

# XCEL -vs- JO DEDUCTIONS

	Description	Xcel	Division(s)	JO	Level(s)
GENERAL	Coach standing between the Bars throughout exercise	No Deduction	All Divisions	<u>0.10</u> CJ	6-10
	Coach standing next to the Beam throughout exercise	No Deduction	All Divisions	<u>0.10</u> CJ	1-10
	Coach on Floor Exercise mat inside border marking	No Deduction	All Divisions	<u>0.50</u> CJ	6-10
	Composition	No Deduction	All Divisions	.05-.30	8-10
	Courtesy Score	4.00	All Divisions	1.00	1-10
	Incorrect attire ( <u>after</u> a warning by CJ or MR - taken on 2nd event)	<u>0.10</u> CJ	All Divisions	<u>0.20</u> CJ	1-10
	Short Routine	No Deduction	All Divisions	2.00	1-10
VAULT	Alternative springboard allowed with no deduction	No Deduction	Bronze & Silver	No Deduction	1 & 2
	Alternative springboard allowed and - 0.50 from SV	9.50 SV	Gold		
	Alternative springboard NOT allowed	Void	Platinum & Diamond	Void	4-10
	<b>Angle of Repulsion (new effective 8/1/19)</b>	<b>up to 0.50</b>	<b>G, P, D</b>	up to 1.00	6-10
	Coach between board and table	No Deduction	All Divisions	<u>0.50</u> except RO entry	6-10
	Excessive forward lean of body upon board contact	No Deduction	All Divisions	up to 0.30	1, 2, 3
	Failure to maintain horizontal running speed to board	No Deduction	All Divisions	up to 0.30	1, 2, 3
	Insufficient acceleration during the run	No Deduction	All Divisions	up to 0.30	2, 3
	Running on the board and stepping up on the mat (no jump)	<u>4.50</u>	Bronze	<u>5.00</u>	1
	Spot during any phase of the vault (not the landing)	<u>1.00</u>	All Divisions	<u>1.00</u> post flight phase	8
	Stretched Jump, kick to HS, fall to flat back (both parts)	9.00 SV	Bronze	10.00 SV	1
Too long in support	up to 0.30	S only (G,P,D same as JO)	up to 0.50	6-10	
BARS	Cast amplitude deductions	No Deduction	All Divisions	up to 0.30	6-10
	Clear Hip amplitude deductions	up to 0.40	Platinum & Diamond	up to 0.40	6-10
	Coach standing between the Bars throughout exercise	No Deduction	All Divisions	<u>0.10</u> CJ	6-10
	Extra swing deductions	No Deduction	B, S, G	<u>0.30</u> each up to 0.60	1-5
	<b>Extra swing deductions (new effective 8/1/19)</b>	<u>0.30</u> each up to 0.60	Platinum & Diamond	<b><u>0.30</u> each up to 0.50</b>	<b>6-10</b>
	Short Routine (less than 5 VP)	No Deduction	All Divisions	<u>2.00</u>	6-10
	Swing forward/backward under horizontal	No Deduction	All Divisions	<u>0.10</u> each time	6-10
BEAM	Coach standing next to the Beam throughout exercise	No Deduction	All Divisions	<u>0.10</u> CJ	1-10
	Hold requirement in Handstands (XCEL iBook pg 102)	No Deduction	All Divisions	2 sec except #5.206	6-10
	Leaps: "A" VP awarded when they reach SR split degree	TRUE	All Divisions	expected to achieve 180°	6-10
	Mounts: all are "A" VP unless listed as "B" /higher in Code	TRUE	All Divisions	FALSE see COP chart	6-10
	Short Routine (less than 30 seconds, but with 10.0 SV)	No Deduction	All Divisions	<u>0.50</u> CJ	6
	Short Routine (less than 30 seconds)	No Deduction	All Divisions	<u>2.00</u> CJ	7-10
FLOOR	Coach on Floor Exercise mat inside border marking	No Deduction	All Divisions	<u>0.50</u> CJ	6-10
	Leaps: "A" VP awarded when they reach SR split degree	TRUE	All Divisions	must achieve 180°	6-10
	Short Routine (less than 30 seconds)	No Deduction	All Divisions	<u>2.00</u> CJ	6-10