

2011 – 2012 FLORIDA XCEL/Prep Optional Rules

DIVISIONS

- **OPEN Division:** Open to any USAG athlete 6 years of age or older that has scored a 31.00 AA at Level 5
 - o USAG-FL will use the Level 5 State meet to clear athletes in our state for the XCEL/PO Open Level
 - o If an athlete does not attend the Level 5 State meet they will need to provide USAG-FL with a sanctioned score sheet showing that the athlete scored a 31.00 AA as a Level 5 to enter the XCEL/PO State Meet
 - o If an athlete competes in qualifying EXCEL/Prep Optional meets without first obtaining a 31.00 as a Level 5, the scores will be invalid
- **NOVICE Division:** Restricted to USAG Level 5 athletes and below (age 5 or older)
- If an athlete enters the Florida Novice Division and then plans to enter the Gold regional meet or competes in another state using XCEL/Prep Optional Regional rules, an athlete must score a 31.00 AA as a Level 5 to compete in the Gold Division

Any athlete that has scored a 31.00 AA in a Level 6 competition may not enter the NOVICE division. A Level 6 athlete that scores a 31.00 AA must enter the Florida XCEL/Open Prep Optional Division.

GENERAL RULES FOR FLORIDA EXCEL/PO COMPETITIONS

- 2 judge panels must be used with a minimum of a 7/8 judges rating
- All Florida qualifiers that offer XCEL/PO competition must offer both levels of Florida XCEL/PO rules
- Warm-Up Timing:
 - o 1:00 minute per athlete
 - o Warm-Up time for XCEL/Prep Op athletes may be extended if athletes are mixed in with other levels within their squad
- State qualification scores:
 - o OPEN Division: 32.00 AA
 - o NOVICE Division: NOVICE Division will qualify to the State Meet if they compete AA in a Florida NOVICE qualifier (no score required)
 - o Score must be achieved at a Florida USAG XCEL/PO qualifier using Florida XCEL/PO rules
 - Scores from out of state meets may not be used for state qualification
- Regional qualification scores:
 - o Athletes must qualify and compete in the Florida State XCEL/PO meet
 - o No score required to compete at the Regional meet
- There is NO mobility from the XCEL/PO program into the JO program
 - o Athletes that wish to enter Level 7 **MUST** have achieved mobility scores at Level 5 & 6 before being allowed to compete Level 7
 - o If an athlete has not competed in a qualifying or State meet at Levels 5 or 6 and enters Level 7, USAG-FL will require a copy of the sanctioned score sheet showing the proper mobility scores to enter Level 7

CLARIFICATION OF RULES

VAULT:

- Touch warm-up would receive 2 vaults but timed warm-up should be allowed 1 minute per athlete in the group
- Aero Board
 - o An Aero Board is allowed in the Novice Division
 - o An Aero Board is **NOT** allowed in the Open Division
 - Use of an Aero Board will **VOID** a vault

BARS:

- Cast to handstands will receive a “B” value part for 30 degrees from vertical and an “A” for casts within 30 – 90 degrees from vertical (horizontal).
- Casts below horizontal will not receive value part credit.
- All casts will receive the following deductions:
 - o 0 – 30 degrees from vertical – no deduction (“B” value part)
 - o 31 – 60 degrees from vertical – up to .10 deduction (“A” value part)
 - o 61 – 90 degrees from vertical – up to .20 deduction (“A” value part)
- Cast deductions will not apply to cast before squat on
- Clear hip circles:
 - o 0 – 45 degrees from vertical – no deduction (“B” value part)
 - o 46 – 90 degrees from vertical (horizontal) – up to .2 deduction (“B” value part)
 - o Below horizontal – up to .2 deduction (“A” value part)
- NOVICE Division:
 - o Any compulsory skill in Levels 2 – 6 is allowed for “A” value even if not listed in the JO Code of Points
 - o Compulsory deductions will be used for compulsory skills not in the JO Code
 - o Level 5 deductions will be used for compulsory skills appearing in the Level 5 & 6 bar routine.
 - Rational - a gymnast may only compete in NOVICE if she has not qualified out of Level 5
 - o JO Optional deductions and rules will be used for all elements listed in the JO Optional Code
 - o A back hip circle is a circle skill and may be used to satisfy one of your circles either on high or low bar
 - o The cast return that immediate follows the front hip circle on low bar in the Level 5 bar routine counts as an “A” value skill and is not considered an extra cast in the Novice Division **ONLY**
 - o The long hang pull over, skill # 4.102 in the JO Code of Points, in the Level 6 bar routine is considered an “A” circling skill and may be used to meet the circling skill Special Requirement for the Novice Division **ONLY**.
 - To receive “A” value part credit, the skill **MUST** be initiated from a cast
 - A long hang pull over initiated from a jump from the low bar is **NOT** considered a circling element
 - For the Novice Division this skill should be given an “A” for the purpose of skill counting, but will not fulfill the Novice “A” circling skill requirement since it was not initiated from a cast
 - o An under swing dismount from the high bar may be used as a dismount

- OPEN Division:
 - o All JO Level 7 rules apply
 - o A long hang pull over initiated from a jump from the low bar will receive zero "0" value part credit if performed in the Open Division
 - o A long hang pull over initiated from a cast, skill #4.102 in the JO Code of Points, **MAY NOT** be used to fulfill the circling skill requirement but will receive "A" value part credit
 - It may not be used to fulfill the Special Requirement; 1 skill from Group 3, 6, 7 OR one "B" circle skill from Group 4

BEAM:

- If a split is insufficient to the requirement, deduct up to 0.20 for missing up to 45 degrees
 - o Any split that is more than 45 degrees from the REQUIRED split angle for Special Requirement then the Special Requirement cannot be awarded
- Handstand skills are Acro non-flight skills
- If the description of a handstand skill in the JO Code of Points does not require a hold, it may be used to fulfill the acro series Special Requirement
 - o A hesitation upon reaching vertical prior to stepping down will not break the series
- Requirements to receive Value Part credit for a Handstand on beam:
 - o NOVICE Division:
 - In order for a handstand on beam to receive value part credit as an "A" acro element, the handstand must achieve vertical
 - There is **NO** hold requirement
 - o OPEN Division:
 - In order for the handstand on beam to receive value part credit as an "A" acro element, it must meet the requirements documented in the JO Optional Code of Points
 - This means that at the Open Division, there **MUST BE** a 2 second hold
- NOVICE Division:
 - o Any beam dismount found in the JO Compulsory routines will be given "A" value part credit

FLOOR:

- Handstand skills are Acro non-flight skills
- NOVICE Division:
 - o Rolls may be used for Value Part and Special Requirements (forward roll is considered a forward acro element)
 - o No deduction for coach on the floor
- OPEN Division:
 - o Coach on the floor will receive a -0.50 deduction (a one-time deduction for the entire routine)
- If a split is insufficient to the requirement, deduct up to 0.20 for missing up to 45 degrees
 - o Any split that is more than 45 degrees from the REQUIRED split angle for Special Requirement then the Special Requirement cannot be awarded

GENERAL:

- Insufficient Artistry.....up to 0.30
- Insufficient Dynamics.....up to 0.20
- Insufficient variation in rhythm and tempo.....up to 0.20

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	NOVICE DIVISION	RESTRICTIONS
DIVISION RULES	<ul style="list-style-type: none"> - USAG Level 5 athletes and below - Minimum of 5 years of age - Athletes scoring a 31.0 or higher at Level 6 are not eligible to compete at this level 	<ul style="list-style-type: none"> - No deduction for coach on floor - 0.50 deduction for missing Special Requirements (each)
VALUE PARTS	<ul style="list-style-type: none"> - 4 “A” value parts (0.10 each) - All skills must come for the JO Optional Code of Points except on Bars - The following “B” skills will be allowed for the NOVICE level: <ul style="list-style-type: none"> o “B” dance skills on Beam & Floor o Cast Handstand & Clear Hip Circle on Bars o “B” acro skills without flight will be allowed on Beam & Floor - All other “B” value skills will receive a 0.50 deduction off the Start Value - “C” or higher value skills will void routine (except a clear hip to HS on Bars) 	<ul style="list-style-type: none"> - Level 5 Compulsory deductions will be used for any compulsory skill - There are no composition deductions
START VALUE	<ul style="list-style-type: none"> - 10.0 Start Value 	
VAULT	<ul style="list-style-type: none"> - Front Handspring (with compulsory deductions) – 10.0 SV OR - Flat Back Level 4 Vault (with compulsory deductions) – 8.50 SV 	<ul style="list-style-type: none"> - Any other vault will VOID event - The use of an Aero Board is allowed in the Novice Division
BAR	<ol style="list-style-type: none"> 1. Minimum of 6 skills 2. Minimum cast to horizontal (“A” value part awarded) 3. 2 circling skills (same or different) 4. “A” value dismount or Level 4 or 5 dismount 	<ul style="list-style-type: none"> - Any compulsory skill in Levels 2 – 6 is allowed for “A” value and may be used for Special Requirements even if not listed in the JO Optional Code of Points - Compulsory deductions will be used for compulsory skills not in the JO Optional Code (Level 5 deductions for bar skills found in the Level 5 & 6 routines) - JO Optional deductions and rules will be used for all elements listed in the JO Optional Code - Tap swings are allowed with a max. of 2 <ul style="list-style-type: none"> o After 2 tap swings extra swing deductions will be taken
BEAM	<ol style="list-style-type: none"> 1. 2 Acro “A” elements <ul style="list-style-type: none"> o Must be done on beam o Same (with different connection in or out) or different o A series is not required 2. Leap or jump with 120 degree split (isolated or in a series) 3. ½ turn on one foot (minimum) 4. Dance series with minimum of 2 “A” skills (same or different) 	<ul style="list-style-type: none"> - Timing: <ul style="list-style-type: none"> o 1 minute maximum o Warning at 50 seconds o 0.10 deduction for overtime
FLOOR	<ol style="list-style-type: none"> 1. Full turn on one foot 2. Dance series with 2 different Group 1 elements directly or indirectly connected with 1 skill a leap with 150 degree split 3. Acro series with 3 flight elements 4. One forward element (flight not required) OR 2nd acro series forward or backward of 2 or more skills (flight not required) 	<ul style="list-style-type: none"> - Timing: <ul style="list-style-type: none"> o 45 seconds to 1:30 o Warning at 1:20 o 0.10 deduction for over or under time

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	OPEN DIVISION	RESTRICTIONS
DIVISION RULES	<ul style="list-style-type: none"> - USAG athletes 6 years or older - Athletes must have scored a 31.0 or higher at Level 5 	<ul style="list-style-type: none"> - 0.50 deduction for coach on floor - 0.50 deduction for missing Special Requirements
VALUE PARTS	<ul style="list-style-type: none"> - 3 "A" value parts (0.10 each) - 1 "B" value part (0.30 each) - All skills must come from the JO Optional Code of Points - No "C" skills are allowed on any event except Bars <ul style="list-style-type: none"> o Level 7 "C" Bars skills are allowed per the exception list for Level 7: <ul style="list-style-type: none"> ▪ Clear Hip to handstand ▪ Stalder to handstand ▪ Piked Sole Circle to handstand ▪ All of the above with a 1/2 turn - "C" or higher value skills will receive a 0.50 deduction off the Start Value - "D" or "E" skills will void the routine 	<ul style="list-style-type: none"> - Execution deductions per JO Optional rules will apply - There are no composition deductions
START VALUE	<ul style="list-style-type: none"> - 10.0 Start Value 	
VAULT	<ul style="list-style-type: none"> - Any Vault from the Level 7 vault chart is allowed 	<ul style="list-style-type: none"> - All Vaults have a 10.0 Start Value - Deductions are the same as Level 7 - The use of an Aero Board is NOT allowed in the Open Division <ul style="list-style-type: none"> o Use of an Aero Board will VOID a vault
BARS	<ol style="list-style-type: none"> 1. Minimum of 6 skills <ul style="list-style-type: none"> o Must be listed in the JO Code 2. Cast to 60 degrees below vertical (minimum) 3. 1 skill from Group 3, 6, 7 OR One "B" circle skill from Group 4 4. "A" value salto dismount from the high bar 	<ul style="list-style-type: none"> - All JO Level 7 rules apply
BEAM	<ol style="list-style-type: none"> 1. 2 Acro skill series with or without flight OR 1 "B" flight skill 2. Leap or jump with 180 degree split (isolated or in a series) 3. 1/1 turn on one foot 4. Minimum of "A" salto or aerial dismount 	<ul style="list-style-type: none"> - Timing: <ul style="list-style-type: none"> o 1 minute maximum o Warning at 50 seconds o 0.10 deduction for overtime
FLOOR	<ol style="list-style-type: none"> 1. Full turn on one foot 2. Dance series with 2 different Group 1 elements directly or indirectly connected with 1 skill a leap with 180 degree split 3. Acro series backward with 2 or more skills containing at least 1 salto 4. 2nd acro series with at least one forward skill OR 1 front salto 	<ul style="list-style-type: none"> - Timing: <ul style="list-style-type: none"> o 45 seconds to 1:30 o Warning at 1:20 o 0.10 deduction for over or under time