

To : Xcel Community  
From: Gail Caspare  
Re: Responses to Questions  
Date: January 17, 2019

WARM-UPS – I am told that different Xcel warm-up times are listed in different places. The warm-up times listed in R & P and on each event Rules Chart in the hard copy Xcel Code are correct. They are:

Bronze	30 seconds
Silver	45 seconds
Gold	1 minute
Platinum	1 minute, 30 seconds
Diamond	2 Minutes

This applies to all events including vault. The number of vaults listed at the bottom of the Vault Rules Chart applies to the 30 SECOND TOUCH WARM-UP.

Bronze	1 Vault
Silver	1 Vault
Gold	2 vaults
Platinum	2 vaults
Diamond	3 vaults

FLOOR - A cartwheel (5.104) and a one arm cartwheel are considered the same skill on Floor. On BEAM they are considered different even though they have the same skill number (7.103) because one of the criteria on beam that makes a skill different is, "The support is on one or both arms" (page Beam 8, B, 2, b.). The same concept applies to JO.

FLOOR – A stretched or arched jump is not a recognized skill and receives no VP credit on floor. Therefore, it cannot be used as part of a dance passage. A stretched or arch jump with  $\frac{1}{2}$  or  $\frac{1}{1}$  turn is an "A" VP and may be used in a dance passage.

FLOOR – If a gymnast performs a switch leap running steps, switch leap running step wolf jump, the second switch leap receive no VP credit because it is exactly like the first switch leg leap. The SR says the counting of leaps/jumps may be indirectly connected. Therefore, this dance passage may still fulfill the dance passage special requirement using the first switch leap and the wolf jump. (Thanks to Pat Panichas for the clarification.)

BARS – Two tap swings or Underswing – counterswings are allowed for "A" VP credit for Silver and Gold Divisions (page BARS 8). Only one tap swing or underswing- counterswing will receive

VP credit in the Platinum Division. In the Diamond Division a tap swing or underswing-counterswing does NOT receive VP credit.. Please read pages Bars 8 and 9.

BARS – Some casting special requirements and VP angles have changed and at a meet last week several clubs were not aware of the new requirements. Here is a quick over view:

	<u>Special Requirement Angle</u>	<u>“A” VP requirement</u>
Bronze	Hips leave the bar	Same as SR
Silver	Minimum 45 degrees below Horizontal	Same as SR
Gold	Minimum horizontal	Same as SR
Platinum	Minimum above horizontal	Same as SR
Diamond	Minimum 45 degrees above horizontal	Same as SR

For the Gold, Platinum and Diamond Divisions the angle special requirement says, “A skill finishing at horizontal (Gold), above horizontal (Platinum), 45 degrees above horizontal (Diamond)”. A cast may still fulfill this special requirement. Some other skills that may fulfill this special requirement are clear hip circle, stalder circle, toe on circle, uprise, overshoot, and turning uprise.

Further, one skill may fulfill more than one special requirement, unless otherwise specifically stated. For example, Platinum Division gymnast does a clear hip circle above horizontal – this one skill may fulfill the skill finishing above horizontal and the 360 degree circling skill.

#### BEAM – HANDSTANDS AND PARTIAL HANDSTANDS

In Xcel HANDSTANDS on Beam do not need to be held. The leg position is optional and do not need to be joined. A HANDSTAND may fulfill the requirement for a vertical acro element.

PARTIAL HANDSTANDS that do not reach vertical may receive “A” value part if they meet the Divisions requirements.

Bronze – “Both feet off the beam while at least one leg reaches a minimum of 45 degrees from vertical.” Hard copy Xcel Code, Page, Additional “A” Value Part Skills

Silver and Gold – “Feet must close and be a minimum of 45 degrees from vertical – both criteria must be met simultaneously to receive VP credit.” Hard copy Xcel Code, Page, Additions; “A” Value Part Skills. A PARTIAL HANDSTAND as on the Gold Xcel Chart (or Bronze or Silver) will NOT fulfill SR because it does not reach vertical”, page Hard copy Xcel Code, BEAM-11.