

# 2023-24 Xcel Update



# Xcel Program Philosophy



*The USA Gymnastics Xcel program was developed as an alternative 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. The program allows a wide choice in skills to meet requirements so selection may be based on an individual athlete's strengths.*

*The focus of the Xcel program is sportsmanship, leadership, teamwork, and fun. The emphasis in the Xcel program is on correct technique, form, and performance.*

# National Committee Members Xcel (X) and Technical (T)

- Claudia Kretschmer (X)
- Linda Thorberg (T)

National Committee  
Chairs

- Jill Preston (X)
- Gigi Iavarone (T)

1

- Dianne Palmer (X)
- Jeanine Henneford (T)

2

- Louise Janecky (X)
- Marilyn Blilie (T)

3

- Megan Bankole (X)
- Windee Weiss (T)

4

- Nancy Gibson (X)
- Sue Kane (T)

5

- Gail Caspare (X)
- Pat Panichas (T)

6

- Jen Skorski (X)
- Jane Caruso (T)

7

- Pam Kitchen (X)
- Evelyn Chandler (T)

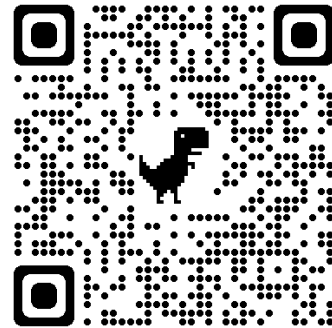
8



# Information provided from the May Committee Meetings

(Xcel, Joint Xcel/Tech, Tech, Admin)

**Committee Minutes are now  
published.**



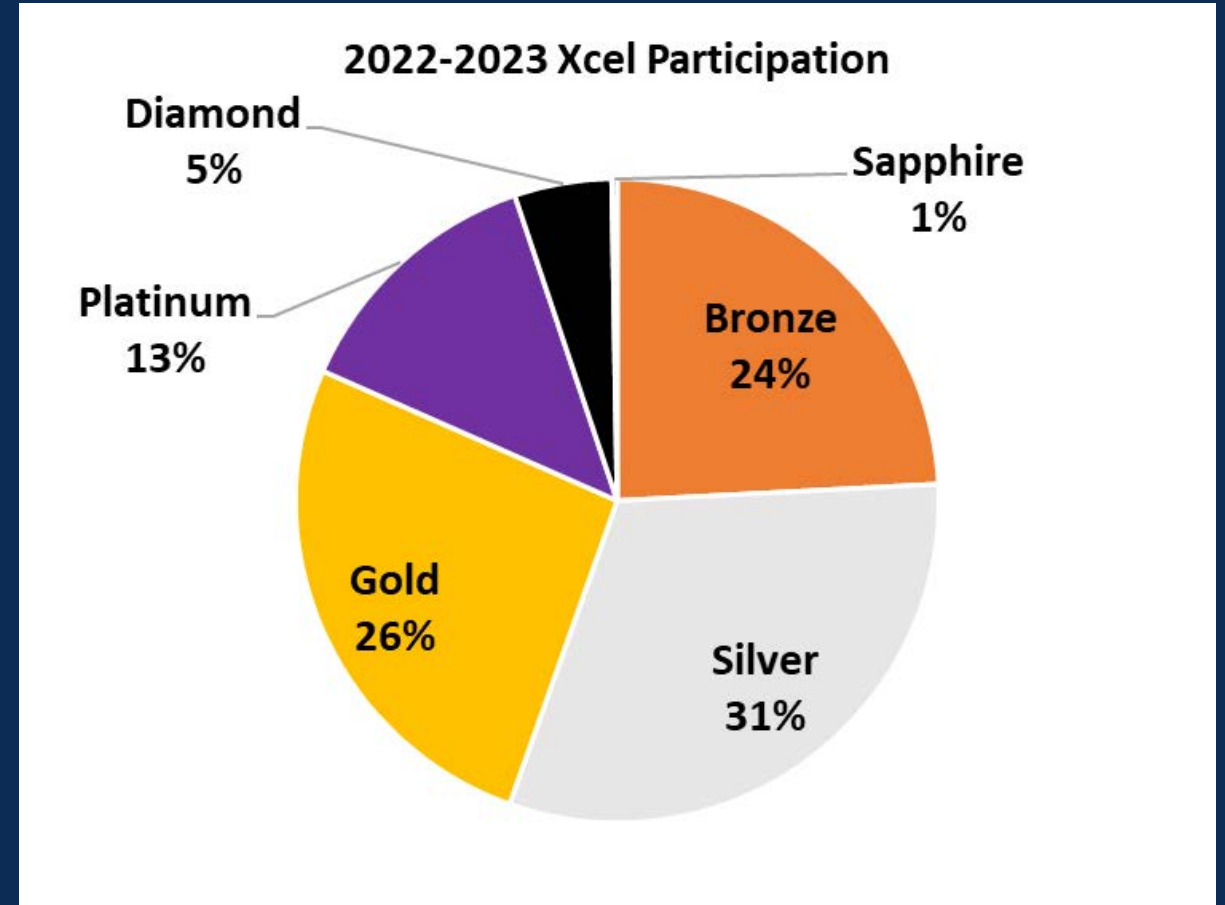




**GENERAL**

# Xcel Participation

**Over 60,000 athletes participated in Xcel in 2022-23 season**



# Mobility

(Division updates shown in red)

Division	Pre-requisite Score		Entry Division from Development Program	
	Previous	Updated	Previous	Updated
Gold			Levels 3 & 4	Levels 1-4
Platinum	31.00 AA at Gold or 8.0 IES	32.00 AA at Gold or 8.50 IES	Levels 5, 6, 7	No Change
Diamond	31.00 AA at Platinum or 8.0 IES	32.00 AA at Platinum or 8.50 IES	Levels 7, 8, 9, 10	Levels 7, 8
Sapphire	(Pilot) 34.00 AA at Diamond or 8.50 IES	32.00 AA at Diamond or 8.50 IES	(Pilot) Levels 8, 9, 10	Levels 8, 9, 10 (No change from Pilot)

IES – Individual Event Specialist



# Judges Compensation Package

(as stated in the *Women's Rules & Policies*)

- Starting August 1, 2023:
  - **Assigning fee:** Increase of \$3.00 to **\$5.00**
    - Any assigning fees collected prior to 8/1/23 will reflect the current \$3.00/per judge fee.
    - Any assigning fees collected 8/1/23 and after will reflect the new fee of \$5.00/per judge fee.
  - **Judges hourly rate: Increase of \$1.00 per hour** for all judges' ratings (Dev and Xcel)



# Additional General Changes

- **Deduction**

- **Short exercise:** Chief Judge Deduction. Takes deduction from average score for Short Exercise with fewer than 3 value parts = 2.00.
- **Squat on Landing:** Squat on landing (**hips lower than knees**) up to 0.30
  - Also add wording to Vault, UB/BB dismounts, and FX Acro: Squat on landing (hips lower than knees) up to 0.30 + 0.50 “Lands in squat position, then falls”
- **Medium Step:** Add an option for a 0.15 deduction for a medium step on landing on Vault, UB/BB dismounts, and BB/FX Acro.



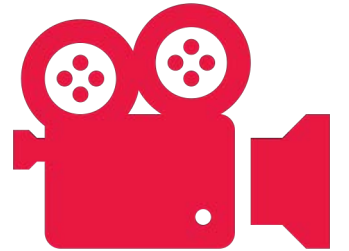
# Additional General Changes

- **Video:**

- **Prior to Inquiry:** A Meet Referee may watch a video (if available) prior to the submission of an inquiry to determine if that inquiry should move forward.
- **Video Review:** At Xcel State Meet and above, a coach can request a video review by the Meet Ref and the highest rated unaffiliated judge (if video is available) in the event that the inquiry involved an instance that would affect the start value.

- **Meet Referee:** At a State meet and above, a Meet Referee has the authority to allow a judging panel to review a routine to verify that Special Requirements were fulfilled and restricted elements were not performed.

- **Inquiries to Raise Score:** Any inquiry to raise a score .10 or less on the lowest event score to qualify to the State or Regional meet applies **ONLY to All Around athletes**





# Additional General Changes

- **Competition Landing Mats for Bars & Beam**
- **Add language for Bars & Beam when landing on a resi surface for competition.**
  - **Utilize language from Vault regarding landing into a loose foam pit and add it to both Bars and Beam for situations when landing on a Resi surface.**
  - **Landing into a “LOOSE-FOAM PIT” on a RESI SURFACE IS NOT ALLOWED FOR COMPETITIONS, unless the pit Resi area is covered by a stable (wooden or metal) surface.**
    - **Exception – this is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to competition.**



# Additional General Changes

- **Judging Appendix**

- Will work to develop a Judging Appendix with judging sheets, shorthand, etc.

- **Table of Elements – 1st Page Bars/Beam/Floor**

- Designates the Division(s) the element may receive Value Part credit
- Now will include:
  - Elements that are limited to specific Divisions and only in the Xcel Code
  - **Adding** – Elements that are only in the Xcel Code AND open to all Divisions.
  - **Adding** – Elements that are modified from the Development Program.

BARS							
Additional A's							
Group 1 - Mounts		Bronze	Silver	Gold	Platinum	Diamond	Sapphire
#	Element Name						
1.001	Jump to Front Support	✓					
1.002	Jump to Squat on		✓	✓	✓	✓	
1.003a	Pullover on Low Bar (from 1 or 2 feet or run)	✓	✓	✓			
1.003b	Pullover on High Bar		✓	✓			
1.004	Glide Swing to Stand	✓	✓	✓			
1.005	Run out Glide Kip	✓	✓	✓			
1.006	Single leg jam Kip (from Glide or Run Out)	✓	✓	✓			
1.109	Jump to Clear Support, immediate back hip circle (Xcel only)	✓	✓	✓	✓	✓	✓





# Administrative Committee

- Referred to Admin Committee by Xcel:
  - **Add Regional Xcel Committee Chair to State meet results:** Results from Xcel State Championships need to be mailed or e-mailed to the RACC, RTCC, **RXCC**, Regional Meet Director and the SACC of the respective state within 72 hours.



# Administrative Committee

- **Additional Actions impacting Xcel:**

- **Declaration Date:** The highest level / division competed after the declaration date will determine the program (**Dev / Xcel**) for which the athlete can compete for the remainder of that season.
- **Earbuds:** Earbuds are not allowed on the field-of-play by coaches, judges, gymnasts, and volunteers during a competition.
- **Competition Hosts:** Update the Women's Program Rules & Policies (R&P) to reflect criteria for selection of competition hosts: **Host club and Meet Director is in good standing with USA Gymnastics.**



# Technical Committee

- **Referred to Technical Committee by Xcel:**

- **Shorts**

- Motion Passed: Option of wearing shorts over or under leotard.
- **Did not pass:** Option to wear Lycra shorts that match the predominant color of the leotard (allowing colors other than black)

- **Remove the statement non-rated competitive coach members may judge Bronze and Silver divisions.**

- This previously allowed individuals without a judges rating to judge Bronze or Silver before we had an Xcel judges rating.

Individuals can receive a Bronze/Silver/Gold Rating by Completing the Course and Exam online

**J110: 2021-26 Xcel Bronze/Silver/Gold Judges' Course**

**WJX1: Xcel Bronze/Silver/Gold Judging Exam**



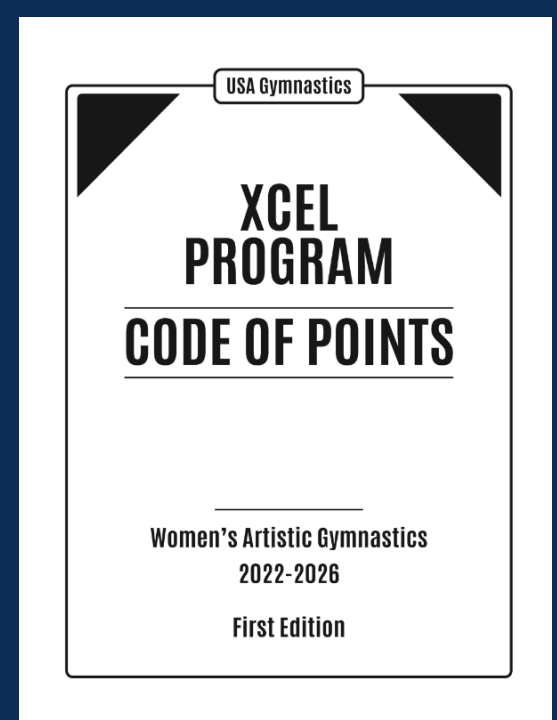


# Xcel Sapphire

# Xcel Sapphire

- **Sapphire advanced to a National Xcel Division!**
- Rules for the Pilot Program will be used for the National Division
- Minor update to mobility information

Division will be added to the CoP as an Update



Division added to the 2023-24 R&P



# UB/BM/FX Value Parts / Start Value

**Start Value – 9.60**

## **Value Part Requirement**

- **3 "A"**
- **3 "B"**
- **1 "C"** – The "C" is also eligible for Bonus



# BONUS!

- **Bonus may be achieved from 2 categories:**
  - Difficulty Bonus (C/D)
  - Connection Bonus

**There is no requirement to achieve bonus in both categories. All 0.40 may be achieved in one category or a connection of both.**

- **Difficulty Bonus (C/D):**
  - Each C is eligible to receive 0.10.
  - **ONE (1)** D per event may receive 0.10 bonus. Additional Ds are permitted but not rewarded.
  - E skills are restricted.
- **Connection Bonus:**
  - B+B combination (or higher).
  - Applies to any inherently connectable skills (as well as indirect acro passes on Floor).
  - B+B may include any connection of mounts, dismounts, dance and acro.



# Special Requirements

Event	Special Requirement
<b>Bars</b>	<ol style="list-style-type: none"> <li>1. Minimum of a “B” skill finishing in clear support at vertical (not mount or dismount)</li> <li>2. Minimum of “B” 360° circling skill</li> <li>3. Minimum of “B” release, turn, or 2nd 360° circling skill (different from #2)</li> <li>4. Minimum of “B” dismount OR “C” skill directly connected to an “A” salto dismount</li> </ol>
<b>Beam</b>	<ol style="list-style-type: none"> <li>1. Minimum 1/1 (360°) turn on one (1) foot</li> <li>2. Dance series and a leap or jump requiring a 180° split (in series or isolated)</li> <li>3. Acro series with a minimum of one (1) flight skill (a minimum of one (1) skill must pass through or achieve vertical)</li> <li>4. Min “B” Dismount OR an acro flight skill directly connected to an “A” salto/aerial dismount</li> </ol>
<b>Floor</b>	<ol style="list-style-type: none"> <li>1. One acro pass with two (2) saltos, same or different</li> <li>2. Three different saltos, one (1) is a minimum of a “B”</li> <li>3. Dance passage with a minimum of two different elements from Group 1 (Leap, Jump, Hop), directly or indirectly connected, one of which is a leap requiring a 180° split</li> <li>4. Minimum of a “B” turn on one (1) foot</li> </ol>

- Warm up: 2 minutes per gymnast
- Maximum Routine Time (Beam/Floor): 1:30







**VAULT**

# General

- Gold – Sapphire Vault numbers:
  - Vault numbers are required to be **visually displayed at any sanctioned competition utilizing a 4-judge panel.**
  - Vault name OR number may be audibly communicated to judges at all other competitions.



# Equipment

- Remove the allowance of a “**Junior Board**” for Xcel
  - NOTE: As applicable by Division – The alternative trampoline-like spring board is still allowed.
- **Allow chalk only (no tape) on hand placement mat.**
- **Vault Warm Up Pit Pillow (Diamond/Sapphire)**
  - **If available (not required):** An alternate skill cushion made of softer foam (maximum 4x6x8) is allowed at all sanctioned meets for **Diamond and above for WARMUPS ONLY** to perform a “timer” for a Salto Vault.



# Deductions

- **Bronze Vault 2:** Add – **Additional Jump on the Board – 0.30** (same deduction as Bronze Vault 1)
- **Wording Change throughout:** Modify First Flight & Support Phase wording to “Arched Body up to 0.20” to “**Excessive Arch** Up to 0.20”
- **Gold – Sapphire:** Recommendation to add in Support Phase – **Hops with both hands simultaneously – 0.30**.
- **Under Rotation Salto Vault Deduction:** Modified from 0.10 to “**Up to 0.10**”.



# Vault Warm-Up Procedures

## Add information for Platinum and Above:

### Timed warm-up:

- 1) During competition, it is NOT considered additional warm-up time if a gymnast who is next to compete on Vault runs or jumps on the Vault runway following the previous competitor's final Vault.
- 2) The gymnast may NOT run or jump in front of the Vault judges' table.
- 3) A warning would be given in this instance for exceeding warm-up time.

**Touch warm-up: Each gymnast is guaranteed a specific number of warm-up Vaults, depending on her Division.**

Guaranteed Minimum Number of Warm-Up Vaults (No Change)	
Bronze	1
Silver	2
Gold	2
Platinum	2
Diamond	3
Sapphire	3



# New Vault Options

- **Current Vault – 1.109 ¼ turn on – ¼ turn off (to land facing away from table) – Will be renumbered to 1.108**

Element #	New Vaults	Diamond	Sapphire
New 1.109	Front Handspring onto the Board – Front Handspring repulsion off	9.50	9.10
1.110	Front Handspring onto the Board – Handspring ½ off	9.70	9.20
1.209	Front Handspring onto the Board – Handspring 1/1 off	10.0	9.50
1.111	Front Handspring onto the Board – ½ turn on – Repulsion off	9.50	9.10
1.211	Front Handspring onto the Board – ½ turn on – ½ turn off	9.70	9.20
1.311	Front Handspring onto the Board – ½ turn on – 1/1 turn off	10.0	9.50
5.108	RO-FF 1/1 turn on – Repulsion off	N/A	9.50







**BARS**

# General

**Chalk/Water:** Chalk or water may not be added to the rails or mats once the exercise has begun / while on the competitive equipment.



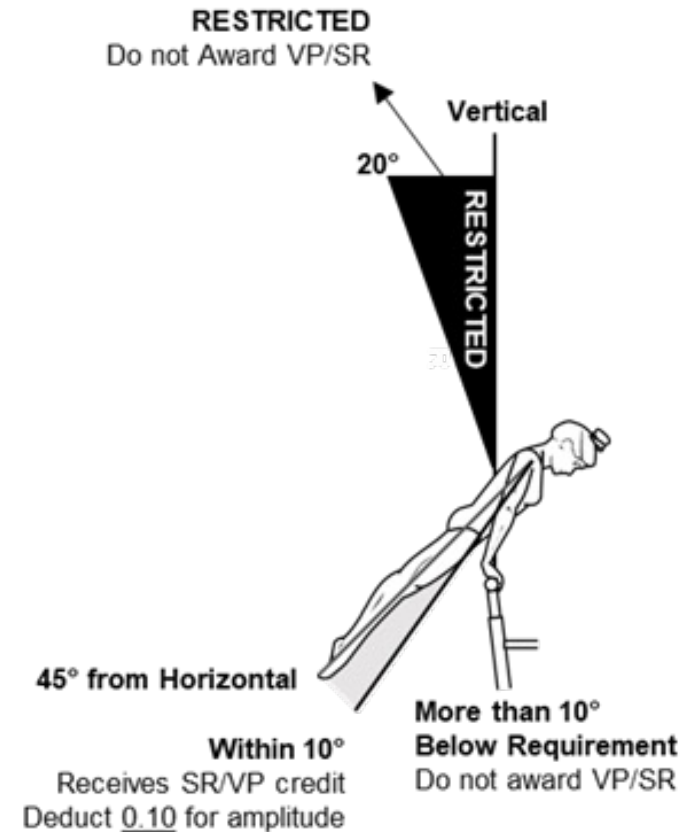


# Silver – Cast Angle Phrasing

Update wording for Silver Cast angle to **“Cast to a minimum of 45° below horizontal or higher.”**

- Only the wording changed – the angle did not change

## SILVER



# Special Requirement - Gold

## Gold – Special Requirement #2 & #3:

SR 2/3. Two (2) 360° circling skills (not mount or dismount) must be one of the following:

- Two (2) directly connected same circling elements (performed on either bar); or
  - Two (2) different circling elements connected or isolated (performed on either bar); or
  - Two (2) of the same circling element; one performed on low and one performed on high bar.
- **Why was this modified?**
    - Make it simpler and minimize confusions seen last year concerning cast, BHC, cast, BHC, cast squat on with wiggles, and pauses for awarding credit.
    - There were also issues of encouraging a small cast prior to a second back hip circle to make it different from a cast receiving SR.



# Examples that meet Gold SR 2/3

Two (2) 360° circling skills (not mount or dismount) must be one of the following:

- **Two (2) directly connected same circling elements (performed on either bar);** or
- Two (2) different circling element connected or isolated (performed on either bar); or
- Two (2) of the same circling element; one performed on low and one performed on high bar.



**Two toe circles (7.103) directly connected on low bar.**



# Examples that meet Gold SR 2/3

Two (2) 360° circling skills (not mount or dismount) must be one of the following:

- Two (2) directly connected same circling elements (performed on either bar); or
- **Two (2) different circling element connected or isolated (performed on either bar);** or
- Two (2) of the same circling element; one performed on low and one performed on high bar.



**Toe circle (7.103) on Low bar.**  
**Back hip circle (7.101) on High bar.**





# Examples that meet Gold SR 2/3

Two (2) 360° circling skills (not mount or dismount) must be one of the following:

- Two (2) directly connected same circling elements (performed on either bar); or
- Two (2) different circling element connected or isolated (performed on either bar); or
- **Two (2) of the same circling element; one performed on low bar and one performed on high bar.**



**Back hip circle (7.101) on Low bar.**  
**Back hip circle (7.101) on High bar.**

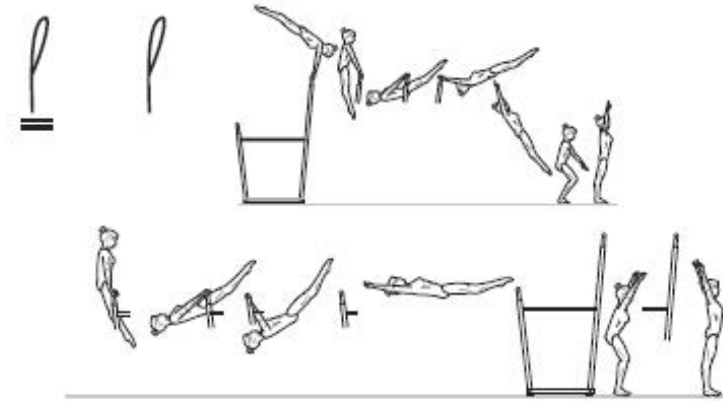


# Elements

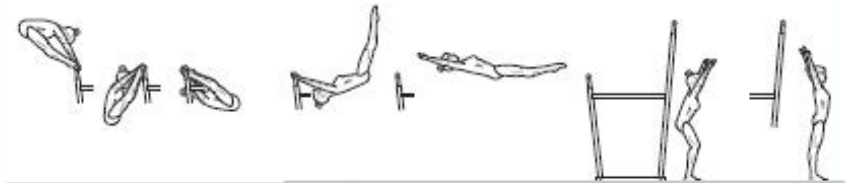
- Modify Uneven Bars element 8.101
  - Currently Includes HB and LB Option
- 8.101 (underswing/sole circle)– **will become a HB Option only ("A" VP)**
- **Add a new element for Low Bar for Bronze/Silver only ("A" VP)**

8.101

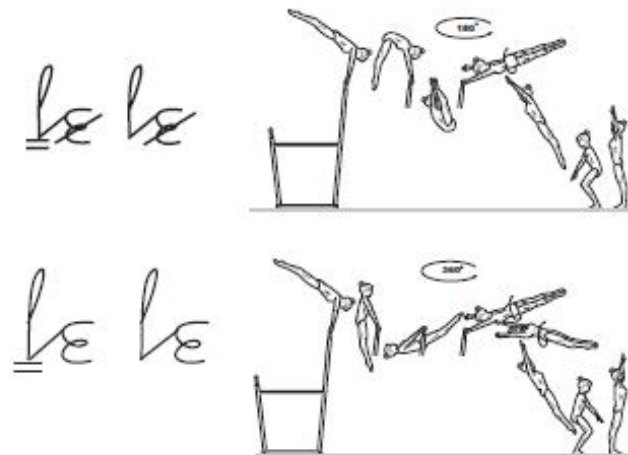
From **HB or LB** – underswing (toe-on or clear) to stand



Toe-on to stand includes a straddle position (sole circle)



also with 1/2 (180°) or 1/1 (360°) twist to both sides



# Elements

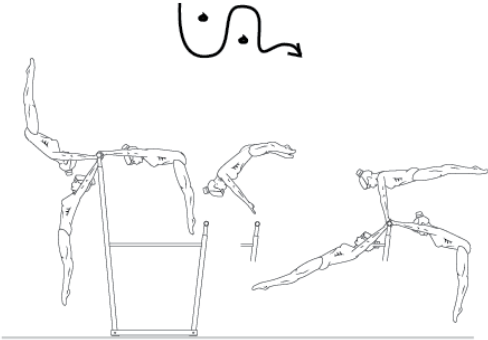
- Tap Swing –  $\frac{1}{2}$ ,  $\frac{1}{2}$  dismount
  - **twisting in one direction**
  - **touch of hand is required**
- Allowable for Gold/Platinum Only as an “A” VP



# Elements

- **Element #2.205: (Straddle/Pike Back over LB)**
  - Add option from cast in regular grip on HB, swing down with grip change to cross grip and ½ turn in range of hang position and swing backward in straddle or pike with flight over LB to hang.
  - Add an additional example of No deduction for insufficient amplitude of cast at Diamond or Sapphire if cast is followed by #2.205.

**2.205**  
Hang on HB - Counterswing backward in straddle or pike with flight over LB to hang on LB



*\*Receives "C" if it directly follows (without forward counterswing) a "D" release element.*





# Elements

**Add additional values for elements with ½ turns that finish on the same side of the bar (short side ½ turns).** (COP Bars – Page 14/15 – #10 Letter d. )

- **3.105** Clear hip circle with ½ (180°) turn on the upswing at horizontal (HB height) to 45° from vertical
- **3.205** Clear hip circle with ½ (180°) turn on the upswing at 21° to 44° from vertical
- **6.104** Clear stalder circle backward with ½ (180°) turn on the upswing at horizontal (HB height) to 45° from vertical
- **6.204** Clear stalder circle backward with ½ (180°) turn on the upswing at 21° to 44° from vertical
- **7.109** Pike sole circle backward (toe one & off) with ½ (180°) turn on the upswing at horizontal (HB height) to 45° from vertical
- **7.209** Pike sole circle backward (toe one & off) with ½ (180°) turn on the upswing at 21° to 44° from vertical



# Elements

- **Salto forward dismounts**

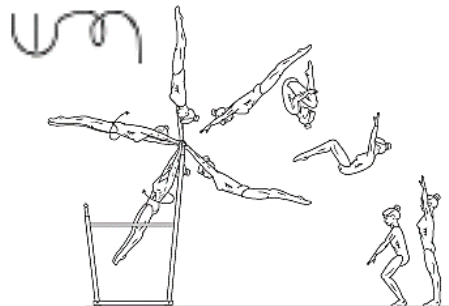
- **Element #8.207 (B):**

- Add to element description: "From HB-clear straddle circle forward on HB to salto forward tucked-or swing down forward between bars in reverse grip, salto forward tucked, piked or stretched with 1/2 (180°) or 1/1 (360°) twist-  
**also from counterswing"**

- New (B) - Add a 1/2 turn option to this (A) dismount

**(Current A)**

From HB - swing down between bars in regular grip, with grip change to cross grip and 1/2 (180°) turn in range of hang position and swing backward-upward to salto forward tucked, piked or stretched



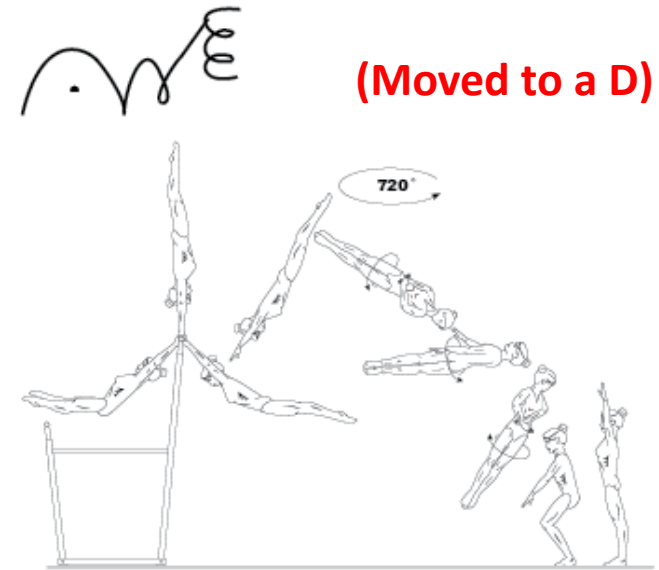
**(New B)**

**Adding a 1/2 turn**



# Elements

- **Salto forward dismounts**
  - Current #8.307 – 2/1 (720°) twist – **Will now be a (D) #8.407.**
  - Current #8.407 – 2½ (900°) twist – **Will be removed from Xcel.** This is now an “E” in the Development program.



# Friendly Reminder – When a skill is preceded by a cast

## A. Clarifications applied to ALL Divisions

### 1. Skill preceded by a cast:

a. When a skill is preceded by a cast, both the cast and skill receive separate VP/skill credit.

#### 1) Exceptions:

- **These skills may not be used to fulfill the cast/clear support angle special requirement and receive one (1) “A” Value Part in ALL Divisions.**
  - (i) Cast squat, stoop, or straddle on
  - (ii) Cast shoot through
  - (iii) Cast off to stand (An element for Bronze only).
- **A mount or dismount may not be used to fulfill the cast /clear support angle special requirement.**





**BEAM**

# Split Requirement- Diamond

- Modify the split requirement for Diamond (Beam) to **155°**.

- **Why?**

- Allows for a split angle within 20° to receive the same Value Part.
- Example: Beam split leap (2.201) with a split angle between 155°–135° would receive “B” VP.



- **Diamond SR2** – Dance Series – minimum Two (2) Group 1\*, 2 or 3\* elements (same or different) – AND one (1) Leap or Jump with a minimum **155°** Cross or Side Split (Isolated or Series)



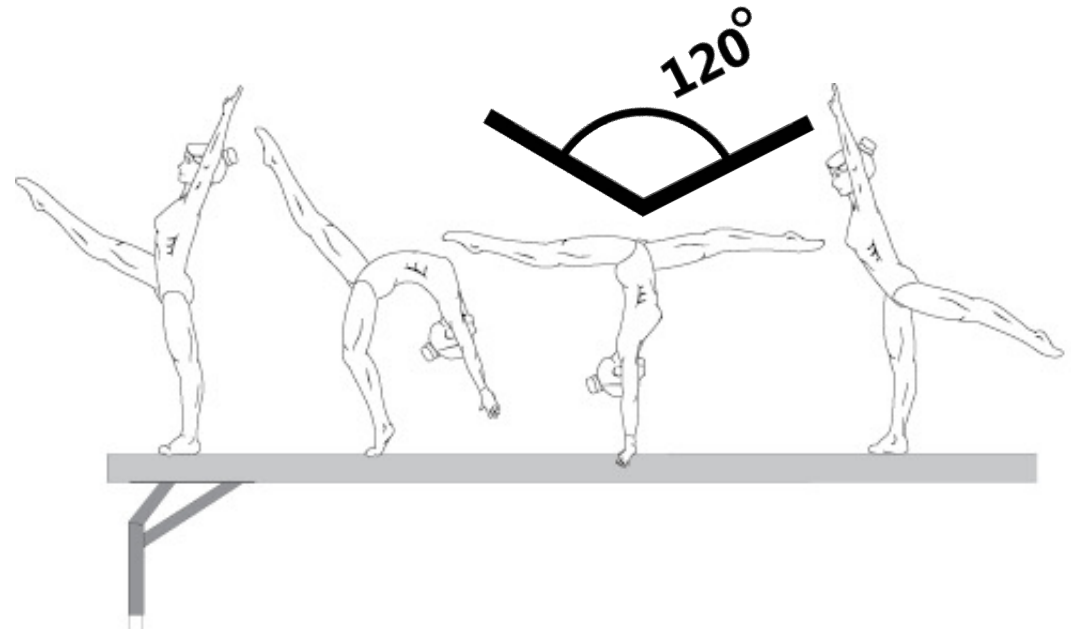
# Non-Flight walkover-type elements – Degree of Split (Beam and Floor)

- **Non-flight walkover-type elements are required to show the split angle corresponding to the Division's degree of split at one point during the element for Beam and Floor.**
- Insufficient Split Position deduction add:
  - **Non-flight walkover-type elements – up to 0.20**

## Example

### Gold- Back walkover on Beam

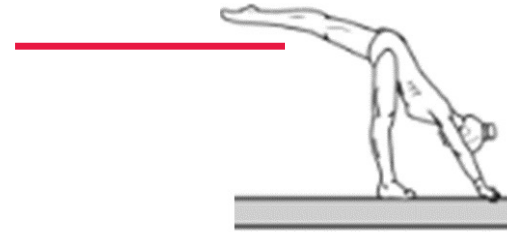
- Would only require 120° of split
- If split is less than 120° a deduction of up to 0.20 would be applied for Insufficient Split Position





# Elements

- (5.001) Lever to Touch Beam
  - Require the free leg to be **at horizontal or above**
- Deductions would still apply for errors in body position



**Below Horizontal**  
**Would not receive credit**



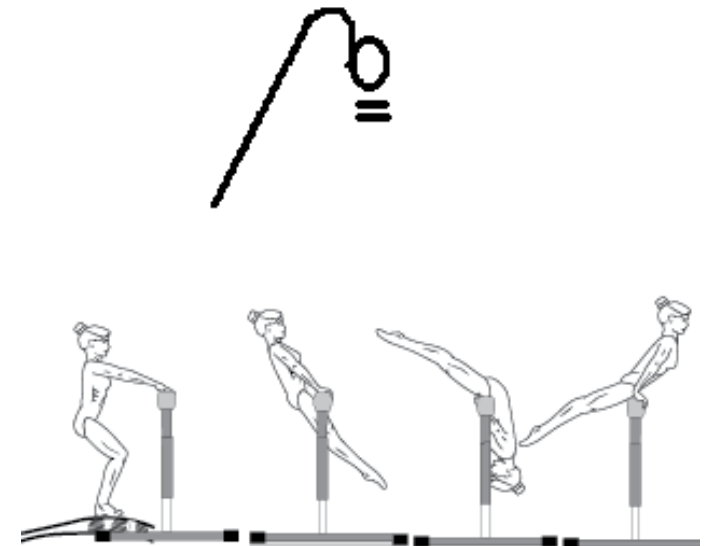


# Elements - Variations

- **Add variation of element #1.109 (A) back hip pullover mount** – Description will now say “from feet, knee or seat.”
- **Add variation of element #1.204 (B) jump with ½ turn (180°) turn to clear staddle support – 90° approach to beam**
  - From rear stand (back toward beam), jump to clear straddle flight over the beam to land in front support.
- **Add variation of element #1.210 (B) Jump, press, swing to side or cross handstand** also exit with walkover forward.

1.109

From side stand front-ways with take-off from one or two feet - back hip pullover to front support





**FLOOR**

# Special Requirement - Diamond

- **Diamond Special Requirement #1: Additional option for SR1**
  - Two (2) separate Acro Flight Passes, each with a minimum of two (2) directly connected Acro Flight elements **OR**
  - **One (1) Acro Flight Pass with Two (2) directly connected Acro Flight elements AND One (1) separate/isolated "C" Salto.**
- **Remember – Athletes must also meet SR#2 (which may be included in SR#1)**
  - SR 2. Two (2) Different Saltos (Isolated or in Connection) One (1) must be a Minimum "B"





# Example of Passes that would fulfill this new Special Requirement Option

One (1) Acro Flight Pass with Two (2) directly connected Acro Flight elements...

Pass 1: Roundoff – Back Layout



...AND One (1) separate/isolated "C" Salto.  
Pass 2: Front layout with full twist (C)

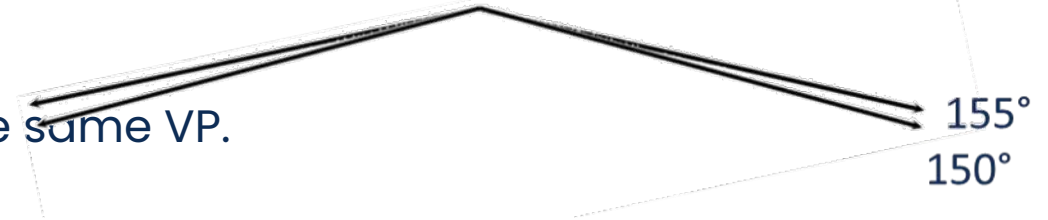


# Split Requirement- Platinum/Diamond

- Modify the split requirement for Platinum / Diamond (Floor) from 150° to **155°**.

- **Why?**

- Allows for a split angle within 20° to receive the same VP.



- **Platinum SR3** – Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum **155°** Cross or Side Split.
- **Diamond SR3** – Dance Passage – Minimum two (2) Different elements from Group 1 (Leap / Jump / Hop) (directly or indirectly connected), one (1) of which is a Leap with a minimum **155°** Cross or Side Split.



# Deductions



- Poor Relationship of Movement and Music throughout:
  - Increase from up to 0.20 to **up to 0.30**



# Elements

- **Add variation of element #1.112 (A) – Stretched/arch jump with ½ turn (180°) turn or 1/1 (360°) turn–take–off from both legs, also chasse with 1/1 (360°) turn**
  - **Add Passe hop 1/1 as a variation of element 1.112**
- **Add variation of element #2.301 (C) a 2 ½ (900°) turn on one leg (free leg optional)**
- **Value Change**
  - **Raise 1.214 "B" Leg Swing Hop 1/1 to 1.314 "C"**
  - **Raise 1.314 "C" Leg Swing Hop 1 1/2 to 1.414 "D"**
  - **Remove – Leg Swing Hop 2/1 (current 1.414)**
    - Previously a "D" – this element is now an "E" in the Development Program



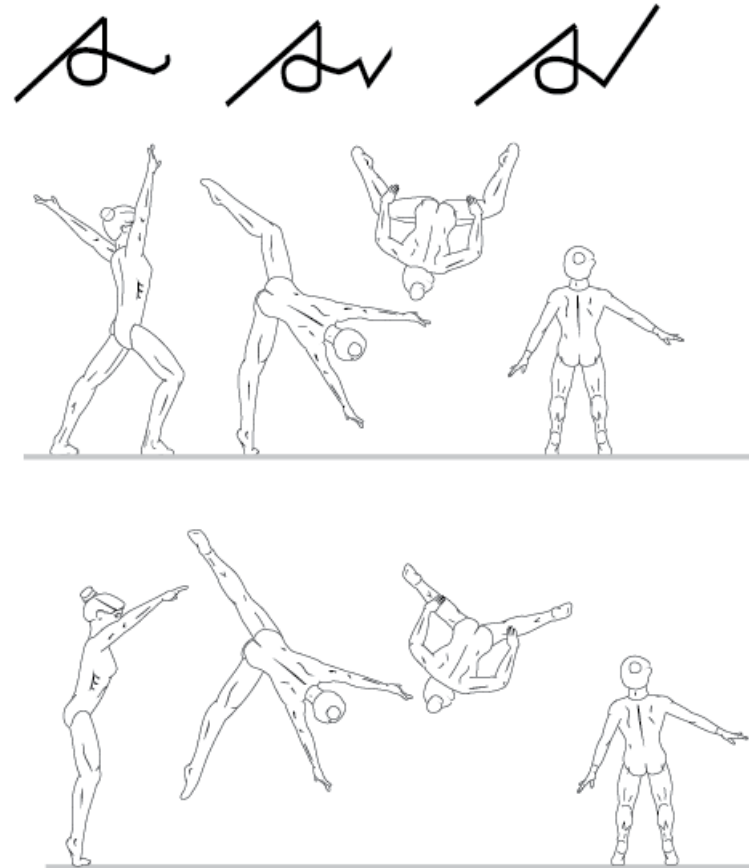


# Elements

- **7.101 (A)**
  - A one-foot take-off will appear as an aerial/side salto but will **NOT be considered a salto for Special Requirement purposes.**

## 7.101

From take-off forward from one or both legs – salto sideward tucked, piked, or stretched





# FRIENDLY REMINDERS

# New Element Evaluations

New Element Evaluation sheets are **ONLY** valid for the athlete which the element was submitted.

- Additional athletes wishing to compete the element will need to submit their own evaluation sheet to the Region Technical Committee Chair.

**USA GYMNASTICS NEW ELEMENT EVALUATION FORM FOR XCEL PROGRAM**

Please submit two copies of this form, a video and a self-addressed stamped envelope (or submit electronically) to your Regional Technical Committee Chairman and Regional Xcel Committee Chairman in order to officially request evaluation of elements not listed in the current *Xcel Code of Points*. You will receive a temporary RTCC evaluation for the new element which will be valid for one Xcel quadrennium (beginning August 1 of the year following the Summer Olympics) unless evaluated by FIG or JO at a higher level.

Please allow a **minimum of 3 weeks** for the evaluation to be processed. When this form is returned to you with an element evaluated and the proper RTCC verification signature, you, as coach, are required to carry the form with you to all competitions and present it to the meet referee prior to the judges' meeting that precedes the competition. **NO OTHER FORM OF VERIFICATION WILL BE ACCEPTABLE.**

Coach's Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Cell Phone \_\_\_\_\_ FAX# \_\_\_\_\_ E-mail \_\_\_\_\_

Gymnast's Name \_\_\_\_\_ Division: \_\_\_\_\_  
EVENT \_\_\_\_\_ Element Name \_\_\_\_\_

**Element Description** (Please provide a written description and a drawing of the element):  
Please include video and send copies to both your RTCC and RXCC.

Rating of Element      D      C      B      A      No Value  
USAG Women's Technical Committee Verification Signature:  
Region \_\_\_\_\_ RTCC \_\_\_\_\_ Date \_\_\_\_\_



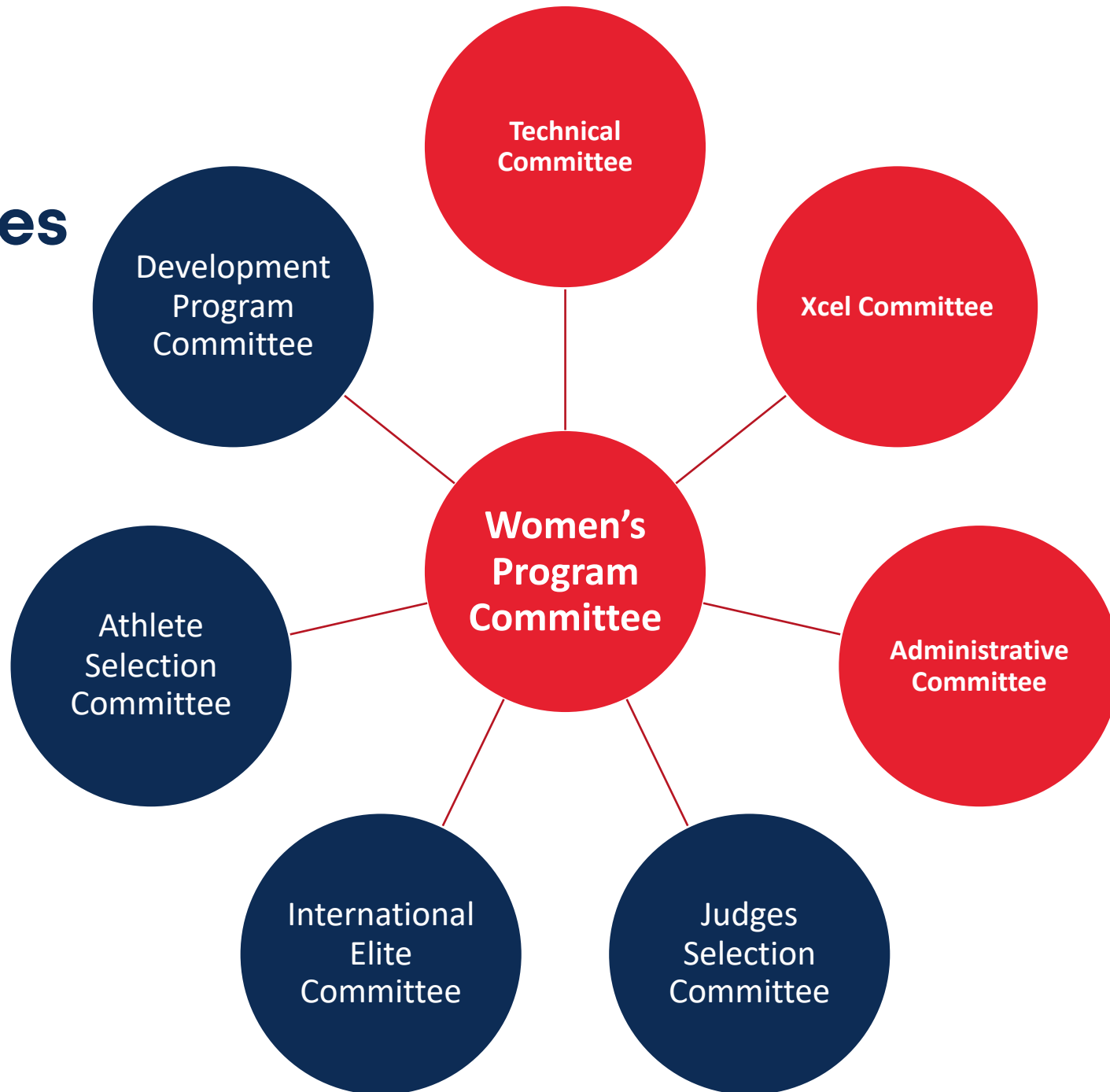
# State & Regional Championships



- **State Championships:** Determined by the State Administrative Committee
- **Regional Championships:** Determined by the Regional Administrative Committee



# Women's Artistic Program Committees



These committees may include agenda items which can impact the Xcel Program



# Remember: Each Committee has Different Roles

*(including but not limited to the following)*

## Administrative Committee

*Chair +*

*8 Regional Administrative Committee  
Chairs*

*Maintain & Update  
the Rules & Policies*

## Technical Committee

*Chair +*

*8 Regional Technical Committee Chairs*

*Technical inquiries for  
the R&P and Code of  
Points*

*Courses and  
Certification of Judges*

*Recommendation for  
changes within the  
Program*

## Xcel Committee

*Chair +*

*8 Regional Xcel Chairs*

*Program Philosophy  
Xcel Division Mobility*

*Xcel Athlete  
Development*

*Recommendations for  
changes within the  
Program*



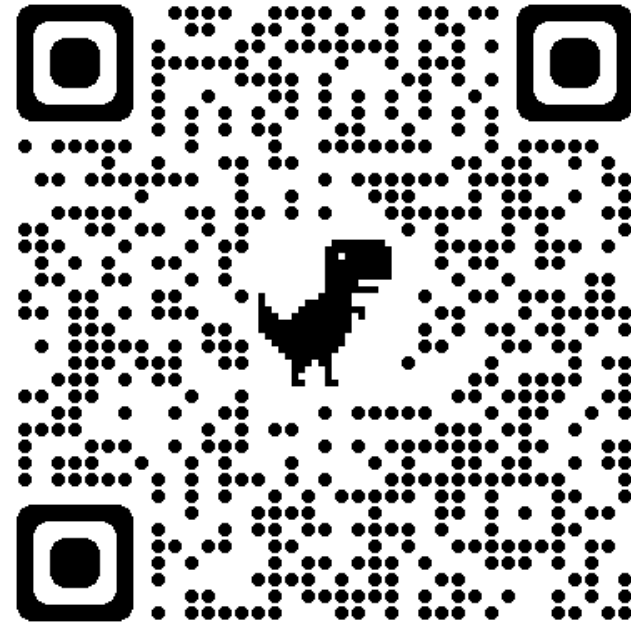
# Meeting Minutes

When reviewing meeting minutes remember to review **ALL** Committees

Various committees may have items which impact Xcel including:

- Administrative Committee
- Technical Committee
- Xcel Committee
- Women's Program Committee (meets at National Congress)

Meeting Minutes are  
posted online!







**Thank you!**

