

# National Xcel Program

**Xcel is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts.**

**The goal of Xcel is to provide gymnasts of varying abilities and commitment levels, the opportunity for a rewarding gymnastics experience.**

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## **Develop a Philosophy in your state**

It is important to decide what direction you want the program to go in your state. You can help establish the philosophy doing the following:

1. Decide what divisions you want to offer.
2. Will you do Bronze in-house, pre-competitive or competitive.
3. What divisions are you going to have State Meets for?

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## **Xcel Rep**

It is suggested that you have an Xcel Rep on your SAC.

- They would be responsible to help promote and give guidance for the program in your state.

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## **Handling Questions**

Questions within your state should go to the SC.

- You may pass this on to your Xcel Rep
- Judging questions - RTC with a copy to RXC
- All other questions - RXC. They will notify the NXCC if necessary.

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## **A Few Facts**

1. No entry requirements for Bronze, Silver or Gold.
2. Bronze, Silver and Gold are entry divisions.
3. Gymnasts must score a 31.00 AA or an 8.0 Individual Event Specialist to move from Gold to Platinum or from Platinum to Diamond.

4. Gymnasts competing outside the USA Gymnastics system (i.e., USAIGC, AAU, JOGA, etc..) may enter at any division the coach feels is appropriate and safe.
5. Level 7 and 8 JO gymnasts must enter in either the Platinum or Diamond Divisions. Level 9 JO gymnasts must enter at the Diamond Division.
6. Level 10 drop back procedure - Reason for change letter to NXCC. This is reviewed by the National Xcel Committee . Must be received 2 weeks prior to the State Championships. Once she has been accepted she may not re-enter the program as a level 10 in that competitive season.
7. Since this program is an alternative program it CANNOT BE USED TO SATISFY MOBILITY REQUIREMENTS IN THE JO PROGRAM.
8. Gymnasts may move up divisions within a season.
9. May only compete in ONE state meet per season.

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## Membership Requirements

BRONZE – athletes must be 5 years old

SILVER – athletes must be 6 years old

GOLD – athletes must be 7 years old

PLATINUM – athletes must be 8 years

DIAMOND – athletes must be 9 years old

- Athletes must be registered with USA Gymnastics to compete in USA Gymnastics sanctioned XCEL competitions. May register online as an Introductory Athlete \$20
- Athletes must be the minimum age by the date of their first competition.

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## State Administrative Committee Rights

This is a national program, however there are some things which are decided by the individual states:

- Number of judges on the judging panels (and the professional requirements of the judges).
- Entry fees for State Meet with a maximum of \$65 for Bronze, Silver, & Gold and \$75 for Platinum & Diamond divisions.
- Qualifying procedures for the State Meet. SAC must provide IES qualifying procedures. Xcel athletes are not required to compete all-around.
- Individual Awards for the State Meet with a minimum as set in the R & P.
- Team awards for the State Meet. Individual awards must be ordered through A-1.
- Determines if one team meet may be used for qualification to State Championships.

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## Regional Administrative Committee Rights

- Regional Championship Meets or Regional Invitational
  - Regional Competition:
    - Qualifying procedures
    - Individual and team awards - Individual awards must be ordered through A-1.
    - Number, rating and selection procedure for judges
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## Meet Procedures and Information

This is a national program, however there are some things which are decided by the individual states:

- Xcel competitions must follow the current USA Gymnastics Women's Rules and Policies in regards to the apparatus specifications, using as a minimum standard the specifications for compulsory competitions.
    - Exception -Vault table may be used at any manufacturer setting.
    - **New this year - Bronze and Silver may use a tumbling strip that is 8' wide & 56" long. Meet directors MUST inform coaches in the pre-meet information.**
  - Gymnasts must designate on the entry form which division (Bronze, Silver, Gold, Platinum, Diamond) they will compete. All events must be competed in the same division.
  - If competition squads have gymnasts of different divisions, gymnasts of the same division must compete consecutively. Divisions must be designated on the rotation sheet.
  - Individual awards must be given according to divisions (Bronze, Silver, Gold, Platinum, Diamond).
  - It is recommended that when possible, sessions be divided by divisions (Bronze, Silver, Gold, Platinum, Diamond). If not, then rotations should be divided by divisions when possible.
    - Sample Rotation schedule for mixed divisions.
  - Meet director may decide age groups.
  - Team awards must be awarded for each division (Bronze, Silver, Gold, Platinum, Diamond). Do not combine divisions for team awards.
  - Xcel must follow maximum number of gymnasts per session as stated in *Rules & Policies - Xcel section - General Meet Information - Meet format.*
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## Publication of Information

- All Xcel rules are posted on the USA Gymnastics website. No rules should be posted on State or Regional sites. Please put a link to the National website on your State sites.
- Any time there is an update made on the National website your RXC will send you an email. Please let your membership know when there are updates.
- Online information will include the Rule Charts and Vault tables. The FAQ is also published online.
- If there is a discrepancy between any published materials the *Xcel Code of Points* is the final source.

Feel free to contact me any time for more information: Claudia Kretschmer National Xcel Chair  
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