

# 2011-2012 Region 5 Xcel (Prep Opt) Program

July 7, 2011  
*Changes, Additions in BOLD Italics*

## **WHAT IS IT?**

- An alternative USA Gymnastics competitive program.

## **WHO IS IT FOR?**

- Anyone who desires the challenge of optional routines and competition.
- Those wanting a limited time commitment.
- Those that want a competitive gymnastics experience.
- Those that enjoy and love the sport.

## **WHY?**

- Provide a means and a purpose for continued gymnastics participation.

## **BENEFITS**

- A great way for clubs to maintain students.
- Participants are able to experience optional competition without the huge commitment necessary for the JO program.
- A gymnast does not have to have competed previously in the JO program.
- Fosters team work.
- Incentive to improve.
- Registered USAG Xcel (Prep Opt) membership which is a discounted rate.
- Participation in USAG Sanctioned meets.

## **RECOMMENDATIONS**

- Workout schedule (2 times per week for 2- 3 hours) Bronze and Silver.
- Develop routines (UB, BB, FX) for each level
- Modify routines as skills are achieved.

## **MEETS** *To be determined by SAC (State Administrative Committee)*

- Recommended entry fees: in-gym invitationals \$35.  
Out-of-gym invitationals – to be determined by meet director.
- State Meet Entry fee – \$40 unless otherwise approved by the RACC
- The intention of this program is to keep costs at a minimum to allow maximum participation.

## REGION 5 XCEL PROGRAM

### General Regulations and Requirements

#### GENERAL REGULATIONS & REQUIREMENTS

1. Athletes must be registered with USAG
2. Since this program is an alternative program it **CANNOT BE USED TO SATISFY MOBILITY REQUIREMENTS IN THE JO PROGRAM.**
3. A gymnast may compete in **ONE** State Meet per season. She may compete in two state meets per competitive year as stated in R & P.
4. Level 7 and 8 gymnasts may compete in the Platinum Level of Xcel. Level 7 and 8 gymnasts may not compete in Bronze, Silver or Gold level. For special circumstances a gymnast may petition to the SAC to compete in the Xcel program.
5. Xcel competitions must follow the current USAG Women's *Rules and Policies* in regards to the apparatus specifications, using as a minimum standard the specifications for compulsory competitions.
6. Xcel competitions must follow the current USAG Women's *Rules and Policies* concerning maximum number of gymnasts per session. Bronze, Silver & Gold will follow compulsory numbers allowed and Platinum will follow optional numbers allowed.
7. All judges will flash SV. Maximum SV flashed will be 10.0. Maximum score 10.0. The following graph shows the officials fee schedule adopted by USAG. ***This fee schedule will be applied only when the recommended entry fee of \$35 or less is followed.***

| Division/Level                                       | # of Judges per Panel                   | Judges Rating                                                                                        | Rate                                                                                             |
|------------------------------------------------------|-----------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| A & B (R5 Bronze)                                    | Minimum of 1<br>(Region 5 state rights) | Professional "Coach" Member<br>Level 5&6 and Level 7&8<br>Level 9<br>Level 10<br>National and Brevet | \$15.00 per hour<br>\$15.00 per hour<br>\$18.00 per hour<br>\$22.00 per hour<br>\$25.00 per hour |
| C (R5 Silver),<br>D (R5 Gold) and<br>E (R5 Platinum) | Minimum of 1<br>(Region 5 state rights) | Level 5&6 and Level 7&8<br>Level 9<br>Level 10<br>National and Brevet                                | \$15.00 per hour<br>\$18.00 per hour<br>\$22.00 per hour<br>\$25.00 per hour                     |

If Xcel competitors are included in the same session(s) as JO Level 1-10 competitors, the USA Gymnastics Judges Compensation package will be in effect.

8. Level recommendations: Bronze (Division B) - Level 4 or below, Silver (Division C) – Level 5, Gold (Division D) - Level 6.
9. Level 7 and 8 gymnasts must compete at the Platinum level (Division E).

10. The following age divisions have been established by USAG and are effective immediately.

| Division          | Minimum Age R5 State right       |
|-------------------|----------------------------------|
| A                 | Reached 4 <sup>th</sup> Birthday |
| B – (R5 Bronze)   | Reached 5 <sup>th</sup> Birthday |
| C – (R5 Silver)   | Reached 6 <sup>th</sup> Birthday |
| D – (R5 Gold)     | Reached 7 <sup>th</sup> Birthday |
| E – (R5 Platinum) | Reached 8 <sup>th</sup> Birthday |

11. Xcel gymnasts are not required to compete All-Around. If a gymnast chooses not to compete All-Around, she touches on the event(s) she is not competing.
12. Gymnasts must designate on the entry form which division (Bronze, Silver, Gold, Platinum) they will compete. All events must be competed in the same division.
13. If competition squads have gymnasts of different divisions, gymnasts of the same division must compete consecutively. Divisions must be designated on the rotation sheet.
14. Qualification to State Meet to be determined by the SAC. Refer to State page.

*Additional rules and regulations are on page 55 of the current USAG Rules and Policies.*

**2011-2012  
MEET PROCEDURES**

**INVITATIONAL MEET AWARD RECOMMENDATION FOR TEAM AND INDIVIDUAL:**

- Individual awards must be given according to divisions (Bronze, Silver, Gold, Platinum).
- It is recommended that when possible, sessions be divided by divisions (Bronze, Silver, Gold, Platinum). If not, then rotations should be divided by divisions.
- Gymnasts not competing in the All-Around MAY have their scores counted in the team score total.
- Meet director may decide age groups.
- The meet director needs to provide the Region5 Xcel website information with all meet information.
- Awards should be awarded to a minimum of 50% on each event and the all-around per age group.
- Number of team awards to be determined by meet director. It is recommended that at least 50% be awarded.
- Team awards must be for each level (bronze, silver, gold & platinum). You may not combine levels for team awards.

**PREP-OPT STATE MEET TEAM AWARDS** *to be determined by SAC*

**TIMING ON BEAM AND FLOOR:**

- Maximum time **1:15 for Bronze & Silver Floor**, 1:30 for Gold & Platinum Floor
- Overtime = 0.1 deduction
- Bronze, Silver and Gold maximum beam time is 1:20
- Platinum – maximum beam time is 1:30

**RANGE OF SCORES**

The JO Optional allowable Range of Scores will be used.

|             |      |
|-------------|------|
| 9.5 - 10.0  | 0.20 |
| 9.0 - 9.475 | 0.50 |
| 8.0 – 8.975 | 0.70 |
| Below 8.0   | 1.00 |

All judges will flash SV. Maximum SV flashed 10.0. Maximum score given 10.0

**WARM-UPS**

Timed warm-ups – Bronze, Silver and Gold minimum of 1:00 per gymnast. Platinum minimum of 1:30 per gymnast.

Touch: Follow Rules and Policies for guidelines. Bronze, Silver & Gold follow compulsory guidelines. Platinum follow optional guidelines.

**SAFETY**

For the safety of the gymnast there is no deduction for a coach standing on the floor. There is a deduction of .5 if the coach spots or assists the gymnast and no credit for the skill.

**RULE CLARIFICATIONS 2011-2012**

1. Special Requirements must be met by completed skill or value parts as defined by the J.O. Code of Points for skill criteria. At Bronze Level 3-5 elements and at Silver Level 4-6 elements may also be recognized. Skills not meeting criteria may not be used as value parts, used for Special Requirements, or used for bonus. Execution deductions of skills are taken using optional rules except where noted differently.
2. Special Requirements may be fulfilled if skill criteria is met before a fall. For example, dismounts and saltos on floor land on the sole of the foot prior to falling, if hands touch the bar on a release, if the sole of the foot touches the top of the beam before a fall, then value part credit may be given. No bonus may be given on a skill with a fall.
3. Any element listed in the J.O. Code of Points can be recognized as a Value Part two times in a routine, provided the element occurs in a different connection (i.e., preceded or followed by a different skill). If the element is performed a third time, or is performed a second time in the exact same connection: value Part is NOT awarded, and it CANNOT be used to fulfill Special Requirements. Please refer to pg. 15 in the Code of Points for further information and some exceptions.
4. Higher value parts can replace lower value parts except at the Bronze level. Therefore, a "B" may be used to replace an "A" value part. It may also be used for bonus if it meets criteria needed.
5. On each event there are certain exceptions given for performing an element with higher technical requirement met than is allowed at that level.

#### **BARS**

Bronze – a "B or C" clear hip performed will receive "A" value part credit.

Silver – a "C" clear hip performed will receive "B" value part credit.

The level 4 mount "glide and return" is allowed for an "A" skill for bronze and silver

#### **BEAM**

Bronze – a "B" split or straddle jump performed will receive "A" value part credit.

***Bronze - A roundoff dismount will receive "A" value part credit.***

#### **FLOOR**

Bronze – Aerials are acceptable and will receive "A" value part credit.

Bronze - a "B" Side leap performed will receive "A" value part credit.

6. No additional compositional deductions except for the below listed deductions will be used.
  - There is a deduction of  $\wedge$ .2 Rhythm on Beam and Floor.
  - There is a deduction of  $\wedge$ .15 Artistry on Beam and Floor.
  - There is a deduction of  $\wedge$ .15 Dynamics on Bars.
  - .1 Bonus for stuck landings will be given on ***Vault, Bars and Beam***; however, body posture faults can be taken.
  - In Silver, Gold and Platinum levels BEAM Dismount bonus will only be awarded to Saltos/Aerials.
  - There will no longer be .1 Bonus awarded for stuck dismounts at all levels of Floor.***
  - .1 Bonus for extra "B/s" will only be given if skill received value part credit, no fall and/or spot.

7. **Beam:**

Acro elements must start and finish on the beam.

The 2 sec. balance hold does not have to be a recognized element in the J.O. code to fulfill the SR. ***If not in the Code it will not receive Value Part credit.*** It must be on 1 foot or on hands in clear support. No handstand holds.

Handstands must be held for 2 sec. to receive value part credit in Gold and Platinum. A 2 sec handstand hold at vertical may be used for the acro series. If criteria is not met series will not be awarded.

Dance series may use the same or different skill/s.

8. **Floor:**

Bronze, Silver & Gold - Dive rolls are allowed to be used as forward acro flight skills.  
Bronze, Silver & Gold – Handstand forward roll may be used as forward acro skill.  
A roundoff is considered a sideward skill.

9. Bars:

In the counting of elements, a cast to a squat on, stoop on, or straddle on is an “A” value part. Therefore, a Bronze gymnast performing a tuck, pike or straddle sole circle dismount from a cast on will receive 1 “A”.

For Bronze, Silver, Gold and Platinum the JO cast angle deductions will not be used.

10. Vault

***Bronze-Gymnasts that are performing both a flat back L4 vault and a handspring do not have to perform the vaults consecutively if the Meet Director chooses to have all competitors in the rotation compete on one apparatus 1<sup>st</sup>. Judges will judge 1<sup>st</sup> turn, holding score sheets until 2<sup>nd</sup> turn on the other apparatus is completed. If meet logistics allow, both types of vaults may be performed in the same turn.***

***All PO Level athletes may use alternative springboard apparatus, provided they are manufactured by a gymnastics equipment company. The apparatus should resemble the shape of a vault board, with a max. of 15 inches at the high end and a max. Of 4 inches at the low end. The surface producing the “spring” may be other than the traditional coil springs, such as an air bladder or small trampoline bed. (R&P, pg.82, F.1.)***

***A gymnast must use the same vaulting board/apparatus for all attempts. Vault values will be .5 lower for handsprings at Bronze level and .5 lower for all vaults at Silver, Gold and Platinum if an alternative springboard is used.***