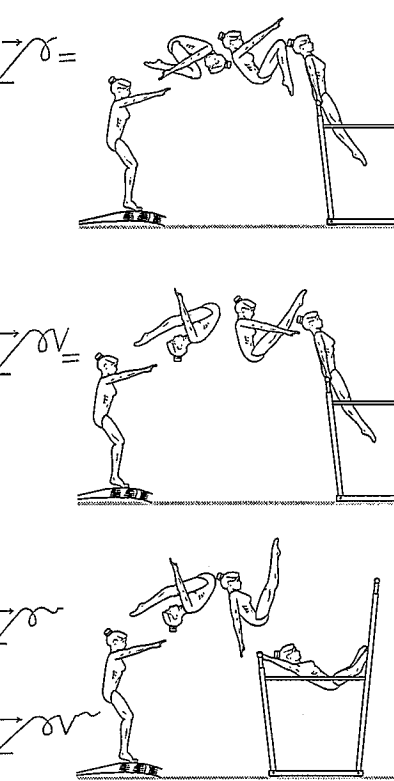
Bronze Division	Silver Division	Gold Division
Mounts: <ul style="list-style-type: none"> • Pullover <i>(from 1 or 2 ft or run)</i> • Jump to Front Support • Glide swing to Stand • Run out glide Kip • Single leg jam Kip <i>(from glide or run)</i> 	Mounts: <ul style="list-style-type: none"> • Pullover <i>(from 1 or 2 ft or run)</i> • Glide swing to Stand • Run out glide Kip • Single leg jam Kip <i>(from glide or run out)</i> 	Mounts: <ul style="list-style-type: none"> • Pullover <i>(from 1 or 2 ft or run)</i> • Glide swing to Stand • Run out glide Kip • Single leg jam Kip <i>(from glide or run out)</i>
Casts: <ul style="list-style-type: none"> • Cast <i>(hips must leave bar)</i> 	Casts: <ul style="list-style-type: none"> • Cast <i>(hips must leave bar)</i> 	Casts: <ul style="list-style-type: none"> • Cast <i>(hips must leave bar)</i>
Circles: <ul style="list-style-type: none"> • Stride Circle Forward • Stride Circle Backward 	Circles: <ul style="list-style-type: none"> • Stride Circle Forward • Stride Circle Backward • Long Hang Pull-Over <i>(from long swing)</i> 	Circles: <ul style="list-style-type: none"> • Stride Circle Forward • Stride Circle Backward • Long Hang Pull-Over <i>(from long swing)</i>
Dismounts: <ul style="list-style-type: none"> • Cast off to Stand • ¾ Fwd Circle to Stand • From low bar - Underswing to Stand • From low bar - Sole Circle to Stand 	Dismounts: <ul style="list-style-type: none"> • Tap Swing Fwd. with ½ turn • From low bar - Underswing to Stand • From low bar - Sole Circle to Stand 	Dismounts: <ul style="list-style-type: none"> • Tap Swing Fwd. with ½ turn
Other Allowed Skills: <ul style="list-style-type: none"> • Single leg basket swing <i>(bent knee ok)</i> • Single leg swing bwd • Single leg cut fwd or bwd • Cast Shoot through 	Other Allowed Skills: <ul style="list-style-type: none"> • Single leg basket swing <i>(bent knee ok)</i> • Single leg swing bwd • Single leg cut fwd or bwd • Cast Shoot through • Tap swing-counterswing 	Other Allowed Skills: <ul style="list-style-type: none"> • Single leg basket swing • Single leg cut fwd or bwd • Cast Shoot through • Tap swing-counterswing

UNEVEN BARS ~ Skills Chart

Group 1 – Mounts

A	B	C
<p>1.106 Jump to brief hang on HB – also with reverse grip – kip to support,</p>  <p>with grip change from HB to hang on LB with kip to support (or similar)</p> 	<p>1.206 Side stand facing HB – Jump with 1/2 (180°) turn – kip to support on HB</p>  <p>Free jump with 1/2 turn (180°) over LB to hang on HB</p> 	<p>1.306 Jump with 1/2 (180°) turn over LB – kip to support on HB</p> 
<p>1.107 From side stand facing HB – Jump with 1/2 (180°) turn</p>  <p>or 1/1 (360°) turn to hang on HB</p> 	<p>1.207</p>	<p>1.307 From side stand facing HB – salto forward to brief hang on HB</p>  <p>Jump to brief hang on HB, salto roll backward tucked or straddled with grip change to hang on LB</p> 

UNEVEN BARS ~ Skills Chart

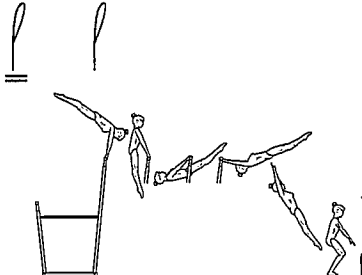
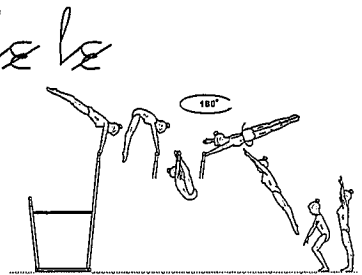
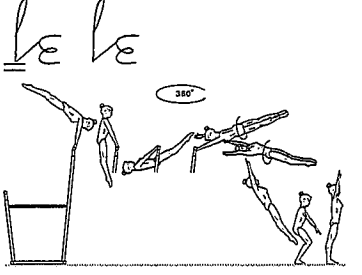
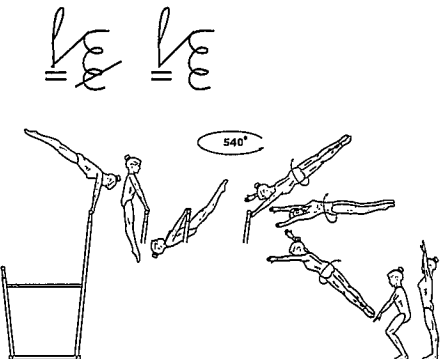
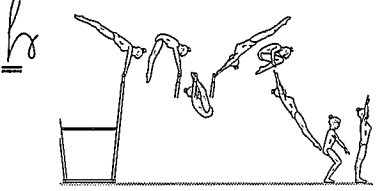
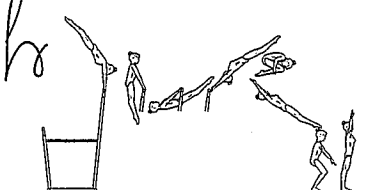
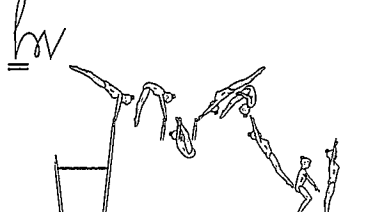
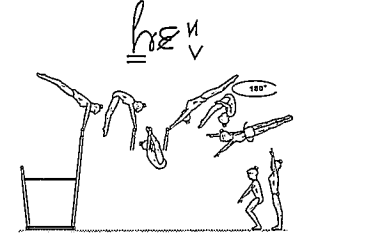
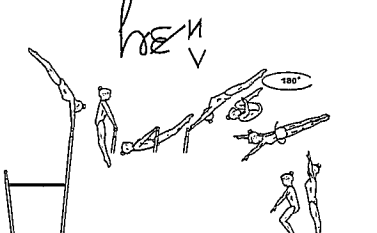
Group 1 – Mounts		
A	B	C
<p>1.108 Squat or straddle vault with hand repulsion over LB to hang on HB</p> 	<p>1.208 Free tuck or straddle jump over LB to hang on HB</p> 	<p>1.308 Jump forward with free straddle over LB with 1/2 (180) turn to catch HB in "L" grip (1/2 turn must be free)</p> 
<p>1.109 <i>Jump to clear support on LB to immediate back hip circle</i></p> 	<p>1.209 Hecht jump (legs together) with hand repulsion over LB to hang on HB</p> 	<p>1.309</p> 
<p>1.110</p> 	<p>1.210</p> 	<p>1.310 Salto forward tucked, piked or straddled over LB to brief sit on LB</p>  <p>Also over LB to "L" hang on LB</p>

UNEVEN BARS ~ Skills Chart

Group 2 – Casts/Counterswings

A	B	C
<p>2.102 Cast to squat, stoop or straddle on LB, jump to grasp HB (one "A" VP in ALL divisions)</p>	<p>2.202 Front support on LB-free squat, stoop, or straddle over LB with grip change to hang on HB</p> <p>Front support on HB – stoop with flight or free straddle forward over HB and 1/2 (180°) turn to hang on HB</p>	<p>2.302 Hang on HB – uprise backward with straddle flight (Schier straddle) or with rear vault in flight (Schier Kehre) over HB to L-hang or hang</p>

UNEVEN BARS ~ Skills Chart

Group 8 – Dismounts		
A	B	C
<p>8.101 Clear front support on LB or HB – under-swing (also clear) to stand (<i>hollow body/underswing position or sole circle/toe-on position</i>)</p>  <p>with 1/2 (180°) or 1/1 (360°) twist to both sides</p>  	<p>8.201 Clear front support on LB or HB -under-swing with 1½ (540°) or 2/1 (720°) twist (<i>hollow body/underswing position or sole circle/toe-on position</i>)</p> 	<p>8.301 Clear front support on LB or HB – under-swing (toe-on or clear) to salto forward tucked or piked (<i>hollow body/underswing position or sole circle/toe-on position</i>)</p>    <p>-also with 1/2 (180°) twist</p>  

BALANCE BEAM RULES

BALANCE BEAM

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the Xcel Code of Points. Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points. Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. Any "C" Dance VP.	5 A", 2 "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points. 1 "D" element is allowed (No bonus)
Clarifications All Acro Skills must start and finish on the beam. Handstands, regardless of the angle achieved, are considered the Same Skill.	Cross Split jump = "A" VP. (any split angle) Cross Straddle jump = "A" VP. (any split angle)	"B" Dance VP allowed.		"C" Dance VP allowed.	
<i>SR credit will be awarded for Cross or Side Split Leaps or Jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient Split will be applied.</i>					
Difficulty Restrictions Unallowable Skills 0.5 deduction - off SV	No "B" or higher VP. No Salto or Aerial Dismounts. No walkovers.	No "B" Acro VP. No "C" or higher VP.	No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	Maximum of 1 "D" VP allowed. No "E" VP.
Special Requirements (SR) Deduct 0.5 for Each Missing SR	<ol style="list-style-type: none"> Min. ½ Turn on 1 or 2 feet One Jump or Leap (no mount or dismount). One Acro Skill non-flight. Dismount (no Saltos or Aerials). 	<ol style="list-style-type: none"> Min. ½ Turn on one foot. One Jump or Leap with 90° cross or side split. One Acro Skill non-flight. Dismount 	<ol style="list-style-type: none"> Min. 1/1 Turn on one foot. Dance Series – 2 skills (same or diff.) – AND one Jump or Leap with 90° cross or side split (can be included in the dance series). Two Acro Skills – one must achieve or pass through inverted vertical – with or without flight (isolated or in a series) A Series is not required. Dismount 	<ol style="list-style-type: none"> Min. 1/1 Turn on one foot. Dance Series – 2 skills (same or diff.) – AND one Jump or Leap with 120° cross or side split (can be included in the dance series). One Acro Skill with flight OR an Acro series – with or without flight Dismount 	<ol style="list-style-type: none"> Min. 1/1 Turn on one foot. Dance Series – 2 skills (same or diff.) – AND one Jump or Leap with 150° cross or side split (can be included in the dance series). One Acro Skill with flight (isolated or in a series) AND an Acro Series – with or without flight Dismount- Salto or Aerial.
Timing No Minimum Time	Warm-up: 30 sec. Time limit: 45 sec.	Warm-up: 45 sec. Time limit: 50 sec.	Warm-up: 1:00 Time limit: 1:00	Warm-up: 1:30 Time limit: 1:15	Warm-up: 1:30 Time limit: 1:15

BALANCE BEAM ~ Chapter 1 ~ Requirements

I. Special Requirements (SR) each worth 0.50

A. BRONZE DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum ½ Turn on one foot or two feet
2. One Jump or Leap (not in the mount or dismount)
3. One Acro Skill (non-flight)
4. Dismount (no saltos or aerials)

B. SILVER DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum ½ Turn on one foot
2. One jump or leap with a 90° cross or side split (not in the mount or dismount)
3. One Acro Skill (non-flight)
4. Dismount

C. GOLD DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum 1/1 Turn on one foot
2. Dance Series – minimum 2 skills (same or different) – AND
One Leap / Jump with a 90° cross or side split (can be included in the Dance Series)
3. Two Acro Skills – with or without flight (isolated or included in a Series).
One must achieve **or pass through inverted** vertical. **Support on hands (through handstand position) is not required.** A series is not required.
4. Dismount

D. PLATINUM DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum 1/1 Turn on one foot
2. Dance Series – minimum 2 skills (same or different) – AND
One Leap / Jump with a 120° cross or side split (can be included in the Dance Series).
3. One Acro Skill with flight OR an Acro Series with or without flight
4. Dismount

E. DIAMOND DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum 1/1 Turn on one foot
2. Dance Series – minimum 2 skills (same or different) – AND
One Leap / Jump with a 150° cross or side split (can be included in the Dance Series).
3. One Acro Skill with flight (isolated or included in a Series) – AND
an Acro Series with or without flight
4. Dismount – Salto or Aerial

BALANCE BEAM ~ Chapter 1 ~ Requirements

EXAMPLES FOR GOLD BEAM

Fulfills Special Requirement	Does NOT fulfill Special Requirement
Fulfills SR #1 Min. 1/1 Turn on one foot	Does NOT fulfill SR #1
1/1 turn Arabesque 1/1 turn (below horizontal)	Pivot turn Squat ½ turn Jump ½ turn
Fulfill SR #2 Dance Series – 2 skills (<i>same or diff.</i>) – AND one Jump or Leap with 90° cross or side split (<i>can be included in the dance series</i>)	Does NOT fulfill SR #2
Straddle jump (70°) - tuck jump Straight jump - tuck jump and then a split leap (90°) Split leap (80°) - tuck jump	Tuck jump - wolf jump (<i>no leap/jump with split included in series</i>) Straight jump - ¼ turn straddle jump (<i>unallowable skill</i>)
Fulfills SR #3 Two Acro Skills – one must achieve or pass through inverted vertical – with or without flight (<i>isolated or in a series</i>). <i>A Series is not required.</i>	Does NOT fulfill SR #3
Back walkover and a separate back walkover, straight jump Bridge kick-over and a forward roll Cartwheel swing through, Round-off Headstand and a Backward Roll	Partial handstand & then a bridge hold 2 sec. Press handstand mount & a front walkover in the routine (<i>the mount does not count for a acro skill on the beam as it does not start on the beam</i>) Vertical handstand (<i>must have 2 acro skills</i>)
Fulfills SR #4 Dismount	Does NOT fulfill SR #4
Front tuck salto dismount Cartwheel to handstand ¼ turn dismount	Straddle jump dismount (<i>not on allowable skill chart</i>) Cartwheel to handstand land facing the beam (<i>not on allowable skill chart</i>)

EXAMPLES FOR PLATINUM BEAM

Fulfills Special Requirement	Does NOT fulfill Special Requirement
Fulfills SR #1 Min. 1/1 Turn on one foot	Does NOT fulfill SR #1
1 ½ turn 1/1 turn	Jump 1/1 turn 1/1 turn in prone position
Fulfill SR #2 Dance Series – 2 skills (<i>same or diff.</i>) – AND one Jump or Leap with 120° cross or side split (<i>can be included in the dance series</i>)	Does NOT fulfill SR #2
Wolf jump – sissonne 120° Switch leap 150° – beat jump Jump ½ turn – straight jump - split jump 110° ¼ turn	Tuck jump - wolf jump (<i>no leap/jump with split included in series</i>) Stag jump - jump ½ turn (<i>stag jump does not fulfill the split requirement</i>) Straddle jump (<i>still needs a directly connected dance series</i>)
Fulfills SR #3 One Acro Skill with flight OR an Acro series – with or without flight.	Does NOT fulfill SR #3
Front handspring Handstand forward roll step out - cartwheel Vertical handstand (no hold) – back walkover Forward roll - forward roll	Cartwheel to lunge, step, back walkover (<i>the step breaks the connection</i>) End of beam - press to handstand front walkover mount - cartwheel. (<i>both skills must start and end on the beam</i>) Back walkover swing down (<i>missing flight or acro series</i>)
Fulfills SR #4 Dismount	Does NOT fulfill SR #4
Front Layout ½ twist dismount Round-off - back tuck dismount Front handspring dismount	Punch front layout with 1/1 twist (<i>C dismount and is an unallowable skill</i>) Cartwheel handstand ¼ turn dismount (<i>not allowed to use skills from Skills Chart in this division</i>)

BALANCE BEAM ~ Chapter 2 ~ General Information

Recognition (Counting) of Value Parts (continued)

- B. 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, or are listed separately on the Xcel Skill Charts*.
 2. If they have the same number in the *Xcel Code of Points, Xcel Updates* but meet the following criteria:
 - a. Saltos are performed with different body positions.
 - b. The support is performed on one or both arms.
 - c. There are different degrees of turn (1/2, 1/1, 1½)
 - The addition of a ¼ turn does not make an element different, unless specifically listed in the *Xcel Code of Points, Xcel Updates*.
EXAMPLE: #2.110 Tuck jump and Tuck jump with ¼ turn are considered the same element.
 - d. Mount elements are performed as elements within the exercise.
EXAMPLE: Press handstand performed as a mount and later in the exercise. Both would receive "B" VP.
 - e. The take-off for a leap/jump/hop is from one or both legs.
EXAMPLE: #2.201 Split leap w/ ¼ turn and Split jump w/ ¼ turn will be considered different elements.
 - f. The Acrobatic elements take-off or land on one or both legs.
EXAMPLE: #7.202 Front handspring step-out and front handspring to two feet are considered as different elements and both will receive "B" credit.
- C. In the following instances, the elements will be considered the SAME:
1. Elements with the same number but performed with different leg positions will be considered the same element.
EXAMPLE: #2.108 Stretched jump with or without arch and stretched jump with change/beat of legs are considered the same "A" element.
 2. The partial handstand and vertical handstand listed on the Bronze, Silver, and Gold Skill Charts are considered the same element.
- D. All acro skills must start and finish on the beam to receive **SR** credit.
- Acro skills performed as a mount will receive VP credit. However the acro mount CANNOT be used to fulfill the acro SR.
- E. Difficulty Restrictions
1. BRONZE DIVISION RESTRICTIONS
 - a. Only Skills listed on the Bronze Skill Chart and allowable "A" VP's are allowed.
 - 1) No "B" or higher VP elements are allowed
Exception: Cross - Split OR Straddle jump will be awarded "A" VP
 - 2) The following "A" Value-Parts are NOT ALLOWED in the Bronze Division
 - a) Salto or Aerial Dismounts
 - b) Walkovers
 - 3) If an Unallowable/*restricted* Skill is performed:
 - a) Deduct 0.50 **from SV**
 - b) Do NOT award Value Part credit
 - c) The skill CANNOT be used to fulfill Special Requirements
 - b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.
 2. SILVER DIVISION RESTRICTIONS
 - a. Only Skills listed on the Silver Skill Chart and "A" VP's and "B" Dance VP's are allowed.
 - 1) No "B" Acro VP or "C" or higher VP are allowed
 - 2) If an Unallowable/*restricted* Skill is performed:
 - a) Deduct 0.50 **from SV**
 - b) Do NOT award Value-Part credit
 - c) The skill CANNOT be used to fulfill Special Requirements
 - b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.

BALANCE BEAM ~ Chapter 2 ~ General Information

Difficulty Restrictions (continued)

3. GOLD DIVISION RESTRICTIONS

- a. Only Skills listed on the Gold Skill Chart and allowable "A" and "B" VP's are allowed.
 - 1) No "C" or higher VP elements are allowed
 - 2) If an Unallowable/**restricted** Skill is performed:
 - a) Deduct 0.50 **from SV**
 - b) Do NOT award VP credit
 - c) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.

4. PLATINUM DIVISION RESTRICTIONS

- a. Only "A" and "B" VP's and "C" Dance VP's are allowed.
 - 1) No "C" or higher acro VP and "D" or higher VP are allowed
 - 2) If an Unallowable/**restricted** Skill is performed:
 - a) Deduct 0.50 **from SV**
 - b) Do NOT award VP credit
 - c) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.

5. DIAMOND DIVISION RESTRICTIONS

- a. Only "A", "B", "C" **and one "D"** VP are allowed. **No Bonus is awarded for a "D" element.**
 - 1) **No "E" VP elements and no more than one "D" element is allowed.**
 - 2) If an Unallowable/**restricted** Skill is performed:
 - a) Deduct 0.50 **from SV**
 - b) Do NOT award VP credit
 - c) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

F. 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. VP credit is awarded.
 - b. Special Requirements WILL be fulfilled, if applicable.
 - c. If the fall occurs on the second element in an acro series, the series Special Requirement is fulfilled.
 - d. Deduct for execution/amplitude errors in addition to the 0.50 deduction for the fall, but not the balance errors which resulted in the fall.
2. If the gymnast does not land/make contact with the bottom of the feet/foot on the top of the beam at all:
 - a. VP credit is NOT awarded.
 - b. Special Requirement credit is NOT awarded.
 - c. If the fall occurs on the second element in an acro series, the series Special Requirement is NOT fulfilled.
 - d. Deductions for execution and amplitude errors are taken in addition to the 0.50 deduction for the fall.
3. If the gymnast fails to land on the bottom of her feet first on the Dismount:
 - a. VP credit is NOT awarded.
 - b. Dismount Special Requirement credit is NOT awarded.
 - c. Do not deduct 0.30 for no dismount from the Start Value.
 - Exception for the performance of salto dismount: if no salto action was initiated, then the 0.30 for no dismount will be applied.
 - d. Deductions for execution and amplitude errors are taken in addition to the 0.50 deduction for the fall.

G. Required Technique for the Recognition of Value Parts

- 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.
- In some cases, appropriate execution and amplitude deductions would be taken rather than recognizing it as a different element.

BALANCE BEAM ~ Chapter 2 ~ General Information

Required Technique for the Recognition of Value Parts (continued)

1. Turns of 360° or more on one foot and leaps/jumps/hops with Turns of 360° or more:

If missing 1° to 44° of the Turn	Deduct 0.05 – 0.10	Award VP credit
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 the VP for the skill performed

- Deductions for balance, execution and amplitude errors are also applied.
- Clarification regarding completion of turns:
Once the heel drops onto the beam during a turn, it is considered complete. Appropriate VP credit is awarded for the degree of turn completed prior to the heel drop.

2. Turns/Jumps/Leaps/Hops with less than 360° Turn

- Jumps, leaps and hops that have values based upon less than a 360° Turn (example, tuck jump ¾), the gymnast must finish a minimum of 1° past the halfway mark between the two Value Parts.
- A ½ turn on one or two feet must finish **at a minimum of 91°** to receive VP and SR credit.
 - Use deductions as listed in Chapter 3 for full turns.

EXAMPLE:

- 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.
 - o If the Turn is completed to within 44° or less of the designated degree of Turn, it will be awarded the higher Value Part.
 - o Basically, in order to receive the higher value, the Turn must be finished closer to the higher degree of Turn.

Execution deductions for incomplete turn will be applied.

3. Holds

- If an element requiring a 2-second hold is not held for 2 seconds, it is awarded the value of the root skill.

EXAMPLE: #1.311 Press to Side Handstand – Lower to Planche.

If the Planche position is not held, award "B" VP credit for the Press Handstand.

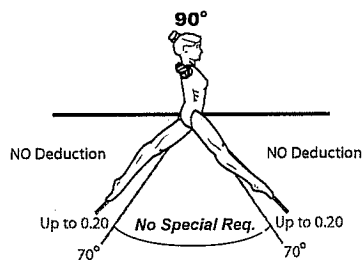
EXCEPTIONS: Handstands & Headstands do NOT require a hold for any Division.

4. Leaps and Jumps

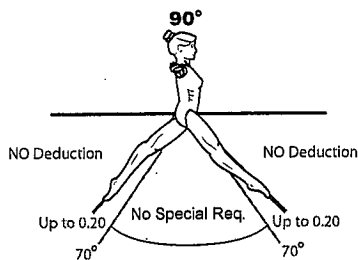
Bronze

No Angle Requirement

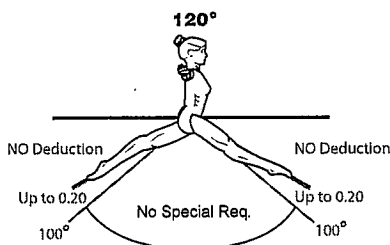
Silver



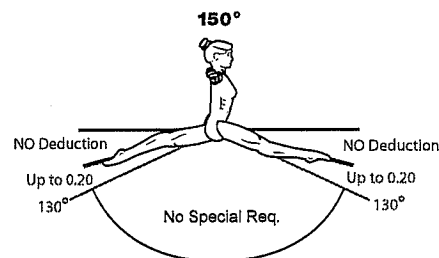
Gold



Platinum



Diamond



- At each Division there is a specific required degree of split for ALL leaps and jumps with cross or side split. This is the split angle specified in the dance SR (SR #2) for each Division.
- A deficiency of up to 20° from the Division-specific required split is allowed to still receive VP credit (and SR credit if applicable), but will receive an up to 0.20 amplitude deduction.
- Lower VP or NO VP credit (as applicable) would be given for the skill if the split is more than 20° from the required split angle in the division.

BALANCE BEAM ~ Chapter 2 ~ General Information

Required Technique for the Recognition of Value Parts (continued)

EXAMPLE:

- Split Jumps: In the Gold Division the split requirement is 90°. If the gymnast has less than 70° leg separation, the split jump will be considered a stretch jump and will NOT receive value part credit for a split jump and will NOT count as a special requirement.
- Split Leaps: 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 it will fulfill the Special Requirement with an up to 0.20 deduction.
- Split Jump with a ½ Turn: In the Platinum or Diamond Division: If the gymnast does not hit 20° from the required split, the "C" VP is not awarded. However, the gymnast receives "A" VP credit for the jump ½ turn.

5. Flight Elements

- A flight element that fails to show flight (a moment when both the hands and feet are free of the beam) is awarded VP credit for the actual element performed.

EXAMPLE:

- Flic-flac performed with no flight is recognized as a back walkover and awarded "A" VP.

6. Salto Dismounts

- a. Twisting Saltos (Incomplete long axis (LA) turn/twist):

If missing 1° to 44° of the twist	Deduct 0.05 – 0.10	Award VP credit
If missing 45° to 89° of the twist	Deduct 0.15 – 0.20	Award VP credit
If missing 90° or more of the twist		Award VP credit for the skill performed

EXAMPLE:

- Gymnast attempts a 1½ twist dismount ("C") and is missing 90° of the twist.
- Award "B" VP credit for a full twist.
- Deductions for any balance, execution and amplitude errors are also applied.

Clarification regarding the completion of twists:

The placement of the front foot upon landing is decisive in determining the amount of twist completed for the awarding of VP credit.

b. Incomplete Breadth Axis (BA turn) Salto

Any Salto Dismount that does not land with the bottom of the feet first does not receive VP or SR credit.

- Do not deduct 0.30 for no dismount from the Start Value, unless no salto action was initiated.
- If the gymnast lands on the feet and hands or the feet and buttocks simultaneously, then give the benefit of the doubt to the gymnast and award VP credit.

H. Specific Element Technique Clarifications

1. Elements that must "achieve or pass through inverted vertical" for Gold SR #3

- a. This element need only reach/achieve vertical as in a handstand or headstand.
- b. This skill does not need to be held.
- c. A partial handstand as on the Gold Xcel Chart will NOT fulfill SR because it does not reach vertical.
- d. An element used to fulfill this SR may also "pass through" vertical, as in a back walkover or cartwheel.

2. Any Handstand:

- a. The body must be in vertical, with hips over the shoulders in a balanced position to receive VP credit. The legs may be together or in a split, straddle, stag or double-stag position.
- b. A two-second hold is NOT required. If the position is not achieved, apply appropriate deductions for insufficient amplitude, or if applicable, recognize the actual VP performed.
- c. A press handstand and handstand elements with turn performed within the exercise also do not require a two-second hold to receive VP credit.
- d. If the gymnast attains vertical on the mount, but then falls off the beam, VP credit is still awarded.
- e. Any handstand within the exercise can be used as the first element in an acro series for all Divisions.
- f. Handstands as a mount may NOT be used as the first element of an acro series.
- g. *Partial handstands must meet requirements as stated in the Xcel Skills list.***

3. #2.110 Tuck Jump (A)

- a. Both knees should be at horizontal or above, with a 90° angle at the hips and knees.
- b. If the knees are lower than horizontal and/or there is greater than 90° angle at the knees, deduct "up to 0.20" (0.10 for each error).
- c. If there is a greater than 135° angle at the hips and greater than 90° at the knee, then award credit for the actual VP performed. Consider it an "A" stretch jump with abstract leg position.

BALANCE BEAM ~ Chapter 2 ~ General Information

Mount and Dismount Regulations (continued)

2. ***If a gymnast performs a dismount from any Xcel Skill Chart, the Xcel Code of Points, or Xcel Updates that does not meet division criteria:***
 - a. Deduct 0.50 for missing the dismount Special Requirement.
 - b. Do NOT deduct 0.30 for no dismount.
3. ***If a gymnast performs a dismount of NO VALUE - one that is not listed in ANY Xcel Skill Chart, the Xcel Code of Points, or Xcel Updates or performs an unallowable/restricted element for the Division:***
 - a. Deduct 0.50 for missing the dismount Special Requirement.
 - b. Deduct 0.30 from the Start Value for no dismount.
 - c. Deduct 0.50 from the Start Value if the dismount performed is an unallowable element for the Division.
4. 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 0.30 from the Start Value for no dismount.
 - c. Deduct 0.50 for the fall from the apparatus, if applicable.
 - d. A Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances. No routine will be awarded less than 4.0. Common sense should prevail.
5. Falls on a Salto Dismount (Gold/Platinum/Diamond Divisions):
 - a. If the gymnast never initiates the salto action, and falls without landing on the bottom of the feet first,
 - 1) VP credit is NOT awarded for the dismount.
 - 2) Deduct from the Start Value for any missing difficulty requirements, if appropriate.
 - 3) Deduct 0.50 from the Start Value for missing the dismount SR.
 - 4) Deduct 0.30 from the Start Value for no dismount.
 - 5) Deduct 0.50 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) VP credit is NOT awarded.
 - 2) Deduct from the Start Value for any missing difficulty requirements, if appropriate.
 - 3) Deduct 0.50 from the Start Value for missing the dismount SR.
 - 4) Deduct 0.50 for the fall.
 - 5) Deduct for any other execution/amplitude errors

IV. Spotting Regulations

- A. If the coach assists/spots the gymnast during an element:
 1. Each judge deducts 0.50 for the "spot"
 2. If the gymnast falls after the "spot", an additional 0.50 deduction is taken for the fall.
 3. VP credit as well as SR is NOT awarded.
 4. If the spot occurs on the dismount element, even though it receives no VP credit, do not deduct 0.30 from the Start Value for no dismount.
- B. If the coach spots the gymnast upon landing of the dismount:
 1. Each judge deducts 0.50 for the "spot".
 2. If the gymnast falls after the spot, deduct only 0.50. Do not deduct for both the "spot" and the fall.
 3. Award VP and SR credit.
- 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.
- 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. The coach may stand by the beam during the entire exercise without penalty.
- G. When a raised surface is necessary for spotting, 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.
 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

BALANCE BEAM ~ Chapter 3 ~ Execution & Artistry

Execution and Artistry Faults

- Execution deductions may NOT exceed 4.0. This includes falls but does not include artistry or spotting deductions.
- Courtesy score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances.
- No routine will be awarded less than 4.0. Common sense should prevail.

Slight/Small Faults (Up to 0.10)	each time <u>0.05</u>	Flexed/sickled feet during skills/value parts
	up to 0.10	Slight hop, or small adjustment of feet on landing of elements or dismounts
	up to 0.10	Deviation from a straight direction on landing
	up to 0.10	Extra arm swings on landing
	up to 0.10	Hesitation during jump, swing, or press to handstand
	up to 0.10	Incorrect body posture/alignment during dance skills/value parts
	up to 0.10	Legs crossed during salto dismounts with a twist
	<u>0.10</u>	Dismount landing too close to the beam (when applicable)
	<i>Up to 0.10</i>	<i>Failure to join (slide) heels together on controlled extension of dismount landing</i>
	<i>Up to 0.10</i>	<i>Entire foot/feet slide or lift off floor to join on controlled extension of dismount landing</i>
	<i>Up to 0.10</i>	<i>Landing dismount with feet staggered (one fin front of the other)</i>
	<u>0.10</u>	<i>Landing dismount with feet further apart than hip-width</i>
	each <u>0.10</u>	Extra steps on landing (maximum 4)
	each <u>0.10</u>	Uncharacteristic elements
Medium Faults (Up to 0.20)	each up to 0.20	Leg or knee separations
	up to 0.20	Insufficient height on leaps, jumps and hops
	up to 0.20	Insufficient height of Aerials, Saltos, & Acro flight elements with hand support
	up to 0.20 up to 0.20 Award lesser VP	Insufficient split position (deviation from amount of split degree required for the division) • 1° - 20° missing • 21° or more missing
	each up to 0.20	Legs not even in split or straddle pike leap/jump
	each up to 0.20	Insufficient exactness of tuck or pike position in skill/Value Parts
	up to 0.20 up to 0.20	Insufficient exactness of stretched position • Arch • Hips angle (136°-179°)
	up to 0.20 0.05 – 0.10 0.15 – 0.20 Award lesser VP	Dance: Incomplete turn – Gr. 2 & 3 elements with 360° or more turn • 1° - 44° missing • 45° - 89° missing • 90° or more missing
	up to 0.20 0.05 – 0.10 0.15 – 0.20 Award lesser VP	Dismounts: Incomplete twist on dismounts with 360° or more twist • 1° - 44° missing • 45° - 89° missing • 90° or more missing
	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
	up to 0.20	Insufficient dynamics – Consider • Energy maintained throughout exercise • Makes difficult look effortless
	<u>0.20</u>	Large step or jump on landing (approximately 3 feet or more)
	up to 0.20	Insufficient sureness of performance throughout the exercise

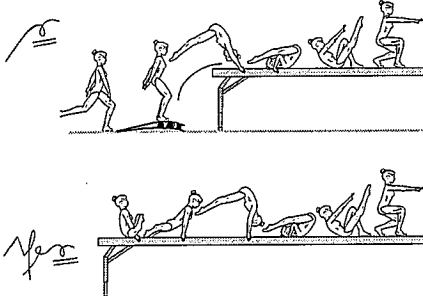
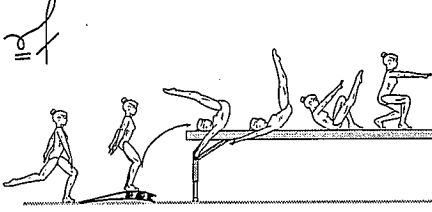
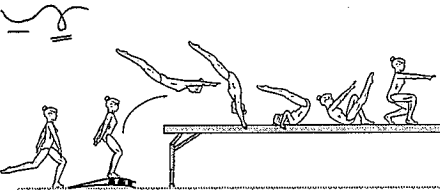
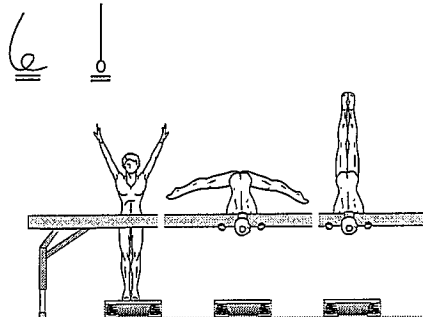
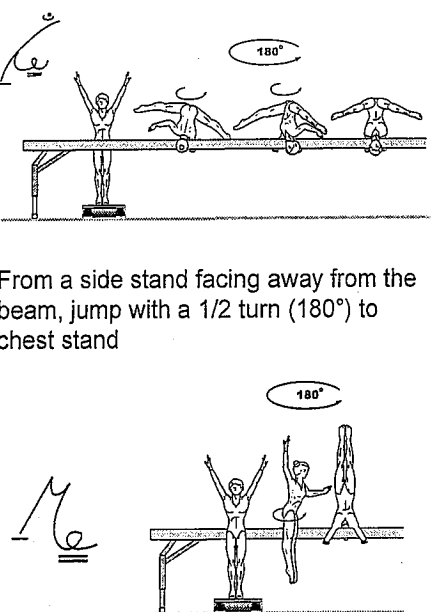
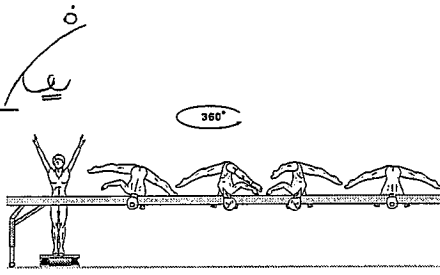
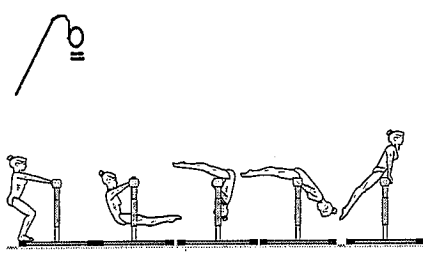
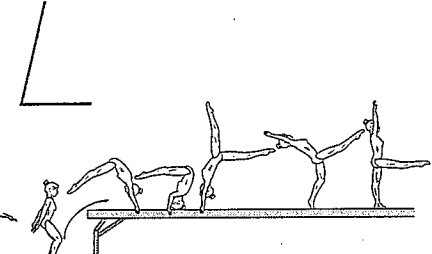
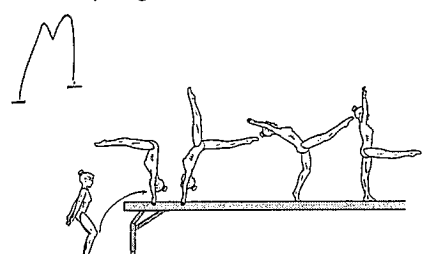
BALANCE BEAM ~ Skills Chart

Additional "A" Value Part Skills

Bronze Division	Silver Division	Gold Division
<p>Leaps/Jumps</p> <ul style="list-style-type: none"> • Stag or stride leap (<i>any split angle</i>) • Cross Split jump (<i>any split angle</i>) • Cross straddle jump (<i>any split angle</i>) 	<p>Leaps/Jumps</p> <ul style="list-style-type: none"> • Stag or stride leap (<i>min. 90°</i>) • Split jump (<i>min. 90°</i>) • Cross straddle jump (<i>min.90°</i>) 	<p>Leaps/Jumps</p> <ul style="list-style-type: none"> • Stag or stride leap (<i>min. 90°</i>) • Split jump (<i>min.90°</i>) • Cross straddle jump (<i>min.90°</i>)
<p>Turns:</p> <ul style="list-style-type: none"> • Pivot turn (180°) • ½ heel snap turn • ½ turn on one foot • Forward swing turn • Backward swing turn 	<p>Turns:</p> <ul style="list-style-type: none"> • ½ Heel snap turn • ½ turn on one foot • Forward swing turn • Backward swing turn 	
<p>Acro Skills:</p> <ul style="list-style-type: none"> • Partial handstand (<i>feet/legs are NOT required to join/close; lead/back leg must be a min. of 45° from vertical</i>) Vertical cross or side handstand (<i>no hold - legs any position</i>) • Headstand (<i>any position no hold</i>) • From lying position, push up to bridge (<i>hold 1 sec</i>) • From lying position, push-up to bridge, kick over • From lying position, push up/ arch up to head-kick over • Lever to touch beam 	<p>Acro Skills:</p> <ul style="list-style-type: none"> • Partial handstand (<i>feet must close together min. 45° from vertical</i>) Vertical cross or side handstand (<i>no hold - legs any position</i>) • Headstand (<i>any position no hold</i>) • From lying position, push up to bridge (<i>hold 1 sec</i>) • From lying position, push-up to bridge, kick over • From lying position, push up/arch up to head-kick over 	<p>Acro Skills:</p> <ul style="list-style-type: none"> • Partial handstand (<i>feet must close together min. 45° from vertical</i>) Vertical cross or side handstand (<i>no hold - legs any position</i>) • Headstand (<i>any position no hold</i>) • From lying position, push-up to bridge, kick over • From lying position, push-up/arch up to head-kick over
<p>Dismounts:</p> <ul style="list-style-type: none"> • Cartwheel (<i>or any entrance</i>) to partial handstand <i>45° from vertical, no hold required, land facing the beam</i> • Cartwheel (<i>or any entrance</i>) to handstand (<i>mark</i>), ¼ turn dismount • Any jump from feet with up to 360° turn 	<p>Dismounts:</p> <ul style="list-style-type: none"> • Cartwheel (<i>or any entrance</i>) to partial handstand <i>45° from vertical, no hold required, land facing the beam</i> • Cartwheel (<i>or any entrance</i>) to handstand (<i>mark</i>), ¼ turn dismount • Any jump from feet with up to 360° turn 	<p>Dismounts:</p> <ul style="list-style-type: none"> • Cartwheel (<i>or any entrance</i>) to handstand (<i>mark</i>), ¼ turn dismount

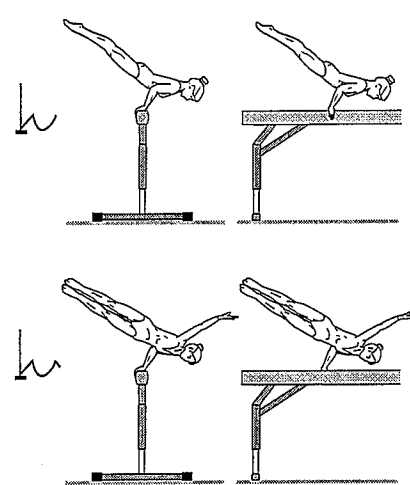
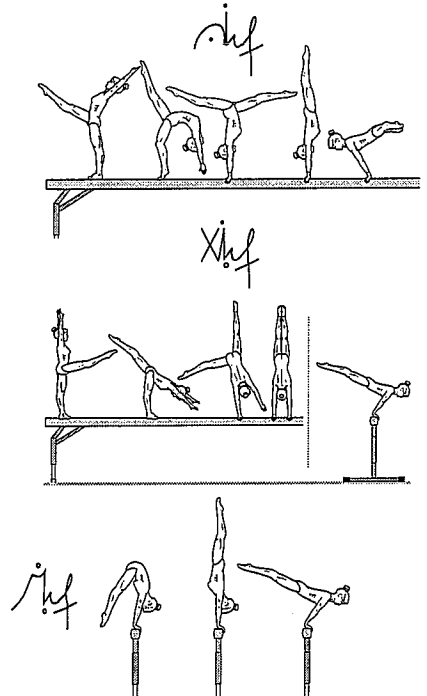
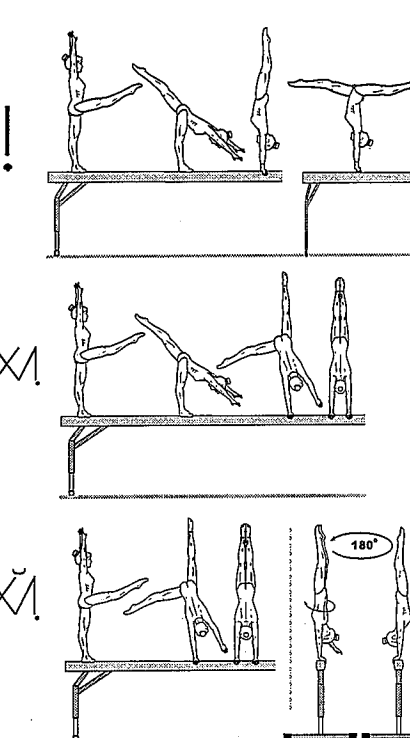
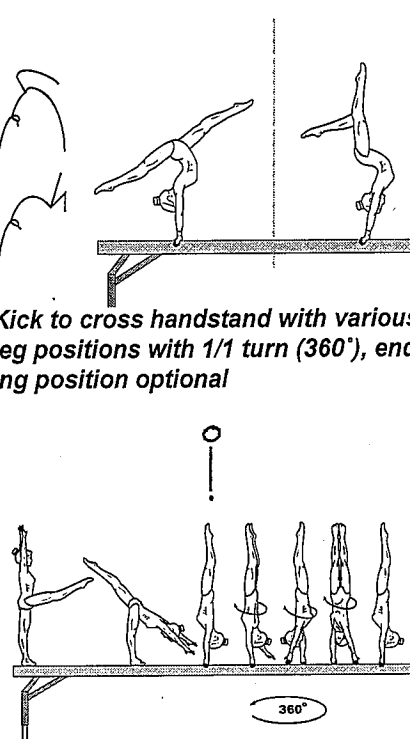
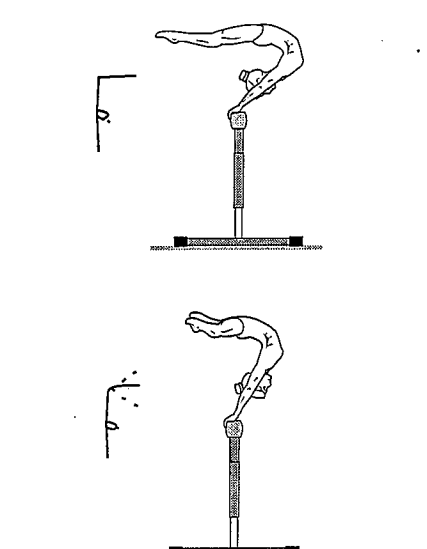
BALANCE BEAM ~ Skills Chart

Group 1 – Mounts

A	B	C
<p>1.107 Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam – swing backward to roll forward</p> 	<p>1.207 Free forward roll at end of beam</p> 	<p>1.307 Hecht roll (Extended hip angle in flight phase) – approach at end or diagonal to beam</p> 
<p>1.108 Chest or head stand</p> 	<p>1.208 Jump to chest stand, 1/2 turn (180°) over shoulder to shoulder stand</p> <p>From a side stand facing away from the beam, jump with a 1/2 turn (180°) to chest stand</p> 	<p>1.308 Jump to chest stand, 1/1 turn (360°) over shoulder to chest stand (Silivas)</p> 
<p>1.109 From side stand frontways- back hip pullover to front support</p> 	<p>1.209 From cross stand facing end of beam – head kip</p> 	<p>1.309 From cross stand facing end of beam – jump to handstand with hip angle (pike) to handspring forward with step-out</p> 

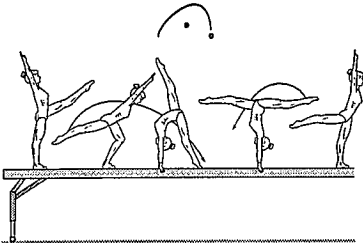
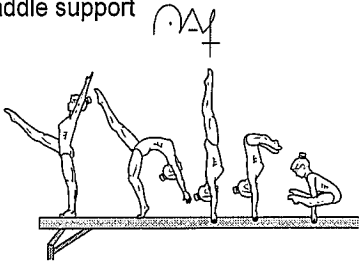
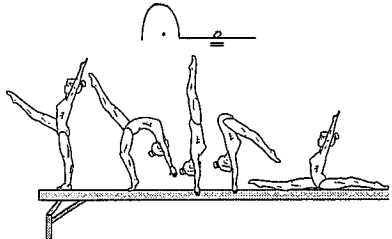
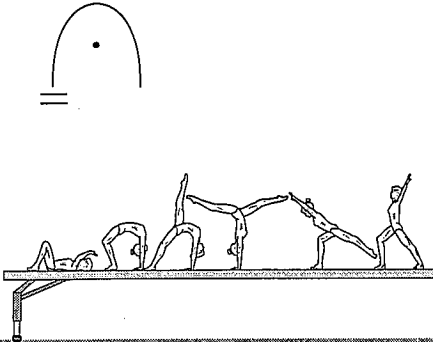
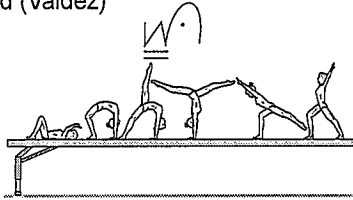
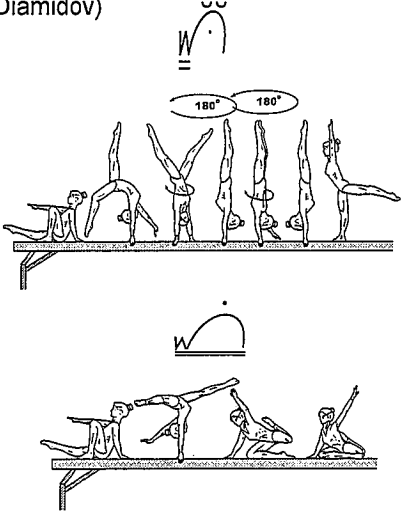
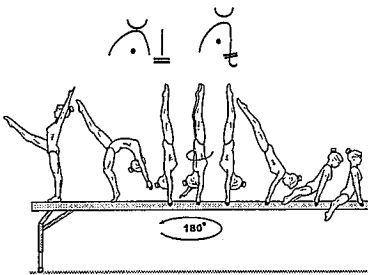
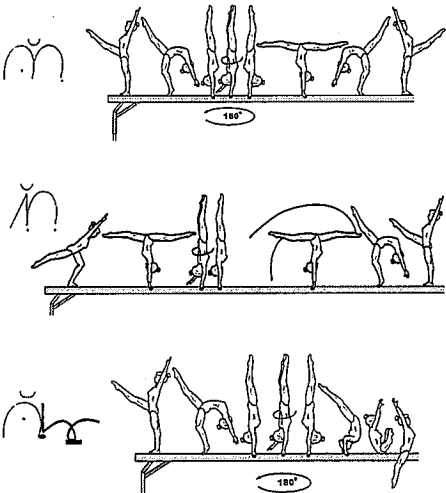
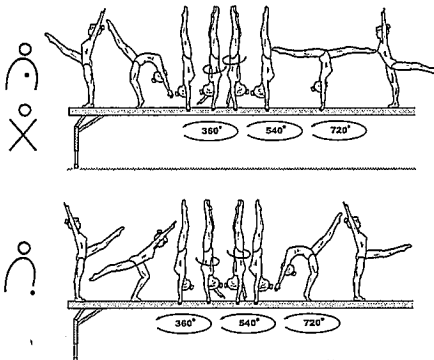
BALANCE BEAM ~ Skills Chart

Group 5 – Holds–Stands

A	B	C
<p>5.105 Planche with support on one or both arms (2 sec.)</p> 	<p>5.205</p>	<p>5.305 Jump, press or swing to cross or side handstand – or walkover backward or cartwheel to cross or side handstand – lower to cross or side planche</p> 
<p>5.106 Kick to cross or side handstand with various leg positions; also with 1/2 turn (180°)</p> 	<p>5.206 Handstand in cross position with large arch span, also piked with one leg vertical, other leg bent</p> <p>Kick to cross handstand with various leg positions with 1/1 turn (360°), ending position optional</p> 	<p>5.306 Cross or side handstand with horizontal leg hold – reverse planche in different variations</p> 

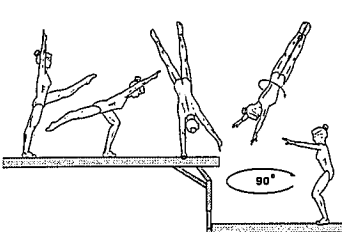
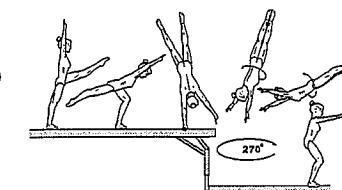
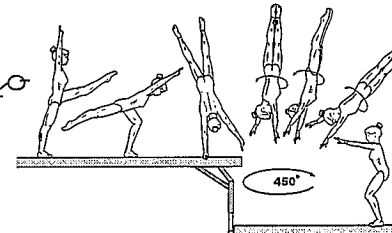
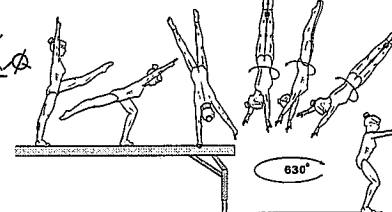
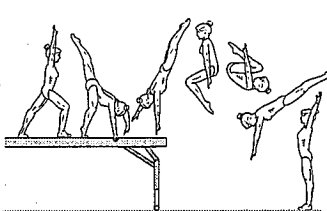
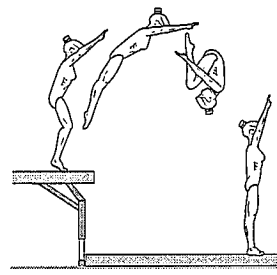
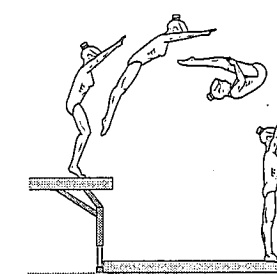
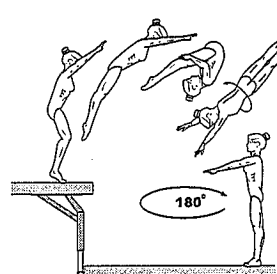
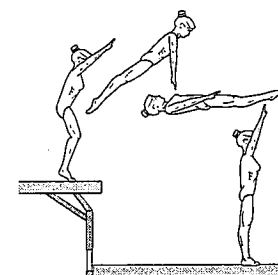
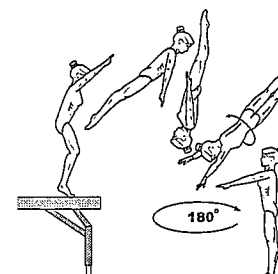

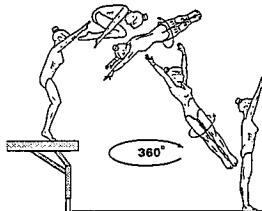
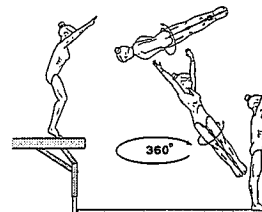
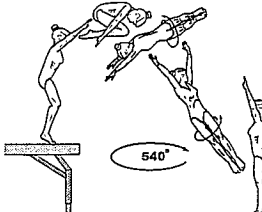
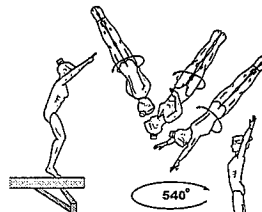
BALANCE BEAM ~ Skills Chart

Group 7 – Walkovers, Cartwheels, etc...

A	B	C
<p>7.105 Walkover forward, backward (Tic-toc)</p> 	<p>7.205 Walkover backward – lower to clear straddle support</p> 	<p>7.305 Walkover backward with stoop through of one leg to cross split sit</p> 
<p>7.106 From back lying position, push up from bridge (support on head and/or hands), kickover backward</p> 	<p>7.206 From extended tuck sit – walkover backward (Valdez)</p> 	<p>7.306 From extended tuck sit – walkover backward with 1/1 turn (360°) – 1/2 turn (180°) in handstand on one arm second 1/2 turn (180°) with late support of second arm (Diamidov)</p> 
<p>7.107 Walkover backward to handstand, 1/2 turn (180°) in handstand – lower to end position touching beam</p> 	<p>7.207 Walkover forward or backward with 1/2 turn (180°) in handstand and continuation of movement to walkover forward or forward roll</p> 	<p>7.307 All Walkovers forward, backward or cartwheels with 1/1 – 2/1 turn (360°- 720°) in handstand</p> 

BALANCE BEAM ~ Skills Chart

Group 9 - Dismounts

A	B	C
<p>9.103 Cartwheel with 1/4 twist (90°) after hand support (or Round-off) to cross stand at end of beam</p>  <p><i>X_u</i></p> <p>Cartwheel with 3/4 twist (270°) after hand support to cross stand at end of beam</p>  <p><i>X_w</i></p>	<p>9.203 Cartwheel with 1 1/4 twist (450°) after hand support to cross stand at end of beam</p>  <p><i>X_o</i></p> <p>Cartwheel with 1 3/4 twist (630°) after hand support to cross stand at end of beam</p>  <p><i>X_a</i></p>	<p>9.303 Cartwheel with 1/4 turn on the hands and repulsion to salto backward tucked (Lawson) or piked (Keck-not illustrated) at the end of the beam (Tsukahara tucked/piked)</p>  <p><i>Ke_h</i></p>
<p>9.104 Salto forward tucked or piked, also with 1/2 twist (180°)</p>  <p><i>ve</i></p>  <p><i>ve</i></p>  <p><i>ve</i> <i>ve</i></p> <p><i>180°</i></p>	<p>9.204 Salto forward stretched, also with 1/2 twist (180°) off the side or end of beam</p>  <p><i>ve</i></p>  <p><i>ve</i></p> <p><i>180°</i></p> <p>Also from a stand on one leg, swing free leg through backward to salto forward stretched with 1/2 twist (180°) off the side of the beam (not illustrated)</p>  <p><i>ve</i></p>	<p>9.304 Salto forward tucked or stretched with 1/1 - 1 1/2 twist (360° - 540°), take-off only from both legs</p>  <p><i>ve</i></p> <p><i>360°</i></p>  <p><i>ve</i></p> <p><i>360°</i></p>  <p><i>ve</i></p> <p><i>540°</i></p>  <p><i>ve</i></p> <p><i>540°</i></p>

FLOOR EXERCISE RULES

FLOOR

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the Xcel Code of Points. Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points. Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. Any "C" Dance VP.	5 A", 2 "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points. 1 "D" element is allowed (No bonus)
Clarifications	Round-off rebound - backward roll is an acro connection. Straddle jump & Side Leap (60°-180° or more) = "A" VP	"B" dance VP are allowed Round-off rebound - backward roll is an acro connection.		"C" dance VP are allowed.	
<i>SR credit will be awarded for cross or side split leaps or jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient split will be applied. A Dive Roll does NOT fulfill a flight requirement</i>					
Difficulty Restrictions <i>Unallowable Skills</i> 0.5 deduction-off SV	No "B" or higher VP. No Saltos or Aerials. Maximum 2 flight skills per routine.	No "B" Acro VP. No "C" or higher VP Maximum 1 Salto or Aerial per routine.	No "B" VP Saltos. No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	Maximum of 1 "D" VP allowed. No "E" VP.
Special Requirements Deduct 0.5 for Each Missing SR	1. Min. 2 directly connected acro skills with or without Flight. 2. A 2 nd Pass with one Acro Skill with or without Flight. 3. Dance Passage with a min. of 2 Different Group 1 VP or Xcel Bronze chart skills (directly or indirectly connected) one of which is a LEAP w/ a 60° cross or side split. 4. Min. 1/2 Turn on one foot.	1. Min. 2 directly connected Acro skills one must have Flight. 2. Either a 2 nd Acro connection with a min. of two directly connected skills with or without Flight OR One isolated Acro skill with Flight. 3. Dance Passage with a min. of 2 Different Group 1 VP or Xcel Silver chart skills (directly or indirectly connected), one of which is a LEAP with a 90° cross or side split. 4. Min. 1/1 Turn on one foot.	1. Min. 2 directly connected Flight skills. 2. Either a 2 nd Acro connection with a min. of two directly connected Flight skills OR an isolated "B" Salto. 3. Dance Passage with a min. of 2 Different Group 1 VP (directly or indirectly connected), one of which is a LEAP with a 120° cross or side split. 4. Min. 1/1 Turn on one foot.	1. Min. 2 directly connected Flight skills with 1 "A" or "B" Salto. 2. Either a 2 nd acro connection with a min. of two directly connected Flight skills OR an isolated "B" Salto. 3. Dance Passage with a min. of 2 Different Group 1 VP (directly or indirectly connected) one of which is a LEAP with a 150° cross or side split. 4. Min. 1/1 Turn on one foot.	1. Two separate acro connections each with a min. of two directly connected acro Flight skills. 2. Two different Saltos within the routine (isolated or in series), one must be a min. "B" (may be included in SR#1). 3. Dance Passage with a min. of two different Grp.1 VP (directly or indirectly connected), one of which is a LEAP with a 150° cross or side split. 4. Turn on one foot min. "B" VP.
Timing <i>No Minimum Time</i>	Warm-up: 30 sec. Time limit: 45 sec.	Warm-up: 45 sec. Time limit: 1:00	Warm-up: 1:00 Time limit: 1:00	Warm-up: 1:30 Time limit: 1:30	Warm-up: 1:30 Time limit: 1:30

FLOOR EXERCISE ~ Chapter 1 ~ Requirements

I. Special Requirements

each worth 0.50

A. BRONZE DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 2 directly connected acro skills (with or without flight).
Note: A round-off, rebound, backward roll fulfills this requirement.
2. A 2nd pass with one acro skill with or without flight.
3. A dance passage with a minimum of 2 different group 1 VP **or** group 1 Xcel Bronze leap/jump/hop skills (directly or indirectly connected)
 - one of which is a leap with a 60° cross or side split.
4. Minimum of ½ turn on one foot.

B. SILVER DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 2 directly connected acro skills (one must have flight).
Note: A round-off, rebound, backward roll fulfills this requirement.
2. Either a 2nd acro connection with a minimum of two directly connected skills with or without flight **or** one *isolated* acro skill with flight.
3. A dance passage with a minimum of 2 different group 1 VP **or** group 1 Silver leap/jump/hop skills (directly or indirectly connected)
 - one of which is a leap with 90° cross or side split.
4. Minimum of 1/1 turn on one foot.

C. GOLD DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 2 directly connected acro flight skills.
2. Either a 2nd acro connection with a minimum of two directly connected flight skills **or** an *isolated* aerial or salto.
3. A dance passage with a minimum of 2 different group 1 VP **or** group 1 Xcel Gold leap/jump/hop chart skills (directly or indirectly connected)
 - one of which is a leap with 120° cross or side split.
4. Minimum 1/1 turn on one foot

D. PLATINUM DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 2 directly connected acro flight skills with one "A" or "B" salto.
2. Either a 2nd acro connection with a minimum of two directly connected flight skills **OR** an isolated "B" salto.
3. A dance passage with a minimum of 2 different group 1 VP (directly or indirectly connected)
 - one of which is a leap with 150° cross or side split.
4. Minimum 1/1 turn on one foot

E. DIAMOND DIVISION ~ SPECIAL REQUIREMENTS

1. Two separate acro connections:
 - each with a minimum of two directly connected acro flight skills.
2. Two different saltos within the routine (isolated or in series)
 - one must be a minimum "B" (may be included in SR #1).
3. A dance passage with a minimum of 2 different group 1 VP (directly or indirectly connected)
 - one of which is a leap with 150° cross or side split.
4. One turn, on one foot, minimum of "B" VP.

FLOOR EXERCISE ~ Chapter 1 ~ Requirements

II. SPECIAL REQUIREMENT CLARIFICATIONS

A. General

1. Apply to All Divisions
 - a. SR credit will be awarded for Cross and Side split leaps or jumps that are within 20° for insufficient split will be applied.
 - b. A dive roll does not fulfill a flight requirement since it ultimately has support on the shoulders and back.
 - c. Unallowable skills receive a deduction of 0.50 each and do not receive VP or SR credit.
2. Apply to Bronze Division
 - a. Round-off rebound – backward roll is an acro connection. ***This is the ONLY rebound-type series allowed to fulfill SR.***
 - b. Maximum of 2 acro flight skills in the routine.
 - c. **Straddle jump (60°-180° or more) = "A" VP**
 - d. **Side leap (60°-180° or more) = "A" VP**
3. Apply to Silver Division
 - a. Round-off rebound – backward roll is an acro connection. ***This is the ONLY rebound-type series allowed to fulfill SR.***
 - b. Maximum of one salto or aerial in the routine.

B. Examples: These are a few examples of elements that do and do NOT fulfill Special Requirement.

EXAMPLES FOR BRONZE FLOOR

Fulfills SR #1 & #2 1. Min. 2 directly connected acro skills with or without flight & 2. A 2 nd pass with one acro skill with or without flight	Does NOT fulfill SR #1 & #2
1 st Pass - Round-off, rebound, backward roll 2 nd Pass - Round-off	1 st Pass - Round-off, flic-flac 2 nd Pass - Front handspring <i>Only 2 flight skills in a routine-fhs does not count for VP or SR and receives 0.50 ded. for unallowable element.</i>
1 st Pass - Handstand forward roll step out, cartwheel 2 nd Pass - Cartwheel	1 st Pass - Cartwheel, pivot turn, cartwheel 2 nd Pass - Round-off <i>A pivot turn or repositioning of feet will break series</i>
1 st Pass - Round-off, flic-flac 2 nd Pass - Dive roll <i>Even though the dive roll does not count as a flight element it will count as a acro VP.</i>	1 st Pass - Front walkover, moves foot after initial placement on floor, cartwheel 2 nd Pass - Handstand forward roll, split jump <i>Repositioning foot will break acro series</i>
Fulfills SR #3 Dance passage with a min. of 2 different <u>Group 1</u> VP or Xcel Bronze chart skills (<i>directly or indirectly connected</i>) one of which is a Leap with a 60° cross or side split	Does NOT fulfill SR #3
Split leap (60°), run, leg swing hop, with free leg to horizontal	Chassé, split leap Missing 2nd Group 1 skill. <i>Chassé is not an element</i>
Cat leap, skips, split leap	Split leap, run, split leap <i>Skills must be different</i>
Split leap (60°), hitch kick	Split jump, tuck jump <i>One skill must be a leap (one foot take-off) with a split</i>
Fulfills SR #4 Min. 1/2 Turn on one foot	Does NOT fulfill SR #4
Backward swing turn	Pivot turn <i>Must be on one foot</i>
Full turn	Fouetté turn <i>Is a hop</i>
½ Heel snap turn	

FLOOR EXERCISE ~ Chapter 1 ~ Requirements

EXAMPLES FOR SILVER FLOOR

Fulfills SR #1 & #2 1. Min. 2 directly connected acro skills one must have flight & 2. Either a 2 nd acro connection with a min. of two directly connected skills with or without flight OR one acro skill with flight	Does NOT Fulfill #1 & #2
1 st Pass - Round-off, flic-flac 2 nd Pass - Handstand forward roll step out, cartwheel	1 st Pass - Round-off, two flic-flacs 2 nd Pass - Round-off, flic-flac <i>2nd pass is considered the same as the first pass; therefore, none of the elements in the 2nd pass receive VP and cannot be used to fulfill SR#2.</i>
1 st Pass - Round-off, back tuck 2 nd Pass - Front handspring	1 st Pass - Front handspring step out, round-off 2 nd Pass - Front walkover <i>Single skill done must have flight for SR</i>
1 st Pass - Front handspring step out, round-off, flic-flac 2 nd Pass - Round-off	1 st Pass - Round-off, flic-flac 2 nd Pass - Round-off, flic-flac, flic-flac <i>2nd pass is considered the same as the first pass; therefore, none of the elements in the 2nd pass receive VP and cannot be used to fulfill SR#2.</i>
	1 st Pass - Round-off, flic-flac 2 nd Pass - Dive roll <i>2nd Pass - Dive roll is not a flight acro skill and will not fulfill SR#2</i>
	1 st Pass - Round-off, flic-flac, flic-flac 2 nd Pass - Back Walkover, flic-flac <i>In the 2nd Pass, the BWO receives VP credit, but the 3rd time flic-flac does not. The BWO is a single non-flight acro and does not fulfill SR#2.</i>
Fulfills SR #3 dance passage with a min. of 2 different Group 1 VP or Xcel Silver chart skills (<i>directly or indirectly connected</i>) one of which is a Leap with a 90° cross or side split	Does NOT fulfill SR #3
Switch leap (90°), run, leg swing hop with free leg to horizontal	Switch leap, run, switch leap <i>Skills must be different</i>
Split leap (90°), chassé, side leap (70°)	Split jump, sissonne <i>Neither skill is a leap with a split</i>
Split leap (90°), run, assemblé, Schuschunova	Split leap, run, dive roll, straddle jump <i>Dive roll breaks dance passage</i>
Fulfill SR #4 Min. 1/1 Turn on one foot	Does NOT fulfill SR #4
1½ turn on 1 foot	Chassé 1/1 <i>Not on 1 foot</i>

FLOOR EXERCISE ~ Chapter 1 ~ Requirements

EXAMPLES FOR GOLD FLOOR

Fulfills SR #1 & #2 1. Min. 2 directly connected flight skills & 2. Either a 2 nd acro connection with a min. of two directly connected flight skills OR an aerial or salto	Does NOT fulfill #1 & #2
1 st Pass - Round-off, two flic-flacs 2 nd Pass - Front handspring step out, round-off	1 st Pass - Round-off, rebound, back roll 2 nd Pass - Round-off, flic-flac <i>Cannot use round-off, rebound into skill</i>
1 st Pass - Round-off, flic-flac 2 nd Pass - Aerial cartwheel	1 st Pass - Round-off, flic-flac, back tuck <i>Can not combine SR #1 & #2</i>
1 st Pass - Front tuck 2 nd Pass - Round-off, flic-flac	1st Pass - Round-off, flic-flac 2nd Pass - Round-off, straddle jump 3rd Pass - Round-off, flic-flac, flic-flac <i>3rd pass - is considered the same as the 1st pass; therefore, none of the elements in the 3rd pass receive VP credit and cannot be used to fulfill SR#2.</i>
Fulfills SR #3 Dance passage with a min. of 2 different Group 1 VP or Xcel Gold chart skills (<i>directly or indirectly connected</i>) one of which is a Leap with a 120° cross or side split	Does NOT fulfill SR #3
Switch leap, straddle jump	Leap, run, round-off, schuschunova <i>Round-off breaks dance passage</i>
Switch leap, run, jeté en tournant	Leg swing hop, step split jump <i>Neither skill a leap with a split</i>
Leap, step, cabriolé	Cat leap 1/1, step straddle jump <i>Leap not 120° cross or side split</i>
Fulfill SR #4 Min. 1/1 Turn on one foot	Does NOT fulfill SR #4
1½ turn on 1 foot	Chassé 1/1 <i>Not on 1 foot</i>

FLOOR EXERCISE ~ Chapter 2 ~ General Information

Recognition (Counting) of Value Parts (continued)

EXAMPLES:

- 1) First Series: Front salto tucked step-out, Front Handspring, Front salto stretched
Second Series: Front salto tucked step-out, Front Handspring, Flyspring, Front salto stretched.
 - *These are considered to be Two Different Series due to the addition of the Flyspring. VP credit will be awarded to all elements.*
- 2) First Series: Front salto tucked step-out, Round-off, Flic-flac, Salto backward with 1/1 twist.
Second Series: Round-off, Flic-flac, Salto backward with 1/1 twist.
 - *These are considered Two Different Series due to the deletion of the front salto tucked. VP credit will be awarded to all elements.*
- 3) First Series: Front Aerial, Round-off, Flic-flac, Back salto tucked
Second Series: Round-off, Flic-flac, Back salto tucked
 - *These are considered Two Different Series due to the deletion of the acro element without hand support (front aerial). VP credit will be awarded to all elements.*
- 4) First Series: Front handspring step-out, round-off, flic-flac, back salto tucked
Second Series: Round-off, flic-flac, back salto tucked
 - *These are considered Two Different Series because of the addition of the front handspring in the first series.*

C. In the following instance, elements/series will be considered the SAME for recognition of VP:

- A salto with a 2-foot landing or with a step-out are considered the same element.

EXAMPLE: Front salto tucked with step-out (A), and front salto landing on two feet are considered the same element.

D. Difficulty Restrictions

1. BRONZE DIVISION ~ RESTRICTIONS

a. Only Skills listed on the Bronze Skill Chart and allowable "A" elements are allowed

1) "B" or higher VP elements are NOT ALLOWED

- **Exceptions: Straddle jump and Side leap (60°-180° or more) = "A" VP.**

2) The following "A" VP are NOT ALLOWED in the Bronze Division

- a) Saltos
- b) Aerials

3) There is a maximum of 2 flight skills allowed in the routine

4) If an unallowable/**restricted** skill is performed:

- a) Deduct 0.50 **from SV**
- b) Do NOT award VP credit
- c) The skill CANNOT be used to fulfill Special Requirements

b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

2. SILVER DIVISION ~ RESTRICTIONS

a. Only Skills listed on the Silver Skill Chart, allowable "A" VP, and "B" dance VP are allowed

1) "B" acro VP or "C" or higher VP are NOT ALLOWED

2) Maximum of one salto or aerial in the routine

3) If an unallowable/**restricted** skill is performed:

- a) Deduct 0.50 **from SV**
- b) Do NOT award VP credit
- c) The skill CANNOT be used to fulfill Special Requirements

b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

3. GOLD DIVISION ~ RESTRICTIONS

a. Only Skills listed on the Gold Skill Chart, "A" VP and allowable "B" VP are allowed.

1) "B" VP Saltos are NOT ALLOWED

2) "C" or higher VP elements are NOT ALLOWED

3) If an unallowable/**restricted** skill is performed:

- a) Deduct 0.50 **from SV**
- b) Do Not award VP credit
- c) The skill CANNOT be used to fulfill Special Requirements

b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

FLOOR EXERCISE ~ Chapter 2 ~ General Information

Difficulty Restrictions (continued)

4. PLATINUM DIVISION ~ RESTRICTIONS

- a. Only "A" and "B" VP and "C" dance VP are allowed.
 - 1) "C" or higher acro VP and "D" or higher VP are **NOT ALLOWED**
 - 2) If an unallowable/*restricted* skill is performed:
 - a) Deduct 0.50 **from SV**
 - b) Do NOT award VP credit
 - c) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

5. DIAMOND DIVISION ~ RESTRICTIONS

- a. Only "A", "B", "C" **and one "D"** VP elements are allowed. **NO BONUS is awarded for a "D" element.**
 - 1) **"E" VP elements and more than one "D" VP element are NOT ALLOWED.**
 - 2) If an unallowable/*restricted* skill is performed:
 - a) Deduct 0.50 **from SV**
 - b) Do NOT award VP credit
 - c) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

E. Considerations for awarding Value-Part credit when a fall occurs:

1. If the gymnast fails to land on any part of the bottom of her feet first when performing a salto element:
 - a. VP credit is NOT awarded.
 - b. Special Requirement credit is NOT awarded.
 - c. A deduction of 0.50 is taken for a fall.
 - d. Deductions for execution and amplitude errors are taken in addition to the 0.50 deduction for the fall.

F. Flight Elements

1. A flight element that fails to show flight (a moment when both the hands and the feet are free of the floor) is awarded VP credit for the actual element performed.
2. If an acro skill does not show flight, the skill CANNOT fulfill an acro special requirement requiring flight.
3. A Dive Forward Roll does NOT fulfill a flight requirement since it ultimately has support on the shoulders and the back.

G. Required Technique for the Recognition of Value Parts

- Leg positions, posture/body position, and/or amplitude requirements as indicated in the *Xcel Code of Points, Xcel Updates. Updates* must be fulfilled in order to award the VP as listed.
 - In some cases, appropriate execution and amplitude deductions would be taken rather than recognizing it as a different element.
1. Turning Jumps/Leaps/Hops and turns on one foot with 360° turn or more:
 - If missing 1° to 44° of the turn deduct 0.05 – 0.10
 - If missing 45° to 89° of the turn deduct 0.15 – 0.20
 - If missing 90° or more of the turn award the VP for the element performedDeductions for balance, execution and amplitude errors are also applied.

Clarification regarding completion of turns:

Once the heel drops onto the floor during a turn, it is considered complete.

Appropriate VP credit is awarded for the degree of turn completed prior to the heel drop.

2. Jumps/Leaps/Hops with ½ Turn and ¾ Turns on one foot:

- a. Jumps, leaps and hops that have values based upon completion of a 180° turn (example, wolf jump ½), the gymnast must finish a minimum of 1° past the half-way mark between the two VP (wolf jump = A; wolf jump ½ = B).
 - 1) The degree of turn completion determines the value awarded.
 - 2) **Example:** Evaluate how much of the turn was completed to determine the value to award. If the turn is completed to within **89°** or less of the designated degree of turn, it will be awarded the higher VP.
 - 3) Basically, in order to receive the higher value, the turn must be finished closer to the higher degree of turn. Execution deductions will be applied for incomplete turn.
- b. ¾ turns on one foot must finish **at a minimum of 91°** to receive VP and SR credit.
 - Use deductions as listed in Chapter 3 for full turns.

FLOOR EXERCISE ~ Chapter 2 ~ General Information

Specific Element Technique Clarification (continued)

2. #1.204 Split leap forward with leg change (Switch-leg leap) - (B)
 - a. The first leg must swing forward to a minimum of 45° prior to swinging backward to the required degree of split (for each Division). If the first leg does not reach 45°, award an "A" VP (comparable to a Split leap #1.101).
 - b. If there is insufficient split after the leg change, deduct "up to 0.20" or credit the actual VP performed.
 - c. If the gymnast performs a stag-switch leap (stags and never extends the first leg forward prior to the leg switch), award an "A" VP.
3. #1.208 Schuschunova - (B)
 - a. Must show the required degree of side split position (for each Division), and then rotate legs rearward to attain a horizontal stretched body position in the air before landing.
 - b. A slight forward lean of the body, rather than a strict vertical torso, is acceptable.
4. #1.210 Ring or Stag-ring Leap/Jump - (B)

A release of the head backward past the vertical line must be shown in order to be considered a "Ring" position. The expected amplitude of the rear foot is to the top of head.

 - a. Insufficient arch, deduct "up to 0.10".
 - b. If the rear foot is at shoulder or upper back height, deduct "up to 0.10".
 - c. If the rear foot is at hip height or if there is no backward head release, (regardless of the height of the leg), it would be considered a split leap with bent back leg or Sissonné ("A" - #1.101 or #1.110).
 - d. For the Ring jump, the front leg must be a minimum of 45° from the floor in a forward-downward diagonal position; if not, deduct "up to 0.10" for insufficient amplitude of the front leg.
 - e. For the Ring leap, the front leg should first brush/extend close to horizontal. As the ring shape is executed, the front leg must be a minimum of 45° from the floor; if not, deduct "up to 0.10" for insufficient amplitude of the front leg.
 - f. For the Stag-ring jump or stag-ring leap, the expectations are:
 - 1) The front leg bent a minimum of 90° with no extension of the leg.
 - 2) A Division required leg separation from the front knee to the back knee.
5. #1.305 Switch-leg leap with ¼ (90°) turn (Switch-side leap) - (C)

To be recognized as a Switch-side leap, the first leg must swing forward to a minimum of 45° prior to swinging backward. The ¼ (90°) turn must occur in the air; not prior to the leg swinging backward. The side-split position must show the required degree of split for the Division.

 - a. If in any of the following cases the split is deficient by more than 20° from the required split for that Division, recognize it as another element, if applicable.
 - b. If the gymnast fails to swing the first leg forward to a minimum of 45° and shows an incomplete ¼ (90°) turn, award "A" VP credit.
 - c. If the gymnast fails to swing the first leg forward to a minimum of 45° but completes the ¼ (90°) turn, award "B" VP credit for a side leap.
 - d. If the gymnast swings the first leg forward to a minimum of 45° but shows an incomplete ¼ (90°) turn, award "B" VP for a switch-leg leap.
 - e. A rond de jambe technique is acceptable (in which the front leg swings forward to a minimum of 45° prior to the ¼ (90°) turn, then moves across the horizontal plane to the side-split position).
 - f. If the first leg is in a stag position (never extends prior to the leg switch), award "A" VP credit.
 - A stag means that the first (swing) leg is bent a minimum of 90°, with no extension of the leg prior to the leg switch.
6. #1.309 Tour Jeté with ½ (180°) turn - (C): This element is often identified incorrectly.
 - a. This element shows a cross split position and finishes facing the same direction as the take-off.
 - b. The Tour Jeté ½ (180°) turns away from the initial swing leg.
7. #1.307 Straddle Pike Jump with 360° turn (Popa) - (C)
 - a. Must show a straddle pike jump position in ANY phase of the 360° turn (with legs at or above horizontal).
 - b. A Side-Split Jump with 360° turn (#1.307) would also receive "C" VP credit.
8. #1.308 Jump with 1/1 (360°) turn to side-split jump, landing in a front lying support (prone) (Schuschunova 1/1) - (C)

Two variations of the Schuschunova with 1/1 turn are "C" VP:

 - a. A Straddle pike jump with ½ (180°) turn and "turn over" (appears as ½, ½) to land in a front lying position.
 - b. A jump with 1/1 turn to side-split position, then legs rotate backward finishing in the horizontal plane, to land in a front lying position.

FLOOR EXERCISE ~ Chapter 2 ~ General Information

9. #1.311 Switch Ring Leap - (C)
- a. The first leg must swing forward to a minimum of 45° prior to swinging backward to a 150° split, with the rear foot at head height, upper body arched and head released backward past the vertical line.
 - 1) If the rear foot is at shoulder or upper back height, deduct "up to 0.10".
 - 2) If the rear foot is at hip height or if there is no backward head release (regardless of the height of the leg), it is recognized as a switch leg leap and "B" VP credit would be awarded.
10. #2.202 1/1 (360°) Turn with free leg at or above horizontal from start to end of turn - (B)
- a. The gymnast must have time (up to 45° - 1/8th of the turn) to quickly lift the leg into position without deduction.
 - b. The free leg may be bent or extended, but the entire leg must be at a minimum of horizontal to receive "B" VP credit.
 - c. Once the minimum of horizontal position of the free leg is established, it must be maintained throughout the turn in order to receive VP credit as listed. The free leg may not be supported with the hand in order to maintain the minimum of horizontal position.
 - If the correct leg position is missing for more than 45° of the turn or is not maintained throughout the remaining 7/8th (315°) of the turn, recognize it as an "A" 1/1 (360°) turn.
11. #2.208 depicts a 1/1 (360°) turn with the free leg held upward at a 180° split position - (B)
- a. If the leg is held at less than a 180° split position, but at least at 135°, award "B" and deduct up to 0.20 for insufficient split.
 - b. If the leg position is less than 135°, award "A" for a 360° turn.
12. Front Saltos in direct connection
- a. Any forward salto used as an accelerating element in a directly connected front salto series is not subject to the "up to 0.30" deduction for insufficient amplitude.
 - b. The last salto of the connection is expected to have greater amplitude.
Example: Front Handspring + Front salto stretched + Front salto piked

II. Timing Regulations

A. Touch Warm-Up (when required by meet format)

1. The gymnast is allowed a 30-second touch warm-up period, unless the timed warm-up immediately precedes competition, as in modified traditional and non-traditional formats.
 - a. All gymnasts in the squad warm up at the same time, unless the number in the squad is 9 or more, in which case the squad MAY be split into two groups for touch warm-up. The first half would touch and compete; then the second half would touch and compete.
 - The option to alternate competition with the touch warm-ups (staggered touch) may also be used, at the discretion of the Meet Director.
 - b. The touch warm-up period for Floor Exercise is determined by multiplying the number of athletes in the largest squad by 30 seconds.
 - c. No block time by team/club is allowed.
2. When the touch warm-up time is exceeded, a warning is given.
3. If the gymnast continues to exceed the warm-up time, the Chief Judge deducts 0.20 from the gymnast's average score.
 Note: If the gymnast is preparing for a skill, allow her to complete the element/series.

B. Timing of the Exercise:

1. Maximum Time Limits

Division	Time Limit
Bronze	45 seconds
Silver	1 minute
Gold	1 minute
Platinum	1 minute 30 seconds
Diamond	1 minute 30 seconds

NO Warning Signal Time and NO deduction for undertime.

2. Timing begins with the first movement of the gymnast and stops with the final movement of the gymnast
3. The entire exercise is evaluated, regardless of overtime.

Judges ~ Chapter 1 ~ Evaluation of Exercises

I. Skills and Value Parts

- A. In the Bronze, Silver, and Gold Divisions the exercises are composed of "Skills" and "Value Parts" (VP). Skills that are listed on the Bronze/Silver/Gold Skill Charts are eligible to receive credit and fulfill Special Requirements at the corresponding level. 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 JO Code of Points.

In addition, elements listed in the *Xcel Code of Points* that are allowable in that Division are eligible to receive VP credit and fulfill Special Requirements.

- B. In the Platinum and Diamond Divisions, the exercises are composed of elements that possess different difficulty values. Elements are given their values in the *Xcel Code of Points* or *Xcel Updates* as follows:

1. A – Part = part with easy difficulty 0.10 pt.
2. B – Part = part with medium difficulty 0.30 pt.
3. C – Part = part with high difficulty 0.50 pt.
4. **D – Part = part with higher difficulty (only as an additional element or to replace a lower VP; NO BONUS is awarded.)**

- C. Higher value parts can replace lower value parts, but not the reverse.

The replacement is on a 1 to 1 basis, regardless of the point value.

- D. Any element listed in the *Bronze/Silver/Gold Skill Charts*, *Xcel Code of Points* or *Xcel Updates*, can be recognized as a Value Part two (2) times in an exercise, provided the element occurs in a different connection (i.e., preceded or followed by a different element).

1. If the same element is performed a third time, or is performed a second time in the exact same connection:
 - a. The Value Part credit is NOT awarded.

Example on Beam:

Back walkover (A), then FALLS; Back walkover (A), Back walkover (0) series completed. No Value Part credit awarded for the third Back walkover and no credit is awarded for the Acro Series since one element had no value.

- b. It CANNOT be used to fulfill Special Requirements
- c. Applicable execution and amplitude deductions are applied.
 - Exception: Value Part credit can be awarded for an element that is performed for the third time if it was not previously awarded Value Part credit because, the element lacked completion the first or second time it was performed, or
 - The element was used in the exact same connection the second time it was performed,
 - The exact same single element was performed a second time with the same entrance and exit.

Example on Beam:

Back walkover (A) STOP Back Walkover (0), then later performs Back walkover (A), Flic-flac step-out (B), in this example, the third Back walkover receives Value Part credit and therefore can fulfill the Acro Special Requirement.

2. When several elements or variations of a single element are listed under the same number in the *Xcel Code of Points* or *Xcel Updates*, they may be recognized as different elements provided that they meet specific criteria. See the specific apparatus chapters for further clarifications.

Example on Beam: Back Walkover (A) and lying push up to bridge, kick over (A) are variations of the same element. Both will receive VP credit.

- E. Any new element not listed in the XCEL Bronze, Silver, or Gold Skill Chart or in the *Xcel Code of Points*, *Xcel Updates*, must be evaluated by the Regional Technical Chair, the National XCEL Chair and Appointed National Technical Committee Personnel.

Element Evaluation forms can be found on the www.usagym.org website in the Forms section under Women.

1. 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.
2. Evaluations will be valid for one quadrennium (beginning Aug. 1 of the year following the Olympics) and will be posted on Regional websites.
3. "A" Dance elements on Beam and Floor Exercise: If a variation of an "A" Dance element is NOT listed in the *Xcel Code of Points*, *Xcel Updates*, the judge may award "A" value if it is comparable to the "root" element.

Judges ~ Chapter 1 ~ Evaluation of Exercises

Skills and Value Parts (continued)

- F. The Skills, "A", "B", "C" and "D" Value-Parts require a definite Technical Execution. If the element is not executed according to the requirements, it may be recognized as another element as listed in the *Bronze/Silver/Gold Skill Charts* or the *Xcel Code of Points, Xcel Updates*.
- G. Any Salto element performed with major deviation from proper technique that results in the inability to land on any part of the bottom of the feet first will not receive Value-Part or Special Requirement credit.
- H. Value Part Requirements for XCEL Competition are:

Bronze	Silver	Gold	Platinum	Diamond
See Rules Charts for specific requirements for these Divisions.			6 A	5 A
			1 B	2 B

I. Difficulty Restrictions

1. Bronze Division ~ Restrictions

- a. Only Skills listed on the Bronze Skill Chart and allowable "A" elements are allowed
- b. The following "B" elements will be allowed and will receive "A" VP Credit:
- 1) On Beam:
 - a) Cross Split Jump (180° split)
 - b) Cross Straddle Jump (180° split)
 - 2) On Floor:
 - a) Side leap (60° - 180° split)
 - b) Straddle jump (60° - 180° split)
- c. Other "B" or higher VP elements are NOT ALLOWED.
- d. The following "A" Value-Parts are NOT ALLOWED in the Bronze Division
- 1) Uneven Bars: Salto Dismounts, any skills on the high bar
 - 2) Balance Beam: Backwalkover
 - 3) Balance Beam: Salto or Aerial Dismounts
 - 4) Floor Exercise: Saltos or Aerials
 - 5) Floor Exercise: More than 2 Flight Skills in the Exercise
- e. If an Unallowable/restricted Skill is performed:
- 1) Deduct 0.50
 - 2) Do Not award Value-Part credit
 - 3) The skill can NOT be used to fulfill Special Requirements
- f. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.

2. Silver Division ~ Restrictions

- a. Only Skills listed on the Silver Skill Chart, allowable "A" elements, and "B" Dance elements are allowed.
- b. The following "A" Value Parts are NOT ALLOWED in the Silver Division:
- 1) Uneven Bars: Giants (LB or HB), Salto Dismounts
 - 2) Floor Exercise: more than one Salto or Aerial in the exercise.
- c. Other "B" or higher VP elements (other than "B" dance) are NOT ALLOWED.
- d. If an Unallowable/restricted Skill is performed:
- 1) Deduct 0.50
 - 2) Do NOT award Value-Part credit
 - 3) The skill can NOT be used to fulfill Special Requirements
- e. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.

3. Gold Division ~ Restrictions

- a. Only Skills listed on the Gold Skill Chart, "A" elements and allowable "B" elements are allowed.
- b. The following "B" Value Parts are NOT ALLOWED in the Gold Division
- 1) Uneven Bars: Giants, Release moves with bar change
 - 2) Floor: "B" VP Saltos
- c. "C" or higher VP elements are NOT ALLOWED
- d. If an Unallowable/restricted Skill is performed:
- 1) Deduct 0.50
 - 2) Do NOT award Value-Part credit
 - 3) The skill can NOT 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

Judges ~ Chapter 1 ~ Evaluation of Exercises

Difficulty Restrictions (continued)

4. Platinum Division ~ Restrictions

- a. Only "A" and "B" VP elements and "C" Dance VP elements are allowed.
- b. The following "C" element on Bars will be allowed and will receive "B" VP credit
 - 1) Clear Hip to Handstand
- c. Other "C" or higher VP elements (other than "C" Dance) are NOT ALLOWED.
- d. If an Unallowable/restricted Skill is performed:
 - 1) Deduct 0.50
 - 2) Do NOT award Value-Part credit
 - 3) The skill can NOT be used to fulfill Special Requirements

5. Diamond Division ~ Restrictions

- a. Only "A", "B", "C" and one "D" VP elements are allowed. *NO BONUS is awarded for a "D" element*.
- b. "E" VP elements and more than one "D" element are NOT ALLOWED.
- c. If an Unallowable/restricted Skill is performed:
 - 1) Deduct 0.50
 - 2) Do NOT award Value-Part credit
 - 3) The skill can NOT be used to fulfill Special Requirements

II. Special Requirements

- A. Each event has 4 Special Requirements worth 0.50 each.
- B. Elements performed that are NOT ALLOWED due to difficulty restrictions may not be used to fulfill Special Requirements.
- C. If an element is not awarded Value-Part credit, it may NOT be used to fulfill a Special Requirement.
- D. One Skill or VP element MAY fulfill more than one Special Requirement, unless otherwise specified.

III. Execution (Technique/Amplitude/Posture) & Artistry

- A. Characteristics of excellent execution/amplitude would include:
 1. Maximum amplitude or range of movement of the body:
 - a. Externally – the relationship of the body to apparatus or ground.
 - b. Internally – focuses upon the range of motion within the joints of the body. The range through which one or more of the individual body segments move relative to each other.
 2. Turns (breadth axis, longitudinal axis, or combination turns) in Saltos completed at the highest point of the flight trajectory.
 3. Optimal body lines, extension and posture.
- B. Characteristics of excellent artistry include:
 1. Originality/creativity of choreography in elements and connections (up to 0.10*)
 2. Quality of gymnast's movement to reflect her personal style (up to 0.10*)
 3. Quality of expression (i.e., projections, focus) (up to 0.10*)

*maximum deduction of 0.10 in each category

Judges ~ Chapter 1 ~ Evaluation of Exercises

Execution (Technique/Amplitude/Posture) & Artistry (continued)

C. General deductions for faults in technique, execution, amplitude, and artistry on Uneven Bars, Balance Beam and Floor Exercise.

Slight/Small Faults (Up to 0.10)	each time <u>0.05</u>	Flexed/sickled feet during Value-Part elements
	up to 0.10	Slight hop, or small adjustment of feet on landing of elements or dismounts <ul style="list-style-type: none"> • <i>FX acro elements: a small step after landing to finish in a Lunge is allowed with no deduction.</i>
	up to 0.10	Deviation from straight direction on landing
	up to 0.10	Extra arm swings on landing
	up to 0.10	Legs crossed during Value Part elements with a twist
	up to 0.10	Brush/touch of foot/feet on apparatus or mat
	<i>up to 0.10</i>	<i>Failure to join (slide) heels together on controlled extension of vault/dismount landing</i>
	<i>up to 0.10</i>	<i>Entire foot/feet slide or lifted off floor to join on controlled extension of vault/dismount landing</i>
	<i>up to 0.10</i>	<i>Landing vault/dismount with feet staggered</i>
	<i>0.10</i>	<i>Landing vault/dismount with feet further than hip-width apart</i>
	each step <u>0.10</u>	Extra steps on landing (per step – max. of 4)
Medium Faults (Up to 0.20)	up to 0.20	Leg or knee separation
	up to 0.20	Insufficient exactness of Body Positions <ul style="list-style-type: none"> • Insufficient <u>tuck</u> position (Ideal = minimum of 90° bend in both hips and knees) • Insufficient <u>pike</u> position (Ideal = minimum of 90° bend in hips, 91°-135° = insufficient pike) • Insufficient <u>stretched</u> position (Ideal = straight 180° position, greater than 135° is stretched position) <ul style="list-style-type: none"> » Arch » Hip angle = 136°-179°
	up to 0.20	
	up to 0.20	
	up to 0.20	Failure to maintain stretched body position (Pikes down)
	up to 0.20	Incorrect body posture on landing
	up to 0.20	Insufficient split when required (dance/non-flight acro elements)
	<u>0.20</u>	Large step or jump on landing (approximately 3 feet or more)
	up to 0.20	Additional trunk movements to maintain balance/control upon landing UB & BB Dismounts or Floor Acro elements. This applies to "stuck" landings, but gymnast uses trunk movements to avoid steps
up to 0.20	Incomplete turn/twist	
Large Faults (Up to 0.30)	up to 0.30	Bent arms in support or bent knees (90° or more) <ul style="list-style-type: none"> • Any one element may receive no more than 0.30 for bent leg(s) and no more than 0.30 for bent arm(s)
	up to 0.30	Additional movements to maintain balance/control on beam
	up to 0.30	Squat on landing (hips even with or lower than knees)
	up to 0.30	Brushes/touches the landing surface with one or both hands (No Support)
	up to 0.30	Insufficient extension (open) of body prior to landing <ul style="list-style-type: none"> • Applies to UB/BB dismounts and BB/FX Acro
	up to 0.30	Insufficient height of Salto Dismount (UB/BB)
Very Large Faults (0.50)	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall on or against apparatus
	<u>0.50</u>	Fall/Failure to land on the bottom of the feet first <ul style="list-style-type: none"> • No Value Part/No Special Requirement
	<u>0.50</u>	Spotting assistance upon landing of dismount element <ul style="list-style-type: none"> • Award VP/SR
	<u>0.50</u>	Spotting assistance during an element <ul style="list-style-type: none"> • No Value-Part or Special Requirement

Judges ~ Chapter 2 ~ Scoring

Range of Scores (continued)

H. Flashing of Start Values at XCEL Competitions

1. Is required at ALL XCEL competitions
2. The Start Values can be flashed or written on the gymnast's competition card.
3. It is the individual judge's responsibility to provide his/her own Start Value flashing units unless they are provided by the meet host.
4. Procedures for Flashing Start Values
 - a. Each judge should independently determine a Start Value.
 - b. The Start Value and the final score should be recorded on the judging slip and sent via the runner to the Chief Judge.
 - c. Each judge should flash the Start Value on the Start Value flashing unit as soon as the Chief Judge receives ALL judges' score slips.
 - d. Judges do not have to agree on the Start Value. A conference MAY be called to determine if the Start Value needs to be adjusted, either up or down.
 - e. If the Start Value is changed as a result of a conference, the adjusted Start Value should be flashed as a "Corrected Start Value".

I. Time Frame for Changing a Score

1. Once the final average score is submitted to the scoring system, it may not be changed unless there is an inquiry. However, the Chief Judge is allowed to change a score after submission to the scoring system if a neutral deduction (such as out of bounds or overtime) was inadvertently not applied or if a data entry error was made.
 - a. This change must occur prior to the end of the rotation, or in the case of a data entry error, within 5 minutes of the end of competition for that session.
 - b. The coach must be notified of the score change and if possible, the new score should be displayed to the public.
2. ***If a gymnast is mistakenly judged using the incorrect rules for her division, the routine may be re-evaluated using the appropriate rules, based on the judges' shorthand.***
 - a. ***This re-evaluation must occur within 5 minutes of the end of the competition for that session.***
 - b. ***The judging panel must notify the Meet Referee and the scoring personnel that the re-evaluation is to occur.***
 - c. ***The coach must be notified immediately of any score change.***

II. Xcel Chief Judge

- A. Must prepare the judges for the correct evaluation of the exercises at the judges' meeting prior to the competition.
- B. Checks that the apparatus and mats correspond to the USA Gymnastics regulations and that all materials necessary are available and functioning properly. This could include:
 1. Light or time signals
 2. Stopwatches
- C. Instructs judging assistants to assure their knowledge of the:
 1. Correct use of the signal to indicate line violations.
 2. Correct use of the stopwatch and timing devices to indicate time limitations.
 3. Proper reporting procedures for the following violations:
 - a. Exceeding the time allowed
 - b. Stepping out of the floor exercise area
 4. Correct method of scoring being used.
 5. Correct procedures for flashing of the start values, individual score and/or the average score.
- D. Is responsible for the correct work of her/his panel and assistant judges.
- E. Must act in a professional manner and remain at her/his event station until the entire competition has been completed.
- F. Uses a green flag or hand signal to acknowledge the presentation of the gymnast.
- G. Must evaluate the exercises accurately without bias and must first write her/his own score before reviewing scores from other judges.
- H. Must record the number of skills, "A", "B", "C" **and** "D" VP, Special requirements, and Start Value, as well as record deductions for execution/amplitude, artistry, and neutral deductions.
- I. Is responsible for flashing her/his own score and Start Value.
 - Must provide her/his own SV flashing unit, unless provided by the host club.
- J. Verifies that the scores fall within the proper range.
- K. Verifies that the score of the Chief Judge, panel judge(s), average score and time/line deductions are properly recorded during the competition.
 - It is not necessary to sign the official score sheet.
- L. Confirms when a gymnast may repeat an exercise (or portion of the exercise) due to technical failure and determines when the repetition (or continuation) will occur.
 - These decisions must be made in consultation with the Meet Referee prior to the score being flashed.
 - A flash from a camera is not a valid reason for a gymnast to repeat the routine.
- M. Is responsible for calling a conference if an impossible SV has been awarded and/or for other reasons to assist the judges in arriving at a common basis for scoring during competition. During the conference:
 1. The Start Value differences will be clarified.
 2. The Meet Referee may be notified of and/or be included in the discussion.
 3. The judges may change their scores, but are not obliged to do so; however, if the scores are out of the allowable range, adjustments must be made. It is the professional responsibility of the judges to come to an agreement if their scores are initially out of range.
 4. If the judges are unable to compromise the Chief Judge may mandate that the scores be brought into the allowable range.
 5. The procedure of using the score of the Chief Judge or Meet Referee to average with the original average score of the two judges (Base score) is no longer used.

Judges ~ Chapter 4 ~ Rights & Duties

Xcel Chief Judge (continued)

- Q. Is responsible for responding, in conjunction with the panel judge(s), to an inquiry in a professional manner.
- R. Must wear the correct uniform for the competition, as designated in the contract.
- S. May not be affiliated at any sanctioned qualifying meets.

Exceptions:

1. The State Administrative Committee determines if any additional criteria or change in criteria will be used for state organized competitions.
 2. An affiliated judge can be used for a one-judge panel for Bronze, Silver, and Gold Divisions.
 3. In extenuating circumstances, a meet director may request permission from the SAC to allow an affiliated one-judge panel for Platinum and Diamond Divisions.
- T. ***Does not involve herself/himself with the conduct of the gymnast during the warm-ups or training. Comments to the athlete should be made only if requested from the coach or athlete.***

III. Xcel Panel Judges

- A. Must evaluate the exercises quickly and accurately, without bias.
- B. Must record the number of skills, "A", "B", "C" **and** "D" VP, Special Requirements and Start Value, as well as record deductions for execution/amplitude and artistry.
- C. Must include on score slip sent to Chief Judge:
 1. Signature and assigned number
 2. Start Value
 3. Special Requirement deductions
 4. Skills, "A", "B", and "C" VP missing
 5. Notification that a deduction was taken for the coach spotting the gymnast
 6. Notification that the gymnast exceeded the border marking on Floor Exercise, if no Line Judges are present. Also attempt to signal any such violation by raising a hand.
 7. Must write the European 7
- D. Is responsible for flashing his/her own Score and Start Value.
 - Must provide her/his own SV flashing unit, unless provided by the host club.
- E. When changing a score, the judge must cross out the first score, initial the change, and write in the new score. Do not erase.
- F. Must act in a professional manner.
 1. Must not leave their seat during competition without permission of Chief Judge.
 2. Must remain at his/her event station until the entire competition has been completed.
 3. Must avoid conversations with coaches regarding the evaluation of the exercises.
 4. Must be willing to compromise when the two counting scores are out of range.
- G. Must wear the correct uniform for the competition, as designated in the contract.
- H. May be affiliated; however, there may not be more than one judge per panel with the same affiliation.
- I. Does not involve herself/himself with the conduct of the gymnast during the warm-ups or training. Comments to the athlete should be made only if requested from the coach or athlete.

Apparatus Specifications

II. BARS 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. The height of the bar is measured from the floor to the top of the rail. This measurement is not based on the length of the upright, but the actual distance from the rail to the floor, by means of a plumb line.

- There is a 0.30 deduction for competing on apparatus using incorrect specifications. The Chief Judge must take this deduction from the average before the next gymnast begins.

B. Any combination of skill cushions (maximum of 9 inches) using sting mats, 4-inch throw and/or 8 inch skill cushions, may be placed on top of the allowable competition landing mats in two separate areas (under the bars and/or at the dismount area.) If an 8-inch skill cushion is used, it must be a minimum of 5'X10'.

1. When a 4-inch throw mat (skill cushion) is placed on the competition landing mat(s) for dismount purposes, an up to 8-inch skill cushion may be placed on top of the 4-inch throw mat for the purpose of protection on a release element; however, the up to 8-inch skill cushion **MUST BE REMOVED** immediately after the release element has been performed.
2. The use of any unauthorized type of matting will receive a deduction of 0.30 from the average score by the Chief Judge.

3. Conversion for inches to centimeters:

Approx. ¾ inch	=	2 cm
4 inches	=	10 cm
4 ½ inches	=	12 cm
8 inches	=	20 cm
9 inches	=	24 cm

C. Matting Regulations for Mounts

1. For mounts without the use of a board or other mounting apparatus, the gymnast may stand on one 12 cm or 20 cm mat or two 12 cm competition landing mats, with or without an 1½ inch base mat (panel mat)
 - The gymnast may also stand on an additional "up to 8-inch" skill cushion (sting, throw mat, or 8-inch skill cushion) that is placed on the competition landing mat(s).
2. If a mounting apparatus is used to mount, it may be placed on one 12 cm or 20 cm, or two 12 cm competition landing mats, with or without a 1½ inch base mat (unfolded panel mat) placed under or on top of the competition landing mat. **Exception: Bronze, Silver and Gold Divisions - see #3 below.**
 - a. The mounting apparatus must be removed as soon as possible after the mount is completed.
 - b. The mounting apparatus may also be placed on top of a sting mat or 4-inch throw mat that is placed on the competition landing mats.
 - c. The mounting apparatus may NOT be placed on an 8-inch skill cushion.
 - d. No plywood is permitted underneath the mounting apparatus.
 - e. The Chief Judge takes a 0.30 deduction from the average score if the mounting apparatus is placed on an unauthorized surface (e.g., 8-inch skill cushion, floor, or plywood).
3. In the **Bronze, Silver and Gold** divisions, any combination of competition landing mats and skill cushions may be used to facilitate the mount. Any manufactured mounting apparatus may be placed on top of the mats.

Example:

When performing the uneven bar mount of glide swing, then back hip pullover the athlete may stand on a panel mat, spotting block, or board placed on the above matting to initiate the jump into the glide swing. This mat/board must be removed as soon as possible after the jump into the glide swing.

D. Warm-up Regulations

Only one gymnast at a time is allowed on the bars during any warm-up (general/open, timed or 30-second touch).

Apparatus Specifications

III. BEAM 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. Manufactured Padded Beams are required at all USA Gymnastics sanctioned competitions. See *Women's Rules and Policies* for height requirements.

- There is a 0.30 deduction for competing on apparatus using incorrect specifications. The Chief Judge must take this deduction from the average before the next gymnast begins.

B. For competition, the balance beam base must be placed on the floor or a stable surface.

C. The gymnast is allowed to place small chalk markings on the beam. Tape markings are not allowed.

D. Any combination of skill cushions (maximum of 9 inches) using sting mats, 4-inch throw and/or 8 inch skill cushions, may be placed on top of the allowable competition landing mats in two separate areas (under the beam and/or at the dismount area.) If an 8-inch skill cushion is used, it must be a minimum of 5'X10'.

- The use of any unauthorized type of matting will receive a deduction of 0.30 from the average score by the Chief Judge.

- Conversion for inches to centimeters:

Approx.	¾ inch	=	2 cm
	4 inches	=	10 cm
	4 ½ inches	=	12 cm
	8 inches	=	20 cm
	9 inches	=	24 cm

E. Matting Regulations for Mounts

1. For mounts without the use of a board or other mounting apparatus, the gymnast may stand on one 12 cm or 20 cm mat or two 12 cm competition landing mats, with or without a 1½ inch base mat (panel mat)
 - The gymnast may also stand on an additional "up to 8-inch" skill cushion (sting, throw mat, or 8-inch skill cushion) that is placed on the competition landing mat(s).
2. If a mounting apparatus is used to mount, it may be placed on one 12 cm or 20 cm, or two 12 cm competition landing mats, with or without a 1½ inch base mat (unfolded panel mat) placed under or on top of the competition landing mat. **Exception: Bronze, Silver and Gold Divisions - see #3 below.**
 - a. The mounting apparatus must be removed as soon as possible after the mount is completed.
 - b. The mounting apparatus may also be placed on top of a sting mat or 4-inch throw mat that is placed on the competition landing mats.
 - c. The mounting apparatus may NOT be placed on an 8-inch skill cushion.
 - d. No plywood is permitted underneath the mounting apparatus.
 - e. The Chief Judge takes a 0.30 deduction from the average score if the mounting apparatus is placed on an unauthorized surface (e.g., 8-inch skill cushion, floor, or plywood).
3. In the **Bronze, Silver and Gold** divisions, any combination of competition landing mats and skill cushions may be used to facilitate the mount. Any manufactured mounting apparatus may be placed on top of the mats.

IV. FLOOR 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. Xcel divisions compete on a 12 meter X 12 meter floor.

- **Exceptions: Bronze and Silver Divisions may compete on an 8' x 56' tumbling strip, provided this information is included in the pre-meet information.**

B. Clarifications for Additional Matting for Floor Exercise:

1. Up to two manufactured mats (maximum thickness of 8"/20cm) may be placed separately on the Floor Exercise area. If the skill cushion is 8" in thickness it must be a minimum of 5'X10'. A sting mat may be placed on top of the up to 8" skill cushion.
2. Only one skill cushion or 4" throw mat per tumbling pass may be used, with no more than two mats on the floor exercise area at any one point in time. A sting mat may be placed on top of the skill cushion/throw mat(s) or may be used in place of a skill cushion or throw mat.
 - The additional matting may be used as a take-off and/or landing surface.
3. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat must be clearly marked with tape or chalk to indicate the actual boundary line(s).
 - Failure to mark the mat will result in a 0.10 neutral deduction taken from the average score by the Chief Judge.
4. If additional matting is used, there is no requirement to remove mats from the floor area during the exercise.
5. If the gymnast uses any unauthorized mat on the floor exercise area, the Chief Judge deducts 0.30 from the average score.

C. It is recommended that matting (panel mats) be placed around the outside corners of the Floor Exercise mat, especially when on a concrete/wood floor.

- For Diamond Division competitions held in outside facilities in which the floor exercise apparatus is surrounded by cement or wood flooring (or other non-forgiving surface), the outside of the corners must be padded with matting (or carpet-bonded foam at least 1 3/8" thick) that extends at least 5' from the boundary line of the competition area and extends 6' from the corner of the carpet along the outside edge of the floor.
- The corner padding should be attached (with Velcro strips or the like) to the floor, foam, or carpet in some way to avoid separating or slipping.

D. Conversion for inches to centimeters:

Approx.	¾ inch	=	2 cm
	4 inches	=	10 cm
	4 ½ inches	=	12 cm
	8 inches	=	20 cm
	9 inches	=	24 cm