

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

USAG –RULES & POLICIES – [rulespolicies.pdf](#) **2025-2026**

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](#)

Replacement Pages (08-22-2024) - [cop_rev_082224.pdf usagym.org](#)

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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 0.20	
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”.	
Joint XPC/NTC May 9, 2024			
XCOP – General/Judges – 13, VIII	General/Judges	<u>Update</u> the Women’s Program Rules & Policies (R&P) and add to the Xcel Code of Points (Xcel COP): Any situation regarding additional warm-up time due to a delay of competition on the field of play (i.e. equipment failure, athlete injury, unforeseen circumstances, etc.); the Meet Director, in conjunction with the Meet Referee, will assess the situation to make an appropriate call regarding additional warm-up time.	
XCOP – General/Judges – 12, IV.D.2	General/Judges	Update the R&P and add to the Xcel COP: If a video review results in the awarding of a Special Requirement or Value Part: The judging panel may apply deductions related only to the reason for the video review. Additional deductions for execution are not applied	
XCOP – General/Judges – 12, IV.D.1	General/Judges	Update the R&P and add to the Xcel COP: Allow the judging panel to review the submitted video once the video review process has been finalized.	
XCOP – General/Judges – 24, chart	General/Judges	Update the XCEL COP: Remove the 0.50 Chief Judge deduction for Starting the exercise before signal is given or Vaults without signal from Chief Judge.	
XCOP – General/Judges – 24, III. chart	General/Judges	Update the XCEL COP: Update Short Exercise deduction to indicate Short exercise with fewer than three (3) attempted or spotted value parts. - 2.00 deduction.	

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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.
Joint XPC/NTC May 9, 2024	
XCOP VAULT – 12, 14	Apply the up to 0.10 deduction for under-rotation to ALL Silver-Sapphire Vaults
Joint XPC/NTC May 13, 2025	
XCOP VAULT – 10, 11, 12, 14	Add deduction (Bronze-Sapphire) - Gymnast fails to punch the board simultaneously with two feet - 0.20.

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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”
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)

XCEL Code of Points – Vault – SILVER			
Joint XPC/NTC May 13, 2025			
XCOP VAULT-12	Vault Deductions	Add the current Bronze Vault 2 deduction to Silver vault deductions: Contacting the mat stack with the hands after vertical: <ul style="list-style-type: none"> ● Contact from 1° to 45° past vertical - .05-.50 ● Contact from 46° to 89° past vertical - .55-1.0 	

XCEL Code of Points – Vault – GOLD			
Joint XPC/NTC May 13, 2025			
XCOP – VAULT – 3	Vault Values	Updated Gold/Platinum/Diamond/Sapphire vault chart. (See final page for updated chart with multiple changes)	

XCEL Code of Points – Vault – PLATINUM			
Joint XPC/NTC May 9, 2024			
XCOP – VAULT – 3	Vault Values	Update the XCEL COP: Modify the start value at Platinum for vault #4.102 RO, FF on - Repulsion off with ½ (180°) turn and #1.104 Yamashita with ½ (180°) turn off to a 9.90 SV for Platinum.	
Joint XPC/NTC May 13, 2025			
XCOP – VAULT – 3	Vault Values	Recommendation to add Vault #4.201 – Round-off, flic-flac on - 1/1 turn (360°) off for Platinum at a 10.0 Start Value	
XCOP – VAULT – 3	Vault Values	Updated Gold/Platinum/Diamond/Sapphire vault chart. (See final page for updated chart with multiple changes)	

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 	
Joint XPC/NTC May 13, 2025			
XCOP – VAULT – 3	Vault Values	Updated Gold/Platinum/Diamond/Sapphire vault chart. (See final page for updated chart with multiple changes)	

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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
Joint XPC/NTC May 13, 2025		
XCOP – VAULT – 3	Vault Values	Updated Gold/Platinum/Diamond/Sapphire vault chart. (See final page for updated chart with multiple changes)

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XCEL Code of Points – UNEVEN BARS – GENERAL		
Joint XPC/NTC May 16, 2023		
XCOP GENERAL/JUDGES- 24	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 UNEVEN BAR ELEMENTS-46	#8.101	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	#2.205	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	#8.107b #8.207c	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	#8.307 #8.407	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.
Joint XPC/NTC May 9, 2024		
XCOP JUDGES/GENERAL 24 III. chart	Chief Judge	Apply 0.20 Chief Judge (CJ) deduction if a coach sprays water or adds chalk to the bar once the exercise has begun. No warning will be given.
XCOP UNEVEN BAR ELEMENTS – 46	#8.301 #8.401	Raise value of #8.301 variation - Underswing (toe-on or clear) to salto forward piked with ½ (180°) twist from “C” to #8.401 “D”
XCOP UNEVEN BAR ELEMENTS – 46	#8.401	Remove the #8.401 variation - Underswing (toe-on or clear) to salto forward tucked or piked with 1/1 (360°) twist.
XCOP UNEVEN BAR ELEMENTS – 46	#8.401	Back Stalder to forward salto tucked (Celestine) or piked with ½ twist to #8.401 (“D”).
XCOP UNEVEN BAR ELEMENTS – 13	#2.102	Add High Bar option for Element #2.102 Cast to squat, stoop, or straddle on LB or HB
XCOP UNEVEN BARS -10 I.B.g	Different Direction	Add elements with the same element number are considered different when performed in a different direction. Example, #7.101 Hip circle backward or forward.
XCOP UNEVEN BARS – 19 V.D.1	Remounting	In order to resume the routine after a fall, a coach may assist the gymnast onto the bar, regardless if the remounting skill was a value part listed in the Xcel COP, with no deduction. Judging resumes with the subsequent skill.

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XCOP UNEVEN BARS – 24	Cast to Clear	Apply a 0.10 amplitude deduction to any cast/clear support element that does not meet the Division angle requirement. Any cast/clear support element that is within 10° of the Division angle requirement will receive VP and SR.
Joint XPC/NTC May 13, 2025		
XCOP UNEVEN BAR GROUP 6 ELEMENTS - 31	Value Changes	Value changes on Bars: <ul style="list-style-type: none"> ● Reinstate the from HB underswing (toe-on or clear) to salto forward tucked with 1/1 (360°) twist to BARS # 8.401 (“D”). ● Increase the value of BARS #6.301 (“C”) variation Stalder forward to handstand, also with ½ (180°) turn in handstand phase to #6.401 (“D”). ● Increase the value of BARS #6.301 (“C”) variation Stalder forward to handstand with 1/1 (360°) turn on one arm after handstand phase (Healy technique) to L or mixed-L grip to #6.401 (“D”). ● Remove BARS #6.401 variation Stalder forward to handstand with 1/1 (360°) turn in handstand phase from the Xcel Code (“E” in Dev”).
XCOP UNEVEN BARS – 19, 20	Resume Judging	After a fall judging resumes with the first element/value part allowed and performed at their division.
XCOP GENERAL/JUDGES – 11	Equipment Failure	Update for equipment failure: If the bar cable tension slips while an athlete is competing (after the coach has tightened the tension prior to the start of the routine), it is considered equipment failure. The 0.50 Fall deduction would not apply.

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.”
Joint XPC/NTC May 13, 2025		
XCOP UNEVEN BAR ELEMENTS – 1, 46		Recommendation to add BARS #8.008 (“A”) Silver ONLY - from LB sole circle backward (tucked, piked or straddled), circle around the bar $\frac{3}{4}$ (270°), with release and dismount to stand.
XCOP UNEVEN BARS – 3, 12, 25, 27, 28		The 0.10 amplitude deduction applies to casts only. It does not apply to the amplitude of circling elements. For those elements judges would use the amplitude deductions applicable for each Division.

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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
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.
XCOP UNEVEN BAR ELEMENTS- 45	Element	● 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.
Joint XPC/NTC May 13, 2025		
XCOP UNEVEN BAR ELEMENTS – 1, 45		Add BARS #8.009 (“A”) Gold and Platinum ONLY - from HB sole circle backward (piked or straddled), circle around the bar ¾ (270°), with release and dismount to stand.
XCOP UNEVEN BAR ELEMENTS – 1, 45		Add BARS #8.010 (“A”) for Gold, Platinum, Diamond, and Sapphire- from HB cast stoop through or swing forward back kip-up to brief rear support (touching HB with back of thighs), salto backward tucked, piked, or stretched.
XCOP UNEVEN BARS – 3, 12, 25, 27, 28		The 0.10 amplitude deduction applies to casts only. It does not apply to the amplitude of circling elements. For those elements judges would use the amplitude deductions applicable for each Division.

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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	● 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.
Joint XPC/NTC May 9, 2024		
XCOP UNEVEN BARS – 25, C.2.b.1		Remove the up to .40 amplitude deduction for clear hip circles at the Platinum Division.
Joint XPC/NTC May 13, 2025		
XCOP UNEVEN BAR ELEMENTS – 1, 45		Add BARS #8.009 (“A”) Gold and Platinum ONLY - from HB sole circle backward (piked or straddled), circle around the bar ¾ (270°), with release and dismount to stand.
XCOP UNEVEN BAR ELEMENTS – 1, 45		Add BARS #8.010 (“A”) for Gold, Platinum, Diamond, and Sapphire- from HB cast stoop through or swing forward back kip-up to brief rear support (touching HB with back of thighs), salto backward tucked, piked, or stretched.
XCOP UNEVEN BARS – 22, 23, 27, 28		Guidance when dealing with the 0.10 amplitude deduction: ● Platinum /Diamond/Sapphire: When an extra cast/swing occurs only apply a 0.30 deduction for extra swing. Do not also apply the additional 0.10 amplitude deduction.
XCOP UNEVEN BARS – 3, 12, 25, 27, 28		The 0.10 amplitude deduction applies to casts only. It does not apply to the amplitude of circling elements. For those elements judges would use the amplitude deductions applicable for each Division.
XCOP UNEVEN BARS – 13		Cast deductions do NOT apply at Xcel Platinum and Diamond when cast is followed by: 1) #2.205 HB facing LB swing down with change to cross grip and ½ turn in range of hang position - swing backward with flight over LB to hang on LB (“B”) 2) #3.203 Underswing (toe-on) with ½ turn and flight over LB to hang on LB (“B”) 3) #4.204 Long swing forward with ½ turn and flight over LB to hang on LB (“B”) 4) # 4.306 From HB -swing forward and Salto roll backward to hang (“Peach” Salto) or to clear straddle support (“C”) • NOT allowed at Platinum Division

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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).
Joint XPC/NTC May 13, 2025		
XCOP UNEVEN BAR ELEMENTS – 1, 45		Add BARS #8.010 (“A”) for Gold, Platinum, Diamond, and Sapphire- from HB cast stoop through or swing forward back kip-up to brief rear support (touching HB with back of thighs), salto backward tucked, piked, or stretched.
XCOP UNEVEN BARS – 22, 23, 27, 28		Guidance when dealing with the 0.10 amplitude deduction: ● Platinum /Diamond/Sapphire: When an extra cast/swing occurs only apply a 0.30 deduction for extra swing. Do not also apply the additional 0.10 amplitude deduction.
XCOP UNEVEN BARS – 3, 12, 25, 27, 28		The 0.10 amplitude deduction applies to casts only. It does not apply to the amplitude of circling elements. For those elements judges would use the amplitude deductions applicable for each Division.
XCOP UNEVEN BARS – 13		Cast deductions do NOT apply at Xcel Platinum and Diamond when cast is followed by: 1) #2.205 HB facing LB swing down with change to cross grip and ½ turn in range of hang position - swing backward with flight over LB to hang on LB (“B”) 2) #3.203 Underswing (toe-on) with ½ turn and flight over LB to hang on LB (“B”) 3) #4.204 Long swing forward with ½ turn and flight over LB to hang on LB (“B”) 4) # 4.306 From HB -swing forward and Salto roll backward to hang (“Peach” Salto) or to clear straddle support (“C”) • NOT allowed at Platinum Division

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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).
Joint XPC/NTC May 13, 2025		
XCOP UNEVEN BAR ELEMENTS – 1, 45		Add BARS #8.010 (“A”) for Gold, Platinum, Diamond, and Sapphire- from HB cast stoop through or swing forward back kip-up to brief rear support (touching HB with back of thighs), salto backward tucked, piked, or stretched.
XCOP UNEVEN BARS – 22, 23, 27, 28		Guidance when dealing with the 0.10 amplitude deduction: <ul style="list-style-type: none"> ● Platinum /Diamond/Sapphire: When an extra cast/swing occurs only apply a 0.30 deduction for extra swing. Do not also apply the additional 0.10 amplitude deduction.
XCOP UNEVEN BARS – 3, 12, 25, 27, 28		The 0.10 amplitude deduction applies to casts only. It does not apply to the amplitude of circling elements. For those elements judges would use the amplitude deductions applicable for each Division.

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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
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 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.
Joint XPC/NTC May 14-15, 2024		
XCOP BALANCE BEAM ELEMENTS - 26		Increase value of element # 3.307 - 1¼ (540°) turn on back in kip position (hip-leg angle closed) (“C”) to # 3.407 (“D”).

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XCOP BALANCE BEAM ELEMENTS – 13		Raise the value of #2.201 variation - Split or stag-split leap forward (take off from one leg) with ¼ turn (90°) turn to straddle position (side leap) (“B”) to #2.301 (“C”).
XCOP BALANCE BEAM ELEMENTS – 49		Change description of element #9.001 to Any jump from one or two feet, also with up to 360° turn
XCOP BALANCE BEAM ELEMENTS – 28		Modify element #5.001 - From a lunge or stand, Lever to touch beam.
XCOP BALANCE BEAM ELEMENTS – 50		Add to the Xcel COP: Beam dismount for all Divisions: #9.101 variation - Head Spring
APPENDIX DANCE TECHNIQUE CHART		Remove instances of the deduction for insufficient leg separation of up to 0.20 for a Leap / Jump that is more than 20° (Bronze-Diamond) or 45° (Sapphire) from the required split angle in the Division, and update with “apply appropriate deductions to applicable VP performed”.
Joint XPC/NTC May 13, 2025		
XCOP BALANCE BEAM ELEMENTS – 5		Add a shoulder stand variation to BEAM #1.108 Chest or Head Stand mount.
XCOP BALANCE BEAM ELEMENTS - 27		Denote that variations of elements FLOOR #4.101 and FLOOR #4.102 are all considered different elements.
XCOP GENERAL/JUDGES – 11		Update for equipment failure: If the Balance Beam end cap detaches while an athlete is in the process of a dismount, it is considered equipment failure. The 0.50 Fall deduction would not apply. The end cap falling off during any other point in the athlete’s routine would not be considered equipment failure.

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

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 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
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°.

XCOP Code of Points – BALANCE BEAM – SAPPHIRE		
Joint XPC/NTC May 13, 2025		
XCOP BALANCE BEAM – 1, 2	Acro Series	Modify the Sapphire special requirement on beam: Acro series with a minimum of one (1) flight skill (a minimum of one (1) skill must pass through or achieve vertical or be a salto or aerial).

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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> .
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 (90°) 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	#7.101	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.
Joint XPC/NTC May 14-15, 2024		
APPENDIX DANCE TECHNIQUE CHART	Leap Deduction	Remove instances of the deduction for insufficient leg separation of up to 0.20 for a Leap / Jump that is more than 20° (Bronze-Diamond) or 45° (Sapphire) from the required split angle in the Division, and update with “apply appropriate deductions to applicable VP performed”.

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Joint XPC/NTC May 13, 2025		
XCOP FLOOR EXERCISE ELEMENTS - 16	#4.101 #4.102	Denote that variations of elements FLOOR #4.101 and FLOOR #4.102 are all considered different elements.
XCOP GENERAL/JUDGES – 24		Decrease the CJ deduction “Absence of music or music with words or song / speech” from -”1.00 to 0.50.”
XCOP GENERAL/JUDGES – 24		Add: A 0.50 deduction will be applied if a gymnast leaves the floor during the routine. This deduction should not be taken in addition to a fall out of bounds or a fall immediately preceding the gymnast leaving the floor for medical evaluation.
XCOP FLOOR EXERCISE – 15		Update placement of additional matting allowed on Floor Exercise: All matting must be in place PRIOR to the start of the routine and cannot be added once the routine has started. A 0.30 unauthorized use of matting deduction will be applied if matting is added after the exercise has begun. <ul style="list-style-type: none"> ● Mats may be removed during a routine only if taken from the nearest boundary line. The person removing the matting should stay outside the floor area as much as possible. Briefly stepping inside the border marking to remove mats will not result in a deduction.

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)

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)

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)

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

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>
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°.

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