

Xcel	2019-2020 JO Optional and Xcel: Major Differences	JO Optionals
Gen: Attire = 0.1 on 2 nd event after warning	Attire = 0.2 on 2 nd event after warning	
Gen: 4.0 Courtesy Score	1.0 Courtesy Score	
Gen: No short routine deduction	0.5 on Beam L6 / 2.0 for L7 and up	
Gen: No composition deductions taken	Composition deductions taken Levels 8 - 10	
VT: Coach between board and table = OK	Coach between board and table = .5 (No deduction if R.O. entry)	
VT: Spot during vault = 1.0	Spot during vault = void (See L8 Exception)	
VT: Angle of Repulsion is up to 0.50 for Gold, Platinum and Diamond (non-salto)	Angle of repulsion is up to 1.0 (non salto vaults)	
BR: No extra swings on Bars at Bronze, Silver, Gold	Extra swings at all Levels	
BR: Swing forward or backward under horizontal is no deduction	Swing forward or backward under horizontal is up to 0.10 each time	
BR: No amplitude deductions on Bar casts	All casts (L7-10) expected to reach vertical	
BR: Clear hip amplitude deductions only taken at Platinum and Diamond	Clear hip amplitude deductions taken at all Levels	
BR/BE: Coach remaining at Beam/Bars = OK	Coach remaining at Beam/Bars = .1	
BE: All beam handstands = no hold required	Some Beam handstands require hold	
BE: ALL Beam mounts are “A” VPs (unless listed as “B” VP or higher in Xcel Code)	See J.O. Code of Points for list of “A” value parts	
BE/FX: Leaps on Be/FX - “A” VP when they reach Division’s SR split degree. “B” VP awarded at 135, with angle deductions applied as per each Division’s SR.	Leaps are expected to achieve 180 degree split	
FX: Coach on the Floor = no deduction	Coach on the Floor = .5	
FX: Fast flight hand support skills get VP each time if the series is different.	These skills can get credit twice if in different connection.	
FX: Acro series: considered different when there are a different number of elements, or if skills are in different order, or if they have different VP skills	Only the addition/deletion of salto/aerial/”B” acro skill with hand support will make the series different.	