

	Xcel	Level	Developmental Program	Levels	Team FL AAU	Level
GENERAL DEDUCTIONS						
Judging Hours-see 2024 FL USA Judging Travel Guidelines	Report time to finish - no break time subtracted.		Report time to finish - no break time subtracted.		Start of first Routine to Finish of last routine-No Break time deducted. See Team FL Handbook.	
Mileage Must provide proof of mileage-electronic or paper	\$0.67/mile. Mileage Cap: Fall: 150, Spring: 250, .5State: 200		\$0.67/mile. Mileage Cap: Fall: 150, Spring: 250, State: 200		\$0.55/mile. Solo, RideShare encouraged. Cap: Fall: 120, Spring/State: 220	
Coach between Bars all routine	No deduction	All	0.10 CJ	6-10	No deduction	6-10
Coach standing by beam entire routine	0.1 CJ	All	0.10 CJ	1-10	No deduction	1-10
Coach on Floor Exercise inside border	No deduction	All	0.30 CJ	6-10	No Deduction	All
Composition	No deduction	All	Up to 0.50-See Appendix 15 COP	8-10	Up to 0.50-See Appendix 15 COP	8-10
Courtesy Score	4.00	All	1.00 if score less than 1.00	1-10	4.00/1.00	Xcel/1-10
Incorrect Attire. Give warning and then take x 1. Shorts allowed.	0.10 CJ. Off first event after warning	All	0.20CJ Off first event after warning	1-10	NOTE: No deduction except panties-0.1 unless safety issue. Ladies: Thigh or ankle length coverage. Provide warning	
Short Routine	No deduction unless < 3 VPs-2.00	All	2.00 Bars <5 VPs or beam/FL <30 sec	1-10	No ded unless <3 VPs Xcel and <5 VPs DP	1-10
Video Review	Yes-SV, Spot, Fall, Neutral ded-R&P	All	Yes-SV, Spot,Fall, Neutral ded-R&P	1-10	Yes-SV, Spot, Fall, Neutral ded-Team FL	All levels
Execution (Small, Med, Large faults) unless otherwise noted	Per Xcel code	All	Skill value (+ ↑ 0.5) Per code (no max)	1-5 6-10	↑ 0.1 < skill value Opt per code	1-5 6-10
Deliberate omission	N/A	All	2 x the value of the element. SR value	1-5 6-10	Value of the element Compulsory, SR for XCEL and Optional	Lev1-5/Xcel/ Opt
Special requirements	0.5	All	0.5	6-10	0.5 ea 0.5 ea	Xcel 6-10
Spotting	Spot Ldg (ele/ vault)- 0.5 Touch during ele- 0.5 +↑ value of ele Spot ele- 0.5, NoVP, SR, Bonus	All	Spot Ldg (ele/ vault)- 0.5 Touch during ele- 0.5 +↑ value of ele Spot ele- 0.5, NoVP, SR, Bonus	All	Spot Ldg (ele/ vault)- 0.5 Touch during ele- 0.5 +↑ value of ele Spot ele- 0.5, No VP, SR, Bonus	All
Matting	Per USAG Rules and Policy	All	Per USAG Rules and Policy	All	Extra matting allowed as needed for safety of athlete; See below for Lev 3	All
Verbal cues	0.2 CJ after warning	All	.20 CJ after warning	All	.20 CJ except .10 subtle warning BRONZE	HB-pg 19-24
Equipment Failure	Resume judging where interrupted		Resume judging where interrupted		Resume judging point of interruption	
Step Deduction Added	0.15 med Landing Step Deductions		0.15 med Landing Step Deductions		0.15 med Landing Step Deductions	
VAULT						
Board Specs-Springboard	Per USAG Rules and Policy	All	Per USAG Rules and Policy	All	Per coach's discretion	All
Airboard	OK	B, S	Not allowed	1-10	Allowed-exception is RO entry	1-10
	9.5 SV	G				
	Not Allowed	D, P				
# of vaults allowed	2	All	2	All	1-3, Br get 1; all other levels 2-See TFHB	HB for 2nd vault
Over the line (on top mat)	No deduction	All	1 hand 0.2, 2 hands 0.50	2, 3	No line deduction	2-3
Vault Choices: Stretch jump, Kick to HS Flat Back OR Jump to HS, Fall to Flat Back	9.0 SV (4.5 for each part) OR 10.0 SV for 2nd choice	Bronze	Level 1 Stretch jump, Kick to HS Flat Back. Level 2 Jump to HS, fall to back	10 SV for Level 1,2	Bronze chooses vault to do. May do a 2nd but up to discretion of CJ. Applies to L 1-3.	B, L 1-3
Angle of Repulsion (new-8/19)	↑ .50-non salto vaults only	G, P, D	↑ 1.00	Non-Salto VIts 4-10	↑ 1.00	Non-Salto Vaults 4-10
Coach between board/table	No ded		0.50 (Except R/O Entry)		No deduction	All

Insuff acceleration during run	No deduction	All	0.3	1,2	Per USAG/Xcel	All
Mat Height	Per Xcel code for B,S		Per USAG		Level 3 lower stack to 24"	
Spot during any phase of vault	1.0 during, .5 landing (1.5 max)	All	1.00 post flight	8	1.0 post flight L8, Xcel rules for Xcel	8
Stretched Jump, kick to HS drop to flat back	9.0 SV. (Bronze can do Jump to HS-fall to Flat back with 10 SV)	B	10 SV	1	10 SV 9 SV SJ, Kick to HS/10 SV jump to HS	L 1 Xcel B
Too long in support	0.3	S	↑ 0.5	Non-Salto Vlts 4-10	Same as Xcel and DP deductions	Xcel & NS Vlts 4-10
	↑ 0.5	G, P, D				
BARS						
Mounting surface rules after glide swing	Failure to maintain hand supp between glide and PO 0.1	B, S, G	Fail to maintain hand supp glide and PO 0.1, lands back on mat 0.3	Lev 2,3	May leave mat in place until after pullover	Lev 2,3 BSG
Cast amplitude deduction	No deduction	All	↑ .30	6-10	Silver: SR Cast to min 45 deg < horiz. Award SR if hips leave bar & deduct for amp 0.05-0.2 Gold: Award SR if hips leave bar & deduct for amp: Cast <1-45° below Horiz 0.05-0.15; 46° > below Horiz 0.2-0.3	Note Exceptions
Extra Swings	No deduction	B, S, G	.30 ea, 0.6 Max/skill	1-5	Per USAG/Xcel	All
	0.30 each/ max 0.5 per skill	P, D	0.3 ea Max .60 per skill	6-10	Per USAG/Xcel	All
Short Routine (<5 VP)	< 3 VPs 2.00		2.00		Per USAG/Xcel	All
Swing fwd/bwd < horizontal	No deduction		.10 ea time	6-10	Per USAG/Xcel	All
Gold Circle Rules	360 circles must be connected OR on different bars, casts after don't change connection	G	N/A. All skills receive VP credit 2 times if in a different connection	6-10	360 circles may or may not have a cast after to be counted twice for VPs.	Xcel Gold
Casts	Execution Only. Cast before straight jump Dismt=2 skills	B, S, G	Per Compulsory Code	1-5	Per USAG	1-10
			Per JO Code of points ↑0.3	6-10	Exec for all. Need only 1 cast for SR	All Xcel
Beam						
Hold req in Handstands	No Requirement for VP	All	2 seconds or no VP	6-10 DP Code	Per USAG/Xcel	All
Leaps: "A" VP awarded when 180 SR split degree is < 135 deg	↑ 0.2 execution (angles based on level)	All	↑ 0.2 (angles based on level)	1-5	Per USAG/Xcel	All
			↑ 0.2 (180° required), <135 award A	6-10	Per USAG/Xcel	All
Mounts:	All mounts = A value part	All	Per JO Code of points	6-10	Per USAG/Xcel	All
Short Routine (< 30 sec but 10SV)	No deduction, < 3 VP 2.00 ded CJ	All	From average.50 CJ L 6, 2.00 L7-10	6-10	No Ded- No Timing, XCEL <3 VP 2.00	All
Short Routine (<30 sec)	Courtesy 4.0 if unusual or no VP/SR	All	2.0 CJ off final average. Courtesy 1.0	all	Per USAG/Xcel	All
Time of Beam Routines	45 sec	B	L1-35, L2-40, L3-55, L4-1:05, L5-1:10	1-5	NO Time Limits	All
	50 sec	S	1:15	6		
	1:00 min	G	1:20	7		
	1:15 min	P, D	1:30 min	8-10		
FLOOR						
Leaps: Split req based on Level	↑ 0.2 exe (angles based on level)	All	0.2 (180 required) <135 award lower VP	6-10	Per USAG/Xcel	All
	1-20 deg up to 0.2/ >21 deg less VP					
Short routine (less than 30 sec)	No ded unless <3 VPs 2.00 off aver	All	2.0 CJ off final average, Courtesy 1.0	6-10	Per USAG/Xcel	All
Time of Floor Routines	Max- 45 sec-B, 1 min-S,G, 1:30-P,D	B, S, G	Max 1:15-L6, Max 1:30-7-10	6-10	Per USAG/Xcel	All

