

VAULT – RULES CHART

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Allowable Vaults: No other vaults, other than those listed in each Division are permitted. If another vault is unintentionally performed, it will be a “VOID” vault.	<u>Vault Option 1:</u> (SV 9.0) 1-A (SV 4.5) Stretch Jump onto min. of 16”, max 48” (± 1 ”) mat AND 1-B (SV 4.5) Kick to Handstand (hands placed on board or mat) fall to flat back. OR <u>Vault Option 2:</u> (SV 10.0) Jump to Handstand - fall to flat back on min. of 16”, max 48” (± 1 ”) mat. (no repulsion required).	Min. 24” (± 1 ”), Max. 48” (± 1 ”) mat stack sideways. A min. 6’x12’x4” mat must be placed on the floor behind the mat stack. <u>Vault Option 1:</u> (SV 10.0) Handspring over the sideways mat stack. OR <u>Vault Option 2:</u> (SV 10.0) $\frac{1}{4}$ - $\frac{1}{2}$ (90-180°) turn on – Repulsion off to feet, landing facing the mat stack. Additional twist results in a VOID vault.	Xcel Gold Vault Chart	Xcel Platinum Vault Chart	Xcel Diamond Vault Chart
Start Value (SV)	<u>Vault Option 1:</u> 9.0 total Start Value <u>Vault Option 2:</u> 10.0 Start Value	<u>Vault Option 1:</u> 10.0 Start Value <u>Vault Option 2:</u> 10.0 Start Value	10.0 Start Value 9.5 Start Value – using Alternative Springboard Apparatus.	<u>Xcel Platinum SV Chart</u>	<u>Xcel Diamond SV Chart</u>
Clarifications	Alternative Springboard Apparatus is allowed. If a gymnast lands in a flat-back position and then slides off the end of the mat, there is no penalty for a fall.	Alternative Springboard Apparatus is allowed. Sting mat may be used on the landing mat only.	Alternative Springboard Apparatus is allowed.	Alternative Springboard Apparatus is NOT allowed. If used, the vault will be VOID.	Alternative Springboard Apparatus is NOT allowed. If used, the vault will be VOID.
	(0.5) Spot on landing	(0.5) Spot on landing	(0.5) Spot on landing	(0.5) Spot on landing	(0.5) Spot on landing
	(1.0) Spot during any other phase	(1.0) Spot during any other phase	(1.0) Spot during any other phase	(1.0) Spot during any other phase	(1.0) Spot during any other phase
	(1.5) Max. Total Spot deduction	(1.5) Max. Total Spot deduction	(1.5) Max. Total Spot deduction	(1.5) Max. Total Spot deduction	(1.5) Max. Total Spot deduction
Timed Warm-ups* Total time per squad determined by number of gymnasts in largest squad	30 sec./ gymnast Guaranteed a minimum of 1 warm-up vault	45 sec./ gymnast Guaranteed a minimum of 2 warm-up vaults	1:00 min./gymnast Guaranteed a minimum of 2 warm-up vaults	1:30 min./gymnast Guaranteed a minimum of 2 warm-up vaults	2:00 min./gymnast Guaranteed a minimum of 3 warm-up vaults

If the guaranteed number of vaults per gymnast has not been provided to some of the gymnasts in a squad before the time expires, those gymnasts may continue to finish their guaranteed number of vaults.

Revised August 2019 & October 2021

UNEVEN BARS – RULES CHART					
	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any “A” VP listed in the <i>Xcel Code of Points</i> . Any Skills listed on the Xcel Bronze chart.	Any “A” VP listed in the <i>Xcel Code of Points</i> . Any Skills listed on the Xcel Silver chart.	Any “A” or “B” VP listed in the Xcel Code of Points. Exceptions: Giants Release move with bar change Any Skills listed on the Xcel Gold chart.	6 “A”, 1 “B” VP Any “A” or “B” VP listed in the Xcel Code of Points. Any Skills listed on the Xcel Platinum chart.	5 “A”, 2 “B” VP Any “A”, “B”, “C” VP listed in the Xcel Code of Points. One (1) “D” element is allowed (No Bonus) Any Skills listed on the Xcel Diamond chart.
Clarifications 1. DP/JO cast angle deductions will <u>not</u> be used in any Division. 2. When a skill is preceded by a cast, both cast & skill MAY receive separate VP/skill credit, if cast achieves Division’s angle requirement. <i>Exceptions:</i> cast squat, stoop, or straddle on–also w/wo jump to HB, cast shoot through receive 1 “A” VP in ALL Divisions & cast off to stand dismount = 1 “A” VP-Bronze	No extra swing deductions taken.	No extra swing deductions taken.	No extra swing deductions taken.	A long hang pullover is considered a 360° circling skill only if preceded by a cast. Only One (1) tap/underswing-counterswing may receive an “A” VP and be performed without a 0.30 Extra Swing deduction.	A long hang pullover is considered a 360° circling skill only if preceded by a cast. A Tap or Underswing - Counterswing will each receive 0.30 Extra Swing deduction.
Difficulty Restrictions <i>Restricted Skills</i> 0.50 deduction - off SV	No “B” or higher VP. No skills on High Bar. No Salto dismounts. No LB Giants.	No “B” or higher VP. No Giants (LB or HB) No Salto dismounts.	No “C” or higher VP. No Giants (LB or HB) No Release Skills with bar change.	No “C” or higher VP. <i>Exceptions:</i> Clear Hip HS, Stalder Bkwd to HS, Pike Sole Circle Bkwd to HS (All without turn)	Maximum of one (1) “D” VP allowed. No bonus. No “E” VP.
Special Requirements (SR) Deduct 0.5 for Each Missing SR	1. Min. 4 “A” VP/skills 2. Cast (hips must leave bar) (not mount or dismount) 3. 360° Circling skill (not mount or dismount) 4. Dismount – Low bar only (no saltos)	1. Min. of 5 “A” VP/skills 2. Cast to a minimum of 45° below horizontal (not mount or dismount) 3. 360° Circling skill (not mount or dismount) 4. Dismount - from Low Bar or High Bar (no saltos)	1. Min. of 6 “A” VP/ skills 2. A skill finishing in a clear support at a minimum of horizontal (not mount / dismount) 3. 360° Circling skill (not mount or dismount) 4. Dismount – High Bar	1. A skill finishing in a clear support above horizontal (not mount / dismount) 2. 360° Circling skill (not mount / dismount) 3. Kip 4. Dismount – High Bar	1. Skill finishing in a clear support at a min. of 45° from vertical (not mount / dismount) 2. Min “B” 360° Circling Skill 3. Additional Min. “B” skill - either a Release, Pirouette or 2 nd 360° Circling Skill, (same as or different from SR #2) 4. Salto or Hecht Dismount – High Bar
Timed Warm-ups	30 sec./ gymnast	45 sec./ gymnast	1:00 min./gymnast	1:30 min./gymnast	2:00 min./gymnast

BALANCE BEAM – RULES CHART

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any “A” VP listed in the <i>Xcel Code of Points</i> . Any Skills listed on Xcel Bronze chart.	Any “A” VP listed in the <i>Xcel Code of Points</i> . Any “B” Dance VP. Any Skills listed on Xcel Silver chart.	Any “A” or “B” VP listed in the <i>Xcel Code of Points</i> . Any Skills listed on Xcel Gold chart.	6 “A”, 1 “B” VP Any “A” or “B” VP listed in the <i>Xcel Code of Points</i> Any “C” Dance VP. Any Skills listed on Xcel Platinum chart.	5 “A”, 2 “B” VP Any “A”, “B”, “C” VP listed in the <i>Xcel Code of Points</i> . 1 “D” element is allowed (No Bonus) Any Skills listed on Xcel Diamond chart.
Clarifications All <u>Acro Skills</u> must start and finish on the beam to receive credit for SR#3 . <u>Handstands</u> , regardless of the angle achieved, are considered the Same Skill. A 2-sec. hold not required.	Cross <u>Split</u> Jump = “A” VP. (any split angle) Cross <u>Straddle</u> Jump = “A” VP. (any split angle) Split <u>Leap</u> = “A” VP. (any split angle)	“B” Dance VP allowed.		“C” Dance VP allowed.	
<u>SR credit will be awarded for Cross or Side Split Leaps or Jumps that are within 20° of the Division's specified Split angle. (See Page 10)</u> <u>Deduction of up to 0.20 for Insufficient Split will be applied.</u>					
Difficulty Restrictions Restricted Elements = <u>0.50</u> deduction off SV	No “B” or higher VP. No Salto or Aerial Dismounts No Walkovers	No “B” Acro VP. No “C” or higher VP.	No “C” or higher VP.	No “C” Acro VP. No “D” or higher VP.	Maximum of 1 “D” VP allowed. No bonus. No “E” VP.
Special Requirements (SR) Deduct 0.50 for Each Missing SR <u>Dance Series for Platinum/Diamond:</u> Group 1* Dance VPs 1.101, 1.201, 1.301, and 1.401- (Diamond only) All Group 2 elements and Group 3* Turns on one (1) foot	1. Minimum ½ Turn on one (1) Foot or two (2) Feet 2. One (1) Jump or Leap (<u>not</u> mount or dismount) 3. One (1) Acro element – Non-Flight 4. Dismount – No Saltos or Aerials	1. Minimum ½ Turn on one (1) Foot 2. One (1) Jump or Leap with a minimum 90° Cross or Side Split (<u>not</u> mount or dismount) 3. One (1) Acro element – Non-Flight 4. Dismount	1. Minimum 1/1 Turn on one (1) Foot 2. Two (2) different Group 2 skills (OR Leap/Jump from Gold additional “A” skills chart) – One (1) with a min. 120° cross or side split (isolated or in a series). 3. Two (2) Acro elements – with or without Flight (Isolated or Series) – One (1) must achieve or pass through inverted Vertical – Series not required 4. Dismount	1. Minimum 1/1 Turn on one (1) Foot 2. <u>Dance Series</u> – Two (2) Group 1*, 2, or 3* elements (same or different) – AND one (1) Jump or Leap with a minimum 120° Cross or Side Split (Isolated or Series) 3. One (1) Acro Flight element OR Acro Series – (with or without Flight) 4. Dismount	1. Minimum 1/1 Turn on one (1) Foot 2. <u>Dance Series</u> – Two (2) Group 1*, 2, or 3* elements (same or different) – AND one (1) Jump or Leap with a minimum 150° Cross or Side Split (Isolated or Series) 3. Acro Series – with or without Flight (excluding mount or dismount) – AND one (1) Acro Flight element (Isolated or Series) 4. Dmnt. – Salto or Aerial
Timing No Minimum Time	<u>Warm-Up:</u> 30 sec. <u>Time Limit:</u> 45 sec.	<u>Warm-Up:</u> 45 sec. <u>Time Limit:</u> 50 sec.	<u>Warm-Up:</u> 1:00 <u>Time Limit:</u> 1:00	<u>Warm-Up:</u> 1:30 <u>Time Limit:</u> 1:15	<u>Warm-Up:</u> 2:00 <u>Time Limit:</u> 1:15

Xcel FLOOR EX	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value-Parts (VP) Clarification: Acro flight skills/elements with hand support are eligible to receive Value-Part credit, regardless of the number of times performed and may also fulfill Special Requirements, <u>provided that the Acro Pass in which they are performed are different.</u>	Any "A" VP listed in the <i>Xcel Code of Points</i> . Any Skill listed on the Xcel Bronze Skills chart.	Any "A" VP listed in the <i>Xcel Code of Points</i> . Any "B" Dance VP. Any Skill listed on the Xcel Silver Skills chart.	Any "A" or "B" VP listed in the <i>Xcel Code of Points</i> . Any Skill listed on the Xcel Gold Skills chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the <i>Xcel Code of Points</i> . Any "C" Dance VP. Any Skill listed on the Xcel Platinum Skills chart.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the <i>Xcel Code of Points</i> . One (1) "D" VP allowed, (No Bonus) Any Skill listed on the Xcel Diamond Skills chart.
	Straddle jump & Side leap (60°–180° +) = "A" VP Round-off Rebound – Backward Roll is an Acro Connection.	"B" Dance VP are allowed Round-off Rebound – Backward Roll is an Acro Connection.		"C" Dance VP are allowed.	
SR credit awarded for Cross or Side Split Leaps or Jumps within 20° of specified Split Angle. Deduct up to 0.20 for Insufficient Split. <u>Dive Roll does not fulfill Flight Requirement</u>					
Difficulty Restrictions Restricted Elements Deduct 0.50 off SV	No "B" or higher VP. No Saltos or Aerials. Maximum two (2) Acro Flight elements per routine	No "B" Acro VP. No "C" or higher VP. Maximum one (1) Salto or Aerial per routine.	No "B" VP Saltos. No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	Maximum of One (1) "D" VP allowed. No bonus. No "E" VP allowed.
Special Requirements Deduct 0.50 for Each Missing SR	1. *Minimum two (2) directly connected Acro elements (with or without <u>Flight</u>). 2. *2 nd Acro Pass – Minimum one (1) Acro element (with/without <u>Flight</u>). <div>* SR #1 / SR #2 may not be combined in the same pass.</div> 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel BRONZE Skills Chart (directly or indirectly connected), one (1) of which is a Leap with a minimum 60° Cross or Side Split. 4. Minimum 1/2 Turn on one (1) foot.	1. *Minimum two (2) directly connected Acro elements, one (1) <u>must have Flight</u> . 2. *2 nd Acro Pass – either: A 2 nd Minimum two (2) directly connected. elements (with or without <u>Flight</u>), OR One (1) Acro Flight element. <div>* SR #1 / SR #2 may not be combined in the same pass.</div> 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel SILVER Skills Chart (directly or indirectly connected), one (1) of which is a Leap with a minimum 90° Cross or Side Split. 4. Minimum 1/1 Turn on One (1) foot.	1. *Minimum two (2) directly connected Acro <u>Flight</u> elements. 2. *2 nd Acro Pass – either: A 2 nd connection with minimum two (2) directly connected Acro <u>Flight</u> elements OR One (1) Aerial or Salto. <div>* SR #1 / SR #2 may not be combined in the same pass.</div> 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel GOLD Skills Chart (directly or indirectly connected), one (1) of which is a Leap with a minimum 120° Cross or Side Split. 4. Minimum 1/1 Turn on one (1) foot.	1. *Minimum two (2) directly connected Acro <u>Flight</u> elements with "A" or "B" Salto. 2. *2 nd Acro Pass –either: A 2 nd connection with minimum two (2) directly connected Acro <u>Flight</u> elements OR One (1) "B" Salto <div>*SR #1 / SR #2 may not be combined in the same pass.</div> 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 150° Cross or Side Split. 4. Minimum 1/1 Turn on one (1) foot.	1. Two (2) separate Acro Flight Passes , each with a Minimum of two (2) directly connected Acro Flight elements. 2. Two (2) Different <u>Saltos</u> (Isolated or in Series) One (1) must be a Minimum "B" (May be included in SR#1) 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 150° Cross or Side Split. 4. Minimum "B" Turn on one (1) foot.
Timed Warm-up (based on # of gymnasts in largest squad in session) Routine Time Limit	<u>Warm-up:</u> 30 sec. <u>Time limit:</u> 45 sec. No Minimum Time	<u>Warm-up:</u> 45 sec. <u>Time limit:</u> 1:00 No Minimum Time	<u>Warm-up:</u> 1:00 <u>Time limit:</u> 1:00 No Minimum Time	<u>Warm-up:</u> 1:30 <u>Time limit:</u> 1:30 No Minimum Time	<u>Warm-up:</u> 2:00 <u>Time limit:</u> 1:30 No Minimum Time

VAULT RULES

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Allowable Vaults: No other vaults, other than those listed in each Division are permitted. If another vault is unintentionally performed, it will be a "VOID" vault.	<u>Vault Option 1:</u> (SV 9.0) 1-A (SV 4.5) Stretch Jump onto min. of 16", max 48" (± 1 ") mat AND 1-B (SV 4.5) Kick to Handstand (hands placed on board or mat) fall to flat back. OR <u>Vault Option 2:</u> (SV 10.0) Jump to Handstand - fall to flat back on min. of 16", max 48" (± 1 ") mat. (no repulsion required).	Min. 24" (± 1 "), Max. 48" (± 1 ") mat stack sideways. A min. 6'x12'x4" mat must be placed on the floor behind the mat stack. <u>Vault Option 1:</u> (SV 10.0) Handspring over the sideways mat stack. OR <u>Vault Option 2:</u> (SV 10.0) $\frac{1}{4}$ - $\frac{1}{2}$ (90-180°) turn on – Repulsion off to feet, landing facing mat stack. Additional twist results in a VOID vault.	Xcel Gold Vault Chart	Xcel Platinum Vault Chart	Xcel Diamond Vault Chart
Start Value (SV)	<u>Vault Option 1:</u> 9.0 total Start Value <u>Vault Option 2:</u> 10.0 Start Value	<u>Vault Option 1:</u> 10.0 Start Value <u>Vault Option 2:</u> 10.0 Start Value	10.0 Start Value 9.5 Start Value – using Alternative Springboard Apparatus.	<u>Xcel Platinum SV Chart</u>	<u>Xcel Diamond SV Chart</u>
Clarifications	Alternative Springboard Apparatus is allowed. If a gymnast lands in a flat-back position and then slides off the end of the mat, there is no penalty for a fall.	Alternative Springboard Apparatus is allowed. Sting mat may be used on the landing mat only.	Alternative Springboard Apparatus is allowed.	Alternative Springboard Apparatus is NOT allowed. If used, the vault will be VOID.	Alternative Springboard Apparatus is NOT allowed. If used, the vault will be VOID.
	(0.50) Spot on landing	(0.50) Spot on landing	(0.50) Spot on landing	(0.50) Spot on landing	(0.50) Spot on landing
	(1.00) Spot during any other phase	(1.00) Spot during any other phase	(1.00) Spot during any other phase	(1.00) Spot during any other phase	(1.00) Spot during any other phase
	(1.50) Max. Total Spot deduction	(1.50) Max. Total Spot deduction	(1.50) Max. Total Spot deduction	(1.50) Max. Total Spot deduction	(1.50) Max. Total Spot deduction
Timed Warm-ups * Total time per squad determined by number of gymnasts in largest squad	30 sec./ <u>gymnast</u> Guaranteed a minimum of 1 warm-up vault	45 sec./ <u>gymnast</u> Guaranteed a minimum of 2 warm-up vaults	1:00 <u>min./gymnast</u> Guaranteed a minimum of 2 warm-up vaults	1:30 <u>min./gymnast</u> Guaranteed a minimum of 2 warm-up vaults	2:00 <u>min./gymnast</u> Guaranteed a minimum of 3 warm-up vaults

- If the guaranteed number of vaults per gymnast has not been provided to some of the gymnasts in a squad before the time expires, those gymnasts may continue to finish their guaranteed number of vaults.

Revised October 2021

VAULT ~ Chapter 1 ~ Values and Deductions

BRONZE DIVISION

Bronze: There are Two Allowable Vaults in this Division.

- The Alternative trampoline-like springboard apparatus and manufactured "Junior" vault board are allowed.
- The gymnast may perform the same vault twice or one of each vault, provided the mat stack does not have to be moved or changed in height by more than 8".
- Performance of a restricted vault will result in an event score of "0" (VOID).
- Spotting deductions apply to all phases of Bronze vaults 1 & 2.

Vault 1A: STRETCH JUMP onto a minimum of 16", maximum of approximately 48" (± 1 ") mat stack; **(SV 4.5)**.
THEN

Vault 1B: KICK TO HANDSTAND, fall to flat back **(SV = 4.5)**.

- Gymnast may step back onto board to kick to handstand with hands on mat stack or board.
- Each part of Vault 1 is evaluated separately and is worth 4.5; total the two scores to arrive at the final score (max. 9.00).

BRONZE VAULT 1A: STRETCH JUMP (SV = 4.5)

Approach	Each 0.30	Additional jumps on the board (double bouncing)
	4.50 (VOID 1A)	Runs onto board & steps up onto Mat Stack or rebounds from board to come to rest or support on Mat Stack on body parts other than feet first
Stretch Jump from Board to Mat	Up to 0.50	Lack of height on Stretch Jump
	Up to 0.50 Up to 0.50 Up to 0.30	Failure to maintain a stretched body position during jump <ul style="list-style-type: none"> • Pike • Tuck • Arch
	Up to 0.30	Incorrect arm and head alignment
	Up to 0.20	Legs separated
	Up to 0.10	Incorrect foot form (flexed/sickled)
	Up to 0.50	Failure to land in demi-plié with control and proper body position
	0.05	Failure to join (slide) heels together on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Entire foot/feet slide or lifted off the mat to join on controlled extension of landing with feet a maximum of hip-width apart
	Up to 0.10	Landing with feet staggered (one in front of the other)
	0.10	Landing with feet further than hip-width apart
General Faults	Up to 0.30	Insufficient dynamics (speed/power)
	0.50	Fall (onto hands, knees and/or hips) after landing stretch jump on feet first
	(CJ) 0.50	Vaults without signal from Chief Judge (CJ deduct 0.50 from Average of next completed Vault)
	No deduction VOID (1A)	1st Balk Performing a 2nd or 3rd Balk
	No deduction	Tape or Chalk Mark placed on Mat Stack

Vault 1B: KICK TO HANDSTAND, FALL TO FLAT BACK (SV = 4.5)

Gymnast may step back onto board to kick to handstand with hands on mat stack or board.

Approach	Each up to 0.20	Failure to maintain arms next to ears, while reaching for the mat or board
	Up to 0.10	Failure to use levering action into the Handstand
	Each 0.50	Extra Kick-up to Handstand
Handstand	Up to 0.50	Bent arms
	Up to 0.30	Bent legs
	Up to 0.20	Legs separated
	Up to 0.30 Up to 0.50 Up to 0.30 Up to 2.00	Incorrect alignment in the Handstand <ul style="list-style-type: none"> • Incorrect shoulder alignment (Showing a shoulder angle less than 180°) • Pike • Arch • Failure to show an inverted vertical position from hands to hips (performing a forward rolling action) • Failure to contact mat with both hands
	1.00	
	Each 0.10	Additional hand placements (taking steps/hops on the hands) Max. 0.30
	Up to 0.10	Incorrect foot form
Post-Handstand Landing	Up to 1.00	Failure to land in a straight-lying position on the back
	No deduction	If a gymnast lands in a flat-back position and then slides off the end of the mat, there is no penalty for a fall. She does not get back on the mat stack to complete the vault.

VAULT ~ Chapter 1 ~ Values and Deductions

BRONZE VAULT 2: JUMP TO HANDSTAND – FALL TO FLAT BACK (SV = 10.0)

Minimum of 16", maximum 48" (+1") mat stack, no repulsion required.

General Faults	Each phase up to 0.30 Each phase up to 0.50	Failure to maintain a straight body position <ul style="list-style-type: none"> • Arch • Pike
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase up to 0.10	Failure to maintain neutral head position
	Up to 0.30	Deviation from a straight direction
	Up to 0.30	Insufficient dynamics (speed/power)
	0.50	Assistance (spot) of coach on the landing
	(CJ) 0.50	Vaults without signal from Chief Judge (CJ deduct 0.50 from Average of next Vault)
	1.00	Spot during any phase of Vault (Maximum spot deduction = 1.50)
	*VOID	Run approach which results in gymnast coming to rest or support on top of the mat stack without execution of the vault (example: Rebounds from board, jumps to place hands on mat, does not pass through the vertical plane and returns to the board or lands on the mat stack between the board and hand placement)
	*VOID	Performing incorrect vault (i.e., squat on)
	No Deduction *VOID	1 st Balk Performing a 2 nd or 3 rd Balk
	No deduction	Tape or Chalk Mark placed on Mat Stack
	No deduction	Coach standing between board and mat stack or leaning against / bearing weight on the Mat Stack
First Flight		See Vault General Faults above
Support Phase	Up to 0.50	Arms bent
	2.00	Head contacting mat stack in support phase (includes 0.50 deduction for extreme arm bend)
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	0.05 - 0.50 0.55 - 1.00	Contacting the mat stack with the hands after vertical <ul style="list-style-type: none"> • Contact from 1° to 45° past vertical • Contact from 46° to 89° past vertical
	Each 0.10	Additional hand placements (taking steps/hops on hands) Max. 0.30
	3.00	Failure to contact mat with both hands (performs a salto or touch with only one hand)
Post Handstand Phase	Up to 1.00	Failure to land in a straight-lying position on the back Examples for applying this deduction: <ul style="list-style-type: none"> • Gymnast lands on her feet, salutes, & steps off mat. • Gymnast lands on her seat (90° hip angle), salutes & steps off mat. • Gymnast lands on her back with an arch & bent legs, salutes, & steps off mat.
	1.00 0.50 0.50	
		If the gymnast makes any of the above execution errors, then lies back to a straight-lying position, NO DEDUCTION for failure to finish in a straight-lying position is taken; however, execution deductions may be applied for the errors while the gymnast is falling to her back (Post-Handstand Phase). The evaluation ends when in a straight-lying position.
	No deduction	If a gymnast lands in a flat-back position and then slides off the end of the mat, there is no penalty for a fall. She does not get back on the mat stack to complete the vault.

- * If a gymnast attempts Bronze Vault Option #2: Jump to Handstand - Fall to Flat Back,
- but performs an incomplete or incorrect vault:
 - instead of taking a 0 score (VOID) on Bronze Vault option #2
 - use that attempt as a VOID for Bronze Vault Option 1A (deduction of 4.50) and
 - perform Vault 1B to achieve a Score.

VAULT ~ Chapter 1 ~ Values and Deductions

SILVER DIVISION

SILVER VAULT 1: HANDSPRING over mat stack,

Min. 24" (± 1 "), max. 48" (± 1 ") mat stack sideways.

A mat, minimum 6'x12'x4", must be placed on the floor behind the mat stack.

SILVER VAULT 2: $\frac{1}{4}$ - $\frac{1}{2}$ (90-180°) turn on – repulsion off to feet, landing facing the mat stack.

Min. 24" (± 1 "), max. 48" (± 1 ") mat stack sideways.

A mat, minimum 6'x12'x4", must be placed on the floor behind the mat stack.

	Up to 0.10	Failure to maintain neutral head position
First Flight Phase	Up to 0.10	Incorrect foot form (flexed, sickled)
	Up to 0.10 Up to 0.20 Up to 0.30	Incorrect leg form <ul style="list-style-type: none"> Legs crossed Legs separated Knees bent
	Up to 0.30 Up to 0.50	Failure to maintain stretched body position <ul style="list-style-type: none"> Arch Pike
	Up to 0.30 Up to 0.30	Incomplete LA turn (Option 2 Vault) Failure to pass through vertical on Option 2 Vault
Support/ Repulsion Phase	Up to 0.10 Up to 0.10 Up to 0.20 Up to 0.20	Poor technique <ul style="list-style-type: none"> Staggered/alternate hand placement on the handspring vault (option 1) Failure to maintain neutral head position Incorrect shoulder alignment (showing Shoulder angle less than 180°) Alternate repulsion from hands on the handspring vault (option 1)
	Up to 0.30 Up to 0.50	Failure to maintain stretched body position <ul style="list-style-type: none"> Arch Pike
	Each 0.10	Additional hand placements (taking steps/hops on hands) Maximum 0.30
	Up to 0.30	Prescribed LA turn begun too early (Option 2 Vault)
	Up to 0.50	Bent arms (90° or more = max. deduction) <ul style="list-style-type: none"> a slight arm bend of the lead arm is allowed on the $\frac{1}{4}$ - $\frac{1}{2}$ on vault (option 2)
	Up to 0.30	Too long in support
	(CJ) 1.00	Touch with only one hand on the mat stack <ul style="list-style-type: none"> Chief Judge deduction, if at least $\frac{1}{2}$ of panel sees only ONE hand touch
	VOID	No hand contact on the mat stack
	2.00	Head contacting the mat stack in support phase (includes 0.50 deduction for extreme arm bend)
Second Flight Phase	Up to 0.10	Incorrect foot form (flexed, sickled)
	Up to 0.10	Failure to maintain neutral head position
	Up to 0.10	Insufficient exactness of LA turn (Option 2 Vault)
	Up to 0.10 Up to 0.20 Up to 0.30	Incorrect leg form <ul style="list-style-type: none"> Legs crossed Legs separated Knees bent
	Up to 0.30 Up to 0.50	Failure to maintain stretched body position <ul style="list-style-type: none"> Arch Pike
	Up to 0.20	Brush or hit of body/head on mat stack table during post-flight
	Up to 0.30	Late completion of the twist (Option 2 Vault)

VAULT ~ Chapter 1 ~ Values and Deductions

SILVER DIVISION deductions (continued)

Landing	Landing Clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never joins feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Up to 0.10	Arm swings to maintain balance
	Each <u>0.10</u> (Max. 0.40)	Steps (per step)
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Each <u>0.20</u> (Max. 0.40)	Large step or jump (approximately 3 feet or more)
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or both hands on mat (no support)
	Up to 0.30	Deviation from a straight direction (determined by initial contact with mat)
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Prescribed LA turn incomplete (Option 2 Vault)
	<u>0.50</u>	Support on the landing mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the mat stack
	0.50 + 2.00 = 2.50 (Fall on apparatus)	Landing in a sitting, lying or standing position on top of the mat stack after passing through the vertical plane (handstand)
General	<u>0.50</u>	Assistance of coach upon landing
	<u>0.50</u>	Additional deduction for Fall after assistance by coach
	(CJ) <u>0.50</u>	Vaults without signal from Chief Judge • CJ deducts 0.50 from average of next completed vault
	2.00 (includes the fall)	Failure to land on any part of the bottom of the feet first • Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously
	<u>1.00</u>	Spotting assistance during the vault • (Maximum total Spot deduction not to exceed 1.50)
	No deduction VOID	1st Balk-run approach without coming to rest or support on top of mat stack Performing 2nd or 3rd Balk
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement (Considered an "incorrect vault")
	VOID	Any vault with more than ¼ twist in 2 nd flight phase
	No deduction	Tape or chalk place on the Mat Stack
	No deduction	Coach standing between board and mat stack or leaning against / bearing weight on the Mat Stack

*If upon landing with the feet apart / staggered the gymnast takes a step(s), deduct only for the step(s).

VAULT ~ Chapter 1 ~ Values and Deductions

GOLD DIVISION and PLATINUM DIVISION

The Vaults listed below are allowed.

Start Values: All Vaults for Gold Division are Valued at 10.0. See Platinum Vault Chart for Platinum Start Values.

Use of Alternative Trampoline-like Springboard Apparatus:

- **Gold Division:** Start Value will be 9.50.
- **Platinum Division:** NOT ALLOWED. If used, the vault will be VOID.

Performance of a Restricted Vault will result in an EVENT score of “0” (VOID).

1. If a Gymnast attempts a Vault listed on the Vault Chart for her Division, but does not complete it, resulting in a Vault that is not found on the Chart, the Vault is scored “0” (VOID).
 - However, the gymnast does NOT receive a “0” (VOID) as the Final Score for the event, if the other Vault is a legitimate Vault.
2. If EITHER of the two Vaults performed are Vaults that are not allowed at the gymnast’s division, the gymnast receives a Final Score of “0” (VOID) for that event, because a Restricted Vault was performed.

GOLD DIVISION VAULT CHART

Xcel Code #	Name of Specific Allowable Vault
1.101	Handspring
1.102	Handspring → ½ twist off
1.103	Yamashita
1.104	Yamashita → ½ twist off
1.105	½ twist on → ½ twist off OR ¼ twist on → ¾ twist off
1.106	¼ twist on → Repulsion (with flight to feet) off OR ½ twist on → Repulsion (with flight to feet) off
1.109	¼ twist on → ¼ twist off - to land facing away from the table
1.201	Handspring → 1/1 twist
1.203	Yamashita → 1/1 twist
1.206	½ twist on → 1/1 twist off OR ¼ twist on → 1 ¼ twist off
1.207	1/1 twist on → Handspring or Yamashita off
1.208	1/1 twist on → ½ twist off

PLATINUM DIVISION VAULT CHART

Xcel Code #	Name of Specific Allowable Vault	Value
1.101	Handspring	9.8
1.102	Handspring → ½ twist off	10.0
1.103	Yamashita	9.8
1.104	Yamashita → ½ twist off	10.0
1.105	½ twist on → ½ twist off OR ¼ twist on → ¾ twist off	10.0
1.106	¼ twist on → Repulsion (with flight to feet) off OR ½ twist on → Repulsion (with flight to feet) off	9.8
1.109	¼ twist on → ¼ twist off - to land facing away from the table	9.8
1.201	Handspring → 1/1 twist	10.0
1.203	Yamashita → 1/1 twist	10.0
1.206	½ twist on → 1/1 twist off OR ¼ twist on → 1 ¼ twist off	10.0
1.207	1/1 twist on → Handspring or Yamashita off	10.0
1.208	1/1 twist on → ½ twist off	10.0

DIAMOND DIVISION

Performance of a Restricted Vault will result in an EVENT score of “0” (VOID).

- If a Gymnast attempts a Vault listed on the Vault Chart for her Division, but does not complete it, resulting in a Vault that is not found on the Chart, the Vault is scored “0” (VOID).
- However, the Gymnast does NOT receive a “0” (VOID) as the Final Score for the event, if the other Vault is a legitimate Vault.
- If EITHER of the two Vaults performed are Vaults that are not allowed at the gymnast’s division, the gymnast would receive a Final Score of “0” (VOID) for that event, because a Restricted Vault was performed.
- Use of alternative trampoline-like springboard apparatus results in a VOID vault.

DIAMOND DIVISION VAULT CHART

Xcel Code #	Name of Specific Allowable Vault	Value
1.101	Handspring	9.4
1.102	Handspring → ½ twist off	9.6
1.103	Yamashita	9.4
1.104	Yamashita → ½ twist off	9.6
1.105	½ twist on → ½ twist off OR ¼ twist on → ¾ twist off	9.6
1.106	¼ twist on → Repulsion (with flight to feet) off OR ½ twist on → Repulsion (with flight to feet) off	9.4
1.109	¼ twist on → ¼ twist off - to land facing away from the table	9.4
1.201	Handspring → 1/1 twist	10.0
1.202	Handspring → 1 ½ twist	10.0
1.203	Yamashita → 1/1 twist	10.0
1.205	½ twist on → 1 ½ twist off OR ¼ twist on – 1 ¾ twist off	10.0
1.206	½ twist on → 1/1 twist off OR ¼ twist on – 1 ¼ twist off	9.9
1.207	1/1 twist on → Handspring or Yamashita off	10.0
1.208	1/1 twist on → ½ twist off	10.0
1.301	Handspring → 2/1 twist off	10.0
1.306	½ twist on → 2/1 twist off OR ¼ twist on → 2 ¼ twist off	10.0
2.301	Handspring forward on — Salto forward Tucked off DELETED	10.0
3.201	Tsukahara → Back Tuck	10.0
3.303	Tsukahara → Back Pike	10.0
3.304	Tsukahara → Back Layout	10.0
4.101	RO, FF on → Repulsion (with flight to feet) off	9.4
4.102	RO, FF on → Repulsion ½ twist off	9.6
4.201	RO, FF on → 1/1 twist off	10.0
4.202	RO, FF on → 1 ½ twist off (Allen)	10.0
4.203	RO, FF on → Back Tuck	10.0
4.304	RO, FF on → Back Pike	10.0
4.305	RO, FF on → Back Layout	10.0
5.101	RO, FF ½ on → Handspring	9.6
5.201	RO, FF ½ on → 1/1 twist off	10.0
5.202	RO, FF ½ on → 1 ½ twist off	10.0
5.312	RO, FF ½ on → 2/1 twist off	10.0

VAULT ~ Chapter 1 ~ Values and Deductions

GOLD, PLATINUM, and DIAMOND DIVISION DEDUCTIONS

First Flight Phase	Up to 0.10	Incorrect foot form (flexed, sickled)
	Up to 0.10 Up to 0.20 Up to 0.30	INCORRECT LEG FORM <ul style="list-style-type: none"> Legs crossed Legs separated Knees bent
	Up to 0.20 Up to 0.20	POOR TECHNIQUE <ul style="list-style-type: none"> Hip angle Arched body
	Up to 0.30	Incomplete LA turn
	Up to 0.30	Failure to pass through vertical on Vaults with LA turn in pre-flight
Support/ Repulsion Phase	Up to 0.10 Up to 0.20 Up to 0.20 Up to 0.20	POOR TECHNIQUE <ul style="list-style-type: none"> Staggered/alternate hand placement on all vaults, except Diamond Tsukahara vaults Shoulder angle Arched body Alternate repulsion from hands on all vaults, except Diamond Tsukahara vaults
	Up to 0.30	Prescribed LA turn begun too early
	Each 0.10	Additional hand placements (taking steps/hops on hands) Maximum 0.30
	Up to 0.30	Legs bent (in support) or early tuck (Salto vaults)
	Up to 0.50	Bent arms (90° or more = max. deduction) <ul style="list-style-type: none"> a slight arm bend of the lead arm is allowed on Tsukahara vaults
	Up to 0.50	ANGLE OF REPULSION applies to Non-Salto Vaults only. The angle of repulsion is determined by the angle created from the hands to the body part that is furthest past vertical. <u>If the gymnast leaves the Vault Table:</u>
	No deduction	By Vertical
	0.05 – 0.25	1° to 45° past Vertical
	0.30 – 0.50	46° past Vertical to Horizontal
	Up to 0.50	Too long in support
Second Flight Phase	(CJ) <u>1.00</u>	Touch with only one hand on the vault table <ul style="list-style-type: none"> Chief Judge deduction, if at least ½ of panel sees only ONE hand touch
	VOID	No hand contact on the vault table
	<u>2.00</u>	Head contacting the table in support phase (includes 0.50 deduction for extreme arm bend)
	Up to 0.10	Incorrect foot form (flexed, sickled)
	Up to 0.10	Insufficient exactness of LA turn
	<u>0.10</u>	Under-rotation of salto vaults
	Up to 0.10 Up to 0.20 Up to 0.30	INCORRECT LEG FORM <ul style="list-style-type: none"> Legs crossed Legs separated Knees bent
	Up to 0.20	Brush or hit of body/head on vault table during post-flight
	Up to 0.30	INSUFFICIENT LENGTH <i>When evaluating length, consider size of the athlete, type of vault, where the hands contact the table and where the feet land and overall trajectory (amplitude) of the 2nd flight phase; not just the distance from where the gymnast lands in relation to the end of the vault table.</i>
	Up to 0.30	Failure to maintain stretched body (pike down of stretched vaults to facilitate landing)
	Up to 0.30 Up to 0.30 Up to 0.30 Up to 0.30	Insufficient exactness of body position: <ul style="list-style-type: none"> Insufficient tuck/pike (tuck = min. 90° bend in hip & knee; pike = min. 90° bend in hips) Insufficient stretch (ideal = 180°, but > than 135° is considered stretched position) Insufficient stretched position (hip angle 136° - 179°) Arch
	Up to 0.30	Late completion of the twist
	Up to 0.25 <u>0.30</u>	Insufficient extension (open) of body before landing <ul style="list-style-type: none"> Insufficient and/or late extension (tuck & pike vault) Total absence of extension (tuck & pike vault)
	Up to 0.50	Insufficient height
	Up to 0.50	Prescribed LA turn begun too late

VAULT ~ Chapter 1 ~ Values and Deductions

GOLD, PLATINUM, and DIAMOND DIVISION DEDUCTIONS (continued)

Landing	Landing Clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	0.05	* Lands with feet hip-width apart or closer, but never joins feet (heels) together
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Up to 0.10	Arm swings to maintain balance
	Each 0.10 (Max. 0.40)	Steps (per step)
	0.10	* Lands with feet further than hip-width apart
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Each 0.20 (Max. 0.40)	Large step or jump (approximately 3 feet or more)
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or both hands on mat (no support)
	Up to 0.10 0.15 - 0.20 0.25 - 0.30 Award lower value	Prescribed LA turn incomplete • 1° - 30° missing • 31° - 60° missing • 61° - 89° missing 90° or more missing
	Up to 0.30	Deviation from a straight direction (determined by initial contact with mat)
	Up to 0.30	Insufficient dynamics (speed/power)
	0.50	Support on the landing mat with 1 or 2 hands
	0.50	Fall on mat to knee(s) or hips
	0.50	Fall against the apparatus
	VOID	Landing on top of the Vault Table in a sitting, lying or standing position
General	No deduction 0.50	1st Balk- run approach without coming to rest or support on top of Table Performing 2nd or 3rd Balk
	(CJ) 0.50	Vaults without signal from Chief Judge • CJ deducts 0.50 from average of next completed vault
	VOID	Failure to land on any part of the bottom of the feet first • Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously
	1.00	Spotting assistance during the vault • (Maximum total Spot deduction not to exceed 1.50)
	0.50 0.50	Spotting assistance on landing Additional deduction for Fall after assistance by coach
	VOID	Run approach which results in the gymnast coming to rest or support on top of the Vault Table without execution of the vault <u>Example:</u> Rebounds from board, places hands on Table, arrives in 3/4 handstand position, loses momentum and steps down onto Table or falls back onto board.
	VOID	Failure to use Safety Zone mat for Round-off Entry Vaults
	VOID	Use of alternative springboard for Platinum and Diamond Divisions (If an alternative springboard is used in the Gold Division, the Start Value is 9.50.)
	No deduction	Coach standing between board and Table

***If upon landing with the feet apart / staggered the gymnast takes a step(s), deduct only for the step(s).**

I. GENERAL INFORMATION

- A. Final Score: Determination for all divisions
1. The gymnast has the right to perform two (2) Vaults.
 2. For ALL Divisions, the Vaults may be the same or different.
 3. Each Vault is scored and averaged separately.
 4. The better score is counted.
- B. Supplemental Approaches: The gymnast is allowed three (3) attempts (running approaches) to successfully complete one or both Vaults.
1. A Balk: a running approach that results in a fall during the run, stopping mid-run, running off the runway, or making contact with the springboard or vault apparatus without coming to rest or support on top of the mat stack or vault table.
 - One balk is allowed in the three attempts without penalty. Any additional balk will be considered a Void vault.
 2. Contact with Hand Placement Mat, Safety Zone Mat, Springboard and/or Mat Stack or Vault Table
 - If the gymnast runs over or touches the Hand Placement Mat, the Safety Zone Mat, or the springboard or runs into the front of the Mat Stack or Vault Table WITHOUT coming to rest or support on top of the Mat Stack or Vault Table, it is considered one of the three Vault approaches (a balk) but is NOT considered a Void Vault.
 3. If the gymnast falls during her running approach to the vault, it is considered a balk and is counted as one of the three Vault approaches.
 4. Performance of an Incorrect / Incomplete Vault = VOID
 - a. Vault #2 for Bronze Division: If the gymnast rebounds from the springboard and comes to rest or support on her hands on the top of the mat stack without passing through the vertical plane, it is considered a Void Vault. Example of Void Vault:
 - 1) Gymnast jumps from board to arrive in support on hands on top of mat, then either places her feet on the mat (or Table) or falls back onto board or runway.
 - 2) Refer to asterisk at bottom of page 11, III. E. 2. for an option to perform Bronze Vault 1B, instead of taking a zero score (Void) on Bronze Vault 2.
 - b. Silver, Gold, Platinum and Diamond Divisions: If the gymnast rebounds from the springboard and comes to rest or support on her hands but does not go over the Mat Stack or Vault Table to complete the vault, it is considered VOID. Examples of Void vault:
 - 1) Gymnast jumps from the board to arrive in support on her hands on the Mat Stack or Vault Table but fails to invert resulting in her stepping down onto the table or falling down onto the board or the floor.
 - 2) Gymnast's steps are off on the run and she cannot slow down her horizontal speed and ends up in a "belly slide" on top of the Mat Stack or Vault Table.
 5. Fourth Attempt is not allowed: Examples:
 - a. Gymnast runs and Balks.
Gymnast runs and Balks - Considered as first Vault with "0" (VOID).
Gymnast runs and completes a Vault.
Gymnast receives score for the one Vault performed.
 - b. Gymnast runs and completes first Vault Gymnast runs and Balks.
Gymnast runs and completes second Vault. Gymnast receives score of the higher scoring Vault.
 - c. Gymnast runs, rebounds from board, comes to support on top of Vault table or Mat Stack without going over Table and completing the Vault - Score of "0" (VOID) on first Vault.
Gymnast runs and Balks.
Gymnast runs and Balks - Considered as second Vault with a "0" (VOID) score.
Gymnast receives a final score of "0" (VOID). No Fourth Attempt is allowed.
- C. Announcement of Intended Vault and Performance of the Wrong Vault:
1. Designate the Vault: Before beginning the approach, the gymnast or coach must announce the name of the vault or flash the Vault Number on the XCEL Vault Chart for the Specific Division.
 - a. At meets below State Championships, the coach may announce the vault to be performed instead of flashing the number.
 - b. For Gold, Platinum and Diamond Divisions, the Vault Number must be **displayed** at all State level and above competitions.
 - **Vault numbers may be displayed in various ways. Examples: score flashing unit, whiteboard or chalk board.**
 - c. The Chief Judge will signal the gymnast to vault as soon as the intended vault has been flashed or announced by the coach.

GENERAL INFORMATION (continued)

2. Different Vault: No Deduction for performing a Vault that is different than the Vault announced or flashed, provided it is a Vault allowed at the specific division of the gymnast.
3. Vault Performed Determines the SV: Not the Vault Number flashed or announced.
4. Body Position: Demonstrated for the majority of the Vault will determine which Vault has been executed.
- D. Performance of a Vault Without a Signal from the Chief Judge
 1. Vault is ignored, even if both judges see it.
 2. Gymnast has the opportunity to repeat this Vault.
 3. The Chief Judge applies a 0.50 penalty to the average of the next completed vault.
 4. The penalty may or may not affect the final score.

Example: Vault 1 - runs/vaults over table without being signaled to start
Vault 2 - completes a vault, scores 9.0, receives penalty of -0.50 for score of 8.5
Vault 3 - completes a vault, scores 9.0, which will be her final score.

II. COACHING DEDUCTIONS

- A. Spot the Landing: All Judges take the 0.50 deduction for Spot (assistance) upon Landing. If a fall occurs after the spot, judges deduct an additional 0.50 for the fall.
- B. Spot During the Vault: All Judges take the 1.00 deduction for Spot (assistance) during any other phase.
- C. Spot both Vault & Landing: 1.50 maximum total deduction for Spot (assistance) is per Vault.
- D. Coach standing between the Board and Vault apparatus:
 1. There is NO deduction if the coach, when standing between the board and the vault apparatus, makes contact with the safety zone mat or inadvertently touches the vault apparatus.
 2. For Bronze Vault 2 or Silver Vaults, there is NO deduction if the coach, in the attempt to assist / spot the gymnast, leans against / bears weight on the Mat Stack.
- E. Coaching the Gymnast: The coach may speak to the gymnast between vaults without penalty but may not give verbal coaching cues during the Vault.

III. MISCELLANEOUS VAULT RULES

- A. Arrival on the Vault Table:
 1. May occur from a run with forward arrival on the board with both feet.
 2. May occur from a run with backward arrival on the board with both feet from a Round-off (Diamond only).
- B. Two Hands: All vaults must be performed with support of both hands on the Mat Stack or Vault Table. (Exception: Deduction for Bronze Division Vault 1A is different; refer to the Bronze Vault deduction table)
 1. If neither hand makes contact with the vault table, the Vault is scored "0" (VOID).
 2. The Chief Judge takes the 1.00 deduction from the Average Score for the performance of a one-arm vault, if at least half of the vault panel saw that only one hand touched the vault table.
- C. Feet First Landings: All Vaults in the Silver, Gold, Platinum, and Diamond Divisions must land on the feet first on the landing mat.
 1. Landing on the feet first is defined as "any part of the bottom of the foot touching the mat first."
 2. Any vault that fails to land on the feet first will be scored "0" (VOID).
 - **Exception: Silver vaults receive a 2.00 deduction, which includes the 0.50 for a fall.**
 - c. At all sanctioned meets, all Void Vaults should be unofficially scored, but not submitted, unless a video review is decisive in determining the vault was complete.
- D. Landing on the Mat Stack or Vault Table for Silver, Gold, Platinum and Diamond Divisions: If the gymnast lands sitting, standing, or lying on the Mat Stack or Vault Table, the score for that Vault will be "0" (VOID).
 - **If Silver gymnast lands in a sitting, lying or standing position on the top of mat stack after passing through the vertical plane (handstand), deduct 2.00 + 0.50 for the fall = 2.50.**
- E. Whenever a Zero score is one of the counting scores, the allowable score range does NOT apply.
- F. Bronze Division
 1. Vault 1
 - a. (Vault 1A), If the gymnast performs the Straight Jump and fails to land on the bottom of the feet first, that part of the vault will be scored "0".
 - b. (Vault 1B), The gymnast may then continue to perform the kick to handstand, fall to flat back for a maximum score of 4.50.
 2. Vault 2
 - If the gymnast fails to complete the handstand flat back vault and comes to a rest on the floor, board, or Mat Stack, she may continue to perform Bronze Vault 1B for a maximum score of 4.50.

VAULT ~ Chapter 2 ~ General Information

MISCELLANEOUS VAULT RULES (continued)

G. Restricted Vaults:

1. If a gymnast attempts a Vault listed on the Vault chart for her Division, resulting in a Vault that is not found on the chart, the vault is scored "0" (VOID).
2. The gymnast does NOT receive a "0" (VOID) as the Final Score if the second Vault is an Allowable Vault.
3. If **EITHER** of the two Vaults performed are Vaults that are not allowed at the gymnast's Division, the gymnast would receive a Final Score of "0" (VOID), because a Restricted vault was performed.

H. 30-second Touch Warm-ups: Vault Touch Warm-up is not regulated by time.

1. Run Back: After presenting to the Judges, gymnasts are allowed ONE "run-back" from the board before the Vault attempts are counted.
2. Jump Off: Each gymnast (Silver, Gold, Platinum, Diamond) is allowed to stand on the Mat Stack or Vault Table and jump off (or salto-Diamond only) ONE TIME ONLY, in addition to their specific number of guaranteed Vaults.
3. Guaranteed Vaults: Each gymnast is guaranteed a specific number of warm-up Vaults, depending upon her Division.
 - Diamond: gymnasts are guaranteed three (3) Vaults.
 - Silver, Gold and Platinum: gymnasts are guaranteed two (2) Vaults.
 - Bronze: gymnasts are guaranteed one (1) Vault.

I. Group 1 (Handspring) Vaults ~ Clarifications:

1. Pre-Flight Turns: Vaults may be performed with $\frac{1}{4}$ (90°) to $\frac{1}{2}$ (180°) LA (long axis) turn.
2. Twisting Directions: In both the First and Second flight phase, the twist may be performed in either direction.

J. Group 3 (Tsukahara Entry) Vaults ~ Clarifications:

1. Slight Arm Bend of the Lead Arm: Is allowed for all Group 3 Vaults.
2. Pre-Flight Turn: May be performed with $\frac{1}{4}$ (90°) to $\frac{1}{2}$ (180°) LA turn in the first flight phase. There is NO deduction for incomplete turn.

K. Maximum Execution Deduction is 4.00:

For Bronze Vault #1, this maximum deduction would be for both parts of the vault 1-A & 1-B combined.

- A Courtesy Score of 4.00 may be awarded for unusual circumstances, including injury. This does not apply if a gymnast has earned a "zero" for the vault or the event for balking, Restricted vault or a landing position (not feet first or on the table).
- Maximum execution deductions apply to Bronze Vault 2, Silver, Gold, Diamond, and Platinum.

L. Vault Fall Timing - if gymnast falls on 1st vault and is assessed for injury:

1. **The Chief Judge must monitor the Vault Fall time. The watch:**
 - **Starts when the gymnast is standing up on her feet after the fall.**
 - **Stops when gymnast salutes for her second vault.**
2. **After 25 seconds have passed, announces "20 seconds remaining".**
After 35 seconds have passed, announces "10 seconds remaining".
At 45 seconds, announces "Time".
3. **A second vault is not allowed after "Time" is announced.**

IV. UNUSUAL JUDGING SITUATIONS

A. Bronze Division - Vault Option 1:

1. Vault 1-A (Part 1): If the gymnast fails to hurdle and do a Stretch Jump onto the Vault apparatus (i.e. runs off the board and onto the mat or jumps on board and fails to land on feet first on Mat Stack) she would receive a "0" (VOID) for Part 1 (deduction of 4.50 for Bronze)
2. Vault 1-B (Part 2): The gymnast is still permitted to do the Kick to Handstand, fall to flat back. Her maximum score would be 4.50.

B. Bronze Division - Vault Option 2:

If the gymnast designates intent to perform Vault Option 2 - Handspring onto Mat Stack - to finish in lying position on flat back and:

1. Attempt # 1 is a balk - runs off runway - no penalty
2. Attempt # 2 is a Void Vault - jumps from board, arrives in 3/4 handstand and comes back down onto board.
3. Attempt # 3 gymnast jumps to support on hands but comes back down to squat stand on Mat Stack
 - Since there is no deduction for calling the wrong vault, gymnast is allowed to perform Part 2 of Bronze Vault Option # 1 (kick up to handstand-fall to flat back). Her maximum score would be 4.50.
 - If she does not continue to perform Vault 1-B, she will receive a zero "0" score for the event.
 - This choice to perform Vault 1B would be available to this gymnast in attempt #2 above.

C. At ALL sanctioned meets, all void vaults should be unofficially scored, but not submitted, unless a video review is decisive in determining the vault was complete.

UNEVEN BARS – RULES CHART

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any “A” VP listed in the <i>Xcel Code of Points</i> . Any Skills listed on the Xcel Bronze chart.	Any “A” VP listed in the <i>Xcel Code of Points</i> . Any Skills listed on the Xcel Silver chart.	Any “A” or “B” VP listed in the Xcel Code of Points. Exceptions: Giants, Release skill with bar change Any Skills listed on the Xcel Gold chart.	6 “A”, 1 “B” VP Any “A” or “B” VP listed in the Xcel Code of Points. Any Skills listed on the Xcel Platinum chart.	5 “A”, 2 “B” VP Any “A”, “B”, “C” VP listed in the Xcel Code of Points. One (1) “D” element is allowed (No Bonus) Any Skills listed on the Xcel Diamond chart.
Clarifications 1.DP/JO cast angle deductions will <u>not</u> be used in any Division. 2.When a skill is preceded by a cast, both cast & skill MAY receive separate VP/skill credit, if cast achieves Division’s angle requirement. <i>Exceptions: cast squat, stoop, or straddle on–also w/wo jump to HB, cast shoot through receive 1 “A” VP in ALL Divisions & cast off to stand dismount = 1 “A” VP-Bronze</i>	No extra swing deductions taken.	No extra swing deductions taken.	No extra swing deductions taken.	A long hang pullover is considered a 360° circling skill only if preceded by a cast. Only one (1) tap/underswing-counterswing may receive an “A” VP and be performed without a 0.30 Extra Swing deduction.	A long hang pullover is considered a 360° circling skill only if preceded by a cast. A Tap or Underswing - Counterswing will each receive 0.30 Extra swing deduction.
Difficulty Restrictions <i>Restricted Skills</i> 0.50 deduction - off SV	No “B” or higher VP. No skills on High Bar. No Salto dismounts. No LB Giants.	No “B” or higher VP. No Giants (LB or HB) No Salto dismounts.	No “C” or higher VP. No Giants (LB or HB) No Release Skills with bar change.	No “C” or higher VP. <i>Exceptions:</i> Clear Hip HS, Stalder Bkwd to HS, Pike Sole Circle Bkwd to HS (All without turn)	Maximum of one (1) “D” VP allowed. No bonus. No “E” VP.
Special Requirements (SR) Deduct 0.50 for Each Missing SR	1. Min. 4 “A” VP/skills 2. Cast (hips must leave bar) (<u>not</u> mount or dismount) 3. 360° Circling skill (<u>not</u> mount or dismount) 4. Dismount – Low bar only (no saltos)	1. Min. of 5 “A” VP/ skills 2. Cast to a minimum of 45° below horizontal (<u>not</u> mount or dismount) 3. 360° Circling skill (<u>not</u> mount or dismount) 4. Dismount -from Low bar or High Bar (no saltos)	1. Min. of 6 “A” VP/ skills 2. A skill finishing in clear support at a minimum of horizontal (<u>not</u> mount / dismount) 3. 360° Circling skill (<u>not</u> mount or dismount) 4. Dismount – High Bar	1. A skill finishing in a clear support above horizontal (<u>not</u> mount or dismount) 2. 360° Circling skill (<u>not</u> mount or dismount) 3. Kip 4. Dismount – High Bar	1. Skill finishing in a clear support at a min. of 45° from vertical (<u>not</u> mount or dismount) 2. Minimum “B” 360° Circling Skill 3. Additional Min. “B” skill - either a Release, Pirouette or 2 nd 360° Circling Skill, (same as or different from SR#2) 4. Salto or Hecht Dismount – High Bar
Timed Warm-ups	30 sec./ gymnast	45 sec./ gymnast	1:00 min./gymnast	1:30 min./gymnast	2:00 min./gymnast

BARS -1

Revised October 2021

UNEVEN BARS ~ Chapter 1 ~ Requirements

I. SPECIAL REQUIREMENTS (SR) each worth 0.50

A. **BRONZE DIVISION** ~ SPECIAL REQUIREMENTS

- A. Minimum of four (4) "A" VP from the Xcel Code or Skills from the Bronze Skill Chart
- B. Cast (hips must leave the bar) (not in the mount or dismount)
- C. 360° Circling skill (not in the mount or dismount)
- D. Dismount (from LB only; NO saltos)

B. **SILVER DIVISION** ~ SPECIAL REQUIREMENTS

- A. Minimum of five (5) "A" VP from the Xcel Code or Skills from the Silver Skill Chart
- B. Cast to a minimum of 45° below horizontal (not in the mount or dismount)
- C. 360° Circling Skill (not in the mount or dismount)
- D. Dismount (from low bar or high bar - No saltos)

C. **GOLD DIVISION** ~ SPECIAL REQUIREMENTS

- A. Minimum of six (6) "A" VP from the Xcel Code or Skills from the Gold Skill Chart
- B. Skill finishing in a clear support at a minimum of horizontal (not in the mount or dismount)
- C. 360° Circling Skill (not in the mount or dismount)
- D. Dismount (from the high bar)

D. **PLATINUM DIVISION** ~ SPECIAL REQUIREMENTS

- A. Skill finishing in a clear support above horizontal (not in the mount or dismount)
- B. 360° Circling Skill (not in the mount or dismount)
- C. Kip
- D. Dismount (from the high bar)

E. **DIAMOND DIVISION** ~ SPECIAL REQUIREMENTS

- A. Skill finishing in a clear support at a minimum of 45° from vertical (not in the mount or dismount)
- B. Minimum "B" 360° Circling Skill
- C. **Additional** minimum of "B" skill - either a Release, Pirouette, or 2nd 360° Circling Skill (same as or different from SR#2)
- D. Salto or Hecht Dismount (from the high bar)

II. GENERAL SPECIAL REQUIREMENT CLARIFICATIONS

A. Apply to All Divisions

1. When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit.
 - Exceptions:
 - Cast squat, stoop or straddle on, also with jump to HB, and cast shoot through receive one (1) "A" Value-part in ALL Divisions **and cast off to stand dismount receives 1 "A" VP for Bronze only.** These skills may not be used to fulfill the cast SR.
 - A mount or dismount may not be used to fulfill the cast SR.
2. **DP/JO** cast angle deductions will not be used in any division.
3. Restricted skills receive a deduction of 0.50 each and do not receive VP or SR credit.
 - Elements are Restricted based upon their Value as listed in the *Xcel Code of Points*, not based on the quality/amplitude of the performance.

4. More than one Special Requirement may be fulfilled by one Skill/Value Part element, unless otherwise specified.

B. Apply to Bronze Division

1. No skills/VP are allowed on the high bar
- 2. No giants are allowed (LB or HB).**
3. No salto dismounts are allowed.

C. Apply to Silver Division

1. No giants are allowed (LB or HB).
2. No salto dismounts are allowed.

D. Apply to Gold Division

1. No giants are allowed (LB or HB).
2. No release skills with a bar change are allowed.

E. Apply to Platinum Division

1. A long hang pullover is considered a 360° circling skill only if preceded by a cast.
2. Clear hip circle to handstand, **back stalker to handstand and pike sole circle to handstand** receive "B" VP credit.
3. ONE tap or underswing - counterswing is allowed for VP credit. Any others will incur an extra swing deduction.

F. Apply to Diamond Division

1. The same minimum "B" 360° circling skill, if performed more than one time, may be used to fulfill SR #2 and #3.
2. A long hang pullover is considered a 360° circling skill only if preceded by a cast.
3. Any tap or underswing - counterswing will receive an extra swing deduction.
4. A cast to handstand with 1/2 (180°) turn fulfills SR #1 and #3. Two SRs may be fulfilled with one skill, unless stated otherwise.

Selected Individual Element Requirements (continued)

- d. If the hand grasp and foot contact on the mat occur simultaneously, the deduction will be applied to the flight element, not the glide.
- Note: Principles b., c. and d. would apply to any element that transfers from high bar to low bar and are followed by a glide kip.
5. #3.203, #3.303, #4.204, & #4.304 - Underswing or Long Swing with ½ (180°) Turn and Flight over LB to handstand on LB
- The element must show good flight (distance between the hips and the low bar) to a hand grasp on the low bar.
- a. When the catch occurs, the body should be in an extended position (from shoulders to feet) at horizontal or above for no deduction for insufficient amplitude.
- b. Once the hands contact the bar, the element is considered complete.
- c. See #4 regarding contacting the bar or mat with the feet.
6. #3.207 Weiler Kip (B)
- a. Ideally, the Weiler Kip should be performed in reverse grip (undergrip), starting from a near handstand position. It usually follows a front giant or a cast to handstand with hop-grip change. It should demonstrate the reverse circling pattern of a clear hip circle to handstand.
- b. It is acceptable for the mid-to-lower thighs to touch the bar on the ascending phase of the circle. The Weiler Kip should not resemble a kip, cast handstand, which allows for the upper thighs, hips and abdomen to contact the bar.
- c. The inherent difficulty in performing the Weiler Kip is the “dropping in” phase from a handstand. If the element prior to the initiation of the Weiler Kip does not achieve handstand phase (within 20° of vertical), then that element will not receive the VP credit as listed in the *Xcel Code of Points*.
- d. If the Weiler Kip does circle to within 20° of vertical, it is element #3.407-Weiler Kip to handstand and is only allowed at the Diamond Division.
7. #6.204 Stalder Circle Backward and #7.209 Pike Sole Circle Backward (B's)
- The “B” Stalder Circle Backward and Pike Sole Circle Backward to clear support do not require an open hip angle at the completion, but should show an opening of the shoulder angle on the upward part of the circle.
- a. Consider the line from the shoulders to the hips, when evaluating the amplitude of the body. This is an exception to the principle for determining the angle by the line from the shoulders through hips and feet.
- b. #6.104 Clear Straddle Circle Backward to clear support is an “A” element and is described as a straddle seat circle to straddle “L” position, with no opening of the shoulder angle.
8. Flyaway dismounts: All flyaway dismounts must be initiated from the High Bar in order to receive VP credit.
9. ¾ Forward Circle to Stand Dismount - Bronze only (in addition to the “up to 0.30 deduction for bent legs)
- Failure to land with feet slightly behind the bar Up to 0.20
 - Feet land behind the bar 0.00 (No deduction)
 - Feet land under the bar 0.10
 - Feet land in front of the bar 0.20

II. ATTIRE REGULATIONS

- A. Hip or heel padding is not allowed. The Chief Judge deducts 0.20 from the average score if hip/heel padding is used.
- If the Chief Judge notices the heel/hip pads prior to the gymnast's mount, a warning must be given. However, if the gymnast wears the heel/hip pads during her exercise (whether or not the Chief Judge warned her previously), the deduction must be taken.
- B. Bandages, Hand/Wrist Guards, etc. are allowed, but must be securely fastened. A broken or completely torn handgrip will be treated as equipment failure and the gymnast has the right to repeat the exercise or continue from the point of interruption.
- Bandages, etc. that become loose or unfastened do not constitute equipment failure; therefore, no repetition of the exercise is allowed.
- C. Appropriate attire for gymnasts is found in the *Rules and Policies* Chapter one, section two. The deduction for incorrect attire is 0.10, taken at the next event after the warning has been issued.

III. TIMING REGULATIONS

A. Touch Warm-Up (When required by meet format)

1. The gymnast is allowed a 30-second touch warm-up time.
 - a. Setting of the bars and/or board is not included in the 30-second touch warm-up time.
 - b. A warning will be called with 10 seconds remaining. Time will be called at 30 seconds.
 - c. If the gymnast continues to warm-up after a warning is issued, the Chief Judge deducts 0.20 from the average score.

Note: If the gymnast is preparing for a skill, allow her to complete the skill.

2. Immediately prior to performing the exercise, the gymnast may run and jump onto the board and briefly touch the bars without penalty.
 - The deduction for exceeding the warm-up time 0.20 would be taken by the Chief Judge only in the instance that the gymnast actually practices an element.

B. Timing of Fall

1. The gymnast is allowed 45 seconds to re-mount the bar after a fall.
2. If the gymnast does not re-mount within 45 seconds, the exercise is terminated.
 - a. The fall time begins when the gymnast **stands back up on her feet**.
 - b. The 45-second fall period stops when the gymnast leaves the floor to re-mount in preparation to resume her routine
3. **While off the apparatus following a fall and once the gymnast is standing on her feet, a warning will be communicated at:**
 - The Timer gives notification of "20 seconds remaining" and "10 seconds remaining" in the Fall Time.
 - "Time" is called at 45 seconds.

IV. BAR FALL REGULATIONS

- A. The gymnast may chalk up and adjust her grips during the fall time, but she may not go outside of the competition area.
- B. During the fall, the coach may speak to the gymnast without penalty. Once the gymnast remounts, the coach may not give verbal assistance without penalty.
- C. If the gymnast falls from the apparatus and does not re-mount to finish the exercise with a dismount element:
 1. Deduct 0.50 for the fall.
 2. Deduct 0.50 from the Start Value for the missing Dismount Special Requirement.
 3. Deduct 0.30 from the Start Value for No Dismount.
 4. Deduct for any other missing Special Requirements.
 5. Deduct for VPs missing, if applicable.
 6. A Courtesy Score of 4.0 may be awarded for an extremely short routine, due to injury or unusual circumstances. Common sense should prevail.
- D. After a fall, the gymnast is allowed to jump (or be lifted) to the low bar or high bar.
 1. Maximum of 2 pump swings to initiate momentum to resume the exercise without penalty.
 2. If more than two pump swings are taken, a 0.30 deduction would be applied to the third and to the fourth pump (extra) swing(s). (Applies to Platinum and Diamond only.)
 3. The maximum deduction for consecutive extra swings is 0.50.
 4. If the gymnast jumps or is lifted to the high bar, the coach may push the gymnast to initiate her swing without penalty.
- E. After a fall from the bars, judging resumes with the performance of an element that is listed in the *Xcel Code of Points* or the applicable Xcel Skill Chart.
- F. If, after a fall, the gymnast re-mounts with a glide kip, then stops in a front support to crawl up to stand on the low bar, take 0.10 for lack of continuity.
- G. If, when executing a cast-squat on, the gymnast falls backward, but stays on the bars to continue with a glide kip, DO NOT consider it a fall. Apply applicable execution deductions, such as bent arms/legs, touch of mat with feet, etc.

V. SPOTTING REGULATIONS

- A. If the coach assists/spots the gymnast during an element:
 1. Each judge deducts 0.50 for the spot.
 2. If the gymnast falls after the spot, an additional 0.50 deduction is taken for the fall.
 3. NO VP credit awarded.
 4. NO SR credit awarded.
 5. If the spot occurs on the dismount element, even though it receives no VP credit, do not deduct 0.30 from the Start Value for no dismount.

SPOTTING REGULATIONS (continued)

- B. If the coach spots the gymnast upon landing of the dismount:
 - 1. Each judge deducts 0.50 for the spot.
 - 2. If the gymnast falls after the spot, an additional 0.50 is taken for the fall.
 - 3. VP credit is awarded.
 - 4. SR credit is awarded.
- C. If the coach inadvertently touches the gymnast without assisting:
 - 1. Each judge deducts 0.50 for the spot.
 - 2. VP credit is awarded.
 - 3. SR credit is awarded.
- D. If the coach catches a falling gymnast, do not deduct for the spot; deduct 0.50 for the fall ONLY.
- E. There is no penalty if the gymnast inadvertently touches the coach.
- F. When a raised surface is necessary for spotting release moves, it is recommended that a spotting block or folded mat be used; however, there is no penalty for the coach standing on the mounting apparatus, provided that the mounting apparatus (or spotting device) is removed immediately after the release move is performed.
 - 1. If the spotting device is not removed, the Chief Judge takes a deduction of 0.30 from the Average Score.
 - 2. The coach may not use chairs or other items that are not produced by a gymnastics supply company to stand on for spotting purposes.
 - A warning should be given. If the coach continues to use an inappropriate item to stand on, then a 0.30 deduction for use of unauthorized equipment should be taken.
- G. The coach may stand between the bars during the entire exercise without penalty.
Clarification: At all USA Gymnastics sanctioned events, a spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.
- H. There is no penalty for the coach leaning on or touching the bars while spotting (without touching the gymnast).

VI. MOUNT and DISMOUNT REGULATIONS

- A. Mounts
 - 1. See Bar Apparatus Specifications for specific information on allowable matting for mounts.
 - 2. The Board, Mount Trainer Mat or Panel Mat must be removed as soon as possible after the gymnast has mounted. **An inflatable rebounding device cannot be used for mounting purposes.**
 - 3. Mount Attempts
 - a. The gymnast may have two attempts to mount the bars without penalty, provided that she has not touched the board and/or bars or run underneath the bars on either attempt. Such an attempt without mounting is considered a "balk."
EXAMPLE: 1st attempt: Runs, balks, no mount performed
 2nd attempt: Run, mount performed
 No deduction
 - b. If the gymnast balks two times, she may take one more approach; however, on the third attempt, each judge takes a 0.50 deduction.
EXAMPLE: 1st attempt: Run, balk, no mount performed
 2nd attempt: Run, balk, no mount performed
 3rd attempt: Runs, performs a mount
 Each judge deducts 0.50 for third approach.
EXAMPLE: 1st attempt: Run, balk, no mount performed
 2nd attempt: Run, balk, no mount performed
 3rd attempt: Run, balk, no mount performed
 Each judge deducts 0.50 for third approach.
 - c. A Fourth Approach is not permitted
 - d. If the gymnast runs and touches the board and/or bars or runs underneath the bars without mounting, a 0.50 deduction is applied (considered a fall).
 - It is acceptable for the gymnast to walk/run under the bar to mount with a jump to the high bar from between the bars.
 - e. If, in the attempt to perform a Round-off entry mount, the gymnast performs only the Round-off, she may repeat the mount and receive appropriate VP credit. A 0.50 deduction for a fall will be applied, since contact was made with the board, which is considered part of the apparatus.
 - 4. If the gymnast mounts the bars and realizes that the setting is incorrect, she may dismount the bars and has 45 seconds to re-adjust the bars. This is treated as a FALL from the apparatus and receives a deduction of 0.50.

MOUNT AND DISMOUNT REGULATIONS (continued)

5. Mounts that are preceded by one element prior to take-off from the board will be allowed.
 - Only the movements done after the feet leave the board will be evaluated.
 - If more than one element before the mount is performed, each judge takes a 0.20 deduction.
6. For Bronze, Silver and Gold Divisions: If the gymnast performs a mount with two parts, she must maintain hand contact on the bar between the two parts.
 - Example: Glide swing mount followed by a pullover or jump to clear support.
 - Failure to maintain hand contact will incur a 0.10 deduction for poor rhythm between the two parts of the mount.

B. Dismounts

1. Unless otherwise stated, dismounts may be performed from the Low Bar.
 - All Salto must be performed from the High Bar to receive VP credit.
2. All "A", "B", and "C" Flyaway Dismounts will retain their difficulty value regardless of starting position. Appropriate body position must be maintained in order to retain the VP credit, as listed in the *Xcel Code of Points*.
3. If a gymnast performs a dismount element from any *Xcel Skill Chart* or the *Xcel Code of Points* that does not meet Division criteria:
 - a. Deduct 0.50 for missing the Dismount Special Requirement.
 - b. Do not deduct 0.30 for no dismount.
4. If the gymnast performs a Dismount element of No Value – one that is not listed in ANY *Xcel Skill Chart* OR the *Xcel Code of Points* or performs a restricted element for the Division:
 - a. Deduct 0.50 from the Start Value for missing the dismount SR.
 - b. Deduct 0.30 from the Start Value for no dismount.
 - c. Deduct 0.50 from the Start Value if the dismount performed is a restricted element for the Division.
5. If the gymnast leaves the apparatus (terminates the exercise early, intentionally or due to a fall):
 - a. Deduct 0.50 from the Start Value for missing the dismount SR.
 - b. Deduct 0.30 from the Start Value for no dismount.
 - c. Deduct 0.50 for the fall from the apparatus, with or without an actual fall onto the mat.
 - d. A Courtesy Score of 4.0 may be awarded for an extremely short routine due to injury or unusual circumstances. No routine will be awarded less than 4.0. Common sense should prevail.
6. Falls on a Salto Dismount (Gold / Platinum / Diamond Divisions):
 - a. If the gymnast never initiates the salto action, and falls without landing on the bottom of the feet first:
 - 1) NO VP credit awarded for the dismount.
 - 2) Deduct for any missing value parts, if appropriate, from the Start Value.
 - 3) Deduct 0.50 from the Start Value for missing the dismount SR.
 - 4) Deduct 0.30 from the Start Value for no dismount.
 - 5) Deduct 0.50 for the fall.
 - 6) Deduct for any other execution/amplitude errors.
 - b. If the gymnast initiates the salto action and falls without landing on the bottom of the feet first,
 - 1) NO VP credit awarded for the dismount.
 - 2) Deduct for any missing value parts, if appropriate, from the Start Value.
 - 3) Deduct 0.50 from the Start Value for missing the dismount SR.
 - 4) Deduct 0.50 for the fall.
 - 5) Deduct for any other execution/amplitude errors.
7. Dismounts initiated from the feet are not allowed unless specifically listed in the *Xcel Code of Points* or the *Xcel Additional Skills Chart*.

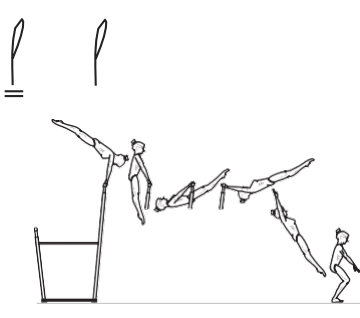
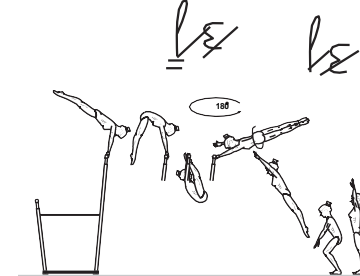
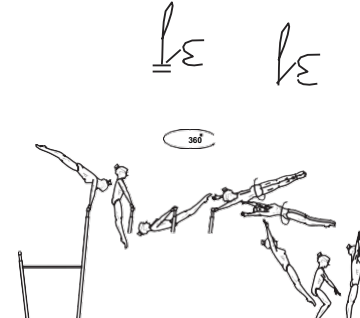
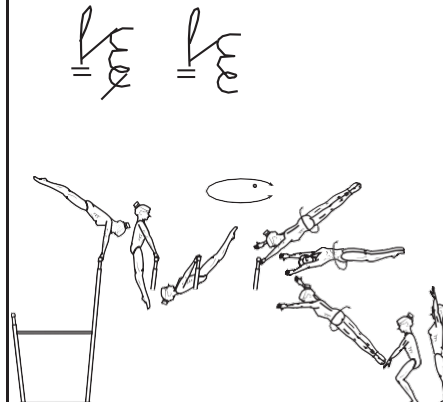
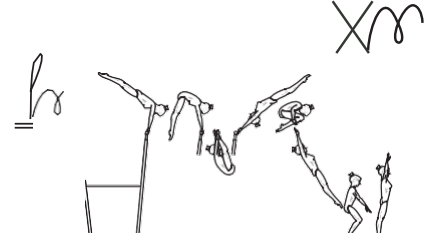
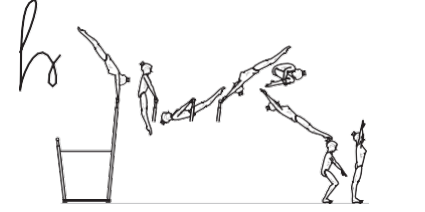
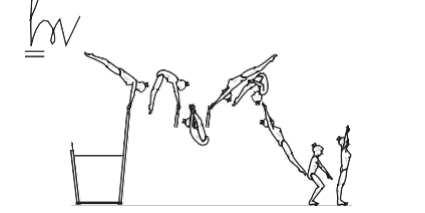


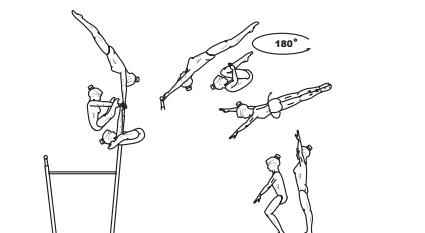
UNEVEN BARS ~ Chapter 3 ~ Execution Deductions

EXECUTION and AMPLITUDE FAULTS (continued)

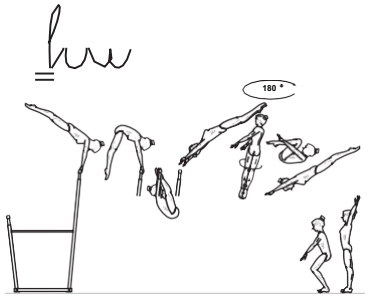

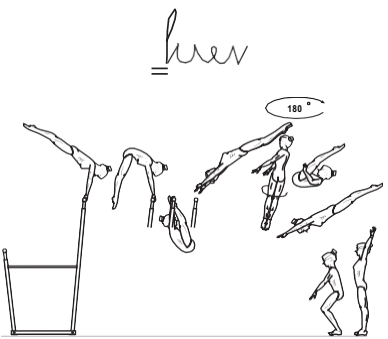

Large Faults (Up to 0.40)	each up to 0.30	Bent arms in support or bent legs (90° bend or greater receives 0.30) Maximum on any one element = 0.30 bent arms & 0.30 bent legs
	<u>0.30</u>	Hit on mat with foot/feet
	<u>0.30</u>	Grasp of bar apparatus to avoid a fall
	up to 0.30	Insufficient extension (open) of the body prior to landing the dismount (tuck/pike)
	up to 0.30	Insufficient height (amplitude) of salto dismounts
	up to 0.30	Squat on landing (hips even with or lower than the knees)
	up to 0.30	Brush/touch of one or both hands on the landing mat (no support)
	<u>0.30</u> (Max. <u>0.50</u>)	Intermediate (extra) swing (Platinum/Diamond only) More than one extra swing following an element Falls (jumps down) after extra swing(s), deduct 0.50 for Fall only
	<u>0.30</u>	On counterswing, body arched and/or hips open to extended position with feet over the low bar
	<u>0.30</u>	Lack of release of the bar, prior to landing dismount, when indicated
	up to 0.40	Insufficient amplitude of "B" clear hip circle (Platinum and Diamond ONLY)
Very Large Faults (0.50)	<u>0.50</u>	Third run approach on mount
	<u>0.50</u>	Full support on foot/feet on mat during exercise
	<u>0.50</u>	Support on mat with 1 or 2 hands upon landing dismount
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall on or against the apparatus
	<u>0.50</u>	Spotting assistance during an element Do <u>not</u> award VP or SR credit
	<u>0.50</u>	Spotting assistance upon landing the dismount Award VP and SR credit
	<u>0.50</u>	Fall after spot on element or on landing of dismount
	<u>0.50</u>	Fall/Failure to land on the bottom of the feet first on dismount
	<u>0.50</u> <u>0.50</u> <u>0.50</u>	• Salto initiated No VP, No SR • Salto never initiated No VP, No SR and take the deduction <u>0.30</u> No Dismount
Chief Judge Deductions Specific to Bars	No Deduction	Coach standing between the bars throughout the exercise
	<u>0.20</u>	Incorrect padding (use of heel/hip pads) • If the CJ notices the padding, prior to the gymnast's mount, a warning must be given. • However, if the gymnast wears the heel pads during her exercise (whether or not the CJ warned her previously), the deduction must be taken.
	<u>0.30</u>	Failure to remove board/spotting block after a mount or release element
	Exercise terminated	Gymnast exceeds the 45-second fall time

Revised October 2021

UNEVEN BARS ~ Elements and Values

Group 8 – Dismounts		
A	B	C
<p>8.101 From HB or LB – underswing (toe-on or clear) to stand</p>  <p>with 1/2 (180°) or 1/1 (360°) twist to both sides</p>  	<p>8.201 From HB-underswing (toe-on or clear) with 1½ (540°) or 2/1 (720°) twist</p> 	<p>8.301 From HB – underswing (toe-on or clear) or back stalder (not illustrated) to salto forward tucked or piked</p>    <p>-also, with 1/2 (180°) twist</p>   <p>Back stalder to salto forward tucked with 1/2 (180°) twist.</p> 

UNEVEN BARS ~ Elements and Values

Group 8 – Dismounts		
A	B	C
8.102	8.202	<p>8.302 Clear support on HB – underswing (toe-on or clear) with 1/2 (180°) twist to salto backward tucked or piked (Comaneci)</p>    

BALANCE BEAM – RULES CHART

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value Parts (VP)	Any “A” VP listed in the <i>Xcel Code of Points</i> . Any Skills listed on Xcel Bronze chart.	Any “A” VP listed in the <i>Xcel Code of Points</i> . Any “B” Dance VP. Any Skills listed on Xcel Silver chart.	Any “A” or “B” VP listed in the <i>Xcel Code of Points</i> . Any Skills listed on Xcel Gold chart.	6 “A”, 1 “B” VP Any “A” or “B” VP listed in the <i>Xcel Code of Points</i> Any “C” Dance VP. Any Skills listed on Xcel Platinum chart.	5 “A”, 2 “B” VP Any “A”, “B”, “C” VP listed in the <i>Xcel Code of Points</i> . 1 “D” element is allowed (No Bonus) Any Skills listed on Xcel Diamond chart.
Clarifications All <u>Acro Skills</u> must start and finish on the beam to receive credit for SR#3 . <u>Handstands</u> , regardless of the angle achieved, are considered the Same Skill. A 2-sec. hold is not required.	Cross <u>Split</u> Jump = “A” VP. (any split angle) Cross <u>Straddle</u> Jump = “A” VP. (any split angle) Split <u>Leap</u> = “A” VP. (any split angle)	“B” Dance VP allowed.		“C” Dance VP allowed.	
<i>SR credit will be awarded for Cross or Side Split Leaps or Jumps that are within 20° of the Division's specified Split angle. (See Page 10)</i> <i>Deduction of up to 0.20 for Insufficient Split will be applied.</i>					
Difficulty Restrictions Restricted Elements = <u>0.50</u> deduction off SV	No “B” or higher VP. No Salto or Aerial Dismounts No Walkovers	No “B” Acro VP. No “C” or higher VP.	No “C” or higher VP.	No “C” Acro VP. No “D” or higher VP.	Maximum of 1 “D” VP allowed. No bonus. No “E” VP.
Special Requirements (SR) Deduct <u>0.50</u> for Each Missing SR <u>Dance Series for Platinum/Diamond:</u> Group 1* Dance VPs 1.101, 1.201, 1.301, and 1.401- (Diamond only) All Group 2 elements and Group 3* Turns on one (1) foot	1. Minimum ½ Turn on one (1) Foot or two (2) Feet 2. One (1) Jump or Leap (not mount or dismount) 3. One (1) Acro element – Non-Flight 4. Dismount – No Saltos or Aerials	1. Minimum ½ Turn on one (1) Foot 2. One (1) Jump or Leap with a minimum 90° Cross or Side Split (not mount or dismount) 3. One (1) Acro element – Non-Flight 4. Dismount	1. Minimum 1/1 Turn on one (1) Foot 2. Two (2) different Group 2 skills (OR Leap/Jump from Gold additional “A” skills chart) – One (1) with a min. 120° cross or side split (isolated or in a series). 3. Two (2) Acro elements – with or without Flight (Isolated or Series) – One (1) must achieve or pass through inverted Vertical – Series not required 4. Dismount	1. Minimum 1/1 Turn on one (1) Foot 2. <u>Dance Series</u> – Two (2) Group 1*, 2, or 3* elements (same or different) – AND one (1) Jump or Leap with a minimum 120° Cross or Side Split (Isolated or Series) 3. One (1) Acro Flight element OR Acro Series – (with or without Flight) 4. Dismount	1. Minimum 1/1 Turn on one (1) Foot 2. <u>Dance Series</u> – Two (2) Group 1*, 2, or 3* elements (same or different) – AND one (1) Jump or Leap with a minimum 150° Cross or Side Split (Isolated or Series) 3. Acro Series – with or without Flight (excluding mount or dismount) – AND one (1) Acro Flight element (Isolated or Series) 4. Dismount – Salto or Aerial
Timing No Minimum Time	<u>Warm-Up:</u> 30 sec. <u>Time Limit:</u> 45 sec.	<u>Warm-Up:</u> 45 sec. <u>Time Limit:</u> 50 sec.	<u>Warm-Up:</u> 1:00 <u>Time Limit:</u> 1:00	<u>Warm-Up:</u> 1:30 <u>Time Limit:</u> 1:15	<u>Warm-Up:</u> 2:00 <u>Time Limit:</u> 1:15

BALANCE BEAM ~ Chapter 1 ~ Requirements

I. SPECIAL REQUIREMENTS (SR) EACH WORTH 0.50

A. BRONZE DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum ½ Turn on One (1) or Two (2) Feet
2. One (1) Jump or Leap (not mount or dismount)
3. One (1) Acro element – Non-Flight
4. Dismount – No Saltos or Aerials

B. SILVER DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum ½ Turn on One (1) Foot
2. One (1) Jump or Leap with a minimum 90° Cross or Side Split (not mount or dismount)
3. One (1) Acro element – Non-Flight
4. Dismount

C. GOLD DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum 1/1 Turn on One (1) Foot
2. Two (2) Different Group 2 elements – one (1) with a minimum 120° Cross or Side Split (Isolated or Series)
3. Two (2) Acro elements – with or without Flight (Isolated or Series)
One (1) must achieve or pass through inverted vertical. Support on hands (through handstand position) is not required. **Note:** Series is not required.
4. Dismount

D. PLATINUM DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum 1/1 Turn on one (1) Foot
2. Dance Series - minimum Two (2) Group 1*, 2 or 3* elements (same or different) – **AND**
one (1) Leap or Jump with a minimum **120°** Cross or Side Split (Isolated or Series)
3. One (1) Acro Flight element **OR** Acro Series (with or without Flight)
4. Dismount

E. DIAMOND DIVISION ~ SPECIAL REQUIREMENTS

1. Minimum 1/1 Turn on one (1) Foot
2. Dance Series – minimum Two (2) Group 1*, 2 or 3* elements (same or different) – **AND**
one (1) Leap or Jump with a minimum **150°** Cross or Side Split (Isolated or Series)
3. Acro Series with or without flight (not mount or dismount) – **AND**
one (1) Acro Flight element (Isolated or Series)
4. Dismount – Salto or Aerial

Dance Series:

* Group 1 Dance VP – 1.101, 1.201, 1.301, 1.401 (**Diamond Only**) and

* Group 3 Turns on one (1) Foot.

I. RECOGNITION (COUNTING) OF VALUE PARTS

- A. Any Balance Beam Element listed in the Division-appropriate Xcel Skill Chart or in the *Xcel Code of Points* may receive VP credit two (2) times in an exercise, provided that the element occurs in a different connection (i.e. preceded or followed by a different element).

Any element that is listed in the *Xcel Code of Points* is given the value that is listed even if it is different than the value listed in the *JO Code of Points*.

1. If a leap / jump / hop is performed that cannot be specifically found in the *Xcel Skill Chart* or in the *Xcel Code of Points*, the Judge may award comparable Value-Part credit if they can recognize the “root” element. This would include variations of leg position, as well as landing position of any previously valued leap / jump / hop.
2. Any new element not listed in the *Xcel Skill Charts* or in the *Xcel Code of Points*:
 - a. Must be evaluated by the Regional Technical Committee Chair and the National Xcel Committee Chair.
 - b. Element Evaluation Forms can be found on the www.usagym.org website in the Forms section under Women.
 - c. A copy of this evaluation must be presented to the Meet Referee or Chief Judge prior to the competition in order to insure proper awarding of difficulty.
 - d. Evaluations will be valid for one current Xcel quadrennium (Xcel quadrennium begins August 1 **two years** following the Summer Olympics and ends four years later on July 31) and will be posted on Regional websites.
 - e. “A” Dance elements on Beam and Floor Exercise: if a variation of an “A” Dance element is not listed in the *Xcel Code of Points*; the Judge may award “A” value if it is comparable to the “root” element.
3. If the same element is performed a third time, or is performed a second time in the exact same connection:
 - a. The VP credit is not awarded.
EXCEPTION: VP credit can be awarded for an element that is performed for the third time, IF it was not previously awarded VP credit because:
 - The element lacked completion the first or second time it was performed, OR
 - The element was performed in the exact same connection.

EXAMPLE 1:
Flic-flac step-out, stop, flic-flac step-out; straddle jump - flic-flac step-out
1st flic-flac = “B”, 2nd flic-flac = “O”, 3rd flic-flac = “B”

EXAMPLE 2:
Flic-flac step-out, stop, flic-flac step-out, flic-flac step-out
connected (1st flic-flac = “B”, 2nd flic-flac = “B”, 3rd flic-flac = “O”)
Flic-flac step-out performed a third time = no VP, no SR for an Acro Series.
 - b. All applicable execution and amplitude deductions are applied.
 - c. It cannot be used to fulfill SR. An element must receive VP credit in order to fulfill SR.
4. In the attempt to perform any element that is required to land on the feet first, the gymnast must land on any part of the bottom of the foot / feet first to receive VP credit.
 - a. If the hands and bottom of the feet land simultaneously, award VP credit and deduct 0.50 for the fall.
 - b. If the gymnast fails to land on the bottom of the feet first, VP credit is not awarded, and a 0.50 deduction is taken for the fall.

EXCEPTIONS:

 - If gymnast attains vertical in a mount including a vertical handstand and falls off without touching a foot/body part to the top of the beam, VP credit is still awarded.
 - Press handstand to vertical **within** the exercise that falls off without touching a foot/body part to the top of the beam will also receive VP credit.
5. When performing a handstand involving more than one position, such as a Planche moving to a Reverse Planche, only one (1) VP will be awarded, unless the gymnast returns to a sitting or standing support on the beam in between the different positions.
6. Acro elements such as rolls, cartwheels and walkovers that have an optional ending position not specifically listed in the *Xcel Code of Points* are still eligible to count as Acro VP elements.

BALANCE BEAM ~ Chapter 2 ~ General Information

RECOGNITION (COUNTING) OF VALUE PARTS (continued)

B. In the following instance, elements will be considered DIFFERENT for the counting of VP:

1. If they have a different number in the *Xcel Code of Points / Xcel Updates* or are listed separately on the Xcel Skill Charts.
2. If they have the same number in the *Xcel Code of Points / Xcel Updates*, but meet the following criteria:
 - a. Saltos are performed with different body positions.
 - b. The support is performed on one or both arms.
 - c. There are different degrees of turn (1/2, 1/1, 1½) The addition of a ¼ turn does not make an element different, unless specifically listed in the *Xcel Code of Points / Xcel Updates*.
EXAMPLE: #2.110 Tuck jump and Tuck jump with ¼ turn are considered the same element.
 - d. Mount elements are performed as elements within the exercise.
EXAMPLE: Press handstand performed as a mount and later in the exercise. Both would receive “B” VP.
 - e. The take-off for a leap / jump / hop is from one or both legs.
EXAMPLE: #2.201 Split leap w/ ¼ turn and Split jump w/ ¼ turn will be considered different elements.
 - f. The Acrobatic elements (with or without flight) take-off or land on one or both legs.
EXAMPLES: #7.202 Front handspring step-out and front handspring to two feet are considered as different elements and both will receive “B” credit.
#5.106 Cross Handstand step-down to lunge and Side Handstand straddle down are considered as different elements.
Cross handstand step-down to lunge and Cross handstand pike down to two feet are considered as different elements.
Cross handstand step-down to lunge and Side handstand step-down are considered the same element.
 - g. An Acro element that lands directly in a kneeling position on the first leg.
EXAMPLE: Right Back Walkover that lowers down onto the Right knee.

C. In the following instances, the elements will be considered the SAME:

1. Elements with the same number but performed with different leg positions will be considered the same element.
EXAMPLE: #2.108 Stretched jump with or without arch and stretched jump with change / beat of legs are considered the same “A” element.
2. The partial handstand and vertical handstand listed on the Bronze, Silver, and Gold Skill Charts and skill #5.106 are considered the same element.
3. The following landings (exits) of an Acro element are all considered the SAME element:
 - a. Step-out on first foot to stand.
 - b. Step-out on first foot to a lunge.
 - c. Step-out on the first foot to kneel on the second (back) leg.EXAMPLE: Back Walkover that steps down on the first leg to kneel on the second leg is considered the same element as a Back Walkover that steps down on one foot after the other to a stand or lunge.

D. All Acro elements must start and finish on the beam to receive Special Requirement credit.

1. Acro elements performed as a Mount will receive Value-Part credit.
2. Acro Mounts cannot be used to fulfill an Acro Special Requirement.

E. Difficulty Restrictions

1. RESTRICTED ELEMENTS: Elements are Restricted based upon their Value as listed in the *Xcel Code of Points*, not based on the quality/amplitude of the performance.
If a restricted element is performed: (All Divisions)
 - a. Deduct 0.50 from Start Value
 - b. Do not award Value-Part credit
 - c. The element cannot be used to fulfill Special Requirements
 - d. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.
2. BRONZE DIVISION RESTRICTIONS
 - a. Restricted “A” elements:
 - 1) Salto or Aerial Dismounts
 - 2) Walkovers
 - b. Elements listed on the Bronze Skill Chart and “A” elements are allowed.
 - c. No “B” or higher elements are allowed.
EXCEPTIONS:
 - 1) Cross Split Jump = “A”
 - 2) Straddle Jump = “A”
 - 3) Split leap (180°) = “A”

SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)

11. #7.310 Flic-Flac with ¼ (90°) turn to Side Handstand (“C”)
 - a. Must show flight to the handstand position, with the body stretched in vertical, leg position optional. 2-second hold is not required.
 - b. If there is insufficient flight, recognize the element as a back walkover with turn and award appropriate Value-Part credit.
12. #7.312 Tucked Chen Flic (“C”)
 - Must show a 90° angle in both the hips and the knees; then open the legs and body to a stretched position prior to the swing down.
13. Beam Dismounts #9.209, #9.309 – Gainer Back Saltos off the end of the Beam
 - The required technique is a take-off from one foot, facing outward off the end of the beam, with the salto performed similar to a reverse dive. The salto rotates backward toward the end of the beam (not along the side of the beam). If there is a directional error, an up to 0.30 deduction is applied.

II. TIMING REGULATIONS

A. Touch Warm-Up (when required by meet format)

1. The gymnast is allowed a 30-second touch warm-up time.
 - a. Marking of the beam, setting of the mounting apparatus and raising / lowering of the beam are not included in the 30-second touch warm-up time.
 - b. If the touch warm-up time is exceeded, a warning is given.
 - c. If the gymnast continues to warm-up after a warning is issued, the Chief Judge deducts 0.20 from the Average Score.
 - Note: if the gymnast is preparing for an element, allow her to complete the element / series / dismount.
2. Immediately prior to performing the exercise, the gymnast may run and jump onto the mounting apparatus, or briefly touch the apparatus without penalty.
 - a. If the gymnast practices an actual element on the mat after the signal from the Chief Judge, it is considered exceeding the warm-up time and the Chief Judge applies a deduction of 0.20 from the Average Score.
 - b. Example: Chief Judge signals gymnast to begin; gymnast does a flic-flac on the mat and then mounts. Chief Judge deducts 0.20 from the Average for exceeding the warm-up time. No warning is issued. All elements, including the dismount, performed after the final time signal will be evaluated.

B. Timing of the Exercise

DIVISION	Maximum Time Limit	Warning Signal @
BRONZE	45 seconds	35 seconds
SILVER	50 seconds	40 seconds
GOLD	1 minute	50 seconds
PLATINUM	1 minute 15 seconds	1 minute 5 seconds
DIAMOND	1 minute 15 seconds	1 minute 5 seconds

NOTE: There is no deduction for Under Time.

1. The evaluation and timing of Beam begins with the take-off from the board or mat.
 - a. This refers to running mounts, such as saltos, as well as mounts from stand.
 - b. Time is stopped when the gymnast arrives on the mat at the completion of her dismount.
 - c. If the gymnast falls from the beam, the routine watch is stopped.
 - d. Following a fall, the evaluation and timing of the routine resumes with the first movement to continue the routine (choreography or movement).
 - Exception: Additional fall while remounting the beam will receive an additional 0.50 deduction.

BALANCE BEAM ~ Chapter 2 ~ General Information

TIMING REGULATIONS (continued)

2. If the gymnast is on the Beam or in the air at the final time signal, the Judges continue to evaluate the exercise. All elements performed after the final time signal will be evaluated.
 - a. The Chief Judge deducts 0.10 for Over Time from the Average Score. This deduction MUST be indicated to the Coach either verbally or by visual means.
 - b. No Over Time deduction is taken if the time is within a fraction of a second over the time allotment.
EXAMPLE: Routine is clocked at 1:15.01 to 1:15.99 (less than 1:16) for Platinum or Diamond.
Do not take the Over Time deduction.
 - c. Value Parts and Special Requirements are awarded.
3. The warning and final time signal should be a special device such as a bell, whistle or gong.
 - a. If this is unavailable, a verbal "Warning" and "Time" must be audible to the gymnast.
 - b. It is the responsibility of the Chief Judge to review the timing procedures with the Timers.
4. Courtesy Score of 4.00 may be awarded for an extremely Short Routine due to injury or unusual circumstances.
 - a. No routine will be awarded less than 4.00.
 - b. Common sense should prevail.

C. Timing of Falls

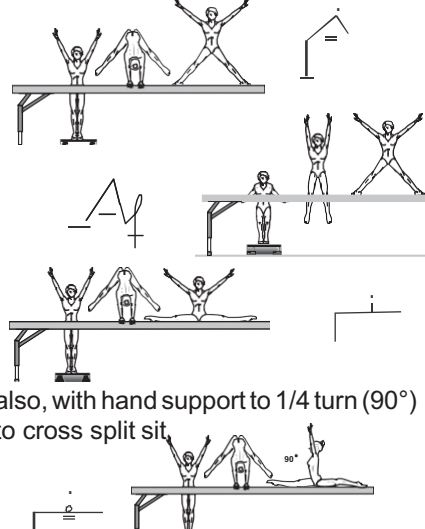
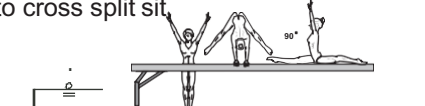
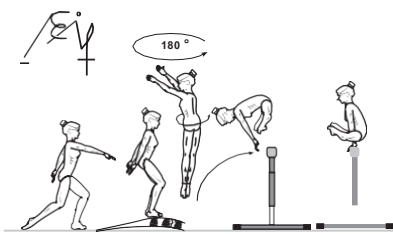
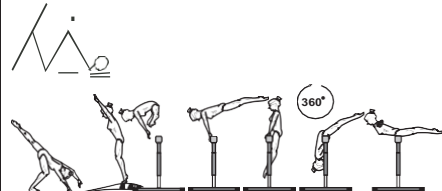
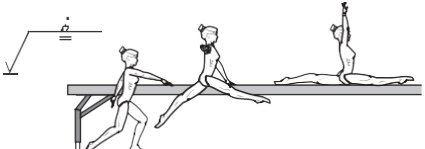
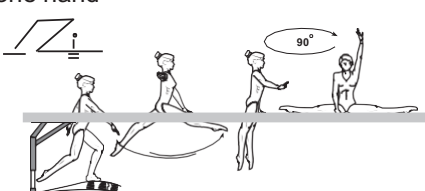

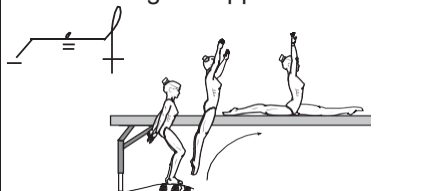
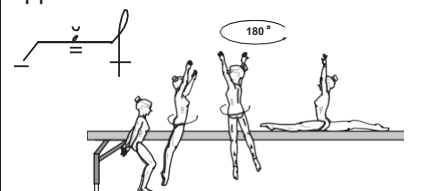
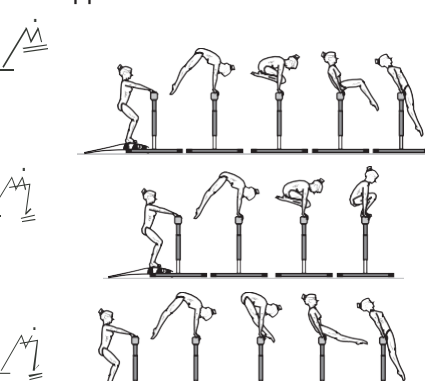
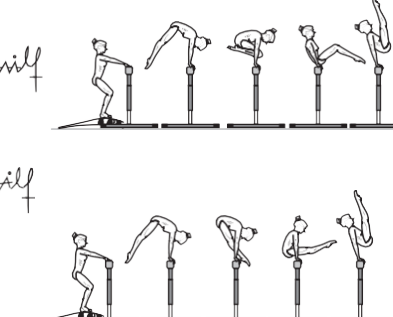

1. The gymnast is allowed 45 seconds to re-mount the beam **once she is standing up on her feet** after a fall. The Fall Time must be timed separately; therefore, two watches are necessary.
2. If the gymnast does not re-mount within 45 seconds, the exercise is terminated.
 - a. The fall time begins when the gymnast **is standing on her feet after the fall to the mat.**
 - b. The 45-second fall period stops when the gymnast leaves the floor to re-mount in preparation to resume her routine.
3. While the gymnast is off the apparatus following a fall:
 - a. The Fall Timer gives notification of "20 seconds remaining" and "10 seconds remaining" in the Fall Time. "Time" is called at 45 seconds.
 - b. The Coach may speak to the gymnast without a penalty. Once the gymnast re-mounts, the Coach may not give verbal assistance without a penalty.
 - c. If the 45-second Fall Time is exceeded, the exercise is Terminated.
4. If after a fall off the beam, the gymnast attempts to re-mount the beam and falls again (prior to the timing of the routine resuming), the deduction will be an additional 0.50 for the second fall.
5. Warm-up during a fall: If, after a fall, the gymnast performs an element on the mat prior to re-mounting, the Chief Judge takes a deduction of 0.20 from the Average Score for additional warm-up. No warning is required.

III. MOUNT AND DISMOUNT REGULATIONS

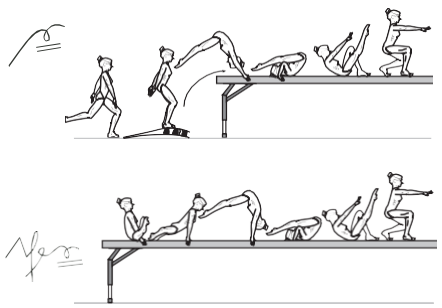
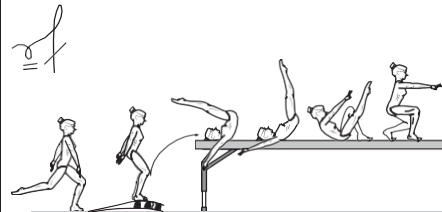
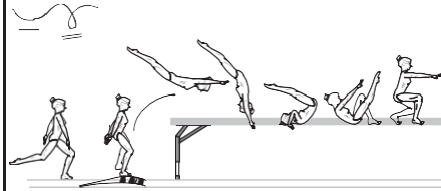
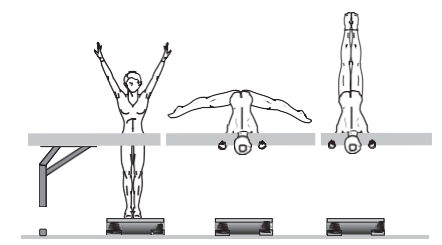
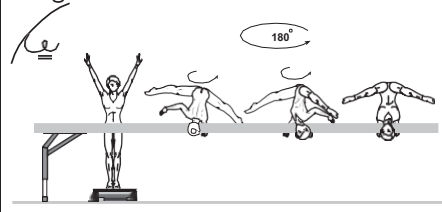
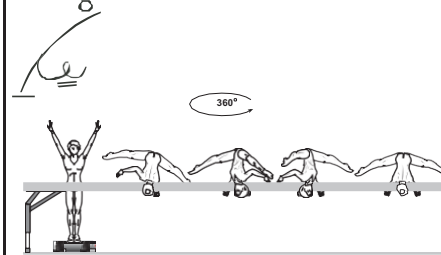
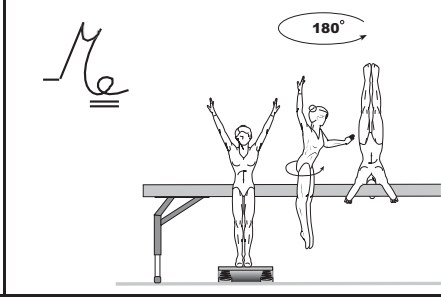
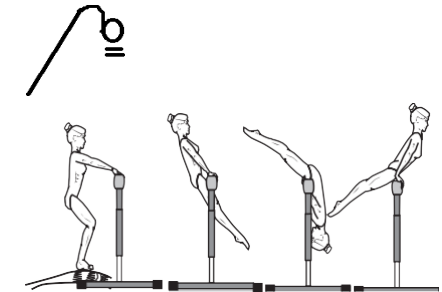
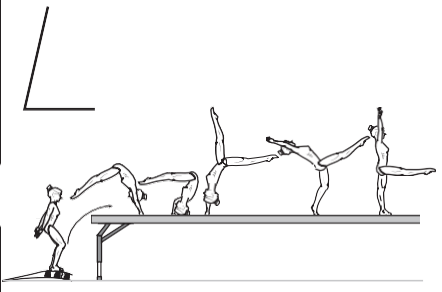
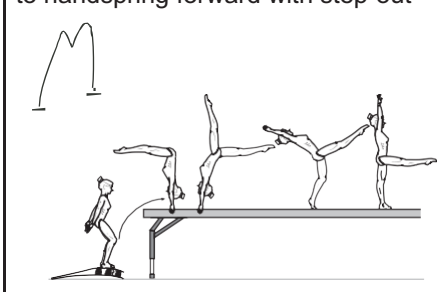
A. Mounts

1. The gymnast may use a springboard to mount or may mount from the mat(s) as described in the Apparatus Specifications section. **An inflatable rebounding device cannot be used for mounting purposes.**
2. **See Xcel Code of Points-Apparatus section** - Beam Apparatus Specifications for specific information on allowable matting for mounts for each division.
3. The mounting apparatus or spotting block / mat must be removed as soon as possible after the gymnast has mounted. If not removed, the Chief Judge takes a 0.30 deduction from the Average Score.
4. Mounts that are preceded by one (1) element prior to take-off from the mounting apparatus will be allowed. Only the movement done after the feet leave the mounting apparatus will be evaluated. If more than one element is performed before the mount element, each Judge takes a 0.20 deduction.

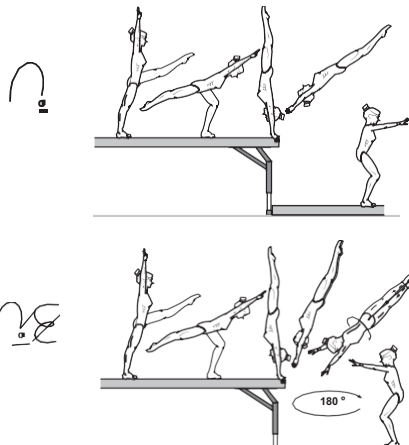
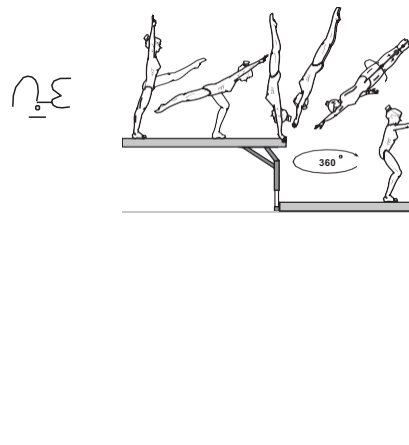
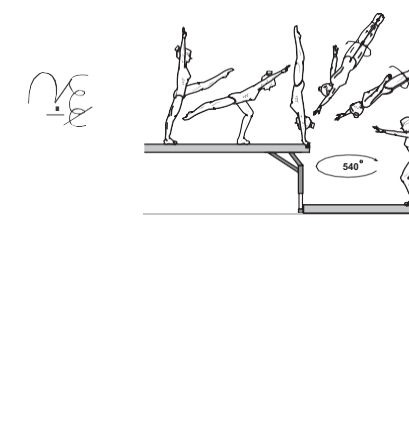
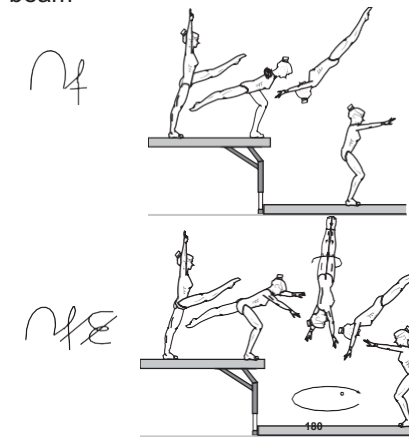
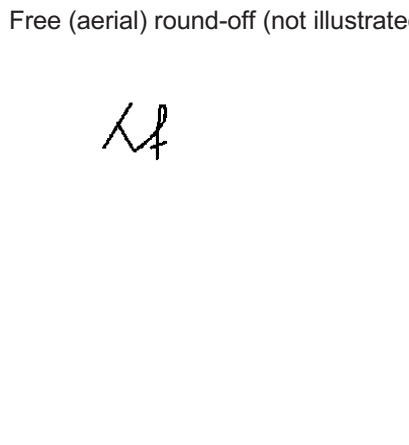
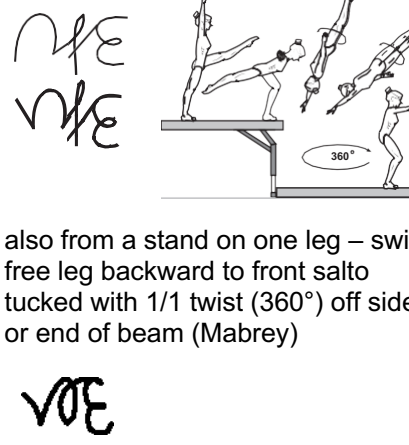
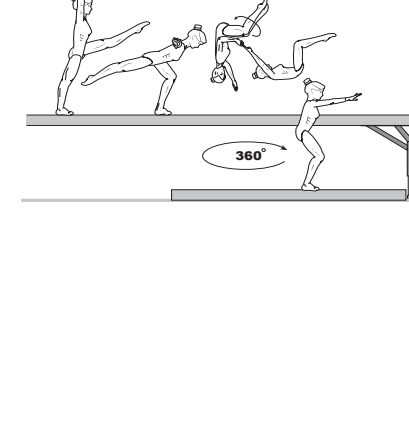
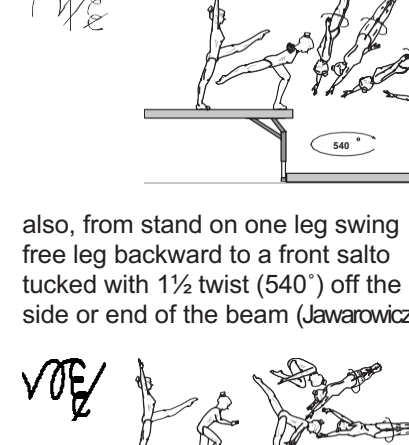
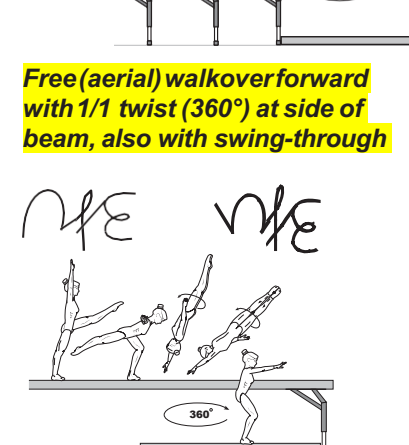

BALANCE BEAM ~ Elements and Values

Group 1 – Mounts		
A	B	C
<p>1.104 From side stand facing beam – jump (with or without hand support) to side straddle stand or split sit</p>  <p>also, with hand support to 1/4 turn (90°) to cross split sit</p> 	<p>1.204 Jump with 1/2 turn (180°) to clear straddle support – 90° approach to beam</p> 	<p>1.304 Round-off, straddle pike jump backward over the beam into immediate hip circle backward– 90° approach to beam</p> 
<p>1.105 Leap to cross split sit from one foot take-off – diagonal approach to beam (support of one hand permitted)</p>  <p>Split leap forward with leg change to straddle split sit sideways with support on one hand</p> 	<p>1.205</p> 	<p>1.305 Free jump to cross split sit from two foot take-off – diagonal approach to beam</p>  <p>Free jump with 1/2 turn (180°) to cross split sit from two-foot take-off – diagonal approach to beam</p> 
<p>1.106 From side stand frontways – jump to tuck stand, squat through or stoop through to rear support</p> 	<p>1.206 From side stand -squat or stoop through to clear pike support (hold 2 seconds)</p> 	<p>1.306</p> 

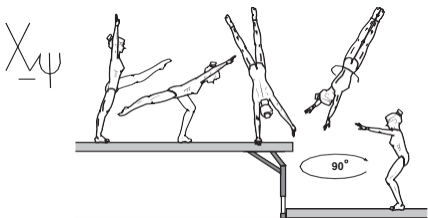
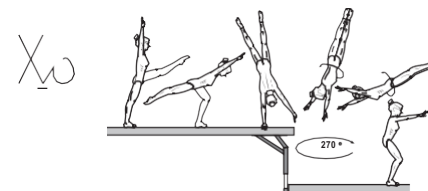
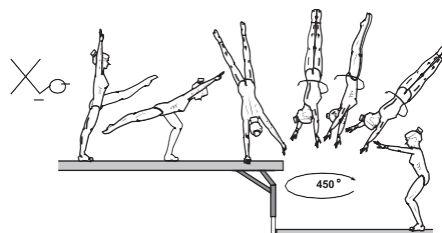
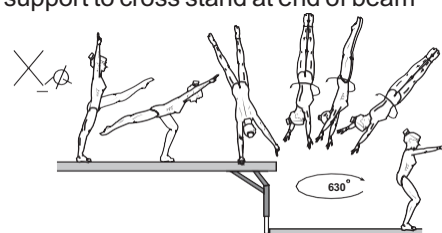
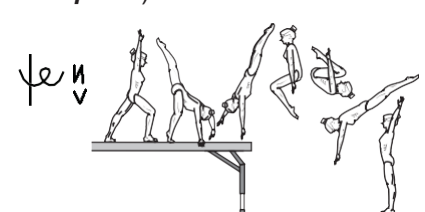
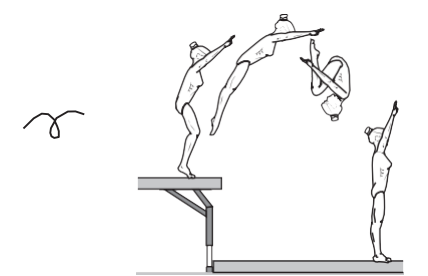
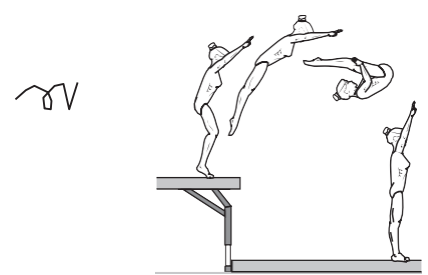
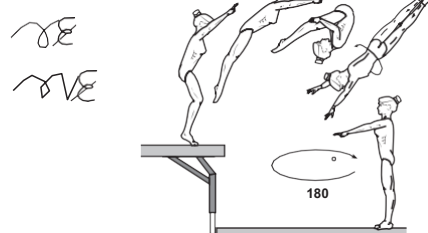
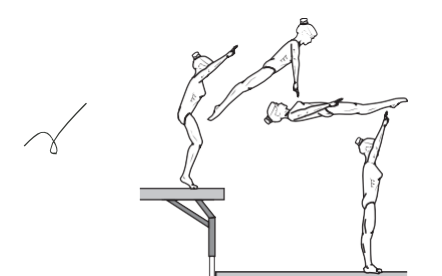
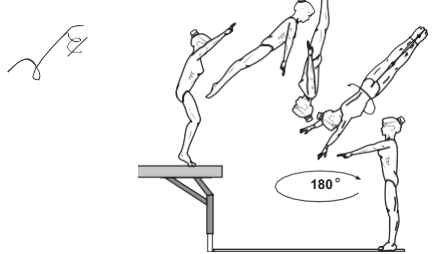
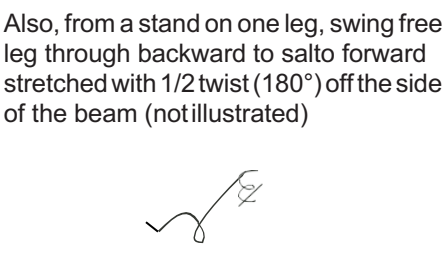
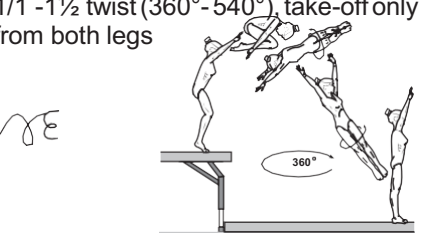
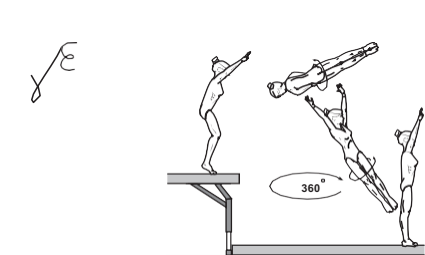
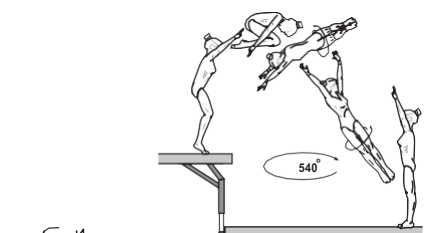
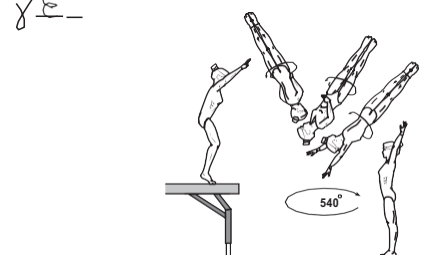
BALANCE BEAM ~ Elements and Values

Group 1 – Mounts		
A	B	C
<p>1.107 Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam – swing backward to roll forward</p> 	<p>1.207 Free forward roll at end of beam</p> 	<p>1.307 Hecht roll (Extended hip angle in flight phase) – approach at end or diagonal to beam</p> 
<p>1.108 C From a side stand facing away from the beam, jump with a 1/2 turn (180°) to chest stand Best on head stand</p> 	<p>1.208 Jump to chest stand, 1/2 turn (180°) over shoulder to shoulder stand</p> 	<p>1.308 Jump to chest stand, 1/1 turn (360°) over shoulder to chest stand (Silivas)</p>  <p>From a rear stand (back towards beam), jump with a 1/2 turn (180°) to chest stand (candle position), ending in front support with or without backward hip circle or other optional exit</p> 
<p>1.109 From side stand frontways-back hip pullover to front support</p> 	<p>1.209 From cross stand facing end of beam – head kip</p> 	<p>1.309 From cross stand facing end of beam – jump to handstand with hip angle (pike) to handspring forward with step-out</p> 

BALANCE BEAM ~ Elements and Values

Group 9 - Dismounts		
A	B	C
<p>9.101 Handspring forward, also with 1/2 twist (180°) after hand support</p> 	<p>9.201 Handspring forward with 1/1 twist (360°) after hand support</p> 	<p>9.301 Handspring forward with 1½ twist (540°) after hand support</p> 
<p>9.102 Free (aerial) walkover forward, also with 1/2 twist (180°) from side or end of beam</p>  <p>Free (aerial) round-off (not illustrated)</p> 	<p>9.202 Free (aerial) walkover forward with 1/1 twist (360°) at end of beam, also with swing-through</p>  <p>also from a stand on one leg – swing free leg backward to front salto tucked with 1/1 twist (360°) off side or end of beam (Mabrey)</p> 	<p>9.302 Free (aerial) walkover forward with 1½ twist (540°) off the side or end</p>  <p>also, from stand on one leg swing free leg backward to a front salto tucked with 1½ twist (540°) off the side or end of the beam (Jawarowicz)</p>  <p>Free (aerial) walkover forward with 1/1 twist (360°) at side of beam, also with swing-through</p> 

BALANCE BEAM ~ Elements and Values

Group 9 – Dismounts		
A	B	C
<p>9.103 Cartwheel with 1/4 twist (90°) after hand support (or Round-off) to cross stand at end of beam</p>  <p>Cartwheel with 3/4 twist (270°) after hand support to cross stand at end of beam</p> 	<p>9.203 Cartwheel with 1 1/4 twist (450°) after hand support to cross stand at end of beam</p>  <p>Cartwheel with 1 3/4 twist (630°) after hand support to cross stand at end of beam</p> 	<p>9.303 Cartwheel with 1/4 turn on the hands and repulsion to salto backward tucked (Lawson) or piked (Keck-not illustrated) at the end of the beam (Tsukahara tucked/piked)</p> 
<p>9.104 Salto forward tucked or piked, also with 1/2 twist (180°); from 1-foot (and swing) or from 2-feet.</p>   	<p>9.204 Salto forward stretched, also with 1/2 twist (180°) off the side or end of beam</p>   <p>Also, from a stand on one leg, swing free leg through backward to salto forward stretched with 1/2 twist (180°) off the side of the beam (not illustrated)</p> 	<p>9.304 Salto forward tucked or stretched with 1/1 - 1 1/2 twist (360° - 540°) take-off only from both legs</p>    

Xcel FLOOR	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Value-Parts (VP) Clarification: Acro flight skills/elements with hand support are eligible to receive Value-Part credit, regardless of the number of times performed and may also fulfill Special Requirements, <u>provided that the Acro Pass in which they are performed is different.</u>	Any "A" VP listed in the <i>Xcel Code of Points</i> . Any Skill listed on the Xcel Bronze Skills chart.	Any "A" VP listed in the <i>Xcel Code of Points</i> . Any "B" Dance VP. Any Skill listed on the Xcel Silver Skills chart.	Any "A" or "B" VP listed in the <i>Xcel Code of Points</i> . Any Skill listed on the Xcel Gold Skills chart.	6 "A", 1 "B" VP Any "A" or "B" VP listed in the <i>Xcel Code of Points</i> . Any "C" Dance VP. Any Skill listed on the Xcel Platinum Skills chart.	5 "A", 2 "B" VP Any "A", "B", "C" VP listed in the <i>Xcel Code of Points</i> . One (1) "D" VP allowed, (No Bonus) Any Skill listed on the Xcel Diamond Skills chart.
	Straddle jump & Side leap (60°–180° +) = "A" VP Round-off Rebound – Backward Roll is an Acro Connection.	"B" Dance VP are allowed Round-off Rebound – Backward Roll is an Acro Connection.		"C" Dance VP are allowed.	
SR credit awarded for Cross or Side Split Leaps or Jumps <u>within 20° of specified Split Angle</u> . Deduct up to 0.20 for Insufficient Split. <u>Dive Roll</u> does <u>not</u> fulfill Flight Requirement					
Difficulty Restrictions Restricted Elements Deduct <u>0.50</u> off SV	No "B" or higher VP. No Saltos or Aerials. Maximum two (2) Acro Flight elements per routine	No "B" Acro VP. No "C" or higher VP. Maximum one (1) Salto or Aerial per routine.	No "B" VP Saltos. No "C" or higher VP.	No "C" Acro VP. No "D" or higher VP.	Maximum of One (1) "D" VP allowed. No bonus. No "E" VP allowed.
Special Requirements Deduct <u>0.50</u> for Each Missing SR	1. *Minimum two (2) directly connected Acro elements (with or without <u>Flight</u>). 2. *2 nd Acro Pass – Minimum one (1) Acro element (with/without <u>Flight</u>). <div>* SR #1 / SR #2 may <u>not</u> be combined in the same pass.</div> 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel BRONZE Skills Chart (directly or indirectly connected), one (1) of which is a Leap with a minimum 60° Cross or Side Split. 4. Minimum 1/2 Turn on one (1) foot.	1. *Minimum two (2) directly connected Acro elements, one (1) <u>must have Flight</u> . 2. *2 nd Acro Pass – either: A 2 nd Minimum two (2) directly connected elements (with or without <u>Flight</u>), OR One (1) Acro Flight element. <div>* SR #1 / SR #2 may <u>not</u> be combined in the same pass.</div> 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel SILVER Skills Chart (directly or indirectly connected), one (1) of which is a Leap with a minimum 90° Cross or Side Split. 4. Minimum 1/1 Turn on one (1) foot.	1. *Minimum two (2) directly connected Acro <u>Flight</u> elements. 2. *2 nd Acro Pass – either: A 2 nd connection with minimum two (2) directly connected Acro <u>Flight</u> elements OR One (1) Aerial or Salto. <div>* SR #1 / SR #2 may <u>not</u> be combined in the same pass.</div> 3. 4. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel GOLD Skills Chart (directly or indirectly connected), one (1) of which is a Leap with a minimum 120° Cross or Side Split. 4. Minimum 1/1 Turn on one (1) foot.	1. *Minimum two (2) directly connected Acro <u>Flight</u> elements with "A" or "B" Salto. 2. *2 nd Acro Pass – either: A 2 nd connection with minimum two (2) directly connected Acro <u>Flight</u> elements OR One (1) "B" Salto <div>*SR #1 / SR #2 may <u>not</u> be combined in the same pass.</div> 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 150° Cross or Side Split. 4. Minimum 1/1 Turn on one (1) foot.	1. Two (2) separate Acro Flight Passes , each with a Minimum of two (2) directly connected Acro Flight elements. 2. Two (2) Different <u>Saltos</u> (Isolated or in Series) One (1) must be a Minimum "B" (May be included in SR#1) 3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum 150° Cross or Side Split. 4. Minimum "B" Turn on one (1) foot.
Timed Warm-up (based on # of athletes in largest squad in session) Routine Time Limit	<u>Warm-up:</u> 30 sec. <u>Time limit:</u> 45 sec. No Minimum Time	<u>Warm-up:</u> 45 sec. <u>Time limit:</u> 50 sec. No Minimum Time	<u>Warm-up:</u> 1:00 <u>Time limit:</u> 1:00 No Minimum Time	<u>Warm-up:</u> 1:30 <u>Time limit:</u> 1:30 No Minimum Time	<u>Warm-up:</u> 2:00 <u>Time limit:</u> 1:30 No Minimum Time

FLOOR EXERCISE ~ Chapter 1 ~ Requirements

I. SPECIAL REQUIREMENTS (SR)

EACH WORTH 0.50

A. BRONZE DIVISION ~ SPECIAL REQUIREMENTS

*SR #1 / SR #2 may not be combined in the same pass.

1. *Minimum two (2) directly connected Acro elements (with or without flight).
Note: Round-off, rebound, Backward Roll – award Special Requirement.
2. *2nd Acro Pass – Minimum one (1) Acro element (with or without flight).
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel BRONZE Skills Chart (directly or indirectly connected), one (1) of which is a Leap with minimum 60° Cross or Side Split.
4. Minimum ½ Turn on one (1) Foot.

B. SILVER DIVISION ~ SPECIAL REQUIREMENTS

*SR #1/SR #2 may not be combined in the same pass.

1. *Minimum two (2) directly connected Acro elements, one (1) must have Flight.
Note: Round-off, rebound, Backward Roll – award Special Requirement.
2. *2nd Acro Pass – minimum two (2) directly connected elements (with or without flight),
OR One (1) Acro Flight element.
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel SILVER Skills Chart (directly or indirectly connected), one (1) of which is a Leap with minimum 90° Cross or Side Split.
4. Minimum 1/1 Turn on one (1) Foot.

C. GOLD DIVISION ~ SPECIAL REQUIREMENTS

*SR #1/SR #2 may not be combined in the same pass.

1. *Minimum two (2) directly connected Acro Flight elements.
2. *2nd Pass – either:
A 2nd Minimum (2) directly connected Acro Flight elements **OR** one (1) Aerial or Salto.
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel GOLD Skills (directly or indirectly connected), one (1) of which is a Leap with minimum 120° Cross or Side Split.
4. Minimum 1/1 Turn on one (1) Foot.

D. PLATINUM DIVISION ~ SPECIAL REQUIREMENTS

*SR#1/SR#2 may not be combined in the same pass.

1. Minimum of two (2) directly connected Acro Flight elements with one “A” or “B” Salto.
2. 2nd Acro Pass – Minimum two (2) directly connected Flight elements,
OR One (1) “B” Salto.
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel Platinum Skills Chart (directly or indirectly connected), one (1) of which is a Leap with minimum 150° Cross or Side Split.
4. Minimum 1/1 Turn on one (1) Foot.

E. DIAMOND DIVISION ~ SPECIAL REQUIREMENTS

1. Two (2) separate Acro Flight **passes**, each with a Minimum of two (2) directly connected Acro Flight elements.
2. Two (2) Different Saltos (Isolated or in **connection**)
One (1) must be a Minimum “B”
(May be included in SR#1)
3. Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) or Group 1 – Xcel Diamond Skills Chart (directly or indirectly connected), one (1) of which is a Leap with minimum 150° Cross or Side Split.
4. Turn on one (1) foot, minimum of “B” VP.

Revised October 2021

FLOOR EXERCISE ~ Chapter 1 ~ Requirements

EXAMPLES FOR DIAMOND FLOOR

FULFILLS SR #1 and #2	Does <u>NOT</u> fulfill SR #1 and / or #2
<ol style="list-style-type: none"> Two (2) separate Acro Passes: Each Pass - Minimum Two (2) directly connected Acro Flight elements. Two (2) Different Saltos (Isolated / in connection) One (1) must be a Minimum "B" (may be included in SR#1) 	
<ul style="list-style-type: none"> 1st Pass – Round-off, Back Layout 1/2 Twist 2nd Pass – Straddle Jump, Front Tuck 3rd Pass – Round-off, Flic-Flac 	<ul style="list-style-type: none"> 1st Pass – Front Handspring, Front Tuck 2nd Pass – Front Handspring, Round-off, Flic-Flac, Back Tuck <p><i>No "B" Salto</i></p>
<ul style="list-style-type: none"> 1st Pass – Front Tuck, Front Layout 2nd Pass – Round-off, Flic-Flac 	<ul style="list-style-type: none"> 1st Pass – Front Tuck, Round-off, Flic-Flac, Back Layout 2nd Pass – Front Layout <p><i>No 2nd separate Acro Series of two (2) elements</i></p>
<ul style="list-style-type: none"> 1st Pass – Round-off, Back Layout 2nd Pass – Front Handspring step out, Round-off, Flic-Flac 3rd Pass – Front Pike 	<ul style="list-style-type: none"> 1st Pass – Round-off, Flic-Flac, Back Layout 1/1 Twist 2nd Pass – Front Layout 3rd Pass – Round-off, Flic-Flac, Back Layout 1/1 Twist <p><i>1st Pass and 3rd Pass are the Same. No VP/SR credit for 3rd Pass</i></p>

FULFILLS SR #3	Does <u>NOT</u> fulfill SR #3
Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop), (directly or indirectly connected), one (1) of which is a Leap with minimum 150° Cross or Side Split	
<ul style="list-style-type: none"> Switch Leap (150°), Side Leap (130°) 	<ul style="list-style-type: none"> Split Leap (150°), run, Round-off, Popa (Straddle Jump 1/1) <p><i>Round-off breaks Dance Passage</i></p>
<ul style="list-style-type: none"> Switch Leap (150°), run, Cat Leap 1½ 	<ul style="list-style-type: none"> Switch Leap (150°), Switch Leap (150°) <p><i>Elements must be Different</i></p>
<ul style="list-style-type: none"> Split Leap (150°), run, Wolf Hop 1/1, Split Jump 1/1 	<ul style="list-style-type: none"> Cat Leap 1½, step, Straddle Jump (150°), Straddle Jump ½ <p><i>No Split Leap with (150°) Cross or Side</i></p>

FULFILLS SR #4	Does <u>NOT</u> fulfill SR #4
One (1) Turn on one (1) foot, minimum of "B" VP.	
<ul style="list-style-type: none"> 1½ Turn on One (1) Foot 	<ul style="list-style-type: none"> Chassé 1/1 <p><i>Not a Turn on one (1) Foot (turn in air, not on floor)</i></p>
<ul style="list-style-type: none"> Double (720°) One (1) Foot 	<ul style="list-style-type: none"> Full Turn <p><i>Turn must be "B" VP</i></p>

III. CLARIFICATIONS REGARDING CONNECTIONS

A. ACRO PASS

1. An Acro Pass is defined as an Approach (usually, but not required, to be initiated by a step, hurdle or run) resulting in the performance of one or more acro elements (with or without hand support). An Acro Pass with two or more elements must be directly connected. An Acro Pass with two or more saltos may be directly or indirectly connected with flight elements with hand-support.
2. Acro Pass broken and not eligible to fulfill SR, if any one of the following occur:
 - a. Stop between elements.
 - b. Loss of Balance, causing a Stop between elements.
 - c. Repositioning of Support Leg.
 - d. Extra Step / Hop / Jump between elements.
 - e. Performing a kick between the elements will break the series if the leg swing forward is higher than 45°.
3. Bronze / Silver Divisions:
EXCEPTION: Round-off rebound, Backward Roll is an allowable Acro connection.

B. DANCE ELEMENT performed within ACRO PASS:

1. Will break direct connection.
2. No Special Requirement awarded.
3. EXAMPLE: Bronze Division: Round-off, Tuck Jump, Backward Roll
 - a. Tuck Jump breaks Acro Pass.
 - b. No Special Requirement #1 awarded.

C. SALTOS for: (PLATINUM SR #1 & SR #2) – (DIAMOND SR #2)

1. Acro Flight elements (without hand support) not considered Saltos:
 - a. Aerials
 - b. Salto-like elements landing in sitting, prone or split-sit position.
2. No Special Requirement awarded.

D. DANCE PASSAGE

1. Elements may be directly or indirectly connected.
2. Indirect connection allows running Steps / Small Hops / Skips / Chassés / Assemblés / Turns on one (1) or two (2) feet between dance elements.
3. No pauses or stops allowed within Dance Passage; Plié allowed provided no pause or stop.
EXAMPLE: using lunge preparation with a pause prior to Turn on one (1) foot; Dance Passage broken.
4. Split Leap requiring designated Split requirement may be Cross (Front-to-Back) or Side (Split / Straddle).
 - a. Cross-position, Leap must be completed with forward leg extended.
 - b. In a Dance Passage of (2) two Leaps, SR met when at least one (1) Leap finishes with front leg extended.
 - c. Rear Leg in Stag position with front leg extended, SR awarded.
 - d. Stride Leap forward with change of legs to Wolf position, no SR awarded.
5. Group 1 (Leaps / Jumps / Hops) in Dance Passage:
 - a. May land on one (1) or two (2) feet on first, second, or last element.
 - b. Rebounding out of Leap / Jump is allowed and does not constitute a pause or stop.
6. Second / Last element may also land in prone or split position.
7. Acrobatic elements or Restricted Dance elements:
 - a. May not be performed between elements in Dance Passage (SR#3)
 - b. Will break the Dance Passage
 - c. EXAMPLE: Switch Leap + Flic-Flac + Straddle Jump
 - 1) Flic-Flac breaks Dance Passage.
 - 2) No SR #3 awarded.
EXAMPLE: Gold Division: Switch Leap + Switch-Side Leap + Straddle Jump
 - 1) Switch-Side Leap is Restricted "C" element
 - 2) Dance Passage broken.

I. **RECOGNITION (COUNTING) of VALUE-PARTS**

- A. Any floor exercise skill / element listed on the *Xcel Skills Chart* for each Division or listed in the *Xcel Code of Points* may receive Value-Part credit two (2) times in an exercise, provided that the element occurs in a different connection (i.e. preceded or followed by different VP element). Any element listed in the *Xcel Code of Points* is given the value that is listed, even if it is different than the value listed in the *JO Code of Points*.
1. If a leap / jump / hop is performed that cannot be specifically found in the *Xcel Skills Chart* or in the *Xcel Code of Points*, the Judge may award comparable Value-Part credit if they can recognize the "root" element. This would include variations of leg position, as well as landing position of any previously valued leap / jump / hop.
 2. Any new element not listed in Xcel Skill Charts or in *Xcel Code of Points*:
 1. Must be evaluated by the Regional Technical Committee Chair and the National Xcel Committee Chair.
 2. Element Evaluation Forms can be found on the www.usagym.org website in the Forms section under Women.
 3. A copy of this evaluation must be presented to the Meet Referee or Chief Judge prior to the competition in order to insure proper awarding of difficulty.
 - 1) Evaluations will be valid for one current Xcel quadrennium (Xcel quadrennium begins August 1 two years following the Summer Olympics and ends four years later on July 31) and will be posted on Regional websites.
 - 2) "A" Dance elements on Beam and Floor Exercise: if a variation of an "A" Dance element is NOT listed in the *Xcel Code of Points*; the Judge may award "A" value if it is comparable to the "root" element.
 3. If the same element is performed a third time, or is performed a second time in the exact same connection (see Exception #5 below):
 1. No VP credit awarded.
EXCEPTION: VP credit can be awarded for element performed for third (3rd) time, IF not previously awarded VP credit because:
 - 1) Element lacked completion first (1st) or second (2nd) time performed, OR
 - 2) Element performed in exact same connection a second (2nd) time.
 2. All applicable Execution and Amplitude deductions are applied.
 3. No Special Requirement awarded. Element must receive VP credit to fulfill SR.
 4. All Saltos and Aerials must land on any part of bottom of feet first to receive VP credit.
 1. Simultaneously landing bottoms of feet and hands,
 - 1) Deduct 0.50 for Fall.
 - 2) Award VP/SR credit.
 2. Bottoms of feet do not land first,
 - 1) Deduct 0.50 for Fall.
 - 2) Do not award VP or SR.
 5. Acro Flight elements with hand support are eligible:
 1. To receive Value-Part credit regardless of the number of times performed (provided the **Pass/connection** is different).
 2. May fulfill Special Requirements.
 6. Acro elements such as Rolls / Cartwheels / Walkovers are eligible for Acro VP credit with an optional ending position not specifically listed in the *Xcel Code of Points*.

FLOOR EXERCISE ~ Chapter 2 ~ General Information

RECOGNITION (COUNTING) OF VALUE-PARTS (continued)

B. Elements considered DIFFERENT for counting VP:

1. Different number in *Xcel Code of Points* or listed separately on Xcel Skill Chart.
2. Same number in *Xcel Code of Points*, but meet following criteria:
 1. Saltos performed with different body positions.
 - 1) Tuck / Pike / Stretched Saltos considered different elements.
 - 2) Body shape maintained during majority of Salto determines recognized element body position.
 2. Different Degrees of Turn ($\frac{1}{2}$, $1\frac{1}{2}$, $1\frac{1}{2}$)
Addition of $\frac{1}{4}$ Turn does not make element different, unless specifically listed in *Xcel Code of Points*.
EXAMPLE: #1.115 Tuck Jump and Tuck Jump $\frac{1}{4}$ Turn considered Same element.
 3. Take-off for Leap / Jump / Hop from one (1) or both legs.
EXAMPLE: #1.101 Split Leap / Split Jump considered Different elements.
 4. Xcel Acro **Passes** will receive credit as Different Passes when at least one of the following occurs:
 - 1) Different number of Acro VP elements receiving credit in 2nd **pass**, OR
 - 2) Acro VP elements in the second 2nd **pass** in a Different order, OR
 - 3) Different Acro VP element in first 1st or second 2nd **pass**.

EXAMPLES:

- a) First Pass: Front Salto Tucked step-out, Front Handspring, Front Salto Stretched
Second Pass: Front Salto Tucked step-out, Front Handspring, Flyspring, Front Salto stretched.
 - Considered Two Different Acro Passes due to addition of Flyspring.
 - VP credit awarded to all elements.
- b) First Pass: Front Salto Tucked step-out, Round-off, Flic-Flac, Salto Backward $1\frac{1}{2}$ twist.
Second Pass: Round-off, Flic-Flac, Salto Backward $1\frac{1}{2}$ twist.
 - Considered Two Different Passes due to deletion of Front Salto Tucked.
 - VP credit awarded to all elements.
- c) First Pass: Front Aerial, Round-off, Flic-Flac, Back Salto Tucked
Second Pass: Round-off, Flic-Flac, Back Salto Tucked
 - Considered Two Different Passes due to deletion of Front Aerial.
 - VP credit awarded to all elements.
- d) First Pass: Front Handspring step-out, Round-off, Flic-Flac, Back Salto Tucked
Second Pass: Round-off, Flic-Flac, Back Salto Tucked
 - Considered Two Different Passes because of addition of Front Handspring
 - VP credit awarded to all elements.
- e) First Pass: Round-off, Flic-Flac
Second Pass: Round-off, Flic-Flac, Flic-Flac
 - Considered Two Different Passes with addition of Flic-Flac in second **pass**.
 - VP credit will be awarded to all elements.
 - In reverse order, they would also be considered Two Different Passes due to different number of elements in the **pass**.

4) Addition / deletion of a Dance Value-Part element following and directly connected to the last element in an Acro Pass will make the Acro Pass different.

EXAMPLES:

- a) First Pass: Round-off, flic-flac, back salto stretched
Second Pass: Round-off, flic-flac, Back salto stretched, *sissonne*
 - Considered Two Different Passes due to addition of *Sissonne*
 - VP credit awarded to all elements.
- b) First Pass: Round-off, flic-flac, Straddle jump
Second Pass: Round-off, flic-flac
 - Considered Two Different Passes due to the deletion of the Dance element
 - VP credit is awarded to all elements.

C. Elements / **Pass** considered the SAME for recognition of VP:

1. Salto with 2-foot landing or with step-out, considered same element.
EXAMPLE: Front Salto Tucked step-out "A" / Front Salto with 2-foot landing considered same element.

FLOOR EXERCISE ~ Chapter 2 ~ General Information

IV. MUSIC REGULATIONS

- A. Musical accompaniment must be recorded with orchestra, piano or other instruments (without singing / voice). Human sounds are allowed, provided there are no words spoken or sung.
 - 1. Deduct 1.00 for absence of music or music with words / song, Chief Judge deducts from Average Score.
 - 2. No deduction for music with whistles / animal sounds.
 - 3. Questions about music containing words should be sent to Regional Technical Committee Chairman, who will forward the music to National Technical Committee Chairman, JO Program Director and JO Technical Director. The NJOPD will send final decision on the official Music Approval Form (with a copy to RTCC, NTCC and NJOTD).
 - a. Coach should carry Music Approval Form to competitions.
 - b. Verification that music has been approved and should not receive a deduction.
- B. Procedures for music failure due to technical failure:
 - 1. Gymnast may continue routine.
 - a. Upon completion of the routine, Gymnast and Coach must decide whether to repeat or accept score given.
 - b. Judges will post no score until decision is made.
 - c. No deduction would be taken for absence of music.
 - 2. Gymnast may stop her performance immediately:
 - a. Request permission from Chief Judge to repeat routine or to continue from the point of interruption.
 - b. Once permission is given, Gymnast would perform again (either from the point of interruption or the entire exercise) after a reasonable amount of rest time.
 - c. No score would be given for the partial routine.
 - 3. Floor Exercise music must be recorded digitally.
 - a. Meet Directors of all sanctioned events must provide options to play only digital copies of music (MP3 players, computers, tablets, etc.)
 - b. No longer required to provide compact disc players.
 - c. Floor music must be downloaded onto a mobile device for competitions to avoid interruptions/failure to play/errors. Accessing music via cellular, internet, **or Bluetooth** at competitions is not allowed.

V. LINE VIOLATIONS (OUT OF BOUNDS)

- A. Gymnast touches any part of body outside of prescribed area, deduct 0.10 each time.
 - 1. Floor area with two different colors, any part of body that touches the outside color, considered out of bounds.
 - Permissible to place small pieces of tape (same color as floor area carpet) at the inside corners of the boundary to assist Gymnast's awareness of actual boundary.
 - 2. Gymnast steps on (but not over) the line, Gymnast is not out of bounds.
- B. Chief Judge deducts 0.10 for line violation from Average Score.
- C. Gymnast falls, while out of bounds,
 - 1. Each Judge must deduct 0.50 for the fall.
 - 2. Chief Judge deducts 0.10 for line violation from Average Score.
- D. Elements or Connections completed out of bounds are recognized.
 - 1. Take-off for element performed while inside boundary line, VP credit awarded.
 - 2. Take-off for element performed while outside boundary line, No VP credit awarded, No SR awarded.
- E. Auxiliary Line Judges:
 - 1. Seated at opposite corners on the diagonal
 - 2. View of two (2) lines each.
- F. If No Auxiliary Line Judges, Chief Judge and Panel Judge(s):
 - 1. Must watch for line violations, and
 - 2. Indicate violations by raising a hand.
- G. Line Violations should be indicated in writing:
 - 1. By Line Judge (or Panel Judge) and submitted to Chief Judge.
 - 2. Deduction must be communicated to the Coach (verbally / visually).

FLOOR EXERCISE ~ Chapter 3 ~ Execution & Artistry Faults

EXECUTION and ARTISTRY FAULTS

Composition Deductions are not applied in Xcel Program.

1. Execution Deductions may not exceed 4.00, including Falls, but does not include Artistry or Spotting Deductions.
2. Courtesy Score of 4.00 may be awarded for an extremely Short Routine due to Injury or Unusual Circumstances.
No routine will be awarded less than 4.00.
Common sense should prevail.

SMALL FAULTS

each time 0.05	Flexed / Sickled Feet during Skills / VP
up to 0.10	Slight Hop or Small Adjustment of Feet on landing of elements
each 0.10 Max. 0.40	* Step(s) on landing
up to 0.10	Deviation from Straight Direction on landing
up to 0.10	Arm Swings on landing to maintain balance
each up to 0.10	Incorrect Body Posture / Alignment during Dance Skills / VP
up to 0.10	Legs Crossed during Saltos with Twist

MEDIUM FAULTS

each up to 0.20	Leg or Knee Separations
up to 0.20	Insufficient Height on Leaps / Jumps / Hops
up to 0.20	Insufficient Height of Aerials / Acro Flight elements (with hand support)
up to 0.20 Award lesser VP	Insufficient Split position (deviation from Required Split Degree for the Division) <ul style="list-style-type: none"> • 1° – 20° missing • 21° or more missing
each up to 0.20	Legs not Parallel to Floor in Split or Straddle Pike Leap / Jump
each up to 0.20	Insufficient Exactness of Tuck or Pike position in Skill / VP
(each time) up to 0.20 (each time) up to 0.20	Insufficient Exactness of Stretched position <ul style="list-style-type: none"> • Arch • Hips Angle (136° – 179°)
0.05 – 0.10 0.15 – 0.20 Award lesser VP	<u>Dance</u> : Incomplete Turn – Group 1 and 2 elements with 360° or more Turn, and 180° Turns on one (1) foot. <ul style="list-style-type: none"> • 1° – 44° missing • 45° – 89° missing • 90° or more missing
0.05 – 0.10 0.15 – 0.20 Award lesser VP	<u>Acrobatics</u> : Incomplete twist <ul style="list-style-type: none"> • 1° – 44° missing • 45° – 89° missing • 90° or more missing
up to 0.20	Insufficient Variation in Rhythm and Tempo throughout the exercise
up to 0.20	Incorrect Body Posture on landing of Skills / VP
up to 0.20	Insufficient Dynamics – Consider: <ul style="list-style-type: none"> • Energy Maintained throughout exercise • Makes Difficult look effortless
0.20 Max. 0.40	*Large Step / Jump on landing (approximately 3 feet or more)
up to 0.20	Additional Trunk Movements to maintain balance / control upon landing of an Acro element

***Clarification on Landing Acro elements:**

Small step after landing continuing in the direction of the skill to finish in lunge or on one (1) knee is acceptable. Do not deduct, unless landing appears to be out of control.0

I. SKILLS and VALUE PARTS

- A. **BRONZE / SILVER / GOLD Divisions:** exercises are composed of “Skills” and “Value Parts” (VP).
1. Skills listed on **BRONZE / SILVER / GOLD Skill Charts:**
 - a. receive “A” Value-Part credit, and
 - b. may fulfill Special Requirements at the designated Division.
 2. Skills listed in Xcel Code of Points:
 - a. receive value listed, even if different from Junior Olympic Code of Points value.
 - b. are allowable elements for that Division and will:
 - 1) receive VP credit, and
 - 2) may fulfill Special Requirements.
- B. **PLATINUM and DIAMOND Divisions:** exercises are composed of
1. Skills listed on **PLATINUM or DIAMOND Skill Charts “A”**
 2. Skills listed in Xcel Code of Point: with different difficulty values:
 - a. “A” = part with easy difficulty 0.10 pt.
 - b. “B” = part with medium difficulty 0.30 pt.
 - c. “C” = part with high difficulty 0.50 pt.
 - d. “D” = part with higher difficulty (**DIAMOND** Division only).
(only one (1) “D” is allowed as an additional element or to replace lower VP; No Bonus awarded.)
- C. Higher Value-Parts can replace lower Value-Parts, but not reverse. Replacement is one (1) to one (1) basis, regardless of value.
- D. Skill Charts or Xcel Code of Points elements can be recognized two (2) times for Value-Part credit provided the element occurs in a different connection, (i.e., preceded or followed by a different element).
EXCEPTION for Floor Exercise ONLY: Acro Flight skills with hand support:
1. are eligible to receive Value-Part credit, regardless of the number of times performed, provided series are different.
 2. may fulfill Special Requirement credit.
- E. Same element performed third (3rd) time, or second (2nd) time in exact Same connection:
1. No Value-Part credit awarded.
EXAMPLE – Beam: Back Walkover “A”, lands on Beam, < falls > Back Walkover “A” + Back Walkover (“0”)
 - a. No Value-Part credit awarded for third (3rd) Back walkover and
 - b. No Acro Series awarded since one (1) element had no value.
 2. No Special Requirements awarded.
 3. Applicable Execution and Amplitude deductions are applied.
 4. **EXCEPTION:** Value-Part credit can be awarded for element performed third (3rd) time if:
 - a. Previously not awarded Value-Part credit:
 - a. element lacked completion first (1st) or second (2nd) time performed, or
 - b. element used in exact same connection second time (2nd) performed,
 - b. Exact same single element performed second (2nd) time with same entrance and exit.
EXAMPLE – Beam:
Back Walkover “A” stop Back Walkover (“0”) later: Back Walkover “A” + Flic-Flac step-out “B”
Third (3rd) Back Walkover receives Value-Part credit and can fulfill Acro Special Requirement.
- F. Elements listed under Same Number in Xcel Code of Points may be recognized as Different element.
1. Must meet specific criteria (see specific apparatus chapters for further clarifications).
 2. **EXAMPLE – Beam:** Back Walkover “A” and Back Walkover on one arm “A”
Variations of the same element and both will receive VP credit.
- G. New Elements not listed in Xcel Skill Charts or Xcel Code of Points must be evaluated by:
1. Regional Technical Committee Chair and National Xcel Committee Chair.
 2. Element Evaluation forms found on www.usagym.org website in Forms section under Women.
 - a. Copy of evaluation must be presented to Meet Referee prior to the competition to ensure proper awarding of difficulty.
 - b. Evaluations will be valid for one (1) current Xcel quadrennium (Xcel quadrennium begins August 1 two years following the Summer Olympics and ends four years later on July 31) and will be posted on Regional websites.
 - c. “A” Dance elements on Beam / Floor Exercise: variation comparable to “Root” “A” Dance element, Judge may award “A” value if not listed in Xcel Code of Points.

Judges ~ Chapter 1 ~ Evaluation of Exercises

SKILLS and VALUE PARTS (continued)

H. "A" "B" "C" and "D" Value Parts require definite Technical Execution.

Elements not executed according to requirements:

1. Recognize as another element listed in Xcel Skill Charts or Xcel Code of Points, OR
2. Award No VP credit.

I. Salto elements – fail to land on any part of bottom of feet first:

1. No Value-Part credit awarded.
2. No Special Requirement credit awarded.

J. Value-Part Requirements for Xcel Competition are:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
See Rules Charts for Specific requirements for these Divisions.			6 "A" 1 "B"	5 "A" 2 "B"

K. DIFFICULTY RESTRICTIONS

1. RESTRICTED ELEMENTS:

Elements are Restricted based upon their Value as listed in the Xcel Code of Points not based on the quality/amplitude of the performance.

If a restricted element is performed (All Divisions):

- a. Deduct 0.50 from SV
- b. Do not award Value-Part credit
- c. The element cannot be used to fulfill Special Requirements
- d. **If the dismount is a restricted element, also deduct 0.30 from SV for no dismount and do not award Value-Part or Special Requirement credit.**
- e. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.

2. BRONZE Division ~ Restrictions

- a. Only Skills listed on **BRONZE** Skill Chart and allowable ("A"/"B") elements.
- b. Allowable "B" elements receive "A" VP Credit:
 - **Beam:**
 - Cross Split Jump (135 - 180° split)
 - Cross Straddle Jump (135 - 180° split)
 - Split Leap (180°)
 - **Floor:**
 - Side Leap (135° – 180° split)
 - Straddle Jump (60° – 180° split)
- c. Other "B" or higher VP elements are NOT ALLOWED.
- d. List of "A" Value-Parts NOT ALLOWED in **BRONZE** Division
 - **Bars:** Salto Dismounts, any skills on HB / **Giants (LB)**
 - **Beam:** Walkover, Salto / Aerial Dismounts
 - **Floor:** Saltos / Aerials / More than two (2) Flight Skills

3. SILVER Division ~ Restrictions

- a. Only Skills listed on **SILVER** Skill Chart, allowable "A" elements, and "B" Dance elements.
- b. List of "A" Value-Parts NOT ALLOWED in **SILVER** Division:
 - 1) **Bars:** Giants **(LB)** / Salto Dismounts
 - 2) **Floor:** more than one (1) Salto / Aerial.
- c. Other "B" or higher VP elements are NOT ALLOWED, except "B" Dance elements.

4. GOLD Division ~ Restrictions

- a. Only Skills listed on **GOLD** Skill Chart, "A" elements and allowable "B" elements.
- b. List of "B" Value-Parts NOT ALLOWED in **GOLD** Division
 - **Bars:** Giants, Release moves with bar change
 - **Floor:** "B" Saltos
- c. "C" or higher VP elements are NOT ALLOWED.

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Judges ~ Chapter 3 ~ Unusual Judging Situations

INQUIRIES (continued)

- F. Chief Judge and Panel Judge(s) will respond, providing only information requested.
1. Chief Judge completes inquiry, Meet Referee / Meet Director returns form to Coach, either by hand / by pre-defined inquiry return procedure.
 2. Coach may not approach Judge(s) regarding inquiry during competition.
- G. No Video Review is allowed at any Xcel competition during the processing of an inquiry unless the following criteria is met:
1. At all sanctioned Xcel competitions for all Divisions, a coach can request Video Review by Meet Referee and highest rated unaffiliated Judge (if video is available) in the event that the Inquiry involves:
 - Possibility the Judges missed an element that would affect the Start Value.
 - **All events:** Verification that Gymnast was Spotted/Assisted by Coach.
 - **Vault:** whether Gymnast lands on bottom of feet first.
Bars: verification that Gymnast grasps or touches the bar with one (1) or two (2) hands before falling on a release element.
 - Verification that the dismount landed on the feet first prior to falling.
 - **Beam:** To determine if gymnast landed on bottom of the feet on top of the beam.
 - Verification that an element landed with the foot on top of the Beam prior to falling.
 - Verification that the dismount landed on the feet first prior to falling.
 - **Floor:** To determine if gymnast landed on bottom of the feet on Saltos or if a line violation occurred.
 - Verification that an element landed on the feet first prior to falling.
 - Verification that the gymnast did not touch outside of the Floor Exercise boundary line.
 2. Video Review process may not be used to appeal a judgement of degree assessment, (for example: degree of casts/handstands / incomplete turns / direct connection of elements / or leg separation in leaps, as well as other like skills.
 3. Affiliated Meet Referee / highest rated Judge with the athlete in question,
 - a. Video Review will be conducted by the two highest rated non-affiliated Judges, OR
 - b. Highest rated non-affiliated Judge and a USA Gymnastics officer.
 4. Meet Referee must inform Judging Panel that a video review will be initiated, as well as the final decision.
 5. Video Review must be viewed in normal speed. Slow motion viewing is not allowed.
- H. If procedures stated above (under "F.") are not properly followed on a submitted inquiry:
1. Coach may petition the **Jury of Appeals** for a review within five (5) minutes of the end of rotation / competition or return of Inquiry Form, whichever occurs later.
 2. Video Review, if available, may be considered by the Jury of Appeals.
 3. Jury decision should occur within 15 minutes after conclusion of meet and before awards are presented.

IV. JUDGE INADVERTENTLY MISSES THE EXERCISE

The following procedures are to be used in the rare occurrence that one (1) Judge misses the exercise:

- A. **2-Judge Panel:** two options after Coach is advised of the score of the Judge who evaluated the whole routine:
1. Accept that score, OR
 2. Repeat the exercise after a reasonable period of rest. Must accept score of second routine.
- B. **4-Judge Panel:** final score is determined
1. Enter score for Judge who missed routine = highest score given by three other Judges and then averaging two middle scores, as usual.
 2. Gives the benefit of having highest possible score and no need to repeat the exercise.
- C. Chief Judge should consult with Meet Referee, who will then notify Coach of the options.

V. PROCEDURES FOR FALLS / INJURIES RESULTING IN BLEEDING

- A. Take steps to stop bleeding immediately and cover wound as soon as possible.
- B. Bleeding wound (or any other injury due to a fall) does not give the right to repeat exercise or resume from interruption.
- C. 45-second Beam or Bars Fall Time exceeded before wound can be covered, then exercise is terminated.
- D. Blood on any equipment or mats after routine finishes: blood must be removed prior to beginning the next Gymnast's routine.
- E. Coach and Gymnast have the right to determine if Gymnast can continue the routine after the fall (within Fall Time limits).

I. DUTIES AND RESPONSIBILITIES OF THE Xcel MEET OFFICIALS

A. GENERAL DUTIES OF ALL OFFICIALS

1. Individual Judges shall perform their function as a Judge of the Meet according to USA Gymnastics Rules and Policies, membership policies and USA Gymnastics Code of Ethics.
2. Individual Judges shall be limited to judging, evaluating and scoring the competition.
 - a. Shall not involve herself / himself with the conduct of Gymnast during warm-ups or training.
 - b. Comments to Gymnast should be made only if requested from Coach or Gymnast.
3. Individual Judges will be bound by terms of individual contract agreed upon for the meet.
4. Judges are responsible, according to all appropriate laws and jurisdiction, for all financial reporting and identification of payment / reimbursements received to the appropriate agencies (i.e. IRS).
5. Each individual Judge shall sign and return contract to Meet Director and contracting official.
6. Judges are not allowed to accept gifts in addition to USA Gymnastics Judges' Compensation Package fees / expenses, unless the gift does not exceed retail value of \$20.00.
7. Judges are not allowed to act in dual capacity:
(i.e., Coach / Judge, parent / Judge, Meet Director / Judge).
8. Must act in a Professional Manner.
 - a. Must not leave their seat during competition without permission of Meet Referee or Chief Judge.
 - b. Must remain at their event station until entire competition has been completed.
 - c. Must avoid conversations with Coaches regarding evaluation of exercises.
 - d. Must be willing to compromise when the two (2) counting scores are out of range.
9. Must wear correct uniform.
 - a. **Judges must dress appropriately, regardless of the level of competition, in the required uniform (Navy skirt/pants and jacket, white blouse/shirt, *NAWGJ navy dress/sweater*).**
 - b. Theme meets: Judges may wear the official uniform or dress in the theme of the meet.
10. Chief Judge and Panel Judge(s) are responsible for:
 - a. Flashing Start Value at all Xcel meets, or write SV on Gymnast's score card.
 - b. Must provide SV flashing unit, unless provided by meet host.
11. Judges may use Electronic Devices (including: cell phones, tablets, etc.) only for Gymnastics purposes on the Field of Play.

B. Xcel MEET REFEREE (may also act as Chief Judge)

1. Meet Referee, or acting Meet Referee, must be designated at all Xcel sanctioned competitions.
2. **If Meet Referee also serves as Chief Judge at State Championships with four-judge panels or any Regional/National championships, regardless of number of judges per panel, receives Chief Judge's fee and Meet Referee's fee (total of \$20/day).**
3. Meet Referee Duties and Responsibilities:
 - a. Assists in conducting the draw prior to / at Coaches' meeting (depending on organization of meet) at State / Regional competitions, in conjunction with:
 - 1) Appropriate USA Gymnastics Officer, and / or
 - 2) Meet Director
 - b. Liaison between Coaches and Judges: must attend Coaches meeting (or designate a proxy) at State / Regional competitions.
 - c. Conducts Judges' meeting prior to competition.
 - 1) Presents Base Score **videos** (if available) for analysis at State and above meets.
 - 2) Reviews procedures with Judges:
 - a) Logistics of the meet / scoring system, meet mechanics, etc.
 - b) Rule changes
 - c) Equipment issues
 - d) Information from Meet Director
 - e) Professional protocol reminders

Meet Referee Duties and Responsibilities (continued)

- d. Assigns Chief Judge and Panel Judges to respective events, as requested by State / Regional Administrative Committee for State / Regional meets.
 - 1) Recommended that State / Regional Administrative Committee assign the duty of event assignments to designated Meet Referee.
 - 2) Criteria for assignment must be followed.
 - a) If Meet Referee is also Chief Judge, assigning official may make event assignments.
 - b) Local, Pre-sectional and Sectional meets: assigning official may make event assignments.
- e. During Conferences: may observe and / or give opinion.
- f. Available for counsel, upon request of Chief Judge.
- g. May counsel Chief Judge when, in her / his opinion, Average Score and / or Score of Chief Judge seems out of line with scoring in the competition.
- h. May recommend, but never force, a change of any score.
- i. Corrects and signs official score sheets after any change of score.
- j. Gives any technical or judging information pertinent to competition to Meet Director or Organizing Committee for distribution.
- k. Acts as final authority in all technical matters involving Judges, Timers, Line Judges, Flashers, individual event and AA Tabulators. **as well as Equipment.**
- l. Notates Warning(s) given by the Chief Judge concerning:
 - 1) Incorrect Attire or Signaling with Verbal Cue.
 - 2) Notifies Chief Judges on other events, a warning has been given and appropriate deductions may be applied.
- m. Issues warning to Coach for Unsportsmanlike Conduct: upon notification from Judge(s).
 - 1) Follow USA Gymnastics' Safe Sport Policy and Coaches Behavior Policy in Rules and Policies.
 - 2) Applied for excessive cheers and / or behavior of Teammates, or
 - 3) Applied for Coach who is disruptive to competition.
- n. Available for minimum of five (5) minutes following last competitors' exercises to deal with questions or concerns with technical decisions and / or Judges' scores.
- o. Serves as President of the Jury of Appeal.
- p. May be an Affiliated Judge.
- q. Indicates any violations of Rules and Policies:
 - 1) On Sanction Report Form or
 - 2) Notifies USA Gymnastics Member Services directly in writing by mail / FAX / e-mail.
 - 3) May be fined \$100 for failure to report a sanction violation on the sanction report form.
- r. Judges' fees and expenses: responsible for compiling and checking information for Meet Director.
- s. Checks with scoring personnel to verify:
 - 1) All scores for Gymnasts are entered.
 - 2) All inquiries have been resolved.
- t. Issues warning to Coach:
 - 1) Observes more than one (1) Gymnast on uneven bars at the same time, during any warm-up (timed or 30-second touch).
 - 2) Notifies Meet Director.
- u. Monitors Judging Panels to ensure the appropriate use of Electronic Tablets for judging and reference purposes.

Judges ~ Chapter 4 ~ Rights & Duties

C. Xcel CHIEF JUDGE

1. Prepares Panel Judges for correct evaluation of exercises at Judges' meeting prior to competition.
2. **Advise the Meet Director of any equipment safety concerns or non-approved equipment and checks that all materials necessary are available and functioning properly. This could include:**
 - a. Light or Time Signals
 - b. Stopwatches
3. Instructs Judging Assistants to assure:
 - a. Correct use of signal to indicate Line Violations.
 - b. Correct use of Stopwatch and Timing Device to indicate Time Limitations.
 - c. Proper reporting procedures for the following Violations:
 - 1) Exceeding Time allowed
 - 2) Stepping out of floor exercise Boundary Area
 - d. Correct method of Scoring.
 - e. Correct procedures for Flashing of Start Values, Individual Score and / or Average Score.
4. Responsible for correct work of Panel Judges / Assistant Judges.
5. Uses green flag / hand signal to acknowledge the Gymnast.
6. Must evaluate the exercises:
 - a. Accurately without bias.
 - b. Must first write / enter electronic score, before reviewing scores from other Judges.
7. Must record: number of Skills "A" "B" "C" "D" VPs / Special Requirements / Start Value, and record deductions for Execution / Amplitude, Artistry and Neutral Deductions.
8. Verifies proper range of scores.
9. Verifies properly recording: Chief Judge score, Panel Judge(s) score, Average Score and Time / Line deductions.
Note: not necessary to sign official score sheet.
10. Confirms when Gymnast may repeat an exercise (or portion of the exercise) due to technical failure and determines when repetition (or continuation) will occur.
 - a. Camera flash is not a valid reason to allow Gymnast to repeat exercise.
 - b. Decisions must be made in consultation with Meet Referee prior to score being flashed.
11. Responsible for calling Conference if impossible Start Value awarded and / or to assist Judges in arriving at common basis for scoring during competition.
During the Conference:
 - a. Start Value differences clarified.
 - b. Meet Referee may be notified / included in the discussion.
 - c. Judges may change scores, but are not obliged:
 - 1) Scores are out of allowable range, adjustments must be made.
 - 2) Professional responsibility to come to agreement, if scores are initially out of range.
 - d. Judges unable to compromise, Chief Judge may mandate scores be brought into allowable range.
12. Chief Judge deducts from Average Score:
 - a. Neutral Deduction must be indicated to Coach.
 - b. Either verbally or visually, at conclusion of exercise.

Xcel Chief Judge deducts from Average Score

No Deduction	Coach standing between the Bars or next to Beam, throughout the entire exercise
No Deduction	Coach on Floor Exercise mat inside border marking
<u>0.10</u>	Overtime
each time <u>0.10</u>	Any part of the body touching outside of the Floor Exercise border marking
each time <u>0.10</u>	Failure to present before and after exercise. It is required to present to the Chief Judge before the exercise. Presentation to a judge is not required at the end of the exercise.
<u>0.10</u>	• Failure to Mark Boundary Line on additional matting, which covers Boundary Line (FX)

Judges ~ Chapter 4 ~ Rights & Duties

Xcel Chief Judge deducts from Average Score (continued)

0.10	<p><u>Incorrect Attire</u> – includes <u>jewelry</u> (on the event after warning was issued) <u>Note</u>: Jewelry is not allowed to be worn during warm-ups or competition.</p> <ul style="list-style-type: none"> Warning issued by Meet Referee / Chief Judge. Deduction applied to first event competed after warning. MR must inform CJ at subsequent events, no further penalty taken. Deduction taken one (1) time only. <ul style="list-style-type: none"> <u>Acceptable attire</u> is one-piece leotard with / without sleeves and no bare midriff. Unitards with long legs, with / without sleeves are acceptable. <ul style="list-style-type: none"> In addition to leotard or ankle-length unitard, acceptable attire would also include: <ul style="list-style-type: none"> ✓ ankle-length tights worn under leotard (that match leotard or are skin tone). ✓ Solid black Lycra shorts (small manufacturer's branding allowed) with no embellishments. Must be worn over the leotard and length must be above the knee or shorter. Head covering is acceptable, if attached to the leotard or unitard and fits snugly over the head, not to impose a safety hazard to the Gymnast. <u>Leg cut of leotard</u> must be below pelvis / hip bone. <u>Backless leotards</u> are <u>not</u> acceptable. EFFECTIVE AUGUST 1, 2021 - Unless the open area is filled in with mesh or flesh-colored fabric, a leotard is considered backless when the open area visually extends: <ul style="list-style-type: none"> lower than two (2) inches (approximately) below the bottom of the scapula (shoulder blade) Wider than the vertical midpoint of the scapula. <u>Underwear</u> (including sports bras) should <u>not</u> be visible. <ul style="list-style-type: none"> Visible underwear due to cut of leotard, warning given. No correction made, take deduction on subsequent event. Underwear should <u>not</u> be intentionally visible throughout entire routine. Clear bra strap is acceptable. Briefs / Bra straps show due to activity, do <u>not</u> take deduction. Common sense should prevail. Only Stud Earrings allowed in any part of ear. All other piercings must be removed and <u>not</u> covered with tape or bandage. <u>Necklaces / Bracelets</u> <u>not</u> allowed. <u>EXCEPTION</u>: medical bracelets. <u>Spaghetti Straps</u> considered inappropriate attire – minimum of 2cm (7/8") wide. <u>Elastic Waistbands</u> considered incorrect attire. <ul style="list-style-type: none"> Medically necessary bandages are allowed. <u>Failure to wear Competitor Number</u>, when required. <u>Failure to secure Hair</u> away from the face, may <u>not</u> obscure vision of apparatus.
0.20	Failure to begin exercise within 30 seconds after Chief Judge signals to begin
0.20	Unsportsmanlike Conduct of Gymnast (after warning)
0.20	<p><u>Incorrect padding</u> (wearing Heel / Hip pads on Bars)</p> <ul style="list-style-type: none"> Chief Judge observes Heel / Hip pads prior to mount, Warning must be given. <p>Heel / Hip pads worn during exercise (whether warning given or <u>not</u>), deduction must be taken.</p>
0.20	<p><u>Technical Verbal Cues</u> by Coach or Teammate(s) to own Gymnast (after warning)</p> <ul style="list-style-type: none"> EXAMPLE 1: Technical Cues – “hollow”, “pull”, “breathe”, etc. EXAMPLE 2: Gymnast competing, Coach gives specific information on what to do next, deduct without warning given. The Judge(s) must hear the words. Deduction taken only once, regardless of number of cues given.
0.20	<p><u>Failure to observe specified Warm-up Time</u> (after warning)</p> <ul style="list-style-type: none"> Deduction taken from Event score / Team score at Team competitions. No deduction for jumping on board / briefly touching apparatus immediately prior to competition on UB / BB. Deduct only for the practice of an element(s). Preparing for Skill / Dismount, when time called, continue to finish without penalty. Fails to leave apparatus, when “Time” called, Timer must announce “Time Exceeded”. Remaining on apparatus, Timer reports infraction to Chief Judge, takes deduction.

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<u>0.20</u>	<u>Excessive Use of Magnesia (chalk) or Incorrect Use of Tape</u> <ul style="list-style-type: none"> a. Small chalk markings may be placed on Beam (tape markings NOT allowed) b. Spreading magnesia on FX mat <u>not</u> allowed; only small marks are allowed. <ul style="list-style-type: none"> • Single-Line Arc in corner of Floor is acceptable. • Velcro / Tape markings <u>not</u> allowed within Floor mat area. c. Tape markings allowed at corners to indicate Boundary Line with carpet using two (2) colors. d. Use of Tape or Excessive Chalk <u>not</u> permitted on Vault Table. e. Athletic Tape or Velcro strips (NO CHALK) may be used on Vault runway. <ul style="list-style-type: none"> • Markings (no more than 2 inches wide) must be removed by end of rotation. • Warning before deduction, if measurement exceeded / markings <u>not</u> removed. f. Athletic Tape is allowed on the Mat stack for Bronze/Silver Divisions.
<u>0.20</u>	Performing an element on the mat after a fall from the beam prior to re-mounting (Additional warm-up; Deduction applied-No warning required)
<u>0.30</u>	Use of Unauthorized or Additional Mats, Springboard on Unauthorized Surface, or use of Hand Placement Mat for traditional approach Vaults
<u>0.30</u>	Failure to remove Board after mount
<u>0.30</u>	Failure to remove Board / Authorized Spotting Device after a release element
<u>0.30</u>	Using Incorrect Apparatus Specifications – including incorrect spring configuration
<u>0.30</u> No VP / SR	Land UB/BB dismount or FX Acro Salto in Solid or Loose Foam Pit
<u>0.50</u>	<u>Starting before Signal given</u> <ul style="list-style-type: none"> • Starts before signal given, asked to stop and repeat performance immediately. • Deduct from repeated performance score. See Vault Chapter for specifics on Vault.
<u>1.00</u>	<u>Absence of Music / Music with words / song / speech</u>
<u>1.00</u>	<u>Performance of one-arm Vault: half of vault Panel saw only one-hand touch VT Table</u>

13. Terminates an Exercise after a fall exceeds allotted Fall Time:
 - a. Uneven Bars – **45 seconds once gymnast is standing up on her feet**
 - b. Balance Beam – **45 seconds once gymnast is standing up on her feet**
 - c. Bleeding wound (or any other injury due to a fall) does not give the right to repeat exercise or resume from interruption. Fall Time (BB / UB respectively) exceeded before wound can be covered, routine terminated.
14. Reports to Meet Referee / Jury if:
 - a. Gymnast's attire is incorrect.
 - b. Unsportsmanlike conduct of Coach (after warning).
 - c. Excessive cheers / behavior disruptive to competition by Teammates / Coaches.
EXAMPLE: standing around FX area, blocking view of Judges / spectators.
 - d. Failure to observe Warm-up Time by Team (after warning).
Deduction applied to Team Event score, where infraction occurred.
 - e. Coach / Teammates were warned about Technical Verbal Cues.
15. Responsible for responding, in conjunction with Panel Judge(s), to inquiry in professional manner.
16. Must wear correct uniform for competition, as designated in contract.
17. May not be affiliated at any sanctioned qualifying meets.
EXCEPTIONS:
 - a. State Administrative Committee determines if any additional criteria / change in criteria will be used for State organized competitions.
 - b. Affiliated Judge(s) can be used for one-Judge Panel for **BRONZE / SILVER / GOLD** Divisions.
 - c. In extenuating circumstances, Meet Director may request permission from SAC to allow Affiliated one-Judge Panel for **PLATINUM** and **DIAMOND** Divisions.
18. Shall not involve herself / himself with conduct of Gymnast during warm-ups or training. Comments to gymnast should be made only if requested from Coach or Gymnast.

D. Xcel PANEL JUDGES

1. Must evaluate the exercises quickly and accurately, without bias.
2. Must record the number of skills "A" "B" "C" "D" VP / Special Requirements / Start Value, and deductions for Execution / Amplitude and Artistry.
3. Must include on Score Slip sent to Chief Judge (when electronic score input is not available):
 - a. Signature and Assigned Number
 - b. Start Value
 - c. Special Requirement deductions
 - d. Skills "A" "B" "C" VP missing
 - e. Notification of deduction taken for Coach spotting Gymnast
 - f. Notification that Gymnast exceeded border marking on Floor Exercise.
 - **If** No Line Judges are present, attempt to signal by raising a hand.
 - g. **Should** write European 7.
4. Responsible for Flashing Score and Start Value.
Must provide SV flashing unit, unless provided by meet host.
5. When changing a score, must cross out first score, initial change, and write in new score.
Do not erase.
6. Must act in a Professional Manner.
 - a. Must not leave seat, during competition without permission of Chief Judge.
 - b. Must remain at event station, until entire competition completed.
 - c. Must avoid conversations with Coaches, regarding evaluation of exercises.
 - d. Must be willing to compromise, when the two (2) counting scores are out of range.
7. Must wear correct uniform for competition, as designated in contract.
8. May be Affiliated: may not be more than one (1) Judge per Panel with the same affiliation.
9. Shall not involve herself / himself with conduct of Gymnast during warm-ups or training.
Comments to Gymnast should be made only if requested from Coach or Gymnast.

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E. Xcel JUDGING ASSISTANTS

1. Do not evaluate or score the exercise.
2. Signal and Record specific faults and penalties to assist Chief Judge.
3. Types of Judging Assistants and Responsibilities:
 - a. Line Judges for Floor Exercise
 - 1) **Must be a USA Gymnastics Judge member with a current rating.**
 - 2) Signal by raising hand or flag when Gymnast steps (or touches some part of body) beyond Boundary Line.
 - 3) Inform Chief Judge in writing of Line Violations.
 - b. Timers
 - 1) Vault – Fall Timer
 - a) **Chief Judge monitors Vault Fall Time on first vault. The watch:**
 - Starts when Gymnast is standing up on her feet.
 - Stops when Gymnast salutes for second vault.
 - b. **After 25 second have passed, announces “20 seconds remaining”. After 35 seconds, announces “10 seconds remaining”. At 45 seconds, announces “Time”.**
 - c. **A second vault not allowed after “Time” is announced.**
 - 2) Uneven Bar – Fall Timer
 - a) Time Starts when Gymnast **is standing up on her feet after a fall.**
 - b) Time Stops when Gymnast leaves mat to re-mount.
 - c) Announces “20 seconds remaining” at 25 seconds.
 - d) Announces “10 seconds remaining” at 35 seconds.
 - e) Announces “Time” at 45 seconds.
 - 3) Balance Beam – Routine Timer
 - a) Time Starts when Gymnast leaves the floor or mount apparatus to mount.
 - b) Time Stops when Gymnast lands on the floor after a fall.
 - c) Time Re-starts with first movement to continue routine.
 - d) Time Stops when Gymnast arrives on mat on Dismount.
 - e) Signals with an acoustic instrument (or verbally):
 - “Warning” at 10 seconds remaining.
 - “Time” at final time.
 - f) Informs Chief Judge, verbally or in writing, of any Time Violation.
 - 4) Balance Beam – Fall Timer
 - a) Fall Time Starts when Gymnast **is standing up on her feet after a fall.**
 - b) Fall Time Stops when Gymnast leaves the floor to re-mount.
 - c) Announces “20 seconds remaining” at 25 seconds.
 - d) Announces “10 seconds remaining” at 35 seconds.
 - e) Announces “Time” at 45 seconds.
 - 5) Floor Exercise – Timer
 - a) Time Starts with the first movement of the Gymnast.
 - b) Time Stops with the final movement of the Gymnast.
 - c) Informs Chief Judge of Time Violation in writing, indicating the actual time.
 - 6) Additional Timers for:
 - a) Control of Warm-up periods: during timed warm-up / 30-second touch warm-up
 - (1) Timer should begin when Gymnast is prepared to mount (within reasonable time).
 - (2) Adjustments not included in 30-second touch warm-up time:
 - ✓ Adjustment (setting) of Bars
 - ✓ Adjustment / marking of Beam
 - ✓ Setting Board for Beam / Bars
 - (3) Procedures for 30-second Touch Warm-ups:
 - ✓ Announces “20 seconds remaining” at 10 seconds.
 - ✓ Announces “10 seconds remaining” at 20 seconds.
 - ✓ Announces “Time” at 30 seconds.
 - (4) Exceeding Warmup Time:
 - ✓ “Time” called, if preparing for skill / dismount, may continue to finish without penalty.
 - ✓ “Time” called, fails to leave apparatus, Timer must announce “Time exceeded”.
 - ✓ Fails to leave apparatus, Timer reports infraction to Chief Judge,
 - ✓ Chief Judge deducts 0.20 from Average Score.
 - b) Control beginning of exercise after flashing of Green Light / Signal from Chief Judge (Fall Timer may keep time).
 - c) Assistant to operate instrument or flashboard that indicates Vault Numbers.
 - d) Other Assistants as required by Chief Judge, Jury of Appeals, or Meet Organizers.

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F. Xcel JURY OF APPEALS

1. Comprised of the following individuals:
 - a. Meet Referee / Technical Director – President of the Jury
 - b. Meet Director (non-voting, if the question relates to her / his Gymnast)
 - c. Chief Judges of all four (4) events (or of the event involved, whichever would be appropriate)
 - d. USA Gymnastics personnel (State / Regional Administrative Committee Chairman and / or Regional / National Xcel Committee Chairman)
2. Regional Competitions, the Jury of Appeals is comprised of:
 - a. Meet Director (unless affiliated with the Inquiry)
 - b. Meet Referee
 - c. USA Gymnastics elected Xcel / Administrative officer
3. Rights and Duties of the Jury of Appeals
 - a. Governs all technical and organizational matters of the competition.
 - b. Makes the final decision regarding any unusual situations.
 - 1) Deduction taken from All-Around score by Meet Referee challenged,
 - 2) Jury of Appeals would convene to make final decision.
 - c. Reviews improperly handled Inquiries:
 - 1) Administrative procedures not followed properly on submitted inquiry:
 - a) Coach may petition Jury of Appeals for a review
 - b) Within five (5) minutes of end of rotation / competition / return of inquiry form, whichever occurs later.
 - 2) State meets and above, Video Review (if available),
 - a) May be considered by the Jury of Appeals.
 - b) Jury decision should occur within fifteen (15) minutes after conclusion of meet and before awards are presented.
 - 3) Methods of settling a case by the Jury of Appeals
 - a) Discussion
 - b) Vote on a Decision
 - c) Majority vote dictates the final decision
 - d. Procedures for Inquiries:
 - 1) Properly written inquiry form by the Coach.
 - 2) Inquiry submitted in a timely manner to Meet Referee / Meet Director.
 - 3) Inquiry reviewed / answered by Judging Panel of event in question.
 - 4) Inquiry returned to Meet Referee / Meet Director.
 - 5) Meet Referee / Meet Director returns inquiry form to Coach by hand or by predefined Inquiry return procedure.
 - 6) **At all sanctioned Xcel competitions for all Divisions, Coach can request video review by the Meet Referee and the highest rated unaffiliated judge (if video is available) if the inquiry involves possibility that the judges missed an element that would affect the Start Value.**
 - a) **The video review process may NOT be used to appeal a judgment of degree assessment, i.e., degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps as well as other like skills.**
 - b) **If the Meet Referee or highest rated judge is affiliated with the athlete in question, the video review will be conducted by the two highest rated unaffiliated judges, or the highest rated unaffiliated judge and a USA Gymnastics officer.**
 - c) **The Meet Referee must inform the judging panel that a video review will be initiated as well as the final decision.**
 - d) **Examples of reasons for video review:**
 - **All judges did not record a full turn on Beam.**
 - **One or more judges recorded a 1/1 twist instead of 2/1 twist on FX.**
 - **To verify if the gymnast grasps or touches the bar with one or two hands before falling on a release element.**
 - **To verify if the gymnast lands on the bottom of the feet first on a Vault, Uneven Bar/Beam dismounts, Beam Acro elements that finish on top of the beam (foot/feet), and Floor Exercise saltos.**
 - **To consider spotting deductions.**

Vaulting – Apparatus Specifications

I. VAULT APPARATUS SPECIFICATIONS and RULINGS

Refer to the current USA Gymnastics Women's Rules and Policies book.

Requirements are subject to change every competitive year, beginning August 1.

- A. Meet Director required to include thickness of Vault Runway in pre-meet information.
- B. Vault Table and Mat Stack may be used at any manufactured setting up to maximum height specified in the current USA Gymnastics Women's Rules and Policies book.
- C. Alternative Springboard apparatus / manufactured "Junior" vaulting board may be used at **BRONZE / SILVER / GOLD** Divisions.
 - If used at PLATINUM or DIAMOND Division, the vault is considered VOID.
 - **If an inflatable rebounding device is used at ANY division, the vault is considered VOID.**
- D. Tape Measure supplied by Meet Director and securely fastened to floor next to runway. Coach's responsibility to check placement and security of tape measure for correct distance and board set correctly.
- E. Tape / Excessive Chalk is not permitted on Vault Table, but
 - **For BRONZE and SILVER Divisions, there is no deduction for Tape or a Chalk Mark placed on the Mat Stack.**
- F. Vaults with Handspring onto the board are not allowed.
- G. Hand Placement Mat may be placed on runway (but not on vaulting board)
 - 1. DIAMOND Division only for Round-off entry vaults.
 - 2. Manufactured Mat must be placed on runway according to manufacturer's directions (Velcro-side down). Mat must not exceed two (2) inches in height.
 - 3. Sting mat (or any other type of matting) not allowed on runway.
 - 4. Mat may not be placed on runway as visual aid for Forward-entry Vaults in any Division.
- H. Hand Placement Mat slips on runway:
 - 1. Mat is not considered apparatus / personal equipment failure and not a reason to repeat vault without penalty.
 - 2. Coach's responsibility to ensure mat is placed properly with Velcro secure.
- I. Round-off "Safety Zone" Mat required:
 - 1. For DIAMOND Division when Round-off Entry Vaults are performed at Xcel competitions.
 - 2. Safety Zone Mat may also be used (but not required) for ANY other Vault in Xcel Program.
 - 3. Failure to use Safety Zone Mat, when performing Round-off Entry Vault, "0" (VOID) score.
 - 4. Round-off Entry Vaults, Safety Zone Mat must be placed in proper direction (around the board) or "0" (VOID) score. Safety Zone Mat designed to protect area between board / vault / sides of board and must fit snugly against board with no space between board and Safety Zone Mat.
 - 5. Group 1 / 2 / 3 Vaults (forward entry with / without turns in pre-flight), Safety Zone Mat may be placed in either direction behind board and may have space between board and Safety Zone Mat.
- J. Combinations of *Skill Cushions (maximum of 9 inches):
 - 1. *Sting mats / *4-inch Throw mats / *8-inch Skill Cushions may be placed on top of allowable competition landing mats (9 inches).
 - 2. 8-inch thick Skill Cushion must be minimum of 5' x 10'.
 - 3. Unauthorized type of matting will receive a deduction of 0.30 from Average Score by Chief Judge.
- K. Vault Runway must be securely fastened to floor with Athletic tape / Velcro.
Athletic Tape or Velcro Strips (NO CHALK) placed across width of vault runway:
 - 1. May not exceed two (2) inches in width.
 - 2. Markings should be removed no later than at end of rotation.
- L. Conversions – Inches to Centimeters:

Approx. $\frac{3}{4}$ inch	=	2 cm.
4 inches	=	10 cm.
4 $\frac{1}{2}$ inches	=	12 cm.
8 inches	=	20 cm.
9 inches	=	24 cm.

Uneven Bars – Apparatus Specifications

II. BARS APPARATUS SPECIFICATIONS

Refer to the current USA Gymnastics Women's Rules and Policies book.

Requirements are subject to change every competitive year, beginning August 1.

A. Height of Bar measured from floor to top of rail.

1. Measurement not based on length of upright, but actual distance from rail to floor, using a plumb line.
2. 0.30 deduction for competing on apparatus using incorrect specifications.
3. Chief Judge must take deduction from Average Score before next Gymnast begins.

B. Combinations of *Skill Cushions (maximum of 9 inches):

1. *Sting mats / *4-inch Throw mats / *8-inch Skill Cushions may be placed on top of allowable Competition Landing Mats (9 inches) in two separate areas (under Bars / Dismount area.)
2. 8-inch thick Skill Cushion must be minimum of 5' x 10'.
3. 4-inch throw mat (Skill Cushion) placed on Competition Landing Mat(s) for Dismount purposes may have an up to 8-inch Skill Cushion placed on top for protection on a Release Element and must be removed immediately after release element performed.
4. An alternate skill cushion made of softer foam (Manufactured "Pit Pillow") is allowed at invitationals but is REQUIRED to be provided at Xcel State meet and above for the Diamond Division athletes who wish to use it when performing a "C" or higher release move. The mat must be a minimum of 4 ft. x 6 ft. and eight (8) inches. It may be used for bar releases ONLY (to be placed under the gymnast during the release and immediately removed). It is NOT allowed for dismounts or landing on any event.
5. Unauthorized type of matting will receive a deduction of 0.30 from Average Score by Chief Judge.
6. Conversions – Inches to Centimeters:

Approx. ¾ inch	=	2 cm.
4 inches	=	10 cm.
4 ½ inches	=	12 cm.
8 inches	=	20 cm.
9 inches	=	24 cm.

C. Matting Regulations for Mounts

1. Mounts without use of board / other mounting apparatus:
 - a. May stand on one (1) 12 cm / 20 cm mat or two (2) 12 cm Competition Landing Mats, with / without 1½ inch base mat (unfolded panel mat).
 - b. May stand on additional up to 8-inch of mats (Sting mats / 4-inch Throw mats / 8-inch Skill Cushions) placed on Competition Landing Mat(s).
2. Mounting Apparatus:
 - a. May be placed on one (1) 12 cm / 20 cm mat or two (2) 12 cm Competition Landing Mats, with / without 1½ inch base mat (unfolded panel mat). Panel mat be placed under / on top of Competition Landing Mat.
 - b. May be placed on top of Sting mat / 4-inch Throw mat that is placed on Competition Landing Mats.
 - c. Plywood not permitted underneath mounting apparatus.
 - d. **For all Divisions, a Mount trainer/mount mat MAY be placed on an 8-inch skill cushion.**
 - **A springboard may NOT be placed on an 8-inch skill cushion.**
 - e. Must be removed as soon as possible after mount is completed.
 - f. Chief Judge deducts 0.30 from Average Score, if mounting apparatus placed on unauthorized surface (e.g., 8-inch Skill Cushion / floor / plywood).
3. **Mounting Apparatus – EXCEPTION for BRONZE / SILVER / GOLD Divisions:**
 - a. Any combination of competition Landing Mats, Skill Cushions and Panel Mats may be used to facilitate the Mount.
 - b. **A Mount trainer/mount mat, folded panel mat or padded spotting/skill block MAY be placed on top of the Competition Landing Mats (CLMs) and skill cushions used for the purpose of mounting.**
 - **A springboard MAY be used on any combination of Competition Landing Mats, sting mats or 4-inch skill cushions (throw mat), but a springboard is NOT allowed directly on an 8-inch skill cushion.****Inflatable rebounding device cannot be used for mounting purposes.**

EXAMPLE: Mount with glide swing, then back hip pullover: May stand on panel mat / spotting block / **mount mat** / board placed on above **specified** matting to initiate jump into glide swing. Mat / Board must be removed as soon as possible after jump into glide swing.

D. Warm-up Regulations

1. Only one (1) Gymnast at a time allowed on Bars
2. During any warm-up (general / open, timed or 30-second touch).

Balance Beam – Apparatus Specifications

III. BEAM APPARATUS SPECIFICATIONS

Refer to the current *USA Gymnastics Women's Rules and Policies* book.

Requirements are subject to change every competitive year, beginning August 1.

A. Manufactured Padded Beams required at all USA Gymnastics sanctioned competitions.

1. See *Women's Rules and Policies* for Height requirement.
2. Deduct 0.30 for competing on apparatus using incorrect specifications.
3. Chief Judge must take deduction from Average Score before next Gymnast begins.

B. Balance Beam must be placed on floor / stable surface.

C. Small chalk markings allowed to be placed on the Beam / Tape markings are not allowed.

D. Combinations of *Skill Cushions (maximum of 9 inches):

1. *Sting mats / *4-inch Throw mats / *8-inch Skill Cushions, may be placed on top of allowable competition landing mats (9 inches).
2. 8-inch thick Skill Cushion must be minimum of 5' x 10'.
3. Unauthorized type of matting will receive a deduction of 0.30 from Average Score by Chief Judge.
4. Conversions – Inches to Centimeters:

Approx. ¾ inch	=	2 cm.
4 inches	=	10 cm.
4 ½ inches	=	12 cm.
8 inches	=	20 cm.
9 inches	=	24 cm.

E. Matting Regulations for Mounts:

1. Mounts without use of board / other mounting apparatus:

- a. May stand on one (1) 12 cm / 20 cm mat or two (2) 12 cm Competition Landing Mats, with / without 1½ inch base mat (unfolded panel mat).
- b. May stand on additional up to 8-inch of mats (Sting mats / 4-inch Throw mats / 8-inch Skill Cushions) placed on Competition Landing Mat(s).

2. Mounting Apparatus:

- a. May be placed on one (1) 12 cm / 20 cm or two (2) 12 cm Competition Landing Mats, with / without 1½ inch base mat (unfolded panel mat). Panel mat be placed under / on top of Competition Landing Mat.
- b. May be placed on top of Sting mat / 4-inch Throw mat that is placed on Competition Landing Mats.
- c. Plywood not permitted underneath mounting apparatus.
- d. For all Divisions, a Mount trainer/mount mat MAY be placed on an 8-inch skill cushion.
 - A springboard may NOT be placed on an 8-inch skill cushion.
- e. Must be removed as soon as possible after mount is completed.
- f. Chief Judge deducts 0.30 from Average Score, if mounting apparatus placed on unauthorized surface (e.g., 8-inch Skill Cushion / floor / plywood).

3. Mounting Apparatus – EXCEPTION for BRONZE / SILVER / GOLD Divisions:

- a. Any combination of competition Landing Mats, Skill Cushions and Panel Mats may be used to facilitate the Mount.
- b. A Mount trainer/mount mat, folded panel mat or padded spotting/skill block MAY be placed on top of the Competition Landing Mats (CLMs) and skill cushions used for the purpose of mounting.
 - A springboard MAY be used on any combination of Competition Landing mats, sting mats or 4-inch skill cushions (throw mat), but a springboard is NOT allowed directly on an 8-inch skill cushion.
 - An inflatable rebounding device MAY NOT be used for mounting purposes.

Floor Exercise – Apparatus Specifications

IV. FLOOR APPARATUS SPECIFICATIONS

Refer to the current USA Gymnastics Women's Rules and Policies book.

Requirements are subject to change every competitive year, beginning August 1.

A. Xcel Divisions compete on 12-meter x 12-meter floor.

1. BRONZE / SILVER Divisions may compete on 8' x 56' tumbling strip,
2. Provided information included in pre-meet information.

B. Clarifications for Additional Matting:

1. Up to two (2) manufactured mats (maximum thickness of 8 inches / 20cm) may be placed separately on Floor Exercise area.
2. 8-inch thick Skill Cushion must be minimum of 5' x 10'.
3. Only one (1) Skill Cushion / 4" Throw mat per tumbling pass:
 - a. No more than two (2) mats on floor exercise area at any one point in time.
 - b. Sting mat may be placed on top of skill cushion / throw mat(s) or may be used in place of Skill Cushion or Throw mat.
 - c. Additional matting may be used as take-off / landing surface.
4. Additional matting covering any portion of Boundary Line(s).
 - a. Must be clearly marked with tape / chalk to indicate actual BoundaryLine(s).
 - b. Failure to mark mat results in 0.10 neutral deduction taken from Average Score by Chief Judge.
5. No requirement to remove mats from floor area during the exercise.
6. Unauthorized type of matting will receive a deduction of 0.30 from Average Score by Chief Judge.

C. Corner Padding:

1. Recommended matting (panel mats) be placed around outside corners of Floor Exercise mat, especially when on concrete / wood floor.
2. PLATINUM AND DIAMOND Division competitions held in outside facilities in which floor exercise apparatus is surrounded by cement / wood flooring (or other non-forgiving surface):
 - a. Outside of corners must be padded with matting (or carpet-bonded foam at least 1 3/8" thick)
 - b. Extending at least 5' from Boundary Line.
 - c. Extending at least 6' from corner of carpet along outside edge of floor.
 - d. Corner Padding should be attached (with Velcro strips) to the floor, foam, or carpet in some way to avoid separating / slipping.
- e. Conversions – Inches to Centimeters:

Approx. ¾ inch	=	2 cm.
4 inches	=	10 cm.
4 ½ inches	=	12 cm.
8 inches	=	20 cm.
9 inches	=	24 cm.