



XCEL COMMITTEE  
Cincinnati, OH  
May 14, 2018

I. Meeting was called to order by Claudia Kretschmer at 4:30 PM.

Roll Call:	Region 1	Jill Preston
	Region 2	Dianne Palmer
	Region 3	Louise Janecky
	Region 4	Megan Robinson
	Region 5	Nancy Gibson
	Region 6	Gail Caspare
	Region 7	Jane Caruso
	Region 8	Elaine Wulf

II. Claudia expressed her gratitude for the committee's commitment and work on behalf of the Xcel Program. She welcomed Megan Robinson, the new representative for Region 4. In addition, Claudia updated the Committee regarding USA Gymnastics Board of Directors and Safe Sport.

III. Claudia reviewed the following surrounding the Xcel Program:

Philosophy

Inclusive

Provide a program that is flexible and may be utilized in many ways for all clubs.

Provide a range of possibilities and skills in each Division

Lower cost / less time commitment

Emphasis on excellence, not difficulty

Purpose

Retention – keeping athletes in the sport

Provide an entry level of competition for a wide variety of gymnasts

Involvement / participation vs developmental

Offer a variety of gymnastics goals

Mission

Athlete safety

Keep it simple.

Maintain Xcel identity / philosophy

Continue to provide environment for a variety of gymnasts.

Educate coaches and judges.

Communicate with coaches, judges, and club owners.

Develop support.

Engage both groups.

IV. Regional reports were given by each Regional Chair. Each Region has seen a growth in the program from the previous year. Ideas from the reports include:

1. Use Regional websites for communication, positivity, and to increase involvement.
2. Use a Regional Xcel Committee made up of State representatives to share ideas.

V. The Xcel Committee adopted the following:

- A. Effective August 1, 2018, recommendation to amend the *Women's Rules and Policies* page 63, H.1. and page 99, H.1. to read: Only unaltered manufactured vaulting boards are approved for sanctioned USA Gymnastics competitions. The height of the board (22 cm  $\pm$  1.5 cm) is measured from the floor to

the highest point of the board, including the covering. All springboards meeting the stated specifications are allowed; however, it is required to provide a springboard with coil springs.

- B. The Xcel Committee requested additional information regarding the specifications for trampoline-like boards.
- VI. The Xcel Committee adopted the following: Effective August 1, 2018, recommendation to allow an alternate skill cushion made of softer foam, minimum 4 ft. x 6 ft. and eight (8) inches high for “C” and more difficult bar releases performed in the Diamond Division ONLY (to be placed under the gymnast during the release and immediately removed). This is NOT allowed for dismounts or landings on any event.
- VII. IES (Individual Event Specialists)
- A. The Xcel Program philosophy encourages gymnasts to participate as IES and does not require gymnasts to compete in the All Around. The Xcel Committee encourages States and Regions to work toward including IES gymnasts in State and Regional competitions.
    - Status as competing as an IES to qualify to the next higher meet must be declared at the time of entry to the qualifying meet, not during or after the conclusion of the competition
- VII. VAULT
- A. Recommendation that effective August 1, 2018, the Bronze mat stack specifications be a minimum of 16” ± 1”, maximum 48” ± 1”.  
Motion: Nancy Gibson  
Second: Megan Robinson
  - B. Recommendation, for Bronze / Silver Vault, to allow any combination of manufactured mats or matting system that meets the specifications listed in the *Women’s Rules and Policies*.  
Motion: L. Janecky  
Second: D. Palmer  
Passed

Meeting adjourned.