

To: Xcel Gymnastics Community  
From: Gail Caspare  
Re: Xcel Bar Question  
Date: October 25, 2018

I received the following inquiry from Ashley Dixon from Reading Gymnastics:

"I wanted to confirm that the following routine would be an allowable routine for Silver..... I wanted to confirm this routine would meet all requirements."

1. Pullover
2. Cast to minimum 45 degrees
3. Back Hip Circle
4. Cast to squat on
5. Jump off dismount

After conferring with the Regional and National personnel, the short and definite answer is yes. The above routine fulfilled all the requirements for a Silver bar routine. This answer is confirmed by Claudia Kretschmer, Chair of the National Xcel Committee.

The question really concerned if the routine has five "A" skills and it does.

1. A cast to squat on is an "A" skill even without a jump to the high bar. The description of skill # 2.201 says, "Cast to squat, stoop or straddle on LB, ALSO with jump to grasp HB." So it may receive "A" VP credit with or without the jump to grasp the HB. So, a cast squat on by itself is an "A" VP.

The same principle applies whenever a cast to squat on is performed, for example, a cast to squat on before an underswing dismount.

2. On the Additional "A" Value Part Skills Chart on page BARS 21 of the hard copy Xcel Code, the jump dismount says, "FROM squat, straddle or stoop position ON LOW BAR – stretched jump off forward to a stand." It does not include how the gymnast got to the squat, stoop or straddled position. Therefore, a stretched jump forward dismount from the LB is by itself an "A" VP.