

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

USAG – RULES & POLICIES – USA Gymnastics Women's Program Rules and Policies
Updated (10-24-2022) – 2022 2023 w rulespolicies.pdf (usagym.org)
Chapter 11 – Apparatus Specifications (09-23-2022) – Microsoft Word - 019 Apparatus Requirements 9.23.22.docx (usagym.org)

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 – (Chapters and Pages UPDATED – Sept 2023)
R&P Chapter # 5 Compensation Pg 40, B.1.	Judges are <u>not</u> required to carpool
R&P Chapter # 5 Compensation Pg 40, 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 41, 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 41, 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 40, 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 41, D.3. b.	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. 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. 3) For a judge traveling less than 3 hours or under 150 miles one way , there is no per diem request.
R&P Chapter # 5 Compensation Pg 42, II. A.	2. The daily number of paid hours is calculated from the report time to the end time of the meet. 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 .
R&P Chapter # 5 Compensation Pg 43, C.1.	A judge serving as Meet Referee OR Chief Judge shall receive \$10.00 per day at the following USA Gymnastics competitions: d. Sanctioned local / sectional meets where the Meet Referee also serves as the Chief Judge. 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 .
R&P Chapter # 5 Compensation Pg 43, C.2.	Chief Judge OR Meet Referee payment (\$10) is NOT paid at: a. State meets with two-judge panels with a separate Meet Referee (non-judging). b. Local / sectional meets with a separate Meet Referee (non-judging). c. Local / sectional meets with one-judge panels , such as intrasquad meets, or meets with less than four events running concurrently.
R&P Chapter # 7 Floor Music Failure Pg 65, 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 – (Chapters and Pages UPDATED – Sept 2023)	
R&P Chapter # 5 Meet Officials Page 32, II.A.1.b	<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 16, III.B.10.a.5	<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>
NXC, NTC Joint Minutes, May 18, 2023	
XCOP rules have been integrated throughout	<p>Starting August 1, 2023, recommendation to implement the Sapphire Division rules into the Xcel Program as printed.</p>
R&P Page 64, 7	<p>In addition, at Xcel State Meet and above, a coach can request a video review by the Meet Ref and the highest rated unaffiliated judge (if video is available) in the event that the inquiry involved an instance that would affect the start value.</p>
R&P Page 109, X.E	<p>Uneven Bars - chalk or water may not be added to the rails or mats once the exercise has begun / while on the competitive equipment.</p>
R&P Page 63, 4.c.1	<p>Any inquiry to raise a score .10 or less on the lowest event score to qualify to the State or Regional meet applies ONLY to All Around athletes.</p>
R&P Page 63, 3	<p>A Meet Referee may watch a video (if available) prior to the submission of an inquiry to determine if that inquiry should move forward.</p>

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NAC May 11, 2023	
R&P Page 16, 10, h	Add to the Women's R&P regarding inappropriate attire: Coaches and judges shall NOT wear Earbuds / EarPods while on the field-of-play. Athletes may NOT wear Earbuds / EarPods while competing.
NXC May 16-17, 2023	
R&P – 105,VII,C.3 XCOP – VT- 5,II,D.1.e R&P – 110, I.	<ul style="list-style-type: none"> • Allow chalk only (no tape) on hand placement mat. • Utilize language from Vault regarding landing into a loose foam pit and add it to both Bars and Beam for situations when landing on a Resi surface: Landing into a “LOOSE-FOAM PIT” on a RESI SURFACE IS NOT ALLOWED FOR COMPETITIONS, unless the pit Resi area is covered by a stable (wooden or metal) surface. Exception – this is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to competition.

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XCEL Code of Points – USA Gymnastics Xcel Programs
eBook Tutorial – (1286) 2022-26 Development Program Code of Points eBook Tutorial - YouTube
Replacement Pages (10-21-2022) – cop_rev_102122.pdf (usagym.org)
Replacement Pages (12-12-2022) – cop_rev_121222.pdf (usagym.org)
Replacement Pages (02-23-2023) – cop_rev_012323.pdf (usagym.org)
Replacement Pages (08-22-2023) – cop_rev_082223.pdf (usagym.org)

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>	
Joint XPC/NTC May 16, 2023			
XCOP General/Judges-22	General Deductions	Modify the Squat on Landing deduction and corresponding illustration. (Illustration in XCOP) Squat on landing (hips lower than knees) up to 0.30	
XCOP General/Judges-22	General Deductions	Add an option for a 0.15 deduction for a medium step on landing on Vault, UB/BB dismounts, and BB/FX Acro.	
XCOP VT-13 & 15 UB-28 BB-22	VT Deductions Bar Faults Balance Beam Faults	Add wording to Vault, UB/BB dismounts, and FX Acro: Squat on landing (hips lower than knees) up to 0.30 + 0.50 “Lands in squat position, then falls”.	

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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
Joint XPC/NTC May 16, 2023	
XCOP VAULT -14	Modify Vault deduction First Flight & Support Phase wording of “Arched Body up to 0.20” to “Excessive Arch Up to 0.20”
XCOP VAULT-14	Add Vault deduction for Gold - Sapphire for Support Phase - Hops with both hands simultaneously - 0.30.
R&P and XCOP R&P pg 58, g.1&2 XCOP VT 8	Add Vault Warm-Up procedure for Platinum and above within the Code of Points and Rules & Policies (as applicable). Warm-up procedures: <ol style="list-style-type: none"> a. Timed warm-up: <ol style="list-style-type: none"> 1) During competition, it is NOT considered additional warm-up time if a gymnast who is next to compete on Vault runs or jumps on the Vault runway following the previous competitor’s final Vault. 2) The gymnast may NOT run or jump in front of the Vault judges’ table. <ul style="list-style-type: none"> • A warning would be given in this instance for exceeding warm-up time. b. Touch warm-up: Each gymnast is guaranteed a specific number of warm-up Vaults, depending on her Division.
R&P, XCOP R&P Pg 60, VI.E XCOP VT-5,D.1.a	For Divisions Gold - Sapphire to require Vault numbers to be visually displayed at any sanctioned competition utilizing a 4-judge panel. Vault name OR number may be audibly communicated to judges at all other competitions.
XCOP VAULT-14	Change the deduction for under-rotation of salto vaults from a flat 0.10 to “Up to 0.10”.
NXC May 16-17, 2023	
R&P Pg 109, G.4	Update the Women’s R&P to reflect the allowance of a “pit pillow” for Vault warm-ups: If available (NOT REQUIRED): An alternate skill cushion made of softer foam (maximum 4x6x8) is allowed at all sanctioned meets for Diamond and above for WARMUPS ONLY to perform a “timer” for a Salto Vault
Removed	Remove the allowance of a “junior board” for Xcel, including removing all instances of the word “junior board” from the Women’s R&P and Women’s Program Code of Points.

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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”
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Joint XPC/NTC May 16, 2023

XCOP VAULT-11	Vault 2	Added Deduction	Add Vault deduction Approach – Additional Jump on the Board - 0.30 to Bronze Vault 2 (same deduction as Bronze Vault 1)
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XCEL Code of Points – Vault – SILVER

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XCEL Code of Points – Vault – GOLD

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XCEL Code of Points – Vault – PLATINUM

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XCEL Code of Points – Vault – DIAMOND

Joint XPC/NTC May 16, 2023

XCOP VAULT-3 VT ELEMENTS 3-6	Vault Values	<ul style="list-style-type: none"> • Add the following vaults for Diamond 1.109 Front Handspring onto board-Handspring off 9.5 1.110 Front Handspring onto board-Handspring ½ off 9.7 1.209 Front Handspring onto board- Handspring 1/1 turn off 10.0 1.111 Front. Handspring onto board- 1/2 turn on - repulsion off 9.5 1.211 Front Handspring onto board- 1/2 turn on - 1/2 turn off 9.7 1.311 Front Handspring onto board- 1/2 turn on - 1/1 turn off 10.0
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XCEL Code of Points – Vault – SAPPHIRE

Joint XPC/NTC May 16, 2023

XCOP VAULT-3 VT ELEMENTS 3-6	Vault Values	<ul style="list-style-type: none"> • Add the following vaults for Sapphire 1.109 Front Handspring onto board-Handspring off 9.1 1.110 Front Handspring onto board-Handspring ½ off 9.2 1.209 Front Handspring onto board- Handspring 1/1 turn off 9.5 1.111 Front. Handspring onto board- 1/2 turn on - repulsion off 9.1 1.211 Front Handspring onto board- 1/2 turn on - 1/2 turn off 9.2 1.311 Front Handspring onto board- 1/2 turn on - 1/1 turn off 9.5 5.108 RO-FF 1/1 turn on - repulsion off 9.5
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XCEL Code of Points – UNEVEN BARS – GENERAL		
Joint XPC/NTC May 16, 2023		
XCOP GENERAL JUDGES-24		Add a Chief Judge Deduction. Takes deduction from average score for Short Exercise with fewer than 3 value parts= <u>2.00</u> .
XCOP UNEVEN BAR ELEMENTS-46		Modify Uneven Bars element 8.101 - Underswing (toe-on or clear) to stand – Removing the Low Bar option. Add a new element for this dismount from the Low Bar - Allowable for Xcel Bronze or Silver only.
XCOP UNEVEN BAR ELEMENTS-15		Add: a. to BARS #2.205 element description: From cast in regular grip on HB, swing down with grip change to cross grip and ½ turn in range of hang position and swing backward in straddle or pike with flight over LB to hang. b. an additional example of No deduction for insufficient amplitude of cast at Diamond or Sapphire if cast is followed by #2.205.
XCOP UNEVEN BAR ELEMENTS-50		Rearrange Bars element box and add: a. #8.107 b – add a ½ turn to salto and move to B Element column, resulting in a new element #8.207 c. b. #8.207 (now b) – add to end of description “or from a counterswing”.
XCOP UNEVEN BAR ELEMENTS-50		Change the value of the following elements: a. #8.307 (C) From HB — swing down forward between bars in reverse grip, salto forward tucked, piked, or stretched with 2/1 (720°) twist - Change to #8.407 (D). b. Remove from Xcel - #8.407 (D) From HB—swing down forward between bars in reverse grip, salto forward tucked, piked, or stretched with 2 ½ (900°) twist. This is now an “E” in the Development Program.

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 .

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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
XCOP Uneven Bar		Recommendation to modify phrasing for Silver Cast angle to “Cast to a minimum of 45° below horizontal or higher.”

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
Joint XPC/NTC May 16, 2023		
XCOP UNEVEN BARS- 1,2,3	Special Requirement	Modify the Gold Bars Special Requirements 2 and 3 to: SR 2/3. Two (2) 360° circling skills (not mount or dismount) must be one of the following: <ul style="list-style-type: none"> • Two (2) directly connected same circling elements (performed on either bar); or • Two (2) different circling elements connected or isolated (performed on either bar); or • Two (2) of the same circling element; one performed on low bar and one performed on high bar.

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XCOP UNEVEN BAR ELEMENTS- 45	Element	<ul style="list-style-type: none"> ● New Element – 8.007 Tap Swing – ½ , ½ dismount (twisting in one direction, touch of hand is required) - Allowable for Gold/Platinum Only as an “A” VP.
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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
Joint XPC/NTC May 16, 2023		
XCOP UNEVEN BAR ELEMENTS- 45	New Skill	<ul style="list-style-type: none"> ● New Element – 8.007 - Tap Swing – ½ , ½ dismount (twisting in one direction, touch of hand is required) - Allowable for Gold/Platinum Only as an “A” VP.

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
Joint XPC/NTC May 16, 2023		
XCOP Uneven Bar 15		Diamond and Sapphire to accept the proposal for adding additional examples under COP- Uneven Bars – Page 14/15 - #10 Letter d. with an approved chart for dealing with values of elements with ½ turns that finish on the same side of the bar (short side ½ turns).

XCEL Code of Points – UNEVEN BARS – SAPPHIRE

Joint XPC/NTC May 16, 2023

XCOP Uneven Bar - 15		Diamond and Sapphire to accept the proposal for adding additional examples under COP- Uneven Bars – Page 14/15 - #10 Letter d. with an approved chart for dealing with values of elements with ½ turns that finish on the same side of the bar (short side ½ turns).
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NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

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
Joint XPC/NTC May 16, 2023		
XCOP GENERAL/JEDGES-24	Deduction Chief Judge	Add a Chief Judge Deduction. Takes deduction from average score for Short Exercise with fewer than 3 value parts= <u>2.00</u> .
XCOP BALANCE BEAM ELEMENTS-6	Element	Modify Balance Beam element 1.109 to allow for a sit on the floor to do a back hip pullover to front support mount – change description to “from feet, knee or seat.”
XCOP BALANCE BEAM-21	Deduction	<ul style="list-style-type: none"> • Non-flight walkover-type elements are required to show the split angle corresponding to the Division’s degree of split at one point during the element for Beam and Floor. • Under Insufficient Split Position deduction add– Non-flight walkover-type elements – up to 0.20
Joint XPC/NTC May 16, 2023		
XCOP 1.204 – BB ELEMENTS-3 1.210 – BB ELEMENTS-6	Element Variation	<ul style="list-style-type: none"> • Add variation of element #1.204 (B) From rear stand (back toward beam), jump to clear straddle flight over the beam to land in front support • Add variation of element #1.210 (B) Jump, press, swing to side or cross handstand also exit with walkover forward.

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XCOP Code of Points – BALANCE BEAM – BRONZE

Joint XPC/NTC May 16, 2023

XCOP BALANCE BEAM ELEMENTS-1	Element		Modify the Lever to touch beam (5.001) to require the free leg to be at horizontal or above.
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XCOP Code of Points – BALANCE BEAM – SILVER

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XCOP Code of Points – BALANCE BEAM – GOLD

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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 1,2,8,12	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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Joint XPC/NTC May 16, 2023

XCOP BALANCE BEAM- 1,2,12	Special Requirement Diamond	Modify the split requirement for Platinum/Diamond (Floor) and Diamond (Beam) from 150° to 155°.
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XCOP Code of Points – BALANCE BEAM – SAPPHIRE

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

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> .
Joint XPC/NTC May 16, 2023		
XCOP GENERAL/JUDGES- 24	Deduction Chief Judge	Add a Chief Judge Deduction. Takes deduction from average score for Short Exercise with fewer than 3 value parts= <u>2.00</u> .
XCOP FLOOR EXERCISE 14, 13. 18	Deduction	<ul style="list-style-type: none"> ● Non-flight walkover-type elements are required to show the split angle corresponding to the Division's degree of split at one point during the element for Beam and Floor. ● Under Insufficient Split Position deduction add– Non-flight walkover-type elements – up to 0.20
XCOP FLOOR EXERCISE- 19	Deduction	Increase the Floor deduction for "Poor relationship of movement and music throughout" from up to 0.20 to up to 0.30.
XCOP 1.112 FX- 9 2.301 FX- 12 1.214, 1.314, 1.414 – FX- 10	Element Changes	<ul style="list-style-type: none"> ● Add variation of element #1.112 (A) – Add Passe' hop 1/1 as a variation of element 1.112. ● Add variation of element #2.301 a 2½ (900°) turn on one leg (free leg optional) ● Raise 1.214 "B" Leg Swing Hop 1/1 to 1.314 "C" ● Raise 1.314 "C" Leg Swing Hop 1 1/2 to 1.414 "D" ● Remove - Leg Swing Hop 2/1 (Previously a "D" - this element is now an "E" in Development Program)
XCOP FLOOR EXERCISE ELEMENTS- 22		Add to Floor element # 7.101: "A one-foot take-off will appear as an aerial/side salto but will NOT be considered a salto for Special Requirement purposes.

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)

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

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°	Platinum / Diamond Divisions (Floor): 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. Split angle of 150° or more would receive: <ul style="list-style-type: none"> • VP listed within the Table of Elements • Special Requirement • No deduction for insufficient split Split angle of 135° - 149° would receive: <ul style="list-style-type: none"> • VP listed within the Table of Elements • Special Requirement • Deduction of up to 0.20 for insufficient split Split angle of 130° - 134° would receive: <ul style="list-style-type: none"> • “A” VP • Special Requirement • Deduction of up to 0.20 for insufficient split
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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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Joint XPC/NTC May 16, 2023

XCOP FLOOR EXERCISE- 1,2,12	Special Requirement Platinum	Modify the split requirement for Platinum/Diamond (Floor) and Diamond (Beam) from 150° to 155°.
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NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

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°	Platinum / Diamond Divisions (Floor): 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. Split angle of 150° or more would receive: <ul style="list-style-type: none"> • VP listed within the Table of Elements • Special Requirement • No deduction for insufficient split Split angle of 135° - 149° would receive: <ul style="list-style-type: none"> • VP listed within the Table of Elements • Special Requirement • Deduction of up to 0.20 for insufficient split Split angle of 130° - 134° would receive: <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	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)
Joint XPC/NTC May 16, 2023		
XCOP FLOOR EXERCISE- 1,2,12	Special Requirement Diamond	Modify the split requirement for Platinum/Diamond (Floor) and Diamond (Beam) from 150° to 155°.
XCOP FLOOR EXERCISE- 1,2	Special Requirement Diamond	Modify the Diamond Special Requirement #1 on Floor to “Two (2) separate Acro Flight Passes, each with a minimum of two (2) directly connected Acro Flight elements; OR One (1) Acro Flight Pass with Two (2) directly connected Acro Flight elements AND One (1) separate/isolated “C” Salto.”

XCOP Code of Points – FLOOR EXERCISE – SAPPHIRE		