

# Judges ~ Chapter 1 ~ Evaluation of Exercises

## I. SKILLS and VALUE-PARTS

- A. **BRONZE / SILVER / GOLD Divisions**, exercises are composed of “Skills” and “Value-Parts” (VP).
- Skills listed on **BRONZE / SILVER / GOLD Skill Charts**:
    - receive “A” Value-Part credit, and
    - may fulfill Special Requirements at the designated Division.
  - Skills listed in Xcel Code of Points:
    - receive value listed, even if different from Junior Olympic Code of Points value.
    - are allowable elements for that Division and will:
      - receive VP credit, and
      - may fulfill Special Requirements.
- B. **PLATINUM and DIAMOND Divisions**, exercises are composed of
- Skills listed on **PLATINUM or DIAMOND Skill Charts** “A”
  - Skills listed in Xcel Code of Point: with different difficulty values:
    - “A” = part with easy difficulty 0.10 pt.
    - “B” = part with medium difficulty 0.30 pt.
    - “C” = part with high difficulty 0.50 pt.
    - “D” = part with higher difficulty (**DIAMOND** Division only).  
(only one (1) “D” is allowed as an additional element or to replace lower VP; No Bonus awarded.)
- C. Higher Value-Parts can replace lower Value-Parts, but not reverse.  
Replacement is one (1) to one (1) basis, regardless of value.
- Skill Charts or Xcel Code of Points elements can be recognized two (2) times for Value-Part credit:
    - provided the element occurs in a different connection, (i.e., preceded or followed by a different element).
      - EXCEPTION Floor Exercise: Acro Flight skills with hand support
        - eligible to receive VP, regardless of the number of times performed, provided series are different.
        - may fulfill Special Requirement credit.
  - Acro Flight elements with hand support are eligible:**
    - To receive Value-Part credit regardless of the number of times performed (provided the series are different).**
    - May fulfill Special Requirements.**
- D. Same element performed third (3<sup>rd</sup>) time, or second (2<sup>nd</sup>) time in exact Same connection:
- No Value-Part credit awarded.  
EXAMPLE – Beam: Back Walkover “A”, lands on Beam, < falls > Back Walkover “A” + Back Walkover (“0”)
    - No Value-Part credit awarded for third (3<sup>rd</sup>) Back walkover and
    - No Acro Series awarded since one (1) element had no value.
  - No Special Requirements awarded.
  - Applicable Execution and Amplitude deductions are applied.
  - EXCEPTION: Value-Part credit can be awarded for element performed third (3<sup>rd</sup>) time if:
    - Previously not awarded Value-Part credit:
      - element lacked completion first (1<sup>st</sup>) or second (2<sup>nd</sup>) time performed, or
      - element used in exact same connection second time (2<sup>nd</sup>) performed,
    - Exact same single element performed second (2<sup>nd</sup>) time with same entrance and exit.  
EXAMPLE – Beam:  
Back Walkover “A” stop Back Walkover (“0”) later: Back Walkover “A” + Flic-Flac step-out “B”  
Third (3<sup>rd</sup>) Back Walkover receives Value-Part credit and can fulfill Acro Special Requirement.
- E. Elements listed under Same Number in Xcel Code of Points, may be recognized as Different element.
- Must meet specific criteria (see specific apparatus chapters for further clarifications).
  - EXAMPLE – Beam: Back Walkover “A” and Back Walkover on one arm “A”  
Variations of the same element and both will receive VP credit.
- F. New Elements not listed in Xcel Skill Charts or Xcel Code of Points must be evaluated by:
- Regional Technical Chair and National Xcel Committee Chair.
  - Element Evaluation forms found on [www.usagym.org](http://www.usagym.org) website in Forms section under Women.
    - Copy of evaluation must be presented to Meet Referee prior to the competition to ensure proper awarding of difficulty.
    - Evaluations will be valid for one (1) current Xcel quadrennium (Xcel quadrennium begins August 1 of the year following the Summer Olympics and ends four years later on July 31) and will be posted on Regional websites.
    - “A” Dance elements on Beam / Floor Exercise: variation comparable to “Root” “A” Dance element, Judge may award “A” value if not listed in Xcel Code of Points.

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## SKILLS and VALUE-PARTS (continued)

- G. "A" "B" "C" and "D" Value-Parts require definite Technical Execution.  
 Elements not executed according to requirements,  
 • Recognized as another element listed in Xcel Skill Charts or Xcel Code of Points, OR  
 • Award No VP credit.
- H. Salto elements – fail to land on any part of bottom of feet first:  
 1. No Value-Part credit awarded.  
 2. No Special Requirement credit awarded.
- I. Value-Part Requirements for Xcel Competition are:

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
See Rules Charts for Specific requirements for these Divisions.			6 "A" 1 "B"	5 "A" 2 "B"

## J. DIFFICULTY RESTRICTIONS

### 1. **RESTRICTED ELEMENTS:**

*Elements are Restricted based upon their Value as listed in the Xcel Code of Points not based on the quality/amplitude of the performance.*

*a. If a restricted element is performed: (All Divisions)*

- 1) **Deduct 0.50 from SV**
- 2) **Do not award Value-Part credit**
- 3) **The element cannot be used to fulfill Special Requirements**
- 4) **All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.**

### 2. **BRONZE Division ~ Restrictions**

- a. Only Skills listed on **BRONZE** Skill Chart and allowable ("A"/"B") elements.
- b. Allowable "B" elements receive "A" VP Credit:
  1. **Beam:**
    - a) Cross Split Jump (135 - 180° split)
    - b) Cross Straddle Jump (135 - 180° split)
    - c) Split Leap (180°)
  2. **Floor:**
    - a) Side Leap (135° – 180° split)
    - b) Straddle Jump (60° – 180° split)
- c. Other "B" or higher VP elements are **NOT ALLOWED**.
- d. List of "A" Value-Parts **NOT ALLOWED** in **BRONZE** Division
  1. **Bars:** Salto Dismounts, any skills on HB
  2. **Beam:** Walkover, Salto / Aerial Dismounts
  3. **Floor:** Saltos / Aerials, More than two (2) Flight Skills

### 3. **SILVER Division ~ Restrictions**

- a. Only Skills listed on **SILVER** Skill Chart, allowable "A" elements, and "B" Dance elements.
- b. List of "A" Value-Parts **NOT ALLOWED** in **SILVER** Division:
  1. **Bars:** Giants (LB / HB), Salto Dismounts
  2. **Floor:** more than one (1) Salto / Aerial.
- c. Other "B" or higher VP elements are **NOT ALLOWED**, except "B" Dance elements.

### 4. **GOLD Division ~ Restrictions**

- a. Only Skills listed on **GOLD** Skill Chart, "A" elements and allowable "B" elements.
- b. List of "B" Value-Parts **NOT ALLOWED** in **GOLD** Division
  1. **Bars:** Giants, Release moves with bar change
  2. **Floor:** "B" Saltos
- c. "C" or higher VP elements are **NOT ALLOWED**.