



Dear Coach,

The **XCEL Championships Invitational** will be held **May 24-27, 2024** at the **Destin-Fort Walton Beach Convention Center** in **Fort Walton Beach, Florida**. The event will be located just steps away from beautiful white sand beaches, vibrant emerald-green Gulf waters and many exciting coastal attractions. The purpose is to determine the best Bronze, Silver, Gold, Platinum, Diamond and Sapphire gymnast on each event and the all-around in each age group in the country. Only those clubs that have gymnasts that qualify are invited to this nationwide event.

EXPLORE DESTIN-FORT WALTON BEACH

Destin-Fort Walton Beach is a natural playground for water adventures. The emerald waters and pristine white sands are a highlight for travelers who consider vacation synonymous with beautiful beaches.

There's so much to explore—swimming, snorkeling, SNUBA and paddleboarding, in or on the water. Rent a pontoon boat you can captain yourself, or catch a ride on a charter boat, many of which are great for families with young children.

Beachgoers can lay out on the sand, letting time slip away and break up their days on the boardwalks. Stroll down Destin's Harbor Walk Village and savor plates of Gulf-to-Table seafood served at restaurants just steps away from the fishing boats that just pulled them from the water.

Destin-Fort Walton Beach has something for everyone. What will you do in Destin-Fort Walton Beach?

Search things to do [HERE](#)

We encourage all questions to be sent by email to competitions360sports@outlook.com. Phone calls regarding the Xcel Championships Invitational will only be accepted by coaches. We ask that you please phone [608-352-0703](tel:608-352-0703) only if you do not receive an answer from the web site or by email response.

We look forward to seeing you in Florida!



Douglas Jonuska

Xcel Championship Invitational Event Director

EVENT INFORMATION

TECHNICAL MEETING

An Orientation/Technical Meeting for coaches will be held prior to each competitive session throughout the Championships. A coach from each club is required to attend.

VENUE ADDRESS

Destin-Fort Walton Beach Convention Center, 1250 Miracle Strip Pkwy SE, Fort Walton Beach, FL 32548

QUALIFICATION

A qualification score is required from **ONE** of the following **USA Gymnastics sanctioned events** in the 2023-2024 Season:

- A. Invitational AA Score of **32.50**
- B. State AA Score of **32.00**
- C. Regional AA Score of **31.50**
- D. Individual Event Specialist (IES) Score of **8.00** from an Invitational, State, or Regional competition
- E. High School Seniors: **No Qualifying Score Required**

All athletes must attend and compete with a professional gymnastics coach. Athletes, Clubs and Coaches must be USA Gymnastics members.

For all other circumstances please contact the meet director by email to petition.
competitions360sports@outlook.com

ENTRY PROCEDURES

1. **STEP ONE:** Log in to USAG and choose the Club Administrator tab on the left and then click Meet Reservation. USAG Sanction [#88197](#)
2. **STEP TWO:** Enter all Xcel athletes you **EXPECT** will qualify and be competing at the Xcel Championships Invitational via the www.usagym.org meet reservation system.
3. **STEP THREE:** Make payments and finish registration through www.meetmaker.com by the regular entry deadline.

NOTE: Additional competition days may be added to the advertised 4 days if needed.

NOTE: All athletes must attend and compete with a professional gymnastics coach. Athletes, Clubs and Coaches must be USA Gymnastics members.

ENTRY DEADLINE

The Entry Deadline is **April 17, 2024**.

Late Entries ARE ALLOWED as space permits. Meet host reserves the right to close registration early if meet fills before entry deadline date. Entries after the deadline are subject to a \$10 per athlete late fee.

ENTRY FEE

USA Gymnastics XCEL Women - Bronze, Silver, Gold, Platinum, Diamond and Sapphire - **\$165**

PAYMENTS

All payments are required to be made online at www.meetmaker.com. Registration is free online with an electronic check. A 3% convenience fee is incurred with the use of a credit or debit card.

REFUND POLICY

No refunds.

LEOTARD AND APPAREL

The commemorative championships leotard and custom apparel will be available for purchase online via pre-order for pickup at the competition. The link will be provided via the event website page at www.360sports.events.

After the online order deadline, custom apparel as well as a limited supply of commemorative championship leotards will be available for purchase in-person at the competition. Options at the championships may differ from what is sold during the pre-order sale.

COACHES CHECK-IN / CREDENTIALS PICKUP

All coaches will need to sign-in at coaches check-in upon arrival and pick up their credentials. Please make sure all coaches attending the meet are entered into the meet via the USA Gymnastics reservation system prior to arrival so that all coaches will be verified.

If coaches are not pre-registered they will be required to present their USAG Membership card as it must be scanned prior to being allowed on the floor.

Xcel Championships Invitational provided credentials are to be worn at all times. Only athletes assigned to the session, their coaches, and meet officials are allowed in the Field of Play during the competition.

COMPETITION FORMAT

Equipment Setup

The competition will be conducted in **Modified Capital Cup** format. Two of each set of equipment except for Floor. *See equipment section for list of provided equipment.*

Rules

USA Gymnastics National XCEL Rules

Open Stretch

All sessions will begin with 15 Minutes of Open Stretch when announced.

Opening Ceremony

Each session will begin with an Opening Ceremony celebrating the end of the season and start of the nationwide competition. Teams will be recognized by region while lined up at their first competitive event. The first session of the day will include the playing of the National Anthem.

Floor Music

Coaches are responsible for bringing and playing their gymnast's music and per USA Gymnastics Women's Program Rules and Policies, must provide Floor exercise music in digital format (MP3, computer, tablet, smart phone, etc.). CD playback equipment is no longer provided by the Meet Director. These electronic devices must have a display screen and must be on airplane mode, when applicable.

Rotation Sheets

Rotation sheets will be passed out during the coaches meeting prior to each session.

Scratches

Prior to the competition, scratch athletes in the USAG Meet Reservation System and Meet Maker. For day of the meet scratches, please turn in scratched gymnasts to the scoring table before open stretch. Forms will be available. There are no refunds.

Age Groups

Age Groups are divided by age based on numbers. Keeping our age groups with no more than 24 gymnasts per age group.

Please check rosters carefully for correct birthdates before the competition begins. Sign and return to scoring table. Changes for awards will not be made after the competition begins.

Judges

Our esteemed judges travel from across the country each year for this event. Representing the eight USA Gymnastics regions.

Reminders: Do not have gymnasts present to the judges. Coaches may not sit at or stand near the judge's table unless receiving a critique. Also, please do not touch any of the judges personal judging materials, including pens.

Inquiry Forms

Inquiry forms will be available at the head table. Please complete the form and return it to Meet Referee.

Gymnast Order and Splits

Gymnasts MUST compete in the order on the rotation sheet. If a club is in 2 flights, an email will be received designating the split. Gymnasts will be in the groups designated. Changes may be made the day of the competition by notifying the score table. Once the competition starts the gymnasts must remain in their designated group.

Rotations Explained

There is a Flight "A" and Flight "B" with eight rotations.

- For the first rotation, Flight "A" will warm up and Flight "B" will wait to warm up until Flight "A" begins competing.

- Beginning with the second rotation, as soon as Flight “A” or Flight “B” equipment is available, warm ups may begin in order to keep the competition moving. Flight “A” stays on Flight “A” equipment and Flight “B” stays on Flight “B” equipment as labeled.
- Flights should wait until the entire Flight is done competing until moving on to the next event to warm up.
- When the judges arrive at the equipment, the Flight should be ready to compete.

Xcel Warmups Explained

- Warm up one event then compete and push through.
- When done competing the event, rotate to the next event right away. Formal rotations will NOT be announced.
- Coaches will time their own warm-ups. Stopwatches will be available, but coaches are encouraged to use their phones.

Floor Warmups Explained

Floor will warm-up between routines, according to USAG Rules & Policies:

- Each gymnast will receive 5 warm up turns. After their 5th turn, they will sit in the Up Next chair. They will be able to rest for one routine before it is their turn to compete.
- Only 5 gymnasts will be warming up on the floor at a time (except the very first 6 gymnasts).
- Rotation 1 Flight “A” warm-up is as follows:



- The first 6 gymnasts must sit in the chairs in the order they compete before timed warm-ups start.
- After timed warm-ups, go back to the chairs and move up one, with the next gymnast to compete sitting in the Up Next chair. An additional gymnast is added to the chairs and will start warming up between routines.
- **The first rotation gymnasts that received a timed warm-up are not allowed to warm-up between routines.**

EQUIPMENT

SPIETH America competition equipment for the **2024 Xcel Championships Invitational** is provided by **Gymlinks Equipment**.

SPIETH America serves as the [Official Gymnastics Equipment Supplier](#) for the **USA Gymnastics** Elite and National Team Programs for men’s and women’s artistic gymnastics and for the acrobatic, parkour, rhythmic and trampoline & tumbling disciplines at all levels, from development through elite.

Each **SPIETH America** Modified Capital Cup setup features:

- Moscow Competition Floor
- International Ergojet Vaulting Tables
- Competition Enhanced Performance Series Crank Beams
- Competition Performance Series All-American Uneven Bars
- VersaPod Vaulting Systems

- and More!

The apparatus meets all specifications as outlined in the USA Gymnastics Women's Program Rules and Policies. All rules regarding mat and apparatus placement are found in the Women's Program Rules and Policies and appropriate deductions will be taken for misuse.

Technicians are available to answer questions about equipment and to take care of emergent repairs. Not to adjust settings or move mats. This is the responsibility of coaches throughout the competition.

Clubs are urged to bring their own chalk when possible.

FOOD AND BEVERAGE

Athletes and Coaches are encouraged to bring their own refillable water bottle to fill at water stations and/or fountains. Disposable plastic water bottles will only be available for purchase at concessions.

Light snacks will be provided to coaches throughout the competition in the Coaches Hospitality area.

Optional coaches catered meals will be available for purchase prior to the competition registration deadline. There will be a hard order deadline for coaches catered meals communicated by email to clubs.

Food and Beverage (for purchase) will be available at concessions provided by the venue for all attendees.

SCORING

Scoring by **ProScore** will be posted in real time and will be accessible through myusagym.com and meetscoresonline.com.

The **myusagym app** is free and is currently available in Apple's App Store. For those whose devices do not use the iOS platform, the live results are also available at myusagym.com, which can be accessed from any device.

Scores will also be posted on the [results page](#) after the competition.

AWARDS

The awards ceremony will take place in a separate area adjacent to the competitive arena. **Top 40% All-Around and Individual Event winners for each of the age divisions in each level are determined by the competition.**

Winning Teams Recognition

USA Gymnastics has eight regions. The winning regions will be determined at the conclusion of the competition by calculating the top 5 scores per level, regardless of age group. Winning Teams will be recognized by an official announcement on our digital and social channels.

Reigning Champions

2023 Bronze Regional Champion: Region 6

2023 Silver Regional Champion: Region 6

2023 Gold Regional Champion: Region 6
2023 Platinum Regional Champion: Region 7
2023 Diamond Regional Champion: Region 7
2023 Sapphire Regional Champion: Region 7
2023 Super Team Regional Champion: Region 6

Final Scores will be posted in historical records and available for download at www.360sports.events/results

ADMISSION AND PARKING

Admission Tickets will be sold at the venue and will be **Cash Only**. There are no advance sales and no online viewing / livestream of the event. Admission pricing will be available at www.360sports.events.

Parking is FREE at the venue.

AIRPORTS AND TRANSPORTATION

You'll find a range of direct flights to the [Destin-Fort Walton Beach Airport](#) (Only 10 Miles Away). Routes are available via major carriers such as American Airlines, Delta, Southwest, SunCountry, as well as Allegiant Airlines. Local shuttles, taxi drivers, and Uber drivers will pick you up and bring you directly to your accommodations, making for hassle-free travel!

Also nearby is [Pensacola International Airport](#) (45 Miles Away) with a range of flight offerings from all major airports across the United States.

DISCOUNTED HOTEL BOOKING INFORMATION

360 Sports Events has integrated the industry's leading tournament management system, **EventConnect**.

EventConnect has pre-negotiated hotel rates that ensure all participants are receiving the best group rates, amenities, cancellation protections and service.

360 Sports Events highly encourages that all hotel activity takes place on this network, which will provide the best experience possible.

The booking link will be available on the competition webpage at www.360sports.events under the hotel booking tab.

QUESTIONS

If you have questions about the event, please contact us at competitions360sports@outlook.com. Parents of gymnasts **should always contact coaching staff or the gym owner** for information before reaching out to us. However, we are always here to help!

See you in Florida!