

## 2018 Xcel Update

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### Thank you

The Xcel Committee would like to thank everyone for the continued support of the Xcel Program. The Xcel Program is able to offer thousands of girls the opportunity to participate in gymnastics because of your interest, support, contributions, suggestions, and involvement in Xcel.

Region 3 Xcel Growth	Bronze	Silver	Gold	Plat	Diam	Region 3 Totals
2015-16	880	1207	934	456	103	3580
2016-17	1285	1444	1229	546	115	4619
2017-18	1499	1679	1409	707	153	5447
Reg 3 Div Increase	17%	16%	15%	29%	33%	18%
National Increases	25%	16%	14%	21%	28%	National up 25%

### XCEL GENERAL – Many things remain the same

#### Xcel Philosophy

- An inclusive program
- Allow flexibility in how the program is used
- Offer a range of possibilities/skills in each Division
- Possible lower time commitment
- Possible lower cost
- Emphasis is on excellence NOT difficulty

#### Xcel Purpose

- Retention
- Entry level competition
- Individualized
- “Involvemental” VS Developmental
- Alternative goals

#### Xcel Mission

- Athlete safety
- Keep it simple
- Maintain Xcel identity / philosophy
- Continue to provide an environment welcoming to a variety of gymnasts
- Educate coaches and judges
- Better engagement / communication with these groups

### 2018-2022 Xcel Code of Points

New Xcel Code of Points effective beginning in the 2018-2019 season

New ‘paper’ Xcel Code of Points & Xcel iCode of Points will be published as soon as they have had final proofing

#### IES (Individual Event Specialist)

IES participation should not be discouraged in any Xcel Division

States and Regions are encouraged to develop strategies to help athletes participate in all types of competitions

In the Future – An Xcel / WTC ad hoc committee has been formed to look into developing an Xcel-Only Judge’s rating

- Not required to judge Xcel with a current rating
- Initially looking at it being a Bronze through Gold rating
- To encourage new judges from those active in the Program (coaches, athletes, etc.)
- To retain judges
- Former optional judges could be “grandfathered” in to have a rating for Bronze through Diamond

WTC will update and put on-line an Xcel Judges’ Self Test

### USA Gymnastics Membership changes (for all athletes, Xcel, JO, & ...)

- Club administrator will input gymnast and parent information  
Club affiliation, Division, meet registrations, etc
- An email will then be sent to the parents to go online to complete the registration process and payment
- Parents are required to register their gymnast(s)
- Bronze & Silver gymnasts may register as Introductory Members (\$27)
- Gold, Platinum & Diamond gymnasts MUST register as Athlete Members (\$59)

**NEW/CHANGED DEDUCTIONS**

Xcel Incorrect Attire Deduction change: 0.10 off the 1st event after the warning is issued

If fall occurs after spot upon landing, each judge deducts an additional 0.50 for the fall (0.50 Spot + 0.50 Fall -- Catching a falling gymnast continues to be "just" the 0.50 Fall deduction)

Verbal Cues Deduction clarification: Deduction is only taken after a warning is given for VERBAL coaching cues by the gymnast's own coach or team mates

Deduction may be taken immediately one time on an event if the gymnast is being given specific VERBAL directions on what skill to do or what is next

Judge must have heard the actual words in order to assess the situation and apply correct procedure

**RESTRICTED ELEMENTS - Clarification**

An element is Restricted at a Division based upon its value listed in the Xcel Code of Points. The restriction is NOT based on the execution/amplitude of the performed skill

Example: Gold Beam – "C" VP elements are Restricted Elements

A Gold gymnast performs a switch leap ("C" VP in Code) with a 120° split (Gold Division Split Requirement)

NO SR credit, NO VP credit, -0.50 deduction for Restricted Element

**MOBILITY TO THE XCEL PROGRAM – No Change**

Levels 1 & 2: must enter at Xcel Bronze or Silver

Level 3: may enter at Xcel Silver or Gold

Level 4: must enter at Xcel Gold

Levels 5 & 6: must enter at Xcel Platinum

Level 7 and above: must enter at Xcel Diamond

There continues to be NO MOBILITY from Xcel into JO

**PROCEDURAL – R & P**

IES (Individual Event Specialist) placement in rotations

Drawn to a squad with their team

Draw for starting events and flights

Place IES first on the event she is competing within the squad

Gymnasts planning to qualify to Regionals as an IES MUST enter State Meet as an IES

By touching out or not competing on her 4th event, the gymnast MAY NOT use any of her first 3 event scores to qualify her to Regionals as an IES

Video Review at State Meets and above

All current criteria continue to be applicable

Video MUST be viewed in REAL TIME – not slow motion

Additional NEW criteria

Whether or not an UB or BB dismount landed feet first

Whether or not a BB Acro element finished on top of the Beam prior to falling

Whether or not a FX Salto element landed feet first

Boards at a competitions

EVO-boards (leaf-spring type) are allowed

Meet Director, however, is ONLY required to provide coil-spring boards & alternative (tramp-type) boards

"Pit Pillow-like" mats – Will only be allowed for major release moves on Bars and must be IMMEDIATELY removed after the skill is performed

Petitions to Regionals – Regions that qualify by score to Regionals including Region 3:

If a gymnast is injured during her fourth event at State Meet, she may petition to Regionals if the scores on her first 3 events total 75% of the Regional petitioning Score (qualifying score + 1.00)

This does NOT apply if qualification is by percentage or designated number per age group

**XCEL VAULT**

Bronze Vault CHANGE: Maximum mat stack height 48" + 2"

**NEW Silver Vaults – BIG CHANGES**

Both vaults are over the Resi mat stack placed sideways (5' width)

1) Handspring over mat stack sideways – SV 10.0

2) ¼ - ½ on, repulsion off to land facing mat stack (No additional twisting will be allowed) – SV 10.0

Mat stack 24" – 48" + 2"

Regular board or alternative board – both have 10.0 SV

NEW list of deductions specific to these 2 vaults will be published

Emphasis/focus is on body shapes

Not height / distance

Gold Division – NO CHANGE

Platinum Division - NO CHANGE

## Diamond Division – CHANGES

## Vault SV Changes

- 1.106 ¼ or ½ twist on – repulsion (with flight to feet) off: SV 9.6 to 9.4
- 1.109 ¼ twist on- ¼ twist off to land facing away from table: SV 9.5 to 9.4
- 1.206 ½ twist on – 1/1 twist off OR ¼ twist on – 1 ¼ twist off: SV 10.0 to 9.9
- 4.101 RO, FF on – Repulsion (with flight to feet) off: SV 9.6 to 9.4

No new vaults added to Gold, Platinum, or Diamond Vault charts

JO Vault – Front handspring onto the board, front handspring over the Table

NOT being included on ANY Xcel Division Vault List at this time

NEW / CHANGED DEDUCTIONS – If fall occurs after spot upon landing, each judge deducts an additional 0.50 for the fall (0.50 Spot + 0.50 Fall)

## XCEL BARS

CHANGE on Rules Chart: Deleted in the Clarifications row of the UB Rules chart, Code pages 10 & 33

Silver, Gold, Platinum and Diamond: “If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VPs.”

Bronze – NO CHANGE

Silver – CHANGE

Cast SR and cast requirement for “A” VP BOTH = minimum 45° below horizontal

No longer receive “A” VP for a cast lower than 45° below horizontal

Many casts into dismounts will no longer receive VP credit

NOTE - Your old Silver Bar routine may need another skill!

The gymnast either hits the angle or there is no VP credit

Gold – CHANGE

SR # 2 - A skill finishing in a clear support at horizontal (not mount or dismount)

Platinum – CHANGE

SR # 1 - A skill finishing in a clear support above horizontal (not mount or dismount)

Diamond – CHANGES

SR # 1 - Skill finishing in clear support 45° from Vertical (not mount or dismount)

“A skill finishing in a clear support at a specified angle (not mount or dismount)”

Skills that could fulfill this SR: Cast, Clear hip\*\*, Giant\*\*, Toe on-toe off\*\*, Stalder\*\*, Uprise, Overshoot, Straddle back

\*\* If, in addition to achieving the specified angle, it is also a 360° circling skill, it may fulfill 2 SRs

SR # 3 – Change to read – “Min. “B” skill - either a Release, Pirouette or 2nd 360° Circling Skill, same or different”

SR # 4 – Change to read – “Hecht or Salto dismount from High Bar”

## ELEMENT ADDITIONS/CHANGES

Pullover mount – add text to indicate maybe performed on LB or HB

(Additional “A” Skills Charts for Silver & Gold)

New Dismount – From rear support, ¾ seat circle (straddle or pike) backward dismount from LB only

Add to Additional “A” Skills Charts for Silver

## ELEMENT CHANGE / CLARIFICATION

From squat, pike, or straddle position, stretched jump off LB forward

These are ALL just straight jump dismounts! Shape on LB doesn't matter

NEW / CHANGED DEDUCTIONS – If fall occurs after spot upon landing, each judge deducts an additional 0.50 for the fall (0.50 Spot + 0.50 Fall)

## XCEL BEAM

Bronze – NO CHANGE

Silver – NO CHANGE

Platinum – NO CHANGE

Diamond – NO CHANGE

Gold – CHANGE: SR # 2 - Two different Group 2 skills (Leaps, jumps hops) - one with a minimum of 120° cross or side split (isolated or in a series)

Split angle is now 120°

No longer required to have a dance series

## ELEMENT ADDITIONS/CHANGES

All Beam mounts, in all Divisions, will receive “A” VP credit unless valued at “B” or higher in the Xcel Code of Points

Add Headstand (any position-no hold required) to Group 5 (Holds/Stands)

Switch Leg Leap – change in leg position criteria

1st leg should swing to minimum 45° forward prior to switch

If 1st leg does NOT reach 45°, award “C” VP credit

Deduct for insufficient height of leg swing up to 0.10

Split Leap with 180° split = "B"

Now #2.201

A straight leg brush of the lead (front) leg is required

No stag or bending (développé) of the lead leg is allowed

Split Clarification Regarding Leap/Jump VP Credit to be Awarded:

The process... (still the same)

1. Leaps & Jumps with a 135° Split angle will receive Value Part credit as listed in the Xcel Code of Points

Unless an element is noted as an exception for a Division on the Beam Rules Chart/Additional "A" Chart

2. Leaps & Jumps with a Split Angle less than 135° and within the acceptable range for the Division receive "A" VP credit and may fulfill SR credit

3. Leaps & Jumps with a Split Angle smaller than the Division's acceptable range will receive VP credit (or NO VP credit) as determined by the actual skill performed

4. RESTRICTED ELEMENTS –

An element is Restricted at a Division based upon its value listed in the Xcel Code of Points

The restriction is NOT based on the quality/amplitude / split angle of the performance

[see split clarification diagram in Code of Points]

ELEMENT CLARIFICATION: Elements MUST land with foot (body part) on top of the Beam before falling to receive VP &/or SR credit

ONLY EXCEPTIONS to this rule are: 1.210 Press handstand mount & Press to handstand within the routine

NEW / CHANGED DEDUCTIONS –

Concentration pause 2 seconds: deduction of 0.10

Concentration pause more than 2 seconds: deduction of 0.20

If fall occurs after spot upon landing, each judge deducts an additional 0.50 for the fall (0.50 Spot + 0.50 Fall).

Catching a falling gymnast is still "just" 0.50 Fall

PROCEDURAL CLARIFICATION: Timed warm-up on Beam MAY NOT be staggered

Only 30 second touch warm-up may be staggered (done in between routines)

#### XCEL FLOOR

NO CHANGES to Bronze, Silver, Gold, Platinum, & Diamond

CLARIFICATION: Bronze & Silver SR # 1 – Round-off, rebound, backward roll to the knees IS an acceptable series

ELEMENT ADDITIONS/CHANGES

New ! 1.410 Tour Jeté Ring Leap with ½ turn: NEW VALUE = "D"

Switch Leg Leap – change in leg position criteria -

1st leg should swing to minimum 45° forward prior to switch

If 1st leg does NOT reach 45°, award "B" VP credit

Deduct for insufficient height of leg swing up to 0.10

Add Headstand (any position-no hold required) to Group 3 (Handstands), just like Beam

[see split clarification diagram in Code of Points]

NEW / CHANGED DEDUCTIONS –

Concentration pause prior to difficult element(s) or acrobatic series: Each 0.10

If fall occurs after spot upon landing, each judge deducts an additional 0.50 for the fall (0.50 Spot + 0.50 Fall)

Reminder: It's documented in your rules and policies

Region 3 Xcel Championships – Gold, Platinum, & Diamond Divisions

Kansas City, May 3-5, 2019 (Friday-Sunday)

NO Bronze or Silver Division

Qualification based on score at each Division

AA rank order regardless of age for each Division

Contact Information: Loui Janecky, Region 3 Xcel Chair, Text 505-699-0523, Email [loui.janecky@gmail.com](mailto:loui.janecky@gmail.com)

#### Xcel National Committee

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