

2016-2017 USA Gymnastics Xcel Update - UNOFFICIAL

Information was compiled from minutes posted on the USA Gymnastics website.

Always check the website for Official information and explanations. BLE - 6/26/16

General

- ▶ Diamond Division warm-up time is 2:00 minutes
- ▶ If, after the completion of the last event, an athlete's AA score is a max of **0.10** less than the qualifying score to the State of Regional Championships, the coach may submit an inquiry for the gymnast's lowest scoring event in order that the athlete considered for qualification purposes. Applies also to IES.
- ▶ An online self-testing program is being considered for Xcel judges.
- ▶ An Xcel Base Score video is being finalized for use at Pre-meet judges meetings.
- ▶ For technical situations not specifically addressed in the Xcel Code, judges & coaches may reference the JO Code of Points &/or JO Compulsory book for clarification. If used at a competition, notify the RXCC and RTCC that it was used. Check Xcel Code FIRST before applying JO Code.
- ▶ Athletes with no prior experience must enter Xcel at Bronze or Silver.
- ▶ Effective 8/1/2016, athletes with prior JO experience must enter Xcel as follows:
Levels 1-2: Bronze or Silver **Levels 3-4:** Gold **Levels 5-6:** Platinum **Levels 7-10:** Diamond

Vault

- ▶ All Table settings allowed by the manufacturer are permitted. Athletes may not use a setting that does not lock even if it is higher than the setting used in their gym.
- ▶ Gold and Platinum Divisions will have separate Vault Charts.
- ▶ Lower Platinum Division Vault Values:
 - **#1.101:** Handspring Forward - **9.80 SV**
 - **#1.103:** Yamashita - **9.80 SV**
 - **#1.106:** ¼ - ½ (90° - 180°) turn on - repulsion off - **9.80 SV**
- ▶ New for Gold, Platinum, & Diamond Divisions:
 - **#1.109:** ¼ (90°) turn on - ¼ (90°) turn off - to land facing away from table
10.00 SV for Gold & Platinum
9.50 SV for Diamond
- ▶ All Divisions: A balk is defined as a running approach that does NOT result in the athlete coming to a rest or support on top of the vault apparatus (table or mat stack).
 - *If the gymnast either stops mid-run, runs off the runway, or makes contact with the hand placement mat, safety zone mat, board, or vaulting table WITHOUT coming to a rest or support on top of the vault apparatus (table or mat stack), it is considered a balk and counts as one of the 3 approaches to complete 1 or 2 vaults.*
 - *If the athlete comes to a rest or support on TOP of the vault apparatus (table or mat stack), it is considered a vault and will receive a zero.*
 - » *Bronze & Silver vaults with 2 parts - If the 1st part of the Vault receives a Zero, the gymnast can still perform the 2nd part of the vault for up to maximum allowed for the 2nd part.*

Uneven Bars

- ▶ Clarification for Counting of Elements/Extra Swings:
Whenever a tap swing-counterswing or underswing-counterswing is mentioned in the Xcel Code, Flip Book, or digital Code:
 - *Platinum division is allowed only 1 for "A" VP credit (either tap-counterswing or underswing-counterswing)*
 - *Platinum & Diamond Divisions:*
 - » *If gymnast performs "A" cast that meets the SR amplitude for her division then returns to front support, it will receive a **0.30** extra swing deduction.*
 - » *If gymnast performs long hang kip, cast, back hip circle, cast, long hang pullover, the cast after the back hip circle into the long hang pullover is an extra swing and receives a **0.30** extra swing deduction.*
 - *Bronze, Silver, & Gold Divisions: No deduction for extra swings, but possible **^0.10** rhythm may be applied for poor rhythm in connections.*

- ▶ Two Part Mounts for Bronze, Silver, or Gold:
 - *Fail to maintain hand contact on bar between glide swing mount and 2nd part of the mount (pullover or jump to front support), receives **^0.10** deduction for poor rhythm between elements.*
- ▶ Diamond Bars:
 - *Change wording of SR #3 to: Min of “B” skill - either release, pirouette, or 2nd different circling skill.*
 - *Cast to HS with ½ (180°) turn will fulfill SR #1 (cast to min 45° from vertical) AND #3 (release, pirouette or 2nd different circling skill, min “B”). Two (2) Special Requirements may be fulfilled with 1 skill.*
- ▶ Digital Code Correction:
 - page 33, C. GOLD #5 - example of Gold Division routine - all SR’s fulfilled:
The Long swing pullover “A” should count as fulfilling SR #3, since the long hang pullover from a long swing is listed as an additional “A” circle element for Silver & Gold divisions.
- ▶ Delete “Uncharacteristic element” deduction of **0.10** from E&A Faults chart - this is a compositional type deduction and not evaluated in the Xcel program.

Balance Beam

- ▶ Diamond Division SR #3 reword to same as Level 7 SR #1:
Acro series (with or without flight); excluding mount or dismount AND 1 acro flight element
- ▶ Added Xcel Code Deduction:
*Use of Supplemental Support **^0.30** - Large Fault*
 - *Examples: Foot/feet remain on mat or board as mount is completed*
Foot/feet make contact with mat in cross straddle sit during exercise
Contacting the legs of beam to facilitate mount or to maintain balance during exercise.
- ▶ Bronze & Silver Divisions:
Change wording of last dismount listed on additional “A” VP chart to:
 - *Any jump from feet, also with 360° turn*
- ▶ Clarification: If elements listed under the Mount category (Grp #1) are performed within the exercise, they will receive the same difficulty value & may be considered as a different element (same as JO).
- ▶ Acro elements such as rolls, cartwheels, & walkovers that have optional ending positions (ex. *Landing in a kneeling position on 1 knee*) are still eligible to count as acro VP elements.
- ▶ Delete “Uncharacteristic element” deduction of **0.10** from E&A Faults chart - this is a compositional type deduction and not evaluated in the Xcel program.

Floor Exercise

- ▶ Order Matters: Acro Flight Skills with Hand Support ARE allowed to receive VP and SR credit regardless of the number of times performed. A new sheet with examples will be posted online.
- ▶ Silver, Gold, & Platinum Acro Special Requirements have been reworded:
 - *Silver, Gold, & Platinum SR #2 to begin with “A 2nd pass with either...and to delete the word “isolated”.*
 - » *Silver: A 2nd pass with either - a 2nd Acro connection with a min of 2 directly connected skills with or without flight, OR an Acro skill with flight.*
 - » *Gold: A 2nd pass with either - a 2nd Acro connection with a min of 2 directly connected flight skills, OR an Aerial or Salto.*
 - » *Platinum: A 2nd pass with either - a 2nd Acro connection with a min of 2 directly connected flight skills, OR a “B” salto.*
 - *Bronze, Silver, Gold, & Platinum:*
 - » *FX Special Requirements #1 and #2 cannot be combined.*
- ▶ Clarification regarding Acro Series: Performing a kick leading into the 2nd element will break a series.
 - *During the step, the leg swing forward must be no higher than 45°; otherwise, it is considered to be a broken series.*
- ▶ Acro elements such as rolls, cartwheels, & walkovers that have optional ending positions (ex. *Landing in a kneeling position on 1 knee*) are still eligible to count as acro VP elements.
- ▶ An Assemblé is not a Value Part - Be sure the Dance Passage has enough allowable Value Parts.