

SECTION I (i.i) Ontario Development Program (ODP)

December 2025 – changes highlighted in ODP manual

Event	Level	Type	Changes
Rope Climb	ALL	Addition	Pg. 22 – Add a <u>0.5</u> deduction for Incorrect Mounting Technique (i.e. no pull up to place feet on rope, use of floor/box to push off, etc.)
Vault	ODP 2	<i>Equipment Update</i>	Pg. 25 – Athletes will now be permitted to vault at either 40cm or 60cm for the jump to handstand flatback.

October 2025 – changes highlighted in ODP manual

Event	Level	Type	Changes
General	PA 6	Wording Change	Pg. 58 – Rope Climb row edited in 6A/B chart (as per exercise description on pg. 11)
Bars	ODP 1	Clarification	<i>Pg. 29 - Beat Swings</i> From a straight body hang on the high bar, perform 5 BEAT SWINGS beginning with the arched position and with re-grasp at the top of the backswing, keeping the head neutral through the sequence of swings.

August 2025 – changes highlighted in ODP manual

Event	Level	Type	Changes
General	ALL	Update	Pg. 2 – updated age determination for competitive ages and years of birth
General	ALL	Reminder	<i>Pg. 4 – 1.3 Skills (7 years old and older)</i> Athletes currently competing in the Compulsory Program (Level 1-5) should aim to compete one level higher in ODP (i.e. a Compulsory L3 gymnast, should aim to compete ODP 4, in preparation for movement through the levels and with regards to adequate skill challenge/ future skill development.
Vault	ODP 1-3	Reminder	<i>Pg. 24 – 5.1 Vault (ODP 1-5)</i> Athletes will perform two vaults, both vaults will be scored and the AVERAGE of the two vaults will be counted as the Final Score.
	ODP 2	Wording Change	<i>Pg. 25 – ODP 2 Vault - Jump to Handstand Flatback at 40cm</i>
	ODP 3	Wording Change	<i>Pg. 26 – ODP 3 Vault - Jump to Handstand Flatback at 60cm</i>
	ODP 4	Wording Change	<i>Pg. 27 – ODP 4 Vault - Jump to Handstand Flatback at 80cm</i>
	ODP 5	Wording Change	<i>Pg. 27 – ODP 5 - Jump to Handstand Flatback at 1m</i>
Bars	ODP 2	Clarification	<i>Pg. 30 - Beat Swing to Underswing Counterswing</i> Begin from a straight body hang on the high bar. <i>Beginning with the arched position, perform three beat swings. Upon the competition of the arch of the <u>third beat swing</u>, raise the legs forward to pike toes up to the bar (jam action) and shoot the toes and hips upward. As the hips rise...</i>

	ODP 3	Clarification	<i>Pg. 31 - Three Beat Swings and Three Long Swings</i> Begin from a straight body hang on the high bar. <i>Beginning with the arched position, perform three beat swings. Upon the competition of the arch of the <u>third beat swing</u>, raise the legs forward to pike toes up to the bar (jam action) and shoot the toes and hips upward. As the hips rise...</i>
	ODP 4	Clarification	<i>Pg. 33 - Two Beat Swings and Two Long Swings to Pullover</i> Begin from a straight body hang on the high bar. <i>Beginning with the arched position, perform two beat swings. Upon the competition of the arch of the <u>second beat swing</u>, raise the legs forward to pike toes up to the bar (jam action) and shoot the toes and hips upward. As the hips rise...</i>
Beam	ODP 2	Formatting Change	Pg. 38 - Jump to Front Support mount to Single leg V-sit, Tuck stand, pike stand to needle kick
Floor	ODP 2	Wording Change	Pg. 48 - Hurdle cartwheel step-in online; running steps backward... Take two-to-four running steps backward and finish in a straight stand with legs together.
		Wording Change	Pg. 48 - Chassé straight leg leap 60°
	ODP 3	Wording Change	Pg. 49 - Hurdle round-off; running steps backward
		Wording Change	Pg. 50 - Chassé straight leg leap 90° - chassé assemblé to rebound straddle jump, rebound stretch jump
	ODP 4	Wording Change	Pg. 52 - Chassé straight leg leap, straddle jump, jump full turn
		Wording Change	Pg. 53 - Front handspring onto height (hands on floor, feet land on mat)
	ODP 5	Wording Change	Pg. 54 - Chassé switch split leap, straddle jump, straddle jump

SECTION I (i.ii) Ontario Competitive Program (OCP)

December 2025 – changes highlighted in OCP manual

Event	Level	Type	Changes
Music Review	L8-10	Wording Change	Pg. 11 Level 8-10 Music – may be forwarded to Gymnastics Canada Program Manager for review with the Canadian JO Working Group. The Canadian JO Working Group will send the final decision on the official music approval to the coach (with a copy to the PTO/WPM).
Routine Review	ALL	Wording Change	<p>Pg. 11-12 Video and Review Policy</p> <ul style="list-style-type: none"> - At selection competitions (Tour Selection, CWG Trials etc.) and Level 3-5 & 6-10 Ontario Championships only the official videos may be used for video review. <ul style="list-style-type: none"> o The following apply: <ul style="list-style-type: none"> ▪ The coach is not present at the review.

			<ul style="list-style-type: none"> ▪ The Competition Chief Judge (CCJ) will run the video protest with the apparatus panel judges and then complete the video review process. ▪ Only the skill(s) in question will be observed to a maximum of three times and only at regular speed. ▪ The Panel will then apply any execution errors and/or adjust the Start Value (SV) as needed. <ul style="list-style-type: none"> ○ Only deductions related to the protested element or connection will be adjusted (i.e. can not take bent knees, etc.) <p>- At Qualifiers and Invitationals, a coach may submit a video to the CCJ for review to verify whether an element was missed (no other reasons allowed).</p> <ul style="list-style-type: none"> ○ The following apply: <ul style="list-style-type: none"> ▪ The coach is not present at the review. ▪ The Competition Chief Judge (CCJ) will watch the video to verify if the skill was missed or not and then complete the video review process. ▪ The Panel will then review the video to apply any execution errors and/or adjust the Start Value (SV) as needed. Only the skill(s) in question will be observed up to a maximum of three times and only at regular speed. <ul style="list-style-type: none"> ○ Only deductions related to the protested element or connection will be adjusted (i.e. can't take bent knees after watching the video) <p>Pg 12 Step 3: Video Protests (video protest only at specified above competitions)</p> <ul style="list-style-type: none"> • Level 3-5 Championships: There are no protests allowed except for overtime on beam, exceeding floor exercise border or omitting a major element.
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October 2025

Event	Level	Type	Changes
General	ALL	Wording Change	Pg. 20 Adjusting Bars Bars can be moved in and out as needed in the blocked warm-up time. The bars will be measured and verified at a base setting of FIG (as a reference), but coaches are permitted to move and configure the bar settings as needed.
General	Aspire	Update	Pg. 9 Aspire/HP at GO Events (Chart) Ontario will use FIG deductions for Aspire 1 & 2 at our designated competitions.
General	All	Addition	A <u>0.5</u> deduction will be applied if a gymnast leaves the floor during the routine. This deduction should not be taken in addition to a fall out of bounds or a fall immediately preceding the gymnast leaving the floor for medical evaluation.
General	L7+	Addition	Pg. 25 4.5 Eastern Canadian Championships To qualify for an Easterns Team, gymnasts must compete on all four events at the Selection Meet. Petitions will NOT be accepted.
General	L7+	Addition	Pg. 25 4.6 Canadian Championships To qualify for a Canadians Team, gymnasts must compete on all four events at the Selection Meet. Petitions will NOT be accepted.
General	L9/10	Wording Change	Pg. 25 4.6 Canadian Championships Ontario Championships will be the selection event for Level 9 and 10 Canadian Championships.
Bars	L9/10	Change	Pg. 10 Bar Warm-Up Time In rotations with 4 athletes or less, an additional 2 minutes and 30 seconds will be granted for warm-up. The additional warm-up time includes bar setting adjustments.

	All	Clarification	Equipment Failure: If the bar cable tension slips while an athlete is competing (after the coach has tightened the tension prior to the start of the routine), it is still considered equipment failure. The <u>0.5</u> Fall Deduction would not apply.
Beam	All	Clarification	Equipment Failure: If the beam end cap detaches while an athlete is in the process of a dismount, it is considered equipment failure. The <u>0.5</u> Fall Deduction would not apply. The end cap falling off during any other point in the athlete's routine would not be considered equipment failure.
August 2025			
Event	Level	Type	Changes
General	ALL	Update	Years of births automatically updated as per age determination
General	ALL	Update	Pg. 3 Age Eligibility and Pathway <ul style="list-style-type: none"> All gymnasts who live outside of Canada and are competing in Ontario must be registered with Gymnastics Ontario as Foreign Athlete.
General	Level 3-10	Update	Pg. 6 Update dates for Qualifiers/Qualifying Process <ul style="list-style-type: none"> The competitive season is divided into Session A and Session B: <ul style="list-style-type: none"> - gymnasts must attend one qualifier in Session A (November 14, 2024 to January 19, 2025) - gymnasts must attend one qualifier in Session B (January 24 to March 16, 2025) - third qualifier can be in either Session A or Session B
General	ALL	Clarification	Pg. 8 Schedules and Competitive Order (Draw) <ul style="list-style-type: none"> Olympic Order: Vault, Bars, Beam, Floor.
General	Aspire/HP	Clarification	Pg. 9 Warm-up Chart <p>When GymCan Aspire/HP categories are in the same session as OCP the Ontario Level 10 Warm-up format will be followed.</p>
General	ALL	Clarification	<i>Pg. 10 Beam</i> <p>Gymnast on deck – ready to go while waiting for turn to compete</p>
General	ALL	Clarification	Pg. 10 The order of warm-up by clubs may not be altered unless agreed upon by all coaches in the rotation. The order of competition by clubs may also not be altered unless agreed upon by all coaches in the rotation regardless of there being changes to the height of the equipment.
Music	ALL	Update	Pg. 10 The musical accompaniment must be recorded with orchestra, piano or other instruments (without singing/voice). Human sounds are allowed, provided there are no words spoken or sung in any language. <i>***USAG music update – change to no longer allow human voice has been rescinded and are awaiting formal documentation from USAG on music parameters after August 1, 2026. Music requirements are status quo for 2025-2026 season.</i> <p>Absence of music or music with words/song incurs a <u>0.5</u> deduction, taken from the average score by the Chief Judge.</p>
		Wording and Formatting Change	Pg. 11 Video and Review Policy <ul style="list-style-type: none"> At selection competitions (Tour Selection, CWG Trials etc.) and Level 3-10 Ontario Championships only the official videos may be used for video review. At Qualifiers and Invitationals, a coach may submit a video to the CCJ for review to verify whether or not an element was missed (no other reasons allowed). The following apply: <ul style="list-style-type: none"> - The coach is not present at the review - Only the skill(s) in question will be observed to a maximum of three times and only at regular speed. - The Competition Chief Judge (CCJ) will watch and complete the video review process. - Once review process has been finalized the judging panel may review the submitted video for educational purposes. For L3-5 at all meets, the video review may only be used to check for any part of the body touching outside the floor exercise border marking and/or omitting a major element.

Routine Review	Clarification	<p>Pg. 11-12 Step 1: Informal Inquiries (Verbal Feedback)</p> <ul style="list-style-type: none"> • Coaches are permitted to address the judging panel regarding start value, composition, bonus and any major execution deductions (not full routine review). • The inquiry must be made within 15 minutes after the completion of the rotation. In the case of the last rotation, the coach has five minutes after the completion of the last rotation to submit an inquiry. • If seeking score adjustment based on feedback then process must proceed to Step 2: Formal Inquiry.
	Wording and Formatting Change	<p>Pg. 12 Step 2: Formal Inquiries (form submitted to the CCJ)</p> <ul style="list-style-type: none"> • The inquiry can only be on the presumption that the rules were not applied or were applied incorrectly. • Inquiries cannot be made about execution. • The inquiry must be made within 15 minutes after the completion of the rotation. In the case of the last rotation, the coach has five minutes after the completion of the last rotation to submit an inquiry. • There is no fee for an inquiry. • The CCJ will record/attach all inquiries on their CCJ Report Form. <p>Written Inquiry of own Gymnast</p> <ul style="list-style-type: none"> • To address an inquiry or clarification to the CCJ about the SV, flat deductions and composition of their own gymnast's routine • A coach may submit an inquiry to the CCJ asking for clarification about the SV, flat deductions and composition of their own gymnast's routine • There will be no video review for inquiries. • If not satisfied with the results after the initial inquiry, the coach is then permitted to file a protest with the CCJ. Protests must be based on SV, flat deductions and composition only. <p>Written Inquiry about any Gymnast and or Coach</p> <ul style="list-style-type: none"> • A coach may submit an inquiry to the CCJ in writing about a gymnast or coach from another club using the Coaches Inquiry Form. • The CCJ will investigate with the panel to ensure correct SV, or Chief Judge (CJ) deductions have been applied and will communicate if any changes to the score have been made to the coach of the gymnast in the inquiry. Additional information will be submitted with the CCJ report. • The CCJ will notify the coach who inquired when the inquiry has been dealt with.
	Wording and Formatting Change/ Update	<p>Pg. 12 Step 3: Video Protests (video protest only at specified above competitions)</p> <ul style="list-style-type: none"> • Level 3-5 Championships: There are no protests allowed with the exception of overtime on beam, exceeding floor exercise border or omitting a major element. • Level 6-10 Championships: Protests must be based on the SV, flat deductions or composition. • All written protests and fees must be submitted to the CCJ within 15 minutes after the last gymnast competes in that rotation (i.e. all four events are to be completed in that rotation, and then the 15 minute countdown begins). In the case of the last rotation, the coach has 5 minutes after the completion of the last rotation to submit a protest. • A protest fee of \$30.00 CASH, payable to the host club, will be returned only if the protest is accepted. • All score entry errors can be corrected up until the completion of the score verification period. • The competition cannot be declared over until all protests are completed, at which time the verification period commences. <p>Pg. 12-13 Step 4: Jury of Appeal (for denied video protests from selection competitions)</p>

			<ul style="list-style-type: none"> • After receiving a response to a protest, coaches have ten minutes to request an appeal. • A Jury can only be initiated by an active coach on the competition floor, on behalf of their gymnast if they can demonstrate that a technical rule has been violated (e.g. interpretation of a rule, meet organization, apparatus problems and/or any unforeseen circumstances). • The CCJ and WPM (or designate) will be responsible for convening the meeting of Jury members in a private area. • The Jury of Appeal will consist of the CCJ and two WTC members. If WTC members are not available, the appropriate level coach/judge as determined by the WPM and the Judging Chair/Designate will fill the remaining Jury positions. • All attempts will be made to use unaffiliated representatives as members on the Jury of Appeal. • If the apparatus head judge of the event in question is a WTC member, she/he must declare “a conflict of interest” and not sit on the Jury of Appeal. • The apparatus head judge and the coach will each give a brief synopsis of the situation. They will then withdraw for the Jury to make their decision. • The decision of the jury is final.
Fall Time & Injury	ALL	Clarification	<p>Pg. 13 Fall time is 45 seconds and begins when the gymnast is on her feet. If injury occurs during a fall and medical assessment is requested, fall times begins once medical assessment is complete. If an athlete requires a medical assessment due to injury, they may complete the routine and resume competition within the same rotation once medically cleared. A 30-second touch warm-up may be allowed upon return. If cleared the gymnast has the opportunity to continue their routine from the point of interruption/fall (vs. going back and repeat a full routine) within that rotation. Any deductions taken prior to failures are still applied. If the fall time is exceeded, then the exercise is terminated.</p>
Competition Protocol	ALL	Add	<p>Pg. 13 • At Ontario Championships and selection competitions a gymnast will represent their peers and recite the “True Sport” Athlete oath.</p> <p>Pg. 15 • At Ontario Championships and selection competitions a coach will represent their peers and recite the “True Sport” Coach’s oath.</p> <p>Pg. 16 • At Ontario Championships and selection competitions a judges will represent their peers and recite the “True Sport” Judge oath.</p>
General	ALL	Update	<p>Pg. 15 Coaches are Permitted</p> <ul style="list-style-type: none"> • To video routines from the field of play as long as they do not block the judges’ view or interfere with the official video review equipment.
General	ALL	Wording and Formatting Change	<p>Pg. 16 Conduct Inquiry/Sanctions</p> <ul style="list-style-type: none"> • Coach of the inquiry can also submit their own account the concern. Inquiry: To voice a concern regarding inappropriate behaviour of a coach. <ul style="list-style-type: none"> ○ The inquiry must be completed and submitted in writing to the CCJ using the Coaches’ Inquiry Form. ○ CCJ to communicate to coach of the inquiry that a concern has been submitted and included in the competition report. ○ Coach of the inquiry can also submit their own account of the concern.
Equipment - Vault	ALL	Wording and Formatting Change	<p>Pg.18-19 Springboards</p> <ul style="list-style-type: none"> ○ Springboards only at all levels ○ Springboards are to be tested during general stretch. ○ Apparatus warm-up time on vault will begin when the gymnasts either a) begin their run or b) touch the equipment (i.e. bounce on the boards). ○ Springboards brought to a competition by a club must stay at the event where they are initially used for the entire competition and must be available for all gymnasts at that event. This also applies to small mats used for round-off entry vaults. Attending

		<p>clubs must notify and work with the host club regarding bringing outside equipment ahead of time.</p> <ul style="list-style-type: none"> ○ Competitions can provide as many boards as they have in addition to the minimum of extra soft, soft, medium and hard boards. ○ Tour Selection and Ontario Championships an extra soft, soft, medium and hard board will be designated and provided.
	Wording and Formatting Change	<p>Pg. 19 Mats</p> <ul style="list-style-type: none"> ○ Base Mats: 600 cm x 250 cm x 20 cm (± 1 cm) ○ Landing Mats <ul style="list-style-type: none"> • 10 cm to 20 cm mat is required for all landings except for stacked mats. • A panel mat is allowed for additional firmness if needed. The coach may hold the landing mat in place. • A 0.20 deduction will be applied to the FS if the gymnast fails to land on landing mats. A 0.30 deduction will be applied if no mat is in place or if unauthorized mats are used (i.e. additional 20 cm mat on top of initial 20 cm landing mat). ○ Collar On vault, the use of a collar around the springboard is <ul style="list-style-type: none"> • Mandatory for all Yurchenko vaults. A Yurchenko vault without the use of a collar will be declared “VOID” and receive a score of 0.00. ○ A small floor mat may be placed on the runway in front of the springboard for Yurchenko entry vaults only. There are no specifications for the size of the small mat. It is the host club’s responsibility to ensure that an appropriate mat is available.
Equipment - Bars	ALL	<p>Pg. 20 Mats</p> <ul style="list-style-type: none"> ○ Base Mats: 1400 cm x 200 cm x 20 cm (± 1 cm). ○ Use of the collar for round-off entry mounts is optional. ○ Landing/Supplemental Mats <ul style="list-style-type: none"> • A minimum of the 10 cm and up to a maximum 30 cm mat for landing is mandatory. The coach may hold these mats in place. • Up to max 30 cm supplementary mats can be place under the bars. The mats under the uneven bars can be added, removed or may be left in place during the exercise. • Additional matting will be added until the athlete can touch with flat feet while hanging from the low bar. No additional landing mat is required. • If water is applied to landing mats to hold them in place, it is the coach’s responsibility to dry them off. • A 0.20 deduction will be applied to the FS if the gymnast fails to land on landing mats. A 0.30 deduction will be applied if no mat is in place or if unauthorized mats are used (i.e. additional 20 cm mat on top of initial 20 cm landing mat). ○ “Raised surface for spotting” is applicable for all levels/programs (including Xcel and Compulsory), see Bars page 4 in the Optional Code (Development Program - Optional). <p>Pg. 20 Springboards/Block</p> <ul style="list-style-type: none"> ○ The springboard/block must be removed from the end or from underneath the apparatus after the mount. ○ For mounts, a 30 cm block may be used instead of a springboard. A 0.30 deduction from the FS will be applied if the block/springboard is not removed. ○ Spotting Blocks may not be used to mount the high bar. ○ Coaches are permitted to place a small board under the springboard and on top of any supplementary/landing mats for bar mounts, OR the supplementary mats may be positioned after the springboard is removed. ○ A board may not be used to extend the approach distance for the mount. If a board is used to extend the approach, the use of unauthorized equipment CJ deduction of 0.3 will be applied.
		Wording and Formatting Change

Equipment - Beam	ALL	Wording and Formatting Change	<p>Pg. 21 Measuring the Beam</p> <ul style="list-style-type: none"> ○ 10 cm (width) x 500 cm (length) on one side of the beam ○ For more accuracy, measure each side of the beam. If there is a need to measure the height of the beam to the top of the mats (125 cm – 20 cm = height of 105 cm to the mat), the weight of the person measuring will affect the height of the mats, thus the measurement for height of the beam may not be accurate.
		Wording and Formatting Change	<p>Pg. 21 Mats</p> <ul style="list-style-type: none"> ○ Base mats: 20 cm (± 1 cm). ○ Use of the collar for round-off entry mounts is optional. ○ Mount and dismount: 400 cm at one end and 500 cm at the other end of the beam. An extension mat 200 cm x 100 cm x 20 cm may be placed on the side of the 500 cm mat. The extension may also be the same width as the landing mat. ○ Landing/Supplemental Mats <ul style="list-style-type: none"> • 10 cm to 20 cm mat for landing is mandatory. Up to 20 cm of additional supplemental mats is permitted under the beam without deduction. The coach may hold these mats in place. • A 0.20 deduction will be applied to the FS if the gymnast fails to land on landing mats. A 0.30 deduction will be applied if no mat is in place or if unauthorized mats are used (i.e. additional 20 cm mat on top of initial 20 cm landing mat). ○ “Raised surface for spotting” is applicable for all levels/programs (including Xcel and Compulsory), see Beam page 4 in the Optional Code (Development Program - Optional).
		Wording and Formatting Change	<p>Pg. 21 Springboards/Block</p> <ul style="list-style-type: none"> ○ A board may not be used to extend the approach distance for the mount. If a board is used to extend the approach, the use of unauthorized equipment CJ deduction of 0.3 will be applied. ○ The springboard/block must be removed from the end or from underneath the apparatus after the mount. ○ For mounts, a 30 cm block may be used instead of a springboard. A 0.30 deduction from the FS will be applied if the block/springboard is not removed. <p>Gymnasts are permitted to mount from landing mats, block or board. Coaches are permitted to place a small board under the springboard and on top of any landing mats for beam mounts, OR the landing mats may be positioned after the springboard is removed.</p>
Equipment - Floor	ALL	Wording and Formatting Change	<p>Pg. 22 Mats</p> <ul style="list-style-type: none"> ○ Landing Mats <ul style="list-style-type: none"> • Up to 10 cm of additional mats are permitted for acro and tumbling connections. The mats may be removed immediately after the connection is completed, moved to another location or left in place at the discretion of the coach. Coaches are not required to mark the boundary line on additional mats. • An athlete may NOT utilize the two mats end to end on any one tumbling pass, i.e. punch off one mat to land on another. Two supplemental mats are allowed on the floor at one time but only one supplemental mat per diagonal.
Awards	ALL	Update & Wording Change	<p>Pg. 23 Ontario Championships and Selection Competitions</p> <ul style="list-style-type: none"> • Awards for Team Ontario: A separate presentation (in addition to medals and ribbons) must be made to the selected Team Members. If team selection are based more than one session then the team announcement and presentation will occur after the final session. Athletes being named must be present for the presentation. • Teams named on site are considered tentative until confirmed and circulated by the WPM. • Awards Presentation for Team Awards (only Ontario Championships): within each session gymnasts are grouped by their rotation apparatus to make up a team. The team awards will be based on the best three AA scores within each

USAG - COMPULSORY (LEVEL 1-5)

August 2025

Event	Level	Type	Changes
Vault	Level 1-5	Addition	Gymnast fails to punch board simultaneously with two feet <u>0.2</u>
Bars	Level 5	Deductions	Level 5 Uneven Bar Dismount – ONLY: When the coach spots/assists during an element- eliminate the deduction for up to the value of the element of a Flyaway in tuck, pike or layout position. Deduct <u>0.5</u> for the spot in addition to any applicable execution errors.
Beam	Level 5	Addition to Text Description	Compulsory Beam Mounts – Place both hands shoulder-width apart on the beam (left hand can be straight or sideways) and jump to a FRONT SUPPORT to finish with arms straight and body extended.
Floor	Level 3	Wording Change/ Update	Backward Roll – must be performed above horizontal but not reaching vertical.
Floor	Level 3	Deductions	Decrease the Level 3 Backward Roll deduction – Performs a backward roll to handstand – <u>0.2</u>

USAG - XCEL (BRONZE, SILVER, GOLD & PLATINUM)

December 2025

Event	Level	Type	Changes
Beam	ALL	Clarification	All beam mounts will receive an “A” unless listed as another value in the Xcel Code of Points.
Floor	ALL	Clarification	Rebounding out of a tumbling pass/acro connection (i.e. round-off back handspring rebound) is allowable in all divisions of Xcel, but the rebounding action is subject to any/all applicable landing deductions. (See pg. 18-19 Floor Exercise Faults)
	Bronze and Silver	Clarification	Pg. 20 Clarifications Regarding Connections (A. Acro Pass, #3) Exception: Round-off Rebound, Backward Roll is an allowable Acro connection. However, ONLY allowable in the Bronze and Silver divisions. This rebounding action between elements is considered an exception to the broken connection rule.

August 2025

Event	Level	Type	Changes
Bars, Beam, Floor	ALL	Deductions	Remove the <u>0.3</u> deduction for No Dismount in the Xcel Code of Points.
Vault	ALL	Addition	Gymnast fails to punch board simultaneously with two feet <u>0.2</u>
	Silver	Addition	Add the current Bronze Vault 2 Deductions to the Silver Vault Deductions: Contacting the mat stack with the hands after vertical: <ul style="list-style-type: none"> - Contact from 1 degree to 45 degree past vertical – 0.05-0.50 - Contact from 46 degree to 89 degree past vertical – 0.55-1.00
	Platinum	New Element	Add Vault #4.201 – Round-off, flic-flac on -1/1 turn (360 degrees) off for Platinum at a 10.0 Start Value.

	Gold/ Platinum	Update	New Vault Chart with edited SV – see Xcel Code of Points for reference.
	Platinum	Value of Elements	#1.101 Handspring changed from a 9.7 to a 9.8 SV
	Platinum	Value of Elements	#1.103 Yamashita changed from a 9.7 to a 9.8 SV
	Platinum	Value of Elements	#4.101 RO, FF on -> Repulsion (with flight to feet) off changed from a 9.7 to a 9.8 SV
Bars	ALL	Clarification	After a fall, judging resumes with the first element/value part allowed and performed at their division.
	Value of Elements	Change	Raise the value of #6.301 - Stalder forward to handstand with 1/1 turn on one arm after handstand phase (Healy technique) to L or mixed-L grip ("C") to #6.401 ("D").
	Value of Elements	Change	Raise the value of #6.301 - Stalder forward, also with ½ turn in handstand phase ("C") to #6.401 ("D").
	Value of Elements	Remove	Remove Bars #6.401 variation - Stalder forward to handstand with 1/1 (360 degree) turn in handstand phase from the Xcel Code.
	Silver	Addition	Add Bars #8.008 ("A") Silver ONLY – from LB sole circle backward (tucked, piked or straddled), circle around the bar ¾ (270 degree), with release and dismount to stand.
	Gold and Platinum	Addition	Add Bars #8.009 ("A") GOLD and Platinum ONLY – from HB sole circle backward (piked or straddled), circle around the bar ¾ (270 degree), with release and dismount to stand.
	Gold and Platinum	Addition	Add Bars #8.010 ("A") GOLD and Platinum – from HB cast stoop through or swing forward back kip-up to brief rear support (touching HB with back of thighs), salto backward tucked, piked or stretched.
	Platinum	Clarification	When an extra cast/swing occurs <u>only</u> apply a <u>0.3</u> deduction for extra swing. Do not also apply the additional 0.1 amplitude deduction.
	Silver- Platinum	Clarification	The <u>0.1</u> amplitude deduction applies to casts amplitude deduction applies to <u>only</u> . It does not apply to the amplitude of circling elements. For those elements judges would use the amplitude deductions applicable for each division.
	Platinum	Clarification	Cast deductions do NOT apply when the cast is followed by: 1) #2.205 HB facing LB swing down with change to cross grip and ½ turn in range of hang position – swing backward with flight over LB to hang on LB ("B"). 2) #3.203 Underswing (toe-on) with ½ turn and flight over LB to hang on LB ("B"). 3) #4.204 Long swing forward with ½ turn and flight over LB to hang on LB ("B")
	Value of Elements	Addition	Reinstate the from HB underswing (toe-on or clear) to salto forward <u>tucked</u> with 1/1 (360 degree) twist to #8.401 ("D").
Beam	Value of Elements	Addition	Add a shoulder stand variation to Beam #1.108 Chest or head stand mount.
Floor	ALL	Clarification	Variations of elements of Floor #4.101 and Floor #4.201 are all considered different elements.

			le. #4.101 Forward roll, handstand forward roll, or hecht roll #4.201 Roll backward in tuck or pike, backward roll to push-up shape, roll backward to handstand, also with ½ turn (180 degree) in handstand.
Xcel Code of Points has been extended through July 2028. Originally it was released for 2022-2026.			
Music Timing - Modify the Floor Routine time limit for the following divisions beginning August 1, 2026: Silver: 45 seconds Platinum: 1 minute 15 seconds			
OCP Quick Reference Charts Pg. 30-33 have been updated with Platinum requirements.			

USAG – OPTIONAL (LEVEL 6-10)

December 2025

Event	Level	Type	Changes
Beam	Level 6-10	Clarification	The DP Code does not distinguish a “root skill” for beam mounts, therefore NOT all mounts are valued mounts - only mounts listed in the code of points will receive Value Part Credit.

August 2025

Event	Level	Type	Changes
Vault	Level 6/7	Formatting Change	Level 6/7 ○ Landing mats minimum 20 cm base mat and stacked mats, that must increase by increments of 20 cm. ○ Minimum total height 100 cm (80 cm mat plus 20 cm base mat) and maximum total height 140 cm (120 cm mats plus 20 cm base mat) (+/- 3 cm). No 10 cm landing mat required on stacked mats. ○ After the mat stack there must be a minimum of 20 cm landing mat plus an additional minimum of 80 cm up to 152 cm. ○ Vault mat stack height MUST be equal to or higher than the underside of the top of the table. ○ CJ to apply 0.30 for insufficient mats if the minimum height of the mat stack is not equal to or higher than the height of the underside of the top of the table. ○ The use of 5cm or 10cm mats are permitted to build the mat stack to the required matting level with the table if needed.
	Level 8	Clarification	○ For Tsukahara and Yurchenko entry vaults with salto 120 cm is permitted.
Bars, Beam, Floor	Level 6-10	Deductions	Remove the <u>0.3</u> deduction for No Dismount in L6-10.
Bars	Value of Elements	Change	Raise the value of #6.301 - Stalder forward to handstand with 1/1 turn on one arm after handstand phase (Healy technique) to L or mixed-L grip (“C”) to #6.401 (“D”).
Bars	Level 9/10	Addition	Add a fourth choice under Specific Compositional Deductions: Choice of Elements – Failure to perform two elements that fulfill two out of four of the following requirements (excluding dismounts): <ol style="list-style-type: none"> 1. One forward element (circle or release) (minimum of “B”) 2. One element from Groups 3/6/7 (minimum of “B”) 3. One element with a minimum of 180 degree LA turn, with or without flight (minimum “C”) 4. One Single Bar release (minimum “D”) <ul style="list-style-type: none"> • A reminder, one element may only fulfill one Choice.
	Variation of Elements	Addition	Add a shoulder stand variation to Beam #1.108 Chest or head stand mount.

Beam	Value of Elements	New Element	Add new element #2.501 – “E” – From side stand, Ring Jump (rear leg at head height) with a ½ turn (180 degrees) (Pennucci).
Floor	Level 8-10	Wording Change	<p>Composition – Choice of Acro Saltos: Not Up to the Level (UTL): Appendix 15</p> <ul style="list-style-type: none"> - Level 8 – No “B” Saltos or less than above - Level 9 – No “C” Saltos or less than above - Level 10 – No “D/E” Saltos or less than above