



# Region 4 2012-2013

## General Rules

REQUIREMENTS	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Minimum Age	4 years old	5 years old	6 years old	8 years old	14 years old or Freshman, or previous JO L8, 9, 10
MOBILITY	None – Entry Level	None – Entry Level	31.00 AA JO Level 5 34.00 AA – 8.5 IE in Xcel Silver	31.00 AA JO Level 6 34.00 AA – 8.5 IE in Xcel Gold	34.00 AA JO Level 8 34.00 AA – 8.5 IE in Xcel Platinum
Value Parts Allowed A = 0.1 B=0.3	Any element in the JO 1-6 Program and all A elements (provided they are not listed in the difficulty restriction)	Any element in the JO 1-6 Program and all A elements (provided they are not listed in the difficulty restrictions)	Any element in the JO 1-6 Program and all A & B elements (provided they are not listed in the difficulty restrictions)	All A, B elements (provided they are not listed in the difficulty restrictions) AND allowable C elements (as listed by event)	All A, B, and C elements (provided they are not listed in the difficulty restrictions)

### MEET ORGANIZATION

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Sub Divisions	Age Divisions determined by Meet Director	Age Divisions determined by Meet Director	Age Divisions determined by Meet Director	Age Divisions determined by Meet Director	Age Divisions determined by Meet Director
Warm Up Time	15 min open stretch No warm up time required, set by meet director and must be listed in pre-meet information	15 min open stretch 45 sec warm up per Gymnast/event 2 vaults	15 min open stretch 1 min warm up per gymnast/event 2 vaults	15 min open stretch 1:30 min warm up per gymnast/event 3 vaults	15 min open stretch 1:30 min warm up per gymnast/event 3 vaults
Judgments Allowed/Session	Per USAG Rules & Policies	Per USAG Rules & Policies	Per USAG Rules & Policies	Per USAG Rules & Policies	Per USAG Rules & Policies
Awards	Determined by state board	Determined by state board	Determined by state board	Determined by state board	Determined by state board

Unless noted as an exception, the XCEL program follows all rules as written in USAG's Rules & Policies

## **Judging Considerations:**

- All Judges must flash the Start Value
- Elements may be recognized two times in a routine provided the element occurs with a different connection. Elements may not receive VP credit if performed a 3<sup>rd</sup> time, or is performed a 2<sup>nd</sup> time in the exact same connection.
- Bars: Do not apply cast angle deductions at any level. For Platinum and Diamond divisions, if the SR cast angle is not met, deduct for missing SR.
- Composition is not evaluated. The emphasis at this level is on the gymnast's performance: that is, execution, amplitude, rhythm, dynamics, and artistic quality.
- Special Requirements = 0.5
- Unallowable Skills = 0.5 deduction
- Optional Execution deductions apply unless noted otherwise, this includes the artistry, rhythm, and dynamics deductions
- Maximum Execution Deductions = 4.0
- Skills may be presented to the State Administrative Committee for evaluation of value.
- Special Requirements may be fulfilled if skill criteria is met before a fall.
- Higher value parts can replace lower value parts. Therefore, a "B" may be used to replace an "A" value part
- On each event there are certain exceptions given for performing an element with higher technical requirement met than is allowed at that level
  - BARS
    - Clear Hip(allow skill to be performed to the maximum and allow lower value part)
    - Glide & Return, Back Hip Pullover mount = 2 "A" elements
    - Cast to squat or stoop on = 1 "A" element
  - BEAM
    - 180 degree Split Jump = "A" or "B" value depending on the division
    - 180 degree Straddle Jump = "A" or "B" value depending on the division
  - FLOOR
    - Aerials = "A" Value Part
    - 180 degree Side Leap = "A" or "B" depending on the division
    - Dive Rolls count for forward acro flight skills

## **SAFETY**

- Coach is allowed to stand by the horse at all levels – but must not block the view of the judge
- Aid of coach during vault – 1.00 deduction – do not void the vault
- Spot by coach during the landing – 0.50 deduction; skill still receives credit
- There is no deduction for a coach standing on the floor.
- If the coach assists or spots the gymnast during a skill – 0.50 deduction and no credit for the skill

## Level 1-6 Skills to receive Value Part Credit in Xcel Bronze, Silver, & Gold

Bars	Beam	Floor
Back Hip Circle Cast, Push Away Dismount Straddle Sole Circle Dismount Single Knee Uprise Single Leg Cut Forward Single Leg Shoot through Forward Stride Circle Single Leg Cut Backward Pike Sole Circle Dismount Glide Swing to Stand Pull Up Pullover Front Hip Circle Underswing Dismount Cast Horizontal (no amplitude deduction for "A" value) Squat on or Pike on Counterswing Tap Swing Tap Swing forward with ½ turn dismount Long Hang Pullover Tap Swing to Flyaway Cast to Clear Pullover (Baby Giant)	Jump to Front Support Mount Tuck or V-Sit Candlestick Arabesque Coupe Walks Releve Walks Stretch Jump Stretch Jump Dismount Forward Roll Leg Swings Releve Balance Tuck Jump Dismount V-Sit swing to Push-up position Partial Handstand (no angle – feet must close) Running Steps to lock ½ Pivot Turn Split Jump (minimum 30 degrees) Cartwheel to Side Handstand Dismount Leg Swing Mount w/ ½ Turn V-Sit swing to Tuck Stand Heel Snap ½ Turn Minimum 60 degree leap ½ Coupe Turn Horizontal Scale Cartwheel to Side Handstand ¼ Turn Dismount Leg Swing mount with ½ Turn Weight Transfer Cross Handstand (no hold requirement) Backward Roll Scissor Leg Swing Mount with ½ Turn Coupe, Side Develope, Rond de Jambe Cross Handstand, ¼ Turn to side handstand, ¼ turn Dismount	Forward Roll Tucked Backward Roll Tucked Cartwheel Candlestick Bridge Leg Swings Coupe Walks Forward Forward Roll to Straddle Stand Headstand Kneeling Lever Back Backward Roll to Pike Stand Handstand Front Leg Balance (min. 1 sec) Min. 30 degree Split Jump ½ Pivot Turn Chasse Handstand Forward Roll Backward Roll with Straight Arms to Pike Stand Backbend Kickover Min. 60 degree Leap ½ Heel Snap Turn Stretch Jump Handstand to bridge, Back Kickover Leg Swing with hop Forward Split Weight Transfer Backward Roll to Push-up Position ½ Coupe Turn Dive Forward Roll Leg Swing with hop ¼ Turn Straddle Jump <180 degrees = "A" Stretch Jump with ½ Turn Front Handspring Step-Out & Front Handspring to 2 Feet = different "A" elements Side Leap <180 degrees = "A"