

NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

RULES & POLICIES	
NTC Minutes, May 16-17, 2022	
R&P Chapter # 1 Judges Resp. Pg 21, D. 5	<u>Clarification</u> regarding judges’ use of electronic devices to record their scoring worksheets. “Judges must turn off messages, email notifications, etc. by switching their device to airplane mode .”
R&P Chapter # 1 Athletes’ Rights Pg 17, B.10.a.3)	Recommendation to allow ankle length tights to be worn under OR over the leotard in competition.
R&P Chapter # 5 Meet Officials Pg 34, II, A. b.	<u>Clarification</u> : a judge who critiques or coaches more than once a month on a regular basis at a specific gymnastics club is considered affiliated with that gymnastics club. Judges must make assigners aware of their affiliation.
R&P Chapter # 5 Compensation Pg 45. B.1. a., d.	<u>Clarification</u> regarding when a meet is considered complete . “End of the day is determined when all scores are final, and all score inquiries are settled.”
NXPC Minutes, May 17, 2022	
R&P Chapter #7 Competition Procedures Pg 66, III, D.	For all sanctioned competitions the coach may display or verbally announce the number of the intended vault to be performed.
R&P Chapter #7 Inquiry Regulations Pg 68, III, G. b.7 & G. 5.4. a.	Recommendation to adopt the following joint Development Program/Technical Committee changes for the Xcel Program: <ul style="list-style-type: none"> • Video Review is allowed in the following instances: <ul style="list-style-type: none"> ○ Vault: Immediate video review is allowed (if available and decisive) when the first vault is awarded a zero (0) for failure to land on any part of the bottom of the feet first. Review must be completed prior to attempting the 2nd vault. ○ Floor: To consider Floor Exercise overtime deductions: In order to submit an inquiry for an overtime deduction, a coach MUST provide a video of the routine in question.
R&P 2022-2023	Updated September 2022
R&P Chapter # 5 Compensation Pg 42, B.1.	Judges are <u>not</u> required to carpool
R&P Chapter # 5 Compensation Pg 42, B.2.	Should the IRS make a rate change during the year, the new rate will be posted with an effective date
R&P Chapter # 5 Compensation Pg 43, C,2.	The form of accommodation (double occupancy vs. single occupancy) must be specified in the judge’s contract
R&P Chapter # 5 Compensation Pg 43, C.2.	If necessary to share the cost of the room with the Meet Director, the judge will pay no more than the difference between the actual cost of the room and the standard national IRS rate for overnight accommodation.
R&P Chapter # 5 Compensation Pg 43, C,3.	Meet Directors are strongly recommended to provide single room accommodations when a hotel stay is required, at no additional cost to the judge.

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R&P 2022-2023	Updated September 2022 (Continued)
R&P Chapter # 5 Compensation Pg 43, D.3. b.	<p>1) For a judge traveling by air, meals that occur while the judge is traveling to and from the competition, a per meal per diem may be requested.</p> <p>2) For a judge traveling by ground and travel time is more than 3 hours or 150 miles one way, a \$20.00 per diem may be requested.</p> <p>3) For a judge traveling less than 3 hours or under 150 miles one way, there is no per diem request.</p>
R&P Chapter # 5 Compensation Pg 44, II. A.	<p>2. The daily number of paid hours is calculated from the report time to the end time of the meet.</p> <p>3. For meets with 3 or more sessions PER DAY, it is recommended that judges are to be provided a minimum of a 30-minute break time.</p>
R&P Chapter # 5 Compensation Pg 45, C.1.	<p>A judge serving as Meet Referee OR Chief Judge shall receive \$10.00 per day at the following USA Gymnastics competitions:</p> <p>d. Sanctioned local / sectional meets where the Meet Referee also serves as the Chief Judge.</p> <p>e. Dual compensation (total of \$20/day) is given if the Meet Referee also serves as a Chief Judge at all Regional and above meets and State meets with four-judge panels.</p>
R&P Chapter # 5 Compensation Pg 45, C.2.	<p>Chief Judge OR Meet Referee payment (\$10) is NOT paid at:</p> <p>a. State meets with two-judge panels with a separate Meet Referee (non-judging).</p> <p>b. Local / sectional meets with a separate Meet Referee (non-judging).</p> <p>c. Local / sectional meets with one-judge panels, such as intrasquad meets, or meets with less than four events running concurrently.</p>
R&P Chapter # 7 Floor Music Failure Pg 69, III.L.	<ul style="list-style-type: none"> • The gymnast may continue her routine. Upon completion of the routine, gymnast and coach must decide whether to resume from point of music failure or accept the score that is given. The judges will post no score until that decision is made. No deduction would be taken for the absence of music if the decision is to accept score. • The gymnast may stop her performance immediately and request permission from the Chief Judge continue from the point of interruption/music failure. Once permission is granted, after a reasonable amount of rest time, the gymnast may perform from point of interruption or the series / combination when music failure occurred. No score would be given for a partial routine, all deductions prior to the equipment/music failure will still be applied.
USAG WTC – October 1, 2022 – Chapter #11 – APPARATUS SPECIFICATIONS	
R&P Chapter # 11 (NEW CHAPTER)	All apparatus requirements for both the Xcel and Development Programs will be joined together in a new Women’s Program Rules & Policies (R&P) chapter for the 2022-2023 season and beyond. Unless a specific deduction applies, apparatus requirements have been removed from the Dev Code of Points and will be reflected in this new chapter.
R&P Chapter # 11 Pg 122, I.H.	If an athlete falls due to equipment failure , judging will resume at the point of interruption or the series / combination when equipment failure occurred.
R&P Chapter # 11 Pg 123, II.D.	Chalk markings are ALLOWED to be placed on landing mats as a visual cue. All markings MUST be removed after the athlete completes competition on that event
R&P Chapter # 11 Pg 124, VI.E.	For BRONZE, SILVER and GOLD divisions: any combination of manufactured mats, skill cushions or padded spotting/skill blocks may be used for mounting purposes . <ul style="list-style-type: none"> • Bars: any combination of manufactured mats, skill cushions or padded spotting/skill blocks may be used for mounting purposes on the low bar. • Any manufactured mounting apparatus may be placed on top of the mats.
R&P Chapter # 11 Pg 125, VII, F.2	The hand placement mat must be manufactured by a gymnastics equipment manufacturer and must be a minimum of 39.4 x 51.2 in length and cannot exceed 5 cm (2 inches) in height.

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USAG WTC – October 1, 2022 – Chapter #11 – APPARATUS SPECIFICATIONS (Continued)	
R&P Chapter # 11 Pg 129, IX E.	<p>All Meet Directors of Platinum competitions or above MUST provide a minimum of one manufactured Round-off hand placement mat.</p> <p>**Noted in Minutes but <u>not</u> in R&P:</p> <p>A hand placement mat may be placed on the runway (but not on the board) ONLY for vaults that require placing the hands on the runway in front of the board (Round-off or Front handspring entry.) The hand placement mat must be manufactured by a gymnastics equipment manufacturer and must be a minimum of 39.4 x 51.2 in length and cannot exceed 5 cm (2 inches) in height.</p> <ul style="list-style-type: none"> • All Meet Directors of Platinum competitions or above MUST provide a minimum of one manufactured Round-off hand placement mat. • Clubs may not bring their own hand placement mat to be used by athletes during a competition. <p>If a Round-off entry hand placement mat is used, it must be placed Velcro-side down on the runway.</p>
R&P Chapter # 11 Pg 130, X.H.	<p>Spotting Enhancements: When a raised surface is needed to spot release moves, it is recommended that a spotting block(s) or folded mat(s) be used; however, there is no penalty for standing on the board, provided that the board (or spotting device(s) is removed immediately after the release move is performed.</p>
R&P Chapter # 11 Pg 131, XIII, F.	<p>Beam matting: If available (<u>not</u> required): maximum of 9 inches using Sting mats, 4-inch throw and / or 8-inch skill cushions may be placed on top of allowable CLM's in ALL matted areas (under the Beam and / or dismount area.)</p>
R&P Chapter # 11 Apparatus Pg 133, XV, F.	<p><u>Clarification:</u> 2 mats of the Floor Exercise area.</p> <ul style="list-style-type: none"> • It is acceptable to have both mats on separate ends of a diagonal. <u>Example:</u> an athlete begins her tumbling pass by running over a sting mat, then performs her tumbling pass and lands on a 4-inch throw mat on the opposite end of the diagonal. • If sting mat is placed on TOP of the skill cushion/throw mat, it does NOT count as one of the 2 allowable mats on the Floor Exercise at any one point in time.
NTC Minutes, November 3-6, 2022	
R&P Chapter # 5 Meet Officials Page 34	<p>A judge who receives financial compensation for critiquing or coaching more than once a month on a regular basis at a specific gymnastics club is considered affiliated with that gymnastics club. Judges must make assigners aware of affiliation.</p>
R&P Chapter #1 Attire Page 17, B.10.b.	<p><u>Update</u> the “racerback” type of leotard will receive an additional year grace period to allow clubs to establish compliance. All other leotards that meet the description of backless will be subject to a 0.20 attire deduction</p>

NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

XCEL Code of Points – General			
NXPC Minutes May 17, 2022			
XCEL COP Gen Chapter 4, General/Judges Pg 11, II.A.	Equipment Failure	If an athlete falls due to equipment failure , judging will resume at the point of interruption or the series/combination when equipment failure occurred.	
XCEL COP GEN Chapter 5, General/Judges Pg 16, M.	Clarification on Fall Timing:	Medical Assessment	Fall time (45 seconds) begins when the gymnast is on her feet: IF an injury occurs , fall time begins once medical assessment is complete.
Joint XPC/NTC May 17, 2022			
XCOP General/Judges CJ Deductions Pg 24	Incorrect Attire	Deduction is <u>0.20</u>	

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XCEL Code of Points – VAULT – GENERAL	
NXPC May 17, 2022	
R&P Chapter 7 Competition Procedures Pg 66, III, D.	For all sanctioned competitions the coach may display or verbally announce the number of the intended vault to be performed.
R&P Chapter 7, Inquiry Regulations Pg 68, 5. B.4. a.	Recommendation to adopt the following joint Development Program/Technical Committee changes for the Xcel Program: <ul style="list-style-type: none"> • Video Review is allowed in the following instances: <ul style="list-style-type: none"> ○ Vault: Recommendation to allow immediate video review (if available and decisive) when the first vault is awarded a zero (0) for failure to land on any part of the bottom of the feet first. Review must be completed prior to attempting 2nd vault

XCEL Code of Points – VAULT – BRONZE			
Joint XPC/NTC May 17, 2022			
XCOP Vault Pg 10	Vault 1B	Deleted Deduction	Delete the “ Failure to use levering action into the handstand ” deduction”

XCEL Code of Points – Vault – SILVER			

XCEL Code of Points – Vault – GOLD			

XCEL Code of Points – Vault – PLATINUM			

XCEL Code of Points – Vault – DIAMOND			

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XCEL Code of Points – UNEVEN BARS – GENERAL

Joint XPC/NTC May 17, 2022

XCEL Code of Points – UNEVEN BARS – BRONZE

Joint XPC/NTC May 17, 2022

XCOP Uneven Bars Mats Pg 18,C.f.	Mats/Mounting Regulations	Bronze / Silver / Gold Divisions: Any combination of competition landing mats, skill cushions and panel mats may be used to facilitate the mount on the low bar .
XCOP Uneven Bars Pg 21 VII, A.6.a.	Two Part Mount Clarification	Bronze / Silver / Gold Divisions: Two-part Mount Clarification: <ul style="list-style-type: none"> • <u>Clarification:</u> Only two-part mount skills are allowed. If a 3rd mounting skill is performed it will not receive VP credit and will receive execution deductions. • <u>Clarification:</u> If two glide swings are performed (without feet touching between glides) it will only count as one (1) element.
XCOP Uneven Bar Group 7 Elements Pg 35	New Skill	Open to all Divisions: 7.006 – “A” Basket Swing
XCOP Uneven Bars Group 7 Elements Pg 35	Skill Clarification	Bronze / Silver Divisions: 7.001 – “A” Leg Swing Backward to allow Leg Swing Forward or Backward .

XCEL Code of Points – UNEVEN BARS – SILVER

Joint XPC/NTC May 17, 2022

XCOP Uneven Bar Group 1 Elements Pg 2	New Skill	Silver / Gold / Platinum / Diamond Divisions: 1.002 – “A” Jump to Squat on mount.
XCOP Uneven Bars Mats Pg 18,C.f.	Mats/Mounting Regulations	Bronze / Silver / Gold Divisions: Any combination of competition landing mats, skill cushions and panel mats may be used to facilitate the mount on the low bar .
XCOP Uneven Bar Group 7 Elements Pg 35	New Skill	Open to all Divisions: 7.006 – “A” Basket Swing
XCOP Uneven Bars Group 7 Elements Pg 35	Skill Clarification	Bronze / Silver Divisions: 7.001 – “A” Leg Swing Backward to allow Leg Swing Forward or Backward .
XCOP Uneven Bar Group 8 Elements Pg 45	Variation of body Position 8.003	Silver Division (only): 8.003 – “A” Dismount – $\frac{3}{4}$ Back Circle Dismount Add a stretched variation for the existing $\frac{3}{4}$ back circle dismount

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XCEL Code of Points – UNEVEN BARS – GOLD		
Joint XPC/NTC May 17, 2022		
XCOP Uneven Bar Group 1 Elements Pg 2	New Skill	Silver / Gold / Platinum / Diamond Divisions: 1.002 – “A” Jump to Squat on mount.
XCOP Uneven Bars Mats Pg 18,C.f.	Mats/Mounting Regulations	Bronze / Silver / Gold Divisions: Any combination of competition landing mats, skill cushions and panel mats may be used to facilitate the mount on the low bar .
XCOP Uneven Bar Group 7 Elements Pg 35	New Skill	Open to all Divisions: 7.006 – “A” Basket Swing

XCEL Code of Points – UNEVEN BARS – PLATINUM		
Joint XPC/NTC May 17, 2022		
XCOP Uneven Bar Group 1 Elements Pg 2	New Skill	Silver / Gold / Platinum / Diamond Divisions: 1.002 – “A” Jump to Squat on mount.
XCOP Uneven Bar Group 7 Elements Pg 35	New Skill	Open to all Divisions: 7.006 – “A” Basket Swing

XCEL Code of Points – UNEVEN BARS – DIAMOND		
Joint XPC/NTC May 17, 2022		
XCOP Uneven Bar Group 1 Elements Pg 2	New Skill	Silver / Gold / Platinum / Diamond Divisions: 1.002 – “A” Jump to Squat on mount.
XCOP Uneven Bar Group 7 Elements Pg 35	New Skill	Open to all Divisions: 7.006 – “A” Basket Swing

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XCOP Code of Points – BALANCE BEAM – GENERAL		
NXPC MAY 17, 2022		
Xcel COP Beam Elements	Clarification / Modification	Modification of Terminology from Stride Leap to Split Leap
XCOP Balance Beam Group 1 Elements Pg 2	New Skill	1.301 Mount – “C” Mount Free Split jump with change of legs (minimum of 30° leg separation) prior to split position – approach at end of beam (Whipple)
Joint XPC/NTC May 17, 2022		
XCOP Balance Beam Handstands Pg 1-	Handstand Hold Clarifications	Applied to All Divisions: Beam Hold Requirement: Modify the hold requirement for handstands on beam that: <ul style="list-style-type: none"> • A hold is <u>not</u> required for “A” handstand elements. • Any “B” handstand element or higher would require a 2-second hold if specified for the element within the Table of Elements.
XCOP Balance Beam Medium Faults Pg 11,	Variation in Rhythm and Tempo	Insufficient Variation in Rhythm and Tempo – Up to .20 Add “CONSIDER: Insufficient variation in rhythm/ tempo in non-VP movements; lack of fluid connection / series of disconnected elements or movements.”
XCOP Balance Beam Pg 13, G.2. a.1.	Vertical Handstand	A 10° Variance from Vertical on Handstands is allowed with a <ul style="list-style-type: none"> • flat <u>0.10</u> deduction for handstands within 01-10° from vertical.
XCOP Balance Beam Artistry Pg 22	Artistry Deductions	Clarification: 0.05 – 0.10 Lack of variety in choreography (poses, phrases, connections) Examples: unnecessary adjustments and/or steps without choreography

XCOP Code of Points – BALANCE BEAM – BRONZE		

XCOP Code of Points – BALANCE BEAM – SILVER		

XCOP Code of Points – BALANCE BEAM – GOLD		

XCOP Code of Points – BALANCE BEAM – PLATINUM		

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XCOP Code of Points – BALANCE BEAM – DIAMOND		
NXPC May, 17, 2022		
Xcel COP Balance Beam Group 2 Elements Pg 12-21	Clarification of 150° Split Angle Requirement	<p>Diamond Division (Beam): 150° splits would receive value part as listed in the code (as any split within 135° or more would). Therefore, they would <u>not</u> necessarily be “A” skills for any split at that angle since they are existing elements within the Table of Elements which may have a higher value part.</p> <p>Split angle of 150° or more would receive:</p> <ul style="list-style-type: none"> • VP listed within the Table of Elements • Special Requirement • No deduction for insufficient split <p>Split angle of 135° - 149° would receive:</p> <ul style="list-style-type: none"> • VP listed within the Table of Elements • Special Requirement • Deduction of up to 0.20 for insufficient split <p>Split angle of 130° - 134° would receive:</p> <ul style="list-style-type: none"> • “A” VP • Special Requirement • Deduction of up to 0.20 for insufficient split

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XCEL Code of Points – FLOOR EXERCISE – GENERAL

Joint XPC/NTC May 17, 2022

XCOP Floor Exercise Pg 11 I.C.1.	Elements with Same Number	Insert “Flight” – In the following instance, elements listed under the same number will be considered the same: 1. Flight /Salto with 2-foot landing or step-out
XCOP Floor Exercise Artistry Pg 19	Artistry Deductions	<u>Clarification:</u> Lack of variety in choreography (poses, phrases, connections) 0.05 – 0.10 <u>Examples:</u> unnecessary adjustments and/or steps without choreography
XCOP Floor Exercise Execution Errors Pg 19	Music Synchronization	Failure to show synchronization of music with ending pose – <u>0.10</u> .

XCEL Code of Points – FLOOR EXERCISE – BRONZE

Joint XPC/NTC May 17, 2022

XCOP Floor Exercise Group 4 Elements Pg 16	Element Variation	Open to all Divisions: 4.102 – “A” Backward Roll to push-up shape added as a variation to the existing Backward Roll element (Group 4 Rolls)
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XCEL Code of Points – FLOOR EXERCISE – SILVER

Joint XPC/NTC May 17, 2022

XCOP Floor Exercise Group 4 Elements Pg 16	Element Variation	Open to all Divisions: 4.102 – “A” Backward Roll to push-up shape added as a variation to the existing Backward Roll element (Group 4 Rolls)
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XCEL Code of Points – FLOOR EXERCISE – GOLD

Joint XPC/NTC May 17, 2022

XCOP Floor Exercise Group 4 Elements Pg 16	Element Variation	Open to all Divisions: 4.102 – “A” Backward Roll to push-up shape added as a variation to the existing Backward Roll element (Group 4 Rolls)
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XCEL Code of Points – FLOOR EXERCISE – PLATINUM		
NXPC MAY 17, 2022		
Xcel COP Floor Exercise Group 1 Elements Pg 1-11	Clarification of Split Angle of 150°	<p>Platinum / Diamond Divisions (Floor):</p> <p>150° splits would receive value part as listed in the code (as any split within 135° or more would). Therefore, they would <u>not</u> necessarily be “A” skills for any split at that angle since they are existing elements within the Table of Elements which may have a higher value part.</p> <p>Split angle of 150° or more would receive:</p> <ul style="list-style-type: none"> • VP listed within the Table of Elements • Special Requirement • No deduction for insufficient split <p>Split angle of 135° - 149° would receive:</p> <ul style="list-style-type: none"> • VP listed within the Table of Elements • Special Requirement • Deduction of up to 0.20 for insufficient split <p>Split angle of 130° - 134° would receive:</p> <ul style="list-style-type: none"> • “A” VP • Special Requirement • Deduction of up to 0.20 for insufficient split
XCOP Floor Exercise Group 4 Elements Pg 16	Element Variation	<p>Open to all Divisions:</p> <p>4.102 – “A”</p> <p>Backward Roll to push-up shape added as a variation to the existing Backward Roll element (Group 4 Rolls)</p>

XCEL Code of Points – FLOOR EXERCISE – DIAMOND		
NXPC MAY 17, 2022		
Xcel COP Floor Exercise Group 1 Elements Pg 1-11	Clarification of Split Angle of 150°	<p>Platinum / Diamond Divisions (Floor):</p> <p>150° splits would receive value part as listed in the code (as any split within 135° or more would). Therefore, they would <u>not</u> necessarily be “A” skills for any split at that angle since they are existing elements within the Table of Elements which may have a higher value part.</p> <p>Split angle of 150° or more would receive:</p> <ul style="list-style-type: none"> • VP listed within the Table of Elements • Special Requirement • No deduction for insufficient split <p>Split angle of 135° - 149° would receive:</p> <ul style="list-style-type: none"> • VP listed within the Table of Elements • Special Requirement • Deduction of up to 0.20 for insufficient split <p>Split angle of 130° - 134° would receive:</p> <ul style="list-style-type: none"> • “A” VP • Special Requirement • Deduction of up to 0.20 for insufficient split
XCOP Floor Exercise Group 4 Elements Pg 16	Element Variation	<p>Open to all Divisions:</p> <p>4.102 – “A”</p> <p>Backward Roll to push-up shape added as a variation to the existing Backward Roll element (Group 4 Rolls)</p>