

Xcel Self-Test for Judges

General

1. Each Special Requirement on Bars, Beam and Floor Exercise are worth:
 - a. 0.20
 - b. 0.30
 - c. 0.50
 - d. 1.0
2. Which of the following is true regarding a spot during a skill on Uneven Bars, Beam or Floor?
 - a. Deduct 0.50 for the spot. Award VP and SR.
 - b. Deduct 0.50 for the spot. DO NOT award VP and SR.
 - c. Deduct 0.50 for the spot. Award VP up to the value of the skill depending on much you feel the gymnast was assisted.
 - d. Spotting is allowed in Xcel. No deduction and award VP and SR if appropriate.
3. The courtesy score awarded for unusual situations (incomplete exercise due to injury / unusual circumstances) is:
 - a. 1.0
 - b. 2.0
 - c. 3.0
 - d. 4.0
4. Which of the following is true regarding Flashing of Start Values and Open Scoring in the Xcel program?
 - a. Start Values must be flashed (or written on card) and Open Scoring is not allowed below State Meets.
 - b. Start Values must be flashed (or written on card) and Open Scoring is allowed below State Meets.
 - c. Start Values are never flashed, and Open Scoring is never allowed.
 - d. Start Value flashing and Open Scoring is always up to the Meet Director.
5. Which of the following are correct?
 - a. Xcel athletes are allowed to wear shorts or tights during their performance.
 - b. Composition (Distribution, Direction and uncharacteristic movements on Bars) are applied when appropriate in the Xcel program.
 - c. Overall execution deductions (Footwork, Posture, Artistry etc.) are applied when appropriate in the Xcel program.
 - d. Inquiries in Xcel can be based on Start Value, Composition and Execution deductions.

VAULT

6. Which of the following is true regarding the alternative springboard apparatus:
 - a. Bronze, Silver, and Gold athletes may use alternative springboard apparatus (must be manufactured by a gymnastics equipment manufacturer and max. of 15" at the high end and max. 4" at low end.
 - b. All Divisions may use alternative springboard apparatus without penalty.
 - c. An 8.0 Start Value will be used for all vaults when Gold athletes use the alternative springboard apparatus.
 - d. Platinum and Diamond Vaults must have a minimum of a 1/1 twist to have a 10.0 Start Value

7. Which of the following is/are true regarding Xcel Vault? (select all that apply)
 - a. Angle of repulsion is applied to all Xcel Vaults that use the table.
 - b. The run is NOT judged for Bronze division vaults.
 - c. Flipping vaults are NOT allowed at Platinum.
 - d. The maximum spotting deduction for any vault is 1.50

8. Which of the following is CORRECT regarding balks on Vault for Xcel?
 - a. Balk rules for Gold, Platinum and Diamond are the same as they are for JO Optionals.
 - b. Balk rules do not apply in Xcel – athletes may have as many attempts as needed to complete a vault.
 - c. If an Bronze athlete voids VAULT 1 A, she may not do the Handstand Flat Back (Vault 1 B).
 - d. Deduct 0.50 from the next completed vault if the athlete balks on her first attempt.

9. Gold athlete performs a Handspring Vault using an alternative springboard apparatus. She has the following errors: Poor hip angle (pike) in preflight, bent arms in support, alternate repulsion and 2 steps on landing. Which of the following is correct?
 - a. SV 10.0 Total deductions of 1.1 Final score 8.9
 - b. SV 9.5 Total deductions of 1.4 Final score 8.1
 - c. SV 10 Total deductions of 1.2 Final score 8.8.
 - d. SV 9.5 Total deductions of 1.1 Final score 8.4

10. A Diamond athlete performs a $\frac{1}{4}$ twist on – $\frac{1}{4}$ twist off – to land facing away from the table - with the following errors: Arch in preflight, 2 hops on hands, too long in support, 45 degree angle of repulsion, and lack of Dynamics. The SV and score is:
 - a. SV 10.0 Score = 8.8
 - b. SV 9.6 Score = 7.8
 - c. SV 9.5 Score = 8.3
 - d. SV 9.2 Score = 7.5

BARS

11. **Bronze** athlete performs the following routine: Jump to front support, cast, cast, cast to stand dismount. Her SV is:
 - a. 9.0
 - b. 9.2
 - c. 9.5
 - d. 10.0

12. **Silver** athlete performs the following routine: Kip, cast to 45 degrees below horizontal, back hip circle, under-swing dismount – the entire routine without execution deductions. Her coach did not remove the spring board immediately after her mount. There is a 1 judge panel. What is her SV and final score
 - a. 9.5 SV Final score = 9.5
 - b. 9.5 SV Final score = 9.2
 - c. 10 SV Final score = 9.7
 - d. 10 SV Final score = 9.5

13. **Gold** athlete performs the following routine: Pullover, cast to 45° below horizontal, back hip-circle, cast squat on, long hang pullover, cast to 45° below horizontal, back hip circle, under-swing dismount. Her SV is:
 - a. 10.0
 - b. 9.5
 - c. 9.0
 - d. 8.5

14. Extra swing deductions are applied at the following divisions:
- All divisions
 - Silver, Gold, Platinum, and Diamond
 - Gold, Platinum, and Diamond
 - Platinum and Diamond only.
15. **Diamond** athlete performs the following routine: Kip, cast to horizontal, clear hip circle to below horizontal, kip, cast squat on, long hang pullover, cast below horizontal, flyaway full twist.
Her SV is:
- 8.8
 - 9.0
 - 9.2
 - 9.5

BEAM

16. Which of the following statements is INCORRECT?
- A double bounce on the board or mat when mounting the beam results in a 0.50 deduction.
 - Doing a pullover mount from a sitting position results in a 0.30 deduction.
 - All skills after "TIME" is called are evaluated and given appropriate credit.
 - A Bronze athlete is allowed to do a "Lever" to count for her Acro Special Requirement.
17. Which of the following statements is/are CORRECT regarding handstands in Xcel.
- All handstands are the same regardless of angle achieved.
 - A two second hold is required of all handstands.
 - Handstands at all divisions must reach vertical with feet closed.
 - A Handstand step down connected to a back walkover meets the Acro requirement for Platinum.
18. Which of the following statements is CORRECT?
- All Divisions of Xcel have the Special Requirement of a Dance Series on Beam.
 - Diamond athletes are allowed to do one "D" skill for Bonus on Beam.
 - A shoulder roll and a $\frac{3}{4}$ handstand would fulfill the Acro Special Requirement for a Gold athlete.
 - The deduction for doing a Cartwheel to handstand, $\frac{1}{4}$ turn dismount by a Platinum athlete is 0.50 (Missing Dismount Special Requirement).
19. Leaps and Jumps with split that are required in all Xcel Divisions for Balance Beam receive Value Part credit with a variance of:
- 10 degrees
 - 20 degrees
 - 30 degrees
 - 45 degrees
20. Which of the following statements is CORRECT for Xcel Balance Beam?
- All handstands are the same regardless of angle achieved.
 - Handstands need NOT be held for a minimum of 2 seconds to receive Value Part credit.
 - A forward swing turn will meet the turn Special Requirement for Silver athletes.
 - Handstands may be used in as the first or second skill in a series.
 - All of the above are CORRECT.

FLOOR EXERCISE

21. Bronze athlete performs a Round-off – back handspring and later a Front handspring in her routine. Which of the following is CORRECT?
- NO Deduction. She has fulfilled her 2 Acro Special Requirements
 - Deduct 0.50 from her Start Value for doing a Restricted Skill. = 9.5 Start Value
 - Deduct 1.0 from her Start Value for doing a Restricted Skill (0.50) and for not meeting the second Acro Special Requirement (0.50) = 9.0 Start Value.
 - Deduct 0.50 from her Start Value for not meeting the second Acro Special Requirement.
22. Silver athlete performs the following skills: Front handspring step out – Front handspring to 2 feet, Aerial Cartwheel, Dance Passage of Split Leap – Leg Swing Hop at horizontal, and a 1 ½ turn on one foot. What is her resulting Start Value?
- 10.0
 - 9.5
 - 9.0
 - 8.5
23. Gold athlete performs the following skills for her Acro Passes: Round-off – back handspring – back handspring, and Round-off – back handspring. What is the result?
- Athlete receives a 9.5 Start Value – 3rd back handspring gets no VP credit / no second series.
 - Athlete receives a 10.0 Start Value – series are considered different due to number of skills.
 - Athlete receives a 9.0 Start Value – neither the round-off or back handspring get VP credit.
24. Platinum athlete performs a Front handspring – Front Pike and later performs an Aerial Walkover. Her Dance Passage consists of Split Leap 130 degrees chasse to wolf hop. Turn is a 1/1 turn on one foot. She also performs a stretch jump 1/1 turn and a handstand forward roll. Which of the following is CORRECT?
- 9.5 Start Value – Aerial Walkover is a restricted skill.
 - 9.0 Start Value – Aerial Walkover is a restricted skill AND athlete has not met the 2nd Acro SR.
 - 9.5 Start Value - the single flight skill must be a “B” Salto.
 - 9.2 Start Value – the single flight skill must be a “B” Salto (-0.50) and missing a “B”.
25. Which of the following statements is INCORRECT for Diamond Floor Exercise:
- A Dance Passage of Switch leap (150) chasse Switch leap (150) on the other foot meets the Dance Passage SR
 - Athlete performs Round- off - layout 1/1 twist and Front handspring – front tuck. She has met her Acro SRs
 - Athlete performs a 1/1 turn with one leg forward held at above horizontal. The Turn SR has been met.
 - Athlete performs a Round-off, back handspring, Double Back (D) in one pass and a Round-off Layout in the second pass. She has met her Acro SRs

KEY to Xcel Self-Test

1. c.
2. b.
3. d.
4. a.
5. c.
6. a.
7. b., c., and d.
8. a.
9. d.
10. c.
11. c.
12. b.
13. b.
14. d.
15. a.
16. a.
17. a. and d.
18. d.
19. b.
20. e.
21. c.
22. a.
23. b.
24. d.
25. a.