

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

Run L1 only:
 Horiz speed ^ 0.30
 Exc lean ^ 0.30

Direction ^ 0.30
 Dynamics ^ 0.30
 Add'l jumps on board 0.30 ea
 Fails to punch board w/
 2 feet simultaneously 0.20

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

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)

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

Mat: min 16" max 48"
 May use alternate springboard
 Mat stack: placed on floor, runway or CLM

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

Level 2 and Xcel Bronze VT 2

Jump to hdst, fall to flat back

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 2nd vault attempt allowed

Run L2 only:
 Insuff accel ^ 0.30
 Horiz speed ^ 0.30
 Excess lean ^ 0.30

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:

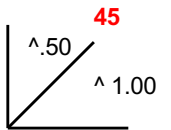
Step 0.10 ea max 0.30
 Shoulders ^ 0.30
 Arms ^ 0.50
 Head on stack (incl arm bend) 2.00
 Angle of contact **past** vertical ^ 1.00
 Fail show invert vertical pos (roll) ^ 2.00
 Fail contact mat w/ both hands 3.00

Add'l jumps 0.30 ea
 Fails to punch w/ 2 feet
 simult'ly 0.20

Mat: min. 16" - max height 48"
 L2 - tape line 32" from front edge of mat
 May use alternate springboard
 Mat stack: placed on floor, runway or CLM

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 1.00
 landing 0.50

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.

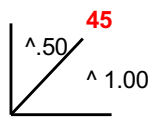
Level 3 and Xcel Silver Vaulting

XS Option 1: handspring over mat stack
 XS Option 2: 1/4 - 1/2 onto mat stack, repulsion off

L3, XS Opt 1

Neutral head		^ 0.10
Under rotation of vault	<i>XS only</i>	^ 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

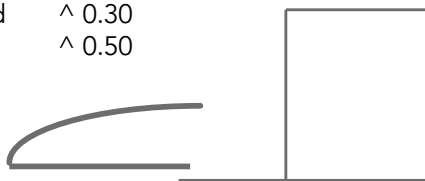


L3/XS: angle=contacting the mat stack with the hands after vertical

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



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
 L3/XS Mat stack: placed on floor, runway or CLM

NO Height or Length

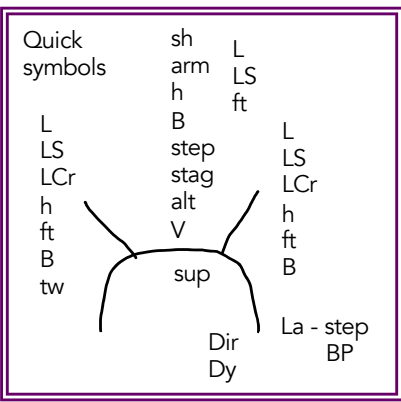
Direction (at initial contact of mat) ^0.30
Dynamics (speed, power) ^0.30

Fails to punch board simultaneously with 2 feet	<u>0.20</u>
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 after 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. 2nd / 3rd 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 2nd 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

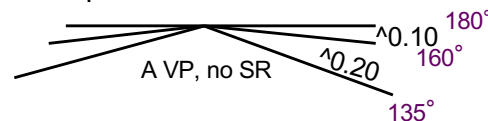
Touch warm-up = # vaults guaranteed:
 XB = 1; XS-P, L1-5 = 2
 Allow ONE stand on mat stack to jump off per gymnast before time starts, ONE run back after present.

General Optional and Xcel Deductions

EXECUTION

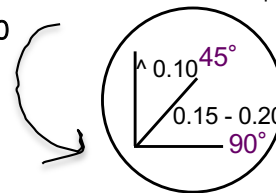
Flexed/sickled feet during value parts	0.05 each
Legs: Crossed: ^ 0.10 Separated: ^ 0.20	Bent: ^ 0.30 each
Not landing with feet together in jumps/leaps	^ 0.10
Bent arms in support	VT ^ 0.50 ^ 0.30
Insufficient exactness tuck/pike	^ 0.20
Insufficient exactness in stretched position (arch or pike each)	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 dismt of no value; FX- last salto no value (L8-10)	<u>0.30 SV</u>
(no value= restricted, salto not initiated, 3 rd /2 nd time no VP)	
Spotting during landing/inadvertent touch: no VP/SR/Bonus	<u>0.50</u> spot
Spotting during VP:	no VP/SR/Bonus <u>0.50</u> spot
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 nd 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/chalks bar routine started (no warn)	<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 (after warn- take on next event; one time)	DP <u>0.20</u> { Xcel <u>0.10</u>
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 (move mats/ remove object ok- incl athlete)	DP <u>0.30</u> { Xcel <u>0.00</u>
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>0.50</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>
Gymnast leaves the floor during the floor routine	<u>0.50</u>

Equipment Failure- Do not deduct 0.50 for fall

If bar cable tension slides while an athlete is competing and coach previously tightened or if beam end caps comes off during the dismount only. Resume routine at point of interruption or beginning of bonus combination.

Floor Matting

Only one 4" or 2x4" stacked mats per pass with no more than 2 total mats on the floor at one time. Mats must be placed prior to the start of the routine. Mats may not be added.

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

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	<u>0.30</u>
(stretch prior to landing, saltos only)	

Twists -

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

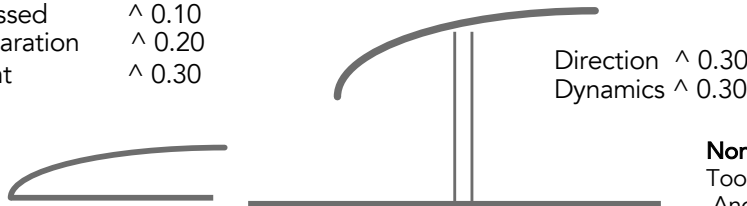
Under rotate **all** vaults up to 0.10

First Flight:

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

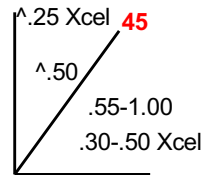
Both Flight Phases:

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



Non-salto:

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



Fails to punch board simultaneously with 2 feet	DP	<u>0.20</u>
Coach between board and table (except RO vaults)	DP	<u>0.50</u>
	XG, XP, XD	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>
L8 only: 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 & Hdsprr 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

Lv 8-10: May vault at any manufacturer setting: max of 135 cm (+1cm)

Landing:

Feet land max hip width and not close	<u>0.05</u>
Feet land wider 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 - 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. 2nd /3rd balk = VOID
-- allowed 3 approaches to perform 1 OR 2 vaults

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

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

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 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 2 x 360° circle skills: >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 nd 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: = B (w/o turn)	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-centersw allowed w/o ded. = A	XP, XD, XA: Extra swing deductions and angles for circles/turns apply. Do NOT also apply <u>0.10</u> amplitude deduction on extra swing.	
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 shoot thru (XB/XS/XG); cast to stand dismt (XB).
 0.10 angle ded is for any **cast** that does not meet Division req't (XS-XA)
 Unallowable skill = no VP, no SR (-0.50). If restricted, take add'l -0.50 SV.
 Long hand pull over = circle skill if preceded by cast (XP only)
 One skill can count for 2 SRs – cast hdst 1/2; clear hip (circle and clear elem)
 With no extra swings, remember 3rd 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
45XD = A, SR
XP = A, SR

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

XG = A, SR (at horiz)

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

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

APPARATUS DEDUCTIONS

Brush foot on apparatus/mat	up to 0.10
Hesitation in hdst or jump to HB	up to 0.10
Insuff 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
Insuff 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
Insuff 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>
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>
Coach sprays water on bar after routine begins	CJ <u>0.20</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

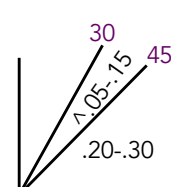
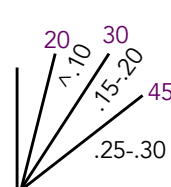
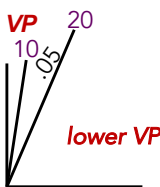
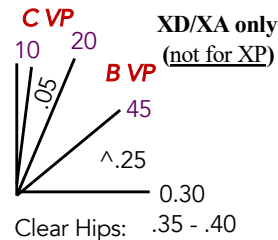
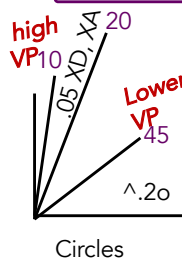
CASTS

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

Angle deductions – XP, XD, XA only:



XD/XA only

Xcel Balance Beam

J. Lippert 11/25

	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 SV 9.6
Special Reqmts 0.5 each No VP = no SR Acro skills or series => not mt/dsmnt	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 Dance series min 2 elem Gp 1/2/3 (same/diff), -- AND-- a Leap/jump 120° split (in series or iso) Acro elem w/ flight --OR-- acro series w/w/o flight (1 through vertical) Dismount	360° turn, 1 foot Dance series min 2 elem Gp 1/2/3 (same/diff) -- AND-- a Leap/jump 155° split (in series or iso) Acro Series w/w/o flight --AND-- 1 acro flight elem Dismount Salto or Aerial	360° turn, 1 foot Dance series min 2 elem Gp 1/2/3 (same/diff) --AND-- Leap/jump 180° split (in series or iso) Acro Series w min 1 flight (min 1 thru vert or a salto/aerial) Dismount 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	45 sec	50 sec	1:00	1:15	1:15	

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

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 1st or 2nd 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>
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 SV 9.6
Special Reqmts 0.5 each No VP = no SR	2 dir conn acro skills, w/w/o flight 2 nd 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 nd 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 nd 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 nd 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 ft elem each or 1 pass 2 ft +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	45 sec	1:00	1:00	1:30	1:30	1:30

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 2nd time in same connection or 3rd 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

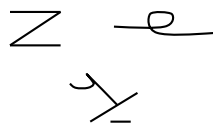
APPARATUS DEDUCTIONS

Failure to hold ending pose	<u>0.05</u>
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 <u>0.10</u>
Failure to finish ending with music	<u>0.10</u>
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
Athlete leaves the Floor during middle of the routine	<u>0.50</u>

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	<u>0.10</u>
Out of bounds	<u>0.10</u>
Overtime	<u>0.10</u>
Lands acro in solid/loose foam pit	<u>0.30+0.10</u> out of bnd
Unauthorized matting	<u>0.30</u>
Absence of music/music w/words	<u>0.50</u>
Short exercise (less than 3 attempted or spotted VP)	<u>2.00</u>
Coach on Floor	NO PENALTY in Xcel