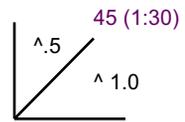


Level 4/5 Vaulting - Handspring

sh ^ 0.3
 arms ^0.5 / 2.0
 step 0.1 ea
 alt ^0.2

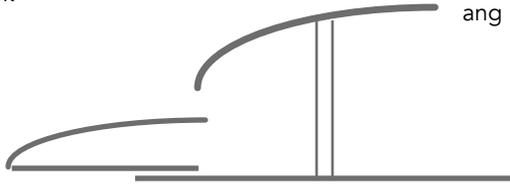
head ^ 0.1
 B ^ 0.3 arch
 ^ 0.5 pk
 L ^ 0.3
 LS ^ 0.2
 ft ^ 0.1

head ^ 0.1
 B ^ 0.3 arch
 ^ 0.5 pk
 L ^ 0.3
 LS ^ 0.2
 ft ^ 0.1



angle=repulsion, body when hands leave the table

60 sec fall time- after judgement



H ^ 0.5
 D ^ 0.3

sup ^ 0.5
 ang ^ 1.0

head ^ 0.1
 B ^ 0.3 arch
 ^ 0.5 pk
 L ^ 0.3
 LS ^ 0.2
 ft ^ 0.1

One hand on table = 1.0 (at least 1/2 panel) (CJ)
 No contact of hands on table = VOID
 Coach aid landing -0.5 aiding vault L4 = 2.0 L5 = void
 no deduction for 3rd approach (no 4th approach allowed)
 vault w/o judge's prior salute - take 0.5 off repeated vault
 Failure to land feet first 2.0 (includes fall)
 Land standing/sitting/lying on table **after passing vertical** = 2.0 + 0.5 fall
 incorrect vault = VOID (coming to rest/support on top of table w/o passing thru vertical in an inverted hdst position - OR vault other than hdsp)
 Unauthorized matting, unauthorized spring config = 0.3 CJ
 Use of alternate springboard = VOID
 Incorrect tape/excessive chalk on table or runway = 0.2 CJ

Dir ^0.3
 Dy ^0.3

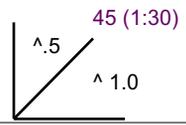
Landing
 steps each 0.1 sm/ 0.2 lg, max 0.4
 feet land max hip width and not close 0.05
 feet land wider than hip width 0.1
 staggered feet, small hop, adjust ^0.1
 trunk movements ^0.2
 extra arm swings ^0.1
 body posture (when feet land) ^0.2
 squat ^0.3
 brush/touch table or floor ^0.3
 brush/hit body on table ^0.2
 falls against table/support with hand(s) on floor 0.5
 Land standing/sitting/lying on table= VOID

BALK= running approach that does NOT come to rest/support on top of mat stack

Level 2/3 and Xcel B2 Vaulting jump to hdst, fall flat back

Range (avg decides)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

Level 2	Level 3	Bronze 2
min 16" mat tape line 32"	min 32" mat tape line 32"	min 16" mat max 48"



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

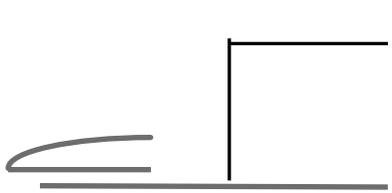
L2&L3 only: hands land beyond tape line -0.5 staggered -0.2

run
L2 & L3 only:
 insuf acc ^ 0.3
 horiz sp ^ 0.3
 exc lean ^ 0.3

head ^ 0.1
 B ^ 0.3 arch
 ^ 0.5 pk
 L ^ 0.3
 LS ^ 0.2
 ft ^ 0.1

sh ^ 0.3
 arms ^0.5 / 2.0
 step 0.1 ea
 ang ^ 1.0

head ^ 0.1
 B ^ 0.3 arch
 ^ 0.5 pk
 L ^ 0.3
 LS ^ 0.2
 ft ^ 0.1



head ^ 0.1
 B ^ 0.3 arch
 ^ 0.5 pk
 L ^ 0.3
 LS ^ 0.2
 ft ^ 0.1

Post hdst, while falling to back

failure to show inverted vertical pos. (roll) = ^ 2.0
 Performance of 1-arm vault = 1.0 CJ
 failure to contact mat with both hands = 3.0
 incorrect vault = VOID (coming to rest/support on top of mat stack w/o passing thru vertical in an inverted hdst position)
 Unauthorized mats 0.3 CJ

Direction ^0.3
 Dynamics ^0.3

Landing- while on her back
 finish on straight lying position ^ 1.0
 - 0.5 arched position on mat, bent legs
 - 0.5 lands sitting, salutes, leaves
 - 1.0 lands on feet, salutes, leaves
 XB- NO Penalty for sliding off the end of the mat stack.

60 sec fall time- after judgement

XB2:
 aid of coach, any phase = 1.0
 landing 0.5...max spot ded = 1.5
L2 & L3:
 aid of coach before hand support = VOID
 after hand support = 2.0 landing 0.5

Xcel Silver Vaulting

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

Option 1 only

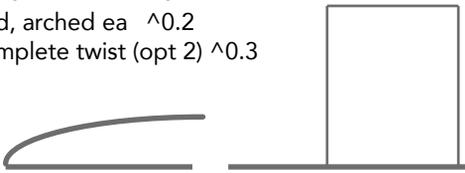
shoulder angle ^0.2
 arms bent ^0.5 (except Opt 2 lead arm)
 head touch 2.0 (includes arms ded.)
 neutral head ^0.1
 arched ^0.2
 step/hop hands ea 0.1 max 0.3
 staggered/alt hand ^0.1
 alt repulsion ^0.2

neutral head ^0.1
 legs crossed ^0.1
 legs separation ^0.2
 legs bent ^0.3
 foot form ^0.1
 piked, arched ea ^0.2
 Incomplete twist (opt 2) ^0.3

Failure to pass thru vert (opt 2) ^0.3
 too long support ^0.3

neutral head ^0.1
 legs crossed ^0.1
 legs separation ^0.2
 legs bent ^0.3
 foot form ^0.1
 Maintain stretched body ^0.3

Late complete twist (opt 2) ^0.3

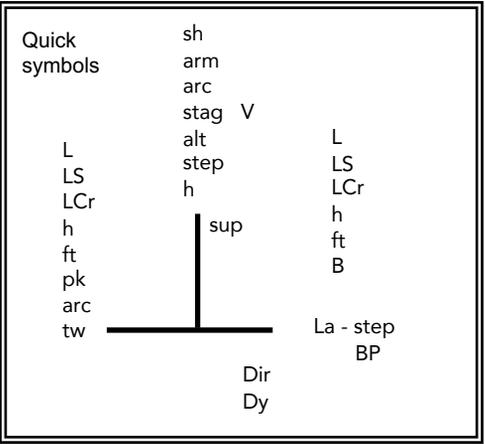


Mat stack – 24 in to 48 in height, turned sideways
 At end of mat stack, min 5" x 6' x 12 landing mat

Direction ^0.3
 (at initial contact of mat)
Dynamics ^0.3

Landing
 steps each 0.1 sm/ 0.2 lg, max 0.4
 feet land max hip width and not close 0.05
 feet land wider than hip width 0.1
 staggered feet, small hop, adjust ^0.1
 trunk movements ^0.2
 extra arm swings ^0.1
 body posture (when feet land) ^0.2
 squat ^0.3
 brush/touch floor ^0.3
 brush/hit body on mat stack ^0.2
 falls/support with hand(s) 0.5
 falls against mat stack 0.5
 Land standing/sitting/lying on mat stack = VOID

One hand on mat stack (at least ½ panel) --1.0 CJ
 No contact of hands on table = VOID
 Failure to land feet first = VOID
 Coach aid landing --0.5
 Coach aiding vault = 1.0 --- max spot deduction 1.5
 Coach inadvertently touch apparatus – no deduction
 vault w/o judge's prior signal – take 0.5 off repeated vault
 Not performing allowable choice of vault = VOID
 Use of alternate springboard = allowed
 Incorrect tape/excessive chalk on table or runway - 0.2 CJ



Range -- Avg	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

60 second fall time – starts when judgment of vault is complete, to leave landing area

Xcel warm up
Timed warmup – amount determined by largest squad in meet.
 Timing not includes run back/drills/run past table on runway.
 Start time with mount onto table/mat stack for jump/salto off table or with run/touch spring board.
 No blocked time.
 Can run on runway between vaulters (not touch equipment), but NOT in front of judges
Touch warm-up = #vaults guaranteed:
 XB -1; XS, XG, XP - 2; XD - 3
 Allow ONE stand on table/mat stack to jump off per gymnast before time starts, ONE run back after present.

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

J.O.(8-10) & XG,XP, XD -- Optional Vaulting

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

bent legs (early tuck salto vaults) ^0.3
 shoulder angle ^0.2
 arms bent ^0.5 (except Tsuk lead arm)
 head touch 2.0 (includes arms)
 arched ^0.2
 step/hop hands ea 0.1, max 0.3
 early twist ^0.3 (on table)
 not achieve vertical ^0.3 (twist-on vaults)

Height ^0.5
Distance ^0.3

legs crossed ^0.1
 legs separation ^0.2
 legs bent ^0.3
 foot form ^0.1

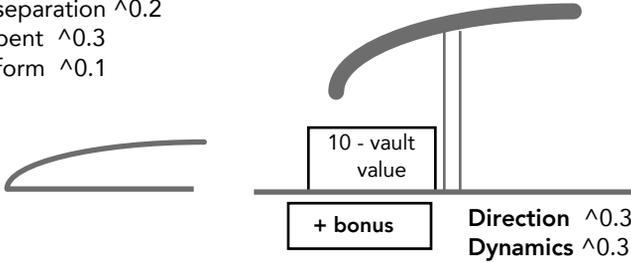
staggered/alt hand) ^0.1
 alt repulsion ^0.2

body shape –
 insuf Tuck, Pike ^0.3
 stretch – arch or pike ea ^0.3
 pike down of stretched ^0.3
 lack of opening ^0.25 absence 0.3
 (stretch prior to landing)

Twists -
 start twist late ^0.5 (after peak)
 exact twist ^0.1 (crisp)
 complete twist late ^0.3 (on mat)
 (Gps 1, 4&5 w/o salto)
 incomplete turn ^0.3
 under rotate salto 0.1

incomplete twist ^0.3
 (1/1+ or -1/4)
 piked, arched ea ^0.2
 legs crossed ^0.1
 legs separation ^0.2
 legs bent ^0.3
 foot form ^0.1

non-salto: too long support ^0.5
 ang of repulsion (L8-10)^1.0
 (Xcel ^0.5)

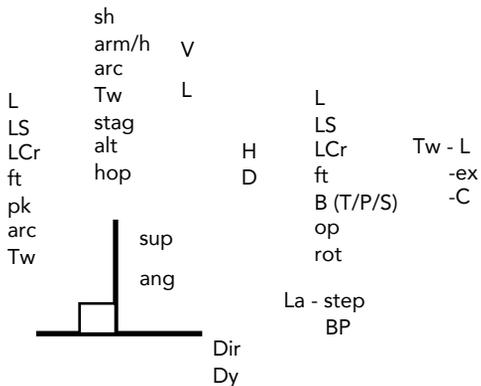
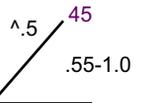


One hand on table (at least 1/2 panel) - -1.0 CJ
 No contact of hands on table- VOID
 Land standing/sitting/lying on table – VOID
 Failure to land feet first – VOID
 Coach between board and table -0.5 (except RO vaults)
 Coach aid landing -0.5
 Coach aiding vault = VOID --- **XG, XP, XD = -1.0**
L8 only: coach spot **post** flight = -1.0
 vault w/o judge's prior signal – take 0.5 off repeated vault (CJ)
 no safety zone (RO vaults) = VOID
 Either vault not on appropriate chart = VOID
 Unauthorized matting, unauthorized spring config = 0.3 CJ
 Use of alternate springboard = VOID **XG = 9.5 SV**
 Incorrect tape/excessive chalk on table or runway = 0.2 CJ

Landing

steps each 0.1 sm/ 0.2 lg, max 0.4
 feet land max hip width and not close 0.05
 feet land wider than hip width 0.1
 staggered feet, small hop, adjust ^0.1
 trunk movements ^0.2
 extra arm swings ^0.1
 body posture (when feet land) ^0.2
 squat ^0.3
 brush/touch floor ^0.3
 brush/hit body on table ^0.2
 falls against table or support with hand(s) on floor 0.5

angle of repulsion
 L8-10 ^1.0
 XG, XP, XD ^0.5



Range -- Avg	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

Averages trick
 if **both w/.05** - drop .05 from high, add to low score...then avg the score
 if **one w/.05** - drop .05 out, avg score...then add .025 to average

60 sec fall time- after judgement

Timed warmup – amount determined by largest squad in meet. Timing not includes run back/drills/run past table on runway. Start time with mount onto table/mat stack for jump/salto off table or with run/touch spring board. No blocked time.
 Can run on runway between vaulters (not touch equipment), but NOT in front of judges
Touch warm-up = #vaults guaranteed: XS, XG,XP - 2; XD - 3
 Allow ONE stand on table/mat stack to jump off per gymnast before time starts, ONE run back after present.

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 do 1 OR 2 vaults

Xcel Uneven Bars

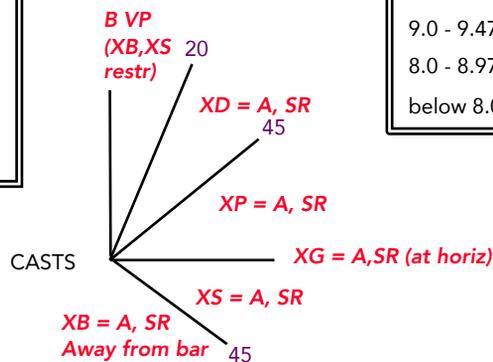
	Bronze	Silver	Gold	Platinum	Diamond
Value Parts	As	As	As & Bs	6A 1B	5A 2B
Special Reqmts 0.5 each; (#2,#3 no mt/dismt) No VP = no SR	4 As Cast (hip off bar) 360° circle skill Dismount - LB	5 As Cast min 45° below horiz 360° circle skill Dismount	6 As Clear support skill min horiz 360° circle skill Dismount - HB	Kip Clear support skill above horiz 360° circle skill Dismount - HB	Clear support skill min 45° from vertical Min B 360° circle skill Min B skill – release, pirouette, or circle (same or diff) Salto/hecht dismount
Restricted -.5 SV, no VP, no SR, take exec	No Bs + No HB skills No giants No salto dismt	No Bs + No giants (LB) No salto dismt	No Cs + No giants No release elem with bar change	No C + Except: = B 	1 D allowed No E No bonus
notes	No extra swing	No extra swing	No extra swing No clear hip angle deductions	One tap-countersw allowed w/o ded. Extra swing ded Circles and turns in hdst angles apply	Extra swing ded Circles and turns in hdst angles apply
Warm up	30 sec	45 sec	1:00	1:30	2:00

CLARIFICATIONS

Cast + skill = 2 elements, **except** for cast to sq/pk/str on- jump to HB; cast shoot thru; cast to stand dismt = 1 element
 unallowable skill (below reqmts) – no VP, no SR (-0.5). If restricted (above reqmts), take add'l -.5 SV. If restricted dismount, also take 0.3 no dismt of value
 Long hand pull over = circle skill if preceded by cast (XP, XD)
 One skill can count for 2 SRs – cast hdst ½; clear hip (circle and clear elem)
 With no extra swings, remember 3rd cast does not count VP
 No composition; max 4.0 execution; courtesy score 4.0

45 sec fall time

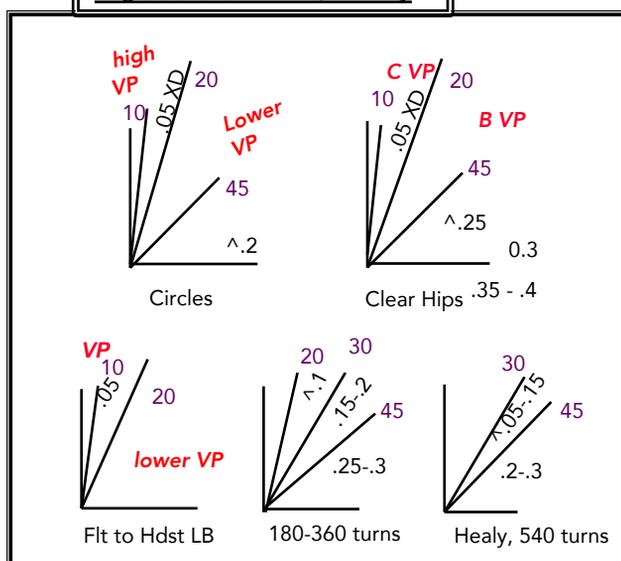
Range (avg)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0



APPARATUS DEDUCTIONS

dynamics (energy, swingful, effortless)	up to 0.2
rhythm in element/conn	up to 0.1
extra swing/cast (max 0.5 for 1 elem)	ea 0.3
fail to maintain hand contact 2-part mt	0.1
insuf extension of glide/swing to kip	up to 0.1
amplitude of bar elements, releases	up to 0.2
amplitude of salto dismounts	up to 0.3
under rotation of release/flight elem	up to 0.1
Countersw body arched, hips open over LB	0.3
swing fwd/bwd under horiz	NO ded.
hesitation in hdst or jump to HB	up to 0.1
bent arms in support or bent legs	up to 0.3
insuf exact stretch (w arch or pike)	up to 0.2
incomplete turn/twist salto dismt	up to 0.2
fail to maintain stretched body in dismt (pikes down)	up to 0.2
insuf extension (open) of N/V prior to land	up to 0.3
landing too close to bars on dismt	0.1
Lack release bar prior to landing dismt	0.3
no dismount of value (from SV)	0.3
brush foot on apparatus/mat	up to 0.1
hit foot on apparatus----- 0.2 on mat-----	0.3
grasp apparatus to avoid fall	0.3
add'l trunk movements on landing	up to 0.2
third run approach	0.5
Coach between bars throughout exercise	NO PENALTY
failure to remove mount/spot block	(CJ) 0.3

Angle deductions – XP, XD only



Xcel Floor Exercise

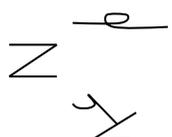
	Bronze	Silver	Gold	Platinum	Diamond
Value Parts	As	As	As & Bs	6A 1B	5A 2B
Special Reqmts 0.5 each No VP = no SR	2 dir conn acro skills, w/w/o flight 2 nd pass w min one acro elem, w/w/o flight Dance passage (2 diff Gp 1 elem, one 60° leap) 180° turn, 1 foot	2 dir conn acro skills, 1 w/ flight 2 nd pass 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 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 150° leap) 360° turn, 1 foot	2 acro series (min 2 elem each) 2 diff saltos, 1 min B Dance passage (2 diff Gp 1 elem, one 150° leap) B turn, 1 foot
Restricted -.5 SV, no VP, no SR (-.5), take exec	No Bs + No saltos/aerials Max 2 flight skills allowed	B dance allowed No B+ acro Max 1 salto/aerial	No B saltos No Cs +	C dance allowed No C acro No Ds	1 D allowed No Es No bonus
notes	Straddle jump = A Side leap = A				SR 1 and 2 may intersect
Split angle	60	90	120	150	150
Warmup Routine	30 sec 45 sec	45 sec 1:00	1:00 1:00	1:30 1:30	2:00 1:30

CLARIFICATIONS

Chassés and assemblés are not Gp 1 elements. Dance passage skills are directly or indirectly connected, no pause or stop.
 Leap/Jump Split angle for SR = as listed per division within 20° ; split angle for a B/C element VP = min 135° , no angle deductions when split reaches division reqm't
 Elements can't get VP credit 2nd time in same connection or 3rd time, with the exception of acro flight w/hand support in different series =>
 Two Acro series are different if: 1) diff number of acro VP, or 2) acro VP are in different order, or 3) acro VP elements are different. 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.
 Restricted elements can receive execution deductions, regardless if receive VP.
 No composition; max 4.0 execution; courtesy score 4.0

Range (avg decides)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

Dance passage: look for root skills



Averages trick

if **both w/.05** - drop .05 from high, add to low score...then avg the score

if **one w/.05** - drop .05 out, avg score...then add .025 to average

CJ Deductions

Out of bounds -0.1
 Failure to mark boundary on mat - 0.1
 Unauthorized matting 0.3
 Overtime -0.1
 Absence of music/music w/words -1.0
 Coach on Floor - **NO PENALTY** in Xcel
 Lands acro in solid/loose foam pit - 0.3 plus 0.1 out of bounds

APPARATUS DEDUCTIONS		
relaxed body/leg posture, flex throughout	up to 0.3	B/L
relax/incorrect footwork on non-VP	up to 0.2	ft
rhythm and tempo (whole exercise)	up to 0.2	R
dynamic performance (energy, effortless)	up to 0.2	dy
artistry of presentation		art
• quality of expression	up to 0.1	ex
• originality of choreography	up to 0.1	ch
• quality of movement	up to 0.1	mv
rhythm during direct connection	ea up to 0.1	
Insuf height – dance, acro w/hands, aerials	ea up to 0.2	
salto (not apply to accel fwd elem)	up to 0.3	
Insuf leg split in leaps/jumps (per SR, VP reqmt)	up to 0.2	
legs not even in split/straddle	up to 0.2	
failure to land feet together in L/J	ea up to 0.1	
turns not in high relevé	ea up to 0.1	
incomplete turn/twist	ea up to 0.2	
incorrect body posture in VP dance	ea up to 0.1	
lack of precision in VP dance	ea up to 0.1	
Insuf exactness of tuck/pike/layout positions	up to 0.2	
Legs crossed in twisting saltos	up to 0.1	
Insuf opening prior to landing (saltos)	up to 0.3	
Body position in landing elements	up to 0.2	
not in sync with music-- parts	ea 0.05	
throughout exercise ----up to 0.3 not ended with music ---	0.1	
poor relationship of music and movement	up to 0.2	
concentration pauses – 2 sec 0.1 --- more than 2 sec - 0.2		

Xcel Balance Beam

	Bronze	Silver	Gold	Platinum	Diamond
Value Parts	As	As	As & Bs	6A 1B	5A 2B
Special Reqmts 0.5 each	180° turn, 1 or 2 ft Leap/jump, any angle split	180° turn, 1 foot Leap/jump, 90° split Acro skill, non-flight Dismount	360° turn, 1 foot 2 diff Gp 2 elem, one w/ 120° split 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-- 1 Leap/jump w/120° split (in series or iso) Acro elem w/ flight --OR-- acro series w/w/o flight Dismount	360° turn, 1 foot Dance series min 2 elem Gp 1/2/3 (same/diff) --AND-- Leap/jump 150° split (in series or iso) Acro Series w/w/o flight -- AND-- 1 acro flight elem Dismount Salto or Aerial
No VP = no SR	Acro skill, non-flight Dismount				
Acro= not mt/dsmt					
Restricted -.5 SV, no VP, no SR (-.5), take exec	No Bs + no salto/aerial dismount No walkovers	B dance allowed No Bs + acro No Cs + No flight acro	No Cs +	C dance allowed No C acro No D	1 D allowed No Es No bonus
notes			XG: Gp 2 dance not required in a series	XP, XD: Gp3 elem allowed in Dance series = turns on 1 foot	XP, XD: Mount elem allowed for Dance series: leap/jump free onto beam (1.101,1.201,1.301,1.401)
Split angle	None	90	120	120	150
Warm up Routine -	30 sec 45 sec	45 sec 50 sec	1:00 1:00	1:30 1:15	2:00 1:15

CLARIFICATIONS

Leap/Jump Split angle for SR = as listed per division within 20° ; split angle for a B/C element VP = min 135, no angle ded when split reaches division reqm't
unallowable skill (below reqmts) – no VP, no SR (-.5).
If restricted (above reqmts), take add'l .5 SV, and if restricted dismount, also take 0.3 for no dismt of value
Partial handstands and vertical handstands are considered the same element
Handstands do NOT require a hold; can be used as 1st or 2nd element in a series
All mounts = A (unless listed B+ in code)
No composition; max 4.0 execution; courtesy score 4.0

Range (avg decides)

9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

Averages trick
if **both w/.05** - drop .05 from high, add to low score...then avg the score

if **one w/.05** - drop .05 out, avg score...then add .025 to average

CJ Deductions

Overtime 0.1
fail to remove mount device/spotting device 0.3
Exceed warm up 0.2 (if during fall, no warning)
Coach instructs gymnast verbally during routine = 0.2 (no warning)
Coach remains by beam during whole routine = NO PENALTY in Xcel
lands dismount on solid/loose foam pit – no VP and deduct 0.3

Acro element or series – must start and finish on the beam- no mount or dismount

APPARATUS DEDUCTIONS

relaxed body/leg posture, flexibility throughout	up to 0.3	B/L
relaxed/incorrect footwork in non-VP	up to 0.2	ft
variation of rhythm and tempo throughout	up to 0.2	R
insuff sureness of performance throughout	up to 0.2	sure
dynamic performance (energy, effortless)	up to 0.2	dy
artistry of presentation		art
• quality of expression	up to 0.1	ex
• originality of choreography	up to 0.1	ch
• quality of movement	up to 0.1	mv
rhythm during acro conn.(counter, fwd/side)	up to 0.2	
rhythm during dance/mix conn.	up to 0.2	
height of acro/dance/saltos	ea up to 0.2	
salto dismount	up to 0.3	
Insufficient leg split in L/J (per SR, VP reqmts)	up to 0.2	
legs not even in split/strad L/J	ea up to 0.2	
failure to land feet together in L/J (land side)	ea up to 0.1	
Turns not in high relevé	ea up to 0.1	
incomplete turn/twist	ea up to 0.2	
lack of precision in VP dance	ea up to 0.1	
incorrect body position in VP dance	ea up to 0.1	
insuf exactness of tuck/pike/stretch position	up to 0.2	
hesitation in jump/press/swing to hdst	up to 0.1	
concentration pause – 2 sec = .1 more than 2 sec =	ea 0.2	
support of leg against beam, hit	ea 0.2	
balance ----- up to 0.3 grasp to prevent fall-----0.3		
use supplement support (feet on floor or base)	0.3	
landing too close to beam on dismt	0.1	
Insuf extension of body (open) prior to land	up to 0.3	
body position landing elements/dismounts	up to 0.2	
direction of gainer dismount off end	up to 0.3	
no dismount of value (from SV)	0.3	
third run approach	0.5	