



JOINT MEETING  
XCEL & TECHNICAL COMMITTEES  
Ft. Worth, TX  
May 9, 2016

I. Meeting was called to order by Claudia Kretschmer (NXCC) and Cheryl Hamilton (NTCC) at 5:00 pm.

Roll Call:	<u>Technical Committee</u>	<u>Xcel Committee</u>
Region 1	Neela Nelson	Jill Preston
Region 2	Linda Mulvihill	Dianne Palmer
Region 3	Carole Bunge (on skype)	Louise Janecky
Region 4	Linda Thorberg	Paige Roth
Region 5	Char Christensen	Nancy Gibson
Region 6	Pat Panichas	Dave Auger
Region 7	Myra Elfenbein	Jane Caruso
Region 8	Marian Dykes	Elaine Wulf
JO Technical Dir.	Connie Maloney	

II. Simplification of Rules

The Technical committee spoke on behalf of many judges who have expressed a need to simplify the Xcel rules. Some proposals were presented in the form of motions to bring some of the JO and Xcel deductions more in line.

III. VAULT

**A. Recommendation to adopt the new balk definition made by the JO & TC: A balk is defined as a running approach that does not result in the athlete coming to rest or support on top of the table (or mat stack). If the gymnast either stops mid-run, runs off the runway, or makes contact with the hand placement mat, safety zone mat, board or vaulting apparatus (table or mat stack) without coming to rest or support on top of the vault apparatus, it is considered a BALK and counts as one of the three approaches to complete one or two vaults.**

- **If the athlete comes to rest or support on top of the vault apparatus (table or mat stack), it is considered a VAULT and will receive a zero (VOID).**

Moiton: D. Palmer

Second: C.Christensen

PASSED

**B. ~~Recommendation to use the Angle of repulsion deduction of up to 1.00 for all non-salto vaults.~~**

Motion; Carole Bunge

Second: Neela Nelson

6 in favor; 10 opposed

DEFEATED

Pat Panichas suggested that the Xcel and Technical Committees conduct a survey to get feedback on this topic from both a coaches' and judges' perspective.

IV. BARS

A. Clarification for Counting of Elements/Extra Swings

Whenever a tap swing-counterswing is mentioned in the Xcel Code, FlipBook or digital Code, add (or underswing-counterswing)

1. Platinum division is allowed only one of these (either a tap-counterswing or underswing-counterswing) for "A" value part credit.

2. Platinum & Diamond division:
  - a. If a gymnast performs an "A" cast that meets the Special Requirement amplitude for that division but then returns to a front support, it still receives a 0.30 extra swing deduction.
  - b. If a gymnast performs a long hang kip, cast, back hip circle, cast, long hang pullover, the cast after the back hip circle into the long hang pullover is an extra swing and receives a 0.30 extra swing deduction.
3. Bronze, Silver & Gold divisions do not receive a deduction for extra swings but a possible up to 0.10 rhythm may be applied for poor rhythm in connections.

B. Two-part Mounts at Bronze, Silver or Gold

**Recommendation that for Bronze, Silver and Gold division: "Failure to maintain hand contact on the bar between a glide swing mount and the second part of the mount (pullover or jump front support), would receive a deduction of 0.10 for poor rhythm between elements.**

Motion: P. Panichas

Second: J. Caruso

PASSED

C. Diamond BARS

1. Change wording of Special Requirement #3 to: Minimum of "B" skill – either a release, pirouette or 2<sup>nd</sup> different circling skill
2. The performance of a cast to handstand with ½ (180°) turn will fulfill Diamond division Special Requirements #1 (cast to min. of 45° from vertical) and #3 (release, pirouette or 2<sup>nd</sup> different circling skill, minimum B). Two Special Requirements may be fulfilled with one skill.

D. Correction to digital Xcel Code, page 33 , C. GOLD #5-example of Gold Division routine –all SR's fulfilled:

The Long swing pullover (A) should count as fulfilling SR#3, since the long hang pullover from a long swing is listed as an additional "A" circle element for Silver and Gold divisions.

V. BALANCE BEAM

- A. Diamond division-re-word Beam Special Requirement #3 to be the same as Level 7 SR #1: Acro series (with or without flight); excluding mount or dismount AND one acro flight element

- B. **Recommendation to add the 0.30 deduction for "Use of supplemental support" to the Xcel Code, page 103, under Large Faults.**

**Examples:**

**Foot/feet remain on mat or board as mount is completed.**

**Foot/feet make contact with the mat in cross straddle sit during exercise**

**Contacting the legs of the Beam to facilitate the mount or to maintain balance during the exercise.**

Motion: D. Palmer

Second: L. Thorberg

PASSED

- C. Additional "A" Value Parts Chart for Beam, page 105: Change wording of last dismount listed for Bronze & Silver Divisions: Any jump from feet, also with up to 360° turn .

- D. Clarification: If elements listed under the Mount category (Group #1) are performed within the exercise, they will receive the same difficulty value and may be considered as a different element. This is the same as the procedure used for the JO Program.

VI. FLOOR EXERCISE

- A. Order Matters:

**Recommendation for Floor Exercise to allow ACRO FLIGHT SKILLS WITH HAND SUPPORT to receive Value Part and Special Requirement credit regardless of the number of times performed**

Motion: E. Wulf  
Second: M. Dykes  
PASSED

- B. Floor Acro Special Requirements for Silver, Gold and Platinum:  
**Recommendation to change the wording for Silver, Gold and Platinum Acro Special Requirement #2 to begin with "A 2<sup>nd</sup> pass with either.... and to delete the word "isolated"**  
**Silver: A 2<sup>nd</sup> pass with either - a 2<sup>nd</sup> Acro connection with a min. of two directly connected skills with or without flight, OR - an Acro skill with flight**  
**Gold: A 2<sup>nd</sup> pass with either - a 2<sup>nd</sup> Acro connection with a min. of two directly connected flight skills, OR -an Aerial or Salto**  
**Platinum: A 2<sup>nd</sup> pass with either - a 2<sup>nd</sup> Acro connection with a min. of two directly connected flight skills, OR - a "B" Salto**  
**Also, to add the following statement after Special Requirement #2 for Bronze, Silver, Gold and Platinum: FX Special Requirements #1 & 2 cannot be combined.**

Motion: Myra Elfenbein  
Second: Dave Auger  
PASSED

- C. Clarifications regarding Series:  
**Recommendation for the Xcel Code, Page 150: III. A. 1. Add e. (wording from Beam, pg. 92, E.2.): Performing a kick leading into the second element element will break the series.**
  - **During the step, the leg swing forward must be no higher than 45°; otherwise, it is considered to be a broken Series.**

Motion: Jill Preston  
Second: Linda Mulvihill  
PASSED

#### VII. BEAM & FLOOR EXERCISE

Acro elements such as rolls, cartwheels and walkovers that have optional ending positions (for example, landing in a kneeling position on one knee) are still eligible to count as acro value-part elements.

#### VIII. GENERAL

- A. For technical situations which are not specifically addressed in the *Xcel Code of Points*, judges and coaches may reference the *JO Code of Points* and/or the *JO Compulsory book* for clarification. If this procedure is followed at a competition, the RXCC and RTCC are to be notified that this situation occurred.
- B. Correction to XCEL Code of Points: Bars and Beam  
Delete the "Uncharacteristic element" deduction of 0.10 from the Execution and Amplitude Faults charts under Bars (page 45) and Beam (page 102). This is a compositional type deduction and the Xcel Program does not evaluate composition.
- C. Base Score for Xcel competitions  
The Xcel Committee requested that the Technical Committee develop a Base Score video to be used at Pre-meet judges' meetings. The TC will finalize it at their meeting in October or November 2016.
- D. Judges' Exams for the Xcel Program  
The Xcel committee asked the Technical Committee to consider developing some type of online self-testing program for Xcel judges.

IX. Meeting adjourned at 9:30 pm. Next meeting scheduled to follow the 2017 JO Nationals.