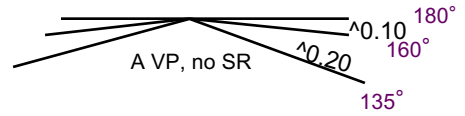


# General Optional and Xcel Deductions

## EXECUTION

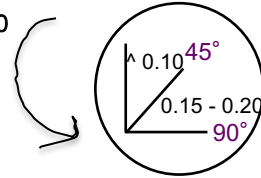
Flexed/sickled feet during value parts	0.05 each
Legs: Crossed: ^ 0.10      Separated: ^ 0.20	Bent: ^ 0.30 each
Not landing with feet together in jumps/leaps	^ 0.10
Bent arms in support      VT ^ 0.50	^ 0.30
Insufficient exactness tuck/pike	^ 0.20
Insufficient exactness in stretched position (arch or pike each)	
VT ^ 0.30      UB, BB, FX ^ 0.20	
Failure to maintain stretched body (pike down early)	
VT ^ 0.30      UB, BB, FX ^ 0.20	
Insufficient extension (open) of body on landing:	
VT saltos, UB/BB dismt, BB/FX acro	^ 0.30
Insufficient height (amplitude):	
UB elements, BB saltos/aerials, FX acro, J/L/H	^ 0.20
UB/BB salto dismounts, FX saltos	^ 0.30
UB/BB dism'nt of no value; FX- last salto no value (L8-10)	<u>0.30 SV</u>
(no value= restricted, salto not initiated, 3 <sup>rd</sup> /2 <sup>nd</sup> time no VP)	
Spotting during landing/inadvertent touch: no VP/SR/Bonus	<u>0.50 spot</u>
Spotting during VP: no VP/SR/Bonus	<u>0.50 spot</u>
Coach catch a falling gymnast: no ded for spot, only fall	<u>0.50</u>
If 2 different restricted elements are performed whether or not it received VP, a <u>0.50</u> deduction for 2 <sup>nd</sup> restricted element will occur.	

Insufficient split (dance, non-flight walkover-style acro)  
up to 0.20



Insufficient turn/twist (360° example)

up to 0.20



Degree of turn within 90° of target angle to get credit, with deduction up to 0.20.

If more than 90° from target angle, give credit for closest VP angle

Placement of front foot upon landing (twist) or heel drop (turn) determines angle of completion

All variation of root Acro skills will receive an "A" VP regardless of entrance, exit, or final position.

## CHIEF JUDGE DEDUCTIONS (FROM AVG)

Coaches: remains between UB/next to BB whole routine	DP <u>0.10</u> Xcel <u>0.00</u>
Failure to mark FX boundary on add'l mats	<u>0.10</u>
Fail to present before/after(not req'd to face judge) each	<u>0.10</u>
Out of Bounds (touch outside FX boundary) each	<u>0.10</u>
Overtime	<u>0.10</u>
Coach sprays water or chalks bar after routine started	<u>0.20</u>
Exceeds warm-up time (after warning) (perform elem on mat after fall, no warning)	<u>0.20</u>
Excessive use of chalk, or incorrect use of tape	<u>0.20</u>
Failure to begin routine within 30 sec CJ signal	<u>0.20</u>
Incorrect attire/jewelry	DP <u>0.20</u> Xcel <u>0.10</u>
(after warn- take on next event; one time)	
Judge hears vocal technical cues to gymnast: after warning, take 1time per routine (if coach instructs what is next, no warning)	<u>0.20</u>
Unsportsmanlike conduct of gymnast (after warning)	<u>0.20</u>
Warming up on mat after a fall (no warning)	<u>0.20</u>
Wearing padding (hip, heels on UB)	<u>0.20</u>
Coach on FX during routine	DP <u>0.30</u> Xcel <u>0.00</u>
(move mats/ remove object ok- incl athlete)	
Failure to remove board after mount	<u>0.30</u>
Failure to remove spotting device ASAP	<u>0.30</u>
Incorrect equipment: unauthorized equip: insuff or add'l mat; use hand placement mat on fwd vaults; incorrect apparatus specs; board spring config; board on unauthorized surface; landing dismt/FX salto onto foam pit	each <u>0.30</u>
Start ex before signal from CJ (from repeat)	DP <u>0.50</u> Xcel <u>0.00</u>
Absence of music on FX (not tech failure)	<u>1.00</u>
Short exercise – UB <5 VP== FX/BB <30 sec	<u>2.00</u>
Xcel - less than 3 elements	<u>2.00</u>
Level 6 BB under 30 sec but has 10 SV	<u>0.50</u>

\*Whenever a 1.00 or greater flat deduction is applied, score ranges DO NOT apply, and scores will be just averaged.

Minimum score: JO = 1.00    Xcel = 4.00

## LANDING DEDUCTIONS

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

Feet landing max hip width and do not close	<u>0.05</u>
Feet landing wider than hip width, not close	<u>0.10</u>
Arm swings to maintain balance	^ 0.10
Brush/touch foot/feet on mat or apparatus	^ 0.10
Deviation from straight direction	^ 0.10
Entire foot slide or lift off floor to join (small step)	^ 0.10
Slight hop/adjustment of feet/staggered	^ 0.10
Add'l trunk movements upon landing (to avoid steps)	^ 0.20
Incorrect body posture on landing elements/dism'ts	^ 0.20
Add'l trunk movements to balance on BB	^ 0.30
Brush/touch of hands on mat (no support)	^ 0.30
Deep squat (hips lower than knees).	^ 0.30
deep squat then falls	^ 0.30 + <u>0.50</u>
Grasp apparatus to avoid fall (UB, BB)	^ 0.30
Steps: (max <u>0.40</u> )	each <u>0.10</u> – <u>0.15</u>
Large step/jump (approx. 3 ft)	each <u>0.20</u>
Fall on mat to knees/hips, hands with support	<u>0.50</u>
Fall on or against apparatus	<u>0.50</u>
Failure to land on bottom of feet first.	no VP, no SR
>>if also no initiation of salto (dismt, last FX salto) =	<u>0.30 SV</u>

# Level 1 and Xcel Bronze VT 1

## Stretch jump; Handstand to flat back SV= L1 10.0 / XB1 9.0 SV

**STRETCH JUMP SV = L1 5.0 / XB1 4.5**

**KICK TO HANDSTAND, FLAT BACK SV = L1 5.0 / XB1 4.5**  
(gymnast may step back on board to kick to hdst on board or mat stack)

**Run L1 only:**

Horiz speed ^ 0.30  
Exc lean ^ 0.30

Foot form ^ 0.10  
Leg separated ^ 0.20  
Legs bent ^ 0.30  
Arm/head align ^ 0.30  
Body: arch ^ 0.30  
pike ^ 0.50  
tuck ^ 0.30  
Height ^ 0.50

General:  
Extra kick up 0.50 ea  
  
Arms not by ears  
going to handstand  
^0.20

**In support and while falling to back:**

Foot form ^ 0.10  
Leg separated ^ 0.20  
Legs bent ^ 0.30  
Body: arch ^ 0.30  
pike ^ 0.50  
Neutral head (Lv 1 only) ^ 0.30  
Shoulder angle ^ 0.30  
Add'l hand steps 0.10 each, max 0.30  
Arms bent ^ 0.50  
Spot assist after achieve hand support 2.00  
Perform incorrect element (fwd roll) VOID

Direction ^ 0.30  
Dynamics ^ 0.30  
Add'l jumps on board 0.30 ea

Mat: min 16" max 48"  
May use alternate springboard

**Jump Landing --**

Failure to land in demi-plie w control, proper body ^ 0.50  
Fall after landing on feet 0.50  
Coach spot on landing of straight jump. 0.50  
Coach spot on straight jump L1 2.00/ XB 1.00  
Land not bottom of feet first (5.0 or 4.5). VOID  
**XB1 only:** feet land max hip width and not close 0.05  
feet land wider than hip width, not close 0.10  
entire foot/feet slide or lift off floor to join ^ 0.10  
staggered feet ^ 0.10

**Landing- on her back**

Failure to land in straight lying position ^ 1.00  
- Lands on back- arch pos'n w/bent legs- steps off 0.50  
- Lands on seat (90° hp angle) then steps off 0.50  
- Lands on feet, then steps off mat 1.00  
No deduction if does above errors and then lies flat.  
Execution deductions may be applied for errors while falling to back if lands as above but lays down to finish  
Evaluation finishes when gymnast arrives in a straight lying position.  
XB- NO Penalty for sliding off the end of the mat stack.

\*Remember Xcel courtesy score = 4.00 when you void half of vault

Range (avg decides)

9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

BALK= running approach that does NOT come to rest/support on top of mat stack. Balk 2&3=VOID

All levels: 45 sec fall time starts once gymnast on her feet...if exceeds time, no 2<sup>nd</sup> vault attempt allowed

## Level 2 and Xcel Bronze VT 2

### Jump to hdst, fall to flat back

**Flight Phases including while falling to back:**

Foot form ^ 0.10  
Head ^ 0.10  
Legs sep ^ 0.20  
Legs bent ^ 0.30  
Body: arch ^ 0.30  
pike ^ 0.50

**In support:**

Step 0.10 ea max 0.30  
Shoulders ^ 0.30  
Arms ^ 0.50  
Head on stack (incl arm bend) 2.00  
Angle of contact **past** vertical ^ 1.00  
Fail show invert vertical pos (roll) ^ 2.00  
Fail contact mat w/ both hands 3.00

**Run L2 only:**

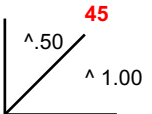
Insuff accel ^ 0.30  
Horiz speed ^ 0.30  
Excess lean ^ 0.30

Add'l jumps 0.30 ea

Mat: min. 16" - max height 48"  
L2 - tape line 32" from front edge of mat  
May use alternate springboard

**L2 only:**

Both hands land beyond tape line 0.50  
Staggered hands one in/one out zone 0.20



Incorrect vault = VOID (never achieves vertical and returns to the board or rest/support on top of mat stack on body parts other than the back)

Coach may stand between board/mat, or lean on mat with no deduction

Vault w/o signal of CJ **Dev only!** CJ 0.50 off repeated vault.

Xcel - Marking the mat stack is allowed

**XB 1:** Max spot deduction 1.50  
Aid of coach, any phase landing 1.00

**L2:**  
Aid of coach before hand support VOID  
after hand support = 2.00 landing 0.50

Direction ^ 0.30  
Dynamics ^ 0.30

**Landing- on her back**

Failure to land in straight lying position ^ 1.00  
- Lands on back- arch pos'n w/bent legs- steps off 0.50  
- Lands on seat (90° hp angle) then steps off 0.50  
- Lands on feet, then steps off mat 1.00  
No deduction if does above errors and then lies flat.  
Execution deductions may be applied for errors while falling to back if lands as above but lays down to finish  
Evaluation finishes when gymnast arrives in a straight lying position.  
XB- NO Penalty for sliding off the end of the mat stack.

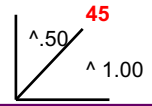
# Level 3 and Xcel Silver Vaulting

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

L3, XS Opt 1

Neutral head		^ 0.10
Under rotation of vault	XS only	^ 0.10
Staggered/alt hand		^ 0.10
Step/hop hands	ea	<u>0.10</u> max <u>0.30</u>
Alt repulsion		^ 0.20
Shoulder angle		^ 0.20
Body:	arched	^ 0.30
	piked	^ 0.50
Too long support	L3	^ 0.50
	XS	^ 0.30
Head touch (incl arms ded.)		<u>2.00</u>

L3 only in support:  
Foot form ^ 0.10  
Legs separated ^ 0.20  
Legs bent ^ 0.30  
Angle past vert ^ 1.00



L3: angle=body when hands hit mat, **past** the vertical

**Each Flight:**

Foot form	^ 0.10
Neutral head	^ 0.10
Legs crossed	^ 0.10
Legs separation	^ 0.20
Legs bent	^ 0.30
Body: arched	^ 0.30
piked	^ 0.50

**XS Opt 2:**

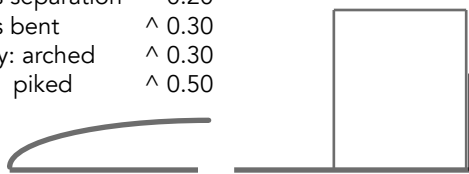
**Flight:**

Incomplete twist (opt 2)	^ 0.30
Failure to pass thru vert (Opt 2)	^ 0.30
Arms bent (except Opt 2 lead arm)	^ 0.50

**Landing:**

Under rotation of vault	^ 0.10
Failure to land facing mat stack	^ 0.30

NO Height or Length



Mat stack – XS min 24 in/ L3 min 32 in; max 48 in height,  
At end of mat stack, min 4" tall, 6' x 12 landing mat

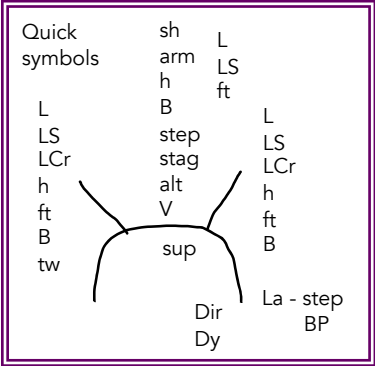
**Direction** (at initial contact of mat) ^ 0.30  
**Dynamics** (speed, power) ^ 0.30

Coach aid landing		<u>0.50</u>
if also fall	add'l	<u>0.50</u>
One hand on mat stack		<u>1.00</u>
Coach aiding vault: L3		<u>2.00</u>
XS = <u>1.0</u> each phase, w/ max spot ded		<u>1.50</u>
Incorrect vault (squat, etc)		VOID
Never achieve vertical and returns to board/mat stack		VOID
No contact of hands on mat stack		VOID
Not performing allowable choice of vault		VOID
Runs on board and steps on mat stack or rests/ support on mat stack w/other body parts		VOID
Incorrect tape/excessive chalk on mat or runway (mark allowed on mat stack)	CJ	<u>0.20</u>
Vault w/o judge's signal off repeated vault <i>Dev only</i>	CJ	<u>0.50</u>
Coach standing between board and mat stack, and leaning/bearing weight on mat stack		No deduction
Use of alternate springboard (tramp-like only)		allowed

**Landing:**

Feet land max hip width and not close	<u>0.05</u>
Staggered feet, small hop, adjust	^ 0.10
Arm swings to maintain balance	^ 0.10
Feet land wider than hip width, not close	<u>0.10</u>
Brush/hit body on mat stack	^ 0.20
Steps	each up to <u>0.20</u> -> max <u>0.40</u> (entire foot/feet slide or lift off floor to join = sm step)
Trunk movements	^ 0.20
Body posture (when feet land)	^ 0.20
Brush/touch floor (no support)	^ 0.30
Squat (hips lower than knees)	^ 0.30
-> then falls	^ 0.30 + <u>0.50</u>
Falls/support with hand(s)	<u>0.50</u>
Falls against mat stack	<u>0.50</u>
Failure to land feet first (includes fall)	<u>2.00</u>
Land standing/sitting/lying on mat stack <b>after</b> passing through vertical (handstand)	<u>2.00</u> + <u>0.50</u> fall

**Balk** = run approach that does NOT come to a rest or support on top of the mat stack. 2<sup>nd</sup>/3<sup>rd</sup> balk = VOID  
-- allowed 3 approaches to perform 1 OR 2 vaults



All levels: 45 sec fall time starts once gymnast on her feet, ends at salute for next vault...if exceeds time, no 2<sup>nd</sup> vault attempt allowed

Range -- Avg	
9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

**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.  
Next competitor can run/jump on runway - but not touch equipment and NOT in front of judges

**Touch warm-up** = # vaults guaranteed:  
XB = 1; XS-P, L1-5 = 2  
Allow ONE stand on mat stack to jump off per gymnast before time starts, ONE run back after present.

# Levels 8-10 & XG - XA -- Optional Vaulting

Except Grp 3 Tsuk or Grp 5 full on- salto off

Staggered/alt hand	^ 0.10
Alt repulsion	^ 0.20
Step hands	ea <u>0.10</u> , max <u>0.30</u>
Shoulder angle	^ 0.20
Excessive arch	^ 0.20
Bent legs (including early tuck)	^ 0.30
LA turn too early (on table)	^ 0.30
Failure to pass through vertical	^ 0.30
Hop on hands	<u>0.30</u>
Bent Arms (except Tsuk lead arm)	^ 0.50
One hand on table	<u>1.00</u>
Head touch (includes arms)	<u>2.00</u>

Length	^ 0.30
Height	^ 0.50

### First Flight:

Arched (excessive)	^ 0.20
Piked	^ 0.30
Incomplete twist (1/1+ or -1/4)	^ 0.30

### Body shape –

Insuff Tuck, Pike	^ 0.30
stretch – (arch or pike)	^ 0.30
Pike down of stretched	^ 0.30
Lack of opening	^ 0.25
total absence (stretch prior to landing, saltos only)	<u>0.30</u>

### Both Flight Phases:

Foot form	^ 0.10
Legs crossed	^ 0.10
Legs separation	^ 0.20
Legs bent	^ 0.30



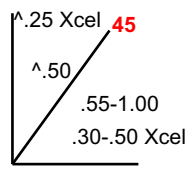
### Twists -

Exact twist (crisp)	^ 0.10
Complete twist late (on mat) (Grps 1, 4&5 w/o salto)	^ 0.30
Incomplete turn	^ 0.30

Under rotate **all** vaults up to 0.10

### Non-salto:

Too long support	^ 0.50
Ang of repulsion	L8-10 ^ 1.00
	Xcel ^ 0.50



Coach between board and table (except RO vaults) XG, XP, XD	DP	<u>0.50</u>
	NO deduction	
Coach aid landing		<u>0.50</u>
>> if also fall, additional		<u>0.50</u>
Coach catching falling gymnast deduct for fall only		<u>0.50</u>
Coach aiding vault DP: VOID XG, XP, XD =		<u>1.00</u>
<b>L8 only:</b> coach spot post flight (salto vaults only)		<u>1.00</u>
No contact of hands on table	VOID	
Land standing/sitting/lying on table	VOID	
Either vault not on appropriate chart (restricted)	VOID	
No safety zone for RO & HdSpr onto brd vaults	VOID	
Use of alternate springboard	VOID	XG 9.50 SV
Incorrect tape/excessive chalk on table or runway	CJ	<u>0.20</u>
Unauthorized matting, unauthorized spring config	CJ	<u>0.30</u>
Perform vault w/o judge prior signal (off repeated vault)	CJ	<u>0.50</u>
	Xcel:	No deduction

Angle = hands to body part furthest past the vertical when leaving the table

### Landing:

Feet land max hip width and not close	<u>0.05</u>
Feet land <i>wider</i> than hip width, not close	<u>0.10</u>
Entire foot/feet slide or lift off floor to join	^ 0.10
Arm swings to maintain balance	^ 0.10
Staggered feet, small hop, adjust	^ 0.10
Add'l trunk movements to maintain balance	^ 0.20
Body posture (upon landing)	^ 0.20
Brush/hit body on far end of table	^ 0.20
Steps: each <u>0.10</u> – <u>0.15</u> max <u>0.40</u>	
Large step/jump (approx. 3 ft) each <u>0.20</u> max <u>0.20</u>	
Brush/touch floor (no support)	^ 0.30
Squat (hips lower than knees)	^ 0.30
-> then falls	<u>0.50</u>
Falls against table	<u>0.50</u>
Falls to hand(s)/knee(s)/hips on floor	<u>0.50</u>
Failure to land feet first	VOID

**Balk** = run approach that does NOT come to a rest or support on top of the table. 2<sup>nd</sup>/3<sup>rd</sup> balk = VOID  
-- allowed 3 approaches to perform 1 OR 2 vaults

All levels: 45 sec fall time starts once gymnast on her feet (after injury assessment), ends at salute for 2<sup>nd</sup> vault

Range -- Avg	
9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

Whenever a zero or 1.00 deduction is applied as one of the counting scores, the score range average does NOT apply.

**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 for jump/salto off table or with run/touch springboard.  
No blocked time.  
Next competitor can run/jump on runway - but not touch equipment and 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.

## Xcel Gold, Platinum, Diamond & Sapphire VAULT VALUES

Group 1: Handspring/Yami w w/o twist					
			XP	XD	XA
1.101	Hdsp		9.7	9.4	9.0
1.102	Hdsp	1/2	9.9	9.6	9.1
1.103	Yami		9.7	9.4	9.0
1.104	Yami	1/2	9.9	9.6	9.1
1.105	1/2	1/2	9.9	9.6	9.1
1.105	1/4	3/4	9.9	9.6	9.1
1.106	1/4 - 1/2	repu	9.7	9.4	9.0
1.108	1/4	1/4 face away	9.7	9.4	9.0
1.109	hdsp-hdspr	hdsp		9.5	9.1
1.110	hdsp-hdspr	1/2		9.7	9.2
1.111	hdsp-1/2on	repu		9.5	9.1
1.201	Hdsp	full	10.0	10.0	9.4
1.202	Hdsp	1 1/2		10.0	9.5
1.203	Yami	full	10.0	10.0	9.4
1.205	1/2	1 1/2			
1.205	1/4	1 3/4 face away		10.0	9.6
1.206	1/2	full	10.0	9.9	9.4
1.206	1/4	1 1/4 face table	10.0	9.9	9.4
1.207	full	hdsp/yami	10.0	10.0	9.5
1.208	full	1/2	10.0	10.0	9.6
1.209	hdsp-hdspr	full		10.0	9.5
1.211	hdsp-1/2on	1/2		9.7	9.2
1.301	Hdsp	2 twist		10.0	10.0
1.306	1/2 + 2	or 1/4 + 2 1/4		10.0	10.0
1.307	full	full			10.0
1.311	hdsp-1/2on	full		10.0	9.5

**BOLD** those vaults XG may perform = 10.0 SV

Group 2: Hdsp w w/o full twist, saltos fwd/bkwd					
		None			
Group 3: Tsukahara (1/4 to 1/2 on), saltos					
			XP	XD	XA
3.201	Tsuk	bk tuck		10.0	9.7
3.302	Tsuk	bk tuck full			
3.303	Tsuk	bk pike		10.0	9.8
3.304	Tsuk	bk layout		10.0	10.0

Group 4: Round Off (Yurchenko) entry					
			XP	XD	XA
4.101	RO	repu	9.7	9.4	9.0
4.102	RO	1/2 twist	9.9	9.6	9.1
4.201	RO	full twist		10.0	9.4
4.202	RO	1 1/2 twist		10.0	9.5
4.203	RO	bk tuck		10.0	9.7
4.301	RO	2 twist			10.0
4.304	RO	bk pike		10.0	9.8
4.305	RO	bk layout		10.0	10.0

Group 5: RO 1/2 or Full (Yurchenko 1/2 or full) entry					
			XP	XD	XA
5.101	RO 1/2	hdsp		9.6	9.1
5.102	RO 1/2	1/2		9.8	9.2
5.107	RO full	1/2			9.6
5.108	RO full	repu			9.5
5.201	RO 1/2	full twist		10.0	9.6
5.202	RO 1/2	1 1/2 twist		10.0	9.8
5.207	RO full	full twist			10.0
5.301	RO 1/2	front tuck			
5.312	RO 1/2	2 twist		10.0	10.0



# Xcel Uneven Bars

	Bronze	Silver	Gold	Platinum	Diamond	Sapphire (XA)
Value Parts	4 A	5A	6 A	6A 1B	5A 2B	3A 3B 1C SV 9.6
Special Reqmts 0.5 each; (#2,#3 no mt/dismt)  No VP no SR	Mount LB  Cast (hip off bar) 360° circle skill Dismount - LB	Mount  Cast min 45° below horiz 360° circle skill Dismount	Clear support skill min horiz <b>2 x 360° circle skills:</b> >If same= conn, HB/LB >If diff = conn, iso, or HB/ LB Dismount - HB	Clear support skill above horiz  360° circle skill Kip  Dismount - HB (min A)	*Clear support skill min 45° from vert *Min B 360° circle *Min B skill – release, turn or add'l circle (same or diff) Salto/hecht dmt HB (min A) or any B *no mt/dmt	*Min B Clear support at vertical *Min B 360° circle *Min B turn or 2 <sup>nd</sup> diff 360° circle or release Min B dismt or C skill dir conn to A salto dismt
Restricted -.5 SV, no VP no SR	No Bs + No HB skills No LB giants No salto dismt	No Bs + No giants No salto dismt	No Cs + No giants No release elem with bar change	No C + Except: <i>XI g.</i> = B (w/o turn) <i>vi</i>	1 D allowed No E No bonus	C = +0.1 First D = +0.1 CV: B+B = +0.1 No Es
notes	No extra swing ded	No extra swing ded	No extra swing No clear hip angle ded	1 tap-cntersw allowed w/o ded. = A	Extra swing deductions and angles for circles/turns apply XP, XD, XA	
Warm up	30 sec	45 sec	1:00	1:30	2:00	2:00

## CLARIFICATIONS

Cast + skill = may be 2 elem if cast achieves div angle req'ts, **exceptions (1 elem):** cast to squat/pk/str on- w/ or w/o jump to HB; cast shoo thru (XB/XS/XG); cast to stand dismt (XB).

0.10 angle ded is for any cast/clear support that does not meet Division req't (XS-XD)  
Unallowable skill = no VP, no SR (-0.50). If restricted = take add'l 0.50 SV. If restricted dismount, also take 0.30 dismt of no value

Long hand pull over = circle skill if preceded by cast (XP only)  
One skill can count for 2 SRs – cast hdst ½; clear hip (circle and clear elem)  
With no extra swings, remember 3<sup>rd</sup> cast does not count as VP  
No composition; max 4.00 execution; courtesy score 4.00

Element with same number but different direction is considered a different element

Short ex: less than 3 attempted or spotted VP 2.00

45 sec fall time once gymnast on her feet (after injury assessment)

**XA = B VP, SR**  
**(XB, XS restr)**

10 20

**45 XD = A, SR**

**XP = A, SR**

**XG = A, SR (at horiz)**

XS-XD: a cast w/in 10° of req't = -0.10/SR/VP

CASTS

**XB = A, SR**  
**Away from bar**

**45 XS = A, SR**

XA: 0-10° no amp ded/VP/SR

11-20° = -0.10/VP/SR

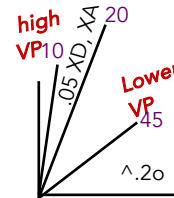
Below 20° = -0.10/no SR/ apply VP to element performed

Range (avg)	
9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

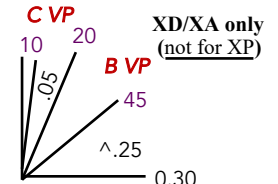
## APPARATUS DEDUCTIONS

Brush foot on apparatus/mat	up to 0.10
Hesitation in hdst or jump to HB	up to 0.10
Insuf extension of glide/swing to kip	up to 0.10
Rhythm in element/conn	up to 0.10
Under rotation of release/flight elem	up to 0.10
Fail to maintain hand contact 2-part mt	<u>0.10</u>
Landing too close to bars on dismt	<u>0.10</u>
Amplitude of bar elements, releases	up to 0.20
Fail to maintain stretch body in d'mt (pikes down)	up to 0.20
Incomplete turn/twist salto dismt	up to 0.20
Insuf exact stretch (w arch or pike)	up to 0.20
Amplitude of salto dismounts	up to 0.30
Bent arms in support or bent legs	up to 0.30
Insuf extension (open) of tk/pk prior to land	up to 0.30
Countersw body arched, hips open over LB (on rise)	<u>0.30</u>
Dismount of no value/ restricted (from SV)	<u>0.30</u>
Extra swing/cast (max 0.5 for 1 elem)	ea <u>0.30</u>
Grasp apparatus to avoid fall	<u>0.30</u>
Hit foot on apparatus----- <u>0.20</u> on mat-----	<u>0.30</u>
Lack release bar prior to landing dismt	<u>0.30</u>
Third run approach	<u>0.50</u>
Failure to remove mount/spot block	(CJ) <u>0.30</u>
Swing fwd/bwd under horiz	NO ded
Coach between bars throughout exercise	NO ded
Dynamics (energy, swingful, effortless)	up to 0.20

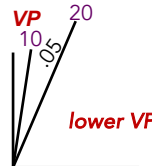
## Angle deductions – XP, XD, XA only:



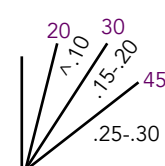
Circles



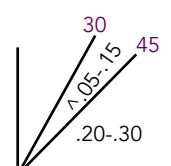
Clear Hips: .35 - .40



Flt to Hdst LB  
XD/XA only



180-360 turns



Healy, 540 turns

# Xcel Balance Beam

	Bronze	Silver	Gold	Platinum	Diamond	Sapphire (XA)
Value Parts	4 A B strad/split jump, split leap	5A B dance	6 A	6A 1B C Dance	5A 2B 1 D allowed	3A 3B 1C <b>SV 9.6</b>
Special Reqmts 0.5 each  No VP = no SR  Acro skills or series => not mt/dsmt	180° turn, 1 or 2 ft Leap/jump, any angle split Acro skill, non- flight Dismount	180° turn, 1 ft Leap/jump, 90° split Acro skill, non-flight Dismount	360° turn, 1 foot 2 diff Gp 2 elem, one w/ 120° split (iso or series) 2 acro elem, w/w/o flight, one thru vertical Dismount	360° turn, 1 foot <b>Dance series</b> min 2 elem Gp 1/2/3 (same/diff), -- AND-- a Leap/jump 120° split (in series or iso) <b>Acro</b> elem w/ flight --OR- acro series w/w/o flight (1 through vertical) Dismount	<b>360° turn, 1 foot</b> <b>Dance series</b> min 2 elem Gp 1/2/3 (same/diff) -- AND-- a Leap/jump 155° split (in series or iso) <b>Acro Series</b> w/w/o flight --AND- 1 acro flight elem <b>Dismount</b> Salto or Aerial	<b>360° turn, 1 foot</b> <b>Dance series</b> min 2 elem Gp 1/2/3 (same/diff) --AND-- Leap/jump 180° split (in series or iso) <b>Acro Series</b> w min 1 flight (min 1 thru vert) <b>Dismount</b> B dismt OR acro flt dir conn to "A" salto or aerial
Restricted -.5 SV, no VP no SR	No Bs + no salto/aerial dismount No walkovers	No B acro No Cs + No flight acro	No Cs +	No C acro No D	No Es No bonus	C = +0.1 First D = +0.1 CV: B+B = +0.1 No Es
Cross or side split >	No split angle	Split angle 90°	Split angle 120°	Split angle 120°	Split angle 155°	Split angle 180°
Warm up	30 sec	45 sec	1:00	1:30	2:00	2:00
Routine	<b>45 sec</b>	<b>50 sec</b>	<b>1:00</b>	<b>1:15</b>	<b>1:15</b>	

### CLARIFICATIONS

Split angles Leap/Jump for SR = as listed per division within 20° XS-XD and 45° for XA. Award lesser VP or no VP if > 21° or 46° respectfully. Non-flt walkover split corresponds to division req't or ^ 0.20 for insuff split

Unallowable skill (below req'ts) – no VP/no SR. If restricted (above req'ts), take exec + 0.50 SV, and if restricted dismount, also take 0.30 for no dismt of value

Hdst within 10° of vertical for SR credit, 0.10 lack of amplitude (only on hdst used for SR)

Partial hdst and vertical hdst are considered the same element (except in XB);

Levers: free leg must be horiz or above

Acro skills are different with take off or land with 1 vs 2 feet 'A' handstands do NOT require a hold; may be used as 1<sup>st</sup> or 2<sup>nd</sup> element in a series

XP,XD,XA: allowed for Dance series: mt leap/jump free onto beam (1.101,1.201,1.301; XD,XA-1.401); Gp3 turns on 1ft

All mounts = A (unless listed B+ in code)

Spot assist during elem/dm't: No VP/SR/bonus (XA)

Spot assist land of elem/dm't: Award VP/SR but no bonus (XA)

#### Range - avg

9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

No composition deductions

Max execution ded	4.00
Courtesy score	4.00
Fall time 45 sec (on feet, after any injury assm't)	

### CJ Deductions

Overtime <u>0.10</u>	
Coach instructs gymnast verbally in routine (no warn/must be heard by judge)	<u>0.20</u>
Failure to remove mount/spot block	<u>0.30</u>
Short exercise (less than 3 attempted or spotted VP)	<u>2.00</u>
Coach remains by beam during whole routine = NO PENALTY	

### APPARATUS DEDUCTIONS

Failure to land feet together in L/J (land side)	ea ^ 0.10
Hesitation in jump/press/swing to hdst	^ 0.10
Incorrect body position in VP dance	ea ^ 0.10
Lack of precision in VP dance	ea ^ 0.10
Turns not in high relevé	ea ^ 0.10
Rhythm during acro conn (fwd/back, fwd/side, non-flight)	
continuous body, slow, slight extend-bend knees	^ 0.10
torso out of line with beam	.15 to 0.20
Direction of landing on dismount	<u>0.10</u>
Landing too close to beam on dismt.	<u>0.10</u>
Concentration pause : 2 sec = ea <u>0.10</u>	> 2 sec ea <u>0.20</u>
Height of acro/dance/saltos	ea ^ 0.20
Incomplete turn/twist	ea ^ 0.20
Incorrect body position landing elements/dismounts	^ 0.20
Insuff exactness of tuck/pike/stretch position	^ 0.20
Insuff leg split in L/J, walkover (per SR, VP reqm'ts)	^ 0.20
Legs not parallel to beam in split/strad L/J	ea ^ 0.20
Rhythm during dance/mix conn	^ 0.20
Support of one leg against beam	ea <u>0.20</u>
Balance Error	^ 0.30
Direction of gainer dismount off end	^ 0.30
Height of salto dismount.	^ 0.30
Insuff extension of body (open) prior to land	^ 0.30
Grasp to prevent fall	<u>0.30</u>
Use supplement support (feet on floor or base)	<u>0.30</u>
Dismount of no value/restricted (from SV)	<u>0.30</u>
Third run approach	<u>0.50</u>
<i>Throughout:</i>	
Artistry of presentation	
~ quality of expression- projection, focus	^ 0.10
~ variety of choreography	^ 0.10
~ quality of movement	^ 0.10
Incorr body alignmt, position or posture non-VP throughout	^ 0.20
Insuff dynamics (energy, effortless)	^ 0.20
Insuff sureness of performance throughout	^ 0.20
Variation of rhythm and tempo throughout	^ 0.20
Relaxed/incorrect footwork in non-VP	^ 0.30

# Xcel Floor Exercise

	Bronze	Silver	Gold	Platinum	Diamond	Sapphire (XA)
Value Parts	4 A B strad/split jump, split leap	5A B dance = A	6 A	6A 1B C Dance = B	5A 2B 1 D allowed	3A 3B 1C <b>SV 9.6</b>
Special Reqmts 0.5 each  No VP = no SR	2 dir conn acro skills, w/w/o flight 2 <sup>nd</sup> pass w min 1 acro elem, w/w/o flight Dance passage (2 diff Gp 1 elem, one 60° leap) 180° turn, 1 foot	2 dir conn acro skills, 1 w/ flight 2 <sup>nd</sup> pass either 2 acro conn – OR- acro skill w/flight Dance passage (2 diff Gp 1 elem, one 90° leap) 360° turn, 1 foot	2 dir conn acro flight skills 2 <sup>nd</sup> pass either 2 acro conn flight skills –OR- 1 salto/aerial Dance passage (2 diff Gp 1 elem, one 120° leap) 360° turn, 1 foot	2 dir conn acro flight w/ 1 A or B salto 2 <sup>nd</sup> pass either 2 acro conn flight –OR- 1 B salto Dance passage (2 diff Gp 1 elem, one 155° leap) 360° turn, 1 foot	2 acro passes 2 flt elem each <b>or</b> 1 pass 2 flt +1 pass iso C salto) 2 diff saltos, 1 min B Dance passage (2 diff Gp 1 elem, one 155° leap) B turn, 1 foot	1 acro pass w 2 saltos, same/diff 3 diff saltos, 1 min B Dance passage (2 diff Gp 1 elem, one 180° leap) B turn, 1 foot
Restricted -.5 SV, no VP, no SR	No Bs + No saltos, aerials Max 2 flight skills allowed	No B+ acro Max 1 salto/aerial	No B twist saltos No Cs +	C dance allowed No C acro No Ds	No Es No bonus	C = +0.10 First D = +0.10 CV: +0.10 any B+B or indirect acro pass. No Es
Cross or side split	Strad jump = A Side leap = A Split angle 60°	Split angle 90°	Split angle 120°	Split angle 155°	SR#2 B salto may be in SR#1 Split angle 155°	Split angle 180°
Warmup	30 sec	45 sec	1:00	1:30	2:00	2:00
Routine	<b>45 sec</b>	<b>1:00</b>	<b>1:00</b>	<b>1:30</b>	<b>1:30</b>	<b>1:30</b>

### CLARIFICATIONS

Chassés, straight jumps and assemblés are not Gp 1 elements. Dance passage skills are directly or indirectly connected, no pause or stop. Split angles Leap/Jump for SR = as listed per division within 20° XS-XD and 45° for XA. Award lesser VP or no VP if > 21° or 46° respectfully. Non-flt walkover split corresponds to division req't or ^ 0.20 for insuff split

Elements can't get VP credit 2<sup>nd</sup> time in same connection or 3<sup>rd</sup> time, **except** for acro flight w/hand support in **different** acro passes

→ Two Acro passes are different if: 1) diff number of acro VP, or 2) acro VP are in different order, or 3) acro VP elements are different, or 4) add/deletion of a dance element at end of the acro pass. 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

Aerials and salto landing sit/prone positions do not fulfill salto SR for XP, XD, XA. Dive roll does **not** fulfill SR flight requirements.

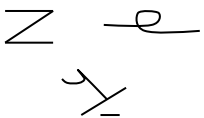
Restricted elements can receive execution deductions, regardless if receive VP.

No composition; max 4.00 execution; courtesy score 4.00

Spot assist during elem/dm't: No VP/SR/bonus (XA)  
Spot assist land of elem/dm't: Award VP/SR but no bonus (XA)

Range (avg decides)	
9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

Dance passage: look for root skills



Timed Warmups - based on time of largest squad

### CJ Deductions

Failure to mark boundary on mat	0.10
Out of bounds	0.10
Overtime	0.10
Lands acro in solid/loose foam pit	0.30+0.10 out of bnd
Unauthorized matting	0.30
Absence of music/music w/words	1.00
Short exercise (less than 3 attempted or spotted VP)	2.00
Coach on Floor	NO PENALTY in Xcel

### APPARATUS DEDUCTIONS

Failure to hold ending pose	0.05
Failure to land feet together in L/J	ea ^ 0.10
Incorrect body posture in VP dance	ea ^ 0.10
Lack of precision in VP dance	ea ^ 0.10
Legs crossed in twisting salto	^ 0.10
Rhythm during direct connection	^ 0.10
Turns not in high relevé	ea ^ 0.10
Concentration pauses of 2 sec or more	ea 0.10
Failure to finish ending with music	0.10
Body position in landing elements	^ 0.20
Insuff height – dance, acro w/hands, aerials	ea ^ 0.20
salto (not apply to accel fwd elem)	^ 0.30
Insuff leg split in leaps/jumps/walkovers (per SR, VP req't)	^ 0.20
Incomplete turn/twist	ea ^ 0.20
Insuff exactness of tuck/pike/layout positions	^ 0.20
Legs not parallel to the floor in split/straddle	^ 0.20
Insuff opening prior to landing (salto)	^ 0.30
<i>Throughout:</i>	
Artistry of presentation:	
~quality of expression: projection, focus	^ 0.10
~variety of choreography (incl unnec foot adj)	^ 0.10
~quality of movement to reflect personal style	^ 0.10
Insuff dynamics (energy, effortless)	^ 0.20
Insuff variation in Rhythm and tempo	^ 0.20
Incorrect body alignment, position or posture in non-VP	^ 0.30
Poor rel'p of music and movement: throughout exercise	^ 0.30
Relax/incorrect footwork on non-VP	^ 0.30