

## Clarifications Xcel Program, All Level Vault, Xcel Silver Vault

1. Currently there are no modifications to the Xcel program (National or District) except those listed in regards to deductions and or times and equipment exceptions listed in the AAU National Handbook [www.aaugymnastics.org](http://www.aaugymnastics.org) .
2. Clarification - Xcel Silver Vault. Per USA there are two options: Stretch jump from board onto vault table – kick to handstand, fall to flat back (SV 9.5); and Handspring onto the vault table, repulsion to flat back landing on mats stacked –(AAU modification) - at least two inches (2”) above table with a maximum 10” above the table (SV 10.0). Both vaults may be performed at all national events.
3. Clarification AAU Vault – All Levels - Athletes may use an alternative springboard apparatus, for all AAU levels from compulsory to Xcel, as well as in levels 6, 7, 8, and the open division, provided the apparatus is manufactured by a gymnastics equipment company with no penalty (deduction). The apparatus should resemble the shape of a traditional vaulting board, with a maximum of 15 inches at the high end and a maximum of 4 inches at the low end. The mechanism producing the “spring” may be something other than the traditional coil springs, such as an air bladder or small trampoline bed. This vaulting board variation may not be used for any Yurchenko style vaults (vault group #4)