

Subject: Xcel Clarifications

More clarifications and answers for your reading pleasure. All Xcel info below has been validated by Elaine Wulf.

- Xcel Bronze & Silver Bars: A cast squat on stretch jump off dismount is 2 skills. The cast is separate from the jump off. The dismount is described this way in both versions of the Xcel Code. The dismount is listed "from a squat position". This allows for the gymnast who squats on and doesn't get high enough to jump off and then goes onto a sole circle dismount to receive the same number of VPs (two) as a gymnast who successfully performs a cast to squat on jump off dismount. A gymnast who "crawls up" to a squat jump off dismount would get credit for one Skill.
- Xcel Bronze, Silver & Gold Bars: A glide swing to stand (A) and then a pullover (A) is 2 Value Parts.
- Xcel Beam: On skill chart (dismount) - the jump from 2 feet (*up to 360 degree turn*) is only allowed at Bronze & Silver. It is not allowed at Gold. The Book and the iCode are different and the iCode is **wrong**.
- Xcel Floor - Silver:
 - Q: Is cartwheel, backward roll an acceptable Acro Series in Silver?
 - A: This can be an acceptable series for SR #2. It does not meet SR #1 because neither skill is a flight skill. In order to be connected (and fulfill SR #2) the feet cannot move after landing the cartwheel while sitting for the backward roll. The 'easiest' way to do this would be with a cartwheel step-in. However, even with this if the feet readjust to get together better after landing, the series would be broken. If the cartwheel lands in a lunge, either:
 - both feet must stay in place while sitting
 - or the front foot/leg could lift during the sit to stay off the floor while sitting.

The front foot in the lunge cannot move back to join the back foot.

The back foot in the lunge cannot move forward to join the front foot.

- Xcel Floor: *Order Matters* is no longer applicable.
- All items apply to USAG Xcel and both (Team FL & Gold Coast) AAU programs that utilize the Xcel Divisions in their entirety.

And this last little ditty was seen at a meet recently so I just had to take a picture for all you visual people. Marian Dykes has confirmed that the mat over the beam is not allowed

(surprise!!) in competition at any level. Use of the mat as shown would result in a deduction of -0.30 for incorrect equipment.



And now you know. Have a wonderful week!