

# Xcel Judging Update

Compiled by Brenda Eberhardt from notes taken at Region 8 Congress. Effective August 1, 2014

## General

**Bronze Warm Up Time** - 30 seconds/gymnast for all events

◆**Diamond** athletes are allowed to perform one "D" VP listed in the Xcel Code of Points on Bars, Beam, & Floor

- No Bonus is allowed

- The "D" VP may count for a lower VP and fulfill SR if needed

•If a 2<sup>nd</sup> or more "D" VP's are performed they would receive a **0.50** deduction for unallowable element and cannot be used for VP or SR.

- If a gymnast performs a "C" VP that because of its amplitude meets "D" VP requirements, it will be recognized as a "D" VP.

- If this is her 2<sup>nd</sup> (or more) "D" VP she will receive the **0.50** unallowable skill deduction.

◆**Dismount Clarification:**

- If a gymnast performs a dismount from ANY Xcel Skill list or in the Xcel Code of Points/Updates that does NOT meet the SR for her division, the deduction will be:

- 0.50** Missing Dismount SR

- Deduction for "No Dismount" will NOT be taken

- If a gymnast performs a dismount that is NOT from ANY Xcel Skill List or in the Xcel Code of Points/Updates, the deduction for "NO DISMOUNT WILL APPLY

- 0.50** Missing Dismount SR

- 0.30** No Dismount

## Vault

◆**Bronze Vault**

- ◆It is recommended that all athletes using the same mat configuration warm up as a group. Warm up time would then stop while next mat configuration is set up.

- ◆**Vault 1:** Stretch Jump onto minimum of 16" mat. Kick to HS and fall to flat back

- Start Value is changed to 9.00**

- Vault 1A:** Stretch Jump SV = 4.50 •**Vault 1B:** Kick to HS fall to flat back SV = 4.50

- ADDED DEDUCTION:**

- 2.00** Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)

- ◆**Vault 2:** Jump to handstand, fall to flat back on min 16" mat (no repulsion required)

◆**Silver Vault**

- ◆**CHANGE:** Matting MUST be 8" (+/- 2") ABOVE the height of the table

- ◆**ADDITION - New Vault:**

- Vault 1:** Stretch Jump onto the vault table - Kick to Handstand (with hands on mat stack) and fall to flat back (from table or mat)

- Start Value is 9.50**

- Vault 1A:** Stretch Jump SV = 5.00 •**Vault 1B:** Kick to HS fall to flat back SV = 4.50

- Deductions are the same as those listed for the Bronze Vault 1A & 1B

- ADDED DEDUCTION:**

- 2.00** Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)

- Clarification:**

- Gymnast may kick to handstand with the front foot either on the table or the mat stack - hands MUST be on the mat stack.

- Vault 2:** Handspring onto the Vault Table with Repulsion to flat back on stacked mats 8" (+2/-) ABOVE the height of the Table

- Start Value is 10.0**

### ◆Gold & Platinum Vault

•NO CHANGES

### ◆Diamond Vault

#### ◆Start Value Changes

- 1.101 Handspring SV = 9.40
- 1.103 Yamashita SV = 9.40

#### ◆New Diamond Vaults Added

- 2.301 Handspring Front Tuck SV = 10.00
- 3.304 Tsukahara Layout SV = 10.00
- 4.305 Yurchenko Layout SV = 10.00

## Uneven Bars

### ◆CHANGES:

- For ALL DIVISIONS, cast to squat, stoop, straddle on followed by a jump to the High Bar will receive only 1 "A" Value Part
- For ALL DIVISIONS, cast to squat, stoop, straddle on followed by a sole circle around the bar will receive 2 "A" Value Parts
- Counterswing Deduction ADDED: Body arched &/or hips open to an extended position with feet over the low bar = 0.30 deduction
- ADDED ELEMENT:
  - Mount: Jump to Clear Front support on Low Bar, Back Hip Circle = "A Value Part
- VALUE PART CHANGE:
  - Cast, Shoot-thru receives only 1 "A" Value Part
- VALUE PART CLARIFICATION:
  - Glide Swing to Stand, Pullover or Jump to Front Support Mount receives 2 "A" VP's
  - Cast to Sole Circle or Underswing Dismount receives 2 "A" VP's

### ◆Silver Bars:

- Special Requirement #2 is Cast to Minimum of 45° below horizontal
  - Cast MUST achieve the required angle to receive SR credit or 0.50 deduction is taken
- NO Giants are allowed either on the High or the Low Bar

### ◆Gold Bars:

- Special Requirement #2 is Cast to Minimum of horizontal
  - Delete the "Insufficient Amplitude of cast" deductions
  - Cast MUST achieve the required angle to receive SR credit or 0.50 deduction is taken
- Clear Hip Circle (GOLD ONLY)
  - No Amplitude/Angle Deductions are applied
  - Delete the "Insufficient Amplitude of Clear Hip" deductions

### ◆Platinum Bars:

- Special Requirement #1 is now Cast to ABOVE horizontal
  - Cast MUST achieve the required angle to receive SR credit or 0.50 deduction is taken
- Special Requirement #2 is a Circling Skill (not Mount or Dismount)

## Balance Beam

### ◆Beam General

- Element Change ELEMENT:
  - From back lying position, push up to bridge (with head &/or hand support) kick over through vertical = "A" VP
- CLARIFICATIONS:
  - 180° turns must be completed to 91° or more to receive VP/SR credit
  - Rolls - any hand placement is allowed
  - Handstand/Partial Handstand - The angle stated must be achieved to receive VP/SR credit

### ◆**Bronze Beam**

- Element CHANGE:
  - Partial Handstand - One leg must reach a minimum of 45° from vertical
  - Legs DO NOT need to come together to receive VP/SR credit

### ◆**Gold Beam**

- Wording CHANGE:
  - SR #3 is "Two Acro Skills - one must achieve **or pass thru vertical** - with or without flight (isolated or in a series) A Series is not required."

## **Floor Exercise**

### ◆**Bronze & Silver**

- Apparatus CHANGE:
  - Bronze & Silver divisions may compete on a tumbling strip provided it is minimum 8'x56'.
  - Information must be included in the pre-meet information if only a strip is available.
- Element CLARIFICATION:
  - Dive Forward Roll is NOT a flight skill
  - A stretched (straight) jump is NOT an "A" VP & cannot be used as one of the 2 counting skills to fulfill SR #3.
- Series CLARIFICATION:
  - Cartwheel-Cartwheel series
    - A turn between the cartwheels breaks the series
  - Round-off Rebound with a 180° turn into any skill WILL NOT fulfill the Acro series SR

### ◆**Silver**

- Special Requirement WORDING CHANGE:
  - SR #2 is "Either a 2<sup>nd</sup> Acro connection with a minimum of two directly connected skills with or without flight **OR** one **isolated** Acro skill with flight."

### ◆**Gold**

- Special Requirement WORDING CHANGE:
  - SR #2 is "Either a 2<sup>nd</sup> Acro connection with a minimum of two directly connected flight skills **OR** an **isolated** aerial or salto."

## **Order Matters!**

### ◆**Clarifications on VP's performed a 3<sup>rd</sup> time or performed a 2<sup>nd</sup> time in the exact same connection being able to fulfill Special Requirements.**

- In general, these elements cannot fulfill VP or SR.
- However, in the case of RO's, FF's, and Front Handsprings in an ACRO series with SALTOS, these elements need not receive VP credit to fulfill SR.
- Series are DIFFERENT if they have skills in a different order or if ACRO skills are added or deleted
  - Skills in the 2<sup>nd</sup> (different) series may be awarded VP credit even if the connection is the same.
  - Skills performed a 3<sup>rd</sup> time do NOT receive VP credit.
- If the series are different, everything in the 2<sup>nd</sup> series receives VP credit unless it is the 3<sup>rd</sup> time.
- If the 3<sup>rd</sup> time a skill is performed, in a series WITH a SALTO, the series may be given credit even though the 3<sup>rd</sup> time skill gets no VP credit.
- If the 3<sup>rd</sup> time skill is performed in a series WITHOUT a SALTO, the series must contain enough counting VP's to fulfill the series requirement.

### ◆**Examples**

*Specific for Gold, but the principle applies to all divisions that permit (or require) saltos in the acro series*

- #1 *Pass 1: RO, Back Tuck*  
*Pass 2: RO, Straddle Jump*  
*Pass 3: RO, FF*

*This DOES NOT fulfill SR #2 because the 3<sup>rd</sup> RO does not receive VP credit & is not in a series with a salto. Therefore, the last pass is NOT a valid Acro series.*

- #2** Pass 1: RO, FF  
Pass 2: RO, Straddle Jump  
Pass 3: RO, Back Tuck

*This WILL meet SR #1 & SR #2. In the 3<sup>rd</sup> pass the RO does not receive VP credit, but CAN Fulfill SR credit because it is in a series with a salto. NOTE: This applies to Platinum/Diamond. Gold only needs an "isolated" salto.*

- #3** Pass 1: RO, Back Tuck  
Pass 2: RO, FF  
Pass 3: RO, Straddle Jump

*This WILL meet SR #1 & SR #2. Both Pass 1 & 2 receive VP credit for all skills. The RO in the Pass 3 does NOT receive VP credit but is not needed for any SR.*

- #4** Pass 1: RO, FF, Back Tuck  
Pass 2: RO, FF, FF

*This WILL meet SR #1 & SR #2. The two passes are different because they contain different skills. The 3<sup>rd</sup> FF is not awarded VP credit but the RO and FF in the 2<sup>nd</sup> pass receive VP credit because they are in a different series. It takes only 2 skills to fulfill the requirements for a series.*

- #5** Pass 1: RO, FF, FF  
Pass 2: RO, FF, Back Tuck

*This WILL meet SR #1 & SR #2. The two passes are different because they contain different skills. The 3<sup>rd</sup> FF is not awarded VP credit but because it is in a series with a SALTO, it does not have to receive VP credit for the series to count. **NOTE:** This one applies to Platinum/Diamond. Gold only needs an "isolated" salto.*

- #6** Pass 1: RO, FF, FF  
Pass 2: RO, FF

*This will NOT fulfill SR #2. The two passes are different because they contain different skills, however, the 3<sup>rd</sup> FF is not awarded VP credit **and** it is **NOT** in a series with a salto. Therefore, the only counting VP's in the 2<sup>nd</sup> series is the RO and it takes 2 skills to meet the SR.*

- #7** Pass 1: RO, FF, FF, Back Tuck  
Pass 2: RO, FF

*This will NOT fulfill SR #2. The 2 passes are different because they contain different skills, but the 3<sup>rd</sup> FF is not awarded VP credit and is NOT in a series with a salto. Therefore, the only counting VP in the 2<sup>nd</sup> series is the RO and it takes 2 skills to meet the SR.*

- #8** Pass 1: RO, FF  
Pass 2: RO, FF, FF, Back Tuck

*This will fulfill SR #1 & #2. The passes are different because they contain different skills. The 3<sup>rd</sup> FF is NOT awarded VP credit but it IS in a series with a salto. Therefore, the skills around it can fulfill the SR series credit.*