



ACROBATIC GYMNASTICS TECHNICAL UPDATE May 2020

Acrobatics Xcel Blocks Program

Updates and clarifications outlined below are effective immediately.

Over the course of the year, the Xcel Competitive Block Program has been reviewed. And based on program review, the following changes to the maximum difficulty levels are being made.

- Bronze
 - Max 10 (no change)
- Silver
 - Max 25 (no change)
- Gold
 - Max 45
- Platinum
 - Max 65
- Diamond
 - Minimum 75 (-1.0 if below minimum)
 - No maximum

Planche counts as fulfilling a special requirement towards different handstand positions.

Sarah Thomas
National J.O. Committee Chair
USA Gymnastics, Acrobatics Program

Holly King
National Technical Committee Chair
USA Gymnastics, Acrobatics Program