

Quick Reference: Xcel & JO Differences

General	Xcel Divisions	JO Optional Levels
4 Special Requirments (@ 0.5 Each)	All Divisions ✓	All Levels ✓
Specific Value Part Requirements	Platinum & Diamond Only <ul style="list-style-type: none"> • Platinum (6A, 1B) • Diamond (5A, 2B) 	All Levels ✓
Bonus (CV & DV)	None ✓	Level 9 (CV Only) & Level 10 (CV & DV)
Restricted Elements	All Divisions Restricted Elements: <ul style="list-style-type: none"> • No VP; No SR; -0.5 off SV 	Level 7-9 Only Restricted Elements: <ul style="list-style-type: none"> • No VP; No SR; -0.5 off SV
Routine Time Limit (BB & FX)	All Divisions ✓	All Levels ✓
Composition Deductions	None ✓	Level 8-10
Deduction Categories	Execution/Amplitude/Artistry, Event Specific, Chief Judge	Execution/Amplitude/Artistry, Event Specific, Composition, Chief Judge
Spotting Deductions		
• Spot Element	<u>0.5</u> : No VP and No SR	<u>0.5</u> : No VP, SR, Bonus
• Spot Landing	<u>0.5</u> : Award VP & SR	<u>0.5</u> : Award VP & SR; No Bonus
• Spot & Fall	<u>0.5</u> + <u>0.5</u> for Spot & Fall	<u>0.5</u> + <u>0.5</u> for Spot & Fall
Attire Deduction	<u>0.1</u> on 2nd Event after warning	<u>0.2</u> on 2nd Event after warning
Courtesy Score	4.0	1.0
Short Exercise FX/BB	No Deduction ✓	<u>2.0</u> (<u>0.5</u> Lv6 BB with 10.0 SV)

Vault		
Spot During Vault	<u>1.0 Deduction</u>	VOID (L8 Exception for Salto Vaults ONLY)
Coach Between Board & Table	No Deduction ✓	<u>0.5</u> unless Gr. 4/5 Vault
Angle of Repulsion	No Angle of Repulsion Deduction ✓	↑1.0 Angle of Repulsion for Non-Salto Vaults

Uneven Bars		
Cast VP	"A" VP if Division angle requirement achieved Casts within 20° of vertical = "B" VP	21° and below = No VP Casts within 20° of vertical = "B" VP Level 6 & 7 SR Awarded if cast meets Horizontal (L6) or 45° (L7)
Extra Swings	NO Extra Swing Deduction at Bronze, Silver, Gold Platinum allowed 1 Tap Swing for "A" VP; all others <u>0.3</u> Diamond all extra swings <u>0.3</u> (max of <u>0.6</u> per element)	ALL Levels <u>0.3</u> (max of <u>0.6</u> per element)
Clear Hip Angle Deductions	↑0.4 Platinum & Diamond ONLY	ALL Levels ↑0.4
Coach Remaining Between Bars	No Deduction ✓	Chief Judge Deduction : <u>0.1</u>

Balance Beam		
Handstands	All Divisions: No Hold Requirement for VP	All Levels: Hold Required (Exception Pirouettes)
Split Leaps/Jumps	"A" VP if Division angle requirement achieved "B" VP or Higher if min. of 135° achieved (Plat/Diam)	180° Expectation for VP If less than 135°, award "A" VP Jump/Hop
Mounts	All Beam Mounts = "A" VP	Specific "A" VP Mounts in Code
Coach Remaining at Beam	No Deduction ✓	Chief Judge Deduction : <u>0.1</u>

Floor Exercise		
Acro VP	Flight w/ Hands = VP Each Time Performed	Flight w/ Hands = VP twice if different connections
Coach on FX	No Deduction ✓	Chief Judge Deduction : <u>0.5</u>
Split Leaps/Jumps	"A" VP if Division angle requirement achieved "B" VP or Higher if min. of 135° achieved (Plat/Diam)	180° Expectation No VP if less than 135°