

GENERAL – XCEL 2019-2020

General - Bandages, etc. coming loose/unfastened is not considered equipment failure and no repetition of exercise allowed.

General - Coach is not allowed to inquire if element received VP credit before gymnast remounts apparatus.

General - No deduction for under time.

General - All skills listed in the Xcel Code of Points is given the value listed even if different from the value listed in the JO Code of Points.

General - Execution deductions not to exceed 4.00; includes falls, does not include Artistry/spot deductions.

General - Courtesy score of 4.00 awarded for extremely short routines due to injury/unusual circumstances.

General - Composition deductions not applied at any Division (this does not include artistry, dynamics, rhythm, etc. - these types of general deduction can always be taken).

VAULT -

Vault - Bronze: Vault #1 (Stretch Jump, Kick to HS, Fall to Flat Back) has a total of a 9.00 SV (4.5 each part)

Vault - Bronze: Vault #2 (Jump to HS, fall flat back) has a MAX spot deduction of 1.50 for the entire vault.

Vault - Gold: May use an alternative springboard, but the SV will be 9.50.

Vault - Platinum & Diamond: May NOT use an alternative springboard (Void).

Vault - There is no deduction if the coach stands between the board and apparatus at any Division.

Vault - Gymnast exceeds the 60 second fall time - terminated by the CJ.

BARs -

Bars - Bronze: Cast off to Stand Dismount is 1 single element and is NOT eligible for cast SR or cast VP

Bars - Tap Swing Forward with 1/2 turn Dismount (Level 4 dismount) may be used at Silver & Gold ONLY.

Bars - Extra swings are only taken at Platinum (2nd and each additional) & Diamond (each time).

Bars - Platinum & Diamond: A Long Hang Pullover is considered a circling skill only if preceded by a cast.

Bars - JO cast angle deductions are not used in any Division.

Bars - After a fall, gymnast is allowed 2 "pump" swings to initiate momentum (P & D - additional swings will be deducted -.30, up to a maximum of -.50). Coach may also push gymnast to initiate swing without penalty.

If a Platinum athlete does a pullover mount, will she be deducted -.50 from her Start Value for no kip mount?A: No. A kip is required in the routine, but it does not have to be the mount. You should also be aware that a pullover mount at Platinum is not a skill of value and should not be awarded an "A" value part, so make sure to count the skills properly.

BEAM -

Beam - A straight jump (any combination: beat, arch, etc.) is an "A" and is considered the same element regardless of leg position used.

Beam - Handstands, regardless of angle achieved (partial or vertical), are considered the same skill.

Beam - Handstands - no hold required at any Division.

Beam & Floor - A stag leap or jump will NOT fulfill the split requirement (front leg must be extended to show split position).

FLOOR -

Floor - A straight jump (any combination: beat, arch, etc.) is NOT a skill of value at any Division.

Floor - Rebounding out of a Leap/Jump is allowed and does NOT constitute a pause or stop in the Dance Passage.

Floor - Bronze & Silver: No deduction for hands placed on FX next to legs or buttocks prior to BWD roll, rhythm deduction only.

Floor - Bronze & Silver: Round-off rebound Backward Roll is an allowable Acro connection.