



### **XCEL Mastery Stream**

The ***XCEL Mastery Stream*** is a skill acquisition program that allows participants to learn and master Rhythmic Gymnastics skills in a systematic way, with the opportunity for performance and adjudication. It is suitable for participants that have advanced through recreational rhythmic programs and who would like to continue building foundational skills, training no more than 4-6 hours a week.

Currently, XCEL consists of 4 levels, however, if there is a demand, we will develop Levels 5 & 6.

Each level has compulsory Body Difficulties and Apparatus Skills that have been chosen based on their appropriateness for the level and their suitability for progression. XCEL skills have also been chosen for their cross-over value to other sports, such as the eye hand coordination that comes from apparatus handling.

Skills will be evaluated at Invitational competitions or at Skill Assessment Events, for learning purposes and to indicate advancement through the levels.

Compulsory elements allow for consistent adjudication and easier selection of appropriate level for coaches, creating a fair and enjoyable experience for our participants and their families.

Our hope is for this stream is to create greater opportunity for participation in our beautiful sport, to make rhythmic gymnastics more accessible to the average participant and their family and to significantly grow our grassroots population.

### **Routine Guidelines**

Each routine will include all compulsory elements listed for each level. Routines can also include skills that are not on the compulsory list but these skills will not be adjudicated. This allows the participant to be working on 'next level' skills or to include previously mastered skills in addition to the compulsory skill sets, for variation. The additional skills will contribute to the 'Overall Impression' of the routine, however, so please keep this in mind when adding more difficult skills.

**Routine Length** – Routines for all levels can be between 1min and 1.5 min

**Routine Music** – Any style of music can be used, including pieces that contain lyrics as long as they are suitable for a young audience.

**Attire** – Rhythmic dresses, skating dresses and dance wear with skirts that are not overly full and are cut at mid-thigh, gym wear (such as bodysuit and shorts or leggings) are appropriate for XCEL. Hair should be in a bun for safety reasons and so that participants face can be seen. No makeup is required.

**Participants** – XCEL is open to participants 7 years and older, of all genders. As participants can move through the levels at their own pace, it is also suitable for all abilities including participants who may have special needs.

### **Compulsory Body Difficulty Skills**

Levels 1 & 2

- All compulsory skills must be included in each routine
- In addition, one 'choice' body difficulty must be selected from the list provided. Choose a body difficulty that particularly highlights the strengths of each participant.

Levels 3 & 4

- Apparatus routines in these levels allow for the choice between TWO compulsory body difficulties of each type, to allow for variation between apparatus routines
- Level 3 & 4 also require the addition of one 'choice' body difficulty

### **Compulsory Apparatus Skills**

All apparatus skill requirements have been based on the fundamental skills outlined in the FIG code of points. They are consistent throughout the levels but participants will obviously progress in ability and quality as they move through the levels. Adjudication will be based on the successful COMPLETION of these fundamentals, rather than the degree of difficulty so the idea is to keep them developmentally appropriate in order to demonstrate acquisition of these skills.

### **Expression**

Expression will be considered one compulsory skill and will be awarded one mark, in the same manner as the other compulsory skills

### **Adjudication**

- Skill sheets will NOT be required for this level as adjudicators will have sheets with the compulsory elements listed.
- Each skill assessed will be assigned a Bronze, Silver or Gold level of mastery. Adjudication sheets will offer standardized suggestion for progression to the next level (flexibility, shape, point toes) and a positive comment highlighting what was successful
- Gold, Silver and Bronze medals will be awarded based on the dominant color achieved;  
Ex: 2 Golds, 3 Silvers, 2 Bronzes = Silver Medal for Overall Mastery

NOTE: Master Gold Level will be awarded for participants who achieve Gold level on 9 or more skills.

NOTE 2: Each level has 11 or 13 Compulsory Skills which means there will never be a tie between the colors, allowing for FAIR and easy scoring by organizers.

- Once a participant have achieved a Gold Level Mastery at a skills assessment or Invitational event, the expectation would be for them to move to the next level of play, at the next competition. This allows participants to continue developing their skills rather than collecting Gold medals. This is allowable in this stream without having to notify RGA of movement between levels.
- Organizers must be prepared to award the level that is achieved by each participant as there is no ability to adjust point scales. It is entirely possible for the majority of participants to achieve Gold level, particularly by the end of the year, and is actually desirable as it would be an indication that the program is working. Therefore, it's advisable for organizers to have one color of medal with stickers to identify the various levels of achievement. Alternatively, it may be possible for RGA to maintain a stock of generic Interclub medals that can be personalized for each event with stickers. Each host would then just be billed for the medals.