

Updated from May WTC/JO Meeting
JO OPTIONAL & COMPULSORY RESOURCES
For Coaches & Judges

Xcel
CARDS

UPDATED

Cards for Vault, Bars, Beam, and Floor with Special Requirements, deductions, Value Part requirements, Clarifications, Difficulty Restrictions, Warm up times, Routine Times, and Fall Times. These sets are 8 1/2 x 11 in full color — color coded by event and divisions. Nine full size cards.

\$30.00
Set Price

COMPULSORY
CARDS

UPDATED

Compulsory deductions at your finger tips for all **FIVE LEVELS**. These sets are 8 1/2 x 11 in full color — coded by event. Eleven full size cards.

\$25.00
Set Price

OMNI CARDS

UPDATED

You have to see it to believe it! One card each for Level 6/7, 8, 9 & 10 covering Vault, Bars, Beam, Floor and General deductions, special connection bonus, special requirements, range, compositional faults, specific apparatus deductions and composition requirements. Also value part, start value and bonus requirements and restrictions for all Levels.

\$15.00
Each
OR
\$45.00
for all 4

NCAA OMNI
**UPDATED each
October**

Same as above but with NCAA requirements.

\$15.00

OPTIONAL EVENT
CHARTS

UPDATED

For easy reference of Value Parts - these charts for BARS, BEAM and FLOOR are great to use for that quick element value part check while judging or coaching. These charts list value parts in **ENGLISH and judges shorthand** and each value part letter is printed in its own color for rapid identification. Four full size cards.

\$20.00
Set Price

RULES &
POLICIES TABS

Preprinted tabs for your Rules and Policies.

\$5.00
Set Price

WALL CHARTS

UPDATED

Easy reference of Value Parts. **Now in full color** like the code size charts but enlarged to 11 x 17 to hang on the gym wall. These skills are written out in **ENGLISH** as well as shorthand symbol.

\$30.00
Set Price

CONTACT: DEBBY KORNEGAY

394 Stonebridge Road • Birmingham, AL 35210-4111

(205) 951-0184 Phone & Fax

email: DebGK@Me.com

Order online @ www.demcards.com