GYMNASTICS/Xcel%20logo%202015%20%20small.jpg Region 2 Xcel Newsletter – January 2017

Hello and Happy New Year. I hope this newsletter will be informative to coaches and judges as we start off the 2017 Xcel competitive season. Don’t hesitate to contact me when you have questions.

REGION 2 Xcel athletes: The chart below shows the December 30, 2016 count of registered Xcel athletes by state. It is exciting how much the program has grown - from 800 athletes in spring of 2014, to the current count of 2033.

|  |  |
| --- | --- |
| Washington | 1046 |
| Idaho | 563 |
| Oregon | 345 |
| Montana | 54 |
| Hawaii | 25 |
| Alaska | 0 |

**Xcel iBook was updated the first week of January – check your settings/purchases.**

**Reminders for the season**

GENERAL

* Be sure to follow the new *Entry/Mobility within Xcel* chart on Page 48 of the R & P.
* Diamond Warm Up Time: 2 minutes all events.
* NO composition deductions in Xcel. Delete any references to “uncharacteristic element” deduction.
* Neutral deductions are the same for Xcel and JO. Exception: No Short Routine deduction.

VAULT

* Balk rules are the same for Xcel and JO.
* Silver Vault – mats MUST be 8” +/- 2” ABOVE the height of the table.
* Xcel athletes may vault at any manufactured setting – must click in to a setting.

BARS

* Underswing – counterswing and tap swing – counterswing are considered the same element. Only 1 is allowed for “A” credit at Platinum. Any others would be considered Extra Swings. Both underswing – counterswing and tap swing – counterswing are considered Extra Swings at Diamond.

BEAM

* Supplemental support deduction (- 0.30) was adopted by the Xcel program.
* Criteria for awarding series (dance/acro/mixed) credit is the same for Xcel and JO.

FLOOR

* Delete all references to “ORDER MATTERS”.
* NEW as of AUGUST 1, 2016: Acro flight skills with hand support will receive value part credit and special requirement credit regardless of the number of times performed