

NATIONAL XCEL COMMITTEE MEETING
Indianapolis, IN
May 29-31, 2014

Meeting was called to order by Claudia Kretschmer (NXCC) at 5:00 pm.

Roll Call:

Region 1	Jill Preston
Region 2	Dianne Palmer
Region 3	Louise Janecky
Region 4	Paige Roth
Region 5	Nancy Gibson
Region 6	David Auger
Region 7	Jane Caruso
Region 8	Elaine Wulf
NXCC	Claudia Kretschmer
JO Program Director	Annie Heffernon
JO Technical Director	Connie Maloney
Technical Advisor	Marian Dykes

Claudia Kretschmer welcomed the committee members, congratulated everyone on a very successful first season for the National Xcel Program, and thanked all the committee members for their hard work to make the program successful.

I. REGIONAL REPORTS

- Region 1 – Jill Preston reported approximately 2100 Xcel athletes registered with USA Gymnastics. Approximately 900 athletes participated in the Region 1 Championships. Regional concerns include judges' and junior coaches' education and meet format issues.
- Region 2 – Dianne Palmer reported approximately 550 Xcel athletes registered with USA Gymnastics. Regional concerns include judges' education and vault requirements.
- Region 3 – Louise Janecky reported approximately 2000 Xcel athletes registered with USA Gymnastics. In June, The Region 3 Committee will discuss the possibility of having a Regional Championship starting in 2015. Regional concerns include vault requirements and difficulty restrictions.
- Region 4 – Paige Roth reported approximately 1500 Xcel athletes registered with USA Gymnastics. They will have their first Regional Championships in 2015. Regional concerns include the number of updates, judges' education, and difficulty restrictions.
- Region 5 – Nancy Gibson reported approximately 2200 Xcel athletes registered with USA Gymnastics. Regional concerns include judges' education and vault requirements.
- Region 6 – David Auger reported approximately 5000 Xcel athletes registered with USA Gymnastics. Regional concerns include difficulty restrictions.
- Region 7 – Jane Caruso reported approximately 1800 Xcel athletes registered with USA Gymnastics. Regional concerns vault requirements and difficulty restrictions.
- Region 8 – Elaine Wulf reported approximately 3900 Xcel athletes registered with USA Gymnastics. Approximately 1300 athletes participated in the Region 8 Championships. Regional concerns include meet format issues and vault requirements.

II. NATIONAL XCEL COMMITTEE CHAIRMAN REQUIREMENTS

- A. Recommendation to the Women's Program Committee to change in the *Operating Code* that to be eligible to serve as the National Xcel Committee Chairman, the individual must have previously served as a National or Regional Xcel Chairman.
- Motion: Jane Caruso
Second: Louise Janecky
PASSED

III. GENERAL

- A. Recommendation to allow the State Administrative Committee to determine the declaration date for Xcel athletes.
- Motion: Dianne Palmer
Second: Nancy Gibson
PASSED

- B. Recommendation to increase the Bronze warm-up time to 30 seconds per athlete.
Motion: Jill Preston
Second: David Auger
PASSED
- C. Recommendation in conjunction with the Technical Committee to allow at the Diamond Division a maximum of one "D" skill on Uneven Bars, Balance Beam, and Floor Exercise. Not eligible for bonus and will NOT receive penalty for unallowable skill. Additional "D" skills will receive the 0.50 deduction for an unallowable/restricted skill from the start value.
Motion: Dave Auger
Second: Louise Janecky
12 in favor
3 opposed
1 abstention
PASSED
- D. Recommendation to amend page 43, B.3 and page 99 B.2. in the *Xcel Code of Points* – Delete "In Diamond Division". Change the wording to: If a gymnast performs a dismount from any Xcel Skill Chart, the *Xcel Code of Points*, or Xcel Updates that does not meet division criteria:
Amend page 43, B.4 and page 99, B.3 – Delete "In Diamond Division". If the gymnast performs a Dismount element of NO VALUE – one that is not listed in **any** Xcel Skill Chart, the *Xcel Code of Points*, or Xcel Updates – or performs an unallowable element for the Division:
Motion: Jane Caruso
Second: Paige Roth
PASSED
- E. On page 35.G., page 92.E., page 148.D. in the *Xcel Code of Points*– add "unallowable/restricted".
Unallowable = restricted.
- F. The Committee reviewed the Xcel FAQ document and eliminated some items that are now in the book and edited some that have been changed.

IV. MOBILITY

- A. Recommendation that a Level 10 JO gymnast may petition for entry into the Xcel program by sending a "reason for change" letter FROM HER COACH to the National Xcel Committee Chairman. All petitions must be received at least two weeks prior to the Xcel State Championships.
- The National Xcel Committee will review the petition and the Chairman will notify the coach of the acceptance/denial of the petition and will copy the respective State and Regional Administrative Committee Chairmen and the Regional Technical Committee Chairman.
 - Accepted petitioned athletes may not re-enter the JO Program as a Level 10 during the JO competitive year (through JO National Championships of the year in which she competes in the Xcel program).
 - Clarification: An athlete is considered an Xcel athlete when she enters her first USA Gymnastics sanctioned event in an Xcel Division.
- Motion: Louise Janecky
Second: Paige Roth
PASSED
- B. Recommendation that if a JO Level 9 or below athlete wishes to enter the Xcel Program in a Division below the allowable Division, her coach may submit a "reason for change" letter to the Regional Technical Committee Chairman for approval.
- Valid reasons would include injury, illness, or other extenuating circumstances that would have prevented the athlete from continuing to train at the level at which they previously competed
- Motion: Paige Roth
Second: Jane Caruso
PASSED
- C. Recommendation that if a gymnast does not qualify to Xcel State Championships, dropping back through the Divisions is at the discretion of the coach. If the athlete competed at an Xcel State Championships and wishes to drop back through the divisions, her coach must submit a "reason for change" letter.
- For Bronze, Silver, and Gold Divisions, the "reason for change" letter is sent to the State Administrative Committee.

- b. For Platinum and Diamond Divisions, the "reason for change" letter is sent to the Regional Technical Committee.

Motion: Dianne Palmer

Second: Jill Preston

PASSED

V. VAULT

- A. Recommendation in conjunction with the Technical Committee add to page 14 of the *Xcel Code of Points* – For Bronze Vault 1B - Failure to show a vertical position from hands to hips, (performing a forward roll action) up to 2.00.

Motion: Dianne Palmer

Second: Nancy Gibson

PASSED

- B. Recommendation in conjunction with the Technical Committee: For Bronze division, the start value for vault 1A will be 4.5, and the start value for vault 1B will be 4.5, totaling a 9.0 start value.

Motion: Jill Preston

Second: Elaine Wulf

PASSED

- ~~C. Recommendation to allow Silver Division an option to perform a handspring over a resi type mat system turned sideways.~~

Motion: Jane Caruso

Second: Louise Janecky

2 in favor

6 opposed

DEFEATED

- D. Recommendation: For Silver vault, require the stacked mats behind the vault table to be 8 inches above the height table, plus or minus 2 inches.

Motion: Jill Preston

Second: David Auger

PASSED

- E. Recommendation in conjunction with the Technical Committee: For Silver vault, add vault 1A and 1B. 1A – stretch jump onto the vault table, 5.0 start value. 1B – kick to handstand flat back onto the stacked mats behind the vault table that are 8 inches, plus or minus 2 inches, above the height of the table; start value 4.5, totaling a 9.5 start value. The deductions for vault 1A and 1B in Bronze division will apply for vault 1A and 1B in Silver division.

Motion: Dianne Palmer

Second: Nancy Gibson

13 in favor

2 opposed

1 abstain

PASSED

- ~~F. Recommendation to add to page 16 of the Xcel Code of Points the words: "breaking the plane of the table".~~

Motion: Elaine Wulf

Second: Louise Janecky

2 in favor

6 opposed

DEFEATED

- G. Recommendation in conjunction with the Technical Committee: Diamond Vault – change the start value of the front handspring and the Yamashita vaults to 9.4.

Motion: Nancy Gibson

Second: Elaine Wulf

PASSED

- H. Recommendation in conjunction with the Technical Committee to add 2.301, handspring front tuck to the Diamond division vault table, 10.0 start value.

Motion: David Auger
Second: Elaine Wulf
11 in favor
4 opposed
1 abstention
PASSED

- I. Recommendation in conjunction with the Technical Committee to add layout tsukahara (3.304) and layout yurchenko (4.305) to the Diamond division vault table, 10.0 start value.

Motion: Jill Preston
Second: David Auger
11 in favor
4 opposed
1 abstention
PASSED

VI. UNEVEN BARS

A. Clarifications:

- From the Women's Technical Committee: For both the JO and Xcel programs, a cast to squat, pike or straddle onto the bar is considered one element (#2.102). The description in the *JO and Xcel Code of Points* will be changed to "Cast to squat, stoop, or straddle on LB, also with jump to grasp HB." Therefore, if a gymnast performs a cast squat/pike/straddle on, then immediately performs a 360° sole circle or a sole circle dismount, it is considered two "A" elements.
- Clarification: Mount: Glide out and back to stand is one "A" element; the gymnast then performs a Back Hip Pullover mount to count as a 2nd "A" element.

- B. Recommendation in conjunction with the Technical Committee that a cast to shoot through (on the Additional "A" Value Part Skills chart for Bronze, Silver & Gold in the Xcel Code) is also considered as one "A" element. It will be changed on the chart to read "Cast shoot through".

Motion: Louise Janecky
Second: Jill Preston
PASSED

- C. Recommendation in conjunction with the Technical Committee for the Gold division only to eliminate the angle deductions for the Clear Hip Circle. Add the wording "These deductions apply only to Platinum and Diamond division. Gold division has no amplitude deductions" on Pg. 37/39 5. C. 2. and pg. 46/48 C. *Note: page numbers refer to 1st edition/2nd edition of Code*

Motion: Jill Preston
Second: Louise Janecky
14 in favor
2 opposed
PASSED

- D. Silver Division Bars: Recommendation in conjunction with the Technical Committee to change the cast requirement from "no angle requirement" to "a minimum of 45° below horizontal".

Motion: David Auger
Second: Elaine Wulf
14 in favor
2 opposed
PASSED

- E. Gold Division Bars: Horizontal cast requirement: Recommendation in conjunction with the Technical Committee to delete the amplitude deductions for less than horizontal. In order to receive credit for the cast Special Requirement in the Gold division, the gymnast must achieve horizontal.

Motion: Nancy Gibson
Second: Elaine Wulf
15 in favor
1 opposed
PASSED

- F. Platinum Division Bars: Recommendation in conjunction with the Technical Committee to change the cast Special Requirement from "horizontal or above" to "above horizontal".
 Motion: Jill Preston
 Second: David Auger
 15 in favor
 1 opposed
 PASSED
- G. Recommendation in conjunction with the Technical Committee to add the following deduction for a Tap-swing Counterswing (listed as an additional "A" element for Silver and Gold divisions and receiving "A" value part credit one time in the Platinum Division): On the counterswing (backward, upward swing), if the body is arched and/or hips are open to an extended position with the feet over the low bar, deduct 0.30.
 Motion: Nancy Gibson
 Second: Paige Roth
 PASSED
- H. Recommendation in conjunction with the Technical Committee to add to the Silver Division Bar rule chart under Difficulty Restrictions: No giant circles allowed (including "A" giants on LB).
 Motion: Paige Roth
 Second: Jill Preston
 PASSED
- I. Recommendation in conjunction with the Technical Committee to add a Bar mount to the Xcel Code of Points only: Jump to clear support to immediate back hip circle. (*Connie suggests #1.109*).
 Motion: Elaine Wulf
 Second: Jane Caruso
 PASSED
- J. Recommendation in conjunction with the Technical Committee to amend the Platinum Special Requirement of a Circling Skill to include the words "no mount or dismount".
 Motion: Paige Roth
 Second: David Auger
 PASSED

VII. BALANCE BEAM

- A. Clarifications:
- Bronze Division Beam - $\frac{1}{2}$ turn criteria to award SR/VP credit – *one degree more than $\frac{1}{2}$ of the turn to receive SR/VP credit. (91° - 180°)*
 - Platinum Division Beam – pull over mount - This has just been added to the *JO Code of Points*, and will be added to the *Xcel Code of Points*.
 - Hand position on Rolls - *Does not matter where hands are placed.*
- B. Recommendation in conjunction with the Technical Committee to add to the description of Cartwheel to partial handstand 45 degrees from vertical, no hold required, land facing beam and Cartwheel to Handstand (mark), $\frac{1}{4}$ turn dismount – listed on the Additional "A" Value Part Skills for Bronze, Silver and Gold. Cartwheel "[or any entrance]." *Note-This would allow for entry from any position including press to handstand or BWO with a $\frac{1}{4}$ turn to handstand.*
 Motion: Dianne Palmer
 Second: Jane Caruso
 PASSED
- C. Recommendation in conjunction with the Technical Committee for Gold Division Special Requirement #3 - Two Acro Skills with or without flight (isolated or included in a series). Change wording to one must achieve "**or pass through**" vertical. A series is not required.
 Motion: Paige Roth
 Second: Dianne Palmer
 PASSED
- D. Recommendation in conjunction with the Technical Committee to add the following "A" Beam element to the *Xcel Code*: (Suggested #7.106) From back lying position, push up to bridge (support on head and/or hands), kickover backward.

Motion: Elaine Wulf
Second: Nancy Gibson
PASSED

- E. Recommendation in conjunction with the Technical Committee: Beam Skill Chart - Additional "A" Value Part Skills: Bronze Division: Under Acro Skills – Partial Handstand. Change wording in parenthesis to "Feet/legs are not required to join/close. Lead (back) leg must be a minimum of 45° from vertical."

Motion: Nancy Gibson
Second: Paige Roth
14 in favor
2 opposed
PASSED

VIII. FLOOR EXERCISE

A. Clarifications:

- To fulfill the Special Requirement for an acro series on Floor for Silver and Bronze - A Cartwheel ¼ turn out to a second cartwheel involves a pivot on the landing foot, which breaks the direct connection. It is possible to have a direct connection if the two side cartwheels are performed totally sideways or if the first cartwheel finishes with a ¼ turn and the free leg steps forward directly into the second cartwheel.
- Round-off rebound ½ turn step-out to cartwheel, round-off, or front handspring - *Does not fit the criteria for an Acro Series* for any Division. A Round-off rebound, step-out to another acro skill will not count for the Acro Special Requirement since the rebound breaks the direct connection. Any time an acro element lands on two feet, the next acro element must immediately take-off from two feet in order to be considered directly-connected. The only exception to this is Round-off, rebound, backward roll that is allowed in the Bronze and Silver Divisions.

- B. Recommendation to allow a tumbling strip to be used for competition for Bronze Division, provided it is a minimum of 8' wide and 56' long. The Meet Director must indicate this in the pre-meet information.

Motion: Elaine Wulf
Second: Paige Roth
7 in favor
1 opposed
PASSED

- C. Recommendation to allow a tumbling strip to be used for competition for Silver Division, provided it is a minimum of 8' wide and 56' long. The Meet Director must indicate this in the pre-meet information.

Motion: Louise Janecky
Second: Nancy Gibson
7 in favor
1 opposed
PASSED

- D. Recommendation in conjunction with the Technical Committee to change the wording of the Silver Floor Special Requirement #2 to: Either a 2nd Acro connection with a min. of two directly connected skills with or without flight OR one *isolated* acro skill with flight.

Motion: Paige Roth
Second: Nancy Gibson
PASSED

- E. Recommendation in conjunction with the Technical Committee to change the wording of the Gold Floor Special Requirement #2 to: Either a 2nd Acro connection with a min. of two directly connected skills with flight OR one *isolated* aerial or salto.

Motion: Paige Roth
Second: Elaine Wulf
15 in favor
1 opposed
PASSED

Motion to adjourn: David Auger

Second: Nancy Gibson, Adjourned Saturday, May 31, 2014 at 1:00pm