



## Region 2 Xcel Newsletter – January 2017

Hello and Happy New Year. I hope this newsletter will be informative to coaches and judges as we start off the 2017 Xcel competitive season. Don't hesitate to contact me when you have questions.

REGION 2 Xcel athletes: The chart below shows the December 30, 2016 count of registered Xcel athletes by state. It is exciting how much the program has grown - from 800 athletes in spring of 2014, to the current count of 2033.

Washington	1046
Idaho	563
Oregon	345
Montana	54
Hawaii	25
Alaska	0

**Xcel iBook was updated the first week of January – check your settings/purchases.**

### Reminders for the season

#### GENERAL

- Be sure to follow the new *Entry/Mobility within Xcel* chart on Page 48 of the R & P.
- Diamond Warm Up Time: 2 minutes all events.
- NO composition deductions in Xcel. Delete any references to “uncharacteristic element” deduction.
- Neutral deductions are the same for Xcel and JO. Exception: No Short Routine deduction.

#### VAULT

- Balk rules are the same for Xcel and JO.
- Silver Vault – mats MUST be 8” +/- 2” ABOVE the height of the table.
- Xcel athletes may vault at any manufactured setting – must click in to a setting.

#### BARS

- Underswing – counterswing and tap swing – counterswing are considered the same element. Only 1 is allowed for “A” credit at Platinum. Any others would be considered Extra Swings. Both underswing – counterswing and tap swing – counterswing are considered Extra Swings at Diamond.

#### BEAM

- Supplemental support deduction (- 0.30) was adopted by the Xcel program.
- Criteria for awarding series (dance/acro/mixed) credit is the same for Xcel and JO.

#### FLOOR

- Delete all references to “ORDER MATTERS”.
- NEW as of AUGUST 1, 2016: Acro flight skills with hand support will receive value part credit and special requirement credit regardless of the number of times performed