

# Quick Facts

About



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### What is Xcel?

The USA Gymnastics Xcel program was developed as an alternative competitive program offering individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience. The program's purpose is to provide competitive opportunities for all athletes, regardless of their age, ability level, or training commitment in terms of hours and/or finances. It is designed to offer a broad-based, affordable competitive experience outside the traditional Jr. Olympic Program to attract and retain a diverse group of athletes.

### Who is Xcel for?

- Anyone who desires the opportunity to perform optional routines choreographed to fit each individual.
- Those limited by time and/or financial commitment.
- Those that want a competitive gymnastics experience.
- Those that enjoy and love the sport.

### Benefits of Having an Xcel Program

- A great way for clubs to maintain students.
- Participants are able to experience optional competition without the huge time and/or financial commitment necessary for the JO program.
- A way to promote athlete longevity through less training hours.
- A gymnast does not have to have competed previously in the JO program.
- Registered USA Gymnastics Xcel membership, which is a discounted rate.
- Affordable State Competition experience, complete with t-shirt and sweatpants to every participant.
- A less restrictive scoring system.
- To keep costs at a MINIMUM to allow MAXIMUM participation.
- Gymnasts can go on to enjoy gymnastics through the National Association of Intercollegiate Gymnastics Clubs (NAIGC) and National Collegiate Acrobatics and Tumbling Association (NCATA) in college

## Everything You Need to Know

About



### How do I start an Xcel Program?

Some gyms use it as an alternative, yet parallel, route to JO Program. Others use it to introduce competition to young or inexperienced gymnasts before entering Compulsories or Optionals. Still others use it for optional athletes who still love the sport and want to compete but are not able to make the same commitment to the JO Program. The Xcel Code of Points is the official rule book for the Xcel Program. This book is a complete guide for coaches and judges. In addition to all of the rules and regulations the Xcel Code of Points includes illustrations of all allowable skills and examples of routines.

### Where Do I Find Info and Updates?

#### **State Handbook:** Xcel Program

<http://usagnj.com/wp-content/uploads/2015/12/2017-Coaches-Handbook.pdf>

#### **National R&P:** Chapter 6 & 7 - Xcel Competitive Program

[http://usagnj.com/wp-content/uploads/2016/08/2016\\_2017\\_w\\_rulespolicies\\_0810\\_2.pdf](http://usagnj.com/wp-content/uploads/2016/08/2016_2017_w_rulespolicies_0810_2.pdf)

#### **USA Gymnastics Website:**

Updates at <https://usagym.org/pages/women/updates/xcel.html>

Overview at <https://usagym.org/pages/women/pages/xcel.html>

**Xcel DEM Cards:** <http://usagym.sportgraphics.biz/c-18-additional-educational-materials.aspx>

**Purchase Xcel Code of Points:** <http://usagym.sportgraphics.biz/search.aspx?SearchTerm=xcel+code>

*Updated 7/22/16*

**Or For ibook:** <https://itunes.apple.com/us/book/usa-gymnastics-xcel-code-points/id870566879?ls=1&mt=11>

# Everything You Need to Know

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## The Basics

1. Athletes must have a USA-G introductory or athletic membership to compete at a sanctioned event.
2. Refer to Rules & Policies for any items not addressed in the Xcel Manual and Xcel Code of Points.
3. If a gymnast has never competed in the USA-G Jr. Olympic Program (Levels 1-10) but wishes to compete in the Xcel Program, she may choose to register as an Introductory Member. *If at a later time in the same competitive year she wishes to move to JO Levels 3 or 4, she must upgrade her membership by submitting a regular Athlete Membership application and paying the difference in price.*
4. If a gymnast already has an Athlete Membership she is not required to change or purchase a new membership for Xcel. However, she must change to her appropriate Xcel division. This can be done online through USA Gymnastics.
5. Athletes competing in both Xcel and the JO Program in the same competitive year should register as an Athlete Member.
6. Athletes must have the appropriate Xcel division OR JO level box checked before participating in a sanctioned USA Gymnastics competition.
7. Entry Into Xcel Divisions:
  - a. There are five divisions of Xcel: Bronze, Silver, Gold, Platinum and Diamond.
  - b. **Gymnasts who have competed in programs outside of USA Gymnastics may enter at the Silver Level\*.**  
(Fill out the petition form for exceptional cases)
  - c. For gymnasts entering from the JO program, follow the chart below.

Division	Minimum Age Requirement	Pre-requisite Score	Entry Division from JO
Bronze	Reached 5 <sup>th</sup> birthday	None	JO Levels 1 & 2
Silver	Reached 6 <sup>th</sup> birthday	None	JO Levels 1 & 2
Gold	Reached 7 <sup>th</sup> birthday	<b>31.00 AA at Silver Division or 8.0 EIS*</b>	JO Levels 3 & 4
Platinum	Reached 8 <sup>th</sup> birthday	31.00 AA at Gold Division or 8.0 EIS	JO Levels 5 & 6
Diamond	Reached 9 <sup>th</sup> birthday	31.00 AA at Platinum Division or 8.0 EIS	JO Levels 7 & above

**\*New for 2016-2017 Season**

8. A gymnast may compete in ONE State Meet per season. She may compete in two state meets per competitive year.
9. NJ Xcel Season generally runs December - May

**Summary**  
**Of**  
**Region 7**  
**2016-2017 Updates**



Some general highlights for the upcoming season – NOT intended to replace the official minutes

- Diamond warm-up time is now 2 minutes on all events.
- The so-called beloved “Meet Ref Tenth” applies to both the Xcel AA and IES gymnasts when qualifying to states. See updated R&P for details.
- See the May minutes for the scoop on mobility and entry into Xcel. Updated R&P will have details. Or just come to Congress!



Reach me at [janecaruso@Comcast.net](mailto:janecaruso@Comcast.net) with any questions!

- Xcel has adopted the JO “balk” definition for vaulting. This coming season, please refer to either the JO or Xcel May 2016 minutes for the details.
- New Vault available to Gold, Platinum & Diamond: a  $\frac{1}{4}$  on,  $\frac{1}{4}$  off in opposite directions (gymnast lands facing away from the table). It is valued at 10 for Gold and Platinum and at a 9.5 for Diamond. Refer to vault # 1.109. Click or copy and paste this into your browser to see it! (Thanks Spirit Gymnastics!)  
[https://youtu.be/vKplvy9\\_Sf0](https://youtu.be/vKplvy9_Sf0)
- The Handspring, Yamashita, and  $\frac{1}{4}$  to  $\frac{1}{2}$  on, repulsion off are now valued at 9.8 for Platinum. (Formerly a 10.0)
- Remember that Xcel athletes may vault at any manufactured setting....but not all tables are created equal! Some do not go to 95cm.



- Reminder: For Diamond, a cast to handstand with a half turn CAN count as 2 SRs: the cast to 45 degrees and the pirouette.
- And yes, the B/S/G athlete can get VP for 2 mounting skills! (0.1 if they let go of the bar in between!) But no, they cannot use a board for the second mount too!
- Take the bar quiz! How many Silver skills/value parts do you in each segment? Click or copy and paste into your browser: (Love those Central Bucks gymnasts!)  
<https://youtu.be/BfZaxFflScE>

A=3, b=2, c=3 d=3, e=3



- New Beam deduction: use of supplemental support = 0.30. This means.... no keeping the foot on the mat as the mount is completed, no playing footsie with the mat during a straddle sit, and no using the beam legs to help stay on the beam!
- Not a change, just new wording: Diamond Beam SR#3 now reads the same as Level 7 SR#1. Same concept...acro series plus an acro flight, in the series or alone!
- Reminder: Award SR for a vertical skill if the cartwheel is piked, and deduct body position. And yes, and a back shoulder roll that goes thru vertical meets that SR too!



- Big modification to FX (Applause!!) Acro flight skills with hand support will receive VP credit and SR credit regardless of the number of times performed. Using an acro flight skill for the 3<sup>rd</sup> time does NOT negate the awarding of a special requirement series. As long as the series are different they receive VP & SR credit!! Simplification at it's best! Sorry, this does NOT apply to walkovers or cartwheels! Attend Regional or National Congress for more details!

# How to Enter Sectionals and States

For



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For



For the 2016-2017 Season

## **For Sectionals:**

Must have a qualifying score in a NJ competition of **30.00AA** to attend Sectionals

Must get that qualifying score no less than 14 days prior to the Sectional date.

**For March 11/12 must qualify by Feb 25/26**

**For April 8/9 must qualify by March 25/26**

Mail Sectional Entry Forms **17 days prior** to Sectional Date

If you are trying to qualify inside the 17 day meet entry deadline period, you must submit two separate entry forms (one for the qualified gymnasts and one for the "as yet unqualified gymnasts"). After the qualifying meet, you must email Patty that Sunday night (14 days prior to the Sectional Meet) with results to [gymjudge4@me.com](mailto:gymjudge4@me.com) "as yet qualified gymnasts" qualified or NOT. It is imperative that you email her by Sunday night. The final count is needed by that time in case teams need to be moved to a different meet site. If your gymnast(s) fails to attain the needed score, the check will be returned to you.

Entry Forms can be found on the [usagnj.com](http://usagnj.com) website. Use one entry form per level.

Make check payable to: **\*\*The Club Hosting the Event\*\***

Sectional Meet entry fees for all Xcel levels are \$65.00

1. State your sectional meet site preference. (Preference is given when possible: however, USA Gymnastics-NJ reserves the right to assign your club to a site other than your request based on availability of space and/or geographic location)
2. Email Sectional Entry Forms to Patty Strickland [gymjudge4@me.com](mailto:gymjudge4@me.com) 17 days prior to sectional meet
3. Mail a check and the entry form to the host club.

Once a gymnast competes in a Sectional, she has declared her competitive level for the current season and may not move down a level. If requirements are met, she may move up.

## **For States:**

Must have a qualifying score of **32.00AA** at one of the NJ Xcel Sectional Competitions to attend States.

Mail State Entry forms no later than **2 days after** the last sectional meet.

Entry Forms can be found on the [usagnj.com](http://usagnj.com) website. Use one entry form per level.

Make check payable to: **\*\*The Club Hosting the Event\*\***

State Meet entry fees for all Xcel levels are \$65.00

Email State Entry Forms to Patty Strickland [gymjudge4@me.com](mailto:gymjudge4@me.com) no later than 2 days after the last sectional meet.

Mail a check and entry form to the host club.

Scratches will not be accepted for Sectionals and States once the designated sites are emailed out to the clubs. There will be no refunds once the designated sites are emailed.

Late entries are subject to available space for that meet. Late Fee is \$25 per gymnast mailed to the host club.