

# Xcel Gotchas

Your running list of Xcel “gotchas.” We keep adding them as you stumble on them.

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## DIVISION KEY:

- B** = Bronze
- S** = Silver
- G** = Gold
- P** = Platinum
- D** = Diamond
- Sa** = Sapphire

Refer to the [“Xcel and Dev Optional Rule Differences”](#) document by Jane Caruso for additional information.

Send any additional Xcel “gotchas” to [Bonnie Crawford](#) to post. Thank you!

## Vault

VAULT		
Nbr.	Comment	Code Reference
1.	<b>S: do not</b> take “angle of repulsion” <b>do</b> take “too long in support” ^0.30	Vault, Chapter 3: Deductions, Silver Division Vault Deductions, Support/Repulsion Phase
2.	<b>G/P/D/Sa: do</b> take “angle of repulsion” for non-salto vaults only ^0.50 <b>do</b> take “too long in support” for non-salto vaults only ^0.50	Vault, Chapter 3: Deductions, Gold, Platinum, and Diamond Division Vault Deductions, Support/Repulsion Phase
3.	<b>S: do not</b> take “insufficient length” <b>do not</b> take “insufficient height”	Vault, Chapter 3: Deductions, Silver Division Vault Deductions, Second Flight Phase
4.	<b>G/P/D/Sa: do</b> take “insufficient length” ^0.30 <b>do</b> take “insufficient height” ^0.50	Vault, Chapter 3: Deductions, Gold, Platinum, and Diamond Division Vault Deductions, Second Flight Phase

Uneven Bars

UNEVEN BARS		
Nbr.	Comment	Code Reference
1.	<p><b>B/S/G/P/D/Sa (all):</b> More than one (1) special requirement may be fulfilled by one (1) VP element, unless otherwise specified.</p> <p>2 giants fulfill 3 special requirements for the Diamond division:</p> <ol style="list-style-type: none"> <li>1. SR1: skill finishing in a clear support at a min. of 45° from vertical</li> <li>2. SR2: Minimum “B” 360° circling skill</li> <li>3. SR3: Additional minimum “B” skill – either a release, turn, or 2<sup>nd</sup> 360° circling skill, same as or different from SR2.</li> </ol>	General / Judges, Chapter 2: Evaluation of Exercises, I.B.
2.	<p><b>B/S/G/P/D/Sa (all):</b> If an element is performed that cannot be specifically found in the Xcel Code of Points, the judge may award comparable VP credit if they can recognize the “root” element.</p> <p>Note: in the DP program, this rule only applies to leaps, jumps, and hops.</p>	Uneven Bars, Chapter 2: General Information, I.A.2.
3.	<p><b>B/S/G:</b> The gymnast may perform a mount with one or two elements (two-part mount). The maximum number of elements allowed is two (2).</p> <ol style="list-style-type: none"> <li>1. If a third element is performed, the third element will not receive VP credit and will receive execution deductions.</li> </ol> <p>There is no deduction for performing a third element in the mount; there is just no VP credit awarded.</p> <p>Note: If two glide swings are performed (without feet touching between glides), it will only count as one (1) element.</p>	<p>Uneven Bars, Chapter 2: General Information, VII.A.6.a.</p> <p>VII.A.6.a.1).</p> <p>VII.A.6.a.2).</p>
4.	<p><b>B/S/G:</b> The run-out glide kip is a valid mount, but it is considered a fall if performed within the routine.</p>	Uneven Bar Elements, Group 1-Mounts
5.	<p><b>B/S/G:</b> There is no deduction for resting the chin on a pullover. That is a compulsory deduction, not an Xcel deduction.</p>	Uneven Bars, Chapter 3: Deductions, VI
6.	<p><b>B/S/G/P/D/Sa (all):</b> The squat on receives no VP credit if the athlete steps up one foot at a time.</p>	Uneven Bar Elements, Group 1-Mounts
7.	<p><b>B/S/G/P/D/Sa (all):</b> DEV cast deductions <b>NOT</b> used in any division</p>	Uneven Bars, Chapter 2: General Information, I.G.2.d.

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Nbr.	Comment	Code Reference
8.	<p><b>B/S/G/P/D/Sa (all):</b> Skill preceded by cast, both receive separate VP credit</p> <p><b>EXCEPTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Cast-squat/stoop/straddle on, also with jump to HB = 1 “A” VP</li> <li>2. Cast shoot through = 1 “A” VP</li> <li>3. Cast off to stand dismount (Bronze-only element) = 1 “A” VP</li> </ol> <p><input checked="" type="checkbox"/> Receive one (1) VP (all divisions)</p> <p><input checked="" type="checkbox"/> May NOT be used to fulfill cast SR</p> <p><input checked="" type="checkbox"/> Mount/dismount may not fulfill cast SR</p> <p><b>NOTE:</b> While a mount or dismount itself does not meet a skill (or cast) requirement for a division, a cast to an underswing could if it went to the division requirement</p> <p><b>Example: S:</b> Cast to 45° below horizontal to a sole circle dismount – 2 skills and the cast would meet the SR</p>	<p>Uneven Bars, Chapter 1: Requirements &amp; Restrictions, III.A.1.a.1)</p> <p>Uneven Bars, Chapter 2: General Information, I.G.3.</p> <p>Dianne Palmer, Region 2 Xcel Chair</p>
9.	<p><b>B/S:</b> Dismounts preceded by a cast:</p> <ol style="list-style-type: none"> <li>1. <b>Two Skills:</b> A cast squat on that precedes:               <ol style="list-style-type: none"> <li>a. stretched jump off forward to a stand This skill begins from a squat, straddle, or stoop position.</li> <li>b. toe-on underswing to stand (sole circle)</li> </ol> <p>The cast squat on = 1 “A” VP The dismount = 1 “A” VP</p> </li> <li>2. <b>One Skill:</b> A cast that precedes:               <ol style="list-style-type: none"> <li>a. clear underswing to stand</li> </ol> <p>The cast + dismount = 1 “A” VP unless the cast achieves the division cast angle requirement.</p> </li> </ol>	<p>Uneven Bar Elements, Group 8-Dismounts, 8.004 and 8.006</p>
10.	<p><b>B/S/G/P/D/Sa (all):</b> After fall, judging resumes w/ performance of element listed in Xcel Code/Skill Charts</p> <hr/> <p><b>B/S/G:</b> A pullover mount is an “A” on the uneven bars division skill chart, so after a fall, judging resumes with the pullover</p> <hr/> <p><b>P/D/Sa:</b> A pullover is <b>NOT</b> an “A” in the uneven bar elements – group 1 mounts, so after a fall, judging resumes after the first value part performed.</p>	<p>Uneven Bars, Chapter 2: General Information, V.E.</p> <hr/> <p>Uneven Bar Elements, Group 1-Mounts, 1.003a and 1.003b</p>
11.	<p><b>B/S/G:</b> A glide swing to stand, even without a successful pullover to the bar (e.g., spotted), is still a mount and satisfies the bronze and silver special requirement number 1 Mount.</p>	<p>Uneven Bar Elements, Group 1-Mounts, 1.004</p>

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Nbr.	Comment	Code Reference
12.	<b>S:</b> A jump to front support is allowed for no value but does not satisfy the silver special requirement number 1 Mount. If the silver athlete performs a glide swing to stand prior to the jump to front support, even though the jump to front support receives no value, the glide swing to stand will satisfy the silver special requirement number 1 Mount.	Uneven Bar Elements, Group 1-Mounts, 1.001
13.	<b>B/S/G:</b> no extra swing deductions applied. Apply a rhythm deduction.	Uneven Bars, Chapter 3: Deductions, IV.C.
14.	<b>P/D/Sa (only):</b> apply extra swing deductions Each extra swing is a <b>0.30</b> deduction with a maximum deduction of <b>0.50</b> for multiple extra swings following an element. If a gymnast performs an "A" or "B" cast that meets the Special Requirement amplitude for that division but then returns to a front support, it still receives a <b>0.30</b> extra swing/cast deduction.	Uneven Bars, Chapter 3: Deductions, IV.C.
15.	<b>P: one allowed</b> tap swing-counterswing (1 skill) —or— underswing-counterswing (1 skill) allowed for "A" VP w/o <b>0.30</b> extra swing deduction with a maximum deduction of <b>0.50</b> for multiple extra swings following an element <b>NOTE:</b> the tap swing into a dismount is also 1 skill.	Uneven Bars, Chapter 3: Deductions, IV.D.
16.	<b>D/Sa: all receive a deduction</b> tap swing-counterswing (1 skill) —or— underswing-counterswing (1 skill) receive an extra swing deduction <b>0.30</b> with a maximum deduction of <b>0.50</b> for multiple extra swings following an element <b>Exception:</b> tap swing-counterswing performed prior to salto forward dismount (front fly away) = no deduction for extra swing <b>NOTE:</b> the tap swing into a dismount is also 1 skill.	Uneven Bars, Chapter 3: Deductions, IV.D.



Balance Beam

BALANCE BEAM		
Nbr.	Comment	Code Reference
1.	<b>B/S/G/P/D/Sa (all):</b> "A" handstands and headstands do <b>NOT</b> require a hold for any division. Any "B" VP or higher handstand requires a 2-second hold if noted with the Table of Elements.	Balance Beam, Chapter 1: Requirements & Restrictions, III.A.a.1)
2.	<b>B/S/G/P/D/Sa (all):</b> ALL beam mounts are "A" VP's (unless listed as a "B" VP or higher in the Xcel Code)	Balance Beam, Chapter 1: Requirements & Restrictions, V.
3.	<b>B:</b> partial handstand – both feet off the beam while at least one leg reaches a minimum of 45° from vertical	Balance Beam Elements, Group 5-Holds-Stands, 5.002
4.	<b>S:</b> partial handstand – feet must close together and be a minimum of 45° from vertical – both criteria must be met simultaneously to receive VP credit	Balance Beam Elements, Group 5-Holds-Stands, 5.002
5.	<b>G:</b> partial handstand – feet must close together and be a minimum of 45° from vertical – both criteria must be met simultaneously to receive VP credit <b>NOTE:</b> a partial handstand, although a VP, does not fulfill SR for <b>G:</b> as it does not reach vertical	Balance Beam Elements, Group 5-Holds-Stands, 5.002  Chapter 2: General Information, I.G.1.c.
6.	<b>S/G/P/D:</b> Award SR credit for all cross and side split leaps or jumps that are within 20° of the division's specified split angle. Apply a deduction of up to 0.20 for insufficient split	Balance Beam, Chapter 1: Requirements & Restrictions, III.A.2.
7.	<b>Sa:</b> Award SR credit for all cross and side split leaps or jumps that are within 45° of the division's specified split angle. Apply a deduction of up to 0.20 for insufficient split	Balance Beam, Chapter 1: Requirements & Restrictions, III.A.2.
8.	<b>B/S/G/P/D/Sa (all):</b> If a restricted element is competed as the dismount, deduct: <ul style="list-style-type: none"> <li>• <u>0.50</u> restricted element</li> <li>• <u>0.50</u> no special requirement</li> <li>• <u>0.30</u> no dismount</li> </ul> If a dismount is not listed for the competing division but is listed for a lower division, deduct: <ul style="list-style-type: none"> <li>• <u>0.50</u> no special requirement</li> <li>• <b>Do NOT</b> deduct <u>0.30</u> for no dismount</li> </ul> If a dismount is of no value for any division (not in the Code of Points), deduct: <ul style="list-style-type: none"> <li>• <u>0.50</u> no special requirement</li> <li>• Deduct <u>0.30</u> for no dismount</li> <li>• <b>Do NOT</b> award value part</li> </ul>	Balance Beam, Chapter 1: Requirements & Restrictions, IV.B.
9.	<b>B/S/G/P/D/Sa (all):</b> Cross and side handstands are considered different elements	Balance Beam Elements, Chapter 2 General Information, I.B.2.h.

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BALANCE BEAM		
Nbr.	Comment	Code Reference
10.	<p><b>B/S/G/P/D/Sa (all): NOT</b> inherently connectable acro elements:</p> <ul style="list-style-type: none"> <li>A handstand step down (landing in a lunge) to handstand step down connection is not inherently unconnectable. The only way these two elements could legitimately connect is by landing the first element on one leg and stepping through with the second leg.</li> </ul>	Balance Beam, Chapter 2: General Information, II.E.1/2
11.	<p><b>G/P/D/Sa: Good</b> acro connections:</p> <ul style="list-style-type: none"> <li>back shoulder roll through vertical to a second back shoulder roll</li> <li>back shoulder roll through vertical to a cartwheel</li> <li>headstand swing down to backward roll</li> <li>back handspring down to backward roll</li> <li>cartwheel down to knee to cartwheel</li> <li>cartwheel, land 1 foot on and the other to the side of the beam, down to backward roll to the knees or feet (or reverse: backward roll to 1 knee, stand on free leg to cartwheel)</li> </ul>	Balance Beam, Chapter 2: General Information, I.G.2.a. Balance Beam, Chapter 2: General Information, II.E.2.b.
12.	<p><b>G/P/D/Sa:</b> A repositioning of the support leg (including a half turn) between two acro elements breaks the acro series. e.g., cartwheel, half turn, cartwheel is broken</p>	Balance Beam, Chapter 2: General Information, II.D.4.
13.	<p><b>B/S/G/P/D/Sa (all):</b> At Xcel state meets and above, a coach can request a video review by the meet referee and the highest rated unaffiliated judge (if video is available) if the inquiry involved an instance that would affect the start value. e.g., the degree of split for a SR is eligible for video review at Xcel state and above since the determination would affect the start value Normally, the video review process may NOT be used to appeal a judgment of degree assessment, i.e., degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps as well as other like skills.</p>	<p>Rules &amp; Policies, Chapter 6 General Meet Information, VI.H.3.</p> <p>Rules &amp; Policies, Chapter 6 General Meet Information, VI.H.6.</p>

Floor Exercise

FLOOR EXERCISE		
Nbr.	Comment	Code Reference
1.	<b>B:</b> a half turn SR on floor can be hidden in creative choreography	
2.	<b>B:</b> a half turn breaks a series—e.g., cartwheel, half turn, cartwheel does not satisfy SR #1 (minimum of 2 directly connected acro skills w/w/o flight) or SR #2 (2 <sup>nd</sup> pass w/ minimum one acro skill w/w/o flight) A repositioning of the support leg (including a half turn) between two acro elements breaks the acro series.	Floor Exercise, Chapter 3: Execution & Artistry Deductions, II.A.2.c.
3.	<b>B/S/G/P/D/Sa (all):</b> Acro flight skills w/ hand support a. Eligible for VP credit regardless of number of times performed b. May fulfill SR, provided series are different <hr/> 1 <sup>st</sup> series: RO,FF 2 <sup>nd</sup> series: RO,FF,FF <input checked="" type="checkbox"/> Considered 2 different series w/ added FF in 2nd series <input checked="" type="checkbox"/> Award VP credit to all elements <b>NOTE:</b> Above series in the reverse order is still considered two different series	Floor Exercise, Chapter 2: General Information, I.A.7. <hr/> Floor Exercise, Chapter 2: General Information, I.B.2.d.
4.	Acro elements—i.e., rolls/cartwheels/walkovers, are eligible for acro VP credit w/ <b>optional ending position</b> not specifically listed in Xcel Code <b>NOTE:</b> RO, rebound, BWD roll to knees is eligible, since “to the knees” is an “optional ending position”	Floor Exercise, Chapter 2: General Information, I.A.8.
5.	A dive roll does not fulfill the flight requirement since it ultimately has support on shoulders and back <b>NOTE:</b> A dive roll counts as an acro VP, but not a flight.	Floor Exercise, Chapter 2: General Information, I.E.7.b.
6.	<b>B/S:</b> RO, rebound, BWD roll is an acro connection <input checked="" type="checkbox"/> The only rebound-type series allowed to fulfill SR	Floor Exercise Rules, Chapter 1: Requirements & Restrictions, III.B.
7.	<b>B/S: Good</b> non-flight acro connection: <ul style="list-style-type: none"> <li>Forward roll to sit, backward roll (body position optional)</li> </ul>	Floor Exercise Rules, Clarifications Regarding Connections II.A.1/2/3
8.	<b>G:</b> “B” VP twisting saltos are not allowed	Chapter 1: Requirements & Restrictions, IV.B.
9.	<b>B/S/G/P/D/Sa (all):</b> Straight arms are not required for rolls; they may be bent or straight. That is a compulsory deduction, not an Xcel deduction.	Floor Exercise Elements, Group 4-Rolls, 4.102
10.	Assembles, stretch jumps, and hops (free leg not to horizontal) are NOT “A” value parts, but they can be additionally included.	Floor Exercise, Chapter 3: Execution & Artistry Deductions, II.D.2. (non-VP elements that break connections)

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FLOOR EXERCISE		
Nbr.	Comment	Code Reference
11.	<b>B/S/G</b> The leg swing hop with free leg to horizontal or above is an "A." Deduct up to 0.20 for insufficient amplitude if the free leg is below horizontal (using 20° variance). Do not award an "A" value part if the free leg is lifted less than 70° from the floor.	Floor Exercise Elements, Group 1- Leaps, Jumps, and Hops, 1.001
12.	<b>B/S/G/P/D/Sa (all)</b> : A dance value part element following and directly connected to the last element in an acro pass will make the acro pass different. A dance skill as the last element does not nullify the acro pass.	Floor Exercise, Chapter 2: General Information, I.B.2.e
13.	<b>B/S/G/P/D/Sa (all)</b> : At Xcel state meets and above, a coach can request a video review by the meet referee and the highest rated unaffiliated judge (if video is available) if the inquiry involved an instance that would affect the start value. e.g., the degree of split for a SR is eligible for video review at Xcel state and above since the determination would affect the start value Normally, the video review process may NOT be used to appeal a judgment of degree assessment, i.e., degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps as well as other like skills.	Rules & Policies, Chapter 6 General Meet Information, VI.H.3.  Rules & Policies, Chapter 6 General Meet Information, VI.H.6.