

Xcel Clarifications/Reminders

March 26, 2025 updates

Generalities

- Technical verbal cues are allowed in all levels with no deduction
- Bars & Beam: double bounce prior to a mount is no deduction

Vault

- Bronze/Silver: mini tramp or tramp board allowed with no deduction (the vault should be judged the same regardless of mini tramp being used)
- Bronze: vault option 1 is two different parts and both are worth 4.5. They are judged as two separate skills and what athletes do in between the skills is not judged. Athletes may step back onto the board and place their hands on the board or on the mat stack for the second part of the vault.
- Bronze: vault option 2 does not require any repulsion
- Silver: no angle of repulsion or height or length deductions and too long in support up to 0.3
- Gold: use of mini tramp or tramp board results in a SV of 9.5
- Gold/Platinum/Diamond: angle of repulsion is up to 0.5
- Gold/Platinum/Diamond: please pay close attention to the vault chart for each level (last updated Aug 2024)

Bars

- Bronze/Silver/Gold: no deduction for extra swings or stop between elements
- Bronze: FWD roll dismount has its own set of deductions on page Bars-17
- Bronze/Silver: squat on and straight jump dismount are two separate elements and will receive two "A" VP
- Gold/Platinum: regular amplitude deductions do not apply to free hip circles. If the free hip does not reach level height requirement (Gold: horizontal, Platinum: above horizontal), apply a 0.1 amplitude deduction.
- Diamond: regular free hip deductions are applied (up to 0.4, same as CCP optional code). If the athlete performs a free hip below 45°, the additional 0.1 deduction for all casts/clear support amplitude is also applied in addition to the regular free-hip deductions.
- Platinum: one tap swing, counter swing is allowed with no extra swing deduction
- Silver/Gold: a long hang pullover can receive SR as a circling element regardless of where it starts (jump to high bar right into long swing pullover or tap swing to long swing pullover or cast to long swing pullover, etc)
- Platinum: long swing pullover will ONLY receive SR as a circle if preceded by a cast
- Platinum/Diamond: giants count towards SR#1 (for example: Diamond athlete performs cast to below 45° and then performs a successful giant. Cast would

receive no VP and 0.1 amplitude deduction, giant receives "B" VP and can count for SR 1 and SR 2 or 3)

- "Insufficient amplitude of bar elements up to 0.2" refers to:
 - Non-salto underswing type dismounts
 - Release moves
- Long swing does not have an amplitude requirement or a deduction related to the amplitude of the swing
- Casts (all levels)
 - Cast height requirement must be met to receive VP.
 - Amplitude deductions are not taken on casts that meet the cast height requirement for the level (page Bars-12).
 - If a cast is within 10° of the height requirement for that level, a 0.1 is taken and the SR and VP are credited.
 - A 0.1 deduction is applied to all casts and elements to clear support that do not reach the height requirement for that level.
- All Levels: the cast into squat-on does not receive amplitude deductions
- All Levels: toe-on underswing dismount on low or high bar
 - The cast into the toe-on does not receive amplitude deductions.
 - The cast + toe-on portion counts as one VP, underswing dismount counts as a second VP.
- Squat on onto one foot still receives VP
- A running kip can only be used as a mount; not as a VP during the routine

Beam

- Bronze: there is no split requirement for split elements, therefore the amplitude of split is not deducted
- All levels: split is credited within 20° of the requirement for the level with up to 0.2 deduction for lack of split
- Bronze: partial handstands are credited when one leg reaches 45° from vertical, no amplitude deduction taken
- Silver/Gold: partial handstands are credited when both legs are joined at 45° from vertical, no amplitude deduction taken
- All levels: cross handstand and side handstand are two different elements and do not require a hold
- Bronze/Silver: a bridge must be held for 1 second to receive VP credit
- Gold: backwards shoulder roll counts as an element to or through vertical for SR#3 only when the athlete shows a clear extended position in vertical
- Gold: headstand to vertical counts as an element to or through vertical for SR#3
- For all walkover type elements, the split requirement is that of each level
- Round off and front handspring dismounts can receive an amplitude deduction of up to 0.2
- Coaches can stand next to the beam for the entire exercise with no deduction

- All additional matting must be set prior to the start of the exercise. Should an athlete require a board in the same location as an additional mat, the board must be removed and the mat slid in immediately after the mount.
- Spotting blocks may be used for spotting.

Floor

- All levels: split is credited within 20° of the requirement for the level with up to 0.2 deduction for lack of split
- Bronze/Silver: round off + rebound + BWD roll is considered as a connected acro series. All other acro connections must be direct; no steps or foot movements in between elements
 - The rebound between the round off and backwards roll does not receive height deductions, but can receive execution deductions (bent legs, leg separation etc).
 - If the rebound is out of control and is not immediately followed by a backwards roll, the series is broken.
- Gold: non-twisting B saltos are allowed, twisting saltos are restricted
- All levels:
 - leaps, jumps, aerials, acro flight with hand support elements are subject to up to 0.2 for height
 - saltos are subject to up to 0.3 for height
- All levels: failure to hold ending pose for 1 second is a 0.05 deduction
- When the front leg on a leap is in the stag position, that element cannot be used for the split SR. The front leg may 'développé' into the split, but the athlete must show a split with a straight front leg to receive SR#3.
- Coaches can be on the floor with no deduction
- Flyspring to two feet is a "B" VP, but flyspring step out is an "A" VP
- Throughout deduction: **"incorrect body alignment, position or posture on non-VP's (throughout exercise)" up to 0.3**. This deduction is applied to NON-VALUE PARTS, such as body posture in choreography. VP elements have their own deductions that can be applied in each value part.
- Acro flight elements are eligible to receive VP credit regardless of the number of times performed, provided the pass/connection is different.
 - Example: first pass Round off BHS, second pass Round off BHS BHS. All five elements receive "A" VP credit and can be used to fulfill SRs.

Compulsory Clarifications/Reminders

March 26, 2025 updates

Generalities

- Only OMIT an element (take double the value of the skill) if the element is not attempted AT ALL. If the element is attempted and not completed, take only part of the value of the skill. If the element is attempted and does not reach full amplitude, only take applicable amplitude deductions.
- Spot during an element: 0.5 deduction for spotting plus up to the value of the skill (how much you feel the coach has helped).
- When an athlete falls, resume judging from the point of interruption.
- Technical verbal cues are allowed without deduction.

Vault

- CCP 1: the straight jump and the handstand fall to back are judged as two separate elements. What the athlete does in between the two elements is not judged.
- CCP 1: lack of dynamics (up to 0.3) is only applied to the first element (straight jump)
- CCP 2: no repulsion is required. Lack of repulsion should not result in an automatic dynamics deduction. When thinking about dynamics, take into consideration the speed and power of the vault; a vault can be fast and powerful without showing repulsion.
- CCP 3: no deduction for angle of repulsion, height or length
- CCP 1/2/3: use of mini-tramp or tramp board is allowed with no deduction
- CCP 4/5: height and length are determined relative to the gymnast's size

Bars

- CCP 1/2/3: there is no cast amplitude requirement
- CCP 3: failure to cast immediately out of the front hip circle 0.2, but if athletes directly connect the front hip circle to the dismount (without the added small cast), the deduction is 0.5
- CCP 3: there is no height deduction on the straight jump dismount
- CCP 5 - after long swing pullover athletes have the option to immediately underswing OR add a back-hip-circle prior to the underswing.
- The deduction for the extension of glide swing is up to 0.2
- Extra swing deductions: 0.3 each time (max 0.5 for more than 1 extra swing in a row/in one instance). Examples of extra swings:
 - CCP 1, after the pullover the athlete's legs swing back and forth under the bar before performing the cast.

- CCP 4, an athlete performs a high bar kip and stops. Then they must perform an extra swing to generate the power to cast and resume the exercise.
- CCP 5, an athlete performs a kip cast free hip kip cast (extra swing) cast squat on.

Beam

- CCP 1: the relevé hold should last 2 seconds with up to 0.2 for failure to do so
- CCP 3/4/5: failure to kick to horizontal prior to “tap tap” (before first acro element) is a deduction of up to 0.1
- A broken connection between dance series 0.05, and no deduction for lack of continuity/tempo
- Athletes have the option to land acro elements in close (fifth position) or lunge
- Sureness up to 0.2: think about how confidently the athlete performs the routine, NOT how many times they wobble or fall

Beam and Floor

- There is a deduction of 0.05 for failure to keep arms on ears in and out of slow acro elements (each time)
 - Footwork & relevé
 - Failure to show steps and pivot turns in high relevé when indicated is an up to 0.2 deduction.
 - Footwork, including failure to show relevé lock where indicated is an up to 0.3 deduction
- *Note that both of these throughout deductions are separate from text deductions (up to 0.3), but still must follow the text.*

Floor

- CCP 4/5: extra running steps into forward tumbling pass is a 0.05 deduction (not applied to front salto)
- CCP 4/5: failure to kick to horizontal in the kick after the first tumbling pass is and up to 0.1 deduction
- A stop between major elements in a tumbling pass receives a 0.3 deduction
- There is no deduction for failure to hold the end pose
- Athletes have the option to land slow acro skills in close (feet side by side) or lunge