

# XCEL (P.R.E.P. OPTIONAL) PROGRAM

CONTACT YOUR USA GYMNASTICS STATE OR REGIONAL ADMINISTRATIVE COMMITTEE  
CHAIRMAN FOR SPECIFIC INFORMATION ABOUT THIS PROGRAM.

## I. PURPOSE

The *Xcel* (previously known as *PREP OP*) Optional Program is designed to offer a broad-based, affordable competitive experience outside the traditional Jr. Olympic Program to attract and retain a diverse group of athletes. The program gives an opportunity for:

- A. Class students to participate in organized gymnastics events.
- B. Those athletes who have competed in the USA Gymnastics Jr. Olympic Program and have qualified to Level 7 or above but need a more basic introduction to optional competition.
- C. Those athletes who have competed in the USA Gymnastics Jr. Olympic Program at the Compulsory level and would like to experience a basic optional program during their "off" season; while they train skills to move up in the JO Program, if they wish.
- D. Those athletes who have either "retired" from the Jr. Olympic Program or do not wish to train or compete at Level 7 or 8.
- E. Athletes not previously involved with USA Gymnastics to enter the program.

## II. GENERAL REGULATIONS

### A. Membership Requirements

- 1. A MINIMUM of an Introductory Coach membership is required in order to coach on the floor of a USA Gymnastics sanctioned *Xcel* Optional competition.
- 2. Athletes participating in sanctioned competitions must be registered as a USA Gymnastics Athlete or Introductory Athlete member.
  - a. If a gymnast has never competed in the USA Gymnastics Jr. Olympic Program (Levels 1-10) but wishes to compete in the *Xcel* Optional Program, she must register as an Introductory Athlete Member.
    - If at a later time in the same competitive year she wishes to move to Level 4 or 5, she must upgrade her membership by submitting a regular Athlete Membership application and paying the difference in price.
  - b. If a gymnast already has a regular Athlete Membership, she is not required to change or purchase a new membership for *Xcel* Optional.

### B. Mobility

This program is an alternative program that is outside of the Jr. Olympic Developmental Program structure.

- 1. There is **NO OPPORTUNITY FOR MOBILITY** into or within the Jr. Olympic Levels.
- 2. Mobility within the *Xcel* Optional Program is determined by the State/Regional Administrative Committee.

### C. Equipment

*Xcel* Optional competitions must follow the current *Women's Rules and Policies* in regards to the Equipment Specifications, using the compulsory competition specifications as a minimum standard.

### D. Competitive Divisions

(Divisions (A-E) can be renamed (i.e. Division A, Rookie or Bronze).

Division A – Comparable to Compulsory Levels 1-3

Division B – Comparable to Compulsory Levels 3-4

Division C – Comparable to Compulsory Levels 5-6

Division D - Comparable to Compulsory Levels 5-6 and Optional Level 7

Division E – Comparable to Compulsory Level 6 and Optional Level 7 or above

A State or Region may use any or all of the divisions to suit their needs.

### E. Age Divisions

Division	Minimum Age
A	Reached 4 <sup>th</sup> birthday
B	Reached 5 <sup>th</sup> birthday
C	Reached 6 <sup>th</sup> birthday
D	Reached 7 <sup>th</sup> birthday
E	Reached 8 <sup>th</sup> birthday

F. Meet Entry Fees

- In-Gym for **Xcel** Optional competition only \$35.00 or less
- \*State Championships Entry Fee \$40.00, unless otherwise approved by the RACC
- \*Regional Championships Entry Fee \$75.00, unless otherwise approved by the RACC
- \*Decision to conduct State or Regional Championships is at the discretion of the respective State or Regional Administrative Committee.

G. Officials Fee Schedule (for meets or sessions within a meet that have only **Xcel** competitors, including Invitationals)

Division	# of Judges per Panel	Judges' Rating	Rate per hour
A & B	Minimum of 1	Professional Member "Coach"	\$15.00
		Level 5/6 ad 7/8	\$15.00
		Level 9	\$18.00
		Level 10	\$22.00
		National & Brevet	\$25.00
C, D & E	Minimum of 1	Level 5/6 and Level 7/8	\$15.00
		Level 9	\$18.00
		Level 10	\$22.00
		National and Brevet	\$25.00

**The above fees are in effect ONLY if the entry fee charged was \$35.00 or less.**

III. ASPECTS TO BE DETERMINED BY THE USAG STATE ADMINISTRATIVE COMMITTEE

If the USA Gymnastics State/Regional Administrative Committee does not organize an **Xcel** program, individual clubs and/or leagues may use this program to suit their needs (and sanction their competitions), provided they adhere to the General Regulations as listed.

- A. QUALIFYING PROCEDURES
- B. SUB-DIVISIONS AND/OR AGE DIVISIONS
- C. MAXIMUM START VALUE
- D. WARM-UP TIME
- E. TIMING OF BEAM AND FLOOR ROUTINES
- F. ALLOWABLE VAULTS AND START VALUES
- G. COMPETITION FORMAT

It is recommended that the total time in the gym (including warm-up) for Divisions A and B sessions should not exceed 2½ hours. Total time in gym for Divisions C, D and E should not exceed 3½ hours.

H. DIFFICULTY – SPECIAL REQUIREMENTS – RESTRICTIONS – BONUS

When developing an **Xcel** Optional Program, refer to the charts below as a guideline.

Event Requirements must be fulfilled using value parts listed in the current *Jr. Olympic Code of Points* or elements in the current *Jr. Olympic Compulsory routines*.

Division	A	B	C	D	E
Suggested Elements	Comparable to Levels 1-3 elements and/or "A" elements in the <i>JO Code of Points</i>	Comparable to Levels 3-4 elements and/or "A" elements in the <i>JO Code of Points</i>	Comparable to Levels 5-6 elements and/or "A/B" elements in the <i>JO Code of Points</i>	Comparable to Levels 5, 6 or 7 elements and/or "A/B" elements in the <i>JO Code of Points</i>	Comparable to Level 6 and above elements and/or "A/B/C" elements in the <i>JO Code of Points</i>

Vault – Suggested Vaults for each Division:

Division	A	B	C	D	E
	Levels 1-4	Level 4 and/or Handspring over vault table to flat back on stack mats	Front Handspring	Level 7 – from Group 1	Level 8 – from Group 1

Suggested Special Requirements:

Division	Uneven Bars	Balance Beam	Floor Exercise
	Mount Kips Casts Circles Bar Changes Dismount	Dance Series, Jump or Leap Turns Balance Hold Acro Element or Series Mixed Series Dismount	Dance Series, Jump or Leap Turns Acro Element or Series (forward and/or backward) Acro Flight Elements or Saltos