



VAULT

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
<p>Allowable Vaults No other vaults, other than those listed in each Division are permitted.</p> <p>If another vault is unintentionally performed will receive a "VOID".</p>	<p>(5.0) Stretch Jump onto min. of 16" mat AND (5.0) Kick to Handstand fall to flat back.</p> <p><i>(Place board in front of skill cushion)</i></p> <p>OR</p> <p>Jump to Handstand - fall to flat back on min. of 16" mat (no repulsion required).</p>	<p>Handspring onto Table with repulsion to flat back landing on stacked mats equal to or up to 8" above the table.</p>	<p>Xcel Gold Vault Chart</p>	<p>Xcel Platinum Vault Chart</p>	<p>Xcel Diamond Vault Chart</p>
Start Value (SV)	<u>10.0 Start Value</u>	<u>10.0 Start Value</u>	<u>10.0 Start Value</u> 9.5 Start Value when using Alternative Springboard Apparatus.	<u>10.0 Start Value</u>	<u>Diamond SV Chart</u>
Clarifications	<p>Alternative Springboard Apparatus is allowed.</p> <p>Spot on landing 0.5</p> <p>Spot during any other phase 1.0</p> <p>Max. Total Spot deduction 1.5</p> <p>Warm-up: 20 sec.</p> <p>Guaranteed 1 warm-up vault</p>	<p>Alternative Springboard Apparatus is allowed.</p> <p>Sting mat may be used on the landing mat only.</p> <p>Spot on landing 0.5</p> <p>Spot during any other phase 1.0</p> <p>Max. Total Spot deduction 1.5</p> <p>Warm-up: 45 sec.</p> <p>Guaranteed 1 warm-up vault</p>	<p>Alternative Springboard Apparatus is allowed.</p> <p>Spot on landing 0.5</p> <p>Spot during any other phase 1.0</p> <p>Max. Total Spot deduction 1.5</p> <p>Warm-up: 1:00</p> <p>Guaranteed 2 warm-up vaults</p>	<p>Alternative Springboard Apparatus is NOT allowed.</p> <p>Spot on landing 0.5</p> <p>Spot during any other phase 1.0</p> <p>Max. Total Spot deduction 1.5</p> <p>Warm-up: 1:30</p> <p>Guaranteed 2 warm-up vaults</p>	<p>Alternative Springboard Apparatus is NOT allowed.</p> <p>Spot on landing 0.5</p> <p>Spot during any other phase 1.0</p> <p>Max. Total Spot deduction 1.5</p> <p>Warm-up: 1:30</p> <p>Guaranteed 3 warm-up vaults</p>
Timing	Guaranteed 1 warm-up vault	Guaranteed 1 warm-up vault	Guaranteed 2 warm-up vaults	Guaranteed 2 warm-up vaults	Guaranteed 3 warm-up vaults



BARS

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the <i>JO Code of Points</i> . Any Skills listed on the Xcel Bronze chart.	Any "A" VP listed in the <i>JO Code of Points</i> . Any Skills listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the <i>JO Code of Points</i> . Any Skills listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the <i>JO Code of Points</i> . <u>Exceptions:</u> One Tap Swing = "A" VP. Cast (90° to 21° from vertical) = "A" VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the <i>JO Code of Points</i> . <u>Exception:</u> Cast (45° to 21° from vertical) = "A" VP.
Clarifications <i>When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit.</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. <i>For cast angle deductions refer to Xcel Manual.</i>	If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VP. <i>For cast angle deductions refer to Xcel Manual.</i>	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 only considered a circling skill if preceded by a cast. A Tap Swing will receive extra swing deduction. No "D" or higher 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 only considered a circling skill if preceded by a cast. A Tap Swing will receive extra swing deduction. No "D" or higher VP.
Difficulty Restrictions <i>Unallowable Skills 0.5 deduction</i>	No "B" or higher VP. No skills on high bar. No Salto dismounts.	No "B" or higher VP. 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.	No "D" or higher VP.
Special Requirements (SR) Deduct 0.5 for Each Missing SR	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 Warm-up: 20 sec.	1. Min. of 5 "A" VP /skills 2. Cast (<i>hips must leave bar</i>) 3. Circling skill (<i>no mount or dismount</i>) 4. Dismount Warm-up: 45 sec.	1. Min. of 6 "A" VP/skills 2. Cast to Horizontal 3. Circling skill (<i>no mount or dismount</i>) 4. Dismount – High Bar Warm-up: 1:00	1. Cast to Horizontal or above 2. Circling skill 3. Kip 4. Dismount – High Bar Warm-up: 1:30	1. Cast to 45° from Vertical 2. Min "B" Circling Skill 3. Release, pirouette or 2 nd different Circling Skill, minimum "B" 4. Salto Dismount – High Bar Warm-up: 1:30
Timing					



BALANCE BEAM

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the <i>JO Code of Points</i> . Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the <i>JO Code of Points</i> . Any "B" Dance VP. Any skill listed on the Xcel Silver chart.	Any "A" or "B" VP listed in the <i>JO Code of Points</i> . Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the <i>JO Code of Points</i> . Any "C" Dance VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the <i>JO Code of Points</i> .
Clarifications <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. Straddle jump = "A" VP.	"B" Dance VP allowed.		"C" Dance VP 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>					
Difficulty Restrictions <i>Unallowable Skills 0.5 deduction</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.	No "D" or higher VP.
Special Requirements (SR) Deduct 0.5 for Each Missing SR	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). Warm-up: 20 sec. Time limit: 45 sec.	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 vertical – with or without flight (isolated or in a series) A Series is not required. 4. Dismount Warm-up: 1:00 Time limit: 1:00	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 Warm-up: 1:30 Time limit: 1:15	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. One Acro Skill with flight (isolated or in a series) AND an Acro Series – with or without flight 4. Dismount- Salto or Aerial. Warm-up: 1:30 Time limit: 1:15
Timing <i>No Minimum Time</i>					



FLOOR

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any "A" VP listed in the <i>JO Code of Points</i> . Any skills listed on the Xcel Bronze chart.	Any "A" VP listed in the <i>JO Code of Points</i> . Any "B" Dance VP. Any skill listed on the Xcel Silver chart. "B" dance VP are allowed.	Any "A" or "B" VP listed in the <i>JO Code of Points</i> . Any skill listed on the Xcel Gold chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the <i>JO Code of Points</i> . Any "C" Dance VP.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the <i>JO Code of Points</i> .
Clarifications	Round-off rebound - backward roll is an acro connection.	"B" dance VP are allowed. Round-off rebound - backward roll is an acro connection.		"C" dance VP are allowed.	
<p><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></p> <p><i>A Dive Roll does NOT fulfill a flight requirement</i></p>					
Difficulty Restrictions	No "B" or higher VP. No Salto or Aerials.	No "B" Acro VP. No "C" or higher VP	No "B" VP Salto. No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	No "D" or higher VP.
Unallowable Skills <i>0.5 deduction</i>	Maximum 2 flight skills per routine.	Maximum 1 Salto or Aerial per routine.			
Special Requirements	1. Min. 2 directly connected acro skills with or without Flight. 2. A 2 nd Pass with one Acro Skill with or without Flight.	1. Min. 2 directly connected Acro skills one must have Flight. 2. Either a 2 nd Acro connection with a min. of two directly connected skills with or without Flight OR One Acro skill with Flight.	1. Min. 2 directly connected Flight skills. 2. Either a 2 nd Acro connection with a min of two directly connected Flight skills OR an Aerial or Salto.	1. Min. 2 directly connected Flight skills with 1 "A" or "B" Salto. 2. Either a 2 nd acro connection w/ a min. of two directly connected Flight skills OR an isolated "B" Salto.	1. Two separate acro connections each with a min. of two directly connected acro Flight skills. 2. Two different Salto within the routine (<i>isolated or in series</i>) - one must be a min. "B" (<i>may be included in SR#1</i>).
Deduct 0.5 for Each Missing SR	3. Dance Passage with a min. of 2 Different <u>Group 1</u> VP or Xcel Bronze chart skills (<i>direct or indirect</i>) with one LEAP w/ a 60° cross or side split. 4. Min. 1/2 Turn on one foot.	3. Dance Passage with a min. of 2 Different <u>Group 1</u> VP or Xcel Silver chart skills (<i>direct or indirect</i>) with one LEAP w/ a 90° cross or side split. 4. Min. 1/1 Turn on one foot.	3. Dance Passage with a min. of 2 Different <u>Group 1</u> VP (<i>directly or indirect</i>) with one LEAP w/ a 120° cross or side split. 4. Min. 1/1 Turn on one foot.	3. Dance Passage with a min. of 2 Different <u>Group 1</u> VP (<i>directly or indirect</i>) with one LEAP w/ a 150° cross or side split. 4. Min. 1/1 Turn on one foot.	3. Dance Passage with a min. of two diff. Grp.1 VP (<i>directly or indirectly connected.</i>) - one of which is a LEAP w/ a 150° cross or side split. 4. Turn on one foot min. "B" VP.
Timing <i>No Minimum Time</i>	Warm-up: 20sec. 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: 1:30 Time limit: 1:30

Bronze
Skills that can be used to fulfill "A" VP

Bars	Beam	Floor
<p><u>Mounts:</u> Pullover (<i>from 1 or 2 ft or run</i>) Jump to front support Glide swing to stand Run out glide kip Single leg jam kip (<i>from glide or run</i>)</p> <p><u>Casts:</u> Cast (<i>hips must leave bar</i>)</p> <p><u>Circles:</u> Stride circle-fwd or bwd</p> <p><u>Dismounts:</u> Cast off to stand ¼ Fwd circle to stand</p> <p><u>Other Allowed Skills:</u> Single leg basket swing (<i>bent knee ok</i>) Single leg swing bwd Single leg cut fwd or bwd Shoot through</p>	<p><u>Turns:</u> Pivot turn (180°) ½ heel snap turn ½ turn on one foot Bwd swing turn</p> <p><u>Leaps/Jumps:</u> Stag or stride leap (<i>no min degree</i>) Split jump (<i>no min degree</i>) Cross straddle jump (<i>no min degree</i>)</p> <p><u>Acro Skills:</u> Partial handstand (<i>feet must close together</i>) min 45° from vertical Vertical cross or side handstand (<i>no hold - legs any position</i>) From lying position, push up to bridge (<i>hold 1 sec</i>) From lying position, push-up to bridge, kick over. From lying position, push up/arch up to head-kick over</p> <p><u>Dismounts:</u> Cartwheel handstand (<i>45° no hold req.</i>), land facing the beam. Cartwheel to handstand (<i>mark</i>), ¼ turn dismount Any jump from feet in any body position w/up to 360° turn.</p>	<p><u>Grp1: Leap, Jump & Hops:</u> Split jump (60°) Straight leg leap (60°) Straddle jump (60°) Leg swing hop (<i>w/free leg horizontal or above</i>)</p> <p><u>Acro Skills:</u> Partial handstand (<i>min 45° from vertical</i>) Bridge, kick over (<i>either from stand or lying position</i>) Back roll to push-up shape</p> <p><u>Turns:</u> ½ Turn on one foot (<i>any leg position</i>) Bwd swing turn</p>

Xcel Skills Chart

Silver

Skills that can be used to fulfill "A" VP

Bars	Beam	Floor
<p><u>Mounts:</u> Pullover (<i>from 1 or 2 ft or run</i>) Glide swing to stand Run out kip Single leg jam kip (<i>from glide or run out</i>)</p> <p><u>Casts:</u> Cast (<i>hips must leave bar</i>)</p> <p><u>Circles:</u> Stride circle-fwd or bwd Long hang pull-over (<i>from long swing</i>)</p> <p><u>Dismounts:</u> Tap swing fwd w ½ turn</p> <p><u>Other Allowed Skills:</u> Single leg basket swing (<i>bent knee ok</i>) Single leg swing bwd Single leg cut fwd or bwd Shoot through Tap swing-counterswing</p>	<p><u>Turns:</u> ½ heel snap turn ½ turn on one foot Bwd swing turn</p> <p><u>Leaps/Jumps:</u> Stag or stride leap (90°) Split jump (90°) Cross straddle jump (90°)</p> <p><u>Acro Skills:</u> Partial handstand (<i>feet must close together</i>) min 45° from vertical Vertical cross or side hs (<i>mark, legs any position</i>) From lying position, push up to bridge (<i>hold 1 sec</i>) From lying position, push-up to bridge, kick over. From lying position, push up/arch up to head- kick over</p> <p><u>Dismounts:</u> Cartwheel to partial handstand (<i>45° no hold req.</i>) land facing the beam. Cartwheel to handstand (<i>mark</i>), ¼ turn dismount Any jump from feet in any body position w/up to 360° turn.</p>	<p><u>Grp1: Leap, Jump & Hops:</u> Split jump (90°) Straight leg leap (90°) Straddle jump (90°) Leg swing hop (<i>w/free leg horizontal or above</i>)</p> <p><u>Acro Skills:</u> Handstand (<i>vertical-mark</i>) Bridge, kick over (<i>either from stand or lying position</i>) Back roll to push-up shape</p>

Xcel Skills Chart

Gold

Skills that can be used to fulfill "A" VP

Bars	Beam	Floor
<p><u>Mounts:</u> Pullover (<i>from 1 or 2 ft or run</i>) Glide swing to stand Run out kip Single leg jam kip (<i>from glide or run out</i>)</p> <p><u>Casts:</u> Cast (<i>hips must leave bar</i>)</p> <p><u>Circles:</u> Stride circle-fwd or bwd Long hang pull over (<i>from long swing</i>)</p> <p><u>Dismounts:</u> Tap swing fwd w ½ turn</p> <p><u>Other Allowed Skills:</u> Single leg basket swing Single leg cut fwd or bwd Shoot through Tap swing-counterswing</p>	<p><u>Leaps/Jumps:</u> Stag or stride leap (90°) Split jump (90°) Cross straddle jump (90°)</p> <p><u>Acro Skills:</u> Partial handstand (<i>feet must close together</i>) min 45° from vertical Vertical cross or side hs (<i>mark, legs any position</i>) From lying position, push-up to bridge, kick over. From lying position, push up/arch up to head - kick over</p> <p><u>Dismounts:</u> Cartwheel to hs (<i>mark</i>), ¼ turn dismount</p>	<p><u>Grp1: Leaps, Jumps & Hops:</u> Split jump (120°) Straight leg leap (120°) Straddle jump (120°) Leg swing hop (<i>w/free leg horizontal or above</i>) Switch leg leap (120°)</p> <p><u>Acro Skills:</u> Handstand (<i>mark, vertical</i>) Bridge, kick over (<i>either from stand or lying position</i>) Back roll to push-up shape</p>

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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 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" mat surface; (SV = 5.0). THEN.

Vault 1B: KICK TO HANDSTAND, fall to flat back (SV = 5.0).

Each part of the vault is evaluated separately and is worth 5.0; total two scores to arrive at the final score.

Vault 2: JUMP TO HANDSTAND – FALL TO FLAT BACK (SV = 10.0)

Minimum of 16" mat, no repulsion required

Vault 1A: STRETCH JUMP (SV = 5.0)

Approach	each 0.30	Additional Jumps on the Board (double bouncing)
	5.00	Running on the Board and Stepping up on the Mat
Stretch Jump from Board to Mat	Up to 0.50	Lack of Height on Stretch Jump
	Up to 0.50	Failure to Maintain a Stretched Body Position during jump
	Up to 0.50	
	Up to 0.50	
	Up to 0.30	
	Up to 0.30	Incorrect Arm and Head Alignment
	Up to 0.20	Legs Separated
General Faults	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 0.30	Insufficient Dynamics (speed/power)
	No deduction	Run-approach without executing the vault (Balk) (up to 3 times)
	Void	Touching the Springboard or Mat Stack, when balking.

Vault 1B: KICK TO HANDSTAND, FALL TO FLAT BACK (SV = 5.0)

Approach	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 0.50	Extra Kick-up to Handstand
Handstand	Up to 0.50	Bent Arms
	Up to 0.30	Bent Legs
	Up to 0.20	Legs Separated
	Up to 0.50	Incorrect Alignment in the Handstand
	Up to 0.30	
	Up to 0.50	
	Up to 0.30	
each 0.10	Additional Hand Placements (taking steps on the hands)	
Up to 0.10	Incorrect Foot Form	
Post-Handstand Landing	Up to 1.00	Failure to Land in a Straight Lying Position on the back

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Vault 2: JUMP TO HANDSTAND – FALL TO FLAT BACK (SV = 10.0)

General Faults	Up to 0.30 Up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> • Arch • Pike
	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)
	0.50	Assistance (Spot) of Coach on the Landing
	1.00	Spot during any phase of Vault (Max. Spot Deduction = 1.50)
	Void	Gymnast never achieves Vertical and returns to the Board or Lands on the Mat stack between the Board and Hand Placement
	Void	Performing Incorrect Vault (i.e., squat on)
	No Deduction Void	Run-approach without executing the vault (Balk) Touching the Springboard or Mat Stack, when balking.
First Flight		See Vault General Faults above
Support Phase	Up to 0.50	Arms Bent
	2.00	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"> • Contact from 1° to 45° past Vertical • Contact from 46° to 89° past Vertical
	each 0.10	Additional Hand Placements (taking Steps/Hops on Hands)
	3.00	Failure to Contact Mat with Both Hands (performs a Front Layout or Touch with Only One Hand)
Post Handstand Phase	Up to 1.00	Failure to Finish in a Straight Lying Position on the Back Examples for applying this deduction:
	1.00	<ul style="list-style-type: none"> • Gymnast lands on her feet, salutes, & steps off mat.
	0.50	<ul style="list-style-type: none"> • Gymnast lands on her seat (90° hip angle), salutes & steps off mat.
	0.50	<ul style="list-style-type: none"> • Gymnast lands on her back with an Arch & Bent Legs, salutes, & steps off the mat.
		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.

SILVER DIVISION

HANDSPRING onto the Vault Table,

Repulsion to flat back landing on stacked mats (up to 8" above Table).

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General Faults	Up to 0.30	Arch - Failure to maintain a straight body position
	Up to 0.50	Pike - Failure to maintain a straight body position
	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	Gymnast never achieves Vertical and returns to the Board or Lands on the Mat stack between the Board and Hand Placement
	Void	Performing Incorrect Vault (i.e., squat on)
No Deduction	Run-approach without executing the vault (Balk)	
Void	Touching the Springboard or Mat Stack, when balking.	
First Flight		See Vault General Faults above
Support Phase	Up to 0.50	Arms Bent
	<u>2.00</u>	Completely Bent Arms, causing Head to contact the Table
	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	Contacting the Table with the Hands after Vertical
	0.05-0.50	• Contact from 1° to 45° past Vertical
	0.55-1.00	• Contact from 46° to 89° past Vertical
	Up to 0.50	Too Long in Support (Lack of Repulsion)
Each <u>0.10</u>	Additional Hand Placements (Steps/Hops on hands, max. 0.30)	
<u>1.00</u>	Performing a One-handed Vault	
VOID	Failure to Touch the Table with 2 Hands (performs a Front Layout)	
Post Handstand Phase	Up to 0.50	Insufficient Height
	Up to 0.30	Insufficient Distance
Landing Phase	Up to 0.20	Body part Hitting/Brushing Table upon Landing
	Up to 1.00	Failure to finish in a Straight Lying Position on the Back: examples
	<u>1.00</u>	• Gymnast lands on her Feet, salutes, & steps off mat.
	<u>0.50</u>	• Gymnast lands on her Seat (90° hip angle), salutes & steps off mat.
	<u>0.50</u>	• Gymnast lands on her Back with an Arch and Bent Legs, salutes, & steps off the mat.
VOID	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. Gymnast lands Standing or Sitting on the Table	

GOLD DIVISION and PLATINUM DIVISION

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The Vaults listed below are allowed.

Start Values: All Vaults are Valued at 10.0.

Alternative Springboard Apparatus:

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

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.*

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
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

DIAMOND DIVISION

Chapter 1 ~ 2013-2014 ~ XCEL ~VAULT ~ Values & Deductions

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.

J.O. Code #:	Name of Specific Allowable Vault:	Value:
1.101	Handspring	9.6
1.102	Handspring → ½ twist off	9.6
1.103	Yamashita	9.6
1.104	Yamashita → ½ twist off	9.6
1.105	½ twist on → ½ twist off ½ twist on → ¾ twist off	9.6
1.106	¼ twist on → Repulsion (with flight to feet) off ½ twist on → Repulsion (with flight to feet) off	9.6
1.201	Handspring → 1/1 twist	10.0
1.202	Handspring → 1-½ twist	10.0
1.203	Yamashita → 1/1 twist	10.0
1.205	½ twist on → 1-½ twist off ¼ twist on → 1-¾ twist off	10.0
1.206	½ twist on → 1/1 twist off ¼ twist on → 1-¼ twist off	10.0
1.207	1/1 twist on → Handspring or Yami 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 ¼ twist on → 2-¼ twist off	10.0
3.201	Tsukahara → Back Tuck	10.0
3.303	Tsukahara → Back Pike	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 → 1-½ twist off (Allen)	10.0
4.203	RO, FF on → Back Tuck	10.0
4.304	RO, FF on → Back Pike	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 → 1-½ twist off	10.0
5.312	RO, FF ½ on → 2/1 twist off	10.0

GOLD, PLATINUM, and DIAMOND DIVISION DEDUCTIONS

Chapter 1 ~ 2013-2014 ~ XCEL ~ VAULT ~ Values & Deductions

1. First Flight Phase

- a. Incorrect Foot Form (flexed, sickled)..... Up to 0.10
- b. Incorrect Leg Form
 - Legs Crossed..... Up to 0.10
 - Legs Separated..... Up to 0.20
 - Knees Bent..... Up to 0.30
- c. Poor Technique
 - Hip Angle..... Up to 0.20
 - Arched Body..... Up to 0.20
- d. Incomplete LA Turn..... Up to 0.30

2. Support/Repulsion Phase

- a. Poor Technique
 - Staggered/Alternate Hand Placement on all vaults, Except Diamond Tsukahara Vaults..... Up to 0.10
 - Shoulder Angle..... Up to 0.20
 - Arched Body..... Up to 0.20
 - Alternate Repulsion from Hands on all vaults, except Diamond Tsukahara Vaults..... Up to 0.20
- b. Prescribed LA Turn begun Too early..... Up to 0.30
- c. Additional Hand Placements (taking steps/walking on hands).. Up to 0.30
- d. Bent Arms (90° or more = max. deduction)..... Up to 0.50
 - a slight arm bend of the lead arm is allowed on Tsukahara vaults
- e. Too Long in Support..... Up to 0.50
- f. Touch with Only One Hand on the Vault Table.....1.00 CJ
 - Chief Judge deduction, if at least ½ of panel sees only 1 hand touch
- g. No Hand Contact on the Vault Table.....VOID
- h. Head contacting the Table, during support phase.....2.00
 - Includes 0.50 deduction for extreme Arm Bend

3. Second Flight Phase

- a. Incorrect Foot Form (flexed, sickled)..... Up to 0.10
- b. Insufficient Exactness of LA Turn..... Up to 0.10
- c. Under-Rotation of Salto Vaults..... Up to 0.10
- d. Incorrect Leg Form
 - Legs Crossed..... Up to 0.10
 - Legs Separated..... Up to 0.20
 - Knees Bent..... Up to 0.30
- e. Brush or Hit of Body/Head on Vault Table during post-flight.... Up to 0.20
- f. Insufficient Length..... Up to 0.30
 - 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 2nd flight phase; not just the distance from where the gymnast lands in relation to the end of the vault table.*
- g. Failure to Maintain Stretched Body (Pike Down of Stretched Vaults to facilitate landing)..... Up to 0.30

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3. Second Flight Phase (continued)

- h. Insufficient Exactness of Body Position:
 - Insufficient Tuck or Pike..... Up to 0.30
(tuck = min. 90° bend in hip & knee; pike = min. 90° bend in hips)
 - Insufficient Stretch Position
(ideal = 180°, but > than 135° is considered stretched position)
 - Insufficient Stretched Position (Hip Angle 136° - 179°).... Up to 0.30
 - Arch..... Up to 0.30
- i. Late Completion of the Twist..... Up to 0.30
- j. Insufficient Extension (Open) of Body before Landing
 - Insufficient and/or Late Extension (Tuck & Pike vault)..... Up to 0.25
 - Total Absence of Extension (Tuck & Pike vault)..... 0.30
- k. Insufficient Height..... Up to 0.50
- l. Prescribed LA Turn begun Too Late..... Up to 0.50

4. Landing

- a. Slight Hop or Small Adjustments of Feet..... Up to 0.10
- b. Extra Arm Swings..... Up to 0.10
- c. Extra Steps (maximum of 0.40)..... each 0.10
- d. Incorrect Body Posture on Landing..... Up to 0.20
- e. Additional Trunk Movements to Maintain Balance..... Up to 0.20
- f. Large Step or Jump (approximately 3 feet or more)..... 0.20
- g. Squat on Landing (hips even with or lower than knees)..... Up to 0.30
- h. Slight Brush/Touch of 1 or both Hands on Mat (no support).... Up to 0.30
- i. Prescribed LA Turn Incomplete..... Up to 0.30
 - 1° - 30° missing Up to 0.10
 - 31° - 60° missing 0.15 - 0.20
 - 61° - 89° missing 0.25 - 0.30
 - 90° or more missing award lower vault value
- j. Deviation from a Straight Direction..... Up to 0.30
 - (determined by initial contact with mat)
- k. Insufficient Dynamics..... Up to 0.30
- l. Support on Mat with 1 or 2 Hands..... 0.50
- m. Fall on Mat to Knee(s) or Hips..... 0.50
- n. Fall against Apparatus..... 0.50
- o. Landing in a Sitting, Lying or Standing position
on top of the Vault Table.....VOID

5. Other Deductions

- a. Spotting Assistance on Landing.....0.50
- b. Vaults without Signal from Chief Judge..... 0.50 (CJ)
 - CJ deducts 0.50 from Average of next Vault
- c. Failure to Land on any part of the Bottom of the Feet First.....VOID
Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously
- d. Spotting Assistance during the Vault.....1.00
 - (Maximum Total Spot Deduction not to exceed 1.50)
- e. Run Approach without Execution of the Vault with
Touch on the Springboard or Vault Table.....VOID
- g. Failure to Use the Safety Zone mat for RO entry Vaults.....VOID

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- A. **Third Run Approach**..... 0.50
- B. **Grasp on apparatus to avoid a fall**..... 0.30
- C. **Intermediate (Extra) Swing** (only applied at Platinum and Diamond Divisions)..... 0.30
1. 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.
 2. The maximum deduction for extra swings following an element is 0.60.
 3. The momentum of the element is stopped and the gymnast must swing forward and backward to restart her routine:
 4. Successive (Multiple) Casts: before or after a skill/VP
 - a. Bronze, Silver and Gold Divisions: NO extra swing deductions will be taken.
 - 1) Two casts are allowed for "A" VP credit provided they are in different connections.
 - 2) A third cast would not receive VP credit.
 - 3) All casts are subject to execution deductions.
 - 4) Do NOT deduct for an extra swing.
 - b. Platinum and Diamond Divisions:
 - 1) Each extra swing is a 0.30 deduction with a maximum deduction of 0.60 for multiple extra swings following an element.
 5. Tap Swing – Counterswings:
 - a. Bronze Division:
 - 1) Gymnasts are not allowed to perform skills on the high bar.
 - b. Silver and Gold Divisions:
 - 1) Two Tap swing - Counterswings are allowed for "A" VP credit provided they are in different connections.
 - 2) A third Tap swing - Counterswing would not receive VP credit
 - 3) All Tap swing - Counterswings are subject to execution deductions.
 - 4) Do NOT deduct for an extra swing.
 - c. Platinum Division:
 - 1) One Tap swing - Counterswing may be used for "A" VP credit.
 - 2) Any subsequent Tap swing - Counterswings will receive an extra swing deduction of 0.30 with a maximum deduction of 0.60 for multiple extra swings following an element.
 - 3) All Tap swing - Counterswings are subject to execution deductions.
 - d. Diamond Division:
 - 1) Tap swing - Counterswing is NOT a VP at Diamond Division.
 - 2) All Tap swing - Counterswings will receive an extra swing deduction of 0.30 with a maximum deduction of 0.60 for multiple extra swings following an element.
 - 3) All Tap swing-Counterswings are subject to execution deductions.

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D. Amplitude of Casts

J.O. cast angle deductions will NOT be used in any Division.

1. Bronze Division: No angle requirement..... No Amplitude Deduction
2. Silver Division: No angle requirement..... No Amplitude Deduction
3. Gold Division: Horizontal requirement

1°-45° below horizontal	Up to 0.20 amplitude	Award "A" VP/SR
More than 45° below horizontal	No amplitude deduction	Do NOT award VP/SR
No other casts performed in the routine will have a cast angle requirement and would be subject only to execution deductions.		

4. Platinum Division: Horizontal or above requirement

0°-20° from vertical	No amplitude deduction	Award "B" VP/SR
21° from vertical to Horizontal	No amplitude deduction	Award "A" VP/SR
Below horizontal	No amplitude deduction	Do NOT award VP/SR

5. Diamond Division: 45° from vertical or above requirement

0°-20° from vertical	No amplitude deduction	Award "B" VP/SR,
21° - 45° from vertical	No amplitude deduction	Award "A" VP/SR
More than 45° from vertical	No amplitude deduction	Do not award VP/SR

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E. Amplitude of Flights to Handstand on Low Bar

0° - 10° from vertical	No deduction	Award higher VP
11° - 20° from vertical	0.05	Award higher VP
21° or more from vertical		Award lower VP

F. Amplitude of Circling Elements

1. All Circling elements EXCEPT the Clear Hip circle:
2. The following deductions for Insufficient Amplitude apply:

0° - 10° from vertical	No deduction	Award higher VP
11° - 20° from vertical	0.05	Award higher VP
No angle deduction in Platinum Division, 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.		
21° - 45° from vertical	No deduction	Award lower VP
More than 45° from vertical	Up to 0.20	Award lower VP

3. Clear Hip Circle only:
Clear hip circles receive either "B" or "C" VP credit, depending upon the degree from vertical achieved once the hands shift to the top of the bar.

The following deductions for Insufficient Amplitude apply:

0 - 10° from vertical	No deduction	Award "C" VP
11° - 20° from vertical	0.05	Award "C" VP
At the Platinum Division, no amplitude deductions are applied from 45° to Vertical because gymnasts receive only "B" credit for any clear hip circle, regardless of whether it achieves handstand phase or not.		
21° - 45° from vertical	No deduction	Award "B" VP
46° - 89° from vertical	0.05 - 0.25	Award "B" VP
Horizontal	0.30	Award "B" VP
Below horizontal	0.35 - 0.40	Award "B" VP

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G. Amplitude of Body at Turn Completion

1. For all elements that require a Turn IN handstand phase:
The angle of completion is determined when the second hand re-grasps the bar.
This applies to:

- a. All elements with a 180° turn (regardless of technique or grip)
Examples: Cast Handstand with ½ turn; Clear Hip Circle to Handstand with ½ turn
- b. Any element with 360° turn in handstand phase that is NOT performed on one arm (regular pirouettes; not using a Healy technique);
Example: Back giant on LB with 1/1 turn

<u>Angle of Completion</u>	<u>Deduction</u>	
Up to 20° from vertical	No deduction	Award VP
21° - 30° from vertical	Deduct 0.05 – 0.10	Award VP
31° - 45° from vertical	Deduct 0.15 – 0.20	Award VP
More than 45° from vertical	Deduct 0.25 – 0.30	Award VP

2. For all Handstand elements with a 1/1 (360°) Turn AFTER handstand and all 1½ Pirouettes.
This applies to:

- a. All elements that include a 1/1 turn completed on one arm (after handstand phase) in the descent phase (Healy technique)
- b. Any element with 1½ (540°) turn or more (using ANY turn technique)

<u>Angle of Completion</u>	<u>Deduction</u>	
Up to 30° from vertical	No deduction	Award VP
31° - 45° from vertical	Deduct 0.05 – 0.15	Award VP
More than 45° from vertical	Deduct 0.20-0.30	Award VP

H. Insufficient Amplitude of Uneven Bar Elements

1. Insufficient Amplitude on Elements (Including Releases)..... Each Up to 0.20
Exceptions:
 - a. "B" Clear hip circle.....Up to 0.40
 - b. Height of dismounts..... Up to 0.30
 - c. Refer to the General faults and penalties

Execution and Amplitude Faults

- Execution deductions CANNOT exceed 4.0.
- 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.

I. Slight/Small Faults (0.05 - 0.10)

- A. Flexed/sickled feet on Value-Part or Skill elements..... each time 0.05
- B. Slight hop, or small adjustment of feet on landing of dismounts..... up to 0.10
- C. Deviation from straight direction on landing..... up to 0.10
- D. Extra arm swings on landing..... up to 0.10
- E. Legs crossed during Salto dismounts with a twist..... up to 0.10
- F. Hesitation during jump to HB or swing to handstand.....each up to 0.10
- G. Touch/brush on apparatus or mat with foot/feet..... each up to 0.10
- H. Under-rotation of release/flight elements..... each up to 0.10
- I. Precision of handstand positions throughout exercise..... up to 0.10
- J. Insufficient extension of glides/swings into kips..... each up to 0.10
- K. Poor rhythm in elements/connections..... each up to 0.10
- L. Landing too close to the bar on dismount (when applicable)..... 0.10
- M. Extra steps on landing (maximum 0.4)..... each 0.10
- N. Swing forward or backward below horizontal..... No Deduction

II. Medium Faults (up to 0.20)

- A. Leg or knee separations..... each up to 0.20
- B. Insufficient exactness of body shape: tuck or pike position..... each up to 0.20
- C. Insufficient amplitude of bar elements (including releases)..... each up to 0.20
Exception: Clear Hip & all dismounts (see large faults)
- D. Failure to maintain stretched body position (pikes down dismount)..... up to 0.20
- E. Insufficient exactness of stretched position..... each time up to 0.20
 - Arch..... up to 0.20
 - Hip angle (136°-179°)..... up to 0.20
- F. Incorrect body posture on landing..... up to 0.20
- G. Insufficient amplitude of cast (Gold Division Only)..... up to 0.20
 - 1°- 45° below horizontal..... up to 0.20
 - 46° below horizontal & lower (No Amplitude deduction, do not award SR)
- H. Insufficient dynamics throughout..... up to 0.20
 - Insufficient swingful execution throughout exercise
 - Energy not maintained throughout exercise
 - Gymnast fails to make difficult look effortless
- I. Hit on apparatus with foot/feet.....0.20
- J. Large step or jump on landing (approximately 3 feet or more).....0.20
- K. Additional trunk movements to maintain balance/control upon landing dismount..... up to 0.20
- L. Incomplete turn or twist..... up to 0.20

Chapter 3 ~ XCEL ~ UNEVEN BARS ~ Execution Deductions

Execution and Amplitude Faults (continued)

III. Large Faults (up to 0.40)

- A. Bent arms in support or bent legs (90° bend or greater receives 0.30) ... each up to 0.30
 - Maximum on any one element = 0.30 bent arms & 0.30 bent legs
- B. Insufficient height (amplitude) of salto dismounts..... up to 0.30
- C. Squat on landing (hips even with or lower than the knees)..... up to 0.30
- D. Brush/touch the landing surface with one or both hands (no support)..... up to 0.30
- E. Grasp of bar apparatus to avoid a fall.....0.30
- F. Intermediate (extra) swing (Platinum/Diamond only) (Max. 0.60 per skill)..... 0.30
- G. Hit on mat with foot/feet..... 0.30
- H. Insufficient amplitude of "B" clear hip circle..... up to 0.40
- I. Insufficient extension (open) of the body prior to landing the dismount (tuck/pike)..... up to 0.30

IV. Very Large Faults (0.50)

- A. Full support on foot/feet on mat during exercise..... 0.50
- B. Support on mat with 1 or 2 hands upon landing.....0.50
- C. Fall on mat to knee(s) or hips..... 0.50
- D. Fall on or against the apparatus..... 0.50
- E. Spotting assistance during an element
Do not award VP or Special Requirement credit, and apply the deduction..... 0.50
- F. Spotting assistance upon landing the dismount
Award Value Part and Special Requirement, but take the deduction..... 0.50
- G. Fall/Failure to land on the bottom of the feet first on dismount
 - 1. Salto initiated No VP, No SR and take the deduction0.50
 - 2. Salto never initiated No VP, No SR and take the deduction 0.30 No Dismount0.50

V. Chief Judge Deductions Specific to Bars

- A. Coach standing between the bars throughout the exercise..... No Deduction
- B. Incorrect padding (use of heel/hip pads)..... 0.20
 - If the CJ notices the padding, prior to the gymnast's mount, a warning must be given.
 - However, if the gymnast wears the heel pads during her exercise (whether or not the CJ warned her previously), the deduction must be taken.
- C. Failure to remove board/spotting block after a release element..... 0.30
- D. Gymnast exceeds the 45-second fall time.....Exercise terminated

Execution and Artistry Faults

- Execution deductions may NOT exceed 4.0.
- 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.

I. Slight/Small Faults (0.05 - 0.10)

- A. Flexed/sickled feet during skills/value parts..... each time 0.05
- B. Slight hop, or small adjustment of feet on landing of elements or dismounts.... up to 0.10
- C. Deviation from a straight direction on landing..... up to 0.10
- D. Extra arm swings on landing..... up to 0.10
- E. Hesitation during jump, swing, or press to handstand..... up to 0.10
- F. Incorrect body posture/alignment during dance skills/value parts.....up to 0.10
- G. Legs crossed during salto dismounts with a twist..... up to 0.10
- H. Dismount landing too close to the beam (when applicable)..... 0.10
- I. Extra steps on landing (maximum 4)..... each 0.10

II. Medium Faults (up to 0.20)

- A. Leg or knee separations..... each up to 0.20
- B. Insufficient height on leaps, jumps and hops..... up to 0.20
- C. Insufficient height of Aerials, Saltos, & Acro flight elements with hand support..up to 0.20
- D. Insufficient split position
(deviation from amount of split degree required for the division)..... up to 0.20
 - 1° - 20° missing up to 0.20
 - 21° or more missing..... award lesser VP
- E. Legs not even in split or straddle pike leap/jump..... each up to 0.20
- F. Insufficient exactness of tuck or pike position in skill/Value Parts..... each up to 0.20
- G. Insufficient exactness of stretched position
 - Arch..... up to 0.20
 - Hips angle (136°-179°).... up to 0.20
- H. Dance: Incomplete turn – Gr. 2 & 3 elements with 360° or more turn..... up to 0.20
 - 1° - 44° missing = 0.05 – 0.10
 - 45° - 89° missing = 0.15 – 0.20
 - 90° or more missing = lesser Value Part
- I. Dismounts: Incomplete twist on dismounts with 360° or more twist..... up to 0.20
 - 1° - 44° missing = 0.05 – 0.10
 - 45° - 89° missing = 0.15 – 0.20
 - 90° or more missing = lesser Value Part
- J. Insufficient variation in rhythm and tempo throughout the exercise..... up to 0.20
- K. Incorrect body posture on landing of elements and dismount..... up to 0.20
- L. Additional trunk movements to maintain balance/control
upon landing dismount..... up to 0.20
- M. Insufficient dynamics – Consider:..... up to 0.20
 - Energy maintained throughout exercise
 - Makes difficult look effortless
- N. Large step or jump on landing (approximately 3 feet or more)..... 0.20
- O. Insufficient sureness of performance throughout the exercise..... up to 0.20

III. Large Faults **(up to 0.30)**

- A. Bent arms in support or bent legs..... each up to 0.30
 - 90° or more bend = 0.30 maximum deduction
 - Maximum on any one element ... = 0.30 bent arms & 0.30 bent legs
- B. Additional movements to maintain balance on the beam..... up to 0.30
- C. Squat on landing (hips even with or lower than the knees)..... up to 0.30

Note: if the gymnast lands an acro element in a squat position and then falls off the beam,

- deduct up to 0.30 for the squat
- deduct 0.50 for the fall

- D. Insufficient height (amplitude) of dismount..... up to 0.30
- E. Brush/touch the landing surface with one or both hands (no support)..... up to 0.30
- F. Insufficient extension (open) of the body prior to landing
of Acro or dismount elements..... up to 0.30

IV. Very Large Faults **(0.50)**

- A. Fall onto Beam or off the Beam onto the mat..... 0.50
- B. Support on mat with 1 or 2 hands..... 0.50
- C. 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..... 0.50

*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.*

- D. Spotting assistance upon landing a dismount – award VP & SR, but deduct..... 0.50
- E. Spotting assistance during an element
Do Not Award VP or Special Requirement and deduct..... 0.50

V. Artistry

Insufficient artistry throughout the exercise..... up to 0.30

Consider:

- Originality/creativity in elements & connections..... *0.05 - 0.10
- Quality of gymnast's movements to reflect her personal style..... *0.05 - 0.10
- Quality of expression (i.e. projection, focus)..... *0.05 - 0.10

*0.10 is the maximum that can be taken in each category

SPECIFIC EXECUTION ERRORS ~ BALANCE BEAM

- A. Failure to perform turns in high relevé..... each up to 0.10
- B. Lack of precision in dance skills or VP elements..... each up to 0.10
Examples: Lack of definite arm or leg position on turns/leaps; degree of turn not exact
- C. Failure to land with feet/legs together on jumps/leaps
that land on 2 feet in SIDE position each up to 0.10
- D. Concentration pauses (more than 2 seconds prior to difficult elements or connections)...each 0.10
- E. Relaxed/incorrect footwork on non-value parts throughout the exercise..... up to 0.20
- F. Lack of tempo/poor rhythm between elements performed
in a dance, mixed, or *acro series - applies to a continuous, but slow connectionup to 0.20

EXCEPTION: backward acro series of 1 or more flight elements is either connected
or NOT, tempo deduction does not apply
- G. Support of one leg against side surface of the beam to maintain balance..... each 0.20
- H. Directional error on gainer salto dismount off the end of the beam..... up to 0.30
- I. Relaxed/incorrect leg position/body posture & insufficient flexibility
in non-value parts throughout the exercise..... up to 0.30
- J. Grasp of the beam to avoid a fall..... 0.30
- K. Third run approach on mount..... 0.50

SPECIFIC EXECUTION DEDUCTIONS ~ FLOOR EXERCISE

- A. **Incorrect rhythm during execution of direct connections** each up to 0.10
- B. **Lack of precision in dance skills or VP elements** each up to 0.10
Examples: Lack of definite arm or leg position on turns/leaps; degree of turn not exact
- C. **Failure to land with feet/legs together on jumps/leaps/hops that land on 2 feet.**each up to 0.10
- D. **Failure to perform turns in high relevé**.....each up to 0.10
- E. **Concentration pauses** (more than 2 seconds prior to difficult elements or connections)... each 0.10
- F. **Poor relationship of music and movement throughout**..... up to 0.20
- G. **Relaxed/incorrect footwork on non-value parts throughout the exercise**..... up to 0.20
- H. **Relaxed/incorrect leg position/body posture & insufficient flexibility in non-value parts throughout the exercise**..... up to 0.30
- I. **Missing synchronization of movement with musical beat throughout the exercise..** up to 0.30
 - Each time..... 0.05
 - At the end of the music..... 0.10
- J. **Absence of music or music with words/song**..... CJ deducts from average score 1.00
 - Whistles, animal or human sounds are allowed
- K. **Coach on the Floor Exercise mat**.....No Deduction

Execution and Artistry Faults

- Execution Deductions may NOT exceed 4.0.
- 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.

I. Slight/Small Faults (0.05-0.10)

- A. Flexed/sickled feet during Skills/Value Parts..... each time 0.05
- B. Slight hop, or small adjustment of feet on landing of elements..... up to 0.10
- C. Extra steps on landing (maximum 4)..... each 0.10
- D. Deviation from straight direction on landing..... up to 0.10
- E. Extra arm swings on landing..... up to 0.10
- F. Incorrect body posture/alignment during dance skills/value parts.....each up to 0.10
- G. Legs crossed during Saltos with a twist..... up to 0.10

II. Medium Faults (up to 0.20)

- A. Leg or knee separations..... each up to 0.20
- B. Insufficient height on leaps, jumps and hops..... up to 0.20
- C. Insufficient height of Aerials and Acro flight elements with hand support..... up to 0.20
- D. Insufficient split position (deviation from required split degree for the division).. up to 0.20
 - 1°-20° missing up to 0.20
 - 21° or more missing..... award lesser VP
- E. Legs not parallel to floor in split or straddle pike leap/jump..... each up to 0.20
- F. Insufficient exactness of tuck or pike position in skill/Value Parts..... each up to 0.20
- G. Insufficient exactness of stretched position
 - Arch..... each time up to 0.20
 - Hips angle (136°-179°)....each time up to 0.20
- H. Dance: Incomplete turn – Group 1 & 2 elements with 360° or more turn..... up to 0.20
 - 1° - 44° missing = 0.05 – 0.10
 - 45° - 89° missing = 0.15 – 0.20
 - 90° or more missing = lesser VP
- I. Acrobatics: Incomplete twist..... up to 0.20
 - 1° - 44° missing = 0.05 – 0.10
 - 45° - 89° missing = 0.15 – 0.20
 - 90° or more missing = lesser VP
- J. Insufficient variation in rhythm and tempo throughout the exercise..... up to 0.20
- K. Incorrect body posture on landing of skills/Value-Parts..... up to 0.20
- L. Insufficient dynamics – Consider:..... up to 0.20
 - Energy maintained throughout exercise
 - Makes difficult look effortless
- M. Large step or jump on landing (approximately 3 feet or more)..... 0.20
 - Clarification on landings of acro elements:
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.
- N. Additional trunk movements to maintain balance/control upon landing of an acro element..... up to 0.20

III. Large Faults **(up to 0.40)**

- A. Bent arms in support or bent legs each up to 0.30
 - 90° or more bend = maximum deduction of 0.30
 - Maximum on any one element = 0.30 bent arms & 0.30 bent legs
- B. Squat on landing (hips even with or lower than the knees)..... up to 0.30
- C. Insufficient height of salto elements..... up to 0.30
 - Does not apply to an accelerating element in a directly connected forward acro series.
 - Example: Front Handspring, Front Layout, Front Tuck.
The Front Layout is the accelerating element, so do not deduct for insufficient height.
- D. Brush/touch the landing surface with one or both hands (no support)..... up to 0.30
- E. Insufficient extension (open) of the body prior to landing an Acro element..... up to 0.30

IV. Very Large Faults **(0.50)**

- A. Support on mat with 1 or 2 hands..... 0.50
- B. Fall on mat to knee(s) or hips..... 0.50
- C. 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..... 0.50

Note: If the gymnast lands on the bottoms of feet and hands or knees simultaneously, award Value-Part credit and Special Requirement, if appropriate, and deduct for a fall.

- D. Spotting assistance upon landing – award VP & SR, and deduct..... 0.50
- E. Spotting assistance during an element
Do not award VP and Special Requirement, and take the deduction..... 0.50

Artistry

Insufficient artistry throughout the exercise..... up to 0.30

Consider:

- Originality/creativity of choreography in elements & connections..... *0.05 – 0.10
- Quality of gymnast's movements to reflect her personal style..... *0.05 – 0.10
- Quality of expression (i.e. projection, focus)..... *0.05 – 0.10

**0.10 is the maximum in each category*

XCEL FAQs

VAULT

All Divisions

1. Q: Do we apply the Dynamics deduction for vault?
A: *Yes. See Xcel Vault Values and Deductions. The Dynamics deduction is applied at all divisions except Bronze Vault option 1 (Stretch jump to mat followed by step to handstand fall flat back).*
2. Q: Since the maximum deduction is 1.50 for spotting a vault, is there a point when a vault would be voided when a majority of the vault is assisted?
A: *No, just apply the 1.50 deduction.*
3. Q: What is the deduction for walking the hands on the table?
A: *Apply the up to 0.3 deduction for additional hand placements.*
4. Q: What is the deduction for an unallowable vault?
A: *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.*

Bronze

1. Q: The deduction for running on the board and stepping on the mat is a 5.0 deduction. Can the gymnast still perform the second phase of the vault or will she receive a "0"?
A: *Yes. If they run up on the board, they have failed to perform that phase of the vault and will receive a "0". However, they may still do the handstand flat back and earn up to 5.0 for that phase of the vault.*
2. Q: Can a gymnast step back onto the board after her stretch jump to do her handstand fall to flat back?
A: *Yes. She is allowed to do this as long as she still places her hands on the mat for the handstand flat back phase of the vault. If possible, the meet director can provide additional matting beyond the end of the required matting to avoid this issue.*

Silver

1. Q: Can the sting mat on top of the landing mat, also cover all or any part of the vault table?
A: *No. The sting mat may NOT cover ANY part of the table. If a judge sees the coach putting the sting mat on top of any part of the table, the judge must tell the coach that it is not allowed. If the coach/gymnast, after the warning, decides to use the mat anyway, then a deduction of 0.3 will be applied for unauthorized mat. The sting mat MAY be used on top of the stacked landing mats.*
2. Q: How much higher/lower from the table can the stack mats/resi be?

A: *The stacked mats must be equal to or up to 8 inches above the height of the table.*

3. Q: What is the deduction for head hitting table and/or hands brushing the table?

A: *If during the Support Phase the gymnast's arms are completely bent causing her head to contact the table, then a 2.0 deduction would be applied. This includes 0.50 for bent arms. If this happens upon landing the flat back phase (after repulsion), then apply the deduction of up to 0.20 for hands/head hitting or brushing the table. Too long in support, height, and distance deductions may also be applicable.*

4. Q: What is the deduction for landing in a sitting position on the table?

A: *Void.*

GENERAL - BARS, BEAM, FLOOR

1. Q: Are falls included in the maximum 4.0 execution deductions allowed?

A: *Yes. However, Artistry, Rhythm and Dynamics are in addition.*

2. Q: Can one use previous or current Compulsory Routines for Bars, Beam and Floor?

A: *Yes, as long as they are "tweaked" to meet the Xcel requirements.*

UNEVEN BARS

All Divisions

1. Q: Are JO cast angles applied at Xcel?

A: *No. The JO cast angles are not applied at any division of Xcel. See Gold, Platinum, and Diamond cast specifics on the Xcel Uneven Bars deductions page.*

2. Q: Regarding the sole circle dismount (# 8.101) in the Code of Points: Can it also be done with a toe on technique?

A: *Yes. This dismount may be done with toes on or in a clear underswing as indicated by the shorthand and the picture on page 133. The second set of figures shows the toe on position. The first symbol for each set of figures denotes the toe on position, while the second symbol denotes the underswing position. The dismount will also receive "A" VP credit when performed off the LB.*

Bronze / Silver / Gold

1. Q: Is there a deduction for extra swings when a gymnast casts multiple times from a front support?

A: *No. There are no extra swing deductions at these divisions. Apply the optional rule for awarding VP which requires a different entrance or exit to a skill to give it credit two times. All casts in the routine may incur rhythm and execution deductions.*

EXAMPLE: Glide kip ("A"), cast return ("A"), cast return ("A"), cast (0 VP), back hip circle ("A"). This routine has 3 casts in a row. The first 2 casts receive VP credit but the 3rd does not. No other casts in this routine will receive VP credit. Any of the casts in the above sequence could incur execution deductions for poor form if applicable.

2. Q: If a gymnast does a cast return to front support, cast squat on, - is this an extra swing?
A: *No. Cast return to front support ("A") VP, cast ("A") VP, squat on ("A") VP. Also see EXAMPLE in question #1 above.*

3. Q: Does cast to squat on fulfill the cast Special Requirement (SR)?
A: *Yes. Cast ("A" VP), squat on ("A") VP. Likewise for cast, single leg shoot through; or cast, sole circle dismount; or cast, back hip circle. In each of these cases, there are 2 "A" elements.*

4. Q: Gymnast does a single leg squat through to a forward stride circle. Do we use the flat 0.20 compulsory deduction for failure to simultaneously change both hands to reverse grip?
A: *No. See Xcel Uneven Bars deductions. Apply up to 0.10 for poor rhythm in elements/connections if applicable.*

5. Q: Do the same rules apply for counterswing/tap swing (Silver and Gold) as for successive casts?
A: *Yes. It may count twice as a VP provided it has a different entrance and exit.*
EXAMPLE: Gold: long hang pullover ("A"), underswing/counterswing – tap swing ("A"), counterswing - 2nd tap swing ("A"), counterswing – tap swing forward to ½ turn dismount or flyaway ("A").

GOLD

1. **CAST CLARIFICATION:** SR #2 is a "cast to horizontal". A gymnast may receive VP credit for other casts in the routine. **EXAMPLE:** Pullover("A"), cast below 45° below horizontal ("A"), squat on ("A"), long hang kip ("A"), cast below 45° below horizontal("A"), back hip circle ("A"), underswing dismount ("A"). This routine meets SR#1 for 6 skills/VP (because the low casts are on the Gold Skills Chart), and SR #3 - the circle, and SR#4 the dismount. However she has not met the cast requirement, and will incur a 0.50 deduction for not meeting cast SR#2.

Platinum

1. Q: If a gymnast does the tap swing forward to ½ turn dismount instead of an "A" or "B" VP from the Code of Points, what is the deduction?
A: *No VP credit, deduct 0.5 for not meeting the Dismount SR. Do not deduct the 0.3 for no dismount.*

2. **TAP SWING CLARIFICATION:** *One tap swing-counterswing may be used for "A" VP. Any subsequent tap swing – counterswings performed will receive extra swing deductions. If after an extra swing(s) the athlete jumps down from the bars; - do not take the extra swing deduction. Only apply the deduction of 0.50 for the fall.*

Diamond

1. **TAP SWING CLARIFICATION:** *Tap swing-counterwing is NOT a Value Part for Diamond and will be deducted 0.3 for an extra swing. If after an extra swing(s) happen(s) the athlete jumps down from the bars; apply only the deduction of 0.50 for the fall. If this was the end of the gymnast's routine, also deduct 0.5 for not meeting the Dismount SR and 0.30 for no dismount*

2. Q: What happens if a gymnast performs a “B” clear hip circle on the low bar (meets SR#2) and then does another “B” clear hip on the high bar? Will the “B” clear hip on the high bar meet SR#3?
 A: Yes. *The Rule Chart for Xcel Bars specifically states that “If the same circling skill is performed on the low bar and the high bar, it counts as two different skills/VPs and meets SR#3.*

BALANCE BEAM

All Divisions

1. 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 but will receive an up to 0.20 amplitude deduction. No VP credit would be given for the skill if the deviation from the division required split is more than 20°.*

Division	Division Split Requirement	Angles to Award VP	Angles to Apply Split Deduction	No SR Given. Award Lower VP as Applicable
Diamond	150°	180°-130°	149°-130°	Less than 130°
Platinum	120°	180°-100°	119°-100°	Less than 100°
Gold	90°	180°-70°	89°-70°	Less than 70°
Silver	90°	180°-70°	89°-70°	Less than 70°
Bronze	no minimum angle required	award as recognized	no split deduction	not applicable

1. CLARIFICATION for SR #2: At each division there is a specific required degree of split for the “leap or jump with cross or side split”. *A deviation of up to 20° from the required split is allowed to still receive VP credit but will receive an up to 0.20 amplitude deduction. If a lower (or no) VP/skill credit is given, the SR has NOT been met.*

EXAMPLE: The required degree of split for the leap/jump at the Diamond Division is 150°. The leap/jump performed by the gymnast is a split leap at 130°. “A” VP credit would be given for the leap and a deduction of 0.20 would be taken for lack of amplitude. If the split leap were at 120° AND no other leap/jump was performed that met the required degree of split, then the gymnast would be missing the SR #2 requirement.

Bronze / Silver / Gold

1. Q: What are the deductions for feet not closing together and not reaching within 45° when performing the partial handstand listed in the Bronze, Silver, and Gold Xcel Skill Charts?
 A: *No VP credit will be given unless the handstand reaches 45° from vertical and the feet close together.*
2. Q: In Gold: If a gymnast does not achieve vertical for one of her acro skills, can she count it for her Special Requirement (SR)?
 A: *No. To meet this SR, the athlete must perform two acro skills – one must achieve vertical.*
EXAMPLES: Handstand to vertical (“A”) and a forward roll (“A”), would fulfill the SR. Other examples of vertical skills are: cartwheel, back walkover, round-off, and side handstand.

Diamond

3. Q: If a gymnast does a back walkover-back handspring series, does she still need to do a single acro skill with flight?

A: No. To meet this SR, the athlete must perform *n* acro series with or without flight AND an acro flight skill (which may be included in the acro series). This could be accomplished in a variety of ways.

EXAMPLES:

1. Back walkover – back handspring. Fulfills both parts of the SR.
2. Backwalkover – backwalkover series, Round-off by itself. Fulfills both parts of the SR.
3. Back handspring – back handspring. Fulfills both parts of the SR.
4. Cartwheel swing through – round-off series. Fulfills both parts of the SR.

All of these examples will work provided the gymnast gets appropriate VP for the skills and there are no rhythm errors (feet move, hesitation etc.) that negate the series credit.

FLOOR EXERCISE

All Divisions

1. 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 but will receive an up to 0.20 amplitude deduction. No VP credit would be given for the skill if the deviation from the division required split is more than 20°.

Division	Division Split Requirement	Angles to Award VP	Angles to Apply Split Deduction	No SR Given. Award Lower VP as Applicable
Diamond	150°	180°-130°	149°-130°	Less than 130°
Platinum	150°	180°-130°	149°-130°	Less than 130°
Gold	120°	180°-100°	119°-100°	Less than 100°
Silver	90°	180°-70°	89°-70°	Less than 70°
Bronze	60°	180°-40°	59°-40°	Less than 40°

2. CLARIFICATION for SR #3 (Dance Passage): At each division there is a specific required degree of split for the “leap with cross or side split” in the Dance Passage. A deviation of up to 20° from the required split is allowed to still receive VP credit but will receive an up to 0.20 amplitude deduction. If a lower (or no) VP/skill credit is given, the SR has NOT been met.

EXAMPLE: The required degree of split for the leap at the Diamond Division is 150°. The leap performed by the gymnast is a split leap at 130°. “A” VP credit would be given for the leap and a deduction of 0.20 would be taken for lack of amplitude. If the split leap were only at 120° AND no other Group 1 leap with the required degree of split were performed in the Dance Passage, then the gymnast would be missing the SR #3 requirement.

3. Q: Can a gymnast use a chassé into a leap for her dance passage?

A: No. The Dance Passage requires 2 Different Group 1 VP from the JO Code or Group 1 Bronze/Silver or Gold Chart skills. A chassé is not a Group 1 VP or a B/S/G Chart skill. However, a chassé may be used in the dance passage as a connector.

4. CLARIFICATION - Floor Exercise Tumbling Pass Examples:

BRONZE routine contains a pass of handstand roll step out, round-off rebound, back roll. Gymnast then performs a single cartwheel later in the routine. She has met both SR #1 and #2.

BRONZE routine contains a pass of round-off rebound, back roll. Gymnast then performs a single round-off later in the routine. She has met both SR #1 and #2.

SILVER routine contains a first pass of back walkover, back handspring. The second pass must be a separate acro flight (e.g. round-off) OR another series of 2 acro skills with or without flight (e.g. round-off, back extension roll).

GOLD routine contains a pass of roundoff, back handspring, back tuck. This acro connection may be used to fulfill SR #1 OR SR #2. The gymnast will still need to perform another 2 flight skill acro connection OR an aerial or salto. It would be acceptable to include another salto in the second pass as well.

PLATINUM routine contains a first pass of punch front pike salto ("B"). Gymnast has fulfilled SR #1. Now she will need to do a separate 2 flight skill acro pass with a minimum of an "A" or "B" salto (e.g. round-off ("A"), back tuck ("A")). Both SR #1 and #2 are fulfilled.

DIAMOND routine requires 2 separate acro connections of 2 flight skills AND 2 saltos in the routine – one salto must be a "B". The following examples fulfill both requirements.

- 1. Run punch front tuck ("A"). Run punch front layout ("B"). Round-off ("A"), back handspring ("A"). Front handspring step out ("A"), front handspring to two feet ("A"). Routine contains 2 saltos – one a "B" - and 2 separate acro connections.*
- 2. Run punch front tuck ("A"), immediate punch front layout ("B"). Round-off ("A"), back handspring ("A"). Routine contains 2 saltos – one a "B" - and 2 separate acro connections.*
- 3. Front handspring ("A"), front layout ("B"). Round-off ("A"), back layout ("A"). Routine contains 2 saltos – one a "B" - and 2 separate acro connections.*

Silver / Gold

- 1. Q:** Please clarify what occurs when a gymnast uses a round-off, back handspring, back handspring for the first acro series and a round-off, back handspring for the second series.

A: This does not count as two different acro connections. What eliminates the second pass from counting for a second series is that the back handspring in the second pass is the third back handspring and does not receive VP credit and, therefore no SR credit.

2. Q: Please give an example of 2 "different" acro series that would fulfill SR #s 1 and 2.
An example that would work is round-off, back handspring for one pass and front handspring, round-off, back handspring for the second pass. These are 2 different acro series. In this example, both back handsprings have the same entrance and exit. So the second back handspring receives no VP credit. However, the second pass can count toward the SR because the front handspring, round-off connection is a different connection.
3. Q: At the Gold Division it states that gymnasts may use "Any "A" or "B" VP in the JO Code of Points". Under "Difficulty Restrictions" it also states "No "B" saltos." Please clarify.
A: *Gymnasts are allowed to use other "B"acro VP (e.g. full twisting back handspring and a flierspring) AND any "B" dance VP. They may not perform "B" saltos (e.g. front pike or full twisting back layout). "B" saltos are unallowable skills and will incur a 0.50 deduction.*

Platinum

1. Q: Special Requirement #1 states "Min. of 2 directly connected acro flight skills OR an isolated "B" salto." Does the "B" salto HAVE TO BE isolated? If a gymnast did a round-off, back layout full twist, would that be OK?
A: *Yes, that would be fine It just gives them the option of doing an isolated "B" salto such as a pike front or front layout to fulfill SR #1. EXAMPLE: Pass 1 – round-off, back layout full twist. Pass 2 – front handspring, front tuck. The gymnast has met SR #1 and #2.*