



The following pages are for Region 1's new Xcel program (formerly called prep-optional) Listed below on this page are some level guidelines in case you are new to the program.

Bronze Division– 10.0 start value no bonus (equivalent to Levels 2-3)

Silver Division - 9.6 start value .4 in bonus – current intermediate level (equivalent to level 3-4)

Gold Division - 9.4 start value .6 in bonus (equivalent to levels 4-5)

Platinum Division - 9.2 start value .8 in bonus – current advanced level (equivalent to levels 5-6)

Diamond Division- 9.0 start value 1.0 in bonus (equivalent to levels 6-8)

Rules are on the following pages



Bronze (routines use mostly level 1-3 skills) - 30 sec w.u. per event



(Current Int. level) **Silver** (routines use mostly level 1-4 skills) 45 sec w.u. per event

Vault	Bars	Beam	Floor	Vault	Bars	Beam	Floor
L3 or L4 vault - 10.0 start value compulsory deductions	Special Requirements 2.0, Start Value 10.0 no bonus	Max time 1:00 (-.1OT) Special Requirements 2.0, SV10.0	Max time 1:00(-.1OT) Special Requirements 2.0	Handspring to flat back over the table land flat back - 10.0 start value compulsory deductions - mats should be stacked anywhere between 8" below and above the table	Special Requirements 2.0, Start Value 9.6 Bonus .4	Max time 1:10 (-.1OT) Special Requirements 2.0, SV 9.6 Bonus .4	Max time 1:30(-.1OT) Special Requirements 2.0, SV 9.6 Bonus .4
	<u>Special Requirements .5 each</u>	<u>Special Requirements .5 each</u>	<u>Special Requirements .5 each</u>		<u>Special Requirements .5 each</u>	<u>Special Requirements .5 each</u>	<u>Special Requirements .5 each</u>
	1. four elements	1. 1 acro skill (non-flight) must start and finish on beam	1. 1 acro series at least 2 elements		1. Five elements	1. 1 acro skill (non-flight) must start and finish on beam	1. 1 acro series at least 2 elements one must have flight
	2. 1 circling element	2. leap or split jump no min. split	2. Any Split jump or leap		2. 1 circling element	2. split leap/jump 60 degrees	2. 1 acro forward skill can include front limber, handstand roll, walkover or forward elements with flight
	3. Any height cast	3. 1/2 turn on 1 foot or 2 feet	3. 1/2 turn on 1 foot min		3. Any height cast	3. 1/2 turn on 1 foot (min)	3. 1/2 turn on 1 foot min
	4. Level 1-4 dismount	4. 1 dance series (min 2 elements) (split leap/jump may be included in dance series)	4. 1 dance series/passage (min 2 elements) and split leap/jump (dance series may include split leap or jump)		4. Level 1-5 dismount either bar	4. 1 dance series (min 2 elements) (split leap/jump may be included in dance series)	4. 1 dance series/passage (min 2 elements) and split leap/jump min. 90 degrees (dance series may include split leap or jump and can be the same or different)
	Specifics	Specifics	Specifics		Bonus .2 each	Bonus .2 each	Bonus .2 each
	Low bar routine only	No salto dismount	No saltos		Kip	Acros skill at or through vertical (must start & finish on BB)	Round off 2 ff
	No salto allowed	No walkovers	No more than 2 flight elements throughout whole routine		Bar change	Any Acro series connection	any salto (includes aerials)
	No Kip allowed	No flight element	No C dance		Long hang pullover	Any B dance skill	any B dance skill
		No B or C acro allowed		Full Turn			
				Salto Dismount			
All skills in Level 1-4 routines are considered elements				Specifics	Specifics	Specifics	
				Handsprings/saltos not allowed on beam	No B saltos. Forward acro skill must start and finish forward		

Any skill performed that is not allowed is 1.0 off. All skills in compulsory routines are considered elements
 Bonus is only given for skills if they are completed without a fall or spot

**Gold** (routines use mostly level 1-5 skills) 1 min w.u. per event(Current Adv. level) **Platinum** (routines use level 1-6 skills) 1.5 min w.u. per event

Vault	Bars	Beam	Floor	Vault	Bars	Beam	Floor
Vault - Handspring vault over the table (level 5 & 6 vault)	Special Requirements 2.0, Start Value 9.4 Bonus .6	Max time 1:10 (-.1OT) Special Requirements 2.0, SV 9.4 Bonus .6	Max time 1:30 (-.1OT) Special Requirements 2.0, SV 9.4 Bonus .6	Vault - Any Level 7 vaults compulsory deductions apply for spotting, otherwise optional deductions 10.0 start value for all vaults	Special Requirements 2.0, Start Value 9.2 Bonus .8	Max time 1:10 (-.1OT) Special Requirements 2.0, SV 9.2 Bonus .8	Max time 1:30 (-.1OT) Special Requirements 2.0, SV 9.2 Bonus .8
	<u>Special Requirements .5 each</u>	<u>Special Requirements .5 each</u>	<u>Special Requirements .5 each</u>		<u>Special Requirements .5 each</u>	<u>Special Requirements .5 each</u>	<u>Special Requirements .5 each</u>
	1. Six elements - tap swings can count as 1 element	1. acro skill at or through vertical (must start and finish on BB)	1. Min of 2 acro passes. One pass must have 3 elements (2 of which have flight) other pass 1 or more flight elements		1. 1 bar change	1. 2 acro skill or 1 acro element with flight - if 2 acro connected they can be same skill or diff, if not connected need to be different skills	1. Min of 2 acro passes. One pass must have 3 elements (2 of which have flight) other pass 1 or more flight elements
	2. 2 different circling elements	2. split leap/jump 100 minimum and 1 dance series min. 2 elements (split jump/leap may be included in dance series)	2. 1 forward acro flight element with or without series		2. 2 different circling elements	2. split leap/jump 120 minimum and 1 dance series min. 2 elements (split jump/leap may be included in dance series)	2. 1 forward acro flight element with or without series
3. Any height cast	3. 1/1 turn on 1 foot min.	3. 1/1 turn on 1 foot min	3. Cast to horizontal	3. 1/1 turn on 1 foot min.	3. 1/1 turn on 1 foot min		
4. Bar change	4. Dismount- must be level 3 or higher or in j.o. code as an element	4. 1 dance series/ passage (min 2 elements) and split leap/jump min. 120 degrees (dance series may include split leap or jump)	4. Kip	4. Dismount- must be level 4 or higher or in j.o. code as an element	4. 1 dance series/ passage (min 2 elements) and split leap/jump min. 150 degrees (dance series may include split leap or jump)		
Bonus .2 each max .6	Bonus .2 each max .6	Bonus .2 each max .6	Bonus .2 each max .8	Bonus .2 each max .8	Bonus .2 each max .8		
Cast at or above horizontal	Any B dance or acro with no flight	Round off back handspring back tuck	Any B element	Any B Dance or Acro	Round off back handspring layout		
Kip to immediate cast of any height	Salto dismount	2 salto pass	Salto dmt	any connected acro series	2 salto pass		
Long hang pullover	any connected acro series	Any B acro or dance	a baby giant missing hips to kip, tap swing or flyaway	Any B acro flight will receive .4 bonus - (ex. back handspring = .4 bonus)	Any B acro		
Any B skill			a sole circle around	salto dismount	Any B or C dance		
			any 1/2 turn that ends on the bar				
Specifics	Specifics	Specifics	Specifics	Specifics	Specifics		
NO C elements on any event allowed				Following Level 7 -C element restrictions	No C Acro allowed	No C Saltos	
Handsprings/saltos not allowed on beam				2 tap swings max before deduction			

Any skill performed that is not allowed is 1.0 off. All skills in compulsory routines are considered elements
 Bonus is only given for skills if they are completed without a fall or spot



Diamond (routines use mostly level 5-8 skills) 1.5 min w.u. per event

Vault	Bars	Beam	Floor
Vault - All Level 8 vaults allowed - no yurchenko vaults allowed - 10.0 start value for all vaults	Special Requirements 2.0, Start Value 9.0 Bonus 1.0 <u>Special Requirements .5 each</u>	Max time 1:10 (-.1OT) Special Requirements 2.0, SV 9.0 Bonus 1.0 <u>Special Requirements .5 each</u>	Max time 1:30 (-.1OT) Special Requirements 2.0, SV 9.0 Bonus 1.0 <u>Special Requirements .5 each</u>
	1. 1 bar change	1. acro series with or without flight and 1 acro with flight (can be included in series)	1. Min of 2 acro passes. One pass must have 3 elements (2 of which have flight) other pass 1 or more flight elements
	2. Kip cast connected	2. split leap/jump 150 minimum and 1 dance series min. 2 elements (split jump/leap may be included in dance series)	2. 1 forward acro flight element with or without series
	3. Cast to 45 degrees or above	3. 1/1 turn on 1 foot min.	3. Min B turn (i.e. 1 1/2 turn)
4. salto dismount off High bar or B dismount	4. Dismount- salto or aerial dismount	4. 1 dance series/passage (min 2 elements) and split leap/jump min. 150 degrees (dance series may include split leap or jump)	
Bonus .2 each max 1.0	Bonus .2 each max 1.0	Bonus .2 each max 1.0	
Any B skill or higher	Any B or C dance or acro Any B+C dance or higher or dance/acro any connected acro series (1 must have flight)	Any B or C saltos any 2 salto pass Any C dance element Any B+C or higher dance connection	
Specifics	Specifics	Specifics	
No D elements allowed no extra tap swings allowed without deduction	No D elements allowed	No D elements allowed	
Any skill performed that is not allowed is 1.0 off Bonus is only given for skills if they are completed without a fall or spot			

Rule clarifications

General

All skills need to be listed in the compulsory routines or code .5 deduction for spotting, 1.0 deduction for performing a restricted element

All rules need to be interpreted giving the athlete/coach the benefit of the doubt. If there is a question, then side in favor of the athlete.

No prior J.O. competitive experience is needed to compete in Xcel Bronze, Silver or Gold. For Platinum or Diamond level the athlete needs to have competed in Xcel Gold or J.O. Level 5 or above Since there was no Xcel Gold level last year, then for 1 year those who competed in Xcel silver (intermediate 2009-10 season) will be allowed to enter the platinum level

All forward acro skills must start and finish forward

2 of the same element may be done to receive bonus but the 3rd time it is done it will not receive credit.

Rules may change, please email gymcats@gymcats.com so you can receive notifications of any update/change made to these rules. They will be posted on the NV state website