

~Xcel Update/Clarifications~

~Procedures - Rules and Polices~

- ★ IES (Individual Event Specialist) placement in rotations
 - ★ Drawn to a squad with their team
 - ★ Draw for starting events and flights
 - ★ Place IES competes first on the event she is competing within the squad
 - ★ She will NOT be first on any subsequent events unless the total number of competitors in the squad is reduced to less than 4 due to scratches.
- ★ Team Awards
 - ★ Should be given separately for each Division
 - ★ If a State does not have enough gymnasts in 1 or more Divisions to have a team competition, Divisions may be combined for Team awards
 - ★ SACC must request permission from RACC
- ★ Open Scoring in Xcel
 - ★ Not permitted below State Meet
 - ★ This prohibits writing both judge's score on the gymnast's competition card
- ★ Staggered TIMED warm-ups on Beam
 - ★ Not permitted in any meet format
 - ★ Coaches with more than one gymnast from same team are allowed to block all of their gymnasts together on Beam; however, this is NOT REQUIRED. individual time per gymnast is allowed with the time stopping between gymnasts.
 - ★ Coaches are encouraged to assist each other in any adjustment of equipment, if needed.
- ★ Gymnasts with disabilities
 - ★ For gymnasts who may incur specific deductions as a result of a physical disability
 - ★ Coach submits the Special Circumstances form (to be available on USA Gymnastics website) to RTCC
 - ★ Once approved, Coach will receive a copy to carry to each meet stating the exemptions that are to be made.
- ★ Only DUAL roles for a COACH OR JUDGE at a meet which are NOT allowed by R & P are-
 - ★ Meet Director / Judge
 - ★ Coach /Judge

~Xcel Update/Clarifications~

- ★ Judges for Xcel competitions
 - ★ Recommended (but not required) that each judge have an Optional rating
 - ★ At Diamond, recommended (but not required) that each judge have a Level 9 or higher rating
 - ★ Recommended (but not required) that at competitions using 1-judge panels, there be a 'floating' Meet Referee
- ★ Video Review at State Meets and above
 - ★ All current criteria continue to be applicable
 - ★ Video MUST be viewed in REAL TIME – not slow motion
 - ★ Video must provide a view from such an angle that a decisive decision can be made
 - ★ New situations which will allow a video review:
 - ★ If questionable deduction is taken for coach spotting the gymnast
 - ★ If questionable deduction is taken for line violation on Floor Exercise
- ★ Equipment:
 - ★ An alternate skill cushion made of softer foam is allowed at invitationals and is REQUIRED at State meet and above.
 - ★ Mat must be minimum 4' x 6' and 8 inches thick
 - ★ Mat may be used for bar releases ONLY (to be placed under the gymnast during release and immediately removed).
 - ★ It is NOT allowable for dismounts or landings on any event.

~Xcel Update/Clarifications~

~Xcel Vault~

- ♦ BRONZE Vault – NO change
- ♦ SILVER Vault – NO change
 - ♦ CORRECTION on Rules Chart - Silver Vault
 - ♦ Under “Timing, Guarantee
 - ♦ Change “1” to “2” warm-up vaults
- ♦ VOID VAULTS – State Meet and above:
 - ♦ A video review is permissible if a vault is evaluated as a VOID (0) due to not landing on the feet first.
 - ♦ All VOID vaults should be unofficially scored (but not submitted) in case the video review is decisive in determining that the feet did land first.
- ♦ GOLD, PLATINUM & DIAMOND Division – DEDUCTION CHANGES
 - ♦ Add to the deduction chart
 - ♦ Angle of Repulsion up to 0.50
 - ♦ To the deduction “Too long in support”
 - ♦ Add “(applies to non-salto vaults only)”
- ♦ GOLD, PLATINUM & DIAMOND Division – DEDUCTION CHART in iCode Correction
 - ♦ On pages 14 & 27 delete deductions
 - ♦ 1st Flight phase & Support phase
 - ♦ For “Failure to maintain neutral head position”
- ♦ DIAMOND Division - CHANGE
 - ♦ REMOVE from Diamond Vault Chart
 - ♦ #2.301 Handspring on –front salto tuck off

~Xcel Update/Clarifications~

~Xcel Bars~

- ◆ BRONZE –
 - ◆ Reword Bronze Cast Off dismount on Additional Skills Chart
 - ◆ “Cast off with release of bar prior to arriving in stand”
- ◆ NEW DEDUCTION –
 - ◆ Lack of release of bar prior to landing, when indicated 0.30
- ◆ PLATINUM – CHANGE
 - ◆ Difficulty Restrictions
 - ◆ ADD to Exceptions:
 - ◆ Stalder to handstand # 6.304
 - ◆ Toe on, toe off to handstand #7.309
 - ◆ These will also receive “B” VP credit
 - ◆ NO turn is permitted
- ◆ PLATINUM + DIAMOND CHANGE
 - ◆ Code page Bars-15 Intermediate (Extra) Swings:
 - 2.a. Each extra swing is a 0.30 deduction, with a maximum of ~~0.60~~ 0.50 for multiple extra swings following an element.
 - ◆ Also change in deductions - page Bars-19 under Large Faults
- ◆ SILVER – NO CHANGE
- ◆ GOLD – NO CHANGE

~Xcel Update/Clarifications~

~Xcel Beam~

- ◆ BRONZE – NO CHANGE
- ◆ SILVER – NO CHANGE
- ◆ GOLD – NO CHANGE
- ◆ PLATINUM – NO CHANGE
- ◆ DIAMOND – NO CHANGE
- ◆ **EXCEPT: Beam FALL TIME has been increased from 30 seconds to 45 seconds for all divisions.**
- ◆ ELEMENT DESCRIPTION CHANGES
 - ◆ 5.103 – Stand on one leg (whole foot), free leg in forward or sideward hold above (90°)(2 sec.)
 - ◆ add “with holding of leg”
- ◆ ELEMENT DESCRIPTION CHANGE
 - ◆ 5.208 – Jump to cross or side handstand
 - ◆ Change to read “From 1 foot (dive) or from 2 feet (jump)...”
 - ◆ 9.104 – Salto forward tucked or piked, also with ½ twist (180°)
 - ◆ Add “from 1 foot (and swing) or from 2 feet”
- ◆ Change in wording in Code-pg.Beam-6
 - ◆ Series are considered broken when:
 - ◆ 1. Stop between the elements
 - ◆ 2. Loss of balance
 - ◆ 3. Any deviation of body movement that is NOT in line with the beam.
 - ◆ The rest of list remain same with re-numbering
- ◆ Change in Specific Execution Errors –
 - ◆ Deductions, page Beam-18 RE-WORDING
 - ◆ 0.05 – 0.10 Body continues moving in line with the beam, but arms swing between elements AND/OR
 - ◆ Legs slightly extend but do not completely straighten and slightly bend again to initiate take-off
 - ◆ 0.15 – 0.20 Torso/trunk deviation in line with the beam with or without arm swing between elements
- ◆ ELEMENT CLARIFICATION - LEVER
 - ◆ No angle requirement
 - ◆ Deductions are for body shape faults
 - ◆ If hands do not touch the Beam, it is a scale, NOT a lever
 - ◆ Lever that falls off prior to returning to stand WILL receive VP credit

~Xcel Update/Clarifications~

~Xcel Beam~

- ◆ ELEMENT CLARIFICATION - Side Handstand ¼ Turn Dismount at end of BB
 - ◆ Falls within description of skill 9.103 –
 - ◆ Cartwheel with ¼ twist after hand support to cross stand at end off beam
- ◆ PROCEDURAL STATEMENT
 - ◆ Timed warm-up on Beam MAY NOT be staggered in any meet format
 - ◆ Only 30-second touch warm-up may be staggered (done in between routines)

~Xcel Floor~

- ◆ BRONZE – NO CHANGE
- ◆ SILVER – NO CHANGE
- ◆ GOLD – NO CHANGE
- ◆ PLATINUM – NO CHANGE
- ◆ DIAMOND – NO CHANGE
- ◆ Floor music at competitions
 - ◆ NOT permitted to access music via cellular or internet connection
 - ◆ Music must be downloaded onto a mobile device
 - ◆ Device must be taken off ‘face recognition’ mode
- ◆ ELEMENT CHANGES
 - ◆ # 1.310- Ring jump (with straight front leg) with 1/1 turn now #1.410 = "D" VP
 - ◆ Note: Stag-ring jump with 1/1 turn remains under #1.310 = "C" VP
- ◆ ELEMENT CLARIFICATION
 - ◆ 5.103 – Skill description at bottom of box-
 - ◆ “The one foot take-off to a tucked position will appear as a kick-over front salto, but will not be considered a salto for SR purposes”
 - ◆ Verbiage will be added in this box stating –
 - ◆ “This element is NOT an Aerial for SR purposes”