

# **Welcome to Xcel 2020 – *Updated 3/2020***

## ***A Video for Practice Judging from NAWGJ Library***

This collection of clips for Bronze, Silver, Gold, Platinum and Diamond is meant to be an educational opportunity to practice evaluating this alternative competitive level and enjoy the development of the program watching “live” athletes progress through the divisions. Xcel offers an opportunity to participate in a Gymnastics culture and perform the different events at a reasonable level equitable to the preparation time young athletes are spending in gymnastic programs. Club philosophy will differ so training times can be evaluated by the “customer.”

Our judges are doing their best to separate the rules that apply differently to Junior Olympic and Xcel athletes. The score ranges that accompany this project will show variances that are sometimes difficult for the audience to understand.

Ultimately, the participants compete safely and demonstrate their abilities as ‘soloists’ on a huge stage. The joy and energy displayed is a great by-product. The pride in presentation is special. Requirements are different as divisions increase in competitive scope.

## **BRONZE - VAULT**

**2 Vaulting choices**, Alternative board is allowed

#1 SV 9.0 7.8-8.2

#2 SV 9.0 8.5-8.7

#3 SV 10.0 8.7-9.0

#4 SV 10.0 8.5-8.8

#5 SV 10.0 8.8-9.1

## **BRONZE - BARS**

### **Requirements:**

4 'A' Skills, Cast (Hips must leave the bar), 360° Circling skill, Dismount LB  
NO SALTOS

#1 8.8-9.0

#2 9.2-9.3

#3 9.0-9.1

## **BRONZE - BEAM**

### **Requirements:**

½ turn One or Two feet/One jump/leap 60°, One non flight skill, Dismount  
(NO SALTOS/AERIALS)

#1 8.7-9.0

#2 9.2-9.4

#3 8.95-9.3

## **BRONZE - FLOOR**

### **Requirements:**

Min of 2 directly connected acro skills (w/wo flight), A second pass with 1  
Acro skill w/wo flight

Dance passage 2 Diff group 2 skills (direct or indirect)60°, ½ turn minimum  
Floor

#1 SV 9.5 8.3-8.7

*Max of 2 Flight skills are allowed – Paper Code – FX - pg 1; iCode - FX pg 127*

#2 SV 10.0 8.6-9.0

#3 SV 10.0 9.2-9.3

#4 SV 10.0 9.4-9.5

Many Bronze teams will choose to perform the same routine to the same music, sometimes with a variation in skill choice.

## **SILVER – VAULT**

### ***Requirements:***

Portapit is place Sideways and Vault must clear the Pit and land on the feet.  
Alternative Board is allowed

- #1 8.6-8.8
- #2 8.9-9.3
- #3 8.9-9.1
- #4 8.9-9.2
- #5 8.6-8.75

## **SILVER – BARS**

### ***Requirements:***

5 'A' Skills, Cast 45° Below Horizontal, 360° Circling Skill, Dismount from HB  
NO SALTO DISMOUNTS

- #1 10 SV 9.5-9.6
- #2 10 SV 9.3-9.45
- #3 10 SV 9.1-9.3
- #4 10 SV 9.4-9.5
- #5 10 SV 8.8-9.2

## **SILVER – BEAM**

### ***Requirements:***

½ turn minimum, Leap or Jump 90°, 1 non flight Acro, Dismount  
'B' DANCE AND PARTIAL HANDSTAND ARE ALLOWED

- #1 10SV 8.7-8.85
- #2 10SV 8.75-9.0
- #3 10SV 9.0-9.2
- #4 10SV 9.0-9.1
- #5 10SV 9.0-9.2

## **SILVER – FLOOR**

### ***Requirements:***

2 elem series, one flight, 2<sup>nd</sup> series or Flight elem, Dance Passage, Full Turn  
'B' DANCE ALLOWED, NO B SALTOS

- #1 10SV 9.45-9.5
- #2 10SV 9.5-9.6
- #3 10SV 8.4-8.6
- #4 10SV 8.9-9.0
- #5 10SV 8.5-8.75

## **GOLD - VAULT**

### **Requirements:**

All Start Values are 10.0 Alternative board is a 0.50 Deduction

- #1 8.8-9.0
- #2 9.1-9.2
- #3 8.2-8.4
- #4 9.0-9.15
- #5 8.7-8.8

## **GOLD - BARS**

### **Requirements:**

6 'A' skills , Can use 'B', Skill finishing at Horizontal, 360° circle, Dismount from HB, Can use 2 counter-swings

- #1 10 SV 9.4-9.45
- #2 10 SV 8.8-9.0
- #3 **9.5 SV** 8.5-8.7- *No Horizontal Cast*
- #4 10 SV 9.3-9.4
- #5 10 SV 9.2-9.45

## **GOLD - BEAM**

### **Requirements:**

Full Turn, 2 different dance skills Code or List, 2 Acro Skills, 1 must go through Vertical w/wo flight, Dismount Any A or B...NO C SKILLS

- #1 10 SV 8.75-8.85
- #2 10 SV 8.8-9.05
- #3 10 SV 8.65-8.9
- #4 10 SV 8.7-9.0
- #5 10 SV 9.2-9.3

## **GOLD - FLOOR**

### **Requirements:**

2 Acro flight connected, 2<sup>nd</sup> series 2 flt OR Aerial or Salto, Dance Passage 120,° 1/1 turn

- #1 SV 10 8.9-9.1
- # 2 SV 10 9.1-9.25
- # 3 SV 10 8.8 – 9.0
- # 4 SV 10 9.4-9.45
- #5 SV 10 9.3 – 9.4

## PLATINUM - VAULT

### Requirements:

Regular board, different Start Values

#1 SV 9.8 Handspring 8.9-9.0

#2 SV 10 Handspring ½ 9.45-9.55

#3 SV 10 ¼-1/2 on ½ off 8.9-9.05

#4 SV 10 ¼-1/2 on ½ off 9.0 – 9.15

#5 SV 10 ¼ - ¾ off 8.7 -8.8 ( called H1/1 ...performed ¼- ¾)

## PLATINUM - BARS

### Requirements:

Extra swings count, Clear support at Horiz, 360° circle, Kip, Dismt from HB 6 A and 1 B

#1 SV 10 8.9- 9.15

#2 SV 10 9.1-9.3

#3 SV 10 8.5-8.75

#4 SV 10/9.9 8.7-9.0 - *Judgement call on possible missing "A"*

#5 SV 10 8.8-9.0

## PLATINUM - BEAM

### Requirements:

1/1 Turn, Dance series 120° leap, 1 Acro W flight OR Acro series w/o flight, Dismount

#1 SV 9.5 8.3-8.6

*No Dance series – No acro series but she does have 1 acro flight skill for SR*

#2 SV 9.5 8.0-8.2 - *No Acro series – stop/pause between cartwheels*

*Tuck ¾ Jump = "C" - "C" Dance is allowable*

#3 SV 10 9.0-9.2

#4 SV 10 9.1-9.3

#5 SV 10 9.0-9.2

## PLATINUM - FLOOR

### Requirements:

2 skill series W Salto, 2nd Series 2 flight OR B salto, Dance passage 150°, 1/1 Turn

#1 SV 9.2 (2nd series) (missing B) 8.0-8.15

#2 SV 10 9.1 – 9.3

#3 SV 10 8.9-9.1

#4 SV 10 9.4-9.5

#5 SV 10 9.45 – 9.55

## DIAMOND - VAULT

### **Requirements:**

Different Start Values

- #1 Yurchenko On 1/1 off SV 10 9.0-9.2
- #2 ½ on 1/1 off SV 9.9 9.0-9.1
- #3 Tsukahara Tuck SV 10 9.2-9.3
- #4 Tsukahara Tuck SV 10 9.0- 9.1 (same athlete, 2<sup>nd</sup> Vault)
- #5 Tsukahara Pike SV10 9.4-9.5

## DIAMOND - BARS

### **Requirements:**

45° Cast, B Circling skill, 2<sup>nd</sup> B circle or Pirouette or Release, Hi Bar dismount

- #1 SV10 8.8-9.0
- #2 SV10 9.2-9.3
- #3 SV 10 8.9-9.1
- #4 SV 10 9.5-9.6
- #5 SV 10 9.6-9.7

## DIAMOND - BEAM

### **Requirements:**

1/1 Turn, Dance series 150°, Acro Series AND Flight skill, Salto Dismount

- #1 SV 9.5 (dance series) 8.5-8.6
- #2 SV 10 9.0 – 9.1
- #3 **SV 9.2** – *No Acro Flight & Missing 1 “B”*
- #4 SV 10 8.8-9.0
- #5 SV 10 9.5-9.6

## DIAMOND - FLOOR

### **Requirements:**

2 Series with flight, min 2 skills, 2 Different Salto 1 B, Dance Passage 150°, B turn

- #1 SV10 8.7-8.8
- #2 SV 10 9.3-9.4
- #3 **SV 9.5** 8.9-9.0 - *No “B” Acro Flight*
- #4 SV 10 9.5-9.55
- #5 SV 10 9.6-9.65