

## NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

**USAG –RULES & POLICIES – [rulespolicies.pdf](#) - 2024-2025**

<b>NTC Minutes, May 16-17, 2022</b>	
R&P Chapter # 1 Judges Resp. Page 20, D. 6.	<u>Clarification</u> regarding judges’ <b>use of electronic devices</b> to record their scoring worksheets. “Judges must turn off messages, email notifications, etc. by switching their <b>device to airplane mode</b> .”
R&P Chapter # 1 Athletes’ Rights Page 16,B.9.a.3).	Recommendation to <b>allow ankle length tights</b> to be worn <b>under OR over</b> the leotard in competition.
R&P Chapter # 5 Affiliation Page 34, A.1.b.	<u>Clarification</u> : a judge who critiques or coaches <b>more than once a month on a regular basis</b> at a specific gymnastics club is <b>considered affiliated</b> with that gymnastics club. Judges must make assigners aware of their affiliation.
R&P Chapter # 5 Meet Officials Page 43.B.1.d.	<u>Clarification</u> regarding <b>when a meet is considered complete</b> . “End of the day is determined when all scores are final, and all score inquiries are settled.”
<b>NXPC Minutes, May 17, 2022</b>	
R&P Chapter #6 Competition Procedures Pg 61, VI. F.	For <b>all sanctioned competitions</b> the coach may display or verbally announce the number of the intended vault to be performed.
R&P Chapter #6 Video Review Regulations Pg 63, J.3. c & f	Recommendation to adopt the following joint Development Program/Technical Committee changes for the Xcel Program: <ul style="list-style-type: none"> <li>• <b>Video Review</b> is allowed in the following instances: <ul style="list-style-type: none"> <li>○ <b>Vault:</b> Immediate video review is allowed (if available and decisive) when the first vault is awarded a zero (0) for failure to land on any part of the bottom of the feet first. Review must be completed prior to attempting the 2nd vault.</li> <li>○ <b>Floor:</b> To consider Floor Exercise overtime deductions: In order to submit an inquiry for an overtime deduction, a coach <b>MUST</b> provide a video of the routine in question.</li> </ul> </li> </ul>
<b>R&amp;P 2022-2023</b>	<b>Updated September 2022</b>
R&P Chapter # 5 Compensation Pg 41, B.1.	Judges are <u>not</u> required to <b>carpool</b>
R&P Chapter # 5 Compensation Pg 40, B.2.	Should the <b>IRS make a rate change</b> during the year, the new rate will be posted with an effective date
R&P Chapter # 5 Compensation Pg 41, C,2.	The form of accommodation ( <b>double occupancy vs. single occupancy</b> ) must be specified in the judge’s contract
R&P Chapter # 5 Compensation Pg 42, C.3.b.	If necessary to <b>share the cost of the room</b> with the Meet Director, the judge will pay no more than the difference between the actual cost of the room and the standard national IRS rate for overnight accommodation.
R&P Chapter # 5 Compensation Pg 42, C,2.	Meet Directors are <b>strongly recommended to provide single room accommodations</b> when a hotel stay is required, at no additional cost to the judge.

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R&P Chapter # 5 Compensation Pg 41, D.3. b.	<p>1) For a <b>judge traveling by air</b>, meals that occur while the judge is traveling to and from the competition, a per meal per diem may be requested.</p> <p>2) For a <b>judge traveling by ground</b> and travel time is more than 3 hours or 150 miles one way, a \$20.00 per diem may be requested.</p> <p>3) For a <b>judge traveling less than 3 hours or under 150 miles one way</b>, there is no per diem request.</p>
R&P Chapter # 5 Compensation Pg 42, II. A.	<p>2. The daily number of <b>paid hours</b> is calculated from the <b>report time to the end time</b> of the meet.</p> <p>3. For meets with 3 or more sessions PER DAY, it is recommended that judges are to be <b>provided a minimum of a 30-minute break time</b>.</p>
R&P Chapter # 5 Compensation Pg 43, C.2.d.,e.	<p>A judge serving as <b>Meet Referee OR Chief Judge</b> shall receive \$10.00 per day at the following USA Gymnastics competitions:</p> <p>d. <b>Sanctioned local / sectional meets</b> where the Meet Referee also serves as the Chief Judge.</p> <p>e. Dual compensation (total of \$20/day) is given if the Meet Referee also serves as a Chief Judge at all <b>Regional and above meets and State meets with four-judge panels</b>.</p>
R&P Chapter # 5 Compensation Pg 43, C.2.	<p><b>Chief Judge OR Meet Referee</b> payment (\$10) is <b>NOT paid at</b>:</p> <p>a. State meets with two-judge panels <b>with a separate Meet Referee</b> (non-judging).</p> <p>b. Local / sectional meets with a <b>separate Meet Referee</b> (non-judging).</p> <p>c. Local / sectional meets <b>with one-judge panels</b>, such as intrasquad meets, or meets with less than four events running concurrently.</p>
R&P Chapter # 6 Music Regulations Music Failure Pg 65, 2.a.	<p>a. The gymnast <b>may continue</b> her routine. Upon completion of the routine, gymnast and coach must decide whether to resume <b>from point of music failure</b> or <b>accept the score</b> that is given. The judges will post no score until that decision is made. No deduction would be taken for the absence of music if the decision is to accept score.</p>
R&P Chapter # 6 Music Regulations Music Failure Pg 65, O.2.b.	<p>b. The gymnast <b>may stop</b> her performance immediately and request permission from the Chief Judge continue from the point of interruption/<b>music failure</b>. Once permission is granted, after a reasonable amount of rest time, the gymnast <b>may perform from point of interruption or the series / combination when music failure occurred</b>. No score would be given for a partial routine, <b>all deductions prior to the equipment/music failure will still be applied</b>.</p>
<b>USAG WTC – October 1, 2022 – Chapter #9 – APPARATUS SPECIFICATIONS</b>	
R&P Chapter # 9 (NEW CHAPTER)	All <b>apparatus requirements</b> for both the Xcel and Development Programs will be joined together in a new Women’s Program Rules & Policies (R&P) chapter for the 2022-2023 season and beyond. Unless a specific deduction applies, apparatus requirements have been removed from the Dev Code of Points and will be reflected in this new chapter.
R&P Chapter # 9 <b>General Considerations</b> Pg 91, I.H	If an <b>athlete falls due to equipment failure</b> , judging will resume at the point of interruption or the series / combination when equipment failure occurred.
R&P Chapter # 9 <b>Matting Specifications</b> Pg 91, II.D.	<b>Chalk markings</b> are ALLOWED to be placed on landing mats as a visual cue. All markings MUST be removed after the athlete completes competition on that event

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R&P Chapter # 9 SB/Mounting Specs Pg 93, III.A.11.b	For BRONZE, SILVER and GOLD divisions: any combination of manufactured mats, skill cushions or padded spotting/skill blocks may be used <b>for mounting purposes</b> . <ul style="list-style-type: none"> <li>• <b>Bars:</b> any combination of manufactured mats, skill cushions or padded spotting/skill blocks may be used for mounting purposes on the low bar.</li> <li>• Any manufactured mounting apparatus may be placed on top of the mats.</li> </ul>
R&P Chapter # 9 Hand Placement Mat Pg 94, D.3	The hand placement mat must be manufactured by a gymnastics equipment manufacturer and must be a minimum of <b>39.4 x 51.2 in length</b> and cannot exceed 5 cm (2 inches) in height.
R&P Chapter #9 VAULT Page 94, IV.D.6.	All Meet Directors of <b>Platinum</b> competitions or above MUST provide a minimum of one manufactured <b>Round-off hand placement mat</b> . **Noted in Minutes but <u>not</u> in R&P: A <b>hand placement mat</b> may be placed on the runway (but not on the board) ONLY for vaults that require placing the hands on the runway in front of the board (Round-off or Front handspring entry.) The hand placement mat must be manufactured by a gymnastics equipment manufacturer and must be a minimum of 39.4 x 51.2 in length and cannot exceed 5 cm (2 inches) in height. <ul style="list-style-type: none"> <li>• All Meet Directors of <b>Platinum</b> competitions or above MUST provide a minimum of one manufactured Round-off hand placement mat.</li> <li>• Clubs may not bring their own hand placement mat to be used by athletes during a competition.</li> </ul> If a Round-off entry hand placement mat is used, it must be placed <b>Velcro-side down</b> on the runway.
R&P Chapter #9 BARS Page 97, V.K.	<b>Spotting Enhancements:</b> When a raised surface is needed to spot release moves, it is recommended that a spotting block(s) or folded mat(s) be used; however, there is no penalty for standing on the board, provided that the board (or spotting device(s) is removed immediately after the release move is performed.
R&P Chapter #9 BEAM Page 99, VI.H.	<b>Beam matting:</b> If available ( <u>not</u> required): maximum of 9 inches using Sting mats, 4-inch throw and / or 8-inch skill cushions may be placed on top of allowable CLM's in ALL matted areas (under the Beam and / or dismount area.)
R&P Chapter #9 FLOOR Page 100, VII. M..	<u>Clarification:</u> <b>2 mats of the Floor Exercise area.</b> <ul style="list-style-type: none"> <li>• It is acceptable to have <b>both mats on separate ends of a diagonal</b>. <u>Example:</u> an athlete begins her tumbling pass by running over a sting mat, then performs her tumbling pass and lands on a 4-inch throw mat on the opposite end of the diagonal.</li> <li>• If <b>sting mat is placed on TOP</b> of the skill cushion/throw mat, it does NOT count as one of the 2 allowable mats on the Floor Exercise at any one point in time.</li> </ul>
<b>NTC Minutes, November 3-6, 2022</b>	
R&P Chapter # 5 Affiliation Page 32, A.1.b.	A judge who <b>receives financial compensation for critiquing or coaching</b> more than once a month on a regular basis at a specific gymnastics club is considered affiliated with that gymnastics club. Judges must make assigners aware of affiliation.
R&P Chapter # 1 Attire Page 16, B.9.b.2)	<u>Update</u> the <b>“racerback” type of leotard</b> will receive an <b>additional year grace period</b> to allow clubs to establish compliance. All other leotards that meet the description of backless will be subject to a 0.20 attire deduction
<b>NXC, NTC Joint Minutes, May 18, 2023</b>	
XCOP rules have been integrated throughout	Starting August 1, 2023, recommendation to implement the Sapphire Division rules into the Xcel Program as printed.

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R&P Chapter #6 Video Review Regulations Page 64, J.4.	In addition, at Xcel State Meet and above, a coach can request a video review by the Meet Ref and the highest rated unaffiliated judge (if video is available) in the event that the inquiry involved an instance that would affect the start value.
R&P Chapter #9 BARS Page 98, V.N.	Uneven Bars - chalk or water may not be added to the rails or mats once the exercise has begun / while on the competitive equipment.
R&P Chapter #6 Inquiry Reg. Page 63, I.5.	Any inquiry to raise a score .10 or less on the lowest event score to qualify to the State or Regional meet applies ONLY to All Around athletes.
R&P Chapter #6 Inquiry Reg. Page 63, I.4.	A Meet Referee may watch a video (if available) prior to the submission of an inquiry to determine if that inquiry should move forward.
<b>NAC May 11, 2023</b>	
R&P Chapter #1 Member Resp. Page 18, 20	Add to the Women’s R&P regarding inappropriate attire: Coaches and judges shall NOT wear Earbuds / EarPods while on the field-of-play. Athletes may NOT wear Earbuds / EarPods while competing.
<b>NXC May 16-17, 2023</b>	
R&P Chapter #9 VAULT, Page 94, D.4.	Allow chalk only (no tape) on hand placement mat.
R&P Chapter #9 BARS, Page 98, M.1.2. BEAM, Page 99, I.1.2.	Utilize language from Vault regarding landing into a loose foam pit and add it to both Bars and Beam for situations when landing on a Resi surface: Landing into a “LOOSE-FOAM PIT” on a RESI SURFACE IS NOT ALLOWED FOR COMPETITIONS, <ul style="list-style-type: none"> <li>• unless the pit Resi area is covered by a stable (wooden or metal) surface.</li> <li>• Exception – this is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to competition.</li> </ul>
<b>NXC, NTC Joint Minutes, 9, 2024</b>	
R&P Chapter # 6 Meet Info. Page 60, B.10	<u>Update</u> the Women’s Program Rules & Policies (R&P) and add to the Xcel Code of Points (Xcel COP): Any situation regarding additional warm-up time due to a delay of competition on the field of play (i.e. equipment failure, athlete injury, unforeseen circumstances, etc.); the Meet Director, in conjunction with the Meet Referee, will assess the situation to make an appropriate call regarding additional warm-up time.
R&P Chapter #6 Video Review Regulations Page 64, J.7. XCOP – General/Judges – Page 12, IV.D.2	Update the R&P and add to the Xcel COP: If a video review results in the awarding of a Special Requirement or Value Part: The judging panel may apply deductions related only to the reason for the video review. Additional deductions for execution are not applied.
R&P Chapter #6 Video Review Regulations Page 64, J.6. XCOP – General/Judges – Page 12, IV.D.1	Update the R&P and add to the Xcel COP: Allow the judging panel to review the submitted video once the video review process has been finalized.

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<b>NAC Minutes, May 9, 2024</b>	
<b>R&amp;P – Chapter #1 Judges' Specific Responsibilities, Page 20, VI.D.8.</b>	Add to Judges' Specific Responsibilities section in the Women's Program Rules & Policies: - No nicotine products (cigarettes, e-cigarettes, chewing tobacco, etc.), vapes or any other smoking paraphernalia are allowed in the venue. - No firearms or dangerous weapons are allowed in the venue.
<b>NXC Minutes, May 14-15, 2024</b>	
<b>R&amp;P – Chapter #6 30-Second Touch/Competition Warm-ups, Page 60, B.10</b>	Add to the Women's Program Rules & Policies (R&P): Only competing gymnasts and their coach(es) are allowed onto the competition area, and only during the session in which they are competing. ADD - At the Meet Director's discretion and at invitationals ONLY, this may also include gymnasts that were entered and scheduled for that session but had to scratch due to injury.

## NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

### XCEL Code of Points – [USA Gymnastics | Xcel Programs](#)

eBook Tutorial – [\(1286\) 2022-26 Development Program Code of Points eBook Tutorial - YouTube](#)

Replacement Pages (08-22-2024) - [cop\\_rev\\_082224.pdf usagym.org](#)

### XCEL Code of Points – General

#### NXPC Minutes May 17, 2022

XCEL COP Gen Chapter 4, General/Judges Pg 11, II.A.	<b>Equipment Failure</b>	If an athlete <b>falls due to equipment failure</b> , judging will <b>resume at the point of interruption</b> or the series/combination when equipment failure occurred.
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XCEL COP GEN Chapter 5, General/Judges Pg 16, M.	Clarification on <b>Fall Timing:</b>	<b>Medical Assessment</b>	<b>Fall time (45 seconds)</b> begins when the gymnast is on her feet: <b>IF an injury occurs</b> , fall time begins once medical assessment is complete.
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#### Joint XPC/NTC May 17, 2022

XCOP General/Judges CJ Deductions Pg 24	<b>Incorrect Attire</b>	Deduction is <b>0.20</b>
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#### Joint XPC/NTC May 16, 2023

XCOP General/Judges- Pg <b>22</b>	<b>General Deductions</b>	Modify the Squat on Landing deduction and corresponding illustration. (Illustration in XCOP) Squat on landing (hips lower than knees) up to 0.30
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XCOP General/Judges- Pg <b>22</b>	<b>General Deductions</b>	Add an option for a 0.15 deduction for a medium step on landing on Vault, UB/BB dismounts, and BB/FX Acro.
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XCOP VT-Pg <b>13 &amp; 15</b> UB-Pg <b>28</b> BB-Pg <b>22</b>	<b>VT Deductions</b> <b>Bar Faults</b> <b>Balance Beam Faults</b>	Add wording to Vault, UB/BB dismounts, and FX Acro: Squat on landing (hips lower than knees) up to 0.30 + 0.50 “Lands in squat position, then falls”.
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Joint XPC/NTC May 9, 2024		
XCOP – General/Judges – Pg 13, VIII	<b>General/Judges</b>	Update the Women’s Program Rules & Policies (R&P) and add to the Xcel Code of Points (Xcel COP): Any situation regarding additional warm-up time due to a delay of competition on the field of play (i.e. equipment failure, athlete injury, unforeseen circumstances, etc.); the Meet Director, in conjunction with the Meet Referee, will assess the situation to make an appropriate call regarding additional warm-up time.
XCOP – General/Judges – Pg 12, IV.D.2	<b>General/Judges</b>	Update the R&P and add to the Xcel COP: If a video review results in the awarding of a Special Requirement or Value Part: The judging panel may apply deductions related only to the reason for the video review. Additional deductions for execution are not applied
XCOP – General/Judges – Pg 12, IV.D.1	<b>General/Judges</b>	Update the R&P and add to the Xcel COP: Allow the judging panel to review the submitted video once the video review process has been finalized.
XCOP – General/Judges – Pg 24, chart	<b>General/Judges</b>	Update the XCEL COP: Remove the 0.50 Chief Judge deduction for Starting the exercise before signal is given or Vaults without signal from Chief Judge.
XCOP – General/Judges – Pg 24, III. chart	<b>General/Judges</b>	Update the XCEL COP: Update Short Exercise deduction to indicate Short exercise with fewer than three (3) attempted or spotted value parts. - 2.00 deduction.

## NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

<b>XCEL Code of Points – VAULT – GENERAL</b>	
<b>NXPC May 17, 2022</b>	
R&P Chapter 7 Competition Procedures Pg 66, III, D.	For <b>all sanctioned competitions</b> the coach may <b>display or verbally announce the number</b> of the intended vault to be performed.
R&P Chapter 7, <b>Inquiry Regulations</b> Pg 68, 5. B.4. a.	Recommendation to adopt the following joint Development Program/Technical Committee changes for the Xcel Program: <ul style="list-style-type: none"> <li>• <b>Video Review</b> is allowed in the following instances: <ul style="list-style-type: none"> <li>○ <b>Vault:</b> Recommendation to allow <b>immediate video review</b> (if available and decisive) when the first vault is awarded a zero (0) for failure to land on any part of the bottom of the feet first. Review must be completed prior to attempting 2nd vault</li> </ul> </li> </ul>
<b>Joint XPC/NTC May 16, 2023</b>	
XCOP VAULT - Pg 14	Modify Vault deduction First Flight & Support Phase wording of “Arched Body up to 0.20” to “Excessive Arch Up to 0.20”
XCOP VAULT - Pg 14	Add Vault deduction for Gold - Sapphire for Support Phase - Hops with both hands simultaneously - 0.30.
R&P and XCOP  R&P Pg 58, g.1&2 XCOP VT- Pg 8	Add Vault Warm-Up procedure for Platinum and above within the Code of Points and Rules & Policies (as applicable). Warm-up procedures: <ol style="list-style-type: none"> <li>a. Timed warm-up: <ol style="list-style-type: none"> <li>1) During competition, it is NOT considered additional warm-up time if a gymnast who is next to compete on Vault runs or jumps on the Vault runway following the previous competitor’s final Vault.</li> <li>2) The gymnast may NOT run or jump in front of the Vault judges’ table. <ul style="list-style-type: none"> <li>• A warning would be given in this instance for exceeding warm-up time.</li> </ul> </li> </ol> </li> <li>b. Touch warm-up: Each gymnast is guaranteed a specific number of warm-up Vaults, depending on her Division.</li> </ol>
R&P, XCOP R&P Pg 60, VI.E XCOP VT – Pg 5,D.1.a	For Divisions Gold - Sapphire to require Vault numbers to be visually displayed at any sanctioned competition utilizing a 4-judge panel. Vault name OR number may be audibly communicated to judges at all other competitions.
<b>XCOP</b> VAULT-14	Change the deduction for under-rotation of salto vaults from a flat 0.10 to “Up to 0.10”.
<b>NXC May 16-17, 2023</b>	
R&P  Pg 109, G.4	Update the Women’s R&P to reflect the allowance of a “pit pillow” for Vault warm-ups: If available (NOT REQUIRED): An alternate skill cushion made of softer foam (maximum 4x6x8) is allowed at all sanctioned meets for Diamond and above for WARMUPS ONLY to perform a “timer” for a Salto Vault
Removed	Remove the allowance of a “junior board” for Xcel, including removing all instances of the word “junior board” from the Women’s R&P and Women’s Program Code of Points.
<b>Joint XPC/NTC May 9, 2024</b>	
XCOP VAULT – Pg 12, 14	Apply the up to 0.10 deduction for under-rotation to ALL Silver-Sapphire Vaults



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<b>XCEL Code of Points – VAULT – BRONZE</b>			
<b>Joint XPC/NTC May 17, 2022</b>			
XCOP VAULT Pg 10	<b>Vault 1B</b>	Deleted Deduction	Delete the “Failure to use levering action into the handstand” deduction”
<b>Joint XPC/NTC May 16, 2023</b>			
XCOP VAULT Page 11	<b>Vault 2</b>	Added Deduction	Add Vault deduction Approach – Additional Jump on the Board - 0.30 to Bronze Vault 2 (same deduction as Bronze Vault 1)

<b>XCEL Code of Points – Vault – SILVER</b>			

<b>XCEL Code of Points – Vault – GOLD</b>			

<b>XCEL Code of Points – Vault – PLATINUM</b>			
<b>Joint XPC/NTC May 9, 2024</b>			
XCOP VAULT Pg 3	Vault Values		Update the XCEL COP: Modify the start value at Platinum for vault #4.102 RO, FF on - Repulsion off with ½ (180°) turn and #1.104 Yamashita with ½ (180°) turn off to a 9.90 SV for Platinum.

<b>XCEL Code of Points – Vault – DIAMOND</b>			
<b>Joint XPC/NTC May 16, 2023</b>			
XCOP VAULT Pg 3 VT ELEMENTS Pg 3-6	Vault Values		<ul style="list-style-type: none"> <li>● Add the following vaults for Diamond</li> <li>1.109 Front Handspring onto board-Handspring off 9.5</li> <li>1.110 Front Handspring onto board-Handspring ½ off 9.7</li> <li>1.209 Front Handspring onto board- Handspring 1/1 turn off 10.0</li> <li>1.111 Front. Handspring onto board- 1/2 turn on - repulsion off 9.5</li> <li>1.211 Front Handspring onto board- 1/2 turn on - 1/2 turn off 9.7</li> <li>1.311 Front Handspring onto board- 1/2 turn on - 1/1 turn off 10.0</li> </ul>

<b>XCEL Code of Points – Vault – SAPPHIRE</b>			
<b>Joint XPC/NTC May 16, 2023</b>			
XCOP VAULT Pg 3 VT ELEMENTS Pg 3-6	Vault Values		<ul style="list-style-type: none"> <li>● Add the following vaults for Sapphire</li> <li>1.109 Front Handspring onto board-Handspring off 9.1</li> <li>1.110 Front Handspring onto board-Handspring ½ off 9.2</li> <li>1.209 Front Handspring onto board- Handspring 1/1 turn off 9.5</li> <li>1.111 Front. Handspring onto board- 1/2 turn on - repulsion off 9.1</li> <li>1.211 Front Handspring onto board- 1/2 turn on - 1/2 turn off 9.2</li> <li>1.311 Front Handspring onto board- 1/2 turn on - 1/1 turn off 9.5</li> <li>5.108 RO-FF 1/1 turn on - repulsion off 9.5</li> </ul>

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<b>XCEL Code of Points – UNEVEN BARS – GENERAL</b>		
<b>Joint XPC/NTC May 16, 2023</b>		
XCOP GENERAL/JUDGES- Pg 24	Short Exercise	Add a Chief Judge Deduction. Takes deduction from average score for Short Exercise with fewer than 3 value parts= <u>2.00</u> .
XCOP UB ELEMENTS Pg 46	# 8.101	Modify Uneven Bars element 8.101 - Underswing (toe-on or clear) to stand – Removing the Low Bar option. Add a new element for this dismount from the Low Bar - Allowable for Xcel Bronze or Silver only.
XCOP UB ELEMENTS Pg 15	#2.205	Add: a. to BARS #2.205 element description: From cast in regular grip on HB, swing down with grip change to cross grip and ½ turn in range of hang position and swing backward in straddle or pike with flight over LB to hang. b. an additional example of No deduction for insufficient amplitude of cast at Diamond or Sapphire if cast is followed by #2.205.
XCOP UB ELEMENTS Pg 50	#8.107 #8.207	Rearrange Bars element box and add: a. #8.107 b – add a ½ turn to salto and move to B Element column, resulting in a new element #8.207 c. b. #8.207 (now b) – add to end of description “or from a Counterswing”.
XCOP UB ELEMENTS Pg 50	#8.307 #8.407 C→D	Change the value of the following elements: a. #8.307 (C) From HB — swing down forward between bars in reverse grip, salto forward tucked, piked, or stretched with 2/1 (720°) twist - Change to #8.407 (D). b. Remove from Xcel - #8.407 (D) From HB—swing down forward between bars in reverse grip, salto forward tucked, piked, or stretched with 2 ½ (900°) twist. This is now an “E” in the Development Program.
<b>Joint XPC/NTC May 9, 2024</b>		
XCOP JUDGES/GENERAL Pg 24 III. chart	Chief Judge	Apply 0.20 Chief Judge (CJ) deduction if a coach sprays water or adds chalk to the bar once the exercise has begun. No warning will be given.
XCOP UB ELEMENTS Pg 46	#8.301 C→D	Raise value of #8.301 variation - Underswing (toe-on or clear) to salto forward piked with ½ (180°) twist from “C” to #8.401 “D”
XCOP UB ELEMENTS – Pg 46	#8.401	Remove the #8.401 variation - Underswing (toe-on or clear) to salto forward tucked or piked with 1/1 (360°) twist.
XCOP UB ELEMENTS – Pg 46	#8.401	Back Stalder to forward salto tucked (Celestine) or piked with ½ twist to #8.401 (“D”).
XCOP UB ELEMENTS – Pg 13	#2.102	Add High Bar option for Element #2.102 Cast to squat, stoop, or straddle on LB or HB
XCOP UNEVEN BARS – Pg 10, I.B.g	#7.101	Add elements with the same element number are considered different when performed in a different direction. Example, #7.101 Hip circle backward or forward.
XCOP UNEVEN BARS – Pg 19. V.D.1	Coach assistance	In order to resume the routine after a fall, a coach may assist the gymnast onto the bar, regardless if the remounting skill was a value part listed in the Xcel COP, with no deduction. Judging resumes with the subsequent skill.
XCOP UNEVEN BARS – 24	Cast / Clear	Apply a 0.10 amplitude deduction to any cast/clear support element that does not meet the Division angle requirement. Any cast/clear support element that is within 10° of the Division angle requirement will receive VP and SR.

## NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

<b>XCEL Code of Points – UNEVEN BARS – BRONZE</b>		
<b>Joint XPC/NTC May 17, 2022</b>		
XCOP UB Mats Pg 18,C.f.	Mats/Mounting Regulations	<b>Bronze / Silver / Gold Divisions:</b> Any combination of competition landing mats, skill cushions and panel mats may be used to facilitate the <b>mount on the low bar</b> .
XCOP UNEVEN BARS Pg 21 VII, A.6.a.	Two Part Mount Clarification	<b>Bronze / Silver / Gold Divisions:</b> <b>Two-part Mount Clarification:</b> <ul style="list-style-type: none"> <li>• <u>Clarification:</u> Only two-part mount skills are allowed. If a 3rd mounting skill is performed it will not receive VP credit and will receive execution deductions.</li> <li>• <u>Clarification:</u> If two glide swings are performed (without feet touching between glides) it will only count as one (1) element.</li> </ul>
XCOP UB ELEMENTS Pg 35	New Skill #7.006	<b>Open to all Divisions:</b> 7.006 – “A” <b>Basket Swing</b>
XCOP UB ELEMENTS Pg 35	Skill Clarification #7.001	<b>Bronze / Silver Divisions:</b> 7.001 – “A” Leg Swing Backward to allow Leg Swing <b>Forward or Backward</b> .

<b>XCEL Code of Points – UNEVEN BARS – SILVER</b>		
<b>Joint XPC/NTC May 17, 2022</b>		
XCOP UB ELEMENTS Pg 2	New Skill #1.002	<b>Silver / Gold / Platinum / Diamond Divisions:</b> 1.002 – “A” Jump to <b>Squat on</b> mount.
XCOP UB Mats Pg 18,C.f.	Mats/Mounting Regulations	<b>Bronze / Silver / Gold Divisions:</b> Any combination of competition landing mats, skill cushions and panel mats may be used to facilitate the <b>mount on the low bar</b> .
XCOP UB ELEMENTS Pg 35	New Skill #7.006	<b>Open to all Divisions:</b> 7.006 – “A” <b>Basket Swing</b>
XCOP UB ELEMENTS Pg 35	Skill Clarification #7.001	<b>Bronze / Silver Divisions:</b> 7.001 – “A” Leg Swing Backward to allow Leg Swing <b>Forward or Backward</b> .
XCOP UB ELEMENTS Pg 45	Variation of body Position #8.003	<b>Silver Division (only):</b> 8.003 – “A” Dismount – $\frac{3}{4}$ Back Circle Dismount Add a <b>stretched</b> variation for the existing $\frac{3}{4}$ back circle dismount
XCOP UNEVEN BARS	Cast Angle	Recommendation to modify phrasing for Silver Cast angle to “Cast to a minimum of 45° below horizontal or higher.”

## NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

<b>XCEL Code of Points – UNEVEN BARS – GOLD</b>		
<b>Joint XPC/NTC May 17, 2022</b>		
XCOP UB ELEMENTS Pg 2	New Skill #1.002	<b>Silver / Gold / Platinum / Diamond Divisions:</b> 1.002 – “A” Jump to <b>Squat on</b> mount.
XCOP UB Mats Pg 18,C.f.	Mats/Mounting Regulations	<b>Bronze / Silver / Gold Divisions:</b> Any combination of competition landing mats, skill cushions and panel mats may be used to facilitate the <b>mount on the low bar</b> .
XCOP UB ELEMENTS Pg 35	New Skill #7.006	<b>Open to all Divisions:</b> 7.006 – “A” <b>Basket Swing</b>
<b>Joint XPC/NTC May 16, 2023</b>		
XCOP UNEVEN BARS- Pg 1,2,3	Special Requirement	Modify the Gold Bars Special Requirements 2 and 3 to: SR 2/3. Two (2) 360° circling skills (not mount or dismount) must be one of the following: <ul style="list-style-type: none"> <li>● Two (2) directly connected same circling elements (performed on either bar); or</li> <li>● Two (2) different circling elements connected or isolated (performed on either bar); or</li> <li>● Two (2) of the same circling element; one performed on low bar and one performed on high bar.</li> </ul>
XCOP UB ELEMENTS Pg 45	#8.007	<ul style="list-style-type: none"> <li>● New Element – 8.007 Tap Swing – ½ , ½ dismount (twisting in one direction, touch of hand is required) - Allowable for Gold/Platinum Only as an “A” VP.</li> </ul>

<b>XCEL Code of Points – UNEVEN BARS – PLATINUM</b>		
<b>Joint XPC/NTC May 17, 2022</b>		
XCOP UB ELEMENTS Pg 2	New Skill #1.002	<b>Silver / Gold / Platinum / Diamond Divisions:</b> 1.002 – “A” Jump to <b>Squat on</b> mount.
XCOP UB ELEMENTS Pg 35	New Skill #7.006	<b>Open to all Divisions:</b> 7.006 – “A” <b>Basket Swing</b>
<b>Joint XPC/NTC May 16, 2023</b>		
XCOP UB ELEMENTS Pg 45	New Skill #8.007	<ul style="list-style-type: none"> <li>● New Element – 8.007 - Tap Swing – ½ , ½ dismount (twisting in one direction, touch of hand is required) - Allowable for Gold/Platinum Only as an “A” VP.</li> </ul>
<b>Joint XPC/NTC May 9, 2024</b>		
XCOP UNEVEN BARS – Pg 25, C.2.b.1	Clear Hip	Remove the up to .40 amplitude deduction for clear hip circles at the Platinum Division.

## NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

<b>XCEL Code of Points – UNEVEN BARS – DIAMOND</b>		
<b>Joint XPC/NTC May 17, 2022</b>		
XCOP UB ELEMETS Pg 2	New Skill #1.002	<b>Silver / Gold / Platinum / Diamond Divisions:</b> 1.002 – “A” Jump to <b>Squat on</b> mount.
XCOP UB ELEMENTS Pg 35	New Skill #7.006	<b>Open to all Divisions:</b> 7.006 – “A” <b>Basket Swing</b>
<b>Joint XPC/NTC May 16, 2023</b>		
XCOP UNEVEN BARS Pg 15	Examples	Diamond and Sapphire to accept the proposal for adding additional examples under COP- Uneven Bars – Page 14/15 - #10 Letter d. with an approved chart for dealing with values of elements with ½ turns that finish on the same side of the bar (short side ½ turns).

<b>XCEL Code of Points – UNEVEN BARS – SAPPHIRE</b>		
<b>Joint XPC/NTC May 16, 2023</b>		
XCOP UNEVEN BARS Pg 15	Examples	Diamond and Sapphire to accept the proposal for adding additional examples under COP- Uneven Bars – Page 14/15 - #10 Letter d. with an approved chart for dealing with values of elements with ½ turns that finish on the same side of the bar (short side ½ turns).

## NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

<b>XCOP Code of Points – BALANCE BEAM – GENERAL</b>		
<b>NXPC MAY 17, 2022</b>		
Xcel COP BEAM ELEMENTS	Clarification / Modification	Modification of Terminology from <b>Stride Leap to Split Leap</b>
XCOP BB ELEMENTS Pg 2	New Skill #1.301	1.301 Mount – “C” Mount <b>Free Split jump with change of legs</b> (minimum of 30° leg separation) prior to split position – approach at end of beam ( <b>Whipple</b> )
<b>Joint XPC/NTC May 17, 2022</b>		
XCOP BALANCE BEAM Handstands Pg 1-	Handstand Hold Clarifications	<b>Applied to All Divisions:</b> <b>Beam Hold Requirement:</b> Modify the hold requirement for handstands on beam that: <ul style="list-style-type: none"> <li>• A hold is <u>not</u> required for “A” handstand elements.</li> <li>• Any “B” handstand element or higher would <b>require a 2-second hold</b> if specified for the element within the Table of Elements.</li> </ul>
XCOP BALANCE BEAM Medium Faults Pg 11,	Variation in Rhythm and Tempo	<b>Insufficient Variation in Rhythm and Tempo</b> – Up to .20 Add “CONSIDER: Insufficient variation in rhythm/ tempo in non-VP movements; lack of fluid connection / series of disconnected elements or movements.”
XCOP BALANCE BEAM Pg 13, G.2. a.1.	Vertical Handstand	A <b>10° Variance from Vertical on Handstands</b> is allowed with a <ul style="list-style-type: none"> <li>• flat <u>0.10</u> deduction for handstands within 01-10° from vertical.</li> </ul>
XCOP BALANCE BEAM Artistry Pg 22	Artistry Deductions	<b>Clarification:</b> 0.05 – 0.10 Lack of variety in choreography (poses, phrases, connections) <b>Examples:</b> unnecessary adjustments and/or steps without choreography
<b>Joint XPC/NTC May 16, 2023</b>		
XCOP GENERAL/JUDGES Pg 24	Deduction Chief Judge	Add a Chief Judge Deduction. Takes deduction from average score for Short Exercise with fewer than 3 value parts= <u>2.00</u> .
XCOP BB ELEMENTS Pg 6	#1.109	Modify Balance Beam element 1.109 to allow for a sit on the floor to do a back hip pullover to front support mount – change description to “from feet, knee or seat.”
XCOP BALANCE BEAM Pg 21	Deduction	<ul style="list-style-type: none"> <li>• Non-flight walkover-type elements are required to show the split angle corresponding to the Division’s degree of split at one point during the element for Beam and Floor.</li> <li>• Under Insufficient Split Position deduction add– Non-flight walkover-type elements – up to 0.20</li> </ul>
<b>Joint XPC/NTC May 16, 2023</b>		
XCOP BB ELEMENTS Pg 3 BB ELEMENTS Pg 6	Element Variation	<ul style="list-style-type: none"> <li>• Add variation of element #1.204 (B) From rear stand (back toward beam), jump to clear straddle flight over the beam to land in front support</li> <li>• Add variation of element #1.210 (B) Jump, press, swing to side or cross handstand also exit with walkover forward.</li> </ul>
<b>Joint XPC/NTC May 14-15, 2024</b>		
XCOP BB ELEMENTS Pg 26	# 3.307 C→D	Increase value of element # 3.307 - 1¼ (540°) turn on back in kip position (hip-leg angle closed) (“C”) to # 3.407 (“D”).

## NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

XCOP BB ELEMENTS Pg 13	#2.201 B → C	Raise the value of #2.201 variation - Split or stag-split leap forward (take off from one leg) with ¼ turn (90°) turn to straddle position (side leap) (“B”) to #2.301 (“C”).
XCOP BB ELEMENTS Pg49	#9.001 Jump Full	Change description of element #9.001 to Any jump from one or two feet, also with up to 360° turn
XCOP BB ELEMENTS Pg 28	#5.001	Modify element #5.001 - From a lunge or stand, Lever to touch beam.
XCOP BB ELEMENTS Pg 50	#9.101 Headspring	Add to the Xcel COP: Beam dismount for all Divisions: #9.101 variation - Head Spring
APPENDIX DANCE TECHNIQUE CHART	Insufficient Split	Remove instances of the deduction for insufficient leg separation of up to 0.20 for a Leap / Jump that is more than 20° (Bronze-Diamond) or 45° (Sapphire) from the required split angle in the Division, and update with “apply appropriate deductions to applicable VP performed”.

### XCOP Code of Points – BALANCE BEAM – BRONZE

Joint XPC/NTC May 16, 2023

XCOP BB ELEMENT Pg 1	#5.001	Modify the Lever to touch beam (5.001) to require the free leg to be at horizontal or above.
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### XCOP Code of Points – BALANCE BEAM – SILVER

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### XCOP Code of Points – BALANCE BEAM – GOLD

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### XCOP Code of Points – BALANCE BEAM – PLATINUM

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## NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

<b>XCOP Code of Points – BALANCE BEAM – DIAMOND</b>		
<b>NXPC May, 17, 2022</b>		
Xcel COP BALANCE BEAM Pg 1,2,8,12	Clarification of 150° Split Angle Requirement	<p><b>Diamond Division (Beam):</b> 150° splits would receive <b>value part as listed in the code</b> (as any split within 135° or more would). Therefore, they would <u>not</u> necessarily be “A” skills for any split at that angle since they are existing elements within the Table of Elements which may have a higher value part.</p> <p>Split angle of <b>150° or more</b> would receive:</p> <ul style="list-style-type: none"> <li>• VP listed within the Table of Elements</li> <li>• Special Requirement</li> <li>• No deduction for insufficient split</li> </ul> <p>Split angle of <b>135° - 149°</b> would receive:</p> <ul style="list-style-type: none"> <li>• VP listed within the Table of Elements</li> <li>• Special Requirement</li> <li>• Deduction of up to 0.20 for insufficient split</li> </ul> <p>Split angle of <b>130° - 134°</b> would receive:</p> <ul style="list-style-type: none"> <li>• “A” VP</li> <li>• Special Requirement</li> <li>• Deduction of up to 0.20 for insufficient split</li> </ul>
<b>Joint XPC/NTC May 16, 2023</b>		
XCOP BALANCE BEAM- Pg 1,2,12	Special Requirement Diamond	Modify the split requirement for Platinum/Diamond (Floor) and Diamond (Beam) from 150° to 155°.

### **XCOP Code of Points – BALANCE BEAM – SAPPHIRE**



## NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

<b>XCEL Code of Points – FLOOR EXERCISE – GENERAL</b>		
<b>Joint XPC/NTC May 17, 2022</b>		
XCOP FLOOR EXERCISE Pg 11 I.C.1.	Elements with Same Number	Insert <b>“Flight”</b> – In the following instance, elements listed under the same number will be considered the same: <b>1. Flight/Salto</b> with 2-foot landing or step-out
XCOP FLOOR EXERCISE Artistry Pg 19	Artistry Deductions	<u>Clarification:</u> Lack of variety in choreography (poses, phrases, connections) 0.05 – 0.10 <u>Examples:</u> unnecessary adjustments and/or steps without choreography
XCOP FLOOR EXERCISE Execution Errors Pg 19	Music Synchronization	Failure to show synchronization of music with ending pose – <u>0.10</u> .
<b>Joint XPC/NTC May 16, 2023</b>		
XCOP GENERAL/JUDGES- Pg 24	Deduction Chief Judge	Add a Chief Judge Deduction. Takes deduction from average score for Short Exercise with fewer than 3 value parts= <u>2.00</u> .
XCOP FLOOR EXERCISE Pg 13, 14 Pg 18	Deduction	<ul style="list-style-type: none"> <li>● Non-flight walkover-type elements are required to show the split angle corresponding to the Division’s degree of split at one point during the element for Beam and Floor.</li> <li>● Under Insufficient Split Position deduction add– Non-flight walkover-type elements – up to 0.20</li> </ul>
XCOP FLOOR EXERCISE- Pg 19	Deduction	Increase the Floor deduction for “Poor relationship of movement and music throughout” from up to 0.20 to up to 0.30.
XCOP FX ELEMENTS Pg 9 Pg 10 Pg 12	Element Changes	<ul style="list-style-type: none"> <li>● Add variation of element #1.112 (A) – Add Passe’ hop 1/1 as a variation of element 1.112.</li> <li>● Add variation of element #2.301 a 2½ (90°) turn on one leg (free leg optional)</li> <li>● Raise 1.214 "B" Leg Swing Hop 1/1 to 1.314 "C"</li> <li>● Raise 1.314 "C" Leg Swing Hop 1 1/2 to 1.414 "D"</li> <li>● Remove - Leg Swing Hop 2/1 (Previously a “D” - this element is now an “E” in Development Program)</li> </ul>
XCOP FX ELEMENTS Pg 22	#7.101 Side Aerial	Add to Floor element # 7.101: “A one-foot take-off will appear as an aerial/side salto but will NOT be considered a salto for Special Requirement purposes.
<b>Joint XPC/NTC May 14-15, 2024</b>		
APPENDIX DANCE TECHNIQUE CHART	Insufficient Split	Remove instances of the deduction for insufficient leg separation of up to 0.20 for a Leap / Jump that is more than 20° (Bronze-Diamond) or 45° (Sapphire) from the required split angle in the Division, and update with “apply appropriate deductions to applicable VP performed”.

## NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

### XCEL Code of Points – FLOOR EXERCISE – BRONZE

Joint XPC/NTC May 17, 2022

XCOP FX ELEMENTS Pg 16	Element Variation	<b>Open to all Divisions:</b> 4.102 – “A” <b>Backward Roll to push-up shape</b> added as a variation to the existing Backward Roll element (Group 4 Rolls)
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### XCEL Code of Points – FLOOR EXERCISE – SILVER

Joint XPC/NTC May 17, 2022

XCOP FX ELEMENTS Pg 16	Element Variation	<b>Open to all Divisions:</b> 4.102 – “A” <b>Backward Roll to push-up shape</b> added as a variation to the existing Backward Roll element (Group 4 Rolls)
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### XCEL Code of Points – FLOOR EXERCISE – GOLD

Joint XPC/NTC May 17, 2022

XCOP FX ELEMENTS Pg 16	Element Variation	<b>Open to all Divisions:</b> 4.102 – “A” <b>Backward Roll to push-up shape</b> added as a variation to the existing Backward Roll element (Group 4 Rolls)
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### XCEL Code of Points – FLOOR EXERCISE – PLATINUM

NXPC MAY 17, 2022

Xcel COP FX ELEMENTS Pg 1-11	Clarification of Split Angle of 150°	<b>Platinum / Diamond Divisions (Floor):</b> 150° splits would receive <b>value part as listed in the code</b> (as any split within 135° or more would). Therefore, they would <u>not</u> necessarily be “A” skills for any split at that angle since they are existing elements within the Table of Elements which may have a higher value part. Split angle of <b>150° or more</b> would receive: <ul style="list-style-type: none"> <li>• VP listed within the Table of Elements</li> <li>• Special Requirement</li> <li>• No deduction for insufficient split</li> </ul> Split angle of <b>135° - 149°</b> would receive: <ul style="list-style-type: none"> <li>• VP listed within the Table of Elements</li> <li>• Special Requirement</li> <li>• Deduction of up to 0.20 for insufficient split</li> </ul> Split angle of <b>130° - 134°</b> would receive: <ul style="list-style-type: none"> <li>• “A” VP</li> <li>• Special Requirement</li> <li>• Deduction of up to 0.20 for insufficient split</li> </ul>
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XCOP FX ELEMENTS Pg 16	Element Variation	<b>Open to all Divisions:</b> 4.102 – “A” <b>Backward Roll to push-up shape</b> added as a variation to the existing Backward Roll element (Group 4 Rolls)
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Joint XPC/NTC May 16, 2023

XCOP FLOOR EXERCISE- Pg 1,2,12	Special Requirement Platinum	Modify the split requirement for Platinum/Diamond (Floor) and Diamond (Beam) from 150° to 155°.
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## NAWGJ – GUIDE TO CHANGES (GTC) for XCEL JUDGING (2022-2026)

<b>XCEL Code of Points – FLOOR EXERCISE – DIAMOND</b>		
<b>NXPC MAY 17, 2022</b>		
Xcel COP FX ELEMENTS Pg 1-11	Clarification of Split Angle of 150°	<b>Platinum / Diamond Divisions (Floor):</b> 150° splits would receive <b>value part as listed in the code</b> (as any split within 135° or more would). Therefore, they would <u>not</u> necessarily be “A” skills for any split at that angle since they are existing elements within the Table of Elements which may have a higher value part. Split angle of <b>150° or more</b> would receive: <ul style="list-style-type: none"> <li>• VP listed within the Table of Elements</li> <li>• Special Requirement</li> <li>• No deduction for insufficient split</li> </ul> Split angle of <b>135° - 149°</b> would receive: <ul style="list-style-type: none"> <li>• VP listed within the Table of Elements</li> <li>• Special Requirement</li> <li>• Deduction of up to 0.20 for insufficient split</li> </ul> Split angle of <b>130° - 134°</b> would receive: <ul style="list-style-type: none"> <li>• “A” VP</li> <li>• Special Requirement</li> <li>• Deduction of up to 0.20 for insufficient split</li> </ul>
XCOP FX ELEMENTS Pg 16	Element Variation	<b>Open to all Divisions:</b> 4.102 – “A” <b>Backward Roll to push-up shape</b> added as a variation to the existing Backward Roll element (Group 4 Rolls)
<b>Joint XPC/NTC May 16, 2023</b>		
XCOP FLOOR EXERCISE- Pg 1,2,12	Special Requirement Diamond	Modify the split requirement for Platinum/Diamond (Floor) and Diamond (Beam) from 150° to 155°.
XCOP FLOOR EXERCISE- Pg 1,2	Special Requirement Diamond	Modify the Diamond Special Requirement #1 on Floor to “Two (2) separate Acro Flight Passes, each with a minimum of two (2) directly connected Acro Flight elements; OR One (1) Acro Flight Pass with Two (2) directly connected Acro Flight elements AND One (1) separate/isolated "C" Salto.”

<b>XCOP Code of Points – FLOOR EXERCISE – SAPPHIRE</b>		