

Xcel Floor Exercise

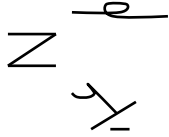
	Bronze	Silver	Gold	Platinum	Diamond
Value Parts	As	As	As & Bs	6A 1B	5A 2B
Special Reqmts 0.5 each No VP = no SR	2 dir conn acro skills, w/w/o flight 2 nd pass w min one acro elem, w/w/o flight Dance passage (2 diff Gp 1 elem, one 60° leap) 180° turn, 1 foot	2 dir conn acro skills, 1 w/ flight 2 nd pass either 2 acro conn –OR– acro skill w/flight Dance passage (2 diff Gp 1 elem, one 90° leap) 360° turn, 1 foot	2 dir conn acro flight 2 nd pass either 2 acro conn flight skills – OR– 1 salto/aerial Dance passage (2 diff Gp 1 elem, one 120° leap) 360° turn, 1 foot	2 dir conn acro flight w/ 1 A or B salto 2 nd pass either 2 acro conn flight –OR– 1 B salto Dance passage (2 diff Gp 1 elem, one 150° leap) 360° turn, 1 foot	2 acro series (min 2 elem each) 2 diff saltos, 1 min B Dance passage (2 diff Gp 1 elem, one 150° leap) B turn, 1 foot
Restricted -.5 SV, no VP, no SR (-.5), take exec	No Bs + No saltos/aerials Max 2 flight skills allowed	B dance allowed No B+ acro Max 1 salto/aerial	No B saltos No Cs +	C dance allowed No C acro No Ds	1 D allowed No Es No bonus
notes	Straddle jump = A Side leap = A				SR 1 and 2 may intersect
Split angle	60	90	120	150	150
Warmup Routine	30 sec 45 sec	45 sec 1:00	1:00 1:00	1:30 1:30	2:00 1:30

CLARIFICATIONS

Chassés and assemblés are not Gp 1 elements. Dance passage skills are directly or indirectly connected, no pause or stop.
Leap/Jump Split angle for SR = as listed per division within 20° ; split angle for a B/C element VP = min 135° , no angle deductions when split reaches division reqm't
Elements can't get VP credit 2nd time in same connection or 3rd time, with the exception of in different series =>
Two Acro series are different if: 1) diff number of acro VP, or 2) acro VP are in different order, or 3) acro VP elements are different.
Give VP credit to all elements in this case.
Acro elements in dance series breaks the series, and so does dance elements in acro series
Aerials and salto landing sit/prone positions do not fulfill salto SR for XP, XD.
No composition; max 4.0 execution; courtesy score 4.0

Range (avg decides)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

Dance passage: look for root skills



Averages trick
if **both w/.05** - drop .05 from high, add to low score...then avg the score

if **one w/.05** - drop .05 out, avg score...then add .025 to average

CJ Deductions

Out of bounds -0.1
Failure to mark boundary on mat - 0.1
Unauthorized matting 0.3
Overtime -0.1
Absence of music/music w/words -1.0
Coach on Floor - **NO PENALTY** in Xcel
Lands acro in solid/loose foam pit - 0.3 plus 0.1 out of bounds

APPARATUS DEDUCTIONS

relaxed body/leg posture, flex throughout	up to 0.3	B/L
relax/incorrect footwork on non-VP	up to 0.2	ft
rhythm and tempo (whole exercise)	up to 0.2	R
dynamic performance (energy, effortless)	up to 0.2	dy
artistry of presentation		art
• quality of expression	up to 0.1	ex
• originality of choreography	up to 0.1	ch
• quality of movement	up to 0.1	mv
rhythm during direct connection	ea up to 0.1	
Insuf height - dance, acro w/hands, aerials	ea up to 0.2	
salto (not apply to accel fwd elem)	up to 0.3	
Insuf leg split in leaps/jumps (per SR, VP reqmt)	up to 0.2	
legs not even in split/straddle	up to 0.2	
failure to land feet together in L/J	ea up to 0.1	
turns not in high relevé	ea up to 0.1	
incomplete turn/twist	ea up to 0.2	
incorrect body posture in VP dance	ea up to 0.1	
lack of precision in VP dance	ea up to 0.1	
Insuf exactness of tuck/pike/layout positions	up to 0.2	
Legs crossed in twisting saltos	up to 0.1	
Insuf opening prior to landing (saltos)	up to 0.3	
Body position in landing elements	up to 0.2	
not in sync with music-- parts	ea 0.05	
throughout exercise ----up to 0.3 not ended with music ---	0.1	
poor relationship of music and movement	up to 0.2	
concentration pauses - 2 sec 0.1 --- more than 2 sec -	0.2	