

XCEL THINGS YOU SHOULD ALREADY KNOW!!!
ONLY 2 OF THE FOLLOWING CLARIFICATIONS ARE NEW!

GENERAL

- 1) Shorts are NOT allowed in competition. Only leotards, unitards, or Leo with ankle length tights underneath that are flesh tone or match the leotard. If shorts are worn in Xcel, it is a 0.10 deduction on the next event after the warning was issued by the Meet Referee. It is 0.10 off that next event NOT each subsequent event.
This is also how sports bras are to be dealt with.
R & P pg 19, #10
iCode pg 190, Acceptable Attire
Paper Code pg Judges-13, Incorrect Attire - specific to shorts-they are not listed as acceptable, so they are NOT acceptable

- 2) "Please realize that every variation of a skill cannot be written or depicted in these documents." Use common sense - if it looks like a kind of "ya-da ya-da", it is evaluated like a "ya-da ya-da" unless the coach has a form stating it is worth more than the original "ya-da ya-da". Just because a certain variation is not written/depicted in the Code does NOT mean it is without VP credit.
iCode pg 7, I, D
Paper Code pg General-1

VAULT

- 1) Angle of repulsion = the line from the hands to lowest body part (body part furthest from vertical) at the moment the hands leave the Table.

- 2) Hand Placement mat MAY NOT be used on Bronze or Silver mat stack.
This is a new clarification from Claudia Kretschmer & Tom Koll. The allowable mat is a panel mat. The Hand Placement mat was not designed to be used for this type activity

BARS

- 1) In Bronze, SR#1 requires the routine to have a minimum of 4 'A' VP. If the routine does not contain at least 4 VPs, the deduction is 0.50 for not fulfilling the SR – regardless of how many skills the routine lacks. There is NO additional deduction of 0.10 for the missing 'A' VP(s). The 0.10 missing 'A' deduction does not apply in Bronze, Silver, or Gold.
iCode UB Rules Chart & pg 163, bottom of left-hand column
Paper Code UB Rules Chart & pg Judges-2, I

- 2) Glide swing (fwd-bkwd) to pullover(or other mount skill) are 2 separate VPs for Bronze through Gold.
These skills are listed separately on the Additional Skills chart

- 3) Casts below vertical are measured shoulders to lowest body part.

- 4) Cast squat on is one 'A' skill (#2.102) regardless of the height of the cast. The cast cannot be awarded separate VP credit.
Cast squat on, jump to the HB is also one 'A' skill.
UB Skill #2.102
See UB Rules Chart, Clarification box

- 5) Cast squat (stoop or straddle) on, straight jump off dismount is 2 skills
- cast to position on the bar = Skill 2.102 (this is 1 skill - not a cast + the rest)
PLUS the Additional Skills chart dismount "FROM a squat, stoop, or straddle, straight jump off forward"

- 6) A glide single leg jam is a kip – award 'A'VP
A drop kip is a kip - award 'A' VP

iCode pg 7, I, D
Paper Code, General-1

- 7) Cast to Underswing
- the cast is one VP IF it achieves the Division required angle. The Underswing is the beginning of the next skill i.e. Underswing-tap swing; Underswing to immediate Uprise; Underswing into front flyaway
- 8) Plat & Diamond - a clear circling skill (i.e. clear hip/free hip) can fulfill both the circling SR AND the clear support angle SR if the angle of completion is sufficient
iCode pg 167, I, D
Paper Code page Judges-3, II, D
- 9) Tap swing ½ turn dismount at Platinum – NO SR, do NOT deduct for No Dismount
iCode pg 69, B, 3
Paper Code pg Bars-14, B, 3
- 10) Cast squat, stoop or straddle on to a sole circle dismount can be evaluated 3 different ways depending upon the gymnast's execution
 - a) If the squat, stoop, or straddle on position is in a position "on top of the bar", this skill receives 'A' VP credit (#2.102), then the sole circle receives also receives 'A' VP (8.101)
 - b & c) If the technique used is similar to a "late toe-on" with the foot position on the side of the bar, #2.102 is not applicable. Instead the cast is evaluated as meeting the Division's angle requirement ('A') or not (no VP). Then award 'A' VP for the sole circle dismount (8.101)

BEAM

- 1) All mounts not listed in the Xcel Code as 'B' or higher VPs are awarded 'A' VP credit in all Divisions.
Additional Skill Chart, Mounts (Group 1)
- 2) Headstands & handstands DO NOT need to be held to be awarded VP credit.
iCode pg 102, C, 1
Paper Code pg Beam-10, 3, a
- 3) Headstands & handstands need only to have hips over shoulders to count as vertical.
Definition of vertical in the Code applies in ALL Divisions
iCode pg 103, III, A, 1 & B, 1
Paper Code pg Beam-11, H, 1, a, H, 2, a
- 4) Leg position on vertical headstands and vertical handstands are completely optional in all Divisions.
Skills 5.107 & 5.106 in the Code
- 5) Skills requiring a "dive" need only show some degree of visible flight – a "moment of flight" (hands & feet off Beam at same time) to receive credit. If flight is not "sufficiently large", award VP and take amplitude. Cartwheel and front handspring skills - flight may be onto OR off the hands.
iCode pg 103, E
Paper Code Beam-11, 5
- 6) Rolls need NOT finish on the feet to receive VP credit i.e. forward roll to straddle sit or to a pose on the back.
iCode pg 98, I, M
Paper Code pg Beam-7, I, A, 6

FLOOR

- 1) **Headstand roll is a different skill from a forward roll.**
Clarification by Marian Dykes January 2020

- 2) Headstands & handstands need only to have hips over shoulders to count as vertical. Leg position on headstands and handstands are completely optional.
- 3) Skills requiring a “dive” need only show some degree of flight – a “moment of flight” (hands & feet off Floor at same time) to receive credit. If flight is not sufficiently large, award VP and take amplitude. Cartwheel and front handspring skills - flight may be onto OR off the hands.
iCode pg 142, E 1
Paper Code pg Floor-12F, 1
- 4) Rolls need NOT finish on the feet to receive VP credit
iCode pg 135, D, 4
Paper Code pg Floor-9, I, A, 6
- 5) Back handspring to 2-foot landing is the same skill as a back handspring step-out.
Skill 5.106
- 6) Front handspring to 2-foot landing is the same skill as a front handspring step-out.
Skill 5.102
- 7) Flight hand support acro skills receive VP credit regardless of the number of times performed and may fulfill SR credit providing the series are different.
iCode pg 135, D, 3
Paper Code pg Floor-9, I, A, 5