



USA GYMNASTICS NEW ELEMENT EVALUATION FORM FOR XCEL PROGRAM

Please submit two copies of this form, a video and a self-addressed stamped envelope (or submit electronically) to your Regional Technical Committee Chairman and Regional Xcel Committee Chairman in order to officially request evaluation of elements not listed in the current *Xcel Code of Points*. You will receive a temporary RTCC evaluation for the new element which will be valid for one Xcel quadrennium (beginning August 1 of the year following the Summer Olympics) unless evaluated by FIG or JO at a higher level.

Please allow a **minimum of 3 weeks** for the evaluation to be processed. When this form is returned to you with an element evaluated and the proper RTCC verification signature, you, as coach, are required to carry the form with you to all competitions and present it to the meet referee prior to the judges' meeting that precedes the competition. **NO OTHER FORM OF VERIFICATION WILL BE ACCEPTABLE.**

Coach's Name Melissa Dougherty Address 7810 SE 62ND Ave
City Portland State Oregon Zip 97206
Cell Phone 503-896-3965 FAX# _____ E-mail Xcelqueen@hotmail.com
Gymnast's Name Savannah Heltsley Division: Platinum
EVENT Bars Element Name _____

Element Description (Please provide a written description and a drawing of the element):
Please include video and send copies to both your RTCC and RXCC.

Squat thru on high bar, bounce off upper legs/bottom and back layout salto dismount

(similar to 8.210
whipsato-Tanac)
evaluated for Xcel
only

Rating of Element D C **B** A No Value

USAG Women's Technical Committee Verification Signature:

Region 2 RTCC Linda Mulvihill Date 6-8-16

Note to RTCC: Please return one copy of this form to the coach, the National Xcel Committee Chair and keep one copy for your files. Also **post on your Regional website** any new elements you have evaluated and e-mail the other RTCCs to inform them of the posting.