

March 6, 2017

Xcel Bar Clarifications: Two questions concerning uneven bars have come and need clarification before the State Meet so we are all on the same page.

**The first question concerns casts for Gold Xcel bars.** Here is the clarification based on the latest information:

The Special Requirement requires a cast to a minimum of horizontal. If a routine does not contain a cast to horizontal or higher the start value would be 9.5, if all other requirements are met.

For Value Part credit the cast must be a minimum of 45 degrees below horizontal.

On page 38 of the Xcel code (revised July 2016) it states, "JO cast deductions will NOT be used in ANY Xcel division."

**The second question concerns clear hip circles on the low bar and high bar.** On page 36 of the Xcel code (revised July 2016) it states:

"In Xcel, if the same circling skill is performed on the low bar and high bar, it counts as two DIFFERENT skills/VP at Silver, Gold, Platinum and Diamond divisions." So, a clear hip circle on the low bar and a clear hip circle on the high may count as two DIFFERENT skills and fulfill the Special Requirement for the Diamond division of a second different circling skill. Both clear hip circles may receive Value Part credit.

March 13, 2017

'The Bronze, Silver and Gold divisions are allowed to use the Tap Swing Forward with a 1/2 Turn Dismount for an "A" value part. This dismount is NOT ALLOWED at the Platinum and Diamond Divisions. If a gymnast who is in the Platinum or Diamond division performs the Tap Swing Forward with a 1/2 Turn dismount, the dismount does not receive value part credit. Therefore, deduct .50 for missing the dismount special requirement. Do not also deduct .30 for no dismount. Check to make sure there are enough value parts."

April 3, 2017

Level of Acro for Level 8 Beam:

First example L8 - to receive NO deduction for Level of Acro the routine needs to contain:

- a. Acro series with 2 "B" flight elements
- b. An additional acro skill on the beam (not in the dismount)
- c. Acro connection to an "A" dismount or an isolated "B" dismount

Second example Level 8 - The maximum deduction of .20 would apply:

- a. Acro series with 1 "B" flight element or no acro flight series
- b. No other acro elements other than the dismount
- c. Isolated "A" dismount