

UPDATES TO RULES AND POLICIES

Women's Rules and Policies, page 17, III.C.1.

Regarding penalties for unacceptable behavior by professional members:

First Offense: Verbal warning will be issued by the Meet Director in conjunction with the Meet Referee/Technical Director and/or designated representative of USA Gymnastics. The warning must be documented and recorded by the Meet Referee on the sanction report form.

At a USA Gymnastics sanctioned event, a gymnast may NOT participate in warm-up or competition while wearing a hard, non-removable cast.

For the safety of the athlete, at a USA Gymnastics sanctioned event, a coach (professional member) may NOT actively spot or assist an athlete on a skill during warm-up or competition while wearing a cast or medical device that limits mobility in any way.

Remove the following on page 16, B.9.d. in the *Women's Rules and Policies*: "For medical or religious reasons, reasonable and accommodating exceptions to proper attire can be reviewed by the Regional Technical Committee Chairman and Regional JO or Xcel Committee Chairman. Requests must be submitted to the Regional Technical Committee Chairman a minimum of 48 hours prior to the athlete's first competition. The Regional Technical Committee Chairman will provide permission in writing to the coach who then can present the documentation to the Meet Referee at each competition."

Regarding Coaches' Specific Responsibilities – Women's Rules and Policies, page 18, IV.D.2.c.

2. Dress in attire reflecting the best image of gymnastics. **USA Gymnastics prohibits clothing that promotes drug or alcohol use, is vulgar, obscene or worn in a manner that draws attention away from the competitive environment.** At State Meets and above, the coaches' dress code is as follows:

- c. Collared shirts, business casual shirts or T-shirts **with or without** a gym logo. (No spaghetti straps, low-cut tops or midriff revealing shirts).

MEET OFFICIALS UPDATES

Judges' report time

PAGE 42 OF THE WOMENS RULES AND POLICIES, I.A.1.

Judges must report to the judges' meeting/hospitality room 30 minutes prior to the scheduled march-in time for local and invitational competitions, unless otherwise specified by the Meet Referee or judging contract.

Judges' compensation will begin at the scheduled report time. Any official who does not report within five (5) minutes of the scheduled report time will be compensated from the scheduled March-in time.

MEET OFFICIALS – CLARIFICATION

Judges are required to remain on the competition floor until the Meet Referee releases them to begin break time. The Meet Referee should discuss the time to return to the floor with the Meet Director preferably at least 5 minutes prior to start of the next session's competition.

Reminder that the first 30 minutes following a session is designated as the official break time and that if the break time exceeds 30 minutes, judges' compensation begins again; therefore, the judge must not leave the meet site.

Average score changes

Add to page 107 in the *Women's Rules and Policies*: G. 6. New c. (and change c. to d.)

If there is a clerical error when entering scores electronically, the score may be officially changed by the end of the session.

Amend page 106, G.2. in the *Women's Rules and Policies* to read:

It is recommended that each judge must either independently input their score electronically or submit the score in writing on a separate score slip. If only one keypad is available per event, both judges must write their own score and both (or all four) scores should be entered electronically to ensure an accurate average score. **At all sanctioned meets, there MUST be a written back-up (in the form of a verification heat sheet) to record the individual judges' scores, neutral deductions and final average score.** In order to ensure accurate results, both vaults scores should be entered into electronic scoring system, especially at qualifying and championship competitions.

WHAT'S NEW IN THE WOMEN'S Xcel PROGRAM?
2017-2018

June 11, 2017
USAG Region 3 presentation

Judges' accreditation

Beginning August 1, 2018, the following requirements will be in effect for individuals who hold a current or 2013-16 cycle FIG-Brevet rating and are entering the United States to establish residence:

- A. A current foreign FIG-Brevet rated official will be eligible to take the US Brevet Course (if available that year) or the Level 10 exam.
- B. A foreign judge who held an FIG-Brevet rating in the 2013-16 cycle but is no longer current will be eligible to start testing at Level 10.
- C. A foreign judge who previously held an FIG-Brevet rating prior to 2013 or holds their country's National rating will be eligible to begin testing at Level 9.

2018 judges' testing opportunities

- A. Testing for Levels 7/8 -10 will be offered through February 28th, 2018.
- B. No further Optional testing for levels 7/8-10 will be allowed from March 1 to July 31.
- C. The first opportunity to test/re-certify JO Optional ratings 7/8-10 will be at the 2018 National Congress the second week in August.
- D. Locally offered testing for JO Optional levels will re-commence the week following the National Congress.
- E. Testing for Compulsory Level 4/5 will continue to be offered throughout the year since that rating is valid until July 31, 2021.

USA Brevet/National course update

- A. Eligibility forms must be submitted to the respective Regional Technical Committee Chair no sooner than June 1, 2017 and no later than midnight Eastern time on November 1, 2017.
- B. Those individuals who are re-certifying at USA Brevet or National must pass a Practical exam plus an Open-book Written exam. Score to be determined.
- C. Newly eligible individuals must pass a Practical exam plus a Closed-book written exam. Score to be determined.
- D. Written exams will consist of 50 multiple choice questions: 7 each on General and Vault; 12 each on Bars, Beam and Floor.
- E. Format for Course/testing: Online materials available in the Spring of 2018; Testing will include a Practice Judging session the evening prior to the exam.
- F. Tentative locations; dates to be announced soon - June 2018: Regional Congresses for Regions 2, 3, 4, and 8 plus Region 7 NAWGJ Symposium, July: NAWGJ SJD Workshop, August: National Congress, Region 1 Congress, September: Region 5 Congress
- G. In the event a judge does not pass one or both parts, they will be allowed one opportunity to retest the failed exam (practical and/or written) at another scheduled testing date/site.

Apparatus clarification

Effective August 1, 2017, updated spring configurations for the springboard have been approved for use in USA Gymnastics sanctioned competitions:

Regarding matting at both ends of the tumble strip during timed warm-ups:

A minimum of 3' in length of additional padding (carpet bonded foam or something similar) is required at the end of a 56' tumble strip that is used for warm-up.

The following variances will be added to all equipment specifications listed in the *Women's Rules and Policies*. All measurements for the apparatus, and mats are measured from the floor. They are independent measurements, NOT cumulative.

Vault: Top of Table to floor, Max Vault height 135cm., +/-1cm.

Uneven Bar: **Low Bar** from top of Rail to floor 170cm., +/- 1cm. **High Bar** from the top of Rail to floor 250cm, +/- 1cm.

Width is measured from in-side of low rail to in-side of high rail, 180cm., +/- 1 cm.

Beam: Top of Beam to the floor 125cm., +/- 1cm.

Landing Mats: All Landing Mats have a +/- 1cm.

Competition format

When at all possible, the Meet Director at USA Gymnastics sanctioned invitationals shall assign teams that are split into two squads in the same flight and on "opposing" events.

For example, if Team A is in two squads, Team A is assigned on Vault and Beam or Bars and Floor in the same flight, NOT Vault and Bars or Beam and Floor.

Women's Rules and Policies, page 104, c. 2) regarding timed warm-ups:

At any USA Gymnastics sanctioned competitions that use a draw for individual competitive order, the first athlete to compete MUST warm-up first, whether she chooses to block or to take individual warm-up time. If the first athlete blocks warm-up time with additional athletes in the squad, those athletes will warm-up with the first competing athlete.

General clarifications

Skills list on the Xcel Additional "A" Skills charts are subject to the execution/amplitude deductions listed in the *Xcel Code of Points*, not the deductions listed in the *JO Compulsory book* or *JO Code of Points*.
Composition deductions are not applied in the Xcel Program.

Mobility from the JO program to the Xcel Program

Effective August 1, 2017, Junior Olympic Level 3 athletes be allowed to enter the Xcel Program in the Silver or Gold Division.

Xcel vault

Timed warm-up on vault for all divisions: Timed warm-up will begin when the gymnast stands on the table to do a skill/jump off the table. If the gymnast does not do a skill/jump off the table, the time will begin when the gymnast begins running toward the table and touches the spring board. Warm-up drills i.e. "Handstand hops" and a "run by" without touching the board is NOT included in the warm-up time and will be allowed as long as performing these drills does not delay the competition. Excessive delay of "warm-up drills" when the timer is ready could result in a deduction.
Effective August 1, 2017 - Amend pages 14,15 in the printed *Xcel Code of Points* and pages 16-19 in the digital *Xcel Code of Points* regarding Vault 1B and Vault 2 for both Bronze and Silver Divisions: Change **Failure to land in a straight lying position on the back** To read, **Failure to land on flat back**.

Effective August 1, 2017 - Add a deduction of "up to 0.30" for any inverted vault with a turn in the pre-flight that does not pass through vertical.

Effective August 1, 2017 - A deduction of 1.00 in the Handstand phase for performing the handstand on one arm will be applied to Bronze Vault 1b and Silver Vault 1b (vaults landing on flat back on mat stack).

The use of an alternative springboard apparatus is NOT allowed at Platinum and Diamond division and if used, the vault is considered VOID.

If a coach chooses to have a gymnast compete using an incorrect spring configuration in the board, a neutral deduction of 0.30 for incorrect apparatus specifications will be taken from the average score by the Chief Judge.

Effective August 1, 2017 – In Platinum Division, the vault value for vault #1.109 - 1/4 on -1/4 off (land facing away from table) is 9.8.

Effective August 1, 2017, the Xcel Program will accept the additional spring configuration (two springs, right and left position, in both the first and third rows) allowed for the JO Program.

Xcel Uneven Bars

For the Glide swing to stand mount (A) allowed at Bronze, Silver and Gold divisions, an "up to 0.20" deduction for legs apart is applied if the legs fail to join at the end of the forward swing. The legs may remain together or straddle during the backward swing and feet must be joined on landing.

A back uprise (#2.203) to clear support directly connected to a clear hip circle (#3.204/3.304) or other Group 3, 6 or 7 circling elements, may be awarded one or two skills, to the benefit of the gymnast. This will be added to Bar Chapter 2, Required Techniques for the Recognition of Value Parts in the *Xcel Code of Points* (printed and digital versions).

The Cast off to Stand Additional "A" skill listed only for Bronze division is considered one "A" skill and will NOT fulfill the Cast Special Requirement.

Casts used to fulfill a Special Requirement must be performed within the routine, not in the mount or dismount skill.

After a fall from the bars, evaluation of the exercise begins again with the performance of a skill from the Xcel Code of Points or applicable Additional "A" Skill chart, not from point of interruption.

The Underswing and Sole Circle dismounts from the low bar (listed on the Additional "A" skills chart for Bronze and Silver divisions) will be deleted from the chart.

The description of Bar skill #8.101 will be amended to read: From high bar or low bar – Underswing (toe-on or clear) to stand.

Effective August 1, 2017 - Amend the description in the *Xcel Code of points* - Additional "A" Skills chart (printed and digital versions) of the "squat on low bar-jump off dismount" for Bronze and Silver to read: From squat position on low bar - stretched jump off forward to stand. Apply the body position and amplitude deductions listed under Medium Faults on page 49 of the printed *Xcel Code of Points* and pg. 63 of the digital version.

Effective August 1, 2017 - Amend the "Circling Skill" Special Requirement(s) at each division to read: "360°" Circling Skill.

Effective August 1, 2017 - add to the *Xcel Code of Points*, under Dismount Regulations (page 45 in printed version; 62 in digital version): Dismounts initiated from the feet are not allowed unless specifically listed in the *Xcel Code of Points*.

Xcel Uneven Bars (*continued*)

Effective August 1, 2017 - the following criteria for evaluation of the Bronze Additional "A" Skill, $\frac{3}{4}$ Forward roll dismount (in addition to the "up to 0.30 deduction for bent legs) will be applicable:

- + Failure to land with feet slightly behind the bar - up to 0.20 deduction
- + Feet land behind bar - No deduction
- + Feet land under bar - 0.10 deduction
- + Feet land in front of bar - 0.20 deduction

When evaluating Bar skill #4.101 (A)-Long swing forward with $\frac{1}{2}$ (180°) turn at horizontal to 45° from vertical, if the swing/turn is below horizontal, apply the "up to 0.20" insufficient amplitude deduction listed under Medium Faults on page 49 of the printed *Xcel Code of Points* and page 63 of the digital version.

Xcel balance beam

Beam skill #6.203 – Kick/swing to cross handstand, roll forward with or without hand support is considered one "B" valued skill.

Effective August 1, 2017 – Amend page 97, 2. E. in the printed *Xcel Code of Points* and page 96, 2. E. in the digital version in regards to Handstands: Any handstand within the exercise can be used as the first or second skill in an acro series.

Effective August 1, 2017 - change the description in the *Xcel Code of Points* on page 105-printed and 108-digital of the Bronze additional "A" Skill - Partial Handstand to: both feet off the beam while at least one leg reaches a minimum of 45° from vertical.

Effective August 1, 2017 - add to the description in the *Xcel Code of Points* on page 105-printed and 108-digital of the Silver additional "A" skill - Partial Handstand to: feet must close together at a minimum of 45° from vertical. Both criteria must be met simultaneously to receive Value Part credit.

Timing of the exercise - page 99, II. B in the printed *Xcel Code of Points*, page 100 B. 1. B in the digital *Xcel Code of Points*: change the bullet to read: Following a fall on Beam, the evaluation and timing of routine resumes with the first movement to continue the routine (choreography or a skill).

A kick above 45° will break a connection of two acro skills on Beam, such as a cartwheel-cartwheel, as stated in the *Xcel Code of Points*.

When evaluating the continuity of a dance connection or a mixed connection of dance to acro, the height of the free leg at the finish of the first skill (such as a cat leap or hitch kick) will not be the sole cause for breaking the dance or mixed series; however, if the free leg position drops and lifts again or if the trunk stops forward movement, the series would be considered broken.

Xcel Floor Exercise

Effective August 1, 2017 – Regarding the Leg swing hop with free leg horizontal or above (listed on the Additional "A" skill chart for Bronze, Silver, Gold - Page 161-printed *Xcel Code of Points*; pg. 144 digital *Xcel Code of Points*) - apply an "up to 0.20 deduction for insufficient amplitude if free leg is below horizontal (using a 20° variance). If the free leg is lifted less than 70° from the floor, it does not receive "A" value part credit.

Effective August 1, 2017 - Amend the wording on pages 12, 143, 144 and 145 in the printed *Xcel Code of Points*; page 116 in the digital version, of Bronze Special Requirement #2 to: A 2nd Pass with a minimum of 1 Acro skill with/without flight.

If an unallowable/restricted skill is performed as an isolated skill or within a series, it does not receive Value part credit and therefore cannot be used to fulfill a Special Requirement.

Example on Gold Floor: gymnast performs Switch leg leap (B), switch side leap (C), straddle jump (B). C skills are not allowed at Gold and if that was the only dance passage in the routine, a 0.50 deduction would be applied for missing the SR Dance passage and 0.50 for performing a restricted skill.

Effective August 1, 2017 – On pages 12 & 143 of the printed *Xcel Code of Points*, add to the Clarifications row of the FX Rules Chart: Acro flight skills with hand support are eligible to receive Value-part credit, regardless of the number of times performed and may also fulfill Special Requirements, provided that the series in which they are performed are different.

Refer to the *Xcel Code of Points* (page 151-152 of printed versions; 125 in digital version) for the definition of what makes an acro series different.

Correction to *Xcel Code of Points* - printed version, page 165, #1.109: The second skill listed - Backward or forward cabriole is missing the appropriate illustration.