

To: Xcel Gymnastics Community Region 6
From: Gail Caspare, Region 6 Xcel Chair
Re: Rule Questions/Info
Date: December 20, 2018

Happy Holidays!

So we can all be on the same page in the New Year, I am sending information and answers to questions that I have received. Some of these have been sent before, but are still an issue.

1. Replacement pages and Xcel errata for the hard copy code are now available on the USAG web site. Go to Women/Rules/ Technical/updates. The replacement pages include all of the errata information. So you can either correct your code using the errata or print the replacement pages. The icode has also been updated.

Judges who would like to review or test their knowledge may make the NEW Xcel quiz on the USAG web site. It is a self test. No grades are given and you can't fail - just test your knowledge. You can treat it like an online game and it's a good review. Go to: Women/Technical Updates/Xcel Program Practice Test.

2. Vault: The equipment requirements for Silver Vault may be found in R & P on page 56.

Vault Silver Division Support/Repulsion Phase Deductions:

Too long in support up to .30 (not up to .50)

3. Bars: A cast to a squat, stoop or straddle on, also with jump to high bar (#2.102) is an "A" Value Part. It may receive the "A" value part with or without a jump to the high bar.

The dismount listed on the Additional "A" Skills Chart for the Bronze and Silver Divisions says, "From squat, stoop or straddle position ON low bar - stretched jump forward". So a Cast to Squat, Stoop or Straddle on to a Stretched Jump Dismount counts as 2 "A" skills. Therefore, the following routine contains 5 skills for the Bronze and Silver Divisions:

1. Pullover
2. Cast to 45 degrees below horizontal
3. Back Hip Circle
4. Cast to squat on
5. Stretched Jump Dismount

4. Bars: When a CAST Squat, Stoop or Straddle on is performed before an Underswing Dismount (#8.101), the CAST may receive "A" value part credit if it meets the Division's cast angle requirement.

5. Bars: The bar Special Requirement of “A skill finishing in a clear support.....” is intended to give the gymnast additional choices. A CAST may still fulfill this Special Requirement. The following skills may fulfill the “to a clear support “ Requirement:

Cast	Pike Sole Circle
Clear Hip Circle	Uprise, turning uprise
Stalder Circle	Straddle Back
Giants	Overshoot

6. Bars: “More than 1 Special requirement may be fulfilled by one Skill/VP element unless otherwise specified.” (Page: Judges 3, hard copy code). Example, in the Platinum Division, a Clear Hip Circle to above horizontal may fulfill two special requirements - 1) a skill finishing in a clear support above horizontal and 2) a 360 degree circling skill
7. Balance Beam: Handstands do NOT need to be held to receive Value Part credit.
8. Balance Beam: Partial Handstand as on the “Additional “A” Skills Chart” do NOT fulfill the Gold acro requirement of reaching or passing through vertical. (Page: Beam 11 H. 1. c.)
9. Balance Beam: “All Beam mounts for all Divisions are valued as “A” unless listed as a “B” or higher in the Xcel Code of Points. Yes, even a jump to a front support is an “A” value part.
10. Balance Beam: The correct description of a Silver and Gold partial handstand is: “The feet must close together and be a minimum of 45 degrees from vertical - both criteria must be met simultaneously to receive VP credit.” (On the Xcel errata and replacement pages)
11. Floor: Bronze Division - Special requirement #2: “2nd Acro PASS minimum one acro element (with/without flight)”. The phrase “2nd PASS” just indicates that it must be separate from acro special requirement #1, “2 directly connected acro elements”. The “PASS” may be an isolated skill or may be a combination of skills. The following examples fulfill both acro Special Requirements for Bronze:

Round-off, rebound, backward roll
Cartwheel

Round-off, rebound, backward roll
Forward roll step out directly connected to a cartwheel

Forward roll, forward roll
Round-off

Wishing you the best in 2019!

Gail Caspare