



# Women's Xcel Code of Points

Third Edition - September 2015 - *Revised July 2016*

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USA Gymnastics extends its deepest appreciation to the following contributors to the Xcel Program:

For the design, preparation, and presentation of the Xcel Program & Rules:

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**This Third Edition of the *Xcel Code of Points*, revised July 2016, includes all updates posted on the website through August of 2016.**

**The *Xcel Code of Points* is a living document. As changes are made or errors identified, Xcel Updates are posted on the USA Gymnastics website on the Xcel Update page:**

**<https://usagym.org/pages/women/updates/xcel.html>**

**Check this site, especially in June/July/August each year, for any recent updates and replacement pages.**

**Please be aware that this document is also available as an iBook which is automatically updated.**

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Third Edition-September 2015 - *Revised July 2016*  
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USA Gymnastics  
132 E. Washington St., Suite 700  
Indianapolis, IN 46204  
Executive Editor: Jody Newman  
Printed by Sport Graphics, Inc., Indianapolis, IN



Xcel is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience.

## **I. HIERARCHY OF INFORMATION FOR THE XCEL PROGRAM**

- A. The Xcel Program rules are found in the official written and published *Xcel Code of Points*, as updated by the Xcel Committee minutes and the Women's Technical Committee minutes (as they apply to Xcel) (Hereafter these committee minutes are referred to as "Updates")
- B. Xcel rules are also available in an iBook version of the *Xcel Code of Points*.
  - The official written and published *Xcel Code of Points/Updates* has final authority if discrepancies occur between these two versions of the *Xcel Code of Points*.
  - ***For technical issues which are not specifically addressed in this Xcel Code, refer to the Junior Olympic Code of Points and/or Junior Olympic Compulsory book for clarification. If this procedure is followed at a competition, the Regional Xcel Committee Chair and the Regional Technical Committee Chair are to be notified that this situation occurred.***
- C. In these documents, the written text takes precedence over accompanying pictures/illustrations.
- D. Please realize that every variation of a skill cannot be written or depicted in these documents.
- E. There are many judging/coaching/study aids available. While these are wonderful tools, errors may occur. In all instances, the official written and published *Xcel Code of Points/Updates* takes precedence over the judging/coaching/study aids.

## **II. XCEL AGE/ENTRY REQUIREMENTS AND MOBILITY OVERVIEW**

- A. There are five divisions of Xcel: Bronze, Silver, Gold, Platinum and Diamond.
- B. For gymnasts entering from the Jr. Olympic Program, follow the chart on the following page.
- C. Gymnasts who have no previous competitive experience may enter at **Bronze or Silver**, at their coach's discretion.
- D. Gymnasts currently competing in the Xcel Program must follow the chart on the following page for mobility.
- E. Any athlete who has previously competed in the Xcel Program, but has been inactive for one or more years, must contact their State Administrative Committee Chairman for proper entry regulations. The options are:
  - 1. Remain at the Division at which they last competed.
  - 2. Move up one Division if they achieved the mobility score during their last season.
  - 3. Move down one Division without petitioning.
- F. ***Any gymnast who has had previous competitive experience in programs outside of USA Gymnastics must petition to enter at Gold and above by submitting a formal written request to the State Administrative Committee Chair.***
- G. Any gymnast who has had previous competitive experience in USA Gymnastics and who is a minimum of 14 years of age OR at least a Freshman in High School is eligible to petition the State Administrative Committee for entry into the Platinum or Diamond Division. The petition must be accompanied by a video that demonstrates her skill level.
- H. Since the Xcel Program is an alternative/separate program, it CANNOT BE USED TO SATISFY MOBILITY REQUIREMENTS IN THE JR. OLYMPIC PROGRAM.

### III. XCEL AGE/ENTRY REQUIREMENTS AND MOBILITY OVERVIEW

<b>Division</b>	<b>Minimum Age Requirement</b>	<b>Pre-requisite Score</b>	<b>Entry Division from Jr. Olympic Program</b>
<b>Bronze</b>	Reached 5 <sup>th</sup> Birthday	None	<b><i>JO Levels 1 &amp; 2</i></b>
<b>Silver</b>	Reached 6 <sup>th</sup> Birthday	None	<b><i>JO Levels 1 &amp; 2</i></b>
<b>Gold</b>	Reached 7 <sup>th</sup> Birthday	<b><i>31.00 AA at Silver Division or 8.0 IES*</i></b>	<b><i>JO Levels 3 &amp; 4</i></b>
<b>Platinum</b>	Reached 8 <sup>th</sup> Birthday	31.00 AA at Gold Division or 8.0 IES*	<b><i>JO Levels 5 &amp; 6</i></b>
<b>Diamond</b>	Reached 9 <sup>th</sup> Birthday	31.00 AA at Platinum Division or 8.0 IES*	<b><i>JO Levels 7 - 10</i></b>

\* IES = Individual Event Specialist

For additional information regarding mobility and dropping back divisions, refer to the current *Women's Rules and Policies*.

# VAULT RULES

## VAULT

	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>	<b>PLATINUM</b>	<b>DIAMOND</b>
<p><b>Allowable Vaults</b> No other vaults, other than those listed in each Division are permitted. If another vault is unintentionally performed will receive a "VOID".</p>	<p><b>Vault Option 1:</b> <b>1A (4.5)</b> Stretch Jump onto min. of 16" (<math>\pm 1</math>") mat <b>AND</b> <b>1B (4.5)</b> Kick to Handstand (hands placed on board or mat) fall to flat back. (<i>Place board in front of skill cushion</i>) <b>OR</b> <b>Vault Option 2 (10.0):</b> Jump to Handstand - fall to flat back on min. of 16" (<math>\pm 1</math>") mat (no repulsion required).</p>	<p><b>Vault Option 1:</b> <b>1A (5.0)</b> Stretch Jump onto vault table <b>AND</b> <b>1B (4.5)</b> Kick to Handstand (hands placed on vault table or on mat stack); fall to flat back onto mats stacked 8" (<math>\pm 2</math>") above the table. <b>OR</b> <b>Vault Option 2 (10.0):</b> Handspring onto Table with repulsion to flat back landing on mats stacked 8" (<math>\pm 2</math>") above the table.</p>	<p>Xcel Gold Vault Chart</p>	<p>Xcel Platinum Vault Chart</p>	<p>Xcel Diamond Vault Chart</p>
<p><b>Start Value (SV)</b></p>	<p><b>Vault Option 1:</b> <b>9.0 total Start Value</b> <b>Vault Option 2:</b> <b>10.0 Start Value</b></p>	<p><b>Vault Option 1:</b> <b>9.5 total Start Value</b> <b>Vault Option 2:</b> <b>10.0 Start Value</b></p>	<p><b>10.0 Start Value</b> <b>9.5 Start Value</b> - when using Alternative Springboard Apparatus.</p>	<p><b>Platinum SV Chart</b></p>	<p><b>Diamond SV Chart</b></p>
<p><b>Clarifications</b></p>	<p>Alternative Springboard Apparatus is allowed.  Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is allowed. Sting mat may be used on the landing mat only. Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is allowed.  Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is NOT allowed.  Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is NOT allowed.  Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>
<p><b>Timing</b></p>	<p>Warm-up: 30 sec. Guaranteed 1 warm-up vault</p>	<p>Warm-up: 45 sec. Guaranteed 1 warm-up vault</p>	<p>Warm-up: 1:00 Guaranteed 2 warm-up vaults</p>	<p>Warm-up: 1:30 Guaranteed 2 warm-up vaults</p>	<p>Warm-up: <b>2:00</b> Guaranteed 3 warm-up vaults</p>

## BARS

	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>	<b>PLATINUM</b>	<b>DIAMOND</b>
<b>Value Parts (VP)</b>	Any "A" VP listed in the <i>Xcel Code of Points</i> .  Any Skills listed on the Xcel Bronze chart.	Any "A" VP listed in the <i>Xcel Code of Points</i> .  Any Skills listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the <i>Xcel Code of Points</i> .  Any Skills listed on the Xcel Gold chart.	<b>6 "A", 1 "B" VP</b> Any "A" or "B" VP listed in the <i>Xcel Code of Points</i> . <b>Any Skills listed on the Xcel Platinum chart.</b> <u>Exceptions:</u> <b>One Tap or Underswing - Counterswing</b> = "A" VP. Cast (89° to 21° from vertical) = "A" VP.	<b>5 "A", 2 "B" VP</b> Any "A", "B", "C" VP listed in the <i>Xcel Code of Points</i> . 1 "D" element is allowed (No bonus) <b>Any Skills listed on the Xcel Diamond chart.</b> <u>Exception:</u> Cast (45° to 21° from vertical) = "A" VP.
<b>Clarifications</b> <i>When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit. Exceptions: cast squat on - jump to HB and cast shoot through receive 1 "A" VP in ALL divisions</i>  <i>JO cast angle deductions will not be used in any division.</i>		If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.  A long hang pull-over is considered a circling skill only if preceded by a cast.  <b>A Tap or Underswing - Counterswing</b> will receive extra swing deduction.
<b>Difficulty Restrictions</b> <i>Unallowable Skills 0.5 deduction - off SV</i>	No "B" or higher VP. No skills on high bar. No Salto dismounts.	No "B" or higher VP. No Giants (LB or HB) No Salto dismounts.	No "C" or higher VP. No Giants. No Release Moves with bar change.	No "C" or higher VP. <u>Exception:</u> Clear Hip Handstand.	Maximum of 1 "D" VP allowed. No "E" VP.
<b>Special Requirements (SR)</b> <b>Deduct 0.5 for Each Missing SR</b>	1. Min. 4 "A" VP /skills 2. Cast ( <i>hips must leave bar</i> ) 3. Circling skill ( <i>no mount or dismount</i> ) 4. Dismount	1. Min. of 5 "A" VP /skills 2. Cast to a minimum of 45° below horizontal 3. Circling skill ( <i>no mount or dismount</i> ) 4. Dismount	1. Min. of 6 "A" VP/ skills 2. Cast to Horizontal 3. Circling skill ( <i>no mount or dismount</i> ) 4. Dismount – High Bar	1. Cast to above Horizontal 2. Circling skill (no mount or dismount) 3. Kip 4. Dismount – High Bar	1. Cast to 45° from Vertical 2. Min "B" Circling Skill 3. <b>Min. "B" skill - either a Release, Pirouette or 2<sup>nd</sup> different Circling Skill</b> 4. Salto Dismount – High Bar
<b>Timing</b>	Warm-up: 30 sec.	Warm-up: 45 sec.	Warm-up: 1:00	Warm-up: 1:30	Warm-up: <b>2:00</b>

# BALANCE BEAM RULES

## BALANCE BEAM

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<b>Value Parts (VP)</b>	Any "A" VP listed in the Xcel Code of Points. Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points. Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Any skill listed on the Xcel Gold chart.	<b>6</b> "A", <b>1</b> "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. Any "C" Dance VP. <b>Any Skills listed on the Xcel Platinum chart.</b>	<b>5</b> "A", <b>2</b> "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points. 1 "D" element is allowed (No bonus) <b>Any Skills listed on the Xcel Diamond chart.</b>
<b>Clarifications</b> <i>All Acro Skills must start and finish on the beam. Handstands, regardless of the angle achieved, are considered the Same Skill.</i>	Cross Split jump = "A" VP. (any split angle) Cross Straddle jump = "A" VP. (any split angle)	"B" Dance VP allowed.	"C" Dance VP allowed.	"C" Dance VP allowed.	
<b>SR credit will be awarded for Cross or Side Split Leaps or Jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient Split will be applied.</b>					
<b>Difficulty Restrictions</b> <i>Unallowable Skills 0.5 deduction - off SV</i>	No "B" or higher VP. No Salto or Aerial Dismounts. No walkovers.	No "B" Acro VP. No "C" or higher VP.	No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	Maximum of 1 "D" VP allowed. No "E" VP.
<b>Special Requirements (SR)</b> <b>Deduct 0.5 for Each Missing SR</b>	1. Min. ½ Turn on 1 or 2 feet 2. One Jump or Leap (no mount or dismount). 3. One Acro Skill non-flight. 4. Dismount (no Saltos or Aerials).	1. Min. ½ Turn on one foot. 2. One Jump or Leap with <b>90°</b> cross or side split. 3. One Acro Skill non-flight. 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (same or diff.) – <b>AND</b> one Jump or Leap with <b>90°</b> cross or side split (can be included in the dance series). 3. Two Acro Skills – one must achieve or pass through inverted vertical – with or without flight (isolated or in a series) A Series is not required. 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (same or diff.) – <b>AND</b> one Jump or Leap with <b>120°</b> cross or side split (can be included in the dance series). 3. One Acro Skill with flight <b>OR</b> an Acro series – with or without flight 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (same or diff.) – <b>AND</b> one Jump or Leap with <b>150°</b> cross or side split (can be included in the dance series). 3. <b>An Acro Series (with or w/out flight) excluding mount or dismount AND one Acro Flight element</b> 4. Dismount- Salto or Aerial.
<b>Timing</b> <i>No Minimum Time</i>	Warm-up: 30 sec. Time limit: 45 sec.	Warm-up: 45 sec. Time limit: 50 sec.	Warm-up: 1:00 Time limit: 1:00	Warm-up: 1:30 Time limit: 1:15	<b>Warm-up: 2:00</b> Time limit: 1:15

# FLOOR EXERCISE RULES

FLOOR					
	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<b>Value Parts (VP)</b>	Any "A" VP listed in the Xcel <i>Code of Points</i> . Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel <i>Code of Points</i> . Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel <i>Code of Points</i> . Any skill listed on the Xcel Gold chart.	<b>6 "A", 1 "B" VP</b> Any "A" or "B" VP listed in the Xcel <i>Code of Points</i> . Any "C" Dance VP. <b>Any Skills listed on the Xcel Platinum chart.</b>	<b>5 "A", 2 "B" VP</b> Any "A", "B", "C" VP listed in the Xcel <i>Code of Points</i> . 1 "D" element is allowed (No bonus) <b>Any Skills listed on the Xcel Diamond chart.</b>
<b>Clarifications</b>	Round-off rebound - backward roll is an acro connection. Straddle jump & Side Leap (60°-180° or more) = "A" VP	"B" dance VP are allowed Round-off rebound - backward roll is an acro connection.		"C" dance VP are allowed.	
<i>SR credit will be awarded for cross or side split leaps or jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient split will be applied.</i>					
<i>A Dive Roll does NOT fulfill a flight requirement</i>					
<b>Difficulty Restrictions</b>	No "B" or higher VP. No Saltos or Aerials. Maximum 2 flight skills per routine.	No "B" Acro VP. No "C" or higher VP Maximum 1 Salto or Aerial per routine.	No "B" VP Saltos. No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	Maximum of 1 "D" VP allowed. No "E" VP.
<b>Unallowable Skills</b>	0.5 deduction-off SV				
<b>Special Requirements</b>	1. Min. 2 directly connected acro skills with or without Flight. 2. A 2 <sup>nd</sup> Pass with one Acro Skill with or without Flight. <b>** SR 1 &amp; 2 cannot be combined</b> 3. Dance Passage with a min. of 2 Different Group. 1 VP or Xcel <b>Bronze</b> chart skills ( <i>directly or indirectly connected</i> ) one of which is a LEAP w/ a <b>60°</b> cross or side split. 4. Min. 1/2 Turn on one foot.	1. Min. 2 directly connected Acro skills one must have Flight. 2. A 2 <sup>nd</sup> Pass with either a 2 <sup>nd</sup> Acro connection with a min. of two directly connected skills with or w/out Flight, OR an Acro skill with Flight. <b>** SR 1 &amp; 2 cannot be combined</b> 3. Dance Passage with a min. of 2 Different Group. 1 VP or Xcel <b>Silver</b> chart skills ( <i>directly or indirectly connected</i> ), one of which is a LEAP with a <b>90°</b> cross or side split. 4. Min. 1/1 Turn on one foot.	1. Min. 2 directly connected Flight skills. 2. A 2 <sup>nd</sup> Pass with either a 2 <sup>nd</sup> Acro connection with a min. of two directly connected Flight skills OR an Aerial or Salto <b>** SR 1 &amp; 2 cannot be combined</b> 3. Dance Passage with a min. of 2 Different Group. 1 VP or Xcel <b>Gold</b> chart skills ( <i>directly or indirectly connected</i> ) one of which is a LEAP with <b>120°</b> cross or side split. 4. Min. 1/1 Turn on one foot.	1. Min. 2 directly connected Flight skills with 1 "A" or "B" Salto. 2. A 2 <sup>nd</sup> Pass with either a 2 <sup>nd</sup> acro connection with a min. of two directly connected Flight skills OR a "B" Salto. <b>** SR 1 &amp; 2 cannot be combined</b> 3. Dance Passage with a min. of 2 Different Group. 1 VP ( <i>directly or indirectly connected</i> ) one of which is a LEAP with a <b>150°</b> cross or side split. 4. Min. 1/1 Turn on one foot.	1. Two separate acro connections each with a min. of two directly connected acro Flight skills. 2. Two different Saltos within the routine ( <i>isolated or in series</i> ) - one must be a min. "B" ( <i>may be included in SR#1</i> ). 3. Dance Passage with a min. of two different Grp. 1 VP ( <i>directly or indirectly connected</i> ), one of which is a LEAP with a <b>150°</b> cross or side split. 4. Turn on one foot min. "B" VP.
<b>Deduct 0.5 for Each Missing SR</b>					
<b>Timing</b>	Warm-up: 30 sec. Time limit: 45 sec.	Warm-up: 45 sec. Time limit: 1:00	Warm-up: 1:00 Time limit: 1:00	Warm-up: 1:30 Time limit: 1:30	Warm-up: <b>2:00</b> Time limit: 1:30
<i>No Minimum Time</i>					



# VAULT RULES

## VAULT

	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>	<b>PLATINUM</b>	<b>DIAMOND</b>
<p><b>Allowable Vaults</b> No other vaults, other than those listed in each Division are permitted. If another vault is unintentionally performed will receive a "VOID".</p>	<p><b>Vault Option 1:</b> <b>1A. (4.5)</b> Stretch Jump onto min. of 16" (<math>\pm 1</math>") mat <b>AND</b> <b>1B. (4.5)</b> Kick to Handstand (hands placed on board or mat) fall to flat back. <i>(Place board in front of skill cushion)</i> <b>OR</b> <b>Vault Option 2 (10.0):</b> Jump to Handstand - fall to flat back on min. of 16" (<math>\pm 1</math>") mat (no repulsion required).</p>	<p><b>Vault Option 1:</b> <b>1A. (5.0)</b> Stretch Jump onto vault table <b>AND</b> <b>1B. (4.5)</b> Kick to Handstand (hands placed on vault table or on mat stack); fall to flat back onto mats stacked 8" (<math>\pm 2</math>") above the table <b>OR</b> <b>Vault Option 2 (10.0):</b> Handspring onto Table with repulsion to flat back landing on mats stacked 8" (<math>\pm 2</math>") above the table.</p>	<p>Xcel Gold Vault Chart</p>	<p>Xcel Platinum Vault Chart</p>	<p>Xcel Diamond Vault Chart</p>
<p><b>Start Value (SV)</b></p>	<p><b>Vault Option 1:</b> <b>9.0 total Start Value</b> <b>Vault Option 2:</b> <b>10.0 Start Value</b></p>	<p><b>Vault Option 1:</b> <b>9.5 total Start Value</b> <b>Vault Option 2:</b> <b>10.0 Start Value</b></p>	<p><b>10.0 Start Value</b> <b>9.5 Start Value</b> - when using Alternative Springboard Apparatus.</p>	<p><b>Platinum SV Chart</b></p>	<p><b>Diamond SV Chart</b></p>
<p><b>Clarifications</b></p>	<p>Alternative Springboard Apparatus is allowed.  Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is allowed. Sting mat may be used on the landing mat only. Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is allowed.  Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is NOT allowed.  Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>	<p>Alternative Springboard Apparatus is NOT allowed.  Spot on landing 0.5 Spot during any other phase 1.0 Max. Total Spot deduction 1.5</p>
<p><b>Timing</b></p>	<p>Warm-up: <b>30</b> sec. Guaranteed 1 warm-up vault</p>	<p>Warm-up: 45 sec. Guaranteed 1 warm-up vault</p>	<p>Warm-up: 1:00 Guaranteed 2 warm-up vaults</p>	<p>Warm-up: 1:30 Guaranteed 2 warm-up vaults</p>	<p>Warm-up: <b>2:00</b> Guaranteed 3 warm-up vaults</p>

# VAULT ~ Chapter 1 ~ Values and Deductions

## BRONZE DIVISION

### Bronze: There are Two Allowable Vaults in this Division.

- The Alternative springboard apparatus and manufactured “Jr.” vault board are allowed.
- The gymnast may perform the same vault twice or one of each vault provided the mat stack does not have to be moved or changed in height by more than 8”.
- Performance of an unallowable/restricted vault will result in an event score of “0” (VOID).
- Spotting deductions apply to all phases of Bronze vaults 1 & 2.

**Vault 1A:** STRETCH JUMP onto a minimum of 16” (+1”) mat surface; (SV = 4.5). THEN

**Vault 1B:** KICK TO HANDSTAND, fall to flat back (SV = 4.5).

- Gymnast may step back onto board to kick to handstand, with hands on mat stack or board.

Each part of Vault 1 is evaluated separately and is worth 4.5; total two scores to arrive at the final score (max. 9.00).

### BRONZE VAULT 1A: STRETCH JUMP (SV = 4.5)

<b>Approach</b>	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<b>4.50 (VOID 1A)</b>	Runs onto board & steps up onto Mat Stack <i>or rebounds from board to come to rest or support on Mat Stack on body parts other than feet first</i>
<b>Stretch Jump from Board to Mat</b>	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50 Up to 0.50 Up to 0.50 Up to 0.30	Failure to maintain a stretched body position during jump <ul style="list-style-type: none"> <li>• Pike</li> <li>• Tuck</li> <li>• Arch</li> </ul>
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form
	Up to 0.50	Failure to land in demi-plié with control and proper body position
	Up to 0.10	Failure to join (slide) heels together on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Entire foot/feet slide or lifted off floor to join on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Landing with feet staggered (one in front of the other)
	<u>0.10</u>	Landing with feet further than hip-width apart
<b>General Faults</b>	Up to 0.30	Insufficient dynamics (speed/power)
	<b>0.50</b>	<b><i>Fall (onto hands, knees +/- or hips) after landing stretch jump on feet first</i></b>
	No deduction VOID (1A)	<b><i>1st Balk Performing a 2nd or 3rd Balk</i></b>

### Vault 1B: KICK TO HANDSTAND, FALL TO FLAT BACK (SV = 4.5)

Gymnast may step back onto board to kick to handstand, with hands on mat stack or board.

<b>Approach</b>	Each up to 0.20	Failure to maintain arms next to ears, while reaching for the mat or board
	Up to 0.10	Failure to use levering action into the Handstand
	Each <u>0.50</u>	Extra Kick-up to Handstand
<b>Handstand</b>	Up to 0.50	Bent arms
	Up to 0.30	Bent legs
	Up to 0.20	Legs separated
	Up to 0.50 Up to 0.30 Up to 0.50 Up to 0.30 Up to 2.00	Incorrect alignment in the Handstand <ul style="list-style-type: none"> <li>• Showing a shoulder angle less than 180°</li> <li>• Pike</li> <li>• Arch</li> <li>• Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)</li> </ul>
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on the hands) <b>Max. 0.30</b>
	Up to 0.10	Incorrect foot form
<b>Post-Handstand Landing</b>	Up to 1.00	Failure to land in a straight lying position on the back

# VAULT ~ Chapter 1 ~ Values and Deductions

## BRONZE VAULT 2: JUMP TO HANDSTAND – FALL TO FLAT BACK (SV = 10.0)

Minimum of 16" (±1") mat, no repulsion required.

<b>General Faults</b>	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> <li>• Arch</li> <li>• Pike</li> </ul>
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>0.50</u>	Assistance (spot) of coach on the landing
	<u>1.00</u>	Spot during any phase of Vault (Max. spot deduction = 1.50)
	*VOID	<b><i>Run approach which results in gymnast coming to rest or support on top of the mat stack without execution of the vault (example: Rebounds from board, jumps to place hands on mat, does not pass through the vertical plane and returns to the board or lands on the mat stack between the board and hand placement)</i></b>
	*VOID	Performing incorrect vault (i.e., squat on)
No Deduction *VOID	<b><i>1st Balk Performing a 2nd or 3rd Balk</i></b>	
<b>First Flight</b>		See Vault General Faults above
<b>Support Phase</b>	Up to 0.50	Arms bent
	<u>2.00</u>	Completely bent arms, causing head to contact the mat
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180 degrees)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Up to 1.00 0.05 - 0.50 0.55 - 1.00	Contacting the mat stack with the hands after vertical <ul style="list-style-type: none"> <li>• Contact from 1° to 45° past vertical</li> <li>• Contact from 46° to 89° past vertical</li> </ul>
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on hands) <b>Max. 0.30</b>
	<u>3.00</u>	Failure to contact mat with both hands (performs a front layout or touch with only one hand)
<b>Post Handstand Phase</b>	Up to 1.00	Failure to finish in a straight lying position on the back Examples for applying this deduction: <ul style="list-style-type: none"> <li>• Gymnast lands on her feet, salutes, &amp; steps off mat.</li> <li>• Gymnast lands on her seat (90° hip angle), salutes &amp; steps off mat.</li> <li>• Gymnast lands on her back with an arch &amp; bent legs, salutes, &amp; steps off the mat.</li> </ul>
	<u>1.00</u>	
	<u>0.50</u>	
	<u>0.50</u>	
		If the gymnast makes any of the above execution errors, then lies back to a straight lying position, NO DEDUCTION for failure to finish in a straight lying position is taken; however, execution deductions may be applied for the errors while the gymnast is falling to her back (Post-Handstand Phase). The evaluation ends when in a straight lying position.

***\* If a gymnast attempts Bronze Vault Option #2: Jump to Handstand - Fall to Flat Back, but performs an incomplete or incorrect vault, instead of taking a 0 score (VOID) on Bronze Vault option #2, she could use that attempt as a VOID for Bronze Vault Option 1A (deduction of 4.50) and still perform Vault 1B to achieve a score.***

# VAULT ~ Chapter 1 ~ Values and Deductions

## SILVER DIVISION

### Silver: There are Two Allowable Vaults in this Division.

- The Alternative springboard apparatus and manufactured “Jr.” vault board are allowed.
- The gymnast may perform the same vault twice or one of each vault.
- Performance of an unallowable vault will result in an event score of “0” (VOID).
- Spotting deductions apply to all phases of Silver vaults 1 & 2.

### Vault 1A: **STRETCH JUMP** onto Vault Table; (SV = 5.00). THEN

### Vault 1B: **KICK TO HANDSTAND** (Hands may be placed on vault table or mat stack); fall to flat back landing on mats stacked 8” (+2”) above Table (SV = 4.5).

Each part of the vault is evaluated separately. Add the two scores from 1A and 1B to arrive at the final vault score (Max. 9.50)

### SILVER VAULT 1A: STRETCH JUMP ONTO VAULT TABLE (SV = 5.00)

<b>Approach</b>	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u> (VOID 1A)	Runs onto the board and steps up onto Vault Table <i>or rebounds from board to come to rest or support on the Vault Table on body parts other than the feet first</i>
<b>Stretch Jump from Board onto Vault Table</b>	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50 Up to 0.50 Up to 0.50 Up to 0.30	Failure to maintain a stretched body position during jump <ul style="list-style-type: none"> <li>• Pike</li> <li>• Tuck</li> <li>• Arch</li> </ul>
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form
	Up to 0.50	Failure to land in demi-plie, with control and proper body position
	Up to 0.10	Failure to join (slide) heels together on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Entire foot/feet slide or lifted off floor to join on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Landing with feet staggered (one foot in front of the other)
	<u>0.10</u>	Landing with feet further than hip-width apart
<b>General Faults</b>	Up to 0.30	Insufficient dynamics (speed/power)
	<b>0.50</b>	<b><i>Fall (onto hands, knees +/- or hips) after landing stretch jump on feet first</i></b>
	No deduction VOID (1A)	<b><i>1st Balk Performing a 2nd or 3rd balk</i></b>

### Vault 1B: KICK TO HANDSTAND, FALL TO FLAT BACK (SV = 4.5)

Gymnast may place hands on the vault table or on the mat stack

<b>Approach</b>	Each up to 0.20	Failure to maintain arms next to ears, while reaching for the mat
	Up to 0.10	Failure to use levering action into the Handstand
	Each <u>0.50</u>	Extra Kick-up to Handstand
<b>Handstand</b>	Up to 0.50	Bent arms
	Up to 0.30	Bent legs
	Up to 0.20	Legs separated
	Up to 0.50 Up to 0.30 Up to 0.50 Up to 0.30 Up to 2.00	Incorrect alignment in the Handstand <ul style="list-style-type: none"> <li>• Showing a shoulder angle less than 180°</li> <li>• Pike</li> <li>• Arch</li> <li>• Failure to show an inverted <b>vertical</b> position from hands to hips (performing a forward rolling action)</li> </ul>
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on the hands) <b>Max. 0.30</b>
	Up to 0.10	Incorrect foot form
<b>Post-Handstand Landing</b>	Up to 1.00	Failure to land in a straight lying position on the back

# VAULT ~ Chapter 1 ~ Values and Deductions

## SILVER VAULT 2: HANDSPRING onto the Vault Table, Repulsion to flat back, landing on mats stacked 8" (±2") above Table (SV = 10.0)

<b>General Faults</b>	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> <li>• Arch - Failure to maintain a straight body position</li> <li>• Pike - Failure to maintain a straight body position</li> </ul>
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>0.50</u>	Assistance (spot) of coach on the landing
	<u>1.00</u>	Spot during any phase of vault (Max. spot deduction = 1.50)
	*VOID	<b>Run approach which results in the gymnast coming to rest or support on top of the Vault Table without execution of the vault.</b> <b>Example: Rebounds from board, places hands on table, arrives in 3/4 handstand position, loses momentum and steps down onto table or falls back onto board.</b>
*VOID	Performing incorrect vault (i.e., squat on)	
No Deduction *VOID	<b>1st Balk</b> <b>Performing a 2nd or 3rd balk</b>	
<b>First Flight</b>		See Vault General Faults above
<b>Support Phase</b>	Up to 0.50	Arms bent (90° or more = max. deduction)
	<u>2.00</u>	Head contacting the table in support phase (includes 0.50 ded. for extreme arm bend)
	Up to 0.30	Incorrect shoulder alignment (shoulder angle less than 180°)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Up to 1.00 0.05-0.50 0.55-1.00	Contacting the table with the hands after vertical <ul style="list-style-type: none"> <li>• Contact from 1° to 45° past vertical</li> <li>• Contact from 46° to 89° past vertical</li> </ul>
	Up to 0.50	Too long in support (lack of repulsion)
	Each <u>0.10</u>	Additional hand placements (taking steps/hops on the hands) Max. 0.30
	<u>1.00</u> VOID	Performing a one-handed vault Failure to touch the table with <b>both</b> hands (performs a front layout)
<b>Post Handstand Phase</b>	Up to 0.50 Up to 0.30	Insufficient height Insufficient distance
	Up to 0.20 Up to 1.00 <u>1.00</u> <u>0.50</u> <u>0.50</u>	Body part hitting/brushing table upon landing Failure to finish in a straight lying position on the back Examples of applying this deduction: <ul style="list-style-type: none"> <li>• Gymnast lands on her feet, salutes, &amp; steps off mat.</li> <li>• Gymnast lands on her seat (90° hip angle), salutes &amp; steps off mat.</li> <li>• Gymnast lands on her back with an arch and bent legs, salutes, &amp; steps off the mat.</li> </ul>
<b>Landing Phase</b>		If the gymnast makes any of the above execution errors, then lies back to a straight lying position, NO DEDUCTION for failure to finish in a straight lying position is taken; however, execution deductions may be applied for the errors while the gymnast is falling to her back (Post-Handstand Phase). The evaluation ends when in a straight lying position.
	VOID	Gymnast lands standing or sitting on the table <b>after passing through inverted position</b>

**\* If a gymnast attempts Silver Vault Option #2: Jump to Handstand-Repulsion to Flat Back on Mat Stack, but performs an incomplete or incorrect vault, refer to options at bottom of page 15 - Bronze Vault #2.**

# VAULT ~ Chapter 1 ~ Values and Deductions

## GOLD DIVISION and PLATINUM DIVISION

The Vaults listed below are allowed.

**Start Values:** All Vaults for Gold Division are Valued at 10.0. See Platinum Vault Chart for Start Values.

**Use of Alternative Springboard Apparatus:**

- Gold Division: the Start Value will be 9.50.
- Platinum Division: NOT ALLOWED.

**Performance of an Unallowable/restricted Vault will result in an EVENT score of "0" (VOID).**

1. If a Gymnast attempts a Vault listed on the Vault Chart for her Division, but does not complete it, resulting in a Vault that is not found on the Chart, the Vault is scored "0" (VOID).
  - However, the gymnast does NOT receive a "0" (VOID) as the Final Score for the event if the other Vault is a legitimate Vault.
2. If EITHER of the two Vaults performed are Vaults that are not allowed at the gymnast's division, the gymnast would receive a Final Score of "0" (VOID) for that event, because an Unallowable Vault was performed.

### GOLD DIVISION VAULT CHART

Xcel Code #	Name of Specific Allowable Vault
1.101	Handspring
1.102	Handspring → ½ twist off
1.103	Yamashita
1.104	Yamashita → ½ twist off
1.105	½ twist on → ½ twist off ¼ twist on → ¾ twist off
1.106	¼ or ½ twist on → Repulsion (with flight to feet) off
<b>1.109</b>	<b>¼ twist on - ¼ twist off - to land facing away from the table</b>
1.201	Handspring → 1/1 twist off
1.203	Yamashita → 1/1 twist off
1.206	½ twist on → 1/1 twist off ¼ twist on → 1-¼ twist off
1.207	1/1 twist on → Handspring or Yamashita off
1.208	1/1 twist on → ½ twist off

### PLATINUM DIVISION VAULT CHART

Xcel Code #	Name of Specific Allowable Vault	Value
1.101	Handspring	<b>9.8</b>
1.102	Handspring → ½ twist off	10.0
1.103	Yamashita	<b>9.8</b>
1.104	Yamashita → ½ twist off	10.0
1.105	½ twist on → ½ twist off ¼ twist on → ¾ twist off	10.0
1.106	¼ or ½ twist on → Repulsion (with flight to feet) off	<b>9.8</b>
<b>1.109</b>	<b>¼ twist on - ¼ twist off - to land facing away from the table</b>	<b>10.0</b>
1.201	Handspring → 1/1 twist off	10.0
1.203	Yamashita → 1/1 twist off	10.0
1.206	½ twist on → 1/1 twist off ¼ twist on → 1¼ twist off	10.0
1.207	1/1 twist on → Handspring or Yamashita off	10.0
1.208	1/1 twist on → ½ twist off	10.0

# VAULT ~ Chapter 1 ~ Values and Deductions

## DIAMOND DIVISION

Performance of an Unallowable Vault will result in an EVENT score of "0" (VOID).

- If a Gymnast attempts a Vault listed on the Vault Chart for her Division, but does not complete it, resulting in a Vault that is not found on the Chart, the Vault is scored "0" (VOID).
- However, the Gymnast does NOT receive a "0" (VOID) as the Final Score for the event, if the other Vault is a legitimate Vault.
- If **EITHER** of the two Vaults performed are Vaults that are not allowed at the gymnast's division, the gymnast would receive a Final Score of "0" (VOID) for that event, because an Unallowable Vault was performed.

## DIAMOND DIVISION VAULT CHART

Xcel Code #	Name of Specific Allowable Vault	Value
1.101	Handspring	9.4
1.102	Handspring → ½ twist off	9.6
1.103	Yamashita	9.4
1.104	Yamashita → ½ twist off	9.6
1.105	½ twist on → ½ twist off <b>OR</b> ¼ twist on → ¾ twist off	9.6
1.106	¼ twist on → Repulsion (with flight to feet) off <b>OR</b> ½ twist on → Repulsion (with flight to feet) off	9.6
<b>1.109</b>	<b>¼ twist on - ¼ twist off - to land facing away from the table</b>	<b>9.5</b>
1.201	Handspring → 1/1 twist	10.0
1.202	Handspring → 1½ twist	10.0
1.203	Yamashita → 1/1 twist	10.0
1.205	½ twist on → 1½ twist off <b>OR</b> ¼ twist on → 1¾ twist off	10.0
1.206	½ twist on → 1/1 twist off <b>OR</b> ¼ twist on → 1¼ twist off	10.0
1.207	1/1 twist on → Handspring or Yamashita off	10.0
1.208	1/1 twist on → ½ twist off	10.0
1.301	Handspring → 2/1 twist off	10.0
1.306	½ twist on → 2/1 twist off <b>OR</b> ¼ twist on → 2¼ twist off	10.0
2.301	Handspring → Front salto tucked	10.0
3.201	Tsukahara → Back Tuck	10.0
3.303	Tsukahara → Back Pike	10.0
3.304	Tsukahara → Back Layout	10.0
4.101	RO, FF on → Repulsion (with flight to feet) off	9.6
4.102	RO, FF on → Repulsion ½ off	9.6
4.201	RO, FF on → 1/1 twist off	10.0
4.202	RO, FF on → 1½ twist off (Allen)	10.0
4.203	RO, FF on → Back Tuck	10.0
4.304	RO, FF on → Back Pike	10.0
4.305	RO, FF on → Back Layout	10.0
5.101	RO, FF ½ on → Handspring	9.6
5.201	RO, FF ½ on → 1/1 twist off	10.0
5.202	RO, FF ½ on → 1½ twist off	10.0
5.312	RO, FF ½ on → 2/1 twist off	10.0

# VAULT ~ Chapter 1 ~ Values and Deductions

## GOLD, PLATINUM, and DIAMOND DIVISION DEDUCTIONS

<b>First Flight Phase</b>	Up to 0.10	Incorrect foot form (flexed, sickled)
	Up to 0.10 Up to 0.20 Up to 0.30	Incorrect leg form <ul style="list-style-type: none"> <li>• Legs crossed</li> <li>• Legs separated</li> <li>• Knees bent</li> </ul>
	Up to 0.20 Up to 0.20	Poor technique <ul style="list-style-type: none"> <li>• Hip angle</li> <li>• Arched body</li> </ul>
	Up to 0.30	Incomplete LA turn
<b>Support/ Repulsion Phase</b>	Up to 0.10 Up to 0.20 Up to 0.20 Up to 0.20	Poor technique <ul style="list-style-type: none"> <li>• Staggered/alternate hand placement on all vaults, except Diamond Tsukahara vaults</li> <li>• Shoulder angle</li> <li>• Arched body</li> <li>• Alternate repulsion from hands on all vaults, except Diamond Tsukahara vaults</li> </ul>
	Up to 0.30	Prescribed LA turn begun too early
	<b><u>Each 0.10</u></b>	Additional hand placements (taking steps/ <i>hops</i> on hands) <b>Maximum 0.30</b>
	Up to 0.50	Bent arms (90° or more = max. deduction) <ul style="list-style-type: none"> <li>• a slight arm bend of the lead arm is allowed on Tsukahara vaults</li> </ul>
	Up to 0.50	Too long in support
	(CJ) <u>1.00</u>	Touch with only one hand on the vault table <ul style="list-style-type: none"> <li>• Chief judge deduction, if at least ½ of panel sees only 1 hand touch</li> </ul>
	VOID <u>2.00</u>	No hand contact on the vault table Head contacting the table in support phase (includes 0.50 ded. for extreme arm bend)
<b>Second Flight Phase</b>	Up to 0.10	Incorrect foot form (flexed, sickled)
	Up to 0.10	Insufficient exactness of LA turn
	Up to 0.10	Under-rotation of salto vaults
	Up to 0.10 Up to 0.20 Up to 0.30	Incorrect leg form <ul style="list-style-type: none"> <li>• Legs crossed</li> <li>• Legs separated</li> <li>• Knees bent</li> </ul>
	Up to 0.20	Brush or hit of body/head on vault table during post-flight
	Up to 0.30	Insufficient length <i>When evaluating length, consider size of the athlete, type of vault, where the hands contact the table and where the feet land and overall trajectory (amplitude) of the 2<sup>nd</sup> flight phase; not just the distance from where the gymnast lands in relation to the end of the vault table.</i>
	Up to 0.30	Failure to maintain stretched body (pike down of stretched vaults to facilitate landing)
	Up to 0.30 Up to 0.30 Up to 0.30 Up to 0.30	Insufficient exactness of body position: <ul style="list-style-type: none"> <li>• Insufficient tuck or pike (tuck = min. 90° bend in hip &amp; knee; pike = min. 90° bend in hips)</li> <li>• Insufficient stretch (ideal = 180°, but &gt; than 135° is considered stretched position)               <ul style="list-style-type: none"> <li>• Insufficient stretched position (hip angle 136° - 179°)</li> </ul> </li> <li>• Arch</li> </ul>
	Up to 0.30	Late completion of the twist
	Up to 0.25 <u>0.30</u>	Insufficient extension (open) of body before landing <ul style="list-style-type: none"> <li>• Insufficient and/or late extension (tuck &amp; pike vault)</li> <li>• Total absence of extension (tuck &amp; pike vault)</li> </ul>
	Up to 0.50	Insufficient height
	Up to 0.50	Prescribed LA turn begun too late



## VAULT ~ Chapter 1 ~ Values and Deductions

<b>Landing</b>	Up to 0.10	Slight hop or small adjustments of feet
	Up to 0.10	Extra arm swings
	Each <u>0.10</u>	Extra steps (maximum of 0.40)
	Up to 0.10	Failure to join (slide) heels together on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Entire foot/feet slide or lifted off floor to join on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Landing with feet staggered (one in front of the other)
	<u>0.10</u>	Landing with feet further than hip-width apart
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	<u>0.20</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or both hands on mat (no support)
	Up to 0.30 Up to 0.10 0.15 - 0.20 0.25 - 0.30 Award lower value	Prescribed LA turn incomplete <ul style="list-style-type: none"> <li>• 1° - 30° missing</li> <li>• 31° - 60° missing</li> <li>• 61° - 89° missing</li> <li>• 90° or more missing</li> </ul>
	Up to 0.30	Deviation from a straight direction (determined by initial contact with mat)
	Up to 0.30	Insufficient dynamics
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against apparatus
VOID	Landing in a sitting, lying or standing position on top of the vault table	
<b>General</b>	<u>0.50</u>	Spotting assistance on landing
	(CJ) <u>0.50</u>	Vaults without signal from chief judge <ul style="list-style-type: none"> <li>• CJ deducts 0.50 from average of next vault</li> </ul>
	VOID	Failure to land on any part of the bottom of the feet first <ul style="list-style-type: none"> <li>• Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously</li> </ul>
	<u>1.00</u>	Spotting assistance during the vault <ul style="list-style-type: none"> <li>• (Maximum total Spot deduction not to exceed 1.50)</li> </ul>
	<b>No deduction</b> <b>VOID</b>	<b>1st Balk</b> <b>Performing 2nd or 3rd Balk</b>
	<b>VOID</b>	<b>Run approach which results in the gymnast coming to rest or support on top of the vault table without execution of the vault.</b> <b>Example: Rebounds from board, places hands on table, arrives in 3/4 handstand position, loses momentum and steps down onto table or falls back onto board.</b>
	VOID	Failure to use the safety zone mat for RO entry vaults

### I. GENERAL INFORMATION

- A. Final Score: Determination for all divisions
1. The gymnast has the right to perform two (2) Vaults.
  2. For ALL Divisions, the Vaults may be the same or different.
  3. Each Vault is scored and averaged separately.
  4. The better score is counted.
- B. Supplemental Approaches: The gymnast is allowed three (3) attempts (running approaches) to successfully complete one or both Vaults.
1. **A Balk: a running approach that results in a fall during the run, stopping mid-run, running off the runway, or making contact with the springboard or vault apparatus without coming to rest or support on top of the mat stack or vault table.**
    - **One balk is allowed in the three attempts without penalty. Any additional balk will be considered a Void vault.**
  2. **Contact with Hand Placement Mat, Safety Zone Mat, Springboard and/or Vault Table**
    - a. **If the gymnast runs over or touches the Hand Placement Mat, the Safety Zone Mat, or the springboard or runs into the front of the Vault Table WITHOUT coming to rest or support on top of the Vault Table, it is considered one of the three Vault approaches (a balk), but is NOT considered a Void Vault.**
    - b. **If the gymnast falls during her running approach to the vault, it is considered a balk and is counted as one of the three Vault approaches.**
  3. **Performance of an Incorrect/Incomplete Vault = VOID**
    - a. **Vault #2 for Bronze and Silver Divisions: If the gymnast rebounds from the springboard and comes to rest or support on her hands on the top of the mat stack (or Table) without passing through the vertical plane, it is considered a Void Vault. Example of Void vault: Gymnast jumps from board to arrive in support on hands on top of mat or table, then either places her feet on the mat (or Table) or falls back onto board or runway. Refer to asterisk at bottom of page 15 & 17 for an option to perform 2nd phase of Vault 1 instead of taking a zero score (Void) on Vault Option 2.**
    - b. **Gold, Platinum and Diamond Divisions: If the gymnast rebounds from the springboard and comes to rest or support on her hands but does not go over the vault table to complete the vault, it is considered VOID. Examples of Void vault:**
      - 1) **Gymnast jumps from the board to arrive in support on her hands on the vault table, but fails to invert resulting in her stepping down onto the table or falling down onto the board.**
      - 2) **Gymnast's steps are off on the run and she cannot slow down her horizontal speed and ends up in a "belly slide" on top of the table.**
  4. Fourth Attempt is not allowed: Examples:
    - a. Gymnast runs and Balks.  
Gymnast runs and Balks - Considered as first Vault with "0" (VOID).  
Gymnast runs and completes a Vault.  
Gymnast receives score for the one Vault performed.
    - b. Gymnast runs and completes first Vault  
Gymnast runs and Balks.  
Gymnast runs and completes second Vault.  
Gymnast receives score of the higher scoring Vault.
    - c. Gymnast runs, **rebounds from board, comes to support on top of Vault table without going over Table and completing the Vault - Score of "0" (VOID) on first Vault.**  
Gymnast runs and Balks.  
Gymnast runs and Balks - Considered as second Vault with a "0" (VOID) score.  
Gymnast receives a final score of "0" (VOID). No Fourth Attempt is allowed.
- C. Announcement of Intended Vault and Performance of the Wrong Vault:
1. Designate the Vault: Before beginning the approach, the gymnast or coach must announce the name of the vault or flash the Vault Number on the XCEL Vault Chart for the Specific Division.
    - a. At meets below State Championships, the coach may announce the vault to be performed instead of flashing the number.
    - b. For Gold, Platinum and Diamond Divisions, the Vault Number must be flashed at all State level and above competitions.
    - c. The Chief Judge will signal the gymnast to vault as soon as the intended vault has been flashed or announced by the coach.

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## VAULT ~ Chapter 2 ~ General Information

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2. Different Vault: No Deduction for performing a Vault that is different than the Vault announced or flashed, provided it is a Vault allowed at the specific division of the gymnast.
  3. Vault Performed Determines the SV: Not the Vault Number flashed or announced.
  4. Body Position: Demonstrated for the majority of the Vault will determine which Vault has been executed
- D. Performance of a Vault Without a Signal from the Chief Judge
1. Vault is ignored, even if both judges see it.
  2. Gymnast has the opportunity to perform two more Vaults.
  3. The Chief Judge applies a 0.50 penalty to the average of the next completed vault.
  4. The penalty may or may not affect the final score.  
Example: Vault 1 - Runs/vaults over table without being signaled to start  
Vault 2 - completes a vault, scores 9.0, receives penalty of -0.50 for score of 8.5  
Vault 3 - completes a vault, scores 9.0, which will be her final score.

### II. COACHING DEDUCTIONS

- A. Spot the Landing: All Judges take the 0.50 deduction for Spot (assistance) upon Landing.
- B. Spot the Vault: All Judges take the 1.00 deduction for Spot (assistance) during any other phase.
- C. Spot both Vault & Landing: The maximum total deduction for Spot (assistance) is 1.50 per Vault.
- D. Coach standing between the Board and Vault apparatus:
  - There is no deduction if the coach, when standing between the board and the vault apparatus, makes contact with the safety zone mat or inadvertently touches the vault apparatus.
- E. Coaching the Gymnast: The coach may speak to the gymnast between vaults without penalty, but may not give verbal coaching cues during the Vault.

### III. MISCELLANEOUS VAULT RULES

- A. Arrival on the Vault Table:
  1. May occur from a run with forward arrival on the board with both feet.
  2. May occur from a run with backward arrival on the board with both feet from a Round-off (Diamond only).
- B. Two Hands: All vaults must be performed with support of both hands on the Vault Table. (Exception: Bronze division; refer to the Bronze Vault deduction table)
  1. If neither hand makes contact with the vault table, the Vault is scored "0" (VOID).
  2. The Chief Judge takes the 1.00 deduction from the Average Score for the performance of a one-arm vault, if at least half of the vault panel saw that only one hand touched the vault table.
- C. Feet First Landings: All Vaults in the Gold, Platinum, and Diamond Divisions must land on the feet first on the landing mat.
  1. Landing on the feet first is defined as "any part of the bottom of the foot touching the mat first."
  2. Any vault that fails to land on the feet first will be scored "0" (VOID).
  3. If the gymnast lands standing, sitting, or lying on top of the vault table, it is a "0" (VOID)
- D. Silver Division - Vault 2:
  1. If upon landing the vault, the gymnast has any part/portion of her body on/touching the table, apply the following deduction(s):
    - a. Body part hitting/brushing table upon landing (up to 0.20).
    - b. Other Support Phase and Post Handstand Phase deductions may also apply.
- E. Landing on the Vault Table: If the gymnast lands sitting, standing, or lying on the Vault Table, the score for that Vault will be "0" (VOID).
  - Not applicable to Silver Vault 1A.
- F. Bronze Division Vault 1 and Silver Vault 1
  1. Vault 1A (Part 1), If the gymnast performs the Straight Jump and fails to land on the bottom of the feet first, that part of the vault will be scored "0".
  2. Vault 1B (Part 2), The gymnast may then continue to perform the kick to handstand, fall to flat back for a maximum score of 4.50.

## VAULT ~ Chapter 2 ~ General Information

### MISCELLANEOUS VAULT RULES (continued)

#### G. Restricted/Unallowable Vaults:

1. If a gymnast attempts a Vault listed on the Vault chart for her Division, resulting in a Vault that is not found on the chart, the vault is scored "0" (VOID).
2. The gymnast does NOT receive a "0" (VOID) as the Final Score for the even if the second Vault is an Allowable Vault.
3. If **EITHER** of the two Vaults performed are Vaults that are not allowed at the gymnast's Division, the gymnast would receive a Final Score of "0" (VOID), because an unallowable vault was performed.

#### H. Touch Warm-ups: Vault Touch Warm-up is not regulated by time.

1. Run Back: After presenting to the Judges, gymnasts are allowed ONE "run-back" from the board before the Vault attempts are counted.
2. Jump Off: Each gymnast is allowed to stand on the Vault Table and jump off (or salto – *Diamond only*) ONE TIME ONLY, in addition to their specific number of guaranteed Vaults.
3. Guaranteed Vaults: Each gymnast is guaranteed a specific number of warm-up Vaults, depending upon her Division.
  - Diamond: athletes are guaranteed three (3) Vaults.
  - Gold and Platinum: athletes are guaranteed two (2) Vaults.
  - Bronze and Silver: Athletes are guaranteed one (1) Vault.

#### I. Group 1 (Handspring) Vaults ~ Clarifications:

1. Pre-Flight Turns: Vaults may be performed with  $\frac{1}{4}$  (90°) to  $\frac{1}{2}$  (180°) LA (long axis) turn.
2. Twisting Directions: In both the First and Second flight phase, the twist may be performed in either direction.

#### J. Group 3 (Tsukahara Entry) Vaults ~ Clarifications:

1. Slight Arm Bend of the Lead Arm: Is allowed for all Group 3 Vaults.
2. Pre-Flight Turn: May be performed with  $\frac{1}{4}$  (90°) to  $\frac{1}{2}$  (180°) LA turn in the first flight phase. There is NO deduction for incomplete turn.

#### K. Maximum Execution Deduction is 4.0

***For Bronze and Silver Vault #1, this maximum deduction would be for both parts of the vault (1A & 1B combined).***

A Courtesy Score of 4.0 may be awarded for unusual circumstances, including injury. This does not apply if a gymnast has earned a "zero" for the vault or the event for balking, unallowable vault or a landing position (not feet first or on the table).

## IV. UNUSUAL JUDGING SITUATIONS

#### A. Bronze and Silver Divisions - Vault Option 1:

1. Vault 1A (Part 1): If the gymnast fails to hurdle and do a Stretch Jump **onto the Vault apparatus** (i.e. runs off the board and onto the mat **or jumps on board and fails to land on feet first on Mat Stack (or Table)**), she would receive a "0" (VOID) for Part 1 (**deduction of 4.50 for Bronze / 5.00 for Silver**)
2. Vault 1B (Part 2): The gymnast is still able to do the Kick to Handstand, fall to flat back. Her maximum score would be 4.50.

#### B. Bronze and Silver Divisions - Vault Option 2:

***If the gymnast designates intent to perform Vault Option 2 - Handspring onto Mat Stack/Vault Table - to finish in lying position on flat back and:***

1. ***Attempt #1 is a balk - runs off runway - no penalty***
2. ***Attempt #2 is a Void Vault - jumps from board, arrives in 3/4 handstand and comes back down onto board***
3. ***Attempt #3 - gymnast jumps to support on hands but comes back down to squat stand on Mat Stack or Vault Table***
  - ***Since there is no deduction for calling the wrong vault, gymnast is allowed to perform Part 2 of Silver Vault Option #1 (kick up to handstand-fall to flat back). Her maximum score would be 4.50.***
  - ***If she does not continue to perform Vault #1B, she will receive a zero score for the event.***

# VAULT ~ Skills Chart

## Group 1 –

Vaults without Saltos (Handsprings, Yamashitas) with or without LA turns in first and or second flight phase.

<p><b>1.101</b> Handspring forward</p>	<p><b>1.201</b> Handspring forward on – 1/1 (360°) turn off</p>	<p><b>1.301</b> Handspring forward on – 2/1 (720°) turn off</p>
<p><b>1.102</b> Handspring forward on – 1/2 (180°) turn off</p>	<p><b>1.202</b> Handspring forward on – 1 1/2 (540°) turn off</p>	<p><b>1.302</b></p>
<p><b>1.103</b> Yamashita</p>	<p><b>1.203</b> Yamashita with 1/1 (360°) turn off</p>	<p><b>1.303</b></p>
<p><b>1.104</b> Yamashita with 1/2 (180°) turn off</p>	<p><b>1.204</b></p>	<p><b>1.304</b></p>

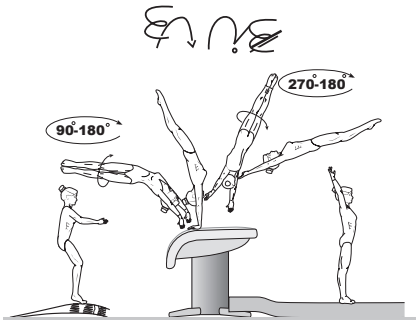
# VAULT ~ Skills Chart

## Group 1 –

Vaults without Saltos (Handsprings, Yamashitas) with or without LA turns in first and or second flight phase.

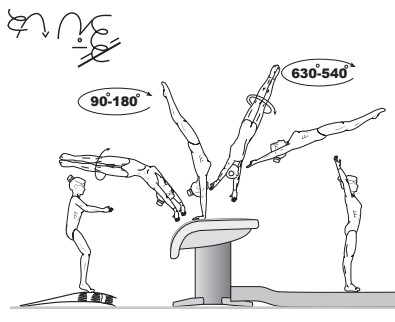
**1.105**

½ (180°) turn on – ½ (180°) turn off OR  
¼ (90°) turn on – ¾ (270°) turn off



**1.205**

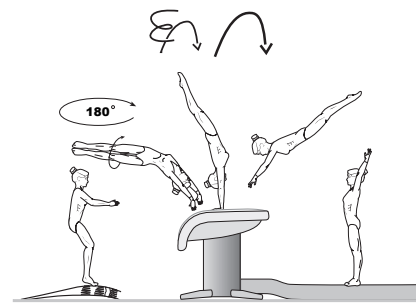
½ (180°) turn on – 1½ (540°) turn off OR  
¼ (90°) turn on – 1¼ (630°) turn off



**1.305**

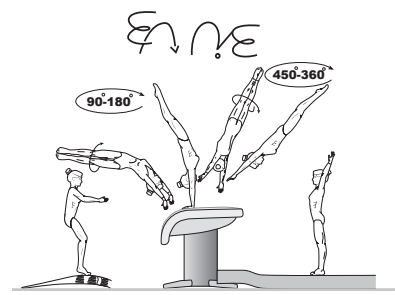
**1.106**

¼ – ½ (90°–180°) turn on – repulsion off



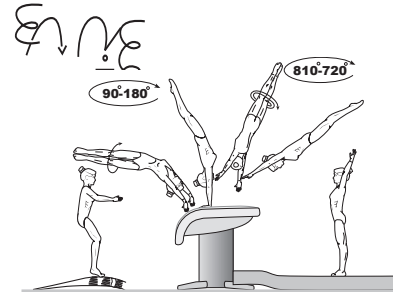
**1.206**

½ (180°) turn on – 1/1 (360°) turn off OR  
¼ (90°) turn on – 1¼ (450°) turn off



**1.306**

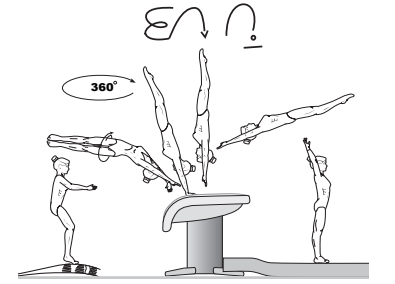
½ (180°) turn on – 2/1 (720°) turn off OR  
¼ (90°) turn on – 2¼ (810°) turn off



**1.107**

**1.207**

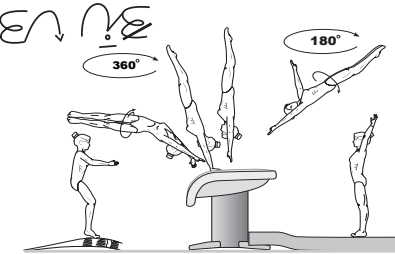
1/1 turn (360°) on – Handspring/Yamashita off



**1.108**

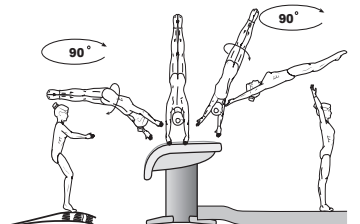
**1.208**

1/1 turn (360°) on – Handspring ½ turn (180°) off

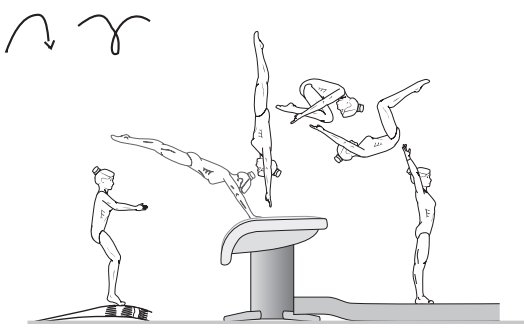


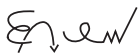

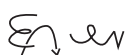
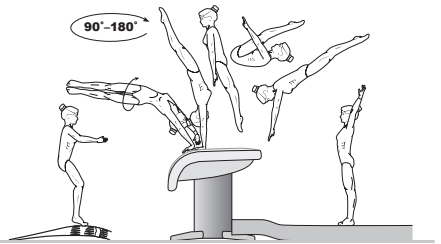
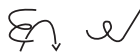
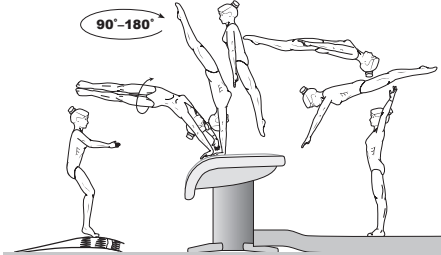
**1.109**

¼ (90°) turn on – ¼ (90°) turn off (to land facing away from table)



# VAULT ~ Skills Chart

<b>Group 2–</b> <b>Handspring forward with or without 1/1 turn (360°) in entry phase</b> <b>– Salto forward or backward with or without LA turn in second flight phase.</b>		
2.101	2.201	2.301 <i>Handspring forward on - salto forward tucked off</i> 

<b>Group 3 –</b> <b>Handspring with 1/4 to 1/2 turn (90°–180°) in entry phase (Tsukahara entry)</b> <b>– Salto backward in second flight phase.</b>		
3.101	3.201 Tsukahara tucked  	3.301
3.103	3.203	3.303 Tsukahara piked  
		3.303 Tsukahara stretched  

# VAULT ~ Skills Chart

## Group 4 –

**Round-off entry phase (Yurchenko entry) – Handspring with or without LA turn in second flight phase  
OR Salto backward in second flight phase.**

**4.101**  
Round-off, flic-flac on – repulsion off

**4.201**  
Round-off, flic-flac on – 1/1 turn (360°) off

**4.102**  
Round-off, flic-flac on – repulsion off with 1/2 (180°) turn

**4.202**  
Round-off, flic-flac on – 1 1/2 turn (540°) off (Allen - 1 1/2 turn)

**4.103**

**4.203**  
Round-off, flic-flac on – salto backward tucked off

**4.104**

**4.204**

**4.304**  
Round-off, flic-flac on – salto backward piked off

**4.105**

**4.205**

**4.305**  
Round-off, flic-flac on – salto backward stretched off



# UNEVEN BARS RULES

## BARS

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<b>Value Parts (VP)</b>	Any "A" VP listed in the Xcel Code of Points.  Any Skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points.  Any Skills listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points.  Any Skills listed on the Xcel Gold chart.	<b>6</b> "A", <b>1</b> "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. <b>Any Skills listed on the Xcel Platinum chart.</b> <u>Exceptions:</u> One Tap or Underswing - Counterswing = "A" VP. Cast (89° to 21° from vertical) = "A" VP.	<b>5</b> "A", <b>2</b> "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points. <b>Any Skills listed on the Xcel Diamond chart.</b> 1 "D" element is allowed. (No bonus) <u>Exception:</u> Cast (45° to 21° from vertical) = "A" VP.
<b>Clarifications</b> When a skill is preceded by a cast, both the cast and skill receive separate VP/ skill credit. <b>Exceptions:</b> cast squat on - <b>jump to HB</b> and cast shoot through receive 1 "A" VP in ALL divisions  JO cast angle deductions will not be used in any division.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.  A long hang pullover is considered a circling skill only if preceded by a cast.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.  A long hang pullover is considered a circling skill only if preceded by a cast.  <b>A Tap or Underswing - Counterswing</b> will receive extra swing deduction.	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.  A long hang pullover is considered a circling skill only if preceded by a cast.  <b>A Tap or Underswing - Counterswing</b> will receive extra swing deduction.
<b>Difficulty Restrictions</b> Unallowable Skills 0.5 deduction - off SV	No "B" or higher VP. No skills on high bar. No Salto dismounts.	No "B" or higher VP. No Giants (LB or HB) No Salto dismounts.	No "C" or higher VP. No Giants. No Release Moves with bar change.	No "C" or higher VP. <u>Exception:</u> Clear Hip Handstand.	Maximum of 1 "D" VP allowed.  No "E" VP
<b>Special Requirements (SR)</b> <b>Deduct 0.5 for Each Missing SR</b>	1. Min. 4 "A" VP /skills 2. Cast ( <i>hips must leave bar</i> ) 3. Circling skill ( <i>no mount or dismount</i> ) 4. Dismount	1. Min. of 5 "A" VP /skills 2. Cast to a minimum of 45° below horizontal 3. Circling skill ( <i>no mount or dismount</i> ) 4. Dismount	1. Min. of 6 "A" VP/ skills 2. Cast to Horizontal 3. Circling skill ( <i>no mount or dismount</i> ) 4. Dismount – High Bar	1. Cast to above Horizontal 2. Circling skill (no mount or dismount) 3. Kip 4. Dismount –High Bar	1. Cast to 45° from Vertical 2. Min "B" Circling Skill 3. <b>Min. of "B" skill - either a Release, Pirouette or 2<sup>nd</sup> different Circling Skill</b> 4. Salto Dismount – High Bar
<b>Timing</b>	Warm-up: 30 sec.	Warm-up: 45 sec.	Warm-up: 1:00	Warm-up: 1:30	Warm-up: <b>2:00</b>

# UNEVEN BARS ~ Chapter 1 ~ Requirements

## I. Special Requirements (SR) each worth 0.50

### A. BRONZE DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 4 "A" VP from the Code or Skills from the Bronze Skill Chart
2. Cast (hips must leave the bar)
3. Circling skill (not in the mount or dismount)
4. Dismount

### B. SILVER DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 5 "A" VP from the Code or Skills from the Silver Skill Chart
2. Cast to a minimum of 45° below horizontal
3. Circling Skill (not in the Mount or Dismount)
4. Dismount

### C. GOLD DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 6 "A" VP from the Code or Skills from the Gold Skill Chart
2. Cast to Horizontal
3. Circling Skill (not in the Mount or Dismount)
4. Dismount (from the high bar)

### D. PLATINUM DIVISION ~ SPECIAL REQUIREMENTS

1. Cast to Above Horizontal
2. Circling Skill (*not in the Mount or Dismount*)
3. Kip
4. Dismount (from the high bar)

### E. DIAMOND DIVISION ~ SPECIAL REQUIREMENTS

1. Cast to 45° from Vertical or above
2. Minimum "B" Circling Skill
3. **Minimum of "B" skill - either a Release, Pirouette, or a 2<sup>nd</sup> Different Circling Skill**
4. Salto Dismount (from the high bar)

## II. Special Requirement Clarification

### A. General

1. Apply to All Divisions
  - a. When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit.
    - Exceptions: cast squat on - **jump to HB** and cast shoot through receive one (1) "A" Value-part in ALL Divisions.
  - b. JO cast angle deductions will not be used in any division.
  - c. Unallowable skills receive a deduction of 0.50 each and do not receive VP or SR credit.
2. Apply to Bronze Division
  - a. No skills/VP are allowed on the high bar
  - b. No salto dismounts are allowed.
3. Apply to Silver Division
  - a. If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.
  - b. No giants are allowed (LB or HB).
  - c. No salto dismounts are allowed.
4. Apply to Gold Division
  - a. If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.
  - b. No giants are allowed.
  - c. No release moves with a bar change are allowed.
5. Apply to Platinum Division
  - a. If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.
  - b. A long hang pull-over is considered a circling skill only if preceded by a cast.
  - c. Clear hip to handstand receives "B" VP credit.
  - d. **ONE tap or underswing - counterswing is allowed for VP credit. Any others will incur an extra swing deduction.**
6. Apply to Diamond Division
  - a. If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP.
  - b. A long hang pull-over is only considered a circling skill if preceded by a cast.
  - c. **A tap or underswing - counterswing will receive extra swing deduction.**
  - d. **A cast to handstand with 1/2 (180°) turn fulfills SR #1 and #3. Two SRs may be fulfilled with one skill, unless stated otherwise.**

# UNEVEN BARS ~ Chapter 1 ~ Requirements

## Special Requirement Clarifications - (Continued)

B. Examples: These are a few examples of elements that do and do NOT fulfill Special Requirement.

### EXAMPLES FOR BRONZE BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Jump to front support, cast, back hip circle, cast off to stand dismount	Glide swing to stand, pullover, cast, 3/4 forward circle to stand dismount ( <i>missing circling skill not in mount or dismount</i> )
Run-out glide kip, front hip circle, cast, straddle sole circle dismount	Pullover, cast, cast, underswing dismount ( <i>missing circling skill not in mount or dismount</i> )
Glide swing to stand, pullover, cast, back hip circle, underswing dismount	

### EXAMPLES FOR SILVER BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Pullover, single leg cut, forward stride circle, single leg cut backward, cast to 45° below horizontal, cast to pike sole circle dismount	Glide swing to stand, pullover, cast squat on, tap swing forward with ½ turn dismount ( <i>missing cast to minimum 45° below horizontal &amp; circling skill not in mount or dismount; needs 5 VP/skills-missing one VP/skill</i> )
Single leg jam kip, stride circle, leg cut backward, cast to 45° below horizontal, cast squat on, tap swing forward with 1/2 turn dismount	Glide kip, cast to 45° below horizontal, back hip circle, cast squat on, tap swing-counterswing, <b>tap swing to</b> flyaway dismount ( <i>flyaway is unallowable skill -.0.50</i> )
Glide kip, cast to 45° below horizontal, back hip circle, cast to straddle sole circle dismount	

### EXAMPLES FOR GOLD BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Glide kip, cast to horizontal, clear hip circle, glide kip, cast squat on, long hang pullover, underswing dismount	Glide swing to stand, pullover, cast squat on, tap swing-counterswing, tap swing forward with 1/2 turn dismount ( <i>missing cast to horizontal &amp; circling skill not in mount or dismount; needs 6 VP/skills-missing one VP/skill</i> )
Pullover, cast squat on, long pullover, cast to horizontal, back hip circle, cast to 20° below horizontal to straddle sole circle dismount	Glide kip, cast horizontal, back hip circle, cast 45° below horizontal, straddle sole circle dismount ( <i>needs 6 VP/skills - missing one VP/skill, missing high bar dismount SR</i> )
Pullover, front hip circle, cast horizontal, cast squat on, tap swing-counterswing, <b>tap swing to</b> tuck flyaway dismount	

### EXAMPLES FOR PLATINUM BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Glide kip, cast above horizontal, clear hip, glide kip, cast squat on, long hang kip, cast below horizontal, flyaway dismount	Glide kip, cast squat on, long hang pullover, underswing-counterswing, tap swing <b>to</b> flyaway dismount - Routine is missing 2 "A" VP and 1 "B" VP; missing cast above horizontal & missing circling skill - Because the long hang pullover from a hang is not an "A" VP for Platinum. The "A" in the Code (#4.102) has to come from a cast. - Underswing is not an 'A' VP by itself. Combines with counterswing to be one 'A' VP
Glide kip, cast squat on, long hang kip, cast above horizontal, clear hip circle, tap swing-counterswing, <b>tap swing to</b> flyaway dismount	
Glide kip, cast squat on, long hang kip, cast above horizontal, underswing-counterswing, uprise, back hip circle, underswing dismount.	Glide kip, cast squat on, long hang kip, cast above horizontal, long hang pullover, underswing-counterswing, <b>tap swing to</b> flyaway dismount ( <i>missing a "B" VP</i> )

### EXAMPLES FOR DIAMOND BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Glide kip, cast 45° from vertical, clear hip, glide kip, cast squat on, long hang kip, cast more than 45° from vertical, clear hip circle, flyaway	Glide kip, cast squat on, long hang kip, cast 20° from vertical, giant, giant, flyaway dismount ( <i>needs a different "B" circling skill, or release or pirouette</i> )
Glide kip, cast squat on, tap swing, counterswing to straddle back over LB, kip, cast squat on, long hang kip, cast 45° from vertical, giant, flyaway dismount	Glide kip, cast handstand 1/2 pirouette, glide kip, cast squat on, long hang kip, cast 45° from vertical, flyaway full dismount ( <i>missing "B" circling skill</i> )
Glide kip, cast handstand 1/2 pirouette, glide kip, cast squat on, long hang kip, cast 20° from vertical, giant, flyaway dismount	

## I. RECOGNITION (COUNTING) OF VALUE PARTS (VP)

- A. Any Uneven Bar Skill listed in the applicable Xcel Skill Chart **for each division** or in the *Xcel Code of Points/Xcel Updates* for all Divisions may receive VP credit two (2) times in an exercise, provided that the element occurs in a different connection (i.e. preceded or followed by a different element). Any skill that is listed in the *Xcel Code of Points* is given the value that is listed, even if it is different than the value listed in the *JO Code of Points*.
1. Any new element not listed in the **Xcel Skill Charts** or in the *Xcel Code of Points/Xcel Updates*;
    - a. Must be evaluated by the Regional Technical Chair and the National Xcel Chair and Appointed National Technical Committee Personnel.
    - b. Element Evaluation Forms can be found on the [www.usagym.org](http://www.usagym.org) website in the Forms section under Women.
    - c. A copy of this evaluation must be presented to the Meet Referee or Chief Judge prior to the competition in order to insure proper awarding of difficulty.
    - d. Evaluations will be valid for one quadrennium (beginning Aug. 1 of the year following the Olympics) and will be posted on Regional websites.
  2. If the same element is performed a third time, or is performed a second time in the exact same connection:
    - a. The VP credit is NOT awarded.
    - b. All applicable execution and amplitude deductions are applied.
    - c. It CANNOT be used to fulfill SR. An element must receive VP credit in order to fulfill SR.

EXCEPTION: VP credit can be awarded for an element that is performed for the third time, IF it was not previously awarded VP credit because the element:

- Lacked completion the first or second time it was performed, or
- Was performed in the exact same connection the second time it was performed.

EXAMPLE: *Gold Bars*

- Pullover (A), Cast (A), Back Hip Circle (A).
- Cast (A), Back Hip Circle (0).
- Cast (0), Back Hip Circle (A), Underswing Dismount (A)

- B. In the following instance, elements will be considered DIFFERENT for the counting of VP:

1. In Xcel, if the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP at Silver, Gold, Platinum and Diamond Divisions.
2. If they have a different number in the *Xcel Code of Points/Xcel Updates* or are listed separately on the Xcel Skill Chart.
3. If they have the same number in the *Xcel Code of Points/Xcel Updates*, but meet the following criteria:
  - a. If Mount elements are performed as elements within the exercise.
  - b. If the element is performed with different degrees of turn ( $\frac{1}{2}$ ,  $1/1$ ,  $1\frac{1}{2}$ ).

EXAMPLE: #4.303 Giant circle backward to Handstand with  $\frac{1}{2}$  turn  
#4.303 Giant circle backward to Handstand with  $\frac{1}{2}$  -  $\frac{1}{2}$  turn in different directions.
  - c. If the support is on one or both arms.

EXAMPLE: Giant circle backward and Giant circle backward on one arm
  - d. If saltos are performed with different body positions.
  - e. If the legs are together or straddled in saltos.

- C. In the following instance, elements listed under the same number will be considered the SAME:

1. If the elements finish with a different grip position.

EXAMPLE:

  - #2.301 Cast handstand with  $\frac{1}{2}$  turn in handstand and Cast to handstand with  $\frac{1}{2}$  turn in handstand to L-grip are considered the same element.
  - Finishing in a different grip does not make an element different.
2. If the elements are performed with legs together or separated (not to include saltos)

EXAMPLE:

  - #5.302 Giant circle forward with legs straddled with  $\frac{1}{2}$  turn and Giant circle forward with legs together and  $\frac{1}{2}$  turn are considered the same element.

## UNEVEN BARS ~ Chapter 2 ~ General Information

### RECOGNITION (COUNTING) OF VALUE PARTS (VP) (continued)

#### EXAMPLE:

- Cast to handstand with legs together or cast to handstand with legs straddled are considered the same element.

#### EXAMPLE:

- A Glide kip with legs straddled or together are considered the same element.

- D. If a swing forward or backward reaches the handstand phase (within 20° of vertical), it will be considered a separate element. (i.e., Backward Giant, Forward Giant)
- E. Awarding VP credit when a fall occurs while performing a Release Element  
Consider:
1. During the performance of a release, the gymnast grasps or touches the bar with one or two hands and then falls:
    - a. VP is awarded
    - b. Execution and amplitude errors are taken in addition to the fall.
    - c. SR WILL be fulfilled, if applicable.
  2. During the performance of a release element, the gymnast's hand(s) never grasps or touches the bar:
    - a. Element is considered incomplete; therefore, VP credit is NOT awarded.
    - b. Execution and amplitude errors are taken in addition to the fall.
    - c. The element CANNOT be used to fulfill Special Requirements.
    - d. The gymnast may repeat the element. If performed successfully, VP credit is awarded, as well as SR credit, if applicable.
- F. Awarding VP credit when a fall occurs while performing dismount element:
- If the gymnast lands on the hands and bottoms of the feet simultaneously, award VP credit and deduct 0.50 for the fall.
- G. Difficulty Restrictions
1. BRONZE DIVISION ~ RESTRICTIONS
    - a. Only Skills listed on the Bronze Skill Chart and allowable "A" elements are allowed
      - 1) The following "A" VPs are NOT ALLOWED in the Bronze Division:
        - a) Salto Dismounts
        - b) Skills on the high bar
      - 2) "B" or higher VP elements are NOT ALLOWED.
      - 3) If an unallowable/**restricted** skill is performed:
        - a) Deduct 0.50 **from SV**
        - b) Do NOT award VP credit
        - c) The skill CANNOT be used to fulfill Special Requirements
    - b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.
  2. SILVER DIVISION ~ RESTRICTIONS
    - a. Only Skills listed on the Silver Skill Chart and allowable "A" elements are allowed
      - 1) The following "A" VP's are NOT ALLOWED in the Silver Division:
        - a) **No Giants (LB or HB)**
        - b) Salto Dismounts
      - 2) "B" or higher VP elements are NOT ALLOWED.
      - 3) If an unallowable/**restricted** skill is performed:
        - c) Deduct 0.50 **from SV**
        - d) Do Not award VP credit
        - e) The skill CANNOT be used to fulfill Special Requirements
    - b. All appropriate deductions would be applied to elements, whether or not they receive VP credit.
  3. GOLD DIVISION ~ RESTRICTIONS
    - a. Only Skills listed on the Gold Skill Chart and "A" elements, and allowable "B" elements are allowed.
      - 1) The following "B" VP's are NOT ALLOWED in the Gold Division:
        - a) **Giants**
        - b) Release moves with bar change
      - 2) "C" or higher VP elements are NOT ALLOWED.
      - 3) If an unallowable/**restricted** skill is performed:
        - a) Deduct 0.50 **from SV**
        - b) Do Not award VP credit
        - c) The skill CANNOT be used to fulfill Special Requirements
    - b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

# UNEVEN BARS ~ Chapter 2 ~ General Information

## Difficulty Restrictions – (continued)

### 4. PLATINUM DIVISION ~ RESTRICTIONS

- a. Only **Skills listed on the Platinum Skill Chart** and “A” and “B” VP elements are allowed.
  - 1) “C” or higher VP elements are **NOT ALLOWED**.
    - EXCEPTION: A Clear Hip Handstand is allowed and will receive “B” VP.
  - 2) If an unallowable/restricted skill is performed:
    - a) Deduct 0.50 from SV
    - b) Do Not award VP credit
    - c) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

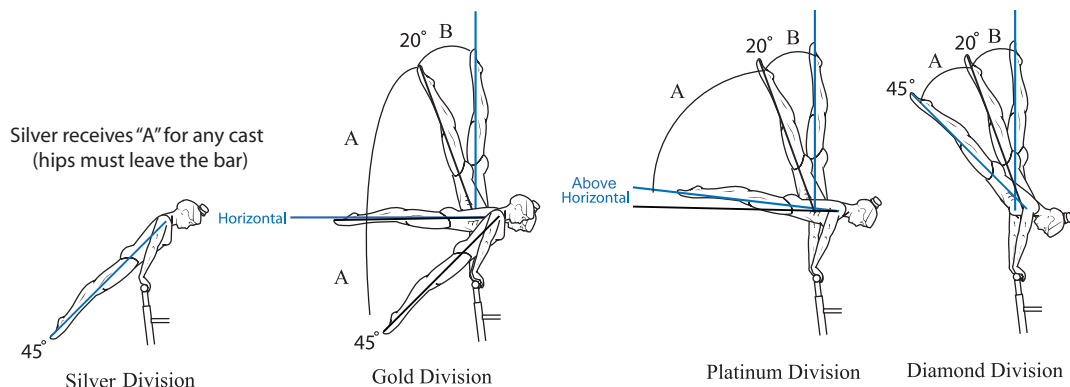
### 5. DIAMOND DIVISION ~ RESTRICTIONS

- a. Only **Skills listed on the Diamond Skill Chart** and “A”, “B”, “C” and one “D” VP elements are allowed. NO BONUS is awarded for a “D” element.
  - 1) “E” VP elements and more than one “D” VP elements are **NOT ALLOWED**.
  - 2) If an unallowable/restricted skill is performed:
    - a) Deduct 0.50 from SV
    - b) Do Not award VP credit
    - c) The skill CANNOT be used to fulfill Special Requirements

### H. Required Technique for the Recognition of VPs

- When evaluating the angle of the body when there is a shoulder angle, look at the line from the shoulders through the mid-point of the lowest body part.
- When there is no shoulder angle (such as the ending of a clear hip circle nearing handstand phase), look at the line from the hands through the mid-point of the lowest body part.
- In the case of casts and back uprisers with straddled legs, the angle of completion is determined when the hips are extended and/or legs are joined.
- If hips are extended, but the legs are not fully together at the peak of the cast or uprise, a deduction for leg separation is applied.

### 1. Cast(s)



### J.O. Cast Angle Deductions will NOT be used in any Division.

- a. **Bronze Division:** no angle requirement No Amplitude Deduction
- b. **Silver Division:** Minimum 45° below horizontal requirement No Amplitude Deduction
  - No other casts performed in the routine will have a cast angle requirement and would be subject only to execution deductions.
- c. **Gold Division:** Horizontal requirement
  - 0° - 20° from Vertical award “B” VP/SR, no Amplitude deduction
  - 21° - 90° from Vertical award “A” VP/SR, no Amplitude deduction
  - 1° - 45° BELOW horizontal award “A” VP, do NOT award SR; no amplitude deduction
  - More than 45° below horizontal do NOT award VP/SR, no Amplitude deduction
  - No other casts performed in the routine will have a cast angle requirement and would be subject only to execution deductions.
- d. **Platinum Division:** Above Horizontal requirement
  - 0° - 20° from Vertical award “B” VP/SR, no Amplitude deduction
  - 21° - 89° from Vertical award “A” VP/SR, no Amplitude deduction
  - Horizontal and below do NOT award VP/SR, no Amplitude deduction
- e. **Diamond Division:** 45° from Vertical or Above requirement
  - 0° - 20° from Vertical award “B” VP/SR, no Amplitude deduction
  - 21° - 45° from Vertical award “A” VP/SR, no Amplitude deduction
  - more than 45° from Vertical do NOT award VP/SR, no Amplitude deduction

## UNEVEN BARS ~ Chapter 2 ~ General Information

### Required Technique for the Recognition of VPs – (continued)

2. Uprises to Handstand (#2.303)
  - a. Back Uprise to handstand must be completed to within 20° of vertical to receive “C” VP credit. If the handstand finished within 11° to 20°, deduct 0.05.
  - b. When an attempt at a Back Uprise to Handstand fails to finish within 20° of vertical and:
    - 1) The gymnast is able to create a closed shoulder angle, finishing in a clear support, recognize it as a Back Uprise to clear support (#2.203) and award “B” VP credit.
      - a) If the body finishes in a clear support but below horizontal, an “up to 0.20” deduction for insufficient amplitude would be applied.
      - b) If, from the clear support, the gymnast pulls the hips to the high bar and either performs an immediate cast or a back hip circle followed by a cast, a 0.30 deduction is applied for an Extra Swing/Cast (Exception: Gold Division)
    - The gymnast does not show a closed shoulder angle, pulling the shoulders in over the high bar to a clear support, do NOT award VP credit, since there is no such element listed in the *Xcel Code of Points, Xcel Updates*, or in the Xcel Skill Chart.
3. Elements with Flight arriving in support (not in handstand) on the Low Bar (#2.205, 3.203, 3.303, 4.204, 4.304, & 5.303)
  - a. The “up to 0.20” insufficient amplitude deduction is used to evaluate the height of the release over the low bar, not necessarily the angle of arrival.
  - b. Elements from a counterswing or forward giant swing on the HB, straddle (or pike) with flight backward over low bar to grasp LB:
    - Proper technique is to catch LB in an extended body position from shoulders to hips; however, it is acceptable to maintain a pike in the hips.
  - c. Underswing, clear hip circle or long swing elements on HB with ½ (180°) turn and flight over LB to grasp LB:
    - Proper technique is to catch in an extended body position (shoulders to feet) at horizontal or above for no deduction for insufficient amplitude.
    - Once both hands make contact with the LB, the element is considered complete and VP credit is awarded.
4. Elements with Flight arriving in Handstand on Low Bar
  - a. The handstand position on low bar must finish within 20° of vertical to receive the higher VP credit. If the release element does not finish within 10° of vertical, but is within 20°, deduct 0.05.
  - b. If it finishes at 21° or more from vertical, recognize it as the lower valued element.
    - EXAMPLE: a counterswing to straddle back to handstand on low bar (“C” - #2.305), but arrives at a 30° angle upon making hand contact on the low bar (award “B” for straddle back to grasp low bar (#2.205)).
    - No deduction for insufficient amplitude would be applied.
5. Circles to Handstand and Circles/Swings to Handstand  
CIRCLES: Clear Hip, Stalder, Pike Sole Circle, Clear Pike Sole Circle, Weiler Kip, etc.  
CIRCLE/SWINGS: Front Giant, Back Giant
  - a. If the handstand position is achieved within 20° of vertical, award the VP as listed in the *Xcel Code of Points/Xcel Updates*.
    - Deduct 0.05 if the handstand is between 11° to 20° of vertical
    - No angle deduction in Platinum Divisions, when higher VP is a “C” because they can only receive credit for “B” VP Circles. Deduct 0.50 for an unallowable element. Exception: Clear Hip to handstand.
  - b. If the angle achieved is between 21° - 45° of vertical, award the lower VP (if applicable) as listed in the *Xcel Code of Points/Xcel Updates*.
    - No deduction for insufficient handstand angle would be applied.
    - EXAMPLE: Gymnast performs a Clear Hip Circle backward, finishing at 45° from vertical. Award “B” VP credit for a Clear Hip Circle backward. No deduction for insufficient amplitude would be applied.
  - c. If the circle finishes below 45° from vertical, award the same lower VP as in (b.) above (if applicable) and:
    - 1) Deduct “Up to 0.20” for insufficient amplitude:  
A “rule of thumb” is to take the full 0.20 if the body is at 90° (Horizontal) or below.
    - 2) Exception:  
“B” Clear hip circle (#3.204): deduct “Up to 0.40” for insufficient amplitude. These deductions apply ONLY to Platinum and Diamond divisions. Gold division has NO amplitude deductions for clear hip circles.
      - 0.05 - 0.25 from 46°-89° from vertical. Do NOT deduct for an unallowable element.
      - 0.30 at Horizontal (90°)
      - 0.35 - 0.40 under Horizontal
      - If the hips make contact with the bar, it is considered a back hip circle and receives “A” VP (#7.101).
        - o It will NOT meet the SR of a 360° “B” circling element for the Diamond Division.

## UNEVEN BARS ~ Chapter 2 ~ General Information

### Circles to Handstand and Circles/Swings to Handstand – (continued)

- d. Circle or Circle/Swing elements that do not finish within 20° of vertical on the upswing are considered incomplete elements and no VP credit is awarded.
- Any Circle element (Clear Hip, Stalder, Pike Sole Circle, etc.) that does not pass over the bar, but finishes short of 20° from vertical and falls off.
  - No VP credit awarded + 0.50 for a fall.
6. Backward and Forward Giants (#4.202)  
The Backward Giant Circle must be completed to within 20° of vertical in order to receive the (“B”) VP credit as listed in the *Xcel Code of Points*.
- a. Even if the starting position is not in handstand, VP credit will be awarded, if the element is completed to within 20° of vertical.
- b. If the Backward giant circle does not reach 20° and falls = No VP credit awarded; deduct 0.50 for fall.
- c. If a Front Giant Circle is not completed to within 20° of vertical, no VP credit is awarded (a  $\frac{3}{4}$  Front Giant circle is not listed as an element).
- A  $\frac{3}{4}$  front giant, hops grip and continues with exercise = no VP credit awarded
7. Casts, Uprises, and Circle Elements performed with  $\frac{1}{2}$  (180°) turn on the Upswing – to Descend on the Same Side of the bar:
- a. In order to receive the value as listed in the *Xcel Code of Points*, a Cast, Back uprise or Circle element must first reach within 20° of vertical on the upswing.
- b. The timing of the initiation of the turn is irrelevant as long as the long swing/circle is completed to within 20° of vertical.
- c. When the higher VP credit is awarded to the root element, the angle of completion of the turn determines the deduction for late completion of turn.
- d. If the element never swings/circles up into the handstand phase (within 20° of vertical), but still completes a  $\frac{1}{2}$  (180°) turn, the value will be based on the value of the root skill.
- e. Depending upon the angle of completion of the turn, deductions for late completion may be appropriate.
- EXAMPLES:
- 1) Clear hip circle backward with  $\frac{1}{2}$  (180°) turn performed prior to reaching handstand phase = “A” (#3.102).
  - 2) **Back Giant swings up to within 21°- 44° from vertical with  $\frac{1}{2}$  (180°) turn = “B” (#4.201).**
    - **If the forward upswing finishes at horizontal to 45° from vertical, = “A” (#4.101)**
    - **If the swing finishes below horizontal, no VP credit is awarded, even if a  $\frac{1}{2}$  (180°) turn is completed.**
  - 3) Cast to 21° - 45° from vertical with  $\frac{1}{2}$  (180°) turn (descends on same side of bar) = “A” (#2.101), with appropriate deductions for amplitude of cast.
    - If the cast finishes more than 45° from vertical, no VP credit is awarded, even if a  $\frac{1}{2}$  (180°) turn is completed.
  - 4) Front Giant to 21° or more from vertical with  $\frac{1}{2}$  (180°) turn has no value.
8. Elements with Hop-Grip change to Handstand
- a. In order for elements with Hop-Grip change to Handstand to receive VP credit as listed in the *Xcel Code of Points*, the Hop-Grip change **MUST**:
- 1) Show a simultaneous release of the bar with both hands
  - 2) Finish in a different grip (mixed, reverse, mixed-L, L, etc.)
  - 3) Occur as the body is ascending (that is, on the upswing)
  - 4) Be completed by vertical, provided that the circle/cast/swing reaches within 20° of vertical with hips extended
- b. If any or all of the above requisites are missing, the element is not recognized as an element with a hop-grip change, and therefore:
- 1) Receives the value of the root skill (if applicable)
  - 2) Cannot fulfill the “Flight” SR for the Diamond Division
- c. The Hop-Grip change, as well as the Handstand position (with hips extended), must be completed to within 20° of vertical to receive VP credit.
- 1) If the hop-grip change to handstand is incomplete (that is, the gymnast is unable to continue over the top of the bar), the VP credit listed may be awarded provided that the upswing is to within 20° of vertical and the requirements listed in 8.a. are fulfilled.
  - 2) If the Hop-Grip change occurs on the upswing, but the element lacks enough swing to achieve a position within 20° of vertical, then the element is considered incomplete and VP credit is NOT awarded.
- EXAMPLES:
- a) Gymnast casts and hops to reverse grip on the way up, but does not swing to within 20° of vertical and falls from the bar. No VP credit is awarded.
  - b) Gymnast performs a clear hip circle and hops on the upswing, but the body does not swing to within 20° of vertical. No VP credit is awarded.



## UNEVEN BARS ~ Chapter 2 ~ General Information

### MOUNT and DISMOUNT REGULATIONS – (continued)

4. If the gymnast mounts the bars and realizes that the setting is incorrect, she may dismount the bars and has 45 seconds to re-adjust the bars. This is treated as a FALL from the apparatus and receives a deduction of 0.50.
5. Mounts that are preceded by one element prior to take-off from the board will be allowed.
  - Only the movements done after the feet leave the board will be evaluated.
  - If more than one element before the mount is performed, each judge takes a 0.20 deduction.
6. ***For Bronze, Silver and Gold Divisions: If the gymnast performs a mount with two parts, she must maintain hand contact on the bar between the two parts.***
  - ***Example: Glide swing mount followed by a pullover or jump to front support.***
  - ***Failure to maintain hand contact will incur a 0.10 deduction for poor rhythm between the two parts of the mount.***

### B. Dismounts

1. Unless otherwise stated, dismounts may be performed from the Low Bar.
  - All Flyaway Dismounts must be performed from the High Bar to receive VP credit.
2. All “A”, “B”, and “C” Flyaway Dismounts will retain their difficulty value regardless of starting position. Appropriate body position must be maintained in order to retain the VP credit, as listed in the *Xcel Code of Points* or *Xcel Updates*.
3. If a gymnast performs a dismount element from any Xcel Skill Chart or the *Xcel Code of Points/Xcel Updates* that does not meet division criteria:
  - a. Deduct 0.50 for missing the Dismount Special Requirement.
  - b. Do NOT deduct 0.30 for no dismount.
4. If the gymnast performs a Dismount element of No Value – one that is not listed in ANY Xcel Skill Chart or the *Xcel Code of Points/Xcel Updates* or performs a unallowable/restricted element for the Division:
  - a. Deduct 0.50 from the Start Value for missing the dismount SR.
  - b. Deduct 0.30 from the Start Value for no dismount.
  - c. Deduct 0.50 from the Start Value if the dismount performed is an unallowable element for the Division.
5. If the gymnast leaves the apparatus (terminates the exercise early, intentionally or due to a fall):
  - a. Deduct 0.50 from the Start Value for missing the dismount SR.
  - b. Deduct 0.30 from the Start Value for no dismount.
  - c. Deduct 0.50 for the fall from the apparatus, with or without an actual fall onto the mat.
  - d. A Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances. No routine will be awarded less than 4.0. Common sense should prevail.
6. Falls on a Salto Dismount (Gold / Platinum / Diamond Divisions):
  - a. If the gymnast never initiates the salto action, and falls without landing on the bottom of the feet first:
    - 1) NO VP credit awarded for the dismount.
    - 2) Deduct for any missing value parts, if appropriate, from the Start Value.
    - 3) Deduct 0.50 from the Start Value for missing the dismount SR.
    - 4) Deduct 0.30 from the Start Value for no dismount.
    - 5) Deduct 0.50 for the fall.
    - 6) Deduct for any other execution/amplitude errors.
  - b. If the gymnast initiates the salto action and falls without landing on the bottom of the feet first,
    - 1) NO VP credit awarded for the dismount.
    - 2) Deduct for any missing value parts, if appropriate, from the Start Value.
    - 3) Deduct 0.50 from the Start Value for missing the dismount SR.
    - 4) Deduct 0.50 for the fall.
    - 5) Deduct for any other execution/amplitude errors.

## UNEVEN BARS ~ Chapter 3 ~ Execution Deductions

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- I. **Third Run Approach** 0.50
- II. **Grasp on apparatus to avoid a fall** 0.30
- III. **Intermediate (Extra) Swing** (only applied at Platinum and Diamond Divisions) 0.30
- A. If after an intermediate (extra) swing(s) is taken, the athlete jumps down from the bars, apply only the deduction of 0.50 for the fall.
- B. The maximum deduction for extra swings following an element is 0.60.
- C. The momentum of the element is stopped and the gymnast must swing forward and backward to restart her routine.
- D. Successive (Multiple) Casts: before or after a skill/VP
1. Bronze, Silver and Gold Divisions: **NO extra swing deductions will be taken.**
    - a) Two casts are allowed for "A" VP credit, provided they are in different connections.
    - b) A third cast would not receive VP credit.
    - c) All casts are subject to execution deductions.
    - d) Do NOT deduct for an extra swing.
    - e) **An "up to 0.10" deduction may possibly be applied for poor rhythm in connections.**
  2. Platinum and Diamond Divisions:
    - a) Each extra swing is a 0.30 deduction with a maximum deduction of 0.60 for multiple extra swings following an element.
    - b) **If a gymnast performs an "A" or "B" cast that meets the Special Requirement amplitude for that division but then returns to a front support, it still receives a 0.30 extra swing/cast deduction.**
- E. Tap Swing or Underswing - Counterswings: (Considered the same skill)
1. Bronze Division:
    - a) Gymnasts are not allowed to perform skills on the high bar.
  2. Silver and Gold Divisions:
    - a) Two Tap swing **or Underswing** - Counterswings are allowed for "A" VP credit provided they are in different connections.
    - b) A third Tap swing **or Underswing** - Counterswing would not receive VP credit
    - c) All Tap swing **or Underswing** - Counterswings are subject to execution deductions.
    - d) Do NOT deduct for an extra swing.
  3. Platinum Division:
    - a) One Tap swing **or Underswing** - Counterswing may be used for "A" VP credit.
    - b) Any subsequent Tap swing **or Underswing** - Counterswings will receive an extra swing deduction of 0.30 with a maximum deduction of 0.60 for multiple extra swings following an element.
    - c) All Tap swing **or Underswing** - Counterswings are subject to execution deductions.
  4. Diamond Division:
    - a) Tap swing **or Underswing** - Counterswing is NOT a VP at Diamond Division.
    - b) All Tap swing **or Underswing** - Counterswings will receive an extra swing deduction of 0.30 with a maximum deduction of 0.60 for multiple extra swings following an element.
    - c) All Tap swing **or Underswing** - Counterswings are subject to execution deductions.

## UNEVEN BARS ~ Chapter 3 ~ Execution Deductions

### Execution and Amplitude Faults

- Execution deductions CANNOT exceed 4.0. This includes falls but does not include spot deductions.
- Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances.
- No routine will be awarded less than 4.0. Common sense should prevail.

<b>Slight/Small Faults (Up to 0.10)</b>	each time <u>0.05</u>	Flexed/sickled feet on Value-Part or Skill elements
	up to 0.10	Slight hop, or small adjustment of feet on landing of dismounts
	up to 0.10	Deviation from straight direction on landing <b>of dismount</b>
	up to 0.10	Extra arm swings on landing <b>of dismount</b>
	up to 0.10	Legs crossed during Salto dismounts with a twist
	each up to 0.10	Hesitation during jump to HB or swing to handstand
	each up to 0.10	Touch/brush on apparatus or mat with foot/feet
	each up to 0.10	Under-rotation of release/flight elements
	each up to 0.10	Insufficient extension of glides/swings into kips
	each up to 0.10	Poor rhythm in elements/connections
	Up to 0.10	Failure to join (slide) heels together on controlled extension of dismount landing <b>when feet are a maximum of hip-width apart *</b>
	Up to 0.10	Entire foot/feet slide or lift off floor to join on controlled extension of dismount landing <b>when feet are a maximum of hip-width apart (small step)</b>
	Up to 0.10	Landing dismount with feet staggered (one in front of the other)*
	<b><u>0.10</u></b>	<b>Failure to maintain hand contact on the bar between glide swing mount and 2nd part of mount (pullover or jump to front support)</b>
	<u>0.10</u>	Landing too close to the bar on dismount (when applicable)
	<u>0.10</u>	Landing dismount with feet further apart than hip-width *
each <u>0.10</u>	Extra steps on landing (maximum 0.4)	
No Deduction	Swing forward or backward below horizontal	
<b>Medium Faults (Up to 0.20)</b>	each up to 0.20	Leg or knee separations
	each up to 0.20	Insufficient exactness of body shape: tuck or pike position
	each up to 0.20	Insufficient amplitude of bar elements (including releases) Exception: Clear Hip <b>Circles</b> & salto dismounts (see large faults)
	up to 0.20	Failure to maintain stretched body position (pikes down dismount)
	each time up to 0.20 up to 0.20 up to 0.20	Insufficient exactness of stretched position • Arch • Hip angle (136°-179°)
	up to 0.20	Incorrect body posture on landing
	up to 0.20	Insufficient dynamics throughout • Insufficient swingful execution throughout exercise • Energy not maintained throughout exercise • Gymnast fails to make difficult look effortless
	<u>0.20</u>	Hit on apparatus with foot/feet
	<u>0.20</u>	Large step or jump on landing (approximately 3 feet or more)
	up to 0.20	Additional trunk movements to maintain balance/control upon landing dismount
	up to 0.20	Incomplete turn or twist

**\* Clarification on landings:**

**The deductions for improper foot/feet position (separation) upon landing are to be applied only when the gymnast "sticks" the landing. They are not applied if a balance error results in steps on landing.**

## UNEVEN BARS ~ Chapter 3 ~ Execution Deductions

### Execution and Amplitude Faults (continued)

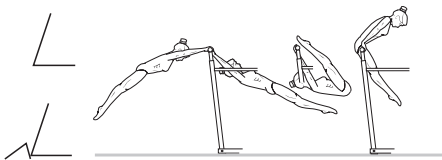

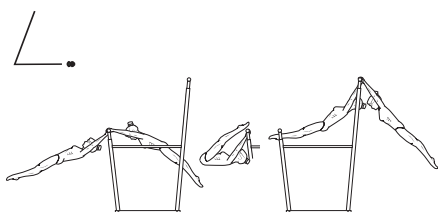
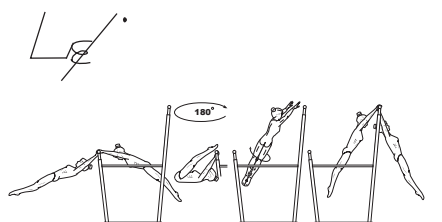
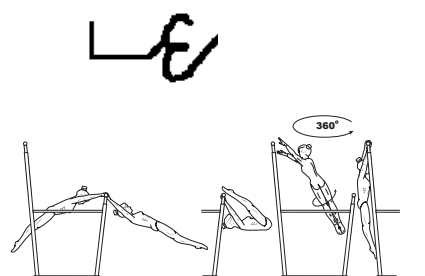
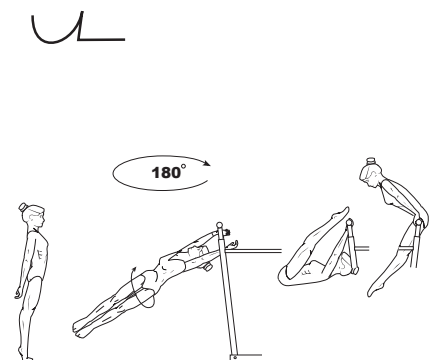
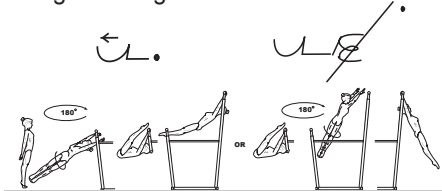
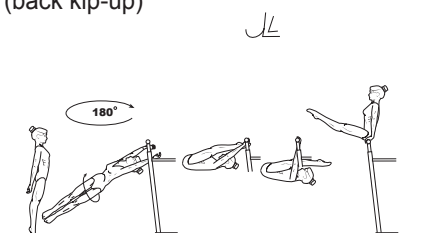
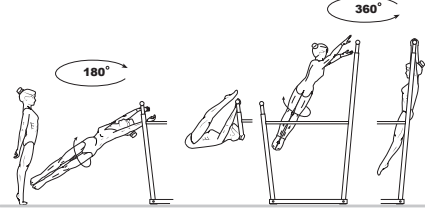
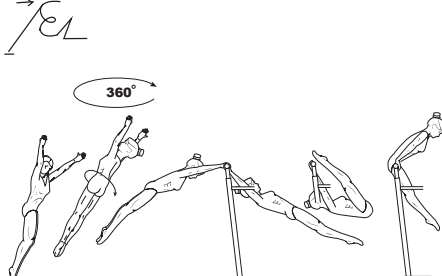
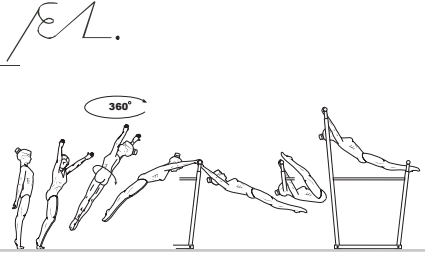
<b>Large Faults (Up to 0.40)</b>	each up to 0.30	Bent arms in support or bent legs (90° bend or greater receives 0.30) Maximum on any one element = 0.30 bent arms & 0.30 bent legs
	up to 0.30	Insufficient height (amplitude) of salto dismounts
	up to 0.30	Squat on landing (hips even with or lower than the knees)
	up to 0.30	Brush/touch the landing surface with one or both hands (no support)
	<u>0.30</u>	Grasp of bar apparatus to avoid a fall
	<u>0.30</u>	Intermediate (extra) swing (Platinum/Diamond only) (Max. 0.60 per skill)
	<u>0.30</u>	Hit on mat with foot/feet
	<u>0.30</u>	On counterswing, body arched and/or hips open to extended position with feet over the low bar
	up to 0.30	Insufficient extension (open) of the body prior to landing the dismount (tuck/pike)
	up to 0.40	Insufficient amplitude of "B" clear hip circle (Platinum and Diamond ONLY)
<b>Very Large Faults (0.50)</b>	<u>0.50</u>	<b><i>Third run approach on mount</i></b>
	<u>0.50</u>	Full support on foot/feet on mat during exercise
	<u>0.50</u>	Support on mat with 1 or 2 hands upon landing
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall on or against the apparatus
	<u>0.50</u>	Spotting assistance during an element Do not award VP or SR credit
	<u>0.50</u>	Spotting assistance upon landing the dismount Award VP and SR credit
	<u>0.50</u> <u>0.50</u> <u>0.50</u>	Fall/Failure to land on the bottom of the feet first on dismount • Salto initiated No VP, No SR • Salto never initiated No VP, No SR and take the deduction <u>0.30</u> No Dismount
<b>Chief Judge Deductions Specific to Bars</b>	No Deduction	Coach standing between the bars throughout the exercise
	<u>0.20</u>	Incorrect padding (use of heel/hip pads) <ul style="list-style-type: none"> <li>• If the CJ notices the padding, prior to the gymnast's mount, a warning must be given.</li> <li>• However, if the gymnast wears the heel pads during her exercise (whether or not the CJ warned her previously), the deduction must be taken.</li> </ul>
	<u>0.30</u>	Failure to remove board/spotting block after a mount or release element
	Exercise terminated	Gymnast exceeds the 45-second fall time

# UNEVEN BARS ~ Skills Chart

## Additional "A" Value Part Skills

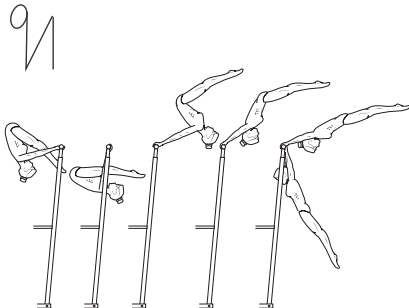
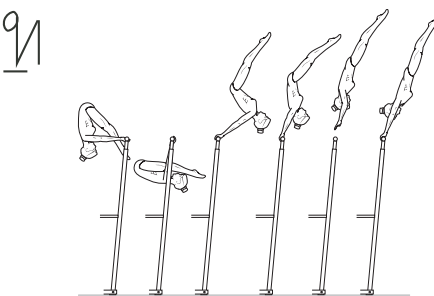
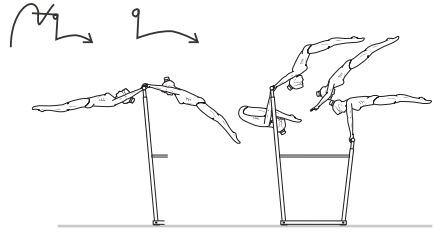
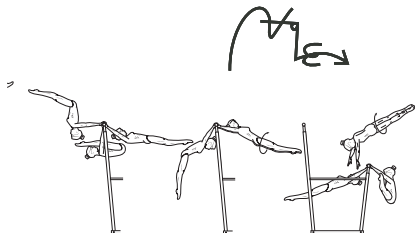
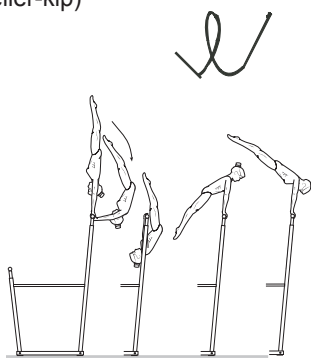
Bronze Division	Silver Division	Gold Division	Platinum Division	Diamond Division
<p><b>Mounts:</b></p> <ul style="list-style-type: none"> <li>• Pullover (from 1 or 2 ft or run)</li> <li>• Jump to Front Support</li> <li>• Glide swing to Stand</li> <li>• Run out glide Kip</li> <li>• Single leg jam Kip (from glide or run)</li> </ul>	<p><b>Mounts:</b></p> <ul style="list-style-type: none"> <li>• Pullover (from 1 or 2 ft or run)</li> <li>• Glide swing to Stand</li> <li>• Run out glide Kip</li> <li>• Single leg jam Kip (from glide or run out)</li> </ul>	<p><b>Mounts:</b></p> <ul style="list-style-type: none"> <li>• Pullover (from 1 or 2 ft or run)</li> <li>• Glide swing to Stand</li> <li>• Run out glide Kip</li> <li>• Single leg jam Kip (from glide or run out)</li> </ul>		
<p><b>Casts:</b></p> <ul style="list-style-type: none"> <li>• Cast (hips must leave bar)</li> </ul>	<p><b>Casts:</b></p> <ul style="list-style-type: none"> <li>• Cast (hips must leave bar)</li> </ul>	<p><b>Casts:</b></p> <ul style="list-style-type: none"> <li>• Cast to a minimum of 45° below horizontal</li> </ul>	<p><b>Casts:</b></p> <ul style="list-style-type: none"> <li>• Cast 89° to 21° from vertical</li> </ul>	<p><b>Casts:</b></p> <ul style="list-style-type: none"> <li>• Cast 45° to 21° from vertical</li> </ul>
<p><b>Circles:</b></p> <ul style="list-style-type: none"> <li>• Stride Circle Forward</li> <li>• Stride Circle Backward</li> </ul>	<p><b>Circles:</b></p> <ul style="list-style-type: none"> <li>• Stride Circle Forward</li> <li>• Stride Circle Backward</li> <li>• Long Hang Pull-Over (from long swing)</li> </ul>	<p><b>Circles:</b></p> <ul style="list-style-type: none"> <li>• Stride Circle Forward</li> <li>• Stride Circle Backward</li> <li>• Long Hang Pull-Over (from long swing)</li> </ul>		
<p><b>Dismounts:</b></p> <ul style="list-style-type: none"> <li>• Cast off to Stand</li> <li>• ¾ Fwd Circle to Stand</li> <li>• From low bar - Underswing to Stand</li> <li>• From low bar - Sole Circle to Stand</li> <li>• <b>From squat position on low bar - Jump off forward to a stand</b></li> </ul>	<p><b>Dismounts:</b></p> <ul style="list-style-type: none"> <li>• Tap Swing Fwd. with ½ turn</li> <li>• From low bar - Underswing to Stand</li> <li>• From low bar - Sole Circle to Stand</li> <li>• <b>From squat position on low bar - Jump off forward to a stand</b></li> </ul>	<p><b>Dismounts:</b></p> <ul style="list-style-type: none"> <li>• Tap Swing Fwd. with ½ turn</li> </ul>		
<p><b>Other Allowed Skills:</b></p> <ul style="list-style-type: none"> <li>• Single leg basket swing (bent knee ok)</li> <li>• Single leg swing bwd</li> <li>• Single leg cut fwd or bwd</li> <li>• Cast Shoot through</li> </ul>	<p><b>Other Allowed Skills:</b></p> <ul style="list-style-type: none"> <li>• Single leg basket swing (bent knee ok)</li> <li>• Single leg swing bwd</li> <li>• Single leg cut fwd or bwd</li> <li>• Cast Shoot through</li> <li>• Tap swing <b>or Underswing</b> - counterswing</li> </ul>	<p><b>Other Allowed Skills:</b></p> <ul style="list-style-type: none"> <li>• Single leg basket swing</li> <li>• Single leg cut fwd or bwd</li> <li>• Cast Shoot through</li> <li>• Tap swing <b>or Underswing</b> - counterswing</li> </ul>	<p><b>Other Allowed Skills:</b></p> <ul style="list-style-type: none"> <li>• Tap swing <b>or Underswing</b> - counterswing - only 1 allowed</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>

# UNEVEN BARS ~ Skills Chart

<b>Group 1 – Mounts</b>		
A	B	C
<p><b>1.101</b> Glide kip on LB, also with reverse grip</p>  <p>Glide, 1/2 (180°) turn, glide kip (also within exercise)</p> 	<p><b>1.201</b> Glide kip on LB with grip change to hang on HB</p>  <p>also with 1/2 (180°) turn</p> 	<p><b>1.301</b> Glide kip on LB with 1/1 (360°) turn and grip change to hang on HB</p> 
<p><b>1.102</b> Jump with 1/2 (180°) turn, kip to support</p> 	<p><b>1.202</b> Jump with 1/2 (180°) turn, glide kip on LB with or without 1/2 (180°) turn and grip change to hang on HB</p>  <p>or with stoop through to rear support (back kip-up)</p> 	<p><b>1.302</b> Jump with 1/2 (180°) turn, glide kip on LB with 1/1 (360°) turn and grip change to hang on HB</p> 
<p><b>1.103</b></p>	<p><b>1.203</b> Jump with 1/1 (360°) turn, kip to front support on LB</p> 	<p><b>1.303</b> Jump with 1/1 (360°) turn and kip on LB with grip change to hang on HB</p> 

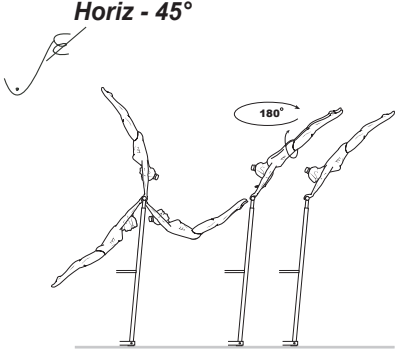
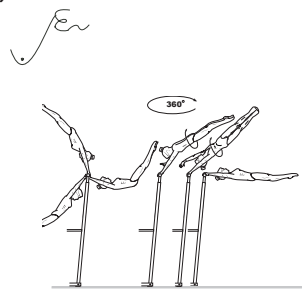
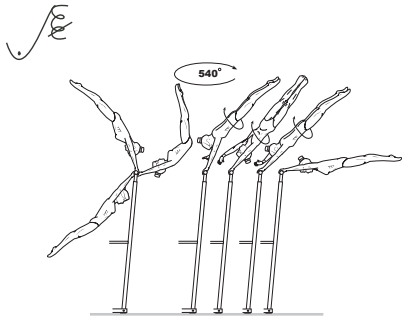
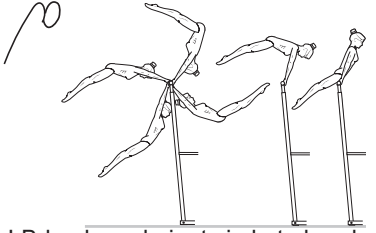
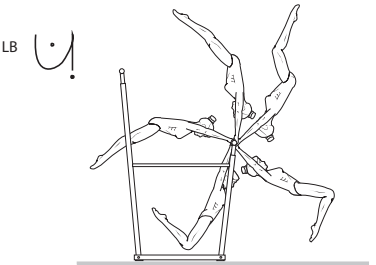
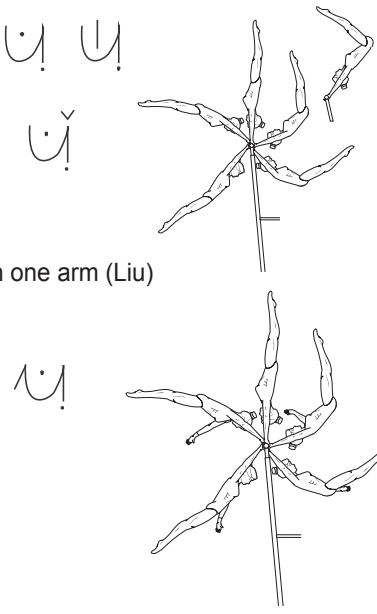
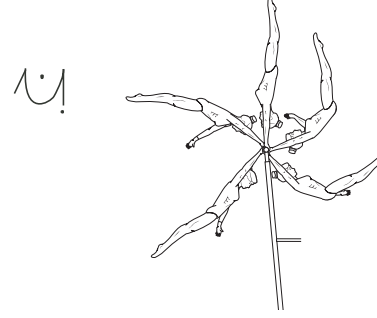
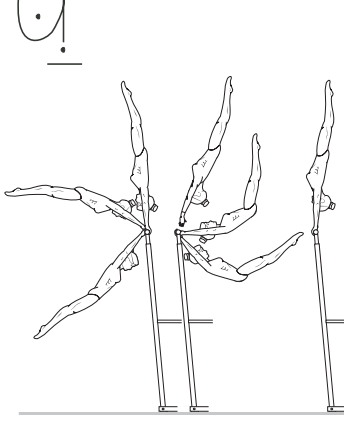
# UNEVEN BARS ~ Skills Chart

## Group 3 – Underswings/Clear hip circles

A	B	C
<p><b>3.106</b> Underswing backward (inverted pike swing) -dislocate (Schleudern) to hang on HB</p> 	<p><b>3.206</b></p>	<p><b>3.306</b> Underswing backward (inverted pike swing) on HB -dislocate (Schleudern) to near handstand with hop-change to regular grip on HB</p>  <p>Hang on HB, back to LB –stoop through, underswing backward (inverted pike swing) - dislocate (Schleudern) with flight over LB to hang, also from rear support on HB</p>  <p>Hang on HB, facing LB – swing forward and stoop through, dislocate and underswing with 1/2 (180°) turn with flight over LB to hang on LB (Tai)</p> 
<p><b>3.107</b></p>	<p><b>3.207</b> <b>Clear hip circle</b> forward to clear support (Weiler-kip)</p> 	<p><b>3.307</b></p>

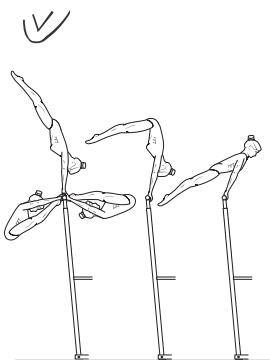
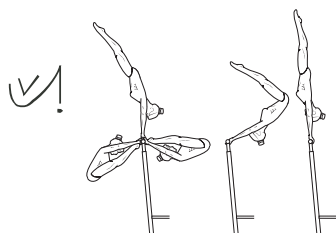
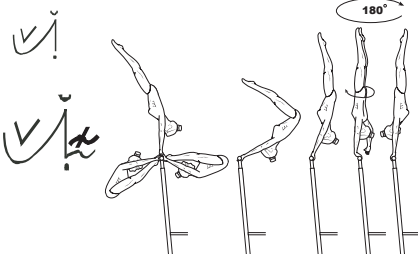
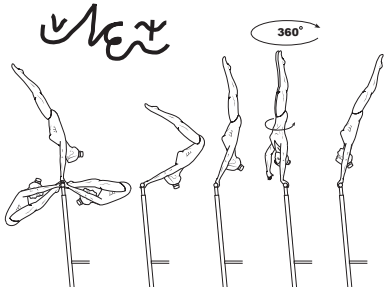
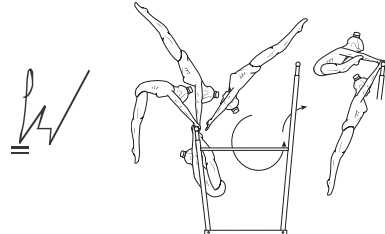
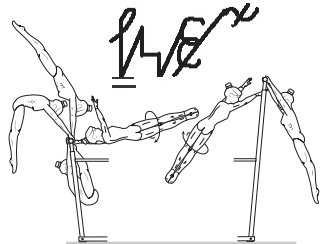
# UNEVEN BARS ~ Skills Chart

## Group 4 – Giant Swings Backward


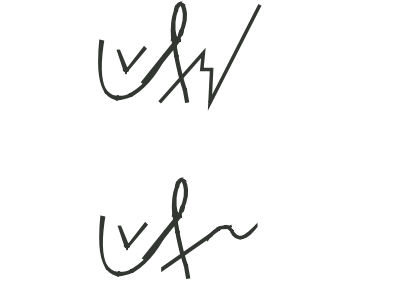

A	B	C
<p><b>4.101</b>                      (Handstand on HB)- swing down between bars, swing forward with 1/2 (180°) turn <b>at horizontal (HB height) to 45° from vertical</b>                      Horiz - 45°</p> 	<p><b>4.201</b>                      (Handstand on HB)- swing down between bars, swing forward with 1/1 (360°) turn to L hang at height of HB (at horizontal), <b>also swing forward with 1/2 (180°) turn at 21° to 44° from vertical (not illustrated)</b></p> 	<p><b>4.301</b>                      (Handstand on HB)- swing down between bars, swing forward with 1½ (540°) turn, circa 45° deviation from vertical to hang on HB</p> 
<p><b>4.102</b>                      From front support on HB-cast to long hang pullover to front support</p>  <p>On LB-backward giant circle to handstand (either side) (with legs tucked at bottom of circle)</p> <div style="background-color: #cccccc; padding: 5px; margin: 10px 0;"> <p>All LB giants performed with extended body/legs will retain same value as corresponding HB giant.</p> </div> 	<p><b>4.202</b>                      Handstand on HB – giant circle backward to handstand, in regular or cross grip (Dussier) or with bending of hip joints in upper vertical,</p>  <p>on one arm (Liu)</p> 	<p><b>4.302</b>                      Handstand on HB – giant circle backward to handstand with hop-change grip in handstand phase</p> 



# UNEVEN BARS ~ Skills Chart

Group 7 – Circle Swings/Hechts		
A	B	C
7.109	<p><b>7.209</b> Pike sole circle backward (toe on &amp; off) to clear support</p> 	<p><b>7.309</b> Pike sole circle backward to handstand</p>  <p>Pike sole circle backward to handstand with 1/2 (180°) turn in handstand phase, also to L or mixed-L grip</p>  <p>Pike sole circle backward to handstand with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip</p> 
7.110	7.210	<p><b>7.310</b> Underswing (pike sole circle) on LB, release and counter movement forward in flight to hang on HB</p>  <p>Underswing (sole circle) on LB, release and counter movement forward in flight with 1/2 (180°) turn to hang with mixed grip on HB (Reinhardt)</p> 

# UNEVEN BARS ~ Skills Chart

Group 7 – Circle Swings/Hechts		
A	B	C
7.113	<p><b>7.213</b>  <i>Clear pike circle backward, arriving in a clear pike support position</i></p> 	<p><b>7.313</b>            Clear pike circle backward on LB with release and counter flight to hang on HB            OR with hecht flight to hang on HB (not illustrated)</p>  <p><b>Clear pike circle backward, disengaging legs prior to a clear support at or above horizontal</b></p> 

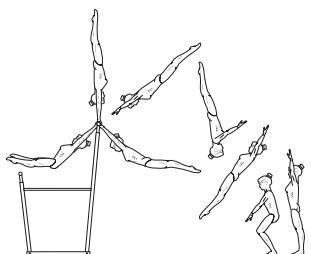
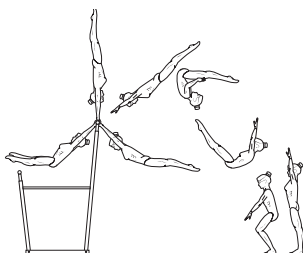
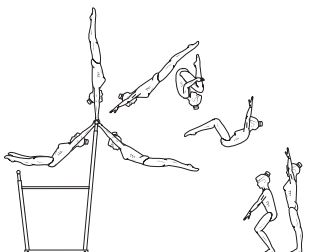
# UNEVEN BARS ~ Skills Chart

## Group 8 – Dismounts

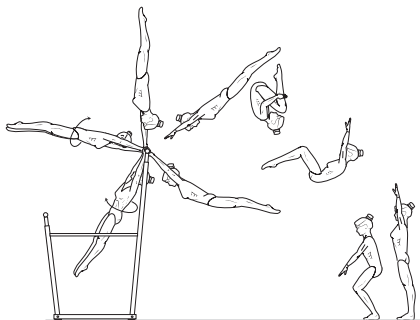
A

**8.107**

(From HB) - Swing down forward in reverse grip between bars, salto forward tucked, piked or stretched; also from a counterswing



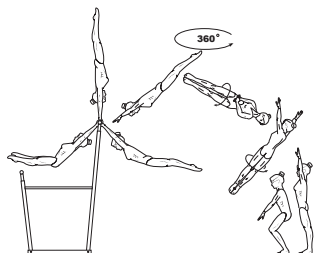
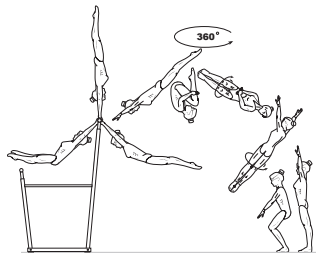
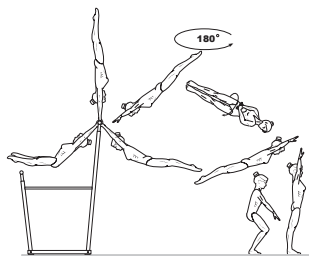
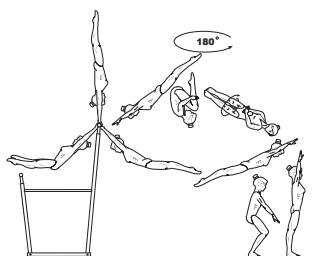
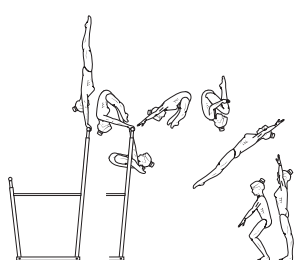
(From HB) - Swing down in regular grip between bars, with grip change to cross grip and 1/2 (180°) turn in range of hang position and swing backward-upward to salto forward tucked, piked or stretched



B

**8.207**

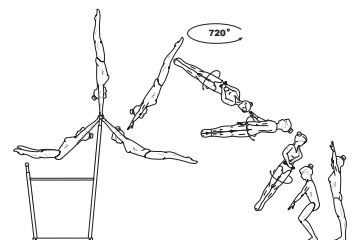
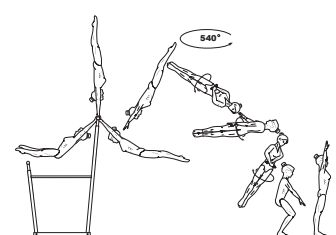
(From HB) – clear straddle circle forward on HB to salto forward tucked or Swing down forward in reverse grip between bars, salto forward tucked, piked or stretched with 1/2 (180°) or 1/1 (360°) twist



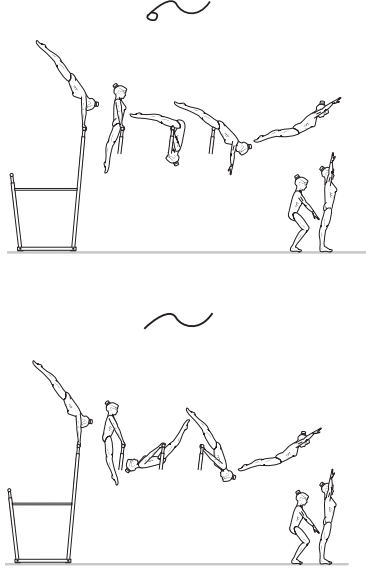
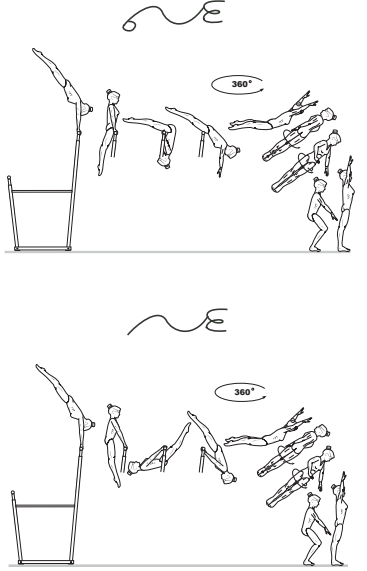


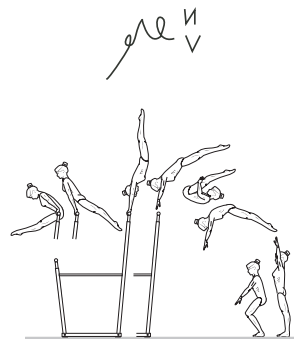
C

**8.307**

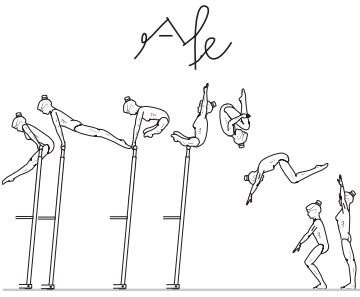

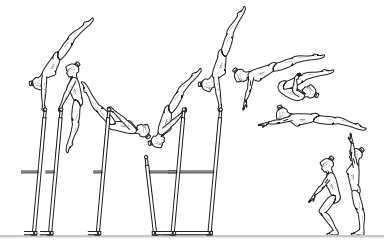
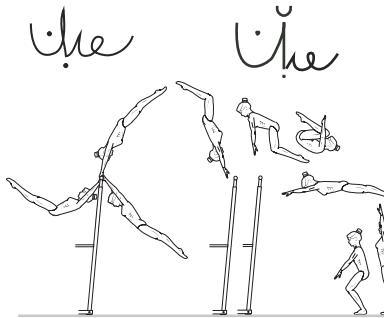

(From HB) – Swing down forward between bars in reverse grip, salto forward tucked or stretched with 1½ (540°) or 2/1 (720°) twist (Stretched 1½ - Pechstein)



# UNEVEN BARS ~ Skills Chart

<b>Group 8 – Dismounts</b>		
A	B	C
<b>8.108</b>	<p><b>8.208</b> Hip circle backward on LB or HB – hecht, also from clear hip circle backward</p> 	<p><b>8.308</b> Hip circle backward (also clear) on LB or HB – hecht with 1/1 (360°) twist</p> 
<b>8.109</b>	<p><b>8.209</b> Outer front support on HB – cast to near handstand, salto forward tucked</p> 	<p><b>8.309</b> Outer front support on HB – cast to near handstand, salto forward piked</p>  <p style="text-align: center;">to salto backward tucked or piked</p> 

# UNEVEN BARS ~ Skills Chart

Group 8 – Dismounts		
A	B	C
<p><b>8.110</b></p>	<p><b>8.210</b>                      From a cast, uprise or backswing to straddle cut <b>or double leg shoot through</b> to salto backward tucked, piked or stretched                      (Whipsalto-Tanac) on LB or HB</p> 	<p><b>8.310</b>                      Outer front support – clear hip circle swing backward or clear hip circle through handstand to salto backward tucked or piked</p>  <p style="text-align: center;"><i>ue ue</i></p>  <p style="text-align: center;"><i>uev</i></p> <p>(On HB) - giant circle backward (facing LB) to salto backward tucked over HB (Gonzales), also facing HB, back giant with 1/2 (180°) to back salto tucked</p>  <p>From a cast, uprise or backswing, straddle cut to salto backward tucked or stretched with 1/1 (360°) or 1 1/2 (540°) twist on LB or HB (Tanac 1/1 -1 1/2)</p>  <p style="text-align: center;"><i>A-lee</i>      <i>A-lee</i></p> <p style="text-align: center;">360°</p>



# BALANCE BEAM RULES

## BALANCE BEAM

	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>	<b>PLATINUM</b>	<b>DIAMOND</b>
<b>Value Parts (VP)</b>	Any "A" VP listed in the Xcel Code of Points. Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points. Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. Any "C" Dance VP. <b>Any Skills listed on the Xcel Platinum chart.</b>	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points. 1 "D" element is allowed (No bonus) <b>Any Skills listed on the Xcel Diamond chart.</b>
<b>Clarifications</b> <i>All Acro Skills must start and finish on the beam. Handstands, regardless of the angle achieved, are considered the Same Skill.</i>	Cross Split jump = "A" VP. (any split angle) Cross Straddle jump = "A" VP. (any split angle)	"B" Dance VP allowed.		"C" Dance VP allowed.	
<b>SR credit will be awarded for Cross or Side Split Leaps or Jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient Split will be applied.</b>					
<b>Difficulty Restrictions</b> <i>Unallowable Skills 0.5 deduction - off SV</i>	No "B" or higher VP. No Salto or Aerial Dismounts. No walkovers.	No "B" Acro VP. No "C" or higher VP.	No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	Maximum of 1 "D" VP allowed. No "E" VP
<b>Special Requirements (SR)</b>	1. Min. ½ Turn on 1 or 2 feet 2. One Jump or Leap (no mount or dismount). 3. One Acro Skill non-flight. 4. Dismount (no Saltos or Aerials).	1. Min. ½ Turn on one foot. 2. One Jump or Leap with 90° cross or side split. 3. One Acro Skill non-flight. 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (same or diff.) – AND one Jump or Leap with 90° cross or side split (can be included in the dance series). 3. Two Acro Skills – one must achieve or pass through inverted vertical – with or without flight (isolated or in a series) A Series is not required. 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (same or diff.) – AND one Jump or Leap with 120° cross or side split (can be included in the dance series). 3. One Acro Skill with flight OR an Acro series – with or without flight 4. Dismount	1. Min. 1/1 Turn on one foot. 2. Dance Series – 2 skills (same or diff.) – AND one Jump or Leap with 150° cross or side split (can be included in the dance series). 3. An Acro Series (with or w/out flight) excluding mount or dismount AND one Acro flight element 4. Dismount- Salto or Aerial.
<b>Deduct 0.5 for Each Missing SR</b>					
<b>Timing</b> <i>No Minimum Time</i>	Warm-up: 30 sec. Time limit: 45 sec.	Warm-up: 45 sec. Time limit: 50 sec.	Warm-up: 1:00 Time limit: 1:00	Warm-up: 1:30 Time limit: 1:15	Warm-up: 2:00 Time limit: 1:15

# BALANCE BEAM ~ Chapter 1 ~ Requirements

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## I. Special Requirements (SR) each worth 0.50

### A. BRONZE DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum ½ Turn on one foot or two feet
2. One Jump or Leap (not in the mount or dismount)
3. One Acro Skill (non-flight)
4. Dismount (no saltos or aerials)

### B. SILVER DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum ½ Turn on one foot
2. One jump or leap with a 90° cross or side split (not in the mount or dismount)
3. One Acro Skill (non-flight)
4. Dismount

### C. GOLD DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum 1/1 Turn on one foot
2. Dance Series – minimum 2 skills (same or different) – AND  
One Leap / Jump with a 90° cross or side split (can be included in the Dance Series)
3. Two Acro Skills – with or without flight (isolated or included in a Series).  
One must achieve or pass through inverted vertical. Support on hands (through handstand position) is not required. A series is not required.
4. Dismount

### D. PLATINUM DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum 1/1 Turn on one foot
2. Dance Series – minimum 2 skills (same or different) – AND  
One Leap / Jump with a 120° cross or side split (can be included in the Dance Series).
3. One Acro Skill with flight OR an Acro Series with or without flight
4. Dismount

### E. DIAMOND DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum 1/1 Turn on one foot
2. Dance Series – minimum 2 skills (same or different) – AND  
One Leap / Jump with a 150° cross or side split (can be included in the Dance Series).
3. ***An Acro Series (with or without flight) excluding the mount or dismount AND one Acro flight element***
4. Dismount – Salto or Aerial



# BALANCE BEAM ~ Chapter 1 ~ Requirements

## EXAMPLES FOR DIAMOND BEAM

Fulfills Special Requirement	Does NOT fulfill Special Requirement
<b>Fulfills SR #1</b> Min. 1/1 Turn on one foot	<b>Does NOT fulfill SR #1</b>
1 ½ turn 1/1 turn	2/1 turn ( <i>unallowable skill</i> ) Tuck jump 1/1 ( <i>unallowable skill</i> )
<b>Fulfill SR #2</b> Dance Series – 2 skills ( <i>same or diff.</i> ) – <b>AND</b> one Jump or Leap with <b>150°</b> cross or side split ( <i>can be included in the dance series</i> )	<b>Does NOT fulfill SR #2</b>
Sissonne 130° – sissonne 150° Switch leap 130° – split jump ½ 130° Beat jump – tuck jump ½ and then a switch leap 150°	Wolf jump 1/1 – beat jump ( <i>no leap/jump with split included in series</i> ) Stag jump – jump ½ turn ( <i>stag jump does not fulfill the split requirement</i> ) Jump ¼ straddle ( <i>still needs a directly connected dance series</i> )
<b>Fulfills SR #3</b> An Acro Series (with or without flight) excluding the mount or dismount AND one Acro flight element	<b>Does NOT fulfill SR #3</b>
Front handspring and then back walkover – back walkover Back walkover – flic-flac step-out	Flic-flac ( <i>still needs an acro series</i> ) Cartwheel swing through - cartwheel ( <i>still needs a flight skill</i> ) Press handstand mount w/ ¼ turn step down, flic-flac ( <i>mount does not count as an acro skill on the beam</i> )
<b>Fulfills SR #4</b> Dismount- Salto or Aerial.	<b>Does NOT fulfill SR #4</b>
Front Layout dismount Round-off – back layout 1/1 twist dismount Brani dismount	Front handspring ( <i>must have a salto or aerial dismount</i> ) Punch front layout 2/1 twist ( <i>may not use a “D” element</i> )

### III. CLARIFICATIONS REGARDING SERIES

A. In an Acrobatic or a Dance Series, the connection between the elements must be continuous. The landing leg or the free leg of the first element must be the take-off leg for the next element. If both feet land at the same time, the next element must take off from two feet.

1. **Backward Acro Flight Series (minimum of one flight element) and Acro series with a Sideward Acro element (with or without flight) followed by a Backward Acro Flight element**

A Backward Acro Flight Series (*min. of one flight element*) or an Acro series with a Sideward Acro element (*with or without flight*) followed by a Backward Flight element is considered broken whenever there is a delay in the IMMEDIATE take-off of the second element. Deduct 0.50 for missing the SR, if applicable.

This delay could be caused by:

- a. Arms moving to thighs or further back after the landing of the first element in the connection.
  - If the second element in the connection is a gainer flic-flac or gainer back layout, the arms are allowed to continue circling forward-upward and backward-downward without automatically breaking the connection. The circling action is an inherent arm pattern for the gainer type elements.
- b. A cautious, slow moving attempt to connect one or more **backward flight elements, or a sideward element with or without flight to a backward flight element**. In this case, the Acro Series would be considered broken. A rhythm/tempo deduction is not applied.
- c. **Examples of series that fall under this series connection principle of either connected or not connected:**
  - **Back walkover to Flic-flac, Flic-flac to Back Walkover, Cartwheel to flic-flac, Round-off to Flic-flac, Side Aerial to Flic-flac**

# BALANCE BEAM ~ Chapter 1 ~ Requirements

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## CLARIFICATIONS REGARDING SERIES (continued)

### **B. Non-Flight Acro Series (any direction), Acro Flight Series with ONLY Forward and/or Sideward Elements (minimum of one flight), and Counter Acro Flight Series (minimum of one flight):**

1. If there is a lack of tempo/poor rhythm between the elements performed in a Series, apply the specific execution deduction of lack of tempo between elements (up to 0.20). This refers to a continuous, but slow connection.
2. **Examples of series that fall under this series connection principle of using a tempo deduction for a continuous, but slow connection:**
  - **Non-flight: Back Walkover-Back Walkover, Cartwheel step through-Cartwheel, Front Walkover-Cartwheel**
  - **Only Forward and/or Sideward (min. 1 flight): Front Handspring-Front Walkover, Front Walkover-Dive Cartwheel, Front Aerial-Side Aerial**
  - **Counter (min. 1 flight): Front Walkover-Flic-flac, Flic-flac step-out step through-Cartwheel or Round-off, Front Tuck Salto to Flic-flac, Front Handspring to Back Tuck Salto**

### **C. Dance or Mixed Series:**

1. Lack of tempo/poor rhythm between the elements performed in a dance or mixed Series; apply the specific execution deduction (up to 0.20). This refers to continuous, but slow connection.
2. If the body continues its movement, an arm circle does not necessarily break the connection.

### **D. All Series are considered broken if any of the following occurs:**

1. A stop between the elements.
2. Loss of balance, causing a stop between elements.
3. Repositioning of a support leg.
4. Extra step, hop/jump between the elements.
5. If the gymnast lands the first element in pli  on two feet, then totally straightens her legs, and pli s again to initiate the jump into the next element (the straightening of the legs will break the Series).
  - **Note:** In any type of Series in which the two elements are exactly the same and the connection is broken, the second element will not receive VP credit.

### **E. Some Elements are Inherently "Non-Connectable". The following is an example of an acro Series that is considered non-connectable, regardless of how quickly the elements are performed:**

- **Back walkover (or flic-flac step-out) to a lunge, then round-off (or cartwheel)**
1. In this example, the first element lands in a lunge on two feet. It cannot be connected to a 2<sup>nd</sup> element for acro Series credit.
    - The only way these two elements could connect legitimately is by landing the first element on one leg and stepping through into the round-off (or cartwheel).
  2. Performing a kick leading into the second element will break the Series.
    - During the step, the leg swing forward must be no higher than 45°; otherwise, it is considered to be a broken Series.

### **F. Repetition of a Failed Series: EXAMPLES:**

1. Gymnast performs a Flic-flac step-out and stops (or falls), then does a Series of flic-flac step-outs. The acro Series SR is NOT met because the third flic-flac receives no VP credit.
2. At **Platinum and Diamond**: Gymnast attempts two Back Walkovers, but the second back walkover never lands on the beam (no VP credit awarded) (A + 0).
  - If she then kicks up to a handstand, reaching vertical, then steps down to a back walkover (A+A), one part of the acro SR has been met.
  - Any handstand (no hold required) that reaches vertical will receive VP and SR credit.

### I. Recognition (Counting) of Value Parts

- A. Any Balance Beam Skill listed in the applicable Xcel Skill Chart **for each division** or in the Xcel Code of Points for all Divisions may receive VP credit two (2) times in an exercise, provided that the element occurs in a different connection (i.e. preceded or followed by a different element). Any skill that is listed in the Xcel Code of Points is given the value that is listed even if it is different than the value listed in the JO Code of Points.
1. If a leap/jump/hop is performed that cannot be specifically found in the **Xcel Skill Charts** or in the Xcel Code of Points/Xcel Updates, the judge may award comparable Value-Part credit if they can recognize the "root" skill. This would include variations of leg position, as well as landing position of any previously valued leap/jump/hop.
  2. Any new element not listed in the Xcel Skill Charts or in the Xcel Code of Points/Xcel Updates:
    - a. Must be evaluated by the Regional Technical Chair and the National Xcel Chair and Appointed National Technical Committee Personnel.
    - b. The Element Evaluation form can be found on the [www.usagym.org](http://www.usagym.org) website in the Forms section under Women.
    - c. A copy of this evaluation must be presented to the Meet Referee or Chief Judge prior to the competition in order to insure proper awarding of difficulty.
    - d. Evaluations will be valid for one quadrennium (beginning Aug. 1 of the year following the Olympics) and will be posted on Regional websites.
    - e. "A" Dance elements on Beam and Floor Exercise: If a variation of an "A" Dance element is NOT listed in the Xcel Code of Points/Xcel Updates, the judge may award "A" value if it is comparable to the "root" element.
  3. If the same element is performed a third time, or is performed a second time in the exact same connection:
    - a. The VP credit is NOT awarded.  
EXCEPTION: VP credit can be awarded for an element that is performed for the third time, IF it was not previously awarded VP credit because:
      - The element lacked completion the first or second time it was performed, or
      - The element was performed in the exact same connection.
      - EXAMPLE 1:  
(Flic-flac step-out, stop, flic-flac step-out); (straddle jump - flic-flac step-out)  
(1<sup>st</sup> flic-flac = "B", 2<sup>nd</sup> flic-flac = "0", 3<sup>rd</sup> flic-flac = "B")
      - EXAMPLE 2:  
(Flic-flac step-out, stop, flic-flac step-out, flic-flac step-out connected)  
(1<sup>st</sup> flic-flac = "B", 2<sup>nd</sup> flic-flac = "B", 3<sup>rd</sup> flic-flac = "0")  
Flic-flac step-out performed a third time = no VP, no SR for an acro series.
    - b. All applicable execution and amplitude deductions are applied.
    - c. It CANNOT be used to fulfill SR. An element must receive VP credit in order to fulfill SR.
  4. In the attempt to perform any element that is required to land on the feet first, the gymnast must land on any part of the bottom of the foot/feet first to receive VP credit.
    - a. If the hands/bottom of the feet land simultaneously, award VP credit and deduct 0.50 for the fall.
    - b. If the gymnast fails to land on the bottom of the feet first, VP credit is not awarded and a 0.50 deduction is taken for the fall.
  5. When performing a handstand involving more than one position, such as a planche moving to a reverse planche, only one VP will be awarded, unless the gymnast returns to a sitting or standing support on the beam in between the different positions.
  6. **Acro elements such as rolls, cartwheels and walkovers that have an optional ending position not specifically listed in the Xcel Code of Points are still eligible to count as Acro VP elements.**

## BALANCE BEAM ~ Chapter 2 ~ General Information

### Recognition (Counting) of Value Parts (continued)

- B. In the following instance, elements will be considered DIFFERENT for the counting of VP:
1. If they have a different number in the *Xcel Code of Points/Xcel Updates* or are listed separately on the *Xcel Skill Charts*.
  2. If they have the same number in the *Xcel Code of Points/Xcel Updates* but meet the following criteria:
    - a. Saltos are performed with different body positions.
    - b. The support is performed on one or both arms.
    - c. There are different degrees of turn (1/2, 1/1, 1½)
      - The addition of a ¼ turn does not make an element different, unless specifically listed in the *Xcel Code of Points/Xcel Updates*.  
EXAMPLE: #2.110 Tuck jump and Tuck jump with ¼ turn are considered the same element.
    - d. Mount elements are performed as elements within the exercise.  
EXAMPLE: Press handstand performed as a mount and later in the exercise. Both would receive “B” VP.
    - e. The take-off for a leap/jump/hop is from one or both legs.  
EXAMPLE: #2.201 Split leap w/ ¼ turn and Split jump w/ ¼ turn will be considered different elements.
    - f. The Acrobatic elements take-off or land on one or both legs.  
EXAMPLE: #7.202 Front handspring step-out and front handspring to two feet are considered as different elements and both will receive “B” credit.
    - g. **An Acro element that lands directly in a kneeling position on the first leg (Example: Right Back Walkover that lowers down onto the Right knee.)**
- C. In the following instances, the elements will be considered the SAME:
1. Elements with the same number but performed with different leg positions will be considered the same element.  
EXAMPLE: #2.108 Stretched jump with or without arch and stretched jump with change/beat of legs are considered the same “A” element.
  2. The partial handstand and vertical handstand listed on the Bronze, Silver, and Gold Skill Charts are considered the same element.
  3. **The following landings (exits) of an Acro skill are all considered the SAME skill:**
    - a. **Step-out on first foot to stand.**
    - b. **Step-out on first foot to a lunge.**
    - c. **Step-out on the first foot to kneel on the second (back) leg.****Example: A Back Walkover that steps down on the first leg to kneel on the second leg is considered the same skill as a Back Walkover that steps down on one foot after the other to a stand or lunge.**
- D. All acro skills must start and finish on the beam to receive SR credit.
- Acro skills performed as a mount will receive VP credit. However the acro mount CANNOT be used to fulfill the acro SR.
- E. Difficulty Restrictions
1. BRONZE DIVISION RESTRICTIONS
    - a. Only Skills listed on the Bronze Skill Chart and allowable “A” VP’s are allowed.
      - 1) No “B” or higher VP elements are allowed  
Exception: Cross - Split OR Straddle jump will be awarded “A” VP
      - 2) The following “A” Value-Parts are NOT ALLOWED in the Bronze Division
        - a) Salto or Aerial Dismounts
        - b) Walkovers
      - 3) If an Unallowable/restricted Skill is performed:
        - a) Deduct 0.50 from SV
        - b) Do NOT award Value Part credit
        - c) The skill CANNOT be used to fulfill Special Requirements
    - b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.
  2. SILVER DIVISION RESTRICTIONS
    - a. Only Skills listed on the Silver Skill Chart and “A” VP’s and “B” Dance VP’s are allowed.
      - 1) No “B” Acro VP or “C” or higher VP are allowed
      - 2) If an Unallowable/restricted Skill is performed:
        - a) Deduct 0.50 from SV
        - b) Do NOT award Value-Part credit
        - c) The skill CANNOT be used to fulfill Special Requirements
    - b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.

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## BALANCE BEAM ~ Chapter 2 ~ General Information

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### Difficulty Restrictions (continued)

3. GOLD DIVISION RESTRICTIONS
    - a. Only Skills listed on the Gold Skill Chart and allowable "A" and "B" VP's are allowed.
      - 1) No "C" or higher VP elements are allowed
      - 2) If an Unallowable/restricted Skill is performed:
        - a) Deduct 0.50 from SV
        - b) Do NOT award VP credit
        - c) The skill CANNOT be used to fulfill Special Requirements
    - b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.
  4. PLATINUM DIVISION RESTRICTIONS
    - a. Only **Skills listed on the Platinum Skill Chart** and "A" and "B" VP's and "C" Dance VP's are allowed.
      - 1) No "C" or higher acro VP and "D" or higher VP are allowed
      - 2) If an Unallowable/restricted Skill is performed:
        - a) Deduct 0.50 from SV
        - b) Do NOT award VP credit
        - c) The skill CANNOT be used to fulfill Special Requirements
    - b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.
  5. DIAMOND DIVISION RESTRICTIONS
    - a. Only **Skills listed on the Diamond Skill Chart**, "A", "B", "C's" and one "D" VP are allowed. No Bonus is awarded for a "D" element.
      - 1) No "E" VP elements and no more than one "D" element is allowed.
      - 2) If an Unallowable/restricted Skill is performed:
        - a) Deduct 0.50 from SV
        - b) Do NOT award VP credit
        - c) The skill CANNOT be used to fulfill Special Requirements
    - b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.
- F. Considerations for awarding Value-Part credit when a Fall occurs:
1. When the gymnast completes an element by landing (making contact with the bottom of the feet/foot on the top on the beam) but then falls:
    - a. VP credit is awarded.
    - b. Special Requirements WILL be fulfilled, if applicable.
    - c. If the fall occurs on the second element in an acro series, the series Special Requirement is fulfilled.
    - d. Deduct for execution/amplitude errors in addition to the 0.50 deduction for the fall, but not the balance errors which resulted in the fall.
  2. If the gymnast does not land/make contact with the bottom of the feet/foot on the top of the beam at all:
    - a. VP credit is NOT awarded.
    - b. Special Requirement credit is NOT awarded.
    - c. If the fall occurs on the second element in an acro series, the series Special Requirement is NOT fulfilled.
    - d. Deductions for execution and amplitude errors are taken in addition to the 0.50 deduction for the fall.
  3. If the gymnast fails to land on the bottom of her feet first on the Dismount:
    - a. VP credit is NOT awarded.
    - b. Dismount Special Requirement credit is NOT awarded.
    - c. Do not deduct 0.30 for no dismount from the Start Value.
      - Exception for the performance of salto dismount: if no salto action was initiated, then the 0.30 for no dismount will be applied.
    - d. Deductions for execution and amplitude errors are taken in addition to the 0.50 deduction for the fall.
- G. Required Technique for the Recognition of Value Parts
- Leg positions, posture/body position, and/or amplitude requirements as indicated in the *Xcel Code of Points/Xcel Updates* must be fulfilled in order to award the Value Part as listed.
  - In some cases, appropriate execution and amplitude deductions would be taken rather than recognizing it as a different element.

# BALANCE BEAM ~ Chapter 2 ~ General Information

## Required Technique for the Recognition of Value Parts (continued)

### 1. Turns of 360° or more on one foot and leaps/jumps/hops with Turns of 360° or more:

If missing 1° to 44° of the Turn	Deduct 0.05 – 0.10	Award VP credit
If missing 45° to 89° of the Turn	Deduct 0.15 – 0.20	Award VP credit
If missing 90° or more of the Turn		Award the VP for the skill performed

- Deductions for balance, execution and amplitude errors are also applied.
- Clarification regarding completion of turns:  
Once the heel drops onto the beam during a turn, it is considered complete. Appropriate VP credit is awarded for the degree of turn completed prior to the heel drop.

### 2. Turns/Jumps/Leaps/Hops with less than 360° Turn

- Jumps, leaps and hops that have values based upon less than a 360° Turn (example, tuck jump  $\frac{3}{4}$ ), the gymnast must finish a minimum of 1° past the halfway mark between the two Value Parts.
- A  $\frac{1}{2}$  turn on one or two feet must finish **at a minimum of 91°** to receive VP and SR credit.
  - Use deductions as listed in Chapter 3 for full turns.

#### EXAMPLE:

- Since there is a Value Part listed for the tuck jump  $\frac{1}{2}$ ,  $\frac{3}{4}$ , and 1/1 on Beam, the degree of Turn completion, upon landing determines the value awarded.
  - o If the Turn is completed to within 44° or less of the designated degree of Turn, it will be awarded the higher Value Part.
  - o Basically, in order to receive the higher value, the Turn must be finished closer to the higher degree of Turn.

Execution deductions for incomplete turn will be applied.

### 3. Holds

- If an element requiring a 2-second hold is not held for 2 seconds, it is awarded the value of the root skill.

EXAMPLE: #1.311 Press to Side Handstand – Lower to Planche.

If the Planche position is not held, award “B” VP credit for the Press Handstand.

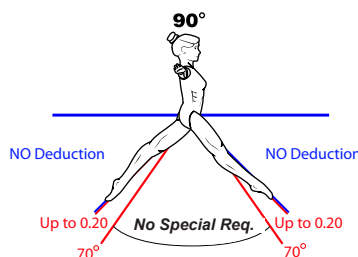
EXCEPTIONS: Handstands & Headstands do NOT require a hold for any Division.

### 4. Leaps and Jumps

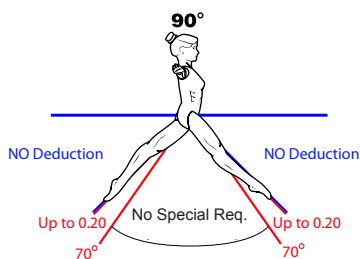
#### Bronze

No Angle Requirement

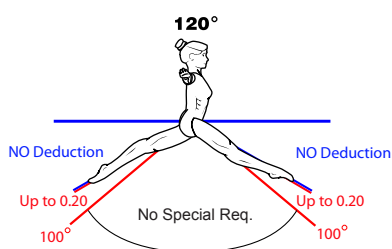
#### Silver



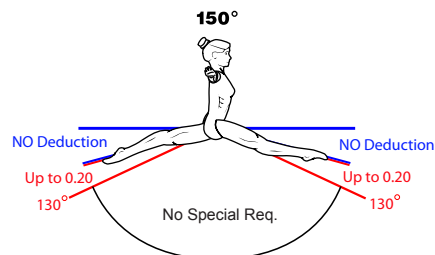
#### Gold



#### Platinum



#### Diamond



- At each Division there is a specific required degree of split for ALL leaps and jumps with cross or side split. This is the split angle specified in the dance SR (SR #2) for each Division.
- A deficiency of up to 20° from the Division-specific required split is allowed to still receive VP credit (and SR credit if applicable), but will receive an up to 0.20 amplitude deduction.
- Lower VP or NO VP credit (as applicable) would be given for the skill if the split is more than 20° from the required split angle in the division.

## BALANCE BEAM ~ Chapter 2 ~ General Information

### Mount and Dismount Regulations (continued)

2. **If a gymnast performs a dismount from any Xcel Skill Chart or the Xcel Code of Points that does not meet division criteria**
  - a. Deduct 0.50 for missing the dismount Special Requirement.
  - b. Do NOT deduct 0.30 for no dismount.
3. **If a gymnast performs a dismount of NO VALUE - one that is not listed in ANY Xcel Skill Chart or the Xcel Code of Points or performs an unallowable/restricted element for the Division:**
  - a. Deduct 0.50 for missing the dismount Special Requirement.
  - b. Deduct 0.30 from the Start Value for no dismount.
  - c. Deduct 0.50 from the Start Value if the dismount performed is an unallowable element for the Division.
4. If the gymnast leaves the apparatus (terminates the exercise early, intentionally or due to a fall):
  - a. Deduct 0.50 from the Start Value for missing the dismount Special Requirement.
  - b. Deduct 0.30 from the Start Value for no dismount.
  - c. Deduct 0.50 for the fall from the apparatus, if applicable.
  - d. A Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances. No routine will be awarded less than 4.0. Common sense should prevail.
5. Falls on a Salto Dismount (Gold/Platinum/Diamond Divisions):
  - a. If the gymnast never initiates the salto action, and falls without landing on the bottom of the feet first,
    - 1) VP credit is NOT awarded for the dismount.
    - 2) Deduct from the Start Value for any missing difficulty requirements, if appropriate.
    - 3) Deduct 0.50 from the Start Value for missing the dismount SR.
    - 4) Deduct 0.30 from the Start Value for no dismount.
    - 5) Deduct 0.50 for the fall.
    - 6) Deduct for any other execution/amplitude errors.
  - b. If the gymnast initiates the salto action and falls without landing on the bottom of the feet first,
    - 1) VP credit is NOT awarded.
    - 2) Deduct from the Start Value for any missing difficulty requirements, if appropriate.
    - 3) Deduct 0.50 from the Start Value for missing the dismount SR.
    - 4) Deduct 0.50 for the fall.
    - 5) Deduct for any other execution/amplitude errors

### IV. Spotting Regulations

- A. If the coach assists/spots the gymnast during an element:
  1. Each judge deducts 0.50 for the "spot"
  2. If the gymnast falls after the "spot", an additional 0.50 deduction is taken for the fall.
  3. VP credit as well as SR is NOT awarded.
  4. If the spot occurs on the dismount element, even though it receives no VP credit, do not deduct 0.30 from the Start Value for no dismount.
- B. If the coach spots the gymnast upon landing of the dismount:
  1. Each judge deducts 0.50 for the "spot".
  2. If the gymnast falls after the spot, deduct only 0.50. Do not deduct for both the "spot" and the fall.
  3. Award VP and SR credit.
- C. If the coach inadvertently touches the gymnast without assisting:
  1. Each judge deducts 0.50 for the "spot".
  2. VP credit is awarded.
  3. SR credit is awarded.
- D. If the coach catches a falling gymnast, DO NOT deduct for the spot; deduct 0.50 for the fall ONLY.
- E. There is no penalty if the gymnast inadvertently touches the coach.
- F. The coach may stand by the beam during the entire exercise without penalty.
- G. When a raised surface is necessary for spotting, it is recommended that a spotting block or folded mat be used; however, there is no penalty for the coach standing on the mounting apparatus, provided that the mounting apparatus (or spotting device) is removed immediately after the element is performed.
  1. If the spotting device is not removed, the Chief Judge takes a deduction of 0.30 from the average score.
  2. The coach may not use chairs or other items that are not produced by a gymnastics supply company to stand on for spotting purposes

## BALANCE BEAM ~ Chapter 3 ~ Execution & Artistry

### Execution and Artistry Faults

- Execution deductions may NOT exceed 4.0. This includes falls but does not include artistry or spotting deductions.
- Courtesy score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances.
- No routine will be awarded less than 4.0. Common sense should prevail.

<b>Slight/Small Faults (Up to 0.10)</b>	each time <u>0.05</u>	Flexed/sickled feet during skills/value parts
	up to 0.10	Slight hop, or small adjustment of feet on landing of elements or dismounts
	up to 0.10	Deviation from a straight direction on landing
	up to 0.10	Extra arm swings on landing
	up to 0.10	Hesitation during jump, swing, or press to handstand
	up to 0.10	Incorrect body posture/alignment during dance skills/value parts
	up to 0.10	Legs crossed during salto dismounts with a twist
	Up to 0.10	Failure to join (slide) heels together on controlled extension of dismount landing <b>when feet are a maximum of hip-width apart*</b>
	Up to 0.10	Entire foot/feet slide or lift off floor to join on controlled extension of dismount landing <b>when feet are a maximum of hip-width apart (small step)</b>
	Up to 0.10	Landing dismount with feet staggered (one fin front of the other)*
	each <u>0.10</u>	Extra steps on landing (maximum 4)
	<u>0.10</u>	Landing dismount with feet further apart than hip-width
	<u>0.10</u>	Dismount landing too close to the beam (when applicable)
<b>Medium Faults (Up to 0.20)</b>	each up to 0.20	Leg or knee separations
	up to 0.20	Insufficient height on leaps, jumps and hops
	up to 0.20	Insufficient height of Aerials, Saltos, & Acro flight elements with hand support
	up to 0.20 up to 0.20 Award lesser VP	Insufficient split position (deviation from amount of split degree required for the division) • 1° - 20° missing • 21° or more missing
	each up to 0.20	Legs not even in split or straddle pike leap/jump
	each up to 0.20	Insufficient exactness of tuck or pike position in skill/Value Parts
	up to 0.20 up to 0.20	Insufficient exactness of stretched position • Arch • Hips angle (136°-179°)
	up to 0.20 0.05 – 0.10 0.15 – 0.20 Award lesser VP	Dance: Incomplete turn – Gr. 2 & 3 elements with 360° or more turn • 1° - 44° missing • 45° - 89° missing • 90° or more missing
	up to 0.20 0.05 – 0.10 0.15 – 0.20 Award lesser VP	Dismounts: Incomplete twist on dismounts with 360° or more twist • 1° - 44° missing • 45° - 89° missing • 90° or more missing
	up to 0.20	Insufficient variation in rhythm and tempo throughout the exercise
	up to 0.20	Incorrect body posture on landing of elements and dismount
	up to 0.20	Additional trunk movements to maintain balance/control upon landing dismount
	up to 0.20	Insufficient dynamics – Consider • Energy maintained throughout exercise • Makes difficult look effortless
	<u>0.20</u>	Large step or jump on landing (approximately 3 feet or more)
	up to 0.20	Insufficient sureness of performance throughout the exercise

**\* Clarification on dismount landings:**

**The deductions for improper foot/feet position (separation) upon landing are to be applied only when the gymnast “sticks” the landing. They are not applied if a balance error results in steps on landing.**



## BALANCE BEAM ~ Chapter 3 ~ Execution & Artistry

### Execution and Artistry Faults (continued)

<b>Large Faults (Up to 0.30)</b>	each up to 0.30 0.30 max 0.30 arms & 0.30 legs	Bent arms in support or bent legs <ul style="list-style-type: none"> <li>• 90° or more bend</li> <li>• Maximum on any one element</li> </ul>
	up to 0.30	Additional movements to maintain balance on the beam
	up to 0.30	Squat on landing (hips even with or lower than the knees) <i>Note: if the gymnast lands an acro element in a squat position and then falls off the beam,</i> <ul style="list-style-type: none"> <li>• deduct up to 0.30 for the squat</li> <li>• deduct 0.50 for the fall</li> </ul>
	up to 0.30	Insufficient height (amplitude) of salto dismounts
	up to 0.30	Brush/touch the landing surface with one or both hands (no support)
	up to 0.30	Insufficient extension (open) of the body prior to landing of acro or dismount elements
	<b><u>0.30</u></b>	<b><i>Use of supplemental support [examples:1) Foot/feet remain on mat or board as mount is completed; 2) Foot/feet make contact with the mat in cross straddle sit during exercise]</i></b>
	<b>Very Large Faults (0.50)</b>	<b><u>0.50</u></b>
<b><u>0.50</u></b>		Support on mat with 1 or 2 hands
<b><u>0.50</u></b>		Fall/Failure to land on the bottom of the feet first on aerials/saltos/dismounts No Value-Part/No Special Requirement and deduct for a fall <i>Note: If the gymnast lands on the bottoms of feet and hands or knees simultaneously, award VP credit and Special Requirement, if appropriate, and deduct for a fall.</i>
<b><u>0.50</u></b>		Spotting assistance <u>upon</u> landing an element or dismount – award VP & SR
<b><u>0.50</u></b>		Spotting assistance <u>during</u> an element or dismount - Do Not Award VP or SR
<b>Artistry</b>	up to 0.30  *0.05 - 0.10 *0.05 - 0.10 *0.05 - 0.10	Insufficient artistry throughout the exercise Consider: <ul style="list-style-type: none"> <li>• Originality/creativity in elements &amp; connections</li> <li>• Quality of gymnast's movements to reflect her personal style</li> <li>• Quality of expression (i.e. projection, focus)</li> </ul> *0.10 is the <u>maximum</u> that can be taken in each category
<b>Specific Execution Errors</b>	each up to 0.10	Failure to perform turns in high relevé
	each up to 0.10	Lack of precision in dance skills or VP elements <i>Examples: Lack of definite arm or leg position on turns/leaps; degree of turn not exact</i>
	each up to 0.10	Failure to land with feet/legs together on jumps/leaps that land on 2 feet in SIDE position
	each <b><u>0.10</u></b>	Concentration pauses ( <b><i>more than 2 seconds</i></b> )
	up to 0.20	Relaxed/incorrect footwork on non-value parts throughout the exercise
	up to 0.20	Lack of tempo/poor rhythm between elements performed in a dance, mixed, or *acro series - applies to a continuous, but slow connection <b>EXCEPTION:</b> backward acro series of 1 or more flight elements is either connected or NOT, tempo deduction does not apply
	each <b><u>0.20</u></b>	Support of one leg against side surface of the beam to maintain balance
	up to 0.30	Directional error on gainer salto dismount off the end of the beam
	up to 0.30	Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts throughout the exercise
	<b><u>0.30</u></b>	Grasp of the beam to avoid a fall
	<b><u>0.50</u></b>	Third run approach on mount

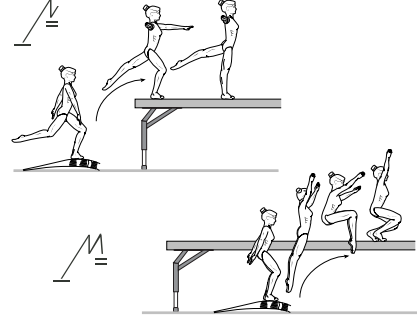
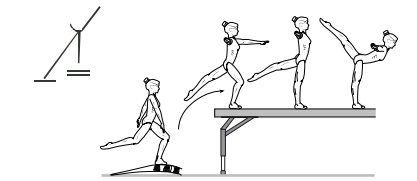
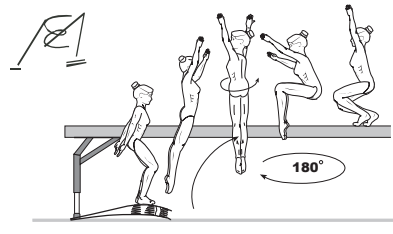
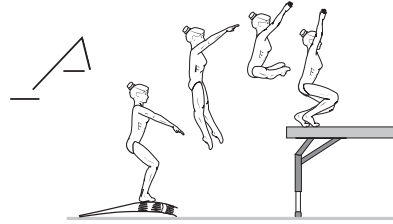
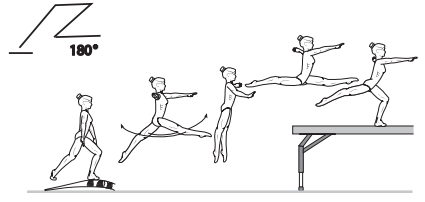
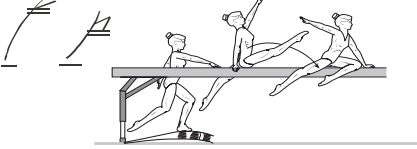
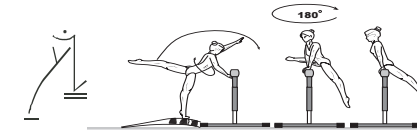
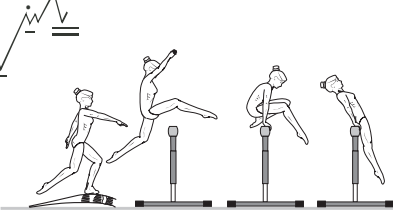
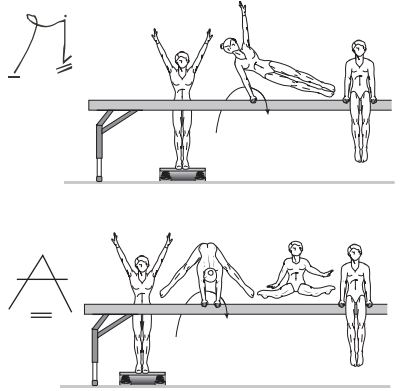
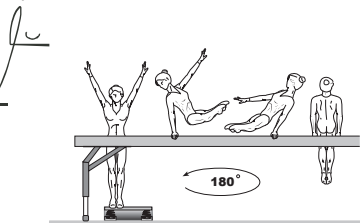
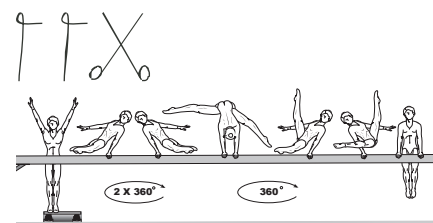


# BALANCE BEAM ~ Skills Chart

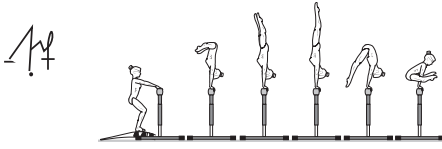
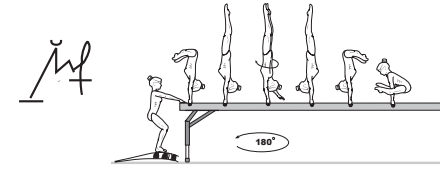
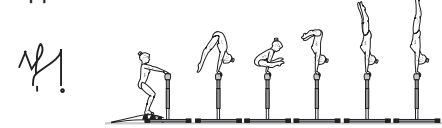
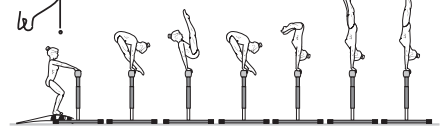
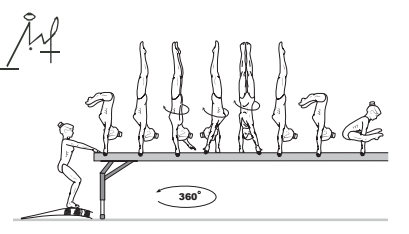
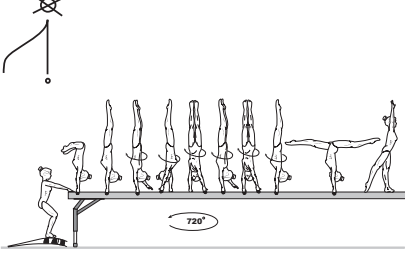
## Additional "A" Value Part Skills

Bronze Division	Silver Division	Gold Division	Platinum Div.	Diamond Div.
<b>Leaps/Jumps:</b> <ul style="list-style-type: none"> <li>Stag or stride leap (any split angle)</li> <li>Cross Split jump (any split angle)</li> <li>Cross straddle jump (any split angle)</li> </ul>	<b>*Leaps/Jumps:</b> <ul style="list-style-type: none"> <li>Stag or stride leap (min. 90°)</li> <li>Split jump (min. 90°)</li> <li>Cross straddle jump (min.90°) *</li> </ul>	<b>*Leaps/Jumps:</b> <ul style="list-style-type: none"> <li>Stag or stride leap (min. 90°)</li> <li>Split jump (min.90°)</li> <li>Cross straddle jump (min.90°)</li> </ul>	<b>*Leaps/Jumps:</b> <ul style="list-style-type: none"> <li>All leaps &amp; jumps with cross or side split (min. 120°)</li> </ul>	<b>*Leaps/Jumps:</b> <ul style="list-style-type: none"> <li>All leaps &amp; jumps with cross or side split (min. 150°)</li> </ul>
<p>Leaps &amp; jumps with a 135° or more split angle will receive Value Part credit as listed in the Xcel Code of Points. Refer to Xcel Code for appropriate application of insufficient split deductions and awarding of Value Part credit.</p>				
<b>Turns:</b> <ul style="list-style-type: none"> <li>Pivot turn (180°)</li> <li>½ heel snap turn</li> <li>½ turn on one foot</li> <li>Forward swing turn</li> <li>Backward swing turn</li> </ul>	<b>Turns:</b> <ul style="list-style-type: none"> <li>½ Heel snap turn</li> <li>½ turn on one foot</li> <li>Forward swing turn</li> <li>Backward swing turn</li> </ul>			
<b>Acro Skills:</b> <ul style="list-style-type: none"> <li>Partial handstand (feet/legs are NOT required to join/close; lead/back leg must be a min. of 45° from vertical)</li> <li>Vertical cross or side handstand (no hold - legs any position)</li> <li>Headstand (any position no hold)</li> <li>From lying position, push up to bridge (hold 1 sec)</li> <li>Lever to touch beam</li> </ul>	<b>Acro Skills:</b> <ul style="list-style-type: none"> <li>Partial handstand (feet must close together min. 45° from vertical)</li> <li>Vertical cross or side handstand (no hold - legs any position)</li> <li>Headstand (any position, no hold)</li> <li>From lying position, push up to bridge (hold 1 sec)</li> </ul>	<b>Acro Skills:</b> <ul style="list-style-type: none"> <li>Partial handstand (feet must close together min. 45° from vertical)</li> <li>Vertical cross or side handstand (no hold - legs any position)</li> <li>Headstand (any position - no hold)</li> </ul>		
<b>Dismounts:</b> <ul style="list-style-type: none"> <li>Cartwheel (or any entrance) to partial handstand</li> <li>45° from vertical, no hold required, land facing the beam</li> <li>Cartwheel (or any entrance) to handstand (mark), ¼ turn dismount</li> <li>Any jump from feet, <b>also</b> with up to 360° turn</li> </ul>	<b>Dismounts:</b> <ul style="list-style-type: none"> <li>Cartwheel (or any entrance) to partial handstand</li> <li>45° from vertical, no hold required, land facing the beam</li> <li>Cartwheel (or any entrance) to handstand (mark), ¼ turn dismount</li> <li>Any jump from feet, <b>also</b> with up to 360° turn</li> </ul>	<b>Dismounts:</b> <ul style="list-style-type: none"> <li>Cartwheel (or any entrance) to handstand (mark), ¼ turn dismount</li> </ul>		

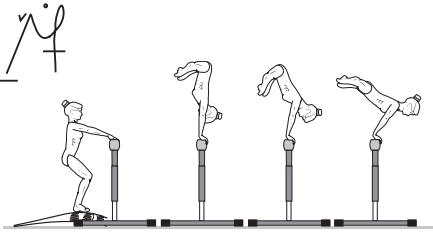
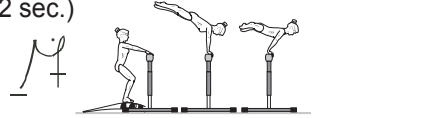
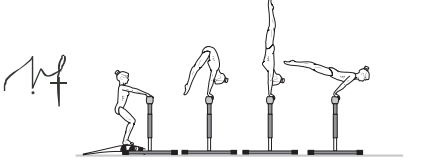
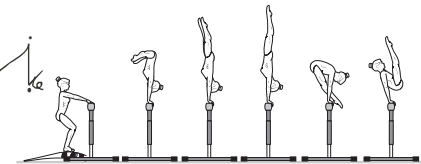
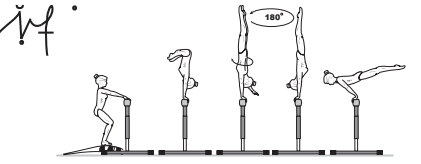
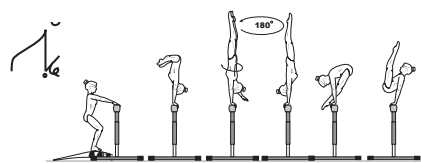
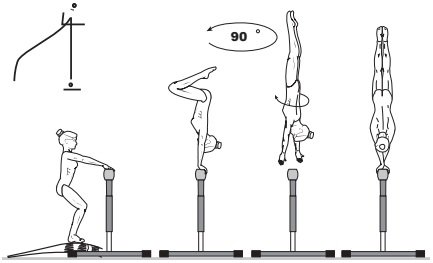
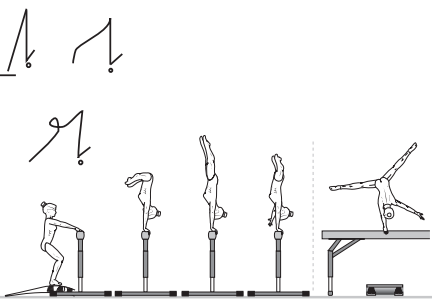
# BALANCE BEAM ~ Skills Chart

Group 1 – Mounts		
A	B	C
<p><b>1.101</b> Free leap or jump to stand on one or both legs at middle, end or diagonal to beam – take-off from one or both legs</p>  <p>Free leap to stand on one or both legs at end or diagonal to beam with lowering to scale-take off from one leg</p> 	<p><b>1.201</b> Free jump with 1/2 turn (180°) In flight phase to tuck or straight stand – approach at end or diagonal to beam</p>  <p><i>also, Straddle jump onto end of beam (180° leg separation)</i></p> 	<p><b>1.301</b> Split leap forward with leg change (180° leg separation) at end of beam</p> 
<p><b>1.102</b> Scissors leap to cross sit on L or R thigh diagonal approach to beam</p>  <p>One foot take-off, leg swing with 1/4-1/4 turn (total 180°) to front support – 90° approach to beam</p>  <p>Scissors leg swing with 1/2 turn (180°) to cross straddle sit (Not illustrated)</p>	<p><b>1.202</b> Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support - 90° approach to beam</p> 	<p><b>1.302</b></p>
<p><b>1.103</b> From side stand frontways – flank over or straddle cut forward to rear support</p> 	<p><b>1.203</b> From side stand frontways – double leg swing (Kehre-in) with 1/2 turn (180°) to rear support</p> 	<p><b>1.303</b> Two flank circles followed by leg “flair” (Baitova)</p> 

# BALANCE BEAM ~ Skills Chart

Group 1 – Mounts		
A	B	C
<p><b>1.110</b></p>	<p><b>1.210</b>            Jump, press or swing to side or cross handstand, – lower to end position touching beam or clear straddle support</p>  <p>also with 1/2 turn (180°) in handstand</p>  <p>also from clear straddle or clear pike support</p>  	<p><b>1.310</b>            Jump, press or swing to side or cross handstand with 1/1 - 2/1 turn (360°-720°) – lower to end position touching beam or clear straddle support</p>  

# BALANCE BEAM ~ Skills Chart

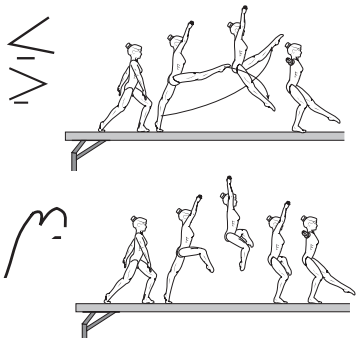
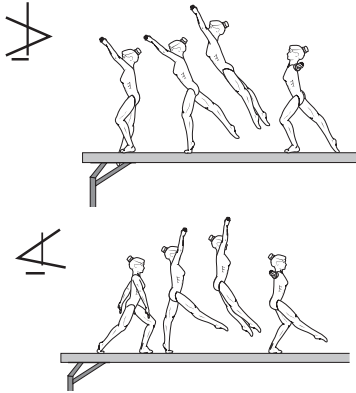
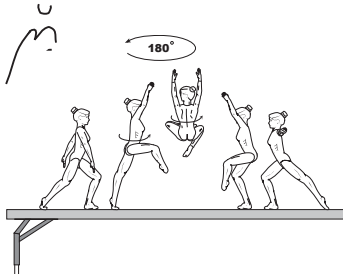
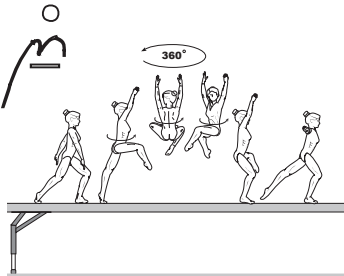
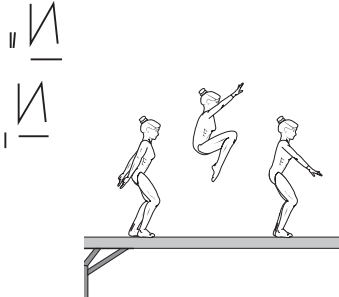
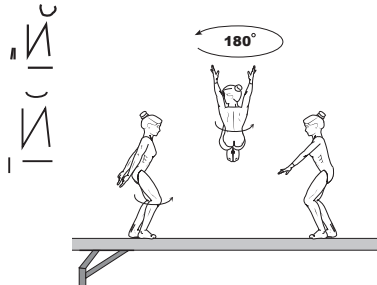
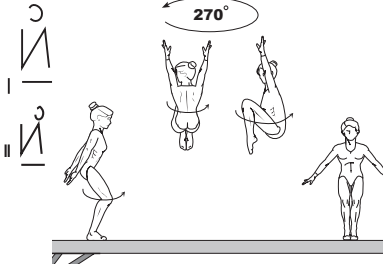
Group 1 – Mounts		
A	B	C
<p><b>1.111</b></p>	<p><b>1.211</b> Jump with bent hips to side planche (clear front support above horizontal) (2 sec.)</p> 	<p><b>1.311</b> Jump with stretched hips to planche (Schuschunova) also jump, press or swing to cross or side handstand – lower to planche or clear pike support (2 sec.)</p>    <p>Jump, press or swing to cross or side handstand – 1/2 turn (180°) in handstand - lower to planche or clear pike support (2 sec.)</p>  
<p><b>1.112</b></p>	<p><b>1.212</b> Press to side handstand, with bending – stretching of legs – hop with 1/4 turn (90°) to cross handstand (Lori-hop)</p> 	<p><b>1.312</b> Jump or press to handstand, shift weight to one arm handstand (2 sec.), lower to optional end pos.</p> 

# BALANCE BEAM ~ Skills Chart

Group 2 – Leaps, Jumps, and Hops		
A	B	C
<p><b>2.107</b> Sissonne, take off from both legs, land on one leg</p>	<p><b>2.207</b></p>	<p><b>2.307</b> Ring or stag-ring leap or jump (rear leg at head height)</p>
<p><b>2.108</b> Stretched (straight) or arch jump</p> <p>Stretched jump with 1/2 turn (180°)</p> <p>Stretched jump with change/beat of legs</p>	<p><b>2.208</b> Stretched jump forward with 3/4 turn (270°) from cross or side position</p>	<p><b>2.308</b> Stretched jump forward with 1/1-1 1/4 turn (360°-450°)</p>

# BALANCE BEAM ~ Skills Chart

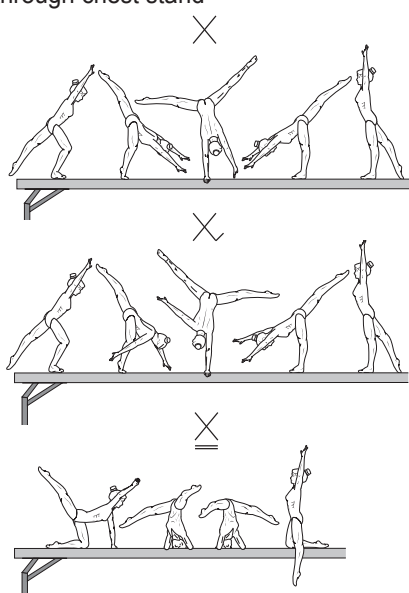
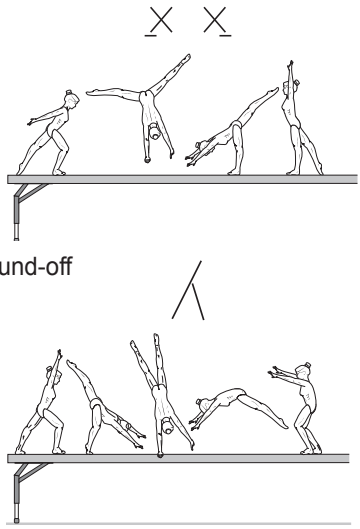
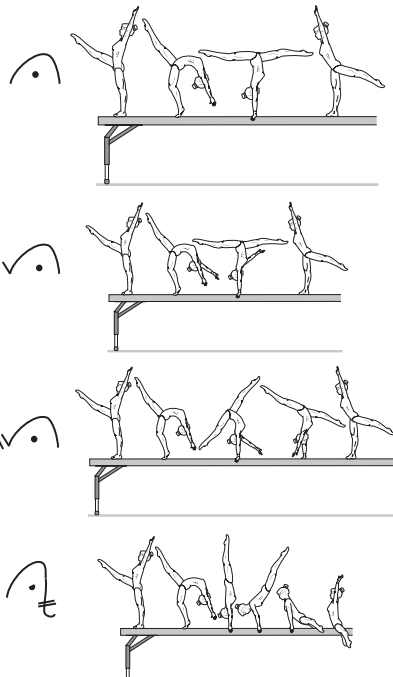
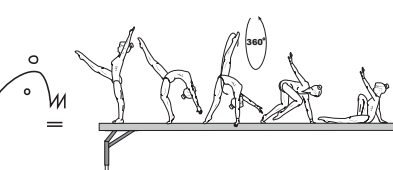
## Group 2 – Leaps, Jumps, and Hops

A	B	C
<p><b>2.109</b> Scissors leap forward or backward with bent (Cat leap) or extended (Hitch kick) legs</p>  <p>Cabriole (front or back)</p> 	<p><b>2.209</b> Cat leap with 1/2 turn (180°)</p> 	<p><b>2.309</b> Cat leap with 1/1 turn (360°)</p> 
<p><b>2.110</b> Tuck hop or jump</p> 	<p><b>2.210</b> Tuck hop or jump with 1/2 turn (180°)</p> 	<p><b>2.310</b> Tuckhop or jump with 3/4 turn (270°)</p> 



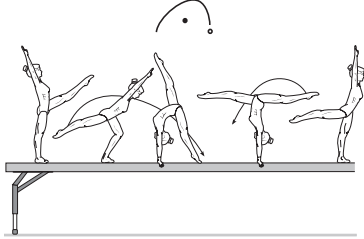
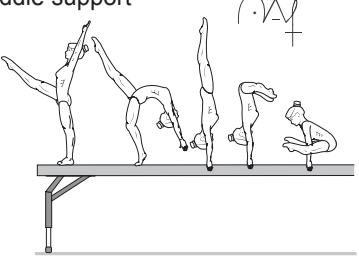
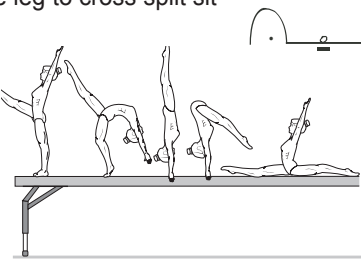
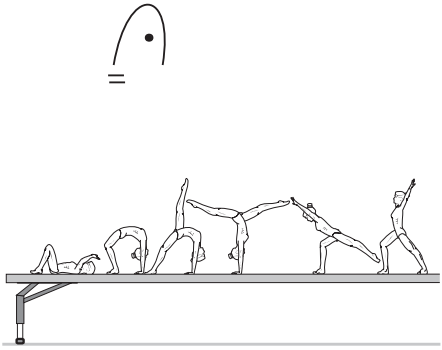
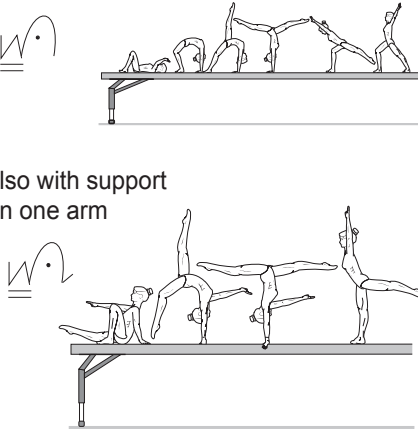
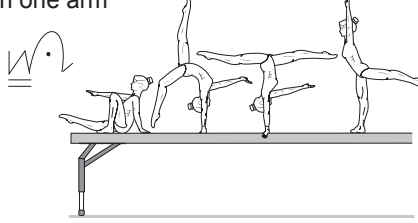
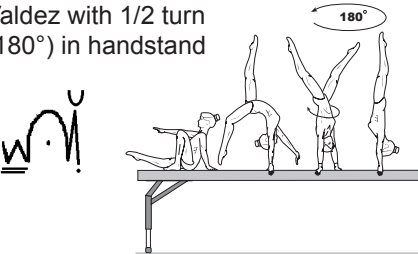
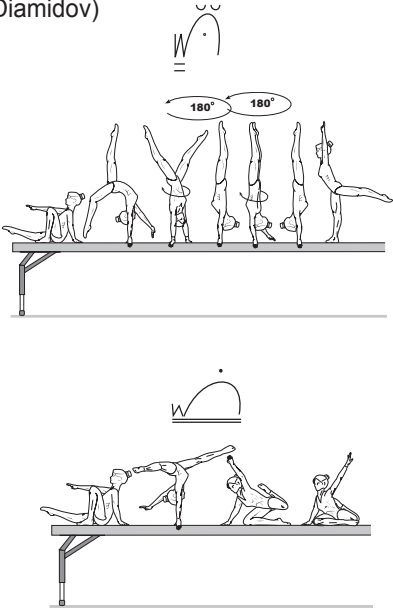
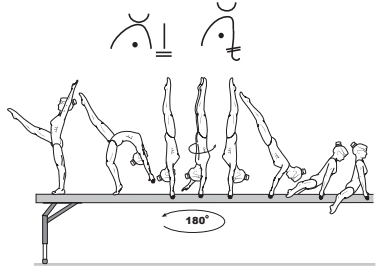
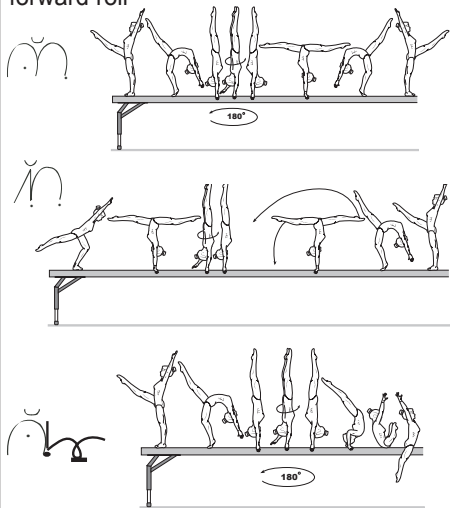
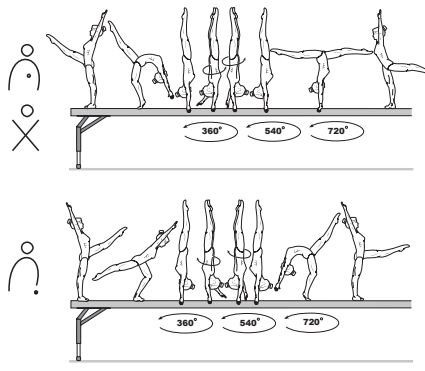
# BALANCE BEAM ~ Skills Chart

## Group 7 – Walkovers, Cartwheels, etc...

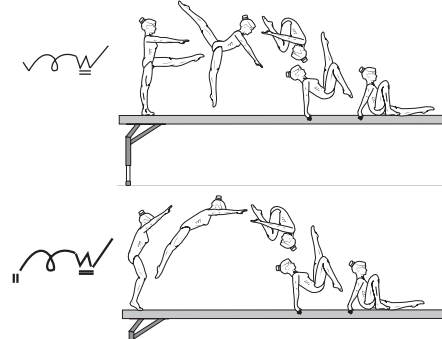
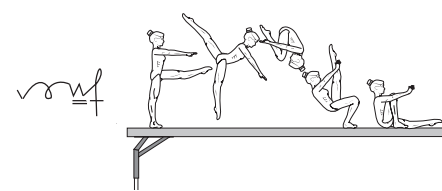
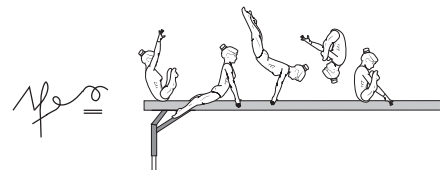
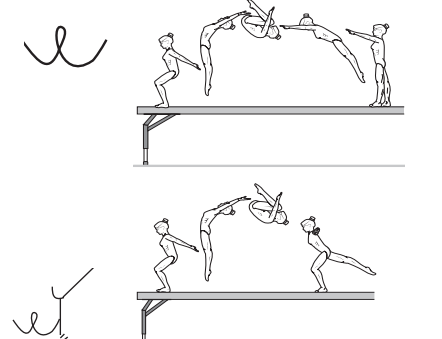
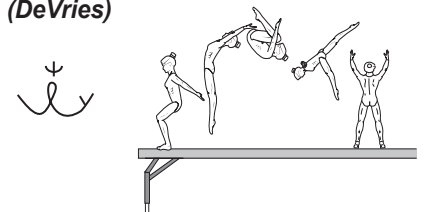
A	B	C
<p><b>7.103</b> Cartwheel, also with support of one arm or bending of both arms or on forearms through chest stand</p> 	<p><b>7.203</b> Cartwheel with flight phase before or after hand support</p> 	<p><b>7.303</b></p>
<p><b>7.104</b> Walkover backward, also with support of one arm or with alternate hand support (Tinsica) or with swing down to cross sit-</p>  <p>Back walkover to bridge 1/1 turn (360°) on one foot (one-hand support) to sit</p> 	<p><b>7.204</b> Scale forward, 1/2 turn (180°) to walkover backward (Turning bridge)</p>	<p><b>7.304</b> Walkover backward in side position to side stand</p>

# BALANCE BEAM ~ Skills Chart

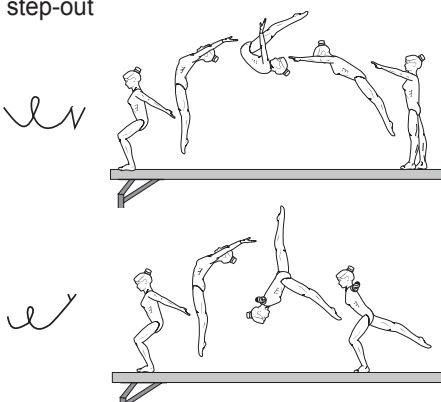
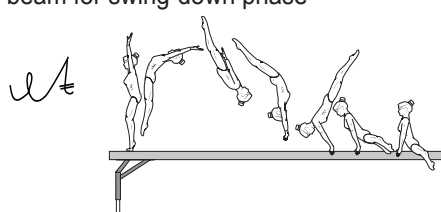
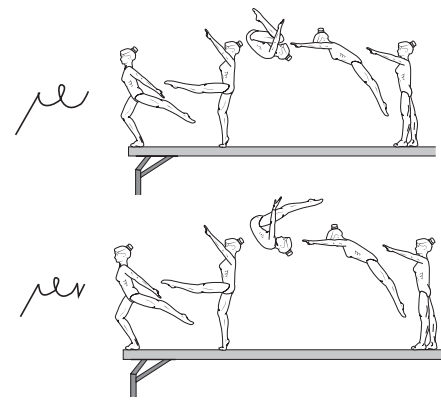
## Group 7 – Walkovers, Cartwheels, etc...

A	B	C
<p><b>7.105</b> Walkover forward, backward (Tic-toc)</p> 	<p><b>7.205</b> Walkover backward – lower to clear straddle support</p> 	<p><b>7.305</b> Walkover backward with stoop through of one leg to cross split sit</p> 
<p><b>7.106</b> <i>From back lying position, push up to bridge (support on head and/or hands), kickover backward</i></p> 	<p><b>7.206</b> From extended tuck sit – walkover backward (Valdez)</p>  <p>also with support on one arm</p>  <p>Valdez with 1/2 turn (180°) in handstand</p> 	<p><b>7.306</b> From extended tuck sit – walkover backward with 1/1 turn (360°) – 1/2 turn (180°) in handstand on one arm second 1/2 turn (180°) with late support of second arm (Diamidov)</p> 
<p><b>7.107</b> Walkover backward to handstand, 1/2 turn (180°) in handstand – lower to end position touching beam</p> 	<p><b>7.207</b> Walkover forward or backward with 1/2 turn (180°) in handstand and continuation of movement to walkover forward or forward roll</p> 	<p><b>7.307</b> All Walkovers forward, backward or cartwheels with 1/1 – 2/1 turn (360°- 720°) in handstand</p> 

# BALANCE BEAM ~ Skills Chart

Group 8 – Saltos		
A	B	C
8.101	8.201	<p><b>8.301</b> From a one or a two foot (Puolin) take-off, Salto forward tucked to an extended tuck sit with hand support</p>  <p>Also, without hand support (Portocarrero)</p>  <p>From a straddle sit, cast and whip to front salto in straddle position to land on the hands in a cross straddle sit (Kivisto)</p> 
8.103	8.203	<p><b>8.303</b> Salto backward tucked to stand or to scale forward (2 sec.)</p>  <p><b>Salto backward tucked with step-out and 1/4 (90°) turn to land in side stand (DeVries)</b></p> 

# BALANCE BEAM ~ Skills Chart

<b>Group 8 – Saltos</b>		
A	B	C
<b>8.104</b>	<b>8.204</b>	<p><b>8.304</b> Salto backward piked, also stretched with step-out</p>  <p><b>8.305</b> Salto backward stretched to swing down to cross straddle sit (Pearce) (Arms swing up above head to set for back salto, then pull down to the front of the thighs &amp; return to high position to reach for the beam for swing-down phase)</p> 
<b>8.105</b>	<b>8.205</b>	<p><b>8.305</b> Gainer salto backward tucked or piked</p> 

# FLOOR

## FLOOR EXERCISE RULES

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<b>Value Parts (VP)</b>	Any "A" VP listed in the Xcel Code of Points. Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the Xcel Code of Points. Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the Xcel Code of Points. Any skill listed on the Xcel Gold chart.	<b>6</b> "A", <b>1</b> "B" VP Any "A" or "B" VP listed in the Xcel Code of Points. Any "C" Dance VP. <b>Any Skills listed on the Xcel Platinum chart.</b>	<b>5</b> A", <b>2</b> "B" VP Any "A", "B", "C" VP listed in the Xcel Code of Points. 1 "D" element is allowed (No bonus) <b>Any Skills listed on Xcel Diamond chart.</b>
<b>Clarifications</b>	Round-off rebound - backward roll is an acro connection. Straddle jump & Side Leap (60°-180°+)= "A" VP	"B" dance VP are allowed Round-off rebound - backward roll is an acro connection.		"C" dance VP are allowed.	
<u>SR credit will be awarded for cross or side split leaps or jumps that are within 20° of the specified split angle. A deduction of up to 0.20 for insufficient split will be applied.</u>					
<b>Difficulty Restrictions</b> <i>Unallowable Skills</i> 0.5 deduction-off SV	No "B" or higher VP. No Saltos or Aerials. Maximum 2 flight skills per routine.	No "B" Acro VP. No "C" or higher VP Maximum 1 Salto or Aerial per routine.	No "B" VP Saltos. No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	Maximum of 1 "D" VP allowed. No "E" VP.
<b>Special Requirements</b> <b>Deduct 0.5 for Each Missing SR</b>	1. Min. 2 directly connected acro skills with or without Flight. 2. A 2 <sup>nd</sup> Pass with one Acro Skill with or without Flight. <b>** SR 1 &amp; 2 cannot be combined</b> 3. Dance Passage with a min. of 2 Different Group 1 VP or Xcel <b>Bronze</b> chart skills (directly or indirectly connected) one of which is a LEAP w/ a <b>60°</b> cross or side split. 4. Min. 1/2 Turn on one foot.	1. Min. 2 directly connected Acro skills one must have Flight. 2. <b>A 2<sup>nd</sup> Pass with either a 2nd Acro connection with a min. of two directly connected skills with or w/out flight, OR an Acro skill with Flight.</b> <b>** SR 1 &amp; 2 cannot be combined</b> 3. Dance Passage with a min. of 2 Different Group 1 VP or Xcel <b>Silver</b> chart skills (directly or indirectly connected), one of which is a LEAP with a <b>90°</b> cross or side split. 4. Min. 1/1 Turn on one foot.	1. Min. 2 directly connected Flight skills. 2. <b>A 2nd Pass with either a 2<sup>nd</sup> Acro connection with a min. of two directly connected Flight skills, OR an Aerial or Salto.</b> <b>** SR 1 &amp; 2 cannot be combined</b> 3. Dance Passage with a min. of 2 Different Group 1 VP or Xcel <b>Gold</b> chart skills (directly or indirectly connected), one of which is a LEAP with a <b>120°</b> cross or side split. 4. Min. 1/1 Turn on one foot.	1. Min. 2 directly connected Flight skills with 1 "A" or "B" Salto. 2. <b>A 2nd Pass with either a 2<sup>nd</sup> acro connection with a min. of two directly connected Flight skills, OR a "B" Salto</b> <b>** SR 1 &amp; 2 cannot be combined</b> 3. Dance Passage with a min. of 2 Different Group 1 VP (directly or indirectly connected), one of which is a LEAP with a <b>150°</b> cross or side split. 4. Min. 1/1 Turn on one foot.	1. Two separate acro connections each with a min. of two directly connected acro Flight skills. 2. Two different Saltos within the routine (isolated or in series), one must be a min. "B" (may be included in SR#1). 3. Dance Passage with a min. of two different Grp.1 VP (directly or indirectly connected.), one of which is a LEAP with a <b>150°</b> cross or side split. 4. Turn on one foot min. "B" VP.
<b>Timing</b> <i>No Minimum Time</i>	Warm-up: 30 sec. Time limit: 45 sec.	Warm-up: 45 sec. Time limit: 1:00	Warm-up: 1:00 Time limit: 1:00	Warm-up: 1:30 Time limit: 1:30	Warm-up: <b>2:00</b> Time limit: 1:30

# FLOOR EXERCISE ~ Chapter 1 ~ Requirements

## I. Special Requirements

each worth 0.50

### A. BRONZE DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 2 directly connected acro skills (with or without flight).  
Note: A round-off, rebound, backward roll fulfills this requirement.
2. A 2<sup>nd</sup> pass with one acro skill with or without flight.  
**\* SR #1 & 2 cannot be combined.**
3. A dance passage with a minimum of 2 different group 1 VP **or** Group 1 Xcel Bronze leap/jump/hop skills (directly or indirectly connected)
  - one of which is a leap with a 60° cross or side split.
4. Minimum of ½ turn on one foot.

### B. SILVER DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 2 directly connected acro skills (one must have flight).  
Note: A round-off, rebound, backward roll fulfills this requirement.
2. **A 2<sup>nd</sup> Pass with either a 2nd acro connection with a minimum of two directly connected skills with or without flight, OR an acro skill with flight.**  
**\* SR #1 & 2 cannot be combined.**
3. A dance passage with a minimum of 2 different group 1 VP **or** Group 1 Silver leap/jump/hop skills (directly or indirectly connected)
  - one of which is a leap with 90° cross or side split.
4. Minimum of 1/1 turn on one foot.

### C. GOLD DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 2 directly connected acro flight skills.
2. **A 2<sup>nd</sup> Pass with either a 2nd acro connection with a minimum of two directly connected flight skills, OR an Aerial or Salto**  
**\* SR #1 & 2 cannot be combined.**
3. A dance passage with a minimum of 2 different group 1 VP **or** Group 1 Xcel Gold leap/jump/hop chart skills (directly or indirectly connected)
  - one of which is a leap with 120° cross or side split.
4. Minimum 1/1 turn on one foot

### D. PLATINUM DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum of 2 directly connected acro flight skills with one "A" or "B" salto.
2. **A 2<sup>nd</sup> Pass with either a 2nd acro connection with a minimum of two directly connected flight skills, OR a "B" Salto**  
**\* SR #1 & 2 cannot be combined.**
3. A dance passage with a minimum of 2 different group 1 VP (directly or indirectly connected)
  - one of which is a leap with 150° cross or side split.
4. Minimum 1/1 turn on one foot

### E. DIAMOND DIVISION ~ SPECIAL REQUIREMENTS

1. Two separate acro connections:
  - each with a minimum of two directly connected acro flight skills.
2. Two different saltos within the routine (isolated or in series)
  - one must be a minimum "B" (may be included in SR #1).
3. A dance passage with a minimum of 2 different group 1 VP (directly or indirectly connected)
  - one of which is a leap with 150° cross or side split.
4. One turn, on one foot, minimum of "B" VP.

# FLOOR EXERCISE ~ Chapter 1 ~ Requirements

## II. SPECIAL REQUIREMENT CLARIFICATIONS

### A. General

1. Apply to All Divisions
  - a. SR credit will be awarded for Cross and Side split leaps or jumps that are within 20° **of the angle requirement. A deduction of "up o 0.20"** for insufficient split will be applied.
  - b. A dive roll does not fulfill a flight requirement since it ultimately has support on the shoulders and back.
  - c. Unallowable skills receive a deduction of 0.50 each and do not receive VP or SR credit.
2. Apply to Bronze Division
  - a. Round-off rebound – backward roll is an acro connection. This is the ONLY rebound-type series allowed to fulfill SR.
  - b. Maximum of 2 acro flight skills in the routine.
  - c. Straddle jump (60°-180° or more) = "A" VP
  - d. Side leap (60°-180° or more) = "A" VP
3. Apply to Silver Division
  - a. Round-off rebound – backward roll is an acro connection. This is the ONLY rebound-type series allowed to fulfill SR.
  - b. Maximum of one salto or aerial in the routine.

B. Examples: These are a few examples of elements that do and do NOT fulfill Special Requirement.

### EXAMPLES FOR BRONZE FLOOR

Fulfills SR #1 & #2 1. Min. 2 directly connected acro skills with or without flight & 2. A 2 <sup>nd</sup> pass with one acro skill with or without flight	Does NOT fulfill SR #1 &/Or #2
1 <sup>st</sup> Pass - Round-off, rebound, backward roll 2 <sup>nd</sup> Pass - Round-off	1 <sup>st</sup> Pass - Round-off, flic-flac 2 <sup>nd</sup> Pass - Front handspring <i>Only 2 flight skills in a routine-fhs does not count for VP or SR and receives 0.50 ded. for unallowable element.</i>
1 <sup>st</sup> Pass - Handstand forward roll step out, cartwheel 2 <sup>nd</sup> Pass - Cartwheel	1 <sup>st</sup> Pass - Cartwheel, pivot turn, cartwheel 2 <sup>nd</sup> Pass - Round-off <i>A pivot turn or repositioning of feet will break series</i>
1 <sup>st</sup> Pass - Round-off, flic-flac 2 <sup>nd</sup> Pass - Dive roll <i>Even though the dive roll does not count as a flight element it will count as a acro VP.</i>	1 <sup>st</sup> Pass - Front walkover, moves foot after initial placement on floor, cartwheel 2 <sup>nd</sup> Pass - Handstand forward roll, split jump <i>Repositioning foot will break acro series</i>
<b>Fulfills SR #3</b> Dance passage with a min. of 2 different <u>Group 1</u> VP or Xcel <b>Bronze</b> chart skills ( <i>directly or indirectly connected</i> ) one of which is a Leap with a <b>60°</b> cross or side split	<b>Does NOT fulfill SR #3</b>
Split leap ( <b>60°</b> ), run, leg swing hop, with free leg to horizontal	Chassé, split leap Missing 2nd Group 1 skill. <i>Chassé is not an element</i>
Cat leap, skips, split leap	Split leap, run, split leap <i>Skills must be different</i>
Split leap ( <b>60°</b> ), hitch kick	Split jump, tuck jump <i>One skill must be a leap (one foot take-off) with a split</i>
<b>Fulfills SR #4</b> Min. 1/2 Turn on one foot	<b>Does NOT fulfill SR #4</b>
Backward swing turn	Pivot turn <i>Must be on one foot</i>
Full turn	Fouetté turn <i>Is a hop</i>
½ Heel snap turn	

## FLOOR EXERCISE ~ Chapter 1 ~ Requirements

### EXAMPLES FOR SILVER FLOOR

<b>Fulfills SR #1 &amp; #2</b> 1. Min. 2 directly connected acro skills one must have flight & 2. <b>A 2<sup>nd</sup> Pass w/ either a 2nd acro connection with a min. of two directly connected skills with or without flight, OR an acro skill with flight.</b>	<b>Does NOT Fulfill #1 &amp;/Or #2</b>
1 <sup>st</sup> Pass - Round-off, flic-flac 2 <sup>nd</sup> Pass - Handstand forward roll step out, cartwheel	1 <sup>st</sup> Pass - Front handspring step out, round-off 2 <sup>nd</sup> Pass - Front walkover <i>Single skill done must have flight for SR</i>
1 <sup>st</sup> Pass - Round-off, back tuck 2 <sup>nd</sup> Pass - Front handspring	1 <sup>st</sup> Pass – Round-off, flic-flac 2 <sup>nd</sup> Pass – Dive roll  2 <sup>nd</sup> Pass – Dive roll is not a flight acro skill and will not fulfill SR#2
1 <sup>st</sup> Pass - Front handspring step out, round-off, flic-flac 2 <sup>nd</sup> Pass - Round-off	<b>1<sup>st</sup> Pass - Round-off, flic-flac, flic-flac</b> <b>2<sup>nd</sup> Pass - Round-off, flic-flac, flic-flac</b> <b>Identical series</b>
<b>1<sup>st</sup> Pass - Round-off, flic-flac, flic-flac</b> <b>2<sup>nd</sup> Pass - Round-off, flic-flac</b>	<b>Back Walkover, Flic-flac, Flic-flac</b> <b>Back Walkover, Back Walkover</b>  <b>3rd BWO does not receive VP credit- not an acro skill with flight and hand support</b>
<b>1<sup>st</sup> Pass – Round-off, flic-flac, flic-flac</b> <b>2<sup>nd</sup> Pass – Back Walkover, flic-flac</b>	
<b>Fulfills SR #3</b> dance passage with a min. of 2 different <u>Group 1</u> VP or Xcel <b>Silver</b> chart skills ( <i>directly or indirectly connected</i> ) one of which is a Leap with a <b>90°</b> cross or side split	<b>Does NOT fulfill SR #3</b>
Switch leap (90°), run, leg swing hop with free leg to horizontal	Switch leap, run, switch leap <i>Skills must be different</i>
Split leap (90°), chassé, side leap (70°)	Split jump, sissonne <i>Neither skill is a leap with a split</i>
Split leap (90°), run, assemblé, Schuschunova	Split leap, run, dive roll, straddle jump <i>Dive roll breaks dance passage</i>
<b>Fulfill SR #4</b> Min. 1/1 Turn on one foot	<b>Does NOT fulfill SR #4</b>
1½ turn on 1 foot	Chassé 1/1 <i>Not on 1 foot</i>



## FLOOR EXERCISE ~ Chapter 1 ~ Requirements

### EXAMPLES FOR GOLD FLOOR

<b>Fulfills SR #1 &amp; #2</b> 1. Min. 2 directly connected flight skills & 2. <b>A 2<sup>nd</sup> Pass with either a 2nd acro connection with a minimum of two directly connected flight skills, OR an Aerial or Salto</b>	<b>Does NOT fulfill #1 &amp;/Or #2</b>
1 <sup>st</sup> Pass - Round-off, two flic-flacs 2 <sup>nd</sup> Pass - Front handspring step out, round-off	1 <sup>st</sup> Pass - Round-off, rebound, back roll 2 <sup>nd</sup> Pass - Round-off, flic-flac <i>Cannot use round-off, rebound into skill</i>
1 <sup>st</sup> Pass - Round-off, flic-flac 2 <sup>nd</sup> Pass - Aerial cartwheel	1 <sup>st</sup> Pass - Round-off, flic-flac, back tuck <i>Can not combine SR #1 &amp; #2</i>
1 <sup>st</sup> Pass - Front tuck 2 <sup>nd</sup> Pass - Round-off, flic-flac	<b>Round-off, Flic-flac</b> <b>Round-off, Straddle Jump</b> <b>Round-off, Straddle Jump, FF</b> <b>3rd pass is not an acro series</b>
<b>1<sup>st</sup> Pass - Round-off, flic-flac</b> <b>2<sup>nd</sup> Pass - Round-off, straddle jump</b> <b>3<sup>rd</sup> Pass - Round-off, flic-flac, flic-flac</b>	
<b>Front handspring step-out, Front handspring to 2 feet</b> <b>Front handspring step-out, Round-off</b>	
<b>Fulfills SR #3</b> Dance passage with a min. of 2 different Group 1 VP or Xcel <b>Gold</b> chart skills ( <i>directly or indirectly connected</i> ) one of which is a Leap with a <b>120°</b> cross or side split	<b>Does NOT fulfill SR #3</b>
Switch leap, straddle jump	Leap, run, round-off, schuschunova <i>Round-off breaks dance passage</i>
Switch leap, run, jeté en tournant	Leg swing hop, step split jump <i>Neither skill a leap with a split</i>
Leap, step, cabriolé	Cat leap 1/1, step straddle jump <i>Leap not 120° cross or side split</i>
<b>Fulfill SR #4</b> Min. 1/1 Turn on one foot	<b>Does NOT fulfill SR #4</b>
1½ turn on 1 foot	Chassé 1/1 <i>Not on 1 foot</i>

## FLOOR EXERCISE ~ Chapter 1 ~ Requirements

### EXAMPLES FOR PLATINUM FLOOR

<b>Fulfills SR #1 &amp; #2</b> 1. Min. 2 directly connected flight skills with 1 "A" or "B" salto & 2. <b>A 2<sup>nd</sup> Pass with either a 2nd acro connection with a minimum of two directly connected flight skills, OR a "B" Salto</b>	<b>Does NOT fulfill SR #1 &amp;/Or #2</b>
1 <sup>st</sup> Pass - Round-off, flic-flac, back tuck 2 <sup>nd</sup> Pass - Front pike salto	1 <sup>st</sup> Pass - Front tuck, round-off, flic-flac, back layout with 1/1 twist <i>Cannot combine SR #1 &amp; #2.</i>
1 <sup>st</sup> Pass - Front handspring, front tuck 2 <sup>nd</sup> Pass - Round-off, flic-flac	1 <sup>st</sup> Pass - Round-off, flic-flac, back layout with 1/1 twist 2 <sup>nd</sup> Pass - Front tuck <b><i>In 2nd pass, salto is an "A" VP</i></b>
1 <sup>st</sup> Pass - Front handspring step out, round-off, flic-flac 2 <sup>nd</sup> Pass - Round-off, back layout	
<b>1st Pass - Front handspring step-out, round-off, Back Tuck</b> <b>2nd Pass - Front handspring step-out, Round-off</b>	
<b>Fulfills SR #3</b> Dance passage with a min. of 2 different <u>Group 1</u> VP ( <i>directly or indirectly connected</i> ) one of which is a Leap with a <b>150°</b> cross or side split.	<b>Does NOT fulfill SR #3</b>
Switch leap, side leap	Leap, run, round-off, Schuschunova <i>Round-off breaks dance passage</i>
Switch leap, run, tour jeté 1/2	Switch leap, switch leap <i>Skills must be different</i>
Leap, run, wolf hop 1/1	Cat leap 1 ½, step, straddle jump <i>Leap not 150° cross or side split</i>
<b>Fulfill SR #4</b> Min. 1/1 Turn on one foot.	<b>Does NOT fulfill SR #4</b>
1½ turn on 1 foot	Chassé 1/1 <i>Not on 1 foot</i>
<i>Double turn</i>	

## FLOOR EXERCISE ~ Chapter 1 ~ Requirements

### EXAMPLES FOR DIAMOND FLOOR

<b>Fulfills SR #1 &amp; #2</b> 1. Two <i>separate</i> acro connections each with a min. of two directly connected acro flight skills & 2. Two <i>different</i> saltos within the routine ( <i>isolated or in series</i> ) - one must be a min. "B" ( <i>may be included in SR#1</i> ).	<b>Does NOT fulfill SR #1 &amp;/Or #2</b>
1 <sup>st</sup> Pass – Round-off, back layout 1/2 2 <sup>nd</sup> Pass – Straddle jump, front tuck 3 <sup>rd</sup> Pass – Round-off, flic-flac	1 <sup>st</sup> Pass – Front handspring, front tuck 2 <sup>nd</sup> Pass – Front handspring, round-off, flic-flac, back tuck <i>No "B" salto</i>
1 <sup>st</sup> Pass – Front tuck, front layout 2 <sup>nd</sup> Pass – Round-off, flic-flac	1 <sup>st</sup> Pass – Front tuck, round-off, flic-flac, back layout 2 <sup>nd</sup> Pass – Front layout <i>No 2<sup>nd</sup> separate acro pass of 2 skills</i>
1 <sup>st</sup> Pass – Round-off, Back layout 2 <sup>nd</sup> Pass – Front handspring step out, round-off, flic-flac 3 <sup>rd</sup> Pass – Front Pike	1 <sup>st</sup> Pass – Round-off, flic-flac, back layout 1/1 2 <sup>nd</sup> Pass – Front layout 3 <sup>rd</sup> Pass – Round-off, flic-flac, back layout 1/1 <i>1<sup>st</sup> and 3<sup>rd</sup> passes are the same. No SR credit for 3<sup>rd</sup> pass.</i>
<b>Fulfills SR #3</b> Dance passage with a min. of two diff. <u>Group 1</u> VP ( <i>directly or indirectly connected.</i> ) - one of which is a Leap with a <b>150°</b> cross or side split	<b>Does NOT fulfill SR #3</b>
Switch leap 150°, side leap 130°	Leap, run, round-off, Popa <i>Round-off breaks dance passage</i>
Switch leap 150°, run, cat leap 1 ½	Switch leap, switch leap <i>Skills must be different</i>
Leap 140°, run, wolf hop 1/1, split jump 1/1	Cat leap 1½, step straddle jump, straddle jump ½ <i>Leap not 150° cross or side split</i>
<b>Fulfill SR #4</b> Turn on one foot min. "B" VP.	<b>Does NOT fulfill SR #4</b>
1 ½ turn on 1 foot	Chassé 1/1 <i>Not on 1 foot</i>
Double turn	Full turn <i>Must be a "B" VP</i>

## III. CLARIFICATIONS REGARDING SERIES

### A. Acro Series

1. The series will be considered broken and not eligible to fulfill the SR if any of the following occur:
  - a. A stop between the elements.
  - b. Loss of balance, causing a stop between the elements.
  - c. Repositioning of the support leg.
  - d. Extra step, hop or jump between the elements
  - e. **Performing a kick between elements will break the series.**
    - **During the step, the leg swing forward must be no higher than 45°; otherwise, it is considered to be a broken Series.**

EXCEPTION: In the Bronze and Silver Divisions, a round-off rebound backward roll is an allowable acro connection.

### B. Dance Element performed within an Acro Series will break the direct connection.

- Do not award Special Requirement credit.

Example: In the Bronze Division (Round-off, Tuck Jump, Backward Roll).

The Tuck Jump breaks the Acro Series connection, Acro Series Special Requirement #1 is NOT fulfilled.

### C. Saltos for Platinum SR #1 & 2 and Diamond SR #2

1. The following flight elements without hand support are NOT considered saltos and cannot be used to fulfill these SR:
  - a. Aerials
  - b. Salto-like elements that land in a sitting, prone or split split-sit position.

### D. Dance Passage

1. The connection of skills in a Dance Passage may be either direct or indirect.
  2. An indirect connection would allow for running steps, small hops, skips, chassés, assemblés, or any kind of turn **on** one or two feet between the dance VP elements.
    - No pauses or stops are allowed within the dance passage. A plié is allowed provided it does not cause a pause or stop.
- EXAMPLE: Using a lunge preparation that creates a pause prior to a turn on one foot would break the dance passage.
3. The leap requiring the designated split requirement for the division may be in cross (front-to-back) position or side (split or straddle) position.
    - a. If the cross-position is used, the leap must be completed with the forward leg extended.
    - b. In a dance passage with two leaps, the SR will be met when at least one of the leaps finishes with the front leg extended.
    - c. If the rear leg is in a stag position, it WILL fulfill the SR
    - d. The stride leap forward with a change of legs to wolf position does NOT fulfill this SR.
  4. Group 1 elements (leaps, jumps, hops) in the dance passage may land on one or both feet as the first, second, or last element in the dance passage. Rebounding out of a leap/jump is allowed and does not constitute a pause or stop.
  5. The second (or last) element may also land in a prone or split position.
  6. Examples that fulfill the dance passage SR:
    - a. Split leap, chassé, cat leap
    - b. Switch-leg leap, run run, run assemblé straddle jump
    - c. Cat leap, step split leap
  7. Examples that do NOT fulfill the dance passage SR:
    - a. Run, Run, run, split leap, chassé
    - b. Run, run, run spit leap, chassé, full turn on one foot
    - c. Chassé, assemblé, straddle jump, wolf jump
  8. An Acrobatic Element may not be performed between the Dance Elements within the Dance Passage (SR #3).
    - The Acro Element will break the Dance Passage.

Example: (Switch leap, Flic-flac, Straddle jump).

The Flic Flac breaks the Dance Passage, Dance Passage Special Requirement #3 is NOT fulfilled.

## FLOOR EXERCISE ~ Chapter 2 ~ General Information

### I. Recognition (Counting) of Value Parts

- A. Any Floor Exercise Skill listed in the applicable ***Xcel Division Skill Charts*** or in the *Xcel Code of Points/Xcel Updates* may receive VP credit two (2) times in an exercise, provided that the element occurs in a different connection (i.e. preceded or followed by a different element). \* **See Exception - A #5 below.** Any skill that is listed in the *Xcel Code of Points* is given the value that is listed, even if it is different than the value listed in the *JO Code of Points*.
1. If a leap/jump/hop is performed that cannot be specifically found in the Xcel Division Skill Chart or in the *Xcel Code of Points/Xcel Updates*, the judge may award comparable Value-Part credit if they can recognize the “root” skill. This would include variations of leg position as well as landing position of any previously valued leap/jump/hop.
  2. Any new element not listed in the Xcel Division Skill Chart or in the *Xcel Code of Points/Xcel Updates*:
    - a. Must be evaluated by the Regional Technical Chair and the National Xcel Chair and appointed National Technical Committee Personnel.
    - b. The Element Evaluation form can be found on the [www.usagym.org](http://www.usagym.org) website in the forms section under Women.
    - c. A copy of this evaluation must be presented to the Meet Referee or Chief Judge prior to the competition in order to insure proper awarding of difficulty.
    - d. Evaluations will be valid for one quadrennium (beginning Aug. 1 of the year following the Olympics) and will be posted on Regional websites.
    - e. “A” Dance elements on Beam and Floor Exercise: If a variation of an “A” Dance element is NOT listed in the *Xcel Code of Points/Xcel Updates*, the judge may award “A” value if it is comparable to the “root” element.
  3. If the same element is performed a third time, or is performed a second time in the exact same connection: **See Exception - A #5 below.**
    - a. The VP credit is NOT awarded.  
**EXCEPTION:** VP credit can be awarded for an element that is performed for the third time IF it was not previously awarded VP credit because:
      - The element lacked completion the first or second time it was performed, or
      - The element was performed in the exact same connection the second time it was performed.
    - b. All applicable execution and amplitude deductions are applied.
    - c. It CANNOT be used to fulfill SR. An element must receive VP credit in order to fulfill SR.
  4. All saltos and aerials must land on any part of the bottom of the feet first to receive VP credit.
    - a. If the bottoms of the feet and the hands land simultaneously, deduct 0.50 for the fall and award VP credit.
    - b. If the bottoms of the feet do not land first, deduct 0.50 for the fall. Do not award VP or SR.
  5. ***Acro flight skills with hand support are eligible to receive Value-Part credit regardless of the number of times performed and may also fulfill Special Requirements, provided that the series in which they are performed are different.***
  6. ***Acro elements such as rolls, cartwheels and walkovers that have an optional ending position not specifically listed in the Xcel Code of Points are still eligible to count as acro VP elements.***
- B. In the following instance, elements will be considered DIFFERENT for the counting of VP:
1. If they have a different number in the *Xcel Code of Points/Xcel Updates* or are listed separately on the Xcel Skill Chart.
  2. If they have the same number in the *Xcel Code of Points/Xcel Updates* but meet the following criteria:
    - a. Saltos are performed with different body positions.
      - 1) A tuck, pike, and stretched salto are all considered different elements.
      - 2) The body shape maintained during the majority of the salto determines the recognized element body position.
    - b. There are different degrees of turn ( $\frac{1}{2}$ ,  $\frac{1}{1}$ ,  $\frac{1}{2}$ )
      - The addition of a  $\frac{1}{4}$  turn does not make an element different, unless specifically listed in the *Xcel Code of Points*.  
EXAMPLE: #1.115 Tuck jump and Tuck jump with  $\frac{1}{4}$  turn are considered the same element.
    - c. The take-off for a leap/jump/hop is from one or both legs.  
EXAMPLE: #1.101 Split leap and Split jump will be considered different elements.
    - d. An Xcel acro series will receive credit as a different series when ***there are a different number of acro elements receiving VP credit in the second series***, or the acro elements receiving VP credit in the second series are in a different order, OR there is a different acro element in the first or second series.

## FLOOR EXERCISE ~ Chapter 2 ~ General Information

### Recognition (Counting) of Value Parts (continued)

#### EXAMPLES:

- 1) **First Series:** Front salto tucked step-out, Front Handspring, Front salto stretched  
**Second Series:** Front salto tucked step-out, Front Handspring, Flyspring, Front salto stretched.
  - *These are considered to be Two Different Series due to the addition of the Flyspring. VP credit will be awarded to all elements.*
- 2) **First Series:** Front salto tucked step-out, Round-off, Flic-flac, Salto backward with 1/1 twist.  
**Second Series:** Round-off, Flic-flac, Salto backward with 1/1 twist.
  - *These are considered Two Different Series due to the deletion of the front salto tucked. VP credit will be awarded to all elements.*
- 3) **First Series:** Front Aerial, Round-off, Flic-flac, Back salto tucked  
**Second Series:** Round-off, Flic-flac, Back salto tucked
  - *These are considered Two Different Series due to the deletion of the acro element without hand support (front aerial). VP credit will be awarded to all elements.*
- 4) **First Series:** Front handspring step-out, round-off, flic-flac, back salto tucked  
**Second Series:** Round-off, flic-flac, back salto tucked
  - *These are considered Two Different Series because of the addition of the front handspring in the first series.*
- 5) **First Series: Round-off, Flic-flac**  
**Second Series: Round-off, Flic-flac, Flic-flac**
  - *These are considered Two Different Series because of the additional flic-flac in the second series. VP credit will be awarded to all elements.*
  - *If these two series were in reverse order, they would still be considered Two Different Series due to the different number of elements in the series.*

C. In the following instance, elements/series will be considered the SAME for recognition of VP:

- A salto with a 2-foot landing or with a step-out are considered the same element.

**EXAMPLE:** Front salto tucked with step-out (A) and front salto landing on two feet are considered the same element.

#### D. Difficulty Restrictions

##### 1. BRONZE DIVISION ~ RESTRICTIONS

a. Only Skills listed on the Bronze Skill Chart and allowable "A" elements are allowed

- 1) "B" or higher VP elements are NOT ALLOWED
  - Exceptions: Straddle jump and Side leap (60°-180° or more) = "A" VP.
- 2) The following "A" VP are NOT ALLOWED in the Bronze Division
  - a) Saltos
  - b) Aerials
- 3) There is a maximum of 2 flight skills allowed in the routine
- 4) If an unallowable/restricted skill is performed:
  - a) Deduct 0.50 from SV
  - b) Do NOT award VP credit
  - c) The skill CANNOT be used to fulfill Special Requirements

b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

##### 2. SILVER DIVISION ~ RESTRICTIONS

a. Only Skills listed on the Silver Skill Chart, allowable "A" VP, and "B" dance VP are allowed

- 1) "B" acro VP or "C" or higher VP are NOT ALLOWED
- 2) Maximum of one salto or aerial in the routine
- 3) If an unallowable/restricted skill is performed:
  - a) Deduct 0.50 from SV
  - b) Do NOT award VP credit
  - c) The skill CANNOT be used to fulfill Special Requirements

b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

##### 3. GOLD DIVISION ~ RESTRICTIONS

a. Only Skills listed on the Gold Skill Chart, "A" VP and allowable "B" VP are allowed.

- 1) "B" VP Saltos are NOT ALLOWED
- 2) "C" or higher VP elements are NOT ALLOWED
- 3) If an unallowable/restricted skill is performed:
  - a) Deduct 0.50 from SV
  - b) Do Not award VP credit
  - c) The skill CANNOT be used to fulfill Special Requirements

b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

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## FLOOR EXERCISE ~ Chapter 2 ~ General Information

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### Difficulty Restrictions (continued)

#### 4. PLATINUM DIVISION ~ RESTRICTIONS

- a. Only **Skills listed on the Platinum Skill Chart**, “A” and “B” VP and “C” dance VP are allowed.
  - 1) “C” or higher acro VP and “D” or higher VP are NOT ALLOWED
  - 2) If an unallowable/restricted skill is performed:
    - a) Deduct 0.50 from SV
    - b) Do NOT award VP credit
    - c) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

#### 5. DIAMOND DIVISION ~ RESTRICTIONS

- a. Only **Skills listed on the Diamond Skill Chart**, “A”, “B”, “C” and one “D” VP elements are allowed. NO BONUS is awarded for a “D” element.
  - 1) “E” VP elements and more than one “D” VP element are NOT ALLOWED.
  - 2) If an unallowable/restricted skill is performed:
    - a) Deduct 0.50 from SV
    - b) Do NOT award VP credit
    - c) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

#### E. Considerations for awarding Value-Part credit when a fall occurs:

1. If the gymnast fails to land on any part of the bottom of her feet first when performing a salto element:
  - a. VP credit is NOT awarded.
  - b. Special Requirement credit is NOT awarded.
  - c. A deduction of 0.50 is taken for a fall.
  - d. Deductions for execution and amplitude errors are taken in addition to the 0.50 deduction for the fall.

#### F. Flight Elements

1. A flight element that fails to show flight (a moment when both the hands and the feet are free of the floor) is awarded VP credit for the actual element performed.
2. If an acro skill does not show flight, the skill CANNOT fulfill an acro special requirement requiring flight.
3. A Dive Forward Roll does NOT fulfill a flight requirement since it ultimately has support on the shoulders and the back.

#### G. Required Technique for the Recognition of Value Parts

- Leg positions, posture/body position, and/or amplitude requirements as indicated in the *Xcel Code of Points, Xcel Updates. Updates* must be fulfilled in order to award the VP as listed.
- In some cases, appropriate execution and amplitude deductions would be taken rather than recognizing it as a different element.

#### 1. Turning Jumps/Leaps/Hops and turns on one foot with 360° turn or more:

- If missing 1° to 44° of the turn                      deduct 0.05 – 0.10
- If missing 45° to 89° of the turn                      deduct 0.15 – 0.20
- If missing 90° or more of the turn                      award the VP for the element performed

Deductions for balance, execution and amplitude errors are also applied.

#### Clarification regarding completion of turns:

*Once the heel drops onto the floor during a turn, it is considered complete.*

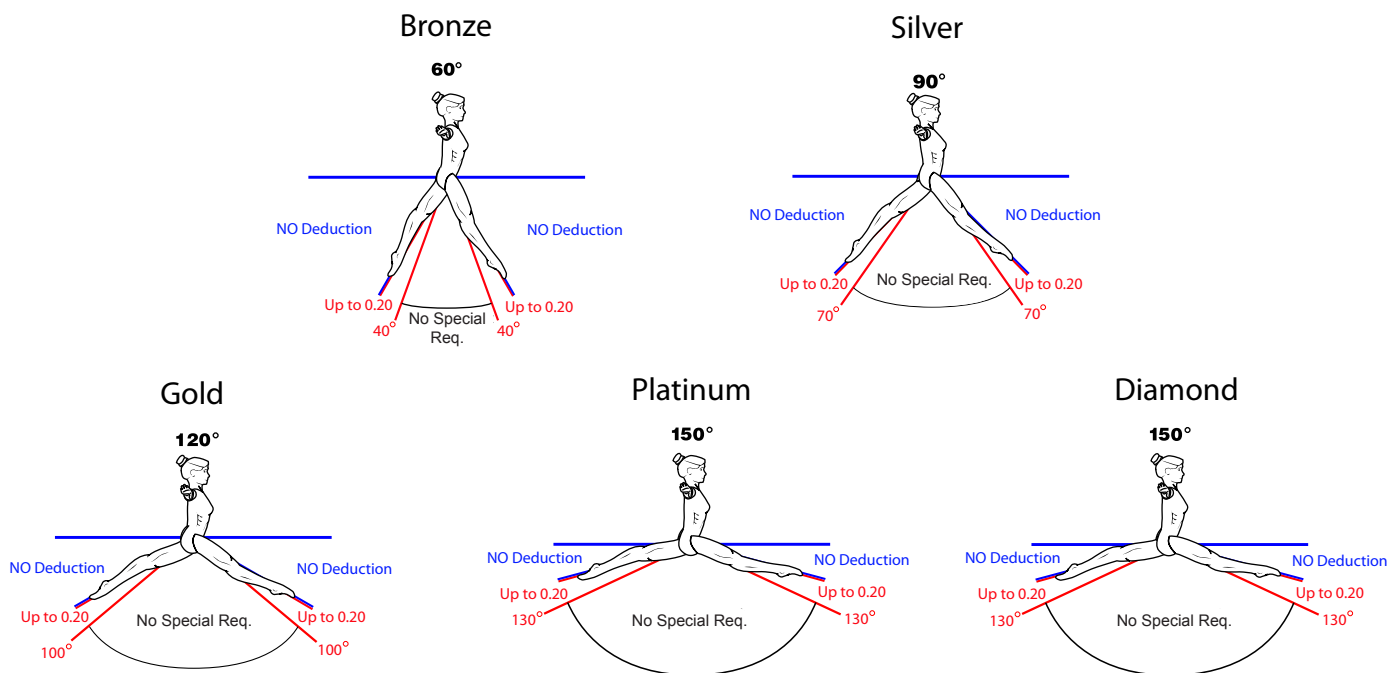
*Appropriate VP credit is awarded for the degree of turn completed prior to the heel drop.*

#### 2. Jumps/Leaps/Hops with ½ Turn and ½ Turns on one foot:

- a. Jumps, leaps and hops that have values based upon completion of a 180° turn (example, wolf jump ½), the gymnast must finish a minimum of 1° past the half-way mark between the two VP (wolf jump = A; wolf jump ½ = B).
  - 1) The degree of turn completion determines the value awarded.
  - 2) Example: Evaluate how much of the turn was completed to determine the value to award. If the turn is completed to within 89° or less of the designated degree of turn, it will be awarded the higher VP.
  - 3) Basically, in order to receive the higher value, the turn must be finished closer to the higher degree of turn. Execution deductions will be applied for incomplete turn.
- b. ½ turns on one foot must finish at a minimum of 91° to receive VP and SR credit.
  - Use deductions as listed in Chapter 3 for full turns.

# FLOOR EXERCISE ~ Chapter 2 ~ General Information

## 3. Split Leaps and Jumps:



- At each Division there is a specific required degree of split for ALL leaps and jumps with cross or side split. This is the split angle specified in the dance SR (SR #3) for each Division.
- A deficiency of up to 20° from the Division-specific required split is allowed to still receive VP credit (and SR credit if applicable), but will receive an up to 0.20 amplitude deduction.
- Lower VP or NO VP credit (as applicable) would be given for the skill if the split is more than 20° from the required split angle in the division.

### EXAMPLES:

- Split Leaps: In the Platinum Division, the split requirement is 150°. If the gymnast has between 130° - 149° leg separation, the split leap will receive VP credit and it will fulfill the Special Requirement with an up to 0.20 deduction.
- Gymnast performs a straddle jump with a full turn at 120° in the Platinum Division. She would receive "A" VP credit for a jump full turn.

*NOTE: Deductions for insufficient amplitude (height) and execution may be taken in addition to the insufficient split deduction.*

## 4. Twisting Salto:

### a. Incomplete LA (long axis) twist:

- If missing 1° to 44° of the twist deduct 0.05 – 0.10
- If missing 45° to 89° of the twist deduct 0.15 – 0.20
- If missing 90° or more of the twist award the VP for the element performed

### b. EXAMPLE:

Gymnast attempts a 1½ twist ("C") and is missing 90° of the twist.

Award "B" VP credit for a full twist.

Deductions for any balance, execution and amplitude errors are also applied.

### Clarification regarding the completion of twists:

*Once the feet land on the floor at the finish of the salto, it is considered complete. Appropriate VP credit is awarded for the degree of twist completed at the moment the feet land on the floor, with the front foot being decisive.*

## H. Specific Element Technique Clarification

### 1. Split Jump (#1.101) vs. Sissonne (#1.110)

- A cross split jump has a two-foot take-off and landing, while the Sissonne has a two-foot take-off and a one-foot landing.
- A cross split jump shows the required degree of split (for each Division) with the legs even.
- The Sissonne also requires a certain degree of split (for each Division); however, the legs are in a diagonal position with the front leg forward-downward at a minimum of 45° and the back leg backward-upward.
- If the front leg of a Sissonne is less than 45°, deduct "Up to 0.10" for insufficient amplitude of the front leg.



## FLOOR EXERCISE ~ Chapter 3 ~ Specific Execution

### Execution and Artistry Faults

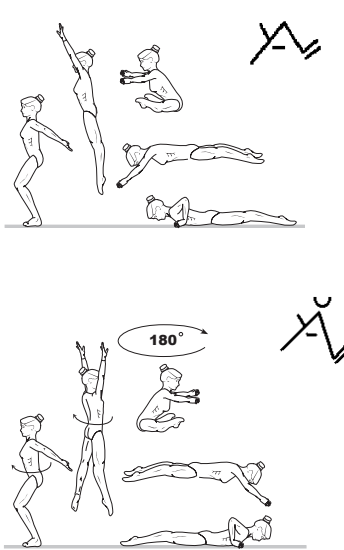
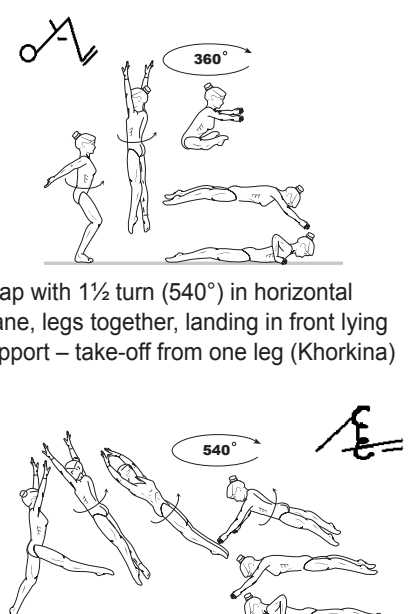
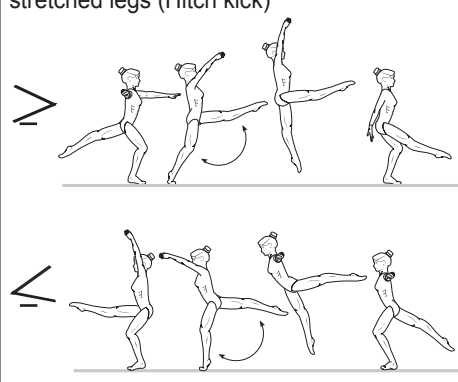
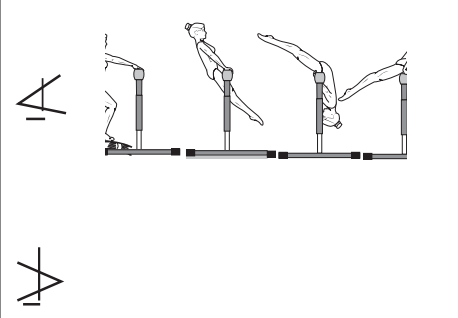
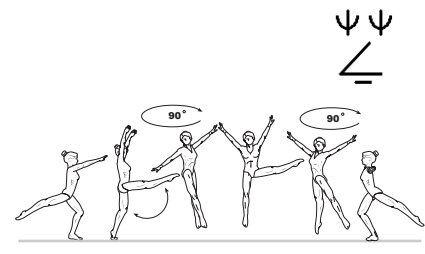
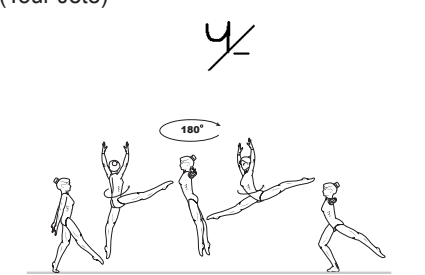
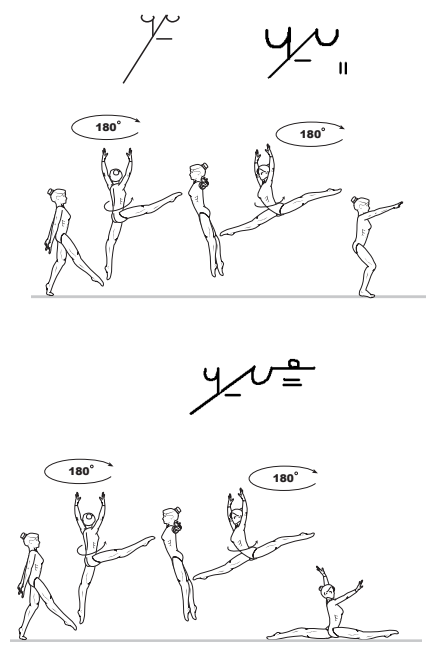
- Execution Deductions may NOT exceed 4.0. This includes falls but does not include Artistry or spotting deductions.
- Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances.
- No routine will be awarded less than 4.0. Common sense should prevail.

<b>Slight/Small Faults (Up to 0.1)</b>	each time <u>0.05</u>	Flexed/sickled feet during Skills/Value Parts
	up to 0.10	Slight hop, or small adjustment of feet on landing of elements
	each <u>0.1</u>	Extra steps on landing (maximum 4)
	up to 0.10	Deviation from straight direction on landing
	up to 0.10	Extra arm swings on landing
	each up to 0.10	Incorrect body posture/alignment during dance skills/value parts
	up to 0.10	Legs crossed during Saltos with a twist
<b>Medium Faults (Up to 0.20)</b>	each up to 0.20	Leg or knee separations
	up to 0.20	Insufficient height on leaps, jumps and hops
	up to 0.20	Insufficient height of Aerials and Acro flight elements with hand support
	up to 0.20 up to 0.20 Award lesser VP	Insufficient split position (deviation from required split degree for the division) <ul style="list-style-type: none"> <li>• 1°-20° missing</li> <li>• 21° or more missing</li> </ul>
	each up to 0.20	Legs not parallel to the floor in split or straddle pike leap/jump
	each up to 0.20	Insufficient exactness of tuck or pike position in skill/Value Parts
	each time up to 0.20 each time up to 0.20	Insufficient exactness of stretched position <ul style="list-style-type: none"> <li>• Arch</li> <li>• Hips angle (136°-179°)</li> </ul>
	up to 0.20 0.05 – 0.10 0.15 – 0.20 Award lesser VP	Dance: Incomplete turn – Group 1 & 2 elements with 360° or more turn <ul style="list-style-type: none"> <li>• 1° - 44° missing</li> <li>• 45° - 89° missing</li> <li>• 90° or more missing</li> </ul>
	up to 0.20 0.05 – 0.10 0.15 – 0.20 Award lesser VP	Acrobatics: Incomplete twist <ul style="list-style-type: none"> <li>• 1° - 44° missing</li> <li>• 45° - 89° missing</li> <li>• 90° or more missing</li> </ul>
	up to 0.20	Insufficient variation in rhythm and tempo throughout the exercise
	up to 0.20	Incorrect body posture on landing of skills/Value-Parts
	up to 0.20	Insufficient dynamics – Consider: <ul style="list-style-type: none"> <li>• Energy maintained throughout exercise</li> <li>• Makes difficult look effortless</li> </ul>
	<u>0.20</u>	Large step or jump on landing (approximately 3 feet or more) <ul style="list-style-type: none"> <li>• <u>Clarification on landings of acro elements:</u> A small step backward after landing, to finish in a lunge or on one knee is acceptable. Do not deduct unless the landing appears to be out of control.</li> </ul>
	up to 0.20	Additional trunk movements to maintain balance/control upon landing of an acro element

## FLOOR EXERCISE ~ Chapter 3 ~ Specific Execution

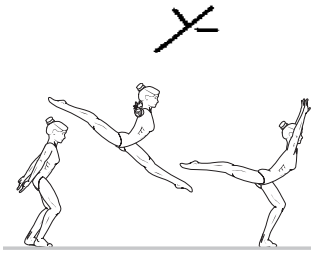
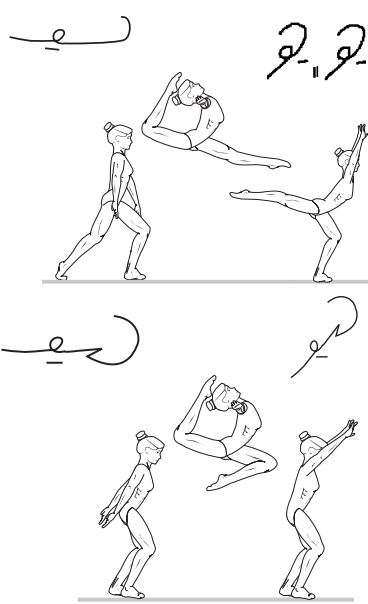
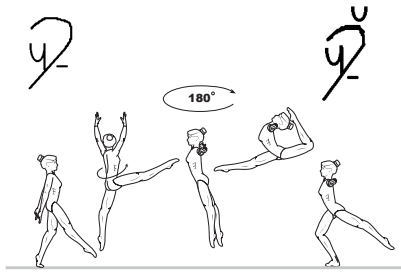
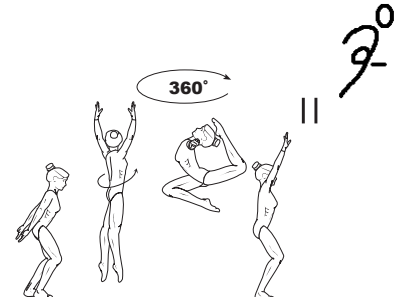
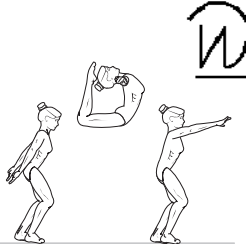

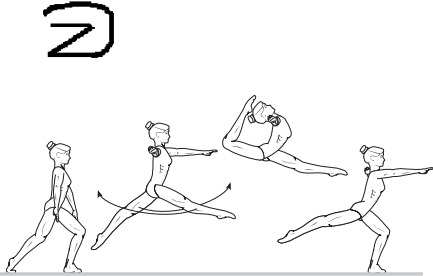
<b>Large Faults (Up to 0.3)</b>	each up to 0.30 0.30 max 0.30 arms & 0.30 legs	Bent arms in support or bent legs <ul style="list-style-type: none"> <li>• 90° or more bend = maximum deduction of 0.30</li> <li>• Maximum on any one element = 0.30 bent arms &amp; 0.30 bent legs</li> </ul>
	up to 0.30	Squat on landing (hips even with or lower than the knees)
	up to 0.30	Insufficient height of salto elements <ul style="list-style-type: none"> <li>• Does not apply to an accelerating element in a directly connected forward acro series.</li> <li>• <u>Example</u>: Front Handspring, Front Layout, Front Tuck. The Front Layout is the accelerating element, so do not deduct for insufficient height.</li> </ul>
	up to 0.30	Brush/touch the landing surface with one or both hands (no support)
	up to 0.30	Insufficient extension (open) of the body prior to landing an Acro element
<b>Very Large Faults (0.5)</b>	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall/Failure to land on the bottom of the feet first on aerials/saltos No Value-Part/No Special Requirement and deduct for a fall <i>Note: If the gymnast lands on the bottoms of feet and hands or knees simultaneously, award Value-Part credit and Spotting assistance upon landing – award VP &amp; SR, and Special Requirement, if appropriate, and deduct 0.50 for a fall.</i>
	<u>0.50</u>	Spotting assistance <u>upon landing an element</u> – award VP & SR
	<u>0.50</u>	Spotting assistance <u>during an element</u> - Do NOT award VP & SR
<b>Artistry</b>	up to 0.30  *0.05 - 0.10 *0.05 - 0.10 *0.05 - 0.10	Insufficient artistry throughout the exercise Consider: <ul style="list-style-type: none"> <li>• Originality/creativity of choreography in elements &amp; connections</li> <li>• Quality of gymnast's movements to reflect her personal style</li> <li>• Quality of expression (i.e. projection, focus)</li> </ul> *0.10 is the <u>maximum</u> that can be taken in each category
<b>Specific Execution Errors</b>	each up to 0.10	Incorrect rhythm during execution of direct connections
	each up to 0.10	Lack of precision in dance skills or VP elements <u>Examples</u> : Lack of definite arm or leg position on turns/leaps; degree of turn not exact
	each up to 0.10	Failure to land with feet/legs together on jumps/leaps/hops that land on 2 feet.
	each up to 0.10	Failure to perform turns in high relevé
	each <u>0.10</u>	Concentration pauses (more than 2 seconds prior to difficult elements or connections)
	up to 0.20	Poor relationship of music and movement throughout
	up to 0.20	Relaxed/incorrect footwork on non-value parts throughout the exercise
	up to 0.30	Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts throughout the exercise
	up to 0.30 0.05 0.10	Missing synchronization of movement with musical beat throughout the exercise <ul style="list-style-type: none"> <li>• Each time</li> <li>• At the end of the music</li> </ul>
	<u>1.00</u> (CJ deducts from avg.)	Absence of music or music with words/song (Whistles, animal or human sounds are allowed)
	<u>No Deduction</u>	Coach on the Floor Exercise mat

# FLOOR EXERCISE ~ Skills Chart

Group 1 - Leaps, Jumps and Hops		
A	B	C
<p><b>1.108</b></p>	<p><b>1.208</b> Side split jump (180° separation &lt;) with landing to front lying support (Schuschunova); also Jump with a 1/2 turn (180°) to a side split jump (180° separation &lt;) with landing to front lying support (Schuschunova)</p> 	<p><b>1.308</b> Jump with a 1/1 turn (360°) to a side split jump (180° separation &lt;) with landing to front lying support (Schuschunova)</p> 
<p><b>1.109</b> Scissors leap forward or backward with stretched legs (Hitch kick)</p>  <p>Backward or forward cabriole</p> 	<p><b>1.209</b> Scissors leap forward with stretched legs – 1/4, 1/4 turn (90° -90°)</p>  <p>Fouetté hop with leg change to cross split (leg separation 180°) to land on one foot (Tour Jeté)</p> 	<p><b>1.309</b> Tour jeté with additional 1/2 turn (180°) – landing on one or both legs (Strug), or in split sit position (Prodnova)</p> 

# FLOOR EXERCISE ~ Skills Chart

## Group 1 - Leaps, Jumps and Hops

A	B	C
<p><b>1.110</b> Sissone (front leg at minimum of 45°)</p> 	<p><b>1.210</b> Ring or stag ring leap or jump (rear leg at head height) – take-off from one or two legs</p> 	<p><b>1.310</b> Tour jeté to ring leap (Boucher), also with 1/2 (180°) turn (Jackson) (Not illustrated)</p>  <p>Ring jump or stag-ring jump with 1/1 turn (360°)(Johnson)</p> 
<p><b>1.111</b></p>	<p><b>1.211</b> Tuck jump backward with arch (Sheep jump, feet to head height)</p>  <p>Switch-leg stag ring leap</p> 	<p><b>1.311</b> Split leap forward with leg change to ring leap (180° separation &lt; after leg change)</p> 

## I. Skills and Value Parts

- A. In the Bronze, Silver, and Gold Divisions, the exercises are composed of “Skills” and “Value Parts” (VP). Skills that are listed on the Bronze/Silver/Gold Skill Charts are eligible to receive “**A**” **Value-Part** credit and fulfill Special Requirements at the corresponding level. Any skill that is listed in the *Xcel Code of Points/Xcel Updates* is given the value that is listed, even if it is different than the value listed in the *JO Code of Points*. In addition, elements listed in the *Xcel Code of Points* that are allowable in that Division are eligible to receive VP credit and fulfill Special Requirements.
- B. In the Platinum and Diamond Divisions, the exercises are composed of “**A**” **Skills listed on the Platinum or Diamond Skill Chart** and elements that possess different difficulty values. Elements are given their values in the *Xcel Code of Points/Xcel Updates* as follows:
1. A – Part = part with easy difficulty 0.10 pt.
  2. B – Part = part with medium difficulty 0.30 pt.
  3. C – Part = part with high difficulty 0.50 pt.
  4. D – Part = part with higher difficulty (only as an additional element or to replace a lower VP; NO BONUS is awarded.) Applies to Diamond division only.
- C. Higher value parts can replace lower value parts, but not the reverse. The replacement is on a 1 to 1 basis, regardless of the point value.
- D. Any element listed in the **Division’s Skill Charts** or *Xcel Code of Points/Xcel Updates* can be recognized as a Value Part two (2) times in an exercise, provided the element occurs in a different connection (i.e., preceded or followed by a different element). **Exception on Floor Exercise: Acro flight skills with hand support are eligible to receive Value-Part credit, regardless of the number of times performed and may also fulfill Special Requirement credit provided the series in which they are performed are different.**
- E. If the same element is performed a third time, or is performed a second time in the exact same connection:
1. The Value Part credit is NOT awarded.  
Example on Beam:  
*Back walkover (A), then FALLS; Back walkover (A), Back walkover (0) series completed. No Value Part credit awarded for the third Back walkover and no credit is awarded for the Acro Series since one element had no value.*
  2. It CANNOT be used to fulfill Special Requirements
  3. Applicable execution and amplitude deductions are applied.
    - Exception: Value Part credit can be awarded for an element that is performed for the third time if it was not previously awarded Value Part credit because, the element lacked completion the first or second time it was performed, or
    - The element was used in the exact same connection the second time it was performed,
    - The exact same single element was performed a second time with the same entrance and exit.  
Example on Beam: *Back walkover (A) STOP Back Walkover (0), then later performs Back walkover (A), Flic-flac step-out (B) In this example, the third Back walkover receives Value Part credit and therefore can fulfill the Acro Special Requirement.*
- F. When several elements or variations of a single element are listed under the same number in the *Xcel Code of Points/Xcel Updates*, they may be recognized as different elements provided that they meet specific criteria. See the specific apparatus chapters for further clarifications.  
Example on Beam: Back Walkover (A) and lying push up to bridge, kick over (A) are variations of the same element. Both will receive VP credit.
- G. Any new element not listed in the **Xcel Skill Charts** or in the *Xcel Code of Points/Xcel Updates* must be evaluated by the Regional Technical Chair, the National Xcel Chair and Appointed National Technical Committee Personnel.

Element Evaluation forms can be found on the [www.usagym.org](http://www.usagym.org) website in the Forms section under Women.

1. A copy of this evaluation must be presented to the Meet Referee or Chief Judge prior to the competition in order to insure proper awarding of difficulty.
2. Evaluations will be valid for one quadrennium (beginning Aug. 1 of the year following the Olympics) and will be posted on Regional websites.
3. “A” Dance elements on Beam and Floor Exercise: If a variation of an “A” Dance element is NOT listed in the *Xcel Code of Points/Xcel Updates*, the judge may award “A” value if it is comparable to the “root” element.

## Judges ~ Chapter 1 ~ Evaluation of Exercises

### Skills and Value Parts (continued)

- F. The Skills, "A", "B", "C" **and** "D" Value-Parts require a definite Technical Execution. If the element is not executed according to the requirements, it may be recognized as another element as listed in the *Xcel Skill Charts* or the *Xcel Code of Points/Xcel Updates*.
- G. Any Salto element performed with major deviation from proper technique that results in the inability to land on any part of the bottom of the feet first will not receive Value-Part or Special Requirement credit.
- H. Value Part Requirements for Xcel Competition are:

Bronze	Silver	Gold	Platinum	Diamond
See Rules Charts for specific requirements for these Divisions.			6 A	5 A
			1 B	2 B

I. Difficulty Restrictions

1. **Bronze Division ~ Restrictions**

- a. Only Skills listed on the Bronze Skill Chart and allowable "A" elements are allowed
- b. **The following "B" elements will be allowed and will receive "A" VP Credit:**
  - 1) **On Beam:**
    - a) **Cross Split Jump (180° split)**
    - b) **Cross Straddle Jump (180° split)**
  - 2) **On Floor:**
    - a) **Side leap (60° - 180° split)**
    - b) **Straddle jump (60° - 180° split)**
- c. Other "B" or higher VP elements are **NOT ALLOWED**.
- d. The following "A" Value-Parts are **NOT ALLOWED** in the Bronze Division
  - 1) Uneven Bars: Salto Dismounts, any skills on the high bar
  - 2) Balance Beam: Backwalkover
  - 3) Balance Beam: Salto or Aerial Dismounts
  - 4) Floor Exercise: Saltos or Aerials
  - 5) **Floor Exercise:** More than 2 Flight Skills in the Exercise
- e. If an Unallowable/restricted Skill is performed:
  - 1) Deduct 0.50
  - 2) Do Not award Value-Part credit
  - 3) The skill can NOT be used to fulfill Special Requirements
- f. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.

2. **Silver Division ~ Restrictions**

- a. Only Skills listed on the Silver Skill Chart, allowable "A" elements, and "B" Dance elements are allowed.
- b. The following "A" Value Parts are **NOT ALLOWED** in the Silver Division:
  - 1) Uneven Bars: **Giants (LB or HB)**, Salto Dismounts
  - 2) Floor Exercise: more than one Salto or Aerial in the exercise.
- c. Other "B" or higher VP elements (other than "B" dance) are **NOT ALLOWED**.
- d. If an Unallowable/restricted Skill is performed:
  - 1) Deduct 0.50
  - 2) Do NOT award Value-Part credit
  - 3) The skill can NOT be used to fulfill Special Requirements
- e. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.

3. **Gold Division ~ Restrictions**

- a. Only Skills listed on the Gold Skill Chart, "A" elements and allowable "B" elements are allowed.
- b. The following "B" Value Parts are **NOT ALLOWED** in the Gold Division
  - 1) Uneven Bars: **Giants**, Release moves with bar change
  - 2) Floor: "B" VP Saltos
- c. "C" or higher VP elements are **NOT ALLOWED**
- d. If an Unallowable/restricted Skill is performed:
  - 1) Deduct 0.50
  - 2) Do NOT award Value-Part credit
  - 3) The skill can NOT be used to fulfill Special Requirements
  - 4) All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value Part credit

## Difficulty Restrictions (continued)

### 4. **Platinum Division ~ Restrictions**

- a. Only Skills listed on the Platinum Skill Chart, and “A” and “B” VP elements and “C” Dance VP elements are allowed.
- b. The following “C” element on Bars will be allowed and will receive “B” VP credit
  - 1) Clear Hip to Handstand
- c. Other “C” or higher VP elements (other than “C” Dance) are NOT ALLOWED.
- d. If an Unallowable/restricted Skill is performed:
  - 1) Deduct 0.50
  - 2) Do NOT award Value-Part credit
  - 3) The skill can NOT be used to fulfill Special Requirements

### 5. **Diamond Division ~ Restrictions**

- a. Only Skills listed on the Diamond Skill Chart and “A”, “B”, “C” and one “D” VP elements are allowed. NO BONUS is awarded for a “D” element.
- b. “E” VP elements and more than one “D” element are NOT ALLOWED.
- c. If an Unallowable/restricted Skill is performed:
  - 1) Deduct 0.50
  - 2) Do NOT award Value-Part credit
  - 3) The skill can NOT be used to fulfill Special Requirements

## II. **Special Requirements**

- A. Each event has 4 Special Requirements worth 0.50 each.
- B. Elements performed that are NOT ALLOWED due to difficulty restrictions may not be used to fulfill Special Requirements.
- C. If an element is not awarded Value-Part credit, it may NOT be used to fulfill a Special Requirement.
- D. One Skill or VP element MAY fulfill more than one Special Requirement, unless otherwise specified.

## III. **Execution (Technique/Amplitude/Posture) & Artistry**

- A. Characteristics of excellent execution/amplitude would include:
  1. Maximum amplitude or range of movement of the body:
    - a. Externally – the relationship of the body to apparatus or ground.
    - b. Internally – focuses upon the range of motion within the joints of the body. The range through which one or more of the individual body segments move relative to each other.
  2. Turns (breadth axis, longitudinal axis, or combination turns) in Saltos completed at the highest point of the flight trajectory.
  3. Optimal body lines, extension and posture.
- B. Characteristics of excellent artistry include:
  1. Originality/creativity of choreography in elements and connections (up to 0.10\*)
  2. Quality of gymnast’s movement to reflect her personal style (up to 0.10\*)
  3. Quality of expression (i.e., projections, focus) (up to 0.10\*)

\*maximum deduction of 0.10 in each category

## Judges ~ Chapter 1 ~ Evaluation of Exercises

### Execution (Technique/Amplitude/Posture) & Artistry (continued)

#### C. General deductions for faults in technique, execution, amplitude, and artistry on Uneven Bars, Balance Beam and Floor Exercise.

<b>Slight/Small Faults (Up to 0.10)</b>	each time <u>0.05</u>	Flexed/sickled feet during Value-Part elements	
	up to 0.10	Slight hop, or small adjustment of feet on landing of elements or dismounts <ul style="list-style-type: none"> <li>• <i>FX acro elements: a small step after landing to finish in a Lunge is allowed with no deduction.</i></li> </ul>	
	up to 0.10	Deviation from straight direction on landing	
	up to 0.10	Extra arm swings on landing	
	up to 0.10	Legs crossed during Value Part elements with a twist	
	up to 0.10	Brush/touch of foot/feet on apparatus or mat	
	up to 0.10	Failure to join (slide) heels together on controlled extension of vault/dismount landing <b>when feet are a maximum of hip-width apart</b>	
	up to 0.10	Entire foot/feet slide or lifted off floor to join on controlled extension of vault/dismount landing <b>when feet are a maximum of hip-width apart (small step)</b>	
	up to 0.10	Landing vault/dismount with feet staggered ( <b>one in front of the other</b> )	
	<u>0.10</u>	Landing vault/dismount with feet further than hip-width apart	
	each step <u>0.10</u>	Extra steps on landing (per step – max. of 4)	
<b>Medium Faults (Up to 0.20)</b>	up to 0.20	Leg or knee separation	
	up to 0.20	Insufficient exactness of Body Positions <ul style="list-style-type: none"> <li>• Insufficient <b>tuck</b> position (Ideal = min. of 90° bend in both hips and knees)</li> <li>• Insufficient <b>pike</b> position (Ideal = min. of 90° bend in hips, 91°-135° = insufficient pike)</li> <li>• Insufficient <b>stretched</b> position (Ideal = straight 180° position, greater than 135° is stretched position)               <ul style="list-style-type: none"> <li>» Arch</li> <li>» Hip angle = 136°-179°</li> </ul> </li> </ul>	
	up to 0.20	Failure to maintain stretched body position (Pikes down)	
	up to 0.20	Incorrect body posture on landing	
	up to 0.20	Insufficient split when required (dance/non-flight acro elements)	
	<u>0.20</u>	Large step or jump on landing (approximately 3 feet or more)	
	up to 0.20	Additional trunk movements to maintain balance/control upon landing UB/BB Dismounts or Floor Acro elements. This applies to “stuck” landings, but gymnast uses trunk movements to avoid steps.	
	up to 0.20	Incomplete turn/twist	
	<b>Large Faults (Up to 0.30)</b>	up to 0.30	Bent arms in support or bent knees (90° or more) <ul style="list-style-type: none"> <li>• Any one element may receive no more than 0.30 for bent leg(s) and no more than 0.30 for bent arm(s)</li> </ul>
		up to 0.30	Additional movements to maintain balance/control on beam
up to 0.30		Squat on landing (hips even with or lower than knees)	
up to 0.30		Brushes/touches the landing surface with one or both hands (No Support)	
up to 0.30		Insufficient extension (open) of body prior to landing <ul style="list-style-type: none"> <li>• Applies to UB/BB dismounts and BB/FX Acro</li> </ul>	
up to 0.30		Insufficient height of Salto Dismount (UB/BB)	
<u>0.30</u>		<b>Use of supplemental support (BB) - examples in specific apparatus chapter</b>	
<b>Very Large Faults (0.50)</b>	<u>0.50</u>	Support on mat with 1 or 2 hands	
	<u>0.50</u>	Fall on mat to knee(s) or hips	
	<u>0.50</u>	Fall on or against apparatus	
	<u>0.50</u>	Fall/Failure to land on the bottom of the feet first <ul style="list-style-type: none"> <li>• No Value Part/No Special Requirement</li> </ul>	
	<u>0.50</u>	Spotting assistance <u>upon landing</u> of dismount element <ul style="list-style-type: none"> <li>• Award VP/SR</li> </ul>	
	<u>0.50</u>	Spotting assistance during an element <ul style="list-style-type: none"> <li>• No Value-Part or Special Requirement</li> </ul>	



# Judges ~ Chapter 1 ~ Evaluation of Exercises

## General deductions for faults (continued)

### D. Clarification on Steps on Landing:

1. A step-close is considered one step and receives a 0.10 deduction.  
A very small step-close or other small foot movement would receive a 0.05 deduction.
  - a. Examples of one step = - 0.10
    - 1) The gymnast lands with feet together, then takes one step forward, sideward, or backward on the Right foot; then returns the Right foot to join the Left foot, OR
    - 2) The gymnast lands with feet together, then takes one step forward, backward, or sideward on the Right foot; then steps with the Left foot to join the Right foot.
2. If the gymnast is out of control or has additional movements to maintain balance after the step(s), additional deductions may be applied.
3. Maximum deduction of 0.40 for any number of steps (small or large); however if the gymnast takes steps out of control leading to a fall, only the 0.50 deduction for a fall is applied.
4. ***Deductions for landing with feet apart/staggered are applied only when the gymnast “sticks” the landing. If additional steps are taken after landing with feet apart, deduct only for the steps.***

## IV. Xcel Exercise Requirement Formula

	Bronze	Silver	Gold	Platinum	Diamond
Value Parts	NA	NA	NA	0.90	1.10
Special Requirements	2.00	2.00	2.00	2.00	2.00
Execution & Artistry	8.00*	8.00*	8.00*	7.10*	6.90*

\*The maximum amount of Execution Deductions = 4.0, which includes falls.  
Deductions for Artistry and Spotting Assistance are in addition to this.

## V. Calculating Start Values at Xcel Competitions

- A. All Judges determine the Start Value
- B. It is not mandatory that the judges agree on the Start Value, but if a judge has calculated an impossible Start Value, a conference MUST be held.
- C. Steps in determining the Start Value:
  1. All routines in Xcel begin at 10.00
  2. DEDUCT from the Start Value:
    - a. Missing Value Parts
    - b. Missing Special Requirements (0.50 each)
    - c. Exercise is without a dismount (0.30)
    - d. Performance of unallowable elements (0.50 each)
- D. Examples of Determining the Start Value:
  1. Diamond Division (5 “A”, 2 “B”)
 

Gymnast performs: 8 “A”, 1 “B” and is missing 1 SR (-0.50)

	10.0
Missing 1 “B”	- 0.3
Missing SR	<u>- 0.5</u>
	<b>9.2 SV</b>
  2. Platinum Division (6 “A”, 1 “B”)
 

Gymnast performs: 6 “A”, 1 “C” Acro, 1 “C” Dance and meets all SR all VP requirements are met

	10.0
Unallowable element	<u>- 0.5 (“C” acro element)</u>
	<b>9.5 SV</b>
  3. Gold Division (UB: 6 skills / VP)
 

On Bars, gymnast performs: 1 “A”, 1 “B” and 3 skills from the Gold Skill Chart and is missing circling skill SR

	10.0
Missing 6 <sup>th</sup> skill/VP	- 0.5 SR # 1
Missing circling skill	<u>- 0.5 SR # 3</u>
	<b>9.0 SV</b>

## I. Determining the Average Score

### A. With a four (4) judge panel:

1. Establish the final average score in the following manner:
  - a. The highest and lowest scores are eliminated.
  - b. The two middle scores are averaged by:
    - 1) Adding them together, then
    - 2) Dividing them by two

EXAMPLE:

Chief	Judge 1:	9.40	High eliminated
	Judge 2:	9.00	Low eliminated
	Judge 3:	9.20	
	Judge 4:	9.30	

$9.20 + 9.30 = 18.50$  divided by  $2 = 9.25$ , the Average Score

2. The average score determines the allowable range between the two counting scores.
3. If the two counting scores are out of range, the Chief Judge calls a conference.

### B. With a two (2) judge panel:

1. Establish the final average score in the following manner:
  - a. The two scores are added together, the
  - b. Divided by two

EXAMPLE:

Chief	Judge 1:	7.80
	Judge 2:	7.50

$7.80 + 7.50 = 15.30$  divided by  $2 = 7.65$ , the Average Score

2. The average score determines the allowable range between the two scores.
3. If the two scores are out of range, the Chief Judge calls a conference.

## II. Range of Scores

- A. The Range of Scores is the allowable difference between the counting judges' scores.
- B. The Average Score, not the Chief Judge's score, determines the Range.
- C. In USA Gymnastics XCEL competitions, the Allowable Range of Scores between the two middle scores (or the 2 scores, when only two judges are used) is:

<u>Average Score is between:</u>	<u>Range of Two Counting Scores</u>
9.50 – 10.00	0.20 pt.
9.00 – 9.475	0.50 pt.
8.00 – 8.975	0.70 pt.
Below 8.00	1.00 pt.

- D. If there is too great a difference between the two scores, a conference of the judges is called. In this conference, the discrepancy is resolved by one of the following procedures:
  1. The Start Value is discussed.
  2. Mathematical procedures are checked for accuracy.
  3. Adjustments are made in the scores to conform to the allowable range.
  4. It is the professional responsibility of the judges to come to an agreement if their scores are initially out of range.
  5. If judges are unable to compromise, the Chief Judge may mandate that the scores be brought into allowable range.
- E. Judges may evaluate in 0.05 increments at all XCEL competitions.
- F. A Final Courtesy Score of 4.00 will be awarded for any Xcel exercise that results in a score equal to or less than four (4.00) points.
- G. **Open Scoring is NOT ALLOWED at Xcel competitions below State Championships.**
  1. ***The State Administrative Committee determines if Open Scoring is allowed at the Xcel State Championships.***
  2. ***The Regional Administrative Committee determines if Open Scoring is allowed at the Xcel Regional Championships.***

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## Judges ~ Chapter 2 ~ Scoring

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### Range of Scores (continued)

#### H. Flashing of Start Values at Xcel Competitions

1. Is required at ALL Xcel competitions
2. The Start Values can be flashed or written on the gymnast's competition card.
3. It is the individual judge's responsibility to provide his/her own Start Value flashing units unless they are provided by the meet host.
4. Procedures for Flashing Start Values
  - a. Each judge should independently determine a Start Value.
  - b. The Start Value and the final score should be recorded on the judging slip and sent via the runner to the Chief Judge.
  - c. Each judge should flash the Start Value on the Start Value flashing unit as soon as the Chief Judge receives ALL judges' score slips.
  - d. Judges do not have to agree on the Start Value. A conference MAY be called to determine if the Start Value needs to be adjusted, either up or down.
  - e. If the Start Value is changed as a result of a conference, the adjusted Start Value should be flashed as a "Corrected Start Value".

#### I. Time Frame for Changing a Score

1. Once the final average score is submitted to the scoring system, it may not be changed unless there is an inquiry. However, the Chief Judge is allowed to change a score after submission to the scoring system if a neutral deduction (such as out of bounds or overtime) was inadvertently not applied or if a data entry error was made.
  - a. This change must occur prior to the end of the rotation, or in the case of a data entry error, within 5 minutes of the end of competition for that session.
  - b. The coach must be notified of the score change and if possible, the new score should be displayed to the public.
2. ***If a gymnast is mistakenly judged using the incorrect rules for her division, the routine may be re-evaluated using the appropriate rules, based on the judges' shorthand.***
  - a. ***This re-evaluation must occur within 5 minutes of the end of the competition for that session.***
  - b. ***The judging panel must notify the Meet Referee and the scoring personnel that the re-evaluation is to occur.***
  - c. ***The coach must be notified immediately of any score change.***

### I. Incomplete Exercise/Extremely Short Routine (VT, UB, BB, FX)

A Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances. No routine will be awarded less than 4.0. Common sense should prevail.

### II. Equipment Failure/Repetition of an Exercise

In situations where there is an equipment failure (including broken or completely torn handgrips) occurring through no fault of the gymnast or coach, the gymnast may choose to:

- A. Stop immediately and request permission from the Chief Judge to either repeat her routine or to continue from the point of interruption. In questionable cases, this request should be made to the Jury of Appeals. Once permission is given, the gymnast would perform again after a reasonable amount of rest time. No score would be given for the partial routine.
- B. Continue to complete the routine. At the completion of the routine, she and her coach must decide whether to repeat the routine or accept the score given. The judges will not post the score until that decision is made. In the case of Floor Exercise, no deduction would be taken for the music failure if the decision is to accept the score.

*Note: Equipment failure does not include: the unfastening of bandages or handgrips, loss or partial loss of footwear, incorrect bar setting, or failure to tighten cables/T-handles on Bars and Beam.*

- C. Any decision regarding the repetition of an exercise must be made by the Chief Judge, in consultation with the Meet Referee.

### III. Inquiries

- A. The coach is entitled to see the four (or two) scores of his/her individual gymnast.
- B. If the coach has a question regarding an exercise during the competition, the judge (or Meet Referee) should advise the coach to submit an Inquiry Form to officially receive information.

There should be no casual conversation during the competition between the coach and the judge regarding the evaluation of an exercise.

- C. Inquiries are limited to questions regarding:
  1. Start Value
  2. Neutral deductions
  3. Falls
  4. Unusual occurrences
- D. Inquiries must be legibly written on the official inquiry form by the coach and submitted within 5 minutes of the completion of that event rotation to the Meet Director or Meet Referee.

The Meet Director will then forward it to the Meet Referee, who gives it to the Chief Judge of the apparatus in question.

1. No fee may be charged to submit an inquiry.
  2. Coaches need to be aware that an inquiry allows for a second evaluation which may result in:
    - a. No change in score.
    - b. The score being raised.
    - c. The score being lowered.
- E. Score Review at Sectional/State/Regional Meets

If, after the completion of the last event, an athlete's All-Around score is a MAXIMUM of 0.10 less than the qualifying score to State (or Regional) Championships, the coach may submit an inquiry for the gymnast's lowest scoring event (regardless of the order in which that event was performed) in order that the athlete be considered for qualification purposes. ***This also applies to the Individual Event Specialist (IES).***

Any change of score is official and would be included in the official results.

This process does NOT apply:

1. For mobility purposes.
2. If qualification to State/Regional meet is by percentage or designated number per age division.

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## Judges ~ Chapter 3 ~ Unusual Judging Situations

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### Inquiries (continued)

- F. The Chief Judge and the panel judge(s) will respond, providing only the information requested. After the Chief Judge has completed the response to the inquiry, the Meet Referee or Meet Director will return the form to the coach, either by hand or by a pre-defined inquiry return procedure.
- The coach may not approach the judge regarding the inquiry, during the competition.
- G. No Video Review is allowed at any Xcel competition during the processing of an inquiry unless ***the following criteria is met:***
- At State meets and above, a coach can request a video review by the Meet Referee and the highest rated non-affiliated judge (if video is available) in the event that the inquiry involves the possibility that the judges missed an element that would affect the Start Value. The video review process may NOT be used to appeal a judgment of degree assessment, i.e., degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps as well as other like skills.***
1. ***If the Meet Referee or highest rated judge is affiliated with the athlete in question, the video review will be conducted by the two highest rated unaffiliated judges, OR the highest rated unaffiliated judge and a USA Gymnastics officer.***
  2. ***The Meet Referee must inform the judging panel that a video review will be initiated, as well as the final decision.***
- H. ***If the administrative procedures stated above in F. are not properly followed on a submitted inquiry, the coach may petition the Jury of Appeals for a review within five (5) minutes of the end of the rotation/competition or the return of the inquiry form, whichever occurs later.***
- A video review, if available, may be considered by the Jury of Appeals.
  - Jury decision should occur within 15 minutes after the conclusion of the meet and before the awards are presented.

### IV. Judge Inadvertently Misses the Exercise

The following procedures are to be used in the rare occurrence that one judge misses the exercise:

- A. **With a 2-judge panel:** The gymnast has two options after the coach is advised of the score of the judge who evaluated the whole routine:
3. Accept that score, OR
  4. Repeat the exercise after a reasonable period of rest. If the gymnast elects to repeat, the score of the second routine will count.
- B. **With a 4-judge panel:** The final score is determined by entering a score for the judge who missed the routine that is equal to the highest score given by the three other judges and then averaging the two middle scores, as usual.
- This method gives the gymnast the benefit of having the highest possible score and there is no need for the option to repeat the exercise.
- C. In either case, the Chief Judge should consult with the Meet Referee, who will then notify the coach of the gymnast's options.

### V. Procedures for Falls/Injuries Resulting in Bleeding

- A. Take steps to stop the bleeding immediately and cover the wound as soon as possible.
- B. A bleeding wound (or any other injury due to a fall) does NOT give the athlete the right to repeat her exercise or resume from where she left off.
- C. If the 30-second (Beam) or 45-second (Bars) fall time is exceeded before the wound can be covered, then the exercise is terminated.
- D. If there is blood on any equipment or mats after the gymnast finishes her routine, the blood must be removed prior to beginning the next gymnast's routine.
- E. The coach and the athlete have the right to determine if the athlete can continue the routine after the fall (within the fall time limitations).

# Judges ~ Chapter 4 ~ Rights & Duties

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## I. DUTIES AND RESPONSIBILITIES OF THE XCEL MEET OFFICIALS

### A. GENERAL DUTIES OF ALL OFFICIALS

1. Individual judges shall perform their function as a judge of the Meet according to the USA Gymnastics Rules and Policies, membership policies and the USA Gymnastics Code of Ethics.
2. Individual judges shall be limited to judging, evaluating and scoring the competition.
  - Shall not involve herself/himself with the conduct of the gymnast during the warm-ups or training. Comments to the athlete should be made only if requested from the coach or athlete.
3. Individual judges will be bound by the terms of the individual contract agreed upon for that particular meet.
4. Judges are responsible, according to all appropriate laws and jurisdiction, for all financial reporting and identification of payment/reimbursements received to the appropriate agencies (i.e. IRS).
5. Each individual judge shall sign and return the contract to the Meet Director and the contracting official.
6. Judges are not allowed to accept gifts in addition to the USA Gymnastics Judges' Compensation Package fees/expenses unless the gift does not exceed a retail value of \$20.00.
7. Judges are not allowed to act in a dual capacity (i.e., Coach/judge, parent/judge, Meet Director/judge).
8. Must act in a professional manner.
  - a. Must not leave their seat during competition without permission of Meet Referee or Chief Judge.
  - b. Must remain at his/her event station until the entire competition has been completed.
  - c. Must avoid conversations with coaches regarding the evaluation of the exercises.
  - d. Must be willing to compromise when the two counting scores are out of range.
9. Must wear the correct uniform (navy blue pants/skirt and white blouse/shirt), or as designated in the contract.
  - ***At theme meets, the judge may wear the official uniform or dress in the theme of the meet.***
10. Chief and panel judges are responsible for flashing their own Start Value at all Xcel meets (or write it on the competitor's score card).
  - Must provide her/his own SV flashing unit, unless provided by the host club.
11. ***Judges may use electronic DEVICES (to include cell phones, tablets, etc.) only for gymnastics purposes on the Field of Play.***

### B. XCEL MEET REFEREE (who may also act as a Chief Judge)

1. A Meet Referee, or acting Meet Referee, must be designated at all Xcel sanctioned competitions.
2. If an acting judge also serves as the Meet Referee (for State Championships and above), she/he will receive a Chief Judge's fee or a Meet Referee's fee, but not both. No dual compensation is allowed.
3. Meet Referee Duties and Responsibilities
  - a. If requested, assists in conducting the draw prior to or at the coaches' meeting (depending on the organization of the meet) at State or Regional competitions, in conjunction with:
    - 1) Appropriate USA Gymnastics Officer, and/or
    - 2) Meet Director
  - b. Serves as liaison between coaches and judges. Must attend the coaches meeting (or designate a proxy) at State, and Regional competitions.
  - c. Conducts the judges' meeting prior to the competition.
    - 1) Presents a Base Score DVD (if available) for analysis at State and above meets.
    - 2) Reviews the following procedures with the judges:
      - a) Logistics of the meet/scoring system, meet mechanics, etc.
      - b) Rule changes
      - c) Equipment issues
      - d) Information from the Meet Director
      - e) Professional protocol reminders

## Judges ~ Chapter 4 ~ Rights & Duties

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- d. *Assigns the Chief and Panel Judges to their respective events, as requested by the State or Regional Administrative Committee for State and Regional meets. It is strongly recommended that the State or Regional Administrative Committee assign the duty of event assignments to the designated Meet Referee.*
  - 1) *Criteria for assignment must be followed.*
  - 2) *If the Meet Referee is also a Chief Judge, the assigning official may make the event assignments.*
  - 3) *At local, pre-sectional and sectional meets, the assigning official may make the event assignments.*
- e. *May observe and/or give opinion during conferences.*
- f. *Is available for counsel, upon request of the Chief Judge.*
- g. *May counsel the Chief Judge when, in her/his opinion, the average score and/or the score of the Chief Judge seems out of line with the scoring in the competition.*
- h. *May recommend, but never force, a change of any score.*
- i. *Corrects and signs the official score sheets after any change of score.*
- j. *Gives any technical or judging information pertinent to the competition to the Meet Director or Organizing Committee for distribution.*
- k. *Acts as the final authority in all technical matters involving judges, timers, line judges, flashers, individual event and AA tabulators, as well as equipment.*
- l. *Notates a warning given by the Chief Judge concerning incorrect attire or signaling. She/he will then notify the Chief Judges on the other events that a warning has been given so that appropriate deductions may be applied.*
- m. *Upon notification from the Chief Judge, issues a warning to the coach for unsportsmanlike conduct. Follow USA Gymnastics' Coaches Behavior Policy in the Rules and Policies. This would also be applied for excessive cheers and/or behavior of teammates, or the coach who is disruptive to the competition.*
- n. *Will be available for a minimum of 5 minutes following the last competitors' exercises to deal with questions or concerns with the technical decisions and/or judges' scores.*
- o. *Serves as President of the Jury of Appeal.*
- p. *May be an affiliated judge.*
- q. *Indicates any violations of Rules and Policies on the sanction report form or notifies USA Gymnastics Member Services directly in writing by mail, FAX or e-mail.*
- r. *Is responsible for compiling and checking the information regarding judges' fees and expenses for the Meet Director.*
- s. *Checks with the scoring personnel to verify that the scores for all gymnasts are entered and all inquiries have been resolved.*
- t. *Issues a warning to the coach and notifies the Meet Director if she/he observes more than one gymnast on the uneven bars at the same time during any warm-up (timed or 30-second touch).*
- u. *Monitors the judging panels to ensure the appropriate use of electronic tablets for judging and reference purposes.*

### C. XCEL CHIEF JUDGE

- 1. *Prepares the judges for the correct evaluation of the exercises at the judges' meeting prior to the competition.*
- 2. *Checks that the apparatus and mats correspond to the USA Gymnastics regulations and that all materials necessary are available and functioning properly. This could include:*
  - a. *Light or time signals*
  - b. *Stopwatches*
- 3. *Instructs judging assistants to assure their knowledge of the:*
  - a. *Correct use of the signal to indicate line violations.*
  - b. *Correct use of the stopwatch and timing device to indicate time limitations.*
  - c. *Proper reporting procedures for the following violations:*
    - 1) *Exceeding the time allowed*
    - 2) *Stepping out of the floor exercise area*
  - d. *Correct method of scoring.*
  - e. *Correct procedures for flashing of the start values, individual score and/or the average score.*

## Judges ~ Chapter 4 ~ Rights & Duties

### Xcel Chief Judge (continued)

4. Is responsible for the correct work of her/his panel and assistant judges.
5. Uses a green flag or hand signal to acknowledge the presentation of the gymnast.
6. Must evaluate the exercises accurately without bias and must first write (or enter into the electronic scoring system) her/his own score before reviewing scores from other judges.
7. Must record the number of skills, "A", "B", "C" and "D" VPs, Special Requirements and Start Value, as well as record deductions for execution/amplitude, artistry and neutral deductions.
8. Verifies that the scores fall within the proper range.
9. Verifies that the score of the Chief Judge, panel judge(s), average score and time/line deductions are properly recorded during the competition.
  - It is not necessary to sign the official score sheet.
10. Confirms when a gymnast may repeat an exercise (or portion of the exercise) due to technical failure and determines when the repetition (or continuation) will occur.
  - a. A flash from a camera is not a valid reason to allow a gymnast to repeat the exercise.
  - b. These decisions must be made in consultation with the Meet Referee prior to the score being flashed.
11. Is responsible for calling a conference if an impossible Start Value has been awarded and/or for other reasons to assist the judges in arriving at a common basis for scoring during competition. During the conference:
  - a. The Start Value differences will be clarified.
  - b. The Meet Referee may be notified of and/or be included in the discussion.
  - c. The judges may change their scores, but are not obliged to do so; however, if the scores are out of the allowable range, adjustments must be made. It is the professional responsibility of the judges to come to an agreement if their scores are initially out of range.
  - d. If the judges are unable to compromise, the Chief Judge may mandate that the scores be brought into the allowable range.

N. Takes the deduction from the average score for the following infractions.

The deduction must be indicated to the coach either verbally or by visual means at the conclusion of the exercise.

<u>0.10</u>	Overtime
No deduction	Coach standing between the bars or next to beam throughout the entire exercise
each time <u>0.10</u>	Any part of the body touching outside of the Floor exercise border marking
each time <u>0.10</u>	Failure to present to Chief Judge before <b>exercise; failure to present at end of exercise</b>
<u>0.10</u>	<u>Failure to mark the boundary line</u> on additional matting which covers the boundary line (FX)
<u>0.20</u>	Gymnast failing to begin exercise within 30 sec. after the Chief Judge signals to begin
<u>0.20</u>	Unsportsmanlike conduct of the gymnast (after warning)
<u>0.20</u>	Incorrect padding (Gymnast wearing heel/hip pads on bars) <ul style="list-style-type: none"> <li>• *If the Chief Judge notices the heel/hip pads prior to the gymnast's mount, a warning must be given.</li> <li>• However, if the gymnast wears the heel/hip pads during her exercise (whether or not the Chief Judge warned her previously), the deduction must be taken.</li> </ul>
<u>0.20</u>	<u>Technical verbal cues</u> by coach or teammate(s) to own gymnast (applied after a verbal warning has been given) <ol style="list-style-type: none"> <li>a. <u>Examples of technical cues:</u> "hollow", "pull", "breathe", etc.</li> <li>b. <u>Exception:</u> If the gymnast is competing on an apparatus and the coach instructs her by giving specific information on what to do during the routine (for example – what to do next or to repeat a missed requirement), a deduction is taken without the warning being given.</li> <li>c. This deduction is taken only once, regardless of the number of cues given.</li> </ol>
<u>0.20</u>	<u>Failure to observe specified warm-up time</u> (after a warning) <ol style="list-style-type: none"> <li>a. Deduction is taken from the event score or may be taken from the team score at team competitions.</li> <li>b. <u>Note:</u> There is no deduction for jumping on the board and/or briefly touching the apparatus immediately prior to competition on UB or BB. This deduction applies only to the practice of an element(s).</li> <li>c. If a gymnast is preparing for a skill or dismount when time is called, she may continue to finish the skill(s) and/or dismount without penalty.</li> <li>d. If she fails to leave the apparatus when "Time" has been called, the timer must warn the gymnast by announcing "Time Exceeded".</li> <li>e. If the gymnast remains on the apparatus, the timer reports the infraction to the Chief Judge, who then deducts 0.20 from the average score.</li> </ol>



### IV. Xcel Judging Assistants

- A. Do not evaluate or score the exercise.
- B. Signal and record specific faults and penalties to assist the Chief Judge.
- C. Types of Judging Assistants and their responsibilities:
  1. Line Judges for Floor Exercise
    - a. Must be a USA Gymnastics Professional Member.
    - b. Signal by raising a hand or flag when gymnast steps (or touches some part of body) beyond the boundary line.
    - c. Inform the Chief Judge in writing of such violations.
  2. Timers
    - a. **Vault Fall Timer (Chief Judge monitors this fall time)**  
***If the gymnast falls on the 1st vault attempt and an injury is being assessed, she is allowed a maximum of one minute (60 seconds) after the completion of the judgement to leave the landing area. If the gymnast exceeds the allotted fall time, a 2nd vault will not be allowed.***
    - b. Uneven Bars Timer
      - 1) Is responsible for the correct timing of falls.  
The watch: Starts when gymnast lands on the mat after a fall.  
Stops when gymnast leaves the floor to re-mount.
      - 2) After 25 seconds have passed, announces "20 seconds remaining". After 35 seconds have passed, announces "10 seconds remaining". At 45 seconds, announces "Time".
    - c. Balance Beam Routine Timer
      - 1) Is responsible for the correct timing of the exercise.  
The watch: Starts when gymnast leaves the floor.  
Stops when gymnast lands on the floor after a fall.  
Re-starts with first movement to continue routine.  
Stops when gymnast arrives on mat on the dismount.
      - 2) Signals with an acoustic instrument (or verbally), indicating a warning of 10 seconds remaining and a second signal indicating final time.
      - 3) Informs the Chief Judge, verbally or in writing, of any time violation.
    - d. Balance Beam Fall Timer
      - 1) Is responsible for the correct timing of falls.  
The watch: Starts when gymnast lands on the mat **or mounting apparatus** after a fall.  
Stops when gymnast leaves the floor to re-mount.
      - 2) After 10 seconds have passed, announces "20 seconds remaining".  
After 20 seconds have passed, announces "10 seconds remaining".  
At 30 seconds, announces "Time".
    - e. Floor Exercise Timer
      - 1) Is responsible for the correct timing of the exercise.  
The watch: Starts with the first movement of the gymnast.  
Stops with the final movement of the gymnast.
      - 2) Informs the Chief Judge of the time violation in writing, indicating the actual time.
    - f. Additional Timers for:
      - 1) Control of warm-up periods:

During timed warm-ups or the 30-second touch warm-up, the timer should not begin timing until the gymnast is prepared to mount (within a reasonable time).

        - a) The following are NOT included in the 30-second touch warm-up time:
          - i. Adjustment (setting) of the bars
          - ii. Adjustment and/or marking of the beam
          - iii. Setting the board for Beam or Bars
        - b) Procedures for 30-second touch warm-ups:
          - i. After 10 seconds have passed, announces "20 seconds remaining".
          - ii. After 20 seconds have passed, announces "10 seconds remaining".
          - iii. After 30 seconds, announces "Time".
            - If the gymnast is preparing for a skill or a dismount when time is called, she may continue to finish the skill and/or dismount without penalty.
            - If a gymnast fails to leave the apparatus after "Time" has been called, the Timer must warn the gymnast by announcing "Time exceeded".
            - If the gymnast then continues on the apparatus, the Timer reports the infraction to the Chief Judge, who then deducts 0.20 from the average score.
      - 2) Control of the beginning of the exercise after flashing of the green light or signal from the Chief Judge (Fall timer can do this also.).
      - 3) Assistant to operate the instrument or flashboard that indicates the vault numbers.
      - 4) Other assistants as required by the Chief Judge, Jury of Appeals, or Meet Organizers.

### V. Xcel Jury of Appeals

- A. Is comprised of the following individuals:
1. Meet Referee or Technical Director –President of the Jury
  2. Meet Director (non-voting, if the question relates to his/her gymnast)
  3. Chief Judges of all four events (or of the event involved, whichever would be appropriate)
  4. USA Gymnastics personnel (State/Regional Administrative Committee Chairman and/or Regional/National Xcel Committee Chairman)
- B. For Regional competitions, the Jury of Appeals is comprised of:
1. Meet Director (unless affiliated with the inquiry)
  2. Meet Referee
  3. USA Gymnastics elected Xcel or Administrative officer
- C. Rights and Duties of the Jury of Appeals
1. Governs all technical and organizational matters of the competition.
  2. Makes the final decision regarding any unusual situations. If a deduction taken from the All-Around score by the Meet Referee was challenged, the Jury of Appeals would then convene to make the final decision.
  3. Reviews improperly handled inquiries:
    - a. If administrative procedures were not followed properly on a submitted inquiry, the coach may petition the Jury of Appeals for a review within 5 minutes of the end of the rotation/competition or the return of the inquiry form, whichever occurs later.
    - b. A Video Review, if available, may be considered by the Jury of Appeals. Jury decision should occur within 15 minutes after the conclusion of the meet and before the awards are presented.
  4. Procedures for Inquiries:
    - a. Properly written inquiry form by the coach.
    - b. Inquiry submitted in a timely manner to the Meet Referee or Meet Director.
    - c. Inquiry reviewed/answered by the judging panel of the event in questions.
    - d. Inquiry returned to Meet Referee or Meet Director.
    - e. Meet Referee or Meet Director returns inquiry form to coach by hand or by predefined inquiry return procedure.
- D. Methods of settling a case by the Jury of Appeals
1. Discussion
  2. Voting on a decision
  3. Majority vote dictates the final decision