



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



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

| Vault | Bars | Beam | Floor | Vault | Bars | Beam | Floor |
|--|--|---|---|--|---|--|---|
| <p>L4 vault - 10.0 start value L4 deductions excluding run and board contact and landing zone deductions, if other vault performed, 2.0 deduction, Best of 2 vaults score counts</p> | <p>Special Requirements 2.0, Start Value 10.0 no bonus Special Requirements .5 each</p> | <p>Max time 1:00 (-.1OT) Special Requirements 2.0, SV10.0 Special Requirements .5 each</p> | <p>Max time 1:10(-.1OT) Special Requirements 2.0 Special Requirements .5 each</p> | <p>Handspring to flat back over the table land flat back - 10.0 start value L4 deductions excluding run/board contact and landing zone deductions- mats should be stacked anywhere between 8" below and above the table, if other vault performed 2.0 deduction. Best of 2 vaults score counts</p> | <p>Special Requirements 2.0, Start Value 9.6 Bonus .4 Special Requirements .5 each</p> | <p>Max time 1:10 (-.1OT) Special Requirements 2.0, SV 9.6 Bonus .4 Special Requirements .5 each</p> | <p>Max time 1:30(-.1OT) Special Requirements 2.0, SV 9.6 Bonus .4 Special Requirements .5 each</p> |
| | 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 - 60 degree split | 2. 1 acro forward skill can include front limber, handstand roll, walkovers or front handsprings | | 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. Dance passage with a min of two different group 1elements (leaps/jumps/hops) directly or indirectly connected one of which is a leap, jump or hop with a min 90 degree split | | 4. Level 1-5 dismount either bar | 4. 1 dance series (min 2 elements) (split leap/jump may be included in dance series) | 4. Dance passage with a min of two different group 1elements (leaps/jumps/hops) directly or indirectly connected one of which is a leap, jump or hop with a min 90 degree split |
| | 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 elements B or higher | | No B or C acro allowed | Cast at or above horizontal | Full Turn | | | |
| | | | | Salto Dismount | | | |
| All skills in Level 1-4 routines are considered elements | | | Specifics | Specifics | Specifics | | |
| | | | No Salto discount allowed, no C element or higher allowed | 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 a 1.0 deduction, if a vault other than the specified vaults are performed a 2.0 deduction is applied. All skills in compulsory routines are considered elements

Bonus is only given for skills if they are completed without a fall or spot. No special requirement is given if requirement is performed with a spot.



Gold (routines use mostly level 1-5 skills) 1 min w.u. per event



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) Level 5/6 vault deductions will apply - if other vault performed - 2.0 deduction - Best of 2 vaults score counts | Special Requirements 2.0, Start Value 9.4 Bonus .6 Special Requirements .5 each | Max time 1:10 (-.1OT) Special Requirements 2.0, SV 9.4 Bonus .6 Special Requirements .5 each | Max time 1:30 (-.1OT) Special Requirements 2.0, SV 9.4 Bonus .6 Special Requirements .5 each | Vault - Any Level 7 vaults - use level 7 vault deductions 10.0 start value for all vaults -if other vault performed 2.0 deduction, Best of 2 vaults score counts | Special Requirements 2.0, Start Value 9.2 Bonus .8 Special Requirements .5 each | Max time 1:10 (-.1OT) Special Requirements 2.0, SV 9.2 Bonus .8 Special Requirements .5 each | Max time 1:30 (-.1OT) Special Requirements 2.0, SV 9.2 Bonus .8 Special Requirements .5 each |
| | 1. Six elements - tap swings can count as 1 element 2. 2 different circling elements 3. Any height cast 4. Bar change | 1. acro skill at or through vertical (must start and finish on BB) 2. 1 dance series, minimum of 2 elements - must include jump or leap with minimum of 90 degree split 3. 1/1 turn on 1 foot min. 4. Dismount- must be level 3 or higher or in j.o. code as an element | 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. 1 forward acro flight element may be in a series or isolated, must start and finish forward - if a forward salto (no hands) it must start forward but does not have to finish forward 3. 1/1 turn on 1 foot min 4. Dance passage with a min of two different group 1elements (leaps/jumps/hops) directly or indirectly connected one of which is a leap, jump or hop with a min 120 degree split | | 1. 1 bar change 2. 2 different circling elements 3. Cast to horizontal or higher 4. Kip | 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 2. 1 dance series, minimum of 2 elements - must include jump or leap with minimum of 120 degree split 3. 1/1 turn on 1 foot min. 4. Dismount- must be level 4 or higher or in j.o. code as an element | 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. 1 forward acro flight element with or without series 3. 1/1 turn on 1 foot min 4. Dance passage with a min of two different group 1elements (leaps/jumps/hops) directly or indirectly connected one of which is a leap, jump or hop with a min 150 degree split |
| | Bonus .2 each max .6 Salto dismount Cast above horizontal Kip to immediate cast of any height Long hang Kip Any B skill | Bonus .2 each max .6 Any B dance or acro with no flight Salto dismount any connected acro series | Bonus .2 each max .6 Any acrobatic series with 3 elements one of which has to be a salto Any B acro or dance | | Bonus .2 each max .8 Any B element Salto dmt to kip, tap swing or flyaway a sole circle around any 1/2 turn that ends on the bar | Bonus .2 each max .8 Any B or C Dance Any B acro (B acro with flight will receive additional .2 bonus i.e. performance of a back handspring will receive .2 bonus for the B and .2 bonus Any B+C or C+B connection | Bonus .2 each max .8 Round off back handspring layout 2 salto pass Any B acro Any B or C dance |
| Specifics | Specifics | Specifics | Specifics | Specifics | Specifics | Specifics | |
| NO C elements on any event allowed | | | | Following Level 7 -C element restrictions 2 tap swings max before deduction | No C Acro allowed No D elements allowed | No C Saltos | |

Any skill performed that is not allowed is a 1.0 deduction, **if a vault other than the specified vaults are performed a 2.0 deduction is applied.** All skills in compulsory routines are considered elements

Bonus is only given for skills if they are completed without a fall or spot. **No special requirement is given if requirement is performed with a spot.**



Diamond (routines use mostly level 6-8 skills) 1.5 min w.u. per event

Rule clarifications

| Vault | Bars | Beam | Floor | General | |
|--|--|---|--|--|--|
| <p>Vault - All Level 8 vaults allowed - 10.0 start value for all vaults, Best of 2 vaults score counts</p> | <p>Special Requirements 2.0, Start Value 9.0 Bonus 1.0</p> <p><u>Special Requirements .5 each</u></p> | <p>Max time 1:10 (-.1OT) Special Requirements 2.0, SV 9.0 Bonus 1.0</p> <p><u>Special Requirements .5 each</u></p> | <p>Max time 1:30 (-.1OT) Special Requirements 2.0, SV 9.0 Bonus 1.0</p> <p><u>Special Requirements .5 each</u></p> | <p>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.</p> | |
| | <p>1. 1 bar change</p> | <p>1. acro series with or without flight and 1 acro with flight (can be included in series)</p> | <p>1. Min of 2 acro passes. One pass must have 3 elements (2 of which have flight) other pass 1 or more flight elements</p> | <p>All skills need to be listed in the compulsory routines or code .5 deduction for spotting, 1.0 deduction for performing a restricted element, 2.0 deduction for a vault that is not specified for that level</p> | |
| | <p>2. Kip cast connected</p> | <p>2. 1 dance series, minimum of 2 elements - must include jump or leap with minimum of 150 degree split</p> | <p>2. 1 forward acro flight element with or without series</p> | <p>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</p> | |
| | <p>3. Cast to 45 degrees or above</p> | <p>3. 1/1 turn on 1 foot min.</p> | <p>3. Min B turn (i.e. 1 1/2 turn)</p> | <p>Any skill listed in levels 1-6 compulsory routines or JO Code of Points is considered an "element" . Skills in compulsory routines but not given a value in the JO Code of Points will be given an A value</p> | |
| | <p>4. salto dismount off High bar or B dismount</p> | <p>4. Dismount- salto or aerial dismount</p> | <p>4. Dance passage with a min of two different group 1 elements (leaps/jumps/hops) directly or indirectly connected one of which is a leap, jump or hop with a min 150 degree split</p> | <p>Baby giant missing hips (3/4 giant or giant not reaching vertical) is valued an A above horizontal and valued a B if ending at horizontal or above. A baby giant missing hips or touching hips will be considered a circling element for special requirements as long as it starts from a cast.</p> | |
| | <p>Bonus .2 each max 1.0 Any B skill or higher</p> | <p>Bonus .2 each max 1.0 Any C dance skill Any B or C acro B+C or C+B connection Any connected acro series 1 must have flight</p> | <p>Bonus .2 each max 1.0 Any B or C saltos Any 2 salto pass Any C dance element Any B+C or C+B or higher dance connection</p> | <p>2 of the same element may be done to receive bonus but the 3rd time it is done it will not receive credit.</p> | |
| | <p>Specifics</p> <p>No D elements allowed no extra tap swings allowed without deduction</p> | <p>Specifics</p> <p>No D elements allowed</p> | <p>Specifics</p> <p>No D elements allowed</p> | <p>No special requirement is given for any skill performed with the help of a spotter.</p> | |
| | | | | <p>Only a spring board is to be used for vaulting, Region 1 does not allow a tramp board or aero board - this is pending while waiting for USAG approval</p> | |
| | | | | | <p>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</p> |

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