

FAQ/Reminders (February 2024)

Clarification of Beam Mount Values

Xcel Code of Points Balance Beam Elements pg 1 states, all beam mounts for all divisions are valued as "A" unless listed as another value in the Xcel Code of Points.

Development Program - Code states that if a mount can be identified as a modification of a root skill then an "A" value can be given for Dance Elements- see paragraph 2 Beam page 6. For acro elements refer to example of a backwalkover done with double stag position.

There is nothing in the code regarding a "root skill" for beam mounts, therefore not all mounts are valued at A. Only A mounts found in the COP will count.

ODP - What is the warm up format for beam?

Each gymnast will be given a 45 second touch to warm up, and the group will follow a warm-up compete format. The group will split in half. There is no minimum or maximum time, as each gymnast will be warming up separately.

Refer to Technical rules and regulations, Section I (i.i) - page 5

ODP - Is there a spotting deduction?

Some of the skill descriptions indicate that gymnasts are to perform a skill "with assistance", meaning with spot. This was to encourage a higher skill level, while still maintaining safety as a TOP priority for these younger gymnasts. For skills that DO NOT indicate "assistance" or "spotting", a 0.50 deduction will be taken from the gymnast's score if a coach assists or spots unless otherwise noted.

This is referenced throughout the technical rules and regulations.

ODP - Can a Foundations Trained coach be on the competition floor?

Only Level 2 Certified or Comp 1 Trained Coaches are permitted to be on the competition floor at an ODP Competition. See [Coaching Requirements](#) for floor access.

ODP - A club has 5 gymnasts in an ODP session, how many coaches is recommended that the club send with these athletes?

Clubs with 5 or more athletes are asked to bring at least two coaches in order to assist with the efficiency of the meet and allow the gymnasts to move through the stations as needed. It is strongly recommended that clubs have more than one coach available to rotate with their athletes at all times.

ODP - Do skills need to be performed in the order listed in the technical requirements?

The goal of the ODP skills portion is to simulate a routine framework to introduce athletes to skill sequences. For fluidity purposes the skills are listed in the order they are expected to be performed; however, there will not be a deduction for a skill being performed out of order/ in a different sequence.

FAQ/Reminders (January 2024)

What is the matting rule change and height change on Beam?

Please refer to Section I (iii) Ontario Competitive Program (OCP) August 2023 -3.9 Equipment all the changes have been highlighted.

Leaving boards in at Beam and Bars

Section I (iii) Ontario Competitive Program (OCP) August 2023 -3.9 Apparatus Modifications
For mounts a 30 cm block may be used instead of a springboard. The block must be removed after the mount(same rule as for springboard). A 0.30 deduction from the final score (FS) will be applied if the block/springboard is not removed.

Is the up to 0.2 split deduction being applied to variations of back walkovers and cartwheels as floor choreography?

The USAG code states (floor p. 57) that the split deduction applies to "all variations" of walkover as value elements only. Example: If performed on cartwheel is performed on elbows as part of choreography, no deduction applied.

New Video Review Example

Section I (iii) Ontario Competitive Program (OCP) August 2023 -Section 3.5 Routine Review
Missed 1 ½ turn on Floor - CCJ can then watch a video to confirm the 1 1/2 turn was performed. If indeed the 1 ½ turn is has been performed the athletes score is revised to reflect this.
If the floor panel had scripted a full turn, then the video would not be watched as this only applies when an element has been missed.

Can an acro element performed a 4th time be counted for composition?

No, USAG Development Code Appendix 15 states an acro element can be counted 3x in regards to composition.

If an athlete has a 10cm mat in place for dismount but does not land on it, then would that be a 0.30 equipment deduction?

Section I (iii) Ontario Competitive Program (OCP) August 2023 Section 3.9 -Apparatus Modifications

- Landing (dismount) mats (10 cm or 20 cm) are mandatory. A .20 deduction will be applied to the FS if the athlete 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 20cm landing mat)