

What is Xcel?

Xcel is an alternative USA Gymnastics competitive program offering flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience.

How Does An Athlete Qualify to the Texas Xcel State Championships?

To qualify for the State Championships an athlete must compete in at least one Xcel competition. This competition may be an in-house competition or an invitational. If you use an in-house competition as your qualifying competition please send the results to mcatgym@aol.com.

Where Do I Find Rules For The Xcel Program?

Xcel has its own code of points which is the official rule book for the Xcel program. In addition to rules and regulations the Xcel Code of Points includes illustrations and allowable skills and examples of routines. You may purchase the Xcel Code of Points at usagym.org. The Xcel Code of Points is also available as the iBook Xcel Code of Points.

PLEASE MAKE SURE TO REGULARLY CHECK THE USA GYMNASTICS WEBSITE FOR ALL UPDATES AND CHANGES.

Please note that since this program is an alternative/separate program it CAN NOT be used to satisfy mobility requirements in the J.O. Program.