**STRETCH JUMP = 4.5 SV**

- Run L1 only:
  - horiz sp ^ 0.3
  - exc lean ^ 0.3

- Add'l jumps 0.3 ea
- Run up board, step on mat = VOID (4.5)

**KICK TO HANDSTAND, FLAT BACK = 4.5 SV**

- (gymnast may step back on board to kick to hdst on board or mat stack)
- In support:
  - Arms ^ 0.5
  - Shoulder angle ^ 0.3
  - Body ^ 0.3 arch
  - ^ 0.5 pk
  - Legs ^ 0.3
  - Leg split ^ 0.2
  - feet ^ 0.1
  - Extra kick up 0.5 ea

- Mat: min 16””max 48”

- Extra kick up 0.5 ea

**Levels 2/3 and Xcel Bronze VT 2**

**Jump to Handstand, Fall Flat Back**

<table>
<thead>
<tr>
<th>Level 2</th>
<th>Level 3</th>
<th>Bronze 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>min 16” mat</td>
<td>min 32” mat</td>
<td>min 16” mat</td>
</tr>
<tr>
<td>tape line 32”</td>
<td>tape line 32”</td>
<td>max 48”</td>
</tr>
</tbody>
</table>

**Flight**

- head ^ 0.1
- B ^ 0.3 arch
- ^ 0.5 pk
- L ^ 0.3
- LS ^ 0.2
- ft ^ 0.1

**In support**

- head ^ 0.1
- B ^ 0.3 arch
- ^ 0.5 pk
- L ^ 0.3
- LS ^ 0.2
- ft ^ 0.1

**Post handstand, while falling to back**

- head ^ 0.1
- Body ^ 0.3 arch
- ^ 0.5 pike
- Legs ^ 0.3
- Leg split ^ 0.2
- feet ^ 0.1

**L2 & L3 only**

- hands land beyond tape line - 0.5 staggered -0.2

**Range (avg decides)**

| 9.5 - 10.0 | 0.2 |
| 9.0 - 9.475 | 0.5 |
| 8.0 - 8.975 | 0.7 |
| below 8.0 | 1.0 |

*Remember Xcel courtesy score = 4.0 when you void first half of vault*

**BALK** = running approach that does NOT come to rest/support on top of mat stack

- All levels: 60 sec fall time starts after judgement is completed until leaving landing area…if exceeds time, no 2nd vault attempt allowed

- failure to show inverted vertical pos. (roll) = ^ 2.0
- Performance of 1-arm vault =1.0 CJ
- failure to contact mat with both hands = 3.0
- incorrect vault = VOID (coming to rest/support on top of mat stack w/o passing thru vertical in an inverted hdst position)

- Xcel - Marking the mat stack is allowed
  - XB 1 & 2:
    - aid of coach, any phase = 1.0
    - landing 0.5....max spot ded = 1.5

- L2 & L3:
  - aid of coach before hand support = VOID
  - after hand support = 2.0 landing 0.5

**Averages trick**

- if both w/.05 - drop .05 from high, add to low score…then avg the score
- if one w/.05 - drop .05 out, avg score…then add .025 to average
Xcel Silver Vaulting

Option 1: handspring over mat stack
Option 2: ¼ - ½ onto mat stack, repulsion off

Mat stack – 24 in to 48 in height, turned sideways
At end of mat stack, min 5” x 6’ x 12 landing mat

Direction ^0.3
(at initial contact of mat)

Dynamics ^0.3
(speed, power)

One hand on mat stack (at least ½ panel) --1.0 CJ
No contact of hands on table = VOID
Failure to land feet first = VOID
Coach aiding vault = 1.0
--- max spot deduction 1.5
Coach inadvertently touch apparatus, or leaning/bearing
weight on mat stack = NO DEDUCTION
vault w/o judge’s prior signal – take 0.5 off repeated vault
Not performing allowable choice of vault = VOID
Use of alternate springboard = allowed
Incorrect tape/excessive chalk on mat or runway - 0.2 CJ
(mark allowed on mat stack)

Quick symbols

\[ \begin{array}{c}
\text{sh} \\
\text{arm} \\
\text{h} \\
\text{arc} \\
\text{step} \\
\text{stang} \\
\text{alt} \\
\text{V} \\
\text{sup} \\
\text{La - step} \\
\text{BP}
\end{array} \]

Range -- Avg

\[ \begin{array}{c|c|c}
\text{Dir} & \text{Dy} & \\
\text{sh} & \text{arm} & \text{h} \\
\text{arc} & \text{step} & \text{stang} \\
\text{alt} & \text{V} & \text{sup} \\
\text{La - step} & \text{BP}
\end{array} \]

Timed warmup – amount determined by largest squad in meet.
Timing not includes run back/drills/run past table on runway.
Start time: a mount onto mat stack for
jump or with run/touch springboard.
No blocked time.
Can run on runway between vaulters (not
touch equipment), but NOT in front of
judges

Touch warm-up = #vaults guaranteed:
XB =1; XS=2
Allow ONE stand on mat stack to jump off
per gymnast before time starts, ONE
run back after present.

Balk = run approach that does NOT come to a rest or
support on top of the mat stack. 
2nd/3rd balk = VOID
-- allowed 3 approaches to do 1 OR 2 vaults
Levels 8-10 & XG, XP, XD -- Optional Vaulting

- bent legs (early tuck salto vaults) $^\Delta 0.3$
- shoulder angle $^\Delta 0.2$
- arms bent $^\Delta 0.5$ (except Tsuk lead arm)
- head touch 2.0 (includes arms)
- arched $^\Delta 0.2$
- step/hop hands ea 0.1, max 0.3
- early twist $^\Delta 0.3$ (on table)
- not achieve vertical $^\Delta 0.3$ (twist-on vaults)
- staggered/alt hand) $^\Delta 0.1$
- leg repulsion $^\Delta 0.2$

non-salto: too long support $^\Delta 0.5$
- ang of repulsion (L8-10)$^\Delta 1.0$
- (Xcel $^\Delta 0.5$)

Directions $^\Delta 0.3$
- Dynamics $^\Delta 0.3$

One hand on table (at least ½ panel see) - -1.0 CJ
No contact of hands on table = VOID
Land standing/sitting/lying on table = VOID
Failure to land feet first = VOID
Coach between board and table -0.5 (except RO vaults)
  $>>$ XG, XP, XD = NO deduction
Coach aid landing -0.5 $>>$ if also fall, additional -0.5
Coach catching falling gymnast = fall -0.5 ONLY
Coach aiding vault = VOID $>>$ XG, XP, XD = -1.0
L8 only: coach spot post flight = -1.0
vault w/o judge’s prior signal – take 0.5 off repeated vault (CJ)
no safety zone (RO vaults) = VOID
Either vault not on appropriate chart = VOID
Unauthorized matting, unauthorized spring config = 0.3 CJ
Use of alternate springboard = VOID XG = 9.5 SV
Incorrect tape/excessive chalk on table or runway = 0.2 CJ

Landing
- steps each 0.1 sm/0.2 Ig, max 0.4
  (entire foot/feet slide or lift off floor to join = sm step)
- feet land max hip width and not close 0.05
- feet land wider than hip width 0.1
- staggered feet, small hop, adjust $^\Delta 0.1$
- add’t trunk movements to maintain balance $^\Delta 0.2$
- arm swings to maintain balance $^\Delta 0.1$
- body posture (when feet land) $^\Delta 0.2$
- squat $^\Delta 0.3$
- brush/touch floor $^\Delta 0.3$
- brush/hit body on table $^\Delta 0.2$
- falls against table or support with hand(s) on floor 0.5

Averages trick
- if both w/.05 - drop .05 from high, add to low score...then avg the score
- if one w/.05 - drop .05 out, avg score...then add .025 to average

Timed warmup -- amount determined by largest squad in meet. Timing not includes run back/drills/run past table on runway. Start time: a mount onto table/mat stack for jump/salto off table or with run/touch springboard. No blocked time. Can run on runway between vaulters (not touch equipment), but NOT in front of judges.

Touch warm-up = # vaults: XG, XP = 2; XD = 3 L8-10 = 3
Allow ONE stand on table to jump/salto off per gymnast before time starts, ONE run back after present to judges.
EXECUTION

Legs: each time
  crossed up to 0.1
  separated up to 0.2
  bent up to 0.3
not landing with feet together in jumps/leaps up to 0.1
flexed/sickled feet during value parts each time 0.05
bent arms in support up to 0.3
insufficient exactness tuck/pike (VT – up to 0.5)
insufficient exactness in stretched position (arch, pike >each)
  VT up to 0.3
  UB, BB, FX up to 0.2
failure to maintain stretched body (pike down early)
  VT up to 0.3
  UB, BB, FX up to 0.2
insufficient extension (open) of body on landing
UB/BB dismt, BB/FX acro up to 0.3
Insufficient height (amplitude)
  UB elements, BB/FX acro, J/L/H up to 0.2
  UB/BB salto dismounts, FX saltos up to 0.3
No UB/BB dismount of value; FX- last salto --from SV 0.3
  (no value= restricted, salto not initiated, 3rd/2nd time no VP)

Spotting during landing, inadvertent touch no bonus, -0.5
Spotting during VP no VP, SR, bonus, and -0.5
Coach catch a falling gymnast no deduction for spot, just fall 0.5

LANDING DEDUCTIONS
For dismounts UB/BB, acro on FX
(FX acro allowed to finish in lunge)

feet landing max hip width and do not close 0.05
Slight hop/adjustment of feet/staggered up to 0.1
feet landing wider than hip width (dismt UB, BB), not close 0.1
Steps--- each: small up to 0.1, large up to 0.2 max 0.4
Deviation from straight direction up to 0.1
Arm swings to maintain balance up to 0.1
Brush/touch feet on mat or apparatus up to 0.1
Incorrect body posture up to 0.2
Brush/touch of hands (no support) up to 0.3
Deep squat (hips even/lower than knees) up to 0.3
Add'l trunk movements upon landing (to avoid steps)
  the dismt UB/BB, FX acro up to 0.2
Add'l trunk movements to balance on BB up to 0.3
Grasp apparatus to avoid fall (UB,BB) up to 0.3
Fall on mat to knees/hips, hands with support 0.5
Fall on or against apparatus 0.5
Land element not on bottom of feet first no VP, no SR
>>if also no initiation of salto (dismt, last FX salto) = 0.3 SV

CHIEF JUDGE DEDUCTIONS (FROM AVG)

Fail to present before/after (not req’d facing judge) each 0.1
Outside FX boundary each 0.1
not marking add’l mats of FX boundary 0.1
Overtime 0.1
Exceeds warm-up time (after warning) 0.2
Failure to begin routine within 30 sec CJ signal 0.2
Start exercise before signal from CJ (from repeat) 0.5
Excessive use of chalk 0.2
Incorrect attire/jewelry (after warn- take on next event; one time) JO = 0.2
  (after warn- take on next event; one time) Xcel = 0.1

Unsportsmanlike conduct of gymnast (after warning) 0.2
Wearing padding (hip, heels on UB) 0.2
Coaches:
  remains between UB/ next to BB whole routine 0.1
  instructs gymnast during routine (one time) 0.2
judge hears vocal cues to gymnast:
  after warning, take one time per routine 0.2
    (if coach instructs what is next, no warning) 0.2
  on FX during routine (L6-10) (move mats, object ok) 0.5
failure to remove board after mount 0.3
failure to remove spotting device ASAP 0.3
Unauthorized matting 0.3
Incorrect apparatus specs, board spring config 0.3
board on unauthorized surface 0.3
Absence of music on FX (not tech failure) 1.0
Short exercise – UB <5 VP== FX/BB <30 sec 2.0
  Level 6 BB under 30 sec but has 10 SV 0.5
One hand touches table in vault (1/2 panel observes) 1.0

Minimum score JO = 1.0; Xcel = 4.0

Degree of turn within 90° of target angle to get credit, with deduction up to 0.2. If more than 90° from target angle, give credit for closest VP angle

Placement of front foot upon landing (twist) or heal drop (turn) determines angle of completion
**Xcel Uneven Bars**

<table>
<thead>
<tr>
<th>Value Parts</th>
<th>Bronze</th>
<th>Silver</th>
<th>Gold</th>
<th>Platinum</th>
<th>Diamond</th>
</tr>
</thead>
<tbody>
<tr>
<td>Special Reqmts</td>
<td>0.5 each; (#2,#3 no mt/dism)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No VP = no SR</td>
<td>No VP = no Sr</td>
<td></td>
<td></td>
<td>Kip</td>
<td>Clear support skill min 45° from vertical</td>
</tr>
<tr>
<td>Restricted</td>
<td>-5 SV, no VP, no SR, take exec</td>
<td>No Bs + No HB skills</td>
<td>No Cs + No giants</td>
<td>No C +</td>
<td>No C allowed</td>
</tr>
<tr>
<td>notes</td>
<td>No extra swing</td>
<td>No extra swing</td>
<td>No extra swing</td>
<td>One tap-countersw</td>
<td>Extra swing ded</td>
</tr>
<tr>
<td>Warm up</td>
<td>30 sec</td>
<td>45 sec</td>
<td>1:00</td>
<td>1:30</td>
<td>2:00</td>
</tr>
</tbody>
</table>

**CLARIFICATIONS**

Cast + skill = 2 elements, except for cast to squat/pk/str on- with or w/o jump to HB; cast shoot thru; cast to stand dismt = 1 element
unallowable skill (below reqmts) – no VP, no SR (-0.5). If restricted (above reqmts), take add’l -0.5 SV. If restricted dismount, also take 0.3 no dismt of value

Long hand pull over = circle skill if preceded by cast (XP,XD)

One skill can count for 2 SRs

With no extra swings, remember 3rd cast does not count VP

No composition; max 4.0 execution; courtesy score 4.0

---

**APPARATUS DEDUCTIONS**

- dynamics (energy, swingful, effortless) up to 0.2
- rhythm in element/conn up to 0.1
- extra swing/cast (max 0.5 for 1 elem) ea 0.3
- hesitation in hdst or jump to HB up to 0.1
- fail to maintain hand contact 2-part mt 0.1
- insuf extension of glide/swing to kip up to 0.1
- amplitude of bar elements, releases up to 0.2
- amplitude of salto dismounts up to 0.3
- under rotation of release/flight elem up to 0.1
- Countersw body arched, hips open over LB 0.3

---

**CASTS**

- CASTS
- CASTS

---

**Angle deductions below – XP, XD only**

- high VP
- lower VP
- Flt to Hdst LB
- Circles
- Clear Hips

- 1 D allowed
- No E
- No bonus

---

**45 sec fall time**

- Range (avg)
- 9.5 - 10.0 0.2
- 9.0 - 9.475 0.5
- 8.0 - 8.975 0.7
- below 8.0 1.0
<table>
<thead>
<tr>
<th><strong>Xcel Balance Beam</strong></th>
<th><strong>Bronze</strong></th>
<th><strong>Silver</strong></th>
<th><strong>Gold</strong></th>
<th><strong>Platinum</strong></th>
<th><strong>Diamond</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Value Parts</strong></td>
<td>As</td>
<td>As</td>
<td>As &amp; Bs</td>
<td>6A 1B</td>
<td>5A 2B</td>
</tr>
<tr>
<td><strong>Special Reqsmts</strong></td>
<td>0.5 each</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No VP = no SR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acro= not mt/dsmt</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Notes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Split angle</strong></td>
<td>None</td>
<td>90</td>
<td>120</td>
<td>120</td>
<td>150</td>
</tr>
<tr>
<td><strong>Warm up</strong></td>
<td>30 sec</td>
<td>45 sec</td>
<td>1:00</td>
<td>1:30</td>
<td>2:00</td>
</tr>
<tr>
<td><strong>Routine</strong></td>
<td>45 sec</td>
<td>50 sec</td>
<td>1:00</td>
<td>1:15</td>
<td>1:15</td>
</tr>
</tbody>
</table>

**CLARIFICATIONS**

Leap/Jump Split angle for SR = as listed per division within 20°; split angle for a B/C element VP = min 135, no angle ded when split reaches division req’t
unallowable skill (below reqmts) – no VP, no SR (-.5). If restricted (above reqmts), take add’l .5 SV, and if restricted dismount, also take 0.3 for no dismt of value
Partial handstands and vertical handstands are considered the same element
Handstands DO NOT require a hold; can be used as 1st or 2nd element in a series
All mounts = A (unless listed B+ in code)
No composition; max 4.0 execution; courtesy score 4.0

**APPARATUS DEDUCTIONS**

- relaxed body/leg posture, flexibility throughout up to 0.3
- relaxed/incorrect footwork in non-VP height of acro/dance/salts up to 0.2
- variation of rhythm and tempo throughout ea up to 0.2
- insuff sureness of performance throughout ea up to 0.2
- dynamic performance (energy, effortlessness) ea up to 0.2
- artistry of presentation
  - quality of expression up to 0.1
  - originality of choreography up to 0.1
  - quality of movement up to 0.1
- rhythm during acro connection (fwd/back, fwd/side, non-flight) up to 0.2
- rhythm during dance/mix conn. ea up to 0.2
- height of acro/dance/salts ea up to 0.2
- salto dismount up to 0.3
- Insufficient leg split in L/J (per SR, VP reqmts) up to 0.2
- legs not even in split/strad L/J ea up to 0.2
- failure to land feet together in L/J (land side) ea up to 0.1
- incomplete turn/twist ea up to 0.2
- turns not in high relevé ea up to 0.1
- lack of precision in VP dance ea up to 0.1
- incorrect body position in VP dance ea up to 0.1
- insuf exactness of tuck/pike/stretch position up to 0.2
- hesitation in jump/press/swing to hdst up to 0.1
- concentration pause – 2 sec = ea. 1 >> more than 2 sec = ea. 0.2
- support of leg against beam, hit ea. 0.2
- balance ----- up to 0.3
- use supplement support (feet on floor or base) 0.3
- landing too close to beam on dismt 0.1
- direction of gainer dismount off end up to 0.3
- Insuf extension of body (open) prior to land up to 0.3
- body position landing elements/dismounts up to 0.2
- no dismount of value (from SV) 0.3
- third run approach 0.5

**CJ Deductions**

- Overtime 0.1
- fail to remove mount device/spotting device 0.3
- Incorrect attire/jewelry (warning, take at next event) 0.1
- Coach instructs gymnast verbally during routine = 0.2 (no warning, judge must hear)
- --if just a cue heard, warn before taking deduction
- Coach remains by beam during whole routine = NO PENALTY in Xcel

J. Doucette 8/20
Xcel Floor Exercise

<table>
<thead>
<tr>
<th>Value Parts</th>
<th>Bronze</th>
<th>Silver</th>
<th>Gold</th>
<th>Platinum</th>
<th>Diamond</th>
</tr>
</thead>
<tbody>
<tr>
<td>Special Reqs</td>
<td>0.5 each</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No VP = no SR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Notes</td>
<td>Straddle jump = A</td>
<td>Side leap = A</td>
<td></td>
<td></td>
<td>SR 1 and 2 may intersect</td>
</tr>
<tr>
<td>Split angle</td>
<td>60</td>
<td>90</td>
<td>120</td>
<td>150</td>
<td>150</td>
</tr>
<tr>
<td>Warmup</td>
<td>30 sec</td>
<td>45 sec</td>
<td>1:00</td>
<td>1:30</td>
<td>2:00</td>
</tr>
<tr>
<td>Routine</td>
<td>45 sec</td>
<td>1:00</td>
<td>1:00</td>
<td>1:30</td>
<td>1:30</td>
</tr>
</tbody>
</table>

**CLARIFICATIONS**

Chassés and assemblés are not Gp 1 elements. Dance passage skills are directly or indirectly connected, no pause or stop. Leap/Jump Split angle for SR = as listed per division within 20°; split angle for a B/C element VP = min 135°, no angle deductions when split reaches division reqm’t.

- Elements can’t get VP credit 2nd time in same connection or 3rd time, with the exception of acro flight w/hand support in different series =
- Two Acro series are different if: 1) diff number of acro VP, or 2) acro VP are in different order, or 3) acro VP elements are different.
- Give VP credit to all elements in this case.
- Acro elements in dance series breaks the series, and so does dance elements in acro series.
- Restricted elements can receive execution deductions, regardless if receive VP.
- No composition; max 4.0 execution; courtesy score 4.0.

**APPARATUS DEDUCTIONS**

- up to 0.3 B/L
- up to 0.2 ft
- up to 0.2 dy
- up to 0.2 art
- up to 0.1 ex
- up to 0.1 ch
- up to 0.1 mv

- rhythm during direct connection: ea up to 0.1
- Insuf height – dance, acro w/hands, aerials: ea up to 0.2
- Insuf leg split in leaps/jumps (per SR, VP reqmt): up to 0.2
- Legs not even in split/straddle: up to 0.2
- Failure to land feet together in L/J: ea up to 0.1
- Turns not in high relevé: ea up to 0.1
- Incomplete turn/twist: ea up to 0.2
- Incorrect body posture in VP dance: ea up to 0.1
- Lack of precision in VP dance: ea up to 0.1
- Insuf exactness of tuck/pike/layout positions: up to 0.2
- Legs crossed in twisting saltsos: up to 0.1
- Insuf opening prior to landing (saltsos): up to 0.3
- Body position in landing elements: up to 0.2
- Not in sync with music-- parts: ea 0.05
- Throughout exercise ---up to 0.3 not ended with music --- 0.1
- Poor relationship of music and movement: up to 0.2
- Concentration pauses – 2 sec or more: 0.1

**J. Doucette 8/20**