



JUDGING WEBINAR
August 6, 2014



BRONZE VAULT

Bronze

Vault 1 9.0 SV Change

- 1A: Stretch jump to mat = 4.5
- 1B: Step into handstand flat back = 4.5
- **1 B: New** deduction in handstand flat back phase –
 ↑2.0 (fail to show vertical position between hands
 and hips - rolling action)
- Run not judged

BRONZE VAULT

Bronze Vault 2 10.0 SV

- Like JO Level 3 Compulsory
- Run not judged
- Tape line is not used



SILVER VAULT

Silver Vault 1 9.5 SV

NEW!!

- 1A - Stretch jump → table = 5.0
- 1B - Handstand flat back = 4.5

- Hands on mat – may step on mat
- Run not judged

- **Mats 8" +/- 2" above table**
- Deductions / Bronze Vault 1
 - includes ↑2.0 “rolling action” deduction

SILVER VAULT

Silver Vault 2 10.0 SV

- Handspring to table – repulsion to flat back
- **Mats 8" +/- 2" above table NEW!!**
- Run not judged
- Height - up to 0.50
- Distance - up to 0.30
- Too long/support up to 0.50.

Gold* and Platinum Vault Chart

1.101	Handspring
1.102	Handspring – 1/2 twist off
1.103	Yamashita
1.104	Yamashita – 1/2 twist off
1.105	1/2 twist on – 1/2 twist off OR 1/4 twist on – 3/4 twist off
1.106	1/4 to 1/2 twist on – repulsion (with flight to feet) off
1.201	Handspring – 1/1 twist
1.203	Yamashita – 1/1 twist
1.206	1/2 on - 1/1 twist off OR 1/4 on - 1 1/4 twist off
1.207	1/1 twist on – Handspring or Yamashita off
1.208	1/1 twist on – 1/2 twist off

START VALUES

All vaults = 10.0

*Alt. spring board = 9.50

No Changes

DIAMOND VAULT CHART

1.101	Handspring	9.4	1.306	1/2 twist on – 2/1 twist off OR 1/4 twist on – 2 1/4 twist off	10
1.102	Handspring – 1/2 twist off	9.6	3.201	Tsukahara Tuck	10
1.103	Yamashita	9.4	3.303	Tsukahara Pike	10
1.104	Yamashita – 1/2 twist off	9.6	4.101	RO, FF on – Repulsion off	9.6
1.105	1/2 twist on – 1/2 twist off OR 1/4 twist on – 3/4 twist off	9.6	4.102	Ro, FF on – Repulsion 1/2 off	9.6
1.106	1/4 - 1/2 twist on – repulsion off	9.6	4.201	RO, FF on – 1/1 twist off	10
1.201	Handspring – 1/1 twist	10	4.202	RO, FF on – 1 1/2 twist off (Allen)	10
1.202	Handspring – 1 1/2 twist	10	4.203	RO, FF on – Back Tuck	10
1.203	Yamashita – 1/1 twist	10	4.304	RO, FF on – Back Pike	10
1.205	1/2 twist on – 1 1/2 twist off OR 1/4 twist on – 1 3/4 twist off	10	5.101	RO, FF 1/2 on - Handspring	9.6
1.206	1/2 on - 1/1 twist off OR 1/4 on - 1 1/4 twist off	10	5.201	RO, FF 1/2 on – 1/1 twist off	10
1.207	1/1 twist on – Handspring or Yami off	10	5.202	RO, FF 1/2 on – 1 1/2 twist off	10
1.208	1/1 twist on – 1/2 twist off	10	5.312	RO, FF 1/2 on – 2/1 twist off	10
1.301	Handspring – 2/1 twist off	10	2.301	Handspring on – front tuck off	10.0
			3.304	Tsukahara Layout	10.0
			4.305	RO, FF on – Back Layout	10.0

GENERAL BARS / BEAM / FLOOR

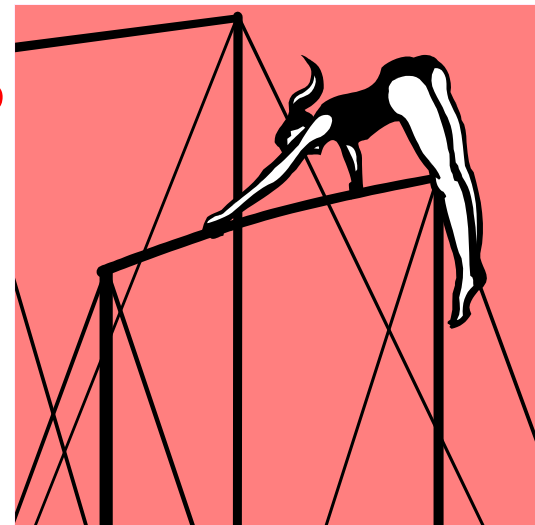
- **START VALUE – 10.0**
- **SPECIAL REQUIREMENTS – 4 at 0.50 each**
- **PLATINUM / DIAMOND - “A” = 0.10, “B” = 0.30**
Replacement formula – more difficult may replace less difficult
- **DIAMOND - NEW!! ONE “D” VP allowed – can fulfill VP / SR**
No Bonus - More than 1 - 0.50 unallowable each
- **UNALLOWABLE SKILLS – 0.50**
- **COACH NEAR APPARATUS – OK**

GENERAL BARS/BEAM/FLOOR

- **OPTIONAL EXECUTION / AMPLITUDE DEDUCTIONS APPLY – NOTE EXCEPTIONS – SPECIFIC EVENTS**
- **NO COMPOSITION DEDUCTIONS**
- **MAXIMUM EXECUTION - 4.0 (includes falls but not artistry/spotting)**
- **COURTESY SCORE - 4.0 Extremely short routine, unusual circumstances.**

UNEVEN BARS - SPECIFICS

- Counterswing (Silver, Gold, Platinum) **NEW DEDUCTION** backward/upward swing – body arched and/or hips are open to an extended position with the feet over the low bar – deduct 0.30
- No extra swing deductions taken at Bronze / Silver / Gold
 - *other casts execution deductions if applicable.*
- **Cast squat on / cast shoot thru = 1 “A” VP**
- **Cast squat on / sole circle around = 2 “A”**
- **One “D” allowed – may fulfill VP & SR**
 - Extra “D”s - 0.50 unallowable (each)



UNEVEN BARS

Dismount Clarification: *Xcel Code of Points, Pg. 43 (ver 1), B.2 & 3) Applies to all divisions as well as BALANCE BEAM:*

- B.2 If a gymnast performs a dismount from ANY Xcel Skill List or in the Xcel Code of Points that **does not** meet the Special Requirement (SR) for her division the deduction will be
 - Missing Dismount SR = 0.5
 - The Deduction for “No Dismount” will not be taken

B.3 If a gymnast performs a dismount that IS NOT from ANY Xcel Skill List, Xcel Code of Points or is unallowable, “NO Dismount” deduction WILL APPLY

EXAMPLES: Gold athlete – sole circle from LB OR Silver athlete - flyaway

BRONZE BARS

- **SPECIAL REQUIREMENTS**
 1. Minimum 4 “A” VP/Skills
 2. Cast – no angle requirement /hips leave bar
 3. Circle skill / not in mt. or dismt.
 4. Dismount
- **NO “B” or higher skills**
- **NO salto dismounts / No High Bar**
- **Allowable skills - “A” VP from Xcel Code of Points
AND
Bronze Skill Chart**
- **Warm Up: 30 seconds**

SILVER BARS

- **SPECIAL REQUIREMENTS**
 1. Minimum 5 “A” VP/Skills
 2. **Cast – min. of 45° below horizontal***
 3. Circle skill / not in mount or dismount
 4. Dismount

- **NO “B” or higher skills**
- **NO salto dismounts**
- **NO Giants – “A” or “B”**

- **Allowable skills - “A” VP from Xcel Code of Points AND Silver Skill Chart**

GOLD BARS

- **SPECIAL REQUIREMENTS**
 1. Minimum 6 “A” VP/Skills
 2. **Cast – horizontal***
 3. Circle skill / not mount or dismount
 4. Dismount High Bar
- * *Cast to horizontal - must achieve angle for SR*
Other casts – no angle requirement - execution only
- **NO clear hip angle deductions applied at GOLD**
- No giants. No release skills w/bar change
- Allowable skills - “A”/ “B” VP from Xcel Code of Points AND Gold Skill Chart

PLATINUM BARS

- **SPECIAL REQUIREMENTS**
 1. Kip
 2. Cast – **above horizontal**
 3. Circle skill / not in mount or dismount
 4. Dismount High Bar
- 6 “A” , 1 “B” VP
- Allowable skills - “A”/ “B” VP from Xcel Code of Points
- **Cast above horizontal**
 - 89° to 21° from vertical - Award “A” VP/SR
 - 90° and below – no VP/SR
- No “C” or higher VP – Except clear hip circle to hdstd - counts as “B”
- One tap swing-counterswing – “A” VP / others - 0.30 extra swing

DIAMOND BARS

- **SPECIAL REQUIREMENTS**
 1. Cast 45°
 2. Minimum “B” circle
 3. Release, pirouette or 2nd different min. “B” circle
 4. Salto Dismount High Bar
- 5 “A” , 2“B” VP
- Allowable skills - “A”/ “B”/ “C” VP from Code of Points
- **One “D” VP allowed - no Bonus - more -0.50 unallowable**
- Cast to 45 °
 - 45 ° - 21 ° from vertical “A” VP / SR awarded
 - 46 ° from vertical and below – no VP/SR

**45° Above Horizontal
Diamond**

Above Horizontal

Platinum

**Horizontal
Gold**

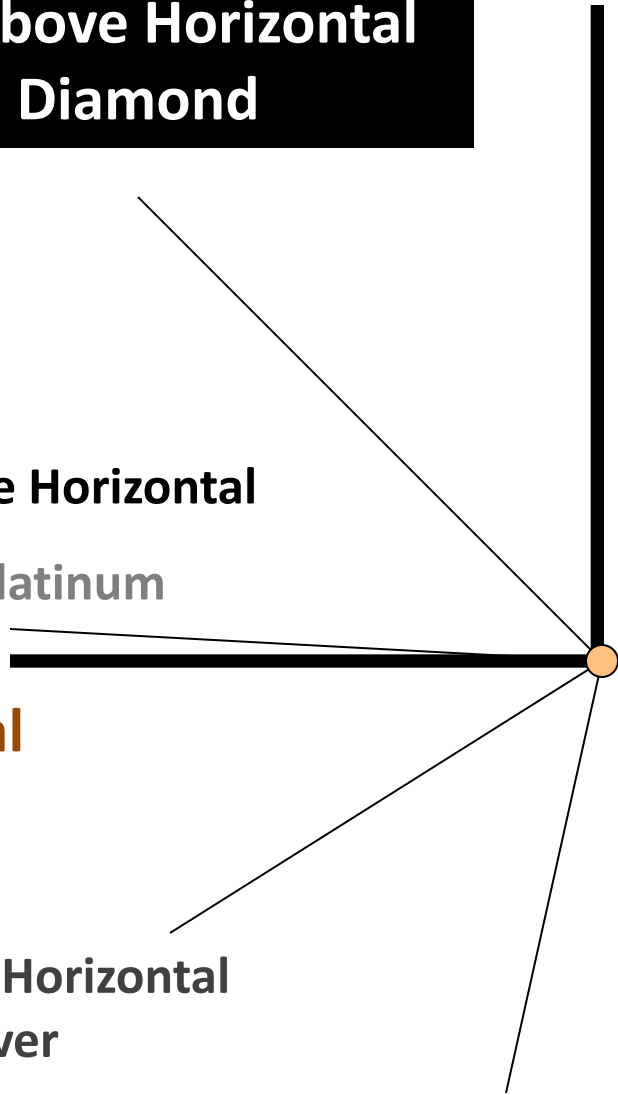
**45° Below Horizontal
Silver**

**Hips Leave the Bar
Bronze**

BARS Cast Special Requirements

Remember:

Evaluate the cast angle by looking at the line from the shoulders through the midpoint of the **LOWEST** body part.



BALANCE BEAM - SPECIFICS

- Rhythm, Dynamics, Sureness, Footwork - ↑0.20 ea.
Posture & Artistry - ↑0.30ea
- Elements recognized two times / in different connection. 3rd time = "0"
- Handstands, regardless of angle achieved considered the same skill
- All acro skills must start and finish on the beam
- SR credit awarded for cross or side split leaps or jumps within 20° of the specified split angle. Up to 0.20 for insufficient split. **Split angle chart in Xcel Code of Points**



BALANCE BEAM - SPECIFICS

- **Bronze SR ½ turn criteria: 1° more than ½ of turn to receive SR/VP credit (91° - 180°)**
- **The following skills will be added to Xcel Code of Points:**
 - 1. Pullover mount**
 - 2. From back lying pos., push up to bridge (support on head and / or hands) , kick-over backwards**
- **Rolls – hand position does not matter**
- **Cartwheel “or any entrance” to handstand dismounts listed in Xcel Beam – Skills Chart**

Balance Beam

Dismount Clarification: *Xcel Code of Points, Pg. 99 (ver 1), B.2 & 3) Applies to all divisions as well as Uneven Bars*

- B.2 If a gymnast performs a dismount from ANY Xcel Skill List or from the Xcel Code of Points that **does not** meet the Special Requirement (SR) for her division the deduction will be
 - Missing Dismount SR = 0.5
 - The Deduction for “No Dismount” will not be taken

B.3 If a gymnast performs a dismount that IS NOT from ANY Xcel Skill List, Xcel Code of Points or is unallowable, “NO Dismount” deduction WILL APPLY

EXAMPLES: Gold athlete – CW handstand land same side OR Silver athlete – punch front 1/1

BRONZE BALANCE BEAM

- **SPECIAL REQUIREMENTS**
 1. Minimum $\frac{1}{2}$ turn on 1 foot or 2 feet
 2. One jump or leap – not in mt or dismt
 3. One acro skill – non flight
 4. Dismount - no saltos/aerials
- **NO “B” or higher skills**
- **NO salto/aerial dismounts / No walkovers**
- **Allowable skills - “A” VP from Xcel Code of Points AND Bronze Skill Chart**
- **Warm Up: 30 seconds**

BRONZE

SKILL

CHART

ACRO SKILLS;

Partial handstand (feet need not touch/close) / lead (back)
leg must be min. of 45° from vertical

Vertical cross or side handstand (legs in any position)

Headstand (any position – no hold)

From lying position, push up to bridge (hold 1 sec)

From lying position, push up to bridge, kickover

From lying position, push-up/arch up to head, kickover

Lever to touch beam

DISMOUNTS:

Cartwheel (or any entrance) to partial HS (45°), land facing BB

Cartwheel (or any entrance) to HS (vertical), land facing BB

Cartwheel (or any entrance) to HS (mark), 1/4 turn dsmt

Any Jump from feet in any body position w/up to 360° turn

Bronze Routine Examples

Routine 1

- Jump to front support mount
- Pivot turn
- Lever
- Tuck jump
- Cartwheel to partial hand-stand dismount
- **10.0 SV**

Routine 2

- Pullover mount
- Forward roll
- 1/2 turn on one foot
- Straddle jump dismount
- **9.5 SV** (no jump/leap on the beam)

SILVER BALANCE BEAM

- **SPECIAL REQUIREMENTS**
 1. Minimum $\frac{1}{2}$ turn on 1 foot
 2. One jump or leap – 90° cross/side split
 2. One acro skill – non flight
 4. Dismount
- **“B” Dance ok - No “B” or higher acro**
- **Allowable skills - “A” VP from Xcel Code of Points AND Silver Skill Chart**

Silver Routine Examples

Routine 1

- Mount (no value)
- Push up to bridge kick over
- Tuck jump (wobble) split jump to 90 degrees
- Heel snap turn
- Cartwheel with 1/4 turn dismount off end

- 10.0 SV (no penalty for doing a wobble between tuck jump and split jump)

Routine 2

- Mount (no value)
- Back walkover
- ½ toe turn
- Straddle jump to 90 degrees
- Back walkover to 1/4 turn dismount (any entrance)

- **10.0 SV**

GOLD BALANCE BEAM

SPECIAL REQUIREMENTS

1. Minimum 1/1 turn on one foot
2. Dance Series – min. 2 skills (*same or diff.*) – AND one leap or jump w 90° cross or side *split(isolated or series)*.
3. Two acro skills – one must achieve or pass through vertical, w/wo flight (*isolated or series*)
4. Dismount

- Allowable skills - “A”/ “B” VP - Xcel Code of Points AND Gold Skill Chart
- No “C” VP allowed

Gold Routine Examples

Routine 1

- Jump onto beam mount
- Handstand to vertical
- Full turn
- Split leap to 90 degrees connected to a tuck jump
- Partial handstand connected to a straight jump
- Gainer tuck dismount off the side

- **10.0 SV**

Routine 2

- Mount (no value)
- Back walkover
- Straddle jump to 100 degrees
- Full turn
- Tuck jump
- Cartwheel
- Cartwheel to side handstand 1/4 twist off

- **9.5 SV** (no dance series)

PLATINUM BALANCE BEAM

- **SPECIAL REQUIREMENTS**
 1. Minimum 1/1 turn on 1 foot
 2. Dance Series – min. 2 skills (*same or diff.*) – AND one leap or jump w 120° cross or side *split (isolated or series)*.
 3. One acro skill w/flight OR an acro series w/wo flight
 4. Dismount
- 6 “A” , 1 “B” VP
- Allowable skills - “A”/ “B” VP from Xcel Code of Points
- “C” Dance okay No “C” or higher acro VP

Platinum Routine Examples

Routine 1

- Jump to forward roll mount
- Switch leap to 120 degrees connected to tuck jump
- Front walkover
- Full turn
- Back walkover
- Front tuck dismount

- **9.5 SV** 6 As and 1 B
- Has no acro connection OR acro flight (the dismount does not count as acro)

Routine 2

- Chest stand mount
- Back walkover - back walkover connected
- Straddle jump 180 connected to split jump 120
- Full turn
- Gainer tuck off the side dismount

- **10.0 SV** 6 As 1 B

DIAMOND BALANCE BEAM

- **SPECIAL REQUIREMENTS**
 1. Minimum 1/1 turn on 1 foot
 2. Dance Series – min. 2 skills (*same or diff.*) – AND one leap or jump w 150° cross or side *split (isolated or series)*.
 3. One acro skill w/flight (isolated or series) AND an acro series w/wo flight
 4. Dismount – salto or aerial
- 5 “A” , 2“B” VP
- Allowable skills - “A”/ “B”/ “C” VP from Xcel Code of Points
- **One “D” VP allowed**

Diamond Routine Examples

Routine 1

- Mount (no value)
- Switch leap to 180 degrees
- Back walkover - flip flop series connected
- Full turn
- Tuck jump connected to straight jump
- Front pike dismount

- **10.0 SV** 5 As 2 Bs

Routine 2

- Tuck jump up to beam mount
- Front handspring (wobble) front handspring (supposed to be series)
- Split jump to 130 degrees connected to a wolf jump
- Full turn
- Cartwheel - back tuck dismount

- **9.2 SV** 6 As 1 B

- Missing the acro series and one "B" (no credit for second front handspring)
- Split jump okay for SR credit but not for "B" VP credit.

FLOOR EXERCISE GENERAL

➤ Rhythm - ↑ 0.20

Dynamics - ↑ 0.20

Foot work - ↑ 0.20

Posture - ↑ 0.30

➤ Artistry - ↑ 0.30

Originality/creativity of choreography in elements/connections - ↑ 0.10

Quality of gymnasts movements to reflect personal style - ↑ 0.10

Quality of expression (projection/focus) - ↑ 0.10

➤ Max. execution – 4.0 (Artistry & Spotting NOT included)

➤ Courtesy Score - 4.0

FLOOR EXERCISE GENERAL

- **Bronze & Silver – tumbling strip ok – min. 8' wide and 56' long - meet director info.**
- **SR credit awarded for cross or side split leaps or jumps within 20° of the specified split angle. Up to 0.20 for insufficient split – see Chart in Xcel Code of Points**
- **A Dive Roll - NOT flight skill**
- **Chasse / stretch jump
- NOT Group 1 VPs/Skills**



BRONZE FLOOR EXERCISE

- **SPECIAL REQUIREMENTS (0.50 each)**
 1. Acro connection – min. 2 directly conn. Acro skills w / wo flight
 2. One acro skill – w / wo flight – not in #1
 3. Dance Passage – min. 2 diff. Grp 1 VP or Grp 1 Bronze Xcel Chart Skills - one a leap (one foot takeoff) - 60° cross or side split
 4. Minimum ½ turn on one foot
- **NO “B” or higher skills (“B” Straddle jump/side leap 180° = “A”)**
- **NO saltos/aerials**
- **Max. 2 flight skills - 0.50 unallowable skill for more**
- **Roundoff, rebound, back roll = okay acro connection**
- **Allowable skills - “A” VP from Xcel Code of Points AND
Bronze Skill Chart**
- **Warm Up: 30 seconds**

Bronze Routine Examples

Routine 1

- 1st Pass – Dive Roll step out to Cartwheel
- Dance Pass- Chassé, Leap (60°), chassé, cat leap
- Turn – ½ turn on one foot
- Back roll to stand
- **10.0 SV**

Routine 2

- 1st Pass – Roundoff - Rebound - Back roll
- Dance Pass – Sissoné - Tuck Jump
- Handstand Forward roll- split jump
- Full turn on one foot
- **9.5 SV** No Leap w/ one foot take off in Dance Passage

SILVER FLOOR EXERCISE

- **SPECIAL REQUIREMENTS**

1. Acro connection – min. 2 directly conn. acro skills one w/flight
2. Either a 2nd acro conn. w/min. of 2 directly connected skills (w/wo flight) **OR** 1 isolated acro skill w/flight
3. Dance Passage – min. 2 diff. Grp 1 VP or Grp 1 Silver Xcel Chart Skills - one a leap (one foot takeoff) - 90° cross or side split
4. Minimum 1/1 turn on one foot

- No “B” or higher acro VP - “B” Dance ok
- Roundoff, rebound, back roll - ok acro connection
- Max. 1 aerial / salto

Silver Routine Examples

Routine 1

- 1st Pass-Roundoff, Flic Flac
- Dance Pass – Split Leap (90°) - side leap
- Full turn on one foot
- 2nd Pass – Dive Roll
- **9.5 SV** – Dive roll does NOT fulfill acro flight skill - SR #2 missing

Routine 2

- 1st Pass – Roundoff rebound – back roll extension
- Dance Pass - Split leap (90°) – chassé – Split leap (100°)
- 1 ½ turn on one foot
- Front walkover connected to handstand roll
- **9.5 SV** - Dance passage contains same leap

GOLD FLOOR EXERCISE

- **SPECIAL REQUIREMENTS**
 1. Acro connection – min. 2 directly conn. acro skills **BOTH** w/flight
 2. Either a 2nd acro conn. w/ min. to 2 directly connected skills w/ flight **OR** 1 isolated Aerial or Salto
 3. Dance Passage – min. 2 diff. Grp 1 VP or Grp 1 Gold Xcel Chart Skills - one a leap (one foot takeoff) - 120° cross or side split
 4. Minimum 1/1 turn on one foot
- **Allowable skills - “A” and “B” VP - Xcel Code of Points AND Gold Skill Chart**
- **No “B” VP Saltos**
- **No “C” or higher VP allowed**

Gold Routine Examples

Routine 1

- 1st Pass- Roundoff, flic flac
- Dance Pass – Switch leg leap (120°) to Wolf Hop
- Turn – Full turn on one foot
- 2nd Pass – Front handspring stepout, Roundoff, flic flac
- **10.0 SV**

Routine 2

- 1st Pass- Front handspring stepout, Roundoff, flic flac
- Dance Pass – Switch leg leap (120°), Wolf Hop
- Turn – Full turn on one foot
- 2nd Pass – Roundoff, flic flac
- **9.5 SV** – 2nd Flic flac same entrance/exit as 1st = “0” VP, SR #2 missing

PLATINUM FLOOR EXERCISE

- **SPECIAL REQUIREMENTS**

1. Min. 2 directly connected flight skills w/ 1 “A” or “B” salto
2. Either a 2nd acro connection w/min. of 2 dir. conn. flight skills **OR** an isolated “B” salto
3. Dance Passage – min. 2 diff. Grp 1 VP - one a leap (one foot takeoff) - 150° cross or side split
4. Minimum 1/1 turn on one foot

- **6 “A” , 1“B” VP**

- **Allowable skills - “A”/ “B” VP from Xcel Code of Points**

- **“C” Dance okay No “C” or higher acro VP**

Platinum Routine Examples

Routine 1

- 1st Pass – Roundoff- Flic flac - Back Tuck
- Dance Pass – Switch Leap (150°) - Hitch kick
- Turn – 1 ½ turn
- 2nd Pass – Roundoff - Back Tuck
- **10. SV** 6 “A”s 2 “B”s

DIAMOND FLOOR EXERCISE

- **SPECIAL REQUIREMENTS**

1. Two separate acro connections, each w/ a min. of 2 directly conn. acro flight skills
2. Two different Saltos with the routine (isolated or within a series – one a min.”B”
3. Dance Passage – min. 2 diff. Grp 1 VP - one a leap (one foot takeoff) - 150° cross or side split
4. Minimum “B” VP turn on one foot

- **5 “A” , 2“B” VP**

- Allowable skills - “A”/ “B”/ “C” VP from Xcel Code of Points **ONE “D” VP allowed - no Bonus**
- **Any extra “D”s - 0.50 unallowable (each)**
- **No “E” or higher VP**

Diamond Routine Examples

Routine 1

- 1st Pass- Roundoff - Flic flac - Double Back
- Dance Pass- Switch side - Popa,
- Turn – 2/1 turn
- 2nd Pass- Front handspring, Front Full
- **10 SV** 3 “A”s, 1 “B”, 3 “C”s **1 “D”**
New – 1 “D” allowed

QUESTIONS???



Claudia Kretschmer
National Xcel Chair

Jill Preston
Region 1 Xcel Chair

Dianne Palmer
Region 2 Xcel Chair

Nancy Gibson
Region 5 Xcel Chair