

# Everything You Need to Know

About



**For the 2015-2016 Season**

## **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 Xcel 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.
- 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

## **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 competing 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: Page 12- Xcel Program

<http://usagnj.com/wp-content/uploads/2014/12/USAGNJ-Handbook2015.pdf>

National R&P: Chapter 6 - Xcel Competitive Program

[https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2015\\_2016\\_w\\_rulespolicies\\_0825.pdf](https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2015_2016_w_rulespolicies_0825.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/>

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

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

## 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 that have competed in Xcel or programs outside of USA Gymnastics may enter at any division that is appropriate for their skill level.
  - c. For gymnasts entering from the JO program, follow the chart below.

	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>	<b>PLATINUM</b>	<b>DIAMOND</b>
Minimum age to compete	Reached 5th Birthday	Reached 6th Birthday	Reached 7th Birthday	Reached 8th Birthday	Reached 9th Birthday
Excel Entry Div from 2013 J.O. Program	Levels 1 & 2	Levels 2 & 3	Levels 3,4, 5 & 6	Levels 4, 5, 6, 7 & 8	Levels 7, 8, 9,

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

## **2015-2016 Updates**

### **Bars**

Change in Gold cast value part: In the Gold Division, for a cast to receive "A" value part credit, the cast must be performed to a minimum of 45 degrees below horizontal.

New Bronze/Silver Bar Skill (added to Xcel Skills Chart): Dismount: Cast squat on to the low bar, jump off forward = "A"

### **Competitions**

If a squad has more than one division competing, the timed warm-up will be determined by the combined total number of minutes allowed for each level

In order for an official to judge the Platinum and Diamond Divisions, they must have a minimum of a Level 7/8 rating. *(NJ has had this requirement in place since last season)*

No video review is allowed at any Xcel competition during the processing of an inquiry unless specific criteria are met (specific criteria can be found in the National R&P)

### **Entry To States**

1. Must compete in a sanctioned meet in New Jersey to qualify to Sectionals
2. Qualifying Scores For the 2015-2016 Season: 30AA to Sectionals 32AA to States
3. Entry Fees for Sectional & State Meets for the 2015/2016 competitive season will be \$65.00 for all Xcel Levels.

### **Dates to Know**

Feb 7 Declaration Deadline

Mar 12/13 Xcel Sectional #1 Giant Gymnastics, Envision

Apr 9/10 Xcel Sectional #2 Giant Gymnastics, Envision

Apr 30-May1 Xcel State Championships Jersey Shore Gymnastics

**Please take a 10 minute survey**

**<https://www.surveymonkey.com/r/23LFYVK>**

***Thank You!***

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