

Xcel Clarifications from Xcel Rep, Mary Madore

Q: If an Int on floor performs round off back handspring and a back extension back walkover or some such, she has not met the SR that requires at least one forward acro element, w/ or w/out flight- yes? I saw something along these lines recently and really had to consider, as the round off was the only acro element that began with a forward approach.

A: Yes, a round off is a side element, not a fwd element. The round off does not fulfill the requirement.

Q: Advanced floor: one series with a front handspring, front punch, then another series with a round off back handspring back tuck salto. Does she need to perform yet another salto?

A: On page 14 of the *Mass Prep Op Rules and Guidelines* under Event Requirements it states, "Each division has five (5) **separate** requirements. The requirements are worth 1.0 each and may not be combined." So to answer the question, she does not need another salto because she has fulfilled both directions. She does, however, need another acro series with 2 or more flight elements.

Q: Advanced bars. Can my gymnast perform a B kip (mount) to fulfill her B requirement and kip requirement?

A: As stated above, Advanced bars has 5 SR's each worth 1.0 each and may not be combined. See pages 10 & 11 in the *Mass Prep Op Program Rules and Guidelines* for further clarification. The answer to the question above is no. She could perform a B kip mount as her B element, but must include an additional kip in her routine in order to meet the kip requirement.