



JO and Xcel Updates

While it still may not feel like fall, Optional season will be upon us quickly. I hope most of you have taken the time to read the JO and XCEL Updates or that you attended a clinic that offered updates - but just in case I wanted to review some of the updates for this season

Level 6 & 7 Vault updates

the warm up time will now be 1.5 minutes and not 2 minutes like last year

Remove the angle of arrival deduction for the vault -

new deductions have been added for the vault -

.3 failure to pass thru vertical - 1.00 for failure to land on top of the mat stack up to .2 for insufficient length

Vault Table setting - Level 4/5 may use at any manufacturer setting

Level 6/7 may use the vault table at any setting with a max of 135cm - HOWEVER the athlete must still use the required matting for the vault no matter how low the table is set

Level 8-10 may use the vault at a minimum of 115 and a max of 135

All Vaults - NO chalk on runway - athletic tape or Velcro strips may be placed on vault runway but must be removed no later than the end of the rotation for XCEL & JO

Uneven Bars

the maximum deduction for extra swings if there are more than 1 consecutive swing after an element the deduction will be .5 MAX

Choice of element for level 9/10 only Failure to perform 2 elements minimum of B that fulfill 2 out of the 3 requirements - excludes dismount

1 - forward element (circle of release)

2 - Element from group 3/6/7/

3 - One C element with a minimum of 180 LA turn with or without flight

Beam

Bonus .1 for any 3 element acro flight series that lands on top of the beam to include a mount (no dismount) with a minimum of 1 C salto or aerial or 1 D/E flight with or without hand support

example: flic - flic - layout step out would now get .2 bonus (.1 for series and .1 for bonus)

flic - layout - layout would get .4 bonus (.3 for series and .1 bonus)

for all beam levels including compulsory - 45 seconds for fall time

Floor

FLOOR MUSIC must be downloaded onto a mobile device for competitions - may not access music using an internet connection or cellular connection for both JO & XCEL

These are NOT all of the updates - all of you should make sure that you read the updates that are on line at the National office

General Updates

At State meet and above judges should score a VOID vault but do not submit it unless a video review is decisive in determining that the vault was completed

Attire of athletes - the backless leotard clarification will go into effect on August 2020 -

Athletes may wear a leotard or ankle length unitard - in addition ankle length TIGHTS may be worn UNDER the leotard that either match leotard or are skin tone
Clear Bra is acceptable attire

XCEL

it is recommended that level 9 and above judges be assigned to judge Diamond when possible

Remove Handspring Front vault from the Diamond Vault Chart

Add a deduction for angle of repulsion for non salto vaults of up to .5 to the Gold, Platinum, Diamond Vault deductions

JO Level 7 gymnasts may enter XCEL in either Platinum or Diamond

Stalder backward to handstand & pike sole circle to handstand for Platinum division will receive B value part - NO turn is allowed

Again these are NOT all of the updates! Please make sure you are reading all the updates on the USA Gymnastics website.

Judges Cup



Don't forget to support our judges at the 2019

Contact: Sharon Kelly
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For USA Gymnastics Registrations:
The USA Gymnastics Meet reservations system is
now required by USAG
Please remit registration payments to:
Georgia NAWGJ

Region 8 Congress

2020 Region 8 Congress will be July 16 - 19 in
New Orleans.

Put this date on your calendar!
More information when the block opens for
registration

Xcel Training Camp

We hope you can join us for an Xcel Training
Camp on Dec. 28, 2019

[Click here for more information](#)

Register by going to USAG Meet Reservations. It
is sanction #74163. Once you have reserved
your place, finalize your spot by submitting
payment on Meetmaker.com. This is just like
registering for a state meet. Hope to see you
there!