

~Differences~

Xcel	JO Optionals
General	
Attire <u>0.10</u> on 1st event after warning	Attire <u>0.20</u> on 2 nd event after warning
4.0 Courtesy Score	1.0 Courtesy Score
No short routine deduction	0.50 on Beam L6 / 2.0 for L7 and above
No composition deduction taken	Composition deductions taken L8-10
Vault	
Coach between board and table OK	Coach between board and table <u>-0.50</u> (No deduction if RO entry)
Spot during vault = 1.0	Spot during vault – Void (see L8 exception)
Gold, Platinum, & Diamond Division Up to 0.50 deduction for angle of repulsion	Up to 1.0 deduction for angle of repulsion taken for non-salto vaults
Bars	
No extra swings on Bars at Bronze, Silver, Gold	Extra swings at all levels
No amplitude deductions on casts	All cast (L7-10) expected to reach vertical
Clear hip amplitude deduction only taken at Platinum and Diamond	Clear hip amplitude deduction taken at all levels
Bars/Beam	
Coach remaining at Beam and Bars OK	Coach remaining at Beam and Bars <u>-0.10</u>
Beam	
All handstands, no hold required	Some Beam handstands require hold
All mounts are “A” VP’s (unless listed as “B” VP or higher in Xcel Code)	See JO Code of points for “A” value parts
Beam/Floor	
Leaps” A” VP when they reach Division’s SR split degree. “B” VP awarded at 135°, with angle deductions applied according to Division’s SR expectations	Leaps are expected to achieve 180° split
Floor	
Coach on floor No deduction	Coach on floor <u>-0.50</u>
Acro fast flight skills with hand support get VP credit every time performed if they are in a different series (connection)	These skills can get credit twice if in different connections
Skills considered different when there are a different number of elements, or if they have different VP skills	Only the addition/deletion of salto/aerial/”B” acro skill with hand support will make series different