

Region 2 Xcel Update Information

The Xcel Code of Points is not yet available (can be pre-ordered from USA Gymnastics). Here is a brief summary of the Xcel Update so you all can be informed and use this material for your training and routine planning. Don't hesitate to contact me if you have questions. Also, be sure to check the Rules and Policies regarding equipment specifications and procedures concerning meet format/protocol. Remember that nothing is official until it is published.

Dianne Palmer – Region 2 Xcel Chair

SILVER VAULT:

Last year's Silver Vaults are no longer applicable. The two NEW Silver Vaults are as follows:

Vault Option 1: Handspring over a mat stack turned sideways on the vault runway.

Vault Option 2: ¼ - ½ on, repulsion off to land facing the mat stack. Use the mat stack turned sideways on the vault runway.

No other twisting allowed. If performed it will result in a VOID.

Mat stack: Min. Height 24" +/- 1" Max. Height 48" +/- 1"
Landing area: Min. 6' x 12'

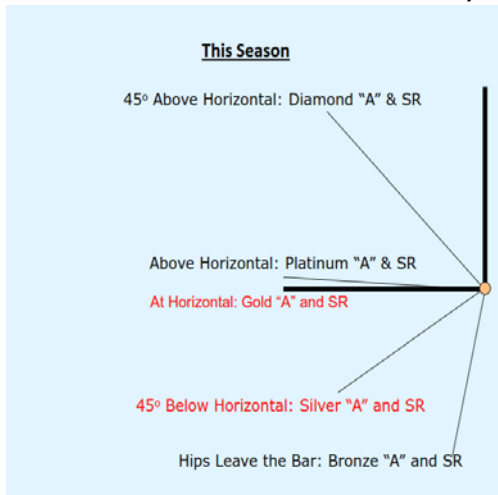
Focus is on form, no deductions for height/distance/angle of repulsion. Deductions will be listed in the Xcel Code of Points. Most of the **form deductions** (feet/legs/arms/body positions), are similar to or the same as the form deductions for Gold – Diamond.

DIAMOND – SV changes:

- | | | |
|--|----------------|-----|
| 1.106 ¼ - ½ twist on – repulsion off | 9.6 | 9.4 |
| 1.109 ¼ twist on – ¼ twist off – land facing away from table | 9.5 | 9.4 |
| 1.206 ½ twist on – 1/1 twist off or | | |
| ¼ twist on – 1 ¼ twist off | 10 | 9.9 |
|
4.101 RO, FF on – repulsion (w flight to feet) off | | |
| | 9.6 | 9.4 |

BARS

Silver and Gold: In both Divisions, cast VP is now aligned with the Special Requirement.



Silver: Only casts that reach a min. of 45° below horizontal will be awarded "A" Value Part.

Gold: Only casts that reach a min. of horizontal will be awarded "A" Value Part.

**This may mean fewer casts into sole circle dismounts will be awarded VP credit. Count casts carefully.*

GOLD / PLATINUM / DIAMOND Special Requirement Change

	Last Season	This Season
Gold SR #2	Cast to horizontal (no mount or dismount)	A skill finishing in a clear support at horizontal or above (not mount or dismount)
Platinum SR #2	Cast to above horizontal (no mount or dismount)	A skill finishing in a clear support above horizontal (not mount or dismount)
Diamond SR #1	Cast to 45° above horizontal (no mount or dismount)	A skill finishing in a clear support 45° from vertical or above (not mount or dismount)

This means that a skill like a clear hip circle to the Division requirement would fulfill that SR.

*Platinum Sample Routine: Glide Kip "A" and SR, Cast below horizontal "O", Clear Hip to above horizontal "B" fulfills SR #2 AND the Circle skill SR, Glide Kip "A", Squat on "A", Long hang kip "A", Cast to below horizontal "O", Tap swing – counter-swing "A", Flyaway dismount "A" and Dismount SR
All Special Requirements met, 6 "A"s and 1 "B" = 10 SV*

Diamond SR #3 - Minimum of "B" skill – either a Release, Pirouette, or a 2nd 360° Circling skill (same or different) Previously it was not designated same or different.

BEAM

Concentration pauses before skills 2 seconds - 0.10 more than 2 seconds - 0.20

All mounts are considered "A"s unless already listed in the Xcel Code as a "B" or above. If they climb up using the standards - 0.30 supplemental support. This would not be taken when a fall has occurred because judging does not start until the athlete is on the beam and starts their next movement.

#2.201 Split leap with 180 split = "B" Value Part. Straight leg brush of the lead leg required. Any bend or developé will result in "A" Value Part credit.

GOLD Special Requirement #2: Two (2) different Group 2 skills (or Leap/jump from Gold division's Additional "A" Skill chart) – one with a minimum of 120° cross or side split (isolated or in a series).

**They are no longer required to do a series, but the degree of split has increased.*

FLOOR

Concentration pause of two seconds prior to difficult elements or an Acro Series - 0.10