



WAG – CLARIFICATIONS TO THE JO AND XCEL PROGRAMS

March 2021

1. VIDEO Submission for Virtual Events – All Programs, All Categories (2021)

1.1. Labelling of the Videos and ID Card – Athlete Name

- Athlete Identification: The name used to identify the athletes should be the same as in the GBC registration system (Uplifter). Clubs must use the official athlete's name (no nickname) in the scoring program, the video links, and the ID card shown at the beginning of each video.
- When showing the ID card at the beginning of the video, please display the card for 3-4 seconds. It is the only way the judges have to confirm that they are evaluating the correct athlete.

1.2. Vault Videos

- In JO Compulsory, Optional, Xcel and Aspire 2, it is recommended that coaches submit only one video, showing the best of 2 vaults.
- Coaches can still submit 2 vaults if they are unsure which vault is best. We strongly recommend submitting the two vaults in a single video. Start the video as usual. After the athlete's first vault, continue recording while the gymnast walks back to the start of the vault runway. Stop the recording after they complete their second vault. The video with the two vaults usually lasts 45 seconds to 1 minute.
- In Aspire 1, two vaults are required and averaged. Both vaults must be submitted in one video, as indicated above.

1.3. General comments on videos

- Scratches – if an athlete scratches an apparatus, do not submit a video for that apparatus. Instead, please enter the URL: <https://scratch.com/>.
- Similarly, if an athlete does not complete their routine due to injury, please do not submit the video.

1.4. Increasing the Upload Limit for YouTube Video Submission

The upload limit for YouTube has created some difficulties for clubs. A club shared the following with GBC Staff to help alleviate the problem.

In testing, I uploaded 55+ videos to YouTube to the same channel this morning. This process takes a few days. Here are the steps:

- Create a YouTube channel with a Google account that has two-factor authentication and full security info. I do believe this helps, but it may not be required.
- Verify the channel with the club/gym phone number: the automated process will phone the club instead of a personal cell phone. See additional information here: [Verify your YouTube account - YouTube Help \(google.com\)](#).
- Submit a feedback request from the upload window. The request can be as follows: "Hello! We are a gymnastics club that is trying to use your platform to assist with our virtual competition. To keep videos organized for the officials/judges, we must submit each routine in a separate video. The videos are very short, with an average length of 1 minute. Videos would never exceed 3 minutes. We would love to be able to upload more than the daily limit to make things easier. Thanks!"

2. CLARIFICATIONS TO THE JO PROGRAMS

This document replaces previous versions of JO Clarifications documents in BC, including the December 2019 document.

2.1. General Program Information and Updates

The 2020-21 version of the BC JO Charts is available on the [GBC WAG page](#).

USA Gymnastics (USAG) has recently renamed the JO Program! Its new name is the Development Program (DP) Compulsories and Optionals.

USAG Development Program – Orange (Optional) and Blue (Compulsories) binders

USAG has made many changes to the Optional and Compulsory programs since the binders were first published. Coaches and judges must download the replacement pages to stay up to date. Links to the replacement pages are below.

Optionals: [USAG Optional updates](#)

The Development Program – Optionals (JO/Levels 6-10) is in effect 2018-2022.

Compulsories: [USAG Compulsory updates](#)

The Development Program – Compulsory (JO/Level 1-5) is in effect 2013-2021.

The current season (2020-2021) is the last year of these compulsories.

USAG has released information about the [new 2021-2029 Compulsory Program](#). The new Compulsories will be in effect in BC next year. New floor music! The GBC staff and WTC are planning clinics to teach the new routines to BC coaches and judges. Information will be circulated later this season.

Other Resources – PowerPoint Presentation

GymCan has a [2018-2022 JO Code of Points](#) review on its [WAG page](#). It contains valuable information for both judges and coaches.

Still have questions about JO rules?

If you have questions about the JO program, please contact [Crystal Gilhooly](#).

2.2. General Information – Athlete Attire

Several athletes wore a visible Y-shaped bra under an open neck/back bodysuit during virtual competitions. Please review the JO Code of Points for more information on appropriate attire, particularly the rule regarding underwear (Optional Binder, page General-7) - "Underwear, including sports bras, should not be intentionally visible."

The chief judge applies the deduction for "Incorrect Attire" (0.2) to the average score. The deduction will be applied at the next competitions without warning. Please inform the athletes. (Also note that the deduction for Incorrect Attire is different in Xcel and JO).

2.3. Equipment

UB/BB – JO 1-10 – Removal of the Board after the mount

- This is a friendly reminder, to coaches, to remove the board or mounting mat/block after the mount. The 0.3 deduction for "Failure to remove the board or mounting mat/block after mount" will be applied to the average without warning at the next competitions.

UB – JO 1-2 – Use of unauthorized matting as an aid to complete the pullover mount

- On UB, a JO 1-2 athlete used a round-shaped mat placed between the bars as a step to help them complete the pullover mount. The use of a training aid would typically not be possible in a competition setting. However, with spotting restrictions due to the pandemic still in effect, coaches must find ways to help athletes perform skills by themselves, which leads to some equipment irregularities. Until spotting restrictions are lifted, the use of a device to aid athlete skill completion in the compulsory program will be evaluated as follows:
 - Value of the element - deduct according to the aid/assistance the mat provided to complete the pullover (same as for spotting) – deduct up to the value of the element (up to 0.6 for the pullover mount).
 - Use of unauthorized mat – 0.3, taken from the average.
- In the Compulsory program, all instances of equipment irregularities created by spotting restrictions due to the pandemic will be evaluated as indicated above. It is expected that once spotting restrictions are lifted, this rule will become obsolete.

FX – JO 3-10 – Equipment / Tumbling

The entire floor routine, including the acro lines, must be performed on the 12m x 12m floor. Athletes who step off the floor to tumble on a different surface and/or land in a pit will be given no credit for those passes.

2.4. VAULT

V – JO 1-3 – Evaluation of the run

The athlete run will NOT be scored for virtual AND in-person events for the 2020-2021 competition season.

- It will affect the following deductions for the below level(s):
 - JO Level 1: Up to 0.30 – Failure to maintain horizontal speed
 - JO Levels 2 and 3: Failure to maintain horizontal speed AND Insufficient acceleration during the run

VT – JO 6-7

The technical focus of the timer vault is to create rotation in the 2nd flight. The following deductions have been added or have been modified:

- (Support phase) Failure to pass through vertical – up to 0.3
 - (2nd Flight phase) Insufficient length – up to 0.2 (changed from 0.3 to 0.2)
 - (2nd Flight phase) Failure to create rotation – up to 0.3
- On landing, the arm position is no longer looked at when applying the deduction for "Incorrect Body Position on landing – up to 0.5".

VT – JO 8-10

- Late turn completion vs turn starting too late:
The deduction for late turn completion is applied when the turn is finishing just before the ground.
The deduction for turn starting too late is applied when the turn is not initiated on the rise.
- Deduction for landing with feet apart is applied only if there is a stuck landing. If the athlete hops or steps on landing, the deduction is not applied.

Body posture faults on landing and squat are taken in addition to any steps or a fall as they are not included in the maximum landing deductions.

2.5. UNEVEN BARS

UB – JO 1-5 – Skills repeated after a fall

After a fall off bars, many gymnasts are repeating the skills they fell on. Coaches should instruct their athletes when skills should be repeated when they fall. Compulsory Program - Please review the [BC JO and Xcel Charts](#), page 12, for more details about this rule.

For example – a JO 1 repeats their cast - back hip circle (overturned) with fall - until they finally connects the back hip circle to the dismount. As they repeat the elements, the second cast-back hip circle (and subsequent) does not add to the value of the exercise because the elements have already been credited. The execution deductions, however, continue to add up, including the falls.

UB – JO 1-10 – Extra Swing

If the athlete performs more than one extra swing in a row, the maximum is 0.5.

UB – JO3 - Front hip circle + small cast

If the small cast is not done immediately after the front hip circle, the gymnast has 'lost the chance to do it' and the deduction for "Failure to execute a small cast immediately after the front hip circle" – 0.2 (flat deduction) is applied.

If the gymnast does the small cast after a pause/extra swing, the deduction for "Failure to execute a small cast immediately after the FHC" and any execution deductions will be applied.

The deduction for Bent Arms is applied once because both these skills are part of 1 major element.

UB – JO3 – Cast, single-leg squat through

If the leg contacts the bar and the gymnast ends in 'split support' before showing a clear support position, the deduction for "Failure to show clear stride support at end of squat through – up to 0.2" is applied.

UB – JO3 - Cutback

If, after the cutback, the gymnast collapses and their legs pass the plane of the bar, it is considered an extra swing. If they pause and then compresses to do the cast, but their legs have not passed the plane of the bar, only a rhythm deduction is applied.

UB - JO10 – Composition

The deduction "More than One Squat /Stoop on LB" (JO 10 only) also applies to a squat on followed by a sole circle. All elements when there is a jump from the feet - from LB to HB - are counted. The deduction would be applied if, for example, a routine includes one squat on to catch HB and one step down (from handstand) to sole circle to catch HB.

The goal is to avoid multiple transitions from LB to HB, starting from a stand on 2 feet on LB.

2.6. BALANCE BEAM

BB – All levels - Acro Series Connection

Tic-toc + walkover/handspring connections. Staying in the bridge/support position for a while or adjusting the support foot will not break the series. However, rhythm deduction will be applied.

BB – JO8-10 – Composition

The deduction for "More than 2 Straddle Jumps, with or without turn" applies to the straddle jumps only, not to straddle "shapes." A Johnson (Switch to side split), for example, does not count towards this total.

2.7. FLOOR

FX – JO6 - Restricted Skills (Double turn on one leg)

A double turn on one foot is a C value element. In JO6, only A and B skills are allowed, so the double turn is a restricted element. If performed, restricted skills receive no value, and the deduction for performing a restricted skill is applied.

If a JO 6 only performs a double turn in their routine, the total deduction applied is 1.0 point:

- Performance of a restricted skill - 0.5, and
- Missing Special Requirement #3 "minimum 360° turn on one foot" - 0.5 (as the double turn is not credited).

FX – JO1-10 – Landing

Steps on landings are deducted if they are out of control. Whether the acro element or step is forward or backward makes no difference. A small step will be deducted as follows:

- 0.1 for uncontrolled steps,
- 0.05 for semi-controlled,
- no deductions for a lunge OR step in control.

FX – JO8-10 - Composition

The deduction for "More than 2 Straddle Jumps, with or without turn" applies to the straddle jumps only, not to straddle "shapes." A Johnson (Switch to side split), for example, does not count towards this total.

3. Xcel CLARIFICATIONS

In 2020, BC adopted the USA Gymnastics Xcel program to bridge the gap between the GBC Interclub and JO programs. Athletes may compete in BC under the Xcel Bronze, Silver and Gold levels.

3.1. General Program Information and Updates:

The 2020-2021 version of the [BC JO and Xcel Charts](#) is available on the [GBC WAG page](#). It is not the full Code of Points.

Xcel Code of Points:

The current Xcel Code is in effect 2018-2022.

The USAG Xcel Program Binder can be purchased [here](#).

The iBook version can be purchased [here](#). (Currently only available for Apple devices.)

Xcel Program Updates:

January 2021 [update](#).

September 2020 [update](#).

Previous updates to the Xcel Code of Points can be found [here](#).

Other Resources – Xcel Introduction Webinar

To view the Xcel Introduction/JO comparison Webinar, visit the GBC Event Calendar ([February 20](#)) to access the recorded webinar. The cost for the webinar is the same as attending the webinar in person (\$10).

Still have questions about Xcel rules?

If you have questions about the Xcel program, please contact [Saskia Berndt](#) or the [GBC Technical Director](#).

3.2. General Information - Athlete Attire

Please review the attire regulations in the Xcel Code on page "Judges – 13".

Acceptable attires include:

- One-piece leotard with or without sleeves and no bare midriff;
- Unitards with long legs, with/without sleeves;
- Ankle-length tights worn under the leotard (that match the leotard or are skin tone);
- Underwear, including sports bras, should not be intentionally visible.

Several athletes wore a visible Y-shaped bra under an open neck/back bodysuit during virtual competitions.

The chief judge will apply the 0.1 deduction for "Incorrect Attire" to the average score. The deduction will be applied at the next competitions without warning. Please inform the athletes. (Also note that the deduction for Incorrect Attire is different in Xcel and JO).

3.3. Equipment

Equipment Specifications for the Xcel program are available in the [BC JO and Xcel Charts](#). The Equipment chart on page 40 includes information related to the apparatus height for competitions, mat specifications, board usage, etc.

UB/BB Xcel Bronze, Silver, Gold - Removal of the board after the mount

- Once the athlete has completed their mount on bars and beam, the coach must remove the board or mounting block.
- The Apparatus Chief Judge will apply the 0.3 deduction for "Failure to remove the board after mount" to the average score. The deduction will be applied at the next competitions without warning.

3.4. Uneven Bars

UB – Xcel Bronze, Silver, Gold – Climbing on the bar

If the athlete climbs/crawls onto the low bar (LB) to jump to the high bar (HB) instead of doing a cast squat/stoop/straddle on, the following deductions are applied:

- "Poor rhythm in elements/connection" up to 0.1. All other execution deductions such as legs apart (up to 0.2), bent legs or bent arms (up to 0.3) will be applied.

UB – Xcel Bronze, Silver, Gold – Extra Swing

Extra swing deductions are NOT applied in these Xcel categories.

3.5. Balance Beam

BB – When to credit a Handstand

Handstands, regardless of the angle achieved, are considered the same skill. A 2-sec hold is not required for any categories. Please review the list of Additional A skills in the Xcel Manual page Beam -19 for detailed information.

- **Bronze:** In the Bronze Division, the following handstand variations are recognized as Additional A value skills.

The following are Additional A skills are recognized in the Bronze division.

- Partial handstand- Both feet off the beam while at least one leg reaches a minimum of 45° from Vertical.
- Vertical handstand – Cross or Side, No hold required, Any leg position
- Lever to touch Beam: No angle requirements – body shape deductions may apply (lever back foot need not return to beam to receive VP credit).

- **Silver and Gold:** In these divisions, the following handstand variations are recognized as Additional A value skills.

- Partial handstand – Feet must close together and be a minimum of 45° from Vertical – both criteria must be met simultaneously to receive VP credit.
- Vertical – Cross or Side, No hold, Any leg position

BB – Timing of the Routines

On Beam, the athlete must complete their routine within the allowed time limit. A warning is given to the athlete 10 seconds before the maximum time is reached.

Maximum time limit (max duration of the exercise):

Bronze:	45 seconds, warning at 35 seconds
Silver:	50 seconds, warning at 40 seconds
Gold:	60 seconds, warning at 50 seconds

Time is stopped during a fall. After a fall, the athlete has 45 seconds to remount the beam to complete their exercise. If the athlete does not remount the beam within 45 seconds, the exercise is terminated.

Timing of the routine:

- Time begins with the take-off from the board or mat.
- Time stops when the gymnast lands on the mat at the completion of their dismount.
- The timer/assistant will inform the apparatus Chief Judge of any time violation.

In case of a fall:

- Time stops when the gymnast lands on the mat after a fall
- Time re-starts with the athlete's first movement to resume their exercise after remounting the beam.

Warnings: the athlete receives 2 signals, using an acoustic instrument or verbally:

- a warning 10 seconds before the maximum time limit
- a signal indicating that the time limit has been reached.

Timing of the fall:

After a fall, the athlete has 45 seconds to remount the beam to complete their exercise. The Fall Time is timed separately.

- Fall Time begins when the gymnast makes contact with the mat
- Fall Time stops when the gymnast leaves the floor to remount the beam in preparation to resume their exercise. If the athlete does not remount the beam within 45 seconds, the exercise is terminated.

Warning: While the gymnast is off the apparatus following a fall, the Fall Timer gives the following notification of the remaining fall time:

- "20 seconds remaining."
- "10 seconds remaining."
- "Time" is called at 45 seconds.

3.6. Floor Exercise

FX – Xcel Bronze/Silver - Rebound-type Acro Series

In the Bronze and Silver divisions only, the acro series Round-off – Rebound – Backward Roll will fulfill the Special Requirement #1 - Minimum 2 directly connected Acro Elements. (see Floor-3, A, 2, a.)

- Backward Roll: Placing the hands on floor next to the legs/buttocks prior to the backward roll is allowed and will not receive a deduction. A deduction may be taken for any rhythm errors. All other execution deductions will apply.

However, the following acro series will NOT fulfill the SR.

- Round-off rebound half turn, cartwheel
- Round-off rebound, back walkover

FX – Xcel Bronze, Silver, Gold – Double Turn on one Foot (Restricted Skill)

A double turn on one foot is a "C" value part and therefore restricted in the Bronze, Silver and Gold Divisions. If a restricted element is performed:

- Deduct 0.50 from the Start Value (SV) for restricted element
- Do not award VP credit
- The element cannot be used to fulfill SR.
- All appropriate execution deductions apply.